

## Wyniki kategorii wiekowych

16.09.2023, Kozienice

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | min/<br>km | Netto | Wynik<br>(Brutto) | Strata |
|------|----|-----------------|--------|------|------------|-------|-------------------|--------|
|------|----|-----------------|--------|------|------------|-------|-------------------|--------|

### 10 km

#### K20 (kobiety 20-29 lat)

|    |     |                           |     |               |                         |      |         |                |        |
|----|-----|---------------------------|-----|---------------|-------------------------|------|---------|----------------|--------|
| 1. | 128 | <b>Dziugiel Miłoslawa</b> | POL | Kozienice     | Human Therapy Kozienice | 4:46 | 47:44   | <b>47:47</b>   | --     |
| 2. | 459 | <b>Sośniak Aleksandra</b> | POL | Góra Kalwaria |                         | 4:58 | 49:45   | <b>49:48</b>   | +2:01  |
| 3. | 422 | <b>Tuszyńska Klaudia</b>  | POL | Warka         |                         | 5:42 | 57:03   | <b>57:09</b>   | +9:22  |
| 4. | 216 | <b>Kowalska Agata</b>     | POL | Świerże Górne |                         | 5:44 | 57:14   | <b>57:27</b>   | +9:40  |
| 5. | 222 | <b>Kwaśniak Klaudia</b>   | POL | Kozienice     |                         | 5:49 | 58:05   | <b>58:17</b>   | +10:30 |
| 6. | 236 | <b>Miśkiewicz Kinga</b>   | POL | Kozienice     |                         | 7:21 | 1:13:26 | <b>1:13:37</b> | +25:50 |

#### K30 (kobiety 30-39 lat)

|     |     |                          |     |           |                           |      |         |                |        |
|-----|-----|--------------------------|-----|-----------|---------------------------|------|---------|----------------|--------|
| 1.  | 463 | <b>Czarnecka Lidia</b>   | POL | Bliżyn    | Czarnecki Run Team        | 4:08 | 41:23   | <b>41:24</b>   | --     |
| 2.  | 99  | <b>Choluj Anna</b>       | POL |           | Kozienicki Biegacz        | 4:30 | 45:06   | <b>45:09</b>   | +3:45  |
| 3.  | 4   | <b>Antczak Jolanta</b>   | POL | Puławy    | Sportowe Puławy           | 4:34 | 45:43   | <b>45:46</b>   | +4:22  |
| 4.  | 449 | <b>Zielińska Diana</b>   | POL | Warka     | KS Start Pułaski Warka    | 4:49 | 48:05   | <b>48:11</b>   | +6:47  |
| 5.  | 147 | <b>Hanke Magdalena</b>   | POL | Zakrzew   |                           | 5:00 | 49:49   | <b>50:01</b>   | +8:37  |
| 6.  | 202 | <b>Kalinka Marta</b>     | POL | Kozienice | Morsy Morsjanie Kozienice | 5:14 | 52:25   | <b>52:27</b>   | +11:03 |
| 7.  | 1   | <b>Podolska Kornelia</b> | POL | Kozienice |                           | 5:19 | 53:09   | <b>53:15</b>   | +11:51 |
| 8.  | 381 | <b>Ruta Karolina</b>     | POL | Dęblin    |                           | 5:32 | 55:14   | <b>55:22</b>   | +13:58 |
| 9.  | 415 | <b>Ślażyńska Ela</b>     | POL | Kozienice | Morsy Morsjanie Kozienice | 5:41 | 56:49   | <b>56:55</b>   | +15:31 |
| 10. | 3   | <b>Antczak Patrycja</b>  | POL | Warszawa  |                           | 5:52 | 58:45   | <b>58:49</b>   | +17:25 |
| 11. | 250 | <b>Nowicka Milena</b>    | POL | Kozienice |                           | 6:23 | 1:03:56 | <b>1:04:00</b> | +22:36 |

#### K40 (kobiety 40-49 lat)

|    |     |                            |     |           |                               |      |       |              |       |
|----|-----|----------------------------|-----|-----------|-------------------------------|------|-------|--------------|-------|
| 1. | 229 | <b>Maj Iwona</b>           | POL | Pionki    | Run Team Pionki               | 4:22 | 43:44 | <b>43:47</b> | --    |
| 2. | 361 | <b>Paprocka Aleksandra</b> | POL | Radom     | Ultrabiegli Radom             | 4:51 | 48:24 | <b>48:31</b> | +4:44 |
| 3. | 225 | <b>Leszczyńska Joasia</b>  | POL | Kozienice | WKZ Kozienice BBL             | 5:02 | 50:20 | <b>50:22</b> | +6:35 |
| 4. | 207 | <b>Kępczyńska Marlena</b>  | POL | Brodnica  | Stowarzyszenie Brodnica Biega | 5:02 | 50:17 | <b>50:25</b> | +6:38 |
| 5. | 402 | <b>Spytek Justyna</b>      | POL | Warszawa  | Team Zabieganedni             | 5:04 | 50:37 | <b>50:44</b> | +6:57 |



