

WYNIKI -Bieg Promyczka - Otwock 20.11.2022

DYSTANS 6KM

MIEJSCE OPEN	IMIĘ	NAZWISKO	NR. STARTOWY	PŁEĆ	KATEGORIA A WIEKOWA	MIEJSCE W KATEGO	START	CZAS	CZAS NETTO	v min/km
1	Marcin	Ostrowski	92	M	M40	1	11:19:27	00:25:42	00:25:42	00:04:17
2	Jakub	Bielecki	175	M	M20	1	11:19:27	00:25:48	00:25:48	00:04:18
3	Jakub	Skoczek	111	M	M30	1	11:19:27	00:26:23	00:26:23	00:04:24
4	Piotrek	Gąsiewski	61	M	M20	2	11:19:27	00:27:27	00:27:27	00:04:35
5	Krzysztof	Górka	62	M	M40	1	11:19:27	00:28:44	00:28:41	00:04:47
6	Adam	Rychalski	108	M	M20	3	11:19:27	00:28:49	00:28:48	00:04:48
7	Piotr	Rostaniec	102	M	M30	1	11:19:27	00:30:49	00:30:48	00:05:08
8	Kazimierz	Szopa	117	M	M60	1	11:19:27	00:30:52	00:30:52	00:05:09
9	Tomasz	Tadzik	120	M	M30	2	11:19:27	00:31:24	00:31:24	00:05:14
10	Paulina	Tadzik	119	K	K30	1	11:19:27	00:31:25	00:31:25	00:05:14
11	Michał	Jenda	67	M	M30	3	11:19:27	00:31:31	00:31:31	00:05:15
12	Wojciech	Jenda	66	M	M40	2	11:19:27	00:31:31	00:31:31	00:05:15
13	Paweł	Brągoszewski	51	M	M40	3	11:19:27	00:31:37	00:31:36	00:05:16
14	Rafał	Kozłowski	78	M	M40	4	11:19:27	00:31:47	00:31:45	00:05:18
15	Mariusz	Jedynak	65	M	M40	5	11:19:27	00:32:14	00:32:14	00:05:22
16	Karolina	Salamońska	109	K	K40	1	11:19:27	00:32:21	00:32:19	00:05:24
17	Mariusz	Królak	81	M	M30	4	11:19:27	00:32:45	00:32:45	00:05:28
18	Piotr	Niksa	89	M	M40	6	11:19:27	00:33:30	00:33:26	00:05:35
19	Anna	Fabisiak	57	K	K40	2	11:19:27	00:33:43	00:33:43	00:05:37
20	Marcin	Fabisiak	58	M	M40	7	11:19:27	00:33:44	00:33:44	00:05:37
21	Sylwia	Radzikowska	100	K	K40	3	11:19:27	00:33:46	00:33:45	00:05:38
22	Marta	Prusak	98	K	K40	4	11:19:27	00:33:56	00:33:56	00:05:39
23	Daniel	Waloch	121	M	M30	5	11:19:27	00:34:05	00:34:05	00:05:41
24	Klaudia	Kossakowska	75	K	K40	5	11:19:27	00:34:18	00:34:17	00:05:43
25	Karolina	Krogul	80	K	K30	2	11:19:27	00:34:21	00:34:21	00:05:43
26	Marek	Kłobuszewski	73	M	M20	4	11:19:27	00:34:43	00:34:43	00:05:47
27	Joanna	Jaworska	64	K	K40	6	11:19:27	00:34:54	00:34:53	00:05:49
28	Natalia	Zawadka	127	K	K20	1	11:19:27	00:35:31	00:35:31	00:05:55
29	Dorota	Krawczyk	79	K	K30	3	11:19:27	00:35:34	00:35:33	00:05:56
30	Agata	Bielecka	50	K	K30	4	11:19:27	00:35:35	00:35:33	00:05:56
31	Konrad	Bujarski	52	M	M20	5	11:19:27	00:35:40	00:35:40	00:05:57
32	Michał	Zjawinski	128	M	M40	8	11:19:27	00:36:05	00:36:02	00:06:01
33	Piotr	Pakulski	29	M	M40	9	11:19:27	00:36:56	00:36:51	00:06:09
34	Maciej	Pobudkiewicz	94	M	M40	10	11:19:27	00:37:09	00:37:07	00:06:11
35	Kamila	Łukaszewicz	84	K	K40	7	11:19:27	00:37:42	00:37:40	00:06:17
36	Mike	Jędrzejczak	68	M	M40	11	11:19:27	00:37:45	00:37:45	00:06:17
37	Rafał	Książek	83	M	M40	12	11:19:27	00:37:47	00:37:46	00:06:18
38	Grzegorz	Klepaczewski	71	M	M30	6	11:19:27	00:37:51	00:37:47	00:06:18
39	Iwona	Żyłowska	130	K	K40	8	11:19:27	00:38:02	00:37:59	00:06:20
40	Wiesław	Kosowski	74	M	M60	2	11:19:27	00:38:25	00:38:17	00:06:24
41	Martyna	Sitnicka	110	K	K30	5	11:19:27	00:38:28	00:38:28	00:06:25
42	Katarzyna	Strzyżewska	115	K	K40	9	11:19:27	00:38:39	00:38:39	00:06:27
43	Józef	Czyżowski	55	M	M50	1	11:19:27	00:38:43	00:38:41	00:06:27
44	Magda	Zagalska	126	K	K30	6	11:19:27	00:39:34	00:39:31	00:06:36
45	Monika	Niemczyk	88	K	K30	7	11:19:27	00:39:35	00:39:33	00:06:36
46	Marzena	Jankowska	63	K	K40	10	11:19:27	00:39:40	00:39:36	00:06:37
47	Katarzyna	Stachurska	114	K	K30	8	11:19:27	00:39:50	00:39:48	00:06:38
48	Karolina	Żółkowska	129	K	K30	9	11:19:27	00:39:52	00:39:50	00:06:39
49	Beata	Różycka	105	K	K50	1	11:19:27	00:39:59	00:39:57	00:06:40
50	Ewelina	Pakulska	93	K	K30	10	11:19:27	00:40:51	00:40:47	00:06:49
51	Anna	Olszanka	91	K	K50	2	11:19:27	00:41:57	00:41:55	00:07:00
52	Paweł	Krupniewski	82	M	M40	14	11:19:27	00:41:59	00:41:56	00:07:00

