

1000m · Mieszane · Wiele · Seria · Grupa 1 z 5

24/05/2022, 19:35

| Lp. | Zawodnik | Kategoria | Klub | Numer | PB | SB |
|-----|--------------------------------|-----------|-------------------|-------|----|----|
| 1 | ♂ Tomasz Czudowski (1977) | M40 | | | | |
| 2 | ♀ Katarzyna Półtorak (1977) | K45 | Ducla Academy | | | |
| 3 | ♀ Magdalena Kraszpulska (1987) | K35 | Żórawski Team | | | |
| 4 | ♂ Marcin Bryl (1979) | M40 | | | | |
| 5 | ♂ Wojciech Rabiej (1974) | M45 | Ducla Academy | | | |
| 6 | ♀ Agnieszka Talacha (1988) | Seniorki | | | | |
| 7 | ♂ Robert Józwik (1976) | M45 | | | | |
| 8 | ♂ Kosma Nowak (2003) | Seniorzy | Czempion Warszawa | | | |
| 9 | ♂ Dariusz Ogiński (1978) | M40 | | | | |
| 10 | ♀ Dominika Rogala (1991) | Seniorki | | | | |
| 11 | ♂ Jacek Noworyta (1942) | M75 | | | | |
| 12 | ♀ Barbara Tukendorf (1952) | K65 | | 5 | | |

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24/05/2022, 19:44

| Lp. | Zawodnik | Kategoria | Klub | Numer | PB | SB |
|-----|-------------------------------------|-----------|------------------|-------|---------|---------|
| 1 | ♀ Agnieszka Żuraniewska (1977) | K40 | | | | |
| 2 | ♀ Katarzyna Niewiadomska (1976) | K45 | Duklanowski Team | | 4:25.00 | 4:25.00 |
| 3 | ♀ Zofia Anna Małaczewska (1997) | Seniorki | | | 3:57.00 | 3:57.00 |
| 4 | ♂ Michał Włodarczyk (1993) | Seniorzy | | | 3:55.00 | 3:55.00 |
| 5 | ♂ Maciej Konarski (1974) | M45 | | | 3:52.00 | |
| 6 | ♂ Łukasz Majkowski (1982) | M40 | | | 3:50.00 | 4:15.00 |
| 7 | ♂ Tomasz Brusokas (1983) | M35 | | | 3:49.00 | 3:55.00 |
| 8 | ♀ Ewa Majewska (1977) | K40 | | | 3:45.00 | 3:45.00 |
| 9 | ♀ Agnieszka Natasza Łukowska (1977) | K40 | Ducla Academy | | | |
| 10 | ♀ Anna Baginska (1974) | K45 | Ducla Academy | | 3:40.00 | |
| 11 | ♂ Mariusz Pilniak (1979) | M40 | | | 3:39.00 | 4:00.00 |
| 12 | ♂ Krzysztof Czapiewski (1985) | M35 | | | 3:33.00 | |
| 13 | ♀ Marta Wojtkowiak (1985) | K35 | | | 3:27.00 | |

1000m · Mieszane · Wiele · Seria · Grupa 3 z 5

24/05/2022, 19:52

| Lp. | Zawodnik | Kategoria | Klub | Numer | PB | SB |
|-----|-------------------------------|-----------|------------------|-------|---------|---------|
| 1 | ♂ Łukasz Pisarski (1971) | M50 | | | 3:25.02 | 3:25.03 |
| 2 | ♂ Joachim Burgard (1980) | M40 | | | 3:24.00 | 3:24.00 |
| 3 | ♂ Łukasz Frączyk (1995) | Seniorzy | URWIS BIEGA | | 3:20.00 | 3:10.00 |
| 4 | ♂ Mariusz Cichocki (1991) | Seniorzy | | | 3:20.00 | |
| 5 | ♂ Paweł Śmigieński (1972) | M45 | | | | |
| 6 | ♂ Mateusz Kubajek (2002) | Seniorzy | Start Otwock | | 3:20.00 | 3:20.00 |
| 7 | ♀ Katarzyna Kot (1985) | K35 | Rembertów Team | | 3:19.00 | |
| 8 | ♂ Piotr Senatorski (1961) | M60 | | | 3:18.00 | |
| 9 | ♀ Agnieszka Łoń (1981) | K40 | | | 3:16.00 | 3:16.00 |
| 10 | ♂ Marcin Szymajda (1993) | Seniorzy | | | | 3:15.00 |
| 11 | ♀ Adriana Kalbarczyk (1991) | Seniorki | Ducla Academy | | 3:14.00 | 3:14.00 |
| 12 | ♂ Arkadiusz Konofał (1995) | Seniorzy | Otwock Biega | | 3:11.00 | |
| 13 | ♂ Piotr Kubera (1976) | M45 | Duklanowski Team | | | |
| 14 | ♂ Paweł Orgański (1981) | M40 | | | 3:10.00 | |
| 15 | ♂ Marcin Plejznerowski (1982) | M35 | | | 3:06.00 | 3:06.00 |
| 16 | ♂ Grzegorz Marcinişzyn (1986) | M35 | Ducla Academy | | 3:04.51 | 3:04.51 |
| 17 | ♂ Jacek Długosz (1982) | M40 | LKB Rudnik | | | |

