

ZIELONOGÓRSKI BIEG NIEPODLEGŁOŚCI - 10.11.2018, ZIELONA GÓRA
WYNIKI - 10KM - OPEN

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| Msc | StNr | Nazwisko i imię | Klub/Miasto | Rok | MscKat | Kateg | 2.5km | 5km | 7.5km | Brutto | Netto |
|-----|------|-----------------------|----------------------|------|--------|-------|-------|-------|-------|--------|-------|
| 1 | 155 | STADNIK JACEK | KROSNO ODRZANSKIE | 1991 | 1e | M20 | 8:58 | 18:10 | 26:57 | 35:29 | 35:28 |
| 2 | 182 | WASILEWSKI MARCIN | BOHAR PALETY RUNNERS | 1987 | 1e | M30 | 8:59 | 18:12 | 27:24 | 36:30 | 36:28 |
| 3 | 16 | CZAJKOWSKI BARTOSZ | AM#15 TRIATHLON TEAM | 1992 | 2e | M20 | 8:59 | 18:11 | 27:25 | 36:36 | 36:36 |
| 4 | 194 | WURST PRZEMYSŁAW | TRANSF-AIR,ZIELONA G | 1993 | 3e | M20 | 9:18 | 18:56 | 28:20 | 37:28 | 37:28 |
| 5 | 68 | KOSTRZEMBSKI ZBIGNIEW | ZIELONA GORA | 1977 | 1e | M40 | 9:00 | 18:41 | 28:16 | 37:29 | 37:24 |
| 6 | 79 | KUSIAKIEWICZ MATEUSZ | OLSZYNA BIEGA,ZIELON | 1995 | 4e | M20 | 9:12 | 18:39 | 28:22 | 37:52 | 37:51 |
| 7 | 138 | RZEZNIK DACJAN | ZIELONA GORA | 1989 | 5e | M20 | 9:07 | 18:43 | 28:28 | 37:58 | 37:58 |
| 8 | 105 | MŁYNARCZYK ŁUKASZ | NOWA SOL | 1980 | 2e | M30 | 9:27 | 19:08 | 28:57 | 38:24 | 38:23 |
| 9 | 45 | JĘDRZEJCZYK TOMASZ | GORZÓW WIELKOPOLSKI | 1983 | 3e | M30 | 9:27 | 19:08 | 28:57 | 38:26 | 38:24 |
| 10 | 151 | SOBOLEWSKI ŁUKASZ | BOHAR PALETY RUNNERS | 1983 | 4e | M30 | 9:26 | 19:08 | 28:57 | 38:32 | 38:31 |
| 11 | 214 | MALISZEWSKA ANNA | D.WIECZOREK TEAM, ZG | 1993 | 1e | K20 | 9:28 | 19:09 | 28:58 | 38:41 | 38:40 |
| 12 | 131 | PSIUK RADOSŁAW | SULIMA ROWERY TEAM,Z | 1978 | 2e | M40 | 9:24 | 19:08 | 28:59 | 38:53 | 38:51 |
| 13 | 59 | KATA ŁUKASZ | HARPAGAN ZG,ZIELONA | 1984 | 5e | M30 | 9:27 | 19:19 | 29:22 | 39:09 | 39:08 |
| 14 | 141 | SENK ROBERT | KACZMAR RUN TEAM,KRO | 1969 | 3e | M40 | 9:47 | 19:45 | 29:44 | 39:23 | 39:23 |
| 15 | 198 | ZBORALSKI MAREK | ZIELONA GORA | 1970 | 4e | M40 | 9:50 | 19:47 | 29:51 | 39:41 | 39:41 |
| 16 | 161 | SZATKOWSKI PAWEŁ | NIWISKA | 1980 | 6e | M30 | 10:09 | 20:15 | 30:21 | 40:11 | 40:04 |
| 17 | 8 | BORON PAWEŁ | ZIELONA GORA | 1976 | 5e | M40 | 9:51 | 20:09 | 30:30 | 40:49 | 40:45 |
| 18 | 108 | NIEWIADOMSKI MICHAŁ | ZIELONA GORA | 1986 | 7e | M30 | 9:37 | 20:09 | 30:45 | 41:20 | 41:19 |
| 19 | 101 | MICHNOWICZ EWELINA | HUSARIA RACE TEAM,KR | 1992 | 2e | K20 | 10:04 | 20:41 | 31:17 | 41:30 | 41:29 |
| 20 | 210 | BROWARCZYK DOMINIK | ZIELONA GORA | 1979 | 8e | M30 | 9:50 | 20:31 | 31:17 | 41:31 | 41:30 |
| 21 | 99 | MICHALCZAK RADEK | ELECTRIC FLASH TEAM, | 1982 | 9e | M30 | 10:05 | 20:44 | 31:18 | 41:34 | 41:33 |
| 22 | 215 | PASIKA MAKSYM | ZIELONA GORA | 1997 | 6e | M20 | 9:55 | 20:43 | 31:27 | 41:56 | 41:50 |
