

5. ARYZTA PÓLMARATON STRZEGOM - 8.10.2022, STRZEGOM

WYNIKI - 21KM GENERAL

| Msc | Numer | Nazwisko | Zespół/Miejscowość | Ur. | MscKtg | Ktg | 10km | Brutto | Netto | Km/h | Czas/km |
|-----|-------|----------------------|-----------------------|------|--------|-----|-------|---------|---------|--------|---------|
| 1 | 4 | SHEVCHENKO SERHII | PIATYHATKI | 1996 | 1 | M18 | 32:33 | 1:08:48 | 1:08:46 | 18,355 | 3:16 |
| 2 | 6 | FEIFER BARTOSZ | WOLSZTYN | 1988 | 1 | M30 | 38:37 | 1:19:53 | 1:19:51 | 15,807 | 3:47 |
| 3 | 171 | WACH MARCIN | BIEGOWA ŚWIDNICA, ŚWI | 1981 | 1 | M40 | 38:59 | 1:22:15 | 1:22:12 | 15,355 | 3:54 |
| 4 | 123 | PACEK TOMASZ | FIZJOBIEGACZE SZCZEC | 1990 | 2 | M30 | 39:22 | 1:22:33 | 1:22:32 | 15,293 | 3:55 |
| 5 | 5 | BOSZCZUK ALINA | OSTRÓW WLKP | 1999 | 1 | K18 | 39:13 | 1:22:57 | 1:22:56 | 15,220 | 3:56 |
| 6 | 38 | CABAJ DAMIAN | MAD RUNNERS, ŚWIDNICA | 1986 | 3 | M30 | 40:29 | 1:26:05 | 1:26:04 | 14,666 | 4:05 |
| 7 | 146 | SAMSON AMADEUSZ | WARSZAWA | 1988 | 4 | M30 | 40:29 | 1:26:24 | 1:26:20 | 14,620 | 4:06 |
| 8 | 119 | NOWICKI JACEK | STRZEGOMSKA DWUNASTK | 1983 | 5 | M30 | 40:43 | 1:28:21 | 1:28:19 | 14,292 | 4:11 |
| 9 | 122 | OSTROWSKI ŁUKASZ | ARYZTA TEAM, STRZEGOM | 1983 | 6 | M30 | 41:16 | 1:28:45 | 1:28:39 | 14,238 | 4:12 |
| 10 | 79 | KOSTRZEWSKA JUSTYNA | ADIDAS RUNNERS WARSA | 1982 | 1 | K40 | 41:58 | 1:28:51 | 1:28:49 | 14,211 | 4:13 |
| 11 | 82 | KRASICKI MICHAŁ | RUNNIN-GYM, RAWICZ | 1977 | 2 | M40 | 42:13 | 1:28:55 | 1:28:53 | 14,201 | 4:13 |
| 12 | 7 | ŚWIECICKI DANIEL | ŻELAZNA ŚWIDNICA, ŚW | 1979 | 3 | M40 | 41:41 | 1:29:10 | 1:29:08 | 14,161 | 4:14 |
| 13 | 21 | BEDNARCZYK MAGDALENA | STRZEGOMSKA DWUNASTK | 1991 | 1 | K30 | 42:49 | 1:29:15 | 1:29:12 | 14,150 | 4:14 |
| 14 | 86 | KRZESZOWSKI MARCIN | MTS, STRZEGOM | 1980 | 4 | M40 | 42:50 | 1:29:26 | 1:29:21 | 14,127 | 4:14 |
| 15 | 88 | KUCZYŃSKI KRZYSZTOF | WROCŁAW | 1978 | 5 | M40 | 42:44 | 1:30:03 | 1:29:55 | 14,038 | 4:16 |
| 16 | 128 | PORADA STANISŁAW | AKB ESEMAS, PROSZKÓW | 1971 | 1 | M50 | 41:59 | 1:30:13 | 1:30:11 | 13,996 | 4:17 |
| 17 | 138 | ROZUMKIEWICZ SONIA | ŚWIDNICKA GRUPA BIEG | 1990 | 2 | K30 | 42:48 | 1:30:22 | 1:30:21 | 13,970 | 4:17 |
| 18 | 15 | BAGIŃSKI ŁUKASZ | WROCŁAW | 1981 | 6 | M40 | 43:17 | 1:30:50 | 1:30:47 | 13,904 | 4:18 |
| 19 | 17 | BANASIAK MARCIN | FUJITSU RUNNING TEAM | 1975 | 7 | M40 | 42:53 | 1:31:05 | 1:30:57 | 13,878 | 4:19 |
| 20 | 9 | GARDECKA EDYTA | WAŁBRZYCH | 1986 | 3 | K30 | 43:02 | 1:31:16 | 1:31:11 | 13,843 | 4:20 |
