









.p.	wy lmi i nazwisko	Czas														
<b>M50 (15)</b>			<b>3,9 km 150 m 15 PK (c.d.)</b>													
			1(39) 15(59)	2(54) Meta	3(58)	4(40)	5(41)	6(43)	7(45)	8(56)	9(47)	10(48)	11(50)	12(55)	13(42)	14(51)
14	Krzysztof Gaweł AWL Wrocław	1:10:52	7:45 7:45 1:10:29 1:38	10:00 2:15 1:10:52 0:23	12:15 2:15	13:32 1:17	20:03 6:31	22:07 2:04	24:36 2:29	27:10 2:34	33:55 6:45	39:48 5:53	47:28 7:40	50:52 3:24	53:23 2:31	1:08:51 15:28
15	Krzysztof Wojtczak WKS I sk, Wrocław	1:12:53	3:20 3:20 1:12:23 1:36	7:04 3:44 1:12:53 0:30	8:37 1:33	10:05 1:28	20:11 10:06	23:01 2:50	26:10 3:09	29:46 3:36	40:15 10:29	45:39 5:24	51:37 5:58	54:25 2:48	58:02 3:37	1:10:47 12:45
<b>M55/M60 (11)</b>			<b>3,0 km 110 m 13 PK</b>													
			1(58)	2(53)	3(41)	4(43)	5(45)	6(40)	7(54)	8(42)	9(55)	10(50)	11(51)	12(57)	13(59)	Meta
1	Piotr Niessner WKS Wawel, Krakó	35:43	4:49 4:49	6:33 1:44	12:20 5:47	14:26 2:06	16:57 2:31	19:47 2:50	21:50 2:03	23:59 2:09	26:39 2:40	28:38 1:59	30:40 2:02	34:34 3:54	35:28 0:54	35:43 0:15
2	Krzysztof Wrzesi s WKS I sk, Wrocław	36:43	4:52 4:52	5:58 1:06	11:16 5:18	13:38 2:22	16:56 3:18	19:31 2:35	21:54 2:23	24:13 2:19	27:37 3:24	30:12 2:35	31:56 1:44	35:17 3:21	36:26 1:09	36:43 0:17
3	Dariusz Nadera CX80	36:54	4:04 4:04	7:06 3:02	12:30 5:24	15:16 2:46	18:05 2:49	20:24 2:19	23:34 3:10	26:14 2:40	28:34 2:20	30:47 2:13	32:34 1:47	35:35 3:01	36:32 0:57	36:54 0:22
4	Piotr Pisarek WKS Wawel, Krakó	41:06	6:24 6:24	7:38 1:14	14:18 6:40	16:23 2:05	19:12 2:49	23:13 4:01	26:07 2:54	28:13 2:06	31:18 3:05	34:46 3:28	36:45 1:59	39:48 3:03	40:47 0:59	41:06 0:19
5	Marek Marszałek WAT Warszawa	41:39	4:43 4:43	6:06 1:23	13:09 7:03	15:28 2:19	18:01 2:33	21:11 3:10	23:39 2:28	25:24 1:45	28:47 3:23	34:26 5:39	36:23 1:57	40:00 3:37	41:21 1:21	41:39 0:18
6	Tomasz Michalak UNTS, Warszawa	44:17	8:07 8:07	8:57 0:50	20:23 11:26	21:53 1:30	24:26 2:33	26:49 2:23	28:32 1:43	30:11 1:39	34:12 4:01	38:02 3:50	40:05 2:03	43:01 2:56	43:58 0:57	44:17 0:19
7	Piotr Mazurek WKS I sk, Wrocław	44:51	11:10 11:10	12:37 1:27	19:02 6:25	21:16 2:14	24:05 2:49	26:58 2:53	28:47 1:49	30:32 1:45	34:08 3:36	36:38 2:30	38:52 2:14	43:20 4:28	44:28 1:08	44:51 0:23
8	Józef Forystek WKS Wawel, Krakó	45:18	5:44 5:44	7:11 1:27	17:06 9:55	20:01 2:55	23:07 3:06	27:18 4:11	30:16 2:58	32:20 2:04	35:17 2:57	38:40 3:23	40:50 2:10	43:59 3:09	45:00 1:01	45:18 0:18
9	Mariusz Kramski UKS Energetyk, Dyc	47:53	5:44 5:44	8:39 2:55	19:58 11:19	21:59 2:01	25:47 3:48	29:01 3:14	31:10 2:09	33:12 2:02	36:12 3:00	40:15 4:03	42:41 2:26	46:07 3:26	47:31 1:24	47:53 0:22
10	Mariusz Buchnajzer CX80	59:45	12:24 12:24	14:24 2:00	23:42 9:18	27:20 3:38	31:40 4:20	34:52 3:12	37:12 2:20	41:37 4:25	47:17 5:40	50:51 3:34	54:29 3:38	58:08 3:39	59:20 1:12	59:45 0:25
11	Dariusz Polewski Indywidualny Opols	1:16:00	10:26 10:26	11:43 1:17	18:37 6:54	23:10 4:33	30:30 7:20	52:44 22:14	55:28 2:44	58:27 2:59	1:01:21 2:54	1:04:03 2:42	1:09:14 5:11	1:14:24 5:10	1:15:35 1:11	1:16:00 0:25
<b>M65/M70 (8)</b>			<b>2,8 km 100 m 12 PK</b>													
			1(52)	2(50)	3(55)	4(42)	5(45)	6(43)	7(41)	8(53)	9(58)	10(54)	11(57)	12(59)	Meta	
1	Krzysztof Wojarski LKS Górzanka, Naw	37:12	2:06 2:06	7:14 5:08	11:53 4:39	14:16 2:23	18:50 4:34	21:57 3:07	23:44 1:47	28:53 5:09	30:39 1:46	32:28 1:49	35:51 3:23	36:51 1:00	37:12 0:21	
2	Marek Pietrusi ski KS Artemis, Wrocław	43:01	2:24 2:24	7:53 5:29	12:54 5:01	16:22 3:28	20:53 4:31	26:30 5:37	28:39 2:09	34:40 6:01	35:58 1:18	38:13 2:15	41:35 3:22	42:42 1:07	43:01 0:19	
