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**WYNIKI ZAWODÓW****Bieg główny 10km****Organizator:** Regionalna Rada Olimpijska w Łodzi, Urząd Miasta Łodzi, Marszałek Województwa Łódzkiego**Termin:** 31.12.2013**Miejsce:** Łódź**Dystans:** 10 km

| <i>Miejsce</i><br><i>Rank</i>                   | <i>Nr</i><br><i>Bib</i> | <i>Nazwisko i imię</i><br><i>Name</i> | <i>Miejscowość</i><br><i>City</i> | <i>Kraj</i><br><i>Nat</i> | <i>Drużyna</i><br><i>Team</i> | <i>R-k</i> <i>W kategorii</i><br><i>YoB in Age Sex</i> | <i>Czas</i><br><i>Time</i> | <i>[min/km]</i> |
|---|-------------------------|---------------------------------------|-----------------------------------|---------------------------|-------------------------------|--|----------------------------|-----------------|
| <b>Bieg główny 10km Mężczyźni KATEGORIA:M20</b> |                         |                                       |                                   |                           |                               |  |                            |                 |
| 1   | 777                     | NITKA Maciej                          | ŁÓDŹ                              | POL                       |                               | 93 M20/1 (M)2  | 00:32:11                   | 03.13           |
| 2   | 569                     | OLEJNIK Michał                        | PABIANICE                         | POL                       |                               | 92 M20/2 (M)3  | 00:32:24                   | 03.14           |
| 3   | 272                     | KOTYLA Szymon                         | KIELCZYGLÓW                       | POL                       |                               | 92 M20/3 (M)5  | 00:33:09                   | 03.18           |
| 4   | 8                       | TOMCZYK                               | POZNAŃ                            | POL                       |                               | 87 M20/4 (M)6  | 00:33:16                   | 03.19           |
| 5   | 817                     | KISIEL Tomasz                         | ROSANÓW                           | POL                       |                               | 94 M20/5 (M)7  | 00:33:48                   | 03.22           |
| 6   | 637                     | SKOWROŃSKI Błażej                     | KOLUSZKI                          | POL                       |                               | 89 M20/6 (M)8  | 00:33:54                   | 03.23           |
| 7   | 427                     | KUNIKOWSKI Tomasz                     | ŁOWICZ                            | POL                       |                               | 88 M20/7 (M)9  | 00:34:17                   | 03.25           |
| 8   | 423                     | KRYGIER Krzysztof                     | ŚWINICE WARCKIE                   | POL                       |                               | 91 M20/8 (M)11   | 00:35:37                   | 03.33           |
| 9   | 807                     | URBANOWICZ Michał                     | ZDUŃSKA WOLA                      | POL                       |                               | 87 M20/9 (M)13   | 00:36:04                   | 03.36           |
| 10  | 749                     | KUROWSKI Filip                        | ŁÓDŹ                              | POL                       |                               | 93 M20/10 (M)17  | 00:37:00                   | 03.41           |
| 11  | 358                     | TUCZYŃSKI Sylwester                   | BYDGOSZCZ                         | POL                       |                               | 92 M20/11 (M)19  | 00:37:18                   | 03.43           |
| 12  | 82                      | KUBIAK Łukasz                         | UNIEJÓW                           | POL                       |                               | 88 M20/12 (M)20  | 00:37:38                   | 03.45           |
| 13  | 258                     | BALCERZAK Marek                       | ZGIERZ                            | POL                       |                               | 90 M20/13 (M)21  | 00:37:41                   | 03.45           |
| 14  | 380                     | PABICH Mariusz                        | PABIANICE                         | POL                       |                               | 88 M20/14 (M)23  | 00:38:02                   | 03.47           |
| 15  | 840                     | BŁASZCZYK Bartłomiej                  | ŁÓDŹ                              | POL                       |                               | 85 M20/15 (M)24  | 00:38:07                   | 03.48           |
| 16  | 22                      | WITCZAK Bartłomiej                    | BUKOWIEC                          | POL                       |                               | 84 M20/16 (M)27  | 00:38:29                   | 03.50           |
| 17  | 10                      | PIETRASIAK Piotr                      | ZDUŃSKA WOLA                      | POL                       |                               | 97 M20/17 (M)28  | 00:38:29                   | 03.50           |
| 18  | 122                     | CIECHAŃSKI Adam                       | BUKOWIEC                          | POL                       |                               | 96 M20/18 (M)31  | 00:38:42                   | 03.51           |
| 19  | 839                     | WOŹNIAK Arkadiusz                     | ŁÓDŹ                              | POL                       |                               | 97 M20/19 (M)32  | 00:38:51                   | 03.53           |
| 20  | 26                      | KRAJDA Mateusz                        | ZELÓW                             | POL                       |                               | 92 M20/20 (M)33  | 00:38:52                   | 03.53           |
| 21  | 397                     | CIEKAŃSKI Mateusz                     | PAWLIKOWICE                       | POL                       |                               | 95 M20/21 (M)34  | 00:38:54                   | 03.52           |
| 22  | 668                     | BALATKA Krzysztof                     | KUTNO                             | POL                       |                               | 85 M20/22 (M)35  | 00:38:59                   | 03.53           |
| 23  | 578                     | WIJATA Piotr                          | GIELNIÓW                          | POL                       |                               | 84 M20/23 (M)39  | 00:39:15                   | 03.50           |
| 24  | 698                     | SOCHA Miłosz                          | JANÓWKA                           | POL                       |                               | 87 M20/24 (M)40  | 00:39:27                   | 03.54           |
| 25  | 99                      | LASOŃ Przemysław                      | RADOMSKO                          | POL                       |                               | 90 M20/25 (M)41  | 00:39:31                   | 03.52           |
| 26  | 544                     | CHMIELEWSKI Artur                     | ŁÓDŹ                              | POL                       |                               | 88 M20/26 (M)43  | 00:39:35                   | 03.57           |
| 27  | 677                     | GOLIŃSKI Dariusz                      | GALKÓW MAŁY                       | POL                       |                               | 88 M20/27 (M)45  | 00:39:39                   | 03.55           |
| 28  | 654                     | LEDUCHOWSKI Aleksander                | ŁÓDŹ                              | POL                       |                               | 93 M20/28 (M)52  | 00:39:49                   | 03.58           |
| 29  | 349                     | NOWAK Mateusz                         | ŁÓDŹ                              | POL                       |                               | 92 M20/29 (M)55  | 00:40:03                   | 04.00           |
| 30  | 66                      | KONWERSKI Maciej                      | ŁÓDŹ                              | POL                       |                               | 86 M20/30 (M)56  | 00:40:07                   | 04.00           |
| 31  | 351                     | POLEC Tomasz                          | ŁÓDŹ                              | POL                       |                               | 88 M20/31 (M)59  | 00:40:20                   | 04.02           |
| 32  | 435                     | MIERZYŃSKI Sebastian                  | ZELÓW                             | POL                       |                               | 89 M20/32 (M)64  | 00:40:41                   | 04.04           |
| 33  | 33                      | NEJMAN Mateusz                        | ZGIERZ                            | POL                       |                               | 93 M20/33 (M)66  | 00:40:43                   | 04.04           |
| 34  | 416                     | KIMMER Jakub                          | ZELÓW                             | POL                       |                               | 88 M20/34 (M)67  | 00:40:55                   | 04.05           |
| 35  | 288                     | PÓLROLA Mateusz                       | RADOMSKO                          | POL                       |                               | 89 M20/35 (M)69  | 00:40:56                   | 04.05           |
| 36  | 820                     | MARCINIAK Patryk                      | PABIANICE                         | POL                       |                               | 95 M20/36 (M)71  | 00:41:01                   | 04.06           |
| 37  | 493                     | FILIPIAK Robert                       | ŁÓDŹ                              | POL                       |                               | 92 M20/37 (M)87  | 00:41:34                   | 04.09           |
| 38  | 763                     | MALEC Paweł                           | ŁÓDŹ                              | POL                       |                               | 85 M20/38 (M)89  | 00:41:46                   | 04.10           |
| 39  | 360                     | BARTNIAK Łukasz                       | MAZEW                             | POL                       |                               | 94 M20/39 (M)92  | 00:41:59                   | 04.11           |
| 40  | 176                     | HOJWA Paweł                           | ŁÓDŹ                              | POL                       |                               | 86 M20/40 (M)95  | 00:42:26                   | 04.14           |
| 41  | 838                     | SZMYT Szymon                          | ZDUŃSKA WOLA                      | POL                       |                               | 97 M20/41 (M)99  | 00:42:29                   | 04.14           |
| 42  | 545                     | CHRUŚLIŃSKI Piotr                     | ŁÓDŹ                              | POL                       |                               | 85 M20/42 (M)102                                       | 00:42:37                   | 04.15           |
| 43  | 625                     | LISOWSKI Aleksander                   | ŁÓDŹ                              | POL                       |                               | 86 M20/43 (M)106                                       | 00:42:47                   | 04.16           |
| 44  | 280                     | MANN Mariusz                          | ZDUŃSKA WOLA                      | POL                       |                               | 86 M20/44 (M)113                                       | 00:42:54                   | 04.17           |
| 45  | 79                      | WOŹNIAK Paweł                         | ŁÓDŹ                              | POL                       |                               | 88 M20/45 (M)118                                       | 00:43:07                   | 04.18           |
| 46  | 359                     | WÓJT Kamil                            | ŁASL                              | POL                       |                               | 92 M20/46 (M)121                                       | 00:43:10                   | 04.19           |

| <b>Miejsce Rank</b> | <b>Nr Bib</b> | <b>Nazwisko i imię Name</b> | <b>Miejscowość City</b> | <b>Kraj Nat</b>   | <b>Drużyna Team</b> | <b>R-k YoB</b> | <b>W kategorii in Age Sex</b> | <b>Czas Time</b> | <b>[min/km]</b> |
|---------------------|---------------|-----------------------------|-------------------------|---|---------------------|----------------|-------------------------------|------------------|-----------------|
| 47                  | 213           | CABAJ Jacek                 | SIERADZ                 |  POL   |                     | 94             | M20/47 (M)128                 | 00:43:21         | 04.20           |
| 48                  | 592           | PASTURCZAK Mateusz          | ZGIERZ                  |  POL   |                     | 92             | M20/48 (M)139                 | 00:43:50         | 04.23           |
| 49                  | 695           | RZECZYCA Adam               | ŁÓDŹ                    |  POL   |                     | 88             | M20/49 (M)144                 | 00:43:58         | 04.23           |
| 50                  | 688           | MADEJ Krzysztof             | ŁÓDŹ                    |  POL   |                     | 88             | M20/50 (M)147                 | 00:44:07         | 04.24           |
| 51                  | 2             | DOBIECKI Kamil              | ZDUŃSKA WOLA            |  POL   |                     | 96             | M20/51 (M)151                 | 00:44:16         | 04.25           |
| 52                  | 739           | ZJAWIONY Tomasz             | PABIANICE               |  POL   |                     | 84             | M20/52 (M)156                 | 00:44:32         | 04.27           |
| 53                  | 719           | JANUS Michał                | DĄBROWA GÓRNICZA        |  POL   |                     | 84             | M20/53 (M)158                 | 00:44:37         | 04.27           |
| 54                  | 246           | MICHALSKI Tomasz            | ŁÓDŹ                    |  POL   |                     | 89             | M20/54 (M)163                 | 00:44:41         | 04.28           |
| 55                  | 798           | ŚWIC Miłosz                 | ŁÓDŹ                    |  POL   |                     | 88             | M20/55 (M)165                 | 00:44:42         | 04.28           |
| 56                  | 151           | KRAWCZYK Marcin             | ŁÓDŹ                    |  POL   |                     | 89             | M20/56 (M)168                 | 00:44:47         | 04.28           |
| 57                  | 446           | PODĘBSKI Michał             | WODZIERADY              |  POL   |                     | 92             | M20/57 (M)171                 | 00:44:56         | 04.29           |
| 58                  | 566           | KRÓLAK Jonatan              | ŁÓDŹ                    |  POL   |                     | 93             | M20/58 (M)173                 | 00:44:57         | 04.29           |
| 59                  | 123           | CIECHAŃSKI Filip            | BUKOWIEC                |  POL   |                     | 92             | M20/59 (M)177                 | 00:45:07         | 04.30           |
| 60                  | 633           | PEREIRA Andre               | LEIRIA                  |  POR   |                     | 90             | M20/60 (M)181                 | 00:45:14         | 04.31           |
| 61                  | 376           | LEPALCZYK Kamil             | DASZYNA                 |  POL   |                     | 94             | M20/61 (M)190                 | 00:45:31         | 04.33           |
| 62                  | 440           | OLESZCZAK Wiktor            | ŁASK                    |  POL   |                     | 86             | M20/62 (M)192                 | 00:45:38         | 04.33           |
| 63                  | 419           | KOWALSKI Adrian             | KAMPINOS                |  POL   |                     | 88             | M20/63 (M)198                 | 00:45:42         | 04.34           |
| 64                  | 13            | HALISZ Tomasz               | ZELÓW                   |  POL   |                     | 90             | M20/64 (M)199                 | 00:45:43         | 04.34           |
| 65                  | 333           | SZYCHOWSKI Łukasz           | ŁÓDŹ                    |  POL   |                     | 84             | M20/65 (M)203                 | 00:45:45         | 04.34           |
| 66                  | 331           | SKOWRONEK Bartłomiej        | ALEKSANDRÓW ŁÓDZKI      |  POL   |                     | 88             | M20/66 (M)209                 | 00:45:56         | 04.35           |
| 67                  | 172           | KOBIERECKI Michał           | ŁÓDŹ                    |  POL   |                     | 85             | M20/67 (M)210                 | 00:45:56         | 04.35           |
| 68                  | 42            | KOPACZEWSKI Piotr           | ŁÓDŹ                    |  POL   |                     | 93             | M20/68 (M)211                 | 00:46:00         | 04.36           |
| 69                  | 479           | ANTAS Mariusz               | KRZYMÓW                 |  POL   |                     | 85             | M20/69 (M)212                 | 00:46:04         | 04.36           |
| 70                  | 328           | ŁEBSKI Paweł                | PLASKA                  |  POL   |                     | 92             | M20/70 (M)219                 | 00:46:08         | 04.36           |
| 71                  | 547           | KRAJDA Adrian               | ZELÓW                   |  POL   |                     | 91             | M20/71 (M)227                 | 00:46:19         | 04.37           |
| 72                  | 697           | SIERCHA Łukasz              | ŁÓDŹ                    |  POL |                     | 96             | M20/72 (M)242                 | 00:46:48         | 04.40           |
| 73                  | 21            | LESZCZYŃSKI Mateusz         | ŁÓDŹ                    |  POL |                     | 84             | M20/73 (M)247                 | 00:47:00         | 04.42           |
| 74                  | 536           | MOSKWA Jacek                | GIELNIÓW                |  POL |                     | 86             | M20/74 (M)249                 | 00:47:02         | 04.42           |
| 75                  | 9             | DOBIECKI Artur              | ZDUŃSKA WOLA            |  POL |                     | 96             | M20/75 (M)251                 | 00:47:08         | 04.42           |
| 76                  | 811           | LIESTCOTT Sam               | HUDDERSFIELD            |  GBR |                     | 86             | M20/76 (M)252                 | 00:47:08         | 04.42           |
| 77                  | 586           | JAROSŁAWSKI Jakub           | PIONKI                  |  POL |                     | 97             | M20/77 (M)254                 | 00:47:09         | 04.42           |
| 78                  | 292           | STUPNOWICZ Przemek „tuptus” | ŁÓDŹ                    |  POL |                     | 95             | M20/78 (M)255                 | 00:47:10         | 04.43           |
| 79                  | 289           | PSUT Robert                 | OSIEDLE NIEWIADÓW       |  POL |                     | 91             | M20/79 (M)257                 | 00:47:13         | 04.43           |
| 80                  | 663           | SMALEC Ireneusz             | PŁOCK                   |  POL |                     | 85             | M20/80 (M)263                 | 00:47:19         | 04.43           |
| 81                  | 338           | AUGUSTYNIAK Rafał           | ŁÓDŹ                    |  POL |                     | 94             | M20/81 (M)270                 | 00:47:30         | 04.45           |
| 82                  | 388           | ZEGARLICKI Jakub            | ŁÓDŹ                    |  POL |                     | 92             | M20/82 (M)274                 | 00:47:35         | 04.45           |
| 83                  | 804           | MIELCZAREK Michał           | TUREK                   |  POL |                     | 94             | M20/83 (M)279                 | 00:47:47         | 04.46           |
| 84                  | 343           | KĄZMIERCZAK Adam            | ŁÓDŹ                    |  POL |                     | 91             | M20/84 (M)283                 | 00:47:51         | 04.47           |
| 85                  | 766           | KAPES Andrzej               | GRABÓW                  |  POL |                     | 91             | M20/85 (M)285                 | 00:47:54         | 04.47           |
| 86                  | 849           | BORUSIEWICZ Konrad          | ŁÓDŹ                    |  POL |                     | 87             | M20/86 (M)286                 | 00:47:59         | 04.47           |
| 87                  | 600           | KROGULECKI Damian           | WARTA                   |  POL |                     | 93             | M20/87 (M)287                 | 00:48:01         | 04.48           |
| 88                  | 443           | PAJOR Konrad                | ŁÓDŹ                    |  POL |                     | 84             | M20/88 (M)288                 | 00:48:02         | 04.48           |
| 89                  | 602           | MAKOWSKI Adam               | STARE SKOSZEWY          |  POL |                     | 89             | M20/89 (M)289                 | 00:48:02         | 04.48           |
| 90                  | 718           | GRYTA Jan                   | ZGIERZ                  |  POL |                     | 85             | M20/90 (M)290                 | 00:48:05         | 04.48           |
| 91                  | 390           | BADZIAK Mateusz             | ZELÓW                   |  POL |                     | 87             | M20/91 (M)303                 | 00:48:32         | 04.51           |
| 92                  | 830           | GŁOWACKI Michał             | ŁĘCZYCA                 |  POL |                     | 88             | M20/92 (M)307                 | 00:48:44         | 04.52           |
| 93                  | 340           | CERAN Marek                 | ŁÓDŹ                    |  POL |                     | 91             | M20/93 (M)310                 | 00:48:46         | 04.52           |
| 94                  | 73            | SŁODZIŃSKI Łukasz           | ZGIERZ                  |  POL |                     | 85             | M20/94 (M)317                 | 00:48:59         | 04.53           |
| 95                  | 619           | JAGIEŁŁO Maciej             | KUTNO                   |  POL |                     | 95             | M20/95 (M)320                 | 00:49:03         | 04.54           |
| 96                  | 150           | KOCIŃSKI Michał             | ŁÓDŹ                    |  POL |                     | 84             | M20/96 (M)326                 | 00:49:12         | 04.55           |
| 97                  | 219           | LEWANDOWSKI Igor            | ŁÓDŹ                    |  POL |                     | 89             | M20/97 (M)329                 | 00:49:16         | 04.55           |
| 98                  | 420           | KOWALSKI Patryk             | KAMPINOS                |  POL |                     | 95             | M20/98 (M)330                 | 00:49:17         | 04.55           |
| 99                  | 703           | WASZCZYKOWSKI Damian        | ŁÓDŹ                    |  POL |                     | 84             | M20/99 (M)333                 | 00:49:21         | 04.56           |
| 100                 | 146           | BŁASZCZYK Mariusz           | ZGIERZ                  |  POL |                     | 86             | M20/100 (M)336                | 00:49:25         | 04.56           |
| 101                 | 221           | PASTUSZKA Michał            | ŁÓDŹ                    |  POL |                     | 91             | M20/101 (M)340                | 00:49:29         | 04.56           |
| 102                 | 499           | PASTUSZKA Marek             | ŁÓDŹ                    |  POL |                     | 89             | M20/102 (M)341                | 00:49:29         | 04.56           |
| 103                 | 1293          | KACIŃSKI Marcin             | ŁÓDŹ                    |  POL |                     | 84             | M20/103 (M)353                | 00:49:47         | 04.58           |
| 104                 | 649           | FRĘCH Tomasz                | PABIANICE               |  POL |                     | 86             | M20/104 (M)354                | 00:49:47         | 04.58           |

