

Koło // 2022-10-23

| Msc.         | Nr. | Imię i nazwisko     | Country | Kraj | Msc. Kat.  | Klub                                       | Miejscowość         | Tempo       | Netto   | Wyniki         | M   | K  | kat. dodatk.    |
|--------------|-----|---------------------|---------|------|------------|--|---------------------|-------------|---------|----------------|-----|----|-----------------|
| <b>10 km</b> |     |                     |         |      |            |  |                     |             |         |                |     |    |                 |
| 1.           | 4   | Adam Głogowski      | PL      | POL  | M20-29     | UKS - Ekonomik Maratończyk Łębork /        | Gdynia              | 3:01 min/km | 0:30:13 | <b>0:30:13</b> | 1.  |    |                 |
| 2.           | 450 | Andrzej Rogiewicz   | PL      | POL  | M20-29     | Rogiewicz Running Team                     | Grudziądz           | 3:04 min/km | 0:30:40 | <b>0:30:40</b> | 2.  |    |                 |
| 3.           | 481 | Dawid Borowski      | PL      | POL  | M20-29     | Wosiek Team                                | Fabianów            | 3:04 min/km | 0:30:42 | <b>0:30:43</b> | 3.  |    |                 |
| 4.           | 427 | Kuba Gajda          | PL      | POL  | 1. M19-    | MLUKS Triathlon Koło                       | Ochle               | 3:04 min/km | 0:30:48 | <b>0:30:49</b> | 4.  |    | PK (1)/         |
| 5.           | 451 | Damian Kabat        | PL      | POL  | 1. M30-39  | MLKS Pomorze Stargard                      | -                   | 3:06 min/km | 0:31:00 | <b>0:31:00</b> | 5.  |    |                 |
| 6.           | 5   | Aleksander Dragan   | PL      | POL  | 2. M30-39  | KKL Kielce                                 | Kielce              | 3:07 min/km | 0:31:12 | <b>0:31:12</b> | 6.  |    |                 |
| 7.           | 502 | Szymon Gumkowski    | PL      | POL  | 1. M20-29  |  | Gdańsk              | 3:07 min/km | 0:31:15 | <b>0:31:15</b> | 7.  |    |                 |
| 8.           | 167 | Wiktor Kujawa       | PL      | POL  | 2. M20-29  | KS AZS UWM OLSZTYN                         | Kościelec           | 3:14 min/km | 0:32:26 | <b>0:32:26</b> | 8.  |    | PK (2)/         |
| 9.           | 7   | Mariusz Giżyński    | PL      | POL  | 1. M40-49  | Giża Team                                  | Warszawa            | 3:16 min/km | 0:32:40 | <b>0:32:41</b> | 9.  |    |                 |
| 10.          | 209 | Piotr Lupa          | PL      | POL  | 3. M30-39  | Aktywna Pszczyna/ Kosek Team               | Dąbrowa Górnicza    | 3:16 min/km | 0:32:41 | <b>0:32:42</b> | 10. |    |                 |
| 11.          | 1   | Izabela Paszkiewicz | PL      | POL  | K30-39     | NO NAME TEAM                               | Terespol            | 3:16 min/km | 0:32:47 | <b>0:32:47</b> |     | 1. |                 |
| 12.          | 277 | Łukasz Klatka       | PL      | POL  | 3. M20-29  | KARKONOSZ RUNNING TEAM                     | Lubań               | 3:17 min/km | 0:32:57 | <b>0:32:58</b> | 11. |    |                 |
| 13.          | 472 | Michał Fedorczak    | PL      | POL  | 4. M20-29  | Wosiek Team                                | Nowa Sól            | 3:19 min/km | 0:33:14 | <b>0:33:15</b> | 12. |    |                 |
| 14.          | 108 | Marcin Stokowski    | PL      | POL  | 5. M20-29  | Dąbrowski Team                             | Pobiedziska         | 3:21 min/km | 0:33:34 | <b>0:33:36</b> | 13. |    |                 |
| 15.          | 182 | Grzegorz            | PL      | POL  | 4. M30-39  | WIĘCKOWSKI TEAM                            | Płock               | 3:22 min/km | 0:33:38 | <b>0:33:40</b> | 14. |    |                 |
| 16.          | 346 | Łukasz Banaszewski  | PL      | POL  | 5. M30-39  | Państwowa Straż Pożarna                    | Toruń               | 3:23 min/km | 0:33:56 | <b>0:33:57</b> | 15. |    |                 |
| 17.          | 3   | Sabina Jarząbek     | PL      | POL  | K20-29     | KKL Kielce                                 | Kielce              | 3:23 min/km | 0:33:58 | <b>0:33:59</b> |     | 2. |                 |
| 18.          | 457 | Piotr Tomczyk       | PL      | POL  | 6. M30-39  | #zaliniametyeam                            | Rokietnica          | 3:24 min/km | 0:34:06 | <b>0:34:07</b> | 16. |    |                 |
| 19.          | 466 | Bartosz Maśnicki    | PL      | POL  | 6. M20-29  |  | Konin               | 3:25 min/km | 0:34:09 | <b>0:34:11</b> | 17. |    |                 |
| 20.          | 453 | Iwona Bernardelli   | PL      | POL  | K30-39     | KS Prefbet-Sonarol                         |                     | 3:25 min/km | 0:34:14 | <b>0:34:14</b> |     | 3. |                 |
| 21.          | 406 | Krzysztof Terlecki  | PL      | POL  | 2. M40-49  | PROJECT KACZMARA                           | Poznań              | 3:26 min/km | 0:34:22 | <b>0:34:24</b> | 18. |    |                 |
| 22.          | 252 | Jakub Ułański       | PL      | POL  | 2. M19-    | KS ŻEGLINA SIERADZ                         | Brzeźnio            | 3:26 min/km | 0:34:23 | <b>0:34:25</b> | 19. |    |                 |
| 23.          | 32  | Krzysztof Kujawa    | PL      | POL  | 3. M40-49  | WIĘCKOWSKI TEAM                            | Płock               | 3:26 min/km | 0:34:24 | <b>0:34:25</b> | 20. |    |                 |
| 24.          | 169 | Zbigniew Kledzik    | PL      | POL  | 7. M30-39  | Pałuki Running Team                        | Kierzkowo           | 3:26 min/km | 0:34:23 | <b>0:34:26</b> | 21. |    |                 |
| 25.          | 175 | Robert Morawski     | PL      | POL  | 4. M40-49  | LKS VECTRA WŁOCŁAWEK                       | Włocławek           | 3:26 min/km | 0:34:26 | <b>0:34:27</b> | 22. |    |                 |
| 26.          | 338 | Łukasz Wojnicki     | PL      | POL  | 8. M30-39  | ANDRE TEAM                                 | Koło                | 3:27 min/km | 0:34:32 | <b>0:34:33</b> | 23. |    | MK (1)/ PK (3)/ |
| 27.          | 386 | Mateusz Krajda      | PL      | POL  | 9. M30-39  | Biegging Team Zelów                        | Zelów               | 3:27 min/km | 0:34:33 | <b>0:34:34</b> | 24. |    |                 |
| 28.          | 487 | Piotr Kułak         | PL      | POL  | 10. M30-39 | UKS Czempion Bełchatów                     | Kamieński           | 3:27 min/km | 0:34:33 | <b>0:34:34</b> | 25. |    |                 |
| 29.          | 241 | Martyna Masłowska   | PL      | POL  | 1. K30-39  | ULKS Bystrzyca Kłodzka                     | łłowa               | 3:27 min/km | 0:34:35 | <b>0:34:35</b> |     | 4. |                 |
| 30.          | 448 | KLAUDIUSZ           | PL      | POL  | 1. M50-59  | Altom Gniezno                              | Gniezno             | 3:27 min/km | 0:34:35 | <b>0:34:36</b> | 26. |    |                 |
| 31.          | 341 | Jakub Centka        | PL      | POL  | 7. M20-29  |  | Gniezno             | 3:29 min/km | 0:34:51 | <b>0:34:53</b> | 27. |    |                 |
| 32.          | 347 | Krystian Kurowski   | PL      | POL  | 11. M30-39 | Szymkowiak Team                            | Kazimierz Biskupi   | 3:29 min/km | 0:34:54 | <b>0:34:56</b> | 28. |    |                 |
| 33.          | 154 | Maciej Maćkowski    | PL      | POL  | 12. M30-39 | Pałuki Running Team                        | Żnin                | 3:29 min/km | 0:34:56 | <b>0:34:57</b> | 29. |    |                 |
| 34.          | 67  | Klaudiusz Kłos      | PL      | POL  | 13. M30-39 | LLKS Ziemi Kociewskiej Skórcz              | Skórcz              | 3:29 min/km | 0:34:57 | <b>0:34:58</b> | 30. |    |                 |
| 35.          | 2   | Monika Kaczmarek    | PL      | POL  | 2. K30-39  | ASICS FrontRunner Poland                   | Łódź                | 3:29 min/km | 0:34:57 | <b>0:34:58</b> |     | 5. |                 |
| 36.          | 353 | Tomasz Poplawski    | PL      | POL  | 5. M40-49  | Następny krok team                         | Czapury             | 3:30 min/km | 0:35:07 | <b>0:35:08</b> | 31. |    |                 |
| 37.          | 452 | Beata Klimek        | PL      | POL  | 1. K20-29  | AZS-AWF Biała Podlaska/ Następny Krok TEAM | Rawa Mazowiecka     | 3:30 min/km | 0:35:09 | <b>0:35:09</b> | 6.  |    |                 |
| 38.          | 235 | Marcin Wojewoda     | PL      | POL  | 6. M40-49  | Koło Biega                                 | Koło                | 3:33 min/km | 0:35:34 | <b>0:35:36</b> | 32. |    | MK (2)/ PK (4)/ |
| 39.          | 26  | Łukasz Strzenna     | PL      | POL  | 14. M30-39 |  | Bełchatów           | 3:33 min/km | 0:35:35 | <b>0:35:37</b> | 33. |    |                 |
| 40.          | 239 | Marcin Szkioda      | PL      | POL  | 8. M20-29  | Aktywna Pszczyna Runners Team              | Tychy               | 3:36 min/km | 0:36:05 | <b>0:36:06</b> | 34. |    |                 |
| 41.          | 82  | Piotr Sztolcman     | PL      | POL  | 15. M30-39 | GKS FABIANKI                               | Włocławek           | 3:37 min/km | 0:36:11 | <b>0:36:12</b> | 35. |    |                 |
| 42.          | 136 | Mateusz Jaszczak    | PL      | POL  | 16. M30-39 |  | Sokolniki - Parcela | 3:37 min/km | 0:36:17 | <b>0:36:19</b> | 36. |    |                 |

