

## Promar - Run IV Bieg Zawierciański

**Organizator:** Warto Biegać Zawiercie

**Data:** 31.05.2026

**Miejsce:** Zawiercie

**Dystans:** Bieg 10km

**Kategoria:** M50



| LP | MCE | IMIĘ      | NAZWISKO    | NR  | K/M | K | M   | MIJESCOWOŚĆ         | KLUB                                                      | KAT.<br>WIEK. | MCE<br>KAT.<br>WIEK. | KAT_DOD1 | KAT_DOD2 | KAT_DOD3 | CZAS<br>BRUTTO | CZAS<br>NETTO | MIN/KM |
|----|-----|-----------|-------------|-----|-----|---|-----|---------------------|-----------------------------------------------------------|---------------|----------------------|----------|----------|----------|----------------|---------------|--------|
| 1  | 13  | PAWEŁ     | MENCEWICZ   | 129 | M   |   | 12  | GOŁKOWICE           | UKS 5 PLUS<br>RYDUŁTOWY /<br>SILESIA<br>TRIATHLON<br>TEAM | M50           | 1                    |          | 10KM     |          | 00:40:12       | 00:40:12      | 04:01  |
| 2  | 17  | MARIUSZ   | JASKULSKI   | 69  | M   |   | 16  | ZAWIERCIE           |                                                           | M50           | 2                    |          | 10KM     |          | 00:41:46       | 00:41:46      | 04:10  |
| 3  | 26  | JACEK     | KAMIONKA    | 71  | M   |   | 24  | KOLBARK             | PASKAMBIEGA                                               | M50           | 3                    |          | 10KM     |          | 00:43:17       | 00:43:17      | 04:19  |
| 4  | 27  | KRZYSZTOF | PALIGA      | 150 | M   |   | 25  | ZAWIERCIE           | DABEX ACTIVE<br>TEAM                                      | M50           | 4                    |          | 10KM     |          | 00:43:18       | 00:43:16      | 04:19  |
| 5  | 31  | ROBERT    | BIELECKI    | 11  | M   |   | 28  | MYSZKÓW             |                                                           | M50           | 5                    |          | 10KM     |          | 00:44:03       | 00:43:57      | 04:24  |
| 6  | 36  | TOMASZ    | WRÓBEL      | 217 | M   |   | 33  | DĘBIEŃSKO           |                                                           | M50           | 6                    |          | 10KM     |          | 00:44:32       | 00:44:26      | 04:27  |
| 7  | 40  | TOMASZ    | CZARNECKI   | 26  | M   |   | 36  | ZAWIERCIE           |                                                           | M50           | 7                    |          | 10KM     |          | 00:45:12       | 00:45:11      | 04:31  |
| 8  | 44  | KRZYSZTOF | BERNACKI    | 9   | M   |   | 40  | ZAWIERCIE           | #VIRTUTEAM                                                | M50           | 8                    |          | 10KM     |          | 00:45:32       | 00:45:29      | 04:33  |
| 9  | 47  | SEBASTIAN | KAZIRÓD     | 76  | M   |   | 43  | ZAWIERCIE           | ZACISZE<br>KROMOŁÓW                                       | M50           | 9                    |          | 10KM     |          | 00:45:56       | 00:45:54      | 04:35  |
| 10 | 52  | DARIUSZ   | GAJDA       | 42  | M   |   | 48  | ZAWIERCIE           |                                                           | M50           | 10                   |          | 10KM     |          | 00:46:27       | 00:46:18      | 04:38  |
| 11 | 55  | WOJTEK    | OLASEK      | 148 | M   |   | 50  | ZAWIERCIE           |                                                           | M50           | 11                   |          | 10KM     |          | 00:46:57       | 00:46:54      | 04:41  |
| 12 | 74  | DOMINIK   | WALTEROWSKI | 207 | M   |   | 68  | SOSNOWIEC           | WEBER ACTIVE<br>TEAM                                      | M50           | 12                   |          | 10KM     |          | 00:48:40       | 00:48:25      | 04:52  |
| 13 | 76  | RAFAŁ     | BŁOCH       | 12  | M   |   | 70  | CIĄGOWICE           | ZACISZE<br>KROMOŁÓW                                       | M50           | 13                   |          | 10KM     |          | 00:48:44       | 00:48:11      | 04:52  |
| 14 | 80  | SŁAWOMIR  | SZPAK       | 239 | M   |   | 74  | BRAK                | WEBER ACTIVE<br>TEAM                                      | M50           | 14                   |          | 10KM     |          | 00:49:05       | 00:48:51      | 04:54  |
| 15 | 84  | ROBERT    | ŻESŁAWSKI   | 227 | M   |   | 77  | ZAWIERCIE           | OSIR<br>ZAWIERCIE                                         | M50           | 15                   |          | 10KM     |          | 00:49:20       | 00:49:18      | 04:56  |
| 16 | 101 | MAREK     | FERDYNAD    | 38  | M   |   | 92  | MYSZKÓW             |                                                           | M50           | 16                   |          | 10KM     |          | 00:50:36       | 00:50:24      | 05:03  |
