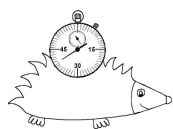


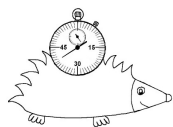
III Półmaraton Zegrzyński
Miejsce: Serock - Nieporęt - Wieliszew
Data: 25-05-2019
Kategoria: OPEN

| M | Mkat | Nr | Kat | Nazwisko | Imię | Miejscowość | Team | Wynik | Średnia |
|----|------|-----|--------|--------------------|------------|----------------------|-----------------------|----------|------------|
| 1 | 1 | 395 | M31-40 | Orzeł | Michał | Warszawa | ADIDAS RUNNERS WARSAW | 01:18:25 | 16.14 km/h |
| 2 | 2 | 221 | M31-40 | Urmanowski | Daniel | Warszawa | DREAM RUN | 01:19:03 | 16.01 km/h |
| 3 | 3 | 255 | M31-40 | Werner | Kamil | Warszawa | BIEGAM NA TARCHOMINIE | 01:26:09 | 14.69 km/h |
| 4 | 4 | 121 | M31-40 | Michalski | Robert | Warszawa | - | 01:28:54 | 14.24 km/h |
| 5 | 5 | 136 | M31-40 | Nguyen Ha | Piotr | Warszawa | ANG SPÓŁDZIELNIA | 01:29:19 | 14.17 km/h |
| 6 | 1 | 36 | M41-50 | Żak | Robert | Jachranka | WIELISZEW HERON TEAM | 01:29:22 | 14.16 km/h |
| 7 | 1 | 19 | M21-30 | Wojewódzki | Marcin | Warszawa | WOJEWÓDZCY TEAM | 01:29:42 | 14.11 km/h |
| 8 | 6 | 162 | M31-40 | Macias | Marcin | Warszawa | - | 01:30:15 | 14.03 km/h |
| 9 | 7 | 370 | M31-40 | Strumnik | Sebastian | Nowy Dwór Mazowiecki | ROZBIEGAMY NOWY DWÓR | 01:30:47 | 13.94 km/h |
| 10 | 2 | 232 | M21-30 | Staśkiewicz | Adam | Serock | DRUŻYNA SZPIKU | 01:31:06 | 13.9 km/h |
| 11 | 2 | 297 | M41-50 | Szkółka | Robert | Chotomów | WIELISZEW HERON TEAM | 01:31:19 | 13.86 km/h |
| 12 | 8 | 342 | M31-40 | Jankowski | Sebastian | Wieliszew | WIELISZEW HERON TEAM | 01:31:57 | 13.77 km/h |
| 13 | 9 | 391 | M31-40 | Głowacki | Paweł | Serock | SEROCK BIEGA Z HOTELE | 01:32:10 | 13.73 km/h |
| 14 | 3 | 336 | M41-50 | Stasiarczyk | Marek | Wieliszew | WIELISZEW HERON TEAM | 01:32:14 | 13.72 km/h |
| 15 | 10 | 240 | M31-40 | Rymkiewicz | Bartosz | Warszawa | HRABIA | 01:33:08 | 13.59 km/h |
| 16 | 11 | 392 | M31-40 | Ładno | Marcin | Skrzeszew | WIELISZEW HERON TEAM | 01:33:21 | 13.56 km/h |
| 17 | 12 | 109 | M31-40 | Kalinowski | Łukasz | Warszawa | - | 01:33:25 | 13.55 km/h |
| 18 | 4 | 1 | M41-50 | Kownacki | Paweł | Poddębnie | WIELISZEW HERON TEAM | 01:33:29 | 13.54 km/h |
| 1 | 1 | 353 | K41-50 | Bereznowska | Patrycja | - | WIELISZEW HERON TEAM | 01:34:25 | 13.41 km/h |
| 19 | 13 | 340 | M31-40 | Wojciechowski | Michał | Warszawa | AMATORSKI KLUB BIEGAC | 01:35:02 | 13.32 km/h |
| 20 | 14 | 81 | M31-40 | Gera | Michał | Wołomin | ZABIEGANY WOŁOMIN | 01:35:06 | 13.31 km/h |
| 21 | 5 | 311 | M41-50 | Kamiński | Paweł | Warszawa | - | 01:35:24 | 13.27 km/h |
| 22 | 15 | 30 | M31-40 | Gryz | Jacek | Janówek Pierwszy | BRAVEHEARTS LEGIONOWO | 01:36:03 | 13.18 km/h |
| 23 | 6 | 92 | M41-50 | Mioduszewski | Mateusz | Warszawa | UKA | 01:36:35 | 13.11 km/h |
| 24 | 7 | 14 | M41-50 | Patalan | Dariusz | Nowy Dwór Mazowiecki | ROZBIEGAMY NOWY DWÓR | 01:36:55 | 13.06 km/h |
| 25 | 3 | 146 | M21-30 | Stajniak | Michał | Warszawa | SMASHING PÄPKINS | 01:37:23 | 13 km/h |
| 26 | 16 | 105 | M31-40 | Belkiewicz | Rafał | Warszawa | KABATY ULTRA | 01:37:30 | 12.98 km/h |
| 27 | 4 | 325 | M21-30 | Malinowski | Łukasz | Nasielsk | NASIELSK BASZTA TEAM | 01:37:51 | 12.94 km/h |
| 28 | 17 | 137 | M31-40 | Woźniak | Przemysław | Legionowo | MON | 01:37:58 | 12.92 km/h |
| 29 | 8 | 317 | M41-50 | Łojszczyk | Tomek | Warszawa | TOMSPORT.PL | 01:38:12 | 12.89 km/h |
| 30 | 9 | 251 | M41-50 | Sierzputowski | Robert | Nasielsk | NASIELSK BASZTA TEAM | 01:38:32 | 12.85 km/h |
| 31 | 18 | 94 | M31-40 | Kowalski | Wojciech | Warszawa | - | 01:38:50 | 12.81 km/h |
| 32 | 19 | 171 | M31-40 | Zygadlewicz | Grzegorz | Warszawa | JACEKBIEGA RUNNING TE | 01:38:58 | 12.79 km/h |
| 2 | 2 | 383 | K41-50 | Nejfeld | Hanna | Ząbki | DECATHLON | 01:39:24 | 12.74 km/h |
| 33 | 20 | 117 | M31-40 | Jazłocki | Łukasz | Warszawa | TWDW | 01:39:56 | 12.67 km/h |
| 34 | 21 | 178 | M31-40 | Snopkiewicz | Łukasz | Łochów | ŁOCHOWSKA GRUPA BIEG | 01:40:07 | 12.64 km/h |
| 35 | 10 | 261 | M41-50 | Meyer | Marcin | Warszawa | LEGIA RUN CLUB | 01:40:17 | 12.62 km/h |
| 3 | 1 | 91 | K31-40 | Pucek-Mioduszewska | Ola | Warszawa | KINGRUNNER | 01:40:21 | 12.62 km/h |
| 36 | 11 | 393 | M41-50 | Nurzyński | Marcin | Warszawa | TEAM ZABIEGANEDNI | 01:40:28 | 12.6 km/h |
| 37 | 22 | 388 | M31-40 | Mielczarski | Bartosz | Warszawa | POMIÄJALNI | 01:40:38 | 12.58 km/h |
| 38 | 12 | 132 | M41-50 | Siepietowski | Piotr | Warszawa | LS RUN AIRPORT WARSA | 01:40:45 | 12.56 km/h |