3	Romuald Guga WKS I sk, Wrocław	43:39	2:33 2:33	12:31 9:58	15:32 3:01	18:11 2:39	22:20 4:09	26:32 4:12	28:37 2:05	35:01 6:24	36:27 1:26	38:44 2:17	42:03 3:19	43:19 1:16	43:39 0:20	
4	Piotr Wierci ski MKS Metalowiec, Łó	45:34	2:56 2:56	14:28 11:32	17:24 2:56	20:12 2:48	24:31 4:19	28:36 4:05	30:39 2:03	36:57 6:18	38:31 1:34	40:45 2:14	44:07 3:22	45:16 1:09	45:34 0:18	
5	Jerzy Kryjomski KS Ko cielec, Chrz	48:02	2:26 2:26	12:31 10:05	15:09 2:38	24:17 9:08	28:13 3:56	31:05 2:52	33:21 2:16	38:49 5:28	40:24 1:35	42:46 2:22	46:40 3:54	47:45 1:05	48:02 0:17	
6	Andrzej Skonieczny KlnO ORIENTOP, W	1:04:11	3:59 3:59	9:54 5:55	13:40 3:46	22:50 9:10	29:13 6:23	34:59 5:46	37:49 2:50	48:34 10:45	50:13 1:39	57:26 7:13	1:02:19 4:53	1:03:48 1:29	1:04:11 0:23	
7	Andrzej Wysocki Indywidualnie	1:29:04	3:55 3:55	11:34 7:39	16:34 5:00	21:55 5:21	30:11 8:16	50:19 20:08	56:17 5:58	1:06:33 10:16	1:08:55 2:22	1:15:41 6:46	1:26:49 11:08	1:28:38 1:49	1:29:04 0:26	
	Zbigniew Hornik KS Hades, Pozna	nkl	----- 9:31	12:09 2:38	19:33 7:24	25:01 5:28	29:08 4:07	38:33 9:25	57:38 19:05	1:00:20 2:42	1:03:20 3:00	1:06:55 3:35	1:08:01 1:06	1:08:24 0:23		
<b>M75/M80/M85 (3)</b>			<b>1,9 km 55 m 9 PK</b>													
			1(52)	2(32)	3(53)	4(40)	5(54)	6(55)	7(50)	8(51)	9(59)	Meta				
1	Waldemar Pietkiewi CX80 Kalisz	48:24	3:31 3:31	7:16 3:45	12:05 4:49	16:03 3:58	23:29 7:26	35:29 12:00	40:35 5:06	45:02 4:27	47:44 2:42	48:24 0:40				
2	Andrzej Gorajski WKS I sk, Wrocław	54:32	3:34 3:34	10:21 6:47	13:56 3:35	17:47 3:51	25:24 7:37	42:20 16:56	46:15 3:55	51:49 5:34	53:59 2:10	54:32 0:33				
3	Kazimierz Dura WKS I sk, Wrocław	1:01:53	3:45 3:45	11:06 7:21	17:40 6:34	35:30 17:50	39:58 4:28	47:12 7:14	53:27 6:15	58:49 5:22	1:01:21 2:32	1:01:53 0:32				
<b>K21 (10)</b>			<b>4,3 km 165 m 18 PK</b>													
			1(57) 15(55)	2(39) 16(50)	3(54) 17(51)	4(40) 18(59)	5(44) Meta	6(32)	7(58)	8(41)	9(43)	10(47)	11(56)	12(46)	13(48)	14(49)
1	Hanna Wi niewska WKS Grunwald, Po	37:53	1:45 1:45 33:35 2:50	3:05 1:20 35:07 1:32	4:15 1:10 36:37 1:30	6:00 1:45 37:36 0:59	8:01 2:01 37:53 0:17	9:44 1:43	11:55 2:11	16:26 4:31	17:54 1:28	21:04 3:10	23:27 2:23	24:39 1:12	28:04 3:25	30:45 2:41

.p.	wy lmi i nazwisko	Czas														
<b>K21 (10)</b>			<b>4,3 km 165 m 18 PK (c.d.)</b>													
			1(57) 15(55)	2(39) 16(50)	3(54) 17(51)	4(40) 18(59)	5(44) Meta	6(32)	7(58)	8(41)	9(43)	10(47)	11(56)	12(46)	13(48)	14(49)
2	<b>Daniela Panchenko</b> <b>PKO Harpagan, Gda</b>	<b>46:11</b>	2:13 2:13 40:21 3:11	3:39 1:26 43:02 2:41	4:45 <b>1:06</b> 44:46 1:44	7:40 2:55 45:53 1:07	9:54 2:14 46:11 0:18	11:52 1:58	14:17 2:25	19:26 5:09	20:59 1:33	24:33 3:34	27:16 2:43	29:22 2:06	32:58 3:36	37:10 4:12
3	<b>Zuzanna Szrama</b> <b>KOS Azymut, Nowy</b>	<b>49:39</b>	3:26 3:26 42:47 3:20	4:54 1:28 45:33 2:46	6:04 1:10 47:29 1:56	8:19 2:15 49:15 1:46	10:30 2:11 49:39 0:24	13:07 2:37	15:28 2:21	20:35 5:07	22:23 1:48	27:04 4:41	30:49 3:45	31:50 <b>1:01</b>	35:48 3:58	39:27 3:39
4	<b>Julia Biskupska</b> <b>WKS Wawel, Krakó</b>	<b>56:12</b>	2:21 2:21 49:59 4:14	3:58 1:37 52:38 2:39	5:33 1:35 54:27 1:49	8:17 2:44 55:48 1:21	10:46 2:29 56:12 0:24	13:03 2:17	15:38 2:35	21:09 5:31	23:18 2:09	26:57 3:39	34:24 7:27	36:22 1:58	40:40 4:18	45:45 5:05
5	<b>Aleksandra Dobosz</b> <b>UKS OSiR, Góra Kal</b>	<b>1:02:01</b>	8:06 8:06 54:11 3:58	9:39 1:33 58:07 3:56	11:13 1:34 1:00:28 2:21	13:57 2:44 1:01:44 1:16	16:50 2:53 1:02:01 0:17	19:13 2:23	21:40 2:27	27:15 5:35	29:21 2:06	33:06 3:45	36:31 3:25	37:59 1:28	43:11 5:12	50:13 7:02
