

Twardogóra - Mężczyźni OPEN 2019

10 km

M-CE OPEN	NR. START.	NAZWISKO	IMIĘ	MIASTO	KLUB	KAT. WIEK.	M-CE W KAT.	Gmina Twardogóra	Powiat Oleśnicki	POMIAR 2 km	POMIAR 4 km	POMIAR 6 km	POMIAR 8 km	CZAS	CZAS NETTO	Tempo
1	111	KOSGEI	MATHEW	ELDORET	BENEDEK-TEAM ELDORET	M20	1			00:06:07	00:12:11	00:18:16	00:24:09	00:29:55	00:29:55	00:03:00
2	109	CHERUTICH	NELSON KIPKOGEI	ELDORET	BENEDEK-TEAM ELDORET	M20	2			00:06:08	00:12:11	00:18:16	00:24:10	00:29:57	00:29:57	00:03:00
3	108	WAMBUA	ELIJAH MUTUKU	ELDORET	BENEDEK-TEAM ELDORET	M20	3			00:06:07	00:12:11	00:18:15	00:24:10	00:30:12	00:30:12	00:03:01
4	119	KIBIRE	MOSES KIPRUTO	ELDORET	BENEDEK-TEAM ELDORET	M30	1			00:06:07	00:12:11	00:18:16	00:24:21	00:30:28	00:30:28	00:03:03
5	90	OKSENIUK	SERGII	LUCK	KRYSTOFIAK TEAM	M30	2			00:06:07	00:12:11	00:18:17	00:24:24	00:30:55	00:30:55	00:03:06
6	123	BOHDANOV	MYHAILO	UKRAINA	DINAMO	M30	3			00:06:10	00:12:20	00:18:43	00:25:07	00:31:27	00:31:27	00:03:09
7	93	MARCHUK	SERGII	KOVEL	MIZUNO ONE TEAM	M30	4			00:06:10	00:12:28	00:18:59	00:25:33	00:32:11	00:32:11	00:03:13
8	96	PIASETSKYI	ANDRII	KOVEL	KOVEL	M30	5			00:06:22	00:13:00	00:19:48	00:26:43	00:33:31	00:33:31	00:03:21
9	124	TELNOV	KONSTANTIN	UKRAINA	UKRAINA	M30	6			00:06:39	00:13:23	00:20:17	00:27:26	00:34:26	00:34:24	00:03:27
10	129	KULIK	ROBERT	TWARDOGÓRA	MLKS ECHO TWARDOGÓRA	M16	1	Gmina	Powiat	00:06:42	00:13:41	00:20:43	00:27:50	00:34:32	00:34:32	00:03:27
11	122	KROULAIDIS	SERGII	UKRAINA	LKS RUDNIK	M40	1			00:06:40	00:13:35	00:20:42	00:27:51	00:34:43	00:34:43	00:03:28
12	42	SOBCZYK	TOMASZ	WROCLAW	MKS SIECHNICE	M40	2			00:06:40	00:13:35	00:20:42	00:27:55	00:35:02	00:35:02	00:03:30
13	54	WIELGUS	ARKADIUSZ	ROŚCISŁAWICE	KS. ROŚCISŁAWICE	M20	4			00:06:18	00:13:25	00:20:43	00:28:11	00:35:41	00:35:41	00:03:34
14	115	GÓRECKI	KRZYSZTOF	DĄBROWA	DĄBROWA	M40	3	Gmina	Powiat	00:06:56	00:14:10	00:21:30	00:28:54	00:36:08	00:36:08	00:03:37
15	134	RYCHLIK	ARTUR	BARANÓW	KS GEPARD KĘPNO	M50	1			00:07:10	00:14:30	00:21:55	00:29:22	00:36:52	00:36:50	00:03:41
16	18	HARZOWSKI	MATEUSZ	TWARDOGÓRA	TWARDOGÓRA	M20	5	Gmina	Powiat	00:07:01	00:14:24	00:21:58	00:29:44	00:36:54	00:36:54	00:03:41
17	112	SOBERA	ŁUKASZ	TWARDOGÓRA	TWARDOGÓRA	M30	7	Gmina	Powiat	00:07:15	00:14:43	00:22:14	00:29:45	00:36:56	00:36:56	00:03:42
18	41	SMUŻNY	ŁUKASZ	WAŁBRZYCH	PREDATORS WAŁBRZYCH	M16	2			00:06:59	00:14:29	00:22:13	00:30:06	00:37:28	00:37:28	00:03:45
