

# BIEGOWE GRAND PRIX GORZOWA WIELKOPOLSKIEGO 2023/2024 - BIEG 3

Data: 10.12.2023

Dystans: 5 km

Miejscowość: Gorzów Wlkp.



| Lp. | Nr  | Nazwisko i Imię       | Rok ur. | Płeć | Kat. | M-ce w |                     | Klub                              | Tempo  | Prędkość | Wynik    | M  | K |
|-----|-----|-----------------------|---------|------|------|--------|---------------------|-----------------------------------|--------|----------|----------|----|---|
|     |     |                       |         |      |      | kat.   | Miejscowość         |                                   | min/km | km/h     |          |    |   |
| 1   | 8   | GALANT MARCIN         | 1988    | M    | M30  | 1      | Gorzów Wlkp         |                                   | 03:49  | 15,71    | 00:19:06 | 1  |   |
| 2   | 84  | NOWAK MARIUSZ         | 1989    | M    | M30  | 2      | Gorzów Wlkp         |                                   | 03:55  | 15,33    | 00:19:34 | 2  |   |
| 3   | 98  | PROTASIEWICZ ŁUKASZ   | 1982    | M    | M40  | 1      | Ośno Lubuskie       | 17 BZ                             | 03:56  | 15,28    | 00:19:38 | 3  |   |
| 4   | 122 | SZYMAŃSKI WOJCIECH    | 1980    | M    | M40  | 2      | Gorzów Wlkp         | MISTRZOWSKIE ROWERY LECH PIASECKI | 03:59  | 15,04    | 00:19:57 | 4  |   |
| 5   | 28  | STUDNIAREK TOMASZ     | 1982    | M    | M40  | 3      | Janczewo            |                                   | 04:10  | 14,38    | 00:20:52 | 5  |   |
| 6   | 64  | KOWALCZYK MICHAŁ      | 1987    | M    | M30  | 3      | Gorzów Wlkp.        |                                   | 04:12  | 14,27    | 00:21:01 | 6  |   |
| 7   | 86  | OLEK ŁUKASZ           | 1986    | M    | M30  | 4      | Kostrzyn nad Odrą   | BOBAN                             | 04:13  | 14,24    | 00:21:04 | 7  |   |
| 8   | 11  | SMUTEK FILIP          | 2009    | M    | M16  | 1      | Barlinek            | MLKS LUBUSZ BARLINEK              | 04:13  | 14,21    | 00:21:07 | 8  |   |
| 9   | 114 | STOKOWSKI MARCIN      | 1986    | M    | M30  | 5      | GORZÓW WIELKOPOLSKI | WIERZBICKI RUNNING PROJECT        | 04:15  | 14,12    | 00:21:15 | 9  |   |
| 10  | 129 | WIECZOREK MATEUSZ     | 1996    | M    | M16  | 2      | Murzynowo           |                                   | 04:16  | 14,04    | 00:21:22 | 10 |   |
| 11  | 9   | PŁOŃSKI JAKUB         | 1983    | M    | M40  | 4      | Gorzów Wielkopolski | DZIKIE DZIKI GORZÓW               | 04:17  | 14,02    | 00:21:24 | 11 |   |
| 12  | 85  | OBŁĄK DAWID           | 1995    | M    | M16  | 3      | Karnin              |                                   | 04:19  | 13,88    | 00:21:37 | 12 |   |
| 13  | 117 | SUDUŁ JAROSŁAW        | 1972    | M    | M50  | 1      | Gorzów wlkp         | WIERZBICKI RUNNING PROJECT        | 04:20  | 13,82    | 00:21:42 | 13 |   |
