

## Ciechanów 2017-05-06

### IX Bieg Pomiedzy Zamkami Opiniogóra Ciechanów 2017

#### Wyniki Open

| Miejsce | Nr  | Nazwisko / Imię     | Miejscowość            | Klub/Drużyna                     | Kategoria                 | Czas sum. | Vśr  | Różnica  |
|---------|-----|---------------------|------------------------|----------------------------------|---------------------------|-----------|------|----------|
| 1       | 163 | PAWŁOWSKI Mariusz   | Kliżetnik              | Kliżetnik Biega                  | M40 -<br>40-49 lat -<br>1 | 00:34:30  | 17.4 | 00:00:00 |
| 2       | 92  | MAKOWSKI Michał     | CIECHANÓW              | 2.OReł<br>Przasnysz              | M30 -<br>30-39 lat -<br>1 | 00:34:57  | 17.2 | 00:00:26 |
| 3       | 62  | JAŚKIEWICZ Hubert   | Gostynin               | brak                             | M20 -<br>20-29 lat -<br>1 | 00:35:26  | 16.9 | 00:00:56 |
| 4       | 28  | WOJTCZAK Paweł      | Gostynin               | brak                             | M30 -<br>30-39 lat -<br>2 | 00:36:02  | 16.7 | 00:01:31 |
| 5       | 89  | MICHAŁOWSKI Daniel  | Grodzisk<br>Mazowiecki | Drużyna<br>Blondyna              | M20 -<br>20-29 lat -<br>2 | 00:37:05  | 16.2 | 00:02:34 |
| 6       | 102 | GRZYBOWSKI Mariusz  | Ciechanów              | Biegaj z<br>Grzybkiem            | M20 -<br>20-29 lat -<br>3 | 00:37:30  | 16   | 00:02:59 |
| 7       | 56  | PAJEWSKI Tomasz     | Kargoszyn              | Mazovia<br>ProActiv              | M20 -<br>20-29 lat -<br>4 | 00:39:41  | 15.1 | 00:05:11 |
| 8       | 16  | SZPIGIEL Michał     | Ojrzeń                 | KB TKKF<br>Promyk<br>Ciechanów   | M20 -<br>20-29 lat -<br>5 | 00:39:56  | 15   | 00:05:25 |
| 9       | 67  | ZARODKIEWICZ Dawid  | Krasne                 | brak                             | M20 -<br>20-29 lat -<br>6 | 00:40:36  | 14.8 | 00:06:06 |
| 10      | 95  | KWIECIŃSKI Paweł    | Ciechanów              | brak                             | M20 -<br>20-29 lat -<br>7 | 00:40:38  | 14.8 | 00:06:08 |
| 11      | 61  | MACUGOWSKI Adam     | Ząbki                  | BIEGam Bo<br>Lubię Ząbki<br>TEAM | M30 -<br>30-39 lat -<br>3 | 00:40:42  | 14.7 | 00:06:11 |
| 12      | 26  | KIEŁBASA Dariusz    | GĄBIN                  | Gąbin Biega                      | M40 -<br>40-49 lat -<br>2 | 00:40:47  | 14.7 | 00:06:17 |
| 13      | 43  | KUCHCIŃSKI Sławomir | Mława                  | LOTOS Running<br>Team            | M40 -<br>40-49 lat -<br>3 | 00:41:20  | 14.5 | 00:06:50 |

| Miejsce | Nr  | Nazwisko / Imię         | Miejscowość     | Klub/Drużyna                          | Kategoria                        | Czas sum. | Vśr  | Różnica  |
|---------|-----|-------------------------|-----------------|---------------------------------------|----------------------------------|-----------|------|----------|
| 14      | 140 | KUKIZ KUBISA Andrzej    | Mława-windyki   | bbl mława                             | M30 -<br>30-39 lat -<br><b>4</b> | 00:41:30  | 14.5 | 00:07:00 |
| 15      | 173 | TYBURSKI Mariusz        | Czernice Borowe | 2.OREl<br>Przasnysz                   | M40 -<br>40-49 lat -<br><b>4</b> | 00:41:49  | 14.3 | 00:07:19 |
| 16      | 50  | BUDNIAK Tomasz          | Władysławowo    | KB TKKF<br>Promyk<br>Ciechanów        | M30 -<br>30-39 lat -<br><b>5</b> | 00:41:57  | 14.3 | 00:07:26 |
| 17      | 118 | NOSARZEWSKI<br>Waldemar | Olsztyn         | brak                                  | M50 -<br>50-59 lat -<br><b>1</b> | 00:42:15  | 14.2 | 00:07:45 |
| 18      | 32  | PAWLAK Andrzej          | Ciechanów       | KB TKKF<br>Promyk<br>Ciechanów        | M30 -<br>30-39 lat -<br><b>6</b> | 00:42:50  | 14   | 00:08:20 |
