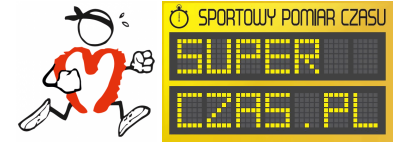


Leśna ZaDyszka w Szulmierzu - 10 km

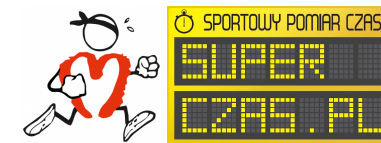
Klasyfikacja: OPEN Mężczyźni



| M-ce | Nr start. | Nazwisko i imię | Miejscowość | Drużyna | Rok urodz. | Kat. wiek. | Kat. dod. | Tempo min/km | Tempo km/h | 5,0 km | Czas netto | Wynik (brutto) |
|------|-----------|-------------------------|------------------|---------------------------------|------------|--------------|-----------|--------------|------------|--------|------------|----------------|
| 1 | 204 | Makowski Michał | Ciechanów | 2.Orel | 1986 | M30-39 | | 03:32 | 16.9 | 17:34 | 35:24 | 35:25 |
| 2 | 307 | Filipowicz Tomasz | Budki | ZaDyszka | 1986 | M30-39 | | 03:34 | 16.8 | 17:48 | 35:41 | 35:43 |
| 3 | 191 | Wróblewski Jacek | Ciechanów | Runners Team Ciechanów | 1981 | M30-39 | | 03:44 | 16 | 18:08 | 37:24 | 37:25 |
| 4 | 302 | Szczepankowski Jarosław | Ciechanów | Runners Team Ciechanów | 1972 | M40-49 | | 03:52 | 15.5 | 19:11 | 38:43 | 38:45 |
| 5 | 318 | Kamiński Tomasz | Gąbin | Gąbin Biega | 1992 | M16-29 | | 03:54 | 15.3 | 19:11 | 39:05 | 39:08 |
| 6 | 333 | Kłoszewski Marcin | Baboszewo | KB. Im. P.Sękowskiego w Płońsku | 1993 | M16-29 | | 03:57 | 15.2 | 19:35 | 39:34 | 39:36 |
| 7 | 241 | Szpigiel Michał | Ojrzeń | KB TKKF Promyk Ciechanów 1 | 1993 | M16-29 | | 03:59 | 15 | 19:45 | 39:56 | 39:57 |
| 8 | 266 | Pajewski Tomasz | Kargoszyn | Mazovia ProActiv | 1993 | M16-29 | | 03:59 | 15 | 19:45 | 39:56 | 39:57 |
| 9 | 320 | Kuchciński Sławomir | Mława | LOTOS Running Team | 1977 | M40-49 | | 04:02 | 14.8 | 20:17 | 40:28 | 40:29 |
| 10 | 297 | Włodarczyk Grzegorz | Ciechanów | | 1977 | M40-49 | | 04:06 | 14.6 | 20:13 | 41:02 | 41:05 |
| 11 | 342 | Leszczyński Andrzej | Mława | Body Club | 1967 | M50-59 | | 04:07 | 14.6 | 20:01 | 41:12 | 41:14 |