| 14  | 63  | KOTOWICZ JAKUB        | 1985    | M    | M30  | 6      | Gorzów Wielkopolski | GORZOWSKA SIŁA                    | 04:21  | 13,79    | 00:21:45 | 14 |   |
| 15  | 83  | NOWACKI DAMIAN        | 1992    | M    | M30  | 7      | Stare Łysogórki     | KUNY STARE ŁYSOGÓRKI              | 04:22  | 13,74    | 00:21:50 | 15 |   |
| 16  | 113 | STOJANOWSKI PAWEŁ     | 1991    | M    | M30  | 8      | Gorzów Wielkopolski | PYRZAŃSCY ROWERZYŚCI              | 04:23  | 13,69    | 00:21:55 | 16 |   |
| 17  | 19  | WÓJCICKI PIOTR        | 1986    | M    | M30  | 9      | Gorzów Wielkopolski | WIERZBICKI RUNNING PROJECT        | 04:23  | 13,68    | 00:21:56 | 17 |   |
| 18  | 17  | ZABAGŁO LESZEK        | 1966    | M    | M50  | 2      | Gorzów Wielkopolski | BBL GORZÓW WLKP.                  | 04:30  | 13,35    | 00:22:28 | 18 |   |
| 19  | 46  | DURBAJŁO ROBERT       | 1984    | M    | M30  | 10     | Bogdaniec           | SZKOŁA PŁYWANIA ORKA              | 04:32  | 13,25    | 00:22:38 | 19 |   |
| 20  | 76  | MARKUSZKA MATEUSZ     | 1997    | M    | M16  | 4      | Gorzów Wlkp.        | KM PSP GORZÓW WIELKOPOLSKI        | 04:32  | 13,25    | 00:22:39 | 20 |   |
| 21  | 128 | TYTUS PIOTR           | 1985    | M    | M30  | 11     | Gorzów Wlkp.        | P.A.K.T                           | 04:32  | 13,24    | 00:22:40 | 21 |   |
| 22  | 135 | ŻUBEREK MATEUSZ       | 1987    | M    | M30  | 12     | Gorzów Wielkopolski |                                   | 04:32  | 13,24    | 00:22:40 | 22 |   |
| 23  | 127 | TYMOSHENKO MAKSYM     | 1982    | M    | M40  | 5      | Gorzów Wielkopolski |                                   | 04:32  | 13,23    | 00:22:41 | 23 |   |
| 24  | 37  | BUTRYM MAKSYM         | 2006    | M    | M16  | 5      | Gorzów Wielkopolski |                                   | 04:35  | 13,08    | 00:22:56 | 24 |   |
| 25  | 44  | DOŁMAT EDWARD         | 1962    | M    | M50  | 3      | Gorzów Wlkp.        |                                   | 04:36  | 13,03    | 00:23:01 | 25 |   |
| 26  | 115 | STOLARZ MARIUSZ       | 1973    | M    | M50  | 4      | Gorzów Wielkopolski | WIERZBICKI RUNNING PROJECT        | 04:38  | 12,93    | 00:23:12 | 26 |   |
| 27  | 1   | MASEWICZ GRZEGORZ     | 1980    | M    | M40  | 6      | Gorzów Wlkp.        | KB ZOFANNA                        | 04:40  | 12,87    | 00:23:19 | 27 |   |
| 28  | 111 | STASZEWSKI PIOTR      | 1983    | M    | M40  | 7      | Gorzów Wielkopolski |                                   | 04:40  | 12,86    | 00:23:20 | 28 |   |
| 29  | 93  | PAWLAK ADRIAN         | 1994    | M    | M16  | 6      | Gorzów              | GORZOWSKA SIŁA                    | 04:42  | 12,78    | 00:23:28 | 29 |   |
| 30  | 81  | NAPIERAŁSKI KRZYSZTOF | 1982    | M    | M40  | 8      | Gorzów Wlkp.        | DZIKIE DZIKI GORZÓW               | 04:44  | 12,68    | 00:23:39 | 30 |   |

