

5. PÓŁMARATON DWÓCH MOSTÓW

Organizator: UM Płock; Płocki Ośrodek Kultury i Sztuki; Miejski Zespół Obiektów Sportowych Jednostka Budżetowa w Płocku; Centrum Widowskowo – Sportowe Orleń Arena Jednostka Budżetowa w Płocku. Rejonowe Płockie Wodne Ochotnicze Pogotowie Ratunkowe w Płocku.



Data: 11-09-2016

Dystans: 21,0975 km

Miejscowość: PŁOCK

Klasyfikacja OPEN

| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Rok urodz. | Kat wiek. | M-ce w kat | Czas startu | tempo min/km | tempo km/h | 5km | 10km | 15km | 19km | Czas netto | Wynik | M | K |
|------|---------|--------------------------|----------------------|--------------------------------------|------------|-----------|------------|-------------|--------------|------------|----------|----------|----------|----------|------------|----------|----|---|
| 1 | 636 | MELLY EDWIN CHERUIYOT | ELDORET | BENEDEK-TEAM | 1988 | M18-29 | 1 | 00:00:00 | 3:07 | 19,2 | 00:16:01 | 00:30:38 | 00:46:03 | 01:00:51 | 01:05:51 | 01:05:51 | 1 | |
| 2 | 660 | IUKHYMCHUK MYKOŁA | ŁUCK | ACHILES LESZNO | 1985 | M30-39 | 1 | 00:00:00 | 3:09 | 19,1 | 00:16:04 | 00:30:38 | 00:46:04 | 01:01:07 | 01:06:19 | 01:06:19 | 2 | |
| 3 | 638 | KOMON MOSES MASAI | ELDORET | BENEDEK-TEAM | 1992 | M18-29 | 2 | 00:00:01 | 3:10 | 19,0 | 00:16:01 | 00:30:38 | 00:46:13 | 01:01:34 | 01:06:45 | 01:06:46 | 3 | |
| 4 | 580 | GIŻYŃSKI MARIUSZ | WARSZAWA | GIŻA TEAM | 1981 | M30-39 | 2 | 00:00:00 | 3:11 | 18,8 | 00:16:32 | 00:31:08 | 00:46:49 | 01:02:03 | 01:07:14 | 01:07:14 | 4 | |
| 5 | 775 | KALASZCZYŃSKI ŁUKASZ | PŁOCK | KM SPORT TEAM | 1984 | M30-39 | 3 | 00:00:00 | 3:32 | 17,0 | 00:18:55 | 00:35:11 | 00:52:25 | 01:09:00 | 01:14:35 | 01:14:35 | 5 | |
| 6 | 700 | KAMIŃSKI ARTUR | NOWE PROBOSZCZEWICE | PŁOCK BIEGA NO AGE LIMIT | 1979 | M30-39 | 4 | 00:00:00 | 3:35 | 16,7 | 00:19:03 | 00:35:35 | 00:53:01 | 01:10:07 | 01:15:45 | 01:15:45 | 6 | |
| 7 | 424 | GIŻYŃSKI PRZEMYSŁAW | PŁOCK | GIŻA TEAM | 1979 | M30-39 | 5 | 00:00:01 | 3:38 | 16,5 | 00:19:17 | 00:35:53 | 00:53:47 | 01:11:03 | 01:16:47 | 01:16:48 | 7 | |
| 8 | 780 | ORZEŁ MICHAŁ | WARSZAWA | ENTRE.PL TEAM | 1981 | M30-39 | 6 | 00:00:01 | 3:41 | 16,3 | 00:19:30 | 00:36:26 | 00:54:31 | 01:11:52 | 01:17:43 | 01:17:44 | 8 | |
| 9 | 639 | KWAMBOKA TERESA FLAVIOUS | ELDORET | BENEDEK-TEAM | 1988 | K18-29 | 1 | 00:00:00 | 3:43 | 16,1 | 00:19:32 | 00:36:45 | 00:55:10 | 01:12:43 | 01:18:29 | 01:18:29 | | 1 |
| 10 | 574 | MIKIŃSKI DANIEL | OLSZTYNEK | | 1990 | M18-29 | 3 | 00:00:00 | 3:45 | 16,0 | 00:18:50 | 00:35:58 | 00:54:37 | 01:13:09 | 01:19:12 | 01:19:12 | 9 | |
| 11 | 234 | MYSERA CEZARY | PIASKI | PŁOCK BIEGA NO AGE LIMIT | 1993 | M18-29 | 4 | 00:00:01 | 3:48 | 15,8 | 00:20:41 | 00:38:03 | 00:56:23 | 01:14:17 | 01:20:05 | 01:20:06 | 10 | |
| 12 | 194 | ZYCH MAREK | BRUDZEŃ MAŁY | TKKF PŁOCK | 1988 | M18-29 | 5 | 00:00:01 | 3:51 | 15,6 | 00:20:40 | 00:38:13 | 00:57:03 | 01:15:08 | 01:21:07 | 01:21:08 | 11 | |
| 13 | 415 | CHODOROWSKI RAFAŁ | PŁOCK | GIŻA TEAM | 1978 | M30-39 | 7 | 00:00:01 | 3:51 | 15,6 | 00:20:40 | 00:38:39 | 00:57:35 | 01:15:24 | 01:21:14 | 01:21:15 | 12 | |
| 14 | 444 | DYMEK SEBASTIAN | PŁOCK | WISŁA ENERGY TEAM - BIEGAJ Z DYMKIEM | 1982 | M30-39 | 8 | 00:00:01 | 3:53 | 15,5 | 00:20:49 | 00:38:47 | 00:57:35 | 01:15:33 | 01:21:55 | 01:21:56 | 13 | |
| 15 | 416 | STAŃCZAK MARCIN | GRABINA 64 | TKKF PŁOCK | 1979 | M30-39 | 9 | 00:00:02 | 3:53 | 15,4 | 00:20:53 | 00:38:59 | 00:57:53 | 01:16:05 | 01:22:06 | 01:22:08 | 14 | |
| 16 | 364 | DUBIEL MARCIN | PŁOCK | WISŁA ENERGY TEAM - BIEGAJ Z DYMKIEM | 1987 | M18-29 | 6 | 00:00:01 | 3:54 | 15,4 | | 00:38:47 | 00:57:36 | 01:16:12 | 01:22:19 | 01:22:20 | 15 | |
| 17 | 779 | RYNKIEWICZ TOMASZ | WARSZAWA | | 1975 | M40-49 | 1 | 00:00:01 | 3:56 | 15,2 | 00:20:54 | 00:39:04 | 00:58:19 | 01:16:57 | 01:23:05 | 01:23:06 | 16 | |
| 18 | 122 | KUJAWA KRZYSZTOF | PŁOCK | WIĘCKOWSKI TEAM | 1974 | M40-49 | 2 | 00:00:02 | 3:58 | 15,1 | 00:20:51 | 00:38:47 | 00:58:02 | 01:17:25 | 01:23:51 | 01:23:53 | 17 | |
| 19 | 706 | MIELCZAREK ADAM | TORUŃ | | 1980 | M30-39 | 10 | 00:00:00 | 3:59 | 15,1 | 00:21:14 | 00:39:24 | 00:58:33 | 01:17:54 | 01:24:00 | 01:24:00 | 18 | |
| 20 | 758 | RUCIŃSKI MICHAŁ | PŁOCK | ORLEŃ RUNNING TEAM | 1985 | M30-39 | 11 | 00:00:01 | 3:59 | 15,1 | 00:21:18 | 00:39:31 | 00:59:15 | 01:18:00 | 01:24:00 | 01:24:01 | 19 | |
| 21 | 626 | JAŚKIEWICZ HUBERT | GOSTYNIN | PŁOCK BIEGA NO AGE LIMIT | 1988 | M18-29 | 7 | 00:00:02 | 4:00 | 15,0 | 00:21:04 | 00:39:29 | 00:59:04 | 01:18:21 | 01:24:32 | 01:24:34 | 20 | |
| 22 | 661 | PTASHUK KATSIARYNA | MIŃSK | ACHILES LESZNO | 1991 | K18-29 | 2 | 00:00:01 | 4:01 | 15,0 | 00:21:25 | 00:39:31 | 00:59:15 | 01:18:00 | 01:24:37 | 01:24:38 | | 2 |
| 23 | 586 | KUCIEJCZYK HENRYK | SZYDŁOWO | TEMPO MŁAWA | 1959 | M50-59 | 1 | 00:00:02 | 4:05 | 14,7 | 00:21:16 | 00:40:24 | 01:00:21 | 01:19:52 | 01:26:14 | 01:26:16 | 21 | |
| 24 | 471 | MACHAŁA SEBASTIAN | SŁUBICE | NIGHT RUNNERS PŁOCK | 1992 | M18-29 | 8 | 00:00:04 | 4:08 | 14,5 | 00:21:53 | 00:40:35 | 01:01:10 | 01:21:10 | 01:27:20 | 01:27:24 | 22 | |
| 25 | 486 | MAGIERSKI WITOLD | DĄBROWA | MBANK | 1968 | M40-49 | 3 | 00:00:02 | 4:10 | 14,4 | 00:22:01 | 00:41:46 | 01:01:58 | 01:21:32 | 01:27:46 | 01:27:48 | 23 | |
| 26 | 687 | MALINOWSKI PIOTR | PŁOCK | | 1968 | M40-49 | 4 | 00:00:03 | 4:11 | 14,3 | 00:21:18 | 00:40:24 | 01:01:15 | 01:21:43 | 01:28:20 | 01:28:23 | 24 | |
| 27 | 720 | MEDELEWSKI PIOTR | BEDLNO | ROZBIEGANI-ŻYCHLIN | 1974 | M40-49 | 5 | 00:00:08 | 4:12 | 14,3 | 00:20:54 | 00:40:07 | 01:00:41 | 01:21:38 | 01:28:30 | 01:28:38 | 25 | |
| 28 | 589 | KALASKA KRZYSZTOF | CHEŁMŻA | CHETOR TEAM | 1979 | M30-39 | 12 | 00:00:03 | 4:12 | 14,3 | 00:21:00 | 00:40:54 | 01:01:46 | 01:22:11 | 01:28:40 | 01:28:43 | 26 | |
| 29 | 403 | BUCHOLC ŁUKASZ | PŁOCK | WISŁA ENERGY TEAM - BIEGAJ Z DYMKIEM | 1986 | M30-39 | 13 | 00:00:08 | 4:14 | 14,2 | 00:22:28 | 00:41:47 | 01:02:32 | 01:22:43 | 01:29:15 | 01:29:23 | 27 | |
| 30 | 382 | ŻELISZCZAK ARTUR | TORUŃ | NADAKTYWNA SZÓSTKA | 1986 | M30-39 | 14 | 00:00:07 | 4:14 | 14,2 | 00:23:05 | 00:43:03 | 01:03:49 | 01:23:16 | 01:29:20 | 01:29:27 | 28 | |
| 31 | 454 | HURYN EWA | SZCZECIN | GIŻA TEAM | 1973 | K40-49 | 1 | 00:00:01 | 4:15 | 14,1 | 00:22:28 | 00:41:54 | 01:02:34 | 01:22:56 | 01:29:32 | 01:29:33 | | 3 |
| 32 | 841 | JASKUŁA WOJCIECH | TOMASZÓW MAZOWIECKI | BIEGAM, BO LUBIĘ POŚWIĘTNE | 1973 | M40-49 | 6 | 00:00:02 | 4:15 | 14,1 | 00:22:26 | 00:41:47 | 01:02:32 | 01:23:01 | 01:29:40 | 01:29:42 | 29 | |
| 33 | 112 | ROŻEJ ROBERT | TORUŃ | NADAKTYWNA SZÓSTKA | 1975 | M40-49 | 7 | 00:00:03 | 4:16 | 14,0 | 00:21:57 | 00:41:54 | 01:02:32 | 01:23:15 | 01:30:08 | 01:30:11 | 30 | |
| 34 | 555 | KŁAPTOCZ MAREK | CZECHOWICE-DZIEDZICE | | 1989 | M18-29 | 9 | 00:00:04 | 4:17 | 14,0 | 00:22:22 | 00:42:25 | 01:03:56 | 01:24:09 | 01:30:28 | 01:30:32 | 31 | |
| 35 | 613 | DOMERADZKI KRZYSZTOF | BODZANÓW | SOKÓŁ BODZANÓW | 1992 | M18-29 | 10 | 00:00:08 | 4:17 | 14,0 | 00:22:51 | 00:43:02 | 01:04:07 | 01:24:14 | 01:30:27 | 01:30:35 | 32 | |
| 36 | 478 | RATYŃSKI MAREK | OTWOCK | | 1976 | M40-49 | 8 | 00:00:02 | 4:19 | 13,9 | 00:21:56 | 00:41:55 | 01:03:11 | 01:24:11 | 01:30:55 | 01:30:57 | 33 | |
| 37 | 432 | KIEŁBASA DARIUSZ | GĄBIN | KB TKKF PROMYK CIECHANÓW | 1969 | M40-49 | 9 | 00:00:02 | 4:19 | 13,9 | 00:22:24 | 00:42:04 | 01:02:58 | 01:24:21 | 01:31:10 | 01:31:12 | 34 | |
| 38 | 404 | BUDEK AGNIESZKA | PŁOCK | WISŁA ENERGY TEAM - BIEGAJ Z DYMKIEM | 1987 | K18-29 | 3 | 00:00:02 | 4:21 | 13,8 | 00:23:04 | 00:43:02 | 01:04:06 | 01:24:29 | 01:31:39 | 01:31:41 | | 4 |
| 39 | 303 | TAYLOR NICK | SEVENOAKS | SEVENOAKS AC | 1972 | M40-49 | 10 | 00:00:12 | 4:22 | 13,8 | 00:22:51 | 00:43:21 | 01:04:45 | 01:25:31 | 01:31:57 | 01:32:09 | 35 | |
| 40 | 413 | GIŻYŃSKA KAROLINA | PŁOCK | GIŻA TEAM | 1981 | K30-39 | 1 | 00:00:01 | 4:22 | 13,7 | 00:22:44 | 00:43:06 | 01:04:42 | 01:25:28 | 01:32:16 | 01:32:17 | | 5 |
| 41 | 810 | MICHALAK REMIGIUSZ | ŻYCHLIN | ROZBIEGANI-ŻYCHLIN | 1981 | M30-39 | 15 | 00:00:08 | 4:22 | 13,7 | 00:23:23 | 00:43:37 | 01:05:09 | 01:25:49 | 01:32:11 | 01:32:19 | 36 | |
| 42 | 675 | KUBERA PIOTR | JÓZEFÓW | | 1976 | M40-49 | 11 | 00:00:11 | 4:23 | 13,7 | 00:23:10 | 00:43:25 | 01:04:58 | 01:25:56 | 01:32:21 | 01:32:32 | 37 | |
| 43 | 678 | POGŁUD MATEUSZ | PŁOCK | PANTERY | 1990 | M18-29 | 11 | 00:00:03 | 4:24 | 13,6 | 00:23:28 | 00:43:43 | 01:05:29 | 01:26:13 | 01:32:48 | 01:32:51 | 38 | |
| 44 | 667 | ŁOMICKI DARIUSZ | PŁOCK | PŁOCK BIEGA NO AGE LIMIT | 1964 | M50-59 | 2 | 00:00:06 | 4:24 | 13,6 | 00:22:49 | 00:43:10 | 01:04:34 | 01:25:48 | 01:32:52 | 01:32:58 | 39 | |
| 45 | 694 | MAŚLANY MARIUSZ | WARSZAWA | ELEKTROMETAL ENERGETYKA SA | 1972 | M40-49 | 12 | 00:00:09 | 4:24 | 13,6 | 00:23:59 | 00:44:22 | 01:05:46 | 01:26:19 | 01:32:52 | 01:33:01 | 40 | |

5. PÓŁMARATON DWÓCH MOSTÓW

Organizator: UM Płock; Płocki Ośrodek Kultury i Sztuki; Miejski Zespół Obiektów Sportowych Jednostka Budżetowa w Płocku; Centrum Widowskowo – Sportowe Orleń Arena Jednostka Budżetowa w Płocku. Rejonowe Płockie Wodne Ochotnicze Pogotowie Ratunkowe w Płocku.



Data: 11-09-2016

Dystans: 21,0975 km

Miejscowość: PŁOCK

Klasyfikacja OPEN

| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Rok urodz. | Kat wiek. | M-ce w kat | Czas startu | tempo min/km | tempo km/h | 5km | 10km | 15km | 19km | Czas netto | Wynik | M | K |
|------|---------|-----------------------------|---------------------|--------------------------------------|------------|-----------|------------|-------------|--------------|------------|----------|----------|----------|----------|------------|----------|----|----|
| 46 | 231 | BRZEZIŃSKI ANDRZEJ | NOWA BIAŁA | NIGHT RUNNERS PŁOCK | 1972 | M40-49 | 13 | 00:00:04 | 4:25 | 13,6 | 00:23:03 | 00:43:10 | 01:04:47 | 01:26:26 | 01:33:07 | 01:33:11 | 41 | |
| 47 | 381 | KRZEMIŃSKI KONRAD | DROBIN | | 1995 | M18-29 | 12 | 00:00:07 | 4:25 | 13,6 | 00:22:38 | 00:42:09 | 01:03:22 | 01:25:31 | 01:33:15 | 01:33:22 | 42 | |
| 48 | 377 | OSEŃKO ADAM | WEJHEROWO | MTB - MAŁE TRÓJMIASTO BIEGA | 1984 | M30-39 | 16 | 00:00:09 | 4:26 | 13,5 | 00:21:50 | 00:41:46 | 01:03:42 | 01:26:12 | 01:33:29 | 01:33:38 | 43 | |
| 49 | 258 | BŁASZCZYK CZESŁAW | KROŚNIEWICE | EXPOM KROŚNIEWICE | 1964 | M50-59 | 3 | 00:00:07 | 4:28 | 13,4 | 00:23:39 | 00:44:47 | 01:06:09 | 01:27:23 | 01:34:10 | 01:34:17 | 44 | |
| 50 | 135 | KUBIAK GRZEGORZ | JUKÓW | | 1980 | M30-39 | 17 | 00:00:16 | 4:28 | 13,4 | 00:24:23 | 00:45:16 | 01:07:12 | 01:28:00 | 01:34:08 | 01:34:24 | 45 | |
| 51 | 168 | KISIELEWSKI ANDRZEJ | PŁOCK | BIEGAM BO LUBIĘ | 1972 | M40-49 | 14 | 00:00:04 | 4:28 | 13,4 | 00:23:25 | 00:44:15 | 01:06:14 | 01:27:36 | 01:34:23 | 01:34:27 | 46 | |
| 52 | 321 | BUDZIŁO ADAM | PŁOCK | PTT DELTA / ORLEŃ RUNNING TEAM | 1972 | M40-49 | 15 | 00:00:04 | 4:29 | 13,4 | 00:23:21 | 00:44:01 | 01:05:46 | 01:27:30 | 01:34:38 | 01:34:42 | 47 | |
| 53 | 781 | AUGUSTYNIAK GRZEGORZ | PŁOCK | PTT DELTA | 1972 | M40-49 | 16 | 00:00:03 | 4:29 | 13,4 | 00:23:27 | 00:44:06 | 01:05:51 | 01:27:36 | 01:34:41 | 01:34:44 | 48 | |
| 54 | 523 | CIEĆWIERZ MARIUSZ | CZERWIŃSK NAD WISŁĄ | | 1988 | M18-29 | 13 | 00:00:16 | 4:29 | 13,4 | 00:25:40 | 00:46:18 | 01:07:59 | 01:28:24 | 01:34:35 | 01:34:51 | 49 | |
| 55 | 34 | DĄBROWSKA DOMINIKA | WARSZAWA | NACIAGANIE.PL | 1986 | K30-39 | 2 | 00:00:03 | 4:30 | 13,3 | 00:23:41 | 00:44:06 | 01:05:46 | 01:27:33 | 01:34:56 | 01:34:59 | | 6 |
| 56 | 357 | TRZCIŃSKI MARIUSZ | WŁOCŁAWEK | | 1980 | M30-39 | 18 | 00:00:06 | 4:30 | 13,3 | 00:24:04 | 00:44:34 | 01:06:30 | 01:28:06 | 01:34:57 | 01:35:03 | 50 | |
| 57 | 56 | GRZEGORZEWSKI KONRAD | DĄBRÓWKA | 4FITER | 1979 | M30-39 | 19 | 00:00:10 | 4:30 | 13,3 | 00:24:27 | 00:45:11 | 01:07:30 | 01:28:27 | 01:34:57 | 01:35:07 | 51 | |
| 58 | 465 | CYBULSKI KONRAD | KUTNO | K.S. CELURONMAN S.A. | 1973 | M40-49 | 17 | 00:00:08 | 4:31 | 13,3 | 00:23:23 | 00:43:36 | 01:05:48 | 01:27:51 | 01:35:08 | 01:35:16 | 52 | |
| 59 | 285 | WOJTYCKI GRZEGORZ | PŁOCK | BIEGAMPŁOCK TEAM | 1971 | M40-49 | 18 | 00:00:04 | 4:31 | 13,3 | 00:22:28 | 00:43:03 | 01:05:29 | 01:28:02 | 01:35:14 | 01:35:18 | 53 | |
| 60 | 808 | DURYS JAROSŁAW | ŻYCHLIN | ROZBIEGANI-ŻYCHLIN | 1975 | M40-49 | 19 | 00:00:08 | 4:32 | 13,3 | 00:23:23 | 00:43:39 | 01:05:34 | 01:28:35 | 01:35:31 | 01:35:39 | 54 | |
| 61 | 291 | MICHALAK WALDEMAR | KUTNO | KUTNO BIEGA | 1971 | M40-49 | 20 | 00:00:07 | 4:32 | 13,2 | 00:23:54 | 00:45:02 | 01:07:23 | 01:28:57 | 01:35:34 | 01:35:41 | 55 | |
| 62 | 491 | MATUSIAK RAFAŁ | OSIECINY | | 1980 | M30-39 | 20 | 00:00:14 | 4:33 | 13,2 | 00:25:35 | 00:47:24 | 01:08:44 | 01:29:37 | 01:35:53 | 01:36:07 | 56 | |
| 63 | 272 | GRABARCZYK MONIKA | MARKI | MARKOWI BIEGACZE | 1981 | K30-39 | 3 | 00:00:04 | 4:33 | 13,2 | 00:23:42 | 00:44:27 | 01:06:18 | 01:28:59 | 01:36:09 | 01:36:13 | | 7 |
| 64 | 669 | WRÓŃSKI TOMASZ | PŁOCK | | 1981 | M30-39 | 21 | 00:00:16 | 4:34 | 13,2 | 00:24:02 | 00:44:55 | 01:07:22 | 01:29:18 | 01:36:12 | 01:36:28 | 57 | |
| 65 | 566 | PIETRZAK ŁUKASZ | WŁOCŁAWEK | MAŁY EUROPEJCZYK TEAM | 1979 | M30-39 | 22 | 00:00:12 | 4:34 | 13,1 | 00:23:28 | 00:44:36 | 01:07:03 | 01:29:08 | 01:36:17 | 01:36:29 | 58 | |
| 66 | 765 | GIŻYŃSKA ANNA | WARSZAWA | GIŻA TEAM | 1982 | K30-39 | 4 | 00:00:03 | 4:35 | 13,1 | 00:23:23 | 00:44:04 | 01:06:18 | 01:29:21 | 01:36:46 | 01:36:49 | | 8 |
| 67 | 246 | TYMIŃSKI DARIUSZ | BRWIŁNO | RYKOWISKO | 1968 | M40-49 | 21 | 00:00:05 | 4:35 | 13,1 | 00:24:00 | 00:45:05 | 01:07:37 | 01:29:46 | 01:36:45 | 01:36:50 | 59 | |
| 68 | 590 | JAWORSKI BARTEK | PŁOCK | PROGRESS STEEL TEAM | 1979 | M30-39 | 23 | 00:00:09 | 4:35 | 13,1 | 00:24:36 | 00:45:06 | 01:07:30 | 01:29:39 | 01:36:50 | 01:36:59 | 60 | |
| 69 | 29 | RZEPECKI DOMINIK | PŁOCK | | 1978 | M30-39 | 24 | 00:00:11 | 4:35 | 13,1 | 00:23:41 | 00:45:03 | 01:07:38 | 01:30:11 | 01:36:49 | 01:37:00 | 61 | |
| 70 | 594 | MOLTZAN ZBIGNIEW | TORUŃ | | 1976 | M40-49 | 22 | 00:00:13 | 4:36 | 13,1 | 00:24:32 | 00:45:44 | 01:08:32 | 01:30:16 | 01:36:56 | 01:37:09 | 62 | |
| 71 | 582 | MOLTZAN-MAŁKOWSKA MAGDALENA | TORUŃ | NADAKTYWNA SZÓSTKA | 1975 | K40-49 | 2 | 00:00:13 | 4:36 | 13,0 | 00:24:36 | 00:45:44 | 01:08:33 | 01:30:18 | 01:37:07 | 01:37:20 | | 9 |
| 72 | 482 | CHOJNACKI JACEK | PŁOCK | RYKOWISKO | 1972 | M40-49 | 23 | 00:00:03 | 4:37 | 13,0 | 00:23:26 | 00:44:53 | 01:07:34 | 01:29:52 | 01:37:18 | 01:37:21 | 63 | |
| 73 | 362 | TURALSKA ANETA | SIERPC | WISŁA ENERGY TEAM - BIEGAJ Z DYMKIEM | 1991 | K18-29 | 4 | 00:00:04 | 4:37 | 13,0 | 00:24:15 | 00:45:29 | 01:08:14 | 01:30:14 | 01:37:18 | 01:37:22 | | 10 |
| 74 | 27 | SIEMIĄTKOWSKI MARCIN | JORDANÓW | TRIRUN.PL | 1984 | M30-39 | 25 | 00:00:05 | 4:37 | 13,0 | 00:23:54 | 00:44:59 | 01:08:00 | 01:30:19 | 01:37:21 | 01:37:26 | 64 | |
| 75 | 467 | MIESZKOWSKI RADOSŁAW | PIASTÓW | RM TERRA | 1971 | M40-49 | 24 | 00:01:07 | 4:35 | 13,1 | 00:25:31 | 00:46:54 | 01:09:11 | 01:30:49 | 01:36:35 | 01:37:42 | 65 | |
| 76 | 528 | MĘZIŃSKI MARIUSZ | OPINOGÓRA | RUNNERS TEAM CIECHANÓW | 1974 | M40-49 | 25 | 00:00:05 | 4:38 | 13,0 | 00:26:01 | 00:46:41 | 01:08:49 | 01:30:56 | 01:37:44 | 01:37:49 | 66 | |
| 77 | 619 | HIŃCZ RAFAŁ | MOCHOWO | BRAK KLUBU | 1987 | M18-29 | 14 | 00:00:07 | 4:39 | 12,9 | 00:23:28 | 00:44:40 | 01:07:24 | 01:30:13 | 01:38:02 | 01:38:09 | 67 | |
| 78 | 275 | NAWROCKI MARIUSZ | INOWROCŁAW | TEAM NAWROCCY INOWROCŁAW | 1982 | M30-39 | 26 | 00:00:02 | 4:40 | 12,9 | 00:24:26 | 00:45:42 | 01:08:55 | 01:31:11 | 01:38:22 | 01:38:24 | 68 | |
| 79 | 274 | NAWROCKA SYLWIA | INOWROCŁAW | PŁOCK BIEGA NO AGE LIMIT | 1989 | K18-29 | 5 | 00:00:02 | 4:40 | 12,9 | 00:24:26 | 00:45:43 | 01:08:55 | 01:31:11 | 01:38:22 | 01:38:24 | | 11 |
| 80 | 826 | OKRĄGŁY EMIL | WARSZAWA | | 1982 | M30-39 | 27 | 00:00:25 | 4:39 | 12,9 | 00:25:09 | 00:46:42 | 01:09:20 | 01:31:20 | 01:38:06 | 01:38:31 | 69 | |
| 81 | 645 | PIETRASZEWSKI GRZEGORZ | PŁOCK | TKKF PŁOCK | 1982 | M30-39 | 28 | 00:00:12 | 4:40 | 12,9 | 00:24:17 | 00:45:26 | 01:07:46 | 01:30:38 | 01:38:20 | 01:38:32 | 70 | |
| 82 | 55 | JARONI HUBERT | LUDWIKOWO | PERN PŁOCK | 1973 | M40-49 | 26 | 00:00:10 | 4:40 | 12,9 | 00:24:49 | 00:45:57 | 01:09:02 | 01:31:19 | 01:38:22 | 01:38:32 | 71 | |
| 83 | 148 | SZYMAŃSKI MICHAŁ | TORUŃ | CSAIU TORUŃ | 1981 | M30-39 | 29 | 00:00:06 | 4:40 | 12,8 | 00:23:50 | 00:45:39 | 01:09:08 | 01:31:38 | 01:38:34 | 01:38:40 | 72 | |
| 84 | 137 | STAŃCZAK EDMUND | PŁOCK | PŁOCK BIEGA NO AGE LIMIT | 1953 | M60-69 | 1 | 00:00:02 | 4:41 | 12,8 | 00:24:16 | 00:45:56 | 01:08:57 | 01:31:20 | 01:38:38 | 01:38:40 | 73 | |
| 85 | 769 | KRECZMAŃSKI ROBERT | ZALEŚIE GÓRNE | | 1968 | M40-49 | 27 | 00:00:26 | 4:40 | 12,9 | 00:25:08 | 00:46:55 | 01:09:41 | 01:31:57 | 01:38:26 | 01:38:52 | 74 | |
| 86 | 422 | STAŃCZYK MICHAŁ | ZŁAKÓW KOŚCIELNY | | 1989 | M18-29 | 15 | 00:00:11 | 4:41 | 12,8 | 00:25:14 | 00:47:02 | 01:09:24 | 01:31:46 | 01:38:49 | 01:39:00 | 75 | |
| 87 | 483 | KEMPCZYŃSKI PAWEŁ | PŁOCK | | 1974 | M40-49 | 28 | 00:00:20 | 4:41 | 12,8 | 00:24:26 | 00:45:24 | 01:08:21 | 01:31:26 | 01:38:55 | 01:39:15 | 76 | |
| 88 | 497 | TYC BOGUSŁAW | PŁOCK | | 1967 | M40-49 | 29 | 00:00:07 | 4:42 | 12,8 | 00:24:44 | 00:46:31 | 01:09:19 | 01:32:03 | 01:39:14 | 01:39:21 | 77 | |
| 89 | 396 | DĘBOWSKA BEATA | OLSZTYN | | 1971 | K40-49 | 3 | 00:00:08 | 4:42 | 12,7 | 00:24:54 | 00:46:36 | 01:09:29 | 01:32:11 | 01:39:20 | 01:39:28 | | 12 |
| 90 | 243 | PRUSAŁOWICZ JERZY | PŁOCK | | 1963 | M50-59 | 4 | 00:00:44 | 4:41 | 12,8 | 00:25:18 | 00:46:42 | 01:09:35 | 01:32:12 | 01:38:50 | 01:39:34 | 78 | |

5. PÓŁMARATON DWÓCH MOSTÓW

Organizator: UM Płock; Płocki Ośrodek Kultury i Sztuki; Miejski Zespół Obiektów Sportowych Jednostka Budżetowa w Płocku; Centrum Widowskowo – Sportowe Orle Arena Jednostka Budżetowa w Płocku. Rejonowe Płockie Wodne Ochotnicze Pogotowie Ratunkowe w Płocku.



