

## VIII Bieg Sulecha

### Wyniki OPEN 10km Sulechów 2024-10-27



| Ms<br>ope | Nr<br>sta | Nazwisko, imię     | Miejscowość         | Klub                      | Rok<br>ur | Kat | Msc<br>kat | Msc<br>M/K | Gmina<br>Sulech | 5,25km        | Czas<br>netto | Tem<br>min/ | Wynik<br>brutto |
|-----------|-----------|--------------------|---------------------|---------------------------|-----------|-----|------------|------------|-----------------|---------------|---------------|-------------|-----------------|
| 1.        | 179       | Stadnik Jacek      | Zielona Góra        |                           | 1991      | M30 | gen.       | 1.         |                 | 0:16:56 (1.)  | 0:32:55       | 3:17        | <b>0:32:56</b>  |
| 2.        | 172       | Wostal Aleksander  | Zielona Góra        | PROGRESSCONTROL.PL        | 1992      | M30 | gen.       | 2.         |                 | 0:17:53 (2.)  | 0:34:16       | 3:25        | <b>0:34:18</b>  |
| 3.        | 149       | Fehlau Marcin      | Chomęcice           | Fehlau Run Team           | 1978      | M40 | gen.       | 3.         |                 | 0:17:53 (3.)  | 0:34:34       | 3:27        | <b>0:34:34</b>  |
| 4.        | 137       | Szatkowski Paweł   | Niwiska             | Harpagan Zielona Góra     | 1980      | M40 | 1.         | 4.         |                 | 0:17:54 (4.)  | 0:34:45       | 3:28        | <b>0:34:45</b>  |
| 5.        | 39        | Feifer Bartosz     | WOLSZTYN            | 5Lpa                      | 1988      | M30 | 1.         | 5.         |                 | 0:18:02 (5.)  | 0:34:56       | 3:29        | <b>0:34:57</b>  |
| 6.        | 129       | Kostrzembki        | ZIELONA GÓRA        |                           | 1977      | M40 | 2.         | 6.         |                 | 0:18:34 (8.)  | 0:35:29       | 3:32        | <b>0:35:29</b>  |
| 7.        | 16        | Galant Marcin      | Gorzów Wielkopolski |                           | 1988      | M30 | 2.         | 7.         |                 | 0:18:28 (6.)  | 0:35:48       | 3:34        | <b>0:35:49</b>  |
| 8.        | 164       | Łukaszewski        | Stargard            | Stargardzki Klub          | 1979      | M40 | 3.         | 8.         |                 | 0:18:41 (9.)  | 0:36:06       | 3:36        | <b>0:36:07</b>  |
| 9.        | 105       | Ceglarek Mateusz   | Rakoniewice         | #FeiferTeam               | 2005      | M20 | 1.         | 9.         |                 | 0:18:32 (7.)  | 0:36:16       | 3:37        | <b>0:36:17</b>  |
| 10.       | 56        | Bajan Filip        | Zielona Góra        | LAB-BUD.COM               | 1993      | M30 | 3.         | 10.        |                 | 0:19:04 (12.) | 0:36:20       | 3:38        | <b>0:36:21</b>  |
| 11.       | 144       | Dziub Marcin       | Płoty               | Seven Perceptus Team      | 1979      | M40 | 4.         | 11.        |                 | 0:18:44 (10.) | 0:36:26       | 3:38        | <b>0:36:26</b>  |
| 12.       | 175       | Sommer Tomasz      | Sulechów            | Sulechowska Grupa Biegowa | 1979      | M40 | 5.         | 12.        | 1.              | 0:19:17 (14.) | 0:37:00       | 3:42        | <b>0:37:01</b>  |
| 13.       | 11        | Kusiakiewicz       | Zielona Góra        |                           | 1995      | M20 | 2.         | 13.        |                 | 0:18:53 (11.) | 0:37:15       | 3:43        | <b>0:37:16</b>  |
| 14.       | 176       | Król Artur         | Zielona Góra        |                           | 1989      | M30 | 4.         | 14.        |                 | 0:19:46 (17.) | 0:37:21       | 3:44        | <b>0:37:21</b>  |
| 15.       | 66        | Zambrano Jonatan   | Nowa Sól            | Nowosolska Grupa Biegowa  | 1984      | M40 | 6.         | 15.        |                 | 0:19:12 (13.) | 0:37:21       | 3:44        | <b>0:37:21</b>  |
| 16.       | 48        | Sikorski Krzysztof | Międzyrzecz         | Międzyrzeckie Gazele      | 1980      | M40 | 7.         | 16.        |                 | 0:19:46 (16.) | 0:37:53       | 3:47        | <b>0:37:54</b>  |
| 17.       | 162       | Gularek Szymon     | Nowy Tomyśl         | TEAM BEROTU               | 1982      | M40 | 8.         | 17.        |                 | 0:19:34 (15.) | 0:38:11       | 3:49        | <b>0:38:13</b>  |
| 18.       | 43        | Niewęglowski       | Skąpe               |                           | 1993      | M30 | 5.         | 18.        |                 | 0:20:13 (19.) | 0:38:41       | 3:52        | <b>0:38:42</b>  |
