

ŚWIEBODZINSKA DZIESIĄTKA 2023 - 16.09.2023, ŚWIEBODZIN
WYNIKI - 10KM
GENERAL

| Msc | Numer | Nazwisko | Zespół/Miejscowość | Ur. | MscKtg | Ktg | Brutto | Netto | Km/h | Czas/km |
|-----|-------|-----------------------|----------------------|------|--------|-----|--------|-------|--------|---------|
| 1 | 190 | KLAYBOR DAWID | ŻAGAŃ | 1990 | 1 | M30 | 33:11 | 33:11 | 18,081 | 3:19 |
| 2 | 127 | SMYKOWSKI PRZEMYSŁAW | BBL SULECHÓW ,SULECH | 1996 | 1 | M16 | 34:38 | 34:38 | 17,324 | 3:27 |
| 3 | 114 | PRĘDKIEWICZ MARCEL | WIERZBICKI RUNNING T | 2000 | 2 | M16 | 34:39 | 34:38 | 17,324 | 3:27 |
| 4 | 132 | SZAWALA JACEK | ZIELONA GÓRA | 1993 | 2 | M30 | 34:57 | 34:56 | 17,176 | 3:29 |
| 5 | 24 | CHRUŚCIEL FILIP | 5 LUBUSKI PUŁK ARTYL | 1983 | 1 | M40 | 35:27 | 35:26 | 16,933 | 3:32 |
| 6 | 65 | KOŻUCH DARIUSZ | TEAM ŁAGÓW,ŁAGÓW | 1974 | 2 | M40 | 35:41 | 35:40 | 16,822 | 3:34 |
| 7 | 84 | ŁUKASZEWSKI SEBASTIAN | STARGARDZKI KLUB LEK | 1979 | 3 | M40 | 36:38 | 36:37 | 16,386 | 3:39 |
| 8 | 122 | SIKORSKI KRZYSZTOF | MIĘDZYRZECKIE GAZELE | 1980 | 4 | M40 | 37:14 | 37:12 | 16,129 | 3:43 |
| 9 | 82 | ŁAWNICZAK PAWEŁ | ZBĄSZYŃ | 1986 | 3 | M30 | 37:33 | 37:29 | 16,007 | 3:44 |
| 10 | 150 | WOSZCZYŁO ADRIAN | KP PSP MIĘDZYCHÓD,PS | 1985 | 4 | M30 | 37:38 | 37:38 | 15,943 | 3:45 |
| 11 | 129 | SOCHOCKI PATRYK | KRWIOBIEGŻANIEŻ ,ŻAG | 1995 | 3 | M16 | 37:46 | 37:44 | 15,901 | 3:46 |
| 12 | 60 | KONCZYŃSKI MACIEJ | SŁUBICKA AKADEMIA BI | 1985 | 5 | M30 | 38:01 | 37:57 | 15,810 | 3:47 |
| 13 | 187 | KASICA ARKADIUSZ | MIĘDZYRZECZ | 1980 | 5 | M40 | 38:01 | 37:59 | 15,796 | 3:47 |
| 14 | 193 | KUCZYŃSKA WIOLETTA | PRZYTOCZNA | 1985 | 1 | K30 | 38:16 | 38:16 | 15,679 | 3:49 |
| 15 | 102 | NOWORYTA RADOSŁAW | ULTRA DIABŁY TEAM LU | 1975 | 6 | M40 | 38:19 | 38:17 | 15,673 | 3:49 |
| 16 | 62 | KOREPTA MATEUSZ | ŚWIEBODZIN | 2002 | 4 | M16 | 38:34 | 38:34 | 15,557 | 3:51 |
| 17 | 189 | RUTKOWSKI MACIEJ | SULĘCIN | 1993 | 6 | M30 | 38:44 | 38:42 | 15,504 | 3:52 |
| 18 | 191 | KLAYBOR NATALIA | ŻAGAŃ | 1995 | 1 | K16 | 39:11 | 39:11 | 15,313 | 3:55 |
| 19 | 39 | GALEK WOJCIECH | ADIENT RUNNING TEAM, | 1990 | 7 | M30 | 39:20 | 39:19 | 15,261 | 3:55 |
| 20 | 79 | LIS DAMIAN | RUMOR,ŻELECHÓW | 1999 | 5 | M16 | 39:49 | 39:49 | 15,069 | 3:58 |
| 21 | 36 | DRZEWIECKI PRZEMYSŁAW | PRZEMKÓW | 1990 | 8 | M30 | 39:59 | 39:54 | 15,038 | 3:59 |
| 22 | 147 | WOJCIECHOWSKI MATEUSZ | BBL ŚWIEBODZIN,ŚWIEB | 1986 | 9 | M30 | 40:02 | 40:00 | 15,000 | 4:00 |
