

# Bieg ArłaMove 03.05.2023r.

## Wyniki kategorii wiekowe



| M-ce                     | Nr  | Nazwisko i imię            | Międzyczas (5 km)  | Tempo (min/km) | Wynik brutto       |
|--------------------------|-----|----------------------------|--------------------|----------------|--------------------|
| <b>Bieg Główny 10 km</b> |     |                            |                    |                |                    |
| <b>K-20</b>              |     |                            |                    |                |                    |
| 1.                       | 143 | <b>Pyrcz Dominika</b>      | <b>00:21:49,28</b> | <b>4:53</b>    | <b>00:48:56,39</b> |
| 2.                       | 17  | <b>Skalska Patrycja</b>    | <b>00:23:42,98</b> | <b>5:40</b>    | <b>00:56:46,13</b> |
| 3.                       | 20  | <b>Gradowska Iwona</b>     | <b>00:24:53,28</b> | <b>5:41</b>    | <b>00:56:52,11</b> |
| 4.                       | 97  | Wrembel Karolina           | 00:24:31,78        | 5:51           | 00:58:36,92        |
| 5.                       | 132 | Zofia Hutyra               | 00:25:05,28        | 6:10           | 01:01:49,20        |
| 6.                       | 146 | Domin Dominika             | 00:29:04,48        | 6:58           | 01:09:47,63        |
| <b>K-30</b>              |     |                            |                    |                |                    |
| 1.                       | 76  | <b>Klinger Weronika</b>    | <b>00:21:18,18</b> | <b>5:01</b>    | <b>00:50:10,42</b> |
| 2.                       | 91  | <b>Lis Paulina</b>         | <b>00:22:58,08</b> | <b>5:05</b>    | <b>00:50:58,10</b> |
| 3.                       | 11  | <b>Czuchman Agnieszka</b>  | <b>00:24:42,88</b> | <b>5:27</b>    | <b>00:54:39,78</b> |
| 4.                       | 22  | Dyjak Agnieszka            | 00:23:02,38        | 5:31           | 00:55:18,69        |
| 5.                       | 24  | Klimowicz Sylwia           | 00:24:48,88        | 6:05           | 01:00:59,08        |
| 6.                       | 95  | Wojnarowicz Małgorzata     | 00:29:01,88        | 6:53           | 01:08:53,19        |
| 7.                       | 145 | Domin Renata               | 00:29:09,88        | 6:58           | 01:09:47,61        |
| 8.                       | 126 | Majewska Magdalena         | 00:36:06,88        | 8:42           | 01:27:00,68        |
| <b>K-40</b>              |     |                            |                    |                |                    |
| 1.                       | 121 | <b>Zasadzińska Barbara</b> | <b>00:20:37,68</b> | <b>4:55</b>    | <b>00:49:18,61</b> |
| 2.                       | 110 | <b>Bal Barbara</b>         | <b>00:23:03,28</b> | <b>4:58</b>    | <b>00:49:46,33</b> |
| 3.                       | 117 | <b>Owsiak Justyna</b>      | <b>00:22:38,08</b> | <b>5:04</b>    | <b>00:50:48,04</b> |
| 4.                       | 75  | Wójcik-Bilińska Marta      | 00:23:22,08        | 5:16           | 00:52:47,98        |
| 5.                       | 87  | Śliwińska Dorota           | 00:23:21,18        | 5:18           | 00:53:00,00        |
| 6.                       | 114 | Semerko Aneta              | 00:24:33,68        | 5:38           | 00:56:25,93        |

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|------|-----|-------------------------|-------------------|----------------|--------------|
| 7.   | 119 | Ciepałowicz Ewa         | 00:25:21,28       | 5:41           | 00:56:52,48  |
| 8.   | 62  | Horak Monika            | 00:26:07,08       | 5:48           | 00:58:04,90  |
| 9.   | 61  | Ćwikła Agnieszka        | 00:26:22,48       | 6:10           | 01:01:40,88  |
| 10.  | 129 | Sycz Barbara            | 00:25:15,78       | 6:19           | 01:03:15,85  |
| 11.  | 102 | Grzybowska Sylwia       | 00:27:01,18       | 6:26           | 01:04:26,58  |
| 12.  | 23  | Samuś Beata             | 00:27:34,68       | 6:37           | 01:06:12,92  |
| 13.  | 99  | Sas-Malarczyk Agnieszka | 00:27:33,68       | 6:43           | 01:07:12,05  |
| 14.  | 44  | Siorek Katarzyna        | 00:28:54,88       | 6:49           | 01:08:16,72  |
| 15.  | 139 | Gradowska Katarzyna     | 00:29:23,38       | 7:01           | 01:10:18,13  |
| 16.  | 77  | Rohan Iwona             | 00:29:42,88       | 7:16           | 01:12:44,92  |
| 17.  | 16  | Skalska Elżbieta        | 00:34:33,18       | 7:45           | 01:17:39,06  |

