



Komunikat końcowy 4.12.2021 RKS Łódź  
INDOOR TRACK RUN

60ppf m M

|             |   | seria | Miejsce | tor | nr  | Nazwisko | Imię      | rocznik | klub                   | WYNIK |
|-------------|---|-------|---------|-----|-----|----------|-----------|---------|------------------------|-------|
| M60ppf0,91  | s | f     | 1       | 2   | 148 | Przybył  | Antoni    | 2005    | UKS Lisy Zgierz        | 9.23  |
| M60ppf0,91  | s | f     | 5       | 3   | 116 | Jurek    | Paweł     | 1966    | W-wa                   | 12.87 |
| M60ppf 0,84 | s | f     | 2       | 4   | 507 | Musiał   | Wiesław   | 1957    | MKS-MOS ŚREM           | 9.40  |
| M60ppf 0,84 | s | f     | 3       | 5   | 88  | Sut      | Andrzej   | 1957    | MKS Aleksandrów Łódzki | 10.63 |
| M60ppf0,76  | s | f     | 4       | 6   | 170 | Lorenz   | Sylwester | 1950    | AZS Poznań             | 11.05 |

60 m K

|      |   |      |   |   |     |               |            |      |                           |       |
|------|---|------|---|---|-----|---------------|------------|------|---------------------------|-------|
| K60m | s | I    | 3 | 2 | 120 | Sękowska      | Katarzyna  | 1982 | LIDER Grodzisk Mazowiecki | 9.46  |
| K60m | s | I    | 2 | 3 | 34  | Rzewska       | Katarzyna  | 1987 |                           | 8.83  |
| K60m | s | I    | 4 | 4 | 48  | Wontorowska   | Gośka      | 1989 | UKS 55 ŁÓDŹ               | 9.91  |
| K60m | s | I    | 1 | 5 | 348 | Majchrzak     | Angelika   | 2005 | UKS Dąb Suchy Las         | 8.78  |
| K60m | s | II   | 2 | 2 | 2   | Anglart       | Julianna   | 2006 | KS Polanik                | 8.57  |
| K60m | s | II   | 1 | 4 | 130 | Magryta       | Natalia    | 2007 | LIDER Grodzisk Mazowiecki | 8.53  |
| K60m | s | II   | 3 | 5 | 35  | Salomon       | Maja       | 2007 | UKS Lisy Zgierz           | 8.86  |
| K60m | s | III  | 1 | 2 | 346 | Urbaniak      | Oliwia     | 2008 | UKS Dąb Suchy Las         | 8.89  |
| K60m | s | III  | 2 | 4 | 23  | Rydz          | Iza        | 2009 | Czempion Bełchatów        | 9.52  |
| K60m | s | III  | 3 | 5 | 36  | Sidorowicz    | Daria      | 2009 | Czempion Bełchatów        | 9.54  |
| K60m | s | IV   | 1 | 2 | 25  | Zagrodzińska  | Kinga      | 2009 | Czempion Bełchatów        | 8.59  |
| K60m | s | IV   | 3 | 4 | 12  | Jaworczak     | Maja       | 2009 | KS Herosi Świebodzin      | 9.92  |
| K60m | s | IV   | 2 | 5 | 24  | Owczarek      | Lena       | 2010 | Czempion Bełchatów        | 9.18  |
| K60m | s | V    | 2 | 2 | 24  | Pęciak        | Zuzanna    | 2010 | Czempion Bełchatów        | 9.99  |
| K60m | s | V    | 1 | 3 | 91  | Marunowska    | Blanka     | 2010 | UKS Lisy Zgierz           | 9.06  |
| K60m | s | V    | 3 | 5 | 40  | Szadkowska    | Natalia    | 2010 | UKS Lisy Zgierz           | 11.05 |
| K60m | s | VI   | 1 | 4 | 704 | Kamińska      | Erika      | 2011 | UKS Dąb Suchy Las         | 9.74  |
| K60m | s | VI   | 2 | 5 | 1   | Abramczyk     | Hanna      | 2011 | UKS Lisy Zgierz           | 10.42 |
| K60m | s | VII  | 2 | 2 | 19  | Krawczyk      | Agnieszka  | 2011 | UKS Lisy Zgierz           | 10.69 |
| K60m | s | VII  | 1 | 3 | 29  | Potentas      | Katarzyna  | 2011 | UKS Lisy Zgierz           | 10.51 |
| K60m | s | VII  | 4 | 4 | 33  | Brandt        | Pola       | 2012 | Czempion Bełchatów        | 10.94 |
| K60m | s | VII  | 3 | 5 | 6   | Farcinkiewicz | Elżbieta   | 2012 | UKS Diamond At Białoleka  | 10.81 |
| K60m | s | VIII | 1 | 2 | 28  | Patek         | Alicja     | 2012 | Czempion Bełchatów        | 10.10 |
| K60m | s | VIII | 4 | 3 | 31  | Sokołowska    | Zuzanna    | 2012 | Czempion Bełchatów        | 11.47 |
| K60m | s | VIII | 2 | 4 | 29  | Staszewska    | Tola       | 2012 | Czempion Bełchatów        | 10.29 |
| K60m | s | VIII | 3 | 5 | 46  | Więckowska    | Zuzanna    | 2012 | UKS Lisy Zgierz           | 10.53 |
| K60m | s | IX   | 1 | 2 | 35  | Wróblewska    | Ola        | 2012 | Czempion Bełchatów        | 10.22 |
| K60m | s | IX   | 2 | 3 | 36  | Sawicka       | Alicja     | 2012 | UKS Lisy Zgierz           | 11.16 |
| K60m | s | X    | 2 | 2 | 8   | Gralewska     | Aleksandra | 2013 | UKS Lisy Zgierz           | 10.67 |
| K60m | s | X    | 3 | 3 | 41  | Szpruch       | Nell       | 2013 | UKS Lisy Zgierz           | 10.79 |
| K60m | s | X    | 4 | 4 | 30  | Staszewska    | Iga        | 2014 | Czempion Bełchatów        | 10.85 |
| K60m | s | X    | 5 | 5 | 47  | Więckowska    | Hanna      | 2014 | UKS Lisy Zgierz           | 12.50 |
| K60m | s | X    | 1 | 6 | 51  | Sylikowska    | Magda      | 2012 | Ksawerów                  | 10.40 |

