



WARSAW TRACK CUP

Warsaw Track Cup 20.09.2020 r.

WYNIKI OFICJALNE

100 m KOBIEC, I seria 16:00 WYNIKI KONKURENCJI

| miejsce | numer | Nazwisko   | Imię      | urodz.     | Klub             | wynik    |
|---------|-------|------------|-----------|------------|------------------|----------|
| 1       | 471   | Lemiesz    | Zuzanna   | 1993-02-06 |                  | 00:13,23 |
| 2       | 90    | Kot        | Katarzyna | 1985-06-26 | Rembertów Team   | 00:13,46 |
| 3       | 341   | MAKOSA     | MARTYNA   | 1993-09-03 |                  | 00:14,21 |
| 4       | 446   | Jabłkowska | Monika    | 1969-12-02 | Masters LA SGH   | 00:14,81 |
| 5       | 381   | Rygiak     | Urszula   | 1985-04-15 |                  | 00:15,43 |
| 6       | 11    | Tukendorf  | Barbara   | 1952-12-03 | TeamZabieganeDni | 00:26,56 |
| 7       | 473   | Gunia      | Katarzyna | 1987-01-16 |                  | DNS      |

100 m Mężczyzn II seria 16:05

| miejsce | numer | Nazwisko   | Imię   | urodz.     | Klub | wynik    |
|---------|-------|------------|--------|------------|------|----------|
| 1       | 472   | Traczyński | Filip  | 1989-02-12 |      | 00:12,76 |
| 2       | 373   | Koncerka   | Jacek  | 1976-10-07 |      | 00:12,97 |
| 3       | 342   | Lulinski   | Pawel  | 1985-06-09 | WRC  | 00:13,22 |
| 4       | 457   | Bałyga     | Tomasz | 1977-01-05 |      | 00:13,42 |
| 5       | 463   | Sulewski   | Marcin | 1988-11-22 | Dino | 00:13,63 |
|         |       |            |        |            |      |          |

100 m III seria 16:10 (biuro zawodów 15:40)

| miejsce | numer | Nazwisko   | Imię    | urodz.     | Klub                               | wynik    |
|---------|-------|------------|---------|------------|------------------------------------|----------|
| 1       | 456   | Karczewski | Mateusz | 1992-07-26 | Mateusz Karczewski Trener Osobisty | 00:11,89 |
| 2       | 374   | Fleming    | Michał  | 1993-10-05 | MF Team                            | 00:13,85 |
| 3       | 447   | Wieczorek  | Patryk  | 1993-12-04 | United Runners                     | 00:12,90 |
| 4       | 299   | Szczęśny   | Kacper  | 1992-04-06 |                                    | 00:12,29 |
| 5       | 343   | Ebert      | Damian  | 1995-06-08 | Bestie OCR Legionowo               | DNS      |

100 m IV seria 16:10 (biuro zawodów 15:40)

| miejsce | numer | Nazwisko | Imię      | urodz.     | Klub                 | wynik    |
|---------|-------|----------|-----------|------------|----------------------|----------|
| 1       | 328   | Ważny    | Krzysztof |            |                      | 00:11,25 |
| 2       | 509   | Sobiech  | Jakub     | 1990-03-02 | Training Lab         | 00:11,70 |
| 3       | 274   | Burdzy   | Daniel    | 1995-07-10 | Bestie OCR Legionowo | 00:12,54 |

| 4  | 345   | Wang Desen | Maurice   | 2002-04-17 |                                    | 00:14,59 |
|--|-------|------------|-----------|------------|------------------------------------|----------|
| 5  | 45    | Sławiński  | Arkadiusz |            |                                    | DNS      |
| <b>100 m Mężczyzn WYNIKI KONKURENCJI</b> |       |            |           |            |                                    |          |
| miejsce                                  | numer | Nazwisko   | Imię      | urodz.     | Klub                               | wynik    |
| 1  | 328   | Ważny      | Krzysztof |            |                                    | 00:11,25 |
| 2  | 509   | Sobiech    | Jakub     | 1990-03-02 | Training Lab                       | 00:11,70 |
| 3  | 456   | Karczewski | Mateusz   | 1992-07-26 | Mateusz Karczewski Trener Osobisty | 00:11,89 |
| 4  | 299   | Szczęśny   | Kacper    | 1992-04-06 |                                    | 00:12,29 |
| 5  | 274   | Burdzy     | Daniel    | 1995-07-10 | Bestie OCR Legionowo               | 00:12,54 |
| 6  | 472   | Traczyński | Filip     | 1989-02-12 |                                    | 00:12,76 |
| 7  | 447   | Wieczorek  | Patryk    | 1993-12-04 | United Runners                     | 00:12,90 |
| 8  | 373   | Kocerka    | Jacek     | 1976-10-07 |                                    | 00:12,97 |
| 9  | 342   | Lulinski   | Pawel     | 1985-06-09 | WRC                                | 00:13,22 |
| 10                                       | 457   | Bałyga     | Tomasz    | 1977-01-05 |                                    | 00:13,42 |
| 11                                       | 463   | Sulewski   | Marcin    | 1988-11-22 | Dino                               | 00:13,63 |
| 12                                       | 374   | Fleming    | Michał    | 1993-10-05 | MF Team                            | 00:13,85 |
| 13                                       | 345   | Wang Desen | Maurice   | 2002-04-17 |                                    | 00:14,59 |
|  | 343   | Ebert      | Damian    | 1995-06-08 | Bestie OCR Legionowo               | DNS      |
|  | 45    | Sławiński  | Arkadiusz |            |                                    | DNS      |

**1000 m I seria 16:15**

| miejsce | numer | Nazwisko       | Imię       | urodz.     | Klub                                 | wynik    |
|---------|-------|----------------|------------|------------|--------------------------------------|----------|
| 1       | 363   | Godlewski      | Rafał      | 1979-06-28 |                                      | 03:18,30 |
| 2       | 294   | Komorowska     | Agnieszka  | 2003-08-01 | ParaSportowi                         | 03:27,21 |
| 3       | 476   | Kwasek         | Aleksandra | 1976-06-01 |                                      | 03:32,42 |
| 4       | 664   | Głodowska      | Marta      | 1991-11-08 | Żórawski Team                        | 03:39,11 |
| 5       | 504   | JASZCZERSKA    | Grażyna    | 1965-03-21 | Akademia Biegania Grudziądz          | 03:42,09 |
| 6       | 479   | Konarski       | Maciej     | 1974-01-30 |                                      | 03:47,33 |
| 7       | 475   | Lewandowska    | Dagmara    | 1974-11-22 |                                      | 03:49,25 |
| 8       | 455   | Michalak       | Marta      | 1978-11-19 | Klub Biegacza im. Piotra Sękowskiego | 03:51,75 |
| 9       | 502   | Jaworska       | Natasza    | 2000-10-05 | ParaSportowi                         | 04:00,12 |
| 10      | 364   | Stolarska      | Paulina    | 1983-01-28 | Warsaw Run Club                      | 04:01,11 |
| 11      | 474   | Bakuła         | Wiesław    | 1968-08-31 | wampir                               | 04:04,80 |
| 12      | 28    | Karaś-Gmitrzuk | Marzena    | 1974-12-07 | Bestie OCR Legionowo                 | 04:10,15 |

|    |     |           |           |            |                   |          |
|----|-----|-----------|-----------|------------|-------------------|----------|
| 13 | 454 | Kielak    | Natalia   | 1988-06-29 | Team Zabieganedni | 04:34,12 |
| 14 | 453 | Michalak  | Jurek     | 1948-09-01 | KB im. P.Sękowski | 04:36,53 |
|    | 365 | Fleming   | Michał    | 1993-10-05 | MF Team           | DNS      |
|    | 516 | Ambrozik  | Łukasz    | 1983-02-21 |                   | DNS      |
|    | 382 | Grzelak   | Remigiusz |            |                   | DNS      |
|    | 29  | Głodowski | Michał    | 1991-04-12 | Żórawski Team     | DNS      |
|    |     |           |           |            |                   |          |

**1000 m II seria 16:20**

| miejsce | numer | Nazwisko     | Imię      | urodz.     | Klub                                | wynik    |
|---------|-------|--------------|-----------|------------|-------------------------------------|----------|
| 1       | 501   | Zosiuk       | Łukasz    | 1985-06-23 |                                     | 03:11,21 |
| 2       | 180   | Jambor       | Michał    | 1979-12-08 | Bractwo Biegowe BGK / Żórawski Team | 03:17,14 |
| 3       | 514   | Pisarski     | Łukasz    | 1971-02-17 |                                     | 03:22,54 |
| 4       | 371   | Król         | Arkadiusz | 1977-05-01 | GIŻA TEAM                           | 03:23,32 |
| 5       | 3     | KRYSZKIEWICZ | Adam      | 1983-07-07 |                                     | 03:24,22 |
| 6       | 99    | Kucharczyk   | Andrzej   | 1974-05-14 |                                     | 03:27,54 |
| 7       | 461   | ŁOŃ          | Agnieszka | 1981-01-23 | OCR BESTIE LEGIONOWO                | 03:27,60 |
| 8       | 50    | Behta        | Damian    | 1993-07-04 | Adidas Runners Warsaw               | 03:28,10 |
| 9       | 258   | Dybyśławski  | Adam      | 1977-12-26 | KOJOTY TEAM                         | 03:28,87 |
| 10      | 513   | Bielecka     | Marta     | 1984-09-18 | Lemiesz Team                        | 03:29,89 |
| 11      | 6     | Polak        | Bartosz   | 1979-02-15 |                                     | 03:30,02 |
| 12      | 370   | Konofał      | Arkadiusz | 1995-06-23 | Otwock Biega                        | 03:32,19 |
| 13      | 4     | Ziemkowski   | Tobiasz   | 1984-05-08 |                                     | 03:37,43 |
| 14      | 41    | Aślanowicz   | Matylda   | 2006-03-23 | Żórawski Team                       | 03:41,23 |
| 15      | 274   | Napiontek    | Maria     | 1986-10-07 |                                     | 03:54,06 |
|         | 362   | Burchard     | Ilona     | 1978-02-21 | KS Lemiesz Team                     | DNS      |
|         |       |              |           |            |                                     |          |