| 12 | 278 | Dąbrowski Dariusz | Ciechanów | Mazovia ProActiv | 1978 | M30-39 | | 04:07 | 14.5 | 20:22 | 41:14 | 41:16 |
| 13 | 124 | Krawczyk Przemysław | Ciechanów | LUKA Ciechanów | 1979 | M30-39 | | 04:07 | 14.5 | 20:17 | 41:15 | 41:17 |
| 14 | 323 | Kubisa Andrzej Kukiz | Mława-Windyki | bbl mława | 1980 | M30-39 | | 04:08 | 14.5 | 20:31 | 41:26 | 41:28 |
| 15 | 159 | Dudziec Marcin | Szczytno | Klub Biegacza Jurund Szczytno | 1984 | M30-39 | | 04:14 | 14.1 | 20:56 | 42:22 | 42:25 |
| 16 | 271 | Pawlak Andrzej | Ciechanów | KB TKKF Promyk Ciechanów 1 | 1984 | M30-39 | | 04:15 | 14.1 | 20:34 | 42:31 | 42:33 |
| 17 | 275 | Karpiński Radosław | Kondrajec Pański | KB TKKF Promyk Ciechanów 1 | 1995 | M16-29 | | 04:15 | 14.1 | 21:00 | 42:31 | 42:33 |
| 18 | 298 | Tomczak Grzegorz | Białystok | Dziki ze Szczytna | 1974 | M40-49 | | 04:16 | 14 | 21:06 | 42:46 | 42:48 |
| 19 | 142 | Kalinowski Łukasz | Warszawa | | 1980 | M30-39 | | 04:18 | 13.9 | 21:30 | 42:56 | 43:02 |
| 20 | 248 | Zając Bogdan | Chorzele | ZaDyszka | 1974 | M40-49 | | 04:18 | 13.9 | 21:29 | 43:02 | 43:05 |
| 21 | 282 | Skrzypczyński Krzysztof | Nasielsk | Nasielsk Baszta Team | 1985 | M30-39 | | 04:18 | 13.9 | 21:32 | 42:55 | 43:07 |
| 22 | 274 | Marut Ryszard | Ciechanów | KB TKKF Promyk Ciechanów 2 | 1954 | M60 i starsi | | 04:20 | 13.8 | 21:14 | 43:20 | 43:22 |
| 23 | 71 | Tarnowski Witold | Ciechanów | KB TKKF Promyk Ciechanów 3 | 1961 | M50-59 | | 04:20 | 13.8 | 21:14 | 43:20 | 43:22 |
| 24 | 273 | Bany Robert | Sokołówek | KB TKKF Promyk Ciechanów 2 | 1973 | M40-49 | | 04:21 | 13.8 | 21:11 | 43:34 | 43:38 |
| 25 | 344 | Reks Mirosław | Mława | | 1971 | M40-49 | | 04:22 | 13.7 | 21:48 | 43:32 | 43:43 |
| 26 | 237 | Grzybowski Krzysztof | Mława | | 1969 | M40-49 | | 04:22 | 13.7 | 21:58 | 43:41 | 43:45 |
