

# XXXVI ŁOWICKI PÓŁMARATON JESIENI

Organizator: Ośrodek Sportu i Rekreacji w Łowiczu

Data: 17.09.2017

Dystans: 21, 0975 KM

Miejscowość: ŁOWICZ

Klasyfikacja: OPEN



M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok urodz.	Kat wiek.	M-ce w kat	Czas startu	tempo min/km	tempo km/h	5 KM	10 KM	15 KM	Czas netto	Wynik	M	K
1	409	OLJNYK PAWEŁ	CHERNIHIW	KB "RAWICZ"	UKR	1988	M20	1	00:00:00	3:19	18,1	00:17:15	00:34:27	00:52:03	01:09:48	01:09:48	1	
2	415	GORBUSZKO MYKOŁA	BENDERY	LKB RUDNIK	MDA	1991	M20	2	00:00:01	3:19	18,1	00:17:15	00:34:27	00:52:03	01:09:48	01:09:49	2	
3	417	DUDA SEWERYN	KRAKÓW	16 BPD KRAKÓW	POL	1981	M30	1	00:00:01	3:25	17,6	00:18:56	00:36:37	00:54:24	01:12:00	01:12:01	3	
4	254	PIETRZYK KRZYSZTOF	KOLUSZKI	LKS KOLUSZKI	POL	1979	M30	2	00:00:01	3:25	17,5	00:19:02	00:36:37	00:54:24	01:12:09	01:12:10	4	
5	428	BARTKIEWICZ KRZYSZTOF	TORUŃ	MARATONYPOLSKIE.PL	POL	1975	M40	1	00:00:01	3:26	17,5	00:18:56	00:36:37	00:54:24	01:12:28	01:12:29	5	
6	380	WYCHOWAŁEK JAN	PIOTRKÓW TRYBUNALSKI	AKADEMIABIEGACZA.PL S.L. SALOS-WODNA ŁÓDŹ	POL	1990	M20	3	00:00:00	3:31	17,1	00:19:02	00:36:57	00:55:23	01:14:09	01:14:09	6	
7	99	JASZCZAK MATEUSZ	OZORKÓW	AKADEMIABIEGACZA.PL S.L. SALOS-WODNA ŁÓDŹ	POL	1990	M20	4	00:00:01	3:31	17,0	00:19:19	00:37:33	00:55:57	01:14:15	01:14:16	7	
8	155	KUNIKOWSKI TOMASZ	PLACENCIA	AKADEMIABIEGACZA.PL S.L. SALOS-WODNA ŁÓDŹ	POL	1988	M20	5	00:00:00	3:35	16,7	00:19:48	00:38:14	00:56:50	01:15:46	01:15:46	8	
9	40	CICHOSZ JAROSŁAW	ŁÓDŹ	AKADEMIABIEGACZY.PL S.L. SALOS-WODNA ŁÓDŹ	POL	1985	M30	3	00:00:01	3:41	16,3	00:20:30	00:39:52	00:59:05	01:17:46	01:17:47	9	
10	12	BEDKOWSKI JACEK	ŁOWICZ	ZAWISZA STARA KUZNIA	POL	1980	M30	4	00:00:01	3:41	16,3	00:20:55	00:40:00	00:59:04	01:17:47	01:17:48	10	
11	365	WITKOWSKI MICHAŁ	ŁÓDŹ	AKADEMIABIEGACZA.PL S.L. SALOS-WODNA ŁÓDŹ	POL	1989	M20	6	00:00:01	3:42	16,2	00:21:00	00:40:11	00:59:20	01:18:03	01:18:04	11	
12	412	RADZIKOWSKI ANDRZEJ	WISCINNE	LKS OLYMP BŁONIE	POL	1981	M30	5	00:00:03	3:46	15,9	00:20:56	00:40:27	01:00:03	01:19:20	01:19:23	12	
13	418	CICHACKI SYLWESTER	WARSZAWA		POL	1989	M20	7	00:00:00	3:48	15,8	00:20:48	00:40:07	00:59:35	01:20:01	01:20:01	13	
14	414	SMOWIENKO OESIA	TIRASPOL	LKB RUDNIK	MDA	1989	K20	1	00:00:01	3:50	15,6	00:21:48	00:41:58	01:01:38	01:20:58	01:20:59		1
15	413	FISKOVICZ LILIA	TIRASPOL	LKB RUDNIK	MDA	1989	K20	2	00:00:00	3:51	15,6	00:21:48	00:41:58	01:01:38	01:21:10	01:21:10		2
16	14	BIAŁOŻYŃSKI MARCIN	WARSZAWA	MKB DREPTAK	POL	1978	M30	6	00:00:02	3:52	15,5	00:21:49	00:41:55	01:02:01	01:21:28	01:21:30	14	
17	228	NIEDŹWIADEK KAMIL	WARSZAWA	NIEDŹWIADKI RUNNING TEAM	POL	1989	M20	8	00:00:01	3:52	15,5	00:21:49	00:41:59	01:02:02	01:21:39	01:21:40	15	
18	280	ROSIAK PIOTR	ŁÓDŹ	RYSIOTEAM	POL	1976	M40	2	00:00:03	3:53	15,5	00:21:16	00:41:18	01:01:43	01:21:50	01:21:53	16	
19	408	OLJNYK SWIETLANA	WINNICA	KB "RAWICZ"	UKR	1985	K30	1	00:00:00	3:53	15,5	00:21:48	00:41:58	01:02:01	01:21:54	01:21:54		3
20	300	SITNIK BARTŁOMIEJ	WARSZAWA	ORTOREH TEAM / ADIDAS RUNNERS	POL	1977	M40	3	00:00:03	3:53	15,4	00:21:49	00:41:57	01:02:02	01:21:55	01:21:58	17	
21	4	ANTOSIEWICZ ROBERT	TOMASZÓW MAZ.	ANTEK TEAM	POL	1969	M40	4	00:00:00	3:54	15,4	00:21:01	00:40:50	01:01:31	01:22:15	01:22:15	18	
22	420	PIETRASIAK JANUSZ	ŁÓDŹ	RYSIOTEAM	POL	1966	M50	1	00:00:04	3:55	15,3	00:22:04	00:42:31	01:03:01	01:22:43	01:22:47	19	
23	221	MOKROS ZUZANNA	PABIANICE	RKS ŁÓDŹ	POL	1993	K20	3	00:00:01	3:56	15,3	00:21:59	00:42:22	01:02:48	01:22:57	01:22:58		4
24	296	SIEKIERSKI RAFAŁ	BEŁCHÓW	RUNNING OSP POLESIE	POL	1987	M30	7	00:00:13	3:57	15,2	00:21:32	00:41:53	01:02:01	01:23:11	01:23:24	20	
25	329	SZRAM JAKUB	ŁOWICZ	UKS PIJARSKA	POL	1998	M16	1	00:00:02	4:00	15,0	00:21:48	00:41:59	01:02:54	01:24:28	01:24:30	21	
26	125	KŁYSZ MAREK	ANDRESPOL		POL	1968	M40	5	00:00:03	4:01	15,0	00:22:24	00:43:11	01:04:02	01:24:31	01:24:34	22	
27	433	KONRAD WOLSKI			POL	1990	M20	9	00:00:02	4:01	14,9	00:22:16	00:42:53	01:03:40	01:24:41	01:24:43	23	
28	431	KOSECKI KONRAD	ALEKSANDRÓW ŁÓDZKI	KB GEOTERMIA UNIEJÓW	POL	1977	M40	6	00:00:02	4:01	14,9	00:22:48	00:43:51	01:04:37	01:24:44	01:24:46	24	
29	7	BALCERZAK MARTYNA	ZDUŃSKA WOLA	AKADEMIABIEGACZA.PL S.L. SALOS-WODNA ŁÓDŹ	POL	1994	K20	4	00:00:03	4:01	14,9	00:22:28	00:43:20	01:04:13	01:24:48	01:24:51		5
30	315	STĘPIEŃ MACIEJ	TOMASZÓW MAZOWIECKI	ANTEK TEAM	POL	1983	M30	8	00:00:03	4:02	14,9	00:22:53	00:43:50	01:04:36	01:25:04	01:25:07	25	
31	340	TOMASZEWSKI KRZYSZTOF	TUREK	KB MARATON TUREK	POL	1967	M50	2	00:00:02	4:02	14,9	00:21:48	00:42:22	01:03:39	01:25:07	01:25:09	26	
32	187	ŁUKASZEWSKI PIOTR	POZNAŃ	NIGHT RUNNERS	POL	1984	M30	9	00:00:08	4:02	14,9	00:22:15	00:43:03	01:04:12	01:25:05	01:25:13	27	
33	80	GRABOWSKI SEBASTIAN	ŁÓDŹ	SBRT MOC ENERGIA ENDORFINA	POL	1976	M40	7	00:00:03	4:03	14,8	00:22:28	00:43:21	01:04:17	01:25:15	01:25:18	28	
34	373	WOJTASIK ANDRZEJ	ŁÓDŹ	EVERRUN	POL	1971	M40	8	00:00:04	4:03	14,8	00:22:53	00:43:51	01:04:43	01:25:25	01:25:29	29	
35	327	SZEWCZYK JAROSŁAW	NOWY BEDOŃ		POL	1974	M40	9	00:00:01	4:04	14,8	00:23:19	00:44:55	01:06:14	01:25:38	01:25:39	30	
36	16	BLANK EMIL	ALICE SPRINGS	ANTEK TEAM/SICHERBAUTECHNIK	AUS	1995	M20	10	00:00:03	4:04	14,7	00:22:28	00:43:19	01:04:13	01:25:53	01:25:56	31	
37	118	KIELNIEWSKI PAWEŁ	PABIANICE	RUNNINGLAB	POL	1976	M40	10	00:00:04	4:05	14,7	00:23:10	00:44:33	01:05:50	01:26:02	01:26:06	32	
38	34	CHMURZYŃSKI TOMASZ	BYDGOSZCZ	STOWARZYSZENIE CROSS	POL	1969	M40	11	00:00:01	4:05	14,7	00:21:49	00:42:26	01:03:57	01:26:17	01:26:18	33	
39	333	ŚLIWIŃSKI PIOTR	TORUŃ	STOWARZYSZENIE CROSS	POL	1971	M40	12	00:00:01	4:05	14,7	00:21:49	00:42:27	01:03:57	01:26:17	01:26:18	34	
40	171	LEWANDOWSKI KRZYSZTOF	ŁÓDŹ	AKADEMIABIEGACZY.PL S.L. SALOS-WODNA ŁÓDŹ	POL	1977	M40	13	00:00:03	4:06	14,6	00:22:52	00:43:50	01:04:48	01:26:22	01:26:25	35	
41	117	KIELAK LESZEK	SULEJÓWEK	ROZBIEGANY SULEJÓWEK	POL	1987	M30	10	00:00:06	4:06	14,6	00:23:51	00:45:14	01:06:03	01:26:21	01:26:27	36	
42	41	CIEĆWIERZ MARIUSZ	CZERWIŃSK NAD WISŁĄ	NO PAIN TEAM	POL	1988	M20	11	00:00:04	4:06	14,6	00:23:08	00:44:34	01:05:51	01:26:24	01:26:28	37	
43	108	KAMIŃSKI KRZYSZTOF	PŁOCK	GĄBIN BIEGA	POL	1981	M30	11	00:00:03	4:07	14,6	00:22:38	00:43:55	01:05:22	01:26:46	01:26:49	38	
44	397	ZIÓŁKOWSKI JACEK	WARSZAWA	STOWARZYSZENIE CROSS	POL	1966	M50	3	00:00:00	4:07	14,6	00:22:29	00:43:22	01:05:22	01:26:58	01:26:58	39	
45	293	SEROCKI PIOTR	KOBYŁKA	MARKOWI BIEGACZE	POL	1977	M40	14	00:00:05	4:08	14,5	00:22:28	00:43:26	01:04:53	01:26:57	01:27:02	40	
46	183	ŁĘGOCKI MARCIN	ŻAKOWICE	PIETRZYK RUNNING TEAM	POL	1989	M20	12	00:00:03	4:08	14,5	00:23:18	00:44:55	01:06:15	01:27:00	01:27:03	41	
47	223	MUCHA ROBERT	ZALESIE GÓRNE	MUCHA SPORTOWA	POL	1976	M40	15	00:00:06	4:08	14,5	00:22:51	00:43:54	01:05:35	01:27:09	01:27:15	42	
48	127	KOŁOS TOMASZ	ŁOWICZ	STARZYŃSKIEGO BIEGA ŁOWICZ	POL	1986	M30	12	00:00:05	4:08	14,5	00:22:30	00:43:29	01:05:16	01:27:15	01:27:20	43	
49	400	ŻYWEK MACIEJ	WARSZAWA	TRIPower.PL	POL	1973	M40	16	00:00:03	4:09	14,4	00:21:49	00:45:08	01:06:06	01:27:40	01:27:43	44	
50	304	SÓJKA KRZYSZTOF	NIEDZYSZYNA		POL	1977	M40	17	00:00:09	4:10	14,4	00:23:23	00:44:57	01:06:27	01:27:37	01:27:46	45	
51	341	TOSIK WITOLD	ALEKSANDRÓW ŁÓDZKI	AGB TORFY	POL	1982	M30	13	00:00:04	4:10	14,4	00:23:40	00:45:05	01:06:27	01:27:46	01:27:50	46	
52	320	STRZELECKI ANDRZEJ	PABIANICE	ŚLĘZAK TEAM	POL	1978	M30	14	00:00:02	4:11	14,3	00:22:37	00:43:46	01:05:48	01:28:21	01:28:23	47	
53	90	HOŁDA MICHAŁ	WARSZAWA	WIDŁOROGI	POL	1980	M30	15	00:00:05	4:12	14,3	00:22:44	00:43:42	01:04:37	01:28:25	01:28:30	48	
54	97	JANUS MICHAŁ	DĄBROWA GÓRNICZA		POL	1984	M30	16	00:00:02	4:14	14,2	00:23:24	00:45:05	01:07:12	01:29:09	01:29:11	49	