6	<b>Marta Kasprzyk</b> <b>UKS OSiR, Góra Kal</b>	<b>1:06:25</b>	2:25 2:25 58:07 3:55	4:00 1:35 1:02:11 4:04	6:48 2:48 1:04:30 2:19	9:43 2:55 1:06:05 1:35	13:12 3:29 1:06:25 0:20	15:48 2:36	18:18 2:30	28:03 9:45	29:50 1:47	35:18 5:28	40:27 5:09	42:04 1:37	47:12 5:08	54:12 7:00
7	<b>Kamila Lubak</b> <b>WKS I sk, Wrocła</b>	<b>1:08:19</b>	4:02 4:02 1:03:01 6:51	5:38 1:36 1:04:59 1:58	7:02 1:24 1:06:49 1:50	10:41 3:39 1:07:59 1:10	13:26 2:45 1:08:19 0:20	16:24 2:58	20:34 4:10	27:53 7:19	30:04 2:11	34:44 4:40	44:05 9:21	45:43 1:38	50:02 4:19	56:10 6:08
8	<b>Aleksandra Ciura</b> <b>WKS I sk, Wrocła</b>	<b>1:15:32</b>	2:46 2:46 1:07:37 5:15	4:43 1:57 1:10:46 3:09	9:13 4:30 1:13:20 2:34	12:17 3:04 1:15:03 1:43	15:57 3:40 1:15:32 0:29	19:20 3:23	24:06 4:46	31:31 7:25	35:42 4:11	40:52 5:10	46:11 5:19	48:30 2:19	54:12 5:42	1:02:22 8:10
	<b>Martyna Goł biewsk</b> <b>Indywidualnie</b>	<b>nkl</b>	5:24 5:24 -----	9:38 4:14 -----	19:16 9:38 -----	25:13 5:57 1:41:00	31:41 6:28 1:41:47	37:46 6:05	53:03 15:17	1:09:06 16:03	1:14:23 5:17	-----	-----	-----	-----	-----
	<b>Oliwia Dziańkowska</b> <b>UMKS Kwizdyn</b>	<b>nkl</b>	5:39 5:39 -----	7:48 2:09 -----	9:19 1:31 -----	13:07 3:48 -----	22:28 9:21 1:59:33	26:17 3:49	30:03 3:46	43:09 13:06	45:24 2:15	49:27 4:03	1:17:19 27:52	1:35:40 18:21	1:40:08 4:28	-----
<b>K20 (2)</b>			<b>3,7 km 180 m 17 PK</b>													
			1(39) 15(50)	2(54) 16(51)	3(32) 17(59)	4(53) Meta	5(44)	6(41)	7(43)	8(47)	9(56)	10(45)	11(40)	12(58)	13(42)	14(55)
1	<b>Katarzyna Ciszek</b> <b>WKS I sk, Wrocła</b>	<b>46:56</b>	2:18 2:18 43:32 2:11	5:46 3:28 45:31 1:59	9:04 3:18 46:41 1:10	11:18 2:14 46:56 0:15	12:55 1:37	18:03 5:08	20:07 2:04	24:35 4:28	29:30 4:55	32:26 2:56	34:36 2:10	35:33 0:57	38:50 3:17	41:21 2:31
2	<b>Emilia Domagała</b> <b>UKS Grom, Sokolni</b>	<b>1:17:02</b>	6:35 6:35 1:10:46 3:22	9:02 2:27 1:14:47 4:01	15:17 6:15 1:16:43 1:56	18:18 3:01 1:17:02 0:19	21:09 2:51	28:47 7:38	31:49 3:02	41:44 9:55	47:48 6:04	51:51 4:03	55:50 3:59	57:26 1:36	1:02:50 5:24	1:07:24 4:34
<b>K18 (8)</b>			<b>3,4 km 140 m 14 PK</b>													
			1(57) Meta	2(50)	3(55)	4(46)	5(56)	6(45)	7(43)	8(41)	9(44)	10(53)	11(52)	12(42)	13(51)	14(59)
1	<b>Ja mina Olejnik</b> <b>WKS Wawel, Krakó</b>	<b>32:21</b>	2:03 2:03 32:21 0:15	4:41 2:38 2:38	6:39 1:58 1:58	10:12 3:33 3:33	12:04 1:52	13:43 1:39	16:01 2:18	17:26 1:25	20:33 3:07	21:46 1:13	24:21 2:35	27:04 2:43	31:04 4:00	32:06 1:02
2	<b>Olga Kraszewska</b> <b>WKS I sk, Wrocła</b>	<b>41:53</b>	4:02 4:02 41:53 0:13	7:24 3:22 3:07	10:31 3:07	14:45 4:14	16:23 1:38	18:07 1:44	20:15 2:08	21:52 1:37	25:07 3:15	29:30 4:23	33:52 4:22	36:26 2:34	40:31 4:05	41:40 1:09
3	<b>Wiktoria Dutkiewicz</b> <b>MKS Paulinum, Jele</b>	<b>44:12</b>	2:26 2:26 44:12 0:17	5:41 3:15 3:03	8:44 3:03 4:56	13:40 4:56 1:13	14:53 1:58	16:51 1:58	22:02 5:11	23:40 1:38	27:09 3:29	31:20 4:11	34:45 3:25	37:38 2:53	42:43 5:05	43:55 1:12
4	<b>Hanna Kuciel</b> <b>WKS I sk, Wrocła</b>	<b>48:24</b>	6:21 6:21 48:24 0:18	10:04 3:43 2:47	12:51 2:47 4:12	17:03 4:12 1:36	18:39 1:36	22:50 4:11	25:36 2:46	27:23 1:47	31:06 3:43	35:19 4:13	38:52 3:33	41:33 2:41	46:41 5:08	48:06 1:25
5	<b>Hanna Paterek</b> <b>HKS Azymut, Mochy</b>	<b>50:37</b>	2:36 2:36 50:37 0:23	6:17 3:41 2:27	8:44 2:27 6:24	15:08 6:24 1:15	16:23 1:15	18:25 2:02	22:44 4:19	24:32 1:48	27:36 3:04	29:36 2:00	39:08 9:32	42:17 3:09	48:55 6:38	50:14 1:19
6	<b>Olga Wasilewska</b> <b>UKS OSiR, Góra Kal</b>	<b>50:46</b>	4:59 4:59 50:46 0:20	9:34 4:35 2:58	12:32 2:58 7:31	20:03 7:31 1:46	21:49 1:46	24:59 3:10	27:48 2:49	30:05 2:17	34:39 4:34	37:11 2:32	40:44 3:33	43:53 3:09	49:01 5:08	50:26 1:25

