



01/09/2018, Kozienice

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | min/ km | Netto | Wynik |
|------|----|-----------------|--------|------|------------|-------|-------|
|------|----|-----------------|--------|------|------------|-------|-------|

Bieg główny 10 km

K20

| | | | | | | | | |
|-----|-----|--------------------------------|-----|-------------------|-------------------|------|------------|-------------------|
| 1. | 193 | Płatos Ewelina | POL | Radom | Reebok Run Crew | 4:40 | 46:46,13 | 46:48,37 |
| 2. | 169 | Przychodzień Aneta | POL | Kozienice | | 4:51 | 48:31,26 | 48:38,53 |
| 3. | 78 | Maletka Dominika | POL | Kołbiel | | 5:24 | 54:01,77 | 54:06,87 |
| 4. | 92 | Orłowska Karolina | POL | Stanisławice | Rivers of Babilon | 5:41 | 56:59,91 | 57:10,57 |
| 5. | 56 | Kostecka Agnieszka | POL | Radom | Street Run Radom | 5:43 | 57:13,96 | 57:21,02 |
| 6. | 101 | Podcasi Katarzyna | POL | Kozienice | | 5:57 | 59:31,49 | 59:39,77 |
| 7. | 187 | Późniak-Styczyńska Maja | POL | Puławy | | 6:00 | 1:00:03,00 | 1:00:12,30 |
| 8. | 21 | Cierpisz Katarzyna | POL | Cecylówka-Brzózka | | 6:23 | 1:03:58,47 | 1:04:02,41 |
| 9. | 135 | Tęcza Paulina | POL | | Enea | 6:37 | 1:06:19,61 | 1:06:29,36 |
| 10. | 32 | Dziosa Patrycja | POL | Borek | NaturHouse | 6:55 | 1:09:14,00 | 1:09:20,24 |
| 11. | 57 | Kościelniak Emilia | POL | Kozienice | NaturHouse | 6:55 | 1:09:14,35 | 1:09:20,34 |
| 12. | 191 | Janowska Katarzyna | POL | Radom | | 7:18 | 1:13:04,39 | 1:13:07,29 |

K30

| | | | | | | | | |
|----|-----|----------------------------|-----|----------|------------------------|------|----------|-----------------|
| 1. | 83 | Mądzik Aleksandra | POL | Warszawa | Golden Team | 4:36 | 46:03,80 | 46:04,37 |
| 2. | 7 | Bachan-Urbaneck Ewa | POL | Puławy | Chemik Noxy Puławy | 4:46 | 47:48,86 | 47:52,19 |
| 3. | 195 | Cieślik Anna | POL | Warka | KS Start Pułaski Warka | 4:49 | 48:18,20 | 48:27,20 |
| 4. | 127 | Spytek Justyna | POL | Warszawa | | 4:59 | 49:59,92 | 50:07,33 |
| 5. | 107 | Pułkowska Patrycja | POL | Warszawa | | 5:14 | 52:22,33 | 52:31,38 |
| 6. | 130 | Suchmiel Karolina | POL | Radom | | 5:25 | 54:19,39 | 54:22,73 |
| 7. | 37 | Hernik Justyna | POL | Radom | Street Run Radom | 5:27 | 54:32,58 | 54:37,47 |
| 8. | 134 | Szydłowska Aneta | POL | Janów | | 5:30 | 55:02,25 | 55:11,94 |



Wyniki kategorii wiekowych



| M-ce | Nr | Nazwisko i imię | | Miasto | Klub | min/ km | Netto | Wynik |
|------|----|--------------------|-----|-------------------|---------------------|------------|------------|-------------------|
| 9. | 96 | Paluszek Agnieszka | POL | Głowaczów | Enea | 5:46 | 57:40,63 | 57:42,71 |
| 10. | 47 | Katus Agata | POL | Skaryszew | Zabiegany Skaryszew | 5:54 | 59:04,63 | 59:16,01 |
| 11. | 28 | Domagała Wioletta | POL | Ryczywół | WKZ Kozienice | 6:18 | 1:03:05,99 | 1:03:10,22 |
| 12. | 90 | Nizińska Ewa | POL | Cecylówka-Brzózka | | 6:23 | 1:03:57,80 | 1:04:01,97 |
| 13. | 34 | Gmińska Katarzyna | POL | Kozienice | | 7:17 | 1:12:58,38 | 1:13:08,34 |

