

VII Bieg Niepodległości
Nieporęt 11.11.2024



Kobiety 10 km OPEN

| Miejsce | Numer | Nazwisko | Imię | Rok Urodzenia | Płeć | Kat. Wiek. | Miasto | Wynik Netto | Wynik Brutto | Tempo | Prędkość |
|---------|-------|-----------------------|------------|---------------|------|------------|----------------------|-------------|--------------|----------|------------|
| 1 | 99 | Sinkiewicz | Katarzyna | 1987 | K | K30-39 | | 00:42:21,45 | 00:42:25,05 | 00:04:14 | 14,16 km/h |
| 2 | 25 | Jakubisiak | Renata | 1981 | K | K40-49 | Warszawa | 00:45:13,10 | 00:45:22,25 | 00:04:31 | 13,26 km/h |
| 3 | 10 | Boryceusz-Matusiak | Iwona | 1984 | K | K40-49 | Wołomin | 00:48:17,25 | 00:48:28,30 | 00:04:50 | 12,42 km/h |
| 4 | 57 | Majewska | Hanna | 1988 | K | K30-39 | Warszawa | 00:48:18,80 | 00:48:24,30 | 00:04:50 | 12,41 km/h |
| 5 | 123 | Wojtkiewicz | Anna | 1979 | K | K40-49 | KOBYŁKA | 00:49:07,35 | 00:49:20,30 | 00:04:55 | 12,21 km/h |
| 6 | 51 | Leśkiewicz | Agata | 1988 | K | K30-39 | Warszawa | 00:49:35,00 | 00:49:41,85 | 00:04:58 | 12,1 km/h |
| 7 | 178 | Brysiacz | Marta | 1982 | K | K40-49 | Stasi Las | 00:50:01,70 | 00:50:06,85 | 00:05:00 | 11,99 km/h |
| 8 | 74 | Nowak | Anna | 1972 | K | K50-59 | Radzymin | 00:50:11,60 | 00:50:14,45 | 00:05:01 | 11,95 km/h |
| 9 | 36 | Korzeniewska | Paulina | 1992 | K | K30-39 | Radzymin | 00:50:18,55 | 00:50:22,10 | 00:05:02 | 11,92 km/h |
| 10 | 32 | Klimkiewicz-Sikora | Beata | 1976 | K | K40-49 | Legionowo | 00:50:51,30 | 00:50:57,90 | 00:05:05 | 11,79 km/h |
| 11 | 13 | Cimochowska-Świtalska | Magdalena | 1976 | K | K40-49 | Warszawa | 00:51:29,15 | 00:51:36,35 | 00:05:09 | 11,65 km/h |
| 12 | 7 | Basiak | Agnieszka | 1983 | K | K40-49 | Warszawa | 00:51:56,85 | 00:52:03,90 | 00:05:12 | 11,55 km/h |
| 13 | 256 | Morawska | Agata | 1970 | K | K50-59 | Wołomin | 00:52:26,25 | 00:52:38,95 | 00:05:15 | 11,44 km/h |
| 14 | 86 | Piotrowska | Aneta | 1983 | K | K40-49 | Borawe | 00:52:45,45 | 00:52:50,75 | 00:05:17 | 11,37 km/h |
| 15 | 119 | Wesołowska | Monika | 1983 | K | K40-49 | NIEPORĘT | 00:53:02,90 | 00:53:04,35 | 00:05:18 | 11,31 km/h |
| 16 | 88 | Płuciś | Małgorzata | 1989 | K | K30-39 | Jabłonna | 00:53:03,95 | 00:53:09,60 | 00:05:18 | 11,3 km/h |
| 17 | 258 | Stryjecka | Agnieszka | 1978 | K | K40-49 | Jozefów | 00:53:13,85 | 00:53:20,50 | 00:05:19 | 11,27 km/h |
| 18 | 17 | Gadomska | Małgorzata | 1970 | K | K50-59 | Warszawa | 00:53:30,00 | 00:53:41,55 | 00:05:21 | 11,21 km/h |
| 19 | 121 | Wieczorek-Urbańczyk | Marta | 1991 | K | K30-39 | Legionowo | 00:54:35,95 | 00:54:45,95 | 00:05:28 | 10,98 km/h |
| 20 | 94 | Radomska | Urszula | 1979 | K | K40-49 | Jabłonna | 00:54:36,65 | 00:54:47,40 | 00:05:28 | 10,98 km/h |
| 21 | 112 | Turczyńska | Monika | 1973 | K | K50-59 | Warszawa | 00:54:50,25 | 00:55:01,05 | 00:05:29 | 10,94 km/h |
| 22 | 64 | Mazurkiewicz | Aleksandra | 1986 | K | K30-39 | Michałów-Reginów | 00:55:01,15 | 00:55:07,70 | 00:05:30 | 10,9 km/h |
| 23 | 23 | Jagoda | Teresa | 1977 | K | K40-49 | Legionowo | 00:55:02,95 | 00:55:07,45 | 00:05:30 | 10,89 km/h |
| 24 | 42 | Krupa | Kamila | 1995 | K | K18-29 | Warszawa | 00:55:22,05 | 00:55:26,85 | 00:05:32 | 10,83 km/h |
| 25 | 116 | Waszczyszyn | Bożena | 1978 | K | K40-49 | Jabłonna | 00:55:23,50 | 00:55:32,40 | 00:05:32 | 10,83 km/h |
| 26 | 93 | Rachwalik | Justyna | 1998 | K | K18-29 | Warszawa | 00:55:32,80 | 00:55:40,00 | 00:05:33 | 10,8 km/h |
| 27 | 1 | Adamczuk | Agnieszka | 1974 | K | K50-59 | Marki | 00:55:35,55 | 00:55:44,15 | 00:05:34 | 10,79 km/h |
| 28 | 76 | Nowicka | Urszula | 1978 | K | K40-49 | Warszawa | 00:55:41,20 | 00:55:48,95 | 00:05:34 | 10,77 km/h |
| 29 | 251 | Turek | Anna | 1986 | K | K30-39 | Stanisławów Pierwszy | 00:56:40,85 | 00:56:49,95 | 00:05:40 | 10,58 km/h |
| 30 | 108 | Szczypkowska | Kinga | 1981 | K | K40-49 | Czarna | 00:56:49,80 | 00:57:01,55 | 00:05:41 | 10,55 km/h |
| 31 | 209 | Florczuk | Paweł | 1974 | K | K50-59 | Warszawa | 00:57:23,85 | 00:57:30,40 | 00:05:44 | 10,45 km/h |
| 32 | 62 | Matysiak | Agnieszka | 1981 | K | K40-49 | Warszawa | 00:58:23,15 | 00:58:29,60 | 00:05:50 | 10,27 km/h |
| 33 | 67 | Michnowska | Adriana | 1975 | K | K40-49 | Warszawa | 00:58:45,35 | 00:58:53,40 | 00:05:53 | 10,21 km/h |
| 34 | 61 | Matusiewicz | Karolina | 1978 | K | K40-49 | Chotomów | 00:59:17,75 | 00:59:29,95 | 00:05:56 | 10,11 km/h |
| 35 | 48 | Laskowska | Marzena | 1975 | K | K40-49 | Ząbki | 00:59:18,05 | 00:59:30,25 | 00:05:56 | 10,11 km/h |
| 36 | 56 | MACIOŁEK | Adriana | 1974 | K | K50-59 | Stanisławów Pierwszy | 00:59:34,10 | 00:59:46,50 | 00:05:57 | 10,07 km/h |
| 37 | 220 | Michałowska | Anna | 1977 | K | K40-49 | | 01:00:52,00 | 01:01:01,05 | 00:06:05 | 9,85 km/h |
| 38 | 60 | Marczak | Grażyna | 1953 | K | K60+ | Warszawa | 01:01:58,05 | 01:02:09,00 | 00:06:12 | 9,68 km/h |
| 39 | 78 | Obłękowska | Marta | 1990 | K | K30-39 | Legionowo | 01:03:30,90 | 01:03:44,25 | 00:06:21 | 9,44 km/h |
| 40 | 249 | Wardakowska | Wiktoria | 2011 | K | K13-17 | Radzymin | 01:04:11,55 | 01:04:18,75 | 00:06:25 | 9,34 km/h |
| 41 | 250 | Wardakowska | Anna | 1978 | K | K40-49 | Radzymin | 01:04:12,65 | 01:04:18,85 | 00:06:25 | 9,34 km/h |
| 42 | 54 | Łempicka | Joanna | 1985 | K | K30-39 | Warszawa | 01:04:18,00 | 01:04:25,15 | 00:06:26 | 9,33 km/h |
| 43 | 109 | Szopiak | Katarzyna | 1980 | K | K40-49 | Jabłonna | 01:04:27,95 | 01:04:37,50 | 00:06:27 | 9,3 km/h |

