



Mistrzostwa Polski w wieloboju, Mistrzostwa Polski w wieloboju sprinterskim

TOMASZÓW MAZOWIECKI, 14-15 marca 2026

Wyniki w parach

5000 m K

RP: 7:05.50 Magdalena CZYSZCZOŃ AZS AWF Katowice Calgary (CAN) 6/12/22

Para	Tor	Numer	Imię i Nazwisko	Kateg	Klub	Wynik (Ranking)
1	Z		Małgorzata LITWITZ	11	Akademia Łyżwiarstwa Kristensen	9:55.04 (11)

LITWITZ Małgorzata

200m	10	25.81 (25.81)
600m	11	1:09.11 (43.29)
1000m	11	1:56.76 (47.65)
1400m	11	2:45.30 (48.53)
1800m	11	3:32.51 (47.21)
2200m	11	4:19.43 (46.92)
2600m	11	5:06.01 (46.58)
3000m	11	5:54.29 (48.27)
3400m	11	6:43.79 (49.50)
3800m	11	7:33.14 (49.34)
4200m	11	8:23.46 (50.32)
4600m	11	9:10.19 (46.73)
5000m	11	9:55.04 (44.85)

2	W		Kornelia DYLAĞ	11	SKŁ Górnik Sanok	9:05.34 (10)
	Z		Magdalena KULA	06	UKS Sparta Grodzisk Mazowiecki	8:48.67 (9)

DYLAĞ Kornelia

200m	11	26.06 (26.06)
600m	10	1:07.76 (41.69)
1000m	10	1:51.88 (44.12)
1400m	10	2:35.69 (43.81)
1800m	10	3:20.01 (44.31)
2200m	10	4:03.61 (43.60)
2600m	10	4:47.15 (43.53)
3000m	10	5:29.87 (42.71)
3400m	10	6:12.74 (42.87)
3800m	10	6:56.26 (43.52)
4200m	10	7:40.35 (44.09)
4600m	10	8:24.33 (43.98)
5000m	10	9:05.34 (41.01)

KULA Magdalena

200m	8	25.10 (25.10)
600m	9	1:06.02 (40.91)
1000m	9	1:49.78 (43.76)
1400m	9	2:33.80 (44.02)
1800m	9	3:16.99 (43.18)
2200m	9	3:59.25 (42.26)
2600m	9	4:41.11 (41.85)
3000m	9	5:23.77 (42.66)
3400m	9	6:05.96 (42.18)
3800m	9	6:47.83 (41.86)
4200m	9	7:29.32 (41.48)
4600m	9	8:09.73 (40.40)
5000m	9	8:48.67 (38.94)

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Druk: 26-03-15 13:58:55

DNS-nie wystartował, DNF-nie ukończył, DQ-dyskwalifikacja, PR- rekord sezonu

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3	W	Anna PERZYŃSKA	11	UKS Sparta Grodzisk Mazowiecki	8:42.21 (8)
	Z	Wiktoria DZIENISIEWICZ	09	UKS Sparta Grodzisk Mazowiecki	8:33.13 (7)

PERZYŃSKA Anna			DZIENISIEWICZ Wiktoria		
200m	9	25.25 (25.25)	200m	6	23.92 (23.92)
600m	8	1:05.32 (40.07)	600m	6	1:03.08 (39.15)
1000m	8	1:46.12 (40.80)	1000m	6	1:43.50 (40.42)
1400m	8	2:27.00 (40.87)	1400m	6	2:24.18 (40.68)
1800m	8	3:08.33 (41.32)	1800m	7	3:05.16 (40.97)
2200m	8	3:49.86 (41.53)	2200m	7	3:46.66 (41.50)
2600m	8	4:31.69 (41.83)	2600m	7	4:28.36 (41.70)
3000m	8	5:13.72 (42.03)	3000m	7	5:09.88 (41.52)
3400m	8	5:55.72 (41.99)	3400m	7	5:50.17 (40.28)
3800m	8	6:37.84 (42.12)	3800m	7	6:31.08 (40.91)
4200m	8	7:20.03 (42.18)	4200m	7	7:12.80 (41.72)
4600m	8	8:01.70 (41.67)	4600m	7	7:54.42 (41.62)
5000m	8	8:42.21 (40.51)	5000m	7	8:33.13 (38.71)

4	W	Alicja PODSKARBI	12	IUKS Dziewiątka Tomaszów Mazowiecki	8:23.89 (6)
	Z	Zofia SZCZĘSNA	12	KS ARENA Tomaszów Mazowiecki	8:07.58 (5)PB

