

Promar - Run III Bieg Zawierciański**Organizator:** Warto Biegać Zawiercie**Data:** 25.05.2025**Miejsce:** Zawiercie**Dystans:** Bieg 5km

| MCE | IMIĘ | NAZWISKO | NR | K/M | K | M | MIEJSCOWOŚĆ | KLUB | CZAS BRUTTO | CZAS NETTO | MIN/KM |
|-----|--------------|-------------|-----|-----|----|----|---------------------|----------------------------|-------------|------------|--------|
| 1 | BARTOSZ | GRANAT | 34 | M | | 1 | ZAWIERCIE | | 00:16:31 | 00:16:31 | 03:18 |
| 2 | PAWEŁ | PAŁGAN | 103 | M | | 2 | CZELADŹ | ALCHEMIA BIEGANIA | 00:16:38 | 00:16:38 | 03:19 |
| 3 | SZYMON | CHROMIK | 13 | M | | 3 | BĘDZIN | | 00:17:38 | 00:17:38 | 03:31 |
| 4 | GRZEGORZ | KARCZ | 44 | M | | 4 | MYSZKÓW | BĘDUSKA BRYGADA BIEGOWA | 00:18:31 | 00:18:31 | 03:42 |
| 5 | ŁUKASZ | MAJEWSKI | 78 | M | | 5 | DĄBROWA GÓRNICZA | | 00:19:26 | 00:19:26 | 03:53 |
| 6 | MARCIN | NOWAK | 96 | M | | 6 | ŻARKI | MKS2 | 00:19:40 | 00:19:40 | 03:56 |
| 7 | KRZYSZTOF | GĘBARSKI | 24 | M | | 7 | GŁOGÓWEK | MTB NA NOGACH | 00:19:40 | 00:19:40 | 03:56 |
| 8 | MATEUSZ | SYGIET | 130 | M | | 8 | ZAWIERCIE | | 00:20:18 | 00:20:18 | 04:03 |
| 9 | SZYMON | PIŁKA | 107 | M | | 9 | NIEGOWONICE | JURAJSKA AKADEMIA SPORTU | 00:20:19 | 00:20:07 | 04:03 |
| 10 | KAMIL | KUBICKI | 63 | M | | 10 | ŚWIĘTOCHŁOWICE | | 00:20:21 | 00:20:18 | 04:04 |
| 11 | EMILIA | WRONECKA | 143 | K | 1 | | KATOWICE | ALCHEMIA BIEGANIA | 00:21:07 | 00:21:06 | 04:13 |
| 12 | JUAN ANTONIO | GIL ORTIZ | 26 | M | | 11 | ZAWIERCIE | | 00:21:14 | 00:21:07 | 04:14 |
| 13 | GABRIELA | GŁOWACKA | 28 | K | 2 | | ŁAZY | GRUPA VIRTU | 00:21:19 | 00:21:16 | 04:15 |
| 14 | TOMASZ | KOTWICKI | 57 | M | | 12 | ZAWIERCIE | | 00:22:24 | 00:22:16 | 04:28 |
| 15 | ROBERT | TOMASIK | 136 | M | | 13 | SIEWIERZ | | 00:22:31 | 00:22:31 | 04:30 |
| 16 | BEATA | KOSAŁKA | 54 | K | 3 | | DĄBROWA GÓRNICZA | ALCHEMIA BIEGANIA | 00:22:37 | 00:22:32 | 04:31 |
| 17 | JAKUB | WIERZYCKI | 141 | M | | 14 | KRZYKAWKA | | 00:22:57 | 00:22:35 | 04:35 |
| 18 | ANDRZEJ | CZAJA | 17 | M | | 15 | NIEGOWONICE | | 00:23:01 | 00:22:57 | 04:36 |
| 19 | SŁAWOMIR | WYRODEK | 147 | M | | 16 | PILICA | | 00:23:11 | 00:23:02 | 04:38 |
| 20 | JAROSŁAW | KARP | 47 | M | | 17 | WIELKA WIEŚ | ZYGMUNTÓW | 00:23:25 | 00:23:18 | 04:41 |
