

VIII Sierpecka Dziesiątka - Bieg Główny

Klasyfikacja: OPEN



| M-ce | Nr start. | Nazwisko i imię | Miejscowość | Drużyna | Rok urodz. | Kat. wiek. | M-ce w kat. | Kat. dod. | M-ce w kat. | Tempo min/km | Tempo km/h | 3,33 km | 6,66 km | Czas netto | Wynik (brutto) | K | M |
|------|-----------|------------------------|-------------|-----------------------|------------|------------|-------------|-----------|-------------|--------------|------------|---------|---------|------------|----------------|---|----|
| 1 | 1 | Adamovich Raman | Leszno | Achilles Leszno | 1996 | 16-29 M | 1 | | | 03:05 | 19.4 | 09:57 | 20:02 | 30:51 | 30:52 | | 1 |
| 2 | 62 | Przybyła Adrian | Ilawa | Run Goku Team | 1991 | 30-39 M | 1 | | | 03:18 | 18.1 | 10:40 | 21:18 | 33:09 | 33:10 | | 2 |
| 3 | 92 | Moskal Paweł | Kurzętnik | Kurzętnik biega | 1997 | 16-29 M | 2 | | | 03:21 | 17.9 | 10:40 | 21:42 | 33:30 | 33:31 | | 3 |
| 4 | 44 | Mariański Piotr | Sierpc | Szczutowo Biega | 1985 | 30-39 M | 2 | | | 03:26 | 17.4 | 11:09 | 22:20 | 34:28 | 34:29 | | 4 |
| 5 | 4 | Belka Przemysław | Ilawa | Ilawa Biega | 1990 | 30-39 M | 3 | | | 03:34 | 16.8 | 11:31 | 23:07 | 35:45 | 35:47 | | 5 |
| 6 | 77 | Traczyk Łukasz | Żychlin | ROZBIEGANI ŻYCHLIN | 1998 | 16-29 M | 3 | | | 03:35 | 16.7 | 11:28 | 23:14 | 35:55 | 35:57 | | 6 |
| 7 | 95 | Górski Krystian | Agnieszkowo | Szczutowo Biega | 2001 | 16-29 M | 4 | | | 03:42 | 16.2 | 12:05 | 24:10 | 37:06 | 37:09 | | 7 |
| 8 | 76 | Szarmacher Sebastian | Działdowo | Rozbiegane Działdowo | 1983 | 40-49 M | 1 | | | 03:48 | 15.8 | 12:13 | 24:48 | 38:00 | 38:02 | | 8 |
| 9 | 71 | Skorupa Kamil | Nowa Sucha | UKS Filipides Teresin | 1999 | 16-29 M | 5 | | | 03:49 | 15.7 | 11:53 | 24:42 | 38:13 | 38:16 | | 9 |
| 10 | 66 | Rokicki Patryk | Płock | Góry Lasy | 1995 | 16-29 M | 6 | | | 03:50 | 15.6 | 12:28 | 25:07 | 38:27 | 38:29 | | 10 |
| 11 | 69 | Siemieńczuk Marcin | Płock | | 1991 | 30-39 M | 4 | | | 03:51 | 15.5 | 12:08 | 24:54 | 38:36 | 38:38 | | 11 |