Data: 11-09-2016

Dystans: 21,0975 km

Miejscowość: PŁOCK

Klasyfikacja OPEN

| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Rok urodz. | Kat wiek. | M-ce w kat | Czas startu | tempo min/km | tempo km/h | 5km | 10km | 15km | 19km | Czas netto | Wynik | M | K |
|------|---------|-----------------------|----------------------|-------------------------------------|------------|-----------|------------|-------------|--------------|------------|----------|----------|----------|----------|------------|-----------------|-----|----|
| 91 | 379 | RADEJ DARIUSZ | CIESZYN | VEGERUNNERS | 1968 | M40-49 | 30 | 00:00:12 | 4:43 | 12,7 | 00:24:40 | 00:46:19 | 01:09:17 | 01:32:09 | 01:39:27 | 01:39:39 | 79 | |
| 92 | 547 | SZTENDEREWICZ RAFAŁ | WŁOCŁAWEK | | 1977 | M30-39 | 30 | 00:00:03 | 4:44 | 12,7 | 00:23:27 | 00:45:47 | 01:09:16 | 01:32:40 | 01:39:59 | 01:40:02 | 80 | |
| 93 | 496 | BANY ROBERT | SOKOŁÓWEK | | 1973 | M40-49 | 31 | 00:00:48 | 4:42 | 12,8 | 00:25:21 | 00:46:41 | 01:09:15 | 01:32:41 | 01:39:14 | 01:40:02 | 81 | |
| 94 | 347 | SZMULEWICZ MICHAŁ | BODZANÓW | SOKÓŁ BODZANÓW | 1976 | M40-49 | 32 | 00:00:20 | 4:44 | 12,7 | 00:25:09 | 00:46:58 | 01:09:47 | 01:32:47 | 01:40:02 | 01:40:22 | 82 | |
| 95 | 326 | FRĄCZKOWSKI KRZYSZTOF | ROGOZINO | TKKF PŁOCK | 1960 | M50-59 | 5 | 00:00:09 | 4:45 | 12,6 | 00:25:25 | 00:47:21 | 01:10:53 | 01:33:15 | 01:40:14 | 01:40:23 | 83 | |
| 96 | 476 | BARTCZAK JANUSZ | BODZANÓW | SOKÓŁ BODZANÓW | 1960 | M50-59 | 6 | 00:00:09 | 4:45 | 12,6 | 00:25:25 | 00:47:22 | 01:10:51 | 01:33:16 | 01:40:17 | 01:40:26 | 84 | |
| 97 | 698 | PACZKOWSKI PIOTR | PŁOCK | | 1991 | M18-29 | 16 | 00:00:08 | 4:45 | 12,6 | 00:25:07 | 00:46:36 | 01:09:20 | 01:32:59 | 01:40:21 | 01:40:29 | 85 | |
| 98 | 460 | WOJCIECHOWSKI ROBERT | PŁOCK | | 1972 | M40-49 | 33 | 00:00:19 | 4:45 | 12,6 | 00:25:57 | 00:48:01 | 01:11:15 | 01:33:34 | 01:40:13 | 01:40:32 | 86 | |
| 99 | 485 | SZCZEPANEK MAREK | PIOTRKÓW TRYBUNALSKI | | 1988 | M18-29 | 17 | 00:00:15 | 4:45 | 12,6 | 00:25:48 | 00:48:01 | 01:11:15 | 01:33:34 | 01:40:22 | 01:40:37 | 87 | |
| 100 | 363 | BAKIEWICZ MICHAŁ | PŁOCK | BIEGAJ Z DYMKIEM MEDIC PARK TEAM 2 | 1984 | M30-39 | 31 | 00:00:16 | 4:46 | 12,6 | 00:25:18 | 00:47:01 | 01:10:03 | 01:33:08 | 01:40:38 | 01:40:54 | 88 | |
| 101 | 621 | PESTKOWSKI DAWID | PŁOCK | MONEY-IN | 1979 | M30-39 | 32 | 00:00:12 | 4:47 | 12,6 | 00:25:25 | 00:47:31 | 01:10:20 | 01:33:40 | 01:40:51 | 01:41:03 | 89 | |
| 102 | 771 | ŚWIERCZ ANDRZEJ | PŁOŃSK | KB IM. PIOTRA SĘKOWSKIEGO W PŁOŃSKU | 1968 | M40-49 | 34 | 00:00:08 | 4:48 | 12,5 | 00:25:20 | 00:47:56 | 01:11:31 | 01:34:02 | 01:41:11 | 01:41:19 | 90 | |
| 103 | 811 | KĄDZIELA RAFAŁ | WARSZAWA | AKB LIDZBARK WARMIŃSKI | 1975 | M40-49 | 35 | 00:00:20 | 4:48 | 12,5 | 00:24:52 | 00:46:52 | 01:10:08 | 01:33:36 | 01:41:10 | 01:41:30 | 91 | |
| 104 | 426 | PASTERNAK MARCIN | WŁOCŁAWEK | SELEK TEAM | 1981 | M30-39 | 33 | 00:00:15 | 4:49 | 12,5 | 00:25:26 | 00:47:08 | 01:10:14 | 01:33:54 | 01:41:36 | 01:41:51 | 92 | |
| 105 | 522 | PASTERNAK ROBERT | WŁOCŁAWEK | | 1980 | M30-39 | 34 | 00:00:15 | 4:49 | 12,5 | 00:25:27 | 00:47:09 | 01:10:15 | 01:33:54 | 01:41:37 | 01:41:52 | 93 | |
| 106 | 593 | LEWANDOWSKA MARLENA | TORUŃ | NADAKTYWNA SZÓSTKA | 1973 | K40-49 | 4 | 00:00:13 | 4:49 | 12,4 | 00:25:57 | 00:48:38 | 01:12:19 | 01:34:44 | 01:41:44 | 01:41:57 | | 13 |
| 107 | 431 | LASKOWSKI MICHAŁ | BRODNICA | | 1991 | M18-29 | 18 | 00:00:07 | 4:50 | 12,4 | 00:23:20 | 00:44:41 | 01:09:10 | 01:34:09 | 01:41:57 | 01:42:04 | 94 | |
| 108 | 354 | MIKOŁAJCZYK ROBERT | ŻYRARDÓW | DRUŻYNA ORZECHA ŻYRARDÓW | 1972 | M40-49 | 36 | 00:00:51 | 4:48 | 12,5 | 00:25:40 | 00:48:02 | 01:11:15 | 01:34:36 | 01:41:13 | 01:42:04 | 95 | |
| 109 | 117 | MISIAK PAWEŁ | PŁOCK | TKKF PŁOCK | 1976 | M40-49 | 37 | 00:00:06 | 4:50 | 12,4 | 00:24:47 | 00:47:13 | 01:11:05 | 01:34:54 | 01:41:59 | 01:42:05 | 96 | |
| 110 | 334 | CZUBAKOWSKI SŁAWOMIR | NOWE GULCZEWO | | 1976 | M40-49 | 38 | 00:00:17 | 4:50 | 12,4 | | 00:48:37 | 01:12:04 | 01:34:43 | 01:41:54 | 01:42:11 | 97 | |
| 111 | 177 | STAWSKI PAWEŁ | PŁOCK | TKKF PŁOCK | 1981 | M30-39 | 35 | 00:00:05 | 4:51 | 12,4 | 00:25:13 | 00:47:19 | 01:11:16 | 01:34:38 | 01:42:10 | 01:42:15 | 98 | |
| 112 | 174 | JANCZYK MICHAŁ | PŁOCK | | 1989 | M18-29 | 19 | 00:00:19 | 4:50 | 12,4 | 00:26:48 | 00:48:42 | 01:12:34 | 01:35:04 | 01:42:02 | 01:42:21 | 99 | |
| 113 | 59 | NAGUSZEWSKI PAWEŁ | STRÓŻEWKO | | 1976 | M40-49 | 39 | 00:00:09 | 4:51 | 12,4 | 00:23:30 | 00:45:03 | 01:08:29 | 01:33:55 | 01:42:15 | 01:42:24 | 100 | |
| 114 | 689 | PIÓRKOWSKI TOMASZ | MASZEWO DUŻE | | 1977 | M30-39 | 36 | 00:00:12 | 4:51 | 12,4 | 00:25:08 | 00:47:28 | 01:11:21 | 01:34:45 | 01:42:14 | 01:42:26 | 101 | |
| 115 | 435 | DELURSKA EWELINA | CIECHANÓW | RUNNERS TEAM CIECHANÓW | 1992 | K18-29 | 6 | 00:00:04 | 4:51 | 12,4 | 00:26:21 | 00:48:59 | 01:12:39 | 01:35:07 | 01:42:25 | 01:42:29 | | 14 |
| 116 | 15 | ŻULEWSKI TOMASZ | PŁOCK | | 1981 | M30-39 | 37 | 00:00:05 | 4:52 | 12,3 | 00:23:49 | 00:45:38 | 01:09:37 | 01:34:09 | 01:42:36 | 01:42:41 | 102 | |
| 117 | 52 | MIKOŁAJEWSKI PIOTR | MASZEWO | MASZEWO | 1974 | M40-49 | 40 | 00:00:00 | 4:53 | 12,3 | | 00:49:18 | 01:12:51 | 01:35:30 | 01:42:57 | 01:42:57 | 103 | |
| 118 | 514 | PUDLIK ANDRZEJ | PŁOCK | | 1964 | M50-59 | 7 | 00:00:11 | 4:52 | 12,3 | 00:24:14 | 00:46:10 | 01:10:47 | 01:34:55 | 01:42:47 | 01:42:58 | 104 | |
| 119 | 552 | KRAJEWSKI JAROSŁAW | ROŻNO PARCELE | FULES | 1979 | M30-39 | 38 | 00:00:13 | 4:53 | 12,3 | 00:25:48 | 00:48:35 | 01:12:13 | 01:35:32 | 01:42:53 | 01:43:06 | 105 | |
| 120 | 834 | SZYMCZAK MARCIN | PŁOCK | | 1978 | M30-39 | 39 | 00:00:05 | 4:53 | 12,3 | 00:25:06 | 00:47:26 | 01:11:14 | 01:35:36 | 01:43:06 | 01:43:11 | 106 | |
| 121 | 279 | BIŁYK MICHAŁ | MAŁA WIEŚ | | 1987 | M18-29 | 20 | 00:00:32 | 4:52 | 12,3 | 00:26:13 | 00:48:55 | 01:12:38 | 01:35:39 | 01:42:40 | 01:43:12 | 107 | |
| 122 | 218 | PODOLEWSKI RAFAŁ | PŁOCK | PŁOCK BIEGA NO AGE LIMIT | 1975 | M40-49 | 41 | 00:00:08 | 4:53 | 12,3 | 00:25:25 | 00:48:13 | 01:13:43 | 01:35:52 | 01:43:08 | 01:43:16 | 108 | |
| 123 | 169 | WÓJCIK WOJCIECH | PŁOCK | | 1977 | M30-39 | 40 | 00:00:06 | 4:54 | 12,3 | 00:25:14 | 00:47:24 | 01:12:09 | 01:35:50 | 01:43:18 | 01:43:24 | 109 | |
| 124 | 175 | PACHNIEWSKA AGNIESZKA | PŁOCK | BIEGAMPŁOCK TEAM | 1975 | K40-49 | 5 | 00:00:05 | 4:54 | 12,2 | 00:25:16 | 00:47:59 | 01:11:42 | 01:35:50 | 01:43:28 | 01:43:33 | | 15 |
| 125 | 26 | GOŁĄBOWSKI MACIEJ | WARSZAWA | SMG RUNNERS TEAM | 1987 | M18-29 | 21 | 00:00:27 | 4:53 | 12,3 | | 00:49:17 | 01:13:08 | 01:36:08 | 01:43:12 | 01:43:39 | 110 | |
| 126 | 584 | JAKUBOWSKI DARIUSZ | PŁOCK | BIEGAMPŁOCK TEAM | 1973 | M40-49 | 42 | 00:00:05 | 4:55 | 12,2 | 00:24:19 | 00:46:43 | 01:11:00 | | 01:43:50 | 01:43:55 | 111 | |
| 127 | 710 | NOWAK LUKASZ | POZNAN | | 1984 | M30-39 | 41 | 00:00:16 | 4:55 | 12,2 | 00:26:49 | | | 01:36:13 | 01:43:47 | 01:44:03 | 112 | |
| 128 | 702 | PASZKE MACIEJ | TORUŃ | | 1990 | M18-29 | 22 | 00:01:04 | 4:53 | 12,3 | 00:27:56 | 00:50:34 | 01:13:51 | 01:36:30 | 01:43:00 | 01:44:04 | 113 | |
| 129 | 803 | PIWOŃSKI ZBIGNIEW | WŁOCŁAWEK | | 1978 | M30-39 | 42 | 00:00:17 | 4:55 | 12,2 | 00:24:27 | 00:45:44 | 01:08:54 | 01:36:09 | 01:43:49 | 01:44:06 | 114 | |
| 130 | 158 | KAŁACH JERZY | ŁĄCK | | 1964 | M50-59 | 8 | 00:00:18 | 4:55 | 12,2 | 00:25:15 | 00:47:28 | 01:12:00 | 01:36:17 | 01:43:52 | 01:44:10 | 115 | |
| 131 | 288 | PETRYKOWSKI ROMAN | PŁOCK | BIEGAMPŁOCK TEAM | 1959 | M50-59 | 9 | 00:00:10 | 4:56 | 12,2 | 00:25:28 | 00:48:00 | 01:12:04 | 01:36:11 | 01:44:01 | 01:44:11 | 116 | |
| 132 | 750 | LEWANDOWSKI KRZYSZTOF | PŁOCK | ORLEN RUNNING TEAM | 1989 | M18-29 | 23 | 00:00:37 | 4:55 | 12,2 | 00:27:01 | 00:49:51 | 01:14:03 | 01:36:49 | 01:43:38 | 01:44:15 | 117 | |
| 133 | 697 | GAWRON PIOTR | BYTÓW | KB GOCH BYTÓW | 1975 | M40-49 | 43 | 00:00:47 | 4:54 | 12,2 | 00:27:18 | 00:50:23 | 01:13:53 | 01:36:48 | 01:43:30 | 01:44:17 | 118 | |
| 134 | 171 | ŻOLEK JACEK | PŁOCK | TKKF PŁOCK | 1977 | M30-39 | 43 | 00:00:04 | 4:57 | 12,1 | 00:23:50 | 00:46:12 | 01:10:34 | 01:35:52 | 01:44:16 | 01:44:20 | 119 | |
| 135 | 443 | KOWALCZYK LUKASZ | PŁOCK | PROGRESS STEEL TEAM | 1981 | M30-39 | 44 | 00:00:09 | 4:56 | 12,1 | 00:24:47 | 00:47:34 | 01:12:14 | 01:36:32 | 01:44:12 | 01:44:21 | 120 | |

5. PÓŁMARATON DWÓCH MOSTÓW

Organizator: UM Płock; Płocki Ośrodek Kultury i Sztuki; Miejski Zespół Obiektów Sportowych Jednostka Budżetowa w Płocku; Centrum Widowskowo – Sportowe Orle Arena Jednostka Budżetowa w Płocku. Rejonowe Płockie Wodne Ochotnicze Pogotowie Ratunkowe w Płocku.



Data: 11-09-2016

Dystans: 21,0975 km

Miejscowość: PŁOCK

Klasyfikacja OPEN

| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Rok urodz. | Kat wiek. | M-ce w kat | Czas startu | tempo min/km | tempo km/h | 5km | 10km | 15km | 19km | Czas netto | Wynik | M | K |
|------|---------|------------------------|--|-------------------------------------|------------|-----------|------------|-------------|--------------|------------|----------|----------|----------|----------|------------|-----------------|-----|----|
| 136 | 856 | PIEKARSKI ŁUKASZ | PIASECZNO | | 1984 | M30-39 | 45 | 00:00:32 | 4:55 | 12,2 | 00:27:55 | 00:51:09 | 01:14:28 | 01:37:02 | 01:43:49 | 01:44:21 | 121 | |
| 137 | 685 | JAŚKIEWICZ RAFAŁ | WŁOCŁAWEK | TRI WŁOCŁAWEK | 1978 | M30-39 | 46 | 00:00:22 | 4:56 | 12,2 | 00:25:24 | 00:47:56 | 01:11:51 | 01:36:02 | 01:44:00 | 01:44:22 | 122 | |
| 138 | 343 | ŻYTOWIECKI MACIEJ | PŁOCK | | 1980 | M30-39 | 47 | 00:00:05 | 4:57 | 12,1 | 00:25:06 | 00:47:27 | 01:11:22 | 01:36:50 | 01:44:18 | 01:44:23 | 123 | |
| 139 | 557 | BIELKOWSKI WOJCIECH | PŁOCK | COKERRUNNERS | 1977 | M30-39 | 48 | 00:00:17 | 4:57 | 12,1 | 00:26:09 | 00:48:40 | 01:12:35 | 01:36:25 | 01:44:16 | 01:44:33 | 124 | |
| 140 | 440 | NOWAK MICHAŁ | PŁOCK | TKKF PŁOCK/NIGHT RUNNERS PŁOCK | 1980 | M30-39 | 49 | 00:00:06 | 4:57 | 12,1 | 00:26:26 | 00:49:12 | 01:13:35 | 01:36:50 | 01:44:30 | 01:44:36 | 125 | |
| 141 | 131 | KMIEĆ CEZARY | WARSZAWA | NAPRZÓD MŁOCINY | 1969 | M40-49 | 44 | 00:00:06 | 4:57 | 12,1 | 00:25:16 | 00:47:23 | 01:11:20 | 01:36:09 | 01:44:34 | 01:44:40 | 126 | |
| 142 | 684 | DOMARADZKI WOJCIECH | POZNAN | FRANOLEK | 1983 | M30-39 | 50 | 00:00:10 | 4:58 | 12,1 | 00:26:56 | 00:50:22 | 01:14:33 | 01:37:40 | 01:44:43 | 01:44:53 | 127 | |
| 143 | 417 | PASSON PAWEŁ | PŁOCK | | 1976 | M40-49 | 45 | 00:00:10 | 4:58 | 12,1 | 00:25:07 | 00:47:57 | 01:12:33 | 01:37:25 | 01:44:48 | 01:44:58 | 128 | |
| 144 | 242 | PRUSAŁOWICZ PAWEŁ | PŁOCK | | 1995 | M18-29 | 24 | 00:00:25 | 4:58 | 12,1 | 00:26:03 | 00:48:06 | 01:11:42 | 01:36:59 | 01:44:50 | 01:45:15 | 129 | |
| 145 | 592 | KACZMARSKI PATRYK | PŁOŃSK | KB IM. PIOTRA SĘKOWSKIEGO W PŁOŃSKU | 1989 | M18-29 | 25 | 00:00:21 | 4:59 | 12,1 | 00:27:04 | 00:50:25 | 01:14:44 | 01:37:57 | 01:45:00 | 01:45:21 | 130 | |
| 146 | 554 | KAŹMIERSKI KACPER | KROŚNIEWICE | NADAKTYWNA SZÓSTKA | 1995 | M18-29 | 26 | 00:00:07 | 5:00 | 12,0 | 00:22:35 | 00:43:03 | 01:04:25 | 01:25:56 | 01:45:28 | 01:45:35 | 131 | |
| 147 | 477 | KRUCZKOWSKI JAROSŁAW | ALEKSANDRÓW KUJAWSKI POWIAT ALEKSANDROWSKI | | 1969 | M40-49 | 46 | 00:00:02 | 5:01 | 12,0 | 00:23:19 | 00:45:25 | 01:11:22 | 01:37:43 | 01:45:47 | 01:45:49 | 132 | |
| 148 | 814 | BRUCZYŃSKI PIOTR | LUBOWIDZ | | 1989 | M18-29 | 27 | 00:00:16 | 5:01 | 12,0 | 00:25:44 | 00:47:52 | 01:12:49 | 01:38:14 | 01:45:40 | 01:45:56 | 133 | |
| 149 | 368 | WIEWIÓRSKI MARIUSZ | GÓRKI | 240 | 1974 | M40-49 | 47 | 00:00:26 | 5:00 | 12,0 | 00:26:34 | 00:49:54 | 01:14:54 | 01:38:37 | 01:45:33 | 01:45:59 | 134 | |
| 150 | 229 | MATUSZEWSKI PIOTR | GOSTYNIN | PŁOCK BIEGA NO AGE LIMIT | 1954 | M60-69 | 2 | 00:00:05 | 5:02 | 11,9 | 00:26:11 | 00:49:56 | 01:14:26 | 01:38:29 | 01:46:06 | 01:46:11 | 135 | |
| 151 | 620 | MAJDAN ŁUKASZ | WARSZAWA | SPARTANIE DZIECIOM | 1976 | M40-49 | 48 | 00:00:49 | 5:00 | 12,0 | 00:26:28 | 00:49:26 | 01:13:46 | 01:38:36 | 01:45:27 | 01:46:16 | 136 | |
| 152 | 71 | GAWROŃSKI PIOTR | PŁOCK | TKKF PŁOCK | 1987 | M18-29 | 28 | 00:00:28 | 5:01 | 12,0 | 00:27:16 | 00:50:37 | 01:15:01 | 01:38:50 | 01:45:48 | 01:46:16 | 137 | |
| 153 | 748 | KUROWSKI MARCIN | PŁOCK | ORLEN RUNNING TEAM | 1982 | M30-39 | 51 | 00:00:29 | 5:01 | 12,0 | 00:27:06 | 00:50:48 | 01:15:04 | 01:38:35 | 01:45:51 | 01:46:20 | 138 | |
| 154 | 572 | SZCZYGIELSKI MARIUSZ | PŁOCK | | 1986 | M30-39 | 52 | 00:00:18 | 5:02 | 11,9 | 00:26:07 | 00:49:35 | 01:14:22 | 01:38:46 | 01:46:03 | 01:46:21 | 139 | |
| 155 | 559 | MALICKI PRZEMYSŁAW | KOŁO | ZEUS | 1981 | M30-39 | 53 | 00:00:26 | 5:01 | 11,9 | 00:27:25 | 00:50:21 | 01:15:32 | 01:38:54 | 01:45:56 | 01:46:22 | 140 | |
| 156 | 632 | TOMIŃSKI KRZYSZTOF | NOWY DUNINÓW | PTT DELTA PŁOCK | 1975 | M40-49 | 49 | 00:00:15 | 5:02 | 11,9 | 00:24:38 | 00:46:56 | 01:11:39 | 01:37:51 | 01:46:11 | 01:46:26 | 141 | |
| 157 | 823 | DOWONKOWSKI ANDRZEJ | WŁOCŁAWEK | MACH | 1980 | M30-39 | 54 | 00:00:23 | 5:02 | 11,9 | 00:26:37 | 00:49:42 | 01:14:26 | 01:38:20 | 01:46:07 | 01:46:30 | 142 | |
| 158 | 397 | MIELCZAREK MAKSYMILIAN | GRODZISK MAZ | | 1993 | M18-29 | 29 | 00:00:54 | 5:00 | 12,0 | 00:28:03 | 00:51:02 | 01:15:04 | 01:38:52 | 01:45:37 | 01:46:31 | 143 | |
| 159 | 162 | JAŻOWNIK JACEK | WRZEŚNIA | | 1977 | M30-39 | 55 | 00:00:59 | 5:00 | 12,0 | 00:28:47 | 00:51:54 | 01:15:59 | 01:39:15 | 01:45:34 | 01:46:33 | 144 | |
| 160 | 101 | WIŚNIEWSKI KONRAD | PŁOCK | | 1992 | M18-29 | 30 | 00:00:16 | 5:03 | 11,9 | 00:26:13 | 00:48:58 | 01:13:52 | 01:38:16 | 01:46:23 | 01:46:39 | 145 | |
| 161 | 601 | GILEWSKI MARIUSZ | PŁOŃSK | | 1981 | M30-39 | 56 | 00:00:47 | 5:01 | 12,0 | 00:26:46 | 00:50:12 | 01:14:43 | 01:38:56 | 01:45:53 | 01:46:40 | 146 | |
| 162 | 312 | CYBULSKA ŻANETA | PŁOCK | RYKOWISKO | 1986 | K30-39 | 5 | 00:00:10 | 5:03 | 11,9 | 00:25:59 | 00:49:49 | 01:14:51 | 01:38:57 | 01:46:31 | 01:46:41 | | 16 |
| 163 | 832 | RADOMSKI MARCIN | PŁOCK | TKKF PŁOCK | 1976 | M40-49 | 50 | 00:00:10 | 5:03 | 11,9 | 00:26:00 | 00:49:49 | 01:14:50 | 01:38:57 | 01:46:32 | 01:46:42 | 147 | |
| 164 | 525 | MAJORKOWSKI DAMIAN | GDAŃSK | | 1990 | M18-29 | 31 | 00:00:08 | 5:03 | 11,9 | 00:26:05 | 00:50:10 | 01:15:52 | 01:39:42 | 01:46:34 | 01:46:42 | 148 | |
| 165 | 578 | PIETROWICZ KAMIL | WARSZAWA | CROSSFIT ELEKTROMOC | 1984 | M30-39 | 57 | 00:00:37 | 5:02 | 11,9 | 00:28:08 | 00:51:12 | 01:16:28 | 01:39:36 | 01:46:05 | 01:46:42 | 149 | |
| 166 | 367 | BIAŁASZEWSKI TOMASZ | PŁOCK | | 1987 | M18-29 | 32 | 00:01:12 | 5:00 | 12,0 | 00:29:11 | 00:52:24 | 01:15:38 | 01:39:21 | 01:45:36 | 01:46:48 | 150 | |
| 167 | 643 | MIELCAREK TOMASZ | PŁOŃSK | MIELCAREK TEAM | 1974 | M40-49 | 51 | 00:00:04 | 5:04 | 11,8 | 00:24:55 | 00:47:58 | 01:13:07 | 01:38:51 | 01:47:03 | 01:47:07 | 151 | |
| 168 | 652 | GODLEWSKI ADAM | PŁOCK | | 1990 | M18-29 | 33 | 00:01:04 | 5:02 | 11,9 | 00:27:56 | 00:50:34 | 01:15:24 | 01:39:39 | 01:46:12 | 01:47:16 | 152 | |
| 169 | 564 | MAKÓWKA ROBERT | SŁUPNO | BIEGAJ Z DYMKIEM MEDIC PARK TEAM 2 | 1975 | M40-49 | 52 | 00:00:29 | 5:04 | 11,8 | 00:26:00 | 00:49:15 | 01:13:52 | 01:38:56 | 01:46:50 | 01:47:19 | 153 | |
| 170 | 760 | SOCHACKI MARIUSZ | PŁOCK | ORLEN RUNNING TEAM | 1989 | M18-29 | 34 | 00:00:38 | 5:04 | 11,9 | 00:27:01 | 00:49:51 | 01:14:03 | 01:39:10 | 01:46:44 | 01:47:22 | 154 | |
| 171 | 671 | JĘDRZEJEWSKI ZBIGNIEW | SŁUPNO | | 1993 | M18-29 | 35 | 00:00:30 | 5:04 | 11,8 | 00:27:57 | 00:50:37 | 01:13:59 | 01:39:35 | 01:46:53 | 01:47:23 | 155 | |
| 172 | 849 | KAMOLA SŁAWOMIR | STASI LAS | ABBA RUN | 1968 | M40-49 | 53 | 00:00:13 | 5:05 | 11,8 | 00:25:51 | 00:48:00 | 01:12:09 | 01:38:30 | 01:47:13 | 01:47:26 | 156 | |
| 173 | 250 | BORUCKI TOMASZ | NOWE GULCZEWO | NG | 1975 | M40-49 | 54 | 00:00:17 | 5:05 | 11,8 | 00:26:46 | 00:50:07 | 01:14:57 | 01:39:35 | 01:47:12 | 01:47:29 | 157 | |
| 174 | 516 | GAJEWSKI MARIUSZ | ŻYCHLIN | | 1983 | M30-39 | 58 | 00:00:51 | 5:03 | 11,9 | 00:27:38 | 00:51:19 | 01:15:30 | 01:39:41 | 01:46:40 | 01:47:31 | 158 | |
| 175 | 206 | RZEPECKA ANNA | CIECHANÓW | TKKFPROMYK CIECHANÓW | 1975 | K40-49 | 6 | 00:01:02 | 5:03 | 11,9 | 00:27:37 | 00:51:09 | 01:15:44 | 01:39:41 | 01:46:34 | 01:47:36 | | 17 |
| 176 | 561 | POLAK PIOTR | NOWE GULCZEWO | RUN LIKE FORREST | 1996 | M18-29 | 36 | 00:00:51 | 5:04 | 11,8 | 00:29:46 | 00:53:06 | 01:17:30 | 01:40:14 | 01:46:51 | 01:47:42 | 159 | |
| 177 | 167 | CZWARTEK ROBERT | PŁOCK | LIVE LOVE RUN | 1968 | M40-49 | 55 | 00:00:01 | 5:07 | 11,7 | 00:25:59 | 00:49:59 | 01:15:34 | 01:40:12 | 01:47:52 | 01:47:53 | 160 | |
| 178 | 642 | WIŚNIEWSKI KRZYSZTOF | ŻYCHLIN | ROZBIEGANI-ŻYCHLIN | 1976 | M40-49 | 56 | 00:00:52 | 5:04 | 11,8 | 00:28:05 | 00:51:15 | 01:15:55 | 01:40:19 | 01:47:03 | 01:47:55 | 161 | |
| 179 | 344 | WILIŃSKI MAREK | WŁOCŁAWEK | | 1959 | M50-59 | 10 | 00:00:12 | 5:07 | 11,7 | 00:27:19 | 00:51:01 | 01:16:16 | 01:40:14 | 01:47:50 | 01:48:02 | 162 | |
| 180 | 520 | ŚNIEŻYŃSKA BERNADETA | PŁOCK | RYKOWISKO | 1973 | K40-49 | 7 | 00:00:25 | 5:06 | 11,8 | 00:26:50 | 00:50:06 | 01:14:57 | 01:39:55 | 01:47:41 | 01:48:06 | | 18 |

5. PÓŁMARATON DWÓCH MOSTÓW

Organizator: UM Płock; Płocki Ośrodek Kultury i Sztuki; Miejski Zespół Obiektów Sportowych Jednostka Budżetowa w Płocku; Centrum Widowskowo – Sportowe Orle Arena Jednostka Budżetowa w Płocku. Rejonowe Płockie Wodne Ochotnicze Pogotowie Ratunkowe w Płocku.



