

# Bieg z okazji 360-lecia Grupy Saint-Gobain

## Wyniki OPEN bieg Żary 2025-04-06



Wyniki według czasu netto poza pierwsza 50 zawodników na mecie, którzy mają liczony czas brutto (od strzału startera)

| Msc open | Nr start | Nazwisko, imię        | Miejscowość  | Klub                            | Rok ur | Kat | Msc kat | Msc M/K | Pracownik | Czas brutto | Tempo min/km | Wynik netto    |
|----------|----------|-----------------------|--------------|---------------------------------|--------|-----|---------|---------|-----------|-------------|--------------|----------------|
| 1.       | 85       | Stadnik Jacek         | Zielona Góra |                                 | 1991   | M30 | gen.    | 1.      |           | 0:17:33     | 3:30         | <b>0:17:31</b> |
| 2.       | 163      | Bielak Miłosz         | Żary         | MLKS AGROS ŻARY                 | 2001   | M16 | gen.    | 2.      |           | 0:17:50     | 3:33         | <b>0:17:49</b> |
| 3.       | 114      | Kalata Michał         | Świętoszów   | 10 BKPanc Świętoszów            | 1989   | M30 | gen.    | 3.      |           | 0:18:10     | 3:37         | <b>0:18:08</b> |
| 4.       | 148      | Harenda Antoni        | Żary         | MLKS AGROS ŻARY                 | 2005   | M16 | 1.      | 4.      |           | 0:18:34     | 3:42         | <b>0:18:33</b> |
| 5.       | 201      | Szatkowski Paweł      | Niwiska      | Harpagan Zielona Góra           | 1980   | M40 | 1.      | 5.      |           | 0:19:09     | 3:49         | <b>0:19:07</b> |
| 6.       | 211      | Sochocki Patryk       | Żagań        |                                 | 1995   | M30 | 1.      | 6.      |           | 0:19:38     | 3:55         | <b>0:19:36</b> |
| 7.       | 57       | Błoński Michał        | Żagań        | 34BKPanc ŻAGAŃ                  | 1989   | M30 | 2.      | 7.      |           | 0:19:44     | 3:56         | <b>0:19:42</b> |
| 8.       | 79       | Kużaj Grzegorz        | Osiecznica   | 10 BKPanc Świętoszów            | 1978   | M40 | 2.      | 8.      |           | 0:19:52     | 3:58         | <b>0:19:50</b> |
| 9.       | 87       | Wasiolewska Paulina   | Police       |                                 | 1997   | K16 | gen.    | 1.      |           | 0:21:04     | 4:12         | <b>0:21:02</b> |
| 10.      | 251      | Kolman Jakub          | Olbrachtów   | Saint Gobain SQUAD Enkapsulacja | 1994   | M30 | 3.      | 9.      | 1.        | 0:21:12     | 4:14         | <b>0:21:10</b> |
| 11.      | 153      | Bubel Sebastian       | Nowa Sól     | KB WIKON Nowa Sól               | 1984   | M40 | 3.      | 10.     |           | 0:21:18     | 4:15         | <b>0:21:16</b> |
| 12.      | 147      | Szombierski Robert    | Lubsko       | Projekt Triathlon               | 1984   | M40 | 4.      | 11.     |           | 0:21:23     | 4:16         | <b>0:21:21</b> |
| 13.      | 210      | Mscichowski Krzysztof | Jagodzin     |                                 | 1979   | M40 | 5.      | 12.     |           | 0:21:36     | 4:18         | <b>0:21:31</b> |
| 14.      | 54       | Janosz Krystian       | Żary         | Parkrun Żary                    | 1998   | M16 | 2.      | 13.     |           | 0:22:10     | 4:25         | <b>0:22:06</b> |
| 15.      | 189      | Adamczak Jakub        | Wilkanowo    |                                 | 1997   | M16 | 3.      | 14.     |           | 0:22:30     | 4:29         | <b>0:22:26</b> |
| 16.      | 141      | Fischer Rafał         | Żagań        | SzalonyWąż                      | 1994   | M30 | 4.      | 15.     |           | 0:22:32     | 4:29         | <b>0:22:29</b> |
| 17.      | 184      | Szatkowski Piotr      | Niwiska      | Harpagan Zielona Góra           | 1982   | M40 | 6.      | 16.     |           | 0:22:53     | 4:33         | <b>0:22:49</b> |
| 18.      | 136      | Rewaj Filip           | Żary         | MLKS AGROS ŻARY                 | 2009   | M16 | 4.      | 17.     |           | 0:22:56     | 4:34         | <b>0:22:53</b> |
| 19.      | 143      | Chabraszewski Kuba    | Żary         | MLKS AGROS ŻARY                 | 2009   | M16 | 5.      | 18.     |           | 0:22:57     | 4:34         | <b>0:22:53</b> |
| 20.      | 119      | Nowakowski Paweł      | łłowa        | Saint Gobain Squad              | 1976   | M40 | 7.      | 19.     | 2.        | 0:22:58     | 4:34         | <b>0:22:54</b> |
| 21.      | 237      | Matusiewicz Tomasz    | Żagań        | TEAMCZASEM GÓRY                 | 1977   | M40 | 8.      | 20.     |           | 0:22:59     | 4:34         | <b>0:22:54</b> |



| Msc open | Nr start | Nazwisko, imię       | Miejscowość      | Klub                     | Rok ur | Kat | Msc kat | Msc M/K | Pracownik | Czas brutto | Tempo min/km | Wynik netto    |
|----------|----------|----------------------|------------------|--------------------------|--------|-----|---------|---------|-----------|-------------|--------------|----------------|
| 22.      | 29       | Miemczyk Artur       | Żagań            | #planbieganie.pl         | 1970   | M50 | 1.      | 21.     |           | 0:23:04     | 4:36         | <b>0:23:00</b> |
| 23.      | 276      | Talkowska Aleksandra | Nowa Sól         | KB WIKON Nowa Sól        | 1983   | K40 | gen.    | 2.      |           | 0:23:07     | 4:37         | <b>0:23:05</b> |
| 24.      | 134      | Okarma Bartosz       | Żagań            |                          | 1995   | M30 | 5.      | 22.     |           | 0:23:10     | 4:37         | <b>0:23:08</b> |
| 25.      | 256      | Włodarski Marek      | Żary             | Saint-Gobain Squad       | 1990   | M30 | 6.      | 23.     | 3.        | 0:23:24     | 4:40         | <b>0:23:22</b> |
| 26.      | 74       | Ewert Adam           | Żary             |                          | 1995   | M30 | 7.      | 24.     |           | 0:23:28     | 4:40         | <b>0:23:23</b> |
