

NIEPODLEGŁOŚCIOWA PIĄTKA 2024 - 11.11.2024, ZIELONA GÓRA  
WYNIKI - 5KM  
M40

| Msc | Numer | Nazwa                 | Zespół/Miejscowość    | Ur.  | MscGen | 2.5km | Brutto | Netto | Km/h   | Czas/km |
|-----|-------|-----------------------|-----------------------|------|--------|-------|--------|-------|--------|---------|
| 1   | 171   | KOSTRZEMBSKI ZBIGNIEW | ZIELONA GÓRA          | 1977 | 5      | 8:22  | 16:58  | 16:56 | 17,717 | 3:23    |
| 2   | 39    | KOTLAREK DAWID        | MIZUNO RUNNING TEAM,  | 1978 | 10     | 8:45  | 17:38  | 17:34 | 17,078 | 3:30    |
| 3   | 193   | PIGŁOWSKI DAWID       | KANIA TEAM,GORZÓW WI  | 1982 | 14     | 8:59  | 18:22  | 18:19 | 16,379 | 3:39    |
| 4   | 124   | SYPUŁA DANIEL         | TORZYM TRZY WZGÓRZA,  | 1983 | 17     | 9:12  | 18:53  | 18:49 | 15,943 | 3:45    |
| 5   | 265   | BUBEL SEBASTIAN       | KB WIKON NOWA SÓL,,NO | 1984 | 18     | 9:20  | 18:52  | 18:49 | 15,943 | 3:45    |
| 6   | 60    | SZOMBIERSKI ROBERT    | PROJEKT TRIATHLON,LU  | 1984 | 19     | 9:22  | 19:06  | 19:03 | 15,748 | 3:48    |
| 7   | 36    | FOŁTA ADRIAN          | WIERZBICKI RUNNING P  | 1983 | 20     | 9:29  | 19:08  | 19:03 | 15,748 | 3:48    |
| 8   | 121   | PSIUK RADOSŁAW        | SULIMA ROWERY TEAM,Z  | 1978 | 21     | 9:31  | 19:22  | 19:17 | 15,557 | 3:51    |
| 9   | 251   | SOBOLEWSKI ŁUKASZ     | ZIELONA GÓRA          | 1983 | 24     | 9:52  | 19:32  | 19:27 | 15,424 | 3:53    |
| 10  | 42    | MROZIŃSKI ROMAN       | TEAM DRACZYŃSKI,ZIEL  | 1979 | 28     | 9:58  | 19:41  | 19:37 | 15,293 | 3:55    |
| 11  | 280   | RATAJCZAK PAWEŁ       | ZIELONA GÓRA          | 1976 | 29     | 9:58  | 19:47  | 19:41 | 15,241 | 3:56    |
| 12  | 4     | BOHAREWICZ PAWEŁ      | STARSZA DZIKA MŁODZI  | 1980 | 30     | 9:45  | 19:49  | 19:46 | 15,177 | 3:57    |
| 13  | 252   | TARASEK SŁAWOMIR      | KB WIKON NOWA SÓL,,NO | 1979 | 32     | 10:02 | 20:02  | 19:57 | 15,038 | 3:59    |
| 14  | 191   | KOWALSKI ARTUR        | LODOŁAMACZE SPOKOTAT  | 1978 | 33     | 9:59  | 20:17  | 19:59 | 15,013 | 3:59    |
| 15  | 179   | OŚKO SZYMON           | ZIELONA GÓRA          | 1984 | 39     | 10:10 | 20:42  | 20:33 | 14,599 | 4:06    |
| 16  | 25    | MICHALCZAK RADEK      | ELECTRIC FLASH ,ZIEL  | 1982 | 40     | 10:04 | 20:37  | 20:33 | 14,599 | 4:06    |
| 17  | 40    | KUZIOMKO KRZYSZTOF    | TEAM DRACZYŃSKI,ZIEL  | 1978 | 45     | 10:03 | 20:46  | 20:41 | 14,504 | 4:08    |
| 18  | 269   | MAZUREK KRZYSZTOF     | GREENPOL,DROSZKÓW     | 1983 | 47     | 10:16 | 20:49  | 20:41 | 14,504 | 4:08    |
| 19  | 32    | STADNIK MARIUSZ       | ZIELONA GÓRA          | 1980 | 48     | 10:28 | 20:52  | 20:43 | 14,481 | 4:08    |
| 20  | 169   | JAŚNIEWSKI PRZEMYSŁAW | ZIELONA GÓRA          | 1979 | 51     | 10:36 | 21:04  | 20:58 | 14,308 | 4:11    |
| 21  | 11    | IWAŃSKI PAWEŁ         | CZARNA                | 1981 | 57     | 10:55 | 21:50  | 21:39 | 13,857 | 4:19    |
| 22  | 236   | CZAPLA KRYSZTIAN      | MCH RUNNERS TEAM,ZIE  | 1980 | 59     | 10:54 | 22:08  | 21:51 | 13,730 | 4:22    |
| 23  | 157   | JERSZ PRZEMEK         | CZERWIEŃSK            | 1984 | 60     | 10:58 | 22:06  | 21:54 | 13,699 | 4:22    |
| 24  | 15    | JASKÓLSKI KRZYSZTOF   | TRIBOY TEAM,GUBIN     | 1983 | 65     | 11:01 | 22:16  | 22:09 | 13,544 | 4:25    |
| 25  | 29    | RACZYŃSKI ROBERT      | ZIELONA GÓRA          | 1982 | 69     | 10:57 | 22:36  | 22:33 | 13,304 | 4:30    |
| 26  | 73    | PAWŁOWSKI ANDRZEJ     | KOŻUCHÓW              | 1977 | 75     | 11:24 | 23:03  | 22:55 | 13,091 | 4:35    |
| 27  | 46    | NOWOROLNIK ADAM       | ZGZB,ZIELONA GÓRA     | 1977 | 77     | 11:26 | 23:07  | 22:56 | 13,081 | 4:35    |
| 28  | 277   | TERLIKOWSKI ARKADIUSZ | NOWOSOLSKA GRUPA BIE  | 1976 | 78     | 11:35 | 23:11  | 23:02 | 13,025 | 4:36    |
| 29  | 52    | ZADORECKI RADOSŁAW    | ZIELONA GÓRA          | 1975 | 80     | 11:24 | 23:51  | 23:25 | 12,811 | 4:41    |
| 30  | 213   | GANCZAR ŁUKASZ        | YOURMOVE,ZIELONA GÓR  | 1984 | 81     | 11:35 | 23:38  | 23:29 | 12,775 | 4:41    |
| 31  | 82    | HAWRYLUK RAFAŁ        | KS ZAPIERDALATOR ,ZI  | 1979 | 86     | 11:38 | 23:57  | 23:51 | 12,579 | 4:46    |

