

Wyniki konkurencji-międzyczasy 10000 metrów kobiet

Rekord Świata(Open)	29:01.03	GIDEY Letesenbet	ETH	Hengelo (NED)	21-06-08
Rekord Europy(Open)	29:06.82	HASSAN Sifan	NED	Hengelo (NED)	21-06-06
Rekord Europy(U23)	30:26.41	CAN Yasemin	TUR	Rio de Janeiro (BRA)	16-08-12
Rekord Polski(Open)	31:43.51	JARZYŃSKA Karolina	Niestowarzyszona	Ostrava (CZE)	13-06-27
Rekord Polski(U23)	32:37.89	PYZIK Weronika	LKS Znicz Biłgoraj	Sacramento (USA)	18-05-24

Miejsce	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Wynik
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Bieg 1/2

Start: 23-04-22 17:44:10

1	18	35	Julia KORALEWSKA	02-02-17	AZS-AWFiS Gdańsk(PM)	33:48.95	U23 (1) PB
1:23.07 (1:23.07)	2:51.95 (1:28.88)	4:21.34 (1:29.40)	5:43.28 (1:21.94)	7:02.93 (1:19.66)	8:22.29 (1:19.37)	9:42.61 (1:20.32)	11:02.38 (1:19.78)
12:22.43 (1:20.05)	13:42.85 (1:20.43)	15:02.87 (1:20.02)	16:23.31 (1:20.44)	17:43.89 (1:20.59)	19:03.84 (1:19.96)	20:23.72 (1:19.88)	21:44.44 (1:20.73)
23:05.61 (1:21.17)	24:27.46 (1:21.86)	25:49.07 (1:21.61)	27:11.26 (1:22.19)	28:33.32 (1:22.07)	29:55.66 (1:22.34)	31:16.84 (1:21.19)	32:36.75 (1:19.91)
2	16	17	Aleksandra LISOWSKA	90-12-12	KS AZS UWM Olsztyn(WN)	33:50.85	
1:22.91 (1:22.91)	2:51.72 (1:28.81)	4:21.03 (1:29.32)	5:42.57 (1:21.55)	7:02.20 (1:19.63)	8:21.62 (1:19.43)	9:41.81 (1:20.20)	11:01.59 (1:19.78)
12:21.66 (1:20.08)	13:42.12 (1:20.47)	15:02.69 (1:20.57)	16:23.07 (1:20.39)	17:43.58 (1:20.51)	19:03.40 (1:19.82)	20:23.48 (1:20.09)	21:43.06 (1:19.58)
23:02.92 (1:19.86)	24:22.70 (1:19.78)	25:43.06 (1:20.37)	27:03.58 (1:20.53)	28:25.60 (1:22.03)	29:48.42 (1:22.82)	31:10.87 (1:22.46)	32:32.73 (1:21.86)
3	15	31	Olímpia BREZA	02-02-14	KUKS Remus Kościerzyna(PM)	34:32.45	U23 (2)
1:24.16 (1:24.16)	2:52.75 (1:28.60)	4:21.89 (1:29.14)	5:44.67 (1:22.79)	7:04.14 (1:19.48)	8:22.80 (1:18.66)	9:43.75 (1:20.96)	11:04.71 (1:20.97)
12:26.69 (1:21.98)	13:49.56 (1:22.88)	15:12.77 (1:23.21)	16:36.32 (1:23.55)	17:59.37 (1:23.06)	19:22.03 (1:22.67)	20:45.12 (1:23.09)	22:06.72 (1:21.60)
23:30.68 (1:23.96)	24:54.41 (1:23.74)	26:19.15 (1:24.75)	27:44.28 (1:25.14)	29:08.16 (1:23.88)	30:31.92 (1:23.76)	31:56.62 (1:24.70)	33:17.42 (1:20.81)
4	10	2	Iwona BERNADELLE	85-02-19	KS Prefbet-Sonarol(PD)	34:35.64	
1:23.38 (1:23.38)	2:52.28 (1:28.91)	4:21.63 (1:29.36)	5:43.10 (1:21.47)	7:02.64 (1:19.54)	8:22.19 (1:19.56)	9:42.30 (1:20.11)	11:02.13 (1:19.83)
12:22.24 (1:20.12)	13:42.72 (1:20.48)	15:03.24 (1:20.53)	16:24.40 (1:21.17)	17:49.60 (1:25.20)	19:16.04 (1:26.44)	20:42.59 (1:26.55)	22:07.11 (1:24.53)
23:31.13 (1:24.02)	24:54.64 (1:23.51)	26:19.13 (1:24.50)	27:44.53 (1:25.40)	29:08.44 (1:23.92)	30:31.92 (1:23.48)	31:56.91 (1:24.99)	33:17.65 (1:20.75)
5	1	32	Agnieszka CHORZĘPA	01-01-14	KS AZS AWF Warszawa(MZ)	34:55.00	U23 (3)
1:22.26 (1:22.26)	2:51.13 (1:28.88)	4:20.54 (1:29.42)	5:44.49 (1:23.95)	7:03.30 (1:18.81)	8:23.20 (1:19.90)	9:44.56 (1:21.36)	11:05.89 (1:21.33)
12:27.45 (1:21.57)	13:50.63 (1:23.18)	15:13.83 (1:23.21)	16:37.97 (1:24.14)	18:02.43 (1:24.46)	19:27.93 (1:25.51)	20:53.06 (1:25.14)	22:18.84 (1:25.79)
23:45.15 (1:26.31)	25:11.51 (1:26.37)	26:37.37 (1:25.86)	28:02.85 (1:25.49)	29:27.90 (1:25.06)	30:52.90 (1:25.00)	32:17.65 (1:24.76)	33:39.00 (1:21.36)
6	6	13	Patrycja KAPALA	97-03-26	AZS UMCS Lublin(LU)	34:55.65	
1:22.27 (1:22.27)	2:51.23 (1:28.97)	4:20.60 (1:29.37)	5:44.03 (1:23.44)	7:03.55 (1:19.52)	8:22.96 (1:19.42)	9:43.47 (1:20.51)	11:04.83 (1:21.37)
12:27.16 (1:22.33)	13:49.96 (1:22.80)	15:13.05 (1:23.10)	16:36.71 (1:23.67)	17:59.67 (1:22.96)	19:22.27 (1:22.60)	20:46.05 (1:23.78)	22:08.91 (1:22.87)
23:34.16 (1:25.25)	25:00.73 (1:26.58)	26:28.16 (1:27.43)	27:55.40 (1:27.24)	29:23.24 (1:27.85)	30:50.06 (1:26.82)	32:17.17 (1:27.11)	33:39.55 (1:22.38)
7	9	33	Małgorzata KARPIUK	03-01-04	KS Podlasie Białystok(PD)	34:57.77	U23 (4)
1:24.40 (1:24.40)	2:52.86 (1:28.47)	4:22.19 (1:29.33)	5:46.59 (1:24.41)	7:09.09 (1:22.50)	8:30.69 (1:21.60)	9:54.61 (1:23.92)	11:19.56 (1:24.96)
12:43.76 (1:24.20)	14:07.58 (1:23.82)	15:30.29 (1:22.72)	16:55.07 (1:24.79)	18:20.58 (1:25.51)	19:45.81 (1:25.24)	21:08.41 (1:22.60)	22:33.42 (1:25.02)
23:58.27 (1:24.85)	25:23.50 (1:25.24)	26:46.31 (1:22.81)	28:10.42 (1:24.12)	29:33.11 (1:22.69)	30:56.17 (1:23.06)	32:19.52 (1:23.36)	33:40.60 (1:21.09)
8	21	40	Beata NIEMYJSKA	01-02-09	LKS Zantyr Sztum(PM)	35:16.54	U23 (5) PB
1:23.74 (1:23.74)	2:52.37 (1:28.63)	4:21.49 (1:29.13)	5:45.93 (1:24.44)	7:06.38 (1:20.45)	8:30.13 (1:23.76)	9:53.59 (1:23.46)	11:18.56 (1:24.97)
12:43.23 (1:24.67)	14:07.02 (1:23.79)	15:29.91 (1:22.89)	16:54.39 (1:24.48)	18:19.96 (1:25.58)	19:44.27 (1:24.31)	21:08.05 (1:23.79)	22:33.26 (1:25.22)
23:57.99 (1:24.74)	25:23.86 (1:25.87)	26:49.13 (1:25.27)	28:14.83 (1:25.71)	29:40.42 (1:25.59)	31:05.76 (1:25.35)	32:32.00 (1:26.25)	33:57.06 (1:25.07)
9	12	11	Paulina KACZYŃSKA	91-07-24	WMLKS Pomorze Stargard(ZP)	35:31.29	
1:22.67 (1:22.67)	2:51.35 (1:28.68)	4:20.98 (1:29.64)	5:42.78 (1:21.80)	7:02.51 (1:19.74)	8:21.83 (1:19.33)	9:42.12 (1:20.29)	11:01.91 (1:19.79)
12:21.98 (1:20.07)	13:42.38 (1:20.41)	15:03.74 (1:21.36)	16:26.23 (1:22.50)	17:49.97 (1:23.74)	19:16.50 (1:26.54)	20:42.63 (1:26.13)	22:08.73 (1:26.11)
23:37.48 (1:28.75)	25:07.47 (1:30.00)	26:36.81 (1:29.34)	28:07.41 (1:30.61)	29:38.72 (1:31.31)	31:09.52 (1:30.80)	32:38.64 (1:29.13)	34:05.91 (1:27.27)

