

# VII Lubliniecki Półmaraton Nordic Walking i Lubliniecka 5-ka

## Półmaraton



2020-03-01, Lubliniec

M-sce	Nr	Imię i nazwisko	Lap1	Lap2	Lap3	Lap4	Wynik	kara	Płeć/mce
<b>Półmaraton</b>									
1.	185	Karol STILLER	0:33:17,41	0:33:09,30	0:31:55,97	0:33:36,26	<b>2:11:58,96</b>		M (1.)
2.	108	Krzysztof CZERSKI	0:33:18,47	0:33:09,40	0:32:33,70	0:33:58,39	<b>2:12:59,97</b>	z	M (2.)
3.	156	Paweł SŁUPIANEK	0:33:41,21	0:33:52,90	0:34:39,99	0:35:19,28	<b>2:17:33,40</b>		M (3.)
4.	174	Krzysztof WILCZEK	0:34:00,75	0:34:56,66	0:35:05,57	0:36:05,29	<b>2:20:08,28</b>		M (4.)
5.	180	Marcin HAŁAS	0:35:46,47	0:36:19,47	0:34:04,89	0:34:06,71	<b>2:20:17,54</b>		M (5.)
6.	104	Bogdan BARCZYK	0:35:40,56	0:36:19,12	0:34:36,57	0:36:00,86	<b>2:22:37,12</b>		M (6.)
7.	160	Sebastian STACHOWIAK	0:33:25,01	0:35:03,50	0:37:33,77	0:40:07,54	<b>2:26:09,84</b>	z	M (7.)
8.	182	Joanna KOŁODZIEJ	0:36:07,45	0:36:02,41	0:36:47,83	0:37:36,05	<b>2:26:33,75</b>		K (1.)
9.	106	Dariusz BUL	0:35:35,24	0:36:02,15	0:36:51,00	0:38:10,29	<b>2:26:38,69</b>	z	M (8.)
10.	158	Lesław SPYCHAŁA	0:35:41,90	0:36:22,38	0:37:35,42	0:38:07,15	<b>2:27:46,85</b>		M (9.)
11.	149	Mariusz PODOLAK	0:37:08,24	0:36:23,20	0:36:48,37	0:37:45,73	<b>2:28:05,56</b>		M (10.)
12.	171	Adam TKOCZ	0:37:20,95	0:37:13,99	0:37:00,33	0:37:26,63	<b>2:29:01,91</b>		M (11.)
13.	132	Mariusz KRÓLICA	0:37:12,21	0:36:40,54	0:37:14,30	0:37:58,06	<b>2:29:05,12</b>		M (12.)
14.	159	Marzena SPYCHAŁA	0:37:01,21	0:37:14,58	0:37:59,25	0:37:54,64	<b>2:30:09,69</b>		K (2.)
15.	169	Tomasz TAISNER	0:37:31,31	0:37:30,07	0:37:19,01	0:37:52,99	<b>2:30:13,40</b>		M (13.)
16.	173	Jakub WEINER	0:37:37,33	0:37:29,16	0:38:12,92	0:39:02,80	<b>2:32:22,22</b>	z	M (14.)
17.	130	Marek KOWALSKI	0:37:23,53	0:37:43,88	0:38:30,76	0:39:02,80	<b>2:32:40,97</b>		M (15.)
18.	120	Franciszek HAJDUK	0:36:20,99	0:37:37,10	0:38:44,87	0:40:49,07	<b>2:33:32,05</b>		M (16.)
19.	135	Janusz MACHNIK	0:36:35,11	0:37:30,82	0:38:51,80	0:40:56,22	<b>2:33:53,97</b>		M (17.)
20.	139	Mariusz NOWICZ	0:38:33,33	0:38:13,76	0:38:08,81	0:39:34,17	<b>2:34:30,08</b>		M (18.)
21.	152	Magdalena RAJEK	0:38:47,42	0:37:50,77	0:38:41,77	0:39:37,23	<b>2:34:57,21</b>		K (3.)
22.	157	Piotr SOMIAK	0:37:22,03	0:38:09,19	0:39:59,31	0:41:18,09	<b>2:36:48,63</b>		M (19.)
23.	121	Jerzy HRYNDIO	0:37:22,75	0:38:32,21	0:39:58,84	0:41:11,86	<b>2:37:05,67</b>		M (20.)