| M-ce | Nr  | Nazwisko i imię      |     | Miasto      | Klub                      | min/<br>km | Netto   | Wynik<br>(Brutto) | Strata |
|------|-----|----------------------|-----|-------------|---------------------------|------------|---------|-------------------|--------|
| 6.   | 363 | Piękoś Maria         | POL | Radom       | Biegiem Radom!            | 5:07       | 51:03   | <b>51:13</b>      | +7:26  |
| 7.   | 368 | Podgórska Katarzyna  | POL | Zalesice    | Team Zalesice             | 5:24       | 53:59   | <b>54:09</b>      | +10:22 |
| 8.   | 394 | Sobota Anna          | POL | Kozienice   | WKZ Kozienice BBL         | 5:26       | 54:26   | <b>54:28</b>      | +10:41 |
| 9.   | 400 | Sośniak Iwona        | POL | Tomice      | Góra Biega                | 5:32       | 55:16   | <b>55:27</b>      | +11:40 |
| 10.  | 462 | Michalska Renata     | POL | Kozienice   | Morsy Morsjanie Kozienice | 5:53       | 58:46   | <b>58:52</b>      | +15:05 |
| 11.  | 151 | Jakubowska Magdalena | POL | Policzna    |                           | 6:58       | 1:09:34 | <b>1:09:44</b>    | +25:57 |
| 12.  | 119 | Dębowska Izabela     | POL | Białobrzegi | KS Start Pułaski Warka    | 7:03       | 1:10:27 | <b>1:10:40</b>    | +26:53 |

### K50 (kobiety 50-59 lat)

|     |     |                       |     |                   |                        |      |         |                |        |
|-----|-----|-----------------------|-----|-------------------|------------------------|------|---------|----------------|--------|
| 1.  | 228 | Maj Beata             | POL | Kozienice         | WKZ Kozienice BBL      | 4:34 | 45:39   | <b>45:41</b>   | --     |
| 2.  | 441 | Yakimovich Natalia    | UKR | Luck              | MK Luchesk             | 4:36 | 46:04   | <b>46:08</b>   | +0:27  |
| 3.  | 92  | Bogumił Teresa        | POL | Grabów nad Pilicą | KS Start Pułaski Warka | 5:07 | 51:10   | <b>51:16</b>   | +5:35  |
| 4.  | 245 | Nędzolek Jolanta      | POL | Lechanice         | KS Start Pułaski Warka | 5:18 | 52:56   | <b>53:01</b>   | +7:20  |
| 5.  | 90  | Bobrowska Marzena     | POL | Warka             | KS Start Pułaski Warka | 5:42 | 57:01   | <b>57:07</b>   | +11:26 |
| 6.  | 233 | Michalska Małgorzata  | POL | Jedlnia Letnisko  | Biegiem Radom!         | 5:44 | 57:21   | <b>57:28</b>   | +11:47 |
| 7.  | 377 | Rasztabiga Małgorzata | POL | Suchedniów        |                        | 5:49 | 58:03   | <b>58:13</b>   | +12:32 |
| 8.  | 149 | Imiołek Anna          | POL | Kępiny            | Biegiem Radom!         | 5:58 | 59:30   | <b>59:41</b>   | +14:00 |
| 9.  | 357 | Osiadacz Dorota       | POL | Kozienice         |                        | 6:13 | 1:02:04 | <b>1:02:15</b> | +16:34 |
| 10. | 370 | Prasek Teresa         | POL | Sucha             |                        | 6:18 | 1:02:51 | <b>1:03:03</b> | +17:22 |

### M19 (mężczyźni 20-29 lat)

|    |     |                  |     |               |  |      |       |              |        |
|----|-----|------------------|-----|---------------|--|------|-------|--------------|--------|
| 1. | 9   | Barański Bartosz | POL | Białobrzegi   |  | 4:13 | 42:13 | <b>42:16</b> | --     |
| 2. | 401 | Spyra Bartłomiej | POL | Aleksandrówka |  | 4:59 | 49:52 | <b>49:54</b> | +7:38  |
| 3. | 123 | Domagała Mateusz | POL | Kozienice     |  | 5:04 | 50:42 | <b>50:48</b> | +8:32  |
| 4. | 230 | Małocha Michał   | POL | Rzęcino       |  | 5:25 | 54:05 | <b>54:19</b> | +12:03 |

