

## WYNIKI XXV PÓŁMARATONU KURPIOWSKIEGO

OSTROŁĘKA, 26.05.2019

Pod Honorowym Patronatem Prezydenta Miasta Ostrołęki Łukasza Kulika

Dystans: 21,097km



MSC	NR	Nazwisko i imię	MIASTO	KLUB	KRAJ	ROK	5 KM	10 KM	12,3 KM	CZAS	KAT	M-KAT	M	K	OSTROŁĘKA	OST-OPEN	OST-M	OST-K	POWIAT	POW-OPEN	POW-M	POW-K	
1	14	BIWOT WYCLIFFE KIPKORIR	ELDORET	Benedek-Team	KEN	1988	00:14:55,74	00:30:25,57	00:37:47,35	01:05:44,19	M3	1	1										
2	226	WAMBUA ELIJAH MUTUKU	ELDORET	Benedek-Team	KEN	1995	00:14:56,32	00:30:47,98	00:38:23,63	01:06:49,17	M2	1	2										
3	41	ELASRI ABDERRAHIM	CHORZÓW		MAR	1982	00:15:50,80	00:31:48,60	00:39:10,97	01:07:42,33	M3	2	3										
4	13	DĄBROWSKI PRZEMYSŁAW	RZEKUŃ	AGRO-METAL Ostrołęka	POL	1989	00:15:51,28	00:31:48,08	00:39:12,38	01:07:48,27	M3	3	4						Tak	1	1		
5	116	LEOŃCZUK ANDRZEJ	BIALYSTOK	PODLASIE BIAŁYSTOK	POL	1992	00:16:03,90	00:32:04,20	00:39:31,96	01:08:48,23	M2	2	5										
6	212	ŚWIERDZEWSKI DAMIAN	DZBENIN	Następny Krok	POL	1993	00:16:13,10	00:32:25,68	00:39:50,26	01:09:06,72	M2	3	6						Tak	2	2		
7	147	OKSENIUK SERGII	LUCK	MK Luchesk	UKR	1980	00:15:50,14	00:31:49,36	00:39:17,54	01:11:20,96	M3	4	7										
8	6	ANDRZEJUK BOGUSŁAW	BIALYSTOK		POL	1975	00:16:26,29	00:33:05,82	00:40:53,97	01:11:45,70	M4	1	8										
9	133	MBOGO JANE NGIMA	ELDORET	Benedek-Team	KEN	1991	00:17:37,18	00:35:47,45	00:44:18,32	01:17:18,42	K2	1		1									
10	216	TANUI EULITER JEPCHIRCHIR	ELDORET	Benedek-Team	KEN	1991	00:17:40,07	00:35:46,99	00:44:17,70	01:17:18,54	K2	2		2									
11	143	NOSARZEWSKI KONRAD	STUPSK	Konrad Nosarzewski Badania Dieta Trening	POL	1991	00:17:30,99	00:35:30,41	00:43:52,68	01:18:15,88	M2	4	9										
12	145	NOWOSIELSKI MICHAŁ	PUŁTUSK	Z BIEGIEM NARWI	POL	1977	00:18:53,24	00:37:42,74	00:46:17,03	01:18:31,77	M4	2	10										
13	269	MICHAJŁOW ROBERT	MYSZYNIC		POL	1973	00:18:31,54	00:37:16,62	00:46:03,88	01:19:11,54	M4	3	11						Tak	3	3		
14	55	GRANOSZEK PRZEMYSŁAW	CIECHANÓW		POL	1987	00:18:43,63	00:37:16,57	00:46:04,35	01:19:26,69	M3	5	12										
15	65	KALASOUSKI YURY	MOHYLEW	Victoria	BLR	1981	00:18:31,04	00:37:17,22	00:46:07,19	01:20:04,82	M3	6	13										
16	240	WIŚNIEWSKI PIOTR	OSTROŁĘKA	Amator Sportu	POL	1995	00:18:31,22	00:37:16,37	00:46:03,46	01:20:14,62	M2	5	14		Tak	1	1						
17	105	KRZYŻANOWSKI KAROL	SOŁKI	Maratonka Grajewo	POL	1972	00:18:38,50	00:37:48,29	00:46:42,72	01:20:25,84	M4	4	15										
18	53	GOZDOWSKI PAWEŁ	TERESIN		POL	1970	00:18:53,73	00:37:56,72	00:46:47,40	01:20:29,83	M4	5	16										
19	300	PASTOROVA PETRA	OSTRAVA	Maraton klub Seitl Ostrava	CZE	1977	00:18:54,19	00:37:56,62	00:46:47,21	01:20:53,59	K4	1		3									
20	156	PIOTROWSKI ANDRZEJ	KRAKÓW	Poranny Patrol	POL	1983	00:18:53,55	00:37:56,31	00:46:46,67	01:21:16,71	M3	7	17										
21	146	OKSENIUK OKSANA	LUCK	MK Luchesk	UKR	1988	00:19:13,00	00:38:41,25	00:47:38,58	01:22:49,52	K3	1		4									
