

## III Półmaraton Elcki

Miejsce: Elk

Data: 29.08.2010



| M  | Mkat | Nr  | Kategoria | Nazwisko      | Imię      | Miejscowość      | Team                     | Wynik       | V-śr       | Straty                     |
|----|------|-----|-----------|---------------|-----------|------------------|--------------------------|-------------|------------|----------------------------|
| 1  |      | 67  | M 30-39   | Grygo         | Paweł     | Łomża            |                          | 01:15:06.34 | 16.85 km/h | 00:00:00.00<br>00:00:00.00 |
| 2  |      | 129 | M 30-39   | Polak         | Sebastian | Warszawa         | KB Gymnasion Warszawa    | 01:17:28.51 | 16.34 km/h | 00:02:22.17<br>00:02:22.17 |
| 3  |      | 42  | M 30-39   | Kuryło        | Paweł     | Pruska Wielka    | JW Ślepsk                | 01:17:47.23 | 16.27 km/h | 00:02:40.89<br>00:00:18.72 |
| 4  |      | 12  | M 18-29   | Szafranko     | Rafał     | Suczki           | -                        | 01:19:08.86 | 15.99 km/h | 00:04:02.52<br>00:01:21.63 |
| 5  |      | 116 | M 30-39   | Totilas       | Vidas     | Vilemu k.        | Kaunas BmK               | 01:21:21.54 | 15.56 km/h | 00:06:15.20<br>00:02:12.68 |
| 6  | 1    | 47  | M 30-39   | Stasiukiewicz | Rafał     | Elk              | elk.pl                   | 01:21:23.89 | 15.55 km/h | 00:06:17.55<br>00:00:02.35 |
| 7  | 2    | 74  | M 30-39   | Krzyżanowski  | Karol     | Rajgród          | Maratonka Grajewo        | 01:22:47.38 | 15.29 km/h | 00:07:41.04<br>00:01:23.49 |
| 8  | 1    | 39  | M 18-29   | Supiński      | Adam      | Protasy          | KS PODLASIE BIAŁYSTOK    | 01:23:43.80 | 15.12 km/h | 00:08:37.46<br>00:00:56.42 |
| 9  | 3    | 157 | M 30-39   | Kardyński     | Tomasz    | Elk/Warszawa     | Kopytko                  | 01:25:18.76 | 14.84 km/h | 00:10:12.42<br>00:01:34.96 |
| 10 | 2    | 25  | M 18-29   | Roszkowski    | Tomasz    | Warszawa         | ABC Kondycja Las Kabacki | 01:25:29.47 | 14.81 km/h | 00:10:23.13<br>00:00:10.71 |
| 11 | 4    | 156 | M 30-39   | Kubit         | Tadeusz   | Mława            | -                        | 01:25:39.21 | 14.78 km/h | 00:10:32.87<br>00:00:09.74 |
| 12 | 1    | 19  | M 50-59   | Magierski     | Jerzy     | Warszawa-Wesoła  | Byledobiec Anin          | 01:26:17.07 | 14.67 km/h | 00:11:10.73<br>00:00:37.66 |
| 13 | 1    | 137 | M 40-49   | Długosz       | Marek     | Mragowo          | Mragowo                  | 01:26:40.03 | 14.61 km/h | 00:11:33.69<br>00:00:22.96 |
| 14 | 5    | 4   | M 30-39   | Pycz          | Daniel    | Elk              | Pogromcy Niemocy         | 01:27:11.01 | 14.52 km/h | 00:12:04.67<br>00:00:30.98 |
| 15 | 2    | 81  | M 40-49   | Szewczyk      | Marek     | Kupiski Nowe     |                          | 01:27:32.48 | 14.46 km/h | 00:12:26.14<br>00:00:21.47 |
| 16 | 6    | 1   | M 30-39   | Dzienisiewicz | Ireneusz  | Elk              | elk.pl                   | 01:27:40.48 | 14.44 km/h | 00:12:34.14<br>00:00:08.00 |
| 17 | 3    | 34  | M 40-49   | Krause        | Janusz    | Prostki          | MARATONKA GRAJEWO        | 01:28:27.76 | 14.31 km/h | 00:13:21.42<br>00:00:47.28 |
| 18 | 4    | 82  | M 40-49   | Szymański     | Dariusz   | Łomża            | -                        | 01:28:51.83 | 14.24 km/h | 00:13:45.49<br>00:00:24.07 |
| 19 | 2    | 104 | M 50-59   | Mankielewicz  | Henryk    | Szczytno         | AKB SZCZYTNO             | 01:28:55.30 | 14.24 km/h | 00:13:48.96<br>00:00:03.47 |
