

IX CROSS Straceńców - BIEG ŻŁOTY

Organizator: Sport Górski Jerzy Górski

Data: 28.04.2019

Dystans: 21.195

Miejscowość: Głogów



Klasyfikacja: OPEN



M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok urodz.	Kat wiek.	M-ce w kat	tempo min/km	tempo km/h	Żółta 1	Żółta 2	Żółta 3	Biała 1	Biała 2	Biała 3	Czas netto	Wynik	M	K
1	164	STARZYŃSKI ANDRZEJ	KOŃSKOWOLA	KLEMENTYNKA UMCS LUBLIN	POL	1990	M18-29	1	3:44	16,1	00:01:09	00:16:16	00:31:44	00:53:56	01:01:33	01:09:13	01:19:13	01:19:14	1	
2	169	ROHOZOVSKYI VADYN	KIJÓW		UKR	1989	M30-39	1	3:57	15,2	00:01:13	00:16:31	00:32:10	00:55:54	01:04:11	01:12:26	01:23:46	01:23:46	2	
3	23	DAWIDZIUK MACIEJ	ŻŁOTORYJA	OLAWS ŻŁOTORYJA	POL	1979	M40-49	1	4:15	14,1	00:01:15	00:17:59	00:35:48	01:01:21	01:10:06	01:18:40	01:30:08	01:30:09	3	
4	93	MOCZEK TOMASZ	GŁOGÓW	CROSS STRACENĆÓW TEAM	POL	1978	M40-49	2	4:33	13,2	00:01:20	00:19:39	00:38:45	01:05:55	01:15:14	01:24:44	01:36:18	01:36:20	4	
5	46	JANKOWSKI GRZEGORZ	JACZÓW	KGHM ZGRUN	POL	1972	M40-49	3	4:34	13,1	00:01:17	00:19:20	00:38:15	01:05:31	01:15:05	01:24:58	01:36:51	01:36:53	5	
6	137	ŚWIERCZ SZYMON	GŁOGÓW	KGHM ZG RUN	POL	1989	M30-39	2	4:46	12,6	00:01:18	00:19:36	00:38:31	01:06:20	01:16:41	01:27:35	01:41:06	01:41:07	6	
7	32	FICNER ANNA	ŻŁOTORYJA	OLAWS ŻŁOTORYJA	POL	1985	K30-39	1	4:47	12,5	00:01:32	00:21:04	00:41:13	01:09:40	01:19:11	01:28:50	01:41:21	01:41:23		1
8	62	KOMENDACKI DOMINIK	GŁOGÓW	ZG RUN	POL	1978	M40-49	4	4:49	12,5	00:01:19	00:19:45	00:39:18	01:07:58	01:18:13	01:28:50	01:42:01	01:42:02	7	
9	113	RUSIN KAMIL	BRZOSZOWIEC	DZIKIE DZIKI GORZÓW	POL	1987	M30-39	3	4:53	12,3	00:01:23	00:20:46	00:41:00	01:09:57	01:20:20	01:31:00	01:43:25	01:43:28	8	
10	47	JANKOWSKI MARCIN	GŁOGÓW	FU FU FU TEAM	POL	1981	M30-39	4	5:03	11,9	00:01:35	00:21:23	00:41:38	01:11:25	01:22:25	01:33:29	01:47:00	01:47:03	9	
11	131	STĘPNIAK MARCIN	WSCHOWA	KGHM ZG RUN	POL	1989	M30-39	5	5:05	11,8	00:01:29	00:21:05	00:41:14	01:10:08	01:20:58	01:32:16	01:47:32	01:47:36	10	
12	141	TOMCZAK KAMIL	CHOCZ	MONAR NOWOLIPIK	POL	1998	M18-29	2	5:05	11,8	00:01:35	00:53:22	01:14:56	00:09:13	00:40:35	00:51:26	01:47:42	01:47:43	11	
13	112	RICHTER MARCIN	ŁÓDŹ	MONAR KĘBLINY	POL	1988	M30-39	6	5:09	11,6	00:01:30	00:21:22	00:42:15	01:12:40	01:23:28	01:34:34	01:49:13	01:49:17	12	
14	35	GALOR AARON	SIEMYŚL	MONAR MARIANÓWEK	POL	1996	M18-29	3	5:10	11,6	00:01:43	00:21:18	00:41:13	01:09:49	01:20:57	01:32:12	01:49:27	01:49:31	13	
15	152	WOŹNIAK GRZEGORZ	LUBIN		POL	1979	M40-49	5	5:11	11,6	00:01:45	00:22:26	00:43:56	01:14:43	01:25:35	01:36:31	01:49:40	01:49:48	14	
16	43	JANASZAK FABIAN	WĘGLINIEC	KIEROWCA MIĘDZYJARODOWY	POL	1976	M40-49	6	5:13	11,5	00:01:31	00:22:18	00:43:48	01:15:14	01:25:57	01:36:39	01:50:37	01:50:39	15	