| 17 | 102 | JAKUB     | SEWERYN     | 173 | M   |   | 93  | ZAWIERCIE           |                                                           | M50           | 17                   |          | 10KM     |          | 00:50:39       | 00:50:31      | 05:03  |
| 18 | 103 | MAREK     | CISZEWSKI   | 23  | M   |   | 94  | ZAWIERCIE           | KTS CZWÓRKA<br>ZAWIERCIE                                  | M50           | 18                   |          | 10KM     |          | 00:50:53       | 00:50:49      | 05:05  |
| 19 | 106 | GRZEGORZ  | MIGDAŁ      | 134 | M   |   | 96  | ZAWIERCIE           | KLUB<br>SPORTOWY<br>WARTO BIEGAĆ                          | M50           | 19                   |          | 10KM     |          | 00:51:02       | 00:50:56      | 05:06  |
| 20 | 126 | MAURYCY   | LANGNER     | 107 | M   |   | 113 | DĄBROWA<br>GÓRNICZA |                                                           | M50           | 20                   |          | 10KM     |          | 00:52:47       | 00:52:30      | 05:16  |
| 21 | 128 | ROBERT    | JĘDROS      | 70  | M   |   | 115 | ZAWIERCIE           |                                                           | M50           | 21                   |          | 10KM     |          | 00:53:10       | 00:53:01      | 05:19  |
| 22 | 133 | MARCIN    | UFEL        | 201 | M   |   | 118 | CZELADŹ             | TKKF SATURN<br>CZELADZ                                    | M50           | 22                   |          | 10KM     |          | 00:53:32       | 00:53:02      | 05:21  |
| 23 | 147 | ANDRZEJ   | MARCOŃ      | 124 | M   |   | 128 | ZAWIERCIE           | JĘDRUŚ                                                    | M50           | 23                   |          | 10KM     |          | 00:54:40       | 00:54:10      | 05:28  |
| 24 | 152 | SYLWESTER | JANECZEK    | 65  | M   |   | 131 | ZAWIERCIE           |                                                           | M50           | 24                   |          | 10KM     |          | 00:54:57       | 00:54:27      | 05:29  |
| 25 | 165 | SEBASTIAN | MILEWSKI    | 136 | M   |   | 141 | PORĘBA              |                                                           | M50           | 25                   |          | 10KM     |          | 00:56:13       | 00:55:53      | 05:37  |
| 26 | 166 | JAN       | FIJAK       | 39  | M   |   | 142 | ŻYWIEC              | KLUB<br>SPORTOWY<br>WARTO BIEGAĆ                          | M50           | 26                   |          | 10KM     |          | 00:56:16       | 00:56:01      | 05:37  |
| 27 | 169 | ROBERT    | DRABCZYK    | 31  | M   |   | 145 | CZARNY LAS          | FORZARUNNERS                                              | M50           | 27                   |          | 10KM     |          | 00:56:37       | 00:56:05      | 05:39  |
| 28 | 181 | TOMASZ    | STASIURKA   | 187 | M   |   | 153 | ZAWIERCIE           | KYOKUSHIN<br>ZAWIERCIE                                    | M50           | 28                   |          | 10KM     |          | 00:58:34       | 00:58:08      | 05:51  |
| 29 | 183 | BOGDAN    | KUWAK       | 105 | M   |   | 154 | MYSZKÓW             | KLUB<br>SPORTOWY<br>WARTO BIEGAĆ                          | M50           | 29                   |          | 10KM     |          | 00:58:55       | 00:58:41      | 05:53  |
| 30 | 193 | MAREK     | MĘCIK       | 130 | M   |   | 160 | ZAWIERCIE           |                                                           | M50           | 30                   |          | 10KM     |          | 01:01:33       | 01:01:15      | 06:09  |
| 31 | 199 | AREK      | WALCZAK     | 205 | M   |   | 163 | ZAWIERCIE           | KLUB<br>SPORTOWY<br>WARTO BIEGAĆ                          | M50           | 31                   |          | 10KM     |          | 01:03:07       | 01:02:43      | 06:18  |
| 32 | 201 | TOMASZ    | KONARSKI    | 87  | M   |   | 164 | ZAWIERCIE           |                                                           | M50           | 32                   |          | 10KM     |          | 01:03:16       | 01:02:56      | 06:19  |
| 33 | 207 | DARIUSZ   | KRZEMIŃSKI  | 99  | M   |   | 167 | ZAWIERCIE           |                                                           | M50           | 33                   |          | 10KM     |          | 01:05:26       | 01:04:55      | 06:32  |
| 34 | 208 | ANDRZEJ   | SZYMAŃSKI   | 193 | M   |   | 168 | ZAWIERCIE           |                                                           | M50           | 34                   |          | 10KM     |          | 01:06:04       | 01:05:49      | 06:36  |