| 27.      | 66       | Siwiński Kamil       | Żagań            |                          | 1994   | M30 | 8.      | 25.     |           | 0:23:33     | 4:42         | <b>0:23:30</b> |
| 28.      | 48       | Dziopa Marcin        | Żagań            | ŻAGAŃSKA GRUPA BIEGOWA   | 1982   | M40 | 9.      | 26.     |           | 0:23:36     | 4:42         | <b>0:23:32</b> |
| 29.      | 263      | Stężycki Artur       | Żary             |                          | 1978   | M40 | 10.     | 27.     |           | 0:23:50     | 4:45         | <b>0:23:46</b> |
| 30.      | 137      | Gołębiewski Łukasz   | Żagań            |                          | 1997   | M16 | 6.      | 28.     |           | 0:24:12     | 4:49         | <b>0:24:09</b> |
| 31.      | 161      | Książ Jagoda         | Żary             | MLKS AGROS ŻARY          | 2009   | K16 | gen.    | 3.      |           | 0:24:12     | 4:50         | <b>0:24:10</b> |
| 32.      | 170      | Nikorowski Grzegorz  | Żary             |                          | 1970   | M50 | 2.      | 29.     |           | 0:24:14     | 4:49         | <b>0:24:09</b> |
| 33.      | 145      | Szombierska Gabriela | Lubsko           | MLKS AGROS ŻARY          | 2009   | K16 | 1.      | 4.      |           | 0:24:15     | 4:50         | <b>0:24:13</b> |
| 34.      | 22       | Rudak Marta          | Żagań            |                          | 1978   | K40 | 1.      | 5.      |           | 0:24:24     | 4:52         | <b>0:24:22</b> |
| 35.      | 219      | Trojanowski Michał   | Zielona Góra     |                          | 1984   | M40 | 11.     | 30.     |           | 0:24:24     | 4:51         | <b>0:24:15</b> |
| 36.      | 174      | Harenda Helena       | Żary             | MLKS AGROS ŻARY          | 2009   | K16 | 2.      | 6.      |           | 0:24:28     | 4:53         | <b>0:24:26</b> |
| 37.      | 39       | Leliukh Yaroslaw     | Żary             |                          | 1993   | M30 | 9.      | 31.     | 4.        | 0:24:32     | 4:53         | <b>0:24:26</b> |
| 38.      | 183      | Telenga Rafał        | Żary             | WiącekRunningTeam        | 1982   | M40 | 12.     | 32.     |           | 0:24:36     | 4:54         | <b>0:24:30</b> |
| 39.      | 62       | Siwka Natalia        | Małomice         | WITKOWSKI RUNNING TEAM   | 1995   | K30 | 1.      | 7.      |           | 0:24:39     | 4:54         | <b>0:24:34</b> |
| 40.      | 92       | Dziopa-Kan Anna      | Żagań            |                          | 1976   | K40 | 2.      | 8.      |           | 0:24:42     | 4:55         | <b>0:24:38</b> |
| 41.      | 157      | Słomiński Piotr      | Iłowa            |                          | 2000   | M16 | 7.      | 33.     |           | 0:24:45     | 4:55         | <b>0:24:35</b> |
| 42.      | 167      | Paliwoda Kamil       | Żagań            |                          | 1982   | M40 | 13.     | 34.     |           | 0:24:46     | 4:56         | <b>0:24:41</b> |
| 43.      | 272      | Przybysz Artur       | Żary             | Żary Runners Team        | 1972   | M50 | 3.      | 35.     |           | 0:24:49     | 4:54         | <b>0:24:33</b> |
| 44.      | 1        | Hamerla Dominik      | Żary             | Saint-Gobain Squad       | 1988   | M30 | 10.     | 36.     | 5.        | 0:24:59     | 4:58         | <b>0:24:52</b> |
| 45.      | 238      | Frątczak Łukasz      | Żary             | CFZ                      | 1984   | M40 | 14.     | 37.     |           | 0:25:10     | 4:58         | <b>0:24:52</b> |
| 46.      | 32       | Rurarz Marek         | Lipinki łużyckie | Aktywni Lipinki łużyckie | 1972   | M50 | 4.      | 38.     |           | 0:25:16     | 5:02         | <b>0:25:10</b> |



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|----------|----------|----------------------|---------------------|--------------------------|--------|-----|---------|---------|-----------|-------------|--------------|----------------|
| 47.      | 129      | OLBRYŚ Jarosław      | ŻARY                | Runners Team             | 1968   | M50 | 5.      | 39.     |           | 0:25:22     | 5:03         | <b>0:25:18</b> |
| 48.      | 42       | Rudak Łukasz         | Żagań               | ŻAGAŃSKA GRUPA BIEGOWA   | 1980   | M40 | 15.     | 40.     |           | 0:25:27     | 5:03         | <b>0:25:18</b> |
| 49.      | 64       | Sochoń Zbigniew      | Żary                | Żary Runners Team        | 1972   | M50 | 6.      | 41.     |           | 0:25:30     | 5:05         | <b>0:25:25</b> |
| 50.      | 14       | Gajdemski Mateusz    | Żary                | Saint-Gobain Squad       | 1998   | M16 | 8.      | 42.     | 6.        | 0:25:36     | 5:06         | <b>0:25:31</b> |
| 51.      | 10       | Stępień Jarosław     | Żagań               | Parkrun Żagań            | 1968   | M50 | 7.      | 43.     |           | 0:25:38     | 5:06         | <b>0:25:31</b> |
| 52.      | 121      | Szymczak Łukasz      | Żary                |                          | 1988   | M30 | 11.     | 44.     |           | 0:25:42     | 5:07         | <b>0:25:36</b> |
| 53.      | 215      | Machlowiec Dominika  | Iłowa               |                          | 1980   | K40 | 3.      | 9.      |           | 0:25:46     | 5:08         | <b>0:25:41</b> |
| 54.      | 115      | Kowalski Bartłomiej  | Żary                |                          | 2006   | M16 | 9.      | 45.     |           | 0:25:46     | 5:08         | <b>0:25:41</b> |
| 55.      | 63       | Bryczkowski Piotr    | Żary                |                          | 1981   | M40 | 16.     | 46.     |           | 0:25:58     | 5:10         | <b>0:25:50</b> |
| 56.      | 198      | Döhler Maurice       | Cottbus             | LTSV Forst 1990 e.V.     | 2007   | M16 | 10.     | 47.     |           | 0:26:02     | 5:11         | <b>0:25:55</b> |