# 42 MIĘDZYNARODOWY BIEG WARCIAŃSKI IM. ZDZIŚŁAWA KRZYSZKOWIAKA - 2022-10-23

| Msc.         | Nr. | Imię i nazwisko       | Country | Kraj | Msc. Kat.  | Klub  | Miejscowość      | Tempo       | Netto   | Wyniki         | M   | K   | kat. dodatk.    |
|--------------|-----|-----------------------|---------|------|------------|---|------------------|-------------|---------|----------------|-----|-----|-----------------|
| <b>10 km</b> |     |                       |         |      |            |   |                  |             |         |                |     |     |                 |
| 43.          | 168 | Dawid Kożuchowski     | PL      | POL  | 17. M30-39 | Kolka Team                                    | Koło             | 3:38 min/km | 0:36:21 | <b>0:36:24</b> | 37. |     | MK (3)/ PK (5)/ |
| 44.          | 409 | Aleksandra Andruszków | PL      | POL  | 2. K20-29  | Wosiek Team                                   | Trzebnica        | 3:39 min/km | 0:36:33 | <b>0:36:35</b> |     | 7.  |                 |
| 45.          | 71  | Piotr Kaźmierczak     | PL      | POL  | 7. M40-49  | Witkowo Biega                                 | Witkowo          | 3:39 min/km | 0:36:35 | <b>0:36:37</b> | 38. |     |                 |
| 46.          | 68  | Dariusz Ossowski      | PL      | POL  | 2. M50-59  | SKL Filippides                                | Koteże           | 3:39 min/km | 0:36:38 | <b>0:36:39</b> | 39. |     |                 |
| 47.          | 171 | Norbert Piskorski     | PL      | POL  | 9. M20-29  | Kolka Team                                    | Koło             | 3:40 min/km | 0:36:40 | <b>0:36:43</b> | 40. |     | MK (4)/ PK (6)/ |
| 48.          | 91  | Jerzy Urbańczyk       | PL      | POL  | 3. M50-59  | KB Maraton Turek                              | Kb Maraton Turek | 3:40 min/km | 0:36:46 | <b>0:36:47</b> | 41. |     |                 |
| 49.          | 219 | Maciej Maćkowski      | PL      | POL  | 18. M30-39 | UPS BYDGOSZCZ / TEAMOCHAL                     | Bydgoszcz        | 3:40 min/km | 0:36:47 | <b>0:36:48</b> | 42. |     |                 |
| 50.          | 238 | Marek Zacharewicz     | PL      | POL  | 10. M20-29 | MBC Team (Maciej Bodnar Coaching)             | Gdańsk           | 3:42 min/km | 0:36:56 | <b>0:37:01</b> | 43. |     |                 |
| 51.          | 522 | Mikołaj Kalak         | PL      | POL  | 11. M20-29 | #zaliniametyteam                              | Zduny            | 3:42 min/km | 0:36:57 | <b>0:37:03</b> | 44. |     |                 |
| 52.          | 266 | Jacek Długosz         | PL      | POL  | 8. M40-49  | Ikb Rudnik                                    | Kielce           | 3:43 min/km | 0:37:13 | <b>0:37:16</b> | 45. |     |                 |
| 53.          | 259 | Damian Bolewski       | PL      | POL  | 19. M30-39 | Bolewscy biegają                              | Czerniejewo      | 3:46 min/km | 0:37:36 | <b>0:37:40</b> | 46. |     |                 |
| 54.          | 95  | Michał Lewiak         | PL      | POL  | 20. M30-39 | TRUCHT.COM                                    | Łódź             | 3:46 min/km | 0:37:43 | <b>0:37:45</b> | 47. |     |                 |
| 55.          | 87  | Damian Darul          | PL      | POL  | 9. M40-49  | KB Maraton Turek                              | Turek            | 3:46 min/km | 0:37:44 | <b>0:37:45</b> | 48. |     |                 |
| 56.          | 90  | Krzysztof Nowosielski | PL      | POL  | 10. M40-49 | MKS RUN TEAM DĄBIE                            | Dąbie            | 3:47 min/km | 0:37:48 | <b>0:37:50</b> | 49. |     | PK (7)/         |
| 57.          | 530 | Mariola Sudzińska     | PL      | POL  | 1. K40-49  |   | Olsztyn          | 3:47 min/km | 0:37:51 | <b>0:37:54</b> |     | 8.  |                 |
| 58.          | 458 | Tomasz Michalak       | PL      | POL  | 21. M30-39 | Mistrzowski Trening                           | Kłodawa          | 3:48 min/km | 0:38:00 | <b>0:38:01</b> | 50. |     | PK (8)/         |
| 59.          | 240 | Agnieszka Budek       | PL      | POL  | 3. K30-39  |   | Płock            | 3:50 min/km | 0:38:18 | <b>0:38:21</b> |     | 9.  |                 |
| 60.          | 283 | Marek Bocian          | PL      | POL  | 4. M50-59  | KB Geotermia Uniejów                          | Kawęczyn         | 3:50 min/km | 0:38:23 | <b>0:38:24</b> | 51. |     |                 |
| 61.          | 121 | Tomasz Repczyński     | PL      | POL  | 22. M30-39 | Trispace/Trek                                 | Bydgoszcz        | 3:50 min/km | 0:38:22 | <b>0:38:25</b> | 52. |     |                 |
| 62.          | 157 | Sławomir Staniszewski | PL      | POL  | 23. M30-39 | Pałuki Running Team                           | Żnin             | 3:51 min/km | 0:38:26 | <b>0:38:31</b> | 53. |     |                 |
| 63.          | 13  | Grzegorz Paweł Nowak  | PL      | POL  | 24. M30-39 | Ugory Team                                    | Olszówka         | 3:51 min/km | 0:38:33 | <b>0:38:39</b> | 54. |     | PK (9)/         |
| 64.          | 416 | Konrad Bienias        | PL      | POL  | 25. M30-39 | Mazowiecka Akademia Biegacza                  | Płock            | 3:53 min/km | 0:38:46 | <b>0:38:51</b> | 55. |     |                 |
| 65.          | 495 | Tomasz Chmurzyński    | PL      | POL  | 5. M50-59  | TKKF Kolejarz Bydgoszcz                       | Bydgoszcz        | 3:53 min/km | 0:38:50 | <b>0:38:51</b> | 56. |     | Niepełnos. (1)/ |
| 66.          | 443 | Łukasz Kaźmierczak    | PL      | POL  | 11. M40-49 |   | Poznań           | 3:53 min/km | 0:38:51 | <b>0:38:55</b> | 57. |     |                 |
| 67.          | 84  | Adam Łukasiewicz      | PL      | POL  | 12. M40-49 | BBL Zduńska Wola                              | Zduńska Wola     | 3:54 min/km | 0:38:53 | <b>0:39:01</b> | 58. |     |                 |
| 68.          | 155 | Dawid Małacha         | PL      | POL  | 12. M20-29 | Pałuki Running Team                           | Żnin             | 3:54 min/km | 0:38:55 | <b>0:39:02</b> | 59. |     |                 |
| 69.          | 223 | Jacek Rusin           | PL      | POL  | 13. M40-49 | KB Maraton Turek                              | Brudzew          | 3:54 min/km | 0:39:04 | <b>0:39:05</b> | 60. |     |                 |
| 70.          | 152 | Michał Senger         | PL      | POL  | 14. M40-49 | Pałuki Running Team                           | Gąsawa           | 3:54 min/km | 0:39:01 | <b>0:39:07</b> | 61. |     |                 |
| 71.          | 38  | Patryk Hańcka         | PL      | POL  | 15. M40-49 | AKS Wataha Pabianice                          | Pabianice        | 3:55 min/km | 0:39:10 | <b>0:39:18</b> | 62. |     |                 |
| 72.          | 326 | Patrycja Bielecka     | PL      | POL  | 1. K19-    |   | Michałow         | 3:55 min/km | 0:39:12 | <b>0:39:18</b> |     | 10. |                 |
| 73.          | 364 | Jerzy Woźniak         | PL      | POL  | 26. M30-39 | #zaliniametyteam                              | Poznań           | 3:56 min/km | 0:39:15 | <b>0:39:22</b> | 63. |     |                 |
| 74.          | 109 | Sylwia Walczak        | PL      | POL  | 4. K30-39  | KS Prefbet-Sonarol                            | Ryn              | 3:56 min/km | 0:39:21 | <b>0:39:23</b> |     | 11. |                 |
| 75.          | 328 | Kamil Mirowski        | PL      | POL  | 27. M30-39 |   | Łódź             | 3:56 min/km | 0:39:19 | <b>0:39:26</b> | 64. |     |                 |
| 76.          | 246 | Krzysztof Sawicki     | PL      | POL  | 16. M40-49 | Koło Biega                                    | Kościelec        | 3:56 min/km | 0:39:23 | <b>0:39:27</b> | 65. |     | PK (10)/        |
| 77.          | 402 | Jakub Stawarz         | PL      | POL  | 28. M30-39 |   | Poznań           | 3:56 min/km | 0:39:26 | <b>0:39:27</b> | 66. |     |                 |
| 78.          | 253 | Adam Mielczarek       | PL      | POL  | 17. M40-49 | OSP Janiszewice www.biegajzosp.pl             | Zduńska Wola     | 3:56 min/km | 0:39:23 | <b>0:39:29</b> | 67. |     |                 |
| 79.          | 382 | Joanna Stawowa        | PL      | POL  | 2. K40-49  | Altom Gniezno                                 | Żydowo           | 3:57 min/km | 0:39:27 | <b>0:39:30</b> |     | 12. |                 |
| 80.          | 331 | Mateusz Syguła        | PL      | POL  | 18. M40-49 | kolarski.eu team                              | Warszawa         | 3:57 min/km | 0:39:28 | <b>0:39:30</b> | 68. |     |                 |
| 81.          | 141 | Damian Berczynski     | PL      | POL  | 29. M30-39 | KB Geotermia Uniejów                          | Uniejow          | 3:57 min/km | 0:39:21 | <b>0:39:31</b> | 69. |     |                 |
| 82.          | 412 | Dariusz Kaczmarek     | PL      | POL  | 19. M40-49 | 31. Baza Lotnictwa Taktycznego/ Witkowo Biega | Poznań           | 3:57 min/km | 0:39:30 | <b>0:39:31</b> | 70. |     |                 |
| 83.          | 320 | Izabela Wiercioch     | PL      | POL  | 3. K20-29  | RaceFighter GOSiR Dębe Wlk.                   | Cyganika         | 3:57 min/km | 0:39:33 | <b>0:39:34</b> |     | 13. |                 |
| 84.          | 123 | Marek Koszał          | PL      | POL  | 20. M40-49 |   | Stare Miasto     | 3:57 min/km | 0:39:30 | <b>0:39:35</b> | 71. |     |                 |
| 85.          | 413 | Krzysztof Lewandowski | PL      | POL  | 21. M40-49 | Łódźruncrew/jakoteam                          | Łódź             | 3:57 min/km | 0:39:29 | <b>0:39:35</b> | 72. |     |                 |

# 42 MIĘDZYNARODOWY BIEG WARCIAŃSKI IM. ZDZIŚŁAWA KRZYSZKOWIAKA - 2022-10-23

| Msc.         | Nr. | Imię i nazwisko       | Country | Kraj | Msc. Kat.  | Klub                       | Miejscowość      | Tempo       | Netto   | Wyniki         | M    | K   | kat. dodatk.     |
|--------------|-----|-----------------------|---------|------|------------|----------------------------|------------------|-------------|---------|----------------|------|-----|------------------|
| <b>10 km</b> |     |                       |         |      |            |                            |                  |             |         |                |      |     |                  |
| 86.          | 226 | Krzysztof Przybylski  | PL      | POL  | 6. M50-59  | Szaleni Biegacze Gniezno   | Gniezno          | 3:57 min/km | 0:39:29 | <b>0:39:35</b> | 73.  |     |                  |
| 87.          | 420 | Żaneta Powolna        | PL      | POL  | 4. K20-29  | MKS Siechnice              | Mirków           | 3:57 min/km | 0:39:35 | <b>0:39:37</b> |      | 14. |                  |
| 88.          | 349 | Gracjan Topczewski    | PL      | POL  | 22. M40-49 | BGreat/Brzeziński Run Club | Bydgoszcz        | 3:57 min/km | 0:39:37 | <b>0:39:37</b> | 74.  |     |                  |
| 89.          | 222 | Przemysław Niedbalski | PL      | POL  | 7. M50-59  | Pałuki Running Team        | Żnin             | 3:58 min/km | 0:39:35 | <b>0:39:41</b> | 75.  |     |                  |
| 90.          | 66  | Krzysztof Wódkowski   | PL      | POL  | 23. M40-49 | Ossowski Team              | Szpegawsk        | 3:58 min/km | 0:39:40 | <b>0:39:43</b> | 76.  |     |                  |
| 91.          | 528 | Alicja Chęcińska      | PL      | POL  | 5. K20-29  |                            | Powiercie        | 3:58 min/km | 0:38:26 | <b>0:39:48</b> |      | 15. |                  |
| 92.          | 9   | Krystian Ozdoba       | PL      | POL  | 13. M20-29 | Triton Konin               | Ostrowite        | 3:59 min/km | 0:39:49 | <b>0:39:51</b> | 77.  |     |                  |
| 93.          | 51  | Edyta Tworożyńska     | PL      | POL  | 5. K30-39  | ŁódźRunCrew/JAKOteam       | Łódź             | 3:59 min/km | 0:39:47 | <b>0:39:52</b> | 16.  |     |                  |
| 94.          | 541 | Tomasz Kubiak         | PL      | POL  | 24. M40-49 | TG SOKÓŁ GNIEWKOWO         | Inowrocław       | 3:59 min/km | 0:39:41 | <b>0:39:54</b> | 78.  |     | Niepełnos. (2)/  |
| 95.          | 459 | Bartosz Kuśnierek     | PL      | POL  | 30. M30-39 | Pałuki Running Team        | Żnin             | 3:59 min/km | 0:39:48 | <b>0:39:55</b> | 79.  |     |                  |
| 96.          | 523 | Zbigniew Jamrozik     | PL      | POL  | 25. M40-49 | Koło Biega                 | Koło             | 3:59 min/km | 0:39:52 | <b>0:39:55</b> | 80.  |     | MK (5)/ PK (11)/ |
| 97.          | 57  | Katarzyna Wolska      | PL      | POL  | 6. K30-39  |                            | Lodz             | 4:00 min/km | 0:40:00 | <b>0:40:07</b> |      | 17. |                  |
| 98.          | 192 | Dariusz Szkobel       | PL      | POL  | 26. M40-49 |                            | Lodz             | 4:00 min/km | 0:40:02 | <b>0:40:08</b> | 81.  |     |                  |
| 99.          | 316 | Karolina Graczyk      | PL      | POL  | 7. K30-39  |                            | Kutno            | 4:01 min/km | 0:40:02 | <b>0:40:11</b> |      | 18. |                  |
| 100.         | 221 | Dawid Olejniczak      | PL      | POL  | 27. M40-49 | Szymkowiak Team            | Kaczanowo        | 4:01 min/km | 0:40:12 | <b>0:40:15</b> | 82.  |     |                  |
| 101.         | 389 | Argentchem Argentchem | PL      | POL  | 8. M50-59  |                            | Bydgoszcz        | 4:01 min/km | 0:40:18 | <b>0:40:19</b> | 83.  |     |                  |
| 102.         | 77  | Justyna Wałowska      | PL      | POL  | 8. K30-39  | NO NAME TEAM               | Koło             | 4:01 min/km | 0:40:17 | <b>0:40:19</b> |      | 19. | PK (1)/          |
| 103.         | 115 | Michalina Walczak-    | PL      | POL  | 9. K30-39  | NO NAME TEAM               | Budziszlaw Stary | 4:02 min/km | 0:40:19 | <b>0:40:20</b> |      | 20. | PK (2)/          |
| 104.         | 160 | Monika Wojciechowska  | PL      | POL  | 10. K30-39 | Kolka Team                 | Koło             | 4:02 min/km | 0:40:18 | <b>0:40:23</b> |      | 21. | MK (1)/ PK (3)/  |
| 105.         | 437 | Marcin Falkiewicz     | PL      | POL  | 28. M40-49 | Tkkf Kubuś                 | Sierpc           | 4:02 min/km | 0:40:23 | <b>0:40:24</b> | 84.  |     |                  |
| 106.         | 520 | Donata Bogacka        | PL      | POL  | 11. K30-39 | ZaDyszka                   | Poznań           | 4:02 min/km | 0:39:04 | <b>0:40:25</b> |      | 22. |                  |
| 107.         | 80  | Marcin Perzyna        | PL      | POL  | 29. M40-49 | HSV Przebiegli Sieradz     | Sieradz          | 4:03 min/km | 0:40:33 | <b>0:40:37</b> | 85.  |     |                  |
| 108.         | 251 | Mirosław Ułański      | PL      | POL  | 30. M40-49 | KS ŻEGLINA SIERADZ         | Brzeźnio         | 4:04 min/km | 0:40:33 | <b>0:40:41</b> | 86.  |     |                  |
| 109.         | 150 | TOMASZ ŁUCZAK         | PL      | POL  | 31. M40-49 | KB Maraton Turek           | Turek            | 4:04 min/km | 0:40:35 | <b>0:40:42</b> | 87.  |     |                  |
| 110.         | 107 | Mariusz Mann          | PL      | POL  | 31. M30-39 | BBL Zduńska Wola           | Strońsko         | 4:04 min/km | 0:40:41 | <b>0:40:46</b> | 88.  |     |                  |
| 111.         | 400 | Jacek Lewandowski     | PL      | POL  | 32. M30-39 | KS ZRYW RADZIEJÓW          | Radziejów        | 4:04 min/km | 0:40:31 | <b>0:40:49</b> | 89.  |     |                  |
| 112.         | 158 | Jakub Domański        | PL      | POL  | 33. M30-39 | Kolka Team                 | Koło             | 4:05 min/km | 0:40:46 | <b>0:40:50</b> | 90.  |     | MK (6)/ PK (12)/ |
| 113.         | 161 | Marcin Pilachowski    | PL      | POL  | 34. M30-39 | Pałuki Running Team        | Żnin             | 4:05 min/km | 0:40:47 | <b>0:40:53</b> | 91.  |     |                  |
| 114.         | 493 | Patrycja Józwiak      | PL      | POL  | 12. K30-39 | Szymkowiak Team            | Słupca           | 4:05 min/km | 0:40:51 | <b>0:40:53</b> |      | 23. |                  |
| 115.         | 455 | Maciej Wróblewski     | PL      | POL  | 14. M20-29 |                            | Koło             | 4:05 min/km | 0:40:51 | <b>0:40:58</b> | 92.  |     | MK (7)/ PK (13)/ |
| 116.         | 329 | Artur Bałdyka         | PL      | POL  | 35. M30-39 | Beznazwa                   | Władysławów      | 4:05 min/km | 0:40:57 | <b>0:40:59</b> | 93.  |     |                  |
| 117.         | 318 | Dariusz Urbaniak      | PL      | POL  | 9. M50-59  | NO NAME TEAM               | Grzegorzew       | 4:06 min/km | 0:40:53 | <b>0:41:00</b> | 94.  |     | PK (14)/         |
| 118.         | 229 | Bartosz Urbaniak      | PL      | POL  | 15. M20-29 | NO NAME TEAM               | Grzegorzew       | 4:06 min/km | 0:40:56 | <b>0:41:02</b> | 95.  |     | PK (15)/         |
| 119.         | 431 | Darek Strauss         | PL      | POL  | 10. M50-59 | Bieganie Pod Sokolim Okiem | Olsztyn          | 4:06 min/km | 0:41:01 | <b>0:41:06</b> | 96.  |     |                  |
| 120.         | 213 | Jacek Małolepszy      | PL      | POL  | 36. M30-39 |                            | Konin            | 4:07 min/km | 0:41:06 | <b>0:41:11</b> | 97.  |     |                  |
| 121.         | 314 | Anna Tkaczyk-Całka    | PL      | POL  | 13. K30-39 | #zaliniametyteam           | Poznań           | 4:07 min/km | 0:41:09 | <b>0:41:13</b> |      | 24. |                  |
| 122.         | 356 | Jarosław Piotrkowski  | PL      | POL  | 37. M30-39 | Prekursor                  | Warszawa         | 4:07 min/km | 0:40:39 | <b>0:41:18</b> | 98.  |     |                  |
| 123.         | 272 | Dariusz Frątczak      | PL      | POL  | 32. M40-49 | NO NAME TEAM               | Osiek Mały       | 4:08 min/km | 0:41:15 | <b>0:41:22</b> | 99.  |     | PK (16)/         |
| 124.         | 74  | Łukasz Goldman        | PL      | POL  | 33. M40-49 | BBL Zduńska Wola           | Zduńska Wola     | 4:08 min/km | 0:41:17 | <b>0:41:27</b> | 100. |     |                  |
| 125.         | 183 | Krzysztof Nowacki     | PL      | POL  | 34. M40-49 | NO NAME TEAM               | Koło             | 4:09 min/km | 0:41:26 | <b>0:41:30</b> | 101. |     | MK (8)/ PK (17)/ |
| 126.         | 531 | Mateusz Bułka         | PL      | POL  | 35. M40-49 | Sprintex Team              |                  | 4:10 min/km | 0:41:30 | <b>0:41:46</b> | 102. |     |                  |
| 127.         | 310 | Daniel Biskup         | PL      | POL  | 36. M40-49 | KB Maraton Turek           | Turek            | 4:10 min/km | 0:41:33 | <b>0:41:47</b> | 103. |     |                  |
| 128.         | 34  | Paweł Borowski        | PL      | POL  | 37. M40-49 | AKS Wataha Pabianice       | Piątkowisko      | 4:10 min/km | 0:41:40 | <b>0:41:48</b> | 104. |     |                  |