Wyniki opracował:  
inż. Łukasz Przybysz

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Dystans: 5 km

Miejscowość: Gorzów Wlkp.



| Lp. | Nr  | Nazwisko i Imię         | Rok ur. | Płeć | Kat. | M-ce w |                     |                            | Tempo  | Prędkość | Wynik    | M  | K |
|-----|-----|-------------------------|---------|------|------|--------|---------------------|----------------------------|--------|----------|----------|----|---|
|     |     |                         |         |      |      | kat.   | Miejscowość         | Klub                       | min/km | km/h     |          |    |   |
| 31  | 121 | SZURKO PRZEMEK          | 1980    | M    | M40  | 9      | Gorzów wlkp         | 66400                      | 04:44  | 12,68    | 00:23:39 | 31 |   |
| 32  | 137 | DOBROŁOŻA MARTA         | 1984    | K    | K30  | 1      | Gorzów Wielkopolski | BBL GORZÓW                 | 04:48  | 12,49    | 00:24:01 |    | 1 |
| 33  | 104 | RUSIN KAMIL             | 1987    | M    | M30  | 13     | Brzozowiec          | DZIKIE DZIKI GORZÓW        | 04:48  | 12,49    | 00:24:01 | 32 |   |
| 34  | 131 | WOJCIECHOWSKI HUBERT    | 1984    | M    | M30  | 14     | Sulęcín             | WEIMARRUNNER               | 04:52  | 12,35    | 00:24:18 | 33 |   |
| 35  | 39  | CZYPAR DANIEL           | 1981    | M    | M40  | 10     | Gorzów Wielkopolski |                            | 04:53  | 12,30    | 00:24:24 | 34 |   |
| 36  | 106 | SAFIAŃCZUK DAWID        | 1993    | M    | M30  | 15     | Janczewo            | PARKRUN GORZÓW             | 04:54  | 12,25    | 00:24:29 | 35 |   |
| 37  | 52  | GUTT SEBASTIAN          | 1977    | M    | M40  | 11     | Gorzow              | WARIATY Z GORZOWA I OKOLIC | 04:54  | 12,23    | 00:24:32 | 36 |   |
| 38  | 73  | LEWANDOWSKI ZBIGNIEW    | 1983    | M    | M40  | 12     | Murzynowo           |                            | 04:55  | 12,22    | 00:24:33 | 37 |   |
| 39  | 7   | FOLTA ADRIAN            | 1983    | M    | M40  | 13     | Gorzów Wielkopolski | WIERZBICKI RUNNING PROJECT | 04:55  | 12,19    | 00:24:37 | 38 |   |
| 40  | 10  | RODAK JAKUB             | 2008    | M    | M16  | 7      | Witnica             |                            | 04:56  | 12,15    | 00:24:42 | 39 |   |
| 41  | 30  | BALIŃSKI ARKADIUSZ      | 1990    | M    | M30  | 16     | Bogdaniec           | BBL LASY BOGDANIEC         | 04:59  | 12,05    | 00:24:54 | 40 |   |
| 42  | 32  | BEDNARSKI MAREK         | 1990    | M    | M30  | 17     | Gorzów Wielkopolski | ROZKLEKOTANE GALOTY        | 04:59  | 12,04    | 00:24:55 | 41 |   |
| 43  | 60  | KAMIŃSKI JACEK          | 1978    | M    | M40  | 14     | Gorzow              | NIKE RUN TEAM GORZOW       | 04:59  | 12,02    | 00:24:57 | 42 |   |
