## Wyniki konkurencji-międzyczasy

## 3000 m M

| 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 | |
| | | | | | | | |

**FINAŁ** Start: 26-03-01 14:12:00

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 14 | 204 | Adam BAJORSKI | 04-09-11 | RLTL GGG Radom(MZ) | | | | **8:15.91** | U23(1) |
| | 34.50 (34.50) | 1:08.51 (34.02) | 1:42.16 (33.65) | 2:16.46 (34.30) | 2:51.20 (34.74) | 3:25.49 (34.29) | 3:59.44 (33.96) | 4:34.01 (34.57) | | |
| | 5:08.09 (34.08) | 5:40.65 (32.56) | 6:13.22 (32.57) | 6:45.86 (32.65) | 7:17.59 (31.74) | 7:47.91 (30.32) | 8:15.91 (28.00) | | | |
| 2 | 10 | 377 | Dawid BOROWSKI | 99-07-21 | KS Stal LA Ostrów Wlkp.(WP) | | | | **8:16.19** | |
| | 34.18 (34.18) | 1:08.13 (33.96) | 1:41.95 (33.82) | 2:16.35 (34.40) | 2:51.16 (34.82) | 3:25.65 (34.50) | 3:59.63 (33.98) | 4:34.11 (34.48) | | |
| | 5:08.48 (34.37) | 5:41.45 (32.98) | 6:13.88 (32.44) | 6:46.59 (32.71) | 7:18.06 (31.47) | 7:48.29 (30.24) | 8:16.19 (27.90) | | | |
| 3 | 13 | 338 | Krzysztof ZIELIŃSKI | 05-07-14 | ULKS Talex-Borysław Borzytuchom(PM) | | | | **8:17.20** | U23(2) |
| | 35.16 (35.16) | 1:09.23 (34.08) | 1:42.83 (33.60) | 2:17.28 (34.45) | 2:51.45 (34.17) | 3:25.75 (34.31) | 3:59.80 (34.05) | 4:34.50 (34.71) | | |
| | 5:08.19 (33.69) | 5:40.90 (32.72) | 6:13.35 (32.45) | 6:46.03 (32.69) | 7:17.71 (31.69) | 7:48.05 (30.34) | 8:17.20 (29.16) | | | |
| 4 | 6 | 158 | Michał MISIEWICZ | 95-12-31 | KS AZS AWF Warszawa(MZ) | | | | **8:21.11** | PB |
| | 34.37 (34.37) | 1:08.41 (34.04) | 1:42.18 (33.77) | 2:16.64 (34.47) | 2:51.44 (34.80) | 3:25.93 (34.50) | 3:59.89 (33.96) | 4:34.92 (35.04) | | |
| | 5:08.90 (33.98) | 5:42.04 (33.14) | 6:14.46 (32.42) | 6:46.96 (32.51) | 7:19.16 (32.20) | 7:50.14 (30.99) | 8:21.11 (30.97) | | | |
| 5 | 11 | 121 | Szczepan KUZIK | 06-02-10 | RKS Łódź(LD) | | | | **8:22.07** | U23(3) L |
| | 34.63 (34.63) | 1:08.70 (34.07) | 1:42.48 (33.79) | 2:17.01 (34.53) | 2:51.87 (34.86) | 3:26.41 (34.54) | 3:59.95 (33.55) | 4:34.27 (34.33) | | |
| | 5:08.48 (34.22) | 5:41.23 (32.75) | 6:13.79 (32.57) | 6:47.48 (33.69) | 7:20.29 (32.81) | 7:52.81 (32.53) | 8:22.07 (29.26) | | | |
| 6 | 4 | 364 | Adrian ROMBERG | 03-04-21 | MKS-MOSM Bytom(SL) | | | | **8:22.41** | PB |
| | 34.70 (34.70) | 1:08.69 (33.99) | 1:42.05 (33.37) | 2:16.19 (34.14) | 2:50.98 (34.80) | 3:25.26 (34.28) | 3:59.31 (34.06) | 4:33.84 (34.54) | | |
| | 5:08.29 (34.45) | 5:41.73 (33.45) | 6:14.05 (32.32) | 6:46.29 (32.24) | 7:18.46 (32.17) | 7:50.92 (32.46) | 8:22.41 (31.49) | | | |
| 7 | 8 | 218 | Filip BABIK | 96-11-02 | Stowarzyszenie Piekielni Warszawa(MZ) | | | | **8:24.36** | SB |
| | 34.52 (34.52) | 1:07.85 (33.33) | 1:41.65 (33.81) | 2:16.09 (34.44) | 2:50.79 (34.70) | 3:25.10 (34.32) | 3:59.13 (34.03) | 4:33.62 (34.50) | | |
| | 5:08.11 (34.49) | 5:42.20 (34.10) | 6:15.20 (33.00) | 6:48.35 (33.15) | 7:20.80 (32.46) | 7:52.87 (32.07) | 8:24.36 (31.50) | | | |
| 8 | 12 | 224 | Andrzej KOWALCZYK | 98-11-30 | Kraków Athletics Team(MA) | | | | **8:25.21** | |
| | 34.97 (34.97) | 1:08.98 (34.01) | 1:42.44 (33.47) | 2:16.80 (34.37) | 2:51.69 (34.89) | 3:26.09 (34.41) | 4:00.20 (34.11) | 4:34.59 (34.40) | | |
| | 5:08.57 (33.98) | 5:41.68 (33.11) | 6:13.64 (31.97) | 6:46.56 (32.92) | 7:20.09 (33.53) | 7:53.41 (33.33) | 8:25.21 (31.81) | | | |
| 9 | 9 | 337 | Michał WINIARSKI | 07-11-05 | ULKS Talex-Borysław Borzytuchom(PM) | | | | **8:25.45** | |
| | 35.25 (35.25) | 1:09.52 (34.27) | 1:43.08 (33.57) | 2:17.49 (34.41) | 2:51.61 (34.12) | 3:25.91 (34.31) | 4:00.01 (34.10) | 4:34.59 (34.59) | | |
| | 5:08.95 (34.36) | 5:42.59 (33.64) | 6:16.04 (33.46) | 6:49.65 (33.61) | 7:23.20 (33.55) | 7:56.09 (32.90) | 8:25.45 (29.36) | | | |
| 10 | 5 | 201 | Antoni KACZANOWSKI | 06-11-07 | Passion First Warszawa(MZ) | | | | **8:26.04** | PB U23(4) |
| | 35.47 (35.47) | 1:09.86 (34.39) | 1:43.53 (33.68) | 2:18.08 (34.55) | 2:52.24 (34.16) | 3:26.86 (34.63) | 4:00.48 (33.62) | 4:35.14 (34.67) | | |
| | 5:09.22 (34.08) | 5:42.56 (33.34) | 6:15.21 (32.66) | 6:48.27 (33.06) | 7:21.51 (33.25) | 7:54.18 (32.67) | 8:26.04 (31.86) | | | |



