

**PFB 2017 :: BIEG DWÓCH WYSP**

Organizator: Stowarzyszenie Pultovia  
 Data: 2017-05-06  
 Miejsce: Pułtusk  
 Dystans: 5 km  
 Klasyfikacja wg czasów netto.

**PFB 2017 :: BIEG DWÓCH WYSP, OPEN**

| M-ce | Nazwisko i imię         | Nr  | Klub                           | M-scowość         | Kraj | Kat.   | M. kat | K/M  | Netto       | min/km | km/h |
|------|-------------------------|-----|--------------------------------|-------------------|------|--------|--------|------|-------------|--------|------|
| 1    | ŻEBROWSKI KRZYSIEK      | 173 | FENIKS SIEDLCE                 | KARNIEWO          | POL  | M16-29 | 1      | M 1  | 00:15:13.25 | 3:02   | 19.7 |
| 2    | DĄBROWSKI PRZEMYSŁAW    | 186 | DECATHLON                      | BORAWIE           | POL  | M16-29 | 2      | M 2  | 00:15:27.35 | 3:05   | 19.4 |
| 3    | MARYNICZ VITALIJ        | 193 |                                | KIJOW             | UKR  | M30-49 | 1      | M 3  | 00:15:37.85 | 3:07   | 19.2 |
| 4    | ŚWIECAK ROBERT          | 176 | WILGA GARWOLIN                 | ZWOLA PODUCHOWNA  | POL  | M30-49 | 2      | M 4  | 00:16:57.50 | 3:23   | 17.7 |
| 5    | DZIĘGIELEWSKI MAREK     | 112 | KB IM. P.SĘKOWSKIEGO W PŁOŃSKU | DŁUŻNIEWO         | POL  | M50+   | 1      | M 5  | 00:16:59.50 | 3:23   | 17.7 |
| 6    | NOWOSIELSKI MICHAŁ      | 181 | Z BIEGIEM NARWI                | PUŁTUSK           | POL  | M30-49 | 3      | M 6  | 00:17:18.80 | 3:27   | 17.3 |
| 7    | ŁASIŃSKI MICHAŁ         | 142 | 2111.PL                        | WARSZAWA          | POL  | M30-49 | 4      | M 7  | 00:17:22.85 | 3:28   | 17.3 |
| 8    | JĘŻ ADAM                | 125 | DREAM RUN                      | WARSZAWA          | POL  | M30-49 | 5      | M 8  | 00:18:11.25 | 3:38   | 16.5 |
| 9    | ZYCH TOMASZ             | 187 | 12TRI.PL                       | JASZENICA         | POL  | M16-29 | 3      | M 9  | 00:18:25.70 | 3:41   | 16.3 |
| 10   | JAGIELSKA EWA           | 184 | LKS OSTROWIANKA                | OSTRÓW MAZOWIECKA | POL  | K30-49 | 1      | K 1  | 00:18:29.90 | 3:42   | 16.2 |
| 11   | OLIJNYK SWIETLANA       | 194 |                                | WINNICA           | UKR  | K30-49 | 2      | K 2  | 00:18:31.20 | 3:42   | 16.2 |
| 12   | DIATLOVA YULIA          | 192 |                                | MENA              | UKR  | K16-29 | 1      | K 3  | 00:18:31.65 | 3:42   | 16.2 |
| 13   | KUCIEJCZYK HENRYK       | 138 | TEMPO MŁAWA                    | SZYDŁOWO          | POL  | M50+   | 2      | M 10 | 00:18:34.75 | 3:42   | 16.2 |
| 14   | ZAJĄC PAWEŁ             | 172 |                                | PUŁTUSK           | POL  | M30-49 | 6      | M 11 | 00:18:52.80 | 3:46   | 15.9 |
| 15   | SUDZIŃSKA MARIOLA       | 195 |                                | OLSZTYN           | POL  | K30-49 | 3      | K 4  | 00:19:08.30 | 3:49   | 15.7 |
| 16   | JANISZEWSKI JAROSŁAW    | 122 | KS MAKÓW BIEGA                 | MAKÓW MAZOWIECKI  | POL  | M30-49 | 7      | M 12 | 00:20:16.05 | 4:03   | 14.8 |
| 17   | SKRZYPCZYŃSKI KRZYSZTOF | 164 | NASIELSK BASZTA TEAM           | NASIELSK          | POL  | M30-49 | 8      | M 13 | 00:20:27.50 | 4:05   | 14.7 |
| 18   | ROZIŃSKI ARKADIUSZ      | 185 | UKS '4 URSUS' WARSZAWA         | WARSZAWA          | POL  | M30-49 | 9      | M 14 | 00:20:47.25 | 4:09   | 14.4 |
| 19   | MALICKI KRZYSZTOF       | 144 |                                | PUŁTUSK           | POL  | M30-49 | 10     | M 15 | 00:20:55.20 | 4:11   | 14.3 |
| 20   | FALĘCKI DOMINIK         | 113 | LIDER WINNICA                  | WINNICA           | POL  | M16-29 | 4      | M 16 | 00:20:56.35 | 4:11   | 14.3 |
| 21   | SOBOTA KRZYSZTOF        | 174 | LIDER WINNICA                  | PULTUSK           | POL  | M30-49 | 11     | M 17 | 00:21:08.45 | 4:13   | 14.2 |
| 22   | KARASIEWICZ DARIUSZ     | 128 | LIDER WINNICA                  | WINNICA           | POL  | M16-29 | 5      | M 18 | 00:21:12.30 | 4:14   | 14.2 |
| 23   | KAMIŃSKI MATEUSZ        | 126 | LIDER WINNICA                  | STARE BULKOWO     | POL  | M16-29 | 6      | M 19 | 00:21:12.45 | 4:14   | 14.1 |
| 24   | FALĘCKI DAWID           | 114 | LIDER WINNICA                  | WINNICA           | POL  | M16-29 | 7      | M 20 | 00:21:22.05 | 4:16   | 14   |
| 25   | NAJMOŁA PIOTR           | 150 | ZABIEGANI PUŁTUSK              | PUŁTUSK           | POL  | M30-49 | 12     | M 21 | 00:21:39.20 | 4:19   | 13.9 |
| 26   | SWATOWSKA MICHALINA     | 166 |                                | OSTRÓW MAZOWIECKA | POL  | K30-49 | 4      | K 5  | 00:21:49.15 | 4:22   | 13.7 |
| 27   | MALUCHNIK MAREK         | 145 | NASIELSK BASZTA TEAM           | NASIELSK          | POL  | M30-49 | 13     | M 22 | 00:21:52.55 | 4:22   | 13.7 |
| 28   | JANKOWSKI RADEK         | 124 | NASIELSK BASZTA TEAM           | NASIELSK          | POL  | M30-49 | 14     | M 23 | 00:22:06.60 | 4:25   | 13.6 |
| 29   | OLKOWSKA WIKTORIA       | 196 | KS MAKÓW BIEGA                 | PUŁTUSK           | POL  | K16-29 | 2      | K 6  | 00:22:08.65 | 4:25   | 13.5 |
| 30   | KOPKA ARTUR             | 183 | LIDER WINNICA                  | PULTUSK           | POL  | M30-49 | 15     | M 24 | 00:22:15.50 | 4:27   | 13.5 |
| 31   | KOZAK MARIUSZ           | 135 |                                | CIECHANÓW         | POL  | M30-49 | 16     | M 25 | 00:22:19.65 | 4:28   | 13.4 |
| 32   | RUSZCZYŃSKA MARTA       | 159 | KS MAKÓW BIEGA                 | PRZASNYSZ         | POL  | K30-49 | 5      | K 7  | 00:22:34.05 | 4:30   | 13.3 |
| 33   | NOWOSIELSKA T IWONA     | 152 | ZABIEGANI PUŁTUSK              | PUŁTUSK           | POL  | K30-49 | 6      | K 8  | 00:22:47.50 | 4:33   | 13.2 |
| 34   | CISZEWSKA DANUTA        | 180 |                                | PUŁTUSK           | POL  | K30-49 | 7      | K 9  | 00:22:51.95 | 4:34   | 13.1 |
| 35   | CHABIERA MICHAŁ         | 107 |                                | KOBYŁKA           | POL  | M16-29 | 8      | M 26 | 00:22:59.65 | 4:36   | 13   |
| 36   | GŁOWACKI ANDRZEJ        | 354 | WIELISZEW HERON TEAM           | LEGIONOWO         | POL  | M30-49 | 17     | M 27 | 00:23:04.55 | 4:37   | 13   |
| 37   | RYDZEWSKI ANDRZEJ       | 160 |                                | PUŁTUSK           | POL  | M30-49 | 18     | M 28 | 00:23:04.75 | 4:37   | 13   |
| 38   | LEWANDOWSKI MARIUSZ     | 191 | ZABIEGANI PUŁTUSK              | PUŁTUSK           | POL  | M16-29 | 9      | M 29 | 00:23:07.90 | 4:37   | 13   |
| 39   | KARAŚKIEWICZ PAWEŁ      | 198 |                                | PUŁTUSK           | POL  | M16-29 | 10     | M 30 | 00:23:15.65 | 4:39   | 12.9 |
| 40   | KIPKEMOI TERER          | 188 |                                | WARSZAWA          | POL  | M50+   | 3      | M 31 | 00:23:26.80 | 4:41   | 12.8 |
| 41   | KAMIŃSKI WIESŁAW        | 127 |                                | WARSZAWA          | POL  | M50+   | 4      | M 32 | 00:23:32.45 | 4:42   | 12.7 |
| 42   | ROZBICKI TOMEK          | 156 |                                | PUŁTUSK           | POL  | M16-29 | 11     | M 33 | 00:23:33.20 | 4:42   | 12.7 |
| 43   | DŁUGOŁĘCKA ANGELIKA     | 110 | WOSK NA WŁOS BIEGA             | KRASNE            | POL  | K16-29 | 3      | K 10 | 00:23:39.00 | 4:43   | 12.7 |
| 44   | SKOMAROWSKA BARBARA     | 360 |                                | LEGIONOWO         | POL  | K30-49 | 8      | K 11 | 00:23:59.10 | 4:47   | 12.5 |
| 45   | KUROWSKI KAMIL          | 357 |                                | PULTUSK           | POL  | M16-29 | 12     | M 34 | 00:24:12.10 | 4:50   | 12.4 |
| 46   | MICHAŁSKI GRZEGORZ      | 461 |                                | PUŁTUSK           | POL  | M16-29 | 13     | M 35 | 00:24:14.65 | 4:51   | 12.4 |

