

| Msc.                             | Nr  | Nazwisko i imię     | Klub lub miasto        | 200m<br>1800m        | 600m<br>2200m        | 1000m<br>2600m       | 1400m<br>3000m       | Czas            |
|----------------------------------|-----|---------------------|------------------------|----------------------|----------------------|----------------------|----------------------|-----------------|
| <b>3000m Seria 1 start 16:40</b> |     |                     |                        |                      |                      |                      |                      |                 |
| 1                                | 68  | Tomasz Krzysztof    | (Mirsk)                | 00:44,66<br>01:30,91 | 01:33,39<br>01:32,14 | 01:30,49<br>01:32,50 | 01:27,87<br>01:22,24 | <b>11:14,22</b> |
| 2                                | 25  | Kaczmarek Paulina   | (ŚWIEBODZIN)           | 00:45,83<br>01:33,97 | 01:35,16<br>01:34,82 | 01:34,91<br>01:31,55 | 01:34,66<br>01:21,93 | <b>11:32,87</b> |
| 3                                | 37  | Waliduda Anna       | Kotwica Brzeg          | 00:46,57<br>01:34,54 | 01:37,43<br>01:31,96 | 01:35,66<br>01:31,53 | 01:34,23<br>01:26,20 | <b>11:38,16</b> |
| 4                                | 40  | Fischer Rafał       | Szalony Wąż            | 00:46,84<br>01:36,46 | 01:38,39<br>01:33,94 | 01:38,16<br>01:34,54 | 01:37,93<br>01:26,21 | <b>11:52,50</b> |
| 5                                | 38  | Komarzyniec         | (Węgliniec)            | 00:43,70<br>01:38,41 | 01:34,09<br>01:41,81 | 01:33,22<br>01:45,51 | 01:36,45<br>01:43,60 | <b>12:16,82</b> |
| 6                                | 102 | Gajewska Joanna     | (Amriswil)             | 00:48,01<br>01:43,22 | 01:42,68<br>01:38,09 | 01:42,82<br>01:39,33 | 01:43,46<br>01:32,71 | <b>12:30,35</b> |
| 7                                | 33  | Tołwińska-Trzeciak  | Karkonosz Running Team | 00:47,94<br>01:42,70 | 01:41,01<br>01:41,11 | 01:41,61<br>01:41,34 | 01:41,62<br>01:34,56 | <b>12:31,92</b> |
| 8                                | 36  | Klimas Emilia       | Triathlonowa Legnica   | 00:51,17<br>01:50,51 | 01:48,07<br>01:44,00 | 01:50,56<br>01:41,52 | 01:47,92<br>01:25,12 | <b>12:58,91</b> |
| 9                                | 23  | Oleksiuk Aneta      | Edi Team Zgorzelec     | 00:46,63<br>01:46,30 | 01:39,67<br>01:48,30 | 01:44,88<br>01:48,80 | 01:44,28<br>01:41,50 | <b>13:00,40</b> |
| 10                               | 30  | Antończyk Beata     | 10BKPanc               | 00:46,63<br>01:48,96 | 01:40,70<br>01:49,19 | 01:45,56<br>01:48,78 | 01:44,43<br>01:38,31 | <b>13:02,60</b> |
| 11                               | 34  | Teodorowicz         | Edi team zgorzelec     | 00:49,57<br>01:50,17 | 01:42,92<br>01:49,65 | 01:47,07<br>01:50,00 | 01:46,12<br>01:43,78 | <b>13:19,32</b> |
| 12                               | 29  | Krawczyk Anita      | Team Marysiak          | 00:48,52<br>01:52,23 | 01:42,37<br>01:57,94 | 01:42,54<br>01:57,29 | 01:45,14<br>01:56,34 | <b>13:42,40</b> |
| 13                               | 21  | Komarzyniec Anna    | (Węgliniec)            | 00:49,93<br>01:55,57 | 01:45,76<br>01:58,53 | 01:53,73<br>01:56,56 | 01:53,94<br>01:50,85 | <b>14:04,90</b> |
| 14                               | 100 | Zieliński Krzysztof | (Stary Węgliniec)      | 00:49,77<br>01:57,72 | 01:48,38<br>01:58,01 | 01:55,95<br>01:56,95 | 01:56,84<br>01:50,99 | <b>14:14,62</b> |
| 15                               | 24  | Daszyński Andrzej   | EdiTeam Zgorzelec      | 00:58,05<br>01:54,98 | 01:54,68<br>01:58,95 | 01:55,16<br>02:00,32 | 01:55,13<br>01:51,35 | <b>14:28,66</b> |
| 16                               | 101 | Gajewski Daniel     | (Amriswil)             | 00:50,52<br>01:59,85 | 01:48,35<br>02:08,76 | 01:52,96<br>02:09,63 | 01:55,80<br>02:02,10 | <b>14:48,01</b> |
| 17                               | 28  | Krupa Łukasz        | (Węgliniec)            | 00:54,59<br>02:02,38 | 01:51,70<br>02:13,75 | 01:57,24<br>02:13,82 | 02:00,13<br>02:10,49 | <b>15:24,13</b> |
| 18                               | 39  | Lichnerowicz Sylwia | UKS OLIMPIA            | 00:50,48<br>02:26,23 | 01:56,27<br>02:29,33 | 02:14,40<br>02:28,30 | 02:26,86<br>02:10,96 | <b>17:02,86</b> |
| 19                               | 26  | Kiejza Julia        | (Węgliniec)            | 01:05,56<br>02:25,36 | 02:20,88<br>02:26,95 | 02:23,17<br>02:23,20 | 02:22,19<br>02:03,41 | <b>17:30,75</b> |

| Msc. | Nr | Nazwisko i imię | Klub lub miasto | 200m<br>1800m        | 600m<br>2200m        | 1000m<br>2600m       | 1400m<br>3000m       | Czas            |
|------|----|-----------------|-----------------|----------------------|----------------------|----------------------|----------------------|-----------------|
| 20   | 35 | Włoszczyk       | (Czerwona Woda) | 01:05,74<br>02:30,76 | 02:21,00<br>02:31,03 | 02:24,86<br>02:33,11 | 02:26,81<br>01:58,91 | <b>17:52,25</b> |

