

# BIEGOWE GRAND PRIX GORZOWA WLKP. 2019/2020 - BIEG 3

Data: 2019-12-08

Dystans: 5 km

Miejscowość: Gorzów Wlkp.



| Lp. | Nr  | Nazwisko i Imię       | Rok ur. | Płeć | Kat. | M-ce w |                     |  | Tempo  | Prędkość | 2,5 km   | 5 km     | M  | K |
|-----|-----|-----------------------|---------|------|------|--------|---------------------|--|--------|----------|----------|----------|----|---|
|     |     |                       |         |      |      | kat.   | Miejscowość         | Klub                                   | min/km | km/h     |          |          |    |   |
| 1   | 6   | BELGRAU SZYMON        | 1994    | M    | M16  | 1      | Międzyrzecz         | IVOLT TEAM                             | 03:07  | 19,23    | 00:07:41 | 00:15:36 | 1  |   |
| 2   | 20  | CZYŻEWSKI JAKUB       | 1995    | M    | M16  | 2      | Gorzów Wielkopolski | ALKS PWSZ GORZÓW WLKP.                 | 03:22  | 17,80    | 00:08:21 | 00:16:51 | 2  |   |
| 3   | 17  | CZERNICKI DAMIAN      | 1998    | M    | M16  | 3      | Strzelce krajeńskie |  | 03:23  | 17,72    | 00:08:27 | 00:16:56 | 3  |   |
| 4   | 163 | KUŚ ADAM              | 1997    | M    | M16  | 4      | Wysoka              | UKS CITIZEN                            | 03:24  | 17,63    | 00:08:23 | 00:17:01 | 4  |   |
| 5   | 169 | CHAWAWKO TOMASZ       | 1984    | M    | M30  | 1      | Dębno               | TC. TEAM                               | 03:26  | 17,51    | 00:08:27 | 00:17:08 | 5  |   |
| 6   | 56  | KLINCEWICZ ADRIAN     | 1997    | M    | M16  | 5      | Gorzów Wielkopolski | IRONMAN PRODMAR SZCZECIN/CRS SŁOWIANKA | 03:28  | 17,34    | 00:08:28 | 00:17:18 | 6  |   |
| 7   | 132 | TURBAK PAWEŁ          | 1999    | M    | M16  | 6      | Sulęcín             | KS TEAM BARYŁA                         | 03:31  | 17,05    | 00:08:32 | 00:17:36 | 7  |   |
| 8   | 25  | DUDKOWSKI KAMIL       | 1988    | M    | M30  | 2      | Gorzów Wielkopolski |  | 03:31  | 17,03    | 00:08:35 | 00:17:37 | 8  |   |
| 9   | 158 | HAJDUKIEWICZ RAFAŁ    | 1988    | M    | M30  | 3      |                     | WIERZBICKI RUNNING PROJECT             | 03:34  | 16,82    | 00:08:49 | 00:17:50 | 9  |   |
| 10  | 90  | PAPLICKI MICHAŁ       | 1982    | M    | M30  | 4      | Gorzów Wlkp.        | DZIKIE DZIKI GORZÓW                    | 03:37  | 16,62    | 00:08:48 | 00:18:03 | 10 |   |
| 11  | 143 | WIECZOREK MATEUSZ     | 1996    | M    | M16  | 7      | Murzynowo           | ALGRAF RACE TEAM                       | 03:41  | 16,32    | 00:09:12 | 00:18:23 | 11 |   |
| 12  | 117 | SOLAREK KRZYSZTOF     | 1987    | M    | M30  | 5      | Gorzów Wielkopolski | DZIKIE DZIKI GORZÓW                    | 03:42  | 16,20    | 00:09:12 | 00:18:31 | 12 |   |
| 13  | 44  | JASZKUL WOJCIECH      | 1988    | M    | M30  | 6      | Gorzów Wlkp.        |  | 03:44  | 16,09    | 00:09:03 | 00:18:39 | 13 |   |