Data: 11-09-2016

Dystans: 21,0975 km

Miejscowość: PŁOCK

Klasyfikacja OPEN

| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Rok urodz. | Kat wiek. | M-ce w kat | Czas startu | tempo min/km | tempo km/h | 5km | 10km | 15km | 19km | Czas netto | Wynik | M | K |
|------|---------|-------------------------|----------------------|------------------------------|------------|-----------|------------|-------------|--------------|------------|----------|----------|----------|----------|------------|----------|-----|----|
| 181 | 109 | SOŁTYKOWSKI ANDRZEJ | PŁOCK | | 1976 | M40-49 | 57 | 00:00:43 | 5:06 | 11,8 | 00:26:32 | 00:50:09 | 01:15:06 | 01:39:56 | 01:47:27 | 01:48:10 | 163 | |
| 182 | 268 | MISZTELA DARIUSZ | PŁOCK | PTT DELTA | 1961 | M50-59 | 11 | 00:00:26 | 5:07 | 11,7 | 00:27:31 | 00:51:05 | 01:16:15 | 01:40:21 | 01:47:49 | 01:48:15 | 164 | |
| 183 | 548 | OLCZAK OSKAR | WARSZAWA | | 1986 | M30-39 | 59 | 00:00:36 | 5:06 | 11,8 | 00:28:09 | 00:51:57 | 01:16:55 | 01:40:54 | 01:47:43 | 01:48:19 | 165 | |
| 184 | 490 | WRÓBLEWSKI TOMASZ | WARSZAWA | ALEKSANDRÓW KUJAWSKI FULES | 1979 | M30-39 | 60 | 00:00:12 | 5:08 | 11,7 | 00:25:49 | 00:49:46 | 01:14:49 | 01:40:19 | 01:48:14 | 01:48:26 | 166 | |
| 185 | 734 | GAWROŃSKA ANETA | GOLANKI | MUKS PŁOCK | 1994 | K18-29 | 7 | 00:00:41 | 5:07 | 11,7 | 00:28:58 | 00:52:41 | 01:17:16 | 01:41:15 | 01:47:52 | 01:48:33 | | 19 |
| 186 | 103 | BUJAK WOJCIECH | SŁUPNO | | 1979 | M30-39 | 61 | 00:00:28 | 5:08 | 11,7 | 00:27:27 | 00:51:01 | 01:15:44 | 01:40:09 | 01:48:14 | 01:48:42 | 167 | |
| 187 | 383 | ZABŁOCKI JAKUB | WARSZAWA | LECHICI ZIELONKA | 1978 | M30-39 | 62 | 00:00:18 | 5:08 | 11,7 | 00:26:53 | 00:50:01 | 01:13:46 | 01:39:01 | 01:48:25 | 01:48:43 | 168 | |
| 188 | 796 | WOJCIECHOWSKI KRZYSZTOF | WARSZAWA | TRENINGBIEGACZA.PL | 1979 | M30-39 | 63 | 00:00:29 | 5:08 | 11,7 | 00:28:04 | 00:51:40 | 01:16:58 | 01:41:55 | 01:48:14 | 01:48:43 | 169 | |
| 189 | 463 | SIELECKI MICHAŁ | KOMOROWO | DRUŻYNA SZPIKU | 1977 | M30-39 | 64 | 00:01:30 | 5:05 | 11,8 | 00:28:01 | 00:51:24 | 01:15:51 | 01:40:41 | 01:47:17 | 01:48:47 | 170 | |
| 190 | 425 | FORMAŃSKI FILIP | PŁOCK | NIGHT RUNNERS PŁOCK | 1983 | M30-39 | 65 | 00:00:44 | 5:07 | 11,7 | 00:29:38 | 00:53:39 | 01:18:09 | 01:41:44 | 01:48:06 | 01:48:50 | 171 | |
| 191 | 609 | PĘSIK JOANNA | PŁOCK | NIGHT RUNNERS PŁOCK | 1986 | K30-39 | 6 | 00:00:44 | 5:07 | 11,7 | 00:29:38 | 00:53:39 | 01:18:10 | 01:41:44 | 01:48:06 | 01:48:50 | | 20 |
| 192 | 666 | NOWICKI TOMASZ | MŁODZIESZYŃ | | 1973 | M40-49 | 58 | 00:01:14 | 5:06 | 11,8 | 00:29:09 | 00:52:47 | 01:17:18 | 01:41:59 | 01:47:43 | 01:48:57 | 172 | |
| 193 | 298 | SZCZUKOWSKA JUSTYNA | JANIKOWO | | 1966 | K50-59 | 1 | 00:02:03 | 5:04 | 11,8 | 00:28:20 | 00:51:53 | 01:16:48 | 01:41:18 | 01:46:57 | 01:49:00 | | 21 |
| 194 | 340 | PIĄTEK BOGDAN | ZIELONKA | LECHICI ZIELONKA | 1953 | M60-69 | 3 | 00:01:13 | 5:07 | 11,7 | 00:28:46 | 00:51:53 | 01:15:58 | 01:41:04 | 01:47:53 | 01:49:06 | 173 | |
| 195 | 392 | SANTAREK WOJCIECH | SZCZECIN | NIEZRZESZONY | 1978 | M30-39 | 66 | 00:00:44 | 5:08 | 11,7 | 00:27:53 | 00:51:39 | 01:16:47 | | 01:48:24 | 01:49:08 | 174 | |
| 196 | 585 | KWIATKOWSKI MICHAŁ | TOPÓLNO | | 1984 | M30-39 | 67 | 00:00:32 | 5:09 | 11,6 | 00:27:59 | 00:51:38 | 01:16:26 | 01:41:17 | 01:48:43 | 01:49:15 | 175 | |
| 197 | 166 | MAŁKOWSKI RADOSŁAW | BRUDZEŃ DUŻY | STRAŻ POŻARNA PŁOCK | 1990 | M18-29 | 37 | 00:00:07 | 5:11 | 11,6 | 00:23:30 | 00:45:48 | 01:11:58 | 01:40:18 | 01:49:18 | 01:49:25 | 176 | |
| 198 | 860 | TOMCZAK MARCIN | CIECHANÓW | PROMYK CIECHANÓW | 1980 | M30-39 | 68 | 00:01:03 | 5:08 | 11,7 | 00:27:41 | 00:51:04 | 01:16:12 | 01:41:27 | 01:48:23 | 01:49:26 | 177 | |
| 199 | 138 | PIKULSKI PRZEMYSŁAW | PŁOCK | | 1983 | M30-39 | 69 | 00:00:07 | 5:11 | 11,6 | 00:27:18 | 00:51:20 | 01:16:52 | 01:41:33 | 01:49:27 | 01:49:34 | 178 | |
| 200 | 598 | ZEMAN KAREL | WARSZAWA | CBRE GLOBAL INVESTORS | 1978 | M30-39 | 70 | 00:00:58 | 5:09 | 11,6 | 00:27:56 | 00:51:06 | 01:16:04 | 01:41:34 | 01:48:46 | 01:49:44 | 179 | |
| 201 | 16 | SAWICKI JANUSZ | PŁOCK | PETROTEL | 1963 | M50-59 | 12 | 00:00:06 | 5:12 | 11,5 | 00:26:07 | 00:50:09 | 01:15:53 | 01:41:19 | 01:49:43 | 01:49:49 | 180 | |
| 202 | 394 | PIETKIEWICZ STANISŁAW | DOBZYKÓW | SOKÓŁ BODZANÓW | 1965 | M50-59 | 13 | 00:00:20 | 5:12 | 11,5 | 00:27:01 | 00:51:33 | 01:17:37 | 01:42:15 | 01:49:40 | 01:50:00 | 181 | |
| 203 | 227 | DOBEK TOMASZ | PŁOCK | PŁOCK BIEGA NO AGE LIMIT | 1971 | M40-49 | 59 | 00:00:11 | 5:13 | 11,5 | 00:27:40 | 00:51:33 | 01:17:13 | 01:42:02 | 01:49:53 | 01:50:04 | 182 | |
| 204 | 786 | OSTROWSKI MICHAŁ | MAŁA WIEŚ | | 1997 | M18-29 | 38 | 00:00:18 | 5:12 | 11,5 | 00:27:28 | 00:51:05 | 01:16:33 | 01:41:55 | 01:49:52 | 01:50:10 | 183 | |
| 205 | 494 | WITKOWSKI ROBERT | PŁOCK | WICHER CIESZEWO | 1976 | M40-49 | 60 | 00:00:34 | 5:12 | 11,5 | 00:28:11 | 00:52:03 | 01:17:34 | 01:42:23 | 01:49:43 | 01:50:17 | 184 | |
| 206 | 831 | WITKOWSKA ANNA | PŁOCK | | 1986 | K30-39 | 7 | 00:00:34 | 5:12 | 11,5 | 00:28:10 | 00:52:04 | 01:17:34 | 01:42:24 | 01:49:43 | 01:50:17 | | 22 |
| 207 | 715 | SZYMAŃSKI KONRAD | SŁUPNO | | 1990 | M18-29 | 39 | 00:00:08 | 5:14 | 11,5 | 00:26:07 | 00:50:10 | 01:15:54 | 01:41:19 | 01:50:15 | 01:50:23 | 185 | |
| 208 | 233 | DĄBROWSKI ROBERT | WARSZAWA | NACIAGANIE.PL | 1983 | M30-39 | 71 | 00:00:04 | 5:14 | 11,5 | 00:26:02 | 00:49:50 | 01:15:03 | | 01:50:20 | 01:50:24 | 186 | |
| 209 | 310 | STAWICKI MAREK | SMÓLDZINO | | 1970 | M40-49 | 61 | 00:00:51 | 5:12 | 11,6 | 00:29:00 | 00:53:04 | 01:17:46 | 01:42:28 | 01:49:34 | 01:50:25 | 187 | |
| 210 | 114 | ZAREMBA RADOSŁAW | PŁOCK | | 1988 | M18-29 | 40 | 00:00:22 | 5:13 | 11,5 | 00:27:48 | 00:51:07 | 01:16:59 | 01:42:28 | 01:50:10 | 01:50:32 | 188 | |
| 211 | 488 | PAWŁOWSKI TOMASZ | WARSZAWA | MEDICOVER RUNNERS | 1975 | M40-49 | 62 | 00:00:51 | 5:12 | 11,5 | 00:29:40 | 00:53:33 | 01:18:27 | 01:42:30 | 01:49:41 | 01:50:32 | 189 | |
| 212 | 535 | LESZCZ ŁUKASZ | KOŁO | KOŁO BIEGA | 1982 | M30-39 | 72 | 00:00:26 | 5:13 | 11,5 | 00:27:26 | 00:50:23 | 01:15:36 | 01:42:13 | 01:50:12 | 01:50:38 | 190 | |
| 213 | 795 | LESZCZYŃSKA JOASIA | KOZIENICE | TRENINGBIEGACZA.PL | 1977 | K30-39 | 8 | 00:00:29 | 5:14 | 11,5 | 00:28:04 | 00:51:40 | 01:17:03 | 01:42:26 | 01:50:15 | 01:50:44 | | 23 |
| 214 | 744 | GRODZICKI BARTOSZ | WŁOCŁAWEK | ORLEN RUNNING TEAM | 1980 | M30-39 | 73 | 00:00:54 | 5:13 | 11,5 | 00:28:05 | 00:51:06 | 01:15:44 | 01:42:13 | 01:49:54 | 01:50:48 | 191 | |
| 215 | 271 | CZERNIŃ MARIUSZ | PŁOCK | | 1982 | M30-39 | 74 | 00:00:07 | 5:15 | 11,4 | 00:26:00 | 00:49:52 | 01:15:34 | 01:42:28 | 01:50:50 | 01:50:57 | 192 | |
| 216 | 579 | NOWAK MARIUSZ | STARE PROBOSZCZEWICE | START RUNNERS PROBOSZCZEWICE | 1974 | M40-49 | 63 | 00:00:18 | 5:15 | 11,4 | 00:26:24 | 00:50:04 | 01:15:54 | 01:42:44 | 01:50:39 | 01:50:57 | 193 | |
| 217 | 214 | SIERPIŃSKI MICHAŁ | PABIANICE | | 1984 | M30-39 | 75 | 00:00:35 | 5:14 | 11,5 | 00:26:32 | 00:49:47 | 01:15:12 | 01:42:58 | 01:50:23 | 01:50:58 | 194 | |
| 218 | 475 | DZIERBICKI KRZYSZTOF | NOWY DUNINÓW | | 1966 | M50-59 | 14 | 00:01:05 | 5:13 | 11,5 | 00:31:27 | 00:54:54 | 01:18:42 | 01:43:06 | 01:49:54 | 01:50:59 | 195 | |
| 219 | 624 | BUKOWSKI LESZEK | PŁOCK | ZOO PŁOCK | 1963 | M50-59 | 15 | 00:00:03 | 5:16 | 11,4 | 00:26:47 | 00:51:04 | 01:17:03 | 01:42:42 | 01:50:57 | 01:51:00 | 196 | |
| 220 | 333 | KĄZMIERCZAK IRENEUSZ | RAWA MAZOWIECKA | | 1967 | M40-49 | 64 | 00:00:26 | 5:15 | 11,4 | 00:27:43 | 00:51:40 | 01:17:05 | 01:42:31 | 01:50:36 | 01:51:02 | 197 | |
| 221 | 597 | LEWICKI MICHAŁ | WARSZAWA | | 1984 | M30-39 | 76 | 00:00:22 | 5:15 | 11,4 | 00:25:19 | 00:50:19 | 01:16:31 | 01:43:14 | 01:50:48 | 01:51:10 | 198 | |
| 222 | 581 | NOWAKOWSKI TOMASZ | NOWE PROBOSZCZEWICE | UNIGRAF | 1978 | M30-39 | 77 | 00:00:19 | 5:15 | 11,4 | 00:26:33 | 00:50:38 | 01:16:26 | 01:42:44 | 01:50:51 | 01:51:10 | 199 | |
| 223 | 657 | BESTVATER MARCEL | DĄBRÓWNO | TEAM KOPEC/ LKS ZANTYR SZTUM | 1990 | M18-29 | 41 | 00:00:04 | 5:16 | 11,4 | 00:22:20 | 00:46:12 | 01:13:14 | 01:42:59 | 01:51:10 | 01:51:14 | 200 | |
| 224 | 790 | WOJEWÓDZKI KRZYSZTOF | WARSZAWA | TRUCHT TARCHOMIN TEAM | 1989 | M18-29 | 42 | 00:01:08 | 5:13 | 11,5 | 00:28:49 | 00:53:38 | 01:18:47 | 01:43:24 | 01:50:11 | 01:51:19 | 201 | |
| 225 | 48 | KŁOS JULIAN | PŁOCK | | 1980 | M30-39 | 78 | 00:00:26 | 5:16 | 11,4 | 00:26:59 | 00:51:04 | 01:18:48 | 01:43:29 | 01:50:57 | 01:51:23 | 202 | |

5. PÓŁMARATON DWÓCH MOSTÓW

Organizator: UM Płock; Płocki Ośrodek Kultury i Sztuki; Miejski Zespół Obiektów Sportowych Jednostka Budżetowa w Płocku; Centrum Widowskowo – Sportowe Orleń Arena Jednostka Budżetowa w Płocku. Rejonowe Płockie Wodne Ochotnicze Pogotowie Ratunkowe w Płocku.



Data: 11-09-2016

Dystans: 21,0975 km

Miejscowość: PŁOCK

Klasyfikacja OPEN

| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Rok urodz. | Kat wiek. | M-ce w kat | Czas startu | tempo min/km | tempo km/h | 5km | 10km | 15km | 19km | Czas netto | Wynik | M | K |
|------|---------|-------------------------|---------------|------------------------------------|------------|-----------|------------|-------------|--------------|------------|----------|----------|----------|----------|------------|-----------------|-----|----|
| 226 | 824 | OBIDOWSKI PIOTR | PŁOCK | | 1972 | M40-49 | 65 | 00:00:00 | 5:17 | 11,4 | 00:28:10 | | | 01:42:44 | 01:51:28 | 01:51:28 | 203 | |
| 227 | 785 | JASTRZĘBSKI ROBERT | PŁOCK | | 1986 | M30-39 | 79 | 00:00:44 | 5:15 | 11,4 | 00:29:12 | 00:53:00 | 01:18:32 | 01:43:52 | 01:50:50 | 01:51:34 | 204 | |
| 228 | 315 | KORALEWSKI DOMINIK | TORUŃ | | 1981 | M30-39 | 80 | 00:00:21 | 5:17 | 11,4 | 00:28:05 | 00:52:50 | 01:18:27 | 01:43:37 | 01:51:18 | 01:51:39 | 205 | |
| 229 | 200 | STANKIEWICZ KRZYSZTOF | ZIELONKA | LECHICI ZIELONKA | 1967 | M40-49 | 66 | 00:01:12 | 5:14 | 11,5 | 00:29:42 | 00:53:50 | 01:18:58 | 01:43:47 | 01:50:32 | 01:51:44 | 206 | |
| 230 | 84 | POPEK MACIEJ | WŁOCŁAWEK | | 1977 | M30-39 | 81 | 00:00:18 | 5:17 | 11,4 | 00:27:46 | 00:51:52 | 01:17:55 | 01:43:32 | 01:51:29 | 01:51:47 | 207 | |
| 231 | 217 | MIECZNIKOWSKI ŁUKASZ | PŁOCK | Z LASU | 1984 | M30-39 | 82 | 00:00:17 | 5:17 | 11,3 | 00:28:01 | 00:52:02 | 01:17:33 | 01:43:21 | 01:51:33 | 01:51:50 | 208 | |
| 232 | 100 | JĘDRZEJEWSKI MARCELI | GOSTYNIN | | 1974 | M40-49 | 67 | 00:00:13 | 5:17 | 11,3 | 00:27:00 | 00:51:00 | 01:16:38 | 01:43:13 | 01:51:38 | 01:51:51 | 209 | |
| 233 | 353 | MAKOWSKI BOGDAN | PŁOCK | PŁOCK BIEGA NO AGE LIMIT | 1957 | M50-59 | 16 | 00:00:05 | 5:18 | 11,3 | 00:26:44 | 00:50:59 | 01:17:04 | 01:43:13 | 01:51:50 | 01:51:55 | 210 | |
| 234 | 414 | GRZĘDA JAROSŁAW | MAŁA WIEŚ | | 1998 | M18-29 | 43 | 00:00:57 | 5:16 | 11,4 | 00:29:07 | 00:53:44 | 01:19:02 | 01:44:36 | 01:51:05 | 01:52:02 | 211 | |
| 235 | 721 | OSIECKI TOMASZ | PŁOCK | | 1976 | M40-49 | 68 | 00:00:26 | 5:17 | 11,3 | 00:27:07 | 00:51:07 | 01:16:25 | 01:43:59 | 01:51:38 | 01:52:04 | 212 | |
| 236 | 583 | KRAKOWSKI PIOTR | PŁOCK | BIEGAMPŁOCK TEAM | 1973 | M40-49 | 69 | 00:00:15 | 5:18 | 11,3 | 00:27:23 | 00:51:26 | 01:17:03 | 01:43:51 | 01:51:50 | 01:52:05 | 213 | |
| 237 | 474 | ŁUKOWSKA DARIA | PŁOCK | | 1990 | K18-29 | 8 | 00:00:24 | 5:18 | 11,3 | 00:27:56 | 00:52:14 | 01:18:00 | 01:43:48 | 01:51:43 | 01:52:07 | 214 | 24 |
| 238 | 237 | TUROS MAREK | WARSZAWA | | 1969 | M40-49 | 70 | 00:00:23 | 5:18 | 11,3 | 00:27:41 | 00:51:55 | 01:18:23 | 01:43:55 | 01:51:48 | 01:52:11 | 214 | |
| 239 | 659 | JASTRZEMBSKI PIOTR | ZGIERZ | ROSSBIEGANI | 1975 | M40-49 | 71 | 00:00:39 | 5:18 | 11,3 | 00:27:15 | 00:50:41 | 01:16:41 | 01:43:37 | 01:51:47 | 01:52:26 | 215 | |
| 240 | 763 | ŻÓŁTOWSKI JACEK | MASZEWO DUŻE | ORLEŃ RUNNING TEAM | 1970 | M40-49 | 72 | 00:00:16 | 5:19 | 11,3 | 00:26:21 | 00:49:47 | 01:15:43 | 01:43:27 | 01:52:16 | 01:52:32 | 216 | |
| 241 | 159 | GÓRECKI TOMASZ | PŁOCK | | 1986 | M30-39 | 83 | 00:00:22 | 5:19 | 11,3 | 00:27:48 | 00:51:07 | 01:16:58 | 01:43:04 | 01:52:11 | 01:52:33 | 217 | |
| 242 | 294 | WYCISZKIEWICZ ŁUKASZ | KWIDZYN | | 1986 | M30-39 | 84 | 00:00:09 | 5:20 | 11,2 | 00:25:28 | 00:49:02 | 01:15:00 | 01:42:32 | 01:52:33 | 01:52:42 | 218 | |
| 243 | 400 | MARCZAK PAWEŁ | WARSZAWA | | 1979 | M30-39 | 85 | 00:00:19 | 5:20 | 11,3 | 00:28:13 | 00:52:38 | 01:18:54 | 01:44:32 | 01:52:24 | 01:52:43 | 219 | |
| 244 | 817 | SŁUPSKI ANDRZEJ | CEKANOWO | | 1973 | M40-49 | 73 | 00:00:17 | 5:20 | 11,3 | 00:27:38 | 00:51:08 | 01:17:20 | 01:44:13 | 01:52:30 | 01:52:47 | 220 | |
| 245 | 778 | KALEJA MATEUSZ | PARZEŃ | | 1993 | M18-29 | 44 | 00:00:41 | 5:19 | 11,3 | 00:30:54 | 00:58:05 | 01:22:44 | 01:45:56 | 01:52:10 | 01:52:51 | 221 | |
| 246 | 668 | URBANSKI MARIUSZ | LIPNO | | 1980 | M30-39 | 86 | 00:00:33 | 5:20 | 11,3 | 00:28:20 | 00:53:07 | 01:19:08 | 01:44:41 | 01:52:24 | 01:52:57 | 222 | |
| 247 | 839 | KUCHNICKA KATARZYNA | RYPIN | KB LECH RYPIN | 1984 | K30-39 | 9 | 00:00:35 | 5:20 | 11,3 | 00:27:41 | 00:51:55 | 01:18:23 | 01:43:55 | 01:52:25 | 01:53:00 | 223 | 25 |
| 248 | 674 | GWIZDAŁA RADOSŁAW | REDA | | 1983 | M30-39 | 87 | 00:00:30 | 5:21 | 11,2 | 00:27:05 | 00:51:52 | 01:18:42 | 01:44:57 | 01:52:44 | 01:53:14 | 223 | |
| 249 | 428 | KALACH ADRIAN | ZAŻDZIERZ | | 1991 | M18-29 | 45 | 00:00:17 | 5:21 | 11,2 | 00:27:57 | 00:52:20 | 01:19:10 | 01:45:03 | 01:52:59 | 01:53:16 | 224 | |
| 250 | 296 | WILGOCKI RADOSŁAW | GĄBIN | | 1980 | M30-39 | 88 | 00:00:11 | 5:22 | 11,2 | 00:25:22 | 00:48:53 | 01:15:26 | 01:43:49 | 01:53:09 | 01:53:20 | 225 | |
| 251 | 372 | FOGT-KLOCKOWSKA MONIKA | GDYNIA | PŁOCK BIEGA NO AGE LIMIT | 1976 | K40-49 | 8 | 00:00:05 | 5:22 | 11,2 | 00:26:45 | 00:51:03 | 01:17:04 | 01:44:48 | 01:53:17 | 01:53:22 | 226 | 26 |
| 252 | 407 | MACIEJEWSKI JACEK | PŁOCK | | 1978 | M30-39 | 89 | 00:00:20 | 5:22 | 11,2 | 00:26:08 | 00:50:05 | 01:15:46 | 01:44:06 | 01:53:05 | 01:53:25 | 226 | |
| 253 | 350 | BONIEWSKI LECH | GLINOJECK | GIMNAZJUM GLINOJECK | 1958 | M50-59 | 17 | 00:00:04 | 5:22 | 11,2 | 00:26:45 | 00:50:49 | 01:17:52 | 01:45:11 | 01:53:22 | 01:53:26 | 227 | |
| 254 | 850 | KACPERSKI SŁAWOMIR | SZCZECIN | | 1958 | M50-59 | 18 | 00:00:01 | 5:23 | 11,2 | 00:26:58 | 00:51:37 | 01:17:48 | 01:44:45 | 01:53:31 | 01:53:32 | 228 | |
| 255 | 302 | MARASZEK EDYTA | STAROŻEBY | | 1974 | K40-49 | 9 | 00:00:22 | 5:22 | 11,2 | 00:27:11 | 00:51:35 | 01:18:24 | 01:44:58 | 01:53:12 | 01:53:34 | 229 | 27 |
| 256 | 705 | KRÓL DARIUSZ | OLSZTYN | DYWITY | 1978 | M30-39 | 90 | 00:00:06 | 5:23 | 11,1 | 00:26:00 | 00:49:48 | 01:16:45 | 01:44:46 | 01:53:42 | 01:53:48 | 229 | |
| 257 | 388 | DUBIELAK ROMAN | PŁOCK | | 1964 | M50-59 | 19 | 00:00:48 | 5:21 | 11,2 | 00:28:52 | 00:53:05 | 01:18:25 | 01:44:59 | 01:53:02 | 01:53:50 | 230 | |
| 258 | 212 | GARDZIŃSKA MARTYNA | POZNAŃ | | 1989 | K18-29 | 9 | 00:01:20 | 5:20 | 11,3 | 00:30:37 | 00:55:22 | 01:21:23 | 01:46:04 | 01:52:30 | 01:53:50 | 231 | 28 |
| 259 | 319 | KOWALCZYK WITOLD | SŁUPNO | ORLEŃ RUNNING TEAM | 1964 | M50-59 | 20 | 00:00:16 | 5:23 | 11,1 | 00:26:18 | 00:49:46 | 01:15:44 | 01:44:35 | 01:53:38 | 01:53:54 | 231 | |
| 260 | 248 | TABOREK GRZEGORZ | NOWE GULCZEWO | ORLEŃ RUNNING TEAM / NOWE GULCZEWO | 1971 | M40-49 | 74 | 00:00:17 | 5:23 | 11,1 | 00:27:01 | 00:51:29 | 01:17:15 | 01:44:08 | 01:53:37 | 01:53:54 | 232 | |
| 261 | 110 | CZUBA KRZYSZTOF | OZORKÓW | | 1971 | M40-49 | 75 | 00:01:13 | 5:21 | 11,2 | 00:31:01 | 00:56:22 | 01:23:03 | 01:46:35 | 01:52:43 | 01:53:56 | 233 | |
| 262 | 134 | JASZCZYK JAREK | PŁOCK | | 1983 | M30-39 | 91 | 00:00:24 | 5:23 | 11,1 | 00:28:08 | 00:52:45 | 01:18:48 | 01:45:38 | 01:53:33 | 01:53:57 | 234 | |
| 263 | 846 | POPŁAWSKI KONRAD | PŁOCK | MMA PŁOCK | 1974 | M40-49 | 76 | 00:00:38 | 5:22 | 11,2 | 00:29:05 | 00:53:42 | 01:20:14 | 01:45:55 | 01:53:23 | 01:54:01 | 235 | |
| 264 | 855 | KUBICKI ŁUKASZ | BODZANÓW | | 1978 | M30-39 | 92 | 00:00:24 | 5:23 | 11,1 | 00:26:12 | 00:49:39 | 01:15:48 | 01:43:53 | 01:53:39 | 01:54:03 | 236 | |
| 265 | 782 | DOMIJAŁ RADOSŁAW | KUTNO | | 1974 | M40-49 | 77 | 00:00:38 | 5:23 | 11,2 | 00:30:04 | 00:54:53 | 01:20:41 | 01:45:58 | 01:53:25 | 01:54:03 | 237 | |
| 266 | 731 | BIEŃKOWSKI GRZEGORZ | PŁOCK | | 1979 | M30-39 | 93 | 00:00:27 | 5:23 | 11,1 | 00:27:17 | 00:51:42 | 01:18:07 | 01:45:12 | 01:53:39 | 01:54:06 | 238 | |
| 267 | 261 | KOWALSKI JAROSŁAW | KOBYŁKA | | 1970 | M40-49 | 78 | 00:00:32 | 5:23 | 11,1 | 00:28:01 | 00:52:23 | 01:18:53 | 01:45:41 | 01:53:35 | 01:54:07 | 239 | |
| 268 | 587 | ASAKOWSKI GRZEGORZ | ŁÓDŹ | | 1981 | M30-39 | 94 | 00:00:58 | 5:22 | 11,2 | 00:29:36 | 00:53:59 | 01:19:53 | 01:45:42 | 01:53:12 | 01:54:10 | 240 | |
| 269 | 804 | WYSOCHAŃSKI PAWEŁ | WOŁÓW | PCC SQUAD | 1990 | M18-29 | 46 | 00:00:11 | 5:24 | 11,1 | 00:25:46 | 00:49:50 | 01:17:36 | 01:45:35 | 01:54:00 | 01:54:11 | 241 | |
| 270 | 83 | CICHOCKI-ZAKRZEKI DAWID | PŁOCK | | 1985 | M30-39 | 95 | 00:00:48 | 5:23 | 11,2 | 00:28:52 | 00:53:05 | 01:18:27 | 01:44:59 | 01:53:26 | 01:54:14 | 242 | |

5. PÓŁMARATON DWÓCH MOSTÓW

Organizator: UM Płock; Płocki Ośrodek Kultury i Sztuki; Miejski Zespół Obiektów Sportowych Jednostka Budżetowa w Płocku; Centrum Widowskowo – Sportowe Orleń Arena Jednostka Budżetowa w Płocku. Rejonowe Płockie Wodne Ochotnicze Pogotowie Ratunkowe w Płocku.



