



# PODLASKI OKRĘGOWY ZWIĄZEK LEKKIEJ ATLETYKI



100 POLSKIEGO ZWIĄZKU  
LAT LEKKIEJ ATLETYKI

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## MITYNG KWALIFIKACYJNY DO MP U18 i U20 BIAŁYSTOK, 13.08.2020

### MEŃCZYŹNI/MEN

#### 100 metrów mężczyzn

| FINAŁ A |                     | -1,2                                 | 12:55 |       |    |
|---------|---------------------|--------------------------------------|-------|-------|----|
| 1       | SAWICKI Marek       | 96-07-18 KS Podlasie Białystok       | PD    | 11.21 | PB |
| 2       | DĄBROWSKI Paweł     | 03-07-13 LŁKS Prefbet Śniadowo Łomża | PD    | 11.25 |    |
| 3       | DĄBROWSKI Piotr     | 03-06-08 LŁKS Prefbet Śniadowo Łomża | PD    | 11.41 |    |
| 4       | PONIATOWSKI Emil    | 02-01-31 LKS Sprinter Siemiatycze    | PD    | 11.77 | PB |
| 5       | JABŁOŃSKI Jakub     | 02-09-20 MKS Juwenia Białystok       | PD    | 11.81 |    |
| 6       | HREHOROWICZ Bartosz | 03-07-16 KS Podlasie Białystok       | PD    | 11.98 |    |

#### 100 metrów mężczyzn

|           |                     |                                      |       |       |      |
|-----------|---------------------|--------------------------------------|-------|-------|------|
| Bieg 1/ 3 |                     | +0.2                                 | 11:52 |       |      |
| 1         | DĄBROWSKI Paweł     | 03-07-13 LŁKS Prefbet Śniadowo Łomża | PD    | 11.25 | Q    |
| 2         | JABŁOŃSKI Jakub     | 02-09-20 MKS Juwenia Białystok       | PD    | 11.66 | Q PB |
| 3         | HREHOROWICZ Bartosz | 03-07-16 KS Podlasie Białystok       | PD    | 11.94 | q PB |
| 4         | ROGOZIŃSKI Adam     | 03-10-06 KS Podlasie Białystok       | PD    | 12.39 |      |
| 5         | POPŁAWSKI Jan       | 05-03-21 LUKS Hańcza Suwałki         | PD    | 12.80 | PB   |
| Bieg 2/ 3 |                     | +0.4                                 | 11:56 |       |      |
| 1         | ŁĘCZYCKI Artur      | 00-02-05 KS Podlasie Białystok       | PD    | 11.14 | Q    |
| 2         | DĄBROWSKI Piotr     | 03-06-08 LŁKS Prefbet Śniadowo Łomża | PD    | 11.34 | Q    |
| 3         | ROGIŃSKI Bartosz    | 06-05-04 LŁKS Prefbet Śniadowo Łomża | PD    | 12.09 | q    |
| 4         | MŁYNARCZYK Mateusz  | 04-07-22 KS Podlasie Białystok       | PD    | 12.33 |      |
| 5         | KUBEŁ Marek         | 04-04-08 KS Podlasie Białystok       | PD    | 12.39 | PB   |
| 6         | WASIK Daniel        | 05-10-03 KS Podlasie Białystok       | PD    | 12.54 | PB   |
| 7         | PIETRASZKO Szymon   | 05-07-15 KS Podlasie Białystok       | PD    | 12.64 | PB   |
| Bieg 3/ 3 |                     | -0.3                                 | 12:01 |       |      |
| 1         | SAWICKI Marek       | 96-07-18 KS Podlasie Białystok       | PD    | 11.28 | Q PB |
| 2         | PONIATOWSKI Emil    | 02-01-31 LKS Sprinter Siemiatycze    | PD    | 11.82 | Q    |
| 3         | GINDOROWICZ Maciej  | 04-04-01 MKS Juwenia Białystok       | PD    | 12.38 |      |
| 4         | JABŁOŃSKI Jacek     | 06-02-19 KS Podlasie Białystok       | PD    | 12.49 | PB   |
| 5         | BAJOR Bartłomiej    | 06-03-26 LKS Sprinter Siemiatycze    | PD    | 13.46 |      |
|           | OSTAPOWICZ Daniel   | 00-03-10 KS Podlasie Białystok       | PD    | DNF   |      |