| 12 | 74 | Sudzińska Mariola | Olsztyn | | 1976 | 40-49 K | 1 | | | 03:53 | 15.4 | 12:52 | 25:28 | 38:56 | 38:58 | 1 | |
| 13 | 51 | Nowakowski Marcin | Sierpc | Szczutowo Biega | 1982 | 40-49 M | 2 | | | 03:54 | 15.4 | 12:55 | 25:52 | 39:02 | 39:04 | | 12 |
| 14 | 31 | Kępczyński Rafał | Szczutowo | Szczutowo Biega | 1989 | 30-39 M | 5 | | | 03:54 | 15.3 | 12:54 | 25:52 | 39:03 | 39:05 | | 13 |
| 15 | 84 | Żuchowski Bartosz | Toruń | | 1996 | 16-29 M | 7 | | | 04:00 | 15 | 12:54 | 25:59 | 39:56 | 40:01 | | 14 |
| 16 | 98 | Jążdżyk Konrad | Rachocin | TKKF KUBUŚ Sierpc | 1997 | 16-29 M | 8 | | | 04:02 | 14.9 | 12:28 | 25:55 | 40:22 | 40:24 | | 15 |
| 17 | 68 | Sadowski Łukasz | Słupno | Biegaj z Dymkiem | 1988 | 30-39 M | 6 | | | 04:04 | 14.7 | 13:00 | 26:30 | 40:40 | 40:44 | | 16 |
| 18 | 96 | Górski Kacper | Agnieszkowo | Szczutowo Biega | 2006 | 16-29 M | 9 | | | 04:06 | 14.6 | 12:56 | 26:14 | 41:02 | 41:03 | | 17 |
| 19 | 32 | Kinast Krzysztof | Działdowo | | 1983 | 40-49 M | 3 | | | 04:07 | 14.6 | 13:20 | 26:54 | 41:10 | 41:12 | | 18 |
| 20 | 58 | Pawlak Mariusz | Działdowo | | 1973 | 50-59 M | 1 | | | 04:09 | 14.5 | 13:27 | 27:02 | 41:29 | 41:30 | | 19 |
| 21 | 54 | Osowski Adam | Kisiny | Rozbiegane Działdowo | 1982 | 40-49 M | 4 | | | 04:09 | 14.4 | 13:29 | 27:14 | 41:32 | 41:36 | | 20 |
| 22 | 24 | Jasińska Patrycja | Skrwilno | Szczutowo Biega | 2003 | 16-29 K | 1 | | | 04:09 | 14.4 | 13:04 | 26:50 | 41:36 | 41:37 | 2 | |
| 23 | 90 | Mulczyński Piotr | Sierpc | Team Bożewo | 1990 | 30-39 M | 7 | | | 04:10 | 14.4 | 12:51 | 27:10 | 41:47 | 41:48 | | 21 |
| 24 | 2 | Augustyniak Marcin | Śniechy | BiegnęPodPrąd | 1991 | 30-39 M | 8 | | | 04:11 | 14.3 | 13:11 | 27:05 | 41:51 | 41:54 | | 22 |
| 25 | 45 | Meller Ryszard | Sierpc | | 1982 | 40-49 M | 5 | | | 04:13 | 14.2 | 13:04 | 27:03 | 42:09 | 42:12 | | 23 |
| 26 | 83 | Żuchowski Józef | Płonne | | 1971 | 50-59 M | 2 | | | 04:15 | 14.1 | 13:46 | 27:41 | 42:31 | 42:35 | | 24 |
