



Cross na Szańcu

Wrocław, 2019-03-30 - Wyniki

6000m - K15

#	Nazwisko, imię	Klub	Miasto	Laps	Netto
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6000m - K20

#	Nazwisko, imię	Klub	Miasto	Laps	Netto
1 - K/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)
2 - K/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)
3 - K/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)
4 - K/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)
5 - K/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)

6000m - K30

#	Nazwisko, imię	Klub	Miasto	Laps	Netto
1 - K/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)
2 - K/2	[27] SZEGLOWSKA, Justyna		Wrocław	(1)0:10:06.44, (2)0:10:38.17, (3)0:10:37.46,	0:31:22.07 (05:13min/km)
3 - K/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)
4 - K/4	[55] BARAN, Kamila		WROCLAW	(1)0:10:26.20, (2)0:11:16.41, (3)0:11:27.13,	0:33:09.74 (05:31min/km)
5 - K/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)

6 - K /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)
7 - K /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)
8 - K /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)
9 - K /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)

6000m - K40

#	Nazwisko, imię	Klub	Miasto	Laps	Netto	
1 - K /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)
2 - K /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)
3 - K /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)

6000m - K50

#	Nazwisko, imię	Klub	Miasto	Laps	Netto	
1 - K /1	[62]	PODKOWSKA, Beata	WkbPiast Adrian Danilewicz Gruop	Wrocław	(1)0:10:30.28, (2)0:10:46.54, (3)0:10:30.87,	0:31:47.69 (05:17min/km)
2 - K /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)

6000m - M15

#	Nazwisko, imię	Klub	Miasto	Laps	Netto	
1 - M /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)
2 - M /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)

6000m - M20

#	Nazwisko, imię	Klub	Miasto	Laps	Netto
1 - M/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)
2 - M/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)
3 - M/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)

6000m - M30

#	Nazwisko, imię	Klub	Miasto	Laps	Netto
1 - M/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)
2 - M/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)
3 - M/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)
4 - M/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)
5 - M/5	[96] KRZACZKOWSKI, Łukasz	Dziki Wrocław	Wrocław	(3)0:27:51.71,	0:27:51.71 (04:38min/km)
6 - M/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)
7 - M/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)
8 - M/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)
9 - M/9	[114] QUESADO, Freixo			(1)0:09:57.62, (2)0:10:49.44, (3)0:10:45.43,	0:31:32.49 (05:15min/km)
10 - M/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)
11 - M/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)

12 - M/12	[44]	BOSSENKO, Dmitriy		Wroclaw	(1)0:10:59.80, (2)0:12:57.39, (3)0:13:23.16,	0:37:20.35 (06:13min/km)
13 - M/13	[67]	ZDRZAŁKA, Bartosz	PZU Sport Team	Wroclaw	(1)0:12:24.11, (2)0:13:04.16, (3)0:12:55.29,	0:38:23.56 (06:23min/km)

6000m - M40

#		Nazwisko, imię	Klub	Miasto	Laps	Netto
1 - M/1	[50]	BUSZEWSKI, Beniamin	Czterdziestolatek Biega	Wroclaw	(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	[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)
3 - M/3	[28]	ZIMOCH, Przemysław	KS LENIWIEC	Kępno	(1)0:08:35.03, (2)0:09:04.57,	0:26:36.49 (04:26min/km)
4 - M/4	[60]	FOLCIK, Ziemowit	Night Runners Wroclaw	Wroclaw	(1)0:08:39.56, (2)0:09:08.67, (3)0:08:49.53,	0:26:37.76 (04:26min/km)
5 - M/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)
6 - M/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)
7 - M/7	[52]	WOJTCZAK, Krzysztof	CSWiChem Wroclaw	Wroclaw	(1)0:09:10.22, (2)0:09:29.58, (3)0:09:20.59,	0:28:00.39 (04:40min/km)
8 - M/8	[35]	SZKUDLARSKI, Tomasz	3M Running Team	Wroclaw	(1)0:09:40.22, (2)0:10:49.26, (3)0:10:46.99,	0:31:16.47 (05:12min/km)
9 - M/9	[110]	MAZUREK, Piotr	WKS Śląsk Wroclaw		(1)0:10:28.30, (2)0:11:20.91, (3)0:11:30.35,	0:33:19.56 (05:33min/km)
10 - M/10	[69]	STELMACH, Piotr Stelmach	Adrian Danilewicz Group	Wroclaw	(1)0:10:38.84, (2)0:11:45.16, (3)0:11:36.99,	0:34:00.99 (05:40min/km)
11 - M/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)
12 - M/12	[72]	PARYŚ, Łukasz		Wroclaw	(1)0:10:45.16, (2)0:12:27.14, (3)0:12:19.88,	0:35:32.18 (05:55min/km)
13 - M/13	[46]	SZYDA, Jacek	PRO-RUN	Wroclaw	(1)0:12:21.62,	0:39:04.86 (06:30min/km)

(2)0:13:19.55,

(3)0:13:23.69,

6000m - M50

#	Nazwisko, imię	Klub	Miasto	Laps	Netto
1 - M/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)
2 - M/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)
3 - M/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)
4 - M/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)
5 - M/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)

6000m - M60

#	Nazwisko, imię	Klub	Miasto	Laps	Netto
1 - M/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)
2 - M/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)
3 - M/3	[116] LEWANDOWSKI, Tadeusz	WKB Piast		(1)0:11:47.31, (2)0:11:58.64,	0:35:37.83 (05:56min/km)
4 - M/4	[40] WOJTYŁĘO, Krzysztof		WROCŁAW	(1)0:13:12.76, (2)0:13:32.80, (3)0:13:22.88,	0:40:08.44 (06:41min/km)
5 - M/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)
6 - M/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)