| <i>Miejsce Rank</i> | <i>Nr Bib</i> | <i>Nazwisko i imię Name</i> | <i>Miejscowość City</i> | <i>Kraj Nat</i> | <i>Drużyna Team</i> | <i>R-k W kategorii YoB in Age Sex</i> | <i>Czas Time</i> | <i>[min/km]</i> |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|---------------------|---------------------------------------|------------------|-----------------|
| 105                 | 225           | STAŃCZYK Ernest             | ŁĘCZYCA                 | POL             |                     | 92 M20/105 (M)355                     | 00:49:50         | 04.59           |
| 106                 | 184           | WIELA Mariusz               | BRZEŹNIO                | POL             |                     | 85 M20/106 (M)356                     | 00:49:50         | 04.59           |
| 107                 | 662           | SLEDAK Jacek                | LUTOMIERSK              | POL             |                     | 89 M20/107 (M)358                     | 00:49:50         | 04.59           |
| 108                 | 767           | SZCZEPANIAK Marcin          | ZGIERZ                  | POL             |                     | 91 M20/108 (M)360                     | 00:49:53         | 04.59           |
| 109                 | 636           | SĘCZKOWSKI Dominik          | ŁÓDŹ                    | POL             |                     | 89 M20/109 (M)365                     | 00:49:57         | 04.59           |
| 110                 | 1296          | SZPRUCH Filip               | ZGIERZ                  | POL             |                     | 93 M20/110 (M)366                     | 00:49:58         | 04.59           |
| 111                 | 787           | WAWER Kamil                 | ŁÓDŹ                    | POL             |                     | 84 M20/111 (M)367                     | 00:50:00         | 05.00           |
| 112                 | 551           | TOMCZAK Adam                | BRACHOWICE              | POL             |                     | 90 M20/112 (M)374                     | 00:50:13         | 05.01           |
| 113                 | 197           | ABEL Łukasz                 | RĄBIEN                  | POL             |                     | 86 M20/113 (M)376                     | 00:50:14         | 05.01           |
| 114                 | 1207          | SZPRUCH Błażej              | ŁÓDŹ                    | POL             |                     | 86 M20/114 (M)380                     | 00:50:20         | 05.02           |
| 115                 | 844           | WAIŚAK Arkadiusz            | ŁÓDŹ                    | POL             |                     | 87 M20/115 (M)388                     | 00:50:32         | 05.03           |
| 116                 | 374           | KUZIO Bartosz               | ŁÓDŹ                    | POL             |                     | 87 M20/116 (M)390                     | 00:50:35         | 05.03           |
| 117                 | 792           | RAJKOWSKI Michał            | PIOTRKÓW                | POL             |                     | 94 M20/117 (M)391                     | 00:50:41         | 05.04           |
| 118                 | 631           | NAPIÓRA Michał              | ŁASK                    | POL             |                     | 90 M20/118 (M)394                     | 00:50:42         | 05.04           |
| 119                 | 682           | GRZYBOWSKI Szymon           | WODZIERADY              | POL             |                     | 86 M20/119 (M)396                     | 00:50:47         | 05.04           |
| 120                 | 72            | STEFAŃSKI Paweł             | ZGIERZ                  | POL             |                     | 85 M20/120 (M)403                     | 00:50:59         | 05.05           |
| 121                 | 706           | WRÓBEL Marcin               | ŁÓDŹ                    | POL             |                     | 84 M20/121 (M)406                     | 00:51:01         | 05.06           |
| 122                 | 217           | JĘDRZEJCZAK Bartłomiej      | ALEKSANDRÓW ŁÓDZKI      | POL             |                     | 85 M20/122 (M)410                     | 00:51:09         | 05.06           |
| 123                 | 5             | SZMCZAK Michał              | ZDUŃSKA WOLA            | POL             |                     | 96 M20/123 (M)411                     | 00:51:10         | 05.07           |
| 124                 | 533           | LEŚIAK Kamil                | PIOTRKÓW                | POL             |                     | 86 M20/124 (M)412                     | 00:51:10         | 05.07           |
| 125                 | 500           | KUCHARSKI Przemysław        | ŁÓDŹ                    | POL             |                     | 88 M20/125 (M)413                     | 00:51:12         | 05.07           |
| 126                 | 394           | BARTOSIK Zbyszek            | RUSIEC                  | POL             |                     | 86 M20/126 (M)414                     | 00:51:17         | 05.07           |
| 127                 | 263           | DZIUBECKI Kamil             | PIOTRKÓW                | POL             |                     | 84 M20/127 (M)418                     | 00:51:27         | 05.08           |
| 128                 | 651           | KARKOWSKI Michał            | ŁÓDŹ                    | POL             |                     | 85 M20/128 (M)422                     | 00:51:36         | 05.09           |
| 129                 | 163           | WATA Rafał                  | ŁÓDŹ                    | POL             |                     | 86 M20/129 (M)424                     | 00:51:44         | 05.10           |
| 130                 | 513           | KUBIK Jacek                 | ŁÓDŹ                    | POL             |                     | 88 M20/130 (M)428                     | 00:51:49         | 05.10           |
| 131                 | 247           | MŁODAWSKI Michał            | ŁÓDŹ                    | POL             |                     | 87 M20/131 (M)432                     | 00:51:56         | 05.11           |
| 132                 | 364           | DOMAGAŁA Michał             | ŁÓDŹ                    | POL             |                     | 87 M20/132 (M)436                     | 00:52:04         | 05.12           |
| 133                 | 404           | DZIĘGIELEWSKI Michał        | ŁÓDŹ                    | POL             |                     | 87 M20/133 (M)438                     | 00:52:04         | 05.12           |
| 134                 | 375           | KWIATKOWSKI Łukasz          | ŁÓDŹ                    | POL             |                     | 88 M20/134 (M)441                     | 00:52:09         | 05.12           |
| 135                 | 672           | DMOWSKI Paweł               | ŁĘCZYCA                 | POL             |                     | 88 M20/135 (M)446                     | 00:52:18         | 05.13           |
| 136                 | 373           | KRASKA Sławomir             | MOSZCZENICA             | POL             |                     | 88 M20/136 (M)447                     | 00:52:20         | 05.14           |
| 137                 | 813           | LANYCIA Michał              | ŁÓDŹ                    | POL             |                     | 88 M20/137 (M)449                     | 00:52:30         | 05.15           |
| 138                 | 468           | RDZANY Krzysztof            | PABIANICE               | POL             |                     | 88 M20/138 (M)456                     | 00:52:52         | 05.17           |
| 139                 | 204           | SĘK Rafał                   | ZGIERZ                  | POL             |                     | 84 M20/139 (M)461                     | 00:53:01         | 05.18           |
| 140                 | 816           | BOEBIAK Radosław            | ŁÓDŹ                    | POL             |                     | 84 M20/140 (M)476                     | 00:53:38         | 05.21           |
| 141                 | 371           | KONWERSKI Mariusz           | KUTNO                   | POL             |                     | 87 M20/141 (M)483                     | 00:53:57         | 05.23           |
| 142                 | 155           | PIOTROWSKI Kacper           | ŁÓDŹ                    | POL             |                     | 98 M20/142 (M)484                     | 00:53:58         | 05.23           |
| 143                 | 614           | DOJLIDKO Michał             | ZGIERZ                  | POL             |                     | 91 M20/143 (M)487                     | 00:54:01         | 05.24           |
| 144                 | 664           | SMUS Damian                 | SOCHACZEW               | POL             |                     | 90 M20/144 (M)492                     | 00:54:18         | 05.25           |
| 145                 | 311           | ŁĘGOCKI Piotr               | ROMANÓW                 | POL             |                     | 88 M20/145 (M)500                     | 00:54:29         | 05.26           |
| 146                 | 737           | WOJTYRA Witold              | ŁÓDŹ                    | POL             |                     | 95 M20/146 (M)504                     | 00:54:40         | 05.28           |
| 147                 | 279           | MAJEWSKI Łukasz             | ALEKSANDRÓW ŁÓDZKI      | POL             |                     | 88 M20/147 (M)507                     | 00:54:57         | 05.29           |
| 148                 | 529           | JARZĘBOWSKI Piotr           | ŁÓDŹ                    | POL             |                     | 85 M20/148 (M)509                     | 00:55:08         | 05.30           |
| 149                 | 591           | LASOCKI Łukasz              | ŁÓDŹ                    | POL             |                     | 86 M20/149 (M)512                     | 00:55:14         | 05.31           |
| 150                 | 102           | MARKOWSKI Piotr             | ŁÓDŹ                    | POL             |                     | 84 M20/150 (M)517                     | 00:55:28         | 05.32           |
| 151                 | 776           | FRANKENBER Jacek            | ŁÓDŹ                    | POL             |                     | 86 M20/151 (M)531                     | 00:56:13         | 05.37           |
| 152                 | 103           | MICHALAK Miłosz             | PABIANICE               | POL             |                     | 88 M20/152 (M)533                     | 00:56:14         | 05.37           |
| 153                 | 398           | CYSEK Jaromir               | ŁÓDŹ                    | POL             |                     | 85 M20/153 (M)545                     | 00:56:39         | 05.39           |
| 154                 | 95            | KUBACKI Jan                 | GROTNIKI                | POL             |                     | 01 M20/154 (M)549                     | 00:56:47         | 05.40           |
| 155                 | 303           | ZAWADA Jakub                | ZAPOLICE                | POL             |                     | 87 M20/155 (M)555                     | 00:56:56         | 05.41           |
| 156                 | 316           | SZYBKA Tomasz               | ŁÓDŹ                    | POL             |                     | 89 M20/156 (M)559                     | 00:57:11         | 05.43           |
| 157                 | 202           | MUSZYŃSKI Jakub             | ZGIERZ                  | POL             |                     | 96 M20/157 (M)565                     | 00:57:34         | 05.45           |
| 158                 | 283           | NIECKARZ Adam               | ZGIERZ                  | POL             |                     | 93 M20/158 (M)566                     | 00:57:36         | 05.45           |
| 159                 | 564           | CHOJNACKI Oskar             | WOŹNIAKÓW               | POL             |                     | 96 M20/159 (M)571                     | 00:57:58         | 05.47           |
| 160                 | 556           | GABRIELCZAK Maciej          | ZGIERZ                  | POL             |                     | 90 M20/160 (M)575                     | 00:58:22         | 05.50           |
| 161                 | 206           | HANAJCZYK Michał            | ALEKSANDRÓW ŁÓDZKI      | POL             |                     | 88 M20/161 (M)592                     | 00:59:41         | 05.58           |
| 162                 | 325           | KOMOROWSKI Marcin           | ŁÓDŹ                    | POL             |                     | 92 M20/162 (M)597                     | 01:00:23         | 06.02           |



























































| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City    | Kraj Nat | Drużyna Team | R-k W kategorii YoB in Age Sex | Czas Time | [min/km] |
|--------------|--------|----------------------|---------------------|----------|--------------|--------------------------------|-----------|----------|
| 163          | 530    | KACPRZAK Konrad      | ŁÓDŹ                |          | POL          | 85 M20/163 (M)601              | 01:00:33  | 06.03    |
| 164          | 212    | BARTNICKI Jędrzej    | SIERADZ             |          | POL          | 94 M20/164 (M)603              | 01:00:36  | 06.03    |
| 165          | 410    | GALUS Rafał          | ŁÓDŹ                |          | POL          | 88 M20/165 (M)606              | 01:00:39  | 06.03    |
| 166          | 769    | KRAJEWSKI Mateusz    | ŁÓDŹ                |          | POL          | 96 M20/166 (M)610              | 01:01:26  | 06.08    |
| 167          | 86     | DZIEDZIC Szymon      | KONSTANTYNÓW ŁÓDZKI |          | POL          | 85 M20/167 (M)612              | 01:01:37  | 06.09    |
| 168          | 159    | WIECZOREK Wojciech   | ŁÓDŹ                |          | POL          | 85 M20/168 (M)621              | 01:02:19  | 06.13    |
| 169          | 441    | OLEWNIK Łukasz       | PŁOCK               |          | POL          | 87 M20/169 (M)625              | 01:03:26  | 06.20    |
| 170          | 261    | CZERWCZAK Dawid      | KONIN               |          | POL          | 86 M20/170 (M)626              | 01:03:39  | 06.21    |
| 171          | 230    | WASIELEWSKI Daniel   | ZGIERZ              |          | POL          | 89 M20/171 (M)629              | 01:04:04  | 06.24    |
| 172          | 610    | BRZEZINSKI Lukasz    | LODZ                |          | POL          | 87 M20/172 (M)632              | 01:04:27  | 06.26    |
| 173          | 568    | LEWANDOWSKI Łukasz   | ZGIERZ              |          | POL          | 90 M20/173 (M)635              | 01:05:27  | 06.32    |
| 174          | 656    | MARKIEWICZ Michał    | KUTNO               |          | POL          | 89 M20/174 (M)636              | 01:05:45  | 06.34    |
| 175          | 745    | KAWKA Wiktor         | BABIAK              |          | POL          | 84 M20/175 (M)643              | 01:12:38  | 07.15    |
| 176          | 41     | KOPACZEWSKI Paweł    | ŁÓDŹ                |          | POL          | 90 M20/176 (M)648              | 01:12:41  | 07.16    |



























