22	98	KRUKOWSKI KRZYSZTOF	NOWA WIEŚ	Bbl Ostrołęka	POL	1976	00:19:29,58	00:39:27,02	00:48:39,00	01:24:01,19	M4	6	18						Tak	4	4		
23	64	KACZKOWSKI MIŁOSZ	WAŁBRZYCH	Dąbrowski Team	POL	1993	00:20:02,03	00:39:55,61	00:49:18,68	01:25:06,06	M2	6	19										
24	132	MAKA SŁAWOMIR	OSTROŁĘKA	Starglass Team Ostrołęka	POL	1966	00:19:34,25	00:39:27,55	00:48:39,26	01:26:22,11	M5	1	20		Tak	2	2						
25	159	PODLEŚ ZBIGNIEW	WARSZAWA	Podleś Team	POL	1977	00:20:02,92	00:40:00,21	00:49:18,88	01:26:59,52	M4	7	21										
26	130	MARCIŃCZYK DAMIAN	WAŁBRZYCH	Sudeckie Wycieczki Biegowe	POL	1993	00:20:48,05	00:41:25,59	00:50:58,62	01:27:10,17	M2	7	22										
27	48	GAWKOWSKI ARTUR	OSTRÓW MAZOWIECKA	Ostrów Biega	POL	1991	00:20:54,59	00:41:35,10	00:51:05,64	01:27:38,65	M2	8	23										
28	39	DZIĘGIELEWSKI RAFAŁ	WYSZKÓW	KB Wyszaków	POL	1979	00:21:08,61	00:42:02,20	00:51:48,33	01:28:06,98	M4	8	24										
29	57	GURZĘDA RYSZARD	OSTROŁĘKA	Tri Unlimited	POL	1990	00:20:13,49	00:41:23,82	00:51:13,56	01:28:34,71	M2	9	25		Tak	3	3						
30	237	WILKOWSKI MIROSLAW	OSTROŁĘKA		POL	1964	00:19:38,93	00:41:07,01	00:51:00,25	01:28:34,68	M5	2	26		Tak	4	4						
31	190	SKOWROŃSKI MICHAŁ	OSTROŁĘKA	nastepnykrok.pl	POL	1981	00:20:27,80	00:41:24,85	00:51:14,51	01:28:42,94	M3	8	27		Tak	5	5						
32	174	REGULSKI DARIUSZ	OSTROŁĘKA	AGRO-METAL OSTROŁĘKA	POL	1968	00:20:27,81	00:41:24,56	00:51:14,44	01:28:47,06	M5	3	28		Tak	6	6						
33	169	PRUSIK ŁUKASZ	TORUŃ	CSAiU	POL	1985	00:20:51,19	00:41:40,47	00:51:19,96	01:29:02,99	M3	9	29										
34	148	ORŁOWSKI MARCIN	POZNAŃ	Dąbrowski Team	POL	1982	00:19:33,84	00:39:58,39	00:50:11,15	01:29:13,80	M3	10	30										
35	252	ZYŚK ARKADIUSZ	RZEKUŃ	KS ARCO ławy	POL	1975	00:21:07,78	00:42:26,65	00:52:30,91	01:29:16,79	M4	9	31						Tak	5	5		
36	36	DRĘŻEK KRZYSZTOF	GRAJEWO		POL	1965	00:21:00,07	00:42:10,55	00:52:04,43	01:29:32,77	M5	4	32										
37	60	IVERUK SVITLANA	RIVNE	SC BIG-TIME RIVNE	UKR	1973	00:21:03,25	00:42:05,15	00:52:04,39	01:29:52,84	K4	2		5									
38	214	ŚWIĘCICKI TOMASZ	OBIERWIA	Accelerating Poland	POL	1982	00:20:51,02	00:41:58,52	00:51:53,26	01:30:02,29	M3	11	33						Tak	6	6		
39	201	STOLARCZYK TOMASZ	OSTROŁĘKA	Biegam Bo Lubię Ostrołęka	POL	1977	00:21:04,01	00:42:10,76	00:52:05,34	01:30:07,42	M4	10	34		Tak	7	7						
40	67	KALINOWSKI KAMIL	WARSZAWA	RK Athletics	POL	1989	00:21:42,93	00:43:22,35	00:53:15,96	01:30:39,29	M3	12	35										
41	170	PRUSZKO ADAM	ŁOMŻA	Biegamy dla Zdrowia	POL	1971	00:21:20,18	00:42:53,85	00:53:00,77	01:30:40,92	M4	11	36										

42	19	BUKOWSKI MICHAŁ	OSTROŁĘKA	bbl Ostrołęka	POL	1977	00:21:43,23	00:43:23,14	00:53:24,35	01:30:52,35	M4	12	37		Tak	8	8						
43	223	TUTAS MICHAŁ	OSTROŁĘKA		POL	1991	00:21:20,32	00:42:28,60	00:52:23,41	01:31:16,26	M2	10	38		Tak	9	9						
44	152	PĘDZICH WALDEMAR	SZAFARCZYSKA	LZS Starostwo Powiatowe BBL Ostrołęka	POL	1961	00:21:30,95	00:42:59,30	00:53:09,36	01:31:22,53	M5	5	39						Tak	7	7		
