

# Bieg Leśny RUDZKA DYCHA

Organizator: przyGOdowo

Miejscowość i data: Ruda Śląska, 15.09.2019

Klasyfikacja: Bieg 10 km

| Miejsce | Numer startowy | Kraj | Nazwisko i imię          | Rok Ur. | Klub / Miejscowość               | Czas 5 km (Mjsc. 5 km) | Czas brutto | Czas netto | Tempo | K  | M  | Kat. wiek. | Kat. OAT |
|---------|----------------|------|--------------------------|---------|----------------------------------|------------------------|-------------|------------|-------|----|----|------------|----------|
| 1       | 1995           | POL  | Ochman Rafał             | 1979    | Opel Active Team, Gliwice        | 00:21:05 (3)           | 00:42:35    | 00:42:34   | 04:15 |    | 1  | 1/M40      | 1        |
| 2       | 1992           | POL  | Rębisz Judyta            | 1997    | TL POGOŃ RUDA ŚLĄSKA, Racibórz   | 00:21:01 (1)           | 00:42:37    | 00:42:37   | 04:15 | 1  |    | 1/K40      |          |
| 3       | 1928           | POL  | Solich Krzysztof         | 1986    | Łaziska Górne                    | 00:21:33 (4)           | 00:42:56    | 00:42:55   | 04:17 |    | 2  | 2/M40      |          |
| 4       | 2113           | POL  | Głuszak Adam             | 1980    | Opel Active Team, Rybnik         | 00:21:02 (2)           | 00:43:26    | 00:43:24   | 04:20 |    | 3  | 3/M40      | 2        |
| 5       | 1934           | POL  | Ukłański Krzysztof       | 1995    | Kuźnia Damiana, Ruda Śląska      | 00:21:49 (5)           | 00:43:27    | 00:43:25   | 04:20 |    | 4  | 4/M40      |          |
| 6       | 2070           | POL  | Sielski Jarosław         | 1973    | Opel Active Team, Gliwice        | 00:21:52 (6)           | 00:44:27    | 00:44:25   | 04:26 |    | 5  | 1/M40+     | 3        |
| 7       | 2067           | POL  | Lech Miłosz              | 1982    | KB MCKiS Jaworzno, Jaworzno      | 00:22:27 (9)           | 00:45:33    | 00:45:30   | 04:33 |    | 6  | 5/M40      |          |
| 8       | 2066           | POL  | Stańkowska Emilia        | 1992    | Jaworzno                         | 00:22:21 (8)           | 00:45:33    | 00:45:30   | 04:33 | 2  |    | 2/K40      |          |
| 9       | 2072           | POL  | Bugajny Marcin           | 1985    | SOCIOS SILESIA, Radzionków       | 00:22:12 (7)           | 00:45:33    | 00:45:29   | 04:32 |    | 7  | 6/M40      |          |
| 10      | 2007           | POL  | Dziubany Sebastian       | 1982    | DeathByRun, Katowice             | 00:22:33 (10)          | 00:45:40    | 00:45:39   | 04:33 |    | 8  | 7/M40      |          |
| 11      | 1989           | POL  | Rogowski Dariusz         | 1984    | Ruda Śląska                      | 00:23:14 (16)          | 00:45:40    | 00:45:38   | 04:33 |    | 9  | 8/M40      |          |
| 12      | 2089           | POL  | Zoran Henryk             | 1968    | ADS Masna, Ruda Śląska           | 00:22:38 (11)          | 00:45:58    | 00:45:55   | 04:35 |    | 10 | 2/M40+     |          |
| 13      | 1892           | POL  | Trela Andrzej            | 1977    | Grandpagang, Piaski              | 00:22:54 (15)          | 00:46:03    | 00:45:55   | 04:35 |    | 11 | 3/M40+     |          |
| 14      | 2035           | POL  | Wojnusz Benjamin         | 1977    | Press-Glass Biegamy i Wspieramy, | 00:22:47 (13)          | 00:46:11    | 00:46:10   | 04:36 |    | 12 | 4/M40+     |          |
| 15      | 2060           | POL  | Maj - Dziubańska Izabela | 1985    | Czapla TEAM/OPEL Active Team,    | 00:22:54 (14)          | 00:46:21    | 00:46:19   | 04:37 | 3  |    | 3/K40      | 1        |
| 16      | 2121           | POL  | Łuszcz Konrad            | 1998    | #GrodziecRun, Będzin             | 00:23:14 (17)          | 00:46:33    | 00:46:32   | 04:39 |    | 13 | 9/M40      |          |
| 17      | 2146           | POL  | Brodek Andrzej           | 1969    | CERTUM, Gliwice                  | 00:22:43 (12)          | 00:46:34    | 00:46:31   | 04:39 |    | 14 | 5/M40+     |          |
| 18      | 1894           | POL  | Fussek Daria             | 2001    | UKS Olimpia Zabrze, Zabrze       | 00:23:24 (19)          | 00:46:47    | 00:46:40   | 04:39 | 4  |    | 4/K40      |          |