# 42 MIĘDZYNARODOWY BIEG WARCIAŃSKI IM. ZDZIŚŁAWA KRZYSZKOWIAKA - 2022-10-23

| Msc.         | Nr. | Imię i nazwisko       | Country | Kraj | Msc. Kat.  | Klub                              | Miejscowość | Tempo       | Netto   | Wyniki         | M    | K | kat. dodatk.     |
|--------------|-----|-----------------------|---------|------|------------|-----------------------------------|-------------|-------------|---------|----------------|------|---|------------------|
| <b>10 km</b> |     |                       |         |      |            |                                   |             |             |         |                |      |   |                  |
| 129.         | 227 | Dawid Skorupka        |         | POL  | 38. M30-39 |                                   | Konin       | 4:10 min/km | 0:41:44 | <b>0:41:48</b> | 105. |   |                  |
| 130.         | 492 | Franciszek Waloszek   |         | POL  | 38. M40-49 | KB Maraton Turek                  | Turek       | 4:11 min/km | 0:41:46 | <b>0:41:53</b> | 106. |   | Niepełnos. (3)/  |
| 131.         | 58  | Grzegorz Zdunek       |         | POL  | 39. M30-39 |                                   | Lodz        | 4:12 min/km | 0:41:59 | <b>0:42:02</b> | 107. |   |                  |
| 132.         | 460 | Kamil Gołębiwski      |         | POL  | 40. M30-39 |                                   | Ślesin      | 4:12 min/km | 0:41:58 | <b>0:42:04</b> | 108. |   |                  |
| 133.         | 216 | Owen Sullivan         |         | IRL  | 11. M50-59 |                                   | Konin       | 4:12 min/km | 0:41:56 | <b>0:42:04</b> | 109. |   |                  |
| 134.         | 518 | Szymon Strzyżewski    |         | POL  | 16. M20-29 | GTT Diament Gniezno               | Gniezno     | 4:12 min/km | 0:42:01 | <b>0:42:05</b> | 110. |   |                  |
| 135.         | 86  | Łukasz Wodziński      |         | POL  | 41. M30-39 | KB Maraton Turek                  | Turek       | 4:12 min/km | 0:41:59 | <b>0:42:06</b> | 111. |   |                  |
| 136.         | 468 | Robert Bubel          |         | POL  | 39. M40-49 | #zaliniametyteam                  | Warszawa    | 4:12 min/km | 0:41:57 | <b>0:42:07</b> | 112. |   |                  |
| 137.         | 64  | Tomasz Flegner        |         | POL  | 17. M20-29 | Bukowski Klub Biegacza            | Buk         | 4:13 min/km | 0:42:07 | <b>0:42:11</b> | 113. |   |                  |
| 138.         | 12  | Hubert Małecki        |         | POL  | 18. M20-29 |                                   | Koło        | 4:14 min/km | 0:41:53 | <b>0:42:24</b> | 114. |   | MK (9)/ PK (18)/ |
| 139.         | 100 | Lidia Bruch           |         | POL  | 14. K30-39 | Witkowo Biega                     | Witkowo     | 4:14 min/km | 0:42:21 | <b>0:42:26</b> | 25.  |   |                  |
| 140.         | 504 | Andżelika Niklewicz   |         | POL  | 15. K30-39 | MLUKS Triathlon Koło              | Koło        | 4:15 min/km | 0:42:29 | <b>0:42:33</b> | 26.  |   | PK (4)/          |
| 141.         | 257 | Katarzyna Werner      |         | POL  | 16. K30-39 | Team Werner                       | Małanów     | 4:15 min/km | 0:42:28 | <b>0:42:33</b> | 27.  |   |                  |
| 142.         | 298 | Paweł Stawicki        |         | POL  | 42. M30-39 | Prekursor                         | Babiak      | 4:16 min/km | 0:42:00 | <b>0:42:40</b> | 115. |   | PK (19)/         |
| 143.         | 143 | Robert Sobczak        |         | POL  | 40. M40-49 | ArkadiuszGardzielewskiRunningTeam | Łódź        | 4:16 min/km | 0:42:44 | <b>0:42:47</b> | 116. |   |                  |
| 144.         | 436 | Dawid Kamiński        |         | POL  | 19. M20-29 | Prekursor                         | Kramsk      | 4:17 min/km | 0:42:10 | <b>0:42:50</b> | 117. |   |                  |
| 145.         | 244 | Jarek Maciaszek       |         | POL  | 41. M40-49 | Wood-Mizer                        | Koło        | 4:17 min/km | 0:42:43 | <b>0:42:53</b> | 118. |   | MK (10)/ PK      |
| 146.         | 29  | Michał Wachocki       |         | POL  | 43. M30-39 | Konin                             | Konin       | 4:18 min/km | 0:42:52 | <b>0:43:01</b> | 119. |   |                  |
| 147.         | 178 | Piotr Walczak         |         | POL  | 44. M30-39 |                                   | Wyszyna     | 4:18 min/km | 0:42:45 | <b>0:43:03</b> | 120. |   |                  |
| 148.         | 456 | Tomasz Jackowski      |         | POL  | 42. M40-49 |                                   | Konin       | 4:18 min/km | 0:43:02 | <b>0:43:08</b> | 121. |   |                  |
| 149.         | 61  | Maciej Radzikowski    |         | POL  | 43. M40-49 | AKS Wataha Pabianice              | Ksawerów    | 4:18 min/km | 0:43:00 | <b>0:43:09</b> | 122. |   |                  |
| 150.         | 484 | Andrzej Nowinowski    |         | POL  | 44. M40-49 | KB Maraton Turek                  | Turek       | 4:19 min/km | 0:43:03 | <b>0:43:15</b> | 123. |   |                  |
| 151.         | 65  | Krzysztof Bukowiecki  |         | POL  | 45. M40-49 | KB Maraton Turek                  | Władysławów | 4:19 min/km | 0:43:10 | <b>0:43:16</b> | 124. |   |                  |
| 152.         | 480 | Andrzej Wojciechowski |         | POL  | 12. M50-59 |                                   | Turek       | 4:19 min/km | 0:43:04 | <b>0:43:18</b> | 125. |   |                  |
| 153.         | 301 | Mariusz Olejniczak    |         | POL  | 46. M40-49 | CarBlack                          | Konin       | 4:20 min/km | 0:43:16 | <b>0:43:23</b> | 126. |   |                  |
| 154.         | 304 | Dawid Hass            |         | POL  | 20. M20-29 | Prekursor                         | Łódź        | 4:20 min/km | 0:42:47 | <b>0:43:27</b> | 127. |   |                  |
| 155.         | 365 | Damian Ziemiak        |         | POL  | 45. M30-39 | Prekursor                         | Parzeczew   | 4:20 min/km | 0:42:48 | <b>0:43:28</b> | 128. |   |                  |
| 156.         | 60  | Artur Kubaczyk        |         | POL  | 46. M30-39 |                                   | Poznań      | 4:20 min/km | 0:43:19 | <b>0:43:28</b> | 129. |   |                  |
| 157.         | 293 | Kuba Remisz           |         | POL  | 21. M20-29 | Adidas Runners Poznań             | Koło        | 4:20 min/km | 0:43:16 | <b>0:43:29</b> | 130. |   | MK (11)/ PK      |
| 158.         | 278 | Piotr Budka           |         | POL  | 47. M40-49 | KB Geotermia Uniejów              | Turek       | 4:20 min/km | 0:43:12 | <b>0:43:29</b> | 131. |   |                  |
| 159.         | 165 | Anita Górczyńska      |         | POL  | 17. K30-39 | WIĘCKOWSKI TEAM                   | Płock       | 4:21 min/km | 0:43:25 | <b>0:43:30</b> | 28.  |   |                  |
| 160.         | 173 | Agnieszka Morawska    |         | POL  | 3. K40-49  | LKS VECTRA WŁOCLAWEK              | Włocławek   | 4:21 min/km | 0:43:22 | <b>0:43:31</b> | 29.  |   |                  |
| 161.         | 170 | Dawid Sochacki        |         | POL  | 48. M40-49 | Kolka Team                        | Koło        | 4:21 min/km | 0:43:29 | <b>0:43:33</b> | 132. |   | MK (12)/ PK      |
| 162.         | 117 | Krzysztof Tomaszewski |         | POL  | 13. M50-59 | KB Maraton Turek                  | Turek       | 4:21 min/km | 0:43:32 | <b>0:43:33</b> | 133. |   |                  |
| 163.         | 387 | Grzegorz Borczyński   |         | POL  | 49. M40-49 | BSPK TEAM                         | Radziejów   | 4:21 min/km | 0:43:36 | <b>0:43:39</b> | 134. |   |                  |
| 164.         | 191 | Przemysław Grzybowski |         | POL  | 22. M20-29 | HURAGAN POWIERCIE                 | Powiercie   | 4:22 min/km | 0:43:30 | <b>0:43:41</b> | 135. |   | PK (23)/         |
| 165.         | 286 | Łukasz Majchrzak      |         | POL  | 47. M30-39 | Bieganie Pod Sokolim Okiem        | Swędów      | 4:22 min/km | 0:43:33 | <b>0:43:42</b> | 136. |   |                  |
| 166.         | 428 | Nadia Wielgus         |         | POL  | 2. K19-    | MLUKS Triathlon Koło              | Koło        | 4:22 min/km | 0:43:45 | <b>0:43:48</b> | 30.  |   | MK (2)/ PK (5)/  |
| 167.         | 116 | Krzysztof Radwański   |         | POL  | 50. M40-49 | SP3                               | Koło        | 4:23 min/km | 0:43:40 | <b>0:43:50</b> | 137. |   | MK (13)/ PK      |
| 168.         | 285 | Patryk Woźniak        |         | POL  | 23. M20-29 | Kolka Team                        | Koło        | 4:23 min/km | 0:43:41 | <b>0:43:50</b> | 138. |   | MK (14)/ PK      |
| 169.         | 172 | Tomasz Machiński      |         | POL  | 48. M30-39 | machinabiega                      | Gniezno     | 4:23 min/km | 0:43:41 | <b>0:43:53</b> | 139. |   |                  |
| 170.         | 414 | Tomasz Brett          |         | POL  | 1. M60-69  | MLUKS Triathlon Koło              | Koło        | 4:23 min/km | 0:43:50 | <b>0:43:56</b> | 140. |   | MK (15)/ PK      |
| 171.         | 479 | Janusz Rupnik         |         | POL  | 14. M50-59 | KB Maraton Turek                  | Grabieniec  | 4:23 min/km | 0:43:45 | <b>0:43:57</b> | 141. |   |                  |