| 20 | 5    | 113 | M 40-49   | Grzeszczuk    | Grzegorz  | Warszawa         | KB Galeria Warszawa      | 01:29:26.34 | 14.15 km/h | 00:14:20.00<br>00:00:31.04 |
| 21 | 3    | 148 | M 18-29   | Godlewski     | Andrzej   | Jedwabne         | Jedwabne                 | 01:29:30.60 | 14.14 km/h | 00:14:24.26<br>00:00:04.26 |
| 22 | 3    | 130 | M 50-59   | Ruszczyc      | Eugeniusz | Łomża            | -                        | 01:29:33.64 | 14.13 km/h | 00:14:27.30<br>00:00:03.04 |
| 23 | 4    | 59  | M 18-29   | Bobrowski     | Adam      | Koniecbór        |                          | 01:30:02.28 | 14.06 km/h | 00:14:55.94<br>00:00:28.64 |
| 24 | 5    | 120 | M 18-29   | Pomian        | Robert    | Kętrzyn          | Garbate Mazury           | 01:30:20.25 | 14.01 km/h | 00:15:13.91<br>00:00:17.97 |
| 25 | 6    | 92  | M 40-49   | Zalewski      | Jerzy     | Gawrych Ruda     | -                        | 01:30:23.43 | 14 km/h    | 00:15:17.09<br>00:00:03.18 |
| 1  |      | 128 | K 30-39   | Polak         | Ilona     | Warszawa         | KB Galeria Warszawa      | 01:30:43.74 | 13.95 km/h | 00:00:00.00<br>00:00:00.00 |
| 26 | 7    | 72  | M 40-49   | Drężek        | Krzysztof | Grajewo          | Maratonka Grajewo        | 01:30:54.51 | 13.92 km/h | 00:15:48.17<br>00:00:31.08 |
| 27 | 4    | 21  | M 50-59   | Rydecki       | Karol     | Elbląg           | -                        | 01:31:08.98 | 13.89 km/h | 00:16:02.64<br>00:00:14.47 |
| 28 | 7    | 22  | M 30-39   | Jędrzejczyk   | Marcin    | Olsztyn          | -                        | 01:31:15.24 | 13.87 km/h | 00:16:08.90<br>00:00:06.26 |
| 29 | 8    | 32  | M 40-49   | Smoliński     | Roman     | Ujazdowo         | Promyk Ciechanów         | 01:31:30.29 | 13.83 km/h | 00:16:23.95<br>00:00:15.05 |
| 30 | 6    | 111 | M 18-29   | Siekierski    | Paweł     | Białystok        | DRUŻYNA SZPIKU / Podlask | 01:31:45.23 | 13.8 km/h  | 00:16:38.89<br>00:00:14.94 |
| 31 | 7    | 136 | M 18-29   | Długosz       | Kamil     | Mragowo          | Mragowo                  | 01:31:51.48 | 13.78 km/h | 00:16:45.14<br>00:00:06.25 |
| 32 | 8    | 85  | M 18-29   | Skarpetowski  | Paweł     | Zalesie          | -                        | 01:32:20.23 | 13.71 km/h | 00:17:13.89<br>00:00:28.75 |
| 33 | 9    | 18  | M 40-49   | Tracz         | Jacek     | Łódź             | Stowarzyszenie Miłośnik  | 01:32:35.15 | 13.67 km/h | 00:17:28.81<br>00:00:14.92 |
| 2  |      | 122 | K 50-59   | Keliuotiene   | Gailute   | Lietuva - Moleta | NA PAGAUK                | 01:32:41.53 | 13.66 km/h | 00:01:57.79<br>00:01:57.79 |
| 34 | 5    | 68  | M 50-59   | Zienkiewicz   | Andrzej   | Kleosin          | Juvenia Białystok        | 01:32:45.24 | 13.65 km/h | 00:17:38.90<br>00:00:10.09 |
| 35 | 6    | 28  | M 50-59   | Matejko       | Piotr     | Orneta           | IKS Smok Orneta          | 01:33:31.44 | 13.53 km/h | 00:18:25.10<br>00:00:46.20 |
| 36 | 8    | 117 | M 30-39   | Petrauskas    | Tomasz    | Kacergine        | Kacergine                | 01:34:41.85 | 13.37 km/h | 00:19:35.51<br>00:01:10.41 |
| 37 | 9    | 131 | M 18-29   | Szubzda       | Adam      | Łubianka         |                          | 01:34:54.24 | 13.34 km/h | 00:19:47.90<br>00:00:12.39 |
| 38 | 9    | 75  | M 30-39   | Mirota        | Radosław  | Warszawa         | Pogromcy Niemocy         | 01:35:05.77 | 13.31 km/h | 00:19:59.43<br>00:00:11.53 |
| 39 | 10   | 10  | M 30-39   | Strykowski    | Daniel    | Warszawa         | -                        | 01:35:26.02 | 13.26 km/h | 00:20:19.68<br>00:00:20.25 |
