

IV CROSS WIOSENNY (10km) 06.03.2020

MIEJSCE	NR	NAZWISKO	IMIĘ	ROK	PŁEĆ	Drużyna/Klub	LAP 1	LAP 2	LAP 3	META
1	56	Lewiak	Michał	1990	M	TRUCHT.COM	00:09:59	00:20:08	00:30:35	00:40:41
2	54	LESIEN	ADAM	1974	M		00:10:03	00:20:18	00:30:55	00:41:17
3	95	Szymański	Michał	1985	M	"ReebokRunCrew LDZ"	00:09:53	00:20:17	00:30:54	00:41:33
4	97	Volkov	Viktor	1989	M	"O CO BIEGA"	00:10:07	00:20:53	00:31:43	00:42:34
5	34	Janus	Michał	1984	M		00:10:25	00:21:33	00:32:39	00:43:09
6	31	Hendzlik	Jakub	1987	M	"Droga Do Ultra"	00:10:51	00:21:53	00:33:01	00:43:43
7	15	Derendarz	Paweł	1987	M		00:10:55	00:21:54	00:33:00	00:43:51
8	77	Pietrzak	Marcin	1989	M	"Powstaniec Dobra"	00:10:30	00:21:45	00:33:13	00:43:53
9	76	Piekutowski	Ireneusz	1993	M	"Decathlon Car Łódź"	00:10:30	00:21:45	00:34:01	00:45:05
10	94	Szczepański	Wojciech	1988	M	"Łódź Kocha Sport"	00:11:23	00:22:54	00:34:33	00:46:18
11	28	Grochowalski	Mateusz	1992	M	"FLEX ŁÓDŹ"	00:11:21	00:23:04	00:35:00	00:46:24
12	25	Goździk-Zaręba	Aneta	1980	K	"Łódź Kocha Sport"	00:11:22	00:23:06	00:35:00	00:46:36
13	102	Woźna	Magdalena	1984	K	"Mocni w Duchu - Zabiegani"	00:11:22	00:23:31	00:35:19	00:46:56
14	17	Dudziński	Piotr	1987	M	"Razem Trenujemy Sport"	00:11:30	00:23:57	00:36:48	00:49:00
15	70	Nita	Michał	1988	M		00:12:04	00:24:26	00:36:37	00:49:01
16	86	Sołtysiak	Marta	1984	K		00:12:08	00:24:36	00:37:05	00:49:01
17	58	Maciejewska	Katarzyna	1993	K		00:12:10	00:24:46	00:37:42	00:49:50
18	42	Kisiel	Władysław	1967	M		00:12:32	00:25:12	00:38:00	00:50:05
19	74	Pawlak	Jarosław	1967	M	"Run & Fun"	00:12:04	00:24:42	00:37:29	00:50:12
20	78	Prasal	Artur	1975	M		00:12:38	00:25:25	00:38:10	00:50:18
21	63	Matusiak	Arkadiusz	1972	M		00:12:41	00:25:10	00:37:58	00:50:22
22	30	Gunther	Marta	1984	K	"Razem Trenujemy Sport"	00:11:56	00:24:27	00:37:34	00:50:45
23	114	Sztranek	Paweł	1970	M	UKS Azymut Pabianice	00:12:31	00:25:11	00:38:00	00:51:01
24	12	Cieślik	Jacek	1975	M	"FLEX ŁÓDŹ"	00:12:49	00:25:41	00:38:33	00:51:36
25	49	Kozłowski	Oskar	1990	M		00:12:53	00:26:13	00:39:22	00:52:07
26	85	Sobala	Bartosz	1992	M	"Razem Trenujemy Sport"	00:13:04	00:26:13	00:39:31	00:52:36
27	112	Zajdel	Andrzej	1980	M		00:12:31	00:25:29	00:38:59	00:53:19
28	5	Bajerski	Kamil	1995	M		00:13:03	00:26:44	00:40:34	00:53:47
29	48	Kozłowski	Zdzisław	1975	M		00:13:07	00:26:45	00:40:30	00:53:57
30	100	Witusik	Dariusz	1965	M	"O CO BIEGA"	00:12:34	00:26:13	00:40:20	00:53:59
31	16	Drozddek	Justyna	1987	K		00:13:22	00:27:45	00:40:57	00:54:22
32	72	Olczak	Mariusz	1976	M		00:13:32	00:27:42	00:41:14	00:54:23
33	89	Szadkowski	Piotr	1984	M		00:13:24	00:27:43	00:41:02	00:54:36
