

XI Cross Czwórki

Organizator: Pogoria Biega

Data: 25.09.2022

Miejsce: Dąbrowa Górnicza

Dystans: Bieg 15km



| MCE | IMIĘ | NAZWISKO | NR | K/M | K | M | MIJSCOWOŚĆ | KLUB | CZAS BRUTTO | CZAS NETTO | MIN/KM |
|-----|-----------|------------|-----|-----|---|----|------------------|---|-------------|------------|--------|
| 1 | MATEUSZ | SEMPER | 110 | M | | 1 | SOSNOWIEC | MKS-MOS PŁOMIEŃ SOSNOWIEC | 00:57:06 | 00:57:06 | 03:48 |
| 2 | RAFAŁ | FORMICKI | 20 | M | | 2 | ZAWIERCIE | | 00:57:37 | 00:57:37 | 03:50 |
| 3 | PAWEŁ | WIDAWSKI | 133 | M | | 3 | SOSNOWIEC | | 00:59:03 | 00:59:03 | 03:56 |
| 4 | TOMASZ | PRZYBYLSKI | 100 | M | | 4 | WITASZYCE | MORS HUBERTUS MYSŁOWICE | 00:59:34 | 00:59:34 | 03:58 |
| 5 | KRZYSZTOF | LIPIŃSKI | 62 | M | | 5 | KLUCZEWSKO | PUNCHTECH WOJCIECH JAKUBCZAK | 01:00:03 | 01:00:03 | 04:00 |
| 6 | PAWEŁ | IWAN | 170 | M | | 6 | DĄBROWA GÓRNICZA | W POGONI ZA DUCHEM | 01:00:37 | 01:00:37 | 04:02 |
| 7 | PIOTR | BŁYSZCZEK | 149 | M | | 7 | SOSNOWIEC | | 01:03:03 | 01:02:56 | 04:12 |
| 8 | MARCIN | PSZCZOŁA | 102 | M | | 8 | BĘDZIN | | 01:03:45 | 01:03:44 | 04:15 |
| 9 | RADOSŁAW | KAWCZYŃSKI | 42 | M | | 9 | SOSNOWIEC | | 01:04:01 | 01:04:00 | 04:16 |
| 10 | MAREK | SIKORA | 114 | M | | 10 | DĄBROWA GÓRNICZA | W POGONI ZA DUCHEM | 01:05:49 | 01:05:49 | 04:23 |
| 11 | DAWID | ŚWIDER | 130 | M | | 11 | KALETY | SPARTAN TEAM KALETY | 01:06:14 | 01:06:14 | 04:24 |
| 12 | GRZEGORZ | JARZĄBEK | 34 | M | | 12 | DĄBROWA GÓRNICZA | | 01:06:17 | 01:06:17 | 04:25 |
| 13 | MARCIN | KOCLĘGA | 45 | M | | 13 | ZAWIERCIE | BIEGAJ Z BANANEM | 01:06:27 | 01:06:24 | 04:25 |
| 14 | KRZYSZTOF | PSONKA | 101 | M | | 14 | SOSNOWIEC | | 01:06:31 | 01:06:31 | 04:26 |
| 15 | GRZEGORZ | KOWALSKI | 49 | M | | 15 | DĄBROWA GÓRNICZA | W POGONI ZA DUCHEM | 01:06:48 | 01:06:47 | 04:27 |
| 16 | JEREMIASZ | LOTKO | 64 | M | | 16 | DĄBROWA GÓRNICZA | W POGONI ZA DUCHEM | 01:07:16 | 01:07:16 | 04:29 |
| 17 | SŁAWOMIR | HAŁGAS | 31 | M | | 17 | BĘDZIN | MARELLI SOSNOWIEC POLAND | 01:07:34 | 01:07:34 | 04:30 |
| 18 | RAFAŁ | DYLAĞ | 18 | M | | 18 | SKOCZÓW | | 01:08:05 | 01:08:01 | 04:32 |
| 19 | JACEK | KAROŃ | 41 | M | | 19 | OLKUSZ | | 01:08:48 | 01:08:48 | 04:35 |