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| M-ce | Nazwisko i imię          | Nr  | Klub                          | M-scowość          | Kraj | Kat.   | M. kat | K/M  | Netto       | min/km | km/h |
|------|--------------------------|-----|-------------------------------|--------------------|------|--------|--------|------|-------------|--------|------|
| 47   | KUCKA MONIKA             | 359 | BBL MŁAWA                     | MŁAWA              | POL  | K30-49 | 9      | K 12 | 00:24:20.35 | 4:52   | 12.3 |
| 48   | JADACKI MATEUSZ          | 121 |                               | PUŁTUSK            | POL  | M16-29 | 14     | M 36 | 00:24:24.95 | 4:53   | 12.3 |
| 49   | TYMIŃSKI KONRAD          | 169 |                               | PUŁTUSK            | POL  | M16-29 | 15     | M 37 | 00:24:25.45 | 4:53   | 12.3 |
| 50   | CICHOCKI SZYMON          | 203 | AKTYWNIIE ZAKRĘCENI           | KUCHARY ŻYDOWSKIE  | POL  | M30-49 | 19     | M 38 | 00:24:32.50 | 4:54   | 12.2 |
| 51   | MIECZNIKOWSKI RAFAŁ      | 148 |                               | ŚWIERCZE           | POL  | M16-29 | 16     | M 39 | 00:24:52.65 | 4:58   | 12.1 |
| 52   | GUTKOWSKI JANUSZ         | 120 |                               | WARSZAWA           | POL  | M30-49 | 20     | M 40 | 00:25:00.85 | 5:00   | 12   |
| 53   | KONCA MARIUSZ            | 131 |                               | OŻARÓW MAZOWIECKI  | POL  | M30-49 | 21     | M 41 | 00:25:05.60 | 5:01   | 12   |
| 54   | RUDNICKA ANNA            | 158 | AMBASADOR FESTIWALU BIEGÓW    | WARSZAWA           | POL  | K30-49 | 10     | K 13 | 00:25:08.95 | 5:01   | 11.9 |
| 55   | ŁASIŃSKI PAWEŁ           | 143 | 2111.PL                       | WARSZAWA           | POL  | M30-49 | 22     | M 42 | 00:25:17.80 | 5:03   | 11.9 |
| 56   | MISIURSKI GRZEGORZ       | 358 |                               | GROMIN             | POL  | M30-49 | 23     | M 43 | 00:25:40.85 | 5:08   | 11.7 |
| 57   | KOZŁOWSKI WITOLD         | 136 | LRC                           | WARSZAWA           | POL  | M30-49 | 24     | M 44 | 00:25:42.10 | 5:08   | 11.7 |
| 58   | DZIEGIELEWSKA MAŁGORZATA | 111 | KB IM.P.SĘKOWSKIEGO W PŁOŃSKU | DŁUŻNIEWO          | POL  | K50+   | 1      | K 14 | 00:25:42.20 | 5:08   | 11.7 |
| 59   | MARCZAK GRAŻYNA          | 146 | LECZO TEAM                    | WARSZAWA           | POL  | K50+   | 2      | K 15 | 00:26:06.70 | 5:13   | 11.5 |
| 60   | DOBROSIELSKI KAZIMIERZ   | 301 | -                             | PUŁTUSK            | POL  | M50+   | 5      | M 45 | 00:26:10.95 | 5:14   | 11.5 |
| 61   | BIENIEK KRYSZTIAN        | 356 |                               | MAKÓW              | POL  | M16-29 | 17     | M 46 | 00:26:12.95 | 5:14   | 11.4 |
| 62   | BEFINGER SYLWIA          | 104 | ZABIEGANI PUŁTUSK             | PUŁTUSK            | POL  | K30-49 | 11     | K 16 | 00:26:25.20 | 5:17   | 11.3 |
| 63   | MROCEK AGNIESZKA         | 189 | ZABIEGANI PUŁTUSK             | PUŁTUSK            | POL  | K30-49 | 12     | K 17 | 00:26:31.70 | 5:18   | 11.3 |
| 64   | KONCA ALEKSANDER         | 179 |                               | OŻARÓW MAZ.        | POL  | M16-29 | 18     | M 47 | 00:26:34.45 | 5:19   | 11.3 |
| 65   | BORKOWSKA ZUZANNA        | 105 | MAMY RUSZAMY                  | WARSZAWA           | POL  | K30-49 | 13     | K 18 | 00:26:37.50 | 5:19   | 11.3 |
| 66   | BORKOWSKI JACEK          | 106 |                               | WARSZAWA           | POL  | M30-49 | 25     | M 48 | 00:26:54.20 | 5:23   | 11.1 |
| 67   | GRZYBOWSKI MIKOŁAJ       | 119 |                               | PUŁTUSK            | POL  | M30-49 | 26     | M 49 | 00:27:28.35 | 5:29   | 10.9 |
| 68   | KOŁODZIEJCZYK KRZYSZTOF  | 130 | NASIELSK BASZTA TEAM          | NASIELSK           | POL  | M30-49 | 27     | M 50 | 00:27:35.20 | 5:31   | 10.9 |
| 69   | JANKOWSKA AGNIESZKA      | 123 | NASIELSK BASZTA TEAM          | NASIELSK           | POL  | K30-49 | 14     | K 19 | 00:27:41.50 | 5:32   | 10.8 |
| 70   | KOZŁOWSKI SEBASTIAN      | 137 | LIDER WINNICA                 | WINNICA            | POL  | M16-29 | 19     | M 51 | 00:27:54.70 | 5:35   | 10.7 |
| 71   | GÓRSKI PAWEŁ             | 117 | LIDER WINNICA                 | WINNICA            | POL  | M16-29 | 20     | M 52 | 00:27:55.05 | 5:35   | 10.7 |
| 72   | CIEMERYCH ADRIAN         | 109 | LIDER WINNICA                 | WINNICA            | POL  | M16-29 | 21     | M 53 | 00:27:55.80 | 5:35   | 10.7 |
| 73   | KOWALCZYK JOLA           | 133 |                               | WARSZAWA           | POL  | K16-29 | 4      | K 20 | 00:28:39.25 | 5:44   | 10.5 |
| 74   | PRZYBYSZ MARCIN          | 155 |                               | WARSZAWA           | POL  | M30-49 | 28     | M 54 | 00:28:39.55 | 5:43   | 10.5 |
| 75   | KĄŻMIERCZAK JOANNA       | 182 |                               | BRWINÓW            | POL  | K30-49 | 15     | K 21 | 00:28:43.80 | 5:44   | 10.4 |
| 76   | BALCERZAK PAWEŁ          | 103 |                               | PUŁTUSK            | POL  | M30-49 | 29     | M 55 | 00:28:44.10 | 5:44   | 10.4 |
| 77   | RUCIŃSKI JAROSŁAW        | 157 | NASIELSK BASZTA TEAM          | NASIELSK           | POL  | M30-49 | 30     | M 56 | 00:28:49.10 | 5:45   | 10.4 |
| 78   | WRÓBLEWSKA EVELINA       | 170 | LIDER WINNICA                 | WINNICA            | POL  | K16-29 | 5      | K 22 | 00:28:53.15 | 5:46   | 10.4 |
| 79   | WRÓBLEWSKI ROBERT        | 171 | LIDER WINNICA                 | WINNICA            | POL  | M30-49 | 31     | M 57 | 00:28:53.30 | 5:46   | 10.4 |
| 80   | NOWOSIELSKA EVELINA      | 151 | ZABIEGANI PUŁTUSK             | PUŁTUSK            | POL  | K16-29 | 6      | K 23 | 00:29:45.85 | 5:57   | 10.1 |
| 81   | BRZĘCKA EVELINA          | 177 | KS MAKÓW BIEGA                | MAKOW MAZOWIECKI   | POL  | K16-29 | 7      | K 24 | 00:29:49.00 | 5:57   | 10.1 |
| 82   | KONCA BEATA              | 132 | KB OŻARÓW MAZOWIECKI BIEGA    | OŻARÓW MAZOWIECKI  | POL  | K30-49 | 16     | K 25 | 00:29:49.90 | 5:57   | 10.1 |
| 83   | KLUSEK JOLANTA           | 351 | YOLA YOLANDA                  | WARSZAWA           | POL  | K30-49 | 17     | K 26 | 00:30:08.95 | 6:01   | 10   |
| 84   | RŻANY MONIKA             | 161 | ZABIEGANI MIELEC              | MIELEC             | POL  | K30-49 | 18     | K 27 | 00:30:09.00 | 6:01   | 10   |
| 85   | BAJOREK JACEK            | 102 |                               | WYSZKÓW            | POL  | M30-49 | 32     | M 58 | 00:30:12.10 | 6:02   | 9.9  |
| 86   | KULASZEWSKI PIOTR        | 139 |                               | PUŁTUSK            | POL  | M16-29 | 22     | M 59 | 00:30:16.65 | 6:03   | 9.9  |
| 87   | LISOWSKI STANISŁAW       | 197 |                               | KAZAHSTAN          | POL  | M50+   | 6      | M 60 | 00:30:32.20 | 6:06   | 9.8  |
| 88   | GŁOWACKA ALEKSANDRA      | 355 | WIELISZEW HERON TEAM          | LEGIONOWO          | POL  | K30-49 | 19     | K 28 | 00:31:14.50 | 6:14   | 9.6  |
| 89   | SPIEWAK MACIEJ           | 165 |                               | WARSZAWA           | POL  | M30-49 | 33     | M 61 | 00:31:46.70 | 6:21   | 9.4  |
| 90   | ŁASIŃSKA MARZENA         | 141 | 2111.PL                       | WARSZAWA           | POL  | K50+   | 3      | K 29 | 00:33:13.65 | 6:38   | 9    |
| 91   | SADŁOWSKA JUSTYNA        | 162 | ZABIEGANI PUŁTUSK             | PUŁTUSK            | POL  | K30-49 | 20     | K 30 | 00:37:51.50 | 7:34   | 7.9  |
| 92   | FIOŁKA JULIA             | 190 |                               | WARSZAWA           | POL  | K30-49 | 21     | K 31 | 00:43:47.80 | 8:45   | 6.9  |
| 93   | KILIAN MONIKA            | 129 | ELEKTRYKWARSZAWA.PL           | WARSZAWA           | POL  | K30-49 | 22     | K 32 | 00:43:47.90 | 8:45   | 6.8  |
| DQ   | MAZUREK MAREK            | 175 | WILGA MIASTKÓW                | MIASTKÓW KOŚCIELNY | POL  | M50+   | DQ     | DQ   | 00:22:18.55 | -      | -    |
| DQ   |                          |     |                               |                    |      |        |        |      |             |        |      |

