

VII Bieg Zielonego Jabłuszka

Wyniki kategorii wiekowych



19.05.2024, 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. | 215 | Stodolna Joanna | POL | Skierniewice | 4:11 | 22:10 | 19:34 | 41:44 | -- | |
| 2. | 108 | Piórkowska Anna | POL | Skierniewice | Parkrun Skierniewice | 4:50 | 25:49 | 22:26 | 48:14 | +6:30 |
| 3. | 156 | Anyszewska Patrycja | POL | Domaniewice | | 5:01 | 26:50 | 23:18 | 50:08 | +8:24 |
| 4. | 213 | Chajdaś Zofia | POL | Kraków | | 5:52 | 32:37 | 25:56 | 58:32 | +16:48 |
| 5. | 180 | Ziółkowska Paulina | POL | Żyrardów | | 5:54 | 32:39 | 26:20 | 58:58 | +17:14 |

K30 (kobiety 30-39 lat)

| | | | | | | | | | | |
|----|-----|-------------------------|-----|-----------------|------------|------|-------|-------|----------------|--------|
| 1. | 166 | Wencel Marta | POL | Stolniki | | 5:05 | 28:17 | 22:29 | 50:46 | -- |
| 2. | 153 | Topolniak Natalia | POL | | | 5:22 | 28:12 | 25:27 | 53:38 | +2:52 |
| 3. | 125 | Szulczyk Iwona | POL | Rawa Mazowiecka | Mario Team | 5:41 | 30:20 | 26:30 | 56:50 | +6:04 |
| 4. | 207 | Wójt-Lenarcik Katarzyna | POL | | | 6:17 | 32:27 | 30:16 | 1:02:43 | +11:57 |

K40 (kobiety 40-49 lat)

| | | | | | | | | | | |
|----|-----|---------------------------|-----|-----------------|----------------------|------|-------|-------|----------------|--------|
| 1. | 171 | Kajak Agnieszka | POL | | Rozbiegani Żychlin | 4:56 | 26:31 | 22:46 | 49:16 | -- |
| 2. | 107 | Lechowska Ania | POL | Rawa Mazowiecka | | 5:19 | 28:49 | 24:21 | 53:09 | +3:53 |
| 3. | 178 | Niklewicz Monika | POL | Skierniewice | | 5:28 | 28:36 | 25:59 | 54:35 | +5:19 |
| 4. | 177 | Kaniewska Monika | POL | Skierniewice | Parkrun Skierniewice | 5:51 | 31:05 | 27:21 | 58:26 | +9:10 |
| 5. | 132 | Szumigaj-Tarnowska Joanna | POL | Skierniewice | Parkrun Skierniewice | 6:12 | 32:35 | 29:22 | 1:01:56 | +12:40 |
| 6. | 105 | Kubiak Alicja | POL | Łódź | | 7:21 | 36:06 | 37:25 | 1:13:30 | +24:14 |

K60+ (kobiety 60 lat i starsze)

| | | | | | | | | | | |
|----|-----|------------|-----|--------------|----------------------|------|-------|-------|----------------|----|
| 1. | 144 | Wójt Lidia | POL | Skierniewice | Parkrun Skierniewice | 6:36 | 33:15 | 32:37 | 1:05:52 | -- |
|----|-----|------------|-----|--------------|----------------------|------|-------|-------|----------------|----|