| 57.      | 120      | Konieczny Przemysław | Zielona Góra        |                          | 1990   | M30 | 12.     | 48.     |           | 0:26:01     | 5:11         | <b>0:25:56</b> |
| 58.      | 15       | Mrózek Szymon        | Żary                | Saint Gobain Squad       | 1991   | M30 | 13.     | 49.     | 7.        | 0:26:06     | 5:11         | <b>0:25:59</b> |
| 59.      | 111      | Woltmann Wojciech    | Jankowa Żagańska    |                          | 1980   | M40 | 17.     | 50.     |           | 0:26:08     | 5:11         | <b>0:25:59</b> |
| 60.      | 113      | Romejko Urszula      | Żagań               |                          | 1983   | K40 | 4.      | 10.     |           | 0:26:10     | 5:13         | <b>0:26:05</b> |
| 61.      | 9        | Zabojszczyk Dawid    | Żary                |                          | 1989   | M30 | 14.     | 51.     | 8.        | 0:26:14     | 5:13         | <b>0:26:06</b> |
| 62.      | 109      | Skibiński Marcin     | Żary                | CFZ - Żary               | 1983   | M40 | 18.     | 52.     |           | 0:26:10     | 5:13         | <b>0:26:07</b> |
| 63.      | 207      | Cichowlas Marek      | Lubsko              | Running Cabrios          | 1975   | M50 | 8.      | 53.     |           | 0:26:22     | 5:13         | <b>0:26:08</b> |
| 64.      | 21       | Mroczkowska Joanna   | Zielona Góra        |                          | 1992   | K30 | 2.      | 11.     |           | 0:26:14     | 5:13         | <b>0:26:08</b> |
| 65.      | 60       | Marciniak Agata      | Żagań               |                          | 1980   | K40 | 5.      | 12.     |           | 0:26:17     | 5:13         | <b>0:26:09</b> |
| 66.      | 226      | Marcinowski Maciej   | Nowogród Bobrzański | Running Cabrios          | 1981   | M40 | 19.     | 54.     |           | 0:26:30     | 5:15         | <b>0:26:17</b> |
| 67.      | 4        | Szczygieł Rafał      | Żary                | Ks Sparta Grabik         | 1978   | M40 | 20.     | 55.     | 9.        | 0:26:34     | 5:17         | <b>0:26:27</b> |
| 68.      | 122      | Kowalczyk Mateusz    | Żary                |                          | 1995   | M30 | 15.     | 56.     |           | 0:26:37     | 5:18         | <b>0:26:31</b> |
| 69.      | 88       | Frankowski Roman     | Żary                |                          | 1970   | M50 | 9.      | 57.     |           | 0:26:44     | 5:19         | <b>0:26:37</b> |
| 70.      | 202      | Tycner Tomasz        | Nowa Sól            | Nowosolska Grupa Biegowa | 1977   | M40 | 21.     | 58.     |           | 0:26:51     | 5:21         | <b>0:26:46</b> |
| 71.      | 97       | Sporys Piotr         | Żary                |                          | 1983   | M40 | 22.     | 59.     | 10.       | 0:26:56     | 5:22         | <b>0:26:51</b> |



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|----------|----------|------------------------|------------------|---------------------------------|--------|-----|---------|---------|-----------|-------------|--------------|----------------|
| 72.      | 305      | Maślanka Jerzy         | ŻARY             |                                 | 1974   | M50 | 10.     | 60.     |           | 0:26:56     | 5:22         | <b>0:26:51</b> |
| 73.      | 271      | Koziński Kacper        | Żary             |                                 | 1994   | M30 | 16.     | 61.     |           | 0:26:55     | 5:22         | <b>0:26:53</b> |
| 74.      | 117      | Capar Rafal            | Żary             |                                 | 1976   | M40 | 23.     | 62.     | 11.       | 0:26:59     | 5:22         | <b>0:26:54</b> |
| 75.      | 135      | Okarma Patryk          | Żagań            | Turbo ślimak                    | 1997   | M16 | 11.     | 63.     |           | 0:27:01     | 5:23         | <b>0:26:57</b> |
| 76.      | 19       | Kowalczyk-Hetnar Marta | Nowa Sól         | KB WIKON Nowa Sól               | 1976   | K40 | 6.      | 13.     |           | 0:27:06     | 5:24         | <b>0:27:01</b> |
| 77.      | 209      | Bilski Ildefons        | Żary             |                                 | 1987   | M30 | 17.     | 64.     |           | 0:27:10     | 5:24         | <b>0:27:02</b> |
| 78.      | 93       | Reszczyński Paweł      | Żary             |                                 | 1983   | M40 | 24.     | 65.     |           | 0:27:19     | 5:25         | <b>0:27:08</b> |
| 79.      | 12       | Józefiak Grzegorz      | Żagań            | ŻAGAŃSKA GRUPA BIEGOWA          | 1977   | M40 | 25.     | 66.     |           | 0:27:23     | 5:26         | <b>0:27:14</b> |
| 80.      | 230      | Uruski Jan             | Nowa Sól         | Nowosolska Grupa Biegowa        | 1956   | M60 | 1.      | 67.     |           | 0:27:23     | 5:27         | <b>0:27:16</b> |
| 81.      | 257      | Muszyńska Dorota       | Nowa Sól         |                                 | 1980   | K40 | 7.      | 14.     |           | 0:27:25     | 5:27         | <b>0:27:18</b> |
| 82.      | 181      | Pajak Stanisław        | Żary             | 34 BKPanc Żagań/MLKS Agros Żary | 2007   | M16 | 12.     | 68.     |           | 0:27:27     | 5:29         | <b>0:27:25</b> |
| 83.      | 81       | Puchalski Piotr        | Żagań            | ŻAGAŃSKA GRUPA BIEGOWA          | 1973   | M50 | 11.     | 69.     |           | 0:27:39     | 5:29         | <b>0:27:28</b> |
| 84.      | 41       | KUJAWKA GRZEGORZ       | łłowa            | running weight                  | 1979   | M40 | 26.     | 70.     |           | 0:27:39     | 5:29         | <b>0:27:28</b> |
| 85.      | 283      | Wasilewska Adrianna    | Żary             |                                 | 2008   | K16 | 3.      | 15.     |           | 0:27:33     | 5:30         | <b>0:27:31</b> |
