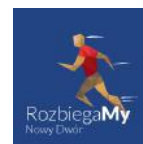


# Półmaraton Trzech Rzek

## Wyniki OPEN K/M



2020-08-30, Nowy Dwór Mazowiecki

| M-ce | Nr | Nazwisko i imię | Klub | Kat./mce | min/km | Netto | Wynik (Brutto) |
|------|----|-----------------|------|----------|--------|-------|----------------|
|------|----|-----------------|------|----------|--------|-------|----------------|

### Bieg główny 21 km

#### Kobiety

|     |     |                              |  |              |      |         |                |
|-----|-----|------------------------------|--|--------------|------|---------|----------------|
| 1.  | 44  | Graczyk Karolina             |  | K45 / Kl.gen | 4:34 | 1:35:58 | <b>1:36:01</b> |
| 2.  | 20  | Bytner-Kwiatkowska Monika    | BNT-Biegam na Tarchominie Dąbrowski Team | K45 / Kl.gen | 4:46 | 1:40:07 | <b>1:40:09</b> |
| 3.  | 129 | Strumnik Katarzyna           | RozbiegaMy Nowy Dwór                     | K45 / Kl.gen | 4:56 | 1:43:55 | <b>1:43:56</b> |
| 4.  | 11  | Bieniek-Ugniewska Joanna     | Sunfit Studio                            | K45 / 1      | 4:59 | 1:44:41 | <b>1:44:43</b> |
| 5.  | 41  | Gołębiwska Łucja             | Bestie OCR Legionowo                     | K30 / 1      | 5:16 | 1:50:50 | <b>1:50:52</b> |
| 6.  | 57  | Kalukiewicz Amelia           | Mykk                                     | K45 / 2      | 5:16 | 1:50:45 | <b>1:50:57</b> |
| 7.  | 124 | Słomka Dominika              |  | K30 / 2      | 5:17 | 1:50:55 | <b>1:51:10</b> |
| 8.  | 94  | Myszkiewicz Agnieszka        | Pzu Sport Team                           | K45 / 3      | 5:17 | 1:51:06 | <b>1:51:13</b> |
| 9.  | 42  | Goszczyńska Wioleta          | Husaria Race Team                        | K30 / 3      | 5:20 | 1:52:00 | <b>1:52:05</b> |
| 10. | 43  | Gozdan Agnieszka             |  | K45 / 4      | 5:23 | 1:52:54 | <b>1:53:04</b> |
| 11. | 2   | Antolik Aneta                | Power Training                           | K30 / 4      | 5:27 | 1:54:24 | <b>1:54:29</b> |
| 12. | 67  | Kowalska Agnieszka           | Dogoń Grodzisk Mazowiecki                | K45 / 5      | 5:31 | 1:55:57 | <b>1:56:06</b> |
| 13. | 123 | Rzymowska Krystyna           |  | K60 / 1      | 5:32 | 1:56:16 | <b>1:56:25</b> |
| 14. | 79  | Kwiecińska Małgorzata        | Bravehearts Legionowo                    | K45 / 6      | 5:35 | 1:57:22 | <b>1:57:31</b> |
| 15. | 39  | Glinka Agnieszka             | Drużyna Bravehearts Legionowo            | K45 / 7      | 5:40 | 1:58:53 | <b>1:59:02</b> |
| 16. | 46  | Grzybowska Ewa               | Reckitt Benckiser                        | K45 / 8      | 5:40 | 1:59:08 | <b>1:59:11</b> |
| 17. | 142 | Tula Renata                  | Mykmyk                                   | K61+ / 1     | 5:45 | 2:00:47 | <b>2:00:57</b> |
| 18. | 23  | Czarnota Dorota              | Bravehearts Legionowo                    | K45 / 9      | 5:57 | 2:04:55 | <b>2:05:00</b> |
| 19. | 148 | Wilczek Marta                | Reckitt Benckiser                        | K30 / 5      | 6:23 | 2:14:07 | <b>2:14:19</b> |
| 20. | 70  | Królak Magda                 | Tenpo Pryma Sort                         | K45 / 10     | 6:26 | 2:15:07 | <b>2:15:20</b> |
| 21. | 77  | Kwiatkowska-Jakóbczyk Monika |  | K45 / 11     | 6:28 | 2:15:52 | <b>2:15:56</b> |
| 22. | 118 | Popiołek Katarzyna           |  | K45 / 12     | 6:42 | 2:20:45 | <b>2:20:56</b> |
| 23. | 125 | Sobczyk Basia                | RozbiegaMy Nowy Dwór                     | K45 / 13     | 6:52 | 2:24:13 | <b>2:24:24</b> |
| 24. | 51  | Jankowska Monika             |  | K30 / 6      | 7:03 | 2:28:08 | <b>2:28:19</b> |
| 25. | 138 | Torzewska Agnieszka          |  | K60 / 2      | 7:19 | 2:33:44 | <b>2:33:55</b> |
| 26. | 81  | Lipińska Joanna              | RozbiegaMy Nowy Dwór                     | K30 / 7      | 9:09 | 3:12:07 | <b>3:12:23</b> |

