

# XXX Ogólnopolski Bieg Niepodległości 2023

Ośrodek Kultury Fizycznej w Górze · sobota, 11 listopada 2023

## Wyniki końcowe · 5 stron

Poz.	Numer	Nazwisko, imię	Płeć	Rok ur.	Bieg	2.4KM	4.8KM	7.2KM	9.6KM	Wynik	Tempo	Czas netto	
<b>K20 (5)</b>													
1	144	BATOR ALEKSANDRA	♀	K	2000	BG	11:00.56 (1)	22:16.79 (1)	33:46.81 (1)	45:21.31 (1)	47:15.58	04:43	0:47:10.45
2	141	MRUCZEK PATRYCJA	♀	K	1998	BG	12:28.69 (3)	24:55.67 (3)	37:09.72 (2,+1)	49:40.92 (2)	51:51.46	05:11	0:51:46.88
3	134	PIASECKA MAŁGORZATA	♀	K	2006	BG	12:07.98 (2)	24:39.01 (2)	37:34.44 (3,-1)	51:01.50 (3)	53:15.43	05:19	0:53:10.15
4	25	CHRZANOWSKA NATALIA	♀	K	1999	BG	13:20.07 (4)	26:29.21 (4)	39:35.51 (4)	52:25.51 (4)	54:28.01	05:27	0:54:17.67
5	42	GEZELA MARIA	♀	K	2002	BG	15:18.51 (5)	30:55.55 (5)	46:50.55 (5)	1:02:42.51 (5)	1:05:14.97	06:31	1:05:05.66
<b>K30 (15)</b>													
1	81	KUCZERA NATALIA	♀	K	1991	BG	9:38.73 (1)	19:18.36 (1)	28:55.84 (1)	38:22.08 (1)	39:54.30	03:59	0:39:51.39
2	2	JURKOWSKA DOMINIKA	♀	K	1990	BG	9:56.33 (2)	19:59.06 (2)	30:02.74 (2)	40:00.01 (2)	41:38.85	04:10	0:41:38.85
3	99	ŻOŁĘDZIEWSKA KAMILA	♀	K	1987	BG	9:58.64 (3)	20:30.01 (3)	31:11.57 (3)	41:51.49 (3)	43:30.08	04:21	0:43:27.58
4	145	KACZMAREK ANNA	♀	K	1990	BG	10:08.49 (4)	20:43.58 (4)	31:27.91 (4)	42:14.29 (4)	44:05.07	04:25	0:44:05.07
5	4	PRAWUCKA PAULINA	♀	K	1987	BG	10:31.29 (5)	21:18.78 (5)	32:25.98 (5)	43:42.37 (5)	45:36.41	04:34	0:45:32.77
6	8	OLEJNIK AGNIESZKA	♀	K	1984	BG	10:32.64 (6)	21:48.14 (6)	33:11.54 (6)	44:40.10 (6)	46:36.77	04:40	0:46:33.12
7	133	PUZIO PAULINA	♀	K	1986	BG	12:29.79 (7)	24:42.80 (7)	36:52.98 (7)	49:00.20 (7)	51:02.13	05:06	0:50:54.45
8	12	HEBRYCZ ANNA	♀	K	1989	BG	12:47.25 (8)	25:30.58 (8)	38:10.91 (8)	50:54.08 (8)	53:00.29	05:18	0:52:53.95
9	97	SZKWAREK PAULINA	♀	K	1988	BG	13:05.56 (10)	26:07.67 (9,+1)	38:46.50 (9)	51:24.20 (9)	53:34.56	05:22	0:53:27.55
10	98	DROBIŃSKA JOANNA	♀	K	1986	BG	13:05.73 (11)	26:07.76 (10,+1)	39:14.60 (10)	52:22.04 (10)	54:31.05	05:27	0:54:31.05
11	111	GZYL MONIKA	♀	K	1984	BG	13:01.40 (9)	26:12.18 (11,-2)	39:26.34 (11)	52:42.68 (11)	54:49.19	05:29	0:54:43.70
12	49	ŻŁOBIŃSKA JOLANTA	♀	K	1991	BG	14:01.35 (13)	28:02.95 (12,+1)	42:03.74 (12)	56:14.93 (12)	58:38.27	05:52	0:58:33.80
