



# 100. PZLA Mistrzostwa Polski

BYDGOSZCZ, 27-29 czerwca 2024



## Wyniki konkurencji-międzyczasy

### 10000 m chód K

POLISH RECORD(U23)	<b>47:00.16</b>	KWOKA Katarzyna	Resovia Rzeszów	Kraków	07-04-14
POLISH RECORD(U23)	<b>44:27</b>	KORZENIOWSKA Sylwia	niestowarzyszona	Iwano-Frankiwsk (UK	02-10-05
POLISH RECORD(U20)	<b>46:31.38</b>	ZDZIEBŁO Katarzyna	LKS Stal Mielec	Eskilstuna (SWE)	15-07-16
POLISH RECORD(U20)	<b>46:04</b>	ZDZIEBŁO Katarzyna	LKS Stal Mielec	Zaniemyśl - U	15-04-18
POLISH RECORD(U18)	<b>47:55</b>	MIELCAREK Anna	AZS Poznań	Leamington (GBR) -	07-05-20
POLISH RECORD(U18)	<b>53:44.1r</b>	NIEWÓJT Barbara	AZS Katowice	Warszawa	85-10-12

Miejsce	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Reakcja	Wynik
	400m						
	800m						
	1200m						
	1600m						
	2000m						
	2400m						
	2800m						
	3200m						
	3600m						
	4000m						
	4400m						
	4800m						
	5000m						
	5400m						
	5800m						
	6200m						
	6600m						
	7000m						
	7400m						
	7800m						
	8200m						
	8600m						
	9000m						
	9400m						

