

# I Bieg Zielonego Jabłuszka

## Wyniki OPEN 10 km



2018-06-17, Skierniewice

M-ce	Nr	Imię i nazwisko	Miasto	Klub	Kat./m-ce	min/km	Lap1	Lap2	Lap3	Lap4	Netto	Wynik	K/M
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### Bieg indywidualny 10 km

1.	20	<b>Dzięgielewski Marek</b>	Dłużniewo	KB im.P.Sękowskiego w Płońsku	M50 / (Kl.gen)	3:22	08:24,18	08:20,52	08:28,60	08:29,62	<b>33:42,94</b>	<b>33:42,94</b>	M 1.
2.	33	<b>Kamiński Artur</b>	Skierniewice	tRUChT Maraton Skierniewice	M30 / (Kl.gen)	3:26	08:25,43	08:33,85	08:45,87	08:41,27	<b>34:25,25</b>	<b>34:26,43</b>	M 2.
3.	26	<b>Iliv Andrii</b>	Boratyn		M30 / (Kl.gen)	3:30	08:22,70	08:36,37	09:01,07	09:11,49	<b>35:09,68</b>	<b>35:11,64</b>	M 3.
4.	56	<b>Pająk Bartłomiej</b>	Skierniewice	SMSKlima	M20 / (1)	3:36	08:25,28	08:55,03	09:25,00	09:18,63	<b>36:03,95</b>	<b>36:03,95</b>	M 4.
5.	146	<b>Frączek Wojciech</b>	Skierniewice	Parkrun Skierniewice	M20 / (2)	3:38	08:46,26	09:07,64	09:20,05	09:15,73	<b>36:27,73</b>	<b>36:29,69</b>	M 5.
6.	50	<b>Miller Kacper</b>	Leszno	Dystans Leszno	M10 / (1)	3:50	09:09,48	09:46,40	09:46,82	09:38,70	<b>38:21,41</b>	<b>38:21,41</b>	M 6.
7.	63	<b>Selke Radosław Lucjan</b>	Milanówek	Milanowscy Miłośnicy Lekkoatletyki	M30 / (1)	3:53	09:20,17	09:46,97	09:55,40	09:54,06	<b>38:56,62</b>	<b>38:56,62</b>	M 7.
8.	59	<b>Pociecz Marek</b>	Korytów		M50 / (1)	3:57	09:21,04	09:47,54	10:11,56	10:15,76	<b>39:34,21</b>	<b>39:35,92</b>	M 8.
9.	18	<b>Dziąg Tomasz</b>	Skierniewice		M30 / (2)	3:59	09:48,78	10:14,32	10:10,99	09:45,23	<b>39:56,58</b>	<b>39:59,33</b>	M 9.
10.	75	<b>Szymczak Dawid</b>	Skierniewice	Milanowscy Miłośnicy Lekkoatletyki	M30 / (3)	4:00	09:49,28	10:14,16	10:04,48	09:56,13	<b>40:01,45</b>	<b>40:04,07</b>	M 10.
11.	60	<b>Rosa Dariusz</b>	Jamno		M40 / (1)	4:09	09:41,97	10:29,91	10:49,64	10:30,72	<b>41:32,25</b>	<b>41:32,25</b>	M 11.
12.	82	<b>Witczak Piotr</b>	Skierniewice		M30 / (4)	4:09	10:02,23	10:35,89	10:42,58	10:15,73	<b>41:33,23</b>	<b>41:36,45</b>	M 12.
