

# Bieg Biegam Bo Lubię LASY Chojnów 2016

CHOJNÓW, 23 października 2016

## Klasyfikacja generalna wg kategorii

### 10 km

| Lp. | Num Zawodnik | Data                   | Kat. | Klub | 1                              | 2        | 3        | 4        | 5        | 6 | Razem | Najlepszy |
|-----|--------------|------------------------|------|------|--------------------------------|----------|----------|----------|----------|---|-------|-----------|
| 1   | 479          | ŚWINARSKA Agnieszka    | 1978 | K-30 |                                | 00:44:03 | 00:44:42 | 00:46:49 | 00:49:01 |   |       | 02:15:34  |
| 2   | 477          | SZKUTA Monika          | 1977 | K-30 | Kondycja                       | 00:45:18 | 00:45:16 | 00:48:42 | 00:46:44 |   |       | 02:17:18  |
| 3   | 550          | GŁOWACKA Aneta         | 1986 | K-30 | SOKÓŁ BODZANÓW                 | 00:45:16 |          | 00:46:32 | 00:46:04 |   |       | 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  |
| 5   | 642          | NOWIK Jagoda           | 1981 | K-30 | Ekobiegi                       |          | 00:46:59 | 00:48:33 | 00:46:29 |   |       | 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  |
| 7   | 574          | GRZYB Marta            | 1988 | K-30 |                                |          | 00:51:19 | 00:49:07 | 00:45:27 |   |       | 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  |
| 9   | 409          | MURAWSKA Marta         | 1990 | K-30 |                                | 00:46:41 | 00:50:05 | 00:54:05 | 00:53:06 |   |       | 02:29:52  |
| 10  | 418          | SUPRUNIUK Anna         | 1979 | K-30 | KSW SAIYAN                     | 00:50:16 |          | 00:48:14 | 00:52:09 |   |       | 02:30:39  |
| 11  | 341          | KOWALSKA Alicja        | 1985 | K-30 |                                | 00:52:05 | 00:59:03 | 00:54:17 | 00:46:29 |   |       | 02:32:51  |
| 12  | 317          | GÓRECCZYŃSKA Kamila    | 1978 | K-30 | Multisport Piaseczno           | 00:48:50 | 00:49:48 | 00:54:23 |          |   |       | 02:33:01  |
| 13  | 394          | LENART Iwa             | 1978 | K-30 |                                | 00:50:05 | 00:55:25 | 00:49:00 |          |   |       | 02:34:30  |
| 14  | 354          | KACZYŃSKA Joanna       | 1981 | K-30 |                                | 00:55:46 | 00:59:27 | 00:51:53 | 00:49:04 |   |       | 02:36:43  |
| 15  | 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  |
| 16  | 436          | STASIEWICZ Iga         | 1984 | K-30 |                                | 00:52:29 | 00:53:28 | 00:54:06 | 00:52:05 |   |       | 02:38:02  |
| 17  | 374          | BARAN Paulina          | 1990 | K-30 |                                | 00:56:16 | 00:58:13 | 00:51:38 | 00:51:23 |   |       | 02:39:17  |
| 18  | 410          | MIŁKO Jolanta          | 1976 | K-30 | AKS Polonia Warszawa           | 00:57:12 | 00:55:08 | 00:51:42 | 00:54:24 |   |       | 02:41:14  |
| 19  | 351          | GÓRCZYŃSKA Beata       | 1982 | K-30 | Piaseczno Running              | 00:55:51 | 00:57:09 | 00:56:22 | 00:54:43 |   |       | 02:46:56  |
| 20  | 429          | ŻAK Oliwia             | 1982 | K-30 | Piaseczno Running              | 00:56:30 | 00:57:09 | 00:53:55 |          |   |       | 02:47:34  |
| 21  | 414          | ZAWADZKA Magdalena     | 1981 | K-30 | AKS Polonia Warszawa           | 00:56:41 | 00:57:03 | 00:58:21 | 00:54:53 |   |       | 02:48:37  |
| 22  | 590          | BARANOWSKA Marta       | 1989 | K-30 | Nadleśnictwo Wyszaków          |          | 00:55:45 | 00:58:40 | 00:57:19 |   |       | 02:51:44  |
| 23  | 455          | MUSIALSKA Justyna      | 1982 | K-30 | Power Training                 | 00:56:37 | 00:58:33 | 00:58:56 | 00:57:32 |   |       | 02:52:42  |
| 24  | 427          | MICHALSKA Ewa          | 1986 | K-30 | Kali i Jego Babki              | 01:02:59 | 00:58:04 | 00:54:42 |          |   |       | 02:55:45  |
| 25  | 356          | BUDZAJ Magdalena       | 1977 | K-30 | Neptunet Team                  | 00:54:30 | 01:03:46 | 00:57:44 |          |   |       | 02:56:00  |
| 26  | 485          | WIŚNIEWSKA Marta       | 1980 | K-30 |                                | 00:56:56 | 01:02:21 | 00:58:31 |          |   |       | 02:57:48  |
| 27  | 415          | ŻOŁNOWSKA Magdalena    | 1981 | K-30 | Power Training                 | 00:58:26 | 01:00:45 | 01:02:05 | 00:59:13 |   |       | 02:58:24  |
| 28  | 439          | ROMANOWSKA Marta       | 1985 | K-30 | Działamy działamy              | 01:00:46 |          | 01:00:55 | 00:59:50 |   |       | 03:01:31  |
| 29  | 366          | BUDA Katarzyna         | 1981 | K-30 | Chraszczki                     | 00:59:37 | 01:01:58 | 01:02:54 |          |   |       | 03:04:29  |
| 619 |              | KUCIŃSKA Magdalena     | 1984 | K-30 |                                |          |          | 00:51:29 | 00:47:20 |   |       | 01:38:49  |
| 513 |              | DĄBROWSKA Katarzyna    | 1988 | K-30 | HW Tri team                    |          | 00:50:42 |          | 00:50:18 |   |       | 01:41:00  |
| 488 |              | ZAMBRZYCKA-ROZNER Ewa  | 1983 | K-30 | Kondycja                       |          | 00:51:42 |          | 00:50:07 |   |       | 01:41:49  |
| 572 |              | JÓZEFAKKA Katarzyna    | 1976 | K-30 | Grupa Biegowa Parkrun Warsza   |          | 00:54:22 | 00:52:01 |          |   |       | 01:46:23  |
| 622 |              | KOSTERA Katarzyna      | 1979 | K-30 | vege runners                   |          |          | 00:54:10 | 00:52:30 |   |       | 01:46:40  |
| 342 |              | JAWOROWICZ Dobrochna   | 1976 | K-30 | Kalińska Team                  | 00:52:25 | 00:55:26 |          |          |   |       | 01:47:51  |
| 368 |              | KOBYŁECKA Dorota       | 1981 | K-30 | KB Galeria Warszawa            | 00:52:21 | 00:58:38 |          |          |   |       | 01:50:59  |
| 370 |              | JĘDRUSZCZAK Monika     | 1988 | K-30 | Goggle PAE Team                | 00:54:42 | 00:57:38 |          |          |   |       | 01:52:20  |
| 578 |              | PAWLAK Ewelina         | 1982 | K-30 |                                |          | 00:58:55 |          | 00:54:06 |   |       | 01:53:01  |
| 597 |              | KNOLL Katarzyna        | 1980 | K-30 | Mamy Ruszamy                   |          | 00:56:00 | 00:58:03 |          |   |       | 01:54:03  |
| 646 |              | STANKIEWICZ Ewa        | 1983 | K-30 |                                |          |          | 01:00:25 | 00:54:55 |   |       | 01:55:20  |
| 568 |              | JAROSZ-PIWOŃSKA Aldona | 1979 | K-30 |                                |          | 00:59:05 |          | 00:56:20 |   |       | 01:55:25  |
| 387 |              | FIEDORCZUK Alicja      | 1986 | K-30 | Fuszerka running team          | 00:55:16 | 01:00:50 |          |          |   |       | 01:56:06  |
| 553 |              | KOŁODZIEJSKA Katarzyna | 1978 | K-30 | Piaseczno Running              | 00:56:22 | 01:02:08 |          |          |   |       | 01:58:30  |
| 526 |              | ROGUSKA Anna           | 1997 | K-30 |                                | 01:02:25 |          |          | 00:56:17 |   |       | 01:58:42  |
| 595 |              | WINNICKA Edyta         | 1988 | K-30 |                                |          | 01:01:05 |          | 00:58:30 |   |       | 01:59:35  |

# 10 km

| Lp. | Num | Zawodnik                    | Data | Kat. | Klub                      | 1        | 2        | 3        | 4        | 5 | 6 | Razem    | Najlepszy |
|-----|-----|-----------------------------|------|------|---------------------------|----------|----------|----------|----------|---|---|----------|-----------|
|     | 420 | MILEWSKA Anna               | 1977 | K-30 |                           | 01:02:28 | 00:59:05 |          |          |   |   | 02:01:33 |           |
|     | 592 | MIERZWIŃSKA Monika          | 1986 | K-30 |                           |          | 01:04:45 | 01:00:50 |          |   |   | 02:05:35 |           |
|     | 509 | LIPSKA Kinga                | 1995 | K-30 |                           | 01:01:13 | 01:05:57 |          |          |   |   | 02:07:10 |           |
|     | 393 | LICHOCKA Agata              | 1983 | K-30 |                           | 01:01:32 | 01:06:31 |          |          |   |   | 02:08:03 |           |
|     | 423 | PYZEL Izabela               | 1981 | K-30 |                           | 01:02:11 | 01:09:53 |          |          |   |   | 02:12:04 |           |
|     | 562 | BIĄŁOGRODZKA Mariola        | 1985 | K-30 |                           |          | 01:08:24 | 01:06:42 |          |   |   | 02:15:06 |           |
|     | 468 | MIESIAK Edyta               | 1990 | K-30 |                           | 00:40:19 |          |          |          |   |   | 00:40:19 |           |
|     | 459 | SOŁTYSIAK Emilia            | 1995 | K-30 | Kalińska Team             | 00:45:34 |          |          |          |   |   | 00:45:34 |           |
|     | 365 | HAGEN Marta                 | 1989 | K-30 | Dogoń Grodzisk Mazowiecki | 00:46:57 |          |          |          |   |   | 00:46:57 |           |
|     | 330 | KRAJEWSKA Olga              | 1977 | K-30 | AKS Polonia Warszawa      | 00:50:16 |          |          |          |   |   | 00:50:16 |           |
|     | 634 | GODZIMIRSKA-PIETRZAK Magdal | 1977 | K-30 |                           |          |          | 00:51:00 |          |   |   | 00:51:00 |           |
|     | 566 | SMOCZYŃSKA Magdalena        | 1979 | K-30 | Mamy Ruszamy              |          | 00:52:43 |          |          |   |   | 00:52:43 |           |
|     | 478 | RADKA Joanna                | 1987 | K-30 |                           | 00:52:56 |          |          |          |   |   | 00:52:56 |           |
|     | 343 | KADZIKIEWICZ Joanna         | 1985 | K-30 |                           |          |          |          | 00:53:02 |   |   | 00:53:02 |           |
|     | 488 | ZAMBRZYCKA Ewa              | 1983 | K-30 | Kondycja                  | 00:53:24 |          |          |          |   |   | 00:53:24 |           |
|     | 179 | ZIENKIEWICZ Agata           | 1980 | K-30 | Piaseczno Running         |          | 00:53:40 |          |          |   |   | 00:53:40 |           |
|     | 589 | KURCIŃSKA Lidia             | 1981 | K-30 |                           |          | 00:54:07 |          |          |   |   | 00:54:07 |           |
|     | 352 | BROŻYNA Monika              | 1990 | K-30 | BBL lasy                  |          |          |          | 00:55:21 |   |   | 00:55:21 |           |
|     | 598 | FILIP Katarzyna             | 1976 | K-30 | Mamy Ruszamy              |          | 00:55:36 |          |          |   |   | 00:55:36 |           |
|     | 182 | BRODNIOWICZ Agnieszka       | 1987 | K-30 | Parkun Ursynów III        |          |          | 00:56:09 |          |   |   | 00:56:09 |           |
|     | 617 | KOWALEWSKA Izabela          | 1980 | K-30 | Piaseczno Running         |          |          | 00:56:14 |          |   |   | 00:56:14 |           |
|     | 342 | ŁEMPICKA Małgorzata         | 1985 | K-30 | Piaseczno Running         |          |          |          | 00:56:16 |   |   | 00:56:16 |           |
|     | 553 | ADAMUS Katarzyna            | 1978 | K-30 | Piaseczno Running         |          |          |          | 00:56:16 |   |   | 00:56:16 |           |
|     | 649 | KOLIBABSKA Malwina          | 1985 | K-30 | Hardcorowe Wychyliłybyśmy |          |          | 00:56:28 |          |   |   | 00:56:28 |           |
|     | 378 | JURCZAK Anna                | 1979 | K-30 |                           | 00:57:16 |          |          |          |   |   | 00:57:16 |           |
|     | 388 | NATUSIEWICZ Anna            | 1986 | K-30 | Klub Iwo Stowarzyszenie   |          |          |          | 00:58:19 |   |   | 00:58:19 |           |
|     | 334 | ZALIPSKA Joanna             | 1976 | K-30 |                           |          |          |          | 00:58:26 |   |   | 00:58:26 |           |
|     | 493 | URBAŃSKA-BŁASZCZYK Ania     | 1985 | K-30 | Barbell team              | 00:58:28 |          |          |          |   |   | 00:58:28 |           |
|     | 633 | BAZYLUK Aleksandra          | 1990 | K-30 | Warszawa                  |          |          | 00:59:12 |          |   |   | 00:59:12 |           |
|     | 435 | WILCZEK Urszula             | 1993 | K-30 |                           | 01:00:02 |          |          |          |   |   | 01:00:02 |           |
|     | 600 | OACHCIAREK Magdalena        | 1981 | K-30 | Piastów                   |          | 01:01:21 |          |          |   |   | 01:01:21 |           |
|     | 553 | ADAMUS (WCZEŚN. KOŁODZIEJSK | 1978 | K-30 | Piaseczno Running         |          |          | 01:02:08 |          |   |   | 01:02:08 |           |
|     | 631 | MOJ Aleksandra              | 1987 | K-30 |                           |          |          | 01:02:51 |          |   |   | 01:02:51 |           |
|     | 569 | ZUBOWICZ Emilia             | 1990 | K-30 | TN Biegówki Wesoła        |          | 01:03:48 |          |          |   |   | 01:03:48 |           |
|     | 267 | STRASZAK Julita             | 1996 | K-30 |                           |          |          | 01:04:03 |          |   |   | 01:04:03 |           |
|     | 548 | MATYJEWICZ Klaudia          | 1992 | K-30 |                           | 01:04:17 |          |          |          |   |   | 01:04:17 |           |
|     | 741 | ROMANOWSKA Józefina         | 1982 | K-30 |                           |          | 01:05:34 |          |          |   |   | 01:05:34 |           |
|     | 593 | MIELECKA Anna               | 1979 | K-30 | 5Xam                      |          | 01:13:49 |          |          |   |   | 01:13:49 |           |
|     | 100 | GRABALSKA Aneta             | 1985 | K-30 |                           |          |          | 01:18:39 |          |   |   | 01:18:39 |           |