| 21 | 52 | GARDECKA SYLWIA | WAŁBRZYCH | 1986 | 4 | K30 | 43:02 | 1:31:16 | 1:31:11 | 13,843 | 4:20 |
| 22 | 116 | NEBOHA NIKITA | NIKE RUNNING CLUB, LV | 1999 | 2 | M18 | 41:41 | 1:31:43 | 1:31:40 | 13,770 | 4:21 |
| 23 | 96 | LESIAK MATEUSZ | ŚWIDNICKA GRUPA BIEG | 2005 | 3 | M18 | 44:37 | 1:32:44 | 1:32:29 | 13,648 | 4:23 |
| 24 | 71 | KIERCZAK MAREK | ŚWIDNICKA GRUPA BIEG | 1970 | 2 | M50 | 43:34 | 1:32:50 | 1:32:48 | 13,601 | 4:24 |
| 25 | 109 | MARSZAŁEK KAZIMIERZ | ŚWIERADÓW-ZDRÓJ GÓRS | 1974 | 8 | M40 | 44:54 | 1:32:54 | 1:32:49 | 13,599 | 4:24 |
| 26 | 97 | LESNICKI MAREK | STRZEGOMSKA DWUNASTK | 1967 | 3 | M50 | 44:02 | 1:33:02 | 1:32:58 | 13,577 | 4:25 |
| 27 | 12 | ANDRZEJEWSKA PAULINA | PCH SPORT TEAM, BIELA | 1989 | 5 | K30 | 43:33 | 1:33:21 | 1:33:19 | 13,526 | 4:26 |
| 28 | 160 | SZYMECKI PIOTR | ŚWIEBODZICE | 1976 | 9 | M40 | 44:01 | 1:33:27 | 1:33:25 | 13,512 | 4:26 |
| 29 | 13 | ANUSZ ADAM | MCDONALD'S KĘPNO RUN | 1985 | 7 | M30 | 44:02 | 1:34:21 | 1:34:15 | 13,392 | 4:28 |
| 30 | 113 | MŁYNARCZUK MARCIN | MCDONALD'S KĘPNO RUN | 1983 | 8 | M30 | 44:03 | 1:34:40 | 1:34:33 | 13,350 | 4:29 |
| 31 | 143 | SAMBOR MARIUSZ | SIEMIANOWICE I PRZYJ | 1979 | 10 | M40 | 44:51 | 1:35:29 | 1:35:23 | 13,233 | 4:32 |

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WYNIKI - 21KM GENERAL

| Msc | Numer | Nazwisko | Zespół/Miejscowość | Ur. | MscKtg | Ktg | 10km | Brutto | Netto | Km/h | Czas/km |
|-----|-------|-----------------------|----------------------|------|--------|-----|-------|---------|---------|--------|---------|
| 32 | 95 | LESIAK GRZEGORZ | ŚWIDNICKA GRUPA BIEG | 1979 | 11 | M40 | 44:36 | 1:35:34 | 1:35:20 | 13,240 | 4:31 |
| 33 | 127 | PLEŚNIARSKI ZBIGNIEW | KLUB SPORTOWY GRAŃ W | 1959 | 1 | M60 | 45:10 | 1:35:39 | 1:35:37 | 13,201 | 4:32 |
| 34 | 77 | KOLON TOMASZ | ŚWIDNICKA GRUPA BIEG | 1988 | 9 | M30 | 43:37 | 1:36:12 | 1:36:09 | 13,128 | 4:34 |
| 35 | 145 | SAMOŁUK ADRIAN | GARMIN WROCŁAW,BIAŁY | 1993 | 4 | M18 | 42:28 | 1:36:14 | 1:36:10 | 13,125 | 4:34 |
| 36 | 89 | KULAKOWSKA MAŁGORZATA | ŚWIDNICKA GRUPA BIEG | 1982 | 2 | K40 | 45:41 | 1:36:31 | 1:36:25 | 13,091 | 4:34 |
| 37 | 92 | KWIATKOWSKI BARTOSZ | MCDONALD'S KĘPNO RUN | 1990 | 10 | M30 | 45:49 | 1:36:40 | 1:36:34 | 13,071 | 4:35 |
| 38 | 60 | HARASYM MACIEJ | MUKN POD STRÓŻĄ ,LUB | 1977 | 12 | M40 | 46:10 | 1:36:58 | 1:36:45 | 13,046 | 4:35 |
| 39 | 165 | TOMASZEWSKI JACEK | ŚWIERADÓW-ZDRÓJ GÓRS | 1997 | 5 | M18 | 45:16 | 1:37:35 | 1:37:32 | 12,941 | 4:38 |
