



100. PZLA Mistrzostwa Polski

BYDGOSZCZ, 27-29 czerwca 2024



Wyniki konkurencji-międzcasy

5000 metrów K

| | | | | | |
|-----------------------|------------------|-------------------|-------------------------|-----------------|----------|
| WORLD RECORD(Open) | 14:00.21 | TSEGAY Gudaf | ETH | Eugene (USA) | 23-09-17 |
| EUROPEAN RECORD(Open) | 14:13.42 | HASSAN Sifan | NED | London (GBR) | 23-07-23 |
| POLISH RECORD(Open) | 15:04.88 | CHOJECKA Lidia | Pogoń Siedlce | Berlin (GER) | 02-09-06 |
| POLISH RECORD(U23) | 15:28.13* | BREZA Olimpia | KUKS Remus Kościerzyna | Karlsruhe (GER) | 24-05-11 |
| POLISH RECORD(U23) | 15:32.89 | DUDEK Zofia | MKS Polonia Warszawa | Azusa (USA) | 23-04-14 |
| POLISH RECORD(U20) | 15:55.78* | WIERNICKA Zuzanna | RKS Łódź | Ciechanów | 24-06-01 |
| POLISH RECORD(U20) | 16:07.34 | BIELAK Natalia | KS SMS Szklarska Poręba | Piaseczno | 21-06-05 |
| Min. OG(Open) | 14:52.00 | | | Paris (FRA) | 24-08-01 |

| Miejsce | Tor | Numer | Imię i nazwisko | Data ur. | Klub (woj) | Reakcja | Wynik |
|---------|-----|-------|-----------------|----------|------------|---------|--------------|
| | | | 400m | | | | 800m |
| | | | 3600m | | | | 4000m |
| | | | 1200m | | | | 1600m |
| | | | 4400m | | | | 4800m |
| | | | 2000m | | | | 2400m |
| | | | 5000m | | | | 2800m |
| | | | | | | | 3200m |

Bieg 1/1

Start: 24-06-29 08:25:17

| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|----------------------------|---------------------|----------------------------|------------------------|------------------------|---------------------------|----------------------------|
| 1 | 14 | 20 | 8 | 7 | 5 | 15 |
| 475 | 528 | 474 | 101 | 418 | 218 | 420 |
| Weronika LIZAKOWSKA | Eliza MEGGER | Olimpia BREZA | Patrycja KAPAŁA | Monika DUBIELLA | Agnieszka CHORZĘPA | Martyna KRAWCZYŃSKA |
| 98-11-02 | 99-08-29 | 02-02-14 | 97-03-26 | 00-05-02 | 01-01-14 | 04-11-21 |
| KUKS Remus Kościerzyna(PM) | LKS Pszczyna(SL) | KUKS Remus Kościerzyna(PM) | AZS UMCS Lublin(LU) | KS Prefbet-Sonarol(PD) | KS AZS AWF Warszawa(MZ) | KS Prefbet-Sonarol(PD) |
| 15:38.15 | 15:45.47 | 15:53.07 | 16:08.65 | 16:13.73 | 16:14.55 | 16:19.49 |
| 40 | PB 35 | 30 | 26 | PB 22 | PB 18 | PB 15 |
| 11:22.32 (1:17.00) | 11:27.60 (1:17.77) | 11:27.34 (1:17.77) | 11:38.88 (1:19.60) | 11:39.07 (1:19.50) | 11:41.69 (1:20.02) | 11:49.68 (1:19.36) |
| 2:30.76 (2:30.76) | 2:31.47 (1:17.52) | 2:30.56 (1:17.55) | 3:46.56 () | 2:31.74 (1:17.61) | 2:32.00 (2:32.00) | 2:32.45 (1:17.72) |
| 3:43.44 | 3:44.70 (1:13.24) | 3:43.40 (1:12.84) | 5:04.40 (1:17.84) | 3:45.09 (1:13.35) | 3:46.90 | 3:48.80 (1:16.35) |
| 4:58.90 (1:15.46) | 4:59.35 (1:14.65) | 4:58.68 (1:15.28) | 6:22.32 (1:17.93) | 5:01.31 (1:16.23) | 5:04.71 (1:17.81) | 5:09.38 (1:20.59) |
| 6:15.90 (1:17.01) | 6:16.31 (1:16.97) | 6:16.10 (1:17.42) | 7:41.16 (1:18.85) | 6:20.44 (1:19.13) | 6:22.40 (1:17.70) | 6:29.93 (1:20.55) |
| 7:32.90 (1:17.00) | 7:34.25 (1:17.94) | 7:33.93 (1:17.84) | 9:00.11 (1:18.95) | 7:39.44 (1:19.00) | 7:42.25 (1:19.85) | 7:49.48 (1:19.55) |
| 8:49.30 (1:16.40) | 8:51.19 (1:16.94) | 8:50.81 (1:16.88) | 10:19.28 (1:19.18) | 8:58.82 (1:19.39) | 9:02.22 (1:19.98) | 9:09.83 (1:20.35) |
| 10:05.32 (1:16.03) | 10:09.83 (1:18.65) | 10:09.57 (1:18.77) | 16:08.65 (34.46) | 10:19.58 (1:20.76) | 10:21.67 (1:19.45) | 10:30.32 (1:20.49) |
| 15:38.15 (31.95) | 15:45.47 (33.28) | 15:53.07 (35.89) | | 16:13.73 (37.33) | 16:14.55 (35.30) | 16:19.49 (32.82) |

