

6 Nocny Bieg Policz się z Cukrzycą

Athletics Team Prusice, Gmina Prusice, GOKIS Prusice, PCF Prusice · niedziela, 29 stycznia 2023



Wyniki końcowe - Kategorie wiekowe - 5 km · 5 stron

| Poz. | Numer | Nazwisko, imię | Klub | Płeć | Wynik | Różnica | Tempo | Poz. Kat. wiek. |
|-----------------|-------|------------------------|-------------------------------------|------|-----------|-------------|-------|-----------------|
| K20 (7) | | | | | | | | |
| 1 | 97 | LARY JOANNA | ♀ WIECZORNE BIEGANIE WE WROCŁAWIU | K | 25:02.275 | - | 05:01 | 1° |
| 2 | 76 | MARCINIAK ALEKSANDRA | ♀ EKIPA PRZYTUL PYSKA KLUB SPORTOWY | K | 25:22.988 | + 20.713 | 05:04 | 2° |
| 3 | 92 | KRYSTKOWIAK KLAUDIA | ♀ | K | 26:15.960 | + 1:13.685 | 05:15 | 3° |
| 4 | 72 | SARNA JOANNA | ♀ | K | 28:19.672 | + 3:17.397 | 05:40 | 4° |
| 5 | 47 | BEKACZ WIKTORIA | ♀ START ŚCINAWA | K | 28:22.798 | + 3:20.523 | 05:40 | 5° |
| 6 | 73 | BURAS MAGDALENA | ♀ | K | 32:48.390 | + 7:46.115 | 06:34 | 6° |
| 7 | 151 | STAROWICZ MAJA | ♀ M&MS TEAM | K | 36:53.879 | + 11:51.604 | 07:23 | 7° |
| K30 (10) | | | | | | | | |
| 1 | 100 | PĘCZKOWSKA NATALIA | ♀ DTR BIEGA / MARIO TEAM | K | 22:19.086 | - | 04:28 | 1° |
| 2 | 159 | SALAMON DAGMARA | ♀ DTR BIEGA / MARIO TEAM | K | 22:28.670 | + 9.584 | 04:29 | 2° |
| 3 | 14 | OLEJNIK AGNIESZKA | ♀ ENDORFINY WĄSOSZ | K | 24:37.081 | + 2:17.995 | 04:55 | 3° |
| 4 | 58 | BURA KAROLINA | ♀ #BIEGAJLESZNO | K | 26:40.174 | + 4:21.088 | 05:20 | 4° |
| 5 | 123 | JAREMKIEWICZ MAGDALENA | ♀ DTR BIEGA / MARIO TEAM | K | 28:17.962 | + 5:58.876 | 05:40 | 5° |
| 6 | 13 | SIKORSKA MARTA | ♀ | K | 28:52.366 | + 6:33.280 | 05:46 | 6° |
| 7 | 7 | MICHAŁOWICZ MARTA | ♀ DTR BIEGA / MARIO TEAM | K | 29:40.576 | + 7:21.490 | 05:56 | 7° |
| 8 | 60 | PALAK PAULA | ♀ | K | 31:03.851 | + 8:44.765 | 06:13 | 8° |
| 9 | 23 | SZCZEPIŃSKA KAROLINA | ♀ | K | 32:12.647 | + 9:53.561 | 06:26 | 9° |
| 10 | 67 | OLSZAŃSKA DOROTA | ♀ | K | 36:38.020 | + 14:18.934 | 07:20 | 10° |
| K40 (16) | | | | | | | | |
| 1 | 26 | CZAJA MAŁGORZATA | ♀ ATHLETICS TEAM PRUSICE | K | 23:29.232 | - | 04:42 | 1° |
| 2 | 128 | KOZIMOR KATARZYNA | ♀ | K | 24:37.706 | + 1:08.474 | 04:55 | 2° |
| 3 | 124 | TRZASKACZ DOROTA | ♀ DTR BIEGA / MARIO TEAM | K | 25:24.598 | + 1:55.366 | 05:05 | 3° |
| 4 | 119 | NOGA JOANNA | ♀ ZHP POWIATU TRZEBNICKIEGO | K | 26:29.444 | + 3:00.212 | 05:18 | 4° |
