

## VIII Praska Dycha

Organizator: RUNNING CONSULTING  
Data: 15.11.2015  
Dystans: 10 KM  
Miejscowość: Warszawa



M-ce	Nr zaw.	Nazwisko Imię	tempo min/km	tempo km/h	1	2	3	4	5	Wynik
1	300	POLAK SEBASTIAN	3:28	17,3	00:04:13	00:10:21	00:16:32	00:22:43	00:28:48	00:34:38
2	299	ORZEL MICHAŁ	3:33	16,9	00:04:13	00:10:22	00:16:32	00:22:45	00:29:09	00:35:29
3	292	ZYCH ROBERT	3:45	16,0	00:04:36	00:11:15	00:17:52	00:24:35	00:31:11	00:37:27
4	265	KARWOWSKI DANIEL	3:48	15,8	00:04:29	00:11:15	00:18:03	00:24:49	00:31:32	00:38:04
5	258	DZIĘGIELEWSKI ZBIGNIEW	3:51	15,6	00:04:37	00:11:17	00:18:04	00:24:54	00:31:49	00:38:34
6	267	KLIŚ MACIEJ	3:52	15,5	00:04:36	00:11:23	00:18:13	00:25:08	00:32:02	00:38:42
7	251	BANASZEK ADAM	3:54	15,4	00:04:42	00:11:38	00:18:30	00:25:20	00:32:14	00:38:56
8	273	MURAWSKI MICHAŁ	3:54	15,4	00:04:29	00:11:09	00:18:02	00:24:56	00:31:58	00:38:56
9	275	OLEK ARTUR	3:54	15,4	00:04:37	00:11:29	00:18:24	00:25:20	00:32:16	00:38:58
10	291	ZMORZYŃSKI JAKUB	3:56	15,3	00:04:45	00:11:40	00:18:38	00:25:35	00:32:29	00:39:18
11	266	KASZYCKI NESTOR	3:58	15,1	00:04:46	00:11:50	00:18:49	00:25:43	00:32:41	00:39:39
12	289	WYSOCKI MARCIN	3:58	15,1	00:04:45	00:11:50	00:18:44	00:25:44	00:32:48	00:39:42
13	256	DAWIDZIUK DIANA	3:58	15,1	00:04:46	00:11:41	00:18:39	00:25:44	00:32:45	00:39:44
14	254	CIELOCH ADAM	3:58	15,1	00:04:45	00:11:50	00:18:44	00:25:44	00:32:49	00:39:44
15	288	WŁODARSKI JAROSŁAW	3:59	15,1	00:04:46	00:11:51	00:18:44	00:25:45	00:32:52	00:39:45
16	283	TARNOWSKI MACIEJ	3:59	15,0	00:04:32	00:11:26	00:18:29	00:25:40	00:32:52	00:39:53
17	253	CAŁKA BARTŁOMIEJ	4:00	15,0	00:04:47	00:11:53	00:18:57	00:25:59	00:33:07	00:40:03
18	255	CIESIELSKI MARIUSZ	4:01	15,0	00:04:48	00:11:52	00:18:47	00:25:47	00:32:57	00:40:06
19	271	LISICA MARCIN	4:05	14,7	00:04:46	00:11:37	00:18:41	00:26:09	00:33:40	00:40:49
20	287	WĘGRZYN MARCIN	4:07	14,6	00:04:48	00:11:55	00:19:21	00:26:44	00:34:05	00:41:11
21	295	CHOJNACKI MICHAŁ	4:10	14,4	00:04:13	00:11:16	00:18:36	00:26:17	00:33:50	00:41:36
22	203	GRZEJSZCZYK SEBASTIAN	4:10	14,4	00:04:57	00:12:09	00:19:33	00:27:14	00:34:46	00:41:39
23	200	DUBAJ MICHAŁ	4:14	14,2	00:04:47	00:11:54	00:19:34	00:27:11	00:34:53	00:42:23
24	236	SULIK AGNIESZKA	4:16	14,1	00:04:57	00:12:22	00:19:57	00:27:35	00:35:13	00:42:37
25	284	TRUPISZEWSKI MIROSLAW	4:16	14,1	00:04:49	00:12:08	00:19:46	00:27:22	00:35:05	00:42:37
26	249	ZAWISTOWSKI PIOTR	4:17	14,0	00:05:11	00:12:46	00:20:22	00:28:01	00:35:36	00:42:50
27	262	JAKUBIAK MARCIN	4:18	13,9	00:05:01	00:12:34	00:20:11	00:27:44	00:35:30	00:43:03
28	219	ŁĄCZYŃSKI MIKOŁAJ	4:22	13,7	00:05:11	00:12:46	00:20:22	00:28:02	00:35:49	00:43:41
29	217	KRÓL ARKADIUSZ	4:23	13,7	00:05:10	00:12:57	00:20:48	00:28:39	00:36:32	00:43:53
30	230	ROMANOWSKI MICHAŁ	4:24	13,6	00:05:11	00:12:50	00:20:45	00:28:39	00:36:33	00:44:00
31	218	LULIŃSKI PAWEŁ	4:24	13,6	00:05:06	00:12:49	00:20:45	00:28:46	00:36:33	00:44:01
32	244	WYPYCH KRZYSZTOF	4:25	13,6	00:05:05	00:12:53	00:20:46	00:28:40	00:36:34	00:44:13
33	205	HOLNICKA AGATA	4:26	13,5	00:05:06	00:12:49	00:20:44	00:28:47	00:36:33	00:44:19
34	231	ROSIŃSKA BARBARA	4:28	13,5	00:05:00	00:12:46	00:20:40	00:28:39	00:36:37	00:44:36
35	215	KRAS ADAM	4:28	13,4	00:05:11	00:12:55	00:20:49	00:28:44	00:36:43	00:44:37
36	214	KOZŁOWSKI PIOTR	4:28	13,4	00:05:05	00:12:53	00:20:46	00:28:40	00:36:42	00:44:39
37	237	SPYRA ADAM	4:28	13,4	00:04:57	00:12:36	00:20:39	00:28:40	00:36:52	00:44:42
38	233	ROZWADOWSKI IGOR	4:30	13,3	00:05:04	00:12:51	00:20:48	00:28:43	00:36:52	00:44:58
39	220	ŁUKASIAK ADAM	4:30	13,3	00:05:01	00:12:49	00:20:46	00:29:04	00:37:14	00:45:02
40	222	MAZUR PIOTR	4:30	13,3	00:05:01	00:12:53	00:20:57	00:29:22	00:37:43	00:45:04
41	242	TRYCH ARTUR	4:32	13,2						00:45:17
42	147	KARBARZ MARCIN	4:32	13,2	00:05:11	00:13:09	00:21:12	00:29:14	00:37:22	00:45:19

