



# 101. PZLA Mistrzostwa Polski

## BYDGOSZCZ, 22-23 sierpnia 2025



### Wyniki konkurencji-międzychasy

## 10000 metrów chód M

Rekord Polski(U23)	<b>39:28.97</b>	MÜLLER Jacek	Lechia Gdańsk	Sopot	93-06-20
Rekord Polski(U20)	<b>40:10</b>	KUCIŃSKI Benjamin	AZS-AWF Katowice	Kraków - U	01-06-09
Rekord Polski(U20)	<b>40:42.83</b>	MÜLLER Jacek	Lechia Gdańsk	Zabrze	91-07-25

Miejsca	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Reakcja	Wynik	
	2000m	2400m	2800m	3200m	3600m	4000m	4400m	4800m
	5200m	5600m	6000m	6400m	6800m	7200m	7600m	8000m
	8400m	8800m	9200m	9600m	10000m			

### Bieg 1/1

Start: 25-08-23 08:09:25

1	12	199	Maher BEN HLIMA	89-07-24	RKS Łódź(LD)	38:32.20	PB	40
	9:28.65 (9:28.65)	11:01.22 (1:32.58)	12:34.56 (1:33.34)	14:07.39 (1:32.83)	15:40.08 (1:32.69)	17:11.90 (1:31.82)	18:44.09 (1:32.19)	
	20:14.95 (1:30.87)	21:46.58 (1:31.63)	23:18.17 (1:31.60)	24:50.24 (1:32.07)	26:23.57 (1:33.33)	27:55.69 (1:32.13)	29:26.29 (1:30.60)	30:58.77 (1:32.48)
	32:30.89 (1:32.12)	34:03.00 (1:32.12)	35:34.02 (1:31.02)	37:04.41 (1:30.40)	38:32.20 (1:27.80)			
2	7	83	Arkadiusz SCHIEDEL	00-08-17	MLKS Nadwiślanin Chełmno(KP)	42:28.61	PB	35
	10:03.97 (10:03.97)	11:43.48 (1:39.52)	13:22.43 (1:38.95)	15:02.00 (1:39.58)	16:41.99 (1:39.99)	18:22.32 (1:40.34)	20:01.46 (1:39.15)	
	21:41.71 (1:40.25)	23:22.35 (1:40.65)	25:08.34 (1:45.99)	26:55.96 (1:47.62)	28:44.90 (1:48.95)	30:29.46 (1:44.56)	32:11.77 (1:42.32)	33:56.15 (1:44.38)
	35:37.78 (1:41.64)	37:20.10 (1:42.32)	39:01.23 (1:41.13)	40:43.28 (1:42.05)	42:28.61 (1:45.33)			
3	10	297	Ernest PRZESTRZELSKI	06-09-23	WLKS Nowe Iganie(MZ)	43:55.92	PB ~	30
	10:38.07 (10:38.07)	12:24.87 (1:46.80)	14:09.44 (1:44.57)	15:54.81 (1:45.38)	17:41.08 (1:46.27)	19:26.80 (1:45.72)	21:15.15 (1:48.35)	
	23:02.51 (1:47.37)	24:47.52 (1:45.01)	26:32.32 (1:44.80)	28:17.37 (1:45.06)	30:01.08 (1:43.71)	31:44.44 (1:43.37)	33:27.15 (1:42.71)	35:12.06 (1:44.91)
	36:57.31 (1:45.25)	38:43.16 (1:45.86)	40:28.37 (1:45.21)	42:12.57 (1:44.21)	43:55.92 (1:43.36)			
4	9	357	Kacper ŁUC	05-03-10	MKS Stal Nowa Dęba(PK)	44:11.87	~	26
	10:37.69 (10:37.69)	12:24.29 (1:46.61)	14:09.07 (1:44.79)	15:54.83 (1:45.76)	17:40.77 (1:45.95)	19:27.16 (1:46.39)	21:15.52 (1:48.36)	
	23:02.18 (1:46.67)	24:47.24 (1:45.07)	26:32.02 (1:44.78)	28:17.07 (1:45.06)	30:04.13 (1:47.06)	31:51.67 (1:47.54)	33:37.41 (1:45.74)	35:24.87 (1:47.46)
	37:13.01 (1:48.15)	39:00.23 (1:47.22)	40:44.88 (1:44.66)	42:29.51 (1:44.64)	44:11.87 (1:42.36)			