### Bieg główny 10km Mężczyźni KATEGORIA:M30

|    |      |                       |                    |  |     |                  |          |       |
|----|------|-----------------------|--------------------|--|-----|------------------|----------|-------|
| 1  | 3    | OSMULSKI Tomasz       | ŁÓDŹ               |  | POL | 82 M30/1 (M)1    | 00:30:43 | 03.04 |
| 2  | 605  | PIETRZYK Krzysztof    | KOLUSZKI           |  | POL | 79 M30/2 (M)4    | 00:32:33 | 03.15 |
| 3  | 1294 | VERHEUL William       | UTRECHT            |  | NED | 80 M30/3 (M)10   | 00:34:24 | 03.26 |
| 4  | 812  | PODGÓRSKI Marcin      | ŁÓDŹ               |  | POL | 75 M30/4 (M)12   | 00:35:44 | 03.34 |
| 5  | 409  | FURMAŃSKI Sławomir    | KRZYMÓW            |  | POL | 82 M30/5 (M)14   | 00:36:23 | 03.37 |
| 6  | 185  | ZIMNY Emanuel         | SOCHACZEW          |  | POL | 81 M30/6 (M)15   | 00:36:31 | 03.39 |
| 7  | 563  | BURDKA Piotr          | BRZEZINY           |  | POL | 76 M30/7 (M)16   | 00:36:47 | 03.40 |
| 8  | 1205 | KLATKA Włodzimierz    | ŁÓDŹ               |  | POL | 79 M30/8 (M)18   | 00:37:17 | 03.43 |
| 9  | 92   | BAŻANT Jakub          | MAIDENHEAD         |  | GBR | 75 M30/9 (M)22   | 00:37:49 | 03.46 |
| 10 | 576  | SÓJKA Krzysztof       | BELCHATÓW          |  | POL | 77 M30/10 (M)25  | 00:38:08 | 03.48 |
| 11 | 18   | UDUT Przemysław       | ŁÓDŹ               |  | POL | 80 M30/11 (M)30  | 00:38:35 | 03.51 |
| 12 | 482  | GALAŻKA Zbigniew      | KUTNO              |  | POL | 81 M30/12 (M)36  | 00:39:02 | 03.54 |
| 13 | 290  | SKOWRON Andrzej       | ALEKSANDRÓW ŁÓDZKI |  | POL | 75 M30/13 (M)42  | 00:39:35 | 03.56 |
| 14 | 306  | BUCZAK Andrzej        | ŁÓDŹ               |  | POL | 75 M30/14 (M)46  | 00:39:41 | 03.58 |
| 15 | 477  | MARCINIAK Krzysztof   | LODZ               |  | POL | 83 M30/15 (M)50  | 00:39:47 | 03.56 |
| 16 | 224  | SMOLEŃSKI Michał      | ŁÓDŹ               |  | POL | 80 M30/16 (M)51  | 00:39:48 | 03.58 |
| 17 | 567  | KRZYWANSKI Marcin     | ŁÓDŹ               |  | POL | 75 M30/17 (M)53  | 00:39:50 | 03.59 |
| 18 | 485  | BIEGANOWSKI Krzysztof | PIOTRKÓW TRYB      |  | POL | 79 M30/18 (M)57  | 00:40:13 | 04.01 |
| 19 | 357  | TOSIK Witek           | PABIANICE          |  | POL | 82 M30/19 (M)58  | 00:40:16 | 04.01 |
| 20 | 606  | PSKIT Paweł           | ZGIERZ             |  | POL | 80 M30/20 (M)62  | 00:40:37 | 04.03 |
| 21 | 187  | PERLIŃSKI Maciej      | ŁÓDŹ               |  | POL | 83 M30/21 (M)65  | 00:40:43 | 04.04 |
| 22 | 144  | ANDRZEJCZAK Rafał     | PABIANICE          |  | POL | 74 M30/22 (M)68  | 00:40:55 | 04.05 |
| 23 | 681  | GRUDZIEN Krzysztof    | KRZYWIEC           |  | POL | 76 M30/23 (M)74  | 00:41:09 | 04.06 |
| 24 | 426  | KUGLARZ Zbigniew      | UNIEJÓW            |  | POL | 74 M30/24 (M)75  | 00:41:10 | 04.07 |
| 25 | 342  | GAJEWSKI Bartomiej    | ŁÓDŹ               |  | POL | 81 M30/25 (M)76  | 00:41:13 | 04.07 |
| 26 | 487  | KULESZA Maciej        | ŁÓDŹ               |  | POL | 77 M30/26 (M)77  | 00:41:14 | 04.07 |
| 27 | 227  | STRZEMECKI Łukasz     | ŁDZ                |  | POL | 76 M30/27 (M)79  | 00:41:16 | 04.07 |
| 28 | 282  | MAZUR Michał          | PABIANICE          |  | POL | 83 M30/28 (M)80  | 00:41:21 | 04.08 |
| 29 | 720  | JASIŃSKI Łukasz       | STRÓŻA             |  | POL | 82 M30/29 (M)81  | 00:41:22 | 04.08 |
| 30 | 153  | LICHAWSKI Rafał       | PABIANICE          |  | POL | 83 M30/30 (M)82  | 00:41:24 | 04.08 |
| 31 | 148  | JESIOŁOWSKI Szymon    | WYSZYNA            |  | POL | 82 M30/31 (M)84  | 00:41:32 | 04.09 |
| 32 | 64   | KOKOTEK Maciej        | ŁÓDŹ               |  | POL | 77 M30/32 (M)85  | 00:41:33 | 04.09 |
| 33 | 203  | SĘK Paweł             | ZGIERZ             |  | POL | 78 M30/33 (M)90  | 00:41:48 | 04.10 |
| 34 | 746  | PIECHOTA Jarosław     | ŁÓDŹ               |  | POL | 74 M30/34 (M)91  | 00:41:49 | 04.10 |
| 35 | 742  | SŁOŃSKI Artur         | ŁÓDŹ               |  | POL | 80 M30/35 (M)100 | 00:42:34 | 04.15 |
| 36 | 506  | ULRICHS Michał        | ŁÓDŹ               |  | POL | 79 M30/36 (M)105 | 00:42:47 | 04.16 |
| 37 | 169  | KACZOREK Marcin       | JÓZEFÓW            |  | POL | 75 M30/37 (M)107 | 00:42:47 | 04.16 |
| 38 | 352  | SADOWSKI Michał       | ZDUŃSKA WOLA       |  | POL | 76 M30/38 (M)110 | 00:42:52 | 04.17 |
| 39 | 87   | FRAĆZAK Robert        | ŁÓDŹ               |  | POL | 74 M30/39 (M)111 | 00:42:53 | 04.17 |
| 40 | 611  | CYGAN Marek           | ŁÓDŹ               |  | POL | 81 M30/40 (M)112 | 00:42:53 | 04.17 |
| 41 | 259  | BARTOSIK Marek        | LODZ               |  | POL | 76 M30/41 (M)114 | 00:42:57 | 04.17 |
| 42 | 601  | ŁUCZAK Łukasz         | ŁÓDŹ               |  | POL | 78 M30/42 (M)115 | 00:43:03 | 04.18 |
| 43 | 661  | POLASIŃSKI Grzegorz   | DĄBRÓWKA STRUMIANY |  | POL | 80 M30/43 (M)119 | 00:43:07 | 04.18 |

| <b>Miejsce Rank</b> | <b>Nr Bib</b> | <b>Nazwisko i imię Name</b> | <b>Miejscowość City</b> | <b>Kraj Nat</b> | <b>Drużyna Team</b> | <b>R-k YoB</b> | <b>W kategorii in Age Sex</b> | <b>Czas Time</b> | <b>[min/km]</b> |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|---------------------|----------------|-------------------------------|------------------|-----------------|
| 44                  | 233           | BLĄŻEJSKI Maciej            | PABIANICE               | POL             |                     | 75             | M30/44 (M)122                 | 00:43:11         | 04.19           |
| 45                  | 125           | KACZMARSKI Jarosław         | TOMASZÓW                | POL             |                     | 74             | M30/45 (M)123                 | 00:43:11         | 04.19           |
| 46                  | 7             | MIŚ Maciej                  | ŁÓDŹ                    | POL             |                     | 81             | M30/46 (M)125                 | 00:43:17         | 04.19           |
| 47                  | 471           | SZAFRAŃSKI Marek            | ŁÓDŹ                    | POL             |                     | 82             | M30/47 (M)129                 | 00:43:22         | 04.20           |
| 48                  | 510           | GRABARA Adam                | PIOTRKÓW                | POL             |                     | 74             | M30/48 (M)130                 | 00:43:22         | 04.20           |
| 49                  | 245           | MIAZEK Grzegorz             | BRZEZINY                | POL             |                     | 78             | M30/49 (M)135                 | 00:43:39         | 04.21           |
| 50                  | 496           | KOSECKI Konrad              | ALEKSANDROW ŁODZKI      | POL             |                     | 77             | M30/50 (M)136                 | 00:43:46         | 04.22           |
| 51                  | 264           | FIK Adam                    | ŁÓDŹ                    | POL             |                     | 79             | M30/51 (M)137                 | 00:43:49         | 04.22           |
| 52                  | 389           | ANDRZEJCZAK Tomasz          | ŁÓDŹ                    | POL             |                     | 80             | M30/52 (M)140                 | 00:43:52         | 04.23           |
| 53                  | 489           | RUTA Maciej                 | ŁÓDŹ                    | POL             |                     | 77             | M30/53 (M)141                 | 00:43:52         | 04.23           |
| 54                  | 115           | STUSIŃSKI Michał            | ŁÓDŹ                    | POL             |                     | 80             | M30/54 (M)145                 | 00:43:59         | 04.23           |
| 55                  | 587           | KACPIURA Piotr              | RADOM                   | POL             |                     | 76             | M30/55 (M)146                 | 00:44:06         | 04.24           |
| 56                  | 678           | GÓRECKI Marcin              | ŁÓDŹ                    | POL             |                     | 77             | M30/56 (M)148                 | 00:44:11         | 04.25           |
| 57                  | 305           | ANDRUSZEWSKI Tomasz         | ZDUŃSKA WOLA            | POL             |                     | 81             | M30/57 (M)149                 | 00:44:11         | 04.25           |
| 58                  | 548           | KUŹNIAR Marcin              | ŁÓDŹ                    | POL             |                     | 77             | M30/58 (M)150                 | 00:44:12         | 04.25           |
| 59                  | 112           | SOKÓŁ Piotr                 | ŁÓDŹ                    | POL             |                     | 77             | M30/59 (M)152                 | 00:44:19         | 04.25           |
| 60                  | 648           | DYCHTO Rafał                | PABIANICE               | POL             |                     | 75             | M30/60 (M)153                 | 00:44:19         | 04.25           |
| 61                  | 710           | PATORA Mariusz              | ŁÓDŹ                    | POL             |                     | 78             | M30/61 (M)155                 | 00:44:22         | 04.26           |
| 62                  | 628           | MICHALAK Rafał              | ŁÓDŹ                    | POL             |                     | 82             | M30/62 (M)159                 | 00:44:39         | 04.27           |
| 63                  | 775           | ZIELIŃSKI Dariusz           | ŁÓDŹ                    | POL             |                     | 76             | M30/63 (M)167                 | 00:44:47         | 04.28           |
| 64                  | 449           | SKUPIŃSKI Maciej            | ŁÓDŹ                    | POL             |                     | 79             | M30/64 (M)174                 | 00:45:01         | 04.30           |
| 65                  | 613           | DALEK Sławomir              | GŁOWNO                  | POL             |                     | 75             | M30/65 (M)178                 | 00:45:11         | 04.31           |
| 66                  | 754           | HARDYN Artur                | PIŁA                    | POL             |                     | 77             | M30/66 (M)184                 | 00:45:16         | 04.31           |
| 67                  | 367           | JAGODA Łukasz               | ŁÓDŹ                    | POL             |                     | 81             | M30/67 (M)186                 | 00:45:25         | 04.32           |
| 68                  | 271           | KOLCZYŃSKI Jakub            | ZGIERZ                  | POL             |                     | 82             | M30/68 (M)187                 | 00:45:25         | 04.32           |
| 69                  | 274           | KRAWCZYK Łukasz             | ŁÓDŹ                    | POL             |                     | 82             | M30/69 (M)188                 | 00:45:27         | 04.32           |
| 70                  | 369           | KARNICKI Grzegorz           | ŁÓDŹ                    | POL             |                     | 82             | M30/70 (M)189                 | 00:45:30         | 04.33           |
| 71                  | 764           | ŁUCZAK Radosław             | ŁÓDŹ                    | POL             |                     | 80             | M30/71 (M)191                 | 00:45:37         | 04.33           |
| 72                  | 195           | ZYGMUNT Mateusz             | KLESZCZÓW               | POL             |                     | 76             | M30/72 (M)194                 | 00:45:39         | 04.33           |
| 73                  | 630           | NAJDEREK Maciej             | POZNAŃ                  | POL             |                     | 82             | M30/73 (M)200                 | 00:45:43         | 04.34           |
| 74                  | 762           | RADKIEWICZ Tomasz           | ŁÓDŹ                    | POL             |                     | 77             | M30/74 (M)201                 | 00:45:45         | 04.34           |
| 75                  | 581           | PÓŁGRABIA Dawid             | WROCLAW                 | POL             |                     | 78             | M30/75 (M)207                 | 00:45:49         | 04.34           |
| 76                  | 779           | JARUGA Paweł                | ŁÓDŹ                    | POL             |                     | 82             | M30/76 (M)208                 | 00:45:49         | 04.34           |
| 77                  | 514           | LAU Marcin                  | ZĄBKI                   | POL             |                     | 74             | M30/77 (M)213                 | 00:46:04         | 04.36           |
| 78                  | 459           | BALIŃSKI Kamil              | LUBOCHNIA               | POL             |                     | 81             | M30/78 (M)215                 | 00:46:05         | 04.36           |
| 79                  | 189           | SZEWCZYK Jarosław           | NOWY BEDOŃ              | POL             |                     | 74             | M30/79 (M)216                 | 00:46:05         | 04.36           |
| 80                  | 589           | KOZA Mariusz                | TOMASZÓW                | POL             |                     | 78             | M30/80 (M)217                 | 00:46:06         | 04.36           |
| 81                  | 585           | JANISZEWSKI Ireneusz        | ŁÓDŹ                    | POL             |                     | 82             | M30/81 (M)220                 | 00:46:08         | 04.36           |
| 82                  | 693           | PRZEDBORSKI Roland          | ŁÓDŹ-POLAND             | POL             |                     | 74             | M30/82 (M)221                 | 00:46:10         | 04.37           |
| 83                  | 304           | ZIELIŃSKI Bartłomiej        | BELCHATÓW               | POL             |                     | 81             | M30/83 (M)223                 | 00:46:13         | 04.37           |
| 84                  | 704           | WIERZBICKI Jakub            | PODDĘBICE               | POL             |                     | 75             | M30/84 (M)226                 | 00:46:18         | 04.37           |
| 85                  | 735           | KOBIELSKI Sławomir          | PODDĘBICE               | POL             |                     | 76             | M30/85 (M)228                 | 00:46:21         | 04.38           |
| 86                  | 88            | GAŚTALIK Krystian           | CZELADŹ                 | POL             |                     | 77             | M30/86 (M)229                 | 00:46:23         | 04.38           |
| 87                  | 483           | JANKIEWICZ Michał           | ŁÓDŹ                    | POL             |                     | 81             | M30/87 (M)233                 | 00:46:28         | 04.38           |
| 88                  | 740           | ŚNIEŻYŃSKI Sławomir         | ŁÓDŹ                    | POL             |                     | 77             | M30/88 (M)234                 | 00:46:28         | 04.38           |
| 89                  | 669           | BEDNARSKI Michał            | ZGIERZ                  | POL             |                     | 78             | M30/89 (M)235                 | 00:46:28         | 04.38           |
| 90                  | 504           | SROCZYŃSKI Marek            | ZOETERMEER              | NED             |                     | 81             | M30/90 (M)236                 | 00:46:28         | 04.38           |
| 91                  | 680           | GRABOWSKI Mariusz           | RABIEŃ                  | POL             |                     | 80             | M30/91 (M)239                 | 00:46:42         | 04.40           |
| 92                  | 395           | BOHDANOWICZ Krystian        | ŁÓDŹ                    | POL             |                     | 80             | M30/92 (M)243                 | 00:46:51         | 04.41           |
| 93                  | 560           | WITKOWSKI Piotr             | ŁÓDŹ                    | POL             |                     | 80             | M30/93 (M)244                 | 00:46:55         | 04.41           |
| 94                  | 696           | SIEKIERSKI Gerard           | ŁÓDŹ                    | POL             |                     | 74             | M30/94 (M)248                 | 00:47:01         | 04.42           |
| 95                  | 30            | SIENNICKI Konrad            | BUKOWIEC                | POL             |                     | 77             | M30/95 (M)250                 | 00:47:06         | 04.42           |
| 96                  | 235           | CHWAŁOWSKI Adam             | PIOTRKÓW                | POL             |                     | 75             | M30/96 (M)258                 | 00:47:13         | 04.43           |
| 97                  | 1232          | SKURA Przemysław            | ŁÓDŹ                    | POL             |                     | 82             | M30/97 (M)262                 | 00:47:17         | 04.43           |
| 98                  | 559           | SOBIESZUK Paweł             | ŁÓDŹ                    | POL             |                     | 75             | M30/98 (M)265                 | 00:47:25         | 04.44           |
| 99                  | 1298          | NOWAK Przemysław            | ŁÓDŹ                    | POL             |                     | 80             | M30/99 (M)271                 | 00:47:31         | 04.45           |
| 100                 | 827           | ZAWADZKI Jakub              | ŁÓDŹ                    | POL             |                     | 82             | M30/100 (M)272                | 00:47:33         | 04.45           |
| 101                 | 539           | KĘDZIA Tomasz               | ŁÓDŹ                    | POL             |                     | 77             | M30/101 (M)278                | 00:47:44         | 04.46           |