## K-40

|   |     |                     |      |      |                                |          |          |          |          |  |  |          |  |
|---|-----|---------------------|------|------|--------------------------------|----------|----------|----------|----------|--|--|----------|--|
| 1 | 458 | STEGNER Anna        | 1974 | K-40 |                                | 00:46:27 | 00:49:25 | 00:52:24 |          |  |  | 02:28:16 |  |
| 2 | 465 | PAWŁOWSKA Katarzyna | 1975 | K-40 | aleTEMPO                       | 00:52:28 | 00:51:06 |          | 00:50:54 |  |  | 02:34:28 |  |
| 3 | 422 | ZAJĄC Dorota        | 1967 | K-40 |                                | 00:53:24 | 00:54:07 | 00:51:51 | 00:52:05 |  |  | 02:37:20 |  |
| 4 | 585 | WAŚOWSKA Jagoda     | 1966 | K-40 | Kallińska Team                 | 00:55:17 | 00:52:14 | 00:52:34 |          |  |  | 02:40:05 |  |
| 5 | 444 | PYZEL Agnieszka     | 1968 | K-40 |                                | 00:57:54 | 00:52:36 | 00:51:20 |          |  |  | 02:41:50 |  |
| 6 | 448 | ODOLCZYK Joanna     | 1965 | K-40 |                                | 00:53:08 | 00:55:20 | 00:53:38 |          |  |  | 02:42:06 |  |
| 7 | 395 | KOSNOWSKA Katarzyna | 1968 | K-40 |                                | 00:52:10 | 00:58:25 | 00:56:08 |          |  |  | 02:46:43 |  |
| 8 | 324 | BUGAJEWSKA Anna     | 1961 | K-40 | KB IM. P. SĘKOWSKIEGO W PŁO    | 00:56:46 | 00:56:39 |          | 00:57:26 |  |  | 02:50:51 |  |
| 9 | 320 | GROMEK Bożena       | 1962 | K-40 | TEAM Białoźbrzegi / Team BOMIK | 01:01:15 | 01:00:03 | 01:02:29 | 01:00:39 |  |  | 03:01:57 |  |
|   | 476 | RĘBIŚ Joanna        | 1975 | K-40 |                                | 00:45:12 | 00:43:33 |          |          |  |  | 01:28:45 |  |
|   | 614 | BOROŃ Izabela       | 1975 | K-40 |                                |          |          | 00:54:32 | 00:56:34 |  |  | 01:51:06 |  |
|   | 454 | WILK Katarzyna      | 1964 | K-40 |                                | 00:58:04 |          |          | 00:59:30 |  |  | 01:57:34 |  |
|   | 337 | GĄSIOROWSKA Dorota  | 1969 | K-40 | Kali i Jego Babki              | 00:59:46 | 01:02:09 |          |          |  |  | 02:01:55 |  |

# 10 km

| Lp. | Num | Zawodnik                   | Data | Kat. | Klub             | 1        | 2        | 3        | 4        | 5 | 6 | Razem    | Najlepszy |
|-----|-----|----------------------------|------|------|------------------|----------|----------|----------|----------|---|---|----------|-----------|
|     | 481 | OSTAPIŃSKA Magda           | 1974 | K-40 |                  | 00:49:35 |          |          |          |   |   | 00:49:35 |           |
|     | 399 | OPOWICZ Marzena            | 1963 | K-40 | Warszawa         |          |          |          | 00:53:09 |   |   | 00:53:09 |           |
|     | 353 | AUGUSTYNIAK-KIELAK Justyna | 1975 | K-40 |                  | 00:54:13 |          |          |          |   |   | 00:54:13 |           |
|     | 510 | KANDEFER Anna              | 1970 | K-40 |                  | 00:54:17 |          |          |          |   |   | 00:54:17 |           |
|     | 333 | DOBRZYŃSKA Nina            | 1973 | K-40 |                  | 00:55:36 |          |          |          |   |   | 00:55:36 |           |
|     | 607 | KOWALSEWSKA Dorota         | 1967 | K-40 |                  |          | 00:59:53 |          |          |   |   | 00:59:53 |           |
|     | 407 | PIASEK-CHOJNACKA Ewa       | 1974 | K-40 | Kondycja         | 01:06:20 |          |          |          |   |   | 01:06:20 |           |
|     | 527 | ROGUSKA Joanna             | 1971 | K-40 |                  | 01:07:40 |          |          |          |   |   | 01:07:40 |           |
|     | 636 | ABRAM Anna                 | 1975 | K-40 |                  |          |          | 01:08:41 |          |   |   | 01:08:41 |           |
|     | 441 | SLONIEWSKA Monika          | 1969 | K-40 | Kuchnia Biegacza | 01:10:38 |          |          |          |   |   | 01:10:38 |           |
|     | 442 | MALEK Anna                 | 1970 | K-40 | Kuchnia Biegacza | 01:13:27 |          |          |          |   |   | 01:13:27 |           |
|     | 539 | STĘPIEŃ Magdalena          | 1974 | K-40 |                  | 01:17:45 |          |          |          |   |   | 01:17:45 |           |

## K-55+

|   |     |                 |      |       |                     |          |          |          |          |  |  |          |  |
|---|-----|-----------------|------|-------|---------------------|----------|----------|----------|----------|--|--|----------|--|
| 1 | 580 | SZUBA Zofia     | 1953 | K-55+ |                     |          | 00:55:03 | 00:53:26 | 00:54:27 |  |  | 02:42:56 |  |
| 2 | 571 | ŻYWEK Teresa    | 1947 | K-55+ | tripower.pl         |          | 01:00:25 | 00:59:11 | 00:56:36 |  |  | 02:56:12 |  |
|   | 549 | DOBKOWSKA Anna  | 1951 | K-55+ | KB Galeria Warszawa | 00:55:36 | 00:54:37 |          |          |  |  | 01:50:13 |  |
|   | 498 | NAJDER Ewa      | 1957 | K-55+ |                     | 00:49:34 |          |          |          |  |  | 00:49:34 |  |
|   | 616 | MARCZAK Grażyna | 1953 | K-55+ |                     |          |          | 00:52:32 |          |  |  | 00:52:32 |  |
|   | 641 | MORAWSKA Anna   | 1953 | K-55+ |                     |          |          | 01:00:42 |          |  |  | 01:00:42 |  |

## M-35

|    |     |                      |      |      |                                |          |          |          |          |  |  |          |  |
|----|-----|----------------------|------|------|--------------------------------|----------|----------|----------|----------|--|--|----------|--|
| 1  | 379 | KUREK Łukasz         | 1983 | M-35 | Kalińska Team                  | 00:36:44 | 00:36:00 | 00:37:42 | 00:36:30 |  |  | 01:49:14 |  |
| 2  | 494 | ZALEWSKI Kasper      | 1994 | M-35 | ENTRE.PL Team                  | 00:35:55 | 00:37:17 |          | 00:36:27 |  |  | 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 |  |
| 4  | 368 | ARAK Tomasz          | 1979 | M-35 | Multisport Piaseczno           | 00:38:20 | 00:38:45 |          | 00:38:05 |  |  | 01:55:10 |  |
| 5  | 532 | SZUBA Eryk           | 1972 | M-35 |                                | 00:38:48 | 00:38:03 | 00:38:23 |          |  |  | 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 |  |
| 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 |  |
| 8  | 412 | WOJEWÓDZKI Marcin    | 1993 | M-35 | Wojewódzcy Team                |          | 00:40:35 | 00:39:37 | 00:39:03 |  |  | 01:59:15 |  |
| 9  | 347 | KAMIŃSKI Paweł       | 1976 | M-35 | Ortoreh Team                   | 00:40:32 | 00:39:12 | 00:40:39 |          |  |  | 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 |  |
| 11 | 480 | WNOROWSKI Stefan     | 1978 | M-35 | Parkrun Konstancin             | 00:40:13 | 00:40:16 | 00:41:11 |          |  |  | 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 |  |
| 13 | 584 | ZASĘPA Sebastian     | 1979 | M-35 | Runner 2.5                     |          | 00:43:07 | 00:40:04 | 00:39:20 |  |  | 02:02:31 |  |
| 14 | 463 | MYSZKOWSKI Sebastian | 1978 | M-35 | Kalińska Team                  | 00:38:30 | 00:44:26 | 00:39:54 |          |  |  | 02:02:50 |  |
| 15 | 450 | MORAWSKI Piotr       | 1985 | M-35 |                                | 00:42:01 | 00:40:05 |          | 00:41:14 |  |  | 02:03:20 |  |
| 16 | 408 | WĘCLAŚ Maciej        | 1979 | M-35 | Multisport Piaseczno           | 00:39:46 | 00:39:48 | 00:46:19 | 00:44:36 |  |  | 02:04:10 |  |
| 17 | 339 | KRÓL Arkadiusz       | 1977 | M-35 | N+RC                           | 00:41:23 | 00:42:48 | 00:41:56 | 00:40:54 |  |  | 02:04:13 |  |
| 18 | 471 | MIODUSZEWSKI Adam    | 1979 | M-35 | Grupa Biegowa Parkrun Warsza   | 00:42:57 | 00:42:56 | 00:41:44 | 00:40:39 |  |  | 02:05:19 |  |
| 19 | 401 | MISZTAŁ Michał       | 1977 | M-35 | Multisport Piaseczno           | 00:42:15 | 00:41:30 | 00:46:19 | 00:41:47 |  |  | 02:05:32 |  |
| 20 | 331 | LEW-MIRSKI Janusz    | 1975 | M-35 | AKS Polonia Warszawa           | 00:40:50 | 00:42:11 | 00:42:33 |          |  |  | 02:05:34 |  |
| 21 | 319 | KOZŁOWSKI Filip      | 2000 | M-35 | Dogoń Grodzisk Mazowiecki      | 00:41:20 | 00:41:35 | 00:42:59 | 00:44:26 |  |  | 02:05:54 |  |
| 22 | 349 | DUDEK Radosław       | 1976 | M-35 | Dogoń Grodzisk                 | 00:43:18 | 00:41:54 | 00:41:31 |          |  |  | 02:06:43 |  |
| 23 | 327 | BIELECKI Marcin      | 1981 | M-35 | FMW Runners                    | 00:43:28 | 00:42:58 | 00:41:52 | 00:42:23 |  |  | 02:07:13 |  |
| 24 | 530 | PIEKARZ Marcin       | 1983 | M-35 | Sygma Bank                     | 00:42:24 | 00:42:36 | 00:42:31 | 00:42:48 |  |  | 02:07:31 |  |
| 25 | 573 | DĄBROWSKI Jarosław   | 1978 | M-35 | Mamy Ruszamy                   |          | 00:41:55 | 00:43:46 | 00:41:53 |  |  | 02:07:34 |  |
| 26 | 505 | LAMPART Piotr        | 1981 | M-35 |                                | 00:43:24 | 00:41:47 |          | 00:42:26 |  |  | 02:07:37 |  |
| 27 | 508 | LIPSKI Michał        | 1989 | M-35 | Stary Człowiek Kojot           | 00:42:23 | 00:42:32 | 00:45:12 | 00:42:43 |  |  | 02:07:38 |  |
| 28 | 495 | OLĘDZKI Jacek        | 1973 | M-35 |                                | 00:43:06 | 00:46:04 | 00:43:20 | 00:42:22 |  |  | 02:08:48 |  |
| 29 | 402 | SKRZECZ Marcin       | 1981 | M-35 | Dogoń Grodzisk Mazowiecki      | 00:44:17 | 00:43:17 | 00:44:47 | 00:42:19 |  |  | 02:09:53 |  |
| 30 | 531 | STEFANIUK Marcin     | 1981 | M-35 | Kultura Biega                  | 00:43:24 | 00:42:20 |          | 00:44:51 |  |  | 02:10:35 |  |
| 31 | 474 | SZKUTA Marcin        | 1976 | M-35 | Kondycja                       | 00:41:12 | 00:49:06 | 00:40:23 |          |  |  | 02:10:41 |  |
| 32 | 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 |  |
| 33 | 586 | TROĆ Krzysztof       | 1981 | M-35 |                                |          | 00:42:24 | 00:41:54 | 00:49:29 |  |  | 02:13:47 |  |