# 42 MIĘDZYNARODOWY BIEG WARCIAŃSKI IM. ZDZIŚŁAWA KRZYSZKOWIAKA - 2022-10-23

| Msc.         | Nr.        | Imię i nazwisko       | Country | Kraj | Msc. Kat.  | Klub                  | Miejscowość    | Tempo       | Netto   | Wyniki         | M    | K   | kat. dodatk.    |
|--------------|------------|-----------------------|---------|------|------------|-----------------------|----------------|-------------|---------|----------------|------|-----|-----------------|
| <b>10 km</b> |            |                       |         |      |            |                       |                |             |         |                |      |     |                 |
| 172.         | <b>163</b> | Piotr Kaczmarek       |         | POL  | 51. M40-49 | Ślęzak Team           | Gniezno        | 4:24 min/km | 0:43:50 | <b>0:44:01</b> | 142. |     |                 |
| 173.         | <b>22</b>  | Andrzej Romek         |         | POL  | 15. M50-59 | KS Sieradz Biega      | Sieradz        | 4:25 min/km | 0:44:07 | <b>0:44:10</b> | 143. |     |                 |
| 174.         | <b>78</b>  | Sylwester Tomczyk     |         | POL  | 16. M50-59 | KB Maraton Turek      | Obrzębin       | 4:25 min/km | 0:43:59 | <b>0:44:12</b> | 144. |     |                 |
| 175.         | <b>405</b> | Michał Staszak        |         | POL  | 52. M40-49 | Witkowo Biega         | Witkowo        | 4:25 min/km | 0:44:05 | <b>0:44:12</b> | 145. |     |                 |
| 176.         | <b>207</b> | Tomasz Koudelka       |         | AUS  | 53. M40-49 |                       | Panketal       | 4:25 min/km | 0:43:20 | <b>0:44:12</b> | 146. |     |                 |
| 177.         | <b>137</b> | Tomasz Włodarczyk     |         | POL  | 54. M40-49 | BBL Zduńska Wola      | Zduńska Wola   | 4:25 min/km | 0:44:04 | <b>0:44:15</b> | 147. |     |                 |
| 178.         | <b>394</b> | Paweł Bonkowski       |         | POL  | 17. M50-59 |                       | Włocławek      | 4:25 min/km | 0:44:05 | <b>0:44:19</b> | 148. |     |                 |
| 179.         | <b>15</b>  | Piotr Mocek           |         | POL  | 24. M20-29 | #zaliniametyteam      | Kiełczewo      | 4:25 min/km | 0:44:07 | <b>0:44:19</b> | 149. |     |                 |
| 180.         | <b>397</b> | Jakub Jabłoński       |         | POL  | 3. M19-    | AKS Wataha Pabianice  | Ksawerów       | 4:26 min/km | 0:44:16 | <b>0:44:25</b> | 150. |     |                 |
| 181.         | <b>391</b> | Michał Szewczyk       |         | POL  | 49. M30-39 | BBL Zduńska Wola      | Zduńska Wola   | 4:26 min/km | 0:44:12 | <b>0:44:26</b> | 151. |     |                 |
| 182.         | <b>325</b> | Adam Kruszyna         |         | POL  | 18. M50-59 |                       | Bydgoszcz      | 4:27 min/km | 0:44:28 | <b>0:44:31</b> | 152. |     |                 |
| 183.         | <b>399</b> | Leszek Snochowski     |         | POL  | 2. M60-69  | LESZEK TEAM           | Lgota Wielka   | 4:27 min/km | 0:44:26 | <b>0:44:37</b> | 153. |     |                 |
| 184.         | <b>62</b>  | Krystian Andrzejewski |         | POL  | 55. M40-49 | ANDRE TEAM            | Mogilno        | 4:27 min/km | 0:44:19 | <b>0:44:37</b> | 154. |     |                 |
| 185.         | <b>21</b>  | Adrian Woszczyński    |         | POL  | 50. M30-39 |                       | Warszawa       | 4:27 min/km | 0:44:20 | <b>0:44:38</b> | 155. |     |                 |
| 186.         | <b>138</b> | Ewa Kepczynska        |         | POL  | 18. K30-39 |                       | Radzanowo      | 4:28 min/km | 0:44:25 | <b>0:44:40</b> |      | 31. |                 |
| 187.         | <b>73</b>  | Jarosław Kubik        |         | POL  | 51. M30-39 | Koło Biega            | Koło           | 4:28 min/km | 0:44:37 | <b>0:44:46</b> | 156. |     | MK (16)/ PK     |
| 188.         | <b>181</b> | Maciej Bechert        |         | POL  | 19. M50-59 | Night Runners Gniezno | Gniezno        | 4:29 min/km | 0:44:33 | <b>0:44:50</b> | 157. |     |                 |
| 189.         | <b>265</b> | Dariusz Głowacki      |         | POL  | 20. M50-59 | Rudy MTB              | Piotrków       | 4:29 min/km | 0:44:43 | <b>0:44:56</b> | 158. |     |                 |
| 190.         | <b>134</b> | Daniel Nowak          |         | POL  | 56. M40-49 |                       | Powiercie -    | 4:29 min/km | 0:44:50 | <b>0:44:57</b> | 159. |     | PK (28)/        |
| 191.         | <b>236</b> | Robert Rożko          |         | POL  | 21. M50-59 |                       | Koło           | 4:30 min/km | 0:44:43 | <b>0:45:01</b> | 160. |     | MK (17)/ PK     |
| 192.         | <b>398</b> | Agnieszka Antczak     |         | POL  | 4. K40-49  | Biegacz Nowosolna     | Łódź           | 4:30 min/km | 0:44:48 | <b>0:45:01</b> |      | 32. |                 |
| 193.         | <b>339</b> | Krzysztof Sobczak     |         | POL  | 57. M40-49 |                       | Poddębice      | 4:30 min/km | 0:44:42 | <b>0:45:02</b> | 161. |     |                 |
| 194.         | <b>371</b> | Małgorzata Nowacka    |         | POL  | 1. K50-59  | Geberit Team          | Koło           | 4:30 min/km | 0:44:59 | <b>0:45:02</b> |      | 33. | MK (3)/ PK (6)/ |
| 195.         | <b>187</b> | Grzegorz Giętkowski   |         | POL  | 22. M50-59 |                       | Koło           | 4:30 min/km | 0:44:16 | <b>0:45:07</b> | 162. |     | MK (18)/ PK     |
| 196.         | <b>407</b> | Robert Wesołowski     |         | POL  | 58. M40-49 | Geberit Team          | Grotniki       | 4:30 min/km | 0:44:54 | <b>0:45:08</b> | 163. |     |                 |
| 197.         | <b>114</b> | Damian Fogiel         |         | POL  | 52. M30-39 | MKS Olimpia Koło      | Kłodawa        | 4:30 min/km | 0:44:52 | <b>0:45:08</b> | 164. |     | PK (31)/        |
| 198.         | <b>97</b>  | Janusz Tylak          |         | POL  | 23. M50-59 | KB Wartko             | Stare Miasto   | 4:31 min/km | 0:45:03 | <b>0:45:18</b> | 165. |     |                 |
| 199.         | <b>524</b> | Marek Pecyna          |         | POL  | 53. M30-39 | -                     | Budzisław      | 4:31 min/km | 0:45:08 | <b>0:45:19</b> | 166. |     |                 |
| 200.         | <b>434</b> | Paweł Piwowarski      |         | POL  | 59. M40-49 | KB Maraton Turek      | Brudzew        | 4:31 min/km | 0:44:51 | <b>0:45:19</b> | 167. |     |                 |
| 201.         | <b>88</b>  | Joanna                |         | POL  | 19. K30-39 | KB Maraton Turek      | Turek          | 4:32 min/km | 0:45:12 | <b>0:45:26</b> |      | 34. |                 |
| 202.         | <b>415</b> | Sławomir Gajda        |         | POL  | 60. M40-49 | Jastrząb 32 BLT       | Łask           | 4:33 min/km | 0:45:13 | <b>0:45:31</b> | 168. |     |                 |
| 203.         | <b>94</b>  | Michał Mielczarek     |         | POL  | 54. M30-39 |                       | Babice         | 4:33 min/km | 0:45:20 | <b>0:45:32</b> | 169. |     |                 |
| 204.         | <b>234</b> | Daria Wieczorek       |         | POL  | 6. K20-29  | Kolka Team            | Koło           | 4:33 min/km | 0:45:28 | <b>0:45:39</b> |      | 35. | MK (4)/ PK (7)/ |
| 205.         | <b>342</b> | Artur Trzciński       |         | POL  | 61. M40-49 |                       | Tokarki Drugie | 4:34 min/km | 0:45:19 | <b>0:45:40</b> | 170. |     |                 |
| 206.         | <b>33</b>  | Łukasz Jagiełło       |         | POL  | 55. M30-39 | AKS Wataha Pabianice  | Pabianice      | 4:34 min/km | 0:45:40 | <b>0:45:49</b> | 171. |     |                 |
| 207.         | <b>515</b> | Krzysztof Krawczyk    |         | POL  | 62. M40-49 | KB Maraton Turek      | Turek          | 4:35 min/km | 0:45:29 | <b>0:45:50</b> | 172. |     |                 |
| 208.         | <b>112</b> | Grzegorz Podgrodzki   |         | POL  | 24. M50-59 | BBL Zduńska Wola      | Zduńska Wola   | 4:35 min/km | 0:45:42 | <b>0:45:56</b> | 173. |     |                 |
| 209.         | <b>357</b> | Rafał Marek           |         | POL  | 56. M30-39 | OSP Koło Nad Wartą    | Koło           | 4:35 min/km | 0:45:33 | <b>0:45:59</b> | 174. |     | MK (19)/ PK     |
| 210.         | <b>491</b> | Tomasz Majewski       |         | POL  | 63. M40-49 |                       | Konin          | 4:36 min/km | 0:45:52 | <b>0:46:00</b> | 175. |     | Niepełnos. (4)/ |
| 211.         | <b>206</b> | Przemysław Kolański   |         | POL  | 57. M30-39 | KolasRun              | Sompolno       | 4:36 min/km | 0:46:01 | <b>0:46:04</b> | 176. |     |                 |
| 212.         | <b>401</b> | Maciej Gajdziński     |         | POL  | 4. M19-    |                       | Kleczew        | 4:36 min/km | 0:45:57 | <b>0:46:05</b> | 177. |     |                 |
| 213.         | <b>258</b> | Czesław Werner        |         | POL  | 3. M60-69  | Team Werner           | Małanów        | 4:36 min/km | 0:45:59 | <b>0:46:08</b> | 178. |     |                 |
| 214.         | <b>372</b> | Daniel Spyra          |         | POL  | 64. M40-49 | Geberit Team          | Koło           | 4:37 min/km | 0:46:08 | <b>0:46:16</b> | 179. |     | PK (33)/        |

# 42 MIĘDZYNARODOWY BIEG WARCIAŃSKI IM. ZDZIŚŁAWA KRZYSZKOWIAKA - 2022-10-23

| Msc.         | Nr.        | Imię i nazwisko      | Country | Kraj | Msc. Kat.  | Klub                       | Miejscowość       | Tempo       | Netto   | Wyniki         | M    | K | kat. dodatk.    |
|--------------|------------|----------------------|---------|------|------------|----------------------------|-------------------|-------------|---------|----------------|------|---|-----------------|
| <b>10 km</b> |            |                      |         |      |            |                            |                   |             |         |                |      |   |                 |
| 215.         | <b>39</b>  | Łukasz Janiak        |         | POL  | 58. M30-39 |                            | Kościelec         | 4:37 min/km | 0:46:03 | <b>0:46:19</b> | 180. |   | PK (34)/        |
| 216.         | <b>291</b> | Dariusz Szczepaniak  |         | POL  | 65. M40-49 | KS ZRYW RADZIEJÓW          | Piotrków Kujawski | 4:37 min/km | 0:46:03 | <b>0:46:19</b> | 181. |   |                 |
| 217.         | <b>142</b> | Krzysztof Wolański   |         | POL  | 66. M40-49 | KS ZRYW RADZIEJÓW          | Radziejów         | 4:38 min/km | 0:46:06 | <b>0:46:24</b> | 182. |   |                 |
| 218.         | <b>503</b> | Tomasz Szubert       |         | POL  | 67. M40-49 | KB Maraton Turek           | Turek             | 4:38 min/km | 0:46:04 | <b>0:46:24</b> | 183. |   |                 |
| 219.         | <b>281</b> | Julian Kubarski      |         | POL  | 25. M50-59 | TKKF Kolejarz Bydgoszcz    | Bydgoszcz         | 4:38 min/km | 0:46:02 | <b>0:46:25</b> | 184. |   |                 |
| 220.         | <b>486</b> | Patryk Sipa          |         | POL  | 59. M30-39 | Rgilewka Powiercie         | Suchy Las         | 4:38 min/km | 0:46:13 | <b>0:46:29</b> | 185. |   | PK (35)/        |
| 221.         | <b>433</b> | Jakub Szczepaniak    |         | POL  | 60. M30-39 |                            | Turek             | 4:39 min/km | 0:46:14 | <b>0:46:31</b> | 186. |   |                 |
| 222.         | <b>392</b> | Angelika Marczak     |         | POL  | 5. K40-49  | Szymkowiak Team            | Września          | 4:39 min/km | 0:46:32 | <b>0:46:36</b> | 36.  |   |                 |
| 223.         | <b>358</b> | Marcin Zagórski      |         | POL  | 68. M40-49 |                            | Robakowo          | 4:40 min/km | 0:46:25 | <b>0:46:40</b> | 187. |   |                 |
| 224.         | <b>383</b> | Łukasz Ejma          |         | POL  | 69. M40-49 |                            | Konin             | 4:40 min/km | 0:46:14 | <b>0:46:40</b> | 188. |   |                 |
| 225.         | <b>366</b> | Arkadiusz Kantanista |         | POL  | 70. M40-49 | Geberit Team               | Konin             | 4:41 min/km | 0:46:30 | <b>0:46:50</b> | 189. |   |                 |
| 226.         | <b>519</b> | Paweł Kawka          |         | POL  | 71. M40-49 | akademiabiegacza.pl        | Dobroń            | 4:41 min/km | 0:46:34 | <b>0:46:56</b> | 190. |   |                 |
| 227.         | <b>393</b> | Janusz Kosowski      |         | POL  | 1. M70+    | AKM OLSZTYN                | Olsztyn           | 4:41 min/km | 0:46:57 | <b>0:46:59</b> | 191. |   |                 |
| 228.         | <b>70</b>  | Zbigniew Krupiński   |         | POL  | 72. M40-49 | Koło Biega                 | Koło              | 4:42 min/km | 0:46:42 | <b>0:47:05</b> | 192. |   | MK (20)/ PK     |
| 229.         | <b>41</b>  | Janusz Woźniak       |         | POL  | 73. M40-49 | DZIĘKI ŻE Z NAMI BIEGNIESZ | Skodków Kolonia   | 4:42 min/km | 0:46:49 | <b>0:47:07</b> | 193. |   |                 |
| 230.         | <b>204</b> | Krzysztof Janusz     |         | POL  | 74. M40-49 |                            | Gniezno           | 4:42 min/km | 0:46:52 | <b>0:47:08</b> | 194. |   |                 |
| 231.         | <b>273</b> | Dominik Wiewiórski   |         | POL  | 61. M30-39 |                            | Zgierz            | 4:43 min/km | 0:46:45 | <b>0:47:10</b> | 195. |   |                 |
| 232.         | <b>224</b> | HALINA DUBIELA       |         | POL  | 1. K60-69  | TKKF Kolejarz Bydgoszcz    | Tczew             | 4:43 min/km | 0:47:07 | <b>0:47:12</b> | 37.  |   |                 |
| 233.         | <b>24</b>  | Hubert Marszałek     |         | POL  | 75. M40-49 | MTB KOŁO TEAM              | Koło              | 4:43 min/km | 0:47:07 | <b>0:47:17</b> | 196. |   | MK (21)/ PK     |
| 234.         | <b>180</b> | Paulina Rybicka      |         | POL  | 7. K20-29  |                            | Konin             | 4:44 min/km | 0:47:14 | <b>0:47:21</b> | 38.  |   |                 |
| 235.         | <b>373</b> | Bartosz Biliński     |         | POL  | 76. M40-49 | Geberit Team               | Kościelec         | 4:44 min/km | 0:46:56 | <b>0:47:21</b> | 197. |   | PK (38)/        |
| 236.         | <b>469</b> | Artur Cichocki       |         | POL  | 62. M30-39 | MTB KOŁO TEAM              | Dobrow            | 4:45 min/km | 0:47:20 | <b>0:47:31</b> | 198. |   | PK (39)/        |
| 237.         | <b>35</b>  | Rafał Lipczyński     |         | POL  | 63. M30-39 | AKS Wataha Pabianice       | Pabianice         | 4:45 min/km | 0:47:27 | <b>0:47:36</b> | 199. |   |                 |
| 238.         | <b>179</b> | Marek Ratajewski     |         | POL  | 26. M50-59 | Altom Gniezno              | Gniezno           | 4:45 min/km | 0:47:17 | <b>0:47:36</b> | 200. |   |                 |
| 239.         | <b>153</b> | Roman Albin          |         | POL  | 77. M40-49 | Zakrzewiaci                | Babiak            | 4:45 min/km | 0:47:23 | <b>0:47:38</b> | 201. |   | PK (40)/        |
| 240.         | <b>99</b>  | Renata Głowacka      |         | POL  | 2. K50-59  | Ultra Piotrków             | Piotrków          | 4:46 min/km | 0:47:28 | <b>0:47:40</b> | 39.  |   |                 |
| 241.         | <b>256</b> | Dawid Szabelski      |         | POL  | 25. M20-29 | Gundzi Team                | Koło              | 4:46 min/km | 0:47:14 | <b>0:47:42</b> | 202. |   | MK (22)/ PK     |
| 242.         | <b>122</b> | Ryszard Woźniak      |         | POL  | 4. M60-69  | KB Maraton Turek           | Turek             | 4:46 min/km | 0:47:24 | <b>0:47:44</b> | 203. |   |                 |
| 243.         | <b>27</b>  | Zbigniew Sędziak     |         | POL  | 64. M30-39 |                            | Osiek Wielki      | 4:46 min/km | 0:47:23 | <b>0:47:44</b> | 204. |   | PK (42)/        |
| 244.         | <b>496</b> | Zbigniew Stefaniak   |         | POL  | 78. M40-49 |                            | Wejherowo         | 4:46 min/km | 0:47:13 | <b>0:47:49</b> | 205. |   | Niepełnos. (5)/ |
| 245.         | <b>335</b> | Krzysztof Rakowicz   |         | POL  | 27. M50-59 | ANDRE TEAM                 | Koło              | 4:47 min/km | 0:47:28 | <b>0:47:51</b> | 206. |   | MK (23)/ PK     |
| 246.         | <b>119</b> | Radosław Janiak      |         | POL  | 28. M50-59 | Biegacz Nowosolna          | Łódź              | 4:47 min/km | 0:47:38 | <b>0:47:52</b> | 207. |   |                 |
| 247.         | <b>164</b> | Łukasz Kasprzak      |         | POL  | 79. M40-49 |                            | Gniezno           | 4:47 min/km | 0:47:37 | <b>0:47:54</b> | 208. |   |                 |
| 248.         | <b>447</b> | dariusz jacek        |         | POL  | 29. M50-59 | Warta Eremita Dobrow       | Kościelec         | 4:47 min/km | 0:47:25 | <b>0:47:59</b> | 209. |   | PK (44)/        |
| 249.         | <b>294</b> | Damian Knop          |         | POL  | 65. M30-39 | Truchcikiem_po_Polsce      | Koło              | 4:47 min/km | 0:47:27 | <b>0:47:59</b> | 210. |   | MK (24)/ PK     |
| 250.         | <b>217</b> | Krzysztof Pógrabia   |         | POL  | 30. M50-59 | BBL Zduńska Wola           | Zduńska Wola      | 4:48 min/km | 0:47:46 | <b>0:48:05</b> | 211. |   |                 |
| 251.         | <b>243</b> | Jacek Budka          |         | POL  | 80. M40-49 | KB Geotermia Uniejów       | Turek             | 4:49 min/km | 0:47:58 | <b>0:48:11</b> | 212. |   |                 |
| 252.         | <b>337</b> | Mateusz Wawrzyniak   |         | POL  | 81. M40-49 | ANDRE TEAM                 | Koło              | 4:49 min/km | 0:47:56 | <b>0:48:12</b> | 213. |   | MK (25)/ PK     |
| 253.         | <b>105</b> | Marcin Łukasik       |         | POL  | 66. M30-39 | OSP Cisew                  | Turek             | 4:49 min/km | 0:47:50 | <b>0:48:16</b> | 214. |   |                 |
| 254.         | <b>23</b>  | Maciej Stawicki      |         | POL  | 26. M20-29 |                            | Babiak            | 4:49 min/km | 0:47:39 | <b>0:48:18</b> | 215. |   | PK (47)/        |
| 255.         | <b>270</b> | Grzegorz Wenski      |         | POL  | 67. M30-39 |                            | Łódź              | 4:49 min/km | 0:48:01 | <b>0:48:19</b> | 216. |   |                 |
| 256.         | <b>245</b> | Tomasz Kaczmarek     |         | POL  | 82. M40-49 |                            | Września          | 4:50 min/km | 0:48:10 | <b>0:48:21</b> | 217. |   |                 |
| 257.         | <b>321</b> | Kazimierz Wrzesiński |         | POL  | 5. M60-69  | WKB Maratończyk Włocławek  | Włocławek         | 4:50 min/km | 0:48:17 | <b>0:48:24</b> | 218. |   |                 |

