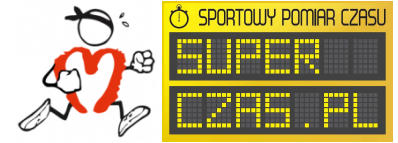


# Leśna ZaDyszka w Szulmierzu [NOWY TERMIN, ZMIANA FORMUŁY] - 10 km

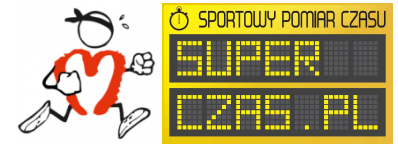
Klasyfikacja: OPEN



| M-ce | Nr start. | Nazwisko i imię         | Miejscowość           | Drużyna                         | Rok urodz. | Kat. wiek. | M-ce w kat. | Tempo min/km | Tempo km/h | Czas netto | Wynik (brutto) | K | M  |
|------|-----------|-------------------------|-----------------------|---------------------------------|------------|------------|-------------|--------------|------------|------------|----------------|---|----|
| 1    | 187       | Piechna Andrzej         | Ciechanów             | KB TKKF Promyk Ciechanów        | 1969       | M50-59     | 1           | 03:52        | 15.6       | 38:35      | 38:35          |   | 1  |
| 2    | 109       | Faderewski Piotr        | Ciechanów             | Mazovia ProActiv Ciechanów      | 1978       | M40-49     | 1           | 03:54        | 15.4       | 39:02      | 39:02          |   | 2  |
| 3    | 192       | Smoliński Rafał         | Przasnysz             | KS Przaśnik Przasnysz           | 1990       | M30-39     | 1           | 03:55        | 15.3       | 39:12      | 39:12          |   | 3  |
| 4    | 139       | Sadowski Robert         | Dobrzankowo           | Jednorożec robi co może         | 1969       | M50-59     | 2           | 03:57        | 15.2       | 39:30      | 39:30          |   | 4  |
| 5    | 173       | Kubit Marcin            | Mława                 |                                 | 2000       | M16-29     | 1           | 03:58        | 15.1       | 39:40      | 39:40          |   | 5  |
| 6    | 39        | Szczepankowski Jarosław | Ciechanów             | ---                             | 1972       | M40-49     | 2           | 03:58        | 15.1       | 39:41      | 39:41          |   | 6  |
| 7    | 144       | Urbaniak Sylwester      | Jednorożec            | Jednorożec robi co może         | 1985       | M30-39     | 2           | 03:58        | 15.1       | 39:44      | 39:44          |   | 7  |
| 8    | 10        | Gajek Ireneusz          | Ciechanów             |                                 | 1978       | M40-49     | 3           | 04:03        | 14.8       | 40:28      | 40:28          |   | 8  |
| 9    | 87        | Rejniak Robert          | Mława                 |                                 | 1971       | M40-49     | 4           | 04:09        | 14.5       | 41:29      | 41:29          |   | 9  |
| 10   | 101       | Bany Robert             | Sokołówek             | Mazovia ProActiv                | 1973       | M40-49     | 5           | 04:12        | 14.3       | 41:56      | 41:56          |   | 10 |
| 11   | 134       | Pałejko Mateusz         | Olsztyn               | FFF                             | 1987       | M30-39     | 3           | 04:12        | 14.3       | 42:00      | 42:00          |   | 11 |
| 12   | 16        | Kubalski Paweł          | Mława                 | Tri Sebuś Team                  | 1984       | M30-39     | 4           | 04:12        | 14.3       | 42:03      | 42:03          |   | 12 |
| 13   | 3         | Cak Michał              | Bielsk                | ORLEN Running Team              | 1987       | M30-39     | 5           | 04:14        | 14.2       | 42:22      | 42:22          |   | 13 |
| 14   | 8         | Długołęcki Piotr        | Zielona               | JEDNOROŻEC ROBI CO MOŻE         | 1979       | M40-49     | 6           | 04:17        | 14         | 42:48      | 42:48          |   | 14 |
| 15   | 335       | Szymański Dominik       | Olsztyn               |                                 | 1987       | M30-39     | 6           | 04:17        | 14         | 42:49      | 42:49          |   | 15 |
| 16   | 19        | Kwieciński Sebastian    | Mława                 | Tri Sebuś Team                  | 1977       | M40-49     | 7           | 04:17        | 14         | 42:53      | 42:53          |   | 16 |
| 17   | 189       | Podlecki Maciej         | Ciechanów             | KB TKKF Promyk Ciechanów        | 2000       | M16-29     | 2           | 04:18        | 14         | 42:59      | 42:59          |   | 17 |
| 18   | 297       | Zadrozny Krzysztof      | Ciechanów             | Cross Trening Mazovia Ciechanów | 1986       | M30-39     | 7           | 04:18        | 13.9       | 43:03      | 43:03          |   | 18 |
| 19   | 135       | Rykowski Radosław       | Ciechanów             | Mazovia ProActiv Ciechanów      | 1988       | M30-39     | 8           | 04:19        | 13.9       | 43:13      | 43:13          |   | 19 |
| 20   | 143       | Urbaniak Anna           | Jednorożec            | Jednorożec robi co może         | 1987       | K30-39     | 1           | 04:20        | 13.8       | 43:23      | 43:23          | 1 |    |