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

RZESZÓW 2026


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

domtel-sport.pl systemy pomiaru czasu



Ministerstwo Sportu i Turystyki

ORLEN

MIASTO TORUŃ

Nestlé GRUPA LUXMED Okęcie polanik TRYUMF InterRisk KOPERNIK TORUŃ TORUŃ PLAZA

# 3000 m M

| 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 | | |
| | | | | | | | | |
| 11 | 2 | 250 | Kamil CZUPALA | 04-12-08 | AZS KU Politechniki Opolskiej Opole(OP) | | 8:28.99 | PB U23(5) |
| 35.93 (35.93) | 1:10.44 (34.52) | 1:43.84 (33.40) | 2:18.35 (34.52) | 2:52.81 (34.46) | 3:27.32 (34.51) | 4:01.40 (34.09) | 4:36.13 (34.73) | |
| 5:09.67 (33.55) | 5:42.97 (33.30) | 6:15.86 (32.89) | 6:48.99 (33.14) | 7:21.80 (32.82) | 7:55.36 (33.56) | 8:28.99 (33.63) | | |
| 12 | 7 | 231 | Piotr KILIAN | 05-11-18 | KS AZS AKF Kraków(MA) | | 8:48.06 | PB U23(6) |
| 35.53 (35.53) | 1:10.05 (34.52) | 1:43.74 (33.69) | 2:18.24 (34.50) | 2:52.47 (34.23) | 3:27.05 (34.59) | 4:01.05 (34.01) | 4:35.80 (34.75) | |
| 5:10.37 (34.58) | 5:45.07 (34.70) | 6:21.29 (36.23) | 6:58.56 (37.28) | 7:35.48 (36.93) | 8:12.16 (36.68) | 8:48.06 (35.90) | | |
| | 3 | 32 | Kacper SKIBIAK | 00-02-20 | WKS Oleśniczanka Oleśnica(DS) | | DNF | |
| 35.53 (35.53) | 1:09.75 (34.22) | 1:43.23 (33.49) | 2:17.79 (34.56) | 2:52.11 (34.32) | 3:26.60 (34.50) | 4:00.54 (33.94) | 4:35.50 (34.97) | |
| 5:10.03 (34.54) | | | | | | | | |
| | 1 | 411 | Szymon TWARDOŃ | 04-02-20 | OŚ AZS Poznań(WP) | | DNF | U23(-) |

## Międzyczasy

| | | | |
|---|---|---|---|
| 1000m | 218 | Filip BABIK | 2:50.83 |
| 2000m | 204 | Adam BAJORSKI | 5:40.72 |

Legenda:

| | |
|---|---|
| SB | rekord sezonu |
| PB | rekord życiowy |



Druk: 26-03-01 14:25:10

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

RZESZÓW 2026

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

domtel-sport.pl systemy pomiaru czasu

PZLA Ministerstwo Sportu i Turystyki ORLEN 4F MIASTO TORUŃ

Nestlé GRUPA LUXMED Okęcie polanik TRYUMF KUJAWY POMORZE InterRisk VIENNA INSURANCE GROUP KOPERNIK TORUŃ TORUŃ PLAZA