# 10 km

| Lp. | Num | Zawodnik              | Data | Kat. | Klub                           | 1        | 2        | 3        | 4        | 5 | 6 | Razem    | Najlepszy |
|-----|-----|-----------------------|------|------|--------------------------------|----------|----------|----------|----------|---|---|----------|-----------|
| 34  | 483 | OSTAPIŃSKI Wojtek     | 1972 | M-35 |                                | 00:49:36 | 00:42:15 |          | 00:43:30 |   |   | 02:15:21 |           |
| 35  | 397 | ABRAM Przemysław      | 1971 | M-35 | Polski Klub MTB                |          | 00:46:20 | 00:45:44 | 00:43:22 |   |   | 02:15:26 |           |
| 36  | 355 | BELKIEWICZ Rafał      | 1980 | M-35 |                                | 00:44:51 | 00:44:50 | 00:47:13 | 00:46:22 |   |   | 02:16:03 |           |
| 37  | 381 | JAWOREK Grzegorz      | 1985 | M-35 | Trybik Northwave Team          | 00:41:44 |          | 00:49:09 | 00:45:29 |   |   | 02:16:22 |           |
| 38  | 426 | WIERZBIŃSKI Karol     | 1975 | M-35 |                                | 00:47:22 | 00:48:06 | 00:46:31 |          |   |   | 02:21:59 |           |
| 39  | 514 | DURKA Paweł           | 1984 | M-35 | koniuchy                       | 00:49:52 |          | 00:46:26 | 00:45:47 |   |   | 02:22:05 |           |
| 40  | 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 |           |
| 41  | 336 | KOWALSKI Mariusz      | 1984 | M-35 |                                | 00:48:37 | 00:50:32 | 00:47:48 | 00:46:39 |   |   | 02:23:04 |           |
| 42  | 594 | SADKOWSKI Rafał       | 1987 | M-35 | Run FoRest IBL                 | 00:47:37 | 00:49:20 | 00:48:45 | 00:47:10 |   |   | 02:23:32 |           |
| 43  | 456 | WÓJCIC Jarek          | 1982 | M-35 | Power Training                 | 00:49:56 | 00:48:57 | 00:45:18 | 00:57:32 |   |   | 02:24:11 |           |
| 44  | 535 | OWCZARCZYK Paweł      | 1978 | M-35 |                                | 00:50:26 | 00:49:11 | 00:49:05 | 00:45:58 |   |   | 02:24:14 |           |
| 45  | 542 | KOMOREK Michał        | 1983 | M-35 | LINA PĘKA NIE KOMANDOS         | 00:47:00 | 00:49:26 | 00:47:54 |          |   |   | 02:24:20 |           |
| 46  | 371 | JANISZEWSKI Jarosław  | 1979 | M-35 | KS Maków Biega                 | 00:49:26 | 00:51:25 | 00:49:40 | 00:46:24 |   |   | 02:25:30 |           |
| 47  | 523 | PIROGOW Tomek         | 1976 | M-35 |                                | 00:52:34 | 00:49:05 |          | 00:46:14 |   |   | 02:27:53 |           |
| 48  | 340 | JANISZEWSKI Andrzej   | 1981 | M-35 | Barbell Zone                   | 00:53:14 | 00:51:17 | 00:48:16 | 00:48:46 |   |   | 02:28:19 |           |
| 49  | 416 | ZAJKOWSKI Mariusz     | 1980 | M-35 | Power Training                 | 00:58:24 | 00:46:11 | 01:02:05 | 00:45:57 |   |   | 02:30:32 |           |
| 50  | 517 | SIEK Mateusz          | 1986 | M-35 | ParkRun                        | 00:51:23 | 00:51:08 | 00:48:59 |          |   |   | 02:31:30 |           |
| 51  | 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 |           |
| 52  | 329 | KRAWCZYK Daniel       | 1974 | M-35 | Kondycja                       | 00:54:02 | 00:50:07 | 00:50:17 | 00:52:00 |   |   | 02:32:24 |           |
| 53  | 445 | WŁODARCZYK Michał     | 1983 | M-35 | Gruzja Team                    | 00:55:02 |          | 00:50:06 | 00:48:20 |   |   | 02:33:28 |           |
| 54  | 524 | SZYMAŃSKI Robert      | 1975 | M-35 |                                | 00:53:14 | 00:53:12 | 00:49:35 | 00:51:54 |   |   | 02:34:41 |           |
| 55  | 490 | ROZNER Artur          | 1982 | M-35 | Kondycja                       | 00:53:24 | 00:51:42 |          | 00:50:07 |   |   | 02:35:13 |           |
| 56  | 376 | BOSY Mariusz          | 1981 | M-35 | Prawie Łysi                    | 00:50:13 | 00:52:04 | 00:54:26 | 00:55:12 |   |   | 02:36:43 |           |
| 57  | 424 | RATAJ Mariusz         | 1977 | M-35 |                                | 00:54:39 | 00:54:21 | 00:51:37 | 00:51:14 |   |   | 02:37:12 |           |
| 58  | 446 | ZDUŃCZYK Michał       | 1979 | M-35 |                                | 00:55:40 | 00:52:25 | 00:55:12 | 00:49:51 |   |   | 02:37:28 |           |
| 59  | 362 | JANKOWSKI Artur       | 1982 | M-35 |                                | 00:50:08 | 00:53:32 | 00:55:59 | 00:55:13 |   |   | 02:38:53 |           |
| 60  | 447 | ZDUŃCZYK Mirosław     | 1984 | M-35 |                                | 00:55:40 | 00:50:02 | 00:55:12 |          |   |   | 02:40:54 |           |
| 61  | 629 | ROWICKI Marcin        | 1996 | M-35 |                                | 00:51:55 | 00:52:32 | 00:59:51 |          |   |   | 02:44:18 |           |
| 62  | 357 | BUDZAJ Robert         | 1975 | M-35 | Neptunet Team                  | 00:46:34 | 01:03:46 | 00:53:59 |          |   |   | 02:44:19 |           |
| 63  | 470 | SIUBCZYŃSKI Łukasz    | 1978 | M-35 | PKO Bank Polski                | 00:51:51 |          | 00:57:28 | 00:55:06 |   |   | 02:44:25 |           |
| 64  | 528 | MIELECKI Andrzej      | 1974 | M-35 | 5xAM                           | 00:51:50 | 00:53:51 |          | 00:58:45 |   |   | 02:44:26 |           |
| 65  | 451 | SZCZEPAŃSKI Marcin    | 1974 | M-35 | Kondycja                       | 00:55:46 | 00:54:18 |          | 00:57:18 |   |   | 02:47:22 |           |
| 66  | 316 | GÓRECZNY Rafał        | 1977 | M-35 | Multisport Piaseczno           | 00:56:53 | 00:58:55 | 00:57:39 |          |   |   | 02:53:27 |           |
| 67  | 545 | KOŁODZIEJ Michał      | 1984 | M-35 | Multisport Piaseczno           | 00:57:56 | 00:59:19 | 01:02:44 |          |   |   | 02:59:59 |           |
| 68  | 520 | GAWRYSZEWSKI Jarosław | 1972 | M-35 |                                | 01:00:01 | 01:13:49 |          | 00:58:49 |   |   | 03:12:39 |           |
|     | 346 | GRONEK Adrian         | 1988 | M-35 | Ortoreh Team                   | 00:35:57 |          | 00:35:32 |          |   |   | 00:35:57 |           |
|     | 344 | BAĆ Waldemar          | 1976 | M-35 | Kalińska Team                  | 00:38:18 |          | 00:36:16 |          |   |   | 00:38:18 |           |
|     | 627 | WAŚKOWSKI Marek       | 1998 | M-35 |                                |          |          | 00:36:59 | 00:36:19 |   |   | 01:13:18 |           |
|     | 389 | KURACH Paweł          | 1988 | M-35 | Atomowy Kurach                 | 00:37:03 |          |          | 00:38:03 |   |   | 01:15:06 |           |
|     | 522 | WYSOKIŃSKI Konrad     | 1978 | M-35 | Mesmerik Runners               |          | 00:38:42 | 00:37:56 |          |   |   | 01:16:38 |           |
|     | 543 | BUCZEK Dariusz        | 1975 | M-35 | Gmina Chynów Biega - Góra Kal  | 00:38:36 | 00:38:24 |          |          |   |   | 01:17:00 |           |
|     | 523 | BRĄK Danych           | 1980 | M-35 |                                |          | 00:40:16 |          | 00:38:05 |   |   | 01:18:21 |           |
|     | 377 | KNYCHAS Darek         | 1973 | M-35 | PZU Sport Team                 | 00:39:14 |          | 00:39:23 |          |   |   | 01:18:37 |           |
|     | 507 | KLIMKOWSKI Karol      | 1992 | M-35 |                                | 00:39:33 | 00:39:46 |          |          |   |   | 01:19:19 |           |
|     | 405 | ZDZIARSKI Piotr       | 1979 | M-35 | Dogoń Grodzisk Mazowiecki      | 00:38:50 | 00:40:32 |          |          |   |   | 01:19:22 |           |
|     | 460 | MATYSIAK Bartłomiej   | 1980 | M-35 | JacekBiega Running Team        | 00:38:34 | 00:43:02 |          |          |   |   | 01:21:36 |           |
|     | 343 | JAWOROWICZ Tomasz     | 1977 | M-35 | Kalińska Team                  | 00:41:34 | 00:40:56 |          |          |   |   | 01:22:30 |           |
|     | 396 | JASNOWSKI Michał      | 1980 | M-35 |                                | 00:41:20 | 00:41:13 |          |          |   |   | 01:22:33 |           |
|     | 475 | RĘBIŚ Tomasz          | 1974 | M-35 | Kondycja                       | 00:40:50 |          | 00:44:04 |          |   |   | 01:24:54 |           |
|     | 503 | GRZELCZYK Piotr       | 1977 | M-35 | BIEGam Bo Lubię Ząbki TEAM     | 00:44:13 | 00:41:38 |          |          |   |   | 01:25:51 |           |
|     | 392 | IŻYCKI Jarosław       | 1977 | M-35 |                                | 00:42:33 | 00:43:47 |          |          |   |   | 01:26:20 |           |
|     | 383 | KŁOSOWICZ Sebastian   | 1977 | M-35 | Kondycja                       | 00:42:39 | 00:44:10 |          |          |   |   | 01:26:49 |           |
|     | 605 | AKSAMIT Jakub         | 1988 | M-35 | Fanatyk Konary                 | 00:44:31 | 00:42:52 |          |          |   |   | 01:27:23 |           |
|     | 434 | OSTROWSKI Marcin      | 1977 | M-35 | Otwock Biega                   | 00:45:23 |          |          | 00:42:50 |   |   | 01:28:13 |           |

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

Druk: 16-10-23 13:16:13

# 10 km

| Lp. | Num | Zawodnik               | Data | Kat. | Klub                      | 1        | 2        | 3        | 4        | 5 | 6 | Razem    | Najlepszy |
|-----|-----|------------------------|------|------|---------------------------|----------|----------|----------|----------|---|---|----------|-----------|
|     | 579 | BEDNARCZUK Jacek       | 1975 | M-35 |                           |          | 00:47:28 |          | 00:42:20 |   |   | 01:29:48 |           |
|     | 583 | SKRZYPEK Robert        | 1972 | M-35 |                           |          | 00:46:46 |          | 00:44:02 |   |   | 01:30:48 |           |
|     | 328 | KOLIBABSKI Radosław    | 1988 | M-35 |                           | 00:48:24 | 00:43:16 |          |          |   |   | 01:31:40 |           |
|     | 529 | TEODOREK Marcei        | 1982 | M-35 | orange polska             |          |          | 00:45:54 | 00:46:14 |   |   | 01:32:08 |           |
|     | 561 | BREWCZYŃSKI Wojciech   | 1979 | M-35 | Warta                     | 00:46:59 | 00:45:34 |          |          |   |   | 01:32:33 |           |
|     | 369 | JĘDRUSZCZAK Piotr      | 1977 | M-35 | Goggle PAE Team           | 00:47:54 | 00:44:56 |          |          |   |   | 01:32:50 |           |
|     | 350 | KACPERSKI Kamil        | 1985 | M-35 |                           | 00:44:30 |          |          | 00:48:41 |   |   | 01:33:11 |           |
|     | 482 | SOKALSKI Grzegorz      | 1976 | M-35 |                           |          | 00:42:59 | 00:50:59 |          |   |   | 01:33:58 |           |
|     | 643 | POLSAKIEWICZ Dawid     | 1976 | M-35 |                           |          | 00:48:28 |          | 00:46:27 |   |   | 01:34:55 |           |
|     | 332 | KWAPIŃSKI Tomasz       | 1975 | M-35 | Dogoń Grodzisk Mazowiecki | 00:45:27 |          |          | 00:49:43 |   |   | 01:35:10 |           |
|     | 624 | SZKUTA Artur           | 1979 | M-35 |                           |          |          | 00:49:04 | 00:47:13 |   |   | 01:36:17 |           |
|     | 620 | JAZŁOCKI Łukasz        | 1982 | M-35 |                           |          |          | 00:51:16 | 00:45:09 |   |   | 01:36:25 |           |
|     | 623 | SZLACHTA Wiesław       | 1971 | M-35 | Bóbr Tłuszcz              |          |          | 00:50:59 | 00:46:47 |   |   | 01:37:46 |           |
|     | 521 | WNUK Bartłomiej        | 1990 | M-35 |                           | 00:48:21 | 00:49:51 |          |          |   |   | 01:38:12 |           |
|     | 635 | KULBAK Kamil           | 1987 | M-35 |                           | 00:51:13 |          | 00:47:09 |          |   |   | 01:38:22 |           |
|     | 621 | KOSTERA Tomasz         | 1977 | M-35 | vege runners              |          |          | 00:51:28 | 00:47:06 |   |   | 01:38:34 |           |
|     | 492 | ZDIENICKI Paweł        | 1982 | M-35 | BARBELL ZONE              | 00:48:57 | 00:49:46 |          |          |   |   | 01:38:43 |           |
|     | 518 | LUBECKI Grzegorz       | 1983 | M-35 |                           | 00:51:43 | 00:47:07 |          |          |   |   | 01:38:50 |           |
|     | 588 | SOCHACKI Michał        | 1983 | M-35 | kondycja                  | 00:54:59 | 00:44:05 |          |          |   |   | 01:39:04 |           |
|     | 457 | STRASZAK Marek         | 1974 | M-35 |                           |          | 00:49:49 | 00:50:30 |          |   |   | 01:40:19 |           |
|     | 630 | MARCINIAK Mateusz      | 1986 | M-35 |                           |          |          | 00:50:42 | 00:50:23 |   |   | 01:41:05 |           |
|     | 361 | KOZŁOWSKI Witold       | 1981 | M-35 |                           | 00:56:20 |          | 00:45:59 |          |   |   | 01:42:19 |           |
|     | 612 | FIRYSIUK Tomasz        | 1975 | M-35 |                           | 00:52:17 | 00:51:35 |          |          |   |   | 01:43:52 |           |
|     | 648 | GÓRSKI Piotr           | 1977 | M-35 | 1977                      |          |          | 00:56:25 | 00:50:54 |   |   | 01:47:19 |           |
|     | 433 | WIADEREK Piotr         | 1985 | M-35 | Pędzące Żółwie            | 00:54:18 |          | 00:54:27 |          |   |   | 01:48:45 |           |
|     | 618 | FILA Marek             | 1976 | M-35 | Marcus TEAM               |          | 00:58:02 | 00:51:49 |          |   |   | 01:49:51 |           |
|     | 385 | KOPIEC Marcin          | 1973 | M-35 | Kopiec Running Team       | 00:56:53 |          |          | 00:54:43 |   |   | 01:51:36 |           |
|     | 386 | KOPIEC Karol           | 1982 | M-35 | Kopiec Running Team       | 00:56:54 |          |          | 00:54:45 |   |   | 01:51:39 |           |
|     | 467 | OKRASA Arkadiusz       | 1974 | M-35 |                           | 00:53:29 | 00:59:05 |          |          |   |   | 01:52:34 |           |
|     | 384 | KOPIEC Paweł           | 1975 | M-35 | Kopiec Running Team       | 00:56:54 |          |          | 00:56:17 |   |   | 01:53:11 |           |
|     | 390 | SZERSZEŃ Janusz        | 1977 | M-35 | Piaseczno Running         | 00:59:09 | 00:57:09 |          |          |   |   | 01:56:18 |           |
|     | 626 | KAMIŃSKI Dariusz       | 1975 | M-35 | VIRGUM MT                 |          |          | 01:02:18 | 00:59:08 |   |   | 02:01:26 |           |
|     | 346 | GRONEK Adrian          | 1988 | M-35 | Ortoreh Team              | 00:35:57 |          | 00:35:32 |          |   |   | 00:35:32 |           |
|     | 344 | BAĆ Waldemar           | 1976 | M-35 | Kalińska Team             | 00:38:18 |          | 00:36:16 |          |   |   | 00:36:16 |           |
|     | 638 | PISZCZATOWSKI Wojciech | 1971 | M-35 | ORANGE POLSKA             |          |          | 00:37:11 |          |   |   | 00:37:11 |           |
|     | 522 | WYSOKINSKI Konrad      | 1978 | M-35 | Mesmerik Runners          | 00:37:59 |          |          |          |   |   | 00:37:59 |           |
|     | 345 | SITNIK Bartłomiej      | 1977 | M-35 | Ortoreh Team              | 00:38:18 |          |          |          |   |   | 00:38:18 |           |
|     | 632 | WIDZYŃSKI Bartosz      | 1973 | M-35 |                           |          |          | 00:39:06 |          |   |   | 00:39:06 |           |
|     | 377 | KNYCHAS Dariusz        | 1973 | M-35 | PZU Sport Team            |          |          |          | 00:39:24 |   |   | 00:39:24 |           |
|     | 487 | ŚCISŁOWSKI Norbert     | 1982 | M-35 | KS Start Pułaski Warka    | 00:39:33 |          |          |          |   |   | 00:39:33 |           |
|     | 486 | TREMBECKI Tomasz       | 1973 | M-35 | Kalińska Team             | 00:40:11 |          |          |          |   |   | 00:40:11 |           |
|     | 538 | JĘDRZEJCZYK Piotr      | 1973 | M-35 | KS Start Pułaski Warka    | 00:40:19 |          |          |          |   |   | 00:40:19 |           |
|     | 388 | FIEDORCZUK Piotr       | 1989 | M-35 | Fuszerka running team     | 00:40:22 |          |          |          |   |   | 00:40:22 |           |
|     | 570 | ZUBOWICZ Tomasz        | 1984 | M-35 | TN Biegówki Wesoła        |          | 00:41:20 |          |          |   |   | 00:41:20 |           |
|     | 428 | PIPUTA Patryk          | 1975 | M-35 |                           | 00:41:59 |          |          |          |   |   | 00:41:59 |           |
|     | 540 | KANCIAŁA Łukasz        | 1982 | M-35 | Parkrun Warszawa          |          |          | 00:42:15 |          |   |   | 00:42:15 |           |
|     | 372 | STACHURSKI Daniel      | 1976 | M-35 |                           |          |          |          | 00:42:16 |   |   | 00:42:16 |           |
|     | 178 | KAUCIŃSKI Henryk       | 1980 | M-35 |                           |          | 00:42:57 |          |          |   |   | 00:42:57 |           |
|     | 604 | KULIK Wojciech         | 1971 | M-35 |                           |          | 00:43:14 |          |          |   |   | 00:43:14 |           |
|     | 603 | ŁACIAK Marcin          | 1976 | M-35 | Warszawa                  |          | 00:43:28 |          |          |   |   | 00:43:28 |           |
|     | 502 | PATYNOWSKI Sławomir    | 1972 | M-35 |                           | 00:44:30 |          |          |          |   |   | 00:44:30 |           |
|     | 334 | BUCZYŃSKI Konrad       | 1983 | M-35 | Polsat Biega              | 00:45:06 |          |          |          |   |   | 00:45:06 |           |
|     | 322 | LIPIŃSKI Tomasz        | 1972 | M-35 | Warszawa                  |          |          |          | 00:45:10 |   |   | 00:45:10 |           |
|     | 363 | MOCOŃ Michał           | 1981 | M-35 | Nowa Słupia               |          |          |          | 00:45:12 |   |   | 00:45:12 |           |

