

10 Bieg Konopielki

Wyniki OPEN



27.05.2023, Juchnowiec Dolny

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | Kat./m-ce | min/km | Netto | Wynik (Brutto) | Strata | K | M |
|--------------------------|-----|------------------------|-------------------|---|--------------|--------|-------|----------------|--------|---|----|
| Bieg główny 10 km | | | | | | | | | | | |
| 1. | 152 | Leończuk Andrzej | POL Białystok | KS Prefbet-Sonarol | M30 / Kl.gen | 3:10 | 31:40 | 31:41 | -- | | 1 |
| 2. | 143 | Pranckunas Petras | LTU | Na Pagauk | M50 / Kl.gen | 3:35 | 35:59 | 36:00 | +4:19 | | 2 |
| 3. | 106 | Sobolewski Andrzej | POL Białystok | Kalinowski Team | M40 / Kl.gen | 3:37 | 36:19 | 36:20 | +4:39 | | 3 |
| 4. | 151 | Leończuk Adam | POL Białystok | leo sped | M50 / Kl.gen | 3:40 | 36:42 | 36:43 | +5:02 | | 4 |
| 5. | 22 | Domoradzki Robert | POL Łomża | Grygo Team | M40 / Kl.gen | 3:40 | 36:46 | 36:46 | +5:05 | | 5 |
| 6. | 142 | Popławski Grzegorz | POL Tolcze | | M40 / Kl.gen | 3:41 | 36:50 | 36:51 | +5:10 | | 6 |
| 7. | 153 | Korytkowska Justyna | POL | KS Prefbet-Sonarol | K30 / Kl.gen | 3:41 | 37:00 | 37:00 | +5:19 | 1 | |
| 8. | 78 | Markiewicz Grzegorz | POL Czeremcha | | M30 / 1 | 3:45 | 37:36 | 37:38 | +5:57 | | 7 |
| 9. | 4 | Bańkowska Anna | POL Białystok | KS Podlasie Białystok | K30 / Kl.gen | 3:48 | 38:04 | 38:04 | +6:23 | 2 | |
| 10. | 114 | Szkiłądź Łukasz | POL Kleosin | | M18 / 1 | 3:55 | 39:13 | 39:13 | +7:32 | | 8 |
| 11. | 13 | Bondaruk Adam | POL Hajnówka | Hajnówka Biega | M40 / 1 | 3:55 | 39:18 | 39:19 | +7:38 | | 9 |
| 12. | 8 | Bielawski Marek | POL Białowieża | Hajnówka Biega | M50 / 1 | 3:58 | 39:45 | 39:46 | +8:05 | | 10 |
| 13. | 54 | Kazberuk Jarosław | POL Wasilków | | M50 / 2 | 3:59 | 39:57 | 39:59 | +8:18 | | 11 |
| 14. | 44 | Jarmołowicz Jacek | POL Izabelin | MD Run Training | M50 / 3 | 4:03 | 40:31 | 40:32 | +8:51 | | 12 |
| 15. | 77 | Manczuk Angelika | POL Białystok | | K30 / Kl.gen | 4:04 | 40:43 | 40:43 | +9:02 | 3 | |
| 16. | 149 | Wilkiel Szymon | POL Białystok | PKO BP | M30 / 2 | 4:04 | 40:48 | 40:50 | +9:09 | | 13 |
| 17. | 96 | Półkośnik Adam | POL Kleosin | Zachęta | M50 / 4 | 4:05 | 40:50 | 40:51 | +9:10 | | 14 |
| 18. | 119 | Tarnogórski Filip | POL Kleosin | MKS Mielnik | M18 / 2 | 4:06 | 41:08 | 41:10 | +9:29 | | 15 |
| 19. | 93 | Pleban Marek | POL Łomża | Grygo Team | M40 / 2 | 4:08 | 41:22 | 41:24 | +9:43 | | 16 |
| 20. | 3 | Baldan Tomasz | POL Kosmaty Borek | Grupa Biegowa Czarna Białostocka | M40 / 3 | 4:08 | 41:27 | 41:30 | +9:49 | | 17 |