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DYSTANS 6KM

53	Piotr	Żywek	173	M	M40	15	11:19:27	00:42:42	00:42:42	00:07:07
54	Agata	Gąsiewska	60	K	K40	11	11:19:27	00:43:08	00:43:06	00:07:11
55	Sylwia	Kłobuszewska	72	K	K40	12	11:19:27	00:43:09	00:43:06	00:07:11
56	Iza	Makos	85	K	K40	13	11:19:27	00:43:54	00:43:50	00:07:19
57	Tomasz	Sokólski	113	M	M50	2	11:19:27	00:44:13	00:44:12	00:07:22
58	Dorota	Sokóleńska	112	K	K60	1	11:19:27	00:44:14	00:44:12	00:07:22
59	Beata	Żywek	174	K	K40	14	11:19:27	00:44:22	00:44:22	00:07:24
60	Wiktoria	Kostrzewa	77	K	K20	2	11:19:27	00:46:26	00:46:25	00:07:44
61	Agnieszka	Kostrzewa	76	K	K30	11	11:19:27	00:46:29	00:46:28	00:07:45
62	Elżbieta	Różańska	104	K	K40	15	11:19:27	00:47:05	00:47:05	00:07:51
63	Anna	Roslaniec	103	K	K30	12	11:19:27	00:47:08	00:47:08	00:07:51
64	Martyna	Balbierz	48	K	K30	13	11:19:27	00:48:43	00:48:39	00:08:07
65	Karolina	Gas	59	K	K30	14	11:19:27	00:48:44	00:48:40	00:08:07
66	Jerzy	Rudnicki	106	M	M20	6	11:19:27	00:49:06	00:49:06	00:08:11
67	Radosław	Kostrzewa	158		M20	7	11:19:27	00:49:06	00:49:06	00:08:11
68	Marek	Rudnicki	107	M	M40	16	11:19:27	00:49:18	00:49:18	00:08:13
69	Wojttoo	PoliksA	96	K	K40	16	11:19:27	00:54:25	00:54:25	00:09:04
70	Mariusz	Rogoziński	101	M	M30	1	11:19:27	00:59:21	00:59:21	00:09:53
71	Iwona	Nowak	90	K	K30	1	11:19:27	00:59:27	00:59:27	00:09:54

