



# Mistrzostwa Polski w wieloboju, Mistrzostwa Polski w wieloboju sprinterskim

TOMASZÓW MAZOWIECKI, 14-15 marca 2026

## Wyniki w parach

### 5000 m M

RP: 6:07.81    Vladimir SEMIRUNNII    KS Pilica Tomaszów Mazowie    Inzell (GER)    24/01/26

Para	Tor	Numer	Imię i Nazwisko	Kateg	Klub	Wynik (Ranking)
<b>1</b>	W		<b>Mikołaj FLORKOWSKI</b>	05	Klub Sportowy AZS Zakopane	<b>7:39.79 (14)</b>
	Z		<b>Michał KOPACZ</b>	04	KS Pilica Tomaszów Mazowiecki	<b>7:13.11 (7)</b>

#### FLORKOWSKI Mikołaj

200m	<b>10</b>	21.38 (21.38)
600m	<b>14</b>	56.96 (35.57)
1000m	<b>14</b>	1:32.04 (35.08)
1400m	<b>14</b>	2:06.88 (34.83)
1800m	<b>13</b>	2:41.71 (34.83)
2200m	<b>13</b>	3:16.86 (35.14)
2600m	<b>13</b>	3:52.52 (35.66)
3000m	<b>13</b>	4:28.92 (36.40)
3400m	<b>14</b>	5:05.97 (37.04)
3800m	<b>14</b>	5:43.59 (37.62)
4200m	<b>14</b>	6:22.21 (38.61)
4600m	<b>14</b>	7:00.90 (38.69)
5000m	<b>14</b>	7:39.79 (38.89)

#### KOPACZ Michał

200m	<b>2</b>	20.14 (20.14)
600m	<b>4</b>	52.31 (32.17)
1000m	<b>4</b>	1:25.53 (33.21)
1400m	<b>6</b>	1:59.20 (33.67)
1800m	<b>6</b>	2:32.61 (33.41)
2200m	<b>6</b>	3:06.42 (33.80)
2600m	<b>7</b>	3:40.21 (33.78)
3000m	<b>7</b>	4:14.04 (33.82)
3400m	<b>7</b>	4:48.51 (34.47)
3800m	<b>7</b>	5:23.79 (35.28)
4200m	<b>7</b>	5:59.54 (35.75)
4600m	<b>7</b>	6:36.39 (36.85)
5000m	<b>7</b>	7:13.11 (36.72)

<b>2</b>	W		<b>Przemysław KOCAN</b>	09	UKS Sparta Grodzisk Mazowiecki	<b>7:21.92 (10)PB</b>
	Z		<b>Patryk KUDŁA</b>	07	SKŁ Górnik Sanok	<b>7:24.66 (11)</b>

#### KOCAN Przemysław

200m	<b>13</b>	21.46 (21.46)
600m	<b>13</b>	56.26 (34.79)
1000m	<b>10</b>	1:30.66 (34.39)
1400m	<b>11</b>	2:05.28 (34.62)
1800m	<b>9</b>	2:39.42 (34.13)
2200m	<b>10</b>	3:14.16 (34.74)
2600m	<b>9</b>	3:48.86 (34.70)
3000m	<b>10</b>	4:24.12 (35.25)
3400m	<b>10</b>	4:59.84 (35.72)
3800m	<b>10</b>	5:35.42 (35.58)
4200m	<b>10</b>	6:11.14 (35.71)
4600m	<b>10</b>	6:46.91 (35.77)
5000m	<b>10</b>	7:21.92 (35.01)

#### KUDŁA Patryk

200m	<b>12</b>	21.41 (21.41)
600m	<b>10</b>	55.69 (34.27)
1000m	<b>10</b>	1:30.66 (34.97)
1400m	<b>9</b>	2:05.02 (34.35)
1800m	<b>10</b>	2:39.52 (34.50)
2200m	<b>9</b>	3:14.03 (34.51)
2600m	<b>10</b>	3:49.19 (35.15)
3000m	<b>11</b>	4:24.29 (35.09)
3400m	<b>11</b>	5:00.46 (36.17)
3800m	<b>11</b>	5:36.61 (36.14)
4200m	<b>11</b>	6:12.40 (35.78)
4600m	<b>11</b>	6:48.61 (36.20)
5000m	<b>11</b>	7:24.66 (36.05)