K40

| | | | | | | | | |
|----|-----|--------------------------|-----|-----------|-------------------------|------|------------|-------------------|
| 1. | 156 | Żebrowska Jolanta | POL | Puławy | Chemik Noxy Puławy | 4:51 | 48:36,09 | 48:39,23 |
| 2. | 72 | Leszczyńska Joasia | POL | Kozienice | WKZ Kozienice | 4:55 | 49:16,00 | 49:16,05 |
| 3. | 68 | Kulik Ewa | POL | Kozienice | UKS Olimp Kozienice | 5:10 | 51:44,28 | 51:44,33 |
| 4. | 133 | Szlęk Ewa | POL | Warszawa | Urodzeni w Kozienicach | 5:47 | 57:59,45 | 58:06,43 |
| 5. | 144 | Włoszczak-Bociarn Karina | POL | Lublin | Największa Armia Świata | 6:14 | 1:02:24,19 | 1:02:29,79 |
| 6. | 137 | Traczyk Izabela | POL | Kozienice | WKZ Kozienice | 6:47 | 1:07:59,48 | 1:08:04,11 |

K50

| | | | | | | | | |
|----|-----|----------------------|-----|------------|--------------------|------|------------|-------------------|
| 1. | 84 | Michalska Małgorzata | POL | Antoniówka | Biegiem Radom! | 5:33 | 55:31,96 | 55:37,94 |
| 2. | 158 | Borkowska Hanna | POL | Radom | Biegiem Radom! | 5:58 | 59:41,43 | 59:49,36 |
| 3. | 116 | Rzeźnik Jolanta | POL | Puławy | 9-tka Running Team | 6:22 | 1:03:41,85 | 1:03:48,02 |

M20

| | | | | | | | | |
|-----|-----|------------------------|-----|-----------|---------------------|------|----------|-----------------|
| 1. | 94 | Osiński Rafał | POL | Kowala | Biegiem Radom! | 3:58 | 39:41,82 | 39:42,39 |
| 2. | 24 | Cyngot Jacek | POL | Kozienice | UKS Olimp Kozienice | 4:05 | 40:50,91 | 40:50,95 |
| 3. | 123 | Sobczyk Grzegorz | POL | Kozienice | WKZ Kozienice | 4:08 | 41:21,77 | 41:23,59 |
| 4. | 180 | Szumiec Dominik | POL | Jasło | SwimTri Rzeszów | 4:14 | 42:23,09 | 42:23,09 |
| 5. | 80 | Małecki Damian | POL | Wohyń | | 4:18 | 43:08,65 | 43:09,02 |
| 6. | 121 | Słomka Mateusz | POL | Jedlińsk | wkurw_team | 4:24 | 44:05,83 | 44:09,49 |
| 7. | 163 | Bąk Piotr | POL | Kozienice | | 4:48 | 48:01,32 | 48:10,81 |
| 8. | 162 | Machnia Bartosz | POL | Radom | | 4:55 | 49:14,38 | 49:18,09 |
| 9. | 60 | Krekora Mateusz | POL | Kozienice | | 4:55 | 49:15,18 | 49:20,47 |
| 10. | 145 | Wojciechowski Rafał | POL | Kozienice | | 5:02 | 50:25,20 | 50:32,25 |
| 11. | 182 | Serwiński Kacper | POL | Rzeszów | SwimTri Rzeszów | 5:08 | 51:22,26 | 51:26,49 |
| 12. | 181 | Wos Bartłomiej | POL | Leżajsk | SwimTri Rzeszów | 5:23 | 53:51,37 | 53:55,86 |
| 13. | 183 | Szczepanik Szymon | POL | Rzeszów | SwimTri Rzeszów | 5:23 | 53:51,46 | 53:56,15 |
| 14. | 122 | Smolarczyk Maksymilian | POL | Nowiny | | 5:27 | 54:36,38 | 54:46,33 |
| 15. | 100 | Podczasi Marcin | POL | Kozienice | WKZ Kozienice | 5:57 | 59:39,53 | 59:47,87 |

