

5 Piątka Zbucka
Bieg na 5 km - wyniki zawodów
Zbuczyn – 28.06.2026

Wyniki i pomiar czasu
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533 502 002
slawek.banbura@gmail.com

| MSC | IMIĘ | NAZWISKO | NR | MIASTO | KLUB | K | M | KAT WIEK | MSC KAT | CZAS | CZAS NETTO |
|-----|------------|--------------|-----|---------------------|---|---|----|----------|---------|----------|------------|
| 1 | Aliaksandr | Sanko | 396 | Grudziądz | | | 1 | M30 | 1 | 00:16:15 | 00:16:15 |
| 2 | Rafał | Smoliński | 401 | Przasnysz | Państwowa Straż Pożarna Przasnysz | | 2 | M30 | 2 | 00:16:35 | 00:16:35 |
| 3 | Kamil | Młynarz | 371 | Łęcznowola | SKB Kraśnik | | 3 | M30 | 3 | 00:16:48 | 00:16:48 |
| 4 | Kamil | Jankowski | 336 | Pogorzel | TEAM 7:30 | | 4 | M30 | 4 | 00:17:07 | 00:17:07 |
| 5 | Sylwester | Wójcik | 426 | Korczew | | | 5 | M30 | 5 | 00:17:07 | 00:17:07 |
| 6 | Katarzyna | Jankowska | 334 | Białystok | KS Podlasie Białystok | 1 | | K30 | 1 | 00:17:09 | 00:17:09 |
| 7 | Ewa | Jagielska | 333 | Wyszków | KS PREFBET-SONAROL ŁOMŻA | 2 | | K40 | 1 | 00:17:16 | 00:17:16 |
| 8 | Artur | Urban | 416 | Nowe Iganie | Yulo Run Team Siedlce | | 6 | M40 | 1 | 00:17:24 | 00:17:23 |
| 9 | Łukasz | Staniak | 405 | Zgorznica | Vege Runners | | 7 | M30 | 6 | 00:17:27 | 00:17:27 |
| 10 | Robert | Celiński | 301 | Z | | | 8 | M50 | 1 | 00:17:33 | 00:17:32 |
| 11 | Mateusz | Wilczyński | 423 | Siedlce | SZYBKIE WILKI | | 9 | M40 | 2 | 00:17:47 | 00:17:46 |
| 12 | Kamil | Woźniak | 425 | Firlej | Morsujący Firlej | | 10 | M20 | 1 | 00:18:06 | 00:18:05 |
| 13 | Mariola | Baranowska | 303 | Międzyrzec Podlaski | MKS ŻAK BIAŁA PODLASKA | 3 | | K30 | 2 | 00:18:20 | 00:18:19 |
| 14 | Martyna | Budziłek | 431 | Ostrołęka | UKS Siódemka Ostrołęka | 4 | | K30 | 3 | 00:18:41 | 00:18:41 |
| 15 | Rafał | Kokoszko | 344 | Siedlce | MKB TEAM Małkinia | | 11 | M30 | 7 | 00:18:58 | 00:18:57 |
| 16 | Paweł | Gregorczyk | 324 | Rusków | | | 12 | M40 | 3 | 00:19:27 | 00:19:22 |
| 17 | Michał | Banaś | 302 | Biała Podlaska | Biegunki Izabeli | | 13 | M20 | 2 | 00:19:36 | 00:19:35 |
| 18 | Rafał | Pawłowicz | 383 | Porosiuki | | | 14 | M40 | 4 | 00:19:40 | 00:19:38 |
| 19 | Paweł | Urban | 417 | Iganie Nowe | | | 15 | M40 | 5 | 00:19:54 | 00:19:53 |
| 20 | Arkadiusz | Kubaś | 351 | Skórzec | 18 batalion dowodzenia / Klub Aktywnych parkrun Skórzec | | 16 | M40 | 6 | 00:20:21 | 00:20:19 |
| 21 | Monika | Lipińska | 357 | Siedlce | Grupa Biegaczy Skórzec Biega | 5 | | K30 | 4 | 00:20:23 | 00:20:22 |
| 22 | Mateusz | Wysokinski | 427 | Grochowka | TTC Wiebelsheim | | 17 | M30 | 8 | 00:20:28 | 00:20:26 |
| 23 | Adam | Czerwinski | 318 | Książenice | Szymanowski Triathlon Team | | 18 | M30 | 9 | 00:21:20 | 00:21:18 |
| 24 | Daniela | Szpura | 411 | Biała Podlaska | | 6 | | K30 | 5 | 00:21:21 | 00:21:19 |
