

# INDOOR TRACK RUN 2019

## Komunikat końcowy



|       |     |    |                |            |      |                           |       |    |
|-------|-----|----|----------------|------------|------|---------------------------|-------|----|
| K60 m | el. | 1. | Szykulska      | Renata     | 1974 | LKS Polkowice             | 8.58  | fa |
| K60 m | el. | 2. | Adryjańczyk    | Małgorzata | 1974 | MKL Toruń                 | 8.97  | fa |
| K60 m | el. | 3. | Gąsowska       | Maria      | 1944 |                           | 12.33 |    |
| K60 m | el. | 1. | Gąsowska       | Małgorzata | 1978 |                           | 7.94  | fa |
| K60 m | el. | 2. | Grabowska      | Joanna     | 1975 | PZLAM                     | 9.05  | fa |
| K60 m | el. | 3. | Widalska       | Marta      | 1976 | Lider Grodzisk Mazowiecki | 11.20 |    |
| K60 m | el. | 1. | Mielczarek     | Alicja     | 1978 |                           | 9.15  | fa |
| K60 m | el. | 2. | Kalista-Łebek  | Beata      | 1980 | Lider Grodzisk Mazowiecki | 9.20  | fa |
| K60 m | el. | 3. | Rydzyńska      | Kamila     | 1983 |                           | 9.68  |    |
| K60 m | el. | 4. | Wontorowska    | Małgorzata | 1980 |                           | 9.99  |    |
| K60 m | el. | 1. | Kmin-Niemirska | Julia      | 2001 | RKS Łódź                  | 9.02  |    |
| K60 m | el. | 2. | Wiśniewska     | Zuzanna    | 2002 | RKS Łódź                  | 9.04  |    |
| K60 m | el. | 3. | Sadyś          | Marta      | 2002 | RKS Łódź                  | 9.08  |    |
| K60 m | el. | 4. | Matusiak       | Karolina   | 1990 | Salos Wodna Łódź          | 9.53  |    |
| K60 m | el. | 1. | Sadowska       | Julia      | 2003 | KM Aktywni Sochaczew      | 8.59  | fb |
| K60 m | el. | 2. | Burzyńska      | Kinga      | 2003 | KM Aktywni Sochaczew      | 8.64  | fb |
| K60 m | el. | 3. | Leszkiewicz    | Michalina  | 2002 | UKS Błyskawica Domaniwice | 9.14  |    |
| K60 m | el. | 4. | Leśniak        | Monika     | 2000 |                           | 9.18  |    |
| K60 m | el. | 5. | Karczewska     | Justyna    | 2002 | KM Aktywni Sochaczew      | 9.24  |    |
| K60 m | el. | 1. | Skomal         | Julia      | 2005 | KM Aktywni Sochaczew      | 8.57  | fb |
| K60 m | el. | 2. | Lewandowska    | Weronika   | 2003 | KM Aktywni Sochaczew      | 8.66  | fb |
| K60 m | el. | 3. | Gronkiewicz    | Julia      | 2004 | Lider Grodzisk Mazowiecki | 9.16  |    |
| K60 m | el. | 4. | Marchwicka     | Nadia      | 2005 | RKS Łódź                  | 9.16  |    |
| K60 m | el. | 1. | Gosik          | Michalina  | 2006 | KM Aktywni Sochaczew      | 8.85  | fb |
| K60 m | el. | 2. | Walisiewicz    | Urszula    | 2006 | KM Aktywni Sochaczew      | 8.90  |    |
| K60 m | el. | 3. | Żulińska       | Kamila     | 2005 | Lider Grodzisk Mazowiecki | 9.17  |    |
| K60 m | el. | 4. | Ogrodowczyk    | Anna       | 2006 | RKS Łódź                  | 9.58  |    |
| K60 m | el. | 5. | Basior         | Zuzanna    | 2006 | KM Aktywni Sochaczew      | 10.23 |    |
| K60 m | el. | 1. | Madanowska     | Maja       | 2007 | KM Aktywni Sochaczew      | 10.22 |    |
| K60 m | el. | 2. | Ostaszewska    | Wiktoria   | 2007 | KM Aktywni Sochaczew      | 10.44 |    |
| K60 m | el. | 1. | Dwojak         | Natalia    | 2007 | Lider Grodzisk Mazowiecki | 9.37  |    |
| K60 m | el. | 2. | Flis           | Gabriela   | 2007 | KM Aktywni Sochaczew      | 10.09 |    |
| K60 m | el. | 3. | Janiak         | Patrycja   | 2007 | KM Aktywni Sochaczew      | 10.37 |    |
| K60 m | el. | 4. | Klimowicz      | Hanna      | 2007 | Lider Grodzisk Mazowiecki | 11.08 |    |
| K60 m | el. | 5. | Rybak          | Oliwia     | 2007 | KM Aktywni Sochaczew      | 11.38 |    |
| K60 m | el. | 1. | Olczyk         | Anna       | 2007 | UKS Champion Bełchatów    | 8.88  | fb |
| K60 m | el. | 2. | Jakóbiec       | Małgorzata | 2006 | UKS Domaniwice            | 9.02  |    |
| K60 m | el. | 3. | Łebek          | Karolina   | 2008 | Lider Grodzisk Mazowiecki | 10.97 |    |
| K60 m | el. | 4. | Hańczakiewicz  | Lena       | 2013 |                           | 13.48 |    |