| 27 | 18 | Giżyński Arkadiusz | Sierpc | | 1990 | 30-39 M | 9 | | | 04:15 | 14.1 | 12:51 | 27:08 | 42:36 | 42:39 | | 25 |
| 28 | 17 | Gašiorowska Aneta | Sierpc | Biegaj z Dymkiem | 1991 | 30-39 K | 1 | | | 04:17 | 14 | 14:00 | 28:08 | 42:54 | 42:57 | 3 | |
| 29 | 42 | Maliszewski Adam | Sierpc | GUMA TEAM | 2007 | 16-29 M | 10 | | | 04:18 | 13.9 | 13:37 | 28:01 | 43:00 | 43:03 | | 26 |
| 30 | 26 | Kamińska Teresa | Górzno | | 1976 | 40-49 K | 2 | | | 04:19 | 13.9 | 13:27 | 27:51 | 43:08 | 43:11 | 4 | |
| 31 | 10 | Chalicki Jacek | Sierpc | | 1980 | 40-49 M | 6 | | | 04:19 | 13.9 | 13:36 | 27:45 | 43:11 | 43:14 | | 27 |
| 32 | 28 | Kasiński Dariusz | Płock | | 1980 | 40-49 M | 7 | | | 04:19 | 13.9 | 13:26 | 27:48 | 43:12 | 43:18 | | 28 |
| 33 | 67 | Rzepka Ryszard | Lembarg | Kurznetnik Biega | 1971 | 50-59 M | 3 | | | 04:20 | 13.8 | 13:53 | 27:58 | 43:18 | 43:21 | | 29 |
| 34 | 55 | Oszal Andrzej | Sierpc | | 1977 | 40-49 M | 8 | | | 04:22 | 13.7 | 13:36 | 28:05 | 43:41 | 43:45 | | 30 |
| 35 | 75 | Szarmacher Artur | Działdowo | | 1986 | 30-39 M | 10 | | | 04:24 | 13.6 | 14:17 | 28:58 | 44:02 | 44:04 | | 31 |
| 36 | 12 | Chmielewski Sławomir | Żuki | TKKF KUBUŚ Sierpc | 1968 | 50-59 M | 4 | | | 04:27 | 13.5 | 13:38 | 28:26 | 44:29 | 44:33 | | 32 |
| 37 | 46 | Mielnikiewicz Weronika | Murzynowo | | 1984 | 30-39 K | 2 | | | 04:27 | 13.4 | 14:18 | 29:01 | 44:34 | 44:37 | 5 | |
| 38 | 14 | Dobrzynski Henryk | Barczewko | | 1962 | 60+ M | 1 | | | 04:28 | 13.4 | 14:34 | 29:18 | 44:43 | 44:45 | | 33 |
| 39 | 19 | Goczyński Waldemar | Sierpc | TKKF KUBUŚ Sierpc | 1977 | 40-49 M | 9 | | | 04:29 | 13.3 | 13:59 | 28:54 | 44:52 | 44:57 | | 34 |
| 40 | 100 | Sekulski Kamil | Sierpc | Dynamo Sierpc | 1996 | 16-29 M | 11 | | | 04:30 | 13.3 | 13:37 | 28:42 | 45:02 | 45:06 | | 35 |
| 41 | 93 | Alfut Grzegorz | Sierpc | Velo | 1961 | 60+ M | 2 | | | 04:31 | 13.2 | 14:18 | 29:09 | 45:15 | 45:20 | | 36 |
| 42 | 106 | Królikowski Zbigniew | Sierpc | TKKF Kubuś Sierpc | 1964 | 50-59 M | 5 | | | 04:37 | 13 | 14:33 | 29:53 | 46:06 | 46:10 | | 37 |