| 40 | 11   | 30  | M 30-39   | Sepelowski    | Rafał     | Ciechanów        | Promyk Ciechanów         | 01:35:40.80 | 13.23 km/h | 00:20:34.46<br>00:00:14.78 |
| 41 | 10   | 24  | M 18-29   | Burakowski    | Daniel    | Olsztyn          | -                        | 01:36:03.41 | 13.18 km/h | 00:20:57.07<br>00:00:22.61 |
| 42 | 11   | 33  | M 18-29   | Jastrzębski   | Piotr     | Olsztyn          | Olsztyn                  | 01:36:36.62 | 13.1 km/h  | 00:21:30.28<br>00:00:33.21 |

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| M  | Mkat | Nr  | Kategoria | Nazwisko        | Imię                  | Miejscowość       | Team                      | Wynik       | V-śr       | Straty                     |
|----|------|-----|-----------|-----------------|-----------------------|-------------------|---------------------------|-------------|------------|----------------------------|
| 43 | 12   | 107 | M 30-39   | Dudko           | Tomasz                | Dywity            | -                         | 01:36:52.34 | 13.07 km/h | 00:21:46.00<br>00:00:15.72 |
| 44 | 1    | 143 | M 60+     | Majewski        | Jan                   | Mragowo           | Klub Biegacza Mragowa     | 01:37:12.65 | 13.02 km/h | 00:22:06.31<br>00:00:20.31 |
| 45 | 13   | 46  | M 30-39   | Krygielski      | Krzysztof             | Olsztyn           | -                         | 01:37:21.45 | 13 km/h    | 00:22:15.11<br>00:00:08.80 |
| 46 | 14   | 17  | M 30-39   | Pecka           | Tomasz                | Jasło             | Stowarzyszenie Miłośnik   | 01:37:34.92 | 12.97 km/h | 00:22:28.58<br>00:00:13.47 |
| 47 | 12   | 91  | M 18-29   | Soborski        | Grzegorz              | Ostrów            | -                         | 01:37:46.19 | 12.95 km/h | 00:22:39.85<br>00:00:11.27 |
| 48 | 13   | 90  | M 18-29   | Wiszniewski     | Kamil                 | Suwałki           | -                         | 01:37:49.29 | 12.94 km/h | 00:22:42.95<br>00:00:03.10 |
| 49 | 15   | 138 | M 30-39   | Miśkiewicz      | Marcin                | Kozienice         | KB Galeria Warszawa       | 01:38:05.86 | 12.9 km/h  | 00:22:59.52<br>00:00:16.57 |
| 3  |      | 63  | K 30-39   | Cymek           | Sylwia                | Kalinowo          | -                         | 01:38:32.66 | 12.85 km/h | 00:07:48.92<br>00:05:51.13 |
| 50 | 10   | 16  | M 40-49   | Tracz           | Maciej                | Łódź              | Stowarzyszenie Miłośnik   | 01:39:06.76 | 12.77 km/h | 00:24:00.42<br>00:01:00.90 |
| 51 | 14   | 29  | M 18-29   | Raciborski      | Krzysztof             | Łapy              | -                         | 01:39:41.63 | 12.7 km/h  | 00:24:35.29<br>00:00:34.87 |
| 52 | 16   | 13  | M 30-39   | Zarzeka         | Marcin                | Biała Podlaska    | Vege Runners              | 01:39:56.68 | 12.67 km/h | 00:24:50.34<br>00:00:15.05 |
| 53 | 7    | 23  | M 50-59   | Artyszuk        | Mirosław              | Warszawa          | -                         | 01:40:25.23 | 12.61 km/h | 00:25:18.89<br>00:00:28.55 |
| 54 | 17   | 115 | M 30-39   | Radziwonowski   | Bartosz               | Białystok         | -                         | 01:40:59.89 | 12.53 km/h | 00:25:53.55<br>00:00:34.66 |
| 55 | 15   | 154 | M 18-29   | Sowa            | Piotr                 | Gizycko           | -                         | 01:41:12.43 | 12.51 km/h | 00:26:06.09<br>00:00:12.54 |
