

**XXXI BARBÓRKOWY BIEG O LAMPKĘ GÓRNICZĄ - 16.10.2016, LUBIN  
- 10KM - M40 BEZ GÓRNIKÓW**

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|-----|------|-----------------------|-----------------------|------|--------|-------|----------|----------|-------|-------|--------|
| 1   | 2    | DRACZYŃSKI ADAM       | NOWOSOLSKA GRUPA BIE  | 1976 | 1e     | M40   | 15:44    | 24:14    | 34:30 | 34:29 | 17,400 |
| 2   | 498  | TOKARCZYK MARIUSZ     | LEW LEGNICA, LEGNICA  | 1973 | 2e     | M40   | 16:11    | 25:07    | 35:40 | 35:39 | 16,830 |
| 3   | 1772 | DALEKI WIESŁAW        | NOWY WIDZIM           | 1976 | 3e     | M40   | 16:11    | 25:07    | 36:02 | 36:00 | 16,667 |
| 4   | 1636 | FIRLET DANIEL         | HOSNET, BOGATYNIA     | 1975 | 6e     | M40   | 16:29    | 25:27    | 36:31 | 36:28 | 16,453 |
| 5   | 1506 | JARECKI IRENEUSZ      | LZS TRZEBNICA, TRZEBN | 1970 | 8e     | M40   | 16:41    | 25:44    | 36:43 | 36:40 | 16,364 |
| 6   | 693  | SZTURO JAN            | PODGÓRZYN-GMINA PRZY  | 1967 | 10e    | M40   | 16:40    | 25:42    | 36:53 | 36:48 | 16,304 |
| 7   | 1710 | BOGDAŁ PAWEŁ          | ULKS BYSTRZYCA KŁODZ  | 1976 | 11e    | M40   | 16:36    | 25:46    | 37:11 | 37:09 | 16,151 |
| 8   | 67   | SKÓRKA ADAM           | OLAWS ZLOTORYJA, ZLOT | 1974 | 12e    | M40   | 16:32    | 25:48    | 37:36 | 37:28 | 16,014 |
| 9   | 829  | KAJDER ROMAN          | NOWOSOLSKA GRUPA BIE  | 1969 | 14e    | M40   | 17:22    | 26:54    | 38:23 | 38:20 | 15,652 |
| 10  | 1227 | MUSIAŁ TOMASZ         | DABCZE                | 1974 | 17e    | M40   | 17:51    | 27:16    | 38:55 | 38:31 | 15,578 |
| 11  | 637  | KASPRZAK KRZYSZTOF    | SPEED ZÓLWIK, NARATÓW | 1971 | 18e    | M40   | 17:23    | 26:58    | 39:00 | 38:47 | 15,471 |
| 12  | 1487 | KLIMASZEWSKI DANIEL   | BEZ KLUBU, JABLONÓW   | 1976 | 19e    | M40   | 17:37    | 27:10    | 39:11 | 39:00 | 15,385 |
| 13  | 906  | PALIGA PAWEŁ          | GLOGÓW                | 1974 | 22e    | M40   | 18:12    | 27:55    | 39:54 | 39:38 | 15,139 |
| 14  | 508  | MEDEJSZO MARIUSZ      | NOWOSOLSKA GRUPA BIE  | 1975 | 23e    | M40   | 17:58    | 27:48    | 39:58 | 39:54 | 15,038 |
| 15  | 399  | SAMOTYJA PAWEŁ        | NOWOSOLSKA GRUPA BIE  | 1976 | 25e    | M40   | 17:59    | 27:53    | 40:06 | 40:00 | 15,000 |
| 16  | 1427 | RADECKI JAKUB         | KUBUTEK RUNNING TEAM  | 1975 | 27e    | M40   | 17:44    | 27:48    | 40:18 | 40:12 | 14,925 |
| 17  | 841  | SZPITER TOMASZ        | OLAWS ZLOTORYJA, ZLOT | 1969 | 29e    | M40   | 18:06    | 28:02    | 40:26 | 40:17 | 14,894 |
| 18  | 201  | JAZWICZ MIREK         | BOLESŁAWIEC           | 1974 | 31e    | M40   | 18:14    | 28:16    | 40:48 | 40:41 | 14,748 |