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

Druk: 16-10-23 13:16:14

# 10 km

| Lp. | Num | Zawodnik             | Data | Kat. | Klub                        | 1        | 2        | 3        | 4        | 5 | 6 | Razem    | Najlepszy |
|-----|-----|----------------------|------|------|-----------------------------|----------|----------|----------|----------|---|---|----------|-----------|
|     | 380 | KUHARSKI Piotr       | 1987 | M-35 | parkrun Konstancin Jeziorna | 00:45:33 |          |          |          |   |   | 00:45:33 |           |
|     | 482 | SOKLASKI Grzegorz    | 1976 | M-35 |                             | 00:45:42 |          |          |          |   |   | 00:45:42 |           |
|     | 453 | PIETRASZEK Mirek     | 1971 | M-35 |                             | 00:45:42 |          |          |          |   |   | 00:45:42 |           |
|     | 318 | ZŁOTKOWSKI Piotr     | 1975 | M-35 | Gmina Chynów Biega          |          |          |          | 00:45:52 |   |   | 00:45:52 |           |
|     | 419 | MILEWSKI Piotr       | 1977 | M-35 |                             |          | 00:45:55 |          |          |   |   | 00:45:55 |           |
|     | 392 | WOJTCZAK Paweł       | 1985 | M-35 | Płock Biega na Age Limit    |          |          |          | 00:46:04 |   |   | 00:46:04 |           |
|     | 305 | OSTROWSKI Michał     | 1980 | M-35 | Otwock Biega                |          |          |          | 00:46:13 |   |   | 00:46:13 |           |
|     | 645 | SZCZEPAŃSKI Piotr    | 1998 | M-35 |                             |          |          | 00:46:48 |          |   |   | 00:46:48 |           |
|     | 380 | WRONKA Artur         | 1974 | M-35 |                             |          |          |          | 00:46:51 |   |   | 00:46:51 |           |
|     | 643 | POLSUKIEWICZ Dawid   | 1976 | M-35 |                             |          |          | 00:47:32 |          |   |   | 00:47:32 |           |
|     | 499 | REGULSKI Tomasz      | 1989 | M-35 | KS Start Pułaski Warka      | 00:47:35 |          |          |          |   |   | 00:47:35 |           |
|     | 515 | JANISZEWSKI Maciej   | 1984 | M-35 | Barbell Zone                | 00:47:43 |          |          |          |   |   | 00:47:43 |           |
|     | 345 | SUCHECKI Tomasz      | 1982 | M-35 |                             |          |          |          | 00:48:28 |   |   | 00:48:28 |           |
|     | 552 | SZMELOW Anton        | 1986 | M-35 |                             |          | 00:48:33 |          |          |   |   | 00:48:33 |           |
|     | 352 | KIELAK Krzysztof     | 1975 | M-35 |                             | 00:48:40 |          |          |          |   |   | 00:48:40 |           |
|     | 268 | MAZUR Piotr          | 1985 | M-35 | RR Runners                  |          |          |          | 00:48:41 |   |   | 00:48:41 |           |
|     | 523 | PIROGOW Tomasz       | 1976 | M-35 |                             |          |          | 00:48:49 |          |   |   | 00:48:49 |           |
|     | 644 | ZAJĄCZKOWSKI Bartosz | 1979 | M-35 | Przemyski Klub Biegacza     |          |          | 00:48:57 |          |   |   | 00:48:57 |           |
|     | 364 | ŚWIETLIK Adrian      | 1984 | M-35 |                             |          |          |          | 00:49:17 |   |   | 00:49:17 |           |
|     | 378 | WIERZCHOWSKI Jakub   | 1984 | M-35 |                             |          |          |          | 00:49:29 |   |   | 00:49:29 |           |
|     | 335 | GILLNER Kazimierz    | 1984 | M-35 |                             | 00:49:30 |          |          |          |   |   | 00:49:30 |           |
|     | 484 | SROCYŃSKI Marcin     | 1978 | M-35 |                             | 00:49:35 |          |          |          |   |   | 00:49:35 |           |
|     | 462 | SIÓDMIAK Cezary      | 1974 | M-35 | Kalińska Team               | 00:50:11 |          |          |          |   |   | 00:50:11 |           |
|     | 407 | MERCHELSKI Piotr     | 1984 | M-35 | Polsat Sport                |          |          |          | 00:50:17 |   |   | 00:50:17 |           |
|     | 533 | SOBULSKI Karol       | 1975 | M-35 |                             | 00:50:56 |          |          |          |   |   | 00:50:56 |           |
|     | 326 | KACZMARSKI Piotr     | 1998 | M-35 |                             |          |          |          | 00:51:34 |   |   | 00:51:34 |           |
|     | 466 | WOŹNY Maciej         | 1982 | M-35 |                             | 00:51:55 |          |          |          |   |   | 00:51:55 |           |
|     | 316 | SADOWSKI Konrad      | 1986 | M-35 | Piaseczno SHORIN- RYU       |          |          |          | 00:52:18 |   |   | 00:52:18 |           |
|     | 647 | SOSZYŃSKI Wojciech   | 1975 | M-35 | PZU Sport Team              |          |          | 00:52:40 |          |   |   | 00:52:40 |           |
|     | 317 | JAROS Piotr          | 1974 | M-35 | Nadleśnictwo Daleszyce      |          |          |          | 00:53:31 |   |   | 00:53:31 |           |
|     | 397 | ABRAM Przemysław     | 1971 | M-35 | Polski Klub MTB             | 00:54:24 |          |          |          |   |   | 00:54:24 |           |
|     | 330 | PIETRUSZKA Piotr     | 1981 | M-35 | Mamy ruszamy                |          |          |          | 00:54:26 |   |   | 00:54:26 |           |
|     | 322 | CHOJNACKI Marcin     | 1978 | M-35 | Kondycja                    | 00:54:40 |          |          |          |   |   | 00:54:40 |           |
|     | 403 | SEMPIOŁO Grzegorz    | 1975 | M-35 |                             | 00:54:44 |          |          |          |   |   | 00:54:44 |           |
|     | 326 | ŁUKASIEWICZ Marcin   | 1976 | M-35 | KS START PUŁASKI WARKA      |          |          | 00:55:04 |          |   |   | 00:55:04 |           |
|     | 582 | JANUSZEWSKI Michał   | 1986 | M-35 |                             |          | 00:55:27 |          |          |   |   | 00:55:27 |           |
|     | 399 | CZĘPIŃSKI Marcin     | 1979 | M-35 |                             | 00:56:04 |          |          |          |   |   | 00:56:04 |           |
|     | 537 | SOBIERG Marcin       | 1982 | M-35 |                             | 00:59:35 |          |          |          |   |   | 00:59:35 |           |
|     | 628 | ŁOSIAK Kacper        | 1993 | M-35 | Domtel-Sport                |          | 01:00:46 |          |          |   |   | 01:00:46 |           |
|     | 567 | HADUCH Marcin        | 1975 | M-35 | MATERPATER.PL               |          | 01:03:00 |          |          |   |   | 01:03:00 |           |
|     | 443 | NOWAKOWSKI Marcin    | 1979 | M-35 |                             | 01:03:06 |          |          |          |   |   | 01:03:06 |           |
|     | 102 | GRABALSKI Dariusz    | 1978 | M-35 |                             |          |          | 01:18:39 |          |   |   | 01:18:39 |           |

## M-45

|    |     |                        |      |      |                                |          |          |          |          |  |  |          |  |
|----|-----|------------------------|------|------|--------------------------------|----------|----------|----------|----------|--|--|----------|--|
| 1  | 437 | ZAJĄC Adam             | 1967 | M-45 | Naprzód Młociny                | 00:40:48 | 00:42:22 | 00:42:52 | 00:40:42 |  |  | 02:03:52 |  |
| 2  | 338 | KRECZMAŃSKI Robert     | 1968 | M-45 |                                |          | 00:42:53 | 00:40:49 | 00:40:36 |  |  | 02:04:18 |  |
| 3  | 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 |  |
| 4  | 359 | BIAŁOGRODZKI Sylwester | 1961 | M-45 | KB.Zalesie Górne               | 00:42:22 | 00:47:04 | 00:43:45 | 00:43:16 |  |  | 02:09:23 |  |
| 5  | 360 | BARTCZAK Robert        | 1970 | M-45 |                                | 00:44:52 | 00:43:44 | 00:42:53 |          |  |  | 02:11:29 |  |
| 6  | 398 | GRZĘDA Krzysztof       | 1966 | M-45 | Kalińska Team                  | 00:45:33 | 00:41:51 | 00:44:22 |          |  |  | 02:11:46 |  |
| 7  | 373 | FALKOWSKI Piotr        | 1969 | M-45 | Kalińska Team                  | 00:45:39 | 00:41:48 | 00:45:08 |          |  |  | 02:12:35 |  |
| 8  | 536 | GÓRAL Tadeusz          | 1970 | M-45 |                                | 00:43:53 | 00:42:28 | 00:46:56 |          |  |  | 02:13:17 |  |
| 9  | 544 | DOROMIEJCZUK Andrzej   | 1967 | M-45 | KONIUCHY                       | 00:45:35 | 00:44:45 |          | 00:43:02 |  |  | 02:13:22 |  |
| 10 | 417 | MORAWSKI Mirosław      | 1968 | M-45 | Biegiem Radom !                | 00:45:05 | 00:44:30 |          | 00:45:26 |  |  | 02:15:01 |  |

# 10 km

| Lp. | Num | Zawodnik             | Data | Kat. | Klub                        | 1        | 2        | 3        | 4        | 5 | 6 | Razem    | Najlepszy |
|-----|-----|----------------------|------|------|-----------------------------|----------|----------|----------|----------|---|---|----------|-----------|
| 11  | 406 | SMOCZYŃSKI Piotr     | 1969 | M-45 |                             | 00:43:37 | 00:45:02 | 00:48:38 |          |   |   | 02:17:17 |           |
| 12  | 348 | JACHYM Marcin        | 1970 | M-45 | Run FoRest IBL              | 00:45:25 | 00:45:28 |          | 00:47:37 |   |   | 02:18:30 |           |
| 13  | 469 | MIESIAK Dariusz      | 1969 | M-45 |                             | 00:48:41 | 00:46:49 | 00:45:40 | 00:47:20 |   |   | 02:19:49 |           |
| 14  | 473 | PIEKARZ Grzegorz     | 1964 | M-45 |                             | 00:48:41 | 00:50:30 | 00:52:11 | 00:45:22 |   |   | 02:24:33 |           |
| 15  | 449 | ODOLCZYK Jerzy       | 1961 | M-45 |                             | 00:53:08 | 00:49:12 | 00:51:21 |          |   |   | 02:33:41 |           |
| 16  | 587 | ZISKA Maciej         | 1969 | M-45 |                             | 00:52:34 | 00:51:43 | 00:50:12 |          |   |   | 02:34:29 |           |
| 17  | 496 | ROWICKI Jacek        | 1961 | M-45 |                             | 00:52:02 | 00:51:51 | 00:52:54 |          |   |   | 02:36:47 |           |
| 18  | 325 | BUGAJEWSKI Janusz    | 1961 | M-45 | KB IM. P. SĘKOWSKIEGO W PŁO | 00:55:13 | 01:02:42 |          | 00:46:15 |   |   | 02:44:10 |           |
| 19  | 421 | PISAREK Jacek        | 1964 | M-45 | AKS Polonia Warszawa        | 00:57:31 | 00:55:55 | 00:59:16 | 00:54:33 |   |   | 02:47:59 |           |
| 20  | 413 | WOJEWÓDZKI Krzysztof | 1965 | M-45 | Wojewódzcy Team             | 00:56:47 |          | 00:56:20 | 00:55:41 |   |   | 02:48:48 |           |
| 21  | 367 | KARLAK Andrzej       | 1966 | M-45 | KB Galeria Warszawa         | 00:52:21 | 00:58:38 | 01:05:11 |          |   |   | 02:56:10 |           |
|     | 358 | BOROWSKI Szymon      | 1963 | M-45 | Nowa Iwiczna                |          |          | 00:51:09 | 00:50:13 |   |   | 00:51:09 |           |
|     | 608 | GRUDNIEWSKI Dariusz  | 1965 | M-45 | Żabieniec                   |          | 00:50:30 | 00:47:57 |          |   |   | 01:38:27 |           |
|     | 489 | NADROWSKI Piotr      | 1967 | M-45 | Kondycja                    | 00:48:41 | 00:51:42 |          |          |   |   | 01:40:23 |           |
|     | 358 | BALIK Bogdan         | 1970 | M-45 |                             | 00:56:22 |          |          | 00:53:50 |   |   | 01:50:12 |           |
|     | 640 | FORYCK Mariusz       | 1969 | M-45 | Piaseczno                   |          |          | 00:40:59 |          |   |   | 00:40:59 |           |
|     | 338 | KREZMANSKI Robert    | 1968 | M-45 |                             | 00:44:26 |          |          |          |   |   | 00:44:26 |           |
|     | 519 | DEGROOT Jan          | 1970 | M-45 |                             | 00:45:35 |          |          |          |   |   | 00:45:35 |           |
|     | 364 | GOCH Robert          | 1964 | M-45 | Kondycja                    | 00:46:05 |          |          |          |   |   | 00:46:05 |           |
|     | 511 | KANDEFER Tomasz      | 1970 | M-45 |                             | 00:49:50 |          |          |          |   |   | 00:49:50 |           |
|     | 358 | BOROWSKI Szymon      | 1963 | M-45 | Nowa Iwiczna                |          |          | 00:51:09 | 00:50:13 |   |   | 00:50:13 |           |
|     | 637 | MAGLER Jacek         | 1967 | M-45 |                             |          |          | 00:50:16 |          |   |   | 00:50:16 |           |
|     | 500 | PACHOCKI Mariusz     | 1970 | M-45 |                             | 00:53:40 |          |          |          |   |   | 00:53:40 |           |
|     | 551 | MIRECKI Wojciech     | 1961 | M-45 | Warm RT Warszawa            | 01:02:15 |          |          |          |   |   | 01:02:15 |           |

## M-55+

|   |     |                      |      |       |                          |          |          |          |          |  |  |          |  |
|---|-----|----------------------|------|-------|--------------------------|----------|----------|----------|----------|--|--|----------|--|
| 1 | 391 | KAMIŃSKI Stanisław   | 1958 | M-55+ | GOS Nadarzyn             | 00:44:28 | 00:44:05 | 00:44:49 | 00:46:10 |  |  | 02:13:22 |  |
| 2 | 372 | BARAN Zenon          | 1960 | M-55+ | KB ACTIVESPORTS          | 00:45:44 | 00:44:48 | 00:45:23 |          |  |  | 02:15:55 |  |
| 3 | 534 | NARTOWSKI Jan        | 1959 | M-55+ | MORT!                    | 00:47:45 | 00:45:57 | 00:46:29 |          |  |  | 02:20:11 |  |
| 4 | 504 | BRZOZOWSKI Andrzej   | 1954 | M-55+ |                          | 00:48:12 | 00:47:28 | 00:49:51 |          |  |  | 02:25:31 |  |
| 5 | 321 | GROMEK Mirosław      | 1960 | M-55+ | 12tri.pl                 | 00:49:29 | 00:49:17 | 01:02:29 | 00:51:35 |  |  | 02:30:21 |  |
| 6 | 461 | MAZURKIEWICZ Andrzej | 1953 | M-55+ | Bieg Mazurka             | 00:54:08 | 00:54:59 | 00:53:54 | 00:51:21 |  |  | 02:39:23 |  |
| 7 | 491 | MIELNICZUK Ryszard   | 1957 | M-55+ | Barbell Zone             | 00:57:32 | 00:55:17 |          | 00:59:40 |  |  | 02:52:29 |  |
|   | 615 | BOROŃ Ryszard        | 1960 | M-55+ |                          |          |          | 00:51:59 | 00:52:25 |  |  | 01:44:24 |  |
|   | 606 | KOMOREK Zenon        | 1956 | M-55+ | LINA PEKA NIE KOMANDOS   | 00:56:49 | 00:53:10 |          |          |  |  | 01:49:59 |  |
|   | 625 | HOŁOWACZ Tomasz      | 1940 | M-55+ | Kondycja                 |          |          | 00:54:29 | 00:57:39 |  |  | 01:52:08 |  |
|   | 432 | WIADEREK Sławomir    | 1959 | M-55+ | Pędzące Żółwie           | 00:55:58 |          | 01:00:25 |          |  |  | 01:56:23 |  |
|   | 610 | CZECHOWSKI Jerzy     | 1949 | M-55+ | MZA Warszawa             | 00:59:32 |          | 01:08:14 |          |  |  | 02:07:46 |  |
|   | 639 | TURLEJ Dariusz       | 1957 | M-55+ | Warszawa                 |          |          | 00:45:44 |          |  |  | 00:45:44 |  |
|   | 396 | WIŚNIEWSKI Janusz    | 1952 | M-55+ |                          |          |          |          | 00:50:13 |  |  | 00:50:13 |  |
|   | 363 | KŁOS Zbyszek         | 1960 | M-55+ | TAK SOBIE BIEGAM-PIASTÓW | 00:51:19 |          |          |          |  |  | 00:51:19 |  |
|   | 430 | ABDALLAH Yousry      | 1948 | M-55+ |                          |          |          | 01:12:18 |          |  |  | 01:12:18 |  |