### M20 (mężczyźni 20-29 lat)

|     |     |                      |     |            |   |      |       |              |        |
|-----|-----|----------------------|-----|------------|---|------|-------|--------------|--------|
| 1.  | 399 | Sopoćko Krystian     | POL | Żabia Wola |   | 3:34 | 35:45 | <b>35:46</b> | --     |
| 2.  | 366 | Podczasi Marcin      | POL | Kozienice  | Kozienicki Biegacz                      | 3:54 | 39:07 | <b>39:08</b> | +3:22  |
| 3.  | 378 | Regulski Paweł       | POL | Warka      | Góra Biega                              | 3:58 | 39:42 | <b>39:47</b> | +4:01  |
| 4.  | 143 | Gruszczyński Patryk  | POL | Radom      | Ultrabiegli Radom                       | 4:07 | 41:13 | <b>41:20</b> | +5:34  |
| 5.  | 239 | Molendowski Jarosław | POL | Radom      | Polskie Sieci Elektroenergetyczne Radom | 4:16 | 42:41 | <b>42:46</b> | +7:00  |
| 6.  | 470 | Wasiński Wiktor      | POL | Janików    | konkret team                            | 4:23 | 43:48 | <b>43:53</b> | +8:07  |
| 7.  | 457 | Borychowski Krystian | POL | Kozienice  |   | 4:34 | 45:49 | <b>45:49</b> | +10:03 |
| 8.  | 412 | Szymanek Przemysław  | POL | Lublin     |   | 4:44 | 47:19 | <b>47:22</b> | +11:36 |
| 9.  | 240 | Molendowski Michał   | POL | Radom      | Polskie Sieci Elektroenergetyczne Radom | 4:45 | 47:30 | <b>47:38</b> | +11:52 |
| 10. | 146 | Gumowski Cezary      | POL | Kozienice  | Human Therapy Kozienice                 | 4:48 | 47:58 | <b>48:02</b> | +12:16 |
| 11. | 426 | Wasita Mateusz       | POL | Janów      | Kozienickie SRH                         | 4:49 | 48:09 | <b>48:17</b> | +12:31 |
| 12. | 136 | Głocki Jarosław      | POL | Wierzbica  | Team Zalesice                           | 4:51 | 48:30 | <b>48:40</b> | +12:54 |
| 13. | 97  | Celuch Maciej        | POL | Kozienice  | Human Therapy Kozienice                 | 4:52 | 48:38 | <b>48:43</b> | +12:57 |
| 14. | 454 | Lenarcik Przemysław  | POL | Janików    | konkret team                            | 4:54 | 48:59 | <b>49:04</b> | +13:18 |
| 15. | 420 | Tomczyk Dawid        | POL | Radom      |   | 5:05 | 50:42 | <b>50:53</b> | +15:07 |
| 16. | 469 | Kuśm Ierczyk Adam    | POL | Kozienice  |   | 5:21 | 53:20 | <b>53:32</b> | +17:46 |

| M-ce | Nr  | Nazwisko i imię      |     | Miasto    | Klub               | min/<br>km | Netto | Wynik<br>(Brutto) | Strata |
|------|-----|----------------------|-----|-----------|--------------------|------------|-------|-------------------|--------|
| 17.  | 443 | Zabiegałowski Błażej | POL | Kozienice |                    | 5:24       | 54:04 | <b>54:05</b>      | +18:19 |
| 18.  | 392 | Sobczyk Wojciech     | POL | Kozienice | Kozienicki Biegacz | 5:38       | 56:16 | <b>56:24</b>      | +20:38 |
| 19.  | 471 | Kozłowski Michał     | POL | Radom     |                    | 5:45       | 57:29 | <b>57:37</b>      | +21:51 |

