

Wyniki w parach
10000 m M

RP: 12:28.05 Vladimir SEMIRUNNII KS Pilica Tomaszów Mazowie Heerenveen 06/12/25

Para	Tor	Numer	Imię i Nazwisko	Kateg	Klub	Wynik (Ranking)
1	W		Mikołaj FLORKOWSKI	05	Klub Sportowy AZS Zakopane	16:43.04 (11)

FLORKOWSKI Mikołaj

400m	7	41.60 (41.60)	5200m	10	8:22.96 (39.19)
800m	8	1:20.04 (38.44)	5600m	10	9:02.80 (39.84)
1200m	9	1:58.53 (38.49)	6000m	10	9:43.30 (40.49)
1600m	9	2:36.30 (37.76)	6400m	10	10:24.36 (41.05)
2000m	9	3:14.23 (37.93)	6800m	10	11:05.30 (40.94)
2400m	9	3:51.98 (37.75)	7200m	11	11:46.42 (41.12)
2800m	9	4:29.73 (37.74)	7600m	11	12:27.34 (40.91)
3200m	9	5:07.80 (38.07)	8000m	11	13:08.64 (41.30)
3600m	9	5:46.26 (38.45)	8400m	11	13:50.43 (41.78)
4000m	9	6:25.05 (38.78)	8800m	11	14:32.21 (41.78)
4400m	9	7:04.26 (39.21)	9200m	11	15:14.75 (42.53)
4800m	9	7:43.77 (39.51)	9600m	11	15:58.27 (43.52)
			10000m	11	16:43.04 (44.77)

2	W		Przemysław KOCAN	09	UKS Sparta Grodzisk Mazowiecki	15:42.71 (9)
	Z		Oliwier AMBROZIK	08	KS Pilica Tomaszów Mazowiecki	16:15.30 (10)

KOCAN Przemysław

400m	9	42.69 (42.69)	5200m	9	8:21.74 (37.69)
800m	10	1:21.48 (38.79)	5600m	9	8:59.32 (37.58)
1200m	10	2:00.30 (38.81)	6000m	9	9:36.32 (37.00)
1600m	10	2:39.17 (38.86)	6400m	9	10:12.94 (36.61)
2000m	10	3:17.70 (38.52)	6800m	9	10:49.24 (36.29)
2400m	10	3:55.86 (38.16)	7200m	9	11:25.99 (36.75)
2800m	10	4:34.06 (38.20)	7600m	9	12:03.23 (37.23)
3200m	10	5:12.32 (38.25)	8000m	9	12:40.38 (37.14)
3600m	10	5:50.22 (37.90)	8400m	9	13:17.51 (37.13)
4000m	10	6:28.28 (38.06)	8800m	9	13:54.28 (36.76)
4400m	10	7:06.08 (37.80)	9200m	9	14:30.73 (36.44)
4800m	10	7:44.04 (37.95)	9600m	9	15:07.24 (36.51)
			10000m	9	15:42.71 (35.47)

AMBROZIK Oliwier

400m	11	43.24 (43.24)	5200m	11	8:29.71 (39.29)
800m	11	1:22.11 (38.86)	5600m	11	9:09.01 (39.29)
1200m	11	2:00.85 (38.74)	6000m	11	9:47.85 (38.84)
1600m	11	2:39.93 (39.08)	6400m	11	10:26.97 (39.12)
2000m	11	3:18.26 (38.32)	6800m	11	11:05.92 (38.95)
2400m	11	3:56.90 (38.64)	7200m	10	11:45.23 (39.30)
2800m	11	4:35.13 (38.22)	7600m	10	12:24.14 (38.91)
3200m	11	5:14.48 (39.35)	8000m	10	13:03.18 (39.03)
3600m	11	5:53.10 (38.62)	8400m	10	13:42.98 (39.79)
4000m	11	6:31.68 (38.58)	8800m	10	14:22.33 (39.35)
4400m	11	7:10.89 (39.20)	9200m	10	15:01.59 (39.26)
4800m	11	7:50.42 (39.53)	9600m	10	15:39.04 (37.45)
			10000m	10	16:15.30 (36.26)