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Druk: 26-03-14 14:11:50

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

ORGANIZATORZY



PARTNER GŁÓWNY



PARTNER INSTYTUCJONALNY



PARTNERZY



PARTNERZY LOKALNI



<b>3</b>	W	<b>Oliwier AMBROZIK</b>	08	KS Pilica Tomaszów Mazowiecki	<b>7:32.32 (13)</b>
	Z	<b>Marek KANIA</b>	99	Fundacja ŁiSW Legia Warszawa	<b>7:27.09 (12)</b>

AMBROZIK Oliwier			KANIA Marek		
200m	8	21.20 (21.20)	200m	7	21.08 (21.08)
600m	9	55.59 (34.38)	600m	8	54.98 (33.89)
1000m	13	1:31.15 (35.56)	1000m	9	1:30.09 (35.11)
1400m	13	2:06.76 (35.60)	1400m	10	2:05.16 (35.06)
1800m	14	2:42.20 (35.44)	1800m	11	2:40.04 (34.88)
2200m	14	3:17.75 (35.55)	2200m	12	3:15.36 (35.31)
2600m	14	3:53.58 (35.82)	2600m	12	3:51.26 (35.89)
3000m	14	4:28.97 (35.39)	3000m	12	4:26.74 (35.48)
3400m	13	5:04.95 (35.97)	3400m	12	5:02.31 (35.57)
3800m	13	5:41.60 (36.65)	3800m	12	5:38.41 (36.09)
4200m	13	6:18.54 (36.94)	4200m	12	6:14.21 (35.80)
4600m	13	6:55.55 (37.01)	4600m	12	6:50.45 (36.23)
5000m	13	7:32.32 (36.77)	5000m	12	7:27.09 (36.64)

<b>4</b>	W	<b>Roch MALICZOWSKI</b>	06	SKŁ Górnik Sanok	<b>6:54.35 (5)</b>
	Z	<b>Kamil SITNIK</b>	05	MKS Korona Wilanów	<b>7:20.85 (9)</b>

MALICZOWSKI Roch			SITNIK Kamil		
200m	4	20.62 (20.62)	200m	11	21.39 (21.39)
600m	5	53.17 (32.54)	600m	11	55.77 (34.38)
1000m	5	1:25.79 (32.62)	1000m	12	1:31.01 (35.23)
1400m	4	1:58.75 (32.95)	1400m	12	2:06.12 (35.10)
1800m	5	2:31.37 (32.62)	1800m	12	2:40.76 (34.64)
2200m	5	3:04.19 (32.81)	2200m	11	3:15.06 (34.30)
2600m	5	3:37.33 (33.14)	2600m	11	3:49.28 (34.21)
3000m	5	4:10.47 (33.13)	3000m	9	4:23.76 (34.48)
3400m	5	4:43.27 (32.79)	3400m	9	4:58.72 (34.95)
3800m	5	5:16.39 (33.12)	3800m	9	5:34.30 (35.57)
4200m	5	5:49.39 (32.99)	4200m	9	6:10.09 (35.79)
4600m	5	6:21.92 (32.52)	4600m	9	6:45.53 (35.43)
5000m	5	6:54.35 (32.43)	5000m	9	7:20.85 (35.32)

<b>5</b>	W	<b>Maciej STAŃDO</b>	08	IUKS Dziewiątka Tomaszów Mazowiecki	<b>7:17.17 (8)</b> PB
	Z	<b>Mikołaj KLONOWSKI</b>	07	UKS Sparta Grodzisk Mazowiecki	<b>7:05.03 (6)</b>