| 40 | 81 | KRAJEWSKI MACIEJ | ŚWIERADÓW-ZDRÓJ GÓRS | 1991 | 11 | M30 | 45:15 | 1:37:37 | 1:37:33 | 12,939 | 4:38 |
| 41 | 115 | MORAWSKA BOŻENA | ŚWIDNICA | 1969 | 1 | K50 | 46:49 | 1:37:48 | 1:37:39 | 12,926 | 4:38 |
| 42 | 147 | SKRZYPIEC KAROL | MCDONALD'S KĘPNO RUN | 1984 | 12 | M30 | 45:50 | 1:38:03 | 1:37:56 | 12,889 | 4:39 |
| 43 | 24 | BIELAS BARTOSZ | NGLT RUNNERS,PSZENNO | 1990 | 13 | M30 | 45:35 | 1:39:18 | 1:39:14 | 12,720 | 4:43 |
| 44 | 186 | WOCH AGNIESZKA | ZIELONA GÓRA | 1973 | 3 | K40 | 46:36 | 1:39:28 | 1:39:24 | 12,698 | 4:43 |
| 45 | 27 | BODNAR PAWEŁ | ZIELONA GÓRA | 1983 | 14 | M30 | 46:35 | 1:39:57 | 1:39:51 | 12,641 | 4:44 |
| 46 | 110 | MIEDZIŃSKI MICHAŁ | JKS SALAMANDRA,JAWOR | 1984 | 15 | M30 | 45:05 | 1:40:00 | 1:39:50 | 12,643 | 4:44 |
| 47 | 162 | ŚWIŁO RAFAŁ | ŚWIDNICA/KRASZOWICE, | 1978 | 13 | M40 | 47:58 | 1:40:33 | 1:40:32 | 12,555 | 4:46 |
| 48 | 167 | TOPOLSKI WALDEMAR | ARYZTA TEAM,WARSZAWA | 1965 | 4 | M50 | 47:57 | 1:40:38 | 1:40:30 | 12,559 | 4:46 |
| 49 | 166 | TOPOLSKI MATEUSZ | ARYZTA TEAM,WARSZAWA | 1992 | 16 | M30 | 47:59 | 1:40:39 | 1:40:30 | 12,559 | 4:46 |
| 50 | 149 | STACHOWIAK JACEK | DOMASZCZYN | 1982 | 14 | M40 | 47:32 | 1:40:51 | 1:40:38 | 12,543 | 4:47 |
| 51 | 132 | PRZEPLATA JAREK | STRZEGOMSKA DWUNASTK | 1991 | 17 | M30 | 48:50 | 1:41:09 | 1:41:06 | 12,485 | 4:48 |
| 52 | 181 | WIELCZYK WOJCIECH | LESAFFRE POLSKA S.A. | 1976 | 15 | M40 | 47:05 | 1:41:29 | 1:41:28 | 12,440 | 4:49 |
| 53 | 80 | KOZAK MARCIN | KARCZOWISKA | 1981 | 16 | M40 | 48:12 | 1:41:53 | 1:41:37 | 12,421 | 4:49 |
| 54 | 130 | POTONIEC KAROLINA | STRZEGOMSKA DWUNASTK | 1997 | 2 | K18 | 47:41 | 1:42:27 | 1:42:17 | 12,340 | 4:51 |
| 55 | 101 | LISZKA KAMIL | STRZEGOMSKA DWUNASTK | 1981 | 17 | M40 | 47:41 | 1:42:27 | 1:42:17 | 12,340 | 4:51 |
| 56 | 78 | KORDYLAK IRENEUSZ | ARYZTA TEAM,WAŁBRZYC | 1976 | 18 | M40 | 48:02 | 1:42:41 | 1:42:29 | 12,316 | 4:52 |
| 57 | 137 | ROMAŃCZYK BEATA | STRZEGOMSKA DWUNASTK | 1979 | 4 | K40 | 48:52 | 1:42:53 | 1:42:50 | 12,274 | 4:53 |
| 58 | 133 | PYTA ADAM | WAŁBRZYCH | 1976 | 19 | M40 | 48:11 | 1:42:55 | 1:42:49 | 12,276 | 4:53 |
| 59 | 103 | ŁUKASIK LESZEK | OLAWA | 1959 | 2 | M60 | 48:10 | 1:43:16 | 1:43:10 | 12,235 | 4:54 |
| 60 | 183 | WINNY PRZEMYSŁAW | BIELAWSKA AKADEMIA B | 1988 | 18 | M30 | 47:15 | 1:44:03 | 1:43:41 | 12,174 | 4:55 |
| 61 | 61 | HORBOV VLADYSLAV | ARTYZTA TEAM ,GRODZI | 1993 | 6 | M18 | 46:38 | 1:44:08 | 1:43:59 | 12,139 | 4:56 |
| 62 | 124 | PIĄTEK IWONA | ŚWIDNICKA GRUPA BIEG | 1982 | 5 | K40 | 48:46 | 1:44:20 | 1:44:15 | 12,108 | 4:57 |