| 14  | 109 | SIP TOMASZ            | 1979    | M    | M40  | 1      | Gorzów Wielkopolski |  | 03:45  | 16,01    | 00:09:01 | 00:18:44 | 14 |   |
| 15  | 96  | PRZELAZŁY SYLWESTER   | 1980    | M    | M30  | 7      | Gorzów Wlkp.        | WIERZBICKI RUNNING PROJECT             | 03:47  | 15,87    | 00:09:15 | 00:18:54 | 15 |   |
| 16  | 94  | PŁOŃSKI JAKUB         | 1983    | M    | M30  | 8      | Stargard            | DZIKIE DZIKI GORZÓW                    | 03:53  | 15,45    | 00:09:47 | 00:19:25 | 16 |   |
| 17  | 71  | KWAŚNIK MARIUSZ       | 1978    | M    | M40  | 2      | Gorzów wlkp.        |  | 03:55  | 15,33    | 00:09:47 | 00:19:34 | 17 |   |
| 18  | 86  | OBŁĄK DAWID           | 1995    | M    | M16  | 8      | Karnin              |  | 03:56  | 15,28    | 00:09:37 | 00:19:38 | 18 |   |
| 19  | 23  | DOBROŁOWICZ KRZYSZTOF | 1996    | M    | M16  | 9      | Skąpe               | KS RADOSZYN                            | 03:57  | 15,22    | 00:09:39 | 00:19:43 | 19 |   |
| 20  | 74  | MASEWICZ GRZEGORZ     | 1980    | M    | M30  | 9      | Gorzów Wlkp.        | KB ZOFANNA                             | 03:57  | 15,20    | 00:09:52 | 00:19:44 | 20 |   |
| 21  | 150 | ZALESKI TOMASZ        | 1987    | M    | M30  | 10     | Gorzów Wlkp.        |  | 03:57  | 15,18    | 00:09:39 | 00:19:46 | 21 |   |
| 22  | 155 | GUTT SEBASTIAN        | 1977    | M    | M40  | 3      | Gorzów Wlkp.        | PUE TEAM                               | 03:59  | 15,09    | 00:09:51 | 00:19:53 | 22 |   |
| 23  | 18  | CZUBKOWSKI MARIUSZ    | 1982    | M    | M30  | 11     | Przytoczna          | ISKRA PRZYTOCZNA                       | 04:01  | 14,91    | 00:09:51 | 00:20:07 | 23 |   |
| 24  | 59  | KOŁOSZYC PIOTR        | 1978    | M    | M40  | 4      | Gorzów Wielkopolski |  | 04:04  | 14,78    | 00:09:51 | 00:20:18 | 24 |   |
| 25  | 125 | STOLARZ MARIUSZ       | 1973    | M    | M40  | 5      | Gorzów Wielkopolski | WIERZBICKI RUNNING PROJECT             | 04:04  | 14,74    | 00:10:04 | 00:20:21 | 25 |   |
| 26  | 107 | SAWICKI BARTOSZ       | 1991    | M    | M16  | 10     | Gorzów Wielkopolski | DZIKIE DZIKI GORZÓW                    | 04:05  | 14,71    | 00:10:17 | 00:20:24 | 26 |   |
| 27  | 108 | SIFYSE PAVLO          | 1983    | M    | M30  | 12     | Kolomiya            |  | 04:06  | 14,66    | 00:10:09 | 00:20:28 | 27 |   |
| 28  | 29  | FORJASZ MARCIN        | 1976    | M    | M40  | 6      | Ciecierzycze        |  | 04:07  | 14,60    | 00:09:56 | 00:20:33 | 28 |   |
| 29  | 165 | SUDOŁ JAROSŁAW        | 1972    | M    | M40  | 7      | Gorzów Wlkp.        | WIERZBICKI RUNNING PROJECT             | 04:08  | 14,53    | 00:10:14 | 00:20:39 | 29 |   |
| 30  | 95  | PRANICA DANIEL        | 1990    | M    | M16  | 11     | Gorzów Wielkopolski | IMC PRO TEAM                           | 04:08  | 14,50    | 00:09:57 | 00:20:41 | 30 |   |