19	37	PŁOCHOCKI	RYSZARD	NOWE SKALMIERZ	SUPERMARATON KALISZ	M50	2			00:07:10	00:14:30	00:22:04	00:29:45	00:37:30	00:37:30	00:03:45
20	35	PIECZUROWSKI	SŁAWOMIR	WROCLAW	TEAM-LUKS ŻÓRAWINA- WROCLAW	M50	3			00:07:12	00:14:39	00:22:18	00:30:02	00:37:42	00:37:41	00:03:46
21	51	URBAŃCZYK	JERZY	TUREK	KB MARATON TUREK	M50	4			00:07:12	00:14:43	00:22:28	00:30:17	00:37:58	00:37:56	00:03:48
22	88	OLSZEWSKI	JAROSŁAW	NAMYSŁÓW	NAMYSŁÓW	M30	8			00:07:18	00:14:47	00:22:30	00:30:18	00:38:10	00:38:08	00:03:49
23	100	WODNICKI	ŁUKASZ	TWARDOGÓRA	TWARDOGÓRA	M30	9	Gmina	Powiat	00:07:16	00:14:54	00:22:51	00:30:56	00:38:54	00:38:53	00:03:53
24	44	SOBIŃSKI	SŁAWOMIR	GOSZCZ	GOSZCZ	M40	4	Gmina	Powiat	00:07:16	00:14:58	00:23:00	00:31:10	00:39:15	00:39:14	00:03:56
25	101	WAJDA	PAWEŁ	MOSZYCE	MOSZYCE	M30	10	Gmina	Powiat	00:07:22	00:15:20	00:23:27	00:31:34	00:39:40	00:39:39	00:03:58
26	97	KAZIMIROW	ALEKSANDER	KALISZ	KALISZ	M30	11			00:07:42	00:15:43	00:24:03	00:32:15	00:39:46	00:39:46	00:03:59
27	132	KORNALSKI	GRZEGORZ	TWARDOGÓRA	PBWUK	M40	5	Gmina	Powiat	00:07:25	00:15:28	00:23:37	00:31:45	00:39:50	00:39:49	00:03:59
28	27	ŁOZIŃSKI	WOJCIECH	OLEŚNICA	ULTRA SPEED KWEZAL OLEŚNICA	M40	6		Powiat	00:07:29	00:15:27	00:23:41	00:32:01	00:40:11	00:40:11	00:04:01

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29	20	JAROSIK	DARIUSZ	OSTRÓW WIELKOF	OSTRÓW WLKP.	M40	7			00:07:54	00:15:51	00:23:56	00:32:12	00:40:29	00:40:27	00:04:03
30	19	HAZUBSKI	ANDRZEJ	TRZEBNICA	KAMILNOTEBOOK& SELLTECHSC ATHLETICS TEAM PRUSICE	M50	5			00:07:41	00:15:37	00:23:53	00:32:26	00:40:54	00:40:52	00:04:05
31	103	JANOWICZ	JERZY	LESZNO	LESZNO	M60	1			00:08:01	00:16:22	00:24:41	00:32:57	00:41:10	00:41:09	00:04:07
32	49	SZELERSKI	PIOTR	OLEŚNICA	OLEŚNICKA GRUPA TRIATHLONOWA	M30	12		Powiat	00:07:56	00:16:06	00:24:32	00:33:04	00:41:12	00:41:10	00:04:07
33	125	HAŁAS	BARTOSZ	TWARDOGÓRA	TWARDOGÓRA	M30	13	Gmina	Powiat	00:07:48	00:16:09	00:24:42	00:33:05	00:41:17	00:41:15	00:04:08
34	36	PILARSKI	DIONIZY	OLEŚNICA	KB LUPUS OLEŚNICA	M50	6		Powiat	00:07:56	00:16:05	00:24:32	00:33:02	00:41:20	00:41:19	00:04:08
35	56	ŻYGADŁO	TADEUSZ	WOŁÓW	WOŁÓW BIEGA	M40	8			00:08:08	00:16:27	00:24:48	00:33:19	00:41:22	00:41:19	00:04:08
36	13	GARBAREK	WIESŁAW	JAROCIN	TKKF TRUCHT JAROCIN	M60	2			00:08:01	00:16:21	00:24:48	00:33:18	00:41:28	00:41:27	00:04:09