Strona 1 z 3

Druk: 24-06-29 09:21:19

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



5000 metrów K

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| POLISH RECORD(U20) | 15:55.78* | WIERNICKA Zuzanna | RKS Łódź | Ciechanów | 24-06-01 |
| POLISH RECORD(U20) | 16:07.34 | BIELAK Natalia | KS SMS Szklarska Poręba | Piaseczno | 21-06-05 |
| Min. OG(Open) | 14:52.00 | | | Paris (FRA) | 24-08-01 |

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 | | | |

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| 8 | 16 | 504 | Wiktoria KLĘBOWSKA | 00-01-20 | KS AZS AWF Katowice(SL) | | 16:20.01 | PB | 13 |
| 1:15.71 (1:15.71) | 2:33.50 (1:17.80) | 3:50.15 (1:16.65) | 5:09.23 (1:19.09) | 6:29.81 (1:20.58) | 7:49.24 (1:19.44) | 9:09.62 (1:20.38) | 10:29.78 (1:20.17) | | |
| 11:49.56 (1:19.78) | 13:10.19 (1:20.63) | 14:30.22 (1:20.04) | 15:46.51 (1:16.29) | 16:20.01 (33.50) | | | | | |

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| 9 | 6 | 477 | Beata NIEMYJSKA | 01-02-09 | LKS Zantyr Sztum(PM) | | 16:21.30 | PB | 8 |
| 1:15.89 (1:15.89) | 2:33.81 (1:17.92) | 3:50.47 (1:16.67) | 5:08.33 (1:17.87) | 6:27.24 (1:18.91) | 7:46.83 (1:19.60) | 9:05.88 (1:19.05) | 10:25.21 (1:19.34) | | |
| 11:45.59 (1:20.38) | 13:06.10 (1:20.52) | 14:27.10 (1:21.00) | 15:45.01 (1:17.91) | 16:21.30 (36.30) | | | | | |

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| 10 | 3 | 165 | Malwina MISJAN | 96-06-27 | KS Team Baryła Gorzów(LB) | | 16:34.38 | PB | 5 |
| | | | | 5:09.63 (5:09.63) | 6:30.22 (1:20.60) | 7:51.61 (1:21.39) | 9:14.31 (1:22.70) | 10:37.25 (1:22.95) | |
| 11:59.39 (1:22.14) | 13:21.36 (1:21.98) | 14:41.75 (1:20.39) | 15:59.22 (1:17.48) | 16:34.38 (35.16) | | | | | |