VII Bieg Niepodległości
Nieporęt 11.11.2024



Kobiety 10 km OPEN

| Miejsce | Numer | Nazwisko | Imię | Rok Urodzenia | Płeć | Kat. Wiek. | Miasto | Wynik Netto | Wynik Brutto | Tempo | Prędkość |
|---------|-------|----------------|---------|---------------|------|------------|-----------|-------------|--------------|----------|-----------|
| 44 | 117 | Wawrzynkiewicz | Paulina | 1971 | K | K50-59 | Legionowo | 01:04:33,20 | 01:04:45,95 | 00:06:27 | 9,29 km/h |
| 45 | 85 | Piasta-Serafin | Natalia | 1979 | K | K40-49 | Jabłonna | 01:04:33,55 | 01:04:46,50 | 00:06:27 | 9,29 km/h |
| 46 | 20 | Górczak | Urszula | 1976 | K | K40-49 | Jabłonna | 01:06:10,95 | 01:06:21,85 | 00:06:37 | 9,06 km/h |

VII Bieg Niepodległości
Nieporęt 11.11.2024



Mężczyźni 10 km OPEN

| Miejsce | Numer | Nazwisko | Imię | Rok Urodzenia | Płeć | Kat. Wiek. | Miasto | Wynik Netto | Wynik Brutto | Tempo | Prędkość |
|---------|-------|----------------|------------|---------------|------|------------|----------------------|-------------|--------------|----------|------------|
| 1 | 130 | Zarodkiewicz | Dawid | 1989 | M | M30-39 | KOBYŁKA | 00:37:00,90 | 00:37:02,90 | 00:03:42 | 16,2 km/h |
| 2 | 129 | Zalewski | Adam | 1993 | M | M30-39 | Nasielsk | 00:38:41,10 | 00:38:44,25 | 00:03:52 | 15,5 km/h |
| 3 | 66 | Michaś | Patryk | 2002 | M | M18-29 | Legionowo | 00:38:53,95 | 00:38:56,45 | 00:03:53 | 15,42 km/h |
| 4 | 53 | Ładno | Marcin | 1979 | M | M40-49 | Skrzeszew | 00:39:17,40 | 00:39:20,25 | 00:03:56 | 15,27 km/h |
| 5 | 132 | Żmuda | Krystian | 1991 | M | M30-39 | Nasielsk | 00:39:28,10 | 00:39:29,65 | 00:03:57 | 15,2 km/h |
| 6 | 38 | Kościelski | Mateusz | 1976 | M | M40-49 | Kąty Węgierskie | 00:39:29,75 | 00:39:33,05 | 00:03:57 | 15,19 km/h |
| 7 | 18 | Głowacki | Paweł | 1981 | M | M40-49 | Serock | 00:39:30,30 | 00:39:33,45 | 00:03:57 | 15,18 km/h |
| 8 | 5 | Bałdyga | Tomasz | 1977 | M | M40-49 | Marki | 00:39:42,05 | 00:39:44,05 | 00:03:58 | 15,11 km/h |
| 9 | 105 | Stradomski | Artur | 1974 | M | M50-59 | Marki | 00:39:44,05 | 00:39:46,05 | 00:03:58 | 15,1 km/h |
| 10 | 111 | Tomczak | Marcin | 1980 | M | M40-49 | Ciechanów | 00:39:57,40 | 00:40:00,50 | 00:04:00 | 15,01 km/h |
| 11 | 176 | Regulski | Dariusz | 1968 | M | M50-59 | Ostrołęka | 00:40:10,80 | 00:40:16,30 | 00:04:01 | 14,93 km/h |
| 12 | 68 | Michnowski | Sebastian | 1974 | M | M50-59 | Warszawa | 00:40:48,10 | 00:40:51,05 | 00:04:05 | 14,7 km/h |
| 13 | 243 | Ziendara | Franciszek | 2008 | M | M13-17 | Warszawa | 00:41:45,15 | 00:41:46,95 | 00:04:11 | 14,37 km/h |
| 14 | 91 | Podwysocki | Marcin | 1988 | M | M30-39 | Serock | 00:41:45,80 | 00:41:49,40 | 00:04:11 | 14,36 km/h |
| 15 | 70 | Mołodkiewicz | Zbigniew | 1973 | M | M50-59 | Warszawa | 00:42:23,65 | 00:42:27,00 | 00:04:14 | 14,15 km/h |
| 16 | 126 | Zachmacz | Jakub | 2003 | M | M18-29 | Zegrze | 00:42:37,30 | 00:42:41,00 | 00:04:16 | 14,07 km/h |
| 17 | 44 | Kubiński | Artur | 1976 | M | M40-49 | Ożarów Mazowiecki | 00:42:56,85 | 00:42:59,40 | 00:04:18 | 13,97 km/h |
