

# 4 Bieg po Oddech 2019.09.01 - Zakopane



## Wyniki Open Kobiety/Mężczyźni

| Miej.          | Nr  | Nazwisko i Imię         | Kat./miej.  | Miasto              | Czas Brutto | Czas Netto |
|----------------|-----|-------------------------|-------------|---------------------|-------------|------------|
| <b>Kobiety</b> |     |                         |             |                     |             |            |
| 1.             |     | Kowalczyk Justyna       | K30-39 (1)  |                     | 18:35.94    | 18:35.13   |
| 2.             | 722 | Mąka Anna               | K18-29 (1)  | Zakopane            | 19:31.43    | 19:26.97   |
| 3.             | 421 | Fujak Zuzanna           | K15-17 (1)  | Jastrzębie-Zdrój    | 19:42.45    | 19:39.83   |
| 4.             | 455 | Kidoń Anna              | K30-39 (2)  | Lipnica Mała        | 21:14.29    | 21:10.30   |
| 5.             | 406 | Gajek Magdalena         | K40-49 (1)  | Czółna              | 21:20.59    | 21:13.16   |
| 6.             | 524 | Gąsienica-Roj Anna      | K40-49 (2)  | Zakopane            | 21:48.74    | 21:42.15   |
| 7.             | 482 | Trzebunia Alicja        | K40-49 (3)  | Zakopane            | 22:29.34    | 22:23.87   |
| 8.             | 635 | Nazim Agnieszka         | K30-39 (3)  | Skawina             | 22:51.59    | 22:44.02   |
| 9.             | 611 | Tyczyńska Paulina       | K30-39 (4)  | Bielsko-Biała       | 23:05.48    | 23:02.65   |
| 10.            | 812 | Sułkowska Lidia         | K30-39 (5)  | Limanowa            | 23:24.06    | 23:13.19   |
| 11.            | 682 | Gryc Angelika           | K15-17 (2)  | Chocholów           | 23:31.04    | 23:24.83   |
| 12.            | 720 | Liszka Amelia           | K12-14 (1)  | Ciche               | 23:56.33    | 23:30.69   |
| 13.            | 719 | Puto Aleksandra         | K15-17 (3)  | Kasina Wielka       | 24:03.06    | 23:38.84   |
| 14.            | 23  | Pęksa Joanna            | K18-29 (2)  | Waksmund            | 23:51.77    | 23:47.34   |
| 15.            | 127 | Gacek Katarzyna         | K40-49 (4)  | Chabówka            | 24:00.23    | 23:49.20   |
| 16.            | 156 | Kalata Iwona            | K30-39 (6)  | Szaflary            | 24:17.94    | 24:06.00   |
| 17.            | 583 | Sołtysik Ania           | K30-39 (7)  | Nowy Sącz           | 24:32.79    | 24:31.02   |
| 18.            | 440 | Słowakiewicz Alicja     | K30-39 (8)  | Nowy Targ           | 24:43.76    | 24:37.15   |
| 19.            | 334 | Płonka Klaudia          | K15-17 (4)  | Grodzów             | 24:43.12    | 24:37.38   |
| 20.            | 717 | Czyszczoń Patrycja      | K12-14 (2)  | Ciche               | 25:04.55    | 24:38.72   |
| 21.            | 535 | Fidelus Małgorzata      | K30-39 (9)  | Zakopane            | 25:14.46    | 24:44.34   |
| 22.            | 838 | Pradziad Justyna        | K18-29 (3)  | Murzachle           | 24:57.93    | 24:52.72   |
| 23.            | 297 | Koziara Gabriela        | K18-29 (4)  | Tarnów              | 25:34.29    | 24:56.20   |
| 24.            | 631 | Góralczyk Katarzyna     | K40-49 (5)  | Oświęcim            | 24:59.89    | 24:56.61   |
| 25.            | 424 | Niziołek Teresa         | K50-59 (1)  | Zawada              | 25:04.62    | 24:58.92   |
| 26.            | 73  | wyraz Lena              | K10-11 (1)  | Zakopane            | 25:30.00    | 25:00.05   |
| 27.            | 94  | Murawska Małgorzata     | K40-49 (6)  | Warszawa            | 25:37.05    | 25:06.31   |
| 28.            | 574 | Czarnecka Karolina      | K30-39 (10) | Kościelisko         | 25:38.79    | 25:17.21   |
| 29.            | 422 | Hryc Martyna            | K15-17 (5)  | Grywałd             | 25:20.56    | 25:19.36   |
| 30.            | 566 | Jąkała Marta            | K18-29 (5)  | Skawa               | 25:51.93    | 25:27.44   |
| 31.            | 830 | Kordaczka Bogumiła      | K18-29 (6)  | Ciche               | 25:49.53    | 25:34.48   |
| 32.            | 599 | Falek Karolina          | K30-39 (11) | Lipsko              | 26:19.35    | 25:43.60   |
| 33.            | 718 | Mroczkowska Karina      | K12-14 (3)  | Zakopane            | 26:13.23    | 25:46.75   |
| 34.            | 513 | Kozłowska Oliwia        | K12-14 (4)  | Wodzisław Śląski    | 25:55.17    | 25:51.11   |
| 35.            | 267 | Adamczyk Aneta          | K40-49 (7)  | Limanowa            | 26:15.38    | 25:53.19   |
| 36.            | 816 | Majerczyk Julia         | K18-29 (7)  | Bukowina Tatrzańska | 26:26.39    | 25:59.24   |
| 37.            | 319 | Kuźniar Dorota          | K50-59 (2)  | Zakopane            | 26:04.81    | 26:00.52   |
| 38.            | 523 | Gąsienica-Roj Marcelina | K12-14 (5)  | Zakopane            | 26:21.40    | 26:05.33   |
| 39.            | 770 | Dątek Monika            | K18-29 (8)  | Łódź                | 26:56.39    | 26:08.64   |
| 40.            | 791 | Budz Mariola            | K30-39 (12) | Czarna Góra         | 27:06.31    | 26:35.89   |
| 41.            | 320 | Smolińska Antonina      | K12-14 (6)  | Sanok               | 27:45.17    | 26:36.52   |
| 42.            | 727 | Komperda Maria          | K18-29 (9)  | Kościelisko         | 26:43.85    | 26:38.84   |
| 43.            | 202 | Stachowska Sobel Anna   | K40-49 (8)  | Zabrze              | 27:15.22    | 26:54.54   |
| 44.            | 728 | Pawlikowska Małgorzata  | K40-49 (9)  | Biały Dunajec       | 27:10.40    | 26:54.57   |
| 45.            | 395 | Franke Sylwia           | K18-29 (10) | Ustroń              | 27:29.53    | 27:07.39   |
| 46.            | 510 | Górka Dominika          | K18-29 (11) | Nowy Targ           | 27:37.46    | 27:12.59   |
| 47.            | 430 | Kubin Wiktoria          | K18-29 (12) | Zakopane            | 27:39.93    | 27:21.63   |
| 48.            | 391 | Kubin Liwia             | K15-17 (6)  | Zakopane            | 27:39.47    | 27:21.98   |
| 49.            | 427 | Cieplińska Anna         | K30-39 (13) | Rabka-Zdrój         | 27:47.74    | 27:28.28   |
| 50.            | 295 | Stachura Iga            | K12-14 (7)  | Rabka-Zdrój         | 28:29.89    | 27:31.09   |
| 51.            | 294 | Rubiś Pola              | K12-14 (8)  | Rabka-Zdrój         | 28:29.95    | 27:31.19   |
| 52.            | 299 | Kusiak Natalia          | K12-14 (9)  | Rabka-Zdrój         | 28:29.77    | 27:31.28   |
| 53.            | 293 | Rubiś Sara              | K15-17 (7)  | Rabka-Zdrój         | 28:29.71    | 27:31.64   |
| 54.            | 152 | Bela Beata              | K40-49 (10) | Wrocław             | 28:21.14    | 27:33.17   |

SPONSOR GŁÓWNY



SPONSOR ZŁOTY



SPONSOR SREBRNY



SPONSOR WSPIERAJĄCY



ORGANIZATOR



WSPÓLORGANIZATORZY



# 4 Bieg po Oddech 2019.09.01 - Zakopane



## Wyniki Open Kobiety/Mężczyźni

| Miej. | Nr  | Nazwisko i Imię        | Kat./miej.  | Miasto              | Czas Brutto | Czas Netto |
|-------|-----|------------------------|-------------|---------------------|-------------|------------|
| 55.   | 128 | Gacek Roksana          | K12-14 (10) | Chabówka            | 27:49.62    | 27:38.84   |
| 56.   | 332 | Płonka Joanna          | K30-39 (14) | Grodków             | 27:58.53    | 27:42.02   |
| 57.   | 542 | Pietrzyk Justyna       | K30-39 (15) | Skoczów             | 28:40.92    | 27:42.99   |
| 58.   | 18  | Koldras Joanna         | K30-39 (16) |                     | 28:29.45    | 27:45.32   |
| 59.   | 817 | Kuchta Wiktoria        | K18-29 (13) | Bukowina Tatrzańska | 28:14.18    | 27:47.03   |
| 60.   | 291 | Nowobilska Magdalena   | K15-17 (8)  | Łapsze Niżne        | 28:00.20    | 27:50.22   |
| 61.   | 176 | Zachara Maria          | K60-69 (1)  | Rabka-Zdrój         | 28:11.81    | 28:00.25   |
| 62.   | 660 | Pająk Dorota           | K12-14 (11) | Dzianisz            | 29:50.10    | 28:04.20   |
| 63.   | 556 | Kulińska Agata         | K30-39 (17) | Łódź                | 28:18.53    | 28:04.99   |
| 64.   | 691 | Sitarz Magdalena       | K18-29 (14) | Zakopane            | 29:38.18    | 28:14.42   |
| 65.   | 615 | Olszewska Dorota       | K40-49 (11) | Prudnik             | 28:30.29    | 28:19.79   |
| 66.   | 20  | Chryczyk Katarzyna     | K18-29 (15) |                     | 28:59.29    | 28:23.58   |
| 67.   | 335 | Płonka Amelia          | K12-14 (12) | Grodków             | 28:40.85    | 28:23.91   |
| 68.   | 189 | Hendel Magda           | K18-29 (16) | Szczawnica          | 28:46.88    | 28:24.03   |
| 69.   | 457 | Kidoń Karolina         | K10-11 (2)  | Lipnica Mała        | 28:29.65    | 28:24.54   |
| 70.   | 93  | Lupa Natalia           | K18-29 (17) | Siedlec             | 28:43.83    | 28:36.32   |
| 71.   | 224 | Ostapczuk Anna         | K6-7 (1)    | Nowy Targ           | 28:51.02    | 28:38.09   |
| 72.   | 226 | Ostapczuk Marzena      | K40-49 (12) | Nowy Targ           | 28:52.33    | 28:39.69   |
| 73.   | 448 | Mirosław Angelika      | K18-29 (18) | Nałęczów            | 29:21.54    | 28:42.35   |
| 74.   | 561 | Kowalczyk Aleksandra   | K18-29 (19) | Kasina Wielka       | 29:51.91    | 29:01.13   |
| 75.   | 675 | Śliwa Renata           | K40-49 (13) | Kraków              | 29:15.02    | 29:02.64   |
| 76.   | 242 | Książek Ewa            | K30-39 (18) | Rabka-Zdrój         | 29:50.75    | 29:03.86   |
| 77.   | 253 | Wiśniewska Lucyna      | K50-59 (3)  | Bydgoszcz           | 29:31.15    | 29:13.70   |
| 78.   | 96  | Marasek Katarzyna      | K30-39 (19) | Zakopane            | 30:01.43    | 29:20.86   |
| 79.   | 381 | Stolarczyk Sylwia      | K18-29 (20) | Zakopane            | 30:11.82    | 29:22.70   |
| 80.   | 508 | Grafczyńska Małgorzata | K12-14 (13) | Zakopane            | 30:06.77    | 29:27.59   |
| 81.   | 536 | Stawiarska Marta       | K50-59 (4)  | Zakopane            | 30:14.84    | 29:34.73   |
| 82.   | 731 | Pitoń Klaudia          | K30-39 (20) | Kościelisko         | 29:52.88    | 29:38.29   |
| 83.   | 823 | Sadłowska Urszula      | K18-29 (21) | Skomielna Biała     | 29:42.57    | 29:40.71   |
| 84.   | 113 | Baros Zdzisława        | K50-59 (5)  | Rudniki             | 29:51.59    | 29:40.98   |
| 85.   | 829 | Hedwig Dorota          | K50-59 (6)  | Wielogłowy          | 30:03.99    | 29:42.86   |
| 86.   | 463 | Mazur Klaudia          | K18-29 (22) | Kraków              | 30:17.61    | 29:42.96   |
| 87.   | 472 | Florek Anna            | K40-49 (14) | Gliwice             | 30:21.41    | 29:45.76   |
| 88.   | 353 | Molitors Lidia         | K30-39 (21) | Kacwin              | 30:12.31    | 29:46.54   |
| 89.   | 204 | Mamcarz Alicja         | K18-29 (23) | Sucha Beskidzka     | 29:54.73    | 29:48.38   |
| 90.   | 298 | Stanek Aleksandra      | K15-17 (9)  | Łapsze Niżne        | 30:00.30    | 29:50.39   |
| 91.   | 35  | Kaczmarek Katarzyna    | K18-29 (24) | Zduńska Wola        | 30:14.51    | 29:52.85   |
| 92.   | 500 | Mlostek Katarzyna      | K40-49 (15) | Liszki              | 31:00.04    | 29:54.83   |
| 93.   | 151 | Noga Aleksandra        | K30-39 (22) | Zakopane            | 30:12.83    | 29:55.82   |
| 94.   | 273 | Szkarłat Emilia        | K30-39 (23) | Strzegom            | 30:01.59    | 29:56.17   |
| 95.   | 578 | Stachura Nikola        | K10-11 (3)  | Kasina Wielka       | 31:13.35    | 30:09.55   |
| 96.   | 382 | Bąk Katarzyna          | K30-39 (24) | Częstochowa         | 31:13.35    | 30:10.13   |
| 97.   | 690 | Mos-Wilman Kinga       | K18-29 (25) | Jaworki             | 31:05.26    | 30:10.14   |
| 98.   | 697 | Kubin Ewa              | K40-49 (16) | Zakopane            | 30:29.85    | 30:11.55   |
| 99.   | 742 | Nawrocka Joanna        | K30-39 (25) | Bydgoszcz           | 30:14.91    | 30:12.34   |
| 100.  | 545 | Mielec Kinga           | K18-29 (26) | Kraków              | 30:18.77    | 30:15.10   |
| 101.  | 654 | Piątek Judyta          | K30-39 (26) | Jastrzębie-Zdrój    | 31:34.52    | 30:16.88   |
| 102.  | 179 | Chmura Jadwiga         | K40-49 (17) | Dębica              | 31:01.63    | 30:39.07   |
| 103.  | 188 | Kuras Magdalena        | K18-29 (27) | Żółynia             | 32:05.31    | 30:49.35   |
| 104.  | 379 | Otfinowska Natalia     | K30-39 (27) | Dulcza Mała         | 31:44.14    | 30:53.93   |
| 105.  | 594 | Galica Joanna          | K18-29 (28) | Biały Dunajec       | 31:04.18    | 30:54.69   |
| 106.  | 612 | Tyczyńska Małgorzata   | K50-59 (7)  | Pogwizdów           | 31:24.30    | 31:00.74   |
| 107.  | 423 | Balion Magdalena       | K30-39 (28) | Zakopane            | 31:38.61    | 31:01.89   |
| 108.  | 229 | Bochnak Katarzyna      | K50-59 (8)  | Krościenko N.D.     | 31:39.92    | 31:01.91   |
| 109.  | 336 | Czekaj Angelika        | K18-29 (29) | Tomaszowice         | 32:05.00    | 31:05.22   |
| 110.  | 730 | Pitoń Maria            | K50-59 (9)  | Kościelisko         | 31:20.76    | 31:06.41   |
| 111.  | 678 | Walkiewicz Karolina    | K30-39 (29) | Pińczów             | 31:17.33    | 31:16.11   |

