



97. PZLA Mistrzostwa Polski

POZNAŃ, 24 - 26 czerwca 2021



Wyniki konkurencji-międzyzycy

5000 metrów mężczyzn

Rekord Polski(Open)	13:17.69	MALINOWSKI Bronisław	OLIMPIA Grudziądz	Stockholm	76-07-05
Rekord Polski(U23)	13:29.72	BARTOSZAK Michał	OLIMPIA Poznań	Victoria	92-06-03
Rekord Polski(U20)	13:56.38	GŁADKI Piotr	LECHIA Gdańsk	Stupsk	91-09-08
Min. IO(Open)	13:13.50			Tokio (JPN)	20-07-24
Min. ME U23(U23)	14:05.00			Tallinn (EST)	21-07-08
Min. ME U20(U20)	14:30.00			Tallinn (EST)	21-07-15
Min. MŚ U20(U20)	14:10.00			Nairobi (KEN)	21-08-17

Miejsce	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Reakcja	Wynik
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200m	600m	1000m	1400m	1800m	2200m	2600m	3000m
3400m	3800m	4200m	4600m	5000m			

Bieg 1/1

Start: 21-06-26 09:31:50

1	21	310	Aleksander WIĄCEK	00-07-02	OKS Start Otwock(MZ)		14:05.20	PB
35.89 (35.89) 1:44.40 (1:08.51) 2:53.25 (1:08.85) 4:01.28 (1:08.04) 6:17.96 (2:16.68) 7:28.92 (1:10.96) 8:38.82 (1:09.91) 10:45.44 (2:06.62) 12:55.73 (2:10.29)"								
2	6	319	Patryk KOZŁOWSKI	98-11-10	RLTL Optima Radom(MZ)		14:12.16	SB
35.71 (35.71) 1:44.25 (1:08.54) 2:53.03 (1:08.78) 4:01.17 (1:08.15) 5:09.97 (1:08.80) 6:17.86 (1:07.90) 7:28.67 (1:10.81) 8:39.76 (1:11.09) 9:44.31 (1:04.56) 10:51.13 (1:06.83) 11:59.61 (1:08.48) 13:07.65 (1:08.04) 14:12.71 (1:05.07)"								
3	23	714	Artur OLEJARZ	88-09-19	MKL Szczecin(ZP)		14:16.50	PB
35.81 (35.81) 1:44.66 (1:08.85) 2:53.40 (1:08.75) 4:01.59 (1:08.19) 5:10.45 (1:08.87) 6:18.41 (1:07.96) 7:29.33 (1:10.93) 8:39.98 (1:10.65) 10:58.96 (2:18.98) 12:08.47 (1:09.51) 14:16.93 (2:08.47)"								
4	24	531	Adam GŁOGOWSKI	93-09-02	UKS Ekonomik-Maratończyk Łębork(PM)		14:18.20	
36.14 (36.14) 1:45.51 (1:09.38) 4:02.13 (2:16.62) 5:09.92 (1:07.80) 6:18.27 (1:08.36) 7:29.02 (1:10.75) 8:39.43 (1:10.41) 9:49.08 (1:09.65) 10:58.69 (1:09.62) 12:09.35 (1:10.66) 13:16.30 (1:06.95) 14:18.74 (1:02.44)"								
5	19	542	Bartosz JARCZOK	99-02-26	AZS-AWF Katowice(SL)		14:18.29	PB
36.48 (36.48) 1:46.50 (1:10.03) 2:55.58 (1:09.08) 4:03.83 (1:08.25) 5:12.01 (1:08.19) 6:21.00 (1:08.99) 7:31.16 (1:10.16) 8:41.40 (1:10.24) 9:49.26 (1:07.87) 10:58.49 (1:09.23) 12:08.77 (1:10.28) 13:16.62 (1:07.86) 14:18.84 (1:02.22)"								
6	17	729	Damian KABAT	89-10-20	WMLKS Pomorze Stargard(ZP)		14:20.14	SB
1:46.00 (1:46.00) 2:54.98 (1:08.98) 4:02.82 (1:07.85) 5:11.11 (1:08.29) 7:30.06 (2:18.95) 8:40.54 (1:10.49) 9:49.68 (1:09.14) 10:59.43 (1:09.76) 12:09.54 (1:10.12) 14:20.60 (2:11.06)"								
7	18	2	Dariusz BORATYŃSKI	97-09-26	KS AZS AWF Wrocław(DS)		14:21.06	SB
36.48 (36.48) 1:45.64 (1:09.16) 2:54.73 (1:09.09) 4:03.04 (1:08.31) 5:10.86 (1:07.82) 6:18.63 (1:07.78) 7:29.62 (1:11.00) 8:40.35 (1:10.73) 9:49.45 (1:09.11) 10:58.25 (1:08.81) 12:09.05 (1:10.80) 13:16.43 (1:07.39) 14:21.62 (1:05.20)"								
8	4	639	Sebastian NOWICKI	94-07-04	OKL Oborniki(WP)		14:26.47	SB
36.76 (36.76) 1:46.14 (1:09.38) 2:54.64 (1:08.51) 4:02.49 (1:07.85) 5:11.00 (1:08.52) 6:19.23 (1:08.23) 7:29.99 (1:10.76) 8:40.60 (1:10.62) 9:49.93 (1:09.34) 10:59.96 (1:10.03) 12:10.37 (1:10.41) 13:19.62 (1:09.25) 14:26.90 (1:07.29)"								
9	10	193	Patryk STYPUŁKOWSKI	95-02-01	MKS Tomaszów Mazowiecki(LD)		14:27.46	PB
36.81 (36.81) 1:47.73 (1:10.92) 2:56.24 (1:08.52) 4:04.97 (1:08.73) 5:13.87 (1:08.90) 6:23.66 (1:09.80) 7:32.13 (1:08.47) 8:42.28 (1:10.16) 9:53.78 (1:11.51) 11:05.48 (1:11.70) 12:16.12 (1:10.64) 13:26.31 (1:10.19) 14:27.97 (1:01.66)"								