#### 200 metrów mężczyzn

|           |                      |                                      |       |       |     |
|-----------|----------------------|--------------------------------------|-------|-------|-----|
| Bieg 1/ 3 |                      | 0.0                                  | 13:36 |       |     |
| 1         | DĄBROWSKI Piotr      | 03-06-08 LŁKS Prefbet Śniadowo Łomża | PD    | 22.55 | PB  |
| 2         | JAROSZEWICZ Ernest   | 99-12-04 MKS Juwenia Białystok       | PD    | 22.61 |     |
| 3         | KWIATKOWSKI Mateusz  | 99-06-03 MKS Juwenia Białystok       | PD    | 22.65 |     |
| 4         | DĄBROWSKI Paweł      | 03-07-13 LŁKS Prefbet Śniadowo Łomża | PD    | 23.02 | =SB |
| 5         | PAŁKOWSKI Dawid      | 04-09-18 MUKL Brodnica               | KP    | 23.03 |     |
| Bieg 2/ 3 |                      | -0.7                                 | 13:39 |       |     |
| 1         | PONIATOWSKI Emil     | 02-01-31 LKS Sprinter Siemiatycze    | PD    | 23.55 |     |
| 2         | LIPSKI Maciej        | 04-08-30 KS Podlasie Białystok       | PD    | 24.55 |     |
| 3         | ROGIŃSKI Bartosz     | 06-05-04 LŁKS Prefbet Śniadowo Łomża | PD    | 24.79 |     |
| 4         | JABŁOŃSKI Jacek      | 06-02-19 KS Podlasie Białystok       | PD    | 25.44 |     |
| 5         | WASIK Daniel         | 05-10-03 KS Podlasie Białystok       | PD    | 25.57 |     |
| 6         | DUCHNOWSKI Sebastian | 04-03-16 KS Podlasie Białystok       | PD    | 26.36 |     |
| Bieg 3/ 3 |                      | +0.7                                 | 13:43 |       |     |
| 1         | DĘBOWSKI Szymon      | 05-04-13 KS Podlasie Białystok       | PD    | 24.81 |     |
| 2         | MAKSYMIOUK Piotr     | 04-01-13 KS Podlasie Białystok       | PD    | 25.06 |     |
| 3         | PIETRASZKO Szymon    | 05-07-15 KS Podlasie Białystok       | PD    | 25.46 |     |
| 4         | GINDOROWICZ Maciej   | 04-04-01 MKS Juwenia Białystok       | PD    | 25.84 |     |
| 5         | POPŁAWSKI Jan        | 05-03-21 LUKS Hańcza Suwałki         | PD    | 26.20 | PB  |
| 6         | BAJOR Bartłomiej     | 06-03-26 LKS Sprinter Siemiatycze    | PD    | 28.19 |     |

#### 400 metrów mężczyzn

|           |                       |                                      |       |       |    |
|-----------|-----------------------|--------------------------------------|-------|-------|----|
| Bieg 1/ 2 |                       |                                      | 13:16 |       |    |
| 1         | JURAK Bartosz         | 03-03-11 LŁKS Prefbet Śniadowo Łomża | PD    | 50.20 |    |
| 2         | DUCHNOWSKI Igor       | 03-07-06 LŁKS Prefbet Śniadowo Łomża | PD    | 50.34 |    |
| 3         | ZWIRKOWSKI Aleksander | 03-02-02 LŁKS Prefbet Śniadowo Łomża | PD    | 51.72 |    |
| 4         | DANILCZUK Michał      | 01-11-13 KS Podlasie Białystok       | PD    | 52.15 | PB |





# PODLASKI OKRĘGOWY ZWIĄZEK LEKKIEJ ATLETYKI

|                      |          |                             |    |       |    |
|----------------------|----------|-----------------------------|----|-------|----|
| 5 JAŃCZAK Paweł      | 03-09-04 | MKS Juwenia Białystok       | PD | 53.24 |    |
| 6 WYSZYŃSKI Paweł    | 03-11-05 | MKS Juwenia Białystok       | PD | 54.54 |    |
| 7 HRYNIEWICKI Łukasz | 05-05-24 | KS Podlasie Białystok       | PD | 54.69 |    |
| Bieg 2/ 2            |          |                             |    | 13:20 |    |
| 1 SUCHTA Marcin      | 01-07-10 | LŁKS Prefbet Śniadowo Łomża | PD | 54.47 | SB |
| 2 TARANTA Jakub      | 05-04-30 | KS Podlasie Białystok       | PD | 59.41 |    |
| 3 STRZESZEWSKI Piotr | 04-04-20 | KS Podlasie Białystok       | PD | 60.41 |    |