| 5 | 90 | POSŁUSZNA ANNA | ♀ | K | 26:52.440 | + 3:23.208 | 05:22 | 5° |
| 6 | 12 | SPIKOWSKA MONIKA | ♀ | K | 27:14.558 | + 3:45.326 | 05:27 | 6° |
| 7 | 36 | KOSTECKA ANNA | ♀ | K | 27:17.695 | + 3:48.463 | 05:28 | 7° |
| 8 | 24 | MISZCZUK ANNA | ♀ SZCZYTKOWICE W BIEGU | K | 27:56.227 | + 4:26.995 | 05:35 | 8° |
| 9 | 54 | ZIELIŃSKA MAGDALENA | ♀ | K | 31:49.638 | + 8:20.406 | 06:22 | 9° |
| 10 | 85 | POPIELARCZYK ADRIANNA | ♀ PARKRUN WROCŁAW | K | 33:12.722 | + 9:43.490 | 06:38 | 10° |
| 11 | 34 | RICHTER DOROTA | ♀ PRO RUN | K | 33:36.649 | + 10:07.417 | 06:43 | 11° |
| 12 | 101 | TOMALIK KATARZYNA | ♀ | K | 33:37.101 | + 10:07.869 | 06:43 | 12° |
| 13 | 88 | ŻMUDA IZABELA | ♀ | K | 36:38.114 | + 13:08.882 | 07:20 | 13° |
| 14 | 95 | WYBRANIEC AGNIESZKA | ♀ | K | 37:31.344 | + 14:02.112 | 07:30 | 14° |
| 15 | 20 | SUSDORF ANNA | ♀ | K | 44:55.793 | + 21:26.561 | 08:59 | 15° |
| 16 | 19 | GŁOGOWSKA KATARZYNA | ♀ NOA | K | 44:57.743 | + 21:28.511 | 08:59 | 16° |

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|-----------------|-------|--------------------|---------------------------|------|-----------|-------------|-------|-----------------|
| K50 (3) | | | | | | | | |
| 1 | 94 | LUBAŃSKA ALICJA | ♀ DTR BIEGA / MARIO TEAM | K | 25:44.937 | - | 05:09 | 1° |
| 2 | 49 | SARNA BEATA | ♀ NIEZRZESZONA | K | 26:55.118 | + 1:10.181 | 05:23 | 2° |
| 3 | 155 | STAROSTA BEATA | ♀ | K | 40:17.272 | + 14:32.335 | 08:04 | 3° |
| K60 (4) | | | | | | | | |
| 1 | 50 | DYJAK BOŻENA | ♀ NIEZRZESZONA | K | 28:57.125 | - | 05:47 | 1° |
| 2 | 133 | FRYDECKA ELŻBIETA | ♀ | K | 30:05.802 | + 1:08.677 | 06:01 | 2° |
| 3 | 78 | SZAŁAJKO ANNA | ♀ DUCH GÓR | K | 34:15.514 | + 5:18.389 | 06:51 | 3° |
| 4 | 87 | BIJAK DOROTA | ♀ PARK RUN WROCŁAW | K | 40:14.773 | + 11:17.648 | 08:03 | 4° |
| M20 (10) | | | | | | | | |
| 1 | 138 | NAGLAK HUBERT | WATACHA | M | 17:28.147 | - | 03:29 | 1° |
| 2 | 126 | SZKLARZ MICHAŁ | ŚWIDNICKA GRUPA BIEGOWA | M | 19:34.524 | + 2:06.377 | 03:55 | 2° |
| 3 | 41 | PESZKO RAFAŁ | DĄBROWSKI TEAM | M | 20:20.876 | + 2:52.729 | 04:04 | 3° |
| 4 | 10 | LEKOSZ HUBERT | STARY SIELEC TEAM | M | 20:48.990 | + 3:20.843 | 04:10 | 4° |
| 5 | 56 | NUREK KRZYSZTOF | DTR BIEGA / MARIO TEAM | M | 22:58.304 | + 5:30.157 | 04:35 | 5° |
| 6 | 21 | NIEWIADOMSKI PAWEŁ | IPA WROCŁAW | M | 23:18.605 | + 5:50.458 | 04:40 | 6° |
| 7 | 120 | NOGA MARCIN | ZHP POWIATU TRZEBNICKIEGO | M | 24:41.179 | + 7:13.032 | 04:56 | 7° |