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|------|-----------|-------------------------------|------------------|------------------------------|------------|------------|-------------|-----------|-------------|--------------|------------|---------|---------|------------|----------------|----|----|
| 43 | 34 | Kociszewski Krzysztof | Nowa Wieś | | 1959 | 60+ M | 3 | | | 04:38 | 12.9 | 14:34 | 29:55 | 46:22 | 46:29 | | 38 |
| 44 | 102 | Milewski Benedykt | Grążawy | CBR Biega | 1966 | 50-59 M | 6 | | | 04:40 | 12.8 | 14:46 | 30:12 | 46:38 | 46:44 | | 39 |
| 45 | 107 | Motyka Zdzisław | Sierpc | TKKF KUBUŚ Sierpc | 1961 | 60+ M | 4 | | | 04:42 | 12.8 | 14:32 | 29:56 | 46:56 | 47:02 | | 40 |
| 46 | 38 | Kucki Kamil | Narzym | | 1984 | 30-39 M | 11 | | | 04:42 | 12.7 | 14:44 | 30:24 | 46:59 | 47:05 | | 41 |
| 47 | 40 | Kuras Justyna | Poznań | | 1992 | 30-39 K | 3 | | | 04:43 | 12.7 | 14:36 | 30:23 | 47:15 | 47:19 | 6 | |
| 48 | 105 | Poczwadowska Anita | Szczutowo | Szczutowo Biega | 1990 | 30-39 K | 4 | | | 04:44 | 12.7 | 14:46 | 30:25 | 47:21 | 47:25 | | 7 |
| 49 | 65 | Pulkowski Łukasz | Szczutowo | LKS Maków Mazowiecki | 1981 | 40-49 M | 10 | | | 04:46 | 12.6 | 15:15 | 30:44 | 47:35 | 47:40 | | 42 |
| 50 | 79 | Widera Radosław | Miszewo Murowane | | 1976 | 40-49 M | 11 | | | 04:50 | 12.4 | 15:24 | 31:30 | 48:21 | 48:25 | | 43 |
| 51 | 87 | Doskocz Nina | Ząbki | Biegające Ząbki | 1986 | 30-39 K | 5 | | | 04:51 | 12.3 | 15:23 | 31:32 | 48:31 | 48:36 | 8 | |
| 52 | 37 | Krzyszewski Zbigniew | Stanowo | Klub Biegacza Sokół Bodzanów | 1968 | 50-59 M | 7 | | | 04:53 | 12.3 | 15:24 | 31:32 | 48:50 | 48:55 | | 44 |
| 53 | 8 | Brudnicka Karolina | Sierpc | TKKF KUBUŚ Sierpc | 1995 | 16-29 K | 2 | | | 04:54 | 12.2 | 15:37 | 31:51 | 48:54 | 48:59 | 9 | |
| 54 | 16 | Filipowicz Albert | Ostróda | Albert Team | 1972 | 50-59 M | 8 | | | 04:54 | 12.2 | 16:15 | 32:15 | 48:58 | 49:08 | | 45 |
| 55 | 72 | Spisak Weronika | Ożary | Góry Lasy | 1998 | 16-29 K | 3 | | | 04:55 | 12.2 | 15:41 | 31:58 | 49:09 | 49:12 | 10 | |
| 56 | 60 | Piekacz Dawid | Mława | | 1980 | 40-49 M | 12 | | | 04:55 | 12.2 | 15:59 | 32:26 | 49:10 | 49:20 | | 46 |
| 57 | 81 | Włodarski Kamil | Sierpc | | 1988 | 30-39 M | 12 | | | 04:56 | 12.1 | 15:08 | 31:51 | 49:21 | 49:23 | | 47 |
| 58 | 82 | Woźniak Piotr | Sierpc | | 1996 | 16-29 M | 12 | | | 04:58 | 12 | 15:50 | 32:10 | 49:41 | 49:48 | | 48 |
| 59 | 50 | Nowak Jarosław | Toruń | SPC | 1968 | 50-59 M | 9 | | | 04:59 | 12 | 15:37 | 32:02 | 49:51 | 49:57 | | 49 |
| 60 | 108 | Piekacz Małgorzata | Mława | | 1984 | 30-39 K | 6 | | | 05:01 | 11.9 | 16:23 | 32:47 | 50:07 | 50:16 | 11 | |
| 61 | 20 | Gruda Mirosław | Osielsko | | 1956 | 60+ M | 5 | | | 05:04 | 11.8 | 15:36 | 32:34 | 50:42 | 50:47 | | 50 |
| 62 | 57 | Pawlak Paweł | Działdowo | | 1977 | 40-49 M | 13 | | | 05:05 | 11.8 | 16:07 | 33:02 | 50:44 | 50:51 | | 51 |