## 800 metrów mężczyzn

|                       |          |                             |    |         |    |
|-----------------------|----------|-----------------------------|----|---------|----|
| Bieg 1/ 2             |          |                             |    | 11:23   |    |
| 1 RYBAKOWSKI Michał   | 00-08-30 | MKS Polonia Warszawa        | MZ | 1:55.64 |    |
| 2 JEDRUSZCZAK Mikołaj | 02-05-29 | KS Agros Zamość             | LU | 1:56.72 | PB |
| 3 FOLGA Bartłomiej    | 03-11-08 | LŁKS Prefbet Śniadowo Łomża | PD | 1:57.50 | PB |
| 4 KLIMIUK Łukasz      | 04-12-06 | KS Parkiet Hajnówka         | PD | 1:58.35 | PB |
| 5 ANDZIAK Stanisław   | 04-12-05 | OKS Skra Warszawa           | MZ | 2:00.46 | PB |
| POULAIN Kamil         | 98-02-27 | MKS Polonia Warszawa        | MZ | DNF     |    |

### Międzyczasy

400m 652 Kamil POULAIN 56,2

### Bieg 2/ 2

|                      |          |                             |    |         |    |
|----------------------|----------|-----------------------------|----|---------|----|
| 1 ĆWIKOWSKI Paweł    | 04-09-01 | LUKS Hańcza Suwałki         | PD | 2:06.79 | PB |
| 2 BAGIŃSKI Piotr     | 05-03-11 | LŁKS Prefbet Śniadowo Łomża | PD | 2:07.14 | PB |
| 3 MACIOCH Szymon     | 03-05-23 | UKS Liceum sportowe Łomża   | PD | 2:07.38 |    |
| 4 KOŁAKOWSKI Marek   | 03-10-01 | LŁKS Prefbet Śniadowo Łomża | PD | 2:13.42 |    |
| 5 PRYTUŁO Michał     | 03-09-01 | GOKSiT Suchowola            | PD | 2:19.31 |    |
| 6 JAMIOŁKOWSKI Jakub | 05-01-14 | LŁKS Prefbet Śniadowo Łomża | PD | 2:21.13 |    |
| 7 ROSZKOWSKI Łukasz  | 88-06-20 | MKS Juwenia Białystok       | PD | 2:27.60 |    |

### Międzyczasy

400m 982 Szymon MACIOCH 56,9

## 110 metrów pł M U18 (91.4)

|                   |          |                       |    |       |    |
|-------------------|----------|-----------------------|----|-------|----|
| FINAŁ A           | 0,0      |                       |    | 12:41 |    |
| 1 MIEZIANKO Paweł | 03-07-12 | UKS Czwórka Białystok | PD | 15.69 | PB |
| 2 KONOPKO Piotr   | 04-05-23 | LUKS Hańcza Suwałki   | PD | 15.80 |    |
| 3 KUBEŁ Marek     | 04-04-08 | KS Podlasie Białystok | PD | 16.30 |    |

## 110 m ppł mężczyzn

|                   |          |                       |    |       |    |
|-------------------|----------|-----------------------|----|-------|----|
| FINAŁ A           | 0,0      |                       |    | 12:41 |    |
| 1 SINIŁO Krystian | 00-10-02 | KS Podlasie Białystok | PD | 14.80 |    |
| 2 DAKOWICZ Artur  | 98-10-24 | KS Podlasie Białystok | PD | 15.67 |    |
| KALISZEWSKI Jakub | 00-01-31 | KS Podlasie Białystok | PD | DQ    | TR |

## 400 metrów pł M U18 (84.0)

|                  |          |                     |    |       |    |
|------------------|----------|---------------------|----|-------|----|
| FINAŁ A          |          |                     |    | 11:10 |    |
| 1 RYBACKI Kornel | 03-05-19 | LUKS Hańcza Suwałki | PD | 56.87 | SB |
| 2 SOBOTA Jakub   | 04-04-18 | LUKS Hańcza Suwałki | PD | 62.49 |    |

