

IX Półmaraton Szelkowski

Wyniki kategorii wiekowych



2019-05-11, Stary Szelków

| M-ce | Nr | Nazwisko i imię | | Miasto | Klub | min/km | Netto | Wynik |
|------|----|-----------------|--|--------|------|--------|-------|-------|
|------|----|-----------------|--|--------|------|--------|-------|-------|

IX Półmaraton Szelkowski 21,097 km

M10 (2001-2000)

| | | | | | | | | |
|----|-----|------------------------|-----|-----------|--------------------------|------|-----------|------------------|
| 1. | 754 | Podlecki Maciej | POL | Ciechanów | KB TKKF Promyk Ciechanów | 4:10 | 1:28:10,2 | 1:28:12,1 |
| 2. | 791 | Kłos Zbyszek | POL | Piastów | Tak sobie biegam | 6:00 | 2:06:49,4 | 2:06:57,2 |

K20 (1999-1990)

| | | | | | | | | |
|----|-----|--------------------------|-----|----------|-----------------------|------|-----------|------------------|
| 1. | 737 | Kulesza Agnieszka | POL | Warszawa | Trucht Tarchomin Team | 6:10 | 2:10:13,2 | 2:10:21,5 |
|----|-----|--------------------------|-----|----------|-----------------------|------|-----------|------------------|

M20 (1999-1990)

| | | | | | | | | |
|----|-----|-------------------------|-----|---------------|-------------------|------|-----------|------------------|
| 1. | 745 | Milewski Dominik | POL | Płock | Gąbin Biega | 3:46 | 1:19:48,2 | 1:19:50,5 |
| 2. | 767 | Szewczyk Adrian | POL | Duczki | Zabiegany Wołomin | 3:58 | 1:23:48,6 | 1:23:49,9 |
| 3. | 702 | Ayoush Rami | POL | Stary Szelków | Gmina Szelków | 4:19 | 1:31:17,5 | 1:31:21,1 |

K30 (1989-1980)

| | | | | | | | | |
|----|-----|---------------------------|-----|-----------|--------------------------|------|-----------|------------------|
| 1. | 719 | Grzymkowska Monika | POL | Ciechanów | KB TKKF Promyk Ciechanów | 4:30 | 1:35:06,6 | 1:35:10,8 |
| 2. | 764 | Sobczak Justyna | POL | Wyszaków | KB Wyszaków | 5:40 | 1:59:48,6 | 1:59:53,6 |
| 3. | 713 | Dalecka Anna | POL | Warszawa | Orange Polska | 5:48 | 2:02:30,1 | 2:02:33,8 |
| 4. | 710 | Bulkowska Anna | POL | Bazar | | 6:15 | 2:11:54,2 | 2:11:58,6 |
| 5. | 776 | Tracz Karolina | POL | Żabiczyn | Nasielsk Baszta Team | 6:25 | 2:15:34,9 | 2:15:40,3 |

M30 (1989-1980)

| | | | | | | | | |
|----|-----|--------------------------|-----|-------------|----------------------------|------|-----------|------------------|
| 1. | 741 | Makowski Michał | POL | Ciechanów | Mazovia Proactiv Ciechanów | 3:35 | 1:15:53,0 | 1:15:53,9 |
| 2. | 779 | Urmanowski Daniel | POL | Warszawa | Dream Run | 3:42 | 1:18:05,5 | 1:18:06,9 |
| 3. | 785 | Wysocki Marcin | POL | Michałowice | Warszawiaky | 3:49 | 1:20:43,6 | 1:20:44,7 |





Wyniki kategorii wiekowych

| M-ce | Nr | Nazwisko i imię | | Miasto | Klub | min/km | Netto | Wynik |
|------|-----|-----------------------------|-----|---------------|-----------------|--------|-----------|------------------|
| 4. | 792 | Bodziakowski Bartosz | POL | Maków Maz | KS Maków Biega | 4:18 | 1:30:56,1 | 1:31:00,7 |
| 5. | 742 | Maziarz Damian | POL | Warszawa | Naprzód Młociny | 4:20 | 1:31:39,8 | 1:31:43,4 |
| 6. | 706 | Białczak Michał | POL | Ostrołęka | OstraŁonka | 4:54 | 1:43:23,0 | 1:43:28,0 |
| 7. | 707 | Białczak Marcin | POL | Wola Gołowska | | 5:14 | 1:50:40,2 | 1:50:45,2 |

