

# IV Bieg Śladami MNICHA i ZAWIERUCHY

## Wyniki OPEN-8km



2018-03-03, Rytwiany

| M-ce        | Nr | Imię i nazwisko        | Rok ur. | Miejscowość | Klub                           | Okr1    | Okr2    | Okr3    | Okr4    | Netto   | Wynik          | Płeć   |
|-------------|----|------------------------|---------|-------------|--------------------------------|---------|---------|---------|---------|---------|----------------|--------|
| <b>8 km</b> |    |                        |         |             |                                |         |         |         |         |         |                |        |
| 1           | 44 | Adam KOŁODZIEJ         | 2001    | Sandomierz  | MUKS „Wisła” Junior Sandomierz | 0:08:57 | 0:09:01 | 0:08:52 | 0:08:21 | 0:35:13 | <b>0:35:13</b> | M (1)  |
| 2           | 28 | Dominik RUGAŁA         | 2002    | Ruda        | ULKS Gryf Rytwiany             | 0:09:11 | 0:09:47 | 0:09:45 | 0:09:28 | 0:38:12 | <b>0:38:12</b> | M (2)  |
| 3           | 9  | Dariusz KARNAT         | 1972    | Nowa Dęba   |                                | 0:09:30 | 0:09:43 | 0:09:39 | 0:09:42 | 0:38:36 | <b>0:38:36</b> | M (3)  |
| 4           | 6  | Paweł GAWROŃSKI        | 1990    | Połaniec    | RUNNING POŁANIEC               | 0:09:30 | 0:09:56 | 0:09:50 | 0:09:49 | 0:39:07 | <b>0:39:07</b> | M (4)  |
| 5           | 19 | Arkadiusz NEMŚ         | 1977    | Staszów     | STARiS Staszów                 | 0:09:37 | 0:09:48 | 0:09:58 | 0:09:52 | 0:39:16 | <b>0:39:16</b> | M (5)  |
| 6           | 16 | Krzysztof MAJ          | 1990    | Ruda        | Running Połaniec               | 0:09:12 | 0:10:00 | 0:10:14 | 0:09:59 | 0:39:27 | <b>0:39:27</b> | M (6)  |
| 7           | 10 | Mariusz KOWALIK        | 1983    | Połaniec    | RUNNING POŁANIEC               | 0:09:42 | 0:09:41 | 0:09:59 | 0:10:15 | 0:39:37 | <b>0:39:38</b> | M (7)  |
| 8           | 13 | Mariusz KURAŚ          | 1982    | Staszów     | ProgressEco                    | 0:10:19 | 0:10:09 | 0:10:13 | 0:10:02 | 0:40:41 | <b>0:40:45</b> | M (8)  |
| 9           | 3  | Marcin CZEGUS          | 1976    | Połaniec    | Running Połaniec               | 0:09:44 | 0:10:18 | 0:10:37 | 0:10:27 | 0:41:06 | <b>0:41:08</b> | M (9)  |
| 10          | 22 | Krzysztof PASTERNAK    | 1995    | Połaniec    | //                             | 0:10:02 | 0:10:25 | 0:10:45 | 0:10:43 | 0:41:57 | <b>0:41:57</b> | M (10) |
| 11          | 21 | Mariusz OSTROWSKI      | 1977    | Staszów     | Nie Biegam Bo Nie Lubię        | 0:10:57 | 0:11:00 | 0:11:04 | 0:10:58 | 0:43:54 | <b>0:44:00</b> | M (11) |
| 12          | 4  | Sławomir DOŁOMISIEWICZ | 1971    | Ogłędów     |                                | 0:10:36 | 0:11:02 | 0:11:16 | 0:11:30 | 0:44:24 | <b>0:44:25</b> | M (12) |
| 13          | 1  | Jerzy BRZUSZEK         | 1968    | Nowa Dęba   |                                | 0:10:35 | 0:11:24 | 0:11:31 | 0:11:04 | 0:44:35 | <b>0:44:35</b> | M (13) |
| 14          | 14 | Arkadiusz KWIATKOWSKI  | 1996    | Szczeka     | ULKS Gryf Rytwiany             | 0:10:54 | 0:11:11 | 0:11:30 | 0:11:10 | 0:44:46 | <b>0:44:47</b> | M (14) |
| 15          | 15 | Michał LAMPART         | 1993    | Połaniec    | RUNNING POŁANIEC               | 0:10:49 | 0:11:36 | 0:11:48 | 0:10:59 | 0:45:12 | <b>0:45:14</b> | M (15) |
| 16          | 30 | Sebastian SZWEDA       | 1976    | Połaniec    | RUNNING POŁANIEC               | 0:11:16 | 0:11:34 | 0:11:27 | 0:11:22 | 0:45:38 | <b>0:45:40</b> | M (16) |
| 17          | 37 | Józef ZBOROWSKI        | 1961    | Staszów     | BBL Staszów                    | 0:11:30 | 0:11:37 | 0:11:48 | 0:11:24 | 0:46:19 | <b>0:46:21</b> | M (17) |
| 18          | 7  | Jacek GRYGIEL          | 1969    | Nowa Dęba   |                                | 0:11:11 | 0:11:50 | 0:12:08 | 0:11:42 | 0:46:53 | <b>0:46:53</b> | M (18) |
| 19          | 41 | Michał SZERCER         | 1981    | Staszów     | bbl staszó                     | 0:11:04 | 0:11:53 | 0:12:22 | 0:12:03 | 0:47:19 | <b>0:47:23</b> | M (19) |
| 20          | 39 | Andrzej KICIŃSKI       | 1986    | Radom       | 42 BLSZ                        | 0:11:34 | 0:12:00 | 0:12:13 | 0:11:55 | 0:47:39 | <b>0:47:42</b> | M (20) |
| 21          | 8  | Marcin JAWORSKI        | 1980    | Warszawa    |                                | 0:11:50 | 0:11:44 | 0:12:01 | 0:12:07 | 0:47:40 | <b>0:47:44</b> | M (21) |
| 22          | 35 | Ewa WOŚ                | 1994    | Rytwiany    |                                | 0:11:32 | 0:12:05 | 0:12:13 | 0:12:16 | 0:48:05 | <b>0:48:07</b> | K (1)  |
| 23          | 17 | Rafał MAZUR            | 1978    | Staszów     | STARiS                         | 0:13:07 | 0:12:18 | 0:12:03 | 0:11:29 | 0:48:52 | <b>0:48:58</b> | M (22) |
| 24          | 12 | Arseniusz KRUSZEWSKI   | 1962    | Staszów     | STARiS Staszów                 | 0:11:57 | 0:12:16 | 0:12:33 | 0:12:48 | 0:49:29 | <b>0:49:36</b> | M (23) |
| 25          | 23 | Anna PAWLIK            | 1983    | Czernica    | STARiS                         | 0:12:10 | 0:12:33 | 0:12:38 | 0:12:34 | 0:49:55 | <b>0:49:56</b> | K (2)  |
| 26          | 36 | Małgorzata WOŚ         | 1991    | Rytwiany    |                                | 0:12:50 | 0:12:51 | 0:12:52 | 0:12:22 | 0:50:54 | <b>0:50:57</b> | K (3)  |
| 27          | 43 | Mateusz LEWITA         | 1986    | Staszów     |                                | 0:12:33 | 0:12:52 | 0:12:51 | 0:12:43 | 0:50:55 | <b>0:51:00</b> | M (24) |

