

Bieg Biegam Bo Lubię LASY Chojnów 2016

CHOJNÓW, 23 października 2016

Klasyfikacja generalna

10 km

Lp.	Num	Zawodnik	Data	Kat.	Klub	1	2	3	4	5	6	Razem	Suma 1-4
1	479	ŚWINARSKA Agnieszka	1978	K-30		00:44:03	00:44:42	00:46:49	00:49:01			02:15:34	03:04:35
2	477	SZKUTA Monika	1977	K-30	Kondycja	00:45:18	00:45:16	00:48:42	00:46:44			02:17:18	03:06:00
3	550	GŁOWACKA Aneta	1986	K-30	SOKÓŁ BODZANÓW	00:45:16		00:46:32	00:46:04			02:17:52	02:17:52
4	411	MARCINEK Agnieszka	1978	K-30	Kondycja	00:47:34	00:47:23	00:49:24	00:46:43			02:21:40	03:11:04
5	642	NOWIK Jagoda	1981	K-30	Ekobiegi		00:46:59	00:48:33	00:46:29			02:22:01	02:22:01
6	431	RUSZCZYŃSKA Marta	1978	K-30	Maków Biega	00:49:26	00:51:25	00:49:40	00:46:24			02:25:30	03:16:55
7	574	GRZYB Marta	1988	K-30			00:51:19	00:49:07	00:45:27			02:25:53	02:25:53
8	452	MADZIARSKA Monika	1978	K-30	GÓRSKIE MARZENIA	00:50:05	00:47:09	00:50:44	00:59:30			02:27:58	03:27:28
9	458	STEGNER Anna	1974	K-40		00:46:27	00:49:25	00:52:24				02:28:16	02:28:16
10	409	MURAWSKA Marta	1990	K-30		00:46:41	00:50:05	00:54:05	00:53:06			02:29:52	03:23:57
11	418	SUPRUNIUK Anna	1979	K-30	KSW SAIYAN	00:50:16		00:48:14	00:52:09			02:30:39	02:30:39
12	341	KOWALSKA Alicja	1985	K-30		00:52:05	00:59:03	00:54:17	00:46:29			02:32:51	03:31:54
13	317	GÓRECZNY Kamila	1978	K-30	Multisport Piaseczno	00:48:50	00:49:48	00:54:23				02:33:01	02:33:01
14	465	PAWŁOWSKA Katarzyna	1975	K-40	aleTEMPO	00:52:28	00:51:06		00:50:54			02:34:28	02:34:28
15	394	LENART Iwa	1978	K-30		00:50:05	00:55:25	00:49:00				02:34:30	02:34:30
16	354	KACZYŃSKA Joanna	1981	K-30		00:55:46	00:59:27	00:51:53	00:49:04			02:36:43	03:36:10
17	382	ZARZYCKA Ewa	1977	K-30	Działamy & WorkFit Adventure T	00:51:45	00:53:46	00:51:47	00:54:52			02:37:18	03:32:10
18	422	ZAJĄC Dorota	1967	K-40		00:53:24	00:54:07	00:51:51	00:52:05			02:37:20	03:31:27
19	436	STASIEWICZ Iga	1984	K-30		00:52:29	00:53:28	00:54:06	00:52:05			02:38:02	03:32:08
20	374	BARAN Paulina	1990	K-30		00:56:16	00:58:13	00:51:38	00:51:23			02:39:17	03:37:30
21	585	WĄSOWSKA Jagoda	1966	K-40	Kallińska Team	00:55:17	00:52:14	00:52:34				02:40:05	02:40:05
22	410	MIŁKO Jolanta	1976	K-30	AKS Polonia Warszawa	00:57:12	00:55:08	00:51:42	00:54:24			02:41:14	03:38:26
23	444	PYZEL Agnieszka	1968	K-40		00:57:54	00:52:36	00:51:20				02:41:50	02:41:50
24	448	ODOLCZYK Joanna	1965	K-40		00:53:08	00:55:20	00:53:38				02:42:06	02:42:06
25	580	SZUBA Zofia	1953	K-55+			00:55:03	00:53:26	00:54:27			02:42:56	02:42:56
26	395	KOSNOWSKA Katarzyna	1968	K-40		00:52:10	00:58:25	00:56:08				02:46:43	02:46:43
27	351	GÓRCZYŃSKA Beata	1982	K-30	Piaseczno Running	00:55:51	00:57:09	00:56:22	00:54:43			02:46:56	03:44:05
28	429	ŻAK Oliwia	1982	K-30	Piaseczno Running	00:56:30	00:57:09	00:53:55				02:47:34	02:47:34
29	414	ZAWADZKA Magdalena	1981	K-30	AKS Polonia Warszawa	00:56:41	00:57:03	00:58:21	00:54:53			02:48:37	03:46:58
30	324	BUGAJEWSKA Anna	1961	K-40	KB IM. P. SĘKOWSKIEGO W PŁO	00:56:46	00:56:39		00:57:26			02:50:51	02:50:51
31	590	BARANOWSKA Marta	1989	K-30	Nadleśnictwo Wyszaków		00:55:45	00:58:40	00:57:19			02:51:44	02:51:44
32	455	MUSIALSKA Justyna	1982	K-30	Power Training	00:56:37	00:58:33	00:58:56	00:57:32			02:52:42	03:51:38
33	427	MICHALSKA Ewa	1986	K-30	Kali i Jego Babki	01:02:59	00:58:04	00:54:42				02:55:45	02:55:45
34	356	BUDZAJ Magdalena	1977	K-30	Neptunet Team	00:54:30	01:03:46	00:57:44				02:56:00	02:56:00
35	571	ŻYWEK Teresa	1947	K-55+	tripower.pl		01:00:25	00:59:11	00:56:36			02:56:12	02:56:12
36	485	WIŚNIEWSKA Marta	1980	K-30		00:56:56	01:02:21	00:58:31				02:57:48	02:57:48
37	415	ŻOŁNOWSKA Magdalena	1981	K-30	Power Training	00:58:26	01:00:45	01:02:05	00:59:13			02:58:24	04:00:29
38	439	ROMANOWSKA Marta	1985	K-30	Działamy działamy	01:00:46		01:00:55	00:59:50			03:01:31	03:01:31
39	320	GROMEK Bożena	1962	K-40	TEAM Białobrzegi / Team BOMIK	01:01:15	01:00:03	01:02:29	01:00:39			03:01:57	04:04:26
40	366	BUDA Katarzyna	1981	K-30	Chraszczki	00:59:37	01:01:58	01:02:54				03:04:29	03:04:29
	476	RĘBIŚ Joanna	1975	K-40		00:45:12	00:43:33					01:28:45	01:28:45
	619	KUCIŃSKA Magdalena	1984	K-30				00:51:29	00:47:20			01:38:49	01:38:49
	513	DĄBROWSKA Katarzyna	1988	K-30	HW Tri team		00:50:42		00:50:18			01:41:00	01:41:00
	488	ZAMBRZYCKA-ROZNER Ewa	1983	K-30	Kondycja		00:51:42		00:50:07			01:41:49	01:41:49
	572	JÓZEFACKA Katarzyna	1976	K-30	Grupa Biegowa Parkrun Warsza		00:54:22	00:52:01				01:46:23	01:46:23

DNF-nie ukończył/a, L-Leśnicy i pracownicy Lasów Państwowych

Druk: 16-10-23 13:15:22

10 km

Lp.	Num	Zawodnik	Data	Kat.	Klub	1	2	3	4	5	6	Razem	Suma 1-4
	622	KOSTERA Katarzyna	1979	K-30	vege runners			00:54:10	00:52:30			01:46:40	01:46:40
	342	JAWOROWICZ Dobrochna	1976	K-30	Kalińska Team	00:52:25	00:55:26					01:47:51	01:47:51
	549	DOBKOWSKA Anna	1951	K-55+	KB Galeria Warszawa	00:55:36	00:54:37					01:50:13	01:50:13
	368	KOBYŁECKA Dorota	1981	K-30	KB Galeria Warszawa	00:52:21	00:58:38					01:50:59	01:50:59
	614	BOROŃ Izabela	1975	K-40				00:54:32	00:56:34			01:51:06	01:51:06
	370	JĘDRUSZCZAK Monika	1988	K-30	Goggle PAE Team	00:54:42	00:57:38					01:52:20	01:52:20
	578	PAWLAK Ewelina	1982	K-30			00:58:55		00:54:06			01:53:01	01:53:01
	597	KNOLL Katarzyna	1980	K-30	Mamy Ruszamy		00:56:00	00:58:03				01:54:03	01:54:03
	646	STANKIEWICZ Ewa	1983	K-30				01:00:25	00:54:55			01:55:20	01:55:20
	568	JAROSZ-PIWOŃSKA Aldona	1979	K-30			00:59:05		00:56:20			01:55:25	01:55:25
	387	FIEDORCZUK Alicja	1986	K-30	Fuszerka running team	00:55:16	01:00:50					01:56:06	01:56:06
	454	WILK Katarzyna	1964	K-40		00:58:04			00:59:30			01:57:34	01:57:34
	553	KOŁODZIEJSKA Katarzyna	1978	K-30	Piaseczno Running	00:56:22	01:02:08					01:58:30	01:58:30
	526	ROGUSKA Anna	1997	K-30		01:02:25			00:56:17			01:58:42	01:58:42
	595	WINNICKA Edyta	1988	K-30			01:01:05		00:58:30			01:59:35	01:59:35
	420	MILEWSKA Anna	1977	K-30		01:02:28	00:59:05					02:01:33	02:01:33
	337	GAŚSIOROWSKA Dorota	1969	K-40	Kali i Jego Babki	00:59:46	01:02:09					02:01:55	02:01:55
	592	MIERZWIŃSKA Monika	1986	K-30			01:04:45	01:00:50				02:05:35	02:05:35
	509	LIPSKA Kinga	1995	K-30		01:01:13	01:05:57					02:07:10	02:07:10
	393	LICHOCKA Agata	1983	K-30		01:01:32	01:06:31					02:08:03	02:08:03
	423	PYZEL Izabela	1981	K-30		01:02:11	01:09:53					02:12:04	02:12:04
	562	BIAŁOGRODZKA Mariola	1985	K-30			01:08:24	01:06:42				02:15:06	02:15:06
	468	MIESIAK Edyta	1990	K-30		00:40:19						00:40:19	00:40:19
	459	SOŁTYSIAK Emilia	1995	K-30	Kalińska Team	00:45:34						00:45:34	00:45:34
	365	HAGEN Marta	1989	K-30	Dogoń Grodzisk Mazowiecki	00:46:57						00:46:57	00:46:57
	498	NAJDER Ewa	1957	K-55+		00:49:34						00:49:34	00:49:34
	481	OSTAPIŃSKA Magda	1974	K-40		00:49:35						00:49:35	00:49:35
	330	KRAJEWSKA Olga	1977	K-30	AKS Polonia Warszawa	00:50:16						00:50:16	00:50:16
	634	GODZIMIRSKA-PIETRZAK Magdal	1977	K-30				00:51:00				00:51:00	00:51:00
	616	MARCZAK Grażyna	1953	K-55+				00:52:32				00:52:32	00:52:32
	566	SMOCZYŃSKA Magdalena	1979	K-30	Mamy Ruszamy		00:52:43					00:52:43	00:52:43
	478	RADKA Joanna	1987	K-30		00:52:56						00:52:56	00:52:56
	343	KADZIKIEWICZ Joanna	1985	K-30					00:53:02			00:53:02	00:53:02
	399	OPOWICZ Marzena	1963	K-40	Warszawa				00:53:09			00:53:09	00:53:09
	488	ZAMBRZYCKA Ewa	1983	K-30	Kondycja	00:53:24						00:53:24	00:53:24
	179	ZIENKIEWICZ Agata	1980	K-30	Piaseczno Running		00:53:40					00:53:40	00:53:40
	589	KURCIŃSKA Lidia	1981	K-30			00:54:07					00:54:07	00:54:07
	353	AUGUSTYNIAK-KIELAK Justyna	1975	K-40		00:54:13						00:54:13	00:54:13
	510	KANDEFER Anna	1970	K-40		00:54:17						00:54:17	00:54:17
	352	BROŻYNA Monika	1990	K-30	BBL lasy				00:55:21			00:55:21	00:55:21
	598	FILIP Katarzyna	1976	K-30	Mamy Ruszamy		00:55:36					00:55:36	00:55:36
	333	DOBRZYŃSKA Nina	1973	K-40		00:55:36						00:55:36	00:55:36
	182	BRODNIOWICZ Agnieszka	1987	K-30	Parkun Ursynów III			00:56:09				00:56:09	00:56:09
	617	KOWALEWSKA Izabela	1980	K-30	Piaseczno Running			00:56:14				00:56:14	00:56:14
	342	ŁEMPICKA Małgorzata	1985	K-30	Piaseczno Running				00:56:16			00:56:16	00:56:16
	553	ADAMUS Katarzyna	1978	K-30	Piaseczno Running				00:56:16			00:56:16	00:56:16
	649	KOLIBABSKA Malwina	1985	K-30	Hardcorowe Wychyliłybyśmy			00:56:28				00:56:28	00:56:28
	378	JURCZAK Anna	1979	K-30		00:57:16						00:57:16	00:57:16
	388	NATUSIEWICZ Anna	1986	K-30	Klub Iwo Stowarzyszenie				00:58:19			00:58:19	00:58:19
	334	ZALIPSKA Joanna	1976	K-30					00:58:26			00:58:26	00:58:26
	493	URBAŃSKA-BŁASZCZYK Ania	1985	K-30	Barbell team	00:58:28						00:58:28	00:58:28
	633	BAZYLUK Aleksandra	1990	K-30	Warszawa			00:59:12				00:59:12	00:59:12
	607	KOWALSEWSKA Dorota	1967	K-40			00:59:53					00:59:53	00:59:53
	435	WILCZEK Urszula	1993	K-30		01:00:02						01:00:02	01:00:02