## 60 m K finał

|      |    |  |     |  |     |            |           |      |                           |       |
|------|----|--|-----|--|-----|------------|-----------|------|---------------------------|-------|
| K60m | fb |  | 3   |  | 120 | Sękowska   | Katarzyna | 1982 | LIDER Grodzisk Mazowiecki | 9.68  |
| K60m | fb |  | 4   |  | 23  | Rydz       | Iza       | 2009 | Czempion Bełchatów        | 10.05 |
| K60m | fb |  | 2   |  | 91  | Marunowska | Blanka    | 2010 | UKS Lisy Zgierz           | 9.05  |
| K60m | fb |  | 1   |  | 346 | Urbaniak   | Oliwia    | 2008 | UKS Dąb Suchy Las         | 9.04  |
| K60m | fb |  | DNS |  | 24  | Owczarek   | Lena      | 2010 | Czempion Bełchatów        | DNS   |
| K60m | fb |  | 5   |  | 36  | Sidorowicz | Daria     | 2009 | Czempion Bełchatów        | 10.15 |

|      |    |  |     |  |     |              |           |      |                           |      |
|------|----|--|-----|--|-----|--------------|-----------|------|---------------------------|------|
| K60m | fa |  | 3   |  | 34  | Rzewska      | Katarzyna | 1987 | KS Herosi Świebodzin      | 8.81 |
| K60m | fa |  | DNS |  | 25  | Zagrodzińska | Kinga     | 2009 | Czempion Bełchatów        | DNS  |
| K60m | fa |  | 1   |  | 2   | Anglart      | Julianna  | 2006 | KS Polanik                | 8.55 |
| K60m | fa |  | 2   |  | 130 | Magryta      | Natalia   | 2007 | LIDER Grodzisk Mazowiecki | 8.70 |
| K60m | fa |  | 4   |  | 348 | Majchrzak    | Angelika  | 2005 | UKS Dąb Suchy Las         | 8.84 |
| K60m | fa |  | 5   |  | 35  | Salomon      | Maja      | 2007 | UKS Lisy Zgierz           | 8.87 |

## 60 m M

|      |   |      |   |   |     |              |           |      |                           |       |
|------|---|------|---|---|-----|--------------|-----------|------|---------------------------|-------|
| M60m | s | I    | 5 | 2 | 12  | Muszynski    | Andrzej   | 1951 | Stal ostrow               | 10.31 |
| M60m | s | I    | 4 | 4 | 187 | Gidziński    | Krzysztof | 1959 | AZS-AWF Kraków            | 9.20  |
| M60m | s | I    | 3 | 3 | 193 | Binczyk      | Jaroslaw  | 1966 |                           | 8.93  |
| M60m | s | I    | 1 | 5 | 76  | Ściubeł      | Marcin    | 1976 | UMLKS Pegaz Opoczno       | 7.85  |
| M60m | s | I    | 2 | 6 | 149 | Płatos       | Sławomir  | 1978 | MOS CSiR Dąbrowa Górnicza | 8.68  |
| M60m | s | II   | 1 | 5 | 701 | Tylak        | Łukasz    | 1990 | UKS Dąb Suchy Las         | 7.61  |
| M60m | s | II   | 2 | 4 | 142 | Sadowski     | Jan       | 2005 | UKS Diamond At Białoleka  | 7.77  |
| M60m | s | II   | 3 | 5 | 704 | Młynowski    | Stanisław | 2005 | UKS Dąb Suchy Las         | 7.98  |
| M60m | s | III  | 3 | 2 | 148 | Przybył      | Antoni    | 2005 | UKS Lisy Zgierz           | 7.83  |
| M60m | s | III  | 2 | 1 | 178 | Kędziński    | Maciej    | 2006 | UKS Lisy Zgierz           | 7.73  |
| M60m | s | III  | 4 | 3 | 143 | SADOK        | WIKTOR    | 2007 | UKS Lisy Zgierz           | 8.01  |
| M60m | s | III  | 1 | 3 | 199 | Adamczewski  | Jan       | 2008 | UKS Lisy Zgierz           | 7.72  |
| M60m | s | IV   | 1 | 2 | 161 | Mirowski     | Oskar     | 2007 | Akademia DIEGO Skiern.    | 7.87  |
| M60m | s | IV   | 4 | 3 | 53  | Wośko        | Mateusz   | 2008 | Czempion Bełchatów        | 8.76  |
| M60m | s | IV   | 3 | 4 | 147 | Puchalski    | Franek    | 2008 | Akademia DIEGO Skiern.    | 8.42  |
| M60m | s | IV   | 2 | 5 | 131 | Szczygielski | Oliwier   | 2008 |                           | 8.40  |
| M60m | s | V    | 1 | 4 | 191 | Brynkiweicz  | Oliwier   | 2010 | UKS Lisy Zgierz           | 9.05  |
| M60m | s | V    | 2 | 5 | 158 | Nowicki      | Nataniel  | 2010 | Akademia DIEGO Skiern.    | 9.75  |
| M60m | s | VI   | 3 | 2 | 153 | Piechol      | WIKTOR    | 2010 | UKS Lisy Zgierz           | 9.92  |
| M60m | s | VI   | 2 | 3 | 144 | Rydzon       | Michał    | 2010 | Akademia DIEGO Skiern.    | 9.23  |
| M60m | s | VI   | 1 | 4 | 169 | Łabęcki      | Bartosz   | 2011 | UKS Diamond At Białoleka  | 9.15  |
| M60m | s | VI   | 4 | 5 | 164 | Marzęcki     | Mateusz   | 2011 | UKS Diamond At Białoleka  | 10.04 |
| M60m | s | VII  | 3 | 2 | 184 | Hawryluk     | Szymon    | 2011 | UKS Diamond At Białoleka  | 11.77 |
| M60m | s | VII  | 1 | 3 | 129 | Wernicki     | Stanisław | 2011 | UKS Diamond At Białoleka  | 9.88  |
| M60m | s | VII  | 2 | 4 | 98  | Lisiecki     | Adam      | 2012 | UKS Lisy Zgierz           | 10.06 |
| M60m | s | VIII | 1 | 2 | 175 | Kowalczyk    | Maciek    | 2012 |                           | 10.08 |
| M60m | s | VIII | 3 | 3 | 146 | Rosiński     | Andrzej   | 2012 | UKS Lisy Zgierz           | 10.33 |
| M60m | s | VIII | 2 | 4 | 130 | Tomczyk      | Maciej    | 2012 | UKS Lisy Zgierz           | 10.15 |
| M60m | s | VIII | 4 | 5 | 96  | Lisiecki     | Piotr     | 2015 | UKS Lisy Zgierz           | 12.00 |