## 400 metrów ppł M U20 (91,4)

|                   |          |                     |    |       |    |
|-------------------|----------|---------------------|----|-------|----|
| FINAŁ A           |          |                     |    | 11:10 |    |
| 1 POMIAN Radosław | 00-08-23 | LUKS Hańcza Suwałki | PD | 60.37 | PB |

## 4x100 metrów juniorów mł

|                          |          |                          |  |       |       |
|--------------------------|----------|--------------------------|--|-------|-------|
| Bieg 1/ 1                |          |                          |  | 14:14 |       |
| 1                        |          | KS Podlasie Białystok    |  | PD    | 45.58 |
| 1 Bartosz HREHOROWICZ    | 03-07-16 |                          |  |       |       |
| 1 Mateusz MŁYNARCZYK     | 04-07-22 |                          |  |       |       |
| 1 Adam ROGOZIŃSKI        | 03-10-06 |                          |  |       |       |
| 780 Maciej LIPSKI        | 04-08-30 |                          |  |       |       |
|                          |          | KS Podlasie Białystok II |  |       | DQ    |
| 781 Jakub KALISZEWSKI    | 00-01-31 |                          |  |       |       |
| 1 Artur ŁĘCZYCKI         | 00-02-05 |                          |  |       |       |
| 776 Maksymilian KLEPACKI | 98-11-14 |                          |  |       |       |
| 1 Krystian SINIŁO        | 00-10-02 |                          |  |       |       |

## Pchnięcie kulą M U18 (5kg)

|                       |          |                       |    |       |    |
|-----------------------|----------|-----------------------|----|-------|----|
| 1 STARAK Radosław     | 03-02-28 | KS Podlasie Białystok | PD | 18.11 | PB |
| 2 KRYSZYN Paweł       | 03-08-26 | UKS Technik Augustów  | PD | 17.19 | PB |
| 3 KOCIK Olaf          | 03-04-03 | MUKL Brodnica         | KP | 14.90 | PB |
| 4 CHODAKOWSKI Mateusz | 06-03-20 | KS Podlasie Białystok | PD | 13.06 |    |
| 5 ZAKRZEWSKI Michał   | 05-05-06 | KS Podlasie Białystok | PD | 9.82  |    |

|                     | I     | II    | III   | IV    | V     | VI    |
|---------------------|-------|-------|-------|-------|-------|-------|
| STARAK Radosław     | 17.85 | 17.81 | x     | 17.40 | 17.35 | 18.11 |
| KRYSZYN Paweł       | 14.34 | 16.27 | 17.12 | 17.19 | x     | x     |
| KOCIK Olaf          | 14.64 | 14.04 | x     | 14.90 | x     | x     |
| CHODAKOWSKI Mateusz | x     | x     | x     | 11.72 | 13.06 | x     |
| ZAKRZEWSKI Michał   | x     | 9.56  | x     | x     | x     | 9.82  |



1919-2019





# PODLASKI OKRĘGOWY ZWIĄZEK LEKKIEJ ATLETYKI

## Rzut oszczepem M U18 (700)

|   |                       |          |                       |    |       |  |
|---|-----------------------|----------|-----------------------|----|-------|--|
| 1 | ANDREJCZYK Adam       | 03-05-22 | LUKS Hańcza Suwałki   | PD | 45.12 |  |
| 2 | KUSZNIER Adrian       | 03-09-12 | KS Podlasie Białystok | PD | 44.98 |  |
| 3 | TARASZKIEWICZ Bartosz | 04-01-14 | LUKS Hańcza Suwałki   | PD | 44.38 |  |

I II III IV V VI

|                       |       |       |       |       |       |       |
|-----------------------|-------|-------|-------|-------|-------|-------|
| TARASZKIEWICZ Bartosz | 44.38 | x     | 42.50 | x     | 42.24 | 41.14 |
| KUSZNIER Adrian       | 44.27 | 44.98 | 40.60 | 38.74 | x     | x     |
| ANDREJCZYK Adam       | 43.21 | x     | x     | 45.12 | 42.93 | 38.21 |

## Rzut oszczepem M U16 (600)

|                  |                  |          |                     |       |       |       |
|------------------|------------------|----------|---------------------|-------|-------|-------|
| 1                | ŻYLIŃSKI Mateusz | 05-12-26 | LUKS Hańcza Suwałki | PD    | 43.36 |       |
|                  |                  |          |                     |       |       |       |
|                  |                  |          |                     |       |       |       |
| ŻYLIŃSKI Mateusz | x                | x        | 39.14               | 41.93 | 43.36 | 42.18 |