Wyniki kategorii wiekowych



| M-ce | Nr | Nazwisko i imię | | Miasto | Klub | min/ km | Netto | Wynik |
|------|-----|-------------------------|-----|-----------|---------------|------------|------------|-------------------|
| 16. | 124 | Sobczyk Wojciech | POL | Kozienice | WKZ Kozienice | 5:57 | 59:39,49 | 59:47,97 |
| 17. | 106 | Pszczółka Tomasz | POL | Kozienice | | 6:25 | 1:04:17,03 | 1:04:25,88 |
| 18. | 86 | Mindewicz Michał | POL | Kozienice | | 6:59 | 1:09:54,96 | 1:10:04,25 |

M30

| | | | | | | | | |
|-----|-----|-----------------------------|-----|---------------|-----------------------------|------|----------|-----------------|
| 1. | 142 | Walczyk Kamil | POL | Maków | Zabiegany Skaryszew | 3:35 | 35:59,71 | 36:00,13 |
| 2. | 73 | Lewocha Rafał | POL | Jastrząb | Woźniak Running Team | 3:40 | 36:48,14 | 36:48,14 |
| 3. | 176 | Kolaszt Michał | POL | Iłża | Iłża Pędzi | 3:48 | 38:00,22 | 38:01,54 |
| 4. | 91 | Nowak Przemysław | POL | Radom | Enea | 3:51 | 38:35,54 | 38:35,54 |
| 5. | 93 | Osiński Marcin | POL | Mazowszany | Biegiem Radom! | 3:53 | 38:52,94 | 38:52,94 |
| 6. | 64 | Kucharski Marcin | POL | Radom | BBL Radom | 3:54 | 39:01,41 | 39:02,99 |
| 7. | 35 | Gmiński Kamil | POL | Kozienice | Wing Tsun Kung Fu Kozienice | 3:58 | 39:46,01 | 39:48,05 |
| 8. | 62 | Krzemiński Bartosz | POL | Szydłowiec | Za linią mety | 4:05 | 40:54,40 | 40:54,40 |
| 9. | 3 | Alot Paweł | POL | Radom | | 4:15 | 42:33,34 | 42:35,95 |
| 10. | 74 | Lipka Sebastian | POL | Serokomla | | 4:16 | 42:49,75 | 42:53,48 |
| 11. | 103 | Podsiadł Michał | POL | Kozienice | WKZ Kozienice | 4:19 | 43:13,12 | 43:14,71 |
| 12. | 85 | Milczarczyk Dariusz | POL | Kozienice | | 4:20 | 43:22,53 | 43:25,61 |
| 13. | 6 | Babula Jarosław | POL | Ryczywół | Bank Millennium | 4:21 | 43:31,41 | 43:32,62 |
| 14. | 141 | Urbanek Robert | POL | Puławy | Chemik Noxy Puławy | 4:26 | 44:23,26 | 44:26,66 |
| 15. | 46 | Kaczkowski Krzysztof | POL | Kozienice | | 4:26 | 44:28,25 | 44:28,48 |
| 16. | 112 | Rębiś Tomasz | POL | Stanisławice | | 4:27 | 44:31,19 | 44:36,21 |
| 17. | 129 | Subocz Łukasz | POL | Kozienice | | 4:27 | 44:31,12 | 44:36,33 |
| 18. | 66 | Kulhawiec Dariusz | POL | Aleksandrówka | | 4:27 | 44:39,38 | 44:43,04 |
| 19. | 42 | Janeczek Adam | POL | Kozienice | WKZ Kozienice | 4:29 | 44:56,51 | 45:01,67 |
| 20. | 150 | Zajac Krzysztof | POL | Kozienice | WKZ Kozienice | 4:29 | 44:55,89 | 45:03,17 |
| 21. | 120 | Skomra Krzysztof | POL | Pionki | | 4:37 | 46:11,00 | 46:16,21 |
| 22. | 190 | Andrzejewski Tomasz | POL | Radom | Reebok Run Crew | 4:37 | 46:13,48 | 46:16,27 |
| 23. | 149 | Wójcik Daniel | POL | Kozienice | WKZ Kozienice | 4:39 | 46:32,36 | 46:34,73 |
| 24. | 115 | Rykowski Radosław | POL | Stanisławice | Wygon Stanisławice | 4:50 | 48:27,12 | 48:38,24 |
| 25. | 18 | Chojniak Łukasz | POL | Ryki | Biegiem.pl | 4:53 | 48:51,16 | 48:57,55 |
| 26. | 31 | Dulebski Sławomir | POL | Skaryszew | Zabiegany Skaryszew | 4:54 | 49:05,87 | 49:16,85 |
| 27. | 50 | Kłós Karol | POL | Kozienice | | 4:59 | 49:59,42 | 50:08,47 |
| 28. | 140 | Urban Jarosław | POL | Kozienice | | 5:11 | 51:51,14 | 51:55,17 |
| 29. | 89 | Niklewski Paweł | POL | Radom | | 5:13 | 52:11,59 | 52:17,13 |
| 30. | 151 | Zalaś Marcin | POL | | Enea Połaniec SA | 5:16 | 52:42,17 | 52:49,45 |