| 18 | 104 | Stańczak | Marcin | 1982 | M | M40-49 | Wołomin | 00:43:03,45 | 00:43:08,30 | 00:04:18 | 13,93 km/h |
| 19 | 245 | Kacprzak | Łukasz | 1982 | M | M40-49 | Warszawa | 00:43:21,55 | 00:43:30,00 | 00:04:20 | 13,83 km/h |
| 20 | 122 | Wojtkiewicz | Andrzej | 1975 | M | M40-49 | KOBYŁKA | 00:43:40,20 | 00:43:43,60 | 00:04:22 | 13,73 km/h |
| 21 | 34 | Koperski | Borys | 2011 | M | M13-17 | NIEPORĘT | 00:44:01,15 | 00:44:04,50 | 00:04:24 | 13,63 km/h |
| 22 | 84 | Pankowski | Grzegorz | 1982 | M | M40-49 | Warszawa | 00:44:09,85 | 00:44:15,40 | 00:04:25 | 13,58 km/h |
| 23 | 131 | Mostowski | Artur | 1973 | M | M50-59 | Warszawa | 00:44:14,75 | 00:44:18,15 | 00:04:25 | 13,56 km/h |
| 24 | 114 | Uchal | Łukasz | 1992 | M | M30-39 | Marki | 00:44:24,30 | 00:44:29,95 | 00:04:26 | 13,51 km/h |
| 25 | 33 | Koperski | Krzysztof | 1979 | M | M40-49 | NIEPORĘT | 00:44:29,00 | 00:44:32,35 | 00:04:27 | 13,48 km/h |
| 26 | 27 | Jankowski | Paweł | 1984 | M | M40-49 | Legionowo | 00:45:15,65 | 00:45:24,20 | 00:04:32 | 13,25 km/h |
| 27 | 8 | Bembenek | Mateusz | 1991 | M | M30-39 | Marki | 00:46:15,00 | 00:46:24,85 | 00:04:38 | 12,97 km/h |
| 28 | 22 | HUNKIEWICZ | Wojciech | 1972 | M | M50-59 | Marki | 00:46:24,40 | 00:46:35,15 | 00:04:38 | 12,92 km/h |
| 29 | 82 | Paczkowski | Piotr | 1994 | M | M30-39 | Legionowo | 00:46:32,25 | 00:46:42,50 | 00:04:39 | 12,89 km/h |
| 30 | 52 | Lewandowski | Maciej | 1999 | M | M18-29 | Legionowo | 00:46:42,25 | 00:46:44,25 | 00:04:40 | 12,84 km/h |
| 31 | 92 | Przeorski | Michał | 1980 | M | M40-49 | Stanisławów Pierwszy | 00:46:59,90 | 00:47:15,25 | 00:04:42 | 12,76 km/h |
| 32 | 107 | Szczepankowski | Piotr | 2001 | M | M18-29 | Radzymin | 00:47:06,90 | 00:47:09,75 | 00:04:43 | 12,73 km/h |
| 33 | 81 | Olszewski | Michał | 1977 | M | M40-49 | Jabłonna | 00:47:09,25 | 00:47:18,30 | 00:04:43 | 12,72 km/h |
| 34 | 101 | Skibowski | Jakub | 2002 | M | M18-29 | Radzymin | 00:47:13,00 | 00:47:16,15 | 00:04:43 | 12,7 km/h |
| 35 | 46 | Kucucha | Krzysztof | 1975 | M | M40-49 | NIEPORĘT | 00:47:26,65 | 00:47:28,05 | 00:04:45 | 12,64 km/h |
| 36 | 2 | Akchach | Aziz | 1995 | M | M18-29 | Radzymin | 00:47:37,45 | 00:47:41,15 | 00:04:46 | 12,59 km/h |
| 37 | 9 | Białokos | Kamil | 1978 | M | M40-49 | Warszawa | 00:47:37,50 | 00:47:45,95 | 00:04:46 | 12,59 km/h |
| 38 | 16 | Dziubek | Maciej | 1987 | M | M30-39 | Warszawa | 00:47:46,50 | 00:47:57,45 | 00:04:47 | 12,55 km/h |
| 39 | 58 | Makola | Marek | 1989 | M | M30-39 | Józefosław | 00:47:51,10 | 00:47:57,55 | 00:04:47 | 12,53 km/h |
| 40 | 26 | Janiszewski | Rafał | 1989 | M | M30-39 | Legionowo | 00:47:52,45 | 00:48:03,00 | 00:04:47 | 12,53 km/h |
| 41 | 40 | Kozoń | Cezary | 1976 | M | M40-49 | Radzymin | 00:47:55,10 | 00:47:57,65 | 00:04:48 | 12,52 km/h |
| 42 | 260 | Niemczak | Kamil | 1988 | M | M30-39 | Warszawa | 00:47:56,10 | 00:48:07,45 | 00:04:48 | 12,51 km/h |
| 43 | 177 | Kościuczuk | Piotr | 1977 | M | M40-49 | EtK | 00:48:04,45 | 00:48:18,25 | 00:04:48 | 12,48 km/h |