#### Mężczyźni

|     |     |                     |                                     |              |      |         |                |
|-----|-----|---------------------|-------------------------------------|--------------|------|---------|----------------|
| 1.  | 135 | Szyborski Rafał     | BKS Wataha Warszawa                 | M30 / Kl.gen | 3:38 | 1:16:20 | <b>1:16:20</b> |
| 2.  | 87  | Masiarek Maciej     |                                     | M30 / Kl.gen | 3:52 | 1:21:20 | <b>1:21:21</b> |
| 3.  | 17  | Brylski Łukasz      | Sporting                            | M45 / Kl.gen | 3:54 | 1:21:57 | <b>1:21:59</b> |
| 4.  | 96  | Nehring Karol       |                                     | M30 / 1      | 4:00 | 1:24:11 | <b>1:24:12</b> |
| 5.  | 158 | Dudek Wojciech      | Puks Młode Orły NDM                 | M30 / 2      | 4:02 | 1:25:01 | <b>1:25:02</b> |
| 6.  | 102 | Olsen Lasse         |                                     | M45 / 1      | 4:08 | 1:26:55 | <b>1:26:56</b> |
| 7.  | 45  | Gruza Marek         | BieganiePo40.pl                     | M45 / 2      | 4:12 | 1:28:19 | <b>1:28:19</b> |
| 8.  | 130 | Strumnik Sebastian  | RozbiegaMy Nowy Dwór                | M45 / 3      | 4:13 | 1:28:39 | <b>1:28:40</b> |
| 9.  | 82  | Łęgocki Marcin      | Pietrzyk Running Team/k(R)Opka Team | M45 / 4      | 4:16 | 1:29:42 | <b>1:29:44</b> |
| 10. | 74  | Kulik Jacek         | Dogoń Grodzisk Mazowiecki           | M60 / 1      | 4:18 | 1:30:25 | <b>1:30:28</b> |
| 11. | 34  | Gajek Ireneusz      |                                     | M45 / 5      | 4:19 | 1:30:33 | <b>1:30:40</b> |
| 12. | 109 | Pajdosz Arkadiusz   | Wprunning Pruszków                  | M45 / 6      | 4:23 | 1:32:21 | <b>1:32:23</b> |
| 13. | 151 | Wrotny Mariusz      | 8 Batalion Radiotechniczny          | M30 / 3      | 4:25 | 1:32:44 | <b>1:32:46</b> |
| 14. | 100 | Nurzyński Marcin    | Grzybkiteam-Team Zabieganedni       | M45 / 7      | 4:30 | 1:34:23 | <b>1:34:31</b> |
| 15. | 12  | Bisowski Mariusz    |                                     | M60 / 2      | 4:30 | 1:34:40 | <b>1:34:45</b> |
| 16. | 21  | Chrapek Janusz      | Rosbiegani                          | M45 / 8      | 4:31 | 1:34:59 | <b>1:35:03</b> |
| 17. | 136 | Świerczek Szymon    | Biegiem do AGD Serock               | M45 / 9      | 4:32 | 1:35:16 | <b>1:35:19</b> |
| 18. | 86  | Mańka Krzysztof     | PZU Sport Team                      | M45 / 10     | 4:38 | 1:37:25 | <b>1:37:29</b> |
| 19. | 121 | Roszkowski Wojciech |                                     | M60 / 3      | 4:40 | 1:38:12 | <b>1:38:14</b> |