| 56 | 8    | 37  | M 50-59   | Markowicz       | Zenon                 | Barczewo          | PISA - BARCZEWO           | 01:41:23.15 | 12.49 km/h | 00:26:16.81<br>00:00:10.72 |
| 57 | 18   | 64  | M 30-39   | Dłużniewski     | Jacek                 | Łomża             | Dajesz Byku               | 01:41:33.19 | 12.46 km/h | 00:26:26.85<br>00:00:10.04 |
| 58 | 11   | 110 | M 40-49   | Fiedorczyk      | Andrzej               | Wydminy           | -                         | 01:41:42.27 | 12.45 km/h | 00:26:35.93<br>00:00:09.08 |
| 59 | 16   | 78  | M 18-29   | Leżanka         | Krzysztof             | Białystok         | -                         | 01:41:43.16 | 12.44 km/h | 00:26:36.82<br>00:00:00.89 |
| 4  | 1    | 43  | K 30-39   | Kuryło          | Ewa                   | Pruska Wielka     | JW Ślepek                 | 01:41:58.88 | 12.41 km/h | 00:11:15.14<br>00:03:26.22 |
| 60 | 9    | 65  | M 50-59   | Wyrwas          | Tadeusz               | Łomża             | -                         | 01:42:06.95 | 12.4 km/h  | 00:27:00.61<br>00:00:23.79 |
| 61 | 17   | 139 | M 18-29   | Grabowski       | Sebastian             | Mragowo           | -                         | 01:42:13.24 | 12.38 km/h | 00:27:06.90<br>00:00:06.29 |
| 62 | 19   | 153 | M 30-39   | Kuźma           | Robert                | Białystok         | -                         | 01:42:14.19 | 12.38 km/h | 00:27:07.85<br>00:00:00.95 |
| 63 | 12   | 149 | M 40-49   | Kuryło          | Artur                 | Augustów          | ATP Augustów              | 01:42:35.18 | 12.34 km/h | 00:27:28.84<br>00:00:20.99 |
| 64 | 20   | 119 | M 30-39   | Łyczko          | Sławomir              | Kętrzyn           | Garbate Mazury            | 01:42:52.60 | 12.3 km/h  | 00:27:46.26<br>00:00:17.42 |
| 65 | 21   | 20  | M 30-39   | Woźniak         | Ryszard               | Borzychy          | MaratonyPolskie.PL TEAM   | 01:42:58.92 | 12.29 km/h | 00:27:52.58<br>00:00:06.32 |
| 66 | 13   | 56  | M 40-49   | Sadowski        | Jarosław              | Suwałki           | SABO Suwałki              | 01:43:20.86 | 12.25 km/h | 00:28:14.52<br>00:00:21.94 |
| 5  | 1    | 95  | K 18-29   | Boczkowska      | Aleksandra            | Warszawa          | -                         | 01:43:24.96 | 12.24 km/h | 00:12:41.22<br>00:01:26.08 |
| 67 | 10   | 97  | M 50-59   | Sierocki        | Jan                   | Augustów          | ATP Augustów              | 01:43:32.96 | 12.22 km/h | 00:28:26.62<br>00:00:12.10 |
| 68 | 22   | 2   | M 30-39   | Mazan           | Przemysław            | Warszawa          | Vege Runners              | 01:43:39.33 | 12.21 km/h | 00:28:32.99<br>00:00:06.37 |
| 69 | 11   | 31  | M 50-59   | Roszkowski      | Wojciech              | Warszawa          | -                         | 01:44:08.07 | 12.16 km/h | 00:29:01.73<br>00:00:28.74 |
| 70 | 23   | 86  | M 30-39   | Dzikowski       | Krzysztof             | Ostrów Mazowiecka | -                         | 01:44:20.92 | 12.13 km/h | 00:29:14.58<br>00:00:12.85 |
| 71 | 12   | 58  | M 50-59   | Pianka          | Krzysztof Maksymilian | Teosin            | SOW Różanystok            | 01:44:22.60 | 12.13 km/h | 00:29:16.26<br>00:00:01.68 |
| 6  | 2    | 106 | K 18-29   | Juchniewicz     | Lidia                 | Warszawa          | facebook.com/bieganie     | 01:44:40.92 | 12.09 km/h | 00:13:57.18<br>00:01:15.96 |
| 72 | 13   | 105 | M 50-59   | Czarnota        | Kazimierz             | Szczytno          | AKB SZCZYTNO              | 01:45:03.73 | 12.05 km/h | 00:29:57.39<br>00:00:41.13 |