| 25 | Patryk | Żółkowski | 430 | Zbuczyn | | | 19 | M20 | 3 | 00:21:56 | 00:21:54 |
| 26 | Andrzej | Wysocki | 432 | Siedlce | NOVI Siedlce | | 20 | M50 | 2 | 00:22:12 | 00:22:09 |
| 27 | Paweł | Niewęglowski | 375 | Łuków | | | 21 | M40 | 7 | 00:22:24 | 00:22:18 |
| 28 | Aleksandra | Bartoszek | 304 | Łosice | Pędzące Ślimaki Łosice/ Garda Fight Club | 7 | | K30 | 6 | 00:22:33 | 00:22:31 |

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|----|------------|-------------|-----|---------------------|------------------------------|----|------|----|----------|----------|
| 29 | Andrzej | Majewski | 363 | Biała Podlaska | | 22 | M60 | 1 | 00:22:33 | 00:22:32 |
| 30 | Sławomir | Miernicki | 369 | Siedlce | Parkrun Skórzec | 23 | M40 | 8 | 00:22:33 | 00:22:27 |
| 31 | Honorata | Niedzielak | 374 | Z | | 8 | K30 | 7 | 00:22:43 | 00:22:41 |
| 32 | Stanisław | Olszewski | 378 | Wiśniew | Wiśniew biega i maszeruje | 24 | M20 | 4 | 00:22:58 | 00:22:53 |
| 33 | Przemysław | Orzechowski | 380 | Warszawa | | 25 | M40 | 9 | 00:23:00 | 00:22:57 |
| 34 | Kamil | Stański | 406 | Siedlce | | 26 | M30 | 10 | 00:23:01 | 00:22:56 |
| 35 | Agnieszka | Hołubiec | 328 | Siedlce | Yulo Run Team Siedlce | 9 | K40 | 2 | 00:23:05 | 00:23:00 |
| 36 | Paweł | Lipiński | 433 | Zbuczyn | Zbucki Ruch | 27 | M40 | 10 | 00:23:14 | 00:23:12 |
| 37 | Wioleta | Nowosielska | 376 | Ługi-Rętki | Sery z brzoźowego lasu | 10 | K40 | 3 | 00:23:24 | 00:23:21 |
| 38 | Maciej | Strzyżewski | 409 | Łuków | KB V-Max Adamów | 28 | M40 | 11 | 00:23:27 | 00:23:24 |
| 39 | Sebastian | Płatek | 387 | Osieck | Stopka Pilawa | 29 | M20 | 5 | 00:23:31 | 00:23:26 |
| 40 | Adam | Wawryszuk | 420 | Piszczac | | 30 | M60 | 2 | 00:23:37 | 00:23:35 |
| 41 | Daniel | Krasuski | 350 | Zbuczyn | | 31 | M30 | 11 | 00:23:44 | 00:23:36 |
| 42 | Roman | Stefaniuk | 408 | Siedlce | Grupa Biegaczy Skórzec Biega | 32 | M60 | 3 | 00:23:45 | 00:23:41 |
| 43 | Błażej | Trojanowski | 412 | Siedlce | | 33 | M40 | 12 | 00:23:45 | 00:23:42 |
| 44 | Damian | Michaluk | 368 | Łosice | Sha-Le-Ni | 34 | M40 | 13 | 00:23:45 | 00:23:37 |
| 45 | Agnieszka | Żółkowska | 320 | Zbuczyn | Zbucki Ruch | 11 | K50 | 1 | 00:23:48 | 00:23:48 |
| 46 | Filip | Stachura | 404 | Warszawa | | 35 | M20 | 6 | 00:23:53 | 00:23:46 |
| 47 | Tadeusz | Dziekoński | 670 | Białystok | | 36 | M70+ | 1 | 00:24:05 | 00:24:01 |
| 48 | Przemek | Mątewka | 366 | Siedlce | | 37 | M40 | 14 | 00:24:10 | 00:24:09 |
| 49 | Tadeusz | Serbista | 397 | Jozefin | Iskra Kotun | 38 | M60 | 4 | 00:24:18 | 00:24:16 |
| 50 | Kamil | Łęczycki | 359 | Siedlce | | 39 | M40 | 15 | 00:24:21 | 00:24:10 |
| 51 | Franciszek | Poszalski | 388 | Hipolitów | | 40 | M30 | 12 | 00:24:28 | 00:24:20 |
| 52 | Krzysztof | Karczewski | 341 | Dziewule | Zbucki Ruch | 41 | M50 | 3 | 00:25:02 | 00:24:56 |