Wyniki kategorii wiekowych



| M-ce | Nr | Nazwisko i imię | | Miasto | Klub | min/ km | Netto | Wynik |
|------|-----|----------------------|-----|-------------------|----------------------|------------|------------|-------------------|
| 31. | 114 | Rusinowski Grzegorz | POL | Kozienice | KS Energia Kozienice | 5:21 | 53:31,94 | 53:43,75 |
| 32. | 10 | Bogacki Jakub | POL | Kozienice | KS Energia Kozienice | 5:21 | 53:32,82 | 53:44,71 |
| 33. | 8 | Białecki Leszek | POL | Ryki | | 5:22 | 53:47,20 | 53:53,60 |
| 34. | 153 | Żyła Mariusz | POL | Przejazd | | 5:23 | 53:54,90 | 53:58,49 |
| 35. | 192 | Posłuszny Tomasz | POL | Radom | | 5:24 | 54:02,01 | 54:04,77 |
| 36. | 20 | Cichowlas Marcin | POL | Kozienice | | 5:27 | 54:38,38 | 54:46,71 |
| 37. | 48 | Kiciński Andrzej | POL | Ossala | 42 BLSZ | 5:28 | 54:44,67 | 54:54,69 |
| 38. | 184 | Połączyński Radosław | POL | Kozienice | | 5:31 | 55:11,88 | 55:17,89 |
| 39. | 54 | Kordas Maciej | POL | Kozienice | | 5:42 | 57:05,43 | 57:14,67 |
| 40. | 13 | Chamerski Robert | POL | Radom | Street Run Radom | 5:43 | 57:12,62 | 57:17,25 |
| 41. | 126 | Spyra Paweł | POL | Kozienice | | 5:49 | 58:17,56 | 58:22,51 |
| 42. | 132 | Szczepański Michał | POL | Kozienice | WKZ Kozienice | 6:13 | 1:02:10,07 | 1:02:10,07 |
| 43. | 43 | Janik Paweł | POL | Garbatka Letnisko | Plon Garbatka | 6:26 | 1:04:22,20 | 1:04:22,20 |