| 20 | MARCIN | JANKOWSKI | 148 | M | | 20 | DĄBROWA GÓRNICZA | | 01:08:51 | 01:08:49 | 04:35 |
| 21 | DANIEL | PALUCH | 87 | M | | 21 | DĄBROWA GÓRNICZA | | 01:09:01 | 01:08:56 | 04:36 |
| 22 | JUSTYNA | MATIAS | 75 | K | 1 | | DĄBROWA GÓRNICZA | | 01:09:31 | 01:09:31 | 04:38 |
| 23 | MARIUSZ | WYLOTEK | 140 | M | | 22 | BĘDZIN | BIEGOWA KUŹNIA | 01:10:45 | 01:10:42 | 04:43 |
| 24 | WIKTOR | RASZEWSKI | 104 | M | | 23 | GÓRA SIEWIERSKA | AZS UNIWERSYTET ŚLĄSKI | 01:11:16 | 01:11:16 | 04:45 |
| 25 | IREK | GAJEWSKI | 22 | M | | 24 | SOSNOWIEC | BIEGAJ Z ISA | 01:11:36 | 01:11:32 | 04:46 |
| 26 | RAFAŁ | SKALSKI | 115 | M | | 25 | BĘDZIN | BIEGOWA KUŹNIA | 01:12:12 | 01:12:11 | 04:48 |
| 27 | DAMIAN | BUGAŃSKI | 10 | M | | 26 | DĄBROWA GÓRNICZA | CARBON SILESIA SPORT | 01:12:21 | 01:12:17 | 04:49 |
| 28 | ARTUR | KIJAK | 43 | M | | 27 | DĄBROWA GÓRNICZA | | 01:12:47 | 01:12:44 | 04:51 |
| 29 | DANIEL | OCIEPKA | 84 | M | | 28 | SOSNOWIEC | MORS HUBERTUS MYSŁOWICE | 01:12:56 | 01:12:55 | 04:51 |
| 30 | PAWEŁ | KARLIK | 40 | M | | 29 | KOBIÓR | CARBON SILESIA SPORT | 01:13:31 | 01:13:28 | 04:54 |
| 31 | KRZYSZTOF | KOCHMAN | 44 | M | | 30 | SOSNOWIEC | HARPAGAN SOSNOWIEC | 01:13:59 | 01:13:59 | 04:55 |
| 32 | SEBASTIAN | MICHALSKI | 76 | M | | 31 | BĘDZIN | CARBON SILESIA SPORT | 01:14:02 | 01:13:58 | 04:56 |
| 33 | PIOTR | MAJEWSKI | 69 | M | | 32 | RYCZÓWEK | OLKUSZBIEGA.PL | 01:14:04 | 01:13:55 | 04:56 |
| 34 | BARTOSZ | KONOPIŃSKI | 48 | M | | 33 | DĄBROWA GÓRNICZA | | 01:14:05 | 01:14:02 | 04:56 |
| 35 | SEBASTIAN | RYCHLIK | 107 | M | | 34 | KLUCZE | LISY PUSTYNI | 01:14:08 | 01:14:08 | 04:56 |
| 36 | MICHAŁ | SZCZĘŚNIAK | 125 | M | | 35 | BEDZIN | NOWAK-TEAM | 01:14:12 | 01:14:06 | 04:56 |
| 37 | KONRAD | ŁUSZCZ | 65 | M | | 36 | BĘDZIN | BIEGOWA KUŹNIA | 01:14:21 | 01:14:20 | 04:57 |
| 38 | DAMIAN | MROWIEC | 81 | M | | 37 | WOJKOWICE | MOSIR TKKF SATURN CZELADŹ/MORS HUBERTUS MYSŁOWICE | 01:14:26 | 01:14:23 | 04:57 |
| 39 | ŁUKASZ | ZIĘBA | 141 | M | | 38 | KATOWICE | | 01:14:52 | 01:14:47 | 04:59 |

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|----|------------|--------------------|-----|---|----|----------------------|------------------------------------|----------|----------|-------|