|       |    |    |               |            |      |                           |      |  |
|-------|----|----|---------------|------------|------|---------------------------|------|--|
| K60 m | fa | 1. | Gąsowska      | Małgorzata | 1978 |                           | 7.96 |  |
| K60 m | fa | 2. | Szykulska     | Renata     | 1974 | LKS Polkowice             | 8.42 |  |
| K60 m | fa | 3. | Adryjańczyk   | Małgorzata | 1974 | MKL Toruń                 | 8.81 |  |
| K60 m | fa | 4. | Grabowska     | Joanna     | 1975 | PZLAM                     | 8.98 |  |
| K60 m | fa | 5. | Mielczarek    | Alicja     | 1978 |                           | 9.18 |  |
| K60 m | fa | 6. | Kalista-Łebek | Beata      | 1980 | Lider Grodzisk Mazowiecki | 9.38 |  |

|       |    |    |             |           |      |                        |      |  |
|-------|----|----|-------------|-----------|------|------------------------|------|--|
| K60 m | fb | 1. | Burzyńska   | Kinga     | 2003 | KM Aktywni Sochaczew   | 8.55 |  |
| K60 m | fb | 2. | Olczyk      | Anna      | 2007 | UKS Champion Bełchatów | 8.59 |  |
| K60 m | fb | 3. | Lewandowska | Weronika  | 2003 | KM Aktywni Sochaczew   | 8.62 |  |
| K60 m | fb | 4. | Skomal      | Julia     | 2005 | KM Aktywni Sochaczew   | 8.64 |  |
| K60 m | fb | 5. | Sadowska    | Julia     | 2003 | KM Aktywni Sochaczew   | 8.71 |  |
| K60 m | fb | 6. | Gosik       | Michalina | 2006 | KM Aktywni Sochaczew   | 8.83 |  |