| 19  | 1331 | OLEJNICZAK MARIUSZ    | NOWA SÓL              | 1972 | 32e    | M40   | 18:23    | 28:22    | 40:50 | 40:45 | 14,724 |
| 20  | 1269 | MOLENDĄ ADAM          | LUBIN                 | 1976 | 34e    | M40   | 18:43    | 28:47    | 40:54 | 40:43 | 14,736 |
| 21  | 491  | MAŁEK KRZYSZTOF       | WOLÓW BIEGA, WOLÓW    | 1968 | 35e    | M40   | 18:26    | 28:27    | 40:57 | 40:28 | 14,827 |
| 22  | 942  | KLONOWSKI JACEK       | OLAWA ZLOTORYJA, ZLOO | 1972 | 36e    | M40   | 19:29    | 29:28    | 40:58 | 40:22 | 14,864 |
| 23  | 356  | WAJMAN KRZYSZTOF      | ZG RUDNA, GLOGÓW      | 1976 | 38e    | M40   | 18:11    | 28:25    | 41:01 | 40:57 | 14,652 |
| 24  | 1687 | SORÓBKA TOMASZ        | TOMASZ SORÓBKA, SMOLE | 1973 | 42e    | M40   | 18:42    | 28:47    | 41:21 | 41:01 | 14,628 |
| 25  | 532  | JASKULSKI ARKADIUSZ   | RUNNER`S POWER, PIGLO | 1975 | 43e    | M40   | 18:56    | 29:00    | 41:24 | 41:13 | 14,557 |
| 26  | 817  | OLEJNICZAK DARIUSZ    | POLKOWICE             | 1968 | 44e    | M40   | 18:10    | 28:33    | 41:30 | 41:25 | 14,487 |
| 27  | 1407 | BEKAS TOMASZ          | LEGNICA               | 1972 | 45e    | M40   | 18:55    | 29:07    | 41:31 | 41:13 | 14,557 |
| 28  | 1705 | PALUSZKIEWICZ ROBERT  | LUBIN                 | 1976 | 46e    | M40   | 18:43    | 28:57    | 41:34 | 41:20 | 14,516 |
| 29  | 885  | WOJNICZ PRZEMEK       | KRÓL JULIAN TEAM, ZIE | 1972 | 50e    | M40   | 18:47    | 29:02    | 41:41 | 41:32 | 14,446 |
| 30  | 775  | JARZĄBEK GRZEGORZ     | VAL DI SPORT, POLKOWI | 1972 | 52e    | M40   | 19:06    | 29:23    | 41:48 | 41:39 | 14,406 |
| 31  | 1609 | TERLIKOWSKI ARKADIUSZ | NOWOSOLSKA GRUPA BIE  | 1976 | 53e    | M40   | 18:57    | 29:14    | 41:51 | 41:46 | 14,366 |
| 32  | 49   | NOWIŃSKI RAFAŁ        | BIEGAJ WSCHOWO !!!, W | 1974 | 54e    | M40   | 19:06    | 29:19    | 41:54 | 41:46 | 14,366 |
| 33  | 636  | JEDYNAK GRZEGORZ      | MOJECICE              | 1976 | 58e    | M40   | 18:59    | 29:37    | 42:47 | 42:30 | 14,118 |
| 34  | 848  | GEORGICZUK PAWEŁ      | DROSZKÓW              | 1971 | 59e    | M40   | 19:46    | 30:18    | 42:52 | 42:38 | 14,073 |
| 35  | 716  | OBORSKI ADAM          | LUBIN                 | 1976 | 63e    | M40   | 19:17    | 30:17    | 43:41 | 43:38 | 13,751 |
| 36  | 334  | KORCZAK JANUSZ        | STARCOM TEAM GLOGÓW,  | 1975 | 64e    | M40   | 19:36    | 30:22    | 43:42 | 43:41 | 13,735 |
| 37  | 971  | OLSZEWSKI TOMEK       | NOWA SÓL              | 1976 | 65e    | M40   | 20:03    | 30:44    | 43:43 | 43:32 | 13,783 |
| 38  | 851  | JASIONOWSKI JANUSZ    | RODZINA, CHOJNOW      | 1967 | 66e    | M40   | 19:41    | 30:27    | 43:46 | 43:41 | 13,735 |