| 23 | 42 | JANKOWIAK MARCIN | ZIELONA GORA | 1984 | 10e | M30 | 9:50 | 20:33 | 31:27 | 42:01 | 42:01 |
| 24 | 118 | PERON ANITA | ZIELONA GORA | 1987 | 1e | K30 | 10:08 | 20:45 | 31:28 | 42:08 | 42:07 |
| 25 | 23 | DUDKA ZENON | ZIELONA GORA | 1969 | 6e | M40 | 10:40 | 21:14 | 31:52 | 42:21 | 42:18 |
| 26 | 15 | CHMIELENKO KAZIK | GUBIN | 1963 | 1e | M50 | 10:26 | 21:14 | 32:13 | 42:59 | 42:57 |
| 27 | 207 | HERMAN GRZEGORZ | ZIELONA GORA | 1979 | 11e | M30 | 10:18 | 21:13 | 32:26 | 43:21 | 43:18 |
| 28 | 129 | PRZYBYLSKI MATEUSZ | 65-001 | 1982 | 12e | M30 | 10:22 | 21:19 | 32:36 | 43:28 | 43:24 |
| 29 | 4 | BARTMAN RADOSŁAW | ZIELONA GORA | 1996 | 7e | M20 | 10:08 | 21:00 | 32:16 | 43:29 | 43:28 |
| 30 | 204 | ZYCH MARCIN | ZARY | 1978 | 7e | M40 | 11:12 | 22:00 | 32:50 | 43:34 | 43:19 |
| 31 | 51 | KACZMAREK KATARZYNA | TEAM DRACZYNSKI,ZIEL | 1980 | 2e | K30 | 10:51 | 21:46 | 32:47 | 43:38 | 43:35 |
| 32 | 209 | BOBKIEWICZ TOMASZ | ZIELONA GORA | 1987 | 13e | M30 | 10:49 | 21:45 | 33:01 | 43:45 | 43:40 |
| 33 | 83 | LEPKA DARIUSZ | SULECHÓW | 1994 | 8e | M20 | 11:08 | 21:41 | 32:41 | 43:48 | 43:38 |
| 34 | 130 | PRZYBYLSKI SŁAWOMIR | ZIELONA GORA | 1962 | 2e | M50 | 10:51 | 21:53 | 33:00 | 43:48 | 43:44 |
| 35 | 116 | PAWELEC MARIUSZ | KB FORREST GUMP,ZIEL | 1972 | 8e | M40 | 10:33 | 21:35 | 32:59 | 44:00 | 43:58 |
| 36 | 188 | WOCH AGNIESZKA | BRACTWO BIEGACZY ZIE | 1973 | 1e | K40 | 10:45 | 21:42 | 32:59 | 44:01 | 43:58 |
| 37 | 140 | SĄDEL GRZEGORZ | ZKS TRIATHLON DRZONK | 1971 | 9e | M40 | 11:06 | 22:11 | 33:18 | 44:04 | 43:58 |
| 38 | 10 | BRYNSKI DARIUSZ | ZIELONA GORA | 1963 | 3e | M50 | 10:43 | 21:41 | 33:03 | 44:11 | 44:06 |
| 39 | 73 | KROJCIG EWA | ZIELONA GORA | 1980 | 3e | K30 | 10:22 | 21:19 | 32:44 | 44:16 | 44:13 |
| 40 | 146 | SKRZYPCZYNSKI MARCIN | ZIELONA GORA | 1978 | 10e | M40 | 10:48 | 22:02 | 33:17 | 44:32 | 44:29 |
| 41 | 7 | BILINSKI RAFAŁ | RAFALBIL77 ,SZPROTAW | 1976 | 11e | M40 | 10:49 | 21:50 | 33:31 | 44:42 | 44:42 |
| 42 | 24 | DUDKOWIAK JACEK | ZKS TRIATHLON DRZONK | 1965 | 4e | M50 | 11:13 | 22:27 | 33:47 | 44:43 | 44:36 |
| 43 | 196 | ZAKRZEWSKI JAN | SILOWNIAUJANKA,ZIELO | 1959 | 5e | M50 | 11:10 | 22:26 | 33:45 | 44:50 | 44:49 |
| 44 | 164 | SZOSTAK KRZYSZTOF | MASTERCHEM TEAM,ZIEL | 1977 | 12e | M40 | 10:57 | 22:31 | 34:15 | 44:55 | 44:52 |
| 45 | 179 | WALKÓW ŁUKASZ | MASTERCHEM TEAM ,ZIE | 1984 | 14e | M30 | 10:59 | 22:46 | 34:15 | 44:57 | 44:54 |
| 46 | 136 | RYTWIŃSKI JACEK | NOWA SOL | 1967 | 6e | M50 | 11:41 | 22:58 | 34:07 | 44:59 | 44:51 |
| 47 | 28 | FORTUNA JACEK | ZIELONA GORA | 1969 | 13e | M40 | 11:02 | 22:18 | 33:51 | 45:04 | 45:00 |
| 48 | 87 | ŁĄCKI PIOTR | TEAM DRACZYNSKI ,ZIE | 1990 | 9e | M20 | 11:26 | 22:52 | 34:17 | 45:18 | 45:11 |
| 49 | 180 | WASILEWSKI PIOTR | MASTERCHEM TEAM,ZIEL | 1978 | 14e | M40 | 10:58 | 22:32 | 34:15 | 45:21 | 45:18 |