# 42 MIĘDZYNARODOWY BIEG WARCIAŃSKI IM. ZDZISŁAWA KRZYSZKOWIAKA - 2022-10-23

| Msc.         | Nr.        | Imię i nazwisko       | Country | Kraj | Msc. Kat.  | Klub                                   | Miejscowość        | Tempo       | Netto   | Wyniki         | M    | K | kat. dodatk.    |
|--------------|------------|-----------------------|---------|------|------------|--|--------------------|-------------|---------|----------------|------|---|-----------------|
| <b>10 km</b> |            |                       |         |      |            |  |                    |             |         |                |      |   |                 |
| 258.         | <b>263</b> | Piotr Liszka          |         | POL  | 68. M30-39 | Sokołów S.A.                           | Obrzębin           | 4:50 min/km | 0:48:19 | <b>0:48:29</b> | 219. |   |                 |
| 259.         | <b>44</b>  | Mariusz Nowakowski    |         | POL  | 83. M40-49 |  | Powiercie Kolonia  | 4:51 min/km | 0:48:16 | <b>0:48:31</b> | 220. |   | PK (48)/        |
| 260.         | <b>287</b> | Patryk Bryła          |         | POL  | 69. M30-39 |  | Sieradz            | 4:51 min/km | 0:48:05 | <b>0:48:32</b> | 221. |   |                 |
| 261.         | <b>516</b> | Piotr Wiciński        |         | POL  | 84. M40-49 | Stajniak Team                          | Pabianice          | 4:51 min/km | 0:48:24 | <b>0:48:33</b> | 222. |   |                 |
| 262.         | <b>190</b> | Krzysztof Zeidler     |         | POL  | 6. M60-69  |  | Łubowo             | 4:51 min/km | 0:48:22 | <b>0:48:34</b> | 223. |   |                 |
| 263.         | <b>124</b> | Agata Lewandowska     |         | POL  | 20. K30-39 | BAJA                                   | Miękinia           | 4:52 min/km | 0:48:28 | <b>0:48:44</b> | 40.  |   |                 |
| 264.         | <b>423</b> | Maciej Wesoły         |         | POL  | 85. M40-49 | Kolka Team                             | Koło               | 4:52 min/km | 0:48:32 | <b>0:48:45</b> | 224. |   | MK (26)/ PK     |
| 265.         | <b>424</b> | Janusz Karaszewski    |         | POL  | 31. M50-59 | ZaDyszka                               | Konin              | 4:52 min/km | 0:48:35 | <b>0:48:47</b> | 225. |   |                 |
| 266.         | <b>441</b> | Patryk Malecki        |         | POL  | 86. M40-49 | Saint-Gobain Squad                     | Koło               | 4:52 min/km | 0:48:31 | <b>0:48:48</b> | 226. |   | MK (27)/ PK     |
| 267.         | <b>489</b> | Mieczysław ZiÓłkowski |         | POL  | 32. M50-59 |  | Janikowo           | 4:52 min/km | 0:48:35 | <b>0:48:49</b> | 227. |   | Niepełnos. (6)/ |
| 268.         | <b>488</b> | Piotr Grommunt        |         | POL  | 87. M40-49 | TKKF Płock                             | Płock              | 4:52 min/km | 0:48:39 | <b>0:48:49</b> | 228. |   | Niepełnos. (7)/ |
| 269.         | <b>25</b>  | Mariusz Chojecki      |         | POL  | 88. M40-49 |  | Koło               | 4:53 min/km | 0:48:41 | <b>0:48:50</b> | 229. |   | PK (51)/        |
| 270.         | <b>196</b> | Edyta Kubacka         |         | POL  | 6. K40-49  | Szaleni Biegacze Gniezno               | Gniezno            | 4:53 min/km | 0:48:35 | <b>0:48:52</b> | 41.  |   |                 |
| 271.         | <b>370</b> | Marek Świtaj          |         | POL  | 7. M60-69  | Geberit Team                           | Koło               | 4:53 min/km | 0:48:52 | <b>0:48:53</b> | 230. |   | MK (28)/ PK     |
| 272.         | <b>527</b> | Przemysław Skonieczny |         | POL  | 89. M40-49 |  | Powiercie          | 4:53 min/km | 0:48:43 | <b>0:48:54</b> | 231. |   | PK (53)/        |
| 273.         | <b>85</b>  | Rafał Nowicki         |         | POL  | 90. M40-49 |  | Koło               | 4:53 min/km | 0:48:38 | <b>0:48:54</b> | 232. |   | PK (54)/        |
| 274.         | <b>336</b> | Paweł Sikorski        |         | POL  | 91. M40-49 | ANDRE TEAM                             | Koło               | 4:53 min/km | 0:48:34 | <b>0:48:57</b> | 233. |   | PK (55)/        |
| 275.         | <b>305</b> | Maciej Lewandowski    |         | POL  | 70. M30-39 |  | Rojewo             | 4:53 min/km | 0:48:47 | <b>0:48:59</b> | 234. |   |                 |
| 276.         | <b>103</b> | Monika Sterling       |         | POL  | 7. K40-49  | Witkowo Biega                          | Witkowo            | 4:54 min/km | 0:48:55 | <b>0:49:05</b> | 42.  |   |                 |
| 277.         | <b>302</b> | Sylwia Michalak       |         | POL  | 8. K40-49  |  | Poznań             | 4:54 min/km | 0:48:47 | <b>0:49:05</b> | 43.  |   |                 |
| 278.         | <b>525</b> | Aneta Weldman         |         | POL  | 9. K40-49  | -                                      | Koło               | 4:54 min/km | 0:48:53 | <b>0:49:06</b> | 44.  |   | MK (5)/ PK (8)/ |
| 279.         | <b>449</b> | Sławomir Rogowski     |         | POL  | 92. M40-49 | Saint-Gobain Squad                     | Koło               | 4:54 min/km | 0:48:44 | <b>0:49:06</b> | 235. |   | MK (29)/ PK     |
| 280.         | <b>497</b> | Władysław             |         | POL  | 33. M50-59 |  | Inowrocław         | 4:54 min/km | 0:48:53 | <b>0:49:09</b> | 236. |   | Niepełnos. (8)/ |
| 281.         | <b>290</b> | Adam Trzeszczyński    |         | POL  | 71. M30-39 |  | Koło               | 4:55 min/km | 0:48:57 | <b>0:49:12</b> | 237. |   | MK (30)/ PK     |
| 282.         | <b>446</b> | Bartosz Płucienniczak |         | POL  | 72. M30-39 | Kolka Team                             | Powiercie- Kolonia | 4:55 min/km | 0:49:03 | <b>0:49:15</b> | 238. |   | PK (58)/        |
| 283.         | <b>478</b> | Radosław Przyborowski |         | POL  | 34. M50-59 | RADEK SOBIE                            | Koło               | 4:55 min/km | 0:49:05 | <b>0:49:16</b> | 239. |   | PK (59)/        |
| 284.         | <b>205</b> | Artur Mroziński       |         | POL  | 73. M30-39 |  | Piekary            | 4:55 min/km | 0:48:59 | <b>0:49:18</b> | 240. |   |                 |
| 285.         | <b>374</b> | Lidia Walczak         |         | POL  | 21. K30-39 | Geberit Team                           | Konin              | 4:56 min/km | 0:49:00 | <b>0:49:21</b> | 45.  |   |                 |
| 286.         | <b>166</b> | Jacek Wojdyn          |         | POL  | 93. M40-49 | HSV Przebiegli Sieradz                 | Łódź               | 4:56 min/km | 0:48:53 | <b>0:49:21</b> | 241. |   |                 |
| 287.         | <b>237</b> | Krzysztof Chrzanowski |         | POL  | 8. M60-69  | Bud-rem Koło                           | Koło               | 4:56 min/km | 0:49:05 | <b>0:49:22</b> | 242. |   | PK (60)/        |
| 288.         | <b>19</b>  | Dariusz Mężyński      |         | POL  | 94. M40-49 | Szymkowiak Team                        | Gniezno            | 4:56 min/km | 0:49:05 | <b>0:49:23</b> | 243. |   |                 |
| 289.         | <b>467</b> | Tomasz Pronin         |         | POL  | 95. M40-49 | Geberit Team                           | Santocko           | 4:56 min/km | 0:49:06 | <b>0:49:27</b> | 244. |   |                 |
| 290.         | <b>376</b> | Małgorzata Wojtaszek  |         | POL  | 10. K40-49 | Geberit Team                           | Koło               | 4:56 min/km | 0:49:20 | <b>0:49:27</b> | 46.  |   | MK (6)/ PK (9)/ |
| 291.         | <b>135</b> | Bartosz Czerwiński    |         | POL  | 5. M19-    | Liceum Ogólnokształcące im. Kazimierza | Olszówka           | 4:58 min/km | 0:49:18 | <b>0:49:45</b> | 245. |   | PK (61)/        |
| 292.         | <b>355</b> | Bartosz GOŁOŚ         |         | POL  | 27. M20-29 | Prekursor                              | Czernikowo         | 4:58 min/km | 0:49:06 | <b>0:49:46</b> | 246. |   |                 |
| 293.         | <b>45</b>  | Michał Szymczak       |         | POL  | 96. M40-49 | AKS Wataha Pabianice                   | Pabianice          | 4:58 min/km | 0:49:35 | <b>0:49:47</b> | 247. |   |                 |
| 294.         | <b>312</b> | Kamil Chwiałkowski    |         | POL  | 74. M30-39 | Saint-Gobain Squad                     | Koło               | 4:59 min/km | 0:49:31 | <b>0:49:51</b> | 248. |   | MK (31)/ PK     |
| 295.         | <b>348</b> | Paweł Wojciechowski   |         | POL  | 28. M20-29 |  | Koło               | 4:59 min/km | 0:49:27 | <b>0:49:58</b> | 249. |   | MK (32)/ PK     |
| 296.         | <b>396</b> | Ewa Jeryś             |         | POL  | 11. K40-49 |  | Sławoszewek        | 4:59 min/km | 0:49:51 | <b>0:49:59</b> | 47.  |   |                 |
| 297.         | <b>159</b> | KRYSTIAN Okulski      |         | POL  | 97. M40-49 | Kolka Team                             | Koło               | 5:00 min/km | 0:49:47 | <b>0:50:03</b> | 250. |   | MK (33)/ PK     |
| 298.         | <b>506</b> | Łukasz Marchewka      |         | POL  | 75. M30-39 |  | Olszówka           | 5:00 min/km | 0:49:47 | <b>0:50:03</b> | 251. |   | PK (65)/        |
| 299.         | <b>17</b>  | Kamil Mikołajczyk     |         | POL  | 76. M30-39 | Saint-Gobain Squad                     | Koło               | 5:00 min/km | 0:49:35 | <b>0:50:06</b> | 252. |   | MK (34)/ PK     |
| 300.         | <b>300</b> | Mateusz Stawicki      |         | POL  | 29. M20-29 | Prekursor                              | Babiak             | 5:00 min/km | 0:49:30 | <b>0:50:08</b> | 253. |   | PK (67)/        |