| 63 | 56 | Pawlak Zbigniew | Działdowo | | 1975 | 40-49 M | 14 | | | 05:06 | 11.8 | 16:08 | 33:03 | 50:57 | 51:03 | | 52 |
| 64 | 103 | Tomaszewska Izabela | Psary | | 1984 | 30-39 K | 7 | | | 05:08 | 11.7 | 15:43 | 32:46 | 51:12 | 51:16 | 12 | |
| 65 | 94 | Guzowska Kinga | Bożewo | TKKF Kubuś Sierpc | 2004 | 16-29 K | 4 | | | 05:08 | 11.7 | 15:31 | 32:42 | 51:24 | 51:27 | 13 | |
| 66 | 6 | Borkowski Jarosław | Sierpc | | 1982 | 40-49 M | 15 | | | 05:08 | 11.7 | 16:15 | 33:33 | 51:19 | 51:29 | | 53 |
| 67 | 7 | Borowski Kamil | Białe Błoto | | 1990 | 30-39 M | 13 | | | 05:12 | 11.5 | 16:46 | 33:52 | 51:55 | 52:00 | | 54 |
| 68 | 61 | Podlaszewski Jacek | Toruń | SPC | 1970 | 50-59 M | 10 | | | 05:13 | 11.5 | 16:23 | 33:49 | 52:06 | 52:13 | | 55 |
| 69 | 86 | Gabryszewski Adam | Sierpc | Pazdan 83 | 1983 | 40-49 M | 16 | | | 05:18 | 11.3 | 16:15 | 34:07 | 53:03 | 53:07 | | 56 |
| 70 | 63 | Przybyłowski Mariusz | Straszyn | | 1993 | 30-39 M | 14 | | | 05:21 | 11.2 | 16:07 | 33:59 | 53:23 | 53:32 | | 57 |
| 71 | 23 | Jankowiak Jakub | Warszawa | | 1984 | 30-39 M | 15 | | | 05:22 | 11.2 | 17:25 | 35:00 | 53:37 | 53:45 | | 58 |
| 72 | 29 | Każmierczak-Myszyńska Paulina | Zawidz Koscielny | TKKF KUBUŚ Sierpc | 1979 | 40-49 K | 3 | | | 05:23 | 11.1 | 16:15 | 34:20 | 53:46 | 53:51 | 14 | |
| 73 | 5 | Błaszkwicz Roksana | Biezuń | | 2006 | 16-29 K | 5 | | | 05:26 | 11 | 16:45 | 34:45 | 54:16 | 54:20 | 15 | |
| 74 | 91 | Paluszkiewicz Adrian | Bożewo | Team Bożewo | 1997 | 16-29 M | 13 | | | 05:26 | 11 | 17:34 | 35:15 | 54:14 | 54:24 | | 59 |
| 75 | 85 | Jakubowski Adam | Sochaczew | | 1982 | 40-49 M | 17 | | | 05:27 | 11 | 17:54 | 35:54 | 54:24 | 54:30 | | 60 |
| 76 | 64 | Pulkowska Anna | Szczutowo | | 1982 | 40-49 K | 4 | | | 05:27 | 11 | 17:08 | 35:11 | 54:32 | 54:38 | 16 | |
| 77 | 39 | Kuras Damian | Poznań | PSI Polska | 1991 | 30-39 M | 16 | | | 05:28 | 11 | 18:29 | 36:19 | 54:34 | 54:42 | | 61 |
| 78 | 80 | Winnicka Kamila | Łuchowo | Biegnę Pod Prąd | 1992 | 30-39 K | 8 | | | 05:30 | 10.9 | 17:38 | 35:41 | 55:01 | 55:09 | 17 | |
| 79 | 78 | Urbański Krzysztof | Sierpc | Złote Nogi Sierpc | 1995 | 16-29 M | 14 | | | 05:34 | 10.8 | 17:50 | 36:34 | 55:32 | 55:42 | | 62 |
| 80 | 53 | Olejnik Radosław | Bydgoszcz | | 1984 | 30-39 M | 17 | | | 05:35 | 10.8 | 16:37 | 35:23 | 55:40 | 55:48 | | 63 |
| 81 | 3 | Balewska Iwona | Toruń | SPC | 1973 | 50-59 K | 1 | | | 05:36 | 10.7 | 17:24 | 36:06 | 55:55 | 56:02 | 18 | |
| 82 | 30 | Kępczyńska Dorota | Szczutowo | Szczutowo Biega | 1990 | 30-39 K | 9 | | | 05:37 | 10.7 | 17:38 | 35:54 | 56:08 | 56:16 | 19 | |
| 83 | 9 | Brudnicki Karol | Sierpc | TKKF KUBUŚ Sierpc | 1994 | 16-29 M | 15 | | | 05:41 | 10.5 | 17:53 | 36:49 | 56:51 | 56:57 | | 64 |
| 84 | 13 | Dobrzeńcki Sławomir | Sierpc | przyjaciele | 1976 | 40-49 M | 18 | | | 05:44 | 10.4 | 17:14 | 36:21 | 57:17 | 57:25 | | 65 |