| 39 | 1 | 390 | M51-60 | Fabisiak | Andrzej | Sulejówek | ROZBIEGANY SULEJÓWEK | 01:40:46 | 12.56 km/h |
| 40 | 23 | 250 | M31-40 | Zdeb | Przemek | Warszawa | - | 01:40:47 | 12.56 km/h |
| 41 | 24 | 128 | M31-40 | Gurgon | Arkadiusz. | Kobyłka | ZABIEGANY WOŁOMIN | 01:40:50 | 12.55 km/h |



III Półmaraton Zegrzyński
Miejsce: Serock - Nieporęt - Wieliszew
Data: 25-05-2019
Kategoria: OPEN

| M | Mkat | Nr | Kat | Nazwisko | Imię | Miejscowość | Team | Wynik | Średnia |
|----|------|-----|---------|-------------|------------|--------------------|-----------------------|----------|------------|
| 42 | 25 | 296 | M31-40 | Kozarski | Krzysztof | Warszawa | RK LEGAL TEAM | 01:40:56 | 12.54 km/h |
| 43 | 5 | 115 | M21-30 | Sienicki | Tomasz | Legionowo | - | 01:40:56 | 12.54 km/h |
| 44 | 13 | 27 | M41-50 | Joński | Marcin | Jadwisin | - | 01:40:58 | 12.54 km/h |
| 45 | 6 | 284 | M21-30 | Szmigielski | Mateusz | Chotomów | - | 01:41:02 | 12.53 km/h |
| 4 | 2 | 309 | K31-40 | Foszner | Katarzyna | Łajski | FIT LINE FITNESS LEGI | 01:41:38 | 12.46 km/h |
| 46 | 7 | 389 | M21-30 | Naczas | Łukasz | Warszawa | - | 01:41:57 | 12.42 km/h |
| 47 | 8 | 57 | M21-30 | Trawicki | Patryk | Stare Załubice | PIEROGI ADAMUSA | 01:42:03 | 12.4 km/h |
| 48 | 14 | 176 | M41-50 | Mech | Patryk | Łochów | ŁOCHOWSKA GRUPA BIEG | 01:42:44 | 12.32 km/h |
| 49 | 26 | 348 | M31-40 | Romanów | Przemek | Rajszew | TRUCHT TARCHOMIN TEAM | 01:42:55 | 12.3 km/h |
| 50 | 15 | 277 | M41-50 | Gmitrzuk | Paweł | Legionowo | - | 01:43:23 | 12.24 km/h |
| 51 | 16 | 400 | M41-50 | Kamiński | Artur | | KINGRUNNER | 01:43:42 | 12.21 km/h |
| 52 | 17 | 354 | M41-50 | Olszewski | Rafał | Warszawa | - | 01:43:59 | 12.17 km/h |
| 53 | 27 | 48 | M31-40 | Ruciński | Michał | Radzymin | - | 01:44:30 | 12.11 km/h |
| 54 | 28 | 305 | M31-40 | Dudkiewicz | Krzysztof | Warszawa | - | 01:45:03 | 12.05 km/h |
| 55 | 9 | 249 | M21-30 | Tkaczyk | Piotr | Warszawa | DUBAJ | 01:45:28 | 12 km/h |
| 56 | 18 | 394 | M41-50 | Mamla | Zbigniew | Warszawa | BIEGAM NA TARCHOMINIE | 01:45:48 | 11.96 km/h |
| 57 | 29 | 303 | M31-40 | Dunaszewski | Wojtek | Warszawa | BIEGAM BO LUBIĘ NOC? | 01:46:20 | 11.9 km/h |
| 5 | 3 | 290 | K31-40 | Zaręba | Beata | Pruszków | - | 01:46:20 | 11.9 km/h |
| 58 | 10 | 287 | M21-30 | Paczkowski | Oskar | Jadwisin | FORMA WAKACYJNA | 01:46:20 | 11.9 km/h |
| 59 | 19 | 252 | M41-50 | Woźniak | Grzegorz | Łajski | - | 01:46:31 | 11.88 km/h |
| 60 | 20 | 7 | M41-50 | Kisieliński | Radosław | Warszawa | - | 01:46:41 | 11.87 km/h |
| 6 | 4 | 130 | K31-40 | Bąk | Agata | Sobienie Jeziory | BUSHIDO CENTRUM | 01:46:46 | 11.86 km/h |
| 7 | 5 | 205 | K31-40 | Kozera | Katarzyna | Skrzeszew | BUSHIDO | 01:46:47 | 11.85 km/h |
| 61 | 30 | 357 | M31-40 | Szumski | Maciej | Warszawa | JW 2414 | 01:47:03 | 11.82 km/h |
| 62 | 21 | 228 | M41-50 | Hintz | Tomasz | Konstancin-Jeziorn | PIASECZNO RUNNING | 01:47:26 | 11.78 km/h |
| 63 | 2 | 332 | M51-60 | Chylak | Wojtek | Wieliszew | WIELISZEW HERON TEAM | 01:47:33 | 11.77 km/h |
| 64 | 22 | 101 | M41-50 | Grzesik | Marcin | Chotomów | GRUPA BIEGOWA CHTMO | 01:47:35 | 11.77 km/h |
| 65 | 31 | 257 | M31-40 | Walker | Samuel | Warszawa | WITC | 01:48:01 | 11.72 km/h |
| 66 | 23 | 62 | M41-50 | Burzyński | Paweł | Warszawa | - | 01:48:34 | 11.66 km/h |
| 67 | 24 | 326 | M41-50 | Gójski | Andrzej | Warszawa | - | 01:48:42 | 11.65 km/h |
| 8 | 3 | 41 | K41-50 | Łatkowska | Monika | Chotomów | GRUPA BIEGOWA CHTMO | 01:48:55 | 11.62 km/h |
| 68 | 25 | 271 | M41-50 | Olejarz | Aleksander | Warszawa | MON | 01:49:06 | 11.6 km/h |
| 69 | 3 | 304 | M51-60 | Strumiński | Marek | Warszawa | - | 01:49:07 | 11.6 km/h |
| 70 | 32 | 144 | M31-40 | Rydz | Marcin | Warszawa | - | 01:49:29 | 11.56 km/h |
| 71 | 33 | 51 | M31-40 | Szarszewski | Marcin | Nowe Pieścirogi | NASIELSK BASZTA TEAM | 01:49:36 | 11.55 km/h |
| 72 | 26 | 386 | M41-50 | Przekopiak | Paweł | Warszawa | - | 01:49:45 | 11.53 km/h |
| 73 | 34 | 175 | M31-40 | Powała | Paweł | Nieporęt | - | 01:50:07 | 11.5 km/h |
| 74 | 35 | 25 | M31-40 | Janowicz | Rafał | Warszawa | - | 01:50:10 | 11.49 km/h |
| 75 | 1 | 236 | M61plus | Grunwald | Witold | Warszawa | - | 01:50:30 | 11.46 km/h |
| 76 | 36 | 180 | M31-40 | Darkowski | Rafał | Winnica | LIDER WINNICA | 01:50:41 | 11.44 km/h |
| 77 | 27 | 167 | M41-50 | Jakubowski | Dariusz | Winnica | - | 01:50:42 | 11.44 km/h |
| 78 | 28 | 187 | M41-50 | Tatarski | Petroniusz | Warszawa | TRIPASSION | 01:50:55 | 11.41 km/h |