| 19      | 801            | POL  | Twardzik Marcin          | 1988    | Mysłowice                        | 00:23:15 (18)          | 00:47:19    | 00:47:12   | 04:43 |    | 15 | 10/M40     |          |
| 20      | 2132           | POL  | Bernacisko Damian        | 1987    | WARTKIE PIERONY, Ruda Śląska     | 00:24:33 (27)          | 00:47:44    | 00:47:37   | 04:45 |    | 16 | 11/M40     |          |
| 21      | 1170           | POL  | Bogacz Monika            | 1988    | Ruda Śląska                      | 00:24:30 (24)          | 00:48:42    | 00:48:38   | 04:51 | 5  |    | 5/K40      |          |
| 22      | 2084           | POL  | Ptak Krzysztof           | 1978    | Hmax Żory, Żory                  | 00:24:31 (26)          | 00:48:51    | 00:48:42   | 04:52 |    | 17 | 6/M40+     |          |
| 23      | 1340           | POL  | Kowolik Andrzej          | 1975    | cidry Iotajom, Radzionków        | 00:24:26 (22)          | 00:48:55    | 00:48:47   | 04:52 |    | 18 | 7/M40+     |          |
| 24      | 1981           | POL  | Piela Daniel             | 1994    | Ruda Śląska                      | 00:23:50 (20)          | 00:48:59    | 00:48:58   | 04:53 |    | 19 | 12/M40     |          |
| 25      | 1019           | POL  | Łajza Filip              | 1991    | Hałymba                          | 00:25:02 (31)          | 00:49:09    | 00:48:51   | 04:53 |    | 20 | 13/M40     |          |
| 26      | 1904           | POL  | Wójcik Adam              | 1980    | Ruda Śląska                      | 00:23:54 (21)          | 00:49:11    | 00:49:04   | 04:54 |    | 21 | 14/M40     |          |
| 27      | 2116           | POL  | Beiner Adrian            | 1990    | Chorzów                          | 00:24:58 (30)          | 00:49:42    | 00:49:32   | 04:57 |    | 22 | 15/M40     |          |
| 28      | 2128           | POL  | Rybsztajn Karolina       | 1991    | Ruda Śląska                      | 00:25:51 (43)          | 00:49:43    | 00:49:28   | 04:56 | 6  |    | 6/K40      |          |
| 29      | 1984           | POL  | Kłobuch Roman            | 1985    | Racibórz                         | 00:26:49 (55)          | 00:49:51    | 00:49:35   | 04:57 |    | 23 | 16/M40     |          |
| 30      | 1986           | POL  | Pudło Arkadiusz          | 1976    | Ziemiećce                        | 00:24:30 (23)          | 00:49:57    | 00:49:45   | 04:58 |    | 24 | 8/M40+     |          |
| 31      | 1907           | POL  | Ganszczyk Rafał          | 1978    | Opel Active Team, Gliwice        | 00:25:39 (38)          | 00:50:10    | 00:50:05   | 05:00 |    | 25 | 9/M40+     | 4        |
| 32      | 2159           | POL  | Woczka Brian             | 1988    | WirekOsiedle, Ruda Śląska        | 00:25:52 (44)          | 00:50:16    | 00:50:02   | 05:00 |    | 26 | 17/M40     |          |
| 33      | 1953           | POL  | Cywińska-Małota Monik    | 1989    | Katowice                         | 00:24:55 (29)          | 00:50:20    | 00:50:16   | 05:01 | 7  |    | 7/K40      |          |
| 34      | 1025           | POL  | Głodek Daniel            | 1984    | Ruda Śląska                      | 00:25:45 (41)          | 00:50:23    | 00:50:14   | 05:01 |    | 27 | 18/M40     |          |
| 35      | 655            | POL  | Nowok Michał             | 1997    | Carbon OCR Racing Team, Ruda     | 00:25:55 (45)          | 00:50:32    | 00:50:19   | 05:01 |    | 28 | 19/M40     |          |
| 36      | 1994           | POL  | Salamon Emil             | 1983    | Opel Active Team, Gliwice        | 00:24:43 (28)          | 00:50:35    | 00:50:29   | 05:02 |    | 29 | 20/M40     | 5        |
| 37      | 2094           | POL  | Woźnicki Ireneusz        | 1974    | Ruda Śląska                      | 00:24:31 (25)          | 00:50:36    | 00:50:29   | 05:02 |    | 30 | 10/M40+    |          |
| 38      | 1966           | POL  | Barwiak Rafał            | 1986    | wolny strzelec, Ruda Śląska      | 00:25:10 (33)          | 00:50:40    | 00:50:36   | 05:03 |    | 31 | 21/M40     |          |
