

# I Bieg Zielonego Jabłuszka

## Wyniki kategorii wiekowych 10 km



2018-06-17, Skierniewice

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

#### K10

1.	5	<b>Borządek Aleksandra</b>	Grodzisk Mazowiecki	Legia Run Club	5:24	12:09,99	14:05,06	14:16,15	13:35,84	54:03,28	<b>54:07,06</b>
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#### K20

1.	62	<b>Seliga Monika</b>	Wola Pękoszewska		5:22	12:55,44	13:18,97	13:54,67	13:42,92	53:45,63	<b>53:52,01</b>
2.	38	<b>Król Sylwia</b>	Polesie	Fundacja Osp Polesie	5:59	13:49,66	14:35,80	15:20,95	16:09,47	59:50,29	<b>59:55,89</b>
3.	49	<b>Meszka Małgorzata</b>	Godzianów		6:24	14:45,46	16:15,87	16:48,23	16:19,06	1:04:01,66	<b>1:04:08,63</b>

#### K30

1.	139	<b>Kasińska Anna</b>	Łódź		5:37	14:18,74	14:11,24	14:17,21	13:34,43	56:14,09	<b>56:21,63</b>
2.	6	<b>Brzezińska Agnieszka</b>	Skierniewice		6:26	14:49,74	16:32,08	16:38,36	16:30,40	1:04:25,36	<b>1:04:30,60</b>
3.	51	<b>Nadulska Sylwia</b>	Warszawa	O co biega	6:39	16:05,98	16:36,10	17:15,71	16:44,17	1:06:32,55	<b>1:06:41,97</b>

#### K40

1.	69	<b>Stanecka Małgorzata</b>	Skierniewice	parkrunskierniewice	5:43	13:44,86	14:43,42	14:34,46	14:19,08	57:16,90	<b>57:21,84</b>
2.	140	<b>Tomaszewska Krystyna</b>	Polesie	Polesie	5:58	13:49,92	14:35,79	15:20,98	16:09,08	59:49,80	<b>59:55,78</b>
3.	141	<b>Kędziora Agnieszka</b>		Running Osp Polesie	5:59	13:50,78	14:35,53	15:20,75	16:09,13	59:51,24	<b>59:56,21</b>
4.	142	<b>Cichal Anna</b>	Polesie	Polesie	6:59	14:14,80	17:27,21	19:13,90	19:02,98	1:09:53,11	<b>1:09:58,91</b>

#### K50

1.	19	<b>Dziągiewska Małgorzata</b>	Dłużniewo	KB im.P.Sękowskiego w Płońsku	5:37	13:59,62	14:16,71	14:10,73	13:50,47	56:13,64	<b>56:17,54</b>
2.	71	<b>Strzelczyk Zofia</b>	Bartniki		6:32	15:57,90	16:25,03	16:33,26	16:41,97	1:05:29,63	<b>1:05:38,17</b>