# 42 MIĘDZYNARODOWY BIEG WARCIAŃSKI IM. ZDZIŚŁAWA KRZYSZKOWIAKA - 2022-10-23

| Msc.         | Nr. | Imię i nazwisko      | Country | Kraj | Msc. Kat.   | Klub                            | Miejscowość       | Tempo       | Netto   | Wyniki         | M    | K | kat. dodatk.    |
|--------------|-----|----------------------|---------|------|-------------|---------------------------------|-------------------|-------------|---------|----------------|------|---|-----------------|
| <b>10 km</b> |     |                      |         |      |             |                                 |                   |             |         |                |      |   |                 |
| 301.         | 120 | Tomasz Bagrowski     | PL      | POL  | 77. M30-39  |                                 | Grodzewo          | 5:00 min/km | 0:49:59 | <b>0:50:09</b> | 254. |   |                 |
| 302.         | 215 | Mariusz Szymczak     | PL      | POL  | 35. M50-59  |                                 | Koło              | 5:01 min/km | 0:50:01 | <b>0:50:14</b> | 255. |   | PK (68)/        |
| 303.         | 31  | Mariusz Moracki      | PL      | POL  | 36. M50-59  | EVERUN                          | Łódź              | 5:01 min/km | 0:50:03 | <b>0:50:16</b> | 256. |   |                 |
| 304.         | 308 | Jakub Jedut          | PL      | POL  | 30. M20-29  | Prekursor                       | Puławy            | 5:02 min/km | 0:49:39 | <b>0:50:20</b> | 257. |   |                 |
| 305.         | 127 | Dawid Berkowski      | PL      | POL  | 98. M40-49  | Brak                            | Kramsk            | 5:02 min/km | 0:49:51 | <b>0:50:20</b> | 258. |   |                 |
| 306.         | 81  | Dariusz Wodoracki    | PL      | POL  | 9. M60-69   | Klub Samotnych Serc             | Szczecin          | 5:02 min/km | 0:49:56 | <b>0:50:21</b> | 259. |   |                 |
| 307.         | 444 | Dariusz Grzybowski   | PL      | POL  | 37. M50-59  |                                 | Koło              | 5:02 min/km | 0:50:02 | <b>0:50:22</b> | 260. |   | PK (69)/        |
| 308.         | 282 | Adam Gralak          | PL      | POL  | 38. M50-59  |                                 | Kościelec         | 5:02 min/km | 0:50:04 | <b>0:50:29</b> | 261. |   | PK (70)/        |
| 309.         | 274 | Maciej Kazimierski   | PL      | POL  | 99. M40-49  | Kutno Biega                     | Kutno             | 5:02 min/km | 0:50:04 | <b>0:50:29</b> | 262. |   |                 |
| 310.         | 37  | Konrad Rycharski     | PL      | POL  | 78. M30-39  | Ustaw się na bieganie w Gdańsku | Kolbudy           | 5:03 min/km | 0:50:08 | <b>0:50:31</b> | 263. |   |                 |
| 311.         | 36  | Sylwia Rycharska     | PL      | POL  | 22. K30-39  | Ustaw się na bieganie w Gdańsku | Kolbudy           | 5:03 min/km | 0:50:10 | <b>0:50:31</b> | 48.  |   |                 |
| 312.         | 162 | Pio Tissot           | PL      | POL  | 100. M40-49 |                                 | Łódź              | 5:03 min/km | 0:50:12 | <b>0:50:32</b> | 264. |   |                 |
| 313.         | 130 | Jarosław Pawlak      | PL      | POL  | 101. M40-49 | Koło Biega                      | Koło              | 5:03 min/km | 0:50:12 | <b>0:50:32</b> | 265. |   | PK (71)/        |
| 314.         | 194 | Michalina Walaszczyk | PL      | POL  | 23. K30-39  | ASICS FrontRunner Poland        | Gnieszno          | 5:03 min/km | 0:50:19 | <b>0:50:33</b> | 49.  |   |                 |
| 315.         | 110 | Marcin Pluchrat      | PL      | POL  | 79. M30-39  |                                 | Swarzędz          | 5:03 min/km | 0:50:08 | <b>0:50:34</b> | 266. |   |                 |
| 316.         | 440 | Adrian Biernat       | PL      | POL  | 80. M30-39  |                                 | Osiek Mały        | 5:03 min/km | 0:50:21 | <b>0:50:37</b> | 267. |   | PK (72)/        |
| 317.         | 369 | Joanna Ratajczak     | PL      | POL  | 12. K40-49  | Geberit Team                    | Ruszków           | 5:03 min/km | 0:50:28 | <b>0:50:39</b> | 50.  |   | PK (10)/        |
| 318.         | 403 | Zbigniew Mazur       | PL      | POL  | 102. M40-49 | ZSRCKU KOŚCIELEC                | Kościelec         | 5:04 min/km | 0:50:44 | <b>0:50:48</b> | 268. |   | PK (73)/        |
| 319.         | 463 | Barbara Adamkowska   | PL      | POL  | 13. K40-49  | Geberit Team                    | Włocławek         | 5:05 min/km | 0:50:33 | <b>0:50:53</b> | 51.  |   |                 |
| 320.         | 379 | Grzegorz Wasielewski | PL      | POL  | 103. M40-49 | Geberit Team                    | Grochowski        | 5:05 min/km | 0:50:33 | <b>0:50:54</b> | 269. |   |                 |
| 321.         | 214 | Alicja Szumińska     | PL      | POL  | 24. K30-39  |                                 | Konin             | 5:06 min/km | 0:50:49 | <b>0:51:06</b> | 52.  |   |                 |
| 322.         | 201 | Grzegorz Piątek      | PL      | POL  | 104. M40-49 |                                 | Koło              | 5:07 min/km | 0:50:47 | <b>0:51:14</b> | 270. |   | MK (35)/ PK     |
| 323.         | 354 | Konrad Kmiecik       | PL      | POL  | 31. M20-29  |                                 | Kalisz            | 5:07 min/km | 0:50:59 | <b>0:51:18</b> | 271. |   |                 |
| 324.         | 309 | tomasz frondczak     | PL      | POL  | 32. M20-29  |                                 | Kalisz            | 5:07 min/km | 0:51:00 | <b>0:51:19</b> | 272. |   |                 |
| 325.         | 50  | Michał Skrzypski     | PL      | POL  | 81. M30-39  | AKS Wataha Pabianice            | Pabianice         | 5:09 min/km | 0:51:20 | <b>0:51:32</b> | 273. |   |                 |
| 326.         | 345 | Agata Jacek          | PL      | POL  | 8. K20-29   | adidas Runners                  | Dobrow            | 5:10 min/km | 0:51:26 | <b>0:51:45</b> | 53.  |   | PK (11)/        |
| 327.         | 499 | Jan Ignasiak         | PL      | POL  | 10. M60-69  | LKS MOSIR SIERADZ               | Sieradz           | 5:10 min/km | 0:51:27 | <b>0:51:48</b> | 274. |   | Niepełnos. (9)/ |
| 328.         | 30  | Sylwia Białecka      | PL      | POL  | 14. K40-49  | EVERUN                          | Łódź              | 5:11 min/km | 0:51:36 | <b>0:51:50</b> | 54.  |   |                 |
| 329.         | 471 | Adrian Mielczarek    | PL      | POL  | 33. M20-29  | -                               | Powiercie Kolonia | 5:12 min/km | 0:51:36 | <b>0:52:03</b> | 275. |   | PK (75)/        |
| 330.         | 543 | Mateusz Barzyk       | PL      | POL  | 105. M40-49 | Kuźnia Triathlonu               | Piotrków          | 5:12 min/km | 0:51:52 | <b>0:52:05</b> | 276. |   |                 |
| 331.         | 388 | Daniel Szymański     | PL      | POL  | 106. M40-49 |                                 | Izbica Kujawska   | 5:14 min/km | 0:51:52 | <b>0:52:21</b> | 277. |   |                 |
| 332.         | 250 | Jan Szczesiak        | PL      | POL  | 34. M20-29  | HURAGAN POWIERCIE               | Powiercie -       | 5:14 min/km | 0:51:54 | <b>0:52:22</b> | 278. |   | PK (76)/        |
| 333.         | 125 | Łukasz Kowalski      | PL      | POL  | 82. M30-39  |                                 | Gańków Duży       | 5:14 min/km | 0:52:18 | <b>0:52:26</b> | 279. |   |                 |
| 334.         | 375 | Dawid Walczak        | PL      | POL  | 83. M30-39  | Geberit Team                    | Konin             | 5:14 min/km | 0:52:09 | <b>0:52:29</b> | 280. |   |                 |
| 335.         | 351 | Józef Kowalczyk      | PL      | POL  | 11. M60-69  |                                 | Koło              | 5:15 min/km | 0:52:13 | <b>0:52:31</b> | 281. |   | MK (36)/ PK     |
| 336.         | 151 | Łukasz Miszczak      | PL      | POL  | 35. M20-29  |                                 | Powiercie 164     | 5:15 min/km | 0:52:19 | <b>0:52:33</b> | 282. |   | PK (78)/        |
| 337.         | 473 | Natalia Gajdecka     | PL      | POL  | 25. K30-39  |                                 | Konin             | 5:15 min/km | 0:52:17 | <b>0:52:33</b> | 55.  |   |                 |
| 338.         | 128 | Markus Meier         | PL      | POL  | 39. M50-59  | TRI4.PL                         | Koło              | 5:16 min/km | 0:52:16 | <b>0:52:40</b> | 283. |   | PK (79)/        |
| 339.         | 83  | Anna Łukaszewska     | PL      | POL  | 9. K20-29   |                                 | Kłodawa           | 5:16 min/km | 0:52:12 | <b>0:52:41</b> | 56.  |   | PK (12)/        |
| 340.         | 544 | Hubert Król          | PL      | POL  | 84. M30-39  | www.trenertriathlonu.pl         | Poznań            | 5:16 min/km | 0:52:13 | <b>0:52:41</b> | 284. |   |                 |
| 341.         | 279 | Marcin Olczak        | PL      | POL  | 85. M30-39  |                                 | Świnice Warckie   | 5:16 min/km | 0:52:13 | <b>0:52:42</b> | 285. |   |                 |
| 342.         | 10  | Łukasz Ładowski      | PL      | POL  | 107. M40-49 | Saint-Gobain Squad              | Koło              | 5:16 min/km | 0:52:24 | <b>0:52:43</b> | 286. |   | MK (37)/ PK     |
| 343.         | 411 | Artur Szafrąski      | PL      | POL  | 108. M40-49 | Koło Biega                      | Koło              | 5:16 min/km | 0:52:44 | <b>0:52:45</b> | 287. |   | MK (38)/ PK     |