| | | | | | | | | | | | |
|----|-----|---------------|----------------|------|---|--------|----------------------|-------------|-------------|----------|------------|
| 44 | 113 | Turski | Kacper | 2004 | M | M18-29 | Jabłonna | 00:48:08,75 | 00:48:13,90 | 00:04:49 | 12,46 km/h |
| 45 | 72 | Mroczkiewicz | Rafał | 1991 | M | M30-39 | Ząbki | 00:48:14,30 | 00:48:20,90 | 00:04:49 | 12,43 km/h |
| 46 | 69 | Mirończyk | Robert | 1988 | M | M30-39 | Radzymin | 00:48:30,40 | 00:48:33,50 | 00:04:51 | 12,36 km/h |
| 47 | 89 | Pniewski | Rafał | 1976 | M | M40-49 | Warszawa | 00:48:51,50 | 00:48:56,15 | 00:04:53 | 12,28 km/h |
| 48 | 83 | Paklikowski | Marcin | 1991 | M | M30-39 | Olszewnica Stara | 00:49:13,30 | 00:49:18,25 | 00:04:55 | 12,18 km/h |
| 49 | 59 | Marciński | Marcin | 1983 | M | M40-49 | Warszawa | 00:49:30,70 | 00:49:39,00 | 00:04:57 | 12,11 km/h |
| 50 | 65 | Mazurkiewicz | Jakub | 1984 | M | M40-49 | Michałów-Reginów | 00:49:52,25 | 00:49:57,40 | 00:04:59 | 12,03 km/h |
| 51 | 55 | Łukasiewicz | Sylwester | 1977 | M | M40-49 | Wołomin | 00:50:05,60 | 00:50:17,70 | 00:05:01 | 11,97 km/h |
| 52 | 43 | Krzysztof | Szczypkowski | 1978 | M | M40-49 | | 00:50:10,90 | 00:50:22,15 | 00:05:01 | 11,95 km/h |
| 53 | 4 | Antonowicz | Maciek | 1983 | M | M40-49 | Kosewko | 00:50:10,95 | 00:50:21,60 | 00:05:01 | 11,95 km/h |
| 54 | 19 | Gołębiowski | Rafał | 2000 | M | M18-29 | Legionowo | 00:50:26,00 | 00:50:27,40 | 00:05:03 | 11,89 km/h |
| 55 | 79 | Olbrys | Stanisław Adam | 1967 | M | M50-59 | Nasielsk | 00:51:54,10 | 00:51:58,50 | 00:05:11 | 11,56 km/h |
| 56 | 49 | Latek | Maciej | 1986 | M | M30-39 | Zegrze Południowe | 00:52:00,35 | 00:52:06,50 | 00:05:12 | 11,53 km/h |
| 57 | 41 | Krajewski | Przemysław | 1973 | M | M50-59 | Warszawa | 00:52:02,75 | 00:52:15,45 | 00:05:12 | 11,52 km/h |
| 58 | 90 | Podgórski | Marian Wacław | 1968 | M | M50-59 | Nasielsk | 00:52:12,90 | 00:52:23,15 | 00:05:13 | 11,49 km/h |
| 59 | 37 | Korzeniewski | Janusz | 1968 | M | M50-59 | Ludwinów | 00:52:25,75 | 00:52:30,70 | 00:05:15 | 11,44 km/h |
| 60 | 259 | Sryjecki | Marcin | 1979 | M | M40-49 | Jozefów | 00:52:55,45 | 00:53:03,00 | 00:05:18 | 11,33 km/h |
| 61 | 21 | Harasimiuk | Norbert | 1991 | M | M30-39 | Słupno | 00:52:57,75 | 00:53:06,65 | 00:05:18 | 11,32 km/h |
| 62 | 208 | Tomasik | Marek | 1979 | M | M40-49 | Warszawa | 00:53:21,30 | 00:53:29,75 | 00:05:20 | 11,24 km/h |
| 63 | 50 | Lechów | Marcin | 1978 | M | M40-49 | Marki | 00:53:47,05 | 00:54:00,65 | 00:05:23 | 11,15 km/h |
| 64 | 203 | Artur | Radomski | 1978 | M | M40-49 | Jabłonna | 00:54:34,05 | 00:54:47,95 | 00:05:27 | 10,99 km/h |
| 65 | 24 | Jagoda | Grzegorz | 1974 | M | M50-59 | Legionowo | 00:55:03,30 | 00:55:08,35 | 00:05:30 | 10,89 km/h |
| 66 | 80 | Olszak | Maciej | 1988 | M | M30-39 | Kraków | 00:55:16,15 | 00:55:21,15 | 00:05:32 | 10,85 km/h |
| 67 | 96 | Rogalski | Paweł | 1979 | M | M40-49 | Maków Mazowiecki | 00:56:15,45 | 00:56:17,45 | 00:05:38 | 10,66 km/h |
| 68 | 87 | Pietrucha | Krzysztof | 1982 | M | M40-49 | NIEPORĘT | 00:56:38,80 | 00:56:40,55 | 00:05:40 | 10,59 km/h |
| 69 | 95 | Rędzia | Michał | 1977 | M | M40-49 | Wołomin | 00:56:49,75 | 00:57:01,65 | 00:05:41 | 10,55 km/h |
| 70 | 115 | Waligórski | Krzysztof | 1964 | M | M60+ | Marki | 00:57:15,95 | 00:57:24,85 | 00:05:44 | 10,47 km/h |
| 71 | 14 | Dulęba | Marcin | 2008 | M | M13-17 | NIEPORĘT | 00:57:20,30 | 00:57:27,25 | 00:05:44 | 10,46 km/h |
| 72 | 3 | Ambroziak | Mateusz | 1989 | M | M30-39 | Warszawa | 00:57:56,25 | 00:58:09,00 | 00:05:48 | 10,35 km/h |
| 73 | 242 | Winiarek | Michał | 1982 | M | M40-49 | | 00:57:58,60 | 00:58:09,75 | 00:05:48 | 10,34 km/h |
| 74 | 77 | Nowicki | Dariusz | 1978 | M | M40-49 | Warszawa | 00:58:05,10 | 00:58:13,70 | 00:05:49 | 10,32 km/h |
| 75 | 71 | Mosakowski | Jarosław | 1978 | M | M40-49 | NIEPORĘT | 00:58:30,00 | 00:58:35,95 | 00:05:51 | 10,25 km/h |
| 76 | 102 | Skrzypkiewicz | Michał | 1996 | M | M18-29 | Warszawa | 01:00:51,40 | 01:00:58,35 | 00:06:05 | 9,85 km/h |
| 77 | 255 | Czyżak | Radosław | 1981 | M | M40-49 | Stanisławów Pierwszy | 01:01:05,70 | 01:01:11,00 | 00:06:07 | 9,82 km/h |
| 78 | 125 | Wrzosek | Konrad | 1982 | M | M40-49 | Stanisławów Pierwszy | 01:02:19,15 | 01:02:23,05 | 00:06:14 | 9,62 km/h |
| 79 | 252 | Gramann | Andrzej | 1949 | M | M60+ | Krubin | 01:03:11,65 | 01:03:17,30 | 00:06:19 | 9,49 km/h |
| 80 | 106 | sulich | Mateusz | 1990 | M | M30-39 | Legionowo | 01:03:30,50 | 01:03:44,15 | 00:06:21 | 9,44 km/h |
| 81 | 98 | SERAFIN | Marcin | 1974 | M | M50-59 | Stanisławów Pierwszy | 01:03:43,20 | 01:03:55,70 | 00:06:22 | 9,41 km/h |
| 82 | 100 | Skakluk | Jan | 1951 | M | M60+ | Legionowo | 01:05:27,30 | 01:05:37,60 | 00:06:33 | 9,16 km/h |

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Kobiety 10 km Kat. 13-17

| Miejsce | Numer | Nazwisko | Imię | Rok Urodzenia | Płeć | Kat. Wiek. | Miasto | Wynik Netto | Wynik Brutto | Tempo | Prędkość |
|---------|-------|-------------|----------|---------------|------|------------|----------|-------------|--------------|----------|-----------|
| 1 | 249 | Wardakowska | Wiktoria | 2011 | K | K13-17 | Radzymin | 01:04:11,55 | 01:04:18,75 | 00:06:25 | 9,34 km/h |

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Mężczyźni 10 km Kat. 13-17

| Miejsce | Numer | Nazwisko | Imię | Rok Urodzenia | Płeć | Kat. Wiek. | Miasto | Wynik Netto | Wynik Brutto | Tempo | Prędkość |
|---------|-------|----------|------------|---------------|------|------------|----------|-------------|--------------|----------|------------|
| 1 | 243 | Ziendara | Franciszek | 2008 | M | M13-17 | Warszawa | 00:41:45,15 | 00:41:46,95 | 00:04:11 | 14,37 km/h |
| 2 | 34 | Koperski | Borys | 2011 | M | M13-17 | NIEPORĘT | 00:44:01,15 | 00:44:04,50 | 00:04:24 | 13,63 km/h |
| 3 | 14 | Dulęba | Marcin | 2008 | M | M13-17 | NIEPORĘT | 00:57:20,30 | 00:57:27,25 | 00:05:44 | 10,46 km/h |