10000 metrów kobiet

Rekord Świata(Open)	29:01.03	GIDEY Letesenbet	ETH	Hengelo (NED)	21-06-08
Rekord Europy(Open)	29:06.82	HASSAN Sifan	NED	Hengelo (NED)	21-06-06
Rekord Europy(U23)	30:26.41	CAN Yasemin	TUR	Rio de Janeiro (BRA)	16-08-12
Rekord Polski(Open)	31:43.51	JARZYŃSKA Karolina	Niestowarzyszona	Ostrava (CZE)	13-06-27
Rekord Polski(U23)	32:37.89	PYZIK Weronika	LKS Znicz Biłgoraj	Sacramento (USA)	18-05-24

Miejsce	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Wynik
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10 4 42 **Regina PIECHOWSKA** 03-01-27 ULKS Talex Borzytuchom(PM) **36:02.28** U23 (6)

1:24.87 (1:24.87)	2:53.32 (1:28.46)	4:22.41 (1:29.09)	5:46.87 (1:24.47)	7:09.38 (1:22.51)	8:33.37 (1:24.00)	10:00.25 (1:26.88)	11:26.19 (1:25.95)
12:52.29 (1:26.10)	14:19.54 (1:27.26)	15:46.10 (1:26.57)	17:12.35 (1:26.25)	18:38.34 (1:25.99)	20:04.40 (1:26.07)	21:30.12 (1:25.72)	22:56.69 (1:26.58)
24:22.11 (1:25.42)	25:47.98 (1:25.88)	27:15.21 (1:27.23)	28:46.13 (1:30.93)	30:18.00 (1:31.88)	31:47.97 (1:29.97)	33:15.56 (1:27.59)	34:41.09 (1:25.54)