| 40 | KLAUDIA | RADZIOWOŃCZYK | 103 | K | 2 | KALETY | SPARTAN TEAM KALETY | 01:14:59 | 01:14:56 | 04:59 |
| 41 | SEBASTIAN | MOŃ | 80 | M | 39 | DĄBROWA GÓRNICZA | CARBON SILESIA SPORT | 01:15:09 | 01:15:06 | 05:00 |
| 42 | GRZEGORZ | SAPA | 109 | M | 40 | TYCHY | 40 LATEK | 01:15:42 | 01:15:35 | 05:02 |
| 43 | DAWID | SKORUS | 116 | M | 41 | SOSNOWIEC | | 01:15:47 | 01:15:34 | 05:03 |
| 44 | ALEKSANDRA | NABIAŁEK | 82 | K | 3 | DĄBROWA GÓRNICZA | W POGONI ZA DUCHEM | 01:15:49 | 01:15:47 | 05:03 |
| 45 | SEBASTIAN | ŻERO | 143 | M | 42 | BĘDZIN | | 01:15:53 | 01:15:48 | 05:03 |
| 46 | GOSIA | LEONHARD | 61 | K | 4 | DĄBROWA GÓRNICZA | W POGONI ZA DUCHEM | 01:15:56 | 01:15:55 | 05:03 |
| 47 | DAMIAN | STALMACH | 121 | M | 43 | PIEKARY ŚLASKIE | LECYMY DURŚ | 01:16:44 | 01:16:38 | 05:06 |
| 48 | ŁUKASZ | BRZDAK | 7 | M | 44 | KATOWICE | | 01:16:52 | 01:16:46 | 05:07 |
| 49 | KONRAD | MALOTTA | 73 | M | 45 | SIEMIANOWICE ŚLĄSKIE | SIEMIANOWICE I PRZYJACIELE BIEGAJĄ | 01:16:56 | 01:16:49 | 05:07 |
| 50 | KINGA | JASKÓLSKA-PIETRZYK | 35 | K | 5 | BĘDZIN | BIEGOWA KUŹNIA | 01:17:07 | 01:17:07 | 05:08 |
| 51 | RAFAŁ | BIAŁOWAŚ | 5 | M | 46 | SOSNOWIEC | | 01:17:15 | 01:17:08 | 05:09 |
| 52 | JAROSŁAW | LIPSKI | 63 | M | 47 | BĘDZIN | BĘDZIN | 01:17:24 | 01:17:16 | 05:09 |
| 53 | MARTYNA | OLESIŃSKA | 147 | K | 6 | DĄBROWA GÓRNICZA | W POGONI ZA DUCHEM | 01:17:27 | 01:17:25 | 05:09 |
| 54 | ŁUKASZ | PAWLIK | 88 | M | 48 | DĄBROWA GÓRNICZA | | 01:17:31 | 01:17:17 | 05:10 |
| 55 | MICHAŁ | RUPIK | 105 | M | 49 | KALETY | | 01:17:37 | 01:17:31 | 05:10 |
| 56 | ILONA | WTOREK-BUGAŃSKA | 138 | K | 7 | DĄBROWA GÓRNICZA | CARBON SILESIA SPORT | 01:17:38 | 01:17:34 | 05:10 |
| 57 | ŁUKASZ | MARZAŁEK | 74 | M | 50 | DĄBROWA GÓRNICZA | | 01:17:46 | 01:17:33 | 05:11 |
| 58 | KRZYSZTOF | ŚLUSARCZYK | 129 | M | 51 | BĘDZIN | | 01:17:47 | 01:17:41 | 05:11 |
| 59 | DAMIAN | BAMBYNEK | 2 | M | 52 | KALETY | SPARTAN TEAM KALETY | 01:18:04 | 01:18:04 | 05:12 |
| 60 | KRZYSZTOF | MICHNO | 77 | M | 53 | SOSNOWIEC | | 01:18:44 | 01:18:36 | 05:14 |
| 61 | MAREK | SERAFIŃSKI | 111 | M | 54 | SOSNOWIEC | | 01:18:47 | 01:18:44 | 05:15 |
| 62 | JAROSŁAW | PODSIADŁO | 94 | M | 55 | SOSNOWIEC | ALCHEMIA BIEGANIA | 01:18:47 | 01:18:40 | 05:15 |