**TIMEKEEPER**

*...tam gdzie liczy się czas*

# VII Lubliniecki Półmaraton Nordic Walking i Lubliniecka 5-ka

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M-sce	Nr	Imię i nazwisko	Lap1	Lap2	Lap3	Lap4	Wynik	kara	Płeć/mce
24.	123	Krzysztof JANUS	0:37:44,24	0:39:57,34	0:40:10,14	0:40:21,04	<b>2:38:12,77</b>		M (21.)
25.	137	Tadeusz MROZIŃSKI	0:37:27,59	0:38:21,47	0:40:56,76	0:42:28,06	<b>2:39:13,89</b>		M (22.)
26.	126	Bernard KASPRZIK	0:39:03,03	0:39:39,34	0:40:13,44	0:41:02,76	<b>2:39:58,59</b>		M (23.)
27.	138	Wojciech NETKOWSKI	0:37:56,69	0:38:43,27	0:40:54,35	0:43:03,34	<b>2:40:37,66</b>		M (24.)
28.	129	Krzysztof KOCHMAN	0:39:31,09	0:40:21,69	0:40:16,45	0:40:38,29	<b>2:40:47,53</b>	z	M (25.)
29.	122	Irena JANOSZKA	0:39:31,84	0:40:08,57	0:40:24,88	0:41:39,47	<b>2:41:44,77</b>		K (4.)
30.	168	Aleksandra TAISNER	0:39:30,03	0:40:03,90	0:40:32,76	0:41:38,74	<b>2:41:45,45</b>		K (5.)
31.	143	Joanna PIETRUSEWICZ	0:40:14,68	0:40:43,96	0:41:02,78	0:40:37,45	<b>2:42:38,89</b>		K (6.)
32.	118	Dariusz GUTOWSKI	0:40:00,99	0:40:14,92	0:40:54,84	0:41:42,02	<b>2:42:52,79</b>		M (26.)
33.	125	Beata KAMIŃSKA	0:40:11,38	0:40:45,71	0:41:18,80	0:41:14,69	<b>2:43:30,60</b>		K (7.)
34.	119	Anita GWAREK	0:40:13,51	0:40:43,45	0:41:09,42	0:42:25,92	<b>2:44:32,31</b>		K (8.)
35.	142	Piotr PALUDKIEWICZ	0:39:32,77	0:40:17,78	0:41:51,07	0:42:54,80	<b>2:44:36,44</b>		M (27.)
36.	144	Agnieszka PINIS	0:40:12,06	0:40:45,70	0:41:22,31	0:42:53,65	<b>2:45:13,73</b>		K (9.)
37.	140	Zygmunt OCYSEK	0:40:14,19	0:40:13,55	0:41:30,69	0:43:34,27	<b>2:45:32,72</b>		M (28.)
38.	110	Marek DOLISTOWSKI	0:39:22,72	0:40:33,63	0:42:20,51	0:43:26,96	<b>2:45:43,83</b>	z	M (29.)
39.	145	Michał PINIS	0:41:22,33	0:40:20,80	0:41:02,06	0:43:32,78	<b>2:46:17,98</b>		M (30.)
40.	151	Bogusław RADZIEJOWSKI	0:40:21,74	0:40:30,98	0:41:58,24	0:43:35,61	<b>2:46:26,58</b>		M (31.)
41.	150	Monika PODOLAK	0:39:09,73	0:40:42,81	0:42:27,64	0:44:29,85	<b>2:46:50,04</b>		K (10.)
42.	166	Beata ŚWITALSKA	0:40:09,81	0:41:35,22	0:42:38,51	0:42:47,56	<b>2:47:11,12</b>		K (11.)
43.	117	Urszula GUTOWSKA	0:42:10,99	0:41:50,41	0:41:32,84	0:41:37,66	<b>2:47:11,92</b>		K (12.)
44.	187	Marian ADAMUS	0:40:15,69	0:40:54,23	0:42:20,79	0:44:09,95	<b>2:47:40,67</b>		M (32.)
45.	154	Marta SAMELZON	0:39:12,43	0:40:28,30	0:41:35,32	0:43:58,72	<b>2:48:14,79</b>	3:00	K (13.)
46.	136	Dawid MADERA	0:37:22,29	0:39:34,79	0:42:09,89	0:49:39,23	<b>2:48:46,21</b>		M (33.)
47.	116	Michał GRUSZKA	0:39:35,72	0:40:38,06	0:43:43,18	0:45:15,68	<b>2:49:12,65</b>		M (34.)
48.	161	Emilia STEFANIAK	0:41:05,10	0:41:55,29	0:42:53,19	0:43:52,98	<b>2:49:46,57</b>		K (14.)
49.	181	Grazyna TAMIOLA	0:41:07,07	0:41:54,70	0:42:52,93	0:43:53,36	<b>2:49:48,07</b>		K (15.)