| 21. | 14 | Bosiacki Jarosław | POL Białystok | MD Run Training | M40 / 4 | 4:09 | 41:34 | 41:36 | +9:55 | | 18 |
| 22. | 66 | Kuśmirak Leszek | POL Łapy | Zwycięzca Fundacja Darka Strychalskiego | M60 / 1 | 4:11 | 41:53 | 41:53 | +10:12 | | 19 |
| 23. | 105 | Słowikowski Piotr | POL Jurowce | MD Run Training | M40 / 5 | 4:13 | 42:16 | 42:19 | +10:38 | | 20 |
| 24. | 150 | Sobota Jacek | POL Białystok | | M40 / 6 | 4:14 | 42:20 | 42:21 | +10:40 | | 21 |
| 25. | 130 | Wyszomierska Magdalena | POL Białystok | | K18 / Kl.gen | 4:14 | 42:22 | 42:24 | +10:43 | 4 | |
| 26. | 140 | Wolkowicki Paweł | POL Białystok | Biegam z Kają | M30 / 3 | 4:16 | 42:37 | 42:47 | +11:06 | | 22 |
| 27. | 16 | Camlet Sylwester | POL Łomża | Grygo Team | M40 / 7 | 4:19 | 43:16 | 43:18 | +11:37 | | 23 |
| 28. | 59 | Kosiński Dawid | POL Wólka | Roadto100 | M18 / 3 | 4:20 | 43:16 | 43:21 | +11:40 | | 24 |
| 29. | 65 | Kruszewski Mariusz | POL Białystok | MD Run Training | M40 / 8 | 4:21 | 43:33 | 43:33 | +11:52 | | 25 |
| 30. | 144 | Rzędzian Adrian | POL Białystok | | M18 / 4 | 4:23 | 43:52 | 43:54 | +12:13 | | 26 |



| M-ce | Nr | Nazwisko i imię | Miasto | Klub | Kat./ m-ce | min/ km | Netto | Wynik (Brutto) | Strata | K | M |
|------|-----|---------------------------|------------------------------------|---|---------------|------------|-------|-------------------|--------|----|----|
| 31. | 86 | Orzełowski Rafał | POL Białystok | MD Run Training | M40 / 9 | 4:23 | 43:57 | 44:00 | +12:19 | | 27 |
| 32. | 33 | Gruszczynski Rafał | POL Warszawa | Grygo Team | M40 / 10 | 4:25 | 44:08 | 44:11 | +12:30 | | 28 |
| 33. | 145 | Bazyłuk Ewa | POL Czarna Białostocka | Kalinowski JJRunners Team | K40 / Kl.gen | 4:26 | 44:21 | 44:23 | +12:42 | 5 | |
| 34. | 94 | Pogorzelski Kamil | POL Białystok | | M18 / 5 | 4:26 | 44:26 | 44:27 | +12:46 | | 29 |
| 35. | 17 | Chirko Stefan | POL Hajnówka | Hajnówka Biega | M40 / 11 | 4:27 | 44:31 | 44:34 | +12:53 | | 30 |
| 36. | 121 | Troc Marek | POL Bielsk Podlaski | | M40 / 12 | 4:28 | 44:44 | 44:49 | +13:08 | | 31 |
| 37. | 53 | Kawecki Marek | POL Niewodnica Nargilewska-Kolonia | Drużyna Konopielki | M40 / 13 | 4:28 | 44:46 | 44:49 | +13:08 | | 32 |
| 38. | 64 | Krukowski Andrzej | POL Białystok | | M50 / 5 | 4:29 | 44:51 | 44:55 | +13:14 | | 33 |
| 39. | 71 | Lenkiewicz Paweł | POL Białystok | MD Run Training | M30 / 4 | 4:29 | 44:54 | 44:56 | +13:15 | | 34 |
