

KGHM XII CROSS STRACENICÓW



Organizator: Firma Sport Górski Jerzy Górski
 Data: 22.04.2023
 Dystans: 15km
 Miejscowość: Głogów

Msc.	Nr start.	Nazwisko Imię	Team	Płeć	Kat	Msc Kat	p1	2,5km	p2	7.5km	p3	12,5km	Wynik brutto
1	59	Wójcik Adam	Ex Team	M	M18-29	1	00:00:22	00:14:36	00:22:39	00:37:23	00:45:32	01:00:48	01:09:01
2	23	Jankowski Grzegorz		M	M50	1	00:00:22	00:14:38	00:23:04	00:38:46	00:47:46	01:04:20	01:13:54
3	70	Garbowski Rafał		M	M30-39	1	00:00:26	00:16:27	00:25:49	00:43:09	00:52:49	01:11:53	01:22:30
4	14	Dydynski Dawid		M	M18-29	2	00:55:40	01:13:08			00:55:40	01:13:08	01:22:58
5	43	Radziszewski Wojciech		M	M30-39	2	00:00:23	00:17:08	00:27:08	00:45:28	00:55:27	01:13:32	01:24:19
6	11	Domino Krystian	Pho3nix GVT Team	M	M40-49	1	00:00:28	00:17:37	00:27:39	00:46:01	00:56:42	01:15:54	01:26:31
7	25	Jarosław Kurek Jarosław	Endorfina Wschowa	M	M40-49	2	00:00:31	00:18:08	00:28:07	00:47:19	00:57:33	01:17:14	01:28:41
8	63	Zientara Krzysztof		M	M30-39	3	00:00:33	00:17:31	00:27:34	00:46:59	00:57:44	01:17:52	01:29:50
9	16	Frankowski Andrzej Frankowski	Frank Extreme Team	M	M30-39	4	00:00:32	00:18:48	00:29:20	00:48:40	00:59:54	01:19:48	01:31:41
10	61	Zawada Mikołaj	Monar Gracze	M	M18-29	3	00:00:27	00:17:38	00:28:11	00:49:00	01:00:22	01:20:50	01:32:04
11	68	Różak Denis	Czerwony Dworek	M	M18-29	4	00:00:29	00:17:23	00:27:29	00:47:03	00:58:25	01:21:30	01:32:58
12	64	Żołędzewska Kamila		K	K30-39	1	00:00:28	00:19:21	00:30:10	00:50:01	01:00:52	01:21:38	01:33:06
13	27	Jerzyk Hubert	#BiegajLeszno #JerzykTeam	M	M30-39	5	00:00:32	00:19:04	00:29:51	00:50:02	01:01:04	01:21:43	01:33:24
14	2	Barczuk Rafał	KGHM ZG RUN	M	M40-49	3	00:00:36	00:19:09	00:30:30	00:50:34	01:01:53	01:22:29	01:33:58
15	45	Różański Marcin	MOVE Trzebież	M	M30-39	6	00:00:36	00:19:37	00:30:42	00:51:35	01:02:14	01:23:05	01:34:40
16	12	Dondajewski Norbert	Balcerzak Run For Fun	M	M40-49	4	00:00:30	00:19:11	00:29:30	00:49:29	01:00:32	01:22:31	01:34:56
17	26	Jaworski Jakub	MONAR KĘBLINY	M	M18-29	5	00:00:33	00:19:26	00:30:35	00:50:15	01:01:36	01:23:13	01:35:30
18	21	Górkowski Bartosz	MONAR KĘBLINY	M	M30-39	7	00:00:34	00:19:17	00:30:11	00:51:16	01:03:36	01:24:05	01:36:24
19	3	Bem Adrian	MONAR KĘBLINY	M	M30-39	8	00:00:26	00:19:23	00:31:19	00:52:13	01:04:13	01:25:35	01:37:48
20	8	Budziszewski Emilian	MONAR KĘBLINY	M	M18-29	6	00:00:35	00:19:55	00:31:51	00:53:39	01:05:31	01:27:04	01:38:20
21	34	Leżyński Jarosław		M	M40-49	5	00:00:34	00:19:13	00:30:27	00:51:10	01:03:19	01:25:46	01:38:51
