

| MscGen | NrSt | Nazwisko              | Zespół/Miejscowość   | Ur.  | MscKt | Kateg | Netto | Km/h   | Czas/Km |
|--------|------|-----------------------|----------------------|------|-------|-------|-------|--------|---------|
| 1      | 105  | BAJAN FILIP           | ZIELONA GÓRA         | 1993 | 1     | m20   | 19:50 | 15,126 | 3:58    |
| 2      | 131  | HOŁUBOWICZ JERZY      | BIZON,URAD           | 1986 | 1     | m30   | 19:53 | 15,088 | 3:58    |
| 3      | 199  | WIERZBICKI KRZYSZTOF  | WIERZBICKI RUNNING P | 1984 | 2     | m30   | 19:57 | 15,038 | 3:59    |
| 4      | 192  | ŚLIWCZYŃSKI DAMIAN    | SZYBCIEJ NIE MOGĘ ,Ś | 1984 | 3     | m30   | 20:42 | 14,493 | 4:08    |
| 5      | 205  | ZYWERT MATEUSZ        | ROKITNICA            | 1987 | 4     | m30   | 20:50 | 14,400 | 4:10    |
| 6      | 111  | BORKOWSKI DAMIAN      | BORKOŚ TEAM,OŁOBOK   | 1988 | 5     | m30   | 21:02 | 14,263 | 4:12    |
| 7      | 114  | BOROWSKI WOJCIECH     | MASTERCHEM TEAM,DZIE | 1982 | 6     | m30   | 21:07 | 14,207 | 4:13    |
| 8      | 210  | SADOWSKI MICHAŁ       | DĄBROWSKI TEAM,ŚWIE  | 1988 | 7     | m30   | 21:11 | 14,162 | 4:14    |
| 9      | 168  | PANASIUK PAWEŁ        | 5 PUŁK ARTYLERII ,SU | 1991 | 2     | m20   | 21:24 | 14,019 | 4:16    |
| 10     | 119  | DOBROŁOWICZ KRZYSZTOF | KS RADOSZYN,SKĄPE    | 1996 | 3     | m20   | 22:07 | 13,564 | 4:25    |
| 11     | 104  | AUCHIMOWICZ JAREK     | MJDOP,POZNAŃ         | 1981 | 8     | m30   | 22:15 | 13,483 | 4:27    |
| 12     | 180  | SIDOROWICZ MACIEJ     | SKĄPE                | 1989 | 9     | m30   | 22:29 | 13,343 | 4:29    |
| 13     | 143  | KRÓL WERONIKA         | WIERZBICKI RUNNING P | 2002 | 1     | k20   | 22:36 | 13,274 | 4:31    |
| 14     | 176  | PRZYPIS BARTŁOMIEJ    | EKOMANIA LAB,OŁOBOK  | 1985 | 10    | m30   | 22:59 | 13,053 | 4:35    |
| 15     | 103  | ANYSZKO GRZEGORZ      | ŚWIEBODZIN           | 1969 | 1     | m50   | 23:02 | 13,025 | 4:36    |
| 16     | 172  | PERON ANITA           | ZIELONA GÓRA         | 1987 | 1     | k30   | 23:14 | 12,912 | 4:38    |
| 17     | 141  | KOWNACKI PAWEŁ        | OBSTAWIAMY TYŁY TEAM | 1984 | 11    | m30   | 23:34 | 12,730 | 4:42    |
| 18     | 112  | BORKOWSKI PAWEŁ       | SULECHOWSKA GRUPA BI | 1994 | 4     | m20   | 23:48 | 12,605 | 4:45    |
| 19     | 200  | WOCH AGNIESZKA        | BRACTWO BIEGACZY ZIE | 1973 | 1     | k40   | 24:17 | 12,354 | 4:51    |
| 20     | 110  | BORKOWSKA BOŻENA      | SULMA SULECHÓW,SULEC | 1968 | 1     | k50   | 24:27 | 12,270 | 4:53    |
| 21     | 193  | ŚRÓBKA MATEUSZ        | ŻARY                 | 1989 | 12    | m30   | 24:38 | 12,179 | 4:55    |
| 22     | 161  | NIEDŹWIECKI ROBERT    | OBSTAWIAMY TYŁY TEAM | 1970 | 1     | m40   | 24:40 | 12,162 | 4:56    |
| 23     | 177  | RĄCZKOWSKI MICHAŁ     | WĘGRZYNICE           | 1993 | 5     | m20   | 24:41 | 12,154 | 4:56    |
| 24     | 159  | MROCZEK MARTA         | WIERZBICKI RUNNING P | 1976 | 2     | k40   | 24:47 | 12,105 | 4:57    |
| 25     | 124  | GOSTYŃSKI BOGUMIŁ     | ZABIEGANY SULECHÓW,S | 1962 | 2     | m50   | 24:49 | 12,089 | 4:57    |