| 39      | 1145           | POL  | Urych Łukasz             | 1980    | Run as One, Katowice             | 00:25:47 (42)          | 00:50:40    | 00:50:30   | 05:02 |    | 32 | 22/M40     |          |
| 40      | 2156           | POL  | Michalski Marek          | 1965    | WARTKIE PIERONY, Ruda Śląska     | 00:25:13 (34)          | 00:50:45    | 00:50:40   | 05:03 |    | 33 | 11/M40+    |          |
| 41      | 1252           | POL  | Studnik Jarosław         | 1971    | Ruda Śląska                      | 00:25:45 (40)          | 00:50:58    | 00:50:47   | 05:04 |    | 34 | 12/M40+    |          |
| 42      | 1887           | POL  | Sielska Joanna           | 1975    | Opel Active Team, Gliwice        | 00:25:26 (37)          | 00:51:31    | 00:51:29   | 05:08 | 8  |    | 1/K40+     | 2        |
| 43      | 1878           | POL  | Łożyński Kamil           | 1988    | KW Gliwice, Paniówki             | 00:25:07 (32)          | 00:51:39    | 00:51:36   | 05:09 |    | 35 | 23/M40     |          |
| 44      | 2005           | POL  | Ukłańska Karolina        | 1995    | Kuźnia Damiana, Ruda Śląska      | 00:25:56 (46)          | 00:51:51    | 00:51:49   | 05:10 | 9  |    | 8/K40      |          |
| 45      | 2026           | POL  | Pyrchała Grzegorz        | 1989    | Siemianowice Śląskie             | 00:25:23 (36)          | 00:51:55    | 00:51:52   | 05:11 |    | 36 | 24/M40     |          |
| 46      | 1872           | POL  | Witas Maciej             | 1985    | Opel Active Team, Siemianowice   | 00:26:21 (48)          | 00:52:06    | 00:52:00   | 05:11 |    | 37 | 25/M40     | 6        |
| 47      | 2086           | POL  | Brajza Mateusz           | 1990    | Ruda Śląska                      | 00:26:32 (51)          | 00:52:14    | 00:52:04   | 05:12 |    | 38 | 26/M40     |          |
| 48      | 1985           | POL  | Filusz Dawid             | 1991    | STUDIO ENERGIA TEAM RYBNIK,      | 00:25:40 (39)          | 00:52:21    | 00:52:13   | 05:13 |    | 39 | 27/M40     |          |
| 49      | 1868           | POL  | Pławny Łukasz            | 1988    | Bielsko-Biała                    | 00:25:13 (35)          | 00:52:26    | 00:52:25   | 05:14 |    | 40 | 28/M40     |          |
| 50      | 1960           | POL  | Bugiel Rafał             | 1986    | Ruda Śląska                      | 00:27:16 (65)          | 00:52:28    | 00:52:09   | 05:12 |    | 41 | 29/M40     |          |
| 51      | 2021           | POL  | Sadowski Tomasz          | 1977    | Zagłębiowska Dzielna, Sosnowiec  | 00:27:54 (72)          | 00:52:34    | 00:52:03   | 05:12 |    | 42 | 13/M40+    |          |
| 52      | 2119           | POL  | Rybak Tomasz             | 1985    | Ruda Śląska                      | 00:26:47 (53)          | 00:52:47    | 00:52:28   | 05:14 |    | 43 | 30/M40     |          |
| 53      | 2110           | POL  | Gajdzik Ewa              | 1993    | Ruda Śląska                      | 00:27:17 (66)          | 00:52:49    | 00:52:30   | 05:15 | 10 |    | 9/K40      |          |
| 54      | 1987           | POL  | Madej Szymon             | 1985    | Tychy                            | 00:26:56 (59)          | 00:52:50    | 00:52:38   | 05:15 |    | 44 | 31/M40     |          |
| 55      | 2144           | POL  | Łozińska Edyta           | 1980    | przyGOdowo, Ruda Śląska          | 00:26:56 (60)          | 00:52:54    | 00:52:30   | 05:15 | 11 |    | 10/K40     |          |
| 56      | 2088           | POL  | Anonim #200133           | 1977    | Katowice                         | 00:26:25 (49)          | 00:52:55    | 00:52:47   | 05:16 |    | 45 | 14/M40+    |          |
| 57      | 2074           | POL  | Gros Dawid               | 1986    | Gliwice                          | 00:26:48 (54)          | 00:53:08    | 00:52:50   | 05:17 |    | 46 | 32/M40     |          |
| 58      | 2064           | POL  | Strzelczyk Tomasz        | 1979    | HURAGAN LIGOTA, Katowice         | 00:27:10 (63)          | 00:53:11    | 00:53:08   | 05:18 |    | 47 | 33/M40     |          |
| 59      | 1898           | POL  | Olbromski Jacek          | 1990    | Dąbrowa Górnicza                 | 00:26:27 (50)          | 00:53:22    | 00:53:15   | 05:19 |    | 48 | 34/M40     |          |