3	W	Maciej STAŃDO	08	IUKS Dziewiątka Tomaszów Mazowiecki	15:19.10 (7)
	Z	Kamil SITNIK	05	MKS Korona Wilanów	15:16.60 (6)

STAŃDO Maciej				SITNIK Kamil							
400m	10	42.84 (42.84)	5200m	7	8:03.33 (36.84)	400m	8	41.77 (41.77)	5200m	6	8:01.18 (35.93)
800m	9	1:20.05 (37.21)	5600m	7	8:40.11 (36.77)	800m	7	1:19.49 (37.72)	5600m	6	8:37.48 (36.29)
1200m	8	1:56.78 (36.73)	6000m	7	9:17.29 (37.18)	1200m	7	1:56.68 (37.19)	6000m	6	9:13.70 (36.22)
1600m	7	2:34.11 (37.32)	6400m	7	9:54.42 (37.13)	1600m	8	2:34.13 (37.45)	6400m	6	9:50.52 (36.82)
2000m	8	3:11.60 (37.48)	6800m	7	10:31.36 (36.94)	2000m	7	3:11.10 (36.97)	6800m	6	10:27.22 (36.69)
2400m	8	3:48.51 (36.91)	7200m	7	11:08.52 (37.15)	2400m	7	3:48.05 (36.95)	7200m	6	11:04.09 (36.87)
2800m	8	4:25.31 (36.79)	7600m	7	11:45.21 (36.69)	2800m	7	4:24.34 (36.28)	7600m	6	11:41.43 (37.33)
3200m	8	5:01.45 (36.13)	8000m	7	12:21.32 (36.11)	3200m	7	5:00.61 (36.27)	8000m	6	12:18.46 (37.03)
3600m	8	5:37.58 (36.13)	8400m	7	12:57.56 (36.23)	3600m	7	5:36.90 (36.28)	8400m	6	12:54.90 (36.44)
4000m	7	6:13.67 (36.08)	8800m	7	13:33.51 (35.94)	4000m	6	6:13.38 (36.48)	8800m	6	13:30.63 (35.72)
4400m	7	6:49.98 (36.30)	9200m	7	14:09.33 (35.81)	4400m	6	6:49.28 (35.89)	9200m	6	14:06.28 (35.65)
4800m	7	7:26.49 (36.50)	9600m	7	14:45.15 (35.82)	4800m	6	7:25.25 (35.96)	9600m	6	14:41.73 (35.44)
			10000m	7	15:19.10 (33.95)				10000m	6	15:16.60 (34.87)

4	W	Eryk MARCINIAK	06	KS Pilica Tomaszów Mazowiecki	14:09.36 (4)
	Z	Szymon KWAPISZ	06	KS Pilica Tomaszów Mazowiecki	14:08.34 (3) PB

MARCINIAK Eryk				KWAPISZ Szymon							
400m	2	37.26 (37.26)	5200m	4	7:23.10 (33.73)	400m	3	37.53 (37.53)	5200m	3	7:21.74 (33.53)
800m	3	1:10.38 (33.12)	5600m	4	7:57.09 (33.98)	800m	5	1:11.35 (33.82)	5600m	3	7:55.05 (33.31)
1200m	4	1:44.09 (33.70)	6000m	4	8:31.13 (34.03)	1200m	5	1:45.63 (34.27)	6000m	3	8:28.74 (33.68)
1600m	4	2:18.00 (33.91)	6400m	4	9:05.08 (33.95)	1600m	5	2:18.87 (33.23)	6400m	3	9:02.29 (33.55)
2000m	4	2:51.68 (33.67)	6800m	4	9:39.01 (33.92)	2000m	5	2:52.18 (33.30)	6800m	3	9:35.65 (33.36)
2400m	3	3:24.81 (33.13)	7200m	4	10:12.88 (33.86)	2400m	5	3:25.76 (33.58)	7200m	3	10:09.43 (33.77)
2800m	3	3:58.79 (33.97)	7600m	4	10:46.80 (33.92)	2800m	4	3:59.16 (33.39)	7600m	3	10:43.10 (33.66)
3200m	3	4:32.92 (34.12)	8000m	4	11:20.51 (33.71)	3200m	4	4:33.32 (34.16)	8000m	3	11:16.77 (33.67)
3600m	4	5:07.31 (34.39)	8400m	4	11:54.43 (33.91)	3600m	3	5:07.13 (33.80)	8400m	3	11:50.68 (33.91)
4000m	4	5:41.44 (34.12)	8800m	4	12:28.25 (33.82)	4000m	3	5:41.05 (33.92)	8800m	3	12:25.34 (34.65)
4400m	4	6:15.37 (33.93)	9200m	4	13:02.08 (33.82)	4400m	3	6:14.57 (33.52)	9200m	3	13:00.05 (34.70)
4800m	4	6:49.37 (33.99)	9600m	4	13:35.84 (33.76)	4800m	3	6:48.20 (33.62)	9600m	3	13:34.45 (34.40)
			10000m	4	14:09.36 (33.52)				10000m	3	14:08.34 (33.89)