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DYSTANS 12km

MIEJSCE OPEN	IMIĘ	NAZWISKO	NR. STARTOWY	PŁEĆ	KATEGORIA WIEKOWA	MIEJSCE W KATEGORII	START	Pomiar 1	CZAS	CZAS NETTO	v min/km
1	Daniel	Sychowicz	43	M	M40	1	11:21:28	00:24:06	00:48:19	00:48:19	00:04:02
2	Jakub	Rybałtowski	38	M	M30	1	11:21:28	00:25:42	00:51:38	00:51:38	00:04:18
3	Zuzanna	Bąk	180	K	K20	1	11:21:28		00:52:12	00:52:12	00:04:21
4	Arkadiusz	Konofal	15	M	M20	1	11:21:28	00:26:52	00:54:18	00:54:18	00:04:31
5	Grzegorz	Mrówczyński	25	M	M30	2	11:21:28	00:26:54	00:54:30	00:54:30	00:04:32
6	Bartosz	Arusztowicz	1	M	M40	2	11:21:28	00:29:00	00:58:59	00:58:59	00:04:55
7	Radosław	Peplak	31	M	M40	3	11:21:28	00:30:33	00:59:23	00:59:23	00:04:57
8	Paulina	Rękawek	35	K	K30	1	11:21:28	00:29:03	00:59:26	00:59:26	00:04:57
9	Natalia	Sadowska	39	K	K40	1	11:21:28	00:30:29	01:01:20	01:01:20	00:05:07
10	Agnieszka	Kosińska-Waloch	16	K	K30	2	11:21:28	00:30:11	01:01:43	01:01:43	00:05:09
11	Marcin	Krawczyk	17	M	M40	4	11:21:28	00:30:59	01:02:39	01:02:39	00:05:13
12	Małgorzata	Kocielińska-Kłos	13	K	K40	2	11:21:28	00:31:07	01:03:09	01:03:08	00:05:16
13	Krzysztof	Rozwadowski	36	M	M40	5	11:21:28	00:31:06	01:03:09	01:03:08	00:05:16
14	Zbigniew	Mnich	24	M	M40	6	11:21:28	00:31:07	01:03:31	01:03:31	00:05:18
15	Paweł	Kierenko	11	M	M40	7	11:21:28	00:31:33	01:04:40	01:04:39	00:05:23
16	Mateusz	Lech	20	M	M20	2	11:21:28	00:30:50	01:05:28	01:05:28	00:05:27
17	Rafał	Żółkowski	45	M	M30	3	11:21:28	00:32:30	01:06:26	01:06:25	00:05:32
18	Dariusz	Stachurski	42	M	M40	8	11:21:28	00:32:29	01:06:25	01:06:25	00:05:32
19	Michał	Mulak	26	M	M40	9	11:21:28	00:32:42	01:06:36	01:06:36	00:05:33
20	Michał	Bocian	5	M	M40	10	11:21:28	00:32:41	01:06:36	01:06:36	00:05:33
21	Anna	Koczorowska	14	K	K40	3	11:21:28	00:32:39	01:06:46	01:06:45	00:05:34
22	Karol	Karaś	10	M	M40	11	11:21:28	00:33:15	01:07:03	01:07:03	00:05:35
23	Artur	Kiszczyc	12	M	M50	1	11:21:28	00:32:39	01:07:34	01:07:34	00:05:38
24	Marcin	Bajson	2	M	M40	12	11:21:28	00:34:34	01:07:58	01:07:58	00:05:40
25	Kamila	Gryboś	7	K	K30	3	11:21:28	00:34:33	01:08:02	01:08:01	00:05:40
26	Daniel	Spólny	41	M	M40	13	11:21:28	00:33:28	01:08:03	01:08:03	00:05:40
27	Arkadiusz	Płochowski	33	M	M40	14	11:21:28	00:33:26	01:09:20	01:09:19	00:05:47
28	Bartłomiej	Lewiński	21	M	M40	15	11:21:28	00:33:23	01:09:20	01:09:19	00:05:47
29	Joanna	Krupniewska	18	K	K40	4	11:21:28	00:34:30	01:11:13	01:11:12	00:05:56
30	Paweł	Krupniewski	82	M	M40	16	11:21:28		01:12:30	01:12:30	00:06:02
31	Magdalena	Rawicka-Polnik	34	K	K40	5	11:21:28	00:35:18	01:17:30	01:17:29	00:06:28
32	Agata	Boguszewska	6	K	K20	2	11:21:28	00:38:22	01:17:52	01:17:52	00:06:29
33	Danuta	Olechno	27	K	K40	6	11:21:28	00:39:04	01:19:01	01:19:00	00:06:35
34	Maciej	Olechno	28	M	M40	17	11:21:28	00:39:06	01:19:02	01:19:00	00:06:35
35	Beata	Kępka	69	K	K40	7	11:21:28	00:44:11	01:32:16	01:32:16	00:07:41
36	Michał	Sewerynowicz	40	M	M30	4	11:21:28	00:30:50	DNF		
37	Marcin	Bielecki	4	M	M40	18	11:21:28	00:31:17	DNF		

