

11. Żmigrodzki Bieg Smoka

Żmigród 11.06.2022 | Dystans: 10,00 km | Wyniki OPEN

Klasyfikacja według czasów brutto



| Msc. | Nr | Imię i nazwisko | Kraj | Klub | Miejscowość | Kat. wiek. | msc. kat.wiek. | M | K | Wynik netto | Wynik brutto | śr.tempo min/km |
|------|-----|--|------|-------------------------------|---------------------|------------|----------------|----|---|-------------|--------------|-----------------|
| 1 | 160 | Ihor Zhelem PK 1: 00:05:56 5 km: 00:16:40 PK 3: 00:27:13 | UKR | | Ostrów Wielkopolski | M40 | 1 | 1 | | 00:32:45 | 00:32:45 | 03:17 |
| 2 | 61 | Tomasz Kozłowicz PK 1: 00:05:55 5 km: 00:16:46 PK 3: 00:27:37 | POL | Oborygeni | Wielka Lipa | M30 | 1 | 2 | | 00:33:18 | 00:33:18 | 03:20 |
| 3 | 26 | Łukasz Garliński PK 1: 00:05:56 5 km: 00:16:46 PK 3: 00:27:45 | POL | KB KROKUS KWIATKOWICE | Wielowieś | M20 | 1 | 3 | | 00:33:42 | 00:33:42 | 03:22 |
| 4 | 31 | Mateusz Grajek PK 1: 00:06:08 5 km: 00:17:32 PK 3: 00:28:54 | POL | KB Czarne Wilki | Ostrow Wielkopolski | M30 | 2 | 4 | | 00:34:38 | 00:34:38 | 03:28 |
| 5 | 138 | Zbigniew Ziober PK 1: 00:05:55 5 km: 00:17:13 PK 3: 00:29:03 | POL | ZZ STUDIO TRENINGOWE | Żmigród | M30 | 3 | 5 | | 00:35:08 | 00:35:09 | 03:31 |
| 6 | 86 | Hubert Naglak PK 1: 00:06:06 5 km: 00:17:33 PK 3: 00:29:13 | POL | Hell's Gym Ocr Pępowo | Szelejewo | M20 | 2 | 6 | | 00:35:23 | 00:35:23 | 03:32 |
| 7 | 153 | Przemysław Burchacki PK 1: 00:06:16 5 km: 00:17:55 PK 3: 00:29:43 | POL | Athletics Team Prusice | Skokowa | M30 | 4 | 7 | | 00:35:56 | 00:35:57 | 03:36 |
| 8 | 71 | Marcin Lamperski PK 1: 00:06:05 5 km: 00:17:17 PK 3: 00:28:53 | POL | MUKS Szok Bojanowo | Rawicz | M30 | 5 | 8 | | 00:36:01 | 00:36:02 | 03:36 |
| 9 | 79 | Martyna Masłowska PK 1: 00:06:23 5 km: 00:18:06 PK 3: 00:29:53 | POL | ULKS Bystrzyca Kłodzka | łłowa | K30 | 1 | | 1 | 00:36:05 | 00:36:07 | 03:37 |
| 10 | 110 | Piotr Rudowicz PK 1: 00:06:37 5 km: 00:18:39 PK 3: 00:30:50 | POL | KB Czarne Wilki | Radłów | M40 | 2 | 9 | | 00:37:07 | 00:37:09 | 03:43 |
| 11 | 158 | Anna Ficner PK 1: 00:06:33 5 km: 00:18:38 PK 3: 00:30:59 | POL | Olaws Złotyryja/MKS Siechnice | Złotyryja | K30 | 2 | | 2 | 00:37:26 | 00:37:27 | 03:45 |
| 12 | 105 | Artur Przystarż PK 1: 00:06:32 5 km: 00:18:35 PK 3: 00:31:12 | POL | Oborygeni | Oborniki Śląskie | M50 | 1 | 10 | | 00:37:58 | 00:38:00 | 03:48 |
| 13 | 52 | Michał Klimkowski PK 1: 00:06:39 5 km: 00:19:17 PK 3: 00:31:49 | POL | UKS Sokół Żmigród | Żmigród | M20 | 3 | 11 | | 00:38:31 | 00:38:33 | 03:51 |
| 14 | 56 | Karol Komorowski PK 1: 00:06:53 5 km: 00:19:19 PK 3: 00:31:50 | POL | Athletics Team Prusice | Trzebnica | M40 | 3 | 12 | | 00:38:36 | 00:38:36 | 03:52 |
| 15 | 30 | Radomir Graf PK 1: 00:06:54 5 km: 00:19:23 PK 3: 00:32:10 | POL | Jespol | Leszno | M40 | 4 | 13 | | 00:38:44 | 00:38:46 | 03:52 |
| 16 | 40 | Wiktor Janiszewski PK 1: 00:06:54 5 km: 00:19:24 PK 3: 00:32:12 | POL | Athletisc Team Prusice | Milicz | M40 | 5 | 14 | | 00:38:56 | 00:38:56 | 03:54 |
| 17 | 102 | Ryszard Płochocki PK 1: 00:06:56 5 km: 00:19:24 PK 3: 00:32:11 | POL | KB Nowe Skalmierzyce | Nowe Skalmierzyce | M60 | 1 | 15 | | 00:39:06 | 00:39:07 | 03:55 |
| 18 | 141 | Michał Krasicki PK 1: 00:06:44 5 km: 00:19:25 PK 3: 00:32:30 | POL | Runningym | Rawicz | M40 | 6 | 16 | | 00:39:30 | 00:39:34 | 03:57 |
| 19 | 57 | Patryk Kordek PK 1: 00:07:02 5 km: 00:19:45 PK 3: 00:32:37 | POL | Walbet Team | Miejska Górka | M20 | 4 | 17 | | 00:39:31 | 00:39:40 | 03:57 |
| 20 | 137 | Paweł Zdymiera PK 1: 00:07:08 5 km: 00:19:56 PK 3: 00:33:01 | POL | Technisat | Trzebnica | M40 | 7 | 18 | | 00:39:57 | 00:40:00 | 04:00 |

