



# 100. PZLA Mistrzostwa Polski

BYDGOSZCZ, 27-29 czerwca 2024



## Wyniki konkurencji-międzyczasy

### 3000 m przeszkody M

WORLD RECORD(Open)	7:52.11	GIRMA Lamecha	ETH	Paris (FRA)	23-06-09
EUROPEAN RECORD(Open)	8:00.09	MEKHISSI-BENABBAD Mah	FRA	Paris (FRA)	13-07-06
POLISH RECORD(Open)	8:09.11	MALINOWSKI Bronisław	OLIMPIA Grudziądz	Montreal (CAN)	76-07-28
POLISH RECORD(U23)	8:17.32	POPLAWSKI Radosław	Astra Nowa Sól	Ateny (GRE)	04-08-24
POLISH RECORD(U20)	8:30.40	CHABOWSKI Marcin	KS Wejher Wejherowo	Bydgoszcz	05-06-05
Min. OG(Open)	8:15.00			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 20:45:48

<b>1</b>	12	451	<b>Maciej MEGIER</b>	03-04-26	AZS-AWFIS Gdańsk(PM)		<b>8:38.75</b>	SB	40
	32.85 (32.85)	1:07.21 (34.36)	1:42.72 (35.51)	2:18.34 (35.62)	2:55.21 (36.87)	3:30.30 (35.09)	4:04.64 (34.35)	4:40.13 (35.49)	
	5:15.61 (35.49)	5:49.86 (34.25)	6:26.03 (36.17)	7:02.59 (36.57)	7:37.29 (34.71)	8:09.46 (32.17)	8:38.75 (29.30)		
<b>2</b>	10	293	<b>Adam BAJORSKI</b>	04-09-11	RLTL GGG Radom(MZ)		<b>8:41.65</b>	PB	35
	33.30 (33.30)	1:07.78 (34.49)	1:43.03 (35.25)	2:18.85 (35.82)	2:54.80 (35.95)	3:30.79 (35.99)	4:05.69 (34.91)	4:41.30 (35.61)	
	5:15.83 (34.54)	5:50.84 (35.01)	6:26.24 (35.41)	7:02.58 (36.34)	7:37.04 (34.46)	8:09.72 (32.68)	8:41.65 (31.94)		
<b>3</b>	13	323	<b>Wiktor ANTOSZ</b>	02-10-19	Kraków Athletics Team(MA)		<b>8:43.94</b>		30
	32.51 (32.51)	1:06.56 (34.05)	1:41.85 (35.30)	2:18.24 (36.40)	2:54.20 (35.97)	3:29.53 (35.33)	4:04.36 (34.84)	4:39.77 (35.41)	
	5:15.34 (35.57)	5:50.27 (34.94)	6:26.01 (35.74)	7:02.26 (36.26)	7:36.93 (34.67)	8:10.44 (33.52)	8:43.94 (33.50)		
<b>4</b>	9	637	<b>Adam OCHNIK</b>	02-04-30	KS Polonia Pasłęk(WN)		<b>8:46.07</b>	SB	26
	32.98 (32.98)	1:06.96 (33.98)	1:42.54 (35.58)	2:18.83 (36.30)	2:55.19 (36.37)	3:30.71 (35.53)	4:06.13 (35.43)	4:41.94 (35.81)	
	5:16.73 (34.79)	5:51.89 (35.17)	6:26.63 (34.74)	7:02.80 (36.18)	7:37.71 (34.91)	8:11.77 (34.07)	8:46.07 (34.30)		
<b>5</b>	8	492	<b>Krzysztof ZIELIŃSKI</b>	05-07-14	ULKS Talex Borzytuchom(PM)		<b>8:48.23</b>	PB	22
	34.51 (34.51)	1:08.57 (34.07)	1:43.68 (35.11)	2:19.36 (35.69)	2:55.18 (35.83)	3:31.04 (35.86)	4:05.99 (34.96)	4:41.56 (35.57)	
	5:16.31 (34.76)	5:51.40 (35.10)	6:26.68 (35.28)	7:03.22 (36.55)	7:38.88 (35.67)	8:14.06 (35.18)	8:48.23 (34.17)		
<b>6</b>	4	549	<b>Adam KOŁODZIEJ</b>	01-04-24	MUKS Wisła Junior Sandomierz(SK)		<b>8:54.43</b>		18
	33.00 (33.00)	1:07.07 (34.08)	1:42.25 (35.19)	2:18.34 (36.09)	2:54.76 (36.43)	3:30.78 (36.02)	4:05.72 (34.95)	4:41.11 (35.40)	
	5:16.49 (35.38)	5:51.76 (35.28)	6:27.54 (35.78)	7:03.59 (36.05)	7:38.64 (35.06)	8:15.84 (37.21)	8:54.43 (38.59)		
<b>7</b>	11	28	<b>Mikołaj CZERONEK</b>	00-11-15	WKS Śląsk Wrocław(DS)		<b>9:09.13</b>		15
	31.90 (31.90)	1:06.20 (34.30)	1:41.49 (35.29)	2:17.90 (36.41)	2:54.43 (36.54)	3:30.01 (35.58)	4:05.53 (35.52)	4:42.32 (36.80)	
	5:18.57 (36.25)	5:54.15 (35.58)	6:31.19 (37.04)	7:07.49 (36.31)	7:46.45 (38.97)	8:27.65 (41.20)	9:09.13 (41.49)		