45	121	ŁOMNICKI DARIUSZ	PŁOCK	Płock Biega No Age Limit	POL	1964	00:21:04,39	00:42:21,63	00:52:33,09	01:31:48,02	M5	6	40										
46	34	DMOCHOWSKI WIKTOR	OSTROŁĘKA		POL	2002	00:21:30,94	00:42:58,87	00:53:00,66	01:31:49,52	M2	11	41	Tak	10	10							
47	62	JĘDRZEJCZYK JAROSŁAW	OSTROŁĘKA	Reebok Run Crew Ostrołęka	POL	1982	00:21:43,97	00:43:51,45	00:54:03,16	01:32:10,20	M3	13	42	Tak	11	11							
48	108	KUKLA MARCIN	WARSZAWA	Rysik Runners	POL	1969	00:22:18,94	00:44:19,57	00:54:38,49	01:34:11,81	M5	7	43										
49	2	ALBIŃSKI TOMASZ	WAR	Running Frogs	POL	1978	00:22:11,88	00:44:19,86	00:54:43,61	01:34:21,87	M4	13	44										
50	268	ŻACH MARCIN	OSTRÓW MAZOWIECKA		POL	1987	00:22:21,58	00:44:20,06	00:54:35,67	01:34:46,07	M3	14	45										
51	253	ŻEBROWSKI MAREK	RZEKUŃ	KS ARCO Ławy	POL	1964	00:22:25,23	00:44:43,90	00:55:15,59	01:34:54,92	M5	8	46						Tak	8	8		
52	248	ZALEWSKI MICHAŁ	ŁAWY	Starglass Team	POL	1975	00:22:47,17	00:45:09,94	00:55:37,57	01:35:00,37	M4	14	47						Tak	9	9		
53	82	KORDOWSKA ALICJA	KURPIEWSKIE		POL	1985	00:21:04,00	00:43:05,09	00:53:46,23	01:35:21,14	K3	2	6						Tak	10			1
54	135	MILCZAREK GRZEGORZ	OSTROŁĘKA	BBL-Ostrołęka / Morsy Ostrołęka	POL	1975	00:22:48,37	00:44:49,08	00:54:55,47	01:35:25,88	M4	15	48	Tak	12	12							
55	161	POLEWACZYK TOMASZ	ŁYSE		POL	1991	00:20:51,30	00:41:56,82	00:51:53,64	01:35:30,85	M2	12	49						Tak	11	10		
56	35	PIASEK PIOTR	OSTROŁĘKA	Tri Unlimited	POL	1965	00:22:20,00	00:44:49,36	00:55:20,85	01:35:46,92	M5	9	50	Tak	13	13							
57	251	ZYSKOWSKI ARTUR	OSTROŁĘKA	BIEGAM BO LUBIĘ OSTROŁĘKA	POL	1976	00:22:45,81	00:45:32,39	00:56:03,13	01:35:49,90	M4	16	51	Tak	14	14							
58	192	SMUGA ŁUKASZ	WARSZAWA		POL	1985	00:22:25,10	00:44:54,53	00:55:30,89	01:36:01,32	M3	15	52										
59	137	MODZELEWSKI KRZYSZTOF	OSTROŁĘKA	Starglass Team Ostrołęka	POL	1966	00:23:08,86	00:46:12,59	00:56:45,92	01:36:17,93	M5	10	53	Tak	15	15							
60	138	MODZELEWSKI WIESŁAW	OSTROŁĘKA	Starglass Team Ostrołęka	POL	1964	00:23:08,80	00:46:12,71	00:56:46,00	01:36:18,68	M5	11	54	Tak	16	16							
61	239	WIŚNIEWSKI KRZYSZTOF	OSTROŁĘKA	Amator_Sportu	POL	1974	00:23:00,12	00:46:03,42	00:56:38,90	01:36:35,09	M4	17	55	Tak	17	17							
62	205	SZCZUTKOWSKA JUSTYNA	JANIKOWO		POL	1966	00:22:09,95	00:44:57,44	00:55:43,15	01:36:40,99	K5	1	7										
63	69	KAMIŃSKI KAMIL	WARSZAWA	#rc waw	POL	1989	00:20:43,90	00:41:57,20	00:52:01,31	01:36:55,32	M3	16	56										
64	50	GODEWSKI ANDRZEJ	WARSZAWA		POL	1968	00:23:15,86	00:45:48,55	00:56:23,15	01:36:55,56	M5	12	57										
65	52	GOŁASZEWSKI ŁUKASZ	ZABRODZIE	Biegam Bo Lubię Ostrołęka	POL	1981	00:22:45,70	00:45:33,32	00:56:18,97	01:37:04,84	M3	17	58						Tak	12	11		
66	85	KOSIŃSKI MARCIN	KOLNO	Petunie	POL	1988	00:24:26,84	00:47:49,68	00:58:18,63	01:37:14,15	M3	18	59										