| <b>Miejsce Rank</b> | <b>Nr Bib</b> | <b>Nazwisko i imię Name</b> | <b>Miejscowość City</b> | <b>Kraj Nat</b>   | <b>Drużyna Team</b> | <b>R-k W kategorii YoB in Age Sex</b> | <b>Czas Time</b> | <b>[min/km]</b> |
|---------------------|---------------|-----------------------------|-------------------------|---|---------------------|---------------------------------------|------------------|-----------------|
| 102                 | 277           | LEWANDA Piotr               | PABIANICE               |  POL   |                     | 83 M30/102 (M)280                     | 00:47:47         | 04.46           |
| 103                 | 450           | SŁAWIŃSKI Adam              | ZGIERZ                  |  POL   |                     | 76 M30/103 (M)281                     | 00:47:48         | 04.46           |
| 104                 | 244           | MATEO Manuel                | BRUXELLES               |  BEL   |                     | 75 M30/104 (M)282                     | 00:47:48         | 04.46           |
| 105                 | 620           | KACALAK Robert              | KUTNO                   |  POL   |                     | 80 M30/105 (M)284                     | 00:47:54         | 04.47           |
| 106                 | 1034          | ORZECHOWSKI Piotr           | ŁÓDŹ                    |  POL   |                     | 81 M30/106 (M)294                     | 00:48:17         | 04.49           |
| 107                 | 1033          | REDKO Błażej                | ŁÓDŹ                    |  POL   |                     | 81 M30/107 (M)296                     | 00:48:19         | 04.49           |
| 108                 | 521           | SYLWESTROWICZ Wojciech      | ŁÓDŹ                    |  POL   |                     | 80 M30/108 (M)299                     | 00:48:24         | 04.50           |
| 109                 | 250           | PIOTROWSKI Radek            | ŁÓDŹ                    |  POL   |                     | 81 M30/109 (M)302                     | 00:48:29         | 04.50           |
| 110                 | 281           | MARTYNUSKA Wojciech         | WARSZAWA                |  POL   |                     | 80 M30/110 (M)304                     | 00:48:40         | 04.52           |
| 111                 | 478           | MATUSIAK Przemek            | RUDA BUGAJ              |  POL   |                     | 80 M30/111 (M)309                     | 00:48:45         | 04.52           |
| 112                 | 679           | GRABICKI Przemysław         | ŁÓDŹ                    |  POL   |                     | 77 M30/112 (M)311                     | 00:48:48         | 04.52           |
| 113                 | 642           | ŻUK Paweł                   | WARSZAWA                |  POL   |                     | 75 M30/113 (M)312                     | 00:48:53         | 04.53           |
| 114                 | 675           | DZIAŁAK Robert              | DMOSIN                  |  POL   |                     | 82 M30/114 (M)313                     | 00:48:54         | 04.53           |
| 115                 | 543           | SZYMBORSKI Marek            | LEŚNICA, GM.            |  POL   |                     | 74 M30/115 (M)314                     | 00:48:56         | 04.53           |
| 116                 | 475           | JASTRZEMBSKI Piotr          | ZGIERZ                  |  POL   |                     | 75 M30/116 (M)315                     | 00:48:57         | 04.53           |
| 117                 | 39            | SOBESIAK Tomasz             | ŁÓDŹ                    |  POL   |                     | 82 M30/117 (M)321                     | 00:49:03         | 04.54           |
| 118                 | 326           | KREMPIŃSKI Piotr            | PABIANICE               |  POL   |                     | 76 M30/118 (M)322                     | 00:49:05         | 04.54           |
| 119                 | 717           | GRADKA Szymon               | ŁÓDŹ                    |  POL   |                     | 83 M30/119 (M)323                     | 00:49:05         | 04.54           |
| 120                 | 68            | WITASZEK Wojciech           | ŁÓDŹ                    |  POL   |                     | 78 M30/120 (M)325                     | 00:49:07         | 04.54           |
| 121                 | 67            | KĄZMIERCZAK Piotr           | ZGIERZ                  |  POL   |                     | 82 M30/121 (M)335                     | 00:49:24         | 04.56           |
| 122                 | 537           | POLIT Ernest                | DOMANIEWICE             |  POL   |                     | 74 M30/122 (M)337                     | 00:49:25         | 04.56           |
| 123                 | 829           | TARKA Andrzej               | ZELÓW                   |  POL   |                     | 77 M30/123 (M)343                     | 00:49:35         | 04.57           |
| 124                 | 689           | NOSKOWSKI Robert            | ŁÓDŹ                    |  POL   |                     | 77 M30/124 (M)348                     | 00:49:38         | 04.57           |
| 125                 | 38            | OSTROWSKI Marcin            | ŁÓDŹ                    |  POL  |                     | 78 M30/125 (M)349                     | 00:49:40         | 04.58           |
| 126                 | 557           | GAWROŃSKI Sebastian         | WARSZAWA                |  POL |                     | 82 M30/126 (M)350                     | 00:49:42         | 04.58           |
| 127                 | 761           | CHUDZIK Radek               | ŁÓDŹ                    |  POL |                     | 77 M30/127 (M)351                     | 00:49:44         | 04.58           |
| 128                 | 414           | KALIŃSKI Krzysztof          | ŁÓDŹ                    |  POL |                     | 79 M30/128 (M)352                     | 00:49:46         | 04.58           |
| 129                 | 490           | SIECZKOWSKI Tomasz          | ŁÓDŹ                    |  POL |                     | 75 M30/129 (M)357                     | 00:49:50         | 04.59           |
| 130                 | 687           | KOBYREW Varyiy              | ŁÓDŹ                    |  POL |                     | 74 M30/130 (M)359                     | 00:49:52         | 04.59           |
| 131                 | 152           | KULCZYCKI Łukasz            | ŁÓDŹ                    |  POL |                     | 80 M30/131 (M)363                     | 00:49:56         | 04.59           |
| 132                 | 801           | KMIN Piotr                  | ŁÓDŹ                    |  POL |                     | 80 M30/132 (M)364                     | 00:49:56         | 04.59           |
| 133                 | 565           | JANKOWSKI Jacek             | ŁÓDŹ                    |  POL |                     | 75 M30/133 (M)368                     | 00:50:03         | 05.00           |
| 134                 | 590           | KRUSZYŃSKI Andrzej          | ŁÓDŹ                    |  POL |                     | 77 M30/134 (M)369                     | 00:50:05         | 05.00           |
| 135                 | 32            | ZAMOJSKI Michał             | ŁÓDŹ                    |  POL |                     | 82 M30/135 (M)372                     | 00:50:08         | 05.00           |
| 136                 | 211           | SZATKOWSKI Dawid            | ŁÓDŹ                    |  POL |                     | 83 M30/136 (M)373                     | 00:50:08         | 05.00           |
| 137                 | 1292          | SOBOŃ Adam                  | ŁÓDŹ                    |  POL |                     | 83 M30/137 (M)375                     | 00:50:13         | 05.01           |
| 138                 | 408           | FRYD Błażej                 | PABIANICE               |  POL |                     | 83 M30/138 (M)377                     | 00:50:16         | 05.01           |
| 139                 | 236           | CIEŹKI Konrad               | PIOTRKÓW                |  POL |                     | 83 M30/139 (M)378                     | 00:50:17         | 05.01           |
| 140                 | 453           | SZYMCZAK Łukasz             | ŁÓDŹ                    |  POL |                     | 81 M30/140 (M)381                     | 00:50:20         | 05.02           |
| 141                 | 310           | LIGENZA Jakub               | ŁÓDŹ                    |  POL |                     | 83 M30/141 (M)382                     | 00:50:23         | 05.02           |
| 142                 | 345           | KOTOWSKI Przemysław         | ŁÓDŹ                    |  POL |                     | 80 M30/142 (M)383                     | 00:50:26         | 05.02           |
| 143                 | 653           | KRYSIĄK Łukasz              | WARSZAWA                |  POL |                     | 83 M30/143 (M)384                     | 00:50:26         | 05.02           |
| 144                 | 55            | KOSIELSKI Robert            | ŁÓDŹ                    |  POL |                     | 80 M30/144 (M)386                     | 00:50:28         | 05.02           |
| 145                 | 1070          | SANTAREK Wojciech           | SZCZECIN                |  POL |                     | 78 M30/145 (M)392                     | 00:50:42         | 05.04           |
| 146                 | 751           | WRÓBLEWSKI Sebastian        | ŁÓDŹ                    |  POL |                     | 75 M30/146 (M)401                     | 00:50:55         | 05.05           |
| 147                 | 507           | ZIOŁKOWSKI Rafał            | ŁÓDŹ                    |  POL |                     | 76 M30/147 (M)407                     | 00:51:05         | 05.06           |
| 148                 | 503           | SKORUPA Paweł               | ROZPRZA                 |  POL |                     | 78 M30/148 (M)408                     | 00:51:06         | 05.06           |
| 149                 | 1211          | DOMAGAŁA                    | ŁÓDŹ                    |  POL |                     | 78 M30/149 (M)409                     | 00:51:07         | 05.06           |
| 150                 | 646           | DANIŁOWICZ Maciej           | ŁÓDŹ                    |  POL |                     | 81 M30/150 (M)415                     | 00:51:18         | 05.07           |
| 151                 | 407           | ERENBERG Rafał              | PIOTRKÓW TRYB.          |  POL |                     | 82 M30/151 (M)419                     | 00:51:27         | 05.08           |
| 152                 | 336           | WASIELEWSKI Marek           | ŁÓDŹ                    |  POL |                     | 75 M30/152 (M)421                     | 00:51:33         | 05.09           |
| 153                 | 794           | KACZMAREK Marcin            | ŁÓDŹ                    |  POL |                     | 76 M30/153 (M)425                     | 00:51:47         | 05.10           |
| 154                 | 252           | PRUCHNIEWSKI Krzysztof      | STRÓŻA                  |  POL |                     | 76 M30/154 (M)429                     | 00:51:50         | 05.11           |
| 155                 | 181           | BESTER Piotr                | ŁÓDŹ                    |  POL |                     | 76 M30/155 (M)430                     | 00:51:53         | 05.11           |
| 156                 | 781           | KOZANIECKI Marcin           | ALEKSANDRÓW ŁÓDZKI      |  POL |                     | 82 M30/156 (M)431                     | 00:51:56         | 05.11           |
| 157                 | 222           | PATYK Marcin                | RĄBIEŃ AB               |  POL |                     | 76 M30/157 (M)434                     | 00:52:01         | 05.12           |
| 158                 | 1042          | KUBACKI Marek               | OSIEDLE NIEWIADÓW       |  POL |                     | 82 M30/158 (M)435                     | 00:52:03         | 05.12           |
| 159                 | 738           | WYKRĘTOWICZ Dariusz         | KUTNO                   |  POL |                     | 82 M30/159 (M)437                     | 00:52:04         | 05.12           |

| <b>Miejsce Rank</b> | <b>Nr Bib</b> | <b>Nazwisko i imię Name</b> | <b>Miejscowość City</b> | <b>Kraj Nat</b>   | <b>Drużyna Team</b> | <b>R-k W kategorii YoB in Age Sex</b> | <b>Czas Time</b> | <b>[min/km]</b> |
|---------------------|---------------|-----------------------------|-------------------------|---|---------------------|---------------------------------------|------------------|-----------------|
| 160                 | 518           | RYBCZYŃSKI Przemysław       | KUTNO                   |  POL   |                     | 74 M30/160 (M)439                     | 00:52:08         | 05.12           |
| 161                 | 851           | KAWALEC Krzysztof           | ŁÓDŹ                    |  POL   |                     | 74 M30/161 (M)443                     | 00:52:09         | 05.12           |
| 162                 | 198           | BERENT Dariusz              | KALONKA                 |  POL   |                     | 82 M30/162 (M)448                     | 00:52:28         | 05.14           |
| 163                 | 90            | GÓRECKI Tomasz              | ŁÓDŹ                    |  POL   |                     | 81 M30/163 (M)454                     | 00:52:36         | 05.15           |
| 164                 | 193           | RZEŹNICKI Piotr             | ŁÓDŹ                    |  POL   |                     | 82 M30/164 (M)457                     | 00:52:53         | 05.17           |
| 165                 | 457           | WOJTCZAK Adam               | OZORKÓW                 |  POL   |                     | 81 M30/165 (M)458                     | 00:52:54         | 05.17           |
| 166                 | 256           | WALASZEK Paweł              | WOLA GRZYMKOWA          |  POL   |                     | 79 M30/166 (M)459                     | 00:52:57         | 05.17           |
| 167                 | 15            | MILLER Marcin               | ŁÓDŹ                    |  POL   |                     | 76 M30/167 (M)462                     | 00:53:01         | 05.18           |
| 168                 | 226           | STĘPNIAK Michał             | ZGIERZ                  |  POL   |                     | 80 M30/168 (M)464                     | 00:53:02         | 05.18           |
| 169                 | 142           | SIKORA Maciej               | ŁÓDŹ                    |  POL   |                     | 77 M30/169 (M)468                     | 00:53:11         | 05.19           |
| 170                 | 439           | NOWICKI Michał              | ŁÓDŹ                    |  POL   |                     | 79 M30/170 (M)469                     | 00:53:14         | 05.19           |
| 171                 | 784           | ZGORZELSKI Bartłomiej       | ŁÓDŹ                    |  POL   |                     | 79 M30/171 (M)470                     | 00:53:15         | 05.19           |
| 172                 | 608           | MŁYNARZYK Marcin            | KONSTANTYNÓW ŁÓDZKI     |  POL   |                     | 76 M30/172 (M)471                     | 00:53:22         | 05.20           |
| 173                 | 51            | FABJAŃCZYK Łukasz           | JASTRZĘBIE GÓRNE        |  POL   |                     | 80 M30/173 (M)474                     | 00:53:24         | 05.20           |
| 174                 | 799           | SKOROŚ Sebastian            | SKOTNIKI                |  POL   |                     | 75 M30/174 (M)475                     | 00:53:33         | 05.21           |
| 175                 | 307           | CIEKAŃSKI Krzysztof         | KOLONIA WOLA            |  POL   |                     | 74 M30/175 (M)479                     | 00:53:52         | 05.23           |
| 176                 | 286           | PAWLAK Łukasz               | ŁÓDŹ                    |  POL   |                     | 78 M30/176 (M)485                     | 00:53:58         | 05.23           |
| 177                 | 730           | RADKE Ryszard               | OZORKÓW                 |  POL   |                     | 76 M30/177 (M)491                     | 00:54:17         | 05.25           |
| 178                 | 803           | KOWALSKI Szymon             | ŁÓDŹ                    |  POL   |                     | 77 M30/178 (M)494                     | 00:54:23         | 05.26           |
| 179                 | 1208          | KUWA Jacek                  |                         |  POL   |                     | 77 M30/179 (M)495                     | 00:54:25         | 05.26           |
| 180                 | 480           | BUGAJ Marcin                | ŁÓDŹ                    |  POL   |                     | 81 M30/180 (M)497                     | 00:54:28         | 05.26           |
| 181                 | 35            | NOLBRZAK Michał             | ŁÓDŹ                    |  POL   |                     | 75 M30/181 (M)498                     | 00:54:28         | 05.26           |
| 182                 | 393           | BARANIAK Jakub              | ŁÓDŹ                    |  POL   |                     | 78 M30/182 (M)503                     | 00:54:37         | 05.27           |
| 183                 | 28            | SENDRA Norbert              | ŁÓDŹ                    |  POL  |                     | 77 M30/183 (M)506                     | 00:54:42         | 05.28           |
| 184                 | 713           | KOBYŁECKI Rafał             | ŁÓDŹ                    |  POL |                     | 82 M30/184 (M)510                     | 00:55:11         | 05.31           |
| 185                 | 624           | KUROWSKI Bartłomiej         | ŁÓDŹ                    |  POL |                     | 82 M30/185 (M)511                     | 00:55:14         | 05.31           |
| 186                 | 575           | SOBIERAJ Marcin             | ŁÓDŹ                    |  POL |                     | 82 M30/186 (M)515                     | 00:55:23         | 05.32           |
| 187                 | 752           | WRÓBLEWSKI Maciej           | ŁÓDŹ                    |  POL |                     | 81 M30/187 (M)516                     | 00:55:25         | 05.32           |
| 188                 | 46            | URBANSKI Radosław           | ŁÓDŹ                    |  POL |                     | 74 M30/188 (M)519                     | 00:55:31         | 05.33           |
| 189                 | 1043          | ADWISZCZAK Artur            | BELCHATÓW               |  POL |                     | 74 M30/189 (M)522                     | 00:55:34         | 05.33           |
| 190                 | 638           | STĘPIEŃ Andrzej             | ŁÓDŹ                    |  POL |                     | 82 M30/190 (M)524                     | 00:55:42         | 05.34           |
| 191                 | 818           | KARCZMITOWICZ Marek         | KOSTRZYN NAD ODRA       |  POL |                     | 80 M30/191 (M)534                     | 00:56:21         | 05.38           |
| 192                 | 322           | JODEŁKA Piotr               | ZGIERZ                  |  POL |                     | 81 M30/192 (M)536                     | 00:56:26         | 05.38           |
| 193                 | 1021          | WOJCIECHOWSKI Paweł         | ZGIERZ                  |  POL |                     | 77 M30/193 (M)537                     | 00:56:26         | 05.38           |
| 194                 | 511           | GRZEBISZ Tomasz             | ŁÓDŹ                    |  POL |                     | 78 M30/194 (M)543                     | 00:56:32         | 05.39           |
| 195                 | 814           | RUTKOWSKI Michał            | ŁÓDŹ                    |  POL |                     | 78 M30/195 (M)548                     | 00:56:45         | 05.40           |
| 196                 | 455           | WALCZAK Szymon              | ŁÓDŹ                    |  POL |                     | 82 M30/196 (M)557                     | 00:57:02         | 05.42           |
| 197                 | 454           | ŚCIBOROWSKI Jarosław        | ŁÓDŹ                    |  POL |                     | 82 M30/197 (M)560                     | 00:57:14         | 05.43           |
| 198                 | 275           | KRZEWINA Roman              | ZGIERZ                  |  POL |                     | 80 M30/198 (M)561                     | 00:57:20         | 05.44           |
| 199                 | 370           | KAŹMIERCZAK Jacek           | ŁÓDŹ                    |  POL |                     | 75 M30/199 (M)562                     | 00:57:23         | 05.44           |
| 200                 | 577           | ŚMIGIEL Marek               | ŁÓDŹ                    |  POL |                     | 76 M30/200 (M)568                     | 00:57:41         | 05.46           |
| 201                 | 53            | GRUSZECKI Przemysław        | ŁÓDŹ                    |  POL |                     | 82 M30/201 (M)572                     | 00:58:06         | 05.48           |
| 202                 | 842           | MATUSIAK Tomasz             | ŁÓDŹ                    |  POL |                     | 76 M30/202 (M)574                     | 00:58:14         | 05.49           |
| 203                 | 396           | CIECHULSKI Daniel           | ŁÓDŹ                    |  POL |                     | 81 M30/203 (M)576                     | 00:58:26         | 05.50           |
| 204                 | 843           | MATUSIAK Waldemar           | ŁÓDŹ                    |  POL |                     | 76 M30/204 (M)577                     | 00:58:39         | 05.51           |
| 205                 | 583           | CYPEL Artur                 | PIOTRKÓW                |  POL |                     | 81 M30/205 (M)580                     | 00:58:43         | 05.52           |
| 206                 | 825           | CIEŚLA Dawid                | RABIEŃ                  |  POL |                     | 77 M30/206 (M)581                     | 00:58:45         | 05.52           |
| 207                 | 824           | CUPER Michał                | ŁÓDŹ                    |  POL |                     | 79 M30/207 (M)582                     | 00:58:47         | 05.52           |
| 208                 | 418           | KOSIOREK Rafał              | ŁÓDŹ                    |  POL |                     | 81 M30/208 (M)586                     | 00:59:08         | 05.54           |
| 209                 | 660           | PANFIL Przemysław           | ŁÓDŹ                    |  POL |                     | 82 M30/209 (M)587                     | 00:59:13         | 05.55           |
| 210                 | 598           | GOLIŃSKI Łukasz             | ŁÓDŹ                    |  POL |                     | 83 M30/210 (M)588                     | 00:59:14         | 05.55           |
| 211                 | 469           | SKUPIŃSKI Marcin            | ŁÓDŹ                    |  POL |                     | 83 M30/211 (M)589                     | 00:59:16         | 05.55           |
| 212                 | 1026          | POKORSKI Aleksander         | ŁÓDŹ                    |  POL |                     | 77 M30/212 (M)593                     | 00:59:44         | 05.58           |
| 213                 | 516           | MOSKWA Marcin               | ŁÓDŹ                    |  POL |                     | 78 M30/213 (M)598                     | 01:00:27         | 06.02           |
| 214                 | 505           | SZUBA Bogdan                | ŁÓDŹ                    |  POL |                     | 79 M30/214 (M)599                     | 01:00:28         | 06.02           |
| 215                 | 615           | DUBYK Marcin                | NYSA                    |  POL |                     | 80 M30/215 (M)600                     | 01:00:30         | 06.03           |
| 216                 | 200           | JACKOWSKI Piotr             | WARSZAWA                |  POL |                     | 77 M30/216 (M)602                     | 01:00:35         | 06.03           |
| 217                 | 111           | SKIBNIEWSKI Grzegorz        | LEGIONOWO               |  POL |                     | 76 M30/217 (M)605                     | 01:00:38         | 06.03           |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k W kategorii YoB in Age Sex | Czas Time | [min/km] |
|--------------|--------|----------------------|------------------|----------|--------------|--------------------------------|-----------|----------|
| 218          | 91     | JAGUSIAK Maciej      | ŁÓDŹ             |          | POL          | 81 M30/218 (M)613              | 01:01:41  | 06.10    |
| 219          | 1035   | ORLECHOWSKI Bartosz  | ŁÓDŹ             |          | POL          | 82 M30/219 (M)615              | 01:01:56  | 06.11    |
| 220          | 77     | KOZŁOWSKI Michał     | HEYTHUYSEN       |          | NED          | 79 M30/220 (M)619              | 01:02:01  | 06.12    |
| 221          | 1064   | GÓRA Arkadiusz       | ZDUŃSKA WOLA     |          | POL          | 77 M30/221 (M)630              | 01:04:06  | 06.24    |
| 222          | 476    | KUBIAK Dariusz       | ŁÓDŹ             |          | POL          | 83 M30/222 (M)633              | 01:05:13  | 06.31    |
| 223          | 686    | KLEPAK Mariusz       | ŁÓDŹ             |          | POL          | 76 M30/223 (M)634              | 01:05:22  | 06.32    |
| 224          | 594    | PAWLIK Mariusz       | PIONKI           |          | POL          | 77 M30/224 (M)637              | 01:06:58  | 06.41    |
| 225          | 59     | DZIEDZIC Tomasz      | ŁÓDŹ             |          | POL          | 77 M30/225 (M)638              | 01:07:04  | 06.42    |
| 226          | 444    | PIĄTCZAK Seweryn     | ŁÓDŹ             |          | POL          | 76 M30/226 (M)639              | 01:07:22  | 06.44    |
| 227          | 733    | SOBECKI Bartłomiej   | BOATCITY         |          | POL          | 80 M30/227 (M)644              | 01:12:39  | 07.15    |
| 228          | 24     | SEKIETA Radosław     | ŁÓDŹ             |          | POL          | 76 M30/228 (M)645              | 01:12:40  | 07.16    |
| 229          | 797    | GRADYS Zbigniew      | ŁÓDŹ             |          | POL          | 82 M30/229 (M)650              | 01:13:51  | 07.23    |