| 60      | 1978           | POL  | Chodawska Dorota         | 1985    | Opel Active Team, Zabrze         | 00:26:36 (52)          | 00:53:28    | 00:53:23   | 05:20 | 12 |    | 11/K40     | 3        |
| 61      | 2123           | POL  | Gocman Grzegorz          | 1969    | Opel Active Team, Katowice       | 00:26:55 (58)          | 00:53:37    | 00:53:29   | 05:20 |    | 49 | 15/M40+    | 7        |
| 62      | 2126           | POL  | Bulik Paweł              | 1982    | Ruda Śląska                      | 00:27:53 (71)          | 00:53:47    | 00:53:25   | 05:20 |    | 50 | 35/M40     |          |

## Bieg Leśny RUDZKA DYCHA

| Miejsce | Numer startowy | Kraj | Nazwisko i imię         | Rok Ur. | Klub / Miejsowość                | Czas 5 km (Mjsc. 5 km) | Czas brutto | Czas netto | Tempo | K  | M  | Kat. wiek. | Kat. OAT |
|---------|----------------|------|-------------------------|---------|----------------------------------|------------------------|-------------|------------|-------|----|----|------------|----------|
| 63      | 2124           | POL  | Kęska Arkadiusz         | 1985    | Katowice                         | 00:26:54 (57)          | 00:53:51    | 00:53:35   | 05:21 |    | 51 | 36/M40     |          |
| 64      | 673            | POL  | Gańkiewicz Michał       | 1973    | tomkatotrening.pl, Katowice      | 00:28:01 (78)          | 00:53:53    | 00:53:39   | 05:21 |    | 52 | 16/M40+    |          |
| 65      | 1216           | POL  | Ochman Ireneusz         | 1967    | Opel Active Team, Gliwice        | 00:26:06 (47)          | 00:53:55    | 00:53:54   | 05:23 |    | 53 | 17/M40+    | 8        |
| 66      | 1976           | POL  | Softysik Kacper         | 2002    | Rokitno                          | 00:27:57 (74)          | 00:53:59    | 00:53:33   | 05:21 |    | 54 | 37/M40     |          |
| 67      | 1392           | POL  | Wydra Dariusz           | 1977    | Ruda Śląska                      | 00:26:59 (61)          | 00:54:15    | 00:54:05   | 05:24 |    | 55 | 18/M40+    |          |
| 68      | 802            | POL  | Palik Jakub             | 1984    | Ruda Śląska                      | 00:26:59 (62)          | 00:54:16    | 00:54:05   | 05:24 |    | 56 | 38/M40     |          |
| 69      | 2101           | POL  | Piłat Jarosław          | 1979    | KRS TKKF „Jastrząb” Ruda Śląska, | 00:26:51 (56)          | 00:54:28    | 00:54:21   | 05:26 |    | 57 | 39/M40     |          |
| 70      | 2115           | POL  | Malik Tomasz            | 1981    | Maliki się szlajają, Ruda Śląska | 00:27:32 (67)          | 00:54:34    | 00:54:23   | 05:26 |    | 58 | 40/M40     |          |
| 71      | 2061           | POL  | Wachecki Sebastian      | 1978    | Bikehead, Dąbrowa Górnicza       | 00:27:55 (73)          | 00:54:49    | 00:54:35   | 05:27 |    | 59 | 19/M40+    |          |
| 72      | 2106           | POL  | Ukłański Adam           | 2002    | Mikołów                          | 00:27:13 (64)          | 00:55:00    | 00:54:57   | 05:29 |    | 60 | 41/M40     |          |
| 73      | 1964           | POL  | Strojny Michał          | 1985    | Zabrze                           | 00:27:59 (75)          | 00:55:04    | 00:54:52   | 05:29 |    | 61 | 42/M40     |          |
| 74      | 1870           | POL  | Tokaj Dominik           | 1997    | Gliwice                          | 00:27:59 (76)          | 00:55:06    | 00:54:53   | 05:29 |    | 62 | 43/M40     |          |
| 75      | 2152           | POL  | Karliuk Paweł           | 1984    | Carbon OCR Racing Team, Kobiór   | 00:28:13 (81)          | 00:55:09    | 00:54:55   | 05:29 |    | 63 | 44/M40     |          |
| 76      | 2085           | POL  | Pudełko Dariusz         | 1967    | Opel Active Team, Kozłów         | 00:28:13 (80)          | 00:55:09    | 00:55:03   | 05:30 |    | 64 | 20/M40+    | 9        |
| 77      | 2155           | POL  | Świerczek Anna          | 1995    | BOOT CAMP POLSKA, Katowice       | 00:27:36 (68)          | 00:55:14    | 00:54:46   | 05:28 | 13 |    | 12/K40     |          |
| 78      | 1913           | POL  | Szczurek Wojtek         | 1981    | Opel Active Team, Knurów         | 00:27:40 (69)          | 00:55:20    | 00:55:18   | 05:31 |    | 65 | 45/M40     | 10       |