| 27 | 69 | Kurjata Cezary | Ciechanów | Straż Pożarna Ciechanów | 1979 | M30-39 | | 04:22 | 13.7 | 22:03 | 43:47 | 43:50 |
| 28 | 198 | Rogalski Krzysztof | Warszawa | | 1981 | M30-39 | | 04:23 | 13.7 | 21:38 | 43:42 | 43:51 |
| 29 | 236 | Kubit Tadeusz | Mława | | 1974 | M40-49 | | 04:23 | 13.7 | 21:47 | 43:50 | 43:52 |
| 30 | 304 | Mysiewicz Rafał | Ciechanów | Runners Team Ciechanów | 1976 | M40-49 | | 04:25 | 13.6 | 21:59 | 44:14 | 44:17 |
| 31 | 123 | Kubiński Sławomir | Ciechanów | KB TKKF Promyk Ciechanów 2 | 1961 | M50-59 | | 04:26 | 13.5 | 21:47 | 44:23 | 44:25 |
| 32 | 317 | Belka Przemysław | Ilawa | Ilawa Biega | 1990 | M16-29 | | 04:28 | 13.4 | 22:20 | 44:42 | 44:47 |
| 33 | 329 | Kwiatkowski Adam | Butryny | ZaDyszka | 1971 | M40-49 | | 04:28 | 13.4 | 21:33 | 44:45 | 44:48 |
| 34 | 53 | Kraskowski Wojciech | Kargoszyn | Mazovia ProActiv | 1976 | M40-49 | | 04:29 | 13.4 | 22:27 | 44:49 | 44:54 |
| 35 | 303 | Męziński Mariusz | Wółka Łanięcka | Runners Team Ciechanów | 1974 | M40-49 | | 04:29 | 13.3 | 22:11 | 44:51 | 44:59 |
| 36 | 91 | Królikowski Wojciech | Ciechanów | ZaDyszka | 1972 | M40-49 | | 04:30 | 13.3 | 22:25 | 44:57 | 45:01 |
| 37 | 251 | Tłoczkowski Adam | Chorzele | ZaDyszka | 1973 | M40-49 | | 04:30 | 13.3 | 22:18 | 44:57 | 45:01 |
| 38 | 4 | Liszewski Grzegorz | Szulmierz | ZaDyszka | 1972 | M40-49 | | 04:30 | 13.3 | 22:26 | 45:01 | 45:03 |
| 39 | 58 | Kosik Andrzej | Ciechanów | | 1994 | M16-29 | | 04:30 | 13.3 | 22:12 | 45:05 | 45:07 |
| 40 | 148 | Wudarczyk Tomasz | Władysławowo | KB TTKF Promyk Ciechanów 3 | 1961 | M50-59 | | 04:31 | 13.3 | 22:06 | 45:10 | 45:12 |
| 41 | 249 | Grządkowski Seweryn | Władysławowo | ZaDyszka | 1975 | M40-49 | | 04:31 | 13.3 | 22:29 | 45:10 | 45:14 |
| 42 | 324 | Ulewicz Arnold | Płock | | 1969 | M40-49 | | 04:33 | 13.2 | 22:52 | 45:23 | 45:30 |

