

5. ZŁOTA DYCHA

Wyniki OPEN

Data: 31.05.2025

Miejsce: Złotoryja

Dystans: 10 km

MSC	IMIĘ	NAZWISKO	NR	PŁEĆ	KLUB	KAT / WIEK	MSC / KAT	POMIAR 1	POMIAR 2	POMIAR 3	CZAS	CZAS NETTO
1	ALBERT KIPKORIR	TONUI	148	M	BENEDEK-TEAM	M20	1	00:07:20	00:14:57	00:22:41	00:30:20	00:30:19
2	ŁUKASZ	LUKIEWICZ	80	M	KP PSP ZGORZELEC	M20	2	00:08:03	00:16:39	00:25:19	00:34:23	00:34:21
3	VALENTINE	JEBET BENEDEK	54	K	BENEDEK-TEAM	K20	1	00:08:36	00:17:27	00:26:30	00:35:30	00:35:30
4	GRZEGORZ	MACIOROWSKI	84	M	EDI TEAM ZGORZELEC	M50	1	00:09:03	00:18:17	00:27:51	00:37:19	00:37:18
5	MARCIN	PAWŁOWSKI	107	M		M40	1	00:09:16	00:18:41	00:28:07	00:37:27	00:37:27
6	SZYMON	KUCA	72	M	IKSY - XXXXX	M40	2	00:09:08	00:18:36	00:28:16	00:38:09	00:38:07
7	MAREK	KRAJEWSKI	68	M	4K LEGNICA	M40	3	00:09:24	00:19:02	00:28:48	00:38:30	00:38:28
8	BARTŁOMIEJ	GORCZYŃSKI	39	M		M30	1	00:09:41	00:19:33	00:29:40	00:39:39	00:39:36
9	KAMIL	DRZEWIECKI	25	M	DRUŻYNA DOBREJ ENERGII	M30	2	00:09:31	00:19:29	00:29:45	00:39:47	00:39:47
10	MIŁOSZ	ZIELINSKI	170	M		M30	3	00:09:47	00:19:53	00:30:10	00:40:06	00:40:05
11	JACEK	JABŁOŃSKI	176	M		M30	4	00:09:37	00:19:45	00:30:28	00:41:00	00:41:00
12	BARTŁOMIEJ	JAKIMOWICZ	51	M		M20	3	00:10:30	00:20:52	00:31:07	00:41:04	00:41:02
13	JAKUB	ZADWÓRNY	164	M		M20	4	00:09:43	00:20:14	00:30:44	00:41:11	00:41:10
14	ANNA	FICNER - ZBOROWSKA	32	K	OLAWS ZŁOTORYJA/MKS SIECHNICE	K40	1	00:10:21	00:20:54	00:31:09	00:41:27	00:41:23
15	MARIUSZ	HOŁUBKA	48	M		M50	2	00:09:50	00:20:05	00:30:47	00:41:53	00:41:51
16	SEBASTIAN	KRAWIEC	69	M	EDI TEAM ZGORZELEC	M30	5	00:10:21	00:20:43	00:31:15	00:41:55	00:41:52
17	MATEUSZ	DREGER	24	M	ROZBIEGANI CHOJNOW	M20	5	00:09:55	00:20:36	00:31:33	00:42:31	00:42:28
18	ŁUKASZ	ZAPART	166	M	ZAPI.NA.TO	M30	6	00:10:31	00:21:05	00:32:04	00:42:57	00:42:53
19	ROBERT	ŚLĘZAK	143	M	OLIMPIJCZYK SZCZOKOCINY	M40	4	00:10:50	00:21:49	00:32:47	00:43:27	00:43:24