.p.	wy lmi i nazwisko	Czas														
<b>K18 (8)</b>			<b>3,4 km 140 m 14 PK (c.d.)</b>													
		1(57) Meta	2(50)	3(55)	4(46)	5(56)	6(45)	7(43)	8(41)	9(44)	10(53)	11(52)	12(42)	13(51)	14(59)	
7	<b>Hanna Szczygieł</b> WKS I sk, Wrocław	<b>55:34</b> 5:07 5:07 55:34 0:18	8:59 3:52	12:46 3:47	17:26 4:40	18:58 1:32	24:05 5:07	30:05 6:00	31:45 1:40	35:12 3:27	39:24 4:12	43:46 4:22	46:58 3:12	53:43 6:45	55:16 1:33	
8	<b>Magdalena Kamińska</b> T-MAKS	<b>59:49</b> 2:31 59:49 0:20	9:00 6:29	12:03 3:03	19:11 7:08	21:13 2:02	23:46 2:33	29:59 6:13	35:30 5:31	40:10 4:40	41:52 1:42	48:28 6:36	51:46 3:18	58:07 6:21	59:29 1:22	
<b>K16 (3)</b>			<b>3,1 km 135 m 11 PK</b>													
		1(39)	2(53)	3(40)	4(42)	5(45)	6(56)	7(48)	8(49)	9(55)	10(50)	11(51)	Meta			
1	<b>Ivanna Panchenko</b> KS Hades, Pozna	<b>33:13</b> <b>2:04</b> <b>2:04</b>	<b>5:00</b> <b>2:56</b>	<b>6:32</b> <b>1:32</b>	<b>9:34</b> 3:02	<b>13:41</b> 4:07	<b>15:57</b> <b>2:16</b>	<b>21:45</b> 5:48	<b>24:39</b> <b>2:54</b>	<b>28:15</b> <b>3:36</b>	<b>29:59</b> 1:44	<b>31:55</b> <b>1:56</b>	<b>33:13</b> <b>1:18</b>			
2	<b>Oliwia Hetnar</b> UKS Orientpark.pl I	<b>39:19</b> 2:19 2:19 38:54 *59	6:20 4:01	7:54 1:34	10:35 <b>2:41</b>	13:56 <b>3:21</b>	18:47 4:51	23:23 <b>4:36</b>	27:33 4:10	31:13 3:40	32:48 <b>1:35</b>	37:59 5:11	39:19 1:20	1:47 *52		
3	<b>Klaudia Trzeciak</b> UKS Arkady, Raszków	<b>1:10:07</b> 2:31	7:27 4:56	9:19 1:52	13:11 3:52	17:37 4:26	21:05 3:28	29:28 8:23	55:40 26:12	1:01:26 5:46	1:05:04 3:38	1:07:41 2:37	1:10:07 2:26			
<b>K14 (9)</b>			<b>2,3 km 65 m 10 PK</b>													
		1(52)	2(31)	3(38)	4(37)	5(32)	6(44)	7(33)	8(55)	9(36)	10(59)	Meta				
1	<b>Ja mina Kurkowiak</b> KS Hades, Pozna	<b>21:33</b> 1:52 0:42	2:34 0:42	5:03 2:29	<b>5:53</b> 0:50	<b>7:23</b> <b>1:30</b>	10:56 3:33	<b>13:21</b> <b>2:25</b>	<b>16:10</b> <b>2:49</b>	<b>19:25</b> <b>3:15</b>	<b>21:17</b> 1:52	<b>21:33</b> 0:16				
2	<b>Nadia Biedak</b> UKS D b, Leszno	<b>26:40</b> 3:19 <b>0:29</b>	3:48 <b>0:29</b>	6:51 3:03	7:54 1:03	9:58 2:04	13:24 3:26	16:59 3:35	20:56 3:57	24:15 3:19	26:23 2:08	26:40 0:17				
3	<b>Zuzanna Krawiec</b> UKS Arkady, Raszków	<b>33:05</b> 2:09 1:55	4:04 4:01	8:05 4:01	8:45 <b>0:40</b>	11:09 2:24	16:58 5:49	23:45 6:47	27:46 4:01	31:26 3:40	32:50 1:24	33:05 0:15				
4	<b>Laura Rychlik</b> KS Hades, Pozna	<b>33:07</b> <b>1:44</b> 0:36	<b>2:20</b> <b>2:28</b>	<b>4:48</b> <b>2:28</b>	<b>5:53</b> 1:05	8:06 2:13	<b>10:49</b> <b>2:43</b>	13:45 2:56	21:08 7:23	31:06 9:58	32:54 1:48	33:07 <b>0:13</b>				
5	<b>Patrycja Zielińska</b> UKS Arkady, Raszków	<b>33:30</b> 2:35 0:54	3:29 4:08	7:37 4:08	9:16 1:39	12:39 3:23	17:37 4:58	23:09 5:32	27:22 4:13	31:21 3:59	33:15 1:54	33:30 0:15				
6	<b>Maja Stefańska</b> UKS Arkady, Raszków	<b>34:15</b> 9:34 0:36	10:10 12:50	12:50 13:39	13:39 17:33	17:33 23:28	26:09 29:24	29:24 32:46	34:00 34:15	34:15 34:15	34:15 34:15	34:15 34:15	3:32 *39			
7	<b>Zuzanna Skurak</b> WKS I sk, Wrocław	<b>48:27</b> 9:22 0:47	10:09 4:46	14:55 3:47	18:42 3:47	21:26 2:44	28:13 6:47	35:48 7:35	41:08 5:20	46:46 5:38	48:11 1:25	48:27 0:16				
8	<b>Lena Krakowiak</b> UKS Orientpark.pl I	<b>56:23</b> 4:49 1:00	5:49 3:18	9:07 3:18	10:41 1:34	31:33 20:52	36:10 4:37	43:46 7:36	49:03 5:17	54:43 5:40	56:09 1:26	56:23 0:14				
9	<b>Amelia Ruda</b> UKS Arkady, Raszków	<b>1:12:05</b> 24:38 0:48	25:26 4:19	29:45 4:19	30:53 1:08	34:19 3:26	44:52 10:33	50:51 5:59	57:09 6:18	1:09:13 12:04	1:11:47 2:34	1:12:05 0:18				
