

Frog Race 2019

WYNIKI ZAWODÓW

Organizator: Stowarzyszenie Rekreacyjno-Sportowe KONDYCJA

Termin: 07.09.2019

Miejsce: Warszawa

Dystans: 10km

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | (K) Sex | Czas Time | [min/km] |
|-----------------------------|--------|------------------------------|---------------------|----------|---------------------------------|---------|--------------------|---------|-----------|----------|
| Bieg 10km - K50 [3] | | | | | | | | | | |
| 1 | 65 | ZAJĄC Dorota | PIASECZNO | POL | | 67 | K50/1 | (K)8 | 00:54:06 | 05.24 |
| 2 | 43 | PYZEL Agnieszka | KONSTANCIN JEZIORNA | POL | KS PEGAZ | 68 | K50/2 | (K)9 | 00:54:29 | 05.26 |
| 3 | 52 | KOZŁOWSKA-SAWICKA Małgorzata | BANIOCHA | POL | KONDYCJA PIASECZNO | 63 | K50/3 | (K)17 | 00:57:06 | 05.42 |
| Bieg 10km - K40 [14] | | | | | | | | | | |
| 1 | 262 | ŚWINARSKA Agnieszka | | POL | | 78 | K40/1 | (K)1 | 00:48:23 | 04.49 |
| 2 | 34 | BERKO-HAAS Joanna | PIASECZNO | POL | | 78 | K40/2 | (K)4 | 00:50:26 | 05.01 |
| 3 | 76 | BABICKA Olga | JÓZEFOSŁAW | POL | | 78 | K40/3 | (K)5 | 00:51:40 | 05.09 |
| 4 | 100 | MARCINEK Agnieszka | PIASECZNO | POL | KONDYCJA | 78 | K40/4 | (K)6 | 00:52:29 | 05.14 |
| 5 | 35 | KUCHAREK Izabela | PIASECZNO | POL | | 72 | K40/5 | (K)10 | 00:55:02 | 05.30 |
| 6 | 75 | KLAUS Monika | PIASECZNO | POL | KONDYCJA | 79 | K40/6 | (K)11 | 00:55:08 | 05.30 |
| 7 | 118 | SZYMAŃSKA Sylwia | PIASECZNO | POL | | 77 | K40/7 | (K)13 | 00:55:39 | 05.33 |
| 8 | 113 | ŚWIERSZCZ Beata | WARSZAWA | POL | | 75 | K40/8 | (K)15 | 00:56:49 | 05.40 |
| 9 | 125 | BOROŃ Izabela | NOWA IWICZNA | POL | | 75 | K40/9 | (K)18 | 00:57:48 | 05.46 |
| 10 | 55 | SIKORA Kasia | PIASECZNO | POL | | 74 | K40/10 | (K)19 | 00:59:42 | 05.58 |
| 11 | 99 | RZEPLIŃSKA Dorota | ZŁOTOKŁOS | POL | | 73 | K40/11 | (K)21 | 01:00:19 | 06.01 |
| 12 | 45 | PADZIK-WOŁOS Agnieszka | PARCELA | POL | KS PEGAZ | 77 | K40/12 | (K)23 | 01:03:31 | 06.21 |
| 13 | 107 | ZYCH Monika | SOBIENIE-JEZIORY | POL | | 78 | K40/13 | (K)28 | 01:11:14 | 07.07 |
| 14 | 51 | GRUCHALSKA Ewa | PIASECZNO | POL | | 74 | K40/14 | (K)29 | 01:12:32 | 07.15 |
| Bieg 10km - K30 [9] | | | | | | | | | | |
| 1 | 458 | NOWIK Jagoda | | POL | | 81 | K30/1 | (K)2 | 00:48:37 | 04.51 |
| 2 | 44 | ZIENKIEWICZ Agata | PIASECZNO | POL | PIASECZNO RUNNING | 80 | K30/2 | (K)3 | 00:48:50 | 04.52 |