5	2	341	Dawid TOMALA	89-08-27	AZS KU Politechniki Opolskiej Opole(OP)	45:02.40		22
	10:39.96 (10:39.96)	12:26.24 (1:46.28)	14:12.89 (1:46.65)	16:01.55 (1:48.67)	17:51.12 (1:49.57)	19:40.04 (1:48.93)	21:29.41 (1:49.38)	
	23:18.38 (1:48.97)	25:06.89 (1:48.52)	26:56.44 (1:49.56)	28:45.35 (1:48.92)	30:30.85 (1:45.50)	32:19.18 (1:48.33)	34:09.32 (1:50.15)	35:59.92 (1:50.61)
	37:49.14 (1:49.23)	39:38.97 (1:49.83)	41:27.39 (1:48.42)	43:17.33 (1:49.94)	45:02.40 (1:45.08)			
6	11	392	Dominik BARBUŻYŃSKI	04-03-18	KL Lechia Gdańsk(PM)	45:37.60		18
	10:54.66 (10:54.66)	12:43.92 (1:49.26)	14:34.51 (1:50.59)	16:24.31 (1:49.81)	18:14.76 (1:50.45)	20:05.54 (1:50.79)	21:56.49 (1:50.96)	
	23:47.26 (1:50.77)	25:38.36 (1:51.11)	27:30.73 (1:52.37)	29:23.95 (1:53.22)	31:17.53 (1:53.59)	33:10.94 (1:53.42)	35:03.50 (1:52.56)	36:56.47 (1:52.98)
	38:43.54 (1:47.07)	40:26.66 (1:43.12)	42:10.40 (1:43.75)	43:52.34 (1:41.94)	45:37.60 (1:45.27)			
7	6	429	Kryspin GARSKI	08-12-22	ULKS Talex-Borysław Borzytuchom(PM)	49:13.52	PB >	15
	9:42.69 (9:42.69)	11:39.00 (1:56.31)	13:35.69 (1:56.70)	15:35.19 (1:59.51)	17:36.18 (2:01.00)	19:36.73 (2:00.55)	21:37.41 (2:00.68)	23:37.77 (2:00.37)
	25:39.41 (2:01.64)	27:41.71 (2:02.30)	29:44.76 (2:03.06)	31:44.28 (1:59.52)	33:41.54 (1:57.27)	35:42.20 (2:00.66)	37:39.14 (1:56.94)	39:37.26 (1:58.13)
	41:35.29 (1:58.03)	43:31.45 (1:56.16)	45:27.51 (1:56.07)	47:22.02 (1:54.51)	49:13.52 (1:51.51)			
8	8	283	Kacper DROBIK	06-04-05	RK Athletics Warszawa(MZ)	50:10.91		13
	9:42.29 (9:42.29)	11:38.45 (1:56.17)	13:35.23 (1:56.78)	15:34.73 (1:59.51)	17:35.92 (2:01.19)	19:36.26 (2:00.34)	21:33.35 (1:57.10)	23:32.02 (1:58.67)
	25:31.10 (1:59.08)	27:33.81 (2:02.72)	29:38.12 (2:04.32)	31:39.40 (2:01.28)	33:40.98 (2:01.58)	35:45.22 (2:04.25)	37:54.23 (2:09.01)	40:01.26 (2:07.04)
	42:06.98 (2:05.73)	44:11.61 (2:04.63)	46:15.16 (2:03.56)	48:16.85 (2:01.69)	50:10.91 (1:54.06)			

Strona 1 z 2

Druk: 25-08-25 11:59:37

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

BYDGOSZCZ 2025

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



MIASTO BYDGOSZCZ  
SPONSOREM  
BYDGOSKIEGO SPORTU



Okęcie polanik



TVP SPORT



# 10000 metrów chód M

Rekord Polski(U23)	<b>39:28.97</b>	MÜLLER Jacek	Lechia Gdańsk	Sopot	93-06-20
Rekord Polski(U20)	<b>40:10</b>	KUCIŃSKI Benjamin	AZS-AWF Katowice	Kraków - U	01-06-09
Rekord Polski(U20)	<b>40:42.83</b>	MÜLLER Jacek	Lechia Gdańsk	Zabrze	91-07-25