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M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok urodz.	Kat wiek.	M-ce w kat	Czas startu	tempo min/km	tempo km/h	5 KM	10 KM	15 KM	Czas netto	Wynik	M	K
55	77	GOZDERA SŁAWOMIR	SKIERNIEWICE	TRUCHT MARATON SKIERNIEWICE	POL	1968	M40	18	00:00:02	4:15	14,1	00:23:16	00:44:58	01:07:07	01:29:39	01:29:41	50	
56	249	PETELSKI PAWEŁ	GDAŃSK	STOWARZYSZENIE CROSS	POL	1956	M60	1	00:00:02	4:15	14,1	00:22:56	00:44:43	01:07:00	01:29:41	01:29:43	51	
57	332	SZYMCZAK JACEK	ŁÓDŹ		POL	1975	M40	19	00:00:02	4:16	14,1	00:23:47	00:45:50	01:07:56	01:29:49	01:29:51	52	
58	44	CYBULSKI KONRAD	KUTNO	KS CELIRONMAN	POL	1973	M40	20	00:00:04	4:16	14,1	00:23:28	00:45:43	01:07:55	01:29:50	01:29:54	53	
59	273	RADZIK WITOLD	KONSTANTYNÓW ŁÓDZKI		POL	1961	M50	4	00:00:14	4:16	14,1	00:23:40	00:45:20	01:07:05	01:29:46	01:29:46	54	
60	370	WOJDA ZBIGNIEW	ŁOWICZ	STARZYŃSKIEGO BIEGA ŁOWICZ	POL	1970	M40	21	00:00:05	4:16	14,1	00:23:55	00:45:58	01:07:59	01:30:00	01:30:05	55	
61	143	KROC MIROSLAW	SKIERNIEWICE		POL	1979	M30	17	00:00:07	4:17	14,0	00:23:55	00:46:01	01:08:19	01:30:21	01:30:28	56	
62	279	ROSA DARIUSZ	JAMNO		POL	1970	M40	22	00:00:07	4:18	13,9	00:23:54	00:45:59	01:08:15	01:30:39	01:30:46	57	
63	229	NIEDŹWIADEK CZESŁAW	WARSZAWA	NIEDŹWIADKI RUNNING TEAM	POL	1956	M60	2	00:00:02	4:18	13,9	00:23:27	00:45:42	01:08:20	01:30:46	01:30:48	58	
64	260	PODRAŻKA DARIUSZ	PARMA	LKS DAR PLACENCIA	POL	1981	M30	18	00:00:07	4:19	13,9	00:23:55	00:45:59	01:08:13	01:30:49	01:30:56	59	
65	55	DUDKA ZENON	ZIELONA GÓRA	STOWARZYSZENIE CROSS	POL	1969	M40	23	00:00:02	4:19	13,9	00:23:57	00:46:36	01:08:49	01:31:00	01:31:02	60	
66	19	BŁASZCZYK CZESŁAW	KROŚNIEWICE	STOWARZYSZENIE INTEGRACJA	POL	1964	M50	5	00:00:02	4:19	13,9	00:23:57	00:46:22	01:08:59	01:31:07	01:31:09	61	
67	126	KMIECIAK PIOTR	ŁÓDŹ	WORLD360.PL	POL	1984	M30	19	00:00:10	4:19	13,9	00:23:52	00:46:10	01:08:59	01:31:00	01:31:10	62	
68	2	AMBROZIAK ZBIGNIEW	ŁOWICZ	PRZEDMIEŚCIE ŁOWICZ	POL	1972	M40	24	00:00:04	4:19	13,9	00:23:55	00:45:58	01:08:15	01:31:07	01:31:11	63	
69	421	BYŚKIEWICZ MARIUSZ	WAŁYB	KONIUCHY	POL	1991	M20	13	00:00:01	4:19	13,9	00:21:37	00:46:46	01:08:50	01:31:13	01:31:14	64	
70	425	WRÓBLEWSKI WOJCIECH	ZGIERZ	SNG WILD DUCKS	POL	1979	M30	20	00:00:06	4:20	13,9	00:24:05	00:46:32	01:09:12	01:31:10	01:31:16	65	
71	81	GRUNTROWSKI ARTUR	ANTONIEW	ORANGE POLSKA	POL	1969	M40	25	00:00:04	4:22	13,7	00:24:29	00:47:00	01:09:33	01:32:02	01:32:06	66	
72	57	DWORNIK ALEKSANDER	WARSZAWA		POL	1976	M40	26	00:00:08	4:22	13,7	00:24:19	00:46:51	01:09:39	01:32:03	01:32:11	67	
73	378	WRÓBEL MARCIN	ZIELKOWICE		POL	1984	M30	21	00:00:09	4:23	13,7	00:24:49	00:47:42	01:10:14	01:32:23	01:32:32	68	
74	323	SZCZEPANIAK ANGELIKA	RĄBIEŃ	EVERRUN	POL	1982	K30	2	00:00:03	4:24	13,7	00:24:02	00:46:30	01:09:24	01:32:37	01:32:40	6	
75	227	NAREL SŁAWOMIR	ŁÓDŹ	ALE TEAM	POL	1963	M50	6	00:00:04	4:24	13,6	00:23:54	00:46:29	01:09:37	01:32:54	01:32:58	69	
76	396	ZIÓŁEK MAGDALENA	JÓZEFOSŁAW	JÓZEFOSŁAW RUNNING TEAM	POL	1978	K30	3	00:00:06	4:25	13,6	00:23:58	00:46:40	01:09:55	01:33:01	01:33:07	7	
77	358	WIERZBICKI ZBIGNIEW	GRODZISK MAZOWIECKI	DOGOŃ GRODZISK MAZOWIECKI	POL	1975	M40	27	00:00:08	4:25	13,6	00:24:18	00:47:02	01:09:49	01:33:03	01:33:11	70	
78	212	MIODUSZEWSKI PAWEŁ	WARSZAWA	JACEKBIEGA RUNNING TEAM	POL	1976	M40	28	00:00:12	4:26	13,5	00:25:16	00:48:16	01:10:53	01:33:23	01:33:35	71	
79	42	CIEŚLA DAWID	RĄBIEŃ	AGB TORFY	POL	1977	M40	29	00:00:05	4:26	13,5	00:23:38	00:45:43	01:11:26	01:33:36	01:33:41	72	
80	69	GALA GRZEGORZ	SOCHACZEW		POL	1978	M30	22	00:00:22	4:27	13,5	00:27:10	00:50:31	01:12:36	01:33:26	01:33:48	73	
81	387	ZAKRZEWSKI ANDRZEJ	TOMASZÓW-MAZ	TIME4RUNNING	POL	1959	M50	7	00:00:03	4:27	13,5	00:23:51	00:46:29	01:09:49	01:33:49	01:33:52	74	
82	10	BAZAK CEZARY	BYDGOSZCZ	CENTRUM DOKTRYNY I SZKOLENIA SIŁ ZBROJNYCH	POL	1966	M50	8	00:00:05	4:27	13,5	00:25:12	00:48:26	01:11:34	01:33:52	01:33:57	75	
83	225	MUSIAŁ ŁUKASZ	ŁÓDŹ		POL	1983	M30	23	00:00:08	4:29	13,4	00:25:03	00:48:18	01:11:35	01:34:19	01:34:27	76	
84	312	STASZAK MACIEJ	WARSZAWA		POL	1975	M40	30	00:00:01	4:29	13,4	00:24:15	00:47:30	01:11:15	01:34:34	01:34:35	77	
85	298	SIERSZAK KAMIL	ŁOWICZ		POL	1974	M40	31	00:00:03	4:29	13,4	00:24:47	00:48:11	01:11:33	01:34:37	01:34:40	78	
86	124	KŁYS SEBASTIAN	SIERADZ	SIERADZBIEGA.PL	POL	1976	M40	32	00:00:10	4:29	13,4	00:25:05	00:48:22	01:11:40	01:34:31	01:34:41	79	
87	131	KOSOWSKI PRZEMYSŁAW	WARSZAWA		POL	1969	M40	33	00:00:05	4:29	13,4	00:25:12	00:48:18	01:11:33	01:34:39	01:34:44	80	
88	199	MARUT RYSZARD	CIECHANÓW	KB TKKF PROMYK CIECHANÓW	POL	1954	M60	3	00:00:03	4:30	13,4	00:25:15	00:48:19	01:11:33	01:34:44	01:34:47	81	
89	324	SZCZEPANIAK MICHAŁ	RĄBIEŃ	EVERRUN	POL	1975	M40	34	00:00:03	4:30	13,3	00:25:32	00:49:13	01:12:28	01:34:51	01:34:54	82	
90	392	ZARĘBA DAMIAN	DĄBROWA CHERUBINY		POL	1989	M20	14	00:00:16	4:30	13,3	00:25:03	00:48:20	01:11:36	01:34:45	01:35:01	83	
91	310	STAŃCZAK EDMUND	PŁOCK	PŁOCK BIEGA NO AGE LIMIT	POL	1953	M60	4	00:00:05	4:31	13,3	00:24:40	00:48:17	01:11:34	01:35:03	01:35:08	84	
92	405	BUKOWSKA MARTA	TOMASZÓW MAZOWIECKI		POL	1992	K20	5	00:00:06	4:31	13,3	00:25:16	00:48:25	01:11:34	01:35:03	01:35:09	8	
93	347	URBANOWICZ AREK	ŁÓDŹ		POL	1979	M30	24	00:00:06	4:31	13,3	00:25:27	00:49:06	01:12:39	01:35:03	01:35:09	85	
94	129	KOPROWSKI ŁUKASZ	ŁÓDŹ	PWC RUNNING TEAM	POL	1976	M40	35	00:00:07	4:31	13,3	00:26:04	00:49:24	01:12:54	01:35:06	01:35:13	86	
95	233	NOWAK TOMASZ	ŁOWICZ	STARZYŃSKIEGO BIEGA ŁOWICZ	POL	1987	M30	25	00:00:05	4:32	13,2	00:23:57	00:46:52	01:11:06	01:35:32	01:35:37	87	
96	66	GABARA DAWID	ŁÓDŹ	SHARK TOP TEAM	POL	1989	M20	15	00:00:16	4:32	13,2	00:26:04	00:49:42	01:13:12	01:35:30	01:35:46	88	
97	51	DERCZYŃSKI MARCIN	ŁÓDŹ	FUNDACJA HIPPOCAMPUS	POL	1968	M40	36	00:00:05	4:33	13,2	00:25:26	00:48:59	01:12:38	01:35:51	01:35:56	89	
98	84	GRZĘDA KRZYSZTOF	ŁÓDŹ		POL	1974	M40	37	00:00:05	4:33	13,2	00:25:26	00:48:58	01:12:38	01:35:53	01:35:58	90	
99	141	KRAJEWSKI RAFAŁ	ŁÓDŹ		POL	1977	M40	38	00:00:14	4:33	13,2	00:26:13	00:49:59	01:13:27	01:35:45	01:35:59	91	
100	37	CHYBOWSKI JAREK	ŁÓDŹ	RETKINIA RUN	POL	1977	M40	39	00:00:06	4:34	13,1	00:25:02	00:48:07	01:12:13	01:36:11	01:36:17	92	
101	47	CZERWIŃSKI MICHAŁ	WOLA MAKOWSKA		POL	1982	M30	26	00:00:09	4:34	13,1	00:25:39	00:49:10	01:13:00	01:36:09	01:36:18	93	
102	184	ŁUCZAK TOMASZ	TUREK	KB MARATO TUREK	POL	1980	M30	27	00:00:06	4:34	13,1	00:25:35	00:49:35	01:13:19	01:36:13	01:36:19	94	
103	106	KĄŁOWSKI TOMASZ	OTWOCK		POL	1964	M50	9	00:00:07	4:36	13,0	00:25:29	00:49:16	01:13:17	01:37:01	01:37:08	95	
104	87	HAJZER EWA	ŁÓDŹ	EVERRUN	POL	1986	K30	4	00:00:03	4:36	13,0	00:25:33	00:49:36	01:13:25	01:37:06	01:37:09	9	
105	18	BŁASZCZYK ROBERT	ŁOWICZ		POL	1984	M30	28	00:00:06	4:37	13,0	00:26:19	00:50:40	01:14:28	01:37:09	01:37:15	96	
106	74	GAŚIORKIEWICZ KAMIL	ŁOWICZ		POL	1978	M30	29	00:00:16	4:37	13,0	00:25:27	00:49:07	01:12:59	01:37:02	01:37:18	97	
107	164	LASKA KAMIL	POLESIE	RUUNING OSP POLESIE	POL	1985	M30	30	00:00:17	4:37	13,0	00:26:19	00:50:39	01:14:28	01:37:08	01:37:25	98	
108	192	MAŁKUS TOMASZ	POLESIE	RUNNING OSP POLESIE	POL	1976	M40	40	00:00:16	4:37	13,0	00:26:20	00:50:40	01:14:28	01:37:10	01:37:26	99	