# 42 MIĘDZYNARODOWY BIEG WARCIAŃSKI IM. ZDZIŚŁAWA KRZYSZKOWIAKA - 2022-10-23

| Msc.         | Nr.        | Imię i nazwisko       | Country | Kraj | Msc. Kat.   | Klub                         | Miejscowość | Tempo       | Netto   | Wyniki         | M | K | kat. dodatk.         |
|--------------|------------|-----------------------|---------|------|-------------|------------------------------|-------------|-------------|---------|----------------|---|---|----------------------|
| <b>10 km</b> |            |                       |         |      |             |                              |             |             |         |                |   |   |                      |
| 344.         | <b>284</b> | Bożena Chmielecka     |         | POL  | 2. K60-69   | Rozbiegana Kruszwica         | Kruszwica   | 5:16 min/km | 0:52:29 | <b>0:52:46</b> |   |   | 57.                  |
| 345.         | <b>242</b> | Łukasz Budka          |         | POL  | 6. M19-     | KB Geotermia Uniejów         | Turek       | 5:17 min/km | 0:52:30 | <b>0:52:50</b> |   |   | 288.                 |
| 346.         | <b>203</b> | Agnieszka Mielcarek   |         | POL  | 15. K40-49  |                              | Koło        | 5:17 min/km | 0:52:26 | <b>0:52:50</b> |   |   | 58. MK (7)/ PK (13)/ |
| 347.         | <b>176</b> | grzegorz Karolak      |         | POL  | 40. M50-59  |                              | Poznań      | 5:17 min/km | 0:52:38 | <b>0:52:52</b> |   |   | 289.                 |
| 348.         | <b>261</b> | Dariusz Wejdman       |         | POL  | 109. M40-49 | NO NAME TEAM                 | Łódź        | 5:18 min/km | 0:52:50 | <b>0:53:05</b> |   |   | 290.                 |
| 349.         | <b>69</b>  | Bartosz Pękacz        |         | POL  | 110. M40-49 |                              | Koło        | 5:18 min/km | 0:52:59 | <b>0:53:07</b> |   |   | 291. MK (39)/ PK     |
| 350.         | <b>477</b> | Bartek Goździkowski   |         | POL  | 86. M30-39  | Koło Biega                   | Koło        | 5:18 min/km | 0:52:54 | <b>0:53:07</b> |   |   | 292. MK (40)/ PK     |
| 351.         | <b>53</b>  | Paweł Misiak          |         | POL  | 111. M40-49 | AKS Wataha Pabianice         | Pabianice   | 5:18 min/km | 0:52:57 | <b>0:53:08</b> |   |   | 293.                 |
| 352.         | <b>323</b> | Jakub Janas           |         | POL  | 36. M20-29  |                              | Kalisz      | 5:19 min/km | 0:52:40 | <b>0:53:14</b> |   |   | 294.                 |
| 353.         | <b>55</b>  | Magdalena Więckowska  |         | POL  | 16. K40-49  | Wataha                       | Pabianice   | 5:19 min/km | 0:53:06 | <b>0:53:14</b> |   |   | 59.                  |
| 354.         | <b>419</b> | Dariusz Twardy        |         | POL  | 41. M50-59  | PGB Sportowa Paczka / Leszno | Leszno      | 5:21 min/km | 0:53:05 | <b>0:53:31</b> |   |   | 295.                 |
| 355.         | <b>377</b> | Krzysztof Mroczek     |         | POL  | 112. M40-49 | Geberit Team                 | Dąbie       | 5:21 min/km | 0:53:26 | <b>0:53:35</b> |   |   | 296. PK (84)/        |
| 356.         | <b>445</b> | Małgorzata Kowalska   |         | POL  | 3. K50-59   | ZaDyszka                     | Konin       | 5:21 min/km | 0:53:25 | <b>0:53:37</b> |   |   | 60.                  |
| 357.         | <b>430</b> | ANNA SIKORSKA         |         | POL  | 17. K40-49  | HURAGAN POWIERCIE            | Konin       | 5:22 min/km | 0:53:14 | <b>0:53:41</b> |   |   | 61.                  |
| 358.         | <b>429</b> | Maciej Kaniewski      |         | POL  | 42. M50-59  | HURAGAN POWIERCIE            | Koło        | 5:22 min/km | 0:53:14 | <b>0:53:41</b> |   |   | 297. PK (85)/        |
| 359.         | <b>18</b>  | Zbigniew Karaszewski  |         | POL  | 113. M40-49 | ZaDyszka                     | Poznan      | 5:23 min/km | 0:53:38 | <b>0:53:51</b> |   |   | 298.                 |
| 360.         | <b>147</b> | Monika Kuczek         |         | POL  | 18. K40-49  | KS ZRYW RADZIEJÓW            | Radziejów   | 5:23 min/km | 0:53:50 | <b>0:53:55</b> |   |   | 62.                  |
| 361.         | <b>233</b> | Andrzej Kasprzyk      |         | POL  | 12. M60-69  | PTTK Witkowo                 | Słupca      | 5:23 min/km | 0:53:36 | <b>0:53:55</b> |   |   | 299.                 |
| 362.         | <b>476</b> | Patryk Zajac          |         | POL  | 87. M30-39  |                              | Koło        | 5:23 min/km | 0:53:37 | <b>0:53:56</b> |   |   | 300. MK (41)/ PK     |
| 363.         | <b>96</b>  | Łukasz Pietraszek     |         | POL  | 88. M30-39  |                              | Słodków     | 5:23 min/km | 0:53:27 | <b>0:53:57</b> |   |   | 301.                 |
| 364.         | <b>439</b> | Daniel Namyślak       |         | POL  | 114. M40-49 |                              | Dolaszewo   | 5:24 min/km | 0:53:30 | <b>0:54:01</b> |   |   | 302.                 |
| 365.         | <b>363</b> | Krzysztof Piotrowski  |         | POL  | 43. M50-59  | KS Sieradz Biega             | Sieradz     | 5:25 min/km | 0:53:43 | <b>0:54:10</b> |   |   | 303.                 |
| 366.         | <b>297</b> | Wioletta Nowicka      |         | POL  | 19. K40-49  |                              | Krzymów     | 5:25 min/km | 0:54:03 | <b>0:54:11</b> |   |   | 63. PK (14)/         |
| 367.         | <b>343</b> | Maciej Pluchrat       |         | POL  | 115. M40-49 |                              | Powiercie   | 5:26 min/km | 0:53:53 | <b>0:54:20</b> |   |   | 304. PK (87)/        |
| 368.         | <b>262</b> | Kamil Krystkiewicz    |         | POL  | 89. M30-39  | Sokolów S.A.                 | Kościelec   | 5:27 min/km | 0:54:05 | <b>0:54:30</b> |   |   | 305. PK (88)/        |
| 369.         | <b>104</b> | Robert Strzeliński    |         | POL  | 116. M40-49 |                              | Kościelec   | 5:27 min/km | 0:54:12 | <b>0:54:35</b> |   |   | 306. PK (89)/        |
| 370.         | <b>474</b> | Michał Michalski      |         | POL  | 117. M40-49 |                              | Konin       | 5:27 min/km | 0:54:22 | <b>0:54:38</b> |   |   | 307.                 |
| 371.         | <b>432</b> | Tomasz Stasiak        |         | POL  | 44. M50-59  |                              | Kalisz      | 5:28 min/km | 0:54:17 | <b>0:54:43</b> |   |   | 308.                 |
| 372.         | <b>231</b> | Janusz Rożek          |         | POL  | 13. M60-69  | KB Wartko                    | Przyjma     | 5:28 min/km | 0:54:22 | <b>0:54:44</b> |   |   | 309.                 |
| 373.         | <b>385</b> | Piotr Winiecki        |         | POL  | 45. M50-59  |                              | Konin       | 5:29 min/km | 0:54:29 | <b>0:54:52</b> |   |   | 310.                 |
| 374.         | <b>464</b> | Justyna Schyller      |         | POL  | 26. K30-39  | Koło Biega                   | Koło        | 5:29 min/km | 0:54:32 | <b>0:54:53</b> |   |   | 64. MK (8)/ PK (15)/ |
| 375.         | <b>47</b>  | Damian Lipiński       |         | POL  | 90. M30-39  | Koło Biega                   | Dąbie       | 5:29 min/km | 0:54:35 | <b>0:54:54</b> |   |   | 311. PK (90)/        |
| 376.         | <b>260</b> | Tomasz Grabowski      |         | POL  | 46. M50-59  | Sokolów S.A.                 | Gozdów      | 5:29 min/km | 0:54:31 | <b>0:54:57</b> |   |   | 312. PK (91)/        |
| 377.         | <b>306</b> | Jolanta Piórkowska    |         | POL  | 20. K40-49  | Koło Biega                   | Koło        | 5:30 min/km | 0:54:37 | <b>0:55:02</b> |   |   | 65. PK (16)/         |
| 378.         | <b>327</b> | Aleksandra Giętkowska |         | POL  | 10. K20-29  |                              | Koło        | 5:30 min/km | 0:54:22 | <b>0:55:05</b> |   |   | 66. MK (9)/ PK (17)/ |
| 379.         | <b>267</b> | Marek Woźniak         |         | POL  | 14. M60-69  | Florian chojnice             | Koło        | 5:30 min/km | 0:54:40 | <b>0:55:05</b> |   |   | 313. MK (42)/ PK     |
| 380.         | <b>482</b> | Marta Szmagańska      |         | POL  | 11. K20-29  | Klub Biegacza Maraton Turek  | Turek       | 5:30 min/km | 0:54:53 | <b>0:55:08</b> |   |   | 67.                  |
| 381.         | <b>532</b> | Michał Szmagański     |         | POL  | 91. M30-39  | KB Maraton Turek             | Turek       | 5:30 min/km | 0:54:51 | <b>0:55:08</b> |   |   | 314.                 |
| 382.         | <b>322</b> | Jacek Balicki         |         | POL  | 47. M50-59  | Biegacz Nowosolna            | Łódź        | 5:31 min/km | 0:54:48 | <b>0:55:18</b> |   |   | 315.                 |
| 383.         | <b>102</b> | Joanna Wojtczak       |         | POL  | 27. K30-39  | Koło Biega                   | Koło        | 5:32 min/km | 0:55:01 | <b>0:55:24</b> |   |   | 68. MK (10)/ PK      |
| 384.         | <b>344</b> | Krzysztof Waśniewski  |         | POL  | 92. M30-39  |                              | Dobra       | 5:32 min/km | 0:54:51 | <b>0:55:24</b> |   |   | 316.                 |
| 385.         | <b>197</b> | Kamila Piątek         |         | POL  | 28. K30-39  |                              | Poznań      | 5:32 min/km | 0:55:04 | <b>0:55:25</b> |   |   | 69.                  |
| 386.         | <b>332</b> | Joanna Jamrozik       |         | POL  | 21. K40-49  | ANDRE TEAM                   | Koło        | 5:32 min/km | 0:55:00 | <b>0:55:25</b> |   |   | 70. MK (11)/ PK      |






# 42 MIĘDZYNARODOWY BIEG WARCIAŃSKI IM. ZDZIŚŁAWA KRZYSZKOWIAKA - 2022-10-23

| Msc.         | Nr.        | Imię i nazwisko        | Country | Kraj | Msc. Kat.   | Klub                                   | Miejscowość       | Tempo       | Netto   | Wyniki         | M    | K | kat. dodatk. |
|--------------|------------|------------------------|---------|------|-------------|--|-------------------|-------------|---------|----------------|------|---|--------------|
| <b>10 km</b> |            |                        |         |      |             |  |                   |             |         |                |      |   |              |
| 387.         | <b>264</b> | Leszek Litwa           |         | POL  | 15. M60-69  | Sokołów S.A.                           | Koło              | 5:33 min/km | 0:55:07 | <b>0:55:30</b> | 317. |   | MK (43)/ PK  |
| 388.         | <b>307</b> | Wiktor Omer            |         | POL  | 93. M30-39  | Prekursor                              | Krzyżanów         | 5:33 min/km | 0:54:51 | <b>0:55:31</b> | 318. |   |              |
| 389.         | <b>185</b> | Ireneusz Piotrowicz    |         | POL  | 16. M60-69  |  | Piotrków Kujawski | 5:33 min/km | 0:55:07 | <b>0:55:35</b> | 319. |   |              |
| 390.         | <b>352</b> | Stefan Iapczynski      |         | POL  | 2. M70+     | niezrzeszony                           | Konstantynów      | 5:34 min/km | 0:55:12 | <b>0:55:47</b> | 320. |   |              |
| 391.         | <b>390</b> | Edmund Sowiński        |         | POL  | 3. M70+     | TKKF Płock                             | Płock             | 5:34 min/km | 0:55:17 | <b>0:55:49</b> | 321. |   |              |
| 392.         | <b>268</b> | Stach Dziedziczak      |         | POL  | 37. M20-29  | RODZINNA ZA10SZKA                      | Koło              | 5:34 min/km | 0:55:42 | <b>0:55:49</b> | 322. |   | MK (44)/ PK  |
| 393.         | <b>289</b> | Tomasz Młodzieniak     |         | POL  | 118. M40-49 |  | Paprotnia         | 5:35 min/km | 0:55:31 | <b>0:55:59</b> | 323. |   |              |
| 394.         | <b>146</b> | Anna Koźmińska         |         | POL  | 22. K40-49  | KS ZRYW RADZIEJÓW                      | Radziejów         | 5:37 min/km | 0:56:09 | <b>0:56:15</b> | 71.  |   |              |
| 395.         | <b>195</b> | Adam Jankowski         |         | POL  | 38. M20-29  |  | Brdów             | 5:38 min/km | 0:56:02 | <b>0:56:21</b> | 324. |   | PK (95)/     |
| 396.         | <b>131</b> | Marcin Wasiak          |         | POL  | 119. M40-49 | Koło Biega                             | Koło              | 5:38 min/km | 0:56:02 | <b>0:56:28</b> | 325. |   | MK (45)/ PK  |
| 397.         | <b>249</b> | Piotr Wiśniewski       |         | POL  | 94. M30-39  |  | Koło              | 5:38 min/km | 0:56:01 | <b>0:56:28</b> | 326. |   | MK (46)/ PK  |
| 398.         | <b>188</b> | Stanisław Pecyna       |         | POL  | 17. M60-69  | FOXTER SPORT                           | Koło              | 5:38 min/km | 0:56:10 | <b>0:56:28</b> | 327. |   | MK (47)/ PK  |
| 399.         | <b>505</b> | Marcin Grabowski       |         | POL  | 48. M50-59  |  | Grzegorzew        | 5:38 min/km | 0:56:08 | <b>0:56:28</b> | 328. |   | PK (99)/     |
| 400.         | <b>330</b> | Krzysztof Mielcarek    |         | POL  | 95. M30-39  | MK-BUD                                 | Koło              | 5:39 min/km | 0:56:11 | <b>0:56:36</b> | 329. |   | MK (48)/ PK  |
| 401.         | <b>118</b> | Grażyna Łechtańska     |         | POL  | 4. K50-59   | KB Wartko                              | Golina            | 5:40 min/km | 0:56:10 | <b>0:56:40</b> | 72.  |   |              |
| 402.         | <b>395</b> | Robert Wiśniewski      |         | POL  | 49. M50-59  | KB Wartko                              | Konin             | 5:40 min/km | 0:56:17 | <b>0:56:40</b> | 330. |   |              |
| 403.         | <b>380</b> | Jakub Kierończyk       |         | POL  | 50. M50-59  |  | Poznań            | 5:40 min/km | 0:56:17 | <b>0:56:41</b> | 331. |   |              |
| 404.         | <b>292</b> | Konrad Jabłoński       |         | POL  | 96. M30-39  | MKS RUN TEAM DĄBIE                     | Dąbie             | 5:40 min/km | 0:56:21 | <b>0:56:43</b> | 332. |   | PK (101)/    |
| 405.         | <b>381</b> | Adam Lewandowski       |         | POL  | 97. M30-39  |  | Łódź              | 5:40 min/km | 0:56:19 | <b>0:56:47</b> | 333. |   |              |
| 406.         | <b>49</b>  | Anna Janeta-Skrzypka   |         | POL  | 29. K30-39  | AKS Wataha Pabianice                   | Pabianice         | 5:41 min/km | 0:56:44 | <b>0:56:53</b> | 73.  |   |              |
| 407.         | <b>20</b>  | Zbigniew Kułakowski    |         | POL  | 51. M50-59  |  | Koło              | 5:42 min/km | 0:56:51 | <b>0:57:02</b> | 334. |   | MK (49)/ PK  |
| 408.         | <b>384</b> | Justyna Witczak        |         | POL  | 30. K30-39  | AKS Wataha Pabianice                   | Pabianice         | 5:42 min/km | 0:56:39 | <b>0:57:03</b> | 74.  |   |              |
| 409.         | <b>144</b> | Jarosław Nuszkiewicz   |         | POL  | 120. M40-49 |  | Koło              | 5:42 min/km | 0:56:36 | <b>0:57:05</b> | 335. |   | MK (50)/ PK  |
| 410.         | <b>462</b> | Iza Okulska            |         | POL  | 31. K30-39  | Geberit Team                           | Koło              | 5:42 min/km | 0:56:37 | <b>0:57:07</b> | 75.  |   | PK (20)/     |
| 411.         | <b>228</b> | Małgorzata Frankenberg |         | POL  | 3. K60-69   | Biegacz Nowosolna                      | Łódź              | 5:42 min/km | 0:56:46 | <b>0:57:07</b> | 76.  |   |              |
| 412.         | <b>98</b>  | Kamil Bartosik         |         | POL  | 39. M20-29  |  | Poznań            | 5:42 min/km | 0:56:47 | <b>0:57:09</b> | 336. |   | PK (104)/    |
| 413.         | <b>483</b> | Tomasz Miła            |         | POL  | 98. M30-39  | Saint-Gobain Squad                     | Turek             | 5:43 min/km | 0:56:39 | <b>0:57:11</b> | 337. |   |              |
| 414.         | <b>442</b> | Krystian Pietrzak      |         | POL  | 7. M19-     | Liceum Ogólnokształcące im. Kazimierza | Koło              | 5:43 min/km | 0:56:53 | <b>0:57:13</b> | 338. |   | MK (51)/ PK  |
| 415.         | <b>368</b> | Krzysztof Ulatowski    |         | POL  | 99. M30-39  | Geberit Team                           | Koło              | 5:44 min/km | 0:56:58 | <b>0:57:20</b> | 339. |   | MK (52)/ PK  |
| 416.         | <b>367</b> | Anna Ulatowska         |         | POL  | 32. K30-39  | Geberit Team                           | Koło              | 5:44 min/km | 0:56:58 | <b>0:57:20</b> | 77.  |   | MK (12)/ PK  |
| 417.         | <b>485</b> | Janusz Doman           |         | POL  | 18. M60-69  |  | Brzoza            | 5:44 min/km | 0:57:24 | <b>0:57:25</b> | 340. |   |              |
| 418.         | <b>271</b> | Tomasz Kaźmierczak     |         | POL  | 121. M40-49 |  | Lusówko           | 5:45 min/km | 0:57:01 | <b>0:57:33</b> | 341. |   |              |
| 419.         | <b>186</b> | Emilia Wojciechowska   |         | POL  | 5. K50-59   | KB Geotermia Uniejów                   | Uniejów           | 5:46 min/km | 0:57:23 | <b>0:57:42</b> | 78.  |   |              |
| 420.         | <b>247</b> | Artur Stasiak          |         | POL  | 100. M30-39 |  | Koło              | 5:47 min/km | 0:57:27 | <b>0:57:55</b> | 342. |   | MK (53)/ PK  |
| 421.         | <b>208</b> | Marek Zakrocki         |         | POL  | 122. M40-49 |  | Kościelec         | 5:49 min/km | 0:58:00 | <b>0:58:19</b> | 343. |   | PK (108)/    |
| 422.         | <b>299</b> | Adrian Rzepecki        |         | POL  | 40. M20-29  |  | Kalisz            | 5:51 min/km | 0:57:59 | <b>0:58:32</b> | 344. |   |              |
| 423.         | <b>426</b> | Jolanta Tkaczuk        |         | POL  | 6. K50-59   | TG SOKÓŁ GNIEWKOWO                     | Chrząstowo 18/1   | 5:52 min/km | 0:58:43 | <b>0:58:48</b> | 79.  |   |              |
| 424.         | <b>288</b> | Ewa Młodzieniak        |         | POL  | 23. K40-49  |  | Paprotnia         | 5:53 min/km | 0:58:30 | <b>0:58:58</b> | 80.  |   |              |
| 425.         | <b>56</b>  | Marzena Wielebińska    |         | POL  | 24. K40-49  | Pabianicki Klub Sportowy Wataha        | Pabianice         | 5:54 min/km | 0:58:52 | <b>0:59:00</b> | 81.  |   |              |
| 426.         | <b>315</b> | Łukasz Kurpiewski      |         | POL  | 101. M30-39 | Saint-Gobain Squad                     | Uniejów           | 5:54 min/km | 0:58:32 | <b>0:59:02</b> | 345. |   |              |
| 427.         | <b>126</b> | Maciej Rojewski        |         | POL  | 123. M40-49 |  | Grzegorzew        | 5:55 min/km | 0:58:50 | <b>0:59:19</b> | 346. |   | PK (109)/    |
| 428.         | <b>14</b>  | Piotr Jabłoński        |         | POL  | 19. M60-69  |  | Kłodawa           | 5:57 min/km | 0:59:07 | <b>0:59:31</b> | 347. |   | PK (110)/    |
| 429.         | <b>360</b> | Tomasz Andrzejczak     |         | POL  | 124. M40-49 | KB Aktywni Konin                       | Konin             | 5:57 min/km | 0:59:02 | <b>0:59:32</b> | 348. |   |              |