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| 32  | 153   | SOWA AREK            | STADTSPORTBUND FRANK | 1984 | 89     | 11:52 | 24:15  | 24:02 | 12,483 | 4:48    |
| 33  | 247   | DMUCHOWSKI JACEK     | BOJADELSKA BRAĆ BIEG | 1983 | 92     | 12:22 | 24:31  | 24:13 | 12,388 | 4:50    |
| 34  | 85    | LENIART KRZYSZTOF    | ZIELONA GÓRA         | 1980 | 93     | 13:10 | 24:44  | 24:21 | 12,320 | 4:52    |
| 35  | 220   | CUKIERNIK PRZEMYSŁAW | HARPAGAN ZIELONA GÓR | 1982 | 94     | 11:46 | 24:35  | 24:27 | 12,270 | 4:53    |
| 36  | 185   | KAMIŃSKI KAMIL       | CZERWIEŃSK           | 1978 | 96     | 12:10 | 24:49  | 24:34 | 12,212 | 4:54    |
| 37  | 70    | LACROIX WIESŁAW      | ZGULTRA,ZIELONA GÓRA | 1984 | 98     | 12:40 | 25:02  | 24:40 | 12,162 | 4:56    |
| 38  | 69    | BYKOWSKI BARTŁOMIEJ  | ZIELONA GÓRA         | 1982 | 102    | 12:21 | 25:19  | 24:57 | 12,024 | 4:59    |
| 39  | 99    | DOMARADZKI ANDRZEJ   | PRZYTOK              | 1984 | 106    | 12:19 | 25:23  | 25:16 | 11,873 | 5:03    |
| 40  | 272   | NARUSZEWICZ TOMASZ   | GWARDIA ZIELONA GÓR  | 1979 | 107    | 13:13 | 25:37  | 25:22 | 11,827 | 5:04    |
| 41  | 129   | MARKOWSKI MAREK      | ŻARY                 | 1978 | 109    | 12:27 | 25:34  | 25:29 | 11,772 | 5:05    |
| 42  | 30    | SADZA BARTOSZ        | ZIELONA GÓRA         | 1980 | 127    | 13:15 | 27:11  | 27:02 | 11,097 | 5:24    |
| 43  | 83    | SZYLKIN WOJCIECH     | IRONVET ,ZIELONA GOR | 1981 | 128    | 13:23 | 27:38  | 27:14 | 11,016 | 5:26    |
| 44  | 16    | KACZMAREK ADAM       | AEROKLUB ZIEMI LUBUS | 1978 | 129    | 13:48 | 27:29  | 27:16 | 11,002 | 5:27    |
| 45  | 163   | MARCINOWSKI MACIEJ   | NOWOGRÓD BOBRZAŃSK   | 1981 | 131    | 13:53 | 27:35  | 27:24 | 10,949 | 5:28    |
| 46  | 50    | JASIAK PAWEŁ         | LUBSKO               | 1980 | 132    | 13:51 | 27:51  | 27:47 | 10,798 | 5:33    |
| 47  | 186   | MANDZIUK KRYSZTIAN   | ZIELONA GÓRA         | 1983 | 137    | 14:02 | 29:29  | 29:08 | 10,297 | 5:49    |
| 48  | 123   | TOMCZAK DANIEL       | PJOS,ZIELONA GÓRA    | 1978 | 139    | 14:43 | 30:02  | 29:44 | 10,090 | 5:56    |
| 49  | 31    | SOBOTKA ŁUKASZ       | AEROKLUB ZIEMI LUBUS | 1984 | 147    | 15:28 | 31:23  | 31:08 | 9,636  | 6:13    |