SPONSOR GŁÓWNY



SPONSOR ZŁOTY



SPONSOR SREBRNY



SPONSOR WSPIERAJĄCY



ORGANIZATOR



WSPÓLORGANIZATORZY



# 4 Bieg po Oddech 2019.09.01 - Zakopane



## Wyniki Open Kobiety/Mężczyźni

| Miej. | Nr  | Nazwisko i Imię                  | Kat./miej.  | Miasto            | Czas Brutto | Czas Netto |
|-------|-----|----------------------------------|-------------|-------------------|-------------|------------|
| 112.  | 81  | Krawczyk Kinga                   | K30-39 (30) | Olszyny           | 31:45.54    | 31:22.81   |
| 113.  | 80  | Wyrobiec Olga                    | K30-39 (31) | Babice            | 31:45.98    | 31:23.03   |
| 114.  | 360 | Balska Zuzanna                   | K50-59 (10) | Oświęcim          | 32:16.08    | 31:24.39   |
| 115.  | 324 | Ruchała Joanna                   | K18-29 (30) | Wielogłowy        | 32:37.78    | 31:25.28   |
| 116.  | 350 | Ruchała Anna                     | K18-29 (31) | Wielogłowy        | 32:38.68    | 31:26.32   |
| 117.  | 665 | Komperda Małgorzata              | K40-49 (18) | Białka Tatrzańska | 32:48.79    | 31:30.52   |
| 118.  | 347 | Pięta Dorota                     | K40-49 (19) | Kraków            | 31:44.14    | 31:30.60   |
| 119.  | 836 | Komperda Jolanta                 | K30-39 (32) | Białka Tatrzańska | 32:48.44    | 31:31.27   |
| 120.  | 451 | Łyszczarz Agata                  | K18-29 (32) | Kacwin            | 32:03.38    | 31:32.96   |
| 121.  | 681 | Sokołowska Grażyna               | K30-39 (33) | Żywiec            | 31:49.61    | 31:36.98   |
| 122.  | 726 | Wierzba Klaudia                  | K18-29 (33) | Kilkuszowa        | 31:53.02    | 31:37.00   |
| 123.  | 241 | Kuraś Edyta                      | K40-49 (20) | Kraków            | 32:12.65    | 31:38.12   |
| 124.  | 818 | Kuźma Żaneta                     | K18-29 (34) | Ruska Wieś        | 31:56.29    | 31:44.73   |
| 125.  | 467 | Wójcik Ania                      | K18-29 (35) | Zakopane          | 32:21.16    | 31:45.24   |
| 126.  | 637 | Nazim Julia                      | K10-11 (4)  | Skawina           | 32:49.48    | 31:45.49   |
| 127.  | 206 | Gruszka Edyta                    | K30-39 (34) | Kraków            | 32:14.28    | 31:59.11   |
| 128.  | 763 | Jędroł Angelika                  | K15-17 (10) | Poronin           | 32:07.59    | 32:00.56   |
| 129.  | 418 | Trybuła Małgorzata               | K18-29 (36) | Kacwin            | 32:26.74    | 32:01.23   |
| 130.  | 597 | Gołąb Paulina                    | K18-29 (37) | Nowy Targ         | 32:11.49    | 32:03.23   |
| 131.  | 473 | Cienkosz Gabriela                | K18-29 (38) | Trzemeśnia        | 32:40.33    | 32:04.12   |
| 132.  | 275 | Skoczylas-Ligocka Anna           | K40-49 (21) | Stróża            | 32:56.95    | 32:10.71   |
| 133.  | 479 | Rosa Monika                      | K30-39 (35) | Stoczek Łukowski  | 33:38.95    | 32:12.73   |
| 134.  | 638 | Nazim Milena                     | K8-9 (1)    | Skawina           | 33:21.03    | 32:16.75   |
| 135.  | 753 | Niziołek Aleksandra              | K18-29 (39) | Kraków            | 33:03.62    | 32:17.20   |
| 136.  | 133 | Robótka Anna                     | K30-39 (36) | Głowienka         | 33:24.94    | 32:19.08   |
| 137.  | 517 | Halaczek Anna                    | K30-39 (37) | Zakopane          | 33:48.22    | 32:23.30   |
| 138.  | 689 | Mos Justyna                      | K30-39 (38) | Jaworki           | 33:19.38    | 32:24.02   |
| 139.  | 449 | Łyszczarz Kamila                 | K18-29 (40) | Kacwin            | 32:57.22    | 32:27.06   |
| 140.  | 58  | Solska Aniela                    | K0-5 (1)    | Żywiec            | 33:48.07    | 32:28.96   |
| 141.  | 180 | Woźniak Magdalena                | K18-29 (41) | Świnna            | 33:48.32    | 32:29.21   |
| 142.  | 598 | Goleniowski Marzena              | K15-17 (11) | Harkłowa          | 32:38.58    | 32:30.11   |
| 143.  | 69  | Chruszcz Karina                  | K10-11 (5)  | Piętno            | 33:15.24    | 32:32.31   |
| 144.  | 215 | Buszewska Joanna                 | K30-39 (39) | Karpicko          | 32:45.93    | 32:33.77   |
| 145.  | 442 | Twaróg Weronika                  | K18-29 (42) | Rabka-Zdrój       | 33:13.78    | 32:35.12   |
| 146.  | 182 | Kaczmarek Małgorzata             | K50-59 (11) | Zduńska Wola      | 32:56.37    | 32:35.57   |
| 147.  | 471 | Chruszcz Patrycja                | K30-39 (40) | Piętno            | 33:26.69    | 32:42.76   |
| 148.  | 811 | Galan Dorota                     | K30-39 (41) | Niepołomice       | 33:19.87    | 32:47.24   |
| 149.  | 191 | Cieplińska - Korwel Marta        | K40-49 (22) | Rabka - Zdrój     | 33:08.64    | 32:49.20   |
| 150.  | 317 | Wilczyńska Agnieszka             | K18-29 (43) | Rzeszów           | 32:58.82    | 32:51.14   |
| 151.  | 373 | Klajnowska Agata                 | K40-49 (23) | Częstochowa       | 33:41.10    | 32:52.46   |
| 152.  | 662 | Molitorys Iwona                  | K10-11 (6)  | Kacwin            | 33:09.55    | 32:58.53   |
| 153.  | 792 | Budz Beata                       | K18-29 (44) | Czarna Góra       | 33:44.19    | 33:12.70   |
| 154.  | 525 | Malepsza Ewa                     | K40-49 (24) | Zakopane          | 34:00.60    | 33:17.40   |
| 155.  | 751 | Krajka Karolina                  | K8-9 (2)    | Zakopane          | 33:25.96    | 33:21.77   |
| 156.  | 306 | Sopiarz Zuzanna                  | K10-11 (7)  | Zakopane          | 33:53.43    | 33:22.32   |
| 157.  | 137 | Bachowicz Agnieszka              | K40-49 (25) | Niepołomice       | 33:55.84    | 33:22.63   |
| 158.  | 584 | Warzeszak Katarzyna              | K18-29 (45) | Nowy Targ         | 34:45.33    | 33:29.33   |
| 159.  | 651 | Osuch Aneta                      | K30-39 (42) | Nysa              | 34:13.24    | 33:31.78   |
| 160.  | 244 | Behounek Małgorzata              | K50-59 (12) | Zakopane          | 34:03.93    | 33:36.98   |
| 161.  | 595 | Klamerus Izabela                 | K40-49 (26) | Zakopane          | 34:32.02    | 33:39.81   |
| 162.  | 415 | Próchnicka-Gromadowska Magdalena | K40-49 (27) | Kraków            | 34:22.19    | 33:56.04   |
| 163.  | 622 | Radecka Aleksandra               | K12-14 (14) | Kacwin            | 34:35.96    | 34:11.37   |
| 164.  | 616 | Madetko Anna                     | K40-49 (28) | Ciche             | 34:46.92    | 34:18.65   |
| 165.  | 617 | Miga Roksana                     | K15-17 (12) | Zakopane          | 34:47.12    | 34:19.14   |
| 166.  | 340 | Steliga-Guzik Aleksandra         | K18-29 (46) | Głowienka         | 35:13.13    | 34:22.85   |
| 167.  | 687 | Kij Sylwia                       | K30-39 (43) | Radomyśl Wielki   | 35:16.35    | 34:26.83   |
| 168.  | 288 | Kubiak Aleksandra                | K40-49 (29) | Kalisz            | 35:18.51    | 34:28.13   |