## Rzut oszczepem M U20 (800)

|                |                |          |                       |       |       |       |
|----------------|----------------|----------|-----------------------|-------|-------|-------|
| 1              | LEBIODA Piotr  | 92-05-28 | LUKS Hańcza Suwałki   | PD    | 69.61 |       |
| 2              | PIELOCH Dawid  | 02-04-14 | KS Podlasie Białystok | PD    | 54.15 | PB    |
| 3              | DAKOWICZ Artur | 98-10-24 | KS Podlasie Białystok | PD    | 40.14 |       |
| LEBIODA Piotr  | x              | 65.56    | 69.47                 | x     | 68.87 | 69.61 |
| PIELOCH Dawid  | 52.61          | x        | 51.42                 | 54.15 | 51.86 | 53.92 |
| DAKOWICZ Artur | x              | 37.55    | 40.14                 | x     | x     | x     |

## Rzut dyskiem M U18 (1.5kg)

|   |                    |          |                       |    |       |    |
|---|--------------------|----------|-----------------------|----|-------|----|
| 1 | STARAK Radosław    | 03-02-28 | KS Podlasie Białystok | PD | 51.16 | PB |
| 2 | KRYSZYŃ Paweł      | 03-08-26 | UKS Technik Augustów  | PD | 45.84 |    |
| 3 | KOCIK Olaf         | 03-04-03 | MUKL Brodnica         | KP | 36.08 |    |
| 4 | PRZECHOCKI Mateusz | 04-03-06 | KS Podlasie Białystok | PD | 34.62 |    |

I II III IV V VI

|                    |       |       |       |       |       |       |
|--------------------|-------|-------|-------|-------|-------|-------|
| STARAK Radosław    | 42.60 | 47.97 | 44.35 | 50.13 | 48.51 | 51.16 |
| KRYSZYŃ Paweł      | x     | x     | x     | 45.84 | 42.07 | x     |
| KOCIK Olaf         | x     | 36.08 | x     | x     | 34.90 | x     |
| PRZECHOCKI Mateusz | x     | 34.62 | x     | x     | x     | x     |

## Rzut dyskiem M U16 (1kg)

|                     |                     |          |                       |       |       |    |
|---------------------|---------------------|----------|-----------------------|-------|-------|----|
| 1                   | CHODAKOWSKI Mateusz | 06-03-20 | KS Podlasie Białystok | PD    | 47.80 | PB |
|                     |                     |          |                       |       |       |    |
| CHODAKOWSKI Mateusz | 39.17               | 47.80    | 37.37                 | 43.67 | 37.80 | x  |

## Skok wzwyż M U20

|                 |                 |          |                       |     |      |     |
|-----------------|-----------------|----------|-----------------------|-----|------|-----|
| 1               | ZALEWSKI Hubert | 03-04-16 | KS Podlasie Białystok | PD  | 1.75 |     |
| 2               | KURZYŃNA Maciej | 05-08-14 | KS Podlasie Białystok | PD  | 1.60 |     |
| ZALEWSKI Hubert | 150             | 155      | 160                   | 165 | 170  | 175 |
| KURZYŃNA Maciej | -               | -        | -                     | o   | -    | o   |
|                 |                 |          |                       | xxx |      | xxx |

## Skok w dal M U20

|                     |                     |          |                           |      |      |      |
|---------------------|---------------------|----------|---------------------------|------|------|------|
| 1                   | WYSZYŃSKI Paweł     | 01-08-03 | KS Podlasie Białystok     | PD   | 6.34 | -0.4 |
| 2                   | KONOPKA Dawid       | 04-11-01 | KS Podlasie Białystok     | PD   | 6.18 | +0.2 |
| 3                   | FIEDORCZUK Dominik  | 02-03-23 | KS Podlasie Białystok     | PD   | 6.06 | -0.8 |
| 4                   | GONTARCZUK Krystian | 04-07-23 | UKS Liceum sportowe Łomża | PD   | 5.16 | +1.6 |
| WYSZYŃSKI Paweł     | I                   | II       | III                       | IV   | V    | VI   |
|                     | x                   | 3.14     | 6.26                      | 6.34 | x    | 6.23 |
|                     | +1.0                | -0.6     | +0.5                      | -0.4 | -0.2 | -2.5 |
| KONOPKA Dawid       | 6.18                | 6.05     | 5.87                      | x    | x    | r    |
|                     | +0.2                | -0.2     | -0.2                      | -0.9 | -0.4 | -    |
| FIEDORCZUK Dominik  | x                   | 6.06     | x                         | x    | x    | 5.82 |
|                     | +0.5                | -0.8     | -0.4                      | -1.0 | +0.7 | -0.3 |
| GONTARCZUK Krystian | x                   | x        | 5.16                      | x    | 4.98 | x    |
|                     | +0.1                | +0.3     | +1.6                      | -0.4 | +0.3 | +0.6 |

