



Mistrzostwa Polski w wieloboju

WARSZAWA, 15-16 marca 2008



Wyniki dystansu

10000 m mężczyzn

RŚ:12:51.60	Sven KRAMER	NETHERLANDS	Calgary	06/03/19
RP:13:19.73	Paweł ZYGMUNT	ERBET Krynica	Heerenveen	05/12/04

Para	Tor	Numer	Imię i Nazwisko	Rocznik	Klub	Wynik (Ranking)								
1	W	30	Artur NOGAL	90	RKS MARYMONT Warszawa (MAZ)	17:28.52 (10)								
200m		42.56 (42.56)	600m	1:22.41 (39.85)	600m	2:04.21 (41.81)	1400m	2:47.23 (43.03)	1800m	3:29.15 (41.92)	2200m	4:11.25 (42.11)	2600m	4:53.91 (42.66)
finish		5:36.31 (42.41)		6:18.89 (42.58)		7:02.36 (43.47)		7:45.74 (43.39)		8:29.29 (43.55)		9:12.46 (43.17)		9:55.64 (43.18)
		10:38.27 (42.64)		11:22.15 (43.88)		12:03.77 (41.63)		12:45.95 (42.18)		13:26.91 (40.96)		14:08.68 (41.77)		14:51.92 (43.24)
		15:33.05 (41.14)		16:14.23 (41.18)		16:54.52 (40.29)		17:28.52 (34.00)"						
	Z	27	Damian GWADERA	91	RKS MARYMONT Warszawa (MAZ)	18:38.43 (11)								
200m		42.70 (42.70)	600m	1:24.04 (41.35)	600m	2:06.71 (42.67)	1400m	2:51.00 (44.30)	1800m	3:35.48 (44.48)	2200m	4:20.05 (44.58)	2600m	5:03.83 (43.78)
finish		5:49.10 (45.28)		6:34.75 (45.65)		7:20.25 (45.50)		8:07.09 (46.85)		8:53.86 (46.78)		9:40.72 (46.86)		10:27.14 (46.42)
		11:13.67 (46.54)		12:00.29 (46.62)		12:46.33 (46.04)		13:29.59 (43.27)		14:14.40 (44.82)		15:01.06 (46.66)		15:46.64 (45.59)
		16:30.94 (44.31)		17:15.00 (44.06)		17:56.78 (41.79)		18:38.43 (41.65)"						
2	W	33	Jan SZYMAŃSKI	89	RKS MARYMONT Warszawa (SMS) (MAZ)	15:06.06 (3) PB								
200m		37.91 (37.91)	600m	1:12.23 (34.32)	600m	1:47.15 (34.92)	1400m	2:22.61 (35.47)	1800m	2:58.04 (35.43)	2200m	3:34.29 (36.26)	2600m	4:10.84 (36.55)
finish		4:47.71 (36.87)		5:24.26 (36.56)		6:01.13 (36.88)		6:37.77 (36.64)		7:15.14 (37.38)		7:51.91 (36.77)		8:28.53 (36.63)
		9:05.61 (37.08)		9:42.01 (36.41)		10:18.11 (36.10)		10:54.53 (36.42)		11:31.27 (36.75)		12:07.72 (36.45)		12:44.18 (36.47)
		13:20.80 (36.62)		13:56.86 (36.06)		14:32.44 (35.59)		15:06.06 (33.62)"						
	Z	18	Mateusz WARYCH	90	KS PILICA Tomaszów (LDZ)	16:21.17 (8) PB								
200m		39.26 (39.26)	600m	1:15.95 (36.69)	600m	1:54.13 (38.19)	1400m	2:33.26 (39.14)	1800m	3:11.83 (38.57)	2200m	3:50.16 (38.34)	2600m	4:28.32 (38.17)
finish		5:07.72 (39.40)		5:47.50 (39.79)		6:26.99 (39.49)		7:06.80 (39.82)		7:46.58 (39.78)		8:27.02 (40.45)		9:07.21 (40.19)