K40 (1979-1970)

| | | | | | | | | |
|----|-----|-------------------------|-----|-----------|----------------|------|-----------|------------------|
| 1. | 708 | Borawska Anna | POL | Płock | Mała Lady Pank | 5:15 | 1:50:50,8 | 1:50:53,9 |
| 2. | 773 | Tabaka Magdalena | POL | Przasnysz | | 5:58 | 2:05:53,1 | 2:05:59,9 |

M40 (1979-1970)

| | | | | | | | | |
|-----|-----|-----------------------------|-----|------------------|----------------------------|------|-----------|------------------|
| 1. | 746 | Nowosielski Michał | POL | Pułtusk | | 3:45 | 1:19:08,5 | 1:19:09,5 |
| 2. | 715 | Dąbrowski Dariusz | POL | Ciechanów | Mazovia Proactiv Ciechanów | 4:02 | 1:25:19,4 | 1:25:20,9 |
| 3. | 749 | Orliński Tomasz | POL | Legionowo | BHP Orlincy | 4:09 | 1:27:46,2 | 1:27:47,4 |
| 4. | 755 | Podlecki Krzysztof | POL | Ciechanów | KB TKKF Promyk Ciechanów | 4:11 | 1:28:15,9 | 1:28:17,2 |
| 5. | 783 | Wróbel Tomasz | POL | Kobyłka | Zabiegany Wołomin | 4:18 | 1:30:46,9 | 1:30:51,9 |
| 6. | 709 | Borcza Dariusz | POL | Szła | Jednorozec robi co może | 4:34 | 1:36:20,8 | 1:36:26,3 |
| 7. | 717 | Gajek Ireneusz | POL | Ciechanów | | 4:45 | 1:40:18,0 | 1:40:24,1 |
| 8. | 733 | Krawczyk Paweł | POL | Winnica | Lider Winnica | 4:47 | 1:41:11,7 | 1:41:16,5 |
| 9. | 774 | Tartanus Andrzej | POL | Maków Mazowiecki | KS Maków Biega | 4:48 | 1:41:36,8 | 1:41:44,1 |
| 10. | 766 | Szafranowicz Norbert | POL | Warszawa | Klub Biegacza Provident | 4:49 | 1:41:57,3 | 1:42:00,2 |
| 11. | 732 | Kowalski Mariusz | POL | Mława | 5MBOT | 5:04 | 1:47:05,5 | 1:47:14,5 |
| 12. | 775 | Tka Paweł | POL | Leśna Góra | | 5:36 | 1:58:09,2 | 1:58:16,8 |
| 13. | 752 | Pietras Tomasz | POL | Żabiczyn | Nasielsk Baszta Team | 5:41 | 2:00:06,6 | 2:00:13,4 |
| 14. | 714 | Dalecki Tomasz | POL | Warszawa | | 5:48 | 2:02:30,0 | 2:02:33,9 |
| 15. | 725 | Jankowski Michał | POL | Warszawa | Sielce | 5:48 | 2:02:40,5 | 2:02:49,0 |
| 16. | 787 | Szkoda Daniel | POL | Magnuszew Duży | Szelków | 6:15 | 2:11:56,7 | 2:12:05,8 |

K50 (1969-1960)

| | | | | | | | | |
|----|-----|------------------------|-----|----------|-----------------|------|-----------|------------------|
| 1. | 772 | Świercz Iwona | POL | Warszawa | Byledobiec Anin | 5:01 | 1:46:10,0 | 1:46:13,2 |
| 2. | 789 | Polak Katarzyna | POL | Warszawa | TTT | 5:19 | 1:52:23,0 | 1:52:26,5 |
| 3. | 747 | Odolczyk Joanna | POL | Warszawa | | 5:36 | 1:58:26,1 | 1:58:34,4 |