| 3 | 14 | SZCZĘSNY Justyna | PIASECZNO | POL | | 82 | K30/3 | (K)12 | 00:55:31 | 05.33 |
| 4 | 126 | CISŁAK Anna | STARA IWICZNA | POL | | 83 | K30/4 | (K)14 | 00:55:56 | 05.35 |
| 5 | 122 | SZCZEPANIAK Joanna | WARSZAWA | POL | | 83 | K30/5 | (K)20 | 00:59:44 | 05.58 |
| 6 | 54 | SZUDEJKO Izabela | PIASECZNO | POL | | 82 | K30/6 | (K)24 | 01:05:18 | 06.31 |
| 7 | 448 | BODO Olga | | POL | | 86 | K30/7 | (K)25 | 01:07:06 | 06.42 |
| 8 | 48 | ŚWIDERSKA-TYSZKA Elżbieta | ŻABIENIEC | POL | | 88 | K30/8 | (K)26 | 01:08:40 | 06.52 |
| 9 | 21 | KATNER Karolina | WYSZKÓW | POL | | 89 | K30/9 | (K)27 | 01:10:20 | 07.02 |
| Bieg 10km - K20 [3] | | | | | | | | | | |
| 1 | 63 | BODYCH Anna | GOŁKÓW | POL | KONDYCJA | 90 | K20/1 | (K)7 | 00:53:35 | 05.21 |
| 2 | 60 | BIELIŃSKA Magdalena | RAWA MAZOWIECKA | POL | | 95 | K20/2 | (K)16 | 00:56:51 | 05.41 |
| 3 | 64 | NIETRZEBKA Aleksandra | MIĘDZYBORÓW | POL | | 91 | K20/3 | (K)22 | 01:02:20 | 06.14 |
| Bieg 10km - M50 [11] | | | | | | | | | | |
| 1 | 70 | MAZUR Marek | PIASECZNO | POL | | 67 | M50/1 | (M)8 | 00:41:29 | 04.08 |
| 2 | 77 | NOWOCIEŃ Jacek | PODKOWA LEŚNA | POL | UCZNIOWSKI KLUB SPORTOWY RUSIEC | 59 | M50/2 | (M)11 | 00:41:52 | 04.10 |
| 3 | 56 | MISZTAŁ Adam | MYSIADŁO | POL | KONDYCJA | 67 | M50/3 | (M)18 | 00:44:44 | 04.27 |
| 4 | 98 | RZEPLIŃSKI Jacek | ZŁOTOKŁOS | POL | | 69 | M50/4 | (M)21 | 00:46:16 | 04.37 |
| 5 | 69 | GOCH Robert | PIASCZNO | POL | KONDYCJA | 64 | M50/5 | (M)23 | 00:46:26 | 04.38 |
| 6 | 106 | BIAŁOGRODZKI Sylwester | ZALESIE GÓRNE | POL | KB.ZALESIE GÓRNE | 61 | M50/6 | (M)31 | 00:47:24 | 04.44 |
| 7 | 91 | KAMIŃSKI Stanisław | NADARZYN | POL | GOS NADARZYN | 58 | M50/7 | (M)42 | 00:50:55 | 05.05 |
| 8 | 130 | GĄSIÓREK Marek | | POL | | 61 | M50/8 | (M)56 | 00:55:03 | 05.30 |
| 9 | 116 | ŻYWIEN Marek | WARSZAWA | POL | | 66 | M50/9 | (M)64 | 00:57:14 | 05.43 |
| 10 | 95 | KLUJ Bogusław | ZAKRĘT | POL | BIEGAM DLA SANDRY I ROBERTA | 58 | M50/10 | (M)67 | 00:57:54 | 05.47 |
| 11 | 23 | DĄBROWSKI Andrzej | JÓZEFÓW | POL | | 57 | M50/11 | (M)70 | 00:59:17 | 05.55 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|-----------------|------------|-----------------------|-----|--------------|----------|
|-----------------|-----------|-------------------------|---------------------|-------------|-----------------|------------|-----------------------|-----|--------------|----------|