SPONSOR GŁÓWNY



SPONSOR ZŁOTY



SPONSOR SREBRNY



SPONSOR WSPIERAJĄCY



ORGANIZATOR



WSPÓLORGANIZATORZY



# 4 Bieg po Oddech 2019.09.01 - Zakopane



## Wyniki Open Kobiety/Mężczyźni

| Miej. | Nr  | Nazwisko i Imię        | Kat./miej.  | Miasto            | Czas Brutto | Czas Netto |
|-------|-----|------------------------|-------------|-------------------|-------------|------------|
| 169.  | 33  | Kaczmarek Justyna      | K15-17 (13) | Rawicz            | 35:08.28    | 34:30.82   |
| 170.  | 305 | Sularz Bożena          | K30-39 (44) | Jordanów          | 35:03.56    | 34:30.94   |
| 171.  | 758 | Łuczko-Boczula Milena  | K30-39 (45) | Gdańsk            | 35:34.60    | 34:33.07   |
| 172.  | 842 | Słaba Karolina         | K18-29 (47) | Podwilk           | 35:47.32    | 34:36.22   |
| 173.  | 533 | Jarguz Joanna          | K50-59 (13) | Zakopane          | 35:15.46    | 34:39.56   |
| 174.  | 187 | Bruś Ewa               | K40-49 (30) | Kalisz            | 35:37.04    | 34:46.92   |
| 175.  | 389 | Dojerska Maria         | K50-59 (14) | Kruszwica         | 35:20.62    | 34:49.37   |
| 176.  | 235 | Kujawska Zuzanna       | K18-29 (48) | Witkowo           | 35:25.94    | 34:50.11   |
| 177.  | 782 | Horosiewicz Joanna     | K30-39 (46) | Baranów           | 35:25.84    | 34:51.96   |
| 178.  | 780 | Horosiewicz Julia      | K6-7 (2)    | Baranów           | 35:24.68    | 34:54.39   |
| 179.  | 232 | Zielińska Beata        | K30-39 (47) | Gdańsk            | 35:30.83    | 34:55.32   |
| 180.  | 130 | Gołębiowska Małgorzata | K60-69 (2)  | Grębobocin        | 35:47.60    | 34:55.48   |
| 181.  | 344 | Janicka Weronika       | K12-14 (15) | Kraków            | 36:09.96    | 34:59.32   |
| 182.  | 348 | Świetlińska Urszula    | K30-39 (48) | Warszawa          | 35:27.77    | 35:12.96   |
| 183.  | 302 | Chylińska Alicja       | K30-39 (49) | Korzeniewo        | 35:30.70    | 35:18.87   |
| 184.  | 109 | Barchan Sylwia         | K18-29 (49) | Kielce            | 35:26.37    | 35:23.26   |
| 185.  | 439 | Magdij Kamila          | K40-49 (31) | Nowy Targ         | 36:02.76    | 35:23.96   |
| 186.  | 441 | Borowicz Patrycja      | K18-29 (50) | Nowy Targ         | 36:02.71    | 35:24.10   |
| 187.  | 394 | Hajnos Danuta          | K40-49 (32) | Rogoźnik          | 36:11.00    | 35:37.23   |
| 188.  | 759 | Łuczko Adriana         | K18-29 (51) | Toruń             | 36:40.63    | 35:38.46   |
| 189.  | 110 | Pulikowska Agnieszka   | K30-39 (50) | Warszawa          | 36:26.42    | 35:45.87   |
| 190.  | 623 | Wyraz Maja             | K12-14 (16) | Zakopane          | 36:18.80    | 35:48.51   |
| 191.  | 840 | Celejewska Monika      | K40-49 (33) | Kalwaria          | 36:46.08    | 35:48.58   |
| 192.  | 29  | Wesołek Agata          | K10-11 (8)  | Nekla             | 36:48.96    | 35:50.20   |
| 193.  | 663 | Molitorys Lucyna       | K40-49 (34) | Kacwin            | 36:04.42    | 35:52.93   |
| 194.  | 696 | Kołodziejska Paulina   | K40-49 (35) | Zakopane          | 37:19.85    | 35:56.39   |
| 195.  | 167 | Lewandowska Sylwia     | K30-39 (51) | Bydgoszcz         | 36:52.07    | 36:17.32   |
| 196.  | 32  | Lewandowska Kornelia   | K0-5 (2)    | Bydgoszcz         | 36:52.21    | 36:17.56   |
| 197.  | 26  | Frycz Nina             | K12-14 (17) |                   | 36:55.17    | 36:19.82   |
| 198.  | 315 | Grzmiączka Anna        | K30-39 (52) | Warszawa          | 37:58.12    | 36:20.52   |
| 199.  | 75  | Juszczynska Lena       | K8-9 (3)    | Warszawa          | 37:58.06    | 36:21.35   |
| 200.  | 625 | Radecka Bożena         | K40-49 (36) | Kacwin            | 36:51.04    | 36:26.09   |
| 201.  | 526 | Kwak Katarzyna         | K40-49 (37) | Zakopane          | 37:12.86    | 36:29.44   |
| 202.  | 118 | Rajkowska Jowita       | K40-49 (38) | Sadlinki          | 37:10.51    | 36:30.73   |
| 203.  | 312 | Krajewska Joanna       | K30-39 (53) | Uherce Mineralne  | 37:41.50    | 36:32.65   |
| 204.  | 504 | Taran Magdalena        | K30-39 (54) | Kraków            | 37:32.59    | 36:36.52   |
| 205.  | 683 | Pieron Teresa          | K50-59 (15) | Mszana Dolna      | 37:33.27    | 36:38.10   |
| 206.  | 116 | Majdzik Ola            | K30-39 (55) | Krakow            | 37:34.46    | 36:38.68   |
| 207.  | 99  | Głuszko Justyna        | K30-39 (56) | Polańczyk         | 37:50.99    | 36:41.88   |
| 208.  | 499 | Jałocha Patrycja       | K18-29 (52) | Liszki            | 37:49.13    | 36:42.88   |
| 209.  | 277 | Mazur- Gałka Anna      | K50-59 (16) | Majdan Sieniawski | 37:08.03    | 36:43.16   |
| 210.  | 534 | Sobańska Barbara       | K60-69 (3)  | Ząb               | 37:21.70    | 36:52.12   |
| 211.  | 532 | Stoch Krystyna         | K60-69 (4)  | Ząb               | 37:21.99    | 36:53.25   |
| 212.  | 62  | Owca Kinga             | K8-9 (4)    | Czernichów        | 37:37.38    | 36:55.66   |
| 213.  | 435 | Owca Katarzyna         | K30-39 (57) | Czernichów        | 37:37.70    | 36:55.88   |
| 214.  | 553 | Mirek Halina           | K40-49 (39) | Skojela Czarna    | 37:30.73    | 36:58.00   |
| 215.  | 555 | Mirek Sandra           | K10-11 (9)  | Skomielna Czarna  | 37:31.27    | 37:00.07   |
| 216.  | 634 | Kowalczyk Martyna      | K12-14 (18) | Jordanów          | 37:32.54    | 37:01.62   |
| 217.  | 37  | Bruś Kinga             | K18-29 (53) | Kalisz            | 38:04.46    | 37:13.74   |
| 218.  | 190 | Grodecka Katarzyna     | K30-39 (58) | Szczecinek        | 37:24.07    | 37:20.16   |
| 219.  | 292 | Jakubowska Magdalena   | K30-39 (59) | Zakopane          | 38:25.16    | 37:21.84   |
| 220.  | 749 | Listkowska Aneta       | K40-49 (40) | Płońsk            | 38:33.16    | 37:24.86   |
| 221.  | 34  | Baczuł Joanna          | K18-29 (54) | Warszawa          | 38:33.74    | 37:25.30   |
| 222.  | 142 | Wrześniewska Agnieszka | K30-39 (60) | Sosnowiec         | 38:01.29    | 37:34.41   |
| 223.  | 800 | Jakubek Wiktoria       | K15-17 (14) | Zakopane          | 38:39.63    | 37:35.65   |
| 224.  | 259 | Wątopek Beata          | K40-49 (41) | Szaflary          | 38:41.44    | 37:40.37   |
| 225.  | 345 | Janicka Marta          | K40-49 (42) | Kraków            | 38:53.21    | 37:42.88   |

SPONSOR GŁÓWNY



SPONSOR ZŁOTY



SPONSOR SREBRNY



SPONSOR WSPIERAJĄCY



ORGANIZATOR



WSPÓLORGANIZATORZY



# 4 Bieg po Oddech 2019.09.01 - Zakopane



## Wyniki Open Kobiety/Mężczyźni

| Miej. | Nr  | Nazwisko i Imię            | Kat./miej.  | Miasto              | Czas Brutto | Czas Netto |
|-------|-----|----------------------------|-------------|---------------------|-------------|------------|
| 226.  | 220 | Straszyńska Monika         | K30-39 (61) | Łódź                | 39:17.32    | 37:48.88   |
| 227.  | 221 | Maik Dorota                | K50-59 (17) | Nowa Sól            | 38:57.06    | 37:51.85   |
| 228.  | 121 | Pawlikowska Renata         | K30-39 (62) | Zakopane            | 38:25.22    | 37:54.73   |
| 229.  | 409 | Górka Dorota               | K15-17 (15) | Poronin             | 38:26.22    | 37:57.13   |
| 230.  | 135 | Smolana-Frycz Anna         | K40-49 (43) | Wrocław             | 38:43.18    | 38:07.75   |
| 231.  | 652 | Borecka-Leleń Katarzyna    | K40-49 (44) | Zabrze              | 38:23.94    | 38:10.13   |
| 232.  | 552 | Gibas Anna                 | K40-49 (45) | Zabrze              | 38:24.08    | 38:10.28   |
| 233.  | 572 | Olejniczak Halina          | K50-59 (18) | Kościelisko         | 38:24.20    | 38:10.80   |
| 234.  | 280 | Dziuban Katarzyna          | K30-39 (63) | Orelec              | 39:23.89    | 38:13.25   |
| 235.  | 54  | Smolińska Hanna            | K8-9 (5)    | Sanok               | 39:22.81    | 38:13.49   |
| 236.  | 322 | Denega-Smolińska Monika    | K30-39 (64) | Sanok               | 39:29.04    | 38:18.34   |
| 237.  | 349 | Jagodzińska Paulina        | K30-39 (65) | Mielec              | 39:28.21    | 38:18.60   |
| 238.  | 586 | Kulawik Lena               | K8-9 (6)    | Kraków              | 39:52.07    | 38:24.86   |
| 239.  | 453 | Kozub Karolina             | K18-29 (55) | Zaskale             | 39:16.28    | 38:45.72   |
| 240.  | 138 | Łyszczarz Maria            | K18-29 (56) | Kacwin              | 39:15.84    | 38:46.50   |
| 241.  | 55  | Molitorys Justyna          | K10-11 (10) | Kacwin              | 39:16.14    | 38:47.92   |
| 242.  | 354 | Molitorys Julia            | K15-17 (16) | Kacwin              | 39:16.60    | 38:48.62   |
| 243.  | 290 | Mroczek Bernadetta         | K40-49 (46) | Dębica              | 39:09.24    | 38:50.16   |
| 244.  | 569 | Kawula Aleksandra          | K8-9 (7)    | Mszana Dolna        | 40:12.38    | 38:51.90   |
| 245.  | 619 | Świeczak Dorota            | K50-59 (19) | Tuchowicz           | 39:13.82    | 38:52.76   |
| 246.  | 494 | Kot Beata                  | K30-39 (66) | Zakopane            | 40:46.78    | 39:08.51   |
| 247.  | 496 | Kłap Monika                | K30-39 (67) | Nowy Sącz           | 40:12.44    | 39:09.49   |
| 248.  | 68  | Praczyk Joanna             | K18-29 (57) | Poniec              | 39:25.46    | 39:09.97   |
| 249.  | 461 | Lewandowska Monika         | K50-59 (20) | Zgierz              | 39:23.55    | 39:19.82   |
| 250.  | 154 | Smolana Dorota             | K40-49 (47) | Kobierzyce          | 39:55.15    | 39:19.90   |
| 251.  | 580 | Trzepaczka Bernadetta      | K18-29 (58) | Kasina Wielka       | 40:29.48    | 39:24.33   |
| 252.  | 579 | Stachura Izabela           | K18-29 (59) | Kasina Wielka       | 40:35.81    | 39:30.98   |
| 253.  | 485 | Kędzińska Julia            | K18-29 (60) | Strzelno            | 39:53.67    | 39:33.60   |
| 254.  | 487 | Kędzińska Natalia          | K15-17 (17) | Strzelno            | 39:53.78    | 39:33.67   |
| 255.  | 669 | Rambuszek Martyna          | K30-39 (68) | Pińczów             | 39:40.07    | 39:34.92   |
| 256.  | 707 | Para Zofia                 | K8-9 (8)    | Zakopane            | 40:38.37    | 39:39.29   |
| 257.  | 161 | Grotowicz-Czeżyk Wioletta  | K40-49 (48) | Wołomin             | 40:40.03    | 39:42.17   |
| 258.  | 60  | Bazan Aleksandra           | K8-9 (9)    | Czułówek            | 41:12.00    | 39:46.00   |
| 259.  | 688 | Piejko Małgorzata          | K50-59 (21) | Orzechowce          | 39:58.07    | 39:46.00   |
| 260.  | 426 | Fielek-Bazan Paulina       | K30-39 (69) | Czułówek            | 41:12.19    | 39:46.06   |
| 261.  | 25  | Piejko Marzena             | K18-29 (61) | Orzechowce          | 39:58.19    | 39:46.15   |
| 262.  | 806 | Karolczyk Natalia          | K12-14 (19) | Kraków              | 40:31.59    | 39:46.82   |
| 263.  | 376 | Trybuła Cecylia            | K40-49 (49) | Kacwin              | 40:08.98    | 39:53.93   |
| 264.  | 219 | Gielarowska Renata         | K40-49 (50) | Chrzanów            | 40:58.96    | 39:59.18   |
| 265.  | 676 | Kamińska Katarzyna         | K40-49 (51) | Zakopane            | 43:12.60    | 39:59.79   |
| 266.  | 230 | Pyka Kalina                | K18-29 (62) | Strzelce Krajeńskie | 40:57.43    | 39:59.95   |
| 267.  | 364 | Siedlecka Ewa              | K18-29 (63) | Warszawa            | 41:15.14    | 40:00.74   |
| 268.  | 363 | Popielarz Natalia          | K30-39 (70) | Poznań              | 43:13.86    | 40:01.06   |
| 269.  | 365 | Siedlecka Wiktorina        | K0-5 (3)    | Warszawa            | 41:15.20    | 40:01.20   |
| 270.  | 543 | Kopaczka Joanna            | K30-39 (71) | Niedzica            | 40:16.72    | 40:01.77   |
| 271.  | 308 | Sopiarz Zofia              | K6-7 (3)    | Zakopane            | 40:54.40    | 40:06.02   |
| 272.  | 670 | Kołacz Małgorzata          | K30-39 (72) | Legionowo           | 41:37.77    | 40:15.85   |
| 273.  | 237 | Kupisińska-Krzyściak Beata | K40-49 (52) | Zakopane            | 41:58.36    | 40:24.32   |
| 274.  | 785 | Mroczek Julita             | K18-29 (64) | Dębica              | 40:57.39    | 40:37.95   |
| 275.  | 261 | Wątołek Daria              | K10-11 (11) | Szaflary            | 41:41.35    | 40:40.28   |
| 276.  | 97  | Juras Teresa               | K60-69 (5)  | Proszowice          | 40:58.83    | 40:47.54   |
| 277.  | 568 | Kawula Anna                | K30-39 (73) | Mszana Dolna        | 41:54.11    | 40:49.02   |
| 278.  | 323 | Natorska Beata             | K50-59 (22) | Kraków              | 42:38.29    | 40:54.83   |
| 279.  | 796 | Skawska Urszula            | K30-39 (74) | Mszana Dolna        | 41:54.78    | 41:00.40   |
| 280.  | 641 | Klimecka Aleksandra        | K6-7 (4)    | Zakopane            | 42:01.61    | 41:00.97   |
| 281.  | 640 | Moniczewska Katarzyna      | K30-39 (75) | Zakopane            | 42:01.70    | 41:01.06   |
| 282.  | 227 | Ostapczuk Aleksandra       | K18-29 (65) | Nowy Targ           | 41:27.21    | 41:01.83   |