## VIII Praska Dycha

Organizator: RUNNING CONSULTING  
Data: 15.11.2015  
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Miejscowość: Warszawa



M-ce	Nr zaw.	Nazwisko Imię	tempo min/km	tempo km/h	1	2	3	4	5	Wynik
43	240	SZYMCZAK TOMASZ	4:32	13,2	00:05:07	00:12:56	00:20:48	00:28:51	00:37:09	00:45:20
44	246	ZABORSKI ADAM	4:33	13,2	00:05:09	00:13:02	00:21:04	00:29:13	00:37:27	00:45:26
45	213	KOWAL KONRAD	4:34	13,1	00:05:06	00:12:55	00:20:56	00:29:15	00:37:45	00:45:40
46	247	ZADROZNY TOMASZ	4:35	13,1	00:05:02	00:12:54	00:20:57	00:29:22	00:37:44	00:45:46
47	223	NOWAKOWSKI SŁAWOMIR	4:35	13,1	00:05:15	00:13:11	00:21:22	00:29:40	00:37:57	00:45:48
48	241	ŚWIĄTEK TOMEK	4:40	12,9	00:05:02	00:12:57	00:21:14	00:29:44	00:38:15	00:46:35
49	221	MALISZEWSKI CEZARY	4:40	12,9	00:05:13	00:13:13	00:21:26	00:29:55	00:38:22	00:46:38
50	129	DOBAJ - ZEREK MAGDALENA	4:40	12,9	00:05:43	00:13:54	00:22:05	00:30:19	00:38:32	00:46:41
51	164	MILEWSKI PAWEŁ	4:40	12,9	00:05:52	00:13:50	00:22:04	00:30:14	00:38:32	00:46:41
52	130	DUBIECKI MARIUSZ	4:42	12,8	00:05:50	00:13:48	00:22:03	00:30:17	00:38:42	00:47:03
53	202	GRABIŃSKA GIZELA	4:42	12,7	00:05:06	00:13:04	00:21:20	00:29:56	00:38:43	00:47:04
54	196	CIOLCZYK MAGDA	4:45	12,6	00:05:16	00:13:25	00:21:46	00:30:21	00:38:58	00:47:26
55	185	URBANIAK MARCIN	4:46	12,6	00:05:53	00:14:26	00:22:50	00:31:14	00:39:38	00:47:36
56	263	JASIŃSKI KRZYSZTOF	4:48	12,5	00:04:57	00:13:13	00:21:41	00:30:53	00:39:25	00:47:56
57	162	MAŁECKI PIOTR	4:49	12,4	00:06:01	00:15:01	00:23:34	00:32:01	00:40:24	00:48:15
58	138	IŻOWSKI MATEUSZ	4:51	12,4	00:06:02	00:15:02	00:23:38	00:32:03	00:40:26	00:48:28
59	163	MIKOŁAJCZYK MACIEJ	4:51	12,4	00:05:44	00:14:25	00:23:01	00:31:41	00:40:21	00:48:32
60	135	GNIECIAK TOMASZ	4:51	12,4	00:05:57	00:14:32	00:23:05	00:31:33	00:40:08	00:48:33
61	151	KLUSKA BARTLOMIEJ	4:52	12,3	00:06:01	00:15:01	00:23:37	00:32:11	00:40:46	00:48:41
62	133	GARTKIEWICZ ADAM	4:53	12,3	00:06:00	00:15:01	00:23:37	00:32:10	00:40:49	00:48:48