11 2 23 **Olga OCHAL-KALENDAROVA** 85-07-15 KS Prefbet-Sonarol(PD) **36:10.20**

1:23.52 (1:23.52)	2:51.78 (1:28.26)	4:21.13 (1:29.36)	5:45.57 (1:24.44)	7:07.61 (1:22.05)	8:32.10 (1:24.49)	9:57.19 (1:25.09)	11:22.54 (1:25.35)
12:48.12 (1:25.58)	14:15.61 (1:27.49)	15:42.57 (1:26.96)	17:11.35 (1:28.79)	18:38.50 (1:27.15)	20:04.71 (1:26.22)	21:31.52 (1:26.82)	22:59.15 (1:27.63)
24:27.09 (1:27.94)	25:55.59 (1:28.51)	27:24.57 (1:28.98)	28:53.70 (1:29.14)	30:22.22 (1:28.53)	31:50.93 (1:28.71)	33:18.43 (1:27.50)	34:46.51 (1:28.08)

12 19 38 **Weronika MIKOŁAJEWSKA** 02-08-28 GKS Żukowo(PM) **36:19.42** U23 (7)

1:25.04 (1:25.04)	2:53.49 (1:28.46)	4:22.52 (1:29.03)	5:47.12 (1:24.61)	7:09.69 (1:22.57)	8:35.11 (1:25.42)	10:01.41 (1:26.31)	11:27.58 (1:26.17)
12:53.14 (1:25.57)	14:20.49 (1:27.35)	15:46.28 (1:25.80)	17:13.23 (1:26.95)	18:40.74 (1:27.51)	20:07.82 (1:27.08)	21:36.20 (1:28.39)	23:05.03 (1:28.83)
24:33.49 (1:28.46)	26:02.35 (1:28.87)	27:30.97 (1:28.62)	29:00.16 (1:29.20)	30:30.51 (1:30.36)	31:59.33 (1:28.82)	33:27.69 (1:28.36)	34:56.67 (1:28.98)

13 3 9 **Agnieszka GORTEL-MACIUK** 77-03-20 TS AKS Chorzów(SL) **36:30.65**

1:24.65 (1:24.65)	2:52.75 (1:28.10)	4:21.92 (1:29.18)	5:47.51 (1:25.60)	7:10.39 (1:22.88)	8:35.38 (1:24.99)	10:00.72 (1:25.35)	11:26.51 (1:25.80)
12:52.53 (1:26.02)	14:19.97 (1:27.44)	15:46.67 (1:26.71)	17:15.25 (1:28.59)	18:44.70 (1:29.45)	20:13.08 (1:28.39)	21:41.60 (1:28.52)	23:09.61 (1:28.01)
24:38.76 (1:29.15)	26:08.21 (1:29.46)	27:39.25 (1:31.04)	29:10.61 (1:31.37)	30:42.08 (1:31.48)	32:12.40 (1:30.32)	33:41.58 (1:29.18)	35:09.50 (1:27.92)

14 8 20 **Martyna MASŁOWSKA** 90-02-03 ULKS Bystrzyca Kłodzka(DS) **36:50.91**

1:24.11 (1:24.11)	2:52.59 (1:28.49)	4:21.74 (1:29.15)	5:47.53 (1:25.79)	7:09.88 (1:22.36)	8:33.13 (1:23.25)	9:56.85 (1:23.73)	11:22.15 (1:25.30)
12:48.01 (1:25.86)	14:15.42 (1:27.42)	15:42.49 (1:27.07)	17:11.30 (1:28.82)	18:41.88 (1:30.58)	20:11.37 (1:29.49)	21:42.36 (1:31.00)	23:14.49 (1:32.14)
24:46.11 (1:31.62)	26:19.30 (1:33.19)	27:52.84 (1:33.55)	29:25.73 (1:32.89)	30:57.08 (1:31.36)	32:29.49 (1:32.41)	34:00.90 (1:31.41)	35:31.85 (1:30.96)

15 22 29 **Natalia BIELAK** 02-05-10 KS SMS Szklarska Poręba(DS) **36:51.97** U23 (8)

1:24.23 (1:24.23)	2:52.66 (1:28.44)	4:21.97 (1:29.32)	5:46.29 (1:24.32)	7:09.09 (1:22.80)	8:30.44 (1:21.36)	9:54.46 (1:24.03)	11:19.36 (1:24.90)
12:43.74 (1:24.39)	14:07.24 (1:23.50)	15:30.13 (1:22.89)	16:54.87 (1:24.74)	18:20.22 (1:25.36)	19:45.65 (1:25.43)	21:14.13 (1:28.48)	22:45.34 (1:31.21)
24:17.76 (1:32.43)	25:51.08 (1:33.32)	27:25.64 (1:34.56)	29:01.16 (1:35.53)	30:35.44 (1:34.28)	32:11.48 (1:36.04)	33:46.39 (1:34.92)	35:20.39 (1:34.01)

16 7 15 **Beata KLIMEK** 99-10-01 KS AZS-AWF Biała Podlaska(LU) **37:33.49**

1:24.68 (1:24.68)	2:52.95 (1:28.27)	4:21.09 (1:28.15)	5:44.87 (1:23.79)	7:06.30 (1:21.44)	8:30.27 (1:23.97)	9:54.10 (1:23.83)	11:18.98 (1:24.89)
12:44.84 (1:25.87)	14:13.84 (1:29.00)	15:42.87 (1:29.04)	17:11.83 (1:28.96)	18:43.15 (1:31.32)	20:15.88 (1:32.74)	21:49.14 (1:33.27)	23:22.86 (1:33.72)
24:58.63 (1:35.78)	26:33.58 (1:34.95)	28:09.36 (1:35.79)	29:45.89 (1:36.53)	31:20.81 (1:34.93)	32:55.04 (1:34.23)	34:30.05 (1:35.02)	36:04.50 (1:34.46)