| 26     | 140  | KOT WOJCIECH          | ŚWIEBODZIN           | 1993 | 6     | m20   | 24:50 | 12,081 | 4:58    |
| 27     | 181  | SIEMIATOWSKA ELŻBIETA | ŚWIEBODZIN           | 1985 | 2     | k30   | 24:55 | 12,040 | 4:59    |
| 28     | 166  | OPIELEWICZ MELCHIOR   | KROSNO ODRZAŃSKIE    | 1973 | 2     | m40   | 25:02 | 11,984 | 5:00    |
| 29     | 113  | BORKOWSKI PIOTR       | SULMA SULECHÓW,SULEC | 1962 | 3     | m50   | 25:03 | 11,976 | 5:00    |
| 30     | 197  | WALCZAK PIOTR         | SGB,SULECHÓW         | 1978 | 3     | m40   | 25:11 | 11,913 | 5:02    |
| 31     | 106  | BISKUP BARTŁOMIEJ     | CIBÓRZ               | 1980 | 13    | m30   | 25:11 | 11,913 | 5:02    |
| 32     | 107  | BISKUP PAWEŁ          | ŁAGÓW                | 1977 | 4     | m40   | 25:15 | 11,881 | 5:03    |
| 33     | 163  | OLEKSA ŁUKASZ         | KRĘŻOŁY              | 1989 | 14    | m30   | 25:44 | 11,658 | 5:08    |
| 34     | 171  | PAWŁOWSKI JAKUB       | ŚWIEBODZIN           | 1984 | 15    | m30   | 25:48 | 11,628 | 5:09    |
| 35     | 123  | GORSIAK MATEUSZ       | KS RADOSZYN,SKĄPE    | 1987 | 16    | m30   | 26:06 | 11,494 | 5:13    |
| 36     | 175  | HREBANIUK MARCIN      | KIEŁCZ               | 1980 | 17    | m30   | 26:10 | 11,465 | 5:14    |
| 37     | 128  | GRECZYCHO MILENA      | ZBĄSZYNEK            | 1992 | 2     | k20   | 26:17 | 11,414 | 5:15    |
| 38     | 185  | STARCZEWSKA IZA       | WIERZBICKI RUNNING P | 1970 | 3     | k40   | 26:22 | 11,378 | 5:16    |
| 39     | 211  | RYBKA NATALIA         | KROSNO ODRZAŃSKIE    | 1992 | 3     | k20   | 26:24 | 11,364 | 5:16    |
| 40     | 144  | KRZESIŃSKA KATARZYNA  | ZIELONA GÓRA         | 1984 | 3     | k30   | 26:30 | 11,321 | 5:18    |
| 41     | 195  | TOMCZAK KATARZYNA     | #TEAMGRACZYK# ZABIEG | 1981 | 4     | k30   | 26:32 | 11,307 | 5:18    |
| 42     | 156  | MAĆZKA LECH           | MIĘDZYRZECZ          | 1980 | 18    | m30   | 26:33 | 11,299 | 5:18    |
| 43     | 138  | KOPACZEWSKI ARKADIUSZ | SKĄPE                | 1982 | 19    | m30   | 26:52 | 11,166 | 5:22    |
| 44     | 145  | KRZESIŃSKI DAMIAN     | ZIELONA GÓRA         | 1986 | 20    | m30   | 27:00 | 11,111 | 5:24    |
| 45     | 135  | KLUJ AGATA            | ŚWIEBODZIN           | 1996 | 4     | k20   | 27:11 | 11,036 | 5:26    |
| 46     | 191  | SZYMKOWIAK BARTOSZ    | ZBĄSZYNEK            | 1989 | 21    | m30   | 27:43 | 10,824 | 5:32    |
| 47     | 186  | STARCZEWSKI KRZYSZTOF | WIERZBICKI RUNNING P | 1971 | 5     | m40   | 27:50 | 10,778 | 5:34    |

| MscGen | NrSt | Nazwisko                  | Zespół/Miejscowość   | Ur.  | MscKt | Kateg | Netto | Km/h   | Czas/Km |
|--------|------|---------------------------|----------------------|------|-------|-------|-------|--------|---------|
| 48     | 203  | ZUŚKA PIOTR               | ZIELONA GÓRA         | 1972 | 6     | m40   | 28:08 | 10,664 | 5:37    |
| 49     | 201  | WOCH WIKTOR               | ZIELONA GÓRA         | 1971 | 7     | m40   | 28:28 | 10,539 | 5:41    |
| 50     | 120  | FITA ROMAN                | BEZ KLUBU,KOŻUCHÓW   | 1954 | 1     | m60   | 28:49 | 10,411 | 5:45    |
| 51     | 127  | GRACZ ANNA                | ŚWIEBODZIN           | 1977 | 4     | k40   | 29:02 | 10,333 | 5:48    |