M40

| | | | | | | | | |
|-----|-----|--------------------|-----|--------------|------------------------------------|------|----------|-----------------|
| 1. | 65 | Kujawa Krzysztof | POL | Płock | Więckowski Team | 3:39 | 36:31,99 | 36:31,99 |
| 2. | 189 | Grabda Karol | POL | Mirów | Biegiem Radom! | 3:44 | 37:20,23 | 37:21,09 |
| 3. | 45 | Kacprzak Andrzej | POL | Radom | | 3:44 | 37:26,22 | 37:27,60 |
| 4. | 175 | Łękowski Mariusz | POL | Iłża | Iłża Pędzi | 3:45 | 37:34,20 | 37:34,86 |
| 5. | 113 | Rusak Sławomir | POL | Radom | Biegiem Radom! | 3:54 | 39:05,65 | 39:06,22 |
| 6. | 159 | Borkowski Tomasz | POL | Zwoleń | Zwoleń Biega | 3:56 | 39:26,01 | 39:27,34 |
| 7. | 143 | Weronowicz Mariusz | POL | Kozienice | UKS Olimp Kozienice | 4:10 | 41:42,60 | 41:43,03 |
| 8. | 138 | Traczyk Mariusz | POL | Kozienice | WKZ Kozienice | 4:10 | 41:48,49 | 41:49,73 |
| 9. | 16 | Chełmicki Grzegorz | POL | Warszawa | Dream Run | 4:16 | 42:46,76 | 42:49,04 |
| 10. | 118 | Sarzyński Sławomir | POL | Radom | | 4:17 | 42:52,63 | 42:54,54 |
| 11. | 81 | Mazurek Marek | POL | Miastków | | 4:23 | 43:55,49 | 43:56,81 |
| 12. | 17 | Chlebowski Piotr | POL | Ryki | Inspektorat Wsparcia Sił Zbrojnych | 4:24 | 44:02,36 | 44:04,99 |
| 13. | 12 | Bulanda Grzegorz | POL | Kozienice | | 4:32 | 45:22,49 | 45:25,29 |
| 14. | 148 | Wójcik Paweł | POL | Stanisławice | | 4:36 | 46:03,08 | 46:11,35 |
| 15. | 128 | Strzelczyk Rafał | POL | Głowaczów | UKS Olimp Kozienice | 4:40 | 46:47,91 | 46:50,99 |
| 16. | 117 | Sałas Krzysztof | POL | Radom | Tiger Faja Faja | 4:43 | 47:16,45 | 47:17,39 |
| 17. | 36 | Hernacki Robert | POL | Kozienice | | 4:49 | 48:14,38 | 48:25,85 |
| 18. | 97 | Pawłowski Adam | POL | Warszawa | | 4:51 | 48:32,21 | 48:43,97 |
| 19. | 33 | Garbarczyk Piotr | POL | Kozienice | | 4:58 | 49:48,67 | 49:56,09 |
| 20. | 75 | Łysiak Krzysztof | POL | Kozienice | | 5:05 | 50:54,72 | 50:55,87 |

Wyniki kategorii wiekowych



| M-ce | Nr | Nazwisko i imię | | Miasto | Klub | min/ km | Netto | Wynik |
|------|-----|----------------------|-----|-----------|--------------------------------|------------|------------|-------------------|
| 21. | 76 | Maciejewski Łukasz | POL | Lipsko | | 5:11 | 51:52,29 | 51:57,88 |
| 22. | 155 | Żak Jarosław | POL | | Enea Połaniec SA | 5:14 | 52:29,91 | 52:36,31 |
| 23. | 9 | Bociarn Radosław | POL | Lublin | Największa Armia Świata | 5:17 | 52:56,42 | 53:02,71 |
| 24. | 27 | Domagała Piotr | POL | Ryczywół | WKZ Kozienice | 5:26 | 54:28,07 | 54:31,34 |
| 25. | 23 | Cybulski Grzegorz | POL | Lublin | Największa Armia Świata | 5:28 | 54:42,90 | 54:48,62 |
| 26. | 67 | Kulig Krzysztof | POL | Radom | | 5:35 | 55:56,68 | 56:08,04 |
| 27. | 69 | Kulik Mariusz | POL | Zofian | 4 Skrzydło Lotnictwa Szkolnego | 5:39 | 56:36,09 | 56:42,73 |
| 28. | 79 | Malinowski Jarosław | POL | Ryki | | 5:42 | 57:02,57 | 57:11,04 |
| 29. | 51 | Kolanowski Paweł | POL | Janów | 42 BLSZ | 5:48 | 58:04,34 | 58:14,47 |
| 30. | 25 | Daniszewski Piotr | POL | Warszawa | Superman Team | 5:50 | 58:26,81 | 58:33,44 |
| 31. | 70 | Kwapisiewicz Dariusz | POL | Radom | 42 BLSZ | 5:52 | 58:44,82 | 58:54,31 |
| 32. | 58 | Kozłowski Piotr | POL | Kozienice | | 6:05 | 1:00:55,30 | 1:01:07,94 |
| 33. | 71 | Lach Robert | POL | Dęblin | | 6:21 | 1:03:31,97 | 1:03:42,32 |
| 34. | 108 | Pułkowski Mirosław | POL | Warszawa | | 6:59 | 1:09:55,81 | 1:10:04,34 |