13.	15	<b>Domostowicz Michał</b>	Skierniewice		M30 / (5)	4:11	10:10,15	10:29,80	10:40,52	10:39,06	<b>41:57,10</b>	<b>41:59,53</b>	M 13.
14.	78	<b>Tomaszkiewicz Łukasz</b>	Łowicz	Klub Kolarski Łowicz	M30 / (6)	4:14	10:06,78	10:47,83	11:06,63	10:31,14	<b>42:28,03</b>	<b>42:32,39</b>	M 14.
15.	83	<b>Woliński Benedykt</b>	Skierniewice	Morsy Skierniewice	M40 / (2)	4:16	10:09,25	10:31,76	11:03,72	11:01,63	<b>42:43,84</b>	<b>42:46,37</b>	M 15.
16.	40	<b>Kuran Piotr</b>	Mszczonów		M40 / (3)	4:18	10:13,56	10:47,01	11:15,66	10:48,45	<b>43:01,42</b>	<b>43:04,68</b>	M 16.
17.	47	<b>Malicki Kamil</b>	Sochaczew		M20 / (3)	4:18	10:16,27	10:53,41	11:11,92	10:46,67	<b>43:05,28</b>	<b>43:08,29</b>	M 17.
18.	30	<b>Juraś Michał</b>	Skierniewice		M20 / (4)	4:20	10:53,43	10:48,89	10:59,07	10:43,14	<b>43:21,79</b>	<b>43:24,54</b>	M 18.
19.	42	<b>Kutermankiewicz Waldemar</b>	Polesie	Running Osp Polesie	M30 / (7)	4:27	10:15,05	11:04,67	11:37,57	11:36,51	<b>44:30,99</b>	<b>44:33,81</b>	M 19.
20.	29	<b>Jędrycha Mariusz</b>	Skierniewice	Lodołamacz-Morsy Skierniewice	M40 / (4)	4:27	11:07,20	11:18,91	11:29,68	10:42,45	<b>44:33,24</b>	<b>44:38,26</b>	M 20.
21.	54	<b>Nowakowski Stefan</b>	Skierniewice	Parkrun Skierniewice	M40 / (5)	4:28	11:06,81	11:21,95	11:27,73	10:52,97	<b>44:44,29</b>	<b>44:49,47</b>	M 21.
22.	46	<b>Łęczycki Mateusz</b>	Skierniewice	lignis Skierniewice	M10 / (2)	4:29	10:25,06	11:43,45	11:30,67	11:22,36	<b>44:59,21</b>	<b>45:01,57</b>	M 22.
23.	72	<b>Maciejewski Rafał</b>	Skierniewice	Skierniewickie Poranki Biegowe	M20 / (5)	4:30	10:25,02	11:43,25	11:31,10	11:23,54	<b>45:00,62</b>	<b>45:02,93</b>	M 23.
24.	34	<b>Kłęb Adam</b>	Skierniewice		M40 / (6)	4:34	11:07,61	11:19,27	11:53,92	11:30,12	<b>45:46,38</b>	<b>45:50,94</b>	M 24.
25.	23	<b>Gródecki Artur</b>	Skierniewice	Parkrun Skierniewice	M30 / (8)	4:36	11:22,09	11:24,32	11:44,37	11:36,55	<b>46:02,86</b>	<b>46:07,34</b>	M 25.