37	110	ĆWIK	ADAM	OLEŚNICA	OLEŚNICA	M40	9		Powiat	00:07:36	00:15:54	00:24:31	00:33:07	00:41:33	00:41:32	00:04:09
38	48	SZCZEPANIAK	RAFAŁ	KARŁOWICE	PREDATOR KARŁOWICE	M30	14			00:07:32	00:15:55	00:24:34	00:33:24	00:42:01	00:42:01	00:04:12
39	4	BRONOWICKI	ŁUKASZ	PAJĘCZAK	PAJĘCZAK	M30	15	Gmina	Powiat	00:08:02	00:16:25	00:25:08	00:34:00	00:42:37	00:42:35	00:04:16
40	43	SOBERA	JAN	TWARDOGÓRA	MLKS ECHO TWARDOGÓRA	M50	7	Gmina	Powiat	00:07:59	00:16:20	00:25:02	00:33:57	00:42:47	00:42:46	00:04:17
41	144	JABŁOŃSKI	SEBASTIAN	WROCLAW	SSW TEAM KROŚNICE	M30	16			00:07:59	00:16:44	00:25:33	00:34:23	00:43:00	00:42:57	00:04:18
42	121	WILK	CZESŁAW	WĘGRÓW	PRO-RUN WROCLAW	M60	3			00:08:01	00:16:21	00:24:49	00:33:39	00:43:02	00:43:00	00:04:18
43	117	PIETRZAK	ARTUR	TWARDOGÓRA	AMATOR -> BIEGANIE + NAWADNIANIE :)	M30	17	Gmina	Powiat	00:07:56	00:16:42	00:25:33	00:34:35	00:43:12	00:43:11	00:04:19
44	38	REJEK	WIESŁAW	KROBIA	KROBIA	M60	4			00:08:10	00:16:38	00:25:27	00:34:27	00:43:28	00:43:25	00:04:21
45	114	KOZIOL	BOGUSŁAW	OLEŚNICA	GANG RÓŻOWYCH MISIÓW	M40	10		Powiat	00:08:25	00:17:03	00:25:59	00:35:04	00:43:45	00:43:39	00:04:23
46	8	CZERW	KONRAD	TRZEBNICA	TRZEBNICA	M40	11			00:08:42	00:17:27	00:26:19	00:35:16	00:43:53	00:43:50	00:04:23
47	15	GRESZTA	PIOTR	WROCLAW	WROCLAW	M40	12			00:08:18	00:17:17	00:26:17	00:35:18	00:44:02	00:44:00	00:04:24
48	87	MASŁOWSKI	MICHAŁ	OBORNIKI ŚLĄSKIE	NO LIMITS OBORNIKI ŚLĄSKIE	M20	6			00:08:32	00:17:37	00:26:42	00:36:09	00:45:15	00:45:11	00:04:31
49	22	KAMZOL	MARCIN	ODOLANÓW	ODOLANÓW	M30	18			00:08:39	00:17:31	00:26:32	00:35:49	00:45:18	00:45:11	00:04:32
50	34	PAWLIK	PAWEŁ	OLEŚNICA	CAŁA OLEŚNICA BIEGA	M40	13		Powiat	00:08:51	00:18:03	00:27:16	00:36:29	00:45:36	00:45:27	00:04:34
51	99	FROŃSKI	TOMASZ	WROCLAW	WROCLAW	M30	19			00:08:57	00:18:09	00:27:43	00:37:15	00:45:50	00:45:45	00:04:35
52	9	CZERWIŃSKI	RAFAŁ	OLEŚNICA	KB LUPUS OLEŚNICA	M30	20		Powiat	00:08:53	00:18:05	00:27:29	00:37:09	00:46:13	00:46:11	00:04:37
53	52	WESOŁOWSKI	MACIEJ	WROCLAW	WROCLAW	M40	14			00:08:59	00:18:16	00:27:42	00:37:14	00:46:45	00:46:40	00:04:41
54	127	SZUWALSKI	DOMADER	POLSKA	POLSKA	M16	3		Powiat	00:08:49	00:18:04	00:27:56	00:37:32	00:46:54	00:46:48	00:04:41
55	17	GRZYWACZ	MARCIN	OLEŚNICA	OLEŚNICA	M40	15		Powiat	00:09:16	00:18:38	00:27:58	00:37:34	00:47:07	00:47:02	00:04:43

