

# X Piastowski Bieg Mikołajowy

Wrocławski Klub Biegacza PIAST · sobota, 7 grudnia 2024

## Wyniki końcowe - 10KM

| Poz. | Nr | Nazwisko, Imię         | Płeć | Kat | By cat. | MIASTO              | Klub                 | SKM           | Wynik    | Tempo | Czas netto |
|------|----|------------------------|------|-----|---------|---------------------|----------------------|---------------|----------|-------|------------|
| 1    | 47 | MONZO CAMPOS DAVID     | M    | M30 | Open 1° | WROCLAW             |                      | 19:48.97 (1)  | 39:26.14 | 03:56 | 0:39:25.39 |
| 2    | 55 | ANDRZEJEWSKI DROGOSZ   | M    | M30 | Open 2° | LUBIN               |                      | 20:07.09 (2)  | 40:38.86 | 04:04 | 0:40:36.76 |
| 3    | 80 | OPALIŃSKI MICHAŁ       | M    | M30 | Open 3° | WROCLAW             | MARATOŃCZYK DĘBICA   | 20:22.85 (4)  | 40:52.04 | 04:05 | 0:40:48.00 |
| 4    | 14 | ZYCH MARCIN            | M    | M40 | 1°      | WROCLAW             | MOVEMENT69FLOW       | 20:42.00 (5)  | 41:06.05 | 04:07 | 0:41:04.09 |
| 5    | 50 | TRZEPAK ŁUKASZ         | M    | M30 | 1°      | WROCLAW             |                      | 21:06.01 (7)  | 41:14.40 | 04:07 | 0:41:08.10 |
| 6    | 31 | KŁOS SŁAWOMIR          | M    | M40 | 2°      | LUTYNIA             | NOA                  | 20:18.65 (3)  | 41:15.06 | 04:07 | 0:41:15.06 |
| 7    | 86 | NITARSKI KAMIL         | M    | M30 | 2°      | ZÓRAWINA            | WKB PIAST WROCLAW    | 21:03.19 (6)  | 42:28.73 | 04:15 | 0:42:27.85 |
| 8    | 5  | DOWGIAŁO SEBASTIAN     | M    | M40 | 3°      | SMOLEC              |                      | 21:17.29 (8)  | 42:44.35 | 04:16 | 0:42:42.76 |
| 9    | 98 | GROMADA ROLAND         | M    | M30 | 3°      | WROCLAW             | WKB PIAST WROCLAW    | 21:22.57 (9)  | 43:16.80 | 04:20 | 0:43:15.91 |
| 10   | 73 | SKUBISZ KRZYSZTOF      | M    | M30 | 4°      | KALISZ              | LITWIN SPORTS        | 21:24.26 (10) | 43:19.35 | 04:20 | 0:43:17.39 |
| 11   | 40 | SOBCZYK KAMIL          | M    | M30 | 5°      | WROCLAW             | IPA WROCLAW          | 21:30.28 (11) | 43:22.11 | 04:20 | 0:43:19.62 |
| 12   | 11 | SAMOŁUK ADRIAN         | M    | M30 | 6°      | BIAŁY KOŚCIÓŁ       | WKB PIAST WROCLAW    | 21:51.93 (13) | 44:00.82 | 04:24 | 0:43:56.20 |
| 13   | 2  | JAKUCZEK RAFAŁ         | M    | M20 | 1°      | WROCLAW             | BIGLNE HIPKI         | 21:54.89 (14) | 44:10.33 | 04:25 | 0:44:05.82 |
| 14   | 88 | PETRYSZYN PRZEMYSŁAW   | M    | M40 | 4°      | WROCLAW             |                      | 21:32.06 (12) | 44:36.20 | 04:28 | 0:44:31.90 |
| 15   | 53 | SIUBA WOJCIECH         | M    | M20 | 2°      | WROCLAW             |                      | 22:39.05 (16) | 45:13.57 | 04:31 | 0:45:10.31 |
| 16   | 44 | LIBEREK GRZEGORZ       | M    | M30 | 7°      | KOSTOMŁOTY          |                      | 22:44.65 (18) | 45:40.04 | 04:34 | 0:45:37.17 |
| 17   | 1  | GADZIŃSKI MAREK        | M    | M60 | 1°      | WROCLAW             | WKB PIAST WROCLAW    | 22:41.65 (17) | 45:41.67 | 04:34 | 0:45:40.35 |