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M-ce	Nr	Imię i nazwisko	Miasto	Klub	Kat./m-ce	min/km	Lap1	Lap2	Lap3	Lap4	Netto	Wynik	K/M
26.	92	Żółtowski Krzysztof	Mszczonów		M40 / (7)	4:38	10:44,42	11:47,32	12:05,07	11:50,04	<b>46:23,74</b>	<b>46:26,86</b>	M 26.
27.	48	Melon Tomasz	Skierniewice		M30 / (9)	4:38	11:30,22	11:36,90	11:51,96	11:29,56	<b>46:21,06</b>	<b>46:28,66</b>	M 27.
28.	88	Ziębiński Maciej	Skierniewice	Reebok Run Crew	M20 / (6)	4:39	10:51,28	11:45,17	12:13,51	11:45,72	<b>46:31,98</b>	<b>46:35,69</b>	M 28.
29.	7	Brzeziński Grzegorz	Skierniewice		M30 / (10)	4:39	11:04,41	11:36,05	11:59,73	12:02,88	<b>46:39,49</b>	<b>46:43,08</b>	M 29.
30.	16	Drygala Piotr	Skierniewice		M30 / (11)	4:40	11:21,56	11:48,42	11:59,05	11:45,83	<b>46:48,96</b>	<b>46:54,86</b>	M 30.
31.	43	Laskowski Marek	Skierniewice		M40 / (8)	4:42	11:06,05	11:09,50	12:32,85	12:27,64	<b>47:09,29</b>	<b>47:16,05</b>	M 31.
32.	91	Żaczekiewicz Jacek	Skierniewice		M40 / (9)	4:44	11:04,88	12:04,19	12:28,35	11:52,11	<b>47:26,28</b>	<b>47:29,54</b>	M 32.
33.	35	Kołosowski Sławomir	Borowiny	Borowiny Biegajo	M50 / (2)	4:46	11:05,26	12:15,72	12:10,67	12:12,07	<b>47:40,28</b>	<b>47:43,74</b>	M 33.
34.	41	Kuśmierz Jerzy	Skierniewice	Reebok Run Crew	M50 / (3)	4:47	11:51,80	12:02,24	12:07,13	11:51,50	<b>47:50,58</b>	<b>47:52,68</b>	M 34.
35.	14	Dębski Łukasz	Skierniewice	Reebok Run Crew	M30 / (12)	4:50	11:06,95	11:48,85	12:33,19	12:58,14	<b>48:20,35</b>	<b>48:27,13</b>	M 35.
36.	8	Brzeziński Wojciech	Wrocław		M30 / (13)	4:52	11:07,91	12:46,88	12:52,43	12:03,30	<b>48:43,97</b>	<b>48:50,53</b>	M 36.
37.	65	Sikorski Mateusz	Sochaczew	Znudzeni Runmageddonem	M20 / (7)	4:53	10:31,81	12:36,02	12:26,98	13:25,16	<b>48:58,06</b>	<b>48:59,98</b>	M 37.
38.	28	Jek Leszek	Skierniewice	tRUChT Maraton Skierniewice	M50 / (4)	4:53	11:37,26	12:34,17	12:45,87	12:04,96	<b>48:59,01</b>	<b>49:02,27</b>	M 38.
39.	145	Macias Piotr	Skierniewice	-	M30 / (14)	4:53	12:26,67	12:37,69	11:57,46	12:02,34	<b>48:59,90</b>	<b>49:04,18</b>	M 39.
40.	61	Sekta Grzegorz	Skierniewice		M30 / (15)	4:54	11:13,25	12:12,33	13:00,39	12:43,98	<b>49:05,29</b>	<b>49:09,96</b>	M 40.
41.	148	Godlewski Krystian	Skierniewice		M30 / (16)	4:53	12:05,54	11:53,70	12:21,27	12:50,13	<b>48:59,54</b>	<b>49:10,65</b>	M 41.
42.	10	Chmura Tomasz	budy zaklasztorne		M30 / (17)	4:55	11:45,28	12:08,20	12:43,56	12:45,07	<b>49:18,04</b>	<b>49:22,12</b>	M 42.
43.	12	Czuba Łukasz	Skierniewice		M20 / (8)	4:59	12:31,96	12:41,67	12:32,99	12:16,03	<b>49:56,35</b>	<b>50:02,66</b>	M 43.