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| Msc. | Nr | Imię i nazwisko | Kraj | Klub | Miejscowość | Kat. wiek. | msc. kat.wiek. | M | K | Wynik netto | Wynik brutto | śr.tempo min/km |
|------|-----|--|------|------------------------|---------------------|------------|----------------|----|---|-------------|--------------|-----------------|
| 21 | 46 | Krzysztof Kasprzak PK 1: 00:06:56 5 km: 00:19:46 PK 3: 00:32:59 | POL | speed żółwik | Naratów | M50 | 2 | 19 | | 00:40:05 | 00:40:07 | 04:01 |
| 22 | 37 | Mariusz Huzarski PK 1: 00:07:08 5 km: 00:20:11 PK 3: 00:33:31 | POL | Technisat | Wilkowa | M40 | 8 | 20 | | 00:40:27 | 00:40:30 | 04:03 |
| 23 | 50 | Bartłomiej Kędzia PK 1: 00:06:52 5 km: 00:19:29 PK 3: 00:32:25 | POL | #Szymanowski Team | Radomicko | M40 | 9 | 21 | | 00:40:36 | 00:40:37 | 04:04 |
| 24 | 150 | Piotr Żyza PK 1: 00:07:10 5 km: 00:20:12 PK 3: 00:33:32 | POL | Athletics Team Prusice | Skokowa | M40 | 10 | 22 | | 00:40:39 | 00:40:41 | 04:04 |
| 25 | 38 | Andrzej Jakubowski PK 1: 00:06:37 5 km: 00:19:58 PK 3: 00:33:51 | POL | BS Żmigród | Żmigród | M30 | 6 | 23 | | 00:40:51 | 00:40:52 | 04:05 |
| 26 | 18 | Konrad Czerew PK 1: 00:07:18 5 km: 00:20:34 PK 3: 00:33:57 | POL | DTR BIEGA / MARIO TEAM | Trzebnica | M40 | 11 | 24 | | 00:40:55 | 00:40:58 | 04:06 |
| 27 | 95 | Patryk Oltuch PK 1: 00:07:07 5 km: 00:20:42 PK 3: 00:34:49 | POL | | Żmigród | M20 | 5 | 25 | | 00:42:15 | 00:42:19 | 04:14 |
| 28 | 103 | Mariusz Posłuszny PK 1: 00:07:38 5 km: 00:21:33 PK 3: 00:35:19 | POL | | Głoska | M50 | 3 | 26 | | 00:42:22 | 00:42:27 | 04:14 |
| 29 | 106 | Krzysztof Raszka PK 1: 00:07:30 5 km: 00:21:07 PK 3: 00:35:10 | POL | DTR BIEGA / MARIO TEAM | Milicz | M40 | 12 | 27 | | 00:42:45 | 00:42:51 | 04:17 |
| 30 | 29 | Robert Grabkowski PK 1: 00:07:15 5 km: 00:21:01 PK 3: 00:35:17 | POL | MarcinŚwiercTeam | Żmigród | M50 | 4 | 28 | | 00:42:56 | 00:42:59 | 04:18 |
| 31 | 114 | Łukasz Siciak PK 1: 00:07:52 5 km: 00:21:57 PK 3: 00:35:41 | POL | ORLA KORZEŃSKO | Korzeńsko | M40 | 13 | 29 | | 00:43:04 | 00:43:13 | 04:18 |
| 32 | 146 | Łukasz Pilecki PK 1: 00:07:13 5 km: 00:20:55 PK 3: 00:36:13 | POL | DTR BIEGA /MARIO TEAM | Trzebnica | M40 | 14 | 30 | | 00:43:57 | 00:44:00 | 04:24 |
| 33 | 89 | Anna Niedźwiedzka PK 1: 00:07:57 5 km: 00:22:08 PK 3: 00:36:23 | POL | Niedźwiadki Biegają | Lubin | K40 | 1 | | 3 | 00:44:02 | 00:44:04 | 04:24 |
| 34 | 2 | Igor Adamiak PK 1: 00:07:43 5 km: 00:21:58 PK 3: 00:36:36 | POL | | Żmigród | M30 | 7 | 31 | | 00:44:01 | 00:44:08 | 04:24 |
| 35 | 5 | Grzegorz Baranek PK 1: 00:07:47 5 km: 00:22:10 PK 3: 00:36:40 | POL | | Ostrów Wielkopolski | M40 | 15 | 32 | | 00:44:22 | 00:44:26 | 04:26 |
| 36 | 126 | Mariusz Tyczkowski PK 1: 00:07:56 5 km: 00:22:21 PK 3: 00:36:55 | POL | | Wrocław | M50 | 5 | 33 | | 00:44:32 | 00:44:40 | 04:27 |
| 37 | 140 | Wojciech Dębicki PK 1: 00:08:15 5 km: 00:22:36 PK 3: 00:36:57 | POL | | Jutrosin | M50 | 6 | 34 | | 00:44:36 | 00:44:46 | 04:28 |
| 38 | 49 | Krzysztof Kempa PK 1: 00:08:00 5 km: 00:22:34 PK 3: 00:37:11 | POL | Sanko Poland Małuszyn | Trzebnica | M30 | 8 | 35 | | 00:44:49 | 00:44:55 | 04:29 |
| 39 | 9 | Yevhen Bohatkov PK 1: 00:07:44 5 km: 00:22:44 PK 3: 00:37:32 | UKR | RAJSPORTACTIVE | Kalisz | M30 | 9 | 36 | | 00:45:06 | 00:45:06 | 04:31 |
| 40 | 28 | Maciej Gbiorczyk PK 1: 00:07:47 5 km: 00:21:56 PK 3: 00:37:26 | POL | Janka&Staś | Żmigród | M30 | 10 | 37 | | 00:45:07 | 00:45:15 | 04:31 |

