



# Cross na Szańcu

Wrocław, 2019-03-30 - Wyniki

## 6000m

#	Kat./Cat.	Nazwisko, imię	Klub	Miasto	Laps	Netto
1 - M/1	M40/1	[50] BUSZEWSKI, Benjamin	Czterdziestolatek Biega	Wrocław	(1)0:07:25.05, (2)0:07:49.37, (3)0:07:42.78,	0:22:57.20 (03:49min/km)
2 - M/2	M30/1	[71] ZYCH, Marcin	#SobasTeam	Wrocław	(1)0:07:57.60, (2)0:08:27.09, (3)0:08:22.68,	0:24:47.37 (04:07min/km)
3 - M/3	M15/1	[32] SMUŻNY, Łukasz	Predators Wałbrzych	Wałbrzych	(1)0:07:55.70, (2)0:08:45.19, (3)0:08:42.48,	0:25:23.37 (04:13min/km)
4 - M/4	M30/2	[70] POWAŻNY , Marek	xRunners Night Runners Wrocław	Wrocław	(1)0:08:18.57, (2)0:08:53.53, (3)0:08:46.49,	0:25:58.59 (04:19min/km)
5 - M/5	M40/2	[51] BŁASEK, Radosław	KS LENIWIEC KĘPNO	Kępno	(1)0:08:32.34, (2)0:08:57.48, (3)0:08:40.23,	0:26:10.05 (04:21min/km)
6 - M/6	M50/1	[902] WIDZIEWICZ, Remigiusz			(1)0:08:40.54, (2)0:08:54.72, (3)0:08:42.24,	0:26:17.50 (04:22min/km)
7 - M/7	M30/3	[26] KOSTERKIEWICZ, Jarosław		Wrocław	(1)0:08:27.16, (2)0:08:59.97, (3)0:08:52.39,	0:26:19.52 (04:23min/km)
8 - M/8	M30/4	[54] WRÓBEL, Damian		Wrocław	(1)0:08:18.57, (2)0:08:59.72, (3)0:09:08.97,	0:26:27.26 (04:24min/km)
9 - M/9	M40/3	[28] ZIMOCH, Przemysław	KS LENIWIEC	Kępno	(1)0:08:35.03, (2)0:09:04.57,	0:26:36.49 (04:26min/km)
10 - M/10	M40/4	[60] FOLCIK, Ziemowit	Night Runners Wrocław	Wrocław	(1)0:08:39.56, (2)0:09:08.67, (3)0:08:49.53,	0:26:37.76 (04:26min/km)
11 - M/11	M40/5	[115] GARNEK, Piotr	Vege Runners		(1)0:08:44.32, (2)0:09:10.40, (3)0:08:55.28,	0:26:50.00 (04:28min/km)
12 - M/12	M40/6	[53] KUBICKI , Mariusz	Kluczborska Grupa Biegowa	Kluczbork	(1)0:08:46.99, (2)0:09:30.48, (3)0:09:09.29,	0:27:26.76 (04:34min/km)
13 - K/1	K20/1	[901] SUDOŁ, Hanna	WKS Śląsk Wrocław	Wrocław	(1)0:08:48.30, (2)0:09:26.34, (3)0:09:13.66,	0:27:28.30 (04:34min/km)

