

## Bieg 30-lecia BRBK - Bieg 5 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    | 273       | Megier Maciej        | Kokoszkowy  |                                  | 2003       | M16-34            | 1           | 03:03        | 19.7       | 15:15      | 15:15          |   | 1  |
| 2    | 166       | Flaga Przemysław     | Olsztyn     | URWIS BIEGA                      | 1983       | M35-49            | 1           | 03:17        | 18.3       | 16:26      | 16:26          |   | 2  |
| 3    | 157       | Brańgier Krzysztof   | Olsztyn     | Krzysio Team                     | 1987       | M35-49            | 2           | 03:37        | 16.6       | 18:05      | 18:06          |   | 3  |
| 4    | 170       | Głowacki Paweł       | Olsztyn     |                                  | 1983       | M35-49            | 3           | 03:38        | 16.5       | 18:09      | 18:11          |   | 4  |
| 5    | 251       | Trzeciak Magdalena   | Olsztyn     |                                  | 1995       | K16-34            | 1           | 03:39        | 16.5       | 18:13      | 18:13          | 1 |    |
| 6    | 226       | Rogowski Zbigniew    | Bisztynek   |                                  | 1992       | M16-34            | 2           | 03:43        | 16.1       | 18:35      | 18:36          |   | 5  |
| 7    | 274       | Polewaczyk Tomasz    | Łyse        | forBET Runners                   | 1991       | M16-34            | 3           | 03:45        | 16         | 18:48      | 18:48          |   | 6  |
| 8    | 154       | Białek Piotr         | Olsztyn     | 3Bro                             | 1981       | M35-49            | 4           | 03:50        | 15.6       | 19:10      | 19:10          |   | 7  |
| 9    | 238       | Sudzińska Mariola    | Olsztyn     |                                  | 1976       | K35-49            | 1           | 03:51        | 15.6       | 19:17      | 19:17          | 2 |    |
| 10   | 178       | Jacyszyn Monika      | Olsztyn     |                                  | 1988       | K16-34            | 2           | 03:54        | 15.4       | 19:30      | 19:30          | 3 |    |
| 11   | 272       | Lewandowski Damian   | Szreńsk     |                                  | 1998       | M16-34            | 4           | 03:56        | 15.3       | 19:38      | 19:39          |   | 8  |
| 12   | 241       | Szewczyk Rafał       | Olsztyn     |                                  | 1974       | M35-49            | 5           | 03:56        | 15.2       | 19:40      | 19:42          |   | 9  |
| 13   | 243       | Szpendowski Marek    | Olsztyn     | Pszczółkowski Team               | 1978       | M35-49            | 6           | 03:59        | 15         | 19:58      | 19:59          |   | 10 |
| 14   | 208       | Misiak Ireneusz      | Olsztyn     | ZETO SOFTWARE TEAM               | 1982       | M35-49            | 7           | 04:01        | 14.9       | 20:07      | 20:08          |   | 11 |
| 15   | 275       | Mitrega Daria        | Olsztyn     |                                  | 1990       | K16-34            | 3           | 04:03        | 14.8       | 20:16      | 20:17          | 4 |    |
| 16   | 190       | Kołąkowski Andrzej   | Olsztyn     |                                  | 1975       | M35-49            | 8           | 04:05        | 14.7       | 20:26      | 20:28          |   | 12 |
| 17   | 267       | Jasiński Matesz      | Giżycko     |                                  | 1987       | M35-49            | 9           | 04:06        | 14.6       | 20:31      | 20:34          |   | 13 |
| 18   | 217       | Ośko Mirosław        | Olsztyn     | Pszczółkowski Team               | 1988       | M16-34            | 5           | 04:07        | 14.6       | 20:36      | 20:37          |   | 14 |
| 19   | 185       | Kaczorowski Robert   | Olsztyn     | Są Wolniejsi                     | 1997       | M16-34            | 6           | 04:09        | 14.4       | 20:45      | 20:47          |   | 15 |
