

VI Bieg Zielonego Jabłuszka

Wyniki kategorii wiekowych



21.05.2023, Skierniewice

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | min/ km | Lap1 | Lap2 | Wynik (Brutto) | Strata |
|------|----|-----------------|--------|------|------------|------|------|-------------------|--------|
|------|----|-----------------|--------|------|------------|------|------|-------------------|--------|

Bieg główny 10 km

K20 (kobiety 20-29 lat)

| | | | | | | | | | | |
|----|----|-----------------|-----|--------------|-----------------------------------|------|-------|-------|----------------|--------|
| 1. | 67 | Piórkowska Anna | POL | Skierniewice | Lepi Bałwana/Parkrun Skierniewice | 5:20 | 28:25 | 24:55 | 53:20 | -- |
| 2. | 40 | Kowalska Kinga | POL | Głowno | | 7:31 | 34:31 | 40:35 | 1:15:06 | +21:46 |

K30 (kobiety 30-39 lat)

| | | | | | | | | | | |
|-----|-----|------------------------|-----|------------------------|-----------------------------------|------|-------|-------|----------------|--------|
| 1. | 119 | Zielińska Sylwia | POL | Skierniewice | | 4:35 | 25:08 | 20:40 | 45:48 | -- |
| 2. | 34 | Jaworska Klaudia | POL | Sochaczew | | 4:50 | 25:30 | 22:43 | 48:13 | +2:25 |
| 3. | 113 | Zak Katarzyna | POL | Sochaczew | | 4:52 | 25:30 | 23:04 | 48:34 | +2:46 |
| 4. | 96 | Świeca Renata | POL | Radziwiłłów Mazowiecki | | 5:04 | 27:01 | 23:36 | 50:36 | +4:48 |
| 5. | 28 | Izdebska Karolina | POL | Warszawa | Aktywna Warszawa | 5:38 | 30:10 | 26:03 | 56:12 | +10:24 |
| 6. | 128 | Pawelczak Iwona | POL | | | 5:39 | 29:46 | 26:41 | 56:27 | +10:39 |
| 7. | 10 | Brzezińska Anna Joanna | POL | Więclawice Stare | A&J | 5:39 | 29:50 | 26:38 | 56:28 | +10:40 |
| 8. | 129 | Dębicka Katarzyna | POL | Skierniewice | | 5:52 | 30:53 | 27:47 | 58:39 | +12:51 |
| 9. | 74 | Pokrop Agnieszka | POL | Skierniewice | Natalia Tomasiak Górski Styl Team | 6:41 | 35:14 | 31:37 | 1:06:50 | +21:02 |
| 10. | 78 | Rogulska Ewelina | POL | Skierniewice | | 7:31 | 35:32 | 39:34 | 1:15:05 | +29:17 |
| DNF | 1 | Adamczyk Agata | POL | Skierniewice | | | 28:49 | | | |
| DNF | 53 | Meszka Ewa | POL | Skierniewice | | | 36:04 | | | |
| DNF | 100 | Wieczorek Iga | POL | Warszawa | | | 35:43 | | | |

K40 (kobiety 40-49 lat)

| | | | | | | | | | | |
|----|-----|--------------------------|-----|--------------|-----------------------------------|------|-------|-------|----------------|--------|
| 1. | 126 | Rudnicka Anna | POL | Byczki | | 4:51 | 25:51 | 22:37 | 48:27 | -- |
| 2. | 104 | Wiktorowska Anna | POL | Gańków Duży | | 5:03 | 27:00 | 23:29 | 50:28 | +2:01 |
| 3. | 105 | Wilczyńska Agata | POL | Rosanów | Warriors Łódź | 5:17 | 27:21 | 25:22 | 52:42 | +4:15 |
| 4. | 11 | Cabańska Dorota | POL | Łomianki | Guns&Roses Run Team | 5:20 | 27:43 | 25:29 | 53:11 | +4:44 |
| 5. | 70 | Pochwała Justyna | POL | Łowicz | Natalia Tomasiak Górski Styl Team | 5:30 | 29:16 | 25:41 | 54:57 | +6:30 |
| 6. | 59 | Niklewicz Monika | POL | Skierniewice | | 5:32 | 28:59 | 26:13 | 55:12 | +6:45 |
| 7. | 93 | Szumigajtarnowska Joanna | POL | Skierniewice | Parkrun Skierniewice | 6:31 | 33:08 | 32:00 | 1:05:08 | +16:41 |
| 8. | 97 | Terpilowska Agnieszka | POL | Pruszków | | 6:38 | 32:20 | 34:00 | 1:06:20 | +17:53 |



| M-ce | Nr | Nazwisko i imię | | Miasto | Klub | min/ km | Lap1 | Lap2 | Wynik (Brutto) | Strata |
|------|----|-----------------------|-----|--------------|----------------------|------------|-------|-------|-------------------|--------|
| 9. | 36 | Kaniewska Monika | POL | Skierniewice | Parkrun Skierniewice | 6:39 | 33:28 | 32:56 | 1:06:23 | +17:56 |
| DNS | 64 | Pachniewska Agnieszka | POL | Płock | | | | | | |