63	132	GADOMSKA ANNA	4:54	12,3	00:06:00	00:15:01	00:23:37	00:32:10	00:40:48	00:48:57
64	136	GRZECZYŃSKA MONIKA	4:54	12,2	00:06:01	00:15:01	00:23:37	00:32:11	00:40:49	00:49:00
65	232	ROSZAK WALDEMAR	4:54	12,2	00:05:58	00:14:59	00:23:36	00:32:09	00:40:46	00:49:03
66	191	ZWOLSKI MARCIN	4:54	12,2	00:06:02	00:15:01	00:23:38	00:32:10	00:40:48	00:49:03
67	168	NOWAKOWSKA BEATA	4:55	12,2	00:06:00	00:14:50	00:23:34	00:32:10	00:40:50	00:49:10
68	159	LUBRYCZYŃSKI MARCIN	4:55	12,2	00:06:00	00:15:01	00:23:37	00:32:11	00:40:49	00:49:12
69	161	MACEWICZ EWELINA	4:55	12,2	00:06:02	00:15:01	00:23:39	00:32:12	00:40:51	00:49:14
70	14	GODLEWSKA AGA	4:56	12,2	00:06:01	00:15:02	00:23:41	00:32:11	00:40:51	00:49:21
71	226	OMELAŃCZUK ILONA	4:57	12,1	00:05:15	00:14:01	00:22:59	00:32:03	00:40:44	00:49:26
72	225	OLSZEWSKA KATARZYNA	4:57	12,1	00:06:00	00:14:54	00:23:47	00:32:32	00:41:14	00:49:35
73	128	ĆWIEK ARKADIUSZ	4:58	12,1	00:06:00	00:15:00	00:23:38	00:32:16	00:40:57	00:49:36
74	211	KOSIŃSKI GRZEGORZ	4:59	12,0	00:05:02	00:12:51	00:21:51	00:31:28	00:41:04	00:49:55
75	108	RAPAŁO IZABELA	5:00	12,0	00:06:01	00:15:01	00:23:40	00:32:18	00:41:19	00:50:03
76	285	TULA RENATA	5:02	11,9	00:06:02	00:15:02	00:23:43	00:32:33	00:41:28	00:50:19
77	179	STEMPEL TOMASZ	5:03	11,9	00:05:59	00:15:00	00:23:38	00:32:30	00:41:36	00:50:28
78	187	WILGAT ADAM	5:04	11,8	00:06:00	00:15:01	00:23:38	00:32:20	00:41:37	00:50:39
79	119	ZIELIŃSKI GRZEGORZ	5:05	11,8	00:06:12	00:15:28	00:24:38	00:33:25	00:42:03	00:50:45
80	88	KOZŁOWICZ PAULINA	5:08	11,7	00:06:13	00:15:28	00:24:33	00:33:28	00:42:19	00:51:16
81	157	KWIATKOWSKA ANTONINA	5:09	11,7	00:06:00	00:14:59	00:23:37	00:32:09	00:42:30	00:51:26
82	146	KAMIŃSKI TOMEK	5:09	11,7	00:06:00	00:15:01	00:23:46	00:32:57	00:42:20	00:51:29
83	149	KIELAK NATALIA	5:10	11,6	00:06:00	00:15:01	00:23:54	00:33:16	00:42:37	00:51:40
84	175	SERWATKA MICHAŁ	5:10	11,6	00:06:03	00:15:03	00:23:47	00:32:56	00:42:33	00:51:44

