

5 Zambrowski Bieg Uliczny - 10 km**Miejsce: Zambrów****Data: 01-05-2019****Kategoria: OPEN**

| M | Nr | Nazwisko | Imię | Miejscowość | Team | Wynik netto | Wynik brutto | Średnia |
|----|-----|---------------|------------|--------------------|---------------------------|-------------|--------------|------------|
| 1 | 169 | Semenowycz | Bogdan | Kivshovata | 1986 | 00:32:53 | 00:32:55 | 18.24 km/h |
| 2 | 141 | Verkhavodkin | Henadz | Grodno Bialorus | GRODNOOBLSPORT | 00:33:11 | 00:33:10 | 18.07 km/h |
| 3 | 134 | Dąbrowski | Przemysław | Rzekuń | PREFBET ŚNIADOWO ŁOMŻA | 00:34:50 | 00:34:52 | 17.22 km/h |
| 1 | 167 | Gosk | Anna | Białystok | KS PODLASIE BIAŁYSTOK | 00:37:05 | 00:37:07 | 16.18 km/h |
| 4 | 133 | Andrzejuk | Bogusław | Białystok | - | 00:37:06 | 00:37:07 | 16.17 km/h |
| 5 | 162 | Zaremba | Tomasz | Zambrów | - | 00:38:19 | 00:38:21 | 15.65 km/h |
| 6 | 117 | Poreda | Dariusz | Łomża | HU | 00:39:04 | 00:39:06 | 15.36 km/h |
| 7 | 166 | Kaczyński | Alek | Łapy | - | 00:39:39 | 00:39:42 | 15.13 km/h |
| 8 | 139 | Laskowski | Grzegorz | Łomża | RUN TEAM PIĄTNICA | 00:39:43 | 00:39:50 | 15.1 km/h |
| 9 | 114 | Brzozowski | Ireneusz | Wysokie Mazowiecki | | 00:39:46 | 00:39:49 | 15.08 km/h |
| 10 | 164 | Żychowski | Adam | Zambrów | - | 00:40:39 | 00:40:42 | 14.76 km/h |
| 11 | 184 | Dzięgielewski | Rafał | Wyszków | KLUB BIEGACZA WYSZKÓW | 00:40:51 | 00:40:51 | 14.68 km/h |
| 12 | 168 | Bańkowski | Paweł | Białystok | - | 00:41:24 | 00:41:27 | 14.49 km/h |
| 13 | 101 | Kozioł | Michał | Zambrów | - | 00:41:36 | 00:41:40 | 14.42 km/h |
| 14 | 100 | Kozioł | Piotr | Porosły | - | 00:41:46 | 00:41:50 | 14.36 km/h |
| 15 | 109 | Syska | Krystian | Brańsk | DRUŻYNA SZPIKU | 00:41:53 | 00:41:55 | 14.33 km/h |
| 2 | 180 | Bielawiec | Julita | Białystok | - | 00:42:03 | 00:42:06 | 14.26 km/h |
| 16 | 147 | Żach | Marcin | Ostrów Mazowiecka- | | 00:42:07 | 00:42:11 | 14.25 km/h |
| 17 | 179 | Domoradzki | Robert | Łomża | GRYGO TEAM ŁOMŻA | 00:42:41 | 00:42:45 | 14.05 km/h |
| 18 | 143 | Walasek | Maciej | Trzcianki | RLTL ZTE RADOM | 00:43:02 | 00:43:04 | 13.94 km/h |
| 19 | 145 | Pruszek | Adam | Łomża | BIEGAMY DLA ZDROWIA | 00:43:03 | 00:43:07 | 13.94 km/h |
| 20 | 144 | Kosiński | Marcin | Kolno | PETUNIE | 00:43:19 | 00:43:29 | 13.85 km/h |
| 21 | 151 | Skłodowski | Henryk | Dąbrowa | ROCH JASIEINICA | 00:43:29 | 00:43:29 | 13.79 km/h |
| 22 | 125 | Mańko | Kamil | Warszawa | - | 00:43:54 | 00:43:56 | 13.67 km/h |