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WYNIKI - 21KM GENERAL

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|-----|-------|---------------------------|----------------------|------|--------|-----|-------|---------|---------|--------|---------|
| 63 | 43 | CZYCZERSKI JACEK | GRUPA BIEGOWA BEZ GR | 1968 | 5 | M50 | 50:11 | 1:44:30 | 1:44:25 | 12,088 | 4:57 |
| 64 | 121 | ORŁOWSKI TADEUSZ | CREDIN POLSKA,LUTYNI | 1972 | 6 | M50 | 49:52 | 1:45:22 | 1:45:14 | 11,994 | 5:00 |
| 65 | 55 | GŁOWACKI DARIUSZ | PIOTRKÓW TRYBUNALSKI | 1971 | 7 | M50 | 49:46 | 1:45:29 | 1:45:02 | 12,017 | 4:59 |
| 66 | 41 | CZARKOWSKI NORBERT | TEMMPO WAŁBRZYCH,ŚWI | 1974 | 20 | M40 | 52:07 | 1:45:46 | 1:45:40 | 11,945 | 5:01 |
| 67 | 125 | PITNER ADRIAN | CHRUPEK TEAM,JAWOR | 1978 | 21 | M40 | 47:22 | 1:45:54 | 1:45:43 | 11,940 | 5:01 |
| 68 | 120 | OCHNIO RYSZARD | POLONIA JASTROWIE, A | 1975 | 22 | M40 | 49:43 | 1:45:57 | 1:45:31 | 11,962 | 5:00 |
| 69 | 169 | TWARÓG ZBIGNIEW | GRUPA BIEGOWA "BEZ G | 1952 | 1 | M70 | 48:51 | 1:45:58 | 1:45:48 | 11,930 | 5:01 |
| 70 | 185 | WITKO-BŁASZCZYK SEBASTIAN | ŻELAZNA ŚWIDNICA,JAW | 1981 | 23 | M40 | 49:35 | 1:46:13 | 1:46:05 | 11,898 | 5:02 |
| 71 | 26 | BLACHNIK DAMIAN | ŚWIDNICA | 1982 | 24 | M40 | 49:35 | 1:46:38 | 1:46:24 | 11,863 | 5:03 |
| 72 | 168 | TWARDOWSKI KRZYSZTOF | AMATOR,WROCLAW | 1969 | 8 | M50 | 50:01 | 1:46:58 | 1:46:52 | 11,811 | 5:04 |
| 73 | 170 | TYMKÓW ŁUKASZ | BRZEG | 1981 | 25 | M40 | 52:47 | 1:47:15 | 1:47:14 | 11,771 | 5:05 |
| 74 | 178 | WESOŁOWSKI MACIEJ | WROCLAW | 1970 | 9 | M50 | 53:37 | 1:47:35 | 1:47:29 | 11,743 | 5:06 |
| 75 | 106 | MAŃCZAK BARTŁOMIEJ | ŚWIDNICA | 1979 | 26 | M40 | 52:01 | 1:48:01 | 1:47:54 | 11,698 | 5:07 |
| 76 | 36 | BRYŃSKI DARIUSZ | ZIELONA GÓRA | 1963 | 10 | M50 | 47:17 | 1:48:08 | 1:48:03 | 11,682 | 5:08 |
| 77 | 163 | TKACZYK MARIUSZ | STRZEGOM | 1976 | 27 | M40 | 47:39 | 1:48:32 | 1:48:28 | 11,637 | 5:09 |
| 78 | 98 | LĘGA WIESŁAW | KS TĘCZA,ŚWIDNICA | 1972 | 11 | M50 | 50:41 | 1:48:38 | 1:48:33 | 11,628 | 5:09 |
| 79 | 190 | ZAGAŁA PIOTR | WWW.MOJEMIASTO.SWIDN | 1969 | 12 | M50 | 51:24 | 1:48:43 | 1:48:14 | 11,662 | 5:08 |
| 80 | 100 | LISIECKI PRZEMYSŁAW | MCDONALD?S KĘPNO RUN | 1979 | 28 | M40 | 48:55 | 1:49:08 | 1:48:53 | 11,592 | 5:10 |
| 81 | 158 | SZEMPLIŃSKI JACEK | AB INDUSTRY S.A.,KWI | 1973 | 29 | M40 | 48:45 | 1:49:32 | 1:49:04 | 11,573 | 5:11 |
| 82 | 179 | WĘCLEWSKI ANDRZEJ | BIELAWA,BIELAWA | 1955 | 3 | M60 | 53:19 | 1:49:49 | 1:49:38 | 11,513 | 5:12 |