DNF-nie ukończył/a, L-Leśnicy i pracownicy Lasów Państwowych

Druk: 16-10-23 13:15:22

10 km

Lp.	Num	Zawodnik	Data	Kat.	Klub	1	2	3	4	5	6	Razem	Suma 1-4
	641	MORAWSKA Anna	1953	K-55+				01:00:42				01:00:42	01:00:42
	600	OACHCIAREK Magdalena	1981	K-30	Piastów		01:01:21					01:01:21	01:01:21
	553	ADAMUS (WCZEŚN. KOŁODZIEJSK	1978	K-30	Piaseczno Running			01:02:08				01:02:08	01:02:08
	631	MOJ Aleksandra	1987	K-30				01:02:51				01:02:51	01:02:51
	569	ZUBOWICZ Emilia	1990	K-30	TN Biegówki Wesoła		01:03:48					01:03:48	01:03:48
	267	STRASZAK Julita	1996	K-30				01:04:03				01:04:03	01:04:03
	548	MATYJEWICZ Klaudia	1992	K-30		01:04:17						01:04:17	01:04:17
	741	ROMANOWSKA Józefina	1982	K-30			01:05:34					01:05:34	01:05:34
	407	PIASEK-CHOJNACKA Ewa	1974	K-40	Kondycja	01:06:20						01:06:20	01:06:20
	527	ROGUSKA Joanna	1971	K-40		01:07:40						01:07:40	01:07:40
	636	ABRAM Anna	1975	K-40				01:08:41				01:08:41	01:08:41
	441	SLONIEWSKA Monika	1969	K-40	Kuchnia Biegacza	01:10:38						01:10:38	01:10:38
	442	MALEK Anna	1970	K-40	Kuchnia Biegacza	01:13:27						01:13:27	01:13:27
	593	MIELECKA Anna	1979	K-30	5Xam		01:13:49					01:13:49	01:13:49
	539	STĘPIEŃ Magdalena	1974	K-40		01:17:45						01:17:45	01:17:45
	100	GRABALSKA Aneta	1985	K-30				01:18:39				01:18:39	01:18:39

M

1	379	KUREK Łukasz	1983	M-35	Kalińska Team	00:36:44	00:36:00	00:37:42	00:36:30			01:49:14	02:26:56
2	494	ZALEWSKI Kasper	1994	M-35	ENTRE.PL Team	00:35:55	00:37:17		00:36:27			01:49:39	01:49:39
3	440	WIECHECKI Tomasz	1983	M-35	Działamy Workfit Adventure Tea	00:39:45	00:36:54		00:38:04			01:54:43	01:54:43
4	368	ARAK Tomasz	1979	M-35	Multisport Piaseczno	00:38:20	00:38:45		00:38:05			01:55:10	01:55:10
5	532	SZUBA Eryk	1972	M-35		00:38:48	00:38:03	00:38:23				01:55:14	01:55:14
6	506	CHOJNACKI Dominik	1990	M-35	KS Start Pułaski Warka	00:39:04	00:38:58		00:38:37			01:56:39	01:56:39
7	464	PIETRUSIAK Konrad	1982	M-35	Drużyna z Tartaku	00:42:32	00:39:49	00:39:12	00:40:01			01:59:02	02:41:34
8	412	WOJEWÓDZKI Marcin	1993	M-35	Wojewódzcy Team		00:40:35	00:39:37	00:39:03			01:59:15	01:59:15
9	347	KAMIŃSKI Paweł	1976	M-35	Ortoreh Team	00:40:32	00:39:12	00:40:39				02:00:23	02:00:23
10	501	DĄBROWSKI Kamil	1991	M-35		00:39:40	00:41:03	00:42:06	00:40:54			02:01:37	02:43:43
11	480	WNOROWSKI Stefan	1978	M-35	Parkrun Konstancin	00:40:13	00:40:16	00:41:11				02:01:40	02:01:40
12	404	SZYDLIK Arkadiusz	1982	M-35	Dogoń Grodzisk Mazowiecki	00:41:42	00:50:58	00:40:09	00:40:31			02:02:22	02:53:20
13	584	ZASĘPA Sebastian	1979	M-35	Runner 2.5		00:43:07	00:40:04	00:39:20			02:02:31	02:02:31
14	463	MYSZKOWSKI Sebastian	1978	M-35	Kalińska Team	00:38:30	00:44:26	00:39:54				02:02:50	02:02:50
15	450	MORAWSKI Piotr	1985	M-35		00:42:01	00:40:05		00:41:14			02:03:20	02:03:20
16	437	ZAJĄC Adam	1967	M-45	Naprzód Młociny	00:40:48	00:42:22	00:42:52	00:40:42			02:03:52	02:46:44
17	408	WĘCŁAŚ Maciej	1979	M-35	Multisport Piaseczno	00:39:46	00:39:48	00:46:19	00:44:36			02:04:10	02:50:29
18	339	KRÓL Arkadiusz	1977	M-35	N+RC	00:41:23	00:42:48	00:41:56	00:40:54			02:04:13	02:47:01
19	338	KRECZMAŃSKI Robert	1968	M-45			00:42:53	00:40:49	00:40:36			02:04:18	02:04:18
20	471	MIODUSZEWSKI Adam	1979	M-35	Grupa Biegowa Parkrun Warszawa	00:42:57	00:42:56	00:41:44	00:40:39			02:05:19	02:48:16
21	401	MISZTAŁ Michał	1977	M-35	Multisport Piaseczno	00:42:15	00:41:30	00:46:19	00:41:47			02:05:32	02:51:51
22	331	LEW-MIRSKI Janusz	1975	M-35	AKS Polonia Warszawa	00:40:50	00:42:11	00:42:33				02:05:34	02:05:34
23	319	KOZŁOWSKI Filip	2000	M-35	Dogoń Grodzisk Mazowiecki	00:41:20	00:41:35	00:42:59	00:44:26			02:05:54	02:50:20
24	349	DUDEK Radosław	1976	M-35	Dogoń Grodzisk	00:43:18	00:41:54	00:41:31				02:06:43	02:06:43
25	327	BIELECKI Marcin	1981	M-35	FMW Runners	00:43:28	00:42:58	00:41:52	00:42:23			02:07:13	02:50:41
26	530	PIEKARZ Marcin	1983	M-35	Syigma Bank	00:42:24	00:42:36	00:42:31	00:42:48			02:07:31	02:50:19
27	573	DĄBROWSKI Jarosław	1978	M-35	Mamy Ruszamy		00:41:55	00:43:46	00:41:53			02:07:34	02:07:34
28	505	LAMPART Piotr	1981	M-35		00:43:24	00:41:47		00:42:26			02:07:37	02:07:37
29	508	LIPSKI Michał	1989	M-35	Stary Człowiek Kojot	00:42:23	00:42:32	00:45:12	00:42:43			02:07:38	02:52:50
30	400	GŁUPCZYK Tadeusz	1967	M-45	Grupa Biegowa Parkrun Warszawa	00:45:07	00:44:19	00:42:22	00:41:35			02:08:16	02:53:23
31	495	OLĘDZKI Jacek	1973	M-35		00:43:06	00:46:04	00:43:20	00:42:22			02:08:48	02:54:52
32	359	BIAŁOGRODZKI Sylwester	1961	M-45	KB.Zalesie Górne	00:42:22	00:47:04	00:43:45	00:43:16			02:09:23	02:56:27
33	402	SKRZECZ Marcin	1981	M-35	Dogoń Grodzisk Mazowiecki	00:44:17	00:43:17	00:44:47	00:42:19			02:09:53	02:54:40
34	531	STEFANIUK Marcin	1981	M-35	Kultura Biega	00:43:24	00:42:20		00:44:51			02:10:35	02:10:35
35	474	SZKUTA Marcin	1976	M-35	Kondycja	00:41:12	00:49:06	00:40:23				02:10:41	02:10:41
36	360	BARTCZAK Robert	1970	M-45		00:44:52	00:43:44	00:42:53				02:11:29	02:11:29