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| M-ce | Nazwisko i imię  | Nr  | Klub            | M-scowość         | Kraj | Kat.   | M. kat | K/M | Netto       | min/km | km/h |
|------|------------------|-----|-----------------|-------------------|------|--------|--------|-----|-------------|--------|------|
| 1    | JAGIELSKA EWA    | 184 | LKS OSTROWIANKA | OSTRÓW MAZOWIECKA | POL  | K30-49 | 1      | K 1 | 00:18:29.90 | 3:42   | 16.2 |
| 2    | OLJNYK SWIETLANA | 194 |                 | WINNICA           | UKR  | K30-49 | 2      | K 2 | 00:18:31.20 | 3:42   | 16.2 |
| 3    | DIATLOVA YULIA   | 192 |                 | MENA              | UKR  | K16-29 | 1      | K 3 | 00:18:31.65 | 3:42   | 16.2 |

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| M-ce | Nazwisko i imię          | Nr  | Klub                          | M-scowość         | Kraj | Kat.   | M. kat | K/M  | Netto       | min/km | km/h |
|------|--------------------------|-----|-------------------------------|-------------------|------|--------|--------|------|-------------|--------|------|
| 4    | SUDZIŃSKA MARIOLA        | 195 |                               | OLSZTYN           | POL  | K30-49 | 3      | K 4  | 00:19:08.30 | 3:49   | 15.7 |
| 5    | SWATOWSKA MICHALINA      | 166 |                               | OSTRÓW MAZOWIECKA | POL  | K30-49 | 4      | K 5  | 00:21:49.15 | 4:22   | 13.7 |
| 6    | OLKOWSKA WIKTORIA        | 196 | KS MAKÓW BIEGA                | PUŁTUSK           | POL  | K16-29 | 2      | K 6  | 00:22:08.65 | 4:25   | 13.5 |
| 7    | RUSZCZYŃSKA MARTA        | 159 | KS MAKÓW BIEGA                | PRZASNYSZ         | POL  | K30-49 | 5      | K 7  | 00:22:34.05 | 4:30   | 13.3 |
| 8    | NOWOSIELSKA T IWONA      | 152 | ZABIEGANIPUŁTUSK              | PUŁTUSK           | POL  | K30-49 | 6      | K 8  | 00:22:47.50 | 4:33   | 13.2 |
| 9    | CISZEWSKA DANUTA         | 180 |                               | PUŁTUSK           | POL  | K30-49 | 7      | K 9  | 00:22:51.95 | 4:34   | 13.1 |
| 10   | DŁUGOŁĘCKA ANGELIKA      | 110 | WOSK NA WŁOS BIEGA            | KRASNE            | POL  | K16-29 | 3      | K 10 | 00:23:39.00 | 4:43   | 12.7 |
| 11   | SKOMAROWSKA BARBARA      | 360 |                               | LEGIONOWO         | POL  | K30-49 | 8      | K 11 | 00:23:59.10 | 4:47   | 12.5 |
| 12   | KUCKA MONIKA             | 359 | BBL MŁAWA                     | MŁAWA             | POL  | K30-49 | 9      | K 12 | 00:24:20.35 | 4:52   | 12.3 |
| 13   | RUDNICKA ANNA            | 158 | AMBASADOR FESTIWALU BIEGÓW    | WARSZAWA          | POL  | K30-49 | 10     | K 13 | 00:25:08.95 | 5:01   | 11.9 |
| 14   | DZIĘGIELEWSKA MAŁGORZATA | 111 | KB IM.P.SĘKOWSKIEGO W PŁOŃSKU | DŁUŻNIEWO         | POL  | K50+   | 1      | K 14 | 00:25:42.20 | 5:08   | 11.7 |
| 15   | MARCZAK GRAŻYNA          | 146 | LECZO TEAM                    | WARSZAWA          | POL  | K50+   | 2      | K 15 | 00:26:06.70 | 5:13   | 11.5 |
| 16   | BEFINGER SYLWIA          | 104 | ZABIEGANI PUŁTUSK             | PUŁTUSK           | POL  | K30-49 | 11     | K 16 | 00:26:25.20 | 5:17   | 11.3 |
| 17   | MROCEK AGNIESZKA         | 189 | ZABIEGANI PUŁTUSK             | PUŁTUSK           | POL  | K30-49 | 12     | K 17 | 00:26:31.70 | 5:18   | 11.3 |
| 18   | BORKOWSKA ZUZANNA        | 105 | MAMY RUSZAMY                  | WARSZAWA          | POL  | K30-49 | 13     | K 18 | 00:26:37.50 | 5:19   | 11.3 |
| 19   | JANKOWSKA AGNIESZKA      | 123 | NASIELSK BASZTA TEAM          | NASIELSK          | POL  | K30-49 | 14     | K 19 | 00:27:41.50 | 5:32   | 10.8 |
| 20   | KOWALCZYK JOLA           | 133 |                               | WARSZAWA          | POL  | K16-29 | 4      | K 20 | 00:28:39.25 | 5:44   | 10.5 |
| 21   | KĄŻMIERCZAK JOANNA       | 182 |                               | BRWINÓW           | POL  | K30-49 | 15     | K 21 | 00:28:43.80 | 5:44   | 10.4 |
| 22   | WRÓBLEWSKA EWELINA       | 170 | LIDER WINNICA                 | WINNICA           | POL  | K16-29 | 5      | K 22 | 00:28:53.15 | 5:46   | 10.4 |
| 23   | NOWOSIELSKA EWELINA      | 151 | ZABIEGANI PUŁTUSK             | PUŁTUSK           | POL  | K16-29 | 6      | K 23 | 00:29:45.85 | 5:57   | 10.1 |
| 24   | BRZĘCKA EWELINA          | 177 | KS MAKÓW BIEGA                | MAKOW MAZOWIECKI  | POL  | K16-29 | 7      | K 24 | 00:29:49.00 | 5:57   | 10.1 |
| 25   | KONCA BEATA              | 132 | KB OŻARÓW MAZOWIECKI BIEGA    | OŻARÓW MAZOWIECKI | POL  | K30-49 | 16     | K 25 | 00:29:49.90 | 5:57   | 10.1 |
| 26   | KLUSEK JOLANTA           | 351 | YOLA YOLANDA                  | WARSZAWA          | POL  | K30-49 | 17     | K 26 | 00:30:08.95 | 6:01   | 10   |
| 27   | RŻANY MONIKA             | 161 | ZABIEGANI MIELEC              | MIELEC            | POL  | K30-49 | 18     | K 27 | 00:30:09.00 | 6:01   | 10   |
| 28   | GŁOWACKA ALEKSANDRA      | 355 | WIELISZEW HERON TEAM          | LEGIONOWO         | POL  | K30-49 | 19     | K 28 | 00:31:14.50 | 6:14   | 9.6  |
| 29   | ŁASIŃSKA MARZENA         | 141 | 2111.PL                       | WARSZAWA          | POL  | K50+   | 3      | K 29 | 00:33:13.65 | 6:38   | 9    |
| 30   | SADŁOWSKA JUSTYNA        | 162 | ZABIEGANI PUŁTUSK             | PUŁTUSK           | POL  | K30-49 | 20     | K 30 | 00:37:51.50 | 7:34   | 7.9  |
| 31   | FIOŁKA JULIA             | 190 |                               | WARSZAWA          | POL  | K30-49 | 21     | K 31 | 00:43:47.80 | 8:45   | 6.9  |
| 32   | KILIAN MONIKA            | 129 | ELEKTRYKWARSZAWA.PL           | WARSZAWA          | POL  | K30-49 | 22     | K 32 | 00:43:47.90 | 8:45   | 6.8  |