13	20	SKOCZYŁAS PATRYCJA	♀	K	1992	BG	13:57.46 (12)	28:11.75 (13,-1)	42:37.30 (13)	56:51.32 (13)	59:05.20	05:55	0:58:55.89
14	35	FRĄCOWIAK ALEKSANDRA	♀	K	1993	BG	15:34.85 (15)	32:21.46 (15)	49:26.71 (14,+1)	1:07:27.69 (14)	1:10:12.81	07:01	1:10:05.13
15	69	WITKO DOROTA	♀	K	1991	BG	15:19.44 (14)	32:12.11 (14)	50:22.64 (15,-1)	1:09:03.80 (15)	1:12:05.11	07:13	1:11:54.33
<b>K40 (20)</b>													
1	1	CHOMA KATARZYNA	♀	K	1980	BG	9:00.66 (1)	18:16.72 (1)	27:42.85 (1)	37:19.48 (1)	38:59.08	03:54	0:38:56.87
2	164	SADOWCZYK ŻANETA	♀	K	1974	BG	9:46.95 (2)	19:48.02 (2)	29:59.41 (2)	40:14.62 (2)	41:54.25	04:11	0:41:54.25
3	119	UJEJSKA DANUTA	♀	K	1978	BG	10:24.51 (3)	21:05.09 (3)	32:05.41 (3)	43:03.52 (3)	44:56.12	04:29	0:44:56.12
4	3	RABIEGA MONIKA	♀	K	1980	BG	10:26.27 (4)	21:18.49 (4)	32:22.13 (4)	43:27.84 (4)	45:19.11	04:32	0:45:17.36
5	95	ZAJĄC-SOBCZAK MARTA	♀	K	1982	BG	11:13.15 (5)	22:39.16 (5)	34:02.87 (5)	45:24.37 (5)	47:06.28	04:43	0:47:02.55
6	55	DANKOWSKA EWELINA	♀	K	1981	BG	12:01.57 (6)	24:35.02 (6)	37:14.51 (6)	49:59.71 (6)	52:04.93	05:13	0:51:59.25
7	126	OKOŃ TERESA	♀	K	1981	BG	12:52.13 (7)	25:58.32 (8,-1)	39:16.40 (8)	52:28.20 (7,+1)	54:42.02	05:28	0:54:31.67
8	127	WŁODARCZYK MONIKA	♀	K	1979	BG	12:52.13 (7)	25:58.27 (7)	39:17.19 (9,-2)	52:33.31 (8,+1)	54:43.59	05:28	0:54:33.25
9	60	PRZYBYLSKA EWELINA	♀	K	1976	BG	13:04.12 (11)	26:07.04 (9,+2)	39:13.87 (7,+2)	52:38.67 (9,-2)	54:54.12	05:29	0:54:47.72
10	65	BARTKOWIAK IWONA	♀	K	1974	BG	12:57.83 (9)	26:51.23 (11,-2)	41:08.87 (11)	55:37.71 (10,+1)	58:06.20	05:49	0:58:01.42
11	136	KUŁACZKOWSKA ALEKSANDRA	♀	K	1980	BG	13:00.26 (10)	26:32.53 (10)	41:02.27 (10)	56:13.72 (11,-1)	58:47.82	05:53	0:58:41.97
12	161	SZUMSKA LIDIA	♀	K	1976	BG	13:45.00 (12)	27:53.07 (12)	42:17.22 (12)	56:56.28 (12)	59:31.82	05:57	0:59:22.73
13	66	LETZA ROKSANA	♀	K	1978	BG	13:53.75 (14)	28:18.94 (14)	42:44.69 (13,+1)	57:22.48 (13)	59:51.24	05:59	0:59:41.82
14	92	SERAFIN ANNA	♀	K	1977	BG	14:00.57 (16)	28:20.36 (15,+1)	43:01.10 (15)	57:35.30 (14,+1)	1:00:05.82	06:01	1:00:01.80
15	48	WENCEL SYLWIA	♀	K	1981	BG	14:02.11 (17)	28:21.17 (16,+1)	42:58.40 (14,+2)	57:40.89 (15,-1)	1:00:15.59	06:01	1:00:05.70
16	88	PŁÓCIENICZAK SYLWIA	♀	K	1975	BG	14:02.57 (18)	28:23.71 (17,+1)	43:08.86 (16,+1)	58:00.82 (16)	1:00:36.12	06:04	1:00:26.13