| 23 | 19 | CHAMERA DANIEL | RECARO TEAM,ŚWIEBODZ | 2006 | 6 | M16 | 40:13 | 40:12 | 14,925 | 4:01 |
| 24 | 162 | ZBOROWSKI MARCIN | ADIENT RUNNING TEAM, | 1987 | 10 | M30 | 40:23 | 40:21 | 14,870 | 4:02 |
| 25 | 137 | ŚLIWCZYŃSKI DAMIAN | ŚWIEBODZIŃSKA GRUPA | 1984 | 11 | M30 | 40:48 | 40:43 | 14,736 | 4:04 |
| 26 | 61 | KORALEWSKA BARBARA | ŚWIEBODZIN | 1993 | 2 | K30 | 40:49 | 40:47 | 14,712 | 4:04 |
| 27 | 176 | GRACZ PAWEŁ | ZBĄSZYNEK | 1983 | 7 | M40 | 41:01 | 40:57 | 14,652 | 4:05 |
| 28 | 75 | KWIATKOWSKI TOMASZ | MIĘDZYRZECZ | 1972 | 1 | M50 | 41:30 | 41:27 | 14,475 | 4:08 |
| 29 | 160 | ZBORALSKI MAREK | ROSNER,ZIELONA GÓRA | 1970 | 2 | M50 | 41:38 | 41:35 | 14,429 | 4:09 |
| 30 | 112 | PŁOŃSKI JAKUB | DDG,GORZÓW WIELKOPOL | 1983 | 8 | M40 | 41:51 | 41:49 | 14,348 | 4:10 |
| 31 | 175 | SZARAPANOWSKI MARCIN | SZCZECIN | 1977 | 9 | M40 | 42:20 | 42:17 | 14,190 | 4:13 |

ŚWIEBODZINSKA DZIESIĄTKA 2023 - 16.09.2023, ŚWIEBODZIN
WYNIKI - 10KM
GENERAL

| Msc | Numer | Nazwisko | Zespół/Miejscowość | Ur. | MscKtg | Ktg | Brutto | Netto | Km/h | Czas/km |
|-----|-------|---------------------|----------------------|------|--------|-----|--------|-------|--------|---------|
| 32 | 136 | SZYMKOWIAK DAMIAN | ZBĄSZYNEK | 1987 | 12 | M30 | 42:27 | 42:23 | 14,157 | 4:14 |
| 33 | 94 | MROCKOWSKI KAMIL | WIERZBICKI RUNNING P | 1997 | 7 | M16 | 42:29 | 42:25 | 14,145 | 4:14 |
| 34 | 8 | JÓZEFOWSKI TOMASZ | ŚWIEBODZIN | 1972 | 3 | M50 | 42:39 | 42:33 | 14,101 | 4:15 |
| 35 | 85 | MARKOWSKI DARIUSZ | BBL GUBIN ,GUBIN | 1993 | 13 | M30 | 42:40 | 42:36 | 14,085 | 4:15 |
| 36 | 10 | MICHNOWICZ EWELINA | KROSNO ODRZAŃSKIE | 1992 | 3 | K30 | 42:44 | 42:41 | 14,057 | 4:16 |
| 37 | 135 | SZYMKOWIAK ANDRZEJ | ZBĄSZYNEK | 1962 | 1 | M60 | 42:52 | 42:47 | 14,024 | 4:16 |
| 38 | 164 | ŻAK MAREK | SIEDLEC | 1990 | 14 | M30 | 43:06 | 43:02 | 13,943 | 4:18 |
| 39 | 128 | SOBKOWIAK REMIGIUSZ | MOZÓW | 1977 | 10 | M40 | 43:10 | 43:06 | 13,921 | 4:18 |
| 40 | 188 | RUTKOWSKI WOJCIECH | MIĘDZYRZECZ | 1987 | 15 | M30 | 43:16 | 43:13 | 13,884 | 4:19 |
| 41 | 80 | LUBIENIEC MATEUSZ | BBL SULECHÓW,SULECHÓ | 1980 | 11 | M40 | 43:23 | 43:16 | 13,867 | 4:19 |
| 42 | 2270 | CAL PIOTR | BIEG WILKA WILKOWO 7 | 1969 | 4 | M50 | 43:30 | 43:28 | 13,804 | 4:20 |
| 43 | 45 | GRACZ ARTUR | BBL ŚWIEBODZIN,ŚWIEB | 1974 | 12 | M40 | 43:32 | 43:29 | 13,798 | 4:20 |