# Wyniki OPEN K/M



| M-ce | Nr  | Nazwisko i imię         | Klub                                  | Kat./<br>mce | min/<br>km | Netto   | Wynik<br>(Brutto) |
|------|-----|-------------------------|---------------------------------------|--------------|------------|---------|-------------------|
| 20.  | 62  | Komorzycki Janusz       | Orange Polska                         | M45 / 11     | 4:41       | 1:38:33 | <b>1:38:34</b>    |
| 21.  | 156 | Czernich Kamil          | PRL Transport                         | M45 / 12     | 4:41       | 1:38:34 | <b>1:38:38</b>    |
| 22.  | 113 | Nawrozidis Sławomir     | RozbiegaMy Nowy Dwór                  | M45 / 13     | 4:45       | 1:39:45 | <b>1:39:48</b>    |
| 23.  | 59  | Knychas Darek           | Pzu Sport Team                        | M60 / 4      | 4:49       | 1:41:09 | <b>1:41:15</b>    |
| 24.  | 72  | Kubajewski Paweł        | BOY89                                 | M45 / 14     | 4:54       | 1:43:02 | <b>1:43:05</b>    |
| 25.  | 99  | Gryz Jacek              | RozbiegaMy Nowy Dwór                  | M30 / 4      | 4:55       | 1:43:19 | <b>1:43:21</b>    |
| 26.  | 47  | Holinko Edmund          |                                       | M61+ / 1     | 4:56       | 1:43:33 | <b>1:43:40</b>    |
| 27.  | 154 | Zalewski Paweł          | PZU Sport Team                        | M45 / 15     | 4:58       | 1:44:28 | <b>1:44:35</b>    |
| 28.  | 80  | Lewandowski Bartosz     |                                       | M30 / 5      | 4:59       | 1:44:45 | <b>1:44:53</b>    |
| 29.  | 105 | Ostrowski Marcin        | PZU Sport Team                        | M45 / 16     | 4:59       | 1:44:50 | <b>1:44:55</b>    |
| 30.  | 134 | Szymajda Marcin         | Biegiem do AGD Serock                 | M45 / 17     | 5:00       | 1:45:04 | <b>1:45:16</b>    |
| 31.  | 69  | Kowalski Sebastian      | BGS                                   | M45 / 18     | 5:01       | 1:45:30 | <b>1:45:36</b>    |
| 32.  | 93  | Murzyn Tomasz           | Junik Tomasz Murzyn                   | M60 / 5      | 5:02       | 1:45:56 | <b>1:46:00</b>    |
| 33.  | 56  | Jurowski Andrzej        |                                       | M60 / 6      | 5:03       | 1:46:09 | <b>1:46:16</b>    |
| 34.  | 19  | Budzik Sylwester        | 8 Batalion Radiotechniczny            | M30 / 6      | 5:05       | 1:46:38 | <b>1:46:48</b>    |
| 35.  | 131 | Suska Tomasz            |                                       | M45 / 19     | 5:07       | 1:47:19 | <b>1:47:31</b>    |
| 36.  | 139 | Torzewski Janusz        | Wat                                   | M60 / 7      | 5:08       | 1:47:45 | <b>1:47:53</b>    |
| 37.  | 36  | Gątarz Janusz           |                                       | M45 / 20     | 5:09       | 1:48:13 | <b>1:48:21</b>    |
| 38.  | 38  | Glinka Karol            |                                       | M45 / 21     | 5:11       | 1:48:52 | <b>1:48:54</b>    |
| 39.  | 143 | Tuszyński Dariusz       |                                       | M60 / 8      | 5:11       | 1:48:52 | <b>1:48:56</b>    |
| 40.  | 159 | Mielniczuk Tomasz Artur |                                       | M45 / 22     | 5:11       | 1:48:40 | <b>1:48:56</b>    |
| 41.  | 26  | Dalgiewicz Dariusz      |                                       | M61+ / 2     | 5:14       | 1:49:57 | <b>1:50:04</b>    |
| 42.  | 85  | Małkowski Marcin        | W Obi Jest Moc                        | M45 / 23     | 5:16       | 1:50:24 | <b>1:50:37</b>    |
| 43.  | 108 | Paczkowski Mateusz      | Bestie OCR Legionowo                  | M30 / 7      | 5:16       | 1:50:49 | <b>1:50:52</b>    |
| 44.  | 15  | Bojakowski Jacek        |                                       | M45 / 24     | 5:17       | 1:50:55 | <b>1:51:10</b>    |
| 45.  | 83  | Madej Maciej            |                                       | M45 / 25     | 5:21       | 1:52:20 | <b>1:52:27</b>    |
| 46.  | 35  | Gajewski Mariusz        |                                       | M60 / 9      | 5:21       | 1:52:34 | <b>1:52:37</b>    |
