



# 100. PZLA Mistrzostwa Polski

BYDGOSZCZ, 27-29 czerwca 2024



## Wyniki konkurencji-międzyczasy

### 3000 m przeszkody K

WORLD RECORD(Open)	<b>8:44.32</b>	CHEPKOECH Beatrice	KEN	Monaco (MON)	18-07-20
EUROPEAN RECORD(Open)	<b>8:58.81</b>	SAMITOVA-GALKINA Gulna	RUS	Beijing (CHN)	08-08-17
POLISH RECORD(Open)	<b>9:17.15</b>	FRANKIEWICZ Wioletta	AZS-AWF Kraków	Athens (GRE)	06-07-03
POLISH RECORD(U23)	<b>9:39.40</b>	KOWALSKA Katarzyna	Vectra Włocławek	Debreczyn (HUN)	07-07-15
POLISH RECORD(U20)	<b>10:00.58</b>	KONIECZEK Aneta	WMLKS Nadodrze Powodowo	Bydgoszcz	16-07-22
Min. OG(Open)	<b>9:23.00</b>			Paris (FRA)	24-08-01

Miejsce	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Reakcja	Wynik	
	200m	400m	600m	800m	1000m	1200m	1400m	1600m
	1800m	2000m	2200m	2400m	2600m	2800m	3000m	

#### Bieg 1/1

Start: 24-06-27 20:27:08

<b>1</b>	12	590	<b>Alicja KONIECZEK</b>	94-11-02	OŚ AZS Poznań(WP)		<b>9:32.08</b>		40
	36.28 (36.28)	1:13.82 (37.55)	1:51.71 (37.89)	2:29.77 (38.07)	3:07.58 (37.81)	3:46.40 (38.83)	4:25.20 (38.80)	5:03.61 (38.41)	
	5:42.97 (39.36)	6:21.50 (38.54)	6:59.91 (38.41)	7:38.20 (38.30)	8:17.07 (38.87)	8:55.12 (38.05)	9:32.08 (36.96)		
<b>2</b>	10	631	<b>Aneta KONIECZEK</b>	97-06-08	WMLKS Nadodrze Powodowo(WP)		<b>9:32.36</b>	SB	35
			1:50.60 (1:50.60)	2:28.82 (38.23)	3:06.85 (38.03)	3:45.90 (39.05)	4:24.67 (38.77)	5:03.12 (38.45)	
	5:41.87 (38.75)	6:20.37 (38.51)	6:58.62 (38.25)	7:37.75 (39.14)	8:16.69 (38.95)	8:54.70 (38.01)	9:32.36 (37.66)		
<b>3</b>	7	101	<b>Patrycja KAPAŁA</b>	97-03-26	AZS UMCS Lublin(LU)		<b>9:42.09</b>	PB	30
	36.58 (36.58)	1:14.57 (38.00)	1:52.42 (37.85)	2:30.50 (38.08)	3:09.14 (38.65)	3:47.73 (38.60)	4:26.99 (39.26)	5:06.22 (39.24)	
	5:45.96 (39.74)	6:26.14 (40.19)	7:05.84 (39.70)	7:45.61 (39.77)	8:25.36 (39.76)	9:04.64 (39.28)	9:42.09 (37.45)		
<b>4</b>	11	203	<b>Kinga KRÓLIK</b>	99-09-26	UKS Azymut Pabianice(LD)		<b>9:44.48</b>		26
	36.31 (36.31)	1:13.89 (37.58)	1:52.07 (38.19)	2:30.14 (38.07)	3:08.36 (38.22)	3:47.17 (38.81)	4:26.10 (38.93)	5:05.67 (39.57)	
	5:45.65 (39.99)	6:26.54 (40.90)	7:09.34 (42.81)	7:52.14 (42.80)	8:31.36 (39.23)	9:08.75 (37.39)	9:44.48 (35.73)		
<b>5</b>	9	218	<b>Agnieszka CHORZĘPA</b>	01-01-14	KS AZS AWF Warszawa(MZ)		<b>9:55.95</b>	SB	22
	36.66 (36.66)	1:14.51 (37.86)	1:52.82 (38.31)	2:30.83 (38.02)	3:10.02 (39.19)	3:49.50 (39.48)	4:29.79 (40.29)	5:10.34 (40.56)	
	5:51.17 (40.84)	6:32.19 (41.02)	7:13.89 (41.70)	7:56.00 (42.12)	8:37.35 (41.35)	9:18.01 (40.66)	9:55.95 (37.95)		
<b>6</b>	6	420	<b>Martyna KRAWCZYŃSKA</b>	04-11-21	KS Prefbet-Sonarol(PD)		<b>9:58.60</b>	PB	18
	37.14 (37.14)	1:15.17 (38.04)	1:53.53 (38.36)	2:32.66 (39.14)	3:12.66 (40.00)	3:52.83 (40.17)	4:33.62 (40.79)	5:14.43 (40.82)	
	5:56.24 (41.82)	6:38.04 (41.80)	7:19.86 (41.83)	8:02.31 (42.45)	8:43.33 (41.03)	9:23.11 (39.78)	9:58.60 (35.49)		
<b>7</b>	8	449	<b>Julia KORALEWSKA</b>	02-02-17	AZS-AWFiS Gdańsk(PM)		<b>10:20.08</b>		15