17	166	PIETRZAK JAN	WROCLAW	ZNAJOMI SĘDZIEGO	POL	1988	M30-39	7	5:17	11,4	00:31:50	00:54:28	01:16:21	00:09:47	00:19:57	00:30:14	01:51:51	01:51:53	16	
18	96	TURBAK WŁADYSŁAW	MOLEJOWICE	MONAR MILEJOWICE	POL	1985	M30-39	8	5:18	11,3	00:02:09	00:30:39		01:13:54	01:30:40		01:52:13	01:52:19	17	
19	39	GÓRNIK TOMASZ	KOŁO	GEBERIT TEAM	POL	1974	M40-49	7	5:19	11,3	00:01:30	00:22:12	00:44:14	01:16:21	01:27:29	01:38:52	01:52:37	01:52:39	18	
20	25	DOMINO KRYSZTIAN	GŁOGÓW	MTS DRUŻYNA SZPIKU KGHM	POL	1975	M40-49	8	5:20	11,3	00:01:38	00:22:08	00:43:32	01:15:14	01:26:31	01:37:51	01:52:48	01:52:52	19	
21	65	KOWALEWSKA ELŻBIETA	ZGORZELEC	EDI TEAM ZGORZELEC	POL	1982	K30-39	2	5:21	11,2	00:01:38	00:22:19	00:43:53	01:15:45	01:26:44	01:38:02	01:53:20	01:53:22		2
22	89	MIGACZ PIOTR	ZBICKO	MONAR ZBICKO	POL	1994	M18-29	4	5:23	11,1	00:31:29	00:53:54	01:16:12	00:09:19	00:19:26	00:29:47	01:54:08	01:54:10	20	
23	116	SARNIAK JAROSŁAW	KOŁO	GEBERIT TEAM	POL	1974	M40-49	9	5:27	11,0	00:01:31	00:21:03	00:41:15	01:12:41	01:25:13	01:38:09	01:55:20	01:55:22	21	
24	142	TUROSKI BARTOSZ	OPOLE	10 BLOG	POL	1985	M30-39	9	5:27	11,0	00:01:26	00:38:40	01:17:06	00:32:54	01:11:17	01:50:26	01:55:30	01:55:31	22	
25	145	STAMM WALDEMAR	LESZNO	MARATON LESZNO	POL	1969	M50-59	1	5:31	10,9	00:01:47	00:22:39	00:44:59	01:17:11	01:28:35	01:40:14	01:56:49	01:56:55	23	
26	34	GADEK TOMASZ	SIEMYŚL	MONAR MARIANÓWEK	POL	1989	M30-39	10	5:35	10,7	00:46:39	01:11:20	01:35:27	00:10:32	00:21:09	00:32:18	01:58:18	01:58:21	24	
27	117	SAWICKI BARTOSZ	GÓRZÓW WIELKOPOLSKI	DZIKIE DZIKI GORZÓW	POL	1991	M18-29	5	5:36	10,7	00:01:52	00:24:38	00:47:34	01:20:32	01:32:00	01:43:47	01:58:47	01:58:51	25	
28	78	KULPA MAREK	MIĘDZYRZECZE GÓRNE	4QM	POL	1981	M30-39	11	5:37	10,7	00:01:49	00:24:13	00:47:09	01:20:07	01:31:36	01:43:14	01:59:07	01:59:11	26	
29	42	JANAS ANDRZEJ	RADWANICE		POL	1980	M30-39	12	5:38	10,7	00:01:45	00:22:50	00:45:38	01:18:52	01:31:03	01:43:32	01:59:18	01:59:23	27	
30	95	GIRTLEK DAMIAN	ZACZERLANY	MONAR ZACZERLANY	POL	1986	M30-39	13	5:39	10,6	00:01:44	00:22:55	00:45:14	01:18:04	01:30:44	01:43:16	01:59:47	01:59:51	28	
31	130	MAURER BARTŁOMIEJ	WARSZAWA	MONAR ROŻNOWICE	POL	1990	M18-29	6	5:40	10,6	00:01:27	00:22:38	00:44:50	01:18:07	01:30:17	01:42:49	02:00:04	02:00:07	29	
32	3	BABIŃSKI KRZYSZTOF	GŁOGÓW	FU FU FU TEAM	POL	1979	M40-49	10	5:44	10,5	00:01:50	00:35:41	01:11:04	00:33:30	01:09:02	01:45:51	02:01:17	02:01:21	30	
33	143	TYLKA TOMASZ	LEŚNA	ZABIEGANI Z LEŚNEJ	POL	1984	M30-39	14	5:45	10,4	00:02:06	00:58:34	01:22:37	00:33:37	00:45:10	00:56:47	02:01:50	02:02:00	31	
34	40	GREŁOWSKI ROBERT	ZBICKO	MONAR ZBICKO	POL	1989	M30-39	15	5:47	10,4	00:35:47	00:59:48	01:23:09	00:11:26	00:22:54	00:33:59	02:02:23	02:02:26	32	