## 60 m M finał

|      |    |  |     |   |     |              |           |      |                           |      |
|------|----|--|-----|---|-----|--------------|-----------|------|---------------------------|------|
| M60m | fb |  | 5   | 1 | 149 | Płatos       | Sławomir  | 1978 | MOS CSiR Dąbrowa Górnicza | 8.56 |
| M60m | fb |  | DNS | 2 | 131 | Szczygielski | Oliwier   | 2008 |                           | DNS  |
| M60m | fb |  | 2   | 3 | 143 | SADOK        | WIKTOR    | 2007 | UKS Lisy Zgierz           | 7.97 |
| M60m | fb |  | 1   | 4 | 161 | Mirowski     | Oskar     | 2007 | Akademia DIEGO Skiern.    | 7.89 |
| M60m | fb |  | 3   | 5 | 704 | Młynowski    | Stanisław | 2005 | UKS Dąb Suchy Las         | 8.36 |
| M60m | fb |  | 4   | 6 | 147 | Puchalski    | Franek    | 2008 | Akademia DIEGO Skiern.    | 8.41 |

|      |    |  |   |   |     |             |        |      |                          |      |
|------|----|--|---|---|-----|-------------|--------|------|--------------------------|------|
| M60m | fa |  | 5 | 1 | 148 | Przybył     | Antoni | 2005 | UKS Lisy Zgierz          | 7.88 |
| M60m | fa |  | 1 | 2 | 701 | Tylak       | Łukasz | 1990 | UKS Dąb Suchy Las        | 7.56 |
| M60m | fa |  | 3 | 3 | 178 | Kędzierski  | Maciej | 2006 | UKS Lisy Zgierz          | 7.73 |
| M60m | fa |  | 4 | 4 | 199 | Adamczewski | Jan    | 2008 | UKS Lisy Zgierz          | 7.83 |
| M60m | fa |  | 2 | 5 | 142 | Sadowski    | Jan    | 2005 | UKS Diamond At Białoleka | 7.70 |
| M60m | fa |  | 6 | 6 | 76  | Ściubeł     | Marcin | 1976 | UMLKS Pegaz Opoczno      | 7.95 |

#### 2000 m M

|        |   |  |     |  |     |           |          |      |                     |         |
|--------|---|--|-----|--|-----|-----------|----------|------|---------------------|---------|
| M2000m | s |  | 1   |  | 180 | JAGUSIAK  | MACIEJ   | 1981 | Jagoda Running Team | 6:32.64 |
| M2000m | s |  | 2   |  | 154 | Owczarek  | Jacek    | 1972 |                     | 8:01.95 |
| M2000m | s |  | DNS |  | 138 | Słupianek | Grzegorz | 1986 | Olej Running Team   |         |

#### SKOK W DAL K

|     |   |  |   |  |     |           |            |      |                           |      |
|-----|---|--|---|--|-----|-----------|------------|------|---------------------------|------|
| Kwd | f |  | 1 |  | 130 | Natalia   | Magryta    | 2007 | LIDER Grodzisk Mazowiecki | 4.37 |
| Kwd | f |  | 2 |  | 120 | Katarzyna | Sękowska   | 1982 | LIDER Grodzisk Mazowiecki | 4.08 |
| Kwd | f |  | 3 |  | 34  | Katarzyna | Rzewska    | 1987 |                           | 3.88 |
| Kwd | f |  | 4 |  | 12  | Maja      | Jaworzczak | 2009 | KS Herosi Świebodzin      | 3.84 |

#### SKOK W DAL M

|     |   |  |     |  |     |            |            |      |                                 |      |
|-----|---|--|-----|--|-----|------------|------------|------|---------------------------------|------|
| Mwd | f |  | 1   |  | 172 | Kucharczyk | Filip      | 2004 | KS Polanik                      | 5.38 |
| Mwd | f |  | 2   |  | 507 | Musiał     | Wiesław    | 1957 | MKS-MOS ŚREM                    | 5.07 |
| Mwd | f |  | 3   |  | 162 | Mirowski   | Aleksander | 2007 | UKS Diamond Athletics           | 5.00 |
| Mwd | f |  | 4   |  | 170 | Lorenz     | Sylwester  | 1950 | AZS Poznań                      | 4.42 |
| Mwd | f |  | 5   |  | 187 | Gidziński  | Krzysztof  | 1959 | AZS-AWF Kraków                  | 4.39 |
| Mwd | f |  | 6   |  | 121 | Zawierucha | Nikodem    | 2011 | UKS DIAMOND ATHLETICS BIAŁOŁĘKA | 3.03 |
| Mwd | f |  | DNS |  | 168 | Łuczak     | Jerzy      | 1950 | Łódź                            | DNS  |
| Mwd | f |  | DNS |  | 702 | Kaczmarek  | Mikołaj    | 2007 | UKS Dąb Suchy Las               | DNS  |

#### 1000 m K

|        |   |  |     |  |     |           |             |      |                           |         |
|--------|---|--|-----|--|-----|-----------|-------------|------|---------------------------|---------|
| K1000m | s |  | 1   |  | 102 | Kamila    | Żulińska    | 2005 | LIDER Grodzisk Mazowiecki | 3:34.70 |
| K1000m | s |  | 2   |  | 50  | Katarzyna | Zielińska   | 2006 | Ekpa Bielachy             | 3:54.95 |
| K1000m | s |  | 3   |  | 28  | Martyna   | Piwowarczyk | 2006 | Ekpa Bielachy             | 3:55.45 |
| K1000m | s |  | 4   |  | 16  | Daria     | Komisarczyk | 2007 | Ekpa Bielachy             | 3:57.73 |
| K1000m | s |  | DNS |  | 13  | Patrycja  | Kobyłecka   | 2004 | Ekpa Bielachy             |         |
| K1000m | s |  | DNS |  | 21  | Łucja     | Matuszczyk  | 2006 | KS Polanik                |         |
| K1000m | s |  | DNS |  | 22  | Arleta    | Matysiak    | 1981 | RAJSPORT ACTIVE           |         |