# 42 MIĘDZYNARODOWY BIEG WARCIAŃSKI IM. ZDZIŚŁAWA KRZYSZKOWIAKA - 2022-10-23

| Msc.         | Nr.        | Imię i nazwisko      | Country | Kraj | Msc. Kat.   | Klub                     | Miejscowość | Tempo       | Netto   | Wyniki         | M    | K | kat. dodatk.     |
|--------------|------------|----------------------|---------|------|-------------|--------------------------|-------------|-------------|---------|----------------|------|---|------------------|
| <b>10 km</b> |            |                      |         |      |             |                          |             |             |         |                |      |   |                  |
| 430.         | <b>54</b>  | Renata Radzikowska   |         | POL  | 25. K40-49  | AKS Wataha Pabianice     | Ksawerów    | 5:58 min/km | 0:59:39 | <b>0:59:48</b> |      |   | 82.              |
| 431.         | <b>193</b> | Marzena Prusakiewicz |         | POL  | 7. K50-59   |                          | Września    | 5:59 min/km | 0:59:19 | <b>0:59:53</b> |      |   | 83.              |
| 432.         | <b>498</b> | Jan Dębski           |         | POL  | 4. M70+     | Sołtys                   | Sucharzewo  | 5:59 min/km | 0:59:29 | <b>0:59:54</b> | 349. |   | Niepełnos. (10)/ |
| 433.         | <b>210</b> | Beata Welnicka       |         | POL  | 33. K30-39  | MKS BRDÓW                | Brdów       | 6:00 min/km | 0:59:40 | <b>1:00:04</b> |      |   | 84. PK (22)/     |
| 434.         | <b>211</b> | Marzena Kiełczewska  |         | POL  | 26. K40-49  | MKS BRDÓW                | Brdów       | 6:00 min/km | 0:59:41 | <b>1:00:05</b> |      |   | 85. PK (23)/     |
| 435.         | <b>526</b> | Radosław Małecki     |         | POL  | 125. M40-49 | Koło Biega               | Chojny      | 6:00 min/km | 0:59:42 | <b>1:00:05</b> | 350. |   | PK (111)/        |
| 436.         | <b>475</b> | Mariusz Drewnowski   |         | POL  | 126. M40-49 |                          | Grzegorzew  | 6:05 min/km | 1:00:53 | <b>1:00:58</b> | 351. |   | PK (112)/        |
| 437.         | <b>276</b> | Magdalena Woźniak    |         | POL  | 12. K20-29  |                          | Koło        | 6:06 min/km | 1:00:38 | <b>1:01:07</b> |      |   | 86. MK (13)/ PK  |
| 438.         | <b>189</b> | Kamil Szmajdziński   |         | POL  | 41. M20-29  |                          | Kościelec   | 6:07 min/km | 1:00:40 | <b>1:01:10</b> | 352. |   | PK (113)/        |
| 439.         | <b>129</b> | Alicja Pawlak        |         | POL  | 3. K19-     | Koło Biega               | Koło        | 6:11 min/km | 1:01:29 | <b>1:01:50</b> |      |   | 87. PK (25)/     |
| 440.         | <b>225</b> | Michał Eljasiewicz   |         | POL  | 102. M30-39 | WonderWoman Szkolenia IT | Łódź        | 6:12 min/km | 1:01:31 | <b>1:02:05</b> | 353. |   |                  |
| 441.         | <b>177</b> | Mariusz Walczak      |         | POL  | 127. M40-49 |                          | Koło        | 6:13 min/km | 1:01:52 | <b>1:02:17</b> | 354. |   | MK (54)/ PK      |
| 442.         | <b>202</b> | Katarzyna Chojnacka  |         | POL  | 27. K40-49  | Szaleni Biegacze Gniezno | Gniezno     | 6:14 min/km | 1:01:58 | <b>1:02:22</b> |      |   | 88.              |
| 443.         | <b>461</b> | Iwona Marciniak      |         | POL  | 28. K40-49  | Geberit Team             | Powiercie   | 6:15 min/km | 1:02:05 | <b>1:02:36</b> |      |   | 89. PK (26)/     |
| 444.         | <b>470</b> | Marcin Kędziński     |         | POL  | 103. M30-39 |                          | Koło        | 6:15 min/km | 1:02:33 | <b>1:02:37</b> | 355. |   | PK (115)/        |
| 445.         | <b>93</b>  | Magda Królak         |         | POL  | 29. K40-49  |                          | Babiak      | 6:17 min/km | 1:02:26 | <b>1:02:58</b> |      |   | 90. PK (27)/     |
| 446.         | <b>63</b>  | Kevin Jaworski       |         | POL  | 42. M20-29  |                          | Koło        | 6:20 min/km | 1:03:03 | <b>1:03:27</b> | 356. |   | MK (55)/ PK      |
| 447.         | <b>113</b> | Agata Marszewska     |         | POL  | 13. K20-29  |                          | Sompolno    | 6:26 min/km | 1:04:09 | <b>1:04:27</b> |      |   | 91.              |
| 448.         | <b>106</b> | Dorota Musiał        |         | POL  | 30. K40-49  | AKS Wataha Pabianice     | Pabianice   | 6:29 min/km | 1:04:35 | <b>1:04:59</b> |      |   | 92.              |
| 449.         | <b>48</b>  | Karolina Szymczak    |         | POL  | 34. K30-39  | AKS Wataha Pabianice     | Pabianice   | 6:30 min/km | 1:04:49 | <b>1:05:03</b> |      |   | 93.              |
| 450.         | <b>521</b> | Piotr Rusin          |         | POL  | 52. M50-59  | Pałuki Running Team      | Konin       | 6:30 min/km | 1:04:30 | <b>1:05:05</b> | 357. |   |                  |
| 451.         | <b>230</b> | Andżelika Sochacka   |         | POL  | 14. K20-29  |                          | Ponętów     | 6:31 min/km | 1:04:39 | <b>1:05:10</b> |      |   | 94. PK (28)/     |
| 452.         | <b>494</b> | Krzysztof Ciesielski |         | POL  | 20. M60-69  | FAST WALKER              | Gniezno     | 6:33 min/km | 1:05:30 | <b>1:05:36</b> | 358. |   | Niepełnos. (11)/ |
| 453.         | <b>490</b> | Łukasz Marciniak     |         | POL  | 104. M30-39 | KS Wikingowie            | Kalisz      | 6:38 min/km | 1:05:54 | <b>1:06:29</b> | 359. |   | Niepełnos. (12)/ |
| 454.         | <b>59</b>  | Małgorzata Pawełska  |         | POL  | 31. K40-49  | AKS Wataha Pabianice     | Pabianice   | 6:44 min/km | 1:07:12 | <b>1:07:24</b> |      |   | 95.              |
| 455.         | <b>79</b>  | Tomasz Kucharski     |         | POL  | 43. M20-29  |                          | Koło        | 6:46 min/km | 1:07:15 | <b>1:07:44</b> | 360. |   | MK (56)/ PK      |
| 456.         | <b>232</b> | Jan Żurek            |         | POL  | 21. M60-69  | Biegający emeryt         | Strzałkowo  | 6:47 min/km | 1:07:42 | <b>1:07:53</b> | 361. |   |                  |
| 457.         | <b>435</b> | Grzegorz Grabowski   |         | POL  | 128. M40-49 |                          | Koło        | 6:50 min/km | 1:07:57 | <b>1:08:20</b> | 362. |   | PK (118)/        |
| 458.         | <b>529</b> | Szymon Chęciński     |         | POL  | 44. M20-29  |                          | Powiercie   | 6:50 min/km | 1:07:56 | <b>1:08:20</b> | 363. |   | PK (119)/        |
| 459.         | <b>295</b> | Magdalena Kujawa     |         | POL  | 35. K30-39  |                          | Krzymów     | 6:50 min/km | 1:08:00 | <b>1:08:26</b> |      |   | 96.              |
| 460.         | <b>313</b> | Jacek Gajewski       |         | POL  | 45. M20-29  |                          | Kalisz      | 6:53 min/km | 1:08:16 | <b>1:08:51</b> |      |   | 364.             |
| 461.         | <b>324</b> | Mikołaj Tomczyk      |         | POL  | 46. M20-29  |                          | Kalisz      | 6:53 min/km | 1:08:17 | <b>1:08:51</b> |      |   | 365.             |
| 462.         | <b>43</b>  | Janusz Lenc          |         | POL  | 22. M60-69  | TKKF Kolejarz Bydgoszcz  | Bydgoszcz   | 6:54 min/km | 1:08:41 | <b>1:09:05</b> | 366. |   |                  |
| 463.         | <b>42</b>  | Piotr Grenz          |         | POL  | 23. M60-69  | TKKF Kolejarz Bydgoszcz  | Bydgoszcz   | 6:54 min/km | 1:08:34 | <b>1:09:06</b> | 367. |   | Niepełnos. (13)/ |
| 464.         | <b>254</b> | Barbara Kietlińska   |         | POL  | 36. K30-39  |                          | Plewiska    | 6:55 min/km | 1:08:42 | <b>1:09:12</b> |      |   | 97.              |
| 465.         | <b>255</b> | Marcin Kietliński    |         | POL  | 129. M40-49 |                          | Plewiska    | 6:55 min/km | 1:08:42 | <b>1:09:12</b> | 368. |   |                  |
| 466.         | <b>220</b> | Jadwiga Wiktorek     |         | POL  | 1. K70+     | brak                     | Łódź        | 7:08 min/km | 1:11:01 | <b>1:11:23</b> |      |   | 98.              |
| 467.         | <b>76</b>  | Daniel Pieczyński    |         | POL  | 47. M20-29  |                          | Łódź        | 7:09 min/km | 1:11:04 | <b>1:11:36</b> | 369. |   |                  |
| 468.         | <b>269</b> | Agata Dziedziczak    |         | POL  | 8. K50-59   | RODZINNA ZA10SZKA        | Koło        | 7:24 min/km | 1:14:03 | <b>1:14:09</b> |      |   | 99. MK (14)/ PK  |
| 469.         | <b>75</b>  | Krzysztof Luszta     |         | POL  | 105. M30-39 |                          | Łódź        | 7:30 min/km | 1:14:28 | <b>1:15:02</b> | 370. |   |                  |
| 470.         | <b>501</b> | Jerzy KALICKI        |         | POL  | 5. M70+     | Niezrzeszony             | Witkowo     | 7:32 min/km | 1:15:15 | <b>1:15:27</b> | 371. |   |                  |
| 471.         | <b>199</b> | Zbigniew Szymański   |         | POL  | 6. M70+     |                          | Koło        | 7:44 min/km | 1:16:51 | <b>1:17:24</b> | 372. |   | MK (57)/ PK      |
| 472.         | <b>139</b> | Alicja Stokwiszewska |         | POL  | 32. K40-49  |                          | Łęczycza    | 8:07 min/km | 1:20:47 | <b>1:21:19</b> |      |   | 100.             |

# 42 MIĘDZYNARODOWY BIEG WARCIAŃSKI IM. ZDZIŚŁAWA KRZYSZKOWIAKA - 2022-10-23

| Msc.         | Nr.        | Imię i nazwisko      | Country   | Kraj | Msc. | Kat. | Klub   | Miejscowość             | Tempo       | Netto        | Wyniki         | M              | K    | kat. dodatk. |             |
|--------------|------------|----------------------|---|------|------|------|--------|-------------------------|-------------|--------------|----------------|----------------|------|--------------|-------------|
| <b>10 km</b> |            |                      |   |      |      |      |        |                         |             |              |                |                |      |              |             |
| 473.         | <b>140</b> | Michał Stokwiszewski |  | PL   | POL  | 130. | M40-49 | Łęczycza                | 8:07 min/km | 1:20:47      | <b>1:21:19</b> | 373.           |      |              |             |
| 474.         | <b>438</b> | Ryszard Plato        |  | PL   | POL  | 7.   | M70+   | nie dotyczy             | Koło        | 8:29 min/km  | 1:24:56        | <b>1:24:57</b> | 374. |              | MK (58)/ PK |
| 475.         | <b>145</b> | WŁADYSŁAW ANGIEL     |  | PL   | POL  | 8.   | M70+   | TKKF Kolejarz Bydgoszcz | Bydgoszcz   | 8:29 min/km  | 1:24:52        | <b>1:24:57</b> | 375. |              |             |
| 476.         | <b>40</b>  | Janina Rosińska      |  | PL   | POL  | 2.   | K70+   |                         | Pabianice   | 11:44 min/km | 1:57:23        | <b>1:57:23</b> |      | 101.         |             |
| 477.         | <b>212</b> | Irena Szumińska      |  | PL   | POL  | 4.   | K60-69 | Triton Konin            | Konin       | 4:07 min/km  | 0:41:19        | <b>DNF</b>     |      | 102.         |             |

Liczba zawodników: 477