### M30 (mężczyźni 30-39 lat)

|     |     |                      |     |               |                           |      |       |              |        |
|-----|-----|----------------------|-----|---------------|---------------------------|------|-------|--------------|--------|
| 1.  | 131 | Florcza Bartłomiej   | POL | Puławy        |                           | 3:24 | 34:07 | <b>34:07</b> | --     |
| 2.  | 219 | Krzysztoń Mateusz    | POL | Żyrzyn        | Gloria Victis             | 3:28 | 34:46 | <b>34:47</b> | +0:40  |
| 3.  | 398 | Solka Maciej         | POL | Góra Kalwaria | Góra Biega                | 3:34 | 35:46 | <b>35:47</b> | +1:40  |
| 4.  | 204 | Karpiński Jakub      | POL | Suchedniów    | Czarnecki Run Team        | 3:40 | 36:44 | <b>36:45</b> | +2:38  |
| 5.  | 91  | Boduła Norbert       | POL | Pionki        | Run Team Pionki           | 3:43 | 37:11 | <b>37:14</b> | +3:07  |
| 6.  | 391 | Sobczyk Grzegorz     | POL | Kozienice     | Kozienicki Biegacz        | 3:45 | 37:34 | <b>37:35</b> | +3:28  |
| 7.  | 364 | Piwonski Michał      | POL | Kozienice     | Aquator Kozienice         | 3:54 | 39:04 | <b>39:04</b> | +4:57  |
| 8.  | 408 | Sumorek Mariusz      | POL | Końskowola    | Ekipa Puławy              | 4:02 | 40:18 | <b>40:24</b> | +6:17  |
| 9.  | 434 | Wolszczak Damian     | POL | Kozienice     | WKZ Kozienice BBL         | 4:06 | 41:01 | <b>41:02</b> | +6:55  |
| 10. | 150 | Jagiela Michał       | POL | Paniówki      |                           | 4:12 | 42:03 | <b>42:06</b> | +7:59  |
| 11. | 234 | Miernik Tomasz       | POL | Szydłowiec    | Czarnecki Run Team        | 4:15 | 42:34 | <b>42:37</b> | +8:30  |
| 12. | 129 | Figlarz Marcin       | POL | Radom         | Somsiad Team              | 4:17 | 42:55 | <b>42:59</b> | +8:52  |
| 13. | 352 | Okoń Rafał           | POL | Łuczynów      |                           | 4:21 | 43:30 | <b>43:32</b> | +9:25  |
| 14. | 237 | Miturski Michał      | POL | Psary         | Morsy Morsjanie Kozienice | 4:22 | 43:38 | <b>43:41</b> | +9:34  |
| 15. | 6   | Balcerzak Mateusz    | POL | Kozienice     | WKZ Kozienice BBL         | 4:28 | 44:42 | <b>44:45</b> | +10:38 |
| 16. | 201 | Kalinka Andrzej      | POL | Kozienice     | Morsy Morsjanie Kozienice | 4:28 | 44:46 | <b>44:50</b> | +10:43 |
| 17. | 156 | Jastrzębski Grzegorz | POL | Warka         | KS Start Pułaski Warka    | 4:32 | 45:18 | <b>45:23</b> | +11:16 |
| 18. | 142 | Grudzień Karol       | POL | Kozienice     |                           | 4:34 | 45:42 | <b>45:49</b> | +11:42 |
| 19. | 87  | Bieniek Dariusz      | POL | Radom         |                           | 4:37 | 46:08 | <b>46:17</b> | +12:10 |
| 20. | 94  | Bujak Łukasz         | POL | Radom         |                           | 4:38 | 46:16 | <b>46:23</b> | +12:16 |
| 21. | 157 | Jeżak Dawid          | POL | Radom         | Sportowy Radom            | 4:42 | 47:03 | <b>47:08</b> | +13:01 |
| 22. | 10  | Bąk Piotr            | POL | Rumia         |                           | 4:45 | 47:17 | <b>47:31</b> | +13:24 |
| 23. | 226 | Łuczyński Łukasz     | POL | Ruda          | Human Therapy Kozienice   | 4:46 | 47:43 | <b>47:47</b> | +13:40 |
| 24. | 456 | Zalaś Marcin         | POL | Połaniec      |                           | 4:48 | 47:53 | <b>48:04</b> | +13:57 |
| 25. | 246 | Niklewski Michał     | POL | Radom         |                           | 4:48 | 48:00 | <b>48:06</b> | +13:59 |
| 26. | 413 | Szypuła Tomasz       | POL | Radom         |                           | 4:49 | 48:01 | <b>48:12</b> | +14:05 |
| 27. | 140 | Górniak Adam         | POL | Ruda          |                           | 4:51 | 48:25 | <b>48:31</b> | +14:24 |
| 28. | 417 | Tokarski Piotr       | POL | Radom         |                           | 4:53 | 48:39 | <b>48:51</b> | +14:44 |
| 29. | 208 | Kijowski Antoni      | POL | Nadarzyn      |                           | 4:53 | 48:37 | <b>48:52</b> | +14:45 |
| 30. | 395 | Soćko Paweł          | POL | Łuków         |                           | 4:58 | 49:28 | <b>49:41</b> | +15:34 |
| 31. | 472 | Mikołajczyk Mateusz  | POL | Raków Duży    | Flex                      | 5:04 | 50:34 | <b>50:47</b> | +16:40 |
| 32. | 404 | Stefanek Łukasz      | POL | Nadwiślanka   |                           | 5:06 | 50:54 | <b>51:01</b> | +16:54 |
| 33. | 135 | Gębczyk Jakub        | POL | Maciejowice   |                           | 5:07 | 51:08 | <b>51:12</b> | +17:05 |
| 34. | 117 | Dąbrowski Szymon     | POL | Brzóza        |                           | 5:10 | 51:34 | <b>51:43</b> | +17:36 |
| 35. | 416 | Tarasiński Dominik   | POL | Radom         | Team Taras                | 5:13 | 52:01 | <b>52:18</b> | +18:11 |
| 36. | 455 | Kłos Karol           | POL | Kozienice     |                           | 5:14 | 52:17 | <b>52:25</b> | +18:18 |
| 37. | 468 | Klimas Mateusz       | POL | Kozienice     | WKZ Kozienice BBL         | 5:17 | 52:39 | <b>52:57</b> | +18:50 |
| 38. | 382 | Ruta Bartłomiej      | POL | Dęblin        |                           | 5:36 | 55:57 | <b>56:06</b> | +21:59 |