DNF-nie ukończył/a, L-Leśnicy i pracownicy Lasów Państwowych

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10 km

Lp.	Num	Zawodnik	Data	Kat.	Klub	1	2	3	4	5	6	Razem	Suma 1-4
37	516	POŚNIK Tomasz	1976	M-35	Działamy & WorkFit Adventure T	01:03:21	00:43:55	00:43:54	00:43:46			02:11:35	03:14:56
38	398	GRZĘDA Krzysztof	1966	M-45	Kalińska Team	00:45:33	00:41:51	00:44:22				02:11:46	02:11:46
39	373	FALKOWSKI Piotr	1969	M-45	Kalińska Team	00:45:39	00:41:48	00:45:08				02:12:35	02:12:35
40	536	GÓRAL Tadeusz	1970	M-45		00:43:53	00:42:28	00:46:56				02:13:17	02:13:17
41	391	KAMIŃSKI Stanisław	1958	M-55+	GOS Nadarzyn	00:44:28	00:44:05	00:44:49	00:46:10			02:13:22	02:59:32
42	544	DOROMIEJCZUK Andrzej	1967	M-45	KONIUCHY	00:45:35	00:44:45		00:43:02			02:13:22	02:13:22
43	586	TROĆ Krzysztof	1981	M-35			00:42:24	00:41:54	00:49:29			02:13:47	02:13:47
44	417	MORAWSKI Mirosław	1968	M-45	Biegiem Radom !	00:45:05	00:44:30		00:45:26			02:15:01	02:15:01
45	483	OSTAPIŃSKI Wojtek	1972	M-35		00:49:36	00:42:15		00:43:30			02:15:21	02:15:21
46	397	ABRAM Przemysław	1971	M-35	Polski Klub MTB		00:46:20	00:45:44	00:43:22			02:15:26	02:15:26
47	372	BARAN Zenon	1960	M-55+	KB ACTIVESPORTS	00:45:44	00:44:48	00:45:23				02:15:55	02:15:55
48	355	BELKIEWICZ Rafał	1980	M-35		00:44:51	00:44:50	00:47:13	00:46:22			02:16:03	03:03:16
49	381	JAWOREK Grzegorz	1985	M-35	Trybik Northwave Team	00:41:44		00:49:09	00:45:29			02:16:22	02:16:22
50	406	SMOCZYŃSKI Piotr	1969	M-45		00:43:37	00:45:02	00:48:38				02:17:17	02:17:17
51	348	JACHYM Marcin	1970	M-45	Run FoRest IBL	00:45:25	00:45:28		00:47:37			02:18:30	02:18:30
52	469	MIESIAK Dariusz	1969	M-45		00:48:41	00:46:49	00:45:40	00:47:20			02:19:49	03:08:30
53	534	NARTOWSKI Jan	1959	M-55+	MORT!	00:47:45	00:45:57	00:46:29				02:20:11	02:20:11
54	426	WIERZBIŃSKI Karol	1975	M-35		00:47:22	00:48:06	00:46:31				02:21:59	02:21:59
55	514	DURKA Paweł	1984	M-35	koniuchy	00:49:52		00:46:26	00:45:47			02:22:05	02:22:05
56	546	SZYMAŃSKI Konrad	1982	M-35	KS START PUŁASKI WARKA	00:47:47	00:49:23	00:51:12	00:45:19			02:22:29	03:13:41
57	336	KOWALSKI Mariusz	1984	M-35		00:48:37	00:50:32	00:47:48	00:46:39			02:23:04	03:13:36
58	594	SADKOWSKI Rafał	1987	M-35	Run FoRest IBL	00:47:37	00:49:20	00:48:45	00:47:10			02:23:32	03:12:52
59	456	WÓJCIK Jarek	1982	M-35	Power Training	00:49:56	00:48:57	00:45:18	00:57:32			02:24:11	03:21:43
60	535	OWCZARCYK Paweł	1978	M-35		00:50:26	00:49:11	00:49:05	00:45:58			02:24:14	03:14:40
61	542	KOMOREK Michał	1983	M-35	LINA PĘKA NIE KOMANDOS	00:47:00	00:49:26	00:47:54				02:24:20	02:24:20
62	473	PIEKARZ Grzegorz	1964	M-45		00:48:41	00:50:30	00:52:11	00:45:22			02:24:33	03:16:44
63	371	JANISZEWSKI Jarosław	1979	M-35	KS Maków Biega	00:49:26	00:51:25	00:49:40	00:46:24			02:25:30	03:16:55
64	504	BRZOZOWSKI Andrzej	1954	M-55+		00:48:12	00:47:28	00:49:51				02:25:31	02:25:31
65	523	PIROGOW Tomek	1976	M-35		00:52:34	00:49:05		00:46:14			02:27:53	02:27:53
66	340	JANISZEWSKI Andrzej	1981	M-35	Barbell Zone	00:53:14	00:51:17	00:48:16	00:48:46			02:28:19	03:21:33
67	321	GROMEK Mirosław	1960	M-55+	12tri.pl	00:49:29	00:49:17	01:02:29	00:51:35			02:30:21	03:32:50
68	416	ZAJKOWSKI Mariusz	1980	M-35	Power Training	00:58:24	00:46:11	01:02:05	00:45:57			02:30:32	03:32:37
69	517	SIEK Mateusz	1986	M-35	ParkRun	00:51:23	00:51:08	00:48:59				02:31:30	02:31:30
70	438	ROMANOWSKI Piotr	1982	M-35	Działamy & WorkFit Adventure T	00:49:02	00:47:47	01:00:55	00:54:52			02:31:41	03:32:36
71	329	KRAWCZYK Daniel	1974	M-35	Kondycja	00:54:02	00:50:07	00:50:17	00:52:00			02:32:24	03:26:26
72	445	WŁODARCZYK Michał	1983	M-35	Gruzja Team	00:55:02		00:50:06	00:48:20			02:33:28	02:33:28
73	449	ODOLCZYK Jerzy	1961	M-45		00:53:08	00:49:12	00:51:21				02:33:41	02:33:41
74	587	ZISKA Maciej	1969	M-45		00:52:34	00:51:43	00:50:12				02:34:29	02:34:29
75	524	SZYMAŃSKI Robert	1975	M-35		00:53:14	00:53:12	00:49:35	00:51:54			02:34:41	03:27:55
76	490	ROZNER Artur	1982	M-35	Kondycja	00:53:24	00:51:42		00:50:07			02:35:13	02:35:13
77	376	BOSY Mariusz	1981	M-35	Prawie łysi	00:50:13	00:52:04	00:54:26	00:55:12			02:36:43	03:31:55
78	496	ROWICKI Jacek	1961	M-45		00:52:02	00:51:51	00:52:54				02:36:47	02:36:47
79	424	RATAJ Mariusz	1977	M-35		00:54:39	00:54:21	00:51:37	00:51:14			02:37:12	03:31:51
80	446	ZDUŃCZYK Michał	1979	M-35		00:55:40	00:52:25	00:55:12	00:49:51			02:37:28	03:33:08
81	362	JANKOWSKI Artur	1982	M-35		00:50:08	00:53:32	00:55:59	00:55:13			02:38:53	03:34:52
82	461	MAZURKIEWICZ Andrzej	1953	M-55+	Bieg Mazurka	00:54:08	00:54:59	00:53:54	00:51:21			02:39:23	03:34:22
83	447	ZDUŃCZYK Mirosław	1984	M-35		00:55:40	00:50:02	00:55:12				02:40:54	02:40:54
84	325	BUGAJEWSKI Janusz	1961	M-45	KB IM. P. SĘKOWSKIEGO W PŁO	00:55:13	01:02:42		00:46:15			02:44:10	02:44:10
85	629	ROWICKI Marcin	1996	M-35		00:51:55	00:52:32	00:59:51				02:44:18	02:44:18
86	357	BUDZAJ Robert	1975	M-35	Neptunet Team	00:46:34	01:03:46	00:53:59				02:44:19	02:44:19
87	470	SIUBCZYŃSKI Łukasz	1978	M-35	PKO Bank Polski	00:51:51		00:57:28	00:55:06			02:44:25	02:44:25
88	528	MIELECKI Andrzej	1974	M-35	5xAM	00:51:50	00:53:51		00:58:45			02:44:26	02:44:26
89	451	SZCZEPAŃSKI Marcin	1974	M-35	Kondycja	00:55:46	00:54:18		00:57:18			02:47:22	02:47:22
90	421	PISAREK Jacek	1964	M-45	AKS Polonia Warszawa	00:57:31	00:55:55	00:59:16	00:54:33			02:47:59	03:47:15

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10 km

Lp.	Num	Zawodnik	Data	Kat.	Klub	1	2	3	4	5	6	Razem	Suma 1-4
91	413	WOJEWÓDZKI Krzysztof	1965	M-45	Wojewódzcy Team	00:56:47		00:56:20	00:55:41			02:48:48	02:48:48
92	491	MIELNICZUK Ryszard	1957	M-55+	Barbell Zone	00:57:32	00:55:17		00:59:40			02:52:29	02:52:29
93	316	GÓRECZNY Rafał	1977	M-35	Multisport Piaseczno	00:56:53	00:58:55	00:57:39				02:53:27	02:53:27
94	367	KARLAK Andrzej	1966	M-45	KB Galeria Warszawa	00:52:21	00:58:38	01:05:11				02:56:10	02:56:10
95	545	KOŁODZIEJ Michał	1984	M-35	Multisport Piaseczno	00:57:56	00:59:19	01:02:44				02:59:59	02:59:59
96	520	GAWRYSZEWSKI Jarosław	1972	M-35		01:00:01	01:13:49		00:58:49			03:12:39	03:12:39
	346	GRONEK Adrian	1988	M-35	Ortoreh Team	00:35:57		00:35:32				00:35:57	01:11:29
	344	BAĆ Waldemar	1976	M-35	Kalińska Team	00:38:18		00:36:16				00:38:18	01:14:34
	358	BOROWSKI Szymon	1963	M-45	Nowa Iwiczna			00:51:09	00:50:13			00:51:09	01:41:22
	627	WAŚKOWSKI Marek	1998	M-35				00:36:59	00:36:19			01:13:18	01:13:18
	389	KURACH Paweł	1988	M-35	Atomowy Kurach	00:37:03			00:38:03			01:15:06	01:15:06
	522	WYSOKIŃSKI Konrad	1978	M-35	Mesmerik Runners		00:38:42	00:37:56				01:16:38	01:16:38
	543	BUCZEK Dariusz	1975	M-35	Gmina Chynów Biega - Góra Kal	00:38:36	00:38:24					01:17:00	01:17:00
	523	BRĄK Danych	1980	M-35			00:40:16		00:38:05			01:18:21	01:18:21
	377	KNYCHAS Darek	1973	M-35	PZU Sport Team	00:39:14		00:39:23				01:18:37	01:18:37
	507	KLIMKOWSKI Karol	1992	M-35		00:39:33	00:39:46					01:19:19	01:19:19
	405	ZDZIARSKI Piotr	1979	M-35	Dogoń Grodzisk Mazowiecki	00:38:50	00:40:32					01:19:22	01:19:22
	460	MATYSIAK Bartłomiej	1980	M-35	JacekBiega Running Team	00:38:34	00:43:02					01:21:36	01:21:36
	343	JAWOROWICZ Tomasz	1977	M-35	Kalińska Team	00:41:34	00:40:56					01:22:30	01:22:30
	396	JASNOWSKI Michał	1980	M-35		00:41:20	00:41:13					01:22:33	01:22:33
	475	RĘBIŚ Tomasz	1974	M-35	Kondycja	00:40:50		00:44:04				01:24:54	01:24:54
	503	GRZELCZYK Piotr	1977	M-35	BIEGam Bo Lubię Żąbki TEAM	00:44:13	00:41:38					01:25:51	01:25:51
	392	IŻYCKI Jarosław	1977	M-35		00:42:33	00:43:47					01:26:20	01:26:20
	383	KŁOSOWICZ Sebastian	1977	M-35	Kondycja	00:42:39	00:44:10					01:26:49	01:26:49
	605	AKSAMIT Jakub	1988	M-35	Fanatyk Konary	00:44:31	00:42:52					01:27:23	01:27:23
	434	OSTROWSKI Marcin	1977	M-35	Otwock Biega	00:45:23			00:42:50			01:28:13	01:28:13
	579	BEDNARCZUK Jacek	1975	M-35			00:47:28		00:42:20			01:29:48	01:29:48
	583	SKRZYPEK Robert	1972	M-35			00:46:46		00:44:02			01:30:48	01:30:48
	328	KOLIBABSKI Radosław	1988	M-35		00:48:24	00:43:16					01:31:40	01:31:40
	529	TEODOREK Marcei	1982	M-35	orange polska			00:45:54	00:46:14			01:32:08	01:32:08
	561	BREWCZYŃSKI Wojciech	1979	M-35	Warta	00:46:59	00:45:34					01:32:33	01:32:33
	369	JĘDRUSZCZAK Piotr	1977	M-35	Goggle PAE Team	00:47:54	00:44:56					01:32:50	01:32:50
	350	KACPERSKI Kamil	1985	M-35		00:44:30			00:48:41			01:33:11	01:33:11
	482	SOKALSKI Grzegorz	1976	M-35			00:42:59	00:50:59				01:33:58	01:33:58
	643	POLSAKIEWICZ Dawid	1976	M-35			00:48:28		00:46:27			01:34:55	01:34:55
	332	KWAPIŃSKI Tomasz	1975	M-35	Dogoń Grodzisk Mazowiecki	00:45:27			00:49:43			01:35:10	01:35:10
	624	SZKUTA Artur	1979	M-35				00:49:04	00:47:13			01:36:17	01:36:17
	620	JAZŁOCKI Łukasz	1982	M-35				00:51:16	00:45:09			01:36:25	01:36:25
	623	SZLACHTA Wiesław	1971	M-35	Bóbr Tłuszcz			00:50:59	00:46:47			01:37:46	01:37:46
	521	WNUK Bartłomiej	1990	M-35		00:48:21	00:49:51					01:38:12	01:38:12
	635	KULBAK Kamil	1987	M-35		00:51:13		00:47:09				01:38:22	01:38:22
	608	GRUDNIEWSKI Dariusz	1965	M-45	Żabieniec		00:50:30	00:47:57				01:38:27	01:38:27
	621	KOSTERA Tomasz	1977	M-35	vege runners			00:51:28	00:47:06			01:38:34	01:38:34
	492	ZDZIENICKI Paweł	1982	M-35	BARBELL ZONE	00:48:57	00:49:46					01:38:43	01:38:43
	518	LUBECKI Grzegorz	1983	M-35		00:51:43	00:47:07					01:38:50	01:38:50
	588	SOCHACKI Michał	1983	M-35	kondycja	00:54:59	00:44:05					01:39:04	01:39:04
	457	STRASZAK Marek	1974	M-35			00:49:49	00:50:30				01:40:19	01:40:19
	489	NADROWSKI Piotr	1967	M-45	Kondycja	00:48:41	00:51:42					01:40:23	01:40:23
	630	MARCINIAK Mateusz	1986	M-35				00:50:42	00:50:23			01:41:05	01:41:05
	361	KOZŁOWSKI Witold	1981	M-35		00:56:20		00:45:59				01:42:19	01:42:19
	612	FIRYSIUK Tomasz	1975	M-35		00:52:17	00:51:35					01:43:52	01:43:52
	615	BOROŃ Ryszard	1960	M-55+				00:51:59	00:52:25			01:44:24	01:44:24
	648	GÓRSKI Piotr	1977	M-35	1977			00:56:25	00:50:54			01:47:19	01:47:19
	433	WIADEREK Piotr	1985	M-35	Pędzące Żółwie	00:54:18		00:54:27				01:48:45	01:48:45