| 83 | 56 | GŁOWACKI MAREK | BIEGAJ ZAPOBIEGAJ,WA | 1966 | 13 | M50 | 52:05 | 1:50:10 | 1:49:40 | 11,510 | 5:12 |
| 84 | 25 | BIELUŃSKI SEBASTIAN | WROCLAW | 1977 | 30 | M40 | 53:14 | 1:50:11 | 1:50:07 | 11,463 | 5:14 |
| 85 | 152 | SUKTA WOJCIECH | RS SERWIS RUNNING TE | 1989 | 19 | M30 | 54:11 | 1:50:40 | 1:50:14 | 11,450 | 5:14 |
| 86 | 75 | KNOP DAWID | STRZEGOM | 1985 | 20 | M30 | 53:13 | 1:50:41 | 1:50:26 | 11,430 | 5:14 |
| 87 | 32 | BORYSIUK MAREK | STRZEGOM | 1971 | 14 | M50 | 53:13 | 1:50:45 | 1:50:36 | 11,412 | 5:15 |
| 88 | 140 | RYBACKA KATARZYNA | RAWICZ | 1975 | 6 | K40 | 51:08 | 1:50:52 | 1:50:46 | 11,395 | 5:15 |
| 89 | 29 | BORCOŃ PIOTR | WROCLAW | 1973 | 31 | M40 | 52:29 | 1:51:47 | 1:51:27 | 11,325 | 5:17 |
| 90 | 90 | KUNC KAROLINA | ARYZTA TEAM,ŚWIDNICA | 1983 | 6 | K30 | 50:39 | 1:51:54 | 1:51:49 | 11,288 | 5:18 |
| 91 | 59 | HARASYM ANDRZEJ | LUBAWKA | 1989 | 21 | M30 | 50:02 | 1:52:12 | 1:51:58 | 11,273 | 5:19 |
| 92 | 174 | WALICZKO RAFAŁ | ŚWIDNICA | 1978 | 32 | M40 | 52:28 | 1:52:14 | 1:51:59 | 11,271 | 5:19 |
| 93 | 47 | DUŚKO JOANNA | BIEGAM Z ROZUMEM,JAW | 1995 | 3 | K18 | 52:29 | 1:52:29 | 1:52:23 | 11,231 | 5:20 |

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|-----|-------|----------------------|----------------------|------|--------|-----|-------|---------|---------|--------|---------|
| 94 | 102 | ŁOBOS MARIUSZ | WAŁBRZYCH | 1970 | 15 | M50 | 52:06 | 1:52:29 | 1:52:21 | 11,235 | 5:20 |
| 95 | 182 | WIJAS MARCIN | TEMMPO WAŁBRZYCH,STR | 1985 | 22 | M30 | 54:34 | 1:53:01 | 1:52:47 | 11,192 | 5:21 |
| 96 | 104 | MAKOWSKI WIESŁAW | WIESŁAW MAKOWSKI,PON | 1964 | 16 | M50 | 53:01 | 1:53:01 | 1:52:49 | 11,188 | 5:21 |
| 97 | 58 | GOŁUCH ARKADIUSZ | STRZEGOMSKA DWUNASTK | 1975 | 33 | M40 | 54:17 | 1:53:17 | 1:52:58 | 11,173 | 5:22 |
| 98 | 20 | BATOR ROBERT | STRZEGOM | 1975 | 34 | M40 | 54:18 | 1:53:19 | 1:53:02 | 11,167 | 5:22 |
| 99 | 176 | WALTROWSKI PAWEŁ | MCDONALD?S KĘPNO RUN | 1988 | 23 | M30 | 54:47 | 1:53:29 | 1:53:17 | 11,142 | 5:23 |
| 100 | 175 | WALTROWSKA JUSTYNA | MCDONALD?S KĘPNO RUN | 1990 | 7 | K30 | 55:24 | 1:53:34 | 1:53:22 | 11,134 | 5:23 |
| 101 | 49 | FARION MARZENA | THE FARIONS,STRZEGOM | 1981 | 7 | K40 | 54:02 | 1:54:04 | 1:53:49 | 11,090 | 5:24 |
| 102 | 8 | DRĄG PRZEMYSŁAW | ŻARÓW | 1981 | 35 | M40 | 51:35 | 1:54:25 | 1:54:13 | 11,051 | 5:25 |
| 103 | 134 | RADZIKOWSKA MELANIA | WAŁBRZYCH | 1981 | 8 | K40 | 52:53 | 1:54:40 | 1:54:31 | 11,022 | 5:26 |