5000 metrów mężczyzn

Rekord Polski (Open)	13:17.69	MALINOWSKI Bronisław	OLIMPIA Grudziądz	Stockholm	76-07-05
Rekord Polski (U23)	13:29.72	BARTOSZAK Michał	OLIMPIA Poznań	Victoria	92-06-03
Rekord Polski (U20)	13:56.38	GŁADKI Piotr	LECHIA Gdańsk	Słupsk	91-09-08
Min. IO (Open)	13:13.50			Tokio (JPN)	20-07-24
Min. ME U23 (U23)	14:05.00			Tallinn (EST)	21-07-08
Min. ME U20 (U20)	14:30.00			Tallinn (EST)	21-07-15
Min. MŚ U20 (U20)	14:10.00			Nairobi (KEN)	21-08-17

Miejsce	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Reakcja	Wynik
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200m	600m	1000m	1400m	1800m	2200m	2600m	3000m
3400m	3800m	4200m	4600m	5000m			

10	1	426	Kamil KARBOWIAK	95-05-02	LZS KL Kotwica Brzeg(OP)		14:27.65
37.38 (37.38) 1:47.00 (1:09.62) 2:54.69 (1:07.69) 4:01.62 (1:06.94) 5:10.63 (1:09.02) 6:17.54 (1:06.91) 7:28.45 (1:10.91) 8:39.50 (1:11.05) 9:48.91 (1:09.41) 10:59.18 (1:10.27) 12:09.64 (1:10.47) 13:18.96 (1:09.32) 14:28.15 (1:09.20)"							

11	2	316	Mateusz KACZOR	97-03-03	RLTL Optima Radom(MZ)		14:29.59
36.28 (36.28) 1:45.98 (1:09.71) 2:55.04 (1:09.06) 4:03.50 (1:08.46) 5:11.83 (1:08.33) 6:20.82 (1:08.99) 7:31.58 (1:10.77) 8:42.33 (1:10.75) 9:54.07 (1:11.74) 11:05.01 (1:10.95) 12:15.94 (1:10.93) 13:26.64 (1:10.70) 14:30.08 (1:03.45)"							