| 8 | 28 | CISZEWSKI PAWEŁ | | M | 25:02.027 | + 7:33.880 | 05:01 | 8° |
| 9 | 55 | LIPIEŃ PIOTR | | M | 25:02.573 | + 7:34.426 | 05:01 | 9° |
| 10 | 63 | SEKUŁA DANIEL | | M | 41:18.257 | + 23:50.110 | 08:16 | 10° |
| M30 (23) | | | | | | | | |
| 1 | 137 | WNUCZEK RAFAŁ | RAFALINHO RUNNIG TEAM | M | 18:09.468 | - | 03:38 | 1° |
| 2 | 122 | SIEKIRKA TOMASZ | | M | 19:06.145 | + 56.677 | 03:49 | 2° |
| 3 | 40 | FABRYKOWSKI ADRIAN | AKS BUKOWE | M | 19:13.344 | + 1:03.876 | 03:50 | 3° |
| 4 | 84 | MIERZWA MICHAŁ | | M | 19:13.941 | + 1:04.473 | 03:50 | 4° |
| 5 | 3 | BURA KRYSZTIAN | #BIEGAJLESZNO | M | 20:25.852 | + 2:16.384 | 04:05 | 5° |
| 6 | 61 | LISOWSKI BARTOSZ | | M | 21:44.681 | + 3:35.213 | 04:21 | 6° |
| 7 | 158 | KRÓL KAMIL | OŚ RACING TEAM | M | 21:46.615 | + 3:37.147 | 04:21 | 7° |
| 8 | 39 | ROZNEFSKI ŁUKASZ | KB SOBÓTKA | M | 23:22.932 | + 5:13.464 | 04:40 | 8° |
| 9 | 149 | WARDZIAK WOJCIECH | | M | 23:30.933 | + 5:21.465 | 04:42 | 9° |
| 10 | 81 | PAWLICKI MICHAŁ | | M | 23:46.665 | + 5:37.197 | 04:45 | 10° |
| 11 | 27 | GALANT JAREK | STARY SIELEC TEAM | M | 24:09.774 | + 6:00.306 | 04:50 | 11° |
| 12 | 114 | MIERNIK PRZEMYSŁAW | CROSS FIRMUS | M | 24:10.322 | + 6:00.854 | 04:50 | 12° |
| 13 | 117 | PIJOREK MARCEL | AKS BUKOWE | M | 24:34.503 | + 6:25.035 | 04:55 | 13° |
| 14 | 96 | KOWALSKI BARTOSZ | | M | 24:51.144 | + 6:41.676 | 04:58 | 14° |
| 15 | 98 | KOSTECKI TOMASZ | KROŚCINA WIELKA | M | 24:57.589 | + 6:48.121 | 04:59 | 15° |
| 16 | 147 | SOCHACKI GRZEGORZ | ATLAS RUNINNG TEAM | M | 25:04.830 | + 6:55.362 | 05:01 | 16° |
| 17 | 156 | ŁUGOWSKI BARTOSZ | | M | 25:21.450 | + 7:11.982 | 05:04 | 17° |

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| Poz. | Numer | Nazwisko, imię | Klub | Płeć | Wynik | Różnica | Tempo | Poz. Kat. wiek. |
|------------------------|-------|------------------------|---------------------------------|------|-----------|-------------|-------|-----------------|
| M30 (continued) | | | | | | | | |
| 18 | 79 | JARCZEWSKI ŁUKASZ | | M | 25:40.256 | + 7:30.788 | 05:08 | 18° |
| 19 | 33 | RATAJCZAK DAWID | | M | 26:36.939 | + 8:27.471 | 05:19 | 19° |
| 20 | 83 | REGIEC SŁAWOMIR | KROŚCINA WIELKA | M | 30:10.871 | + 12:01.403 | 06:02 | 20° |
| 21 | 129 | WOSIK RADOSŁAW | KB SUKCES ŻMIGRÓD | M | 31:02.657 | + 12:53.189 | 06:13 | 21° |