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| Msc. | Nr | Imię i nazwisko | Kraj | Klub | Miejscowość | Kat. wiek. | msc. kat.wiek. | M | K | Wynik netto | Wynik brutto | śr.tempo min/km |
|------|-----|--|------|-------------------------|---------------------|------------|----------------|----|---|-------------|--------------|-----------------|
| 41 | 51 | Grzegorz Kiciński PK 1: 00:07:35 5 km: 00:22:06 PK 3: 00:37:26 | POL | | Żmigród | M40 | 16 | 38 | | 00:45:07 | 00:45:15 | 04:31 |
| 42 | 75 | Arleta Lorenc PK 1: 00:08:12 5 km: 00:22:57 PK 3: 00:37:32 | POL | KB Czarne Wilki | Ostrów Wielkopolski | K30 | 3 | | 4 | 00:45:10 | 00:45:17 | 04:31 |
| 43 | 24 | Jacek Gałka PK 1: 00:07:52 5 km: 00:22:32 PK 3: 00:37:28 | POL | VEGE RUNNERS | Żmigród | M40 | 17 | 39 | | 00:45:23 | 00:45:31 | 04:32 |
| 44 | 152 | Stanisław Pawlicki PK 1: 00:08:06 5 km: 00:22:45 PK 3: 00:37:41 | POL | | Borowna | M60 | 2 | 40 | | 00:45:43 | 00:45:46 | 04:34 |
| 45 | 35 | Łukasz Heneczkowski PK 1: 00:08:04 5 km: 00:22:51 PK 3: 00:37:44 | POL | BORN TO RUN | Poznań | M40 | 18 | 41 | | 00:45:38 | 00:45:49 | 04:34 |
| 46 | 78 | Tomasz Mańka PK 1: 00:07:52 5 km: 00:22:26 PK 3: 00:37:45 | POL | | Żmigród | M40 | 19 | 42 | | 00:45:43 | 00:45:50 | 04:34 |
| 47 | 132 | Krzysztof Winiarczyk PK 1: 00:07:56 5 km: 00:22:41 PK 3: 00:37:51 | POL | Wołów Biega | Wołów | M40 | 20 | 43 | | 00:45:47 | 00:45:50 | 04:35 |
| 48 | 32 | Mirosław Grobelny PK 1: 00:07:54 5 km: 00:22:49 PK 3: 00:38:01 | POL | KB Nowe Skalmierzyce | Nowe Skalmierzyce | M40 | 21 | 44 | | 00:46:08 | 00:46:11 | 04:37 |
| 49 | 117 | Tomasz Smereka PK 1: 00:07:54 5 km: 00:22:41 PK 3: 00:37:57 | POL | Running Team Milicz | Milicz | M40 | 22 | 45 | | 00:46:14 | 00:46:19 | 04:37 |
| 50 | 68 | Bogdan Kuliński PK 1: 00:07:54 5 km: 00:22:49 PK 3: 00:38:17 | POL | KARATE KYOKUSHIN GŁOGÓW | Głogów | M60 | 3 | 46 | | 00:46:40 | 00:46:43 | 04:40 |
| 51 | 98 | Rafał Pawlicki PK 1: 00:08:08 5 km: 00:23:07 PK 3: 00:38:26 | POL | Technisat | Kopaszyn | M40 | 23 | 47 | | 00:46:40 | 00:46:49 | 04:40 |
| 52 | 41 | Robert Jarosz PK 1: 00:07:53 5 km: 00:22:30 PK 3: 00:38:14 | POL | | Milicz | M40 | 24 | 48 | | 00:46:43 | 00:46:51 | 04:40 |
| 53 | 136 | Łukasz Wojtyczka PK 1: 00:07:41 5 km: 00:22:41 PK 3: 00:38:28 | POL | KB Sukces | Żmigród | M30 | 11 | 49 | | 00:46:50 | 00:46:55 | 04:41 |
| 54 | 101 | Monika Pietrzak PK 1: 00:08:11 5 km: 00:23:29 PK 3: 00:38:59 | POL | | Oborniki Śląskie | K30 | 4 | | 5 | 00:47:11 | 00:47:14 | 04:43 |
| 55 | 91 | Yurii Ohera PK 1: 00:07:26 5 km: 00:22:25 PK 3: 00:38:37 | UKR | Pirania Radziądz | Żmigrod | M30 | 12 | 50 | | 00:47:11 | 00:47:17 | 04:43 |
| 56 | 14 | Roman Chudy PK 1: 00:07:58 5 km: 00:23:10 PK 3: 00:39:01 | POL | Run Team Rydzyna | Rydzyna | M60 | 4 | 51 | | 00:47:23 | 00:47:26 | 04:44 |
| 57 | 99 | Natalia Pęczkowska PK 1: 00:08:29 5 km: 00:23:45 PK 3: 00:39:16 | POL | DTR BIEGA / MARIO TEAM | Trzebnica | K30 | 5 | | 6 | 00:47:20 | 00:47:27 | 04:44 |
| 58 | 54 | Paweł Kmiotek PK 1: 00:08:00 5 km: 00:23:08 PK 3: 00:39:04 | POL | Team Orla Korzeńsko | Żmigród | M50 | 7 | 52 | | 00:47:21 | 00:47:30 | 04:44 |
| 59 | 139 | Michał Żukowski PK 1: 00:07:40 5 km: 00:22:42 PK 3: 00:38:51 | POL | | Żmigród | M30 | 13 | 53 | | 00:48:07 | 00:48:10 | 04:49 |
| 60 | 42 | Adrian Jędrzejczyk PK 1: 00:08:28 5 km: 00:24:08 PK 3: 00:39:56 | POL | Dysysysys | Wrocław | M40 | 25 | 54 | | 00:48:11 | 00:48:16 | 04:49 |