**1000 m III seria 16:30**

| miejsce | numer | Nazwisko       | Imię     | urodz.     | Klub                     | wynik    |
|---------|-------|----------------|----------|------------|--------------------------|----------|
| 1       | 329   | Przestrzelsi   | Kajetan  |            |                          | 02:54,06 |
| 2       | 511   | Łabędzki       | Konrad   | 1986-06-07 | Duklanowski Team         | 02:55,74 |
| 3       | 515   | Dawidziuk-Gosk | Diana    | 1994-11-24 | DD Running Team          | 02:58,24 |
| 4       | 361   | Jusiński       | Krystian | 1986-12-25 | Bractwo Biegowe BGK      | 02:59,28 |
| 5       | 348   | Skory          | Wojciech | 1976       |                          | 02:59,86 |
| 6       | 487   | Rynkiewicz     | Tomasz   |            |                          | 03:01,97 |
| 7       | 477   | Czerwoński     | Artur    | 1968-05-21 | Lemiesz Team & Widłorogi | 03:02,02 |
| 8       | 66    | Wojewódzki     | Marcin   | 1993-03-18 | WOJEWÓDZCY TEAM          | 03:04,04 |

|    |     |               |           |            |                                     |          |
|----|-----|---------------|-----------|------------|-------------------------------------|----------|
| 9  | 149 | Plejznerowski | Marcin    | 1982-10-13 | Akademia Sportu Otwock              | 03:11,47 |
| 10 | 510 | Zielińska     | Weronika  | 1986-03-21 | 12tri.pl / ASICS FrontRunner Poland | 03:13,31 |
| 11 | 77  | Łuczyk        | Artur     | 1977-01-27 |                                     | 03:13,79 |
| 12 | 360 | Bąk           | Jędrzej   | 1991-12-16 |                                     | 03:18,25 |
| 13 | 197 | Grabowski     | Maciej    | 1978-04-16 | RYKOWisko                           | 03:21,05 |
| 14 | 90  | Kot           | Katarzyna | 1985-06-26 | Rembertów Team                      | 03:23,90 |
| 15 | 80  | Krupiński     | Marek     | 1995-02-15 | DĄBROWSKI TEAM                      | 03:27,47 |
| 16 | 299 | Szczęśny      | Kacper    | 1992-04-06 |                                     | 03:28,56 |
| 17 | 359 | Kawecka       | Marcelina | 1993-08-26 | Warsaw Run Club                     | 03:30,54 |
| 18 | 512 | Wojciechowski | Bartosz   | 1976-01-28 |                                     | 03:33,67 |
| 19 | 382 | Grzelak       | Remigiusz |            |                                     | 03:51,77 |
|    | 307 | Smigielski    | Paweł     | 1972-07-27 |                                     | DNS      |
|    |     |               |           |            |                                     |          |

**1000 m IV seria 16:40**

| miejsce | numer | Nazwisko    | Imię       | urodz.     | Klub                    | wynik    |
|---------|-------|-------------|------------|------------|-------------------------|----------|
| 1       | 391   | Patecki     | Marcin     | 1989-11-22 | fizykbiega.pl           | 02:35,89 |
| 2       | 490   | Gosk        | Dominik    | 1992-11-09 | DD Running Team         | 02:37,90 |
| 3       | 347   | Obara       | Przemysław | 1995-10-13 | ZabieganiDobrowolscy.pl | 02:44,93 |
| 4       | 674   | Głodowski   | Michał     |            |                         | 02:52,33 |
| 5       | 516   | Ambrozik    | Łukasz     | 1983-02-21 |                         | 02:53,03 |
| 6       | 346   | Jaszczerski | Paweł      | 1993-04-02 | Invictus3City           | 02:53,56 |
| 7       | 488   | Maliszewski | Marek      | 1976-12-21 |                         | 02:55,68 |
| 8       | 518   | Churski     | Szymon     | 1969-09-03 | flexisolutions.pl       | 02:57,35 |
| 9       | 390   | Kowalczyk   | Marcin     | 1979-04-07 | Jagoda Team             | 02:58,61 |
| 10      | 215   | Sałamacha   | Jarosław   | 1980-11-02 | Żórawski Team           | 02:59,57 |
| 11      | 145   | Szpil       | Maciej     | 1983-05-12 | Mykk                    | 03:00,75 |
| 12      | 505   | Mazek       | Emilia     | 1993-01-22 | SBRT Warszawa           | 03:01,01 |
| 13      | 202   | Skotnicki   | Jakub      | 1990-07-27 | Duklanowski Team        | 03:01,61 |
| 14      | 140   | Chudziasek  | Mateusz    | 1990-02-04 |                         | 03:04,33 |
| 15      | 308   | Marciniak   | Piotr      | 2004-02-02 |                         | 03,07,70 |
|         | 348   | Skory       | Wojciech   | 1976-05-12 | królewski Klub Biegowy  | DNS      |
|         | 389   | Froś        | Karol      | 1983-01-28 | Pracownia Wypieków BEZA | DNS      |
|         | 489   | Kalbarczyk  | Mateusz    | 1993-03-03 |                         | DNS      |

**1000 m Wyniki Konkurencji**

| miejsce | numer | Nazwisko | Imię | urodz. | Klub | wynik |
|---------|-------|----------|------|--------|------|-------|
|---------|-------|----------|------|--------|------|-------|

|    |     |                |            |            |                                     |          |
|----|-----|----------------|------------|------------|-------------------------------------|----------|
| 1  | 391 | Patecki        | Marcin     | 1989-11-22 | fizykbiega.pl                       | 02:35,89 |
| 2  | 490 | Gosk           | Dominik    | 1992-11-09 | DD Running Team                     | 02:37,90 |
| 3  | 347 | Obara          | Przemysław | 1995-10-13 | ZabieganiDobrowolscy.pl             | 02:44,93 |
| 4  | 674 | Głodowski      | Michał     |            |                                     | 02:52,33 |
| 5  | 516 | Ambrozik       | Łukasz     | 1983-02-21 |                                     | 02:53,03 |
| 6  | 346 | Jaszczerski    | Paweł      | 1993-04-02 | Invictus 3City                      | 02:53,56 |
| 7  | 329 | Przestrzelsi   | Kajetan    |            |                                     | 02:54,06 |
| 8  | 488 | Maliszewski    | Marek      | 1976-12-21 |                                     | 02:55,68 |
| 9  | 511 | Łabędzki       | Konrad     | 1986-06-07 | Duklanowski Team                    | 02:55,74 |
| 10 | 518 | Churski        | Szymon     | 1969-09-03 | flexisolutions.pl                   | 02:57,35 |
| 11 | 515 | Dawidziuk-Gosk | Diana      | 1994-11-24 | DD Running Team                     | 02:58,24 |
| 12 | 390 | Kowalczyk      | Marcin     | 1979-04-07 | Jagoda Team                         | 02:58,61 |
| 13 | 361 | Jusiński       | Krystian   | 1986-12-25 | Bractwo Biegowe BGK                 | 02:59,28 |
| 14 | 215 | Sałamacha      | Jarosław   | 1980-11-02 | Żórawski Team                       | 02:59,57 |
| 15 | 348 | Skory          | Wojciech   | 1976       |                                     | 02:59,86 |
| 16 | 145 | Szpil          | Maciej     | 1983-05-12 | Mykk                                | 03:00,75 |
| 17 | 505 | Mazek          | Emilia     | 1993-01-22 | SBRT Warszawa                       | 03:01,01 |
| 18 | 202 | Skotnicki      | Jakub      | 1990-07-27 | Duklanowski Team                    | 03:01,61 |
| 19 | 487 | Rynkiewicz     | Tomasz     |            |                                     | 03:01,97 |
| 20 | 477 | Czerwoński     | Artur      | 1968-05-21 | Lemiesz Team & Widłorogi            | 03:02,02 |
| 21 | 66  | Wojewódzki     | Marcin     | 1993-03-18 | WOJEWÓDZCY TEAM                     | 03:04,04 |
| 22 | 140 | Chudziasek     | Mateusz    | 1990-02-04 |                                     | 03:04,33 |
| 23 | 308 | Marciniak      | Piotr      | 2004-02-02 |                                     | 03:07,70 |
| 24 | 501 | Zosiuk         | Łukasz     | 1985-06-23 |                                     | 03:11,21 |
| 25 | 149 | Plejznerowski  | Marcin     | 1982-10-13 | Akademia Sportu Otwock              | 03:11,47 |
| 26 | 510 | Zielińska      | Weronika   | 1986-03-21 | 12tri.pl / ASICS FrontRunner Poland | 03:13,31 |
| 27 | 77  | Łuczyk         | Artur      | 1977-01-27 |                                     | 03:13,79 |
| 28 | 180 | Jambor         | Michał     | 1979-12-08 | Bractwo Biegowe BGK / Żórawski Team | 03:17,14 |
| 29 | 360 | Bąk            | Jędrzej    | 1991-12-16 |                                     | 03:18,25 |
| 30 | 363 | Godlewski      | Rafał      | 1979-06-28 |                                     | 03:18,30 |
| 31 | 197 | Grabowski      | Maciej     | 1978-04-16 | RYKOWisko                           | 03:21,05 |
| 32 | 514 | Pisarski       | Łukasz     | 1971-02-17 |                                     | 03:22,54 |
| 33 | 371 | Król           | Arkadiusz  | 1977-05-01 | GIŻA TEAM                           | 03:23,32 |
| 34 | 90  | Kot            | Katarzyna  | 1985-06-26 | Rembertów Team                      | 03:23,90 |
| 35 | 3   | KRYSZKIEWICZ   | Adam       | 1983-07-07 |                                     | 03:24,22 |
| 36 | 294 | Komorowska     | Agnieszka  | 2003-08-01 | ParaSportowi                        | 03:27,21 |