| 44 | 101 | NOWIK KAMIL | SECO RUN,ŚWIEBODZIN | 1974 | 13 | M40 | 43:40 | 43:37 | 13,756 | 4:21 |
| 45 | 51 | JUNG DAWID | NOWA SÓL | 1992 | 16 | M30 | 43:54 | 43:48 | 13,699 | 4:22 |
| 46 | 140 | URBAN ŁUKASZ | BBL GUBIN,CHLEBOWO | 1982 | 14 | M40 | 44:05 | 43:56 | 13,657 | 4:23 |
| 47 | 30 | DAWIDOWICZ OSKAR | RECARO TEAM,ŚWIEBODZ | 2006 | 8 | M16 | 44:16 | 44:14 | 13,564 | 4:25 |
| 48 | 59 | KOCHAN DAMIAN | BBL ŚWIEBODZIN,ŚWIEB | 1986 | 17 | M30 | 44:21 | 44:21 | 13,529 | 4:26 |
| 49 | 131 | STUŁA RAFAŁ | NOWA SÓL | 1991 | 18 | M30 | 44:24 | 44:21 | 13,529 | 4:26 |
| 50 | 22 | CHOJNACKI PIOTR | NOWA SÓL | 1964 | 5 | M50 | 44:54 | 44:51 | 13,378 | 4:29 |
| 51 | 31 | DĄBROWSKI MACIEJ | KOMOROW | 1988 | 19 | M30 | 44:59 | 44:51 | 13,378 | 4:29 |
| 52 | 108 | PERON ANITA | ZIELONA GÓRA | 1987 | 4 | K30 | 45:04 | 45:00 | 13,333 | 4:30 |
| 53 | 68 | KROJCIG EWA | ZIELONA GÓRA | 1980 | 1 | K40 | 45:08 | 45:05 | 13,309 | 4:30 |
| 54 | 89 | MAZUREK ZBIGNIEW | BOBOWICKO | 1970 | 6 | M50 | 45:09 | 45:04 | 13,314 | 4:30 |
| 55 | 76 | LANGNER SEBASTIAN | SECO RUN,ŚWIEBODZIN | 1989 | 20 | M30 | 45:14 | 45:08 | 13,294 | 4:30 |
| 56 | 166 | KOWNACKI PAWEŁ | ŚWIEBODZIN | 1984 | 21 | M30 | 45:32 | 45:24 | 13,216 | 4:32 |
| 57 | 138 | ŚWIERZKO ARTUR | GORZÓW WIELKOPOLSKI | 1975 | 15 | M40 | 45:34 | 45:29 | 13,192 | 4:32 |
| 58 | 16 | BOŻEK MARCIN | ŚWIEBODZIN | 1988 | 22 | M30 | 45:37 | 45:19 | 13,240 | 4:31 |
| 59 | 174 | WENTLAND BARTOSZ | ŚWIEBODZIN | 2005 | 9 | M16 | 45:37 | 45:35 | 13,163 | 4:33 |
| 60 | 21 | CHMIELENKO KAZIK | GUBIN | 1963 | 2 | M60 | 45:48 | 45:43 | 13,124 | 4:34 |
| 61 | 139 | ŚWIGŁO HENRYK | RAKOVIA RAKÓW ,ŚWIEB | 1960 | 3 | M60 | 45:51 | 45:31 | 13,182 | 4:33 |
| 62 | 33 | DMYTRUK IVAN | ADIENT RUNNING TEAM, | 2000 | 10 | M16 | 45:53 | 45:50 | 13,091 | 4:35 |

ŚWIEBODZINSKA DZIESIĄTKA 2023 - 16.09.2023, ŚWIEBODZIN
WYNIKI - 10KM
GENERAL

| Msc | Numer | Nazwisko | Zespół/Miejscowość | Ur. | MscKtg | Ktg | Brutto | Netto | Km/h | Czas/km |
|-----|-------|-------------------------|----------------------|------|--------|-----|--------|-------|--------|---------|
| 63 | 178 | SMYKOWSKI TOMASZ | SULECHÓW | 2006 | 11 | M16 | 45:53 | 45:48 | 13,100 | 4:34 |
| 64 | 49 | HORBATOWSKI GRZEGORZ | CYBINKA | 1986 | 23 | M30 | 45:59 | 45:50 | 13,091 | 4:35 |
| 65 | 18 | CEGLAREK MARCIN | 17WBZ,MIĘDZYRZECZ | 1989 | 24 | M30 | 46:07 | 46:06 | 13,015 | 4:36 |
| 66 | 93 | MLECZAK JACEK | PRZYTOCZNA | 1970 | 7 | M50 | 46:09 | 45:57 | 13,058 | 4:35 |
