



## Cross na Szańcu 2019 - Edycja jesienna

Wrocław, 2019-11-23 - Wyniki

### 6000m - K15

#	Kat./Cat.	Nazwisko, imię	Klub	Netto
1 - K /1	K15/1	[101] BIEDERMAN, Adrianna	WKS Wawel BnO	0:29:16.99 (04:52min/km)
2 - K /2	K15/2	[144] CISZEK, Kasia		0:36:06.03 (06:01min/km)
3 - K /3	K15/3	[108] KUCHTA, Alicja		0:49:49.30 (08:18min/km)

### 6000m - K20

#	Kat./Cat.	Nazwisko, imię	Klub	Netto
1 - K /1	K20/1	[0] CIESIÓŁKA, Kasia		0:30:02.00 (05:00min/km)
2 - K /2	K20/2	[75] PIĘT, Marta		0:35:36.42 (05:56min/km)
3 - K /3	K20/3	[118] ŚMIAŁEK, Adrianna	BTech Team	0:41:58.37 (06:59min/km)

### 6000m - K30

#	Kat./Cat.	Nazwisko, imię	Klub	Netto
1 - K /1	K30/1	[116] SZEGLOWSKA, Justyna		0:30:10.03 (05:01min/km)
2 - K /2	K30/2	[111] BARAN, Kamila		0:32:34.02 (05:25min/km)
3 - K /3	K30/3	[65] KIJAS, Maja	Night Runners Wrocław	0:34:17.35 (05:42min/km)
4 - K /4	K30/4	[115] KUBICA, Agnieszka	Kotwica Brzeg	0:34:26.64 (05:44min/km)
5 - K /5	K30/5	[31] MATEJA, Alicja		0:34:38.91 (05:46min/km)
6 - K /6	K30/6	[26] OSMOLAK, Agnieszka	ProRun Wrocław	0:34:41.18 (05:46min/km)
7 - K /7	K30/7	[49] HADUŁA, Justyna	Cała Oleśnica Biega	0:34:48.07 (05:48min/km)
8 - K /8	K30/8	[43] LACHOWICZ, Marta		0:36:14.44 (06:02min/km)
9 - K /9	K30/9	[82] WOŹNIAK, Joanna		0:36:21.11 (06:03min/km)
10 - K /10	K30/10	[66] FEDOROWICZ, Jowita	Kotwica Brzeg	0:37:05.52 (06:10min/km)
11 - K /11	K30/11	[91] PIETRZYKOWSKA, Katarzyna		0:38:19.66 (06:23min/km)
12 - K /12	K30/12	[76] SZYIŃSKA, Alicja	Noa	0:39:04.17 (06:30min/km)
	K30	[45] PASEK-ZARZYCKA, Marta	OBORYGENI	
	K30	[60] JARCZYŃSKA, Adriana		

### 6000m - K40

#	Kat./Cat.	Nazwisko, imię	Klub	Netto
1 - K /1	K40/1	[97] BRYDA, Dorota	Eurodent Łosiów	0:30:44.94 (05:07min/km)
2 - K /2	K40/2	[104] WACHOWSKA, Dorota	WKB PIAST WROCŁAW	0:31:56.72 (05:19min/km)
3 - K /3	K40/3	[64] ZIELINSKA, Mirona	Night Runners Wrocław	0:35:14.02 (05:52min/km)
4 - K /4	K40/4	[34] BELA, Beata		0:35:40.56 (05:56min/km)
5 - K /5	K40/5	[73] KOZUBAL, Joanna	Zakočaj się w bieganiu	0:35:51.14 (05:58min/km)
6 - K /6	K40/6	[84] SZACHNIEWCZ, Joanna		0:38:10.02 (06:21min/km)
7 - K /7	K40/7	[132] PALUCH, Monika		0:38:56.61 (06:29min/km)
8 - K /8	K40/8	[113] SZMIT, Iwona		0:39:28.24 (06:34min/km)
9 - K /9	K40/9	[130] CIESZKOWSKA-KUCHTA, Magdalena		0:42:59.64 (07:09min/km)
10 - K /10	K40/10	[125] GRUSZCZYK, Mirela		0:45:13.16 (07:32min/km)

## 6000m - K50

#	Kat./Cat.	Nazwisko, imię	Klub	Netto
1 - K /1	K50/1	[80] CZEKALSKA, Mariola	Kotwica Brzeg	0:32:42.20 (05:27min/km)
2 - K /2	K50/2	[86] GADZIŃSKA, Krystyna	WKB PIAST WROCŁAW	0:36:31.25 (06:05min/km)