22	62	Zdanowski Kamil	Rzeźnik	M	M30-39	9	00:00:36	00:20:38	00:32:26	00:54:43	01:06:35	01:27:44	01:39:06
23	35	Majkowski Grzegorz	Monar Zbicko	M	M40-49	6	00:00:30	00:19:25	00:30:18	00:51:23	01:03:18	01:26:25	01:39:26
24	10	Cyrankowski Mateusz	Monar Zbicko	M	M18-29	7	00:00:32	00:19:33	00:30:37	00:52:29	01:05:01	01:27:40	01:40:17
25	67	Krzewiński Marek	162 Baralion	M	M40-49	7	00:00:43	00:20:20	00:31:56	00:53:18	01:05:11	01:28:02	01:40:57
26	4	Białek Paweł	Ring Kraków	M	M40-49	8	00:00:44	00:22:16	00:34:50	00:58:07	01:10:18	01:29:54	01:41:01
27	9	Bzymek Rafał	Monar Zbicko	M	M18-29	8	00:00:33	00:20:17	00:32:02	00:53:57	01:06:04	01:28:55	01:41:02
28	24	Jankowski Michał	Monar Zbicko	M	M30-39	10	00:00:31	00:20:31	00:32:01	00:53:56	01:06:03	01:28:55	01:41:02
29	51	Stankiewicz Robert		M	M40-49	9	00:00:42	00:20:49	00:32:33	00:53:48	01:06:09	01:29:56	01:42:36
30	54	SZAJOWSKI MARCIN	SIMS	M	M50	2	00:00:32	00:19:28	00:31:22	00:53:02	01:05:27	01:28:46	01:43:10
31	36	Michalski Mariusz	Swidnicki Klub Kyokushinkai Karate	M	M50	3	00:00:38	00:20:29	00:32:25	00:54:46	01:07:14	01:30:54	01:43:37
32	29	Kowalewski Fabian		M	M40-49	10	00:00:40	00:20:14	00:31:48	00:54:15	01:06:43	01:30:48	01:44:02
33	48	Skonieczka Fabian	Mogę Trzebież	M	M18-29	9	00:00:35	00:19:37	00:30:49	00:54:06	01:06:46	01:31:12	01:45:08
34	50	STAMM Waldemar	Maraton Leszno	M	M50	4	00:00:42	00:20:26	00:31:57	00:54:47	01:08:23	01:31:35	01:45:10
35	56	Ślądewski Grzegorz		M	M40-49	11	00:00:33	00:20:49	00:32:39	00:55:05	01:07:13	01:32:01	01:45:52
36	22	Hano Łukasz		M	M30-39	11	00:00:46	00:22:20	00:34:57	00:58:20	01:10:42	01:33:45	01:46:50
37	49	Stach Paweł	Monar Zbicko	M	M18-29	10	00:00:43	00:21:21	00:32:58	00:56:27	01:09:30	01:33:28	01:47:07
38	53	Synowiec Janina	Rozbiegani Chojnów	K	K40-49	1	00:00:34	00:22:18	00:34:47	00:58:13	01:10:49	01:34:14	01:47:24
39	314	Sroczyński Dawid		M	M40-49	12	00:00:45	00:22:47	00:34:54	00:58:09	01:10:51	01:34:34	01:48:39
40	30	Krzywicki Marcin		M	M40-49	13	00:00:39	00:21:36	00:33:40	00:56:18	01:09:02	01:35:49	01:50:21
41	39	Osiński Łukasz		M	M30-39	12	00:00:37	00:22:37	00:35:02	00:58:18	01:11:30	01:37:06	01:51:37
42	15	Fijałkowski Wojciech	Monar Gracze	M	M60+	1	00:00:40	00:23:04	00:36:03	01:00:06	01:13:33	01:38:47	01:52:15
43	19	Gembara Andrzej	Harpagan ZG	M	M40-49	14	00:00:36	00:23:04	00:36:04	01:01:01	01:13:58	01:39:13	01:52:33
44	55	Szłezak Mateusz		M	M30-39	13	00:00:31	00:22:28	00:36:00	00:58:51	01:12:19	01:38:20	01:52:55
45	32	Leszczyński Darek	CROSS STRACENICÓW TEAM	M	M40-49	15	00:00:41	00:22:59	00:35:43	00:59:10	01:12:11	01:37:36	01:53:13