| 79      | 1391           | POL  | Skudlik Tomasz          | 1974    | Hilton Foods, Ruda Śląska        | 00:28:41 (91)          | 00:55:23    | 00:55:10   | 05:31 |    | 66 | 21/M40+    |          |
| 80      | 1134           | POL  | Urbański Leszek         | 1970    | Zabrze                           | 00:27:59 (77)          | 00:55:31    | 00:55:18   | 05:31 |    | 67 | 22/M40+    |          |
| 81      | 1873           | POL  | Kolarczyk Remigiusz     | 1983    | WATAHA ŚLĄSK, Świętochłowice     | 00:28:24 (85)          | 00:55:49    | 00:55:27   | 05:32 |    | 68 | 46/M40     |          |
| 82      | 2078           | POL  | Góralik Grzegorz        | 1978    | wolny strzelec, Zabrze           | 00:28:31 (87)          | 00:55:54    | 00:55:47   | 05:34 |    | 69 | 23/M40+    |          |
| 83      | 1214           | POL  | Wojtyła Tymoteusz       | 1990    | Jazzy.pro, Pszczyna              | 00:28:22 (84)          | 00:55:57    | 00:55:36   | 05:33 |    | 70 | 47/M40     |          |
| 84      | 1891           | POL  | Rybak Remigiusz         | 1985    | Ruda Śląska                      | 00:28:43 (92)          | 00:55:57    | 00:55:35   | 05:33 |    | 71 | 48/M40     |          |
| 85      | 1871           | POL  | Tokaj Piotr             | 1971    | Gliwice                          | 00:28:28 (86)          | 00:56:19    | 00:56:07   | 05:36 |    | 72 | 24/M40+    |          |
| 86      | 2118           | POL  | Pyzik Marek             | 1963    | Opel Active Team, Gliwice        | 00:28:32 (88)          | 00:56:31    | 00:56:26   | 05:38 |    | 73 | 25/M40+    | 11       |
| 87      | 1910           | POL  | Softysik Aleksandra     | 1999    | Rokitno                          | 00:29:24 (102)         | 00:56:43    | 00:56:17   | 05:37 | 14 |    | 13/K40     |          |
| 88      | 1936           | POL  | Knyć Mateusz            | 1985    | 12 zup, Ruda Śląska              | 00:29:02 (94)          | 00:56:46    | 00:56:25   | 05:38 |    | 74 | 49/M40     |          |
| 89      | 1969           | POL  | Dziekan Mateusz         | 1992    | Kędzierzyn-Kozłe                 | 00:29:54 (107)         | 00:56:47    | 00:56:15   | 05:37 |    | 75 | 50/M40     |          |
| 90      | 1947           | POL  | Binienda Agnieszka      | 1979    | Kobiety Watahy, Zabrze           | 00:28:50 (93)          | 00:56:52    | 00:56:31   | 05:39 | 15 |    | 14/K40     |          |
| 91      | 1970           | POL  | Wieczorek Iwona         | 1978    | przyGOdowo, Ruda Śląska          | 00:29:09 (98)          | 00:57:01    | 00:56:42   | 05:40 | 16 |    | 2/K40+     |          |
| 92      | 2034           | POL  | Jaguszevska Małgorzata  | 1987    | Gliwice                          | 00:28:33 (89)          | 00:57:05    | 00:56:51   | 05:41 | 17 |    | 15/K40     |          |
| 93      | 1210           | POL  | Panek Paweł             | 1995    | Brzeg                            | 00:28:16 (83)          | 00:57:30    | 00:57:10   | 05:42 |    | 76 | 51/M40     |          |
| 94      | 1914           | POL  | Wójcik Tomasz           | 1985    | FDG S.A., Gliwice                | 00:29:58 (108)         | 00:57:32    | 00:57:03   | 05:42 |    | 77 | 52/M40     |          |
| 95      | 2134           | POL  | Słomka Andrzej          | 1977    | HURAGAN LIGOTA, Katowice         | 00:27:49 (70)          | 00:57:33    | 00:57:27   | 05:44 |    | 78 | 26/M40+    |          |
| 96      | 1973           | POL  | Kmak Jarek              | 1984    | EUROMATEL, Gliwice               | 00:30:16 (110)         | 00:57:41    | 00:57:11   | 05:43 |    | 79 | 53/M40     |          |
| 97      | 1909           | POL  | Hańnik Łukasz           | 1990    | Ruda Śląska                      | 00:28:16 (82)          | 00:58:05    | 00:57:56   | 05:47 |    | 80 | 54/M40     |          |
| 98      | 2065           | POL  | Litwińska Bożena        | 1983    | BIEGNE BYLE DOBIEC, Tychy        | 00:29:03 (96)          | 00:58:16    | 00:58:03   | 05:48 | 18 |    | 16/K40     |          |