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24/05/2022, 20:00

| Lp. | Zawodnik | Kategoria | Klub | Numer | PB | SB |
|-----|--------------------------------|-----------|-----------------|-------|---------|---------|
| 1 | ♂ Kamil Rowiński (1989) | Seniorzy | | | | |
| 2 | ♂ Maciej Szpil (1983) | M35 | | | | |
| 3 | ♂ Michał Siegieda (1989) | Seniorzy | | | 3:04.00 | |
| 4 | ♂ Michał Nowak (1986) | M35 | | | 3:03.72 | |
| 5 | ♂ Jarek Kulik (1975) | M45 | | | 3:03.00 | |
| 6 | ♂ Artur Czerwoński (1968) | M50 | | | 3:02.00 | 3:02.00 |
| 7 | ♂ Jacek Nowakowski (1966) | M55 | | | 3:01.00 | 3:08.00 |
| 8 | ♀ Weronika Zielińska (1986) | K35 | | 2 | 3:01.00 | |
| 9 | ♂ Przemysław Ponikowski (1988) | Seniorzy | | | 3:00.00 | |
| 10 | ♂ Marcin Korgul (1990) | Seniorzy | | | 2:59.00 | |
| 11 | ♂ Sebastian Stempniak (1985) | M35 | PKO Bank Polski | | 2:58.12 | |
| 12 | ♂ Kuba Mikusek (2003) | Seniorzy | | | 2:58.00 | 2:58.00 |
| 13 | ♂ Jakub Skotnicki (1990) | Seniorzy | Ducla Academy | | 2:55.67 | |
| 14 | ♂ Konrad Łabędzki (1986) | M35 | Ducla Academy | | 2:55.00 | |

Warsaw Track Cup

24/05/2022, Warszawa (Stadion Podskarbińska Warszawa-Praga)

Running Consulting Mariusz Giżyński

| | | | | | |
|----|---------------------------|----------|---------------|---------|---------|
| 15 | ♂ Adrian Kur (1990) | Seniorzy | Ducla Academy | 2:54.58 | 2:54.58 |
| 16 | ♂ Adrian Wieczorek (1998) | Seniorzy | | 2:53.56 | |

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24/05/2022, 20:08

| Lp. | Zawodnik | Kategoria | Klub | Numer | PB | SB |
|-----|-------------------------------------|-----------|----------------------|-------|---------|---------|
| 1 | ♂ Robert Celiński (1973) | M45 | | 7 | | |
| 2 | ♂ Maciej Czeakański (1985) | M35 | | | 2:51.00 | |
| 3 | ♂ Marek Wojciech Maliszewski (1976) | M45 | | | 2:50.00 | 2:54.00 |
| 4 | ♂ Adam Kubicki (1988) | Seniorzy | | 15 | 2:50.00 | |
| 5 | ♂ Paweł Witkowski (1979) | M40 | Wieliszew Heron Team | | 2:49.85 | 2:51.32 |
| 6 | ♂ Szymon Diczek (1995) | Seniorzy | Czempion Warszawa | | 2:48.00 | 2:48.00 |
| 7 | ♂ Daniel Sujak (1992) | Seniorzy | | | 2:47.93 | |
| 8 | ♂ Dariusz Korzeniowski (1977) | M40 | | | 2:46.30 | 2:50.19 |
| 9 | ♂ Paweł Olszański (1996) | Seniorzy | URWIS BIEGA | | 2:45.00 | 2:45.00 |
| 10 | ♂ Konrad Kobiłka (1978) | M40 | | 12 | 2:41.00 | 2:42.00 |
| 11 | ♂ Krzysztof Brągiel (1987) | M35 | | | 2:41.00 | |
| 12 | ♂ Paweł Rozmianiec (1987) | M35 | Unia Hrubieszów | 19 | 2:33.00 | 2:33.00 |
| 13 | ♂ Kamil Młynarz (1990) | Seniorzy | SKB Kraśnik | 19 | 2:30.49 | 2:41.00 |
| 14 | ♂ Krzysztof Wasiewicz (1992) | Seniorzy | Kondycja Piaseczno | 1 | 2:30.03 | |
| 15 | ♂ Mariusz Giżyński (1981) | M40 | GIZA Team | | 2:25.36 | 2:55.00 |