| 22 | 22 | SZCZEPIŃSKI MARCIN | | M | 32:13.727 | + 14:04.259 | 06:26 | 22° |
| 23 | 4 | CHLIWA RYSZARD | | M | 33:17.345 | + 15:07.877 | 06:40 | 23° |
| M40 (48) | | | | | | | | |
| 1 | 160 | FRANCZAK MARIUSZ | DTR BIEGA / MARIO TEAM | M | 17:56.874 | - | 03:35 | 1° |
| 2 | 29 | PUCHAŁA RADOSŁAW | KB SOBÓTKA | M | 18:13.473 | + 16.599 | 03:38 | 2° |
| 3 | 113 | SKORUPA JACEK | EUFORIA BIEGACZA | M | 18:25.356 | + 28.482 | 03:41 | 3° |
| 4 | 157 | JĘDRYCHOWSKI PIOTR | KB SOBÓTKA | M | 18:33.905 | + 37.031 | 03:43 | 4° |
| 5 | 102 | CZERW KONRAD | DTR BIEGA / MARIO TEAM | M | 19:28.749 | + 1:31.875 | 03:53 | 5° |
| 6 | 57 | KLEMENS MICHAŁ | DTR BIEGA / MARIO TEAM | M | 19:29.047 | + 1:32.173 | 03:54 | 6° |
| 7 | 140 | KRASICKI MICHAŁ | RUNNIN-GYM | M | 19:43.258 | + 1:46.384 | 03:56 | 7° |
| 8 | 71 | HYS DAMIAN | DTR BIEGA / MARIO TEAM | M | 20:15.089 | + 2:18.215 | 04:03 | 8° |
| 9 | 118 | SICIAK ŁUKASZ | ORLA KORZEŃSKO | M | 20:32.965 | + 2:36.091 | 04:07 | 9° |
| 10 | 130 | ZEMBATY MAREK | | M | 21:35.959 | + 3:39.085 | 04:19 | 10° |
| 11 | 43 | HERNER TOMASZ | DTR BIEGA / MARIO TEAM | M | 22:06.320 | + 4:09.446 | 04:25 | 11° |
| 12 | 152 | ART PAWEŁ | | M | 22:37.243 | + 4:40.369 | 04:31 | 12° |
| 13 | 1 | PIZIEWICZ DOMINIK | | M | 22:57.612 | + 5:00.738 | 04:35 | 13° |
| 14 | 45 | KAPUT PAWEŁ | DTR BIEGA / MARIO TEAM | M | 23:20.790 | + 5:23.916 | 04:40 | 14° |
| 15 | 91 | PIASECKI ZYGMUNT | FC WOŁÓW | M | 23:24.969 | + 5:28.095 | 04:41 | 15° |
| 16 | 154 | KASPRZYK ŁUKASZ | MIAMI VICE | M | 23:26.158 | + 5:29.284 | 04:41 | 16° |
| 17 | 136 | GEISLER MIROSŁAW | MIAMI VICE | M | 23:26.767 | + 5:29.893 | 04:41 | 17° |
| 18 | 70 | GOLEC GRZEGORZ | MŁYNARZE Z NADOLIC | M | 23:33.176 | + 5:36.302 | 04:43 | 18° |
| 19 | 145 | JEDRYCHOWSKI MACIEK | MIAMI VICE | M | 23:35.374 | + 5:38.500 | 04:43 | 19° |
| 20 | 8 | WRÓBEL WOJTEK | SZCZYTKOWICE W BIEGU | M | 23:45.129 | + 5:48.255 | 04:45 | 20° |
| 21 | 6 | NAWROT TOMASZ | DTR BIEGA / MARIO TEAM | M | 23:47.775 | + 5:50.901 | 04:46 | 21° |
| 22 | 131 | ZIĘBACZEWSKI ARKADIUSZ | WIECZORNE BIEGANIE WE WROCŁAWIU | M | 23:48.322 | + 5:51.448 | 04:46 | 22° |
| 23 | 51 | CZAJA MACIEJ | ATHLETICS TEAM PRUSICE | M | 24:00.942 | + 6:04.068 | 04:48 | 23° |
| 24 | 69 | BIELECKI GRZEGORZ | HAPPY SCHOOL | M | 24:14.617 | + 6:17.743 | 04:51 | 24° |
| 25 | 68 | GŁOWACKI TOMASZ | MŁYNARZE Z NADOLIC | M | 24:36.894 | + 6:40.020 | 04:55 | 25° |