| 19.       | 134       | Biłan Paweł        | Gubin               |                           | 1974      | M50 | 1.         | 19.        |                 | 0:20:24 (21.) | 0:38:50       | 3:53        | <b>0:38:52</b>  |
| 20.       | 123       | Włodarski Marek    | Żary                | Saint-Gobain Squad        | 1990      | M30 | 6.         | 20.        |                 | 0:20:14 (20.) | 0:39:05       | 3:54        | <b>0:39:07</b>  |
| 21.       | 97        | Nowak Sandra       | Zielona Góra        |                           | 1990      | K30 | gen.       | 1.         |                 | 0:20:36 (24.) | 0:39:13       | 3:55        | <b>0:39:14</b>  |
| 22.       | 89        | Chowiera Bartosz   | Nowe kramsko        |                           | 2006      | M20 | 3.         | 21.        |                 | 0:20:32 (23.) | 0:39:18       | 3:55        | <b>0:39:20</b>  |



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|-----------|-----------|-------------------|-------------------|------------------------------|-----------|------|------------|------------|-----------------|---------------|---------------|-------------|-----------------|
| 23.       | 2         | Lubieniec Mateusz | Sulechów          | BBL Sulechów                 | 1980      | M40  | 9.         | 22.        | 2.              | 0:20:11 (18.) | 0:39:26       | 3:56        | <b>0:39:26</b>  |
| 24.       | 34        | MICHNOWICZ        | Krosno Odrzańskie |                              | 1992      | K30  | gen.       | 2.         |                 | 0:20:51 (26.) | 0:39:37       | 3:57        | <b>0:39:39</b>  |
| 25.       | 23        | Wabiński Adrian   | Zielona Góra      | 5pa Sulechów                 | 1988      | M30  | 7.         | 23.        |                 | 0:21:01 (28.) | 0:39:55       | 3:59        | <b>0:40:00</b>  |
| 26.       | 71        | Szymkowiak        | Zbąszynek         |                              | 1987      | M30  | 8.         | 24.        |                 | 0:21:19 (34.) | 0:39:57       | 3:59        | <b>0:40:00</b>  |
| 27.       | 57        | Pieniążek Tomasz  | Sulechów          | BBL Sulechów                 | 1979      | M40  | 10.        | 25.        | 3.              | 0:20:29 (22.) | 0:40:09       | 4:00        | <b>0:40:10</b>  |
| 28.       | 161       | Ostajewski Tomasz | Lwówek            | TEAM BEROTU                  | 1975      | M40  | 11.        | 26.        |                 | 0:21:19 (35.) | 0:40:12       | 4:01        | <b>0:40:14</b>  |
| 29.       | 37        | Kwiatkowski       | Międzyrzecz       | LO Międzyrzecz               | 1972      | M50  | 2.         | 27.        |                 | 0:20:51 (25.) | 0:40:24       | 4:02        | <b>0:40:26</b>  |
| 30.       | 169       | Zborowski Marcin  | Łagów             | ULTRA DIABŁY TEAM LUBRZA     | 1987      | M30  | 9.         | 28.        |                 | 0:21:19 (33.) | 0:40:27       | 4:02        | <b>0:40:29</b>  |
| 31.       | 54        | Forgel Konrad     | Zielona Góra      |                              | 2003      | M20  | 4.         | 29.        |                 | 0:21:08 (32.) | 0:40:29       | 4:02        | <b>0:40:31</b>  |
| 32.       | 142       | Frank Bartosz     | Sulechów          | Seven Perceptus Team         | 2005      | M20  | 5.         | 30.        | 4.              | 0:21:19 (36.) | 0:40:25       | 4:02        | <b>0:40:33</b>  |
| 33.       | 148       | Fehlau Patrycja   | Chomęcice         | Fehlau Run Team              | 1988      | K30  | gen.       | 3.         |                 | 0:21:04 (30.) | 0:40:31       | 4:03        | <b>0:40:33</b>  |
| 34.       | 38        | Kwolek Damian     | Zielona góra      | WSW TEAM                     | 1993      | M30  | 10.        | 31.        |                 | 0:21:40 (39.) | 0:40:40       | 4:04        | <b>0:40:45</b>  |
| 35.       | 141       | Łabiak Dawid      | Wilkanowo         |                              | 1996      | M20  | 6.         | 32.        |                 | 0:21:40 (38.) | 0:41:09       | 4:06        | <b>0:41:13</b>  |
| 36.       | 40        | Gorgol Czarek     | Nowa Sól          | Adam Draczyński Running      | 1988      | M30  | 11.        | 33.        |                 | 0:21:30 (37.) | 0:41:25       | 4:08        | <b>0:41:27</b>  |
| 37.       | 22        | Dmytruk Ivan      | Świebodzin        |                              | 2000      | M20  | 7.         | 34.        |                 | 0:21:07 (31.) | 0:41:38       | 4:09        | <b>0:41:40</b>  |