| 39  | 252  | SKRZYPCZAK ADAM       | GLOGÓW                | 1974 | 67e    | M40   | 20:04    | 30:50    | 43:48 | 43:36 | 13,761 |
| 40  | 1646 | BURKIEWICZ MIROSLAW   | BOLEK I LOLEK ,BOLKÓ  | 1967 | 73e    | M40   | 20:32    | 31:11    | 43:57 | 43:37 | 13,756 |
| 41  | 1693 | SZYPORTA WALDEMAR     | ACTIVSPORT NAMYSŁÓW,  | 1972 | 74e    | M40   | 19:54    | 30:38    | 44:02 | 43:48 | 13,699 |
| 42  | 630  | ŻYGADŁO TADEUSZ       | WOLÓW BIEGA, WOLÓW    | 1973 | 76e    | M40   | 20:28    | 31:12    | 44:10 | 43:40 | 13,740 |
| 43  | 31   | KOSTECKI JANUSZ       | LUBIN                 | 1968 | 77e    | M40   | 19:35    | 30:48    | 44:15 | 44:15 | 13,559 |
| 44  | 1465 | KONDYCKI ADAM         | EDI TEAM ZGORZELEC, Z | 1973 | 78e    | M40   | 20:40    | 31:23    | 44:21 | 43:51 | 13,683 |
| 45  | 214  | PAPROCKI KRZYSZTOF    | NORD RUNNING TEAM, PO | 1973 | 79e    | M40   | 20:58    | 31:35    | 44:23 | 43:36 | 13,761 |
| 46  | 1756 | SZEWczyk DARIUSZ      | LUBIN                 | 1974 | 80e    | M40   | 20:03    | 30:55    | 44:25 | 44:00 | 13,636 |
| 47  | 54   | OWCZAREK MARCIN       | BIEGAJACA KASTA MIED  | 1974 | 82e    | M40   | 20:03    | 31:10    | 44:42 | 44:18 | 13,544 |
| 48  | 997  | WAYDA ADAM            | TC CHROBRY KOMAK GLO  | 1968 | 83e    | M40   | 20:38    | 31:24    | 44:42 | 44:05 | 13,611 |
| 49  | 46   | NAPORA JACEK          | LUBIN                 | 1974 | 86e    | M40   | 20:18    | 31:26    | 44:53 | 44:33 | 13,468 |
| 50  | 1758 | BOCHENEK WOJCIECH     | OSIEK                 | 1973 | 87e    | M40   | 20:08    | 31:26    | 44:56 | 44:54 | 13,363 |

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|-----|------|-----------------------|----------------------|------|--------|-------|----------|----------|-------|-------|--------|
| 51  | 891  | PLATEK DOMINIK        | WROCLAW              | 1976 | 88e    | M40   | 20:53    | 31:38    | 44:57 | 44:24 | 13,514 |
| 52  | 1737 | RYŻEWSKI KRZYSZTOF    | QUADIMODO RACING.MIR | 1971 | 89e    | M40   | 20:38    | 31:36    | 45:05 | 44:22 | 13,524 |
| 53  | 1523 | GROLEWSKI KAROL       | ISKRA KSIEGINICE,LUB | 1975 | 91e    | M40   | 21:05    | 31:47    | 45:10 | 44:46 | 13,403 |
| 54  | 68   | SMOLARA KRZYSZTOF     | WINSKO               | 1976 | 92e    | M40   | 20:29    | 31:27    | 45:11 | 44:51 | 13,378 |
| 55  | 1017 | OSICKI ARTUR          | CBJ GRUPA KGHM,LUBIN | 1976 | 93e    | M40   | 21:06    | 31:59    | 45:13 | 44:08 | 13,595 |
| 56  | 530  | GRZEŚKIEWICZ ZIEMOWIT | SMG "KIELICH" LUBIN, | 1974 | 97e    | M40   | 21:18    | 32:26    | 45:43 | 44:58 | 13,343 |
| 57  | 1313 | WIEKIERA JAROSŁAW     | SLOCINA              | 1975 | 98e    | M40   | 21:17    | 32:25    | 45:48 | 45:08 | 13,294 |