**PFB 2017 :: BIEG DWÓCH WYSP, M-Open**

| M-ce | Nazwisko i imię         | Nr  | Klub                           | M-scowość        | Kraj | Kat.   | M. kat | K/M  | Netto       | min/km | km/h |
|------|-------------------------|-----|--------------------------------|------------------|------|--------|--------|------|-------------|--------|------|
| 1    | ŻEBROWSKI KRZYSIEK      | 173 | FENIKS SIEDLCE                 | KARNIEWO         | POL  | M16-29 | 1      | M 1  | 00:15:13.25 | 3:02   | 19.7 |
| 2    | DĄBROWSKI PRZEMYSŁAW    | 186 | DECATHLON                      | BORAWA           | POL  | M16-29 | 2      | M 2  | 00:15:27.35 | 3:05   | 19.4 |
| 3    | MARYNICZ VITALIJ        | 193 |                                | KIJOW            | UKR  | M30-49 | 1      | M 3  | 00:15:37.85 | 3:07   | 19.2 |
| 4    | ŚWIECAK ROBERT          | 176 | WILGA GARWOLIN                 | ZWOLA PODUCHOWNA | POL  | M30-49 | 2      | M 4  | 00:16:57.50 | 3:23   | 17.7 |
| 5    | DZIĘGIELEWSKI MAREK     | 112 | KB IM. P.SĘKOWSKIEGO W PŁOŃSKU | DŁUŻNIEWO        | POL  | M50+   | 1      | M 5  | 00:16:59.50 | 3:23   | 17.7 |
| 6    | NOWOSIELSKI MICHAŁ      | 181 | Z BIEGIEM NARWI                | PUŁTUSK          | POL  | M30-49 | 3      | M 6  | 00:17:18.80 | 3:27   | 17.3 |
| 7    | ŁASIŃSKI MICHAŁ         | 142 | 2111.PL                        | WARSZAWA         | POL  | M30-49 | 4      | M 7  | 00:17:22.85 | 3:28   | 17.3 |
| 8    | JEŻ ADAM                | 125 | DREAM RUN                      | WARSZAWA         | POL  | M30-49 | 5      | M 8  | 00:18:11.25 | 3:38   | 16.5 |
| 9    | ZYCH TOMASZ             | 187 | 12TRI.PL                       | JASZENICA        | POL  | M16-29 | 3      | M 9  | 00:18:25.70 | 3:41   | 16.3 |
| 10   | KUCIEJCZYK HENRYK       | 138 | TEMPO MŁAWA                    | SZYDŁOWO         | POL  | M50+   | 2      | M 10 | 00:18:34.75 | 3:42   | 16.2 |
| 11   | ZAJĄC PAWEŁ             | 172 |                                | PUŁTUSK          | POL  | M30-49 | 6      | M 11 | 00:18:52.80 | 3:46   | 15.9 |
| 12   | JANISZEWSKI JAROSŁAW    | 122 | KS MAKÓW BIEGA                 | MAKÓW MAZOWIECKI | POL  | M30-49 | 7      | M 12 | 00:20:16.05 | 4:03   | 14.8 |
| 13   | SKRZYPCZYŃSKI KRZYSZTOF | 164 | NASIELSK BASZTA TEAM           | NASIELSK         | POL  | M30-49 | 8      | M 13 | 00:20:27.50 | 4:05   | 14.7 |
| 14   | ROZIŃSKI ARKADIUSZ      | 185 | UKS '4 URUSU' WARSZAWA         | WARSZAWA         | POL  | M30-49 | 9      | M 14 | 00:20:47.25 | 4:09   | 14.4 |
| 15   | MALICKI KRZYSZTOF       | 144 |                                | PUŁTUSK          | POL  | M30-49 | 10     | M 15 | 00:20:55.20 | 4:11   | 14.3 |
| 16   | FALĘCKI DOMINIK         | 113 | LIDER WINNICA                  | WINNICA          | POL  | M16-29 | 4      | M 16 | 00:20:56.35 | 4:11   | 14.3 |
| 17   | SOBOTA KRZYSZTOF        | 174 | LIDER WINNICA                  | PULTUSK          | POL  | M30-49 | 11     | M 17 | 00:21:08.45 | 4:13   | 14.2 |
| 18   | KARASIEWICZ DARIUSZ     | 128 | LIDER WINNICA                  | WINNICA          | POL  | M16-29 | 5      | M 18 | 00:21:12.30 | 4:14   | 14.2 |
| 19   | KAMIŃSKI MATEUSZ        | 126 | LIDER WINNICA                  | STARE BULKOWO    | POL  | M16-29 | 6      | M 19 | 00:21:12.45 | 4:14   | 14.1 |
| 20   | FALĘCKI DAWID           | 114 | LIDER WINNICA                  | WINNICA          | POL  | M16-29 | 7      | M 20 | 00:21:22.05 | 4:16   | 14   |
| 21   | NAJMOŁA PIOTR           | 150 | ZABIEGANI PUŁTUSK              | PUŁTUSK          | POL  | M30-49 | 12     | M 21 | 00:21:39.20 | 4:19   | 13.9 |
| 22   | MALUCHNIK MAREK         | 145 | NASIELSK BASZTA TEAM           | NASIELSK         | POL  | M30-49 | 13     | M 22 | 00:21:52.55 | 4:22   | 13.7 |
| 23   | JANKOWSKI RADEK         | 124 | NASIELSK BASZTA TEAM           | NASIELSK         | POL  | M30-49 | 14     | M 23 | 00:22:06.60 | 4:25   | 13.6 |