35	54	JANKOWSKI MICHAŁ	ZBICKO	MONAR ZBICKO	POL	1985	M30-39	16	5:50	10,3	00:01:54	00:41:56	01:22:18	00:35:25	01:16:08	01:57:31	02:03:27	02:03:31	33	
36	11	BAKOWSKI JACEK	KONIN	GEBERIT TEAM	POL	1971	M40-49	11	5:51	10,3	00:11:50	00:46:27	01:22:40	00:10:15	00:44:43	01:20:52	02:03:48	02:03:51	34	
37	61	KOŁODZIEJ MARCIN	ZBICKO	MONAR ZBICKO	POL	1982	M30-39	17	5:51	10,3	00:34:35	01:00:27	01:24:21	00:10:02	00:21:05	00:32:46	02:03:51	02:03:53	35	
38	76	KUDELSKI IRENEUSZ	OSETNICA	MONAR LEGNICA	POL	1970	M40-49	12	5:54	10,2	00:01:36	00:22:46	00:46:56	01:21:33	01:33:40	01:46:24	02:04:57	02:05:00	36	
39	66	KOWALSKA NATALIA	GŁOGÓW	BIEGUN OCR	POL	1992	K18-29	1	5:54	10,2	00:01:41	00:26:02	01:15:16	01:01:29	01:13:41	01:51:10	02:05:03	02:05:06		3
40	50	JURACKI KRZYSZTOF	ROGOŹNO	MONAR ROŻNOWICE	POL	1990	M18-29	7	5:54	10,2	00:01:55	00:25:22	00:49:00	01:23:48	01:36:48	01:49:18	02:05:07	02:05:12	37	
41	90	MILEWICZ DARIUSZ	ŻUKOWICE		POL	1986	M30-39	18	5:54	10,2	00:01:27	00:23:47	00:47:22	01:21:59	01:34:40	01:47:34	02:05:11	02:05:13	38	
42	20	CHRZĄSZCZ DAMIAN	LUBIN	ZG LUBIN	POL	1981	M30-39	19	5:56	10,1	00:02:09	00:25:43	00:49:15	01:24:03	01:36:26	01:49:01	02:05:30	02:05:39	39	
43	167	GOŚKO RAFAŁ	GLUCHOWO		POL	1969	M50-59	2	5:57	10,1	00:02:03	00:25:36	00:49:12	01:24:12	01:36:34	01:49:21	02:06:08	02:06:13	40	
44	8	BARTOSIK MAREK	GŁOGÓW	KGHM ZG RUN	POL	1971	M40-49	13	5:59	10,0	00:01:55	00:24:49	00:48:24	01:24:18	01:37:13	01:50:26	02:06:41	02:06:46	41	
45	59	KŁUCZYŃSKA SYLWIA	BERLIN		GER	1976	K40-49	1	5:59	10,0	00:01:58	00:25:03	00:48:31	01:23:11	01:35:53	01:48:16	02:06:45	02:06:50		4
46	111	RAMIŁOWSKI DAWID	WROCLAW	MONAR WROCLAW	POL	1995	M18-29	8	6:00	10,0	00:12:23	00:48:17	01:26:43	00:10:50	00:46:34	01:24:54	02:07:03	02:07:12	42	
47	125	SROCZYŃSKI DAWID	WROCLAW		POL	1982	M30-39	20	6:01	10,0	00:02:16	00:25:34	00:48:53	01:22:56	01:35:41	01:48:59	02:07:16	02:07:30	43	
48	2	ANIOŁ DANIEL	PORAJ	MONAR DĘBOWIEC	POL	1995	M18-29	9	6:01	10,0	00:11:38	00:35:48	01:00:26	00:09:54	01:36:45	01:49:49	02:07:37	02:07:38	44	
49	36	GIERCZAK ADRIAN	GRACZE	MONAR GRACZE	POL	1991	M18-29	10	6:02	10,0	00:01:57	00:38:55	01:12:40	00:37:21	01:10:55	01:50:50	02:07:37	02:07:42	45	
50	52	JUSZCZYK RAFAŁ	SIEMYŚL	MONAR MARIANÓWEK	POL	1994	M18-29	11	6:05	9,9	00:47:49	01:13:15	01:40:29	00:10:32	00:21:12	00:33:01	02:09:03	02:09:06	46	
51	85	MARCINIAK DAREK	KOŁO	GEBERIT TEAM	POL	1975	M40-49	14	6:08	9,8	00:35:29	01:01:18	01:26:12	00:10:51	00:22:10	00:33:46	02:10:06	02:10:09	47	
52	51	JURKOWSKI WITOLD	GŁOGÓW		POL	1994	M18-29	12	6:08	9,8	00:35:37	01:00:55	01:26:08	00:10:59	00:22:13	00:33:34	02:10:02	02:10:10	48	