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50.	105	Jolanta BARCZYK	0:41:21,79	0:42:06,26	0:43:06,31	0:43:42,41	<b>2:50:16,78</b>		K (16.)
51.	155	Piotr SKRZĄTEK	0:40:21,46	0:41:20,36	0:44:15,90	0:45:04,54	<b>2:51:02,28</b>	z	M (35.)
52.	141	Lech PALUDKIEWICZ	0:43:10,20	0:42:05,44	0:42:19,72	0:43:27,31	<b>2:51:02,68</b>	z	M (36.)
53.	179	Elżbieta ŻUCHOWICZ	0:41:37,50	0:43:09,57	0:42:44,11	0:43:49,11	<b>2:51:20,31</b>		K (17.)
54.	102	Maria ANYŻ	0:41:17,92	0:42:10,31	0:43:40,27	0:45:06,79	<b>2:52:15,31</b>	z	K (18.)
55.	109	Ewa DOLISTOWSKA	0:42:06,21	0:42:29,53	0:43:11,98	0:45:38,15	<b>2:53:25,89</b>		K (19.)
56.	146	Grażyna PIPIRO	0:42:29,39	0:43:49,58	0:43:45,57	0:44:10,54	<b>2:54:15,09</b>	z	K (20.)
57.	114	Anna GRABOWSKA	0:43:22,97	0:44:02,21	0:43:49,58	0:43:38,17	<b>2:54:52,95</b>		K (21.)
58.	186	Janusz CHYRA	0:42:11,71	0:43:06,22	0:44:23,94	0:46:46,32	<b>2:56:28,20</b>		M (37.)
59.	107	Agnieszka CZARNIK	0:42:15,85	0:43:55,23	0:45:30,63	0:46:25,43	<b>2:58:07,16</b>		K (22.)
60.	127	Jolanta KASPRZIK	0:42:00,49	0:43:21,76	0:45:34,24	0:47:35,23	<b>2:58:31,73</b>		K (23.)
61.	188	Ewa ZYDEK	0:42:09,04	0:43:40,60	0:45:35,22	0:47:38,75	<b>2:59:03,63</b>		K (24.)
62.	147	Dariusz PLEWINSKI	0:42:37,05	0:44:30,25	0:45:18,75	0:46:45,00	<b>2:59:11,06</b>		M (38.)
63.	162	Bogusława SZKAMRUK	0:43:40,70	0:45:07,05	0:45:53,11	0:47:09,31	<b>3:01:50,18</b>		K (25.)
64.	115	Anna GRUSZKA	0:44:01,93	0:45:06,77	0:46:11,39	0:46:53,84	<b>3:02:13,94</b>		K (26.)
65.	163	Janusz SZKAMRUK	0:43:13,43	0:46:53,49	0:45:49,62	0:48:05,14	<b>3:04:01,69</b>		M (39.)
66.	111	Aleksandra DRYGALSKA	0:43:21,87	0:44:57,81	0:47:40,53	0:51:37,86	<b>3:07:38,08</b>		K (27.)
67.	184	Aleksandra RACZYŃSKA	0:45:02,57	0:46:57,49	0:47:56,33	0:49:16,91	<b>3:09:13,32</b>		K (28.)
68.	170	Bogdan THOMALLA	0:47:09,30	0:47:19,36	0:46:46,08	0:49:11,99	<b>3:10:26,76</b>		M (40.)
69.	183	Bogdan ŚCIBISZ	0:46:14,62	0:48:19,09	0:48:47,57	0:48:13,81	<b>3:11:35,10</b>	z	M (41.)
70.	175	Jolanta WOZIŃSKA	0:46:11,88	0:47:57,73	0:48:27,27	0:49:01,61	<b>3:11:38,50</b>		K (29.)
71.	165	Renata SZYSLER	0:46:12,28	0:47:59,23	0:49:02,52	0:51:07,10	<b>3:14:21,15</b>		K (30.)
72.	172	Krzysztof WAWRZYŃCZOK	0:47:47,46	0:47:10,36	0:49:32,14	0:53:08,88	<b>3:17:38,86</b>		M (42.)
73.	177	Edyta ZIÓŁKOWSKA	0:55:29,04	0:49:45,74	0:50:53,23	0:53:08,59	<b>3:29:16,62</b>		K (31.)
	167	Robert ŚWITALSKI	0:41:34,73	0:42:14,63	0:44:29,50		<b>DNF</b>		M ()
	128	Maria KOCHANIAK	0:47:03,21	0:50:44,37	0:59:57,10		<b>DNF</b>		K ()

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	176	Janusz ZAGAJA	0:35:43,93	0:37:16,12			<b>DNF</b>		M ()
	103	Katarzyna ARNOLD	1:06:06,96				<b>DNF</b>		K ()

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