| 21   | 5         | Cieslewski Piotr        | Mława                 | Tri Sebuś Team                  | 1982       | M30-39     | 9           | 04:22        | 13.7       | 43:41      | 43:41          |   | 20 |
| 22   | 20        | Lenkiewicz Weronika     | Ostrołęka             |                                 | 1992       | K16-29     | 1           | 04:24        | 13.7       | 43:56      | 43:56          | 2 |    |
| 23   | 174       | Kubit Tadeusz           | Mława                 |                                 | 1974       | M40-49     | 8           | 04:25        | 13.6       | 44:05      | 44:05          |   | 21 |
| 24   | 128       | Lubińska Aneta          | Ciechanów             | Mazovia ProActiv Ciechanów      | 1975       | K40-49     | 1           | 04:27        | 13.5       | 44:29      | 44:29          | 3 |    |
| 25   | 111       | Gronowski Robert        | Ciechanów             | FFF                             | 1989       | M30-39     | 10          | 04:28        | 13.4       | 44:37      | 44:37          |   | 22 |
| 26   | 112       | Gulczyński Piotr        | Ciechanów             | FFF                             | 1987       | M30-39     | 11          | 04:29        | 13.4       | 44:54      | 44:54          |   | 23 |
| 27   | 304       | Olszewski Adam          | Rogowo                | KB.LECH Rypin                   | 1963       | M50-59     | 3           | 04:30        | 13.3       | 45:00      | 45:00          |   | 24 |
| 28   | 155       | Brodowski Dawid         | Noszarzewo Boirowe 21 |                                 | 1979       | M40-49     | 9           | 04:30        | 13.3       | 45:02      | 45:02          |   | 25 |
| 29   | 50        | Zyskowski Artur         | Ostrołęka             | Biegam Bo Lubie Ostrołęka       | 1976       | M40-49     | 10          | 04:31        | 13.3       | 45:11      | 45:11          |   | 26 |
| 30   | 140       | Siemionko Tadeusz       | Ciechanów             |                                 | 1981       | M30-39     | 12          | 04:32        | 13.3       | 45:15      | 45:15          |   | 27 |
| 31   | 195       | Śmigieński Radosław     | Dębowo                |                                 | 1983       | M30-39     | 13          | 04:35        | 13.1       | 45:52      | 45:52          |   | 28 |
| 32   | 147       | Wudarczyk Tomasz        | Władysławowo          | Mazovia ProActiv Ciechanów      | 1961       | M50-59     | 4           | 04:35        | 13.1       | 45:54      | 45:54          |   | 29 |
| 33   | 325       | Kaszuba Robert          |                       | ZaDyszka                        | 1976       | M40-49     | 11          | 04:36        | 13.1       | 45:56      | 45:56          |   | 30 |
| 34   | 142       | Uliczny Konrad          | Kargoszyn             | FFF                             | 1981       | M30-39     | 14          | 04:36        | 13.1       | 45:57      | 45:57          |   | 31 |
| 35   | 339       | Puchała Włodzimierz     | Sierakowo             | KS PRZAŚNIK PRZASNYSZ           | 1965       | M50-59     | 5           | 04:38        | 13         | 46:17      | 46:17          |   | 32 |
| 36   | 129       | Łukaszewski Marcin      | Ciechanów             |                                 | 1980       | M40-49     | 12          | 04:40        | 12.9       | 46:36      | 46:36          |   | 33 |
| 37   | 186       | Pawłuk Bartosz          | Ilowo-Osada           |                                 | 1990       | M30-39     | 15          | 04:41        | 12.8       | 46:50      | 46:50          |   | 34 |
| 38   | 42        | Tarnowski Witold        | Ciechanów             | KB TTKF Promyk Ciechanów        | 1961       | M50-59     | 6           | 04:44        | 12.7       | 47:23      | 47:23          |   | 35 |
| 39   | 22        | Napiórkowska Anna       | Ostrołęka             |                                 | 1979       | K40-49     | 2           | 04:45        | 12.6       | 47:33      | 47:33          | 4 |    |
| 40   | 105       | Blicharski Łukasz       | Ciechanów             | Mazovia ProActiv Ciechanów      | 1978       | M40-49     | 13          | 04:45        | 12.6       | 47:33      | 47:33          |   | 36 |
| 41   | 152       | Adamski Przemysław      | Płock                 | Active Runners Płock            | 1995       | M16-29     | 3           | 04:46        | 12.6       | 47:36      | 47:36          |   | 37 |
| 42   | 71        | Królikowski Wojciech    | Ciechanów             | ZaDyszka                        | 1972       | M40-49     | 14          | 04:46        | 12.6       | 47:40      | 47:40          |   | 38 |