| 63 | MIROSLAW | ŚWIRAD | 131 | M | 56 | SOSNOWIEC | | 01:19:03 | 01:18:56 | 05:16 |
| 64 | ANDRZEJ | BORZĘCKI | 6 | M | 57 | DĄBROWA GÓRNICZA | | 01:19:07 | 01:19:02 | 05:16 |
| 65 | AGNIESZKA | STRUK | 124 | K | 8 | BĘDZIN | W POGONI ZA DUCHEM | 01:19:12 | 01:19:11 | 05:16 |
| 66 | TOMASZ | KULKA | 59 | M | 58 | SOSNOWIEC | MORS HUBERTUS MYŚŁOWICE | 01:19:21 | 01:19:19 | 05:17 |
| 67 | JAROSŁAW | KUCZBORSKI | 57 | M | 59 | SOSNOWIEC | HARPAGAN SOSNOWIEC | 01:19:58 | 01:19:51 | 05:19 |
| 68 | ARTUR | BAJOR | 1 | M | 60 | DĄBROWA GÓRNICZA | | 01:20:05 | 01:19:53 | 05:20 |
| 69 | ISABELA | GAJEWSKA | 21 | K | 9 | SOSNOWIEC | | 01:20:08 | 01:20:03 | 05:20 |
| 70 | MARIUSZ | BIEŃ | 151 | M | 61 | DĄBROWA GÓRNICZA | W POGONI ZA DUCHEM | 01:20:28 | 01:20:23 | 05:21 |
| 71 | RYSIEK | NALEPA | 83 | M | 62 | DĄBROWA GÓRNICZA | | 01:20:43 | 01:20:37 | 05:22 |
| 72 | SZYMON | JASKÓLSKI | 37 | M | 63 | KATOWICE | CARBON SILESIA SPORT | 01:20:46 | 01:20:42 | 05:23 |
| 73 | PIOTR | JASKÓLSKI | 36 | M | 64 | CHORZÓW | CARBON SILESIA SPORT | 01:20:46 | 01:20:42 | 05:23 |
| 74 | ADAM | MAKAR | 71 | M | 65 | SOSNOWIEC | HARPAGAN SOSNOWIEC | 01:20:48 | 01:20:47 | 05:23 |
| 75 | ŁUKASZ | GŁĄB | 153 | M | 66 | DĄBROWA GÓRNICZA | | 01:21:28 | 01:21:19 | 05:25 |
| 76 | KONRAD | ŁUSZCZ | 66 | M | 67 | BYTOM | NAPRZÓD DO TYŁU | 01:21:29 | 01:21:20 | 05:25 |
| 77 | KONRAD | GAWRON | 23 | M | 68 | POLSKA | HARPAGAN SOSNOWIEC | 01:21:35 | 01:21:28 | 05:26 |
| 78 | ANDRZEJ | SZMURŁO | 127 | M | 69 | DĄBROWA GÓRNICZA | SAINT GOBAIN SQAD | 01:21:41 | 01:21:34 | 05:26 |
| 79 | TOMASZ | CIEMIĘGA | 15 | M | 70 | CZELADŹ | | 01:21:51 | 01:21:45 | 05:27 |
| 80 | PAWEŁ | OSIŃSKI | 86 | M | 71 | GLIWICE | KS M.E.T.A. | 01:22:08 | 01:21:54 | 05:28 |
| 81 | SYLWESTER | SZKLORZ | 126 | M | 72 | KATOWICE | UB 40 | 01:22:11 | 01:22:07 | 05:28 |
| 82 | MARCIN | KOSIŃSKI | 150 | M | 73 | DĄBROWA GÓRNICZA | | 01:22:14 | 01:22:02 | 05:28 |
| 83 | WITOLD | POLEK | 98 | M | 74 | CHORZÓW | AD CONTROL TEAM | 01:22:23 | 01:22:13 | 05:29 |
| 84 | KATARZYNA | KOŁODZIEJCZYK | 47 | K | 10 | PŁAZA | | 01:23:03 | 01:22:52 | 05:32 |
| 85 | ALINA | KRAJECKA-SOLARZ | 52 | K | 11 | SOSNOWIEC | HARPAGAN SOSNOWIEC | 01:23:06 | 01:23:05 | 05:32 |