| 79 | 4 | 253 | M51-60 | Mieszkowski | Maciej | Dziekanów Leśny | - | 01:50:57 | 11.41 km/h |
| 9 | 1 | 177 | K21-30 | Czajka | Beata | Warszawa | - | 01:51:00 | 11.4 km/h |



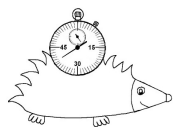
III Półmaraton Zegrzyński
Miejsce: Serock - Nieporęt - Wieliszew
Data: 25-05-2019
Kategoria: OPEN

| M | Mkat | Nr | Kat | Nazwisko | Imię | Miejscowość | Team | Wynik | Średnia |
|-----|------|-----|---------|---------------|------------|---------------------|-----------------------|----------|------------|
| 80 | 29 | 184 | M41-50 | Siwiec | Robert | Olszewnica Stara | PLIK TEAM | 01:51:06 | 11.39 km/h |
| 81 | 37 | 213 | M31-40 | Wiszwoty | Piotr | Warszawa | 2 KOCHR-GRUPA BIEGOWA | 01:51:06 | 11.39 km/h |
| 82 | 38 | 279 | M31-40 | Sawicki | Michał | Piaseczno | UKS RETURN PIASECZNO | 01:51:07 | 11.39 km/h |
| 83 | 30 | 288 | M41-50 | Brodzi | Rafał | Kałużyn | WIELISZEW HERON TEAM | 01:51:08 | 11.39 km/h |
| 84 | 39 | 159 | M31-40 | Frank | Michał | Legionowo | - | 01:51:11 | 11.39 km/h |
| 85 | 31 | 355 | M41-50 | Falba | Zbigniew | Warszawa | - | 01:51:22 | 11.37 km/h |
| 86 | 40 | 372 | M31-40 | Sieradz | Marcin | Legionowo | DAX ROWERY LEGIONOWO | 01:51:27 | 11.36 km/h |
| 87 | 32 | 80 | M41-50 | Chilimoniuk | Paweł | Warszawa | FALENICA | 01:51:27 | 11.36 km/h |
| 88 | 33 | 127 | M41-50 | Iwanowski | Piotr | Skrzeszew | BIEGAM PO SKRZESZEWIE | 01:51:46 | 11.33 km/h |
| 89 | 34 | 285 | M41-50 | Kania | Paweł | Warszawa | BIEGAM NA TARCHOMINIE | 01:52:20 | 11.27 km/h |
| 90 | 11 | 161 | M21-30 | Wroniak | Jakub | Karolino | AGD WRONIAK | 01:52:26 | 11.26 km/h |
| 91 | 1 | 104 | M16-20 | Sieradz | Maciej | Legionowo | ROWERY DAX | 01:52:29 | 11.25 km/h |
| 92 | 12 | 98 | M21-30 | Pyśkiewicz | Jan | Stare Załubice | PIEROGI ADAMUSA | 01:52:32 | 11.25 km/h |
| 93 | 41 | 186 | M31-40 | Trzaskoma | Rafał | Olszewnica Stara | PLIK TEAM | 01:53:00 | 11.2 km/h |
| 94 | 35 | 140 | M41-50 | Sobociński | Michał | Warszawa | PLAY | 01:53:05 | 11.19 km/h |
| 95 | 36 | 100 | M41-50 | Jaskuła | Paweł | Warszawa | RUN FOREST | 01:53:10 | 11.19 km/h |
| 96 | 5 | 283 | M51-60 | Gołąb | Grzegorz | Warszawa | - | 01:53:16 | 11.18 km/h |
| 10 | 2 | 329 | K21-30 | Bogdańska | Katarzyna | Giżycko | SMASHING PĄPKINS | 01:53:16 | 11.18 km/h |
| 97 | 37 | 84 | M41-50 | Kostera | Tomasz | Warszawa | VEGE RUNNERS | 01:53:20 | 11.17 km/h |
| 98 | 42 | 204 | M31-40 | Kozera | Marcin | Skrzeszew | BUSHIDO | 01:53:20 | 11.17 km/h |
| 99 | 38 | 364 | M41-50 | Budnicki | Andrzej | Białystok | - | 01:53:28 | 11.16 km/h |
| 100 | 39 | 314 | M41-50 | Sobota | Artur | Warszawa | DECOARTY.PL | 01:53:51 | 11.12 km/h |
| 101 | 43 | 209 | M31-40 | Śledziwski | Karol | Warszawa | - | 01:53:55 | 11.11 km/h |
| 102 | 13 | 208 | M21-30 | Chmiel | Piotr | Warszawa | PTT DELTA | 01:53:56 | 11.11 km/h |
| 103 | 44 | 230 | M31-40 | Balcer | Mariusz | Warszawa | - | 01:53:58 | 11.11 km/h |
| 11 | 6 | 258 | K31-40 | Jabłonowska | Magda | Komornica | WIELISZEW HERON TEAM | 01:54:02 | 11.1 km/h |
| 104 | 40 | 10 | M41-50 | Wolanin | Dariusz | Michałów-Reginó | AGR WELODROM | 01:54:10 | 11.09 km/h |
| 105 | 2 | 335 | M61plus | Jarochoowski | Władysław | Jabłonna | - | 01:54:12 | 11.09 km/h |
| 106 | 41 | 212 | M41-50 | Nowak | Krzysztof | Warszawa | - | 01:54:20 | 11.07 km/h |
| 107 | 42 | 68 | M41-50 | Rosiński | Mariusz | Serock | - | 01:54:21 | 11.07 km/h |
| 108 | 45 | 330 | M31-40 | Hulajko | Michał | Warszawa | - | 01:54:30 | 11.06 km/h |
| 12 | 3 | 307 | K21-30 | Krajewska | Klaudia | Legionowo | - | 01:54:57 | 11.01 km/h |
| 109 | 43 | 337 | M41-50 | Szymaniak | Paweł | Grodzisk Mazowiecki | DOGOŃ GRODZISK MAZOW | 01:55:06 | 11 km/h |
| 110 | 44 | 87 | M41-50 | Kurkus | Aleksander | Warszawa | DOGOŃ GRODZISK MAZOW | 01:55:06 | 11 km/h |
| 111 | 45 | 347 | M41-50 | Kościuczuk | Piotr | Elk | - | 01:55:17 | 10.98 km/h |
| 13 | 4 | 174 | K41-50 | Beręsewicz | Małgorzata | Warszawa | - | 01:55:21 | 10.97 km/h |
| 112 | 46 | 172 | M41-50 | Stupecki | Radosław | Chotomów | - | 01:55:28 | 10.96 km/h |
| 113 | 46 | 286 | M31-40 | Żochowski | Paweł | Skrzeszew | - | 01:55:42 | 10.94 km/h |
| 114 | 47 | 192 | M41-50 | Brzeski | Piotr | Płock | - | 01:55:43 | 10.94 km/h |
| 115 | 14 | 358 | M21-30 | Bilicz | Paweł | Warszawa | WARSZAWSKI KLUB ROGAT | 01:55:50 | 10.93 km/h |
| 116 | 47 | 237 | M31-40 | Skwarek | Marcin | Warszawa | CUBE GROUP/SMASHING P | 01:56:04 | 10.91 km/h |
| 117 | 48 | 160 | M31-40 | Sosnowka | Bartosz | Warszawa | KLUB SOSNOWY | 01:56:05 | 10.9 km/h |