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| <u>M-ce</u> | <u>Nr</u> | <u>Imię i nazwisko</u> | <u>Rok ur.</u> | <u>Miejscowość</u> | <u>Klub</u>      | <u>Okr1</u> | <u>Okr2</u> | <u>Okr3</u> | <u>Okr4</u> | <u>Netto</u> | <u>Wynik</u>   | <u>Płeć</u> |
|-------------|-----------|------------------------|----------------|--------------------|------------------|-------------|-------------|-------------|-------------|--------------|----------------|-------------|
| 28          | 33        | Agnieszka WAWRZKIEWICZ | 1979           | Staszów            | BBL Staszów      | 0:12:21     | 0:13:03     | 0:13:17     | 0:12:55     | 0:51:35      | <b>0:51:37</b> | K (4)       |
| 29          | 32        | Piotr WALCZAK          | 1976           | Rytwiany           |                  | 0:13:09     | 0:12:46     | 0:13:07     | 0:12:59     | 0:51:57      | <b>0:52:03</b> | M (25)      |
| 30          | 40        | Wojciech CHARYGA       | 1967           | Mostki             | -----            | 0:12:37     | 0:13:10     | 0:13:32     | 0:13:02     | 0:52:19      | <b>0:52:23</b> | M (26)      |
| 31          | 38        | Mariusz WILK           | 1980           | Rytwiany           |                  | 0:12:21     | 0:13:01     | 0:13:27     | 0:13:55     | 0:52:43      | <b>0:52:45</b> | M (27)      |
| 32          | 42        | Monika PRZĄDKA         | 1991           | Staszów            |                  | 0:12:51     | 0:13:10     | 0:13:19     | 0:13:26     | 0:52:43      | <b>0:52:47</b> | K (5)       |
| 33          | 29        | Luiza STĘPIEŃ WALAS    | 1987           | Staszów            | Bbl Staszów      | 0:12:41     | 0:12:57     | 0:13:19     | 0:13:55     | 0:52:53      | <b>0:52:54</b> | K (6)       |
| 34          | 2         | Aneta CZEGUS           | 1979           | Połaniec           | Running Połaniec | 0:12:29     | 0:13:13     | 0:13:42     | 0:13:38     | 0:53:03      | <b>0:53:04</b> | K (7)       |
| 35          | 34        | Kinga WIATROWSKA       | 1986           | Staszów            | BBL Staszów      | 0:12:45     | 0:13:25     | 0:13:48     | 0:13:19     | 0:53:17      | <b>0:53:18</b> | K (8)       |
| 36          | 31        | Karolina SZYMAŃSKA     | 1990           | Mostki             |                  | 0:12:31     | 0:13:16     | 0:13:41     | 0:13:51     | 0:53:16      | <b>0:53:20</b> | K (9)       |
| 37          | 24        | Julita PEKALA          | 1980           | Rytwiany           | STARiS Staszów   | 0:13:10     | 0:13:20     | 0:13:39     | 0:13:28     | 0:53:37      | <b>0:53:39</b> | K (10)      |
| 38          | 25        | Paweł PEKALA           | 1978           | Rytwiany           | STARiS Staszów   | 0:13:10     | 0:13:20     | 0:13:39     | 0:13:29     | 0:53:38      | <b>0:53:39</b> | M (28)      |
| 39          | 27        | Artur PRZYBYŁEK        | 1978           | Staszów            |                  | 0:12:46     | 0:13:15     | 0:13:53     | 0:13:47     | 0:53:37      | <b>0:53:42</b> | M (29)      |
| 40          | 18        | Katarzyna MAĆZKA       | 1973           | Staszów            | Bbl Staszów      | 0:13:10     | 0:13:59     | 0:14:31     | 0:14:27     | 0:56:08      | <b>0:56:08</b> | K (11)      |
| 41          | 11        | Viktoria KRUSZEWSKA    | 1996           | Staszów            | STARiS Staszów   | 0:13:05     | 0:14:51     | 0:14:29     | 0:14:44     | 0:57:06      | <b>0:57:11</b> | K (12)      |