|    |     |                 |            |            |                                      |          |
|----|-----|-----------------|------------|------------|--------------------------------------|----------|
| 37 | 80  | Krupiński       | Marek      | 1995-02-15 | DĄBROWSKI TEAM                       | 03:27,47 |
| 38 | 99  | Kucharczyk      | Andrzej    | 1974-05-14 |                                      | 03:27,54 |
| 39 | 461 | ŁOŃ             | Agnieszka  | 1981-01-23 | OCR BESTIE LEGIONOWO                 | 03:27,60 |
| 40 | 50  | Bechta          | Damian     | 1993-07-04 | Adidas Runners Warsaw                | 03:28,10 |
| 41 | 299 | Szczęśny        | Kacper     | 1992-04-06 |                                      | 03:28,56 |
| 42 | 258 | Dybystawski     | Adam       | 1977-12-26 | KOJOTY TEAM                          | 03:28,87 |
| 43 | 513 | Bielecka        | Marta      | 1984-09-18 | Lemiesz Team                         | 03:29,89 |
| 44 | 6   | Polak           | Bartosz    | 1979-02-15 |                                      | 03:30,02 |
| 45 | 359 | Kawecka         | Marcelina  | 1993-08-26 | Warsaw Run Club                      | 03:30,54 |
| 46 | 370 | Konofał         | Arkadiusz  | 1995-06-23 | Otwock Biega                         | 03:32,19 |
| 47 | 476 | Kwasek          | Aleksandra | 1976-06-01 |                                      | 03:32,42 |
| 48 | 512 | Wojciechowski   | Bartosz    | 1976-01-28 |                                      | 03:33,67 |
| 49 | 4   | Ziemkowski      | Tobiasz    | 1984-05-08 |                                      | 03:37,43 |
| 50 | 664 | Głodowska       | Marta      | 1991-11-08 | Żórawski Team                        | 03:39,11 |
| 51 | 41  | Aślanowicz      | Matylda    | 2006-03-23 | Żórawski Team                        | 03:41,23 |
| 52 | 504 | JASZCZERSKA     | Grażyna    | 1965-03-21 | Akademia Biegania Grudziądz          | 03:42,09 |
| 53 | 479 | Konarski        | Maciej     | 1974-01-30 |                                      | 03:47,33 |
| 54 | 475 | Lewandowska     | Dagmara    | 1974-11-22 |                                      | 03:49,25 |
| 55 | 455 | Michalak        | Marta      | 1978-11-19 | Klub Biegacza im. Piotra Sękowskiego | 03:51,75 |
| 56 | 382 | Grzelak         | Remigiusz  |            |                                      | 03:51,77 |
| 57 | 274 | Napiontek       | Maria      | 1986-10-07 |                                      | 03:54,06 |
| 58 | 502 | Jaworska        | Natasza    | 2000-10-05 | ParaSportowi                         | 04:00,12 |
| 59 | 364 | Stolarska       | Paulina    | 1983-01-28 | Warsaw Run Club                      | 04:01,11 |
| 60 | 474 | Bakuła          | Wiesław    | 1968-08-31 | wampir                               | 04:04,80 |
| 61 | 28  | Karaś- Gmitrzuk | Marzena    | 1974-12-07 | Bestie OCR Legionowo                 | 04:10,15 |
| 62 | 454 | Kielak          | Natalia    | 1988-06-29 | Team Zabieganedni                    | 04:34,12 |
| 63 | 453 | Michalak        | Jurek      | 1948-09-01 | KB im. P.Sękowskiego                 | 04:36,53 |
|    | 365 | Fleming         | Michał     | 1993-10-05 | MF Team                              | DNS      |
|    | 516 | Ambrozik        | Łukasz     | 1983-02-21 |                                      | DNS      |
|    | 382 | Grzelak         | Remigiusz  |            |                                      | DNS      |
|    | 29  | Głodowski       | Michał     | 1991-04-12 | Żórawski Team                        | DNS      |
|    | 362 | Burchard        | Ilona      | 1978-02-21 | KS Lemiesz Team                      | DNS      |
|    | 307 | Smigielski      | Pawel      | 1972-07-27 |                                      | DNS      |
|    | 348 | Skory           | Wojciech   | 1976-05-12 | królewski Klub Biegowy               | DNS      |
|    | 389 | Froś            | Karol      | 1983-01-28 | Pracownia Wypieków BEZA              | DNS      |
|    | 489 | Kalbarczyk      | Mateusz    | 1993-03-03 |                                      | DNS      |

**4x100 m I seria 16:50**

| miejsce |   | Klub                    |            |  | kategoria K 55+ | wynik    |
|---------|---|-------------------------|------------|--|-----------------|----------|
| 1       | 1 | Masters LA SGH          |            |  |                 | 01:02,44 |
|         |   | Anna Tymendorf-Milińska | 28.02.1970 |  |                 |          |
|         |   | Monika Jablkowska       | 02.12.1969 |  |                 |          |
|         |   | Elżbieta Borek          | 03.04.1968 |  |                 |          |
|         |   | Barbara Dzon            | 17.09.1962 |  |                 |          |
|         |   |                         |            |  |                 |          |

**1500 m I seria 17:00**

| miejsce | numer | Nazwisko     | Imię      | urodz.     | Klub                                 | wyniki   |
|---------|-------|--------------|-----------|------------|--------------------------------------|----------|
| 1       | 366   | Matuszewski  | Łukasz    | 1986-09-01 | SBRT Warszawa                        | 05:09,32 |
| 2       | 369   | Michalski    | Robert    | 1982       |                                      | 05:11,41 |
| 3       | 444   | Miziński     | Paweł     | 1978-11-03 | Warsaw Run Club                      | 05:13,38 |
| 4       | 460   | Wrzeszcz     | Łukasz    | 1987-02-12 | SBRT Warszawa                        | 05:14,51 |
| 5       | 1     | Sokołowski   | Tomasz    | 1981-08-09 | AmorePasta.pl                        | 05:18,17 |
| 6       | 452   | Cichocki     | Mariusz   | 1991-11-17 | Warsaw Run Club                      | 05:21,99 |
| 7       | 180   | Jambor       | Michał    | 1979-12-08 | Bractwo Biegowe BGK / Żórawski Team  | 05:23,41 |
| 8       | 430   | Płonka       | Jarosław  | 1974-05-29 | Warsaw Run Club                      | 05:30,41 |
| 9       | 367   | Fok          | Tomasz    | 1986-09-16 | K(r)opka Team                        | 05:33,17 |
| 10      | 50    | Bechta       | Damian    | 1993-07-04 | Adidas Runners Warsaw                | 05:35,79 |
| 11      | 3     | KRYSZKIEWICZ | Adam      | 1983-07-07 |                                      | 05:39,70 |
| 12      | 306   | Pomaski      | Paweł     | 1968-03-22 | adidas Runners Warsaw                | 05:44,20 |
| 13      | 663   | Astanowicz   | Matylda   |            |                                      | 05:46,22 |
| 14      | 506   | Siewruk      | Katarzyna | 1979-04-06 | Warsaw Run Club                      | 05:48,50 |
| 15      | 455   | Michalak     | Marta     | 1978-11-19 | Klub Biegacza im. Piotra Sękowskiego | 05:50,23 |
| 16      | 507   | Stankiewicz  | Ewelina   | 1984-01-30 |                                      | 05:55,30 |
| 17      | 364   | Stolarska    | Paulina   | 1983       |                                      | 05:59,44 |
| 18      | 27    | Bakalarska   | Mariola   | 1968-09-30 | Warsaw Run Club                      | 06:03,40 |
| 19      | 453   | Michalak     | Jurek     | 1948-09-01 | KB im. P.Sękowskiego                 | 07:44,99 |
|         | 465   | Konarski     | Tomasz    | 1984-03-22 | Power Training                       | DNS      |
|         |       |              |           |            |                                      |          |