| 118 | 49 | 339 | M31-40 | Bazylewicz | Hubert | Warszawa | - | 01:56:06 | 10.9 km/h |
| 119 | 50 | 28 | M31-40 | Dzięgielowski | Grzegorz | Kobyłka | STRAŻ MIEJSKA M. ST. | 01:56:26 | 10.87 km/h |



III Półmaraton Zegrzyński
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| M | Mkat | Nr | Kat | Nazwisko | Imię | Miejscowość | Team | Wynik | Średnia |
|-----|------|-----|---------|--------------|------------|----------------------|-----------------------|----------|------------|
| 120 | 51 | 148 | M31-40 | Gniadek | Łukasz | Wieliszew | BRAVEHEARTS LEGIONOWO | 01:56:28 | 10.87 km/h |
| 14 | 7 | 21 | K31-40 | Opara | Maja | Legionowo | BRAVEHEARTS LEGIONOWO | 01:56:32 | 10.86 km/h |
| 121 | 48 | 2 | M41-50 | Kościelski | Mateusz | Legionowo | BRAVEHEARTS LEGIONOWO | 01:56:33 | 10.86 km/h |
| 15 | 8 | 33 | K31-40 | Rybicka | Anna | Legionowo | WYBIEGAJ SIEBIE | 01:56:35 | 10.86 km/h |
| 122 | 49 | 143 | M41-50 | Broniszewski | Jakub | Ząbki | PLAY | 01:56:48 | 10.84 km/h |
| 16 | 5 | 219 | K41-50 | Borawska | Anna | Płock | MAŁA LADY PANK BIEGA | 01:56:50 | 10.84 km/h |
| 123 | 52 | 399 | M31-40 | Cegiętka | Dawid | Warszawa | KS BACHMATY | 01:56:53 | 10.83 km/h |
| 124 | 15 | 93 | M21-30 | Zajęc | Dawid | Warszawa | NIE RZUCAM KAMIENIAMI | 01:56:57 | 10.82 km/h |
| 125 | 50 | 64 | M41-50 | Olejnik | Krzysztof | Nowy Dwór Mazowiecki | PGB SPORTOWA PACZKA | 01:57:08 | 10.81 km/h |
| 126 | 51 | 73 | M41-50 | Szytykowski | Krzysztof | Legionowo | MIA SAN MIA | 01:57:09 | 10.81 km/h |
| 127 | 52 | 40 | M41-50 | Jankowski | Robert | Legionowo | BIKE FUN LEGIONOWO | 01:57:10 | 10.8 km/h |
| 128 | 3 | 78 | M61plus | Żółkowski | Marek | Warszawa | TEAM ZABIEGANEDNI | 01:57:11 | 10.8 km/h |
| 129 | 53 | 376 | M41-50 | Kawka | Sławomir | Nieporęt | - | 01:57:31 | 10.77 km/h |
| 130 | 53 | 225 | M31-40 | Osieński | Bartłomiej | Nowy Dwór Mazowiecki | - | 01:57:45 | 10.75 km/h |
| 131 | 54 | 31 | M41-50 | Kuciński | Łukasz | Warszawa | KRÓLEWSKI KLUB BIEGA | 01:57:50 | 10.74 km/h |
| 132 | 55 | 242 | M41-50 | Białokos | Kamil | Warszawa | - | 01:57:54 | 10.74 km/h |
| 133 | 54 | 278 | M31-40 | Czerwiński | Marek | Zegrze | DAMY RADE ZEGRZE | 01:58:05 | 10.72 km/h |
| 134 | 55 | 234 | M31-40 | Dwornikow | Dmitrij | Warszawa | - | 01:58:05 | 10.72 km/h |
| 135 | 56 | 310 | M31-40 | Grodek | Krzysztof | Łąjski | - | 01:58:11 | 10.71 km/h |
| 136 | 16 | 300 | M21-30 | Kozak | Bartosz | Warszawa | - | 01:58:15 | 10.71 km/h |
| 17 | 6 | 216 | K41-50 | Łostowska | Magdalena | Łochów | ŁOCHOWSKA GRUPA BIEG | 01:58:29 | 10.68 km/h |
| 137 | 57 | 222 | M31-40 | Owczarczyk | Paweł | Stanisławów Pier | - | 01:58:32 | 10.68 km/h |
| 138 | 58 | 75 | M31-40 | Rajewski | Daniel | Marki | - | 01:58:36 | 10.67 km/h |
| 18 | 9 | 338 | K31-40 | Jankowska | Agnieszka | Nasielsk | NASIELSK BASZTA TEAM | 01:58:41 | 10.67 km/h |
| 139 | 59 | 89 | M31-40 | Walac | Jacek | Grodzisk Mazowiecki | DOGOŃ GRODZISK MAZOW | 01:58:43 | 10.66 km/h |
| 19 | 7 | 50 | K41-50 | Brykalska | Joanna | Skrzeszew | POLNA TEAM | 01:58:50 | 10.65 km/h |
| 140 | 60 | 280 | M31-40 | Bondar | Mirek | Warszawa | - | 01:59:12 | 10.62 km/h |
| 20 | 10 | 352 | K31-40 | Topolska | Sylvia | Serock | WARBUD RUNNING TEAM | 01:59:14 | 10.62 km/h |
| 21 | 1 | 113 | K51-60 | Zajęc | Dorota | Piaseczno | - | 01:59:22 | 10.6 km/h |
| 141 | 17 | 52 | M21-30 | Musiński | Łukasz | Legionowo | - | 01:59:29 | 10.6 km/h |
| 142 | 61 | 265 | M31-40 | Klimczyński | Rafał | Warszawa | - | 01:59:39 | 10.58 km/h |
| 143 | 62 | 323 | M31-40 | Samoraj | Paweł | Złotokłos | - | 02:00:06 | 10.54 km/h |
| 22 | 11 | 241 | K31-40 | Kwiatkowska | Katarzyna | Marki | RUNKASJARUN | 02:00:09 | 10.54 km/h |
| 144 | 18 | 39 | M21-30 | Bonislowski | Łukasz | Legionowo | - | 02:00:17 | 10.52 km/h |
| 145 | 56 | 273 | M41-50 | Roman | Jarosław | Ciechanów | - | 02:00:39 | 10.49 km/h |
| 146 | 63 | 153 | M31-40 | Winiarczyk | Adrian | Stary Konik | WIOLA&ADI | 02:01:06 | 10.45 km/h |
| 23 | 12 | 99 | K31-40 | Piątek | Magdalena | Warszawa | TEAM ZABIEGANEDNI | 02:01:07 | 10.45 km/h |
| 147 | 64 | 131 | M31-40 | Parys | Michał | Wołomin | - | 02:01:40 | 10.4 km/h |
| 24 | 13 | 217 | K31-40 | Malenka | Patrycja | Łochów | ŁOCHOWSKA GRUPA BIEG | 02:01:56 | 10.38 km/h |
| 148 | 57 | 331 | M41-50 | Rutkowski | Janusz | Warszawa | WARSZAWSKI KLUB ROGAT | 02:02:00 | 10.38 km/h |
| 149 | 58 | 15 | M41-50 | Dziadczak | Andrzej | Nowy Dwór Maz. | - | 02:02:03 | 10.37 km/h |