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Start: 24-06-29 09:00:15

1	7	320	Olga CHOJECKA		97-06-30	WLKS Nowe Iganie(MZ)		44:05.09		40														
1:43.13 (1:43.13)	3:27.21 (1:44.08)	5:11.55 (1:44.35)	6:56.17 (1:44.63)	8:41.41 (1:45.24)	10:27.50 (1:46.09)	12:13.30 (1:45.81)	14:00.21 (1:46.91)	15:47.26 (1:47.06)	17:32.98 (1:45.72)	19:20.15 (1:47.17)	21:08.61 (1:48.46)	22:55.51 (1:46.90)	24:42.66 (1:47.16)	26:29.43 (1:46.77)	28:16.24 (1:46.81)	30:03.47 (1:47.24)	31:50.12 (1:46.65)	33:36.12 (1:46.00)	35:21.96 (1:45.85)	37:07.41 (1:45.46)	38:53.36 (1:45.95)	40:39.16 (1:45.81)	42:24.64 (1:45.48)	
2	6	493	Agnieszka ELLWARD		89-03-26	WKS Flota Gdynia(PM)		46:22.97		35														
1:59.12 (1:59.12)	3:50.31 (1:51.19)	5:38.73 (1:48.42)	7:28.92 (1:50.19)	9:18.74 (1:49.83)	11:10.14 (1:51.41)	13:00.99 (1:50.85)	14:49.87 (1:48.88)	16:38.76 (1:48.90)	18:28.09 (1:49.33)	20:18.86 (1:50.77)	22:08.51 (1:49.66)	23:59.02 (1:50.51)	25:50.58 (1:51.57)	27:41.99 (1:51.42)	29:33.33 (1:51.34)	31:25.18 (1:51.86)	33:16.55 (1:51.38)	35:10.35 (1:53.81)	37:02.45 (1:52.10)	38:55.20 (1:52.76)	40:47.80 (1:52.60)	42:41.49 (1:53.70)	44:36.15 (1:54.67)	
3	5	162	Magdalena ŻELAZNA		04-04-16	AZS-AWF Gorzów(LB)		47:53.12		30														
1:59.34 (1:59.34)	3:50.57 (1:51.24)	5:38.99 (1:48.42)	7:29.21 (1:50.23)	9:19.07 (1:49.86)	11:10.51 (1:51.44)	13:01.32 (1:50.81)	14:54.08 (1:52.77)	16:48.45 (1:54.37)	18:43.77 (1:55.33)	20:39.15 (1:55.38)	22:35.24 (1:56.10)	24:31.44 (1:56.20)	26:27.26 (1:55.82)	28:23.74 (1:56.49)	30:20.68 (1:56.94)	32:17.10 (1:56.42)	34:12.92 (1:55.83)	36:08.70 (1:55.78)	38:05.02 (1:56.33)	40:03.99 (1:58.97)	42:05.40 (2:01.41)	44:07.29 (2:01.90)	46:05.64 (1:58.35)	
4	2	648	Kinga WALERIAŃCZYK		02-08-19	KMKL Sztorm Kołobrzeg(ZP)		50:04.76		26														
2:01.48 (2:01.48)	3:59.93 (1:58.45)	5:58.84 (1:58.91)	7:59.25 (2:00.41)	9:59.59 (2:00.35)	12:01.05 (2:01.46)	14:02.30 (2:01.26)	15:58.86 (1:56.56)	17:57.07 (1:58.21)	19:57.11 (2:00.04)	21:56.79 (1:59.69)	23:58.09 (2:01.30)	25:59.13 (2:01.05)	28:00.52 (2:01.39)	30:03.13 (2:02.61)	32:03.38 (2:00.25)	34:04.92 (2:01.55)	36:07.88 (2:02.96)	38:10.81 (2:02.93)	40:13.71 (2:02.91)	42:11.29 (1:57.58)	44:09.96 (1:58.67)	46:10.60 (2:00.64)	48:09.32 (1:58.73)	
5	3	145	Izabela KRZYŻANOWSKA		04-02-25	ALKS AJP Gorzów Wlkp.(LB)		50:36.92		22														
2:01.05 (2:01.05)	3:59.52 (1:58.47)	5:58.36 (1:58.85)	7:58.81 (2:00.45)	9:59.02 (2:00.21)	12:00.65 (2:01.64)	14:01.47 (2:00.82)	15:57.91 (1:56.45)	17:56.22 (1:58.32)	19:56.23 (2:00.01)	21:56.02 (1:59.79)	23:57.28 (2:01.26)	25:58.44 (2:01.17)	28:00.42 (2:01.98)	30:02.77 (2:02.35)	32:02.99 (2:00.23)	34:04.62 (2:01.63)	36:07.66 (2:03.04)	38:10.44 (2:02.79)	40:14.97 (2:04.54)	42:21.02 (2:06.06)	44:23.17 (2:02.15)	46:29.42 (2:06.26)	48:35.08 (2:05.66)	
6	1	578	Amelia BŁĄŻEJSKA		03-03-31	OŚ AZS Poznań(WP)		53:45.15		18														
2:04.55 (2:04.55)	4:12.40 (2:07.85)	6:21.03 (2:08.64)	8:29.62 (2:08.59)	10:36.65 (2:07.04)	12:43.45 (2:06.80)	14:51.31 (2:07.87)	16:57.98 (2:06.67)	19:07.27 (2:09.29)	21:15.11 (2:07.84)	23:23.75 (2:08.64)	25:34.33 (2:10.59)	27:45.26 (2:10.93)	29:56.86 (2:11.61)	32:07.68 (2:10.83)	34:17.76 (2:10.08)	36:28.27 (2:10.52)	38:39.74 (2:11.47)	40:50.53 (2:10.80)	43:02.18 (2:11.66)	45:13.04 (2:10.86)	47:23.61 (2:10.57)	49:31.05 (2:07.44)	51:39.04 (2:08.00)	
	4	390	Anna ZDZIEBŁO		01-11-20	LKS Stal Mielec(PK)		DNF																
			5:58.14 (5:58.14)	7:58.54 ( )	9:58.69 (2:00.16)	12:00.45 (2:01.77)	14:01.91 (2:01.46)	15:58.46 (1:56.56)	17:56.66 (1:58.21)	19:56.73 (2:00.07)	21:56.45 (1:59.73)	23:57.69 (2:01.24)	25:58.56 (2:00.88)											



Ministerstwo Sportu i Turystyki



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6600m	7000m	7400m	7800m	8200m	8600m	9000m	9400m

Międzyczasy							
1000m	320	Olga CHOJECKA	<b>4:19.0</b>	5000m	320	Olga CHOJECKA	<b>22:02.25</b>
2000m	320	Olga CHOJECKA	<b>8:41.37</b>	6000m	320	Olga CHOJECKA	<b>26:29.38</b>
3000m	320	Olga CHOJECKA	<b>13:06.67</b>	7000m	320	Olga CHOJECKA	<b>30.56.47</b>
4000m	320	Olga CHOJECKA	<b>17.32.98</b>	8/9km	320	Olga CHOJECKA	<b>35:21/39:46</b>



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TVP SPORT