<b>K12 (9)</b>			<b>2,3 km 60 m 9 PK</b>													
		1(36)	2(31)	3(38)	4(37)	5(32)	6(33)	7(34)	8(35)	9(59)	Meta					
1	<b>Lena Podgruszewska</b> HKS Azymut, Mochy	<b>32:01</b> <b>2:00</b> 3:02	5:02 <b>3:29</b>	<b>8:31</b> 1:14	9:45 4:23	<b>14:08</b> 7:57	<b>22:05</b> 3:15	<b>25:20</b> 3:33	<b>28:53</b> 2:46	<b>31:39</b> 2:46	<b>32:01</b> 0:22					
2	<b>Karolina Piekielek</b> UKS Arkady, Raszków	<b>38:04</b> 4:37 2:18	6:55 7:48	14:43 8:05	15:35 0:52	19:14 3:39	28:14 9:00	31:33 3:19	35:02 3:29	37:48 2:46	38:04 <b>0:16</b>	33:16 *55				
3	<b>Julia Buk</b> KS T cza, Brzezia Ł	<b>39:10</b> 2:57 <b>1:56</b>	<b>4:53</b> 3:41	8:34 <b>0:48</b>	<b>9:22</b> 13:05	22:27 <b>6:59</b>	29:26 3:23	32:49 <b>2:57</b>	35:46 3:08	38:54 3:08	39:10 0:16					
4	<b>Natalia Czepik</b> KS Hades, Pozna	<b>40:17</b> 3:23 4:22	7:45 8:58	16:43 8:58	17:42 0:59	21:25 3:43	30:19 8:54	33:31 3:12	37:01 3:30	39:59 2:58	40:17 0:18					
5	<b>Edyta Koczura</b> UKS Arkady, Raszków	<b>41:39</b> 2:57 4:21	7:18 4:31	11:49 4:31	15:39 3:50	18:22 <b>2:43</b>	26:04 7:42	29:10 <b>3:06</b>	38:56 9:46	41:21 <b>2:25</b>	41:39 0:18					
6	<b>Aleksandra Stefańska</b> UKS Arkady, Raszków	<b>44:18</b> 7:59 3:49	11:48 3:49	20:46 8:58	21:40 0:54	25:25 3:45	34:17 8:52	37:39 3:22	41:07 3:28	44:01 2:54	44:18 0:17	39:14 *55				
7	<b>Taisiya Zatalochnay</b> KOS BnO, Szczecin	<b>1:23:43</b> 6:11 8:23	14:34 11:35	26:09 2:57	29:06 13:27	42:33 23:14	1:05:47 23:14	1:15:28 9:41	1:20:41 5:13	1:23:24 2:43	1:23:43 0:19					
8	<b>Ewelina Frackowiak</b> UKS D b, Leszno	<b>1:32:56</b> 10:10 14:21	24:31 10:56	35:27 2:51	38:18 13:29	51:47 23:14	1:15:01 9:36	1:24:37 5:20	1:29:57 2:39	1:32:36 2:39	1:32:56 0:20					
9	<b>Zuzanna Owcarz</b> KS Kocięlec, Chrz	<b>1:54:06</b> 26:03 14:23	40:26 10:58	51:24 10:58	54:29 3:05	1:07:44 13:15	1:30:53 23:09	1:40:45 9:52	1:45:53 5:08	1:53:44 7:51	1:54:06 0:22					
<b>K10 (5)</b>			<b>1,8 km 60 m 7 PK</b>													
		1(31)	2(32)	3(53)	4(33)	5(34)	6(35)	7(59)	Meta							
1	<b>Jagoda Rubach</b> UKS Arkady, Raszków	<b>23:03</b> 3:00 <b>3:48</b>	<b>6:48</b> <b>3:42</b>	<b>10:30</b> 4:11	<b>14:41</b> 2:50	<b>17:31</b> 2:35	<b>20:06</b> 2:37	<b>22:43</b> 0:20	<b>23:03</b> 0:20							
2	<b>Kalina Sokołowska</b> Indywidualnie Doln	<b>24:30</b> <b>2:47</b> 5:57	8:44 3:45	12:29 3:45	16:38 <b>4:09</b>	19:24 <b>2:46</b>	21:57 <b>2:33</b>	24:12 <b>2:15</b>	24:30 <b>0:18</b>							
3	<b>Zofia Krakowiak</b> UKS Orientpark.pl I	<b>40:36</b> 6:44 6:15	12:59 6:55	19:54 6:55	25:06 5:12	32:46 7:40	37:05 4:19	40:18 3:13	40:36 <b>0:18</b>							
4	<b>Magdalena Berna</b> WKS I sk, Wrocław	<b>48:39</b> 5:15 5:15	12:35 7:20	27:49 15:14	33:00 5:11	40:48 7:48	45:07 4:19	48:20 3:13	48:39 0:19							
	<b>Natalia Sornat</b> LUKS Azynek Zdzie	nkl 4:50	11:03 6:13	23:43 12:40	28:43 5:00	----- -----	1:16:41 47:58	1:17:08 0:27								

.p.	wy lmi i nazwisko	Czas														
			3,4 km 140 m		14 PK											
			1(57) Meta	2(50)	3(55)	4(46)	5(56)	6(45)	7(43)	8(41)	9(44)	10(53)	11(52)	12(42)	13(51)	14(59)
K35 (5)																
1	Justyna Panaszek UKS Orientpark.pl I	45:17	4:40 4:40 45:17 0:20	8:31 3:51	11:13 2:42	17:12 5:59	18:37 1:25	21:04 2:27	24:07 3:03	26:08 2:01	29:44 3:36	30:57 1:13	34:17 3:20	37:59 3:42	43:34 5:35	44:57 1:23
2	Magdalena Wawrzy 10 Brygada Logisty	47:17	6:04 6:04 47:17 0:18	10:35 4:31	13:28 2:53	19:35 6:07	20:28 0:53	23:30 3:02	26:19 2:49	28:24 2:05	31:51 3:27	33:10 1:19	37:24 4:14	40:29 3:05	45:50 5:21	46:59 1:09