Leśna ZaDyszka w Szulmierzu - 10 km

Klasyfikacja: OPEN Mężczyźni



| M-ce | Nr start. | Nazwisko i imię | Miejscowość | Drużyna | Rok urodz. | Kat. wiek. | Kat. dod. | Tempo min/km | Tempo km/h | 5,0 km | Czas netto | Wynik (brutto) |
|------|-----------|-----------------------|----------------|---|------------|--------------|-----------|--------------|------------|--------|------------|----------------|
| 43 | 312 | Modzelewski Krzysztof | Ostrołęka | KK24h | 1966 | M50-59 | | 04:33 | 13.2 | 22:22 | 45:29 | 45:34 |
| 44 | 348 | Głowacz Paweł | Bardonki | Nadleśnictwo Ciechanów | 2000 | M16-29 | | 04:36 | 13 | 22:04 | 46:00 | 46:02 |
| 45 | 292 | Będzowski Marek | Ostrołęka | Morsy Ostrołęka Biegam Bo Lubię Ostrołęka | 1968 | M40-49 | | 04:37 | 13 | 22:15 | 46:07 | 46:10 |
| 46 | 14 | Nawrot Paweł | Ciechanów | KB TKKF PROMYK CIECHANÓW 5 | 1981 | M30-39 | | 04:37 | 13 | 22:59 | 46:03 | 46:10 |
| 47 | 174 | Karolak Cezary | Ciechanów | | 1966 | M50-59 | | 04:37 | 13 | 23:12 | 46:08 | 46:13 |
| 48 | 349 | Głowacz Piotr | Bardonki | Nadleśnictwo Ciechanów | 1971 | M40-49 | | 04:37 | 13 | 22:43 | 46:12 | 46:15 |
| 49 | 247 | Długolecki Piotr | Zielona | Długoleccy Team | 1979 | M30-39 | | 04:39 | 12.9 | 22:16 | 46:29 | 46:30 |
| 50 | 80 | Kozak Mariusz | Ciechanów | | 1980 | M30-39 | | 04:39 | 12.9 | 23:01 | 46:27 | 46:35 |
| 51 | 66 | Fedor Martin | Ciechanów | T4B Bike Team | 1977 | M40-49 | | 04:39 | 12.9 | 22:41 | 46:32 | 46:36 |
| 52 | 153 | Karaszewski Janusz | Konin | ZaDyszka | 1969 | M40-49 | | 04:40 | 12.9 | 23:06 | 46:38 | 46:41 |
| 53 | 356 | Olszewski Mariusz | Mława | BBL Mława | 1987 | M30-39 | | 04:40 | 12.8 | 23:12 | 46:41 | 46:47 |
| 54 | 263 | Wyszowski Krzysztof | Ciechanów | KB TTKF Promyk Ciechanów 4 | 1953 | M60 i starsi | | 04:41 | 12.8 | 23:10 | 46:46 | 46:53 |
| 55 | 262 | Jabłoński Grzegorz | Płock | | 1966 | M50-59 | | 04:41 | 12.8 | 23:05 | 46:53 | 46:57 |
| 56 | 156 | Przybytkowski Roman | Śródborze | | 1960 | M50-59 | | 04:42 | 12.7 | 23:20 | 47:02 | 47:08 |
| 57 | 243 | Domański Dariusz | Otwock | | 1977 | M40-49 | | 04:43 | 12.7 | 23:58 | 47:00 | 47:13 |
| 58 | 354 | Lubiński Jarosław | Ciechanów | | 1979 | M30-39 | | 04:43 | 12.7 | 23:46 | 47:07 | 47:18 |
| 59 | 270 | Pietras Krzysztof | Ciechanów | ----- | 1976 | M40-49 | | 04:43 | 12.7 | 23:52 | 47:11 | 47:18 |
| 60 | 309 | Modzelewski Wiesław | Ostrołęka | KK24h | 1964 | M50-59 | | 04:44 | 12.7 | 23:52 | 47:18 | 47:25 |
| 61 | 74 | Szczepkowski Tomasz | Szabda | | 1974 | M40-49 | | 04:44 | 12.6 | 23:31 | 47:16 | 47:27 |