67	58	GWIZDAŁA CEZARY	WARSZAWA	KUŹNIA TRIATHLONU	POL	1970	00:22:01,44	00:44:26,82	00:55:15,21	01:37:17,28	M4	18	60										
68	11	BĘDŹKOWSKI MAREK	OSTROŁĘKA	Morsy Ostrołęka	POL	1968	00:21:51,90	00:44:35,78	00:55:31,35	01:37:26,41	M5	13	61	Tak	18	18							
69	202	STOLARCZYK KRZYSZTOF	ZIOMEK		POL	1981	00:23:42,58	00:47:18,90	00:58:11,60	01:37:59,99	M4	19	62										
70	24	CHOROSTKOWSKI MACIEJ	WARSZAWA		POL	1979	00:24:42,23	00:47:47,23	00:58:24,53	01:38:20,47	M4	20	63										
71	276	ŻEBROWSKI PIOTR	OSTROŁĘKA	Stacja Ostrołęka	POL	1989	00:23:53,28	00:47:31,37	00:58:23,91	01:38:34,70	M3	19	64	Tak	19	19							
72	255	GERWATOWSKI KONRAD	LELIS		POL	1981	00:21:52,72	00:45:44,17	00:56:44,50	01:38:47,32	M3	20	65						Tak	13	12		
73	72	KARDAS MARCIN	OSTROŁĘKA		POL	1984	00:23:55,06	00:47:38,40	00:58:44,09	01:39:13,01	M3	21	66	Tak	20	20							
74	32	CZARTORYSKA SYLWIA	ŁOMŻA	Następny Krok	POL	1978	00:23:12,99	00:46:34,97	00:57:36,13	01:39:15,98	K4	3	8										
75	241	WOCH KRZYSZTOF	ŁOMIANKI	Widłorogi	POL	1980	00:23:40,88	00:47:13,29	00:58:17,68	01:39:42,40	M3	22	67										
76	229	WATRAKIEWICZ JERZY	OSTROŁĘKA		POL	1967	00:23:53,59	00:47:37,21	00:58:42,76	01:39:46,26	M5	14	68	Tak	21	21							
77	45	GAJEK IRENEUSZ	CIECHANÓW		POL	1978	00:22:57,67	00:46:41,41	00:57:57,45	01:39:58,80	M4	21	69										
78	97	KRUCZYŃSKI JANUSZ	OSTROŁĘKA		POL	1959	00:22:59,09	00:46:35,02	00:57:44,11	01:40:13,36	M6	1	70	Tak	22	22							
79	7	BACZEWSKA KLAUDIA	OSTROŁĘKA	Biegam Bo Lubię Ostrołęka	POL	1990	00:24:32,70	00:48:48,57	00:59:58,58	01:40:16,83	K2	3	9	Tak	23					1			
80	172	PTAK DAMIAN	KUZIE	ICEKURP ŁYSE	POL	1990	00:23:36,20	00:47:40,46	00:58:48,84	01:40:32,26	M2	13	71										
81	218	TOMCZAK MAREK	KOSZALIN	Rozbiegany Koszalin	POL	1978	00:22:29,71	00:45:29,88	00:56:39,87	01:40:57,31	M4	22	72										
82	79	KOLIMAGA KAMIL	ŁYSE	IceKurp Łyse	POL	1991	00:24:29,05	00:49:51,17	01:01:01,36	01:41:53,66	M2	14	73						Tak	14	13		
83	246	ZAGÓRSKI ARTUR	CIECHANÓW	Mazovia ProActiv Ciechanów	POL	1980	00:24:08,19	00:48:02,53	00:59:20,53	01:42:20,53	M3	23	74										
84	267	DUSZAK GRZEGORZ	OSTROŁĘKA		POL	1983	00:23:36,14	00:46:56,34	00:57:58,42	01:42:28,39	M3	24	75	Tak	24	23							
85	222	TRZEBIATOWSKA KINGA	ŁUPAWA		POL	1999	00:22:38,48	00:46:47,72	00:58:40,64	01:42:51,15	K2	4	10										
86	263	MRÓWKA ANDRZEJ	ANTONIE	BBL	POL	1973	00:23:55,21	00:48:40,92	01:00:04,55	01:43:09,97	M4	23	76						Tak	15	14		
87	74	KEMICER IGOR	PŁOCK	Płock Biega No Age Limit	POL	2000	00:23:54,65	00:48:34,25	01:00:11,52	01:43:11,29	M2	15	77										

88	109	KULESZA KRZYSZTOF	WARSZAWA	DOGÓŃ Grodzisk Mazowiecki	POL	1979	00:24:36,04	00:49:29,15	01:01:34,34	01:43:16,94	M4	24	78										
89	61	IWANOWICZ AGATA	AUGUSTÓW	ATP Augustów	POL	1983	00:23:54,84	00:48:26,06	00:59:57,53	01:43:23,84	K3	3	11										