3	Emilia BUDNA 17 WBZ	54:08	3:01 3:01 54:08 0:22	9:21 6:20	12:46 3:25	17:10 4:24	18:42 1:32	27:17 8:35	30:24 3:07	32:34 2:10	37:15 4:41	39:02 1:47	42:35 3:33	45:59 3:24	52:02 6:03	53:46 1:44
4	Weronika Biała HKS Azymut, Mochy	58:33	2:49 2:49 58:33 0:17	10:46 7:57	14:00 3:14	19:01 5:01	20:38 1:37	23:24 2:46	26:54 3:30	36:24 9:30	41:57 5:33	44:06 2:09	47:38 3:32	51:11 3:33	56:54 5:43	58:16 1:22
5	Katarzyna Dybka 10blog	1:58:19	12:21 12:21 1:58:19 0:20	16:55 4:34	20:00 3:05	26:21 6:21	33:36 7:15	44:53 11:17	1:11:45 26:52	1:26:01 14:16	1:34:14 8:13	1:37:33 3:19	1:43:50 6:17	1:48:14 4:24	1:55:37 7:23	1:57:59 2:22
K40 (5)																
			3,0 km 110 m		13 PK											
			1(58)	2(53)	3(41)	4(43)	5(45)	6(40)	7(54)	8(42)	9(55)	10(50)	11(51)	12(57)	13(59)	Meta
1	Joanna Nikoľajuk WKS I sk, Wrocľa	51:34	5:48 5:48	7:29 1:41	14:28 6:59	16:46 2:18	20:06 3:20	23:25 3:19	25:44 2:19	27:43 1:59	32:40 4:57	36:01 3:21	44:54 8:53	50:02 5:08	51:17 1:15	51:34 0:17
2	Aleksandra Błauciak 16DBOT	54:41	9:53 9:53	13:33 3:40	21:48 8:15	24:12 2:24	29:36 5:24	34:14 4:38	36:37 2:23	38:36 1:59	41:37 3:01	47:30 5:53	49:31 2:01	53:03 3:32	54:23 1:20	54:41 0:18
3	Agata Lesisz PKO Harpagan, Gda	54:52	6:02 6:02	7:10 1:08	19:13 12:03	21:19 2:06	31:09 9:50	36:39 5:30	39:20 2:41	41:07 1:47	44:02 2:55	47:18 3:16	49:58 2:40	53:32 3:34	54:32 1:00	54:52 0:20
4	Anna Dydula KS Ko cielec, Chrz	1:04:32	8:28 8:28	10:25 1:57	19:23 8:58	22:31 3:08	26:55 4:24	31:13 4:18	35:57 4:44	40:37 4:40	43:33 2:56	46:38 3:05	59:06 12:28	1:03:09 4:03	1:04:13 1:04	1:04:32 0:19
	Joanna Hetnar UKS Orientpark.pl I	nkl	15:19 15:19	19:44 4:25	38:17 18:33	----	58:00 19:43	1:05:22 7:22	1:17:00 11:38	1:35:49 18:49	1:40:40 4:51	1:43:33 2:53	1:47:15 3:42	1:57:55 10:40	1:59:04 1:09	1:59:25 0:21
K45 (4)																
			2,8 km 100 m		12 PK											
			1(52)	2(50)	3(55)	4(42)	5(45)	6(43)	7(41)	8(53)	9(58)	10(54)	11(57)	12(59)	Meta	
1	Honorata Paterek KS Hades, Pozna	39:19	2:22 2:22	9:14 6:52	11:44 2:30	14:45 3:01	18:25 3:40	26:15 7:50	28:08 1:53	32:58 4:50	34:29 1:31	36:09 1:40	38:10 2:01	39:02 0:52	39:19 0:17	
2	Ewa Olejnik WKS Wawel, Krakó	53:57	2:47 2:47 44:38 *52	8:57 6:10	12:16 3:19	14:48 2:32	19:42 4:54	28:40 8:58	30:47 2:07	36:30 5:43	38:11 1:41	40:44 2:33	52:12 11:28	53:33 1:21	53:57 0:24	
3	Sylwia Łukaszyk UKS D b, Leszno	55:55	3:32 3:32 46:36 *52	9:47 6:15	13:31 3:44	16:58 3:27	21:24 4:26	30:27 9:03	32:54 2:27	38:40 5:46	40:17 1:37	42:41 2:24	53:47 11:06	55:31 1:44	55:55 0:24	
4	Justyna Bartkowiak KS Hades, Pozna	1:38:02	4:51 4:51	26:24 21:33	31:28 5:04	36:40 5:12	44:04 7:24	50:31 6:27	1:04:27 13:56	1:18:59 14:32	1:23:26 4:27	1:28:58 5:32	1:35:06 6:08	1:37:35 2:29	1:38:02 0:27	
K50/K55 (3)																
			1,9 km 55 m		9 PK											
			1(52)	2(32)	3(53)	4(40)	5(54)	6(55)	7(50)	8(51)	9(59)	Meta				
1	Agata Nadera CX80	34:01	2:56 2:56	5:54 2:58	8:31 2:37	11:07 2:36	13:54 2:47	25:40 11:46	28:50 3:10	31:49 2:59	33:36 1:47	34:01 0:25				
2	Sylwia Semeniuk-Pr WKS I sk, Wrocľa	35:28	4:52 4:52	8:59 4:07	12:40 3:41	15:26 2:46	18:10 2:44	26:23 8:13	29:57 3:34	33:25 3:28	35:06 1:41	35:28 0:22				
3	Renata Pisarek WKS Wawel, Krakó	48:30	9:00 9:00	13:44 4:44	16:21 2:37	23:08 6:47	29:31 6:23	36:46 7:15	40:00 3:14	45:58 5:58	48:06 2:08	48:30 0:24				
K60 (5)																
			1,7 km 60 m		9 PK											
			1(52)	2(54)	3(58)	4(40)	5(42)	6(55)	7(50)	8(51)	9(59)	Meta				
1	Jolanta Wysocka Indywidualnie	27:11	3:04 3:04	5:44 2:40	8:14 2:30	9:47 1:33	14:58 5:11	18:15 3:17	21:40 3:25	24:53 3:13	26:50 1:57	27:11 0:21				