| 40. | 84 | Morawski Jacek | POL Białystok | MD Run Training | M50 / 6 | 4:29 | 44:55 | 44:57 | +13:16 | | 35 |
| 41. | 98 | Ramotowski Remigiusz | POL Lewickie | | M50 / 7 | 4:30 | 44:59 | 45:04 | +13:23 | | 36 |
| 42. | 43 | Jarmołowicz Małgorzata | POL Białystok | MD Run Training | K50 / Kl.gen | 4:33 | 45:35 | 45:38 | +13:57 | 6 | |
| 43. | 133 | Zaniewski Tomasz | POL Białystok | | M50 / 8 | 4:33 | 45:34 | 45:38 | +13:57 | | 37 |
| 44. | 6 | Bibułowicz Krzysztof | POL Suraż | | M40 / 14 | 4:34 | 45:49 | 45:50 | +14:09 | | 38 |
| 45. | 122 | Truskowski Kamil | POL Białystok | | M30 / 5 | 4:39 | 46:25 | 46:32 | +14:51 | | 39 |
| 46. | 111 | Struk Piotr | POL Białystok | | M30 / 6 | 4:39 | 46:32 | 46:38 | +14:57 | | 40 |
| 47. | 24 | Falkowska Martyna | POL Białystok | 3T Białystok | K18 / 1 | 4:39 | 46:33 | 46:38 | +14:57 | 7 | |
| 48. | 30 | Gołaszewska Emilia | POL Białystok | MD Run Training | K40 / 1 | 4:40 | 46:38 | 46:41 | +15:00 | 8 | |
| 49. | 5 | Białkowski Marek | POL Białystok | Otobiałystok | M30 / 7 | 4:41 | 46:51 | 46:56 | +15:15 | | 41 |
| 50. | 107 | Sokół Przemysław | POL Białystok | Wodociągi Białostockie | M30 / 8 | 4:42 | 47:06 | 47:08 | +15:27 | | 42 |
| 51. | 23 | Fabiszewski Krzysztof | POL Łomża | 18 Pułk Logistyczny/Biegamy dla Zdrowia | M50 / 9 | 4:44 | 47:21 | 47:26 | +15:45 | | 43 |
| 52. | 27 | Gacki Krzysztof | POL Pisz | Biegam bez Klubu | M60 / 2 | 4:45 | 47:33 | 47:35 | +15:54 | | 44 |
| 53. | 129 | Wołkowycki Marcin | POL Białowieża | | M40 / 15 | 4:46 | 47:40 | 47:45 | +16:04 | | 45 |
| 54. | 110 | Stocki Łukasz | POL Rumejki | | M30 / 9 | 4:53 | 48:50 | 48:52 | +17:11 | | 46 |
| 55. | 115 | Szok Marek | POL Piątnica | Biegamy dla Zdrowia | M40 / 16 | 4:57 | 49:26 | 49:31 | +17:50 | | 47 |
| 56. | 2 | Bałdak Jolanta | POL Białystok | | K18 / 2 | 4:58 | 49:37 | 49:41 | +18:00 | 9 | |
| 57. | 120 | Tekin Robert | POL Białystok | 3T Białystok | M40 / 17 | 4:58 | 49:35 | 49:42 | +18:01 | | 48 |
| 58. | 118 | Tarasiuk Monika | POL Rzepniki | | K40 / 2 | 5:00 | 50:07 | 50:07 | +18:26 | 10 | |
| 59. | 125 | Wasilewska Ewa | POL Białystok | Podlaskie Demony Prędkości | K40 / 3 | 5:02 | 50:21 | 50:24 | +18:43 | 11 | |
| 60. | 11 | Blusiewicz Krzysztof | POL Łomża | Blusiewicz | M40 / 18 | 5:03 | 50:29 | 50:32 | +18:51 | | 49 |
| 61. | 135 | Zielińska Monika | POL Juchnowiec Dolny | Drużyna Konopielki | K40 / 4 | 5:04 | 50:42 | 50:45 | +19:04 | 12 | |
| 62. | 31 | Góryński Sebastian | POL Białystok | | M18 / 6 | 5:05 | 50:50 | 50:56 | +19:15 | | 50 |