| M-ce | Nr  | Nazwisko i imię     |     | Miasto     | Klub                          | min/<br>km | Netto   | Wynik<br>(Brutto) | Strata |
|------|-----|---------------------|-----|------------|-------------------------------|------------|---------|-------------------|--------|
| 39.  | 243 | Murawski Łukasz     | POL | Brodnica   | Stowarzyszenie Brodnica Biega | 5:39       | 56:29   | <b>56:37</b>      | +22:30 |
| 40.  | 435 | Woźniak Karol       | POL | Radom      |                               | 5:39       | 56:21   | <b>56:37</b>      | +22:30 |
| 41.  | 68  | Bąk Henryk          | POL | Mszczonów  |                               | 5:44       | 57:06   | <b>57:21</b>      | +23:14 |
| 42.  | 203 | Kalinka Grzegorz    | POL | Brzeźnica  | OSP Brzeźnica                 | 5:45       | 57:36   | <b>57:40</b>      | +23:33 |
| 43.  | 221 | Kutkowski Jan       | POL | Radom      |                               | 5:51       | 58:22   | <b>58:32</b>      | +24:25 |
| 44.  | 145 | Grzegorzewski Paweł | POL | Kozienice  |                               | 5:56       | 59:15   | <b>59:23</b>      | +25:16 |
| 45.  | 440 | Wrzeszcz Łukasz     | POL | Groszowice |                               | 5:56       | 59:18   | <b>59:30</b>      | +25:23 |
| 46.  | 419 | Tomczyk Bartłomiej  | POL | Radom      | Sportowy Radom                | 6:06       | 1:01:05 | <b>1:01:09</b>    | +27:02 |
| 47.  | 436 | Wójcik Mariusz      | POL | Kozienice  | FHC Team                      | 6:15       | 1:02:31 | <b>1:02:36</b>    | +28:29 |
| 48.  | 214 | Koszara Łukasz      | POL | Dęblin     | Sportowy Dęblin               | 6:23       | 1:03:45 | <b>1:04:00</b>    | +29:53 |
| 49.  | 448 | Zarębski Szczepan   | POL | Radom      |                               | 6:32       | 1:05:14 | <b>1:05:27</b>    | +31:20 |
| 50.  | 8   | Bany Piotr          | POL | Ryki       | Biegusiem                     | 6:37       | 1:06:02 | <b>1:06:17</b>    | +32:10 |

## M40 (mężczyźni 40-49 lat)

|     |     |                      |     |                         |                      |      |       |              |        |
|-----|-----|----------------------|-----|-------------------------|----------------------|------|-------|--------------|--------|
| 1.  | 458 | Czarnecki Kamil      | POL | Skarżyszko-Kamienna     | Czarnecki Run Team   | 3:40 | 36:40 | <b>36:41</b> | --     |
| 2.  | 371 | Pronobis Przemysław  | POL | Ostrowiec Świętokrzyski |                      | 3:41 | 36:53 | <b>36:55</b> | +0:14  |
| 3.  | 205 | Karwacki Mateusz     | POL | Kielce                  | Czarnecki Run Team   | 3:42 | 37:05 | <b>37:07</b> | +0:26  |
| 4.  | 359 | Osiak Łukasz         | POL | Gołęb                   |                      | 3:45 | 37:33 | <b>37:34</b> | +0:53  |
| 5.  | 410 | Szczygielski Hubert  | POL | Krępa                   | Góra Biega           | 3:48 | 38:06 | <b>38:10</b> | +1:29  |
| 6.  | 406 | Stępień Konrad       | POL | Zalesice                | Team Zalesice        | 3:55 | 39:10 | <b>39:11</b> | +2:30  |
| 7.  | 369 | Podsiadły Michał     | POL | Kozienice               | WKZ Kozienice BBL    | 4:00 | 40:04 | <b>40:05</b> | +3:24  |
| 8.  | 130 | Filipowski Jacek     | POL | Radom                   |                      | 4:01 | 40:06 | <b>40:13</b> | +3:32  |
| 9.  | 217 | Kowalski Tomasz      | POL | Warszawa                |                      | 4:02 | 40:24 | <b>40:27</b> | +3:46  |
| 10. | 154 | Janik Paweł          | POL | Kozienice               | Letter               | 4:09 | 41:06 | <b>41:31</b> | +4:50  |
| 11. | 376 | Rajewski Marcin      | POL | Radom                   | EZKM.R               | 4:11 | 41:48 | <b>41:52</b> | +5:11  |
| 12. | 120 | Dębowski Michał      | POL | Radom                   | Ultrabiegli Radom    | 4:12 | 42:01 | <b>42:08</b> | +5:27  |
| 13. | 421 | Traczyk Mariusz      | POL | Kozienice               | WKZ Kozienice BBL    | 4:13 | 42:07 | <b>42:11</b> | +5:30  |
| 14. | 139 | Gmiński Kamil        | POL | Kozienice               | Enea Team            | 4:16 | 42:39 | <b>42:42</b> | +6:01  |
| 15. | 360 | Osiński Daniel       | POL | Lublin                  | Sędzia               | 4:16 | 42:46 | <b>42:48</b> | +6:07  |
| 16. | 450 | Zielony Łukasz       | POL | Koczargi Stare          |                      | 4:17 | 42:55 | <b>43:00</b> | +6:19  |
| 17. | 452 | Żarłak Konrad        | POL | Warszawa                | Night Runners        | 4:19 | 43:14 | <b>43:19</b> | +6:38  |
| 18. | 223 | Kwintal Łukasz       | POL | Radom                   | Ultrabiegli Radom    | 4:21 | 43:33 | <b>43:40</b> | +6:59  |
| 19. | 365 | Płatos Tomasz        | POL | Jastrzębia              | Street Run Radom     | 4:23 | 43:40 | <b>43:52</b> | +7:11  |
| 20. | 428 | Weronowicz Mariusz   | POL | Kozienice               | Kozienice            | 4:28 | 44:43 | <b>44:43</b> | +8:02  |
| 21. | 213 | Kosmowski Sławomir   | POL | Radom                   | Bestdach Radom       | 4:28 | 44:42 | <b>44:48</b> | +8:07  |
| 22. | 407 | Sumorek Sebastian    | POL | Puławy                  | Ekipa Puławy         | 4:28 | 44:43 | <b>44:49</b> | +8:08  |
| 23. | 351 | Nowomiejski Marcin   | POL | Warszawa                | Progres              | 4:31 | 45:11 | <b>45:20</b> | +8:39  |
| 24. | 209 | Kilijanek Karol      | POL | Radom                   |                      | 4:35 | 45:48 | <b>45:58</b> | +9:17  |
| 25. | 445 | Zagrodnik Piotr      | POL | Radom                   |                      | 4:36 | 45:56 | <b>46:07</b> | +9:26  |
| 26. | 388 | Skomra Krzysztof     | POL | Radom                   | Banda Lulusia        | 4:37 | 46:04 | <b>46:14</b> | +9:33  |
| 27. | 93  | Bródka Paweł         | POL | Radom                   | Biegiem Radom!       | 4:41 | 46:50 | <b>46:57</b> | +10:16 |
| 28. | 96  | Bzducha Darek        | GBR | Uxbridge                | Polish Runners In UK | 4:42 | 46:53 | <b>47:02</b> | +10:21 |
| 29. | 372 | Pruszczak Bartłomiej | POL | Konstancin-Jeziorna     |                      | 4:44 | 47:19 | <b>47:28</b> | +10:47 |