# XXX Ogólnopolski Bieg Niepodległości 2023

Ośrodek Kultury Fizycznej w Górze · sobota, 11 listopada 2023

## Wyniki końcowe · 5 stron

Poz.	Numer	Nazwisko, imię	Płeć	Rok ur.	Bieg	2.4KM	4.8KM	7.2KM	9.6KM	Wynik	Tempo	Czas netto	
<b>K40 (continued)</b>													
17	80	NADOLNA KARINA	♀	K	1979	BG	13:53.17 (13)	28:17.84 (13)	43:20.23 (17,-4)	58:45.25 (17)	1:01:13.71	06:07	1:01:04.97
18	63	JAROSIK MAŁGORZATA	♀	K	1976	BG	13:53.92 (15)	28:35.69 (18,-3)	43:49.38 (18)	59:00.37 (18)	1:01:26.55	06:08	1:01:21.51
19	118	MIKOŁAJEWICZ BEATA	♀	K	1975	BG	14:52.89 (19)	30:51.14 (19)	47:26.01 (19)	1:04:06.82 (19)	1:06:49.30	06:41	1:06:49.30
20	36	OSMOLSKA ALEKSANDRA	♀	K	1974	BG	15:35.64 (20)	32:21.19 (20)	49:26.54 (20)	1:07:28.26 (20)	1:10:11.70	07:01	1:10:02.39
<b>K50 (2)</b>													
1	58	MAISON JOLANTA	♀	K	1968	BG	12:05.80 (1)	24:42.70 (1)	37:45.30 (1)	50:57.65 (1)	53:08.45	05:19	0:53:06.70
2	39	ZAKASZEWSKA ALICJA	♀	K	1971	BG	14:26.04 (2)	29:10.24 (2)	44:06.06 (2)	59:15.67 (2)	1:01:43.00	06:10	1:01:34.26
<b>K60 (2)</b>													
1	7	POJASEK TERESA	♀	K	1962	BG	11:24.26 (1)	23:11.71 (1)	35:10.81 (1)	47:07.24 (1)	49:05.15	04:55	0:48:58.32
2	107	STROJWAŚ ANNA	♀	K	1957	BG	15:23.34 (2)	30:33.33 (2)	45:55.34 (2)	1:01:07.89 (2)	1:03:41.62	06:22	1:03:32.76
<b>M20 (12)</b>													
1	109	FURMAN JAKUB	M	2000	BG	8:41.87 (1)	17:47.71 (1)	26:58.35 (1)	35:50.89 (1)	37:20.59	03:44	0:37:19.74	
2	116	KĄŻMIERCZAK BORYS	M	1996	BG	9:14.62 (2)	18:40.54 (2)	28:06.33 (2)	37:22.40 (2)	38:51.83	03:53	0:38:49.83	
3	14	MADERA DAWID	M	2004	BG	9:47.59 (3)	19:54.84 (3)	30:28.06 (3)	41:10.64 (3)	42:50.07	04:17	0:42:47.01	
4	135	PIASECKI MICHAŁ	M	2007	BG	10:32.47 (4)	21:44.38 (4)	32:56.77 (4)	43:59.75 (4)	45:47.26	04:35	0:45:41.63	
5	160	WANDYJCZ MACIEJ	M	1995	BG	11:36.25 (8)	23:10.85 (7,+1)	34:33.87 (6,+1)	45:21.36 (5,+1)	47:01.76	04:42	0:46:56.03	
6	46	GOŚCINIĄK BARTOSZ	M	1996	BG	11:28.26 (7)	23:01.50 (6,+1)	34:47.31 (7,-1)	46:18.65 (7)	47:55.39	04:47	0:47:44.32	
7	154	JASINOWSKI DARIUSZ	M	1997	BG	11:11.66 (5)	22:41.86 (5)	34:22.63 (5)	46:02.76 (6,-1)	47:57.63	04:48	0:47:51.78	
8	158	CHODKOWSKI MARCIN	M	1998	BG	11:48.37 (10)	24:40.82 (8,+2)	38:03.45 (8)	51:33.40 (8)	53:42.91	05:22	0:53:30.59	
9	146	JACHIMOWSKI MATEUSZ	M	1999	BG	12:32.09 (11)	26:01.32 (11)	39:53.66 (10,+1)	52:11.03 (9,+1)	54:02.17	05:24	0:53:55.77	
10	13	JAKUBCZYK ADAM	M	2003	BG	11:26.67 (6)	24:46.97 (9,-3)	38:53.52 (9)	53:01.07 (10,-1)	55:21.23	05:32	0:55:14.51	
11	47	ŁASZEWSKI MACIEJ	M	2000	BG	11:47.65 (9)	25:02.52 (10,-1)	40:18.81 (11,-1)	53:45.09 (11)	55:45.33	05:35	0:55:37.11	
12	50	TUKINDORF ŁUKASZ	M	2001	BG	14:04.38 (12)	28:10.47 (12)	42:18.06 (12)	56:44.72 (12)	59:03.36	05:54	0:58:58.18	
<b>M30 (28)</b>													
1	5	ROMANIUK BARTOSZ	M	1988	BG	7:59.06 (1)	16:02.41 (1)	24:00.34 (1)	32:04.66 (1)	33:22.86	03:20	0:33:21.64	
2	125	FRĄCKOWIAK RAFAŁ	M	1992	BG	8:55.46 (3)	17:56.26 (2,+1)	27:01.56 (2)	36:12.51 (2)	37:44.00	03:46	0:37:41.10	
3	86	TERENIUK PRZEMYSŁAW	M	1986	BG	8:59.10 (4)	18:11.99 (4)	27:30.76 (3,+1)	36:38.53 (3)	38:08.25	03:49	0:38:05.80	
4	84	GARBOWSKI RAFAŁ	M	1990	BG	8:49.85 (2)	18:01.36 (3,-1)	27:42.15 (4,-1)	37:14.06 (4)	38:49.30	03:53	0:38:47.68	
5	165	ANTOSZKÓW MATEUSZ	M	1990	BG	9:19.55 (8)	18:46.54 (5,+3)	28:16.24 (5)	37:46.62 (5)	39:15.32	03:55	0:39:13.04	
6	9	UŚCIŁO MICHAŁ	M	1985	BG	9:12.68 (6)	19:02.18 (6)	29:06.04 (6)	38:56.23 (6)	40:28.44	04:03	0:40:28.19	
7	41	PAWLICKI MICHAŁ	M	1985	BG	9:18.86 (7)	19:13.64 (7)	29:40.22 (7)	39:53.66 (7)	41:32.77	04:09	0:41:30.22	
8	44	SOBCZAK HUBERT	M	1987	BG	9:48.23 (9)	19:52.93 (8,+1)	30:06.58 (8)	40:25.04 (8)	42:05.16	04:13	0:42:01.25	
9	159	OŻYGAŁA PIOTR	M	1984	BG	10:29.95 (10)	21:28.08 (9,+1)	32:44.87 (9)	43:54.72 (9)	45:44.26	04:34	0:45:44.26	
10	71	BUJKO MARCIN	M	1988	BG	10:37.74 (12)	21:38.75 (10,+2)	32:58.80 (10)	44:19.69 (10)	46:07.51	04:37	0:46:03.49	
11	110	WUJCZAK BARTOSZ	M	1988	BG	10:57.10 (14)	22:16.79 (14)	33:47.42 (12,+2)	45:01.76 (11,+1)	46:53.20	04:41	0:46:49.86	
12	28	GŁUSZKO KRZYSZTOF	M	1991	BG	10:36.39 (11)	21:55.14 (11)	33:40.56 (11)	45:27.62 (12,-1)	47:10.61	04:43	0:47:08.06	