| 21 | IGOR | FORMICKI | 152 | M | | 18 | ZAWIERCIE | | 00:23:29 | 00:23:23 | 04:41 |
| 22 | KRZYSZTOF | KUBICZ | 64 | M | | 19 | PORĘBA | | 00:23:32 | 00:23:18 | 04:42 |
| 23 | PATRYK | HARWIG | 36 | M | | 20 | RADZIONKÓW | | 00:23:46 | 00:23:44 | 04:45 |
| 24 | ERNEST | BERNACKI | 7 | M | | 21 | ZAWIERCIE | KLUB SPORTOWY WARTO BIEGAĆ | 00:23:57 | 00:23:55 | 04:47 |
| 25 | GRZEGORZ | WYRODEK | 146 | M | | 22 | PILICA | | 00:24:12 | 00:24:01 | 04:50 |
| 26 | PRZEMYSŁAW | BANIAK | 4 | M | | 23 | ZAWIERCIE | | 00:24:14 | 00:23:59 | 04:50 |
| 27 | MONIKA | KRYSIAK | 60 | K | 4 | | CHORZÓW | | 00:24:15 | 00:24:12 | 04:51 |
| 28 | JOANNA | KARCZ | 45 | K | 5 | | MYSZKÓW | BĘDUSKA BRYGADA BIEGOWA | 00:24:18 | 00:24:06 | 04:51 |
| 29 | EWELINA | DZIECHCIARZ | 20 | K | 6 | | ZAWIERCIE | JURAJSKA AKADEMIA SPORTU | 00:24:19 | 00:24:12 | 04:51 |
| 30 | MACIEJ | BOROWIECKI | 9 | M | | 24 | DĄBROWA GÓRNICZA | DOPORZYGUALBOWCALE | 00:24:27 | 00:24:10 | 04:53 |
| 31 | KAROLINA | KOWALIK | 58 | K | 7 | | PANIÓWKI | SAINT-GOBAIN SQUAD | 00:24:33 | 00:24:29 | 04:54 |
| 32 | MICHAŁ | MAJEWSKI | 79 | M | | 25 | DĄBROWA GÓRNICZA | | 00:24:51 | 00:24:46 | 04:58 |
| 33 | GOSIA | KRZYSZTOFEK | 62 | K | 8 | | ZAWIERCIE | | 00:25:24 | 00:25:02 | 05:04 |
| 34 | OLIWIĄ | SROKA | 124 | K | 9 | | ZAWIERCIE | | 00:25:38 | 00:25:34 | 05:07 |
| 35 | MAŁGORZATA | MĘTLAK | 86 | K | 10 | | ZAWIERCIE | JURA TEAM OCR | 00:25:45 | 00:25:45 | 05:09 |
| 36 | MATEUSZ | WNUK | 142 | M | | 26 | CZĘSTOCHOWA | KUMKA EXPRESS | 00:25:55 | 00:25:38 | 05:11 |
| 37 | MICHAŁ | SUS | 128 | M | | 27 | ZAWIERCIE | | 00:26:16 | 00:26:00 | 05:15 |
| 38 | MONIKA | SUS | 129 | K | 11 | | ZAWIERCIE | | 00:26:16 | 00:26:00 | 05:15 |
| 39 | TYMOTEUSZ | KOPA | 52 | M | | 28 | ROKOTNO SZLACHECKIE | JURAJSKA AKADEMIA SPORTU | 00:26:18 | 00:26:10 | 05:15 |

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|----|------------|--------------|-----|---|----|------------------|----------------------------|----------|----------|-------|
| 40 | KAMIL | KORDYLIEWICZ | 53 | M | 29 | ZAWIERCIE | JURAJSKA AKADEMIA SPORTU | 00:26:52 | 00:26:43 | 05:22 |