## 1000 m M

|        |   |    |     |     |               |            |      |                          |         |
|--------|---|----|-----|-----|---------------|------------|------|--------------------------|---------|
| M1000m | s | I  | 1   | 113 | Celiński      | Robert     | 1973 | AWF Warszawa             | 2:55.63 |
| M1000m | s | I  | 2   | 117 | Zosiuk        | Łukasz     | 1985 | MKS Unia Hrubieszów      | 2:58.01 |
| M1000m | s | I  | 3   | 181 | Hudowski      | Jacek      | 1977 | UKS Diamond At Białoleka | 3:22.26 |
| M1000m | s | I  | 4   | 145 | Różański      | Bartosz    | 1980 |                          | 3:22.96 |
| M1000m | s | I  | 5   | 125 | Wojciechowski | Bartosz    | 1976 |                          | 3:32.03 |
| M1000m | s | I  | 6   | 171 | Kurpiewski    | Janusz     | 1955 | UKS KUTNO                | 4:04.01 |
| M1000m | s | I  | DNS | 176 | kostra        | Zbigniew   | 1955 | KS Wejher Wejherowo      |         |
| M1000m | s | I  | DNS | 126 | Witkowski     | Paweł      | 1979 | Wieliszew Heron Team     |         |
| M1000m | s | I  | DNS | 139 | Slekys        | Giedrius   | 1981 | MARIJAMPOLE SC (LITWA)   |         |
| M1000m | s | II | 1   | 504 | Stańczuk      | Jan        | 2005 | UKS MŁODZIK WARSZAWA     | 2:47.00 |
| M1000m | s | II | 3   | 183 | Hawryś        | Erwin      | 1999 | Z nogami w chmurach      | 3:00.49 |
| M1000m | s | II | 2   | 133 | Sukiennik     | Łukasz     | 1991 |                          | 3:03.20 |
| M1000m | s | II | 4   | 122 | Zapilaj       | Daniel     | 1993 | Etckie Tygrysy           | 3:25.61 |
| M1000m | s | II | 5   | 163 | Michalak      | Jakub      | 2008 | KS Polanik               | 3:28.03 |
| M1000m | s | II | 6   | 137 | Socha         | Marcin     | 1983 |                          | 3:37.28 |
| M1000m | s | II | 7   | 194 | Bielacha      | Maciej     | 1989 | Ekipa Bielachy           | 3:40.97 |
| M1000m | s | II | DNS | 156 | Olszewski     | Jan        | 2002 | #zaliniametyteam         |         |
| M1000m | s | II | DNS | 192 | Bochenek      | Paweł      | 2005 | Ekipa Bielachy           |         |
| M1000m | s | II | DNS | 118 | Bugajski      | Aleksander | 2005 | Ekipa Bielachy           |         |
| M1000m | s | II | DNS | 7   | Rosiński      | Mateusz    | 2007 |                          |         |
| M1000m | s | II | DNS | 141 | Sałapski      | Patryk     | 2009 | UKS Diamond At Białoleka |         |

## 500 m K

|       |   |    |     |     |            |             |      |                          |         |
|-------|---|----|-----|-----|------------|-------------|------|--------------------------|---------|
| K500m | s | I  | 2   | 4   | Ilona      | Burchard    | 1978 | KS Lemiesz Team          | 1:30.75 |
| K500m | s | I  | 1   | 27  | Aleksandra | PIECHUTA    | 1989 | KS Lemiesz Team          | 1:26.05 |
| K500m | s | I  | 3   | 19  | Patrycja   | Włociańska  | 2003 | RKS Łódź                 | 1:31.60 |
| K500m | s | I  | DNS | 201 | Maja       | Dimitrow    | 2004 | KS Lemiesz Team Warszawa |         |
| K500m | s | II | 4   | 14  | Ada        | Kochanowska | 2007 | KS Polanik               | 1:51.20 |
| K500m | s | II | 3   | 5   | Nikola     | Cichosz     | 2008 | KS Polanik               | 1:41.25 |
| K500m | s | II | 1   | 42  | Barbara    | Wacławczyk  | 2009 | Diamond Athletics        | 1:34.95 |
| K500m | s | II | 2   | 23  | Maja       | Olczak      | 2009 | KS Polanik               | 1:36.64 |

## 500 m M

|       |   |     |     |     |               |            |      |                           |         |
|-------|---|-----|-----|-----|---------------|------------|------|---------------------------|---------|
| M500m | s | I   | 3   | 159 | Nowakowski    | Jacek      | 1966 | KS Lemiesz team/CTS       | 1:27.00 |
| M500m | s | I   | 2   | 177 | Kocerka       | Jacek      | 1976 | KS Lemisz Team            | 1:20.27 |
| M500m | s | I   | DNS | 126 | Witkowski     | Paweł      | 1979 | Wieliszew Heron Team      |         |
| M500m | s | I   | 4   | 122 | Zapilaj       | Daniel     | 1993 | Etckie Tygrysy            | 1:35.31 |
| M500m | s | I   | 1   | 113 | Celiński      | Robert     | 1973 | AWF Warszawa              | 1:18.85 |
| M500m | s | II  | 2   | 196 | Bebelski      | Jakub      | 2007 | UKS Diamond At Białoleka  | 1:26.44 |
| M500m | s | II  | 3   | 173 | Krajewski     | Mateusz    | 2007 | UKS Diamond At Białoleka  | 1:27.74 |
| M500m | s | II  | DNS | 55  | Stolecki      | Szymon     | 2008 | Czempion Bełchatów        |         |
| M500m | s | II  | 1   | 141 | Sałapski      | Patryk     | 2009 | UKS Diamond At Białoleka  | 1:26.03 |
| M500m | s | II  | 4   | 167 | Mańka         | Franciszek | 2009 | UKS Diamond At Białoleka  | 1:34.64 |
| M500m | s | III | 1   | 26  | Ziębaczewski  | Krzysztof  | 2009 | Czempion Bełchatów        | 1:36.64 |
| M500m | s | III | 5   | 190 | Chołody       | Bartosz    | 2010 | UKS Diamond At Białoleka  | 2:03.86 |
| M500m | s | III | 3   | 166 | Marjan        | Piotr      | 2010 | UKS Diamond At Białoleka  | 1:51.46 |
| M500m | s | III | 2   | 175 | Kowalczyk     | Maciek     | 2012 |                           | 1:45.70 |
| M500m | s | III | 4   | 123 | Wróblewski    | Filip      | 2010 | UKS Diamond At Białoleka  | 1:58.67 |
| M500m | s | IV  | 2   | 165 | Marjan        | Paweł      | 2010 | UKS Diamond At Białoleka  | 1:52.84 |
| M500m | s | IV  | DNS | 242 | Olejnik       | Filip      | 2010 | UKS Filipides/UKS Orzełki |         |
| M500m | s | IV  | 3   | 189 | Farcinkiewicz | Aleksander | 2011 | UKS Diamond At Białoleka  | 2:09.93 |
| M500m | s | IV  | 1   | 118 | Tomczak       | Jan        | 2011 |                           | 1:40.42 |
| M500m | s | IV  | 4   | 114 | Polit         | Allan      | 2010 |                           | 2:24.97 |
| M500m | s | IV  | 5   | 117 | Rakowski      | Antek      | 2014 |                           | 2:32.08 |