| M-ce | Nr  | Nazwisko i imię               |     | Miasto        | Klub                          | min/<br>km | Netto   | Wynik<br>(Brutto) | Strata |
|------|-----|-------------------------------|-----|---------------|-------------------------------|------------|---------|-------------------|--------|
| 30.  | 374 | <b>Pyc Jarosław</b>           | POL | Brzeźnica     | WKZ Kozienice BBL             | 4:45       | 47:31   | <b>47:38</b>      | +10:57 |
| 31.  | 98  | <b>Charkot Sławomir</b>       | POL | Dęblin        | Biegusiem                     | 4:47       | 47:37   | <b>47:53</b>      | +11:12 |
| 32.  | 429 | <b>Więcek Grzegorz</b>        | POL | Lublin        |                               | 4:48       | 48:04   | <b>48:04</b>      | +11:23 |
| 33.  | 160 | <b>Kaczmarzyk Marcin</b>      | POL | Skaryszew     | Street Run Radom              | 4:48       | 47:53   | <b>48:07</b>      | +11:26 |
| 34.  | 444 | <b>Zagórski Łukasz</b>        | POL | Ludwinów      | BBL Radom                     | 4:48       | 48:01   | <b>48:10</b>      | +11:29 |
| 35.  | 384 | <b>Seredyn Dariusz</b>        | POL | Kozienice     | WKZ Kozienice BBL             | 4:55       | 49:11   | <b>49:20</b>      | +12:39 |
| 36.  | 249 | <b>Nowakowski Bartek</b>      | POL | Radom         |                               | 4:56       | 49:22   | <b>49:30</b>      | +12:49 |
| 37.  | 244 | <b>Naulewicz Łukasz</b>       | POL | Radom         |                               | 4:57       | 49:33   | <b>49:37</b>      | +12:56 |
| 38.  | 375 | <b>Rajca Paweł</b>            | POL | Sworzeń       |                               | 4:58       | 49:35   | <b>49:47</b>      | +13:06 |
| 39.  | 86  | <b>Bielecki Sławomir</b>      | POL | Kamień        |                               | 4:59       | 49:41   | <b>49:52</b>      | +13:11 |
| 40.  | 138 | <b>Głuszyński Jacek</b>       | POL | Radom         | PSE                           | 4:59       | 49:45   | <b>49:55</b>      | +13:14 |
| 41.  | 5   | <b>Baca Daniel</b>            | POL | Janów         | WKZ Kozienice BBL             | 5:00       | 49:44   | <b>50:01</b>      | +13:20 |
| 42.  | 396 | <b>Solecki Rafał</b>          | POL | Kozienice     |                               | 5:00       | 49:44   | <b>50:02</b>      | +13:21 |
| 43.  | 69  | <b>Wróblewski Sergiusz</b>    | POL | Kozienice     |                               | 5:00       | 50:01   | <b>50:06</b>      | +13:25 |
| 44.  | 220 | <b>Kulhawiec Dariusz</b>      | POL | Aleksandrówka |                               | 5:01       | 50:04   | <b>50:13</b>      | +13:32 |
| 45.  | 355 | <b>Orczykowski Jarosław</b>   | POL | Radom         |                               | 5:05       | 50:45   | <b>51:00</b>      | +14:19 |
| 46.  | 141 | <b>Grabowski Dariusz</b>      | POL | Stężycza      | Biegusiem                     | 5:06       | 50:54   | <b>51:02</b>      | +14:21 |
| 47.  | 247 | <b>Niklewski Paweł</b>        | POL | Radom         |                               | 5:12       | 52:02   | <b>52:09</b>      | +15:28 |
| 48.  | 447 | <b>Zajączkowski Konrad</b>    | POL | Nowiny        |                               | 5:13       | 52:08   | <b>52:17</b>      | +15:36 |
| 49.  | 432 | <b>Wojtuniak Jarosław</b>     | POL | Małęczyn      | Biegiem Radom!                | 5:15       | 52:19   | <b>52:32</b>      | +15:51 |
| 50.  | 427 | <b>Wenerski Andrzej</b>       | POL | Puławy        | Ekipa Puławy                  | 5:16       | 52:41   | <b>52:48</b>      | +16:07 |
| 51.  | 212 | <b>Kortus Sławomir</b>        | POL | Kozienice     | WKZ Kozienice BBL             | 5:20       | 53:12   | <b>53:21</b>      | +16:40 |
| 52.  | 89  | <b>Blągowieszceński Artur</b> | POL | Dęblin        | Dęblińskie Bagniki            | 5:25       | 54:06   | <b>54:20</b>      | +17:39 |
| 53.  | 231 | <b>Mazur Daniel</b>           | POL | Kozienice     |                               | 5:26       | 54:14   | <b>54:27</b>      | +17:46 |
| 54.  | 446 | <b>Zajac Tomasz</b>           | POL | Kozienice     |                               | 5:26       | 54:14   | <b>54:28</b>      | +17:47 |
| 55.  | 390 | <b>Snopczynski Marcin</b>     | POL | Radom         |                               | 5:27       | 54:17   | <b>54:31</b>      | +17:50 |
| 56.  | 112 | <b>Cichowlas Marcin</b>       | POL | Kozienice     |                               | 5:28       | 54:39   | <b>54:46</b>      | +18:05 |
| 57.  | 134 | <b>Gerka Jacek</b>            | POL | Brodnica      | Stowarzyszenie Brodnica Biega | 5:39       | 56:28   | <b>56:36</b>      | +19:55 |
| 58.  | 439 | <b>Wróblewski Rafał</b>       | POL | Brodnica      | Stowarzyszenie Brodnica Biega | 5:39       | 56:28   | <b>56:36</b>      | +19:55 |
| 59.  | 387 | <b>Skierniewski Marek</b>     | POL | Kozienice     | Morsy Morsjanie Kozienice     | 5:48       | 57:58   | <b>58:07</b>      | +21:26 |
| 60.  | 437 | <b>Wójcik Robert</b>          | POL | Warszawa      | Aktywna Warszawa              | 5:58       | 59:32   | <b>59:45</b>      | +23:04 |
| 61.  | 152 | <b>Jakubowski Jakub</b>       | POL | Policzna      |                               | 6:35       | 1:05:42 | <b>1:05:51</b>    | +29:10 |