| M-ce | Nr | Nazwisko i imię | | Miasto | Klub | min/ km | Lap1 | Lap2 | Wynik (Brutto) | Strata |
|----------------------------------|-----|----------------------------|-----|---------------|----------------------|------------|-------|-------|-------------------|--------|
| M20 (mężczyźni 20-29 lat) | | | | | | | | | | |
| 1. | 140 | Jażdżyk Konrad | POL | Sierpc | | 3:54 | 20:42 | 18:13 | 38:55 | -- |
| 2. | 129 | Piórkowski Jarosław | POL | Skierniewice | Parkrun Skierniewice | 3:56 | 21:19 | 17:59 | 39:18 | +0:23 |
| 3. | 183 | Łuczywek Paweł | POL | Skierniewice | | 4:17 | 22:16 | 20:31 | 42:46 | +3:51 |
| 4. | 145 | Andzelak Łukasz | POL | Radziwiłłów | | 4:19 | 23:36 | 19:30 | 43:06 | +4:11 |
| 5. | 220 | Papiernik Kacper | POL | Skierniewice | | 4:20 | 23:37 | 19:37 | 43:14 | +4:19 |
| 6. | 168 | Gabara Mateusz | POL | Skierniewice | Za_Rzu | 4:33 | 24:39 | 20:51 | 45:29 | +6:34 |
| 7. | 110 | Pokora Arkadiusz | POL | Skierniewice | Parkrun Skierniewice | 4:37 | 23:35 | 22:28 | 46:03 | +7:08 |
| 8. | 154 | Sasin Marcel | POL | Skierniewice | | 4:37 | 24:51 | 21:15 | 46:06 | +7:11 |
| 9. | 172 | Faryj Michał | POL | Słupia | Za_Rzu | 4:37 | 24:39 | 21:30 | 46:08 | +7:13 |
| 10. | 203 | Dziąg Sylwester | POL | Żyrardów | Run de Girard | 4:45 | 24:33 | 22:52 | 47:24 | +8:29 |
| 11. | 148 | Rykała Łukasz | POL | Maków | | 4:49 | 25:45 | 22:20 | 48:05 | +9:10 |
| 12. | 137 | Nahorny Illia | POL | | | 5:04 | 27:21 | 23:16 | 50:36 | +11:41 |
| 13. | 123 | Zawadzki Grzegorz | POL | Skierniewice | | 5:05 | 27:11 | 23:32 | 50:43 | +11:48 |
| 14. | 169 | Kałucki Mateusz | POL | Strzyboga | | 5:11 | 28:18 | 23:31 | 51:49 | +12:54 |
| 15. | 155 | Brzujszczak Marcin | POL | Skierniewice | | 5:18 | 29:30 | 23:29 | 52:58 | +14:03 |
| 16. | 118 | Walenzik Dawid | POL | Nowy Kawęczyn | Damil Run | 5:33 | 28:40 | 26:50 | 55:29 | +16:34 |

M30 (mężczyźni 30-39 lat)

| | | | | | | | | | | |
|-----|-----|----------------------------|-----|-----------------|--|------|-------|-------|--------------|--------|
| 1. | 113 | Pająk Bartłomiej | POL | Marki | SMSKlima/Markowi Biegacze | 3:38 | 19:28 | 16:50 | 36:17 | -- |
| 2. | 117 | Piorun Dawid | POL | Łowicz | | 3:47 | 20:39 | 17:03 | 37:42 | +1:25 |
| 3. | 167 | Błaszczak Mateusz | POL | Kamion | 37 DROP | 3:55 | 21:07 | 18:02 | 39:09 | +2:52 |
| 4. | 170 | Przybył Mateusz | POL | Skierniewice | | 3:56 | 21:13 | 18:00 | 39:12 | +2:55 |
| 5. | 141 | Biernacki Krzysztof | POL | Bednary | | 3:57 | 20:52 | 18:30 | 39:22 | +3:05 |
| 6. | 164 | Wołk Mariusz | POL | Rawa Mazowiecka | #Zaliniametyteam | 3:58 | 21:20 | 18:11 | 39:31 | +3:14 |
| 7. | 186 | Bednarek Piotr | POL | Rawa Mazowiecka | | 4:00 | 21:20 | 18:39 | 39:58 | +3:41 |
| 8. | 161 | Pokora Mariusz | POL | Skierniewice | IC Running Team/Parkrun Skierniewice | 4:04 | 22:06 | 18:33 | 40:38 | +4:21 |
| 9. | 102 | Chłaściak Adam | POL | Warszawa | Body Move | 4:08 | 22:03 | 19:15 | 41:18 | +5:01 |
| 10. | 174 | Karkuciński Michał | POL | Skierniewice | IM Inspiration | 4:09 | 22:11 | 19:18 | 41:29 | +5:12 |
| 11. | 212 | Poleć Wojciech | POL | Skierniewice | Grupa Biegowa UTK/Parkrun Skierniewice | 4:10 | 22:10 | 19:25 | 41:35 | +5:18 |
| 12. | 115 | Jurkowski Bartosz | POL | Skierniewice | | 4:22 | 23:05 | 20:31 | 43:35 | +7:18 |
| 13. | 149 | Burzyński Konrad | POL | | | 4:37 | 24:53 | 21:17 | 46:09 | +9:52 |
| 14. | 188 | Łuczywek Mariusz | POL | | | 4:40 | 24:58 | 21:43 | 46:40 | +10:23 |
| 15. | 208 | Kołomijski Tomasz | POL | Mszczonów | | 4:46 | 24:49 | 22:49 | 47:38 | +11:21 |
| 16. | 116 | Madzian Emilian | POL | | | 4:50 | 26:11 | 22:08 | 48:19 | +12:02 |
| 17. | 195 | Woźniak Przemysław | POL | Bielice | Run Team Bielice | 4:52 | 26:12 | 22:24 | 48:35 | +12:18 |
| 18. | 194 | Rukat Przemysław | POL | Stachlew | Fundacja Biegamy Polesie | 5:03 | 26:41 | 23:42 | 50:22 | +14:05 |
| 19. | 191 | Milczarek Piotr | POL | Skierniewice | | 5:06 | 27:16 | 23:40 | 50:56 | +14:39 |
| 20. | 146 | Czuba Łukasz | POL | Skierniewice | | 5:06 | 26:45 | 24:15 | 50:59 | +14:42 |