44.	143	Lasocha Paweł	Łowicz		M40 / (10)	5:03	12:39,27	13:14,24	13:03,96	11:44,34	<b>50:36,85</b>	<b>50:41,82</b>	M 44.
45.	81	Wilczek Marcin	Sochaczew	Znudzeni Runmageddonem	M20 / (9)	5:06	10:32,02	12:42,43	14:26,07	13:23,03	<b>51:01,47</b>	<b>51:03,56</b>	M 45.
46.	58	Piotrowski Ireneusz	Łowicz		M40 / (11)	5:07	12:31,76	13:24,44	13:08,67	12:13,86	<b>51:12,10</b>	<b>51:18,74</b>	M 46.
47.	31	Kaczmarek Adrian	Skierniewice		M20 / (10)	5:07	12:31,06	13:17,29	13:17,58	12:13,97	<b>51:12,80</b>	<b>51:19,91</b>	M 47.
48.	53	Nowak Adam Piotr	Skierniewice		M50 / (5)	5:10	12:31,20	12:42,03	13:11,73	13:30,13	<b>51:47,82</b>	<b>51:55,10</b>	M 48.
49.	4	Boczek Krzysztof	Myszków		M50 / (6)	5:13	12:16,02	12:53,53	13:36,15	13:30,47	<b>52:12,03</b>	<b>52:16,19</b>	M 49.
50.	25	Grzegorzewski Adam	Skierniewice	Lodołamacz	M40 / (12)	5:13	12:44,38	13:26,25	13:22,09	12:48,12	<b>52:15,15</b>	<b>52:20,85</b>	M 50.
51.	39	Krzęzko Mariusz	Skierniewice		M30 / (18)	5:14	14:49,10	12:19,96	12:24,36	12:56,50	<b>52:29,94</b>	<b>52:29,94</b>	M 51.
52.	66	Sitkowski Grzegorz	Skierniewice		M20 / (11)	5:15	11:58,72	13:26,71	13:24,56	13:52,78	<b>52:38,30</b>	<b>52:42,78</b>	M 52.
53.	79	Urbański Michał	Skierniewice		M10 / (3)	5:19	11:46,60	13:17,10	13:49,98	14:22,44	<b>53:16,14</b>	<b>53:16,14</b>	M 53.
54.	17	Dudziński Jakub	Łowicz		M30 / (19)	5:20	12:26,87	13:28,08	13:47,96	13:44,16	<b>53:22,64</b>	<b>53:27,08</b>	M 54.
55.	11	Czczott Katarzyna	Skierniewice		K20 / (Kl.gen)	5:21	12:54,30	13:19,45	13:33,45	13:48,40	<b>53:32,22</b>	<b>53:35,62</b>	K 1.
56.	1	Bartczak Aleksandra	Skierniewice		K20 / (Kl.gen)	5:20	12:54,25	13:19,18	13:33,69	13:48,73	<b>53:28,81</b>	<b>53:35,87</b>	K 2.
57.	13	Dąbrowska Klaudia	Skierniewice		K20 / (Kl.gen)	5:22	12:26,87	13:27,91	13:48,11	14:01,24	<b>53:40,14</b>	<b>53:44,14</b>	K 3.
58.	62	Seliga Monika	Wola Pękoszewska		K20 / (1)	5:22	12:55,44	13:18,97	13:54,67	13:42,92	<b>53:45,63</b>	<b>53:52,01</b>	K 4.
59.	37	Kowalczyk Jakub	Polesie	Running Osp Polesie	M30 / (20)	5:24	13:02,50	13:47,78	14:07,27	13:07,96	<b>54:00,01</b>	<b>54:05,53</b>	M 55.
60.	5	Borządek Aleksandra	Grodzisk Mazowiecki	Legia Run Club	K10 / (1)	5:24	12:09,99	14:05,06	14:16,15	13:35,84	<b>54:03,28</b>	<b>54:07,06</b>	K 5.
61.	90	Zwoliński Przemysław	Skierniewice	ParkRunSkierniewice	M30 / (21)	5:27	12:50,21	13:58,38	14:16,56	13:36,23	<b>54:34,61</b>	<b>54:41,39</b>	M 56.
62.	19	Dzięgielewska Małgorzata	Dłużniewo	KB im.P.Sękowskiego w Płońsku	K50 / (1)	5:37	13:59,62	14:16,71	14:10,73	13:50,47	<b>56:13,64</b>	<b>56:17,54</b>	K 6.

