

8. Bieg Pamięci Absolwentów Szkoły Podchorążych Piechoty w Komorowie/Ostrowi Mazowieckiej

31.05.2025, Komorowo



Bieg 10 km

| OPEN | IMIĘ | NAZWISKO | NUMER | PŁEĆ | MIASTO | KLUB | KATEGORIA WIEKOWA | MIEJSCE W KATEGORII | CZAS |
|------|-----------|---------------|-------|------|-------------------|----------------------|-------------------|---------------------|----------|
| 1 | Rafał | Dzięgielewski | 14 | M | Natalin | KB Wyszaków | OPEN 1 M | 1 | 00:38:28 |
| 2 | Tomasz | Stelmach | 89 | M | Przewóz Nurski | | OPEN 2 M | 2 | 00:38:41 |
| 3 | Kamil | Rafalik | 72 | M | Kalinowo | Roch Jasienica | OPEN 3 M | 3 | 00:40:07 |
| 4 | Krzysztof | Paliszewski | 59 | M | Nowe Miasto | Nasielsk Baszta Team | M16-29 | 1 | 00:40:18 |
| 5 | Damian | Ludwichowski | 38 | M | Ostrow Mazowiecka | | M16-29 | 2 | 00:40:56 |
| 6 | Dariusz | Regulski | 63 | M | Ostrołęka | | M50-59 | 1 | 00:41:05 |
| 7 | Kamil | Zadrozny | 113 | M | Kąty | Team Kopeć | M30-39 | 1 | 00:41:07 |
| 8 | Adrian | Traczyk | 103 | M | Ostrow Maz | Ostrow Biega | M16-29 | 3 | 00:41:33 |
| 9 | Kamil | Pogorzelski | 69 | M | Białystok | | M16-29 | 4 | 00:41:54 |
| 10 | Paweł | Nowak | 54 | M | Podborze | Roch Jasienica | M30-39 | 2 | 00:41:58 |
| 11 | Alan | Szczepański | 95 | M | Ząbki | | M30-39 | 3 | 00:42:08 |
| 12 | Marcin | Nowak | 52 | M | Jasienica | ROCH Jasienica | M40-49 | 1 | 00:42:13 |
| 13 | Łukasz | Sarnacki | 78 | M | Wyszaków | KB Wyszaków | M30-39 | 4 | 00:42:25 |
| 14 | Andrzej | Wierzbicki | 110 | M | Liszki | | M50-59 | 2 | 00:43:29 |
| 15 | Marcin | Żach | 118 | M | Kalinowo | Roch Jasienica | M30-39 | 5 | 00:43:47 |
| 16 | Henryk | Skłodowski | 82 | M | Dąbrowa | Roch Jasienica | M50-59 | 3 | 00:43:50 |
| 17 | Marcin | Korzeniecki | 83 | M | - | - | M40-49 | 2 | 00:44:24 |
| 18 | Marek | Żebrowski | 120 | M | Rzekuń | | M60+ | 1 | 00:44:39 |
| 19 | Sebastian | Chojnowski | 8 | M | Komorowo | | M40-49 | 3 | 00:44:51 |