# BIEGOWE GRAND PRIX GORZOWA WLKP. 2019/2020 - BIEG 3

Data: 2019-12-08

Dystans: 5 km

Miejscowość: Gorzów Wlkp.



| Lp. | Nr  | Nazwisko i Imię      | Rok ur. | Płeć | Kat. | M-ce w |                     | Klub                       | Tempo<br>min/km | Prędkość<br>km/h | 2,5 km   | 5 km     | M  | K |
|-----|-----|----------------------|---------|------|------|--------|---------------------|----------------------------|-----------------|------------------|----------|----------|----|---|
|     |     |                      |         |      |      | kat.   | Miejscowość         |                            |                 |                  |          |          |    |   |
| 31  | 37  | GRZEGOLEC GRZEGORZ   | 1986    | M    | M30  | 13     | Gorzów Wlkp.        | WIERZBICKI RUNNING PROJECT | 04:10           | 14,38            | 00:10:15 | 00:20:52 | 31 |   |
| 32  | 10  | BOROWSKI GRZEGORZ    | 2002    | M    | M16  | 12     | Łupowo              |                            | 04:11           | 14,35            | 00:10:19 | 00:20:54 | 32 |   |
| 33  | 92  | PAWŁOWSKI ROBERT     | 1979    | M    | M40  | 8      | Gorzów Wlkp         | PRETORIAN GORZÓW           | 04:11           | 14,33            | 00:10:03 | 00:20:56 | 33 |   |
| 34  | 116 | SMOLIŃSKA AGATA      | 1989    | K    | K30  | 1      | Chwałowice          |                            | 04:13           | 14,24            | 00:10:20 | 00:21:04 |    | 1 |
| 35  | 167 | ŚWIĄTKOWSKA JOANNA   | 1985    | K    | K30  | 2      | Gorzów Wlkp.        | BBL GORZÓW WLKP.           | 04:13           | 14,23            | 00:10:20 | 00:21:05 |    | 2 |
| 36  | 151 | ZELL JACEK           | 1964    | M    | M50  | 1      | Chwałęcice          |                            | 04:15           | 14,14            | 00:10:37 | 00:21:13 | 34 |   |
| 37  | 66  | KUNIK IWONA          | 1987    | K    | K30  | 3      | Gorzów Wielkopolski | KOLECTEAM                  | 04:15           | 14,12            | 00:10:37 | 00:21:15 |    | 3 |
| 38  | 67  | KUNIK ARTUR          | 1976    | M    | M40  | 9      | Gorzów Wielkopolski | DZIKIE DZIKI GORZÓW        | 04:15           | 14,10            | 00:10:34 | 00:21:17 | 35 |   |
| 39  | 87  | OPŁATKOWSKI ZBIGNIEW | 1963    | M    | M50  | 2      | Jenin               | DRUŻYNA Z JENINA           | 04:16           | 14,05            | 00:10:11 | 00:21:21 | 36 |   |
| 40  | 159 | KRÓL WERONIKA        | 2002    | K    | K16  | 1      | świebodzin          | WIERZBICKI RUNNING PROJECT | 04:16           | 14,04            | 00:10:20 | 00:21:22 |    | 4 |
| 41  | 161 | GURZYŃSKI DAWID      | 2001    | M    | M16  | 13     | świebodzin          |                            | 04:16           | 14,04            | 00:10:21 | 00:21:22 | 37 |   |
| 42  | 114 | SŁABY TOMASZ         | 1972    | M    | M40  | 10     | Gorzów Wlkp.        | DZIKI Z GÓRCZYNA           | 04:17           | 14,01            | 00:10:30 | 00:21:25 | 38 |   |
| 43  | 157 | WIERZBICKI REMIGIUSZ | 1960    | M    | M50  | 3      | Barnówko            | WSL                        | 04:17           | 14,01            | 00:10:42 | 00:21:25 | 39 |   |