| 86.      | 20       | Hetnar Artur           | Nowa Sól         | KB WIKON Nowa Sól               | 1976   | M40 | 27.     | 71.     |           | 0:28:00     | 5:32         | <b>0:27:44</b> |
| 87.      | 37       | Owczarek Natalia       | Lipinki Łużyckie |                                 | 1987   | K30 | 3.      | 16.     |           | 0:27:53     | 5:33         | <b>0:27:47</b> |
| 88.      | 228      | Kharuk Vitalii         | Zielona Gora     | Running Cabrios                 | 1990   | M30 | 18.     | 72.     |           | 0:28:04     | 5:33         | <b>0:27:48</b> |
| 89.      | 196      | Dobrucki Gabriel       | Żary             | MLKS AGROS ŻARY                 | 2009   | M16 | 13.     | 73.     |           | 0:27:51     | 5:33         | <b>0:27:48</b> |
| 90.      | 155      | Strzygocki Bartłomiej  | Żary             | MLKS AGROS ŻARY                 | 2008   | M16 | 14.     | 74.     |           | 0:27:52     | 5:33         | <b>0:27:49</b> |
| 91.      | 212      | Karatysz Paweł         | Żary             | CFZ Żary                        | 1984   | M40 | 28.     | 75.     |           | 0:28:09     | 5:33         | <b>0:27:49</b> |
| 92.      | 69       | Kochanowicz Marek      | Nowa Sól         | KB Wikon                        | 1972   | M50 | 12.     | 76.     |           | 0:28:00     | 5:34         | <b>0:27:50</b> |
| 93.      | 156      | Szymkowicz Maja        | Żagań            |                                 | 2000   | K16 | 4.      | 17.     |           | 0:28:01     | 5:34         | <b>0:27:52</b> |
| 94.      | 253      | Homeniuk Michał        | Surowa           | MLKS AGROS ŻARY                 | 2009   | M16 | 15.     | 77.     |           | 0:27:55     | 5:34         | <b>0:27:52</b> |
| 95.      | 246      | Kowalewski Jakub       | Poznań           |                                 | 1995   | M30 | 19.     | 78.     |           | 0:27:57     | 5:34         | <b>0:27:54</b> |
| 96.      | 70       | Stachowski Mirek       | Żary             |                                 | 1964   | M60 | 2.      | 79.     |           | 0:28:05     | 5:34         | <b>0:27:54</b> |



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|----------|----------|--------------------------|--------------|---------------------------------|--------|-----|---------|---------|-----------|-------------|--------------|----------------|
| 97.      | 131      | Dołęgowski Romuald       | Żagań        |                                 | 1976   | M40 | 29.     | 80.     |           | 0:28:05     | 5:34         | <b>0:27:54</b> |
| 98.      | 236      | Rydzewski Rafał          | Żary         | CFZ                             | 1982   | M40 | 30.     | 81.     |           | 0:28:16     | 5:35         | <b>0:27:55</b> |
| 99.      | 132      | Satława Grzegorz         | Olbrachtów   |                                 | 1986   | M30 | 20.     | 82.     |           | 0:28:07     | 5:36         | <b>0:28:02</b> |
| 100.     | 162      | Kulesza Sebastian        | Żagań        |                                 | 1976   | M40 | 31.     | 83.     |           | 0:28:19     | 5:36         | <b>0:28:02</b> |
| 101.     | 205      | Gawlak Kornelia          | Żary         | MLKS AGROS ŻARY                 | 2007   | K16 | 5.      | 18.     |           | 0:28:20     | 5:39         | <b>0:28:18</b> |
| 102.     | 139      | Markulak Zbyszek         | Żary         | CFZ                             | 1973   | M50 | 13.     | 84.     |           | 0:28:27     | 5:39         | <b>0:28:18</b> |
| 103.     | 27       | Jankowska Joanna         | Żary         |                                 | 1988   | K30 | 4.      | 19.     | 1.        | 0:28:28     | 5:40         | <b>0:28:21</b> |
| 104.     | 75       | Żórawski Wiktor          | Żary         |                                 | 2007   | M16 | 16.     | 85.     |           | 0:28:44     | 5:41         | <b>0:28:26</b> |
| 105.     | 151      | Maćków Adam              | Żary         |                                 | 1976   | M40 | 32.     | 86.     |           | 0:28:48     | 5:41         | <b>0:28:27</b> |
| 106.     | 203      | Skałacki Szymon          | Żary         | Promień Żary                    | 2009   | M16 | 17.     | 87.     |           | 0:28:41     | 5:41         | <b>0:28:29</b> |
| 107.     | 51       | Piotrowski Piotr         | Żagań        |                                 | 1979   | M40 | 33.     | 88.     |           | 0:28:44     | 5:42         | <b>0:28:34</b> |
| 108.     | 43       | Jarmołowicz Łukasz       | Żagan        |                                 | 1983   | M40 | 34.     | 89.     |           | 0:28:44     | 5:43         | <b>0:28:36</b> |
| 109.     | 216      | Kałużny Andrzej          | Żary         | 34 BKPanc Żagań                 | 1989   | M30 | 21.     | 90.     |           | 0:28:52     | 5:44         | <b>0:28:40</b> |
| 110.     | 171      | Kuźmiak Rozalia          | Żary         | MLKS AGROS ŻARY                 | 2009   | K16 | 6.      | 20.     |           | 0:28:46     | 5:44         | <b>0:28:43</b> |
| 111.     | 31       | Sławska Bogumiła         | Żary         |                                 | 1978   | K40 | 8.      | 21.     | 2.        | 0:29:05     | 5:45         | <b>0:28:45</b> |
| 112.     | 206      | Śróbka Weronika          | Żary         | Running Cabrios                 | 1992   | K30 | 5.      | 22.     |           | 0:28:56     | 5:45         | <b>0:28:49</b> |
| 113.     | 249      | Bartkiewicz Edyta        | Żary         | Saint Gobain SQUAD Enkapsulacja | 1976   | K40 | 9.      | 23.     | 3.        | 0:28:56     | 5:46         | <b>0:28:50</b> |
| 114.     | 164      | Krzemińska-Bielak Kamila | Żary         |                                 | 1976   | M40 | 35.     | 91.     |           | 0:29:23     | 5:51         | <b>0:29:15</b> |