| 62 | 347 | Morawski Piotr | Ciechanów | KP PSP Ciechanów | 1989 | M16-29 | | 04:45 | 12.6 | 22:37 | 47:28 | 47:31 |
| 63 | 284 | Witkowski Łukasz | Nasielsk | Nasielsk Baszta Team | 1986 | M30-39 | | 04:45 | 12.6 | 24:08 | 47:21 | 47:32 |
| 64 | 170 | Baranowski Grzegorz | Nidzica | Nidzica Biega | 1974 | M40-49 | | 04:45 | 12.6 | 22:55 | 47:31 | 47:35 |
| 65 | 305 | Bużycki Artur | Mława | | 1975 | M40-49 | | 04:46 | 12.6 | 23:47 | 47:30 | 47:42 |
| 66 | 82 | Kacprzak Maciej | Pawłowo | | 1995 | M16-29 | | 04:47 | 12.5 | 23:51 | 47:40 | 47:52 |
| 67 | 139 | Rzepliński Krzysztof | Ciechanów | Spirit of KOŁAKI | 1992 | M16-29 | | 04:47 | 12.5 | 24:27 | 47:42 | 47:55 |
| 68 | 35 | Adamiak Robert | Ciechanów | | 1969 | M40-49 | | 04:48 | 12.5 | 23:12 | 47:59 | 48:01 |
| 69 | 181 | Grabowski Jacek | Dębowo | ZaDyszka | 1973 | M40-49 | | 04:48 | 12.5 | 24:31 | 47:57 | 48:08 |
| 70 | 316 | Wójcik Piotr | Prabuty | Kwidzyn Biega | 1971 | M40-49 | | 04:49 | 12.5 | 23:28 | 48:04 | 48:11 |
| 71 | 336 | Gwozdowicz Ryszard | Olsztyn | FHU Grzegorz Siemiątkowski | 1965 | M50-59 | | 04:49 | 12.4 | 23:56 | 48:04 | 48:12 |
| 72 | 214 | Wierziński Karol | Piasieczno | KAROLAKI TEAM | 1975 | M40-49 | | 04:49 | 12.4 | 23:35 | 48:09 | 48:15 |
| 73 | 257 | Boniewski Lech | Głinojeck | Lechu na wydechu | 1958 | M50-59 | | 04:51 | 12.4 | | | 48:30 |
| 74 | 118 | Miłoboszewski Tadeusz | Ciechanów | ZaDyszka | 1976 | M40-49 | | 04:51 | 12.3 | 23:53 | 48:32 | 48:38 |
| 75 | 338 | Barnaś Paweł | Mława | LG Running Team | 1981 | M30-39 | | 04:52 | 12.3 | 24:01 | 48:35 | 48:42 |
| 76 | 259 | Maciejewski Jacek | Płock | Active Runners | 1978 | M30-39 | | 04:53 | 12.3 | 23:36 | 48:51 | 48:56 |
| 77 | 79 | Grabowski Stanisław | Leśniewo Dolne | KB TKKF Promyk Ciechanów 6 | 1954 | M60 i starsi | | 04:54 | 12.2 | 23:58 | 49:02 | 49:03 |
| 78 | 49 | Szlachta Jacek | Dunaj | Nadleśnictwo Ciechanów | 1966 | M50-59 | | 04:55 | 12.2 | 23:32 | 49:01 | 49:13 |
| 79 | 169 | Parkasiewicz Tomasz | Olsztyn | | 1971 | M40-49 | | 04:56 | 12.1 | 24:31 | 49:17 | 49:28 |
| 80 | 283 | Kaszuba Robert | Polanka | | 1976 | M40-49 | | 04:58 | 12.1 | 24:22 | 49:38 | 49:42 |
| 81 | 353 | Grzelak Łukasz | Gąbin | Gąbin Biega | 1985 | M30-39 | | 04:58 | 12 | 24:07 | 49:42 | 49:49 |
| 82 | 217 | Paliwoda Grzegorz | Płock | | 1974 | M40-49 | | 05:01 | 11.9 | 24:41 | 50:07 | 50:20 |
| 83 | 12 | Blicharski Łukasz | Ciechanów | Ciechanów | 1978 | M30-39 | | 05:02 | 11.9 | 24:38 | 50:21 | 50:29 |
| 84 | 52 | Nieznański Patryk | Ciechanów | Mazovia ProActiv Ciechanów | 1984 | M30-39 | | 05:03 | 11.9 | 24:13 | 50:30 | 50:35 |