Wyniki wersja z: 16.09.2023 19:10:43

Data: 16.09.2023 17:00:00

Miejscowość: Sierpc

Organizator: Miejski Ośrodek Sportu i Rekreacji w Sierpcu,

Burmistrz i Rada Miejska Sierpca

Dystans: 10 km

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|------|-----------|-----------------------|-----------------------|------------------------------|------------|------------|-------------|-----------|-------------|--------------|------------|---------|----------|------------|----------------|----|----|
| 85 | 48 | Moczadło Maria | Nowe Miasto Lubawskie | SPC | 1973 | 50-59 K | 2 | | | 05:47 | 10.4 | 18:41 | 37:46 | 57:43 | 57:52 | 20 | |
| 86 | 15 | Królikowska Monika | Toruń | SPC | 1997 | 16-29 K | 6 | | | 05:47 | 10.4 | 17:43 | 37:47 | 57:45 | 57:53 | 21 | |
| 87 | 104 | Urbański Mariusz | Sierpc | | 1978 | 40-49 M | 19 | | | 05:47 | 10.4 | 18:29 | 36:51 | 57:48 | 57:58 | | 66 |
| 88 | 52 | Olejniczak Maria | Sierpc | TKKF KUBUŚ Sierpc | 1958 | 60+ K | 1 | | | 05:49 | 10.3 | 17:53 | 37:02 | 58:08 | 58:13 | 22 | |
| 89 | 11 | Chmielewska Edyta | Toruń | | 1985 | 30-39 K | 10 | | | 05:49 | 10.3 | 18:41 | 37:40 | 58:07 | 58:15 | 23 | |
| 90 | 41 | Lubaszewski Paweł | Płock | | 1952 | 60+ M | 6 | | | 06:00 | 10 | 18:44 | 38:12 | 59:59 | 01:00:08 | | 67 |
| 91 | 99 | Iwańska Martyna | Uniszki Zawadzkie | | 1994 | 16-29 K | 7 | | | 06:06 | 9.8 | 18:18 | 39:18 | 01:01:00 | 01:01:04 | 24 | |
| 92 | 21 | Grześ-Oszal Alicja | Sierpc | | 1977 | 40-49 K | 5 | | | 06:08 | 9.8 | 19:04 | 39:22 | 01:01:09 | 01:01:20 | 25 | |
| 93 | 35 | Krajewski Marcin | Zalesie | | 1997 | 16-29 M | 16 | | | 06:20 | 9.5 | 18:48 | 39:44 | 01:03:22 | 01:03:24 | | 68 |
| 94 | 22 | Janakiewicz Michał | Sierpc | Zaszczepieni Bssketem Sierpc | 1981 | 40-49 M | 20 | | | 06:21 | 9.4 | 17:07 | 39:50 | 01:03:31 | 01:03:36 | | 69 |
| 95 | 88 | Kozłowska Danuta | Sierpc | | 1955 | 60+ K | 2 | | | 06:33 | 9.1 | 20:51 | 42:19 | 01:05:29 | 01:05:34 | 26 | |
| 96 | 36 | Krzyszewska Katarzyna | Stanowo | Klub Biegacza Sokół Bodzanów | 1969 | 50-59 K | 3 | | | 06:35 | 9.1 | 19:21 | 41:34 | 01:05:53 | 01:06:00 | 27 | |
| 97 | 70 | Skierkowski Tymoteusz | Drobin | | 2005 | 16-29 M | 17 | | | 06:45 | 8.9 | 20:02 | 42:36 | 01:07:22 | 01:07:31 | | 70 |
| 98 | 43 | Manowiecka Renata | Warszawa | SportGas | 1975 | 40-49 K | 6 | | | 06:47 | 8.8 | 20:41 | 42:56 | 01:07:46 | 01:07:56 | 28 | |
| 99 | 49 | Nadolski Miłosz | Tluchowo | | 2003 | 16-29 M | 18 | | | 06:52 | 8.7 | 23:37 | 47:43 | 01:08:36 | 01:08:44 | | 71 |
| 100 | 101 | Paczkowski Andrzej | Sierpc | | 1943 | 60+ M | 7 | | | 06:54 | 8.7 | 21:51 | 44:31 | 01:08:58 | 01:09:06 | 72 | |
| 101 | 47 | Mikucka Aleksandra | Sierpc | | 1980 | 40-49 K | 7 | | | 07:28 | 8 | 24:20 | 48:47 | 01:14:30 | 01:14:40 | 29 | |
| 102 | 97 | Jeziorski Zbigniew | Kamionki | | 1942 | 60+ M | 8 | | | 10:17 | 5.8 | 32:19 | 01:06:41 | 01:42:48 | 01:42:56 | | 73 |
| DNF | 89 | Wiśniewski Arkadiusz | Sierpc | | 1990 | 30-39 M | | | | 06:27 | 9.3 | 17:39 | 37:21 | 01:04:28 | 01:04:32 | | |