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| M-ce | Nazwisko i imię         | Nr  | Klub                 | M-scowość          | Kraj | Kat.   | M. kat | K/M  | Netto       | min/km | km/h |
|------|-------------------------|-----|----------------------|--------------------|------|--------|--------|------|-------------|--------|------|
| 24   | KOPKA ARTUR             | 183 | LIDER WINNICA        | PULTUSK            | POL  | M30-49 | 15     | M 24 | 00:22:15.50 | 4:27   | 13.5 |
| 25   | KOZAK MARIUSZ           | 135 |                      | CIECHANÓW          | POL  | M30-49 | 16     | M 25 | 00:22:19.65 | 4:28   | 13.4 |
| 26   | CHABIERA MICHAŁ         | 107 |                      | KOBYŁKA            | POL  | M16-29 | 8      | M 26 | 00:22:59.65 | 4:36   | 13   |
| 27   | GŁOWACKI ANDRZEJ        | 354 | WIELISZEW HERON TEAM | LEGIONOWO          | POL  | M30-49 | 17     | M 27 | 00:23:04.55 | 4:37   | 13   |
| 28   | RYDZEWSKI ANDRZEJ       | 160 |                      | PULTUSK            | POL  | M30-49 | 18     | M 28 | 00:23:04.75 | 4:37   | 13   |
| 29   | LEWANDOWSKI MARIUSZ     | 191 | ZABIEGANI PULTUSK    | PULTUSK            | POL  | M16-29 | 9      | M 29 | 00:23:07.90 | 4:37   | 13   |
| 30   | KARAŚKIEWICZ PAWEŁ      | 198 |                      | PULTUSK            | POL  | M16-29 | 10     | M 30 | 00:23:15.65 | 4:39   | 12.9 |
| 31   | KIPKEMOI TERER          | 188 |                      | WARSZAWA           | POL  | M50+   | 3      | M 31 | 00:23:26.80 | 4:41   | 12.8 |
| 32   | KAMIŃSKI WIESŁAW        | 127 |                      | WARSZAWA           | POL  | M50+   | 4      | M 32 | 00:23:32.45 | 4:42   | 12.7 |
| 33   | ROZBICKI TOMEK          | 156 |                      | PULTUSK            | POL  | M16-29 | 11     | M 33 | 00:23:33.20 | 4:42   | 12.7 |
| 34   | KUROWSKI KAMIL          | 357 |                      | PULTUSK            | POL  | M16-29 | 12     | M 34 | 00:24:12.10 | 4:50   | 12.4 |
| 35   | MICHAŁSKI GRZEGORZ      | 461 |                      | PULTUSK            | POL  | M16-29 | 13     | M 35 | 00:24:14.65 | 4:51   | 12.4 |
| 36   | JADACKI MATEUSZ         | 121 |                      | PULTUSK            | POL  | M16-29 | 14     | M 36 | 00:24:24.95 | 4:53   | 12.3 |
| 37   | TYMIŃSKI KONRAD         | 169 |                      | PULTUSK            | POL  | M16-29 | 15     | M 37 | 00:24:25.45 | 4:53   | 12.3 |
| 38   | CICHOCKI SZYMON         | 203 | AKTYWNIE ZAKRĘCENI   | KUCHARY ŻYDOWSKIE  | POL  | M30-49 | 19     | M 38 | 00:24:32.50 | 4:54   | 12.2 |
| 39   | MIECZNIKOWSKI RAFAŁ     | 148 |                      | ŚWIERCZE           | POL  | M16-29 | 16     | M 39 | 00:24:52.65 | 4:58   | 12.1 |
| 40   | GUTKOWSKI JANUSZ        | 120 |                      | WARSZAWA           | POL  | M30-49 | 20     | M 40 | 00:25:00.85 | 5:00   | 12   |
| 41   | KONCA MARIUSZ           | 131 |                      | OŻARÓW MAZOWIECKI  | POL  | M30-49 | 21     | M 41 | 00:25:05.60 | 5:01   | 12   |
| 42   | ŁASIŃSKI PAWEŁ          | 143 | Z111.PL              | WARSZAWA           | POL  | M30-49 | 22     | M 42 | 00:25:17.80 | 5:03   | 11.9 |
| 43   | MISIURSKI GRZEGORZ      | 358 |                      | GROMIN             | POL  | M30-49 | 23     | M 43 | 00:25:40.85 | 5:08   | 11.7 |
| 44   | KOZŁOWSKI WITOLD        | 136 | LRC                  | WARSZAWA           | POL  | M30-49 | 24     | M 44 | 00:25:42.10 | 5:08   | 11.7 |
| 45   | DOBROSIELSKI KAZIMIERZ  | 301 | -                    | PULTUSK            | POL  | M50+   | 5      | M 45 | 00:26:10.95 | 5:14   | 11.5 |
| 46   | BIENIEK KRYSZTIAN       | 356 |                      | MAKÓW              | POL  | M16-29 | 17     | M 46 | 00:26:12.95 | 5:14   | 11.4 |
| 47   | KONCA ALEKSANDER        | 179 |                      | OŻARÓW MAZ.        | POL  | M16-29 | 18     | M 47 | 00:26:34.45 | 5:19   | 11.3 |
| 48   | BORKOWSKI JACEK         | 106 |                      | WARSZAWA           | POL  | M30-49 | 25     | M 48 | 00:26:54.20 | 5:23   | 11.1 |
| 49   | GRZYBOWSKI MIKOŁAJ      | 119 |                      | PULTUSK            | POL  | M30-49 | 26     | M 49 | 00:27:28.35 | 5:29   | 10.9 |
| 50   | KOŁODZIEJCZYK KRZYSZTOF | 130 | NASIELSK BASZTA TEAM | NASIELSK           | POL  | M30-49 | 27     | M 50 | 00:27:35.20 | 5:31   | 10.9 |
| 51   | KOZŁOWSKI SEBASTIAN     | 137 | LIDER WINNICA        | WINNICA            | POL  | M16-29 | 19     | M 51 | 00:27:54.70 | 5:35   | 10.7 |
| 52   | GÓRSKI PAWEŁ            | 117 | LIDER WINNICA        | WINNICA            | POL  | M16-29 | 20     | M 52 | 00:27:55.05 | 5:35   | 10.7 |
| 53   | CIEMERYCH ADRIAN        | 109 | LIDER WINNICA        | WINNICA            | POL  | M16-29 | 21     | M 53 | 00:27:55.80 | 5:35   | 10.7 |
| 54   | PRZYBYSZ MARCIN         | 155 |                      | WARSZAWA           | POL  | M30-49 | 28     | M 54 | 00:28:39.55 | 5:43   | 10.5 |
| 55   | BALCERZAK PAWEŁ         | 103 |                      | PULTUSK            | POL  | M30-49 | 29     | M 55 | 00:28:44.10 | 5:44   | 10.4 |
| 56   | RUCIŃSKI JAROSŁAW       | 157 | NASIELSK BASZTA TEAM | NASIELSK           | POL  | M30-49 | 30     | M 56 | 00:28:49.10 | 5:45   | 10.4 |
| 57   | WRÓBLEWSKI ROBERT       | 171 | LIDER WINICA         | WINNICA            | POL  | M30-49 | 31     | M 57 | 00:28:53.30 | 5:46   | 10.4 |
| 58   | BAJOREK JACEK           | 102 |                      | WYSZKÓW            | POL  | M30-49 | 32     | M 58 | 00:30:12.10 | 6:02   | 9.9  |
| 59   | KUŁASZEWSKI PIOTR       | 139 |                      | PULTUSK            | POL  | M16-29 | 22     | M 59 | 00:30:16.65 | 6:03   | 9.9  |
| 60   | LISOWSKI STANISŁAW      | 197 |                      | KAZAĦSTAN          | POL  | M50+   | 6      | M 60 | 00:30:32.20 | 6:06   | 9.8  |
| 61   | SPIEWAK MACIEJ          | 165 |                      | WARSZAWA           | POL  | M30-49 | 33     | M 61 | 00:31:46.70 | 6:21   | 9.4  |
| DQ   | MAZUREK MAREK           | 175 | WILGA MIASTKÓW       | MIASTKÓW KOŚCIELNY | POL  | M50+   | DQ     | DQ   | DQ          | -      | -    |

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| M-ce | Nazwisko i imię     | Nr  | Klub              | M-scowość     | Kraj | Kat.   | M. kat | K/M  | Netto       | min/km | km/h |
|------|---------------------|-----|-------------------|---------------|------|--------|--------|------|-------------|--------|------|
| 1    | NOWOSIELSKI MICHAŁ  | 181 | Z BIEGIEM NARWI   | PULTUSK       | POL  | M30-49 | 3      | M 6  | 00:17:18.80 | 3:27   | 17.3 |
| 2    | ZAJĄC PAWEŁ         | 172 |                   | PULTUSK       | POL  | M30-49 | 6      | M 11 | 00:18:52.80 | 3:46   | 15.9 |
| 3    | MALICKI KRZYSZTOF   | 144 |                   | PULTUSK       | POL  | M30-49 | 10     | M 15 | 00:20:55.20 | 4:11   | 14.3 |
| 4    | SOBOTA KRZYSZTOF    | 174 | LIDER WINNICA     | PULTUSK       | POL  | M30-49 | 11     | M 17 | 00:21:08.45 | 4:13   | 14.2 |
| 5    | KAMIŃSKI MATEUSZ    | 126 | LIDER WINNICA     | STARE BULKOWO | POL  | M16-29 | 6      | M 19 | 00:21:12.45 | 4:14   | 14.1 |
| 6    | NAJMOŁA PIOTR       | 150 | ZABIEGANI PULTUSK | PULTUSK       | POL  | M30-49 | 12     | M 21 | 00:21:39.20 | 4:19   | 13.9 |
| 7    | OLKOWSKA WIKTORIA   | 196 | KS MAKÓW BIEGA    | PULTUSK       | POL  | K16-29 | 2      | K 6  | 00:22:08.65 | 4:25   | 13.5 |
| 8    | KOPKA ARTUR         | 183 | LIDER WINNICA     | PULTUSK       | POL  | M30-49 | 15     | M 24 | 00:22:15.50 | 4:27   | 13.5 |
| 9    | NOWOSIELSKA T IWONA | 152 | ZABIEGANI PULTUSK | PULTUSK       | POL  | K30-49 | 6      | K 8  | 00:22:47.50 | 4:33   | 13.2 |
| 10   | CISZEWSKA DANUTA    | 180 |                   | PULTUSK       | POL  | K30-49 | 7      | K 9  | 00:22:51.95 | 4:34   | 13.1 |
| 11   | RYDZEWSKI ANDRZEJ   | 160 |                   | PULTUSK       | POL  | M30-49 | 18     | M 28 | 00:23:04.75 | 4:37   | 13   |
| 12   | LEWANDOWSKI MARIUSZ | 191 | ZABIEGANI PULTUSK | PULTUSK       | POL  | M16-29 | 9      | M 29 | 00:23:07.90 | 4:37   | 13   |
| 13   | KARAŚKIEWICZ PAWEŁ  | 198 |                   | PULTUSK       | POL  | M16-29 | 10     | M 30 | 00:23:15.65 | 4:39   | 12.9 |