12	11	163	Kamil MŁYNARZ	90-03-09	SKB Kraśnik(LU)		14:34.20	PB
4:05.54 (4:05.54) 5:14.43 (1:08.89) 6:24.49 (1:10.07) 7:34.09 (1:09.60) 8:45.36 (1:11.28) 11:07.65 (2:22.30) 12:18.39 (1:10.75) 13:27.39 (1:09.00) 14:34.62 (1:07.23)"								

13	22	571	Oliwier MUTWIL	99-10-27	CKS Budowlani Częstochowa(SL)		14:34.76	
36.98 (36.98) 2:56.06 (2:19.09) 4:05.02 (1:08.96) 7:33.69 (3:28.68) 8:45.78 (1:12.10) 9:58.83 (1:13.05) 11:12.64 (1:13.81) 12:25.10 (1:12.46) 14:35.18 (2:10.08)"								

14	20	99	Wiktor SZYNAKA	01-01-08	MKL Toruń(KP)		14:36.87	
36.05 (36.05) 1:44.98 (1:08.94) 2:54.04 (1:09.07) 4:02.40 (1:08.36) 5:10.84 (1:08.44) 6:18.92 (1:08.08) 7:29.58 (1:10.66) 8:40.79 (1:11.22) 9:48.92 (1:08.14) 10:58.10 (1:09.18) 12:10.08 (1:11.98) 13:22.81 (1:12.74) 14:37.22 (1:14.42)"								

15	3	42	Mikołaj CZERONEK	00-11-15	WKS Śląsk Wrocław(DS)		14:38.78	PB
37.05 (37.05) 1:46.73 (1:09.69) 2:55.41 (1:08.68) 4:03.56 (1:08.16) 5:11.59 (1:08.03) 6:20.36 (1:08.78) 8:41.90 (2:21.54) 9:54.34 (1:12.45) 11:07.32 (1:12.98) 12:19.77 (1:12.46) 13:31.63 (1:11.86) 14:39.34 (1:07.71)"								

16	14	335	Piotr MIELEWCZYK	90-08-08	Stowarzyszenie Piekieni Warszawa(MZ)		14:41.29	PB
1:47.17 (1:47.17) 2:55.23 (1:08.07) 4:04.26 (1:09.03) 5:13.16 (1:08.90) 6:24.19 (1:11.04) 7:34.78 (1:10.59) 8:46.09 (1:11.32) 9:59.21 (1:13.12) 11:12.99 (1:13.78) 13:36.63 (2:23.65) 14:41.82 (1:05.19)"								

17	15	334	Krzysztof WASIEWICZ	92-01-03	SRS Kondycja Piaseczno(MZ)		14:53.43	
36.48 (36.48) 2:55.80 (2:19.33) 5:12.56 (2:16.76) 9:56.18 (4:43.63) 11:11.17 (1:14.99) 12:27.81 (1:16.64) 13:44.75 (1:16.95) 14:53.93 (1:09.19)"								

18	13	681	Krzysztof SZYMANOWSKI	93-01-11	UKS Czwórka Kościan(WP)		14:53.98	
37.36 (37.36) 1:47.21 (1:09.86) 2:55.96 (1:08.75) 4:03.98 (1:08.02) 6:21.26 (2:17.28) 7:31.58 (1:10.32) 8:42.57 (1:11.00) 9:54.63 (1:12.06) 11:08.36 (1:13.74) 12:25.81 (1:17.45) 13:44.61 (1:18.80) 14:54.37 (1:09.77)"								

19	16	314	Mateusz GOS	02-06-07	RLTL Optima Radom(MZ)		14:57.71	
36.96 (36.96) 1:46.16 (1:09.21) 2:55.65 (1:09.49) 4:04.51 (1:08.86) 5:13.50 (1:09.00) 6:24.41 (1:10.91) 8:49.49 (2:25.09) 10:04.83 (1:15.34) 11:21.01 (1:16.19) 12:36.22 (1:15.21) 14:58.13 (2:21.91)"								