20	KAROL	ENGLER	30	M		M20	6	00:10:48	00:21:41	00:32:47	00:43:27	00:43:23
21	MICHAŁ	DURAJCZYK	29	M	R.K.S HUWDU	M40	5	00:10:27	00:21:20	00:32:38	00:43:30	00:43:27
22	MARIUSZ	CHODOR	16	M		M40	6	00:10:27	00:21:28	00:32:36	00:43:32	00:43:29
23	PRZEMYSŁAW	DRZEWIECKI	26	M		M30	7	00:10:23	00:21:21	00:32:39	00:43:39	00:43:37
24	OLAF	MĘDRAŚ	92	M		M40	7	00:10:17	00:21:17	00:32:38	00:43:42	00:43:40
25	EWELINA	OLEJNIK	102	K	EDI TEAM ZGORZELEC	K30	1	00:10:21	00:21:07	00:32:22	00:43:50	00:43:47
26	KRZYSZTOF	TEODOROWICZ	146	M	EDI TEAM ZGORZELEC	M50	3	00:10:31	00:21:36	00:33:10	00:44:27	00:44:24
27	JAROSŁAW	OLEKSIEJUK	103	M	BIEGAM BO LUBIĘ	M50	4	00:10:48	00:21:55	00:33:24	00:44:44	00:44:42
28	ANITA	MATNER	89	K	MATNER RUNNING TEAM	K30	2	00:10:34	00:21:50	00:33:24	00:44:45	00:44:42
29	JAKUB	MUCHA	96	M		M30	8	00:11:16	00:22:27	00:33:50	00:45:09	00:45:05
30	KORNELIA	PRZESTRZELSKA	121	K		K20	2	00:10:52	00:21:59	00:33:33	00:45:12	00:45:10
31	DOMINIK	LESZCZUK	77	M		M40	8	00:10:48	00:22:00	00:33:42	00:45:27	00:45:25
32	FILIP	DUDZIK	28	M		M20	7	00:10:48	00:22:21	00:34:14	00:45:40	00:45:37
33	MARCIN	HANISZEWSKI	45	M		M20	8	00:11:15	00:22:59	00:35:17	00:46:15	00:46:10
34	DANIEL	ZDAŃSKI	169	M	IKSY - XXXXX	M40	9	00:10:46	00:22:22	00:34:28	00:46:35	00:46:32
35	KRZYSZTOF	BEDNARZ	6	M	TS REGLE	M40	10	00:11:09	00:22:42	00:34:56	00:46:55	00:46:45
36	PIOTR	SZUMOWSKI	142	M		M20	9	00:10:01	00:21:57	00:35:09	00:47:22	00:47:20
37	ROBERT	TURKÓW	151	M		M30	9	00:11:58	00:24:01	00:36:09	00:47:34	00:47:23
38	MARTIN	NIEĆ	99	M		M20	10	00:10:47	00:22:06	00:34:57	00:47:54	00:47:50
39	ŁUKASZ	KWAPIS	74	M	DRUŻYNA DOBREJ ENERGII	M30	10	00:10:46	00:22:35	00:35:09	00:47:59	00:47:56
40	ARTUR	CIEPŁUCHA	19	M	KS SIERADZ BIEGA	M50	5	00:11:42	00:23:46	00:35:59	00:48:00	00:47:53
41	ANETA	SĘDOR	129	K		K30	3	00:10:48	00:22:58	00:35:35	00:48:10	00:48:09