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|----|-----------|--------------|-----|---|-------------------|--------------------------------|----------|----|----------|
| 20 | Mariusz | Michałowski | 47 | M | Ostrów Mazowiecka | | M30-39 | 6 | 00:45:02 |
| 21 | Adam | Bugajski | 6 | M | Warszawa | Dead on Arrival | M50-59 | 4 | 00:45:25 |
| 22 | Tomasz | Pudelko | 71 | M | Ostrów Mazowiecka | Ostrów Biega | M40-49 | 4 | 00:45:45 |
| 23 | Ewa | Pazuła | 61 | K | Wyszaków | KB Wyszaków | OPEN 1 K | 1 | 00:45:59 |
| 24 | Łukasz | Łopiński | 39 | M | Łochów | | M40-49 | 5 | 00:46:08 |
| 25 | Tomasz | Zieliński | 116 | M | Warszawa | 1Baza Lotnictwa Transportowego | M40-49 | 6 | 00:46:12 |
| 26 | Kamil | Waracki | 109 | M | Ostrów Mazowiecka | | M30-39 | 7 | 00:46:44 |
| 27 | Piotr | Piotrak | 64 | M | Ostrów Mazowiecka | | M30-39 | 8 | 00:47:09 |
| 28 | Monika | Kędziora | 24 | K | Łochów | | OPEN 2 K | 2 | 00:47:13 |
| 29 | Wiktor | Mierzejewski | 48 | M | Ostrołęka | 52 BLP | M30-39 | 9 | 00:47:14 |
| 30 | Tadeusz | Serbista | 79 | M | Józefin | Iskra Kotuń | M60+ | 2 | 00:47:14 |
| 31 | Zdzisław | Majewski | 41 | M | Rzekuń | | M60+ | 3 | 00:47:15 |
| 32 | Leszek | Stańczuk | 87 | M | Chodów | Yulo Run Team Siedlce | M60+ | 4 | 00:47:26 |
| 33 | Łukasz | Pisiński | 65 | M | Ostrów Mazowiecka | | M30-39 | 10 | 00:47:44 |
| 34 | Mariusz | Orzoł | 56 | M | Ostrów Mazowiecka | Ostrów Biega | M50-59 | 5 | 00:47:44 |
| 35 | Magdalena | Leszczyńska | 37 | K | Ostrów Mazowiecka | ROCH JASZENICA | OPEN 3 K | 3 | 00:48:01 |
| 36 | Bogusław | Kluj | 26 | M | Zakręt | Biegam dla Sandry i Roberta | M60+ | 5 | 00:48:02 |
| 37 | Daniel | Ponichtera | 70 | M | Siedlce | | M16-29 | 5 | 00:48:20 |
| 38 | Jędrzej | Blachowicz | 3 | M | Ostrów Mazowiecka | | M30-39 | 11 | 00:48:27 |
| 39 | Michał | Hałys | 21 | M | Komorowo | | M30-39 | 12 | 00:48:46 |
| 40 | Tomasz | Kil | 25 | M | Zambrów | SportowePaliwo.pl | M40-49 | 7 | 00:49:04 |
| 41 | Dariusz | Żebrowski | 119 | M | Warszawa | | M50-59 | 6 | 00:49:27 |
| 42 | Michalina | Swatowska | 94 | K | Ostrów Mazowiecka | Ostrów Biega | K30 | 1 | 00:49:38 |
| 43 | Artur | Nasiadka | 51 | M | Olszewo-Borki | But | M30-39 | 13 | 00:50:12 |
| 44 | Wiesław | Brodacki | 5 | M | Tychy | | M60+ | 6 | 00:50:30 |
| 45 | Olga | Nowak | 53 | K | Podborze | Roch Jasienica | K30 | 2 | 00:50:57 |

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|----|-----------|-------------------|-----|---|-------------------|-------------------------|--------|----|----------|
| 46 | Jan | Krysiak | 29 | M | Ostrów Mazowiecka | | M40-49 | 8 | 00:51:01 |
| 47 | Andrzej | Bielski | 77 | M | Warszawa | | M40-49 | 9 | 00:51:08 |
| 48 | Tadeusz | Wyrwas | 112 | M | Łomża | Biegamy dla Zdrowia | M60+ | 7 | 00:51:10 |
| 49 | Jacek | Jackiewicz | 22 | M | Ostrów Mazowiecka | Ostrów Biega | M50-59 | 7 | 00:51:12 |
| 50 | Agnieszka | Strąk | 90 | K | Łochów | Lecę Bo Lecę | K50 | 1 | 00:51:46 |
| 51 | Krzysztof | Kuczewski | 31 | M | Ostrów Mazowiecka | | M30-39 | 14 | 00:52:10 |
| 52 | Mariusz | Podbielski | 20 | M | Komorowo | Komorowo | M40-49 | 10 | 00:52:16 |
| 53 | Marcin | Smosarski | 84 | M | Ostrów Mazowiecka | | M30-39 | 15 | 00:52:36 |
| 54 | Paweł | Pecura | 62 | M | Ostrów Mazowiecka | Ostrów Biega | M30-39 | 16 | 00:52:37 |
| 55 | Łukasz | Kuczyński | 32 | M | Ostrów Mazowiecka | Ostrów Biega | M40-49 | 11 | 00:52:46 |
| 56 | Andrzej | Strąk | 91 | M | Łochów | Lecę Bo Chcę | M50-59 | 8 | 00:52:57 |
| 57 | Kazimierz | Bieńkowski | 2 | M | Ostrołęka | | M50-59 | 9 | 00:53:08 |
| 58 | Jagoda | Jaszczuk | 9 | K | Warszawa | | K30 | 3 | 00:53:28 |
| 59 | Marek | Suchcicki | 93 | M | Jasienica | Roch Jasienica | M40-49 | 12 | 00:53:43 |
| 60 | Andrzej | Grzymała | 19 | M | Warszawa | | M50-59 | 10 | 00:53:45 |
| 61 | Marek | Kulesza | 33 | M | Baranowo | | M50-59 | 11 | 00:53:55 |
| 62 | Piotr | Romejko | 73 | M | Komorowo | 22 WOK | M40-49 | 13 | 00:54:06 |
| 63 | Aneta | Owczarek | 57 | K | Ostrów Mazowiecka | Ostrów Biega | K30 | 4 | 00:54:40 |
| 64 | Wiola | Michalik | 46 | K | Wyszków | Zielone Bieganie | K30 | 5 | 00:55:01 |
| 65 | Klaudia | Płoska | 67 | K | Nowogród | | K16-29 | 1 | 00:55:06 |
| 66 | Dariusz | Łuniewski | 40 | M | Ostrów Mazowiecka | | M30-39 | 17 | 00:55:14 |
| 67 | Katarzyna | Kwapisz-Cichowska | 35 | K | Ostrołęka | ostrołęka | K50 | 2 | 00:56:19 |
| 68 | Zenon | Mościcki | 50 | M | Rutki | | M60+ | 8 | 00:56:51 |
| 69 | Kinga | Gołaszewska | 18 | K | Gołbie Leśniewo | | K40 | 1 | 00:57:00 |
| 70 | Cezary | Owczarek | 58 | M | Ostrów Mazowiecka | | M40-49 | 14 | 00:57:04 |
| 71 | Piotr | Chmielewski | 7 | M | Ostrów Mazowiecka | Sokół Ostrów Mazowiecka | M40-49 | 15 | 00:57:06 |