| 50 | 103 | MIKOŁAJCZYK DARIUSZ | ZIELONA GORA | 1984 | 15e | M30 | 11:00 | 22:32 | 34:16 | 45:28 | 45:23 |

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| Msc | StNr | Nazwisko i imię | Klub/Miasto | Rok | MscKat | Kateg | 2.5km | 5km | 7.5km | Brutto | Netto |
|-----|------|---------------------------|-----------------------|------|--------|-------|-------|-------|-------|--------|-------|
| 51 | 137 | RZECZYCKI MICHAŁ | ZIELONA GORA | 1991 | 10e | M20 | 10:52 | 22:14 | 34:01 | 45:35 | 45:31 |
| 52 | 128 | PRESTON PETER | ZIELONA GORA | 1954 | 1e | M60 | 11:03 | 22:31 | 34:14 | 45:37 | 45:31 |
| 53 | 2 | BABEL DE FRONSBURG MAŁGOR | ZIELONA GORA | 1980 | 4e | K30 | 11:14 | 22:31 | 34:02 | 45:39 | 45:36 |
| 54 | 14 | CADER ARKADIUSZ | BBL ZIELONA GORA,ZIE | 1974 | 15e | M40 | 11:13 | 22:44 | 34:16 | 45:45 | 45:39 |
| 55 | 89 | MACIEJEWSKI DOMINIK | AEROKLUB ZIEMI LUBUS | 1976 | 16e | M40 | 11:37 | 23:16 | 34:52 | 45:56 | 45:45 |
| 56 | 172 | TRICZKA MACIEJ | AEROKLUB ZIEMI LUBUS | 1988 | 16e | M30 | 11:37 | 23:16 | 34:52 | 45:57 | 45:50 |
| 57 | 1 | DERESZ RAFAŁ | 4 ZIEL.PUŁK PLOTNICZ | 1979 | 17e | M30 | 10:51 | 22:26 | 34:26 | 46:08 | 46:04 |
| 58 | 92 | MALINOWSKI MICHAŁ | ZIELONA GORA | 1982 | 18e | M30 | 11:42 | 23:21 | 34:50 | 46:17 | 46:07 |
| 59 | 107 | NIEDZWIECKI ROBERT | SWIEBODZIN | 1970 | 17e | M40 | 11:28 | 23:10 | 35:16 | 46:35 | 46:30 |
| 60 | 149 | SOBANSKI JAROSŁAW | 65-001 | 1980 | 19e | M30 | 11:24 | 23:20 | 35:24 | 46:47 | 46:43 |
| 61 | 49 | KACZMAREK JAN | MIESZKOWICE | 1947 | 2e | M60 | 11:39 | 23:29 | 35:10 | 46:49 | 46:42 |
| 62 | 219 | KLIMCZAK PAWEŁ | ZIELONA GORA | 1972 | 18e | M40 | 11:40 | 23:36 | 35:35 | 47:00 | 46:50 |
| 63 | 104 | MISAKIEWICZ ŁUKASZ | DEJON&DABROWSKI MTB | 1981 | 20e | M30 | 10:58 | 22:45 | 34:53 | 47:02 | 46:57 |
| 64 | 3 | BAJSEROWICZ ANNA | ZIELONA GORA | 1981 | 5e | K30 | 11:09 | 23:00 | 35:16 | 47:04 | 47:01 |
| 65 | 189 | WOJTKOWIAK LESZEK | ZIELONA GORA | 1970 | 19e | M40 | 11:36 | 23:25 | 35:24 | 47:04 | 46:57 |
| 66 | 120 | PIĘTA KRZYSZTOF | SULECHOW | 1955 | 3e | M60 | 11:41 | 23:32 | 35:30 | 47:14 | 47:08 |
| 67 | 114 | OWSINSKI PIOTR | ZKS TRIATHLON DRZONK | 1977 | 20e | M40 | 11:35 | 23:35 | 35:48 | 47:31 | 47:23 |
| 68 | 37 | GRYGORCZUK ŁUKASZ | SULECHOW | 1985 | 21e | M30 | 11:41 | 23:32 | 35:30 | 47:36 | 47:29 |
| 69 | 218 | ARAKH SANKET | ZIELONA GORA | 1981 | 22e | M30 | 10:54 | 22:58 | 35:44 | 47:42 | 47:37 |
| 70 | 117 | PAWIŁOJC DAMIAN | NIEBIESCZY RUN,ZIELON | 1985 | 23e | M30 | 11:58 | 23:48 | 35:52 | 47:44 | 47:33 |
| 71 | 17 | CZAPLA KRYSZTIAN | MASTERCHEM TEAM ,ZIE | 1980 | 24e | M30 | 11:13 | 23:25 | 36:03 | 47:45 | 47:40 |
| 72 | 41 | JANECKI PRZEMYSŁAW | SUPERUBEZPIECZENIA.P | 1977 | 21e | M40 | 11:36 | 23:33 | 35:46 | 47:47 | 47:39 |