### Bieg główny 10km Mężczyźni KATEGORIA:M40

|    |     |                      |                     |  |     |                  |          |       |
|----|-----|----------------------|---------------------|--|-----|------------------|----------|-------|
| 1  | 674 | DUDEK Arkadiusz      | WŁODZIMIERZÓW       |  | POL | 72 M40/1 (M)26   | 00:38:21 | 03.49 |
| 2  | 711 | SABANDA Witold       | ŁÓDŹ                |  | POL | 73 M40/2 (M)29   | 00:38:32 | 03.50 |
| 3  | 415 | KAMIŃSKI Jan         | ŁÓDŹ                |  | POL | 68 M40/3 (M)37   | 00:39:02 | 03.54 |
| 4  | 837 | KORYCIŃSKI Rafał     | GDAŃSK              |  | POL | 71 M40/4 (M)38   | 00:39:10 | 03.55 |
| 5  | 31  | ELJASZ Robert        | ŁÓDŹ                |  | POL | 68 M40/5 (M)44   | 00:39:36 | 03.57 |
| 6  | 417 | KŁYSZ Marek          | ANDRESPOL           |  | POL | 68 M40/6 (M)47   | 00:39:41 | 03.57 |
| 7  | 341 | FABJAŃSKI Dariusz    | ŁÓDŹ                |  | POL | 73 M40/7 (M)54   | 00:39:57 | 03.59 |
| 8  | 183 | SYSIO Zbigniew       | PABIANICE           |  | POL | 73 M40/8 (M)60   | 00:40:24 | 04.02 |
| 9  | 699 | STRÓZIŃSKI Mariusz   | ŁÓDŹ                |  | POL | 72 M40/9 (M)61   | 00:40:32 | 04.03 |
| 10 | 822 | ADAMIEC Dariusz      | ŁÓDŹ                |  | POL | 71 M40/10 (M)63  | 00:40:39 | 04.03 |
| 11 | 422 | KRAJEWSKI Wojtek     | KONSTANTYNÓW ŁÓDZKI |  | POL | 71 M40/11 (M)72  | 00:41:03 | 04.06 |
| 12 | 71  | PIETRZAK Piotr       | ŁÓDŹ                |  | POL | 69 M40/12 (M)73  | 00:41:04 | 04.06 |
| 13 | 666 | WICHER Dariusz       | ZDUŃSKA WOLA        |  | POL | 70 M40/13 (M)83  | 00:41:29 | 04.08 |
| 14 | 472 | WODYŃSKI Robert      | ZGIERZ              |  | POL | 72 M40/14 (M)86  | 00:41:34 | 04.09 |
| 15 | 248 | NIECKARZ Dariusz     | ZGIERZ              |  | POL | 67 M40/15 (M)88  | 00:41:42 | 04.10 |
| 16 | 113 | STANOWSKI Grzegorz   | ŁÓDŹ                |  | POL | 71 M40/16 (M)93  | 00:42:10 | 04.13 |
| 17 | 80  | DIOWKSZ Paweł        | ŁÓDŹ                |  | POL | 73 M40/17 (M)96  | 00:42:27 | 04.14 |
| 18 | 520 | STASZEWSKI Tomasz    | ŁÓDŹ                |  | POL | 73 M40/18 (M)101 | 00:42:37 | 04.15 |
| 19 | 19  | KUJAWSKI Arkadiusz   | ŁÓDŹ                |  | POL | 71 M40/19 (M)104 | 00:42:42 | 04.16 |
| 20 | 508 | CZEKALSKI Tomasz     | PABIANICE           |  | POL | 65 M40/20 (M)109 | 00:42:51 | 04.17 |
| 21 | 534 | MAŁECKI Maciej       | ŁÓDŹ                |  | POL | 72 M40/21 (M)116 | 00:43:04 | 04.18 |
| 22 | 188 | SZAFLIK Mariusz      | ŁASK                |  | POL | 72 M40/22 (M)117 | 00:43:07 | 04.18 |
| 23 | 815 | DZIERKA Mariusz      | TOMASZÓW            |  | POL | 70 M40/23 (M)126 | 00:43:19 | 04.19 |
| 24 | 215 | CISZEWSKI Bogusław   | GAŁKOWO             |  | POL | 65 M40/24 (M)127 | 00:43:20 | 04.20 |
| 25 | 805 | SIOREK Waldemar      | PODDĘBICE           |  | POL | 67 M40/25 (M)132 | 00:43:25 | 04.20 |
| 26 | 670 | BŁASZCZYK Andrzej    | WARTKOWICE          |  | POL | 65 M40/26 (M)134 | 00:43:38 | 04.21 |
| 27 | 588 | KOWALSKI Jarosław    | ZGIERZ              |  | POL | 70 M40/27 (M)142 | 00:43:58 | 04.23 |
| 28 | 270 | KOLAS Waldemar       | ZGIERZ              |  | POL | 64 M40/28 (M)143 | 00:43:58 | 04.23 |
| 29 | 832 | KLEPACZ Piotr        | ŁÓDŹ                |  | POL | 68 M40/29 (M)154 | 00:44:21 | 04.26 |
| 30 | 175 | MROCZEK Dariusz      | ŁÓDŹ                |  | POL | 71 M40/30 (M)161 | 00:44:39 | 04.27 |
| 31 | 474 | FURMANIAK Jarosław   | ŁÓDŹ                |  | POL | 72 M40/31 (M)162 | 00:44:41 | 04.28 |
| 32 | 182 | SMARZEK Cezary       | ŁASK                |  | POL | 71 M40/32 (M)166 | 00:44:45 | 04.28 |
| 33 | 337 | WÓJCIK Mirosław      | TOMASZÓW            |  | POL | 66 M40/33 (M)172 | 00:44:57 | 04.29 |
| 34 | 632 | PALMOWSKI Maciej     | ŁÓDŹ                |  | POL | 70 M40/34 (M)176 | 00:45:03 | 04.30 |
| 35 | 379 | MORAWIEC Arkadiusz   | ŁÓDŹ                |  | POL | 69 M40/35 (M)179 | 00:45:12 | 04.31 |
| 36 | 378 | MAKOWSKI Arkadiusz   | ŁÓDŹ                |  | POL | 73 M40/36 (M)180 | 00:45:13 | 04.31 |
| 37 | 268 | GLUCK Witold         | ŁÓDŹ                |  | POL | 65 M40/37 (M)182 | 00:45:14 | 04.31 |
| 38 | 276 | KWIATKOWSKI Marek    | WIDAWA              |  | POL | 67 M40/38 (M)195 | 00:45:39 | 04.33 |
| 39 | 158 | TROCHA Darek         | WŁADYSŁAWÓW         |  | POL | 72 M40/39 (M)196 | 00:45:40 | 04.34 |
| 40 | 467 | PODGÓRSKI Michał     | ZDUŃSKA WOLA        |  | POL | 73 M40/40 (M)197 | 00:45:40 | 04.34 |
| 41 | 790 | RAJKOWSKI Przemysław | PIOTRKÓW            |  | POL | 71 M40/41 (M)202 | 00:45:45 | 04.34 |
| 42 | 160 | DYŚKO Piotr          | ŁÓDŹ                |  | POL | 72 M40/42 (M)204 | 00:45:45 | 04.34 |
| 43 | 525 | BŁASZCZYK Rafał      | SIERADZ             |  | POL | 69 M40/43 (M)205 | 00:45:47 | 04.34 |
| 44 | 527 | DERCZYŃSKI Marcin    | ZGIERZ              |  | POL | 68 M40/44 (M)206 | 00:45:48 | 04.34 |
| 45 | 841 | KOTOWSKI Janusz      | UNIEJÓW             |  | POL | 66 M40/45 (M)214 | 00:46:04 | 04.36 |

























