| 73 | 14   | 133 | M 50-59   | Matczak         | Artur                 | Węgorzewo         | -                         | 01:45:30.21 | 12 km/h    | 00:30:23.87<br>00:00:26.48 |
| 74 | 24   | 11  | M 30-39   | Kaczan          | Norbert               | Olsztyn           | Gazeta Wyborcza/Polska Bi | 01:46:14.61 | 11.91 km/h | 00:31:08.27<br>00:00:44.40 |
| 75 | 15   | 126 | M 50-59   | Lemancewicz     | Jan                   | Gizycko           | ES-SYSTEM Wilkasy Sp.z.o. | 01:46:16.00 | 11.91 km/h | 00:31:09.66<br>00:00:01.39 |
| 76 | 16   | 80  | M 50-59   | Grygo           | Krzysztof             | Łomża             | KR-B                      | 01:46:30.08 | 11.89 km/h | 00:31:23.74<br>00:00:14.08 |
| 77 | 25   | 44  | M 30-39   | Borowski        | Michał                | Grajewo           | Grajewo                   | 01:46:34.05 | 11.88 km/h | 00:31:27.71<br>00:00:03.97 |
| 7  | 2    | 93  | K 30-39   | Pawłowska-Pojaw | Anna                  | Warszawa-Wesoła   | Byledobiec Anin           | 01:46:43.39 | 11.86 km/h | 00:15:59.65<br>00:02:02.47 |
| 78 | 14   | 36  | M 40-49   | Szycik          | Waldemar              | Grajewo           | Maratonka Grajewo         | 01:47:01.65 | 11.83 km/h | 00:31:55.31<br>00:00:27.60 |
| 79 | 15   | 99  | M 40-49   | Karp            | Robert                | Augustów          | ATP Augustów              | 01:47:42.11 | 11.75 km/h | 00:32:35.77<br>00:00:40.46 |
| 80 | 26   | 144 | M 30-39   | Michałowski     | Bolesław              | Kraków            | -                         | 01:47:55.95 | 11.73 km/h | 00:32:49.61<br>00:00:13.84 |
| 81 | 2    | 100 | M 60+     | Kobeszko        | Józef                 | Augustów          | ATP Augustów              | 01:48:19.11 | 11.69 km/h | 00:33:12.77<br>00:00:23.16 |

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Miejsce: Elk

Data: 29.08.2010



| M   | Mkat | Nr  | Kategoria | Nazwisko    | Imię      | Miejscowość       | Team                     | Wynik       | V-śr       | Straty                     |
|-----|------|-----|-----------|-------------|-----------|-------------------|--------------------------|-------------|------------|----------------------------|
| 82  | 18   | 40  | M 18-29   | Leszczyński | Mariusz   | Białystok         | -                        | 01:48:28.05 | 11.67 km/h | 00:33:21.71<br>00:00:08.94 |
| 83  | 17   | 70  | M 50-59   | Żabiński    | Lech      | Grajewo           | Maratonka Grajewo        | 01:48:28.44 | 11.67 km/h | 00:33:22.10<br>00:00:00.39 |
| 84  | 27   | 41  | M 30-39   | Dederko     | Piotr     | Białystok         | Straz Graniczna Białyst  | 01:48:34.06 | 11.66 km/h | 00:33:27.72<br>00:00:05.62 |
| 85  | 28   | 94  | M 30-39   | Pojawa      | Tomasz    | Warszawa-Wesola   | Byledobiec Anin          | 01:48:38.91 | 11.65 km/h | 00:33:32.57<br>00:00:04.85 |
| 86  | 29   | 155 | M 30-39   | Zalewski    | Piotr     | Białystok         | Rajski Staw              | 01:48:56.89 | 11.62 km/h | 00:33:50.55<br>00:00:17.98 |
| 87  | 30   | 77  | M 30-39   | Szymański   | Wojciech  | Leszno            | PROCH-TEAM Leszno        | 01:48:57.30 | 11.62 km/h | 00:33:50.96<br>00:00:00.41 |
| 8   | 1    | 135 | K 40-49   | Smuczyńska  | Teresa    | Starogard Gdański | Kociewski Klub Biegacza  | 01:49:31.17 | 11.56 km/h | 00:18:47.43<br>00:02:47.78 |
| 88  | 31   | 14  | M 30-39   | Bosko       | Marcin    | Piaseczno/Elk     | Pogromcy Niemocy         | 01:49:46.49 | 11.53 km/h | 00:34:40.15<br>00:00:49.19 |