K50 (kobiety 50-59 lat)

| | | | | | | | | | | |
|----|-----|-------------------|-----|--------------|----------------------|------|-------|-------|----------------|-------|
| 1. | 80 | Rosa Agnieszka | POL | Skierniewice | Parkrun Skierniewice | 5:47 | 30:30 | 27:11 | 57:41 | -- |
| 2. | 38 | Kobielska Grażyna | POL | Mrozy | | 6:39 | 34:49 | 31:34 | 1:06:22 | +8:41 |
| 3. | 108 | Wójt Lidia | POL | Skierniewice | Parkrun Skierniewice | 6:39 | 35:06 | 31:19 | 1:06:24 | +8:43 |

M20 (mężczyźni 20-29 lat)

| | | | | | | | | | | |
|----|-----|---------------------|-----|--------------|---|------|-------|-------|----------------|--------|
| 1. | 3 | Antosik Bartosz | POL | Jaktorów | Dżakarta Run Team/Dogoń Grodzisk Mazowiecki | 3:54 | 20:38 | 18:14 | 38:51 | -- |
| 2. | 69 | Piórkowski Jarosław | POL | Skierniewice | Lepi Bałwana/Parkrun Skierniewice | 4:14 | 22:22 | 19:51 | 42:13 | +3:22 |
| 3. | 73 | Pokora Arkadiusz | POL | Skierniewice | Parkrun Skierniewice | 4:22 | 23:01 | 20:32 | 43:33 | +4:42 |
| 4. | 85 | Rykała Łukasz | POL | Maków | | 5:16 | 28:16 | 24:16 | 52:32 | +13:41 |
| 5. | 8 | Bocheński Szymon | POL | Maków | | 5:16 | 28:39 | 24:01 | 52:39 | +13:48 |
| 6. | 24 | Gruszecki Karol | POL | Pszczonów | | 6:13 | 32:49 | 29:17 | 1:02:05 | +23:14 |
| 7. | 114 | Zarębski Szymon | POL | Skierniewice | | 7:31 | 34:31 | 40:35 | 1:15:06 | +36:15 |

M30 (mężczyźni 30-39 lat)

| | | | | | | | | | | |
|-----|-----|---------------------|-----|------------------|--|------|-------|-------|----------------|--------|
| 1. | 56 | Modzelewski Maciej | POL | Łowicz | Velo Łowicz | 3:39 | 19:33 | 16:48 | 36:21 | -- |
| 2. | 76 | Przybył Mateusz | POL | Skierniewice | | 3:49 | 20:30 | 17:36 | 38:06 | +1:45 |
| 3. | 6 | Bednarek Piotr | POL | Rawa Mazowiecka | | 4:01 | 21:21 | 18:42 | 40:02 | +3:41 |
| 4. | 50 | Łągwa Patryk | POL | Skierniewice | | 4:05 | 21:56 | 18:50 | 40:46 | +4:25 |
| 5. | 54 | Michalik Mateusz | POL | Rawa Mazowiecka | Fundacja Biegamy Polesie | 4:09 | 22:06 | 19:17 | 41:22 | +5:01 |
| 6. | 106 | Wołk Mariusz | POL | Rawa Mazowiecka | #Zaliniąmetyteam | 4:09 | 21:46 | 19:37 | 41:22 | +5:01 |
| 7. | 49 | Kwieciński Paweł | POL | Skierniewice | | 4:10 | 21:33 | 20:05 | 41:38 | +5:17 |
| 8. | 75 | Poleć Wojciech | POL | Skierniewice | Grupa Biegowa UTK/Parkrun Skierniewice | 4:14 | 22:22 | 19:50 | 42:12 | +5:51 |
| 9. | 72 | Pokora Mariusz | POL | Skierniewice | Parkrun Skierniewice | 4:17 | 23:02 | 19:48 | 42:50 | +6:29 |
| 10. | 5 | Bartosiewicz Adam | POL | Bolimów | | 4:35 | 24:33 | 21:12 | 45:45 | +9:24 |
| 11. | 107 | Woźniak Przemysław | POL | Bielice | KS Bielice | 4:48 | 25:32 | 22:24 | 47:55 | +11:34 |
| 12. | 86 | Sikorski Mateusz | POL | Sochaczew | OCR Sochaczew | 4:48 | 25:22 | 22:34 | 47:56 | +11:35 |
| 13. | 118 | Michalak Rafał | POL | Skierniewice | | 4:49 | 27:00 | 21:08 | 48:07 | +11:46 |
| 14. | 15 | Dąbrowski Michał | POL | Skierniewice | | 4:51 | 25:41 | 22:43 | 48:23 | +12:02 |
| 15. | 81 | Rukat Przemysław | POL | Bełchów | Fundacja Biegamy Polesie | 4:57 | 25:41 | 23:44 | 49:25 | +13:04 |
| 16. | 57 | Nagłowski Piotr | POL | Skierniewice | | 5:01 | 27:44 | 22:17 | 50:01 | +13:40 |
| 17. | 43 | Krawczyk Marcin | POL | Skierniewice | Natalia Tomasiak Górski Styl Team | 5:05 | 26:54 | 23:56 | 50:50 | +14:29 |
| 18. | 30 | Jacak Robert | POL | Skierniewice | | 5:12 | 27:10 | 24:49 | 51:59 | +15:38 |
| 19. | 82 | Rutkowski Mateusz | POL | Skierniewice | Wakacyjna Demolka | 5:17 | 28:10 | 24:33 | 52:43 | +16:22 |
| 20. | 42 | Kozera Michał | POL | Skierniewice | | 5:20 | 27:41 | 25:32 | 53:12 | +16:51 |
| 21. | 120 | Milczarek Piotr | POL | Skierniewice | | 5:28 | 27:48 | 26:46 | 54:34 | +18:13 |
| 22. | 18 | Doruchowski Jakub | POL | Warszawa | | 5:29 | 28:22 | 26:22 | 54:44 | +18:23 |
| 23. | 17 | Doliński Adam | POL | Mińsk Mazowiecki | Grupa Biegowa UTK/KB Legionowo | 5:29 | 28:11 | 26:37 | 54:48 | +18:27 |
| 24. | 51 | Łukawski Seweryn | POL | Skierniewice | | 5:30 | 27:57 | 26:56 | 54:53 | +18:32 |
| 25. | 26 | Grzelec Bartłomiej | POL | Skierniewice | | 6:04 | 31:00 | 29:35 | 1:00:34 | +24:13 |
| 26. | 52 | Malinowski Jarosław | POL | Żyrardów | Malina Biega | 6:30 | 34:06 | 30:47 | 1:04:53 | +28:32 |