| 3 | 102 | Mańko | Maria | Zambrów | - | 00:43:55 | 00:43:57 | 13.66 km/h |
| 23 | 121 | Rusel | Robert | Białystok | - | 00:43:58 | 00:44:05 | 13.64 km/h |
| 24 | 150 | Mackiewicz | Marek | Łomża | - | 00:44:16 | 00:44:22 | 13.55 km/h |
| 4 | 120 | Baczewska | Klaudia | Ostrołęka | BIEGAM BO LUBIĘ OSTROŁ? | 00:44:42 | 00:44:57 | 13.42 km/h |
| 25 | 165 | Kiljan | Bartłomiej | Łomża | - | 00:44:42 | 00:44:47 | 13.42 km/h |
| 26 | 129 | Milewski | Sławomir | Ptaki 43 | BIEGAMY DLA ZDROWIA | 00:44:45 | 00:44:51 | 13.4 km/h |
| 27 | 182 | Przeździecki | Damian | Zambrów | | 00:44:55 | 00:44:58 | 13.36 km/h |
| 28 | 115 | Jabłoński | Karol | Rutki | GKS 1984 RUTKI | 00:45:14 | 00:45:17 | 13.26 km/h |
| 29 | 158 | Ciborowski | Michał | Motyka | RUN TEAM PIĄTNICA | 00:45:21 | 00:45:27 | 13.23 km/h |
| 30 | 122 | Troc | Marek | Bielsk Podlaski | BIELSKA INICJATYWA ROWERO | 00:45:23 | 00:45:29 | 13.22 km/h |
| 31 | 163 | Wajszczyk | Wiesław | Podborze | PODBORZE | 00:45:38 | 00:45:42 | 13.15 km/h |
| 32 | 124 | Kopytiuk | Tomasz | Mielnik | - | 00:45:39 | 00:45:44 | 13.14 km/h |
| 33 | 132 | Romanek | Marek | Zambrów | UM | 00:45:56 | 00:46:03 | 13.06 km/h |
| 34 | 187 | Kraszewski | Albert | Konopki Jałbrzyk? | | 00:45:58 | 00:46:02 | 13.05 km/h |
| 35 | 153 | Kil | Tomasz | Zambrów | FAT KILER ZAMBRÓW | 00:46:03 | 00:46:07 | 13.03 km/h |
| 36 | 172 | Murat | Bartosz | Łomża | BIEGAMY DLA ZDROWIA | 00:46:08 | 00:46:12 | 13 km/h |
| 5 | 104 | Wojnar | Barbara | Ostrołęka | BIEGAM BO LUBIĘ OSTROŁ? | 00:46:11 | 00:46:26 | 12.99 km/h |
| 37 | 136 | Nowakowski | Wojciech | Poznań | NIGHT RUNNERS | 00:46:14 | 00:46:19 | 12.98 km/h |
| 38 | 188 | Kulesza | Rafał | Zambrów | | 00:46:49 | 00:46:53 | 12.81 km/h |
| 39 | 161 | Pudełko | Tomasz | Ostrów Mazowiecka | OSTRÓW BIEGA | 00:46:53 | 00:46:58 | 12.8 km/h |



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|----|-----|--------------|------------|-------------------|----------------------------|-------------|--------------|------------|
| 40 | 118 | Krysiak | Jan | Podborze | OSTRÓW BIEGA | 00:46:53 | 00:46:58 | 12.79 km/h |
| 6 | 185 | Deluga | Magdalena | | KB WYSZKÓW | 00:47:09 | 00:47:12 | 12.72 km/h |
| 41 | 174 | Dmochowski | Dawid | Kulesze Kościelne | UCIESZY.PL | 00:47:14 | 00:47:18 | 12.7 km/h |
| 42 | 173 | Łęgowski | Krzysztof | Łomża | RUN TEAM PIĄTNICA | 00:47:37 | 00:47:43 | 12.6 km/h |
| 43 | 135 | Koliński | Tomasz | Zambrów | - | 00:48:02 | 00:48:09 | 12.49 km/h |