| <b>Miejsce Rank</b> | <b>Nr Bib</b> | <b>Nazwisko i imię Name</b> | <b>Miejscowość City</b> | <b>Kraj Nat</b> | <b>Drużyna Team</b> | <b>R-k W kategorii YoB in Age Sex</b> | <b>Czas Time</b> | <b>[min/km]</b> |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|---------------------|---------------------------------------|------------------|-----------------|
| 46                  | 57            | KLEPACZ Jacek               | ŁÓDŹ                    | POL             |                     | 71 M40/46 (M)218                      | 00:46:06         | 04.36           |
| 47                  | 823           | NOWAK Sławomir              | ŁÓDŹ                    | POL             |                     | 66 M40/47 (M)222                      | 00:46:12         | 04.37           |
| 48                  | 106           | PRZYWARSKI Przemysław       | ŁÓDŹ                    | POL             |                     | 72 M40/48 (M)230                      | 00:46:25         | 04.38           |
| 49                  | 130           | KĄŻMIERCZAK Paweł           | ŁÓDŹ                    | POL             |                     | 73 M40/49 (M)237                      | 00:46:39         | 04.39           |
| 50                  | 847           | PODGAŃSKI Krzysztof         | ŁÓDŹ                    | POL             |                     | 71 M40/50 (M)238                      | 00:46:40         | 04.40           |
| 51                  | 655           | MAJ Dariusz                 | ŁÓDŹ                    | POL             |                     | 65 M40/51 (M)240                      | 00:46:43         | 04.40           |
| 52                  | 456           | WEINBERG Kamil              | ŁÓDŹ                    | POL             |                     | 72 M40/52 (M)241                      | 00:46:44         | 04.40           |
| 53                  | 596           | BARTOS Włodzimierz          | ŁÓDŹ                    | POL             |                     | 71 M40/53 (M)245                      | 00:46:57         | 04.41           |
| 54                  | 728           | PRZEŹDZIECKI Daniel         | MRZEŻYNO                | POL             |                     | 73 M40/54 (M)246                      | 00:46:59         | 04.41           |
| 55                  | 836           | MARCINKOWSKI Vel marciniak  | ŁÓDŹ                    | POL             |                     | 71 M40/55 (M)253                      | 00:47:09         | 04.42           |
| 56                  | 436           | MIKSA Sławomir              | ŁÓDŹ                    | POL             |                     | 68 M40/56 (M)256                      | 00:47:11         | 04.43           |
| 57                  | 550           | STAWICKI Piotr              | CEKANÓW                 | POL             |                     | 72 M40/57 (M)260                      | 00:47:15         | 04.43           |
| 58                  | 640           | ŚWIĘCH Wojtek               | KSAWERÓW                | POL             |                     | 68 M40/58 (M)264                      | 00:47:19         | 04.43           |
| 59                  | 147           | GRAMS Jacek                 | ŁÓDŹ                    | POL             |                     | 73 M40/59 (M)266                      | 00:47:26         | 04.44           |
| 60                  | 23            | LESIEWICZ Jarosław          | ŁÓDŹ                    | POL             |                     | 69 M40/60 (M)268                      | 00:47:29         | 04.44           |
| 61                  | 845           | SZRETER Paweł               | PABIANICE               | POL             |                     | 64 M40/61 (M)269                      | 00:47:30         | 04.45           |
| 62                  | 119           | WIŚNIEWSKI Piotrek          | RADZIKÓW                | POL             |                     | 73 M40/62 (M)273                      | 00:47:33         | 04.45           |
| 63                  | 334           | TONDYS Piotr                | ŁÓDŹ                    | POL             |                     | 71 M40/63 (M)276                      | 00:47:38         | 04.45           |
| 64                  | 848           | JANIK Robert                | ŁÓDŹ                    | POL             |                     | 72 M40/64 (M)293                      | 00:48:16         | 04.49           |
| 65                  | 731           | SERAFICKI Sebastian         | ŁÓDŹ                    | POL             |                     | 71 M40/65 (M)295                      | 00:48:18         | 04.49           |
| 66                  | 381           | PECYNA Dariusz              | ŁÓDŹ                    | POL             |                     | 68 M40/66 (M)300                      | 00:48:25         | 04.50           |
| 67                  | 652           | KARKOWSKI Piotr             | ALEKSANDRÓW ŁÓDZKI      | POL             |                     | 70 M40/67 (M)305                      | 00:48:43         | 04.52           |
| 68                  | 257           | WOLAK Jarosław              | ŁÓDŹ                    | POL             |                     | 69 M40/68 (M)306                      | 00:48:43         | 04.52           |
| 69                  | 641           | WÓJCIK Robert               | ZGIERZ                  | POL             |                     | 73 M40/69 (M)316                      | 00:48:58         | 04.53           |
| 70                  | 428           | KWIATKOWSKI Piotr           | ZDUŃSKA WOLA            | POL             |                     | 68 M40/70 (M)318                      | 00:49:00         | 04.54           |
| 71                  | 114           | STĘPNIAK Wojciech           | ZGIERZ                  | POL             |                     | 71 M40/71 (M)319                      | 00:49:01         | 04.54           |
| 72                  | 1091          | MAKOWSKI Marek              | ŁÓDŹ                    | POL             |                     | 72 M40/72 (M)324                      | 00:49:06         | 04.54           |
| 73                  | 368           | KARASIŃSKI Robert           | PIOTRKÓW                | POL             |                     | 67 M40/73 (M)327                      | 00:49:14         | 04.55           |
| 74                  | 470           | STRZELECKI `CIRRUS` Jakub   | ŁÓDŹ                    | POL             |                     | 64 M40/74 (M)328                      | 00:49:15         | 04.55           |
| 75                  | 831           | ZIĘBACZEWSKI Wojciech       | ŁÓDŹ                    | POL             |                     | 68 M40/75 (M)331                      | 00:49:17         | 04.55           |
| 76                  | 833           | JAKSA Arkadiusz             | PABIANICE               | POL             |                     | 72 M40/76 (M)338                      | 00:49:26         | 04.56           |
| 77                  | 1071          | JAKUS Mariusz               | ŁÓDŹ                    | POL             |                     | 67 M40/77 (M)339                      | 00:49:28         | 04.56           |
| 78                  | 612           | CZYŻEWSKI Piotr             | ŁÓDŹ                    | POL             |                     | 65 M40/78 (M)345                      | 00:49:36         | 04.57           |
| 79                  | 828           | SÓRECKI Marek               | ZELÓW                   | POL             |                     | 73 M40/79 (M)346                      | 00:49:37         | 04.57           |
| 80                  | 582           | BAGRODZKI Andrzej           | ZGIERZ                  | POL             |                     | 71 M40/80 (M)347                      | 00:49:38         | 04.57           |
| 81                  | 702           | WACHOWICZ Sławomir          | ALEKSANDRÓW ŁÓDZKI      | POL             |                     | 71 M40/81 (M)370                      | 00:50:06         | 05.00           |
| 82                  | 273           | KOWALSKI Dariusz            | ŁÓDŹ                    | POL             |                     | 69 M40/82 (M)371                      | 00:50:08         | 05.00           |
| 83                  | 723           | KOSTUSIAK Krzysztof         | ZGIERZ                  | POL             |                     | 68 M40/83 (M)385                      | 00:50:27         | 05.02           |
| 84                  | 85            | CICHOŃSKI Klaudiusz         | SOSNOWIEC               | POL             |                     | 71 M40/84 (M)389                      | 00:50:32         | 05.03           |
| 85                  | 309           | HESSE Zbigniew              | ZDUŃSKA WOLA            | POL             |                     | 72 M40/85 (M)393                      | 00:50:42         | 05.04           |
| 86                  | 783           | WITKOWSKI Jacek             | ŁÓDŹ                    | POL             |                     | 68 M40/86 (M)395                      | 00:50:46         | 05.04           |
| 87                  | 786           | STUS Krzysztof              | ŁÓDŹ                    | POL             |                     | 71 M40/87 (M)397                      | 00:50:48         | 05.04           |
| 88                  | 348           | MAJCHRZAK Krzysztof         | PARZĘCZEW               | POL             |                     | 73 M40/88 (M)398                      | 00:50:48         | 05.04           |
| 89                  | 497           | KUCHARSKI Piotr             | ZDUŃSKA WOLA            | POL             |                     | 68 M40/89 (M)399                      | 00:50:52         | 05.05           |
| 90                  | 164           | HERKT Grzegorz              | ŁÓDŹ                    | POL             |                     | 73 M40/90 (M)400                      | 00:50:53         | 05.05           |
| 91                  | 834           | ZAWADZKI Sławomir           | ŁÓDŹ                    | POL             |                     | 64 M40/91 (M)402                      | 00:50:59         | 05.05           |
| 92                  | 27            | JANIAK Radosław             | ŁÓDŹ                    | POL             |                     | 69 M40/92 (M)417                      | 00:51:27         | 05.08           |
| 93                  | 11            | DOMAŃSKI Przemysław         | ŁÓDŹ                    | POL             |                     | 70 M40/93 (M)420                      | 00:51:31         | 05.09           |
| 94                  | 607           | SERWIK Henryk               | ŁÓDŹ                    | POL             |                     | 64 M40/94 (M)423                      | 00:51:41         | 05.10           |
| 95                  | 750           | ELIGIUSZ Zajawiony          | KONSTANTYNÓW ŁÓDZKI     | POL             |                     | 64 M40/95 (M)426                      | 00:51:48         | 05.10           |
| 96                  | 603           | MILLER Sergiusz             | ŁÓDŹ                    | POL             |                     | 67 M40/96 (M)440                      | 00:52:09         | 05.12           |
| 97                  | 136           | BARTCZAK Krzysztof          | ŁÓDŹ                    | POL             |                     | 64 M40/97 (M)442                      | 00:52:09         | 05.12           |
| 98                  | 645           | BRZEZIŃSKI Arkadiusz        | WYSZOGRÓD               | POL             |                     | 70 M40/98 (M)445                      | 00:52:17         | 05.13           |
| 99                  | 523           | SZKUDLAREK Robert           | PABIANICE               | POL             |                     | 67 M40/99 (M)450                      | 00:52:30         | 05.15           |
| 100                 | 819           | SAPELA Konrad               | ŁÓDŹ                    | POL             |                     | 71 M40/100 (M)452                     | 00:52:32         | 05.15           |
| 101                 | 732           | SOBCZAK Piotr               | ŁÓDŹ                    | POL             |                     | 71 M40/101 (M)455                     | 00:52:51         | 05.17           |
| 102                 | 795           | KIERESIŃSKI Waldemar        | ŁÓDŹ                    | POL             |                     | 64 M40/102 (M)466                     | 00:53:05         | 05.18           |
| 103                 | 785           | ROSIAK Mariusz              | ŁÓDŹ                    | POL             |                     | 71 M40/103 (M)467                     | 00:53:06         | 05.18           |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name  | Miejscowość City    | Kraj Nat | Drużyna Team | R-k W kategorii YoB in Age Sex | Czas Time | [min/km] |
|--------------|--------|-----------------------|---------------------|----------|--------------|--------------------------------|-----------|----------|
| 104          | 131    | ŁUCZAK Janusz         | ŁÓDŹ                | POL      |              | 68 M40/104 (M)482              | 00:53:57  | 05.23    |
| 105          | 541    | STEFANIAK Andrzej     | ZDUŃSKA WOLA        | POL      |              | 69 M40/105 (M)486              | 00:54:00  | 05.24    |
| 106          | 100    | LEWANDOWSKI Krzysztof | ŁÓDŹ                | POL      |              | 66 M40/106 (M)488              | 00:54:01  | 05.24    |
| 107          | 747    | JĘDRZEJCZAK Paweł     | KUTNO               | POL      |              | 65 M40/107 (M)489              | 00:54:07  | 05.24    |
| 108          | 101    | MACHAŁA Radosław      | ŁÓDŹ                | POL      |              | 71 M40/108 (M)493              | 00:54:22  | 05.26    |
| 109          | 89     | GÓRALCZYK Piotr       | ŁÓDŹ                | POL      |              | 73 M40/109 (M)496              | 00:54:27  | 05.26    |
| 110          | 528    | GRABOWSKI Aleksander  | GOŁĘBIEW NOWY 1D/15 | POL      |              | 72 M40/110 (M)499              | 00:54:29  | 05.26    |
| 111          | 327    | KUJAWIAK Jacek        | ŁÓDŹ                | POL      |              | 66 M40/111 (M)501              | 00:54:33  | 05.27    |
| 112          | 52     | GĄGAŁA Przemysław     | WARSZAWA            | POL      |              | 69 M40/112 (M)502              | 00:54:34  | 05.27    |
| 113          | 753    | ŁUKOŚ Stanisław       | ŁÓDŹ                | POL      |              | 72 M40/113 (M)505              | 00:54:41  | 05.28    |
| 114          | 347    | LEWANDOWSKI Grzegorz  | ŁÓDŹ                | POL      |              | 73 M40/114 (M)508              | 00:55:00  | 05.30    |
| 115          | 502    | ROSZKOWSKI Marcin     | WARSZAWA            | POL      |              | 72 M40/115 (M)523              | 00:55:40  | 05.34    |
| 116          | 796    | ŁYSAKOWSKI Rafał      | RABIEŃ              | POL      |              | 70 M40/116 (M)525              | 00:55:46  | 05.34    |
| 117          | 852    | KIELICHOWSKI Urban    | ŁÓDŹ                | POL      |              | 73 M40/117 (M)528              | 00:55:59  | 05.35    |
| 118          | 621    | KARCZMITOWICZ Jacek   | ZGIERZ              | POL      |              | 70 M40/118 (M)530              | 00:56:02  | 05.36    |
| 119          | 145    | KLIMCZEWSKI Marek     | ŁÓDŹ                | POL      |              | 65 M40/119 (M)535              | 00:56:22  | 05.38    |
| 120          | 132    | PAŚNIK Jarosław       | ŁÓDŹ                | POL      |              | 66 M40/120 (M)538              | 00:56:27  | 05.38    |
| 121          | 826    | PASTUSZKA Mirosław    | ŁÓDŹ                | POL      |              | 66 M40/121 (M)539              | 00:56:28  | 05.38    |
| 122          | 403    | DUBIŃSKI Mariusz      | ZELÓW               | POL      |              | 71 M40/122 (M)540              | 00:56:31  | 05.39    |
| 123          | 1090   | CHRABĄSZCZ Zbigniew   | DUŻY DUNINÓW        | POL      |              | 71 M40/123 (M)546              | 00:56:44  | 05.40    |
| 124          | 463    | KŁOS Marek            | LUTOMIERSK          | POL      |              | 68 M40/124 (M)547              | 00:56:44  | 05.40    |
| 125          | 595    | BALICKI Jakub         | ŁÓDŹ                | POL      |              | 73 M40/125 (M)550              | 00:56:51  | 05.41    |
| 126          | 558    | MĘCZYŃSKI Piotr       | LEŻNICA WIELKA      | POL      |              | 69 M40/126 (M)554              | 00:56:56  | 05.41    |
| 127          | 194    | SOLUCH Paweł          | ŁÓDŹ                | POL      |              | 72 M40/127 (M)556              | 00:56:59  | 05.41    |
| 128          | 34     | ŁUCZAK Andrzej        | ŁÓDŹ                | POL      |              | 70 M40/128 (M)563              | 00:57:29  | 05.44    |
| 129          | 780    | OSTAFIŃSKI Krzysztof  | ŁÓDŹ                | POL      |              | 70 M40/129 (M)564              | 00:57:30  | 05.45    |
| 130          | 12     | BANASIAK Piotr        | OZORKÓW             | POL      |              | 66 M40/130 (M)567              | 00:57:38  | 05.45    |
| 131          | 618    | JAGAS Radek           | GRABINA             | POL      |              | 72 M40/131 (M)569              | 00:57:52  | 05.47    |
| 132          | 121    | ZYGMUNT Marek         | ŁÓDŹ                | POL      |              | 64 M40/132 (M)570              | 00:57:54  | 05.47    |
| 133          | 40     | SOKALSKI Paweł        | ŁÓDŹ                | POL      |              | 71 M40/133 (M)573              | 00:58:08  | 05.48    |
| 134          | 448    | SARZYŃSKI Adam        | ŁÓDŹ                | POL      |              | 73 M40/134 (M)578              | 00:58:40  | 05.52    |
| 135          | 104    | MIROS Jacek           | ŁÓDŹ                | POL      |              | 64 M40/135 (M)595              | 01:00:04  | 06.00    |
| 136          | 94     | KUBACKI Dariusz       | GROTNIKI            | POL      |              | 70 M40/136 (M)607              | 01:00:55  | 06.05    |
| 137          | 722    | KETNER Piotr          | ŁÓDŹ                | POL      |              | 72 M40/137 (M)614              | 01:01:42  | 06.10    |
| 138          | 622    | KOBYLIŃSKI Paweł      | ZGIERZ              | POL      |              | 71 M40/138 (M)616              | 01:01:57  | 06.11    |
| 139          | 135    | WITKOWSKI Piotr       | ŁÓDŹ                | POL      |              | 67 M40/139 (M)617              | 01:02:00  | 06.12    |
| 140          | 512    | KOSMALA Marek         | ŁÓDŹ                | POL      |              | 69 M40/140 (M)620              | 01:02:04  | 06.12    |
| 141          | 1      | PIOTROWSKI Maciej     | WARSZAWA            | POL      |              | 71 M40/141 (M)624              | 01:03:22  | 06.20    |
| 142          | 546    | GALANT Sławomir       | ŁÓDŹ                | POL      |              | 70 M40/142 (M)627              | 01:03:41  | 06.22    |
| 143          | 741    | GIWEROWSKI Paweł      | ZGIERZ              | POL      |              | 73 M40/143 (M)646              | 01:12:40  | 07.16    |
| 144          | 759    | GRZELCZAK Tomasz      | ŁÓDŹ                | POL      |              | 67 M40/144 (M)647              | 01:12:41  | 07.16    |
| 145          | 1047   | TRACZ Maciej          | ŁÓDŹ                | POL      |              | 70 M40/145 (M)649              | 01:12:41  | 07.16    |
| 146          | 295    | SZKIŁONDŹ Dariusz     | ŁÓDŹ                | POL      |              | 68 M40/146 (M)652              | 01:17:08  | 07.42    |























































### Bieg główny 10km Mężczyźni KATEGORIA:M50

|    |      |                        |              |     |  |                  |          |       |
|----|------|------------------------|--------------|-----|--|------------------|----------|-------|
| 1  | 771  | GODYCKI-ĆWIRKO Andrzej | ŁÓDŹ         | POL |  | 59 M50/1 (M)48   | 00:39:42 | 03.58 |
| 2  | 584  | JAKUBOWSKI Sławomir    | MALANÓW      | POL |  | 63 M50/2 (M)49   | 00:39:47 | 03.58 |
| 3  | 517  | PASTWA Marek           | ŁÓDŹ         | POL |  | 63 M50/3 (M)70   | 00:41:00 | 04.06 |
| 4  | 229  | WASIAK Wiesław         | ŁÓDŹ         | POL |  | 61 M50/4 (M)78   | 00:41:16 | 04.07 |
| 5  | 1027 | ŻACZEK Władysław       | ANDRESPOL    | POL |  | 63 M50/5 (M)94   | 00:42:20 | 04.14 |
| 6  | 540  | MIELCZAREK Stanisław   | KALISZ       | POL |  | 57 M50/6 (M)103  | 00:42:42 | 04.16 |
| 7  | 1006 | KLEPCZAREK Czesław     | ŁÓDŹ         | POL |  | 57 M50/7 (M)108  | 00:42:51 | 04.17 |
| 8  | 170  | KLIMCZEWSKI Andrzej    | ŁÓDŹ         | POL |  | 62 M50/8 (M)124  | 00:43:14 | 04.19 |
| 9  | 36   | BORKOWSKI Grzegorz     | ŁÓDŹ         | POL |  | 55 M50/9 (M)133  | 00:43:27 | 04.20 |
| 10 | 437  | MILCZAREK Janusz       | ŁÓDŹ         | POL |  | 62 M50/10 (M)138 | 00:43:50 | 04.23 |
| 11 | 78   | GRUDZIEN Robert        | ŁÓDŹ         | POL |  | 63 M50/11 (M)160 | 00:44:39 | 04.27 |
| 12 | 676  | FRĄCZAK Grzegorz       | DOBRA NOWINY | POL |  | 63 M50/12 (M)164 | 00:44:42 | 04.28 |
| 13 | 297  | WAŚICKI Artur          | DOBROŃ       | POL |  | 63 M50/13 (M)169 | 00:44:51 | 04.29 |
| 14 | 37   | KOWALSKI Włodzimierz   | ŁÓDŹ         | POL |  | 55 M50/14 (M)170 | 00:44:53 | 04.29 |