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| Msc. | Nr | Imię i nazwisko | Kraj | Klub | Miejscowość | Kat. wiek. | msc. kat.wiek. | M | K | Wynik netto | Wynik brutto | śr.tempo min/km |
|------|-----|--|------|----------------------|-----------------------------|------------|----------------|----|----|-------------|--------------|-----------------|
| 61 | 25 | Maciej Gałka PK 1: 00:09:03 5 km: 00:24:49 PK 3: 00:40:06 | POL | | Żmigród | M30 | 14 | 55 | | 00:48:11 | 00:48:24 | 04:49 |
| 62 | 67 | Marta Kuczkowska PK 1: 00:07:59 5 km: 00:23:48 PK 3: 00:39:54 | POL | ExTeam | Żmigród | K20 | 1 | | 7 | 00:48:26 | 00:48:32 | 04:51 |
| 63 | 12 | Grzegorz Celary PK 1: 00:08:29 5 km: 00:24:20 PK 3: 00:40:25 | POL | | Laskowa | M20 | 6 | 56 | | 00:48:23 | 00:48:34 | 04:50 |
| 64 | 119 | Paweł Sobański PK 1: 00:08:29 5 km: 00:24:21 PK 3: 00:40:25 | POL | | Pępowo | M20 | 7 | 57 | | 00:48:25 | 00:48:35 | 04:51 |
| 65 | 157 | Patryk Jeszyński PK 1: 00:07:49 5 km: 00:23:38 PK 3: 00:40:10 | POL | MONDI SIMET RUN TEAM | Borek Wilkp | M30 | 15 | 58 | | 00:48:38 | 00:48:38 | 04:52 |
| 66 | 59 | Aneta Kosarzycka PK 1: 00:08:11 5 km: 00:23:56 PK 3: 00:40:10 | POL | | Żmigród | K30 | 6 | | 8 | 00:48:42 | 00:48:46 | 04:52 |
| 67 | 90 | Damian Nohr PK 1: 00:08:25 5 km: 00:24:12 PK 3: 00:40:14 | POL | SSW TEAM KROŚNICE | Krośnice | M40 | 26 | 59 | | 00:48:45 | 00:48:48 | 04:53 |
| 68 | 45 | Jakub Kałuża PK 1: 00:08:22 5 km: 00:24:01 PK 3: 00:40:10 | POL | | Rawicz | M20 | 8 | 60 | | 00:48:44 | 00:48:51 | 04:52 |
| 69 | 62 | Wiktoria Kozubek PK 1: 00:08:40 5 km: 00:24:20 PK 3: 00:40:24 | POL | | Głogówek | K20 | 2 | | 9 | 00:48:46 | 00:48:54 | 04:53 |
| 70 | 34 | Lech Hajnce PK 1: 00:08:10 5 km: 00:23:55 PK 3: 00:40:07 | POL | | Rawicz | M30 | 16 | 61 | | 00:48:50 | 00:48:55 | 04:53 |
| 71 | 131 | Jacek Wierzbza PK 1: 00:08:03 5 km: 00:23:41 PK 3: 00:40:09 | POL | VegeRunners | Żmigród | M40 | 27 | 62 | | 00:49:14 | 00:49:20 | 04:55 |
| 72 | 53 | Konrad Klupś PK 1: 00:08:17 5 km: 00:23:39 PK 3: 00:40:04 | POL | | Rawicz | M20 | 9 | 63 | | 00:49:21 | 00:49:32 | 04:56 |
| 73 | 124 | Michał Talaga PK 1: 00:08:42 5 km: 00:24:38 PK 3: 00:40:54 | POL | Talagusie | Rawicz | M40 | 28 | 64 | | 00:49:17 | 00:49:32 | 04:56 |
| 74 | 74 | Justyna Lewicka PK 1: 00:08:41 5 km: 00:24:39 PK 3: 00:40:57 | POL | | Wrocław (Wrocław-Psie Pole) | K30 | 7 | | 10 | 00:49:31 | 00:49:38 | 04:57 |
| 75 | 154 | Paweł Dębicki PK 1: 00:08:52 5 km: 00:24:49 PK 3: 00:40:57 | POL | | Szkaradowo | M50 | 8 | 65 | | 00:49:43 | 00:49:53 | 04:58 |
| 76 | 129 | Grzegorz Uram PK 1: 00:08:10 5 km: 00:23:58 PK 3: 00:40:57 | POL | Klub Biegacza Sukces | Żmigród | M30 | 17 | 66 | | 00:49:55 | 00:50:01 | 05:00 |
| 77 | 6 | Hubert Bartkowiak PK 1: 00:08:41 5 km: 00:24:47 PK 3: 00:41:14 | POL | KB SUKCES ŻMIGRÓD | Radziądz | M50 | 9 | 67 | | 00:49:52 | 00:50:02 | 04:59 |
| 78 | 94 | Paweł Oleś PK 1: 00:08:59 5 km: 00:25:15 PK 3: 00:41:32 | POL | Orla Korzensko STRAŻ | Korzensko | M40 | 29 | 68 | | 00:49:54 | 00:50:06 | 04:59 |
| 79 | 118 | Wojciech Smulczyński PK 1: 00:09:41 5 km: 00:25:58 PK 3: 00:41:36 | POL | Life Culture | Wrocław | M20 | 10 | 69 | | 00:49:51 | 00:50:07 | 04:59 |
| 80 | 149 | Paweł Sołtysiak PK 1: 00:08:45 5 km: 00:24:41 PK 3: 00:41:13 | POL | PSŻ Żmigród | Żmigrod | M30 | 18 | 70 | | 00:49:57 | 00:50:10 | 05:00 |

