

# Bieg Czarnych Gryfów – Biegniemy dla Mai

## Wyniki OPEN 5km

2018-10-28, Czarna

| M-ce       | Nr  | Imię i nazwisko      |     | Miejscowość     | Klub  | Netto   | Wynik          |         |
|------------|-----|----------------------|-----|-----------------|---|---------|----------------|---------|
| <b>5km</b> |     |                      |     |                 |   |         |                |         |
| 1.         | 233 | Michał WOJCIECHOWSKI | POL | Tarnobrzeg      | Witar Tarnobrzeg                            | 16:32,8 | <b>16:32,8</b> | M/(1.)  |
| 2.         | 137 | Łukasz KOZIOL        | POL | Dębica          | Maratończyk Dębica                          | 18:20,9 | <b>18:21,9</b> | M/(2.)  |
| 3.         | 152 | Filip ZARĘBA         | POL |                 |   | 18:52,0 | <b>18:52,7</b> | M/(3.)  |
| 4.         | 164 | Michał OPALIŃSKI     | POL | Pustynia        | Maratończyk Dębica                          | 18:58,5 | <b>18:59,8</b> | M/(4.)  |
| 5.         | 139 | Kamil KUBALA         | POL | Jaworze Górne   |   | 19:16,7 | <b>19:17,5</b> | M/(5.)  |
| 6.         | 129 | Kamil KLOC           | POL | Dębica          | Active Team Kozłów                          | 19:49,3 | <b>19:50,2</b> | M/(6.)  |
| 7.         | 132 | Kamil KOŁODZIEJ      | POL | Dębica          | Dębickie Gepardy                            | 20:10,9 | <b>20:11,7</b> | M/(7.)  |
| 8.         | 220 | Klaudia PODRAZA      | POL |                 | Pędzące Ślimaki                             | 20:32,5 | <b>20:34,0</b> | K/(1.)  |
| 9.         | 119 | Marcin GALUS         | POL | Podlesie        |   | 20:48,1 | <b>20:50,9</b> | M/(8.)  |
| 10.        | 148 | Małgorzata LIGĘSKA   | POL | Dębica          | SRTG Dębica                                 | 21:31,3 | <b>21:32,8</b> | K/(2.)  |
| 11.        | 128 | Krzysztof KLĘK       | POL | Czarna          |   | 21:15,9 | <b>21:33,0</b> | M/(9.)  |
| 12.        | 160 | Wioletta NOWAK       | POL | DĘbica          | DZIKIE MUSTANGI                             | 21:46,9 | <b>21:47,3</b> | K/(3.)  |
| 13.        | 249 | Janusz GANCARCZYK    | POL | DĘbica          | FC AICH Germering                           | 22:33,0 | <b>22:41,6</b> | M/(10.) |
| 14.        | 151 | Jan KOŚCIAK          | POL |                 |   | 22:33,9 | <b>22:41,7</b> | M/(11.) |
| 15.        | 176 | Piotr STUKAN         | POL | Przemyśl        | Przemyska Drużyna Górską                    | 22:55,8 | <b>22:56,9</b> | M/(12.) |
| 16.        | 107 | Aneta CIEŚLA         | POL | Czarna          | Czarna                                      | 23:13,5 | <b>23:15,0</b> | K/(4.)  |
| 17.        | 229 | Wojciech SKOWRON     | POL | Bobrowa         | OCR Team Dębica                             | 22:58,6 | <b>23:15,0</b> | M/(13.) |
| 18.        | 170 | Romek PYCH           | POL | Wola Wielka     | DKK "Gryf"                                  | 23:04,6 | <b>23:15,4</b> | M/(14.) |
| 19.        | 118 | Łukasz GALUS         | POL | Podlesie        |   | 23:15,7 | <b>23:27,0</b> | M/(15.) |
| 20.        | 210 | Bartłomiej MROCZEK   | POL | Paszczyna       |   | 23:19,5 | <b>23:30,5</b> | M/(16.) |
| 21.        | 113 | Łukasz DOBROWOLSKI   | POL | Ropczyce        |   | 23:11,0 | <b>23:31,1</b> | M/(17.) |
| 22.        | 108 | Paweł CIURKOT        | POL | Czarna          |   | 23:47,1 | <b>23:57,1</b> | M/(18.) |
| 23.        | 102 | Wojciech BOŻEK       | POL | Brzostek        | Dębickie Gepardy                            | 23:44,6 | <b>23:58,7</b> | M/(19.) |