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DYSTANS Nordic Walking 6km

MIEJSCE OPEN	IMIĘ	NAZWISKO	NR. STARTOWY	PŁEĆ	START	CZAS	CZAS NETTO	v min/km
1	Ewa	Siwek	149	K	11:23:27	00:42:37	00:42:37	00:07:06
2	Roman	Mikoś	145	M	11:23:27	00:49:18	00:49:18	00:08:13
4	Marek	Konopacki	140	M	11:23:27	00:50:09	00:50:08	00:08:21
3	Teresa	Mikoś	146	K	11:23:27	00:50:09	00:50:08	00:08:21
5	Agnieszka	Szopa	151	K	11:23:27	00:50:56	00:50:56	00:08:29
6	Robert	Czerniecki	136	M	11:23:27	00:51:38	00:51:38	00:08:36
7	Magdalena	Betlewicz	49	K	11:23:27	00:56:18	00:56:18	00:09:23
8	Artur	Basek	131	M	11:23:27	00:57:31	00:57:30	00:09:35
9	Lilia	Borkowska	132	K	11:23:27	00:58:09	00:58:09	00:09:41
10	Paulina	Brągoszewska	133	K	11:23:27	00:59:48	00:59:48	00:09:58
11	Agnieszka	Malczyk	142	K	11:23:27	01:03:40	01:03:40	00:10:37
12	Joanna	Cieślak	134	K	11:23:27	01:03:45	01:03:45	00:10:37
13	Irmina	Lipska	141	K	11:23:27	01:04:13	01:04:12	00:10:42
14	Monika	Guściora	138	K	11:23:27	01:05:03	01:05:03	00:10:51
15	Artur	Grzęda	137	M	11:23:27	01:05:07	01:05:07	00:10:51
16	Natalia	Nowak	148	K	11:23:27	01:05:47	01:05:46	00:10:58
17	Genowefa	Skoczek	150	K	11:23:27	01:05:47	01:05:47	00:10:58