skok wzwyż K

|    |   |  |     |  |     |             |          |      |                           |     |
|----|---|--|-----|--|-----|-------------|----------|------|---------------------------|-----|
| Kw | f |  | 1   |  | 106 | Skorupa     | Natalia  | 2006 | LIDER Grodzisk Mazowiecki | 140 |
| Kw | f |  | 2   |  | 130 | Magryta     | Natalia  | 2007 | LIDER Grodzisk Mazowiecki | 135 |
| Kw | f |  | 3   |  | 39  | Stępień     | Nina     | 2007 | KS Polanik                | 120 |
| Kw | f |  | 4   |  | 124 | Małkowska   | Zuzanna  | 2009 | LIDER Grodzisk Mazowiecki | 120 |
| Kw | f |  | DNS |  | 14  | Kochanowska | Ada      | 2007 | KS Polanik                |     |
| Kw | f |  | DNS |  | 18  | Kowalska    | Patrycja | 2013 | KS Polanik                |     |
| Kw | f |  | DNS |  | 25  | Olejnik     | Paulina  | 2003 | KS Polanik                |     |

skok wzwyż M

|    |   |  |     |  |     |           |           |      |                          |     |
|----|---|--|-----|--|-----|-----------|-----------|------|--------------------------|-----|
| Mw | f |  | 1   |  | 195 | Bednarski | Dariusz   | 1954 | MUKS PŁOCK               | 153 |
| Mw | f |  | 2   |  | 507 | Musiał    | Wiesław   | 1957 | MKS-MOS ŚREM             | 150 |
| Mw | f |  | 3   |  | 187 | Gidziński | Krzysztof | 1959 | AZS-AWF Kraków           | 140 |
| Mw | f |  | 4   |  | 12  | Muszynski | Andrzej   | 1951 | Stal Ostrów Wlkp.        | 120 |
| Mw | f |  | DNS |  | 168 | Łuczak    | Jerzy     | 1950 | Łódź                     |     |
| Mw | f |  | DNS |  | 182 | HERNIK    | KRZYSZTOF | 1966 | HERNIK T - OŚ AZS Poznań |     |

300 m K

|       |   |      |     |   |     |                |           |      |                           |       |
|-------|---|------|-----|---|-----|----------------|-----------|------|---------------------------|-------|
| K300m | s | I    | 2   | 1 | 11  | Jarząbek       | Milena    | 1984 | Poznań                    | 55.88 |
| K300m | s | I    | DNS | 2 | 37  | Skrzyńska      | Ewa       | 1968 | War.-Maz. Klub LA Masters |       |
| K300m | s | I    | 1   | 3 | 24  | Olczyk         | Agnieszka | 1979 | Bełchatów                 | 51.13 |
| K300m | s | II   | 2   | 1 | 9   | Grupa          | Anna      | 1984 | Lemiesz Team              | 51.24 |
| K300m | s | II   | DNS | 2 | 10  | Ilczuk         | Weronika  | 1986 | Sprinterzy.com            |       |
| K300m | s | II   | DNS | 3 | 17  | Kotulska       | Martyna   | 1994 | KS Lemiesz Team           |       |
| K300m | s | II   | 3   | 1 | 44  | Walentyłowicz  | Joanna    | 1996 | Etckie Tygrysy            | 53.83 |
| K300m | s | II   | 1   | 2 | 52  | Kmin-Niemirska | Julia     | 2001 | RKS Łódź                  | 47.56 |
| K300m | s | III  | DNS | 3 | 25  | Olejnik        | Paulina   | 2003 | KS Polanik                |       |
| K300m | s | III  | 2   | 1 | 93  | Kociak         | Lilianna  | 2006 | UKS Lisy Zgierz           | 45.64 |
| K300m | s | III  | 3   | 2 | 96  | Ogrodowczyk    | Anna      | 2006 | RKS Łódź                  | 48.87 |
| K300m | s | III  | 1   | 3 | 89  | Świerczyńska   | Julia     | 2006 | RKS Łódź                  | 44.76 |
| K300m | s | IV   | 2   | 1 | 94  | Łagodzińska    | Zuzanna   | 2007 | UKS Lisy Zgierz           | 53.58 |
| K300m | s | IV   | 1   | 2 | 3   | Brzezińska     | Julia     | 2007 | RKS Łódź                  | 48.93 |
| K300m | s | IV   | 3   | 3 | 39  | Stępień        | Nina      | 2007 | KS Polanik                | 57.04 |
| K300m | s | V    | 3   | 1 | 95  | Łagodzińska    | Joanna    | 2007 | UKS Lisy Zgierz           | 52.82 |
| K300m | s | V    | 2   | 2 | 20  | Marczyk        | Julia     | 2007 | RKS Łódź                  | 51.67 |
| K300m | s | V    | 1   | 3 | 83  | Pysklak        | Amelia    | 2007 | UKS Lisy Zgierz           | 51.45 |
| K300m | s | VI   | 2   | 1 | 30  | Proc           | Antonina  | 2008 | UKS Lisy Zgierz           | 50.57 |
| K300m | s | VI   | DNS | 2 | 45  | Wieszort       | Laura     | 2008 | AZS AWF WARSZAWA          |       |
| K300m | s | VI   | 3   | 3 | 7   | Filipiak       | Pola      | 2009 | KS Polanik                | 54.18 |
| K300m | s | VI   | 1   | 2 | 25  | Zgrodzińska    | Kinga     | 2009 | Czempion Bełchatów        | 49.41 |
| K300m | s | VII  | 1   | 1 | 42  | Wacławczyk     | Barbara   | 2009 | Diamond Athletics         | 52.47 |
| K300m | s | VII  | 2   | 2 | 704 | Kamińska       | Erika     | 2011 | UKS Dąb Suchy Las         | 55.19 |
| K300m | s | VII  | 3   | 3 | 15  | Kochanowska    | Kaja      | 2012 | KS Polanik                | 64.65 |
| K300m | s | VIII | 1   | 1 | 18  | Kowalska       | Patrycja  | 2013 | KS Polanik                | 62.64 |
| K300m | s | VIII | 2   | 2 |     | Sulikowska     | Magda     | 2012 | Ksawerów                  | 64.01 |