M50 (1969-1960)

| | | | | | | | | |
|----|-----|------------------------|-----|----------|---------------------------|------|-----------|------------------|
| 1. | 751 | Piechna Andrzej | POL | Gostomin | KB TKKF Promyk Ciechanów | 4:00 | 1:24:26,8 | 1:24:28,7 |
| 2. | 704 | Baran Zenon | POL | Warszawa | Rącze Raciczki | 4:34 | 1:36:37,3 | 1:36:44,6 |
| 3. | 771 | Świercz Andrzej | POL | Płońsk | KB im. Piotra Sękowskiego | 4:38 | 1:37:54,3 | 1:37:57,1 |



Wyniki kategorii wiekowych

| M-ce | Nr | Nazwisko i imię | | Miasto | Klub | min/km | Netto | Wynik |
|------|-----|-----------------------|-----|------------------|---------------------------|--------|-----------|------------------|
| 4. | 770 | Świercz Jacek | POL | Warszawa | Byledobiec Anin | 4:41 | 1:38:52,0 | 1:38:56,9 |
| 5. | 759 | Romański Kazimierz | POL | Legionowo | KB Legionowo | 4:49 | 1:41:45,1 | 1:41:50,7 |
| 6. | 729 | Karolak Cezary | POL | Ciechanów | | 4:50 | 1:42:04,6 | 1:42:06,6 |
| 7. | 758 | Puławski Kazimierz | POL | Łyse | GPN | 4:53 | 1:43:18,1 | 1:43:20,9 |
| 8. | 735 | Kubiński Sławomir | POL | Ciechanów | KB TKKF Promyk Ciechanów | 4:56 | 1:44:12,8 | 1:44:15,1 |
| 9. | 756 | Prusik Andrzej | POL | Olsztyn | | 5:00 | 1:45:45,5 | 1:45:49,6 |
| 10. | 716 | Dyczkowski Andrzej | POL | Warszawa | Tygryski Kubusia Puchatka | 5:01 | 1:46:00,9 | 1:46:07,5 |
| 11. | 788 | Długołęcki Sławomir | POL | Zaręby Kościelne | MKB Team Małkinia | 5:16 | 1:51:09,4 | 1:51:17,4 |
| 12. | 727 | Jastrzębski Krzysztof | POL | Stary Szelków | Gmina Szelków | 5:32 | 1:56:44,5 | 1:56:46,5 |
| 13. | 762 | Sadowski Robert | POL | Dobrzankowo | | 5:31 | 1:56:42,8 | 1:56:49,5 |
| 14. | 712 | Czerwiński Janusz | POL | Zegrze | Orange Polska | 6:33 | 2:18:15,1 | 2:18:20,8 |

M60 (1959 i starsi)

| | | | | | | | | |
|-----|-----|-------------------|-----|-------------------|-----------------------------|------|-----------|------------------|
| 1. | 736 | Kuczkowski Jerzy | POL | Ożarów Mazowiecki | Biegnij Juras Biegnij | 4:40 | 1:38:27,6 | 1:38:31,5 |
| 2. | 748 | Opałka Jan | POL | Płońsk | KB im. Piotra Sękowskiego | 4:50 | 1:42:19,0 | 1:42:25,1 |
| 3. | 721 | Gumkowski Andrzej | POL | Ostrołęka | Biegam Bo Lubię Ostrołęka | 5:26 | 1:54:52,6 | 1:55:00,1 |
| 4. | 722 | Herba Zbigniew | POL | Stargard | Ja się nie ścigam.Stargard. | 5:37 | 1:58:35,8 | 1:58:42,2 |
| 5. | 763 | Skakluk Jan | POL | Legionowo | KB Legionowo | 5:43 | 2:00:48,7 | 2:00:49,6 |
| 6. | 740 | Leszczyński Roman | POL | Ostrołęka | so-biebie-gam | 5:51 | 2:03:39,6 | 2:03:46,0 |
| 7. | 786 | Żach Andrzej | POL | Małkinia Górna | MKB Team Małkinia | 6:22 | 2:14:29,6 | 2:14:38,0 |
| DNF | 790 | Czechowski Jerzy | POL | Warszawa | MZA Warszawa | 3:55 | 1:22:47,9 | 1:22:55,8 |