Strona 1 z 2

Druk: 24-06-27 23:39:14

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



# 3000 m przeszkody M

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

8	6	81	<b>Kamil SZYMANIAK</b>	90-07-20	MKL Toruń(KP)		<b>9:13.18</b>	13
34.91 (34.91)	1:10.71 (35.80)	1:46.51 (35.80)	2:23.16 (36.66)	2:59.17 (36.01)	3:35.58 (36.42)	4:12.04 (36.47)	4:49.20 (37.16)	
5:26.78 (37.58)	6:04.77 (38.00)	6:42.67 (37.91)	7:21.19 (38.53)	7:59.86 (38.67)	8:37.13 (37.27)	9:13.18 (36.05)		

9	3	535	<b>Marcin CIEPŁAK</b>	91-01-30	TL ROW Rybnik(SL)		<b>9:24.80</b>	8
35.31 (35.31)	1:11.11 (35.80)	1:46.98 (35.87)	2:23.85 (36.88)	3:00.21 (36.36)	3:37.05 (36.85)	4:14.29 (37.25)	4:52.28 (37.99)	
5:30.91 (38.64)	6:08.98 (38.08)	6:48.27 (39.29)	7:27.45 (39.18)	8:07.81 (40.37)	8:47.14 (39.33)	9:24.80 (37.67)		

10	1	166	<b>Kamil GIERULA</b>	03-07-30	MLKS Agros Żary(LB)		<b>9:54.66</b>	5
34.56 (34.56)	1:10.38 (35.83)	1:46.26 (35.88)	2:23.44 (37.19)	3:01.04 (37.61)	3:39.82 (38.78)	4:18.67 (38.86)	4:59.44 (40.78)	
5:40.14 (40.70)	6:22.82 (42.68)	7:04.45 (41.63)	7:47.35 (42.91)	8:29.27 (41.92)	9:13.26 (43.99)	9:54.66 (41.41)		

7	298		<b>Wiktor JANDUŁA</b>	05-01-22	RLTL GGG Radom(MZ)		<b>DNS</b>	
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2	54		<b>Kacper ARENDT</b>	02-04-17	GKS Olimpia Grudziądz(KP)		<b>DNF</b>	
5:20.70 (37.31)	5:58.49 (37.79)	6:37.23 (38.75)	7:18.24 (41.02)	2:54.16 (2:54.16)	3:30.47 (36.32)	4:06.82 (36.36)	4:43.39 (36.57)	
				8:00.05 (41.81)				

5	33		<b>Mateusz KACZMAREK</b>	96-03-19	BKS Bydgoszcz(KP)		<b>DNF</b>	
34.73 (34.73)	1:10.93 (36.21)	1:46.50 (35.58)	2:23.40 (36.90)	2:59.83 (36.44)	3:36.70 (36.87)	4:14.67 (37.98)	4:52.64 (37.97)	
5:31.26 (38.62)								

1000m	323	Wiktor ANTOSZ	<b>2:54.20</b>
2000m	451	Maciej MEGIER	<b>5:49.83</b>

**Legenda:**  
PB -rekord życiowy