| 73 | 35 | GOZDEK TOMASZ | HARPAGAN ZG,LUBIN | 1978 | 22e | M40 | 11:43 | 23:44 | 35:59 | 47:52 | 47:49 |
| 74 | 70 | KOWALSKI MARIUSZ | ZIELONA GORA | 1986 | 25e | M30 | 11:12 | 23:24 | 35:27 | 47:53 | 47:51 |
| 75 | 134 | RATAJCZAK MAŁGORZATA | ZIELONA GORA | 1985 | 6e | K30 | 11:11 | 23:03 | 35:29 | 47:53 | 47:51 |
| 76 | 145 | SKORUPSKA SYLWIA | PLOTY | 1972 | 2e | K40 | 12:16 | 24:17 | 36:21 | 47:58 | 47:47 |
| 77 | 217 | WARTON JAKUB | ZIELONA GORA | 1986 | 26e | M30 | 12:09 | 24:55 | 37:02 | 48:00 | 47:54 |
| 78 | 12 | BUDNA EMILIA | MIEDZYRZECZ | 1985 | 7e | K30 | 12:14 | 24:28 | 36:41 | 48:01 | 47:56 |
| 79 | 112 | OLSZEWSKI MACIEJ | BIEGAM BO BIEGAM TEA | 1989 | 11e | M20 | 11:53 | 24:14 | 36:06 | 48:15 | 48:04 |
| 80 | 109 | NOWAK MARCIN | CNS, DSM,NOWA SOL | 1983 | 27e | M30 | 12:48 | 24:55 | 36:57 | 48:15 | 48:00 |
| 81 | 6 | BENDOWSKA WIOLETA | ORANGE GYM,NOWA SOL | 1977 | 3e | K40 | 11:51 | 24:06 | 36:17 | 48:16 | 48:08 |
| 82 | 159 | SZAROWAR MACIEJ | CNS,NOWA SOL | 1987 | 28e | M30 | 12:48 | 24:56 | 36:57 | 48:19 | 48:05 |
| 83 | 166 | SWIDERSKI ŁUKASZ | WKS SOBIESKI,ZAGAN | 1989 | 12e | M20 | 12:49 | 24:57 | 36:57 | 48:19 | 48:12 |
| 84 | 33 | GILEWSKI PAWEŁ | MTB2018.PL,ZIELONA G | 1976 | 23e | M40 | 13:06 | 25:11 | 36:58 | 48:20 | 48:05 |
| 85 | 158 | STANKIEWICZ WOJCIECH | APS BIURO PROJEKTOW, | 1975 | 24e | M40 | 12:23 | 24:43 | 36:57 | 48:24 | 48:07 |
| 86 | 69 | KOTWICKI MIKOŁAJ | ZIELONA GORA | 1984 | 29e | M30 | 13:23 | 25:51 | 37:34 | 48:39 | 48:27 |
| 87 | 55 | KALWA RAFAŁ | ZIELONA GORA | 1987 | 30e | M30 | 13:24 | 25:51 | 37:20 | 48:46 | 48:34 |
| 88 | 19 | CZARNECKI JERZY | BRACTWO BIEGACZY,ZIE | 1957 | 4e | M60 | 11:55 | 24:15 | 36:43 | 48:51 | 48:45 |
| 89 | 98 | MEJZA JANUSZ | LAGOW | 1963 | 7e | M50 | 11:37 | 23:30 | 36:09 | 48:52 | 48:50 |
| 90 | 185 | WITKIEWICZ ELZBIETA | NOWOSOLSKA GRUPA BIE | 1966 | 1e | K50 | 12:14 | 24:26 | 36:46 | 49:00 | 48:53 |
| 91 | 216 | NAGORNY MATEUSZ | ZIELONA GORA | 1985 | 31e | M30 | 11:34 | 23:42 | 36:22 | 49:06 | 49:01 |
| 92 | 211 | OWSINSKI LESZEK | NZG TRI, ZIEL GORA | 1978 | 25e | M40 | 12:34 | 25:02 | 37:29 | 49:11 | 49:04 |
| 93 | 250 | JAGIEŁOWICZ ROBERT | ZIELONA GORA | 1976 | 26e | M40 | 11:43 | 24:11 | 36:49 | 49:18 | 49:17 |
| 94 | 78 | KUSAK DAMIAN | ZIELONA GORA | 1978 | 27e | M40 | 13:41 | 26:05 | 37:57 | 49:25 | 49:12 |
| 95 | 30 | GAJDA KRZYSZTOF | NIEBIESCZY RUN,ZIELON | 1976 | 28e | M40 | 12:14 | 24:36 | 37:05 | 49:32 | 49:21 |
| 96 | 176 | WALANIA PIOTR | WWW.CENTRUMERGON.PL, | 1981 | 32e | M30 | 12:13 | 24:46 | 37:24 | 49:35 | 49:26 |
| 97 | 38 | GRZYBEK ADAM | ZIELONA GORA | 1982 | 33e | M30 | 11:30 | 24:03 | 37:14 | 49:36 | 49:29 |
| 98 | 143 | SKAFIRIAK ANDRZEJ | ZIELONA GORA | 1981 | 34e | M30 | 12:06 | 24:27 | 37:04 | 49:39 | 49:31 |