| 58  | 1658 | WOLSKI JACEK          | BOLEK I LOLEK,BOLKÓW | 1975 | 99e    | M40   | 20:43    | 31:55    | 45:51 | 45:29 | 13,192 |
| 59  | 1736 | RANDLA ARTUR          | NGB KORONA LEGNICA,L | 1972 | 100e   | M40   | 21:13    | 32:15    | 46:00 | 45:36 | 13,158 |
| 60  | 939  | ZALEWSKI WIESŁAW      | MTS DRUZYNA SZPIKU K | 1970 | 101e   | M40   | 20:36    | 31:42    | 46:00 | 45:29 | 13,192 |
| 61  | 910  | BORATYN DARIUSZ       | LEGNICA,LEGNICA      | 1969 | 102e   | M40   | 20:44    | 31:57    | 46:06 | 45:05 | 13,309 |
| 62  | 1012 | LECH MECIEJ           | LUBIN                | 1971 | 103e   | M40   | 20:55    | 32:05    | 46:08 | 45:35 | 13,163 |
| 63  | 288  | SOBIŁO MAREK          | BIEGAJACA KASTA MIED | 1976 | 104e   | M40   | 21:22    | 32:28    | 46:16 | 45:23 | 13,221 |
| 64  | 1329 | MATUSZAK JOZEF        | TS REGLE SZKLARSKA P | 1974 | 105e   | M40   | 21:08    | 32:16    | 46:18 | 45:51 | 13,086 |
| 65  | 928  | PATERAK WOJCIECH      | BRUNÓW               | 1976 | 106e   | M40   | 21:02    | 32:13    | 46:20 | 46:04 | 13,025 |
| 66  | 674  | MACUGA PAWEŁ          | OLAWS,ZLOTORYJA      | 1972 | 107e   | M40   | 21:37    | 32:41    | 46:21 | 45:46 | 13,110 |
| 67  | 1708 | ZDZIARSKI TOMASZ      | WROCLAW              | 1973 | 108e   | M40   | 20:41    | 32:06    | 46:27 | 46:07 | 13,010 |
| 68  | 1466 | KOWANETZ MACIEJ       | EDI TEAM ZGORZELEC,Z | 1975 | 111e   | M40   | 21:28    | 32:55    | 46:51 | 46:21 | 12,945 |
| 69  | 552  | KOCHANOWSKI MAREK     | INTERFERIE SPORT HOT | 1973 | 112e   | M40   | 20:38    | 32:17    | 46:56 | 46:49 | 12,816 |
| 70  | 846  | CIOŁKOSZ JAROSŁAW     | ASSECO ACTIVE TEAM,W | 1973 | 113e   | M40   | 21:47    | 33:00    | 46:56 | 46:16 | 12,968 |
| 71  | 293  | BANACH ARTUR          | POLKOWICE            | 1976 | 119e   | M40   | 21:51    | 33:26    | 47:09 | 46:32 | 12,894 |
| 72  | 1525 | HUCAŁ ARTUR           | LUBIN                | 1974 | 120e   | M40   | 20:30    | 32:24    | 47:11 | 47:05 | 12,743 |
| 73  | 883  | SARGALSKI MAREK       | TEMPO WALBRZYCH,WAL  | 1972 | 121e   | M40   | 22:47    | 33:49    | 47:12 | 45:47 | 13,105 |
| 74  | 978  | WYSKOCCI RAFAŁ        | ZZPPM ZG RUDNA,LUBIN | 1971 | 122e   | M40   | 22:24    | 33:32    | 47:17 | 45:47 | 13,105 |
| 75  | 1389 | DOBIECKI TOMASZ       | KARPACZ              | 1970 | 123e   | M40   | 20:54    | 32:04    | 47:18 | 46:45 | 12,834 |
| 76  | 783  | ŁUKAWSKI KRZYSZTOF    | ZLOTORYJA            | 1976 | 128e   | M40   | 22:21    | 33:52    | 47:32 | 46:43 | 12,843 |
| 77  | 1560 | KOPIŃSKI MIROSŁAW     | BIEG WULKANÓW,ZLOTOR | 1976 | 129e   | M40   | 21:38    | 33:02    | 47:34 | 46:58 | 12,775 |
| 78  | 318  | WERBNY JACEK          | LACZKA TEAM LEGNICA, | 1975 | 131e   | M40   | 22:39    | 33:51    | 47:37 | 46:13 | 12,982 |