| 67 | 46 | GRYBKO MARIUSZ | SECO/WARWICK,MIĘDZYR | 1989 | 25 | M30 | 46:17 | 46:10 | 12,996 | 4:37 |
| 68 | 146 | WITKOWSKI DANIEL | TURBAK RUNNING TEAM | 1989 | 26 | M30 | 46:27 | 46:20 | 12,950 | 4:38 |
| 69 | 13 | BARCZYK MACIEJ | SECO RUN,ŚWIEBODZIN | 1984 | 27 | M30 | 46:42 | 46:37 | 12,871 | 4:39 |
| 70 | 25 | CHRUŚCIŃSKA JOANNA | ADIENT RUNNING TEAM | 1997 | 2 | K16 | 46:43 | 46:38 | 12,866 | 4:39 |
| 71 | 185 | OSTRYUHORZ DAMIAN | SKOK | 1999 | 12 | M16 | 46:43 | 46:38 | 12,866 | 4:39 |
| 72 | 192 | GANECKI DAMIAN | ŁAGÓW | 1995 | 13 | M16 | 46:58 | 46:47 | 12,825 | 4:40 |
| 73 | 149 | WOLIN PIOTR | ŚWIEBODZIN | 1977 | 16 | M40 | 47:22 | 47:17 | 12,689 | 4:43 |
| 74 | 134 | SZULC PIOTR | ŚWIEBODZIN | 1973 | 8 | M50 | 47:36 | 47:21 | 12,672 | 4:44 |
| 75 | 27 | CYBULSKA KATARZYNA | SULĘCIN | 1988 | 5 | K30 | 47:46 | 47:42 | 12,579 | 4:46 |
| 76 | 37 | DZIEMIESZKIEWICZ PATRYK | ŚWIEBODZIN | 1982 | 17 | M40 | 47:47 | 47:40 | 12,587 | 4:46 |
| 77 | 170 | SZYŃKIEWICZ ROBERT | MIĘDZYRZECZ | 1968 | 9 | M50 | 47:47 | 47:40 | 12,587 | 4:46 |
| 78 | 184 | DŹEDŹURA JAROSŁAW | ŚWIEBODZIN | 1992 | 28 | M30 | 47:49 | 47:48 | 12,552 | 4:46 |
| 79 | 5 | BOHAREWICZ PAWEŁ | BOHAR PALETY TRANSPO | 1980 | 18 | M40 | 48:01 | 47:57 | 12,513 | 4:47 |
| 80 | 186 | ŁYSIAK KRZYSZTOF | SZPROTAWA | 1986 | 29 | M30 | 48:03 | 47:58 | 12,509 | 4:47 |
| 81 | 126 | SKWARZ AGNIESZKA | ŚWIEBODZIN | 1997 | 3 | K16 | 48:05 | 47:58 | 12,509 | 4:47 |
| 82 | 40 | GALEK ZBIGNIEW | ADIENT RUNNING TEAM, | 1983 | 19 | M40 | 48:12 | 48:07 | 12,470 | 4:48 |
| 83 | 55 | KLUCZYŃSKI KRZYSZTOF | AKTYWNY KALSK ,KALSK | 1973 | 10 | M50 | 48:22 | 48:14 | 12,440 | 4:49 |
| 84 | 64 | KOZAK KRZYSZTOF | BIEGAMBOLUBIĘ SULECH | 1971 | 11 | M50 | 48:22 | 48:15 | 12,435 | 4:49 |
| 85 | 43 | GOSTYŃSKI BOGUMIŁ | ZABIEGANY SULECHÓW,S | 1962 | 4 | M60 | 48:22 | 48:15 | 12,435 | 4:49 |
| 86 | 44 | GÓRAL PAWEŁ | SOKÓŁ ROZŁOGI,ŚWIEBO | 1982 | 20 | M40 | 48:39 | 48:32 | 12,363 | 4:51 |
| 87 | 133 | SZCZĘSNY MACIEJ | ŚWIEBODZIN | 1960 | 5 | M60 | 48:41 | 48:38 | 12,337 | 4:51 |
| 88 | 81 | ŁAWICKI GRZEGORZ | ADIENT RUNNING TEAM | 1987 | 30 | M30 | 48:44 | 48:41 | 12,325 | 4:52 |
| 89 | 152 | WOŹNIAK ANDRZEJ | ZRM ŚWIEBODZIN ,TORZ | 1971 | 12 | M50 | 48:58 | 48:56 | 12,262 | 4:53 |
| 90 | 105 | OSTROWSKI MICHAŁ | ADIENT RUNNING TEAM, | 1993 | 31 | M30 | 49:05 | 48:53 | 12,274 | 4:53 |