| 99 | 50 | KACZMAREK KAROL | NZG,RAWICZ | 1977 | 29e | M40 | 13:09 | 26:17 | 39:11 | 49:40 | 49:32 |
| 100 | 212 | TARASIUK DIMITRI | ZIELONA GORA | 1989 | 13e | M20 | 13:09 | 26:16 | 39:11 | 49:54 | 49:44 |

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| Msc | StNr | Nazwisko i imię | Klub/Miasto | Rok | MscKat | Kateg | 2.5km | 5km | 7.5km | Brutto | Netto |
|-----|------|---------------------------|----------------------|------|--------|-------|-------|-------|-------|--------|-------|
| 101 | 205 | WALCZAK RADOSŁAW | ZIELONA GORA | 1974 | 30e | M40 | 12:51 | 25:26 | 37:56 | 50:02 | 49:53 |
| 102 | 248 | ŁUCZAK KRZYSZTOF | ZIELONA GORA | 1957 | 5e | M60 | 11:57 | 24:31 | 37:19 | 50:04 | 49:58 |
| 103 | 213 | DRYWA EWELINA | LEVEL-GEO TEAM,ZIEL. | 1986 | 8e | K30 | 11:28 | 24:31 | 37:25 | 50:04 | 50:01 |
| 104 | 249 | TCHOROWSKI JAROSŁAW | ZIELONA GORA | 1972 | 31e | M40 | 13:09 | 26:16 | 39:11 | 50:08 | 49:59 |
| 105 | 74 | KROL ŁUKASZ | MASTERCHEM TEAM ,CZE | 1981 | 35e | M30 | 12:04 | 24:56 | 37:45 | 50:22 | 50:19 |
| 106 | 43 | JARCZYK HUBERT | KLUB BIEGACZY JYSK,S | 1991 | 14e | M20 | 12:29 | 25:01 | 38:16 | 50:22 | 50:07 |
| 107 | 56 | KARNOWSKI KRZYSZTOF | ZIELONA GORA | 1987 | 36e | M30 | 13:23 | 25:51 | 38:16 | 50:24 | 50:12 |
| 108 | 102 | MIELNICZUK TOMASZ | ZIELONA GORA | 1987 | 37e | M30 | 13:25 | 25:51 | 38:17 | 50:28 | 50:16 |
| 109 | 27 | DZIUBANSKA KAMILA | ZIELONA GORA | 1981 | 9e | K30 | 13:12 | 25:40 | 38:19 | 50:37 | 50:23 |
| 110 | 96 | MARKOWIAK PAULINA | RADZYN | 1999 | 3e | K20 | 12:20 | 25:18 | 38:25 | 50:39 | 50:36 |
| 111 | 174 | UBERNA KATARZYNA | ZIELONA GORA | 1983 | 10e | K30 | 12:32 | 25:22 | 38:24 | 50:44 | 50:34 |
| 112 | 206 | BIELAWSKA-STOPEN BEATA | ZIELONA GORA | 1979 | 11e | K30 | 12:24 | 25:16 | 38:24 | 50:45 | 50:35 |
| 113 | 165 | SZRYMSKI BARTOSZ | EOBUWIE.PL MOKASYNY, | 1991 | 15e | M20 | 13:36 | 26:35 | 39:28 | 51:12 | 50:54 |
| 114 | 191 | WOZNIAK KRZYSZTOF | KOZUCHOW | 1987 | 38e | M30 | 13:40 | 26:42 | 39:24 | 51:15 | 50:57 |
| 115 | 178 | WALKOWIAK JACEK | OSEMKI ,ZIELONA GORA | 1972 | 32e | M40 | 13:44 | 26:49 | 39:14 | 51:20 | 51:04 |
| 116 | 150 | SOBIESZCZANSKI PRZEMYSŁAW | ZIELONA GORA | 1985 | 39e | M30 | 13:43 | 26:50 | 39:14 | 51:20 | 51:05 |
| 117 | 88 | MACIEJ LEW | ZIELONA GORA | 1991 | 16e | M20 | 12:59 | 26:47 | 39:45 | 51:39 | 51:29 |
| 118 | 34 | GOTTER GRAZYNA | NOWA SOL | 1978 | 4e | K40 | 12:27 | 25:28 | 38:41 | 51:40 | 51:35 |
| 119 | 13 | BYKOWSKI BARTŁOMIEJ | STARY KISIELIN | 1982 | 40e | M30 | 13:18 | 25:51 | 39:08 | 51:45 | 51:27 |
| 120 | 95 | MARCJANSKI PAWEŁ | BBL ZIELONA GORA,ZIE | 1984 | 41e | M30 | 12:38 | 25:49 | 39:04 | 51:46 | 51:40 |
| 121 | 65 | KORSAK MAŁGORZATA | DRUZYNA MEDYKA,ZIELO | 1971 | 5e | K40 | 12:58 | 26:03 | 39:12 | 51:50 | 51:46 |