| 19      | 65  | DĄBROWSKI Dariusz       | Ciechanów       | Mazovia<br>ProActiv                   | M30 -<br>30-39 lat -<br><b>7</b> | 00:42:55  | 14   | 00:08:25 |
| 20      | 17  | PODLECKI Maciej         | Młock           | KB TKKF<br>Promyk<br>Ciechanów        | M16 -<br>16-19 lat -<br><b>1</b> | 00:43:06  | 13.9 | 00:08:36 |
| 21      | 123 | CAŁKA Marcin            | Ciechanów       | brak                                  | M30 -<br>30-39 lat -<br><b>8</b> | 00:43:20  | 13.8 | 00:08:49 |
| 22      | 3   | KOWALCZYK Marek         | Ciechanów       | KB TKKF<br>Promyk<br>Ciechanów        | M40 -<br>40-49 lat -<br><b>5</b> | 00:43:26  | 13.8 | 00:08:56 |
| 23      | 76  | MAJDOWSKI Marek         | Przasnysz       | 2.OREl<br>Przasnysz                   | M40 -<br>40-49 lat -<br><b>6</b> | 00:43:34  | 13.8 | 00:09:03 |
| 24      | 117 | KŁOSZEWSKI Marcin       | Baboszewo       | KB IM. P.<br>Sękowskiego w<br>Płońsku | M20 -<br>20-29 lat -<br><b>8</b> | 00:43:41  | 13.7 | 00:09:10 |
| 25      | 138 | DĄBROWSKI Krzysztof     | Radzymin        | brak                                  | M60 -<br>60-69 lat -<br><b>1</b> | 00:43:43  | 13.7 | 00:09:13 |
| 26      | 115 | PODLECKI Krzysztof      | Ciechanów       | KB TKKF<br>Promyk<br>Ciechanów        | M40 -<br>40-49 lat -<br><b>7</b> | 00:44:07  | 13.6 | 00:09:37 |
| 27      | 167 | MARUT Ryszard           | Ciechanów       | KB TKKF<br>Promyk<br>Ciechanów        | M60 -<br>60-69 lat -<br><b>2</b> | 00:44:22  | 13.5 | 00:09:51 |
| 28      | 176 | ANDRUSIAK Artur         | Ciechanów       | brak                                  | M40 -<br>40-49 lat -<br><b>8</b> | 00:44:24  | 13.5 | 00:09:54 |
| 29      | 148 | FILIPCZAK Tomasz        | Ciechanów       | "40"                                  | M30 -<br>30-39 lat -<br><b>9</b> | 00:45:15  | 13.3 | 00:10:44 |
| 30 / 1  | 11  | <b>SZAFRAŃSKA Aneta</b> | Ciechanów       | KB TKKF<br>Promyk<br>Ciechanów        | K30 - 30-39<br>lat - <b>1</b>    | 00:45:15  | 13.3 | 00:10:44 |
| 31      | 109 | KUBIT Tadeusz           | MŁAWA           | brak                                  | M40 -<br>40-49 lat -<br><b>9</b> | 00:45:15  | 13.3 | 00:10:45 |

| Miejsce | Nr  | Nazwisko / Imię           | Miejscowość         | Klub/Drużyna                    | Kategoria                   | Czas sum. | Vśr  | Różnica  |
|---------|-----|---------------------------|---------------------|---------------------------------|-----------------------------|-----------|------|----------|
| 32      | 126 | ŚWIERCZ Andrzej           | Płońsk              | KB IM. P. Sękowskiego w Płońsku | M40 - 40-49 lat - <b>10</b> | 00:45:20  | 13.2 | 00:10:49 |
| 33      | 35  | BUDZICH Wojciech          | Ciechanów           | KB TKKF Promyk Ciechanów        | M40 - 40-49 lat - <b>11</b> | 00:45:30  | 13.2 | 00:11:00 |
| 34 / 2  | 127 | <b>GRZYMKOWSKA Monika</b> | Ciechanów           | Runners Team Ciechanów          | K30 - 30-39 lat - <b>2</b>  | 00:45:44  | 13.1 | 00:11:14 |
| 35 / 3  | 143 | <b>HAGEN Marta</b>        | Grodzisk Mazowiecki | Drużyna Blondyna                | K20 - 20-29 lat - <b>1</b>  | 00:46:16  | 13   | 00:11:46 |
| 36      | 175 | GRUDEK Kuba               | Warszawa            | GRUDKI                          | M40 - 40-49 lat - <b>12</b> | 00:46:27  | 12.9 | 00:11:57 |
| 37      | 84  | BOBER Mateusz             | Ciechanów           | DSO.pl                          | M40 - 40-49 lat - <b>13</b> | 00:46:58  | 12.8 | 00:12:28 |
| 38      | 33  | KARPIŃSKI Radosław        | Kondrajec Pański    | KB TKKF Promyk Ciechanów        | M20 - 20-29 lat - <b>9</b>  | 00:47:04  | 12.7 | 00:12:33 |
| 39      | 174 | GRZĄDKOWSKI Seweryn       | Władysławowo        | ZaDyszka                        | M40 - 40-49 lat - <b>14</b> | 00:47:12  | 12.7 | 00:12:42 |