# VIII Praska Dycha

Organizator: RUNNING CONSULTING  
Data: 15.11.2015  
Dystans: 10 KM  
Miejscowość: Warszawa



M-ce	Nr zaw.	Nazwisko Imię	tempo min/km	tempo km/h	1	2	3	4	5	Wynik
85	84	KAZIOR-GRĄBCZEWSKA MARTA	5:11	11,6	00:06:13	00:15:28	00:24:37	00:33:49	00:42:58	00:51:47
86	189	WYSZYŃSKI RAFAŁ	5:13	11,5	00:06:01	00:15:02	00:23:49	00:33:19	00:43:05	00:52:12
87	114	SZYMA KAROLINA	5:13	11,5	00:06:12	00:15:27	00:24:37	00:33:52	00:43:13	00:52:13
88	183	ŚWIDERSKA ELIZA	5:13	11,5	00:05:53	00:14:39	00:23:22	00:33:31	00:43:07	00:52:15
89	71	GIELO ROBERT	5:15	11,4	00:06:12	00:15:28	00:24:59	00:34:29	00:44:01	00:52:28
90	148	KĄDZIELA KINGA	5:15	11,4	00:06:01	00:15:01	00:23:38	00:33:13	00:42:38	00:52:32
91	81	KACPROWICZ AGA	5:16	11,4	00:06:13	00:15:29	00:25:00	00:34:29	00:43:37	00:52:42
92	61	BIELEC MAGDA	5:16	11,4	00:06:13	00:15:28	00:24:52	00:34:15	00:43:39	00:52:43
93	118	ZEREK BOGDAN	5:17	11,4	00:06:14	00:15:27	00:24:58	00:34:29	00:44:00	00:52:47
94	110	RZESZUTKO ALEKSANDRA	5:18	11,3	00:06:14	00:15:29	00:25:01	00:34:31	00:44:02	00:52:57
95	109	ROSIŃSKI EUGENIUSZ	5:18	11,3	00:06:14	00:15:31	00:24:59	00:34:32	00:44:05	00:53:04
96	101	MILCZAREK MARCIN	5:19	11,3	00:06:13	00:15:29	00:25:00	00:34:32	00:44:03	00:53:07
97	106	PANCERZ KRZYSZTOF	5:19	11,3	00:06:23	00:15:39	00:24:59	00:34:30	00:44:00	00:53:09
98	79	JAŚKIEWICZ KAROLINA	5:19	11,3	00:06:14	00:15:30	00:25:00	00:34:30	00:44:01	00:53:10
99	62	BOGDAŃSKI BARTOSZ	5:19	11,3	00:06:11	00:15:27	00:24:42	00:34:14	00:43:54	00:53:13
100	68	DUBIECKA AGNIESZKA	5:20	11,3	00:06:12	00:15:27	00:24:57	00:34:29	00:44:00	00:53:16
101	95	LUTSENKO OLGA	5:20	11,3	00:06:14	00:15:28	00:25:00	00:34:30	00:44:02	00:53:18
102	99	MARCINIAK KATARZYNA	5:20	11,3	00:06:14	00:15:28	00:24:59	00:34:35	00:44:02	00:53:20
103	209	KARASZEWSKA KASIA	5:21	11,2	00:06:13	00:15:29	00:25:00	00:34:34	00:44:05	00:53:26
104	94	LISICA PAULINA	5:21	11,2	00:06:13	00:15:30	00:24:51	00:34:29	00:44:06	00:53:34
105	117	ZAWADZKA PAULA	5:22	11,2	00:06:15	00:15:36	00:25:19	00:34:59	00:44:43	00:53:43