| 115.     | 118      | Cioch Sławomir           | Żary         |                                 | 1982   | M40 | 36.     | 92.     |           | 0:29:17     | 5:51         | <b>0:29:16</b> |
| 116.     | 128      | Sadło Aleksander         | Żary         | Klub Karate Kontra w Żarach     | 2009   | M16 | 18.     | 93.     |           | 0:29:28     | 5:51         | <b>0:29:18</b> |
| 117.     | 195      | Kurasz Tomasz            | Ruda Śląska  |                                 | 1981   | M40 | 37.     | 94.     |           | 0:29:34     | 5:52         | <b>0:29:20</b> |
| 118.     | 190      | Wróblewski Gracjan       | Żagań        | MLKS AGROS ŻARY                 | 2009   | M16 | 19.     | 95.     |           | 0:29:27     | 5:52         | <b>0:29:24</b> |
| 119.     | 192      | Bieńkowska Alicja        | Zielona Góra |                                 | 1998   | K16 | 7.      | 24.     | 4.        | 0:29:34     | 5:53         | <b>0:29:28</b> |
| 120.     | 46       | Narejko Agata            | Żary         | Parkrun                         | 1964   | K60 | 1.      | 25.     |           | 0:29:38     | 5:54         | <b>0:29:33</b> |
| 121.     | 6        | Wilczewska Agnieszka     | Żagań        | 43 WOG Świętoszów               | 1986   | K30 | 6.      | 26.     |           | 0:29:50     | 5:54         | <b>0:29:34</b> |



| Msc open | Nr start | Nazwisko, imię        | Miejscowość | Klub                           | Rok ur | Kat | Msc kat | Msc M/K | Pracownik | Czas brutto | Tempo min/km | Wynik netto    |
|----------|----------|-----------------------|-------------|--------------------------------|--------|-----|---------|---------|-----------|-------------|--------------|----------------|
| 122.     | 169      | Paliwoda Patryk       | Żagań       |                                | 2008   | M16 | 20.     | 96.     |           | 0:29:44     | 5:55         | <b>0:29:39</b> |
| 123.     | 172      | Rybak Kalina          | Przewóz     | MIKS AGROS                     | 2009   | K16 | 8.      | 27.     |           | 0:29:44     | 5:56         | <b>0:29:41</b> |
| 124.     | 91       | Szulc-Dębska Anna     | Żagań       |                                | 1979   | K40 | 10.     | 28.     |           | 0:29:53     | 5:56         | <b>0:29:42</b> |
| 125.     | 99       | Długołęcki Arkadiusz  | Sosnowiec   | Saint-Gobain Squad             | 1988   | M30 | 22.     | 97.     | 12.       | 0:30:04     | 5:59         | <b>0:29:55</b> |
| 126.     | 233      | Majewski Andrzej      | Żagań       |                                | 1976   | M40 | 38.     | 98.     |           | 0:30:18     | 6:00         | <b>0:30:03</b> |
| 127.     | 193      | Grzywacz Robert       | Żary        |                                | 1968   | M50 | 14.     | 99.     | 13.       | 0:30:13     | 6:01         | <b>0:30:05</b> |
| 128.     | 277      | Zarówna Joanna        | Żary        |                                | 1985   | K40 | 11.     | 29.     |           | 0:30:17     | 6:01         | <b>0:30:05</b> |
| 129.     | 90       | Mandzyn Ewelina       | Nowa Sól    | Gabinet Zdrowia i Urody Emphis | 1983   | K40 | 12.     | 30.     |           | 0:30:20     | 6:01         | <b>0:30:05</b> |
| 130.     | 89       | Mandzyn Łukasz        | Nowa Sól    |                                | 1980   | M40 | 39.     | 100.    |           | 0:30:21     | 6:01         | <b>0:30:06</b> |
| 131.     | 24       | Zych Marcin           | Żary        |                                | 1978   | M40 | 40.     | 101.    |           | 0:30:29     | 6:01         | <b>0:30:08</b> |
| 132.     | 123      | Moniakowski Stanisław | Żary        | Klub Karate Kontra w Żarach    | 2007   | M16 | 21.     | 102.    |           | 0:30:20     | 6:01         | <b>0:30:08</b> |
| 133.     | 58       | Paszkiwicz Mateusz    | Żary        |                                | 2002   | M16 | 22.     | 103.    | 14.       | 0:30:25     | 6:03         | <b>0:30:17</b> |
| 134.     | 28       | Zielińska Ludmiła     | Modrzyca    | KB Wikon                       | 1978   | K40 | 13.     | 31.     |           | 0:30:27     | 6:03         | <b>0:30:18</b> |
| 135.     | 150      | Psyk Beata            | Żagań       |                                | 1976   | K40 | 14.     | 32.     |           | 0:30:36     | 6:04         | <b>0:30:23</b> |
| 136.     | 142      | Kania Roksana         | Żagań       |                                | 1975   | K50 | 1.      | 33.     |           | 0:30:36     | 6:04         | <b>0:30:23</b> |
| 137.     | 188      | Nowożyński Paweł      | Żary        |                                | 1977   | M40 | 41.     | 104.    |           | 0:30:40     | 6:05         | <b>0:30:28</b> |
| 138.     | 23       | Kalina Katarzyna      | Żagań       |                                | 1991   | K30 | 7.      | 34.     |           | 0:30:48     | 6:06         | <b>0:30:31</b> |
| 139.     | 261      | Włodarski Maciej      | Grotów      |                                | 1980   | M40 | 42.     | 105.    |           | 0:30:45     | 6:07         | <b>0:30:38</b> |
| 140.     | 242      | Szewczyk Anita        | Żary        | MLKS AGROS ŻARY                | 2009   | K16 | 9.      | 35.     |           | 0:30:52     | 6:09         | <b>0:30:48</b> |
| 141.     | 268      | Wunsche Celine        | Żary        |                                | 2006   | K16 | 10.     | 36.     |           | 0:31:15     | 6:12         | <b>0:31:02</b> |
| 142.     | 18       | Marszałek Wiesław     | Żagań       | RENSHI                         | 1966   | M50 | 15.     | 106.    |           | 0:31:26     | 6:13         | <b>0:31:06</b> |
| 143.     | 76       | Borysonek Jarosław    | Żary        |                                | 1968   | M50 | 16.     | 107.    |           | 0:31:26     | 6:13         | <b>0:31:07</b> |