300 m M

|       |   |     |   |   |     |           |           |      |                             |       |
|-------|---|-----|---|---|-----|-----------|-----------|------|-----------------------------|-------|
| M300m | s | I   |   | 1 | 182 | HERNIK    | KRZYSZTOF | 1966 | HERNIK TEAM - OŚ AZS Poznań | dns   |
| M300m | s | I   | 1 | 2 | 151 | PIETRZAK  | WALDEMAR  | 1959 | MKLA ŁĘCZYCA                | 44.90 |
| M300m | s | I   | 2 | 3 | 120 | Zduniak   | Krzysztof | 1957 |                             | 49.81 |
| M300m | s | II  | 1 | 1 | 181 | Hudowski  | Jacek     | 1977 | UKS Diamond At Białoleka    | 46.27 |
| M300m | s | II  |   | 2 | 140 | Skrzyński | Piotr     | 1967 | War-Maz Klub LA Masters     | dns   |
| M300m | s | II  | 1 | 3 | 100 | Pęczek    | Adam      | 1972 | RKS Łódź                    | 44.08 |
| M300m | s | III |   | 1 | 126 | Witkowski | Paweł     | 1979 | Wieliszew Heron Team        | dns   |
| M300m | s | III | 1 | 2 | 185 | Guzowski  | Krzysztof | 1975 | Poznań                      | 40.74 |
| M300m | s | III | 2 | 3 | 76  | Ściubeł   | Marcin    | 1976 | UMLKS Pegaz Opoczno         | 43.89 |

|       |   |      |   |   |     |              |            |      |                          |       |
|-------|---|------|---|---|-----|--------------|------------|------|--------------------------|-------|
| M300m | s | IV   |   | 1 | 119 | Zimny        | Emanuel    | 1981 | KM Aktywni Sochaczew     | dns   |
| M300m | s | IV   | 1 | 2 | 128 | Więckowski   | Marcin     | 1984 | Forresty Gumpy           | 45.05 |
| M300m | s | IV   | 2 | 3 | 117 | Zosiuk       | Łukasz     | 1985 | MKS Unia Hrubieszów      | 45.17 |
| M300m | s | V    | 1 | 1 | 172 | Kucharczyk   | Filip      | 2004 | KS Polanik               | 39.76 |
| M300m | s | V    | 2 | 3 | 96  | Miziołek     | Wiktor     | 2002 | RKS Łódź                 | 44.59 |
| M300m | s | VI   | 1 | 1 | 142 | Sadowski     | Jan        | 2005 | UKS Diamond At Białoleka | 43.00 |
| M300m | s | VI   | 2 | 2 | 198 | Bachman      | Alan       | 2007 | RKS Łódź                 | 44.59 |
| M300m | s | VII  | 1 | 1 | 196 | Bebelski     | Jakub      | 2007 | UKS Diamond At Białoleka | 45.68 |
| M300m | s | VII  | 2 | 2 | 173 | Krajewski    | Mateusz    | 2007 | UKS Diamond At Białoleka | 46.91 |
| M300m | s | VII  |   | 3 | 7   | Rosiński     | Mateusz    | 2007 | UKS Diamond At Białoleka | dns   |
| M300m | s | VIII | 3 | 1 | 162 | Mirowski     | Aleksander | 2007 | UKS Diamond Athletics    | 50.24 |
| M300m | s | VIII | 1 | 2 | 141 | Sałapski     | Patryk     | 2009 | UKS Diamond At Białoleka | 45.66 |
| M300m | s | VIII | 2 | 3 | 167 | Olejniak     | Filip      | 2010 | UKS Diamond At Białoleka | 46.78 |
| M300m | s | IX   | 1 | 1 | 186 | Gierus       | Filip      | 2009 | KS Polanik               | 58.49 |
| M300m | s | IX   | 3 | 2 | 190 | Chołody      | Bartosz    | 2010 | UKS Diamond At Białoleka | 67.81 |
| M300m | s | IX   | 2 | 3 | 166 | Marjan       | Piotr      | 2010 | UKS Diamond At Białoleka | 62.62 |
| M300m | s | X    | 2 | 1 | 165 | Marjan       | Paweł      | 2010 | UKS Diamond At Białoleka | 60.87 |
| M300m | s | X    | 3 | 2 | 123 | Wróblewski   | Filip      | 2010 | UKS Diamond At Białoleka | 68.29 |
| M300m | s | X    | 1 | 3 | 169 | Łabęcki      | Bartosz    | 2011 | UKS Diamond At Białoleka | 54.60 |
| M300m | s | XI   | 1 | 1 | 164 | Marzęcki     | Mateusz    | 2011 | UKS Diamond At Białoleka | 56.04 |
| M300m | s | XI   | 2 | 2 | 121 | Zawierucha   | Nikodem    | 2011 | UKS Diamond At Białoleka | 59.21 |
| M300m | s | XI   | 3 | 3 | 127 | Wiśniewski   | Dawid      | 2013 | KS Polanik               | 63.48 |
| M300m | s | XII  | 1 | 1 | 160 | Niewiarowski | Szymon     | 2014 | UKS Diamond At Białoleka | 73.00 |
| M300m | s | XII  | 2 | 2 | 117 | Rakowski     | Antoni     |      |                          | 84.34 |
| M300m | s | XIII | 1 | 3 | 89  | Białek       | Adrian     | 2007 | RKS Łódź                 | 44.20 |
| M300m | s | XIII | 3 | 2 | 114 | Polit        |            |      |                          | 79.96 |
| M300m | s | XIII | 2 | 1 | 118 | Tomczak      | Jan        |      |                          | 53.65 |