| 40      | 5   | WUDARCZYK Tomasz          | Władysławowo        | KB TKKF Promyk Ciechanów        | M50 - 50-59 lat - <b>2</b>  | 00:47:20  | 12.7 | 00:12:49 |
| 41      | 136 | ŻURAWSKI Arkadiusz        | Sońsk               | brak                            | M40 - 40-49 lat - <b>15</b> | 00:47:33  | 12.6 | 00:13:02 |
| 42 / 4  | 162 | <b>RZEPECKA Anna</b>      | CIECHANÓW           | KB TKKF Promyk Ciechanów        | K40 - 40-49 lat - <b>1</b>  | 00:47:35  | 12.6 | 00:13:05 |
| 43      | 66  | KUBIŃSKI Sławomir         | Ciechanów           | KB TKKF Promyk Ciechanów        | M50 - 50-59 lat - <b>3</b>  | 00:47:39  | 12.6 | 00:13:09 |
| 44      | 122 | SIWEK Piotr               | Ciechanów           | Ciechanów                       | M30 - 30-39 lat - <b>10</b> | 00:47:59  | 12.5 | 00:13:28 |
| 45      | 70  | KRÓLIKOWSKI Wojciech      | CIECHANÓW           | KB TKKF Promyk Ciechanów        | M40 - 40-49 lat - <b>16</b> | 00:48:07  | 12.5 | 00:13:36 |
| 46      | 168 | BONIEWSKI Lech            | Głinojeck           | Gimnazjum Głinojeck             | M50 - 50-59 lat - <b>4</b>  | 00:48:10  | 12.5 | 00:13:40 |
| 47      | 130 | KRZYŻANOWSKI Patryk       | Ciechanów           | brak                            | M20 - 20-29 lat - <b>10</b> | 00:48:22  | 12.4 | 00:13:52 |
| 48      | 18  | KAROLAK Cezary            | Ciechanów           | brak                            | M50 - 50-59 lat - <b>5</b>  | 00:48:28  | 12.4 | 00:13:58 |
| 49      | 129 | OSOWIECKI Mariusz         | Stupsk              | bbl mława                       | M16 - 16-19 lat - <b>2</b>  | 00:48:29  | 12.4 | 00:13:59 |
| 50      | 94  | NADOLSKI Piotr            | Radzanów            | brak                            | M50 - 50-59 lat - <b>6</b>  | 00:48:33  | 12.4 | 00:14:02 |

| Miejsce | Nr  | Nazwisko / Imię        | Miejscowość          | Klub/Drużyna             | Kategoria            | Czas sum. | Vśr  | Różnica  |
|---------|-----|------------------------|----------------------|--------------------------|----------------------|-----------|------|----------|
| 51      | 131 | PRZYBYŁKIEWICZ Roman   | Śródborze            | KB TKKF Promyk Ciechanów | M50 - 50-59 lat - 7  | 00:48:42  | 12.3 | 00:14:12 |
| 52 / 5  | 137 | <b>SZOST Sandra</b>    | Ciechanów            | 2.OREl Przasnysz         | K20 - 20-29 lat - 2  | 00:48:50  | 12.3 | 00:14:20 |
| 53      | 165 | CUŻEK Marcin           | Przasnysz            | brak                     | M30 - 30-39 lat - 11 | 00:48:50  | 12.3 | 00:14:20 |
| 54      | 21  | DRAMINIŃSKI Marcin     | Ciechanów            | brak                     | M20 - 20-29 lat - 11 | 00:48:52  | 12.3 | 00:14:21 |
| 55      | 179 | RZAŚIŃSKI Michał       | Ciechanów            | LKS Matsogi Ciechanów    | M30 - 30-39 lat - 12 | 00:48:54  | 12.3 | 00:14:24 |
| 56 / 6  | 15  | <b>KULESZA Marlena</b> | ciechanów            | brak                     | K20 - 20-29 lat - 3  | 00:48:55  | 12.3 | 00:14:25 |
| 57      | 107 | ADAMIAK Robert         | Ciechanów            | Ciechanów                | M40 - 40-49 lat - 17 | 00:48:59  | 12.2 | 00:14:29 |
| 58      | 44  | BUDZIAK Wiesław        | Ciechanów            | brak                     | M50 - 50-59 lat - 8  | 00:49:12  | 12.2 | 00:14:41 |
| 59      | 108 | ADAMIAK Arkadiusz      | Ciechanów            | Ciechanów                | M16 - 16-19 lat - 3  | 00:49:14  | 12.2 | 00:14:43 |
| 60      | 10  | NAWROT Paweł           | Ciechanów            | KB TKKF Promyk Ciechanów | M30 - 30-39 lat - 13 | 00:49:27  | 12.1 | 00:14:57 |
| 61      | 112 | WYSZKOWSKI Krzysztof   | Ciechanów            | KB TKKF Promyk Ciechanów | M60 - 60-69 lat - 3  | 00:49:30  | 12.1 | 00:15:00 |