| 38.       | 26        | Sobkowiak         | Mozów             |                              | 1977      | M40  | 12.        | 35.        | 5.              | 0:21:04 (29.) | 0:41:41       | 4:10        | <b>0:41:43</b>  |
| 39.       | 107       | Adamowycz         | Bojadła           | Bojadelska Brać Biegowa      | 1963      | M60+ | 1.         | 36.        |                 | 0:22:03 (41.) | 0:42:31       | 4:15        | <b>0:42:34</b>  |
| 40.       | 82        | Chamera Daniel    | Świebodzin        | RECARO                       | 2006      | M20  | 8.         | 37.        |                 | 0:20:55 (27.) | 0:42:56       | 4:17        | <b>0:42:57</b>  |
| 41.       | 75        | Szymkowiak        | Zbąszynek         | # jestem od Romka            | 1961      | M60+ | 2.         | 38.        |                 | 0:22:25 (43.) | 0:42:57       | 4:17        | <b>0:43:01</b>  |
| 42.       | 55        | Piwecki Piotr     | Kopanica          | Wolsztyńska Akademia Biegowa | 1991      | M30  | 12.        | 39.        |                 | 0:21:42 (40.) | 0:43:01       | 4:18        | <b>0:43:04</b>  |
| 43.       | 163       | Durzyńska         | Sulechów          | 5 pułk Artylerii             | 1992      | K30  | 1.         | 4.         | 1.              | 0:22:40 (45.) | 0:43:02       | 4:18        | <b>0:43:04</b>  |
| 44.       | 80        | Ośko Szymon       | Zielona Góra      |                              | 1984      | M40  | 13.        | 40.        |                 | 0:22:11 (42.) | 0:43:04       | 4:18        | <b>0:43:05</b>  |
| 45.       | 138       | Jung Dawid        | Nowa Sól          |                              | 1992      | M30  | 13.        | 41.        |                 | 0:22:28 (44.) | 0:43:03       | 4:18        | <b>0:43:05</b>  |
| 46.       | 51        | Dolatowski Marek  | Świebodzin        |                              | 1987      | M30  | 14.        | 42.        |                 | 0:23:05 (50.) | 0:43:12       | 4:19        | <b>0:43:19</b>  |
| 47.       | 118       | Baer Tomasz       | Babimost          |                              | 1968      | M50  | 3.         | 43.        |                 | 0:22:47 (46.) | 0:43:37       | 4:21        | <b>0:43:39</b>  |



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|-----------|-----------|---------------------|--------------|------------------------------|-----------|------|------------|------------|-----------------|---------------|---------------|-------------|-----------------|
| 48.       | 72        | Cał Piotr           | Świebodzin   | Bieg Wilka Wilkowo - 5K Run  | 1969      | M50  | 4.         | 44.        |                 | 0:22:57 (47.) | 0:43:44       | 4:22        | <b>0:43:48</b>  |
| 49.       | 58        | Kraszewski Kamil    | Sulechów     |                              | 1992      | M30  | 15.        | 45.        | 6.              | 0:24:10 (64.) | 0:44:06       | 4:24        | <b>0:44:13</b>  |
| 50.       | 68        | Kownacki Paweł      | Świebodzin   | Sportowiec RS                | 1984      | M40  | 14.        | 46.        |                 | 0:23:05 (51.) | 0:44:17       | 4:25        | <b>0:44:21</b>  |
| 51.       | 33        | Bachorski           | Sława        |                              | 1984      | M40  | 15.        | 47.        |                 | 0:23:02 (49.) | 0:44:21       | 4:26        | <b>0:44:24</b>  |
| 52.       | 8         | Wendt Krystian      | Łupowo       |                              | 1996      | M20  | 9.         | 48.        |                 | 0:23:17 (52.) | 0:44:25       | 4:26        | <b>0:44:28</b>  |
| 53.       | 170       | Merena Dawid        | Zielona Góra | SPA                          | 1996      | M20  | 10.        | 49.        |                 | 0:23:00 (48.) | 0:44:24       | 4:26        | <b>0:44:30</b>  |
| 54.       | 42        | Józefowski Tomasz   | Świebodzin   |                              | 1972      | M50  | 5.         | 50.        |                 | 0:23:30 (53.) | 0:44:42       | 4:28        | <b>0:44:51</b>  |
| 55.       | 94        | Łyszega Konrad      | Rozłogi      | Digital Agencja Running Team | 1993      | M30  | 16.        | 51.        |                 | 0:23:50 (58.) | 0:44:54       | 4:29        | <b>0:45:03</b>  |
| 56.       | 132       | Skwarz Agnieszka    | Świebodzin   |                              | 1997      | K20  | 1.         | 5.         |                 | 0:23:45 (55.) | 0:45:22       | 4:32        | <b>0:45:25</b>  |