17 13 4 **Małgorzata CZARNOTA** 99-02-22 UMKS Nadir Jędrzejów(SK) **38:00.90**

1:24.07 (1:24.07)	2:53.16 (1:29.10)	4:22.34 (1:29.19)	5:47.91 (1:25.57)	7:13.11 (1:25.21)	8:41.21 (1:28.11)	10:11.35 (1:30.14)	11:42.03 (1:30.68)
13:13.87 (1:31.85)	14:47.06 (1:33.19)	16:20.04 (1:32.99)	17:51.92 (1:31.88)	19:24.02 (1:32.10)	20:55.87 (1:31.85)	22:29.16 (1:33.29)	24:03.22 (1:34.07)
25:38.50 (1:35.29)	27:13.43 (1:34.93)	28:48.48 (1:35.06)	30:24.94 (1:36.46)	31:59.73 (1:34.80)	33:34.18 (1:34.46)	35:07.49 (1:33.32)	36:36.76 (1:29.27)

14 5 **Monika DUBIELLA** 00-05-02 LLKS Ziemi Kociewskiej Skórcz(PM) **DNS**

1:23.10 (1:23.10)	2:51.65 (1:28.56)	4:21.15 (1:29.51)	5:45.23 (1:24.08)	7:04.97 (1:19.74)	8:24.88 (1:19.92)	9:46.33 (1:21.45)	11:10.35 (1:24.03)
12:36.57 (1:26.22)	14:02.36 (1:25.80)	15:27.19 (1:24.83)	16:53.85 (1:26.67)	32:12.27 (15:18.42)*			

17 10 **Monika JACKIEWICZ** 92-12-18 MKL Szczecin(ZP) **DNS**

17:44:10.57							
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5 34 **Paulina KICILIŃSKA** 03-09-30 ULKS Lipinki(MA) **DNF**

1:23.79 (1:23.79)	2:52.04 (1:28.25)	4:21.56 (1:29.53)	5:44.75 (1:23.20)	7:05.30 (1:20.55)	8:29.98 (1:24.69)	9:53.54 (1:23.56)	11:18.81 (1:25.28)
12:44.18 (1:25.37)	14:11.69 (1:27.51)	15:40.13 (1:28.44)	17:10.72 (1:30.60)	18:46.66 (1:35.95)	21:08.58 (2:21.92)	25:49.08 (4:40.51)*	



Ministerstwo
Sportu i Turystyki



10000 metrów kobiet

Rekord Świata(Open)	29:01.03	GIDEY Letesenbet	ETH	Hengelo (NED)	21-06-08
Rekord Europy(Open)	29:06.82	HASSAN Sifan	NED	Hengelo (NED)	21-06-06
Rekord Europy(U23)	30:26.41	CAN Yasemin	TUR	Rio de Janeiro (BRA)	16-08-12
Rekord Polski(Open)	31:43.51	JARZYŃSKA Karolina	Niestowarzyszona	Ostrava (CZE)	13-06-27
Rekord Polski(U23)	32:37.89	PYZIK Weronika	LKS Znicz Biłgoraj	Sacramento (USA)	18-05-24

Miejsce	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Wynik
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20	3		Martyna BUDZIŁEK	96-01-07	UKS Siódemka Ostrołęka(MZ)	DNF
1:25.44 (1:25.44) 2:55.74 (1:30.30) 4:25.86 (1:30.13) 5:56.25 (1:30.39) 7:27.52 (1:31.28) 8:58.16 (1:30.64) 10:30.20 (1:32.04) 12:03.82 (1:33.62) 13:37.77 (1:33.96) 15:11.84 (1:34.07)*						

11	44		Halina RASIŃSKA	01-08-04	OŚ AZS Poznań(WP)	DNF
1:23.12 (1:23.12) 2:51.81 (1:28.69) 4:21.41 (1:29.61) 5:44.28 (1:22.87) 7:03.89 (1:19.61) 8:23.41 (1:19.53) 9:45.61 (1:22.21) 11:10.24 (1:24.63) 12:36.47 (1:26.23) 14:04.98 (1:28.51)*						

Międzyczasy

1000m	32	Agnieszka CHORZĘPA	3:34.7	5000m	17	Aleksandra LISOWSKA	17:03.1
2000m	17	Aleksandra LISOWSKA	7:02.20	6000m	17	Aleksandra LISOWSKA	20:23.48
3000m	17	Aleksandra LISOWSKA	10:21.3	7000m	17	Aleksandra LISOWSKA	23.43.0
4000m	17	Aleksandra LISOWSKA	13:42.12	8000m/9000m	17	Aleksandra LISOWSKA	27.03.58/30.28.8

Bieg 2/2

Start: 23-04-22 15:43:51

1	9	45	Martyna WYROŚLAK	02-09-05	OŚ AZS Poznań(WP)	37:01.93	U23 (9)
1:25.26 (1:25.26) 2:53.96 (1:28.71) 4:23.77 (1:29.82) 5:52.47 (1:28.70) 7:19.47 (1:27.01) 8:45.39 (1:25.92) 10:10.41 (1:25.02) 11:36.09 (1:25.68) 13:03.28 (1:27.20) 14:30.98 (1:27.70) 15:58.50 (1:27.52) 17:27.49 (1:29.00) 18:56.21 (1:28.72) 20:26.52 (1:30.31) 21:57.11 (1:30.60) 23:28.67 (1:31.56) 25:00.21 (1:31.54) 26:32.73 (1:32.52) 28:04.18 (1:31.45) 29:36.33 (1:32.16) 31:06.62 (1:30.30) 32:37.18 (1:30.56) 34:08.59 (1:31.42) 35:38.29 (1:29.70)							