14 - M /13	M20/1	[39]	WENCEL, Daniel		Miejska Górka	(1)0:08:58.25, (2)0:09:19.84, (3)0:09:13.52,	0:27:31.61 (04:35min/km)
15 - M /14	M20/2	[109]	SZPAK, Marek	OIRP Wrocław		(1)0:09:03.22, (2)0:09:17.45, (3)0:09:18.00,	0:27:38.67 (04:36min/km)
16 - M /15	M30/5	[96]	KRZACZKOWSKI, Łukasz	Dziki Wrocław	Wrocław	(3)0:27:51.71,	0:27:51.71 (04:38min/km)
17 - M /16	M50/2	[36]	GADZIŃSKI, Marek	WKB PIAST WROCŁAW	WROCŁAW	(1)0:09:08.11, (2)0:09:26.04, (3)0:09:25.39,	0:27:59.54 (04:39min/km)
18 - M /17	M40/7	[52]	WOJTCZAK, Krzysztof	CSWiiChem Wrocław	Wrocław	(1)0:09:10.22, (2)0:09:29.58, (3)0:09:20.59,	0:28:00.39 (04:40min/km)
19 - M /18	M30/6	[57]	BRONOWICKI, Łukasz		Pajęczak	(1)0:09:12.17, (2)0:09:39.11, (3)0:09:24.68,	0:28:15.96 (04:42min/km)
20 - M /19	M15/2	[59]	PIOTROWSKI, Jakub	XIVLO	Wrocław	(1)0:08:43.43, (2)0:09:34.50, (3)0:10:10.12,	0:28:28.05 (04:44min/km)
21 - K /2	K20/2	[48]	ZIĘBA, Ewa	Decathlon Zięba Team Night Runners	Wrocław	(1)0:09:39.18, (2)0:09:41.49, (3)0:09:27.02,	0:28:47.69 (04:47min/km)
22 - M /20	M30/7	[64]	KARGUL, Tomasz	ŚWO	Wrocław	(1)0:09:26.58, (2)0:09:58.62, (3)0:09:40.69,	0:29:05.89 (04:50min/km)
23 - K /3	K20/3	[108]	MAZUREK, Agnieszka	WKS Śląsk Wrocław	Wrocław	(1)0:09:10.38, (2)0:10:04.92, (3)0:09:53.45,	0:29:08.75 (04:51min/km)
24 - M /21	M50/3	[34]	WIĄCEK, Marek		Wrocław	(1)0:09:28.20, (2)0:09:56.89, (3)0:09:56.15,	0:29:21.24 (04:53min/km)
25 - K /4	K30/1	[112]	KOZIOŁEK, Julia		Wrocław	(1)0:09:38.77, (2)0:10:26.43, (3)0:10:29.83,	0:30:35.03 (05:05min/km)
26 - M /22	M40/8	[35]	SZKUDLARSKI, Tomasz	3M Running Team	Wrocław	(1)0:09:40.22, (2)0:10:49.26, (3)0:10:46.99,	0:31:16.47 (05:12min/km)
27 - K /5	K30/2	[27]	SZEGŁOWSKA, Justyna		Wrocław	(1)0:10:06.44, (2)0:10:38.17, (3)0:10:37.46,	0:31:22.07 (05:13min/km)
28 - M /23	M30/8	[56]	KOCHANIEC, Paweł	PARKER	Radwanice	(1)0:09:37.89, (2)0:11:16.17, (3)0:10:34.83,	0:31:28.89 (05:14min/km)
29 - M /24	M60/1	[23]	MARCINKIEWICZ, Marcinkiewicz		Wrocław	(1)0:09:31.00, (2)0:10:34.92, (3)0:11:25.47,	0:31:31.39 (05:15min/km)
30 - M /25	M30/9	[114]	QUESADO, Freixo			(1)0:09:57.62,	0:31:32.49 (05:15min/km)

						(2)0:10:49.44, (3)0:10:45.43,	
31 - K /6	K50/1	[62]	PODKOWSKA, Beata	WkbPiast Adrian Danilewicz Grup	Wrocław	(1)0:10:30.28, (2)0:10:46.54, (3)0:10:30.87,	0:31:47.69 (05:17min/km)
32 - K /7	K30/3	[73]	KRZACZKOWSKA, Iwona	Dziki Wrocław	Wrocław	(1)0:10:13.32, (2)0:10:53.51, (3)0:10:46.49,	0:31:53.32 (05:18min/km)
33 - M /26	M30/10	[24]	KRÓL , Przemysław	Samekonie Ola Team	Wrocław	(1)0:09:05.71, (2)0:11:23.48, (3)0:11:27.14,	0:31:56.33 (05:19min/km)
34 - M /27	M60/2	[25]	BARAN, Bogdan		wrocław	(1)0:10:17.35, (2)0:11:15.92, (3)0:11:02.55,	0:32:35.82 (05:25min/km)
35 - K /8	K40/1	[45]	WACHOWSKA, Dorota	WKB PIAST WROCŁAW KB HARCOWNIK J-L	WROCŁAW	(1)0:10:34.79, (2)0:11:17.81, (3)0:11:13.04,	0:33:05.64 (05:30min/km)
36 - K /9	K30/4	[55]	BARAN, Kamila		WROCŁAW	(1)0:10:26.20, (2)0:11:16.41, (3)0:11:27.13,	0:33:09.74 (05:31min/km)
37 - M /28	M40/9	[110]	MAZUREK, Piotr	WKS Śląsk Wrocław		(1)0:10:28.30, (2)0:11:20.91, (3)0:11:30.35,	0:33:19.56 (05:33min/km)
38 - M /29	M40/10	[69]	STELMACH, Piotr Stelmach	Adrian Danilewicz Group	Wrocław	(1)0:10:38.84, (2)0:11:45.16, (3)0:11:36.99,	0:34:00.99 (05:40min/km)
39 - M /30	M40/11	[65]	BARSZCZEWSKI, Piotr	Adrian Danilewicz Group	Siechnice	(1)0:11:23.86, (2)0:11:38.11, (3)0:11:21.75,	0:34:23.72 (05:43min/km)
40 - M /31	M30/11	[47]	CHMIELEWSKI, Paweł		Wrocław	(1)0:11:02.63, (2)0:12:00.61, (3)0:11:48.68,	0:34:51.92 (05:48min/km)
41 - M /32	M50/4	[22]	GADZIŃSKI, Włodzimierz		Wrocław	(1)0:11:09.82, (2)0:11:55.02, (3)0:11:47.42,	0:34:52.26 (05:48min/km)
42 - K /10	K30/5	[37]	KOPACKA, Edyta	Adrian Danilewicz Group	Wrocław	(1)0:11:09.23, (2)0:12:02.74, (3)0:11:51.64,	0:35:03.61 (05:50min/km)
43 - M /33	M40/12	[72]	PARYŚ, Łukasz		Wrocław	(1)0:10:45.16, (2)0:12:27.14, (3)0:12:19.88,	0:35:32.18 (05:55min/km)
44 - K /11	K30/6	[102]	STACHOWIAK, Magdalena	Rydzyzna	Rydzyzna	(1)0:11:16.53, (2)0:12:06.32, (3)0:12:10.25,	0:35:33.10 (05:55min/km)
45 - K /12	K40/2	[30]	JASTRZĘBSKA, Agnieszka	WKB Piast Wrocław	Wrocław	(1)0:11:24.63, (2)0:12:11.99, (3)0:12:00.70,	0:35:37.32 (05:56min/km)