## 6000m - M15

#	Kat./Cat.	Nazwisko, imię	Klub	Netto
1 - M /1	M15/1	[35] KIJAK, Jakub	WKS Wawel BnO	0:24:58.79 (04:09min/km)
2 - M /2	M15/2	[100] SMUŻNY, Łukasz	PREDATORS Wałbrzych	0:25:05.37 (04:10min/km)
3 - M /3	M15/3	[98] SZPARGAŁA, Bartłomiej	MAD RUNNERS WAŁBRZYCH	0:25:31.06 (04:15min/km)
4 - M /4	M15/4	[81] ZYMLIŃSKI, Mikołaj		0:52:21.56 (08:43min/km)

## 6000m - M20

#	Kat./Cat.	Nazwisko, imię	Klub	Netto
1 - M /1	M20/1	[21] BIEDERMAN, Marcin	WKS Wawel BnO	0:23:10.06 (03:51min/km)
2 - M /2	M20/2	[28] RZEŃCA, Krzysztof	UKS Orientuś Łódź Decathlon Zakopianka	0:23:31.92 (03:55min/km)
3 - M /3	M20/3	[54] TRACZYŃSKI, Daniel	Biegowa Świdnica	0:24:52.15 (04:08min/km)
4 - M /4	M20/4	[0] SKOREIKO, Yurii		0:25:27.30 (04:14min/km)
5 - M /5	M20/5	[126] PACKI, Michał	Wieluń Biega	0:26:55.26 (04:29min/km)
6 - M /6	M20/6	[38] POCHOPIEŃ, Marek	KB LUPUS Oleśnica	0:27:49.19 (04:38min/km)
7 - M /7	M20/7	[93] LUBAK, Mariusz	Decathlon	0:28:10.30 (04:41min/km)
8 - M /8	M20/8	[164] BARAN, Rafał		0:28:27.50 (04:44min/km)

9 - M/9	M20/9	[47]	BECMER, Damian		0:30:42.22 (05:07min/km)
10 - M/10	M20/10	[94]	LUBAK, Mateusz	Decathlon Wrocław	0:33:13.97 (05:32min/km)
11 - M/11	M20/11	[114]	KLIMECKI, Krzysztof		0:34:24.76 (05:44min/km)
12 - M/12	M20/12	[110]	GRELA, Łukasz		0:40:46.36 (06:47min/km)
13 - M/13	M20/13	[122]	MUSIŃSKI, Patryk	BTech Team	0:43:15.82 (07:12min/km)

## 6000m - M30

#	Kat./Cat.	Nazwisko, imię	Klub	Netto
1 - M/1	M30/1	[103] WRÓBEL, Damian		0:25:43.27 (04:17min/km)
2 - M/2	M30/2	[102] ŻUREK, Tomasz		0:26:29.98 (04:25min/km)
3 - M/3	M30/3	[23] FIOŁKA, Przemysław		0:26:53.19 (04:28min/km)
4 - M/4	M30/4	[24] JANKOWSKI, Marek	Lipton	0:29:26.43 (04:54min/km)
5 - M/5	M30/5	[67] WAWRZYŃIAK, Krzysztof		0:29:35.75 (04:55min/km)
6 - M/6	M30/6	[39] MATYLA, Roman	TmTeam	0:29:53.61 (04:58min/km)
7 - M/7	M30/7	[41] KRZYSZTOF, Dobrowolski	Kwiaty w Mieście	0:30:16.02 (05:02min/km)
8 - M/8	M30/8	[71] ŁĘCKI, Mariusz		0:32:00.38 (05:20min/km)
9 - M/9	M30/9	[62] ZALEWSKI, Piotr		0:32:25.58 (05:24min/km)
10 - M/10	M30/10	[22] BOSSENKO, Dmitriy		0:34:07.78 (05:41min/km)
11 - M/11	M30/11	[63] CHMIELEWSKI, Paweł		0:34:13.11 (05:42min/km)
12 - M/12	M30/12	[83] ŻMINKOWSKI, Krzysztof		0:34:21.53 (05:43min/km)
13 - M/13	M30/13	[74] KOSECKI, Rafał		0:34:22.80 (05:43min/km)
14 - M/14	M30/14	[95] PIĄSTKA, Kamil	BTech Team	0:34:57.98 (05:49min/km)
15 - M/15	M30/15	[30] PTAK, Marcin		0:35:11.13 (05:51min/km)
16 - M/16	M30/16	[57] KABAŁA, Przemysław	Cogitare Team	0:35:11.33 (05:51min/km)
17 - M/17	M30/17	[117] GAŁĄZKA, Adam	Oława Biega	0:35:52.07 (05:58min/km)
18 - M/18	M30/18	[25] JAKUBOWSKI, Karol	2BZ	0:36:57.76 (06:09min/km)