Miejsca	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Reakcja	Wynik	
	2000m	2400m	2800m	3200m	3600m	4000m	4400m	4800m
	5200m	5600m	6000m	6400m	6800m	7200m	7600m	8000m
	8400m	8800m	9200m	9600m	10000m			

<b>9</b>	5	321	<b>Karol SROKA</b>	06-04-02	KS AZS AKF Kraków(MA)		<b>52:26.94</b>	>	8
10:13.84 (10:13.84) 12:17.27 (2:03.43) 14:20.40 (2:03.14) 16:24.92 (2:04.52) 18:28.57 (2:03.65) 20:36.78 (2:08.22) 22:38.31 (2:01.53) 24:45.60 (2:07.29) 37:46.25 (13:00.66) 52:26.94 (14:40.70)									

<b>10</b>	1	394	<b>Olaf RYNKIEWICZ</b>	02-02-12	KL Lechia Gdańsk(PM)		<b>53:22.07</b>	>	5
10:15.87 (10:15.87) 12:24.58 (2:08.71) 14:33.31 (2:08.74) 16:37.27 (2:03.96) 18:39.17 (2:01.91) 20:45.02 (2:05.85) 22:54.73 (2:09.72) 25:06.44 (2:11.72) 27:18.86 (2:12.43) 29:34.47 (2:15.61) 31:50.05 (2:15.59) 34:04.28 (2:14.23) 36:16.72 (2:12.44) 38:29.08 (2:12.37) 40:46.19 (2:17.11) 43:00.63 (2:14.45) 45:15.28 (2:14.66) 47:30.14 (2:14.86) 49:35.91 (2:05.77) 51:30.13 (1:54.22) 53:22.07 (1:51.95)									

<b>11</b>	4	425	<b>Mirosław ŁUNIEWSKI</b>	57-01-25	UKS Jedynka Reda(PM)		<b>59:55.05</b>		3
11:50.10 (11:50.10) 14:11.49 (2:21.39) 16:33.79 (2:22.31) 18:57.61 (2:23.83) 21:22.55 (2:24.94) 23:46.94 (2:24.39) 26:12.57 (2:25.64) 28:38.12 (2:25.56) 31:03.40 (2:25.28) 33:26.76 (2:23.36) 35:50.09 (2:23.33) 38:14.02 (2:23.94) 40:37.05 (2:23.03) 43:02.26 (2:25.22) 45:28.23 (2:25.97) 47:53.67 (2:25.44) 50:18.53 (2:24.87) 52:44.67 (2:26.14) 55:08.54 (2:23.88) 57:32.79 (2:24.25) 59:55.05 (2:22.27)									

<b>12</b>	3	393	<b>Dominik DĘBSKI</b>	05-09-28	KL Lechia Gdańsk(PM)		<b>61:48.21</b>		1
12:02.47 (12:02.47) 14:31.03 (2:28.56) 16:58.45 (2:27.43) 19:26.89 (2:28.44) 21:57.56 (2:30.68) 24:27.09 (2:29.53) 26:57.53 (2:30.45) 29:27.59 (2:30.06) 31:59.42 (2:31.83) 34:28.72 (2:29.30) 36:58.98 (2:30.27) 39:32.75 (2:33.78) 42:06.62 (2:33.88) 44:35.45 (2:28.83) 47:07.56 (2:32.12) 49:39.23 (2:31.67) 52:09.75 (2:30.52) 54:39.29 (2:29.55) 57:11.39 (2:32.10) 59:32.64 (2:21.26) 61:48.21 (2:15.58)									

Międzyczasy					
1000m	199 Maher BEN HLIMA	<b>4:01.2 (4:01.2)</b>	5000m	199 Maher BEN HLIMA	<b>19:27.7 (3:47.7)</b>
2000m	199 Maher BEN HLIMA	<b>7:54.06 (3:52.93)</b>	6000m	199 Maher BEN HLIMA	<b>23:18.12 (3:50.49)</b>
3000m	199 Maher BEN HLIMA	<b>11:47.5 (3:53.5)</b>	7000m	199 Maher BEN HLIMA	<b>27:09.9 (3:51.8)</b>
4000m	199 Maher BEN HLIMA	<b>15:40.02 (3:52.54)</b>	8/9km	199 Maher BEN HLIMA	<b>30:58(3:48)/34:49(3:50)</b>

Legenda:  
 PB rekord życiowy



Okęcie