# 5 km

| Lp. | Num Zawodnik | Data                         | Kat. | Klub | 1                              | 2        | 3        | 4        | 5        | 6 | Razem | Najlepszy |
|-----|--------------|------------------------------|------|------|--------------------------------|----------|----------|----------|----------|---|-------|-----------|
| 1   | 169          | CIBICKA Joanna               | 1995 | K-30 | Kalińska Team                  |          | 00:20:38 | 00:21:00 | 00:20:10 |   |       | 01:01:48  |
| 2   | 155          | BRUSIŁO Ilona                | 1984 | K-30 | Mamy Ruszamy                   |          | 00:21:42 | 00:21:04 | 00:21:50 |   |       | 01:04:36  |
| 3   | 171          | WOLIŃSKA Maria               | 1979 | K-30 | Mamy Ruszamy                   |          | 00:23:07 | 00:22:34 | 00:22:22 |   |       | 01:08:03  |
| 4   | 239          | ROŚLONEK Paulina             | 1991 | K-30 | TUPTUŚ Otwock                  | 00:24:19 | 00:23:31 | 00:21:37 | 00:23:30 |   |       | 01:08:38  |
| 5   | 217          | WOJEWÓDZKA Anna              | 1990 | K-30 | WOJEWÓDZCY TEAM                | 00:25:46 |          | 00:24:42 | 00:23:08 |   |       | 01:13:36  |
| 6   | 57           | GROM Monika                  | 1992 | K-30 | Deloitte Adventure Team        | 00:26:44 | 00:24:50 | 00:24:48 | 00:25:12 |   |       | 01:14:50  |
| 7   | 236          | PERCHALUK Magdalena          | 1979 | K-30 | Parkrun Ursynów                | 00:26:13 | 00:28:02 | 00:25:25 | 00:24:26 |   |       | 01:16:04  |
| 8   | 129          | KRAJEWSKA Zuzanna            | 1988 | K-30 | Biegam Bo Lubię                | 00:26:22 | 00:24:53 | 00:26:05 |          |   |       | 01:17:20  |
| 9   | 157          | SULEJ-DĄBROWSKA Aleksandra   | 1982 | K-30 | Mamy Ruszamy                   |          | 00:26:12 | 00:25:50 | 00:26:48 |   |       | 01:18:50  |
| 10  | 70           | DĄBROWSKA Jolanta            | 1983 | K-30 | Grupa Biegowa parkrun Warszawa | 00:26:14 | 00:26:40 |          | 00:26:11 |   |       | 01:19:05  |
| 11  | 104          | FROŁOW Katarzyna             | 1982 | K-30 |                                | 00:27:31 | 00:26:21 |          | 00:25:33 |   |       | 01:19:25  |
| 12  | 187          | SZYDLIK Joanna               | 1979 | K-30 | Dogoń Grodzisk                 |          | 00:28:57 | 00:24:29 | 00:26:08 |   |       | 01:19:34  |
| 13  | 254          | ROŚLON Paulina               | 2000 | K-30 |                                | 00:27:45 |          | 00:28:13 | 00:26:49 |   |       | 01:22:47  |
| 14  | 280          | NIEMCZYK Marzena             | 1977 | K-30 | Run Forest IBL                 | 00:28:04 | 00:28:39 | 00:27:04 | 00:27:48 |   |       | 01:22:56  |
| 15  | 78           | GAJDA Iwona                  | 1978 | K-30 | Rodzina                        | 00:29:30 | 00:28:49 | 00:27:30 | 00:27:17 |   |       | 01:23:36  |
| 16  | 512          | DĄBROWSKA Edyta              | 1983 | K-30 |                                | 00:30:32 | 00:27:23 | 00:28:50 | 00:27:26 |   |       | 01:23:39  |
| 17  | 135          | BOŻYM-MOŚCICKA Ilona         | 1983 | K-30 | The F Force                    | 00:29:16 | 00:28:09 | 00:26:17 |          |   |       | 01:23:42  |
| 18  | 122          | KAROLAK Monika               | 1984 | K-30 | Łajzy                          | 00:30:51 | 00:28:54 | 00:27:45 | 00:27:29 |   |       | 01:24:08  |
| 19  | 121          | LENARD-MYSZKOWSKA Anna       | 1984 | K-30 |                                | 00:30:10 | 00:27:22 | 00:26:39 |          |   |       | 01:24:11  |
| 20  | 231          | SZULAKOWSKA Monika           | 1982 | K-30 |                                | 00:28:16 | 00:28:21 | 00:29:17 | 00:30:07 |   |       | 01:25:54  |
| 21  | 59           | KAZIMIERCZAK Małgorzata      | 1983 | K-30 |                                | 00:29:46 | 00:29:00 | 00:27:42 |          |   |       | 01:26:28  |
| 22  | 124          | KRYSTOPIK Martyna            | 1988 | K-30 | RR Runners                     | 00:28:12 | 00:29:00 | 00:29:54 | 00:30:58 |   |       | 01:27:06  |
| 23  | 48           | KORDEL Karolina              | 1983 | K-30 |                                | 00:31:07 | 00:30:26 | 00:29:16 | 00:28:14 |   |       | 01:27:56  |
| 24  | 227          | PARYS Marzena                | 1986 | K-30 | Mamy ruszamy                   | 00:31:07 | 00:30:26 | 00:29:16 | 00:28:15 |   |       | 01:27:57  |
| 25  | 577          | KAWECKA Magdalena            | 1982 | K-30 | BiegamBoLubię Ząbki Team       |          | 00:29:45 | 00:30:30 | 00:27:46 |   |       | 01:28:01  |
| 26  | 230          | RATAJ Iwona                  | 1979 | K-30 |                                | 00:29:49 | 00:29:28 | 00:30:54 | 00:29:39 |   |       | 01:28:56  |
| 27  | 247          | WŁODARCZYK Klaudia           | 1987 | K-30 | Gruzja Team                    | 00:30:43 |          | 00:30:31 | 00:29:49 |   |       | 01:31:03  |
| 28  | 248          | ODOLCZYK Natalia             | 1996 | K-30 |                                | 00:31:20 | 00:30:04 | 00:30:07 | 00:35:47 |   |       | 01:31:31  |
| 29  | 548          | MATYJEWICZ Klaudia           | 1992 | K-30 |                                |          | 00:30:42 | 00:31:17 | 00:31:14 |   |       | 01:33:13  |
| 30  | 131          | BŁASZCZYK Karolina           | 1990 | K-30 | Manhattan                      | 00:34:07 | 00:33:29 | 00:29:30 | 00:31:04 |   |       | 01:34:03  |
| 31  | 42           | KWAPIŃSKA Maja               | 1977 | K-30 | Dogoń Grodzisk Mazowiecki      | 00:30:33 | 00:33:18 | 00:31:51 | 00:32:27 |   |       | 01:34:51  |
| 32  | 253          | TYWONEK Magdalena            | 1998 | K-30 |                                | 00:29:41 |          | 00:32:48 | 00:32:54 |   |       | 01:35:23  |
| 33  | 89           | BANASZEWSKA Joanna           | 1977 | K-30 |                                | 00:34:01 | 00:34:15 | 00:27:14 |          |   |       | 01:35:30  |
| 34  | 133          | CZERMAK Joanna               | 1990 | K-30 | Manhattan                      | 00:28:38 | 00:29:26 | 00:39:01 |          |   |       | 01:37:05  |
| 35  | 288          | WINNICKA Maja                | 1985 | K-30 | Run Forest IBL                 | 00:35:06 | 00:33:34 | 00:32:52 | 00:34:10 |   |       | 01:40:36  |
| 36  | 134          | KRUSZYŃSKA-CHOJNOWSKA Sylwia | 1982 | K-30 | The F Force                    | 00:35:41 | 00:34:21 | 00:32:23 |          |   |       | 01:42:25  |
| 37  | 277          | MATUSIAK Natalia             | 1979 | K-30 |                                | 00:35:31 | 00:37:07 | 00:35:42 | 00:31:27 |   |       | 01:42:40  |
| 38  | 21           | BILICKA Justyna              | 1986 | K-30 |                                | 00:39:48 | 00:37:05 | 00:35:46 | 00:37:53 |   |       | 01:50:44  |
| 39  | 265          | WOJCIECHOWSKA Karolina       | 1978 | K-30 | Warszawa                       | 00:38:34 | 00:37:30 | 00:37:50 | 00:42:44 |   |       | 01:53:54  |
| 40  | 63           | JAROSZEK Anna                | 1976 | K-30 |                                | 00:39:12 | 00:38:48 | 00:39:45 |          |   |       | 01:57:45  |
|     | 226          | MILEWSKA Maja                | 2003 | K-30 |                                | 00:25:03 | 00:26:10 |          |          |   |       | 00:51:13  |
|     | 191          | WIERZBIŃSKA Edyta            | 1976 | K-30 |                                |          | 00:27:01 | 00:26:28 |          |   |       | 00:53:29  |
|     | 194          | LIBERADZKA Magdalena         | 1976 | K-30 | Avocado Wellness Club          |          |          | 00:27:03 | 00:27:18 |   |       | 00:54:21  |
|     | 297          | PIETRUSZKA Anna              | 1981 | K-30 | Mamy Ruszamy                   |          |          | 00:27:48 | 00:26:48 |   |       | 00:54:36  |
|     | 5            | KRAWCZYK Dorota              | 1983 | K-30 |                                | 00:29:00 | 00:27:17 |          |          |   |       | 00:56:17  |
|     | 252          | ROŚLON Justyna               | 1998 | K-30 |                                | 00:28:28 |          |          | 00:29:15 |   |       | 00:57:43  |
|     | 259          | SYGUŁA Dominika              | 1989 | K-30 |                                | 00:30:25 |          | 00:27:53 |          |   |       | 00:58:18  |
|     | 31           | CISZEWSKA Patrycja           | 1981 | K-30 |                                | 00:29:33 | 00:28:48 |          |          |   |       | 00:58:21  |
|     | 302          | PAWLAK Danuta                | 1978 | K-30 |                                |          |          | 00:29:45 | 00:29:09 |   |       | 00:58:54  |
|     | 513          | DĄBROWSKA Katarzyna          | 1988 | K-30 | HW Tri team                    | 00:28:59 |          | 00:32:00 |          |   |       | 01:00:59  |
|     | 74           | ANCZARSKA Jagoda             | 1997 | K-30 | Piaseczno Running              | 00:30:20 | 00:30:42 |          |          |   |       | 01:01:02  |
|     | 303          | DĄBROWSKA Klaudia            | 1992 | K-30 | Warszawa                       |          | 00:29:28 | 00:31:48 |          |   |       | 01:01:16  |



# 5 km

| Lp. | Num | Zawodnik                    | Data | Kat. | Klub                           | 1        | 2        | 3        | 4        | 5 | 6 | Razem    | Najlepszy |
|-----|-----|-----------------------------|------|------|--------------------------------|----------|----------|----------|----------|---|---|----------|-----------|
|     | 238 | PIECUSKA Ilona              | 1984 | K-30 | KS Maków Biega                 | 00:29:22 | 00:32:03 |          |          |   |   | 01:01:25 |           |
|     | 214 | PAWLAK Ewelina              | 1982 | K-30 |                                | 00:34:03 |          | 00:28:40 |          |   |   | 01:02:43 |           |
|     | 256 | MŁYNARCZYK Karina           | 1999 | K-30 |                                | 00:31:07 | 00:32:20 |          |          |   |   | 01:03:27 |           |
|     | 158 | JASTRZĘBOWSKA Marta         | 1985 | K-30 |                                |          | 00:31:38 | 00:32:18 |          |   |   | 01:03:56 |           |
|     | 117 | JANOWSKA Anna               | 1996 | K-30 | Drużyna z tartaku              | 00:30:45 | 00:33:42 |          |          |   |   | 01:04:27 |           |
|     | 262 | MUCHA Kamila                | 1978 | K-30 |                                | 00:33:19 |          |          | 00:31:19 |   |   | 01:04:38 |           |
|     | 207 | MAJOREK Dominika            | 1989 | K-30 |                                | 00:31:32 | 00:33:49 |          |          |   |   | 01:05:21 |           |
|     | 165 | DĄBROWSKA Justyna           | 1989 | K-30 | Nadleśnictwo Chojnów           |          | 00:32:23 | 00:33:17 |          |   |   | 01:05:40 |           |
|     | 105 | HICZEWSKA-KAWIŃSKA Magdale  | 1987 | K-30 |                                | 00:35:01 | 00:36:43 |          |          |   |   | 01:11:44 |           |
|     | 100 | GRABALSKA Aneta             | 1985 | K-30 |                                | 00:38:32 | 00:35:20 |          |          |   |   | 01:13:52 |           |
|     | 4   | BARAN Patrycja              | 1995 | K-30 | Niech moc będzie z wami        | 00:48:13 | 00:50:46 |          |          |   |   | 01:38:59 |           |
|     | 171 | BRAK Danych                 | 1980 | K-30 |                                |          | 00:23:07 |          |          |   |   | 00:23:07 |           |
|     | 167 | OSOWSKA Barbara             | 1989 | K-30 | Mamy Ruszamy                   |          | 00:24:10 |          |          |   |   | 00:24:10 |           |
|     | 182 | BRODNIOWICZ Agnieszka       | 1987 | K-30 | Parkun Ursynów III             |          | 00:24:25 |          |          |   |   | 00:24:25 |           |
|     | 298 | PAWĘSKA Emilia              | 1986 | K-30 | DGLP                           |          |          | 00:25:01 |          |   |   | 00:25:01 |           |
|     | 139 | DZIEWULSKA Monika           | 1988 | K-30 | Piaseczno                      |          |          |          | 00:25:23 |   |   | 00:25:23 |           |
|     | 1   | PYZA Edyta                  | 1988 | K-30 | KS START PUŁASKI WARKA         |          |          | 00:25:37 |          |   |   | 00:25:37 |           |
|     | 189 | JABŁOŃSKA Izabela           | 1981 | K-30 |                                |          | 00:26:44 |          |          |   |   | 00:26:44 |           |
|     | 118 | GODZIMIRSKA-PIETRZAK Magdal | 1977 | K-30 |                                |          |          |          | 00:26:45 |   |   | 00:26:45 |           |
|     | 309 | KWIATKOWSKA Marcelina       | 1991 | K-30 | Gdańsk                         |          |          | 00:26:50 |          |   |   | 00:26:50 |           |
|     | 94  | GRZYB Marta                 | 1988 | K-30 | Warszawa                       | 00:27:03 |          |          |          |   |   | 00:27:03 |           |
|     | 156 | KOSTYRD Justyna             | 1985 | K-30 | Warszawa                       |          |          |          | 00:27:26 |   |   | 00:27:26 |           |
|     | 598 | FILIP Katarzyna             | 1976 | K-30 | Mamy Ruszamy                   |          |          | 00:27:38 |          |   |   | 00:27:38 |           |
|     | 356 | BUDZAJ Magdalena            | 1977 | K-30 | Neptunet Team                  |          |          |          | 00:28:51 |   |   | 00:28:51 |           |
|     | 127 | KURCIŃSKA Lidia             | 1981 | K-30 |                                | 00:28:59 |          |          |          |   |   | 00:28:59 |           |
|     | 267 | STRASZAK Julita             | 1996 | K-30 |                                | 00:29:03 |          |          |          |   |   | 00:29:03 |           |
|     | 179 | ZIENKIEWICZ Agata           | 1980 | K-30 | Piaseczno Running              |          |          | 00:29:23 |          |   |   | 00:29:23 |           |
|     | 295 | BANASIEWICZ Karolina        | 1982 | K-30 |                                |          |          | 00:29:25 |          |   |   | 00:29:25 |           |
|     | 294 | SEKUŁA Dorota               | 1980 | K-30 |                                |          |          | 00:29:53 |          |   |   | 00:29:53 |           |
|     | 365 | OCHAB Marta                 | 1988 | K-30 |                                |          |          |          | 00:30:13 |   |   | 00:30:13 |           |
|     | 314 | MAZUREK Maria               | 2003 | K-30 | Warszawa                       |          |          | 00:30:26 |          |   |   | 00:30:26 |           |
|     | 439 | ROMANOWSKA Marta            | 1985 | K-30 | Działamy & WorkFit Adventure T |          | 00:30:41 |          |          |   |   | 00:30:41 |           |
|     | 215 | WIŚNIEWSKA Ewelina          | 1984 | K-30 | Trenerbiegania.pl              |          | 00:30:44 |          |          |   |   | 00:30:44 |           |
|     | 323 | BONDER Julia                | 1999 | K-30 |                                |          |          |          | 00:30:47 |   |   | 00:30:47 |           |
|     | 144 | FRANKOWSKA Urszula          | 1980 | K-30 | Stara Wieś                     |          |          |          | 00:31:34 |   |   | 00:31:34 |           |
|     | 312 | ZALEWSKA Elżbieta           | 1977 | K-30 | Boża Wola                      |          |          | 00:31:35 |          |   |   | 00:31:35 |           |
|     | 183 | BAK Barbara                 | 2004 | K-30 |                                |          | 00:31:41 |          |          |   |   | 00:31:41 |           |
|     | 398 | SZAFRAN Beata               | 1977 | K-30 | Marków                         |          |          |          | 00:31:43 |   |   | 00:31:43 |           |
|     | 393 | LICHOCKA Agata              | 1983 | K-30 |                                |          |          | 00:31:58 |          |   |   | 00:31:58 |           |
|     | 153 | ZALIPSKA Joanna             | 1976 | K-30 |                                |          | 00:32:05 |          |          |   |   | 00:32:05 |           |
|     | 190 | WILCZYŃSKA Jagoda           | 1999 | K-30 |                                |          | 00:32:10 |          |          |   |   | 00:32:10 |           |
|     | 256 | MŁYNARCZYK Karina           | 2000 | K-30 |                                |          |          |          | 00:32:40 |   |   | 00:32:40 |           |
|     | 109 | WENDORFF Magdalena          | 1978 | K-30 |                                |          |          |          | 00:32:42 |   |   | 00:32:42 |           |
|     | 241 | ZAWADZKA Urszula            | 1981 | K-30 | Chodaczek i Spółka             | 00:32:52 |          |          |          |   |   | 00:32:52 |           |
|     | 215 | WIŚNIEWSKA Ewela            | 1984 | K-30 | Trenerbiegania.pl              | 00:33:02 |          |          |          |   |   | 00:33:02 |           |
|     | 152 | MOCKAŁO Izabella            | 1983 | K-30 | Domtel-Sport                   |          | 00:33:39 |          |          |   |   | 00:33:39 |           |
|     | 114 | BICZYK Sylwia               | 1980 | K-30 |                                |          |          |          | 00:33:54 |   |   | 00:33:54 |           |
|     | 159 | FLORKIEWICZ Ewelina         | 1990 | K-30 |                                |          | 00:34:00 |          |          |   |   | 00:34:00 |           |
|     | 161 | KACPRZAK Marta              | 1986 | K-30 | Avocado Wellness Club          |          | 00:35:13 |          |          |   |   | 00:35:13 |           |
|     | 291 | DANISZEWSKA Aleksandra      | 1986 | K-30 | Konstancin - jeziorna          |          |          | 00:35:29 |          |   |   | 00:35:29 |           |
|     | 3   | CIECHOMSKA Anna             | 1983 | K-30 | aks Polonia Warszawa           |          |          | 00:36:32 |          |   |   | 00:36:32 |           |
|     | 290 | SUŁKOWSKA Marta             | 1995 | K-30 |                                |          |          | 00:42:47 |          |   |   | 00:42:47 |           |