|       |     |  |    |              |                |      |                            |       |    |
|-------|-----|--|----|--------------|----------------|------|----------------------------|-------|----|
| M60 m | el. |  | 1. | Formaniewicz | Andrzej        | 1957 | PZLAM                      | 8.00  | fb |
| M60 m | el. |  | 2. | Kubiczek     | Piotr          | 1957 | PZLAM                      | 8.62  |    |
| M60 m | el. |  | 3. | Sut          | Andrzej        | 1957 | MKS Aleksandrów Ł.         | 8.65  |    |
| M60 m | el. |  | 4. | Zduniak      | Krzysztof      | 1957 | PZLAM                      | 8.69  |    |
| M60 m | el. |  | 5. | Lorenz       | Sylwester      | 1950 | AZS OŚ Poznań              | 8.90  |    |
| M60 m | el. |  | 1. | Żurawski     | Bogumił        | 1959 |                            | 8.30  |    |
| M60 m | el. |  | 2. | Sekowski     | Marek          | 1966 | Lider Grodzisk Mazowiecki  | 8.40  |    |
| M60 m | el. |  | 3. | Żywień       | Marek          | 1966 |                            | 9.75  |    |
| M60 m | el. |  | 1. | Widział      | Marek          | 1968 | PZLAM                      | 8.07  | fb |
| M60 m | el. |  | 2. | Stępnia      | Radosław       | 1971 |                            | 8.14  |    |
| M60 m | el. |  | 3. | Sobieraj     | Jacek          | 1970 | AZS Łódź                   | 8.35  |    |
| M60 m | el. |  | 4. | Listowski    | Andrzej        | 1968 |                            | 8.63  |    |
| M60 m | el. |  | 1. | Kurcz        | Tadeusz        | 1974 |                            | 7.93  | fb |
| M60 m | el. |  | 2. | Pęczek       | Adam           | 1974 | RKS Łódź                   | 8.10  |    |
| M60 m | el. |  | 3. | Prokopiuk    | Robert         | 1975 | Lider Grodzisk Mazowiecki  | 8.25  |    |
| M60 m | el. |  | 4. | Kikowski     | Grzegorz Jakub | 1975 |                            | 9.14  |    |
| M60 m | el. |  | 5. | Walisiewicz  | Piotr          | 1974 | KM Aktywni Sochaczew       | 9.52  |    |
| M60 m | el. |  | 1. | Guzowski     | Krzysztof      | 1976 | niest.                     | 7.66  | fa |
| M60 m | el. |  | 2. | Kocerka      | Jacek          | 1976 |                            | 8.59  |    |
| M60 m | el. |  | 3. | Gula         | Tomasz         | 1976 | RYSIOTEAM                  | 10.45 |    |
| M60 m | el. |  | 1. | Garbicz      | Krzysztof      | 1978 | Skierniewice               | 7.61  | fa |
| M60 m | el. |  | 2. | Gębski       | Mariusz        | 1978 | KB Lidzbark Warmiński      | 7.85  | fb |
| M60 m | el. |  | 3. | Grzybowski   | Przemysław     | 1978 |                            | 7.92  | fb |
| M60 m | el. |  | 1. | Marcinkowski | Marcin         | 1981 | AZS OŚ Poznań              | 7.34  | fa |
| M60 m | el. |  | 2. | Kucharski    | Piotr          | 1982 | MLUKS Rawa Mazowiecka      | 7.68  | fa |
| M60 m | el. |  | 3. | Zimny        | Emanuel        | 1981 | KM Aktywni Sochaczew       | 8.46  |    |
| M60 m | el. |  | 1. | Bondalski    | Sławomir       | 1983 | LUKS Orkan Wrtześnia       | 7.71  | fa |
| M60 m | el. |  | 2. | Wierzbicki   | Jacek          | 1983 | TS AKS Chorzów             | 7.79  | fa |
| M60 m | el. |  | 3. | Piechnik     | Mateusz        | 1984 | Polonia Warszawa           | 8.01  | fb |
| M60 m | el. |  | 4. | Malinowski   | Michał         | 1983 |                            | 8.39  |    |
| M60 m | el. |  | 5. | Kamecki      | Łukasz         | 1982 |                            | 9.69  |    |
| M60 m | el. |  | 1. | Myrta        | Szymon         | 1988 | KS Sprinterzy.com          | 7.50  | fc |
| M60 m | el. |  | 2. | Bednarczyk   | Sebastian      | 1989 | KS Sprinterzy.com          | 7.75  | fc |
| M60 m | el. |  | 3. | Marianowski  | Szymon         | 2000 |                            | 8.07  | fc |
| M60 m | el. |  | 4. | Biegalski    | Adrian         | 1998 |                            | 8.13  | fc |
| M60 m | el. |  | 5. | Packi        | Michał         | 1991 | Wieluń Biega               | 9.27  |    |
| M60 m | el. |  | 1. | Wieteska     | Tomasz         | 2001 | UKS Błyskawica Domaniewice | 7.24  | fc |
| M60 m | el. |  | 2. | Krebs        | Marcin         | 1986 | RajSport Aktive            | 8.29  | fc |
| M60 m | el. |  | 3. | Tomaszewski  | Kacper         | 2004 | RKS Łódź                   | 8.32  |    |
| M60 m | el. |  | 1. | Garbicz      | Aleksander     | 2008 | Skierniewice               | 9.22  |    |
| M60 m | el. |  | 2. | Witczak      | Borys          | 2008 | Sosnowa                    | 9.45  |    |
| M60 m | el. |  | 3. | Selerski     | Jakub          | 2007 | KM Aktywni Sochaczew       | 9.84  |    |
| M60 m | el. |  | 4. | Prokopiuk    | Sebastian      | 2009 | Lider Grodzisk Mazowiecki  | 10.82 |    |
| M60 m | el. |  | 1. | Matusiak     | Filip          | 2012 |                            | 11.38 |    |
| M60 m | el. |  | 2. | Kamecki      | Julian         | 2013 |                            | 13.39 |    |
| M60 m | el. |  | 3. | Sekieta      | Filip          | 2012 | TIME4s                     | 13.70 |    |
| M60 m | el. |  | 4. | Sekieta      | Franciszek     | 2014 | TIME4s                     | 19.62 |    |

|       |    |  |    |              |            |      |                       |      |  |
|-------|----|--|----|--------------|------------|------|-----------------------|------|--|
| M60 m | fb |  | 1. | Gębski       | Mariusz    | 1978 | KB Lidzbark Warmiński | 7.76 |  |
| M60 m | fb |  | 2. | Kurcz        | Tadeusz    | 1974 |                       | 7.89 |  |
| M60 m | fb |  | 3. | Grzybowski   | Przemysław | 1978 |                       | 7.93 |  |
| M60 m | fb |  | 4. | Piechnik     | Mateusz    | 1984 | Polonia Warszawa      | 8.04 |  |
| M60 m | fb |  | 5. | Widział      | Marek      | 1968 | PZLAM                 | 8.16 |  |
| M60 m | fb |  |    | Formaniewicz | Andrzej    | 1957 | PZLAM                 | dnf  |  |