90	29	CIESIELSKI MACIEJ	WARSZAWA		POL	1990	00:24:56,79	00:49:18,31	01:00:44,29	01:43:28,76	M2	16	79										
91	162	PONIKOWSKI PRZEMYSŁAW	PRUSZKÓW	Pruszków	POL	1988	00:22:33,60	00:46:32,93	00:57:51,31	01:43:47,60	M3	25	80										
92	171	PRZYDATEK PRZEMYSŁAW	ŻYRARDÓW	Drużyna Orzecha	POL	1983	00:24:13,22	00:48:44,11	01:00:13,03	01:43:49,63	M3	26	81										
93	22	CHOLEWIŃSKI TOMASZ	GÓRA KALWARIA		POL	1963	00:24:46,95	00:49:35,45	01:00:58,97	01:43:51,40	M5	15	82										
94	120	ŁĘGOWSKI KRZYSZTOF	ŁOMŻA	Run Team Piątница	POL	1980	00:24:38,27	00:49:03,99	01:00:25,76	01:43:58,34	M3	27	83										
95	194	SÓJKA PAWEŁ	WARSZAWA		POL	1958	00:24:54,96	00:49:20,88	01:00:49,87	01:44:07,21	M6	2	84										
96	242	WOJDA DARIUSZ	JÓZEFÓW	Dzikie Dzikie	POL	1974	00:24:00,07	00:48:26,16	00:59:55,51	01:44:21,83	M4	25	85										
97	43	FRYDRYCHOWICZ MICHAŁ	WARSZAWA		POL	1978	00:25:08,90	00:49:54,38	01:01:05,81	01:44:37,03	M4	26	86										
98	220	TROC MAREK	BIELSK PODLASKI	Bielska Inicjatywa Rowerowa	POL	1981	00:22:54,21	00:46:36,88	00:58:17,58	01:44:38,41	M3	28	87										
99	103	KRZAK ANDRZEJ	WARSZAWA	Motointegrator	POL	1966	00:25:14,22	00:49:57,51	01:01:11,91	01:44:40,01	M5	16	88										
100	30	CIEŚLIK MARTA	PRUSZCZ GDAŃSKI	Pruszcz Gdański Show Must Go On	POL	1991	00:25:06,52	00:50:00,17	01:01:30,74	01:44:55,98	K2	5	12										
101	211	ŚLUSARCZYK ANDRZEJ	PRUSZCZ GDAŃSKI	PRUSZCZ BIEGA SHOW MUST GO ON	POL	1971	00:25:06,52	00:50:00,03	01:01:30,07	01:44:56,59	M4	27	89										
102	38	DYMIŃSKI ERYK	WARSZAWA	AKS Polonia Warszawa	POL	1987	00:24:23,76	00:49:23,67	01:00:59,14	01:45:29,92	M3	29	90										
103	196	STAŃCZAK EDMUND	PŁOCK	PŁOCK BIEGA NO AGE LIMIT	POL	1953	00:23:54,19	00:48:33,74	01:00:25,03	01:45:44,52	M6	3	91										
104	25	CHRUŚCIK TOMASZ	SOBIENIE JEZIORY		POL	1972	00:24:49,60	00:49:14,03	01:00:46,48	01:45:54,84	M4	28	92										
105	177	ROMANIK TOMASZ	OSTROŁĘKA		POL	1985	00:25:37,18	00:50:08,55	01:01:30,86	01:46:01,73	M3	30	93	Tak	25	24							
106	195	STACHELEK KAMILA	TUROŚL		POL	1995	00:25:52,30	00:51:25,93	01:03:20,82	01:46:20,81	K2	6	13										
107	272	TUSIŃSKI HUBERT	OSTROŁĘKA		POL	2002	00:25:04,41	00:50:00,46	01:01:19,83	01:46:29,00	M2	17	94	Tak	26	25							
108	56	GRZYB ROMAN	STANISŁAWOWO	OSP Osowiec	POL	1980	00:22:57,66	00:48:14,33	01:00:11,93	01:46:44,59	M3	31	95						Tak	16	15		
109	44	FURTAŁ ADAM	NOWY DWÓR MAZOWIECKI		POL	1977	00:25:00,29	00:50:24,51	01:02:09,14	01:46:59,18	M4	29	96										
110	131	MAZUREK ADRIAN	GOWOROWO	Monar Lipianka	POL	1998	00:25:29,10	00:51:24,08	01:03:19,08	01:47:26,10	M2	18	97						Tak	17	16		
111	66	KALINOWSKI JAROSŁAW	OSTROŁĘKA		POL	1985	00:23:25,56	00:48:24,13	01:00:03,87	01:47:26,84	M3	32	98	Tak	27	26							
112	186	SIELECKI MICHAŁ	KOMOROWO	Ostrów Biega	POL	1977	00:26:26,07	00:52:18,80	01:04:16,51	01:47:29,29	M4	30	99										