| 44  | 130 | SZYMAŃSKI RAFAŁ      | 1977    | M    | M40  | 11     | Gorzów Wielkopolski |                            | 04:18           | 13,94            | 00:10:32 | 00:21:31 | 40 |   |
| 45  | 26  | DZIAŁEK CZESŁAW      | 1975    | M    | M40  | 12     | Stare Polichno      | DZIKIE DZIKI GORZÓW        | 04:19           | 13,92            | 00:10:39 | 00:21:33 | 41 |   |
| 46  | 65  | KUBIK KRYSZTOF       | 1993    | M    | M16  | 14     | Gryfice             | RUN GRYF GRYFICE           | 04:19           | 13,92            | 00:10:36 | 00:21:33 | 42 |   |
| 47  | 58  | KOBIĄŁKA PRZEMEK     | 1977    | M    | M40  | 13     | Gorzów Wielkopolski |                            | 04:19           | 13,89            | 00:10:39 | 00:21:36 | 43 |   |
| 48  | 11  | BUT VALERY           | 1986    | M    | M30  | 14     | Gorzów Wlkp         |                            | 04:20           | 13,87            | 00:10:55 | 00:21:38 | 44 |   |
| 49  | 35  | GOŁASZEWSKI MARCIN   | 1978    | M    | M40  | 14     | Gorzów Wlkp         |                            | 04:21           | 13,81            | 00:10:34 | 00:21:43 | 45 |   |
| 50  | 124 | STASZEWSKI PIOTR     | 1983    | M    | M30  | 15     | Gorzów Wielkopolski |                            | 04:21           | 13,80            | 00:10:55 | 00:21:44 | 46 |   |
| 51  | 128 | SZERMENT ERYK        | 1980    | M    | M30  | 16     | Gorzów Wielkopolski | WIERZBICKI RUNNING PROJECT | 04:22           | 13,76            | 00:10:57 | 00:21:48 | 47 |   |
| 52  | 62  | KOZAK ANNA           | 1979    | K    | K40  | 1      | Gorzów Wielkopolski |                            | 04:22           | 13,72            | 00:10:40 | 00:21:52 |    | 5 |
| 53  | 99  | RÓŻYCKI ŁUKASZ       | 1989    | M    | M30  | 17     | Gorzów Wielkopolski |                            | 04:23           | 13,70            | 00:10:19 | 00:21:54 | 48 |   |
| 54  | 135 | UCHMAN-GOLIK JOANNA  | 1982    | K    | K30  | 4      | Świebodzin          | BBL ŚWIEBODZIN             | 04:24           | 13,62            | 00:10:46 | 00:22:02 |    | 6 |
| 55  | 154 | ŻABIAREK TOMASZ      | 1978    | M    | M40  | 15     | Gorzów Wlkp.        |                            | 04:25           | 13,60            | 00:10:54 | 00:22:04 | 49 |   |
| 56  | 152 | ŻMINKOWSKI JAROSŁAW  | 1969    | M    | M50  | 4      | Gorzów Wlkp         | ZAWARCIE                   | 04:27           | 13,46            | 00:11:03 | 00:22:17 | 50 |   |
| 57  | 120 | STARCZEWSKA IZABELA  | 1970    | K    | K40  | 2      | Świebodzin          | WIERZBICKI RUNNING PROJECT | 04:28           | 13,42            | 00:11:12 | 00:22:21 |    | 7 |
| 58  | 81  | MYSZCZYŃSKI JAKUB    | 1993    | M    | M16  | 15     | Skwierzyna          |                            | 04:31           | 13,29            | 00:11:08 | 00:22:34 | 51 |   |
| 59  | 60  | KOWALCZYK KAMILA     | 1989    | K    | K30  | 5      | Gorzów Wlkp.        |                            | 04:31           | 13,28            | 00:11:03 | 00:22:35 |    | 8 |
| 60  | 19  | CZUPRYNIAK MARIUSZ   | 1975    | M    | M40  | 16     | Gorzów Wlkp         | GREEN BIKE                 | 04:33           | 13,20            | 00:11:12 | 00:22:44 | 52 |   |