| 150 | 19 | 107 | M21-30 | Kamiński | Piotr | Nowy Dwór Mazowiecki | ROZBIEGAMY NOWY DWÓR | 02:02:12 | 10.36 km/h |
| 25 | 4 | 266 | K21-30 | Maksam | Katarzyna | Warszawa | - | 02:02:17 | 10.35 km/h |
| 26 | 8 | 149 | K41-50 | Piątka | Marzena | Legionowo | BRAVEHEARTS LEGIONOWO | 02:02:21 | 10.35 km/h |



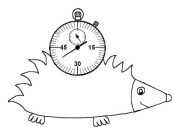
III Półmaraton Zegrzyński
Miejsce: Serock - Nieporęt - Wieliszew
Data: 25-05-2019
Kategoria: OPEN

| M | Mkat | Nr | Kat | Nazwisko | Imię | Miejscowość | Team | Wynik | Średnia |
|-----|------|-----|---------|--------------|------------|-------------------|-----------------------|----------|------------|
| 151 | 6 | 55 | M51-60 | Kowalczyk | Bogdan | Warszawa | WARSZAWA-BRÓDNO | 02:02:23 | 10.34 km/h |
| 152 | 7 | 32 | M51-60 | Salwin | Sławomir | Wieliszew | WIELISZEW HERON TEAM | 02:02:24 | 10.34 km/h |
| 27 | 14 | 151 | K31-40 | Sarnowska | Karolina | Warszawa | PRORUNNING PROMOTION | 02:02:28 | 10.34 km/h |
| 28 | 15 | 210 | K31-40 | Kędzióra | Monika | Łochów | ŁOCHOWSKA GRUPA BIEG | 02:02:33 | 10.33 km/h |
| 153 | 59 | 198 | M41-50 | Stryjek | Bogusław | Nowy Dwór Mazowie | | 02:02:39 | 10.32 km/h |
| 154 | 65 | 366 | M31-40 | Węgrzyn | Paweł | Łochów | ŁOCHOWSKA GRUPA BIEG | 02:02:42 | 10.32 km/h |
| 155 | 60 | 61 | M41-50 | Pietras | Tomasz | Żabiczyn | NASIELSK BASZTA TEAM | 02:02:45 | 10.31 km/h |
| 156 | 61 | 382 | M41-50 | Kolomański | Marek | Warszawa | EKOBIEGI | 02:02:48 | 10.31 km/h |
| 157 | 62 | 259 | M41-50 | Frątczak | Marcin | Warszawa | - | 02:02:51 | 10.3 km/h |
| 158 | 63 | 360 | M41-50 | Szachna | Leszek | Serock | CATMUZZLERUN | 02:03:04 | 10.29 km/h |
| 29 | 5 | 320 | K21-30 | Pluciś | Małgorzata | Legionowo | - | 02:03:08 | 10.28 km/h |
| 159 | 20 | 166 | M21-30 | Zalewski | Michał | Zielonka | - | 02:03:13 | 10.27 km/h |
| 160 | 66 | 190 | M31-40 | Łukasiak | Jan | Bodzanów | PIEROGI ADAMUSA | 02:03:20 | 10.26 km/h |
| 30 | 9 | 18 | K41-50 | Hryciuk | Katarzyna | Warszawa | EKOBIEGI | 02:03:25 | 10.26 km/h |
| 161 | 64 | 157 | M41-50 | Miniak | Marek | Jabłonna | BRAVEHEARTS LEGIONOWO | 02:03:29 | 10.25 km/h |
| 31 | 16 | 156 | K31-40 | Miniak | Lidia | Jabłonna | BRAVEHEARTS LEGIONOWO | 02:03:29 | 10.25 km/h |
| 162 | 4 | 362 | M61plus | Gramann | Andrzej | Krubin | WIELISZEW HERON TEAM | 02:03:51 | 10.22 km/h |
| 163 | 65 | 170 | M41-50 | Sioch | Grzegorz | Warszawa | DZIKIE SKRZYDŁO | 02:03:57 | 10.21 km/h |
| 164 | 67 | 35 | M31-40 | Uchal | Rafał | Legionowo | BIKE FUN LEGIONOWO | 02:04:04 | 10.2 km/h |
| 165 | 8 | 76 | M51-60 | Miklaszewski | Marian | Skrzeszew | - | 02:04:11 | 10.19 km/h |
| 166 | 68 | 74 | M31-40 | Markowski | Marcin | Serock | BRAVEHEARTS LEGIONOWO | 02:04:12 | 10.19 km/h |
| 167 | 9 | 328 | M51-60 | Jędryka | Grzegorz | Warszawa | - | 02:04:18 | 10.18 km/h |
| 32 | 17 | 327 | K31-40 | Bartosiewicz | Daria | Warszawa | DZIKIE GRUBASY SZATAN | 02:04:18 | 10.18 km/h |
| 168 | 69 | 191 | M31-40 | Kowalczyk | Krzysztof | Warszawa | - | 02:04:21 | 10.18 km/h |
| 33 | 10 | 324 | K41-50 | Petaszko | Joanna | Mragowo | - | 02:04:24 | 10.18 km/h |
| 169 | 70 | 282 | M31-40 | Świć | Bartłomiej | Warszawa | - | 02:04:26 | 10.17 km/h |
| 170 | 66 | 17 | M41-50 | Kamiński | Tomek | Warszawa | DZIKIE SKRZYDŁO | 02:04:26 | 10.17 km/h |
| 34 | 11 | 371 | K41-50 | Sobczyk | Basia | Nowy Dwór Mazowie | ROZBIEGAMY NOWY DWÓR | 02:04:28 | 10.17 km/h |
| 35 | 12 | 188 | K41-50 | Wąsik | Izabela | Warszawa | - | 02:04:34 | 10.16 km/h |
| 171 | 71 | 54 | M31-40 | Wiśniewski | Andrzej | Warszawa | - | 02:04:51 | 10.14 km/h |
| 36 | 18 | 318 | K31-40 | Brzozowska | Magdalena | Warszawa | - | 02:05:03 | 10.12 km/h |
| 37 | 19 | 83 | K31-40 | Kostera | Katarzyna | Warszawa | VEGE RUNNERS | 02:05:03 | 10.12 km/h |
| 172 | 5 | 164 | M61plus | Kasprzak | Bogusław | Karczew | PLIK TEAM | 02:05:37 | 10.08 km/h |
| 173 | 72 | 363 | M31-40 | Bąk | Łukasz | Warszawa | AGD WRONIAK | 02:06:10 | 10.03 km/h |
| 174 | 73 | 267 | M31-40 | Łacheta | Konrad | Wieliszew | WOJSKOWA AKADEMIA TEC | 02:06:20 | 10.02 km/h |
| 38 | 6 | 313 | K21-30 | Żelazowska | Emilia | Ząbki | PZU SPORT TEAM | 02:06:20 | 10.02 km/h |
| 175 | 21 | 248 | M21-30 | Leśniewski | Łukasz | Piaseczno | - | 02:06:29 | 10.01 km/h |
| 176 | 74 | 193 | M31-40 | Trzewiński | Mariusz | Piaseczno | DHL | 02:06:31 | 10.01 km/h |
| 177 | 10 | 322 | M51-60 | Zieliński | Mirosław | Mała Cerkwica | - | 02:06:36 | 10 km/h |
| 178 | 6 | 346 | M61plus | Leszczyński | Roman | Ostrołęka | SO-BIEBIER-GAM | 02:06:51 | 9.98 km/h |