**PFB 2017 :: BIEG DWÓCH WYSP, Mieszkaniec Pułtusk a.c.d.**

| M-ce | Nazwisko i imię        | Nr  | Klub              | M-scowość | Kraj | Kat.   | M. kat | K/M  | Netto       | min/km | km/h |
|------|------------------------|-----|-------------------|-----------|------|--------|--------|------|-------------|--------|------|
| 14   | ROZBICKI TOMEK         | 156 |                   | PUŁTUSK   | POL  | M16-29 | 11     | M 33 | 00:23:33.20 | 4:42   | 12.7 |
| 15   | KUROWSKI KAMIL         | 357 |                   | PULTUSK   | POL  | M16-29 | 12     | M 34 | 00:24:12.10 | 4:50   | 12.4 |
| 16   | MICHAŁSKI GRZEGORZ     | 461 |                   | PUŁTUSK   | POL  | M16-29 | 13     | M 35 | 00:24:14.65 | 4:51   | 12.4 |
| 17   | JADACKI MATEUSZ        | 121 |                   | PUŁTUSK   | POL  | M16-29 | 14     | M 36 | 00:24:24.95 | 4:53   | 12.3 |
| 18   | TYMIŃSKI KONRAD        | 169 |                   | PUŁTUSK   | POL  | M16-29 | 15     | M 37 | 00:24:25.45 | 4:53   | 12.3 |
| 19   | DOBROSIELSKI KAZIMIERZ | 301 | -                 | PUŁTUSK   | POL  | M50+   | 5      | M 45 | 00:26:10.95 | 5:14   | 11.5 |
| 20   | BEFINGER SYLWIA        | 104 | ZABIEGANI PUŁTUSK | PUŁTUSK   | POL  | K30-49 | 11     | K 16 | 00:26:25.20 | 5:17   | 11.3 |
| 21   | MROCEK AGNIESZKA       | 189 | ZABIEGANI PUŁTUSK | PUŁTUSK   | POL  | K30-49 | 12     | K 17 | 00:26:31.70 | 5:18   | 11.3 |
| 22   | GRZYBOWSKI MIKOŁAJ     | 119 |                   | PUŁTUSK   | POL  | M30-49 | 26     | M 49 | 00:27:28.35 | 5:29   | 10.9 |
| 23   | BALCERZAK PAWEŁ        | 103 |                   | PUŁTUSK   | POL  | M30-49 | 29     | M 55 | 00:28:44.10 | 5:44   | 10.4 |
| 24   | NOWOSIELSKA EWELINA    | 151 | ZABIEGANI PUŁTUSK | PUŁTUSK   | POL  | K16-29 | 6      | K 23 | 00:29:45.85 | 5:57   | 10.1 |
| 25   | KULASZEWSKI PIOTR      | 139 |                   | PUŁTUSK   | POL  | M16-29 | 22     | M 59 | 00:30:16.65 | 6:03   | 9.9  |
| 26   | SADŁOWSKA JUSTYNA      | 162 | ZABIEGANI PUŁTUSK | PUŁTUSK   | POL  | K30-49 | 20     | K 30 | 00:37:51.50 | 7:34   | 7.9  |

**PFB 2017 :: BIEG DWÓCH WYSP, K16-29**

| M-ce | Nazwisko i imię     | Nr  | Klub               | M-scowość        | Kraj | Kat.   | M. kat | K/M  | Netto       | min/km | km/h |
|------|---------------------|-----|--------------------|------------------|------|--------|--------|------|-------------|--------|------|
| 1    | DIATLOVA YULIA      | 192 |                    | MENA             | UKR  | K16-29 | 1      | K 3  | 00:18:31.65 | 3:42   | 16.2 |
| 2    | OLKOWSKA WIKTORIA   | 196 | KS MAKÓW BIEGA     | PUŁTUSK          | POL  | K16-29 | 2      | K 6  | 00:22:08.65 | 4:25   | 13.5 |
| 3    | DŁUGOŁĘCKA ANGELIKA | 110 | WOSK NA WŁOS BIEGA | KRASNE           | POL  | K16-29 | 3      | K 10 | 00:23:39.00 | 4:43   | 12.7 |
| 4    | KOWALCZYK JOŁA      | 133 |                    | WARSZAWA         | POL  | K16-29 | 4      | K 20 | 00:28:39.25 | 5:44   | 10.5 |
| 5    | WRÓBLEWSKA EWELINA  | 170 | LIDER WINNICA      | WINNICA          | POL  | K16-29 | 5      | K 22 | 00:28:53.15 | 5:46   | 10.4 |
| 6    | NOWOSIELSKA EWELINA | 151 | ZABIEGANI PUŁTUSK  | PUŁTUSK          | POL  | K16-29 | 6      | K 23 | 00:29:45.85 | 5:57   | 10.1 |
| 7    | BRZĘCKA EWELINA     | 177 | KS MAKÓW BIEGA     | MAKOW MAZOWIECKI | POL  | K16-29 | 7      | K 24 | 00:29:49.00 | 5:57   | 10.1 |

**PFB 2017 :: BIEG DWÓCH WYSP, M16-29**

| M-ce | Nazwisko i imię      | Nr  | Klub              | M-scowość     | Kraj | Kat.   | M. kat | K/M  | Netto       | min/km | km/h |
|------|----------------------|-----|-------------------|---------------|------|--------|--------|------|-------------|--------|------|
| 1    | ŻEBROWSKI KRZYSIEK   | 173 | FENIKS SIEDLCE    | KARNIEWO      | POL  | M16-29 | 1      | M 1  | 00:15:13.25 | 3:02   | 19.7 |
| 2    | DĄBROWSKI PRZEMYSŁAW | 186 | DECATHLON         | BORAWIE       | POL  | M16-29 | 2      | M 2  | 00:15:27.35 | 3:05   | 19.4 |
| 3    | ZYCH TOMASZ          | 187 | 12TRI.PL          | JASZENICA     | POL  | M16-29 | 3      | M 9  | 00:18:25.70 | 3:41   | 16.3 |
| 4    | FALĘCKI DOMINIK      | 113 | LIDER WINNICA     | WINNICA       | POL  | M16-29 | 4      | M 16 | 00:20:56.35 | 4:11   | 14.3 |
| 5    | KARASIEWICZ DARIUSZ  | 128 | LIDER WINNICA     | WINNICA       | POL  | M16-29 | 5      | M 18 | 00:21:12.30 | 4:14   | 14.2 |
| 6    | KAMIŃSKI MATEUSZ     | 126 | LIDER WINNICA     | STARE BULKOWO | POL  | M16-29 | 6      | M 19 | 00:21:12.45 | 4:14   | 14.1 |
| 7    | FALĘCKI DAWID        | 114 | LIDER WINNICA     | WINNICA       | POL  | M16-29 | 7      | M 20 | 00:21:22.05 | 4:16   | 14   |
| 8    | CHABIERA MICHAŁ      | 107 |                   | KOBYŁKA       | POL  | M16-29 | 8      | M 26 | 00:22:59.65 | 4:36   | 13   |
| 9    | LEWANDOWSKI MARIUSZ  | 191 | ZABIEGANI PUŁTUSK | PUŁTUSK       | POL  | M16-29 | 9      | M 29 | 00:23:07.90 | 4:37   | 13   |
| 10   | KARAŚKIEWICZ PAWEŁ   | 198 |                   | PUŁTUSK       | POL  | M16-29 | 10     | M 30 | 00:23:15.65 | 4:39   | 12.9 |
| 11   | ROZBICKI TOMEK       | 156 |                   | PUŁTUSK       | POL  | M16-29 | 11     | M 33 | 00:23:33.20 | 4:42   | 12.7 |
| 12   | KUROWSKI KAMIL       | 357 |                   | PULTUSK       | POL  | M16-29 | 12     | M 34 | 00:24:12.10 | 4:50   | 12.4 |
| 13   | MICHAŁSKI GRZEGORZ   | 461 |                   | PUŁTUSK       | POL  | M16-29 | 13     | M 35 | 00:24:14.65 | 4:51   | 12.4 |
| 14   | JADACKI MATEUSZ      | 121 |                   | PUŁTUSK       | POL  | M16-29 | 14     | M 36 | 00:24:24.95 | 4:53   | 12.3 |
| 15   | TYMIŃSKI KONRAD      | 169 |                   | PUŁTUSK       | POL  | M16-29 | 15     | M 37 | 00:24:25.45 | 4:53   | 12.3 |
| 16   | MIECZNIKOWSKI RAFAŁ  | 148 |                   | ŚWIERCZE      | POL  | M16-29 | 16     | M 39 | 00:24:52.65 | 4:58   | 12.1 |
| 17   | BIENIEK KRYSZTIAN    | 356 |                   | MAKÓW         | POL  | M16-29 | 17     | M 46 | 00:26:12.95 | 5:14   | 11.4 |
| 18   | KONCA ALEKSANDER     | 179 |                   | OŻARÓW MAZ.   | POL  | M16-29 | 18     | M 47 | 00:26:34.45 | 5:19   | 11.3 |
| 19   | KOZŁOWSKI SEBASTIAN  | 137 | LIDER WINNICA     | WINNICA       | POL  | M16-29 | 19     | M 51 | 00:27:54.70 | 5:35   | 10.7 |
| 20   | GÓRSKI PAWEŁ         | 117 | LIDER WINNICA     | WINNICA       | POL  | M16-29 | 20     | M 52 | 00:27:55.05 | 5:35   | 10.7 |
| 21   | CIEMERYCH ADRIAN     | 109 | LIDER WINNICA     | WINNICA       | POL  | M16-29 | 21     | M 53 | 00:27:55.80 | 5:35   | 10.7 |
| 22   | KULASZEWSKI PIOTR    | 139 |                   | PUŁTUSK       | POL  | M16-29 | 22     | M 59 | 00:30:16.65 | 6:03   | 9.9  |