2	14	19	Dominika ŁUKASIEWICZ	94-03-07	UMKS Nadir Jędrzejów(SK)	37:20.92	PB
1:20.89 (1:20.89) 2:46.81 (1:25.93) 4:15.07 (1:28.26) 5:41.78 (1:26.72) 7:10.53 (1:28.75) 8:39.18 (1:28.66) 10:07.53 (1:28.35) 11:35.97 (1:28.44) 13:04.13 (1:28.17) 14:34.16 (1:30.03) 16:03.45 (1:29.29) 17:33.89 (1:30.44) 19:04.48 (1:30.60) 20:35.62 (1:31.15) 22:07.23 (1:31.61) 23:39.52 (1:32.30) 25:12.14 (1:32.62) 26:43.95 (1:31.81) 28:16.44 (1:32.50) 29:48.49 (1:32.05) 31:22.19 (1:33.71) 32:56.25 (1:34.07) 34:28.75 (1:32.50) 35:58.54 (1:29.80)							

3	3	7	Paulina GAJ	93-01-29	MCKIS Jaworzno(SL)	37:52.98	PB
1:19.15 (1:19.15) 2:46.17 (1:27.03) 4:14.55 (1:28.38) 5:42.11 (1:27.56) 7:10.78 (1:28.68) 8:39.51 (1:28.73) 10:08.89 (1:29.39) 11:39.74 (1:30.85) 13:11.83 (1:32.10) 14:43.94 (1:32.11) 16:16.81 (1:32.87) 17:50.15 (1:33.34) 19:23.52 (1:33.38) 20:56.32 (1:32.81) 22:30.03 (1:33.71) 24:03.63 (1:33.60) 25:37.59 (1:33.96) 27:11.13 (1:33.55) 28:44.41 (1:33.28) 30:19.14 (1:34.73) 31:52.64 (1:33.51) 33:26.61 (1:33.98) 34:58.92 (1:32.31) 36:31.30 (1:32.38)							

4	6	16	Justyna KORYTKOWSKA	86-03-12	KS Prefbet-Sonarol(PD)	38:26.58	
1:21.36 (1:21.36) 2:47.79 (1:26.43) 4:18.95 (1:31.17) 5:50.46 (1:31.52) 7:20.17 (1:29.71) 8:51.81 (1:31.64) 10:25.09 (1:33.29) 11:59.18 (1:34.10) 13:29.75 (1:30.58) 15:01.92 (1:32.17) 16:36.23 (1:34.31) 18:09.15 (1:32.92) 19:43.08 (1:33.94) 21:17.24 (1:34.16) 22:52.26 (1:35.03) 24:25.95 (1:33.69) 26:00.70 (1:34.75) 27:35.09 (1:34.40) 29:10.53 (1:35.44) 30:46.62 (1:36.10) 32:21.18 (1:34.57) 33:57.26 (1:36.08) 35:32.45 (1:35.19) 37:05.62 (1:33.18)							

5	13	14	Milena KĘDZIA	97-06-18	KS AZS AWF Wrocław(DS)	38:34.67	PB
1:24.89 (1:24.89) 2:53.20 (1:28.32) 4:23.56 (1:30.36) 5:53.26 (1:29.70) 7:22.49 (1:29.24) 8:54.40 (1:31.91) 10:26.84 (1:32.45) 11:59.23 (1:32.39) 13:29.66 (1:30.43) 15:01.63 (1:31.97) 16:35.82 (1:34.20) 18:08.87 (1:33.05) 19:42.84 (1:33.97) 21:16.81 (1:33.98) 22:51.85 (1:35.04) 24:25.68 (1:33.83) 26:00.23 (1:34.56) 27:34.78 (1:34.56) 29:10.48 (1:35.70) 30:46.07 (1:35.60) 32:20.99 (1:34.92) 33:56.89 (1:35.91) 35:32.14 (1:35.25) 37:05.46 (1:33.33)							

6	7	8	Magdalena GIET	97-02-18	MMKS Kędzierzyn-Koźle(OP)	39:03.66	
1:25.59 (1:25.59) 2:54.36 (1:28.77) 4:25.27 (1:30.92) 5:57.66 (1:32.39) 7:28.21 (1:30.56) 8:58.55 (1:30.34) 10:30.26 (1:31.72) 12:02.54 (1:32.28) 13:37.56 (1:35.02) 15:13.63 (1:36.07) 16:51.03 (1:37.41) 18:25.64 (1:34.61) 19:59.23 (1:33.59) 21:34.29 (1:35.07) 23:07.80 (1:33.51) 24:43.04 (1:35.24) 26:18.92 (1:35.89) 27:55.76 (1:36.84) 29:34.48 (1:38.72) 31:11.26 (1:36.79) 32:49.37 (1:38.12) 34:25.86 (1:36.50) 36:01.04 (1:35.18) 37:37.49 (1:36.45)							

7	10	24	Joanna SIKORA	00-11-04	LKS Pogórze Skoczów(SL)	39:26.99	
1:27.03 (1:27.03) 2:56.67 (1:29.64) 4:28.04 (1:31.38) 6:02.65 (1:34.62) 7:38.42 (1:35.77) 9:12.45 (1:34.04) 10:46.75 (1:34.30) 12:21.17 (1:34.43) 13:56.64 (1:35.48) 15:32.57 (1:35.93) 17:07.15 (1:34.58) 18:42.95 (1:35.80) 20:19.44 (1:36.49) 21:56.11 (1:36.68) 23:33.69 (1:37.59) 25:11.07 (1:37.39) 26:48.65 (1:37.58) 28:25.17 (1:36.52) 30:02.70 (1:37.54) 31:39.04 (1:36.34) 33:15.65 (1:36.61) 34:52.05 (1:36.40) 36:26.43 (1:34.38) 38:00.40 (1:33.98)							

Strona 3 z 4

Druk: 23-04-22 18:34:35

DNS-nie wyst., DNF-nie ukoń., DQ-dyskw., NM-bez wyn., PB-r.życ., SB-r.sez., Q,q-awans, YC-żółta kartka