| 79  | 719  | SKOTNICKI ADRIAN      | OLA TEAM,WROCLAW     | 1971 | 134e   | M40   | 22:05    | 33:30    | 47:43 | 46:45 | 12,834 |
| 80  | 922  | KOZŁOWSKI JAROSŁAW    | GLOGÓW               | 1971 | 135e   | M40   | 21:40    | 33:06    | 47:43 | 47:10 | 12,721 |
| 81  | 155  | HRUSZOWIEC PAWEŁ      | WOLÓW                | 1972 | 136e   | M40   | 22:05    | 33:26    | 47:45 | 46:53 | 12,798 |
| 82  | 952  | STARZYK MARIUSZ       | LUBIN                | 1976 | 138e   | M40   | 22:20    | 33:40    | 47:53 | 47:00 | 12,766 |
| 83  | 1334 | RATAJCZAK MARIUSZ     | RATAJCZAK TEAM,NOWA  | 1975 | 144e   | M40   | 21:37    | 33:19    | 48:07 | 48:04 | 12,483 |
| 84  | 144  | ŁASZKIEWICZ TOMASZ    | GLOGÓW               | 1976 | 149e   | M40   | 22:39    | 34:32    | 48:42 | 47:56 | 12,517 |
| 85  | 1278 | SYKUŁA ROBERT         | PRZEMKÓW             | 1973 | 150e   | M40   | 22:23    | 34:31    | 48:46 | 48:07 | 12,470 |
| 86  | 452  | CEJBA JAN             | UNBREAKABLE / VTQ,GO | 1976 | 151e   | M40   | 22:32    | 34:15    | 48:48 | 47:49 | 12,548 |
| 87  | 1187 | MADEJ JAROSŁAW        | WROCLAW              | 1974 | 152e   | M40   | 22:18    | 34:26    | 48:50 | 48:23 | 12,401 |
| 88  | 901  | GRYGIEL GRZEGORZ      | ZIELONA GÓRA         | 1976 | 153e   | M40   | 22:23    | 34:11    | 48:50 | 48:18 | 12,422 |
| 89  | 346  | RYNKIEWICZ KRZYSZTOF  | GRIZZLY GOLA,GOLA    | 1974 | 154e   | M40   | 21:15    | 33:36    | 48:56 | 48:46 | 12,303 |
| 90  | 648  | PIEŃKO MARIUSZ        | CHOCIANÓW            | 1972 | 156e   | M40   | 22:11    | 34:00    | 48:58 | 47:59 | 12,504 |
| 91  | 432  | PISKORZ ROBERT        | VOLKSWAGEN POLKOWICE | 1972 | 159e   | M40   | 22:43    | 34:37    | 49:08 | 48:30 | 12,371 |
| 92  | 701  | FEDORCZUK MAREK       | KUNICE               | 1969 | 161e   | M40   | 22:53    | 34:39    | 49:22 | 48:25 | 12,392 |
| 93  | 645  | ONYSZKO ROBERT        | BOLESŁAWIEC          | 1971 | 162e   | M40   | 22:50    | 34:47    | 49:35 | 48:36 | 12,346 |
| 94  | 153  | CUKROWSKI ANDRZEJ     | OLAWS ZLOTORYJA,ZLOT | 1975 | 164e   | M40   | 22:35    | 34:46    | 49:39 | 49:04 | 12,228 |
| 95  | 821  | WAWRZYŃIAK PAWEŁ      | LUBIN                | 1973 | 168e   | M40   | 21:56    | 34:17    | 50:15 | 50:09 | 11,964 |
| 96  | 934  | SIEPRAWSKI RYSZARD    | LEGNICA              | 1972 | 169e   | M40   | 23:19    | 35:35    | 50:27 | 49:44 | 12,064 |
| 97  | 279  | BORZYMEK ROBERT       | BOLESŁAWIEC          | 1968 | 170e   | M40   | 23:08    | 35:18    | 50:27 | 49:52 | 12,032 |
| 98  | 1233 | PARUCH ROBERT         | OSIEK                | 1976 | 171e   | M40   | 23:19    | 35:15    | 50:29 | 49:35 | 12,101 |