| 122 | 119 | PERON PRZEMYSŁAW | ZIELONA GORA | 1979 | 42e | M30 | 13:19 | 26:23 | 39:20 | 51:50 | 51:34 |
| 123 | 61 | KIKUŁA SŁAWOMIR | ZIELONA GORA | 1974 | 33e | M40 | 12:19 | 25:36 | 38:59 | 51:54 | 51:49 |
| 124 | 100 | MICHNIEWICZ ŁUKASZ | KROSNO ODRZ. | 1987 | 43e | M30 | 12:17 | 25:27 | 39:10 | 51:55 | 51:48 |
| 125 | 177 | WALCZAK RYSZARD | ZIELONA GORA | 1950 | 6e | M60 | 13:04 | 26:17 | 39:17 | 51:56 | 51:48 |
| 126 | 202 | ZUZEWICZ MIROSLAW | MASTERCHEM TEAM ,ZIE | 1974 | 34e | M40 | 11:49 | 25:17 | 38:35 | 51:57 | 51:52 |
| 127 | 163 | SZMDANOWSKI STASZEK | DRUZYNA GAZETY ,ZIEL | 1963 | 8e | M50 | 13:36 | 26:37 | 39:29 | 51:58 | 51:46 |
| 128 | 25 | DYBOWSKA ANGELIKA | SULECHOW | 1990 | 4e | K20 | 13:24 | 26:03 | 39:03 | 52:02 | 51:49 |
| 129 | 26 | DYBOWSKI KRZYSZTOF | SULECHOW | 1988 | 44e | M30 | 13:24 | 26:03 | 39:03 | 52:02 | 51:49 |
| 130 | 184 | WIERZBICKA ANNA | SEVEN PERCEPTUS TEAM | 1984 | 12e | K30 | 12:09 | 25:25 | 39:06 | 52:11 | 52:06 |
| 131 | 139 | SALA MARCIN | ZIELONA GORA | 1986 | 45e | M30 | 13:28 | 26:47 | 39:43 | 52:19 | 52:03 |
| 132 | 171 | TOPOLNICKI EUGENIUSZ | ZIELONA GORA | 1959 | 9e | M50 | 13:37 | 26:26 | 39:37 | 52:23 | 52:08 |
| 133 | 9 | BORON MARCIN | LESNIOW WIELKI | 1973 | 35e | M40 | 13:10 | 26:18 | 39:32 | 52:28 | 52:12 |
| 134 | 154 | SOSNOWSKI KRZYSZTOF | KROSNOODRZ | 1971 | 36e | M40 | 12:12 | 26:05 | 39:42 | 52:41 | 52:34 |
| 135 | 94 | MANIA PRZEMYSŁAW | ZIELONA GORA | 1981 | 46e | M30 | 13:02 | 27:02 | 40:47 | 53:00 | 52:51 |
| 136 | 121 | PIOTROWSKA-WURST JULIA | TRANSF-AIR,ZIELONA G | 1993 | 5e | K20 | 13:14 | 26:50 | 40:19 | 53:02 | 52:51 |
| 137 | 11 | BRZYKCY ZBIGNIEW | SKWIERZYNA | 1958 | 7e | M60 | 14:57 | 28:10 | 40:45 | 53:08 | 52:54 |
| 138 | 195 | WYKRĘT TOMASZ | OSEMKI ,ZIELONA GORA | 1974 | 37e | M40 | 13:41 | 27:17 | 40:46 | 53:16 | 53:02 |
| 139 | 125 | POGODA CZESŁAWA | ZGZB,ZIELONA GORA | 1985 | 13e | K30 | 13:21 | 26:59 | 40:13 | 53:22 | 53:17 |
| 140 | 144 | SKOCZYLAS AGNIESZKA | BIEGANIE ZIELONA GOR | 1980 | 14e | K30 | 12:44 | 26:00 | 39:42 | 53:28 | 53:23 |
| 141 | 47 | JURASZEK ANDRZEJ | BYTOM ODRZANSKI | 1972 | 38e | M40 | 13:48 | 27:08 | 40:32 | 53:35 | 53:18 |
| 142 | 147 | SŁONIOWSKI ANDRZEJ | ZIELONA GORA | 1975 | 39e | M40 | 13:28 | 26:47 | 40:41 | 53:42 | 53:28 |
| 143 | 40 | JAKUBIAK MAGDALENA | ZIELONA GORA | 1978 | 6e | K40 | 14:25 | 27:27 | 40:43 | 53:48 | 53:39 |
| 144 | 192 | WOJCIK BARBARA | OSEMKI ,ZIELONA GORA | 1979 | 15e | K30 | 13:47 | 27:17 | 40:47 | 53:56 | 53:41 |
| 145 | 201 | ZUSKA PIOTR | ZG RUN,ZIELONA GORA | 1972 | 40e | M40 | 13:16 | 26:56 | 40:28 | 54:02 | 53:53 |
| 146 | 106 | NADOLNY TOMASZ | ZIELONA GORA | 1975 | 41e | M40 | 13:28 | 26:48 | 40:41 | 54:07 | 53:54 |