Leśna ZaDyszka w Szulmierzu - 10 km

Klasyfikacja: OPEN Mężczyźni



| M-ce | Nr start. | Nazwisko i imię | Miejscowość | Drużyna | Rok urodz. | Kat. wiek. | Kat. dod. | Tempo min/km | Tempo km/h | 5,0 km | Czas netto | Wynik (brutto) |
|------|-----------|-------------------------|----------------------|----------------------------|------------|--------------|-----------|--------------|------------|----------|------------|----------------|
| 85 | 2 | Lidke Sławomir | Ciechanów | | 1982 | M30-39 | | 05:04 | 11.8 | 24:13 | 50:38 | 50:47 |
| 86 | 234 | Kaczmarczyk Jerzy | Mława | | 1957 | M60 i starsi | | 05:05 | 11.8 | 25:11 | 50:47 | 50:51 |
| 87 | 268 | Winnik Maciej | Pomiechówek | :-) | 1978 | M30-39 | | 05:05 | 11.8 | 24:04 | 50:48 | 50:54 |
| 88 | 26 | Michalski Przemysław | Kargoszyn | ZaDyszka Ciechanów | 1975 | M40-49 | | 05:06 | 11.8 | 24:46 | 50:58 | 51:03 |
| 89 | 16 | Lewandowski Zenon | Ciechanów | KB TTKF Promyk Ciechanów 5 | 1952 | M60 i starsi | | 05:06 | 11.7 | 25:12 | 51:00 | 51:06 |
| 90 | 308 | Cholewiński Michał | Nowy Dwór Mazowiecki | Twierdzaki | 1985 | M30-39 | | 05:06 | 11.7 | 25:16 | 50:51 | 51:07 |
| 91 | 294 | Czekalski Mariusz | Białobiel | Biegam Bo Lubię Ostrołęka | 1974 | M40-49 | | 05:06 | 11.7 | 24:35 | 50:57 | 51:09 |
| 92 | 30 | Gralewski Adam | Regimin | MUKS CZARNI Regimin | 1975 | M40-49 | | 05:07 | 11.7 | 24:37 | 51:05 | 51:14 |
| 93 | 166 | Kowalski Marek | Golub-Dobrzyń | ZaDyszka | 1969 | M40-49 | | 05:07 | 11.7 | 25:26 | 51:11 | 51:17 |
| 94 | 145 | Haliżak Norbert | Wieluń | ZaDyszka | 1973 | M40-49 | | 05:07 | 11.7 | 25:27 | 51:12 | 51:18 |
| 95 | 226 | Zawadzki Artur | Warszawa | ZaDyszka | 1975 | M40-49 | | 05:07 | 11.7 | 25:26 | 51:14 | 51:20 |
| 96 | 311 | Kleczkowski Leszek | Ostrołęka | KK 24h | 1960 | M50-59 | | 05:09 | 11.6 | 25:07 | 51:25 | 51:32 |
| 97 | 97 | Zdrojewski Artur | Ciechanów | KB TKKF Promyk Ciechanów 5 | 1976 | M40-49 | | 05:09 | 11.6 | 25:27 | 51:25 | 51:34 |
| 98 | 104 | Szczepański Michał | Ciechanów | | 1981 | M30-39 | | 05:09 | 11.6 | 25:32 | 51:27 | 51:34 |
| 99 | 351 | Makowski Bogdan | Płock | Płock Biega No Age Limit | 1957 | M60 i starsi | | 05:10 | 11.6 | 25:07 | 51:45 | 51:48 |
| 100 | 228 | Uchroński Grzegorz | Leśniewo | | 1977 | M40-49 | | 05:12 | 11.5 | 25:07 | 51:59 | 52:03 |
| 101 | 70 | Woliński Michał | Ciechanów | DSO.pl CIECHANÓW | 1988 | M16-29 | | 05:14 | 11.5 | 26:20 | 52:06 | 52:20 |
| 102 | 276 | Kadecki Marek | Kargoszyn | | 1973 | M40-49 | | 05:14 | 11.4 | 25:49 | 52:13 | 52:27 |
| 103 | 334 | Budzych Wojciech | Ciechanów | TKKF Promyk Ciechanów 4 | 1975 | M40-49 | | 05:14 | 11.4 | 25:49 | 52:13 | 52:28 |