| 99  | 1549 | WIERCIOCH SŁAWOMIR    | DRUZYNA JODRI,LUBIN  | 1973 | 174e   | M40   | 23:00    | 35:29    | 50:49 | 49:54 | 12,024 |
| 100 | 1695 | WYCISZKIEWICZ TOMASZ  | LUBIN                | 1973 | 177e   | M40   | 23:55    | 36:17    | 51:09 | 49:59 | 12,004 |

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|-----|------|-----------------------|----------------------|------|--------|-------|----------|----------|---------|---------|--------|
| 101 | 1732 | POPIELIŃSKI RADOSŁAW  | KLUB BIEGACZA BOLESŁ | 1976 | 178e   | M40   | 23:38    | 35:46    | 51:09   | 50:02   | 11,992 |
| 102 | 263  | ZIEMNIK MACIEJ        | OSIEK                | 1974 | 180e   | M40   | 22:41    | 35:29    | 51:23   | 50:49   | 11,807 |
| 103 | 865  | CHOMIK TADEUSZ        | TEMPO WALBRZYCH ,WA  | 1968 | 181e   | M40   | 24:43    | 37:04    | 51:41   | 50:24   | 11,905 |
| 104 | 481  | JAZY JACEK            | LUBIN                | 1974 | 182e   | M40   | 24:07    | 36:40    | 51:42   | 50:10   | 11,960 |
| 105 | 483  | KANIA PIOTR           | BOLESŁAWIEC          | 1973 | 184e   | M40   | 24:08    | 36:58    | 51:43   | 50:57   | 11,776 |
| 106 | 1728 | MITUŁA ZBIGNIEW       | PRZEMKÓW             | 1971 | 190e   | M40   | 23:18    | 36:05    | 51:51   | 51:19   | 11,692 |
| 107 | 1606 | SALASTOWICZ JAROSŁAW  | ZLOTORYJA            | 1974 | 192e   | M40   | 24:14    | 36:48    | 51:58   | 51:09   | 11,730 |
| 108 | 218  | POZNIAK ROBERT        | DOBRZEN WIELKI       | 1970 | 193e   | M40   | 23:58    | 36:40    | 52:01   | 51:23   | 11,677 |
| 109 | 897  | BRONIECKI ASKANIUSZ   | OBORA                | 1975 | 195e   | M40   | 23:44    | 36:18    | 52:05   | 51:04   | 11,749 |
| 110 | 1107 | MARCINIAK KONRAD      | JASNA STRONA MOCY,LU | 1976 | 198e   | M40   | 25:17    | 37:56    | 52:17   | 49:20   | 12,162 |
| 111 | 1358 | LUPA MIROSLAW         | LUPUS TEAM,SCINAWA   | 1968 | 199e   | M40   | 23:44    | 36:28    | 52:26   | 52:00   | 11,538 |
| 112 | 1511 | PALUCH WOJCIECH       | WOLÓW BIEGA,WOLOW    | 1974 | 200e   | M40   | 24:29    | 37:12    | 52:28   | 51:31   | 11,647 |
| 113 | 83   | WOJTASIK ŁUKASZ       | NOWA SÓL             | 1974 | 202e   | M40   | 24:04    | 36:38    | 52:37   | 51:37   | 11,624 |
| 114 | 1222 | LESZKO JACEK          | LESZTEK SKALAK TEAM, | 1973 | 204e   | M40   | 25:00    | 37:57    | 52:48   | 51:26   | 11,666 |
| 115 | 1491 | SERENDA ROBERT        | NIEZRZESZONY,LEGNICA | 1974 | 205e   | M40   | 23:38    | 36:45    | 52:57   | 52:28   | 11,436 |
| 116 | 1180 | HARENDĄ CZESŁAW       | ZARY                 | 1967 | 206e   | M40   | 24:22    | 37:12    | 53:00   | 52:05   | 11,520 |
| 117 | 1476 | WALA KRZYSZTOF        | KB TKKF JAWOR,JAWOR  | 1974 | 207e   | M40   | 25:05    | 37:33    | 53:02   | 51:52   | 11,568 |