| 18   | 70 | SYGUŁA SYLWIUSZ        | M    | M50 | 1°      | WOŁÓW               | WOŁÓW BIEGA          | 22:54.43 (20) | 45:53.21 | 04:35 | 0:45:51.40 |
| 19   | 37 | GRZYWACZ DAWID         | M    | M30 | 8°      | WROCLAW             |                      | 22:33.81 (15) | 46:19.72 | 04:38 | 0:46:16.31 |
| 20   | 12 | SZMIT RADOSŁAW         | M    | M40 | 5°      | BIAŁY KOŚCIÓŁ       | WKB PIAST WROCLAW    | 23:09.22 (22) | 46:35.23 | 04:40 | 0:46:29.72 |
| 21   | 74 | KAMIŃSKI MAREK         | M    | M50 | 2°      | WROCLAW             | 180 MINUT            | 23:24.94 (23) | 46:39.23 | 04:40 | 0:46:35.54 |
| 22   | 71 | WIECZOREK JACEK        | M    | M50 | 3°      | WROCLAW             | VELICANTE SPORT TEAM | 23:01.07 (21) | 46:39.32 | 04:40 | 0:46:37.11 |
| 23   | 26 | KULINA MACIEJ          | M    | M30 | 9°      | WROCLAW             |                      | 23:41.24 (25) | 46:55.81 | 04:41 | 0:46:51.47 |
| 24   | 84 | AJZENBERG KRYSZTIAN    | M    | M40 | 6°      | LUTYNIA             | RADOSNA LUTYNIA      | 23:30.31 (24) | 47:26.18 | 04:44 | 0:47:25.42 |
| 25   | 39 | LÓSSA MICHAŁ           | M    | M20 | 3°      | ŻAGAŃ               |                      | 22:50.09 (19) | 47:35.73 | 04:46 | 0:47:28.48 |
| 26   | 10 | ZYCH ADAM              | M    | M60 | 2°      | WROCLAW             |                      | 23:47.89 (27) | 47:44.75 | 04:46 | 0:47:42.01 |
| 27   | 65 | WYSOCKI JACEK          | M    | M40 | 7°      | WROCLAW             | CZTERY SUTKI         | 23:44.67 (26) | 48:02.31 | 04:48 | 0:47:56.29 |
| 28   | 38 | WRÓBEL JAREK           | M    | M40 | 8°      | OLEŚNICA            | CEZAR OLEŚNICA       | 23:54.21 (28) | 48:17.66 | 04:50 | 0:48:08.38 |
| 29   | 28 | SZKUDLARSKI TOMASZ     | M    | M50 | 4°      | WROCLAW             | #SZLACHTABIEGA       | 24:02.16 (29) | 48:34.84 | 04:52 | 0:48:29.33 |
| 30   | 68 | SZMAGIEREWSKI WOJCIECH | M    | M50 | 5°      | WROCLAW             |                      | 24:20.18 (30) | 48:52.02 | 04:53 | 0:48:52.02 |
| 31   | 24 | SPACJER RAFAŁ          | M    | M40 | 9°      | WROCLAW             |                      | 24:20.34 (31) | 49:03.12 | 04:54 | 0:48:56.90 |
| 32   | 81 | SKUBISZEWSKI ADAM      | M    | M40 | 10°     | WROCLAW             |                      | 24:28.03 (32) | 50:36.70 | 05:04 | 0:50:30.33 |
| 33   | 94 | KLIMEK ARKADIUSZ       | M    | M50 | 6°      | WARSZAWA            |                      | 25:35.06 (37) | 50:44.95 | 05:04 | 0:50:33.28 |
| 34   | 83 | PRZEBIERAŁA PAWEŁ      | M    | M40 | 11°     | WROCLAW             | BZOWA RUN            | 25:31.19 (36) | 50:49.92 | 05:05 | 0:50:45.16 |
| 35   | 25 | WESOŁOWSKI MACIEJ      | M    | M50 | 7°      | WROCLAW             |                      | 25:22.82 (35) | 50:57.52 | 05:06 | 0:50:49.97 |
| 36   | 62 | LEWANDOWSKA AGATA      | ♀    | K30 | Open 1° | MIĘKINIA            | BAJA                 | 25:19.46 (34) | 51:27.69 | 05:08 | 0:51:25.76 |
| 37   | 78 | ŻURAWEK ROMAN          | M    | M50 | 8°      | WROCLAW             |                      | 25:52.84 (39) | 51:46.73 | 05:11 | 0:51:37.32 |