| 44  | 49  | GLOWACZEWSKA ROKSANA    | 1995    | K    | K16  | 1      | Gorzow wlkp         |                            | 05:00  | 12,01    | 00:24:59 |    | 2 |
| 45  | 50  | GONTARZ STEFAN          | 1990    | M    | M30  | 18     | Gorzów Wielkopolski |                            | 05:00  | 12,00    | 00:25:00 | 43 |   |
| 46  | 130 | WOCAL MICHAŁ            | 1980    | M    | M40  | 15     | GORZÓW WIELKOPOLSKI | GORZOWSKA SIŁA             | 05:09  | 11,66    | 00:25:44 | 44 |   |
| 47  | 77  | MAZUREK ZBIGNIEW        | 1970    | M    | M50  | 5      | Bobowicko           |                            | 05:09  | 11,65    | 00:25:45 | 45 |   |
| 48  | 20  | ZELL JACEK              | 1964    | M    | M50  | 6      | Gorzów Wielkopolski | DZIKIE DZIKI GORZÓW        | 05:12  | 11,55    | 00:25:58 | 46 |   |
| 49  | 45  | DUNAL MATEUSZ           | 1986    | M    | M30  | 19     | Gorzów Wlkp.        | JMT                        | 05:15  | 11,41    | 00:26:17 | 47 |   |
| 50  | 134 | ŻMINKOWSKI JAROSŁAW     | 1969    | M    | M50  | 7      | Gorzów Wlkp         | ZAWARCIE                   | 05:17  | 11,34    | 00:26:27 | 48 |   |
| 51  | 126 | TCHORZELEWSKI SYLWESTER | 1978    | M    | M40  | 16     | Gorzów wlkp         | DZIKIE DZIKI GORZÓW        | 05:20  | 11,25    | 00:26:40 | 49 |   |
| 52  | 138 | WŁODARCZAK AGATA        | 2004    | K    | K16  | 2      | Poznań              |                            | 05:22  | 11,17    | 00:26:52 |    | 3 |
| 53  | 96  | PIOTROWSKA OLIWIA       | 2006    | K    | K16  | 3      | Gorzów Wielkopolski |                            | 05:23  | 11,14    | 00:26:56 |    | 4 |
| 54  | 109 | SOWA RAFAŁ              | 1988    | M    | M30  | 20     | Gorzów wlkp         |                            | 05:24  | 11,11    | 00:27:00 | 50 |   |
| 55  | 132 | WOJCIESZYŃSKI TOMASZ    | 1974    | M    | M40  | 17     | Baczyna             | BBL GORZÓW                 | 05:24  | 11,10    | 00:27:01 | 51 |   |
| 56  | 25  | DZIAŁEK CZESŁAW         | 1975    | M    | M40  | 18     | Stare Polichno      | DZIKIE DZIKI GORZÓW        | 05:24  | 11,10    | 00:27:01 | 52 |   |
| 57  | 6   | BŁAŻEJCZYK ZBIGNIEW     | 1972    | M    | M50  | 8      | Gorzów Wlkp.        | OSK BŁAŻEJCZYK             | 05:25  | 11,08    | 00:27:04 | 53 |   |
| 58  | 95  | PIEKIELNY MATEUSZ       | 1990    | M    | M30  | 21     | Gorzów Wielkopolski |                            | 05:40  | 10,59    | 00:28:19 | 54 |   |
| 59  | 92  | PARADOWSKI DAREK        | 1973    | M    | M50  | 9      | Gorzów              | SP-JENINIEC/MŁÓDE WILKI    | 05:44  | 10,48    | 00:28:38 | 55 |   |
| 60  | 29  | ADAMOWICZ ADAM          | 1971    | M    | M50  | 10     | Gorzów Wlkp.        | HORNET GORZÓW              | 05:45  | 10,42    | 00:28:47 | 56 |   |