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24/05/2022, 19:15

| Lp. | Zawodnik | Kategoria | Klub | Numer | PB | SB |
|-----|---------------------------------------|-----------|--------------|-------|---------|---------|
| 1 | ♀ Agnieszka Jagiełło Fajkowska (1987) | Seniorki | | | | |
| 2 | ♂ Rafał Godlewski (1979) | M40 | | | 5:34.00 | |
| 3 | ♂ Adam Rybak (1982) | M40 | | | 5:41.00 | 5:52.00 |
| 4 | ♀ Natasza Jaworska (2000) | Seniorki | ParaSportowi | | 7:15.00 | 7:15.00 |
| 5 | ♂ Rafał Kańciała (1997) | Seniorzy | | | | |
| 6 | ♂ Sławomir Stański (1961) | M60 | | | | |
| 7 | ♂ Tomasz Fok (1986) | M35 | | | | |
| 8 | ♂ Marcin Ciesielski (1974) | M45 | | | | |
| 9 | ♂ Kamil Grabowski (2009) | Seniorzy | ParaSportowi | | | |
| 10 | ♀ Agnieszka Lichtańska (1977) | K40 | | | | |
| 11 | ♂ Piotr Żukowski (1984) | M35 | | | | |
| 12 | ♂ Michał Jan Urbański (2002) | Seniorzy | ParaSportowi | | | |
| 13 | ♂ Dariusz Sawicki (1976) | M45 | | | | 5:20.00 |
| 14 | ♂ Adam Bachanek (1977) | M40 | | | | |

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24/05/2022, 19:25

| Lp. | Zawodnik | Kategoria | Klub | Numer | PB | SB |
|-----|------------------------------|-----------|-----------------|-------|---------|---------|
| 1 | ♂ Mateusz Kalbarczyk (1993) | Seniorzy | | | 4:29.00 | |
| 2 | ♂ Paweł Seremak (1982) | M40 | | 21 | 4:30.00 | |
| 3 | ♂ Bartosz Morawski (1982) | M35 | GIZA Team | | | |
| 4 | ♂ Jarosław Sałamacha (1980) | M40 | | 20 | 4:33.00 | 4:45.00 |
| 5 | ♂ Maciek Michałowski (1984) | M35 | ITMBW Kraków | | 4:49.00 | |
| 6 | ♀ Emilia Mazek (1993) | Seniorki | | 17 | 4:50.28 | |
| 7 | ♂ Łukasz Sokołowski (1980) | M40 | | | 4:51.00 | |
| 8 | ♂ Rafał Lawenda (1985) | M35 | | | 4:53.79 | |
| 9 | ♂ Mirosław Mielniczuk (1975) | M45 | | | 5:10.00 | |
| 10 | ♂ Arkadiusz Król (1977) | M45 | Warsaw Run Club | | 5:11.00 | |
| 11 | ♂ Bartosz Różański (1980) | M40 | | | 5:13.30 | |
| 12 | ♂ Tomasz Zaborowski (1975) | M45 | | | 5:15.00 | 5:15.00 |
| 13 | ♂ Piotr Kucharski (1968) | M50 | | | 5:15.00 | |
| 14 | ♂ Melchior Szczepanik (1977) | M45 | | | 5:20.00 | 5:20.00 |

3000m · Mieszane · Wiele · Seria · Grupa 1 z 4

24/05/2022, 18:00

| Lp. | Zawodnik | Kategoria | Klub | Numer | PB | SB |
|-----|--------------------------------------|-----------|----------------------|-------|----|----|
| 1 | ♂ Janusz Bukowski (1956) | M65 | | 4 | | |
| 2 | ♂ Hubert Tadeusz Trochimowicz (1975) | M45 | Longevity Expedition | | | |
| 3 | ♂ Michał Izdebski (1988) | Seniorzy | Forpro running team | | | |
| 4 | ♂ Kuba Draszanowski (1989) | Seniorzy | | | | |
| 5 | ♀ Anna Bliskowska (1977) | K45 | Ducla Academy | | | |
| 6 | ♂ Tomasz Knapieński (1976) | M45 | | | | |
| 7 | ♂ Mateusz Kliś (2005) | Seniorzy | | | | |
| 8 | ♂ Mariusz Piotrowski (1982) | M35 | | | | |
| 9 | ♂ Marcin Mioduszewski (1982) | M40 | | | | |
| 10 | ♂ Krzysztof Skowron (1973) | M45 | | | | |