## K-50

|    |     |                        |             |      |             |
|----|-----|------------------------|-------------|------|-------------|
| 1. | 14  | Szybiak Joanna         | 00:21:13,08 | 5:02 | 00:50:26,01 |
| 2. | 122 | Macek Bogusława        | 00:24:05,98 | 5:16 | 00:52:40,64 |
| 3. | 108 | Śnieżek Lidia          | 00:25:50,78 | 5:57 | 00:59:31,04 |
| 4. | 79  | Stadnik Renata         | 00:25:48,58 | 6:02 | 01:00:20,14 |
| 5. | 118 | HNATYK EWA             | 00:27:50,98 | 6:38 | 01:06:21,03 |
| 6. | 56  | Kiełtyka Zdzisława     | 00:27:45,38 | 6:43 | 01:07:16,16 |
| 7. | 104 | Jablczyk-Pempus Dorota | 00:29:47,08 | 7:16 | 01:12:45,85 |
| 8. | 85  | Maksym Krystyna        | 00:31:45,18 | 7:40 | 01:16:49,56 |

## M-20

|    |     |                  |             |      |             |
|----|-----|------------------|-------------|------|-------------|
| 1. | 55  | Gałąda Szymon    | 00:18:19,08 | 4:06 | 00:41:01,33 |
| 2. | 13  | Szybiak Maciej   | 00:18:46,78 | 4:13 | 00:42:13,26 |
| 3. | 134 | Szymon Dąbrowski | 00:18:59,28 | 4:15 | 00:42:37,28 |
| 4. | 21  | Burak Bartłomiej | 00:18:41,68 | 4:17 | 00:42:50,20 |
| 5. | 34  | Stadnyk Janusz   | 00:20:01,68 | 4:34 | 00:45:48,35 |
| 6. | 105 | Pempuś Bernard   | 00:19:32,08 | 4:44 | 00:47:26,15 |

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## Wyniki kategorie wiekowe

| M-ce | Nr | Nazwisko i imię      | Międzyczas (5 km) | Tempo (min/km) | Wynik brutto |
|------|----|----------------------|-------------------|----------------|--------------|
| 7.   | 46 | Harężga Bartosz      | 00:24:02,28       | 4:57           | 00:49:33,58  |
| 8.   | 51 | Badlik Michał        | 00:21:45,68       | 5:00           | 00:50:00,58  |
| 9.   | 54 | Drohomirecki Norbert | 00:24:08,08       | 5:46           | 00:57:47,91  |