## M50 (mężczyźni 50-59 lat)

|    |     |                           |     |            |                           |      |       |              |        |
|----|-----|---------------------------|-----|------------|---------------------------|------|-------|--------------|--------|
| 1. | 383 | <b>Rusak Sławomir</b>     | POL | Radom      | Biegiem Radom!            | 3:41 | 36:55 | <b>36:56</b> | --     |
| 2. | 356 | <b>Orman Tomasz</b>       | POL | Szydłowiec | Czarnecki Run Team        | 3:48 | 38:08 | <b>38:09</b> | +1:13  |
| 3. | 442 | <b>Yarmak Viktor</b>      | UKR | Luck       | MK Luchesk                | 3:57 | 39:33 | <b>39:34</b> | +2:38  |
| 4. | 451 | <b>Zubiński Tomasz</b>    | POL | Suchedniów | Czarnecki Run Team        | 4:26 | 44:27 | <b>44:29</b> | +7:33  |
| 5. | 397 | <b>Solecki Dariusz</b>    | POL | Puławy     | Multimedia Runners Puławy | 4:39 | 46:28 | <b>46:33</b> | +9:37  |
| 6. | 116 | <b>Dąbek Daniel</b>       | POL | Rykoszyn   | Biegiem Radom!            | 4:47 | 47:55 | <b>48:00</b> | +11:04 |
| 7. | 380 | <b>Rębiś Maciej</b>       | POL | Kozienice  | Bieganie Romantyczne      | 4:52 | 48:45 | <b>48:50</b> | +11:54 |
| 8. | 210 | <b>Kołtunowicz Robert</b> | POL | Radom      | Biegiem Radom!            | 4:53 | 48:40 | <b>48:52</b> | +11:56 |
| 9. | 114 | <b>Cieślak Grzegorz</b>   | POL | Kozienice  | Ultra Green Team          | 4:59 | 49:41 | <b>49:54</b> | +12:58 |