| 89  | 32   | 150 | M 30-39   | Snarski     | Bogdan    | Wasilków          | I LOVE KASIA             | 01:49:49.79 | 11.53 km/h | 00:34:43.45<br>00:00:03.30 |
| 90  | 18   | 140 | M 50-59   | Zapadka     | Stanisław | Mragowo           | Mragowo                  | 01:50:25.24 | 11.46 km/h | 00:35:18.90<br>00:00:35.45 |
| 91  | 33   | 118 | M 30-39   | Wróblewski  | Tomasz    | Kętrzyn           | Garbate Mazury           | 01:50:38.12 | 11.44 km/h | 00:35:31.78<br>00:00:12.88 |
| 92  | 34   | 159 | M 30-39   | Krysiak     | Adam      | Giżycko           | 15BZ Giżycko             | 01:50:57.12 | 11.41 km/h | 00:35:50.78<br>00:00:19.00 |
| 93  | 16   | 145 | M 40-49   | Hołubowicz  | Cezary    | Suwałki           | -                        | 01:51:01.39 | 11.4 km/h  | 00:35:55.05<br>00:00:04.27 |
| 94  | 19   | 101 | M 50-59   | Dykiert     | Ryszard   | Filipów           | Podlaski Klub Biegowy    | 01:51:18.81 | 11.37 km/h | 00:36:12.47<br>00:00:17.42 |
| 95  | 35   | 45  | M 30-39   | Sobiech     | Tomasz    | Olsztyn           | -                        | 01:51:42.01 | 11.33 km/h | 00:36:35.67<br>00:00:23.20 |
| 96  | 20   | 60  | M 50-59   | Borawski    | Janusz    | Elk               | Biegam Bo Lubię          | 01:52:03.05 | 11.3 km/h  | 00:36:56.71<br>00:00:21.04 |
| 97  | 36   | 73  | M 30-39   | Białkowski  | Tomasz    | Białystok         | Pogromcy Niemocy         | 01:52:23.80 | 11.26 km/h | 00:37:17.46<br>00:00:20.75 |
| 9   | 2    | 112 | K 40-49   | Kowalczyk   | Justyna   | Warszawa          | KB Galeria Warszawa      | 01:52:38.68 | 11.24 km/h | 00:21:54.94<br>00:03:07.51 |
| 10  | 3    | 132 | K 18-29   | Kępa        | Justyna   | Węgorzewo         | -                        | 01:52:47.93 | 11.22 km/h | 00:22:04.19<br>00:00:09.25 |
| 98  | 37   | 69  | M 30-39   | Nasalski    | Radosław  | Warszawa          | Pogromcy Niemocy         | 01:53:18.37 | 11.17 km/h | 00:38:12.03<br>00:00:54.57 |
| 99  | 3    | 108 | M 60+     | Dudko       | Roman     | Dywity            | -                        | 01:53:42.64 | 11.13 km/h | 00:38:36.30<br>00:00:24.27 |
| 11  | 3    | 8   | K 30-39   | Kozanecka   | Joanna    | Warszawa          | Lasek Bielański Team War | 01:53:50.26 | 11.12 km/h | 00:23:06.52<br>00:01:02.33 |
| 12  | 4    | 15  | K 18-29   | Ludwinek    | Iwona     | Warszawa          | Vege Runners             | 01:53:55.01 | 11.11 km/h | 00:23:11.27<br>00:00:04.75 |
| 100 | 19   | 121 | M 18-29   | Jaworowski  | Adrian    | Elk               | -                        | 01:54:13.27 | 11.08 km/h | 00:39:06.93<br>00:00:30.63 |
| 13  | 4    | 55  | K 30-39   | Karłowicz   | Anna      | Warszawa          | KB Gimnazjum Warszawa    | 01:54:18.17 | 11.07 km/h | 00:23:34.43<br>00:00:23.16 |
| 14  | 5    | 9   | K 30-39   | Sakowska    | Aneta     | Drozdowo          | Biegaj z ochotą          | 01:55:46.22 | 10.93 km/h | 00:25:02.48<br>00:01:28.05 |
| 101 | 21   | 35  | M 50-59   | Bochenko    | Edward    | Łomża             | Biegam Bo Lubię          | 01:55:46.36 | 10.93 km/h | 00:40:40.02<br>00:01:33.09 |
| 102 | 17   | 87  | M 40-49   | Wiciński    | Rafał     | Gąski             | elk.pl                   | 01:56:18.69 | 10.88 km/h | 00:41:12.35<br>00:00:32.33 |
| 103 | 18   | 114 | M 40-49   | Grzeszczuk  | Wojciech  | Warszawa          | -                        | 01:56:33.52 | 10.86 km/h | 00:41:27.18<br>00:00:14.83 |