| 144.     | 149      | Migdał Kinga          | Kotowice    |                                | 1997   | K16 | 11.     | 37.     |           | 0:31:15     | 6:13         | <b>0:31:07</b> |
| 145.     | 138      | Adamczyk Marek        | Żagań       |                                | 1995   | M30 | 23.     | 108.    |           | 0:31:15     | 6:13         | <b>0:31:08</b> |
| 146.     | 56       | Michalec Alicja       | Żary        |                                | 1988   | K30 | 8.      | 38.     |           | 0:31:19     | 6:14         | <b>0:31:11</b> |



| Msc open | Nr start | Nazwisko, imię        | Miejscowość         | Klub                               | Rok ur | Kat | Msc kat | Msc M/K | Pracownik | Czas brutto | Tempo min/km | Wynik netto    |
|----------|----------|-----------------------|---------------------|------------------------------------|--------|-----|---------|---------|-----------|-------------|--------------|----------------|
| 147.     | 187      | Roballo Umaña Hency   | Żagań               |                                    | 1987   | M30 | 24.     | 109.    |           | 0:31:31     | 6:14         | <b>0:31:11</b> |
| 148.     | 103      | Krasowski Leszek      | Żary                | Parkrun Żary                       | 1959   | M60 | 3.      | 110.    |           | 0:31:28     | 6:15         | <b>0:31:18</b> |
| 149.     | 194      | Kowalski Mirosław     | Żary                |                                    | 1974   | M50 | 17.     | 111.    |           | 0:31:27     | 6:16         | <b>0:31:21</b> |
| 150.     | 259      | Rutkowski Przemysław  | Żary                |                                    | 1978   | M40 | 43.     | 112.    | 15.       | 0:31:35     | 6:16         | <b>0:31:22</b> |
| 151.     | 197      | Kowalska Janina       | Żary                |                                    | 1979   | K40 | 15.     | 39.     |           | 0:31:34     | 6:17         | <b>0:31:28</b> |
| 152.     | 55       | Bęben Wioleta         | Koźuchów            | KB WIKON Nowa Sól                  | 1972   | K50 | 2.      | 40.     |           | 0:31:49     | 6:20         | <b>0:31:40</b> |
| 153.     | 94       | Tomaszewska Agnieszka | ŻAGAŃ               | ŻAGAŃSKA GRUPA BIEGOWA             | 1978   | K40 | 16.     | 41.     |           | 0:31:53     | 6:21         | <b>0:31:45</b> |
| 154.     | 166      | Gołębiewski Damian    | Koźuchów            |                                    | 1994   | M30 | 25.     | 113.    |           | 0:31:48     | 6:21         | <b>0:31:45</b> |
| 155.     | 5        | Konior Kamila         | Żagań               | Iron Power                         | 1978   | K40 | 17.     | 42.     |           | 0:32:05     | 6:22         | <b>0:31:52</b> |
| 156.     | 16       | Marszałek Łukasz      | Żagań               |                                    | 1995   | M30 | 26.     | 114.    |           | 0:32:12     | 6:22         | <b>0:31:54</b> |
| 157.     | 247      | Sznaikart Justyna     | Poznań              |                                    | 1995   | K30 | 9.      | 43.     |           | 0:32:00     | 6:23         | <b>0:31:56</b> |
| 158.     | 59       | Kucharska Anna        | Czerwieńsk          | Saint Gobain Squad                 | 1979   | K40 | 18.     | 44.     | 5.        | 0:32:18     | 6:26         | <b>0:32:12</b> |
| 159.     | 2        | Cichocka Justyna      | Żagań               | Saint-Gobain Squad                 | 1986   | K30 | 10.     | 45.     | 6.        | 0:32:49     | 6:31         | <b>0:32:39</b> |
| 160.     | 160      | Marcinowska Iwona     | Nowogród Bobrzański | Klub Dziecięcy Nowogród Bobrzański | 1983   | K40 | 19.     | 46.     |           | 0:32:56     | 6:32         | <b>0:32:42</b> |
| 161.     | 178      | Kamińska Małgorzata   | Żary                |                                    | 1963   | K60 | 2.      | 47.     |           | 0:32:56     | 6:32         | <b>0:32:43</b> |
| 162.     | 258      | Blinow Joanna         | Żagań               | ŁCR Marszów                        | 1980   | K40 | 20.     | 48.     |           | 0:33:00     | 6:33         | <b>0:32:47</b> |
| 163.     | 50       | Szczotka Michał       | Żary                |                                    | 1989   | M30 | 27.     | 115.    |           | 0:33:01     | 6:33         | <b>0:32:47</b> |
| 164.     | 267      | Końcówik Gracjan      | Łęknica             |                                    | 2009   | M16 | 23.     | 116.    |           | 0:33:02     | 6:34         | <b>0:32:51</b> |
| 165.     | 254      | Perka Karolina        | Żary                | Saint Gobain Squad                 | 2001   | K16 | 12.     | 49.     | 7.        | 0:33:05     | 6:35         | <b>0:32:55</b> |
| 166.     | 179      | Malinowska Magdalena  | Żary                | Klub Karate Kontra w Żarach        | 1978   | K40 | 21.     | 50.     |           | 0:33:08     | 6:35         | <b>0:32:56</b> |
| 167.     | 78       | Matysiak Małgorzata   | Żary                |                                    | 1978   | K40 | 22.     | 51.     |           | 0:33:10     | 6:35         | <b>0:32:58</b> |
| 168.     | 101      | Litkowiec Robert      | Żary                | Saint Gobain Transport Division w  | 1971   | M50 | 18.     | 117.    | 16.       | 0:33:10     | 6:35         | <b>0:32:58</b> |
| 169.     | 61       | Wieczorek Paulina     | Olbrachtów          |                                    | 1994   | K30 | 11.     | 52.     |           | 0:33:18     | 6:38         | <b>0:33:11</b> |
| 170.     | 110      | Woltmann Małgorzata   | Jankowa Żagańska    | Saint Gobain Squad                 | 1981   | K40 | 23.     | 53.     | 8.        | 0:33:19     | 6:38         | <b>0:33:13</b> |
