

**PODSUMOWANIE VII Jesiennego Grand Prix Mińska Mazowieckiego w  
biegach przełajowych (3 najlepsze wyniki) - 17.10.2020**

**OPEN K**

1	18	Wróbel	Wiktoria	OPEN 1	00:26:05	00:00:00	00:25:34	00:25:43	01:17:22
3	16	Zawadzka	Julia	OPEN 2	00:27:11	00:27:07	00:00:00	00:26:37	01:20:55
2	7	Pechcin	Olga	OPEN 3	00:27:03	00:26:44	00:27:23	00:00:00	01:21:10

**K 20**

1	30	Filochowska	Marta	K20	00:00:00	00:30:11	00:30:40	00:30:54	01:31:45
2	22	Wróbel	Małgorzata	K20	00:30:55	00:30:14	00:00:00	00:31:17	01:32:26
3	23	Derda	Agata	K20	00:31:28	00:32:53	00:35:06	00:00:00	01:39:27

**K 30**

1	15	Truszczyńska	katarzyna	K30	00:28:05	00:29:13	00:00:00	00:27:01	01:24:19
2	20	Kaska- Łobodowska	Ewelina	K30	00:28:51	00:28:26	00:00:00	00:28:37	01:25:54
3	4	Rodzik	Marysia	K30	00:29:34	00:30:12	00:00:00	00:29:31	01:29:17

**K 40**

1	6	Wiercioch	Bożena	K40	00:28:17	00:28:05	00:00:00	00:27:54	01:24:16
2	5	Jarek	Anna	K40	00:00:00	00:28:18	00:28:23	00:28:06	01:24:47
3	8	Grzechnik	Renata	K40	00:00:00	00:29:29	00:29:44	00:29:05	01:28:18

**OPEN M**

1	55	Kwarta	Maciej	OPEN 1	00:35:22	00:35:13	00:00:00	00:34:32	01:45:07
2	161	Czyżkowski	Paweł	OPEN 2	00:36:40	00:35:24	00:00:00	00:35:08	01:47:12
3	89	Lamparski	Zbigniew	OPEN 3	00:00:00	00:35:59	00:36:22	00:35:57	01:48:18

**M 16**

1	44	Świętochowski	Patryk	M16	00:40:17	00:40:07	00:40:46	00:00:00	02:01:10
2	35	Kościeszka	Dominik	M16	00:48:07	00:40:17	00:00:00	00:45:15	02:13:39
3	162	Skrzypczak	Norbert	M16	00:45:07	00:45:18	00:00:00	00:43:52	02:14:17

**M 20**

1	45	Abramowski	Mateusz	M20	00:00:00	00:39:44	00:39:04	00:39:14	01:58:02
2	80	Bednarek	Piotr	M20	00:41:44	00:40:02	00:41:36	00:00:00	02:03:22
3	38	Czajkowski	Marcin	M20	00:00:00	00:41:50	00:42:06	00:40:42	02:04:38

### M 30

1	109	Wtulich	Rafał	M30	00:00:00	00:40:26	00:40:28	00:39:18	02:00:12
2	70	Truszczyński	Radosław	M30	00:40:27	00:39:55	00:00:00	00:39:58	02:00:20
3	77	Kowalski	Tomasz	M30	00:00:00	00:40:42	00:41:06	00:40:29	02:02:17

### M 40

1	94	Białyżyński	Marcin	M40	00:00:00	00:36:52	00:37:19	00:36:48	01:50:59
2	57	Murawski	Mariusz	M40	00:38:25	00:37:55	00:39:43	00:00:00	01:56:03
3	46	Kolaszt	Dariusz	M40	00:41:30	00:40:36	00:42:02	00:00:00	02:04:08

### M 50

1	37	Perczyński	Jerzy	M50	00:42:05	00:41:18	00:40:53	00:00:00	02:04:16
2	47	Sujak	Mirosław	M50	00:43:06	00:41:52	00:42:40	00:00:00	02:07:38
3	32	Kamiński	Wiesław	M50	00:48:19	00:47:10	00:00:00	00:45:22	02:20:51

### M 60

1	79	Abelski	Leszek	M60	00:51:34	00:49:46	00:48:40	00:00:00	02:30:00
2	41	Wyciśłowski	Krzysztof	M60	00:53:52	00:56:06	00:00:00	00:54:48	02:44:46

## Nordic Walking

### Kobiety

1	101	Krupska	Grażyna	K	00:00:00	00:44:55	00:45:25	00:44:53	02:15:13
2	99	Selerowa	Olko	K	00:48:32	00:49:52	00:00:00	00:51:16	02:29:40
3	102	Puchowska	Krystyna	K	00:00:00	00:50:13	00:49:46	00:50:00	02:29:59

### Mężczyźni

1	107	Tomczak	Marcin	M	00:40:55	00:37:59	00:00:00	00:38:33	01:57:27
2	108	Wypych	Radosław	M	00:00:00	00:40:31	00:39:28	00:39:27	01:59:26
3	103	Dąbek	Edward	M	00:00:00	00:47:55	00:46:27	00:46:14	02:20:36