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|------|-----|--|------|------------------------|------------------|------------|----------------|----|----|-------------|--------------|-----------------|
| 81 | 70 | Marcin Ladek PK 1: 00:08:12 5 km: 00:24:32 PK 3: 00:41:37 | POL | | Poznań | M30 | 19 | 71 | | 00:50:23 | 00:50:27 | 05:02 |
| 82 | 33 | Justyna Grzybkowska PK 1: 00:08:45 5 km: 00:24:42 PK 3: 00:41:43 | POL | | Korzeńsko | K30 | 8 | | 11 | 00:50:54 | 00:51:01 | 05:05 |
| 83 | 15 | Wojciech Cieślowski PK 1: 00:08:51 5 km: 00:24:58 PK 3: 00:42:04 | POL | Matner Running Team | Trzebnica | M40 | 30 | 72 | | 00:50:58 | 00:51:13 | 05:06 |
| 84 | 69 | Krzysztof Lachowicz PK 1: 00:08:30 5 km: 00:24:48 PK 3: 00:42:05 | POL | Athletics Team Prusice | Skokowa | M30 | 20 | 73 | | 00:51:13 | 00:51:17 | 05:07 |
| 85 | 134 | Artur Wojtaszek PK 1: 00:08:40 5 km: 00:24:51 PK 3: 00:42:20 | POL | Bitcoin Hodler | Żmigród | M30 | 21 | 74 | | 00:51:23 | 00:51:33 | 05:08 |
| 86 | 76 | Alicja Lubańska PK 1: 00:08:34 5 km: 00:25:01 PK 3: 00:42:15 | POL | | Bukowice | K50 | 1 | | 12 | 00:51:49 | 00:51:52 | 05:11 |
| 87 | 100 | Grzegorz Pierzchlewicz PK 1: 00:08:53 5 km: 00:25:22 PK 3: 00:42:37 | POL | | Żmigród | M50 | 10 | 75 | | 00:51:55 | 00:52:08 | 05:12 |
| 88 | 44 | Marek Kaczmarek PK 1: 00:09:08 5 km: 00:26:13 PK 3: 00:43:15 | POL | Masters | Wrocław | M60 | 5 | 76 | | 00:52:03 | 00:52:16 | 05:12 |
| 89 | 58 | Ewa Korytkowska PK 1: 00:08:42 5 km: 00:25:14 PK 3: 00:42:55 | POL | RDD JARY | Żmigród | K50 | 2 | | 13 | 00:52:20 | 00:52:27 | 05:14 |
| 90 | 97 | Michał Pawlicki PK 1: 00:08:52 5 km: 00:25:28 PK 3: 00:43:15 | POL | | Wąszosz | M30 | 22 | 77 | | 00:52:23 | 00:52:36 | 05:14 |
| 91 | 123 | Tomasz Szajerka PK 1: 00:09:40 5 km: 00:27:10 PK 3: 00:44:15 | POL | | Rawicz | M40 | 31 | 78 | | 00:52:32 | 00:52:45 | 05:15 |
| 92 | 135 | Józef Wojtyczka PK 1: 00:08:42 5 km: 00:25:02 PK 3: 00:43:02 | POL | Ranning Team Milicz | Milicz | M60 | 6 | 79 | | 00:52:41 | 00:52:46 | 05:16 |
| 93 | 83 | Tomasz Mitoraj PK 1: 00:09:01 5 km: 00:25:37 PK 3: 00:43:14 | POL | Technisat | Oborniki Śląskie | M30 | 23 | 80 | | 00:52:39 | 00:52:51 | 05:16 |
| 94 | 87 | Izabela Nalewajko PK 1: 00:09:31 5 km: 00:26:21 PK 3: 00:43:37 | POL | Dysysysys | Karwiany | K50 | 3 | | 14 | 00:52:51 | 00:52:57 | 05:17 |
| 95 | 107 | Dawid Ratajczak PK 1: 00:08:37 5 km: 00:25:22 PK 3: 00:43:23 | POL | | Wrocław | M30 | 24 | 81 | | 00:52:59 | 00:53:08 | 05:18 |
| 96 | 88 | Sylwia Nawrocka PK 1: 00:08:45 5 km: 00:25:50 PK 3: 00:43:41 | POL | IcE DRAGONS | Żmigród | K40 | 2 | | 15 | 00:53:15 | 00:53:20 | 05:20 |
| 97 | 93 | Krzysztof Olejnik PK 1: 00:08:48 5 km: 00:26:16 PK 3: 00:44:25 | POL | | Żmigród | M20 | 11 | 82 | | 00:53:45 | 00:53:48 | 05:23 |
| 98 | 108 | Agnieszka Rosomacha PK 1: 00:09:27 5 km: 00:26:58 PK 3: 00:44:33 | POL | | Wrocław | K20 | 3 | | 16 | 00:53:43 | 00:53:52 | 05:22 |
| 99 | 109 | Krzysztof Rozlazły PK 1: 00:09:01 5 km: 00:25:54 PK 3: 00:44:07 | POL | | Żmigród | M30 | 25 | 83 | | 00:53:40 | 00:53:53 | 05:22 |
| 100 | 151 | Łukasz Jarczewski PK 1: 00:08:52 5 km: 00:26:02 PK 3: 00:44:19 | POL | | Borowna | M30 | 26 | 84 | | 00:53:52 | 00:54:05 | 05:23 |