STAŃDO Maciej			KLONOWSKI Mikołaj		
200m	14	21.59 (21.59)	200m	9	21.24 (21.24)
600m	12	55.88 (34.28)	600m	7	54.64 (33.40)
1000m	8	1:29.76 (33.88)	1000m	7	1:27.75 (33.10)
1400m	8	2:03.85 (34.09)	1400m	7	2:00.62 (32.87)
1800m	8	2:37.88 (34.02)	1800m	7	2:33.52 (32.89)
2200m	8	3:12.07 (34.19)	2200m	7	3:06.67 (33.15)
2600m	8	3:46.44 (34.36)	2600m	6	3:39.85 (33.17)
3000m	8	4:20.94 (34.50)	3000m	6	4:13.23 (33.38)
3400m	8	4:55.99 (35.05)	3400m	6	4:47.35 (34.11)
3800m	8	5:31.09 (35.09)	3800m	6	5:21.66 (34.31)
4200m	8	6:06.67 (35.58)	4200m	6	5:55.90 (34.24)
4600m	8	6:42.58 (35.90)	4600m	6	6:30.37 (34.46)
5000m	8	7:17.17 (34.59)	5000m	6	7:05.03 (34.66)

<b>6</b>	W	<b>Eryk MARCINIAK</b>	06	KS Pilica Tomaszów Mazowiecki	<b>6:49.91 (4)</b>
	Z	<b>Szymon PALKA</b>	97	KS ARENA Tomaszów Mazowiecki	<b>6:42.38 (2)</b>

MARCINIAK Eryk			PALKA Szymon		
200m	6	20.78 (20.78)	200m	5	20.73 (20.73)
600m	6	53.51 (32.73)	600m	2	51.72 (30.99)
1000m	6	1:26.32 (32.80)	1000m	2	1:22.50 (30.77)
1400m	5	1:58.83 (32.51)	1400m	2	1:53.47 (30.96)
1800m	4	2:31.21 (32.37)	1800m	2	2:24.74 (31.27)
2200m	4	3:03.49 (32.28)	2200m	2	2:56.01 (31.26)
2600m	4	3:35.86 (32.37)	2600m	2	3:27.59 (31.57)
3000m	4	4:08.08 (32.21)	3000m	2	3:59.47 (31.88)
3400m	4	4:40.30 (32.22)	3400m	2	4:31.65 (32.18)
3800m	4	5:12.01 (31.71)	3800m	2	5:04.13 (32.47)
4200m	4	5:44.29 (32.27)	4200m	2	5:37.05 (32.92)
4600m	4	6:16.90 (32.61)	4600m	2	6:09.58 (32.53)
5000m	4	6:49.91 (33.01)	5000m	2	6:42.38 (32.80)

<b>7</b>	W	<b>Vladimir SEMIRUNNII</b>	02	KS Pilica Tomaszów Mazowiecki	<b>6:15.25 (1)</b>
	Z	<b>Szymon KWAPISZ</b>	06	KS Pilica Tomaszów Mazowiecki	<b>6:48.95 (3)</b>

SEMIRUNNII Vladimir			KWAPISZ Szymon		
200m	1	19.75 (19.75)	200m	3	20.46 (20.46)
600m	1	50.00 (30.25)	600m	3	52.29 (31.83)
1000m	1	1:20.16 (30.15)	1000m	3	1:24.03 (31.74)
1400m	1	1:50.36 (30.20)	1400m	3	1:55.38 (31.35)
1800m	1	2:20.29 (29.93)	1800m	3	2:27.20 (31.81)
2200m	1	2:50.07 (29.77)	2200m	3	2:58.99 (31.79)
2600m	1	3:19.61 (29.54)	2600m	3	3:30.70 (31.71)
3000m	1	3:48.96 (29.35)	3000m	3	4:02.58 (31.87)
3400m	1	4:18.40 (29.44)	3400m	3	4:35.23 (32.65)
3800m	1	4:47.72 (29.31)	3800m	3	5:08.48 (33.24)
4200m	1	5:16.98 (29.25)	4200m	3	5:42.02 (33.54)
4600m	1	5:46.19 (29.21)	4600m	3	6:15.86 (33.83)
5000m	1	6:15.25 (29.06)	5000m	3	6:48.95 (33.09)

Start: 13:35

Koniec: 14:00

Temp: 12°C - Wilgotność: 40 % - Lód: -8°C

Sędzia Główny: *Barbara Koźma (Sanok)*

Starter: *Helena Braun (Tomaszów Maz.)*

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Druk: 26-03-14 14:11:51

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