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|----|------------|--------------|-----|---|-------------------|-----------------------|--------|----|----------|
| 72 | Anna | Skarzyńska | 81 | K | Zambrów | Podlaskie Kocury | K40 | 2 | 00:57:12 |
| 73 | Zbigniew | Wileński | 111 | M | Dąbrowa Chotomska | Grupa Biegowa UM W-wa | M60+ | 9 | 00:57:23 |
| 74 | Urszula | Sokołowska | 86 | K | Ostrów Mazowiecka | Roch Jasienica | K16-29 | 2 | 00:58:51 |
| 75 | Wiesław | Blachowicz | 4 | M | Komorowo | | M60+ | 10 | 00:59:15 |
| 76 | Magdalena | Zalewska | 114 | K | Ostrów Mazowiecka | | K30 | 6 | 00:59:39 |
| 77 | Judyta | Matusiak | 45 | K | Ostrów Mazowiecka | Ostrów Biega | K30 | 7 | 00:59:47 |
| 78 | Marek | Morawski | 49 | M | Ostrów Mazowiecka | | M40-49 | 16 | 01:00:01 |
| 79 | Adam | Kuczewski | 30 | M | Ostrów Mazowiecka | | M40-49 | 17 | 01:00:27 |
| 80 | Małgorzata | Masiuk-Plona | 44 | K | Łomża | - | K50 | 3 | 01:01:18 |
| 81 | Dariusz | Twarowski | 105 | M | Ostrów Mazowiecka | Ostrów Biega | M40-49 | 18 | 01:02:23 |
| 82 | Monika | Twarowska | 104 | K | Ostrów Mazowiecka | Ostrów Biega | K30 | 8 | 01:02:23 |
| 83 | Jacek | Turniak | 121 | M | - | | M40-49 | 19 | 01:02:54 |
| 84 | Małgorzata | Szymczuk | 97 | K | Szumowo | | K50 | 4 | 01:03:23 |
| 85 | Piotr | Kunka | 34 | M | Jakubów | Team ZabieganeDni | M40-49 | 20 | 01:03:50 |
| 86 | Jakub | Latosinski | 36 | M | Ostrów Mazowiecka | | M30-39 | 18 | 01:03:55 |
| 87 | Piotr | Szysza | 99 | M | Ostrów Mazowiecka | | M50-59 | 12 | 01:04:18 |
| 88 | Marta | Kolator | 27 | K | Kuskowizna | | K30 | 9 | 01:04:30 |
| 89 | Justyna | Malec | 42 | K | -- | | K30 | 10 | 01:04:37 |
| 90 | Kamil | Malec | 43 | M | Ostrów Mazowiecka | | M30-39 | 19 | 01:04:37 |
| 91 | Marcin | Uściński | 107 | M | Ostrów Mazowiecka | Ostrów Biega | M30-39 | 20 | 01:06:22 |
| 92 | Marta | Uścińska | 106 | K | Ostrów Mazowiecka | Ostrów Biega | K30 | 11 | 01:06:22 |
| 93 | Monika | Gniazdowska | 17 | K | Kownaty | | K16-29 | 3 | 01:06:35 |
| 94 | Tadeusz | Bednarzak | 1 | M | Siedlce | YULO RUN TEAM SIEDLCE | M60+ | 11 | 01:06:44 |
| 95 | Marzena | Waracka | 108 | K | Ostrów Mazowiecka | Ostrów Biega | K30 | 12 | 01:07:09 |
| 96 | Sylwia | Zyśk | 117 | K | Ostrów Mazowiecka | B.D. Art | K30 | 13 | 01:07:18 |
| 97 | Renata | Ogonowska | 55 | K | Ostrów Mazowiecka | B.D. Art | K40 | 3 | 01:07:18 |