# XXX Ogólnopolski Bieg Niepodległości 2023

Ośrodek Kultury Fizycznej w Górze · sobota, 11 listopada 2023

## Wyniki końcowe · 5 stron

Poz.	Numer	Nazwisko, imię	Płeć	Rok ur.	Bieg	2.4KM	4.8KM	7.2KM	9.6KM	Wynik	Tempo	Czas netto
<b>M30 (continued)</b>												
13	148	ŚWIĄTEK DOMINIK	M	1988	BG	11:35.04 (21)	23:10.85 (18,+3)	34:35.04 (18)	45:48.82 (13,+5)	47:27.78	04:44	0:47:22.49
14	121	KAPIEC ROBERT	M	1985	BG	11:19.31 (19)	22:16.60 (13,+6)	34:01.04 (14,-1)	45:50.53 (14)	47:41.17	04:46	0:46:45.41
15	52	SIBILAK MICHAŁ	M	1990	BG	11:14.44 (18)	22:49.20 (17,+1)	34:26.65 (16,+1)	45:55.52 (16)	47:43.79	04:46	0:47:37.27
16	26	FEDOROWICZ DARIUSZ	M	1985	BG	11:11.75 (15)	22:41.69 (16,-1)	34:23.77 (15,+1)	45:57.33 (17,-2)	47:54.78	04:47	0:47:54.78
17	53	ŁAWICKI MARCIN	M	1986	BG	10:42.17 (13)	22:06.47 (12,+1)	33:49.56 (13,-1)	45:53.95 (15,-2)	47:57.99	04:48	0:47:53.03
18	43	MISZCZYK SŁAWOMIR	M	1992	BG	11:12.67 (16)	22:41.45 (15,+1)	34:34.59 (17,-2)	46:16.07 (18,-1)	48:05.49	04:49	0:48:05.49
19	153	LESIAK WOJTEK	M	1984	BG	11:52.17 (22)	23:46.25 (20,+2)	35:37.14 (20)	47:25.41 (19,+1)	49:25.59	04:56	0:49:16.85
20	138	BRYCHCY DARIUSZ	M	1984	BG	11:13.93 (17)	23:12.22 (19,-2)	35:24.64 (19)	47:48.33 (20,-1)	49:44.48	04:58	0:49:44.48
21	132	PUZIO BARTŁOMIEJ	M	1984	BG	12:29.62 (23)	24:42.27 (22,+1)	36:52.13 (21,+1)	48:59.64 (21)	51:01.28	05:06	0:50:53.60
22	131	JUNG ŁUKASZ	M	1991	BG	13:06.12 (26)	26:08.34 (25,+1)	38:46.81 (24,+1)	50:42.77 (22,+2)	52:42.32	05:16	0:52:34.42
23	23	MIELNICKI MAREK	M	1991	BG	12:30.94 (24)	25:05.40 (23,+1)	37:57.95 (22,+1)	50:56.05 (23,-1)	52:56.98	05:17	0:52:50.83
24	61	ADAMEK KAMIL	M	1989	BG	11:21.85 (20)	24:31.63 (21,-1)	38:44.25 (23,-2)	53:10.60 (24,-1)	55:08.21	05:31	0:55:02.36
25	56	DANKOWSKI BARTOSZ	M	1984	BG	12:31.23 (25)	26:01.01 (24,+1)	39:53.77 (25,-1)	53:34.05 (25)	55:50.07	05:35	0:55:43.29
26	21	SZAFRANIEC PIOTR	M	1986	BG	14:11.50 (27)	28:37.44 (26,+1)	43:27.55 (26)	58:31.10 (26)	1:00:55.44	06:05	1:00:44.37
27	96	WITKO ANDRZEJ	M	1987	BG	15:19.44 (28)	32:12.66 (27,+1)	50:23.52 (27)	1:09:03.96 (27)	1:12:06.31	07:13	1:11:54.67
<b>Nie ukończyło (1)</b>												
DNF	128	CHEBA ARIEL	M	1991	BG	9:06.90 (5)				DNF		
<b>M40 (40)</b>												
1	82	OWCZAREK TOMASZ	M	1977	BG	8:06.31 (1)	16:33.19 (1)	25:12.42 (1)	33:54.18 (1)	35:22.93	03:32	0:35:21.72