| | | | | | | |
|----|----------------------------|----------|--|--|--|----------|
| 11 | ♀ Magda Borysławska (1993) | Seniorki | | | | |
| 12 | ♂ Łukasz Roszkowski (1988) | Seniorzy | | | | |
| 13 | ♂ Maciej Banasiuk (1971) | M50 | | | | |
| 14 | ♂ Michał Rogala (1989) | Seniorzy | | | | |
| 15 | ♂ Tomasz Rolewicz (1977) | M45 | | | | |
| 16 | ♂ Kamil Damentka (1998) | Seniorzy | | | | |
| 17 | ♀ Wanda Góźdz (1983) | K35 | | | | |
| 18 | ♀ Karolina Izdebska (1985) | K35 | | | | 14:57.00 |

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24/05/2022, 18:20

| Lp. | Zawodnik | Kategoria | Klub | Numer | PB | SB |
|-----|-------------------------------|-----------|------------------|-------|-------------|-------------|
| 1 | ♂ Piotr Chelmicki (2006) | Seniorzy | | | | |
| 2 | ♂ Jasiek Szczepiek (1985) | M35 | | | | |
| 3 | ♂ Łukasz Więckowski (1995) | Seniorzy | | | | |
| 4 | ♂ Marcin Dulnik (1980) | M40 | | | | |
| 5 | ♂ Fabian Clajot (1993) | Seniorzy | | | | |
| 6 | ♂ Piotr Długosielski (1977) | M45 | Roster Athletics | 9 | | |
| 7 | ♂ Aleksander Urbaniak (1981) | M40 | Warsaw Run Club | | | |
| 8 | ♂ Łukasz Kłaś (1975) | M45 | | | | |
| 9 | ♂ Michał Góźdz (1981) | M40 | | | | |
| 10 | ♂ Kamil Kamiński (1989) | Seniorzy | | | | |
| 11 | ♀ Karolina Orczykowska (1991) | Seniorki | | | 13:00:00.00 | |
| 12 | ♂ Stefan Boroński (1987) | Seniorzy | Żórawski Team | | 10:00:00.00 | 10:00:00.00 |
| 13 | ♂ Michał Witkowski (1975) | M45 | | | 13:00.00 | 13:00.00 |
| 14 | ♀ Katarzyna Zawadzka (1981) | K40 | | | 12:40.10 | 13:18.00 |
| 15 | ♂ Darek Knychas (1973) | M45 | PZU SPORT TEAM | | 10:45.00 | 11:00.00 |

3000m · Mieszane · Wiele · Seria · Grupa 3 z 4

24/05/2022, 18:38

| Lp. | Zawodnik | Kategoria | Klub | Numer | PB | SB |
|-----|------------------------------|-----------|---------------------|-------|----------|----------|
| 1 | ♂ Michał Chelchowski (1998) | Seniorzy | | | | |
| 2 | ♂ Michał Pędzisz (1978) | M40 | | | 12:28.79 | |
| 3 | ♂ Michael Goncharov (1989) | Seniorzy | Lemiesz Team | | 12:03.00 | 12:03.00 |
| 4 | ♀ Ewa Majewska (1977) | K40 | | | 12:00.00 | 12:00.00 |
| 5 | ♂ Marek Czajkowski (1976) | M45 | | | 12:00.00 | |
| 6 | ♀ Magda Winkowska (1983) | K35 | | | 11:59.00 | |
| 7 | ♀ Marta Szewczyk (1993) | Seniorki | | | 11:49.00 | |
| 8 | ♂ Jarosław Dac (1973) | M45 | | | 11:46.00 | 12:40.00 |
| 9 | ♂ Michał Kołodziejcki (1974) | M45 | Lipiec Running Team | | 11:20.00 | |
| 10 | ♂ Tomasz Święcicki (1982) | M40 | | | 11:20.00 | |
| 11 | ♂ Tomasz Grewiński (1969) | M50 | | | 11:11.00 | 11:11.00 |
| 12 | ♂ Piotr Fajkowski (1986) | M35 | | | 11:09.00 | |
| 13 | ♂ Mikołaj Nalazek (1990) | Seniorzy | | | 11:06.00 | |
| 14 | ♂ Paweł Grzegorek (1976) | M45 | Tatra Running | | 10:59.00 | |
| 15 | ♂ Rafał Szczotka (1979) | M40 | | | 10:59.00 | |
| 16 | ♂ Michał Jambor (1979) | M40 | | | 10:57.00 | 11:30.00 |
| 17 | ♂ Jacek Leśniak (1980) | M40 | | | 10:56.00 | |
| 18 | ♂ Marcin Szyszowski (1977) | M45 | | | 10:49.00 | |
| 19 | ♂ Robert Michalski (1982) | M35 | | | 10:48.00 | 11:12.00 |
| 20 | ♂ Jacek Długosz (1982) | M40 | LKB Rudnik | | 10:45.00 | |
| 21 | ♂ Marcin Nowicki (1980) | M40 | | | 10:45.00 | 11:06.00 |