| M-ce | Nr  | Nazwisko i imię    |     | Miasto    | Klub              | min/<br>km | Netto   | Wynik<br>(Brutto) | Strata |
|------|-----|--------------------|-----|-----------|-------------------|------------|---------|-------------------|--------|
| 10.  | 464 | Ułasz Leon         | POL | Lipa      |                   | 5:04       | 50:32   | <b>50:48</b>      | +13:52 |
| 11.  | 70  | Bednarek Piotr     | POL | Kozienice | WKZ Kozienice BBL | 5:06       | 51:04   | <b>51:07</b>      | +14:11 |
| 12.  | 227 | Łysiak Krzysztof   | POL | Kozienice | WKZ Kozienice BBL | 5:19       | 53:06   | <b>53:14</b>      | +16:18 |
| 13.  | 148 | Hernacki Robert    | POL | Kozienice |                   | 5:20       | 53:12   | <b>53:28</b>      | +16:32 |
| 14.  | 113 | Cieślak Krzysztof  | POL | Kozienice | WKZ Kozienice BBL | 5:26       | 54:15   | <b>54:28</b>      | +17:32 |
| 15.  | 126 | Drapała Jarek      | POL | Kozienice | WKZ Kozienice BBL | 5:26       | 54:15   | <b>54:28</b>      | +17:32 |
| 16.  | 389 | Słomski Sławomir   | POL | Kozienice | WKZ Kozienice BBL | 5:30       | 54:49   | <b>55:01</b>      | +18:05 |
| 17.  | 95  | Bulanda Grzegorz   | POL | Kozienice | WKZ Kozienice BBL | 5:30       | 54:49   | <b>55:01</b>      | +18:05 |
| 18.  | 232 | Michalec Wojciech  | POL | Radom     | Street Run Radom  | 5:46       | 57:40   | <b>57:50</b>      | +20:54 |
| 19.  | 121 | Dobrowoski Marek   | POL | Radom     |                   | 5:47       | 57:46   | <b>57:55</b>      | +20:59 |
| 20.  | 2   | Andrzejewski Karol | POL | Radom     |                   | 6:23       | 1:03:45 | <b>1:04:00</b>    | +27:04 |

### M60 (mężczyźni 60-69 lat)

|     |     |                      |     |                    |                          |      |         |                |        |
|-----|-----|----------------------|-----|--------------------|--------------------------|------|---------|----------------|--------|
| 1.  | 88  | Bisek Marek          | POL | Lublin             | Lubelski Węgiel Bogdanka | 4:15 | 42:38   | <b>42:40</b>   | --     |
| 2.  | 460 | Brodacki Waldemar    | POL | Puławy             | Biegowa Grupa Azoty      | 4:27 | 44:16   | <b>44:38</b>   | +1:58  |
| 3.  | 461 | Kamola Kazimierz     | POL | Puławy             | Biegowa Grupa Azoty      | 4:33 | 45:34   | <b>45:36</b>   | +2:56  |
| 4.  | 431 | Włodarczyk Marian    | POL | Skarżysko Kamienna | Czarnecki Run Team       | 4:36 | 46:07   | <b>46:10</b>   | +3:30  |
| 5.  | 405 | Stelmach Zbigniew    | POL | Ćmiłów             | Lubelski Węgiel Bogdanka | 4:40 | 46:48   | <b>46:50</b>   | +4:10  |
| 6.  | 155 | Jankowski Eugeniusz  | POL | Puławy             | OPEC Puławy              | 4:56 | 49:21   | <b>49:23</b>   | +6:43  |
| 7.  | 433 | Wolszczak Ryszard    | POL | Kozienice          | WKZ Kozienice BBL        | 5:04 | 50:40   | <b>50:41</b>   | +8:01  |
| 8.  | 218 | Krakowiak Jacek      | POL | Augustów           |                          | 5:18 | 53:08   | <b>53:10</b>   | +10:30 |
| 9.  | 425 | Walczyzna Jerzy      | POL | Radom              | Biegiem Radom!           | 5:19 | 53:00   | <b>53:19</b>   | +10:39 |
| 10. | 414 | Szywała Janusz       | POL | Łubna              | Weteran                  | 5:21 | 53:20   | <b>53:37</b>   | +10:57 |
| 11. | 118 | Deptuch Henryk       | POL | Kozienice          | WKZ Kozienice BBL        | 5:23 | 53:43   | <b>53:56</b>   | +11:16 |
| 12. | 125 | Drapała Bogdan       | POL | Kozienice          |                          | 5:26 | 54:12   | <b>54:25</b>   | +11:45 |
| 13. | 393 | Sobieszek Marek      | POL | Sulbiny            |                          | 5:34 | 55:31   | <b>55:47</b>   | +13:07 |
| 14. | 111 | Chylicki Marian      | POL | Radom              | Biegiem Radom!           | 6:30 | 1:04:48 | <b>1:05:02</b> | +22:22 |
| 15. | 7   | Banasik Paweł        | POL | Radom              |                          | 6:42 | 1:06:57 | <b>1:07:08</b> | +24:28 |
| 16. | 385 | Setnikowski Grzegorz | POL | Otwock             |                          | 6:59 | 1:09:49 | <b>1:09:59</b> | +27:19 |

### M70+ (mężczyźni 70 lat i starsi)

|    |     |                 |     |           |            |      |       |              |       |
|----|-----|-----------------|-----|-----------|------------|------|-------|--------------|-------|
| 1. | 453 | Życki Stanisław | POL | Dęblin    | DSS Orleża | 4:36 | 46:03 | <b>46:07</b> | --    |
| 2. | 367 | Podeszwa Adam   | POL | Kozienice |            | 4:49 | 48:15 | <b>48:20</b> | +2:13 |

Liczba uczestników: 211