SPONSOR GŁÓWNY



SPONSOR ZŁOTY



SPONSOR SREBRNY



SPONSOR WSPIERAJĄCY



ORGANIZATOR



WSPÓLORGANIZATORZY



# 4 Bieg po Oddech 2019.09.01 - Zakopane



## Wyniki Open Kobiety/Mężczyźni

| Miej. | Nr  | Nazwisko i Imię             | Kat./miej.  | Miasto           | Czas Brutto | Czas Netto |
|-------|-----|-----------------------------|-------------|------------------|-------------|------------|
| 283.  | 794 | Molitorys Genowefa          | K60-69 (6)  | Kacwin           | 41:16.75    | 41:05.26   |
| 284.  | 570 | Marcinkowska Renata         | K60-69 (7)  | Sochaczew        | 42:26.27    | 41:31.96   |
| 285.  | 8   | Jurasek Anna                | K30-39 (76) |                  | 42:58.29    | 41:41.24   |
| 286.  | 648 | Pabon Dominika              | K30-39 (77) | Zakopane         | 42:43.66    | 41:41.82   |
| 287.  | 649 | Pabon Ania                  | K6-7 (5)    | Zakopane         | 42:43.58    | 41:42.00   |
| 288.  | 368 | Baczul Elżbieta             | K50-59 (23) | Joniec           | 42:59.86    | 41:44.50   |
| 289.  | 591 | Litwińska-Malacina Justyna  | K40-49 (53) | Zakopane         | 43:12.81    | 41:45.52   |
| 290.  | 538 | Dall Magdalena              | K40-49 (54) | Zakopane         | 43:13.09    | 41:47.62   |
| 291.  | 708 | Ząbkowska Para Joanna       | K40-49 (55) | Zakopane         | 43:12.25    | 41:48.03   |
| 292.  | 481 | Kozub Teresa                | K40-49 (56) | Rudnik Nad Sanem | 42:33.73    | 41:50.40   |
| 293.  | 511 | Wróblewska Sabina           | K30-39 (78) | Zielonki         | 43:28.71    | 42:14.71   |
| 294.  | 67  | Soćko Nikola                | K0-5 (4)    | Pruszków         | 43:50.43    | 42:21.15   |
| 295.  | 740 | Hełmecka Katarzyna          | K40-49 (57) | Zakopane         | 43:29.43    | 42:22.04   |
| 296.  | 78  | Kuras Milena                | K10-11 (12) | Żołynia          | 43:42.24    | 42:24.55   |
| 297.  | 82  | Bartkowiak Klaudia          | K18-29 (66) | Kościąn          | 43:13.93    | 42:24.97   |
| 298.  | 107 | Bartkowiak Lidia            | K50-59 (24) | Kościąn          | 43:14.54    | 42:25.42   |
| 299.  | 286 | Michałowska Daria           | K15-17 (18) | Gnieszno         | 43:13.21    | 42:27.63   |
| 300.  | 284 | Michałowska Agnieszka       | K40-49 (58) | Gnieszno         | 43:15.41    | 42:29.76   |
| 301.  | 834 | Kamińska Zofia              | K8-9 (10)   | Nowy Sącz        | 43:04.06    | 42:30.67   |
| 302.  | 175 | Stanczyk Noemi              | K18-29 (67) | Poznań           | 43:14.23    | 42:36.30   |
| 303.  | 102 | Maślak Marzena              | K30-39 (79) | Sanok            | 43:59.27    | 42:37.17   |
| 304.  | 104 | Maślak Maja                 | K10-11 (13) | Sanok            | 43:59.46    | 42:37.72   |
| 305.  | 103 | Maślak Martyna              | K15-17 (19) | Sanok            | 43:59.21    | 42:37.84   |
| 306.  | 163 | Gaworek Katarzyna           | K30-39 (80) | Piaseczno        | 43:44.91    | 42:43.57   |
| 307.  | 813 | Pach Bożena                 | K18-29 (68) | Tymbark          | 43:51.46    | 42:46.64   |
| 308.  | 159 | Bursa Sylwia                | K30-39 (81) | Góra Kalwaria    | 43:44.82    | 42:47.10   |
| 309.  | 799 | Norek Anna                  | K10-11 (14) | Jejkowice        | 42:56.51    | 42:52.63   |
| 310.  | 711 | Krupa Izabela               | K18-29 (69) | Witów            | 43:18.51    | 42:55.48   |
| 311.  | 712 | Kadziszewska Wiolettas      | K40-49 (59) | Zakopane         | 43:18.65    | 42:55.70   |
| 312.  | 709 | Kaczmarczyk Iga             | K30-39 (82) | Zakopane         | 43:18.57    | 42:55.91   |
| 313.  | 713 | Mrugała Monika              | K30-39 (83) | Murzasichle      | 43:18.47    | 42:56.32   |
| 314.  | 710 | Jakubiak Bożena             | K40-49 (60) | Zakopane         | 43:18.51    | 42:56.83   |
| 315.  | 715 | Krzycz Agata                | K30-39 (84) | Zakopane         | 43:18.53    | 42:56.95   |
| 316.  | 608 | Grabowska Anna              | K30-39 (85) | Spiczyn          | 43:57.47    | 43:00.53   |
| 317.  | 647 | Libera Aleksandra           | K18-29 (70) | Lubartów         | 43:58.39    | 43:01.36   |
| 318.  | 784 | Szęłogowska-Bugajak Barbara | K60-69 (8)  | Uniejów          | 44:10.39    | 43:09.70   |
| 319.  | 438 | Nowak Ewa                   | K30-39 (86) | Leżajsk          | 43:32.02    | 43:14.81   |
| 320.  | 79  | Kuras Aleksandra            | K18-29 (71) | Żołynia          | 44:34.22    | 43:16.83   |
| 321.  | 7   | Kulik Jolanta               | K50-59 (25) |                  | 44:36.48    | 43:17.12   |
| 322.  | 657 | Juszczynska Anna            | K40-49 (61) | Warszawa         | 44:54.50    | 43:18.16   |
| 323.  | 445 | Nawara Emilka               | K6-7 (6)    | Nieznanowice     | 43:40.64    | 43:32.26   |
| 324.  | 193 | Rudzińska Elżbieta          | K30-39 (87) | Jaroszówka       | 43:40.64    | 43:32.52   |
| 325.  | 498 | Cichocka Aleksandra         | K18-29 (72) | Marki            | 44:54.75    | 43:39.46   |
| 326.  | 756 | Sumigalska Aneta            | K30-39 (88) | Swarzędz         | 44:46.53    | 43:48.42   |
| 327.  | 592 | Malacina Emilia             | K10-11 (15) | Zakopane         | 44:19.12    | 43:55.29   |
| 328.  | 539 | Sobańska Aluška             | K10-11 (16) | Zakopane         | 44:21.01    | 43:57.26   |
| 329.  | 476 | Soćko Wioleta               | K18-29 (73) | Pruszków         | 46:16.27    | 44:47.55   |
| 330.  | 361 | Wieczorek Julia             | K6-7 (7)    | Oświęcim         | 45:41.91    | 44:50.42   |
| 331.  | 362 | Piórek Klaudia              | K18-29 (74) | Oświęcim         | 45:44.03    | 44:53.90   |
| 332.  | 359 | Wieczorek Agnieszka         | K30-39 (89) | Oświęcim         | 45:49.69    | 44:58.08   |
| 333.  | 671 | Kołaczk Oliwia              | K12-14 (20) | Legionowo        | 46:31.11    | 45:09.80   |
| 334.  | 672 | Kołaczk Karina              | K12-14 (21) | Legionowo        | 46:31.29    | 45:09.98   |
| 335.  | 410 | Kopczyńska Iwona            | K30-39 (90) | Legionowo        | 46:32.39    | 45:10.67   |
| 336.  | 820 | Puzia Beata                 | K40-49 (62) | Legionowo        | 46:32.51    | 45:10.96   |
| 337.  | 809 | Kołodziej Zuzanna           | K30-39 (91) | Legionowo        | 46:32.65    | 45:11.13   |
| 338.  | 83  | Puzia Beata                 | K40-49 (63) | Legionowo        | 46:32.59    | 45:11.44   |
| 339.  | 326 | Mąka Martyna                | K8-9 (11)   | Zakopane         | 45:20.78    | 45:12.84   |

SPONSOR GŁÓWNY



SPONSOR ZŁOTY



SPONSOR SREBRNY



SPONSOR WSPIERAJĄCY



ORGANIZATOR



WSPÓLORGANIZATORZY



# 4 Bieg po Oddech 2019.09.01 - Zakopane



## Wyniki Open Kobiety/Mężczyźni

| Miej. | Nr  | Nazwisko i Imię          | Kat./miej.  | Miasto              | Czas Brutto | Czas Netto |
|-------|-----|--------------------------|-------------|---------------------|-------------|------------|
| 340.  | 327 | Mąka Magdalena           | K40-49 (64) | Zakopane            | 45:20.87    | 45:12.92   |
| 341.  | 819 | Stachoń Goł Magdalena    | K10-11 (17) | Zakopane            | 45:20.68    | 45:12.94   |
| 342.  | 57  | Durałek Paulina          | K18-29 (75) | Krynica Zdrój       | 45:42.92    | 45:14.13   |
| 343.  | 767 | Czerwińska Małgorzata    | K40-49 (65) | Kraków              | 45:53.32    | 45:17.93   |
| 344.  | 736 | Kawulak Natalia          | K30-39 (92) | Jaworzno            | 46:12.46    | 45:18.08   |
| 345.  | 737 | Kawulak Danuta           | K50-59 (26) | Jaworzno            | 46:12.41    | 45:18.16   |
| 346.  | 518 | Ziarko Agnieszka         | K40-49 (66) | Jaworzno            | 45:27.01    | 45:23.10   |
| 347.  | 521 | Bondar Agata             | K8-9 (12)   | Jaworzno            | 45:26.91    | 45:25.77   |
| 348.  | 475 | Praczyk Jolanta          | K50-59 (27) | Poniec              | 45:50.14    | 45:32.30   |
| 349.  | 262 | Fijałkowska Arleta       | K50-59 (28) | Powidz              | 45:46.87    | 45:38.11   |
| 350.  | 386 | Chwaja Barbara           | K50-59 (29) | Kraków              | 46:27.15    | 45:45.51   |
| 351.  | 254 | Guzik Ewa                | K60-69 (9)  | Głowienka           | 48:10.83    | 46:08.27   |
| 352.  | 372 | Soćko Justyna            | K0-5 (5)    | Pruszków            | 47:42.22    | 46:16.69   |
| 353.  | 370 | Soćko Joanna             | K18-29 (76) | Pruszków            | 47:42.30    | 46:16.77   |
| 354.  | 371 | Soćko Julia              | K0-5 (6)    | Pruszków            | 47:42.75    | 46:17.56   |
| 355.  | 234 | Kujawska Agnieszka       | K40-49 (67) | Witkowo             | 46:59.25    | 46:20.59   |
| 356.  | 30  | Szynol Aneta             | K30-39 (93) | Gorzów Wielkopolski | 46:28.77    | 46:27.63   |
| 357.  | 168 | Kaczmarek Kinga          | K40-49 (68) | Rawicz              | 47:09.19    | 46:31.11   |
| 358.  | 236 | Tworowska Grażyna        | K50-59 (30) | Witkowo             | 47:25.66    | 46:46.24   |
| 359.  | 775 | Gorecka Iwona            | K40-49 (69) | Czacz               | 47:53.74    | 47:12.73   |
| 360.  | 454 | Sutor Lena               | K6-7 (8)    | Zakopane            | 48:02.51    | 47:15.12   |
| 361.  | 71  | Kulawik Nina             | K0-5 (7)    | Kraków              | 50:09.87    | 48:35.46   |
| 362.  | 585 | Kaczmarek-Kulawik Sylwia | K30-39 (94) | Kraków              | 50:09.60    | 48:35.55   |
| 363.  | 48  | Hanos Amelia             | K10-11 (18) | Kluczbork           | 50:19.57    | 49:51.96   |
| 364.  | 255 | Hanos Anna               | K30-39 (95) | Kluczbork           | 50:30.91    | 50:04.17   |
| 365.  | 828 | Wypych Milena            | K12-14 (22) | Kraków              | 50:09.10    | 50:07.96   |
| 366.  | 459 | Duda Ewa                 | K30-39 (96) | Zielonki            | 52:07.40    | 50:14.52   |
| 367.  | 170 | Kaczmarek Lidia          | K12-14 (23) | Rawicz              | 50:55.42    | 50:17.77   |
| 368.  | 66  | Kus Monika               | K18-29 (77) | Jejkowice           | 50:51.53    | 50:26.33   |
| 369.  | 338 | Czechorowska Arleta      | K40-49 (70) | Powidz              | 52:08.80    | 50:36.28   |
| 370.  | 61  | Kunicka Jolanta          | K30-39 (97) | Łukowica            | 55:31.53    | 55:18.74   |