| 41 | KAMIL | JASTRZĄBEK | 42 | M | 30 | ZAWIERCIE | PRORUNNERSI | 00:27:32 | 00:27:12 | 05:30 |
| 42 | DARIA | ŚCIŚLICKA | 133 | K | 12 | CHRUSZCZOBRÓD | JURAJSKA AKADEMIA SPORTU | 00:27:35 | 00:27:25 | 05:31 |
| 43 | EWELINA | ŚCIŚLICKA | 134 | K | 13 | CHRUSZCZOBRÓD | JURAJSKA AKADEMIA SPORTU | 00:27:50 | 00:27:38 | 05:34 |
| 44 | GRZEGORZ | LUBAS | 73 | M | 31 | ZAWIERCIE | | 00:28:06 | 00:27:36 | 05:37 |
| 45 | MARTA | MADEJ | 75 | K | 14 | MYSZKÓW | | 00:28:24 | 00:28:18 | 05:40 |
| 46 | KAMIL | RÓŻYK | 113 | M | 32 | ZAWIERCIE | | 00:28:30 | 00:28:08 | 05:42 |
| 47 | MIŁOSZ | BROŻEK | 11 | M | 33 | ZAWIERCIE | | 00:28:31 | 00:28:09 | 05:42 |
| 48 | BARTOSZ | LESKI | 70 | M | 34 | ZAWIERCIE | | 00:28:31 | 00:28:23 | 05:42 |
| 49 | ROBERT | PECIAK | 105 | M | 35 | ZAWIERCIE | UM ZAWIERCIE | 00:28:48 | 00:28:26 | 05:45 |
| 50 | KASJAN | KOT | 55 | M | 36 | ZAWIERCIE | | 00:28:55 | 00:28:37 | 05:47 |
| 51 | MAREK | MICUDA | 88 | M | 37 | MYSZKÓW | BĘDUSKA BRYGADA BIEGOWA | 00:28:59 | 00:28:47 | 05:47 |
| 52 | RAFAŁ | PAJĄK | 101 | M | 38 | ZAWIERCIE | | 00:29:04 | 00:28:40 | 05:48 |
| 53 | ŁUKASZ | SOŚNIAK | 123 | M | 39 | ZAWIERCIE | JAKOŚ TAM MOŻE DOBIEGNĘ... | 00:29:12 | 00:29:00 | 05:50 |
| 54 | MAŁGORZATA | ŻMUDA | 151 | K | 15 | ZAWIERCIE | KLUB SPORTOWY WARTO BIEGAĆ | 00:29:17 | 00:29:10 | 05:51 |
| 55 | MARTA | MUSIAŁ | 91 | K | 16 | ZAWIERCIE | PRORUNNERSI | 00:29:18 | 00:28:56 | 05:51 |
| 56 | PATRYK | HORBATIUK | 39 | M | 40 | WYSOKA | JURAJSKA AKADEMIA SPORTU | 00:29:20 | 00:29:08 | 05:52 |
| 57 | NATALIA | ZAWALSKA | 149 | K | 17 | ŁAZY | JURAJSKA AKADEMIA SPORTU | 00:29:21 | 00:29:09 | 05:52 |
| 58 | JOANNA | RZEPKA | 115 | K | 18 | ŻARKI | MKS2 | 00:29:25 | 00:29:07 | 05:53 |
| 59 | KATARZYNA | MATUSZEWSKA | 84 | K | 19 | ZAWIERCIE | PRORUNNERSI | 00:29:28 | 00:29:07 | 05:53 |
| 60 | MAJA | POPCZYK | 111 | K | 20 | ZAWIERCIE | JURAJSKA AKADEMIA SPORTU | 00:29:36 | 00:29:28 | 05:55 |
| 61 | AGATA | BROŻEK | 10 | K | 21 | ZAWIERCIE | PRORUNNERSI | 00:29:41 | 00:29:23 | 05:56 |
| 62 | PIOTR | MADEJ | 76 | M | 41 | ZAWIERCIE | | 00:29:43 | 00:29:30 | 05:56 |
| 63 | PAWEŁ | BRZOSTEK | 12 | M | 42 | ZAWIERCIE | UM ZAWIERCIE | 00:29:45 | 00:29:36 | 05:57 |