VII Bieg Niepodległości
Nieporęt 11.11.2024



Kobiety 10 km Kat. 18-29

| Miejsce | Numer | Nazwisko | Imię | Rok Urodzenia | Płeć | Kat. Wiek. | Miasto | Wynik Netto | Wynik Brutto | Tempo | Prędkość |
|---------|-------|-----------|---------|---------------|------|------------|----------|-------------|--------------|----------|------------|
| 1 | 42 | Krupa | Kamila | 1995 | K | K18-29 | Warszawa | 00:55:22,05 | 00:55:26,85 | 00:05:32 | 10,83 km/h |
| 2 | 93 | Rachwalik | Justyna | 1998 | K | K18-29 | Warszawa | 00:55:32,80 | 00:55:40,00 | 00:05:33 | 10,8 km/h |

VII Bieg Niepodległości
Nieporęt 11.11.2024



Mężczyźni 10 km Kat. 18-29

| Miejsce | Numer | Nazwisko | Imię | Rok Urodzenia | Płeć | Kat. Wiek. | Miasto | Wynik Netto | Wynik Brutto | Tempo | Prędkość |
|---------|-------|----------------|--------|---------------|------|------------|-----------|-------------|--------------|----------|------------|
| 1 | 66 | Michaś | Patryk | 2002 | M | M18-29 | Legionowo | 00:38:53,95 | 00:38:56,45 | 00:03:53 | 15,42 km/h |
| 2 | 126 | Zachmacz | Jakub | 2003 | M | M18-29 | Zegrze | 00:42:37,30 | 00:42:41,00 | 00:04:16 | 14,07 km/h |
| 3 | 52 | Lewandowski | Maciej | 1999 | M | M18-29 | Legionowo | 00:46:42,25 | 00:46:44,25 | 00:04:40 | 12,84 km/h |
| 4 | 107 | Szczepankowski | Piotr | 2001 | M | M18-29 | Radzymin | 00:47:06,90 | 00:47:09,75 | 00:04:43 | 12,73 km/h |
| 5 | 101 | Skibowski | Jakub | 2002 | M | M18-29 | Radzymin | 00:47:13,00 | 00:47:16,15 | 00:04:43 | 12,7 km/h |
| 6 | 2 | Akchach | Aziz | 1995 | M | M18-29 | Radzymin | 00:47:37,45 | 00:47:41,15 | 00:04:46 | 12,59 km/h |
| 7 | 113 | Turski | Kacper | 2004 | M | M18-29 | Jabłonna | 00:48:08,75 | 00:48:13,90 | 00:04:49 | 12,46 km/h |
| 8 | 19 | Gołębiowski | Rafał | 2000 | M | M18-29 | Legionowo | 00:50:26,00 | 00:50:27,40 | 00:05:03 | 11,89 km/h |
| 9 | 102 | Skrzypkiewicz | Michał | 1996 | M | M18-29 | Warszawa | 01:00:51,40 | 01:00:58,35 | 00:06:05 | 9,85 km/h |

VII Bieg Niepodległości
Nieporęt 11.11.2024



Kobiety 10 km Kat. 30-39

| Miejsce | Numer | Nazwisko | Imię | Rok Urodzenia | Płeć | Kat. Wiek. | Miasto | Wynik Netto | Wynik Brutto | Tempo | Prędkość |
|---------|-------|---------------------|------------|---------------|------|------------|----------------------|-------------|--------------|----------|------------|
| 1 | 99 | Sinkiewicz | Katarzyna | 1987 | K | K30-39 | | 00:42:21,45 | 00:42:25,05 | 00:04:14 | 14,16 km/h |
| 2 | 57 | Majewska | Hanna | 1988 | K | K30-39 | Warszawa | 00:48:18,80 | 00:48:24,30 | 00:04:50 | 12,41 km/h |
| 3 | 51 | Leśkiewicz | Agata | 1988 | K | K30-39 | Warszawa | 00:49:35,00 | 00:49:41,85 | 00:04:58 | 12,1 km/h |
| 4 | 36 | Korzeniewska | Paulina | 1992 | K | K30-39 | Radzymin | 00:50:18,55 | 00:50:22,10 | 00:05:02 | 11,92 km/h |
| 5 | 88 | Płuciś | Małgorzata | 1989 | K | K30-39 | Jabłonna | 00:53:03,95 | 00:53:09,60 | 00:05:18 | 11,3 km/h |
| 6 | 121 | Wieczorek-Urbańczyk | Marta | 1991 | K | K30-39 | Legionowo | 00:54:35,95 | 00:54:45,95 | 00:05:28 | 10,98 km/h |
| 7 | 64 | Mazurkiewicz | Aleksandra | 1986 | K | K30-39 | Michałów-Reginów | 00:55:01,15 | 00:55:07,70 | 00:05:30 | 10,9 km/h |
| 8 | 251 | Turek | Anna | 1986 | K | K30-39 | Stanisławów Pierwszy | 00:56:40,85 | 00:56:49,95 | 00:05:40 | 10,58 km/h |
| 9 | 78 | Oblękowska | Marta | 1990 | K | K30-39 | Legionowo | 01:03:30,90 | 01:03:44,25 | 00:06:21 | 9,44 km/h |
| 10 | 54 | Łempicka | Joanna | 1985 | K | K30-39 | Warszawa | 01:04:18,00 | 01:04:25,15 | 00:06:26 | 9,33 km/h |