| 99      | 2131           | POL  | Litwiński Sławomir      | 1982    | Hilton Foods, Tychy              | 00:29:03 (95)          | 00:58:17    | 00:58:05   | 05:48 |    | 81 | 55/M40     |          |
| 100     | 1906           | POL  | Snochowski Mirek        | 1970    | Ekipa na kijach, Bytom           | 00:29:18 (100)         | 00:58:25    | 00:58:12   | 05:49 |    | 82 | 27/M40+    |          |
| 101     | 1901           | POL  | Woźniak Adrian          | 1990    | Katowice                         | 00:28:11 (79)          | 00:58:50    | 00:58:45   | 05:52 |    | 83 | 56/M40     |          |
| 102     | 2147           | POL  | Wachowiak Szymon        | 1978    | BWM team, Katowice               | 00:28:40 (90)          | 00:59:05    | 00:58:59   | 05:53 |    | 84 | 28/M40+    |          |
| 103     | 2002           | POL  | Pająk Marcin            | 1999    | Mikołów                          | 00:29:53 (106)         | 00:59:15    | 00:59:04   | 05:54 |    | 85 | 57/M40     |          |
| 104     | 2069           | POL  | Wypchoł Piotr           | 1964    | Bargłówka                        | 00:29:18 (99)          | 00:59:24    | 00:59:12   | 05:55 |    | 86 | 29/M40+    |          |
| 105     | 1905           | POL  | Kozubowski Grzegorz     | 1981    | Ruda Śląska                      | 00:29:36 (104)         | 00:59:25    | 00:59:09   | 05:54 |    | 87 | 58/M40     |          |
| 106     | 2083           | POL  | Kapszewicz Joanna       | 1966    | LUXTORPEDA CZERWIONKA,           | 00:29:40 (105)         | 00:59:27    | 00:59:05   | 05:54 | 19 |    | 3/K40+     |          |
| 107     | 1890           | POL  | Bujda JAKUB             | 1991    | Ruda Śląska                      | 00:30:38 (113)         | 00:59:32    | 00:59:05   | 05:54 |    | 88 | 59/M40     |          |
| 108     | 1869           | POL  | Kalecińska Żaneta       | 2004    | Miraz Race Team, Bytom           | 00:29:27 (103)         | 00:59:46    | 00:59:38   | 05:57 | 20 |    |            |          |
| 109     | 2114           | POL  | Lichnowska Anna         | 1978    | Ruda Śląska                      | 00:30:16 (111)         | 01:00:11    | 00:59:57   | 05:59 | 21 |    | 4/K40+     |          |
| 110     | 2092           | POL  | Sielska Dagmara         | 1994    | Opel Active Team, Pyskowice      | 00:29:08 (97)          | 01:00:30    | 01:00:27   | 06:02 | 22 |    | 17/K40     | 4        |
| 111     | 1943           | POL  | Jaron Katarzyna         | 1977    | Chorzów                          | 00:30:00 (109)         | 01:00:36    | 01:00:22   | 06:02 | 23 |    | 5/K40+     |          |
| 112     | 1099           | POL  | Koczur Agnieszka        | 1990    | Toyota RunMator Jelcz-laskowice, | 00:29:20 (101)         | 01:00:48    | 01:00:27   | 06:02 | 24 |    | 18/K40     |          |
| 113     | 1058           | POL  | Wieczorek Agnieszka     | 1973    | Auchan Mikołów, Ruda Śląska      | 00:30:52 (115)         | 01:00:48    | 01:00:24   | 06:02 | 25 |    | 6/K40+     |          |
| 114     | 1213           | POL  | Urbanowicz Damian       | 1985    | ADS Masna, Ruda Śląska           | 00:31:45 (123)         | 01:01:02    | 01:00:36   | 06:03 |    | 89 | 60/M40     |          |
| 115     | 2079           | POL  | Dąbrowska - Kuźnierz Ew | 1978    | Ruda Śląska                      | 00:31:39 (121)         | 01:01:08    | 01:00:37   | 06:03 | 26 |    | 7/K40+     |          |
| 116     | 1067           | POL  | Gańkiewicz Monika       | 1974    | tomkatotrening.pl, Katowice      | 00:30:40 (114)         | 01:01:27    | 01:01:13   | 06:07 | 27 |    | 8/K40+     |          |
| 117     | 1941           | POL  | Tomczak Jacek           | 1976    | przyGOdowo, Ruda Śląska          | 00:31:38 (120)         | 01:01:40    | 01:01:15   | 06:07 |    | 90 | 30/M40+    |          |
| 118     | 2077           | POL  | Flak-Wancerz Anna       | 1984    | Katowice                         | 00:32:34 (130)         | 01:01:48    | 01:01:19   | 06:07 | 28 |    | 19/K40     |          |
| 119     | 1938           | POL  | Kosek-Salachna Ewa      | 1975    | przyGOdowo, Ruda Śląska          | 00:30:52 (116)         | 01:02:16    | 01:01:53   | 06:11 | 29 |    | 9/K40+     |          |