| 7 | 149 | Baczewska | Monika | Zambrów | - | 00:48:42 | 00:48:46 | 12.32 km/h |
| 44 | 148 | Mścichowski | Kamil | Grajewo | PETUNIE | 00:48:43 | 00:48:46 | 12.31 km/h |
| 45 | 126 | Mościcki | Zenon | Rutki | - | 00:48:51 | 00:48:57 | 12.28 km/h |
| 8 | 171 | Ciborowska | Aneta | Pisz | SEBA-SPORT PISZ | 00:48:59 | 00:49:03 | 12.25 km/h |
| 46 | 175 | Janucik | Tadeusz | Łomża | BIEGAMY DLA ZDROWIA | 00:49:31 | 00:49:39 | 12.12 km/h |
| 47 | 181 | Gawina | Paweł | Białystok | - | 00:50:13 | 00:50:19 | 11.95 km/h |
| 48 | 107 | Zaniewski | Karol | Zambrów | - | 00:50:35 | 00:50:43 | 11.86 km/h |
| 49 | 152 | Perkowski | Wojciech | Warszawa | - | 00:51:02 | 00:51:06 | 11.76 km/h |
| 50 | 130 | Dąbrowski | Grzegorz | Zambrów | - | 00:51:19 | 00:51:26 | 11.69 km/h |
| 9 | 170 | Baczewska | Beata | Zambrów | - | 00:51:30 | 00:51:30 | 11.65 km/h |
| 10 | 108 | Godlewska | Diana | Łomża | - | 00:52:57 | 00:53:04 | 11.33 km/h |
| 51 | 176 | Kozłowski | Paweł | Zambrów | - | 00:53:12 | 00:53:19 | 11.28 km/h |
| 11 | 154 | Masiuk-Plona | Małgorzata | Łomża | - | 00:53:44 | 00:53:49 | 11.17 km/h |
| 52 | 106 | Blachowicz | Wiesław | Komorowo | - | 00:54:00 | 00:54:09 | 11.11 km/h |
| 53 | 131 | Nikołajów | Adam | Warszawa | ODDZIAŁ ZABEZPIECZENIA | 00:56:39 | 00:56:46 | 10.59 km/h |
| 54 | 105 | Wojnar | Dariusz | Ostrołęka | BIEGAM BO LUBIĘ OSTROŁ? | 00:57:55 | 00:58:08 | 10.36 km/h |
| 12 | 137 | Sadłowska | Agata | Ostrołęka | - | 00:57:57 | 00:58:09 | 10.35 km/h |
| 55 | 128 | Koziejko | Stanisław | Białystok | BIEGAM DLA JUSTYSI | 00:58:18 | 00:58:24 | 10.29 km/h |
| 13 | 113 | Ginszt | Marlena | Hajnówka | - | 00:59:51 | 00:59:59 | 10.02 km/h |
| 14 | 116 | Gorbacz | Sylwia | Hajnówka | - | 00:59:51 | 00:59:59 | 10.02 km/h |
| 15 | 146 | Jastrzębska | Katarzyna | Warszawa | - | 01:00:21 | 01:00:27 | 9.94 km/h |
| 16 | 157 | Kowalczyk | Grażyna | Ostrów Mazowiecka | OSTRÓW BIEGA | 01:01:20 | 01:01:24 | 9.78 km/h |
| 17 | 123 | Szymczuk | Małgorzata | Zabikowo | Prywatne SPORTTEAM ZAMBRÓW | 01:02:56 | 01:02:58 | 9.53 km/h |
| 18 | 159 | Łukowska | Ewa | Ostrołęka | BBL OSTROŁĘKA | 01:03:00 | 01:03:07 | 9.52 km/h |
| 56 | 156 | Kowalczyk | Sławomir | Ostrów Mazowiecka | OSTRÓW BIEGA | 01:03:02 | 01:03:07 | 9.52 km/h |
| 57 | 127 | Pogorzelski | Kamil | Białystok | - | 01:06:51 | 01:06:59 | 8.97 km/h |
| 19 | 186 | Kamińska | Joanna | Rutki | | 01:10:54 | 01:10:58 | 8.46 km/h |