| 47.  | 10  | Biedak Błażej           | Piwna Sprawa                          | M45 / 26     | 5:21       | 1:52:30 | <b>1:52:42</b>    |
| 48.  | 89  | Mikina Artur            | PWPW Sa                               | M61+ / 3     | 5:23       | 1:52:56 | <b>1:53:05</b>    |
| 49.  | 7   | Bartczak Robert         |                                       | M60 / 10     | 5:23       | 1:52:57 | <b>1:53:07</b>    |
| 50.  | 110 | Parzniewski Maciej      | Tow. Turystyczne AKS Polonia Warszawa | M45 / 27     | 5:23       | 1:53:06 | <b>1:53:13</b>    |
| 51.  | 117 | Podgórski Dominik       | Prorunning Promotion                  | M60 / 11     | 5:23       | 1:53:16 | <b>1:53:22</b>    |
| 52.  | 71  | Krupiński Przemysław    | Tenpo Pryma Sort                      | M30 / 8      | 5:24       | 1:53:14 | <b>1:53:26</b>    |
| 53.  | 140 | Traczyk Przemek         | Asfaltlove Dziki                      | M45 / 28     | 5:24       | 1:53:21 | <b>1:53:29</b>    |
| 54.  | 127 | Staniszewski Maciej     |                                       | M45 / 29     | 5:25       | 1:53:52 | <b>1:54:00</b>    |
| 55.  | 157 | Freites Luis            |                                       | M60 / 12     | 5:27       | 1:54:21 | <b>1:54:37</b>    |
| 56.  | 31  | Figura Karol            |                                       | M45 / 30     | 5:30       | 1:55:35 | <b>1:55:36</b>    |
| 57.  | 141 | Trojanowski Maciej      | Reckitt Benckiser                     | M45 / 31     | 5:33       | 1:56:42 | <b>1:56:45</b>    |
| 58.  | 3   | Antonowicz Maciej       |                                       | M45 / 32     | 5:34       | 1:56:51 | <b>1:57:01</b>    |
| 59.  | 13  | Blekicki Wiesław        |                                       | M45 / 33     | 5:38       | 1:58:12 | <b>1:58:21</b>    |
| 60.  | 152 | Zakrzewski Tomasz       |                                       | M45 / 34     | 5:38       | 1:58:25 | <b>1:58:30</b>    |
| 61.  | 68  | Kowalski Łukasz         |                                       | M45 / 35     | 5:38       | 1:58:26 | <b>1:58:34</b>    |
| 62.  | 76  | Kurpiewski Dariusz      |                                       | M60 / 13     | 5:41       | 1:59:20 | <b>1:59:23</b>    |
| 63.  | 9   | Bąk Łukasz              | Biegiem do AGD Serock                 | M45 / 36     | 5:46       | 2:01:01 | <b>2:01:13</b>    |
| 64.  | 5   | Baranowski Łukasz       |                                       | M45 / 37     | 5:48       | 2:01:42 | <b>2:01:49</b>    |
| 65.  | 84  | Majewski Marcin         | RozbiegaMy Nowy Dwór                  | M45 / 38     | 5:48       | 2:01:46 | <b>2:01:50</b>    |
| 66.  | 160 | Robaczyński Piotr       |                                       | M45 / 39     | 5:52       | 2:03:27 | <b>2:03:33</b>    |
| 67.  | 149 | Wojciechowski Kacper    |                                       | M30 / 9      | 5:55       | 2:04:19 | <b>2:04:29</b>    |
| 68.  | 132 | Szaryński Maciej        | Reckitt Benckiser                     | M45 / 40     | 5:56       | 2:04:32 | <b>2:04:44</b>    |
| 69.  | 64  | Kotowski Piotr          |                                       | M45 / 41     | 5:58       | 2:05:13 | <b>2:05:26</b>    |
| 70.  | 50  | Jaczyński Piotr         | RozbiegaMy Nowy Dwór                  | M45 / 42     | 5:58       | 2:05:16 | <b>2:05:27</b>    |
| 71.  | 40  | Głos Wojciech           | OSP Trębki Nowe                       | M30 / 10     | 6:01       | 2:06:17 | <b>2:06:28</b>    |
| 72.  | 53  | Jarzębski Grzegorz      |                                       | M45 / 43     | 6:01       | 2:06:27 | <b>2:06:33</b>    |
| 73.  | 144 | Walac Jacek             | Dogoń Grodzisk Mazowiecki             | M45 / 44     | 6:02       | 2:06:40 | <b>2:06:49</b>    |
| 74.  | 65  | Kowalczyk Bogdan        | Warszawa-Bródno                       | M60 / 14     | 6:02       | 2:06:46 | <b>2:06:55</b>    |
| 75.  | 4   | Bałdyga Michał          |                                       | M45 / 45     | 6:04       | 2:07:11 | <b>2:07:26</b>    |