| 24.        | 219 | Adrian SAWICKI       | POL | Głowaczowa      |   | 24:04,7 | <b>24:16,2</b> | M/(20.) |
| 25.        | 187 | Kinga ZATOR          | POL | Mokre           | Dębickie Gepardy                            | 24:17,8 | <b>24:28,9</b> | K/(5.)  |
| 26.        | 147 | Krzysztof LIGĘSKA    | POL | Dębica          | SRTG Dębica                                 | 24:36,0 | <b>24:41,0</b> | M/(21.) |
| 27.        | 154 | Mariola MAZUR        | POL | Dębica          | Dzikie Mustangi                             | 24:53,4 | <b>24:53,4</b> | K/(6.)  |
| 28.        | 84  | Waldemar TOKARZ      | POL | Paszczyna       |   | 24:59,3 | <b>25:10,4</b> | M/(22.) |
| 29.        | 183 | Marta WILCZYŃSKA     | POL | Tarnów          | STG-Tarnów                                  | 25:04,9 | <b>25:10,7</b> | K/(7.)  |
| 30.        | 131 | Marcin KOLAK         | POL | Czarna          | CZARNE GRYFY                                | 24:59,3 | <b>25:10,8</b> | M/(23.) |
| 31.        | 156 | Monika KOS AUGUSTYN  | POL | Dębica          |   | 25:08,9 | <b>25:14,2</b> | K/(8.)  |
| 32.        | 174 | Mateusz AUGUSTYN     | POL |                 |   | 25:09,4 | <b>25:14,4</b> | M/(24.) |
| 33.        | 159 | Tomasz NOWAK         | POL | DĘbica          | DZIKIE MUSTANGI                             | 25:18,5 | <b>25:24,0</b> | M/(25.) |
| 34.        | 149 | Aleksandra MADEJSKA  | POL | Czarna          | CZARNE GRYFY                                | 25:27,1 | <b>25:28,1</b> | K/(9.)  |
| 35.        | 167 | Janusz PODGÓRSKI     | POL | Klecie          | OSKARJA                                     | 25:29,9 | <b>25:38,8</b> | M/(26.) |
| 36.        | 235 | Marek KĘDZIELAWA     | POL | Czarna          |   | 25:31,6 | <b>25:49,8</b> | M/(27.) |
| 37.        | 177 | Zygmunt SUMIEC       | POL | Mielec          | Zabiegani Mielec                            | 25:49,3 | <b>25:53,0</b> | M/(28.) |
| 38.        | 125 | Barbara KAWA         | POL | Żyraków         | Maratończyk Dębica                          | 25:53,0 | <b>25:57,5</b> | K/(10.) |
| 39.        | 169 | Kamil POLNIASZEK     | POL | Debica          | Dębickie Gepardy                            | 25:49,3 | <b>25:57,5</b> | M/(29.) |
| 40.        | 172 | Krzysztof SARAD      | POL | Zalasowa        | Sparta Zalasowa                             | 26:11,9 | <b>26:16,7</b> | M/(30.) |
| 41.        | 178 | Daniel SZELA         | POL | Paszczyna       | Dzikie Mustangi                             | 26:10,1 | <b>26:19,0</b> | M/(31.) |
| 42.        | 135 | Adam KOSELA          | POL | Dębica          | Dębickie Gepardy                            | 26:15,1 | <b>26:19,2</b> | M/(32.) |
| 43.        | 173 | Patrycja SAWICKA     | POL | Głowaczowa      | TUP TUP... ABY DO METY                      | 26:09,6 | <b>26:21,0</b> | K/(11.) |
| 44.        | 218 | Mateusz RYDZ         | POL | Dębica          | TUP TUP... ABY DO METY                      | 26:09,9 | <b>26:21,0</b> | M/(33.) |
| 45.        | 165 | Agnieszka PABIAN     | POL | Niedomice       | OCR Team Master's Gym                       | 26:16,6 | <b>26:22,3</b> | K/(12.) |
| 46.        | 184 | Ewa WILK             | POL | Dębica          |   | 27:05,3 | <b>27:07,3</b> | K/(13.) |
| 47.        | 112 | Mariola DEJNAKA      | POL | Rzeszów         | Dzikie Mustangi                             | 27:14,3 | <b>27:20,1</b> | K/(14.) |