| 38   | 56 | OCZKOWSKA SYLWIA       | ♀    | K40 | Open 2° | WROCLAW             |                      | 25:55.45 (40) | 51:47.74 | 05:11 | 0:51:43.66 |
| 39   | 46 | HEWCZUK KATARZYNA      | ♀    | K30 | Open 3° | WROCLAW             | FUNTRI               | 25:36.04 (38) | 52:05.19 | 05:13 | 0:52:00.60 |
| 40   | 58 | BOREJKO KRZYSZTOF      | M    | M30 | 10°     | BIELANY WROCLAWSKIE |                      | 26:31.32 (47) | 52:14.22 | 05:13 | 0:52:04.60 |

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|------|-----|-------------------------|------|-----|---------|-------------------|---------------------|------------------------|---------------|-------|------------|
| 41   | 76  | WYBIERAŁA MAGDALENA     | ♀    | K   | K30     | 1°                | GDYNIA              |                        | 26:04.46 (42) | 05:13 | 0:52:10.52 |
| 42   | 52  | ANTONIAK KAROLINA       | ♀    | K   | K20     | 1°                | NAMYSŁÓW            |                        | 25:19.27 (33) | 05:14 | 0:52:15.57 |
| 43   | 72  | ZWIERZYŃSKI ROMAN       | M    | M60 | 3°      | LUTYNIA           | LECĘ BO CHCĘ        |                        | 26:07.96 (43) | 05:16 | 0:52:31.92 |
| 44   | 35  | BALEWSKI DARIUSZ        | M    | M40 | 12°     | WROCLAW           | WKB PIAST WROCLAW   |                        | 26:03.92 (41) | 05:16 | 0:52:34.27 |
| 45   | 34  | STĘPIEŃ MATEUSZ         | M    | M30 | 11°     | WROCLAW           | RKS                 |                        | 28:10.08 (59) | 05:17 | 0:52:41.48 |
| 46   | 85  | GRUSZCZYŃSKI KRZYSZTOF  | M    | M40 | 13°     | WROCLAW           |                     |                        | 26:16.33 (44) | 05:18 | 0:52:53.38 |
| 47   | 49  | PIOTROWIAK ANGELIKA     | ♀    | K   | K30     | 2°                | WROCLAW             |                        | 26:45.17 (48) | 05:22 | 0:53:33.82 |
| 48   | 69  | SZEDZIANIS BOGDAN       | M    | M60 | 4°      | WROCLAW           |                     |                        | 26:52.26 (50) | 05:23 | 0:53:36.50 |
| 49   | 13  | NOWAK SYLWESTER         | M    | M60 | 5°      | WROCLAW           | WKB PIAST WROCLAW   |                        | 26:28.66 (46) | 05:23 | 0:53:39.30 |
| 50   | 63  | LITKOWIEC MARCIN        | M    | M20 | 4°      | MROZÓW            |                     |                        | 26:21.26 (45) | 05:23 | 0:53:48.38 |
| 51   | 41  | KIERCZAK JAKUB          | M    | M40 | 14°     | WILKSZYN          | PRO-RUN WROCLAW     |                        | 27:01.52 (52) | 05:24 | 0:53:50.16 |
| 52   | 61  | HARASIM SZYMON          | M    | M40 | 15°     | WROCLAW           | PODEPTANE KARTONIKI |                        | 26:55.13 (51) | 05:26 | 0:54:21.09 |
| 53   | 8   | BECQUET JOHAN           | M    | M40 | 16°     | WROCLAW           |                     |                        | 28:08.04 (58) | 05:27 | 0:54:16.98 |
| 54   | 75  | SZERSZEŃ AGATA          | ♀    | K   | K40     | 1°                | WYSOKI KOŚCIÓŁ      | DTR BIEGA / MARIO TEAM | 27:25.48 (54) | 05:28 | 0:54:28.50 |