| 52     | 196  | WALCZAK ANNA              | SGB,SULECHÓW         | 1980 | 5     | k30   | 29:09 | 10,292 | 5:49    |
| 53     | 116  | CAL ELŻBIETA              | EVERYDAY RUNNER FSW  | 1970 | 5     | k40   | 29:11 | 10,280 | 5:50    |
| 54     | 126  | GÓRAL MARIUSZ             | ZBĄSZYNEK            | 1980 | 22    | m30   | 29:27 | 10,187 | 5:53    |
| 55     | 182  | SMYCZYŃSKA AGNIESZKA      | ZIELONA GÓRA         | 1980 | 6     | k30   | 29:33 | 10,152 | 5:54    |
| 56     | 162  | NOWICKA PAULINA           | TKKF ŁABĘDŹ ZBĄSZYŃ, | 1986 | 7     | k30   | 29:38 | 10,124 | 5:55    |
| 57     | 134  | KIEŁBASA TOMASZ           | SKWIERZYNA           | 1983 | 23    | m30   | 29:47 | 10,073 | 5:57    |
| 58     | 188  | STROZYK BARBARA           | ŚWIEBODZIN           | 1988 | 8     | k30   | 29:47 | 10,073 | 5:57    |
| 59     | 165  | OPALA MARTA               | ZIELONA GÓRA         | 1980 | 9     | k30   | 29:56 | 10,022 | 5:59    |
| 60     | 173  | PIETRZAK PRZEMYSŁAW       | ŚWIEBODZIN           | 1981 | 24    | m30   | 30:05 | 9,972  | 6:01    |
| 61     | 152  | ŁOWICKI KRYSZTIAN         | ŚWIEBODZIN           | 1978 | 8     | m40   | 30:08 | 9,956  | 6:01    |
| 62     | 129  | GRYDZIUSZKO MALGORZATA    | GONIA MARCINOWICE,MA | 1976 | 6     | k40   | 30:18 | 9,901  | 6:03    |
| 63     | 102  | ANYSZKO ALICJA            | ŚWIEBODZIN           | 1968 | 2     | k50   | 30:23 | 9,874  | 6:04    |
| 64     | 207  | ŻYŻA MIROSLAW             | BBL ŚWIEBODZIN ,ŚWIE | 1971 | 9     | m40   | 30:30 | 9,836  | 6:06    |
| 65     | 157  | MENZEL ZOFIA              | BBL ŚWIEBODZIN,LUBRZ | 1958 | 1     | k60   | 30:49 | 9,735  | 6:09    |
| 66     | 121  | GALANTY JACEK             | ŚWIDNICA             | 1959 | 2     | m60   | 30:50 | 9,730  | 6:10    |
| 67     | 158  | MICHALAK-GOCZEWSKA JOANNA | TORZYM               | 1986 | 10    | k30   | 31:09 | 9,631  | 6:13    |
| 68     | 167  | OSIŃSKI JACEK             | RUN-LOG.COM,SZCZANIE | 1981 | 25    | m30   | 31:24 | 9,554  | 6:16    |
| 69     | 122  | GOCZEWSKA JOANNA          | TORZYM               | 1978 | 7     | k40   | 31:36 | 9,494  | 6:19    |
| 70     | 194  | ŚRÓBKA WERONIKA           | ŻARY                 | 1992 | 5     | k20   | 31:40 | 9,474  | 6:20    |
| 71     | 198  | WARCHOŁ JOANNA            | SULECHÓW             | 1979 | 8     | k40   | 32:03 | 9,360  | 6:24    |
| 72     | 202  | ZAJĄCZKOWSKI DARIUSZ      | ZIELONA GÓRA         | 1967 | 4     | m50   | 32:20 | 9,278  | 6:28    |
| 73     | 160  | NELKOWSKI JANUSZ          | ZABIEGANY SULECHÓW , | 1953 | 3     | m60   | 32:26 | 9,250  | 6:29    |
| 74     | 183  | SOKOŁOWSKII PIOTR         | SULECHÓW             | 1984 | 26    | m30   | 34:25 | 8,717  | 6:53    |
| 75     | 146  | KSIĘŻYK MARLENA           | TKKF„ŁABĘDŹ,, ZBĄSZ  | 1983 | 11    | k30   | 34:33 | 8,683  | 6:54    |
| 76     | 204  | ZUZA AGNIESZKA            | BABIMOJSKI KLUB BIEG | 1985 | 12    | k30   | 34:33 | 8,683  | 6:54    |
| 77     | 184  | SPIECHOWICZ BARTOSZ       | ZIELONA GÓRA         | 1986 | 27    | m30   | 35:07 | 8,543  | 7:01    |