|       |    |  |           |              |           |      |                       |      |
|-------|----|--|-----------|--------------|-----------|------|-----------------------|------|
| M60 m | fa |  | <b>1.</b> | Marcinkowski | Marcin    | 1981 | AZS OŚ Poznań         | 7.35 |
| M60 m | fa |  | <b>2.</b> | Garbicz      | Krzysztof | 1978 | Skierniewice          | 7.61 |
| M60 m | fa |  | <b>3.</b> | Guzowski     | Krzysztof | 1976 | niest.                | 7.62 |
| M60 m | fa |  | <b>4.</b> | Kucharski    | Piotr     | 1982 | MLUKS Rawa Mazowiecka | 7.67 |
| M60 m | fa |  | <b>5.</b> | Bondalski    | Sławomir  | 1983 | LUKS Orkan Wrtześnia  | 7.70 |
| M60 m | fa |  | <b>6.</b> | Wierzbicki   | Jacek     | 1983 | TS AKS Chorzów        | 7.86 |

|       |    |  |           |             |           |      |                            |      |
|-------|----|--|-----------|-------------|-----------|------|----------------------------|------|
| M60 m | fc |  | <b>1.</b> | Myrta       | Szymon    | 1988 | KS Sprinterzy.com          | 7.42 |
| M60 m | fc |  | <b>2.</b> | Wieteska    | Tomasz    | 2001 | UKS Błyskawica Domaniewice | 7.28 |
| M60 m | fc |  | <b>3.</b> | Bednarczyk  | Sebastian | 1989 | KS Sprinterzy.com          | 7.73 |
| M60 m | fc |  | <b>4.</b> | Marianowski | Szymon    | 2000 |                            | 7.95 |
| M60 m | fc |  | <b>5.</b> | Krebs       | Marcin    | 1986 | RajSport Aktive            | 8.25 |
| M60 m | fc |  | <b>6.</b> | Biegalski   | Adrian    | 1998 |                            | dns  |

|        |   |  |           |                     |            |      |                           |       |
|--------|---|--|-----------|---------------------|------------|------|---------------------------|-------|
| K300 m | s |  | <b>1.</b> | Lemiesz             | Aneta      | 1981 | RK Athletics Warszawa     | 41.95 |
| K300 m | s |  | <b>2.</b> | Walisiejcz          | Urszula    | 2006 | KM Aktywni Sochaczew      | 48.30 |
| K300 m | s |  | <b>3.</b> | Jabłkowska          | Monika     | 1969 |                           | 52.87 |
| K300 m | s |  | <b>1.</b> | Grabowska           | Joanna     | 1975 | PZLAM                     | 48.77 |
| K300 m | s |  | <b>2.</b> | Michalczuk-Zglińska | Iwona      | 1974 | UKS Herkules Sulejówek    | 51.94 |
| K300 m | s |  | <b>3.</b> | Widalska            | Marta      | 1976 | Lider Grodzisk Mazowiecki | 65.23 |
| K300 m | s |  | <b>1.</b> | Adryjańczyk         | Małgorzata | 1974 | MKL Toruń                 | 47.77 |
| K300 m | s |  | <b>2.</b> | Mielczarek          | Alicja     | 1978 |                           | 51.84 |
| K300 m | s |  | <b>3.</b> | Kalista-Łebek       | Beata      | 1980 | Lider Grodzisk Mazowiecki | 56.80 |
| K300 m | s |  | <b>1.</b> | Sadyś               | Marta      | 2002 | RKS Łódź                  | 46.52 |
| K300 m | s |  | <b>2.</b> | Kmin-Niemirska      | Julia      | 2001 | RKS Łódź                  | 47.28 |
| K300 m | s |  | <b>3.</b> | Wiśniewska          | Zuzanna    | 2002 | RKS Łódź                  | 49.44 |
| K300 m | s |  | <b>1.</b> | Lewandowska         | Weronika   | 2003 | KM Aktywni Sochaczew      | 47.30 |
| K300 m | s |  | <b>2.</b> | Gronkiewicz         | Julia      | 2004 | Lider Grodzisk Mazowiecki | 53.92 |
| K300 m | s |  | <b>1.</b> | Marchwicka          | Nadia      | 2005 | RKS Łódź                  | 50.47 |
| K300 m | s |  | <b>2.</b> | Dwojak              | Natalia    | 2007 | Lider Grodzisk Mazowiecki | 53.26 |
| K300 m | s |  | <b>3.</b> | Ogrodowczyk         | Anna       | 2006 | RKS Łódź                  | 54.91 |
| K300 m | s |  | <b>1.</b> | Gosik               | Michalina  | 2006 | KM Aktywni Sochaczew      | 49.94 |
| K300 m | s |  | <b>2.</b> | Janiak              | Patrycja   | 2007 | KM Aktywni Sochaczew      | 60.66 |
| K300 m | s |  | <b>3.</b> | Flis                | Gabriela   | 2007 | KM Aktywni Sochaczew      | 63.65 |
| K300 m | s |  | <b>1.</b> | Madanowska          | Maja       | 2007 | KM Aktywni Sochaczew      | 59.58 |
| K300 m | s |  | <b>2.</b> | Klimowicz           | Hanna      | 2007 | Lider Grodzisk Mazowiecki | 64.67 |
| K300 m | s |  | <b>3.</b> | Łebek               | Karolina   | 2008 | Lider Grodzisk Mazowiecki | 65.86 |
| K300 m | s |  | <b>1.</b> | Ostaszewska         | Wiktoria   | 2007 | KM Aktywni Sochaczew      | 63.32 |
| K300 m | s |  | <b>2.</b> | Rybak               | Oliwia     | 2007 | KM Aktywni Sochaczew      | 70.66 |