OLKUSZ 2023

Przygotowanie: DomTel Sport Timing Słupsk, tel. 602 314171 www.domtel-sport.pl



Ministerstwo Sportu i Turystyki



10000 metrów kobiet

Rekord Świata(Open)	29:01.03	GIDEY Letesenbet	ETH	Hengelo (NED)	21-06-08
Rekord Europy(Open)	29:06.82	HASSAN Sifan	NED	Hengelo (NED)	21-06-06
Rekord Europy(U23)	30:26.41	CAN Yasemin	TUR	Rio de Janeiro (BRA)	16-08-12
Rekord Polski(Open)	31:43.51	JARZYŃSKA Karolina	Niestowarzyszona	Ostrava (CZE)	13-06-27
Rekord Polski(U23)	32:37.89	PYZIK Weronika	LKS Znicz Biłgoraj	Sacramento (USA)	18-05-24

Miejsce	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Wynik																								
8	8	6	Marta FRĄCKOWIAK	98-12-31	MKS Siechnice(DS)	40:36.11 PB																								
<table border="1"> <tr> <td>1:25.90 (1:25.90)</td> <td>2:55.36 (1:29.46)</td> <td>4:27.54 (1:32.19)</td> <td>6:02.45 (1:34.91)</td> <td>7:39.01 (1:36.56)</td> <td>9:16.52 (1:37.51)</td> <td>10:54.45 (1:37.94)</td> <td>12:32.16 (1:37.71)</td> </tr> <tr> <td>14:09.49 (1:37.34)</td> <td>15:47.91 (1:38.42)</td> <td>17:26.96 (1:39.06)</td> <td>19:08.59 (1:41.64)</td> <td>20:47.43 (1:38.84)</td> <td>22:25.40 (1:37.97)</td> <td>24:07.63 (1:42.23)</td> <td>25:48.41 (1:40.79)</td> </tr> <tr> <td>27:28.06 (1:39.66)</td> <td>29:11.28 (1:43.22)</td> <td>30:53.17 (1:41.90)</td> <td>32:31.68 (1:38.51)</td> <td>34:10.40 (1:38.72)</td> <td>35:50.01 (1:39.61)</td> <td>37:28.03 (1:38.03)</td> <td>39:06.90 (1:38.87)</td> </tr> </table>							1:25.90 (1:25.90)	2:55.36 (1:29.46)	4:27.54 (1:32.19)	6:02.45 (1:34.91)	7:39.01 (1:36.56)	9:16.52 (1:37.51)	10:54.45 (1:37.94)	12:32.16 (1:37.71)	14:09.49 (1:37.34)	15:47.91 (1:38.42)	17:26.96 (1:39.06)	19:08.59 (1:41.64)	20:47.43 (1:38.84)	22:25.40 (1:37.97)	24:07.63 (1:42.23)	25:48.41 (1:40.79)	27:28.06 (1:39.66)	29:11.28 (1:43.22)	30:53.17 (1:41.90)	32:31.68 (1:38.51)	34:10.40 (1:38.72)	35:50.01 (1:39.61)	37:28.03 (1:38.03)	39:06.90 (1:38.87)
1:25.90 (1:25.90)	2:55.36 (1:29.46)	4:27.54 (1:32.19)	6:02.45 (1:34.91)	7:39.01 (1:36.56)	9:16.52 (1:37.51)	10:54.45 (1:37.94)	12:32.16 (1:37.71)																							
14:09.49 (1:37.34)	15:47.91 (1:38.42)	17:26.96 (1:39.06)	19:08.59 (1:41.64)	20:47.43 (1:38.84)	22:25.40 (1:37.97)	24:07.63 (1:42.23)	25:48.41 (1:40.79)																							
27:28.06 (1:39.66)	29:11.28 (1:43.22)	30:53.17 (1:41.90)	32:31.68 (1:38.51)	34:10.40 (1:38.72)	35:50.01 (1:39.61)	37:28.03 (1:38.03)	39:06.90 (1:38.87)																							
9	11	28	Izabela WIERCIOCH	00-04-13	KS AZS-AWF Biała Podlaska(LU)	41:09.43																								
<table border="1"> <tr> <td>1:28.40 (1:28.40)</td> <td>3:03.23 (1:34.83)</td> <td>4:37.29 (1:34.06)</td> <td>6:10.16 (1:32.88)</td> <td>7:45.68 (1:35.53)</td> <td>9:21.65 (1:35.97)</td> <td>10:58.58 (1:36.93)</td> <td>12:39.59 (1:41.02)</td> </tr> <tr> <td>14:19.41 (1:39.83)</td> <td>16:00.14 (1:40.73)</td> <td>17:40.29 (1:40.16)</td> <td>19:20.18 (1:39.89)</td> <td>21:00.78 (1:40.61)</td> <td>22:41.21 (1:40.43)</td> <td>24:22.75 (1:41.54)</td> <td>26:04.46 (1:41.72)</td> </tr> <tr> <td>27:45.37 (1:40.91)</td> <td>29:27.62 (1:42.26)</td> <td>31:08.40 (1:40.78)</td> <td>32:50.66 (1:42.26)</td> <td>34:32.54 (1:41.88)</td> <td>36:13.99 (1:41.45)</td> <td>37:52.70 (1:38.72)</td> <td>39:32.42 (1:39.72)</td> </tr> </table>							1:28.40 (1:28.40)	3:03.23 (1:34.83)	4:37.29 (1:34.06)	6:10.16 (1:32.88)	7:45.68 (1:35.53)	9:21.65 (1:35.97)	10:58.58 (1:36.93)	12:39.59 (1:41.02)	14:19.41 (1:39.83)	16:00.14 (1:40.73)	17:40.29 (1:40.16)	19:20.18 (1:39.89)	21:00.78 (1:40.61)	22:41.21 (1:40.43)	24:22.75 (1:41.54)	26:04.46 (1:41.72)	27:45.37 (1:40.91)	29:27.62 (1:42.26)	31:08.40 (1:40.78)	32:50.66 (1:42.26)	34:32.54 (1:41.88)	36:13.99 (1:41.45)	37:52.70 (1:38.72)	39:32.42 (1:39.72)