Data: 11-09-2016

Dystans: 21,0975 km

Miejscowość: PŁOCK

Klasyfikacja OPEN

| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Rok urodz. | Kat wiek. | M-ce w kat | Czas startu | tempo min/km | tempo km/h | 5km | 10km | 15km | 19km | Czas netto | Wynik | M | K |
|------|---------|--------------------------|---------------------|------------------------------------|------------|-----------|------------|-------------|--------------|------------|----------|----------|----------|----------|------------|----------|-----|----|
| 271 | 236 | DUCH MARIUSZ | PŁOCK | | 1971 | M40-49 | 79 | 00:00:26 | 5:24 | 11,1 | 00:28:50 | 00:53:52 | 01:20:12 | 01:45:58 | 01:53:52 | 01:54:18 | 243 | |
| 272 | 776 | DOLMAN PAWEŁ | PŁOCK | | 1987 | M18-29 | 47 | 00:00:57 | 5:23 | 11,2 | 00:29:11 | 00:53:35 | 01:19:24 | 01:45:50 | 01:53:25 | 01:54:22 | 244 | |
| 273 | 267 | RZECZKOWSKI ADAM | HEL | | 1973 | M40-49 | 80 | 00:00:33 | 5:24 | 11,1 | 00:28:19 | 00:53:19 | 01:19:47 | 01:47:04 | 01:53:51 | 01:54:24 | 245 | |
| 274 | 116 | KAJKOWSKI SZYMON | BIAŁOBRZEGI | | 1979 | M30-39 | 96 | 00:00:25 | 5:24 | 11,1 | 00:27:34 | 00:52:01 | 01:19:02 | 01:45:49 | 01:54:03 | 01:54:28 | 246 | |
| 275 | 773 | FIDRYSIAK KRZYSZTOF | PŁOCK | | 1979 | M30-39 | 97 | 00:00:00 | 5:26 | 11,1 | 00:28:04 | 00:52:13 | 01:18:43 | 01:46:15 | 01:54:31 | 01:54:31 | 247 | |
| 276 | 717 | SOBCZYK ARTUR | PŁOCK | STRAŻ POŻARNA PŁOCK | 1980 | M30-39 | 98 | 00:00:20 | 5:25 | 11,1 | 00:28:40 | 00:53:38 | 01:20:11 | 01:46:14 | 01:54:13 | 01:54:33 | 248 | |
| 277 | 688 | ZAGDAŃSKI ŁUKASZ | WARSZAWA | STRAŻ POŻARNA PŁOCK | 1992 | M18-29 | 48 | 00:00:21 | 5:25 | 11,1 | 00:28:39 | | 01:20:11 | 01:46:14 | 01:54:12 | 01:54:33 | 249 | |
| 278 | 318 | ROGOWSKI MICHAŁ | WARSZAWA | | 1984 | M30-39 | 99 | 00:00:48 | 5:24 | 11,1 | 00:29:35 | 00:55:09 | 01:21:14 | 01:46:55 | 01:53:53 | 01:54:41 | 250 | |
| 279 | 802 | FUZ ARKADIUSZ | WARSZAWA | FUZ | 1981 | M30-39 | 100 | 00:00:28 | 5:25 | 11,1 | 00:28:37 | 00:53:23 | 01:20:10 | 01:46:47 | 01:54:22 | 01:54:50 | 251 | |
| 280 | 762 | ZARĘBA KRZYSZTOF | WARSZAWA | ORLEŃ RUNNING TEAM | 1985 | M30-39 | 101 | 00:00:24 | 5:26 | 11,0 | 00:28:58 | 00:54:14 | 01:19:58 | 01:46:15 | 01:54:45 | 01:55:09 | 252 | |
| 281 | 305 | BRYŁKA ANDRZEJ | GDYNIA | BIEGAMYRAZEM.PL/COM-DKM | 1969 | M40-49 | 81 | 00:00:27 | 5:26 | 11,0 | 00:28:19 | 00:52:22 | 01:18:52 | 01:46:21 | 01:54:44 | 01:55:11 | 253 | |
| 282 | 185 | CHUDZIK ADAM | PŁOCK | | 1980 | M30-39 | 102 | 00:00:54 | 5:25 | 11,1 | 00:29:30 | 00:54:24 | 01:20:59 | 01:46:52 | 01:54:17 | 01:55:11 | 254 | |
| 283 | 567 | RUTKOWSKI MAREK | SIERAKÓW | | 1957 | M50-59 | 21 | 00:00:43 | 5:26 | 11,0 | 00:29:21 | 00:54:12 | 01:20:40 | 01:46:47 | 01:54:35 | 01:55:18 | 255 | |
| 284 | 173 | NIEDZIELSKI ARTUR | PŁOCK | LIVE LOVE RUN | 1972 | M40-49 | 82 | 00:00:03 | 5:28 | 11,0 | 00:27:21 | 00:52:32 | 01:19:18 | 01:46:43 | 01:55:19 | 01:55:22 | 256 | |
| 285 | 290 | SZCZEPAŃSKI MARCIN | WARSZAWA | | 1987 | M18-29 | 49 | 00:00:48 | 5:26 | 11,0 | 00:29:35 | 00:55:10 | 01:21:15 | 01:46:56 | 01:54:34 | 01:55:22 | 257 | |
| 286 | 623 | BORKOWSKI PAWEŁ | GÓRA KALWARIA | | 1979 | M30-39 | 103 | 00:00:14 | 5:28 | 11,0 | 00:27:14 | 00:52:08 | 01:18:12 | 01:46:46 | 01:55:11 | 01:55:25 | 258 | |
| 287 | 330 | KOWALCZYK JACEK | NOWE GULCZEWO | TKKF PŁOCK | 1976 | M40-49 | 83 | 00:00:29 | 5:27 | 11,0 | 00:29:20 | 00:54:24 | 01:21:29 | 01:47:16 | 01:54:59 | 01:55:28 | 259 | |
| 288 | 150 | WOJTYCZY PIOTR | MASZEWO DUŻE | BIEGAMPŁOCK TEAM | 1987 | M18-29 | 50 | 00:00:31 | 5:27 | 11,0 | 00:29:26 | 00:54:21 | 01:20:08 | 01:47:03 | 01:55:00 | 01:55:31 | 260 | |
| 289 | 430 | PIWIŃSKI RAFAŁ | PŁOCK | RUN TEAM PŁOCK | 1985 | M30-39 | 104 | 00:00:38 | 5:27 | 11,0 | 00:29:06 | 00:53:43 | 01:20:17 | 01:47:14 | 01:54:54 | 01:55:32 | 261 | |
| 290 | 617 | KOWALEWSKI PIOTR | PŁOCK | | 1984 | M30-39 | 105 | 00:01:13 | 5:25 | 11,1 | 00:31:53 | 00:57:17 | 01:23:15 | 01:47:51 | 01:54:19 | 01:55:32 | 262 | |
| 291 | 511 | MIESZKOWSKI MACIEJ | DZIEKANÓW LEŚNY | | 1967 | M40-49 | 84 | 00:01:07 | 5:26 | 11,1 | 00:29:27 | 00:55:09 | 01:21:05 | 01:47:40 | 01:54:32 | 01:55:39 | 263 | |
| 292 | 401 | WALKOWIAK BARBARA | PŁOCK | TKKF PŁOCK | 1983 | K30-39 | 10 | 00:00:15 | 5:28 | 11,0 | 00:28:36 | 00:53:20 | 01:20:10 | 01:47:18 | 01:55:25 | 01:55:40 | 264 | 29 |
| 293 | 387 | KALINOWSKI ANDRZEJ | BIAŁA | TKKF PŁOCK | 1975 | M40-49 | 85 | 00:00:15 | 5:28 | 11,0 | 00:28:36 | 00:53:21 | 01:20:10 | 01:47:18 | 01:55:25 | 01:55:40 | 264 | |
| 294 | 481 | GARCZYŃSKI ARKADIUSZ | WARSZAWA | | 1973 | M40-49 | 86 | 00:00:46 | 5:27 | 11,0 | 00:29:41 | 00:54:48 | 01:21:32 | 01:47:30 | 01:54:56 | 01:55:42 | 265 | |
| 295 | 493 | ZALEWSKI PAWEŁ | PIĄTKI | EVERYDAYRUNNING TEAM | 1988 | M18-29 | 51 | 00:01:12 | 5:26 | 11,1 | 00:31:01 | 00:55:45 | 01:21:37 | 01:47:06 | 01:54:30 | 01:55:42 | 266 | |
| 296 | 429 | KOWALIK PRZEMYSŁAW | KONIN | | 1975 | M40-49 | 87 | 00:01:04 | 5:26 | 11,0 | 00:29:20 | 00:53:52 | 01:20:18 | 01:46:53 | 01:54:44 | 01:55:48 | 267 | |
| 297 | 681 | JAWORSKI MAREK | GÓRKI | | 1975 | M40-49 | 88 | 00:00:08 | 5:29 | 10,9 | 00:26:33 | 00:50:45 | 01:17:18 | 01:46:45 | 01:55:41 | 01:55:49 | 268 | |
| 298 | 244 | MRÓWKA ZBIGNIEW | GOSTYNIN | | 1957 | M50-59 | 22 | 00:00:20 | 5:28 | 11,0 | 00:28:02 | 00:52:43 | 01:19:31 | 01:46:58 | 01:55:29 | 01:55:49 | 269 | |
| 299 | 742 | GAJDKA KRZYSZTOF | PŁOCK | ORLEŃ RUNNING TEAM | 1980 | M30-39 | 106 | 00:00:25 | 5:28 | 11,0 | 00:28:25 | 00:53:04 | 01:19:36 | 01:47:02 | 01:55:24 | 01:55:49 | 270 | |
| 300 | 838 | KOSOGORIEŃKO WŁODZIMIERZ | PŁOCK | 300 FORMA | 1983 | M30-39 | 107 | 00:01:22 | 5:26 | 11,1 | 00:32:06 | 00:58:05 | 01:24:05 | 01:48:19 | 01:54:30 | 01:55:52 | 271 | |
| 301 | 510 | SKOSOWSKI RAFAŁ | BIAŁA | TTKF | 1978 | M30-39 | 108 | 00:00:19 | 5:29 | 10,9 | 00:27:27 | 00:50:37 | 01:16:27 | 01:45:08 | 01:55:40 | 01:55:59 | 272 | |
| 302 | 341 | GRALICKI SŁAWEK | PŁOCK | | 1972 | M40-49 | 89 | 00:01:01 | 5:27 | 11,0 | 00:30:19 | 00:55:33 | 01:22:32 | 01:47:50 | 01:54:58 | 01:55:59 | 273 | |
| 303 | 263 | KRUK EDYTA | WARSZAWA | | 1971 | K40-49 | 10 | 00:00:34 | 5:29 | 11,0 | 00:28:20 | 00:53:20 | 01:19:48 | 01:47:05 | 01:55:31 | 01:56:05 | 274 | 30 |
| 304 | 591 | MATCZAK TOMASZ | ŁÓDŹ | PAFCIO TEAM | 1984 | M30-39 | 109 | 00:01:12 | 5:27 | 11,0 | 00:31:01 | 00:55:45 | 01:21:37 | 01:47:06 | 01:54:53 | 01:56:05 | 274 | |
| 305 | 756 | PUZIUK MARTA | - | ORLEŃ RUNNING TEAM | 1983 | K30-39 | 11 | 00:00:09 | 5:30 | 10,9 | 00:27:55 | 00:52:19 | 01:18:31 | 01:47:34 | 01:55:58 | 01:56:07 | 275 | 31 |
| 306 | 836 | KALINOWSKI KAMIL | ŻUKI | | 1989 | M18-29 | 52 | 00:00:38 | 5:29 | 11,0 | 00:29:06 | 00:53:43 | | 01:48:05 | 01:55:34 | 01:56:12 | 275 | |
| 307 | 410 | KANIEWSKI MARIUSZ | NOWE GRABIE | PRIMAVET TEAM | 1977 | M30-39 | 110 | 00:00:11 | 5:30 | 10,9 | 00:26:30 | 00:51:17 | 01:19:10 | 01:47:18 | 01:56:06 | 01:56:17 | 276 | |
| 308 | 107 | MIKOŁAJCZYK MILENA | NOWE PROBOSZCZEWICE | | 1992 | K18-29 | 10 | 00:01:18 | 5:27 | 11,0 | 00:29:07 | 00:53:34 | 01:19:55 | 01:47:38 | 01:55:00 | 01:56:18 | 277 | 32 |
| 309 | 259 | RYBICKI WIESŁAW | PŁOCK | | 1964 | M50-59 | 23 | 00:00:31 | 5:30 | 10,9 | 00:28:36 | 00:54:13 | 01:21:01 | 01:47:37 | 01:55:56 | 01:56:27 | 277 | |
| 310 | 612 | ŻÓŁTOWSKI KRZYSZTOF | GDYNIA | | 1970 | M40-49 | 90 | 00:00:18 | 5:31 | 10,9 | 00:26:57 | 00:51:31 | 01:17:55 | 01:47:14 | 01:56:18 | 01:56:36 | 278 | |
| 311 | 732 | CLAJOT FABIAN | OLSZTYN | FC GRABOWA | 1993 | M18-29 | 53 | 00:00:19 | 5:31 | 10,9 | 00:26:45 | 00:51:05 | 01:17:57 | 01:47:21 | 01:56:19 | 01:56:38 | 279 | |
| 312 | 406 | KOZIMIŃSKI AREK | PŁOCK | BIEGAJ Z DYMKIEM MEDIC PARK TEAM 2 | 1973 | M40-49 | 91 | 00:00:15 | 5:31 | 10,9 | 00:28:57 | 00:54:18 | 01:21:17 | 01:48:20 | 01:56:29 | 01:56:44 | 280 | |
| 313 | 462 | KAPES ANDRZEJ | ZYCHLIN | | 1991 | M18-29 | 54 | 00:00:51 | 5:30 | 10,9 | 00:27:38 | 00:51:40 | 01:19:00 | 01:48:11 | 01:55:54 | 01:56:45 | 281 | |
| 314 | 614 | BAGDZIŃSKI DANIEL | WŁOCŁAWEK | | 1980 | M30-39 | 111 | 00:00:59 | 5:29 | 10,9 | 00:30:38 | 00:55:53 | 01:22:50 | 01:48:37 | 01:55:48 | 01:56:47 | 282 | |
| 315 | 281 | CIOK PRZEMYSŁAW | WARSZAWA | WIŚLA PŁOCK (KIBOL) KS STASZEWCY | 1980 | M30-39 | 112 | 00:00:05 | 5:32 | 10,8 | 00:25:59 | 00:50:03 | 01:19:19 | 01:47:12 | 01:56:43 | 01:56:48 | 283 | |

5. PÓŁMARATON DWÓCH MOSTÓW

Organizator: UM Płock; Płocki Ośrodek Kultury i Sztuki; Miejski Zespół Obiektów Sportowych Jednostka Budżetowa w Płocku; Centrum Widowskowo – Sportowe Orleń Arena Jednostka Budżetowa w Płocku. Rejonowe Płockie Wodne Ochotnicze Pogotowie Ratunkowe w Płocku.



Data: 11-09-2016

Dystans: 21,0975 km

Miejscowość: PŁOCK

Klasyfikacja OPEN

| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Rok urodz. | Kat wiek. | M-ce w kat | Czas startu | tempo min/km | tempo km/h | 5km | 10km | 15km | 19km | Czas netto | Wynik | M | K |
|------|---------|--------------------------|-------------|--------------------------------------|------------|-----------|------------|-------------|--------------|------------|----------|----------|----------|----------|------------|-----------------|-----|----|
| 316 | 201 | KĘDZIERSKI MARCIN | PŁOCK | | 1972 | M40-49 | 92 | 00:00:39 | 5:30 | 10,9 | 00:27:39 | 00:51:46 | 01:17:54 | 01:47:07 | 01:56:09 | 01:56:48 | 284 | |
| 317 | 447 | RYTER ADAM | SŁUPNO | | 1980 | M30-39 | 113 | 00:00:53 | 5:30 | 10,9 | 00:31:21 | | 01:23:20 | 01:49:02 | 01:56:03 | 01:56:56 | 285 | |
| 318 | 727 | LEJZA KRZYSZTOF | WARSZAWA | | 1967 | M40-49 | 93 | 00:00:26 | 5:31 | 10,9 | 00:27:24 | 00:52:10 | 01:19:17 | 01:47:40 | 01:56:31 | 01:56:57 | 286 | |
| 319 | 366 | DYMEK IZABELA | PŁOCK | WIŚLA ENERGY TEAM - BIEGAJ Z DYMKIEM | 1982 | K30-39 | 12 | 00:00:15 | 5:32 | 10,8 | 00:29:06 | 00:54:25 | 01:21:41 | 01:48:19 | 01:56:45 | 01:57:00 | | 33 |
| 320 | 165 | ZALEWSKI BOGDAN | PŁOCK | | 1976 | M40-49 | 94 | 00:00:53 | 5:30 | 10,9 | 00:30:21 | 00:56:01 | 01:22:41 | 01:49:04 | 01:56:10 | 01:57:03 | 287 | |
| 321 | 701 | ŻAK ADRIAN | BIELSK | | 1997 | M18-29 | 55 | 00:00:36 | 5:32 | 10,9 | 00:30:24 | 00:56:00 | 01:21:49 | 01:48:25 | 01:56:37 | 01:57:13 | 288 | |
| 322 | 133 | KOSIAREK EDYTA | ŻYRARDÓW | | 1978 | K30-39 | 13 | 00:00:34 | 5:32 | 10,9 | 00:29:52 | 00:55:19 | 01:21:48 | 01:49:00 | 01:56:40 | 01:57:14 | | 34 |
| 323 | 653 | BIEGAŃSKI ŁUKASZ | RYPIN | | 1975 | M40-49 | 95 | 00:00:50 | 5:32 | 10,8 | 00:29:43 | 00:54:27 | 01:20:56 | 01:48:28 | 01:56:44 | 01:57:34 | 289 | |
| 324 | 473 | MARCINIAK PIOTR | PŁOCK | | 1964 | M50-59 | 24 | 00:00:41 | 5:33 | 10,8 | 00:29:13 | 00:55:08 | 01:22:37 | 01:48:57 | 01:56:56 | 01:57:37 | 290 | |
| 325 | 79 | RUDZIŃSKI DARIUSZ | WARSZAWA | | 1980 | M30-39 | 114 | 00:00:47 | 5:32 | 10,8 | 00:31:22 | 00:56:43 | 01:23:05 | 01:48:34 | 01:56:51 | 01:57:38 | 291 | |
| 326 | 560 | ROBINSON PAUL | WŁOCŁAWEK | | 1953 | M60-69 | 4 | 00:00:30 | 5:33 | 10,8 | 00:29:04 | 00:54:39 | 01:21:49 | 01:49:01 | 01:57:10 | 01:57:40 | 292 | |
| 327 | 651 | SZCZEPAŃSKI GRZEGORZ | PŁOCK | KLUB BIEGACZA RTV EURO AGD | 1981 | M30-39 | 115 | 00:00:47 | 5:33 | 10,8 | 00:29:09 | 00:53:43 | 01:21:40 | 01:49:31 | 01:57:08 | 01:57:55 | 293 | |
| 328 | 588 | WYSOCKI RADOŚLAW | SIEDLCE | YULO RUN TEAM SIEDLCE | 1974 | M40-49 | 96 | 00:01:19 | 5:32 | 10,9 | 00:31:59 | 00:57:43 | 01:24:46 | 01:50:15 | 01:56:36 | 01:57:55 | 294 | |
| 329 | 658 | MISZTELA TOMASZ | SŁUPNO | PTT DELTA | 1966 | M50-59 | 25 | 00:00:36 | 5:34 | 10,8 | 00:30:28 | 00:56:44 | 01:23:34 | 01:49:22 | 01:57:22 | 01:57:58 | 295 | |
| 330 | 662 | MUSIAŁ ROBERT | WARSZAWA | | 1966 | M50-59 | 26 | 00:00:13 | 5:35 | 10,7 | 00:27:11 | 00:53:07 | 01:20:14 | 01:48:54 | 01:57:49 | 01:58:02 | 296 | |
| 331 | 339 | OSTROWSKI PIOTR | TCZEW | BIEGAJĄCY TCZEW | 1971 | M40-49 | 97 | 00:00:21 | 5:35 | 10,7 | 00:27:23 | 00:52:30 | 01:20:29 | 01:49:24 | 01:57:55 | 01:58:16 | 297 | |
| 332 | 351 | GUZOWSKA BEATA | PŁOCK | | 1990 | K18-29 | 11 | 00:00:24 | 5:35 | 10,7 | 00:27:56 | 00:53:56 | 01:22:01 | 01:49:33 | 01:57:55 | 01:58:19 | | 35 |
| 333 | 452 | JABŁOŃSKI GRZEGORZ | PŁOCK | | 1966 | M50-59 | 27 | 00:00:19 | 5:36 | 10,7 | 00:28:16 | 00:53:39 | 01:20:58 | 01:49:14 | 01:58:04 | 01:58:23 | 298 | |
| 334 | 226 | SEKLECKI BOGUMIŁ | WARSZAWA | | 1972 | M40-49 | 98 | 00:00:18 | 5:36 | 10,7 | 00:28:23 | 00:53:57 | 01:21:50 | 01:49:55 | 01:58:07 | 01:58:25 | 299 | |
| 335 | 247 | TYMIŃSKA BEATA | BRWILNO | RYKOWISKO | 1970 | K40-49 | 11 | 00:00:25 | 5:36 | 10,7 | 00:28:36 | 00:54:51 | 01:22:09 | 01:49:35 | 01:58:05 | 01:58:30 | | 36 |
| 336 | 749 | LASKOWSKI MAREK | PŁOCK | ORLEŃ RUNNING TEAM | 1981 | M30-39 | 116 | 00:00:58 | 5:35 | 10,8 | 00:31:46 | 00:57:40 | 01:24:22 | 01:50:19 | 01:57:41 | 01:58:39 | 300 | |
| 337 | 746 | KRAJEWSKA MAGDALENA | PŁOCK | ORLEŃ RUNNING TEAM | 1984 | K30-39 | 14 | 00:00:43 | 5:35 | 10,7 | 00:29:37 | 00:54:26 | 01:21:58 | 01:49:56 | 01:57:57 | 01:58:40 | | 37 |
| 338 | 411 | LIBERACKI DANIEL | GĄBIN | | 1981 | M30-39 | 117 | 00:01:08 | 5:34 | 10,8 | 00:29:39 | 00:53:51 | 01:21:56 | 01:49:37 | 01:57:33 | 01:58:41 | 301 | |
| 339 | 98 | KORBA AREK | POZNAŃ | RUN FORREST | 1974 | M40-49 | 99 | 00:00:44 | 5:36 | 10,7 | 00:29:23 | 00:55:16 | 01:22:46 | 01:49:32 | 01:58:01 | 01:58:45 | 302 | |
| 340 | 745 | JAKUBOWSKI ŁUKASZ | PŁOCK | ORLEŃ RUNNING TEAM | 1983 | M30-39 | 118 | 00:00:24 | 5:37 | 10,7 | 00:28:09 | 00:53:03 | 01:19:54 | 01:49:30 | 01:58:27 | 01:58:51 | 303 | |
| 341 | 759 | SOBCZAK GRZEGORZ | WŁOCŁAWEK | ORLEŃ RUNNING TEAM | 1970 | M40-49 | 100 | 00:00:54 | 5:36 | 10,7 | 00:31:20 | 00:56:54 | 01:24:22 | 01:50:37 | 01:57:59 | 01:58:53 | 304 | |
| 342 | 91 | KAMIŃSKI GRZEGORZ | BRWILNO | LAS BRWILNO | 1965 | M50-59 | 28 | 00:00:09 | 5:38 | 10,7 | 00:24:45 | 00:48:16 | 01:17:13 | 01:49:39 | 01:58:46 | 01:58:55 | 305 | |
| 343 | 75 | KAROLAK GRZEGORZ | POZNAŃ | | 1968 | M40-49 | 101 | 00:00:10 | 5:38 | 10,7 | 00:29:01 | 00:55:05 | 01:22:45 | 01:50:06 | 01:58:51 | 01:59:01 | 306 | |
| 344 | 530 | DYNARSKI JACEK | WŁOCŁAWEK | PLAST-MIX | 1963 | M50-59 | 29 | 00:00:53 | 5:36 | 10,7 | 00:31:04 | | 01:23:46 | 01:50:05 | 01:58:08 | 01:59:01 | 307 | |
| 345 | 282 | ROGOWIECKI MACIEJ HUBERT | GĄBIN | | 1998 | M18-29 | 56 | 00:00:11 | 5:38 | 10,6 | 00:28:07 | 00:53:37 | 01:21:16 | 01:49:32 | 01:58:54 | 01:59:05 | 308 | |
| 346 | 18 | NIESŁUCHOWSKI PIOTR | PŁOCK | UMP | 1979 | M30-39 | 119 | 00:00:14 | 5:38 | 10,6 | 00:28:04 | 00:53:29 | 01:20:50 | 01:50:00 | 01:58:52 | 01:59:06 | 309 | |
| 347 | 722 | SZYBKA ŁUKASZ | ŁÓDŹ | | 1986 | M30-39 | 120 | 00:01:07 | 5:36 | 10,7 | 00:31:47 | 00:58:02 | 01:24:50 | 01:50:48 | 01:58:07 | 01:59:14 | 310 | |
| 348 | 391 | HAŁAT MACIEJ | SIERPC | | 1988 | M18-29 | 57 | 00:00:51 | 5:37 | 10,7 | 00:31:25 | 00:57:39 | 01:25:00 | 01:51:15 | 01:58:25 | 01:59:16 | 311 | |
| 349 | 322 | OKRASZEWSKI DARIUSZ | SŁUPNO | AMPM RUNNING | 1982 | M30-39 | 121 | 00:00:28 | 5:38 | 10,6 | 00:27:27 | 00:51:39 | 01:18:45 | 01:48:36 | 01:58:59 | 01:59:27 | 312 | |
| 350 | 160 | DUKIEWICZ MACIEJ | RADZIEJÓW | TKKF PŁOCK | 1986 | M30-39 | 122 | 00:00:37 | 5:38 | 10,7 | 00:30:31 | 00:55:47 | 01:22:09 | 01:50:02 | 01:58:51 | 01:59:28 | 313 | |
| 351 | 503 | RADOMSKI WOJCIECH | PŁOCK | | 1984 | M30-39 | 123 | 00:01:06 | 5:37 | 10,7 | 00:30:41 | 00:55:41 | 01:22:37 | 01:49:59 | 01:58:23 | 01:59:29 | 314 | |
| 352 | 23 | KOWALSKI RAFAŁ | PŁOCK | | 1977 | M30-39 | 124 | 00:00:05 | 5:40 | 10,6 | 00:28:03 | 00:52:15 | 01:18:23 | 01:51:42 | 01:59:25 | 01:59:30 | 315 | |
| 353 | 459 | POKORSKI TOMASZ | RADOM | | 1988 | M18-29 | 58 | 00:00:43 | 5:38 | 10,7 | 00:27:36 | 00:52:34 | 01:20:12 | 01:49:57 | 01:58:47 | 01:59:30 | 316 | |
| 354 | 833 | NOWAK MICHAŁ | PŁOCK | TKKF | 1980 | M30-39 | 125 | 00:00:06 | 5:40 | 10,6 | 00:27:00 | 00:53:21 | 01:21:24 | 01:51:17 | 01:59:26 | 01:59:32 | 317 | |
| 355 | 72 | JÓŹWIAK JAROSŁAW | PŁOCK | | 1981 | M30-39 | 126 | 00:00:22 | 5:39 | 10,6 | 00:28:00 | 00:52:28 | 01:20:17 | 01:49:52 | 01:59:11 | 01:59:33 | 318 | |
| 356 | 809 | PIETRAS KRZYSZTOF | CIECHANÓW | | 1976 | M40-49 | 102 | 00:00:10 | 5:40 | 10,6 | 00:30:56 | 00:56:41 | 01:23:46 | 01:50:42 | 01:59:24 | 01:59:34 | 319 | |
| 357 | 640 | PĘKAŁA WIKTOR | WARSZAWA | ZWOLEŃ BIEGA | 1984 | M30-39 | 127 | 00:00:59 | 5:37 | 10,7 | 00:30:19 | 00:55:37 | 01:23:10 | 01:50:43 | 01:58:37 | 01:59:36 | 320 | |
| 358 | 352 | GOŁĄB WITOLD | SIERADZ | | 1985 | M30-39 | 128 | 00:01:08 | 5:37 | 10,7 | 00:30:34 | 00:55:44 | 01:21:52 | 01:50:20 | 01:58:30 | 01:59:38 | 321 | |
| 359 | 825 | WYSOCKI MAREK | SIECIEŃ | KOCHAM WERE | 1994 | M18-29 | 59 | 00:00:36 | 5:39 | 10,6 | 00:28:08 | 00:53:52 | 01:21:16 | 01:50:56 | 01:59:04 | 01:59:40 | 322 | |
| 360 | 325 | MARASZEK KRZYSZTOF | STAROŻEBY | MMBS | 1974 | M40-49 | 103 | 00:00:21 | 5:39 | 10,6 | 00:28:27 | 00:53:45 | 01:20:39 | 01:51:01 | 01:59:22 | 01:59:43 | 323 | |

5. PÓŁMARATON DWÓCH MOSTÓW

Organizator: UM Płock; Płocki Ośrodek Kultury i Sztuki; Miejski Zespół Obiektów Sportowych Jednostka Budżetowa w Płocku; Centrum Widowskowo – Sportowe Orleń Arena Jednostka Budżetowa w Płocku. Rejonowe Płockie Wodne Ochotnicze Pogotowie Ratunkowe w Płocku.