|        |   |  |           |            |            |      |                           |       |
|--------|---|--|-----------|------------|------------|------|---------------------------|-------|
| M300 m | s |  | <b>1.</b> | Sut        | Andrzej    | 1957 | MKS Aleksandrów Ł.        | 46.37 |
| M300 m | s |  | <b>2.</b> | Zduniak    | Krzysztof  | 1957 | PZLAM                     | 47.54 |
| M300 m | s |  | <b>3.</b> | Obałka     | Szymon     | 1953 | PZLAM Toruń               | 54.52 |
| M300 m | s |  | <b>1.</b> | Żurawski   | Bogumił    | 1959 |                           | 44.56 |
| M300 m | s |  | <b>2.</b> | Kubiczek   | Piotr      | 1957 | PZLAM                     | 44.76 |
| M300 m | s |  | <b>3.</b> | Musiał     | Wiesław    | 1957 |                           | 46.84 |
| M300 m | s |  | <b>1.</b> | Fras       | Andrzej    | 1962 |                           | 43.98 |
| M300 m | s |  | <b>2.</b> | Wendicki   | Dariusz    | 1964 | KS Warszawianka           | 45.13 |
| M300 m | s |  | <b>3.</b> | Grotkowski | Krzysztof  | 1963 | UKS Herkules Sulejówek    | 48.20 |
| M300 m | s |  | <b>1.</b> | Widział    | Marek      | 1968 | PZLAM                     | 43.43 |
| M300 m | s |  | <b>2.</b> | Zalasa     | Wojciech   | 1968 | Łódź kocha sport          | 43.71 |
| M300 m | s |  | <b>3.</b> | Sekowski   | Marek      | 1966 | Lider Grodzisk Mazowiecki | 47.85 |
| M300 m | s |  | <b>1.</b> | Sekieta    | Radosław   | 1976 | TIME4s                    | 40.69 |
| M300 m | s |  | <b>2.</b> | Pęczek     | Adam       | 1974 | RKS Łódź                  | 42.42 |
| M300 m | s |  | <b>3.</b> | Jaszczur   | Michał     | 1981 | PZLAM                     | 44.56 |
| M300 m | s |  | <b>1.</b> | Guzowski   | Krzysztof  | 1976 | niest.                    | 39.24 |
| M300 m | s |  | <b>2.</b> | Grzybowski | Przemysław | 1978 |                           | 41.28 |
| M300 m | s |  | <b>3.</b> | Prokopiuk  | Robert     | 1975 | Lider Grodzisk Mazowiecki | 42.20 |

|        |   |  |    |              |            |      |                           |       |
|--------|---|--|----|--------------|------------|------|---------------------------|-------|
| M300 m | s |  | 1. | Stępnia      | Radosław   | 1971 |                           | 42.75 |
| M300 m | s |  | 2. | Kocerka      | Jacek      | 1976 |                           | 48.40 |
| M300 m | s |  | 1. | Marcinkowski | Marcin     | 1981 | AZS OŚ Poznań             | 38.30 |
| M300 m | s |  | 2. | Kucharski    | Piotr      | 1982 | MLUKS Rawa Mazowiecka     | 39.47 |
| M300 m | s |  | 3. | Podlasiak    | Robert     | 1978 | RYSIOTEAM                 | 63.61 |
| M300 m | s |  | 1. | Kurcz        | Tadeusz    | 1974 |                           | 42.72 |
| M300 m | s |  | 2. | Musiatowicz  | Wojciech   | 1980 | UKS Herkules Sulejówek    | 43.96 |
| M300 m | s |  | 3. | Kowalczyk    | Marcin     | 1979 |                           | 45.34 |
| M300 m | s |  | 1. | Bondalski    | Sławomir   | 1983 | LUKS Orkan Wrtześnia      | 39.77 |
| M300 m | s |  | 2. | Piechniki    | Mateusz    | 1984 | Polonia Warszawa          | 43.17 |
| M300 m | s |  | 3. | Malinowski   | Michał     | 1983 |                           | 46.82 |
| M300 m | s |  | 1. | Pawski       | Wawrzyniec | 1984 |                           | 40.26 |
| M300 m | s |  | 2. | Biegalski    | Adrian     | 1998 |                           | 43.65 |
| M300 m | s |  | 1. | Pilszek      | Grzegorz   | 1987 | RK ATHLETIKS Warszawa     | 40.88 |
| M300 m | s |  | 2. | Pierzchała   | Gabriel    | 2004 | UKS Olimp Kozenice        | 41.53 |
| M300 m | s |  | 3. | Kikowski     | Grzegorz   | 2004 |                           | 49.00 |
| M300 m | s |  | 1. | Sermak       | Marcel     | 2005 | UKS Olimp Kozenice        | 42.55 |
| M300 m | s |  | 2. | Witczak      | Borys      | 2008 | Sosnowa                   | 54.70 |
| M300 m | s |  | 3. | Selerski     | Jakub      | 2007 | KM Aktywni Sochaczew      | 58.65 |
| M300 m | s |  | 1. | Zimny        | Emanuel    | 1981 | KM Aktywni Sochaczew      | 42.06 |
| M300 m | s |  | 2. | Cząstka      | Jan        | 1958 | Tempo Przemysł            | 43.85 |
| M300 m | s |  | 3. | Prokopiuk    | Sebastian  | 2009 | Lider Grodzisk Mazowiecki | 65.44 |