Opracowanie: NAZWISKO IMIĘ

IX CROSS Straceńców - BIEG ŻŁOTY

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Klasyfikacja: OPEN



M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok urodz.	Kat wiek.	M-ce w kat	tempo min/km	tempo km/h	Żółta 1	Żółta 2	Żółta 3	Biała 1	Biała 2	Biała 3	Czas netto	Wynik	M	K
53	13	BERENT KRZYSZTOF	ZBICKO	MONAR ZBICKO	POL	1993	M18-29	13	6:09	9,8	00:34:59	01:00:36	01:26:45	00:10:38	00:21:35	00:33:01	02:10:08	02:10:13	49	
54	149	WIEROBIEI JAKUB	GŁOGÓW	CHROBRY	POL	1995	M18-29	14	6:09	9,7	00:34:33	00:58:50	01:23:59	00:10:27	00:21:22	00:32:41	02:10:22	02:10:30	50	
55	119	SKROBAŃSKI JAKUB	ŁÓDŹ	MONAR KĘBLINY	POL	1992	M18-29	15	6:10	9,7	00:01:32	00:23:46	00:47:32	01:23:34	01:37:45	02:03:30	02:10:39	02:10:42	51	
56	18	BRZUSTOWICZ MAREK	CISEW	KB GEOTERMIA UNIEJÓW	POL	1956	M60+	1	6:11	9,7	00:01:53	00:25:08	00:49:14	01:25:14	01:38:15	01:51:44	02:11:00	02:11:05	52	
57	158	ZIELIŃSKI SEBASTIAN	WROCLAW	MONAR WROCLAW	POL	1976	M40-49	15	6:11	9,7	00:02:06	00:26:35	00:50:36	01:26:09	01:39:26	01:53:06	02:11:00	02:11:06	53	
58	136	SZUMSKI ŁUKASZ	SŁAWA		POL	1978	M40-49	16	6:12	9,7	00:02:05	00:25:45	00:49:43	01:25:29	01:39:28	01:53:56	02:11:24	02:11:30	54	
59	49	JELENIWSKA BARBARA	GORZÓW WIELKOPOLSKI		POL	1981	K30-39	3	6:13	9,6	00:01:55	00:26:04	00:50:37	01:27:50	01:41:17	01:54:44	02:11:48	02:11:52		5
60	106	PISKORZ ROBERT	POLKOWICE	VOLKSWAGEN MOTOR POLSKA	POL	1972	M40-49	17	6:14	9,6	00:01:58	00:25:21	00:49:10	01:25:25	01:38:57	01:53:37	02:12:08	02:12:14	55	
61	5	BAJZERT FILIP	PRZYKONA		POL	1976	M40-49	18	6:15	9,6	00:02:10	00:25:32	00:50:01	01:27:15	01:41:02	01:55:54	02:12:23	02:12:30	56	
62	127	STARKOWICZ ARTUR	KŁODZKO	AMATOR Z KŁODZKA	POL	1967	M50-59	3	6:15	9,6	00:23:08	01:00:03	01:27:02	00:10:54	00:21:30	00:57:58	02:12:23	02:12:31	57	
63	118	SĘP MICHAŁ	PIASTÓW	KOWALCZYK TEAM	POL	1992	M18-29	16	6:21	9,4	00:02:13	00:46:39	01:16:55	00:39:35	02:13:34		02:14:29	02:14:36	58	
64	83	PISAREK MACIEJ	POZNAŃ	BACCA SCRITTORINI	POL	1979	M40-49	19	6:22	9,4	00:01:45	00:24:33	00:48:13	01:24:59	01:38:58	01:54:00	02:14:44	02:14:50	59	
65	146	WAYDA ADAM	GŁOGÓW	KOMAK GŁOGÓW	POL	1968	M50-59	4	6:22	9,4	00:01:46	00:25:06	00:47:42	01:22:55	01:37:35	01:53:35	02:15:01	02:15:07	60	
66	162	ANDRUKIEWICZ TOMASZ	ELK	ELK FORCE ONE	POL	1974	M40-49	20	6:23	9,4	00:01:35	00:26:15	00:52:04	01:27:34	01:41:11	01:55:40	02:15:18	02:15:21	61	
67	140	TOMASZEWSKI SEBASTIAN	GRACZE	MONAR-GRACZE	POL	1982	M30-39	21	6:23	9,4	00:01:33	00:24:00	00:48:59	01:26:00	01:40:56	01:56:56	02:15:22	02:15:25	62	
68	165	KEMICER MONIKA	ELK	ELK FORCE ONE / MONAR ELK	POL	1988	K30-39	4	6:23	9,4	00:01:50	00:26:02	00:50:38	01:27:33	01:41:11	01:55:40	02:15:24	02:15:26		6