# XXXVI ŁOWICKI PÓŁMARATON JESIENI

Organizator: Ośrodek Sportu i Rekreacji w Łowiczu

Data: 17.09.2017

Dystans: 21, 0975 KM

Miejscowość: ŁOWICZ

Klasyfikacja: OPEN



M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok urodz.	Kat wiek.	M-ce w kat	Czas startu	tempo min/km	tempo km/h	5 KM	10 KM	15 KM	Czas netto	Wynik	M	K
109	364	WITCZAK PIOTR	SKIERNIEWICE		POL	1978	M30	31	00:00:10	4:38	13,0	00:25:44	00:49:40	01:13:21	01:37:25	01:37:35		100
110	178	LUBIŃSKA ANETA	CIECHANÓW	KB TKKF PROMYK CIECHANÓW	POL	1975	K40	1	00:00:02	4:39	12,9	00:25:16	00:49:18	01:13:41	01:38:06	01:38:08		10
111	116	KĘPIŃSKI HENRYK	BEŁCHATÓW	KB SPARTAKUS BEŁCHATÓW	POL	1953	M60	5	00:00:08	4:39	12,9	00:25:11	00:49:01	01:13:38	01:38:03	01:38:11		101
112	383	WYŹYKOWSKI KRZYSZTOF	ŁÓDŹ	NARODOWY BANK POLSKI	POL	1973	M40	41	00:00:05	4:40	12,9	00:25:43	00:50:05	01:14:18	01:38:18	01:38:23		102
113	257	PLADZYK ŁUKASZ	PULTUSK	AGROMEX	POL	1990	M20	16	00:00:16	4:40	12,8	00:25:44	00:49:41	01:13:36	01:38:20	01:38:36		103
114	17	BŁASZCZYK MARIUSZ	ZGIERZ	ZGIERZOŁAKI	POL	1986	M30	32	00:00:06	4:41	12,8	00:24:57	00:48:41	01:13:27	01:38:44	01:38:50		104
115	142	KRAWCZYK KRZYSZTOF	MALANÓW	KB MARATON TUREK	POL	1974	M40	42	00:00:06	4:41	12,8	00:25:35	00:50:15	01:14:46	01:38:49	01:38:55		105
116	160	KUTKOWSKI KAROL	WISKIENICA DOLNA 10	OSP WISKIENICA DOLNA	POL	1989	M20	17	00:00:14	4:42	12,8	00:26:13	00:49:49	01:14:30	01:39:02	01:39:16		106
117	185	ŁUCZYK JANUSZ	WARSZAWA	BÓBR TŁUSZCZ	POL	1979	M30	33	00:00:11	4:42	12,7	00:26:18	00:50:48	01:15:15	01:39:08	01:39:19		107
118	264	POPOWSKI DOMINIK	NOWA SUCHA		POL	1997	M20	18	00:00:15	4:43	12,7	00:26:45	00:50:47	01:15:10	01:39:20	01:39:35		108
119	100	JĘDRZEJSKI MARCELI	GOSTYNIN	NO AGE LIMIT PŁOCK BIEGA	POL	1974	M40	43	00:00:05	4:43	12,7	00:25:57	00:50:34	01:15:23	01:39:33	01:39:38		109
120	317	STODULSKI KRZYSZTOF	MIECZYŚLAWÓW		POL	1978	M30	34	00:00:01	4:44	12,7	00:25:47	00:50:31	01:15:37	01:39:59	01:40:00		110
121	68	GAJEWSKI MARIUSZ	ŻYCHLIN		POL	1983	M30	35	00:00:24	4:45	12,6	00:25:13	00:49:04	01:15:09	01:39:41	01:40:05		111
122	334	ŚWIĄTKOWSKI DAWID	ŁOWICZ		POL	1987	M30	36	00:00:35	4:45	12,6	00:25:41	00:49:37	01:14:32	01:39:42	01:40:17		112
123	54	DONIEC MAREK	PIOTRKÓW TRYBUNALSKI	PKB ENDORFINA	POL	1974	M40	44	00:00:12	4:45	12,6	00:26:13	00:50:27	01:15:03	01:40:06	01:40:18		113
124	43	COTELNIC MICHAŁ	SOCHACZEW		POL	1988	M20	19	00:00:06	4:45	12,6	00:26:13	00:50:58	01:15:32	01:40:14	01:40:20		114
125	244	PANIKOWSKI TOMASZ	OLSZTYN	TEAM KOPEĆ	POL	1983	M30	37	00:00:04	4:46	12,6	00:26:39	00:50:48	01:15:10	01:40:29	01:40:33		115
126	177	LIS MAREK	CYBULICE MAŁE		POL	1975	M40	45	00:00:39	4:46	12,6	00:26:49	00:51:16	01:15:50	01:40:04	01:40:43		116
127	246	PASTWIŃSKA JUSTYNA	ŁÓDŹ	ŁÓDŹ RUNNING TEAM	POL	1989	K20	6	00:00:13	4:46	12,6	00:26:45	00:51:21	01:16:19	01:40:30	01:40:43		11
128	159	KUTERA PIOTR	SOCHACZEW	JW 3939	POL	1980	M30	38	00:00:14	4:47	12,5	00:26:53	00:52:07	01:16:54	01:40:44	01:40:58		117
129	123	KŁOS ADAM	ŁOWICZ	DRUŻYNA RAROGA	POL	1984	M30	39	00:00:26	4:47	12,5	00:26:45	00:51:21	01:16:05	01:40:36	01:41:02		118
130	406	SOCHA ANDRZEJ	TOMASZÓW MAZOWIECKI		POL	1975	M40	46	00:00:08	4:48	12,5	00:27:31	00:52:39	01:17:26	01:41:14	01:41:22		119
131	173	LEWERA ROBERT	PABIANICE	TATE & LYLE ACTIVE TEAM	POL	1970	M40	47	00:00:03	4:49	12,5	00:26:57	00:52:27	01:17:22	01:41:24	01:41:27		120
132	348	URBAŃSKI MIROŚLAW	SIERADZ		POL	1969	M40	48	00:00:10	4:49	12,5	00:26:43	00:51:27	01:16:38	01:41:18	01:41:28		121
133	351	WALEDZIAK ŁUKASZ	ŁOWICZ	H.B. RUN ŁOWICZ	POL	1986	M30	40	00:00:27	4:50	12,4	00:25:49	00:49:53	01:14:45	01:41:29	01:41:56		122
134	210	MIKOŁAJCZYK MARTA	WARKA	START.PULASKI.WARKA	POL	1948	K60	1	00:00:07	4:50	12,4	00:26:39	00:51:16	01:16:23	01:41:54	01:42:01		12
135	346	UBYCH MARIUSZ	ŁÓDŹ	ŁÓDŹ RUNNING TEAM	POL	1988	M20	20	00:00:05	4:50	12,4	00:25:02	00:48:25	01:13:56	01:42:02	01:42:07		123
136	270	PRÓCHNIEWICZ MARCIN	LUBLIN	MARCINPROCHNIEWICZ.PL	POL	1981	M30	41	00:00:21	4:50	12,4	00:27:28	00:53:05	01:18:09	01:41:47	01:42:08		124
137	369	WOJDA JAKUB	ŁOWICZ		POL	1982	M30	42	00:00:10	4:51	12,4	00:27:25	00:53:04	01:18:06	01:42:00	01:42:10		125
138	238	OBAL ŁUKASZ	BEŁCHÓW	RUNNING OSP POLESIE	POL	1986	M30	43	00:00:34	4:51	12,4	00:28:26	00:53:35	01:18:05	01:41:39	01:42:13		126
139	110	KAPES ANDRZEJ	ŻYCHLIN		POL	1991	M20	21	00:00:23	4:51	12,4	00:26:21	00:51:09	01:16:34	01:41:52	01:42:15		127
140	158	KUSY DAMIAN	BODZANÓW		POL	1990	M20	22	00:00:13	4:51	12,4	00:26:59	00:51:54	01:16:53	01:42:02	01:42:15		128
141	73	GARNYS RADEK	DĄBRÓWKA WIELKA	VERA RUNNING TEAM	POL	1976	M40	49	00:00:15	4:51	12,4	00:26:28	00:50:49	01:15:45	01:42:01	01:42:16		129
142	302	SKRZYPKOWSKI TOMASZ	OTWOCK		POL	1957	M60	6	00:00:04	4:51	12,4	00:27:36	00:53:17	01:18:06	01:42:13	01:42:17		130
143	48	CZURA SEBASTIAN	ŁÓDŹ	#SBRT_MOC_ENERGIA_ENDORFINA	POL	1987	M30	44	00:00:27	4:52	12,3	00:26:40	00:51:40	01:17:54	01:42:13	01:42:40		131
144	297	SEKIERSKI WIESŁAW	BEŁCHÓW	BRAK	POL	1963	M50	10	00:00:04	4:52	12,3	00:25:12	00:49:05	01:14:28	01:42:43	01:42:47		132
145	321	SUT RAFAŁ	GAŁKÓW MAŁY		POL	1978	M30	45	00:00:13	4:52	12,3	00:27:23	00:52:24	01:18:00	01:42:37	01:42:50		133
146	198	MARKOWSKI JAROSŁAW	ŁOWICZ	SMASHING PĄPKINS	POL	1968	M40	50	00:00:15	4:53	12,3	00:27:18	00:52:11	01:17:08	01:42:39	01:42:54		134
147	6	BADOWSKI KRZYSZTOF	BYDGOSZCZ	STOWARZYSZENIE CROSS	POL	1962	M50	11	00:00:07	4:53	12,3	00:25:51	00:50:22	01:16:37	01:42:51	01:42:58		135
148	379	WRÓBEL LESZEK	ŁÓDŹ	NIEZRZESZONY	POL	1958	M50	12	00:00:02	4:53	12,3	00:26:56	00:52:16	01:17:44	01:42:56	01:42:58		136
149	50	DEBNER WOJCIECH	KORONOWO	STOWARZYSZENIE CROSS	POL	1981	M30	46	00:00:07	4:53	12,3	00:25:51	00:50:22	01:16:38	01:42:52	01:42:59		137
150	145	KRUCZKOWSKI ADAM	BYDGOSZCZ	STOWARZYSZENIE CROSS	POL	1971	M40	51	00:00:07	4:53	12,3	00:25:51	00:50:22	01:16:38	01:42:52	01:42:59		138
151	262	POLUS GRZEGORZ	ZABORÓW		POL	1972	M40	52	00:00:31	4:53	12,3	00:28:26	00:53:36	01:18:09	01:42:33	01:43:04		139
152	350	WAĆLAWIAK MARCIN	WOLA GOŚLAWSKA		POL	1996	M20	23	00:00:09	4:53	12,3	00:25:59	00:50:13	01:16:16	01:42:58	01:43:07		140
153	39	CICHOŃSKA-BAZAK MARZENA	BYDGOSZCZ		POL	1973	K40	2	00:00:04	4:53	12,3	00:26:44	00:51:56	01:17:46	01:43:04	01:43:08		13
154	71	GAPYS DOROTA	ŁÓDŹ	AKADEMIABIEGACZA.PLS.L.SALOS-WODNA ŁÓDŹ	POL	1984	K30	5	00:00:04	4:54	12,3	00:26:33	00:51:24	01:17:35	01:43:11	01:43:15		14
155	150	KSYNA BOGUSŁAW	MŁODZIESZYN	OSP KAMION	POL	1956	M60	7	00:00:07	4:54	12,2	00:26:21	00:51:10	01:16:44	01:43:16	01:43:23		141
156	240	OSTROWICZ TOMASZ	ŁÓDŹ		POL	1974	M40	53	00:00:11	4:54	12,2	00:27:53	00:53:10	01:18:29	01:43:18	01:43:29		142
157	157	KURZAJ ALEKSANDRA	ŁÓDŹ	WGD RUN	POL	1980	K30	6	00:00:14	4:54	12,2	00:28:07	00:53:45	01:19:10	01:43:16	01:43:30		15
158	377	WRÓBEL NATALIA	ŁÓDŹ	MBANK	POL	1988	K20	7	00:00:09	4:54	12,2	00:28:04	00:53:26	01:18:35	01:43:21	01:43:30		16
159	205	MICHALAK WALDEMAR	KUTNO	KUTNO BIEGA	POL	1971	M40	54	00:00:18	4:54	12,2	00:28:05	00:53:27	01:18:35	01:43:13	01:43:31		143
160	115	KĘDZIA PAWEŁ	ZIELKOWICE		POL	1977	M40	55	00:00:11	4:55	12,2	00:26:17	00:51:24	01:17:14	01:43:26	01:43:37		144
161	382	WYMYSŁOWSKI MARCIN	ALEKSANDRÓW ŁÓDZKI	MBANK SA	POL	1981	M30	47	00:00:10	4:55	12,2	00:27:38	00:53:22	01:18:43	01:43:28	01:43:38		145
162	295	SIECZKOWSKI DAMIAN	DOBIESZKÓW		POL	1997	M20	24	00:00:09	4:55	12,2	00:25:16	00:48:24	01:14:37	01:43:30	01:43:39		146