20	7	505	Krzysztof ŻYGENDA	97-03-10	GKS Żukowo(PM)		14:58.76	
37.78 (37.78) 1:48.94 (1:11.16) 2:57.94 (1:09.00) 4:08.59 (1:10.66) 5:20.70 (1:12.11) 6:33.54 (1:12.84) 7:46.03 (1:12.49) 8:59.09 (1:13.07) 10:12.47 (1:13.39) 11:26.54 (1:14.07) 12:40.62 (1:14.08) 13:53.72 (1:13.11) 14:59.32 (1:05.60)"								



5000 metrów mężczyzn

Rekord Polski(Open)	13:17.69	MALINOWSKI Bronisław	OLIMPIA Grudziądz	Stockholm	76-07-05
Rekord Polski(U23)	13:29.72	BARTOSZAK Michał	OLIMPIA Poznań	Victoria	92-06-03
Rekord Polski(U20)	13:56.38	GŁADKI Piotr	LECHIA Gdańsk	Słupsk	91-09-08
Min. IO(Open)	13:13.50			Tokio (JPN)	20-07-24
Min. ME U23(U23)	14:05.00			Tallinn (EST)	21-07-08
Min. ME U20(U20)	14:30.00			Tallinn (EST)	21-07-15
Min. MŚ U20(U20)	14:10.00			Nairobi (KEN)	21-08-17

Miejsce	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Reakcja	Wynik
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200m	600m	1000m	1400m	1800m	2200m	2600m	3000m
3400m	3800m	4200m	4600m	5000m			

21	12	28	Michał WÓJCIK	99-10-01	KS AZS AWF Wrocław(DS)		15:04.90
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37.42 (37.42)	1:48.26 (1:10.85)	2:57.59 (1:09.33)	4:08.09 (1:10.50)	5:20.45 (1:12.37)	6:33.29 (1:12.84)	8:58.56 (2:25.28)	10:12.48 (1:13.92)
11:26.37 (1:13.90)	12:40.41 (1:14.05)	13:54.41 (1:14.00)	15:05.27 (1:10.87)"				

22	5	413	Szymon DOROŻYŃSKI	92-03-06	AZS KU Politechniki Opolskiej Opole(OP)		15:20.03
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36.12 (36.12)	1:45.23 (1:09.11)	2:54.47 (1:09.25)	4:03.28 (1:08.81)	5:11.34 (1:08.07)	6:19.83 (1:08.49)	7:30.47 (1:10.64)	8:41.33 (1:10.86)
9:53.21 (1:11.88)	11:12.25 (1:19.04)	12:36.69 (1:24.45)	13:58.45 (1:21.77)	15:20.47 (1:22.02)"			

23	9	485	Mateusz LIPIŃSKI	99-09-23	AML Słupsk(PM)		15:32.59
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36.22 (36.22)	1:46.35 (1:10.14)	2:55.06 (1:08.71)	4:03.68 (1:08.63)	5:14.09 (1:10.41)	6:27.52 (1:13.43)	7:44.30 (1:16.79)	9:01.73 (1:17.43)
10:22.62 (1:20.90)	11:42.25 (1:19.63)	13:01.25 (1:19.01)	14:20.91 (1:19.66)	15:33.15 (1:12.25)"			

8	39		Tomasz SZYMAŃSKI	86-02-26	MKS Siechnice(DS)		DNF
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37.68 (37.68)	1:48.16 (1:10.49)	2:57.10 (1:08.94)"					
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Międzyczasy			
1000m	319	Patryk KOZŁOWSKI	2:52.55
2000m	426	Kamil KARBOWIAK	5:42.4
3000m	310	Aleksander WIĄCEK	8:38.35
4000m	310	Aleksander WIĄCEK	11:16.8

Legenda:	
SB -rekord sezonu	PB -rekord życiowy