VII Bieg Niepodległości
Nieporęt 11.11.2024



Mężczyźni 10 km Kat. 30-39

| Miejsce | Numer | Nazwisko | Imię | Rok Urodzenia | Płeć | Kat. Wiek. | Miasto | Wynik Netto | Wynik Brutto | Tempo | Prędkość |
|---------|-------|--------------|----------|---------------|------|------------|-------------------|-------------|--------------|----------|------------|
| 1 | 130 | Zarodkiewicz | Dawid | 1989 | M | M30-39 | KOBYŁKA | 00:37:00,90 | 00:37:02,90 | 00:03:42 | 16,2 km/h |
| 2 | 129 | Zalewski | Adam | 1993 | M | M30-39 | Nasielsk | 00:38:41,10 | 00:38:44,25 | 00:03:52 | 15,5 km/h |
| 3 | 132 | Żmuda | Krystian | 1991 | M | M30-39 | Nasielsk | 00:39:28,10 | 00:39:29,65 | 00:03:57 | 15,2 km/h |
| 4 | 91 | Podwysocki | Marcin | 1988 | M | M30-39 | Serock | 00:41:45,80 | 00:41:49,40 | 00:04:11 | 14,36 km/h |
| 5 | 114 | Uchal | Łukasz | 1992 | M | M30-39 | Marki | 00:44:24,30 | 00:44:29,95 | 00:04:26 | 13,51 km/h |
| 6 | 8 | Bembenek | Mateusz | 1991 | M | M30-39 | Marki | 00:46:15,00 | 00:46:24,85 | 00:04:38 | 12,97 km/h |
| 7 | 82 | Paczkowski | Piotr | 1994 | M | M30-39 | Legionowo | 00:46:32,25 | 00:46:42,50 | 00:04:39 | 12,89 km/h |
| 8 | 16 | Dziubek | Maciej | 1987 | M | M30-39 | Warszawa | 00:47:46,50 | 00:47:57,45 | 00:04:47 | 12,55 km/h |
| 9 | 58 | Makola | Marek | 1989 | M | M30-39 | Józefostaw | 00:47:51,10 | 00:47:57,55 | 00:04:47 | 12,53 km/h |
| 10 | 26 | Janiszewski | Rafał | 1989 | M | M30-39 | Legionowo | 00:47:52,45 | 00:48:03,00 | 00:04:47 | 12,53 km/h |
| 11 | 260 | Niemczak | Kamil | 1988 | M | M30-39 | Warszawa | 00:47:56,10 | 00:48:07,45 | 00:04:48 | 12,51 km/h |
| 12 | 72 | Mroczkiewicz | Rafał | 1991 | M | M30-39 | Ząbki | 00:48:14,30 | 00:48:20,90 | 00:04:49 | 12,43 km/h |
| 13 | 69 | Mirończyk | Robert | 1988 | M | M30-39 | Radzymin | 00:48:30,40 | 00:48:33,50 | 00:04:51 | 12,36 km/h |
| 14 | 83 | Paklikowski | Marcin | 1991 | M | M30-39 | Olszewnica Stara | 00:49:13,30 | 00:49:18,25 | 00:04:55 | 12,18 km/h |
| 15 | 49 | Latek | Maciej | 1986 | M | M30-39 | Zegrze Południowe | 00:52:00,35 | 00:52:06,50 | 00:05:12 | 11,53 km/h |
| 16 | 21 | Harasimiuk | Norbert | 1991 | M | M30-39 | Słupno | 00:52:57,75 | 00:53:06,65 | 00:05:18 | 11,32 km/h |
| 17 | 80 | Olszak | Maciej | 1988 | M | M30-39 | Kraków | 00:55:16,15 | 00:55:21,15 | 00:05:32 | 10,85 km/h |
| 18 | 3 | Ambroziak | Mateusz | 1989 | M | M30-39 | Warszawa | 00:57:56,25 | 00:58:09,00 | 00:05:48 | 10,35 km/h |
| 19 | 106 | sulich | Mateusz | 1990 | M | M30-39 | Legionowo | 01:03:30,50 | 01:03:44,15 | 00:06:21 | 9,44 km/h |

VII Bieg Niepodległości
Nieporęt 11.11.2024



Kobiety 10 km Kat. 40-49

| Miejsce | Numer | Nazwisko | Imię | Rok Urodzenia | Płeć | Kat. Wiek. | Miasto | Wynik Netto | Wynik Brutto | Tempo | Prędkość |
|---------|-------|-----------------------|-----------|---------------|------|------------|-----------|-------------|--------------|----------|------------|
| 1 | 25 | Jakubisiak | Renata | 1981 | K | K40-49 | Warszawa | 00:45:13,10 | 00:45:22,25 | 00:04:31 | 13,26 km/h |
| 2 | 10 | Boryceusz-Matusiak | Iwona | 1984 | K | K40-49 | Wołomin | 00:48:17,25 | 00:48:28,30 | 00:04:50 | 12,42 km/h |
| 3 | 123 | Wojtkiewicz | Anna | 1979 | K | K40-49 | KOBYŁKA | 00:49:07,35 | 00:49:20,30 | 00:04:55 | 12,21 km/h |
| 4 | 178 | Brysiacz | Marta | 1982 | K | K40-49 | Stasi Las | 00:50:01,70 | 00:50:06,85 | 00:05:00 | 11,99 km/h |
| 5 | 32 | Klimkiewicz-Sikora | Beata | 1976 | K | K40-49 | Legionowo | 00:50:51,30 | 00:50:57,90 | 00:05:05 | 11,79 km/h |
| 6 | 13 | Cimochowska-Świtalska | Magdalena | 1976 | K | K40-49 | Warszawa | 00:51:29,15 | 00:51:36,35 | 00:05:09 | 11,65 km/h |
| 7 | 7 | Basiak | Agnieszka | 1983 | K | K40-49 | Warszawa | 00:51:56,85 | 00:52:03,90 | 00:05:12 | 11,55 km/h |
| 8 | 86 | Piotrowska | Aneta | 1983 | K | K40-49 | Borawe | 00:52:45,45 | 00:52:50,75 | 00:05:17 | 11,37 km/h |
| 9 | 119 | Wesołowska | Monika | 1983 | K | K40-49 | NIEPORĘT | 00:53:02,90 | 00:53:04,35 | 00:05:18 | 11,31 km/h |
| 10 | 258 | Stryjecka | Agnieszka | 1978 | K | K40-49 | Jozefów | 00:53:13,85 | 00:53:20,50 | 00:05:19 | 11,27 km/h |
| 11 | 94 | Radomska | Urszula | 1979 | K | K40-49 | Jabłonna | 00:54:36,65 | 00:54:47,40 | 00:05:28 | 10,98 km/h |
| 12 | 23 | Jagoda | Teresa | 1977 | K | K40-49 | Legionowo | 00:55:02,95 | 00:55:07,45 | 00:05:30 | 10,89 km/h |
| 13 | 116 | Waszczyszyn | Bożena | 1978 | K | K40-49 | Jabłonna | 00:55:23,50 | 00:55:32,40 | 00:05:32 | 10,83 km/h |
| 14 | 76 | Nowicka | Urszula | 1978 | K | K40-49 | Warszawa | 00:55:41,20 | 00:55:48,95 | 00:05:34 | 10,77 km/h |
| 15 | 108 | Szczykowska | Kinga | 1981 | K | K40-49 | Czarna | 00:56:49,80 | 00:57:01,55 | 00:05:41 | 10,55 km/h |
| 16 | 62 | Matysiak | Agnieszka | 1981 | K | K40-49 | Warszawa | 00:58:23,15 | 00:58:29,60 | 00:05:50 | 10,27 km/h |
| 17 | 67 | Michnowska | Adriana | 1975 | K | K40-49 | Warszawa | 00:58:45,35 | 00:58:53,40 | 00:05:53 | 10,21 km/h |
| 18 | 61 | Matusiewicz | Karolina | 1978 | K | K40-49 | Chotomów | 00:59:17,75 | 00:59:29,95 | 00:05:56 | 10,11 km/h |
| 19 | 48 | Laskowska | Marzena | 1975 | K | K40-49 | Ząbki | 00:59:18,05 | 00:59:30,25 | 00:05:56 | 10,11 km/h |
| 20 | 220 | Michałowska | Anna | 1977 | K | K40-49 | | 01:00:52,00 | 01:01:01,05 | 00:06:05 | 9,85 km/h |
| 21 | 250 | Wardakowska | Anna | 1978 | K | K40-49 | Radzymin | 01:04:12,65 | 01:04:18,85 | 00:06:25 | 9,34 km/h |
| 22 | 109 | Szopiak | Katarzyna | 1980 | K | K40-49 | Jabłonna | 01:04:27,95 | 01:04:37,50 | 00:06:27 | 9,3 km/h |
| 23 | 85 | Piasta-Serafin | Natalia | 1979 | K | K40-49 | Jabłonna | 01:04:33,55 | 01:04:46,50 | 00:06:27 | 9,29 km/h |
| 24 | 20 | Górczak | Urszula | 1976 | K | K40-49 | Jabłonna | 01:06:10,95 | 01:06:21,85 | 00:06:37 | 9,06 km/h |