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| 98 | Ewelina | Płandowska | 66 | K | Ostrów Mazowiecka | | K30 | 14 | 01:09:33 |
| 99 | Anna | Kalupa | 23 | K | Małkinia | Ostrów Biega | K40 | 4 | 01:14:46 |
| 100 | Ryszard | Ropiak | 74 | M | Myszyniec | KURPIE Myszyniec | M60+ | 12 | 01:18:28 |

NW 5 km

| OPEN | IMIĘ | NAZWISKO | NUMER | PŁEĆ | MIASTO | KLUB | CZAS |
|------|------------|---------------|-------|------|-------------------|---------------------|----------|
| 1 | Marcin | Tomczak | 148 | M | Płońsk | Koci Pazur | 00:30:38 |
| 2 | Sebastian | Gadomski | 125 | M | Sarnaki | | 00:30:48 |
| 3 | Jerzy | Bakuła | 122 | M | Laskowiec | UKS Clean Ostrołęka | 00:34:50 |
| 4 | Tomasz | Kwaśny | 133 | M | Borki | CHODZĘ Z SERCEM | 00:37:13 |
| 5 | Małgorzata | Ożarowska | 140 | K | Podborze | | 00:37:24 |
| 6 | Małgorzata | Kwaśna | 132 | K | Borki | CHODZĘ Z SERCEM | 00:37:50 |
| 7 | Patrycja | Popiołek | 143 | K | Podborze | | 00:38:02 |
| 8 | Marianna | Pędzich | 142 | K | Lelis | BBL KURPIE | 00:38:38 |
| 9 | Ewa | Tomczak | 129 | K | | | 00:40:00 |
| 10 | Sławomir | Rzepecki | 147 | M | Maków Mazowiecki | | 00:40:51 |
| 11 | Adam | Kulik | 131 | M | Łuków | niezrzeszony | 00:41:54 |
| 12 | Dorota | Rupinska | 146 | K | Zastawie | | 00:42:05 |
| 13 | Karolina | Dzierżanowska | 124 | K | Zastawie | | 00:42:09 |
| 14 | Joanna | Haga | 127 | K | Wyszków | Marsz Klub Wyszków | 00:43:36 |
| 15 | Katarzyna | Matusik | 136 | K | Ostrówek | | 00:43:44 |
| 16 | Monika | Wdowczyńska | 149 | K | Ostrów Mazowiecka | B.D. Art | 00:44:41 |
| 17 | Dorota | Reluga | 144 | K | Ostrów Mazowiecka | Ostrów Biega | 00:44:44 |
| 18 | Urszula | Ilczuk | 128 | K | Ostrów Mazowiecka | | 00:44:46 |
| 19 | Arkadiusz | Butor | 123 | M | Wyszków | CBL Wyszków | 00:47:51 |
| 20 | Ewelina | Ościłowska | 139 | K | Ostrów Mazowiecka | B.D. Art | 00:50:03 |

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|----|-----------|-----------|-----|---|-------------------|--------------|----------|
| 21 | Anna | Zalewska | 150 | K | Ostrów Mazowiecka | B.D. Art | 00:50:04 |
| 22 | Katarzyna | Kempista | 130 | K | Ostrów Mazowiecka | B.D. Art | 00:50:04 |
| 23 | Anna | Laskowska | 134 | K | Ostrów Mazowiecka | B.D. Art | 00:50:05 |
| 24 | Kasia | Góral | 126 | K | Ostrów Mazowiecka | | 00:50:17 |
| 25 | Anna | Mróz | 137 | K | Ostrów Mazowiecka | Ostrów Biega | 00:52:14 |
| 26 | Piotr | Murzyn | 138 | M | Ostrów Mazowiecka | | 00:52:52 |