Data: 11-09-2016

Dystans: 21,0975 km

Miejscowość: PŁOCK

Klasyfikacja OPEN

| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Rok urodz. | Kat wiek. | M-ce w kat | Czas startu | tempo min/km | tempo km/h | 5km | 10km | 15km | 19km | Czas netto | Wynik | M | K |
|------|---------|-----------------------|-------------------|------------------------------------|------------|-----------|------------|-------------|--------------|------------|----------|----------|----------|----------|------------|----------|-----|---|
| 361 | 515 | RYCHLIK ARTUR | PŁOCK | | 1971 | M40-49 | 104 | 00:00:20 | 5:40 | 10,6 | 00:27:35 | 00:53:03 | 01:21:04 | 01:50:14 | 01:59:33 | 01:59:53 | 324 | |
| 362 | 316 | STAWICKI ZBIGNIEW | PŁOCK | BIEGAM PŁOCKTEAM | 1971 | M40-49 | 105 | 00:00:51 | 5:39 | 10,6 | 00:31:22 | 00:57:22 | 01:25:02 | 01:51:43 | 01:59:15 | 02:00:06 | 325 | |
| 363 | 161 | PARDA MATEUSZ | WARSZAWA | PIECKOWO PREDATORS | 1994 | M18-29 | 60 | 00:00:59 | 5:39 | 10,6 | 00:31:36 | 00:58:27 | 01:25:30 | 01:51:31 | 01:59:09 | 02:00:08 | 326 | |
| 364 | 241 | BRZEZIŃSKI GRZEGORZ | SKIERNIEWICE | | 1980 | M30-39 | 129 | 00:00:52 | 5:40 | 10,6 | 00:30:00 | 00:55:43 | 01:23:15 | 01:51:25 | 01:59:24 | 02:00:16 | 327 | |
| 365 | 691 | WANIEK MARIUSZ | TORUŃ | | 1968 | M40-49 | 106 | 00:00:43 | 5:40 | 10,6 | 00:31:22 | 00:58:07 | 01:25:16 | 01:52:01 | 01:59:33 | 02:00:16 | 328 | |
| 366 | 627 | FRĄCKOWIAK JACEK | ŚREM | RUNNER'S POWER | 1978 | M30-39 | 130 | 00:00:12 | 5:42 | 10,5 | 00:26:22 | 00:50:22 | 01:17:12 | 01:48:26 | 02:00:06 | 02:00:18 | 329 | |
| 367 | 541 | ROMAN PRZEMYSŁAW | WOŁOMIN | | 1981 | M30-39 | 131 | 00:00:59 | 5:40 | 10,6 | 00:30:16 | 00:55:34 | 01:22:47 | 01:51:20 | 01:59:28 | 02:00:27 | 330 | |
| 368 | 304 | TAYLOR ANNA | SEVENOAKS | SEVENOAKS AC | 1969 | K40-49 | 12 | 00:00:36 | 5:41 | 10,6 | 00:29:58 | 00:56:06 | 01:24:18 | 01:51:45 | 01:59:53 | 02:00:29 | 38 | |
| 369 | 287 | GÓRALSKI MICHAŁ | CEKANOWO | | 1981 | M30-39 | 132 | 00:00:39 | 5:41 | 10,6 | 00:29:21 | 00:55:03 | 01:22:49 | 01:51:31 | 01:59:57 | 02:00:36 | 331 | |
| 370 | 735 | BIENIAS KONRAD | PŁOCK | | 1990 | M18-29 | 61 | 00:00:09 | 5:43 | 10,5 | 00:27:05 | 00:51:51 | 01:22:25 | 01:51:46 | 02:00:29 | 02:00:38 | 332 | |
| 371 | 65 | GRZEŚKOWIAK MACIEJ | DĄBRÓWKA | 4FITER | 1977 | M30-39 | 133 | 00:00:24 | 5:42 | 10,5 | 00:32:55 | 00:59:09 | 01:26:49 | 01:52:26 | 02:00:16 | 02:00:40 | 333 | |
| 372 | 743 | GRĘBOSZ DARIUSZ | PŁOCK | ORLEŃ RUNNING TEAM | 1965 | M50-59 | 30 | 00:00:45 | 5:41 | 10,6 | 00:30:38 | 00:56:17 | 01:23:51 | 01:51:46 | 01:59:56 | 02:00:41 | 334 | |
| 373 | 853 | MARUSZEWSKI MARCIN | BRWINÓW | | 1982 | M30-39 | 134 | 00:01:21 | 5:40 | 10,6 | 00:32:04 | 00:58:05 | 01:24:07 | 01:51:41 | 01:59:25 | 02:00:46 | 335 | |
| 374 | 859 | GROCHOWSKI DAMIAN | OSMOLIN | | 1996 | M18-29 | 62 | 00:00:18 | 5:43 | 10,5 | 00:27:18 | 00:52:11 | 01:19:53 | 01:51:39 | 02:00:35 | 02:00:53 | 336 | |
| 375 | 438 | RYCHARSKI ŁUKASZ | WARSZAWA | | 1980 | M30-39 | 135 | 00:01:12 | 5:40 | 10,6 | 00:30:39 | 00:56:17 | 01:23:56 | 01:51:38 | 01:59:43 | 02:00:55 | 337 | |
| 376 | 495 | STACHURSKI MATEUSZ | KUTNO | | 1992 | M18-29 | 63 | 00:01:06 | 5:41 | 10,6 | 00:33:21 | 01:00:34 | 01:27:34 | 01:53:28 | 01:59:58 | 02:01:04 | 338 | |
| 377 | 673 | SOSNOWSKI JAROSŁAW | PŁOCK | PTT DELTA | 1980 | M30-39 | 136 | 00:00:36 | 5:43 | 10,5 | 00:30:22 | 00:56:43 | 01:23:36 | 01:51:45 | 02:00:35 | 02:01:11 | 339 | |
| 378 | 844 | MATA CZ JAROSŁAW | PŁOCK | BOP | 1979 | M30-39 | 137 | 00:00:27 | 5:43 | 10,5 | 00:28:20 | 00:54:02 | 01:22:43 | 01:52:18 | 02:00:46 | 02:01:13 | 340 | |
| 379 | 188 | GRZELAK ŁUKASZ | GĄBIN | | 1985 | M30-39 | 138 | 00:00:07 | 5:44 | 10,5 | 00:26:25 | 00:52:54 | 01:22:32 | 01:52:31 | 02:01:08 | 02:01:15 | 341 | |
| 380 | 253 | KOZICIŃSKI RADOŚLAW | PŁOCK | BBMLW / NIGHT RUNNERS ZAROWIE | 1976 | M40-49 | 107 | 00:00:47 | 5:43 | 10,5 | 00:30:25 | 00:57:14 | 01:25:11 | 01:52:55 | 02:00:31 | 02:01:18 | 342 | |
| 381 | 502 | JASTRZĘBSKI MARIUSZ | ZĄBKI | BIEGAM BO LUBIĘ ZĄBKI TEAM | 1978 | M30-39 | 139 | 00:01:23 | 5:41 | 10,6 | 00:32:25 | 00:58:39 | 01:26:44 | 01:52:37 | 01:59:59 | 02:01:22 | 343 | |
| 382 | 843 | CZAJKOWSKI PRZEMYSŁAW | PŁOCK | | 1977 | M30-39 | 140 | 00:00:21 | 5:44 | 10,5 | 00:30:13 | 00:56:56 | 01:25:22 | 01:52:49 | 02:01:02 | 02:01:23 | 344 | |
| 383 | 656 | BARNAŚ PAWEŁ | MŁAWA | | 1981 | M30-39 | 141 | 00:01:14 | 5:42 | 10,5 | 00:32:28 | 00:59:07 | 01:26:28 | 01:53:07 | 02:00:10 | 02:01:24 | 345 | |
| 384 | 630 | TOMIŁO MICHAŁ | JANÓW LUBELSKI | | 1980 | M30-39 | 142 | 00:01:13 | 5:42 | 10,5 | 00:32:29 | 00:59:08 | 01:26:29 | 01:53:10 | 02:00:15 | 02:01:28 | 346 | |
| 385 | 2 | PAWŁAK MONIKA | GROTNIKI | | 1965 | K50-59 | 2 | 00:01:04 | 5:43 | 10,5 | 00:30:20 | 00:56:41 | 01:24:48 | 01:52:35 | 02:00:26 | 02:01:30 | 39 | |
| 386 | 644 | KRZESZEWSKA KATARZYNA | PŁOCK | | 1993 | K18-29 | 12 | 00:00:45 | 5:43 | 10,5 | 00:31:02 | 00:57:38 | 01:25:28 | 01:52:44 | 02:00:46 | 02:01:31 | 40 | |
| 387 | 470 | WOJTASIK ADAM | WARSZAWA | | 1982 | M30-39 | 143 | 00:01:11 | 5:42 | 10,5 | 00:32:07 | 00:57:36 | 01:24:59 | 01:52:56 | 02:00:21 | 02:01:32 | 347 | |
| 388 | 842 | WISNIEWSKI RADOŚLAW | PŁOCK | | 1983 | M30-39 | 144 | 00:00:23 | 5:45 | 10,4 | 00:30:19 | 00:56:56 | 01:25:23 | 01:52:49 | 02:01:10 | 02:01:33 | 348 | |
| 389 | 80 | JAGACKI PIOTR | PŁOCK | | 1980 | M30-39 | 145 | 00:01:01 | 5:43 | 10,5 | 00:30:19 | 00:56:14 | 01:24:55 | 01:52:57 | 02:00:33 | 02:01:34 | 349 | |
| 390 | 323 | KULESZA MICHAŁ | OSTRÓW MAZOWIECKA | UKS GORILA ACADEMIA OSTRÓW MAZOWIE | 1979 | M30-39 | 146 | 00:00:22 | 5:45 | 10,4 | 00:29:41 | 00:56:03 | 01:24:03 | 01:52:45 | 02:01:16 | 02:01:38 | 350 | |
| 391 | 180 | CHROMIEC MATEUSZ | PŁOCK | | 1997 | M18-29 | 64 | 00:00:23 | 5:45 | 10,4 | 00:33:15 | 01:00:06 | 01:26:27 | 01:52:57 | 02:01:17 | 02:01:40 | 351 | |
| 392 | 232 | STAŃCZAK PATRYK | SIERPC | KLUB BIEGACZA KOMPANIA PIWOWARSKA | 1992 | M18-29 | 65 | 00:00:59 | 5:43 | 10,5 | 00:32:20 | | 01:26:41 | 01:53:24 | 02:00:43 | 02:01:42 | 352 | |
| 393 | 450 | RYDZYŃSKI ADAM | MASZEWODUŻE | | 1980 | M30-39 | 147 | 00:01:00 | 5:44 | 10,5 | 00:27:49 | 00:52:00 | 01:19:07 | 01:51:36 | 02:00:48 | 02:01:48 | 353 | |
| 394 | 683 | LEONOWICZ SEBASTIAN | ŁÓDŹ | | 1987 | M18-29 | 66 | 00:01:02 | 5:44 | 10,5 | 00:33:12 | 01:00:19 | 01:27:40 | 01:53:53 | 02:00:47 | 02:01:49 | 354 | |
| 395 | 202 | KUBIAK JÓZEF | SŁUPNO | ORLEŃ RUNNING TEAM | 1961 | M50-59 | 31 | 00:00:24 | 5:45 | 10,4 | 00:29:05 | 00:55:36 | 01:24:28 | 01:52:51 | 02:01:26 | 02:01:50 | 355 | |
| 396 | 595 | CHWIŁKA DANIEL | BYDGOSZCZ | | 1981 | M30-39 | 148 | 00:00:32 | 5:45 | 10,4 | 00:29:46 | 00:55:34 | 01:23:28 | 01:51:52 | 02:01:21 | 02:01:53 | 356 | |
| 397 | 819 | GRABOWSKI GRZEGORZ | PŁOCK | | 1981 | M30-39 | 149 | 00:01:06 | 5:44 | 10,5 | 00:31:12 | 00:58:09 | 01:25:52 | 01:53:14 | 02:00:48 | 02:01:54 | 357 | |
| 398 | 654 | RYCHLIŃSKI TOMASZ | NOWE GULCZEWO | | 1974 | M40-49 | 108 | 00:01:01 | 5:44 | 10,5 | 00:30:20 | 00:56:14 | | 01:53:06 | 02:00:54 | 02:01:55 | 358 | |
| 399 | 604 | KUTERA PIOTR | SOCHACZEW | 37DR OP SOCHACZEW | 1980 | M30-39 | 150 | 00:01:20 | 5:43 | 10,5 | 00:31:54 | 00:57:50 | 01:25:02 | 01:53:06 | 02:00:37 | 02:01:57 | 359 | |
| 400 | 453 | CZAJKA ARTUR | WŁOCŁAWEK | SOLVAY | 1974 | M40-49 | 109 | 00:00:19 | 5:46 | 10,4 | 00:27:49 | 00:54:41 | 01:23:30 | 01:52:50 | 02:01:40 | 02:01:59 | 360 | |
| 401 | 398 | KUREK ANDRZEJ | WARSZAWA | | 1955 | M60-69 | 5 | 00:00:13 | 5:46 | 10,4 | 00:29:44 | 00:56:40 | 01:24:21 | 01:52:14 | 02:01:50 | 02:02:03 | 361 | |
| 402 | 577 | GASI DENIS | PŁOCK | | 1990 | M18-29 | 67 | 00:01:22 | 5:43 | 10,5 | 00:29:47 | 00:54:55 | 01:22:12 | 01:52:37 | 02:00:42 | 02:02:04 | 362 | |
| 403 | 518 | KAMIŃSKI MAREK | PŁOCK | RYKOWISKO | 1978 | M30-39 | 151 | 00:00:32 | 5:46 | 10,4 | 00:29:52 | 00:55:17 | 01:22:48 | 01:51:17 | 02:01:37 | 02:02:09 | 363 | |
| 404 | 105 | ZUBEK RAFAŁ | STRÓŻEWKO | PTT DELTA | 1967 | M40-49 | 110 | 00:00:46 | 5:45 | 10,4 | 00:30:12 | 00:56:06 | 01:24:01 | 01:50:47 | 02:01:24 | 02:02:10 | 364 | |
| 405 | 78 | ZYDOROWICZ WOJTEK | ZĄBKI | LECHICI ZIELONKA | 1976 | M40-49 | 111 | 00:01:13 | 5:44 | 10,5 | 00:30:41 | | 01:25:47 | 01:53:25 | 02:01:02 | 02:02:15 | 365 | |

5. PÓŁMARATON DWÓCH MOSTÓW

Organizator: UM Płock; Płocki Ośrodek Kultury i Sztuki; Miejski Zespół Obiektów Sportowych Jednostka Budżetowa w Płocku; Centrum Widowskowo – Sportowe Orle Arena Jednostka Budżetowa w Płocku. Rejonowe Płockie Wodne Ochotnicze Pogotowie Ratunkowe w Płocku.



Data: 11-09-2016

Dystans: 21,0975 km

Miejscowość: PŁOCK

Klasyfikacja OPEN

| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Rok urodz. | Kat wiek. | M-ce w kat | Czas startu | tempo min/km | tempo km/h | 5km | 10km | 15km | 19km | Czas netto | Wynik | M | K |
|------|---------|------------------------|--------------|--------------------------|------------|-----------|------------|-------------|--------------|------------|----------|----------|----------|----------|------------|----------|-----|---|
| 406 | 423 | SIEKOWSKI KRZYSZTOF | JEŻÓW | | 1987 | M18-29 | | 00:01:02 | 5:45 | 10,4 | 00:29:20 | 00:55:05 | 01:23:08 | 01:53:43 | 02:01:14 | 02:02:16 | 366 | |
| 407 | 297 | KAMIŃSKI ANDRZEJ | PŁOCK | NIGHT RUNNERS PŁOCK | 1975 | M40-49 | 112 | 00:00:32 | 5:46 | 10,4 | 00:30:13 | 00:56:41 | 01:24:30 | 01:53:09 | 02:01:44 | 02:02:16 | 367 | |
| 408 | 373 | KOLIBCZYŃSKI DARIUSZ | PŁOCK | NIE | 1971 | M40-49 | 113 | 00:00:18 | 5:47 | 10,4 | 00:28:59 | 00:55:44 | 01:23:46 | 01:53:13 | 02:02:05 | 02:02:23 | 368 | |
| 409 | 60 | STANKE ŁUKASZ | DĄBRÓWKA | 4FITER | 1979 | M30-39 | 152 | 00:00:24 | 5:47 | 10,4 | 00:32:55 | 00:59:09 | 01:26:50 | 01:53:17 | 02:01:59 | 02:02:42 | 369 | |
| 410 | 74 | MALINOWSKI RAFAŁ | CEKANOWO | | 1978 | M30-39 | 153 | 00:01:01 | 5:45 | 10,4 | 00:30:20 | 00:56:15 | 01:24:56 | 01:53:08 | 02:01:23 | 02:02:24 | 370 | |
| 411 | 703 | WAWRZYŃSKI JACEK | SŁUPNO | | 1968 | M40-49 | 114 | 00:00:45 | 5:46 | 10,4 | 00:31:16 | 00:57:26 | 01:25:36 | 01:53:19 | 02:01:41 | 02:02:26 | 371 | |
| 412 | 152 | STANECKI MARCIN | SKIERNIEWICE | | 1976 | M40-49 | 115 | 00:00:53 | 5:46 | 10,4 | 00:30:40 | 00:57:37 | 01:25:14 | 01:54:06 | 02:01:36 | 02:02:29 | 372 | |
| 413 | 655 | BIAŁAS STANISŁAW | PULŃTUSK | Z BIEGIEM NARWI | 1955 | M60-69 | 6 | 00:01:05 | 5:46 | 10,4 | 00:30:28 | 00:57:56 | 01:26:17 | 01:54:11 | 02:01:31 | 02:02:36 | 373 | |
| 414 | 469 | PYSZNIIEWSKI PIOTR | GLINOJECK | | 1965 | M50-59 | 32 | 00:00:23 | 5:48 | 10,3 | 00:30:12 | 00:57:19 | 01:24:37 | 01:53:19 | 02:02:19 | 02:02:42 | 374 | |
| 415 | 498 | LISIŃSKI PIOTR | PŁOCK | BPSA | 1978 | M30-39 | 154 | 00:00:39 | 5:47 | 10,4 | 00:30:15 | 00:55:37 | 01:23:44 | 01:53:20 | 02:02:11 | 02:02:50 | 375 | |
| 416 | 815 | GUZOWSKI DARIUSZ | PŁOCK | COKE RUNNERS | 1967 | M40-49 | 116 | 00:00:18 | 5:49 | 10,3 | 00:30:55 | 00:57:46 | 01:25:47 | 01:54:09 | 02:02:41 | 02:02:59 | 376 | |
| 417 | 295 | BORKOWSKI JAN | PŁOCK | NIEZRZESZONY | 1947 | M60-69 | 7 | 00:00:11 | 5:49 | 10,3 | 00:29:08 | 00:55:39 | 01:24:17 | 01:53:23 | 02:02:49 | 02:03:00 | 377 | |
| 418 | 50 | ZYDOROWICZ PIOTR | ZIELONKA | LECHICI ZIELONKA | 1971 | M40-49 | 117 | 00:01:13 | 5:47 | 10,4 | 00:30:41 | 00:57:24 | 01:25:46 | 01:53:57 | 02:01:51 | 02:03:04 | 378 | |
| 419 | 573 | GROSKOWSKI MICHAŁ | ŁĄCK | | 1988 | M18-29 | 69 | 00:00:33 | 5:49 | 10,3 | 00:28:19 | 00:54:03 | 01:20:55 | 01:52:26 | 02:02:33 | 02:03:06 | 379 | |
| 420 | 718 | SZUBIELSKI PIOTR | ŁÓDŹ | PZPN | 1978 | M30-39 | 155 | 00:00:49 | 5:48 | 10,3 | 00:29:52 | 00:55:55 | 01:24:44 | 01:53:42 | 02:02:20 | 02:03:09 | 380 | |
| 421 | 441 | CHYLIŃSKI MICHAŁ | PŁOCK | BIEGAM Z BOP | 1985 | M30-39 | 156 | 00:00:56 | 5:48 | 10,3 | 00:29:29 | 00:56:20 | 01:24:45 | 01:53:48 | 02:02:19 | 02:03:15 | 381 | |
| 422 | 222 | TOMCZAK MICHAŁ | PŁOCK | LECE BO CHCE:) | 1989 | M18-29 | 70 | 00:00:12 | 5:50 | 10,3 | 00:28:55 | 00:54:50 | 01:23:18 | 01:54:02 | 02:03:08 | 02:03:20 | 382 | |
| 423 | 829 | PULAWSKI TOMEK | MARKI | | 1973 | M40-49 | 118 | 00:01:09 | 5:48 | 10,4 | 00:31:57 | 00:58:38 | 01:27:26 | 01:55:14 | 02:02:17 | 02:03:26 | 383 | |
| 424 | 223 | NOWOTKA KRZYSZTOF | PŁOCK | RUN-LOG | 1975 | M40-49 | 119 | 00:00:43 | 5:49 | 10,3 | 00:31:30 | 00:57:53 | 01:25:48 | 01:54:09 | 02:02:49 | 02:03:32 | 384 | |
| 425 | 280 | ULEWICZ ARNOLD | PŁOCK | | 1969 | M40-49 | 120 | 00:00:25 | 5:50 | 10,3 | 00:28:21 | 00:54:08 | 01:22:06 | 01:54:12 | 02:03:08 | 02:03:33 | 385 | |
| 426 | 544 | DZIANKOWSKA IWONA | KUTNO | | 1984 | K30-39 | 15 | 00:01:14 | 5:48 | 10,3 | 00:31:29 | 00:58:32 | 01:26:20 | 01:54:52 | 02:02:19 | 02:03:33 | 41 | |
| 427 | 558 | KOZŁOWSKI KRZYSZTOF | KOBYŁKA | KBK RUNNER | 1992 | M18-29 | 71 | 00:00:41 | 5:50 | 10,3 | 00:28:02 | 00:55:20 | 01:24:01 | 01:54:07 | 02:02:54 | 02:03:35 | 386 | |
| 428 | 629 | CZYŻEWSKI PRZEMYSŁAW | OSSÓW | | 1980 | M30-39 | 157 | 00:00:52 | 5:49 | 10,3 | 00:32:53 | 01:00:20 | 01:28:37 | 01:55:19 | 02:02:53 | 02:03:45 | 387 | |
| 429 | 37 | LENART ZDZISŁAW | PŁOCK | | 1958 | M50-59 | 33 | 00:00:46 | 5:50 | 10,3 | 00:30:34 | 00:57:13 | 01:26:05 | 01:54:34 | 02:03:00 | 02:03:46 | 388 | |
| 430 | 307 | OLENDEREK ŁUKASZ | PŁOCK | | 1981 | M30-39 | 158 | 00:01:07 | 5:49 | 10,3 | 00:30:42 | 00:56:17 | 01:24:16 | 01:54:07 | 02:02:45 | 02:03:52 | 389 | |
| 431 | 634 | CAŁUS BOGUSŁAW | PŁOCK | | 1958 | M50-59 | 34 | 00:00:06 | 5:52 | 10,2 | 00:28:32 | 00:55:29 | 01:24:24 | 01:53:55 | 02:03:47 | 02:03:53 | 390 | |
| 432 | 172 | RACZYŃSKA DOROTA | POZNAŃ | | 1976 | K40-49 | 13 | 00:00:27 | 5:51 | 10,3 | 00:29:51 | 00:56:15 | 01:25:07 | 01:54:21 | 02:03:26 | 02:03:53 | 42 | |
| 433 | 534 | SZYBKA TOMASZ | ŁÓDŹ | MOBICA | 1989 | M18-29 | 72 | 00:01:08 | 5:49 | 10,3 | 00:29:36 | 00:56:29 | 01:25:06 | 01:54:20 | 02:02:46 | 02:03:54 | 391 | |
| 434 | 615 | WYSOCKI MAREK | PŁOCK | NIGHT RUNNERS PŁOCK | 1972 | M40-49 | 121 | 00:00:45 | 5:50 | 10,3 | 00:31:21 | 00:57:44 | 01:25:10 | 01:54:48 | 02:03:13 | 02:03:58 | 392 | |
| 435 | 85 | ŁEMPICKA-GROMEK JOANNA | WARSZAWA | | 1978 | K30-39 | 16 | 00:00:45 | 5:50 | 10,3 | 00:30:03 | 00:56:28 | 01:24:54 | 01:54:31 | 02:03:14 | 02:03:59 | 43 | |
| 436 | 484 | OCHOCKI MICHAŁ | SULEJÓWEK | PZU SPORT TEAM | 1980 | M30-39 | 159 | 00:00:40 | 5:51 | 10,3 | 00:27:59 | 00:54:08 | 01:22:37 | 01:54:02 | 02:03:26 | 02:04:06 | 393 | |
| 437 | 216 | BRATKOWSKA DOROTA | PŁOCK | | 1978 | K30-39 | 17 | 00:00:36 | 5:51 | 10,2 | 00:30:14 | 00:57:21 | 01:25:18 | 01:55:03 | 02:03:30 | 02:04:06 | 44 | |
| 438 | 500 | PRZERADZKI KAMIL | SŁUPNO | BO JAK NIE MY TO KTO? :) | 1984 | M30-39 | 160 | 00:00:35 | 5:52 | 10,2 | 00:30:12 | 00:56:16 | 01:24:50 | 01:54:42 | 02:03:36 | 02:04:11 | 394 | |
| 439 | 725 | MIKOS BARTOSZ | PŁOCK | | 1987 | M18-29 | 73 | 00:00:53 | 5:51 | 10,3 | | 01:02:14 | 01:31:18 | 01:56:20 | 02:03:20 | 02:04:13 | 395 | |
| 440 | 770 | BANDEL ANETA | ŁÓDŹ | | 1990 | K18-29 | 13 | 00:00:55 | 5:51 | 10,3 | 00:31:48 | 00:58:13 | 01:26:47 | 01:55:20 | 02:03:19 | 02:04:14 | 45 | |
| 441 | 458 | JAKACKA ANNA | PŁOCK | AKADEMIA RUCHU | 1978 | K30-39 | 18 | 00:00:43 | 5:51 | 10,2 | 00:30:11 | 00:56:47 | 01:27:29 | 01:55:32 | 02:03:32 | 02:04:15 | 46 | |
| 442 | 682 | ŻULEWSKI RADOSŁAW | ŁÓDŹ | | 1987 | M18-29 | 74 | 00:00:55 | 5:51 | 10,3 | 00:31:39 | 00:58:13 | 01:26:47 | 01:55:16 | 02:03:20 | 02:04:15 | 396 | |
| 443 | 504 | LEWANDOWSKA ANNA | PŁOCK | | 1988 | K18-29 | 14 | 00:00:42 | 5:51 | 10,2 | 00:31:03 | 00:57:50 | 01:25:47 | 01:55:01 | 02:03:35 | 02:04:17 | 47 | |
| 444 | 517 | MIESZKOWICZ ERYK | PŁOCK | | 1996 | M18-29 | 75 | 00:01:15 | 5:51 | 10,3 | 00:30:13 | 00:56:52 | 01:25:38 | 01:55:17 | 02:03:15 | 02:04:30 | 397 | |
| 445 | 301 | OPALA PIOTR | PŁOCK | KUŹNIA TEAM MALCANÓW | 1994 | M18-29 | 76 | 00:00:50 | 5:52 | 10,2 | 00:30:25 | 00:56:42 | 01:24:49 | 01:54:22 | 02:03:44 | 02:04:34 | 398 | |
| 446 | 306 | PIWEK MATEUSZ | MALCANÓW | KUŹNIA TEAM MALCANÓW | 1994 | M18-29 | 77 | 00:00:50 | 5:52 | 10,2 | 00:30:25 | 00:56:42 | 01:24:49 | 01:54:22 | 02:03:44 | 02:04:34 | 399 | |
| 447 | 210 | PRZEDPEŁSKI TOMASZ | ROGOZINO | ORLEN RUNNING TEAM | 1972 | M40-49 | 122 | 00:00:17 | 5:54 | 10,2 | 00:29:38 | 00:56:49 | 01:25:09 | 01:54:25 | 02:04:25 | 02:04:42 | 400 | |
| 448 | 371 | STUPECKI KAMIL | ROGOZINO | | 1981 | M30-39 | 161 | 00:00:49 | 5:52 | 10,2 | 00:30:37 | 00:56:30 | 01:25:17 | 01:54:57 | 02:03:56 | 02:04:45 | 401 | |
| 449 | 686 | GRAD ARKADIUSZ | BRUDZEŃ DUŻY | | 1980 | M30-39 | 162 | 00:00:33 | 5:53 | 10,2 | 00:28:04 | 00:53:02 | 01:20:12 | 01:53:44 | 02:04:13 | 02:04:46 | 402 | |
| 450 | 570 | KUBLIK MICHAŁ | PŁOCK | RYKOWISKO 2 | 1970 | M40-49 | 123 | 00:00:45 | 5:53 | 10,2 | 00:30:37 | 00:57:42 | 01:26:09 | 01:55:44 | 02:04:03 | 02:04:48 | 403 | |

5. PÓŁMARATON DWÓCH MOSTÓW

Organizator: UM Płock; Płocki Ośrodek Kultury i Sztuki; Miejski Zespół Obiektów Sportowych Jednostka Budżetowa w Płocku; Centrum Widowskowo – Sportowe Orleń Arena Jednostka Budżetowa w Płocku. Rejonowe Płockie Wodne Ochotnicze Pogotowie Ratunkowe w Płocku.