| <i>Miejsce Rank</i> | <i>Nr Bib</i> | <i>Nazwisko i imię Name</i> | <i>Miejscowość City</i> | <i>Kraj Nat</i> | <i>Drużyna Team</i> | <i>R-k W kategorii YoB in Age Sex</i> | <i>Czas Time</i> | <i>[min/km]</i> |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|---------------------|---------------------------------------|------------------|-----------------|
| 15                  | 451           | STAWSKI Dariusz             | ŁÓDŹ                    | POL             |                     | 57 M50/15 (M)175                      | 00:45:01         | 04.30           |
| 16                  | 835           | WOŹNIAK Andrzej             | ŁÓDŹ                    | POL             |                     | 61 M50/16 (M)183                      | 00:45:15         | 04.31           |
| 17                  | 400           | DANYCH Krzysztof            | ALEKSANDROW LODZKI      | POL             |                     | 58 M50/17 (M)185                      | 00:45:24         | 04.32           |
| 18                  | 190           | OSET Piotr                  | SIERADZ                 | POL             |                     | 63 M50/18 (M)193                      | 00:45:38         | 04.33           |
| 19                  | 846           | GRABARCZYK Dariusz          | ŁÓDŹ                    | POL             |                     | 61 M50/19 (M)224                      | 00:46:16         | 04.37           |
| 20                  | 251           | PODZIŃSKI Edward            | ŁÓDŹ                    | POL             |                     | 61 M50/20 (M)225                      | 00:46:16         | 04.37           |
| 21                  | 778           | FAJCHUT Marek               | ZGIERZ                  | POL             |                     | 61 M50/21 (M)231                      | 00:46:27         | 04.38           |
| 22                  | 491           | SZYMAJDA Mieczysław         | DOMANIEWICE             | POL             |                     | 56 M50/22 (M)259                      | 00:47:14         | 04.43           |
| 23                  | 300           | WÓJCIK Mariusz              | ŁÓDŹ                    | POL             |                     | 63 M50/23 (M)261                      | 00:47:15         | 04.43           |
| 24                  | 124           | GRABOWSKI Dariusz           | ŁÓDŹ                    | POL             |                     | 63 M50/24 (M)267                      | 00:47:28         | 04.44           |
| 25                  | 262           | DRESLEWSKI Piotr            | ŁÓDŹ                    | POL             |                     | 62 M50/25 (M)275                      | 00:47:36         | 04.45           |
| 26                  | 218           | KOLCZYŃSKI Dariusz          | ŁÓDŹ                    | POL             |                     | 61 M50/26 (M)277                      | 00:47:44         | 04.46           |
| 27                  | 220           | MATUSIAK Grzegorz           | ŁÓDŹ                    | POL             |                     | 56 M50/27 (M)292                      | 00:48:14         | 04.49           |
| 28                  | 458           | WOŹNIAK Jerzy               | PABIANICE               | POL             |                     | 56 M50/28 (M)298                      | 00:48:21         | 04.50           |
| 29                  | 377           | ŁUBIS Rafał                 | ŻYTOWICE                | POL             |                     | 57 M50/29 (M)301                      | 00:48:26         | 04.50           |
| 30                  | 579           | WÓJCIK Krzysztof            | ŁÓDŹ                    | POL             |                     | 62 M50/30 (M)308                      | 00:48:44         | 04.52           |
| 31                  | 1024          | GARLIŃSKI Karol             | ŁÓDŹ                    | POL             |                     | 60 M50/31 (M)342                      | 00:49:35         | 04.57           |
| 32                  | 208           | KWIATKOWSKI Mariusz         | ŁÓDŹ                    | POL             |                     | 63 M50/32 (M)344                      | 00:49:36         | 04.57           |
| 33                  | 209           | PAŁASZ Stanisław            | ŁÓDŹ                    | POL             |                     | 63 M50/33 (M)361                      | 00:49:53         | 04.59           |
| 34                  | 571           | POPLAWSKI Karol             | ŁÓDŹ                    | POL             |                     | 60 M50/34 (M)362                      | 00:49:55         | 04.59           |
| 35                  | 806           | STELMACH Kazimierz          | ŁÓDŹ                    | POL             |                     | 61 M50/35 (M)387                      | 00:50:29         | 05.02           |
| 36                  | 573           | RONERT Wojciech             | ŁÓDŹ                    | POL             |                     | 56 M50/36 (M)404                      | 00:50:59         | 05.05           |
| 37                  | 484           | ROSIAK Paweł                | ŁÓDŹ                    | POL             |                     | 59 M50/37 (M)405                      | 00:51:00         | 05.06           |
| 38                  | 465           | LACHOWSKI Stanisław         | PIOTRKÓW                | POL             |                     | 58 M50/38 (M)416                      | 00:51:19         | 05.07           |
| 39                  | 673           | DOMINIAK Sylwester          | ŁÓDŹ                    | POL             |                     | 58 M50/39 (M)427                      | 00:51:49         | 05.10           |
| 40                  | 344           | KAŹMIERCZAK Marek           | ŁÓDŹ                    | POL             |                     | 59 M50/40 (M)444                      | 00:52:11         | 05.13           |
| 41                  | 821           | LEWANDOWSKI Krzysztof       | ŁÓDŹ                    | POL             |                     | 58 M50/41 (M)451                      | 00:52:32         | 05.15           |
| 42                  | 335           | TYLKE Jerzy                 | OZORKÓW                 | POL             |                     | 63 M50/42 (M)463                      | 00:53:02         | 05.18           |
| 43                  | 207           | KWAŚNIEWSKI Henryk          | ŁÓDŹ                    | POL             |                     | 54 M50/43 (M)472                      | 00:53:24         | 05.20           |
| 44                  | 712           | BARANOWSKI Bogumił          | ŁÓDŹ                    | POL             |                     | 60 M50/44 (M)473                      | 00:53:24         | 05.20           |
| 45                  | 98            | LASOŃ Krzysztof             | RADOMSKO                | POL             |                     | 59 M50/45 (M)477                      | 00:53:38         | 05.21           |
| 46                  | 323           | KACZMARKIEWICZ Krzysztof    | ŁÓDŹ                    | POL             |                     | 61 M50/46 (M)481                      | 00:53:56         | 05.23           |
| 47                  | 317           | SZYBKA Wojciech             | ŁÓDŹ                    | POL             |                     | 57 M50/47 (M)513                      | 00:55:15         | 05.31           |
| 48                  | 350           | POLEĆ Grzegorz              | PRZYGOŃ                 | POL             |                     | 56 M50/48 (M)514                      | 00:55:16         | 05.31           |
| 49                  | 179           | SZKOPEK Jacek               | ŁÓDŹ                    | POL             |                     | 59 M50/49 (M)518                      | 00:55:30         | 05.33           |
| 50                  | 173           | KWIECIEŃ Andrzej            | ŁÓDŹ                    | POL             |                     | 55 M50/50 (M)520                      | 00:55:31         | 05.33           |
| 51                  | 298           | WŁODARCZYK Wojciech         | ŁÓDŹ                    | POL             |                     | 56 M50/51 (M)526                      | 00:55:48         | 05.34           |
| 52                  | 354           | SOKOŁOWSKI Andrzej          | ŁÓDŹ                    | POL             |                     | 54 M50/52 (M)527                      | 00:55:55         | 05.35           |
| 53                  | 242           | LESIAK Andrzej              | ŁÓDŹ                    | POL             |                     | 54 M50/53 (M)529                      | 00:56:01         | 05.36           |
| 54                  | 429           | LEGIĘDŹ Jan                 | ŁÓDŹ                    | POL             |                     | 57 M50/54 (M)532                      | 00:56:13         | 05.37           |
| 55                  | 509           | GIERSZEWSKI Grzegorz        | ŁÓDŹ                    | POL             |                     | 56 M50/55 (M)541                      | 00:56:31         | 05.39           |
| 56                  | 434           | MICHALSKI Krzysztof         | ŁÓDŹ                    | POL             |                     | 61 M50/56 (M)544                      | 00:56:36         | 05.39           |
| 57                  | 538           | ZYDEK Cezary                | ŁÓDŹ                    | POL             |                     | 57 M50/57 (M)558                      | 00:57:04         | 05.42           |
| 58                  | 802           | POTOCKI Piotr               | ŁÓDŹ                    | POL             |                     | 58 M50/58 (M)579                      | 00:58:41         | 05.52           |
| 59                  | 231           | WENGRZYK Piotr              | ŁÓDŹ                    | POL             |                     | 61 M50/59 (M)583                      | 00:58:57         | 05.53           |
| 60                  | 431           | MARKIEWICZ Andrzej          | ŁÓDŹ                    | POL             |                     | 59 M50/60 (M)584                      | 00:59:00         | 05.54           |
| 61                  | 58            | LUBCZYŃSKI Jarosław         | ŁÓDŹ                    | POL             |                     | 62 M50/61 (M)590                      | 00:59:21         | 05.56           |
| 62                  | 461           | HANAJCZYK Janusz            | ŁÓDŹ                    | POL             |                     | 60 M50/62 (M)591                      | 00:59:41         | 05.58           |
| 63                  | 495           | GRZYWAŁA Tomasz             | PABIANICE               | POL             |                     | 63 M50/63 (M)594                      | 00:59:56         | 05.59           |
| 64                  | 808           | BILSKI Grzegorz             | ŁÓDŹ                    | POL             |                     | 60 M50/64 (M)596                      | 01:00:20         | 06.02           |
| 65                  | 694           | TWARDOWSKI Robert           | RADOM                   | POL             |                     | 59 M50/65 (M)604                      | 01:00:37         | 06.03           |
| 66                  | 708           | BUDZALEK Grzegorz           | MYŚLAKÓW                | POL             |                     | 63 M50/66 (M)608                      | 01:01:15         | 06.07           |
| 67                  | 25            | MUSZYŃSKI Andrzej           | ZGIERZ                  | POL             |                     | 62 M50/67 (M)622                      | 01:02:19         | 06.13           |
| 68                  | 438           | NIECKUŁA Zbigniew           | ŁÓDŹ                    | POL             |                     | 55 M50/68 (M)623                      | 01:03:19         | 06.19           |
| 69                  | 665           | ŚWIDERSKI Jacek             | ŁÓDŹ                    | POL             |                     | 63 M50/69 (M)628                      | 01:03:46         | 06.22           |
| 70                  | 167           | GORTATOWICZ Dariusz         | ŁÓDŹ                    | POL             |                     | 60 M50/70 (M)631                      | 01:04:23         | 06.26           |
| 71                  | 108           | RECH Andrzej                | ŁÓDŹ                    | POL             |                     | 58 M50/71 (M)640                      | 01:08:05         | 06.48           |
| 72                  | 287           | PAWLAK Marek                | PABIANICE               | POL             |                     | 59 M50/72 (M)642                      | 01:12:24         | 07.14           |

| Miejsce Rank                                    | Nr Bib | Nazwisko i imię Name       | Miejscowość City | Kraj Nat  | Drużyna Team | R-k W kategorii YoB in Age Sex | Czas Time | [min/km] |
|---|--------|----------------------------|------------------|---|--------------|--------------------------------|-----------|----------|
| 73  | 392    | BALICKI Jacek              | ŁÓDŹ             |  POL   |              | 63 M50/73 (M)651               | 01:16:56  | 07.41    |
| <b>Bieg główny 10km Mężczyźni KATEGORIA:M60</b> |        |                            |                  |   |              |                                |           |          |
| 1   | 685    | KĘPIŃSKI Henryk            | BELCHATÓW        |  POL   |              | 53 M60/1 (M)97                 | 00:42:28  | 04.14    |
| 2   | 460    | DOMINIAK Andrzej           | ŁÓDŹ             |  POL   |              | 53 M60/2 (M)120                | 00:43:10  | 04.19    |
| 3   | 572    | POSMYKIEWICZ Piotr         | ŁÓDŹ             |  POL   |              | 52 M60/3 (M)131                | 00:43:24  | 04.20    |
| 4   | 223    | REJZA Henryk               | OZORKÓW          |  POL   |              | 51 M60/4 (M)157                | 00:44:35  | 04.27    |
| 5   | 320    | ZBUDNIEWEK Roman           | ŁÓDŹ             |  POL   |              | 52 M60/5 (M)332                | 00:49:17  | 04.55    |
| 6   | 109    | RUTA Tadeusz               | DOBRA NOWINY     |  POL   |              | 50 M60/6 (M)334                | 00:49:24  | 04.56    |
| 7   | 757    | NIEDŹWIEDŹ Michał          | ZGIERZ           |  POL   |              | 44 M60/7 (M)379                | 00:50:17  | 05.01    |
| 8   | 97     | KURZAWSKI Jerzy            | ŁÓDŹ             |  POL   |              | 49 M60/8 (M)433                | 00:51:59  | 05.11    |
| 9   | 532    | BANIA Jan                  | ŁÓDŹ             |  POL   |              | 46 M60/9 (M)453                | 00:52:33  | 05.15    |
| 10  | 329    | MATUSIAK Ryszard           | OZORKÓW          |  POL   |              | 50 M60/10 (M)460               | 00:53:01  | 05.18    |
| 11  | 107    | RASZYK Piotr               | ŁÓDŹ             |  POL   |              | 53 M60/11 (M)465               | 00:53:05  | 05.18    |
| 12  | 774    | WOLSKI Andrzej             | ŁÓDŹ             |  POL   |              | 51 M60/12 (M)478               | 00:53:49  | 05.22    |
| 13  | 43     | KORDELAS Grzegorz          | ŁÓDŹ             |  POL   |              | 50 M60/13 (M)480               | 00:53:54  | 05.23    |
| 14  | 301    | WRÓBEL Marek               | ŁASK             |  POL   |              | 50 M60/14 (M)490               | 00:54:16  | 05.25    |
| 15  | 70     | ŁUCZAK Jerzy               | ŁÓDŹ             |  POL   |              | 51 M60/15 (M)521               | 00:55:34  | 05.33    |
| 16  | 260    | BIERNACKI Adam             | ŁÓDŹ             |  POL   |              | 50 M60/16 (M)542               | 00:56:32  | 05.39    |
| 17  | 498    | KUPIS Marian feliks        | ŁÓDŹ             |  POL   |              | 45 M60/17 (M)551               | 00:56:52  | 05.41    |
| 18  | 800    | GRZEGORCZYK Piotr          | ŁÓDŹ             |  POL   |              | 44 M60/18 (M)552               | 00:56:53  | 05.41    |
| 19  | 616    | FORMAŃSKI Tadeusz          | ŁÓDŹ             |  POL   |              | 48 M60/19 (M)553               | 00:56:54  | 05.41    |
| 20  | 561    | BŁĄDEK Witold              | ŁÓDŹ             |  POL   |              | 44 M60/20 (M)585               | 00:59:07  | 05.54    |
| 21  | 770    | KRÓLIKOSKI Jerzy           | ŁÓDŹ             |  POL   |              | 50 M60/21 (M)609               | 01:01:18  | 06.07    |
| 22  | 76     | KOZŁOWSKI Krzysztof        | ŁÓDŹ             |  POL  |              | 52 M60/22 (M)618               | 01:02:00  | 06.12    |
| <b>Bieg główny 10km Mężczyźni KATEGORIA:M70</b> |        |                            |                  |   |              |                                |           |          |
| 1   | 634    | PODGÓRSKI Jerzy            | ŁÓDŹ             |  POL |              | 37 M70/1 (M)641                | 01:08:32  | 06.51    |
| <b>Bieg główny 10km Kobiety KATEGORIA:K20</b>   |        |                            |                  |   |              |                                |           |          |
| 1   | 580    | KACZMAREK Monika           | ŁÓDŹ             |  POL |              | 89 K20/1 (K)1                  | 00:37:15  | 03.43    |
| 2   | 657    | MICHALAK MATTAR Małgorzata | ŁÓDŹ             |  POL |              | 85 K20/2 (K)2                  | 00:39:53  | 03.59    |
| 3   | 445    | PIWOWAR Paulina            | KOLUSZKI         |  POL |              | 96 K20/3 (K)6                  | 00:44:57  | 04.29    |
| 4   | 353    | SIESS Małgorzata           | PABIANICE        |  POL |              | 95 K20/4 (K)9                  | 00:46:26  | 04.38    |
| 5   | 214    | CHORZEWSKA Katarzyna       | ŁÓDŹ             |  POL |              | 86 K20/5 (K)11                 | 00:47:59  | 04.47    |
| 6   | 383    | SYSIO Joanna               | PABIANICE        |  POL |              | 87 K20/6 (K)12                 | 00:48:16  | 04.49    |
| 7   | 74     | SZADKOWSKA Ewelina         | HOLMFIRTH        |  GBR |              | 88 K20/7 (K)13                 | 00:48:29  | 04.50    |
| 8   | 519    | STANGIERSKA Weronika       | ŁÓDŹ             |  POL |              | 89 K20/8 (K)14                 | 00:48:41  | 04.52    |
| 9   | 313    | MICHALSKA Marta            | ZDUŃSKA WOLA     |  POL |              | 87 K20/9 (K)21                 | 00:50:43  | 05.04    |
| 10  | 65     | CUPER-KONWERSKA Małgorzata | ŁÓDŹ             |  POL |              | 86 K20/10 (K)22                | 00:50:48  | 05.04    |
| 11  | 442    | OSTOJSKA Katarzyna         | ZELÓW            |  POL |              | 93 K20/11 (K)24                | 00:51:01  | 05.06    |
| 12  | 726    | PAKUŁA Maja                | ŁÓDŹ             |  POL |              | 97 K20/12 (K)26                | 00:51:32  | 05.09    |
| 13  | 405    | MAJCHER Elżbieta           | RAWA MAZOWIECKA  |  POL |              | 84 K20/13 (K)27                | 00:51:58  | 05.11    |
| 14  | 314    | SZOSTEK Natalia            | ŁÓDŹ             |  POL |              | 87 K20/14 (K)28                | 00:52:03  | 05.12    |
| 15  | 522    | SZKUDLAREK Agata           | PABIANICE        |  POL |              | 97 K20/15 (K)31                | 00:52:37  | 05.15    |
| 16  | 355    | STĘPNIAK Małgorzata        | SOCHACZEW        |  POL |              | 90 K20/16 (K)40                | 00:54:26  | 05.26    |
| 17  | 639    | SZULENCKA Aleksandra       | WARSZAWA         |  POL |              | 84 K20/17 (K)48                | 00:55:40  | 05.34    |
| 18  | 411    | GĘBORYS Małgorzata         | ZGIERZ           |  POL |              | 86 K20/18 (K)58                | 00:56:35  | 05.39    |
| 19  | 789    | TOMCZYK Paulina            | ŁÓDŹ             |  DEN |              | 89 K20/19 (K)60                | 00:56:46  | 05.40    |
| 20  | 363    | CZEKAŁSKA Paulina          | ZDUŃSKA WOLA     |  POL |              | 87 K20/20 (K)62                | 00:56:56  | 05.41    |
| 21  | 788    | ORŁOWSKA Anna              | ŁÓDŹ             |  POL |              | 90 K20/21 (K)63                | 00:57:14  | 05.43    |
| 22  | 433    | MATCZAK Katarzyna          | ŁÓDŹ             |  POL |              | 92 K20/22 (K)69                | 00:58:00  | 05.48    |
| 23  | 192    | MAJZNER Pamela             | ZGIERZ           |  POL |              | 96 K20/23 (K)71                | 00:58:22  | 05.50    |
| 24  | 432    | MARKIEWICZ Anna            | ŁÓDŹ             |  POL |              | 90 K20/24 (K)82                | 01:01:36  | 06.09    |
| 25  | 782    | BETA Klaudia               | ŁÓDŹ             |  POL |              | 88 K20/25 (K)86                | 01:02:12  | 06.13    |
| 26  | 425    | KUCHARCZYK Katarzyna       | PIĄTEK           |  POL |              | 89 K20/26 (K)87                | 01:02:32  | 06.15    |
| 27  | 284    | NOWICKA Sara               | KONIN            |  POL |              | 91 K20/27 (K)92                | 01:03:36  | 06.21    |
| 28  | 291    | SOWIŃSKA Joanna            | ŁÓDŹ             |  POL |              | 89 K20/28 (K)93                | 01:04:04  | 06.24    |
| 29  | 724    | KWIECIEN Joanna            | BELCHATÓW        |  POL |              | 87 K20/29 (K)94                | 01:04:06  | 06.24    |
| 30  | 692    | PABIŚ Anna                 | ŁÓDŹ             |  POL |              | 85 K20/30 (K)96                | 01:04:11  | 06.25    |