K-40

# 5 km

| Lp. | Num | Zawodnik                    | Data | Kat. | Klub                            | 1        | 2        | 3        | 4        | 5 | 6 | Razem    | Najlepszy |
|-----|-----|-----------------------------|------|------|---------------------------------|----------|----------|----------|----------|---|---|----------|-----------|
| 1   | 166 | MICHNA Małgorzata           | 1973 | K-40 |                                 |          | 00:25:31 | 00:24:22 | 00:24:42 |   |   | 01:14:35 |           |
| 2   | 240 | OLSZANKA Anna               | 1972 | K-40 |                                 | 00:25:50 | 00:26:31 |          | 00:27:13 |   |   | 01:19:34 |           |
| 3   | 160 | ŁAZICKA Magdalena           | 1967 | K-40 |                                 |          | 00:28:44 | 00:29:17 | 00:28:34 |   |   | 01:26:35 |           |
| 4   | 76  | ANCZARSKA Joanna            | 1973 | K-40 | Piaseczno Running               | 00:30:20 | 00:29:24 | 00:29:23 | 00:28:14 |   |   | 01:27:01 |           |
| 5   | 85  | LATACZ-STRASZAK Agata       | 1974 | K-40 |                                 | 00:31:26 | 00:30:37 | 00:29:39 | 00:29:22 |   |   | 01:29:38 |           |
| 6   | 232 | SZULAKOWSKA Jolanta         | 1962 | K-40 |                                 | 00:30:22 | 00:30:24 | 00:32:45 | 00:32:32 |   |   | 01:33:18 |           |
| 7   | 36  | BRZOZOWSKA Ewa              | 1967 | K-40 | AKS Polonia Warszawa            | 00:32:07 | 00:32:33 | 00:32:15 | 00:29:24 |   |   | 01:33:46 |           |
| 8   | 229 | URBAŃCZYK Ewa               | 1974 | K-40 |                                 | 00:33:21 | 00:32:55 | 00:33:07 | 00:32:07 |   |   | 01:38:09 |           |
| 9   | 168 | TOMCZYŃSKA-ZDULSKA Katarzyn | 1974 | K-40 |                                 |          | 00:34:48 | 00:31:27 | 00:32:26 |   |   | 01:38:41 |           |
| 10  | 137 | GOGOLIŃSKA Iwona            | 1975 | K-40 | Run Forest IBL                  | 00:35:06 | 00:33:34 | 00:34:18 |          |   |   | 01:42:58 |           |
| 11  | 38  | LEW-MIRSKA Karolina         | 1975 | K-40 | AKS Polonia Warszawa / Klub Bie | 00:36:49 | 00:33:40 | 00:36:32 |          |   |   | 01:47:01 |           |
| 12  | 98  | HICZEWSKA Krystyna          | 1965 | K-40 |                                 | 00:35:00 | 00:35:03 |          | 00:37:32 |   |   | 01:47:35 |           |
|     | 170 | KOSMAN Małgorzata           | 1963 | K-40 | Mamy Ruszamy                    |          | 00:26:40 | 00:25:59 |          |   |   | 00:52:39 |           |
|     | 151 | MARCAK Agnieszka            | 1974 | K-40 | Tuptuś                          |          | 00:29:06 | 00:29:17 |          |   |   | 00:58:23 |           |
|     | 441 | SŁONIEWSKA Monika           | 1969 | K-40 | Kuchnia Biegacza                |          | 00:33:33 |          | 00:32:10 |   |   | 01:05:43 |           |
|     | 149 | ŻMUDZKA AGNIESZKA           | 1973 | K-40 | Warszawa                        | 00:38:04 |          | 00:31:17 |          |   |   | 01:09:21 |           |
|     | 270 | RĘBKOWSKA Luiza             | 1968 | K-40 |                                 | 00:33:10 |          |          | 00:36:38 |   |   | 01:09:48 |           |
|     | 208 | SMOCZYŃSKA Agnieszka        | 1969 | K-40 |                                 | 00:33:43 | 00:43:27 |          |          |   |   | 01:17:10 |           |
|     | 31  | TURCZYŃSKA Monika           | 1973 | K-40 | Leczo team                      |          |          |          | 00:27:39 |   |   | 00:27:39 |           |
|     | 180 | RĘBIŚ Joanna                | 1975 | K-40 | Kondycja                        |          |          | 00:30:28 |          |   |   | 00:30:28 |           |
|     | 324 | BUGAJEWSKA Anna             | 1961 | K-40 | KB IM. P. SĘKOWSKIEGO W PŁO     |          |          | 00:30:29 |          |   |   | 00:30:29 |           |
|     | 174 | WIŚNIEWSKA Katarzyna        | 1971 | K-40 |                                 |          | 00:30:58 |          |          |   |   | 00:30:58 |           |
|     | 554 | ZAJĄCZKOWSKA-BUDYTA Aneta   | 1975 | K-40 |                                 |          | 00:31:19 |          |          |   |   | 00:31:19 |           |
|     | 67  | PŁUSA Iwona                 | 1962 | K-40 |                                 |          |          |          | 00:32:50 |   |   | 00:32:50 |           |
|     | 92  | CHODAKOWSKA Agnieszka       | 1972 | K-40 | Chodaczek i Spółka              | 00:32:52 |          |          |          |   |   | 00:32:52 |           |
|     | 151 | PROKOPCZYK Anna             | 1974 | K-40 | Sułkowice                       |          |          |          | 00:37:01 |   |   | 00:37:01 |           |
|     | 142 | KRZYŻANOWSKA Zofia          | 1967 | K-40 |                                 |          |          |          | 00:40:14 |   |   | 00:40:14 |           |

## K-55+

|   |     |                   |      |       |                         |          |          |          |          |  |  |          |  |
|---|-----|-------------------|------|-------|-------------------------|----------|----------|----------|----------|--|--|----------|--|
| 1 | 87  | HULANICKA Irina   | 1956 | K-55+ | GOGGLE PAE TEAM         | 00:29:54 | 00:30:28 | 00:36:56 | 00:30:53 |  |  | 01:31:15 |  |
| 2 | 173 | STAWICKA Jadwiga  | 1952 | K-55+ | Park Zdrjowy Konstancin |          | 00:39:15 | 00:37:10 | 00:36:26 |  |  | 01:52:51 |  |
| 3 | 60  | DECK Krystyna     | 1950 | K-55+ |                         | 00:38:12 | 00:40:36 | 00:39:34 | 00:38:37 |  |  | 01:56:23 |  |
|   | 67  | ŁASIŃSKA Marzena  | 1960 | K-55+ | 21i1.pl                 | 00:33:16 | 00:33:20 |          |          |  |  | 01:06:36 |  |
|   | 5   | GŁOWACKA Elżbieta | 1955 | K-55+ | PARKRUN WARSZAWA URSYNÓ |          |          |          | 00:30:43 |  |  | 00:30:43 |  |

## M-35

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

## 5 km

| Lp. | Num | Zawodnik                | Data | Kat. | Klub                      | 1        | 2        | 3        | 4        | 5 | 6 | Razem    | Najlepszy |
|-----|-----|-------------------------|------|------|---------------------------|----------|----------|----------|----------|---|---|----------|-----------|
| 20  | 195 | KOŁACZ Jakub            | 1986 | M-35 | Los Fanaticos             | 00:26:38 | 00:25:17 | 00:23:08 | 00:22:57 |   |   | 01:11:22 |           |
| 21  | 246 | OGÓREK Anatol           | 1979 | M-35 |                           | 00:25:16 | 00:23:47 |          | 00:23:01 |   |   | 01:12:04 |           |
| 22  | 258 | SUŁKOWSKI Michał        | 1990 | M-35 | Legia Run Club            | 00:25:07 | 00:24:12 | 00:23:52 |          |   |   | 01:13:11 |           |
| 23  | 243 | ZDZYMIRA Michał         | 1980 | M-35 | Nadleśnictwo Kielce       | 00:25:33 | 00:24:40 | 00:24:36 | 00:24:15 |   |   | 01:13:31 |           |
| 24  | 205 | SZMAJDOWICZ Paweł       | 1972 | M-35 | FACHDOM Team              | 00:28:39 | 00:26:54 | 00:24:08 | 00:23:23 |   |   | 01:14:25 |           |
| 25  | 150 | KOMOROWSKI Łukasz       | 1985 | M-35 | BiegamBoLubię Warszawa    |          | 00:24:48 | 00:24:33 | 00:25:30 |   |   | 01:14:51 |           |
| 26  | 255 | SZCZĘSNY Maksymilian    | 1981 | M-35 | DGLP                      | 00:24:57 | 00:25:22 | 00:24:56 |          |   |   | 01:15:15 |           |
| 27  | 68  | ŁASIŃSKI Paweł          | 1983 | M-35 | 21i1.pl                   | 00:25:41 | 00:24:55 | 00:25:19 |          |   |   | 01:15:55 |           |
| 28  | 212 | STRZELECKI Grzegorz     | 1979 | M-35 | -                         | 00:25:58 | 00:25:39 | 00:24:42 | 00:27:29 |   |   | 01:16:19 |           |
| 29  | 210 | MACHAJ Rafał            | 1985 | M-35 | BiegamBoLubię             | 00:27:05 | 00:25:55 | 00:24:38 | 00:25:55 |   |   | 01:16:28 |           |
| 30  | 221 | OLSZEWSKI Bartłomiej    | 1999 | M-35 | UNTS Warszawa             | 00:27:35 | 00:25:29 | 00:29:15 | 00:24:49 |   |   | 01:17:53 |           |
| 31  | 228 | ZAJKOWSKI Michał        | 1981 | M-35 | Vege Runners              | 00:26:49 | 00:25:48 | 00:27:16 | 00:26:00 |   |   | 01:18:37 |           |
| 32  | 132 | BARAŃSKI Krzysztof      | 1985 | M-35 | Manhattan                 | 00:34:07 | 00:33:29 | 00:21:55 | 00:23:49 |   |   | 01:19:13 |           |
| 33  | 222 | OLSZEWSKI Michał        | 1974 | M-35 |                           | 00:27:21 | 00:26:08 | 00:30:30 | 00:26:12 |   |   | 01:19:41 |           |
| 34  | 140 | FRANKOWSKI Radosław     | 1978 | M-35 | "Dzikie Ślimaki"          |          | 00:23:59 | 00:32:03 | 00:25:33 |   |   | 01:21:35 |           |
| 35  | 136 | CHOJNOWSKI Paweł        | 1976 | M-35 | The F Force               | 00:28:33 | 00:27:07 | 00:27:00 |          |   |   | 01:22:40 |           |
| 36  | 123 | KAROLAK Karol           | 1981 | M-35 | Łajzy                     | 00:30:50 | 00:28:53 | 00:27:45 | 00:27:28 |   |   | 01:24:06 |           |
| 37  | 257 | PAWŁOWSKI Bartłomiej    | 1975 | M-35 | WMT                       | 00:28:36 | 00:28:12 |          | 00:30:07 |   |   | 01:26:55 |           |
| 38  | 279 | PELC Łukasz             | 1988 | M-35 |                           | 00:30:03 | 00:30:36 | 00:29:30 | 00:31:00 |   |   | 01:30:09 |           |
| 39  | 234 | RUNOWSKI Łukasz         | 1975 | M-35 |                           | 00:32:05 | 00:28:47 | 00:32:22 | 00:31:28 |   |   | 01:32:20 |           |
| 40  | 223 | ŚWISTAK Piotr           | 1984 | M-35 |                           | 00:33:37 | 00:34:15 | 00:27:12 |          |   |   | 01:35:04 |           |
| 41  | 278 | SŁOMCZEWSKI Zbigniew    | 1983 | M-35 | Manhattan                 | 00:46:04 | 00:24:18 | 00:24:55 |          |   |   | 01:35:17 |           |
| 42  | 111 | ANCZARSKI Maksymilian   | 1997 | M-35 | Avocado Wellness Club     | 00:29:01 | 00:47:51 | 00:27:44 |          |   |   | 01:44:36 |           |
| 43  | 130 | CZYŻ Artur              | 1974 | M-35 |                           | 00:34:31 | 00:36:01 | 00:35:39 | 00:35:00 |   |   | 01:45:10 |           |
| 44  | 263 | PROKOPCZYK Mariusz      | 1971 | M-35 |                           | 00:38:01 | 00:38:31 |          | 00:36:56 |   |   | 01:53:28 |           |
| 128 |     | BIEGAŁA Maciej          | 1985 | M-35 | BiegamBoLubię             | 00:21:28 |          | 00:20:17 |          |   |   | 00:41:45 |           |
| 235 |     | TRUPISZEWSKI Mirosław   | 1973 | M-35 | DOGOŃ Grodzisk Mazowiecki | 00:20:36 |          |          | 00:21:22 |   |   | 00:41:58 |           |
| 405 |     | ZDZIARSKI Piotr         | 1979 | M-35 | Dogoń Grodzisk Mazowiecki |          |          | 00:23:59 | 00:20:09 |   |   | 00:44:08 |           |
| 308 |     | MOŚCICKI Sebastian      | 1983 | M-35 | DF Force                  |          | 00:22:18 | 00:22:01 |          |   |   | 00:44:19 |           |
| 286 |     | MAJEWSKI Miłosz         | 1977 | M-35 | GRAJwTENISA.pl            |          |          | 00:22:27 | 00:23:02 |   |   | 00:45:29 |           |
| 499 |     | REGULSKI Tomasz         | 1989 | M-35 | KS Start Pułaski Warka    |          | 00:22:20 |          | 00:23:27 |   |   | 00:45:47 |           |
| 200 |     | RUSZCZYŃSKI Albert      | 1971 | M-35 | KS Maków Maków            |          |          | 00:23:59 | 00:22:28 |   |   | 00:46:27 |           |
| 80  |     | ANDZELA Tomasz          | 1974 | M-35 | Nadleśnictwo Daleszyce    | 00:24:14 | 00:23:01 |          |          |   |   | 00:47:15 |           |
| 289 |     | BODYCH Mariusz          | 1998 | M-35 | manhattan                 |          |          | 00:23:49 | 00:23:49 |   |   | 00:47:38 |           |
| 281 |     | WRZESIŃSKI Piotr        | 1989 | M-35 | RunForest IBL             | 00:23:56 | 00:24:34 |          |          |   |   | 00:48:30 |           |
| 261 |     | CZECHOSKI Tomasz        | 1979 | M-35 | ENTRE.PL TEAM             | 00:22:57 |          |          | 00:26:11 |   |   | 00:49:08 |           |
| 301 |     | PAWLAK Michał           | 1979 | M-35 |                           |          |          | 00:24:03 | 00:25:08 |   |   | 00:49:11 |           |
| 521 |     | WNUK Bartłomiej         | 1990 | M-35 |                           |          |          | 00:24:54 | 00:25:57 |   |   | 00:50:51 |           |
| 242 |     | SZLACHTA Wiesław        | 1971 | M-35 | Bóbr Tłuszcz              | 00:26:20 | 00:25:28 |          |          |   |   | 00:51:48 |           |
| 118 |     | JASTRZĘBOWSKI Szymon    | 1980 | M-35 | Run Forest IBL            | 00:27:03 | 00:27:15 |          |          |   |   | 00:54:18 |           |
| 304 |     | ODOLCZYK Michał         | 1993 | M-35 |                           |          | 00:29:28 | 00:31:49 |          |   |   | 01:01:17 |           |
| 84  |     | JAROS Piotr             | 1974 | M-35 | Nadleśnictwo Daleszyce    | 00:39:28 |          | 00:28:14 |          |   |   | 01:07:42 |           |
| 102 |     | GRABALSKI Dariusz       | 1978 | M-35 |                           | 00:38:31 | 00:35:20 |          |          |   |   | 01:13:51 |           |
| 68  |     | LIPIEC Tomasz           | 1971 | M-35 | Lipiec Running Team       |          |          |          | 00:17:59 |   |   | 00:17:59 |           |
| 300 |     | WOJCIECHOWSKI Sebastian | 1983 | M-35 | Team Kopeć                |          |          | 00:18:29 |          |   |   | 00:18:29 |           |
| 310 |     | ZOBCZYŃSKI Adam         | 1995 | M-35 | Sochaczew                 |          |          | 00:19:16 |          |   |   | 00:19:16 |           |
| 260 |     | ZWIERZCHOŃ Grzegorz     | 1981 | M-35 | BiegnijZwierz / BBL Nocą  | 00:20:00 |          |          |          |   |   | 00:20:00 |           |
| 143 |     | WINIARCZYK Jacek        | 1971 | M-35 | KS START PUŁASKI WARKA    |          |          |          | 00:20:18 |   |   | 00:20:18 |           |
| 285 |     | KACZOROWSKI Marcin      | 1986 | M-35 | Avengers                  |          |          | 00:20:33 |          |   |   | 00:20:33 |           |
| 269 |     | SZCZPAŃSKI Piotr        | 1999 | M-35 | KONDYCJA                  | 00:20:35 |          |          |          |   |   | 00:20:35 |           |
| 99  |     | HICZEWSKI Michał        | 1989 | M-35 | Wandpark.pl               | 00:20:41 |          |          |          |   |   | 00:20:41 |           |
| 249 |     | NOWAK Kamil             | 1990 | M-35 | Sokół Bodzanów            | 00:21:02 |          |          |          |   |   | 00:21:02 |           |
| 110 |     | GRZESZAK Rafał          | 1972 | M-35 | DOGOŃ Grodzisk Mazowiecki | 00:21:38 |          |          |          |   |   | 00:21:38 |           |
| 434 |     | OSTROWSKI Marcin        | 1977 | M-35 | Otwock Biega              |          |          | 00:22:08 |          |   |   | 00:22:08 |           |