|        |   |  |    |            |            |      |                           |         |
|--------|---|--|----|------------|------------|------|---------------------------|---------|
| K600 m | s |  | 1. | Lemiesz    | Aneta      | 1981 | RK Athletics Warszawa     | 1:31.68 |
| K600 m | s |  | 2. | Sot        | Aleksandra | 2004 | UKS Olimp Kozenice        | 1:48.53 |
| K600 m | s |  | 3. | Żulińska   | Kamila     | 2005 | Lider Grodzisk Mazowiecki | 1:53.11 |
| K600 m | s |  | 4. | Strzelczyk | Aleksandra | 2006 | UKS Olimp Kozenice        | 1:54.40 |
| K600 m | s |  | 5. | Jabłkowska | Monika     | 1969 |                           | 2:04.50 |
| K600 m | s |  | 6. | Zabielska  | Barbara    | 2007 |                           | 2:16.23 |

|        |   |  |    |             |            |      |                            |         |
|--------|---|--|----|-------------|------------|------|----------------------------|---------|
| M600 m | s |  | 1. | Sobczak     | Robert     | 1982 | Skrzynka Domni-bezdomni    | 1:27.22 |
| M600 m | s |  | 2. | Pilszek     | Grzegorz   | 1987 | RK ATHLETIKS Warszawa      | 1:28.13 |
| M600 m | s |  | 3. | Pawski      | Wawrzyniec | 1984 |                            | 1:29.03 |
| M600 m | s |  | 4. | Strzelczyk  | Jakub      | 2003 | UKS Olimp Kozenice         | 1:30.22 |
| M600 m | s |  | 5. | Cząstka     | Jan        | 1958 | Tempo Przemysł             | 1:37.66 |
| M600 m | s |  | 6. | Leszkiewicz | Artur      | 1976 | UKS Błyskawica Domaniewice | 1:38.27 |
| M600 m | s |  | 7. | Żywień      | Marek      | 1966 |                            | 2:06.39 |

|         |   |  |    |             |          |      |                  |         |
|---------|---|--|----|-------------|----------|------|------------------|---------|
| K1000 m | s |  | 1. | Matusiak    | Karolina | 1990 | Salos Wodna Łódź | 3:17.33 |
| K1000 m | s |  | 2. | Ustianowska | Dorota   | 1970 | Częstochowa      | 3:18.08 |

|         |   |  |    |            |            |      |                    |         |
|---------|---|--|----|------------|------------|------|--------------------|---------|
| M1000 m | s |  | 1. | Sałamacha  | Jarosław   | 1980 | Żórawski TEAM      | 3:00.35 |
| M1000 m | s |  | 2. | Nowakowski | Jacek      | 1966 | AKL Ursynów        | 3:01.05 |
| M1000 m | s |  | 3. | Krebs      | Marcin     | 1966 | RajSport Active    | 3:05.02 |
| M1000 m | s |  | 4. | Listowski  | Andrzej    | 1968 |                    | 3:09.68 |
| M1000 m | s |  | 5. | Wróblewski | Michał     | 1979 | AKL Ursynów        | 3:15.72 |
| M1000 m | s |  | 6. | Szyborski  | Marek      | 1974 | www.Dzieciaki Plus | 3:21.00 |
| M1000 m | s |  | 1. | Rozmianiec | Paweł      | 1987 |                    | 2:39.04 |
| M1000 m | s |  | 2. | Kern       | Artur      | 1980 | Unia Hrubieszów    | 2:40.00 |
| M1000 m | s |  | 3. | Skrzypczak | Kamil      | 1991 | TIME4s             | 2:40.01 |
| M1000 m | s |  | 4. | Piech      | Jakub      | 1986 | All in RUN Kraków  | 2:46.21 |
| M1000 m | s |  | 5. | Firaza     | Tomasz     | 1982 |                    | 3:12.92 |
| M1000 m | s |  | 6. | Drach      | Bartłomiej | 1986 | TIME4s             | 4:26.63 |

