

Biegi Niepodległości

Ostrowiec Świętokrzyski 09.11.2014 r.



| Miejsce | Numer | Imię i nazwisko | Rok ur. | Klub | Lap1 | Lap2 | Lap3 | Lap4 | Lap5 | Wynik |
|---------|-------|-----------------|---------|------|------|------|------|------|------|-------|
|---------|-------|-----------------|---------|------|------|------|------|------|------|-------|

10km

K

K-1

| | | | | | | | | | | |
|----|----|---------------------|------|---------------------------------------|----------|----------|----------|----------|----------|------------|
| 1. | 93 | Blanka Lichota | 1991 | | 11:29,12 | 11:32,37 | 11:53,20 | 11:48,95 | 11:57,68 | 0:58:41,33 |
| 2. | 45 | Izabela Szczerba | 1985 | Opel Active Team | | | | | | DNS |
| 3. | 53 | Magdalena Witkowska | 1994 | IRBET TEAM | | | | | | DNS |
| 4. | 89 | Kinga Brzoszkiewicz | 1989 | SPORT MEDICAL REHABILITACJA-OSTROWIEC | | | | | | DNS |

K-2

| | | | | | | | | | | |
|----|-----|-------------------------|------|-------------------|----------|----------|----------|----------|----------|------------|
| 1. | 44 | Aldona Kaim | 1972 | Biegiem Radom | 08:44,29 | 09:21,06 | 09:34,35 | 09:55,83 | 09:54,98 | 0:47:30,52 |
| 2. | 84 | Agata Klimek-Wiśniewska | 1965 | Biuro Podróży YES | 11:09,38 | 11:01,84 | 10:49,35 | 10:48,02 | 10:46,74 | 0:54:35,35 |
| 3. | 140 | Małgorzata Laska | 1962 | | 10:47,85 | 11:26,60 | 11:33,78 | 11:55,21 | 11:55,16 | 0:57:38,62 |
| 4. | 149 | Marzena Kutera | 1974 | | 11:24,07 | 11:46,66 | 11:56,85 | 11:51,81 | 11:16,60 | 0:58:16,00 |
| 5. | 85 | Anna Podpora | 1971 | Biuro Podróży YES | 11:43,99 | 13:36,02 | 13:40,38 | 14:30,64 | 13:37,87 | 1:07:08,92 |

M

M16

| | | | | | | | | | | |
|----|-----|-------------------|------|---------------------------------------|----------|----------|----------|----------|----------|------------|
| 1. | 90 | Michał Jagieło | 1986 | SPORT MEDICAL REHABILITACJA-OSTROWIEC | 06:39,40 | 06:54,18 | 07:02,53 | 07:03,46 | 06:40,12 | 0:34:19,71 |
| 2. | 131 | Artur Barański | 1994 | THM | 07:10,70 | 07:49,44 | 08:04,96 | 08:24,38 | 08:18,65 | 0:39:48,14 |
| 3. | 155 | Maciej Nawrocki | 1997 | | 08:05,82 | 08:08,84 | 08:22,48 | 08:28,56 | 08:07,57 | 0:41:13,29 |
| 4. | 120 | Damian Brociek | 1988 | | 09:04,37 | 09:11,10 | 09:16,09 | 09:22,68 | 09:05,04 | 0:45:59,29 |
| 5. | 50 | Maciej Sałapa | 1991 | | 08:59,50 | 09:29,25 | 09:38,45 | 09:55,96 | 09:50,04 | 0:47:53,22 |
| 6. | 119 | Łukasz Dąbrowski | 1988 | | 10:08,66 | 10:08,75 | 10:04,72 | 09:57,23 | 09:55,92 | 0:50:15,30 |
| 7. | 156 | Grzegorz Barański | 1989 | | 10:03,47 | 12:50,40 | 11:54,29 | 11:49,12 | 11:55,68 | 0:58:32,98 |

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|---------|-------|-----------------|---------|------------|------|------|------|------|------|-------|
| 8. | 54 | Marcin Skiba | 1991 | IRBET TEAM | | | | | | DNS |
| 9. | 58 | Jacek Reszka | 1986 | | | | | | | DNS |
| 10. | 123 | Tomasz Soboń | 1994 | AWF Kraków | | | | | | DNS |