| 20   | 156       | Borkowski Jacek      | Olsztyn     |                                  | 1980       | M35-49            | 10          | 04:19        | 13.8       | 21:35      | 21:40          |   | 16 |
| 21   | 194       | Kozak Przemysław     | Olsztyn     | KOZAK SPORT TEAM                 | 1980       | M35-49            | 11          | 04:21        | 13.8       | 21:45      | 21:48          |   | 17 |
| 22   | 229       | Rożko Klaudiusz      | Przemysł    | Biegam bo lubię - Przemysł       | 2001       | M16-34            | 7           | 04:23        | 13.7       | 21:52      | 21:56          |   | 18 |
| 23   | 176       | Hytryniewicz Łukasz  | Dywity      | Bulgur Team                      | 1995       | M16-34            | 8           | 04:25        | 13.6       | 21:56      | 22:06          |   | 19 |
| 24   | 175       | Hytryniewicz Rafał   | Olsztyn     | Bulgur Team                      | 1990       | M16-34            | 9           | 04:26        | 13.5       | 22:01      | 22:11          |   | 20 |
| 25   | 197       | Kucz Mateusz         | Olsztyn     | Pszczółkowski Team               | 1984       | M35-49            | 12          | 04:29        | 13.4       | 22:20      | 22:26          |   | 21 |
| 26   | 270       | Adamczuk Paweł       | Milakowo    |                                  | 1990       | M16-34            | 10          | 04:33        | 13.1       | 22:45      | 22:49          |   | 22 |
| 27   | 195       | Kozłowski Piotr      | Olsztyn     |                                  | 2003       | M16-34            | 11          | 04:35        | 13.1       | 22:48      | 22:56          |   | 23 |
| 28   | 255       | Wernik Jarosław      | Olsztyn     |                                  | 1979       | M35-49            | 13          | 04:35        | 13.1       | 22:48      | 22:56          |   | 24 |
| 29   | 214       | Olszewski Wojciech   | Ostróda     | Są Wolniejsi                     | 1977       | M35-49            | 14          | 04:35        | 13         | 22:53      | 23:00          |   | 25 |
| 30   | 164       | Dryka Łukasz         | Olsztyn     | Klub Biegacza T2/4               | 1985       | M35-49            | 15          | 04:37        | 13         | 23:06      | 23:09          |   | 26 |
| 31   | 191       | Kopaczek Paweł       | Rybno       | Biegam U KOLESI / Legia Run Club | 1983       | M35-49            | 16          | 04:43        | 12.7       | 23:37      | 23:37          |   | 27 |
| 32   | 211       | Nieściór Jan         | Stękiń      | Są Wolniejsi                     | 1968       | M 50 lat i starsi | 1           | 04:44        | 12.7       | 23:36      | 23:41          |   | 28 |
| 33   | 253       | Vaskaboiny Dżianis   | Olsztyn     | Alkaz TEAM                       | 1998       | M16-34            | 12          | 04:44        | 12.6       | 23:32      | 23:44          |   | 29 |
| 34   | 261       | Zajko Patryk         | Olsztyn     |                                  | 1993       | M16-34            | 13          | 04:46        | 12.5       | 23:52      | 23:55          |   | 30 |
| 35   | 236       | Stelmach-Tofil Ewa   | Turka       | #NoLimits                        | 1975       | K35-49            | 2           | 04:48        | 12.5       | 23:56      | 23:59          | 5 |    |
| 36   | 151       | Banach Andrzej       | Olsztyn     | Są Wolniejsi                     | 1989       | M16-34            | 14          | 04:48        | 12.5       | 23:57      | 24:01          |   | 31 |
| 37   | 180       | Janka Joanna         | Tanowo      |                                  | 1974       | K35-49            | 3           | 04:50        | 12.4       | 24:08      | 24:10          | 6 |    |
| 38   | 249       | Treyderowski Adam    | Olsztyn     |                                  | 1979       | M35-49            | 17          | 04:50        | 12.4       | 24:11      | 24:13          |   | 32 |