IX Szelkowski Bieg Długodystansowy 10,5 km

M10 (2004-2000)

| | | | | | | | | |
|----|-----|--------------------|-----|-------------------|-----------|------|-----------|------------------|
| 1. | 833 | Osowiecki Mariusz | POL | Stupsk Mazowiecki | BBL Mława | 4:27 | 46:52,4 | 46:54,7 |
| 2. | 852 | Kobyliński Dominik | POL | Orzyc | | 4:43 | 49:40,9 | 49:45,5 |
| 3. | 856 | Olkowski Konrad | POL | Szelków | | 6:18 | 1:06:13,9 | 1:06:21,1 |

K20 (1999-1990)

| | | | | | | | | |
|----|-----|----------------|-----|-----------|--|------|---------|----------------|
| 1. | 801 | Ambroziak Anna | POL | Ostrołęka | | 5:28 | 57:25,1 | 57:31,9 |
|----|-----|----------------|-----|-----------|--|------|---------|----------------|

M20 (1999-1990)

| | | | | | | | | |
|----|-----|--------------------|-----|-----------|----------------------|------|---------|----------------|
| 1. | 831 | Mateusiak Radosław | POL | Różan | Dąbrowski Team | 3:43 | 39:09,9 | 39:10,6 |
| 2. | 829 | Malinowski Łukasz | POL | Nasielsk | Nasielsk Baszta Team | 4:12 | 44:15,0 | 44:17,1 |
| 3. | 808 | Cikacz Michał | POL | Legionowo | | 5:30 | 57:47,2 | 57:51,5 |



Wyniki kategorii wiekowych

| M-ce | Nr | Nazwisko i imię | | Miasto | Klub | min/km | Netto | Wynik |
|------|-----|-------------------|-----|--------|------|--------|-----------|-----------|
| 4. | 853 | Kobyliński Michał | POL | Orzyc | | 6:52 | 1:12:15,6 | 1:12:15,6 |

K30 (1989-1980)

| | | | | | | | | |
|----|-----|--------------------|-----|------------|--|------|-----------|-----------|
| 1. | 855 | Olkowska Agnieszka | POL | Szelków | | 5:29 | 57:42,6 | 57:49,8 |
| 2. | 857 | Kędzierska Marta | POL | Chyliny | | 5:35 | 58:46,6 | 58:52,7 |
| 3. | 859 | Bękowska Ewa | POL | Kraśnosiek | | 6:09 | 1:04:44,4 | 1:04:48,7 |

M30 (1989-1980)

| | | | | | | | | |
|----|-----|--------------------|-----|---------------|--------------------------|------|---------|---------|
| 1. | 805 | Budniak Tomasz | POL | Władysławowo | KB TKKF Promyk Ciechanów | 3:53 | 40:50,7 | 40:51,7 |
| 2. | 826 | Kowalski Łukasz | POL | Ciechanów | | 4:31 | 47:30,4 | 47:32,9 |
| 3. | 850 | Matuszewski Maciej | POL | Stary Szelków | Szelków | 4:49 | 50:43,1 | 50:47,4 |
| 4. | 841 | Sobczak Daniel | POL | Wyszaków | KB Wyszaków | 4:53 | 51:17,0 | 51:22,3 |
| 5. | 804 | Brzostek Krystian | POL | Szczytno | AKB Trohim Team | 5:34 | 58:29,0 | 58:30,3 |

K40 (1979-1970)

| | | | | | | | | |
|----|-----|--------------------|-----|-------------------|----------------------------|------|-----------|-----------|
| 1. | 858 | Czartoryska Sylwia | POL | Łomie | Następny krok | 4:29 | 47:14,6 | 47:17,2 |
| 2. | 812 | Eliasz Magdalena | POL | Ostrołęka | Biegam Bo Lubię Ostrołęka | 4:55 | 51:47,7 | 51:51,1 |
| 3. | 824 | Kowalczyk Grażyna | POL | Ostrów Mazowiecka | Ostrów Biega | 5:57 | 1:02:30,8 | 1:02:34,7 |
| 4. | 827 | Kozera Marzena | POL | Ciechanów | Mazovia Proactiv Ciechanów | 6:08 | 1:04:29,5 | 1:04:37,8 |
| 5. | 839 | Sadłowska Agata | POL | Ostrołęka | | 6:19 | 1:06:20,3 | 1:06:26,0 |
| 6. | 846 | Świercz Małgorzata | POL | Płońsk | KB im. Piotra Sękowskiego | 6:33 | 1:08:55,8 | 1:09:02,2 |
| 7. | 806 | Ch Jagoda | POL | Leśna Góra | | 6:56 | 1:12:49,4 | 1:12:58,4 |