| 147 | 170 | TOMSZEWSKA AGNIESZKA | ZAGANSKA GRUPA BIEGO | 1978 | 7e | K40 | 13:37 | 27:14 | 41:04 | 54:34 | 54:26 |
| 148 | 36 | GRABOWSKI MARIUSZ | ZIELONA GORA | 1967 | 10e | M50 | 13:26 | 27:12 | 41:15 | 54:52 | 54:47 |
| 149 | 91 | MADON MAGDALENA | ZIELONA GORA | 1987 | 16e | K30 | 13:46 | 27:37 | 41:37 | 54:55 | 54:38 |
| 150 | 190 | WOJTKOWIAK MATEUSZ | ZIELONA GORA | 1986 | 47e | M30 | 13:54 | 27:33 | 41:38 | 55:05 | 54:46 |

ZIELONOGÓRSKI BIEG NIEPODLEGŁOŚCI - 10.11.2018, ZIELONA GÓRA
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| Msc | StNr | Nazwisko i imię | Klub/Miasto | Rok | MscKat | Kateg | 2.5km | 5km | 7.5km | Brutto | Netto |
|-----|------|-----------------------|----------------------|------|--------|-------|-------|-------|---------|---------|---------|
| 151 | 53 | KALINOWSKI ARTUR | NIEBIESCY RUN, ZIE. | 1993 | 17e | M20 | 14:08 | 28:27 | 42:13 | 55:11 | 55:00 |
| 152 | 54 | KALINOWSKI DORIAN | ZIELONA GORA | 1990 | 18e | M20 | 13:59 | 27:53 | 41:43 | 55:22 | 55:10 |
| 153 | 133 | RADNA LIDIA | ZIELONA GORA | 1984 | 17e | K30 | 13:30 | 27:16 | 41:32 | 55:36 | 55:26 |
| 154 | 39 | HAŁADYN ARTUR | AEROKLUB ZIEMI LUBUS | 1972 | 42e | M40 | 13:54 | 27:33 | 41:40 | 55:38 | 55:25 |
| 155 | 71 | KOWALSKI PATRYK | DEJON&DABROWSKI MTB | 1981 | 48e | M30 | 14:50 | 29:06 | 42:56 | 55:53 | 55:38 |
| 156 | 173 | TYRKA ANDRZEJ | NZ,ZIELONA GORA | 1973 | 43e | M40 | 14:50 | 29:06 | 42:56 | 55:53 | 55:39 |
| 157 | 60 | KIERACH PAWEŁ | 4 PULK PRZECIWLOTNIC | 1977 | 44e | M40 | 14:16 | 28:18 | 42:19 | 55:56 | 55:41 |
| 158 | 132 | PUDA ARTUR | BRACTWO BIEGACZY ZIE | 1967 | 11e | M50 | 13:58 | 27:52 | 41:58 | 56:01 | 55:47 |
| 159 | 64 | KORNILUK IZABELA | ZIELONA GORA | 1973 | 8e | K40 | 13:58 | 27:52 | 41:58 | 56:02 | 55:47 |
| 160 | 66 | KOS KATARZYNA | OSEMKI,ZIELONA GORA | 1973 | 9e | K40 | 13:47 | 27:58 | 42:22 | 56:17 | 56:02 |
| 161 | 67 | KOS MARIUSZ | OSEMKI,ZIELONA GORA | 1971 | 45e | M40 | 13:41 | 27:57 | 42:21 | 56:17 | 56:03 |
| 162 | 80 | LACROIX WIESŁAW | ZIELONA GORA | 1984 | 49e | M30 | 13:41 | 27:58 | 42:21 | 56:18 | 56:02 |
| 163 | 84 | LESNIAK EWELINA | SWIETOSZ | 1987 | 18e | K30 | 14:43 | 28:52 | 42:51 | 56:34 | 56:17 |
| 164 | 203 | ZWIRECKI PAWEŁ | EOBUWIE.PL MOKASYNY, | 1984 | 50e | M30 | 14:22 | 28:48 | 43:10 | 56:43 | 56:25 |
| 165 | 81 | LATOS JOANNA | ZIELONA GORA | 1973 | 10e | K40 | 13:57 | 28:23 | 42:40 | 56:45 | 56:40 |
| 166 | 29 | GAJDA KATARZYNA | NIEBIESCY RUN,ZIELON | 1977 | 11e | K40 | 14:02 | 28:27 | 42:50 | 56:50 | 56:38 |
| 167 | 52 | KALINOWSKA HONORATA | NIEBIESCY RUN,ZIELON | 1971 | 12e | K40 | 14:02 | 28:22 | 42:50 | 56:50 | 56:39 |
| 168 | 160 | SZATKOWSKA LUCYNA | ZIELONA GORA | 1965 | 2e | K50 | 14:01 | 28:28 | 42:55 | 57:13 | 57:03 |
| 169 | 115 | PACHOLCZYK GRZEGORZ | ŁODZ | 1985 | 51e | M30 | 13:46 | 28:26 | 43:02 | 57:22 | 57:04 |