| 62      | 170 | JABLONSKI Waldemar     | Ciechanów            | KB TKKF Promyk Ciechanów | M50 - 50-59 lat - 9  | 00:49:33  | 12.1 | 00:15:03 |
| 63      | 46  | LIS Krystian           | Wiśniewo             | brak                     | M20 - 20-29 lat - 12 | 00:49:45  | 12.1 | 00:15:15 |
| 64      | 8   | MIANOWSKI Dariusz      | Przasnysz            | brak                     | M30 - 30-39 lat - 14 | 00:49:53  | 12   | 00:15:23 |
| 65      | 72  | GRUDEK Przemysław      | Warszawa             | brak                     | M30 - 30-39 lat - 15 | 00:50:05  | 12   | 00:15:34 |
| 66 / 7  | 2   | <b>LUBIŃSKA Aneta</b>  | CIECHANÓW            | brak                     | K40 - 40-49 lat - 2  | 00:50:16  | 11.9 | 00:15:45 |
| 67      | 93  | NADOLSKI Dariusz       | Stawiszyn-Zwalewo 10 | brak                     | M40 - 40-49 lat - 18 | 00:50:27  | 11.9 | 00:15:57 |
| 68 / 8  | 135 | <b>GŁOWACKA Aneta</b>  | Bodzanów             | SOKÓŁ BODZANÓW           | K30 - 30-39 lat - 3  | 00:50:31  | 11.9 | 00:16:01 |
| 69      | 1   | LEWANDOWSKI Zenon      | Ciechanów            | KB TKKF Promyk Ciechanów | M60 - 60-69 lat - 4  | 00:50:32  | 11.9 | 00:16:02 |

| Miejsce | Nr  | Nazwisko / Imię                | Miejscowość | Klub/Drużyna              | Kategoria                   | Czas sum. | Vśr  | Różnica  |
|---------|-----|--------------------------------|-------------|---------------------------|-----------------------------|-----------|------|----------|
| 70      | 69  | ZAGÓRSKI Artur                 | Ciechanów   | Mazovia ProActiv          | M30 - 30-39 lat - <b>16</b> | 00:50:50  | 11.8 | 00:16:19 |
| 71      | 125 | PSZCZÓŁKOWSKI Andrzej          | Ciechanów   | brak                      | M20 - 20-29 lat - <b>13</b> | 00:50:52  | 11.8 | 00:16:22 |
| 72      | 55  | FIGÓRSKI Paweł                 | Gliniojeck  | brak                      | M30 - 30-39 lat - <b>17</b> | 00:51:02  | 11.8 | 00:16:32 |
| 73      | 91  | BLICHARSKI Łukasz              | Ciechanów   | brak                      | M30 - 30-39 lat - <b>18</b> | 00:51:04  | 11.7 | 00:16:33 |
| 74      | 52  | TARNOWSKI Kamil                | Ciechanów   | brak                      | M20 - 20-29 lat - <b>14</b> | 00:51:14  | 11.7 | 00:16:44 |
| 75      | 177 | WÓJCIK Piotr                   | Ciechanów   | brak                      | M60 - 60-69 lat - <b>5</b>  | 00:51:17  | 11.7 | 00:16:46 |
| 76 / 9  | 88  | <b>SIKORA Sylwia</b>           | Gąbin       | Gąbin Biega               | K30 - 30-39 lat - <b>4</b>  | 00:51:20  | 11.7 | 00:16:49 |
| 77      | 141 | CHODOROWSKI Krzysztof          | Gąbin       | Gąbin Biega               | M30 - 30-39 lat - <b>19</b> | 00:51:21  | 11.7 | 00:16:50 |
| 78      | 9   | NIEZNAŃSKI Patryk              | Ciechanów   | Mazovia ProActiv          | M30 - 30-39 lat - <b>20</b> | 00:51:22  | 11.7 | 00:16:52 |
| 79      | 6   | GÓRECKI Rafał                  | Ciechanów   | KB TKKF Promyk Ciechanów  | M30 - 30-39 lat - <b>21</b> | 00:51:46  | 11.6 | 00:17:16 |
| 80      | 34  | BĘDŹKOWSKI Marek               | Ostrołęka   | Morsy Ostrołęka           | M40 - 40-49 lat - <b>19</b> | 00:51:52  | 11.6 | 00:17:22 |
| 81      | 79  | KADECKI Marek                  | Kargoszyn   | brak                      | M40 - 40-49 lat - <b>20</b> | 00:52:07  | 11.5 | 00:17:36 |
| 82      | 25  | PYSZNIEWSKI Piotr              | Gliniojeck  | brak                      | M50 - 50-59 lat - <b>10</b> | 00:52:09  | 11.5 | 00:17:38 |
| 83 / 10 | 166 | <b>RYPINA - GAŁĄZKA Dorota</b> | Ostrołęka   | Biegam Bo Lubię Ostrołęka | K50 - 50-59 lat - <b>1</b>  | 00:52:16  | 11.5 | 00:17:46 |