VII Bieg Niepodległości
Nieporęt 11.11.2024



Mężczyźni 10 km Kat. 40-49

| Miejsce | Numer | Nazwisko | Imię | Rok Urodzenia | Płeć | Kat. Wiek. | Miasto | Wynik Netto | Wynik Brutto | Tempo | Prędkość |
|---------|-------|--------------|--------------|---------------|------|------------|----------------------|-------------|--------------|----------|------------|
| 1 | 53 | Ładno | Marcin | 1979 | M | M40-49 | Skrzeszew | 00:39:17,40 | 00:39:20,25 | 00:03:56 | 15,27 km/h |
| 2 | 38 | Kościelski | Mateusz | 1976 | M | M40-49 | Kąty Węgierskie | 00:39:29,75 | 00:39:33,05 | 00:03:57 | 15,19 km/h |
| 3 | 18 | Głowacki | Paweł | 1981 | M | M40-49 | Serock | 00:39:30,30 | 00:39:33,45 | 00:03:57 | 15,18 km/h |
| 4 | 5 | Bałdyga | Tomasz | 1977 | M | M40-49 | Marki | 00:39:42,05 | 00:39:44,05 | 00:03:58 | 15,11 km/h |
| 5 | 111 | Tomczak | Marcin | 1980 | M | M40-49 | Ciechanów | 00:39:57,40 | 00:40:00,50 | 00:04:00 | 15,01 km/h |
| 6 | 44 | Kubiński | Artur | 1976 | M | M40-49 | Ożarów Mazowiecki | 00:42:56,85 | 00:42:59,40 | 00:04:18 | 13,97 km/h |
| 7 | 104 | Stańczak | Marcin | 1982 | M | M40-49 | Wołomin | 00:43:03,45 | 00:43:08,30 | 00:04:18 | 13,93 km/h |
| 8 | 245 | Kacprzak | Łukasz | 1982 | M | M40-49 | Warszawa | 00:43:21,55 | 00:43:30,00 | 00:04:20 | 13,83 km/h |
| 9 | 122 | Wojtkiewicz | Andrzej | 1975 | M | M40-49 | KOBYŁKA | 00:43:40,20 | 00:43:43,60 | 00:04:22 | 13,73 km/h |
| 10 | 84 | Pankowski | Grzegorz | 1982 | M | M40-49 | Warszawa | 00:44:09,85 | 00:44:15,40 | 00:04:25 | 13,58 km/h |
| 11 | 33 | Koperski | Krzysztof | 1979 | M | M40-49 | NIEPORĘT | 00:44:29,00 | 00:44:32,35 | 00:04:27 | 13,48 km/h |
| 12 | 27 | Jankowski | Paweł | 1984 | M | M40-49 | Legionowo | 00:45:15,65 | 00:45:24,20 | 00:04:32 | 13,25 km/h |
| 13 | 92 | Przeorski | Michał | 1980 | M | M40-49 | Stanisławów Pierwszy | 00:46:59,90 | 00:47:15,25 | 00:04:42 | 12,76 km/h |
| 14 | 81 | Olszewski | Michał | 1977 | M | M40-49 | Jabłonna | 00:47:09,25 | 00:47:18,30 | 00:04:43 | 12,72 km/h |
| 15 | 46 | Kucucha | Krzysztof | 1975 | M | M40-49 | NIEPORĘT | 00:47:26,65 | 00:47:28,05 | 00:04:45 | 12,64 km/h |
| 16 | 9 | Białokos | Kamil | 1978 | M | M40-49 | Warszawa | 00:47:37,50 | 00:47:45,95 | 00:04:46 | 12,59 km/h |
| 17 | 40 | Kozoń | Cezary | 1976 | M | M40-49 | Radzymin | 00:47:55,10 | 00:47:57,65 | 00:04:48 | 12,52 km/h |
| 18 | 177 | Kościuczuk | Piotr | 1977 | M | M40-49 | Ełk | 00:48:04,45 | 00:48:18,25 | 00:04:48 | 12,48 km/h |
| 19 | 89 | Pniewski | Rafał | 1976 | M | M40-49 | Warszawa | 00:48:51,50 | 00:48:56,15 | 00:04:53 | 12,28 km/h |
| 20 | 59 | Marciński | Marcin | 1983 | M | M40-49 | Warszawa | 00:49:30,70 | 00:49:39,00 | 00:04:57 | 12,11 km/h |
| 21 | 65 | Mazurkiewicz | Jakub | 1984 | M | M40-49 | Michałów-Reginów | 00:49:52,25 | 00:49:57,40 | 00:04:59 | 12,03 km/h |
| 22 | 55 | Łukasiewicz | Sylwester | 1977 | M | M40-49 | Wołomin | 00:50:05,60 | 00:50:17,70 | 00:05:01 | 11,97 km/h |
| 23 | 43 | Krzysztof | Szczypkowski | 1978 | M | M40-49 | | 00:50:10,90 | 00:50:22,15 | 00:05:01 | 11,95 km/h |
| 24 | 4 | Antonowicz | Maciek | 1983 | M | M40-49 | Kosewko | 00:50:10,95 | 00:50:21,60 | 00:05:01 | 11,95 km/h |
| 25 | 259 | Sryjecki | Marcin | 1979 | M | M40-49 | Jozefów | 00:52:55,45 | 00:53:03,00 | 00:05:18 | 11,33 km/h |
| 26 | 208 | Tomasik | Marek | 1979 | M | M40-49 | Warszawa | 00:53:21,30 | 00:53:29,75 | 00:05:20 | 11,24 km/h |
| 27 | 50 | Lechów | Marcin | 1978 | M | M40-49 | Marki | 00:53:47,05 | 00:54:00,65 | 00:05:23 | 11,15 km/h |
| 28 | 203 | Artur | Radomski | 1978 | M | M40-49 | Jabłonna | 00:54:34,05 | 00:54:47,95 | 00:05:27 | 10,99 km/h |
| 29 | 96 | Rogalski | Paweł | 1979 | M | M40-49 | Maków Mazowiecki | 00:56:15,45 | 00:56:17,45 | 00:05:38 | 10,66 km/h |
| 30 | 87 | Pietrucha | Krzysztof | 1982 | M | M40-49 | NIEPORĘT | 00:56:38,80 | 00:56:40,55 | 00:05:40 | 10,59 km/h |
| 31 | 95 | Rędzia | Michał | 1977 | M | M40-49 | Wołomin | 00:56:49,75 | 00:57:01,65 | 00:05:41 | 10,55 km/h |
| 32 | 242 | Winiarek | Michał | 1982 | M | M40-49 | | 00:57:58,60 | 00:58:09,75 | 00:05:48 | 10,34 km/h |
| 33 | 77 | Nowicki | Dariusz | 1978 | M | M40-49 | Warszawa | 00:58:05,10 | 00:58:13,70 | 00:05:49 | 10,32 km/h |
| 34 | 71 | Mosakowski | Jarosław | 1978 | M | M40-49 | NIEPORĘT | 00:58:30,00 | 00:58:35,95 | 00:05:51 | 10,25 km/h |
| 35 | 255 | Czyżak | Radostaw | 1981 | M | M40-49 | Stanisławów Pierwszy | 01:01:05,70 | 01:01:11,00 | 00:06:07 | 9,82 km/h |
| 36 | 125 | Wrzosek | Konrad | 1982 | M | M40-49 | Stanisławów Pierwszy | 01:02:19,15 | 01:02:23,05 | 00:06:14 | 9,62 km/h |