ELEKTRONICZNY POMIAR CZASU TOP-CHRONO

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5. ZŁOTA DYCHA

Wyniki OPEN

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Miejsce: Złotoryja

Dystans: 10 km

MSC	IMIĘ	NAZWISKO	NR	PŁEĆ	KLUB	KAT / WIEK	MSC / KAT	POMIAR 1	POMIAR 2	POMIAR 3	CZAS	CZAS NETTO
42	MIROSŁAW	KACZUGA	57	M		M60	1	00:11:41	00:23:48	00:36:00	00:48:18	00:48:15
43	DAWID	RYCĄBEL	125	M	OLAWS ZŁOTORYJA	M40	11	00:12:12	00:24:14	00:36:41	00:48:36	00:48:25
44	SZYMON	KOWIALSKI	66	M		M20	11	00:11:13	00:23:03	00:35:58	00:48:49	00:48:38
45	MACIEK	SAMOLAK	128	M	16DBOT	M40	12	00:11:58	00:24:01	00:36:29	00:49:05	00:48:58
46	PAWEŁ	PASTUCH	106	M		M30	11	00:12:11	00:24:34	00:37:15	00:49:07	00:48:54
47	FILIP	KŁOCEK	61	M		M20	12	00:11:37	00:23:57	00:36:41	00:49:11	00:49:07
48	MIROSŁAW	WIDZIEWICZ	157	M	OLAWS ZŁOTORYJA	M60	2	00:11:42	00:24:21	00:37:04	00:49:41	00:49:38
49	ZBIGNIEW	KUCZYŃSKI	73	M	KGHM ZGRUN	M70	1	00:11:45	00:24:20	00:37:01	00:49:41	00:49:39
50	ARKADIUSZ	ANTONOWICZ	2	M		M20	13	00:12:11	00:24:34	00:37:16	00:49:52	00:49:40
51	WŁODZIMIERZ	RAPACKI	123	M	BBL LEGNICA	M70	2	00:11:49	00:24:20	00:37:08	00:50:11	00:50:09
52	WIOLETTA	CARDA-PĄCHALSKA	14	K		K30	4	00:12:23	00:24:54	00:37:43	00:50:16	00:50:11
53	BARBARA	TEODOROWICZ	145	K	EDI TEAM ZGORZELEC	K40	2	00:12:24	00:24:51	00:37:42	00:50:24	00:50:21
54	ZBIGNIEW	PLEŚNIARSKI	114	M	KLUB SPORTOWY GRAŃ W KARPACZU	M60	3	00:12:03	00:24:46	00:37:50	00:50:44	00:50:43
55	MIROSŁAW	GRZEŚKÓW	41	M		M50	6	00:11:54	00:24:01	00:36:47	00:50:52	00:50:44
56	TOMASZ	HUBIAK	49	M		M40	13	00:12:07	00:24:53	00:38:00	00:50:54	00:50:51
57	ANETA	URBANER	153	K	ROZBIEGANI CHOJNOW	K20	3	00:11:47	00:24:33	00:37:45	00:50:59	00:50:57
58	DARIUSZ	POSTUMENT	119	M		M20	14	00:12:25	00:25:24	00:38:35	00:51:01	00:50:54
59	EWA	ZAPART-CZASLAWSKA	167	K	ZŁOTORYJA	K40	3	00:12:05	00:24:54	00:38:01	00:51:07	00:51:03