M40 (1979-1970)

| | | | | | | | | |
|----|-----|----------------------|-----|------------------|----------------------------|------|---------|---------|
| 1. | 820 | Kącki Paweł | POL | Warszawa | Rącze Raciczki | 4:03 | 42:41,3 | 42:43,4 |
| 2. | 811 | Dzięgielewski Rafał | POL | Wyszaków | KB Wyszaków | 4:07 | 43:17,6 | 43:20,1 |
| 3. | 840 | Sierzputowski Robert | POL | Nasielsk | Nasielsk Baszta Team | 4:18 | 45:09,0 | 45:10,8 |
| 4. | 862 | Janiszewski Jarosław | POL | Maków Mazowiecki | KS Maków Biega | 4:18 | 45:10,8 | 45:16,3 |
| 5. | 861 | Ruszczyński Albert | POL | | | 4:43 | 49:33,1 | 49:38,5 |
| 6. | 838 | Rykowski Grzegorz | POL | Drężewo | BBL Ostrołęka | 4:54 | 51:32,2 | 51:36,1 |
| 7. | 843 | Szafaryn Mariusz | POL | Ostrołęka | Morsy Ostrołęka | 4:55 | 51:47,5 | 51:50,9 |
| 8. | 823 | Kościński Mariusz | POL | Chruszczewo | Mazovia Proactiv Ciechanów | 5:14 | 55:00,2 | 55:03,2 |

K50 (1969-1960)

| | | | | | | | | |
|----|-----|--------------------------|-----|-----------|---------------------------|------|-----------|-----------|
| 1. | 851 | Dzięgiełowska Małgorzata | POL | Dłużniewo | KB im. Piotra Sękowskiego | 6:33 | 1:08:56,2 | 1:09:02,6 |
|----|-----|--------------------------|-----|-----------|---------------------------|------|-----------|-----------|

Wyniki kategorii wiekowych



| M-ce | Nr | Nazwisko i imię | | Miasto | Klub | min/km | Netto | Wynik |
|----------------------------|-----|----------------------------|-----|-------------------|----------------------------|--------|-----------|------------------|
| M50 (1969-1960) | | | | | | | | |
| 1. | 810 | Dzięgielewski Marek | POL | Dłużniewo | KB im. Piotra Sękowskiego | 3:33 | 37:18,9 | 37:20,2 |
| 2. | 803 | Artyszuk Mirosław | POL | Warszawa | | 4:46 | 50:07,3 | 50:14,6 |
| 3. | 816 | Gorząch Zbigniew | POL | Ciechanów | | 5:20 | 56:03,7 | 56:08,2 |
| 4. | 825 | Kowalczyk Sławomir | POL | Ostrów Mazowiecka | Ostrów Biega | 5:57 | 1:02:30,2 | 1:02:34,5 |
| 5. | 860 | Trochimowicz Artur | POL | Szczytno | AKB Trohim Team | 6:09 | 1:04:42,8 | 1:04:51,2 |
| 6. | 835 | Pogorzelski Andrzej | POL | Ciechanów | Mazovia Proactiv Ciechanów | 6:49 | 1:11:35,3 | 1:11:38,4 |
| 7. | 837 | Rosa Marek | POL | Maków Mazowiecki | | 7:08 | 1:15:02,3 | 1:15:09,2 |
| M60 (1959 i starsi) | | | | | | | | |
| 1. | 849 | Zawadzki Stanisław | POL | Ciechanów | Mazovia Proactiv Ciechanów | 5:32 | 58:08,2 | 58:11,2 |
| 2. | 828 | Lewandowski Zenon | POL | Ciechanów | SCKS Jurand Ciechanów | 5:40 | 59:39,7 | 59:42,2 |
| 3. | 845 | Szewczak Andrzej | POL | Pajewo | Masters Białystok | 5:43 | 1:00:07,4 | 1:00:13,8 |
| 4. | 844 | Szczubełek Waldemar | POL | Ostrołęka | Biegam Bo Lubię Ostrołęka | 10:02 | 1:45:22,6 | 1:45:51,9 |

Liczba uczestników: 104