| 39   | 216       | Osowiecka Martyna    | Olsztyn     |                                  | 1996       | K16-34            | 4           | 04:51        | 12.4       | 24:11      | 24:16          | 7 |    |
| 40   | 188       | Karolewska Anna      | Olsztyn     | Team Kopeć                       | 1985       | K35-49            | 4           | 04:54        | 12.2       | 24:27      | 24:34          | 8 |    |
| 41   | 240       | Szczepkowski Dominik | Olsztyn     |                                  | 1998       | M16-34            | 15          | 04:58        | 12.1       | 24:42      | 24:50          |   | 33 |
| 42   | 257       | Wiśniewski Mirosław  | Olsztynek   | BIEGAM SAM TU I TAM              | 1961       | M 50 lat i starsi | 2           | 04:58        | 12.1       | 24:50      | 24:52          |   | 34 |

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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   | 161       | Ciećko Elżbieta                  | Dobre Miasto                | Są Wolniejsi   | 1991       | K16-34             | 5           | 04:59        | 12         | 24:49      | 24:55          | 9 |    |
| 44   | 198       | Kuzmicki Artem                   | Olsztyn                     | Alkaz TEAM   | 1999       | M16-34             | 16          | 05:00        | 12         | 24:49      | 25:02          |   | 35 |
| 45   | 246       | Łłoczowski Mateusz               | Olsztyn                     | Egger Run Bis  | 1988       | M16-34             | 17          | 05:01        | 12         | 24:57      | 25:04          |   | 36 |
| 46   | 152       | Bartoszewicz Szymon              | Olsztyn                     | Slow Jogging w Olsztynie                             | 1978       | M35-49             | 18          | 05:01        | 11.9       | 25:07      | 25:08          |   | 37 |
| 47   | 172       | Gremblewski Karol                | Olsztyn                     |  | 1982       | M35-49             | 19          | 05:04        | 11.8       | 25:12      | 25:22          |   | 38 |
| 48   | 207       | Mazonik Justyna                  | Olsztyn                     | Pszczółkowski Team                                   | 1983       | K35-49             | 5           | 05:07        | 11.7       | 25:37      | 25:38          |   | 10 |
| 49   | 205       | Malaszkiewicz Natalia            | Olsztyn                     | Wakacyjny Team                                       | 1987       | K35-49             | 6           | 05:08        | 11.7       | 25:41      | 25:43          |   | 11 |
| 50   | 237       | Stolarczyk Teresa                | Olsztyn                     | Są Wolniejsi   | 1970       | K 50 lat i starsze | 1           | 05:09        | 11.6       | 25:41      | 25:48          |   | 12 |
| 51   | 271       | Klimek Piotr                     | Mragowo                     |  | 1989       | M16-34             | 18          | 05:10        | 11.6       | 25:49      | 25:50          |   | 39 |
| 52   | 212       | Odoj Stanisław                   | Olsztyn                     |  | 1991       | M16-34             | 19          | 05:11        | 11.6       | 25:45      | 25:53          |   | 40 |
| 53   | 263       | Zalewski Dominik                 | Olsztyn                     | lens   | 1982       | M35-49             | 20          | 05:13        | 11.5       | 25:55      | 26:04          |   | 41 |
| 54   | 179       | Jągłowska Małgorzata             | Olsztyn                     |  | 1985       | K35-49             | 7           | 05:13        | 11.5       | 25:56      | 26:07          |   | 13 |
| 55   | 248       | Treyderowska Aneta               | Olsztyn                     | Studio Treningu Sielska 38A/Slow Jogging w Olsztynie | 1979       | K35-49             | 8           | 05:14        | 11.5       | 26:07      | 26:08          |   | 14 |
| 56   | 160       | Chrostowski Sebastian            | Ostrów Mazowiecka           |  | 1993       | M16-34             | 20          | 05:17        | 11.3       | 26:13      | 26:26          |   | 42 |