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24/05/2022, 18:56

| Lp. | Zawodnik | Kategoria | Klub | Numer | PB | SB |
|-----|-----------------------------|-----------|-----------------|-------|----------|----------|
| 1 | ♀ Patrycja Hyps (1992) | Seniorki | | 11 | | |
| 2 | ♂ Tomasz Janowski (1986) | M35 | Unia Hrubieszów | | | |
| 3 | ♂ Tomasz Lipiec (1971) | M50 | | 16 | | |
| 4 | ♂ Robert Drewnowski (1973) | M45 | | | 10:43.96 | |
| 5 | ♂ Paweł Kośła (1983) | M35 | | | 10:38.12 | |
| 6 | ♂ Paweł Zawada (1990) | Seniorzy | | | 10:31.00 | |
| 7 | ♂ Krystian Jargiło (1993) | Seniorzy | | | 10:30.00 | 10:30.00 |
| 8 | ♂ Grzegorz Chelmicki (1973) | M45 | | | 10:28.00 | 10:28.00 |
| 9 | ♂ Szymon Abramowicz (1998) | Seniorzy | | | 10:27.00 | 10:57.00 |
| 10 | ♂ Paweł Miziński (1978) | M40 | IMR | | 10:25.03 | |
| 11 | ♂ Marcin Stachowicz (1985) | M35 | | | 10:20.00 | 10:20.00 |
| 12 | ♂ Michał Głodowski (1991) | Seniorzy | | | 9:58.00 | |
| 13 | ♀ Emilia Mazek (1993) | Seniorki | | 17 | 9:52.69 | 9:52.69 |
| 14 | ♂ Wojciech Omielan (1994) | Seniorzy | | | | |
| 15 | ♂ Rafał Stankowski (1981) | M40 | Unia Hrubieszów | | 9:50.00 | |

Warsaw Track Cup

24/05/2022, Warszawa (Stadion Podskarbińska Warszawa-Praga)

Running Consulting Mariusz Giżyński

| | | | | | | |
|----|----------------------------------|----------|---------------|----|---------|---------|
| 16 | ♂ Sebastian Wojciechowski (1983) | M35 | | | 9:38.00 | |
| 17 | ♂ Gary Byrne (1982) | M35 | | | 9:37.00 | 9:37.00 |
| 18 | ♂ Mikołaj Skibiński (1986) | M35 | Ducla Academy | | 9:36.00 | |
| 19 | ♂ Filip Szymonik (1994) | Seniorzy | | | 9:03.00 | |
| 20 | ♂ Dariusz Nożyński (1980) | M40 | | 6 | 9:01.00 | |
| 21 | ♂ Kamil Młynarz (1990) | Seniorzy | SKB Kraśnik | 19 | 8:34.28 | 9:40.00 |

4x400m · Mieszane · Seniorzy · Seria

24/05/2022, 20:20

| Lp. | Sztafeta | Klub | Numer | Tor | PB | SB |
|-----|-----------------------|-----------------|-------|-----|---------|----|
| 1 | ♂ ARW | | | 1 | | |
| 2 | ♂ AW1 | | | 2 | | |
| 3 | ♂ Perfect Runner Team | Unia Hrubieszów | | 3 | 3:52.46 | |
| 4 | ♂ RaPaPaJa | | | 4 | | |
| 5 | ♂ KS Lemiesz Team | | | | | |
| 6 | ♀ Mocno run for fun | | | | | |

4x400m KM · Mieszane · Seniorzy · Seria

24/05/2022, 20:20

| Lp. | Sztafeta | Klub | Numer | Tor | PB | SB |
|-----|--------------------|------------------|-------|-----|----|----|
| 1 | Aktywna Warszawa 3 | Aktywna Warszawa | | | | |
| 2 | AW2 | Aktywna Warszawa | | | | |
| 3 | WITC | | | | | |
| 4 | Aktywna Warszawa 4 | | | | | |
| 5 | Siła Peletonu | | | | | |