Data: 11-09-2016

Dystans: 21,0975 km

Miejscowość: PŁOCK

Klasyfikacja OPEN

| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Rok urodz. | Kat wiek. | M-ce w kat | Czas startu | tempo min/km | tempo km/h | 5km | 10km | 15km | 19km | Czas netto | Wynik | M | K |
|------|---------|------------------------|---------------------|------------------------------------|------------|-----------|------------|-------------|--------------|------------|----------|----------|----------|----------|------------|----------|-----|---|
| 451 | 562 | WUDARSKI PIOTR | PŁOCK | ERES | 1980 | M30-39 | 163 | 00:00:58 | 5:52 | 10,2 | 00:31:48 | 00:58:07 | 01:26:42 | 01:55:31 | 02:03:54 | 02:04:52 | 404 | |
| 452 | 507 | SATOR MICHAŁ | WARSZAWA | | 1995 | M18-29 | 78 | 00:00:48 | 5:53 | 10,2 | 00:32:10 | 00:58:59 | 01:27:29 | 01:56:27 | 02:04:08 | 02:04:56 | 405 | |
| 453 | 178 | PIETRZAK PIOTR | MASZEWO DUŻE | | 1990 | M18-29 | 79 | 00:00:11 | 5:55 | 10,1 | 00:27:54 | 00:53:49 | 01:23:04 | 01:55:18 | 02:04:46 | 02:04:57 | 406 | |
| 454 | 741 | FUDYMA JAKUB | TARNÓW | ORLEŃ RUNNING TEAM | 1989 | M18-29 | 80 | 00:00:30 | 5:54 | 10,2 | 00:29:39 | 00:55:22 | 01:23:48 | 01:55:20 | 02:04:35 | 02:05:05 | 407 | |
| 455 | 25 | CICHOCKI ŁUKASZ | POZNAŃ | 4EW CIA | 1983 | M30-39 | 164 | 00:01:02 | 5:53 | 10,2 | 00:30:40 | 00:55:35 | 01:24:45 | 01:55:19 | 02:04:15 | 02:05:17 | 408 | |
| 456 | 501 | SZATKOWSKI MACIEK | KŁOBIE | | 1997 | M18-29 | 81 | 00:00:41 | 5:54 | 10,2 | 00:29:09 | 00:53:41 | 01:19:16 | 01:55:13 | 02:04:39 | 02:05:20 | 409 | |
| 457 | 487 | KACZOROWSKI PAWEŁ | PŁOCK | | 1987 | M18-29 | 82 | 00:00:43 | 5:55 | 10,2 | 00:29:18 | 00:55:18 | 01:24:35 | 01:55:13 | 02:04:41 | 02:05:24 | 410 | |
| 458 | 40 | ZDUNEK ADRIAN | PŁOCK | AKADEMIA RUCHU | 1991 | M18-29 | 83 | 00:00:42 | 5:55 | 10,1 | 00:30:11 | 00:56:47 | 01:26:31 | 01:56:15 | 02:04:43 | 02:05:25 | 411 | |
| 459 | 124 | KRAWCZYK MAREK | PŁOCK | | 1975 | M40-49 | 124 | 00:00:34 | 5:55 | 10,1 | 00:30:06 | 00:57:18 | 01:26:49 | 01:56:10 | 02:04:52 | 02:05:26 | 412 | |
| 460 | 54 | SARNOWSKA KAROLINA | WARSZAWA | | 1980 | K30-39 | 19 | 00:01:10 | 5:53 | 10,2 | 00:33:04 | 00:59:49 | 01:27:41 | 01:55:57 | 02:04:16 | 02:05:26 | 48 | |
| 461 | 751 | MARCINKOWSKI MICHAŁ | PŁOCK | ORLEŃ RUNNING TEAM | 1987 | M18-29 | 84 | 00:00:32 | 5:56 | 10,1 | 00:30:14 | 00:56:15 | 01:25:08 | 01:55:16 | 02:05:07 | 02:05:39 | 413 | |
| 462 | 616 | PIECHOCIŃSKA EDYTA | DZIARNOWO | | 1984 | K30-39 | 20 | 00:00:09 | 5:57 | 10,1 | 00:27:39 | 00:54:22 | 01:25:08 | 01:55:38 | 02:05:34 | 02:05:43 | 49 | |
| 463 | 596 | LIPIŃSKI KRZYSZTOF | PŁOCK | NIE MA LIPY | 1979 | M30-39 | 165 | 00:00:06 | 5:57 | 10,1 | 00:26:02 | 00:53:21 | 01:23:30 | 01:55:46 | 02:05:38 | 02:05:44 | 414 | |
| 464 | 346 | RYBIŃSKI RONALD | GOSTYŃNIN | SOWA&PRZYJACIELE | 1974 | M40-49 | 125 | 00:01:10 | 5:55 | 10,2 | 00:31:09 | 00:58:17 | 01:27:27 | 01:56:46 | 02:04:40 | 02:05:50 | 415 | |
| 465 | 799 | WOLIŃSKA MAGDALENA | PŁOCK | | 1982 | K30-39 | 21 | 00:01:03 | 5:55 | 10,1 | 00:32:19 | 00:59:40 | 01:28:04 | 01:56:44 | 02:04:51 | 02:05:54 | 50 | |
| 466 | 151 | PAZIO ARTUR | WARSZAWA | | 1979 | M30-39 | 166 | 00:01:16 | 5:55 | 10,1 | 00:32:34 | 00:59:33 | 01:28:04 | 01:56:44 | 02:04:46 | 02:06:02 | 416 | |
| 467 | 625 | POKORSKI PAWEŁ | NOWE PROBOSZCZEWICE | SHAOLIN POWER | 1985 | M30-39 | 167 | 00:01:22 | 5:55 | 10,1 | 00:34:09 | 01:02:33 | 01:32:15 | 01:58:22 | 02:04:50 | 02:06:12 | 417 | |
| 468 | 389 | GRYŚ PIOTR | DŁUGOSIÓDŁO | | 1980 | M30-39 | 168 | 00:01:03 | 5:57 | 10,1 | 00:32:15 | 01:00:27 | 01:32:15 | 01:57:09 | 02:05:25 | 02:06:28 | 418 | |
| 469 | 800 | GRZECZKA MACIEJ | SKIERNIEWICE | SKIERNIEWICKIE PORANKI BIEGOWE | 1976 | M40-49 | 126 | 00:01:01 | 5:57 | 10,1 | 00:32:52 | 01:00:30 | 01:28:47 | 01:57:26 | 02:05:37 | 02:06:38 | 419 | |
| 470 | 506 | BOGUCKA BEATA | MYSZCZYN | DZIKI-ZABORÓW | 1988 | K18-29 | 15 | 00:00:35 | 5:59 | 10,0 | 00:31:57 | 00:59:16 | 01:28:32 | 01:57:35 | 02:06:08 | 02:06:43 | 51 | |
| 471 | 436 | RZEPECKA ARLENA | CZERMNO | BIEGAJ Z DYMKIEM MEDIC PARK TEAM 2 | 1991 | K18-29 | 16 | 00:00:15 | 6:00 | 10,0 | 00:30:19 | 00:58:22 | 01:28:45 | 01:57:47 | 02:06:30 | 02:06:45 | 52 | |
| 472 | 249 | STANKIEWICZ HUBERT | WŁOCŁAWEK | | 1978 | M30-39 | 169 | 00:00:37 | 5:59 | 10,0 | 00:31:53 | 00:59:38 | 01:28:40 | 01:57:31 | 02:06:23 | 02:07:00 | 420 | |
| 473 | 369 | LANGNER LESZEK | BISKUPIEC | 9 PUŁK ROZPOZNAWCZY | 1971 | M40-49 | 127 | 00:00:51 | 5:59 | 10,0 | 00:31:12 | 00:58:15 | 01:27:20 | 01:57:09 | 02:06:12 | 02:07:03 | 421 | |
| 474 | 611 | ANDRZEJCZYK RYSZARD | WYSZYNA | | 1964 | M50-59 | 35 | 00:00:17 | 6:01 | 10,0 | 00:27:25 | 00:52:32 | 01:20:31 | 01:49:38 | 02:06:48 | 02:07:05 | 422 | |
| 475 | 509 | CELIŃSKI-DROZD MARIUSZ | GDAŃSK | AGDER GDAŃSK | 1973 | M40-49 | 128 | 00:01:26 | 5:57 | 10,1 | 00:30:25 | 00:56:53 | 01:27:07 | 01:57:33 | 02:05:41 | 02:07:07 | 423 | |
| 476 | 378 | KAJAK AGNIESZKA | ŻYCHLIN | PŁOCK BIEGA NO AGE LIMIT | 1982 | K30-39 | 22 | 00:00:51 | 5:59 | 10,0 | 00:31:59 | 00:59:44 | 01:28:50 | 01:57:57 | 02:06:19 | 02:07:10 | 53 | |
| 477 | 104 | CZYŻYK MONIKA | PŁOCK | | 1978 | K30-39 | 23 | 00:00:56 | 5:59 | 10,0 | 00:30:57 | 00:59:13 | 01:28:35 | 01:58:12 | 02:06:16 | 02:07:12 | 54 | |
| 478 | 650 | BRYGIER ARTUR | DROBIN | | 1996 | M18-29 | 85 | 00:00:43 | 6:00 | 10,0 | 00:31:20 | 00:57:43 | 01:25:07 | 01:57:24 | 02:06:37 | 02:07:20 | 424 | |
| 479 | 299 | ADAMKIEWICZ ANDRZEJ | PŁOCK | | 1957 | M50-59 | 36 | 00:01:05 | 5:59 | 10,0 | 00:31:46 | 00:59:43 | 01:28:03 | 01:57:56 | 02:06:15 | 02:07:20 | 425 | |
| 480 | 380 | GRZEŚKOWIA KAMIL | WARSZAWA | RUNNERS WORLD | 1984 | M30-39 | 170 | 00:01:30 | 5:58 | 10,1 | 00:29:44 | 00:55:13 | 01:26:24 | 01:58:34 | 02:05:55 | 02:07:25 | 426 | |
| 481 | 766 | BOJARSKA AGNIESZKA | PŁOCK | | 1978 | K30-39 | 24 | 00:00:57 | 6:00 | 10,0 | 00:32:37 | 01:00:18 | 01:29:48 | 01:58:53 | 02:06:35 | 02:07:32 | 55 | |
| 482 | 551 | BRZÓZKA KRZYSIEK | PŁOCK | | 1972 | M40-49 | 129 | 00:00:50 | 6:01 | 10,0 | 00:30:10 | 00:56:37 | 01:26:23 | 01:58:09 | 02:06:47 | 02:07:37 | 427 | |
| 483 | 421 | NAWROT PAWEŁ | CIECHANÓW | KB TKKF PROMYK CIECHANÓW | 1981 | M30-39 | 171 | 00:00:41 | 6:01 | 10,0 | 00:31:42 | | 01:28:57 | 01:58:25 | 02:07:06 | 02:07:47 | 428 | |
| 484 | 631 | MIERNIK ZUZANNA | ŻERKÓW | MMBS TEAM | 1992 | K18-29 | 17 | 00:00:22 | 6:03 | 9,9 | 00:29:31 | 00:57:50 | 01:28:01 | 01:58:32 | 02:07:30 | 02:07:52 | 56 | |
| 485 | 213 | JASZCZAK ZBYSZEK | PŁOCK | | 1981 | M30-39 | 172 | 00:00:02 | 6:04 | 9,9 | 00:29:34 | 00:58:08 | 01:27:20 | 01:58:02 | 02:07:52 | 02:07:54 | 429 | |
| 486 | 690 | SCALVINI ALEKSANDRA | PŁOCK | RYKOWISKO 2 | 1981 | K30-39 | 25 | 00:00:34 | 6:03 | 9,9 | 00:32:09 | 01:01:45 | 01:31:39 | 01:59:04 | 02:07:36 | 02:08:10 | 57 | |
| 487 | 140 | LATARSKA JUSTYNA | PŁOCK | | 1992 | K18-29 | 18 | 00:01:26 | 6:01 | 10,0 | 00:32:10 | 00:59:55 | 01:28:38 | 01:59:03 | 02:06:47 | 02:08:13 | 58 | |
| 488 | 812 | PNIEWSKI ZDZIŚŁAW | PUŁTUSK | Z BIEGIEM NARWII | 1959 | M50-59 | 37 | 00:01:06 | 6:02 | 10,0 | 00:33:11 | 01:00:51 | 01:28:14 | 01:57:44 | 02:07:11 | 02:08:17 | 430 | |
| 489 | 88 | ADAMKOWSKI HUBERT | PŁOCK | | 1979 | M30-39 | 173 | 00:00:37 | 6:03 | 9,9 | 00:30:23 | 00:58:17 | 01:27:54 | 01:58:42 | 02:07:43 | 02:08:20 | 431 | |
| 490 | 331 | BAŃKA MARCIN | PŁOCK | | 1985 | M30-39 | 174 | 00:01:12 | 6:02 | 10,0 | 00:33:17 | 00:59:54 | 01:30:23 | 01:59:06 | 02:07:08 | 02:08:20 | 432 | |
| 491 | 95 | ŚWITALSKI KRZYSZTOF | PŁOCK | | 1982 | M30-39 | 175 | 00:01:12 | 6:02 | 10,0 | 00:31:08 | 00:58:18 | 01:28:06 | 01:58:46 | 02:07:12 | 02:08:24 | 433 | |
| 492 | 141 | KŁAPUT MATEUSZ | TUCHOLA | | 1982 | M30-39 | 176 | 00:01:00 | 6:02 | 9,9 | 00:32:52 | 01:00:29 | 01:28:46 | 01:58:10 | 02:07:24 | 02:08:24 | 434 | |
| 493 | 546 | GAWROŃSKI ROMAN | ZALASEWO | | 1981 | M30-39 | 177 | 00:01:00 | 6:02 | 9,9 | 00:32:49 | 01:00:28 | 01:28:45 | 01:58:09 | 02:07:25 | 02:08:25 | 435 | |
| 494 | 532 | KARASIEWICZ KATARZYNA | ZIELONKA | | 1971 | K40-49 | 14 | 00:00:38 | 6:04 | 9,9 | 00:30:55 | 00:58:53 | 01:28:31 | 01:59:21 | 02:07:58 | 02:08:36 | 59 | |
| 495 | 726 | LANGOWSKA MAGDALENA | PABIANICE | | 1979 | K30-39 | 26 | 00:00:58 | 6:03 | 9,9 | 00:32:45 | | 01:28:46 | 01:59:30 | 02:07:42 | 02:08:40 | 60 | |

5. PÓŁMARATON DWÓCH MOSTÓW

Organizator: UM Płock; Płocki Ośrodek Kultury i Sztuki; Miejski Zespół Obiektów Sportowych Jednostka Budżetowa w Płocku; Centrum Widowskowo – Sportowe Orle Arena Jednostka Budżetowa w Płocku. Rejonowe Płockie Wodne Ochotnicze Pogotowie Ratunkowe w Płocku.



Data: 11-09-2016

Dystans: 21,0975 km

Miejscowość: PŁOCK

Klasyfikacja OPEN

| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Rok urodz. | Kat wiek. | M-ce w kat | Czas startu | tempo min/km | tempo km/h | 5km | 10km | 15km | 19km | Czas netto | Wynik | M | K |
|------|---------|-------------------------|--------------|------------------------------------|------------|-----------|------------|-------------|--------------|------------|----------|----------|----------|----------|------------|-----------------|---|-----|
| 496 | 767 | OSIECKA ANNA | PŁOCK | | 1977 | K30-39 | 27 | 00:00:58 | 6:03 | 9,9 | 00:32:37 | 01:00:18 | 01:29:50 | 01:59:20 | 02:07:46 | 02:08:44 | | 61 |
| 497 | 676 | WINICZENKO RADOSŁAW | PŁOCK | | 1971 | M40-49 | 130 | 00:01:07 | 6:03 | 9,9 | 00:35:05 | 01:02:11 | 01:30:25 | 01:59:11 | 02:07:41 | 02:08:48 | | 436 |
| 498 | 215 | BUGOWSKI ARKADIUSZ | PŁOCK | | 1983 | M30-39 | 178 | 00:00:40 | 6:05 | 9,9 | 00:32:12 | 01:00:03 | 01:29:58 | 01:59:15 | 02:08:16 | 02:08:56 | | 437 |
| 499 | 193 | BRZEZIŃSKI ANDRZEJ | PŁOCK | TKKF PŁOCK | 1965 | M50-59 | 38 | 00:00:28 | 6:05 | 9,9 | 00:30:41 | 00:57:51 | 01:28:08 | 01:59:00 | 02:08:30 | 02:08:58 | | 438 |
| 500 | 292 | ŚWIESZCZAK TOMASZ | PABIANICE | VOLKSWAGEN BURSIAK | 1985 | M30-39 | 179 | 00:00:46 | 6:05 | 9,9 | 00:31:38 | 00:58:58 | 01:28:19 | 01:58:47 | 02:08:24 | 02:09:10 | | 439 |
| 501 | 663 | BIERNAT AGNIESZKA | SŁUPNO | | 1976 | K40-49 | 15 | 00:00:45 | 6:06 | 9,8 | 00:31:22 | 00:59:50 | 01:29:38 | 01:59:33 | 02:08:37 | 02:09:22 | | 62 |
| 502 | 712 | MAGIERSKI BARTEK | PŁOCK | GRUPA BUDMAT AUTO | 1976 | M40-49 | 131 | 00:00:36 | 6:07 | 9,8 | 00:31:54 | 01:00:20 | 01:29:48 | 01:59:36 | 02:08:53 | 02:09:29 | | 440 |
| 503 | 82 | ADAMSKI SŁAWOMIR | PŁOCK | STALEX | 1969 | M40-49 | 132 | 00:00:47 | 6:06 | 9,8 | 00:31:30 | 01:00:05 | 01:29:41 | 01:59:37 | 02:08:47 | 02:09:34 | | 441 |
| 504 | 723 | SIKORA MATEUSZ | PŁOCK | ŻELAZNI ŻOŁNIERZE | 1996 | M18-29 | 86 | 00:00:23 | 6:07 | 9,8 | 00:28:05 | 00:54:28 | 01:25:04 | 01:59:05 | 02:09:13 | 02:09:36 | | 442 |
| 505 | 345 | PYTKOWSKI MAREK | ZIELONKA | LECHICI ZIELONKA | 1956 | M60-69 | 8 | 00:01:15 | 6:05 | 9,9 | 00:31:22 | 00:58:34 | 01:28:07 | 01:59:13 | 02:08:23 | 02:09:38 | | 443 |
| 506 | 313 | SUCHODÓŁ MICHAŁ | TORUŃ | | 1988 | M18-29 | 87 | 00:00:38 | 6:07 | 9,8 | 00:32:40 | 01:01:05 | 01:30:41 | 02:00:30 | 02:09:04 | 02:09:42 | | 444 |
| 507 | 764 | BOKINA WOJCIECH | WARSZAWA | | 1984 | M30-39 | 180 | 00:00:58 | 6:06 | 9,8 | 00:32:24 | 01:00:27 | 01:30:05 | 02:00:30 | 02:08:45 | 02:09:43 | | 445 |
| 508 | 359 | KANIA TOMASZ | PŁOCK | 78 | 1988 | M18-29 | 88 | 00:01:19 | 6:06 | 9,8 | 00:33:18 | 00:59:54 | 01:28:52 | 02:00:11 | 02:08:34 | 02:09:53 | | 446 |
| 509 | 409 | OLSZEWSKI TOMASZ | PŁOCK | | 1978 | M30-39 | 181 | 00:01:16 | 6:06 | 9,8 | 00:33:20 | 01:01:32 | 01:31:14 | 02:00:20 | 02:08:47 | 02:10:03 | | 447 |
| 510 | 405 | POGODZIŃSKA ANKA | PŁOCK | BIEGAJ Z DYMKIEM MEDIC PARK TEAM 2 | 1986 | K30-39 | 28 | 00:00:30 | 6:09 | 9,8 | 00:33:08 | 01:01:14 | 01:31:19 | 02:00:42 | 02:09:45 | 02:10:15 | | 63 |
| 511 | 709 | SZEWczyk ZOFIA | PŁOCK | BIEGAJ Z DYMKIEM MEDIC PARK TEAM 2 | 1988 | K18-29 | 19 | 00:00:30 | 6:09 | 9,8 | 00:33:08 | 01:01:14 | 01:30:44 | 02:00:43 | 02:09:45 | 02:10:15 | | 64 |
| 512 | 599 | STAWICKI BARTŁOMIEJ | WARSZAWA | | 1983 | M30-39 | 182 | 00:00:37 | 6:09 | 9,8 | 00:29:47 | 00:56:40 | 01:27:01 | 02:00:14 | 02:09:39 | 02:10:16 | | 448 |
| 513 | 208 | LUBIŃSKI ROBERT | BYDGOSZCZ | | 1986 | M30-39 | 183 | 00:00:31 | 6:09 | 9,8 | 00:30:08 | 00:56:52 | 01:26:41 | 02:00:44 | 02:09:48 | 02:10:19 | | 449 |
| 514 | 777 | URBAŃSKI KRZYSZTOF | SIERPC | | 1995 | M18-29 | 89 | 00:00:44 | 6:09 | 9,8 | 00:32:35 | 01:01:24 | 01:31:46 | 02:01:42 | 02:09:35 | 02:10:19 | | 450 |
| 515 | 20 | GROMMUNT PIOTR | PŁOCK | | 1980 | M30-39 | 184 | 00:01:02 | 6:08 | 9,8 | 00:31:25 | 00:59:14 | 01:28:55 | 01:59:47 | 02:09:22 | 02:10:24 | | 451 |
| 516 | 39 | SZARMACH ANDRZEJ | PŁOCK | | 1980 | M30-39 | 185 | 00:00:26 | 6:10 | 9,7 | 00:28:55 | 00:56:02 | 01:26:35 | 02:00:13 | 02:10:01 | 02:10:27 | | 452 |
| 517 | 540 | ROGACKA EWELINA | GOSTYNIN | | 1987 | K18-29 | 20 | 00:01:05 | 6:08 | 9,8 | 00:32:21 | 01:00:37 | 01:30:40 | 02:00:55 | 02:09:30 | 02:10:35 | | 65 |
| 518 | 857 | PACZKOWSKI ANDRZEJ | SIERPC | TKKF KUBUŚ | 1943 | M70+ | 1 | 00:00:38 | 6:10 | 9,7 | 00:31:55 | 01:00:46 | 01:30:05 | 02:00:49 | 02:09:58 | 02:10:36 | | 453 |
| 519 | 35 | ZABOROWSKI ŁUKASZ | DROBIN | | 1986 | M30-39 | 186 | 00:00:08 | 6:11 | 9,7 | 00:28:35 | 00:54:48 | 01:27:18 | 02:00:19 | 02:10:31 | 02:10:39 | | 454 |
| 520 | 393 | STUPECKI PIOTR | PŁOCK | | 1986 | M30-39 | 187 | 00:01:03 | 6:09 | 9,8 | 00:29:33 | 00:55:46 | 01:25:33 | 02:00:10 | 02:09:40 | 02:10:43 | | 455 |
| 521 | 527 | ZYGADLIŃSKI DARIUSZ | PŁOCK | NIGHT RUNNERS PŁOCK | 1973 | M40-49 | 133 | 00:00:23 | 6:11 | 9,7 | 00:27:56 | 00:54:57 | 01:28:16 | 02:01:44 | 02:10:31 | 02:10:54 | | 456 |
| 522 | 53 | BIERNAT KATARZYNA | PŁOCK | TKKF PŁOCK | 1978 | K30-39 | 29 | 00:00:35 | 6:11 | 9,7 | 00:32:27 | 01:00:31 | 01:31:27 | 02:01:31 | 02:10:22 | 02:10:57 | | 66 |
| 523 | 679 | LASKOWSKI WOJCIECH | WARSZAWA | | 1978 | M30-39 | 188 | 00:00:50 | 6:10 | 9,7 | 00:32:56 | 01:01:01 | 01:30:52 | 02:01:17 | 02:10:15 | 02:11:05 | | 457 |
| 524 | 680 | LASKOWSKA AGNIESZKA | WARSZAWA | | 1978 | K30-39 | 30 | 00:00:50 | 6:10 | 9,7 | 00:32:57 | 01:01:03 | 01:30:57 | 02:01:22 | 02:10:16 | 02:11:06 | | 67 |
| 525 | 419 | PARZYŃSKI ŁUKASZ | PŁOCK | | 1984 | M30-39 | 189 | 00:00:55 | 6:10 | 9,7 | 00:30:52 | 00:58:02 | 01:29:08 | 02:01:17 | 02:10:15 | 02:11:10 | | 458 |
| 526 | 854 | PEWUŁA ANDRZEJ | PŁOCK | | 1982 | M30-39 | 190 | 00:00:55 | 6:10 | 9,7 | 00:30:53 | 00:58:03 | 01:29:09 | 02:01:17 | 02:10:16 | 02:11:11 | | 459 |
| 527 | 67 | ŻÓŁTOWSKI PAWEŁ | PŁOCK | | 1975 | M40-49 | 134 | 00:00:24 | 6:13 | 9,7 | 00:28:34 | 00:55:41 | 01:25:49 | 02:00:32 | 02:11:03 | 02:11:27 | | 460 |
| 528 | 605 | RZECHÓŁKO KAMIL | RADZANOWO | | 1989 | M18-29 | 90 | 00:00:29 | 6:13 | 9,7 | 00:30:00 | 00:58:50 | 01:26:58 | 01:59:34 | 02:11:02 | 02:11:31 | | 461 |
| 529 | 797 | JĘDRZEJEWSKI PAWEŁ | SŁUPNO | | 1969 | M40-49 | 135 | 00:00:35 | 6:13 | 9,7 | 00:28:49 | 00:56:27 | 01:27:01 | 02:01:48 | 02:11:01 | 02:11:36 | | 462 |
| 530 | 571 | BIŃKOWSKI JAROSŁAW | PŁOCK | NO NAME | 1974 | M40-49 | 136 | 00:00:55 | 6:12 | 9,7 | 00:30:29 | 00:57:39 | 01:28:02 | 02:02:13 | 02:10:46 | 02:11:41 | | 463 |
| 531 | 806 | MARKOWSKA OKTAWIA | MALBORK | KS STASZEWSKY | 1979 | K30-39 | 31 | 00:01:00 | 6:12 | 9,7 | 00:32:42 | 01:00:08 | 01:30:10 | 02:01:37 | 02:10:41 | 02:11:41 | | 68 |
| 532 | 93 | GRABOWICZ ADAM | PŁOCK | | 1985 | M30-39 | 191 | 00:01:15 | 6:11 | 9,7 | 00:33:16 | 01:01:22 | 01:31:27 | 02:01:48 | 02:10:28 | 02:11:43 | | 464 |
| 533 | 649 | ANDRYCHOWICZ ANETA | WARSZAWA | | 1987 | K18-29 | 21 | 00:00:26 | 6:14 | 9,6 | 00:32:31 | 01:01:12 | 01:31:28 | 02:02:31 | 02:11:21 | 02:11:47 | | 69 |
| 534 | 293 | WYCISZKIEWICZ KATARZYNA | GLINOJEK | | 1989 | K18-29 | 22 | 00:00:23 | 6:14 | 9,6 | 00:30:12 | 00:57:19 | 01:27:31 | 02:02:15 | 02:11:26 | 02:11:49 | | 70 |
| 535 | 46 | PIETRZAK PIOTR | PŁOCK | | 1983 | M30-39 | 192 | 00:00:40 | 6:13 | 9,6 | 00:32:12 | 01:00:39 | 01:31:25 | 02:02:25 | 02:11:19 | 02:11:59 | | 465 |
| 536 | 788 | BOROWSKA ANNA | LISZYNO | | 1994 | K18-29 | 23 | 00:01:03 | 6:13 | 9,7 | 00:32:23 | 01:00:39 | 01:31:04 | 02:02:01 | 02:11:07 | 02:12:10 | | 71 |
| 537 | 479 | WÓJCIK ROBERT | WARSZAWA | | 1975 | M40-49 | 137 | 00:00:45 | 6:14 | 9,6 | 00:31:42 | 00:59:20 | 01:29:25 | 02:01:35 | 02:11:31 | 02:12:16 | | 466 |
| 538 | 176 | WAJSZCZAK TOMASZ | PŁOCK | | 1980 | M30-39 | 193 | 00:00:55 | 6:14 | 9,6 | 00:32:18 | 01:00:31 | 01:30:53 | 02:02:00 | 02:11:26 | 02:12:21 | | 467 |
| 539 | 847 | KOŁODZIEJSKI CEZARY | GOSTYNIN | | 1970 | M40-49 | 138 | 00:00:03 | 6:16 | 9,6 | 00:31:34 | 01:00:26 | 01:31:22 | 02:02:51 | 02:12:23 | 02:12:26 | | 468 |
| 540 | 144 | GROCHAL MICHAŁ | PRZEZMIEROWO | | 1988 | M18-29 | 91 | 00:01:21 | 6:13 | 9,7 | 00:33:06 | 01:01:04 | 01:31:36 | 02:02:29 | 02:11:05 | 02:12:26 | | 469 |

5. PÓŁMARATON DWÓCH MOSTÓW

Organizator: UM Płock; Płocki Ośrodek Kultury i Sztuki; Miejski Zespół Obiektów Sportowych Jednostka Budżetowa w Płocku; Centrum Widowskowo – Sportowe Orleń Arena Jednostka Budżetowa w Płocku. Rejonowe Płockie Wodne Ochotnicze Pogotowie Ratunkowe w Płocku.