# BIEGOWE GRAND PRIX GORZOWA WLKP. 2019/2020 - BIEG 3

Data: 2019-12-08

Dystans: 5 km

Miejscowość: Gorzów Wlkp.



| Lp. | Nr  | Nazwisko i Imię       | Rok ur. | Płeć | Kat. | M-ce w |                        | Klub                         | Tempo  | Prędkość | 2,5 km   | 5 km     | M  | K  |
|-----|-----|-----------------------|---------|------|------|--------|------------------------|------------------------------|--------|----------|----------|----------|----|----|
|     |     |                       |         |      |      | kat.   | Miejscowość            |                              | min/km | km/h     |          |          |    |    |
| 61  | 100 | RUDOWICZ JUSTYNA      | 1973    | K    | K40  | 3      | Stanowice              |                              | 04:33  | 13,17    | 00:11:12 | 00:22:47 |    | 9  |
| 62  | 55  | KLEIST MAREK          | 1981    | M    | M30  | 18     | Osiedle Poznańskie     |                              | 04:37  | 13,02    | 00:11:28 | 00:23:03 | 53 |    |
| 63  | 36  | GÓRECKI FILIP         | 1986    | M    | M30  | 19     | Gorzów Wlkp.           |                              | 04:37  | 12,99    | 00:11:18 | 00:23:06 | 54 |    |
| 64  | 110 | SITEK PIOTR           | 1978    | M    | M40  | 17     | Gorzów Wlkp.           |                              | 04:38  | 12,97    | 00:11:35 | 00:23:08 | 55 |    |
| 65  | 73  | MARKIEWICZ MARIUSZ    | 1975    | M    | M40  | 18     | Karnin                 |                              | 04:38  | 12,96    | 00:10:57 | 00:23:09 | 56 |    |
| 66  | 3   | ADAMOWICZ ADAM        | 1971    | M    | M40  | 19     | Gorzów Wlkp.           | HORNET GORZÓW                | 04:38  | 12,94    | 00:11:33 | 00:23:11 | 57 |    |
| 67  | 52  | KAZUBOWSKA OLA        | 1978    | K    | K40  | 4      | Gorzów Wlkp.           | PARKRUN GORZÓW WLKP.         | 04:40  | 12,88    | 00:11:34 | 00:23:18 |    | 10 |
| 68  | 57  | KLUJ AGATA            | 1996    | K    | K16  | 2      | Świebodzin             |                              | 04:43  | 12,74    | 00:11:37 | 00:23:33 |    | 11 |
| 69  | 139 | WASILEWSKI SEBASTIAN  | 1984    | M    | M30  | 20     | Gorzów Wlkp            | WATAHA                       | 04:45  | 12,64    | 00:11:44 | 00:23:44 | 58 |    |
| 70  | 38  | JAŁOWSKI MARCIN       | 1983    | M    | M30  | 21     | Gorzów Wielkopolski    | WAGA CIĘŻKA BIEGNIE :) :)    | 04:46  | 12,58    | 00:11:48 | 00:23:51 | 59 |    |
| 71  | 32  | FRANKOWSKI PAWEŁ      | 1980    | M    | M30  | 22     | GORZÓW WIELKOPOLSKI    | MTB TEAM GORZÓW              | 04:48  | 12,49    | 00:11:52 | 00:24:01 | 60 |    |
| 72  | 123 | STASZEWSKA ANNA       | 1987    | K    | K30  | 6      | Gorzów Wielkopolski    |                              | 04:49  | 12,46    | 00:12:05 | 00:24:05 |    | 12 |
| 73  | 70  | KUŚ DANIEL            | 1979    | M    | M40  | 20     | Gorzów Wielkopolski    | BIEGAM BO CHCĘ               | 04:51  | 12,35    | 00:12:04 | 00:24:17 | 61 |    |
| 74  | 121 | STARCZEWSKI KRZYSZTOF | 1971    | M    | M40  | 21     | świebodzin             | ULTRA DIABŁY TEAM LUBRZA     | 04:52  | 12,33    | 00:12:17 | 00:24:20 | 62 |    |
| 75  | 72  | MAJKA MARCIN          | 1977    | M    | M40  | 22     | Wawrów                 |                              | 04:53  | 12,28    | 00:12:08 | 00:24:26 | 63 |    |
| 76  | 21  | DANIŁ TOMASZ          | 1992    | M    | M16  | 16     | Gorzów Wlkp.           |                              | 04:54  | 12,26    | 00:12:18 | 00:24:28 | 64 |    |
| 77  | 113 | SKRODZKI TOMASZ       | 1976    | M    | M40  | 23     | Baczyna                | BACZYNA BULLS                | 04:54  | 12,24    | 00:12:45 | 00:24:30 | 65 |    |
| 78  | 88  | OSZMAŁEK MIKOŁAJ      | 2006    | M    | M16  | 17     | Gorzów Wlkp.           |                              | 04:58  | 12,09    | 00:12:34 | 00:24:49 | 66 |    |
| 79  | 153 | MAJŁOWSKA IRENA       | 1953    | K    | K50  | 1      | Gorzów Wlkp.           |                              | 04:58  | 12,08    | 00:12:04 | 00:24:50 |    | 13 |
| 80  | 166 | SZERMENT MAGDALENA    | 1981    | K    | K30  | 7      | Gorzów Wlkp.           | WIERZBICKI RUNNING PROJECT   | 05:00  | 12,02    | 00:12:39 | 00:24:58 |    | 14 |
| 81  | 102 | RZEPECKI PATRYK       | 1980    | M    | M30  | 23     | Gorzów Wlkp            | -                            | 05:02  | 11,94    | 00:12:19 | 00:25:08 | 67 |    |
| 82  | 162 | KSIĄŻEK EMILIA        | 1978    | K    | K40  | 5      | Gorzów Wlkp.           | BBL                          | 05:04  | 11,86    | 00:12:18 | 00:25:18 |    | 15 |
| 83  | 118 | SOWIŃSKA ANETTA       | 1974    | K    | K40  | 6      | Gorzów Wielkopolski    | BBL GORZÓW WIELKOPOLSKI      | 05:05  | 11,81    | 00:12:34 | 00:25:24 |    | 16 |
| 84  | 2   | ADAMCZAK OLA          | 2000    | K    | K16  | 3      | Kielpin gmina deszczno |                              | 05:05  | 11,79    | 00:12:35 | 00:25:27 |    | 17 |
| 85  | 1   | ADAMCZAK JOZEF        | 1978    | M    | M40  | 24     | Kielpin                | GORZOW                       | 05:06  | 11,76    | 00:12:35 | 00:25:31 | 68 |    |
| 86  | 148 | WRÓBEL KRZYSZTOF      | 1978    | M    | M40  | 25     | Gorzów Wlkp.           |                              | 05:07  | 11,74    | 00:13:18 | 00:25:33 | 69 |    |
| 87  | 156 | WRÓBEL PAWEŁ          | 1982    | M    | M30  | 24     |                        | DZIKIE DZIKI                 | 05:07  | 11,72    | 00:13:02 | 00:25:36 | 70 |    |
| 88  | 50  | KANIEWSKI PIOTR       | 1987    | M    | M30  | 25     | Santocko               | KANIA TEAM                   | 05:07  | 11,71    | 00:12:56 | 00:25:37 | 71 |    |
| 89  | 22  | DETTOMA ALEKSANDRA    | 1989    | K    | K30  | 8      | Gorzów Wielkopolski    | BIEGAM BO LUBIĘ GORZÓW WLKP. | 05:08  | 11,67    | 00:12:42 | 00:25:42 |    | 18 |
| 90  | 34  | GALAZKA JAROSLAW      | 1975    | M    | M40  | 26     | Deszczno               | 1975                         | 05:09  | 11,64    | 00:13:17 | 00:25:46 | 72 |    |