1:28.40 (1:28.40)	3:03.23 (1:34.83)	4:37.29 (1:34.06)	6:10.16 (1:32.88)	7:45.68 (1:35.53)	9:21.65 (1:35.97)	10:58.58 (1:36.93)	12:39.59 (1:41.02)																							
14:19.41 (1:39.83)	16:00.14 (1:40.73)	17:40.29 (1:40.16)	19:20.18 (1:39.89)	21:00.78 (1:40.61)	22:41.21 (1:40.43)	24:22.75 (1:41.54)	26:04.46 (1:41.72)																							
27:45.37 (1:40.91)	29:27.62 (1:42.26)	31:08.40 (1:40.78)	32:50.66 (1:42.26)	34:32.54 (1:41.88)	36:13.99 (1:41.45)	37:52.70 (1:38.72)	39:32.42 (1:39.72)																							
10	15	25	Klaudia SZMIGIEL	96-11-13	UMKS Nadir Jędrzejów(SK)	43:20.40																								
<table border="1"> <tr> <td>1:29.92 (1:29.92)</td> <td>3:03.63 (1:33.71)</td> <td>4:39.51 (1:35.89)</td> <td>6:18.63 (1:39.12)</td> <td>7:59.86 (1:41.24)</td> <td>9:42.30 (1:42.44)</td> <td>11:26.93 (1:44.64)</td> <td>13:10.96 (1:44.04)</td> </tr> <tr> <td>14:55.29 (1:44.33)</td> <td>16:39.70 (1:44.42)</td> <td>18:24.89 (1:45.19)</td> <td>20:09.41 (1:44.53)</td> <td>21:55.16 (1:45.75)</td> <td>23:40.78 (1:45.63)</td> <td>25:28.09 (1:47.31)</td> <td>27:14.56 (1:46.48)</td> </tr> <tr> <td>29:01.96 (1:47.40)</td> <td>30:50.19 (1:48.24)</td> <td>32:36.42 (1:46.24)</td> <td>34:22.99 (1:46.57)</td> <td>36:10.19 (1:47.21)</td> <td>37:57.49 (1:47.30)</td> <td>39:46.65 (1:49.17)</td> <td>41:35.40 (1:48.75)</td> </tr> </table>							1:29.92 (1:29.92)	3:03.63 (1:33.71)	4:39.51 (1:35.89)	6:18.63 (1:39.12)	7:59.86 (1:41.24)	9:42.30 (1:42.44)	11:26.93 (1:44.64)	13:10.96 (1:44.04)	14:55.29 (1:44.33)	16:39.70 (1:44.42)	18:24.89 (1:45.19)	20:09.41 (1:44.53)	21:55.16 (1:45.75)	23:40.78 (1:45.63)	25:28.09 (1:47.31)	27:14.56 (1:46.48)	29:01.96 (1:47.40)	30:50.19 (1:48.24)	32:36.42 (1:46.24)	34:22.99 (1:46.57)	36:10.19 (1:47.21)	37:57.49 (1:47.30)	39:46.65 (1:49.17)	41:35.40 (1:48.75)
1:29.92 (1:29.92)	3:03.63 (1:33.71)	4:39.51 (1:35.89)	6:18.63 (1:39.12)	7:59.86 (1:41.24)	9:42.30 (1:42.44)	11:26.93 (1:44.64)	13:10.96 (1:44.04)																							
14:55.29 (1:44.33)	16:39.70 (1:44.42)	18:24.89 (1:45.19)	20:09.41 (1:44.53)	21:55.16 (1:45.75)	23:40.78 (1:45.63)	25:28.09 (1:47.31)	27:14.56 (1:46.48)																							
29:01.96 (1:47.40)	30:50.19 (1:48.24)	32:36.42 (1:46.24)	34:22.99 (1:46.57)	36:10.19 (1:47.21)	37:57.49 (1:47.30)	39:46.65 (1:49.17)	41:35.40 (1:48.75)																							
	12	43	Kinga PIETRAS	01-10-15	KS AZS AWF Wrocław(DS)	DNF																								
<table border="1"> <tr> <td>1:25.10 (1:25.10)</td> <td>2:53.84 (1:28.74)</td> <td>4:25.07 (1:31.24)</td> <td>5:57.29 (1:32.23)</td> <td>7:27.97 (1:30.69)</td> <td>9:01.28 (1:33.31)</td> <td>10:37.16 (1:35.88)</td> <td>12:14.40 (1:37.25)</td> </tr> <tr> <td>13:52.97 (1:38.57)</td> <td>15:32.16 (1:39.20)</td> <td>17:07.43 (1:35.27)</td> <td>18:43.38 (1:35.96)</td> <td>20:25.27 (1:41.89)"</td> <td></td> <td></td> <td></td> </tr> </table>							1:25.10 (1:25.10)	2:53.84 (1:28.74)	4:25.07 (1:31.24)	5:57.29 (1:32.23)	7:27.97 (1:30.69)	9:01.28 (1:33.31)	10:37.16 (1:35.88)	12:14.40 (1:37.25)	13:52.97 (1:38.57)	15:32.16 (1:39.20)	17:07.43 (1:35.27)	18:43.38 (1:35.96)	20:25.27 (1:41.89)"											
1:25.10 (1:25.10)	2:53.84 (1:28.74)	4:25.07 (1:31.24)	5:57.29 (1:32.23)	7:27.97 (1:30.69)	9:01.28 (1:33.31)	10:37.16 (1:35.88)	12:14.40 (1:37.25)																							
13:52.97 (1:38.57)	15:32.16 (1:39.20)	17:07.43 (1:35.27)	18:43.38 (1:35.96)	20:25.27 (1:41.89)"																										