| M-ce | Nr | Nazwisko i imię | | Miasto | Klub | min/ km | Lap1 | Lap2 | Wynik (Brutto) | Strata |
|------|-----|----------------------|-----|--------------|---------------|------------|-------|-------|-------------------|--------|
| 21. | 104 | Nowosadko Aleksander | POL | Stara Wieś | | 5:11 | 27:49 | 24:00 | 51:48 | +15:31 |
| 22. | 202 | Łukawski Seweryn | POL | Skierniewice | | 5:22 | 28:39 | 24:54 | 53:32 | +17:15 |
| 23. | 111 | Grzelec Bartłomiej | POL | Skierniewice | | 5:25 | 28:49 | 25:22 | 54:10 | +17:53 |
| 24. | 192 | Oziębło Piotr | POL | Skierniewice | Prime It | 5:36 | 29:25 | 26:30 | 55:55 | +19:38 |
| 25. | 128 | Malinowski Jarosław | POL | Żyrardów | Malina Biega! | 6:28 | 34:00 | 30:34 | 1:04:33 | +28:16 |

M40 (mężczyźni 40-49 lat)

| | | | | | | | | | | |
|-----|-----|---------------------|-----|-----------------|---|------|-------|-------|----------------|--------|
| 1. | 221 | Kamiński Artur | POL | Skierniewice | | 3:46 | 20:27 | 17:07 | 37:33 | -- |
| 2. | 138 | Ostrowski Sylwester | POL | | Błędowska Wataha | 3:46 | 20:26 | 17:09 | 37:34 | +0:01 |
| 3. | 184 | Antosik Piotr | POL | Jaktorów | Dżakarta Run Team/Dogoń Grodzisk Mazowiecki | 3:46 | 20:18 | 17:23 | 37:40 | +0:07 |
| 4. | 193 | Witczak Piotr | POL | Skierniewice | | 3:56 | 21:19 | 17:54 | 39:13 | +1:40 |
| 5. | 190 | Kumanowski Piotr | POL | Rawa Mazowiecka | Rawa Tim Zawsze Slim | 4:02 | 21:27 | 18:53 | 40:20 | +2:47 |
| 6. | 185 | Asiński Piotr | POL | Żyrardów | Run de Girard | 4:05 | 22:09 | 18:34 | 40:42 | +3:09 |
| 7. | 182 | Kątniak Paweł | POL | Łódź | | 4:11 | 21:27 | 20:14 | 41:41 | +4:08 |
| 8. | 176 | Kroc Mirosław | POL | Skierniewice | | 4:16 | 22:38 | 20:03 | 42:40 | +5:07 |
| 9. | 158 | Szymański Marek | POL | Skierniewice | | 4:27 | 23:26 | 21:01 | 44:26 | +6:53 |
| 10. | 200 | Sadowy Robert | POL | Skierniewice | RS Project | 4:28 | 23:36 | 21:03 | 44:39 | +7:06 |
| 11. | 162 | Rak Mariusz | POL | Łyszkowice | Fundacja Biegamy Polesie | 4:32 | 24:36 | 20:42 | 45:18 | +7:45 |
| 12. | 139 | Błażyński Seweryn | POL | | | 4:38 | 25:06 | 21:08 | 46:13 | +8:40 |
| 13. | 150 | Zagibałto Łukasz | POL | Strzyboga | Parkrun Skierniewice | 4:38 | 25:08 | 21:10 | 46:17 | +8:44 |
| 14. | 175 | Gródecki Artur | POL | | | 4:39 | 25:08 | 21:14 | 46:21 | +8:48 |
| 15. | 127 | Łapiński Janusz | POL | Rawa Mazowiecka | Mario Team | 4:39 | 25:08 | 21:21 | 46:28 | +8:55 |
| 16. | 159 | Krzęczko Mariusz | POL | Skierniewice | Parkrun Skierniewice | 4:40 | 25:07 | 21:26 | 46:32 | +8:59 |
| 17. | 216 | Markowski Jakub | POL | | | 4:49 | 25:33 | 22:28 | 48:01 | +10:28 |
| 18. | 198 | Nowakowski Stefan | POL | | | 4:55 | 25:55 | 23:15 | 49:09 | +11:36 |
| 19. | 157 | Wieczorek Marcin | POL | Dąbrowice | | 5:00 | 26:45 | 23:13 | 49:57 | +12:24 |
| 20. | 165 | Pawłowski Andrzej | POL | Skierniewice | | 5:03 | 27:29 | 22:57 | 50:26 | +12:53 |
| 21. | 187 | Dąbrowski Piotr | POL | Skierniewice | | 5:07 | 27:51 | 23:19 | 51:10 | +13:37 |
| 22. | 181 | Pragnacy Paweł | POL | Skierniewice | Jelenie w Terenie | 5:15 | 26:47 | 25:37 | 52:24 | +14:51 |
| 23. | 201 | Pawłowski Sebastian | POL | Kaleń | Rawa Fight Crew | 5:20 | 28:49 | 24:22 | 53:11 | +15:38 |
| 24. | 196 | Przybylski Radosław | POL | | | 5:21 | 28:11 | 25:20 | 53:30 | +15:57 |
| 25. | 109 | Wiśnia Krzysztof | POL | Brwinów | Vege Runners | 5:33 | 29:33 | 25:53 | 55:26 | +17:53 |
| 26. | 121 | Diks Filip | POL | Skierniewice | Brzeziński Run Club | 5:36 | 28:16 | 27:39 | 55:54 | +18:21 |
| 27. | 131 | Zwolinski Jarosław | POL | Skierniewice | Parkrun Skierniewice | 5:51 | 31:05 | 27:22 | 58:26 | +20:53 |
| 28. | 214 | Piechota Maciej | POL | | | 6:25 | 35:00 | 29:09 | 1:04:08 | +26:35 |
| 29. | 210 | Zys Krystian | POL | Żychlin | | 7:00 | 47:04 | 22:51 | 1:09:55 | +32:22 |