69	4	BACKIEL MAREK	GŁOGÓW		POL	1977	M40-49	21	6:24	9,4	00:39:16	01:05:12	01:31:38	00:12:22	00:24:42	00:37:19	02:15:28	02:15:39	63	
70	120	SKRZYŃSKI TOMASZ	GŁOGÓW	ZG- RUN	POL	1979	M40-49	22	6:25	9,4	00:01:41	00:25:31	00:50:49	01:29:18	01:43:24	01:57:57	02:15:48	02:15:52	64	
71	81	LABISZAK TOMASZ	LEŚNA	ZABIEGANI Z LEŚNEJ	POL	1980	M30-39	22	6:25	9,4	00:02:16	00:39:57	01:32:33	00:38:06	01:17:03	01:30:29	02:15:44	02:15:54	65	
72	21	CHWIAŁKOWSKI ŁUKASZ	LUBIN		POL	1981	M30-39	23	6:27	9,3	00:01:53	00:25:45	00:51:11	01:29:05	01:43:01	01:57:45	02:16:38	02:16:43	66	
73	41	HAREMZA MARCIN	WROCLAW	MONAR WROCLAW	POL	1998	M18-29	17	6:28	9,3	00:01:28	00:35:49	01:46:36	00:33:48	01:18:00	01:37:55	02:16:57	02:17:00	67	
74	7	BARAŃSKI STANISŁAW	NIEGOSŁAWICE	HUSARIA NIEGOSŁAWICE	POL	1972	M40-49	23	6:28	9,3	00:02:19	00:39:37	01:18:54	00:37:47	01:17:01	01:58:07	02:16:50	02:17:04	68	
75	99	PŁOSZAJ PIOTR	WYSZKÓW	MONAR WYSZKÓW	POL	1987	M30-39	24	6:29	9,2	00:02:24	01:05:00	01:31:05	00:39:15	00:51:08	01:03:13	02:17:24	02:17:35	69	
76	150	WITKOWSKI MIKOŁAJ	POZNAŃ	RIM TIM TEAM	POL	1990	M18-29	18	6:30	9,2	00:52:35	01:18:40	01:47:32	00:26:46	00:38:55	00:50:36	02:17:38	02:17:45	70	
77	69	KRETOWICZ MICHAŁ	ZBICKO	MONAR	POL	1985	M30-39	25	6:30	9,2	00:01:58	01:05:14	01:33:03	00:37:38	00:50:26	01:03:18	02:17:44	02:17:50	71	
78	44	ZIELIŃSKI ŁUKASZ	GŁOGÓW	PROGRES GORZÓW	POL	1978	M40-49	24	6:31	9,2	00:01:34	00:26:17	00:52:28	01:30:44	01:43:44	01:57:52	02:17:59	02:18:00	72	
79	80	LABISZAK ELA	LEŚNA	ZABIEGANI Z LEŚNEJ	POL	1985	K30-39	5	6:33	9,2	00:02:17	00:27:31	00:54:21	01:32:43	01:46:36	02:00:55	02:18:35	02:18:45		7
80	74	KUCHARSKI MARCIN	PORAJ	MONAR DĘBOWIEC	POL	1993	M18-29	19	6:33	9,2	00:02:27	00:41:28	01:20:06	00:39:29	01:17:33	02:00:51	02:18:44	02:18:54	73	
81	37	GŁUSZKO KRZYSZTOF	GÓRA	MIRA TEAM	POL	1958	M60+	2	6:33	9,1	00:01:52	00:25:21	00:50:24	01:29:07	01:43:54	01:59:19	02:18:56	02:19:00	74	
82	94	MODRZEJEWSKI ŁUKASZ	GDAŃSK	MONAR LIPIANKA	POL	1998	M18-29	20	6:34	9,1	00:34:00	01:01:08	01:30:07	00:09:56	00:20:46	00:32:13	02:19:19	02:19:21	75	
83	128	STARKOWICZ FILIP	WROCLAW	MONAR WROCLAW	POL	1999	M18-29	21	6:35	9,1	00:02:18	00:41:16	01:07:08	00:39:31	01:46:02	01:59:56	02:19:30	02:19:39	76	
84	86	MARCINIAK PAWEŁ	GŁOGÓW	CROSS STRACENÓW TEAM	POL	1961	M50-59	5	6:37	9,1	00:02:01	00:26:46	00:52:55	01:32:07	01:46:37	02:01:37	02:20:02	02:20:08	77	
85	103	PEKACZ KRYSZTOF	KOŁO	GEBERIT TEAM	POL	1977	M40-49	25	6:37	9,1	00:01:40	00:24:46	00:48:56	01:26:59	01:41:26	01:58:24	02:20:18	02:20:22	78	
86	157	ZDUN DAWID	GŁOGÓW		POL	1977	M40-49	26	6:40	9,0	00:39:13	01:05:41	01:33:22	00:12:22	00:24:50	00:37:17	02:21:08	02:21:19	79	