| 84 / 11 | 58  | <b>GAWLIK Justyna</b>          | Ciechanów   | RunnersClub.pl            | K20 - 20-29 lat - <b>4</b>  | 00:52:19  | 11.5 | 00:17:48 |
| 85      | 78  | GRABOWSKI Jacek                | Dębowo      | ZaDyszka                  | M40 - 40-49 lat - <b>21</b> | 00:52:25  | 11.4 | 00:17:54 |
| 86      | 20  | KOWALIŃSKI Maciej              | Ciechanów   | Mazovia ProActiv          | M30 - 30-39 lat - <b>22</b> | 00:52:27  | 11.4 | 00:17:56 |
| 87 / 12 | 159 | <b>DŁUŻNIEWSKA Marta</b>       | Ciechanów   | brak                      | K30 - 30-39 lat - <b>5</b>  | 00:52:48  | 11.4 | 00:18:17 |
| 88      | 12  | NOWOCZYŃSKI Piotr              | Mława       | Biegam Sam                | M30 - 30-39 lat - <b>23</b> | 00:53:17  | 11.3 | 00:18:46 |

| Miejsce  | Nr  | Nazwisko / Imię          | Miejscowość             | Klub/Drużyna                          | Kategoria                         | Czas sum. | Vśr  | Różnica  |
|----------|-----|--------------------------|-------------------------|---------------------------------------|-----------------------------------|-----------|------|----------|
| 89       | 68  | RULKOWSKI Jakub          | Sońsk                   | brak                                  | M20 -<br>20-29 lat -<br><b>15</b> | 00:53:22  | 11.2 | 00:18:52 |
| 90 / 13  | 134 | MICHALAK Marta           | Płońsk                  | KB IM. P.<br>Sękowskiego w<br>Płońsku | K30 - 30-39<br>lat - <b>6</b>     | 00:53:26  | 11.2 | 00:18:56 |
| 91 / 14  | 110 | KUBIT Iwona              | MŁAWA                   | bbl mława                             | K40 - 40-49<br>lat - <b>3</b>     | 00:53:30  | 11.2 | 00:18:59 |
| 92       | 47  | GRABOWSKI Stanisław      | Leśniewo Dolne 18       | KB TKKF<br>Promyk<br>Ciechanów        | M60 -<br>60-69 lat -<br><b>6</b>  | 00:53:31  | 11.2 | 00:19:01 |
| 93       | 171 | MIŁOBOSZEWSKI<br>Tadeusz | Ciechanów               | ZaDyszka                              | M40 -<br>40-49 lat -<br><b>22</b> | 00:53:35  | 11.2 | 00:19:05 |
| 94       | 87  | KRASZEWSKI Mariusz       | Ciechanów               | Mazovia<br>ProActiv                   | M30 -<br>30-39 lat -<br><b>24</b> | 00:53:43  | 11.2 | 00:19:12 |
| 95       | 59  | KOWALCZYK Roman          | Ostrołęka               | Biegamy dla<br>zdrowia                | M60 -<br>60-69 lat -<br><b>7</b>  | 00:53:49  | 11.1 | 00:19:19 |
| 96 / 15  | 96  | RASZKOWSKA Joanna        | STUPSK                  | bbl mława                             | K30 - 30-39<br>lat - <b>7</b>     | 00:54:00  | 11.1 | 00:19:29 |
| 97 / 16  | 64  | AKIMOW Anna              | Płock                   | TKKF Plock                            | K50 - 50-59<br>lat - <b>2</b>     | 00:54:04  | 11.1 | 00:19:33 |
| 98       | 60  | ZALEWSKI Jozef           | Rydzyno                 | TKKF Plock                            | M70+ - <b>1</b>                   | 00:54:04  | 11.1 | 00:19:34 |
| 99 / 17  | 31  | PAZDRAŁ Karolina         | Ciechanów               | KB TKKF<br>Promyk<br>Ciechanów        | K20 - 20-29<br>lat - <b>5</b>     | 00:54:24  | 11   | 00:19:53 |
| 100      | 51  | BRODOWSKI Dawid<br>Piotr | Noszarzewo Borowe<br>21 | KB TKKF<br>Promyk<br>Ciechanów        | M30 -<br>30-39 lat -<br><b>25</b> | 00:54:24  | 11   | 00:19:54 |
| 101 / 18 | 48  | MOSIEJ Iwona             | Ciechanów               | brak                                  | K40 - 40-49<br>lat - <b>4</b>     | 00:54:34  | 11   | 00:20:03 |
| 102      | 4   | ZDROJEWSKI Artur         | Ciechanów               | KB TKKF<br>Promyk<br>Ciechanów        | M40 -<br>40-49 lat -<br><b>23</b> | 00:54:40  | 11   | 00:20:09 |
| 103      | 22  | DRAMIŃSKI<br>Przemysław  | Kownaty-Borowe          | brak                                  | M30 -<br>30-39 lat -<br><b>26</b> | 00:54:48  | 10.9 | 00:20:18 |