### 3000m Seria 2 start 17:40

|    |     |                    |                            |                      |                      |                      |                      |                 |
|----|-----|--------------------|----------------------------|----------------------|----------------------|----------------------|----------------------|-----------------|
| 1  | 2   | Klaybor Dawid      | WKS Sobieski Żagań/ 34     | 00:36,35<br>01:10,87 | 01:11,91<br>01:10,17 | 01:08,41<br>01:11,77 | 01:08,81<br>01:05,38 | <b>08:43,71</b> |
| 2  | 3   | Szymanowski        | #SzymanowskiTeam / 4pplot  | 00:36,35<br>01:10,53 | 01:11,91<br>01:10,12 | 01:08,17<br>01:11,98 | 01:09,24<br>01:07,60 | <b>08:45,92</b> |
| 3  | 1   | Mateusz            | Lłks Prefbet Śniadowo /10  | 00:35,81<br>01:13,45 | 01:12,59<br>01:12,78 | 01:09,99<br>01:10,76 | 01:11,21<br>01:05,77 | <b>08:52,41</b> |
| 4  | 7   | Nowicki Bartosz    | (Szczecin)                 | 00:36,03<br>01:13,58 | 01:12,10<br>01:15,11 | 01:09,10<br>01:15,93 | 01:10,50<br>01:14,62 | <b>09:07,01</b> |
| 5  | 6   | Marysiak Adam      | 34 BKPanc Żagań / MKST     | 00:36,94<br>01:11,46 | 01:12,02<br>01:16,17 | 01:08,50<br>01:18,00 | 01:08,95<br>01:15,93 | <b>09:08,01</b> |
| 6  | 138 | Mikołajczak Piotr  | #SzymanowskiTeam / 4pplot  | 00:37,81<br>01:17,05 | 01:12,79<br>01:15,90 | 01:14,98<br>01:14,04 | 01:14,70<br>01:11,57 | <b>09:18,86</b> |
| 7  | 8   | Wiśniowski         | Karkonosz Running Team     | 00:37,17<br>01:18,17 | 01:12,59<br>01:15,93 | 01:12,88<br>01:15,19 | 01:16,33<br>01:13,69 | <b>09:22,00</b> |
| 8  | 18  | Gułaj Artur        | (Legnica)                  | 00:37,50<br>01:16,77 | 01:12,85<br>01:17,78 | 01:15,83<br>01:17,01 | 01:16,72<br>01:07,73 | <b>09:22,23</b> |
| 9  | 4   | Świadek Michał     | 6 Brygada                  | 00:36,45<br>01:18,93 | 01:12,97<br>01:20,37 | 01:13,06<br>01:21,81 | 01:16,29<br>01:18,07 | <b>09:38,00</b> |
| 10 | 14  | Pisulski Adam      | 10BKPanc                   | 00:38,79<br>01:17,98 | 01:19,57<br>01:17,41 | 01:17,70<br>01:17,37 | 01:17,63<br>01:14,60 | <b>09:41,08</b> |
| 11 | 19  | Plesiński Mariusz  | 10BKPanc                   | 00:38,96<br>01:17,96 | 01:19,56<br>01:17,45 | 01:17,54<br>01:18,43 | 01:17,77<br>01:16,93 | <b>09:44,64</b> |
| 12 | 12  | Kubiak Kacper      | MKST ASTRA NOWA SÓL        | 00:38,31<br>01:19,85 | 01:12,99<br>01:21,91 | 01:16,61<br>01:23,18 | 01:19,05<br>01:22,27 | <b>09:54,21</b> |
| 13 | 20  | Staniszczyk Tomasz | #SzymanowskiTeam           | 00:41,39<br>01:24,68 | 01:17,80<br>01:22,70 | 01:19,30<br>01:31,57 | 01:22,86<br>01:23,26 | <b>10:23,59</b> |
| 14 | 9   | Papla Filip        | UKS Olimpia Węgliniec      | 00:38,73<br>01:26,86 | 01:20,20<br>01:26,42 | 01:18,97<br>01:28,64 | 01:23,06<br>01:24,85 | <b>10:27,76</b> |
| 15 | 15  | Trzcinka Mikołaj   | MKS Boleslavia Bolesławiec | 00:42,03<br>01:25,57 | 01:27,15<br>01:27,26 | 01:28,22<br>01:27,07 | 01:23,84<br>01:23,47 | <b>10:44,64</b> |
| 16 | 17  | Żarnotal Artur     | Orkiestra Wojskowa Żagań   | 00:41,77<br>01:28,32 | 01:26,93<br>01:29,65 | 01:28,36<br>01:29,14 | 01:27,05<br>01:22,25 | <b>10:53,51</b> |
| 17 | 5   | Halczak Szymon     | 23 SPA                     | 00:36,71<br>01:10,74 | 01:11,77             | 01:08,37             | 01:09,13             | <b>DNF</b>      |