2	Alicja Hornik WKS Grunwald, Po	28:02	2:15 2:15	5:15 3:00	7:45 2:30	9:32 1:47	13:55 4:23	18:31 4:36	22:52 4:21	25:53 3:01	27:33 1:40	28:02 0:29				
3	Urszula Czerkawska LKS Górzanka, Naw	28:33	2:39 2:39	7:01 4:22	9:36 2:35	11:01 1:25	15:30 4:29	19:20 3:50	22:20 3:00	25:04 2:44	28:06 3:02	28:33 0:27				
4	Izabela Musiał LKS Górzanka, Naw	38:51	3:57 3:57	7:33 3:36	10:03 2:30	11:49 1:46	20:40 8:51	24:44 4:04	33:36 8:52	36:11 2:35	38:19 2:08	38:51 0:32				
5	Katarzyna Cywi ska LKS Górzanka, Naw	47:41	3:44 3:44	7:49 4:05	10:53 3:04	12:38 1:45	27:44 15:06	36:23 8:39	41:05 4:42	45:04 3:59	47:14 2:10	47:41 0:27				
Open A (15)																
			1,8 km 40 m		7 PK											
			1(52)	2(32)	3(53)	4(33)	5(34)	6(35)	7(59)	Meta						
1	Rafał Owcarz KS Ko cielec, Chrz	20:18	2:19 2:19	4:37 2:18	7:13 2:36	11:56 4:43	14:58 3:02	17:34 2:36	19:58 2:24	20:18 0:20						

.p.	wy lmi i nazwisko	Czas	1,8 km 40 m 7 PK (c.d.)												
			1(52)	2(32)	3(53)	4(33)	5(34)	6(35)	7(59)	Meta					
<b>Open A (15)</b>															
2	Agnieszka Sokołow Indywidualni Zach	33:28	4:35	8:12	12:38	18:34	23:30	29:53	33:05	33:28					
			4:35	3:37	4:26	5:56	4:56	6:23	3:12	0:23					
3	Emilia Fałkowska WKS I sk, Wrocław	42:30	6:05	11:27	17:56	27:05	32:55	37:46	42:07	42:30					
			6:05	5:22	6:29	9:09	5:50	4:51	4:21	0:23					
4	Marcin My liwek WKS I sk, Wrocław	43:50	17:29	22:46	31:20	35:11	37:45	41:10	43:31	43:50					
			17:29	5:17	8:34	<b>3:51</b>	<b>2:34</b>	3:25	<b>2:21</b>	<b>0:19</b>					
5	Katarzyna Ohly-Tob WKS I sk, Wrocław	45:33	9:34	19:35	24:02	28:45	35:23	42:02	45:07	45:33					
			9:34	10:01	4:27	4:43	6:38	6:39	3:05	0:26					
6	Katarzyna Sta kiewi Indywidualnie	45:53	8:33	16:02	22:10	29:46	33:38	41:38	45:24	45:53					
			8:33	7:29	6:08	7:36	3:52	8:00	3:46	0:29					
7	Michał Pałamarz-Po Indywidualnie Doln	48:52	2:34	5:26	19:41	40:22	43:02	46:07	48:29	48:52					
			2:34	2:52	14:15	20:41	2:40	3:05	2:22	0:23					
8	Iłona Zi tek UKS Arkady, Raszkó	58:10	3:19	16:26	36:16	40:17	50:57	55:00	57:44	58:10					
			3:19	13:07	19:50	4:01	10:40	4:03	2:44	0:26					
9	Alicja Krzywulicz Indywidualnie	1:36:20	19:15	29:36	45:00	1:09:43	1:14:28	1:32:25	1:35:57	1:36:20					
			19:15	10:21	15:24	24:43	4:45	17:57	3:32	0:23					
	Alicja Wielonek	nkl	7:32	15:56	29:19	----	----	----	----	55:28					
	UKS Arkady, Raszkó		7:32	8:24	13:23					26:09					
	Aleksandra Bielawn	nkl	8:31	17:17	30:29	----	----	----	----	56:24					
	UKS Arkady, Raszkó		8:31	8:46	13:12					25:55					
	Zuzanna Ka mierz	nkl	9:27	17:58	31:14	----	----	----	----	59:21					
	UKS Arkady, Raszkó		9:27	8:31	13:16					28:07					
	Hanna Zi tek	nkl	10:29	18:55	32:13	----	----	----	59:49	1:00:21					
	UKS Arkady, Raszkó		10:29	8:26	13:18				27:36	0:32					
	Amelia Marciniak	nkl	11:36	20:12	33:26	----	----	----	----						
	UKS Arkady, Raszkó		11:36	8:36	13:14										
	Grzegorz Sta kiewi Indywidualnie	nkl	20:30	45:10	----	----	----	----	----						
			20:30	24:40											
<b>Open B (15)</b>															
			1(36)	2(45)	3(33)	4(53)	5(32)	6(37)	7(38)	8(31)	9(55)	10(50)	11(59)	Meta	
1	Maja Nikolajuk Indywidualnie	35:21	3:10	10:07	12:20	14:33	16:10	<b>17:42</b>	<b>18:40</b>	<b>22:23</b>	<b>29:09</b>	<b>31:38</b>	<b>35:01</b>	<b>35:21</b>	
			3:10	6:57	2:13	<b>2:13</b>	<b>1:37</b>	<b>1:32</b>	<b>0:58</b>	3:43	6:46	<b>2:29</b>	3:23	0:20	
2	Igor Grzesista LUKS Azymek Zdzie	38:42	<b>1:48</b>	7:43	10:09	13:48	16:49	18:40	20:06	23:53	30:31	34:36	38:21	38:42	
			<b>1:48</b>	5:55	2:26	3:39	3:01	1:51	1:26	3:47	6:38	4:05	3:45	0:21	