## KOBIETY/WOMEN

### 100 metrów kobiet

|         |                     |          |                       |    |       |    |
|---------|---------------------|----------|-----------------------|----|-------|----|
| FINAŁ A | +1,1                | 12:51    |                       |    |       |    |
| 1       | GOLA Marlana        | 98-06-08 | KS Podlasie Białystok | PD | 11.77 |    |
| 2       | ANTONOWICZ Dominika | 05-08-07 | KS Podlasie Białystok | PD | 12.80 | PB |
| 3       | KOZAR Roksana       | 04-03-04 | KS Parkiet Hajnówka   | PD | 13.56 |    |
| 4       | SUSZYŃSKA Patrycja  | 04-04-17 | KS Podlasie Białystok | PD | 13.97 |    |
|         | BARTNOWSKA Weronika | 00-05-16 | AZS-AWF Warszawa      | MZ | DNF   |    |
|         | MIKIEWICZ Dominika  | 01-06-19 | KS Podlasie Białystok | PD | DNF   |    |

### 100 metrów kobiet

|           |                     |          |                          |    |       |      |
|-----------|---------------------|----------|--------------------------|----|-------|------|
| Bieg 1/ 2 | +0,2                | 11:40    |                          |    |       |      |
| 1         | BARTNOWSKA Weronika | 00-05-16 | AZS-AWF Warszawa         | MZ | 12.23 | Q    |
| 2         | ANTONOWICZ Dominika | 05-08-07 | KS Podlasie Białystok    | PD | 12.90 | Q PB |
| 3         | BOGUSZEWSKA Klaudia | 05-04-03 | KS Podlasie Białystok    | PD | 13.26 | q    |
| 4         | ZUBRZYCKA Dominika  | 05-10-26 | KS Podlasie Białystok    | PD | 13.42 | q PB |
| 5         | KOSK Julia          | 06-07-15 | LKS Sprinter Siemiatycze | PD | 14.07 |      |



1919-2019





# PODLASKI OKRĘGOWY ZWIĄZEK LEKKIEJ ATLETYKI

Bieg 2/ 2

+1.3

11:44

|   |                    |          |                       |    |       |    |
|---|--------------------|----------|-----------------------|----|-------|----|
| 1 | GOLA Marlena       | 98-06-08 | KS Podlasie Białystok | PD | 11.79 | Q  |
| 2 | MIKIEWICZ Dominika | 01-06-19 | KS Podlasie Białystok | PD | 12.32 | Q  |
| 3 | KOZAR Roksana      | 04-03-04 | KS Parkiet Hajnówka   | PD | 13.59 | q  |
| 4 | SUSZYŃSKA Patrycja | 04-04-17 | KS Podlasie Białystok | PD | 13.75 | q  |
| 5 | KALINOWSKA Kamila  | 05-06-15 | KS Podlasie Białystok | PD | 13.99 | PB |

## 200 metrów kobiet

Bieg 1/ 2

-0,6

13:26

|   |                      |          |                       |    |       |    |
|---|----------------------|----------|-----------------------|----|-------|----|
| 1 | PALUCH Paulina       | 98-12-03 | AZS-AWF Warszawa      | MZ | 24.36 | PB |
| 2 | DĄBROWSKA Martyna    | 94-04-05 | KS Podlasie Białystok | PD | 24.56 |    |
| 3 | BARTŃOWSKA Weronika  | 00-05-16 | AZS-AWF Warszawa      | MZ | 24.76 |    |
| 4 | PALUCH Justyna       | 97-02-28 | AZS-AWF Warszawa      | MZ | 24.96 |    |
| 5 | MIKIEWICZ Dominika   | 01-06-19 | KS Podlasie Białystok | PD | 25.57 |    |
| 6 | KWIATKOWSKA Angelika | 98-06-19 | MKS Juwenia Białystok | PD | 26.52 |    |

