

## XXX Ogólnopolski Bieg Niepodległości

11.11.2019r

Puławy

Dystans 10km

Wyniki:

OPEN	IMIĘ	NAZWISKO	NR	PŁEĆ	KLUB	KAT. WIEKOWA	MSC. W KAT.	POMIAR 1	POMIAR 2	POMIAR 3	CZAS
1	Andrzej	Starzyński	44	M	UMCS Lublin	M20	1	00:07:32	00:15:26	00:23:13	00:31:02
2	Michał	Biały	6	M	SKB Kraśnik	M20	2	00:08:00	00:16:10	00:24:13	00:32:05
3	Bartłomiej	Florczak	10	M		M20	3	00:08:46	00:17:38	00:26:35	00:35:28
4	Romuald	Prószyński	35	M	Puławianin Puławy	M50	1	00:09:03	00:18:26	00:27:52	00:37:17
5	Grzegorz	Weremko	50	M	Multimedia Runners Puławy	M40	1	00:09:05	00:18:31	00:28:02	00:37:29
6	Przemysław	Rybak	37	M	Puławo	M30	1	00:09:27	00:19:24	00:29:19	00:39:00
7	Marek	Podlipny	101	M	L.W. Bogdanka	M40	2	00:09:24	00:19:17	00:29:20	00:39:12
8	Paweł	Bartuzi	4	M	Sportowe Puławy	M20	4	00:09:16	00:19:19	00:29:32	00:39:34
9	Jacek	Michalczewski	29	M		M30	2	00:10:00	00:20:03	00:30:08	00:40:19
10	Mariusz	Kutyla	23	M		M30	3	00:10:43	00:21:09	00:31:30	00:41:36
11	Mariusz	Skurski	42	M	Lubelska Grupa Triathlonu	M40	3	00:10:01	00:20:23	00:31:28	00:42:07
12	Piotr	Biały	5	M	SKB Kraśnik	M50	2	00:10:39	00:21:17	00:31:46	00:42:26
13	Waldemar	Brodacki	7	M	CHEMIK NOXY PUŁAWY	M60	1	00:10:20	00:21:04	00:31:57	00:43:22
14	Kamil	Wozniak	52	M		M20	5	00:10:11	00:21:00	00:32:19	00:43:22
15	Bartosz	Kozłowski	108	M	Puławo	M30	4	00:11:05	00:22:00	00:32:55	00:43:32
16	Rafał	Mazur	28	M	19 BZ	M30	5	00:11:04	00:22:12	00:33:11	00:43:35
17	Władysław	Iwanicki	11	M	lw bogdanka s.a.	M60	2	00:10:59	00:22:02	00:33:02	00:44:03
18	Andrzej	Domagała	9	M	Im-Possible Team	M20	6	00:10:59	00:22:02	00:33:25	00:44:28
19	Marcin	Saj	39	M		M20	7	00:10:39	00:21:49	00:33:27	00:44:28
20	Piotr	Kacpura	13	M	4. SLSz	M40	4	00:11:17	00:22:48	00:33:51	00:44:46
21	Jan	Kościerz	20	M	LW Bogdanka	M50	3	00:11:00	00:22:12	00:33:32	00:44:52
22	Lilianna	Jaworska	12	K		K1	1	00:10:57	00:22:14	00:33:33	00:44:54
23	Krzysztof	Dębski	8	M		M60	3	00:10:35	00:21:56	00:33:37	00:45:00
24	Dorota	Tadasiewicz	46	K		K2	1	00:10:56	00:22:13	00:33:32	00:45:02
25	Bogdan	Milek	105	M	Bez Miar	M60	4	00:10:59	00:22:20	00:33:46	00:45:14
26	Rafał	Madyński	27	M	4PROGRESS	M40	5	00:11:12	00:22:32	00:34:09	00:45:23
27	Jolanta	Antczak	1	K		K1	2	00:11:14	00:22:47	00:34:17	00:45:38
28	Kamil	Bańkowski	3	M		M20	8	00:10:20	00:22:02	00:34:10	00:45:45
29	Katarzyna	Koter	21	K	Bs Konskowola	K1	3	00:10:55	00:22:35	00:34:29	00:46:24
30	Radosław	Bany	2	M		M20	9	00:10:56	00:22:13	00:34:35	00:46:55
31	Jolanta	Zębrowska	54	K	Potrenujemy? / Chemik Noxy Puławy / UMCS Biega	K3	1	00:11:23	00:23:06	00:34:59	00:46:56
32	Patryk	Żurawski	109	M		M20	10	00:11:37	00:23:37	00:35:37	00:47:05
33	Zbigniew	Pawłowski	30	M	senior51team	M60	5	00:11:39	00:23:33	00:35:18	00:47:11
34	Joanna	Turak	106	K	Chemik Puławy	K3	2	00:11:39	00:23:34	00:35:47	00:48:16
35	Bartosz	Kozak	22	M	takizwyklykozak	M20	11	00:11:40	00:23:50	00:36:22	00:49:13
36	Marcin	Lewtak	26	M	9-running team	M30	6	00:11:36	00:25:40	00:37:58	00:50:25
37	Iwona	Strumnik	45	K	9-tka RUNNER TEAM	K2	2	00:11:45	00:25:40	00:37:58	00:50:25
38	Roman	Prażmo	34	M		M60	6	00:12:09	00:24:47	00:38:02	00:50:58
39	Robert	Lach	24	M		M40	6	00:12:06	00:24:50	00:38:05	00:51:01
40	Zbigniew	Siedlaczek	40	M		M60	7	00:12:20	00:25:23	00:38:49	00:52:14
41	Radosław	Kędra	100	M	L.W. Bogdanka	M40	7	00:13:10	00:27:16	00:41:26	00:55:17
42	Jolanta	Rzeźnik	38	K	9-tka RUNNING TEAM	K3	3	00:14:17	00:29:12	00:44:18	00:59:45
43	Anna	Konopka	18	K		K2	3	00:14:58	00:30:37	00:46:20	01:02:52
44	Robert	Konopka	17	M		M40	8	00:14:59	00:30:40	01:02:56	01:42:50