**1500 m II seria 17:10**

| miejsce | numer | Nazwisko  | Imię     | urodz.     | Klub          | wynik    |
|---------|-------|-----------|----------|------------|---------------|----------|
| 1       | 263   | Szymaniak | Kamil    | 1990-07-20 | K(r)opka Team | 04:09,60 |
| 2       | 291   | Kłós      | Grzegorz | 1990-06-06 |               | 04:18,34 |

|    |     |             |           |            |   |          |
|----|-----|-------------|-----------|------------|---|----------|
| 3  | 368 | Markowicz   | Łukasz    | 1994-06-09 | Wosiek Team                                 | 04:33,65 |
| 4  | 508 | Jendrych    | Remigiusz | 1984-02-16 |   | 04:44,70 |
| 5  | 262 | Rudo        | Jakub     | 1990-08-06 | PGB Sportowa Paczka/Łochowska Grupa Biegowa | 04:47,76 |
| 6  | 348 | Skory       | Wojciech  | 1976-05-12 | królewski Klub Biegowy                      | 04:48,61 |
| 7  | 500 | Żubiński    | Piotr     | 1977       | Accelerating Poland                         | 04:48,90 |
| 8  | 340 | Talaga      | Konrad    | 2002       | DD Running Team                             | 04:54,22 |
| 9  | 445 | Kobuszewski | Artur     | 1980-08-15 | SBRT Warszawa                               | 04:55,49 |
| 10 | 372 | Główka      | Klaudyna  | 1996-02-13 | PIEKIELNI WARSZAWA                          | 04:57,97 |
| 11 | 459 | Ciesielski  | Marcin    | 1974-07-12 | Warsaw Run Club                             | 04:59,61 |
| 12 | 458 | Drozd       | Maciej    | 1975-07-02 | Dream Run                                   | 05:20,66 |
| 13 | 80  | Krupiński   | Marek     | 1995-02-15 | DĄBROWSKI TEAM                              | 05:36,93 |
|    | 478 | Froś        | Karol     | 1983-01-28 | Pracownia Wypieków BEZA                     | DNS      |
|    | 309 | Krywczuk    | Tomasz    | 1995-10-10 | Adidas Runners Warsaw                       | DNS      |
|    | 369 | Michalski   | Robert    | 1982-11-06 | Nocne Piłowanie Agrykoli                    | DNS      |
|    |     |             |           |            |   |          |

#### 1500 m Wyniki konkurencji

| miejsce | numer | Nazwisko    | Imię      | urodz.     | Klub  | wynik    |
|---------|-------|-------------|-----------|------------|---|----------|
| 1       | 263   | Szymaniak   | Kamil     | 1990-07-20 | K(r)opka Team                               | 04:09,60 |
| 2       | 291   | Kłós        | Grzegorz  | 1990-06-06 |   | 04:18,34 |
| 3       | 368   | Markowicz   | Łukasz    | 1994-06-09 | Wosiek Team                                 | 04:33,65 |
| 4       | 508   | Jendrych    | Remigiusz | 1984-02-16 |   | 04:44,70 |
| 5       | 262   | Rudo        | Jakub     | 1990-08-06 | PGB Sportowa Paczka/Łochowska Grupa Biegowa | 04:47,76 |
| 6       | 348   | Skory       | Wojciech  | 1976-05-12 | królewski Klub Biegowy                      | 04:48,61 |
| 7       | 500   | Żubiński    | Piotr     | 1977       | Accelerating Poland                         | 04:48,90 |
| 8       | 340   | Talaga      | Konrad    | 2002       | DD Running Team                             | 04:54,22 |
| 9       | 445   | Kobuszewski | Artur     | 1980-08-15 | SBRT Warszawa                               | 04:55,49 |
| 10      | 372   | Główka      | Klaudyna  | 1996-02-13 | PIEKIELNI WARSZAWA                          | 04:57,97 |
| 11      | 459   | Ciesielski  | Marcin    | 1974-07-12 | Warsaw Run Club                             | 04:59,61 |
| 12      | 366   | Matuszewski | Łukasz    | 1986-09-01 | SBRT Warszawa                               | 05:09,32 |
| 13      | 369   | Michalski   | Robert    | 1982       |   | 05:11,41 |
| 14      | 444   | Miziński    | Paweł     | 1978-11-03 | Warsaw Run Club                             | 05:13,38 |
| 15      | 460   | Wrzeszcz    | Łukasz    | 1987-02-12 | SBRT Warszawa                               | 05:14,51 |
| 16      | 1     | Sokołowski  | Tomasz    | 1981-08-09 | AmorePasta.pl                               | 05:18,17 |
| 17      | 458   | Drozd       | Maciej    | 1975-07-02 | Dream Run                                   | 05:20,66 |
| 18      | 452   | Cichocki    | Mariusz   | 1991-11-17 | Warsaw Run Club                             | 05:21,99 |
| 19      | 180   | Jambor      | Michał    | 1979-12-08 | Bractwo Biegowe BGK / Żórawski Team         | 05:23,41 |



|    |     |              |           |            |                                      |          |
|----|-----|--------------|-----------|------------|--------------------------------------|----------|
| 20 | 430 | Płonka       | Jarosław  | 1974-05-29 | Warsaw Run Club                      | 05:30,41 |
| 21 | 367 | Fok          | Tomasz    | 1986-09-16 | K(r)opka Team                        | 05:33,17 |
| 22 | 50  | Bechta       | Damian    | 1993-07-04 | Adidas Runners Warsaw                | 05:35,79 |
| 23 | 80  | Krupiński    | Marek     | 1995-02-15 | DĄBROWSKI TEAM                       | 05:36,93 |
| 24 | 3   | KRYSZKIEWICZ | Adam      | 1983-07-07 |                                      | 05:39,70 |
| 25 | 306 | Pomaski      | Paweł     | 1968-03-22 | adidas Runners Warsaw                | 05:44,20 |
| 26 | 663 | Astanowicz   | Matylda   |            |                                      | 05:46,22 |
| 27 | 506 | Siewruk      | Katarzyna | 1979-04-06 | Warsaw Run Club                      | 05:48,50 |
| 28 | 455 | Michalak     | Marta     | 1978-11-19 | Klub Biegacza im. Piotra Sękowskiego | 05:50,23 |
| 29 | 507 | Stankiewicz  | Ewelina   | 1984-01-30 |                                      | 05:55,30 |
| 30 | 364 | Stolarska    | Paulina   | 1983       |                                      | 05:59,44 |
| 31 | 27  | Bakalarska   | Mariola   | 1968-09-30 | Warsaw Run Club                      | 06:03,40 |
| 32 | 453 | Michalak     | Jurek     | 1948-09-01 | KB im. P.Sękowskiego                 | 07:44,99 |
|    | 465 | Konarski     | Tomasz    | 1984-03-22 | Power Training                       | DNS      |
|    | 478 | Froś         | Karol     | 1983-01-28 | Pracownia Wypieków BEZA              | DNS      |
|    | 309 | Krywczuk     | Tomasz    | 1995-10-10 | Adidas Runners Warsaw                | DNS      |
|    | 369 | Michalski    | Robert    | 1982-11-06 | Nocne Piłowanie Agrykoli             | DNS      |
|    |     |              |           |            |                                      |          |

**3000 m I seria 17:20**

| miejsce | numer | Nazwisko     | Imię       | urodz.     | Klub                                 | wynik    |
|---------|-------|--------------|------------|------------|--------------------------------------|----------|
| 1       | 26    | Bachanek     | Adam       | 1977-06-22 |                                      | 12:41,13 |
| 2       | 25    | BUKOWSKI     | JANUSZ     | 1956-06-02 | STOWARZYSZENIE DAĆ SIEBIE INNYM      | 15:59,43 |
|         | 499   | Walasek      | Przemysław | 1976-04-04 | Bartek Trenuje Team                  | 10:55,57 |
|         | 665   | Urbaniak     | Aleksander |            |                                      | 11:23,42 |
|         | 294   | Komorowska   | Agnieszka  | 2003-08-01 | ParaSportowi                         | 11:35,54 |
|         | 375   | Taranov      | Mykhailo   | 2003-05-07 | IAS                                  | 11:52,97 |
|         | 264   | OSIAL        | MARIUSZ    | 1980-08-12 | Klub Biegacza im. Piotra Sękowskiego | 12:10,01 |
|         | 344   | KRYSZKIEWICZ | Adam       | 1983-07-07 |                                      | 12:40,33 |
|         | 265   | Owczarek     | Marcin     | 1978-09-20 | Vege Runners                         | 12:42,10 |
|         | 504   | JASZCZERSKA  | Grażyna    | 1965-03-21 | Akademia Biegania Grudziądz          | 12:47,78 |
|         | 448   | Gmitrzuk     | Paweł      | 1974-01-15 | Bestie OCR Legionowo                 | 12:50,65 |
|         | 415   | Majkowski    | Łukasz     | 1982-04-08 | Klub Biegacza im. Piotra Sękowskiego | 12:51,92 |
|         | 496   | Wolanin      | Tomasz     | 1974-12-23 |                                      | 12:52,31 |
|         | 310   | Kratiuk      | Anna       | 1982-06-16 |                                      | 12:58,37 |
|         | 498   | Kruhlyak     | Tychon     | 2004-08-04 | IAS                                  | 13:38,37 |
|         | 354   | Kruglyak     | Misha      | 2003-02-12 | IAS                                  | 14:27,36 |

|  |     |                |           |            |                   |          |
|--|-----|----------------|-----------|------------|-------------------|----------|
|  | 275 | Krawczykiewicz | Magda     | 1978-02-10 | Żórawski Team     | 15:23,12 |
|  | 454 | Kielak         | Natalia   | 1988-06-29 | Team Zabieganedni | 15:58,57 |
|  | 267 | Żuraniewska    | Agnieszka | 1977-06-02 | Nudne Piątki      | DNS      |
|  |     |                |           |            |                   |          |