		9:46.55 (39.35)		10:25.98 (39.43)		11:05.83 (39.86)		11:45.65 (39.82)		12:25.35 (39.70)		13:05.16 (39.82)		13:44.43 (39.27)
		14:23.43 (39.00)		15:03.39 (39.96)		15:42.95 (39.57)		16:21.17 (38.22)"						
3	W	3	Mateusz BAJER	88	AZS Zakopane (MLP)	15:22.74 (6) PB								
200m		40.45 (40.45)	600m	1:14.05 (33.60)	600m	1:48.48 (34.44)	1400m	2:24.38 (35.91)	1800m	3:00.52 (36.14)	2200m	3:36.80 (36.28)	2600m	4:13.31 (36.52)
finish		4:49.92 (36.61)		5:27.64 (37.73)		6:05.25 (37.61)		6:42.57 (37.33)		7:19.10 (36.53)		7:57.37 (38.28)		8:34.57 (37.20)
		9:14.16 (39.60)		9:50.92 (36.76)		10:28.04 (37.12)		11:05.13 (37.10)		11:42.24 (37.11)		12:19.94 (37.71)		12:57.31 (37.37)
		13:34.08 (36.78)		14:10.96 (36.89)		14:47.98 (37.02)		15:22.74 (34.76)"						
	Z	28	Daniel GWADERA	90	RKS MARYMONT Warszawa (MAZ)	16:29.29 (9) PB								
200m		40.34 (40.34)	600m	1:15.44 (35.10)	600m	1:53.20 (37.77)	1400m	2:32.49 (39.30)	1800m	3:10.26 (37.77)	2200m	3:47.60 (37.34)	2600m	4:27.89 (40.29)
finish		5:08.74 (40.86)		5:49.76 (41.02)		6:30.88 (41.12)		7:12.46 (41.59)		7:53.83 (41.37)		8:34.64 (40.82)		9:11.27 (36.63)
		9:47.15 (35.88)		10:26.10 (38.96)		11:07.13 (41.03)		11:47.87 (40.74)		12:30.19 (42.33)		13:13.46 (43.27)		13:54.89 (41.44)
		14:31.64 (36.75)		15:12.37 (40.73)		15:52.56 (40.19)		16:29.29 (36.74)"						
4	W	31	Piotr PUSZKARSKI	85	RKS MARYMONT Warszawa (MAZ)	DQ								
200m		40.59 (40.59)	600m	1:17.50 (36.91)	600m	1:55.30 (37.81)	1400m	2:33.28 (37.98)	1800m	3:10.60 (37.33)	2200m	3:48.00 (37.40)	2600m	4:25.95 (37.95)
finish		5:04.38 (38.44)		5:42.95 (38.58)		6:21.78 (38.83)		7:01.69 (39.92)		7:42.84 (41.15)		8:23.55 (40.72)		9:05.24 (41.69)
		9:47.14 (41.91)		10:29.75 (42.61)		11:10.74 (41.00)		11:52.87 (42.13)		12:33.57 (40.71)		13:12.12 (38.55)		13:48.93 (36.82)
		14:25.09 (36.16)		15:00.10 (35.01)		15:35.95 (35.86)"								
	Z	17	Roland CIEŚLAK	88	KS PILICA Tomaszów (LDZ)	15:26.31 (7)								
200m		40.30 (40.30)	600m	1:17.44 (37.15)	600m	1:54.63 (37.19)	1400m	2:32.23 (37.60)	1800m	3:10.16 (37.94)	2200m	3:47.88 (37.72)	2600m	4:25.28 (37.40)
finish		5:03.73 (38.45)		5:41.65 (37.93)		6:18.69 (37.04)		6:55.80 (37.11)		7:33.66 (37.87)		8:11.42 (37.77)		8:49.19 (37.77)
		9:25.36 (36.18)		10:02.20 (36.84)		10:38.89 (36.70)		11:15.29 (36.40)		11:52.01 (36.73)		12:28.81 (36.81)		13:05.67 (36.86)
		13:42.25 (36.59)		14:18.46 (36.22)		14:53.39 (34.93)		15:26.31 (32.92)"						