46 - M /34	M60/3	[116]	LEWANDOWSKI, Tadeusz	WKB Piast		(1)0:11:47.31, (2)0:11:58.64,	0:35:37.83 (05:56min/km)
47 - K /13	K50/2	[38]	GADZIŃSKA, Krystyna	WKB PIAST WROCŁAW	WROCŁAW	(1)0:11:48.74, (2)0:12:39.14, (3)0:12:18.63,	0:36:46.51 (06:07min/km)
48 - M /35	M30/12	[44]	BOSENKO, Dmitriy		Wrocław	(1)0:10:59.80, (2)0:12:57.39, (3)0:13:23.16,	0:37:20.35 (06:13min/km)
49 - K /14	K30/7	[66]	FLORKOWSKA-DWOJAK, Marta	WKS Grunwald Poznań	Poznań	(1)0:11:20.77, (2)0:12:55.46, (3)0:13:08.86,	0:37:25.09 (06:14min/km)
50 - M /36	M30/13	[67]	ZDRZAŁKA, Bartosz	PZU Sport Team	Wrocław	(1)0:12:24.11, (2)0:13:04.16, (3)0:12:55.29,	0:38:23.56 (06:23min/km)
51 - M /37	M50/5	[33]	PRUKOP, Wojciech	Rawlplug	Wrocław	(1)0:09:51.44, (2)0:13:15.21, (3)0:15:43.28,	0:38:49.93 (06:28min/km)
52 - K /15	K40/3	[21]	SMAGAŁA, Ewelina		Wrocław	(1)0:12:42.05, (2)0:13:16.10, (3)0:12:56.94,	0:38:55.09 (06:29min/km)
53 - M /38	M40/13	[46]	SZYDA, Jacek	PRO-RUN	Wrocław	(1)0:12:21.62, (2)0:13:19.55, (3)0:13:23.69,	0:39:04.86 (06:30min/km)
54 - M /39	M60/4	[40]	WOJTYŁŁO, Krzysztof		WROCŁAW	(1)0:13:12.76, (2)0:13:32.80, (3)0:13:22.88,	0:40:08.44 (06:41min/km)
55 - M /40	M20/3	[31]	NIEWIADOMSKI, Marcin	Alkoturyści	Wrocław	(1)0:11:20.90, (2)0:14:10.20, (3)0:14:46.17,	0:40:17.27 (06:42min/km)
56 - K /16	K30/8	[79]	KACZMAREK, Anna	Orienteering Leszno	Leszno	(1)0:12:32.23, (2)0:14:29.62, (3)0:14:15.09,	0:41:16.94 (06:52min/km)
57 - K /17	K20/4	[29]	GZIK, Anna		Kępno	(1)0:12:32.61, (2)0:14:54.21, (3)0:15:20.74,	0:42:47.56 (07:07min/km)
58 - K /18	K30/9	[58]	KORNAŚ, Beata		Wrocław	(1)0:13:16.89, (2)0:15:39.10, (3)0:15:30.04,	0:44:26.03 (07:24min/km)
59 - M /41	M60/5	[111]	BORA, Andrzej	WKS Piast Wrocław		(1)0:13:55.53, (2)0:15:59.66, (3)0:15:36.93,	0:45:32.12 (07:35min/km)
60 - K /19	K20/5	[113]	PRUKOP, Iwona			(1)0:14:49.76, (2)0:16:19.24, (3)0:16:41.10,	0:47:50.10 (07:58min/km)
61 - M /42	M60/6	[41]	POLOCZEK, Marek	WKB PIAST Wrocław	Wrocław	(1)0:15:43.05, (2)0:17:39.72, (3)0:17:54.65,	0:51:17.42 (08:32min/km)