VII Bieg Niepodległości
Nieporęt 11.11.2024



Kobiety 10 km Kat. 50-59

| Miejsce | Numer | Nazwisko | Imię | Rok Urodzenia | Płeć | Kat. Wiek. | Miasto | Wynik Netto | Wynik Brutto | Tempo | Prędkość |
|---------|-------|----------------|------------|---------------|------|------------|----------------------|-------------|--------------|----------|------------|
| 1 | 74 | Nowak | Anna | 1972 | K | K50-59 | Radzymin | 00:50:11,60 | 00:50:14,45 | 00:05:01 | 11,95 km/h |
| 2 | 256 | Morawska | Agata | 1970 | K | K50-59 | Wołomin | 00:52:26,25 | 00:52:38,95 | 00:05:15 | 11,44 km/h |
| 3 | 17 | Gadomska | Małgorzata | 1970 | K | K50-59 | Warszawa | 00:53:30,00 | 00:53:41,55 | 00:05:21 | 11,21 km/h |
| 4 | 112 | Turczyńska | Monika | 1973 | K | K50-59 | Warszawa | 00:54:50,25 | 00:55:01,05 | 00:05:29 | 10,94 km/h |
| 5 | 1 | Adamczuk | Agnieszka | 1974 | K | K50-59 | Marki | 00:55:35,55 | 00:55:44,15 | 00:05:34 | 10,79 km/h |
| 6 | 209 | Florczuk | Paweł | 1974 | K | K50-59 | Warszawa | 00:57:23,85 | 00:57:30,40 | 00:05:44 | 10,45 km/h |
| 7 | 56 | MACIOŁEK | Adriana | 1974 | K | K50-59 | Stanisławów Pierwszy | 00:59:34,10 | 00:59:46,50 | 00:05:57 | 10,07 km/h |
| 8 | 117 | Wawrzynkiewicz | Paulina | 1971 | K | K50-59 | Legionowo | 01:04:33,20 | 01:04:45,95 | 00:06:27 | 9,29 km/h |

VII Bieg Niepodległości
Nieporęt 11.11.2024



Mężczyźni 10 km Kat. 50-59

| Miejsce | Numer | Nazwisko | Imię | Rok Urodzenia | Płeć | Kat. Wiek. | Miasto | Wynik Netto | Wynik Brutto | Tempo | Prędkość |
|---------|-------|--------------|----------------|---------------|------|------------|----------------------|-------------|--------------|----------|------------|
| 1 | 105 | Stradomski | Artur | 1974 | M | M50-59 | Marki | 00:39:44,05 | 00:39:46,05 | 00:03:58 | 15,1 km/h |
| 2 | 176 | Regulski | Dariusz | 1968 | M | M50-59 | Ostrołęka | 00:40:10,80 | 00:40:16,30 | 00:04:01 | 14,93 km/h |
| 3 | 68 | Michnowski | Sebastian | 1974 | M | M50-59 | Warszawa | 00:40:48,10 | 00:40:51,05 | 00:04:05 | 14,7 km/h |
| 4 | 70 | Mołodkiewicz | Zbigniew | 1973 | M | M50-59 | Warszawa | 00:42:23,65 | 00:42:27,00 | 00:04:14 | 14,15 km/h |
| 5 | 131 | Mostowski | Artur | 1973 | M | M50-59 | Warszawa | 00:44:14,75 | 00:44:18,15 | 00:04:25 | 13,56 km/h |
| 6 | 22 | HUNKIEWICZ | Wojciech | 1972 | M | M50-59 | Marki | 00:46:24,40 | 00:46:35,15 | 00:04:38 | 12,92 km/h |
| 7 | 79 | Olbryś | Stanisław Adam | 1967 | M | M50-59 | Nasielsk | 00:51:54,10 | 00:51:58,50 | 00:05:11 | 11,56 km/h |
| 8 | 41 | Krajewski | Przemysław | 1973 | M | M50-59 | Warszawa | 00:52:02,75 | 00:52:15,45 | 00:05:12 | 11,52 km/h |
| 9 | 90 | Podgórski | Marian Waclaw | 1968 | M | M50-59 | Nasielsk | 00:52:12,90 | 00:52:23,15 | 00:05:13 | 11,49 km/h |
| 10 | 37 | Korzeniewski | Janusz | 1968 | M | M50-59 | Ludwinów | 00:52:25,75 | 00:52:30,70 | 00:05:15 | 11,44 km/h |
| 11 | 24 | Jagoda | Grzegorz | 1974 | M | M50-59 | Legionowo | 00:55:03,30 | 00:55:08,35 | 00:05:30 | 10,89 km/h |
| 12 | 98 | SERAFIN | Marcin | 1974 | M | M50-59 | Stanisławów Pierwszy | 01:03:43,20 | 01:03:55,70 | 00:06:22 | 9,41 km/h |

VII Bieg Niepodległości
Nieporęt 11.11.2024



Kobiety 10 km Kat. 60+

| Miejsce | Numer | Nazwisko | Imię | Rok Urodzenia | Płeć | Kat. Wiek. | Miasto | Wynik Netto | Wynik Brutto | Tempo | Prędkość |
|---------|-------|----------|---------|---------------|------|------------|----------|-------------|--------------|----------|-----------|
| 1 | 60 | Marczak | Grażyna | 1953 | K | K60+ | Warszawa | 01:01:58,05 | 01:02:09,00 | 00:06:12 | 9,68 km/h |

VII Bieg Niepodległości
Nieporęt 11.11.2024



Mężczyźni 10 km Kat. 60+

| Miejsce | Numer | Nazwisko | Imię | Rok Urodzenia | Płeć | Kat. Wiek. | Miasto | Wynik Netto | Wynik Brutto | Tempo | Prędkość |
|---------|-------|------------|-----------|---------------|------|------------|-----------|-------------|--------------|----------|------------|
| 1 | 115 | Waligórski | Krzysztof | 1964 | M | M60+ | Marki | 00:57:15,95 | 00:57:24,85 | 00:05:44 | 10,47 km/h |
| 2 | 252 | Gramann | Andrzej | 1949 | M | M60+ | Krubin | 01:03:11,65 | 01:03:17,30 | 00:06:19 | 9,49 km/h |
| 3 | 100 | Skakluk | Jan | 1951 | M | M60+ | Legionowo | 01:05:27,30 | 01:05:37,60 | 00:06:33 | 9,16 km/h |