## Mężczyźni

|     |     |                        |             |                       |          |          |
|-----|-----|------------------------|-------------|-----------------------|----------|----------|
| 1.  | 231 | Belgrau Szymon         | M18-29 (1)  | Międzyrzecz           | 15:45.04 | 15:43.37 |
| 2.  | 701 | Drabik Emil            | M18-29 (2)  | Mszana Dolna          | 16:01.08 | 16:00.46 |
| 3.  | 630 | Wójcik Tomasz          | M30-39 (1)  | Rudze                 | 16:20.18 | 16:19.40 |
| 4.  | 530 | Rydzinski Patryk       | M18-29 (3)  | Zakopane              | 16:43.29 | 16:41.83 |
| 5.  | 218 | Bąba Darek             | M18-29 (4)  | Nowy Sącz             | 17:14.61 | 17:13.93 |
| 6.  | 698 | Kita Piotr             | M30-39 (2)  | Mszana Dolna          | 17:16.37 | 17:15.17 |
| 7.  | 699 | Wójcik Janusz          | M50-59 (1)  | Raba Wyżna            | 17:39.07 | 17:36.93 |
| 8.  | 119 | Sulek Wojciech         | M30-39 (3)  | Zakopane              | 17:51.26 | 17:46.87 |
| 9.  | 429 | Pradziad Andrzej       | M18-29 (5)  | Ks Murzasichle        | 17:59.11 | 17:54.73 |
| 10. | 458 | Kidoń Robert           | M30-39 (4)  | Lipnica Mała          | 18:11.12 | 18:06.70 |
| 11. | 843 | Obrochta Zbigniew      | M18-29 (6)  | Dzianisz              | 18:19.78 | 18:15.07 |
| 12. | 528 | Winiarski Adam         | M50-59 (2)  | Chochółów             | 18:24.18 | 18:20.66 |
| 13. | 342 | Klimecki Krystian      | M15-17 (1)  | Kościelisko           | 18:28.39 | 18:27.31 |
| 14. | 700 | Pudzisz Ryszard        | M50-59 (3)  | Ludźmier              | 18:32.98 | 18:30.60 |
| 15. | 301 | Jarocki Bartosz        | M18-29 (7)  | Szczecin              | 18:33.40 | 18:31.64 |
| 16. | 757 | Augustynowicz Wojciech | M18-29 (8)  | Białystok             | 18:35.61 | 18:34.22 |
| 17. | 653 | Fijałkowski Filip      | M30-39 (5)  | Poronin               | 18:56.60 | 18:54.62 |
| 18. | 674 | Chrobot Daniel         | M18-29 (9)  | Kielce                | 19:08.98 | 19:06.73 |
| 19. | 822 | Prusak Piotr           | M30-39 (6)  | Nowy Sącz             | 19:20.33 | 19:19.25 |
| 20. | 98  | Głuszko Przemysław     | M30-39 (7)  | Polańczyk             | 19:23.87 | 19:22.93 |
| 21. | 824 | Raczek Radosław        | M18-29 (10) | Kraków                | 19:35.96 | 19:34.24 |
| 22. | 644 | Kowalczyk Kazimierz    | M50-59 (4)  | Witów /Ks Murzasichle | 19:37.58 | 19:34.43 |
| 23. | 577 | Radziszewski Sławomir  | M40-49 (1)  | Zakopane              | 19:38.98 | 19:35.12 |

SPONSOR GŁÓWNY



SPONSOR ZŁOTY



SPONSOR SREBRNY



SPONSOR WSPIERAJĄCY



ORGANIZATOR



WSPÓLORGANIZATORZY



# 4 Bieg po Oddech 2019.09.01 - Zakopane



## Wyniki Open Kobiety/Mężczyźni

| Miej. | Nr  | Nazwisko i Imię        | Kat./miej.  | Miasto           | Czas Brutto | Czas Netto |
|-------|-----|------------------------|-------------|------------------|-------------|------------|
| 24.   | 613 | Westfal Jacek          | M40-49 (2)  | Trzcianka        | 19:42.08    | 19:40.70   |
| 25.   | 358 | Wieczorek Maciej       | M30-39 (8)  | Oświęcim         | 19:48.15    | 19:45.51   |
| 26.   | 243 | Behounek Leszek        | M60-69 (1)  | Zakopane         | 19:52.65    | 19:50.51   |
| 27.   | 393 | Bednarz Jakub          | M30-39 (9)  | Zakopane         | 20:18.18    | 19:57.54   |
| 28.   | 658 | Pająk Stanisław        | M40-49 (3)  | Dzianisz         | 20:30.88    | 20:27.27   |
| 29.   | 462 | Kuczyński Kamil        | M40-49 (4)  | Kraków           | 20:35.84    | 20:32.64   |
| 30.   | 4   | Furmanek Łukasz        | M30-39 (10) |                  | 20:45.39    | 20:43.44   |
| 31.   | 489 | Celej Maciej           | M15-17 (2)  | Kościelisko      | 20:50.27    | 20:46.08   |
| 32.   | 546 | Twardosz Michał        | M30-39 (11) | Kraków           | 20:49.98    | 20:47.60   |
| 33.   | 628 | Dybowski Bartłomiej    | M18-29 (11) | Spiczyn          | 21:33.56    | 20:49.20   |
| 34.   | 141 | Ślaga Dariusz          | M50-59 (5)  | Zakopane         | 20:55.40    | 20:53.25   |
| 35.   | 563 | Kowalczyk Michał       | M12-14 (1)  | Kasina Wielka    | 21:40.09    | 20:55.02   |
| 36.   | 705 | Gąsienica Stanisław    | M50-59 (6)  | Kościelisko      | 21:00.40    | 20:55.79   |
| 37.   | 148 | Łukaszczyk Szymon      | M30-39 (12) | Zakopane         | 21:28.92    | 21:00.72   |
| 38.   | 721 | Mrowiński Kacper       | M12-14 (2)  | Suche            | 21:26.26    | 21:02.75   |
| 39.   | 378 | Gromadowski Wojciech   | M40-49 (5)  | Kraków           | 21:09.51    | 21:06.76   |
| 40.   | 131 | Olszewski Marek        | M50-59 (7)  | Sławków          | 21:15.47    | 21:09.20   |
| 41.   | 9   | Tekieli Kacper         | M30-39 (13) |                  | 21:10.60    | 21:09.65   |
| 42.   | 550 | Kułach Maciej          | M50-59 (8)  | Zakopane         | 21:15.40    | 21:09.93   |
| 43.   | 199 | Oramus Paweł           | M30-39 (14) | Gołuchowice      | 21:23.42    | 21:10.39   |
| 44.   | 743 | Gawroński Kamil        | M18-29 (12) | Zelów            | 21:39.43    | 21:11.91   |
| 45.   | 92  | Murawski Przemysław    | M40-49 (6)  | Warszawa         | 21:17.70    | 21:12.93   |
| 46.   | 310 | Kiszczyński Filip      | M15-17 (3)  | Łąpsze Niżne     | 21:23.56    | 21:18.01   |
| 47.   | 405 | Gajek Grzegorz         | M40-49 (7)  | Czolina          | 21:25.96    | 21:18.74   |
| 48.   | 249 | Jonek Bartłomiej       | M30-39 (15) | Zakopane         | 21:36.80    | 21:22.33   |
| 49.   | 725 | Kania Sebastian        | M18-29 (13) | Zakopane         | 21:44.02    | 21:27.49   |
| 50.   | 225 | Ostapczuk Piotr        | M12-14 (3)  | Nowy Targ        | 21:32.28    | 21:27.51   |
| 51.   | 501 | Bryniarski Marcin      | M40-49 (8)  | Nowy Targ        | 21:38.73    | 21:29.99   |
| 52.   | 149 | Pajestka Wojtek        | M40-49 (9)  | Sanok            | 21:57.52    | 21:34.28   |
| 53.   | 762 | Kardasz Marek          | M40-49 (10) | Polańczyk        | 22:01.23    | 21:37.39   |
| 54.   | 212 | Dudzik Dawid           | M15-17 (4)  | Zakopane         | 21:52.46    | 21:41.00   |
| 55.   | 428 | Ciepliński Krzysztof   | M30-39 (16) | Rabka-Zdrój      | 21:51.43    | 21:45.88   |
| 56.   | 174 | Knapczyk Krzysztof     | M40-49 (11) | Poronin          | 21:56.13    | 21:50.32   |
| 57.   | 661 | Stachoń Karol          | M12-14 (4)  | Zakopane         | 22:13.23    | 21:55.27   |
| 58.   | 723 | Pawlikowski Bartłomiej | M18-29 (14) | Zakopane         | 22:22.80    | 21:56.56   |
| 59.   | 433 | Koś Karol              | M18-29 (15) | Końskie          | 22:00.69    | 21:57.02   |
| 60.   | 562 | Kowalczyk Adam         | M15-17 (5)  | Kasina Wielka    | 22:52.75    | 22:02.16   |
| 61.   | 744 | Drozdowski Marcin      | M30-39 (17) | Zelów            | 22:38.34    | 22:14.24   |
| 62.   | 484 | Bachleđa Aleksander    | M18-29 (16) | Zakopane         | 23:25.10    | 22:17.17   |
| 63.   | 390 | Kubin Ireneusz         | M40-49 (12) | Zakopane         | 22:36.83    | 22:19.45   |
| 64.   | 529 | Winiarski Mieszko      | M15-17 (6)  | Chochółów        | 22:26.70    | 22:21.27   |
| 65.   | 126 | Bogdał Krzysztof       | M30-39 (18) | Pewel Ślemieńska | 22:46.49    | 22:25.84   |
| 66.   | 702 | Łyżnicki Zygmunt       | M60-69 (2)  | Mszana Dolna     | 22:33.12    | 22:27.52   |
| 67.   | 5   | Maciejonczyk Marek     | M30-39 (19) |                  | 22:41.83    | 22:33.94   |
| 68.   | 537 | Szczerba Bartłomiej    | M30-39 (20) | Zakopane         | 22:51.74    | 22:35.39   |
| 69.   | 300 | Sypniewski Sławomir    | M40-49 (13) | Kościelisko      | 22:51.46    | 22:36.99   |
| 70.   | 217 | Zataj Igor             | M30-39 (21) | Poznań           | 22:52.16    | 22:38.48   |
| 71.   | 272 | Wawrow Mirek           | M30-39 (22) | Baborów          | 22:45.81    | 22:39.21   |
| 72.   | 807 | Bochnak Hubert         | M30-39 (23) | Raba Wyżna       | 22:47.24    | 22:45.36   |
| 73.   | 825 | Łaś Piotr              | M18-29 (17) | Staszów          | 23:00.49    | 22:47.74   |
| 74.   | 761 | Siwiec Grzegorz        | M40-49 (14) | Przysucha        | 22:58.55    | 22:50.02   |
| 75.   | 745 | Roslaniec Marcin       | M18-29 (18) | Chełmiec         | 23:20.46    | 22:54.82   |
| 76.   | 100 | Prymula Stanisław      | M40-49 (15) | Krościenko N/D   | 23:15.05    | 23:06.47   |
| 77.   | 396 | Franke Tomasz          | M30-39 (24) | Ustroń           | 23:16.60    | 23:07.75   |
| 78.   | 557 | Kuliński Robert        | M30-39 (25) | Łódź             | 23:24.72    | 23:10.95   |
| 79.   | 268 | Adamczyk Jakub         | M15-17 (7)  | Limanowa         | 23:34.38    | 23:11.02   |
| 80.   | 704 | Gał Wojciech           | M50-59 (9)  | Murzasichle      | 23:37.82    | 23:23.23   |