| M-ce | Nr | Nazwisko i imię | | Miasto | Klub | min/ km | Lap1 | Lap2 | Wynik (Brutto) | Strata |
|---|-----|------------------------|-----|---------------------|---|------------|-------|-------|-------------------|--------|
| M40 (mężczyźni 40-49 lat) | | | | | | | | | | |
| 1. | 35 | Kamiński Artur | POL | Skierniewice | Trucht Maraton Skierniewice | 3:47 | 20:32 | 17:19 | 37:50 | -- |
| 2. | 92 | Szewczyk Jarosław | POL | Nowy Bedoń | | 3:54 | 21:09 | 17:42 | 38:51 | +1:01 |
| 3. | 4 | Antosik Piotr | POL | Jaktorów | Dżakarta Run Team/Dogoń Grodzisk Mazowiecki | 3:59 | 20:45 | 19:01 | 39:45 | +1:55 |
| 4. | 89 | Kumonowski Piotr | POL | Rawa Mazowiecka | Rawa Tim Zawsze Slim | 4:04 | 21:30 | 19:04 | 40:33 | +2:43 |
| 5. | 127 | Rudnicki Marcin | POL | Byczki | | 4:07 | 22:07 | 19:00 | 41:06 | +3:16 |
| 6. | 32 | Jagiello Michał | POL | Zapady | Parkrun Skierniewice | 4:15 | 22:55 | 19:32 | 42:26 | +4:36 |
| 7. | 44 | Kroc Mirosław | POL | Skierniewice | | 4:16 | 22:22 | 20:10 | 42:32 | +4:42 |
| 8. | 20 | Dudek Sławomir | POL | Skierniewice | | 4:16 | 23:02 | 19:37 | 42:38 | +4:48 |
| 9. | 19 | Duch Marcin | POL | Skierniewice | Parkrun Skierniewice | 4:20 | 23:26 | 19:50 | 43:16 | +5:26 |
| 10. | 130 | Pędzisz Michał | POL | Warszawa | Aktywna Warszawa | 4:32 | 24:20 | 20:54 | 45:14 | +7:24 |
| 11. | 117 | Czajka Marcin | POL | Rawiczów | Trinity | 4:32 | 24:09 | 21:10 | 45:19 | +7:29 |
| 12. | 46 | Krzęczko Mariusz | POL | Skierniewice | Parkrun Skierniewice | 4:46 | 25:06 | 22:33 | 47:38 | +9:48 |
| 13. | 111 | Zagibajło Łukasz | POL | Skierniewice | Parkrun Skierniewice | 5:01 | 26:59 | 23:03 | 50:01 | +12:11 |
| 14. | 12 | Czarnecki Łukasz | POL | Skierniewice | | 5:01 | 26:54 | 23:11 | 50:04 | +12:14 |
| 15. | 41 | Kowalski Paweł | POL | Skierniewice | | 5:02 | 26:56 | 23:20 | 50:16 | +12:26 |
| 16. | 77 | Przybyszewski Radosław | POL | Skierniewice | | 5:02 | 26:14 | 24:06 | 50:19 | +12:29 |
| 17. | 84 | Rychliński Mieczysław | POL | Sochaczew | | 5:03 | 26:37 | 23:46 | 50:23 | +12:33 |
| 18. | 23 | Gródecki Artur | POL | Skierniewice | Parkrun Skierniewice | 5:04 | 26:53 | 23:46 | 50:39 | +12:49 |
| 19. | 25 | Grzejszczak Piotr | POL | Skierniewice | Trinity | 5:06 | 27:40 | 23:13 | 50:52 | +13:02 |
| 20. | 122 | Nowakowski Stefan | POL | Balcerów | Parkrun Skierniewice | 5:08 | 27:00 | 24:12 | 51:11 | +13:21 |