M30

| | | | | | | | | | | |
|-----|-----|----------------------|------|---|----------|----------|----------|----------|----------|------------|
| 1. | 60 | Grzegorz Rakoczy | 1984 | SPORT MEDICAL REHABILITACJA RUNNING TEAM | 06:39,39 | 06:54,44 | 07:03,03 | 07:09,02 | 07:01,29 | 0:34:47,19 |
| 2. | 52 | Rafał Barański | 1978 | CENTRUM SPORT OSTROWIEC ŚW. | 07:36,37 | 07:50,05 | 07:58,64 | 07:52,20 | 07:31,15 | 0:38:48,43 |
| 3. | 94 | Przemysław Pronobis | 1982 | SPORT MEDICAL REHABILITACJA-OSTROWIEC | 07:50,27 | 07:48,82 | 08:04,27 | 08:20,00 | 08:07,35 | 0:40:10,73 |
| 4. | 102 | Krzysztof Wąsik | 1977 | | 07:57,17 | 08:16,60 | 08:27,43 | 08:32,43 | 08:13,80 | 0:41:27,45 |
| 5. | 56 | Rafał Chodakowski | 1975 | | 08:30,35 | 08:33,01 | 08:31,96 | 08:36,93 | 08:24,25 | 0:42:36,52 |
| 6. | 124 | Radosław Lenczewski | 1976 | | 08:18,35 | 08:29,63 | 08:40,51 | 08:49,13 | 08:49,71 | 0:43:07,35 |
| 7. | 143 | Piotr Donoch | 1979 | | 08:53,08 | 08:39,03 | 08:38,84 | 08:47,77 | 08:19,65 | 0:43:18,39 |
| 8. | 127 | Łukasz Makowski | 1981 | | 08:51,67 | 08:49,80 | 08:48,39 | 08:51,14 | 08:28,87 | 0:43:49,88 |
| 9. | 61 | Paweł Pytlak | 1981 | | 08:21,90 | 08:38,62 | 08:58,63 | 09:03,32 | 08:48,85 | 0:43:51,34 |
| 10. | 101 | Michał Kutera | 1984 | | 08:51,24 | 08:42,63 | 08:52,31 | 08:41,86 | 09:21,20 | 0:44:29,26 |
| 11. | 92 | Ernest Krajewski | 1984 | RYWAL | 08:45,00 | 08:56,89 | 09:08,25 | 09:05,26 | 08:37,37 | 0:44:32,78 |
| 12. | 86 | Jarosław Sobieraj | 1975 | | 09:14,98 | 08:51,48 | 08:54,94 | 08:59,28 | 08:57,95 | 0:44:58,64 |
| 13. | 99 | Marcin Czopek | 1979 | BDPIRRT BIEGAM DLA POPISU I REKLAMY RUNNING | 08:51,55 | 08:50,76 | 09:07,36 | 09:02,48 | 09:09,89 | 0:45:02,06 |
| 14. | 47 | Ireneusz Bogucki | 1976 | | 09:07,98 | 08:54,52 | 09:06,78 | 09:13,44 | 08:45,39 | 0:45:08,13 |
| 15. | 141 | Krzysztof Skóra | 1980 | Jednostka Strzelecka 2013 | 08:07,14 | 09:16,99 | 09:34,41 | 09:49,93 | 09:56,52 | 0:46:45,00 |
| 16. | 95 | Rafał Korulczyk | 1981 | AMIGO-SKI | 08:55,73 | 09:11,39 | 09:21,29 | 09:38,02 | 09:54,87 | 0:47:01,31 |
| 17. | 108 | Maciej Chudak | 1981 | KSZO HANDBEER TEAM | 09:33,80 | 09:31,65 | 09:31,09 | 09:36,17 | 09:28,80 | 0:47:41,54 |
| 18. | 118 | Łukasz Wierzchowski | 1983 | PUNK ROCKERS | 08:16,50 | 09:35,62 | 10:07,40 | 10:28,30 | 09:54,16 | 0:48:22,01 |
| 19. | 41 | Mirosław Buszkiewicz | 1978 | KGB OSTROWIEC ŚW. | 09:57,68 | 10:21,57 | 10:35,36 | 10:36,09 | 10:03,19 | 0:51:33,92 |
| 20. | 38 | Sergey Naboykin | 1979 | | | | | | | DNS |
| 21. | 57 | Mariusz Klimaszewski | 1976 | | | | | | | DNS |
| 22. | 97 | Piotr Wiraszka | 1976 | | | | | | | DNS |
| 23. | 121 | Konrad Kamiński | 1977 | ENDURORANA.PL | | | | | | DNS |
| 24. | 125 | Tomasz Drózdź | 1984 | Lubienia | | | | | | DNS |

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Ostrowiec Świętokrzyski 09.11.2014 r.



| Miejsce | Numer | Imię i nazwisko | Rok ur. | Klub | Lap1 | Lap2 | Lap3 | Lap4 | Lap5 | Wynik |
|---------|-------|-------------------|---------|----------|------|------|------|------|------|-------|
| 25. | 126 | Sebastian Śpiewak | 1983 | Lubienia | | | | | | DNS |
| 26. | 130 | Jacek Długosz | 1982 | | | | | | | DNS |