SPONSOR GŁÓWNY



SPONSOR ZŁOTY



SPONSOR SREBRNY



SPONSOR WSPIERAJĄCY



ORGANIZATOR



WSPÓLORGANIZATORZY





# 4 Bieg po Oddech 2019.09.01 - Zakopane



## Wyniki Open Kobiety/Mężczyźni

| Miej. | Nr  | Nazwisko i Imię      | Kat./miej.  | Miasto           | Czas Brutto | Czas Netto |
|-------|-----|----------------------|-------------|------------------|-------------|------------|
| 81.   | 716 | Łapka Maciej         | M12-14 (5)  | Ząb              | 23:47.69    | 23:23.85   |
| 82.   | 650 | Osuch Piotr          | M40-49 (16) | Nysa             | 24:08.84    | 23:27.31   |
| 83.   | 158 | Sobczak Bartłomiej   | M30-39 (26) | Łódź             | 23:45.56    | 23:29.31   |
| 84.   | 146 | Laszczak Stanisław   | M60-69 (3)  | Łask             | 23:35.80    | 23:30.75   |
| 85.   | 798 | Buron Jan            | M50-59 (10) | Anchorage Alaska | 23:41.39    | 23:34.30   |
| 86.   | 793 | Burdnik Mariusz      | M18-29 (19) | Kacwin           | 23:43.50    | 23:35.99   |
| 87.   | 214 | Buszewski Zbyszek    | M30-39 (27) | Karpicko         | 23:47.69    | 23:40.60   |
| 88.   | 404 | Frydrych Marcin      | M30-39 (28) | Bydgoszcz        | 23:54.84    | 23:41.30   |
| 89.   | 522 | Gąsienica Roj Jan    | M30-39 (29) | Zakopane         | 23:49.63    | 23:41.36   |
| 90.   | 171 | Kozieł Mateusz       | M18-29 (20) | Sosnowiec        | 24:10.25    | 23:42.84   |
| 91.   | 246 | Hornik Paweł         | M30-39 (30) | Andrychów        | 24:10.63    | 23:45.35   |
| 92.   | 729 | Piguła Dariusz       | M18-29 (21) | Kraków           | 24:16.12    | 23:45.97   |
| 93.   | 778 | Ziobrowski Szymon    | M40-49 (17) | Zakopane         | 25:08.49    | 23:47.75   |
| 94.   | 177 | Bartol Marcin        | M18-29 (22) | Poronin          | 23:55.42    | 23:51.31   |
| 95.   | 772 | Wydra Patryk         | M10-11 (1)  | Zakopane         | 24:04.69    | 23:58.04   |
| 96.   | 6   | Pawlisz Mateusz      | M18-29 (23) |                  | 24:09.72    | 23:59.02   |
| 97.   | 790 | Kowalski Jan         | M15-17 (8)  | Zakopane         | 24:25.88    | 24:01.98   |
| 98.   | 789 | Kowalski Wiesław     | M40-49 (18) | Zakopane         | 24:25.04    | 24:03.11   |
| 99.   | 826 | Wypych Hubert        | M12-14 (6)  | Kraków           | 24:07.81    | 24:05.95   |
| 100.  | 768 | Kamiński Jakub       | M18-29 (24) | Strzelno         | 24:26.35    | 24:06.91   |
| 101.  | 331 | Stopka Adam          | M18-29 (25) | Kościelisko      | 24:21.01    | 24:07.09   |
| 102.  | 205 | Skworek Marcin       | M40-49 (19) | Zakopane         | 24:20.80    | 24:11.37   |
| 103.  | 431 | Stachoń-Got Janusz   | M40-49 (20) | Zakopane         | 24:20.22    | 24:11.75   |
| 104.  | 558 | Mirek Krystian       | M30-39 (31) | Skomielna Czarna | 24:45.69    | 24:14.81   |
| 105.  | 673 | Chrobot Kamil        | M18-29 (26) | Kielce           | 24:46.20    | 24:15.14   |
| 106.  | 140 | Zięba Tomasz         | M18-29 (27) | Nowy Targ        | 24:24.81    | 24:20.82   |
| 107.  | 201 | Sobel Marek          | M40-49 (21) | Zabrze           | 24:41.69    | 24:21.28   |
| 108.  | 606 | Olszewski Wojciech   | M30-39 (32) | Szybowice        | 24:33.88    | 24:24.27   |
| 109.  | 112 | Baros Grzegorz       | M50-59 (11) | Żytniów          | 24:39.25    | 24:28.46   |
| 110.  | 443 | Magdij Krzysztof     | M40-49 (22) | Nowy Targ        | 24:43.42    | 24:37.15   |
| 111.  | 251 | Hornik Sławomir      | M30-39 (33) | Andrychów        | 25:04.74    | 24:39.23   |
| 112.  | 573 | Parzuchowski Paweł   | M30-39 (34) | Kościelisko      | 25:02.03    | 24:40.56   |
| 113.  | 447 | Mirosław Kamil       | M30-39 (35) | Nalęczów         | 25:23.06    | 24:43.36   |
| 114.  | 145 | Zagół Łukasz         | M18-29 (28) | Niepołomice      | 25:28.90    | 24:45.22   |
| 115.  | 436 | Owca Hubert          | M30-39 (36) | Czernichów       | 25:02.52    | 24:46.45   |
| 116.  | 520 | Gąsienica-Roj Tomasz | M40-49 (23) | Zakopane         | 25:07.65    | 24:48.91   |
| 117.  | 200 | Grabowski Jan        | M50-59 (12) | Gołuchowice      | 25:04.62    | 24:52.47   |
| 118.  | 42  | Wieczorek Patryk     | M12-14 (7)  | Oświęcim         | 24:55.83    | 24:53.12   |
| 119.  | 734 | Suchowian Maciej     | M40-49 (24) | Zakopane         | 25:41.00    | 24:58.70   |
| 120.  | 106 | Walicki Bogdan       | M40-49 (25) | Sadlinki         | 25:18.05    | 25:04.36   |
| 121.  | 318 | Stącel Tomasz        | M40-49 (26) | Rzeszów          | 25:15.93    | 25:08.05   |
| 122.  | 416 | Rogowiec Paweł       | M50-59 (13) | Rabka-Zdrój      | 25:24.79    | 25:13.18   |
| 123.  | 512 | Wróblewski Marcin    | M18-29 (29) | Zielonki         | 26:10.36    | 25:14.20   |
| 124.  | 741 | Górny Bartłomiej     | M18-29 (30) | Ślemień          | 25:32.49    | 25:14.39   |
| 125.  | 213 | Dziębowski Szymon    | M30-39 (37) | Zakopane         | 25:45.77    | 25:18.25   |
| 126.  | 114 | Duda Wojciech        | M40-49 (27) | Mogilany         | 25:33.27    | 25:20.89   |
| 127.  | 803 | Kordaczka Dominik    | M15-17 (9)  | Dzianisz         | 25:41.52    | 25:21.68   |
| 128.  | 125 | Krerowicz Grzegorz   | M40-49 (28) | Nowy Sacz        | 25:50.83    | 25:25.52   |
| 129.  | 120 | Bogdał Maciej        | M18-29 (31) | Żywiec           | 25:50.57    | 25:30.96   |
| 130.  | 216 | Michulec Tadeusz     | M60-69 (4)  | Bieluń           | 25:35.59    | 25:31.48   |
| 131.  | 245 | Rozmus Tomasz        | M30-39 (38) | Szczecin         | 26:15.97    | 25:33.34   |
| 132.  | 11  | Wrzesiński Andrzej   | M40-49 (29) |                  | 28:47.91    | 25:35.11   |
| 133.  | 124 | Skalka Adam          | M40-49 (30) | Nowy Sącz        | 25:59.20    | 25:46.24   |
| 134.  | 183 | Kaputa Piotr         | M30-39 (39) | Kraków           | 26:18.57    | 25:50.93   |
| 135.  | 45  | Gałka Grzegorz       | M12-14 (8)  | Adamówka         | 26:19.07    | 25:53.44   |
| 136.  | 814 | Kalata Janusz        | M40-49 (31) | Poronin          | 26:52.35    | 25:59.38   |
| 137.  | 387 | Kocel Filip          | M8-9 (1)    | Zakopane         | 26:22.89    | 26:06.09   |

SPONSOR GŁÓWNY



SPONSOR ZŁOTY



SPONSOR SREBRNY



SPONSOR WSPIERAJĄCY



ORGANIZATOR



WSPÓLORGANIZATORZY



# 4 Bieg po Oddech 2019.09.01 - Zakopane



## Wyniki Open Kobiety/Mężczyźni

| Miej. | Nr  | Nazwisko i Imię         | Kat./miej.  | Miasto           | Czas Brutto | Czas Netto |
|-------|-----|-------------------------|-------------|------------------|-------------|------------|
| 138.  | 388 | Stanuch Dariusz         | M30-39 (40) | Zakopane         | 26:22.89    | 26:06.23   |
| 139.  | 90  | Śliwa Kamil             | M18-29 (32) | Leżajsk          | 26:33.43    | 26:18.07   |
| 140.  | 2   | Krawiec Rafał           | M40-49 (32) |                  | 27:02.76    | 26:18.54   |
| 141.  | 549 | Gabrielski Tomasz       | M40-49 (33) | Zakopane         | 26:29.91    | 26:23.27   |
| 142.  | 515 | Halaczek Franek         | M8-9 (2)    | Zakopane         | 27:29.43    | 26:24.99   |
| 143.  | 250 | Gogolin Jerzy           | M70+ (1)    | Zabrze           | 26:31.61    | 26:29.46   |
| 144.  | 643 | Socha Paweł             | M30-39 (41) | Potok Górny      | 26:33.49    | 26:31.83   |
| 145.  | 44  | Maik Patryk             | M15-17 (10) | Nowa Sól         | 26:54.11    | 26:33.08   |
| 146.  | 321 | Smoliński Paweł         | M40-49 (34) | Sanok            | 27:45.05    | 26:36.16   |
| 147.  | 777 | Górka Bogumił           | M40-49 (35) | Szaflary         | 27:09.00    | 26:45.57   |
| 148.  | 629 | Trepka Paweł            | M18-29 (33) | Jastków          | 27:32.19    | 26:52.85   |
| 149.  | 248 | Gielarowski Łukasz      | M40-49 (36) | Chrzanów         | 27:59.29    | 26:57.63   |
| 150.  | 52  | Durski Maciej           | M15-17 (11) | Kalisz           | 27:51.81    | 26:58.53   |
| 151.  | 646 | Libera Łukasz           | M18-29 (34) | Spiczyn          | 27:52.69    | 26:59.15   |
| 152.  | 493 | Warenica Henryk         | M50-59 (14) | Leżajsk          | 27:05.93    | 27:03.01   |
| 153.  | 95  | Bułdak Andrzej          | M50-59 (15) | Rzeszów          | 27:09.43    | 27:03.28   |
| 154.  | 325 | Mąka Rafał              | M40-49 (37) | Zakopane         | 27:12.77    | 27:03.68   |
| 155.  | 587 | Kulawik Damian          | M40-49 (38) | Kraków           | 28:31.98    | 27:04.89   |
| 156.  | 588 | Majcher Rafał           | M40-49 (39) | Zakopane         | 28:21.85    | 27:06.14   |
| 157.  | 541 | Słaby Robert            | M18-29 (35) | Nawojowa         | 28:27.39    | 27:07.13   |
| 158.  | 49  | szkarłat Szymon         | M12-14 (9)  | Strzegom         | 27:22.86    | 27:17.72   |
| 159.  | 680 | Ponikwia Tomasz         | M18-29 (36) | Żywiec           | 27:32.79    | 27:20.35   |
| 160.  | 3   | Józefiak Dariusz        | M40-49 (40) |                  | 28:14.42    | 27:28.83   |
| 161.  | 165 | Głowiński Damian        | M30-39 (42) | Zelów            | 27:54.83    | 27:29.51   |
| 162.  | 787 | Ruchała Dariusz         | M30-39 (43) | Niepołomice      | 28:44.15    | 27:30.99   |
| 163.  | 788 | Szlachta Jan            | M18-29 (37) | Strzyżów         | 28:44.20    | 27:31.23   |
| 164.  | 703 | Fajto Maciej            | M60-69 (5)  | Murzaszchle      | 27:44.97    | 27:31.28   |
| 165.  | 748 | Jęzak Maciej            | M40-49 (41) | Lipisko          | 28:19.57    | 27:42.90   |
| 166.  | 560 | Kowalczyk Stefan Tomasz | M40-49 (42) | Kasina Wielka    | 29:16.33    | 27:45.28   |
| 167.  | 432 | Kołdras Witold          | M30-39 (44) | Kraków           | 28:29.12    | 27:45.65   |
| 168.  | 564 | Kowalczyk Kacper        | M0-5 (1)    | Kasina Wielka    | 29:15.85    | 27:46.08   |
| 169.  | 123 | Kołodziejczyk Roman     | M60-69 (6)  | Zakopane         | 29:09.55    | 27:58.91   |
| 170.  | 397 | Kotuła Jerzy            | M60-69 (7)  | Zakopane         | 28:20.25    | 28:01.47   |
| 171.  | 797 | Buroń Andrzej           | M50-59 (16) | Zubrzyca Dolna   | 28:11.68    | 28:04.90   |
| 172.  | 377 | Trybuła Tomasz          | M18-29 (38) | Kacwin           | 28:21.45    | 28:06.51   |
| 173.  | 802 | Młostek Paweł           | M40-49 (43) | Rączna           | 29:13.74    | 28:08.59   |
| 174.  | 85  | Puzia Krzysztof         | M12-14 (10) | Legionowo        | 28:45.19    | 28:08.61   |
| 175.  | 132 | Foszczyński Grzegorz    | M40-49 (44) | Szczyrzyc        | 28:44.53    | 28:10.00   |
| 176.  | 465 | Górecki Bartosz         | M18-29 (39) | Kościąn          | 29:01.51    | 28:22.09   |
| 177.  | 333 | Płonka Szymon           | M40-49 (45) | Grodków          | 28:40.79    | 28:23.87   |
| 178.  | 776 | Górecki Jakub           | M18-29 (40) | Czacz            | 29:01.65    | 28:25.83   |
| 179.  | 633 | Kowalczyk Adrian        | M10-11 (2)  | Jordanów         | 28:54.89    | 28:28.81   |
| 180.  | 554 | Mirek Filip             | M8-9 (3)    | Skomielna Czarna | 28:55.75    | 28:29.13   |
| 181.  | 600 | El Einein Ali           | M6-7 (1)    | Zakopane         | 29:20.95    | 28:51.69   |
| 182.  | 509 | Grafczyński Szczepan    | M12-14 (11) | Zakopane         | 29:39.82    | 28:57.67   |
| 183.  | 750 | Listkowski Marek        | M40-49 (46) | Płońsk           | 30:09.55    | 29:02.84   |
| 184.  | 607 | Grabowski Marcin        | M30-39 (45) | Spiczyn          | 30:08.04    | 29:09.56   |
| 185.  | 827 | Wypych Marek            | M40-49 (47) | Kraków           | 29:45.64    | 29:12.91   |
| 186.  | 252 | Wiśniewski Krzysztof    | M50-59 (17) | Bydgoszcz        | 29:31.21    | 29:13.37   |
| 187.  | 17  | Dąbrowski Piotr         | M40-49 (48) |                  | 30:33.48    | 29:14.48   |
| 188.  | 240 | Kowalczyk Paweł         | M30-39 (46) | Zubrzyca Dolna   | 29:36.47    | 29:16.36   |
| 189.  | 456 | Kidoń Łukasz            | M6-7 (2)    | Lipnica Mała     | 29:28.21    | 29:23.10   |
| 190.  | 380 | Laska Grzegorz          | M18-29 (41) | Podczerwone      | 30:12.72    | 29:23.38   |
| 191.  | 247 | Szwab Zbigniew          | M40-49 (49) | Witów            | 29:59.97    | 29:27.56   |
| 192.  | 624 | Wyraz Ignacy            | M6-7 (3)    | Zakopane         | 29:59.76    | 29:31.21   |
| 193.  | 733 | Suchowian Franciszek    | M12-14 (12) | Zakopane         | 30:07.51    | 29:38.77   |
| 194.  | 559 | Burtan Gdzegorz         | M30-39 (47) | Lubień           | 29:42.97    | 29:38.78   |