11. Żmigrodzki Bieg Smoka

Żmigród 11.06.2022 | Dystans: 10,00 km | Wyniki OPEN

Klasyfikacja według czasów brutto



| Msc. | Nr | Imię i nazwisko | Kraj | Klub | Miejscowość | Kat. wiek. | msc. kat.wiek. | M | K | Wynik netto | Wynik brutto | śr.tempo min/km |
|------|-----|---|------|--------------------------|---------------|------------|----------------|----|----|-------------|--------------|-----------------|
| 101 | 73 | Maciej Laszczyński PK 1: 00:08:33 5 km: 00:27:08 PK 3: 00:45:43 | POL | | Sławowice | M40 | 32 | 85 | | 00:54:04 | 00:54:12 | 05:24 |
| 102 | 22 | Artur Gajowy PK 1: 00:09:05 5 km: 00:26:43 PK 3: 00:44:48 | POL | | Trzebnica | M40 | 33 | 86 | | 00:54:09 | 00:54:20 | 05:25 |
| 103 | 112 | Piotr Saternus PK 1: 00:09:27 5 km: 00:27:07 PK 3: 00:45:18 | POL | | Wrocław | M40 | 34 | 87 | | 00:54:15 | 00:54:22 | 05:26 |
| 104 | 85 | Krystyna Musielak PK 1: 00:09:35 5 km: 00:27:02 PK 3: 00:44:57 | POL | | Żmigród | K50 | 4 | | 17 | 00:54:27 | 00:54:31 | 05:27 |
| 105 | 48 | Wojciech Kawaler PK 1: 00:08:27 5 km: 00:24:42 PK 3: 00:43:55 | POL | | Wrocław | M20 | 12 | 88 | | 00:54:44 | 00:54:54 | 05:28 |
| 106 | 116 | Natalia Skrzypek PK 1: 00:09:14 5 km: 00:27:18 PK 3: 00:45:18 | POL | | Korzeńsko | K30 | 9 | | 18 | 00:54:50 | 00:55:00 | 05:29 |
| 107 | 20 | Miłosz Dutkowiak PK 1: 00:09:57 5 km: 00:28:05 PK 3: 00:45:55 | POL | | Milicz | M30 | 27 | 89 | | 00:54:50 | 00:55:06 | 05:29 |
| 108 | 111 | Bartosz Samol PK 1: 00:09:19 5 km: 00:26:41 PK 3: 00:45:12 | POL | Powrót do korzeni | Rawicz | M30 | 28 | 90 | | 00:54:55 | 00:55:10 | 05:30 |
| 109 | 16 | Bartosz Cisko PK 1: 00:08:56 5 km: 00:26:48 PK 3: 00:45:18 | POL | BS Żmigród | Żmigród | M20 | 13 | 91 | | 00:55:03 | 00:55:11 | 05:30 |
| 110 | 1 | Robert Lewandowski PK 1: 00:08:50 5 km: 00:26:41 PK 3: 00:45:32 | POL | | Skokowa | M40 | 35 | 92 | | 00:55:12 | 00:55:12 | 05:31 |
| 111 | 55 | Jacek Kolańczyk PK 1: 00:09:40 5 km: 00:27:10 PK 3: 00:45:16 | POL | | Miejska Górka | M50 | 11 | 93 | | 00:55:08 | 00:55:21 | 05:31 |
| 112 | 81 | Andrzej Mitek PK 1: 00:08:59 5 km: 00:27:12 PK 3: 00:46:55 | POL | | Żmigród | M50 | 12 | 94 | | 00:57:31 | 00:57:37 | 05:45 |
| 113 | 77 | Kinga Maleszka-Bagińska PK 1: 00:09:43 5 km: 00:28:22 PK 3: 00:47:45 | POL | Grupa Biegowa MeloŚmiacz | Wrocław | K30 | 10 | | 19 | 00:57:55 | 00:58:03 | 05:48 |
| 114 | 82 | Dorota Mitek PK 1: 00:08:54 5 km: 00:27:19 PK 3: 00:47:24 | POL | KBSukces Żmigród | Żmigród | K50 | 5 | | 20 | 00:58:04 | 00:58:09 | 05:48 |
| 115 | 125 | Beata Topa PK 1: 00:10:19 5 km: 00:28:59 PK 3: 00:47:55 | POL | Technisat | Wielka Lipa | K40 | 3 | | 21 | 00:58:06 | 00:58:18 | 05:49 |
| 116 | 162 | Maciej Czajkowski PK 1: 00:10:11 5 km: 00:28:44 PK 3: 00:48:02 | POL | | Żmigród | M30 | 29 | 95 | | 00:58:09 | 00:58:25 | 05:49 |
| 117 | 63 | Krzysztof Kraśniewski PK 1: 00:10:29 5 km: 00:29:20 PK 3: 00:48:29 | POL | | Radziądz | M50 | 13 | 96 | | 00:58:18 | 00:58:32 | 05:50 |
| 118 | 65 | Sławomir Krzemień PK 1: 00:09:51 5 km: 00:28:05 PK 3: 00:46:15 | POL | SATIVALIFE | Trzebnica | M40 | 36 | 97 | | 00:58:23 | 00:58:40 | 05:50 |
| 119 | 17 | Mariusz Cłapka PK 1: 00:09:38 5 km: 00:28:19 PK 3: 00:48:33 | POL | Orla | Korzeńsko | M40 | 37 | 98 | | 00:59:08 | 00:59:19 | 05:55 |
| 120 | 104 | Artur Przybył PK 1: 00:08:28 5 km: 00:25:41 PK 3: 00:44:48 | POL | | Głogów | M40 | 38 | 99 | | 00:59:26 | 00:59:29 | 05:57 |