Data: 11-09-2016

Dystans: 21,0975 km

Miejscowość: PŁOCK

Klasyfikacja OPEN

| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Rok urodz. | Kat wiek. | M-ce w kat | Czas startu | tempo min/km | tempo km/h | 5km | 10km | 15km | 19km | Czas netto | Wynik | M | K |
|------|---------|-------------------------------|---------------------|-------------------------|------------|-----------|------------|-------------|--------------|------------|----------|----------|----------|----------|------------|----------|-----|----|
| 541 | 146 | FILIPOWICZ BARBARA | POZNAŃ | | 1978 | K30-39 | 32 | 00:01:21 | 6:13 | 9,7 | 00:33:08 | 01:01:13 | 01:31:41 | 02:02:30 | 02:11:05 | 02:12:26 | | 72 |
| 542 | 408 | GARKOWSKI TOMASZ | PŁOCK | | 1974 | M40-49 | 139 | 00:00:39 | 6:15 | 9,6 | 00:30:49 | 00:57:55 | 01:28:11 | 02:02:20 | 02:11:53 | 02:12:32 | 470 | |
| 543 | 437 | DOMINIAK JANUSZ | PŁOCK | | 1964 | M50-59 | 39 | 00:01:20 | 6:13 | 9,6 | 00:33:14 | 01:01:51 | 01:32:16 | 02:02:49 | 02:11:16 | 02:12:36 | 471 | |
| 544 | 553 | GONDOWICZ MARCIN | PŁOCK | WWW.GARY.PL | 1976 | M40-49 | 140 | 00:00:27 | 6:16 | 9,6 | 00:31:03 | 01:00:14 | 01:30:38 | 02:03:06 | 02:12:19 | 02:12:46 | 472 | |
| 545 | 539 | JÓŹWIAK MATEUSZ | PŁOCK | | 1996 | M18-29 | 92 | 00:01:17 | 6:14 | 9,6 | 00:33:39 | 01:02:26 | 01:32:25 | 02:03:11 | 02:11:30 | 02:12:47 | 473 | |
| 546 | 610 | KACZOR KATARZYNA | GOSTYNIN | | 1986 | K30-39 | 33 | 00:01:17 | 6:14 | 9,6 | 00:33:37 | 01:02:27 | 01:32:24 | 02:03:11 | 02:11:30 | 02:12:47 | | 73 |
| 547 | 747 | KRZEWINA PAWEŁ | WŁOCŁAWEK | ORLEŃ RUNNING TEAM | 1969 | M40-49 | 141 | 00:00:55 | 6:16 | 9,6 | 00:31:21 | 01:01:17 | 01:31:26 | 02:02:59 | 02:12:04 | 02:12:59 | 474 | |
| 548 | 455 | SZOST MARCIN | ZGORZAŁA | DRUŻYNA KAPITANA TYMCIA | 1976 | M40-49 | 142 | 00:00:51 | 6:16 | 9,6 | 00:33:01 | 01:01:05 | 01:33:03 | 02:03:11 | 02:12:14 | 02:13:05 | 475 | |
| 549 | 328 | PAWELEC ROBERT | PŁOCK | | 1980 | M30-39 | 194 | 00:00:00 | 6:19 | 9,5 | | | | 02:03:18 | 02:13:09 | 02:13:09 | 476 | |
| 550 | 608 | GAJEWSKI MARIUSZ | PŁOCK | | 1984 | M30-39 | 195 | 00:01:09 | 6:15 | 9,6 | 00:33:23 | | 01:32:15 | 02:02:48 | 02:12:02 | 02:13:11 | 477 | |
| 551 | 311 | PIŁAT ANNA | GOZDOWO | | 1996 | K18-29 | 24 | 00:00:04 | 6:19 | 9,5 | 00:30:39 | 00:59:49 | 01:30:42 | 02:03:21 | 02:13:21 | 02:13:25 | | 74 |
| 552 | 308 | ZDROJEWSKI HUBERT | BIAŁA | | 1992 | M18-29 | 93 | 00:01:19 | 6:16 | 9,6 | 00:32:48 | 01:00:23 | 01:31:26 | 02:03:45 | 02:12:09 | 02:13:28 | 478 | |
| 553 | 43 | MAŃKOWSKA ANETA | PŁOCK | | 1978 | K30-39 | 34 | 00:01:06 | 6:17 | 9,6 | 00:34:53 | | 01:34:26 | 02:04:08 | 02:12:30 | 02:13:36 | | 75 |
| 554 | 32 | GRABOWSKI ANDRZEJ | SŁUPNO | BO JAK NIE MY TO KTO :) | 1976 | M40-49 | 143 | 00:00:36 | 6:19 | 9,5 | 00:30:30 | 00:58:18 | 01:29:04 | 02:02:48 | 02:13:17 | 02:13:53 | 479 | |
| 555 | 102 | BRZOZOWSKI ŁUKASZ | POZNAŃ | BRZOZA TEAM | 1981 | M30-39 | 196 | 00:00:50 | 6:18 | 9,5 | 00:30:30 | 00:57:50 | 01:28:28 | 02:03:08 | 02:13:05 | 02:13:55 | 480 | |
| 556 | 805 | TARASZKIEWICZ SZYMON | SŁUPNO | TEAM SŁUPNO | 1978 | M30-39 | 197 | 00:00:28 | 6:20 | 9,5 | 00:29:19 | 00:56:12 | 01:27:46 | 02:01:57 | 02:13:37 | 02:14:05 | 481 | |
| 557 | 198 | TRZECIAK MARIUSZ | JANÓWKA | | 1981 | M30-39 | 198 | 00:00:29 | 6:20 | 9,5 | 00:31:21 | 01:00:20 | 01:30:08 | 02:02:54 | 02:13:36 | 02:14:05 | 482 | |
| 558 | 139 | KĘPCZYŃSKA EWA | BOROWICZKI-PIEŃKI | | 1990 | K18-29 | 25 | 00:01:01 | 6:19 | 9,5 | 00:33:26 | 01:02:42 | 01:34:45 | 02:05:03 | 02:13:12 | 02:14:13 | | 76 |
| 559 | 545 | CENA KAROL | WARSZAWA | | 1976 | M40-49 | 144 | 00:01:02 | 6:19 | 9,5 | 00:30:35 | 00:58:05 | 01:29:59 | 02:04:09 | 02:13:12 | 02:14:14 | 483 | |
| 560 | 270 | KONOPKO-ODROWĄŻ PAWEŁ | WŁOCŁAWEK | | 1978 | M30-39 | 199 | 00:00:42 | 6:20 | 9,5 | 00:33:20 | 01:01:37 | 01:32:33 | 02:04:37 | 02:13:38 | 02:14:20 | 484 | |
| 561 | 569 | RUDZIŃSKI DANIEL | PRUSZKÓW | | 1980 | M30-39 | 200 | 00:00:59 | 6:19 | 9,5 | 00:33:19 | 01:02:42 | 01:34:44 | 02:05:02 | 02:13:24 | 02:14:23 | 485 | |
| 562 | 420 | PĘCHERZEWSKI NORBERT | BOROWICZKI-PIEŃKI | RYKOWISKO / Z LASU | 1978 | M30-39 | 201 | 00:00:37 | 6:21 | 9,4 | 00:30:07 | 00:57:12 | 01:29:40 | 02:04:00 | 02:14:03 | 02:14:40 | 486 | |
| 563 | 840 | KŁOSOWSKI KRZYSZTOF | KROSNO | KOTY NA MEDAL | 1991 | M18-29 | 94 | 00:00:30 | 6:22 | 9,4 | 00:31:56 | 01:00:22 | 01:30:56 | 02:05:17 | 02:14:22 | 02:14:52 | 487 | |
| 564 | 348 | KAŹMIERSKI HUBERT | BIAŁA | | 1992 | M18-29 | 95 | 00:00:33 | 6:22 | 9,4 | 00:29:42 | 00:57:43 | 01:28:37 | 02:04:16 | 02:14:20 | 02:14:53 | 488 | |
| 565 | 772 | RUCIŃSKA MARZENA | PŁOCK | | 1986 | K30-39 | 35 | 00:00:20 | 6:23 | 9,4 | 00:32:17 | 01:01:21 | 01:32:35 | 02:05:13 | 02:14:37 | 02:14:57 | | 77 |
| 566 | 257 | WOŹNIAK DARIUSZ | PŁOCK | | 1989 | M18-29 | 96 | 00:01:02 | 6:22 | 9,4 | 00:32:39 | 01:01:01 | 01:31:21 | 02:04:28 | 02:14:16 | 02:15:18 | 489 | |
| 567 | 220 | BIGORAJSKA ALEKSANDRA | NOWE PROBOSZCZEWICE | | 1996 | K18-29 | 26 | 00:00:13 | 6:24 | 9,4 | 00:31:46 | 01:01:26 | 01:33:18 | 02:05:39 | 02:15:07 | 02:15:20 | | 78 |
| 568 | 728 | OLEJNICZAK HUBERT | GRABINA | | 1992 | M18-29 | 97 | 00:00:53 | 6:23 | 9,4 | 00:33:15 | 01:02:18 | 01:32:36 | 02:05:11 | 02:14:31 | 02:15:24 | 490 | |
| 569 | 445 | STAROSZCZYK AGNIESZKA | WARSZAWA | SPIĘTE POŚLADKI | 1977 | K30-39 | 36 | 00:00:33 | 6:24 | 9,4 | 00:33:15 | 01:04:07 | 01:35:14 | 02:05:47 | 02:14:57 | 02:15:30 | | 79 |
| 570 | 533 | BEDNARZAK TADEUSZ | SIEDLCE | NIEZRZESZONY | 1958 | M50-59 | 40 | 00:01:19 | 6:22 | 9,4 | 00:34:12 | 01:03:02 | 01:34:45 | 02:06:06 | 02:14:16 | 02:15:35 | 491 | |
| 571 | 163 | POPLAWSKI MARIUSZ | ŁÓDŹ | VOLKSWAGEN BURSIAK | 1979 | M30-39 | 202 | 00:00:47 | 6:24 | 9,4 | 00:31:28 | 00:58:41 | 01:29:03 | 02:04:32 | 02:14:56 | 02:15:43 | 492 | |
| 572 | 130 | RÓJ KARKOWSKA AGATA | PŁOCK | PŁOCKI KLUB KOLARSKI | 1979 | K30-39 | 37 | 00:01:18 | 6:23 | 9,4 | 00:33:57 | 01:03:13 | 01:34:25 | 02:06:19 | 02:14:40 | 02:15:58 | | 80 |
| 573 | 724 | WALENCIK MAREK | PIONKI | | 1955 | M60-69 | 9 | 00:01:29 | 6:23 | 9,4 | 00:33:29 | 01:02:57 | 01:36:33 | 02:06:23 | 02:14:33 | 02:16:02 | 493 | |
| 574 | 289 | RZYMSKA SYLWIA | PŁOCK | BIEGAMPŁOCK TEAM | 1978 | K30-39 | 38 | 00:01:03 | 6:25 | 9,4 | 00:30:59 | 01:00:15 | 01:32:19 | 02:06:06 | 02:15:14 | 02:16:17 | | 81 |
| 575 | 672 | JEDRZEJEWSKA RENATA | SŁUPNO | | 1968 | K40-49 | 16 | 00:00:36 | 6:26 | 9,3 | 00:31:52 | 01:01:14 | 01:33:14 | 02:06:34 | 02:15:42 | 02:16:18 | 82 | |
| 576 | 41 | KOŚMIK RFAŁ | BRODNICA | INFORMATYK TEŻ BIEGA | 1988 | M18-29 | 98 | 00:00:48 | 6:26 | 9,3 | 00:30:59 | 00:59:51 | 01:32:17 | 02:06:05 | 02:15:35 | 02:16:23 | 494 | |
| 577 | 828 | ZAWADZKA-WASIURA JOANNA | PŁOCK | | 1982 | K30-39 | 39 | 00:00:00 | 6:28 | 9,3 | 00:32:21 | | 01:33:40 | 02:06:28 | 02:16:24 | 02:16:24 | 83 | |
| 578 | 433 | LIBERACKA JUSTYNA | PŁOCK | | 1983 | K30-39 | 40 | 00:01:07 | 6:25 | 9,3 | 00:33:13 | 01:01:04 | 01:32:15 | 02:07:04 | 02:15:28 | 02:16:35 | 84 | |
| 579 | 784 | DYMEL PIOTR | PŁOCK | | 1981 | M30-39 | 203 | 00:00:34 | 6:27 | 9,3 | 00:32:22 | 01:01:07 | 01:31:44 | 02:05:38 | 02:16:02 | 02:16:36 | 495 | |
| 580 | 239 | KAŹMIERCZAK-MYSZYŃSKA PAULINA | ZAWIDZ | TKKF KUBUŚ SIERPC | 1979 | K30-39 | 41 | 00:00:16 | 6:28 | 9,3 | 00:29:26 | 00:58:06 | 01:29:25 | 02:05:04 | 02:16:27 | 02:16:43 | 85 | |
| 581 | 108 | PROCHWICZ TOMASZ | RADOMSKO | | 1987 | M18-29 | 99 | 00:00:56 | 6:26 | 9,3 | 00:33:35 | 01:03:14 | 01:34:15 | 02:06:48 | 02:15:53 | 02:16:49 | 496 | |
| 582 | 64 | BOŃCZUŁ MARCIN | PŁOCK | | 1986 | M30-39 | 204 | 00:00:28 | 6:28 | 9,3 | 00:32:09 | 00:59:45 | 01:31:37 | 02:06:07 | 02:16:23 | 02:16:51 | 497 | |
| 583 | 170 | CHAŁUPKA MARCIN | WOLSZTYN | CHALUPCZOK TEAM | 1968 | M40-49 | 145 | 00:00:30 | 6:28 | 9,3 | 00:31:41 | 01:00:54 | 01:31:32 | 02:06:10 | 02:16:29 | 02:16:59 | 498 | |
| 584 | 648 | SHKUDA JULIA | WARSZAWA | | 1991 | K18-29 | 27 | 00:01:05 | 6:27 | 9,3 | 00:33:18 | 01:02:48 | 01:33:51 | 02:06:41 | 02:16:01 | 02:17:06 | | 86 |
| 585 | 224 | TUMALSKI ANDRZEJ | PŁOCK | NIEZRZESZONY | 1954 | M60-69 | 10 | 00:00:28 | 6:29 | 9,3 | 00:30:21 | 00:58:10 | 01:30:15 | 02:05:19 | 02:16:39 | 02:17:07 | 499 | |

5. PÓŁMARATON DWÓCH MOSTÓW

Organizator: UM Płock; Płocki Ośrodek Kultury i Sztuki; Miejski Zespół Obiektów Sportowych Jednostka Budżetowa w Płocku; Centrum Widowskowo – Sportowe Orle Arena Jednostka Budżetowa w Płocku. Rejonowe Płockie Wodne Ochotnicze Pogotowie Ratunkowe w Płocku.



Data: 11-09-2016

Dystans: 21,0975 km

Miejscowość: PŁOCK

Klasyfikacja OPEN

| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Rok urodz. | Kat wiek. | M-ce w kat | Czas startu | tempo min/km | tempo km/h | 5km | 10km | 15km | 19km | Czas netto | Wynik | M | K |
|------|---------|----------------------|---------------|--------------------------|------------|-----------|------------|-------------|--------------|------------|----------|----------|----------|----------|------------|-----------------|-----|----|
| 586 | 600 | KARKOWSKI RAFAŁ | PŁOCK | PŁOCKI KLUB KOLARSKI | 1977 | M30-39 | 205 | 00:01:18 | 6:26 | 9,3 | 00:33:57 | 01:03:12 | 01:34:25 | 02:06:18 | 02:15:51 | 02:17:09 | 500 | |
| 587 | 356 | IWAŃSKI MACIEJ | KUTNO | KUTNO BIEGA | 1953 | M60-69 | 11 | 00:01:10 | 6:27 | 9,3 | 00:34:07 | 01:04:19 | 01:34:39 | 02:07:28 | 02:16:02 | 02:17:12 | 501 | |
| 588 | 33 | SYNAKOWSKI JAROSŁAW | PŁOCK | PŁOCK BIEGA NO AGE LIMIT | 1971 | M40-49 | 146 | 00:01:00 | 6:28 | 9,3 | 00:32:00 | 01:00:56 | 01:32:14 | 02:06:33 | 02:16:20 | 02:17:20 | 502 | |
| 589 | 145 | KALISZEWSKI JAROSŁAW | PŁOCK | NIGHT RUNNERS PŁOCK | 1976 | M40-49 | 147 | 00:00:31 | 6:29 | 9,2 | 00:30:13 | 00:59:20 | 01:31:05 | 02:06:08 | 02:16:52 | 02:17:23 | 503 | |
| 590 | 384 | ZABŁOCKA KATARZYNA | WARSZAWA | LECHICI ZIELONKA | 1978 | K30-39 | 42 | 00:01:14 | 6:28 | 9,3 | 00:35:59 | 01:06:16 | 01:36:55 | 02:07:51 | 02:16:24 | 02:17:38 | | 87 |
| 591 | 531 | ŁUSTYŃSKI MICHAŁ | KRZYŻANÓW | 0,0756944444444444 | 1995 | M18-29 | 100 | 00:00:42 | 6:30 | 9,2 | 00:32:19 | 01:01:18 | 01:34:16 | 02:07:59 | 02:16:59 | 02:17:41 | 504 | |
| 592 | 837 | PARA ANNA | KROSNO | KOTY NA MEDAL | 1988 | K18-29 | 28 | 00:00:29 | 6:30 | 9,2 | 00:32:01 | 01:01:37 | 01:33:23 | 02:06:46 | 02:17:12 | 02:17:41 | | 88 |
| 593 | 641 | KUBIK MALWINA | GOSTYNIN | | 1997 | K18-29 | 29 | 00:00:42 | 6:30 | 9,2 | 00:31:45 | 01:01:18 | 01:34:16 | 02:07:59 | 02:17:00 | 02:17:42 | 89 | |
| 594 | 186 | CHUDZIK MAGDA | PŁOCK | | 1984 | K30-39 | 43 | 00:00:53 | 6:29 | 9,2 | 00:34:12 | 01:03:01 | 01:35:05 | 02:07:49 | 02:16:55 | 02:17:48 | 90 | |
| 595 | 238 | WIĄCEK MARIUSZ | STARACHOWICE | | 1971 | M40-49 | 148 | 00:01:06 | 6:29 | 9,3 | 00:33:18 | 01:02:20 | 01:34:14 | 02:06:54 | 02:16:45 | 02:17:51 | 505 | |
| 596 | 273 | KRUSZEWSKI PIOTR | PŁOCK | FITAP TRENER PERSONALNY | 1978 | M30-39 | 206 | 00:01:11 | 6:29 | 9,3 | 00:31:12 | 01:00:34 | 01:32:26 | 02:07:08 | 02:16:48 | 02:17:59 | 506 | |
| 597 | 111 | GULCZYŃSKI ŁUKASZ | PŁOCK | | 1983 | M30-39 | 207 | 00:01:13 | 6:29 | 9,2 | 00:33:17 | 00:59:54 | 01:30:23 | 02:05:31 | 02:16:51 | 02:18:04 | 507 | |
| 598 | 286 | SKOTAK ANDRZEJ | PŁOCK | | 1967 | M40-49 | 149 | 00:00:54 | 6:30 | 9,2 | 00:30:30 | 00:58:12 | 01:30:24 | 02:06:36 | 02:17:18 | 02:18:12 | 508 | |
| 599 | 827 | OŁOWSKI MIECZYŚŁAW | ZIELONKA | | 1962 | M50-59 | 41 | 00:00:52 | 6:31 | 9,2 | 00:32:50 | 01:03:11 | 01:35:41 | 02:08:34 | 02:17:25 | 02:18:17 | 509 | |
| 600 | 563 | BUDNICKA JOANNA | PŁOCK | | 1989 | K18-29 | 30 | 00:00:33 | 6:32 | 9,2 | 00:33:19 | 01:03:44 | 01:35:35 | 02:07:38 | 02:17:47 | 02:18:20 | | 91 |
| 601 | 119 | ZIEMKOWSKI JACEK | SOCHACZEW | JEDNOSTKA WOJSKOWA 3939 | 1968 | M40-49 | 150 | 00:01:20 | 6:30 | 9,2 | 00:35:06 | 01:05:49 | 01:37:37 | 02:08:09 | 02:17:11 | 02:18:31 | 510 | |
| 602 | 255 | CHRAPKOWSKI MARIUSZ | PŁOCK | | 1978 | M30-39 | 208 | 00:00:51 | 6:32 | 9,2 | 00:31:58 | 01:00:05 | 01:31:31 | 02:07:40 | 02:17:54 | 02:18:45 | 511 | |
| 603 | 446 | ZIÓŁEK ANDRZEJ | NOWE GULCZEWO | RYKOWISKO 2 | 1969 | M40-49 | 151 | 00:00:36 | 6:34 | 9,1 | 00:32:08 | 01:01:45 | 01:34:22 | 02:08:28 | 02:18:28 | 02:19:04 | 512 | |
| 604 | 789 | ZIELIŃSKA MAŁGORZATA | KUTNO | | 1970 | K40-49 | 17 | 00:00:35 | 6:34 | 9,1 | 00:33:02 | 01:02:44 | 01:34:44 | 02:08:34 | 02:18:29 | 02:19:04 | | 92 |
| 605 | 191 | POPOWSKI GRZEGORZ | PŁOCK | | 1977 | M30-39 | 209 | 00:00:40 | 6:34 | 9,1 | 00:32:15 | 01:01:26 | 01:34:19 | 02:08:44 | 02:18:27 | 02:19:07 | 513 | |
| 606 | 126 | GIERA DAMIAN | SOCHACZEW | | 1989 | M18-29 | 101 | 00:00:35 | 6:34 | 9,1 | 00:33:19 | 01:04:18 | 01:37:05 | 02:09:00 | 02:18:33 | 02:19:08 | 514 | |
| 607 | 375 | KAJKOWSKA ANNA | PŁOCK | LIVE LOVE RUN | 1971 | K40-49 | 18 | 00:01:10 | 6:32 | 9,2 | 00:34:11 | 01:03:57 | 01:36:22 | 02:08:59 | 02:18:00 | 02:19:10 | | 93 |
| 608 | 120 | KARWOWSKI MICHAŁ | WARSZAWA | KGN | 1982 | M30-39 | 210 | 00:00:20 | 6:36 | 9,1 | 00:30:28 | | 01:33:07 | 02:08:28 | 02:19:05 | 02:19:25 | 515 | |
| 609 | 183 | WIELUŃSKA JOLANTA | PŁOCK | PŁOCK BIEGA NO AGE LIMIT | 1963 | K50-59 | 3 | 00:01:10 | 6:34 | 9,1 | 00:32:30 | 01:02:31 | 01:35:04 | 02:08:51 | 02:18:31 | 02:19:41 | | 94 |
| 610 | 427 | MATRAS ANNA | MARKI | LECHICI ZIELONKA | 1960 | K50-59 | 4 | 00:01:04 | 6:34 | 9,1 | 00:33:58 | 01:03:32 | 01:35:39 | 02:08:48 | 02:18:39 | 02:19:43 | | 95 |
| 611 | 63 | STROŃSKI JACEK | PŁOCK | | 1976 | M40-49 | 152 | 00:00:46 | 6:35 | 9,1 | 00:35:33 | 01:05:15 | 01:37:56 | 02:10:23 | 02:19:04 | 02:19:50 | 516 | |
| 612 | 355 | GAWOR MAREK | PŁOCK | NIGHT RUNNERS PŁOCK | 1981 | M30-39 | 211 | 00:00:56 | 6:35 | 9,1 | 00:34:12 | 01:03:01 | 01:35:08 | 02:09:38 | 02:19:03 | 02:19:59 | 517 | |
| 613 | 61 | PIASKOWSKI RAFAŁ | PŁOCK | | 1984 | M30-39 | 212 | 00:00:34 | 6:37 | 9,1 | 00:32:31 | 01:02:35 | 01:34:38 | 02:09:36 | 02:19:26 | 02:20:00 | 518 | |
| 614 | 461 | WIĘCKOWSKA MARZENA | LELICE | | 1969 | K40-49 | 19 | 00:00:15 | 6:37 | 9,1 | 00:31:08 | 01:02:08 | 01:35:35 | 02:09:32 | 02:19:46 | 02:20:01 | | 96 |
| 615 | 329 | JARECKI MICHAŁ | BRWILNO | | 1974 | M40-49 | 153 | 00:01:13 | 6:35 | 9,1 | 00:34:36 | 01:05:40 | 01:37:19 | 02:09:52 | 02:18:54 | 02:20:07 | 519 | |
| 616 | 521 | WIKTOROWSKI MARCIN | ROGOZINO | | 1979 | M30-39 | 213 | 00:00:58 | 6:36 | 9,1 | 00:35:52 | 01:06:04 | 01:37:30 | 02:09:45 | 02:19:12 | 02:20:10 | 520 | |
| 617 | 73 | WNUK OLGA | NOWE GULCZEWO | | 1976 | K40-49 | 20 | 00:00:58 | 6:36 | 9,1 | 00:34:01 | 01:05:42 | 01:38:18 | 02:10:48 | 02:19:15 | 02:20:13 | | 97 |
| 618 | 757 | ROMANOWSKI PATRYK | PŁOCK | ORLEN RUNNING TEAM | 1975 | M40-49 | 154 | 00:00:57 | 6:36 | 9,1 | 00:34:01 | 01:05:41 | 01:38:18 | 02:10:48 | 02:19:24 | 02:20:21 | 521 | |
| 619 | 309 | BOGUSZEWSKI MICHAŁ | PŁOCK | | 1981 | M30-39 | 214 | 00:00:07 | 6:39 | 9,0 | 00:28:37 | 00:58:05 | 01:32:46 | 02:09:57 | 02:20:27 | 02:20:34 | 522 | |
| 620 | 300 | JANUSZEWSKA OLIVIA | PŁOCK | | 1998 | K18-29 | 31 | 00:00:56 | 6:38 | 9,1 | 00:31:30 | 01:01:16 | 01:33:57 | 02:09:34 | 02:19:51 | 02:20:47 | | 98 |
| 621 | 646 | KUREK KRZYSZTOF | PŁOCK | PŁOCK BIEGA NO AGE LIMIT | 1974 | M40-49 | 155 | 00:01:00 | 6:38 | 9,0 | 00:35:29 | 01:05:53 | 01:37:59 | 02:10:40 | 02:20:01 | 02:21:01 | 523 | |
| 622 | 505 | ZALEWSKI TOMASZ | SŁUPNO | | 1983 | M30-39 | 215 | 00:01:27 | 6:37 | 9,1 | 00:32:53 | 01:01:15 | 01:34:44 | 02:10:49 | 02:19:41 | 02:21:08 | 524 | |
| 623 | 699 | GLAZIK RENATA | FABIANKI | | 1975 | K40-49 | 21 | 00:00:28 | 6:40 | 9,0 | 00:33:00 | 01:03:57 | 01:36:37 | 02:10:49 | 02:20:40 | 02:21:08 | | 99 |
| 624 | 264 | BURAS PIOTR | GOZDOWO | PIOTREK BIEGA | 1972 | M40-49 | 156 | 00:00:45 | 6:39 | 9,0 | 00:33:51 | 01:04:23 | 01:36:58 | 02:10:16 | 02:20:28 | 02:21:13 | 525 | |
| 625 | 284 | KOZICZAK PIOTR | KUTNO | | 1964 | M50-59 | 42 | 00:00:47 | 6:40 | 9,0 | 00:32:22 | 01:01:19 | 01:35:36 | 02:10:54 | 02:20:40 | 02:21:27 | 526 | |
| 626 | 529 | LEWANDOWICZ ŁUKASZ | GOSTYNIN | | 1988 | M18-29 | 102 | 00:00:41 | 6:41 | 9,0 | 00:31:56 | 00:59:18 | 01:29:06 | 02:09:07 | 02:20:55 | 02:21:36 | 527 | |
| 627 | 235 | CHRZANOWSKI ANDRZEJ | SŁUPNO | TRENDY TRAVEL PŁOCK | 1955 | M60-69 | 12 | 00:00:46 | 6:41 | 9,0 | 00:31:23 | 01:00:10 | 01:33:42 | 02:10:30 | 02:20:52 | 02:21:38 | 528 | |
| 628 | 42 | KUBISSA WOJCIECH | PŁOCK | | 1972 | M40-49 | 157 | 00:01:11 | 6:40 | 9,0 | 00:33:48 | 01:03:38 | 01:35:50 | 02:10:18 | 02:20:46 | 02:21:57 | 529 | |
| 629 | 716 | SZCZEPAŃSKI MICHAŁ | CIECHANÓW | | 1981 | M30-39 | 216 | 00:01:26 | 6:41 | 9,0 | 00:37:37 | 01:09:33 | 01:40:08 | 02:11:59 | 02:20:50 | 02:22:16 | 530 | |
| 630 | 157 | KRYSIAK ARTUR | PŁOCK | | 1985 | M30-39 | 217 | 00:01:16 | 6:41 | 9,0 | 00:34:14 | 01:03:35 | 01:36:05 | 02:12:02 | 02:21:07 | 02:22:23 | 531 | |

5. PÓŁMARATON DWÓCH MOSTÓW

Organizator: UM Płock; Płocki Ośrodek Kultury i Sztuki; Miejski Zespół Obiektów Sportowych Jednostka Budżetowa w Płocku; Centrum Widowskowo – Sportowe Orleń Arena Jednostka Budżetowa w Płocku. Rejonowe Płockie Wodne Ochotnicze Pogotowie Ratunkowe w Płocku.