| 170 | 21 | DRZYSTEK MARCIN | BIEGUSIE,ZIELONA GOR | 1978 | 46e | M40 | 14:48 | 29:12 | 43:32 | 57:27 | 57:10 |
| 171 | 72 | KOZŁOWSKI ŁUKASZ | ZAWADA | 1980 | 52e | M30 | 14:42 | 29:10 | 43:42 | 57:27 | 57:10 |
| 172 | 22 | DUBIEL PAULINA | BUDACHOW | 1990 | 6e | K20 | 14:26 | 29:08 | 43:36 | 57:28 | 57:21 |
| 173 | 142 | SENKOW MAŁGORZATA | ZIELONA GORA | 1984 | 19e | K30 | 14:48 | 29:12 | 43:32 | 57:33 | 57:16 |
| 174 | 82 | LEJWODA JUDYTA | LESNIOŹ WIELKI | 1986 | 20e | K30 | 14:33 | 29:10 | 43:36 | 57:41 | 57:25 |
| 175 | 152 | SOCHAN RAFAŁ | BIEGAM BO BIEGAM TEA | 1989 | 19e | M20 | 14:01 | 28:55 | 43:34 | 58:26 | 58:14 |
| 176 | 167 | SWIRKO PRZEMYSŁAW | ZIELONA GORA | 1972 | 47e | M40 | 14:41 | 30:31 | 45:03 | 59:32 | 59:14 |
| 177 | 156 | STANKIEWICZ AGNIESZKA | ZIELONA GORA | 1975 | 13e | K40 | 15:40 | 30:34 | 45:21 | 59:40 | 59:27 |
| 178 | 126 | POJASEK PAULINA | BIEGAM BO BIEGAM TEA | 1989 | 7e | K20 | 14:13 | 29:18 | 44:54 | 59:48 | 59:37 |
| 179 | 86 | LUDWICKI JAROSŁAW | ZIELONA GORA | 1987 | 53e | M30 | 14:15 | 30:26 | 45:54 | 1:00:34 | 1:00:17 |
| 180 | 123 | PLATKOWSKA KATARZYNA | ZIELONA GORA | 1976 | 14e | K40 | 14:11 | 29:50 | 45:16 | 1:00:59 | 1:00:50 |
| 181 | 187 | WNEK DOROTA | ZIELONA GORA | 1969 | 15e | K40 | 14:47 | 30:04 | 45:50 | 1:01:26 | 1:01:17 |
| 182 | 162 | SZKUDLAREK ANGELINA | PLOTY | 1991 | 8e | K20 | 15:12 | 31:11 | 46:51 | 1:01:44 | 1:01:35 |
| 183 | 247 | JAKUBOWSKA RENATA | ZIELONA GORA | 1975 | 16e | K40 | 15:11 | 31:11 | 47:12 | 1:02:29 | 1:02:20 |
| 184 | 77 | KUCHARCZYK ANNA | UZ,ZIELONA GORA | 1988 | 21e | K30 | 15:04 | 30:34 | 46:30 | 1:02:50 | 1:02:39 |
| 185 | 32 | GILEWSKI LUCJAN | SKWIERZYNA | 1960 | 12e | M50 | 14:57 | 31:17 | 47:35 | 1:04:06 | 1:03:52 |
| 186 | 175 | URBANCZAK MONIKA | AZL,SWIDNICA | 1976 | 17e | K40 | 15:06 | 31:23 | 47:56 | 1:04:10 | 1:03:58 |
| 187 | 124 | PLAWIAK-MOWNA ANNA | ZIELONA GORA | 1972 | 18e | K40 | 15:03 | 30:35 | 47:43 | 1:04:19 | 1:04:02 |
| 188 | 110 | NYKAZA AGATA | AEROKLUB ZIEMI LUBUS | 1990 | 9e | K20 | 15:03 | 31:10 | 48:38 | 1:06:32 | 1:06:19 |
| 189 | 153 | SOKOŁOWSKI GRZEGORZ | BESTIA BEZ PIEKNEJ,Z | 1985 | 54e | M30 | 15:01 | 31:07 | 48:33 | 1:06:32 | 1:06:18 |
| 190 | 127 | PORĘBSKI KRZYSZTOF | AEROKLUB ZIEMI LUBUS | 1989 | 20e | M20 | 15:03 | 31:10 | 48:38 | 1:06:33 | 1:06:20 |
| 191 | 169 | TOMCZAK DANIEL | BRAK,ZIELONA GORA | 1978 | 48e | M40 | 15:03 | 31:10 | 48:34 | 1:06:34 | 1:06:20 |
| 192 | 48 | KACZMAREK ADAM | AEROKLUB ZIEMI LUBUS | 1978 | 49e | M40 | 15:03 | 31:10 | 48:35 | 1:06:34 | 1:06:20 |
| 193 | 208 | ZIOŁKOWSKI HENRYK | ZIELONA GORA | 1956 | 8e | M60 | 16:53 | 34:38 | 52:06 | 1:10:01 | 1:09:44 |
| 194 | 20 | DROGA GRAZYNA | ZIELONA GORA | 1978 | 19e | K40 | 20:54 | 43:33 | 1:06:22 | 1:23:20 | 1:23:13 |