#### 150 m K

|       |   |      |   |   |     |                |           |      |                          |       |
|-------|---|------|---|---|-----|----------------|-----------|------|--------------------------|-------|
| K150m | s | I    | 2 | 2 | 26  | Opak           | Beata     | 1965 | War-Maz Klub LA Masters  | 24.95 |
| K150m | s | I    | 1 | 3 | 37  | Skrzyńska      | Ewa       | 1968 | War-Maz Klub LA Masters  | 23.38 |
| K150m | s | II   | 1 | 2 | 37  | GROT           | ANETA     | 1979 | RKS Łódź                 | 20.00 |
| K150m | s | II   | 2 | 3 | 24  | Olczyk         | Agnieszka | 1979 | Bełchatów                | 22.23 |
| K150m | s | II   | 3 | 1 | 11  | Jarząbek       | Milena    | 1984 | Poznań                   | 24.73 |
| K150m | s | III  | 2 | 1 | 2   | Anglart        | Julianna  | 2006 | KS Polanik               | 21.68 |
| K150m | s | III  | 1 | 2 | 89  | Świerczyńska   | Julia     | 2006 | RKS Łódź                 | 20.28 |
| K150m | s | III  | 3 | 3 | 348 | Majchrzak      | Angelika  | 2005 | UKS Dąb Suchy Las        | 21.84 |
| K150m | s | IV   | 1 | 1 | 52  | Kmin-Niemirska | Julia     | 2001 | RKS Łódź                 | 21.23 |
| K150m | s | IV   | 3 | 2 | 96  | Ogrodowczyk    | Anna      | 2006 | RKS Łódź                 | 21.98 |
| K150m | s | IV   | 2 | 3 | 93  | Kociak         | Lilianna  | 2006 | UKS Lisy Zgierz          | 21.52 |
| K150m | s | V    | 2 | 1 | 32  | Pysklak        | Amelia    | 2007 | UKS Lisy Zgierz          | 23.30 |
| K150m | s | V    | 1 | 2 | 3   | Brzezińska     | Julia     | 2007 | RKS Łódź                 | 20.71 |
| K150m | s | V    | 3 | 3 | 95  | Łagodzińska    | Joanna    | 2007 | UKS Lisy Zgierz          | 24.25 |
| K150m | s | VI   | 2 | 1 | 346 | Urbaniak       | Oliwia    | 2008 | UKS Dąb Suchy Las        | 22.80 |
| K150m | s | VI   | 1 | 2 | 20  | Marczyk        | Julia     | 2007 | RKS Łódź                 | 22.40 |
| K150m | s | VI   | 3 | 3 | 30  | Proc           | Antonina  | 2008 | UKS Lisy Zgierz          | 23.48 |
| K150m | s | VII  | 3 | 1 | 36  | Sidorowicz     | Daria     | 2009 | Czempion Bełchatów       | 24.86 |
| K150m | s | VII  | 2 | 2 | 23  | Rydz           | Iza       | 2009 | Czempion Bełchatów       | 24.51 |
| K150m | s | VII  | 1 | 3 | 43  | Walczak        | Noemi     | 2010 | UKS Lisy Zgierz          | 23.43 |
| K150m | s | VIII | 2 | 2 | 26  | Zielińska      | Julia     | 2009 | Czempion Bełchatów       | 25.70 |
| K150m | s | VIII | 1 | 3 | 24  | Owczarek       | Lena      | 2010 | Czempion Bełchatów       | 23.03 |
| K150m | s | IX   | 3 | 1 | 33  | Brandt         | Pola      | 2012 | Czempion Bełchatów       | 28.81 |
| K150m | s | IX   | 2 | 2 | 6   | Farcinkiewicz  | Elżbieta  | 2012 | UKS Diamond At Białoleka | 27.91 |
| K150m | s | IX   | 1 | 3 | 28  | Patek          | Alicja    | 2012 | Czempion Bełchatów       | 25.59 |
| K150m | s | X    | 3 | 1 | 31  | Sokołowska     | Zuzanna   | 2012 | Czempion Bełchatów       | 30.00 |
| K150m | s | X    | 1 | 2 | 29  | Staszewska     | Tola      | 2012 | Czempion Bełchatów       | 27.31 |
| K150m | s | X    | 2 | 3 | 46  | Więckowska     | Zuzanna   | 2012 | UKS Lisy Zgierz          | 28.52 |

|       |   |     |   |   |    |             |          |      |                         |       |
|-------|---|-----|---|---|----|-------------|----------|------|-------------------------|-------|
| K150m | s | XI  | 1 | 1 | 35 | Wróblewska  | Ola      | 2012 | Czempion Bełchatów      | 25.78 |
| K150m | s | XI  | 3 | 2 | 30 | Staszewska  | Iga      | 2014 | Czempion Bełchatów      | 29.11 |
| K150m | s | XI  | 2 | 1 | 51 | Sulikowska  | Magda    | 2012 | Ksawerów                | 27.45 |
| K150m | s | XII | 1 | 1 | 19 | Włościańska | Patrycja | 2003 | RKS Łódź                | 20.62 |
| K150m | s | XII | 2 | 2 | 37 | Skrzyńska   | Ewa      | 1968 | War-Maz Klub LA Masters | 23.33 |
| K150m | s | XII | 3 | 3 | 26 | Opak        | Beata    | 1965 | War-Maz Klub LA Masters | 25.20 |