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56	30	MARCINKIEWICZ	TADEUSZ	WROCLAW	MASTERS WROCLAW	M60	5			00:08:38	00:17:54	00:27:43	00:37:52	00:48:20	00:48:16	00:04:50
57	24	KEDZIA	ANDRZEJ	SYCÓW	SYCÓW	M50	8		Powiat	00:09:21	00:18:57	00:28:42	00:38:27	00:48:25	00:48:22	00:04:50
58	5	CABAN	RAFAŁ	OLEŚNICA	UKS LUDWIKOWICE	M40	16		Powiat	00:09:04	00:18:33	00:28:20	00:38:27	00:48:32	00:48:26	00:04:51
59	7	CZERNIAK	HENRYK	BORZYKOWO	KB KOSYNIER WRZEŚNIA	M70	1			00:09:25	00:19:08	00:29:02	00:39:07	00:49:01	00:49:00	00:04:54
60	26	KWIATKOWSKI	PIOTR	BIERUTÓW	BIERUTOWSKA GRUPA BIEGOWA	M30	21		Powiat	00:09:24	00:19:22	00:29:30	00:39:35	00:49:12	00:49:06	00:04:55
61	39	SKOWRONEK	MARIAN	GORZYCE MAŁE	LZS GORZYCE MAŁE	M40	17			00:09:26	00:19:08	00:29:06	00:39:11	00:49:15	00:49:11	00:04:55
62	25	KUBASZCZYK	JAKUB	OLEŚNICA	OLEŚNICA	M20	7		Powiat	00:09:13	00:18:40	00:28:40	00:39:13	00:49:26	00:49:21	00:04:57
63	32	MENCZYŃSKI	MICHAŁ	SYCÓW	SYCÓW	M30	22		Powiat	00:09:31	00:19:25	00:29:22	00:39:31	00:49:30	00:49:25	00:04:57
64	21	JUMA	MACIEJ	OLEŚNICA	KB LUPUS OLEŚNICA	M30	23		Powiat	00:10:04	00:21:08	00:31:53	00:40:57	00:49:42	00:49:38	00:04:58
65	86	JAWORSKI	ŁUKASZ	OLEŚNICA	CAŁA OLEŚNICA BIEGA	M20	8		Powiat	00:08:49	00:18:30	00:28:51	00:39:41	00:49:45	00:49:40	00:04:59
66	47	SZCZEPANIAK	MATEUSZ	TWARDOGÓRA	TWARDOGÓRA	M20	9	Gmina	Powiat	00:08:39	00:18:31	00:28:52	00:39:35	00:49:52	00:49:51	00:04:59
67	11	ENGEL	TOMASZ	OLAWA	STRAŻ POŻARNA OLAWA	M40	18			00:09:40	00:19:41	00:29:47	00:40:15	00:50:26	00:50:19	00:05:03
68	89	IGNASIAK	JAN	SIERADZ	RAJ Sport	M60	6			00:09:57	00:20:05	00:30:22	00:40:39	00:50:39	00:50:35	00:05:04
69	133	MACIASZCZYK	ROMAN	BIERUTÓW	BIERUTOWSKA GRUPA BIEGOWA	M50	9		Powiat	00:09:31	00:19:45	00:30:11	00:40:49	00:51:26	00:51:24	00:05:09
70	128	KUCZYŃSKI	PAWEŁ	POLSKA	POLSKA	M40	19	Gmina	Powiat	00:08:44	00:20:46	00:31:23	00:41:55	00:52:13	00:52:12	00:05:13
71	50	TUREK	MARIUSZ	GOSZCZ	CAŁA OLEŚNICA BIEGA / TRENUJZNAMI.PL	M30	24	Gmina	Powiat	00:09:49	00:20:12	00:30:56	00:41:43	00:52:38	00:52:33	00:05:16
72	16	GRĘDA	JÓZEF	SYCÓW	OLIMPIA SYCÓW	M70	2		Powiat	00:10:01	00:20:32	00:31:27	00:42:19	00:52:56	00:52:54	00:05:18
73	28	MACHOWSKI	EDWARD	WOŁÓW	WOŁÓW BIEGA	M70	3			00:10:02	00:20:32	00:31:23	00:42:24	00:53:30	00:53:26	00:05:21
74	10	DYLUŚ	KAMIL	WROCLAW	WROCLAW	M30	25			00:10:40	00:21:09	00:32:22	00:43:18	00:53:57	00:53:49	00:05:24