| 104 | 62 | HURLAK RAFAŁ | KLUB ALVINA ,ŚWIDNIC | 1986 | 24 | M30 | 53:24 | 1:54:55 | 1:54:44 | 11,001 | 5:27 |
| 105 | 180 | WIECZOREK AGNIESZKA | NSK,BOGUSZÓW-GORCE | 1982 | 9 | K40 | 52:31 | 1:54:55 | 1:54:50 | 10,992 | 5:27 |
| 106 | 117 | NIEDZIELA RAFAŁ | WROCŁAW | 1975 | 36 | M40 | 54:22 | 1:55:07 | 1:54:44 | 11,001 | 5:27 |
| 107 | 76 | KOLIŃSKA ANNA | AKTYWNY OSTRZESZOW,O | 1991 | 8 | K30 | 54:57 | 1:55:11 | 1:54:50 | 10,992 | 5:27 |
| 108 | 187 | WOJTASIK ANDRZEJ | STRZEGOMSKA DWUNASTK | 1968 | 17 | M50 | 54:34 | 1:55:30 | 1:55:14 | 10,954 | 5:28 |
| 109 | 67 | JANULEWICZ WOJCIECH | WYBIEGANI ŁAGIEWNIKI | 1980 | 37 | M40 | 54:39 | 1:56:21 | 1:56:01 | 10,880 | 5:30 |
| 110 | 57 | GOŁUCH JOANNA | WYBIEGANI ŁAGIEWNIKI | 1977 | 10 | K40 | 54:19 | 1:56:21 | 1:56:01 | 10,880 | 5:30 |
| 111 | 1 | CHMURA JAN | STRZEGOM | 1949 | 2 | M70 | 54:48 | 1:56:31 | 1:56:30 | 10,834 | 5:32 |
| 112 | 45 | DAJCZMAN PAWEŁ | TEMMPO WAŁBRZYCH,WAŁ | 1977 | 38 | M40 | 54:43 | 1:57:01 | 1:56:48 | 10,807 | 5:33 |
| 113 | 64 | JADWISZCZAK MATEUSZ | TSM ARIZONA,BELCHATÓ | 1992 | 25 | M30 | 56:36 | 1:57:17 | 1:57:01 | 10,787 | 5:33 |
| 114 | 28 | BORCOŃ JAKUB | WROCŁAW | 2002 | 7 | M18 | 52:19 | 1:58:04 | 1:57:40 | 10,727 | 5:35 |
| 115 | 33 | BOŻEK GRZEGORZ | KB ZDYSZAAANI CHOCIA | 1980 | 39 | M40 | 56:55 | 1:58:11 | 1:58:01 | 10,695 | 5:36 |
| 116 | 189 | ZADARA BEATA | WYBIEGANI ŁAGIEWNIKI | 1981 | 11 | K40 | 56:03 | 1:58:13 | 1:57:52 | 10,709 | 5:36 |
| 117 | 34 | BOŻEK IWONA | KB ZDYSZAAANI ,CHOCI | 1990 | 9 | K30 | 56:55 | 1:58:14 | 1:58:04 | 10,691 | 5:36 |
| 118 | 50 | FEDYCZKOWSKA JUSTYNA | STRZEGOMSKA DWUNASTK | 1972 | 2 | K50 | 56:18 | 1:58:36 | 1:58:19 | 10,668 | 5:37 |
| 119 | 112 | MISKIEWICZ TOMASZ | WARSZAWA | 1992 | 26 | M30 | 54:03 | 1:58:42 | 1:58:34 | 10,646 | 5:38 |
| 120 | 42 | CZUBALA BEATA | STRZEGOMSKA DWUNASTK | 1977 | 12 | K40 | 56:16 | 1:58:44 | 1:58:26 | 10,658 | 5:37 |
| 121 | 135 | RAGAN ANETA | STRZEGOMSKA DWUNASTK | 1977 | 13 | K40 | 56:18 | 1:58:45 | 1:58:27 | 10,656 | 5:37 |
| 122 | 10 | PORABIK JOANNA | ŚWIDNICA | 1977 | 14 | K40 | 54:34 | 1:58:52 | 1:58:47 | 10,626 | 5:38 |
| 123 | 164 | TKACZYK KATARZYNA | STRZEGOM | 1982 | 15 | K40 | 58:18 | 1:58:57 | 1:58:49 | 10,623 | 5:38 |
| 124 | 154 | SZAŁAŃSKI ŁUKASZ | TSM ARIZONA,BELCHATÓ | 1990 | 27 | M30 | 56:35 | 1:58:58 | 1:58:42 | 10,634 | 5:38 |

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|-----|-------|---------------------|-----------------------|------|--------|-----|-------|---------|---------|--------|---------|