Strona 1 z 2

Druk: 24-06-27 23:31:57

DNS-nie wyst., DNF-nie ukoń., DQ-dyskw., NM-bez wyn., PB-r.życ., SB-r.sez., Q,q-awans, YC-żółta kartka

BYDGOSZCZ 2024

Przygotowanie: DomTel Sport Timing Słupsk, tel. 602 314171 www.domtel-sport.pl



Ministerstwo Sportu i Turystyki



Okęcie



Nestlé

TVP SPORT



# 3000 m przeszkody K

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	200m	400m	600m	800m	1000m	1200m	1400m	1600m
	1800m	2000m	2200m	2400m	2600m	2800m	3000m	

<b>8</b>	2	69	<b>Emilia MIKSZUTA</b>	01-08-01	LUKS Start Nakło(KP)		<b>10:27.67</b>	13
	37.42 (37.42)	1:16.14 (38.73)	1:56.46 (40.33)	2:37.55 (41.09)	3:19.66 (42.11)	4:01.46 (41.81)	4:44.65 (43.19)	5:27.46 (42.82)
	6:10.56 (43.11)	6:53.37 (42.81)	7:36.91 (43.54)	8:20.06 (43.16)	9:03.26 (43.21)	9:45.58 (42.32)	10:27.67 (42.09)	

<b>9</b>	1	597	<b>Julia PAWEŁCZYK</b>	02-03-26	OŚ AZS Poznań(WP)		<b>10:32.85</b>	PB 8
	37.70 (37.70)	1:16.07 (38.37)	1:56.33 (40.27)	2:38.05 (41.72)	3:20.30 (42.26)	4:03.12 (42.82)	4:46.18 (43.07)	5:29.02 (42.84)
	6:12.68 (43.67)	6:55.94 (43.26)	7:41.11 (45.18)	8:25.07 (43.96)	9:09.48 (44.42)	9:52.85 (43.37)	10:32.85 (40.00)	

<b>10</b>	5	548	<b>Maja PERYT</b>	04-05-07	KLKS Juventa-Cerrad Starachowice(SK)		<b>10:36.00</b>	PB 5
			1:56.54 (1:56.54)	2:37.21 (40.67)	3:19.52 (42.31)	4:01.68 (42.17)	4:44.94 (43.26)	5:28.82 (43.89)
	6:12.97 (44.15)	6:58.00 (45.04)	7:44.82 (46.82)	8:28.05 (43.24)	9:11.69 (43.64)	9:53.69 (42.01)	10:36.00 (42.31)	

<b>11</b>	4	385	<b>Natalia CYGAN</b>	05-05-25	KKL Stal Stalowa Wola(PK)		<b>11:11.55</b>	3
	38.13 (38.13)	1:17.32 (39.20)	1:58.91 (41.59)	2:43.37 (44.47)	3:29.76 (46.39)	4:15.16 (45.41)	5:01.99 (46.84)	5:48.49 (46.50)
	6:36.21 (47.72)	7:23.44 (47.23)	8:12.03 (48.60)	9:00.82 (48.79)	9:47.96 (47.14)	10:31.78 (43.82)	11:11.55 (39.78)	

<b>12</b>	3	309	<b>Zofia ŚWIĄTKOWSKA</b>	98-01-26	RLTL GGG Radom(MZ)		<b>12:14.39</b>	7
	38.43 (38.43)	1:16.99 (38.56)	1:58.67 (41.69)	2:43.56 (44.89)	3:30.16 (46.60)	4:16.79 (46.64)	5:06.90 (50.11)	5:58.65 (51.76)
	6:51.56 (52.91)	7:44.85 (53.29)	8:39.82 (54.98)	9:33.24 (53.42)	10:26.99 (53.75)		12:14.39	

1000m	590	Alicja KONIECZEK	<b>3:07.63</b>
2000m	631	Aneta KONIECZEK	<b>6:21.08</b>

**Legenda:**  
PB -rekord życiowy



Ministerstwo  
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