M40

| | | | | | | | | | | |
|-----|-----|-----------------------|------|--|----------|----------|----------|----------|----------|------------|
| 1. | 100 | Mirosław Wicha | 1970 | | 07:38,74 | 07:33,11 | 07:36,92 | 07:34,13 | 07:29,33 | 0:37:52,25 |
| 2. | 91 | Sławomir Niedziela | 1974 | SPORT MEDICAL REHABILITACJA | 07:45,13 | 07:42,72 | 07:48,86 | 07:52,44 | 07:33,42 | 0:38:42,59 |
| 3. | 153 | Robert Gładys | 1968 | LKS Rudnik | 07:43,13 | 07:53,95 | 07:59,03 | 07:53,73 | 07:36,64 | 0:39:06,49 |
| 4. | 88 | Paweł Pocheć | 1971 | SPORT MEDICAL REHABILITACJA RUNNING TEAM | 07:42,78 | 07:47,81 | 08:04,04 | 07:57,28 | 07:50,83 | 0:39:22,75 |
| 5. | 98 | Marek Młynek | 1965 | | 08:19,64 | 08:15,77 | 08:26,17 | 08:17,62 | 08:02,38 | 0:41:21,59 |
| 6. | 37 | Kamil Bernacki | 1973 | SPORT MEDICAL REHABILITACJA-OSTROWIEC | 08:37,86 | 08:25,43 | 08:30,48 | 08:38,12 | 08:28,46 | 0:42:40,36 |
| 7. | 122 | Marek Matysiak | 1967 | GAPMONT RUNNING TEAM | 08:38,72 | 08:25,21 | 08:30,68 | 08:37,98 | 08:30,48 | 0:42:43,09 |
| 8. | 129 | Piotr Bajer | 1973 | | 08:22,70 | 08:32,43 | 08:39,84 | 08:39,09 | 08:39,77 | 0:42:53,85 |
| 9. | 40 | Dariusz Klechowski | 1966 | | 08:37,48 | 08:51,96 | 08:57,42 | 08:56,70 | 08:48,56 | 0:44:12,14 |
| 10. | 96 | Dariusz Parkitny | 1968 | KGB OSTROWIEC ŚW. | 08:57,68 | 08:50,46 | 09:05,45 | 09:26,31 | 09:13,92 | 0:45:33,85 |
| 11. | 137 | Sebastian Polit | 1971 | | 09:25,87 | 09:20,72 | 10:01,51 | 09:55,67 | 09:51,13 | 0:48:34,91 |
| 12. | 59 | Jan Starzomski | 1965 | | 09:32,20 | 09:44,45 | 09:56,74 | 10:01,95 | 09:54,07 | 0:49:09,43 |
| 13. | 55 | Dariusz Piętka | 1970 | CENTRUM SPORT OSTROWIEC ŚW. | 10:13,45 | 10:07,15 | 10:16,70 | 10:09,65 | 09:50,10 | 0:50:37,05 |
| 14. | 87 | Marcin Łebek | 1974 | | 09:09,35 | 09:55,55 | 10:44,75 | 10:48,43 | 10:41,17 | 0:51:19,28 |
| 15. | 158 | Czesław Sieczka | 1966 | | 10:00,52 | 10:22,41 | 10:33,51 | 10:37,23 | 10:02,88 | 0:51:36,57 |
| 16. | 46 | Grzegorz Dąbrowski | 1971 | | 10:05,11 | 10:10,25 | 10:25,79 | 10:38,38 | 10:33,56 | 0:51:53,10 |
| 17. | 138 | Janusz Miernik | 1966 | | 10:22,23 | 10:50,02 | 10:56,23 | 10:55,20 | 10:33,90 | 0:53:37,60 |
| 18. | 48 | Przemysław Zakrzewski | 1966 | | | | | | | DNS |
| 19. | 49 | Grzegorz Bąk | 1972 | | | | | | | DNS |

M50

| | | | | | | | | | | |
|----|-----|-----------------|------|-------------------|----------|----------|----------|----------|----------|------------|
| 1. | 145 | Krzysztof Komar | 1964 | LKB Rudnik | 08:15,64 | 08:16,04 | 08:26,33 | 08:17,31 | 07:50,52 | 0:41:05,85 |
| 2. | 142 | Tomasz Laska | 1961 | Zawichost | 08:49,25 | 08:56,69 | 08:53,13 | 09:04,28 | 09:03,45 | 0:44:46,82 |
| 3. | 133 | Andrzej Kotwica | 1963 | WKB Piast Wrocław | 08:42,18 | 09:00,08 | 09:11,66 | 09:32,04 | 09:22,20 | 0:45:48,19 |
| 4. | 128 | Marek Rej | 1956 | LUKKS BAŁTÓW | 08:55,62 | 09:11,44 | 09:20,60 | 09:38,03 | 09:55,40 | 0:47:01,11 |

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|---------|-------|--------------------|---------|-------------------|----------|----------|----------|----------|----------|------------|
| 5. | 42 | Grzegorz Gawroński | 1964 | KGB OSTROWIEC ŚW. | 09:57,53 | 10:22,18 | 10:33,89 | 10:36,90 | 10:02,87 | 0:51:33,38 |
| 6. | 43 | Witold Kozioł | 1959 | KGB OSTROWIEC ŚW. | 09:59,62 | 10:23,11 | 10:34,07 | 10:36,95 | 10:02,91 | 0:51:36,68 |

Lista uczestników: 70

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