**3000 m II seria 17:40**

| miejsce | numer | Nazwisko    | Imię      | urodz.     | Klub                                | wynik    |
|---------|-------|-------------|-----------|------------|-------------------------------------|----------|
| 1       | 439   | Nowak       | Michał    | 1986-05-21 |                                     | 10:10,45 |
| 2       | 311   | Mielniczuk  | Miroslaw  | 1975-10-04 | brak                                | 10:34,63 |
| 3       | 266   | Pancer      | Michał    | 1995-08-25 | Żórawski Team                       | 10:49,74 |
| 4       | 40    | Malovatskyi | Andrii    | 1988-11-25 | Warsaw Run Club                     | 10:50,52 |
| 5       | 355   | Szczepanik  | Melchior  | 1977-03-29 |                                     | 11:00,64 |
| 6       | 371   | Król        | Arkadiusz | 1977-05-01 | GIŻA TEAM                           | 11:03,52 |
| 7       | 366   | Matuszewski | Łukasz    | 1986-09-01 | SBRT Warszawa                       | 11:06,38 |
| 8       | 440   | Ogorzelski  | Maciej    | 1977-03-08 |                                     | 11:08,17 |
| 9       | 510   | Zielińska   | Weronika  | 1986-03-21 | 12tri.pl / ASICS FrontRunner Poland | 11:11,73 |
| 10      | 268   | Michalski   | Marcin    | 1983-12-23 |                                     | 11:14,80 |
| 11      | 431   | Rek         | Iwona     | 1988-04-10 |                                     | 11:34,21 |
| 12      | 349   | Wojtkowiak  | Marta     | 1985       |                                     | 11:44,11 |
| 14      | 312   | Senatorski  | Piotr     | 1961-12-17 |                                     | 11:57,92 |
| 13      | 377   | Król        | Paweł     | 1985-04-17 | DENTALKING.EU                       | 12:14,90 |
| 15      | 356   | Gąsiewski   | Paweł     | 1997       | Kojoty Team                         | 12:22,09 |
| 16      | 80    | Krupiński   | Marek     | 1995-02-15 | DĄBROWSKI TEAM                      | 12:24,80 |
|         | 24    | Kulik       | Jarek     | 1975-05-21 | Bestie OCR Legionowo                | DNS      |
|         | 261   | Zawada      | Pawel     | 1990-09-02 | Bartek Trenuje Team                 | DNS      |
|         | 376   | Kielak      | Leszek    | 1987-03-18 | Entre Running                       | DNS      |
|         |       |             |           |            |                                     |          |

**3000 m III seria 18:00**

| miejsce | numer | Nazwisko    | Imię      | urodz.     | Klub               | wynik    |
|---------|-------|-------------|-----------|------------|--------------------|----------|
| 1       | 5     | Wasiewicz   | Krzysztof | 1992-03-01 | Kondycja Piaseczno | 08:37,43 |
| 2       | 23    | Babik       | Filip     | 1996-11-02 | ENTRE.PL TEAM      | 08:39,23 |
| 3       | 497   | Karwowski   | Wojciech  | 1993-02-15 | Team Kopeć         | 08:56,92 |
| 4       | 391   | Patecki     | Marcin    | 1989-11-22 | fizykbiega.pl      | 09:02,41 |
| 5       | 8     | Szczepański | Piotr     | 2000-06-15 | KONDYCJA           | 09:27,94 |
| 6       | 495   | KOBIAŁKA    | Konrad    | 1978-01-08 | Pgb/Lemiesz Team   | 09:36,92 |
| 7       | 346   | Jaszczerski | Paweł     | 1993-04-02 | Invictus 3City     | 09:50,53 |
| 8       | 386   | Krygier     | Krzysztof | 1991-06-21 | Spieszypowoli.pl   | 09:51,44 |

|    |     |            |           |            |                            |          |
|----|-----|------------|-----------|------------|----------------------------|----------|
| 9  | 313 | Basiak     | Piotr     | 1994-05-26 | Ks Start Pułaski Warka     | 10:01,61 |
| 10 | 442 | Jabłoński  | Dariusz   | 1981-04-12 | Giża Team                  | 10:06,37 |
| 11 | 505 | Mazek      | Emilia    | 1993-01-22 | SBRT Warszawa              | 10:12,35 |
| 12 | 10  | Witkowski  | Paweł     | 1979-07-16 | Wieliszew Heron Team       | 10:14,49 |
| 13 | 432 | Małolepszy | Rafał     | 1993-09-06 | Izba Adwokacka w Warszawie | 10:18,22 |
| 14 | 379 | Zych       | Łukasz    | 1989-05-30 | PAWKO RUNNER TEAM          | 10:29,53 |
| 15 | 441 | Bryl       | Marcin    | 1979-10-17 | Duklanowski Team           | 10:30,95 |
| 16 | 7   | Śliwa      | Krzysztof | 1985-10-05 | Naprzód Młociny            | 10:35,44 |
| 17 | 490 | Gosk       | Dominik   | 1992-11-09 | DD Running Team            | 10:42,70 |
| 18 | 416 | Trzcńska   | Joanna    | 1999       |                            | 10:43,01 |
| 19 | 33  | Kubajek    | Mateusz   | 2002-04-24 | OKS Start Otwock           | 10:57,32 |
| 20 | 340 | Talaga     | Konrad    | 2002       | DD Running Team            | 11:12,64 |
|    | 356 | Gąsiewski  | Paweł     | 1977-09-16 |                            | DNS      |
|    | 378 | Łuczyński  | Tomasz    | 1973-03-20 |                            | DNS      |
|    | 22  | Sawicki    | Dariusz   | 1976-12-06 |                            | DNS      |
|    |     |            |           |            |                            |          |

### 3000 m Wyniki Konkurencji

| miejsce | numer | Nazwisko    | Imię      | urodz.     | Klub                       | wynik    |
|---------|-------|-------------|-----------|------------|----------------------------|----------|
| 1       | 5     | Wasiewicz   | Krzysztof | 1992-03-01 | Kondycja Piaseczno         | 08:37,43 |
| 2       | 23    | Babik       | Filip     | 1996-11-02 | ENTRE.PL TEAM              | 08:39,23 |
| 3       | 497   | Karwowski   | Wojciech  | 1993-02-15 | Team Kopeć                 | 08:56,92 |
| 4       | 391   | Patecki     | Marcin    | 1989-11-22 | fizykbioga.pl              | 09:02,41 |
| 5       | 8     | Szczepański | Piotr     | 2000-06-15 | KONDYCJA                   | 09:27,94 |
| 6       | 495   | KOBIĄŁKA    | Konrad    | 1978-01-08 | Pgb/Lemiesz Team           | 09:36,92 |
| 7       | 346   | Jaszczerski | Paweł     | 1993-04-02 | Invictus 3City             | 09:50,53 |
| 8       | 386   | Krygier     | Krzysztof | 1991-06-21 | Spieszepowoli.pl           | 09:51,44 |
| 9       | 313   | Basiak      | Piotr     | 1994-05-26 | Ks Start Pułaski Warka     | 10:01,61 |
| 10      | 442   | Jabłoński   | Dariusz   | 1981-04-12 | Giża Team                  | 10:06,37 |
| 11      | 439   | Nowak       | Michał    | 1986-05-21 |                            | 10:10,45 |
| 12      | 505   | Mazek       | Emilia    | 1993-01-22 | SBRT Warszawa              | 10:12,35 |
| 13      | 10    | Witkowski   | Paweł     | 1979-07-16 | Wieliszew Heron Team       | 10:14,49 |
| 14      | 432   | Małolepszy  | Rafał     | 1993-09-06 | Izba Adwokacka w Warszawie | 10:18,22 |
| 15      | 379   | Zych        | Łukasz    | 1989-05-30 | PAWKO RUNNER TEAM          | 10:29,53 |
| 16      | 441   | Bryl        | Marcin    | 1979-10-17 | Duklanowski Team           | 10:30,95 |
| 17      | 311   | Mielniczuk  | Miroslaw  | 1975-10-04 | brak                       | 10:34,63 |
| 18      | 7     | Śliwa       | Krzysztof | 1985-10-05 | Naprzód Młociny            | 10:35,44 |