| 48.        | 134 | Paweł KOPEK          | POL | Gromnik         | GROMNIK RUN TEAM                            | 27:17,2 | <b>27:20,4</b> | M/(34.) |
| 49.        | 161 | Emilia PETELA        | POL | Dębica          |   | 27:20,4 | <b>27:23,3</b> | K/(15.) |
| 50.        | 236 | Paweł CYBORAN        | POL | Czarna          |   | 27:05,6 | <b>27:24,2</b> | M/(35.) |
| 51.        | 166 | Marta PEKALA         | POL | PI Czarna       |   | 27:14,4 | <b>27:24,7</b> | K/(16.) |
| 52.        | 127 | Urszula KIDAWA       | POL | Dębica          | brak  | 27:09,4 | <b>27:25,3</b> | K/(17.) |
| 53.        | 133 | Agnieszka KOPEK      | POL | Gromnik         | GROMNIK RUN TEAM                            | 27:22,9 | <b>27:25,4</b> | K/(18.) |
| 54.        | 141 | Monika KWIATKOWSKA   | POL | Tarnów          | SRTG Dębica                                 | 27:32,1 | <b>27:38,9</b> | K/(19.) |
| 55.        | 106 | Jerzy CIELAK         | POL | Kraków          | GRUPA LFD                                   | 28:11,7 | <b>28:25,5</b> | M/(36.) |
| 56.        | 171 | Tomasz RYŚ           | POL | Lublin          | DOWÓDZTWO BRYGADY WIELONARODOWEJ W LUBLINIE | 28:32,6 | <b>28:37,9</b> | M/(37.) |
| 57.        | 144 | Andrzej LADA         | POL | Czarna          |   | 28:41,6 | <b>29:02,6</b> | M/(38.) |
| 58.        | 185 | Wacław WIŚNIEWSKI    | POL | Wola Rzędzińska | Dębickie Gepardy                            | 28:55,3 | <b>29:10,4</b> | M/(39.) |
| 59.        | 146 | Dorota LAMPART       | POL | Dębica          | Akademia Małego Strażaka                    | 29:11,1 | <b>29:15,7</b> | K/(20.) |
| 60.        | 105 | Olimpia RZEPECKA     | POL | Dębica          | Akademia Małego Strażaka                    | 29:10,7 | <b>29:15,8</b> | M/(40.) |
| 61.        | 111 | Danuta DĄBROWSKA     | POL | Tarnów          | STG-Tarnów                                  | 29:21,3 | <b>29:27,5</b> | K/(21.) |
| 62.        | 116 | Tomasz GALBARCZYK    | POL | Tarnów          | Spartan Training Group Tarnów               | 29:21,3 | <b>29:27,6</b> | M/(41.) |
| 63.        | 117 | Wioletta GALBARCZYK  | POL | Tarnów          | Spartan Training Group Tarnów               | 29:21,8 | <b>29:27,6</b> | K/(22.) |
| 64.        | 130 | Magdalena KLOC       | POL | Dębica          | Active Team Kozłów                          | 29:22,0 | <b>29:28,7</b> | K/(23.) |
| 65.        | 143 | Agnieszka LACHOWICZ  | POL | Grabiny         |   | 29:23,2 | <b>29:30,1</b> | K/(24.) |
| 66.        | 124 | Paweł JABŁKOWSKI     | POL | Dębica          | Active Team Kozłów                          | 29:24,7 | <b>29:31,1</b> | M/(42.) |
| 67.        | 138 | Beata KRUŻEL         | POL | Tarnów          | Husaria Race Team                           | 29:24,8 | <b>29:38,3</b> | K/(25.) |
| 68.        | 240 | Artur BIELAK         | POL | Tarnów          |   | 29:23,0 | <b>29:41,8</b> | M/(43.) |
| 69.        | 145 | Anna LADA            | POL | Czarna          |   | 29:52,8 | <b>30:12,1</b> | K/(26.) |
| 70.        | 155 | Edyta NAUKA          | POL | Stasiówka       | Dębickie Gepardy                            | 30:07,5 | <b>30:14,4</b> | K/(27.) |
| 71.        | 136 | Monika KOŚCIAK       | POL | Paszczyna       |   | 30:01,7 | <b>30:15,2</b> | K/(28.) |
| 72.        | 248 | Sylwia CEBULSKA      | POL | Germering       |   | 30:01,8 | <b>30:15,3</b> | K/(29.) |
| 73.        | 157 | Natalia NOWACKA      | POL | Grabiny         |   | 30:20,1 | <b>30:29,2</b> | K/(30.) |