| 53 | Rosario | Rosa | 434 | | | 42 | M20 | 7 | 00:25:12 | 00:25:06 |
| 54 | Paweł | Hołubiec | 329 | Siedlce | YULO RUN TEAM SIEDLCE | 43 | M50 | 4 | 00:25:16 | 00:25:12 |
| 55 | Karol | Mościcki | 372 | Międzyrzec Podlaski | | 44 | M30 | 13 | 00:25:38 | 00:25:31 |
| 56 | Tomasz | Nurzyński | 377 | Zbuczyn | Ruch zbucki | 45 | M40 | 16 | 00:26:02 | 00:25:56 |
| 57 | Elżbieta | Pańczak | 381 | Opypy | Wiejska Grupa Biegowa | 12 | K30 | 8 | 00:26:02 | 00:26:01 |
| 58 | Magdalena | Mandelska | 365 | Czarny Las | Wiejska Grupa Biegowa | 13 | K40 | 4 | 00:26:02 | 00:26:01 |
| 59 | Bartek | Biardzki | 310 | Zbuczyn | | 46 | M30 | 14 | 00:26:20 | 00:26:15 |

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| 60 | Wojciech | Olszewski | 379 | Wiśniew | Wiśniew biega i maszeruje | | 47 | M40 | 17 | 00:26:27 | 00:26:19 |
| 61 | Wojciech | Ługowski | 360 | Warszawa | | | 48 | M30 | 15 | 00:26:29 | 00:26:22 |
| 62 | Cezary | Skorupka | 400 | Sokołów Podlaski | Vege Runners | | 49 | M60 | 5 | 00:26:29 | 00:26:24 |
| 63 | Łukasz | Turski | 414 | Zbuczyn | | | 50 | M20 | 8 | 00:26:31 | 00:26:23 |
| 64 | Hanna | Kornacka | 346 | Grodzisk Mazowiecki | Wiejska Grupa Biegowa | 14 | | K50 | 2 | 00:26:32 | 00:26:18 |
| 65 | Hubert | Borysiuk | 312 | Warszawa | | | 51 | M30 | 16 | 00:26:34 | 00:26:24 |
| 66 | Michał | Derebecki | 319 | Szczęsne | Wiejska Grupa Biegowa | | 52 | M40 | 18 | 00:26:43 | 00:26:40 |
| 67 | Artur | Młynarz | 370 | Korczew | | | 53 | M40 | 19 | 00:26:52 | 00:26:49 |
| 68 | Ireneusz | Sobipan | 402 | Warsaw | | | 54 | M40 | 20 | 00:27:16 | 00:27:07 |
| 69 | Joanna | Lewandowska | 355 | Warszawa | | 15 | | K50 | 3 | 00:27:28 | 00:27:21 |
| 70 | Agata | Piórkowska | 386 | Opypy | Wiejska Grupa Biegowa | 16 | | K30 | 9 | 00:27:50 | 00:27:47 |
| 71 | Daniel | Paziewski | 384 | Siedlce | Feniks Siedlce | | 55 | M30 | 17 | 00:27:55 | 00:27:49 |
| 72 | Sylwester | Radzikowski | 392 | Januszówka | ZBUCKI RUCH | | 56 | M50 | 5 | 00:28:01 | 00:27:57 |
| 73 | Joanna | Rzążewska | 395 | Zbuczyn | ZBUCKI RUCH | 17 | | K40 | 5 | 00:28:17 | 00:28:16 |
| 74 | Klaudia | Wadas | 418 | Siedlce | | 18 | | K30 | 10 | 00:28:21 | 00:28:18 |
| 75 | Monika | Lesińska | 354 | Cisie Zagrudzie | Grupa Biegaczy Skórzec Biega | 19 | | K40 | 6 | 00:28:22 | 00:28:13 |
| 76 | Anna | Gniadek | 323 | Dąbrówka Lug | Grupa Biegaczy Skorzec Biega | 20 | | K40 | 7 | 00:28:23 | 00:28:14 |
| 77 | Ewelina | Siemionek | 398 | Łosice | Pedzące Ślimaki | 21 | | K30 | 11 | 00:28:31 | 00:28:28 |
| 78 | Damian | Bobiński | 311 | Łosice | Sokół Chłopków | | 57 | M20 | 9 | 00:28:32 | 00:28:22 |
| 79 | Dariusz | Lipinski | 356 | Siedlce | MadarBaby | | 58 | M50 | 6 | 00:28:38 | 00:28:27 |
| 80 | Sylwia | Steciuk-Kuc | 407 | Siedlce | | 22 | | K40 | 8 | 00:29:02 | 00:28:56 |
| 81 | Łukasz | Wiśniak | 424 | Zbuczyn | | | 59 | M30 | 18 | 00:29:08 | 00:29:00 |