| 91 | 48 | GUTAŁEWICZ ROBERT | SWIEBODZIN | 1981 | 21 | M40 | 49:06 | 48:56 | 12,262 | 4:53 |
| 92 | 98 | NOWACKI PIOTR | SWIEBODZIN | 2005 | 14 | M16 | 49:06 | 49:04 | 12,228 | 4:54 |
| 93 | 77 | LEŚNIAK BARBARA | MIĘDZYRZECZ | 1995 | 4 | K16 | 49:10 | 49:09 | 12,208 | 4:54 |

ŚWIEBODZINSKA DZIESIĄTKA 2023 - 16.09.2023, ŚWIEBODZIN
WYNIKI - 10KM
GENERAL

| Msc | Numer | Nazwisko | Zespół/Miejscowość | Ur. | MscKtg | Ktg | Brutto | Netto | Km/h | Czas/km |
|-----|-------|----------------------|----------------------|------|--------|-----|--------|-------|--------|---------|
| 94 | 177 | SZARAPANOWSKI DAMIAN | NOWA WIOSKA | 1978 | 22 | M40 | 49:11 | 49:03 | 12,232 | 4:54 |
| 95 | 72 | KULIŃSKI BOGDAN | KARATE KYOKUSHIN GŁO | 1959 | 6 | M60 | 49:11 | 49:06 | 12,220 | 4:54 |
| 96 | 73 | KUPRIJACZYK ANDRZEJ | DĄBROWSKI TEAM,GORZÓ | 1970 | 13 | M50 | 49:27 | 49:14 | 12,187 | 4:55 |
| 97 | 165 | ŻYTKIEWICZ JACEK | ŚWIEBODZIN | 1968 | 14 | M50 | 49:37 | 49:19 | 12,166 | 4:55 |
| 98 | 38 | FRĄCKOWIAK MACIEJ | ŚWIEBODZIN | 1997 | 15 | M16 | 49:39 | 49:26 | 12,138 | 4:56 |
| 99 | 151 | WOŹNIAK KAROL | KRĘŻOŁY | 1993 | 32 | M30 | 50:00 | 49:48 | 12,048 | 4:58 |
| 100 | 106 | OWSIANNY TOMASZ | DZIERŚLAWICE | 1965 | 15 | M50 | 50:15 | 50:01 | 11,996 | 5:00 |
| 101 | 53 | KANIECKI STANISŁAW | ŁAGOW | 1965 | 16 | M50 | 50:16 | 50:07 | 11,972 | 5:00 |
| 102 | 41 | GARBOWSKA ANNA | SULECHÓW | 1981 | 2 | K40 | 50:22 | 50:15 | 11,940 | 5:01 |
| 103 | 12 | AMBROSEWICZ KAMIL | ADIANT RUNNING TEAM, | 1987 | 33 | M30 | 50:44 | 50:39 | 11,846 | 5:03 |
| 104 | 50 | JABŁOŃSKI PIOTR | RECARO TEAM,ŚWIEBODZ | 1982 | 23 | M40 | 50:52 | 50:41 | 11,838 | 5:04 |
| 105 | 183 | GAJDA PRZEMYSŁAW | WIEBODZIN | 2000 | 16 | M16 | 51:14 | 51:13 | 11,715 | 5:07 |
| 106 | 56 | KLUJ AGATA | ŚWIEBODZIN | 1996 | 5 | K16 | 51:28 | 51:20 | 11,688 | 5:08 |
| 107 | 91 | MEJZA JANUSZ | ŁAGÓW | 1963 | 7 | M60 | 51:38 | 51:34 | 11,635 | 5:09 |
| 108 | 78 | LEŚNIK RAFAŁ | KRĘŻOŁY | 1990 | 34 | M30 | 51:40 | 51:28 | 11,658 | 5:08 |
| 109 | 67 | KROCZAK GRZEGORZ | MIMIĘDZYRZECZ | 1978 | 24 | M40 | 51:41 | 51:32 | 11,643 | 5:09 |
| 110 | 156 | ZARZYCKI RADEK | MIĘDZYRZECZ | 1983 | 25 | M40 | 51:54 | 51:38 | 11,620 | 5:09 |
| 111 | 153 | ZAKRZEWSKI KRZYSZTOF | GORZÓW WIELKOPOLSKI | 1967 | 17 | M50 | 52:10 | 52:00 | 11,538 | 5:12 |
| 112 | 23 | CHOLEWA IZABELA | CYBINKA | 1991 | 6 | K30 | 52:24 | 52:12 | 11,494 | 5:13 |
| 113 | 182 | PIOTROWSKI MACIEJ | ŚWIEBODZIN | 1996 | 17 | M16 | 52:24 | 52:19 | 11,469 | 5:13 |