5	W	24	Sławomir CHMURA	83	MKS MOS Pruszków (MAZ)	14:49.77 (2)							
200m	38.52 (38.52)	600m	1:13.07 (34.56)	600m	1:47.99 (34.92)	1400m	2:23.02 (35.03)	1800m	2:58.10 (35.08)	2200m	3:33.14 (35.04)	2600m	4:08.19 (35.06)
finish	4:43.74 (35.55)		5:19.34 (35.60)		5:55.33 (36.00)		6:31.09 (35.76)		7:06.97 (35.88)		7:42.22 (35.26)		8:17.16 (34.94)
	8:52.14 (34.99)		9:27.59 (35.46)		10:03.42 (35.83)		10:39.80 (36.38)		11:15.73 (35.94)		11:51.49 (35.77)		12:27.51 (36.03)
	13:03.17 (35.66)		13:38.76 (35.59)		14:14.70 (35.95)		14:49.77 (35.07)*						

	Z	7	Dariusz STANUCH	86	AZS Zakopane (MLP)	15:09.73 (5) PB							
200m	39.36 (39.36)	600m	1:15.38 (36.03)	600m	1:52.10 (36.72)	1400m	2:28.39 (36.30)	1800m	3:05.01 (36.63)	2200m	3:41.22 (36.21)	2600m	4:18.25 (37.04)
finish	4:54.94 (36.69)		5:31.97 (37.04)		6:08.58 (36.61)		6:45.49 (36.92)		7:21.76 (36.28)		7:58.32 (36.56)		8:34.96 (36.64)
	9:11.97 (37.02)		9:47.51 (35.54)		10:24.48 (36.98)		11:00.96 (36.48)		11:36.93 (35.97)		12:12.55 (35.63)		12:47.89 (35.35)
	13:22.48 (34.60)		13:58.05 (35.57)		14:34.06 (36.01)		15:09.73 (35.67)*						

6	W	5	Konrad NIEDŹWIEDZKI	85	AZS Zakopane (MLP)	15:06.15 (4) PB							
200m	38.97 (38.97)	600m	1:13.91 (34.95)	600m	1:49.09 (35.18)	1400m	2:24.21 (35.12)	1800m	2:59.58 (35.38)	2200m	3:34.63 (35.05)	2600m	4:09.99 (35.36)
finish	4:45.36 (35.38)		5:20.70 (35.34)		5:56.16 (35.46)		6:31.94 (35.78)		7:07.31 (35.38)		7:42.64 (35.34)		8:17.99 (35.36)
	8:53.55 (35.56)		9:29.72 (36.18)		10:06.41 (36.69)		10:43.61 (37.20)		11:20.60 (37.00)		11:58.06 (37.47)		12:35.52 (37.46)
	13:13.21 (37.69)		13:51.23 (38.02)		14:28.95 (37.73)		15:06.15 (37.20)*						

	Z	4	Sebastian DRUSZKIEWICZ	86	AZS Zakopane (MLP)	14:46.81 (1)							
200m	38.64 (38.64)	600m	1:14.08 (35.45)	600m	1:48.69 (34.61)	1400m	2:24.13 (35.44)	1800m	2:58.67 (34.55)	2200m	3:34.14 (35.48)	2600m	4:09.15 (35.01)
finish	4:44.66 (35.51)		5:19.51 (34.85)		5:55.12 (35.62)		6:31.02 (35.91)		7:06.63 (35.61)		7:41.43 (34.81)		8:16.54 (35.12)
	8:51.72 (35.18)		9:27.40 (35.68)		10:03.75 (36.35)		10:40.20 (36.46)		11:16.00 (35.81)		11:51.88 (35.88)		12:27.47 (35.59)
	13:02.80 (35.34)		13:37.67 (34.88)		14:12.38 (34.71)		14:46.81 (34.44)*						

Start konkurencji: 12:21

Temp: 11.1 C - Wilgotność: 41 % - Lód: -0.7 C

Sędzia Główny Zawodów: Stanisław Rząsa (Sanok)

Kierownik Biura Zawodów: Leszek Urbański (Warszawa)