| 63. | 101 | Siemieniuk Andrzej | POL Białystok | Ratujmy co się da :) | M40 / 19 | 5:06 | 50:57 | 51:01 | +19:20 | | 51 |
| 64. | 51 | Karpowicz Marek | POL Siemiatycze | | M50 / 10 | 5:06 | 50:53 | 51:03 | +19:22 | | 52 |
| 65. | 132 | Zajkowski Maciej | POL Białystok | | M40 / 20 | 5:08 | 51:17 | 51:25 | +19:44 | | 53 |
| 66. | 45 | Jasińska-Zok Anna | POL Piątnica | Grygo Team | K40 / 5 | 5:09 | 51:31 | 51:35 | +19:54 | 13 | |
| 67. | 70 | Kwiatk-Uszyńska Magdalena | POL Białystok | Outdoor Training | K40 / 6 | 5:09 | 51:33 | 51:39 | +19:58 | 14 | |
| 68. | 10 | Blusiewicz Justyna | POL Łomża | Blusiewicz | K40 / 7 | 5:10 | 51:39 | 51:42 | +20:01 | 15 | |
| 69. | 26 | Frączek Luiza | POL Hajnówka | Hajnówka Biega | K40 / 8 | 5:10 | 51:42 | 51:46 | +20:05 | 16 | |
| 70. | 7 | Bibułowicz Monika | POL Suraż | | K40 / 9 | 5:10 | 51:48 | 51:48 | +20:07 | 17 | |
| 71. | 83 | Moniuszko Radosław | POL Juchnowiec Dolny | | M40 / 21 | 5:12 | 51:59 | 52:04 | +20:23 | | 54 |
| 72. | 61 | Kotowski Jarosław | POL Białystok | | M40 / 22 | 5:12 | 51:58 | 52:09 | +20:28 | | 55 |
| 73. | 147 | Rychewski Krzysztof | POL Klepacz | | M40 / 23 | 5:13 | 52:09 | 52:17 | +20:36 | | 56 |
| 74. | 117 | Szymański Michał | POL Białystok | | M30 / 10 | 5:13 | 52:13 | 52:20 | +20:39 | | 57 |
| 75. | 146 | Rudnicka Jadwiga | POL Białystok | Pędziwiatr Białystok | K60 / 1 | 5:15 | 52:39 | 52:40 | +20:59 | 18 | |
| 76. | 103 | Skorupska Ewa | POL Kleosin | Białostocka Sekta Biegaczy | K30 / 1 | 5:16 | 52:39 | 52:44 | +21:03 | 19 | |

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | Kat./ m-ce | min/ km | Netto | Wynik (Brutto) | Strata | K | M |
|------|-----|------------------------|--------------------------|-----------------------------|---------------|------------|---------|-------------------|--------|----|----|
| 77. | 80 | Miezio Rafał | POL Białystok | | M40 / 24 | 5:18 | 52:54 | 53:05 | +21:24 | | 58 |
| 78. | 12 | Bogdanowicz Anna | POL Tykocin | | K50 / 1 | 5:19 | 53:08 | 53:12 | +21:31 | 20 | |
| 79. | 35 | Grygo Krzysztof | POL Łomża | Akademia Sportu Medyk | M60 / 3 | 5:22 | 53:37 | 53:48 | +22:07 | | 59 |
| 80. | 34 | Gryc Joanna | POL Białystok | MD Run Training | K30 / 2 | 5:22 | 53:44 | 53:49 | +22:08 | 21 | |
| 81. | 19 | Czerniakiewicz Anna | POL Grabówka | Outdoor Training | K40 / 10 | 5:25 | 54:05 | 54:13 | +22:32 | 22 | |
| 82. | 63 | Kraszewska Milena | POL Białystok | Białystok Biega Team | K30 / 3 | 5:27 | 54:27 | 54:32 | +22:51 | 23 | |