| 86 | LASZLO | PELLE | 89 | M | 75 | DĄBROWA GÓRNICZA | HUNCUTEK | 01:24:20 | 01:24:12 | 05:37 |
| 87 | MACIEJ | CHMURA | 13 | M | 76 | SOSNOWIEC | | 01:25:33 | 01:25:20 | 05:42 |
| 88 | WOJTEK | LATOS | 60 | M | 77 | DĄBROWA GÓRNICZA | HDR WATAHA DĄBROWA GÓRNICZA | 01:25:45 | 01:25:32 | 05:43 |
| 89 | MAGDALENA | ŻYLAK | 145 | K | 12 | SOSNOWIEC | HARPAGAN SOSNOWIEC | 01:26:30 | 01:26:25 | 05:46 |

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| 90 | PIOTR | PECHERCZYK | 91 | M | 78 | CZELADŹ | | 01:26:34 | 01:26:30 | 05:46 |
| 91 | TOMASZ | RZEPIAK | 108 | M | 79 | SOSNOWIEC | | 01:26:48 | 01:26:38 | 05:47 |
| 92 | KRZYSZTOF | GLABA | 26 | M | 80 | DĄBROWA GÓRNICZA | | 01:26:58 | 01:26:54 | 05:47 |
| 93 | MONIKA | CHROBASIK | 14 | K | 13 | SIEMIANOWICE ŚLĄSKIE | | 01:27:35 | 01:27:33 | 05:50 |
| 94 | KAMILA | SOBIECH | 118 | K | 14 | DĄBROWA GÓRNICZA | | 01:27:45 | 01:27:42 | 05:51 |
| 95 | BŁAŻEJ | BRZEZIŃSKI | 8 | M | 81 | SOSNOWIEC | | 01:28:15 | 01:28:04 | 05:53 |
| 96 | MONIKA | STEFKO | 123 | K | 15 | SOSNOWIEC | HARPAGAN SOSNOWIEC | 01:28:51 | 01:28:51 | 05:55 |
| 97 | TERESA | SZYMCZYK | 128 | K | 16 | CZĘSTOCHOWA | TEAM SZYMCZYKI | 01:28:54 | 01:28:48 | 05:55 |
| 98 | MAREK | JABŁOŃSKI | 33 | M | 82 | DĄBROWA GÓRNICZA | OTTIMA PLUS | 01:29:33 | 01:29:25 | 05:58 |
| 99 | MARIUSZ | GILNER | 25 | M | 83 | SOSNOWIEC | SPARTAN TRAINING GROUP SOSNOWIEC | 01:31:31 | 01:31:24 | 06:06 |
| 100 | TOMASZ | PEŁKA | 90 | M | 84 | DĄBROWA GÓRNICZA | POZYTYWNE ZAKRĘCENI | 01:32:14 | 01:31:45 | 06:08 |
| 101 | BOŻENA | FIAŁKOWSKA | 19 | K | 17 | SOSNOWIEC | HARPAGAN SOSNOWIEC | 01:33:01 | 01:33:00 | 06:12 |
| 102 | MAGDALENA | OLESZEK | 85 | K | 18 | CZELADŹ | W POGONI ZA DUCHEM | 01:33:01 | 01:32:54 | 06:12 |
| 103 | WOJCIECH | WARECKI | 132 | M | 85 | PIEKARY ŚLĄSKIE | | 01:33:38 | 01:33:28 | 06:14 |
| 104 | MAGDALENA | BEDNARCZYK | 3 | K | 19 | BĘDZIN | BIEGOWA KUŹNIA | 01:33:53 | 01:33:53 | 06:15 |
| 105 | SANDRA | SIUDA | 152 | K | 20 | SOSNOWIEC | | 01:34:12 | 01:33:59 | 06:16 |
| 106 | RAFAŁ | KRUKOWSKI | 54 | M | 86 | SOSNOWIEC | | 01:35:13 | 01:35:13 | 06:20 |
| 107 | MICHAŁ | KOZIAK | 50 | M | 87 | DĄBROWA GÓRNICZA | | 01:35:29 | 01:35:14 | 06:21 |