# Bieg Czarnych Gryfów – Biegniemy dla Mai

## Wyniki OPEN 5km

| M-ce | Nr  | Imię i nazwisko      |     | Miejscowość | Klub                     | Netto   | Wynik          |         |
|------|-----|----------------------|-----|-------------|--------------------------|---------|----------------|---------|
| 74.  | 158 | Mateusz NOWACKI      | POL | Grabiny     |                          | 30:26,0 | <b>30:34,9</b> | M/(44.) |
| 75.  | 163 | Bartłomiej OLEARCZYK | POL | Dębica      | Dębickie Gepardy         | 30:53,3 | <b>31:05,5</b> | M/(45.) |
| 76.  | 104 | Daniel BUCZKOWSKI    | POL | Tarnów      | Rydza8a Team             | 31:02,5 | <b>31:15,2</b> | M/(46.) |
| 77.  | 182 | Liliana WIKTOR       | POL | Paszczyna   | Dzikie Mustangi          | 31:05,1 | <b>31:17,8</b> | K/(31.) |
| 78.  | 221 | Marzena MACHNICA     | POL | Ropczyce    | MATNER RUNNING TEAM      | 31:09,9 | <b>31:21,5</b> | K/(32.) |
| 79.  | 140 | Krystian KUBAS       | POL | Tarnów      |                          | 31:19,5 | <b>31:23,7</b> | M/(47.) |
| 80.  | 115 | Dorota FULARZ        | POL | Czarna      |                          | 31:29,9 | <b>31:31,6</b> | K/(33.) |
| 81.  | 168 | Katarzyna BIELECKA   | POL | Tarnów      |                          | 31:51,3 | <b>31:55,2</b> | K/(34.) |
| 82.  | 99  | Piotr WIECZOREK      | POL |             |                          | 31:51,6 | <b>31:55,2</b> | M/(48.) |
| 83.  | 245 | Dominka LABAK        | POL | Czarna      |                          | 32:08,7 | <b>32:18,3</b> | K/(35.) |
| 84.  | 179 | Monika ŚWIĘTOŃ       | POL | Czarna      | CZARNE GRYFY             | 32:16,5 | <b>32:18,4</b> | K/(36.) |
| 85.  | 110 | Joanna CZOSNYKA      | POL | Oftinów     | OCR TEAM MASTER'S GYM    | 33:49,3 | <b>33:51,5</b> | K/(37.) |
| 86.  | 175 | Sylwia SOKOŁOWSKA    | POL | Gorzyce     | Pijący Biegający         | 34:10,2 | <b>34:12,5</b> | K/(38.) |
| 87.  | 121 | Ewa GLINKA           | POL | Paszczyna   | DZIKIE MUSTANGI          | 34:27,0 | <b>34:32,2</b> | K/(39.) |
| 88.  | 226 | Wiktria SZCZYGIĘŁ    | POL | Dąbrowa     |                          | 34:42,7 | <b>34:52,5</b> | K/(40.) |
| 89.  | 186 | Marta WRONA          | POL | Dębica      |                          | 34:41,2 | <b>34:57,5</b> | K/(41.) |
| 90.  | 122 | Dorota GOC           | POL | Dębica      |                          | 35:06,2 | <b>35:11,0</b> | K/(42.) |
| 91.  | 114 | Agnieszka FALARZ     | POL | Parkosz     | Akademia Małego Strażaka | 35:09,0 | <b>35:14,8</b> | K/(43.) |
| 92.  | 101 | Magdalena BOROWIEC   | POL | Dębica      |                          | 35:08,9 | <b>35:15,1</b> | K/(44.) |
| 93.  | 181 | Paweł TOTOŚ          | POL | Dębica      |                          | 35:03,9 | <b>35:16,5</b> | M/(49.) |
| 94.  | 180 | Karolina TOTOŚ       | POL | Dębica      |                          | 35:04,7 | <b>35:16,6</b> | K/(45.) |
| 95.  | 150 | Katarzyna ĆWIK       | POL | Pilzno      |                          | 35:14,1 | <b>35:17,1</b> | K/(46.) |