| 57   | 196       | Kozłowski Piotr                  | Olsztyn                     | Alkaz TEAM   | 1996       | M16-34             | 21          | 05:17        | 11.3       | 26:16      | 26:29          |   | 43 |
| 58   | 230       | Rynkowski Tomasz                 | Bartąg                      |  | 1983       | M35-49             | 21          | 05:17        | 11.3       | 26:25      | 26:30          |   | 44 |
| 59   | 233       | Sadowska Sylwia                  | Olsztyn                     | Alkaz TEAM   | 1984       | K35-49             | 9           | 05:18        | 11.3       | 26:20      | 26:31          |   | 15 |
| 60   | 163       | Dryhant Andrii                   | Olsztyn                     | Alkaz TEAM   | 1987       | M35-49             | 22          | 05:18        | 11.3       | 26:20      | 26:33          |   | 45 |
| 61   | 247       | Toczek Piotr                     | Szczytno                    | Są Wolniejsi   | 1981       | M35-49             | 23          | 05:21        | 11.2       | 26:44      | 26:48          |   | 46 |
| 62   | 262       | Zalewska Joanna                  | Olsztyn                     | lens   | 1982       | K35-49             | 10          | 05:21        | 11.2       | 26:46      | 26:50          |   | 16 |
| 63   | 204       | Majewski Marek                   | Olsztyn                     | Skazani na sukces                                    | 1964       | M 50 lat i starsi  | 3           | 05:26        | 11         | 27:05      | 27:10          |   | 47 |
| 64   | 174       | Grzegorzewska Katarzyna          | Gietrzwałd                  | #zaliniametyteam                                     | 1986       | K35-49             | 11          | 05:34        | 10.8       | 27:45      | 27:52          |   | 17 |
| 65   | 265       | Maliszewska Kamila               | Olsztyn                     | Slow Jogging w Olsztynie                             | 1983       | K35-49             | 12          | 05:35        | 10.7       | 27:56      | 27:59          |   | 18 |
| 66   | 235       | Smółka Jacek                     | Bartąg                      |  | 1981       | M35-49             | 24          | 05:35        | 10.7       | 27:56      | 27:59          |   | 48 |
| 67   | 184       | Kacperska Iga                    | Olsztyn                     |  | 1981       | K35-49             | 13          | 05:37        | 10.7       | 27:59      | 28:07          |   | 19 |
| 68   | 245       | Telezhikina Yuliia               | Olsztyn                     | Alkaz TEAM   | 1983       | K35-49             | 14          | 05:38        | 10.6       | 28:00      | 28:11          |   | 20 |
| 69   | 259       | Yefimov Anatolii                 | Olsztyn                     | Alkaz TEAM   | 1990       | M16-34             | 22          | 05:38        | 10.6       | 27:59      | 28:12          |   | 49 |
| 70   | 206       | Malinowski Oskar                 | Dywity                      | BRBK - biegli w podatkach                            | 1996       | M16-34             | 23          | 05:43        | 10.5       | 28:28      | 28:35          |   | 50 |
| 71   | 227       | Rogoziński Marcin                | Olsztyn                     |  | 1984       | M35-49             | 25          | 05:43        | 10.5       | 28:32      | 28:39          |   | 51 |
| 72   | 231       | Sacharuk Radosław                | Olsztyn                     |  | 1990       | M16-34             | 24          | 05:44        | 10.5       | 28:30      | 28:41          |   | 52 |
| 73   | 239       | Szalpuk Krystian                 | Olsztyn - Os. Zielona Górka |  | 1994       | M16-34             | 25          | 05:44        | 10.5       | 28:30      | 28:42          |   | 53 |
| 74   | 181       | Jasiuczzenia Arkadiusz           | Olsztyn                     | Alkaz TEAM   | 1983       | M35-49             | 26          | 05:45        | 10.4       | 28:35      | 28:46          |   | 54 |