106	113	SELESKI KRZYSZTOF	5:26	11,0	00:06:12	00:15:27	00:24:57	00:34:22	00:44:26	00:54:22
107	150	KIJANOWSKI ARTUR	5:27	11,0	00:06:20	00:15:56	00:25:23	00:35:18	00:45:07	00:54:26
108	72	GOGÓŁ IŻOWSKA EDYTA	5:27	11,0	00:06:23	00:16:08	00:25:48	00:35:30	00:45:16	00:54:30
109	111	SĄTOWICZ KATARZYNA	5:31	10,9	00:06:13	00:15:36	00:25:13	00:35:11	00:45:21	00:55:14
110	134	GIL WOJCIECH	5:33	10,8	00:06:08	00:15:13	00:24:35	00:35:25	00:45:25	00:55:26
111	60	BIĄŁY WOJCIECH	5:35	10,7	00:06:14	00:15:30	00:25:01	00:35:02	00:45:30	00:55:49
112	78	JAGIELSKI WITOLD	5:37	10,7	00:06:13	00:15:32	00:25:22	00:35:38	00:46:01	00:56:13
113	66	DOBRZAŃSKI MICHAŁ	5:38	10,7	00:06:29	00:16:24	00:26:15	00:36:18	00:46:44	00:56:17
114	194	BONCZAK MARCIN	5:38	10,7	00:06:13	00:15:28	00:24:58	00:35:03	00:46:32	00:56:19
115	46	SZMYD SONIA	5:39	10,6	00:07:18	00:17:33	00:27:48	00:37:29	00:47:13	00:56:28
116	170	OŹDŻEŃSKI WOJCIECH	5:39	10,6	00:06:03	00:15:02	00:24:37	00:35:25	00:45:58	00:56:30
117	297	PIOTR J. KOBER	5:39	10,6	00:06:12	00:15:27	00:26:09	00:36:51	00:46:53	00:56:32
118	91	KUCHTA ADAM	5:40	10,6	00:06:13	00:15:29	00:25:02	00:35:34	00:46:29	00:56:41
119	85	KO JOANNA	5:42	10,5	00:06:22	00:16:16	00:26:35	00:36:52	00:47:06	00:56:57
120	178	STACHURSKI ERYK	5:44	10,5	00:05:56	00:14:49	00:24:24	00:34:46	00:45:18	00:57:21
121	20	KACPRZYŃSKA MAGDALENA	5:45	10,4	00:07:17	00:17:33	00:27:57	00:38:28	00:48:50	00:57:27
122	87	KOWALSKA JUSTYNA	5:46	10,4	00:06:15	00:15:36	00:25:47	00:36:10	00:46:58	00:57:36
123	96	ŁAWNICZAK JOLA	5:47	10,4	00:06:14	00:15:29	00:25:00	00:36:24	00:47:16	00:57:54
124	3	BATES KASIA	5:47	10,4	00:07:19	00:17:33	00:27:56	00:38:25	00:48:47	00:57:54
125	174	RYBAK ANIA	5:48	10,4	00:07:20	00:17:33	00:27:56	00:38:26	00:48:47	00:57:55
126	24	KONINSKA IGA	5:48	10,3	00:07:17	00:17:34	00:27:57	00:38:27	00:48:49	00:58:05

## VIII Praska Dycha

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Data: 15.11.2015  
Dystans: 10 KM  
Miejscowość: Warszawa