| 57.       | 98        | Ciesielski          | Międzychód   | Nadleśnictwo Międzychód      | 1973      | M50  | 6.         | 52.        |                 | 0:24:05 (63.) | 0:45:44       | 4:34        | <b>0:45:50</b>  |
| 58.       | 78        | Ostrycharz Damian   | Stok         |                              | 1999      | M20  | 11.        | 53.        |                 | 0:23:32 (54.) | 0:45:46       | 4:34        | <b>0:45:50</b>  |
| 59.       | 131       | Migdał Jan          | zbaśzynek    | TKKF ŁABĘDŹ ZBAŚZYŃ          | 1959      | M60+ | 3.         | 54.        |                 | 0:23:45 (57.) | 0:46:02       | 4:36        | <b>0:46:05</b>  |
| 60.       | 14        | Chruścińska         | Świebodzin   | Adrian Danilewicz Group      | 1997      | K20  | 2.         | 6.         |                 | 0:23:45 (56.) | 0:46:02       | 4:36        | <b>0:46:05</b>  |
| 61.       | 136       | Nowakowska          | Nowa Sól     | Nowosolska Grupa Biegowa     | 1980      | K40  | 1.         | 7.         |                 | 0:25:00 (79.) | 0:46:14       | 4:37        | <b>0:46:15</b>  |
| 62.       | 122       | 1224 N.N.           |              |                              |           |      | gen.       | 1.         |                 | 0:23:50 (59.) | 0:46:15       | 4:37        | <b>0:46:16</b>  |
| 63.       | 76        | Mikołajczak Mikołaj | Zielona Góra |                              | 1981      | M40  | 16.        | 55.        |                 | 0:24:50 (73.) | 0:46:10       | 4:37        | <b>0:46:16</b>  |
| 64.       | 9         | Boś Ewa             | Nowa Sól     | Nowosolska Grupa Biegowa     | 1981      | K40  | 2.         | 8.         |                 | 0:24:20 (65.) | 0:46:16       | 4:37        | <b>0:46:17</b>  |
| 65.       | 109       | Kaźmierczak         | Sulechów     |                              | 1992      | M30  | 17.        | 56.        | 7.              | 0:24:29 (67.) | 0:46:18       | 4:37        | <b>0:46:26</b>  |
| 66.       | 18        | Stanek Paweł        | Sulechów     | 5pa Sulechów                 | 1987      | M30  | 18.        | 57.        | 8.              | 0:23:52 (60.) | 0:46:42       | 4:40        | <b>0:46:46</b>  |
| 67.       | 50        | Tomczak             | Sulechów     | BBL Sulechów                 | 1981      | K40  | 3.         | 9.         | 2.              | 0:24:30 (68.) | 0:46:42       | 4:40        | <b>0:46:47</b>  |
| 68.       | 180       | Pyrka Szymon        | Nietkowice   | Salon Meblowy Wemar          | 1978      | M40  | 17.        | 58.        |                 | 0:24:32 (69.) | 0:46:45       | 4:40        | <b>0:46:54</b>  |
| 69.       | 130       | Łabędzki Michał     | Sulechów     |                              | 1991      | M30  | 19.        | 59.        | 9.              | 0:24:28 (66.) | 0:46:51       | 4:41        | <b>0:46:56</b>  |
| 70.       | 17        | Borkowska Bożena    | Sulechów     | Sulma Sulechów               | 1968      | K50+ | 1.         | 10.        | 3.              | 0:23:54 (61.) | 0:47:03       | 4:42        | <b>0:47:08</b>  |
| 71.       | 70        | Sowiński Rafał      | Kargowa      | Sportowiec PK                | 1989      | M30  | 20.        | 60.        |                 | 0:24:58 (77.) | 0:47:07       | 4:42        | <b>0:47:16</b>  |
| 72.       | 7         | Makarewicz          | Międzyrzecz  |                              | 2008      | K20  | 3.         | 11.        |                 | 0:24:36 (70.) | 0:47:35       | 4:45        | <b>0:47:40</b>  |



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|-----------|-----------|--------------------|---------------------|-------------------------|-----------|------|------------|------------|-----------------|----------------|---------------|-------------|-----------------|
| 73.       | 133       | Świgło Henryk      | Świebodzin          | Rakovia Raków           | 1960      | M60+ | 4.         | 61.        |                 | 0:23:54 (62.)  | 0:47:39       | 4:45        | <b>0:47:43</b>  |
| 74.       | 20        | Gostyński Bogumił  | Sulechów            | Zabiegany Sulechów      | 1962      | M60+ | 5.         | 62.        | 10.             | 0:24:49 (72.)  | 0:47:45       | 4:46        | <b>0:47:50</b>  |
| 75.       | 79        | Ambrosewicz Kamil  | Świebodzin          |                         | 1987      | M30  | 21.        | 63.        |                 | 0:25:03 (81.)  | 0:47:52       | 4:47        | <b>0:47:59</b>  |