| 75   | 186       | Kaczorowski Ryszard              | Olsztyn                     | Są Wolniejsi   | 1964       | M 50 lat i starsi  | 4           | 05:46        | 10.4       | 28:40      | 28:50          |   | 55 |
| 76   | 202       | Ludwicka Anna                    | Olsztyn                     | Slow Jogging w Olsztynie                             | 1968       | K 50 lat i starsze | 2           | 05:46        | 10.4       | 28:53      | 28:54          |   | 21 |
| 77   | 225       | Puczel Piotr                     | Olsztyn                     |  | 1982       | M35-49             | 27          | 05:50        | 10.3       | 29:12      | 29:12          |   | 56 |
| 78   | 221       | Podolak Irwin                    | Olsztyn                     |  | 2002       | M16-34             | 26          | 05:51        | 10.2       | 29:07      | 29:17          |   | 57 |
| 79   | 200       | Lendzian Ania                    | Olsztyn                     |  | 1974       | K35-49             | 15          | 05:51        | 10.2       | 29:08      | 29:19          |   | 22 |
| 80   | 213       | Olchowska- Nowokuńska Aleksandra | Bartoszyce                  | Karos-pomosty pływające                              | 1981       | K35-49             | 16          | 05:53        | 10.2       | 29:14      | 29:23          |   | 23 |
| 81   | 199       | Lavruk Kostiantyn                | Olsztyn                     | Alkaz TEAM   | 2004       | M16-34             | 27          | 05:56        | 10.1       | 29:29      | 29:42          |   | 58 |
| 82   | 258       | Wołodkiewicz Paweł               | Olsztyn                     | Alkaz TEAM   | 1981       | M35-49             | 28          | 05:56        | 10.1       | 29:30      | 29:43          |   | 59 |
| 83   | 260       | Zaburko Paula                    | Olsztyn                     | Alkaz TEAM   | 1988       | K16-34             | 6           | 05:56        | 10.1       | 29:30      | 29:43          |   | 24 |
| 84   | 256       | Wiśniewska Justyna               | Olsztyn                     | Są Wolniejsi/Slow Jogging w Olsztynie                | 1984       | K35-49             | 17          | 05:58        | 10.1       | 29:44      | 29:50          |   | 25 |

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| 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   | 177       | Iwańska Martyna           | Uniszki Zawadzkie |                           | 1993       | K16-34             | 7           | 06:00        | 10         | 29:57      | 30:00          | 26 |    |
| 86   | 218       | Piliszek Aneta            | Olsztyn           |                           | 1984       | K35-49             | 18          | 06:04        | 9.9        | 30:22      | 30:25          | 27 |    |
| 87   | 220       | Plucińska-Furgal Anna     | Olsztyn           |                           | 1971       | K 50 lat i starsze | 3           | 06:06        | 9.8        | 30:22      | 30:32          | 28 |    |
| 88   | 244       | Tatyrza Sylwana           | Olsztyn           | Alkaz TEAM                | 1984       | K35-49             | 19          | 06:06        | 9.8        | 30:22      | 30:34          | 29 |    |
| 89   | 254       | Walkiewicz Joanna         | Olsztyn           |                           | 1978       | K35-49             | 20          | 06:08        | 9.8        | 30:33      | 30:38          | 30 |    |
| 90   | 203       | Łosko Dorota              | Olsztyn           | #teamCDEF                 | 1977       | K35-49             | 21          | 06:08        | 9.8        | 30:34      | 30:41          | 31 |    |
| 91   | 210       | Nieściór Mieczysława      | Stęki             | Są Wolniejsi              | 1970       | K 50 lat i starsze | 4           | 06:10        | 9.7        | 30:42      | 30:51          | 32 |    |
| 92   | 173       | Gruz Ewelina              | Olsztyn           | BRBK - biegli w podatkach | 1987       | K35-49             | 22          | 06:11        | 9.7        | 30:53      | 30:56          | 33 |    |