# XXXVI ŁOWICKI PÓŁMARATON JESIENI

Organizator: Ośrodek Sportu i Rekreacji w Łowiczu

Data: 17.09.2017

Dystans: 21, 0975 KM

Miejscowość: ŁOWICZ

Klasyfikacja: OPEN



M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok urodz.	Kat wiek.	M-ce w kat	Czas startu	tempo min/km	tempo km/h	5 KM	10 KM	15 KM	Czas netto	Wynik	M	K
163	112	KARAŚ WITOLD	ŁÓDŹ	RYSIOTEAM	POL	1968	M40	56	00:00:23	4:56	12,2	00:26:42	00:51:23	01:18:05	01:43:40	01:44:03	147	
164	197	MARZĄK MACIEJ	ZDUŃSKA WOLA		POL	1986	M30	48	00:00:16	4:56	12,2	00:26:44	00:51:19	01:17:00	01:43:47	01:44:03	148	
165	79	GÓZAŃSKI JAROSŁAW	ŁÓDŹ	ŁÓDŹ KOCHA SPORT	POL	1968	M40	57	00:00:09	4:56	12,2	00:26:19	00:51:15	01:17:44	01:43:56	01:44:05	149	
166	109	KANCERSKI KRZYSZTOF	ŁÓDŹ		POL	1961	M50	13	00:00:10	4:56	12,1	00:27:53	00:53:37	01:19:11	01:44:02	01:44:12	150	
167	139	KOZŁOWSKI PRZEMEK	ŁÓDŹ		POL	1983	M30	49	00:00:12	4:57	12,1	00:27:42	00:53:43	01:19:20	01:44:05	01:44:17	151	
168	52	DOMINIĄK ANDRZEJ	ŁÓDŹ	KB STOPA ŁÓDŹ	POL	1953	M60	8	00:00:08	4:57	12,1	00:26:39	00:51:18	01:17:36	01:44:15	01:44:23	152	
169	188	MACHAJ MACIEJ	MIĘDZYSZCZAKÓW		POL	1977	M40	58	00:00:21	4:58	12,1	00:27:35	00:52:53	01:18:54	01:44:16	01:44:37	153	
170	27	BRODOWSKI DAWID PIOTR	NOSARZEWO BOROWE 21	KBB TKKF PROMYK CIECHANÓW	POL	1979	M30	50	00:00:02	4:58	12,1	00:25:47	00:51:20	01:17:22	01:44:42	01:44:44	154	
171	285	RYBUS KAMIL	BOCHEŃ	OSP BOCHEŃ	POL	1990	M20	25	00:00:14	4:58	12,1	00:27:11	00:52:47	01:18:53	01:44:31	01:44:45	155	
172	76	GOSZCZYCKI WITOLD	ŁÓWICZ	STARZYŃSKIEGO BIEGA ŁÓWICZ	POL	1967	M50	14	00:00:04	4:58	12,1	00:27:10	00:52:52	01:18:52	01:44:46	01:44:50	156	
173	328	SZPAK MARCIN	ŁÓDŹ		POL	1979	M30	51	00:00:11	4:58	12,1	00:27:34	00:53:07	01:18:53	01:44:40	01:44:51	157	
174	330	SZULC WOJCIECH	ŁÓWICZ		POL	1981	M30	52	00:00:23	4:59	12,0	00:27:40	00:52:38	01:18:14	01:44:40	01:45:03	158	
175	247	PAWŁOWSKA AGATA	WARSZAWA	PLANETA WARSZAWA	POL	1976	K40	3	00:00:25	5:00	12,0	00:27:31	00:53:19	01:19:21	01:45:14	01:45:39	159	17
176	29	BRZEZIŃSKI GRZEGORZ	SKIERNIEWICE		POL	1980	M30	53	00:00:17	5:01	12,0	00:27:48	00:53:15	01:19:31	01:45:33	01:45:50	160	
177	56	DUŁA DANIEL	NIEWIADÓW		POL	1976	M40	59	00:00:14	5:02	11,9	00:27:37	00:53:27	01:19:37	01:45:49	01:46:03	161	
178	135	KOWALCZYK ARTUR	ŁÓWICZ		POL	1980	M30	54	00:00:07	5:02	11,9	00:26:17	00:52:04	01:18:52	01:46:08	01:46:15	162	
179	374	WORACH TOMASZ	ZGIERZ	TEMPIO	POL	1980	M30	55	00:00:21	5:02	11,9	00:28:45	00:54:37	01:20:44	01:45:58	01:46:19	163	
180	1	AMBROZIAK SYLWIA	ŁÓWICZ	PRZEDMIEŚCIE ŁÓWICZ	POL	1975	K40	4	00:00:05	5:02	11,9	00:26:53	00:52:50	01:19:30	01:46:14	01:46:19	164	18
181	391	ZARADNY MARIUSZ	ŁUDWIKÓW		POL	1977	M40	60	00:00:12	5:03	11,9	00:28:14	00:54:04	01:20:37	01:46:19	01:46:31	165	
182	335	ŚWIERCZYŃSKI ZBIGNIEW	CZERSK	STOWARZYSZENIE CROSS	POL	1950	M60	9	00:00:30	5:05	11,8	00:29:59	00:56:13	01:21:57	01:46:40	01:47:10	166	
183	169	LESZCZYŃSKI MATEUSZ	CZERSK	STOWARZYSZENIE CROSS	POL	1984	M30	56	00:00:30	5:05	11,8	00:29:59	00:56:13	01:21:58	01:46:41	01:47:11	167	
184	243	PALUSZEK PAWEŁ	BEŁCHATÓW		POL	1980	M30	57	00:00:13	5:05	11,8	00:28:06	00:54:17	01:20:51	01:47:07	01:47:20	168	
185	195	MARAT KRZYSZTOF	BOBROWNIKI		POL	1981	M30	58	00:00:24	5:06	11,8	00:29:11	00:55:46	01:21:32	01:47:04	01:47:28	169	
186	284	RUTKOWSKI PIOTR	ŁÓWICZ		POL	1983	M30	59	00:00:24	5:06	11,8	00:27:38	00:53:03	01:19:23	01:47:07	01:47:31	170	
187	15	BLADOWSKI ARTUR	ŁÓWICZ	PEPSICO TEAM	POL	1984	M30	60	00:00:26	5:06	11,8	00:30:25	00:56:27	01:22:39	01:47:09	01:47:35	171	
188	339	TARTANUS MARCIN	POLESIE	RUNNING OSP POLESIE	POL	1977	M40	61	00:00:33	5:07	11,7	00:28:25	00:53:44	01:19:46	01:47:16	01:47:49	172	
189	137	KOZA ANDRZEJ	BEŁCHATÓW	ANDRZEJ KOZA	POL	1957	M60	10	00:00:14	5:07	11,7	00:28:01	00:54:25	01:21:09	01:47:42	01:47:56	173	
190	94	JANICKI MARIUSZ	ŁÓDŹ	TME RUNNERS	POL	1983	M30	61	00:00:24	5:07	11,7	00:29:31	00:55:48	01:22:00	01:47:37	01:48:01	174	
191	121	KŁĄB ADAM	SKIERNIEWICE		POL	1975	M40	62	00:00:18	5:08	11,7	00:28:42	00:55:00	01:21:33	01:47:52	01:48:10	175	
192	70	GALOCH ROBERT	ALEKSANDRÓW ŁÓDZKI	SBRT MOC ENERGIA ENDORFINA	POL	1972	M40	63	00:00:27	5:08	11,7	00:28:01	00:54:43	01:21:58	01:47:47	01:48:14	176	
193	24	BORAWSKA ANNA	PŁOCK	MAŁA LADY PANK BIEGAM DLA SIEBIE	POL	1977	K40	5	00:00:21	5:08	11,7	00:28:41	00:55:00	01:21:33	01:48:00	01:48:21	177	19
194	191	MAJCHRZAK ŁUKASZ	ŁÓDŹ	PIETRZYK RUNNING TEAM	POL	1991	M20	26	00:00:11	5:08	11,7	00:28:16	00:54:36	01:21:07	01:48:10	01:48:21	178	
195	276	RAPACZ MARIUSZ	SZCZAWIN	MPK- ŁÓDŹ	POL	1969	M40	64	00:00:22	5:08	11,7	00:28:41	00:55:00	01:21:32	01:48:01	01:48:23	179	
196	266	POTERAŁSKI DARIUSZ	WARSZAWA	PKO BANK POLSKI SA	POL	1971	M40	65	00:00:07	5:09	11,7	00:30:30	00:57:05	01:23:21	01:48:28	01:48:35	180	
197	291	SEKIETA MAREK	PABIANICE	KU AZS PŁ	POL	1968	M40	66	00:00:17	5:09	11,6	00:27:32	00:53:29	01:20:40	01:48:24	01:48:41	181	
198	86	GUZEK CEZARY	ŁÓWICZ		POL	1981	M30	62	00:00:20	5:09	11,6	00:27:12	00:52:23	01:18:25	01:48:25	01:48:45	182	
199	136	KOWALSKI SZYMON	ŁÓDŹ	CELIRONMAN	POL	1977	M40	67	00:00:16	5:09	11,6	00:28:27	00:55:31	01:22:29	01:48:31	01:48:47	183	
200	209	MIELNICKI KRZYSZTOF	SKIERNIEWICE		POL	1956	M60	11	00:00:15	5:10	11,6	00:28:11	00:54:13	01:21:03	01:48:39	01:48:54	184	
201	3	ANISZEWSKI HENRYK	PARMA		POL	1958	M50	15	00:00:24	5:11	11,6	00:28:56	00:55:10	01:21:56	01:48:55	01:49:19	185	
202	367	WODZYŃSKI ROBERT	WARSZAWA	PARKRUN BRÓDNO	POL	1974	M40	68	00:00:07	5:11	11,6	00:28:03	00:54:36	01:21:09	01:49:19	01:49:26	186	
203	301	SKOWROŃSKI ŁUKASZ	ŁÓDŹ		POL	1982	M30	63	00:00:21	5:11	11,6	00:29:08	00:55:53	01:23:09	01:49:08	01:49:29	187	
204	11	BECHĘŃSKI WOJCIECH	WARSZAWA		POL	1974	M40	69	00:00:09	5:12	11,6	00:29:43	00:57:13	01:24:29	01:49:24	01:49:33	188	
205	271	PRZYBYLSKI WOJCIECH	WARSZAWA	NAPRZÓD MŁOCINY	POL	1975	M40	70	00:00:10	5:12	11,5	00:29:43	00:57:13	01:24:29	01:49:28	01:49:38	189	
206	307	STANECKI MARCIN	SKIERNIEWICE		POL	1976	M40	71	00:00:08	5:12	11,5	00:27:28	00:53:52	01:21:27	01:49:43	01:49:51	190	
207	175	LIPIŃSKI ADAM	TŁUSZCZ	BÓBR TŁUSZCZ	POL	1973	M40	72	00:00:11	5:13	11,5	00:29:43	00:56:49	01:23:29	01:49:54	01:50:05	191	
208	20	BOCIĄGA PAWEŁ	ŁÓDŹ		POL	1979	M30	64	00:00:19	5:13	11,5	00:30:06	00:58:12	01:25:21	01:49:47	01:50:06	192	
209	395	ZIMNY EMANUEL	SOCHACZEW	KM AKTYWNI SOCHACZEW	POL	1981	M30	65	00:00:08	5:14	11,5	00:25:46	00:51:33	01:19:14	01:50:07	01:50:15	193	
210	376	WROŃSKI PIOTR	REGIMIN	ZADYSZKA	POL	1976	M40	73	00:00:09	5:14	11,5	00:28:12	00:55:47	01:23:20	01:50:08	01:50:17	194	
211	203	MELON TOMASZ	SKIERNIEWICE	KLUB SPORTOWY "TĘCZA"	POL	1984	M30	66	00:00:30	5:14	11,5	00:28:43	00:54:54	01:22:22	01:49:49	01:50:19	195	
212	63	FILIPEK DONATA	PIOTRKÓW TRYBUNALSKI	PIOTRKOWSKI KLUB BIEGACZA " ENDORFINA"	POL	1970	K40	6	00:00:12	5:14	11,5	00:28:09	00:54:50	01:22:26	01:50:21	01:50:33	196	20
213	230	NIEWIADOMSKI MICHAŁ	CZAPLINEK		POL	1980	M30	67	00:00:26	5:15	11,4	00:29:22	00:56:13	01:22:29	01:50:11	01:50:37	197	
214	153	KUBICA ANDRZEJ	ZDUNY		POL	1970	M40	74	00:00:23	5:15	11,4	00:30:32	00:57:07	01:24:09	01:50:22	01:50:45	198	
215	200	MAZANEK DIETMAR	PODKOWA LEŚNA		AUT	1973	M40	75	00:00:17	5:15	11,4	00:29:25	00:56:04	01:23:18	01:50:30	01:50:47	199	
216	410	KOCIMSKI JAN	SOCHACZEW	KM AKTYWNI SOCHACZEW	POL	1948	M60	12	00:00:08	5:15	11,4	00:28:06	00:54:49	01:22:27	01:50:40	01:50:48	200	