| 78     | 178  | SADŁUCKA MAŁGORZATA       | ŚWIEBODZIN           | 1962 | 3     | k50   | 35:34 | 8,435  | 7:06    |
| 79     | 150  | LEWANDOWSKA AGNIESZKA     | BOHAR PALETY RUNNERS | 1983 | 13    | k30   | 35:36 | 8,427  | 7:07    |
| 80     | 100  | MATUSIAK AGATA            | NIEDORADZ            | 1994 | 6     | k20   | 35:53 | 8,360  | 7:10    |
| 81     | 18   | CZOP JAN                  | BABIMOST             | 1939 | 4     | m60   | 36:34 | 8,204  | 7:18    |
| 82     | 142  | KRASUCKI STEFAN           | ŚWIEBODZIN           | 1952 | 5     | m60   | 36:36 | 8,197  | 7:19    |
| 83     | 209  | FRĄCKOWIAK KRZYSZTOF      | ZIELONA GORA         | 1983 | 28    | m30   | 36:52 | 8,137  | 7:22    |
| 84     | 125  | GÓRAL DOROTA              | ZBĄSZYNEK            | 1983 | 14    | k30   | 37:07 | 8,083  | 7:25    |
| 85     | 153  | MAĆKOWIAK KATARZYNA       | BOSKI TEAM ,ZBĄSZYŃ  | 1982 | 15    | k30   | 37:07 | 8,083  | 7:25    |
| 86     | 137  | KONDRATOWICZ MAŁGORZATA   | BOSKI TEAM,SZCZANIEC | 1985 | 16    | k30   | 37:07 | 8,083  | 7:25    |
| 87     | 118  | CHŁOPEK AGNIESZKA         | BOSKI TEAM ,ZBĄSZYNE | 1984 | 17    | k30   | 37:08 | 8,079  | 7:25    |
| 88     | 170  | PAWŁOWSKA-DERLATKA KASIA  | ŚWIEBODZI            | 1983 | 18    | k30   | 37:15 | 8,054  | 7:27    |
| 89     | 101  | ADAMSKA-KIEŁBASA AGNIESZK | SKWIERZYNA           | 1985 | 19    | k30   | 37:25 | 8,018  | 7:29    |
| 90     | 139  | KOSICKA PATRYCJA          | ZBĄSZYNEK            | 1979 | 9     | k40   | 37:38 | 7,972  | 7:31    |
| 91     | 130  | HANC-BOBKO KAROLINA       | KROSNO ODRZAŃSKIE    | 1988 | 20    | k30   | 37:41 | 7,961  | 7:32    |
| 92     | 154  | MALINOWSKA KASIA          | OLOBOK               | 1990 | 7     | k20   | 38:47 | 7,735  | 7:45    |
| 93     | 117  | CELKA JOANNA              | WOJCIU RUNNING TEAM, | 1986 | 21    | k30   | 39:16 | 7,640  | 7:51    |
| 94     | 133  | KAWECKA ANNA              | SZCZANIEC            | 1985 | 22    | k30   | 39:29 | 7,598  | 7:53    |

| MscGen | NrSt | Nazwisko                | Zespół/Miejscowość   | Ur.  | MscKt | Kateg | Netto | Km/h  | Czas/Km |
|--------|------|-------------------------|----------------------|------|-------|-------|-------|-------|---------|
| 95     | 206  | ŻOŁKOŚ LESZEK           | ZIELONA GÓRA         | 1976 | 10    | m40   | 39:41 | 7,560 | 7:56    |
| 96     | 132  | IWAŃCZUK JOANNA         | SULECHÓW             | 1978 | 10    | k40   | 40:09 | 7,472 | 8:01    |
| 97     | 169  | PAWŁOWSKA ALEKSANDRA    | ŚWIEBODZIN           | 1986 | 23    | k30   | 40:12 | 7,463 | 8:02    |
| 98     | 109  | BOHAREWICZ MAŁGORZATA   | BOHAR PALETY RUNNERS | 1981 | 24    | k30   | 40:14 | 7,457 | 8:02    |
| 99     | 179  | SADOWSKI WOJCIECH ROMAN | BEZ KLUBU,KOZUCHÓW   | 1960 | 5     | m50   | 40:21 | 7,435 | 8:04    |
| 100    | 164  | OPALA JANINA            | MORSY ZAGAN,ZAGAN    | 1956 | 2     | k60   | 40:21 | 7,435 | 8:04    |
| 101    | 187  | STĘPIEŃ JULIA           | SULECHÓW             | 1980 | 25    | k30   | 40:26 | 7,420 | 8:05    |
| 102    | 115  | BRZEZIŃSKI BOLESŁAW     | CZERWIEŃSK           | 1944 | 6     | m60   | 45:10 | 6,642 | 9:02    |