| 93   | 168       | Gilewicz Szymon           | Myki              | BRBK - biegli w podatkach | 2002       | M16-34             | 28          | 06:23        | 9.4        | 31:52      | 31:55          |    | 60 |
| 94   | 219       | Piłat Bogumiła            | Olsztyn           | Alkaz TEAM                | 1990       | K16-34             | 8           | 06:27        | 9.3        | 32:01      | 32:13          | 34 |    |
| 95   | 228       | Roicka Magdalena          | Biskupiec         | Egger Run Bis             | 1985       | K35-49             | 23          | 06:30        | 9.2        | 32:26      | 32:34          | 35 |    |
| 96   | 276       | Wójcik-Chłopek Anna Marta | Biskupiec         |                           | 1981       | K35-49             | 24          | 06:32        | 9.2        | 32:35      | 32:43          | 36 |    |
| 97   | 223       | Prusak Anna               | Olsztyn           | Alkaz TEAM                | 1996       | K16-34             | 9           | 06:41        | 9          | 33:11      | 33:23          | 37 |    |
| 98   | 222       | Prusak Radosław           | Olsztyn           | Alkaz TEAM                | 1992       | M16-34             | 29          | 06:40        | 9          | 33:12      | 33:23          |    | 61 |
| 99   | 269       | Niska Aleksandra          | Olsztyn           | Slow Jogging w Olsztynie  | 1987       | K35-49             | 25          | 06:57        | 8.6        | 34:39      | 34:45          | 38 |    |
| 100  | 192       | Kordek Marta              | Jaroty            | Slow Jogging w Olsztynie  | 1982       | K35-49             | 26          | 06:57        | 8.6        | 34:39      | 34:45          | 39 |    |
| 101  | 162       | Dawidziak Ewa             | Olsztyn           |                           | 1991       | K16-34             | 10          | 06:59        | 8.6        | 34:57      | 34:57          | 40 |    |
| 102  | 234       | Skowronek Lidia           | Olsztyn           | Sa wolniejsi              | 1984       | K35-49             | 27          | 07:04        | 8.5        | 35:13      | 35:24          | 41 |    |
| 103  | 189       | Kobak Klaudia             | Olsztyn           | lens                      | 1997       | K16-34             | 11          | 07:16        | 8.3        | 36:17      | 36:20          | 42 |    |
| 104  | 165       | Fila Małgorzata           | Olsztyn           |                           | 1982       | K35-49             | 28          | 07:16        | 8.3        | 36:17      | 36:21          | 43 |    |
| 105  | 250       | Trochimowicz Artur        | Szczytno          |                           | 1961       | M 50 lat i starsi  | 5           | 07:20        | 8.2        | 36:31      | 36:44          |    | 62 |
| 106  | 169       | Gilewicz Agnieszka        | Myki              | BRBK - biegli w podatkach | 1981       | K35-49             | 29          | 07:27        | 8          | 37:15      | 37:18          | 44 |    |
| 107  | 252       | Urbańska Eliza            | Olsztyn           | Alkaz TEAM                | 1996       | K16-34             | 12          | 07:29        | 8          | 37:14      | 37:26          | 45 |    |
| 108  | 224       | Przesmycka Joannna        | Olsztyn           |                           | 1982       | K35-49             | 30          | 07:41        | 7.8        | 38:21      | 38:29          | 46 |    |
| 109  | 264       | Zawrotna Laura            | Olsztyn           |                           | 1996       | K16-34             | 13          | 07:48        | 7.7        | 38:56      | 39:02          | 47 |    |
| 110  | 215       | Onyszek Zuzanna           | Orłowo            |                           | 1997       | K16-34             | 14          | 07:48        | 7.7        | 38:56      | 39:02          | 48 |    |
| 111  | 159       | Chadryś Aneta             | Kętrzyn           | Sp3 dla Martynki          | 1983       | K35-49             | 31          | 08:26        | 7.1        | 42:07      | 42:14          | 49 |    |