3	Filip Krakowiak Indywidualnie	38:56	2:16	8:47	11:38	15:22	17:49	20:36	22:11	25:40	32:14	34:54	38:40	38:56	
			2:16	6:31	2:51	3:44	<b>2:27</b>	2:47	1:35	3:29	6:34	2:40	3:46	<b>0:16</b>	
4	Marcin Dziwak Indywidualnie	46:00	1:51	<b>7:21</b>	<b>9:19</b>	<b>12:15</b>	<b>15:22</b>	28:19	30:09	32:39	38:44	42:55	45:44	46:00	
			1:51	<b>5:30</b>	1:58	2:56	3:07	12:57	1:50	<b>2:30</b>	<b>6:05</b>	4:11	<b>2:49</b>	0:16	
5	Wiktoria Pawłowska LUKS Azymek Zdzie	46:15	9:52	16:07	18:13	21:35	24:51	26:44	28:08	31:57	38:46	42:34	45:53	46:15	
			9:52	6:15	2:06	3:22	3:16	1:53	1:24	3:49	6:49	3:48	3:19	0:22	
6	Krzysztof Ciura Indywidualnie	46:30	2:24	10:03	13:09	16:38	23:09	25:18	26:33	30:32	38:21	41:46	46:00	46:30	
			2:24	7:39	3:06	3:29	6:31	2:09	1:15	3:59	7:49	3:25	4:14	0:30	
7	Kinga Mocek UKS D b, Leszno	52:50	2:47	10:18	16:24	19:42	22:09	25:10	30:11	34:22	43:33	48:39	52:29	52:50	
			2:47	7:31	6:06	3:18	2:27	3:01	5:01	4:11	9:11	5:06	3:50	0:21	
8	Roman Sokołowski Indywidualni Zach	53:27	2:50	11:17	13:58	17:45	21:10	23:25	25:20	32:13	42:35	46:13	53:05	53:27	
			2:50	8:27	2:41	3:47	3:25	2:15	1:55	6:53	10:22	3:38	6:52	0:22	
9	Łukasz Kajda LUKS Azymek Zdzie	57:03	1:52	8:11	10:26	14:09	22:47	25:22	26:54	34:49	47:04	51:29	56:38	57:03	
			1:52	6:19	2:15	3:43	8:38	2:35	1:32	7:55	12:15	4:25	5:09	0:25	
10	Krzysztof Krzywulicz Indywidualnie	59:45	6:02	13:38	15:46	19:26	21:54	24:40	26:19	30:04	39:40	44:30	59:17	59:45	
			6:02	7:36	2:08	3:40	2:28	2:46	1:39	3:45	9:36	4:50	14:47	0:28	
11	Marzena Ciura Indywidualnie	1:00:46	7:44	18:37	22:25	26:53	32:07	34:32	35:53	40:03	51:29	56:23	1:00:23	1:00:46	
			7:44	10:53	3:48	4:28	5:14	2:25	1:21	4:10	11:26	4:54	4:00	0:23	
12	Tomasz Tomala Indywidualnie	1:01:46	4:53	12:45	14:35	20:22	31:10	32:49	33:52	37:08	47:38	58:30	1:01:30	1:01:46	
			4:53	7:52	<b>1:50</b>	5:47	10:48	1:39	1:03	3:16	10:30	10:52	3:00	0:16	
13	Łukasz Stempak Indywidualnie	1:12:24	2:20	8:27	10:33	15:42	19:35	22:14	23:24	26:31	32:44	42:04	1:11:54	1:12:24	
			2:20	6:07	2:06	5:09	3:53	2:39	1:10	3:07	6:13	9:20	29:50	0:30	
14	Tomasz Kajda LUKS Azymek Zdzie	1:17:02	3:53	13:06	17:14	22:13	27:58	48:44	49:50	54:56	1:07:57	1:11:47	1:16:42	1:17:02	
			3:53	9:13	4:08	4:59	5:45	20:46	1:06	5:06	13:01	3:50	4:55	0:20	
	Michał Szczepaniak	nkl	2:36	12:52	15:43	----	33:46	37:16	39:32	----	----	----	50:00	50:24	
	WKS I sk, Wrocław		2:36	10:16	2:51		18:03	3:30	2:16				10:28	0:24	
<b>Rodzinna (7)</b>															
			1(31)	2(32)	3(33)	4(34)	5(35)	6(59)	Meta						
1	Wanda Owcarz KS Ko cielec, Chrz	31:00	<b>3:29</b>	<b>9:06</b>	<b>17:43</b>	<b>22:19</b>	<b>26:21</b>	<b>30:32</b>	<b>31:00</b>						
			<b>3:29</b>	5:37	<b>8:37</b>	<b>4:36</b>	<b>4:02</b>	<b>4:11</b>	<b>0:28</b>						
2	Kornelia Wypiór KOS BnO, Szczecin	57:41	6:27	13:16	28:28	37:23	48:51	56:22	57:41						
			6:27	6:49	15:12	8:55	11:28	7:31	1:19						
3	Stanisław Sornat Indywidualnie	1:13:34	7:24	18:28	36:12	51:53	1:03:38	1:12:12	1:13:34						
			7:24	11:04	17:44	15:41	11:45	8:34	1:22						
	Konstantyn Wypiór KOS BnO, Szczecin	nkl	11:52	17:23	----	----	----	51:44	52:50	22:38	27:27	35:08			
			11:52	<b>5:31</b>				34:21	1:06	*53	*40	*54			
	Dobrosława Czepik Indywidualny Wielk	nkl	7:26	16:51	----	----	----	----	53:44						
			7:26	9:25					36:53						
	Jan Bek	nkl	10:08	16:54	----	----	----	----	57:28						
			10:08	6:46					40:34						

.p.	wy lmi i nazwisko	Czas	<b>1,8 km 40 m</b>			<b>6 PK</b>		<i>(c.d.)</i>	Meta
			1(31)	2(32)	3(33)	4(34)	5(35)		
	<b>Michał Przybyła</b>	<b>nkl</b>	18:36	-----	-----	-----	-----	-----	29:19
	<b>Indywidualnie</b>		18:36						10:43