|         |   |  |    |              |           |      |                    |          |
|---------|---|--|----|--------------|-----------|------|--------------------|----------|
| K3000 m | s |  | 1. | Woszczek     | Danuta    | 1978 | UKS Olimp Kozenice | 10:51.78 |
| K3000 m | s |  | 2. | Ustianowska  | Dorota    | 1970 | Częstochowa        | 10:54.16 |
| K3000 m | s |  | 3. | Hańczkiewicz | Sylwia    | 1982 |                    | 11:16.90 |
| K3000 m | s |  | 4. | Wolska       | Katarzyna | 1983 | Olej Running Team  | 11:27.91 |
| K3000 m | s |  | 5. | Światłowska  | Beata     | 1994 |                    | 12:16.56 |
| K3000 m | s |  | 6. | Olczyk       | Agnieszka | 1979 |                    | 12:57.80 |
| K3000 m | s |  | 7. | Rydyńska     | Kamila    | 1983 |                    | 13:11.39 |

|         |   |  |            |            |          |      |                              |          |
|---------|---|--|------------|------------|----------|------|------------------------------|----------|
| M3000 m | s |  | <b>1.</b>  | Kern       | Artur    | 1980 | Unia Hrubieszów              | 8:59.38  |
| M3000 m | s |  | <b>2.</b>  | Rozmianiec | Paweł    | 1987 |                              | 9:17.37  |
| M3000 m | s |  | <b>3.</b>  | Sonciński  | Tomasz   | 1981 |                              | 9:59.85  |
| M3000 m | s |  | <b>4.</b>  | Sałamacha  | Jarosław | 1980 | Żórawski TEAM                | 10:07.97 |
| M3000 m | s |  | <b>5.</b>  | Michalski  | Daniel   | 1990 | UKS Azymut Pabianice         | 10:08.59 |
| M3000 m | s |  | <b>6.</b>  | Szymczak   | Jacek    | 1975 |                              | 10:58.68 |
| M3000 m | s |  | <b>7.</b>  | Cieśla     | Dawid    | 1977 | AGB TORFY                    | 11:00.13 |
| M3000 m | s |  | <b>8.</b>  | Koprowski  | Łukasz   | 1986 | Olimpijska Akademia Biegania | 11:04.54 |
| M3000 m | s |  | <b>9.</b>  | Deka       | Michał   | 1979 |                              | 11:13.49 |
| M3000 m | s |  | <b>10.</b> | Tosik      | Witold   |      | OLEJ RUNNING TEAM            | 11:20.72 |
| M3000 m | s |  | <b>11.</b> | Kubas      | Łukasz   | 1984 | OLEJ RUNNING TEAM            | 11:35.53 |
| M3000 m | s |  | <b>12.</b> | Szyborski  | Marek    | 1974 | www.Dzieciaki Plus           | 12:08.85 |

|        |   |  |           |               |            |      |                            |      |
|--------|---|--|-----------|---------------|------------|------|----------------------------|------|
| KWzwyż | f |  | <b>1.</b> | Jakóbiec      | Małgorzata | 2006 | UKS Błyskawica Domaniewice | 1.42 |
| KWzwyż | f |  | <b>2.</b> | Szykulska     | Renata     | 1974 | LKS Polkowice              | 1.32 |
| KWzwyż | f |  | <b>3.</b> | Kalista-Łebek | Beata      | 1980 | Lider Grodzisk Mazowiecki  | 1.22 |
| KWzwyż | f |  | <b>4.</b> | Widalska      | Marta      | 1976 | Lider Grodzisk Mazowiecki  | nm   |

|        |   |  |           |               |           |            |                                |      |
|--------|---|--|-----------|---------------|-----------|------------|--------------------------------|------|
| MWzwyż | f |  | <b>1.</b> | Prokopiuk     | Robert    | 1975       |                                | 1.62 |
| MWzwyż | f |  | <b>2.</b> | Firaza        | Tomasz    | 1982       |                                | 1.62 |
| MWzwyż | f |  | <b>3.</b> | Stanisławczyk | Michał    | 1979       | Lider Grodzisk Mazowiecki      | 1.62 |
| MWzwyż | f |  | <b>4.</b> | Bednarski     | Dariusz   | 1964-04-23 | MUKS Płock                     | 1.52 |
| MWzwyż | f |  |           | Musiał        | Wiesław   | 1957-10-20 | Śrem                           | 1.52 |
| MWzwyż | f |  | <b>6.</b> | Wierzbicki    | Jacek     | 1983-01-11 | TS AKS chorzów                 | 1.42 |
| MWzwyż | f |  |           | Sekowski      | Marek     | 1966       | Lider Grodzisk Mazowiecki      | 1.42 |
| MWzwyż | f |  | <b>8.</b> | Listowski     | Andrzej   | 1968       |                                | 1.42 |
| MWzwyż | f |  | <b>9.</b> | Lorenz        | Sylwester | 1950       | OŚ AZS Poznań                  | 1.27 |
| MWzwyż | f |  |           | Krakowiak     | Dariusz   | 1963       | MLKS Krajna Sępólno Krajeńskie | nm   |