| 114 | 116 | PRYIMAK SERHII | ADIANT RUNNING TEAM | 1984 | 35 | M30 | 52:57 | 52:42 | 11,385 | 5:16 |
| 115 | 159 | ZAWIŁO ALEKSANDRA | RECARO TEAM,ROZŁOGI | 1986 | 7 | K30 | 53:04 | 52:55 | 11,339 | 5:17 |
| 116 | 120 | RYGIELSKI ŁUKASZ | SULECHÓW | 1996 | 18 | M16 | 53:25 | 53:16 | 11,264 | 5:19 |
| 117 | 119 | RUTKOWSKI TOMASZ | ADIANT RUNNING TEAM, | 1983 | 26 | M40 | 53:37 | 53:24 | 11,236 | 5:20 |
| 118 | 6 | KOWALCZYK DOROTA | ŚWIEBODZIN | 1975 | 3 | K40 | 53:43 | 53:34 | 11,201 | 5:21 |
| 119 | 158 | ZAWAŁO PAWEŁ | RECARO TEAM,LUBRZA | 1981 | 27 | M40 | 53:50 | 53:37 | 11,191 | 5:21 |
| 120 | 57 | KOAL GERD | NLLB COTTBUS,COTTBUS | 1952 | 1 | M70 | 54:20 | 54:14 | 11,063 | 5:25 |
| 121 | 103 | OBUCHOWSKI PIOTR | ŚWIEBODZIN | 1977 | 28 | M40 | 54:23 | 54:17 | 11,053 | 5:25 |
| 122 | 125 | SKRUCHA MALWINA | SULECHOW | 1998 | 6 | K16 | 54:50 | 54:41 | 10,972 | 5:28 |
| 123 | 142 | WESOŁOWSKA IWONA | PLEWISKA | 1984 | 8 | K30 | 55:19 | 55:11 | 10,873 | 5:31 |
| 124 | 163 | ZIÓŁKOWSKI RADOSŁAW | RECARO TEAM,ŚWIEBODZ | 1979 | 29 | M40 | 55:45 | 55:36 | 10,791 | 5:33 |

ŚWIEBODZINSKA DZIESIĄTKA 2023 - 16.09.2023, ŚWIEBODZIN
WYNIKI - 10KM
GENERAL

| Msc | Numer | Nazwisko | Zespół/Miejscowość | Ur. | MscKtg | Ktg | Brutto | Netto | Km/h | Czas/km |
|-----|-------|------------------------|----------------------|------|--------|-----|---------|---------|--------|---------|
| 125 | 154 | ZAPALA BOGDAN | BODEK OKI TEAM SULEC | 1970 | 18 | M50 | 56:13 | 56:04 | 10,702 | 5:36 |
| 126 | 90 | MAZURKIEWICZ MACIEJ | RECARO TEAM,SULECHÓW | 1999 | 19 | M16 | 56:19 | 56:07 | 10,692 | 5:36 |
| 127 | 113 | POŚREDNIK ADAM | MILBIX BHP,SŁUBICE | 1993 | 36 | M30 | 56:37 | 56:22 | 10,645 | 5:38 |
| 128 | 181 | BOROWSKI MARIUSZ | ŚWIEBODZIN | 1982 | 30 | M40 | 56:38 | 56:26 | 10,632 | 5:38 |
| 129 | 145 | WIŚNIEWSKA BERNADETA | GORZÓW | 1989 | 9 | K30 | 56:41 | 56:31 | 10,616 | 5:39 |
| 130 | 14 | BAK ŁUKASZ | MILBIX BHP,MYSZĘCIN | 1989 | 37 | M30 | 56:47 | 56:33 | 10,610 | 5:39 |
| 131 | 155 | ZAPART MAŁGORZATA | SECO RUN,ŚWIEBODZIN | 1981 | 4 | K40 | 57:00 | 56:54 | 10,545 | 5:41 |
| 132 | 143 | WESOŁOWSKI ŁUKASZ | PLEWISKA | 1983 | 31 | M40 | 57:12 | 56:58 | 10,532 | 5:41 |
| 133 | 87 | MARKULAK ZBYSZEK | CFZ ŻARY,ŻARY | 1973 | 19 | M50 | 57:18 | 57:04 | 10,514 | 5:42 |
| 134 | 70 | KRÓL MICHAŁ | RECARO TEAM,ZIELONA | 1986 | 38 | M30 | 57:20 | 57:09 | 10,499 | 5:42 |