## 6000m - M40

#	Kat./Cat.	Nazwisko, imię	Klub	Netto
1 - M/1	M40/1	[59] BAŃ, Piotr	KB LUPUS Oleśnica	0:26:33.64 (04:25min/km)
2 - M/2	M40/2	[61] GARNEK, Piotr	ProRun Wrocław	0:26:46.72 (04:27min/km)
3 - M/3	M40/3	[70] BŁASEK, Radosław	KS LENIWIEC	0:27:05.62 (04:30min/km)
4 - M/4	M40/4	[52] MYDŁOWSKI, Tomasz		0:27:42.00 (04:37min/km)
5 - M/5	M40/5	[55] MADERA, Andrzej		0:27:42.71 (04:37min/km)
6 - M/6	M40/6	[72] FONROBERT, Dominik	Trimp - Triathlon Impulse	0:28:03.51 (04:40min/km)
7 - M/7	M40/7	[85] FIOŁKA, Tomasz		0:29:04.00 (04:50min/km)

8 - M/8	M40/8	[90]	ŁĄK, Tomasz	Noa	0:29:18.70 (04:53min/km)
9 - M/9	M40/9	[145]	KRZYSZTOF, Gonera	RAWLPLUG	0:30:23.10 (05:03min/km)
10 - M/10	M40/10	[68]	ZAPOTOCZNY, Jacek	Nokia	0:30:48.66 (05:08min/km)
11 - M/11	M40/11	[120]	MAZUREK, Piotr	WKS Śląsk Wrocław	0:31:52.30 (05:18min/km)
12 - M/12	M40/12	[56]	SZTACHELSKI, Krzysztof		0:31:53.53 (05:18min/km)
13 - M/13	M40/13	[89]	KADŁUBOWSKI, Piotr	Kotwica Brzeg	0:32:22.10 (05:23min/km)
14 - M/14	M40/14	[51]	PASZKIEWICZ, Kamil		0:34:22.91 (05:43min/km)
15 - M/15	M40/15	[131]	SZCZURASZEK, Maciej	Myszorki	0:35:36.86 (05:56min/km)
16 - M/16	M40/16	[105]	GONERA, Krzysztof	RAWLPLUG	0:37:04.56 (06:10min/km)
17 - M/17	M40/17	[46]	ZYMLIŃSKI, Robert		0:38:19.80 (06:23min/km)
18 - M/18	M40/18	[87]	JASKOWSKI, Sebastian	Vigor	0:46:46.66 (07:47min/km)
19 - M/19	M40/19	[128]	MADEJ, Maciej		0:49:23.88 (08:13min/km)
20 - M/20	M40/20	[129]	RACZKOWSKI, Roman	PREDATORS Wałbrzych	0:59:57.19 (09:59min/km)

## 6000m - M50

#	Kat./Cat.	Nazwisko, imię	Klub	Netto
1 - M/1	M50/1	[124] GADZIŃSKI, Marek	WKB PIAST WROCŁAW	0:27:51.98 (04:38min/km)
2 - M/2	M50/2	[109] MOŻEJKO, Zbigniew		0:28:50.89 (04:48min/km)
3 - M/3	M50/3	[36] SKUDLARSKI, Kamil	ProRun Wrocław	0:31:36.22 (05:16min/km)
4 - M/4	M50/4	[127] ANTONISZYN, Dariusz	Szczytkowice w biegu	0:31:49.59 (05:18min/km)
5 - M/5	M50/5	[69] GADZIŃSKI, Włodzimierz		0:33:40.04 (05:36min/km)
6 - M/6	M50/6	[123] WRZESIŃSKI, Krzysztof	WKS Śląsk Wrocław	0:33:50.39 (05:38min/km)
7 - M/7	M50/7	[106] PRUKOP, Wojciech	RAWLPLUG	0:36:36.18 (06:06min/km)

## 6000m - M60

#	Kat./Cat.	Nazwisko, imię	Klub	Netto
1 - M/1	M60/1	[53] GUGA, Romuald		0:30:46.93 (05:07min/km)
2 - M/2	M60/2	[121] BARAN, Bogdan	ProRun Wrocław	0:33:43.22 (05:37min/km)
3 - M/3	M60/3	[78] WOJTYŁŁO, Krzysztof	WKB PIAST WROCŁAW	0:37:12.25 (06:12min/km)
4 - M/4	M60/4	[42] POLOCZEK, Marek	WKB PIAST WROCŁAW	0:50:15.71 (08:22min/km)