# BIEGOWE GRAND PRIX GORZOWA WLKP. 2019/2020 - BIEG 3

Data: 2019-12-08

Dystans: 5 km

Miejscowość: Gorzów Wlkp.



| Lp. | Nr  | Nazwisko i Imię       | Rok ur. | Płeć | Kat. | M-ce w |                     | Klub                       | Tempo<br>min/km | Prędkość<br>km/h | 2,5 km   | 5 km     | M  | K  |
|-----|-----|-----------------------|---------|------|------|--------|---------------------|----------------------------|-----------------|------------------|----------|----------|----|----|
|     |     |                       |         |      |      | kat.   | Miejscowość         |                            |                 |                  |          |          |    |    |
| 91  | 77  | MICHALEWICZ TOMASZ    | 1969    | M    | M50  | 5      | Gorzów Wielkopolski |                            | 05:11           | 11,59            | 00:12:57 | 00:25:53 | 73 |    |
| 92  | 41  | JANKOWSKI DARIUSZ     | 1973    | M    | M40  | 27     | Gorzów Wlkp.        |                            | 05:11           | 11,58            | 00:13:03 | 00:25:54 | 74 |    |
| 93  | 45  | JÓŹWIAK MAGDALENA     | 1980    | K    | K30  | 9      | GORZÓW WIELKOPOLSKI |                            | 05:13           | 11,52            | 00:12:49 | 00:26:03 |    | 19 |
| 94  | 40  | JANKOWSKI MACIEJ      | 1966    | M    | M50  | 6      | Chwałęcice          | EMMA                       | 05:13           | 11,51            | 00:12:49 | 00:26:04 | 75 |    |
| 95  | 43  | JASTRZĘBSKA MONIKA    | 1984    | K    | K30  | 10     | Gorzów Wielkopolski | PARKRUN                    | 05:15           | 11,44            | 00:13:02 | 00:26:13 |    | 20 |
| 96  | 8   | BŁOCH-ZIĘTEK MARIOLA  | 1980    | K    | K30  | 11     | Lubno               |                            | 05:15           | 11,44            | 00:12:45 | 00:26:14 |    | 21 |
| 97  | 5   | ARCAB MARZENA         | 1976    | K    | K40  | 7      | GORZÓW WLKP         |                            | 05:16           | 11,39            | 00:13:16 | 00:26:20 |    | 22 |
| 98  | 9   | BŁAŻEJCZYK ZBIGNIEW   | 1972    | M    | M40  | 28     | GORZÓW WLKP.        |                            | 05:16           | 11,39            | 00:13:17 | 00:26:20 | 76 |    |
| 99  | 106 | SAMULSKA AGATA        | 1968    | K    | K50  | 2      | Gorzów Wielkopolski | BBL GORZÓW                 | 05:17           | 11,36            | 00:13:03 | 00:26:25 |    | 23 |
| 100 | 91  | PAWLAK EMILIA         | 1978    | K    | K40  | 8      | Gorzów Wielkopolski |                            | 05:19           | 11,29            | 00:13:13 | 00:26:35 |    | 24 |
| 101 | 7   | BETHKE RAFAL          | 1974    | M    | M40  | 29     | Gorzów Wlkp         | TPV                        | 05:20           | 11,26            | 00:13:10 | 00:26:38 | 77 |    |
| 102 | 144 | WIŚNIEWSKI TOMASZ     | 1976    | M    | M40  | 30     | Gorzów Wielkopolski | KOZARYN ACTIVE TRUCKERS    | 05:20           | 11,25            | 00:13:07 | 00:26:40 | 78 |    |
| 103 | 115 | SMOLIK MARIAN         | 1955    | M    | M50  | 7      | Gorzów wlkp.        | WETERYNARIA - MANHATTAN    | 05:21           | 11,23            | 00:13:25 | 00:26:43 | 79 |    |