Bieg 2/ 2

-1,2

13:28

|   |                   |          |                             |    |       |  |
|---|-------------------|----------|-----------------------------|----|-------|--|
| 1 | GAJKOWSKA Martyna | 03-04-11 | MKS Polonia Warszawa        | MZ | 27.05 |  |
| 2 | DŁUGOZIWA Agata   | 03-12-04 | LŁKS Prefbet Śniadowo Łomża | PD | 28.77 |  |
| 3 | KOSK Julia        | 06-07-15 | LKS Sprinter Siemiatycze    | PD | 29.51 |  |
| 4 | WIERASZKO Sandra  | 02-04-19 | MKS Polonia Warszawa        | MZ | 30.21 |  |

## 400 metrów kobiet

|   |                       |          |                             |    |       |    |
|---|-----------------------|----------|-----------------------------|----|-------|----|
| 1 | IWANIUK Magdalena     | 02-06-21 | KS Podlasie Białystok       | PD | 60.27 | PB |
| 2 | GRABOWSKA Wiktoria    | 05-02-18 | LŁKS Prefbet Śniadowo Łomża | PD | 62.86 | PB |
| 3 | BOGDANOWICZ Aneta     | 06-06-16 | KS Podlasie Białystok       | PD | 64.26 |    |
| 4 | NOSKOWICZ Maja        | 05-01-31 | KS Parkiet Hajnówka         | PD | 64.99 |    |
| 5 | STRZYMIŃSKA Magdalena | 06-01-11 | KS Podlasie Białystok       | PD | 65.91 |    |
| 6 | SZCZOTKA Matylda      | 06-07-29 | MKS Juwenia Białystok       | PD | 67.60 |    |
| 7 | NIKICIUK Weronika     | 04-03-17 | KS Parkiet Hajnówka         | PD | 71.87 |    |

## 800 metrów kobiet

|   |                     |          |                             |    |         |    |
|---|---------------------|----------|-----------------------------|----|---------|----|
| 1 | MIKIEWICZ-ŁAPIŃSKA  | 92-07-13 | KS Podlasie Białystok       | PD | 2:11.80 |    |
| 2 | KRAWCZYŃSKA Martyna | 04-11-21 | LŁKS Prefbet Śniadowo Łomża | PD | 2:11.96 |    |
| 3 | CIEPAŁ Natasza      | 03-06-12 | MKS Polonia Warszawa        | MZ | 2:19.15 | SB |
| 4 | KARWOWSKA Maja      | 05-03-09 | KS Podlasie Białystok       | PD | 2:35.93 |    |
| 5 | DEMCHUK Natalia     | 04-09-13 | MKS Juwenia Białystok       | PD | 2:39.30 |    |
| 6 | FERENC Amelia       | 06-11-27 | LŁKS Prefbet Śniadowo Łomża | PD | 2:50.17 |    |
|   | GAJKOWSKA Martyna   | 03-04-11 | MKS Polonia Warszawa        | MZ | DNF     |    |

Międzyczasy

400m 224 Paulina MIKIEWICZ-ŁAPIŃSKA 1:03.5

## 1500 metrów kobiet

|   |                      |          |                             |    |         |  |
|---|----------------------|----------|-----------------------------|----|---------|--|
| 1 | KORYTKOWSKA Justyna  | 86-03-12 | LŁKS Prefbet Śniadowo Łomża | PD | 4:40.25 |  |
| 2 | KARPIUK Małgorzata   | 03-01-04 | KS Podlasie Białystok       | PD | 4:58.41 |  |
| 3 | DZWONKOWSKA Karolina | 03-03-21 | LŁKS Prefbet Śniadowo Łomża | PD | 5:05.34 |  |

Międzyczasy

400m 997 Justyna KORYTKOWSKA 1:14.4  
800m 997 Justyna KORYTKOWSKA 2:30.3  
1200m 997 Justyna KORYTKOWSKA 3:46.4

## 3000 metrów kobiet

|   |                     |          |                             |    |         |  |
|---|---------------------|----------|-----------------------------|----|---------|--|
| 1 | KORYTKOWSKA Justyna | 86-03-12 | LŁKS Prefbet Śniadowo Łomża | PD | 9:45.55 |  |
|   | MIKIEWICZ-ŁAPIŃSKA  | 92-07-13 | KS Podlasie Białystok       | PD | DNF     |  |