# Leśna ZaDyszka w Szulmierzu [NOWY TERMIN, ZMIANA FORMUŁY] - 10 km

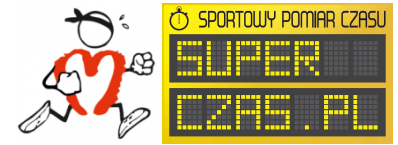
Klasyfikacja: OPEN



| M-ce | Nr start. | Nazwisko i imię      | Miejscowość       | Drużyna                    | Rok urodz. | Kat. wiek.   | M-ce w kat. | Tempo min/km | Tempo km/h | Czas netto | Wynik (brutto) | K  | M  |
|------|-----------|----------------------|-------------------|----------------------------|------------|--------------|-------------|--------------|------------|------------|----------------|----|----|
| 43   | 137       | Rzeplińska Magdalena | Ciechanów         | FFF                        | 1994       | K16-29       | 2           | 04:49        | 12.4       | 48:12      | 48:12          | 5  |    |
| 44   | 176       | Kuciejczyk Henryk    | Szydłowo          | Tempo Mława                | 1959       | M60 i starsi | 1           | 04:52        | 12.3       | 48:43      | 48:43          |    | 39 |
| 45   | 18        | Kucki Kamil          | Narzym            | Tri Sebuś Team             | 1984       | M30-39       | 16          | 04:53        | 12.3       | 48:51      | 48:51          |    | 40 |
| 46   | 95        | Tomasińska Katarzyna | Nasielsk          | Nasielsk Baszta Team       | 1982       | K30-39       | 2           | 04:54        | 12.2       | 49:00      | 49:00          | 6  |    |
| 47   | 96        | Tomasiński Paweł     | Nasielsk          | Nasielsk Baszta Team       | 1978       | M40-49       | 15          | 04:54        | 12.2       | 49:00      | 49:00          |    | 41 |
| 48   | 122       | Kowalczyk Michał     | Jednoróżec        | Jednoróżec robi co może    | 1982       | M30-39       | 17          | 04:55        | 12.2       | 49:07      | 49:07          |    | 42 |
| 49   | 141       | Szlachta Jacek       | Dunaj             |                            | 1966       | M50-59       | 7           | 04:58        | 12.1       | 49:44      | 49:44          |    | 43 |
| 50   | 126       | Krejckant Marcin     | Wołomin           |                            | 1982       | M30-39       | 18          | 05:00        | 12         | 50:03      | 50:03          |    | 44 |
| 51   | 58        | Dobies Grzegorz      | Ciechanow         |                            | 1995       | M16-29       | 4           | 05:01        | 12         | 50:10      | 50:10          |    | 45 |
| 52   | 31        | Saganek Michał       | Kargoszyn         | DSO.pl CIECHANÓW           | 1982       | M30-39       | 19          | 05:02        | 11.9       | 50:16      | 50:16          |    | 46 |
| 53   | 160       | Degner Damian        | Płock             | Active Runners Płock       | 1995       | M16-29       | 5           | 05:02        | 11.9       | 50:19      | 50:19          |    | 47 |
| 54   | 170       | Kielek Daniel        | Przasnysz         |                            | 2001       | M16-29       | 6           | 05:03        | 11.9       | 50:25      | 50:25          |    | 48 |
| 55   | 52        | Adamiak Robert       | Ciechanów         | CURTIS                     | 1969       | M50-59       | 8           | 05:05        | 11.8       | 50:52      | 50:52          |    | 49 |
| 56   | 43        | Traczyk Przemek      | Ciechanów         | Asfaltlove Dzuki           | 1983       | M30-39       | 20          | 05:06        | 11.8       | 51:02      | 51:02          |    | 50 |
| 57   | 47        | Wójcik Piotr         | Ciechanów         |                            | 1959       | M60 i starsi | 2           | 05:06        | 11.8       | 51:03      | 51:03          |    | 51 |
| 58   | 302       | Jeneralski Maciej    | Kruszyn Krajeński |                            | 1970       | M50-59       | 9           | 05:08        | 11.7       | 51:23      | 51:23          |    | 52 |
| 59   | 146       | Wojciechowska Beata  | Żurominek         | biegam bo muszę            | 1975       | K40-49       | 3           | 05:11        | 11.6       | 51:53      | 51:53          | 7  |    |
| 60   | 104       | Blekicki Wiesław     | Ciechanów         |                            | 1975       | M40-49       | 16          | 05:14        | 11.5       | 52:24      | 52:24          |    | 53 |
| 61   | 9         | Dołęgowski Artur     | Ciechanów         |                            | 1987       | M30-39       | 21          | 05:17        | 11.3       | 52:52      | 52:52          |    | 54 |
| 62   | 45        | Woliński Michał      | Ciechanów         | DSO.pl CIECHANÓW           | 1988       | M30-39       | 22          | 05:19        | 11.3       | 53:11      | 53:11          |    | 55 |