11. Żmigrodzki Bieg Smoka

Żmigród 11.06.2022 | Dystans: 10,00 km | Wyniki OPEN

Klasyfikacja według czasów brutto



| Msc. | Nr | Imię i nazwisko | Kraj | Klub | Miejscowość | Kat. wiek. | msc. kat.wiek. | M | K | Wynik netto | Wynik brutto | śr.tempo min/km |
|------|-----|---|------|-------------------|-------------|------------|----------------|-----|----|-------------|--------------|-----------------|
| 121 | 133 | Artur Witczak PK 1: 00:10:00 5 km: 00:28:55 PK 3: 00:49:09 | POL | GOSTYŃ | Gostyń | M40 | 39 | 100 | | 00:59:20 | 00:59:34 | 05:56 |
| 122 | 130 | Cezary Wawrzyniak PK 1: 00:09:20 5 km: 00:28:16 PK 3: 00:48:43 | POL | Technisat | Wrocław | M30 | 30 | 101 | | 00:59:40 | 00:59:52 | 05:58 |
| 123 | 72 | Sebastian Lamperski PK 1: 00:09:30 5 km: 00:27:06 PK 3: 00:47:48 | POL | ML_run | Rawicz | M20 | 14 | 102 | | 00:59:44 | 00:59:53 | 05:58 |
| 124 | 10 | Mateusz Borkowski PK 1: 00:08:08 5 km: 00:26:34 PK 3: 00:49:46 | POL | | Żmigród | M16 | 1 | 103 | | 01:00:13 | 01:00:22 | 06:01 |
| 125 | 96 | Artur Pachocki PK 1: 00:10:34 5 km: 00:29:31 PK 3: 00:49:17 | POL | | Wiry | M50 | 14 | 104 | | 01:00:14 | 01:00:29 | 06:01 |
| 126 | 161 | Mateusz Walkowiak PK 1: 00:11:40 5 km: 00:31:44 PK 3: 00:51:13 | POL | | Milicz | M30 | 31 | 105 | | 01:01:06 | 01:01:22 | 06:07 |
| 127 | 4 | Witold Bala PK 1: 00:10:24 5 km: 00:29:57 PK 3: 00:50:15 | POL | KB SUKCES ŻMIGRÓD | Żmigród | M60 | 7 | 106 | | 01:01:21 | 01:01:37 | 06:08 |
| 128 | 80 | Magdalena Matysiak PK 1: 00:09:53 5 km: 00:29:06 PK 3: 00:50:09 | POL | Powrót do korzeni | Poznań | K40 | 4 | | 22 | 01:01:26 | 01:01:40 | 06:09 |
| 129 | 47 | Edward Kaszuba PK 1: 00:11:21 5 km: 00:31:10 PK 3: 00:51:15 | POL | WKB Piast Wrocław | Wrocław | M70+ | 1 | 107 | | 01:01:42 | 01:01:55 | 06:10 |
| 130 | 115 | Adrian Skrzypek PK 1: 00:09:04 5 km: 00:28:30 PK 3: 00:50:13 | POL | Masłowo Biega | Masłowo | M40 | 40 | 108 | | 01:02:20 | 01:02:24 | 06:14 |
| 131 | 142 | Agnieszka Maćków PK 1: 00:10:19 5 km: 00:30:37 PK 3: 00:51:16 | POL | | Strobice | K40 | 5 | | 23 | 01:02:13 | 01:02:25 | 06:13 |
| 132 | 36 | Katarzyna Huzarska PK 1: 00:10:43 5 km: 00:31:07 PK 3: 00:52:38 | POL | Technisat | 55-110 | K30 | 11 | | 24 | 01:04:10 | 01:04:21 | 06:25 |
| 133 | 159 | Franciszek Turowski PK 1: 00:10:16 5 km: 00:30:46 PK 3: 00:52:57 | POL | | Krzeńsko | M60 | 8 | 109 | | 01:04:57 | 01:05:08 | 06:30 |