| 64 | PRZEMYSŁAW | MALARSKI | 81 | M | 43 | DĄBROWA GÓRNICZA | | 00:29:47 | 00:29:36 | 05:57 |
| 65 | MATEUSZ | ŁUKASIK | 74 | M | 44 | ZAWIERCIE | PRORUNNERSI | 00:29:47 | 00:29:26 | 05:57 |
| 66 | IZABELA | KUMKA | 65 | K | 22 | KUSIĘTA | KUMKA EXPRESS | 00:29:47 | 00:29:30 | 05:57 |
| 67 | JULIA | KUPTSOVA | 67 | K | 23 | ZAWIERCIE | PRORUNNERSI | 00:29:48 | 00:29:26 | 05:57 |
| 68 | DOMINIKA | PALIGA | 102 | K | 24 | ZAWIERCIE | | 00:29:56 | 00:29:41 | 05:59 |
| 69 | ILONA | RZEPKA | 114 | K | 25 | MYSZKÓW | MKS2 | 00:29:59 | 00:29:40 | 05:59 |
| 70 | KAROLINA | BEREDA | 6 | K | 26 | WYSOKA | JURAJSKA AKADEMIA SPORTU | 00:30:03 | 00:29:51 | 06:00 |
| 71 | HUBERT | CIEŚLA | 16 | M | 45 | ZAWIERCIE | PRORUNNERSI | 00:30:04 | 00:29:40 | 06:00 |
| 72 | ANNA | KUWAK | 68 | K | 27 | MYSZKÓW | KLUB SPORTOWY WARTO BIEGAĆ | 00:30:06 | 00:29:45 | 06:01 |
| 73 | IWONA | WALCZAK | 138 | K | 28 | ZAWIERCIE | | 00:30:12 | 00:30:02 | 06:02 |
| 74 | ŁUKASZ | KŁOSOWSKI | 48 | M | 46 | ZAWIERCIE | PRORUNNERSI | 00:30:12 | 00:30:08 | 06:02 |
| 75 | ALEKSANDRA | WYRODEK | 145 | K | 29 | PILICA | | 00:30:15 | 00:30:14 | 06:03 |
| 76 | KLAUDIA | MIZERA | 89 | K | 30 | PORĘBA | | 00:30:26 | 00:30:23 | 06:05 |
| 77 | ANDRZEJ | SZYMAŃSKI | 131 | M | 47 | ZAWIERCIE | | 00:30:27 | 00:30:15 | 06:05 |
| 78 | ERYK | OSYS | 99 | M | 48 | GLIWICE | JURAJSKA AKADEMIA SPORTU | 00:30:36 | 00:30:29 | 06:07 |
| 79 | JAGODA | OMIELSKA | 98 | K | 31 | ZAWIERCIE | PRORUNNERSI | 00:30:39 | 00:30:22 | 06:07 |
| 80 | RAFAŁ | WIECZOREK | 139 | M | 49 | ZAWIERCIE | | 00:30:43 | 00:30:20 | 06:08 |
| 81 | MILENA | PILARCZYK | 106 | K | 32 | BIELSKO-BIAŁA | | 00:30:48 | 00:30:33 | 06:09 |
| 82 | KATARZYNA | SOŚNIAK | 122 | K | 33 | ZAWIERCIE | | 00:30:57 | 00:30:45 | 06:11 |
| 83 | PIOTR | GLEBA | 27 | M | 50 | ZABRZE | JAKOŚ TAM MOŻE DOBIEGNĘ... | 00:31:48 | 00:31:26 | 06:21 |

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| 84 | KLEMENTYNA | NOCOŃ | 95 | K | 34 | WIERBKA | | 00:32:09 | 00:31:43 | 06:25 |
| 85 | ADRIAN | KRZYSZTOFEK | 61 | M | 51 | ZAWIERCIE | | 00:32:12 | 00:31:52 | 06:26 |
| 86 | PATRYCJA | MAJOS | 80 | K | 35 | OGRODZIENIEC | | 00:32:20 | 00:32:06 | 06:28 |
| 87 | MARIUSZ | NOWAK | 97 | M | 52 | ROKITNO SZLACHECKIE | JURAJSKA AKADEMIA SPORTU | 00:32:26 | 00:32:15 | 06:29 |