# XXXVI ŁOWICKI PÓŁMARATON JESIENI

Organizator: Ośrodek Sportu i Rekreacji w Łowiczu

Data: 17.09.2017

Dystans: 21, 0975 KM

Miejscowość: ŁOWICZ

Klasyfikacja: OPEN



M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok urodz.	Kat wiek.	M-ce w kat	Czas startu	tempo min/km	tempo km/h	5 KM	10 KM	15 KM	Czas netto	Wynik	M	K
217	278	ROLEWSKI RADOŚLAW	NIEDZWIADA	AMATOR	POL	1980	M30	68	00:00:05	5:15	11,4	00:25:40	00:51:05	01:18:07	01:50:49	01:50:54		197
218	419	GARBARA LIDIA WIOLETA	BEDŃON PRZYKOŚCIELNY		POL	1985	K30	7	00:00:04	5:15	11,4	00:27:00	00:53:35	01:22:10	01:50:50	01:50:54		21
219	384	ZACHEJA MARIUSZ	TŁUSZCZ	STOWARZYSZENIE CROSS	POL	1978	M30	69	00:00:36	5:15	11,4	00:30:48	00:57:50	01:24:22	01:50:20	01:50:56		198
220	241	OSIK ROBERT	TŁUSZCZ		POL	1966	M50	16	00:00:36	5:15	11,4	00:30:49	00:57:50	01:24:22	01:50:20	01:50:56		199
221	342	TRAJDOS KAROLINA	PIOTRKÓW TRYBUNALSKI	PIOTRKOWSKI KLUB BIEGACZA "ENDORFINA"	POL	1985	K30	8	00:00:11	5:16	11,4	00:29:25	00:56:20	01:23:22	01:50:50	01:51:01		22
222	299	SIEBSZYŃSKI KAROL	BELCHATÓW	PIOTRKOWSKI KLUB BIEGACZA "ENDORFINA"	POL	1983	M30	70	00:00:11	5:16	11,4	00:29:26	00:56:20	01:23:22	01:50:50	01:51:01		200
223	65	FRYDRYCHOWICZ MICHAŁ	WARSZAWA		POL	1978	M30	71	00:00:18	5:16	11,4	00:28:15	00:54:05	01:20:46	01:50:47	01:51:05		201
224	411	GÓRECKI TOMASZ	SZCZUKI		POL	1977	M40	76	00:00:10	5:16	11,4	00:28:47	00:55:21	01:22:53	01:50:57	01:51:07		202
225	275	RAPACKA RENATA	GAŁKÓW MAŁY	PIETRZYK RUNNING TEAM	POL	1977	K40	7	00:00:10	5:17	11,4	00:29:17	00:56:40	01:24:17	01:51:08	01:51:18		23
226	172	LEWANDOWSKI ZENON	CIECHANÓW	KB TKKF PROMYK CIECHANÓW	POL	1952	M60	13	00:00:02	5:17	11,4	00:27:59	00:55:04	01:23:04	01:51:28	01:51:30		203
227	352	WALISZEK MICHAŁ	ŁÓDŹ	SBRT MOC ENERGIA ENDORFINA	POL	1982	M30	72	00:00:31	5:18	11,3	00:29:59	00:56:13	01:22:39	01:51:16	01:51:47		204
228	292	SEKTA GRZEGORZ	SKIERNIEWICE		POL	1978	M30	73	00:00:19	5:18	11,3	00:28:44	00:55:19	01:23:00	01:51:35	01:51:54		205
229	318	STRADOWSKI MARCIN	SOCHACZEW		POL	1975	M40	77	00:00:20	5:19	11,3	00:30:12	00:57:44	01:25:20	01:51:40	01:52:00		206
230	152	KUBIAK AGNIESZKA	KOLUSZKI	PIETRZYK RUNNING TEAM	POL	1976	K40	8	00:00:10	5:19	11,3	00:29:17	00:56:41	01:24:17	01:51:54	01:52:04		24
231	161	KWIATKOWSKI MICHAŁ	TERESIN		POL	1982	M30	74	00:00:19	5:19	11,3	00:29:05	00:56:03	01:23:55	01:51:51	01:52:10		207
232	362	WIŚNIEWSKA RENATA	ŁOWICZ	STARZYŃSKIEGO BIEGA ŁOWICZ	POL	1971	K40	9	00:00:11	5:19	11,3	00:28:54	00:56:37	01:24:30	01:52:05	01:52:16		25
233	194	MAMCZAREK KRZYSZTOF	KUTNO	KUTNO	POL	1980	M30	75	00:00:20	5:19	11,3	00:30:11	00:57:47	01:25:27	01:51:58	01:52:18		208
234	45	CZAPLA SŁAWOMIR	GRODZISK MAZOWIECKI	DOGOŃ GRODZISK MAZOWIECKI	POL	1972	M40	78	00:00:09	5:20	11,3	00:30:31	00:58:31	01:26:03	01:52:12	01:52:21		209
235	180	ŁASZCZUK IZA	ŁÓDŹ	SBRT MOC ENERGIA ENDORFINA	POL	1983	K30	9	00:00:26	5:20	11,3	00:29:50	00:57:15	01:24:40	01:51:57	01:52:23		26
236	154	KUCIŃSKI RADOŚLAW	ŁOWICZ		POL	1973	M40	79	00:00:16	5:20	11,3	00:30:10	00:57:17	01:24:36	01:52:10	01:52:26		210
237	251	PIEZARKO MAREK	ZYRAROW		POL	1979	M30	76	00:00:21	5:20	11,3	00:29:39	00:57:11	01:25:11	01:52:09	01:52:30		211
238	308	STANGRECIAK WOJCIECH	SKIERNIEWICE	PARKRUN SKIERNIEWICE	POL	1984	M30	77	00:00:24	5:20	11,2	00:29:44	00:56:28	01:22:49	01:52:10	01:52:34		212
239	390	ZANOBURG ARKADIUSZ	TERESIN		POL	1987	M30	78	00:00:19	5:20	11,2	00:29:05	00:56:03	01:23:56	01:52:21	01:52:40		213
240	287	RZEPKOWSKI WŁODZIMIERZ	BUCZEK		POL	1970	M40	80	00:00:19	5:21	11,2	00:30:02	00:57:28	01:25:17	01:52:31	01:52:50		214
241	148	KRZYSZTOFIK KONRAD	ŁÓDŹ	DRUŻYNA BSS	POL	1980	M30	79	00:00:22	5:21	11,2	00:30:20	00:58:01	01:25:43	01:52:32	01:52:54		215
242	322	SZARMACH ANDRZEJ	PŁOCK	PŁOCK BIEGA NO AGE LIMIT	POL	1980	M30	80	00:00:22	5:22	11,2	00:28:28	00:55:13	01:23:17	01:52:42	01:53:04		216
243	179	ŁANDWIJT MARCIN	KONSTANTYNÓW ŁÓDZKI	EVERRUN	POL	1973	M40	81	00:00:05	5:22	11,2	00:27:38	00:54:53	01:24:10	01:53:10	01:53:15		217
244	338	ŚWIRKOWICZ KATARZYNA	WARSZAWA		POL	1980	K30	10	00:00:10	5:22	11,2	00:29:20	00:56:39	01:24:45	01:53:06	01:53:16		27
245	182	ŁĘBSKI JAKUB	ŁOWICZ		POL	1981	M30	81	00:00:26	5:22	11,2	00:30:42	00:57:43	01:25:17	01:52:51	01:53:17		218
246	9	BARAŃSKA MONIKA	ŁOWICZ		POL	1982	M30	82	00:00:02	5:23	11,2	00:27:18	00:55:00	01:24:04	01:53:24	01:53:26		219
247	162	KWIATKOWSKI ARKADIUSZ	ROKIETNICA	VERARUNNINGTEAM	POL	1974	M40	82	00:00:18	5:23	11,1	00:29:53	00:57:16	01:24:55	01:53:14	01:53:32		220
248	149	KRZYŻANOWSKI JAROSŁAW	ŁOWICZ	STARZYŃSKIEGO BIEGA	POL	1979	M30	83	00:00:12	5:23	11,1	00:29:15	00:56:37	01:24:35	01:53:25	01:53:37		221
249	85	GUZEK WOJCIECH	ŁÓDŹ		POL	1983	M30	84	00:00:10	5:23	11,1	00:30:25	00:58:29	01:25:54	01:53:28	01:53:38		222
250	398	ZŁOMAŃCZUK ADAM	ZDUŃSKA WOLA	BIEGAM BO LUBIĘ ZDUŃSKA WOLA	POL	1974	M40	83	00:00:10	5:23	11,1	00:30:01	00:58:07	01:26:25	01:53:29	01:53:39		223
251	206	MICHNIEWSKA EDYTA	GAŁKÓW MAŁY	PIETRZYK RUNNING TEAM	POL	1985	K30	11	00:00:13	5:23	11,1	00:29:18	00:56:41	01:25:38	01:53:27	01:53:40		28
252	13	BIAŁAS STANISŁAW	PULĘTUSK	Z BIEGIEM NARWII	POL	1955	M60	14	00:00:14	5:24	11,1	00:30:11	00:58:12	01:25:39	01:53:33	01:53:47		224
253	345	TRZOSKA MICHAŁ	ŁOWICZ		POL	1987	M30	85	00:00:32	5:25	11,1	00:31:49	00:59:47	01:27:15	01:53:40	01:54:12		225
254	53	DOMŻAŁSKI SEBASTIAN	WARSZAWA	ŁOWICZAK NA EMIGRACJI	POL	1980	M30	86	00:00:17	5:25	11,1	00:30:45	00:58:31	01:26:14	01:54:03	01:54:20		226
255	325	SZCZEPANIAK URSZULA	ŁÓDŹ		POL	1982	K30	12	00:00:14	5:25	11,1	00:30:01	00:58:07	01:26:26	01:54:10	01:54:24		29
256	147	KRZEMIŃSKI TOMASZ	ŁÓDŹ		POL	1979	M30	87	00:00:14	5:25	11,1	00:30:01	00:58:07	01:26:26	01:54:11	01:54:25		227
257	388	ZALEWSKI JÓZEF	RYDZYNO	TKKF PŁOCK	POL	1947	M70+	1	00:00:08	5:26	11,0	00:29:51	00:58:09	01:26:28	01:54:28	01:54:36		228
258	258	PLĄCEK DOMINIK	ŁÓDŹ	UMED IT	POL	1982	M30	88	00:00:27	5:26	11,0	00:30:49	00:58:32	01:26:20	01:54:12	01:54:39		229
259	111	KARAŚ ALEKSANDRA	ŁÓDŹ	RSYIOTEAM	POL	1962	K50	1	00:00:13	5:27	11,0	00:28:14	00:56:07	01:25:02	01:54:36	01:54:49		30
260	201	MAZUR TOMASZ	WARSZAWA		POL	1972	M40	84	00:00:14	5:27	11,0	00:30:35	00:58:50	01:27:11	01:54:48	01:55:02		230
261	38	CICHAL KRZYSZTOF	MYŚLAKÓW		POL	1960	M50	17	00:00:29	5:28	11,0	00:30:43	00:58:42	01:27:12	01:54:49	01:55:18		231
262	288	SAWICKI MARCIN	ŻYRARÓW		POL	1978	M30	89	00:00:27	5:29	11,0	00:30:39	00:58:33	01:26:31	01:55:06	01:55:33		232
263	133	KOSSOWSKA-TOĆ BEATA	KUTNO		POL	1973	K40	10	00:00:22	5:29	10,9	00:30:12	00:58:17	01:26:55	01:55:24	01:55:46		31
264	269	PRASAL ARTUR	ŁÓDŹ		POL	1975	M40	85	00:00:29	5:29	10,9	00:31:01	00:59:02	01:27:26	01:55:21	01:55:50		233
265	140	KRAJEWSKA NATALIA	ALEKSANDRÓW ŁÓDZKI	K.S. CELIRONMAN S.A.	POL	1984	K30	13	00:00:12	5:30	10,9	00:29:25	00:56:35	01:24:23	01:55:41	01:55:53		32
266	72	GARBARCZYK KRZYSZTOF	WARSZAWA	DRUŻYNA RAROGA	POL	1983	M30	90	00:00:29	5:30	10,9	00:31:25	00:59:22	01:27:29	01:55:26	01:55:55		234
267	215	MISIAK AGNIESZKA	ŁOWICZ	STARZYŃSKIEGO BIEGA ŁOWICZ	POL	1972	M40	86	00:00:12	5:30	10,9	00:30:13	00:58:40	01:27:12	01:55:44	01:55:56		235
268	336	ŚWIEŻAWSKA ALICJA	KUTNO	KUTNO BIEGA	POL	1980	K30	14	00:00:18	5:30	10,9	00:30:59	00:59:35	01:27:50	01:55:42	01:56:00		33
269	337	ŚWIEŻAWSKA-AMBROZIAK KATARZYNA	KUTNO	KUTNO BIEGA	POL	1978	K30	15	00:00:17	5:30	10,9	00:30:59	00:59:35	01:27:50	01:55:44	01:56:01		34
270	23	BOGUSZEWSKI RYSZARD	PŁOCK	TKKF PŁOCK	POL	1950	M60	15	00:00:21	5:30	10,9	00:30:31	00:58:25	01:26:30	01:55:42	01:56:03		236