## M-30

|     |     |                    |             |      |             |
|-----|-----|--------------------|-------------|------|-------------|
| 1.  | 69  | Lubomski Krzysztof | 00:16:37,38 | 3:41 | 00:36:51,20 |
| 2.  | 137 | Jacek Gut          | 00:16:45,38 | 3:49 | 00:38:11,43 |
| 3.  | 107 | Tracz Łukasz       | 00:17:20,78 | 3:54 | 00:39:05,20 |
| 4.  | 111 | Rusin Kornel       | 00:17:32,68 | 3:55 | 00:39:14,85 |
| 5.  | 1   | Krzcot Adam        | 00:17:32,68 | 3:56 | 00:39:23,64 |
| 6.  | 45  | Żołnierz Tomasz    | 00:18:21,58 | 4:10 | 00:41:49,68 |
| 7.  | 36  | Leś Michał         | 00:19:03,08 | 4:20 | 00:43:28,33 |
| 8.  | 120 | Młaś Ireneusz      | 00:18:36,28 | 4:23 | 00:43:53,81 |
| 9.  | 33  | Roman Krzysztof    | 00:18:50,58 | 4:25 | 00:44:10,73 |
| 10. | 19  | Wilk Radosław      | 00:18:45,88 | 4:26 | 00:44:22,66 |
| 11. | 124 | Fedio Marek        | 00:18:41,18 | 4:30 | 00:45:05,62 |
| 12. | 12  | Podolak Paweł      | 00:20:15,58 | 4:34 | 00:45:44,36 |
| 13. | 109 | Hałys Bartłomiej   | 00:21:06,88 | 4:46 | 00:47:46,64 |
| 14. | 35  | Krawczyk Konrad    | 00:22:29,68 | 5:04 | 00:50:42,04 |
| 15. | 113 | Bieliszak Maciej   | 00:22:56,88 | 5:06 | 00:51:06,99 |
| 16. | 68  | Socha Marcin       | 00:22:52,58 | 5:08 | 00:51:27,85 |
| 17. | 67  | Mikoś Darek        | 00:22:42,68 | 5:13 | 00:52:17,44 |
| 18. | 18  | Halgowski Karol    | 00:24:29,98 | 5:24 | 00:54:00,75 |
| 19. | 9   | Czuchman Marek     | 00:24:37,08 | 5:27 | 00:54:39,99 |
| 20. | 41  | Hałoń Łukasz       | 00:24:05,08 | 5:28 | 00:54:47,02 |
| 21. | 78  | Wójcik Damian      | 00:23:35,38 | 5:31 | 00:55:10,50 |
| 22. | 28  | Joński Tomasz      | 00:25:15,58 | 5:31 | 00:55:13,88 |
| 23. | 25  | Musiał Mariusz     | 00:23:45,38 | 5:45 | 00:57:30,71 |
| 24. | 43  | Banasiewicz Paweł  | 00:26:16,28 | 5:54 | 00:59:09,48 |

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## Wyniki kategorie wiekowe

| M-ce | Nr  | Nazwisko i imię   | Międzyczas (5 km) | Tempo (min/km) | Wynik brutto |
|------|-----|-------------------|-------------------|----------------|--------------|
| 25.  | 115 | Osypanka Daniel   | 00:24:41,98       | 6:03           | 01:00:35,82  |
| 26.  | 29  | Blajer Kamil      | 00:25:33,58       | 6:10           | 01:01:41,26  |
| 27.  | 94  | Sochacki Grzegorz | 00:29:03,18       | 6:53           | 01:08:53,98  |
| 28.  | 88  | TARKOWSKI Dawid   | 00:29:53,88       | 7:16           | 01:12:46,04  |

## M-40

|     |     |                     |             |      |             |
|-----|-----|---------------------|-------------|------|-------------|
| 1.  | 39  | Jakubczak Grzegorz  | 00:18:10,48 | 4:06 | 00:41:04,77 |
| 2.  | 74  | Wasylów Jacek       | 00:18:38,78 | 4:08 | 00:41:28,75 |
| 3.  | 70  | Malarczyk Jarek     | 00:18:37,78 | 4:13 | 00:42:15,23 |
| 4.  | 49  | Rohan Łukasz        | 00:19:18,38 | 4:13 | 00:42:18,34 |
| 5.  | 135 | Piotr Wójtowicz     | 00:20:48,28 | 4:40 | 00:46:41,46 |
| 6.  | 52  | Badlik Marcin       | 00:22:28,88 | 4:58 | 00:49:44,10 |
| 7.  | 72  | Kowieszko Marcin    | 00:22:56,78 | 4:59 | 00:49:52,64 |
| 8.  | 103 | Bobko Mariusz       | 00:22:23,38 | 5:02 | 00:50:27,93 |
| 9.  | 112 | Poźniak Grzegorz    | 00:23:05,18 | 5:06 | 00:51:07,50 |
| 10. | 133 | Marcin Kęsicki      | 00:23:07,08 | 5:09 | 00:51:38,96 |
| 11. | 82  | Dobrowolski Andrzej | 00:23:31,58 | 5:13 | 00:52:12,12 |
| 12. | 84  | Ulicki Piotr        | 00:23:31,88 | 5:13 | 00:52:12,52 |
| 13. | 138 | Piotr Winiarski     | 00:24:34,58 | 5:15 | 00:52:30,57 |
| 14. | 142 | Jagodzinski Łukasz  | 00:23:48,18 | 5:18 | 00:53:02,51 |
| 15. | 10  | Kozak Michał        | 00:22:21,18 | 5:20 | 00:53:22,13 |
| 16. | 116 | Bobusia Jakub       | 00:23:37,38 | 5:26 | 00:54:27,57 |
| 17. | 30  | Biliński Tomasz     | 00:23:48,58 | 5:27 | 00:54:38,98 |
| 18. | 123 | Ścibor Jarosław     | 00:23:49,38 | 5:33 | 00:55:30,52 |
| 19. | 6   | Sozański Mariusz    | 00:25:13,58 | 5:37 | 00:56:18,15 |
| 20. | 98  | Wrembel Artur       | 00:24:32,38 | 5:51 | 00:58:37,70 |
| 21. | 58  | Ostafiński Jerzy    | 00:25:34,08 | 5:53 | 00:58:51,59 |
| 22. | 92  | Oczoś Przemysław    | 00:24:46,88 | 5:54 | 00:59:04,76 |
| 23. | 37  | Gdula Piotr         | 00:25:54,78 | 5:55 | 00:59:11,26 |