| 135 | 86 | MARKULAK ELLA | CFZ ŻARY,ŻARY | 1976 | 5 | K40 | 57:22 | 57:08 | 10,502 | 5:42 |
| 136 | 35 | DOEHLER MAURICE | FORST | 2006 | 20 | M16 | 57:23 | 57:08 | 10,502 | 5:42 |
| 137 | 17 | CAL ELŻBIETA | ADIENT RUNNING TEAM, | 1970 | 1 | K50 | 57:34 | 57:19 | 10,468 | 5:43 |
| 138 | 157 | ZAVOROTNYI PAWEŁ | JOFRAKUDA ŚWIEBODZIN | 1999 | 21 | M16 | 57:53 | 57:38 | 10,411 | 5:45 |
| 139 | 42 | GIELŻYŃSKI MICHAŁ | KRZAK-ATTACK SULECHÓ | 1984 | 39 | M30 | 58:02 | 57:55 | 10,360 | 5:47 |
| 140 | 20 | CHAMERA KAROLINA | RECARO TEAM,ŚWIEBODZ | 1979 | 6 | K40 | 58:03 | 57:51 | 10,372 | 5:47 |
| 141 | 118 | PYTA GRZEGORZ | BRAK,GRODZISK WLKP. | 1960 | 8 | M60 | 58:13 | 57:59 | 10,348 | 5:47 |
| 142 | 83 | ŁUKASZEWICZ MAREK | ADIENT RUNNING TEAM | 1980 | 32 | M40 | 58:44 | 58:32 | 10,251 | 5:51 |
| 143 | 167 | MIARA ALEKANDRA | ŚWIEBODZIN | 1993 | 10 | K30 | 59:02 | 58:54 | 10,187 | 5:53 |
| 144 | 54 | KAPUSTA PIOTR | SARBIA | 1984 | 40 | M30 | 59:10 | 59:03 | 10,161 | 5:54 |
| 145 | 130 | STACHECKI ADRIAN | BROWARY TEAM,SULECHÓ | 1988 | 41 | M30 | 59:12 | 59:00 | 10,169 | 5:54 |
| 146 | 123 | SIODŁOWSKI DAWID | ŚWIEBODZIN | 1995 | 22 | M16 | 59:14 | 58:56 | 10,181 | 5:53 |
| 147 | 169 | KUROCZYCKI MAREK | ŚWIEBODZIN | 1985 | 42 | M30 | 59:15 | 58:57 | 10,178 | 5:53 |
| 148 | 92 | MENZEL ZOFIA | ULTRA DIABŁY TEAM LU | 1958 | 1 | K60 | 1:00:03 | 59:54 | 10,017 | 5:59 |
| 149 | 168 | GURZYŃKI KRZYSZTOF | ŚWIEBODZIN | 1974 | 33 | M40 | 1:00:12 | 1:00:09 | 9,975 | 6:00 |
| 150 | 28 | CZYŻ MAKSYMILIAN | ŚWIEBODZIN | 2005 | 23 | M16 | 1:00:13 | 1:00:02 | 9,994 | 6:00 |
| 151 | 179 | PANYŁO MIECZYSLAW | ŚWIEBODZIN | 1947 | 2 | M70 | 1:00:42 | 1:00:33 | 9,909 | 6:03 |
| 152 | 97 | NIEWĘGŁOWSKA BERNADETA | SKĄPE | 1969 | 2 | K50 | 1:01:03 | 1:00:54 | 9,852 | 6:05 |
| 153 | 71 | KÜHNEL PEGGY | LTSV FORST 1990 E. V | 1971 | 3 | K50 | 1:01:16 | 1:01:06 | 9,820 | 6:06 |
| 154 | 171 | KASPRZAK TOMASZ | ŚWIEBODZIN | 1981 | 34 | M40 | 1:01:26 | 1:01:14 | 9,799 | 6:07 |
| 155 | 11 | ADAMSKA ANNA | ŚWIEBODZIN | 2000 | 7 | K16 | 1:01:36 | 1:01:20 | 9,783 | 6:08 |

ŚWIEBODZINSKA DZIESIĄTKA 2023 - 16.09.2023, ŚWIEBODZIN
WYNIKI - 10KM
GENERAL

| Msc | Numer | Nazwisko | Zespół/Miejscowość | Ur. | MscKtg | Ktg | Brutto | Netto | Km/h | Czas/km |
|-----|-------|---------------------|----------------------|------|--------|-----|---------|---------|-------|---------|
| 156 | 52 | KALISZ BRONISŁAW | MIĘDZYRZECZ | 1950 | 3 | M70 | 1:01:39 | 1:01:26 | 9,767 | 6:08 |