| 179 | 75 | 120 | M31-40 | Filc | Łukasz | Warszawa | - | 02:06:55 | 9.97 km/h |
| 180 | 67 | 321 | M41-50 | Borkowski | Paweł | Warszawa | KENKO | 02:06:59 | 9.97 km/h |
| 181 | 68 | 8 | M41-50 | Łabęda | Stanisław | Warszawa | NASIELSK BASZTA TEAM | 02:07:05 | 9.96 km/h |
| 39 | 20 | 58 | K31-40 | Zaręba | Aneta | Warszawa | KOLIBER TEAM | 02:07:11 | 9.95 km/h |



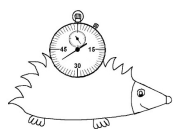
III Półmaraton Zegrzyński
Miejsce: Serock - Nieporęt - Wieliszew
Data: 25-05-2019
Kategoria: OPEN

| M | Mkat | Nr | Kat | Nazwisko | Imię | Miejscowość | Team | Wynik | Średnia |
|-----|------|-----|---------|---------------|------------|----------------------|-----------------------|----------|-----------|
| 40 | 13 | 145 | K41-50 | Wojciechowska | Klaudia | Warszawa | VEGE RUNNERS | 02:07:11 | 9.95 km/h |
| 41 | 14 | 155 | K41-50 | Szuskiewicz | Marzena | Warszawa | - | 02:07:21 | 9.94 km/h |
| 182 | 76 | 243 | M31-40 | Zagórski | Tomasz | Zegrze | CSLII ZEGRZE | 02:07:24 | 9.94 km/h |
| 183 | 69 | 384 | M41-50 | Jankowski | Andrzej | Zegrze | CAT-FIT | 02:07:25 | 9.93 km/h |
| 42 | 7 | 256 | K21-30 | Birch | Constance | Warszawa | WITC | 02:07:33 | 9.92 km/h |
| 184 | 11 | 206 | M51-60 | Święcicki | Wojciech | Warszawa | - | 02:07:38 | 9.92 km/h |
| 185 | 77 | 63 | M31-40 | Borowski | Mariusz | Warszawa | - | 02:07:38 | 9.92 km/h |
| 186 | 78 | 53 | M31-40 | Kopczyński | Przemysław | Stanisławów Pier | TEXAS-PARTS | 02:07:46 | 9.91 km/h |
| 187 | 70 | 294 | M41-50 | Dytrych | Adam | Wola Gołkowska | - | 02:07:47 | 9.91 km/h |
| 188 | 22 | 275 | M21-30 | Olszewski | Michał | Wólka Radzyziński | RÓŻOWE BOBASKI | 02:08:04 | 9.88 km/h |
| 189 | 7 | 343 | M61plus | Skalkuk | Jan | Legionowo | KB LEGIONOWO | 02:08:10 | 9.88 km/h |
| 190 | 79 | 301 | M31-40 | Pietrzak | Karol | Warszawa | OSIEDLOWE SANDAŁY MA | 02:08:17 | 9.87 km/h |
| 191 | 71 | 378 | M41-50 | Barbarski | Ireneusz | Olbrachcice 27 | - | 02:08:24 | 9.86 km/h |
| 192 | 8 | 122 | M61plus | Piątek | Bogdan | Zielonka | LECHICI ZIELONKA | 02:08:58 | 9.82 km/h |
| 193 | 80 | 133 | M31-40 | Kornacki | Dominik | Kobyłka | ZABIEGANY WOŁOMIN | 02:09:10 | 9.8 km/h |
| 194 | 12 | 247 | M51-60 | Colautti | Enrico | Warszawa | - | 02:09:17 | 9.79 km/h |
| 195 | 23 | 281 | M21-30 | Węgorowski | Dawid | Nieporęt | RÓŻOWE BOBASKI | 02:09:44 | 9.76 km/h |
| 196 | 81 | 299 | M31-40 | Mikulski | Łukasz | Błonie | - | 02:09:46 | 9.76 km/h |
| 197 | 72 | 351 | M41-50 | Kochanowski | Sebastian | Nowy Dwór Mazowiecki | ROZBIEGAMY NOWY DWÓR | 02:09:59 | 9.74 km/h |
| 43 | 15 | 350 | K41-50 | Kochanowska | Monika | Nowy Dwór Mazowiecki | ROZBIEGAMY NOWY DWÓR | 02:09:59 | 9.74 km/h |
| 198 | 82 | 220 | M31-40 | Wysokiński | Maciej | Jabłonna | ORANGE POLSKA | 02:10:02 | 9.73 km/h |
| 199 | 73 | 179 | M41-50 | Jankowski | Michał | Warszawa | CHYBA NIE DOBIEGNE | 02:10:02 | 9.73 km/h |
| 200 | 13 | 211 | M51-60 | Kurpiewski | Dariusz | Nowy Dwór Mazowiecki | - | 02:10:13 | 9.72 km/h |
| 201 | 83 | 334 | M31-40 | Czerwiński | Cezary | Zegrze | DAMY RADEĘ | 02:10:22 | 9.71 km/h |
| 44 | 16 | 147 | K41-50 | Budny | Aleksandra | Józefin | KRAŚNIK BIEGA | 02:10:41 | 9.69 km/h |
| 202 | 24 | 377 | M21-30 | Kazana | Mateusz | Warszawa | WARSZAWSKI KLUB ROGAT | 02:11:04 | 9.66 km/h |
| 203 | 74 | 194 | M41-50 | Kiedrowski | Mariusz | Zegrze | CSLII ZEGRZE | 02:11:08 | 9.65 km/h |
| 204 | 14 | 119 | M51-60 | Lesiak | Paweł | Warszawa | CHOSZCZÓWKA | 02:11:14 | 9.65 km/h |
| 205 | 25 | 316 | M21-30 | Janiszewski | Rafał | Legionowo | - | 02:11:20 | 9.64 km/h |
| 206 | 84 | 291 | M31-40 | Szafrański | Karol | Kobyłka | PODESZWA TEAM | 02:11:24 | 9.63 km/h |
| 207 | 26 | 260 | M21-30 | Kalina | Adam | Warszawa | LEGIA RUN CLUB | 02:11:53 | 9.6 km/h |
| 208 | 75 | 239 | M41-50 | Kuchta | Adam | Warszawa | - | 02:12:02 | 9.59 km/h |
| 45 | 2 | 150 | K51-60 | Szadura | Małgorzata | Skrzeszew | WIELISZEW HERON TEAM | 02:12:25 | 9.56 km/h |
| 209 | 9 | 95 | M61plus | Górnicki | Marek | Wieliszew | WETERANI RP | 02:12:44 | 9.54 km/h |
| 46 | 17 | 367 | K41-50 | Dębek | Małgorzata | Serock | - | 02:12:59 | 9.52 km/h |
| 210 | 76 | 368 | M41-50 | Dębek | Mariusz | Serock | - | 02:12:59 | 9.52 km/h |
| 47 | 21 | 152 | K31-40 | Dyderska | Wioletta | Warszawa | WIOLA&ADI | 02:13:11 | 9.51 km/h |
| 211 | 85 | 59 | M31-40 | Kozubała | Piotr | Wołomin | ŻÓŁW ULTRAS TEAM W | 02:13:22 | 9.49 km/h |
| 48 | 22 | 189 | K31-40 | Charmuszko | Monika | Warszawa | - | 02:13:29 | 9.48 km/h |