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10 km

Lp.	Num	Zawodnik	Data	Kat.	Klub	1	2	3	4	5	6	Razem	Suma 1-4
	618	FILA Marek	1976	M-35	Marcus TEAM		00:58:02	00:51:49				01:49:51	01:49:51
	606	KOMOREK Zenon	1956	M-55+	LINA PEKA NIE KOMANDOS	00:56:49	00:53:10					01:49:59	01:49:59
	358	BALIK Bogdan	1970	M-45		00:56:22			00:53:50			01:50:12	01:50:12
	385	KOPIEC Marcin	1973	M-35	Kopiec Running Team	00:56:53			00:54:43			01:51:36	01:51:36
	386	KOPIEC Karol	1982	M-35	Kopiec Running Team	00:56:54			00:54:45			01:51:39	01:51:39
	625	HOŁOWACZ Tomasz	1940	M-55+	Kondycja			00:54:29	00:57:39			01:52:08	01:52:08
	467	OKRASA Arkadiusz	1974	M-35		00:53:29	00:59:05					01:52:34	01:52:34
	384	KOPIEC Paweł	1975	M-35	Kopiec Running Team	00:56:54			00:56:17			01:53:11	01:53:11
	390	SZERSZEŃ Janusz	1977	M-35	Piaseczno Running	00:59:09	00:57:09					01:56:18	01:56:18
	432	WIADEREK Sławomir	1959	M-55+	Pędzące Żółwie	00:55:58		01:00:25				01:56:23	01:56:23
	626	KAMIŃSKI Dariusz	1975	M-35	VIRGUM MT			01:02:18	00:59:08			02:01:26	02:01:26
	610	CZECHOWSKI Jerzy	1949	M-55+	MZA Warszawa	00:59:32		01:08:14				02:07:46	02:07:46
	346	GRONEK Adrian	1988	M-35	Ortoreh Team	00:35:57		00:35:32				00:35:32	01:11:29
	344	BAĆ Waldemar	1976	M-35	Kalińska Team	00:38:18		00:36:16				00:36:16	01:14:34
	638	PISZCZATOWSKI Wojciech	1971	M-35	ORANGE POLSKA			00:37:11				00:37:11	00:37:11
	522	WYSOKIŃSKI Konrad	1978	M-35	Mesmerik Runners	00:37:59						00:37:59	00:37:59
	345	SITNIK Bartłomiej	1977	M-35	Ortoreh Team	00:38:18						00:38:18	00:38:18
	632	WIDZYŃSKI Bartosz	1973	M-35				00:39:06				00:39:06	00:39:06
	377	KNYCHAS Dariusz	1973	M-35	PZU Sport Team				00:39:24			00:39:24	00:39:24
	487	ŚCISŁOWSKI Norbert	1982	M-35	KS Start Pułaski Warka	00:39:33						00:39:33	00:39:33
	486	TREMBECKI Tomasz	1973	M-35	Kalińska Team	00:40:11						00:40:11	00:40:11
	538	JĘDRZEJCZYK Piotr	1973	M-35	KS Start Pułaski Warka	00:40:19						00:40:19	00:40:19
	388	FIEDORCZUK Piotr	1989	M-35	Fuszerka running team	00:40:22						00:40:22	00:40:22
	640	FORYCK Mariusz	1969	M-45	Piaseczno			00:40:59				00:40:59	00:40:59
	570	ZUBOWICZ Tomasz	1984	M-35	TN Biegówki Wesola		00:41:20					00:41:20	00:41:20
	428	PIPUTA Patryk	1975	M-35		00:41:59						00:41:59	00:41:59
	540	KANCIAŁA Łukasz	1982	M-35	Parkrun Warszawa			00:42:15				00:42:15	00:42:15
	372	STACHURSKI Daniel	1976	M-35					00:42:16			00:42:16	00:42:16
	178	KAUCIŃSKI Henryk	1980	M-35			00:42:57					00:42:57	00:42:57
	604	KULIK Wojciech	1971	M-35			00:43:14					00:43:14	00:43:14
	603	ŁACIAK Marcin	1976	M-35	Warszawa		00:43:28					00:43:28	00:43:28
	338	KREZMANSKI Robert	1968	M-45		00:44:26						00:44:26	00:44:26
	502	PATYNOWSKI Sławomir	1972	M-35		00:44:30						00:44:30	00:44:30
	334	BUCZYŃSKI Konrad	1983	M-35	Polsat Biega	00:45:06						00:45:06	00:45:06
	322	LIPIŃSKI Tomasz	1972	M-35	Warszawa				00:45:10			00:45:10	00:45:10
	363	MOCOŃ Michał	1981	M-35	Nowa Słupia				00:45:12			00:45:12	00:45:12
	380	KUCHARSKI Piotr	1987	M-35	parkrun Konstancin Jeziorna	00:45:33						00:45:33	00:45:33
	519	DEGROOT Jan	1970	M-45		00:45:35						00:45:35	00:45:35
	482	SOKLASKI Grzegorz	1976	M-35		00:45:42						00:45:42	00:45:42
	453	PIETRASZEK Mirek	1971	M-35		00:45:42						00:45:42	00:45:42
	639	TURLEJ Dariusz	1957	M-55+	Warszawa			00:45:44				00:45:44	00:45:44
	318	ZŁOTKOWSKI Piotr	1975	M-35	Gmina Chynów Biega				00:45:52			00:45:52	00:45:52
	419	MILEWSKI Piotr	1977	M-35			00:45:55					00:45:55	00:45:55
	392	WOJTCAK Paweł	1985	M-35	Płock Biega na Age Limit				00:46:04			00:46:04	00:46:04
	364	GOCH Robert	1964	M-45	Kondycja	00:46:05						00:46:05	00:46:05
	305	OSTROWSKI Michał	1980	M-35	Otwock Biega				00:46:13			00:46:13	00:46:13
	645	SZCZEPAŃSKI Piotr	1998	M-35				00:46:48				00:46:48	00:46:48
	380	WRONKA Artur	1974	M-35					00:46:51			00:46:51	00:46:51
	643	POLSUKIEWICZ Dawid	1976	M-35				00:47:32				00:47:32	00:47:32
	499	REGULSKI Tomasz	1989	M-35	KS Start Pułaski Warka	00:47:35						00:47:35	00:47:35
	515	JANISZEWSKI Maciej	1984	M-35	Barbell Zone	00:47:43						00:47:43	00:47:43
	345	SUCHECKI Tomasz	1982	M-35					00:48:28			00:48:28	00:48:28
	552	SZMELOW Anton	1986	M-35			00:48:33					00:48:33	00:48:33
	352	KIELAK Krzysztof	1975	M-35		00:48:40						00:48:40	00:48:40

DNF-nie ukończył/a, L-Leśnicy i pracownicy Lasów Państwowych

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10 km

Lp.	Num	Zawodnik	Data	Kat.	Klub	1	2	3	4	5	6	Razem	Suma 1-4
	268	MAZUR Piotr	1985	M-35	RR Runners				00:48:41			00:48:41	00:48:41
	523	PIROGOW Tomasz	1976	M-35				00:48:49				00:48:49	00:48:49
	644	ZAJĄCZKOWSKI Bartosz	1979	M-35	Przemyski Klub Biegacza			00:48:57				00:48:57	00:48:57
	364	ŚWIETLIK Adrian	1984	M-35					00:49:17			00:49:17	00:49:17
	378	WIERZCHOWSKI Jakub	1984	M-35					00:49:29			00:49:29	00:49:29
	335	GILLNER Kazimierz	1984	M-35		00:49:30						00:49:30	00:49:30
	484	SROCZYŃSKI Marcin	1978	M-35		00:49:35						00:49:35	00:49:35
	511	KANDEFER Tomasz	1970	M-45		00:49:50						00:49:50	00:49:50
	462	SIÓDMIĄK Cezary	1974	M-35	Kalińska Team	00:50:11						00:50:11	00:50:11
	358	BOROWSKI Szymon	1963	M-45	Nowa Iwiczna			00:51:09	00:50:13			00:50:13	01:41:22
	396	WIŚNIEWSKI Janusz	1952	M-55+					00:50:13			00:50:13	00:50:13
	637	MAGLER Jacek	1967	M-45				00:50:16				00:50:16	00:50:16
	407	MERCHELSKI Piotr	1984	M-35	Polsat Sport				00:50:17			00:50:17	00:50:17
	533	SOBULSKI Karol	1975	M-35		00:50:56						00:50:56	00:50:56
	363	KŁOS Zbyszek	1960	M-55+	TAK SOBIE BIEGAM-PIASTÓW	00:51:19						00:51:19	00:51:19
	326	KACZMARSKI Piotr	1998	M-35					00:51:34			00:51:34	00:51:34
	466	WOŹNY Maciej	1982	M-35		00:51:55						00:51:55	00:51:55
	316	SADOWSKI Konrad	1986	M-35	Piasieczno SHORIN- RYU				00:52:18			00:52:18	00:52:18
	647	SOSZYŃSKI Wojciech	1975	M-35	PZU Sport Team			00:52:40				00:52:40	00:52:40
	317	JAROS Piotr	1974	M-35	Nadleśnictwo Daleszyce				00:53:31			00:53:31	00:53:31
	500	PACHOCKI Mariusz	1970	M-45		00:53:40						00:53:40	00:53:40
	397	ABRAM Przemysław	1971	M-35	Polski Klub MTB	00:54:24						00:54:24	00:54:24
	330	PIETRUSZKA Piotr	1981	M-35	Mamy ruszamy				00:54:26			00:54:26	00:54:26
	322	CHOJNACKI Marcin	1978	M-35	Kondycja	00:54:40						00:54:40	00:54:40
	403	SEMPIOŁO Grzegorz	1975	M-35		00:54:44						00:54:44	00:54:44
	326	ŁUKASIEWICZ Marcin	1976	M-35	KS START PUŁASKI WARKA			00:55:04				00:55:04	00:55:04
	582	JANUSZEWSKI Michał	1986	M-35			00:55:27					00:55:27	00:55:27
	399	CZĘPIŃSKI Marcin	1979	M-35		00:56:04						00:56:04	00:56:04
	537	SOBIERG Marcin	1982	M-35		00:59:35						00:59:35	00:59:35
	628	ŁOSIAK Kacper	1993	M-35	Domtel-Sport		01:00:46					01:00:46	01:00:46
	551	MIRECKI Wojciech	1961	M-45	Warm RT Warszawa	01:02:15						01:02:15	01:02:15
	567	HADUCH Marcin	1975	M-35	MATERPATER.PL		01:03:00					01:03:00	01:03:00
	443	NOWAKOWSKI Marcin	1979	M-35		01:03:06						01:03:06	01:03:06
	430	ABDALLAH Yousry	1948	M-55+				01:12:18				01:12:18	01:12:18
	102	GRABALSKI Dariusz	1978	M-35				01:18:39				01:18:39	01:18:39