| 26 | 48 | KIRCUŃ PAWEŁ | | M | 24:37.394 | + 6:40.520 | 04:55 | 26° |
| 27 | 65 | KRZEMIEŃ SŁAWOMIR | DTR BIEGA / MARIO TEAM | M | 24:40.679 | + 6:43.805 | 04:56 | 27° |
| 28 | 62 | POLAK ŁUKASZ | OBORYGENI | M | 24:43.112 | + 6:46.238 | 04:56 | 28° |
| 29 | 139 | MIŚTA GRZEGORZ | DTR BIEGA / MARIO TEAM | M | 24:48.354 | + 6:51.480 | 04:58 | 29° |
| 30 | 66 | SIERADZKI KONRAD | 2 WOJSKOWY SZPITAL POŁOWY | M | 24:56.932 | + 7:00.058 | 04:59 | 30° |
| 31 | 105 | ZAJĄC RONALD | RONI | M | 25:28.997 | + 7:32.123 | 05:05 | 31° |

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|------------------------|-------|----------------------|-----------------------------|------|-----------|-------------|-------|-----------------|
| M40 (continued) | | | | | | | | |
| 32 | 59 | KAPUT PIOTR | DTR BIEGA / MARIO TEAM | M | 25:34.196 | + 7:37.322 | 05:07 | 32° |
| 33 | 153 | RASZKA KRZYSZTOF | DTR BIEGA / MARIO TEAM | M | 25:45.874 | + 7:49.000 | 05:09 | 33° |
| 34 | 135 | JANA CZESŁAW | | M | 25:49.253 | + 7:52.379 | 05:10 | 34° |
| 35 | 53 | ZIELIŃSKI TOMASZ | | M | 26:26.708 | + 8:29.834 | 05:17 | 35° |
| 36 | 74 | STEFANOWICZ RADOSŁAW | | M | 26:34.223 | + 8:37.349 | 05:19 | 36° |
| 37 | 134 | TRZASKACZ TOMASZ | OBORYGENI | M | 28:19.486 | + 10:22.612 | 05:40 | 37° |
| 38 | 30 | MAZUR MICHAŁ | KB SOBÓTKA | M | 28:29.348 | + 10:32.474 | 05:42 | 38° |
| 39 | 112 | CŁAPKA MARIUSZ | ORLA KORZEŃSKO | M | 28:32.471 | + 10:35.597 | 05:43 | 39° |
| 40 | 143 | PALUCH ADRIAN | | M | 28:34.395 | + 10:37.521 | 05:43 | 40° |
| 41 | 5 | WASILUK DARIUSZ | | M | 29:25.925 | + 11:29.051 | 05:53 | 41° |
| 42 | 15 | ZNAMIEC MARCIN | | M | 29:47.036 | + 11:50.162 | 05:58 | 42° |
| 43 | 127 | PASŁAWSKI BARTŁOMIEJ | | M | 29:50.242 | + 11:53.368 | 05:58 | 43° |
| 44 | 144 | BASIEWICZ WOJCIECH | MIAMI VICE | M | 29:52.135 | + 11:55.261 | 05:58 | 44° |
| 45 | 80 | RACZYŃSKI MARCIN | RACE CHALLENGE CLUB | M | 32:15.462 | + 14:18.588 | 06:27 | 45° |
| 46 | 148 | MAMIAK TOMASZ | WROCŁAW | M | 36:17.412 | + 18:20.538 | 07:16 | 46° |
| 47 | 150 | STAROWICZ MACIEJ | M&MS TEAM | M | 36:53.106 | + 18:56.232 | 07:23 | 47° |
| 48 | 18 | GŁOGOWSKI ADAM | NOA | M | 44:56.900 | + 27:00.026 | 08:59 | 48° |
| M50 (13) | | | | | | | | |
| 1 | 125 | JARECKI IRENEUSZ | ATHLETICS TEAM PRUSICE | M | 18:35.397 | - | 03:43 | 1° |
| 2 | 46 | KASPRZAK KRZYSZTOF | SPEED ŻÓŁWIK | M | 19:31.893 | + 56.496 | 03:54 | 2° |