|    |     |                |            |            |                                      |          |
|----|-----|----------------|------------|------------|--------------------------------------|----------|
| 19 | 490 | Gosk           | Dominik    | 1992-11-09 | DD Running Team                      | 10:42,70 |
| 20 | 416 | Trzcińska      | Joanna     | 1999       |                                      | 10:43,01 |
| 21 | 266 | Pancer         | Michał     | 1995-08-25 | Żórawski Team                        | 10:49,74 |
| 22 | 40  | Malovatskyi    | Andrii     | 1988-11-25 | Warsaw Run Club                      | 10:50,52 |
| 23 | 499 | Walasek        | Przemysław | 1976-04-04 | Bartek Trenuje Team                  | 10:55,57 |
| 24 | 33  | Kubajek        | Mateusz    | 2002-04-24 | OKS Start Otwock                     | 10:57,32 |
| 25 | 355 | Szczepanik     | Melchior   | 1977-03-29 |                                      | 11:00,64 |
| 26 | 371 | Król           | Arkadiusz  | 1977-05-01 | GIŻA TEAM                            | 11:03,52 |
| 27 | 366 | Matuszewski    | Łukasz     | 1986-09-01 | SBRT Warszawa                        | 11:06,38 |
| 28 | 440 | Ogorzelski     | Maciej     | 1977-03-08 |                                      | 11:08,17 |
| 29 | 510 | Zielińska      | Weronika   | 1986-03-21 | 12tri.pl / ASICS FrontRunner Poland  | 11:11,73 |
| 30 | 340 | Talaga         | Konrad     | 2002       | DD Running Team                      | 11:12,64 |
| 31 | 268 | Michalski      | Marcin     | 1983-12-23 |                                      | 11:14,80 |
| 32 | 665 | Urbaniak       | Aleksander |            |                                      | 11:23,42 |
| 33 | 431 | Rek            | Iwona      | 1988-04-10 |                                      | 11:34,21 |
| 34 | 294 | Komorowska     | Agnieszka  | 2003-08-01 | ParaSportowi                         | 11:35,54 |
| 35 | 349 | Wojtkowiak     | Marta      | 1985       |                                      | 11:44,11 |
| 36 | 375 | Taranov        | Mykhailo   | 2003-05-07 | IAS                                  | 11:52,97 |
| 37 | 312 | Senatorski     | Piotr      | 1961-12-17 |                                      | 11:57,92 |
| 38 | 264 | OSIAL          | MARIUSZ    | 1980-08-12 | Klub Biegacza im. Piotra Sękowskiego | 12:10,01 |
| 39 | 377 | Król           | Paweł      | 1985-04-17 | DENTALKING.EU                        | 12:14,90 |
| 40 | 356 | Gąsiewski      | Paweł      | 1997       | Kojoty Team                          | 12:22,09 |
| 41 | 80  | Krupiński      | Marek      | 1995-02-15 | DĄBROWSKI TEAM                       | 12:24,80 |
| 42 | 344 | KRYSZKIEWICZ   | Adam       | 1983-07-07 |                                      | 12:40,33 |
| 43 | 26  | Bachanek       | Adam       | 1977-06-22 |                                      | 12:41,13 |
| 44 | 265 | Owczarek       | Marcin     | 1978-09-20 | Vege Runners                         | 12:42,10 |
| 45 | 504 | JASZCZERSKA    | Grażyna    | 1965-03-21 | Akademia Biegania Grudziądz          | 12:47,78 |
| 46 | 448 | Gmitrzuk       | Paweł      | 1974-01-15 | Bestie OCR Legionowo                 | 12:50,65 |
| 47 | 415 | Majkowski      | Łukasz     | 1982-04-08 | Klub Biegacza im. Piotra Sękowskiego | 12:51,92 |
| 48 | 496 | Wolanin        | Tomasz     | 1974-12-23 |                                      | 12:52,31 |
| 49 | 310 | Kratiuk        | Anna       | 1982-06-16 |                                      | 12:58,37 |
| 50 | 498 | Kruhlyak       | Tychon     | 2004-08-04 | IAS                                  | 13:38,37 |
| 51 | 354 | Kruglyak       | Misha      | 2003-02-12 | IAS                                  | 14:27,36 |
| 52 | 275 | Krawczykiewicz | Magda      | 1978-02-10 | Żórawski Team                        | 15:23,12 |
| 53 | 454 | Kielak         | Natalia    | 1988-06-29 | Team Zabieganedni                    | 15:58,57 |
| 54 | 25  | BUKOWSKI       | JANUSZ     | 1956-06-02 | STOWARZYSZENIE DAĆ SIEBIE INNYM      | 15:59,43 |

|  |     |             |           |            |                      |     |
|--|-----|-------------|-----------|------------|----------------------|-----|
|  | 267 | Żuraniewska | Agnieszka | 1977-06-02 | Nudne Piątki         | DNS |
|  | 24  | Kulik       | Jarek     | 1975-05-21 | Bestie OCR Legionowo | DNS |
|  | 261 | Zawada      | Pawel     | 1990-09-02 | Bartek Trenuje Team  | DNS |
|  | 376 | Kielak      | Leszek    | 1987-03-18 | Entre Running        | DNS |
|  | 356 | Gąsiewski   | Paweł     | 1977-09-16 |                      | DNS |
|  | 378 | Łuczyński   | Tomasz    | 1973-03-20 |                      | DNS |
|  | 22  | Sawicki     | Dariusz   | 1976-12-06 |                      | DNS |

| 5000 m I seria 18:15 |       |            |           |            |                              |          |
|----------------------|-------|------------|-----------|------------|------------------------------|----------|
| miejsce              | numer | Nazwisko   | Imię      | urodz.     | Klub                         | wynik    |
| 1                    | 449   | Gromek     | Radoslaw  | 1983-11-03 |                              | 15:30,99 |
| 2                    | 657   | Duszyński  | Sebastian | 1989-10-17 |                              | 15:32,97 |
| 3                    | 668   | Krochmal   | Paweł     | 1993-03-31 | PAWKO RUNNER TEAM            | 15:38,43 |
| 4                    | 426   | Więckowski | Łukasz    | 1995-07-30 |                              | 15:47,91 |
| 5                    | 2     | Mielewczyk | Piotr     | 1990-08-08 | Piekielni Warszawa           | 16:02,94 |
| 6                    | 21    | Machowski  | Paweł     | 1992-05-24 | PIEKIELNI WARSZAWA           | 16:11,84 |
| 7                    | 793   | Filipowicz | Tomasz    | 1986-06-13 |                              | 16:16,33 |
| 8                    | 672   | Celiński   | Robert    |            |                              | 16:24,21 |
| 9                    | 790   | DUTKIEWICZ | MACIEJ    | 1987-10-27 | TEAM Dutkiewicz              | 16:46,52 |
| 10                   | 759   | Gajewski   | Marek     | 1987-04-20 | adidas Runners Warsaw        | 17:21,34 |
| 11                   | 314   | Stankowski | Rafał     | 1981-05-18 | Szuramsobie                  | 17:26,77 |
| 12                   | 717   | Baran      | Jan       | 1986-04-29 |                              | 17:34,62 |
| 13                   | 679   | GAŚSIOR    | PATRYK    | 1994-05-25 |                              | 17,44:22 |
|                      | 778   | Lipiec     | Tomasz    | 1971-05-10 | Lipiec Running Team          | DNS      |
|                      | 669   | Mierzlikin | Natalia   | 1989-03-19 |                              | DNS      |
|                      | 670   | OGŁOBLIN   | ADAM      | 1992-02-27 | TRI AMO                      | DNS      |
|                      | 380   | Piotrowski | Mariusz   | 1982-06-19 | Mkb Dreptak/Team Draczyński  | DNS      |
|                      | 753   | Abramowski | Mateusz   | 1996-07-11 | MKB DREPTAK Mińsk Mazowiecki | DNS      |

| 5000 m II seria 18:35 |       |               |          |            |                                |          |
|-----------------------|-------|---------------|----------|------------|--------------------------------|----------|
| miejsce               | numer | Nazwisko      | Imię     | urodz.     | Klub                           | wynik    |
| 1                     | 17    | Gózdź         | Michał   | 1981-08-23 |                                | 17:43,12 |
| 2                     | 437   | Talmon        | Adam     |            |                                | 17:54,65 |
| 3                     | 273   | Mirecki       | Michał   | 1978-05-04 |                                | 18:01,14 |
| 4                     | 18    | Dzięgielewski | Zbigniew | 1972-04-09 | treningibiegowe.pl             | 18:11,43 |
| 5                     | 667   | Foryś         | Adrian   | 18.03.1992 | RaceFighter GOSiR Dębe Wielkie | 18:17,85 |