# XXXVI ŁOWICKI PÓŁMARATON JESIENI

Organizator: Ośrodek Sportu i Rekreacji w Łowiczu

Data: 17.09.2017

Dystans: 21, 0975 KM

Miejscowość: ŁOWICZ

Klasyfikacja: OPEN



M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok urodz.	Kat wiek.	M-ce w kat	Czas startu	tempo min/km	tempo km/h	5 KM	10 KM	15 KM	Czas netto	Wynik	M	K
271	88	HARUSTA PIOTR	ŁYSZKOWICE	N/Z	POL	1973	M40	87	00:00:28	5:30	10,9	00:30:47	00:58:50	01:27:00	01:55:43	01:56:11		237
272	344	TRZEBIŃSKI KRZYSZTOF	DĄBROWA GÓRNICZA		POL	1975	M40	88	00:00:08	5:31	10,9	00:27:49	00:55:20	01:24:34	01:56:09	01:56:17		238
273	361	WILCZYŃSKI STANISŁAW	ŁÓDŹ	FOREVER YOUNG ŁÓDŹ	POL	1947	M70+	2	00:00:26	5:32	10,9	00:30:28	00:58:39	01:27:26	01:56:10	01:56:36		239
274	122	ŁŁOS ZBYSZEK	PIASTÓW	TAK SOBIE BIEGAM -PIASTÓW	POL	1960	M50	18	00:00:18	5:34	10,8	00:30:30	00:58:30	01:27:14	01:57:05	01:57:23		240
275	151	KUBIAK DARIUSZ	ŁÓDŹ		POL	1983	M30	91	00:00:25	5:34	10,8	00:31:19	00:59:45	01:28:56	01:57:02	01:57:27		241
276	399	ZWOLIŃSKI PAWEŁ	ŁOWICZ		POL	1983	M30	92	00:00:28	5:35	10,8	00:31:54	01:00:55	01:30:01	01:57:17	01:57:45		242
277	359	WIĘCEK KAMIL	ŁOWICZ		POL	1986	M30	93	00:00:28	5:35	10,8	00:31:55	01:00:55	01:30:01	01:57:17	01:57:45		243
278	267	POWAŁKA GRZEGORZ	WARSZAWA	STOWARZYSZENIE CROSS	POL	1962	M50	19	00:00:12	5:35	10,7	00:31:29	01:00:15	01:29:05	01:57:39	01:57:51		244
279	224	MUSIAŁ PRZEMYSŁAW	WITOSŁAW	STOWARZYSZENIE CROSS	POL	1982	M30	94	00:00:12	5:35	10,7	00:31:29	01:00:15	01:29:06	01:57:39	01:57:51		245
280	283	RUSEK TOMASZ	ŁOWICZ	DRUŻYNA RAROGA	POL	1984	M30	95	00:00:29	5:36	10,7	00:31:26	00:59:26	01:28:05	01:57:32	01:58:01		246
281	196	MARCINIAK JAROSŁAW	ŁOWICZ		POL	1976	M40	89	00:00:14	5:36	10,7	00:31:20	01:01:10	01:30:22	01:57:48	01:58:02		247
282	282	ROSİK PIOTR	SULEJÓWEK		POL	1983	M30	96	00:00:30	5:36	10,7	00:33:00	01:01:46	01:29:09	01:57:36	01:58:06		248
283	226	MYCZKA PAWEŁ	MYŚLAKÓW		POL	1982	M30	97	00:00:19	5:37	10,7	00:30:58	00:59:18	01:28:13	01:58:15	01:58:34		249
284	128	KOPKA PIOTR	PABIANICE	KORONA PABIANICE	POL	1981	M30	98	00:00:22	5:38	10,7	00:31:22	00:59:33	01:28:04	01:58:23	01:58:45		250
285	234	NOWAK ŁUKASZ	ŁOWICZ		POL	1981	M30	99	00:00:25	5:40	10,6	00:30:54	00:59:30	01:28:24	01:59:11	01:59:36		251
286	104	KACPRZAK MARCIN	ŁÓDŹ		POL	1979	M30	100	00:00:25	5:41	10,6	00:31:27	01:00:26	01:29:34	01:59:29	01:59:54		252
287	33	CHAŁUBIŃSKI SŁAWOMIR	ŁASK		POL	1972	M40	90	00:00:12	5:41	10,6	00:30:02	00:57:51	01:28:21	01:59:43	01:59:55		253
288	416	WALUK PIOTR	ŁÓDŹ	PPG	POL				00:00:33	5:41	10,5	00:31:48	01:01:10	01:30:22	01:59:31	02:00:04		
289	404	GRABOWSKA ANETTA	WARSZAWA		POL	1974	K40	11	00:00:32	5:42	10,5	00:31:43	01:00:14	01:29:54	01:59:40	02:00:12		35
290	403	GRABOWSKI MARCIN	WARSZAWA		POL	1976	M40	91	00:00:32	5:42	10,5	00:31:43	01:00:14	01:29:54	01:59:40	02:00:12		255
291	21	BOCZEK KRZYSZTOF	MYŚLAKÓW		POL	1966	M50	20	00:00:09	5:42	10,5	00:28:51	00:57:44	01:29:24	02:00:03	02:00:12		256
292	423	KOWALEWSKI JAN		MZA SOLIDARNOŚĆ	POL	1950	M60	16	00:00:17	5:42	10,5	00:30:10	00:59:11	01:29:33	02:00:04	02:00:21		257
293	430	SZYKTANC EWELINA	PABIANICE	TEAM-S.C.	POL	1983	K30	16	00:00:23	5:43	10,5	00:31:50	01:01:15	01:31:03	02:00:04	02:00:27		36
294	289	SAWICKI RAFAŁ	BIAŁYSTOK		POL	1980	M30	101	00:00:31	5:43	10,5	00:36:51	01:05:42	01:33:18	02:00:14	02:00:45		258
295	272	PRZYBYSZ RAFAŁ	ŁÓDŹ		POL	1950	M60	17	00:00:04	5:43	10,5	00:29:49	00:59:46	01:30:31	02:00:42	02:00:46		259
296	22	PAWLUK ADAM	ŁOWICZ		POL	1960	M50	21	00:00:15	5:44	10,5	00:30:22	00:59:18	01:29:37	02:00:35	02:00:50		260
297	130	KOŚMOWSKI KRZYSZTOF	ŁOWICZ		POL	1981	M30	102	00:00:26	5:44	10,5	00:30:54	00:59:31	01:28:25	02:00:27	02:00:53		261
298	239	OŚIŃSKI STANISŁAW	WARSZAWA	NIESTOWARZYSZONY	POL	1951	M60	18	00:00:09	5:44	10,5	00:31:43	01:01:15	01:31:20	02:00:52	02:01:01		262
299	165	LAUK PIOTR	ŁÓDŹ		POL	1968	M40	92	00:00:33	5:44	10,5	00:31:48	01:01:10	01:30:25	02:00:31	02:01:04		263
300	372	WOJSZCZ MICHAŁ	ŁOWICZ		POL	1985	M30	103	00:00:27	5:45	10,4	00:30:53	00:59:36	01:29:37	02:00:45	02:01:12		264
301	326	SZCZYTKOWSKI ROMUALD	ŁÓDŹ	FOREVER YOUNG ŁÓDŹ	POL	1971	M40	93	00:00:25	5:45	10,4	00:30:10	00:58:09	01:30:41	02:01:02	02:01:27		265
302	167	LENARTOWICZ BARBARA	ŁÓDŹ		POL	1967	K50	2	00:00:23	5:45	10,4	00:30:10	00:58:09	01:28:08	02:01:04	02:01:27		37
303	368	WOJCIECHOWSKA EWA	WARSZAWA	AEGON	POL	1973	K40	12	00:00:07	5:46	10,4	00:30:30	01:00:26	01:31:06	02:01:24	02:01:31		38
304	294	SĘKOWSKA KINGA	KOŃSKIE		POL	1992	K20	8	00:00:27	5:46	10,4	00:31:37	00:59:49	01:28:04	02:01:05	02:01:32		39
305	214	MISIAK DARIUSZ	ŁOWICZ	STARZYŃSKIEGO BIEGA ŁOWICZ	POL	1970	M40	94	00:00:05	5:46	10,4	00:31:37	01:01:55	01:31:54	02:01:30	02:01:35		266
306	59	DZIĘGIELEWSKI ANDRZEJ	ŻYCHLIN	ROZBIEGANI-ŻYCHLIN	POL	1967	M50	22	00:00:25	5:46	10,4	00:29:03	00:57:54	01:28:38	02:01:17	02:01:42		267
307	60	EDYK ANNA	TOMASZÓW MAZ.	TIME4RUNNING	POL	1964	K50	3	00:00:13	5:46	10,4	00:31:06	01:00:40	01:30:40	02:01:35	02:01:48		40
308	58	DZIEDZIŃSKI SZYMON	GŁOWNO	KS GŁOWNO W BIEGU	POL	1974	M40	95	00:00:29	5:47	10,4	00:31:07	01:00:12	01:29:54	02:01:32	02:02:01		268
309	355	WASILIEW CHRISTO	WARKA	START.PULASKI.WARKA	POL	1952	M60	19	00:00:16	5:47	10,4	00:31:00	00:59:36	01:30:59	02:01:47	02:02:03		269
310	434	JARZĘBSKI RAFAŁ	ŁOWICZ		POL	1989	M20	27	00:00:34	5:48	10,4	00:30:12	00:57:48	01:27:08	02:01:41	02:02:15		270
311	134	KOWALCZYK MAGDALENA	WARSZAWA		POL	1976	K40	13	00:00:26	5:48	10,3	00:32:24	01:01:50	01:31:31	02:01:57	02:02:23		41
312	349	WACH ARTUR	SKIERNIEWICE		POL	1978	M30	104	00:00:15	5:50	10,3	00:30:56	01:00:56	01:30:52	02:02:45	02:03:00		271
313	36	CHROMIŃSKI GRZEGORZ	ŁÓDŹ	CUDIM	POL	1968	M40	96	00:00:16	5:50	10,3	00:30:48	01:00:19	01:31:05	02:02:48	02:03:04		272
314	236	NOWOGÓRSKI TOMASZ	SKIERNIEWICE		POL	1974	M40	97	00:00:18	5:50	10,3	00:29:46	00:58:50	01:30:58	02:02:49	02:03:07		273
315	426	BANASIAK MICHAŁ	ŁOWICZ		POL	1951	M60	20	00:00:22	5:51	10,3	00:32:11	01:01:54	01:32:30	02:03:01	02:03:23		274
316	170	LEŚNIEWSKI KAZIMIERZ	WŁOCŁAWEK	NIEZRZESZONY	POL	1942	M70+	3	00:00:02	5:52	10,2	00:30:28	01:00:54	01:32:39	02:03:40	02:03:42		275
317	286	RYDZ JOANNA	BELCHATÓW		POL	1977	K40	14	00:00:27	5:52	10,2	00:33:04	01:03:19	01:33:40	02:03:19	02:03:46		42
318	290	SEKIETA DOROTA	PABIANICE		POL	1966	K50	4	00:00:17	5:52	10,2	00:31:18	01:00:37	01:31:23	02:03:31	02:03:48		43
319	114	KARWACKA MONIKA	KOLUSZKI		POL	1977	K40	15	00:00:19	5:53	10,2	00:31:29	01:02:02	01:32:53	02:03:38	02:03:57		44
320	62	FJAŁKOWSKI MICHAŁ	ŁOWICZ		POL	1994	M20	28	00:00:31	5:54	10,2	00:33:43	01:03:03	01:33:12	02:04:04	02:04:35		276
321	360	WIKTOREK JADWIGA	ŁÓDŹ	NIEZRZESZONA	POL	1950	K60	2	00:00:13	5:54	10,2	00:32:11	01:01:55	01:32:31	02:04:22	02:04:35		45
322	105	KALINOWSKI JERZY	SŁUPNO		POL	1948	M60	21	00:00:09	5:55	10,1	00:30:59	01:01:28	01:32:58	02:04:35	02:04:44		277
323	146	KRYSIŃSKI MICHAŁ	WŁOCŁAWEK		POL	1994	M20	29	00:00:31	5:55	10,1	00:33:43	01:03:03	01:33:12	02:04:16	02:04:47		278
324	255	PISZCZYŃSKA EWA	GŁOWNO	KS GŁOWNO W BIEGU	POL	1979	K30	17	00:00:29	5:55	10,1	00:32:23	01:02:37	01:33:44	02:04:27	02:04:56		46