| 3 | 111 | WIĘCKOWSKI TOMASZ | OBORYGENI | M | 20:32.260 | + 1:56.863 | 04:07 | 3° |
| 4 | 89 | POSŁUSZNY MARIUSZ | | M | 21:06.713 | + 2:31.316 | 04:13 | 4° |
| 5 | 9 | OPAŁKA TOMASZ | ATHLETICS TEAM PRUSICE | M | 22:01.917 | + 3:26.520 | 04:24 | 5° |
| 6 | 109 | CIEŚLAK MARIUSZ | KB VAMOS AMIGOS/IPA WROCŁAW | M | 22:40.027 | + 4:04.630 | 04:32 | 6° |
| 7 | 64 | SKRZYPEK TOMASZ | DTR BIEGA / MARIO TEAM | M | 23:39.329 | + 5:03.932 | 04:44 | 7° |
| 8 | 17 | KUCZYŃSKI RAFAŁ | #BIEGAJLESZNO | M | 24:45.115 | + 6:09.718 | 04:57 | 8° |
| 9 | 108 | BUCA MAREK | | M | 25:46.702 | + 7:11.305 | 05:09 | 9° |
| 10 | 93 | ZALESKI PIOTR | DTR BIEGA / MARIO TEAM | M | 26:49.585 | + 8:14.188 | 05:22 | 10° |
| 11 | 35 | BIELAWSKI JAN | START ŚCINAWA | M | 28:24.601 | + 9:49.204 | 05:41 | 11° |
| 12 | 103 | WOJDYŁA MIECZYŚLAW | BIEGAM BO LUBIĘ | M | 31:59.358 | + 13:23.961 | 06:24 | 12° |
| 13 | 104 | ADAMSKI RAFAŁ | PARKRUN WROCŁAW | M | 33:11.659 | + 14:36.262 | 06:38 | 13° |
| M60 (10) | | | | | | | | |
| 1 | 82 | PAWLICKI STANISŁAW | | M | 21:48.824 | - | 04:22 | 1° |
| 2 | 2 | HOŁDYŃSKI MIROSŁAW | WKB META LUBLINIEC | M | 25:02.275 | + 3:13.451 | 05:01 | 2° |
| 3 | 37 | BEKACZ STANISŁAW | START ŚCINAWA | M | 28:24.880 | + 6:36.056 | 05:41 | 3° |
| 4 | 132 | FRYDECKI SŁAWOMIR | | M | 28:40.634 | + 6:51.810 | 05:44 | 4° |
| 5 | 121 | NOWAK KAROL | WOŁÓW BIEGA | M | 29:36.117 | + 7:47.293 | 05:55 | 5° |

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|------------------------|-------|--------------------|------------------------|------|-----------|-------------|-------|-----------------|
| M60 (continued) | | | | | | | | |
| 6 | 86 | ŁASZKIEWICZ PIOTR | ATHLETICS TEAM PRUSICE | M | 32:30.977 | + 10:42.153 | 06:30 | 6° |
| 7 | 77 | SZAŁAJKO JERZY | DUCH GÓR | M | 34:15.952 | + 12:27.128 | 06:51 | 7° |
| 8 | 115 | BALA WITOLD | KB SUKCES ŻMIGRÓD | M | 36:18.783 | + 14:29.959 | 07:16 | 8° |
| 9 | 52 | SUSDORF KRZYSZTOF | NIEZRZESZONA | M | 44:57.025 | + 23:08.201 | 08:59 | 9° |
| 10 | 106 | WIERZEJSKI HENRYK | NIEZRZESZONY | M | 53:57.822 | + 32:08.998 | 10:47 | 10° |
| M70+ (M+70) (3) | | | | | | | | |
| 1 | 107 | KUCZYŃSKI ZBIGNIEW | KGHM ZG RUN | M | 22:26.354 | - | 04:29 | 1° |
| 2 | 116 | KRZESAK JAN | KB SUKCES ŻMIGRÓD | M | 31:32.338 | + 9:05.984 | 06:19 | 2° |
| 3 | 99 | WANAT WACŁAW | PARK RUN WROCŁAW | M | 35:33.043 | + 13:06.689 | 07:07 | 3° |