**PFB 2017 :: BIEG DWÓCH WYSP, K30-49**

| M-ce | Nazwisko i imię     | Nr  | Klub                       | M-scowość         | Kraj | Kat.   | M. kat | K/M  | Netto       | min/km | km/h |
|------|---------------------|-----|----------------------------|-------------------|------|--------|--------|------|-------------|--------|------|
| 1    | JAGIELSKA EWA       | 184 | LKS OSTROWIANKA            | OSTRÓW MAZOWIECKA | POL  | K30-49 | 1      | K 1  | 00:18:29.90 | 3:42   | 16.2 |
| 2    | OLJNYK SWIETLANA    | 194 |                            | WINNICA           | UKR  | K30-49 | 2      | K 2  | 00:18:31.20 | 3:42   | 16.2 |
| 3    | SUDZIŃSKA MARIOLA   | 195 |                            | OLSZTYN           | POL  | K30-49 | 3      | K 4  | 00:19:08.30 | 3:49   | 15.7 |
| 4    | SWATOWSKA MICHALINA | 166 |                            | OSTRÓW MAZOWIECKA | POL  | K30-49 | 4      | K 5  | 00:21:49.15 | 4:22   | 13.7 |
| 5    | RUSZCZYŃSKA MARTA   | 159 | KS MAKÓW BIEGA             | PRZASNYSZ         | POL  | K30-49 | 5      | K 7  | 00:22:34.05 | 4:30   | 13.3 |
| 6    | NOWOSIELSKA T IWONA | 152 | ZABIEGANIPUŁTUSK           | PUŁTUSK           | POL  | K30-49 | 6      | K 8  | 00:22:47.50 | 4:33   | 13.2 |
| 7    | CISZEWSKA DANUTA    | 180 |                            | PUŁTUSK           | POL  | K30-49 | 7      | K 9  | 00:22:51.95 | 4:34   | 13.1 |
| 8    | SKOMAROWSKA BARBARA | 360 |                            | LEGIONOWO         | POL  | K30-49 | 8      | K 11 | 00:23:59.10 | 4:47   | 12.5 |
| 9    | KUCKA MONIKA        | 359 | BBL MŁAWA                  | MŁAWA             | POL  | K30-49 | 9      | K 12 | 00:24:20.35 | 4:52   | 12.3 |
| 10   | RUDNICKA ANNA       | 158 | AMBASADOR FESTIWALU BIEGÓW | WARSZAWA          | POL  | K30-49 | 10     | K 13 | 00:25:08.95 | 5:01   | 11.9 |
| 11   | BEFINGER SYLWIA     | 104 | ZABIEGANI PUŁTUSK          | PUŁTUSK           | POL  | K30-49 | 11     | K 16 | 00:26:25.20 | 5:17   | 11.3 |
| 12   | MROCEK AGNIESZKA    | 189 | ZABIEGANI PUŁTUSK          | PUŁTUSK           | POL  | K30-49 | 12     | K 17 | 00:26:31.70 | 5:18   | 11.3 |
| 13   | BORKOWSKA ZUZANNA   | 105 | MAMY RUSZAMY               | WARSZAWA          | POL  | K30-49 | 13     | K 18 | 00:26:37.50 | 5:19   | 11.3 |
| 14   | JANKOWSKA AGNIESZKA | 123 | NASIELSK BASZTA TEAM       | NASIELSK          | POL  | K30-49 | 14     | K 19 | 00:27:41.50 | 5:32   | 10.8 |
| 15   | KĄŻMIERCZAK JOANNA  | 182 |                            | BRWIŃÓW           | POL  | K30-49 | 15     | K 21 | 00:28:43.80 | 5:44   | 10.4 |
| 16   | KONCA BEATA         | 132 | KB OŻARÓW MAZOWIECKI BIEGA | OŻARÓW MAZOWIECKI | POL  | K30-49 | 16     | K 25 | 00:29:49.90 | 5:57   | 10.1 |
| 17   | KLUSEK JOLANTA      | 351 | YOLA YOLANDA               | WARSZAWA          | POL  | K30-49 | 17     | K 26 | 00:30:08.95 | 6:01   | 10   |
| 18   | RŻANY MONIKA        | 161 | ZABIEGANI MIELEC           | MIELEC            | POL  | K30-49 | 18     | K 27 | 00:30:09.00 | 6:01   | 10   |
| 19   | GŁOWACKA ALEKSANDRA | 355 | WIELISZEW HERON TEAM       | LEGIONOWO         | POL  | K30-49 | 19     | K 28 | 00:31:14.50 | 6:14   | 9.6  |
| 20   | SADŁOWSKA JUSTYNA   | 162 | ZABIEGANI PUŁTUSK          | PUŁTUSK           | POL  | K30-49 | 20     | K 30 | 00:37:51.50 | 7:34   | 7.9  |
| 21   | FIOŁKĄ JULIA        | 190 |                            | WARSZAWA          | POL  | K30-49 | 21     | K 31 | 00:43:47.80 | 8:45   | 6.9  |
| 22   | KILIAN MONIKA       | 129 | ELEKTRYKWARSZAWA.PL        | WARSZAWA          | POL  | K30-49 | 22     | K 32 | 00:43:47.90 | 8:45   | 6.8  |