87	12	BELDOWSKI DARIUSZ	LEGNICA	MONAR LEGNICA	POL	1962	M50-59	6	6:47	8,8	00:02:00	00:27:14	00:54:35	01:34:25	01:49:16	02:03:44	02:23:33	02:23:42	80	
88	133	SZCZEPANIAK MICHAŁ	KOŁO	GEBERIT TEAM	POL	1993	M18-29	22	6:48	8,8	00:01:46	00:28:02	00:55:50	01:35:28	01:50:00	02:04:50	02:24:12	02:24:15	81	
89	57	KLIŚ PAWEŁ	LUBIN	RATOWNICY ZG RUDNA/ KGHM ZG RUN	POL	1987	M30-39	26	6:49	8,8	00:01:59	00:25:38	00:50:05	01:28:13	01:42:43	02:00:23	02:24:23	02:24:31	82	
90	33	FJAŁKOWSKI WOJCIECH	WROCLAW	MONAR GRACZE	POL	1961	M50-59	7	6:50	8,8	00:02:16	00:28:33	00:55:47	01:35:56	01:50:38	02:05:44	02:24:36	02:24:46	83	
91	110	RAJCZAK ŁUKASZ	MODŁA	KGHM ZG RUN	POL	1981	M30-39	27	6:51	8,8	00:01:57	00:27:27	00:54:02	01:33:39	01:48:47	02:04:30	02:24:55	02:25:02	84	
92	132	SUPEŁ JACEK	WROCLAW		POL	1973	M40-49	27	6:51	8,8	00:01:55	00:26:57	00:54:01	01:33:59	01:48:48	02:03:41	02:25:07	02:25:13	85	
93	64	KOSMAŁA JAROSŁAW	POLKOWICE		POL	1990	M18-29	23	6:52	8,7	00:02:07	00:28:08	00:54:53	01:35:03	01:50:04	02:05:38	02:25:18	02:25:23	86	
94	134	SZCZUROWSKA JOANNA	GŁOGÓW	MTS DRUŻYNA SZPIKU KGHM	POL	1978	K40-49	2	6:52	8,7	00:02:11	00:44:09	01:26:42	00:42:21	01:24:57	02:07:04	02:25:34	02:25:37		8
95	9	BAS MACIEJ	JERZMANOWA	CHŁOPAKI Z PSIAKA	POL	1994	M18-29	24	6:53	8,7	00:02:17	00:29:14	00:57:16				02:25:41	02:25:50	87	
96	126	SROCZYŃSKI STEFAN	GŁOGÓW		POL	1957	M60+	3	6:54	8,7	00:02:21	00:28:31	00:55:01	01:34:11	01:49:10	02:05:18	02:26:06	02:26:20	88	
97	144	UKLEJA MATEUSZ	GRACZE	MONAR GRACZE	POL	1992	M18-29	25	6:55	8,7	00:01:56	00:40:42	01:22:15	00:38:48	01:19:50	02:06:45	02:26:38	02:26:42	89	
98	138	TACZYŃSKI MAREK	RYPIN		POL	1980	M30-39	28	6:55	8,7	00:02:12	00:27:39	00:52:59	01:31:39	01:46:47	02:02:45	02:26:38	02:26:43	90	
99	122	SOBIERAJSKI PAWEŁ	RYPIN	BIEGNEBOCHCE	POL	1976	M40-49	28	6:55	8,7	00:02:12	00:27:39	00:53:00	01:31:40	01:46:48	02:02:46	02:26:37	02:26:43	91	
100	60	KOLEJ MONIKA	GORZOW WLKP.	DZIKIE DZIKI GORZÓW	POL	1976	K40-49	3	6:56	8,7	00:02:01	00:28:44	00:56:38	01:37:58	01:53:17	02:08:51	02:26:48	02:26:52		9
101	153	WYSOCKI GRZEGORZ	WLADYSŁAWÓW	MORSY TUREK	POL	1978	M40-49	29	6:57	8,6	00:02:10	00:30:09	00:58:35	01:38:23	01:53:49	02:08:40	02:27:04	02:27:12	92	
102	88	MICHALSKI MAREK	GŁOGÓW		POL	1992	M18-29	26	6:57	8,6	00:12:50	00:51:24	01:33:57	00:11:14	00:49:27	01:31:33	02:27:17	02:27:24	93	
103	121	SKWARNECKI MIKOŁAJ	GŁOSKÓW	MONAR GŁOSKÓW	POL	2000	M18-29	27	6:59	8,6	00:14:17	00:51:23	01:35:49	00:12:20	00:49:30	01:33:31	02:28:00	02:28:06	94	
104	71	KRÓLIKOWSKI PAWEŁ	GŁOGÓW	CROSS STRACENÓW TEAM	POL	1972	M40-49	30	7:00	8,6	00:41:10	01:07:50	01:35:34	00:12:43	00:26:18	00:39:19	02:28:04	02:28:13	95	