113	274	ZARZYCKI WOJCIECH	OSTROŁĘKA		POL	1971	00:23:54,75	00:48:40,60	01:00:36,55	01:47:52,99	M4	31	100	Tak	28	27							
114	12	BIAŁOBRZESKI WITOLD	OSTROŁĘKA	Biegam Bo Lubię Ostrołęka	POL	1950	00:24:48,65	00:50:24,44	01:02:20,12	01:47:57,63	M6	4	101	Tak	29	28							
115	187	SIEMIĄTKOWSKI NORBERT	RZEKUŃ	KS ARCO Ławy	POL	1974	00:25:49,17	00:51:26,21	01:03:15,80	01:48:08,36	M4	32	102						Tak	18	17		
116	73	KARPINSKI ADAM	LELIS	Morsy Ostrołęka	POL	1975	00:25:49,35	00:51:25,99	01:03:22,51	01:48:09,49	M4	33	103						Tak	19	18		
117	163	POPIELARCZYK BOGDAN	DĄBRÓWKA	Patriota i miłośnik aktywności fizycznej	POL	1972	00:27:37,06	00:53:09,99	01:04:56,51	01:48:22,31	M4	34	104						Tak	20	19		
118	227	WARDA RYSZARD	SADOWNE	Wicher Sadowne	POL	1960	00:26:12,77	00:51:27,66	01:03:21,65	01:48:30,69	M5	17	105										
119	141	NAPIÓRKOWSKA ANNA	OSTROŁĘKA		POL	1979	00:25:53,09	00:51:27,91	01:03:24,34	01:48:58,15	K4	4	14	Tak	30		2						
120	23	CHORAŻEWICZ PAWEŁ	MYSZYNIC	Kurpie Myszyniec	POL	1992	00:22:08,52	00:45:12,08	00:57:15,28	01:49:02,54	M2	19	106						Tak	21	20		
121	94	KOZŁOWSKI PIOTR	BIELSK PODLASKI		POL	1978	00:25:48,20	00:50:57,63	01:02:35,38	01:49:21,75	M4	35	107										
122	231	LISZEWSKI MARCIN	OSTROŁĘKA	Monar Ostrołęka	POL	1998	00:26:59,38	00:53:29,62	01:05:21,77	01:49:24,80	M2	20	108	Tak	31	29							
123	182	RYPINA-GAŁĄZKA DOROTA	OSTROŁĘKA	Biegam Bo Lubię Ostrołęka	POL	1967	00:26:59,16	00:53:29,90	01:05:21,46	01:49:24,96	K5	2	15	Tak	32		3						
124	123	MACKO MARIUSZ	BIAŁOBIEL	Morsy Ostrołęka	POL	1978	00:25:49,41	00:51:26,32	01:03:22,28	01:49:37,18	M4	36	109						Tak	22	21		
125	150	PANKOWSKI ZBIGNIEW	PŁOCK		POL	1949	00:26:16,72	00:52:30,25	01:04:38,42	01:49:43,36	M7	1	110										
126	100	KRUPKA ADRIAN	OSTROŁĘKA	CWKS Legia Warszawa	POL	1997	00:26:07,92	00:51:55,18	01:03:57,33	01:49:51,02	M2	21	111	Tak	33	30							
127	76	KOLASA ANDRZEJ	WARSZAWA-WESOŁA	Klub J.Słowackiego	POL	1951	00:24:47,57	00:50:24,02	01:02:19,80	01:49:58,24	M6	5	112										
128	151	PAZURKIEWICZ KRZYSZTOF	OSTROŁĘKA		POL	1988	00:25:00,33	00:50:37,01	01:02:46,07	01:50:10,82	M3	33	113	Tak	34	31							
129	259	KUCHARSKI RAFAŁ	GOWOROWO/WROCŁAW	Monar Lipianka	POL	1988	00:24:41,43	00:49:59,77	01:02:12,09	01:50:21,99	M3	34	114						Tak	23	22		
130	266	JECYK ALEKSANDR	OSTROŁĘKA		POL	1960	00:25:36,73	00:51:26,92	01:03:24,37	01:50:22,99	M5	18	115	Tak	35	32							
131	181	RYKOWSKI GRZEGORZ	DRĘŻEWO	BBL Ostrołęka	POL	1977	00:27:10,12	00:53:40,18	01:05:56,25	01:50:30,44	M4	37	116						Tak	24	23		
132	28	CIESIELSKA MAŁGORZATA	WARSZAWA		POL	1989	00:25:48,68	00:51:25,95	01:03:25,69	01:50:30,52	K3	4	16										
133	262	WOJCIECHOWSKI PATRYK	OSTROŁĘKA		POL	2019	00:27:10,87	00:55:04,38	01:08:24,95	01:50:41,15	M-	1	117	Tak	36	33							
134	257	DŁUGOŁĘCKI HUBERT	ŁAWY	Arco Ławy	POL	1988	00:24:34,19	00:49:56,79	01:02:20,43	01:50:48,60	M3	35	118						Tak	25	24		