| 63   | 56        | Długokęcki Daniel    | Ciechanów         | BdowWL                     | 1993       | M16-29       | 7           | 05:23        | 11.1       | 53:53      | 53:53          |    | 56 |
| 64   | 182       | Michalski Przemysław | Sońsk             |                            | 1985       | M30-39       | 23          | 05:24        | 11.1       | 54:03      | 54:03          |    | 57 |
| 65   | 117       | Jabłońska Ewelina    | Ciechanów         | Mazovia ProActiv Ciechanów | 1990       | K30-39       | 3           | 05:25        | 11.1       | 54:08      | 54:08          | 8  |    |
| 66   | 103       | Białorucka Wioletta  | Ciechanów         | Mazovia ProActiv Ciechanów | 1976       | K40-49       | 4           | 05:25        | 11.1       | 54:14      | 54:14          | 9  |    |
| 67   | 4         | Chymkowski Lukasz    | Ciechanów         |                            | 1981       | M30-39       | 24          | 05:26        | 11         | 54:21      | 54:21          |    | 58 |
| 68   | 338       | Koźpaczyński Damian  | Ciechanów         |                            | 1990       | M30-39       | 25          | 05:27        | 11         | 54:30      | 54:30          |    | 59 |
| 69   | 337       | Dikau Robert         | Ciechanów         |                            | 1992       | M16-29       | 8           | 05:27        | 11         | 54:30      | 54:30          |    | 60 |
| 70   | 121       | Kowalczyk Kinga      | Jednoróżec        | JEDNOROŻEC ROBI CO MOŻE    | 1991       | K16-29       | 3           | 05:28        | 11         | 54:38      | 54:38          | 10 |    |
| 71   | 83        | Pawłowska Nina       | Regimin           |                            | 1984       | K30-39       | 4           | 05:35        | 10.7       | 55:50      | 55:50          | 11 |    |
| 72   | 98        | Zalewski Adam        | Ciechanów         |                            | 1969       | M50-59       | 10          | 05:35        | 10.7       | 55:50      | 55:50          |    | 61 |
| 73   | 106       | Bonislawska Joanna   | Ciechanów         | FFF                        | 1989       | K30-39       | 5           | 05:36        | 10.7       | 56:00      | 56:00          | 12 |    |
| 74   | 190       | Przeradzki Seweryn   | Mława             |                            | 1979       | M40-49       | 17          | 05:36        | 10.7       | 56:00      | 56:00          |    | 62 |
| 75   | 100       | Żurawski Arkadiusz   | Sońsk             |                            | 1970       | M50-59       | 11          | 05:36        | 10.7       | 56:01      | 56:01          |    | 63 |
| 76   | 113       | Gwoździk Jakub       | Regimin           | FFF                        | 1979       | M40-49       | 18          | 05:36        | 10.7       | 56:03      | 56:03          |    | 64 |
| 77   | 312       | Kowalski Marek       |                   |                            | 1966       | M50-59       | 12          | 05:38        | 10.7       | 56:18      | 56:18          |    | 65 |
| 78   | 86        | Rejniak Agnieszka    | Mława             |                            | 1969       | K50-59       | 1           | 05:40        | 10.6       | 56:38      | 56:38          | 13 |    |
| 79   | 315       | Górski Piotr         | Warszawa          |                            | 1981       | M30-39       | 26          | 05:42        | 10.5       | 57:00      | 57:00          |    | 66 |
| 80   | 28        | Przybyszewski Adam   | Ojrzeń            | Ojrzeń Biega               | 1981       | M30-39       | 27          | 05:45        | 10.4       | 57:29      | 57:29          |    | 67 |
| 81   | 157       | Chojnowska Agnieszka | Ciechanów         |                            | 1983       | K30-39       | 6           | 05:48        | 10.3       | 58:00      | 58:00          | 14 |    |
| 82   | 185       | Osowiecki Mariusz    | Stupsk            |                            | 1975       | M40-49       | 19          | 05:49        | 10.3       | 58:10      | 58:10          |    | 68 |
| 83   | 305       | Berebecki Roman      | Rypin             | KB.LECH Rypin              | 1951       | M60 i starsi | 3           | 05:51        | 10.3       | 58:30      | 58:30          |    | 69 |
| 84   | 123       | Kowaliński Maciej    | Ciechanów         | Mazovia ProActiv Ciechanów | 1985       | M30-39       | 28          | 05:51        | 10.2       | 58:33      | 58:33          |    | 70 |