| 76.       | 101       | Mleczak Jacek      | Przytoczna          |                         | 1970      | M50  | 7.         | 64.        |                 | 0:25:01 (80.)  | 0:47:57       | 4:47        | <b>0:48:04</b>  |
| 77.       | 46        | Ziółkowski Damian  | Sulechów            |                         | 1980      | M40  | 18.        | 65.        | 11.             | 0:25:19 (84.)  | 0:48:02       | 4:48        | <b>0:48:08</b>  |
| 78.       | 139       | Kośka Łukasz       | Połupin             |                         | 1985      | M30  | 22.        | 66.        |                 | 0:25:23 (87.)  | 0:48:05       | 4:48        | <b>0:48:14</b>  |
| 79.       | 114       | Kuleczka Bartosz   | Krężoły             |                         | 1997      | M20  | 12.        | 67.        | 12.             | 0:24:55 (75.)  | 0:48:12       | 4:49        | <b>0:48:16</b>  |
| 80.       | 1         | Rychła Barbara     | Sulechów            |                         | 1978      | K40  | 4.         | 12.        | 4.              | 0:24:46 (71.)  | 0:48:24       | 4:50        | <b>0:48:27</b>  |
| 81.       | 140       | JUŚ DAMIAN         | Sulechów            |                         | 1977      | M40  | 19.        | 68.        | 13.             | 0:26:46 (113.) | 0:48:25       | 4:50        | <b>0:48:37</b>  |
| 82.       | 30        | RACZYŃSKI          | ZIELONA GÓRA        |                         | 1982      | M40  | 20.        | 69.        |                 | 0:25:20 (85.)  | 0:48:45       | 4:52        | <b>0:48:50</b>  |
| 83.       | 102       | Ziółkowski         | Świebodzin          | RECARO                  | 1979      | M40  | 21.        | 70.        |                 | 0:24:55 (74.)  | 0:48:53       | 4:53        | <b>0:48:56</b>  |
| 84.       | 45        | Równicki Gracjan   | Koźła               |                         | 2008      | M20  | 13.        | 71.        |                 | 0:25:09 (82.)  | 0:48:54       | 4:53        | <b>0:48:59</b>  |
| 85.       | 65        | Żurek Grzegorz     | Świebodzin          | Swiebodzinskibiegacz.pl | 1989      | M30  | 23.        | 72.        |                 | 0:25:25 (88.)  | 0:48:57       | 4:53        | <b>0:48:59</b>  |
| 86.       | 4         | Kozak Krzysztof    | Sulechów            | BBL Sulechów            | 1971      | M50  | 8.         | 73.        | 14.             | 0:24:58 (78.)  | 0:48:55       | 4:53        | <b>0:49:00</b>  |
| 87.       | 178       | Stuła Rafał        | Nowa Sól            |                         | 1991      | M30  | 24.        | 74.        |                 | 0:25:27 (89.)  | 0:49:03       | 4:54        | <b>0:49:04</b>  |
| 88.       | 84        | Szar Aneta         | Dębno, Myśliborski, |                         | 1977      | K40  | 5.         | 13.        |                 | 0:25:22 (86.)  | 0:49:04       | 4:54        | <b>0:49:07</b>  |
| 89.       | 28        | Kalinowski Łukasz  | Zielona Góra        |                         | 1981      | M40  | 22.        | 75.        |                 | 0:25:38 (92.)  | 0:49:01       | 4:54        | <b>0:49:09</b>  |
| 90.       | 61        | Szymkiewicz Robert | Miedzyrzecz         | Międzyrzeckie Gazele    | 1968      | M50  | 9.         | 76.        |                 | 0:25:31 (90.)  | 0:49:06       | 4:54        | <b>0:49:13</b>  |
| 91.       | 90        | Eckert Krystian    | BOJADŁA             |                         | 1981      | M40  | 23.        | 77.        |                 | 0:24:58 (76.)  | 0:49:12       | 4:55        | <b>0:49:15</b>  |
| 92.       | 171       | Lis Damian         | Żelechów            | BBL Świebodzin          | 1999      | M20  | 14.        | 78.        |                 | 0:25:17 (83.)  | 0:49:13       | 4:55        | <b>0:49:17</b>  |
| 93.       | 166       | Chomiak Leszek     | Sulechów            |                         | 1964      | M60+ | 6.         | 79.        | 15.             | 0:25:44 (93.)  | 0:49:23       | 4:56        | <b>0:49:28</b>  |
| 94.       | 173       | Świastek Jacek     | Świebodzin          |                         | 1982      | M40  | 24.        | 80.        |                 | 0:26:37 (109.) | 0:49:20       | 4:56        | <b>0:49:29</b>  |
| 95.       | 10        | Zawała Paweł       | Lubrza              | RECARO                  | 1981      | M40  | 25.        | 81.        |                 | 0:25:52 (95.)  | 0:49:29       | 4:56        | <b>0:49:36</b>  |