| 118 | 1975 | DELUGA NORBERT        | LUBIN                | 1975 | 208e   | M40   | 23:58    | 37:06    | 53:05   | 52:24   | 11,450 |
| 119 | 1168 | GRZYB PIOTR           | WOLÓW BIEGA,WOLÓW    | 1973 | 210e   | M40   | 24:28    | 37:12    | 53:22   | 52:26   | 11,443 |
| 120 | 705  | JACKIEWICZ ANDRZEJ    | OGRODZISKO,OGRODZISK | 1972 | 213e   | M40   | 25:33    | 38:22    | 53:51   | 52:22   | 11,458 |
| 121 | 745  | DIDUSZKO ARTUR        | LUBIN                | 1971 | 214e   | M40   | 26:04    | 38:47    | 53:54   | 52:43   | 11,382 |
| 122 | 1264 | KWAŚNICKI TOMASZ      | DALEKO JESZCZE? :) T | 1974 | 217e   | M40   | 25:29    | 38:33    | 54:43   | 53:47   | 11,156 |
| 123 | 1458 | WALIGÓRA ROMAN        | PELIKANY RADWANICE,R | 1974 | 219e   | M40   | 26:02    | 39:14    | 55:06   | 53:22   | 11,243 |
| 124 | 670  | KRZECZKOWSKI ROMAN    | TRENERBIEGANIA.PL,SW | 1972 | 220e   | M40   | 27:00    | 40:12    | 55:20   | 54:02   | 11,104 |
| 125 | 516  | WALCZAK JACEK         | ODRA CHOBIENIA,CHOBI | 1970 | 224e   | M40   | 25:57    | 39:14    | 55:45   | 54:26   | 11,023 |
| 126 | 894  | WŁODARCZAK ADRIAN     | LUBIN                | 1970 | 226e   | M40   | 27:19    | 40:41    | 55:46   | 54:53   | 10,932 |
| 127 | 837  | RADULEWICZ SEBASTIAN  | HUSARIA RASZÓWKA,RAS | 1971 | 227e   | M40   | 26:47    | 40:08    | 56:02   | 54:27   | 11,019 |
| 128 | 967  | HENDRYKOWSKI GRZEGORZ | OBORA                | 1973 | 232e   | M40   | 26:08    | 39:46    | 56:26   | 54:59   | 10,912 |
| 129 | 19   | GOŹDZIEJEWSKI PIOTR   | OLAWS ZLOTORYJA,ZLOT | 1975 | 234e   | M40   | 25:58    | 39:37    | 56:34   | 55:50   | 10,746 |
| 130 | 985  | GŁAWĘDĄ PIOTR         | LEGNICA              | 1967 | 235e   | M40   | 26:04    | 39:45    | 56:41   | 55:38   | 10,785 |
| 131 | 1696 | CZEPIŁ MAREK          | PROCHOWICE           | 1970 | 236e   | M40   | 26:21    | 40:05    | 56:50   | 55:30   | 10,811 |
| 132 | 1542 | STRZELCZYK GRZEGORZ   | LEGNICA              | 1970 | 239e   | M40   | 26:51    | 40:40    | 57:14   | 56:31   | 10,616 |
| 133 | 1079 | KRAWCZYK ROBERT       | STAW,LUBIN           | 1971 | 240e   | M40   | 26:13    | 40:12    | 57:16   | 57:00   | 10,526 |
| 134 | 862  | BOROWIAK ALLAN        | TEMPO WALBRZYCH,SWI  | 1973 | 241e   | M40   | 27:44    | 41:41    | 58:23   | 56:44   | 10,576 |
| 135 | 1400 | ROTKO ADAM            | POLKOWICE            | 1969 | 243e   | M40   | 26:16    | 40:51    | 59:20   | 58:35   | 10,242 |
| 136 | 1151 | PAWLINOW MACIEJ       | JAWOR                | 1974 | 245e   | M40   | 28:19    | 42:13    | 59:43   | 58:34   | 10,245 |