| 108 | ŁUKASZ | CARSKI | 12 | M | 88 | SOSNOWIEC | | 01:35:35 | 01:35:25 | 06:22 |
| 109 | ARTUR | BUGAJSKI | 9 | M | 89 | DĄBROWA GÓRNICZA | JABIEGAM | 01:35:48 | 01:35:39 | 06:23 |
| 110 | ANNA | JAWORSKA | 38 | K | 21 | STARACHOWICE | | 01:35:58 | 01:35:45 | 06:23 |
| 111 | MAREK | WOŹNIAK | 137 | M | 90 | WOJKOWICE | BIEGOWA KUŹNIA | 01:35:58 | 01:35:51 | 06:23 |
| 112 | EWA | WILCZEK | 134 | K | 22 | SOSNOWIEC | MORS HUBERTUS MYSŁOWICE | 01:37:03 | 01:36:52 | 06:28 |
| 113 | TOMASZ | SIBIELAK | 112 | M | 91 | BĘDZIN | BIEGOWA KUŹNIA | 01:37:15 | 01:37:12 | 06:29 |
| 114 | PAULINA | KOŹMIN | 51 | K | 23 | SOSNOWIEC | MORS HUBERTUS MYSŁOWICE | 01:38:24 | 01:38:14 | 06:33 |
| 115 | KAMILA | BUZE | 11 | K | 24 | SOSNOWIEC | | 01:40:15 | 01:40:09 | 06:41 |
| 116 | MONIKA | KRUKOWSKA | 55 | M | 92 | SOSNOWIEC | | 01:40:16 | 01:40:15 | 06:41 |
| 117 | WIOLETA | ZYCH | 142 | K | 25 | PRECZÓW | | 01:41:19 | 01:41:07 | 06:45 |
| 118 | AGNIESZKA | CIOCHOŃ | 16 | K | 26 | SOSNOWIEC | | 01:41:44 | 01:41:35 | 06:46 |
| 119 | MARCIN | ŻURAWIECKI | 144 | M | 93 | DĄBROWA GÓRNICZA | ŻRYJ PEŁNIĄ ŻYCIA | 01:42:40 | 01:42:28 | 06:50 |
| 120 | RUDOLF | SOBIERAJSKI | 119 | M | 94 | DĄBROWA GÓRNICZA | | 01:42:54 | 01:42:41 | 06:51 |
| 121 | RENATA | HABRYN | 29 | K | 27 | BĘDZIN | HDR WATAHA DĄBROWA GÓRNICZA | 01:43:01 | 01:42:53 | 06:52 |
| 122 | JUSTYNA | KULCZYK | 58 | K | 28 | DĄBROWA GÓRNICZA | | 01:43:33 | 01:43:23 | 06:54 |
| 123 | DARIUSZ | HORBACZ | 32 | M | 95 | SOSNOWIEC | ZIMNOKRWIŚCI | 01:43:47 | 01:43:36 | 06:55 |
| 124 | LILIANA | WYKURZ | 139 | K | 29 | WOJKOWICE | | 01:43:50 | 01:43:39 | 06:55 |
| 125 | JAKUB | JĘCZMYK | 39 | M | 96 | BĘDZIN | | 01:43:51 | 01:43:39 | 06:55 |
| 126 | MONIKA | STANKIEWICZ | 122 | K | 30 | DĄBROWA GÓRNICZA | | 01:44:34 | 01:44:28 | 06:58 |
| 127 | DAGMARA | MACIEJEWSKA | 67 | K | 31 | SOSNOWIEC | | 01:46:43 | 01:46:29 | 07:06 |
| 128 | ANDRZEJ | MAJEWSKI | 68 | M | 97 | KŁODZKO | W POGONI ZA DUCHEM | 01:49:55 | 01:49:53 | 07:19 |
| 129 | KONRAD | POGODA | 97 | M | 98 | KATOWICE | HARPAGAN SOSNOWIEC | 01:51:08 | 01:51:07 | 07:24 |
| 130 | MIROSŁAW | POPIELA | 99 | M | 99 | ARENDAL | ACTIV EAGLES PRO | 01:54:21 | 01:54:12 | 07:37 |