Opracowanie: NAZWISKO IMIĘ

IX CROSS Straceńców - BIEG ŻŁOTY

Organizator: Sport Górski Jerzy Górski

Data: 28.04.2019

Dystans: 21.195

Miejscowość: Głogów



Klasyfikacja: OPEN



M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok urodz.	Kat wiek.	M-ce w kat	tempo min/km	tempo km/h	Żółta 1	Żółta 2	Żółta 3	Biała 1	Biała 2	Biała 3	Czas netto	Wynik	M	K
105	115	RYBKA DARIUSZ	KROTOSZYN	K PSP KROTOSZYN	POL	1969	M50-59	8	7:00	8,6	00:02:03	00:27:47	00:54:49	01:36:07	01:50:36	02:05:42	02:28:12	02:28:19	96	
106	168	TRYKA SEBASTIAN	GŁOGÓW		POL	1979	M40-49	31	7:01	8,5	00:02:20	00:41:22	01:39:25	00:39:26	01:21:50	01:37:20	02:28:44	02:28:53	97	
107	17	BORKOWSKI BOGDAN	LEŚNA	ZABIEGANI Z LEŚNEJ	POL	1971	M40-49	32	7:06	8,5	00:02:18	00:40:27	01:24:22	00:38:43	01:22:30	02:08:41	02:30:15	02:30:26	98	
108	108	PRUS MATEUSZ	GRACZE	MONAR GRACZE	POL	1995	M18-29	28	7:09	8,4	00:02:08	00:30:52	01:00:09	01:40:35	01:55:04	02:10:22	02:31:21	02:31:26	99	
109	79	KUROWSKI ROBERT	POLKOWICE	RATOWNICY ZG RUDNA	POL	1984	M30-39	29	7:11	8,4	00:01:47	00:50:13	01:41:15	00:40:36	01:32:13	02:24:17	02:32:05	02:32:09	100	
110	98	JAROCKI DAMIAN	ZACZERLANY	MONAR ZACZERLANY	POL	1991	M18-29	29	7:12	8,3	00:02:28	00:39:28	01:19:13	00:37:40	01:17:12	02:06:24	02:32:19	02:32:30	101	
111	73	KUCHARSKI KRZYSZTOF	ZBICKO	MONAR ZBICKO	POL	1990	M18-29	30	7:17	8,2	00:38:03	01:06:36	01:36:17	00:11:41	00:24:14	00:36:25	02:34:20	02:34:22	102	
112	53	KAWALA MATEUSZ	KĘDZIERZYN-KOŹLE		POL	1992	M18-29	31	7:17	8,2	00:02:15	00:27:22	00:52:14	01:36:58	01:55:17	02:09:16	02:34:16	02:34:23	103	
113	30	DWÓRSKI GRZEGORZ	ZBICKO	MONAR ZBICKO	POL	1992	M18-29	32	7:17	8,2	00:38:01	01:10:21	01:40:14	00:10:57	00:23:03	00:35:46	02:34:22	02:34:24	104	
114	161	MORUŚ ZOSIA	WARSZAWA	ZOLTON CREW	POL	1983	K30-39	6	7:17	8,2	00:02:16	01:12:20	01:43:10	00:41:48	00:56:09	01:10:18	02:34:19	02:34:26		10
115	101	OSIŃSKI JACEK	POZNAŃ		POL	1977	M40-49	33	7:20	8,2	00:41:42	01:09:12	01:39:34	00:12:58	00:26:21	00:39:57	02:35:19	02:35:30	105	
116	19	CHROMICZ KRZYSZTOF	SMOLEC		POL	1985	M30-39	30	7:21	8,2	00:02:12	00:28:26	00:57:05	01:39:32	01:55:56	02:13:29	02:35:30	02:35:37	106	
117	107	POLIWIKA ADAM	RUDNA		POL	1988	M30-39	31	7:21	8,2	00:02:02	00:28:40	00:56:23	01:38:06	01:54:12	02:12:41	02:35:37	02:35:43	107	
118	14	BINIEWICZ RENATA	ŁĘCZYCA	BORUTA TEAM	POL	1972	K40-49	4	7:23	8,1	00:02:19	01:10:47	01:41:26	00:41:30	00:55:07	01:08:46	02:36:12	02:36:20		11
119	58	KLOC JAN	GŁOGÓW	CROSS STRACEŃCÓW	POL	1957	M60+	4	7:23	8,1	00:42:01	01:10:53	01:42:03	00:13:01	00:26:34	00:40:10	02:36:18	02:36:28	108	
120	105	JAŚKIEWICZ KRZYSZTOF	POLKOWICE	ZG RUN	POL	1975	K40-49	5	7:26	8,1	00:01:59	00:29:42	00:58:57	01:42:39	01:58:36	02:16:09	02:37:22	02:37:29		12
121	55	KELLER IZABELA	OSTRÓWEK	WIELUŃ BIEGA	POL	1984	K30-39	7	7:29	8,0	00:02:05	00:28:52	00:57:25	01:42:29	01:58:06	02:15:31	02:38:29	02:38:33		13
122	139	TOMASZ GAĞOROWSKI TOMASZ	LUBIN	ZG RUN	POL	1988	M30-39	32	7:29	8,0	00:02:14	00:30:15	00:59:51	01:43:34	01:59:40	02:16:42	02:38:37	02:38:44	109	