| 104 | 315 | Więckowski Tadeusz | Olszewo Borcki | KK24h | 1953 | M60 i starsi | | 05:14 | 11.4 | 26:21 | 52:23 | 52:30 |
| 105 | 340 | Białorucki Tomasz | Legionowo | | 1972 | M40-49 | | 05:17 | 11.4 | 25:17 | 52:42 | 52:50 |
| 106 | 209 | Kowaliński Maciej | Ciechanów | Mazovia ProActiv | 1985 | M30-39 | | 05:17 | 11.3 | 01:08:08 | 52:52 | 52:59 |
| 107 | 345 | Szejko Wawrzyniec | Ciechanów | KB TKKF Promyk Ciechanów 6 | 1952 | M60 i starsi | | 05:19 | 11.3 | 26:27 | 53:04 | 53:11 |
| 108 | 306 | Budny Bartosz | Nowy Dwór Mazowiecki | Twierdzaki | 1985 | M30-39 | | 05:19 | 11.3 | 26:30 | 52:58 | 53:15 |
| 109 | 95 | Pepłoński Andrzej | Ciechanów | | 1959 | M50-59 | | 05:20 | 11.2 | 25:54 | 53:24 | 53:28 |
| 110 | 3 | Przybyszewski Adam | Ojrzeń | | 1981 | M30-39 | | 05:24 | 11.1 | 26:35 | 53:53 | 54:02 |
| 111 | 108 | Mrozek Marcin | Ciechanów | | 1985 | M30-39 | | 05:24 | 11.1 | 27:49 | 53:55 | 54:05 |
| 112 | 13 | Zagórski Artur | Ciechanów | Mazovia ProActive | 1980 | M30-39 | | 05:27 | 11 | 24:36 | 54:25 | 54:30 |
| 113 | 172 | Baranowski Piotr | Nidzica | Nidzica Biega | 1999 | M16-29 | | 05:27 | 11 | 26:37 | 54:25 | 54:34 |
| 114 | 280 | Kołodziejczyk Krzysztof | Nasielsk | Nasielsk Baszta Team | 1978 | M30-39 | | 05:29 | 10.9 | 26:41 | 54:34 | 54:51 |
| 115 | 36 | Kowalski Tomasz | Ciechanów | | 1982 | M30-39 | | 05:30 | 10.9 | 27:44 | 54:58 | 55:09 |
| 116 | 253 | Wichowski Rafał | Warszawa | | 1989 | M16-29 | | 05:31 | 10.8 | 26:58 | 55:12 | 55:20 |
| 117 | 46 | Hikiert Dominik | Ciechanów | DSO.pl CIECHANÓW | 1980 | M30-39 | | 05:33 | 10.8 | 28:23 | 55:18 | 55:33 |
| 118 | 331 | Zabiełło Piotr | Olsztyn | | 1966 | M50-59 | | 05:34 | 10.8 | 28:02 | 55:35 | 55:47 |
| 119 | 346 | Ancan Kamil | Murowana Goślina | | 1989 | M16-29 | | 05:34 | 10.8 | 28:02 | 55:36 | 55:47 |
| 120 | 335 | Kuciński Przemysław | Warszawa | | 1986 | M30-39 | | 05:36 | 10.7 | 27:01 | 55:47 | 56:03 |
| 121 | 265 | Macko Mariusz | Białobiel | Morsy Ostrołęka | 1978 | M30-39 | | 05:36 | 10.7 | 27:48 | 55:53 | 56:03 |
| 122 | 32 | Gapski Michał | Mława | | 1975 | M40-49 | | 05:37 | 10.7 | 26:29 | 56:00 | 56:16 |
| 123 | 256 | Leszczyński Lech | Przasnysz | ----- | 1954 | M60 i starsi | | 05:39 | 10.6 | 27:56 | 56:27 | 56:39 |
| 124 | 165 | Piotrowski Michał | Kajki | | 1980 | M30-39 | | 05:41 | 10.5 | 29:20 | 56:36 | 56:56 |
| 125 | 326 | Ziółkowski Jakub | Gąbin | Gąbin Biega | 1992 | M16-29 | | 05:42 | 10.5 | 28:43 | 56:51 | 57:01 |
| 126 | 332 | Kruszewski Rafał | Kołaki Kwasy | Spirit of KOŁAKI | 1990 | M16-29 | | 05:42 | 10.5 | 27:47 | 56:53 | 57:06 |