| Miejsce Rank                                  | Nr Bib | Nazwisko i imię Name         | Miejscowość City   | Kraj Nat  | Drużyna Team | R-k W kategorii YoB in Age Sex | Czas Time | [min/km] |
|---|--------|------------------------------|--------------------|---|--------------|--------------------------------|-----------|----------|
| 31  | 168    | GORTATOWICZ Dominika         | ŁÓDŹ               |  POL   |              | 85 K20/31 (K)98                | 01:04:22  | 06.26    |
| 32  | 626    | MADA Paulina                 | ŁÓDŹ               |  POL   |              | 91 K20/32 (K)99                | 01:04:24  | 06.26    |
| <b>Bieg główny 10km Kobiety KATEGORIA:K30</b> |        |                              |                    |   |              |                                |           |          |
| 1   | 196    | ŻBIKOWSKA-JUSIS Katarzyna    | ŁÓDŹ               |  POL   |              | 83 K30/1 (K)4                  | 00:41:37  | 04.09    |
| 2   | 629    | MODRZYNSKA Joanna            | ŁÓDŹ               |  POL   |              | 81 K30/2 (K)5                  | 00:43:14  | 04.19    |
| 3   | 643    | ADAMSKA Joanna               | ŁÓDŹ               |  POL   |              | 81 K30/3 (K)8                  | 00:45:59  | 04.35    |
| 4   | 644    | ANTCZAK Agnieszka            | ŁÓDŹ               |  POL   |              | 76 K30/4 (K)10                 | 00:46:30  | 04.39    |
| 5   | 285    | PABICH Maria                 | PABIANICE          |  POL   |              | 82 K30/5 (K)16                 | 00:49:13  | 04.55    |
| 6   | 756    | WYTKOWSKA Joanna             | ŁÓDŹ               |  POL   |              | 80 K30/6 (K)17                 | 00:49:25  | 04.56    |
| 7   | 63     | KICINSKA-KOKOTEK Beata       | ŁÓDŹ               |  POL   |              | 77 K30/7 (K)18                 | 00:50:07  | 05.00    |
| 8   | 721    | KETNER Anna                  | ŁÓDŹ               |  POL   |              | 74 K30/8 (K)19                 | 00:50:38  | 05.03    |
| 9   | 330    | MIKOŁAJCZYK Marta            | ŁÓDŹ               |  POL   |              | 79 K30/9 (K)23                 | 00:50:53  | 05.05    |
| 10  | 154    | MORAWSKA-BAYKOWSKA Ludmiła   | PABIANICE          |  POL   |              | 78 K30/10 (K)25                | 00:51:10  | 05.07    |
| 11  | 593    | PATROWICZ Ewa                | ŁÓDŹ               |  POL   |              | 75 K30/11 (K)29                | 00:52:26  | 05.14    |
| 12  | 715    | BRYSEWSKA Marta              | ZGIERZ             |  POL   |              | 78 K30/12 (K)30                | 00:52:36  | 05.15    |
| 13  | 492    | CHWAŁOWSKA Agnieszka         | PIOTRKÓW           |  POL   |              | 78 K30/13 (K)32                | 00:52:38  | 05.15    |
| 14  | 93     | KOZIRÓG Agnieszka            | STRYKÓW            |  POL   |              | 77 K30/14 (K)35                | 00:53:22  | 05.20    |
| 15  | 486    | DĄBROWSKA Alicja             | ŁÓDŹ               |  POL   |              | 76 K30/15 (K)36                | 00:53:30  | 05.21    |
| 16  | 1209   | SUSKA Katarzyna              | ŁÓDŹ               |  POL   |              | 77 K30/16 (K)37                | 00:53:37  | 05.21    |
| 17  | 241    | KWIECIEN - LIPIŃSKA Kamila   | ŁÓDŹ               |  POL   |              | 75 K30/17 (K)38                | 00:53:56  | 05.23    |
| 18  | 658    | MIKOŁAJCZYK-SOWA Monika      | ŁÓDŹ               |  POL   |              | 76 K30/18 (K)39                | 00:54:12  | 05.25    |
| 19  | 149    | JĘDRASIAK Joanna             | ŁÓDŹ               |  POL   |              | 81 K30/19 (K)43                | 00:55:13  | 05.31    |
| 20  | 524    | ZAMOJSKA-LAU Magdalena       | ZĄBKI              |  POL   |              | 74 K30/20 (K)44                | 00:55:16  | 05.31    |
| 21  | 62     | PARUSZEWSKA Aleksandra       | ŁÓDŹ               |  POL  |              | 78 K30/21 (K)45                | 00:55:24  | 05.32    |
| 22  | 143    | WOJTAS Renata                | ZGIERZ             |  POL |              | 74 K30/22 (K)46                | 00:55:33  | 05.33    |
| 23  | 1020   | KURZEJA                      | BELCHATÓW          |  POL |              | 80 K30/23 (K)47                | 00:55:34  | 05.33    |
| 24  | 501    | ROSZKOWSKA-KAZAŁA Małgorzata | WARSZAWA           |  POL |              | 76 K30/24 (K)49                | 00:55:40  | 05.34    |
| 25  | 609    | ANDRZEJEWSKA Agata           | ŁÓDŹ               |  POL |              | 79 K30/25 (K)51                | 00:55:54  | 05.35    |
| 26  | 126    | LESIOWSKA Agata              | ŁÓDŹ               |  POL |              | 75 K30/26 (K)53                | 00:56:00  | 05.36    |
| 27  | 138    | LASTIMOSA Katarzyna          | PABIANICE          |  POL |              | 79 K30/27 (K)57                | 00:56:33  | 05.39    |
| 28  | 684    | JĘDRZEJAK Sylwia             | ŁÓDŹ               |  POL |              | 76 K30/28 (K)66                | 00:57:38  | 05.45    |
| 29  | 56     | IWIŃSKA Maja                 | ŁÓDŹ               |  POL |              | 79 K30/29 (K)67                | 00:57:46  | 05.46    |
| 30  | 617    | JAGAS Agnieszka              | GRABINA            |  POL |              | 74 K30/30 (K)68                | 00:57:53  | 05.47    |
| 31  | 110    | RYBIŃSKA Paulina             | ZGIERZ             |  POL |              | 82 K30/31 (K)74                | 00:58:57  | 05.53    |
| 32  | 199    | JACKOWSKA Aneta              | WARSZAWA           |  POL |              | 77 K30/32 (K)77                | 01:00:36  | 06.03    |
| 33  | 765    | WAC Ewa                      | ŁÓDŹ               |  POL |              | 76 K30/33 (K)79                | 01:00:56  | 06.05    |
| 34  | 683    | JĘCZMIŃSKA Marzena           | ŁÓDŹ               |  POL |              | 80 K30/34 (K)80                | 01:01:15  | 06.07    |
| 35  | 50     | BŁASZCZYNA Ludmiła           | ZGIERZ             |  POL |              | 78 K30/35 (K)81                | 01:01:24  | 06.08    |
| 36  | 793    | RASZEWSKA Anna               | ŁÓDŹ               |  POL |              | 76 K30/36 (K)95                | 01:04:08  | 06.24    |
| 37  | 137    | KOSZLAGA Benita              | STRYKÓW            |  POL |              | 82 K30/37 (K)100               | 01:04:59  | 06.29    |
| 38  | 60     | DZIEDZIC Małgorzata          | ŁÓDŹ               |  POL |              | 80 K30/38 (K)101               | 01:07:03  | 06.42    |
| 39  | 744    | KOT Katarzyna                | ŁÓDŹ               |  POL |              | 75 K30/39 (K)102               | 01:12:41  | 07.16    |
| 40  | 293    | SYSIO Agnieszka              | PABIANICE          |  POL |              | 77 K30/40 (K)105               | 01:15:42  | 07.34    |
| <b>Bieg główny 10km Kobiety KATEGORIA:K40</b> |        |                              |                    |   |              |                                |           |          |
| 1   | 690    | OCHMAŃSKA Ewa                | ŁÓDŹ               |  POL |              | 73 K40/1 (K)7                  | 00:45:09  | 04.30    |
| 2   | 748    | BAK Aneta                    | ŁÓDŹ               |  POL |              | 73 K40/2 (K)15                 | 00:49:05  | 04.54    |
| 3   | 1061   | NAUMIUK                      | WARSZAWA           |  POL |              | 70 K40/3 (K)20                 | 00:50:41  | 05.04    |
| 4   | 650    | KARKOWSKA Katarzyna          | ALEKSANDRÓW ŁÓDZKI |  POL |              | 72 K40/4 (K)34                 | 00:53:20  | 05.20    |
| 5   | 452    | SUJECKA Urszula              | BELCHATÓW          |  POL |              | 71 K40/5 (K)41                 | 00:54:33  | 05.27    |
| 6   | 332    | SMUL Bogusława               | ŁÓDŹ               |  POL |              | 68 K40/6 (K)50                 | 00:55:43  | 05.34    |
| 7   | 570    | PIWOŃSKA Agnieszka           | ŁÓDŹ               |  POL |              | 72 K40/7 (K)52                 | 00:55:55  | 05.35    |
| 8   | 647    | DYBAŁA-DEFRATYKA Agnieszka   | ŁÓDŹ               |  POL |              | 73 K40/8 (K)54                 | 00:56:11  | 05.37    |
| 9   | 709    | LANGIE Genowefa              | BELCHATÓW          |  POL |              | 72 K40/9 (K)55                 | 00:56:22  | 05.38    |
| 10  | 402    | DUBIŃSKA Bogusława           | ZELÓW              |  POL |              | 73 K40/10 (K)56                | 00:56:32  | 05.39    |
| 11  | 421    | KOŻUCHOWSKA Mariola          | PABIANICE          |  POL |              | 66 K40/11 (K)61                | 00:56:52  | 05.41    |
| 12  | 240    | KOŚCIJAŃCZUK-GÓRCZYŃSKA      | WISTKA KRÓLEWSKA   |  POL |              | 73 K40/12 (K)64                | 00:57:32  | 05.45    |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City   | Kraj Nat | Drużyna Team | R-k W kategorii YoB in Age Sex | Czas Time | [min/km] |
|--------------|--------|----------------------|--------------------|----------|--------------|--------------------------------|-----------|----------|
|              |        | Marlena              |                    |          | POL          |                                |           |          |
| 13           | 385    | WACŁAWSKA Izabela    | ŁÓDŹ               |          | POL          | 72 K40/13 (K)65                | 00:57:36  | 05.45    |
| 14           | 254    | SZCZEPANIAK Jadwiga  | ALEKSANDRÓW ŁÓDZKI |          | POL          | 65 K40/14 (K)72                | 00:58:32  | 05.51    |
| 15           | 691    | ORZECHOWSKA Renata   | ŁÓDŹ               |          | POL          | 68 K40/15 (K)78                | 01:00:41  | 06.04    |
| 16           | 604    | PAWLAK Monika        | GROTNIKI           |          | POL          | 65 K40/16 (K)83                | 01:01:44  | 06.10    |
| 17           | 1050   | KOWALSKA Swietlana   | ŁÓDŹ               |          | POL          | 69 K40/17 (K)85                | 01:02:07  | 06.12    |
| 18           | 743    | ZACZYŃSKA Małgorzata | ŁÓDŹ               |          | POL          | 66 K40/18 (K)88                | 01:02:41  | 06.16    |
| 19           | 1297   | ADAMCZEWSKA Maria    | ŁÓDŹ               |          | POL          | 70 K40/19 (K)89                | 01:02:58  | 06.17    |
| 20           | 278    | MAJCHROWSKA Anna     | ŁÓDŹ               |          | POL          | 64 K40/20 (K)90                | 01:03:13  | 06.19    |
| 21           | 47     | WITKOWSKA Beata      | ŁÓDŹ               |          | POL          | 68 K40/21 (K)97                | 01:04:17  | 06.25    |
| 22           | 296    | SZKŁONDŹ Izabela     | ŁÓDŹ               |          | POL          | 73 K40/22 (K)106               | 01:17:08  | 07.42    |
| 23           | 166    | WYPŁOSZ Anna         | ŁÓDŹ               |          | POL          | 69 K40/23 (K)107               | 01:17:58  | 07.47    |

### Bieg główny 10km Kobiety KATEGORIA:K50

|   |     |                        |           |  |     |                 |          |       |
|---|-----|------------------------|-----------|--|-----|-----------------|----------|-------|
| 1 | 531 | KARAŚ Aleksandra       | ŁÓDŹ      |  | POL | 62 K50/1 (K)42  | 00:54:48 | 05.28 |
| 2 | 239 | KALENBACH Julia        | ŁÓDŹ      |  | POL | 59 K50/2 (K)59  | 00:56:42 | 05.40 |
| 3 | 228 | WASIAK Hanna           | ŁÓDŹ      |  | POL | 63 K50/3 (K)70  | 00:58:11 | 05.49 |
| 4 | 382 | POTOCKA Anna           | ŁÓDŹ      |  | POL | 57 K50/4 (K)73  | 00:58:40 | 05.52 |
| 5 | 473 | FRANKENBERG Małgorzata | ŁÓDŹ      |  | POL | 55 K50/5 (K)75  | 00:58:59 | 05.53 |
| 6 | 391 | BAKALARZ Aleksandra    | ŁÓDŹ      |  | POL | 61 K50/6 (K)76  | 01:00:33 | 06.03 |
| 7 | 406 | STOKOWSKA Elżunia      | ŁÓDŹ      |  | POL | 59 K50/7 (K)91  | 01:03:22 | 06.20 |
| 8 | 294 | SYSIO Maria            | PABIANICE |  | POL | 57 K50/8 (K)108 | 01:19:35 | 07.57 |

### Bieg główny 10km Kobiety KATEGORIA:K60

|   |     |                                      |             |  |     |                 |          |       |
|---|-----|--------------------------------------|-------------|--|-----|-----------------|----------|-------|
| 1 | 850 | BIERNAT Blanka                       | MIROSLAWICE |  | POL | 53 K60/1 (K)33  | 00:52:56 | 05.17 |
| 2 | 249 | PASZKIEWICZ-KĘSIAK Krystyna<br>anita | ŁÓDŹ        |  | POL | 53 K60/2 (K)84  | 01:02:02 | 06.12 |
| 3 | 386 | WIKTOREK Jadwiga                     | ŁÓDŹ        |  | POL | 50 K60/3 (K)103 | 01:12:41 | 07.16 |
| 4 | 96  | KURZAWSKA Renata                     | ŁÓDŹ        |  | POL | 50 K60/4 (K)104 | 01:14:39 | 07.27 |

### Bieg główny 10km Kobiety KATEGORIA:K70

|   |   |                 |           |  |     |                 |          |       |
|---|---|-----------------|-----------|--|-----|-----------------|----------|-------|
| 1 | 6 | ROSIŃSKA Janina | PABIANICE |  | POL | 36 K70/1 (K)109 | 01:26:34 | 08.39 |
|---|---|-----------------|-----------|--|-----|-----------------|----------|-------|