| 96.       | 86        | Kurczewski         | Kłodawa             |                         | 1972      | M50  | 10.        | 82.        |                 | 0:26:17 (105.) | 0:49:34       | 4:57        | <b>0:49:44</b>  |
| 97.       | 100       | Zawiło Aleksandra  | Świebodzin          | RECARO                  | 1986      | K30  | 2.         | 14.        |                 | 0:25:51 (94.)  | 0:49:37       | 4:57        | <b>0:49:44</b>  |



| Ms<br>ope | Nr<br>sta | Nazwisko, imię    | Miejscowość          | Klub                     | Rok<br>ur | Kat  | Msc<br>kat | Msc<br>M/K | Gmina<br>Sulech | 5,25km         | Czas<br>netto | Tem<br>min/ | Wynik<br>brutto |
|-----------|-----------|-------------------|----------------------|--------------------------|-----------|------|------------|------------|-----------------|----------------|---------------|-------------|-----------------|
| 98.       | 106       | Pudzianowski      | Krężoły              |                          | 1996      | M20  | 15.        | 83.        | 16.             | 0:26:00 (99.)  | 0:49:41       | 4:58        | <b>0:49:47</b>  |
| 99.       | 177       | Starościc Jacek   | Zielona Góra         | Seven Perceptus Team     | 1976      | M40  | 26.        | 84.        |                 | 0:26:18 (106.) | 0:49:46       | 4:58        | <b>0:49:54</b>  |
| 100.      | 3         | Garbowska Anna    | Sulechów             |                          | 1981      | K40  | 6.         | 15.        | 5.              | 0:25:57 (98.)  | 0:49:57       | 4:59        | <b>0:50:02</b>  |
| 101.      | 99        | Frąckowiak Maciej | Świebodzin           |                          | 1997      | M20  | 16.        | 85.        |                 | 0:26:19 (107.) | 0:49:56       | 4:59        | <b>0:50:05</b>  |
| 102.      | 85        | Kurczewska Sylwia | Kłodawa              |                          | 1974      | K50+ | 2.         | 16.        |                 | 0:26:17 (104.) | 0:49:59       | 4:59        | <b>0:50:09</b>  |
| 103.      | 21        | Michalczuk Kacper | Sulechów             | SPP                      | 1998      | M20  | 17.        | 86.        | 17.             | 0:26:12 (101.) | 0:50:06       | 5:00        | <b>0:50:12</b>  |
| 104.      | 49        | Rygielski Łukasz  | Sulechów             |                          | 1996      | M20  | 18.        | 87.        | 18.             | 0:26:38 (110.) | 0:50:20       | 5:02        | <b>0:50:26</b>  |
| 105.      | 88        | Doehler Maurice   | Cottbus              |                          | 2007      | M20  | 19.        | 88.        |                 | 0:25:37 (91.)  | 0:50:21       | 5:02        | <b>0:50:29</b>  |
| 106.      | 41        | Twarowski August  | Krężoły              |                          | 1994      | M30  | 25.        | 89.        | 19.             | 0:26:12 (102.) | 0:50:24       | 5:02        | <b>0:50:31</b>  |
| 107.      | 24        | Skrucha Malwina   | Sulechów             |                          | 1998      | K20  | 4.         | 17.        | 6.              | 0:26:40 (111.) | 0:50:33       | 5:03        | <b>0:50:39</b>  |
| 108.      | 32        | Owsianny Tomasz   | Dzierławice          |                          | 1965      | M50  | 11.        | 90.        |                 | 0:26:47 (115.) | 0:50:29       | 5:02        | <b>0:50:40</b>  |
| 109.      | 108       | Pawlisz Agata     | Brzezie k. Sulechowa |                          | 1992      | K30  | 3.         | 18.        | 7.              | 0:26:25 (108.) | 0:50:36       | 5:03        | <b>0:50:43</b>  |
| 110.      | 116       | Mendera Patryk    | Sulechów             |                          | 1997      | M20  | 20.        | 91.        | 20.             | 0:25:54 (96.)  | 0:50:39       | 5:03        | <b>0:50:43</b>  |
| 111.      | 77        | Oleksiuk Paweł    | Kargowa              |                          | 1989      | M30  | 26.        | 92.        |                 | 0:25:56 (97.)  | 0:50:40       | 5:04        | <b>0:50:46</b>  |
| 112.      | 145       | Żurek Krzysztof   | Wolsztyn             | Wolsztyński Klub Biegowy | 1979      | M40  | 27.        | 93.        |                 | 0:26:54 (116.) | 0:50:58       | 5:05        | <b>0:51:06</b>  |
| 113.      | 63        | Klimek Dariusz    | Sulechów             | TJX Sulechów             | 1994      | M30  | 27.        | 94.        | 21.             | 0:26:06 (100.) | 0:51:18       | 5:07        | <b>0:51:20</b>  |
| 114.      | 146       | Zapala Bogdan     | Sulechów             | Bodek Oki Sulechow       | 1970      | M50  | 12.        | 95.        | 22.             | 0:26:17 (103.) | 0:51:34       | 5:09        | <b>0:51:40</b>  |