75	145	KOPNIK	FELIKS	TWARDOGÓRA	TWARDOGÓRA	M16	4	Gmina	Powiat	00:10:04	00:20:31	00:31:17	00:42:26	00:54:00	00:53:55	00:05:24
76	139	KULCZYCKI	PRZEMYSŁA W	OSTROWINA	OSTROWINA	M20	10		Powiat	00:10:33	00:21:48	00:33:17	00:43:37	00:54:07	00:53:59	00:05:25
77	140	POLAŃSKI	JAROSŁAW	OSTROWINA	OSTROWINA	M30	26		Powiat	00:10:33	00:21:49	00:33:18	00:43:38	00:54:07	00:53:59	00:05:25
78	141	ŁATOSZYŃSKI	OSKAR	OSTROWINA	OSTROWINA	M40	20		Powiat	00:10:34	00:21:49	00:33:18	00:43:38	00:54:08	00:53:59	00:05:25
79	137	WILKOWIECKI	SŁAWOMIR	TWARDOGÓRA	DEG-PLAST	M40	21	Gmina	Powiat	00:10:33	00:21:49	00:33:18	00:43:38	00:54:08	00:53:59	00:05:25
80	138	JASKUŁA	ROBERT	OLEŚNICA	PRO-RUN WROCLAW	M40	22		Powiat	00:09:13	00:20:12	00:31:45	00:43:25	00:54:21	00:54:14	00:05:26
81	29	MANDAT	JANEK	OLEŚNICA	KB LUPUS OLEŚNICA	M60	7		Powiat	00:09:40	00:19:58	00:30:40	00:42:48	00:54:34	00:54:33	00:05:27
82	120	LEWANDOWSKI	TADEUSZ	WROCLAW	WKB PIAST WROCLAW	M70	4			00:10:08	00:20:49	00:31:58	00:43:27	00:54:42	00:54:37	00:05:28
83	53	WIECZOREK	PIOTR	OLEŚNICA	CAŁA OLEŚNICA BIEGA	M50	10		Powiat	00:10:23	00:21:14	00:32:25	00:43:42	00:54:45	00:54:42	00:05:28
84	146	KZAVETS	VIKTOR	TWARDOGÓRA	UKRAINA	M50	11	Gmina	Powiat	00:08:43	00:19:50	00:32:29	00:44:14	00:55:48	00:55:47	00:05:35
85	2	RACZKOWSKI	MARCIN	DOBROSZYCE	DOBROSZYCE	M30	27		Powiat	00:09:52	00:20:34	00:31:51	00:43:43	00:56:24	00:56:17	00:05:38

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86	14	GIZIŃSKI	STEFAN	WOŁÓW	WOŁÓW BIEGA	M70	5			00:11:09	00:22:44	00:34:35	00:46:21	00:57:44	00:57:40	00:05:46
87	106	ZAJĄC	LESZEK	RADOMYŚL	RADOMYŚL	M60	8			00:11:39	00:23:32	00:35:37	00:46:54	00:58:14	00:58:09	00:05:49
88	23	KASZUBA	EDWARD	WROCLAW	WKB PIAST WROCLAW	M70	6			00:11:32	00:23:35	00:35:29	00:47:01	00:58:33	00:58:28	00:05:51
89	1	OBREMSKI	JAROSŁAW	WROCLAW	WKS SENAT	M50	12			00:11:26	00:23:14	00:35:28	00:47:47	00:59:37	00:59:35	00:05:58
90	46	SZAŁAJKO	JERZY	WROCLAW	DUCH GÓR WROCLAW	M50	13			00:11:03	00:22:23	00:34:13	00:46:53	00:59:37	00:59:30	00:05:58
91	136	FEDORÓW	ARTUR	OLEŚNICA	DOLNOŚLĄSKI ODDZIAŁ OLIMPIAD SPECJALNYCH	M40	23		Powiat	00:10:39	00:22:32	00:34:39	00:47:07	01:00:10	01:00:03	00:06:01
92	130	ŚLEBODA	RYSZARD	WOŁÓW	WOŁÓW BIEGA	M70	7			00:13:09	00:27:01	00:41:19	00:56:03	01:10:52	01:10:48	00:07:05
93	45	STERNALSKI	MICHAŁ	WROCLAW	WKB PIAST WROCLAW	M40	24			00:14:10	00:29:00	00:43:23	00:58:27	01:13:17	01:13:08	00:07:20