Data: 11-09-2016

Dystans: 21,0975 km

Miejscowość: PŁOCK

Klasyfikacja OPEN

| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Rok urodz. | Kat wiek. | M-ce w kat | Czas startu | tempo min/km | tempo km/h | 5km | 10km | 15km | 19km | Czas netto | Wynik | M | K |
|------|---------|------------------------|---------------------|--------------------------|------------|-----------|------------|-------------|--------------|------------|----------|----------|----------|----------|------------|----------|-----|-----|
| 631 | 314 | KOWALSKI ŁUKASZ | WARSZAWA | | 1982 | M30-39 | 218 | 00:01:22 | 6:42 | 9,0 | 00:39:30 | 01:10:18 | 01:42:55 | 02:13:25 | 02:21:21 | 02:22:43 | 532 | |
| 632 | 36 | BARANOWSKI ROMUALD | PŁOCK | PŁOCK BIEGA NO AGE LIMIT | 1968 | M40-49 | 158 | 00:01:25 | 6:42 | 9,0 | 00:35:57 | 01:06:17 | 01:38:53 | 02:11:54 | 02:21:23 | 02:22:48 | 533 | |
| 633 | 499 | CZUBAK KATARZYNA | PŁOCK | PŁOCK BIEGA NO AGE LIMIT | 1979 | K30-39 | 44 | 00:01:25 | 6:42 | 9,0 | 00:35:57 | 01:06:17 | 01:38:52 | 02:11:54 | 02:21:23 | 02:22:48 | | 100 |
| 634 | 132 | PIECHOCKI DAMIAN | WARSZAWA | BLACK FIRE | 1974 | M40-49 | 159 | 00:01:10 | 6:43 | 8,9 | | 01:04:41 | 01:38:30 | 02:12:49 | 02:21:41 | 02:22:51 | 534 | |
| 635 | 798 | RUDZKI MICHAŁ | PŁOCK | | 1984 | M30-39 | 219 | 00:01:30 | 6:43 | 8,9 | 00:33:00 | 01:04:02 | 01:36:38 | 02:13:03 | 02:21:33 | 02:23:03 | 535 | |
| 636 | 399 | ŁENGOWIK KATARZYNA | PŁOCK | | 1967 | K40-49 | 22 | 00:00:34 | 6:46 | 8,9 | 00:33:22 | 01:04:28 | 01:37:40 | 02:12:28 | 02:22:47 | 02:23:21 | | 101 |
| 637 | 761 | WYRZYKOWSKA MAJA | BRUDZEŃ DUŻY | ORLEŃ RUNNING TEAM | 1986 | K30-39 | 45 | 00:00:36 | 6:47 | 8,9 | 00:32:02 | 01:03:32 | 01:37:16 | 02:12:46 | 02:22:58 | 02:23:34 | | 102 |
| 638 | 277 | FIGAT KLAUDIA | SOCHACZEW | | 1992 | K18-29 | 32 | 00:00:32 | 6:47 | 8,8 | 00:32:59 | 01:03:30 | 01:36:37 | 02:13:13 | 02:23:16 | 02:23:48 | | 103 |
| 639 | 468 | WOJTASIK JOANNA | WARSZAWA | | 1983 | K30-39 | 46 | 00:01:11 | 6:47 | 8,8 | 00:33:58 | 01:04:39 | 01:37:32 | 02:12:46 | 02:23:09 | 02:24:20 | | 104 |
| 640 | 783 | PALIWODA ANETA | PŁOCK | LIVE LOVE RUN | 1979 | K30-39 | 47 | 00:00:32 | 6:52 | 8,7 | 00:33:18 | 01:03:44 | 01:37:53 | 02:13:36 | 02:24:48 | 02:25:20 | | 105 |
| 641 | 385 | ZAJĄCZKOWSKI BOGDAN | PŁOCK | | 1959 | M50-59 | 43 | 00:01:07 | 6:51 | 8,8 | 00:32:42 | 01:01:11 | 01:31:44 | 02:12:57 | 02:24:40 | 02:25:47 | 536 | |
| 642 | 386 | ZAJĄCZKOWSKA ARLETA | PŁOCK | | 1959 | K50-59 | 5 | 00:01:06 | 6:51 | 8,7 | 00:34:44 | 01:05:06 | 01:37:36 | 02:12:56 | 02:24:41 | 02:25:47 | | 106 |
| 643 | 774 | NIEMCZYK PABLO | KONSTANCIN JEZIORNA | | 1974 | M40-49 | 160 | 00:01:23 | 6:51 | 8,8 | 00:34:06 | 01:04:33 | 01:38:28 | 02:14:16 | 02:24:30 | 02:25:53 | 537 | |
| 644 | 164 | PISARSKI RADOŚLAW | PŁOCK | | 1974 | M40-49 | 161 | 00:00:39 | 6:54 | 8,7 | 00:33:12 | 01:04:05 | 01:37:22 | 02:13:37 | 02:25:26 | 02:26:05 | 538 | |
| 645 | 251 | BIGORAJSKI JAROSŁAW | WARSZAWA | | 1989 | M18-29 | 103 | 00:00:41 | 6:54 | 8,7 | 00:33:14 | 01:03:31 | 01:37:45 | 02:15:23 | 02:25:34 | 02:26:15 | 539 | |
| 646 | 30 | LISZYŃSKI KRZYSZTOF | POZNAŃ | | 1978 | M30-39 | 220 | 00:01:02 | 6:53 | 8,7 | 00:34:35 | 01:05:31 | 01:39:12 | 02:15:18 | 02:25:17 | 02:26:19 | 540 | |
| 647 | 390 | DYNOWSKA AGNIESZKA | PŁOCK | LIVE LOVE RUN | 1970 | K40-49 | 23 | 00:01:10 | 6:53 | 8,7 | 00:34:42 | 01:05:42 | 01:39:56 | 02:15:14 | 02:25:20 | 02:26:30 | | 107 |
| 648 | 801 | STUPIŃSKA MONIKA | SOCHACZEW | | 1981 | K30-39 | 48 | 00:01:17 | 6:54 | 8,7 | 00:33:10 | 01:05:23 | 01:39:13 | 02:16:14 | 02:25:42 | 02:26:59 | | 108 |
| 649 | 730 | FABISIAK AGNIESZKA | GOSTYNIN | NO AGE LIMIT PŁOCK | 1984 | K30-39 | 49 | 00:01:17 | 6:54 | 8,7 | 00:34:42 | 01:05:23 | 01:39:15 | 02:16:14 | 02:25:42 | 02:26:59 | | 109 |
| 650 | 622 | PLUTOWSKI MARCIN | TCZEWSKIE ŁĄKI | BIEGAJĄCY TCZEW | 1977 | M30-39 | 221 | 00:00:40 | 6:57 | 8,6 | 00:33:03 | 01:02:40 | 01:34:41 | 02:13:08 | 02:26:31 | 02:27:11 | 541 | |
| 651 | 575 | MACIEJEWSKA MUCHA EWA | STARE GRALEWO | | 1968 | K40-49 | 24 | 00:01:03 | 6:57 | 8,6 | 00:33:36 | 01:04:22 | 01:38:44 | 02:16:35 | 02:26:35 | 02:27:48 | | 110 |
| 652 | 192 | RUSIN PAWEŁ | PŁOCK | | 1983 | M30-39 | 222 | 00:00:49 | 6:58 | 8,6 | | 00:59:14 | 01:32:16 | 02:14:30 | 02:26:53 | 02:27:32 | 542 | |
| 653 | 128 | DOBRYŃSKA DANUTA | GOSTYNIN | PŁOCK BIEGA NO AGE LIMIT | 1982 | K30-39 | 50 | 00:01:17 | 6:58 | 8,6 | 00:37:46 | 01:10:22 | 01:43:39 | 02:17:16 | 02:26:49 | 02:28:06 | | 111 |
| 654 | 31 | DOBRYŃSKI PRZEMYSŁAW | GOSTYNIN | PŁOCK BIEGA NO AGE LIMIT | 1978 | M30-39 | 223 | 00:01:17 | 6:58 | 8,6 | 00:38:07 | 01:10:22 | 01:43:39 | 02:17:16 | 02:26:51 | 02:28:08 | 543 | |
| 655 | 14 | DOMOSŁAWSKA DARIA | PŁOCK | | 1977 | K30-39 | 51 | 00:01:25 | 6:59 | 8,6 | 00:36:40 | 01:08:12 | 01:41:44 | 02:17:13 | 02:27:16 | 02:28:41 | | 112 |
| 656 | 543 | STANISZEWSKI EDWARD | MODŁA | KBTKFK PROMYK CIECHANÓW | 1939 | M70+ | 2 | 00:00:31 | 7:02 | 8,5 | 00:35:32 | 01:07:41 | 01:41:36 | 02:16:35 | 02:28:24 | 02:28:55 | 544 | |
| 657 | 768 | GODLEWSKI WOJCIECH | GOSTYNIN | | 1973 | M40-49 | 162 | 00:00:19 | 7:04 | 8,5 | 00:38:50 | 01:11:06 | 01:45:32 | 02:18:55 | 02:29:00 | 02:29:19 | 545 | |
| 658 | 127 | WALENTO ZBIGNIEW | MRAĞOWO | | 1953 | M60-69 | 13 | 00:00:57 | 7:02 | 8,5 | 00:33:54 | 01:07:06 | 01:42:38 | 02:17:50 | 02:28:33 | 02:29:30 | 546 | |
| 659 | 278 | MALOWANIEC TOMASZ | PŁOCK | MAZUR PODOLSYCE | 1974 | M40-49 | 163 | 00:01:28 | 7:01 | 8,5 | 00:36:15 | 01:07:49 | 01:43:29 | 02:19:17 | 02:28:12 | 02:29:40 | 547 | |
| 660 | 603 | ROSA TERESA | WARSZAWA | | 1971 | K40-49 | 25 | 00:00:14 | 7:06 | 8,5 | 00:35:10 | 01:07:30 | 01:42:43 | 02:18:31 | 02:29:41 | 02:29:55 | | 113 |
| 661 | 602 | GAŁADYK SŁAWOMIR | WARSZAWA | | 1970 | M40-49 | 164 | 00:00:15 | 7:06 | 8,5 | 00:35:11 | 01:07:30 | 01:42:42 | 02:18:30 | 02:29:40 | 02:29:55 | 548 | |
| 662 | 537 | DĄBROWSKI MICHAŁ | PŁOCK | KJ CREW | 1982 | M30-39 | 224 | 00:01:16 | 7:03 | 8,5 | 00:37:17 | 01:09:12 | 01:44:12 | 02:19:08 | 02:28:49 | 02:30:05 | 549 | |
| 663 | 536 | DĄBROWSKA MARTA | PŁOCK | KJ CREW | 1981 | K30-39 | 52 | 00:01:16 | 7:03 | 8,5 | 00:37:17 | 01:09:13 | 01:44:12 | 02:19:09 | 02:28:49 | 02:30:05 | | 114 |
| 664 | 395 | KULIS MIROŚLAW | PŁOCK | | 1969 | M40-49 | | 00:01:13 | 7:04 | 8,5 | 00:33:10 | 01:03:50 | 01:39:04 | 02:19:23 | 02:29:14 | 02:30:27 | 550 | |
| 665 | 24 | KOZŁOWSKI KRZYSZTOF | GĄBIN | | 1983 | M30-39 | 225 | 00:01:12 | 7:05 | 8,5 | 00:35:16 | 01:06:40 | 01:41:49 | 02:19:23 | 02:29:31 | 02:30:43 | 551 | |
| 666 | 118 | PODGÓRSKI PATRYK | PŁOCK | SOWA I PRZYJACIELE | 1975 | M40-49 | 166 | 00:01:11 | 7:06 | 8,5 | 00:33:47 | 01:04:48 | 01:41:18 | 02:19:12 | 02:29:40 | 02:30:51 | 552 | |
| 667 | 28 | WYDRA MICHAŁ | SŁUPNO | SZLACHETNA PACZKA | 1988 | M18-29 | 104 | 00:01:10 | 7:06 | 8,5 | 00:34:29 | 01:04:25 | 01:39:34 | 02:18:25 | 02:29:47 | 02:30:57 | 553 | |
| 668 | 86 | MAZURKIEWICZ KAMIL | PŁOCK | | 1983 | M30-39 | 226 | 00:00:47 | 7:07 | 8,4 | 00:35:23 | 01:08:41 | 01:45:26 | 02:19:20 | 02:30:12 | 02:30:59 | 554 | |
| 669 | 607 | KOZARSKI RADOŚLAW | PŁOCK | | 1971 | M40-49 | 167 | 00:01:09 | 7:07 | 8,4 | 00:34:53 | 01:06:35 | 01:43:29 | 02:30:15 | 02:31:24 | 02:31:59 | 555 | |
| 670 | 187 | RADGOWSKI WALDEMAR | PŁOCK | | 1969 | M40-49 | 168 | 00:00:49 | 7:09 | 8,4 | 00:31:58 | 01:03:01 | 01:39:51 | 02:19:12 | 02:30:46 | 02:31:35 | 556 | |
| 671 | 207 | PTASIŃSKI MICHAŁ | PŁOCK | | 1972 | M40-49 | 169 | 00:00:22 | 7:11 | 8,4 | 00:33:10 | 01:05:47 | 01:42:11 | 02:20:34 | 02:31:28 | 02:31:50 | 557 | |
| 672 | 44 | GOŚCINIAK KAMIL | GĄBIN | | 1989 | M18-29 | 105 | 00:01:18 | 7:09 | 8,4 | 00:30:25 | 00:54:35 | 01:20:19 | 01:43:44 | 02:30:41 | 02:31:59 | 558 | |
| 673 | 156 | MAJEWSKI WOJCIECH | GĄBIN | | 1991 | M18-29 | 106 | 00:01:18 | 7:09 | 8,4 | 00:30:37 | 00:56:01 | 01:23:42 | 01:52:27 | 02:30:41 | 02:31:59 | 559 | |
| 674 | 696 | KUMOSIŃSKI MARCIN | PŁOCK | | 1994 | M18-29 | 107 | 00:00:22 | 7:13 | 8,3 | 00:31:20 | 01:04:20 | 01:41:22 | 02:21:04 | 02:32:05 | 02:32:27 | 560 | |
| 675 | 442 | WOJCIECHOWSKA WIOLETTA | MODLIN TWIERDZA | | 1968 | K40-49 | 26 | 00:00:33 | 7:12 | 8,3 | 00:33:14 | 01:05:12 | 01:41:45 | 02:21:49 | 02:32:03 | 02:32:36 | | 115 |

5. PÓŁMARATON DWÓCH MOSTÓW

Organizator: UM Płock; Płocki Ośrodek Kultury i Sztuki; Miejski Zespół Obiektów Sportowych Jednostka Budżetowa w Płocku; Centrum Widowskowo – Sportowe Orleń Arena Jednostka Budżetowa w Płocku. Rejonowe Płockie Wodne Ochotnicze Pogotowie Ratunkowe w Płocku.



Data: 11-09-2016

Dystans: 21,0975 km

Miejscowość: PŁOCK

Klasyfikacja OPEN

| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Rok urodz. | Kat wiek. | M-ce w kat | Czas startu | tempo min/km | tempo km/h | 5km | 10km | 15km | 19km | Czas netto | Wynik | M | K |
|------|---------|---------------------------|------------------|--------------------------|------------|-----------|------------|-------------|--------------|------------|----------|----------|----------|----------|------------|----------|-----|-----|
| 676 | 753 | NEJMAN GRZEGORZ | PŁOCK | ORLEN RUNNING TEAM | 1972 | M40-49 | 170 | 00:00:30 | 7:14 | 8,3 | 00:36:17 | 01:08:18 | 01:43:44 | 02:21:32 | 02:32:34 | 02:33:04 | 561 | |
| 677 | 754 | NEJMAN MAŁGORZATA | PŁOCK | ORLEN RUNNING TEAM | 1973 | K40-49 | 27 | 00:00:31 | 7:14 | 8,3 | 00:36:19 | 01:08:18 | 01:43:46 | 02:21:32 | 02:32:33 | 02:33:04 | | 116 |
| 678 | 628 | WITKOWSKA PAULINA | DOBRYŃ NAD WISŁĄ | NIEZRZESZONA | 1991 | K18-29 | 33 | 00:00:14 | 7:15 | 8,3 | 00:34:43 | 01:09:49 | 01:46:06 | 02:22:09 | 02:33:00 | 02:33:14 | | 117 |
| 679 | 635 | LEWANDOWSKI PATRYK | JANIKOWO | | 1988 | M18-29 | 108 | 00:00:14 | 7:15 | 8,3 | 00:34:45 | 01:09:49 | 01:46:06 | 02:22:10 | 02:33:00 | 02:33:14 | 562 | |
| 680 | 830 | GASIŃSKA MONIKA | CHALIN | AWFIS GDAŃSK | 1990 | K18-29 | 34 | 00:00:14 | 7:17 | 8,2 | 00:33:05 | 01:06:15 | 01:42:12 | 02:20:59 | 02:33:36 | 02:33:50 | | 118 |
| 681 | 5 | RADKIEWICZ AGNIESZKA | CZARNE BŁOTO | | 1978 | K30-39 | 53 | 00:01:05 | 7:16 | 8,3 | 00:37:33 | 01:10:38 | 01:46:44 | 02:22:53 | 02:33:10 | 02:34:15 | | 119 |
| 682 | 464 | NAWROCKA AGATA | GĄBIN | | 1964 | K50-59 | 6 | 00:01:04 | 7:16 | 8,3 | 00:37:09 | 01:10:27 | 01:45:36 | 02:22:44 | 02:33:23 | 02:34:27 | | 120 |
| 683 | 115 | SZYMAŃSKI JACEK | PŁOCK | | 1971 | M40-49 | 171 | 00:01:18 | 7:16 | 8,3 | 00:35:01 | 01:06:08 | 01:42:09 | 02:23:17 | 02:33:10 | 02:34:28 | 563 | |
| 684 | 719 | NOWAKOWSKA MARTA | BŁONIE | | 1981 | K30-39 | 54 | 00:00:44 | 7:18 | 8,2 | 00:38:46 | 01:11:05 | 01:46:42 | 02:23:34 | 02:33:58 | 02:34:42 | | 121 |
| 685 | 692 | CYLINSKA ANNA | PŁOCK | | 1984 | K30-39 | 55 | 00:01:26 | 7:17 | 8,2 | 00:37:27 | 01:09:33 | 01:45:54 | 02:23:16 | 02:33:40 | 02:35:06 | | 122 |
| 686 | 693 | WINOGRODZKI MARIUSZ | WARSZAWA | | 1987 | M18-29 | 109 | 00:01:26 | 7:17 | 8,2 | 00:37:37 | 01:09:33 | 01:45:53 | 02:23:16 | 02:33:40 | 02:35:06 | 564 | |
| 687 | 492 | ZALECH ZBIGNIEW | PŁOCK | PŁOCKIE MORSY | 1977 | M30-39 | 227 | 00:01:10 | 7:19 | 8,2 | 00:35:11 | 01:06:36 | 01:43:10 | 02:23:04 | 02:34:26 | 02:35:36 | 565 | |
| 688 | 96 | PĄCZKOWSKA JUSTYNA | WARSZAWA | | 1979 | K30-39 | 56 | 00:00:58 | 7:21 | 8,2 | 00:34:28 | 01:08:10 | 01:44:01 | 02:23:17 | 02:34:55 | 02:35:53 | | 123 |
| 689 | 402 | ZABOROWSKA EMILIA | STAROZREBY | | 1984 | K30-39 | 57 | 00:00:22 | 7:23 | 8,1 | 00:34:03 | 01:07:34 | 01:43:16 | 02:23:32 | 02:35:36 | 02:35:58 | | 124 |
| 690 | 182 | ZOMER PIOTR | PŁOCK | | 1986 | M30-39 | 228 | 00:01:08 | 7:22 | 8,1 | 00:35:31 | 01:07:43 | 01:44:32 | 02:24:47 | 02:35:34 | 02:36:42 | 566 | |
| 691 | 752 | MELKOWSKA JOANNA | PŁOCK | ORLEN RUNNING TEAM | 1984 | K30-39 | 58 | 00:00:31 | 7:24 | 8,1 | 00:38:26 | 01:11:52 | 01:47:29 | 02:25:17 | 02:36:15 | 02:36:46 | | 125 |
| 692 | 260 | BOROWSKA MAGDALENA | WARSZAWA | | 1966 | K50-59 | 7 | 00:01:09 | 7:24 | 8,1 | 00:38:13 | 01:13:15 | 01:48:02 | 02:25:43 | 02:36:06 | 02:37:15 | | 126 |
| 693 | 851 | WESOŁOWSKA MARTA | PŁOCK | | 1989 | K18-29 | 35 | 00:01:30 | 7:23 | 8,1 | 00:36:30 | 01:11:05 | 01:47:38 | 02:26:21 | 02:35:56 | 02:37:26 | | 127 |
| 694 | 374 | CHOMKA-RADZYMIŃSKA JOANNA | PŁOCK | | 1977 | K30-39 | 59 | 00:01:17 | 7:26 | 8,1 | 00:36:42 | 01:08:48 | 01:45:48 | 02:25:34 | 02:36:49 | 02:38:06 | | 128 |
| 695 | 376 | KWIATKOWSKI MICHAŁ | PŁOCK | LIVE LOVE RUN | 1966 | M50-59 | 44 | 00:01:10 | 7:27 | 8,0 | 00:35:06 | 01:07:58 | 01:44:49 | 02:25:08 | 02:37:15 | 02:38:25 | 567 | |
| 696 | 821 | SAWICKI PIOTR | PŁOCK | PETROCHEMIA PŁOCK | 1992 | M18-29 | 110 | 00:01:25 | 7:27 | 8,1 | | | | 02:37:01 | | 02:38:26 | 568 | |
| 697 | 740 | FIODOR-MAJEWSKA AGNIESZKA | PŁOCK | ORLEN RUNNING TEAM | 1980 | K30-39 | 60 | 00:00:31 | 7:30 | 8,0 | 00:36:21 | 01:08:46 | 01:45:45 | 02:26:12 | 02:38:16 | 02:38:47 | | 129 |
| 698 | 143 | DYMOWICZ JOLA | PŁOCK | ME & THE DOGS | 1977 | K30-39 | 61 | 00:01:15 | 7:28 | 8,0 | 00:38:54 | 01:12:28 | 01:49:12 | 02:26:36 | 02:37:37 | 02:38:52 | | 130 |
| 699 | 21 | WĘGLEWSKA AGNIESZKA | PŁOCK | PŁOCK BIEGA NO AGE LIMIT | 1994 | K18-29 | 36 | 00:01:06 | 7:29 | 8,0 | 00:35:05 | 01:08:46 | 01:46:13 | 02:26:53 | 02:37:49 | 02:38:55 | | 131 |
| 700 | 822 | JAROSZ MAGDALENA | PŁOCK | | 1977 | K30-39 | 62 | 00:01:17 | 7:29 | 8,0 | 00:38:56 | 01:12:31 | 01:49:58 | 02:27:35 | 02:37:51 | 02:39:08 | | 132 |
| 701 | 51 | KAMIŃSKI KRZYSZTOF | PŁOCK | PŁOCK BIEGA NO AGE LIMIT | 1981 | M30-39 | 229 | 00:01:17 | 7:29 | 8,0 | 00:39:18 | 01:12:32 | 01:49:57 | 02:27:35 | 02:37:52 | 02:39:09 | 569 | |
| 702 | 542 | GÓRALSKI MARCIN | PŁOCK | SHAOLIN POWER | 1985 | M30-39 | 230 | 00:01:22 | 7:33 | 7,9 | 00:34:09 | 01:02:35 | 01:32:15 | 02:30:14 | 02:39:23 | 02:40:45 | 570 | |
| 703 | 245 | WIERZCHOWSKA ALEKSANDRA | ŁOSICE | | 1990 | K18-29 | 37 | 00:01:03 | 7:35 | 7,9 | 00:37:26 | 01:11:54 | 01:52:10 | 02:29:51 | 02:39:57 | 02:41:00 | | 133 |
| 704 | 708 | RYCHARSKI PAWEŁ | PŁOCK | TEAM | 1983 | M30-39 | 231 | 00:01:04 | 7:37 | 7,9 | 00:35:40 | 01:11:37 | 01:49:22 | 02:28:49 | 02:40:39 | 02:41:43 | 571 | |
| 705 | 335 | KOZIŃSKI ANDRZEJ | PŁOCK | NUMER STARTOWY 335 | 1946 | M70+ | 3 | 00:00:48 | 7:38 | 7,9 | 00:35:40 | 01:09:28 | 01:47:26 | 02:28:47 | 02:40:58 | 02:41:46 | 572 | |
| 706 | 489 | BEGER ALEKSANDRA | KONIN | | 1986 | K30-39 | 63 | 00:01:05 | 7:37 | 7,9 | 00:36:12 | 01:11:04 | 01:47:42 | 02:28:48 | 02:40:43 | 02:41:48 | | 134 |
| 707 | 181 | CHROMIEC JULIA | PŁOCK | | 1975 | K40-49 | 28 | 00:00:23 | 7:39 | 7,8 | 00:33:15 | 01:07:40 | 01:47:26 | 02:28:48 | 02:41:29 | 02:41:52 | | 135 |
| 708 | 755 | NOSKIEWICZ DOROTA | PŁOCK | ORLEN RUNNING TEAM | 1978 | K30-39 | 64 | 00:00:30 | 7:42 | 7,8 | 00:38:22 | 01:12:19 | 01:47:04 | 02:31:19 | 02:42:37 | 02:43:07 | | 136 |
| 709 | 739 | BURNA IWETA | PŁOCK | ORLEN RUNNING TEAM | 1973 | K40-49 | 29 | 00:00:31 | 7:42 | 7,8 | 00:38:38 | 01:13:04 | 01:50:56 | 02:31:19 | 02:42:36 | 02:43:07 | | 137 |
| 710 | 265 | NAWROCKI PAWEŁ | PŁOCK | TKKF PŁOCK | 1983 | M30-39 | 232 | 00:00:34 | 7:52 | 7,6 | 00:41:53 | 01:17:22 | 01:54:03 | 02:34:14 | 02:45:48 | 02:46:22 | 573 | |
| 711 | 820 | SAMORAJ MICHAŁ | PŁOCK | | 1987 | M18-29 | 111 | 00:01:24 | 7:54 | 7,6 | 00:40:53 | 01:16:29 | 01:51:47 | 02:34:14 | 02:46:35 | 02:47:59 | 574 | |
| 712 | 713 | PALUSIŃSKI PIOTR | PŁOCK | GRUPA BUDMAT AUTO | 1979 | M30-39 | 233 | 00:01:15 | 7:58 | 7,5 | 00:38:45 | 01:14:54 | 01:55:30 | 02:37:04 | 02:48:00 | 02:49:15 | 575 | |
| 713 | 66 | CHIBOWSKI DARIUSZ | POZNAN | AMATOR | 1968 | M40-49 | 172 | 00:00:25 | 8:06 | 7,4 | 00:38:24 | 01:14:02 | 01:54:45 | 02:37:02 | 02:50:51 | 02:51:16 | 576 | |
| 714 | 358 | KOPROWSKI WŁODZIMIERZ | PŁOCK | | 1949 | M60-69 | 14 | 00:00:21 | 8:07 | 7,4 | | 01:13:50 | 01:54:44 | 02:37:02 | 02:51:15 | 02:51:36 | 577 | |
| 715 | 211 | GIULIANI DONATA | PŁOCK | | 1976 | K40-49 | 30 | 00:01:15 | 8:09 | 7,4 | 00:40:55 | 01:18:58 | 02:00:34 | 02:40:36 | 02:51:58 | 02:53:13 | | 138 |
| 716 | 262 | MICHALSKI ŁUKASZ | PŁOCK | - | 1978 | M30-39 | 234 | 00:00:03 | 8:18 | 7,2 | 00:34:04 | 01:15:29 | 02:01:29 | 02:42:42 | 02:55:02 | 02:55:05 | 578 | |
| 717 | 818 | BRODZKA MONIKA | PŁOCK | | 1977 | K30-39 | 65 | 00:00:57 | 8:17 | 7,3 | 00:41:59 | 01:20:07 | 02:00:49 | 02:42:01 | 02:54:35 | 02:55:32 | | 139 |
| 718 | 816 | BRODZKI DARIUSZ | PŁOCK | | 1975 | M40-49 | 173 | 00:00:57 | 8:17 | 7,3 | 00:42:00 | 01:20:07 | 02:00:49 | 02:42:01 | 02:54:35 | 02:55:32 | 579 | |
| 719 | 633 | HOŹEWSKA MAGDALENA | PŁOCK | | 1984 | K30-39 | 66 | 00:01:04 | 8:25 | 7,1 | 00:39:45 | 01:16:01 | 02:02:44 | 02:45:21 | 02:57:25 | 02:58:29 | | 140 |
| 720 | 370 | NIEWINOWSKI PIOTR | BIAŁOBRZEGI | TADEO I SYNOWIE | 1973 | M40-49 | 174 | 00:01:20 | 8:27 | 7,1 | 00:41:03 | 01:20:01 | 02:02:44 | 02:46:20 | 02:58:13 | 02:59:33 | 580 | |

5. PÓŁMARATON DWÓCH MOSTÓW

Organizator: UM Płock; Płocki Ośrodek Kultury i Sztuki; Miejski Zespół Obiektów Sportowych Jednostka Budżetowa w Płocku; Centrum Widowiskowo – Sportowe Orle Arena Jednostka Budżetowa w Płocku. Rejonowe Płockie Wodne Ochotnicze Pogotowie Ratunkowe w Płocku.

Data: 11-09-2016

Dystans: 21,0975 km

Miejscowość: PŁOCK

Klasyfikacja OPEN



| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Rok urodz. | Kat wiek. | M-ce w kat | Czas startu | tempo min/km | tempo km/h | 5km | 10km | 15km | 19km | Czas netto | Wynik | M | K |
|------|---------|----------------------|-------------|--------------------|------------|-----------|------------|-------------|--------------|------------|----------|----------|----------|----------|------------|----------|-----|-----|
| 721 | 858 | JEZERSKI ZBIGNIEW | KAMIONKI | | 1942 | M70+ | 4 | 00:00:14 | 8:39 | 6,9 | 00:39:10 | 01:17:31 | 02:00:09 | 02:47:53 | 03:02:32 | 03:02:46 | 581 | |
| 722 | 448 | JABŁOŃSKA KATARZYNA | PŁOCK | | 1970 | K40-49 | 31 | 00:01:31 | 8:45 | 6,9 | 00:41:55 | 01:22:00 | 02:06:09 | 02:51:54 | 03:04:40 | 03:06:11 | | 141 |
| 723 | 327 | JABŁOŃSKI SŁAWOMIR | PŁOCK | | 1971 | M40-49 | 175 | 00:01:29 | 8:45 | 6,9 | 00:41:55 | 01:22:00 | 02:06:10 | 02:51:53 | 03:04:42 | 03:06:11 | 582 | |
| 724 | 22 | DĄBKOWSKI MARCIN | PŁOCK | TKKF PŁOCK | 1977 | M30-39 | | 00:00:04 | | | 00:23:04 | 00:44:01 | 01:06:53 | | | DNF | | |
| 725 | 457 | MOTYLEWSKA MARTA | PŁOCK | NADAKTYWNA SZÓSTKA | 1991 | K18-29 | | 00:00:07 | | | 00:26:39 | 00:50:05 | 01:15:36 | | | DNF | | |
| 726 | 576 | PETRYKOWSKI MIROSLAW | PŁOCK | | 1964 | M50-59 | | 00:00:10 | | | 00:25:37 | 00:50:58 | 01:27:50 | | | DNF | | |
| 727 | 565 | STRUZIK WALDEMAR | PŁOCK | | 1959 | M50-59 | | 00:00:25 | | | 00:27:28 | 00:52:32 | 01:20:32 | | | DNF | | |
| 728 | 87 | MAJEWSKI MARCIN | GĄBIN | KWW/WW | 1989 | M18-29 | | 00:01:18 | | | 00:30:26 | 00:54:34 | 01:20:19 | 01:43:44 | | DNF | | |
| 729 | 665 | PAJĄK NORBERT | ŁÓDŹ | KITA TEAM | 1977 | M30-39 | | 00:00:40 | | | 00:54:58 | 01:20:19 | 01:45:57 | | | DNF | | |
| 730 | 228 | KOZANECKI MARCIN | SŁUPNO | | 1976 | M40-49 | | 00:00:12 | | | 00:29:40 | 01:00:38 | 01:34:22 | | | DNF | | |
| 731 | 526 | SZYBKA WOJCIECH | ŁÓDŹ | | 1957 | M50-59 | | 00:01:08 | | | 00:32:48 | 01:02:36 | | 02:15:30 | | DNF | | |
| 732 | 225 | DURCZYK TERESA | WARSZAWA | | 1975 | K40-49 | | 00:00:37 | | | 00:30:02 | | 01:29:05 | 02:00:40 | | DNF | | |