2	149	FRANCZAK MARIUSZ	M	1977	BG	8:13.61 (2)	16:51.20 (2)	25:38.52 (2)	34:25.04 (2)	35:52.59	03:35	0:35:51.70
3	6	PERDION PAWEŁ	M	1979	BG	8:30.59 (3)	17:16.83 (3)	26:03.86 (3)	34:49.09 (4,-1)	36:13.00	03:37	0:36:13.00
4	150	MAREK DANIEL	M	1974	BG	8:30.67 (4)	17:17.08 (4)	26:04.34 (4)	34:48.95 (3,+1)	36:19.29	03:38	0:36:18.07
5	114	NOWACZYK PIOTR	M	1981	BG	9:01.50 (8)	18:03.08 (7,+1)	27:03.84 (6,+1)	35:52.43 (5,+1)	37:24.94	03:44	0:37:21.82
6	75	SERAFIN PIOTR	M	1978	BG	8:54.96 (5)	17:55.74 (5)	27:00.94 (5)	36:03.27 (6,-1)	37:35.05	03:46	0:37:32.96
7	129	POSACKI ZBIGNIEW	M	1977	BG	9:00.40 (7)	18:02.71 (6,+1)	27:15.21 (7,-1)	36:24.01 (7)	37:53.53	03:47	0:37:51.72
8	122	KULCZYCKI RAFAŁ	M	1976	BG	9:02.26 (9)	18:12.80 (8,+1)	27:31.37 (8)	36:47.03 (8)	38:17.75	03:50	0:38:07.12
9	87	CZERW KONRAD	M	1979	BG	9:00.08 (6)	18:31.53 (9,-3)	28:11.04 (9)	37:41.00 (9)	39:17.78	03:56	0:39:17.78
10	106	KĘDZIA BARTŁOMIEJ	M	1977	BG	9:16.31 (11)	18:40.94 (10,+1)	28:25.59 (10)	38:12.81 (10)	39:50.94	03:59	0:39:49.09
11	72	MAŁYSZCZYK TOMASZ	M	1974	BG	9:18.53 (12)	18:48.81 (12)	28:30.10 (11,+1)	38:17.24 (11)	39:56.10	03:59	0:39:55.85
12	79	NOWACKI ROMAN	M	1974	BG	9:09.32 (10)	18:46.61 (11,-1)	28:40.21 (12,-1)	38:38.21 (12)	40:16.45	04:02	0:40:14.35
13	40	CHODKOWSKI KRZYSZTOF	M	1981	BG	10:07.65 (19)	20:18.90 (16,+3)	30:27.55 (15,+1)	40:20.16 (15)	41:51.32	04:11	0:41:47.46
14	85	RABIEGA SZCZEPAN	M	1975	BG	10:00.35 (16)	20:10.82 (15,+1)	30:17.76 (14,+1)	40:16.76 (14)	41:53.78	04:11	0:41:50.23
15	83	ADAMSKI KRZYSZTOF	M	1979	BG	9:58.91 (14)	19:56.56 (13,+1)	30:03.77 (13)	40:16.52 (13)	41:56.76	04:11	0:41:52.10
16	57	PAWLICKI RAFAŁ	M	1977	BG	10:17.20 (21)	20:31.33 (20,+1)	30:47.98 (19,+1)	40:56.08 (16,+3)	42:36.80	04:16	0:42:31.61
17	91	SOCHA MARCIN	M	1982	BG	10:03.80 (17)	20:22.94 (18,-1)	30:46.15 (17,+1)	41:06.46 (17)	42:53.94	04:17	0:42:50.77
18	162	SZUMSKI ŁUKASZ	M	1978	BG	9:59.69 (15)	20:21.86 (17,-2)	30:46.94 (18,-1)	41:13.63 (18)	43:02.38	04:18	0:43:02.38
19	10	BŁASZCZYK TOMASZ	M	1979	BG	9:49.15 (13)	19:58.89 (14,-1)	30:29.46 (16,-2)	41:16.11 (19,-3)	43:03.38	04:18	0:43:03.38
20	104	KONKOL KONRAD	M	1982	BG	10:08.31 (20)	20:22.98 (19,+1)	30:54.40 (20,-1)	41:32.80 (20)	43:21.05	04:20	0:43:15.68