| 171.     | 221      | Majewski Adrian       | Żary                | Running Cabrios                    | 1980   | M40 | 44.     | 118.    |           | 0:33:30     | 6:39         | <b>0:33:15</b> |



| Msc open | Nr start | Nazwisko, imię            | Miejscowość       | Klub                        | Rok ur | Kat | Msc kat | Msc M/K | Pracownik | Czas brutto | Tempo min/km | Wynik netto    |
|----------|----------|---------------------------|-------------------|-----------------------------|--------|-----|---------|---------|-----------|-------------|--------------|----------------|
| 172.     | 96       | Juszczak Oliwia           | Zielona Góra      |                             | 1993   | K30 | 12.     | 54.     |           | 0:33:24     | 6:39         | <b>0:33:15</b> |
| 173.     | 108      | Danielak Krzysztof        | Żary              |                             | 1960   | M60 | 4.      | 119.    |           | 0:33:32     | 6:39         | <b>0:33:15</b> |
| 174.     | 240      | Woźniak Agnieszka         | Żagań             |                             | 1985   | K40 | 24.     | 55.     |           | 0:33:41     | 6:41         | <b>0:33:26</b> |
| 175.     | 218      | Boniec Malwina            | Żary              |                             | 1991   | K30 | 13.     | 56.     | 9.        | 0:33:36     | 6:41         | <b>0:33:27</b> |
| 176.     | 175      | Popławska Natalia         | Żary              | Klub karate kontra          | 2005   | K16 | 13.     | 57.     |           | 0:33:47     | 6:42         | <b>0:33:34</b> |
| 177.     | 126      | Walczak-Słomińska Joanna  | łłowa             |                             | 1975   | K50 | 3.      | 58.     |           | 0:34:00     | 6:46         | <b>0:33:52</b> |
| 178.     | 84       | Cytlak Mariusz            | łłowa             |                             | 1980   | M40 | 45.     | 120.    |           | 0:34:00     | 6:46         | <b>0:33:54</b> |
| 179.     | 44       | Jarmołowicz Agnieszka     | Żagań             |                             | 1983   | K40 | 25.     | 59.     |           | 0:34:05     | 6:47         | <b>0:33:55</b> |
| 180.     | 274      | Kopek Angelika            | Żary              |                             | 1983   | K40 | 26.     | 60.     |           | 0:34:00     | 6:47         | <b>0:33:57</b> |
| 181.     | 225      | Żórawska Katarzyna        | Żary              | Running Cabrios             | 1986   | K30 | 14.     | 61.     |           | 0:34:16     | 6:47         | <b>0:33:58</b> |
| 182.     | 86       | Koncowik Sebastian        | Żary              | Klub Karate Kontra w Żarach | 1983   | M40 | 46.     | 121.    |           | 0:34:13     | 6:47         | <b>0:33:59</b> |
| 183.     | 243      | Zygmuntowicz Mateusz      | Mirostowice Górne |                             | 2001   | M16 | 24.     | 122.    | 17.       | 0:34:38     | 6:53         | <b>0:34:29</b> |
| 184.     | 200      | Kühnel Peggy              | Cottbus           | LTSV Forst 1990 e.V.        | 1971   | K50 | 4.      | 62.     |           | 0:34:58     | 6:57         | <b>0:34:47</b> |
| 185.     | 77       | Kiergiet Adriana          | Żary              |                             | 1983   | K40 | 27.     | 63.     |           | 0:35:11     | 6:59         | <b>0:34:57</b> |
| 186.     | 244      | Matysiak Tomasz           | Żary              | Żary Runners Team           | 1975   | M50 | 19.     | 123.    |           | 0:35:12     | 6:59         | <b>0:34:57</b> |
| 187.     | 73       | Andrzejewicz Paweł        | Żary              | ULTRA BIMBEER RUNNERS       | 1978   | M40 | 47.     | 124.    |           | 0:35:23     | 7:00         | <b>0:35:01</b> |
| 188.     | 152      | Gretkierewicz Roksana     | Żary              |                             | 1989   | K30 | 15.     | 64.     |           | 0:35:23     | 7:00         | <b>0:35:03</b> |
| 189.     | 165      | Ufa Katarzyna             | Żary              |                             | 1989   | K30 | 16.     | 65.     |           | 0:35:29     | 7:02         | <b>0:35:14</b> |
| 190.     | 13       | Wiankowski Roger          | ŻARY              |                             | 1986   | M30 | 28.     | 125.    |           | 0:35:37     | 7:03         | <b>0:35:19</b> |
| 191.     | 177      | Mazur Adrianna            | Żary              |                             | 1996   | K16 | 14.     | 66.     |           | 0:35:40     | 7:05         | <b>0:35:25</b> |
| 192.     | 8        | Kasica Marta              | Świętoszów        | 43 WOG Świętoszów           | 1980   | K40 | 28.     | 67.     |           | 0:35:42     | 7:05         | <b>0:35:26</b> |
| 193.     | 30       | Trybus Jarosław           | Żary              |                             | 1969   | M50 | 20.     | 126.    | 18.       | 0:36:27     | 7:13         | <b>0:36:06</b> |
| 194.     | 100      | Czech Zaneta              | Dabrowa Gornicza  | Saint Gobain Squad          | 1984   | K40 | 29.     | 68.     | 10.       | 0:36:16     | 7:13         | <b>0:36:07</b> |
| 195.     | 133      | Pieńko-Mondorowicz Emilia | Żary              | Żary Runners Team           | 1991   | K30 | 17.     | 69.     |           | 0:36:47     | 7:17         | <b>0:36:26</b> |
| 196.     | 191      | Piotrowska Magdalena      | Mirostowice Dolne |                             | 1978   | K40 | 30.     | 70.     |           | 0:36:47     | 7:17         | <b>0:36:26</b> |





| Msc open | Nr start | Nazwisko, imię          | Miejscowość    | Klub                            | Rok ur | Kat | Msc kat | Msc M/K | Pracownik | Czas brutto | Tempo min/km | Wynik netto    |
|----------|----------|-------------------------|----------------|---------------------------------|--------|-----|---------|---------|-----------|-------------|--------------|----------------|