	1	37	Monika KUŹNIAR	03-08-20	CWKS Resovia Rzeszów(PK)	DNF																								
<table border="1"> <tr> <td>1:20.98 (1:20.98)</td> <td>2:46.92 (1:25.94)</td> <td>4:14.71 (1:27.79)</td> <td>5:39.09 (1:24.39)</td> <td>7:05.23 (1:26.14)</td> <td>8:32.28 (1:27.05)</td> <td>9:58.96 (1:26.69)</td> <td>11:28.15 (1:29.19)</td> </tr> <tr> <td>12:57.46 (1:29.32)</td> <td>14:28.05 (1:30.60)</td> <td>15:59.51 (1:31.46)</td> <td>17:29.12 (1:29.61)</td> <td>19:00.96 (1:31.85)"</td> <td></td> <td></td> <td></td> </tr> </table>							1:20.98 (1:20.98)	2:46.92 (1:25.94)	4:14.71 (1:27.79)	5:39.09 (1:24.39)	7:05.23 (1:26.14)	8:32.28 (1:27.05)	9:58.96 (1:26.69)	11:28.15 (1:29.19)	12:57.46 (1:29.32)	14:28.05 (1:30.60)	15:59.51 (1:31.46)	17:29.12 (1:29.61)	19:00.96 (1:31.85)"											
1:20.98 (1:20.98)	2:46.92 (1:25.94)	4:14.71 (1:27.79)	5:39.09 (1:24.39)	7:05.23 (1:26.14)	8:32.28 (1:27.05)	9:58.96 (1:26.69)	11:28.15 (1:29.19)																							
12:57.46 (1:29.32)	14:28.05 (1:30.60)	15:59.51 (1:31.46)	17:29.12 (1:29.61)	19:00.96 (1:31.85)"																										
	5	27	Sylvia WALCZAK	91-01-24	KS Prefbet-Sonarol(PD)	DNF																								
<table border="1"> <tr> <td>1:29.43 (1:29.43)</td> <td>3:03.86 (1:34.44)</td> <td>4:39.88 (1:36.02)</td> <td>6:19.60 (1:39.73)</td> <td>8:02.14 (1:42.55)</td> <td>10:18.56 (2:16.42)"</td> <td></td> <td></td> </tr> </table>							1:29.43 (1:29.43)	3:03.86 (1:34.44)	4:39.88 (1:36.02)	6:19.60 (1:39.73)	8:02.14 (1:42.55)	10:18.56 (2:16.42)"																		
1:29.43 (1:29.43)	3:03.86 (1:34.44)	4:39.88 (1:36.02)	6:19.60 (1:39.73)	8:02.14 (1:42.55)	10:18.56 (2:16.42)"																									
	4	22	Monika NOWAK	81-11-02	SKSG Korona Szczecin(ZP)	DNF																								
<table border="1"> <tr> <td>1:28.66 (1:28.66)</td> <td>3:03.44 (1:34.79)</td> <td>4:37.71 (1:34.27)</td> <td>6:12.51 (1:34.81)</td> <td>7:50.38 (1:37.88)</td> <td>9:30.25 (1:39.87)</td> <td>11:11.56 (1:41.31)</td> <td>12:56.44 (1:44.89)</td> </tr> <tr> <td>14:41.86 (1:45.43)"</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </table>							1:28.66 (1:28.66)	3:03.44 (1:34.79)	4:37.71 (1:34.27)	6:12.51 (1:34.81)	7:50.38 (1:37.88)	9:30.25 (1:39.87)	11:11.56 (1:41.31)	12:56.44 (1:44.89)	14:41.86 (1:45.43)"															
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14:41.86 (1:45.43)"																														
	2	39	Liliana MŁYNARCZYK	03-08-30	MKST Astra Nowa Sól(LB)	DNF																								
<table border="1"> <tr> <td>1:26.52 (1:26.52)</td> <td>2:55.71 (1:29.20)</td> <td>4:25.63 (1:29.92)</td> <td>5:56.78 (1:31.15)</td> <td>7:27.16 (1:30.39)</td> <td>8:58.14 (1:30.98)</td> <td>10:29.78 (1:31.65)</td> <td>12:02.25 (1:32.47)</td> </tr> <tr> <td>13:37.27 (1:35.02)</td> <td>15:13.28 (1:36.02)</td> <td>16:50.70 (1:37.42)"</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </table>							1:26.52 (1:26.52)	2:55.71 (1:29.20)	4:25.63 (1:29.92)	5:56.78 (1:31.15)	7:27.16 (1:30.39)	8:58.14 (1:30.98)	10:29.78 (1:31.65)	12:02.25 (1:32.47)	13:37.27 (1:35.02)	15:13.28 (1:36.02)	16:50.70 (1:37.42)"													
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13:37.27 (1:35.02)	15:13.28 (1:36.02)	16:50.70 (1:37.42)"																												

Międzyczasy

1000m	7	Paulina GAJ	3:29.2	5000m	45	Martyna WYROŚLAK	18:11.2
2000m	37	Monika KUŹNIAR	7:05.56	6000m	45	Martyna WYROŚLAK	21:57.11
3000m	37	Monika KUŹNIAR	10:43.7	7000m	45	Martyna WYROŚLAK	25:46.3
4000m	37	Monika KUŹNIAR	14:28.05	8000m/9000m	45	Martyna WYROŚLAK	29:36.33/33:22.7

Legenda:

PB -rekord życiowy



Ministerstwo
Sportu i Turystyki