| 125 | 70 | KIERCZAK BEATA | ŚWIDNICKA GRUPA BIEG | 1974 | 16 | K40 | 55:43 | 1:59:11 | 1:59:05 | 10,599 | 5:39 |
| 126 | 87 | KUBIAK ANNA | STRZEGOMSKA DWUNASTK | 1976 | 17 | K40 | 56:16 | 1:59:19 | 1:59:01 | 10,605 | 5:39 |
| 127 | 93 | KWIECIEŃ BARBARA | PIECOWICE | 1971 | 3 | K50 | 53:10 | 1:59:27 | 1:59:23 | 10,573 | 5:40 |
| 128 | 91 | KURZAWA JAROSŁAW | BIEGACZ AMATOR, JELEN | 1986 | 28 | M30 | 54:16 | 1:59:29 | 1:59:22 | 10,574 | 5:40 |
| 129 | 94 | LATUS MAREK | DOLNOŚLĄSKIE MŁYNY, U | 1960 | 4 | M60 | 51:22 | 1:59:37 | 1:59:31 | 10,561 | 5:40 |
| 130 | 68 | JAROS EWELINA | TS REGLE SZKLARSKA P | 1984 | 10 | K30 | 56:00 | 1:59:44 | 1:59:39 | 10,549 | 5:41 |
| 131 | 31 | BORYSIUK JANUSZ | STRZEGOM | 1992 | 29 | M30 | 54:21 | 2:00:06 | 1:59:55 | 10,526 | 5:42 |
| 132 | 30 | KAMIŃSKI ARKADIUSZ | WARSZAWA | 1997 | 8 | M18 | 57:04 | 2:00:11 | 2:00:02 | 10,516 | 5:42 |
| 133 | 83 | KRAWIEC MARCIN | NGLT RUNNERS, ŚWIEBOD | 1991 | 30 | M30 | 54:59 | 2:00:15 | 2:00:03 | 10,514 | 5:42 |
| 134 | 177 | WESOŁOWSKA URSZULA | WROCLAW | 1971 | 4 | K50 | 56:36 | 2:00:50 | 2:00:45 | 10,453 | 5:44 |
| 135 | 84 | KROKOCKI PAWEŁ | ARYZTA TEAM, OSOWIEC | 1978 | 40 | M40 | 52:51 | 2:02:02 | 2:01:58 | 10,349 | 5:47 |
| 136 | 192 | ZIELINSKI BOGUMIŁ | GRUPA BIEGOWA MIEROS | 1963 | 18 | M50 | 56:46 | 2:02:10 | 2:01:49 | 10,362 | 5:47 |
| 137 | 150 | STANOWSKI JAKUB | STRZEGOM | 1992 | 31 | M30 | 56:34 | 2:02:18 | 2:02:07 | 10,336 | 5:48 |
| 138 | 108 | MARCINIAK DOMINIK | ŁÓDŹ | 1976 | 41 | M40 | 56:32 | 2:02:30 | 2:02:23 | 10,314 | 5:49 |
| 139 | 72 | KIRCUŃ PAWEŁ | WROCLAW | 1975 | 42 | M40 | 54:16 | 2:03:05 | 2:02:51 | 10,274 | 5:50 |
| 140 | 126 | PLEBAŃSKI JAROSŁAW | ŚREM | 1985 | 32 | M30 | 57:22 | 2:03:32 | 2:03:08 | 10,251 | 5:51 |
| 141 | 46 | DUDEK KRZYSZTOF | STRZEGOMSKA DWUNASTK | 1974 | 43 | M40 | 54:45 | 2:03:34 | 2:03:19 | 10,236 | 5:51 |
| 142 | 105 | MAŁAS PIOTR | WROCLAW | 1966 | 19 | M50 | 58:19 | 2:03:40 | 2:03:17 | 10,238 | 5:51 |
| 143 | 48 | DYDYSKI KRZYSZTOF | ŻARÓW | 1965 | 20 | M50 | 53:52 | 2:04:45 | 2:04:36 | 10,130 | 5:55 |
| 144 | 69 | JEZIERSKI GRZEGORZ | ULDO POLSKA, ZACHOWI | 1984 | 33 | M30 | 56:00 | 2:04:59 | 2:04:48 | 10,114 | 5:55 |
| 145 | 118 | NIEMCZUK MAGDALENA | ŚWIDNICKA GRUPA BIEG | 1976 | 18 | K40 | 58:18 | 2:05:04 | 2:04:57 | 10,102 | 5:56 |
| 146 | 18 | BANK IRENEUSZ | ARYZTA TEAM, WARSZAWA | 1962 | 5 | M60 | 55:18 | 2:05:23 | 2:05:09 | 10,086 | 5:56 |