34	14	Czyżniewski	Arkadiusz	1981	M	"ReebokRunCrew LDZ"	00:13:32	00:26:45	00:41:37	00:55:08
35	111	Pawełczyk	Grzegorz	1973	M		00:13:34	00:26:45	00:41:41	00:55:16
36	8	Bolarczyk	Stanisław	1974	M	"FLEX ŁÓDŹ"	00:12:47	00:26:48	00:41:18	00:55:22
37	10	Chruścielewska	Dominika	1974	K	"Szakale Bałut"	00:13:29	00:27:42	00:41:52	00:55:23
38	32	Howaniec	Agata	1989	K	"Łódź Kocha Sport"	00:13:08	00:26:58	00:41:19	00:55:33
39	110	Owczarek	Jacek	1973	M	O Co Biega	00:13:12	00:27:10	00:42:10	00:55:45
40	50	Krych	Robert	1970	M		00:14:26	00:29:01	00:42:58	00:56:00
41	18	Dybowska	Małgorzata	1974	K		00:13:35	00:27:42	00:42:07	00:56:11
42	107	Żukocińska	Agnieszka	1968	K	"Mocni w Duchu - Zabiegani"	00:14:00	00:29:00	00:43:08	00:56:16
43	65	Matusiak	Martyna	1997	K		00:13:32	00:28:20	00:42:46	00:56:54
44	105	Ziółkowski	Robert	1974	M	ROAN	00:13:56	00:28:24	00:42:56	00:57:07
45	4	Augustowska	Monika	2013	K		00:14:12	00:28:38	00:42:50	00:57:28
46	66	MICHALAK	JACEK	1981	M	"JOHN MARTEN'S CREW"	00:13:23	00:27:27	00:42:19	00:58:15
47	87	Spruch	Andrzej	1958	M	"M. A. Rysie"	00:15:30	00:30:03	00:44:16	00:58:19
48	46	Kornafel	Bartłomiej	1992	M	"FLEX ŁÓDŹ"	00:14:06	00:28:58	00:44:14	00:58:36
49	90	Szałkucka	Karolina	1991	K		00:13:50	00:28:40	00:43:37	00:59:21
50	61	Manka	Marcin	1978	M		00:14:22	00:28:59	00:44:06	00:59:42
51	1	Adamczewski	Łukasz	1986	M	"LA trener"	00:15:19	00:30:35	00:45:58	01:00:25
52	96	Szymański	Rafał	1979	M	"Wataha - łączy nas bieganie"	00:14:21	00:29:33	00:46:14	01:02:00
53	36	Kakowski	Radostaw	1972	M		00:14:36	00:29:46	00:45:53	01:02:34
54	6	Beck	Alicja	1977	K	"Adaś team"	00:14:50	00:30:32	00:46:34	01:02:38
55	27	Gretka	Olga	1988	K	"Puls Tri Team"	00:14:54	00:30:26	00:46:34	01:02:49
56	20	Formański	Tadeusz	1948	M	niezrzeszony	00:14:59	00:31:05	00:46:38	01:02:55
57	37	Kaleta	Marcin	1981	M	"Adaś team"	00:14:11	00:28:53	00:43:45	01:02:58
58	81	Rosińska	Katarzyna	1960	K		00:15:53	00:31:23	00:47:02	01:03:05
59	83	Rżanek	Ewa	1983	K		00:16:13	00:33:16	00:50:30	01:07:31
60	64	Matusiak	Anna	1962	K		00:15:59	00:32:42	00:50:07	01:07:36

61	3	Ambroszczyk	Łukasz	1984	M		00:17:48	00:35:42	00:51:05	01:07:39
62	2	ADAMCZYK	KAROLINA	1983	K		00:16:13	00:33:16	00:50:29	01:07:41
63	9	Borkowska	Małgorzata	1975	K		00:17:36	00:34:54	00:52:07	01:08:17
64	51	Lesiak	Andrzej	1955	M	RYSIOTEAM	00:17:42	00:35:03	00:51:36	01:08:18
65	53	Lesiak-Mańka	Monika	1975	K	"Rysio Team"	00:17:36	00:34:54	00:52:06	01:08:18
66	82	Rzeźnicki	Andzej	1951	M	nowosolna	00:17:35	00:34:54	00:52:05	01:08:43
67	69	Nagocka	Tatiana	1963	K	rRysioteam	00:17:40	00:35:03	00:53:24	01:11:55
68	60	Malicka	Bożena	1967	K	"Biegacz Nowosolna"	00:17:40	00:35:01	00:54:10	01:11:55