| 104 | 101 | RZECZYŃSKA ANNA       | 1974    | K    | K40  | 9      | Gorzów Wielkopolski | BBL GORZÓW WLKP.           | 05:21           | 11,21            | 00:13:17 | 00:26:46 |    | 25 |
| 105 | 98  | ROZMARYNIEWICZ MARCIN | 1980    | M    | M30  | 26     | Gorzów Wlkp.        | KOZARYN ACTIVE TRUCKERS    | 05:25           | 11,08            | 00:13:07 | 00:27:05 | 80 |    |
| 106 | 127 | SZAFRANIEC JOANNA     | 1984    | K    | K30  | 12     | Jenin               | JENIN                      | 05:28           | 10,97            | 00:13:43 | 00:27:21 |    | 26 |
| 107 | 39  | JANKOWSKA KATARZYNA   | 1976    | K    | K40  | 10     | Gorzów Wlkp.        |                            | 05:29           | 10,94            | 00:13:36 | 00:27:25 |    | 27 |
| 108 | 147 | WOŹNICKA-STRUS JULITA | 1971    | K    | K40  | 11     | Gorzów Wlkp.        |                            | 05:29           | 10,93            | 00:14:03 | 00:27:27 |    | 28 |
| 109 | 104 | SADOWSKI KAROL        | 2006    | M    | M16  | 18     | Gorzów Wlkp.        | AZS AWF GORZÓW             | 05:33           | 10,80            | 00:14:04 | 00:27:46 | 81 |    |
| 110 | 103 | SADOWSKA MARZENA      | 1976    | K    | K40  | 12     | Gorzów Wielkopolski |                            | 05:33           | 10,80            | 00:14:04 | 00:27:47 |    | 29 |
| 111 | 12  | CEDRO ANNA            | 1975    | K    | K40  | 13     | Gorzów Wlkp.        | KW PSP GORZÓW WLKP.        | 05:34           | 10,77            | 00:14:06 | 00:27:52 |    | 30 |
| 112 | 142 | WIECH ANNA            | 1984    | K    | K30  | 13     | Gorzów Wielkopolski |                            | 05:36           | 10,73            | 00:13:24 | 00:27:58 |    | 31 |
| 113 | 126 | STYBEL ANNA           | 1986    | K    | K30  | 14     | Gorzow Wlkp         |                            | 05:37           | 10,70            | 00:14:14 | 00:28:03 |    | 32 |
| 114 | 164 | KUŚ ELŻBIETA          | 1969    | K    | K50  | 3      | Wysoka              |                            | 05:37           | 10,67            | 00:14:18 | 00:28:07 |    | 33 |
| 115 | 61  | KOWALCZYK MAŁGORZATA  | 1981    | K    | K30  | 15     | Wawrów              | FITNESS GRUPA GMINA SANTOK | 05:38           | 10,66            | 00:13:53 | 00:28:08 |    | 34 |
| 116 | 16  | CZERNIAWSKI JAN       | 1988    | M    | M30  | 27     | Gorzów Wlkp.        | BIEGAMY NA WSZELKI WYPADEK | 05:39           | 10,63            | 00:14:07 | 00:28:14 | 82 |    |
| 117 | 42  | JARZĘBOWSKI ROBERT    | 1971    | M    | M40  | 31     | Gorzów Wlkp.        | BBL GORZÓW WIELKOPOLSKI    | 05:41           | 10,56            | 00:13:54 | 00:28:25 | 83 |    |
| 118 | 83  | NIKITYCZ ANETTA       | 1972    | K    | K40  | 14     | Wojcieszyce         | BBL GORZÓW WLKP.           | 05:41           | 10,54            | 00:13:58 | 00:28:27 |    | 35 |
| 119 | 170 | WALCZAK MARIUSZ       | 1967    | M    | M50  | 8      | Gorzów Wlkp.        |                            | 05:50           | 10,29            | 00:13:22 | 00:29:09 | 84 |    |
| 120 | 13  | CHORBOT ŁUKASZ        | 1980    | M    | M30  | 28     | Strzelce Krajeńskie | BOBRÓWKO BIEGA             | 05:59           | 10,03            | 00:14:31 | 00:29:55 | 85 |    |