| 115.      | 136       | Gasparyan Artur   | Zielona Góra         |                          | 2001      | M20  | 21.        | 96.        |                 | 0:27:36 (119.) | 0:52:01       | 5:12        | <b>0:52:11</b>  |
| 116.      | 119       | Cenin Paweł       | Świebodzin           |                          | 1996      | M20  | 22.        | 97.        |                 | 0:26:47 (114.) | 0:52:25       | 5:14        | <b>0:52:32</b>  |
| 117.      | 53        | Sokołowski        | Obłotne              |                          | 2002      | M20  | 23.        | 98.        | 23.             | 0:26:59 (117.) | 0:52:32       | 5:15        | <b>0:52:40</b>  |
| 118.      | 124       | Włodarski Maciej  | Grotów               | Żary Runners Team        | 1965      | M50  | 13.        | 99.        |                 | 0:27:40 (120.) | 0:53:15       | 5:19        | <b>0:53:20</b>  |
| 119.      | 126       | Kowalska Julia    | Zielona Góra         |                          | 2006      | K20  | 5.         | 19.        |                 | 0:27:46 (121.) | 0:53:16       | 5:19        | <b>0:53:21</b>  |
| 120.      | 13        | wojtasik sylwia   | Nowa Sól             |                          | 1974      | K50+ | 3.         | 20.        |                 | 0:27:50 (122.) | 0:53:20       | 5:20        | <b>0:53:25</b>  |
| 121.      | 115       | Powązka Maciek    | Sulechów             |                          | 1991      | M30  | 28.        | 100.       | 24.             | 0:28:39 (126.) | 0:54:30       | 5:27        | <b>0:54:31</b>  |
| 122.      | 6         | Klukowski Damian  | Świebodzin           |                          | 2000      | M20  | 24.        | 101.       |                 | 0:29:46 (133.) | 0:54:28       | 5:26        | <b>0:54:38</b>  |



| Ms<br>ope | Nr<br>sta | Nazwisko, imię    | Miejscowość  | Klub                          | Rok<br>ur | Kat  | Msc<br>kat | Msc<br>M/K | Gmina<br>Sulech | 5,25km         | Czas<br>netto | Tem<br>min/ | Wynik<br>brutto |
|-----------|-----------|-------------------|--------------|-------------------------------|-----------|------|------------|------------|-----------------|----------------|---------------|-------------|-----------------|
| 123.      | 117       | Balik Przemysław  | Świebodzin   |                               | 1982      | M40  | 28.        | 102.       |                 | 0:27:28 (118.) | 0:54:55       | 5:29        | <b>0:55:01</b>  |
| 124.      | 122       | Hawryluk Rafał    | Zielona Góra | KS Zapierdalator              | 1979      | M40  | 29.        | 103.       |                 | 0:29:26 (130.) | 0:55:35       | 5:33        | <b>0:55:44</b>  |
| 125.      | 112       | Wojtasik Łukasz   | Nowa Sól     | Nowosolska Grupa Biegowa      | 1974      | M50  | 14.        | 104.       |                 | 0:28:24 (124.) | 0:55:50       | 5:35        | <b>0:55:59</b>  |
| 126.      | 143       | Brudło Marzena    | Kruszyna     |                               | 1979      | K40  | 7.         | 21.        | 8.              | 0:27:53 (123.) | 0:56:03       | 5:36        | <b>0:56:08</b>  |
| 127.      | 95        | Miśków Paulina    | Drezdenko    | Nadleśnictwo Międzychód       | 1995      | K20  | 6.         | 22.        |                 | 0:28:27 (125.) | 0:56:03       | 5:36        | <b>0:56:09</b>  |
| 128.      | 165       | Grzeško Maciej    | Nowy Świat   |                               | 1988      | M30  | 29.        | 105.       | 25.             | 0:28:49 (127.) | 0:56:43       | 5:40        | <b>0:56:53</b>  |
| 129.      | 113       | Chabora Damian    | Zielona Góra |                               | 1997      | M20  | 25.        | 106.       |                 | 0:29:16 (129.) | 0:56:53       | 5:41        | <b>0:56:57</b>  |
| 130.      | 5         | Stybel Anna       | Gorzów Wlkp  | GorzowskaSiła/DzikiDziki/BBLL | 1986      | K30  | 4.         | 23.        |                 | 0:29:06 (128.) | 0:57:01       | 5:42        | <b>0:57:06</b>  |
| 131.      | 69        | Marcinek Agata    | Świebodzin   |                               | 1996      | K20  | 7.         | 24.        |                 | 0:29:55 (136.) | 0:57:06       | 5:42        | <b>0:57:16</b>  |
| 132.      | 44        | Niewęłowska       | Skąpe        |                               | 1969      | K50+ | 4.         | 25.        |                 | 0:29:54 (134.) | 0:57:20       | 5:44        | <b>0:57:25</b>  |