| 137 | 1312 | WADAS KRZYSZTOF       | POLKOWICE            | 1975 | 246e   | M40   | 28:55    | 43:04    | 59:45   | 58:07   | 10,324 |
| 138 | 667  | KALINOWSKI GRZEGORZ   | TEMPO WALBRZYCH,BIE  | 1975 | 247e   | M40   | 28:22    | 42:42    | 59:57   | 58:28   | 10,262 |
| 139 | 741  | TYCZYŃSKI MAREK       | MASŁOWO BIEGA,RAWICZ | 1971 | 249e   | M40   | 27:12    | 42:22    | 1:00:05 | 59:38   | 10,061 |
| 140 | 1809 | BIERNAT WIESŁAW       | OSIEK WBN            | 1968 | 250e   | M40   | 26:41    | 41:26    | 1:00:08 | 59:31   | 10,081 |
| 141 | 1068 | SOBOLEWSKI TOMASZ     | LUBIN                | 1976 | 254e   | M40   | 27:40    | 42:25    | 1:00:27 | 59:54   | 10,017 |
| 142 | 915  | DOMAŃSKI JAROSŁAW     | AMATOR,SWIERZAWA     | 1972 | 256e   | M40   | 28:48    | 43:13    | 1:00:52 | 59:39   | 10,059 |
| 143 | 933  | SCHABEL ROBERT        | LESZNO               | 1976 | 257e   | M40   | 27:49    | 43:02    | 1:00:55 | 59:27   | 10,093 |
| 144 | 807  | KĄŻMIERSKI KRZYSZTOF  | PROCHOWICE           | 1975 | 258e   | M40   | 28:16    | 43:14    | 1:01:14 | 1:00:32 | 9,912  |
| 145 | 1634 | BOLSĘGĄ KRZYSZTOF     | TKKF AZORY,KRAKÓW    | 1968 | 261e   | M40   | 27:26    | 42:43    | 1:02:17 | 1:01:42 | 9,724  |
| 146 | 569  | ŻUKIEWICZ PIOTR       | BIEGAJACA KASTA MIED | 1974 | 262e   | M40   | 28:29    | 43:38    | 1:02:21 | 1:01:01 | 9,833  |
| 147 | 1765 | MIERZYŃSKI RAFAŁ      | KIEŁCZEWO            | 1975 | 263e   | M40   | 27:54    | 43:20    | 1:02:29 | 1:01:54 | 9,693  |
| 148 | 523  | CHUDZIK ROBERT        | KGHM O/ZG PS,JACZÓW  | 1976 | 266e   | M40   | 32:11    | 46:47    | 1:03:33 | 1:02:33 | 9,592  |
| 149 | 1450 | KURIAŁĄ TOMASZ        | POLKOWICE            | 1975 | 268e   | M40   | 29:47    | 45:03    | 1:03:51 | 1:02:59 | 9,526  |
| 150 | 275  | PUCEK PRZEMYSŁAW      | WKB PIAST WROCLAW,SM | 1972 | 269e   | M40   | 27:31    | 42:47    | 1:04:19 | 1:03:30 | 9,449  |

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| Msc | StNr | Nazwisko i Imię    | Klub/Miejscowość     | Rok  | MscGen Kateg | 1-między | 2-między | Bruto   | Netto   | Km/h  |
|-----|------|--------------------|----------------------|------|--------------|----------|----------|---------|---------|-------|
| 151 | 805  | JANUSIAK ANDRZEJ   | OSIEK                | 1971 | 274e M40     | 31:07    | 48:07    | 1:09:21 | 1:08:10 | 8,802 |
| 152 | 1684 | ROKITA ANDRZEJ     | SRODA SLASKA         | 1967 | 276e M40     | 31:30    | 48:58    | 1:10:07 | 1:09:06 | 8,683 |
| 153 | 456  | KOBYŁECKI RADOSŁAW | SEBASTIAN RATAJCZAK, | 1976 | 277e M40     | 30:40    | 48:38    | 1:10:19 | 1:08:50 | 8,717 |
| 154 | 1591 | ŻBIKOWSKI IRENEUSZ | WARSZTATY TERAPII ZA | 1975 | 280e M40     | 33:23    | 50:42    | 1:12:52 | 1:11:37 | 8,378 |