# BIEGOWE GRAND PRIX GORZOWA WLKP. 2019/2020 - BIEG 3

Data: 2019-12-08

Dystans: 5 km

Miejscowość: Gorzów Wlkp.



| Lp. | Nr  | Nazwisko i Imię        | Rok ur. | Płeć | Kat. | M-ce w |                     | Klub                       | Tempo  | Prędkość | 2,5 km   | 5 km            | M  | K  |
|-----|-----|------------------------|---------|------|------|--------|---------------------|----------------------------|--------|----------|----------|-----------------|----|----|
|     |     |                        |         |      |      | kat.   | Miejscowość         |                            | min/km | km/h     |          |                 |    |    |
| 121 | 47  | KALISZUK HONORATA      | 1983    | K    | K30  | 16     | 74-320              | BARLINEK                   | 06:11  | 9,70     | 00:14:30 | <b>00:30:55</b> |    | 36 |
| 122 | 31  | FRANKOWSKA KAROLINA    | 1984    | K    | K30  | 17     | Gorzów Wielkopolski |                            | 06:14  | 9,62     | 00:15:11 | <b>00:31:11</b> |    | 37 |
| 123 | 146 | WOTA ADAM              | 1970    | M    | M40  | 32     | Gorzów Wlkp.        |                            | 06:16  | 9,57     | 00:14:55 | <b>00:31:20</b> | 86 |    |
| 124 | 48  | KĄŁUŻNA MAGDALENA      | 1979    | K    | K40  | 15     | Gorzów Wlkp.        |                            | 06:20  | 9,48     | 00:15:49 | <b>00:31:38</b> |    | 38 |
| 125 | 85  | NOWICKI ROBERT         | 1974    | M    | M40  | 33     | Wawrów              | NOWIK                      | 06:27  | 9,31     | 00:15:32 | <b>00:32:14</b> | 87 |    |
| 126 | 49  | KANIEWSKA DOROTA       | 1990    | K    | K16  | 4      | Santocko            | KANIA TEAM                 | 06:27  | 9,30     | 00:16:28 | <b>00:32:15</b> |    | 39 |
| 127 | 14  | CZERNIAWSKA JOLANTA    | 1962    | K    | K50  | 4      | Gorzów Wlkp.        | BIEGAMY NA WSZELKI WYPADEK | 06:30  | 9,24     | 00:16:22 | <b>00:32:28</b> |    | 40 |
| 128 | 64  | KRZYSZKOWSKA MAGDALENA | 1994    | K    | K16  | 5      | Łupowo              | KANIA TEAM                 | 06:30  | 9,24     | 00:16:29 | <b>00:32:28</b> |    | 41 |
| 129 | 111 | SKÓRA SEBASTIAN        | 1995    | M    | M16  | 19     | Krzyszczycy         | WASYL TEAM                 | 06:34  | 9,14     | 00:16:30 | <b>00:32:49</b> | 88 |    |
| 130 | 112 | SKRODZKA JOANNA        | 1977    | K    | K40  | 16     | Baczyna             | VEGE RUNNERS               | 06:38  | 9,04     | 00:16:44 | <b>00:33:12</b> |    | 42 |
| 131 | 80  | MOLSKA MAŁGORZATA      | 1968    | K    | K50  | 5      | Kłodawa             | BBL GORZÓW                 | 06:56  | 8,65     | 00:16:45 | <b>00:34:41</b> |    | 43 |
| 132 | 15  | CZERNIAWSKI MAREK      | 1962    | M    | M50  | 9      | Gorzów Wlkp.        | BIEGAMY NA WSZELKI WYPADEK | 07:33  | 7,95     | 00:18:15 | <b>00:37:43</b> | 89 |    |
| 133 | 137 | WALORSKI KRZYSZTOF     | 1985    | M    | M30  | 29     | Gorzów Wielkopolski |                            | 07:41  | 7,82     | 00:18:27 | <b>00:38:23</b> | 90 |    |
| 134 | 136 | WALORSKA PAULINA       | 1985    | K    | K30  | 18     | Gorzów Wielkopolski |                            | 07:41  | 7,82     | 00:18:28 | <b>00:38:23</b> |    | 44 |