60	PATRYK	BOREK	10	M	PAWŁOWICE WIELKIE	M20	15	00:11:35	00:24:08	00:37:52	00:51:36	00:51:31
61	JAREK	ZIEMKIEWICZ	171	M	UKS RUNNING TEAM	M40	14	00:12:20	00:24:52	00:37:48	00:51:42	00:51:34
62	JOANNA	ŁUKASIK	82	K	MLKS RAKOWICE	K50	1	00:12:23	00:25:23	00:38:49	00:51:53	00:51:49
63	ŁUKASZ	MACYSZYN	85	M	IKSY - XXXXX	M40	15	00:12:21	00:25:23	00:38:55	00:51:56	00:51:50
64	DOMINIKA	NAWIEŚNIAK	98	K		K30	5	00:12:06	00:24:57	00:38:34	00:52:41	00:52:39
65	DANIEL	DUDA	27	M	OLAWS ZŁOTORYJA	M40	16	00:12:42	00:26:02	00:39:13	00:52:43	00:52:36
66	IGOR	LESZCZYŃSKI	78	M		M30	12	00:12:11	00:25:27	00:39:07	00:52:56	00:52:50
67	SYLWESTER	SKIERESZ	131	M	--	M50	7	00:12:45	00:26:23	00:39:39	00:53:01	00:52:57
68	OSKAR	GAWRON	34	M		M20	16	00:12:53	00:25:46	00:39:38	00:53:01	00:52:48
69	JACEK	STAWORZYŃSKI	133	M		M40	17	00:12:08	00:25:29	00:39:09	00:53:01	00:52:57
70	KATARZYNA	PIECHOWICZ	110	K		K20	4	00:12:02	00:24:53	00:39:34	00:53:03	00:52:56
71	MEDARD	MILEYSKI	181	M		M50	8	00:12:53	00:26:19	00:40:10	00:53:06	00:52:58
72	MAGDALENA	PILICH	112	K		K40	4	00:12:23	00:25:50	00:39:53	00:53:10	00:53:05
73	BEDNARZ	TYMON	152	M		M20	17	00:12:07	00:25:01	00:39:07	00:53:36	00:53:25
74	OLIWIA	GRZEŚKÓW	42	K		K20	5	00:12:39	00:26:01	00:39:52	00:53:38	00:53:32
75	PIOTR	CHROBAK	18	M	OLAWS ZŁOTORYJA	M40	18	00:12:41	00:26:02	00:39:50	00:53:42	00:53:36
76	PAWEŁ	MAZUR	90	M		M50	9	00:12:43	00:26:08	00:40:00	00:53:45	00:53:39
77	MIROSŁAW	SZANIEWSKI	138	M	BIEGAMDLAZDROWIA.PL	M50	10	00:12:46	00:26:05	00:39:58	00:54:01	00:53:50
78	MARIUSZ	WIERZBICKI	158	M		M50	11	00:11:54	00:25:30	00:39:42	00:54:06	00:54:05
79	ALEKSANDRA	SERENDA	180	K		K40	5	00:13:03	00:26:36	00:40:29	00:54:10	00:54:02
80	MARCIN	POTURNIAK	120	M		M30	13	00:12:24	00:25:55	00:40:11	00:54:29	00:54:26
81	MONIKA	RZAŚA	126	K	FITNESS PIEKARY LEGNICA	K40	6	00:13:02	00:26:32	00:40:57	00:54:32	00:54:24
82	PAWEŁ	ZACHARY	163	M	TEAM ZNAD ODRY	M40	19	00:11:59	00:25:18	00:39:46	00:54:36	00:54:31