| 120     | 2028           | POL  | Koślacz Katarzyna       | 1976    | Tychy                            | 00:32:09 (125)         | 01:02:17    | 01:01:54   | 06:11 | 30 |    | 10/K40+    |          |
| 121     | 1895           | POL  | Watrak Anna             | 1999    | Ruda Śląska                      | 00:32:10 (126)         | 01:02:18    | 01:01:53   | 06:11 | 31 |    | 20/K40     |          |
| 122     | 1212           | POL  | Kwiatkowska Elżbieta    | 1977    | Zabrze                           | 00:32:03 (124)         | 01:03:20    | 01:03:04   | 06:18 | 32 |    | 11/K40+    |          |
| 123     | 2080           | POL  | Grochecka Joanna        | 1983    | Obiboki, Mikołów                 | 00:32:52 (136)         | 01:03:32    | 01:03:09   | 06:18 | 33 |    | 21/K40     |          |
| 124     | 2058           | POL  | Grabowska Katarzyna     | 1973    | Tychy                            | 00:32:22 (128)         | 01:03:38    | 01:03:12   | 06:19 | 34 |    | 12/K40+    |          |
| 125     | 1926           | POL  | Zwolińska Katarzyna     | 1981    | HURAGAN LIGOTA, Katowice         | 00:32:41 (134)         | 01:03:40    | 01:03:24   | 06:20 | 35 |    | 22/K40     |          |
| 126     | 2062           | POL  | Pajestka Katarzyna      | 1977    | Ruda Śląska                      | 00:30:22 (112)         | 01:03:43    | 01:03:26   | 06:20 | 36 |    | 13/K40+    |          |
| 127     | 1874           | POL  | Jędrzejewska Beata      | 1979    | Kobiety Watahy, Bytom            | 00:31:45 (122)         | 01:03:44    | 01:03:23   | 06:20 | 37 |    | 23/K40     |          |
| 128     | 1875           | POL  | Jasek Wioletta          | 1975    | Wataha, Zabrze                   | 00:31:08 (117)         | 01:03:50    | 01:03:32   | 06:21 | 38 |    | 14/K40+    |          |

## Bieg Leśny RUDZKA DYCHA

| Miejsce | Numer startowy | Kraj | Nazwisko i imię       | Rok Ur. | Klub / Miejscowość           | Czas 5 km (Mjśc. 5 km) | Czas brutto | Czas netto | Tempo | K  | M  | Kat. wiek. | Kat. OAT |
|---------|----------------|------|-----------------------|---------|------------------------------|------------------------|-------------|------------|-------|----|----|------------|----------|
| 129     | 2027           | POL  | Bomba Maciej          | 1975    | Ruda Śląska                  | 00:33:21 (141)         | 01:04:43    | 01:04:14   | 06:25 |    | 91 | 31/M40+    |          |
| 130     | 2024           | POL  | Pyrchała Marlena      | 1989    | Siemianowice Śląskie         | 00:33:11 (140)         | 01:05:08    | 01:05:04   | 06:30 | 39 |    | 24/K40     |          |
| 131     | 1143           | POL  | Bitner-Ryszka Natalia | 1980    | Żory                         | 00:32:41 (133)         | 01:05:11    | 01:04:46   | 06:28 | 40 |    | 25/K40     |          |
| 132     | 1393           | POL  | Miszczak Katarzyna    | 1976    | Ekipa na kijach, Ruda Śląska | 00:32:38 (131)         | 01:05:17    | 01:04:55   | 06:29 | 41 |    | 15/K40+    |          |
| 133     | 1896           | POL  | Gil Arkadiusz         | 1999    | Ruda Śląska                  | 00:32:23 (129)         | 01:05:22    | 01:04:56   | 06:29 |    | 92 | 61/M40     |          |
| 134     | 1918           | POL  | Żyrek Agnieszka       | 1977    | Night Runners Zabrze, Zabrze | 00:33:26 (143)         | 01:05:27    | 01:05:02   | 06:30 | 42 |    | 16/K40+    |          |
| 135     | 1864           | POL  | Delewski Dariusz      | 1970    | Night Runners Zabrze, Zabrze | 00:33:27 (144)         | 01:05:27    | 01:05:03   | 06:30 |    | 93 | 32/M40+    |          |
| 136     | 1865           | POL  | Delewska Dorota       | 1970    | Night Runners Zabrze, Zabrze | 00:33:26 (142)         | 01:05:28    | 01:05:02   | 06:30 | 43 |    | 17/K40+    |          |
| 137     | 1026           | POL  | Damps Maria           | 1982    | Katowice                     | 00:33:01 (139)         | 01:05:31    | 01:05:03   | 06:30 | 44 |    | 26/K40     |          |
| 138     | 2112           | POL  | Zielosko Beata        | 1976    | Mikołów                      | 00:33:01 (138)         | 01:05:40    | 01:05:17   | 06:31 | 45 |    | 18/K40+    |          |