M50 (mężczyźni 50-59 lat)

| | | | | | | | | | | |
|----|-----|-----------------|-----|--------------|-----------------------------|------|-------|-------|--------------|-------|
| 1. | 204 | Wójt Sylwester | POL | Skierniewice | Trucht Maraton Skierniewice | 4:18 | 23:05 | 19:48 | 42:52 | -- |
| 2. | 173 | Jagiełło Michał | POL | Zapady | Parkrun Skierniewice | 4:18 | 23:04 | 19:56 | 43:00 | +0:08 |

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | min/ km | Lap1 | Lap2 | Wynik (Brutto) | Strata | |
|------|-----|----------------------|--------|--------------|------------|-------|-------|-------------------|----------------|--------|
| 3. | 217 | Jackowski Rafał | POL | | 4:37 | 25:00 | 21:06 | 46:06 | +3:14 | |
| 4. | 142 | Kowalczyk Krzysztof | POL | Skierniewice | | 4:54 | 25:53 | 22:59 | 48:51 | +5:59 |
| 5. | 219 | Papiernik Zbigniew | POL | Skierniewice | | 4:54 | 26:38 | 22:19 | 48:57 | +6:05 |
| 6. | 189 | Kalinowski Maciej | POL | | 4:56 | 26:31 | 22:43 | 49:14 | +6:22 | |
| 7. | 147 | Aleksandrowicz Piotr | POL | | 5:00 | 26:50 | 23:02 | 49:52 | +7:00 | |
| 8. | 126 | Radzikowski Jacek | POL | Łódź | | 5:05 | 25:58 | 24:45 | 50:42 | +7:50 |
| 9. | 209 | Szydlik Wiesław | POL | Mszczonów | | 5:08 | 27:48 | 23:30 | 51:17 | +8:25 |
| 10. | 163 | Włodarski Mariusz | POL | Skierniewice | | 5:16 | 27:41 | 24:57 | 52:37 | +9:45 |
| 11. | 130 | Radzikowski Jarosław | POL | Łódź | | 5:49 | 31:04 | 27:05 | 58:08 | +15:16 |
| 12. | 211 | Jagielski Witold | POL | Warszawa | | 5:55 | 31:04 | 28:02 | 59:05 | +16:13 |
| 13. | 197 | Grochulski Rafał | POL | Skierniewice | | 6:12 | 31:25 | 30:31 | 1:01:56 | +19:04 |

M60+ (mężczyźni 60 lat i starsi)

| | | | | | | | | | | |
|----|-----|-------------------|-----|--------------|--|------|-------|-------|--------------|-------|
| 1. | 103 | Nowak Adam | POL | Skierniewice | | 5:06 | 27:32 | 23:24 | 50:56 | -- |
| 2. | 143 | Piórkowski Leszek | POL | Skierniewice | | 5:19 | 28:17 | 24:51 | 53:08 | +2:12 |

Liczba uczestników: 101