# XXX Ogólnopolski Bieg Niepodległości 2023

Ośrodek Kultury Fizycznej w Górze · sobota, 11 listopada 2023

## Wyniki końcowe · 5 stron

Poz.	Numer	Nazwisko, imię	Płeć	Rok ur.	Bieg	2.4KM	4.8KM	7.2KM	9.6KM	Wynik	Tempo	Czas netto
<b>M40 (continued)</b>												
21	67	GLINA TOMASZ	M	1983	BG	10:30.50 (23)	21:04.60 (21,+2)	31:44.10 (21)	42:15.55 (21)	43:59.29	04:24	0:43:56.96
22	89	BIAŁY JAROSŁAW	M	1980	BG	10:07.13 (18)	21:11.79 (22,-4)	32:09.66 (22)	43:35.74 (22)	45:15.44	04:32	0:45:10.86
23	15	WOJCIECHOWSKI KAMIL	M	1979	BG	10:29.55 (22)	21:36.75 (23,-1)	33:03.31 (23)	44:32.08 (23)	46:28.92	04:39	0:46:27.47
24	34	TADLA WIKTOR	M	1982	BG	11:39.64 (32)	22:59.82 (29,+3)	34:11.89 (27,+2)	45:14.88 (25,+2)	46:59.27	04:42	0:46:50.09
25	31	RYBCZYK JAROSŁAW	M	1978	BG	10:40.82 (25)	22:04.33 (25)	33:31.41 (24,+1)	45:05.93 (24)	47:03.62	04:42	0:46:59.37
26	139	DROZDOWSKI JACEK	M	1975	BG	10:39.44 (24)	22:01.20 (24)	33:41.80 (25,-1)	45:30.04 (27,-2)	47:20.36	04:44	0:47:13.64
27	54	BROJEK ROBERT	M	1975	BG	11:29.35 (30)	22:47.63 (26,+4)	34:05.26 (26)	45:28.24 (26)	47:26.98	04:44	0:47:18.66
28	140	TERPIŁOWSKI JANUSZ	M	1976	BG	11:13.15 (28)	22:48.87 (27,+1)	34:25.66 (28,-1)	46:15.33 (28)	48:03.58	04:48	0:48:00.67
29	156	SZYMKOWIAK DOMINIK	M	1978	BG	11:28.43 (29)	23:10.40 (31,-2)	34:47.73 (29,+2)	46:19.10 (29)	48:06.55	04:49	0:47:59.88
30	29	CHOCIAJ DANIEL	M	1980	BG	11:44.73 (33)	24:06.73 (32,+1)	35:49.68 (32)	47:01.43 (30,+2)	48:55.05	04:53	0:48:48.04
31	32	LEWIŃSKI SŁAWOMIR	M	1977	BG	11:13.06 (27)	23:08.88 (30,-3)	35:25.16 (31,-1)	47:54.00 (31)	50:02.51	05:00	0:50:02.51
32	37	NOWAKOWSKI MAREK	M	1975	BG	10:54.85 (26)	22:56.70 (28,-2)	35:24.47 (30,-2)	48:11.95 (32,-2)	50:24.85	05:02	0:50:23.46
33	73	BIELECKI GRZEGORZ	M	1976	BG	12:35.83 (34)	25:22.09 (36,-2)	37:34.75 (35,+1)	49:25.60 (33,+2)	51:18.24	05:08	0:51:07.46
34	51	CISZEWSKI KRZYSZTOF	M	1981	BG	12:35.97 (35)	24:54.89 (35)	37:18.43 (34,+1)	49:35.26 (34)	51:43.98	05:10	0:51:34.04
35	157	CISZEWSKI JAN	M	1982	BG	12:36.09 (36)	24:54.73 (34,+2)	37:18.12 (33,+1)	49:36.31 (35,-2)	51:44.25	05:10	0:51:34.13
36	18	JANOWSKI PRZEMYSŁAW	M	1979	BG	11:37.69 (31)	24:39.83 (33,-2)	37:40.95 (36,-3)	51:18.46 (36)	53:33.24	05:22	0:53:29.12