5 km

Lp.	Num	Zawodnik	Data	Kat.	Klub	1	2	3	4	5	6	Razem	Suma 1-4
1	169	CIBICKA Joanna	1995	K-30	Kalińska Team		00:20:38	00:21:00	00:20:10			01:01:48	01:01:48
2	155	BRUSIŁO Ilona	1984	K-30	Mamy Ruzzamy		00:21:42	00:21:04	00:21:50			01:04:36	01:04:36
3	171	WOLIŃSKA Maria	1979	K-30	Mamy Ruzzamy		00:23:07	00:22:34	00:22:22			01:08:03	01:08:03
4	239	ROŚŁONEK Paulina	1991	K-30	TUPTUŚ Otwock	00:24:19	00:23:31	00:21:37	00:23:30			01:08:38	01:32:57
5	217	WOJEWÓDZKA Anna	1990	K-30	WOJEWÓDZCY TEAM	00:25:46		00:24:42	00:23:08			01:13:36	01:13:36
6	166	MICHNA Małgorzata	1973	K-40			00:25:31	00:24:22	00:24:42			01:14:35	01:14:35
7	57	GROM Monika	1992	K-30	Deloitte Adventure Team	00:26:44	00:24:50	00:24:48	00:25:12			01:14:50	01:41:34
8	236	PERCHALUK Magdalena	1979	K-30	Parkrun Ursynów	00:26:13	00:28:02	00:25:25	00:24:26			01:16:04	01:44:06
9	129	KRAJEWSKA Zuzanna	1988	K-30	Biegam Bo Lubię	00:26:22	00:24:53	00:26:05				01:17:20	01:17:20
10	157	SULEJ-DĄBROWSKA Aleksandra	1982	K-30	Mamy Ruzzamy		00:26:12	00:25:50	00:26:48			01:18:50	01:18:50
11	70	DĄBROWSKA Jolanta	1983	K-30	Grupa Biegowa parkrun Warszawa	00:26:14	00:26:40		00:26:11			01:19:05	01:19:05
12	104	FROŁOW Katarzyna	1982	K-30		00:27:31	00:26:21		00:25:33			01:19:25	01:19:25
13	240	OLSZANKA Anna	1972	K-40		00:25:50	00:26:31		00:27:13			01:19:34	01:19:34
14	187	SZYDLIK Joanna	1979	K-30	Dogoń Grodzisk		00:28:57	00:24:29	00:26:08			01:19:34	01:19:34
15	254	ROŚŁON Paulina	2000	K-30		00:27:45		00:28:13	00:26:49			01:22:47	01:22:47
16	280	NIEMCZYK Marzena	1977	K-30	Run Forest IBL	00:28:04	00:28:39	00:27:04	00:27:48			01:22:56	01:51:35
17	78	GAJDA Iwona	1978	K-30	Rodzina	00:29:30	00:28:49	00:27:30	00:27:17			01:23:36	01:53:06
18	512	DĄBROWSKA Edyta	1983	K-30		00:30:32	00:27:23	00:28:50	00:27:26			01:23:39	01:54:11
19	135	BOŻYM-MOŚCICKA Ilona	1983	K-30	The F Force	00:29:16	00:28:09	00:26:17				01:23:42	01:23:42
20	122	KAROLAK Monika	1984	K-30	Łajzy	00:30:51	00:28:54	00:27:45	00:27:29			01:24:08	01:54:59
21	121	LENARD-MYSZKOWSKA Anna	1984	K-30		00:30:10	00:27:22	00:26:39				01:24:11	01:24:11
22	231	SZULAKOWSKA Monika	1982	K-30		00:28:16	00:28:21	00:29:17	00:30:07			01:25:54	01:56:01
23	59	KAZIMIERCZAK Małgorzata	1983	K-30		00:29:46	00:29:00	00:27:42				01:26:28	01:26:28
24	160	ŁAZICKA Magdalena	1967	K-40			00:28:44	00:29:17	00:28:34			01:26:35	01:26:35
25	76	ANCZARSKA Joanna	1973	K-40	Piaseczno Running	00:30:20	00:29:24	00:29:23	00:28:14			01:27:01	01:57:21
26	124	KRYSTOPIK Martyna	1988	K-30	RR Runners	00:28:12	00:29:00	00:29:54	00:30:58			01:27:06	01:58:04
27	48	KORDEL Karolina	1983	K-30		00:31:07	00:30:26	00:29:16	00:28:14			01:27:56	01:59:03
28	227	PARYS Marzena	1986	K-30	Mamy ruzzamy	00:31:07	00:30:26	00:29:16	00:28:15			01:27:57	01:59:04
29	577	KAWECKA Magdalena	1982	K-30	BiegamBoLubię Żąbki Team		00:29:45	00:30:30	00:27:46			01:28:01	01:28:01
30	230	RATAJ Iwona	1979	K-30		00:29:49	00:29:28	00:30:54	00:29:39			01:28:56	01:59:50
31	85	LATACZ-STRASZAK Agata	1974	K-40		00:31:26	00:30:37	00:29:39	00:29:22			01:29:38	02:01:04
32	247	WŁODARCZYK Klaudia	1987	K-30	Gruzja Team	00:30:43		00:30:31	00:29:49			01:31:03	01:31:03
33	87	HULANICKA Irina	1956	K-55+	GOGGLE PAE TEAM	00:29:54	00:30:28	00:36:56	00:30:53			01:31:15	02:08:11
34	248	ODOLCZYK Natalia	1996	K-30		00:31:20	00:30:04	00:30:07	00:35:47			01:31:31	02:07:18
35	548	MATYJEWICZ Klaudia	1992	K-30			00:30:42	00:31:17	00:31:14			01:33:13	01:33:13
36	232	SZULAKOWSKA Jolanta	1962	K-40		00:30:22	00:30:24	00:32:45	00:32:32			01:33:18	02:06:03
37	36	BRZOZOWSKA Ewa	1967	K-40	AKS Polonia Warszawa	00:32:07	00:32:33	00:32:15	00:29:24			01:33:46	02:06:19
38	131	BŁASZCZYK Karolina	1990	K-30	Manhattan	00:34:07	00:33:29	00:29:30	00:31:04			01:34:03	02:08:10
39	42	KWAPIŃSKA Maja	1977	K-30	Dogoń Grodzisk Mazowiecki	00:30:33	00:33:18	00:31:51	00:32:27			01:34:51	02:08:09
40	253	TYWONEK Magdalena	1998	K-30		00:29:41		00:32:48	00:32:54			01:35:23	01:35:23
41	89	BANASZEWSKA Joanna	1977	K-30		00:34:01	00:34:15	00:27:14				01:35:30	01:35:30
42	133	CZERMAK Joanna	1990	K-30	Manhattan	00:28:38	00:29:26	00:39:01				01:37:05	01:37:05
43	229	URBAŃCZYK Ewa	1974	K-40		00:33:21	00:32:55	00:33:07	00:32:07			01:38:09	02:11:30
44	168	TOMCZYŃSKA-ZDULSKA Katarzyn	1974	K-40			00:34:48	00:31:27	00:32:26			01:38:41	01:38:41
45	288	WINNICKA Maja	1985	K-30	Run Forest IBL	00:35:06	00:33:34	00:32:52	00:34:10			01:40:36	02:15:42
46	134	KRUSZYŃSKA-CHOJNOWSKA Sylw	1982	K-30	The F Force	00:35:41	00:34:21	00:32:23				01:42:25	01:42:25
47	277	MATUSIAK Natalia	1979	K-30		00:35:31	00:37:07	00:35:42	00:31:27			01:42:40	02:19:47
48	137	GOGOLIŃSKA Iwona	1975	K-40	Run Forest IBL	00:35:06	00:33:34	00:34:18				01:42:58	01:42:58
49	38	LEW-MIRSKA Karolina	1975	K-40	AKS Polonia Warszawa / Klub Bie	00:36:49	00:33:40	00:36:32				01:47:01	01:47:01
50	98	HICZEWSKA Krystyna	1965	K-40		00:35:00	00:35:03		00:37:32			01:47:35	01:47:35
51	21	BILICKA Justyna	1986	K-30		00:39:48	00:37:05	00:35:46	00:37:53			01:50:44	02:30:32
52	173	STAWICKA Jadwiga	1952	K-55+	Park Zdrójowy Konstancin		00:39:15	00:37:10	00:36:26			01:52:51	01:52:51

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5 km

Lp.	Num	Zawodnik	Data	Kat.	Klub	1	2	3	4	5	6	Razem	Suma 1-4
53	265	WOJCIECHOWSKA Karolina	1978	K-30	Warszawa	00:38:34	00:37:30	00:37:50	00:42:44			01:53:54	02:36:38
54	60	DECK Krystyna	1950	K-55+		00:38:12	00:40:36	00:39:34	00:38:37			01:56:23	02:36:59
55	63	JAROSZEK Anna	1976	K-30		00:39:12	00:38:48	00:39:45				01:57:45	01:57:45
	226	MILEWSKA Maja	2003	K-30		00:25:03	00:26:10					00:51:13	00:51:13
	170	KOSMAN Małgorzata	1963	K-40	Mamy Ruszamy		00:26:40	00:25:59				00:52:39	00:52:39
	191	WIERZIŃSKA Edyta	1976	K-30			00:27:01	00:26:28				00:53:29	00:53:29
	194	LIBERADZKA Magdalena	1976	K-30	Avocado Wellness Club			00:27:03	00:27:18			00:54:21	00:54:21
	297	PIETRUSZKA Anna	1981	K-30	Mamy Ruszamy			00:27:48	00:26:48			00:54:36	00:54:36
	5	KRAWCZYK Dorota	1983	K-30		00:29:00	00:27:17					00:56:17	00:56:17
	252	ROŚŁON Justyna	1998	K-30		00:28:28			00:29:15			00:57:43	00:57:43
	259	SYGUŁA Dominika	1989	K-30		00:30:25		00:27:53				00:58:18	00:58:18
	31	CISZEWSKA Patrycja	1981	K-30		00:29:33	00:28:48					00:58:21	00:58:21
	151	MARCZAK Agnieszka	1974	K-40	Tuptuś		00:29:06	00:29:17				00:58:23	00:58:23
	302	PAWLAK Danuta	1978	K-30				00:29:45	00:29:09			00:58:54	00:58:54
	513	DĄBROWSKA Katarzyna	1988	K-30	HW Tri team	00:28:59		00:32:00				01:00:59	01:00:59
	74	ANCZARSKA Jagoda	1997	K-30	Piaseczno Running	00:30:20	00:30:42					01:01:02	01:01:02
	303	DĄBROWSKA Klaudia	1992	K-30	Warszawa		00:29:28	00:31:48				01:01:16	01:01:16
	238	PIECUSKA Ilona	1984	K-30	KS Maków Biega	00:29:22	00:32:03					01:01:25	01:01:25
	214	PAWLAK Ewelina	1982	K-30		00:34:03		00:28:40				01:02:43	01:02:43
	256	MŁYNARCZYK Karina	1999	K-30		00:31:07	00:32:20					01:03:27	01:03:27
	158	JASTRZĘBOWSKA Marta	1985	K-30			00:31:38	00:32:18				01:03:56	01:03:56
	117	JANOWSKA Anna	1996	K-30	Drużyna z tartaku	00:30:45	00:33:42					01:04:27	01:04:27
	262	MUCHA Kamila	1978	K-30		00:33:19			00:31:19			01:04:38	01:04:38
	207	MAJOREK Dominika	1989	K-30		00:31:32	00:33:49					01:05:21	01:05:21
	165	DĄBROWSKA Justyna	1989	K-30	Nadleśnictwo Chojnów		00:32:23	00:33:17				01:05:40	01:05:40
	441	SŁONIEWSKA Monika	1969	K-40	Kuchnia Biegacza		00:33:33		00:32:10			01:05:43	01:05:43
	67	ŁASIŃSKA Marzena	1960	K-55+	21i1.pl	00:33:16	00:33:20					01:06:36	01:06:36
	149	ŻMUDZKA AGNIESZKA	1973	K-40	Warszawa	00:38:04		00:31:17				01:09:21	01:09:21
	270	RĘBKOWSKA Luiza	1968	K-40		00:33:10			00:36:38			01:09:48	01:09:48
	105	HICZEWSKA-KAWIŃSKA Magdale	1987	K-30		00:35:01	00:36:43					01:11:44	01:11:44
	100	GRABALSKA Aneta	1985	K-30		00:38:32	00:35:20					01:13:52	01:13:52
	208	SMOCZYŃSKA Agnieszka	1969	K-40		00:33:43	00:43:27					01:17:10	01:17:10
	4	BARAN Patrycja	1995	K-30	Niech moc będzie z wami	00:48:13	00:50:46					01:38:59	01:38:59
	171	BRAK Danych	1980	K-30			00:23:07					00:23:07	00:23:07
	167	OSOWSKA Barbara	1989	K-30	Mamy Ruszamy		00:24:10					00:24:10	00:24:10
	182	BRODNIOWICZ Agnieszka	1987	K-30	Parkun Ursynów III		00:24:25					00:24:25	00:24:25
	298	PAWĘSKA Emilia	1986	K-30	DGLP			00:25:01				00:25:01	00:25:01
	139	DZIEWULSKA Monika	1988	K-30	Piaseczno				00:25:23			00:25:23	00:25:23
	1	PYZA Edyta	1988	K-30	KS START PUŁASKI WARKA			00:25:37				00:25:37	00:25:37
	189	JABŁOŃSKA Izabela	1981	K-30			00:26:44					00:26:44	00:26:44
	118	GODZIMIRSKA-PIETRZAK Magdal	1977	K-30					00:26:45			00:26:45	00:26:45
	309	KWIATKOWSKA Marcelina	1991	K-30	Gdańsk			00:26:50				00:26:50	00:26:50
	94	GRZYB Marta	1988	K-30	Warszawa	00:27:03						00:27:03	00:27:03
	156	KOSTYRD Justyna	1985	K-30	Warszawa				00:27:26			00:27:26	00:27:26
	598	FILIP Katarzyna	1976	K-30	Mamy Ruszamy			00:27:38				00:27:38	00:27:38
	31	TURCZYŃSKA Monika	1973	K-40	Leczo team				00:27:39			00:27:39	00:27:39
	356	BUDZAJ Magdalena	1977	K-30	Neptunet Team				00:28:51			00:28:51	00:28:51
	127	KURCIŃSKA Lidia	1981	K-30		00:28:59						00:28:59	00:28:59
	267	STRASZAK Julita	1996	K-30		00:29:03						00:29:03	00:29:03
	179	ZIENKIEWICZ Agata	1980	K-30	Piaseczno Running			00:29:23				00:29:23	00:29:23
	295	BANASIEWICZ Karolina	1982	K-30				00:29:25				00:29:25	00:29:25
	294	SEKUŁA Dorota	1980	K-30				00:29:53				00:29:53	00:29:53
	365	OCHAB Marta	1988	K-30					00:30:13			00:30:13	00:30:13
	314	MAZUREK Maria	2003	K-30	Warszawa			00:30:26				00:30:26	00:30:26