ELEKTRONICZNY POMIAR CZASU TOP-CHRONO

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Dystans: 10 km

MSC	IMIĘ	NAZWISKO	NR	PŁEĆ	KLUB	KAT / WIEK	MSC / KAT	POMIAR 1	POMIAR 2	POMIAR 3	CZAS	CZAS NETTO
83	ANDRZEJ	DOMAGAŁA	23	M	ANDY DOMAG RUN	M50	12	00:12:44	00:26:19	00:40:30	00:54:40	00:54:37
84	KATARZYNA	GRZELKA-ZEMBATY	40	K		K40	7	00:13:30	00:27:05	00:40:56	00:54:41	00:54:32
85	PATRYK	TOKAREK	147	M		M30	14	00:12:23	00:25:33	00:39:49	00:54:42	00:54:31
86	MAREK	TRZCINKA	150	M		M50	13	00:12:49	00:26:26	00:40:41	00:54:57	00:54:53
87	ANDRZEJ	KOŁODZIEJ	64	M	KS ACTIVE URAN	M50	14	00:12:45	00:26:26	00:40:41	00:54:57	00:54:53
88	DOMINIK	ŻABOKLICKI	173	M		M30	15	00:12:59	00:26:21	00:40:41	00:55:13	00:55:02
89	REGINA	TAVERA VILLASENOR	177	K		K20	6	00:12:46	00:26:41	00:41:21	00:55:19	00:55:10
90	MIROSŁAW	WNEK	159	M		M40	20	00:13:18	00:27:04	00:41:11	00:55:19	00:55:09
91	WITEK	SIEMBIDA	130	M	JRGH KGHM	M30	16	00:12:06	00:26:17	00:40:50	00:55:22	00:55:14
92	ANNA	ZIOMKO	172	K		K40	8	00:13:08	00:26:56	00:41:21	00:55:35	00:55:27
93	MARIUSZ	POŚLUSZNY	118	M	TEAM ZNAD ODRY	M50	15	00:13:34	00:27:38	00:41:43	00:55:38	00:55:32
94	EWELINA	SPŁAWNIK	132	K		K30	6	00:13:05	00:27:03	00:41:49	00:56:02	00:55:53
95	ŁUKASZ	BRZUMOWSKI	13	M		M40	21	00:13:39	00:27:55	00:42:17	00:56:19	00:56:08
96	ADRIAN	MARASZEK	87	M		M20	18	00:13:19	00:26:47	00:41:37	00:56:25	00:56:15
97	RAFAŁ	SZKOP	140	M	KGHM ZG RUN	M40	22	00:12:39	00:26:34	00:41:23	00:56:32	00:56:23
98	ZBIGNIEW	POMYKAŁA	116	M	OLAWS ZŁOTORYJA	M60	4	00:13:41	00:27:59	00:42:32	00:56:40	00:56:34
99	DOROTA	TRZCINKA	149	K		K30	7	00:14:55	00:24:41	00:40:23	00:56:44	00:56:35
100	BARTOSZ	PIĄTEK	109	M	--	M20	19	00:13:45	00:28:03	00:42:29	00:57:02	00:56:55
101	EMILIAN	BERA	184	M		M40	23	00:13:38	00:28:03	00:42:42	00:57:05	00:57:03
102	EWA	PTAK	122	K		K40	9	00:13:00	00:27:03	00:42:11	00:57:29	00:57:21
103	PAWEŁ	MACUGA	183	M		M50	16	00:13:37	00:28:18	00:43:29	00:57:36	00:57:28
104	PIOTR	BORYS	1	M		M40	24	00:12:26	00:26:36	00:42:17	00:57:42	00:57:41
105	ADRIAN	BRZOZOWSKI	12	M		M30	17	00:12:47	00:26:44	00:42:02	00:57:47	00:57:41
106	REMIGIUSZ	GNIADEK	35	M		M40	25	00:13:25	00:27:53	00:42:33	00:57:54	00:57:49
107	SYLWESTER	HEJMOWSKI	46	M	BIEGAMYRAZEM.PL	M50	17	00:13:17	00:27:47	00:42:50	00:57:55	00:57:40
108	MARCIN	PIECZARKA	111	M		M30	18	00:13:30	00:27:57	00:43:01	00:58:11	00:58:05
109	JONATAN	ŁUPKOWSKI	83	M		M20	20	00:13:43	00:27:43	00:43:12	00:58:16	00:58:04
110	MACIEJ	SZOPINSKI	141	M		M40	26	00:13:41	00:28:24	00:43:36	00:58:20	00:58:12
111	GRZEGORZ	ZAGROBELNY	165	M		M40	27	00:13:38	00:28:14	00:43:35	00:59:00	00:58:57
112	ANNA	MĘDOŃ	91	K		K50	2	00:14:14	00:29:03	00:44:10	00:59:00	00:58:55
113	ANDRZEJ	ZARAZIŃSKI	168	M		M60	5	00:13:28	00:27:52	00:43:26	00:59:31	00:59:23
114	MARLENA	LENCZUK	75	K		K30	8	00:14:02	00:28:26	00:43:56	00:59:32	00:59:22
115	RYSZARD	LENCZUK	76	M		M30	19	00:14:02	00:28:26	00:43:56	00:59:33	00:59:23
116	ELŻBIETA	SZCZUBLEWSKA	139	K	FITNESS PIEKARY LEGNICA	K40	10	00:14:04	00:28:41	00:44:04	00:59:36	00:59:26
117	ARTUR	MASLOWSKI	88	M	BIEGAMDŁAZDROWIA.PL	M50	18	00:13:07	00:28:00	00:44:37	00:59:44	00:59:33
118	JADWIGA	GODECKA	36	K	ROZBIEGANI CHOJNOW	K60	1	00:14:15	00:28:51	00:44:11	00:59:47	00:59:40
119	TOMASZ	KIEŻYŃSKI	59	M	PRO-RUN WROCŁAW	M50	19	00:13:18	00:28:03	00:43:57	00:59:49	00:59:46
120	MARTA	WALKOWIAK	155	K		K40	11	00:13:58	00:28:33	00:44:08	00:59:50	00:59:44
121	MAREK	GOLONKA	38	M	ROZBIEGANI KONWOJURZY	M40	28	00:13:55	00:28:43	00:44:19	01:00:12	01:00:00
122	MICHAŁ	STEFANOWICZ	135	M		M30	20	00:12:51	00:27:55	00:44:20	01:00:15	01:00:08
123	AUGUSTYN	FABJAŃSKI	31	M		M60	6	00:15:05	00:30:22	00:45:29	01:00:27	01:00:15