| 55   | 96  | NESTEROWICZ RYSZARD     | M    | M70 | 1°      | KŁODZKO           | LKS ISKRA           |                        | 26:49.68 (49) | 05:29 | 0:54:34.93 |
| 56   | 87  | MODZELEWSKI ANDRZEJ     | M    | M40 | 17°     | MILEJOWICE        |                     |                        | 28:02.27 (56) | 05:35 | 0:55:41.78 |
| 57   | 30  | HAŃCZAK MACIEJ          | M    | M40 | 18°     | MROZÓW            |                     |                        | 28:18.06 (61) | 05:38 | 0:56:10.31 |
| 58   | 133 | PETRUŚ NIKOLA           | ♀    | K   | K20     | 2°                | GŁOSKA              |                        | 28:10.23 (60) | 05:40 | 0:56:26.68 |
| 59   | 95  | SOCIŃSKI BARTOSZ        | M    | M30 | 12°     | GŁOSKA            |                     |                        | 27:54.65 (55) | 05:40 | 0:56:25.72 |
| 60   | 15  | BŁĄŻEJCZAK KONRAD       | M    | M30 | 13°     | GŁOGÓW            |                     |                        | 28:24.44 (63) | 05:40 | 0:56:32.53 |
| 61   | 48  | TKACZYK DARIUSZ         | M    | M40 | 19°     | BRZEZINKA ŚREDZKA |                     |                        | 27:18.61 (53) | 05:41 | 0:56:41.70 |
| 62   | 4   | GADZIŃSKI WŁODZIMIERZ   | M    | M60 | 6°      | WROCLAW           | WKB PIAST WROCLAW   |                        | 28:05.42 (57) | 05:44 | 0:57:09.93 |
| 63   | 42  | LEWANDOWSKI TADEUSZ     | M    | M70 | 2°      | KIEŁCZÓW          | WKB PIAST WROCLAW   |                        | 28:22.16 (62) | 05:44 | 0:57:18.68 |
| 64   | 45  | MAZUR ANNA              | ♀    | K   | K40     | 2°                | WISZNIA MAŁA        | DOLNY ŚLĄSK            | 28:37.14 (65) | 05:47 | 0:57:49.59 |
| 65   | 67  | KWIECIEŃ BARBARA        | ♀    | K   | K50     | 1°                | WROCLAW             | BIEGAM BO LUBIĘ        | 28:33.12 (64) | 05:48 | 0:57:53.27 |
| 66   | 3   | WOŹNIAK DARIA           | ♀    | K   | K30     | 3°                | WROCLAW             |                        | 29:18.00 (70) | 05:50 | 0:58:10.81 |
| 67   | 97  | SZAŁANKIEWICZ KRZYSZTOF | M    | M60 | 7°      | MIEKINIA          |                     |                        | 29:04.50 (67) | 05:50 | 0:58:15.20 |
| 68   | 19  | SOWA MONIKA             | ♀    | K   | K40     | 3°                | WROCLAW             |                        | 29:10.17 (69) | 05:50 | 0:58:14.78 |
| 69   | 79  | NIEMIEC MONIKA          | ♀    | K   | K20     | 3°                | WROCLAW             |                        | 29:23.69 (71) | 05:52 | 0:58:35.66 |
| 70   | 32  | JÓZWIK PIOTR            | M    | M30 | 14°     | WROCLAW           |                     |                        | 29:29.46 (75) | 05:52 | 0:58:28.01 |
| 71   | 93  | STOJEK MACIEJ           | M    | M40 | 20°     | WROCLAW           |                     |                        | 28:39.40 (66) | 05:55 | 0:58:59.86 |
| 72   | 91  | KOTWICKI RAFAŁ          | M    | M40 | 21°     | WROCLAW           |                     |                        | 29:47.60 (76) | 05:56 | 0:59:13.65 |