**PFB 2017 :: BIEG DWÓCH WYSP, M30-49**

| M-ce | Nazwisko i imię         | Nr  | Klub                   | M-scowość         | Kraj | Kat.   | M. kat | K/M  | Netto       | min/km | km/h |
|------|-------------------------|-----|------------------------|-------------------|------|--------|--------|------|-------------|--------|------|
| 1    | MARYNICZ VITALIJ        | 193 |                        | KIJOW             | UKR  | M30-49 | 1      | M 3  | 00:15:37.85 | 3:07   | 19.2 |
| 2    | ŚWIECAK ROBERT          | 176 | WILGA GARWOLIN         | ZWOLA PODUCHOWNA  | POL  | M30-49 | 2      | M 4  | 00:16:57.50 | 3:23   | 17.7 |
| 3    | NOWOSIELSKI MICHAŁ      | 181 | Z BIEGIEM NARWI        | PUŁTUSK           | POL  | M30-49 | 3      | M 6  | 00:17:18.80 | 3:27   | 17.3 |
| 4    | ŁASIŃSKI MICHAŁ         | 142 | 2111.PL                | WARSZAWA          | POL  | M30-49 | 4      | M 7  | 00:17:22.85 | 3:28   | 17.3 |
| 5    | JEŻ ADAM                | 125 | DREAM RUN              | WARSZAWA          | POL  | M30-49 | 5      | M 8  | 00:18:11.25 | 3:38   | 16.5 |
| 6    | ZAJĄC PAWEŁ             | 172 |                        | PUŁTUSK           | POL  | M30-49 | 6      | M 11 | 00:18:52.80 | 3:46   | 15.9 |
| 7    | JANISZEWSKI JAROSŁAW    | 122 | KS MAKÓW BIEGA         | MAKÓW MAZOWIECKI  | POL  | M30-49 | 7      | M 12 | 00:20:16.05 | 4:03   | 14.8 |
| 8    | SKRZYPCZYŃSKI KRZYSZTOF | 164 | NASIELSK BASZTA TEAM   | NASIELSK          | POL  | M30-49 | 8      | M 13 | 00:20:27.50 | 4:05   | 14.7 |
| 9    | ROZIŃSKI ARKADIUSZ      | 185 | UKS '4 URSUS' WARSZAWA | WARSZAWA          | POL  | M30-49 | 9      | M 14 | 00:20:47.25 | 4:09   | 14.4 |
| 10   | MALICKI KRZYSZTOF       | 144 |                        | PUŁTUSK           | POL  | M30-49 | 10     | M 15 | 00:20:55.20 | 4:11   | 14.3 |
| 11   | SOBOTA KRZYSZTOF        | 174 | LIDER WINNICA          | PULTUSK           | POL  | M30-49 | 11     | M 17 | 00:21:08.45 | 4:13   | 14.2 |
| 12   | NAJMOŁA PIOTR           | 150 | ZABIEGANI PUŁTUSK      | PUŁTUSK           | POL  | M30-49 | 12     | M 21 | 00:21:39.20 | 4:19   | 13.9 |
| 13   | MALUCHNIK MAREK         | 145 | NASIELSK BASZTA TEAM   | NASIELSK          | POL  | M30-49 | 13     | M 22 | 00:21:52.55 | 4:22   | 13.7 |
| 14   | JANKOWSKI RADEK         | 124 | NASIELSK BASZTA TEAM   | NASIELSK          | POL  | M30-49 | 14     | M 23 | 00:22:06.60 | 4:25   | 13.6 |
| 15   | KOPKA ARTUR             | 183 | LIDER WINNICA          | PULTUSK           | POL  | M30-49 | 15     | M 24 | 00:22:15.50 | 4:27   | 13.5 |
| 16   | KOZAK MARIUSZ           | 135 |                        | CIECHANÓW         | POL  | M30-49 | 16     | M 25 | 00:22:19.65 | 4:28   | 13.4 |
| 17   | GŁOWACKI ANDRZEJ        | 354 | WIELISZEW HERON TEAM   | LEGIONOWO         | POL  | M30-49 | 17     | M 27 | 00:23:04.55 | 4:37   | 13   |
| 18   | RYDZEWSKI ANDRZEJ       | 160 |                        | PUŁTUSK           | POL  | M30-49 | 18     | M 28 | 00:23:04.75 | 4:37   | 13   |
| 19   | CICHOCKI SZYMON         | 203 | AKTYWNE ZAKRĘCENI      | KUCHARY ŻYDOWSKIE | POL  | M30-49 | 19     | M 38 | 00:24:32.50 | 4:54   | 12.2 |
| 20   | GUTKOWSKI JANUSZ        | 120 |                        | WARSZAWA          | POL  | M30-49 | 20     | M 40 | 00:25:00.85 | 5:00   | 12   |
| 21   | KONCA MARIUSZ           | 131 |                        | OŻARÓW MAZOWIECKI | POL  | M30-49 | 21     | M 41 | 00:25:05.60 | 5:01   | 12   |
| 22   | ŁASIŃSKI PAWEŁ          | 143 | 2111.PL                | WARSZAWA          | POL  | M30-49 | 22     | M 42 | 00:25:17.80 | 5:03   | 11.9 |
| 23   | MISIURSKI GRZEGORZ      | 358 |                        | GROMIN            | POL  | M30-49 | 23     | M 43 | 00:25:40.85 | 5:08   | 11.7 |
| 24   | KOZŁOWSKI WITOLD        | 136 | LRC                    | WARSZAWA          | POL  | M30-49 | 24     | M 44 | 00:25:42.10 | 5:08   | 11.7 |
| 25   | BORKOWSKI JACEK         | 106 |                        | WARSZAWA          | POL  | M30-49 | 25     | M 48 | 00:26:54.20 | 5:23   | 11.1 |
| 26   | GRZĄBOWSKI MIKOŁAJ      | 119 |                        | PUŁTUSK           | POL  | M30-49 | 26     | M 49 | 00:27:28.35 | 5:29   | 10.9 |
| 27   | KOŁODZIEJCZYK KRZYSZTOF | 130 | NASIELSK BASZTA TEAM   | NASIELSK          | POL  | M30-49 | 27     | M 50 | 00:27:35.20 | 5:31   | 10.9 |
| 28   | PRZYBYSZ MARCIN         | 155 |                        | WARSZAWA          | POL  | M30-49 | 28     | M 54 | 00:28:39.55 | 5:43   | 10.5 |
| 29   | BALCERZAK PAWEŁ         | 103 |                        | PUŁTUSK           | POL  | M30-49 | 29     | M 55 | 00:28:44.10 | 5:44   | 10.4 |
| 30   | RUCIŃSKI JAROSŁAW       | 157 | NASIELSK BASZTA TEAM   | NASIELSK          | POL  | M30-49 | 30     | M 56 | 00:28:49.10 | 5:45   | 10.4 |

**PFB 2017 :: BIEG DWÓCH WYSP, M30-49 c.d.**

| M-ce | Nazwisko i imię   | Nr  | Klub         | M-scowość | Kraj | Kat.   | M. kat | K/M  | Netto       | min/km | km/h |
|------|-------------------|-----|--------------|-----------|------|--------|--------|------|-------------|--------|------|
| 31   | WRÓBLEWSKI ROBERT | 171 | LIDER WINICA | WINNICA   | POL  | M30-49 | 31     | M 57 | 00:28:53.30 | 5:46   | 10.4 |
| 32   | BAJOREK JACEK     | 102 |              | WYSZKÓW   | POL  | M30-49 | 32     | M 58 | 00:30:12.10 | 6:02   | 9.9  |
| 33   | SPIEWAK MACIEJ    | 165 |              | WARSZAWA  | POL  | M30-49 | 33     | M 61 | 00:31:46.70 | 6:21   | 9.4  |

**PFB 2017 :: BIEG DWÓCH WYSP, K50+**

| M-ce | Nazwisko i imię          | Nr  | Klub                          | M-scowość | Kraj | Kat. | M. kat | K/M  | Netto       | min/km | km/h |
|------|--------------------------|-----|-------------------------------|-----------|------|------|--------|------|-------------|--------|------|
| 1    | DZIĘGIELEWSKA MAŁGORZATA | 111 | KB IM.P.SĘKOWSKIEGO W PŁONSKU | DŁUŻNIEWO | POL  | K50+ | 1      | K 14 | 00:25:42.20 | 5:08   | 11.7 |
| 2    | MARCZAK GRAŻYNA          | 146 | LECZO TEAM                    | WARSZAWA  | POL  | K50+ | 2      | K 15 | 00:26:06.70 | 5:13   | 11.5 |
| 3    | ŁASIŃSKA MARZENA         | 141 | 2111.PL                       | WARSZAWA  | POL  | K50+ | 3      | K 29 | 00:33:13.65 | 6:38   | 9    |

**PFB 2017 :: BIEG DWÓCH WYSP, M50+**

| M-ce | Nazwisko i imię        | Nr  | Klub                           | M-scowość          | Kraj | Kat. | M. kat | K/M  | Netto       | min/km | km/h |
|------|------------------------|-----|--------------------------------|--------------------|------|------|--------|------|-------------|--------|------|
| 1    | DZIĘGIELEWSKI MAREK    | 112 | KB IM. P.SĘKOWSKIEGO W PŁONSKU | DŁUŻNIEWO          | POL  | M50+ | 1      | M 5  | 00:16:59.50 | 3:23   | 17.7 |
| 2    | KUCIEJCZYK HENRYK      | 138 | TEMPO MŁAWA                    | SZYDŁOWO           | POL  | M50+ | 2      | M 10 | 00:18:34.75 | 3:42   | 16.2 |
| 3    | KIPKEMOI TERER         | 188 |                                | WARSZAWA           | POL  | M50+ | 3      | M 31 | 00:23:26.80 | 4:41   | 12.8 |
| 4    | KAMIŃSKI WIESŁAW       | 127 |                                | WARSZAWA           | POL  | M50+ | 4      | M 32 | 00:23:32.45 | 4:42   | 12.7 |
| 5    | DOBROSIELSKI KAZIMIERZ | 301 | -                              | PUŁTUSK            | POL  | M50+ | 5      | M 45 | 00:26:10.95 | 5:14   | 11.5 |
| 6    | LISOWSKI STANISŁAW     | 197 |                                | KAZAHSTAN          | POL  | M50+ | 6      | M 60 | 00:30:32.20 | 6:06   | 9.8  |
| DQ   | MAZUREK MAREK          | 175 | WILGA MIASTKÓW                 | MIASTKÓW KOŚCIELNY | POL  | M50+ | DQ     | DQ   | DQ          | -      | -    |