| 88 | KAMIL | GRABDA | 32 | M | 53 | ZAWIERCIE | | 00:32:30 | 00:32:11 | 06:30 |
| 89 | AGNIESZKA | GRABDA | 31 | K | 36 | ZAWIERCIE | | 00:32:32 | 00:32:13 | 06:30 |
| 90 | EWA | KUMKA | 66 | K | 37 | CZĘSTOCHOWA | KUMKA EXPRESS | 00:32:59 | 00:32:42 | 06:35 |
| 91 | NATALIA | SĄKOL | 117 | K | 38 | JEZIOROWICE | | 00:33:16 | 00:32:54 | 06:39 |
| 92 | KAMILA | DWORAK | 19 | K | 39 | ZAWIERCIE | UM ZAWIERCIE | 00:33:17 | 00:33:07 | 06:39 |
| 93 | KALINA | ADAMOWSKA | 1 | K | 40 | MYSZKÓW | GRUPA KAKTUSA | 00:33:21 | 00:32:52 | 06:40 |
| 94 | ZBIGNIEW | ADAMOWSKI | 2 | M | 54 | MYSZKÓW | GRUPA KAKTUSA | 00:33:21 | 00:32:52 | 06:40 |
| 95 | OLIWIER | PACAN | 100 | M | 55 | MORSKO | | 00:33:34 | 00:33:21 | 06:42 |
| 96 | KONRAD | WYSOCKI | 148 | M | 56 | ZAWIERCIE | | 00:33:35 | 00:33:19 | 06:43 |
| 97 | SWIETLANA | KOZERA SIMONOWA | 59 | K | 41 | ŻARKI LETNISKO | KLUB SPORTOWY WARTO BIEGAĆ | 00:33:37 | 00:33:31 | 06:43 |
| 98 | ANNA | SIEJKA | 120 | K | 42 | ZAWIERCIE | UM ZAWIERCIE | 00:33:48 | 00:33:39 | 06:45 |
| 99 | TOMASZ | PIWOWAR | 109 | M | 57 | ZAWIERCIE | | 00:34:07 | 00:33:47 | 06:49 |
| 100 | SYLWIA | MADEJ - RATAJCZAK | 77 | K | 43 | ZAWIERCIE | KLUB SPORTOWY WARTO BIEGAĆ | 00:34:28 | 00:34:22 | 06:53 |
| 101 | ANNA | SZYMCZYK | 132 | K | 44 | ZAWIERCIE | PRORUNNERSI | 00:34:29 | 00:34:05 | 06:53 |
| 102 | KACPER | NOCOŃ | 94 | M | 58 | WIERBKA | | 00:34:35 | 00:34:11 | 06:55 |
| 103 | ALEKSANDRA | SKABEK | 121 | K | 45 | ZAWIERCIE | | 00:34:44 | 00:34:38 | 06:56 |
| 104 | JUSTYNA | PLESIŃSKA | 110 | K | 46 | ZAWIERCIE | | 00:34:50 | 00:34:31 | 06:58 |
| 105 | JOANNA | GIESZCZYK | 25 | K | 47 | ZAWIERCIE | KLUB SPORTOWY WARTO BIEGAĆ | 00:35:06 | 00:34:59 | 07:01 |
| 106 | ADAM | JABŁONOWSKI | 40 | M | 59 | WYSZKÓW | | 00:35:21 | 00:35:14 | 07:04 |
| 107 | MARIUSZ | ROK | 112 | M | 60 | ZAWIERCIE | MKS2 | 00:35:31 | 00:35:11 | 07:06 |
| 108 | SYLWIA | GARDAS-ROK | 23 | K | 48 | ZAWIERCIE | MKS2 | 00:35:33 | 00:35:12 | 07:06 |
| 109 | JOANNA | GARDAS-PILARCZYK | 22 | K | 49 | ZAWIERCIE | MKS2 | 00:35:42 | 00:35:22 | 07:08 |
| 110 | BEATA | CZOP | 18 | K | 50 | ROKITNO SZLACHECKIE | | 00:35:45 | 00:35:22 | 07:09 |