123	45	JANKOWSKA MARZENA	GŁOGÓW	FU FU FU TEAM	POL	1975	K40-49	6	7:30	8,0	00:01:55	00:45:27	01:31:46	00:43:21	01:29:38	02:17:55	02:38:48	02:38:52		14
124	48	JAŚKIEWICZ KRZYSZTOF	LUBIN	CROSSFIT LUBIN	POL	1979	M40-49	34	7:42	7,8	00:01:58	00:30:14	01:00:38	01:47:36	02:03:54	02:21:36	02:43:12	02:43:18	110	
125	56	KELLER TOMASZ	OSTRÓWEK	WIELUŃ BIEGA	POL	1972	M40-49	35	7:43	7,8	00:02:05	00:28:50	00:57:18	01:42:41	01:59:37	02:18:48	02:43:27	02:43:32	111	
126	148	PRZEKOPIAK ADRIAN	WYSZKÓW	MONAR WYSZKÓW	POL	1998	M18-29	33	7:43	7,8	00:02:28	00:31:24	01:17:01	01:14:46	02:04:03	02:21:56	02:43:22	02:43:34	112	
127	154	ZAKASZEWSKA ALICJA	GÓRA		POL	1971	K40-49	7	7:43	7,8	00:02:15	00:30:19	01:00:07	01:46:25	02:03:27	02:21:56	02:43:26	02:43:35		15
128	77	KULCZAK PAWEŁ	BRODOWO	DECORA RUNNING TEAM	POL	1979	M40-49	36	7:48	7,7	01:03:48	01:36:18	02:10:42	00:31:44	00:46:31	01:01:46	02:45:08	02:45:13	113	
129	28	DRĄŻYŃSKA DOMINIKA	WYSZKÓW	MONAR WYSZKÓW	POL	1990	K18-29	2	7:51	7,6	00:02:34	00:46:44	01:50:35	00:44:26	01:32:28	01:48:13	02:46:03	02:46:15		16
130	100	OSIŃSKA AGATA	POZNAŃ		POL	1985	K30-39	8	7:53	7,6	00:33:13	01:20:52	02:07:36	00:14:48	00:30:54	01:18:31	02:46:49	02:47:00		17
131	24	DOMGAŁA BARTOSZ	BOROWIE	MONAR GŁOSKÓW	POL	1983	M30-39	33	7:53	7,6	00:14:18	01:00:19	01:48:15	00:12:20	00:58:11	01:45:30	02:47:04	02:47:10	114	
132	1	ADAMCZUK PIOTR	LEGNICA		POL	1976	M40-49	37	7:57	7,5	00:02:22	00:59:49	01:48:46	00:42:29	00:57:23	01:46:19	02:48:22	02:48:33	115	
133	22	CYLIWIK JAN	OSTROŁĘKA	MONAR OSTROŁĘKA	POL	1987	M30-39	34	8:02	7,5	00:47:28	01:18:53	01:51:34	00:15:31	00:30:14	00:45:27	02:48:53	02:50:25	116	
134	67	KOWARSKI MARIUSZ	OSTROŁĘKA	MONAR	POL	1963	M50-59	9	8:02	7,5	00:47:29	01:18:52	01:51:37	00:15:32	00:30:13	00:45:28	02:49:04	02:50:26	117	
135	97	WROŃSKI PIOTR	WYSZKÓW	MONAR WYSZKÓW	POL	1986	M30-39	35	8:02	7,5	00:02:26	00:31:21	01:17:32	01:15:17	02:06:43	02:24:57	02:50:14	02:50:26	118	
136	114	WIELEBA KAROL	OSTROŁĘKA	MONAR OSTROŁĘKA	POL	1992	M18-29	34	8:03	7,5	00:47:25	01:18:51	01:51:38	00:15:30	00:30:11	00:45:22	02:49:01	02:50:27	119	
137	75	KUCHARSKI RAFAŁ	OSTROŁĘKA	MONAR LIPIANKA	POL	1988	M30-39	36	8:03	7,5	00:47:31	01:18:54	01:51:39	00:15:33	00:30:15	00:45:28	02:48:55	02:50:27	120	
138	147	WESOŁOWSKI MARCIN	KŁOMNICE	MONAR OSTROŁĘKA	POL	1996	M18-29	35	8:03	7,5	00:47:26	01:18:53	01:51:39	00:15:32	00:30:13	00:45:26	02:49:03	02:50:28	121	
139	72	GORZELAK JOANNA	JASTRZĘBIE-ZDRÓJ	KOBIETY NA 5+	POL	1980	K30-39	9	8:03	7,5	00:02:34	00:31:28	01:17:33	01:15:18	02:06:43	02:24:57	02:50:16	02:50:28		18
140	15	BINIEWICZ SŁAWOMIR	ŁĘCZYCA	BORUTA TEAM	POL	1971	M40-49	38	8:11	7,3	00:02:14	00:57:43	01:33:27	00:41:27	00:55:39		02:53:25	02:53:32	122	
141	63	KONIK GRZEGORZ	GŁOGÓW		POL	1993	M18-29	36	8:14	7,3	00:02:20	00:31:31	01:03:22	01:58:14	02:16:47		02:54:23	02:54:33	123	
142	104	PIECH AGNIESZKA	GŁOGÓW		POL	1982	K30-39	10	8:25	7,1	00:47:20	01:21:36	01:58:22	00:14:15	00:29:08	00:44:54	02:58:25	02:58:34		19
143	29	DUDKIEWICZ BOGUMIŁ	MILEJOWICE	MONAR MILJOWICE	POL	1986	M30-39	37	8:27	7,1	00:01:42	00:51:33	01:36:57	00:41:32	01:34:26		02:58:50	02:58:56	124	