| 139     | 2075           | POL  | Hendel Katarzyna      | 1976    | przyGOdowo, Ruda Śląska      | 00:32:11 (127)         | 01:05:49    | 01:05:25   | 06:32 | 46 |    | 19/K40+    |          |
| 140     | 1866           | POL  | Marszałek Dariusz     | 1979    | Dąbrowa Górnicza             | 00:31:33 (119)         | 01:06:42    | 01:06:35   | 06:39 |    | 94 | 62/M40     |          |
| 141     | 1885           | POL  | Kubica Katarzyna      | 1992    | Dąbrowa Górnicza             | 00:31:33 (118)         | 01:06:42    | 01:06:35   | 06:39 | 47 |    | 27/K40     |          |
| 142     | 1152           | POL  | Syrek Jakub           | 1984    | Katowice                     | 00:33:54 (148)         | 01:06:59    | 01:06:30   | 06:38 |    | 95 | 63/M40     |          |
| 143     | 2087           | POL  | Adamus Anna           | 1977    | Ruda Śląska                  | 00:33:41 (146)         | 01:07:12    | 01:06:40   | 06:40 | 48 |    | 20/K40+    |          |
| 144     | 1944           | POL  | Modlińska Kinga       | 1992    | Katowice                     | 00:32:44 (135)         | 01:07:47    | 01:07:28   | 06:44 | 49 |    | 28/K40     |          |
| 145     | 1977           | POL  | Sołtyś Rafał          | 1977    | Rokitno                      | 00:32:40 (132)         | 01:09:05    | 01:08:38   | 06:51 |    | 96 | 33/M40+    |          |
| 146     | 1876           | POL  | Serwatka Angelika     | 1989    | Kobiety Watahy, Zabrze       | 00:33:39 (145)         | 01:09:37    | 01:09:15   | 06:55 | 50 |    | 29/K40     |          |
| 147     | 1949           | POL  | Michno Paulina        | 1992    | Sosnowiec                    | 00:32:57 (137)         | 01:09:55    | 01:09:44   | 06:58 | 51 |    | 30/K40     |          |
| 148     | 1386           | POL  | Bensz-Smagala Ewa     | 1981    | Chorzów                      | 00:34:45 (150)         | 01:10:11    | 01:09:42   | 06:58 | 52 |    | 31/K40     |          |
| 149     | 1272           | POL  | Smagała Michał        | 1986    | Chorzów                      | 00:34:45 (151)         | 01:10:12    | 01:09:42   | 06:58 |    | 97 | 64/M40     |          |
| 150     | 2117           | POL  | Matenna Małgorzata    | 2011    | Opel Active Team, Gliwice    | 00:33:44 (147)         | 01:10:27    | 01:10:22   | 07:02 | 53 |    |            | 5        |
| 151     | 1877           | POL  | Gromadzka Justyna     | 1982    | Kobiety Watahy, Bytom        | 00:34:43 (149)         | 01:10:48    | 01:10:26   | 07:02 | 54 |    | 32/K40     |          |
| 152     | 2090           | POL  | Koźłowska Daria       | 1989    | Biegam bo lubię, Ruda Śląska | 00:37:39 (157)         | 01:11:09    | 01:10:39   | 07:03 | 55 |    | 33/K40     |          |
| 153     | 1211           | POL  | Kuśmierczyk Joanna    | 1975    | Ruda Śląska                  | 00:35:50 (152)         | 01:13:10    | 01:12:49   | 07:16 | 56 |    | 21/K40+    |          |
| 154     | 2016           | POL  | Przyłucki Grzegorz    | 1968    | Preczów                      | 00:36:27 (153)         | 01:14:30    | 01:13:59   | 07:23 |    | 98 | 34/M40+    |          |
| 155     | 1920           | POL  | Baron Katarzyna       | 1984    | Gliwice                      | 00:37:46 (158)         | 01:16:01    | 01:15:32   | 07:33 | 57 |    | 34/K40     |          |
| 156     | 695            | POL  | Poręba-Gajda Beata    | 1989    | Ruda Śląska                  | 00:36:43 (154)         | 01:16:08    | 01:15:50   | 07:35 | 58 |    | 35/K40     |          |
| 157     | 1166           | POL  | Koj Jakub             | 1988    | TeamMy, Świętochłowice       | 00:37:27 (156)         | 01:16:24    | 01:16:10   | 07:37 |    | 99 | 65/M40     |          |
| 158     | 1065           | POL  | Zembaczyńska Joanna   | 1988    | TeamMy, Świętochłowice       | 00:37:27 (155)         | 01:16:24    | 01:16:10   | 07:36 | 59 |    | 36/K40     |          |
| DNF     | 2063           | POL  | Lakić Adrijana        | 1991    | Katowice                     | 00:47:41 (99999)       | 01:13:03    | 01:12:47   | 07:16 |    |    | DNF/K40    |          |