| 111 | KAROLINA | STODÓLKIEWICZ | 127 | K | 51 | ZAWIERCIE | UM ZAWIERCIE | 00:35:49 | 00:35:39 | 07:09 |
| 112 | ANETA | JAWORSKA | 43 | K | 52 | ZAWIERCIE | UM ZAWIERCIE | 00:35:49 | 00:35:39 | 07:09 |
| 113 | MICHAŁ | MĘTLAK | 87 | M | 61 | ZAWIERCIE | | 00:36:18 | 00:36:16 | 07:15 |
| 114 | IWONA | MĘTLAK | 85 | K | 53 | ZAWIERCIE | | 00:36:19 | 00:36:16 | 07:15 |
| 115 | PIOTR | MARCHALEWSKI | 82 | M | 62 | ZAWIERCIE | KTS CZWÓRKA ZAWIERCIE | 00:37:12 | 00:36:53 | 07:26 |
| 116 | AGATA | HĄC | 37 | K | 54 | ZAWIERCIE | | 00:37:32 | 00:37:16 | 07:30 |
| 117 | KAROLINA | KUŹNIK | 69 | K | 55 | WIERUSZÓW | | 00:38:46 | 00:38:27 | 07:45 |
| 118 | AGNIESZKA | GRABOWSKA | 33 | K | 56 | ZAWIERCIE | UM ZAWIERCIE | 00:39:07 | 00:38:57 | 07:49 |
| 119 | ZDZIŚLAWA | GÓRSKA-NIEĆ | 30 | K | 57 | ZAWIERCIE | UM ZAWIERCIE | 00:39:16 | 00:39:16 | 07:51 |
| 120 | MAGDALENA | KOTULECKA | 56 | K | 58 | ZAWIERCIE | UM ZAWIERCIE | 00:39:16 | 00:39:06 | 07:51 |
| 121 | ANNA | NIECKARZ | 93 | K | 59 | ZAWIERCIE | UM ZAWIERCIE | 00:39:18 | 00:39:08 | 07:51 |
| 122 | AGNIESZKA | HORBATIUK | 38 | K | 60 | WYSOKA | JURAJSKA AKADEMIA SPORTU | 00:41:06 | 00:41:06 | 08:13 |
| 123 | MAGDALENA | BILNICKA | 8 | K | 61 | ZAWIERCIE | UM ZAWIERCIE | 00:41:42 | 00:41:35 | 08:20 |
| 124 | RADOSŁAW | FLAK | 21 | M | 63 | ZAWIERCIE | UM ZAWIERCIE | 00:41:43 | 00:41:36 | 08:20 |
| 125 | MARLENA | ADAMUS | 3 | K | 62 | WYSOKA | | 00:42:23 | 00:41:57 | 08:28 |
| 126 | MARTA | MATUSIAK | 83 | K | 63 | WYSOKA | | 00:42:23 | 00:41:57 | 08:28 |
| 127 | DARIUSZ | LESKI | 71 | M | 64 | ZAWIERCIE | | 00:43:00 | 00:42:36 | 08:36 |
| 128 | JÓZEF | LESKI | 72 | M | 65 | ZAWIERCIE | | 00:43:01 | 00:42:36 | 08:36 |
| 129 | KINGA | KOŁTON | 51 | K | 64 | ZAWIERCIE | ZACISZE KROMOŁÓW | 00:43:29 | 00:43:09 | 08:41 |
| 130 | ANETA | WIECZOREK | 140 | K | 65 | ZAWIERCIE | | 00:43:30 | 00:43:08 | 08:42 |
| 131 | HELENA | KOŁTON | 50 | K | 66 | ZAWIERCIE | ZACISZE KROMOŁÓW | 00:43:34 | 00:43:14 | 08:42 |

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| 132 | WOJCIECH | KAROŃ | 46 | M | 66 | SIADCZA | 00:50:42 | 00:50:24 | 10:08 |
| 133 | KAROL | ZERSON | 150 | M | 67 | ZAWIERCIE | 09:10:56 | 09:10:56 | 110:11 |