| 147 | 22 | BIAŁOŃ DAWID | ARYZTA TEAM, ŚWIEBODZ | 1982 | 44 | M40 | 57:22 | 2:05:49 | 2:05:35 | 10,051 | 5:58 |
| 148 | 35 | BRYL STANISŁAW | STRZEGOMSKA DWUNASTK | 1958 | 6 | M60 | 57:44 | 2:05:57 | 2:05:41 | 10,043 | 5:58 |
| 149 | 184 | WIŚNIEWSKI GRZEGORZ | DOLNOŚLĄSKIE MŁYNY S | 1981 | 45 | M40 | 55:15 | 2:06:35 | 2:06:27 | 9,982 | 6:00 |
| 150 | 16 | BALON ANNA | ROZUM TEAM, ŚWIDNICA | 1981 | 19 | K40 | 58:06 | 2:06:57 | 2:06:52 | 9,949 | 6:01 |
| 151 | 54 | GŁOWACKA ILONA | ARYZTA TEAM, WROCLAW | 1982 | 20 | K40 | 57:20 | 2:07:04 | 2:06:57 | 9,943 | 6:02 |
| 152 | 65 | JANKOWICZ AGNIESZKA | TEMMPO WAŁBRZYCH, WA | 1981 | 21 | K40 | 58:15 | 2:08:11 | 2:07:57 | 9,865 | 6:04 |
| 153 | 74 | KŁODNICKA JOLANTA | WROCLAW | 1983 | 11 | K30 | 58:52 | 2:09:21 | 2:09:13 | 9,768 | 6:08 |
| 154 | 53 | GIL ALBERT | WROCLAW | 1986 | 34 | M30 | 54:26 | 2:09:55 | 2:09:42 | 9,732 | 6:09 |
| 155 | 111 | MIELNIK KRZYSZTOF | WROCLAW | 1978 | 46 | M40 | 56:12 | 2:10:34 | 2:10:26 | 9,677 | 6:12 |

5. ARYZTA PÓLMARATON STRZEGOM - 8.10.2022, STRZEGOM
WYNIKI - 21KM
GENERAL

| Msc | Numer | Nazwisko | Zespół/Miejscowość | Ur. | MscKtg | Ktg | 10km | Brutto | Netto | Km/h | Czas/km |
|-----|-------|---------------------|----------------------|------|--------|-----|---------|---------|---------|-------|---------|
| 156 | 37 | BRZEZIŃSKI BOLESŁAW | BRACTWO BIEGACZY I,C | 1944 | 3 | M70 | 1:00:57 | 2:11:10 | 2:10:56 | 9,640 | 6:13 |
| 157 | 129 | POSTAWSKA KATARZYNA | KOSTRZA | 2004 | 4 | K18 | 1:01:08 | 2:12:03 | 2:11:51 | 9,573 | 6:16 |
| 158 | 51 | FULMAN DARIUSZ | ARYZTA TEAM,KĄTY WRO | 1988 | 35 | M30 | 1:00:05 | 2:14:47 | 2:14:36 | 9,378 | 6:23 |
| 159 | 141 | SADOWSKA JOANNA | ARYZTA TEAM,BRWINÓW | 1981 | 22 | K40 | 1:03:37 | 2:18:38 | 2:18:21 | 9,123 | 6:34 |
| 160 | 39 | CIEŚLA GRZEGORZ | WAŁBRZYCH | 1992 | 36 | M30 | 1:02:04 | 2:22:08 | 2:21:44 | 8,906 | 6:44 |
| 161 | 44 | CZYŻ MATEUSZ | WIELUŃ BIEGA,MOKRSKO | 1991 | 37 | M30 | 1:02:35 | 2:23:06 | 2:22:49 | 8,838 | 6:47 |
| 162 | 139 | RUDNICKI PAWEŁ | STRZEGOMSKA DWUNASTK | 1977 | 47 | M40 | 1:03:03 | 2:23:52 | 2:23:46 | 8,780 | 6:50 |
| 163 | 131 | PRAWDZIK RYSZARD | ŻARÓW | 1949 | 4 | M70 | 1:03:37 | 2:24:39 | 2:24:29 | 8,736 | 6:52 |
| 164 | 23 | BIAŁOŃ KAZIMIERZ | WAŁBRZYCH | 1955 | 7 | M60 | 1:12:46 | 2:25:36 | 2:25:14 | 8,691 | 6:54 |
| 165 | 14 | ATKONIS ZBIGNIEW | ARYZTA TEAM,JASTRZĘB | 1962 | 8 | M60 | 1:03:15 | 2:26:52 | 2:26:38 | 8,608 | 6:58 |
| 166 | 107 | MAŃKOWSKA JUSTYNA | FAURECIA SPORTS TEAM | 1993 | 5 | K18 | 1:09:12 | 2:35:47 | 2:35:31 | 8,116 | 7:23 |