#### 150 m M

|       |   |      |   |   |     |               |            |      |                           |       |
|-------|---|------|---|---|-----|---------------|------------|------|---------------------------|-------|
| M150m | s | I    | 2 | 2 | 120 | Zduniak       | Krzysztof  | 1957 | Łódź                      | 21.69 |
| M150m | s | I    | 1 | 3 | 507 | Musiał        | Wiesław    | 1957 | MKS-MOS ŚREM              | 21.05 |
| M150m | s | II   | 1 | 2 | 151 | PIETRZAK      | WALDEMAR   | 1959 | MKLA ŁĘCZYCA              | 20.25 |
| M150m | s | II   | 2 | 3 | 193 | Binczyk       | Jarosław   | 1966 |                           | 21.98 |
| M150m | s | III  | 2 | 2 | 140 | Skrzyński     | Piotr      | 1967 | War-Maz Klub LA Masters   | 20.06 |
| M150m | s | III  | 1 | 3 | 100 | Pęczek        | Adam       | 1972 | RKS Łódź                  | 19.86 |
| M150m | s | IV   | 1 | 1 | 701 | Tylak         | Łukasz     | 1990 | UKS Dąb Suchy Las         | 18.27 |
| M150m | s | IV   | 3 | 2 | 149 | Płatos        | Sławomir   | 1978 | MOS CSiR Dąbrowa Górnicza | 21.40 |
| M150m | s | IV   | 2 | 3 | 185 | Guzowski      | Krzysztof  | 1975 | Poznań                    | 18.63 |
| M150m | s | V    | 2 | 2 | 96  | Miziołek      | Wiktor     | 2002 | RKS Łódź                  | 19.73 |
| M150m | s | V    | 1 | 3 | 142 | Sadowski      | Jan        | 2005 | UKS Diamond At Białoleka  | 19.20 |
| M150m | s | VI   | 1 | 2 | 178 | Kędziński     | Maciej     | 2006 | UKS Lisy Zgierz           | 18.72 |
| M150m | s | VI   | 2 | 3 | 143 | SADOK         | WIKTOR     | 2007 | UKS Lisy Zgierz           | 19.61 |
| M150m | s | VII  | 3 | 1 | 43  | Bachman       | Alan       | 2007 | RKS Łódź                  | 20.69 |
| M150m | s | VII  | 2 | 2 | 89  | Białek        | Adrian     | 2007 | RKS Łódź                  | 19.81 |
| M150m | s | VII  | 1 | 3 | 199 | Adamczewski   | Jan        | 2008 | UKS Lisy Zgierz           | 19.63 |
| M150m | s | VIII | 1 | 2 | 53  | Wośko         | Mateusz    | 2008 | Czempion Bełchatów        | 21.10 |
| M150m | s | VIII | 2 | 3 | 242 | Olejniak      | Filip      | 2010 | UKS Filipides/UKS Orzełki | 23.14 |
| M150m | s | IX   | 2 | 1 | 197 | Barański      | Adam       | 2010 | UKS Lisy Zgierz           | 23.63 |
| M150m | s | IX   | 1 | 2 | 169 | Łabęcki       | Bartosz    | 2011 | UKS Diamond At Białoleka  | 22.81 |
| M150m | s | IX   | 3 | 3 | 164 | Marzęcki      | Mateusz    | 2011 | UKS Diamond At Białoleka  | 25.76 |
| M150m | s | X    | 3 | 1 | 184 | Hawryluk      | Szymon     | 2011 | UKS Diamond At Białoleka  | 30.79 |
| M150m | s | X    | 1 | 2 | 129 | Wernicki      | Stanisław  | 2011 | UKS Diamond At Białoleka  | 25.20 |
| M150m | s | X    | 2 | 3 | 189 | Farcinkiewicz | Aleksander | 2011 | UKS Diamond At Białoleka  | 26.20 |
| M150m | s | XI   | 1 | 1 | 98  | Lisiecki      | Adam       | 2012 | UKS Lisy Zgierz           | 26.59 |
| M150m | s | XI   | 2 | 2 | 160 | Niewiarowski  | Szymon     | 2014 | UKS Diamond At Białoleka  | 31.14 |
| M150m | s | XII  | 2 | 1 | 96  | Lisiecki      | Piotr      | 2015 | UKS Lisy Zgierz           | 31.70 |
| M150m | s | XII  | 1 | 2 | 140 | Skrzyński     | Piotr      | 1967 | War-Maz Klub LA Masters   | 20.56 |

#### 4x200 m

|         |   |  |   |  |  |                |           |      |                 |         |
|---------|---|--|---|--|--|----------------|-----------|------|-----------------|---------|
| 4x200 m | s |  | 1 |  |  | Kmin-Niemirska | Julia     | 2001 | Przyjaciele     | 1:52.95 |
| 4x200 m | s |  |   |  |  | Olczyk         | Agnieszka | 1979 |                 |         |
| 4x200 m | s |  |   |  |  | GROT           | Aneta     | 1979 |                 |         |
| 4x200 m | s |  |   |  |  | Sekieta        | Radosław  | 1976 |                 |         |
| 4x200 m | s |  | 2 |  |  | Pęczek         | Adam      | 1972 | Lemiesz Team II | 1:54.04 |
| 4x200 m | s |  |   |  |  | Nowakowski     | Jacek     | 1966 |                 |         |
| 4x200 m | s |  |   |  |  | Kocerka        | Jacek     | 1976 |                 |         |
| 4x200 m | s |  |   |  |  | Celiński       | Robert    | 1973 |                 |         |

|         |   |  |          |  |           |            |      |                           |         |
|---------|---|--|----------|--|-----------|------------|------|---------------------------|---------|
| 4x200 m | s |  | <b>3</b> |  | Piechuta  | Aleksandra | 1989 | KS Lemiesz Team W-wa      | 2:01.60 |
| 4x200 m | s |  |          |  | Grupa     | Anna       | 1984 |                           |         |
| 4x200 m | s |  |          |  | Burchard  | Ilona      | 1978 |                           |         |
| 4x200 m | s |  |          |  | Kotulska  | Martyna    | 1994 |                           |         |
| 4x200 m | s |  | <b>4</b> |  | Binczyk   | Jaroslaw   | 1966 | War.-Maz. Klub LA Masters | 2:07.28 |
| 4x200 m | s |  |          |  | Skrzyńska | Ewa        | 1968 |                           |         |
| 4x200 m | s |  |          |  | Opak      | Beata      | 1965 |                           |         |
| 4x200 m | s |  |          |  | Skrzyński | Piotr      | 1967 |                           |         |
| 4x200 m | s |  | <b>5</b> |  | Anglart   | Julianna   | 2006 | KS Polanik                | 2:07.80 |
| 4x200 m | s |  |          |  | Filipiak  | Pola       | 2009 |                           |         |
| 4x200 m | s |  |          |  | Cichosz   | Nikola     | 2008 |                           |         |
| 4x200 m | s |  |          |  | Olczak    | Maja       | 2009 |                           |         |