| 197.     | 234      | Kulczyk Marek           | Żary           |                                 | 1979   | M40 | 48.     | 127.    |           | 0:37:07     | 7:21         | <b>0:36:49</b> |
| 198.     | 235      | Kimla Izabela           | Żary           |                                 | 1981   | K40 | 31.     | 71.     |           | 0:37:07     | 7:21         | <b>0:36:49</b> |
| 199.     | 82       | Zdebiak Artur           | Zielona Góra   | SG SQUAD                        | 1971   | M50 | 21.     | 128.    | 19.       | 0:37:28     | 7:26         | <b>0:37:10</b> |
| 200.     | 107      | Włodarczyk Tomasz       | Żary           |                                 | 1973   | M50 | 22.     | 129.    | 20.       | 0:37:17     | 7:26         | <b>0:37:11</b> |
| 201.     | 52       | Siemek Stefan           | Żagań          | Księstwo Żagańskie              | 1949   | M60 | 5.      | 130.    |           | 0:37:20     | 7:26         | <b>0:37:13</b> |
| 202.     | 130      | Nowicka Lilianna        | Olbrachtów     | Klub Karate Kontra w Żarach     | 2007   | K16 | 15.     | 72.     |           | 0:37:41     | 7:29         | <b>0:37:27</b> |
| 203.     | 144      | Harenda Czesław         | Żary           | harendziaki                     | 1967   | M50 | 23.     | 131.    |           | 0:37:58     | 7:31         | <b>0:37:39</b> |
| 204.     | 105      | Golec Konrad            | Żary           | Klub Karate Kontra w Żarach     | 1977   | M40 | 49.     | 132.    |           | 0:38:47     | 7:33         | <b>0:37:46</b> |
| 205.     | 223      | Korwin-Piotrowska Daria | Żary           | Running Cabrios                 | 2000   | K16 | 16.     | 73.     |           | 0:38:04     | 7:33         | <b>0:37:47</b> |
| 206.     | 199      | Döhler Manuela          | Cottbus        | LTSV Forst 1990 e.V.            | 1971   | K50 | 5.      | 74.     |           | 0:38:01     | 7:34         | <b>0:37:51</b> |
| 207.     | 270      | Sobczak Gabriel         | Żary           |                                 | 2010   | M16 | 25.     | 133.    |           | 0:38:26     | 7:38         | <b>0:38:14</b> |
| 208.     | 264      | Bosek Sylwia            | Żary           |                                 | 1978   | K40 | 32.     | 75.     |           | 0:39:17     | 7:49         | <b>0:39:09</b> |
| 209.     | 220      | Borciuch Aleksandra     | Żary           | Running Cabrios                 | 2000   | K16 | 17.     | 76.     |           | 0:40:09     | 7:58         | <b>0:39:51</b> |
| 210.     | 204      | Skałacka Anna           | Żary           |                                 | 1980   | K40 | 33.     | 77.     |           | 0:40:20     | 8:01         | <b>0:40:07</b> |
| 211.     | 83       | Cytlak Agata            | łłowa          |                                 | 2008   | K16 | 18.     | 78.     |           | 0:40:19     | 8:02         | <b>0:40:13</b> |
| 212.     | 250      | Borowski Damian         | Świętoszów     | Saint Gobain SQUAD Enkapsulacja | 1992   | M30 | 29.     | 134.    | 21.       | 0:40:55     | 8:07         | <b>0:40:35</b> |
| 213.     | 106      | Izdebska Jolanta        | łłowa Żagańska |                                 | 1995   | K30 | 18.     | 79.     | 11.       | 0:40:55     | 8:07         | <b>0:40:36</b> |
| 214.     | 275      | Kopeć Amelia            | Żary           |                                 | 2009   | K16 | 19.     | 80.     |           | 0:41:20     | 8:15         | <b>0:41:15</b> |
| 215.     | 273      | Lechocka Wąsowicz Agata | Olszowiec      |                                 | 1980   | K40 | 34.     | 81.     |           | 0:41:51     | 8:18         | <b>0:41:33</b> |
| 216.     | 255      | Oleksiewicz Marcin      | Żagań          |                                 | 1986   | M30 | 30.     | 135.    |           | 0:42:14     | 8:24         | <b>0:42:00</b> |
| 217.     | 26       | Bannach Weronika        | Żagań          |                                 | 1989   | K30 | 19.     | 82.     |           | 0:42:19     | 8:24         | <b>0:42:02</b> |
| 218.     | 124      | Sosna Grzegorz          | Żary           |                                 | 1987   | M30 | 31.     | 136.    | 22.       | 0:42:32     | 8:29         | <b>0:42:26</b> |
| 219.     | 266      | Merk Blanka             | Żary           | Klub Karate Kontra w Żarach     | 2011   | K16 | 20.     | 83.     |           | 0:43:34     | 8:39         | <b>0:43:19</b> |
| 220.     | 127      | Grajcar Martyna         | Żary           | Klub Karate Kontra w Żarach     | 2003   | K16 | 21.     | 84.     |           | 0:43:34     | 8:40         | <b>0:43:20</b> |
| 221.     | 265      | Malinowska Milena       | Żary           | Klub karate kontra              | 2010   | K16 | 22.     | 85.     |           | 0:43:34     | 8:40         | <b>0:43:22</b> |



| Msc<br>open | Nr<br>start | Nazwisko, imię   | Miejscowość       | Klub                            | Rok<br>ur | Kat | Msc<br>kat | Msc<br>M/K | Pracownik | Czas<br>brutto | Tempo<br>min/km | Wynik<br>netto |
|-------------|-------------|------------------|-------------------|---------------------------------|-----------|-----|------------|------------|-----------|----------------|-----------------|----------------|
| 222.        | 232         | Majewska Anna    | Żagań             |                                 | 1982      | K40 | 35.        | 86.        |           | 0:46:38        | 9:16            | <b>0:46:20</b> |
| 223.        | 252         | Maciejak Justyna | Mirostowice Dolne |                                 | 1986      | K30 | 20.        | 87.        |           | 0:48:46        | 9:43            | <b>0:48:36</b> |
| 224.        | 248         | Mazur Agnieszka  | Żary              | Saint Gobain SQUAD Enkapsulacja | 1989      | K30 | 21.        | 88.        | 12.       | 0:57:20        | 11:24           | <b>0:57:04</b> |