| 82 | Erwin | Radliński | 390 | Zbuczyn | | | 60 | M40 | 21 | 00:29:14 | 00:29:05 |
| 83 | Joanna | Piotrowska | 385 | Siedlce | | 23 | | K30 | 12 | 00:29:19 | 00:29:15 |
| 84 | Michał | Kowal | 349 | Paprotnia | | | 61 | M40 | 22 | 00:29:52 | 00:29:48 |
| 85 | Bernadetta | Łączek | 358 | Łuków | Happy runners | 24 | | K40 | 9 | 00:29:58 | 00:29:52 |
| 86 | Justyna | Kamińska | 340 | Chodów | | 25 | | K40 | 10 | 00:30:05 | 00:30:00 |
| 87 | Tomasz | Kuc | 352 | Siedlce | | | 62 | M40 | 23 | 00:30:37 | 00:30:30 |
| 88 | Bogdan | Korniluk | 347 | Biała Podlaska | KB Biała Biega | | 63 | M70+ | 2 | 00:30:38 | 00:30:38 |
| 89 | Patryk | Wierzejski | 422 | Warszawa | Straż Zbuczyn | | 64 | M30 | 19 | 00:31:13 | 00:31:05 |
| 90 | Ewelina | Wierzejska | 421 | Zbuczyn | Zbucki Ruch | 26 | | K30 | 13 | 00:31:13 | 00:31:04 |

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| 91 | Paulina | Grodzicka | 326 | Krzesk Majątek | | 27 | | K40 | 11 | 00:31:21 | 00:31:14 |
| 92 | Magdalena | Chojecka | 314 | Zbuczyn | Zbucki Ruch | 28 | | K50 | 4 | 00:31:26 | 00:31:21 |
| 93 | Mirosława | Belniak | 309 | Łuków | | 29 | | K60 | 1 | 00:31:34 | 00:31:33 |
| 94 | Arkadiusz | Jaros | 338 | Brwinów | VEGE RUNNERS | | 65 | M60 | 6 | 00:32:19 | 00:32:11 |
| 95 | Ilona | Kujawińska | 353 | Siedlce | | 30 | | K30 | 14 | 00:32:40 | 00:32:33 |
| 96 | Anna | Romaniak | 393 | Tarcze | Zbucki Ruch | 31 | | K50 | 5 | 00:33:41 | 00:33:36 |
| 97 | Marta | Dziewulska | 321 | Zbuczyn | Zbucki Ruch | 32 | | K50 | 6 | 00:33:42 | 00:33:38 |
| 98 | Klaudia | Turos | 413 | Siedlce | | 33 | | K20 | 1 | 00:34:05 | 00:34:00 |
| 99 | Paulina | Jarczak | 337 | Wiśniew | Wiśniew biega i maszeruje | 34 | | K40 | 12 | 00:34:14 | 00:34:09 |
| 100 | Dominika | Soszyńska | 403 | Siedlce | | 35 | | K40 | 13 | 00:34:57 | 00:34:50 |
| 101 | Katarzyna | Mruczyńska-Pietruczanis | 373 | Węgrów | Xtreme Fitness Siedlce | 36 | | K50 | 7 | 00:34:59 | 00:34:50 |
| 102 | Karol | Żabicki | 429 | Siedlce | Kulawy | | 66 | M30 | 20 | 00:35:08 | 00:35:01 |
| 103 | Kamil | Radliński | 391 | Zbuczyn | | | 67 | M40 | 24 | 00:36:06 | 00:35:56 |
| 104 | Luiza | Konopka | 345 | Bzów | | 37 | | K20 | 2 | 00:36:48 | 00:36:44 |
| 105 | Patrycja | Majewska | 362 | Czarny Las | | 38 | | K20 | 3 | 00:37:01 | 00:36:58 |
| 106 | Michał | Grzesiak | 327 | Łuków | | | 68 | M20 | 10 | 00:37:16 | 00:37:06 |
| 107 | Karolina | Kobylińska-Chruściel | 343 | Siedlce | | 39 | | K20 | 4 | 00:37:17 | 00:37:07 |
| 108 | Anna | Kalicka | 339 | Siedlce | The best health team | 40 | | K50 | 8 | 00:37:25 | 00:37:17 |
| 109 | Joanna | Iskra | 332 | Siedlce | | 41 | | K40 | 14 | 00:38:45 | 00:38:37 |
| 110 | Marta | Czapska | 317 | Ząbki | | 42 | | K30 | 15 | 00:39:02 | 00:38:52 |
| 111 | Weronika | Rozbicka | 394 | Zbuczyn | | 43 | | K20 | 5 | 00:56:40 | 00:56:38 |