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<b>M10</b>											
1.	50	<b>Miller Kacper</b>	Leszno	Dystans Leszno	3:50	09:09,48	09:46,40	09:46,82	09:38,70	38:21,41	<b>38:21,41</b>
2.	46	<b>Łęczycki Mateusz</b>	Skierniewice	lignis Skierniewice	4:29	10:25,06	11:43,45	11:30,67	11:22,36	44:59,21	<b>45:01,57</b>
3.	79	<b>Urbański Michał</b>	Skierniewice		5:19	11:46,60	13:17,10	13:49,98	14:22,44	53:16,14	<b>53:16,14</b>
<b>M20</b>											
1.	56	<b>Pająk Bartłomiej</b>	Skierniewice	SMSKlima	3:36	08:25,28	08:55,03	09:25,00	09:18,63	36:03,95	<b>36:03,95</b>
2.	146	<b>Frańczek Wojciech</b>	Skierniewice	Parkrun Skierniewice	3:38	08:46,26	09:07,64	09:20,05	09:15,73	36:27,73	<b>36:29,69</b>
3.	47	<b>Malicki Kamil</b>	Sochaczew		4:18	10:16,27	10:53,41	11:11,92	10:46,67	43:05,28	<b>43:08,29</b>
4.	30	<b>Juraś Michał</b>	Skierniewice		4:20	10:53,43	10:48,89	10:59,07	10:43,14	43:21,79	<b>43:24,54</b>
5.	72	<b>Maciejewski Rafał</b>	Skierniewice	Skierniewickie Poranki Biegowe	4:30	10:25,02	11:43,25	11:31,10	11:23,54	45:00,62	<b>45:02,93</b>
6.	88	<b>Ziębiński Maciej</b>	Skierniewice	Reebok Run Crew	4:39	10:51,28	11:45,17	12:13,51	11:45,72	46:31,98	<b>46:35,69</b>
7.	65	<b>Sikorski Mateusz</b>	Sochaczew	Znudzeni Runmageddonem	4:53	10:31,81	12:36,02	12:26,98	13:25,16	48:58,06	<b>48:59,98</b>
8.	12	<b>Czuba Łukasz</b>	Skierniewice		4:59	12:31,96	12:41,67	12:32,99	12:16,03	49:56,35	<b>50:02,66</b>
9.	81	<b>Wilczek Marcin</b>	Sochaczew	Znudzeni Runmageddonem	5:06	10:32,02	12:42,43	14:26,07	13:23,03	51:01,47	<b>51:03,56</b>
10.	31	<b>Kaczmarek Adrian</b>	Skierniewice		5:07	12:31,06	13:17,29	13:17,58	12:13,97	51:12,80	<b>51:19,91</b>
11.	66	<b>Sitkowski Grzegorz</b>	Skierniewice		5:15	11:58,72	13:26,71	13:24,56	13:52,78	52:38,30	<b>52:42,78</b>
12.	67	<b>Sobolewski Jakub</b>	Dębowa Góra		6:24	14:44,91	16:15,61	16:48,89	16:19,25	1:04:02,52	<b>1:04:08,67</b>
<b>M30</b>											
1.	63	<b>Selke Radosław Lucjan</b>	Milanówek	Milanowscy Miłośnicy Lekkoatletyki	3:53	09:20,17	09:46,97	09:55,40	09:54,06	38:56,62	<b>38:56,62</b>
2.	18	<b>Dziąg Tomasz</b>	Skierniewice		3:59	09:48,78	10:14,32	10:10,99	09:45,23	39:56,58	<b>39:59,33</b>
3.	75	<b>Szymczak Dawid</b>	Skierniewice	Milanowscy Miłośnicy Lekkoatletyki	4:00	09:49,28	10:14,16	10:04,48	09:56,13	40:01,45	<b>40:04,07</b>
4.	82	<b>Witczak Piotr</b>	Skierniewice		4:09	10:02,23	10:35,89	10:42,58	10:15,73	41:33,23	<b>41:36,45</b>
5.	15	<b>Domostowicz Michał</b>	Skierniewice		4:11	10:10,15	10:29,80	10:40,52	10:39,06	41:57,10	<b>41:59,53</b>
6.	78	<b>Tomaszkiewicz Łukasz</b>	Łowicz	Klub Kolarski Łowicz	4:14	10:06,78	10:47,83	11:06,63	10:31,14	42:28,03	<b>42:32,39</b>
7.	42	<b>Kutermankiewicz Waldemar</b>	Polesie	Running Osp Polesie	4:27	10:15,05	11:04,67	11:37,57	11:36,51	44:30,99	<b>44:33,81</b>
8.	23	<b>Gródecki Artur</b>	Skierniewice	Parkrun Skierniewice	4:36	11:22,09	11:24,32	11:44,37	11:36,55	46:02,86	<b>46:07,34</b>
9.	48	<b>Melon Tomasz</b>	Skierniewice		4:38	11:30,22	11:36,90	11:51,96	11:29,56	46:21,06	<b>46:28,66</b>
10.	7	<b>Brzeziński Grzegorz</b>	Skierniewice		4:39	11:04,41	11:36,05	11:59,73	12:02,88	46:39,49	<b>46:43,08</b>
11.	16	<b>Dryguła Piotr</b>	Skierniewice		4:40	11:21,56	11:48,42	11:59,05	11:45,83	46:48,96	<b>46:54,86</b>
12.	14	<b>Dębski Łukasz</b>	Skierniewice	Reebok Run Crew	4:50	11:06,95	11:48,85	12:33,19	12:58,14	48:20,35	<b>48:27,13</b>
13.	8	<b>Brzeziński Wojciech</b>	Wrocław		4:52	11:07,91	12:46,88	12:52,43	12:03,30	48:43,97	<b>48:50,53</b>
14.	145	<b>Macias Piotr</b>	Skierniewice	-	4:53	12:26,67	12:37,69	11:57,46	12:02,34	48:59,90	<b>49:04,18</b>
15.	61	<b>Sekta Grzegorz</b>	Skierniewice		4:54	11:13,25	12:12,33	13:00,39	12:43,98	49:05,29	<b>49:09,96</b>