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Lp.	Num	Zawodnik	Data	Kat.	Klub	1	2	3	4	5	6	Razem	Suma 1-4
	180	RĘBIŚ Joanna	1975	K-40	Kondycja			00:30:28				00:30:28	00:30:28
	324	BUGAJEWSKA Anna	1961	K-40	KB IM. P. SEKOWSKIEGO W PŁO			00:30:29				00:30:29	00:30:29
	439	ROMANOWSKA Marta	1985	K-30	Działamy & WorkFit Adventure T		00:30:41					00:30:41	00:30:41
	5	GŁOWACKA Elżbieta	1955	K-55+	PARKRUN WARSZAWA URSYŃÓ				00:30:43			00:30:43	00:30:43
	215	WIŚNIEWSKA Ewelina	1984	K-30	Trenerbiegania.pl		00:30:44					00:30:44	00:30:44
	323	BONDER Julia	1999	K-30					00:30:47			00:30:47	00:30:47
	174	WIŚNIEWSKA Katarzyna	1971	K-40			00:30:58					00:30:58	00:30:58
	554	ZAJĄCZKOWSKA-BUDYTA Aneta	1975	K-40			00:31:19					00:31:19	00:31:19
	144	FRANKOWSKA Urszula	1980	K-30	Stara Wieś				00:31:34			00:31:34	00:31:34
	312	ZALEWSKA Elżbieta	1977	K-30	Boża Wola			00:31:35				00:31:35	00:31:35
	183	BAK Barbara	2004	K-30			00:31:41					00:31:41	00:31:41
	398	SZAFRAN Beata	1977	K-30	Marków				00:31:43			00:31:43	00:31:43
	393	LICHOCKA Agata	1983	K-30				00:31:58				00:31:58	00:31:58
	153	ZALIPSKA Joanna	1976	K-30			00:32:05					00:32:05	00:32:05
	190	WILCZYŃSKA Jagoda	1999	K-30			00:32:10					00:32:10	00:32:10
	256	MŁYNARCZYK Karina	2000	K-30					00:32:40			00:32:40	00:32:40
	109	WENDORFF Magdalena	1978	K-30					00:32:42			00:32:42	00:32:42
	67	PŁUSA Iwona	1962	K-40					00:32:50			00:32:50	00:32:50
	241	ZAWADZKA Urszula	1981	K-30	Chodaczek i Spółka	00:32:52						00:32:52	00:32:52
	92	CHODAKOWSKA Agnieszka	1972	K-40	Chodaczek i Spółka	00:32:52						00:32:52	00:32:52
	215	WIŚNIEWSKA Ewela	1984	K-30	Trenerbiegania.pl	00:33:02						00:33:02	00:33:02
	152	MOCKAŁO Izabella	1983	K-30	Domtel-Sport		00:33:39					00:33:39	00:33:39
	114	BICZYK Sylwia	1980	K-30					00:33:54			00:33:54	00:33:54
	159	FLORKIEWICZ Ewelina	1990	K-30			00:34:00					00:34:00	00:34:00
	161	KACPRZAK Marta	1986	K-30	Avocado Wellness Club		00:35:13					00:35:13	00:35:13
	291	DANISZEWSKA Aleksandra	1986	K-30	Konstancin - jeziorna			00:35:29				00:35:29	00:35:29
	3	CIECHOMSKA Anna	1983	K-30	aks Polonia Warszawa			00:36:32				00:36:32	00:36:32
	151	PROKOPCZYK Anna	1974	K-40	Sułkowice				00:37:01			00:37:01	00:37:01
	142	KRZYŻANOWSKA Zofia	1967	K-40					00:40:14			00:40:14	00:40:14
	290	SUŁKOWSKA Marta	1995	K-30				00:42:47				00:42:47	00:42:47

M

1	218	TOKARSKI Piotr	1995	M-35		00:17:35	00:16:57	00:17:24	00:17:00			00:51:21	01:08:56
2	145	BIBIK Andrij	1987	M-35	WPRunning	00:17:48	00:17:32	00:17:36				00:52:56	00:52:56
3	266	MAŁECKI Maciej	1986	M-35	ENTRE.PL TEAM	00:18:04	00:47:58	00:18:34	00:18:02			00:54:40	01:42:38
4	271	SZCZEPAŃSKI Paweł	1998	M-35	Kondycja	00:19:49	00:19:36	00:19:00	00:18:44			00:57:20	01:17:09
5	62	CIESIELSKI Mariusz	1988	M-35	Run FoRest IBL/ Dream Run	00:19:31	00:19:24	00:18:55	00:19:01			00:57:20	01:16:51
6	70	ŁASIŃSKI Michał	1987	M-35	21i1.pl	00:19:08	00:19:33	00:20:16				00:58:57	00:58:57
7	141	NOWOCIEŃ Jacek	1959	M-55+	GLKS Nadarzyn	00:20:47	00:20:09	00:20:16	00:20:17			01:00:42	01:21:29
8	220	TOKARSKI Sebastian	1998	M-35		00:21:38	00:20:20	00:20:21	00:20:05			01:00:46	01:22:24
9	126	KORCZAK Bartosz	1996	M-35		00:21:08	00:20:43	00:19:50	00:23:14			01:01:41	01:24:55
10	213	SIEJKA Mariusz	1977	M-35		00:21:36	00:21:05	00:20:20	00:20:39			01:02:04	01:23:40
11	154	BRUSIŁO Bartosz	1982	M-35	Mamy Ruszamy		00:21:12	00:20:14	00:21:07			01:02:33	01:02:33
12	287	PIENIĄŻEK Leszek	1960	M-55+	BiegamBoLubię Warszawa		00:21:06	00:21:35	00:20:19			01:03:00	01:03:00
13	58	KIEŁEK Przemysław	1978	M-35	Dogoń Grodzisk Mazowiecki	00:20:46	00:20:35	00:21:40	00:21:58			01:03:01	01:24:59
14	216	MARCINEK Piotr	1979	M-35	Kondycja	00:21:12	00:21:35	00:21:37	00:20:25			01:03:12	01:24:49
15	209	MALCZAK Piotr	1979	M-35	DOGOŃ Grodzisk Mazowiecki	00:22:11	00:22:30	00:24:30	00:22:10			01:06:51	01:31:21
16	282	POPŁAWSKI Jacek	1975	M-35	The F Force	00:22:32	00:22:10		00:23:22			01:08:04	01:08:04
17	79	KOSIN Paweł	1980	M-35	Klub Biegających Leśników	00:23:03	00:22:37	00:22:25				01:08:05	01:08:05
18	125	DOBOSZ Jakub	1984	M-35		00:23:35	00:23:08	00:22:16	00:22:55			01:08:19	01:31:54
19	202	WÓJCIK Arek	1982	M-35	Dogoń Grodzisk Mazowiecki	00:22:49	00:23:13		00:23:15			01:09:17	01:09:17
20	237	SKONECKI Paweł	1985	M-35		00:24:34	00:23:53	00:24:10	00:22:06			01:10:09	01:34:43
21	268	MAZUR Piotr	1985	M-35	RR Runners	00:24:29	00:23:24	00:22:24				01:10:17	01:10:17
22	195	KOŁACZ Jakub	1986	M-35	Los Fanaticos	00:26:38	00:25:17	00:23:08	00:22:57			01:11:22	01:38:00