182	102	KRYSIĄK ANDRZEJ	DĄBROWKA	Patriota i miłośnik aktywności fizycznej	POL	1975	00:27:37,09	00:55:08,60	01:08:27,96	02:01:17,42	M4	51	156					Tak	32	29	
183	157	PIOTROWSKI PAWEŁ	OSTROŁĘKA		POL	1982	00:28:14,46	00:56:26,27	01:09:38,92	02:01:26,45	M3	46	157		Tak	48	43				
184	215	TABAKA MAGDALENA	PRZASNYSZ	Jednorożec robi co może	POL	1977	00:28:19,82	00:56:49,18	01:10:12,43	02:01:28,58	K4	9	27								
185	265	PAWŁOWSKI JACEK	CZARNOWIEC		POL	1973	00:28:15,97	00:56:36,62	01:09:54,04	02:01:38,20	M4	52	158					Tak	33	30	
186	149	PAJKA JAKUB	OSTROŁĘKA		POL	1985	00:25:38,11	00:53:29,27	01:06:52,48	02:03:04,35	M3	47	159		Tak	49	44				
187	95	KOZŁOWSKI SŁAWOMIR	ŁYSE	IceKurs #MorsyŁyse	POL	1977	00:27:15,65	00:56:16,15	01:10:05,21	02:03:05,99	M4	53	160					Tak	34	31	
188	155	PIERZCHAŁA GRZEGORZ	WARSZAWA		POL	1991	00:28:25,56	00:56:46,12	01:10:13,48	02:03:17,39	M2	26	161								
189	261	PIERZCHAŁA IGOR	OSTROŁĘKA		POL	1998	00:27:10,92	00:55:04,92	01:08:26,21	02:03:56,91	M2	27	162		Tak	50	45				
190	250	ZIEMCZYK ADAM	ŁĄTCZYN		POL	1989	00:26:26,85	00:53:31,27	01:06:53,77	02:04:18,54	M3	48	163					Tak	35	32	
191	92	KOZIKOWSKI DANIEL	OSTROŁĘKA	UMKS ""TRÓJKA"" OSTROŁĘKA	POL	1996	00:28:58,89	00:57:32,27	01:10:50,58	02:04:21,33	M2	28	164		Tak	51	46				
192	70	KAMIONOWSKI MARIUSZ-JACEK	OSTROŁĘKA	Morsy Ostrołęka	POL	1966	00:29:44,41	00:59:28,50	01:13:18,17	02:04:36,54	M5	26	165		Tak	52	47				
193	112	KWAPISZ-CICHOWSKA KATARZYNA	OSTROŁĘKA	urząd miasta	POL	1974	00:29:44,42	00:59:28,74	01:13:18,14	02:04:37,21	K4	10	28		Tak	53	6				
194	83	KORONKA KAROLINA	WARSZAWA		POL	1991	00:29:41,79	00:59:02,52	01:12:46,08	02:05:21,13	K2	9	29								
195	234	WIKTORSKA MARIOLA	JEDNOROŻEC	JEDNOROŻEC robi co może	POL	1971	00:28:41,37	00:58:27,26	01:12:30,35	02:05:30,85	K4										
196	18	BUJNICKI KAZIMIERZ	WOŁOMIN	Morsy Zielonka	POL	1964	00:28:41,37	00:58:27,26	01:12:30,35	02:05:31,85	M5	27	166								
197	99	KRUPIŃSKI MAREK	OSTROŁĘKA	Zabiegani Team	POL	1995	00:24:38,19	00:54:21,25	01:08:21,38	02:05:49,38	M2	29	167		Tak	54	48				
198	10	BĘBENEK CZESŁAW	KNUROWIEC		POL	1953	00:27:49,01	00:57:35,48	01:12:01,13	02:06:06,40	M6	7	168								
199	244	WOJNAR DARIUSZ	OSTROŁĘKA	Bee Hiro	POL	1975	00:29:51,33	01:00:24,05	01:14:17,09	02:06:19,01	M4	54	169		Tak	55	49				
200	47	GAUDYN MARCIN	WARSZAWA		POL	1984	00:29:29,01	00:59:01,34	01:12:28,84	02:06:24,25	M3	49	170								
201	271	URBAN SYLWIA	OSTRÓW WIELKOPOLSKI	Night Runers	POL	1984	00:29:28,87	00:59:00,68	01:12:28,22	02:06:24,23	K3	9	30								
202	8	BAKUŁA WIESŁAW	WACH	wampir	POL	1968	00:26:58,59	00:56:08,72	01:10:04,02	02:06:29,66	M5	28	171					Tak	36	33	
203	168	PRUSACZYK MATEUSZ	OLSZEWO-BORKI		POL	1990	00:28:51,03	00:58:57,09	01:12:39,61	02:06:58,11	M2	30	172					Tak	37	34	
204	91	KOWARSKI MARIUSZ	OSTROŁĘKA	Monar	POL	1963	00:28:40,78	00:58:30,20	01:12:48,21	02:06:58,82	M5	29	173		Tak	56	50				