|    |     |                   |            |            |                     |          |
|----|-----|-------------------|------------|------------|---------------------|----------|
| 6  | 351 | Maciopa           | Michał     | 1976-02-13 | Swimrunners Poland  | 18:21,93 |
| 7  | 485 | Kur               | Adrian     | 1990-10-31 | Duklanowski Team    | 18:46,73 |
| 8  | 13  | Korol             | Krzysztof  | 1976-06-25 |                     | 18:52,24 |
| 9  | 38  | Draszanowski      | Jakub      | 1989-12-29 | Duklanowski Team    | 18:54,05 |
| 10 | 16  | Grzegorek         | Paweł      | 1976-12-16 | Ultra               | 19:01,20 |
| 11 | 15  | Klepacz           | Marcin     | 1976-10-05 | Lipiec Running Team | 19:21,50 |
| 12 | 14  | Koguciuk          | Grzegorz   | 1989-07-10 |                     | 19:22,90 |
| 13 | 270 | Suchy             | Robert     |            |                     | 19:32,20 |
| 14 | 444 | Miziński          | Paweł      |            |                     | 19:36,91 |
| 15 | 414 | Łuczków           | Szymon     | 1980-04-04 | Warsaw Run Club     | 19:37,17 |
| 16 | 36  | Czapiewski        | Krzysztof  | 1985-08-07 |                     | 19:38,40 |
| 17 | 428 | Owczarek          | Dagmara    | 1979-07-20 | Vege Runners        | 19:39,92 |
| 18 | 326 | Bzura             | Jacek      | 1975-02-07 |                     | 19:47,50 |
| 19 | 350 | Maryszczak        | Maciej     | 1979-08-04 | SBRT Warszawa       | 20:12,97 |
| 20 | 435 | Winkowska-Struzik | Magdalena  | 1983-04-07 | Duklanowski Team    | 20:30,43 |
| 21 | 353 | Czyżewski         | Przemysław |            |                     | 20:49,36 |
| 22 | 317 | Kowalczyk         | Arek       |            |                     | 21,01,05 |
| 23 | 665 | Czudowski         | Tomasz     | 1977-06-08 | Duklanowski Team    | 21:35,98 |
| 24 | 411 | Rabiej            | Wojciech   | 1974-09-05 | Duklanowski Team    | 22:02,75 |
|    | 34  | Bubeła            | Magda      | 1979-06-06 | Duklanowski Team    | DNF      |
|    | 271 | Niciński          | Konrad     | 1980-01-11 | Lipiec Running Team | DNS      |
|    | 425 | Zagorski          | Wojtek     | 1979-01-23 | Lipiec running team | DNS      |

**5000 m III seria 18:58**

| miejsce | numer | Nazwisko    | Imię     | urodz.     | Klub             | wynik    |
|---------|-------|-------------|----------|------------|------------------|----------|
| 1       | 443   | Lawenda     | Rafał    | 1985-06-04 |                  | 17:37,42 |
| 2       | 315   | Marciniszyn | Grzegorz | 1986-07-27 | Duklanowski Team | 17:52,24 |
| 3       | 19    | Król        | Piotr    | 1985-04-17 | DENTALKING.EU    | 17:54,50 |
| 4       | 392   | Zaremba     | Andrzej  | 1970-02-15 |                  | 17:56,92 |
| 5       | 316   | Primik      | Marek    | 1974-06-02 | Vege Runners     | 17:59,07 |
| 6       | 666   | Pawlak      | Kuba     | 1983-11-03 | Bieganie.pl      | 18:13,94 |
| 7       | 358   | Szyszkowski | Marcin   | 1977-01-13 |                  | 18:28,20 |
| 8       | 464   | Prus        | Tomasz   | 1979-05-16 | DD Running Team  | 18:46,27 |
| 9       | 37    |             |          |            |                  | 18:52,76 |
| 10      | 671   | Gartkiewicz | Adam     | 1970-05-27 | Duklanowski Team | 18:52,90 |
| 11      | 270   | Suchy       | Robert   | 1970       | Duklanowski Team | 18:53,00 |

|    |     |              |           |            |                          |          |
|----|-----|--------------|-----------|------------|--------------------------|----------|
| 12 | 357 | Pikus        | Przemek   | 1978-05-25 | Lipiec Running           | 18:59,56 |
| 13 | 493 | Tymicki      | Krzysztof | 1976-06-05 |                          | 19:08,40 |
| 14 | 494 | Smoliński    | smolki74  | 1974-05-05 | Gumisie                  | 19:12,43 |
| 15 | 20  | Komorek      | Tomasz    | 1992-07-10 | DD Running Team          | 19:44,91 |
| 16 | 450 | Łukianow     | Artur     | 1989-02-02 | Covid-19 Team            | 19:56,46 |
| 17 | 675 | Kołodziejski | Michał    | 1974-01-26 | Lipiec Running Team      | 20:06,30 |
| 18 | 434 | Matysiak     | Paweł     |            | SBRT Warszawa            | 20:16,90 |
|    | 663 | Kanigowski   | Michał    | 1990-02-09 |                          | DNS      |
|    | 462 | Rozkrut      | Marek     | 1977-02-08 | KS Lemiesz Team Warszawa | DNS      |
|    | 330 | Sudzińska    | Mariola   | 1976-07-12 |                          | DNS      |
|    |     |              |           |            |                          |          |

**5000 m IV seria 19:20 (biuro zawodów 18:50)**

| miejsce | numer | Nazwisko    | Imię       | urodz.     | Klub  | wynik    |
|---------|-------|-------------|------------|------------|---|----------|
| 1       | 484   | Palaszek    | Antoni     |            |   | 18:29,28 |
| 2       | 492   | Gajowniczek | Jarek      | 1079-09-14 | Bestie OCR Legionowo  | 19:42,22 |
| 3       | 32    | Nowak       | Łukasz     | 1981-04-30 | Pawko Runner Team <a href="http://pawkorunner.pl/">http://pawkorunner.pl/</a> | 20:55,95 |
| 4       | 319   | Góźdź       | Wanda      | 1983-02-06 | Piekarnia Wanda   | 21:19,23 |
| 5       | 427   | Żurawski    | Robert     | 1978-03-04 |   | 21:23,18 |
| 6       | 9     | Kashivskyy  | Oleh       | 1970-03-21 | Duklanowski Team  | 21:26,19 |
| 7       | 271   | Niciński    | Konrad     | 1980-01-11 | Lipiec Running Team   | 21:40,24 |
| 8       | 35    | Sławiński   | Arek       | 1990-12-26 | Pawko Runner Team   | 21:54,15 |
| 9       | 15    | Klepacz     | Marcin     | 05.10.1976 |   | 21:55,70 |
| 10      | 385   | Świątek     | Piotr      | 1996-07-16 |   | 22:03,38 |
| 11      | 425   | Zagórski    | Wojtek     | 23.01.1979 |   | 22:04,69 |
| 12      | 383   | Półtorak    | Kasia      | 1977-02-15 | Duklanowski Team  | 22:20,46 |
| 13      | 438   | Banaszek    | Grzegorz   | 1981-01-29 |   | 22:23,93 |
| 14      | 12    | Kashivska   | Oksana     | 1969-08-04 |   | 22:34,70 |
| 15      | 39    | Łukaszuk    | Paweł      | 1979-08-23 | Piwna Sprawa  | 23:05,94 |
| 16      | 272   | Biedak      | Błażej     | 1985-08-31 | Piwna Sprawa  | 23:08,52 |
|         | 352   | Biedak      | Agata      | 1985-03-07 | Pawko Runner Team   | DNS      |
|         | 353   | Czyżewski   | Przemysław | 1980-02-03 | Lipiec Running Team   | DNS      |
|         | 318   | Gajowniczek | Anna       | 1984-03-03 |   | DNS      |
|         | 31    | Makowska    | Maja       | 1991-11-13 | Team eAzymut  | DNS      |
|         | 436   | Panek       | Damian     | 1992-06-16 | Raffles Europejski Warsaw/MUKS Podkarpacie                                    | DNS      |
|         | 320   | Podbielski  | Radosław   | 1982-11-05 | LOT Charters  | DNS      |
|         | 384   | Rzewuski    | Jakub      | 1996-04-19 | LOT CHARTERS  | DNS      |

|  |     |           |         |            |        |     |
|--|-----|-----------|---------|------------|--------|-----|
|  | 449 | Sołtysiak | Ewelina | 1991-11-05 | Triamo | DNS |
|  | 387 | WÓJCIK    | ROBERT  | 1975-11-10 |        | DNS |