| 212 | 77 | 103 | M41-50 | Polnik | Mariusz | Otwock | GRUPA BIEGOWA UM W-WA | 02:13:46 | 9.46 km/h |
| 49 | 23 | 34 | K31-40 | Uchal | Ewa | Wieliszew | GRUPA BIEGOWA CHTMO | 02:13:48 | 9.46 km/h |
| 50 | 8 | 244 | K21-30 | Leszczyńska | Kamila | Warszawa | - | 02:13:52 | 9.46 km/h |
| 51 | 24 | 246 | K31-40 | Królikowska | Emilia | Warszawa | - | 02:13:52 | 9.46 km/h |
| 52 | 25 | 182 | K31-40 | Żołnierzak | Monika | Zielonka | MORSY ZIELONKA | 02:14:23 | 9.42 km/h |



III Półmaraton Zegrzyński
Miejsce: Serock - Nieporęt - Wieliszew
Data: 25-05-2019
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| M | Mkat | Nr | Kat | Nazwisko | Imię | Miejscowość | Team | Wynik | Średnia |
|-----|------|-----|--------|--------------------|------------|--------------------|-----------------------|----------|-----------|
| 53 | 26 | 173 | K31-40 | Pantera | Luiza | Konstancin-Jeziorn | - | 02:14:28 | 9.41 km/h |
| 213 | 78 | 356 | M41-50 | Małecki | Tomasz | Kąty Węgierskie | AKACJOWA BIEGA | 02:14:33 | 9.41 km/h |
| 54 | 18 | 44 | K41-50 | Kotomska | Renata | Aleksandrówka | - | 02:14:38 | 9.4 km/h |
| 55 | 19 | 86 | K41-50 | Kuśnierek | Anna | Warszawa | TEAM ZABIEGANEDNI | 02:14:44 | 9.4 km/h |
| 214 | 15 | 77 | M51-60 | Miernicki | Tomasz | Jabłonna | GRUPA BIEGOWA CHTMO | 02:14:52 | 9.39 km/h |
| 56 | 20 | 262 | K41-50 | Tworkowska-Kolosko | Agnieszka | Warszawa | - | 02:15:27 | 9.35 km/h |
| 215 | 16 | 344 | M51-60 | Kłos | Zbyszek | Piastów | TAK SOBIE BIEGAM-PIAS | 02:15:27 | 9.35 km/h |
| 57 | 9 | 207 | K21-30 | Przytułska | Olga | Nowy Dwór Mazowie | - | 02:15:34 | 9.34 km/h |
| 216 | 86 | 165 | M31-40 | Klimek | Kamil | Warszawa | - | 02:15:35 | 9.34 km/h |
| 58 | 27 | 163 | K31-40 | Kasprzak | Karolina | Karczew | PLIK TEAM | 02:15:47 | 9.32 km/h |
| 217 | 27 | 37 | M21-30 | Wachowiak | Adam | Stanisławów Drug | - | 02:15:56 | 9.31 km/h |
| 218 | 28 | 47 | M21-30 | Szybiński | Mateusz | Legionowo | BRAVEHEARTS LEGIONOWO | 02:16:29 | 9.28 km/h |
| 59 | 21 | 45 | K41-50 | Glinka | Agnieszka | Legionowo | BRAVEHEARTS LEGIONOWO | 02:16:33 | 9.27 km/h |
| 219 | 87 | 270 | M31-40 | Wójciuk | Paweł | Warszawa | - | 02:16:48 | 9.25 km/h |
| 60 | 28 | 254 | K31-40 | Podolska-Kędziora | Marta | Warszawa | - | 02:16:49 | 9.25 km/h |
| 61 | 10 | 302 | K21-30 | Gręda | Katarzyna | Łochów | ŁOCHOWSKA GRUPA BIEG | 02:17:04 | 9.24 km/h |
| 62 | 29 | 375 | K31-40 | Pawelas | Marta | Warszawa | - | 02:17:07 | 9.23 km/h |
| 220 | 88 | 112 | M31-40 | Sepiolo | Marcin | Warszawa | - | 02:17:15 | 9.22 km/h |
| 63 | 30 | 276 | K31-40 | Wojcik | Jowita | Walbrzych | - | 02:17:21 | 9.22 km/h |
| 221 | 29 | 315 | M21-30 | Sulich | Mateusz | Legionowo | - | 02:17:27 | 9.21 km/h |
| 222 | 89 | 341 | M31-40 | Komor | Marcin | Borowa Góra | - | 02:17:32 | 9.2 km/h |
| 223 | 30 | 312 | M21-30 | Rzeźnik | Marcin | Warszawa | - | 02:17:40 | 9.2 km/h |
| 64 | 31 | 56 | K31-40 | Paciorek | Anna | Ząbki | - | 02:17:43 | 9.19 km/h |
| 224 | 79 | 245 | M41-50 | Berta | Damian | Radzymin | - | 02:17:49 | 9.19 km/h |
| 225 | 80 | 196 | M41-50 | Wieczorek | Przemysław | Zegrze | ZEGRZE BEER BIKE & RU | 02:18:33 | 9.14 km/h |
| 65 | 22 | 292 | K41-50 | Tobiasz | Dorota | Jabłonna | GRUPA BIEGOWA CHTMO | 02:19:03 | 9.1 km/h |
| 66 | 32 | 85 | K31-40 | Andrukiewicz | Anita | Jabłonna | GRUPA BIEGOWA CHTMO | 02:19:04 | 9.1 km/h |
| 67 | 33 | 298 | K31-40 | Szlendak | Anna | Legionowo | WYBIEGAJ SIEBIE | 02:19:05 | 9.1 km/h |
| 68 | 34 | 12 | K31-40 | Terlecka | Joanna | Legionowo | WYBIEGAJ SIEBIE | 02:19:05 | 9.1 km/h |
| 226 | 90 | 183 | M31-40 | Stryjek | Daniel | Ostrówek | ŁOCHOWSKA GRUPA BIEG | 02:19:31 | 9.07 km/h |
| 69 | 35 | 106 | K31-40 | Jurczyk | Joanna | Warszawa | - | 02:19:40 | 9.06 km/h |
| 227 | 31 | 381 | M21-30 | Jurczyk | Bartosz | Warszawa | - | 02:19:40 | 9.06 km/h |
| 70 | 11 | 380 | K21-30 | Zielińska | Anna | Podlaski | - | 02:19:41 | 9.06 km/h |
| 228 | 81 | 43 | M41-50 | Cęcelewski | Jarosław | Cisie | - | 02:19:52 | 9.05 km/h |
| 71 | 3 | 108 | K51-60 | Wtulich | Diana | Mława | - | 02:20:01 | 9.04 km/h |
| 72 | 23 | 385 | K41-50 | Bystrzycka | Monika | Skubianka | - | 02:20:18 | 9.02 km/h |
| 73 | 36 | 223 | K31-40 | Kosewska | Monika | Łajski | BRAVEHEARTS LEGIONOWO | 02:20:25 | 9.02 km/h |
| 74 | 12 | 134 | K21-30 | Górska | Małgorzata | Warszawa | - | 02:20:35 | 9 km/h |
| 229 | 32 | 154 | M21-30 | Wasiak | Rafał | Legionowo | - | 02:21:47 | 8.93 km/h |
| 230 | 33 | 129 | M21-30 | Wicha | Wojciech | Chodel | - | 02:22:05 | 8.91 km/h |