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| 11 | 18 | 434 | Katarzyna NOWAKOWSKA | 03-10-21 | AML Słupsk(PM) | | 16:42.77 | | 3 |
| 1:15.45 (1:15.45) | 2:33.20 (1:17.76) | 3:49.84 (1:16.64) | 5:09.11 (1:19.28) | 6:29.55 (1:20.44) | 7:49.31 (1:19.77) | 9:09.58 (1:20.27) | 10:29.90 (1:20.33) | | |
| 11:49.57 (1:19.67) | 13:10.49 (1:20.93) | 14:36.96 (1:26.47) | 16:03.22 (1:26.26) | 16:42.77 (39.55) | | | | | |

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| 12 | 19 | 402 | Małgorzata KARPIUK | 03-01-04 | KS Podlasie Białystok(PD) | | 16:43.39 | | 1 |
| 1:15.01 (1:15.01) | 2:32.22 (1:17.22) | 3:45.83 (1:13.61) | 5:03.94 (1:18.12) | 6:22.30 (1:18.36) | 7:42.63 (1:20.34) | 9:06.40 (1:23.77) | 10:30.08 (1:23.69) | | |
| 11:55.13 (1:25.05) | 13:21.73 (1:26.61) | 14:44.73 (1:23.00) | 16:06.36 (1:21.63) | 16:43.39 (37.03) | | | | | |

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| 13 | 4 | 26 | Martyna MASŁOWSKA | 90-02-03 | ULKS Bystrzyca Kłodzka(DS) | | 16:46.09 | PB | |
| | | | | 6:42.92 (6:42.92) | 8:03.72 (1:20.80) | 9:25.01 (1:21.29) | 10:46.16 (1:21.15) | | |
| 12:07.88 (1:21.73) | 13:29.58 (1:21.70) | 14:50.55 (1:20.97) | 16:10.65 (1:20.11) | 16:46.09 (35.44) | | | | | |

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| 14 | 17 | 449 | Julia KORALEWSKA | 02-02-17 | AZS-AWFIS Gdańsk(PM) | | 16:57.84 | | |
| 1:13.66 (1:13.66) | 2:31.11 (1:17.46) | 3:45.38 (1:14.28) | 5:02.94 (1:17.56) | 6:22.51 (1:19.58) | 7:45.02 (1:22.51) | 9:09.82 (1:24.80) | 10:33.51 (1:23.70) | | |
| 11:59.93 (1:26.42) | 13:27.69 (1:27.77) | 14:53.34 (1:25.65) | 16:17.90 (1:24.56) | 16:57.84 (39.95) | | | | | |

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| 15 | 12 | 409 | Izabela PARSZCZYŃSKA | 88-09-19 | KS Podlasie Białystok(PD) | | 17:18.33 | SB | |
| 1:22.71 (1:22.71) | 2:44.95 (1:22.24) | 4:07.17 (1:22.22) | 5:29.24 (1:22.07) | 6:51.75 (1:22.52) | 8:15.66 (1:23.91) | 9:39.70 (1:24.04) | 11:02.76 (1:23.07) | | |
| 12:27.20 (1:24.44) | 13:52.36 (1:25.17) | 15:17.65 (1:25.29) | 16:40.40 (1:22.76) | 17:18.33 (37.93) | | | | | |

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| 16 | 2 | 319 | Martyna BUDZIŁEK | 96-01-07 | UKS Siódemka Ostrołęka(MZ) | | 17:31.65 | | |
| | 2:44.50 (2:44.50) | 4:06.56 | 5:28.93 (1:22.37) | 6:51.66 (1:22.74) | 8:16.13 (1:24.47) | 9:42.70 (1:26.57) | 11:09.04 (1:26.35) | | |
| 12:35.38 (1:26.34) | 14:02.95 (1:27.57) | 15:28.85 (1:25.91) | 16:53.24 (1:24.39) | 17:31.65 (38.41) | | | | | |