M-ce	Nr zaw.	Nazwisko Imię	tempo min/km	tempo km/h	1	2	3	4	5	Wynik
127	55	WOJCIK MALGORZATA	5:50	10,3	00:07:18	00:17:35	00:27:57	00:38:28	00:48:51	00:58:23
128	56	WOJTOWICZ KAMILA	5:51	10,3	00:07:17	00:17:33	00:27:57	00:38:27	00:48:49	00:58:32
129	34	MYSTKOWSKA MARTA	5:51	10,2	00:07:14	00:17:30	00:27:54	00:38:18	00:48:41	00:58:35
130	19	JUREK AGNIESZKA	5:52	10,2	00:07:19	00:17:36	00:27:59	00:38:29	00:48:51	00:58:35
131	90	KUCHTA GRZEGORZ	5:52	10,2	00:06:11	00:15:27	00:25:54	00:36:52	00:47:46	00:58:38
132	107	POLAK TERESA	5:53	10,2	00:06:24	00:16:23	00:26:54	00:37:33	00:48:13	00:58:55
133	36	PAŃKOWSKA PATRYCJA	5:55	10,1	00:07:18	00:17:23	00:27:44	00:38:20	00:48:52	00:59:11
134	51	WARZECHA AGNIESZKA	5:56	10,1	00:07:17	00:17:31	00:27:55	00:38:26	00:48:50	00:59:16
135	47	SZOSTAKOWSKI JAROSŁAW	5:56	10,1	00:07:15	00:17:34	00:27:57	00:38:27	00:48:51	00:59:16
136	97	ŁĄCKA ILONA	5:56	10,1	00:06:18	00:16:22	00:26:49	00:37:30	00:48:35	00:59:22
137	31	MICHALUK KATARZYNA	5:57	10,1	00:07:22	00:17:36	00:28:04	00:38:32	00:48:55	00:59:30
138	52	WARZECHA JOLANTA	5:58	10,1	00:07:18	00:17:37	00:27:59	00:38:32	00:49:14	00:59:38
139	33	MŁODOŻENIEC MAGDALENA	5:59	10,0	00:07:25	00:17:35	00:27:58	00:38:30	00:49:17	00:59:52
140	13	FIGURA IRMINA	6:06	9,8	00:07:18	00:17:35	00:27:58	00:38:31	00:50:09	01:00:59
141	10	CZUPTA HIREK	6:12	9,7	00:07:14	00:17:31	00:27:54	00:38:19	00:52:43	01:01:55
142	53	WEDDER MONIKA	6:16	9,6	00:07:18	00:17:41	00:28:43	00:39:49	00:51:23	01:02:44
143	57	ZALEWSKA KATARZYNA	6:17	9,5	00:07:16	00:17:36	00:28:17	00:39:49	00:51:55	01:02:53
144	32	MIODUSZEWSKA IZABELA	6:17	9,5	00:07:26	00:18:07	00:29:16	00:40:22	00:52:01	01:02:54
145	35	OSYTEK AGNIESZKA	6:17	9,5	00:07:20	00:17:38	00:28:18	00:39:51	00:51:57	01:02:55
146	64	CEDROWSKA AGATA	6:18	9,5	00:07:20	00:18:09	00:29:18	00:40:24	00:52:03	01:02:55
147	25	KOSIOREK ANNA	6:22	9,4	00:07:16	00:17:51	00:29:14	00:40:49	00:52:24	01:03:41
148	1	ADAMCZYK KATARZYNA	6:28	9,3	00:07:23	00:18:08	00:29:29	00:41:40	00:53:40	01:04:39
149	21	KALBARCZYK IZABELLA	6:30	9,2	00:07:18	00:17:40	00:28:45	00:41:41	00:53:18	01:05:04
150	89	KRUSZEWSKA MAGDALENA	6:45	8,9	00:07:26	00:18:11	00:29:50	00:41:55	00:55:05	01:07:34
151	41	SŁOWIK AGNIESZKA	6:45	8,9	00:07:27	00:19:00	00:30:44	00:42:57	00:55:19	01:07:34
152	4	BIELEC KAROLINA	6:55	8,7	00:07:34	00:19:03	00:31:08	00:43:49	00:56:33	01:09:14
153	26	KOSIOREK BARBARA	6:56	8,7	00:07:33	00:19:01	00:31:09	00:43:46	00:56:31	01:09:17
154	45	SZEWczyk WERONIKA	6:58	8,6	00:07:30	00:18:42	00:31:04	00:43:55	00:57:47	01:09:43
155	40	SŁONECKA AGNIESZKA	7:42	7,8	00:07:57	00:22:53	00:37:08	00:50:42	01:04:22	01:17:01