37	59	KIRCUŃ PAWEŁ	M	1975	BG	12:46.09 (37)	25:22.68 (37)	38:45.89 (37)	52:23.30 (37)	54:40.57	05:28	0:54:30.36
38	45	LEWANDOWSKI GRZEGORZ	M	1974	BG	13:10.35 (38)	26:57.27 (38)	40:50.72 (38)	55:11.34 (38)	57:30.14	05:45	0:57:22.56
39	93	PŁÓCIENICZAK WITOLD	M	1974	BG	14:01.80 (39)	28:07.60 (39)	41:57.11 (39)	55:41.58 (39)	57:56.04	05:47	0:57:45.84
40	30	KAMIŃSKI PIOTR	M	1982	BG	14:54.09 (40)	30:52.21 (40)	47:27.25 (40)	1:04:06.82 (40)	1:06:51.36	06:41	1:06:39.86
<b>M50 (15)</b>												
1	115	MAREK ARTUR	M	1973	BG	8:55.05 (1)	17:55.67 (1)	27:00.49 (1)	36:03.54 (1)	37:37.13	03:46	0:37:35.20
2	94	JANOWICZ ROMAN	M	1970	BG	9:22.29 (3)	18:44.76 (2,+1)	28:09.36 (2)	37:29.91 (2)	39:07.13	03:55	0:39:03.85
3	68	ŚCISŁO PRZEMYSŁAW	M	1971	BG	9:35.13 (4)	19:27.07 (3,+1)	29:25.57 (3)	39:20.04 (3)	40:58.23	04:06	0:40:54.45
4	103	ŻYGADŁO TADEUSZ	M	1973	BG	9:38.54 (5)	19:36.30 (5)	29:45.22 (4,+1)	39:54.04 (4)	41:34.97	04:10	0:41:31.24
5	11	KASPRZAK KRZYSZTOF	M	1971	BG	9:21.97 (2)	19:32.16 (4,-2)	29:51.83 (5,-1)	40:19.07 (5)	42:03.63	04:12	0:42:02.05
6	151	JANKOWSKI PIOTR	M	1972	BG	11:08.28 (6)	22:17.18 (6)	33:48.54 (6)	45:16.53 (6)	47:00.08	04:42	0:46:54.02
7	123	WIERCIOCH SŁAWOMIR	M	1973	BG	11:57.46 (9)	23:34.91 (9)	35:24.39 (8,+1)	46:59.88 (7,+1)	48:59.63	04:54	0:48:16.80
8	19	RATAJCZAK JACEK	M	1966	BG	11:24.26 (8)	23:12.36 (8)	35:11.70 (7,+1)	47:07.81 (8,-1)	49:05.15	04:55	0:48:58.18
9	108	BAWARCZYK GERARD	M	1969	BG	11:24.10 (7)	23:11.80 (7)	35:28.04 (9,-2)	47:47.73 (10,-1)	49:40.08	04:58	0:49:35.36
10	137	ULIASZ JERZY	M	1969	BG	12:01.27 (10)	23:45.87 (10)	35:37.07 (10)	47:44.95 (9,+1)	49:52.99	04:59	0:49:43.68
11	147	SADOWSKI MAREK	M	1968	BG	12:40.15 (11)	25:17.49 (11)	38:20.75 (11)	51:28.53 (11)	53:40.68	05:22	0:53:32.36
12	62	MALSKI PIOTR	M	1965	BG	13:11.00 (12)	26:36.71 (12)	40:28.94 (12)	54:27.07 (12)	56:46.39	05:41	0:56:34.99
13	120	UJEJSKI ROBERT	M	1968	BG	14:16.30 (14)	27:57.58 (13,+1)	41:49.42 (13)	55:28.44 (13)	57:32.43	05:45	0:57:11.39
14	38	ARENDARCZYK RAFAŁ	M	1968	BG	13:59.82 (13)	28:11.71 (14,-1)	42:17.87 (14)	56:44.57 (14)	59:09.32	05:55	0:59:00.40
15	102	TURKIEWICZ RADOSŁAW	M	1970	BG	14:52.89 (15)	30:51.14 (15)	47:26.34 (15)	1:04:07.17 (15)	1:06:50.27	06:41	1:06:39.43