| 104 | 20   | 160 | M 18-29   | Kowalik     | Daniel    | Chotomów          | Grupa Biegowa CHTMO      | 01:56:33.61 | 10.86 km/h | 00:41:27.27<br>00:00:00.09 |
| 105 | 38   | 57  | M 30-39   | Oszkinis    | Karol     | Suwałki           | JW 1747                  | 01:56:38.22 | 10.85 km/h | 00:41:31.88<br>00:00:04.61 |
| 106 | 39   | 124 | M 30-39   | Machnacki   | Michał    | Chotomów          | Grupa Biegowa CHTMO      | 01:56:48.76 | 10.84 km/h | 00:41:42.42<br>00:00:10.54 |
| 107 | 22   | 48  | M 50-59   | Fiedorczyk  | Janusz    | Elk               | Maratonka Grajewo        | 01:57:44.33 | 10.75 km/h | 00:42:37.99<br>00:00:55.57 |
| 108 | 40   | 38  | M 30-39   | Rębacz      | Maciej    | Białystok         | -                        | 01:58:02.21 | 10.72 km/h | 00:42:55.87<br>00:00:17.88 |
| 109 | 41   | 52  | M 30-39   | Horodeński  | Michał    | Warszawa          | Klub Biegaczy WPonie.pl  | 01:58:09.83 | 10.71 km/h | 00:43:03.49<br>00:00:07.62 |
| 110 | 42   | 158 | M 30-39   | Pabjańczyk  | Artur     | Olsztyn           | -                        | 01:58:17.95 | 10.7 km/h  | 00:43:11.61<br>00:00:08.12 |
| 111 | 21   | 123 | M 18-29   | Dąbrowski   | Wojciech  | Elk               | -                        | 01:58:27.43 | 10.69 km/h | 00:43:21.09<br>00:00:09.48 |
| 15  | 5    | 141 | K 18-29   | Wołyniec    | Emilia    | Goldap            | Goldap                   | 01:58:51.04 | 10.65 km/h | 00:28:07.30<br>00:03:04.82 |
| 112 | 22   | 27  | M 18-29   | Dardzinski  | Sylwester | Grajewo           | Maratonka Grajewo        | 02:00:39.26 | 10.49 km/h | 00:45:32.92<br>00:02:11.83 |
| 113 | 43   | 142 | M 30-39   | Borawski    | Krzysztof | Grajewo           | Maratonka Grajewo        | 02:00:47.09 | 10.48 km/h | 00:45:40.75<br>00:00:07.63 |
| 114 | 23   | 83  | M 50-59   | Piotrowski  | Witold    | Węgorzewo         | -                        | 02:01:02.32 | 10.46 km/h | 00:45:55.98<br>00:00:15.23 |
| 115 | 44   | 96  | M 30-39   | Myszka      | Marcin    | Grajewo           | Maratonka Grajewo        | 02:01:41.03 | 10.4 km/h  | 00:46:34.69<br>00:00:38.71 |
| 116 | 23   | 147 | M 18-29   | Raszplewicz | Maciej    | Warszawa          | -                        | 02:02:00.69 | 10.37 km/h | 00:46:54.35<br>00:00:19.66 |
| 117 | 4    | 84  | M 60+     | Ambrożko    | Jan       | Olsztyn           | -                        | 02:02:32.52 | 10.33 km/h | 00:47:26.18<br>00:00:31.83 |

### III Półmaraton Elki

Miejsce: Elk  
Data: 29.08.2010



| M   | Mkat | Nr  | Kategoria | Nazwisko        | Imię       | Miejscowość       | Team                      | Wynik       | V-śr       | Straty                     |
|-----|------|-----|-----------|-----------------|------------|-------------------|---------------------------|-------------|------------|----------------------------|
| 118 | 24   | 89  | M 50-59   | Żach            | Andrzej    | Małkinia          | MKBV TEAM Małkinia        | 02:03:17.65 | 10.27 km/h | 00:48:11.31<br>00:00:45.13 |
| 119 | 25   | 109 | M 50-59   | Stypułkowski    | Wawrzyniec | Grajewo           | Maratonka Grajewo         | 02:03:40.14 | 10.24 km/h | 00:48:33.80<br>00:00:22.49 |
| 120 | 45   | 54  | M 30-39   | Dworakowski     | Marcin     | Warszawa          | Klub Biegaczy WPionie.pl  | 02:03:40.80 | 10.23 km/h | 00:48:34.46<br>00:00:00.66 |
| 121 | 46   | 53  | M 30-39   | Michalski       | Ryszard    | Warszawa          | KB WPionie.pl             | 02:03:41.38 | 10.23 km/h | 00:48:35.04<br>00:00:00.58 |