5	W	Roch MALICZOWSKI	06	SKŁ Górnik Sanok	14:19.40 (5) PB
	Z	Szymon PALKA	97	KS ARENA Tomaszów Mazowiecki	13:54.53 (2)

MALICZOWSKI Roch				PALKA Szymon							
400m	5	37.84 (37.84)	5200m	5	7:26.29 (34.51)	400m	4	37.72 (37.72)	5200m	2	7:12.93 (33.09)
800m	4	1:10.42 (32.58)	5600m	5	8:00.63 (34.34)	800m	2	1:09.71 (31.99)	5600m	2	7:46.51 (33.58)
1200m	3	1:43.54 (33.11)	6000m	5	8:35.08 (34.45)	1200m	2	1:42.30 (32.59)	6000m	2	8:20.02 (33.51)
1600m	3	2:17.29 (33.75)	6400m	5	9:09.61 (34.52)	1600m	2	2:15.18 (32.87)	6400m	2	8:53.55 (33.53)
2000m	3	2:51.25 (33.96)	6800m	5	9:44.29 (34.68)	2000m	2	2:48.25 (33.06)	6800m	2	9:27.02 (33.46)
2400m	4	3:25.07 (33.81)	7200m	5	10:19.13 (34.84)	2400m	2	3:21.41 (33.16)	7200m	2	10:00.65 (33.63)
2800m	5	3:59.31 (34.24)	7600m	5	10:53.64 (34.51)	2800m	2	3:54.38 (32.97)	7600m	2	10:34.30 (33.64)
3200m	5	4:33.58 (34.27)	8000m	5	11:27.58 (33.93)	3200m	2	4:27.41 (33.02)	8000m	2	11:08.08 (33.78)
3600m	5	5:07.76 (34.18)	8400m	5	12:01.66 (34.07)	3600m	2	5:00.57 (33.16)	8400m	2	11:41.78 (33.69)
4000m	5	5:42.47 (34.70)	8800m	5	12:35.87 (34.21)	4000m	2	5:33.64 (33.07)	8800m	2	12:15.17 (33.38)
4400m	5	6:17.23 (34.76)	9200m	5	13:10.25 (34.37)	4400m	2	6:06.63 (32.99)	9200m	2	12:48.30 (33.13)
4800m	5	6:51.77 (34.54)	9600m	5	13:45.00 (34.75)	4800m	2	6:39.83 (33.19)	9600m	2	13:21.45 (33.15)
			10000m	5	14:19.40 (34.40)				10000m	2	13:54.53 (33.08)

6	W	Vladimir SEMIRUNNII	02	KS Pilica Tomaszów Mazowiecki	12:51.45 (1)
	Z	Marek KANIA	99	Fundacja ŁiSW Legia Warszawa	15:33.92 (8)
SEMIRUNNII Vladimir			KANIA Marek		
400m	1	35.27 (35.27)	5200m	1	6:42.44 (30.75)
800m	1	1:05.83 (30.56)	5600m	1	7:13.17 (30.73)
1200m	1	1:36.79 (30.95)	6000m	1	7:44.11 (30.93)
1600m	1	2:07.43 (30.64)	6400m	1	8:15.04 (30.92)
2000m	1	2:37.94 (30.50)	6800m	1	8:46.34 (31.30)
2400m	1	3:08.23 (30.29)	7200m	1	9:17.19 (30.84)
2800m	1	3:38.83 (30.60)	7600m	1	9:48.29 (31.10)
3200m	1	4:09.31 (30.47)	8000m	1	10:19.35 (31.05)
3600m	1	4:39.97 (30.66)	8400m	1	10:50.34 (30.99)
4000m	1	5:10.58 (30.61)	8800m	1	11:21.23 (30.88)
4400m	1	5:41.19 (30.61)	9200m	1	11:51.76 (30.52)
4800m	1	6:11.69 (30.49)	9600m	1	12:21.82 (30.06)
			10000m	1	12:51.45 (29.63)
			400m	6	38.85 (38.85)
			800m	6	1:15.30 (36.44)
			1200m	6	1:52.97 (37.67)
			1600m	6	2:31.23 (38.26)
			2000m	6	3:08.24 (37.00)
			2400m	6	3:44.85 (36.61)
			2800m	6	4:21.93 (37.08)
			3200m	6	4:59.29 (37.36)
			3600m	6	5:36.77 (37.48)
			4000m	8	6:14.44 (37.66)
			4400m	8	6:51.82 (37.38)
			4800m	8	7:28.44 (36.61)
			5200m	8	8:05.49 (37.05)
			5600m	8	8:42.77 (37.27)
			6000m	8	9:20.30 (37.53)
			6400m	8	9:57.48 (37.17)
			6800m	8	10:34.48 (36.99)
			7200m	8	11:11.67 (37.19)
			7600m	8	11:49.21 (37.54)
			8000m	8	12:27.27 (38.06)
			8400m	8	13:04.19 (36.91)
			8800m	8	13:41.86 (37.67)
			9200m	8	14:19.61 (37.74)
			9600m	8	14:56.91 (37.29)
			10000m	8	15:33.92 (37.01)

Start: 14:08

Koniec: 14:42

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

Sędzia Główny: *Barbara Koźma (Sanok)*

Starter: *Helena Braun (Tomaszów Maz.)*

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Druk: 26-03-15 14:58:53

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

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