

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

| M | Nr | Nazwisko | Imię | Miejscowość | Team | Wynik netto | Wynik brutto | Średnia |
|----|----|--------------|-----------|--------------------|---------------------------|-------------|--------------|------------|
| 1 | 99 | Okseniuk | Sergii | Luck | MK LUCHEK | 00:15:15 | 00:15:14 | 19.67 km/h |
| 2 | 47 | Leończuk | Andrzej | Białystok | PODLASIE BIAŁYSTOK | 00:15:24 | 00:15:22 | 19.48 km/h |
| 3 | 69 | Slobodianiuk | Denis | Winnica | TEAMOCHAL | 00:15:39 | 00:15:37 | 19.16 km/h |
| 4 | 36 | Marchlik | Sergii | Ukraina | MIZUNO | 00:15:58 | 00:15:58 | 18.77 km/h |
| 5 | 93 | Andrusyk | Olexandr | | | 00:16:35 | 00:16:34 | 18.07 km/h |
| 6 | 61 | Grygo | Paweł | Łomża | GRYGO TEAM ŁOMŻA | 00:16:59 | 00:16:57 | 17.66 km/h |
| 7 | 22 | Czerwiński | Andrzej | Białystok | BIEGAMY | 00:17:30 | 00:17:28 | 17.13 km/h |
| 8 | 5 | Ożarowski | Paweł | Brańsk | BRAŃSK DAJE RADEĘ | 00:17:43 | 00:17:41 | 16.93 km/h |
| 1 | 71 | Semenovych | Nataliia | Kyiv | 1995 | 00:18:05 | 00:18:04 | 16.59 km/h |
| 9 | 94 | Polewaczyk | Tomasz | Łyse | | 00:18:05 | 00:18:04 | 16.58 km/h |
| 10 | 16 | Stankowski | Rafał | Zambrów/ Ożarów | SZURAMSOBIE | 00:18:06 | 00:18:04 | 16.56 km/h |
| 11 | 38 | Kupa | Bartosz | Hajnowka | KLUB BIEGACZY JYSK | 00:18:32 | 00:18:29 | 16.18 km/h |
| 2 | 92 | Okseniuk | Oksana | Luck | MK LUCHEK | 00:19:21 | 00:19:19 | 15.5 km/h |
| 12 | 1 | Grabala | Dariusz | Białystok | 3T BIAŁYSTOK | 00:19:50 | 00:19:48 | 15.11 km/h |
| 13 | 78 | Ciborowski | Sebastian | Pisz | SEBA-SPORT PISZ | 00:19:59 | 00:19:57 | 15 km/h |
| 14 | 49 | Szeligowski | Kamil | Andrzejewo | - | 00:20:04 | 00:20:02 | 14.94 km/h |
| 15 | 2 | Kurpiński | Adam | Zambrów | - | 00:20:14 | 00:20:11 | 14.82 km/h |
| 16 | 75 | Camlet | Sylwester | Łomża | GRYGO TEAM ŁOMŻA | 00:20:32 | 00:20:29 | 14.6 km/h |
| 17 | 7 | Choiński | Paweł | Zambrów | - | 00:20:37 | 00:20:29 | 14.55 km/h |
| 18 | 87 | Mazurek | Marek | Miastków | | 00:20:43 | 00:20:41 | 14.48 km/h |
| 19 | 17 | Dzienisik | Michał | Grabówka | BIAŁYSTOK BIEGA TEAM | 00:20:47 | 00:20:43 | 14.43 km/h |
| 20 | 82 | Murawski | Piotr | Tabędz | - | 00:20:48 | 00:20:44 | 14.42 km/h |
| 21 | 52 | Kiempisty | Paweł | Andrzejewo | WRD KPP OSTRÓW MAZOWIECKI | 00:21:21 | 00:21:20 | 14.04 km/h |
| 3 | 97 | Czartoryska | Sylvia | Łomża | 1978 | 00:21:30 | 00:21:27 | 13.95 km/h |
| 22 | 25 | Zaręba | Radosław | Zambrów | - | 00:21:40 | 00:21:37 | 13.84 km/h |
| 4 | 21 | Rakowska | Iwona | Krasnosielc | BIEGAMY | 00:21:48 | 00:21:46 | 13.75 km/h |