| 21. | 79 | Rogulski Sylwester | POL | Skierniewice | | 5:17 | 26:57 | 25:46 | 52:43 | +14:53 |
| 22. | 115 | Zwoliński Jarosław | POL | Skierniewice | Parkrun Skierniewice | 5:22 | 28:36 | 24:55 | 53:31 | +15:41 |
| 23. | 22 | Grochulski Rafał | POL | Skierniewice | | 5:39 | 30:43 | 25:42 | 56:24 | +18:34 |
| 24. | 98 | Traut Franciszek | POL | Skierniewice | | 5:43 | 28:44 | 28:21 | 57:05 | +19:15 |
| 25. | 16 | Diks Filip | POL | Skierniewice | | 5:50 | 29:47 | 28:26 | 58:13 | +20:23 |
| M50 (mężczyźni 50-59 lat) | | | | | | | | | | |
| 1. | 103 | Antosiewicz Robert | POL | Tomaszów Mazowiecki | AntekTeam | 3:48 | 20:12 | 17:43 | 37:55 | -- |
| 2. | 109 | Wójt Sylwester | POL | Skierniewice | Trucht Maraton Skierniewice | 4:21 | 23:20 | 20:02 | 43:22 | +5:27 |
| 3. | 94 | Szydlik Wiesław | POL | Mszczonów | Pobiegani Mszczonow | 5:07 | 27:27 | 23:38 | 51:04 | +13:09 |
| 4. | 63 | Olejniczak Krzysztof | POL | Łódź | | 5:13 | 27:04 | 25:03 | 52:07 | +14:12 |
| 5. | 31 | Jackowski Rafał | POL | Skierniewice | | 5:36 | 27:39 | 28:22 | 56:00 | +18:05 |
| 6. | 27 | Grzyb Jacek | POL | Więclawice Stare | A&J | 5:44 | 30:01 | 27:10 | 57:11 | +19:16 |
| 7. | 101 | Wieczorek Grzegorz | POL | Skierniewice | | 6:38 | 33:42 | 32:36 | 1:06:17 | +28:22 |
| DNF | 9 | Brejnak Zbigniew | POL | Skierniewice | | | | | | |
| DNF | 61 | Obłękowski Piotr | POL | Mszczonów | | | 30:38 | | | |
| M60+ (mężczyźni 60 lat i starsi) | | | | | | | | | | |
| 1. | 71 | Pociecz Marek | POL | Korytów | | 4:15 | 22:22 | 20:02 | 42:24 | -- |
| 2. | 13 | Dalgiewicz Dariusz | POL | Łomianki | Guns&Roses Run Team | 4:42 | 24:35 | 22:20 | 46:55 | +4:31 |
| 3. | 55 | Mikina Artur | POL | Warszawa | PWPPW S.A. | 5:03 | 26:53 | 23:32 | 50:25 | +8:01 |
| 4. | 60 | Nowak Adam | POL | Skierniewice | | 5:17 | 27:56 | 24:49 | 52:44 | +10:20 |
| 5. | 68 | Piórkowski Leszek | POL | Skierniewice | Lepi Bałwana/Parkrun Skierniewice | 5:33 | 28:37 | 26:50 | 55:26 | +13:02 |

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | min/ km | Lap1 | Lap2 | Wynik (Brutto) | Strata |
|------|----|-----------------|--------|--------------|------------|-------|-------|-------------------|--------|
| 6. | 47 | Kuśmierz Jerzy | POL | Skierniewice | 5:54 | 29:48 | 29:10 | 58:57 | +16:33 |

Liczba uczestników: 101