Wyniki opracował:  
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| Lp. | Nr  | Nazwisko i Imię       | Rok ur. | Płeć | Kat. | M-ce w |                     |                            | Tempo<br>min/km | Prędkość<br>km/h | Wynik    | M  | K  |
|-----|-----|-----------------------|---------|------|------|--------|---------------------|----------------------------|-----------------|------------------|----------|----|----|
|     |     |                       |         |      |      | kat.   | Miejscowość         | Klub                       |                 |                  |          |    |    |
| 61  | 139 | KACZMAREK JAN         | 1947    | M    | M50  | 11     | Mieszkowice         |                            | 05:49           | 10,33            | 00:29:03 | 57 |    |
| 62  | 13  | SZERMENT ERYK         | 1980    | M    | M40  | 19     | Gorzów Wielkopolski | #SZERMENTTEAM              | 05:50           | 10,29            | 00:29:09 | 58 |    |
| 63  | 78  | MISA ZBIGNIEW         | 1973    | M    | M50  | 12     | Gorzów Wielkopolski | BBL LASY BOGDANIEC         | 05:50           | 10,29            | 00:29:10 | 59 |    |
| 64  | 40  | DANIŁ TOMASZ          | 1992    | M    | M30  | 22     | Gorzów Wlkp.        |                            | 05:51           | 10,26            | 00:29:15 | 60 |    |
| 65  | 72  | LEWANDOWSKI SAMUEL    | 1999    | M    | M16  | 8      | Strzelce Krajeńskie |                            | 05:52           | 10,22            | 00:29:21 | 61 |    |
| 66  | 100 | PTASZKIEWICZ KAMIL    | 1995    | M    | M16  | 9      | Gorzów Wielkopolski |                            | 05:54           | 10,18            | 00:29:28 | 62 |    |
| 67  | 89  | PAŁUCKA EMILIA        | 1992    | K    | K30  | 2      | Gorzów Wielkopolski | WARIATY Z GORZOWA I OKOLIC | 05:55           | 10,15            | 00:29:33 |    | 5  |
| 68  | 136 | MAJŁOWSKA IRENA       | 1953    | K    | K50  | 1      | Gorzów Wielkopolski | TEAM MAJŁOWSCY             | 05:56           | 10,11            | 00:29:41 |    | 6  |
| 69  | 14  | SZERMENT MAGDALENA    | 1981    | K    | K40  | 1      | Gorzów              | #SZERMENTTEAM              | 05:56           | 10,10            | 00:29:42 |    | 7  |
| 70  | 105 | RZECZYŃSKA ANNA       | 1974    | K    | K40  | 2      | Gorzów Wielkopolski | BBL GORZÓW WLKP.           | 05:59           | 10,02            | 00:29:57 |    | 8  |
| 71  | 41  | DANIŁ KAMILA          | 1993    | K    | K30  | 3      | Gorzów Wielkopolski |                            | 06:07           | 9,81             | 00:30:34 |    | 9  |
| 72  | 56  | IWASZKO AGNIESZKA     | 1982    | K    | K40  | 3      | Gorzów Wlkp.        | WARIATY Z GORZOWA I OKOLIC | 06:12           | 9,67             | 00:31:02 |    | 10 |
| 73  | 74  | MACKIEWICZ EDYTA      | 1986    | K    | K30  | 4      | Maszewo             | WARIATY Z GORZOWA I OKOLIC | 06:13           | 9,66             | 00:31:04 |    | 11 |
| 74  | 123 | SZYMCZAK AEKSANDRA    | 1994    | K    | K16  | 4      | Santok              |                            | 06:20           | 9,48             | 00:31:38 |    | 12 |
| 75  | 54  | HOŁOWNIA BOGUSŁAW     | 1956    | M    | M50  | 13     | GORZÓW WIELKOPOLSKI |                            | 06:23           | 9,40             | 00:31:55 | 63 |    |
| 76  | 82  | NAPIERAŁSKI BARTOSZ   | 2012    | M    | M16  | 10     | Deszczno            | DZIKIE DZIKI GORZÓW JUNIOR | 06:31           | 9,22             | 00:32:33 | 64 |    |
| 77  | 110 | STASZEWSKA ANNA       | 1987    | K    | K30  | 5      | Gorzów Wielkopolski |                            | 06:36           | 9,10             | 00:32:59 |    | 13 |
| 78  | 119 | SZEWCZYK ANNA         | 1981    | K    | K40  | 4      | Gorzów Wielkopolski |                            | 06:43           | 8,93             | 00:33:36 |    | 14 |
| 79  | 26  | ZYGMUNT ŁUKASZ        | 1976    | M    | M40  | 20     | Karsko              |                            | 06:47           | 8,84             | 00:33:56 | 65 |    |
| 80  | 24  | BOGUĆKA DARIA         | 1999    | K    | K16  | 5      | Gorzów Wielkopolski |                            | 07:04           | 8,48             | 00:35:22 |    | 15 |
| 81  | 140 | SZYMAŃSKA MARTA       | 1985    | K    | K30  | 6      |                     |                            | 07:12           | 8,34             | 00:35:58 |    | 16 |
| 82  | 34  | BOBIN ZOFIA           | 2012    | K    | K16  | 6      | Gorzów Wielkopolski | ZOCHU TEAM                 | 07:18           | 8,22             | 00:36:30 |    | 17 |
| 83  | 88  | PACHOLCZYK MAŁGORZATA | 1961    | K    | K50  | 2      | Gorzów Wlkp.        | PACHOŁKI                   | 07:18           | 8,21             | 00:36:32 |    | 18 |
| 84  | 33  | BOBIN TOMASZ          | 1978    | M    | M40  | 21     | Gorzów Wielkopolski | ZOCHU TEAM                 | 07:19           | 8,20             | 00:36:34 | 66 |    |
| 85  | 68  | KURŁOWICZ DANIEL      | 1998    | M    | M16  | 11     | Gorzow Wlkp         |                            | 07:37           | 7,88             | 00:38:05 | 67 |    |
| 86  | 80  | MOLSKA MAŁGORZATA     | 1968    | K    | K50  | 3      | Kłodawa             | BBL GORZÓW                 | 08:07           | 7,40             | 00:40:34 |    | 19 |
| 87  | 71  | LEWANDOWSKA ANNA      | 1989    | K    | K30  | 7      | GORZÓW WIELKOPOLSKI | BORKOŚ TEAM                | 08:58           | 6,70             | 00:44:48 |    | 20 |