205	230	WESOŁOWSKI MARCIN	OSTROŁĘKA	Monar Ostrołęka	POL	1996	00:28:40,50	00:58:30,17	01:12:47,59	02:07:00,72	M2	31	174		Tak	57	51				
206	185	SAWA OLA	WARSZAWA		POL	1978	00:30:08,48	01:00:19,36	01:14:17,90	02:07:10,06	K4	11	31								
207	3	AMBROZIAK ANNA	RZEKUŃ		POL	1990	00:28:46,09	00:58:28,01	01:12:50,23	02:07:21,46	K2	10	32					Tak	38		4
208	93	KOZŁOWSKI EDWARD	ŁYSE	Morsy łyse	POL	1957	00:28:27,06	00:58:26,60	01:12:35,09	02:07:47,26	M6	8	175					Tak	39	35	
209	264	OPĘCHOWNA ALDONA	OSTROŁĘKA		POL	1983	00:31:47,79	01:03:04,73	01:16:30,96	02:07:46,63	K3	10	33		Tak	58	7				
210	144	NOWACZYK WŁODZIMIERZ	OSTROŁĘKA		POL	1984	00:22:46,99	00:48:34,91	01:04:48,80	02:08:06,66	M3	50	176		Tak	59	52				
211	258	ZALEWSKI ZBIGNIEW	OSTROŁĘKA		POL	1989	00:30:43,20	01:01:22,44	01:15:21,98	02:08:10,26	M3	51	177		Tak	60	53				
212	86	KOTLARZ KAROL	OSTROŁĘKA		POL	1990	00:26:40,54	00:56:18,82	01:10:00,27	02:08:14,25	M2	32	178		Tak	61	54				
213	84	KOSAKOWSKA-SZUTKOWSKA BARBARA	OLSZTYN	AKM Olsztyn/sklepbiegacza.pl	POL	1955	00:30:43,00	01:01:22,39	01:15:21,96	02:08:18,46	K6	1	34								
214	197	STEPNOWSKI MICHAŁ	OSTROŁĘKA	Elektro-Energetyka.com	POL	1983	00:30:58,82	01:01:01,29	01:15:08,61	02:09:18,70	M3	52	179		Tak	62	55				
215	89	KOWALIŃSKI MACIEK	CIECHANÓW	Mazovia ProActive	POL	1985	00:29:39,57	01:00:16,89	01:14:45,06	02:09:45,62	M3	53	180								
216	134	MIKOŁAJEWSKA ANNA	LIPA	Jednorożec robi co może	POL	1963	00:27:28,74	00:57:01,87	01:11:28,32	02:09:50,38	K5	3	35								
217	63	JUCHNIEWICZ STANISŁAW	OSTROŁĘKA		POL	1952	00:30:59,05	01:01:59,26	01:15:37,02	02:09:54,30	M6	9	181		Tak	63	56				
218	111	KUPIS ARKADIUSZ	OSTROŁĘKA		POL	1962	00:30:20,83	01:01:13,76	01:15:44,30	02:10:53,25	M5	30	182		Tak	64	57				
219	233	WIELUŃSKA JOLANTA	PŁOCK	Płock Biega No Age Limit	POL	1963	00:28:45,98	00:59:18,36	01:13:53,72	02:11:11,67	K5	4	36								
220	167	PRUSACZYK MACIEJ	OLSZEWO-BORKI		POL	1968	00:28:07,47	00:57:53,24	01:12:44,71	02:11:39,95	M5	31	183					Tak	40	36	
221	193	SOBIERAŃSKA EDYTA	PRZASNYSZ		POL	1973	00:27:48,59	00:57:38,86	01:12:33,61	02:12:09,71	K4	12	37								
222	4	ANDRUCZYK ARKADIUSZ	WARSZAWA	Rembertów Team	POL	1974	00:29:45,97	01:01:04,04	01:15:47,72	02:12:45,98	M4	55	184								
223	5	ANDRUCZYK KATARZYNA	WARSZAWA	Rembertów Team	POL	1974	00:29:46,07	01:01:04,15	01:15:35,78	02:12:45,83	K4	13	38								
224	113	LAZAR-BORKOWSKA BOGUSIA	OLSZEWO-BORKI		POL	1978	00:31:35,72	01:03:04,94	01:17:30,30	02:13:08,66	K4	14	39					Tak	41		5
225	225	WALEWACZ GRZEGORZ	OSTROŁĘKA	Bez Treningu	POL	1983	00:32:27,12	01:04:24,94	01:19:26,29	02:16:05,34	M3	54	185		Tak	65	58				
226	158	PIOTROWSKI ZDZISŁAW	OSTROŁĘKA		POL	1957	00:28:15,09	00:58:16,47	01:13:08,55	02:16:35,21	M6	10	186		Tak	66	59				
227	78	KOLIBCZYŃSKI DARIUSZ	PŁOCK	Płock Biega No Age Linit	POL	1971	00:28:25,79	01:02:37,76	01:17:36,25	02:16:55,95	M4	56	187								