Bieg 10km - M40 [32]

| | | | | | | | | | | |
|----|-----|------------------------|------------------|-----|---------------------|----|--------|-------|----------|-------|
| 1 | 137 | ZYCH Paweł | | POL | | 76 | M40/1 | (M)5 | 00:39:39 | 03.57 |
| 2 | 37 | BIELIŃSKI Daniel | PIASECZNO | POL | | 78 | M40/2 | (M)6 | 00:40:00 | 03.59 |
| 3 | 112 | KĄCKI Paweł | WARSZAWA | POL | KB RABARBAR | 75 | M40/3 | (M)10 | 00:41:47 | 04.10 |
| 4 | 115 | HOŁOWACZ Krzysztof | WARSZAWA | POL | KONDYCJA | 77 | M40/4 | (M)13 | 00:42:17 | 04.13 |
| 5 | 89 | ZAGAŃSKI Cezary | PIASECZNO | POL | PIASECZNO RUNNING | 78 | M40/5 | (M)14 | 00:43:20 | 04.19 |
| 6 | 41 | DĘBECKI Michał | KRĘPA | POL | KONDYCJA PIASECZNO | 71 | M40/6 | (M)16 | 00:44:24 | 04.25 |
| 7 | 96 | ZWIRUK Karol | WARSZAWA | POL | SZYBKE KOPYTO ULTRA | 77 | M40/7 | (M)19 | 00:45:38 | 04.33 |
| 8 | 129 | ZIŃCZUK Rafał | | POL | | 76 | M40/8 | (M)20 | 00:45:52 | 04.34 |
| 9 | 123 | BABICKI Grzegorz | WARSZAWA | POL | | 77 | M40/9 | (M)24 | 00:46:50 | 04.40 |
| 10 | 133 | ROGAŁA Jacek | | POL | | 76 | M40/10 | (M)26 | 00:47:11 | 04.42 |
| 11 | 71 | JAKUBIAK Artur | WARSZAWA | POL | | 75 | M40/11 | (M)34 | 00:48:23 | 04.49 |
| 12 | 67 | LESIAK Roman | KOZIENICE | POL | | 70 | M40/12 | (M)36 | 00:49:50 | 04.58 |
| 13 | 120 | MAJEWSKI Rafał | LESZNOWOLA | POL | KRZEPY BEZ CUKRU | 75 | M40/13 | (M)39 | 00:50:41 | 05.03 |
| 14 | 61 | KRAWCZYK Daniel_marcin | ŻABIENIEC | POL | KONDYCJA | 74 | M40/14 | (M)40 | 00:50:52 | 05.04 |
| 15 | 11 | DĄBEK Paweł | JÓZEFOSŁAW | POL | KONDYCJA | 73 | M40/15 | (M)41 | 00:50:54 | 05.04 |
| 16 | 121 | SZCZEPAŃSKI Marcin | JASTRZĘBIE | POL | KONDYCJA | 74 | M40/16 | (M)44 | 00:51:32 | 05.08 |
| 17 | 97 | SZCZĘSNY Marcin | PIASECZNO | POL | | 74 | M40/17 | (M)45 | 00:51:49 | 05.10 |
| 18 | 46 | ADAMOWICZ Konrad | PIASECZNO | POL | SUSHI STREFA | 77 | M40/18 | (M)46 | 00:51:53 | 05.11 |
| 19 | 94 | SKIBIŃSKI Mariusz | WARSZAWA | POL | MIĘDZYLESIAKI | 76 | M40/19 | (M)48 | 00:53:15 | 05.19 |
| 20 | 135 | SZERSZEŃ Janusz | | POL | | 77 | M40/20 | (M)50 | 00:53:25 | 05.20 |
| 21 | 134 | KOPIEC Marcin | | POL | | 73 | M40/21 | (M)51 | 00:53:25 | 05.20 |
| 22 | 59 | KOWALCZYK Robert | WARSZAWA | POL | | 76 | M40/22 | (M)53 | 00:53:46 | 05.22 |
| 23 | 87 | ZAPARUCHA Andrzej | PIASECZNO | POL | | 71 | M40/23 | (M)55 | 00:54:09 | 05.24 |
| 24 | 117 | SZYMAŃSKI Grzegorz | PIASECZNO | POL | | 79 | M40/24 | (M)57 | 00:55:41 | 05.34 |
| 25 | 62 | RABSZTYN Janusz | JASTRZĘBIE | POL | | 71 | M40/25 | (M)59 | 00:56:01 | 05.36 |
| 26 | 40 | SZCZĘSNY Marcin | JÓZEFÓW | POL | | 77 | M40/26 | (M)60 | 00:56:39 | 05.39 |
| 27 | 42 | WOLSKI Michał | MAGDALENKA | POL | | 79 | M40/27 | (M)61 | 00:56:48 | 05.40 |
| 28 | 108 | MICHALSKI Michał | SOBIENIE-JEZIORY | POL | ORANGE POLSKA | 76 | M40/28 | (M)65 | 00:57:34 | 05.45 |
| 29 | 103 | SKRZYPCZYK Bogusław | PIASECZNO | POL | | 72 | M40/29 | (M)71 | 01:00:11 | 06.01 |
| 30 | 73 | ORZECZOWSKI Marek | PIASECZNO | POL | | 70 | M40/30 | (M)73 | 01:05:24 | 06.32 |

Bieg 10km - M30 [27]