# Wyniki OPEN 10 km

M-ce	Nr	Imię i nazwisko	Miasto	Klub	Kat./m-ce	min/km	Lap1	Lap2	Lap3	Lap4	Netto	Wynik	K/M
63.	139	Kasińska Anna	Łódź		K30 / (1)	5:37	14:18,74	14:11,24	14:17,21	13:34,43	<b>56:14,09</b>	<b>56:21,63</b>	K 7.
64.	69	Stanecka Małgorzata	Skierniewice	parkrunskierniewice	K40 / (1)	5:43	13:44,86	14:43,42	14:34,46	14:19,08	<b>57:16,90</b>	<b>57:21,84</b>	K 8.
65.	140	Tomaszewska Krystyna	Polesie	Polesie	K40 / (2)	5:58	13:49,92	14:35,79	15:20,98	16:09,08	<b>59:49,80</b>	<b>59:55,78</b>	K 9.
66.	38	Król Sylwia	Polesie	Fundacja Osp Polesie	K20 / (2)	5:59	13:49,66	14:35,80	15:20,95	16:09,47	<b>59:50,29</b>	<b>59:55,89</b>	K 10.
67.	141	Kędziora Agnieszka		Running Osp Polesie	K40 / (3)	5:59	13:50,78	14:35,53	15:20,75	16:09,13	<b>59:51,24</b>	<b>59:56,21</b>	K 11.
68.	73	Sztajnert Arkadiusz	Łowicz		M30 / (22)	6:00	14:21,51	15:23,34	15:35,72	14:50,06	<b>1:00:05,46</b>	<b>1:00:10,64</b>	M 57.
69.	49	Meszka Małgorzata	Godzianów		K20 / (3)	6:24	14:45,46	16:15,87	16:48,23	16:19,06	<b>1:04:01,66</b>	<b>1:04:08,63</b>	K 12.
70.	67	Sobolewski Jakub	Dębowa Góra		M20 / (12)	6:24	14:44,91	16:15,61	16:48,89	16:19,25	<b>1:04:02,52</b>	<b>1:04:08,67</b>	M 58.
71.	6	Brzezińska Agnieszka	Skierniewice		K30 / (2)	6:26	14:49,74	16:32,08	16:38,36	16:30,40	<b>1:04:25,36</b>	<b>1:04:30,60</b>	K 13.
72.	71	Strzelczyk Zofia	Bartniki		K50 / (2)	6:32	15:57,90	16:25,03	16:33,26	16:41,97	<b>1:05:29,63</b>	<b>1:05:38,17</b>	K 14.
73.	64	Sierański Michał	Skierniewice		M30 / (23)	6:39	13:23,81	17:18,67	18:35,46	17:23,32	<b>1:06:33,75</b>	<b>1:06:41,27</b>	M 59.
74.	51	Nadulska Sylwia	Warszawa	O co biega	K30 / (3)	6:39	16:05,98	16:36,10	17:15,71	16:44,17	<b>1:06:32,55</b>	<b>1:06:41,97</b>	K 15.
75.	138	Stachura Mariusz	Koluszki		M40 / (13)	6:39	16:06,12	16:35,91	17:15,62	16:44,71	<b>1:06:32,75</b>	<b>1:06:42,37</b>	M 60.
76.	144	Miodek Aleksander	Skierniewice	RunningOSPPOLESIE	M30 / (24)	6:59	14:14,60	17:27,21	19:14,05	19:02,84	<b>1:09:52,49</b>	<b>1:09:58,71</b>	M 61.
77.	142	Cichał Anna	Polesie	Polesie	K40 / (4)	6:59	14:14,80	17:27,21	19:13,90	19:02,98	<b>1:09:53,11</b>	<b>1:09:58,91</b>	K 16.
DNF	84	Wójcik Paweł	Skierniewice										

Liczba uczestników: 78