| 104 / 19 | 132 | KRASKOWSKA<br>Ewelina    | Ciechanów               | Mazovia<br>ProActiv                   | K20 - 20-29<br>lat - <b>6</b>     | 00:54:48  | 10.9 | 00:20:18 |
| 105      | 142 | KOWALSKI Jarosław        | Zgierz                  | brak                                  | M40 -<br>40-49 lat -<br><b>24</b> | 00:55:09  | 10.9 | 00:20:39 |
| 106      | 104 | WÓJCIK Marcin            | Grodzisk                | Dogoń Grodzisk<br>Mazowiecki          | M30 -<br>30-39 lat -<br><b>27</b> | 00:55:27  | 10.8 | 00:20:57 |
| 107 / 20 | 38  | REDŁOWSKA Bożena         | Warszawa                | KS<br>STASZEWSKY                      | K40 - 40-49<br>lat - <b>5</b>     | 00:55:46  | 10.8 | 00:21:16 |
| 108      | 116 | SADZYŃSKI Adam           | Ciechanów               | Mazovia<br>ProActiv                   | M20 -<br>20-29 lat -<br><b>16</b> | 00:55:48  | 10.8 | 00:21:17 |

| Miejsce  | Nr  | Nazwisko / Imię                       | Miejscowość  | Klub/Drużyna                   | Kategoria                         | Czas sum. | Vśr  | Różnica  |
|----------|-----|---------------------------------------|--------------|--------------------------------|-----------------------------------|-----------|------|----------|
| 109      | 158 | PIETRAS Krzysztof                     | Ciechanów    | brak                           | M40 -<br>40-49 lat -<br><b>25</b> | 00:55:48  | 10.8 | 00:21:18 |
| 110      | 178 | OMIECIŃSKI Jerzy                      | Ciechanów    | brak                           | M50 -<br>50-59 lat -<br><b>11</b> | 00:56:12  | 10.7 | 00:21:42 |
| 111      | 106 | BRZEZIŃSKI Dariusz                    | Płońsk       | brak                           | M40 -<br>40-49 lat -<br><b>26</b> | 00:56:30  | 10.6 | 00:21:59 |
| 112      | 27  | TUREK Paweł                           | Gąbin        | Gąbin Biega                    | M30 -<br>30-39 lat -<br><b>28</b> | 00:56:33  | 10.6 | 00:22:03 |
| 113      | 172 | SZCZEPANIAK Robert                    | Warszawa     | brak                           | M40 -<br>40-49 lat -<br><b>27</b> | 00:56:38  | 10.6 | 00:22:07 |
| 114 / 21 | 82  | <b>ELIASZ-LASKOWSKA<br/>Magdalena</b> | Ostrołęka    | Biegam Bo<br>Lubię Ostrołęka   | K30 - 30-39<br>lat - <b>8</b>     | 00:56:43  | 10.6 | 00:22:12 |
| 115      | 124 | WOJCIECHOWSKI<br>Krzysztof            | Ciechanów    | Mazovia<br>ProActiv            | M30 -<br>30-39 lat -<br><b>29</b> | 00:56:57  | 10.5 | 00:22:27 |
| 116      | 54  | KUCZYŃSKI Mariusz                     | Ojrzeń       | brak                           | M40 -<br>40-49 lat -<br><b>28</b> | 00:56:59  | 10.5 | 00:22:29 |
| 117      | 75  | PRZYBYSZEWSKI Adam                    | Ojrzeń       | brak                           | M30 -<br>30-39 lat -<br><b>30</b> | 00:57:10  | 10.5 | 00:22:40 |
| 118      | 73  | SZEFLER Adam                          | Rembówko     | brak                           | M20 -<br>20-29 lat -<br><b>17</b> | 00:57:13  | 10.5 | 00:22:42 |
| 119 / 22 | 80  | <b>ZAWADZKA<br/>Agnieszka</b>         | 783648479    | brak                           | K30 - 30-39<br>lat - <b>9</b>     | 00:57:31  | 10.4 | 00:23:01 |
| 120      | 85  | HIKIERT Dominik                       | Ciechanow    | DSO.pl                         | M30 -<br>30-39 lat -<br><b>31</b> | 00:57:36  | 10.4 | 00:23:05 |
| 121      | 53  | SAGANEK Radosław                      | Ciechanów    | DSO.pl                         | M30 -<br>30-39 lat -<br><b>32</b> | 00:57:50  | 10.4 | 00:23:19 |
| 122      | 81  | ELIASZ Marcin                         | Ostrołęka    | Biegam Bo<br>Lubię Ostrołęka   | M40 -<br>40-49 lat -<br><b>29</b> | 00:57:56  | 10.4 | 00:23:25 |