| 122 | 24   | 146 | M 18-29   | Zawłocki        | Jacek      | Warszawa          | Enfermos Mentales         | 02:04:21.31 | 10.18 km/h | 00:49:14.97<br>00:00:39.93 |
| 123 | 5    | 7   | M 60+     | Smyk            | Lesław     | Elk               | -                         | 02:05:17.31 | 10.1 km/h  | 00:50:10.97<br>00:00:56.00 |
| 124 | 47   | 76  | M 30-39   | Radzewicz       | Grzegorz   | Juchnowiec        | Podlaski Klub Biegowy     | 02:07:21.96 | 9.94 km/h  | 00:52:15.62<br>00:02:04.65 |
| 16  | 1    | 127 | K 50-59   | Śliwa           | Alicja     | Elk               | -                         | 02:07:53.44 | 9.9 km/h   | 00:37:09.70<br>00:09:02.40 |
| 125 | 6    | 88  | M 60+     | Stępczyński     | Jerzy      | Ostrów Mazowiecka | -                         | 02:08:25.14 | 9.86 km/h  | 00:53:18.80<br>00:01:03.18 |
| 126 | 48   | 66  | M 30-39   | Staniszewski    | Krzysztof  | Grajewo           | Maratonka Grajewo         | 02:09:43.71 | 9.76 km/h  | 00:54:37.37<br>00:01:18.57 |
| 127 | 19   | 102 | M 40-49   | Trochimowicz    | Artur      | Szczytno          | AKB SZCZYTNO              | 02:11:52.65 | 9.6 km/h   | 00:56:46.31<br>00:02:08.94 |
| 128 | 26   | 103 | M 50-59   | Zapadka         | Zygmunt    | Szczytno          | AKB SZCZYTNO              | 02:11:53.02 | 9.6 km/h   | 00:56:46.68<br>00:00:00.37 |
| 129 | 20   | 50  | M 40-49   | Fedorczuk       | Piotr      | Biała Podlaska    | -                         | 02:14:35.84 | 9.4 km/h   | 00:59:29.50<br>00:02:42.82 |
| 17  | 3    | 49  | K 40-49   | Łukaszuk        | Barbara    | Biała Podlaska    | -                         | 02:14:35.99 | 9.4 km/h   | 00:43:52.25<br>00:06:42.55 |
| 130 | 7    | 6   | M 60+     | Stasiewicz      | Leoncjusz  | Hajnówka          | -                         | 02:14:45.32 | 9.39 km/h  | 00:59:38.98<br>00:00:09.48 |
| 18  | 6    | 3   | K 30-39   | Kowalewska      | Katarzyna  | Warszawa          | -                         | 02:17:21.42 | 9.22 km/h  | 00:46:37.68<br>00:02:45.43 |
| 131 | 25   | 26  | M 18-29   | Świdorski       | Paweł      | Grajewo           | Maratonka Grajewo         | 02:27:05.05 | 8.61 km/h  | 01:11:58.71<br>00:12:19.73 |
| 132 | 49   | 61  | M 30-39   | Sowiński        | Robert     | suwałki           | -                         | 02:27:12.50 | 8.6 km/h   | 01:12:06.16<br>00:00:07.45 |
| 133 | 27   | 62  | M 50-59   | Fałtynowicz     | Mirosław   | Suwałki           | -                         | 02:27:12.51 | 8.6 km/h   | 01:12:06.17<br>00:00:00.01 |
| 19  | 4    | 79  | K 40-49   | Tyburczy        | Ewa        | Białystok         | Podlaski Klub Biegowy     | 02:27:25.33 | 8.59 km/h  | 00:56:41.59<br>00:10:03.91 |
| 20  | 5    | 151 | K 40-49   | Wawrzyńczyk-Mal | Ania       | Warszawa          | -                         | 02:27:56.13 | 8.56 km/h  | 00:57:12.39<br>00:00:30.80 |
| 134 | 21   | 152 | M 40-49   | Malinowski      | Piotr      | Warszawa          | -                         | 02:27:56.34 | 8.56 km/h  | 01:12:50.00<br>00:00:43.83 |
| 135 | 26   | 134 | M 18-29   | Sierotko        | Robert     | Elk               | Centrum Edukacji Ekologic | 02:29:13.60 | 8.48 km/h  | 01:14:07.26<br>00:01:17.26 |
| 21  | 7    | 51  | K 30-39   | Brańska-Dobrowo | Olga       | Warszawa          | MaratonyPolskie.PL TEAM   | 02:30:41.28 | 8.4 km/h   | 00:59:57.54<br>00:02:45.15 |
| 22  | 1    | 5   | K 60+     | Stasiewicz      | Wiera      | Hajnówka          | -                         | 02:35:56.35 | 8.12 km/h  | 01:05:12.61<br>00:05:15.07 |