



Grand Prix of Poland - Local Heroes Defend Titles

With one of the strongest fields ever in a Towerrunning Grand Prix event it was always going to be a tough climb to the top of not only Rondo 1, but also the podium. Much to the delight of local fans, it was defending champions Piotr Lobodzinski (POL) and Dominika Wisniweska-Ulfik (POL), who came away with the win. The unique and tactically challenging race format, incorporating an all-important qualification round, followed by the staggered final round, was no issue for the experienced duo, who used the qualification round as a crucial step to victory.

In the men's elite, with the top 3 World Cup leaders all participating, the qualification round saw only 6 seconds separating the trio, with Lobodzinski finishing a close 1.58 seconds ahead of Christian Riedl (GER), and Tomas Celko (SVK) a further 4.75 seconds behind. Interestingly, both Riedl and Celko were faster than Lobodzinski to the 10th floor and also in the final 4 floors of the 37 floors, but it was Lobodzinski's strength and consistency in the middle section that cinched the win and the vital lead off for the final.

Lobodzinski powered away in the final round to take the overall win in 3:33.88. Riedl held on for the second place 12 seconds behind, while Celko also maintained his position to take the bronze, a further 7 seconds behind. "After the qualification round I was a little disappointed with my time. It was 4 seconds slower than last year, and only one second ahead of Christian" said Lobodzinski, "But I was happy to defend my title and my overall performance was similar to last year. Now I look forward to the next race in Paris on Friday, and afterwards to the World Championships."

Except for Wisniweska-Ulfik, who triumphed in both rounds, the women's elite race saw some exciting racing, with reshuffling of the minor positions from the qualification round to the final standings. The Polish Mountain Running Champion ran an incredibly strong qualification, clocking 4:40.54 to break the previous course record, and gain a crucial 8 second start off lead to 2014 Towerrunning World Cup runner-up Lenka Svabikova (CZE) and an 11 second lead to Anna Ficner (POL). She held this position to take the final in 4:49.57, with the fast finishing Ficner gaining a place and some time, to finish only 7 seconds behind. In similar fashion, Zuzana Krchova (CZE) also finished strongly, narrowly pipping Svabikova for 3rd by only 0.83 second.



In its 5th edition, the Rondo 1 Run Up has become a very popular event on the local running scene with the participant limit of 500 reached only 30 minutes after release. "The Rondo 1 Run Up once more proved its organizational class. We saw another star-studded edition of the Polish Grand Prix with a fine selection of Europe's top-ranked Towerrunning athletes pushing each other to the limit", said TWA President Sebastian Wurster, "This race, coined by the great passion of event crew, runners and spectators, is a shining example for the development of our sport in Eastern Europe."

Website <http://www.biegnaszczyt.pl/en>

Contact mail: office@towerrunning.com