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

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

# 5 km

| Lp. | Num | Zawodnik              | Data | Kat. | Klub                      | 1        | 2        | 3        | 4        | 5 | 6 | Razem    | Najlepszy |
|-----|-----|-----------------------|------|------|---------------------------|----------|----------|----------|----------|---|---|----------|-----------|
|     | 198 | GABLER Grzegorz       | 1987 | M-35 | Warka                     |          | 00:22:19 |          |          |   |   | 00:22:19 |           |
|     | 148 | BABLER Grzegorz       | 1987 | M-35 |                           |          |          |          | 00:22:37 |   |   | 00:22:37 |           |
|     | 80  | ANDZELA Tomasz        | 1973 | M-35 | Nadleśnictwo Daleszyce    |          |          | 00:22:47 |          |   |   | 00:22:47 |           |
|     | 335 | HADUCH Mateusz        | 2000 | M-35 | MATERPATER.PL             |          |          |          | 00:23:12 |   |   | 00:23:12 |           |
|     | 4   | KUŹNICKI Wojciech     | 1977 | M-35 |                           |          |          |          | 00:23:22 |   |   | 00:23:22 |           |
|     | 105 | SZCZEPAŃSKI Piotr     | 1998 | M-35 | KONDYCJA                  |          |          |          | 00:23:32 |   |   | 00:23:32 |           |
|     | 609 | ZAJĄC Grzegorz        | 1984 | M-35 | WIĘCEJ FUNKU!             |          | 00:23:42 |          |          |   |   | 00:23:42 |           |
|     | 201 | JABŁOŃSKI Marcin      | 1977 | M-35 | Piaseczno                 |          |          | 00:24:03 |          |   |   | 00:24:03 |           |
|     | 144 | DZIEWULSKI Krzysztof  | 1985 | M-35 |                           | 00:24:11 |          |          |          |   |   | 00:24:11 |           |
|     | 305 | OSTROWSKI Michał      | 1980 | M-35 | Otwock                    |          |          | 00:24:12 |          |   |   | 00:24:12 |           |
|     | 199 | CIECHOMSKI Jan        | 1982 | M-35 | aKS Polonia Warszawa      |          |          | 00:24:15 |          |   |   | 00:24:15 |           |
|     | 146 | KIRAGA Adrian         | 1987 | M-35 |                           | 00:24:16 |          |          |          |   |   | 00:24:16 |           |
|     | 251 | OSTROWSKI Michał      | 1978 | M-35 | Sokół Bodzanów            | 00:24:18 |          |          |          |   |   | 00:24:18 |           |
|     | 202 | WÓJCIK Arkadiusz      | 1982 | M-35 | Dogoń Grodzisk Mazowiecki |          |          | 00:24:30 |          |   |   | 00:24:30 |           |
|     | 185 | RADOŃ Wiktor          | 1991 | M-35 |                           |          | 00:24:45 |          |          |   |   | 00:24:45 |           |
|     | 94  | REZLER Tomasz         | 1986 | M-35 | Manhattan                 |          |          |          | 00:25:00 |   |   | 00:25:00 |           |
|     | 140 | FRANKOWSKI Radosław   | 1978 | M-35 |                           | 00:25:02 |          |          |          |   |   | 00:25:02 |           |
|     | 156 | KUĆ Maciej            | 1981 | M-35 | GLOBE                     |          | 00:25:38 |          |          |   |   | 00:25:38 |           |
|     | 313 | BRAK Danych           | 1980 | M-35 |                           |          |          | 00:25:47 |          |   |   | 00:25:47 |           |
|     | 470 | SIUBCZYŃSKI Łukasz    | 1978 | M-35 | PKO Bank Polski           |          | 00:25:50 |          |          |   |   | 00:25:50 |           |
|     | 457 | STRASZAK Marek        | 1974 | M-35 |                           | 00:25:52 |          |          |          |   |   | 00:25:52 |           |
|     | 164 | CHMIELEWSKI Czarek    | 1978 | M-35 | GLOBE                     |          | 00:26:17 |          |          |   |   | 00:26:17 |           |
|     | 135 | ŚLEDZIŃSKI Paweł      | 1996 | M-35 |                           |          |          |          | 00:26:42 |   |   | 00:26:42 |           |
|     | 306 | MARCINIAK Tomasz      | 1972 | M-35 | Warszawa                  |          |          | 00:26:50 |          |   |   | 00:26:50 |           |
|     | 148 | PODCZASKI Radosław    | 1986 | M-35 | Sochaczew                 | 00:27:00 |          |          |          |   |   | 00:27:00 |           |
|     | 307 | MALINOWSKI Michał     | 1990 | M-35 | Maszewo Duże              |          |          | 00:27:23 |          |   |   | 00:27:23 |           |
|     | 146 | LESZCZYŃSKI Piotr     | 1985 | M-35 |                           |          |          |          | 00:27:36 |   |   | 00:27:36 |           |
|     | 32  | KRAJEWSKI Przemysław  | 1973 | M-35 | Leczo Team                |          |          |          | 00:27:39 |   |   | 00:27:39 |           |
|     | 188 | SŁONIEWSKI Tomasz     | 1974 | M-35 | Mysiadło                  |          | 00:28:17 |          |          |   |   | 00:28:17 |           |
|     | 591 | KRASZEWSKI Bartłomiej | 1984 | M-35 |                           |          | 00:28:36 |          |          |   |   | 00:28:36 |           |
|     | 2   | ŁADA Karol            | 1980 | M-35 |                           |          |          | 00:28:40 |          |   |   | 00:28:40 |           |
|     | 120 | MROCZEK Piotr         | 1984 | M-35 | Run FoRest IBL            |          |          |          | 00:28:51 |   |   | 00:28:51 |           |
|     | 567 | HADUCH Marcin         | 1975 | M-35 | MATERPATER.PL             |          |          |          | 00:28:57 |   |   | 00:28:57 |           |
|     | 292 | KUR Mariusz           | 1987 | M-35 |                           |          |          | 00:29:19 |          |   |   | 00:29:19 |           |
|     | 296 | BANASIEWICZ Łukasz    | 1982 | M-35 |                           |          |          | 00:29:25 |          |   |   | 00:29:25 |           |
|     | 149 | KOŁODZIEJ Michał      | 1984 | M-35 | Warszawa                  |          |          |          | 00:29:46 |   |   | 00:29:46 |           |
|     | 293 | SEKUŁA Wojciech       | 1978 | M-35 |                           |          |          | 00:29:54 |          |   |   | 00:29:54 |           |
|     | 196 | SOBIERAJ Marcin       | 1987 | M-35 | Los Fanaticos             |          | 00:29:59 |          |          |   |   | 00:29:59 |           |
|     | 370 | PETRYCKI Marcin       | 1977 | M-35 | pumpIT                    |          |          |          | 00:30:07 |   |   | 00:30:07 |           |
|     | 387 | RADZIAK Paweł         | 1985 | M-35 | Manhattan                 |          |          |          | 00:31:00 |   |   | 00:31:00 |           |
|     | 109 | KAWIŃSKI Andrzej      | 1977 | M-35 |                           | 00:33:49 |          |          |          |   |   | 00:33:49 |           |
|     | 117 | CHOIŃSKI Przemek      | 1978 | M-35 |                           |          |          |          | 00:33:54 |   |   | 00:33:54 |           |
|     | 388 | FIEDORCZUK Piotr      | 1989 | M-35 | Fuszerka running team     |          |          | 00:34:31 |          |   |   | 00:34:31 |           |
|     | 186 | BRAMOWSKI Mateusz     | 1986 | M-35 | Warszawa                  |          | 00:59:37 |          |          |   |   | 00:59:37 |           |

## M-45

|   |     |                        |      |      |                             |          |          |          |          |  |  |          |  |
|---|-----|------------------------|------|------|-----------------------------|----------|----------|----------|----------|--|--|----------|--|
| 1 | 206 | MAJOREK Piotr          | 1965 | M-45 |                             | 00:31:57 | 00:32:10 | 00:32:43 |          |  |  | 01:36:50 |  |
|   | 172 | CELIŃSKI Tomasz        | 1968 | M-45 | Tuptuś                      |          | 00:23:31 |          | 00:23:30 |  |  | 00:47:01 |  |
|   | 283 | HILSZCZAŃSKI Jacek     | 1966 | M-45 | Run FoRest IBL              |          |          | 00:23:38 | 00:23:49 |  |  | 00:47:27 |  |
|   | 311 | SKRZECZKOWSKI Wojciech | 1969 | M-45 | Syrenki&Trabanty            |          | 00:26:26 | 00:25:32 |          |  |  | 00:51:58 |  |
|   | 114 | FIEDORCZUK Krzysztof   | 1962 | M-45 | Fuszerka running team       | 00:29:39 |          | 00:36:31 |          |  |  | 01:06:10 |  |
|   | 325 | BUGAJEWSKI Janusz      | 1961 | M-45 | KB IM. P. SĘKOWSKIEGO W PŁO |          |          | 00:26:32 |          |  |  | 00:26:32 |  |
|   | 145 | SZEWczyk Robert        | 1968 | M-45 |                             |          |          |          | 00:27:47 |  |  | 00:27:47 |  |
|   | 299 | WOJTAS Piotr           | 1968 | M-45 | Góra Kalwaria               |          |          | 00:29:10 |          |  |  | 00:29:10 |  |

# 5 km

| Lp. | Num | Zawodnik           | Data | Kat. | Klub                 | 1        | 2 | 3 | 4        | 5 | 6 | Razem    | Najlepszy |
|-----|-----|--------------------|------|------|----------------------|----------|---|---|----------|---|---|----------|-----------|
|     | 496 | ROWICKI Jacek      | 1961 | M-45 |                      |          |   |   | 00:29:23 |   |   | 00:29:23 |           |
|     | 138 | SZCZYGIĘŁ Sławomir | 1961 | M-45 |                      | 00:30:29 |   |   |          |   |   | 00:30:29 |           |
|     | 2   | PUCHALSKI Paweł    | 1961 | M-45 | AKS POLONIA WARSZAWA |          |   |   | 00:32:54 |   |   | 00:32:54 |           |

## M-55+

|   |     |                   |      |       |                        |          |          |          |          |  |  |          |  |
|---|-----|-------------------|------|-------|------------------------|----------|----------|----------|----------|--|--|----------|--|
| 1 | 141 | NOWOCIEŃ Jacek    | 1959 | M-55+ | GLKS Nadarzyn          | 00:20:47 | 00:20:09 | 00:20:16 | 00:20:17 |  |  | 01:00:42 |  |
| 2 | 287 | PIENIĄŻEK Leszek  | 1960 | M-55+ | BiegamBoLubię Warszawa |          | 00:21:06 | 00:21:35 | 00:20:19 |  |  | 01:03:00 |  |
| 3 | 103 | BABIŃSKI Jerzy    | 1960 | M-55+ | Nadarzyn               | 00:25:25 | 00:25:27 | 00:24:25 | 00:24:23 |  |  | 01:14:13 |  |
| 4 | 88  | HULANICKI Andrzej | 1958 | M-55+ | GOGGLE PAE TEAM        | 00:26:05 | 00:25:33 | 00:26:14 | 00:26:48 |  |  | 01:17:52 |  |
| 5 | 46  | KROCHMAL Grzegorz | 1959 | M-55+ |                        | 00:30:23 | 00:29:45 | 00:27:32 | 00:26:51 |  |  | 01:24:08 |  |
| 6 | 61  | DECK Wiesław      | 1954 | M-55+ |                        | 00:31:36 | 00:32:34 | 00:39:34 | 00:41:21 |  |  | 01:43:44 |  |
| 7 | 233 | SZULAKOWSKI Marek | 1957 | M-55+ |                        | 00:39:43 | 00:36:57 | 00:37:36 | 00:37:50 |  |  | 01:52:23 |  |
|   | 284 | MALEC Jarosław    | 1960 | M-55+ | Kondycja               |          |          | 00:24:51 | 00:24:55 |  |  | 00:49:46 |  |
|   | 142 | PIENIĄŻEK Leszek  | 1960 | M-55+ | Ortoreh Team           | 00:26:44 |          |          |          |  |  | 00:26:44 |  |
|   | 430 | ABDALLAH Yousry   | 1948 | M-55+ |                        |          |          |          | 00:32:33 |  |  | 00:32:33 |  |