SPONSOR GŁÓWNY



SPONSOR ZŁOTY



SPONSOR SREBRNY



SPONSOR WSPIERAJĄCY



ORGANIZATOR



WSPÓLORGANIZATORZY



# 4 Bieg po Oddech 2019.09.01 - Zakopane



## Wyniki Open Kobiety/Mężczyźni

| Miej. | Nr  | Nazwisko i Imię      | Kat./miej.  | Miasto              | Czas Brutto | Czas Netto |
|-------|-----|----------------------|-------------|---------------------|-------------|------------|
| 195.  | 801 | Machura Jakub        | M30-39 (48) | Chrzanów            | 30:40.97    | 29:38.99   |
| 196.  | 351 | Bartosiak Tomasz     | M40-49 (50) | Wałcz               | 29:49.84    | 29:38.99   |
| 197.  | 576 | Szyniec Grzegorz     | M40-49 (51) | Kraków              | 29:51.33    | 29:40.25   |
| 198.  | 601 | Wójtowicz Krzysztof  | M50-59 (18) | Mnich               | 30:47.93    | 29:40.73   |
| 199.  | 374 | Klajnowski Paweł     | M40-49 (52) | Częstochowa         | 30:30.70    | 29:41.65   |
| 200.  | 464 | Listwan Bartłomiej   | M18-29 (42) | Kraków              | 30:17.68    | 29:43.43   |
| 201.  | 384 | Pojedyniec Karol     | M15-17 (12) | Łąszcze Niżne       | 29:59.91    | 29:49.02   |
| 202.  | 544 | Kopaczka Dariusz     | M40-49 (53) | Niedzica            | 30:09.37    | 29:53.54   |
| 203.  | 265 | Kaźmierski Bogusław  | M50-59 (19) | Powidz              | 30:03.34    | 29:54.49   |
| 204.  | 795 | Krok Krzysztof       | M50-59 (20) | Muszyna             | 30:39.00    | 29:55.53   |
| 205.  | 339 | Guzik Grzegorz       | M30-39 (49) | Głowienka           | 30:48.24    | 29:57.45   |
| 206.  | 408 | Bryjak Szymon        | M12-14 (13) | Zakopane            | 30:34.00    | 30:01.96   |
| 207.  | 296 | Koziara Sławomir     | M40-49 (54) | Tarnów              | 30:43.56    | 30:05.29   |
| 208.  | 516 | Halaczek Staszek     | M6-7 (4)    | Zakopane            | 31:23.02    | 30:07.86   |
| 209.  | 514 | Halaczek Michał      | M40-49 (55) | Zakopane            | 31:24.23    | 30:08.48   |
| 210.  | 59  | Hetmański Patryk     | M18-29 (43) | Kaluszyn            | 30:58.36    | 30:13.10   |
| 211.  | 36  | Malek Marcin         | M18-29 (44) | Lisia Góra          | 30:24.79    | 30:14.99   |
| 212.  | 571 | Stanosz Patryk       | M18-29 (45) | Tarnów              | 30:24.95    | 30:15.20   |
| 213.  | 724 | Wysokiński Karol     | M30-39 (50) | Jastrzębie-Zdrój    | 31:35.47    | 30:17.71   |
| 214.  | 590 | Luberda Grzegorz     | M40-49 (56) | Ostrowsko           | 30:50.26    | 30:27.23   |
| 215.  | 488 | Kędziński Adam       | M15-17 (13) | Strzelno            | 30:49.54    | 30:28.19   |
| 216.  | 164 | Gaworek Grzegorz     | M30-39 (51) | Piaseczno           | 31:38.02    | 30:36.49   |
| 217.  | 178 | Buchman Sebastian    | M40-49 (57) | Nowy Sącz           | 31:01.79    | 30:39.35   |
| 218.  | 765 | Karpecki Maciej      | M40-49 (58) | Zakopane            | 31:24.70    | 30:40.04   |
| 219.  | 610 | Wójcik Miłosz        | M15-17 (14) | Spiczyn             | 31:38.48    | 30:41.33   |
| 220.  | 835 | Konior Andrzej       | M70+ (2)    | Zakopane            | 31:20.25    | 31:01.10   |
| 221.  | 773 | Wydra Hubert         | M8-9 (4)    | Zakopane            | 32:04.68    | 31:05.65   |
| 222.  | 841 | Marszałek Przemysław | M30-39 (52) | Warszawa            | 32:26.03    | 31:06.07   |
| 223.  | 815 | Krysiński Bogusław   | M18-29 (46) | Zakopane            | 32:04.87    | 31:18.19   |
| 224.  | 490 | Sucholbiak Wojciech  | M30-39 (53) | Sosnowiec           | 32:31.70    | 31:40.22   |
| 225.  | 144 | Jacak Dariusz        | M40-49 (59) | Otwock              | 32:38.28    | 31:51.02   |
| 226.  | 207 | Gruszka Maciek       | M40-49 (60) | Kraków              | 32:14.08    | 31:58.08   |
| 227.  | 122 | Pawlikowski Michał   | M12-14 (14) | Zakopane            | 32:30.33    | 32:01.17   |
| 228.  | 413 | Domagała Artur       | M40-49 (61) | Chęciny             | 32:55.36    | 32:09.06   |
| 229.  | 706 | Para Franciszek      | M12-14 (15) | Zakopane            | 33:33.45    | 32:09.23   |
| 230.  | 786 | Kulaga Grzegorz      | M30-39 (54) | Tarnów              | 33:15.82    | 32:09.52   |
| 231.  | 417 | Wasila Adam          | M30-39 (55) | Kraków              | 32:12.95    | 32:09.63   |
| 232.  | 420 | Wróblewski Paweł     | M30-39 (56) | Pomiechówek         | 33:10.37    | 32:13.22   |
| 233.  | 478 | Stosio Tomasz        | M30-39 (57) | Stoczek Łukowski    | 33:41.88    | 32:15.88   |
| 234.  | 636 | Nazim Paweł          | M30-39 (58) | Skawina             | 33:20.73    | 32:17.19   |
| 235.  | 754 | Dubiel Jakub         | M18-29 (47) | Kraków              | 33:04.40    | 32:17.52   |
| 236.  | 470 | Zwoliński Krzysztof  | M30-39 (59) | Grodzisk Mazowiecki | 33:32.73    | 32:18.98   |
| 237.  | 450 | Kaczmarczyk Patryk   | M18-29 (48) | Trybuz              | 32:56.75    | 32:26.99   |
| 238.  | 222 | Maik Remigiusz       | M50-59 (21) | Nowa Sól            | 33:22.10    | 32:28.88   |
| 239.  | 403 | Bąk Krzysztof        | M18-29 (49) | Żywiec              | 33:49.07    | 32:28.98   |
| 240.  | 469 | Chrzuszc Karol       | M30-39 (60) | Piętno              | 33:15.12    | 32:31.92   |
| 241.  | 808 | Bryniarski Jan       | M50-59 (22) | Nowy Targ           | 33:14.69    | 32:32.39   |
| 242.  | 659 | Juszczynski Kacper   | M12-14 (16) | Warszawa            | 32:55.24    | 32:36.94   |
| 243.  | 575 | Dajas Sławek         | M40-49 (62) | Lublin              | 33:29.47    | 32:41.83   |
| 244.  | 337 | Kozień Piotr         | M18-29 (50) | Modlnica            | 33:49.38    | 32:50.06   |
| 245.  | 618 | Jajek Jakub          | M12-14 (17) | Zakopane            | 33:22.80    | 32:54.30   |
| 246.  | 27  | Wrześniewski Miłosz  | M15-17 (15) | Sosnowiec           | 33:38.69    | 33:11.55   |
| 247.  | 645 | Borko Michał         | M30-39 (61) | Sztum               | 33:58.08    | 33:14.40   |
| 248.  | 444 | Robótka Daniel       | M30-39 (62) | Głowienka           | 34:45.14    | 33:22.21   |
| 249.  | 602 | Wójtowicz Rafał      | M18-29 (51) | Mnich               | 34:29.83    | 33:22.61   |
| 250.  | 639 | Krawczyk Tomasz      | M30-39 (63) | Opole               | 33:56.79    | 33:28.06   |
| 251.  | 392 | Krawczyk Przemysław  | M30-39 (64) | Kalety              | 33:56.65    | 33:28.16   |