| 133.      | 168       | Wierzbicki        | Świebodzin   | Wierzbicki Running Project    | 1960      | M60+ | 7.         | 107.       |                 | 0:29:28 (131.) | 0:57:31       | 5:45        | <b>0:57:41</b>  |
| 134.      | 125       | Tratwal Adrian    | Świebodzin   |                               | 1994      | M30  | 30.        | 108.       |                 | 0:26:43 (112.) | 0:57:37       | 5:45        | <b>0:57:45</b>  |
| 135.      | 83        | Chamera Karolina  | Świebodzin   | RECARO                        | 1979      | K40  | 8.         | 26.        |                 | 0:30:13 (138.) | 0:57:55       | 5:47        | <b>0:58:01</b>  |
| 136.      | 12        | Bieniek Anna      | Trzebiechów  |                               | 2001      | K20  | 8.         | 27.        |                 | 0:29:44 (132.) | 0:57:57       | 5:47        | <b>0:58:05</b>  |
| 137.      | 120       | Kulak Anna        | Szczaniec    | RECARO                        | 1985      | K30  | 5.         | 28.        |                 | 0:30:14 (139.) | 0:58:13       | 5:49        | <b>0:58:19</b>  |
| 138.      | 67        | Jankowski Kamil   | Świebodzin   |                               | 1984      | M40  | 30.        | 109.       |                 | 0:30:44 (143.) | 0:58:08       | 5:48        | <b>0:58:19</b>  |
| 139.      | 87        | Kuehnel Peggy     | Cottbus      |                               | 1971      | K50+ | 5.         | 29.        |                 | 0:30:27 (141.) | 0:58:13       | 5:49        | <b>0:58:20</b>  |
| 140.      | 29        | KASPRZAK          | Świebodzin   | BBL Świebodzin                | 1981      | M40  | 31.        | 110.       |                 | 0:30:44 (142.) | 0:58:09       | 5:48        | <b>0:58:21</b>  |
| 141.      | 127       | Tomaszewska       | Sulechów     |                               | 1989      | K30  | 6.         | 30.        | 9.              | 0:30:10 (137.) | 0:59:12       | 5:55        | <b>0:59:18</b>  |
| 142.      | 47        | Bilska-Ziembowska | Nowy Świat   |                               | 1995      | K20  | 9.         | 31.        |                 | 0:29:55 (135.) | 0:59:13       | 5:55        | <b>0:59:21</b>  |
| 143.      | 128       | Krawczyk Anna     | Międzyrzecz  |                               | 1979      | K40  | 9.         | 32.        |                 | 0:30:47 (144.) | 0:59:23       | 5:56        | <b>0:59:31</b>  |
| 144.      | 147       | Górnaczk Ilona    | Sława        |                               | 1978      | K40  | 10.        | 33.        |                 | 0:30:17 (140.) | 0:59:36       | 5:57        | <b>0:59:39</b>  |
| 145.      | 121       | Orłowska Justyna  | Świebodzin   |                               | 1980      | K40  | 11.        | 34.        |                 | 0:30:58 (145.) | 1:00:09       | 6:00        | <b>1:00:14</b>  |
| 146.      | 96        | Kaczmarek Jan     | Zbąszynek    |                               | 1978      | M40  | 32.        | 111.       |                 | 0:32:00 (147.) | 1:01:06       | 6:06        | <b>1:01:17</b>  |
| 147.      | 110       | Makarewicz        | Międzyrzecz  |                               | 1982      | K40  | 12.        | 35.        |                 | 0:31:59 (146.) | 1:01:34       | 6:09        | <b>1:01:42</b>  |





| Ms<br>ope | Nr<br>sta | Nazwisko, imię  | Miejscowość         | Klub | Rok<br>ur | Kat  | Msc<br>kat | Msc<br>M/K | Gmina<br>Sulech | 5,25km         | Czas<br>netto | Tem<br>min/ | Wynik<br>brutto |
|-----------|-----------|-----------------|---------------------|------|-----------|------|------------|------------|-----------------|----------------|---------------|-------------|-----------------|
| 148.      | 93        | Dzik Tomasz     | Gorzów Wielkopolski |      | 1994      | M30  | 31.        | 112.       |                 | 0:33:12 (148.) | 1:06:18       | 6:37        | <b>1:06:27</b>  |
| 149.      | 174       | Kruk Małgorzata | Zielona Góra        |      | 1978      | K40  | 13.        | 36.        |                 | 0:34:55 (149.) | 1:06:54       | 6:41        | <b>1:07:03</b>  |
| 150.      | 167       | Zemon Wojciech  | Sulechów            |      | 1976      | M40  | 33.        | 113.       | 26.             | 0:35:30 (150.) | 1:09:53       | 6:59        | <b>1:10:00</b>  |
| 151.      | 52        | Dawid Jerzy     | Sulechów            |      | 1946      | M60+ | 8.         | 114.       | 27.             | 0:35:37 (151.) | 1:09:54       | 6:59        | <b>1:10:00</b>  |