# Nordic Walking 5 km

| Lp. | Num Zawodnik | Data | Kat. | Klub | 1 | 2 | 3 | 4 | 5 | 6 | Razem | Najlepszy |
|-----|--------------|------|------|------|---|---|---|---|---|---|-------|-----------|
|-----|--------------|------|------|------|---|---|---|---|---|---|-------|-----------|

## K-30

|   |     |                            |      |      |                          |          |          |          |          |  |  |          |
|---|-----|----------------------------|------|------|--------------------------|----------|----------|----------|----------|--|--|----------|
| 1 | 701 | MUCHA Dorota               | 1978 | K-30 | Uzdrowisko Konstancin    | 00:42:35 | 00:39:57 | 00:39:13 | 00:39:28 |  |  | 01:58:38 |
| 2 | 709 | ZIELIŃSKA Kamila           | 1977 | K-30 | Face Nordic Walking Team |          | 00:39:20 | 00:40:59 | 00:39:08 |  |  | 01:59:27 |
| 3 | 754 | SZMAJDOWICZ Anita          | 1980 | K-30 | FACHDOM Team             | 00:41:21 | 00:40:38 | 00:41:05 | 00:39:54 |  |  | 02:01:37 |
| 4 | 752 | PŁAWIŃSKA Anna             | 1976 | K-30 | Avocado Wellness Club    | 00:44:50 | 00:42:34 | 00:41:39 | 00:41:24 |  |  | 02:05:37 |
| 5 | 707 | JASTRZĘBSKA Kornelia       | 1993 | K-30 | Avocado Wellness Club    | 00:42:34 | 00:42:44 | 00:41:39 |          |  |  | 02:06:57 |
| 6 | 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 |
| 7 | 724 | DOBROWOLSKA Karolina       | 1995 | K-30 |                          | 00:46:49 | 00:45:50 | 00:43:33 | 00:46:16 |  |  | 02:15:39 |
|   | 563 | PIOTROWSKA Edyta           | 1977 | K-30 | Avocado Wellness Club    |          | 00:37:32 | 00:37:14 |          |  |  | 01:14:46 |
|   | 719 | RADOMSKA Marta             | 1984 | K-30 | Avocado Wellness Club    | 00:36:31 | 00:38:48 |          |          |  |  | 01:15:19 |
|   | 558 | GODLEWSKA Beata            | 1983 | K-30 |                          |          | 00:40:52 | 00:38:45 |          |  |  | 01:19:37 |
|   | 735 | KWAŚNA Anna                | 1982 | K-30 | Avocado Wellness Club    |          | 00:43:35 | 00:40:04 |          |  |  | 01:23:39 |
|   | 747 | KARCZEWSKA Agnieszka       | 1985 | K-30 | Warszawa                 |          |          | 00:41:29 | 00:45:09 |  |  | 01:26:38 |
|   | 557 | WOJEWÓDZKA Julia           | 2005 | K-30 | Wojewódzcy Team          |          |          | 00:50:16 | 00:46:53 |  |  | 01:37:09 |
|   | 194 | LIBERADZKA Magdalena       | 1976 | K-30 |                          |          | 00:39:27 |          |          |  |  | 00:39:27 |
|   | 762 | ŁACZMAŃSKA Joanna          | 1986 | K-30 |                          |          |          | 00:39:28 |          |  |  | 00:39:28 |
|   | 709 | ZIELIŃSKA Kamila           | 1977 | K-30 | Face Nordic Walking Team | 00:40:43 |          |          |          |  |  | 00:40:43 |
|   | 602 | KUKAWSKA Lucyna            | 1982 | K-30 | Avocado Wellness Club    |          | 00:41:01 |          |          |  |  | 00:41:01 |
|   | 559 | GODLEWSKA-DUDEK Dorota     | 1978 | K-30 |                          |          |          | 00:41:41 |          |  |  | 00:41:41 |
|   | 731 | LISTWOŃ Justyna            | 1980 | K-30 |                          | 00:41:44 |          |          |          |  |  | 00:41:44 |
|   | 184 | WIROWSKA Alicja            | 1980 | K-30 |                          |          | 00:42:26 |          |          |  |  | 00:42:26 |
|   | 559 | DUDEK Dorota               | 1978 | K-30 |                          |          | 00:42:52 |          |          |  |  | 00:42:52 |
|   | 734 | TOŁWIŃSKA Ewa              | 1980 | K-30 |                          |          | 00:45:02 |          |          |  |  | 00:45:02 |
|   | 718 | KACPRZAK Marta             | 1986 | K-30 | Avocado Wellness Club    | 00:45:56 |          |          |          |  |  | 00:45:56 |
|   | 756 | NOWOGRODZKA Monika         | 1989 | K-30 |                          |          |          | 00:49:52 |          |  |  | 00:49:52 |
|   | 394 | LENART Iwa                 | 1978 | K-30 |                          |          |          | 00:50:55 |          |  |  | 00:50:55 |
|   | 557 | WOJEWÓDZKA Julia           | 2000 | K-30 | WOJEWÓDZCY TEAM          |          | 00:51:17 |          |          |  |  | 00:51:17 |
|   | 611 | IWANOWSKA Milena           | 1979 | K-30 |                          |          | 00:52:22 |          |          |  |  | 00:52:22 |
|   | 750 | FIEDORCZUK Alicja          | 1986 | K-30 | Fuszerka running team    |          |          | 00:53:08 |          |  |  | 00:53:08 |
|   | 739 | LEWANDOWSKA Joanna         | 1982 | K-30 |                          |          | 01:00:36 |          |          |  |  | 01:00:36 |
|   | 576 | SERGIEL Diana              | 1988 | K-30 |                          |          | 01:00:36 |          |          |  |  | 01:00:36 |

## K-40

|   |     |                         |      |      |                          |          |          |          |          |  |  |          |
|---|-----|-------------------------|------|------|--------------------------|----------|----------|----------|----------|--|--|----------|
| 1 | 700 | SIUDZIŃSKA Anna         | 1974 | K-40 | Konstancin - jeziorna    | 00:39:03 | 00:39:33 | 00:42:03 |          |  |  | 02:00:39 |
| 2 | 712 | ANCZARSKA Beata         | 1967 | K-40 | Avocado Wellness Club    | 00:41:55 | 00:40:52 | 00:41:48 |          |  |  | 02:04:35 |
| 3 | 702 | CIESIELSKA Iwona        | 1969 | K-40 |                          | 00:42:12 | 00:43:03 | 00:41:36 | 00:43:41 |  |  | 02:06:51 |
| 4 | 721 | CIEŚLAK Grażyna         | 1963 | K-40 |                          | 00:44:28 | 00:44:06 |          | 00:44:13 |  |  | 02:12:47 |
| 5 | 723 | SMOCZYŃSKA Katarzyna    | 1974 | K-40 |                          | 00:46:49 | 00:45:54 | 00:47:37 | 00:45:52 |  |  | 02:18:35 |
| 6 | 722 | WILK Anna               | 1974 | K-40 | Avocado Wellness Club    | 00:48:03 | 00:49:41 | 00:46:29 | 00:46:31 |  |  | 02:21:03 |
| 7 | 706 | WOJEWÓDZKA Dorota       | 1965 | K-40 | WOJEWÓDZCY TEAM          | 00:50:37 | 00:51:19 | 00:50:20 | 00:47:43 |  |  | 02:28:40 |
| 8 | 711 | MAZURKIEWICZ Violetta   | 1964 | K-40 | Bieg Mazurka             | 00:46:46 | 00:52:01 | 01:03:38 | 00:50:55 |  |  | 02:29:42 |
|   | 555 | SZEWczyk Agnieszka      | 1975 | K-40 | Face Nordic Walking Team |          | 00:41:27 |          | 00:41:35 |  |  | 01:23:02 |
|   | 720 | OLĘDZKA Beata           | 1970 | K-40 | GOSIR Konstancin         | 00:43:24 | 00:43:53 |          |          |  |  | 01:27:17 |
|   | 761 | SIEMASZKO Lidia         | 1965 | K-40 |                          |          |          |          | 00:39:59 |  |  | 00:39:59 |
|   | 759 | STOLARZEWICZ Katarzyna  | 1974 | K-40 |                          |          |          |          | 00:43:55 |  |  | 00:43:55 |
|   | 564 | PIOTROWSKA-KUZMA Aldona | 1974 | K-40 | Marcus TEAM              |          | 00:46:50 |          |          |  |  | 00:46:50 |
|   | 753 | KOPIEC Iwona            | 1973 | K-40 |                          |          |          |          | 00:49:52 |  |  | 00:49:52 |
|   | 454 | WILK Katarzyna          | 1964 | K-40 |                          |          | 00:52:02 |          |          |  |  | 00:52:02 |

## K-55+

|   |     |                     |      |       |                       |          |          |          |          |  |  |          |
|---|-----|---------------------|------|-------|-----------------------|----------|----------|----------|----------|--|--|----------|
| 1 | 748 | SLABY Barbara       | 1943 | K-55+ | Warszawa              |          |          | 00:58:49 | 00:57:09 |  |  | 01:55:58 |
| 2 | 43  | KROCHMAL Małgorzata | 1958 | K-55+ |                       | 00:43:33 | 00:41:45 | 00:40:37 | 00:40:18 |  |  | 02:02:40 |
| 3 | 560 | MALEŃCZYK Barbara   | 1955 | K-55+ |                       |          | 00:45:53 | 00:43:35 | 00:42:05 |  |  | 02:11:33 |
| 4 | 704 | ŁOMIŃSKA Elżbieta   | 1954 | K-55+ | Uzdrowisko Konstancin | 00:46:06 | 00:45:42 | 00:43:34 | 00:43:40 |  |  | 02:12:56 |
| 5 | 727 | WILK Maria          | 1950 | K-55+ | Avocado Wellness Club | 00:48:06 | 00:46:16 | 00:47:06 | 00:48:45 |  |  | 02:21:28 |

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

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

# Nordic Walking 5 km

| Lp. | Num | Zawodnik             | Data | Kat.  | Klub                  | 1        | 2        | 3        | 4        | 5 | 6 | Razem    | Najlepszy |
|-----|-----|----------------------|------|-------|-----------------------|----------|----------|----------|----------|---|---|----------|-----------|
| 6   | 726 | GLIŃSKA Grażyna      | 1954 | K-55+ |                       | 00:50:01 | 00:46:59 | 00:50:39 |          |   |   | 02:27:39 |           |
| 7   | 725 | MASNY Jolanta        | 1957 | K-55+ |                       | 00:50:01 | 00:48:06 | 00:50:39 |          |   |   | 02:28:46 |           |
| 8   | 738 | BUGAJEWSKA Jadwiga   | 1937 | K-55+ |                       |          | 00:52:24 | 00:58:49 | 00:57:09 |   |   | 02:48:22 |           |
|     | 714 | RADOMSKA Lidia       | 1956 | K-55+ | Avocado Wellness Club | 00:44:53 | 00:44:28 |          |          |   |   | 01:29:21 |           |
|     | 758 | PLEWKA Bożenna       | 1955 | K-55+ | Warszawa              |          |          |          | 00:40:11 |   |   | 00:40:11 |           |
|     | 744 | GARDOLIŃSKA Barbara  | 1954 | K-55+ | Uzdrowisko Konstancin |          |          | 00:42:57 |          |   |   | 00:42:57 |           |
|     | 713 | SZLAGOWSKI Maria     | 1946 | K-55+ | Avocado Wellness Club | 00:48:50 |          |          |          |   |   | 00:48:50 |           |
|     | 743 | SUŁKOWSKA Małgorzata | 1954 | K-55+ |                       |          |          | 00:51:18 |          |   |   | 00:51:18 |           |
|     | 716 | FIEDROCZUK Joanna    | 1960 | K-55+ |                       | 00:51:52 |          |          |          |   |   | 00:51:52 |           |
|     | 715 | MIRECKA Renata       | 1959 | K-55+ |                       | 00:51:52 |          |          |          |   |   | 00:51:52 |           |
|     | 740 | SLABY Barbara        | 1945 | K-55+ | Warszawa              |          | 00:58:01 |          |          |   |   | 00:58:01 |           |

## M-35

|  |     |                    |      |      |                   |          |          |          |          |  |  |          |  |
|--|-----|--------------------|------|------|-------------------|----------|----------|----------|----------|--|--|----------|--|
|  | 736 | KWAŚNY Maciej      | 1983 | M-35 |                   |          | 00:36:39 | 00:36:07 |          |  |  | 01:12:46 |  |
|  | 760 | SOBIERAJ Marcin    | 1987 | M-35 | Los Fanaticos     |          |          | 00:37:04 | 00:36:16 |  |  | 01:13:20 |  |
|  | 705 | CIESIELSKI Rafał   | 1976 | M-35 |                   | 00:50:36 | 00:51:18 |          |          |  |  | 01:41:54 |  |
|  | 732 | LISTWOŃ Bartłomiej | 1979 | M-35 |                   | 00:36:28 |          |          |          |  |  | 00:36:28 |  |
|  | 613 | FIODORCZUK Mikołaj | 2002 | M-35 |                   |          | 00:48:14 |          |          |  |  | 00:48:14 |  |
|  | 575 | LIPIEC Krzysztof   | 1983 | M-35 | Działamy Działamy |          | 00:56:18 |          |          |  |  | 00:56:18 |  |

## M-45

|   |     |                    |      |      |                             |          |          |          |          |  |  |          |  |
|---|-----|--------------------|------|------|-----------------------------|----------|----------|----------|----------|--|--|----------|--|
| 1 | 710 | LIPSKI Dariusz     | 1970 | M-45 |                             | 00:41:18 | 00:39:57 | 00:39:31 | 00:39:56 |  |  | 01:59:24 |  |
|   | 755 | BRZOSKI Cezary     | 1967 | M-45 | Biegdałenka                 | 00:36:29 |          |          | 00:36:43 |  |  | 01:13:12 |  |
|   | 138 | SZCZYGIĘŁ Sławomir | 1961 | M-45 | K.B. IM. PIOTRA SĘKOWSKIEGO |          |          | 00:41:22 | 00:40:32 |  |  | 01:21:54 |  |
|   | 742 | ZDULSKI Piotr      | 1967 | M-45 | Piasieczno                  |          | 00:39:27 |          |          |  |  | 00:39:27 |  |
|   | 729 | LITWIN Dariusz     | 1967 | M-45 |                             | 00:44:44 |          |          |          |  |  | 00:44:44 |  |

## M-55+

|   |     |                   |      |       |                          |          |          |          |          |  |  |          |  |
|---|-----|-------------------|------|-------|--------------------------|----------|----------|----------|----------|--|--|----------|--|
| 1 | 730 | FILINGER Piotr    | 1949 | M-55+ |                          | 00:41:51 | 00:39:13 | 00:51:16 | 00:42:25 |  |  | 02:03:29 |  |
| 2 | 728 | JAZDOŃCZYK Antoni | 1940 | M-55+ |                          | 00:48:52 | 00:46:40 | 00:47:51 | 00:47:04 |  |  | 02:21:35 |  |
|   | 556 | SZEWczyk Marek    | 1959 | M-55+ | Face Nordic Walking Team |          | 00:38:44 |          | 00:38:56 |  |  | 01:17:40 |  |
|   | 757 | TRONIAK Stanisław | 1955 | M-55+ | Raszyn                   |          |          |          | 00:35:25 |  |  | 00:35:25 |  |
|   | 745 | LIPIEC Dariusz    | 1940 | M-55+ | Warszawa                 |          |          | 00:38:46 |          |  |  | 00:38:46 |  |
|   | 746 | BARTKOWIAK Henryk | 1946 | M-55+ |                          |          |          | 00:45:08 |          |  |  | 00:45:08 |  |
|   | 737 | SUŁKOWSKI Jan     | 1955 | M-55+ |                          |          | 00:50:25 |          |          |  |  | 00:50:25 |  |
|   | 737 | SUŁKOWSKI Jan     | 1954 | M-55+ |                          |          |          | 00:51:16 |          |  |  | 00:51:16 |  |
|   | 610 | CZECHOWSKI Jerzy  | 1949 | M-55+ | MZA Warszawa             |          | 00:59:33 |          |          |  |  | 00:59:33 |  |