| 73   | 29  | PASCHKE MARCIN          | M    | M30 | 15°     | WYSOKA            |                     |                        | 29:28.51 (74) | 05:59 | 0:59:39.90 |
| 74   | 60  | SZAŁANKIEWICZ MARTA     | ♀    | K   | K30     | 4°                | LENARTOWICE         |                        | 29:10.03 (68) | 06:03 | 1:00:26.86 |
| 75   | 57  | PAJDO MAGDALENA         | ♀    | K   | K30     | 5°                | WROCLAW             |                        | 30:55.65 (79) | 06:04 | 1:00:24.15 |
| 76   | 17  | GAŁĄZKA PIOTR           | M    | M50 | 9°      | BRZEZINKA ŚREDZKA |                     |                        | 30:06.45 (77) | 06:04 | 1:00:29.83 |
| 77   | 22  | NOWICKI ZBIGNIEW        | M    | M70 | 3°      | WROCLAW           | WKB PIAST WROCLAW   |                        | 29:26.45 (72) | 06:06 | 1:00:53.14 |
| 78   | 51  | BELA BEATA              | ♀    | K   | K50     | 2°                | WROCLAW             |                        | 30:48.89 (78) | 06:07 | 1:01:01.35 |
| 79   | 92  | SIUBA MONIKA            | ♀    | K   | K30     | 6°                | WROCLAW             |                        | 29:27.33 (73) | 06:11 | 1:01:54.82 |
| 80   | 6   | MIELNICZUK JOANNA       | ♀    | K   | K30     | 7°                | WROCLAW             |                        | 31:23.16 (81) | 06:13 | 1:02:02.05 |

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|------|----|------------------------|------|-----|---------|--------|----------|----------------------|---------------|-------|------------|
| 81   | 27 | BARTNIK ANNA           | ♀    | K   | K20     | 4°     | WROCŁAW  |                      | 31:28.05 (82) | 06:23 | 1:03:44.19 |
| 82   | 43 | STĘPIEŃ KAROLINA       | ♀    | K   | K30     | 8°     | WROCŁAW  |                      | 31:35.93 (84) | 06:24 | 1:03:49.47 |
| 83   | 23 | GANSZCZYK JOANNA       | ♀    | K   | K30     | 9°     | WILKSZYN |                      | 31:49.38 (85) | 06:24 | 1:03:47.53 |
| 84   | 9  | LEWANDOWSKA MAŁGORZATA | ♀    | K   | K60     | 1°     | LEGNICA  |                      | 31:15.37 (80) | 06:25 | 1:04:04.38 |
| 85   | 18 | WESOŁOWSKA URSZULA     | ♀    | K   | K50     | 3°     | WROCŁAW  |                      | 31:28.24 (83) | 06:29 | 1:04:37.96 |
| 86   | 90 | LEŚNIEWSKI JĘDRZEJ     |      | M   | M40     | 22°    | WROCŁAW  |                      | 32:10.01 (86) | 06:34 | 1:05:29.82 |
| 87   | 89 | NAPIERAŁA TADEUSZ      |      | M   | M60     | 8°     | GŁOGÓW   | TEGES                | 33:17.09 (87) | 06:56 | 1:08:58.16 |
| 88   | 77 | SKAWIŃSKA EWA          | ♀    | K   | K40     | 4°     | WILKSZYN | NAKIJEZAPRASZAMY     | 34:55.61 (90) | 07:30 | 1:14:53.98 |
| 89   | 33 | LEWIŃSKI ADAM          |      | M   | M30     | 16°    | WROCŁAW  | BIEGAJĄCE WŁÓCZYKIJE | 38:39.93 (91) | 08:00 | 1:19:43.86 |
| 90   | 82 | KROCHMAL MATEUSZ       |      | M   | M30     | 17°    | WROCŁAW  |                      | 34:04.30 (89) | 09:12 | 1:31:50.18 |
| 91   | 54 | MUSUR ADAM             |      | M   | M70     | 4°     | OLEŚNICA | KB SZERSZEŃ OLEŚNICA | 33:56.00 (88) | 09:12 | 1:31:50.95 |