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16.	148	<b>Godlewski Krystian</b>	Skierniewice		4:53	12:05,54	11:53,70	12:21,27	12:50,13	48:59,54	<b>49:10,65</b>
17.	10	<b>Chmura Tomasz</b>	budy zaklasztorne		4:55	11:45,28	12:08,20	12:43,56	12:45,07	49:18,04	<b>49:22,12</b>
18.	39	<b>Krzęczko Mariusz</b>	Skierniewice		5:14	14:49,10	12:19,96	12:24,36	12:56,50	52:29,94	<b>52:29,94</b>
19.	17	<b>Dudziński Jakub</b>	Łowicz		5:20	12:26,87	13:28,08	13:47,96	13:44,16	53:22,64	<b>53:27,08</b>
20.	37	<b>Kowalczyk Jakub</b>	Polesie	Running Osp Polesie	5:24	13:02,50	13:47,78	14:07,27	13:07,96	54:00,01	<b>54:05,53</b>
21.	90	<b>Zwoliński Przemysław</b>	Skierniewice	ParkRunSkierniewice	5:27	12:50,21	13:58,38	14:16,56	13:36,23	54:34,61	<b>54:41,39</b>
22.	73	<b>Sztajnert Arkadiusz</b>	Łowicz		6:00	14:21,51	15:23,34	15:35,72	14:50,06	1:00:05,46	<b>1:00:10,64</b>
23.	64	<b>Sierański Michał</b>	Skierniewice		6:39	13:23,81	17:18,67	18:35,46	17:23,32	1:06:33,75	<b>1:06:41,27</b>
24.	144	<b>Miodek Aleksander</b>	Skierniewice	RunningOSPPOLESIE	6:59	14:14,60	17:27,21	19:14,05	19:02,84	1:09:52,49	<b>1:09:58,71</b>

## M40

1.	60	<b>Rosa Dariusz</b>	Jamno		4:09	09:41,97	10:29,91	10:49,64	10:30,72	41:32,25	<b>41:32,25</b>
2.	83	<b>Woliński Benedykt</b>	Skierniewice	Morsy Skierniewice	4:16	10:09,25	10:31,76	11:03,72	11:01,63	42:43,84	<b>42:46,37</b>
3.	40	<b>Kuran Piotr</b>	Mszczonów		4:18	10:13,56	10:47,01	11:15,66	10:48,45	43:01,42	<b>43:04,68</b>
4.	29	<b>Jędrycha Mariusz</b>	Skierniewice	Lodołamacz-Morsy Skierniewice	4:27	11:07,20	11:18,91	11:29,68	10:42,45	44:33,24	<b>44:38,26</b>
5.	54	<b>Nowakowski Stefan</b>	Skierniewice	Parkrun Skierniewice	4:28	11:06,81	11:21,95	11:27,73	10:52,97	44:44,29	<b>44:49,47</b>
6.	34	<b>Kłęb Adam</b>	Skierniewice		4:34	11:07,61	11:19,27	11:53,92	11:30,12	45:46,38	<b>45:50,94</b>
7.	92	<b>Żółtowski Krzysztof</b>	Mszczonów		4:38	10:44,42	11:47,32	12:05,07	11:50,04	46:23,74	<b>46:26,86</b>
8.	43	<b>Laskowski Marek</b>	Skierniewice		4:42	11:06,05	11:09,50	12:32,85	12:27,64	47:09,29	<b>47:16,05</b>
9.	91	<b>Żaczkiewicz Jacek</b>	Skierniewice		4:44	11:04,88	12:04,19	12:28,35	11:52,11	47:26,28	<b>47:29,54</b>
10.	143	<b>Lasocha Paweł</b>	Łowicz		5:03	12:39,27	13:14,24	13:03,96	11:44,34	50:36,85	<b>50:41,82</b>
11.	58	<b>Piotrowski Ireneusz</b>	Łowicz		5:07	12:31,76	13:24,44	13:08,67	12:13,86	51:12,10	<b>51:18,74</b>
12.	25	<b>Grzegorzewski Adam</b>	Skierniewice	Lodołamacz	5:13	12:44,38	13:26,25	13:22,09	12:48,12	52:15,15	<b>52:20,85</b>
13.	138	<b>Stachura Mariusz</b>	Koluszki		6:39	16:06,12	16:35,91	17:15,62	16:44,71	1:06:32,75	<b>1:06:42,37</b>
DNF	84	<b>Wójcik Paweł</b>	Skierniewice								

## M50

1.	59	<b>Pociech Marek</b>	Korytów		3:57	09:21,04	09:47,54	10:11,56	10:15,76	39:34,21	<b>39:35,92</b>
2.	35	<b>Kołosowski Sławomir</b>	Borowiny	Borowiny Biegajo	4:46	11:05,26	12:15,72	12:10,67	12:12,07	47:40,28	<b>47:43,74</b>
3.	41	<b>Kuśmierz Jerzy</b>	Skierniewice	Reebok Run Crew	4:47	11:51,80	12:02,24	12:07,13	11:51,50	47:50,58	<b>47:52,68</b>
4.	28	<b>Jek Leszek</b>	Skierniewice	tRUCHt Maraton Skierniewice	4:53	11:37,26	12:34,17	12:45,87	12:04,96	48:59,01	<b>49:02,27</b>
5.	53	<b>Nowak Adam Piotr</b>	Skierniewice		5:10	12:31,20	12:42,03	13:11,73	13:30,13	51:47,82	<b>51:55,10</b>
6.	4	<b>Boczek Krzysztof</b>	Mysłaków		5:13	12:16,02	12:53,53	13:36,15	13:30,47	52:12,03	<b>52:16,19</b>

Liczba uczestników: 72