# Leśna ZaDyszka w Szulmierzu [NOWY TERMIN, ZMIANA FORMUŁY] - 10 km

Klasyfikacja: OPEN



| M-ce | Nr start. | Nazwisko i imię           | Miejscowość | Drużyna                    | Rok urodz. | Kat. wiek.   | M-ce w kat. | Tempo min/km | Tempo km/h | Czas netto | Wynik (brutto) | K  | M  |
|------|-----------|---------------------------|-------------|----------------------------|------------|--------------|-------------|--------------|------------|------------|----------------|----|----|
| 85   | 193       | Sobierańska Edyta         | Przasnysz   |                            | 1973       | K40-49       | 5           | 05:52        | 10.2       | 58:40      | 58:40          | 15 |    |
| 86   | 145       | Wiktorska Mariola         | Jednoróżec  |                            | 1971       | K40-49       | 6           | 05:57        | 10.1       | 59:25      | 59:25          | 16 |    |
| 87   | 29        | Radzanowska Janina        | Mława       |                            | 1966       | K50-59       | 2           | 05:57        | 10.1       | 59:29      | 59:29          | 17 |    |
| 88   | 40        | Szejko Wawrzyniec         | Ciechanów   | KB TKKF Promyk Ciechanów   | 1952       | M60 i starsi | 4           | 05:59        | 10         | 59:50      | 59:50          |    | 71 |
| 89   | 149       | Zimowski Maciej           | Kargoszyn   | KF                         | 1981       | M30-39       | 29          | 06:01        | 10         | 01:00:07   | 01:00:07       |    | 72 |
| 90   | 89        | Rudnicka Magdalena        | Ciechanów   | Mazovia ProActiv Ciechanów | 1993       | K16-29       | 4           | 06:06        | 9.8        | 01:00:57   | 01:00:57       |    | 18 |
| 91   | 169       | Kamionowski Mariusz Jacek | Ostrołęka   | Morsy Ostrołęka            | 1966       | M50-59       | 13          | 06:06        | 9.8        | 01:01:00   | 01:01:00       |    | 73 |
| 92   | 183       | Mierzejewska Małgorzata   | Ostrołęka   | u                          | 1981       | K30-39       | 7           | 06:06        | 9.8        | 01:01:00   | 01:01:00       |    | 19 |
| 93   | 66        | Kienik Anna               | Jabłonowo   |                            | 1976       | K40-49       | 7           | 06:10        | 9.7        | 01:01:37   | 01:01:37       |    | 20 |
| 94   | 35        | Spejna Artur              | Ciechanów   |                            | 1967       | M50-59       | 14          | 07:02        | 8.5        | 01:10:20   | 01:10:20       |    | 74 |
| 95   | 303       | Gerka Krzysztof           | Brzuze      | KB.LECH Rypin              | 1957       | M60 i starsi | 5           | 07:33        | 7.9        | 01:15:34   | 01:15:34       |    | 75 |