| 231 | 91 | 333 | M31-40 | Grochowski | Paweł | Warszawa | PZU SPORT TEAM | 02:22:28 | 8.89 km/h |
| 232 | 92 | 118 | M31-40 | Kobel | Janusz | Warszawa | - | 02:22:50 | 8.86 km/h |
| 75 | 37 | 272 | K31-40 | Szot | Patrycja | Warszawa | - | 02:22:50 | 8.86 km/h |
| 233 | 93 | 274 | M31-40 | Dubiel | Hubert | Zegrze | DAMY RADE ZEGRZE | 02:23:24 | 8.83 km/h |



III Półmaraton Zegrzyński
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Data: 25-05-2019
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| M | Mkat | Nr | Kat | Nazwisko | Imię | Miejscowość | Team | Wynik | Średnia |
|-----|------|-----|---------|----------------------|------------|----------------------|-----------------------|----------|-----------|
| 234 | 82 | 233 | M41-50 | Cierniak | Michał | Legionowo | GRUPA BIEGOWA CHTMO | 02:23:30 | 8.82 km/h |
| 76 | 24 | 345 | K41-50 | Wrzesinska Sęk | Małgorzata | Skubianka | - | 02:23:43 | 8.81 km/h |
| 77 | 25 | 169 | K41-50 | Muraszew - Dąbrowska | Katarzyna | Warszawa | DZIKIE SKRZYDŁO | 02:23:54 | 8.8 km/h |
| 235 | 94 | 26 | M31-40 | Konopacki | Maciej | Warszawa | KESTEŚ ZWYCIĘZCĄ C | 02:24:02 | 8.79 km/h |
| 236 | 95 | 135 | M31-40 | Kunka | Piotr | Jakubów | TEAM ZABIEGANEDNI | 02:24:36 | 8.75 km/h |
| 78 | 4 | 398 | K51-60 | Zielińska | Iwona | Komornica | WIELISZEW HERON TEAM | 02:24:44 | 8.75 km/h |
| 237 | 10 | 268 | M61plus | Januchowski | Jacek | Dosin | - | 02:25:14 | 8.72 km/h |
| 238 | 83 | 396 | M41-50 | Wiśniewski | Marek | | | 02:25:15 | 8.72 km/h |
| 239 | 84 | 231 | M41-50 | Sroczkowski | Artur | Serock | - | 02:25:24 | 8.71 km/h |
| 240 | 96 | 139 | M31-40 | Miazek | Marcin | Wołomin | ZABIEGANY WOŁOMIN | 02:26:02 | 8.67 km/h |
| 241 | 97 | 88 | M31-40 | Jedynak | Kamil | Kobyłka | - | 02:26:17 | 8.65 km/h |
| 79 | 38 | 369 | K31-40 | Mierzejewska | Martyna | Warszawa | BIEGAM NA TARCHOMINIE | 02:26:56 | 8.62 km/h |
| 80 | 26 | 24 | K41-50 | Wojciechowska | Ines | Michałów Reginó | WYBIEGAJ SIEBIE | 02:27:00 | 8.61 km/h |
| 242 | 85 | 214 | M41-50 | Jankiewicz | Marek | Wieliszew | BRAVEHEARTS LEGIONOWO | 02:27:12 | 8.6 km/h |
| 81 | 13 | 6 | K21-30 | Ostrowska | Małgorzata | Wieliszew | - | 02:27:13 | 8.6 km/h |
| 243 | 11 | 235 | M61plus | Wanowski | Andrzej | Nowy Dwór Mazowiecki | ROZBIEGAMY NOWY DWÓR | 02:28:13 | 8.54 km/h |
| 244 | 86 | 379 | M41-50 | Kuciński | Krzysztof | Warszawa | KRÓLEWSKI KLUB BIEGA | 02:29:29 | 8.47 km/h |
| 82 | 27 | 125 | K41-50 | Osowiecka | Anna | Warszawa | SPARTANIE DZIECIOM | 02:30:15 | 8.43 km/h |
| 83 | 39 | 123 | K31-40 | Łobejko | Dorota | Warszawa | - | 02:30:30 | 8.41 km/h |
| 245 | 87 | 295 | M41-50 | Pietrzak | Jacek | Wołomin | - | 02:33:05 | 8.27 km/h |
| 84 | 40 | 269 | K31-40 | Maryniak | Katarzyna | Legionowo | WYBIEGAJ SIEBIE | 02:35:04 | 8.16 km/h |
| 85 | 28 | 96 | K41-50 | Skrońska | Monika | Legionowo | WYBIEGAJ SIEBIE | 02:35:05 | 8.16 km/h |
| 86 | 41 | 4 | K31-40 | Stasiarczyk | Izabela | Wieliszew | WYBIEGAJ SIEBIE | 02:35:05 | 8.16 km/h |
| 87 | 5 | 13 | K51-60 | Koszniuruk | Elżbieta | Chotomow | WYBIEGAJ SIEBIE | 02:35:05 | 8.16 km/h |
| 88 | 29 | 38 | K41-50 | Kozak | Beata | Warszawa | WYBIEGAJ SIEBIE | 02:35:06 | 8.16 km/h |
| 89 | 30 | 97 | K41-50 | Wójcicka-Bekas | Magdalena | Wieliszew | WYBIEGAJ SIEBIE | 02:35:06 | 8.16 km/h |
| 90 | 14 | 116 | K21-30 | Foremnik | Julia | Zielonki Parcela | - | 02:36:33 | 8.09 km/h |
| 91 | 42 | 67 | K31-40 | Wasik | Julita | Stanislawow Drugi | GRUPA BIEGOWA CHTMO | 02:36:43 | 8.08 km/h |
| 92 | 43 | 46 | K31-40 | Kłucińska | Agnieszka | Legionowo | WYBIEGAJ SIEBIE | 02:36:43 | 8.08 km/h |
| 93 | 15 | 49 | K21-30 | Niemczyńska | Dorota | Józefów | PIEROGI ADAMUSA | 02:38:59 | 7.96 km/h |
| 94 | 44 | 66 | K31-40 | Skrzecz | Ewa | Warszawa | - | 02:39:41 | 7.93 km/h |
| 246 | 98 | 141 | M31-40 | Przychodzki | Dominik | Warszawa | - | 02:39:54 | 7.92 km/h |
| 95 | 31 | 195 | K41-50 | Osuchowska | Wioletta | Warszawa | PKO BP SA | 02:40:39 | 7.88 km/h |
| 247 | 17 | 238 | M51-60 | Wojewódzki | Krzysztof | Warszawa | WOJEWÓDZCY TEAM | 02:46:11 | 7.62 km/h |
| 96 | 45 | 226 | K31-40 | Ciszkowska | Marta | Serock | - | 02:47:13 | 7.57 km/h |
| 248 | 12 | 29 | M61plus | Czechowski | Jerzy | | | 02:47:14 | 7.57 km/h |
| 97 | 16 | 60 | K21-30 | Paziewska | Izabela | Warszawa | PIEROGI ADAMUSA | 02:47:42 | 7.55 km/h |
| 98 | 1 | 168 | K61plus | Madej | Elżbieta | Warszawa | - | 02:49:06 | 7.49 km/h |
| 249 | 99 | 319 | M31-40 | Kędziora | Jakub | Warszawa | - | 02:49:58 | 7.45 km/h |