# XXX Ogólnopolski Bieg Niepodległości 2023

Ośrodek Kultury Fizycznej w Górze · sobota, 11 listopada 2023

## Wyniki końcowe · 5 stron

Poz.	Numer	Nazwisko, imię	Płeć	Rok ur.	Bieg	2.4KM	4.8KM	7.2KM	9.6KM	Wynik	Tempo	Czas netto
<b>M60 (8)</b>												
1	112	MICHALSKI MARIAN	M	1963	BG	9:16.60 (1)	18:53.65 (1)	28:52.95 (1)	38:55.06 (1)	40:36.10	04:04	0:40:36.10
2	70	ADAMOWYCZ BOGUSŁAW	M	1963	BG	9:46.34 (2)	19:47.71 (2)	30:01.09 (2)	40:19.03 (2)	42:04.85	04:13	0:42:04.85
3	117	JUSZCZAK WŁODZIMIERZ	M	1962	BG	10:07.08 (3)	20:20.86 (3)	30:44.87 (3)	41:09.06 (3)	42:56.83	04:17	0:42:49.43
4	113	SOBERA JAN	M	1963	BG	10:25.32 (4)	21:03.67 (4)	31:40.59 (4)	42:10.58 (4)	43:59.38	04:24	0:43:59.38
5	166	JANOWICZ JERZY	M	1957	BG	10:55.74 (6)	22:10.67 (6)	33:21.37 (5,+1)	44:35.10 (5)	46:24.42	04:38	0:46:22.68
6	33	GŁUSZKO KRZYSZTOF	M	1958	BG	10:44.10 (5)	22:03.19 (5)	33:39.88 (6,-1)	45:15.84 (6)	47:00.91	04:42	0:46:58.46
7	100	FABJAŃSKI AUGUSTYN	M	1957	BG	12:40.19 (7)	25:19.38 (7)	37:56.16 (7)	50:24.03 (7)	52:33.81	05:16	0:52:17.11
8	27	ZIELIŃSKI KRZYSZTOF	M	1956	BG	13:43.24 (8)	27:20.56 (8)	41:23.37 (8)	55:27.43 (8)	57:46.99	05:47	0:57:39.18
<b>M70 (M+70) (3)</b>												
1	124	KWIATKOWSKI TADEUSZ	M	1951	BG	12:06.41 (1)	24:33.46 (1)	37:24.24 (1)	50:17.05 (1)	52:27.69	05:14	0:52:19.67
2	152	DĄBROWSKI JERZY	M	1953	BG	14:08.29 (3)	28:33.33 (3)	43:10.61 (3)	57:38.37 (3)	59:53.68	05:59	0:59:42.70
3	105	MACHOWSKI EDWARD	M	1948	BG	13:59.47 (2)	28:20.66 (2)	43:00.12 (2)	57:38.06 (2)	1:00:14.35	06:01	1:00:07.38