| 83. | 136 | Zieliński Tomasz | POL Juchnowiec Dolny | | M50 / 11 | 5:27 | 54:25 | 54:33 | +22:52 | | 60 |
| 84. | 154 | Siemieniuk Piotr | POL Barszczewo | | M50 / 12 | 5:30 | 54:54 | 55:06 | +23:25 | | 61 |
| 85. | 87 | Ostrowski Krzysztof | POL Choroszcz | | M40 / 25 | 5:31 | 55:06 | 55:17 | +23:36 | | 62 |
| 86. | 82 | Moniuszko Anna | POL Juchnowiec Dolny | | K40 / 11 | 5:32 | 55:16 | 55:21 | +23:40 | 24 | |
| 87. | 15 | Bulkeviciute Terese | LTU Vilnius | Na,Pagauk! | K60 / 2 | 5:33 | 55:31 | 55:32 | +23:51 | 25 | |
| 88. | 29 | Golonko Dariusz | POL Białystok | | M40 / 26 | 5:34 | 55:42 | 55:46 | +24:05 | | 63 |
| 89. | 9 | Bierć Jarosław | POL Białystok | | M50 / 13 | 5:39 | 56:26 | 56:37 | +24:56 | | 64 |
| 90. | 41 | Hilik Piotr | POL Białystok | | M40 / 27 | 5:41 | 56:53 | 57:00 | +25:19 | | 65 |
| 91. | 100 | Sawicki Stanisław | POL Białystok | BBL | M60 / 4 | 5:42 | 56:59 | 57:06 | +25:25 | | 66 |
| 92. | 20 | Dobrzycka Wiktoria | POL Białystok | | K18 / 3 | 5:46 | 57:39 | 57:47 | +26:06 | 26 | |
| 93. | 37 | Grygorowicz Przemek | POL Białystok | Biegam bo Żona Pozwoliła :) | M40 / 28 | 5:46 | 57:43 | 57:49 | +26:08 | | 67 |
| 94. | 113 | Szewczak Andrzej | POL Pajewo | | M60 / 5 | 5:48 | 57:49 | 58:01 | +26:20 | | 68 |
| 95. | 137 | Zieniewicz Andrzej | POL Kleosin | Grupa Szalonych Rowerzystów | M70+ / 1 | 5:48 | 58:01 | 58:02 | +26:21 | | 69 |
| 96. | 57 | Kolendo Mirosław | POL Karczmisko | | M50 / 14 | 5:48 | 57:55 | 58:04 | +26:23 | | 70 |
| 97. | 28 | Gaiński Marcin | POL Kleosin | Zabiegani Rodzice | M40 / 29 | 5:49 | 58:15 | 58:20 | +26:39 | | 71 |
| 98. | 139 | Kozłowski Krzysztof | POL Białystok | | M50 / 15 | 5:51 | 58:28 | 58:32 | +26:51 | | 72 |
| 99. | 79 | Mądry Bożena | POL Białystok | 3T Białystok | K50 / 2 | 5:54 | 59:02 | 59:09 | +27:28 | 27 | |
| 100. | 109 | Stocka Joanna | POL Rumejki | | K30 / 4 | 5:55 | 59:15 | 59:20 | +27:39 | 28 | |
| 101. | 72 | Leszczyński Roman | POL Ostrołęka | | M70+ / 2 | 5:56 | 59:20 | 59:29 | +27:48 | | 73 |
| 102. | 97 | Przekłasa Wojciech | POL Kleosin | rowerempopodlasiu | M50 / 16 | 5:58 | 59:40 | 59:43 | +28:02 | | 74 |
| 103. | 104 | Skowrońska Anna | POL Ignatki | | K30 / 5 | 5:59 | 59:46 | 59:52 | +28:11 | 29 | |
| 104. | 25 | Falkowski Marek | POL Białystok | St4 | M40 / 30 | 6:02 | 1:00:20 | 1:00:23 | +28:42 | | 75 |
| 105. | 60 | Kościuk Dorota | POL Białystok | Białostocka Sekta Biegaczy | K30 / 6 | 6:06 | 1:00:52 | 1:01:03 | +29:22 | 30 | |
| 106. | 90 | Pianka Hubert | POL Kleosin | | M30 / 11 | 6:11 | 1:01:42 | 1:01:53 | +30:12 | | 76 |