DNF-nie ukończył/a, L-Leśnicy i pracownicy Lasów Państwowych

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5 km

Lp.	Num	Zawodnik	Data	Kat.	Klub	1	2	3	4	5	6	Razem	Suma 1-4
23	246	OGÓREK Anatol	1979	M-35		00:25:16	00:23:47		00:23:01			01:12:04	01:12:04
24	258	SUŁKOWSKI Michał	1990	M-35	Legia Run Club	00:25:07	00:24:12	00:23:52				01:13:11	01:13:11
25	243	ZDZYMIRA Michał	1980	M-35	Nadleśnictwo Kielce	00:25:33	00:24:40	00:24:36	00:24:15			01:13:31	01:39:04
26	103	BABIŃSKI Jerzy	1960	M-55+	Nadarzyn	00:25:25	00:25:27	00:24:25	00:24:23			01:14:13	01:39:40
27	205	SZMAJDOWICZ Paweł	1972	M-35	FACHDOM Team	00:28:39	00:26:54	00:24:08	00:23:23			01:14:25	01:43:04
28	150	KOMOROWSKI Łukasz	1985	M-35	BiegamBoLubię Warszawa		00:24:48	00:24:33	00:25:30			01:14:51	01:14:51
29	255	SZCZĘSNY Maksymilian	1981	M-35	DGLP	00:24:57	00:25:22	00:24:56				01:15:15	01:15:15
30	68	ŁASIŃSKI Paweł	1983	M-35	21i1.pl	00:25:41	00:24:55	00:25:19				01:15:55	01:15:55
31	212	STRZELECKI Grzegorz	1979	M-35	-	00:25:58	00:25:39	00:24:42	00:27:29			01:16:19	01:43:48
32	210	MACHAJ Rafał	1985	M-35	BiegamBoLubię	00:27:05	00:25:55	00:24:38	00:25:55			01:16:28	01:43:33
33	88	HULANICKI Andrzej	1958	M-55+	GOGGLE PAE TEAM	00:26:05	00:25:33	00:26:14	00:26:48			01:17:52	01:44:40
34	221	OLSZEWSKI Bartłomiej	1999	M-35	UNTS Warszawa	00:27:35	00:25:29	00:29:15	00:24:49			01:17:53	01:47:08
35	228	ZAJKOWSKI Michał	1981	M-35	Vege Runners	00:26:49	00:25:48	00:27:16	00:26:00			01:18:37	01:45:53
36	132	BARAŃSKI Krzysztof	1985	M-35	Manhattan	00:34:07	00:33:29	00:21:55	00:23:49			01:19:13	01:53:20
37	222	OLSZEWSKI Michał	1974	M-35		00:27:21	00:26:08	00:30:30	00:26:12			01:19:41	01:50:11
38	140	FRANKOWSKI Radosław	1978	M-35	"Dzikie Ślimaki"		00:23:59	00:32:03	00:25:33			01:21:35	01:21:35
39	136	CHOJNOWSKI Paweł	1976	M-35	The F Force	00:28:33	00:27:07	00:27:00				01:22:40	01:22:40
40	123	KAROLAK Karol	1981	M-35	Łajzy	00:30:50	00:28:53	00:27:45	00:27:28			01:24:06	01:54:56
41	46	KROCHMAL Grzegorz	1959	M-55+		00:30:23	00:29:45	00:27:32	00:26:51			01:24:08	01:54:31
42	257	PAWŁOWSKI Bartłomiej	1975	M-35	WMT	00:28:36	00:28:12		00:30:07			01:26:55	01:26:55
43	279	PELC Łukasz	1988	M-35		00:30:03	00:30:36	00:29:30	00:31:00			01:30:09	02:01:09
44	234	RUNOWSKI Łukasz	1975	M-35		00:32:05	00:28:47	00:32:22	00:31:28			01:32:20	02:04:42
45	223	ŚWISTAK Piotr	1984	M-35		00:33:37	00:34:15	00:27:12				01:35:04	01:35:04
46	278	SŁOMCZEWSKI Zbigniew	1983	M-35	Manhattan	00:46:04	00:24:18	00:24:55				01:35:17	01:35:17
47	206	MAJOREK Piotr	1965	M-45		00:31:57	00:32:10	00:32:43				01:36:50	01:36:50
48	61	DECK Wiesław	1954	M-55+		00:31:36	00:32:34	00:39:34	00:41:21			01:43:44	02:25:05
49	111	ANCZARSKI Maksymilian	1997	M-35	Avocado Wellness Club	00:29:01	00:47:51	00:27:44				01:44:36	01:44:36
50	130	CZYŻ Artur	1974	M-35		00:34:31	00:36:01	00:35:39	00:35:00			01:45:10	02:21:11
51	233	SZULAKOWSKI Marek	1957	M-55+		00:39:43	00:36:57	00:37:36	00:37:50			01:52:23	02:32:06
52	263	PROKOPCZYK Mariusz	1971	M-35		00:38:01	00:38:31		00:36:56			01:53:28	01:53:28
128	BIEGAŁA Maciej	1985	M-35	BiegamBoLubię		00:21:28		00:20:17				00:41:45	00:41:45
235	TRUPISZEWSKI Mirosław	1973	M-35	DOGÓŃ Grodzisk Mazowiecki		00:20:36			00:21:22			00:41:58	00:41:58
405	ZDZIARSKI Piotr	1979	M-35	Dogoń Grodzisk Mazowiecki				00:23:59	00:20:09			00:44:08	00:44:08
308	MOŚCICKI Sebastian	1983	M-35	DF Force			00:22:18	00:22:01				00:44:19	00:44:19
286	MAJEWSKI Miłosz	1977	M-35	GRAJW TENISA.pl				00:22:27	00:23:02			00:45:29	00:45:29
499	REGULSKI Tomasz	1989	M-35	KS Start Pułaski Warka			00:22:20		00:23:27			00:45:47	00:45:47
200	RUSZCZYŃSKI Albert	1971	M-35	KS Maków Maków				00:23:59	00:22:28			00:46:27	00:46:27
172	CELIŃSKI Tomasz	1968	M-45	Tuptuś			00:23:31		00:23:30			00:47:01	00:47:01
80	ANDZELA Tomasz	1974	M-35	Nadleśnictwo Daleszyce		00:24:14	00:23:01					00:47:15	00:47:15
283	HILSZCZAŃSKI Jacek	1966	M-45	Run FoRest IBL				00:23:38	00:23:49			00:47:27	00:47:27
289	BODYCH Mariusz	1998	M-35	manhattan				00:23:49	00:23:49			00:47:38	00:47:38
281	WRZESIŃSKI Piotr	1989	M-35	RunForest IBL		00:23:56	00:24:34					00:48:30	00:48:30
261	CZECHOSKI Tomasz	1979	M-35	ENTRE.PL TEAM		00:22:57			00:26:11			00:49:08	00:49:08
301	PAWLAK Michał	1979	M-35					00:24:03	00:25:08			00:49:11	00:49:11
284	MALEC Jarosław	1960	M-55+	Kondycja				00:24:51	00:24:55			00:49:46	00:49:46
521	WNUK Bartłomiej	1990	M-35					00:24:54	00:25:57			00:50:51	00:50:51
242	SZLACHTA Wiesław	1971	M-35	Bóbr Tłuszcz		00:26:20	00:25:28					00:51:48	00:51:48
311	SKRZECZKOWSKI Wojciech	1969	M-45	Syrenki&Trabanty			00:26:26	00:25:32				00:51:58	00:51:58
118	JASTRZĘBOWSKI Szymon	1980	M-35	Run Forest IBL		00:27:03	00:27:15					00:54:18	00:54:18
304	ODOLCZYK Michał	1993	M-35				00:29:28	00:31:49				01:01:17	01:01:17
114	FIEDORCZUK Krzysztof	1962	M-45	Fuszerka running team		00:29:39		00:36:31				01:06:10	01:06:10
84	JAROS Piotr	1974	M-35	Nadleśnictwo Daleszyce		00:39:28		00:28:14				01:07:42	01:07:42
102	GRABALSKI Dariusz	1978	M-35			00:38:31	00:35:20					01:13:51	01:13:51
68	LIPIEC Tomasz	1971	M-35	Lipiec Running Team					00:17:59			00:17:59	00:17:59

DNF-nie ukończył/a, L-Leśnicy i pracownicy Lasów Państwowych

Druk: 16-10-23 13:15:24

5 km

Lp.	Num	Zawodnik	Data	Kat.	Klub	1	2	3	4	5	6	Razem	Suma 1-4
	300	WOJCIECHOWSKI Sebastian	1983	M-35	Team Kopeć			00:18:29				00:18:29	00:18:29
	310	ZOBCZYŃSKI Adam	1995	M-35	Sochaczew			00:19:16				00:19:16	00:19:16
	260	ZWIERZCHOŃ Grzegorz	1981	M-35	BiegnijZwierz / BBL Nocą	00:20:00						00:20:00	00:20:00
	143	WINIARCZYK Jacek	1971	M-35	KS START PUŁASKI WARKA				00:20:18			00:20:18	00:20:18
	285	KACZOROWSKI Marcin	1986	M-35	Avengers			00:20:33				00:20:33	00:20:33
	269	SZCZPAŃSKI Piotr	1999	M-35	KONDYCJA	00:20:35						00:20:35	00:20:35
	99	HICZEWSKI Michał	1989	M-35	Wandpark.pl	00:20:41						00:20:41	00:20:41
	249	NOWAK Kamil	1990	M-35	Sokół Bodzanów	00:21:02						00:21:02	00:21:02
	110	GRZESZAK Rafał	1972	M-35	DOGOŃ Grodzisk Mazowiecki	00:21:38						00:21:38	00:21:38
	434	OSTROWSKI Marcin	1977	M-35	Otwock Biega			00:22:08				00:22:08	00:22:08
	198	GABLER Grzegorz	1987	M-35	Warka		00:22:19					00:22:19	00:22:19
	148	BABLER Grzegorz	1987	M-35					00:22:37			00:22:37	00:22:37
	80	ANDZELA Tomasz	1973	M-35	Nadleśnictwo Daleszyce			00:22:47				00:22:47	00:22:47
	335	HADUCH Mateusz	2000	M-35	MATERPATER.PL				00:23:12			00:23:12	00:23:12
	4	KUŹNICKI Wojciech	1977	M-35					00:23:22			00:23:22	00:23:22
	105	SZCZEPAŃSKI Piotr	1998	M-35	KONDYCJA				00:23:32			00:23:32	00:23:32
	609	ZAJĄC Grzegorz	1984	M-35	WIĘCEJ FUNKU!		00:23:42					00:23:42	00:23:42
	201	JABŁOŃSKI Marcin	1977	M-35	Piaseczno			00:24:03				00:24:03	00:24:03
	144	DZIEWULSKI Krzysztof	1985	M-35		00:24:11						00:24:11	00:24:11
	305	OSTROWSKI Michał	1980	M-35	Otwock			00:24:12				00:24:12	00:24:12
	199	CIECHOMSKI Jan	1982	M-35	aKS Polonia Warszawa			00:24:15				00:24:15	00:24:15
	146	KIRAGA Adrian	1987	M-35		00:24:16						00:24:16	00:24:16
	251	OSTROWSKI Michał	1978	M-35	Sokół Bodzanów	00:24:18						00:24:18	00:24:18
	202	WÓJCIK Arkadiusz	1982	M-35	Dogoń Grodzisk Mazowiecki			00:24:30				00:24:30	00:24:30
	185	RADOŃ Wiktor	1991	M-35			00:24:45					00:24:45	00:24:45
	94	REZLER Tomasz	1986	M-35	Manhattan				00:25:00			00:25:00	00:25:00
	140	FRANKOWSKI Radosław	1978	M-35		00:25:02						00:25:02	00:25:02
	156	KUĆ Maciej	1981	M-35	GLOBE		00:25:38					00:25:38	00:25:38
	313	BRAK Danych	1980	M-35				00:25:47				00:25:47	00:25:47
	470	SIUBCZYŃSKI Łukasz	1978	M-35	PKO Bank Polski		00:25:50					00:25:50	00:25:50
	457	STRASZAK Marek	1974	M-35		00:25:52						00:25:52	00:25:52
	164	CHMIELEWSKI Czarek	1978	M-35	GLOBE		00:26:17					00:26:17	00:26:17
	325	BUGAJEWSKI Janusz	1961	M-45	KB IM. P. SĘKOWSKIEGO W PŁO			00:26:32				00:26:32	00:26:32
	135	ŚLEDZIŃSKI Paweł	1996	M-35					00:26:42			00:26:42	00:26:42
	142	PIENIĄŻEK Leszek	1960	M-55+	Ortoreh Team	00:26:44						00:26:44	00:26:44
	306	MARCINIAK Tomasz	1972	M-35	Warszawa			00:26:50				00:26:50	00:26:50
	148	PODCZASKI Radosław	1986	M-35	Sochaczew	00:27:00						00:27:00	00:27:00
	307	MALINOWSKI Michał	1990	M-35	Maszewo Duże			00:27:23				00:27:23	00:27:23
	146	LESZCZYŃSKI Piotr	1985	M-35					00:27:36			00:27:36	00:27:36
	32	KRAJEWSKI Przemysław	1973	M-35	Leczko Team				00:27:39			00:27:39	00:27:39
	145	SZEWCZYK Robert	1968	M-45					00:27:47			00:27:47	00:27:47
	188	ŚLONIEWSKI Tomasz	1974	M-35	Mysiadło		00:28:17					00:28:17	00:28:17
	591	KRASZEWSKI Bartłomiej	1984	M-35			00:28:36					00:28:36	00:28:36
	2	ŁADA Karol	1980	M-35				00:28:40				00:28:40	00:28:40
	120	MROZECZK Piotr	1984	M-35	Run FoRest IBL				00:28:51			00:28:51	00:28:51
	567	HADUCH Marcin	1975	M-35	MATERPATER.PL				00:28:57			00:28:57	00:28:57
	299	WOJTAS Piotr	1968	M-45	Góra Kalwaria			00:29:10				00:29:10	00:29:10
	292	KUR Mariusz	1987	M-35				00:29:19				00:29:19	00:29:19
	496	ROWICKI Jacek	1961	M-45					00:29:23			00:29:23	00:29:23
	296	BANASIEWICZ Łukasz	1982	M-35				00:29:25				00:29:25	00:29:25
	149	KOŁODZIEJ Michał	1984	M-35	Warszawa				00:29:46			00:29:46	00:29:46
	293	SEKUŁA Wojciech	1978	M-35				00:29:54				00:29:54	00:29:54
	196	SOBIERAJ Marcin	1987	M-35	Los Fanaticos		00:29:59					00:29:59	00:29:59
	370	PETRYCKI Marcin	1977	M-35	pumpIT				00:30:07			00:30:07	00:30:07