M50

| | | | | | | | | |
|-----|-----|-----------------------|-----|------------|--------------------|------|----------|-----------------|
| 1. | 194 | Orman Tomasz | POL | Szydłowiec | TomTeam | 3:46 | 37:44,57 | 37:45,72 |
| 2. | 185 | Kamola Kazimierz | POL | Puławy | Chemik Noxy Puławy | 3:53 | 38:59,18 | 39:00,12 |
| 3. | 26 | Dolega Darek | POL | Radom | Biegiem Radom! | 4:38 | 46:21,53 | 46:28,17 |
| 4. | 199 | Bińkowski Leon | POL | Radom | Biegiem Radom! | 4:43 | 47:13,68 | 47:15,51 |
| 5. | 2 | Alberski Wojciech | POL | Warka | | 4:47 | 47:53,78 | 48:03,67 |
| 6. | 30 | Drapała Bogdan | POL | Kozienice | | 4:51 | 48:30,09 | 48:38,03 |
| 7. | 109 | Racinowski Paweł | POL | Gryfino | KB Hermes Gryfino | 4:53 | 48:50,61 | 48:53,87 |
| 8. | 95 | Pacuszka Jacek | POL | Leopoldów | | 4:59 | 49:57,25 | 50:03,88 |
| 9. | 161 | Głogowski Zbigniew | POL | Radom | Biegiem Radom! | 5:08 | 51:29,76 | 51:35,63 |
| 10. | 188 | Stala Krzysztof | POL | Radom | | 5:23 | 53:59,54 | 54:10,11 |
| 11. | 1 | Mierzejewski Grzegorz | POL | Kozienice | Enea | 5:35 | 55:58,62 | 56:01,23 |

M60

| | | | | | | | | |
|----|-----|--------------------|-----|------------|----------------------|------|----------|-----------------|
| 1. | 186 | Brodacki Waldemar | POL | Puławy | Chemik Noxy Puławy | 4:02 | 40:27,40 | 40:30,54 |
| 2. | 11 | Borkowski Jerzy | POL | Radom | Biegiem Radom! | 4:44 | 47:25,19 | 47:29,29 |
| 3. | 53 | Korczak Wincenty | POL | Antoniówka | Biegiem Radom! | 4:50 | 48:26,91 | 48:32,79 |
| 4. | 98 | Pawłowski Zbigniew | POL | Puławy | Senior51 Team Puławy | 4:56 | 49:29,36 | 49:30,87 |
| 5. | 102 | Podeszwa Adam | POL | Kozienice | Enea | 5:06 | 51:08,68 | 51:09,83 |
| 6. | 55 | Kosowski Grzegorz | POL | Połaniec | Enea Połaniec SA | 5:12 | 52:07,87 | 52:15,33 |

Wyniki kategorii wiekowych



| M-ce | Nr | Nazwisko i imię | | Miasto | Klub | min/ km | Netto | Wynik |
|------|-----|--------------------------|-----|-----------|-------------------|------------|------------|-------------------|
| 7. | 160 | Marlecki Andrzej | POL | Radom | | 5:17 | 52:55,66 | 52:58,65 |
| 8. | 146 | Wolszczak Ryszard | POL | Kozienice | WKZ Kozienice | 5:21 | 53:31,16 | 53:33,53 |
| 9. | 14 | Chamerski Jerzy | POL | Radom | Street Run Radom | 5:43 | 57:12,49 | 57:17,38 |
| 10. | 154 | Zięba Tadeusz | POL | Połaniec | Enea Połaniec SA | 6:32 | 1:05:23,96 | 1:05:31,17 |
| 11. | 131 | Szalak Andrzej | POL | Puławy | MelRunning Puławy | 6:39 | 1:06:34,11 | 1:06:44,84 |

M70

| | | | | | | | | |
|----|-----|-------------------------|-----|------------------|----------------|------|------------|-------------------|
| 1. | 139 | Tymirski Tadeusz | POL | Radom | Biegiem Radom! | 6:14 | 1:02:21,55 | 1:02:29,60 |
| 2. | 38 | Hołowacz Tomasz | POL | Warszawa | Kondycja | 6:16 | 1:02:45,24 | 1:02:56,22 |
| 3. | 177 | Gliński Tadeusz | POL | Jedlnia-Letnisko | | 6:55 | 1:09:17,33 | 1:09:31,21 |

Liczba uczestników: 154