| 123      | 121 | KOSIŃSKI Krzysztof                    | Ciechanów    | Mazovia<br>ProActiv            | M20 -<br>20-29 lat -<br><b>18</b> | 00:58:01  | 10.3 | 00:23:30 |
| 124      | 7   | GRONCZEWSKI Adam                      | Ciechanów    | KB TKKF<br>Promyk<br>Ciechanów | M20 -<br>20-29 lat -<br><b>19</b> | 00:58:15  | 10.3 | 00:23:44 |
| 125      | 23  | KORDALSKI Wojciech                    | Nowa Iwiczna | brak                           | M30 -<br>30-39 lat -<br><b>33</b> | 00:58:32  | 10.3 | 00:24:01 |
| 126      | 77  | TYSZKA Daniel                         | Olsztyn      | brak                           | M30 -<br>30-39 lat -<br><b>34</b> | 00:58:33  | 10.2 | 00:24:03 |
| 127 / 23 | 63  | <b>WACHOL Kinga</b>                   | Ciechanów    | KB TKKF<br>Promyk<br>Ciechanów | K30 - 30-39<br>lat - <b>10</b>    | 00:58:55  | 10.2 | 00:24:24 |

| Miejsce  | Nr  | Nazwisko / Imię            | Miejscowość      | Klub/Drużyna                          | Kategoria                         | Czas sum. | Vśr  | Różnica  |
|----------|-----|----------------------------|------------------|---------------------------------------|-----------------------------------|-----------|------|----------|
| 128      | 101 | PEPŁOŃSKI Andrzej          | Ciechanów        | brak                                  | M50 -<br>50-59 lat -<br><b>12</b> | 00:59:15  | 10.1 | 00:24:44 |
| 129      | 97  | ŚCIECHOWSKI Marcin         | Mińsk Mazowiecki | brak                                  | M30 -<br>30-39 lat -<br><b>35</b> | 00:59:38  | 10.1 | 00:25:07 |
| 130 / 24 | 153 | <b>FILIPCZAK Elżbieta</b>  | Ciechanów        | "40"                                  | K40 - 40-49<br>lat - <b>6</b>     | 00:59:45  | 10   | 00:25:14 |
| 131      | 74  | PIETKIEWICZ Stanisław      | Troszyn Polski   | Gąbin Biega                           | M50 -<br>50-59 lat -<br><b>13</b> | 01:00:10  | 10   | 00:25:40 |
| 132      | 128 | WIŚNIEWSKI Marek           | Ciechanów        | brak                                  | M50 -<br>50-59 lat -<br><b>14</b> | 01:00:17  | 10   | 00:25:46 |
| 133 / 25 | 13  | <b>GRUDEK Barbara</b>      | Warszawa         | GRUDKI                                | K40 - 40-49<br>lat - <b>7</b>     | 01:00:23  | 9.9  | 00:25:52 |
| 134      | 99  | WOLIŃSKI Michał            | Ciechanów        | DSO.pl                                | M20 -<br>20-29 lat -<br><b>20</b> | 01:01:02  | 9.8  | 00:26:32 |
| 135      | 29  | ZAWADZKI Stanisław         | Ciechanów        | brak                                  | M60 -<br>60-69 lat -<br><b>8</b>  | 01:01:12  | 9.8  | 00:26:41 |
| 136      | 113 | KRUSZEWSKI Rafał           | Kołaki Kwasy     | brak                                  | M20 -<br>20-29 lat -<br><b>21</b> | 01:01:55  | 9.7  | 00:27:25 |
| 137      | 30  | ZIÓŁKOWSKI Jakub           | Gąbin            | Gąbin Biega                           | M20 -<br>20-29 lat -<br><b>22</b> | 01:02:05  | 9.7  | 00:27:34 |
| 138 / 26 | 120 | <b>PABICH Olga</b>         | Kargoszyn        | Mazovia<br>ProActiv                   | K40 - 40-49<br>lat - <b>8</b>     | 01:02:31  | 9.6  | 00:28:00 |
| 139 / 27 | 119 | <b>JEZIÓŁKOWSKA Renata</b> | Ciechanów        | Mazovia<br>ProActiv                   | K30 - 30-39<br>lat - <b>11</b>    | 01:02:31  | 9.6  | 00:28:00 |
| 140 / 28 | 86  | <b>FRANKOWSKA Elżbieta</b> | Kargoszyn        | T4B Bike Team                         | K40 - 40-49<br>lat - <b>9</b>     | 01:02:47  | 9.6  | 00:28:16 |
| 141      | 133 | MICHALAK Jerzy             | Płońsk           | KB IM. P.<br>Sękowskiego w<br>Płońsku | M60 -<br>60-69 lat -<br><b>9</b>  | 01:03:37  | 9.4  | 00:29:06 |