|        |   |  |            |             |            |      |                            |      |
|--------|---|--|------------|-------------|------------|------|----------------------------|------|
| KW dal | f |  | <b>1.</b>  | Szykulska   | Renata     | 1974 | LKS Polkowice              | 4.88 |
| KW dal | f |  | <b>2.</b>  | Burzyńska   | Kinga      | 2003 | KM Aktywni Sochaczew       | 4.34 |
| KW dal | f |  | <b>3.</b>  | Sadowska    | Julia      | 2003 | KM Aktywni Sochaczew       | 4.21 |
| KW dal | f |  | <b>4.</b>  | Skomal      | Julia      | 2005 | KM Aktywni Sochaczew       | 4.12 |
| KW dal | f |  | <b>5.</b>  | Jakóbiec    | Małgorzata | 2006 | UKS Błyskawica Domaniewice | 4.09 |
| KW dal | f |  | <b>6.</b>  | Leszkiewicz | Michalina  | 2002 | UKS Błyskawica Domaniewice | 3.87 |
| KW dal | f |  | <b>7.</b>  | Dwojak      | Natalia    | 2007 | Lider Grodzisk Mazowiecki  | 3.83 |
| KW dal | f |  | <b>8.</b>  | Gronkiewicz | Julia      | 2004 | Lider Grodzisk Mazowiecki  | 3.83 |
| KW dal | f |  | <b>9.</b>  | Żulińska    | Kamila     | 2005 | Lider Grodzisk Mazowiecki  | 3.81 |
| KW dal | f |  | <b>10.</b> | Kozłowska   | Izabela    | 2000 | UKS Halszka Szamotuły      | 3.62 |
| KW dal | f |  | <b>11.</b> | Basior      | Zuzanna    | 2006 | KM Aktywni Sochaczew       | 3.11 |
| KW dal | f |  | <b>12.</b> | Karczewska  | Justyna    | 2002 | KM Aktywni Sochaczew       | 2.85 |
| KW dal | f |  | <b>13.</b> | Łebek       | Karolina   | 2008 | Lider Grodzisk Mazowiecki  | 2.77 |
| KW dal | f |  | <b>14.</b> | Klimowicz   | Hanna      | 2007 | Lider Grodzisk Mazowiecki  | 2.59 |

|        |   |  |            |               |           |      |                                |      |        |
|--------|---|--|------------|---------------|-----------|------|--------------------------------|------|--------|
| MW dal | f |  | <b>1.</b>  | Sobora        | Łukasz    | 1978 | MKS Aleksandrów Ł.             | 6.28 |        |
| MW dal | f |  | <b>2.</b>  | Krakowiak     | Dariusz   | 1963 | MLKS Krajna Sępólno Krajeńskie | 5.63 |        |
| MW dal | f |  | <b>3.</b>  | Wideł         | Marek     | 1968 | PZLAM                          | 5.36 |        |
| MW dal | f |  | <b>4.</b>  | Musiał        | Wiesław   | 1957 |                                | 5.27 |        |
| MW dal | f |  | <b>5.</b>  | Malinowski    | Michał    | 1983 |                                | 5.27 |        |
| MW dal | f |  | <b>6.</b>  | Stanisławczyk | Michał    | 1979 |                                | 5.00 |        |
| MW dal | f |  | <b>7.</b>  | Firaza        | Tomasz    | 1982 |                                | 4.79 |        |
| MW dal | f |  | <b>8.</b>  | Listowski     | Andrzej   | 1968 |                                | 4.62 |        |
| MW dal | f |  | <b>9.</b>  | Lorenz        | Sylwester | 1950 | AZS OŚ Poznań                  | 4.52 |        |
| MW dal | f |  | <b>10.</b> | Kubiczek      | Piotr     | 1957 | PZLAM                          | 4.50 |        |
| MW dal | f |  | <b>1.</b>  | Prokopiuk     | Sebastian | 2009 | Lider Grodzisk Mazowiecki      | 3.03 | strefa |
| MW dal | f |  | <b>2.</b>  | Matusiak      | Filip     | 2012 |                                | 2.87 | strefa |
| MW dal | f |  | <b>3.</b>  | Sekieta       | Filip     | 2012 | TIME4s                         | 2.14 | strefa |