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Miejscowość: Gorzów Wlkp.



| Lp.                   | Nr | Nazwisko i Imię    | Rok ur. | Płeć | Kat. | M-ce w kat. | Miejscowość         | Klub                           | Tempo min/km | Prędkość km/h | Wynik    | M | K |
|-----------------------|----|--------------------|---------|------|------|-------------|---------------------|--------------------------------|--------------|---------------|----------|---|---|
| <b>NORDIC WALKING</b> |    |                    |         |      |      |             |                     |                                |              |               |          |   |   |
| 1                     | 5  | KUBIK KRYSZTIAN    | 1993    | M    | M30  | 1           | Gryfice             | RUNGRYF GRYFICE                | 07:15        | 8,28          | 00:36:14 | 1 |   |
| 2                     | 48 | GAJEWSKI EUGENIUSZ | 1957    | M    | M50  | 1           | Gorzów Wielkopolski |                                | 07:26        | 8,06          | 00:37:12 | 2 |   |
| 3                     | 53 | GUZEK JACEK        | 1976    | M    | M40  | 1           | NOWY TOMYSL         |                                | 07:39        | 7,84          | 00:38:16 | 3 |   |
| 4                     | 43 | DOBROLOWICZ MICHAŁ | 1984    | M    | M30  | 2           | Gorzów Wielkopolski |                                | 07:43        | 7,77          | 00:38:37 | 4 |   |
| 5                     | 75 | MAJCHRZAK RÓŻA     | 1976    | K    | K40  | 1           | Janczewo            | THEKIJES                       | 08:30        | 7,05          | 00:42:32 |   | 1 |
| 6                     | 57 | JAŁOWSKI MARCIN    | 1983    | M    | M40  | 2           | Gorzów Wielkopolski | BIEGAM BO LUBIĘ LASY BOGDANIEC | 08:34        | 7,01          | 00:42:49 | 5 |   |
| 7                     | 3  | ADAMSKA JOLA       | 1987    | K    | K30  | 1           | Gorzów Wlkp.        |                                | 08:34        | 7,00          | 00:42:50 |   | 2 |
| 8                     | 70 | LATUSKA KATARZYNA  | 1971    | K    | K50  | 1           | Gorzów Wlkp         | THEKIJES                       | 08:34        | 7,00          | 00:42:52 |   | 3 |
| 9                     | 79 | MISA IWONA         | 1976    | K    | K40  | 2           | Gorzow Wielkopolski |                                | 09:00        | 6,66          | 00:45:01 |   | 4 |
| 10                    | 47 | DZIGORZEWSKA IZA   | 1979    | K    | K40  | 3           | Gorzów Wlkp.        | SP-JENINIEC                    | 09:15        | 6,48          | 00:46:17 |   | 5 |
| 11                    | 90 | PARADOWSKA IZABELA | 1979    | K    | K40  | 4           | Gorzów Wlkp.        | SP-JENINIEC                    | 10:28        | 5,73          | 00:52:20 |   | 6 |
| 12                    | 87 | OSADNIK MONIKA     | 1978    | K    | K40  | 5           | Gorzów Wlkp.        | SP-JENINIEC                    | 10:28        | 5,73          | 00:52:20 |   | 7 |