### 5000 m Wyniki Konkurencji

| miejsce | numer | Nazwisko      | Imię      | urodz.     | Klub                           | wynik    |
|---------|-------|---------------|-----------|------------|--------------------------------|----------|
| 1       | 449   | Gromek        | Radosław  | 1983-11-03 |                                | 15:30,99 |
| 2       | 657   | Duszyński     | Sebastian | 1989-10-17 |                                | 15:32,97 |
| 3       | 668   | Krochmal      | Paweł     | 1993-03-31 | PAWKO RUNNER TEAM              | 15:38,43 |
| 4       | 426   | Więckowski    | Łukasz    | 1995-07-30 |                                | 15:47,91 |
| 5       | 2     | Mielewczyk    | Piotr     | 1990-08-08 | Piekielni Warszawa             | 16:02,94 |
| 6       | 21    | Machowski     | Paweł     | 1992-05-24 | PIEKIELNI WARSZAWA             | 16:11,84 |
| 7       | 793   | Filipowicz    | Tomasz    | 1986-06-13 |                                | 16:16,33 |
| 8       | 672   | Celiński      | Robert    |            |                                | 16:24,21 |
| 9       | 790   | DUTKIEWICZ    | MACIEJ    | 1987-10-27 | TEAM Dutkiewicz                | 16:46,52 |
| 10      | 759   | Gajewski      | Marek     | 1987-04-20 | adidas Runners Warsaw          | 17:21,34 |
| 11      | 314   | Stankowski    | Rafał     | 1981-05-18 | Szuramsobie                    | 17:26,77 |
| 12      | 717   | Baran         | Jan       | 1986-04-29 |                                | 17:34,62 |
| 13      | 443   | Lawenda       | Rafał     | 1985-06-04 |                                | 17:37,42 |
| 14      | 17    | Gózdź         | Michał    | 1981-08-23 |                                | 17:43,12 |
| 15      | 679   | GAŚSIOR       | PATRYK    | 1994-05-25 |                                | 17:44,22 |
| 16      | 315   | Marciniszyn   | Grzegorz  | 1986-07-27 | Duklanowski Team               | 17:52,24 |
| 17      | 19    | Król          | Piotr     | 1985-04-17 | DENTALKING.EU                  | 17:54,50 |
| 18      | 437   | Talmon        | Adam      |            |                                | 17:54,65 |
| 19      | 392   | Zaremba       | Andrzej   | 1970-02-15 |                                | 17:56,92 |
| 20      | 316   | Primik        | Marek     | 1974-06-02 | Vege Runners                   | 17:59,07 |
| 21      | 273   | Mirecki       | Michał    | 1978-05-04 |                                | 18:01,14 |
| 22      | 18    | Dzięgielewski | Zbigniew  | 1972-04-09 | treningibiegowe.pl             | 18:11,43 |
| 23      | 666   | Pawlak        | Kuba      | 1983-11-03 | Bieganie.pl                    | 18:13,94 |
| 24      | 667   | Foryś         | Adrian    | 18.03.1992 | RaceFighter GOSiR Dębe Wielkie | 18:17,85 |
| 25      | 351   | Maciopa       | Michał    | 1976-02-13 | Swimrunners Poland             | 18:21,93 |
| 26      | 358   | Szyszkowski   | Marcin    | 1977-01-13 |                                | 18:28,20 |
| 27      | 484   | Palaszek      | Antoni    |            |                                | 18:29,28 |
| 28      | 464   | Prus          | Tomasz    | 1979-05-16 | DD Running Team                | 18:46,27 |
| 29      | 485   | Kur           | Adrian    | 1990-10-31 | Duklanowski Team               | 18:46,73 |
| 30      | 13    | Korol         | Krzysztof | 1976-06-25 |                                | 18:52,24 |
| 31      | 37    |               |           |            |                                | 18:52,76 |
| 32      | 671   | Gartkiewicz   | Adam      | 1970-05-27 | Duklanowski Team               | 18:52,90 |



|    |     |                   |            |            |   |          |
|----|-----|-------------------|------------|------------|---|----------|
| 33 | 270 | Suchy             | Robert     | 1970       | Duklanowski Team  | 18:53,00 |
| 34 | 38  | Draszanowski      | Jakub      | 1989-12-29 | Duklanowski Team  | 18:54,05 |
| 35 | 357 | Pikus             | Przemek    | 1978-05-25 | Lipiec Running  | 18:59,56 |
| 36 | 16  | Grzegorek         | Paweł      | 1976-12-16 | Ultra   | 19:01,20 |
| 37 | 493 | Tymicki           | Krzysztof  | 1976-06-05 |   | 19:08,40 |
| 38 | 494 | Smoliński         |            | 1974-05-05 | Gumisie   | 19:12,43 |
| 39 | 15  | Klepacz           | Marcin     | 1976-10-05 | Lipiec Running Team   | 19:21,50 |
| 40 | 14  | Koguciuk          | Grzegorz   | 1989-07-10 |   | 19:22,90 |
| 41 | 270 | Suchy             | Robert     |            |   | 19:32,20 |
| 42 | 444 | Miziński          | Paweł      |            |   | 19:36,91 |
| 43 | 414 | Łuczaków          | Szymon     | 1980-04-04 | Warsaw Run Club   | 19:37,17 |
| 44 | 36  | Czapiewski        | Krzysztof  | 1985-08-07 |   | 19:38,40 |
| 45 | 428 | Owczarek          | Dagmara    | 1979-07-20 | Vege Runners  | 19:39,92 |
| 46 | 492 | Gajowniczek       | Jarek      | 1079-09-14 | Bestie OCR Legionowo  | 19:42,22 |
| 47 | 20  | Komorek           | Tomasz     | 1992-07-10 | DD Running Team   | 19:44,91 |
| 48 | 326 | Bzura             | Jacek      | 1975-02-07 |   | 19:47,50 |
| 49 | 450 | Łukianow          | Artur      | 1989-02-02 | Covid-19 Team   | 19:56,46 |
| 50 | 675 | Kołodziejski      | Michał     | 1974-01-26 | Lipiec Running Team   | 20:06,30 |
| 51 | 350 | Maryszczak        | Maciej     | 1979-08-04 | SBRT Warszawa   | 20:12,97 |
| 52 | 434 | Matysiak          | Paweł      |            | SBRT Warszawa   | 20:16,90 |
| 53 | 435 | Winkowska-Struzik | Magdalena  | 1983-04-07 | Duklanowski Team  | 20:30,43 |
| 54 | 353 | Czyżewski         | Przemysław |            |   | 20:49,36 |
| 55 | 32  | Nowak             | Łukasz     | 1981-04-30 | Pawko Runner Team <a href="http://pawkorunner.pl/">http://pawkorunner.pl/</a> | 20:55,95 |
| 56 | 319 | Gózdź             | Wanda      | 1983-02-06 | Piekarnia Wanda   | 21:19,23 |
| 57 | 427 | Żurawski          | Robert     | 1978-03-04 |   | 21:23,18 |
| 58 | 9   | Kashivskyy        | Oleh       | 1970-03-21 | Duklanowski Team  | 21:26,19 |
| 59 | 665 | Czudowski         | Tomasz     | 1977-06-08 | Duklanowski Team  | 21:35,98 |
| 60 | 271 | Niciński          | Konrad     | 1980-01-11 | Lipiec Running Team   | 21:40,24 |
| 61 | 35  | Sławiński         | Arek       | 1990-12-26 | Pawko Runner Team   | 21:54,15 |
| 62 | 15  | Klepacz           | Marcin     | 05.10.1976 |   | 21:55,70 |
| 63 | 411 | Rabiej            | Wojciech   | 1974-09-05 | Duklanowski Team  | 22:02,75 |
| 64 | 385 | Świątek           | Piotr      | 1996-07-16 |   | 22:03,38 |
| 65 | 425 | Zagórski          | Wojtek     | 23.01.1979 |   | 22:04,69 |
| 66 | 383 | Półtorak          | Kasia      | 1977-02-15 | Duklanowski Team  | 22:20,46 |
| 67 | 438 | Banaszek          | Grzegorz   | 1981-01-29 |   | 22:23,93 |
| 68 | 12  | Kashivska         | Oksana     | 1969-08-04 |   | 22:34,70 |

|    |     |             |            |            |  |          |
|----|-----|-------------|------------|------------|--|----------|
| 69 | 39  | Łukaszuk    | Paweł      | 1979-08-23 | Piwna Sprawa                               | 23:05,94 |
| 70 | 272 | Biedak      | Błażej     | 1985-08-31 | Piwna Sprawa                               | 23:08,52 |
| 71 | 317 | Kowalczyk   | Arek       |            |  | 21,01,05 |
|    | 34  | Bubeła      | Magda      | 1979-06-06 | Duklanowski Team                           | DNF      |
|    | 778 | Lipiec      | Tomasz     | 1971-05-10 | Lipiec Running Team                        | DNS      |
|    | 669 | Mierzlikin  | Natalia    | 1989-03-19 |  | DNS      |
|    | 670 | OGŁOBLIN    | ADAM       | 1992-02-27 | TRI AMO                                    | DNS      |
|    | 380 | Piotrowski  | Mariusz    | 1982-06-19 | Mkb Dreptak/Team Draczyński                | DNS      |
|    | 753 | Abramowski  | Mateusz    | 1996-07-11 | MKB DREPTAK Mińsk Mazowiecki               | DNS      |
|    | 271 | Niciński    | Konrad     | 1980-01-11 | Lipiec Running Team                        | DNS      |
|    | 425 | Zagorski    | Wojtek     | 1979-01-23 | Lipiec running team                        | DNS      |
|    | 663 | Kanigowski  | Michał     | 1990-02-09 |  | DNS      |
|    | 462 | Rozkrut     | Marek      | 1977-02-08 | KS Lemiesz Team Warszawa                   | DNS      |
|    | 330 | Sudzińska   | Mariola    | 1976-07-12 |  | DNS      |
|    | 352 | Biedak      | Agata      | 1985-03-07 | Pawko Runner Team                          | DNS      |
|    | 353 | Czyżewski   | Przemysław | 1980-02-03 | Lipiec Running Team                        | DNS      |
|    | 318 | Gajowniczek | Anna       | 1984-03-03 |  | DNS      |
|    | 31  | Makowska    | Maja       | 1991-11-13 | Team eAzymut                               | DNS      |
|    | 436 | Panek       | Damian     | 1992-06-16 | Raffles Europejski Warsaw/MUKS Podkarpacie | DNS      |
|    | 320 | Podbielski  | Radosław   | 1982-11-05 | LOT Charters                               | DNS      |
|    | 384 | Rzewuski    | Jakub      | 1996-04-19 | LOT CHARTERS                               | DNS      |
|    | 449 | Sołtysiak   | Ewelina    | 1991-11-05 | Triamo                                     | DNS      |
|    | 387 | WÓJCIK      | ROBERT     | 1975-11-10 |  | DNS      |