| 157 | 99 | NOWAK PIOTR | KPGC ,ŚWIEBODZIN | 1977 | 35 | M40 | 1:02:07 | 1:01:50 | 9,704 | 6:11 |
| 158 | 74 | KUPRIJAŃCZYK ŁUKASZ | GORZÓW WIELKOPOLSKI | 1990 | 43 | M30 | 1:02:11 | 1:01:57 | 9,685 | 6:11 |
| 159 | 3 | CZARNUSZEWICZ JAKUB | GORZÓW WIELKOPOLSKI | 1994 | 24 | M16 | 1:02:35 | 1:02:17 | 9,633 | 6:13 |
| 160 | 180 | PANYŁO JACEK | ŚWIEBODZIN | 1978 | 36 | M40 | 1:02:57 | 1:02:47 | 9,557 | 6:16 |
| 161 | 104 | ORŁOWSKA JUSTYNA | ŚWIEBODZIN | 1980 | 7 | K40 | 1:03:00 | 1:02:53 | 9,541 | 6:17 |
| 162 | 115 | PRĘTKI RADEK | RECARO TEAM,ŚWIEBODZ | 1986 | 44 | M30 | 1:04:06 | 1:03:56 | 9,385 | 6:23 |
| 163 | 34 | DOEHLER MANUELA | FORST | 1971 | 4 | K50 | 1:04:28 | 1:04:19 | 9,329 | 6:25 |
| 164 | 7 | HUTOR JUSTYNA | NGB,TRZEBIECHÓW | 1977 | 8 | K40 | 1:04:32 | 1:04:17 | 9,334 | 6:25 |
| 165 | 29 | CZYŻ PAWEŁ | ŚWIEBODZIN | 1975 | 37 | M40 | 1:04:47 | 1:04:34 | 9,293 | 6:27 |
| 166 | 2 | JANOWICZ LIDIA | BRUDZEWO | 1986 | 11 | K30 | 1:05:10 | 1:04:58 | 9,236 | 6:29 |
| 167 | 15 | BENSZ AGATA | ŚWIEBODZIN | 1982 | 9 | K40 | 1:06:03 | 1:05:48 | 9,119 | 6:34 |
| 168 | 88 | MATYSIK DANUTA | RECARO TEAM,TUCHORZA | 1977 | 10 | K40 | 1:07:07 | 1:06:57 | 8,962 | 6:41 |
| 169 | 172 | SIDOROWICZ MACIEJ | SKĄPE | 1989 | 45 | M30 | 1:07:36 | 1:07:25 | 8,900 | 6:44 |
| 170 | 173 | GRZESIK MARTA | MODRZYCA | 1992 | 12 | K30 | 1:07:37 | 1:07:27 | 8,895 | 6:44 |
| 171 | 26 | CUKIER MAGDALENA | ŚWIEBODZIN | 1990 | 13 | K30 | 1:07:43 | 1:07:26 | 8,898 | 6:44 |
| 172 | 148 | WOJTYSZEK KACPER | RECARO TEAM,ZIELONA | 2000 | 25 | M16 | 1:08:03 | 1:07:51 | 8,843 | 6:47 |
| 173 | 121 | SAJNA MARIA | PARKRUN ŻARY,ŻARY | 1959 | 2 | K60 | 1:08:23 | 1:08:09 | 8,804 | 6:48 |
| 174 | 124 | SIWA MICHAŁ | ADIENT RUNNING TEAM, | 1988 | 46 | M30 | 1:08:45 | 1:08:28 | 8,763 | 6:50 |
| 175 | 32 | DERLATKA ZUZANNA | 19A | 2006 | 8 | K16 | 1:11:32 | 1:11:25 | 8,401 | 7:08 |
| 176 | 63 | KOZAK KAROLINA | RECARO TEAM,ZIELONA | 1997 | 9 | K16 | 1:13:52 | 1:13:41 | 8,143 | 7:22 |
| 177 | 96 | NALEWAJKO ZBYSZEK | NOWA SÓL | 1969 | 20 | M50 | 1:16:19 | 1:16:03 | 7,890 | 7:36 |
| 178 | 161 | ZBOROWSKA JOANNA | ADIENT RUNNING TEAM | 1994 | 10 | K16 | 1:21:57 | 1:21:41 | 7,345 | 8:10 |
| 179 | 69 | SZYŁKO TOMASZ | KIELCZE | 1976 | 38 | M40 | 1:23:07 | 1:22:57 | 7,233 | 8:17 |
| 180 | 109 | PĘDOWSKI ANDRZEJ | RECARO TEAM,ŚWIEBODZ | 1962 | 9 | M60 | 1:25:10 | 1:24:58 | 7,062 | 8:29 |