46	149	Szklarzewski Rafał	Ice Swimmer	M	M30-39	14	00:00:41	00:24:28	00:37:24	01:02:26	01:15:15	01:40:09	01:53:50
47	13	Dudek Mariusz		M	M30-39	15	00:00:31	00:20:15	00:32:36	00:55:50	01:09:38	01:38:01	01:56:09
48	18	Janowicz Artur	Maraton Leszno	M	M30-39	16	00:00:43	00:22:54	00:36:24	01:02:24	01:16:30	01:42:50	01:56:17
49	40	Pęcak Marcin	Monar Gracze	M	M30-39	17	00:00:34	00:25:05	00:38:16	01:02:02	01:15:47	01:42:24	01:56:54
50	28	Kostrzon Maciej	OCR Dziady	M	M50	5	00:00:37	00:23:59	00:37:19	01:03:12	01:17:23	01:43:57	01:58:42
51	7	Broniewski Konrad	Monar Zbicko	M	M18-29	11	00:00:44	00:22:46	00:36:53	01:02:05	01:16:06	01:44:00	01:59:02
52	52	Strumidło Przemysław	Monar Zbicko	M	M18-29	11	00:00:42	00:24:41	00:37:25	01:02:06	01:16:06	01:44:01	01:59:02
53	47	Rybka Dariusz	KP PSP KROTOSZYN	M	M50	6	00:00:35	00:24:37	00:38:24	01:05:10	01:20:29	01:47:01	02:01:26
54	69	Bełdowski Dariusz		M	M60+	2	00:00:38	00:24:46	00:38:50	01:06:31	01:20:32	01:47:30	02:01:28
55	65	Żywina Marta	Babki z klasą	K	K40-49	2	00:00:38	00:23:58	00:37:21	01:03:21	01:18:19	01:46:55	02:01:34
56	1	Adamski Przemysław		M	M18-29	13	00:00:37	00:23:49	00:37:38	01:04:30	01:17:51	01:49:06	02:02:36
57	33	Lewandowski Beniamin	Monar Wrocław	M	M18-29	14	00:00:39	00:26:40	00:40:47	01:07:21	01:21:23	01:48:24	02:02:51
58	44	Rop Krzysztof	Monar Wrocław	M	M18-29	14	00:00:39	00:26:42	00:40:53	01:07:25	01:21:28	01:48:25	02:02:51
59	57	Ślesicki Szymon	Monar Wrocław	M	M18-29	14	00:00:40	00:26:43	00:40:52	01:07:25	01:21:24	01:48:25	02:02:51
60	58	Wayda Adam		M	M50	7	00:00:39	00:24:35	00:38:15	01:03:42	01:18:24	01:47:35	02:03:19
61	41	Popiwczyk Krzysztof		M	M18-29	17	00:00:42	00:24:08	00:38:36	01:04:20	01:19:00	01:47:29	02:03:49
62	6	Biniewicz Sławomir	Boruta Team	M	M50	8	00:00:45	00:25:12	00:40:19	01:05:58	01:21:01	01:48:45	02:04:11
63	37	Mrozkowiak Joanna		K	K30-39	2	00:00:36	00:24:16	00:38:02	01:04:28	01:19:50	01:48:57	02:04:38
64	20	Gniewosz Stanisław	Cross Straceniców Team	M	M50	9	00:00:38	00:24:22	00:38:34	01:05:41	01:22:08	01:52:40	02:10:47
65	31	Kubiak Jonatan	Monar Wrocław	M	M18-29	18	00:00:41	00:26:44	00:44:59	01:13:33	01:27:56	01:56:08	02:11:57
66	60	Zakaszewska Alicja		M	M50	10	00:00:38	00:26:40	00:41:17	01:11:54	01:28:41	01:58:53	02:15:42
67	42	Raczyńska Klaudia	Monar Zbicko	M	M30-39	18	00:00:35	00:26:39	00:42:41	01:13:34	01:31:07	02:01:57	02:17:25
68	38	Nitka Mikołaj	Monar Zbicko	M	M18-29	19	00:00:44	00:30:00	00:44:06	01:13:34	01:30:45	02:01:57	02:17:26