# XXXVI ŁOWICKI PÓŁMARATON JESIENI

Organizator: Ośrodek Sportu i Rekreacji w Łowiczu

Data: 17.09.2017

Dystans: 21, 0975 KM

Miejscowość: ŁOWICZ

Klasyfikacja: OPEN



M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok urodz.	Kat wiek.	M-ce w kat	Czas startu	tempo min/km	tempo km/h	5 KM	10 KM	15 KM	Czas netto	Wynik	M	K
325	91	IWAŃSKI MACIEJ	KUTNO	KUTNO BIEGA	POL	1953	M60	22	00:00:35	5:56	10,1	00:31:03	01:02:05	01:32:45	02:04:40	02:05:15		279
326	216	MISZTAŁ RAFAŁ	ZGIERZ		POL	1979	M30	105	00:00:29	5:57	10,1	00:32:23	01:02:37	01:33:45	02:05:03	02:05:32		280
327	371	WOJENKA ADRIANA	SKIERNIEWICE		POL	1977	K40	16	00:00:18	5:57	10,1	00:31:37	01:01:32	01:32:57	02:05:20	02:05:38		47
328	168	LESZCZYŃSKI ARTUR	ŁÓDŹ	TOMTOM RUNNERS	POL	1983	M30	106	00:00:20	5:59	10,0	00:30:20	00:59:45	01:30:55	02:05:55	02:06:15		281
329	277	REMBOWSKI JACEK	ŁOWICZ	STARZYŃSKIEGO BIEGA	POL	1946	M70+	4	00:00:35	5:59	10,0	00:35:19	01:06:58	01:37:00	02:05:43	02:06:18		282
330	102	KACPRZAK DOROTA	BEDLNO		POL	1969	K40	17	00:00:28	6:02	9,9	00:32:59	01:03:40	01:35:37	02:06:50	02:07:18		48
331	103	KACPRZAK PAWEŁ	BEDLNO		POL	1969	M40	98	00:00:28	6:02	9,9	00:32:59	01:03:40	01:35:39	02:06:51	02:07:19		283
332	385	ZADROŻNY KRZYSZTOF	BOROWIE	STARZYŃSKIEGO BIEGA ŁOWICZ	POL	1970	M40	99	00:00:04	6:03	9,9	00:30:41	01:01:51	01:33:56	02:07:32	02:07:36		284
333	429	ANYSZEWSKI KAMIL	POLESIE	RUNNING OSP POLESIE	POL	1988	M20	30	00:00:34	6:03	9,9	00:34:04	01:05:19	01:36:53	02:07:07	02:07:41		285
334	375	WOZIWOŚIŃSKI MAREK	POLESIE	RUNNING OSP POLESIE	POL	1983	M30	107	00:00:34	6:03	9,9	00:34:04	01:05:19	01:36:53	02:07:07	02:07:41		286
335	422	BOMBRYCH KACPER	ŁOWICZ	STOWARZYSZENIE BIEGA	POL	1998	M16	2	00:00:13	6:03	9,9	00:30:39	01:00:12	01:33:42	02:07:30	02:07:43		287
336	424	KWIATKOWSKA MALWINA	ŁÓDŹ		POL	1979	K30	18	00:00:21	6:04	9,9	00:34:37	01:06:27	01:38:19	02:07:46	02:08:07		49
337	356	WAWRZANIAK ROBERT	ŁÓDŹ	RAZEM TRENUJEMY SPORT	POL	1974	M40	100	00:00:33	6:06	9,8	00:34:51	01:06:19	01:38:00	02:07:59	02:08:32		288
338	28	BRZEZIŃSKA AGNIESZKA	SKIERNIEWICE		POL	1981	K30	19	00:00:18	6:06	9,8	00:32:14	01:03:17	01:35:16	02:08:18	02:08:36		50
339	204	MĘDREK JOANNA	KOLUSZKI	PIETRZYK RUNNING TEAM	POL	1967	K50	5	00:00:07	6:06	9,8	00:30:36	01:00:45	01:33:21	02:08:38	02:08:45		51
340	220	MŁYŃNARSKI MARIUSZ	TŁUSZCZ	PEPSICO	POL	1988	M20	31	00:00:25	6:08	9,8	00:30:24	00:59:27	01:33:17	02:08:51	02:09:16		289
341	389	ZANOBERG MACIEJ	DZIEKANÓW LEŚNY		POL	1993	M20	32	00:00:20	6:09	9,8	00:29:06	00:56:46	01:27:47	02:09:26	02:09:46		290
342	253	PIETRZAK DARIUSZ	WARSZAWA		POL	1973	M40	101	00:00:23	6:10	9,7	00:35:57	01:07:01	01:36:06	02:09:37	02:10:00		291
343	259	PODEDWORNY ARTUR	BECHCICE WIEŚ		POL	1976	M40	102	00:00:24	6:10	9,7	00:31:41	01:01:26	01:34:02	02:09:48	02:10:12		292
344	265	POSZWIŃSKI ARTUR	POZNAŃ		POL	1962	M50	23	00:00:19	6:13	9,7	00:34:50	01:06:53	01:39:49	02:10:49	02:11:08		293
345	49	DANKIEWICZ BARBARA	ŁOWICZ	STARZYŃSKIEGO BIEGA ŁOWICZ	POL	1971	K40	18	00:00:35	6:15	9,6	00:35:19	01:06:58	01:39:08	02:11:11	02:11:46		52
346	306	STANECKA MAŁGORZATA	SKIERNIEWICE		POL	1976	K40	19	00:00:36	6:15	9,6	00:35:19	01:06:58	01:39:08	02:11:19	02:11:55		53
347	32	BUTOWICZ ADAM	SZCZECINEK		POL	1961	M50	24	00:00:11	6:18	9,5	00:31:51	01:07:30	01:42:24	02:12:44	02:12:55		294
348	5	BACZYŃSKA MAŁGORZATA	ŁOWICZ		POL	1987	K30	20	00:00:25	6:19	9,5	00:32:52	01:04:38	01:37:35	02:12:49	02:13:14		54
349	407	GRZEGORCZYK PIOTR	ŁÓDŹ		POL	1944	M70+	5	00:00:22	6:20	9,5	00:34:51	01:07:25	01:40:12	02:13:09	02:13:31		295
350	82	GRZELAK ŁUKASZ	GĄBIN	GĄBIN BIEGA	POL	1985	M30	108	00:00:18	6:20	9,5	00:32:42	01:04:22	01:39:45	02:13:21	02:13:39		296
351	189	MACHAŁA BARBARA	ŁOWICZ		POL	1969	K40	20	00:00:06	6:22	9,4	00:32:23	01:04:37	01:38:39	02:14:12	02:14:18		55
352	281	ROSIĄK PAWEŁ	ŁÓDŹ		POL	1959	M50	25	00:00:25	6:22	9,4	00:35:34	01:08:20	01:41:08	02:13:58	02:14:23		297
353	427	KUNICKA GABRIELA	ŁÓDŹ		POL	1998	K16	1	00:00:19	6:24	9,4	00:32:25	01:04:30	01:38:41	02:14:37	02:14:56		56
354	303	SMOLIŃSKA MAŁGORZATA	WARSZAWA	POLSKA BIEGA/GAZETA WYBORCZA	POL	1975	K40	21	00:00:31	6:24	9,4	00:36:51	01:09:39	01:42:48	02:14:29	02:15:00		57
355	268	PRASAL KONRAD	ŁÓDŹ	#BLOGERZYBIEGAJĄ	POL	2001	M16	3	00:00:28	6:24	9,4	00:36:13	01:09:40	01:42:26	02:14:35	02:15:03		298
356	402	POKORA MAREK	SELIGÓW	FC SELIGÓW	POL	1995	M20	33	00:00:17	6:25	9,4	00:31:06	01:01:35	01:35:38	02:14:57	02:15:14		299
357	366	WŁOSIŃSKA WIOLETTA	05-532 KĄTY		POL	1973	K40	22	00:00:06	6:26	9,3	00:31:20	01:04:16	01:39:22	02:15:41	02:15:47		58
358	252	PIETRZAK MONIKA	WARSZAWA		POL	1973	K40	23	00:00:22	6:27	9,3	00:35:57	01:08:56	01:42:19	02:15:35	02:15:57		59