DNF-nie ukończył/a, L-Leśnicy i pracownicy Lasów Państwowych

Druk: 16-10-23 13:15:24

5 km

Lp.	Num	Zawodnik	Data	Kat.	Klub	1	2	3	4	5	6	Razem	Suma 1-4
	138	SZCZYGIEŁ Sławomir	1961	M-45		00:30:29						00:30:29	00:30:29
	387	RADZIAK Paweł	1985	M-35	Manhattan				00:31:00			00:31:00	00:31:00
	430	ABDALLAH Yousry	1948	M-55+					00:32:33			00:32:33	00:32:33
	2	PUCHALSKI Paweł	1961	M-45	AKS POLONIA WARSZAWA				00:32:54			00:32:54	00:32:54
	109	KAWIŃSKI Andrzej	1977	M-35		00:33:49						00:33:49	00:33:49
	117	CHOIŃSKI Przemek	1978	M-35					00:33:54			00:33:54	00:33:54
	388	FIEDORCZUK Piotr	1989	M-35	Fuszerka running team			00:34:31				00:34:31	00:34:31
	186	BRAMOWSKI Mateusz	1986	M-35	Warszawa		00:59:37					00:59:37	00:59:37

Nordic Walking 5 km

Lp.	Num	Zawodnik	Data	Kat.	Klub	1	2	3	4	5	6	Razem	Suma 1-4
K													
1	748	SLABY Barbara	1943	K-55+	Warszawa			00:58:49	00:57:09			01:55:58	01:55:58
2	701	MUCHA Dorota	1978	K-30	Uzdrowisko Konstancin	00:42:35	00:39:57	00:39:13	00:39:28			01:58:38	02:41:13
3	709	ZIELIŃSKA Kamila	1977	K-30	Face Nordic Walking Team		00:39:20	00:40:59	00:39:08			01:59:27	01:59:27
4	700	SIUDZIŃSKA Anna	1974	K-40	Konstancin - jeziorna	00:39:03	00:39:33	00:42:03				02:00:39	02:00:39
5	754	SZMAJDOWICZ Anita	1980	K-30	FACHDOM Team	00:41:21	00:40:38	00:41:05	00:39:54			02:01:37	02:42:58
6	43	KROCHMAL Małgorzata	1958	K-55+		00:43:33	00:41:45	00:40:37	00:40:18			02:02:40	02:46:13
7	712	ANCZARSKA Beata	1967	K-40	Avocado Wellness Club	00:41:55	00:40:52	00:41:48				02:04:35	02:04:35
8	752	PŁAWIŃSKA Anna	1976	K-30	Avocado Wellness Club	00:44:50	00:42:34	00:41:39	00:41:24			02:05:37	02:50:27
9	702	CIESIELSKA Iwona	1969	K-40		00:42:12	00:43:03	00:41:36	00:43:41			02:06:51	02:50:32
10	707	JASTRZĘBSKA Kornelia	1993	K-30	Avocado Wellness Club	00:42:34	00:42:44	00:41:39				02:06:57	02:06:57
11	717	ĆWIRKO-ŚLADOWSKA Agnieszka	1982	K-30	Avocado Wellness Club	00:45:19	00:43:58	00:43:55	00:42:48			02:10:41	02:56:00
12	560	MALEŃCZYK Barbara	1955	K-55+			00:45:53	00:43:35	00:42:05			02:11:33	02:11:33
13	721	CIEŚLAK Grażyna	1963	K-40		00:44:28	00:44:06		00:44:13			02:12:47	02:12:47
14	704	ŁOMIŃSKA Elżbieta	1954	K-55+	Uzdrowisko Konstancin	00:46:06	00:45:42	00:43:34	00:43:40			02:12:56	02:59:02
15	724	DOBROWOLSKA Karolina	1995	K-30		00:46:49	00:45:50	00:43:33	00:46:16			02:15:39	03:02:28
16	723	SMOCZYŃSKA Katarzyna	1974	K-40		00:46:49	00:45:54	00:47:37	00:45:52			02:18:35	03:06:12
17	722	WILK Anna	1974	K-40	Avocado Wellness Club	00:48:03	00:49:41	00:46:29	00:46:31			02:21:03	03:10:44
18	727	WILK Maria	1950	K-55+	Avocado Wellness Club	00:48:06	00:46:16	00:47:06	00:48:45			02:21:28	03:10:13
19	726	GLIŃSKA Grażyna	1954	K-55+		00:50:01	00:46:59	00:50:39				02:27:39	02:27:39
20	706	WOJEWÓDZKA Dorota	1965	K-40	WOJEWÓDZCY TEAM	00:50:37	00:51:19	00:50:20	00:47:43			02:28:40	03:19:59
21	725	MASNY Jolanta	1957	K-55+		00:50:01	00:48:06	00:50:39				02:28:46	02:28:46
22	711	MAZURKIEWICZ Violetta	1964	K-40	Bieg Mazurka	00:46:46	00:52:01	01:03:38	00:50:55			02:29:42	03:33:20
23	738	BUGAJEWSKA Jadwiga	1937	K-55+			00:52:24	00:58:49	00:57:09			02:48:22	02:48:22
563		PIOTROWSKA Edyta	1977	K-30	Avocado Wellness Club		00:37:32	00:37:14				01:14:46	01:14:46
719		RADOMSKA Marta	1984	K-30	Avocado Wellness Club	00:36:31	00:38:48					01:15:19	01:15:19
558		GODLEWSKA Beata	1983	K-30			00:40:52	00:38:45				01:19:37	01:19:37
555		SZEWCZYK Agnieszka	1975	K-40	Face Nordic Walking Team		00:41:27		00:41:35			01:23:02	01:23:02
735		KWAŚNA Anna	1982	K-30	Avocado Wellness Club		00:43:35	00:40:04				01:23:39	01:23:39
747		KARCZEWSKA Agnieszka	1985	K-30	Warszawa			00:41:29	00:45:09			01:26:38	01:26:38
720		OLĘDZKA Beata	1970	K-40	GOSIR Konstancin	00:43:24	00:43:53					01:27:17	01:27:17
714		RADOMSKA Lidia	1956	K-55+	Avocado Wellness Club	00:44:53	00:44:28					01:29:21	01:29:21
557		WOJEWÓDZKA Julia	2005	K-30	Wojewódzcy Team			00:50:16	00:46:53			01:37:09	01:37:09
194		LIBERADZKA Magdalena	1976	K-30			00:39:27					00:39:27	00:39:27
762		ŁACZMAŃSKA Joanna	1986	K-30					00:39:28			00:39:28	00:39:28
761		SIEMASZKO Lidia	1965	K-40					00:39:59			00:39:59	00:39:59
758		PLEWKA Bożenna	1955	K-55+	Warszawa				00:40:11			00:40:11	00:40:11
709		ZIELINSKA Kamila	1977	K-30	Face Nordic Walking Team	00:40:43						00:40:43	00:40:43
602		KUKAWSKA Lucyna	1982	K-30	Avocado Wellness Club		00:41:01					00:41:01	00:41:01
559		GODLEWSKA-DUDEK Dorota	1978	K-30				00:41:41				00:41:41	00:41:41
731		LISTWOŃ Justyna	1980	K-30		00:41:44						00:41:44	00:41:44
184		WIROWSKA Alicja	1980	K-30			00:42:26					00:42:26	00:42:26
559		DUDEK Dorota	1978	K-30			00:42:52					00:42:52	00:42:52
744		GARDOLIŃSKA Barbara	1954	K-55+	Uzdrowisko Konstancin			00:42:57				00:42:57	00:42:57
759		STOLARZEWICZ Katarzyna	1974	K-40					00:43:55			00:43:55	00:43:55
734		TOŁWIŃSKA Ewa	1980	K-30			00:45:02					00:45:02	00:45:02
718		KACPRZAK Marta	1986	K-30	Avocado Wellness Club	00:45:56						00:45:56	00:45:56
564		PIOTROWSKA-KUZMA Aldona	1974	K-40	Marcus TEAM		00:46:50					00:46:50	00:46:50
713		SZLAGOWSKI Maria	1946	K-55+	Avocado Wellness Club	00:48:50						00:48:50	00:48:50
756		NOWOGRODZKA Monika	1989	K-30					00:49:52			00:49:52	00:49:52
753		KOPIEC Iwona	1973	K-40					00:49:52			00:49:52	00:49:52
394		LENART Iwa	1978	K-30					00:50:55			00:50:55	00:50:55
557		WOJEWÓDZKA Julia	2000	K-30	WOJEWÓDZCY TEAM		00:51:17					00:51:17	00:51:17

DNF-nie ukończył/a, L-Leśnicy i pracownicy Lasów Państwowych

Druk: 16-10-23 13:15:25

CHOJNÓW 2016

Przygotowanie i pomiar czasu: DomTel Sport Timing, www.domtel.pl

Nordic Walking 5 km

Lp.	Num	Zawodnik	Data	Kat.	Klub	1	2	3	4	5	6	Razem	Suma 1-4
	743	SUŁKOWSKA Małgorzata	1954	K-55+				00:51:18				00:51:18	00:51:18
	716	FIEDROCZUK Joanna	1960	K-55+		00:51:52						00:51:52	00:51:52
	715	MIRECKA Renata	1959	K-55+		00:51:52						00:51:52	00:51:52
	454	WILK Katarzyna	1964	K-40			00:52:02					00:52:02	00:52:02
	611	IWANOWSKA Milena	1979	K-30			00:52:22					00:52:22	00:52:22
	750	FIEDORCZUK Alicja	1986	K-30	Fuszerka running team			00:53:08				00:53:08	00:53:08
	740	SLABY Barbara	1945	K-55+	Warszawa		00:58:01					00:58:01	00:58:01
	739	LEWANDOWSKA Joanna	1982	K-30			01:00:36					01:00:36	01:00:36
	576	SERGIEL Diana	1988	K-30			01:00:36					01:00:36	01:00:36

M

1	710	LIPSKI Dariusz	1970	M-45		00:41:18	00:39:57	00:39:31	00:39:56			01:59:24	02:40:42
2	730	FILINGER Piotr	1949	M-55+		00:41:51	00:39:13	00:51:16	00:42:25			02:03:29	02:54:45
3	728	JAZDOŃCZYK Antoni	1940	M-55+		00:48:52	00:46:40	00:47:51	00:47:04			02:21:35	03:10:27
	736	KWAŚNY Maciej	1983	M-35			00:36:39	00:36:07				01:12:46	01:12:46
	755	BRZOSKI Cezary	1967	M-45	BiegdaLenka	00:36:29			00:36:43			01:13:12	01:13:12
	760	SOBIERAJ Marcin	1987	M-35	Los Fanaticos			00:37:04	00:36:16			01:13:20	01:13:20
	556	SZEWczyk Marek	1959	M-55+	Face Nordic Walking Team		00:38:44		00:38:56			01:17:40	01:17:40
	138	SZCZYGIEŁ Sławomir	1961	M-45	K.B. IM. PIOTRA SĘKOWSKIEGO			00:41:22	00:40:32			01:21:54	01:21:54
	705	CIESIELSKI Rafał	1976	M-35		00:50:36	00:51:18					01:41:54	01:41:54
	757	TRONIArZ Stanisław	1955	M-55+	Raszyn				00:35:25			00:35:25	00:35:25
	732	LISTWOŃ Bartłomiej	1979	M-35		00:36:28						00:36:28	00:36:28
	745	LIPIEC Dariusz	1940	M-55+	Warszawa			00:38:46				00:38:46	00:38:46
	742	ZDULSKI Piotr	1967	M-45	Piasieczno		00:39:27					00:39:27	00:39:27
	729	LITWIN Dariusz	1967	M-45		00:44:44						00:44:44	00:44:44
	746	BARTKOWIAK Henryk	1946	M-55+				00:45:08				00:45:08	00:45:08
	613	FIODORCZUK Mikołaj	2002	M-35			00:48:14					00:48:14	00:48:14
	737	SUŁKOWSKI Jan	1955	M-55+			00:50:25					00:50:25	00:50:25
	737	SUŁKOWSKI Jan	1954	M-55+				00:51:16				00:51:16	00:51:16
	575	LIPIEC Krzysztof	1983	M-35	Działamy Działamy		00:56:18					00:56:18	00:56:18
	610	CZECHOWSKI Jerzy	1949	M-55+	MZA Warszawa		00:59:33					00:59:33	00:59:33