# Wyniki OPEN K/M



| M-ce | Nr  | Nazwisko i imię       | Klub                              | Kat./<br>mce | min/<br>km | Netto   | Wynik<br>(Brutto) |
|------|-----|-----------------------|-----------------------------------|--------------|------------|---------|-------------------|
| 76.  | 78  | Kwiatkowski Michał    |                                   | M45 / 46     | 6:06       | 2:08:13 | <b>2:08:22</b>    |
| 77.  | 75  | Kurkowski Jarosław    | Reckitt Benckiser                 | M45 / 47     | 6:08       | 2:09:00 | <b>2:09:05</b>    |
| 78.  | 30  | Dziepak Piotr         |                                   | M45 / 48     | 6:20       | 2:12:54 | <b>2:13:04</b>    |
| 79.  | 104 | Ostrowski Bartosz     | LS World Run                      | M30 / 11     | 6:22       | 2:13:56 | <b>2:14:01</b>    |
| 80.  | 146 | Wanowski Andrzej      | RozbiegaMy Nowy Dwór              | M61+ / 4     | 6:23       | 2:14:12 | <b>2:14:19</b>    |
| 81.  | 112 | Piasecki Łukasz       |                                   | M45 / 49     | 6:26       | 2:15:09 | <b>2:15:14</b>    |
| 82.  | 120 | Posiewka Jacek        | Reckitt Benckiser                 | M45 / 50     | 6:31       | 2:16:47 | <b>2:16:52</b>    |
| 83.  | 66  | Kowalczyk Robert      |                                   | M45 / 51     | 6:31       | 2:16:51 | <b>2:17:04</b>    |
| 84.  | 14  | Bohdziewicz Paweł     | Łomiankowska Sztafeta Samorządowa | M45 / 52     | 6:37       | 2:19:02 | <b>2:19:15</b>    |
| 85.  | 98  | Niewiadomski Zdzisław |                                   | M61+ / 5     | 6:38       | 2:19:17 | <b>2:19:28</b>    |
| 86.  | 119 | Popiołek Norbert      |                                   | M45 / 53     | 6:42       | 2:20:44 | <b>2:20:56</b>    |
| 87.  | 114 | Giemza Piotr          |                                   | M45 / 54     | 6:46       | 2:22:03 | <b>2:22:13</b>    |
| 88.  | 145 | Walencik Marek        |                                   | M61+ / 6     | 6:47       | 2:22:18 | <b>2:22:32</b>    |
| 89.  | 150 | Wojtysiak Dominik     |                                   | M30 / 12     | 6:53       | 2:24:30 | <b>2:24:36</b>    |
| 90.  | 126 | Sowa Andrzej          |                                   | M45 / 55     | 6:54       | 2:25:00 | <b>2:25:09</b>    |
| 91.  | 58  | Klonowski Damian      |                                   | M30 / 13     | 6:58       | 2:26:34 | <b>2:26:35</b>    |
| 92.  | 63  | Komuda Mariusz        | Satori Sport Klub                 | M45 / 56     | 7:10       | 2:30:36 | <b>2:30:47</b>    |
| 93.  | 28  | Dymel Andrzej         | Markowi Biegacze                  | M61+ / 7     | 8:09       | 2:51:03 | <b>2:51:13</b>    |
| 94.  | 95  | Naskręt Mariusz       |                                   | M45 / 57     | 8:11       | 2:51:51 | <b>2:52:01</b>    |

## Marsz Nordic Walking 21 km

### Kobiety

|    |    |                              |           |  |      |         |                |
|----|----|------------------------------|-----------|--|------|---------|----------------|
| 1. | 29 | Dziakiewicz Iwona            | Dzikiteam |  | 8:18 | 2:54:25 | <b>2:54:26</b> |
| 2. | 22 | Ciałkowska-Płuciennik Joanna | Dzikiteam |  | 8:29 | 2:58:11 | <b>2:58:12</b> |
| 3. | 91 | Mikoś Teresa                 |           |  | 9:02 | 3:09:53 | <b>3:09:55</b> |

### Mężczyźni

|    |     |                   |                  |  |      |         |                |
|----|-----|-------------------|------------------|--|------|---------|----------------|
| 1. | 37  | Gil Wojciech      | Nw Człapski Team |  | 7:51 | 2:45:05 | <b>2:45:06</b> |
| 2. | 122 | Rowiński Paweł    |                  |  | 7:56 | 2:46:45 | <b>2:46:46</b> |
| 3. | 116 | Płuciennik Marcin | Dzikiteam        |  | 8:04 | 2:49:42 | <b>2:49:42</b> |
| 4. | 90  | Mikoś Roman       |                  |  | 8:19 | 2:54:39 | <b>2:54:40</b> |

Liczba uczestników: 127