Wyniki wersja z: 25.06.2017 15:48:48

Data: 24.06.2017 11:40:00

Miejscowość: Leśniczówka Szulmierzu k. Ciechanowa

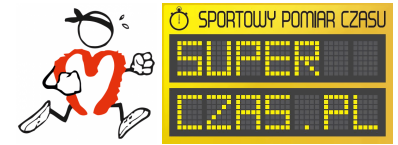
Organizator: Urząd Gminy w Regiminiu, Fundacja Lilium, MUKS

Czarni Regimin, Grupa biegowa „ZaDyszka”

Dystans: 10 km

Leśna ZaDyszka w Szulmierzu - 10 km

Klasyfikacja: OPEN Mężczyźni



| M-ce | Nr start. | Nazwisko i imię | Miejscowość | Drużyna | Rok urodz. | Kat. wiek. | Kat. dod. | Tempo min/km | Tempo km/h | 5,0 km | Czas netto | Wynik (brutto) |
|------|-----------|----------------------|--------------|---------------------------------|------------|------------|-----------|--------------|------------|--------|------------|----------------|
| 127 | 134 | Wszeborowski Marcin | Ciechanów | | 1976 | M40-49 | | 05:44 | 10.5 | 27:48 | 57:14 | 57:22 |
| 128 | 325 | Sokołowski Paweł | Mława | | 1990 | M16-29 | | 05:46 | 10.4 | 28:59 | 57:36 | 57:42 |
| 129 | 281 | Ruciński Jarosław | Nasielsk | Nasielsk Baszta Team | 1981 | M30-39 | | 05:52 | 10.2 | 28:11 | 58:27 | 58:45 |
| 130 | 109 | Sarnowski Przemysław | Ciechanów | | 1987 | M30-39 | | 05:54 | 10.2 | 28:12 | 58:51 | 59:02 |
| 131 | 140 | Kaniewski Grzegorz | Ciechanów | DSO.pl CIECHANÓW | 1977 | M40-49 | | 05:57 | 10.1 | 29:13 | 59:23 | 59:38 |
| 132 | 110 | Góralczyk Adam | Regimin | | 1970 | M40-49 | | 05:59 | 10 | 28:32 | 59:49 | 59:57 |
| 133 | 129 | Górski Marcin | Grudusk | | 1981 | M30-39 | | 06:01 | 10 | 28:17 | 01:00:01 | 01:00:13 |
| 134 | 135 | Pawlak Leszek | Ciechanów | | 1963 | M50-59 | | 06:06 | 9.8 | 30:39 | 01:00:41 | 01:01:01 |
| 135 | 141 | Saganek Radosław | Ciechanów | DSO.pl CIECHANÓW | 1980 | M30-39 | | 06:09 | 9.7 | 30:53 | 01:01:25 | 01:01:39 |
| 136 | 222 | Pabich Marek | Kargoszyn | | 1977 | M40-49 | | 06:16 | 9.6 | 31:23 | 01:02:33 | 01:02:48 |
| 137 | 337 | Siemiątkowski Maciej | Raciąż | FHU Grzegorz Siemiątkowski | 1998 | M16-29 | | 06:17 | 9.5 | 30:24 | 01:02:49 | 01:02:58 |
| 138 | 293 | Nadaj Robert Dominik | Ostrołęka | Biegam Bo Lubię Ostrołęka | 1972 | M40-49 | | 06:24 | 9.4 | 29:16 | 01:03:51 | 01:04:00 |
| 139 | 102 | Tomkowicz Andrzej | Jarluty Małe | ZaDyszka | 1959 | M50-59 | | 06:25 | 9.3 | 31:21 | 01:04:02 | 01:04:15 |
| 140 | 59 | Herman Piotr | Ciechanów | | 1988 | M16-29 | | 06:30 | 9.2 | 30:39 | 01:04:53 | 01:05:06 |
| 141 | 37 | Wroński Piotr | Regimin | ZaDyszka | 1970 | M40-49 | | 06:34 | 9.1 | 31:43 | 01:05:28 | 01:05:45 |
| 142 | 106 | Dłutkowski Jarosław | Rogowo | ZaDyszka Chorągiew Wielkopolska | 1973 | M40-49 | | 06:49 | 8.8 | 32:36 | 01:08:02 | 01:08:18 |