| 142      | 161 | SZLUBOWSKI Grzegorz        | Ciechanów        | Mazovia<br>ProActiv                   | M30 -<br>30-39 lat -<br><b>36</b> | 01:04:27  | 9.3  | 00:29:57 |
| 143 / 29 | 98  | <b>FAŁECKA Aleksandra</b>  | Ciechanow        | brak                                  | K20 - 20-29<br>lat - <b>7</b>     | 01:04:40  | 9.3  | 00:30:10 |
| 144      | 111 | RÓŻ Janusz                 | Ciechanów        | brak                                  | M50 -<br>50-59 lat -<br><b>15</b> | 01:04:44  | 9.3  | 00:30:13 |
| 145      | 114 | ŻUCHNIEWICZ Paweł          | Ciechanów        | brak                                  | M20 -<br>20-29 lat -<br><b>23</b> | 01:06:05  | 9.1  | 00:31:35 |
| 146      | 100 | KANIEWSKI Grzegorz         | Ciechanów        | DSO.pl                                | M40 -<br>40-49 lat -<br><b>30</b> | 01:06:08  | 9.1  | 00:31:38 |
| 147      | 45  | LESZCZYŃSKI Lech           | Przasnysz        | brak                                  | M60 -<br>60-69 lat -<br><b>10</b> | 01:07:02  | 8.9  | 00:32:32 |



| Miejsce  | Nr  | Nazwisko / Imię                 | Miejscowość  | Klub/Drużyna                   | Kategoria                         | Czas sum. | Vśr | Różnica  |
|----------|-----|---------------------------------|--------------|--------------------------------|-----------------------------------|-----------|-----|----------|
| 148      | 49  | WASZCZYŃSKI Kamil               | Olsztyn      | brak                           | M16 -<br>16-19 lat -<br><b>4</b>  | 01:07:02  | 8.9 | 00:32:32 |
| 149      | 103 | GUTKOWSKI Norbert               | Pomorze      | brak                           | M20 -<br>20-29 lat -<br><b>24</b> | 01:08:03  | 8.8 | 00:33:32 |
| 150      | 36  | MARSZAŁEK Jerzy                 | Warszawa     | brak                           | M50 -<br>50-59 lat -<br><b>16</b> | 01:08:33  | 8.8 | 00:34:03 |
| 151 / 30 | 24  | <b>PYSZNIEWSKA<br/>Bożena</b>   | Głinojeck    | brak                           | K40 - 40-49<br>lat - <b>10</b>    | 01:08:52  | 8.7 | 00:34:21 |
| 152      | 71  | KRZEMIŃSKI Patryk               | Sońsk        | brak                           | M16 -<br>16-19 lat -<br><b>5</b>  | 01:08:59  | 8.7 | 00:34:29 |
| 153      | 147 | CZYŻYK Piotr                    | Władysławowo | brak                           | M40 -<br>40-49 lat -<br><b>31</b> | 01:10:24  | 8.5 | 00:35:54 |
| 154 / 31 | 39  | <b>WARDZALA Anna</b>            | Wrszawa      | JacekBiega<br>Running Team     | K60 - 60-69<br>lat - <b>1</b>     | 01:11:04  | 8.4 | 00:36:33 |
| 155      | 105 | STAROŃ Kazimierz                | CIECHANÓW    | brak                           | M60 -<br>60-69 lat -<br><b>11</b> | 01:12:52  | 8.2 | 00:38:21 |
| 156 / 32 | 83  | <b>GOŁĘBIOWSKA<br/>Bogumiła</b> | CIECHANÓW    | KB TKKF<br>Promyk<br>Ciechanów | K30 - 30-39<br>lat - <b>12</b>    | 01:14:51  | 8   | 00:40:21 |
| 157      | 19  | SZEJKO Wawrzyniec               | Ciechanów    | KB TKKF<br>Promyk<br>Ciechanów | M60 -<br>60-69 lat -<br><b>12</b> | 01:14:52  | 8   | 00:40:22 |
| 158 / 33 | 41  | <b>MARCINIAK Anna</b>           | Ciechanów    | brak                           | K20 - 20-29<br>lat - <b>8</b>     | 01:15:14  | 8   | 00:40:43 |

|                      |     |                                                                                    |
|----------------------|-----|------------------------------------------------------------------------------------|
| <b>Ukończyło:</b>    | 158 | Przygotowanie i pomiar czasu ProTimer<br>(www.ProTimer.pl), wydrukowano 2024-05-09 |
| <b>Wystartowało:</b> | 158 |                                                                                    |
| <b>Zapisało się:</b> | 158 |                                                                                    |