SPONSOR GŁÓWNY



SPONSOR ZŁOTY



SPONSOR SREBRNY



SPONSOR WSPIERAJĄCY



ORGANIZATOR



WSPÓLORGANIZATORZY



# 4 Bieg po Oddech 2019.09.01 - Zakopane



## Wyniki Open Kobiety/Mężczyźni

| Miej. | Nr  | Nazwisko i Imię            | Kat./miej.  | Miasto           | Czas Brutto | Czas Netto |
|-------|-----|----------------------------|-------------|------------------|-------------|------------|
| 252.  | 656 | Juszczynski Jacek          | M40-49 (63) | Warszawa         | 35:11.27    | 33:39.79   |
| 253.  | 330 | Hann Wojciech              | M50-59 (23) | Warszawa         | 34:11.93    | 33:39.90   |
| 254.  | 596 | Klamerus Maciej            | M40-49 (64) | Zakopane         | 34:32.15    | 33:39.95   |
| 255.  | 502 | Sternik Tomasz             | M18-29 (52) | Spiczyn          | 34:57.96    | 34:04.48   |
| 256.  | 53  | sularz Patryk              | M0-5 (2)    | toporzysko       | 34:44.88    | 34:13.07   |
| 257.  | 505 | Kuras Radosław             | M12-14 (18) | Żółynia          | 35:46.64    | 34:30.92   |
| 258.  | 263 | Fijałkowski Bogdan         | M60-69 (8)  | Powidz           | 34:41.33    | 34:31.67   |
| 259.  | 735 | Kawulak Kazimierz          | M50-59 (24) | Jaworzno         | 35:22.70    | 34:37.55   |
| 260.  | 233 | Kujawski Dariusz           | M40-49 (65) | Witkowo          | 35:25.72    | 34:44.16   |
| 261.  | 781 | Horosiewicz Bartosz        | M30-39 (65) | Baranów          | 35:24.50    | 34:54.28   |
| 262.  | 821 | Grzybek Wojciech           | M40-49 (66) | Nowy Targ        | 35:33.15    | 35:03.99   |
| 263.  | 805 | Dziadkowiec Grzegorz       | M30-39 (66) | Niepołomice      | 35:52.06    | 35:07.50   |
| 264.  | 779 | Sawera Mateusz             | M10-11 (3)  | Zakopane         | 36:52.53    | 35:13.46   |
| 265.  | 495 | Kot Norbert                | M10-11 (4)  | Zakopane         | 36:53.08    | 35:14.10   |
| 266.  | 74  | Osuch Jakub                | M12-14 (19) | Nysa             | 36:00.02    | 35:18.06   |
| 267.  | 24  | Barchan Oskar              | M10-11 (5)  | Kielce           | 35:26.42    | 35:23.10   |
| 268.  | 632 | Stępień Tomasz             | M50-59 (25) | Kobierzyce       | 36:21.29    | 35:36.08   |
| 269.  | 143 | Wrześniewski Tymoteusz     | M12-14 (20) | Sosnowiec        | 36:02.63    | 35:36.09   |
| 270.  | 506 | Jałocha Filip              | M18-29 (53) | Liszki           | 36:50.38    | 35:44.08   |
| 271.  | 664 | Garlewicz Lidia            | M12-14 (21) | Kacwin           | 35:59.59    | 35:48.41   |
| 272.  | 172 | Wesołek Sławomir           | M40-49 (67) | Nekla            | 36:48.99    | 35:49.76   |
| 273.  | 203 | Mamcarz Szymon             | M18-29 (54) | Sucha Beskidzka  | 35:56.68    | 35:50.93   |
| 274.  | 412 | Kopczyński Mateusz         | M15-17 (16) | Legionowo        | 36:30.30    | 35:53.49   |
| 275.  | 582 | Lewandowski Robert         | M40-49 (68) | Plewiska         | 36:51.74    | 36:14.24   |
| 276.  | 581 | Lewandowski Oskar          | M10-11 (6)  | Plewiska         | 36:51.74    | 36:14.56   |
| 277.  | 166 | Lewandowski Paweł          | M30-39 (67) | Bydgoszcz        | 36:52.21    | 36:16.90   |
| 278.  | 239 | Kupisiński-Krzyściak Paweł | M8-9 (5)    | Zakopane         | 37:25.13    | 36:17.33   |
| 279.  | 627 | Radecki Bogdan             | M40-49 (69) | Kacwin           | 36:50.45    | 36:26.77   |
| 280.  | 117 | Rajkowski Maciej           | M40-49 (70) | Sadlinki         | 37:10.37    | 36:29.68   |
| 281.  | 313 | Krajewski Maciej           | M6-7 (5)    | Uherce Mineralne | 37:41.44    | 36:33.07   |
| 282.  | 287 | Michałowski Adam           | M10-11 (7)  | Gnieszno         | 37:22.30    | 36:40.08   |
| 283.  | 503 | Jałocha Jan                | M50-59 (26) | Liszki           | 38:24.14    | 36:47.19   |
| 284.  | 311 | Krajewski Jakub            | M30-39 (68) | Uherce Mineralne | 38:04.92    | 36:54.73   |
| 285.  | 314 | Krajewski Kacper           | M10-11 (8)  | Uherce Mineralne | 38:05.08    | 36:54.76   |
| 286.  | 385 | Chwaja Wacław              | M50-59 (27) | Kraków           | 37:38.09    | 36:57.13   |
| 287.  | 492 | Majek Waldemar             | M40-49 (71) | Warszawa         | 37:07.98    | 37:02.44   |
| 288.  | 491 | Majek Krzysztof            | M10-11 (9)  | Warszawa         | 37:11.33    | 37:07.72   |
| 289.  | 162 | Czeżyk Wojciech            | M40-49 (72) | Wołomin          | 38:11.82    | 37:09.01   |
| 290.  | 160 | Bursa Rafał                | M40-49 (73) | Góra Kalwaria    | 38:12.33    | 37:09.58   |
| 291.  | 548 | Mazgaj Dawid               | M8-9 (6)    | Kasina Wielka    | 38:16.84    | 37:13.67   |
| 292.  | 343 | Janicki Jan                | M10-11 (10) | Kraków           | 38:42.04    | 37:31.47   |
| 293.  | 609 | Grabowski Kacper           | M10-11 (11) | Spiczyn          | 38:31.84    | 37:33.03   |
| 294.  | 407 | Bukowski Wojciech          | M15-17 (17) | Biały Dunajec    | 38:26.08    | 37:56.75   |
| 295.  | 136 | Frycz Igor                 | M10-11 (12) | Wrocław          | 38:39.60    | 38:03.68   |
| 296.  | 346 | Janicki Tomasz             | M40-49 (74) | Kraków           | 39:23.76    | 38:12.22   |
| 297.  | 281 | Dziuban Łukasz             | M30-39 (69) | Orelec           | 39:23.65    | 38:13.25   |
| 298.  | 282 | Wajcowicz Witold           | M40-49 (75) | Sanok            | 39:22.74    | 38:13.27   |
| 299.  | 375 | Kolanko Michał             | M30-39 (70) | Krościenko Wyżne | 39:25.51    | 38:16.12   |
| 300.  | 732 | Starzyk Damian             | M10-11 (13) | Zakopane         | 40:00.25    | 38:21.38   |
| 301.  | 589 | Majcher Szymon             | M10-11 (14) | Zakopane         | 40:00.13    | 38:21.51   |
| 302.  | 414 | Gromadowski Igor           | M8-9 (7)    | Kraków           | 40:27.74    | 38:36.78   |
| 303.  | 419 | Labuda Robert              | M18-29 (55) | Kacwin           | 39:16.40    | 38:48.33   |
| 304.  | 352 | Molitorys Stanisław        | M40-49 (76) | Kacwin           | 39:17.38    | 38:49.54   |
| 305.  | 620 | Świczak Mirosław           | M50-59 (28) | Tuchowicz        | 39:13.76    | 38:53.00   |
| 306.  | 56  | Złotkowski Marcin          | M30-39 (71) | Olsztyn          | 40:09.16    | 39:08.47   |
| 307.  | 155 | Zieliński Tymoteusz        | M6-7 (6)    | Kobierzyce       | 39:55.15    | 39:19.91   |
| 308.  | 547 | Mazgaj Hubert              | M6-7 (7)    | Kasina Wielka    | 40:35.81    | 39:30.79   |

SPONSOR GŁÓWNY



SPONSOR ZŁOTY



SPONSOR SREBRNY



SPONSOR WSPIERAJĄCY



ORGANIZATOR



WSPÓLORGANIZATORZY



# 4 Bieg po Oddech 2019.09.01 - Zakopane



## Wyniki Open Kobiety/Mężczyźni

| Miej. | Nr  | Nazwisko i Imię            | Kat./miej.  | Miasto             | Czas Brutto | Czas Netto |
|-------|-----|----------------------------|-------------|--------------------|-------------|------------|
| 309.  | 774 | Gójski Piotr               | M15-17 (18) | Przytoka           | 40:22.55    | 39:37.48   |
| 310.  | 531 | Fielek Marian              | M60-69 (9)  | Bochnia            | 41:12.19    | 39:46.65   |
| 311.  | 366 | Siedlecka Dawid            | M30-39 (72) | Warszawa           | 41:15.44    | 40:00.34   |
| 312.  | 752 | Holewa Mateusz             | M8-9 (8)    | Włodzisław Śląski  | 40:08.01    | 40:03.40   |
| 313.  | 307 | Sopiarz Tomasz             | M30-39 (73) | Zakopane           | 40:54.60    | 40:06.35   |
| 314.  | 238 | Kupisiński-Krzyściak Piotr | M10-11 (15) | Zakopane           | 41:46.20    | 40:10.18   |
| 315.  | 63  | Kopczyński Szymon          | M12-14 (22) | Legionowo          | 41:35.18    | 40:14.03   |
| 316.  | 72  | Siemiński Rafał            | M40-49 (77) | Trzcianka          | 41:59.52    | 40:25.30   |
| 317.  | 86  | Puzia Grzegorz             | M10-11 (16) | Legionowo          | 41:24.99    | 40:35.10   |
| 318.  | 260 | Wątopek Jacek              | M40-49 (78) | Szaflary           | 41:41.35    | 40:39.82   |
| 319.  | 84  | Puzia Sebastian            | M40-49 (79) | Legionowo          | 41:33.07    | 40:42.87   |
| 320.  | 50  | Każmierski Antoni          | M18-29 (56) | Powidz             | 42:57.29    | 40:54.73   |
| 321.  | 383 | Piąty Józef                | M60-69 (10) | Skala              | 41:11.50    | 40:57.09   |
| 322.  | 642 | Klimecki Marcin            | M30-39 (74) | Zakopane           | 42:01.54    | 40:58.88   |
| 323.  | 685 | Baziuk Fabian              | M30-39 (75) | Mszana Dolna       | 41:54.80    | 40:58.98   |
| 324.  | 738 | Helmecki Mikołaj           | M6-7 (8)    | Zakopane           | 42:45.15    | 41:38.06   |
| 325.  | 739 | Helmecki Kacper            | M12-14 (23) | Zakopane           | 42:45.67    | 41:38.22   |
| 326.  | 367 | Baczul Grzegorz            | M50-59 (29) | Joniec             | 43:00.00    | 41:46.14   |
| 327.  | 686 | Pieron Andrzej             | M50-59 (30) | Mszana Dolna       | 43:27.83    | 42:14.15   |
| 328.  | 839 | Wróblewski Stefan          | M0-5 (3)    | Kraków             | 43:28.65    | 42:14.85   |
| 329.  | 621 | Lipiński Piotr             | M30-39 (76) | Stare Babice       | 43:49.85    | 42:20.36   |
| 330.  | 477 | Soćko Paweł                | M30-39 (77) | Pruszków           | 43:50.27    | 42:20.56   |
| 331.  | 147 | Wesołek Bartosz            | M10-11 (17) | Nekla              | 43:21.81    | 42:23.89   |
| 332.  | 21  | Bartkowiak Dawid           | M18-29 (57) | Kościan            | 43:14.84    | 42:27.49   |
| 333.  | 283 | Michałowski Sławomir       | M40-49 (80) | Gnieszno           | 43:15.49    | 42:32.63   |
| 334.  | 101 | Maślak Jacek               | M40-49 (81) | Sanok              | 43:59.39    | 42:37.04   |
| 335.  | 714 | Helmecki Paweł             | M30-39 (78) | Zakopane           | 43:18.91    | 42:56.24   |
| 336.  | 837 | Kamiński Leon              | M6-7 (9)    | Nowy Sącz          | 43:29.69    | 42:56.36   |
| 337.  | 810 | Gałań Krzysztof            | M30-39 (79) | Niepolomice        | 43:46.29    | 43:00.13   |
| 338.  | 833 | Prusak Tymon               | M0-5 (4)    | Nowy Sącz          | 43:34.11    | 43:00.30   |
| 339.  | 679 | Data Mateusz               | M30-39 (80) | Kozy               | 44:50.23    | 43:07.78   |
| 340.  | 77  | Data Jakub                 | M6-7 (10)   | Kozy               | 44:50.17    | 43:07.79   |
| 341.  | 783 | Bugajak Szymon             | M60-69 (11) | Uniejów            | 44:10.38    | 43:09.73   |
| 342.  | 276 | Wroński-Tusik Mateusz      | M40-49 (82) | Limanowa           | 44:38.60    | 43:17.37   |
| 343.  | 46  | Włochyński Michał          | M30-39 (81) | Łódź               | 45:01.67    | 43:34.21   |
| 344.  | 755 | Siemion Grzegorz           | M30-39 (82) | Swarzędz           | 44:46.55    | 43:42.49   |
| 345.  | 694 | Stopka Walkosz Michał      | M30-39 (83) | Kościelisko        | 45:03.26    | 44:07.70   |
| 346.  | 51  | Każmierski Bartłomiej      | M18-29 (58) | Powidz             | 45:46.93    | 44:12.33   |
| 347.  | 832 | Prusak Nikodem             | M6-7 (11)   | Nowy Sącz          | 44:48.94    | 44:15.20   |
| 348.  | 483 | Gąsienica Sebastian        | M6-7 (12)   | Zakopane           | 44:59.74    | 44:29.99   |
| 349.  | 279 | Dobrasz Piotr              | M50-59 (31) | Powidz             | 44:43.61    | 44:33.02   |
| 350.  | 70  | Kontek Arkadiusz           | M40-49 (83) | Opole              | 45:19.71    | 44:57.72   |
| 351.  | 64  | Kopczyński Oliwier         | M0-5 (5)    | Legionowo          | 46:32.61    | 45:11.96   |
| 352.  | 399 | Duralek Łukasz             | M30-39 (84) | Krynica-Zdrój      | 45:42.80    | 45:13.43   |
| 353.  | 519 | Bondar Patryk              | M40-49 (84) | Jaworzno           | 45:27.04    | 45:23.37   |
| 354.  | 223 | Szul Andrzej               | M70+ (3)    | Nowy Targ          | 45:57.23    | 45:38.47   |
| 355.  | 411 | Kopczyński Kamil           | M30-39 (85) | Legionowo          | 46:31.35    | 45:41.28   |
| 356.  | 369 | Soćko Jacek                | M30-39 (86) | Pruszków           | 47:42.02    | 46:16.95   |
| 357.  | 769 | Pławecki Szymon            | M8-9 (9)    | Kraków             | 46:57.51    | 46:23.55   |
| 358.  | 452 | Sutor Rafał                | M40-49 (85) | Zakopane           | 48:02.51    | 47:15.31   |
| 359.  | 134 | Robótka Bartosz            | M10-11 (18) | Głowienka          | 48:10.23    | 47:33.43   |
| 360.  | 256 | Kaznowski Hubert           | M6-7 (13)   | Kluczbork          | 50:24.79    | 49:58.17   |
| 361.  | 65  | Duda Michał                | M10-11 (19) | Zielonki           | 52:06.76    | 50:12.63   |
| 362.  | 460 | Duda Krzysztof             | M40-49 (86) | Giebułtów/Zielonki | 52:06.75    | 50:13.03   |
| 363.  | 169 | Kaczmarek Łukasz           | M40-49 (87) | Rawicz             | 50:55.25    | 50:17.36   |
| 364.  | 551 | Margasiński Tomasz         | M18-29 (59) | Rybnik             | 50:51.40    | 50:26.40   |
| 365.  | 446 | Kunicki Artur              | M30-39 (87) | Łukowica           | 55:30.94    | 55:17.83   |

SPONSOR GŁÓWNY



SPONSOR ZŁOTY



SPONSOR SREBRNY



SPONSOR WSPIERAJĄCY



ORGANIZATOR



WSPÓLORGANIZATORZY



# 4 Bieg po Oddech 2019.09.01 - Zakopane



## Wyniki Open Kobiety/Mężczyźni

| Miej. | Nr | Nazwisko i Imię | Kat./miej. | Miasto | Czas Brutto | Czas Netto |
|-------|----|-----------------|------------|--------|-------------|------------|
|-------|----|-----------------|------------|--------|-------------|------------|

Number of records: 735