| 23 | 11 | Pienkowski | Kamil | Łomża | STREET WORKOUT ŁOMŻA | 00:22:09 | 00:22:04 | 13.54 km/h |
| 24 | 67 | Woleński | Łukasz | Zambrów | MONOLIT | 00:22:10 | 00:22:07 | 13.53 km/h |
| 25 | 80 | Chiliński | Eryk | Pisz | SEBA-SPORT PISZ | 00:22:10 | 00:22:08 | 13.52 km/h |
| 26 | 28 | Tatko | Jakub | Łomża | STREET WORKOUT ŁOMŻA | 00:22:14 | 00:22:07 | 13.49 km/h |
| 27 | 59 | Stankiewicz | Jerzy | Wysokie Mazowiecki | | 00:22:20 | 00:22:18 | 13.42 km/h |
| 28 | 10 | Niemira | Kamil | Zambrów | - | 00:22:47 | 00:22:44 | 13.16 km/h |
| 5 | 46 | Malik | Magdalena | Podborze | - | 00:23:04 | 00:22:59 | 13 km/h |
| 6 | 55 | Tabedzka | Katarzyna | Srebrny Borek | - | 00:23:20 | 00:23:17 | 12.85 km/h |
| 29 | 72 | Drozd | Marcin | Kozienice | - | 00:23:23 | 00:23:19 | 12.82 km/h |
| 30 | 64 | Blusiewicz | Krzysztof | Łomża | - | 00:23:43 | 00:23:36 | 12.64 km/h |
| 31 | 96 | Kamiński | Damian | Zambrów | - | 00:23:55 | 00:23:48 | 12.54 km/h |
| 7 | 50 | Murawska | Ewa | Tabędz | - | 00:23:55 | 00:23:52 | 12.54 km/h |
| 32 | 85 | Dąbrowski | Piotr | Zambrów | - | 00:24:07 | 00:24:02 | 12.43 km/h |
| 33 | 48 | Kaczynski | Daniel | Zambrów | - | 00:24:37 | 00:24:35 | 12.18 km/h |
| 8 | 45 | Malik | Olga | Podborze | - | 00:24:38 | 00:24:33 | 12.17 km/h |
| 34 | 58 | Czarnowski | Jarosław | Zambrów | - | 00:24:48 | 00:24:44 | 12.09 km/h |
| 9 | 56 | Falkowska | Martyna | Białystok | NADAKTYWNI/3T BIAŁYSTOK | 00:24:49 | 00:24:46 | 12.08 km/h |
| 10 | 12 | Pieńkowska | Elwira | Zastawie | OSTRÓW BIEGA | 00:25:15 | 00:25:09 | 11.88 km/h |



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| M | Nr | Nazwisko | Imię | Miejscowość | Team | Wynik netto | Wynik brutto | Średnia |
|----|----|-----------------|------------|----------------------|-------------------------|-------------|--------------|------------|
| 35 | 43 | Szustak | Michał | Łapy | - | 00:25:30 | 00:25:24 | 11.76 km/h |
| 11 | 79 | Chilińska | Agnieszka | Pisz | SEBA-SPORT PISZ | 00:25:34 | 00:25:28 | 11.73 km/h |
| 12 | 63 | Blusiewicz | Justyna | Łomża | - | 00:25:49 | 00:25:43 | 11.61 km/h |
| 13 | 90 | Trypuć-Kupa | Ewa | Hajnówka | KLUB BIEGACZY JYSK | 00:26:06 | 00:26:00 | 11.49 km/h |
| 36 | 42 | Brajczewski | Łukasz | Zambrów | - | 00:26:15 | 00:26:08 | 11.43 km/h |
| 37 | 14 | Głębocki | Ryszard | Zambrów | - | 00:26:15 | 00:26:08 | 11.42 km/h |
| 14 | 26 | Tyminska | Justyna | Luniewo Male | - | 00:26:18 | 00:26:13 | 11.41 km/h |
| 38 | 3 | Dębowski | Łukasz | Zambrów | - | 00:26:21 | 00:26:17 | 11.38 km/h |
| 39 | 81 | Godlewski | Przemysław | Zambrów | - | 00:26:40 | 00:26:36 | 11.25 km/h |