| | | | | | | | | | | |
|----|-----|--------------------|------------------|-----|---------------------|----|--------|-------|----------|-------|
| 1 | 86 | LUBOWIECKI Kamil | MYSIADŁO | POL | KONDYCJA | 88 | M30/1 | (M)2 | 00:36:28 | 03.38 |
| 2 | 24 | NOGAJEWSKI Karol | WARSZAWA | POL | | 84 | M30/2 | (M)9 | 00:41:29 | 04.08 |
| 3 | 32 | JAŚKACZEK Sławomir | MACIEJOWICE | POL | | 89 | M30/3 | (M)12 | 00:42:09 | 04.12 |
| 4 | 17 | RYBAK Adam | USTANÓW | POL | KONDYCJA | 82 | M30/4 | (M)15 | 00:44:05 | 04.23 |
| 5 | 33 | KLEIN Bartosz | ZALESIE GÓRNE | POL | | 80 | M30/5 | (M)17 | 00:44:33 | 04.27 |
| 6 | 132 | MAŁEK Marcin | | POL | | 89 | M30/6 | (M)22 | 00:46:19 | 04.37 |
| 7 | 131 | TAPEREK Robert | | POL | | 83 | M30/7 | (M)25 | 00:46:54 | 04.40 |
| 8 | 78 | BARTOSZEWICZ Piotr | WÓLKA KOZODAWSKA | POL | KONDYCJA | 83 | M30/8 | (M)27 | 00:47:13 | 04.42 |
| 9 | 110 | SZCZĘSNY Lech | PIASECZNO | POL | | 84 | M30/9 | (M)28 | 00:47:14 | 04.43 |
| 10 | 102 | NOWAK Marek | PIASECZNO | POL | | 88 | M30/10 | (M)29 | 00:47:21 | 04.43 |
| 11 | 83 | SZELUGA Bartłomiej | JÓZEFOSŁAW | POL | | 87 | M30/11 | (M)30 | 00:47:21 | 04.43 |
| 12 | 53 | SZUDEJKO Michał | PIASECZNO | POL | | 82 | M30/12 | (M)32 | 00:47:45 | 04.46 |
| 13 | 127 | PRZEPIÓRKA Michał | ŻABIENIEC | POL | | 84 | M30/13 | (M)33 | 00:47:53 | 04.47 |
| 14 | 93 | BRANDYK Paweł | PIASECZNO | POL | | 80 | M30/14 | (M)35 | 00:48:53 | 04.52 |
| 15 | 13 | SZCZĘSNY Witold | PIASECZNO | POL | O.R.P.P. KIEL | 82 | M30/15 | (M)37 | 00:50:06 | 05.00 |
| 16 | 459 | SYPIŃSKI Tomasz | | POL | | 83 | M30/16 | (M)43 | 00:51:30 | 05.06 |
| 17 | 74 | JABŁOŃSKI Konrad | WARSZAWA | POL | LATAJĄCE HOLENDRY | 83 | M30/17 | (M)49 | 00:53:16 | 05.19 |
| 18 | 84 | RÓSTKOWSKI Konrad | JÓZEFOSŁAW | POL | | 86 | M30/18 | (M)52 | 00:53:39 | 05.21 |
| 19 | 111 | CZYŻ Dominik | SEROCK | POL | GRUPA BIEGOWA CHTMO | 83 | M30/19 | (M)54 | 00:54:06 | 05.24 |
| 20 | 138 | MRÓZ Kamil | | POL | | 80 | M30/20 | (M)62 | 00:56:51 | 05.41 |
| 21 | 68 | KLUSKA Marcin | WARSZAWA | POL | | 88 | M30/21 | (M)63 | 00:57:00 | 05.42 |
| 22 | 38 | MATULKA Michał | PIASECZNO | POL | | 85 | M30/22 | (M)68 | 00:57:55 | 05.47 |
| 23 | 119 | MOTYKA Adam | BOBROWIEC | POL | | 81 | M30/23 | (M)69 | 00:59:15 | 05.55 |
| 24 | 88 | OGRODZIŃSKI Wojtek | MAGNUSZEW | POL | | 85 | M30/24 | (M)72 | 01:04:19 | 06.25 |

Bieg 10km - M20 [9]

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | [min/km] |
|---------------------|---------------|-----------------------------|-------------------------|---|----------------------|----------------|---------------------------|------------|------------------|-----------------|
| 1 | 139 | ŚLUPIK Tomasz | |  POL | | 93 | M20/1 | (M)1 | 00:35:11 | 03.31 |
| 2 | 20 | SZCZEPAŃSKI Paweł | |  POL | | 98 | M20/2 | (M)3 | 00:38:25 | 03.50 |
| 3 | 128 | KOWALIK Paweł | KOMARÓWKA PODLASKA |  POL | KALENJI BY DECATHLON | 90 | M20/3 | (M)4 | 00:38:25 | 03.50 |
| 4 | 149 | JEDNACHOWSKI Marcin | |  POL | | 93 | M20/4 | (M)7 | 00:40:00 | 03.59 |
| 5 | 109 | TYSZKA Ignacy | PIASECZNO |  POL | | 90 | M20/5 | (M)38 | 00:50:36 | 05.03 |
| 6 | 101 | GAJDA Paweł | PIASECZNO |  POL | | 92 | M20/6 | (M)47 | 00:52:56 | 05.17 |
| 7 | 57 | TRZOSIŃSKI Patryk | PIASECZNO |  POL | | 95 | M20/7 | (M)58 | 00:55:55 | 05.35 |
| 8 | 136 | PIOTROWICZ Krzysztof | |  POL | | 91 | M20/8 | (M)66 | 00:57:44 | 05.46 |
| 9 | 447 | MICHALSKI Kacper | |  POL | | 97 | M20/9 | (M)74 | 01:06:56 | 06.41 |