359	219	MIZIOŁEK TOMASZ	ŁÓDŹ		POL	1971	M40	103	00:00:32	6:27	9,3	00:35:51	01:08:38	01:42:13	02:15:37	02:16:09		300
360	26	BRACICHOWICZ ANNA	ŁÓDŹ	SBRT MOC ENERGIA ENDORFINA	POL	1977	K40	24	00:00:26	6:28	9,3	00:34:34	01:06:19	01:42:01	02:16:03	02:16:29		60
361	235	NOWICKI MARCIN	ŁÓDŹ	SBRT MOC ENERGIA ENDORFINA	POL	1987	M30	109	00:00:28	6:28	9,3	00:34:33	01:06:18	01:41:58	02:16:02	02:16:30		301
362	217	MISKIEWICZ MAŁGORZATA	ŁÓDŹ	SBRT MOC ENERGIA ENDORFINA	POL	1988	K20	9	00:00:26	6:28	9,3	00:34:34	01:06:19	01:41:59	02:16:04	02:16:30		61
363	393	ZAWIASA BARTOSZ	ŁASK	KORONA PABIANICE	POL	1988	M20	34	00:00:22	6:34	9,1	00:31:25	01:04:11	01:39:43	02:18:05	02:18:27		302
364	67	GADZINOWSKI IGNACY	RADOM		POL	1950	M60	23	00:00:23	6:34	9,1	00:33:17	01:05:55	01:41:15	02:18:06	02:18:29		303
365	245	PASIŃSKA ANNA	PABIANICE	VERARUNNINGTEAM	POL	1975	K40	25	00:00:21	6:35	9,1	00:33:05	01:04:48	01:40:44	02:18:37	02:18:58		62
366	316	STĘPIŃSKA KATARZYNA	ŁOWICZ		POL	1983	K30	21	00:00:25	6:44	8,9	00:32:19	01:04:47	01:39:18	02:21:36	02:22:01		63
367	120	KLIMCZEWSKI MAREK	ŁÓDŹ	FOREVER YOUNG ŁÓDŹ	POL	1965	M50	26	00:00:24	6:45	8,9	00:32:12	01:07:18	01:43:57	02:22:02	02:22:26		304
368	176	LIPSKI HENRYK	SZCZECIN	STOWARZYSZENIE CROSS	POL	1949	M60	24	00:00:30	6:47	8,8	00:34:33	01:07:14	01:43:00	02:22:35	02:23:05		305
369	343	TRZEBIŃSKA EMILIA	DĄBROWA GÓRNICZA		POL	1980	K30	22	00:00:12	6:48	8,8	00:36:40	01:09:36	01:45:33	02:23:12	02:23:24		64
370	166	LEGIĘDŹ JAN	ŁÓDŹ		POL	1957	M60	25	00:00:02	6:48	8,8	00:32:38	01:07:12	01:44:42	02:23:25	02:23:27		306
371	156	KURMAN JACEK	ŁOWICZ	STARZYŃSKIEGO BIEGA ŁOWICZ	POL	1969	M40	104	00:00:29	6:53	8,7	00:37:13	01:11:39	01:47:09	02:24:42	02:25:11		307
372	163	KWIATKOWSKI ALEKSANDER	ŁOWICZ	PCC, IPA KATOWICE VI	POL	1962	M50	27	00:00:29	6:53	8,7	00:37:13	01:11:39	01:47:09	02:24:42	02:25:11		308
373	218	MIZIOŁEK KATARZYNA	ŁOWICZ		POL	1974	K40	26	00:00:35	6:55	8,7	00:39:32	01:15:13	01:51:48	02:25:20	02:25:55		65
374	46	CZECHOWSKI JERZY	WARSZAWA	MZA - WARSZAWA	POL	1949	M60	26	00:00:19	6:56	8,6	00:37:46	01:12:42	01:49:07	02:26:03	02:26:22		309
375	107	KAMIŃSKA MARIA	WARSZAWA	ORANGE POLSKA	POL	1981	K30	23	00:00:09	6:57	8,6	00:36:17	01:12:12	01:48:19	02:26:19	02:26:28		66
376	231	NIEMIŃSKI WOJCIECH	BELCHÓW	RUNNING OSP POLESIE	POL	1984	M30	110	00:00:32	6:58	8,6	00:34:04	01:05:18	01:41:44	02:26:20	02:26:52		310
377	394	ZIMECKA BARBARA	ŁOWICZ	STARZYŃSKIEGO BIEGA ŁOWICZ	POL	1966	K50	6	00:00:34	6:59	8,6	00:39:31	01:15:09	01:51:47	02:26:45	02:27:19		67
378	237	NOWOWIEJSKI GRZEGORZ	NOWY DWÓR MAZOWIECKI	SPORT ID	POL	1972	M40	105	00:00:31	6:59	8,6	00:36:02	01:10:50	01:47:56	02:26:56	02:27:27		311

# XXXVI ŁOWICKI PÓŁMARATON JESIENI

Organizator: Ośrodek Sportu i Rekreacji w Łowiczu

Data: 17.09.2017

Dystans: 21, 0975 KM

Miejscowość: ŁOWICZ

Klasyfikacja: OPEN



M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok urodz.	Kat wiek.	M-ce w kat	Czas startu	tempo min/km	tempo km/h	5 KM	10 KM	15 KM	Czas netto	Wynik	M	K
379	432	DUBAS MATEUSZ	WARSZAWA	SPORTID	POL	1992	M20	35	00:00:30	6:59	8,6	00:36:02	01:10:50	01:47:55	02:26:57	02:27:27	312	
380	8	BALEJA-KRZYŻANOWSKA EWA	ŁOWICZ	STARZYŃSKIEGO BIEGA	POL	1979	K30	24	00:00:34	7:00	8,6	00:39:31	01:15:14	01:51:52	02:27:02	02:27:36		68
381	309	STANISZEWSKI PIOTR	PIĄTEK	TEMPIO PIĄTKOWSKI KLUB BIEGACZA	POL	1985	M30	111	00:00:18	7:01	8,5	00:35:04	01:08:27	01:45:20	02:27:53	02:28:11	313	
382	313	STASZEWSKA MAŁGORZATA	NIEBORÓW	STARZYŃSKIEGO BIEGA ŁOWICZ	POL	1978	K30	25	00:00:34	7:04	8,5	00:39:32	01:15:14	01:51:52	02:28:41	02:29:15		69
383	357	WIELEMBOREK ZOFIA	ŁOWICZ	STARZYŃSKIEGO BIEGA ŁOWICZ	POL	1952	K60	3	00:00:34	7:05	8,5	00:39:31	01:15:10	01:51:52	02:28:54	02:29:28		70
384	311	STASIEWICZ WIERA	HAJNÓWKA	N	POL	1942	K70+	1	00:00:17	7:08	8,4	00:36:58	01:14:04	01:51:56	02:30:03	02:30:20		71
385	354	WASILEWSKA EDYTA	WARSZAWA	MBANK	POL	1978	K30	26	00:00:26	7:09	8,4	00:37:20	01:13:10	01:51:29	02:30:15	02:30:41		72
386	213	MIRECKI ZBIGNIEW	WARSZAWA	PARKRUN BRÓDNO	POL	1958	M50	28	00:00:08	7:11	8,4	00:36:17	01:12:12	01:50:33	02:31:18	02:31:26	314	
387	95	JANICKI ANDRZEJ	ŁÓDŹ		POL	1962	M50	29	00:00:34	7:11	8,3	00:36:28	01:11:44	01:50:40	02:31:07	02:31:41	315	
242		PAJĄK RAFAŁ	ŁYSZKOWICE		POL	1991	M20		00:00:00			00:20:05	00:39:18			DNF		
250		PIASECKI DOMINIK	KUTNO		POL	1980	M30		00:00:20			00:30:11	00:57:48			DNF		
331		SZYMCZAK PIOTR	ŁĘCZYCA	STOWARZYSZENIE CROSS	POL	1979	M30		00:00:13			00:31:29	01:00:15			DNF		
193		MAŁOWIECKI GRZEGORZ	PRZECLAW	STOWARZYSZENIE CROSS	POL	1972	M40		00:00:11				01:00:16			DNF		
96		JANKOWSKI PIOTR	LEGIONOWO	STOWARZYSZENIE CROSS	POL	1946	M70+		00:00:12							DNF		
207		MIECH WIESŁAW			POL	1954	M60		00:00:12							DNF		