| 40 | 31 | Lisowski | Piotr | Mińsk Mazowiecki | BIEGNIJ Z PROSERVICE | 00:26:40 | 00:26:36 | 11.24 km/h |
| 15 | 41 | Buczyńska | Patrycja | Zambrów | - | 00:26:43 | 00:26:40 | 11.23 km/h |
| 16 | 54 | Ilczuk | Aneta | Ostrów Mazowiecka | OSTRÓW BIEGA | 00:26:45 | 00:26:38 | 11.21 km/h |
| 17 | 13 | Niewiarowska | Anna | Ciechanowiec | BIEGAM BO LUBIĘ | 00:26:53 | 00:26:49 | 11.16 km/h |
| 41 | 70 | Dumalewski | Dawid | Zambrów | - | 00:26:57 | 00:26:52 | 11.13 km/h |
| 42 | 33 | Wróblewski | Tadeusz | Wysokie Mazowieckie | LABĘDZ WYSOKIE MAZOWIEC | 00:26:59 | 00:26:56 | 11.11 km/h |
| 43 | 86 | Mioduszewski | Maciej | Zambrów | - | 00:27:10 | 00:27:05 | 11.04 km/h |
| 44 | 57 | Bagnicki | Dariusz | Nowy Dwór Mazowiecki | ROZBIEGAMY NOWY DWÓR | 00:27:19 | 00:27:13 | 10.98 km/h |
| 45 | 32 | Karwacki | Artur | Warszawa | BIEGNIJ Z PROSERVICE | 00:27:23 | 00:27:19 | 10.95 km/h |
| 46 | 84 | Boguszewski | Grzegorz | Tłuszcz | UNIVERSAL SPORT | 00:27:29 | 00:27:22 | 10.91 km/h |
| 47 | 24 | Zieliński | Adam | Zambrów | - | 00:27:41 | 00:27:35 | 10.84 km/h |
| 18 | 23 | Bujko-Zielińska | Ewa | Zambrów | - | 00:27:41 | 00:27:35 | 10.84 km/h |
| 19 | 66 | Krakowska | Anna | Zambrów | - | 00:27:56 | 00:27:51 | 10.74 km/h |
| 48 | 73 | Wądołowski | Konrad | Zambrów | - | 00:27:56 | 00:27:50 | 10.74 km/h |
| 20 | 74 | Wądołowska | Karolina | Zambrów | - | 00:27:56 | 00:27:50 | 10.74 km/h |
| 21 | 76 | Camlet | Anna | Łomża | GRYGO TEAM ŁOMŻA | 00:27:58 | 00:27:50 | 10.72 km/h |
| 49 | 27 | Solarski | Jakub | Łapy | - | 00:28:02 | 00:27:56 | 10.7 km/h |
| 50 | 95 | Bączyk | Marek | Zambrów | - | 00:28:07 | 00:27:59 | 10.67 km/h |
| 51 | 37 | Kolakowski | Kamil | Zambrów | - | 00:28:19 | 00:28:15 | 10.59 km/h |
| 52 | 83 | Dzięcioł | Artur | Tłuszcz | - | 00:28:30 | 00:28:22 | 10.52 km/h |
| 53 | 77 | Pakieta | Krzysztof | Białystok | - | 00:28:52 | 00:28:44 | 10.39 km/h |
| 22 | 68 | Kuteszko | Aneta | Łomża | - | 00:30:06 | 00:29:59 | 9.97 km/h |
| 23 | 40 | Pudełko | Marzena | Ostrów Mazowiecka | OSTRÓW BIEGA | 00:30:23 | 00:30:16 | 9.87 km/h |
| 24 | 62 | Tarasewicz | Danuta | Białystok | - | 00:30:30 | 00:30:23 | 9.83 km/h |
| 25 | 65 | Grygo | Sylvia | Łomża | GRYGO TEAM ŁOMŻA | 00:31:07 | 00:30:59 | 9.64 km/h |
| 26 | 18 | Podbielska | Barbara | Długoborz | - | 00:32:16 | 00:32:15 | 9.29 km/h |
| 54 | 19 | Podbielski | Krzysztof | Długoborz | - | 00:32:16 | 00:32:13 | 9.29 km/h |
| 27 | 20 | Tarnowska | Marzena | Zambrów | - | 00:32:16 | 00:32:14 | 9.29 km/h |
| 28 | 4 | Ilczuk | Karolina | Zambrów | - | 00:34:36 | 00:34:31 | 8.67 km/h |