ELEKTRONICZNY POMIAR CZASU TOP-CHRONO

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124	ŁUKASZ	GRZYP	43	M		M40	29	00:14:35	00:29:17	00:44:38	01:00:35	01:00:23
125	KAJA	BIL	8	K	EDI TEAM ZGORZELEC	K30	9	00:13:58	00:28:39	00:44:29	01:00:39	01:00:32
126	MARCELA	KONDRACZUK	65	K		K20	7	00:12:57	00:28:15	00:44:45	01:00:39	01:00:36
127	OSKAR	AUGUSTYN	3	M		M30	21	00:15:21	00:30:56	00:46:18	01:00:46	01:00:33
128	ANNA	POSŁUSZNA	117	K	TEAM ZNAD ODRY	K50	3	00:13:17	00:28:36	00:43:56	01:00:55	01:00:50
129	LENA	BORYS	185	K		K20	8	00:15:24	00:30:40	00:46:12	01:01:06	01:01:06
130	MIROŚLAW	JANISZEWSKI	182	M		M50	20	00:13:42	00:29:30	00:45:38	01:01:41	01:01:33
131	OLSZEWSKI	PIOTR	113	M		M40	30	00:14:20	00:29:35	00:45:46	01:01:41	01:01:26
132	PIOTR	JEKA	55	M	JEKA TEAM	M60	7	00:14:30	00:29:48	00:45:48	01:01:51	01:01:45
133	JERZY	DĄBROWSKI	22	M	DRUŻYNA SZPIKU KGHM	M70	3	00:15:09	00:30:26	00:46:04	01:02:30	01:02:21
134	JACEK	BACZYŃSKI	5	M	KGHM O/ZG POLKOWICE-SIEROSZOWICE	M40	31	00:13:14	00:29:24	00:47:23	01:03:37	01:03:28
135	JOANNA	PĄCHALSKA	108	K	FITNESS PIEKARY LEGNICA	K60	2	00:15:09	00:31:05	00:47:37	01:04:09	01:04:01
136	JANUSZ	RESZELEWSKI	124	M		M60	8	00:15:23	00:31:41	00:49:16	01:07:00	01:06:50
137	SYLWIA	AUGUSTYN	4	K		K30	10	00:15:21	00:31:58	00:50:05	01:07:24	01:07:12
138	MAGDALENA	ŁEPKOWSKA	81	K		K20	9	00:16:03	00:34:32	01:09:25	01:09:25	01:09:15
139	KRYSTYNA	POMYKAŁA	115	K	OLAWS ZŁOTORYJA	K60	3	00:15:31	00:32:55	00:51:20	01:09:36	01:09:30
140	ALEKSANDRA	MYSZCZYSZYN-CHYŁA	97	K		K20	10	00:15:32	00:34:08	00:52:23	01:09:55	01:09:45
141	AGATA	WYSZYŃSKI	162	K		K30	11	00:15:30	00:33:17	00:51:31	01:10:01	01:09:58
142	ELŻBIETA	OLSZEWSKA	104	K	STOWARZYSZENIE DOLINA BOBRU	K40	12	00:16:08	00:33:40	00:52:38	01:11:00	01:10:48
143	ULA	MŁYNARCZYK	93	K		K50	4	00:15:40	00:33:08	00:51:35	01:11:07	01:10:57
144	WADIM	SIELUTIN	186	M		M60	9	00:15:08	00:32:38	00:51:38	01:11:07	01:11:00
145	DAMIAN	KUC	71	M		M20	21	00:15:55	00:35:17	00:54:32	01:12:37	01:12:29
146	MATEUSZ	KROCHMAL	70	M		M30	22	00:16:21	00:34:59	00:55:14	01:13:10	01:12:58
147	RUT	JANKOWSKA	52	K		K30	12	00:15:15	00:33:46	00:53:46	01:13:24	01:13:13
148	JUSTYNA	H.	44	K		K30	13	00:16:31	00:35:14	00:54:37	01:13:33	01:13:29
149	EMILIA	JASINOWSKA	53	K		K70	1	00:16:27	00:34:50	00:54:04	01:14:06	01:14:00
150	ANNA	STEFANOWICZ	134	K		K40	13	00:16:17	00:34:56	00:53:59	01:14:18	01:14:07
151	JÓZEF	WOŁONCIEJ	589	M		M60	10	00:17:06	00:35:25	00:54:35	01:14:55	01:14:45
152	GRZEGORZ	KACZMAREK	56	M		M20	22	00:17:17	00:36:56	00:56:49	01:16:49	01:16:43