| 134 | 143 | Klaudia Maćków PK 1: 00:10:19 5 km: 00:31:21 PK 3: 00:53:47 | POL | | Pakosławice | K20 | 4 | | 25 | 01:06:10 | 01:06:22 | 06:37 |
| 135 | 23 | Aleksandra Gałka PK 1: 00:11:36 5 km: 00:33:03 PK 3: 00:56:08 | POL | Technisat | Żmigród | K40 | 6 | | 26 | 01:08:21 | 01:08:21 | 06:50 |
| 136 | 144 | Małgorzata Maćków PK 1: 00:10:37 5 km: 00:34:09 PK 3: 00:58:22 | POL | | Pakosławice | K20 | 5 | | 27 | 01:11:26 | 01:11:38 | 07:09 |
| 137 | 156 | Magdalena Sajewicz PK 1: 00:10:55 5 km: 00:33:29 PK 3: 00:58:39 | POL | | Żmigród | K40 | 7 | | 28 | 01:12:48 | 01:12:51 | 07:17 |
| 138 | 155 | Maciej Sajewicz PK 1: 00:10:56 5 km: 00:33:31 PK 3: 00:58:40 | POL | | Żmigród | M40 | 41 | 110 | | 01:12:48 | 01:12:51 | 07:17 |
| 139 | 21 | Kamila Dziadykiewicz PK 1: 00:11:25 5 km: 00:34:30 PK 3: 00:59:34 | POL | Technisat | Siemianice | K30 | 12 | | 29 | 01:13:12 | 01:13:23 | 07:19 |
| 140 | 64 | Nikoleta Kropielnicka PK 1: 00:12:01 5 km: 00:36:28 PK 3: 01:02:28 | POL | | Żmigród | K40 | 8 | | 30 | 01:16:18 | 01:16:30 | 07:38 |

11. Żmigrodzki Bieg Smoka

Żmigród 11.06.2022 | Dystans: 10,00 km | Wyniki OPEN

Klasyfikacja według czasów brutto



| Msc. | Nr | Imię i nazwisko | Kraj | Klub | Miejscowość | Kat. wiek. | msc. kat.wiek. | M | K | Wynik netto | Wynik brutto | śr.tempo min/km |
|------|-----|---|------|---------------|----------------|------------|----------------|-----|----|-------------|--------------|-----------------|
| 141 | 19 | Leon Dubij PK 1: 00:11:23 5 km: 00:34:11 PK 3: 01:03:04 | POL | WKB Piast | Wrocław | M70+ | 2 | 111 | | 01:16:21 | 01:16:35 | 07:38 |
| 142 | 11 | Stanisław Burkowski PK 1: 00:12:34 5 km: 00:37:40 PK 3: 01:04:51 | POL | Żmigród | Żmigród | M70+ | 3 | 112 | | 01:20:12 | 01:20:27 | 08:01 |
| 143 | 39 | Katarzyna Janik PK 1: 00:11:54 5 km: 00:36:24 PK 3: 01:04:41 | POL | | Żmigródek | K40 | 9 | | 31 | 01:20:13 | 01:20:27 | 08:01 |
| 144 | 122 | Andrzej Szafraniec PK 1: 00:12:53 5 km: 00:38:53 PK 3: 01:06:20 | POL | | Zakrzewo | M60 | 9 | 113 | | 01:21:06 | 01:21:24 | 08:07 |
| 145 | 128 | Marek Tyczyński PK 1: 00:12:43 5 km: 00:43:06 PK 3: 01:09:13 | POL | Masłowo Biega | Rawicz-Masłowo | M50 | 15 | 114 | | 01:22:18 | 01:22:28 | 08:14 |
| DSQ | 148 | Aneta Siciak PK 1: 00:09:21 5 km: 00:27:54 PK 3: | POL | Korzeńsko | Korzeńsko | K40 | | | | 00:39:28 | 00:39:39 | 03:57 |