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## Wyniki kategorie wiekowe

| M-ce | Nr  | Nazwisko i imię    | Międzyczas (5 km) | Tempo (min/km) | Wynik brutto |
|------|-----|--------------------|-------------------|----------------|--------------|
| 24.  | 63  | Witko Jerzy        | 00:24:57,58       | 5:56           | 00:59:29,12  |
| 25.  | 42  | Hydzik Grzegorz    | 00:27:18,98       | 6:10           | 01:01:48,85  |
| 26.  | 5   | Potocki Piotr      | 00:27:06,68       | 6:21           | 01:03:34,60  |
| 27.  | 27  | Bełch Łukasz       | 00:28:10,58       | 6:26           | 01:04:21,97  |
| 28.  | 101 | Grzybowski Paweł   | 00:26:38,68       | 6:31           | 01:05:17,89  |
| 29.  | 26  | Samuś Dariusz      | 00:27:35,88       | 6:37           | 01:06:13,69  |
| 30.  | 71  | Frankiewicz Tomasz | 00:31:47,58       | 7:38           | 01:16:27,06  |

## M-50

|     |     |                    |             |      |             |
|-----|-----|--------------------|-------------|------|-------------|
| 1.  | 130 | Jałocha Mieczysław | 00:18:18,48 | 4:01 | 00:40:19,94 |
| 2.  | 64  | Szeremeta Tomek    | 00:18:19,98 | 4:08 | 00:41:24,44 |
| 3.  | 127 | Surmacz Sławek     | 00:19:08,88 | 4:16 | 00:42:48,30 |
| 4.  | 80  | Stadnik Wojciech   | 00:20:01,38 | 4:31 | 00:45:19,21 |
| 5.  | 50  | Dec Piotr          | 00:20:35,48 | 4:36 | 00:46:02,60 |
| 6.  | 136 | Olaf Kacperski     | 00:20:17,48 | 4:43 | 00:47:16,89 |
| 7.  | 73  | ŚNIEŻEK PIOTR      | 00:20:41,08 | 4:51 | 00:48:31,38 |
| 8.  | 96  | Sobejko Artur      | 00:20:58,88 | 4:52 | 00:48:47,29 |
| 9.  | 8   | Skalski Paweł      | 00:23:20,78 | 5:13 | 00:52:12,33 |
| 10. | 125 | Nykiel Tomasz      | 00:24:52,38 | 5:25 | 00:54:19,43 |
| 11. | 89  | Maksym Jerzy       | 00:24:56,08 | 6:05 | 01:00:59,65 |
| 12. | 4   | Kozłowski Piotr    | 00:27:10,98 | 6:31 | 01:05:19,25 |
| 13. | 140 | Kopczyk Waldemar   | 00:29:05,38 | 7:01 | 01:10:18,22 |
| 14. | 57  | Skrzypek Wojciech  | 00:29:35,38 | 7:07 | 01:11:12,20 |
| 15. | 60  | Mokrzycki Janusz   | 00:29:34,48 | 7:07 | 01:11:12,71 |

## M-60

|    |     |                  |             |      |             |
|----|-----|------------------|-------------|------|-------------|
| 1. | 100 | Moskowicz Stefan | 00:21:46,18 | 4:58 | 00:49:41,88 |
| 2. | 81  | Podolak Zbigniew | 00:24:21,68 | 5:47 | 00:57:58,41 |

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| M-ce                     | Nr  | Nazwisko i imię | Międzyczas (5 km) | Tempo (min/km) | Wynik brutto |
|--------------------------|-----|-----------------|-------------------|----------------|--------------|
| <b>Poza klasyfikacją</b> |     |                 |                   |                |              |
| 1.                       | 131 | BAR MIROSŁAW    | n.d.              | 4:48           | 00:48:05,53  |

Liczba uczestników: 124

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