PODSKARBI Alicja			SZCZĘSNA Zofia		
200m	7	24.62 (24.62)	200m	5	23.52 (23.52)
600m	7	1:04.74 (40.12)	600m	5	1:00.90 (37.37)
1000m	7	1:44.52 (39.77)	1000m	5	1:39.02 (38.12)
1400m	7	2:24.22 (39.69)	1400m	5	2:17.31 (38.29)
1800m	6	3:03.52 (39.30)	1800m	5	2:55.36 (38.05)
2200m	6	3:42.82 (39.30)	2200m	5	3:33.74 (38.37)
2600m	6	4:22.42 (39.59)	2600m	5	4:11.72 (37.98)
3000m	6	5:02.71 (40.29)	3000m	5	4:49.72 (38.00)
3400m	6	5:43.06 (40.35)	3400m	5	5:28.36 (38.63)
3800m	6	6:23.73 (40.67)	3800m	5	6:08.00 (39.64)
4200m	6	7:04.68 (40.95)	4200m	5	6:48.10 (40.09)
4600m	6	7:45.89 (41.20)	4600m	5	7:27.92 (39.81)
5000m	6	8:23.89 (38.00)	5000m	5	8:07.58 (39.66)

5	W	Emilia ZAWISZA	07	UKS Viking Elbląg	7:50.23 (3)
	Z	Liwia KUBIN	04	KS SNPTT 1907 Zakopane	7:52.02 (4)

ZAWISZA Emilia			KUBIN Liwia		
200m	3	22.70 (22.70)	200m	4	22.80 (22.80)
600m	3	59.93 (37.23)	600m	4	1:00.24 (37.43)
1000m	3	1:36.61 (36.67)	1000m	4	1:37.75 (37.50)
1400m	3	2:14.65 (38.03)	1400m	4	2:15.34 (37.58)
1800m	3	2:51.83 (37.18)	1800m	4	2:53.11 (37.77)
2200m	3	3:29.15 (37.31)	2200m	4	3:30.34 (37.22)
2600m	3	4:06.43 (37.28)	2600m	4	4:07.32 (36.98)
3000m	3	4:44.05 (37.61)	3000m	4	4:44.55 (37.22)
3400m	3	5:21.10 (37.05)	3400m	4	5:22.08 (37.53)
3800m	3	5:58.23 (37.12)	3800m	4	6:00.02 (37.93)
4200m	3	6:35.47 (37.23)	4200m	4	6:37.82 (37.80)
4600m	3	7:13.12 (37.65)	4600m	4	7:15.71 (37.88)
5000m	3	7:50.23 (37.11)	5000m	4	7:52.02 (36.31)

6	W	Zofia BRAUN	07	WTŁ Stegny Warszawa	7:26.39 (1)
	Z	Natalia JABRZYK	01	KS Pilica Tomaszów Mazowiecki	7:45.35 (2)

BRAUN Zofia			JABRZYK Natalia		
200m	1	21.72 (21.72)	200m	2	22.34 (22.34)
600m	1	57.18 (35.45)	600m	2	58.04 (35.69)
1000m	1	1:32.70 (35.52)	1000m	2	1:34.51 (36.46)
1400m	1	2:07.49 (34.79)	1400m	2	2:11.09 (36.58)
1800m	1	2:41.83 (34.33)	1800m	2	2:47.85 (36.76)
2200m	1	3:16.34 (34.50)	2200m	2	3:24.71 (36.85)
2600m	1	3:51.31 (34.97)	2600m	2	4:01.62 (36.90)
3000m	1	4:26.44 (35.13)	3000m	2	4:38.63 (37.01)
3400m	1	5:01.52 (35.07)	3400m	2	5:15.92 (37.29)
3800m	1	5:36.85 (35.33)	3800m	2	5:53.38 (37.45)
4200m	1	6:12.76 (35.91)	4200m	2	6:30.79 (37.41)
4600m	1	6:49.65 (36.89)	4600m	2	7:08.34 (37.54)
5000m	1	7:26.39 (36.74)	5000m	2	7:45.35 (37.01)

Start: 13:27

Koniec: 13:47

Temp: 12.3°C - Wilgotność: 43 % - Lód: -8°C

Sędzia Główny: *Barbara Koźma (Sanok)*

Starter: *Marek Balczerzyk (Tomaszów Maz.)*

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