| 107. | 141 | Maciejski Jarosław | POL Białystok | Pędziwiatr | M50 / 17 | 6:13 | 1:02:05 | 1:02:17 | +30:36 | | 77 |
| 108. | 128 | Weka Krzysztof | POL Białystok | Białystok Biega Team | M30 / 12 | 6:13 | 1:02:14 | 1:02:18 | +30:37 | | 78 |
| 109. | 21 | Dobrzycki Andrzej | POL Białystok | | M40 / 31 | 6:16 | 1:02:38 | 1:02:46 | +31:05 | | 79 |
| 110. | 42 | Iwanowa Helena | POL Białystok | BBL | K60 / 3 | 6:18 | 1:03:03 | 1:03:03 | +31:22 | 31 | |
| 111. | 49 | Karanos Tadeusz | POL Hajnówka | RKB Hajnówka | M60 / 6 | 6:24 | 1:03:58 | 1:04:09 | +32:28 | | 80 |
| 112. | 124 | Wasilec Tomek | POL Zaścianki | | M40 / 32 | 6:26 | 1:04:18 | 1:04:30 | +32:49 | | 81 |
| 113. | 40 | Hejza Joanna | POL Juchnowiec Kościelny | | K40 / 12 | 6:29 | 1:04:48 | 1:04:53 | +33:12 | 32 | |
| 114. | 1 | Bałazy Beata | POL Białystok | Outdoor Training | K40 / 13 | 6:31 | 1:05:11 | 1:05:17 | +33:36 | 33 | |
| 115. | 85 | Muszyński Marek | POL Juchnowiec Dolny | Drużyna Konopielki | M50 / 18 | 6:31 | 1:05:12 | 1:05:19 | +33:38 | | 82 |
| 116. | 18 | Ciunczyk Dorota | POL Białystok | 3T Białystok | K40 / 14 | 6:32 | 1:05:19 | 1:05:26 | +33:45 | 34 | |
| 117. | 89 | Pianka Krzysztof | POL Kleosin | Drużyna Konopielki | M60 / 7 | 6:33 | 1:05:21 | 1:05:34 | +33:53 | | 83 |
| 118. | 148 | Iwanow Aleksander | POL Białystok | BBL | M30 / 13 | 6:44 | 1:07:25 | 1:07:25 | +35:44 | | 84 |
| 119. | 62 | Kowalik Jacek | POL Holówki Duże | | M50 / 19 | 6:52 | 1:08:33 | 1:08:42 | +37:01 | | 85 |
| 120. | 58 | Koller-Staszczak Iwona | POL Krupniki | | K40 / 15 | 6:52 | 1:08:33 | 1:08:42 | +37:01 | 35 | |
| 121. | 48 | Kamińska Joanna | POL Łomża | Oddział Celny | K50 / 3 | 6:53 | 1:08:53 | 1:09:00 | +37:19 | 36 | |
| 122. | 76 | Maliszewska Agnieszka | POL Kuriany | Outdoor Training | K50 / 4 | 6:54 | 1:08:57 | 1:09:04 | +37:23 | 37 | |

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | Kat./ m-ce | min/ km | Netto | Wynik (Brutto) | Strata | K | M |
|------|-----|--------------------|---------------|------------------------------------|---------------|------------|---------|-------------------|--------|---|----|
| 123. | 131 | Wyszyński Zbigniew | POL Białystok | "I o to chodzi" Czarna Białostocka | M60 / 8 | 7:02 | 1:10:12 | 1:10:21 | +38:40 | | 86 |
| 124. | 74 | Łapuć Edmund | POL Białystok | | M70+ / 3 | 7:05 | 1:10:53 | 1:11:00 | +39:19 | | 87 |
| 125. | 92 | Pianka Konrad | POL Kleosin | | M18 / 7 | 7:16 | 1:12:30 | 1:12:41 | +41:00 | | 88 |

Liczba uczestników: 125