Międzyczasy

1000m 224 Paulina MIKIEWICZ-ŁAPIŃSKA 3:11.2  
2000m 997 Justyna KORYTKOWSKA 6:32.3

## 100 m pł K U18 (76,2)

FINAŁ A

+1.3

12:31

|   |                  |          |                       |    |       |    |
|---|------------------|----------|-----------------------|----|-------|----|
| 1 | TYNIEWICKA Emila | 04-08-27 | KS Podlasie Białystok | PD | 16.02 |    |
| 2 | KSEPKO Katarzyna | 03-01-10 | KS Podlasie Białystok | PD | 16.12 | PB |
| 3 | ŻUKOWSKA Julia   | 04-03-04 | KS Podlasie Białystok | PD | 17.41 |    |

## 100 metrów ppł K U20

FINAŁ A

+1,3

12:31

|   |                      |          |                       |    |       |  |
|---|----------------------|----------|-----------------------|----|-------|--|
| 1 | ZACZKIEWICZ Wiktoria | 01-08-04 | KS Podlasie Białystok | PD | 16.02 |  |
|---|----------------------|----------|-----------------------|----|-------|--|

## 400 m pł kobiet

|   |                       |          |                       |    |       |    |
|---|-----------------------|----------|-----------------------|----|-------|----|
| 1 | LESZCZYŃSKA Anna      | 00-02-10 | KS Podlasie Białystok | PD | 63.61 | PB |
| 2 | SZYMCZYK Kornelia     | 04-08-08 | OKŁA Ostrołęka        | MZ | 67.67 | PB |
| 3 | ZACZKIEWICZ Oliwia    | 03-12-04 | KS Podlasie Białystok | PD | 68.62 |    |
| 4 | MASIEJCZYK Aleksandra | 02-01-02 | KS Podlasie Białystok | PD | 70.15 |    |



1919-2019





# PODLASKI OKRĘGOWY ZWIĄZEK LEKKIEJ ATLETYKI

## 4x100 metrów juniorek mł

|   |                        |                       |    |       |
|---|------------------------|-----------------------|----|-------|
| 1 |                        | KS Podlasie Białystok | PD | 54.49 |
|   | 780 Patrycja SUSZYŃSKA | 04-04-17              |    |       |
|   | 777 Katarzyna KSEPKO   | 03-01-10              |    |       |
|   | 779 Dominika OSTAPCZUK | 03-04-29              |    |       |
|   | 1 Julia ŻUKOWSKA       | 04-03-04              |    |       |

|  |                        |                       |    |     |
|--|------------------------|-----------------------|----|-----|
|  |                        | KS Podlasie Białystok | PD | DNF |
|  | 1 Julia SŁABIŃSKA      | 04-01-16              |    |     |
|  | 775 Oliwia ZACZKIEWICZ | 03-12-04              |    |     |
|  | 777 Emilia TYNIEWICKA  | 04-08-27              |    |     |
|  | 775 Amelia CHOROSZUCHA | 04-06-29              |    |     |

## Pchnięcie kulą K U20 (4kg)

|   |                      |          |                             |       |       |       |       |  |
|---|----------------------|----------|-----------------------------|-------|-------|-------|-------|--|
| 1 | TRZONKOWSKA Beata    | 95-05-02 | LŁKS Prefbet Śniadowo Łomża | PD    | 13.77 | SB    |       |  |
| 2 | CHARKIEWICZ Wiktoria | 03-03-28 | KS Podlasie Białystok       | PD    | 10.96 |       |       |  |
| 3 | RAKOWICZ Martyna     | 03-08-09 | KS Podlasie Białystok       | PD    | 10.85 |       |       |  |
| 4 | WOŹNIAK Dominika     | 04-05-29 | KS Podlasie Białystok       | PD    | 10.68 |       |       |  |
| 5 | MICHALEC Marta       | 04-01-02 | KS Podlasie Białystok       | PD    | 10.55 |       |       |  |
|   |                      | I        | II                          | III   | IV    | V     | VI    |  |
|   | TRZONKOWSKA Beata    | 12.92    | x                           | 13.77 | 13.24 | x     | x     |  |
|   | CHARKIEWICZ Wiktoria | 10.58    | 10.60                       | 10.43 | 10.69 | 10.64 | 10.96 |  |
|   | RAKOWICZ Martyna     | 9.80     | x                           | 9.89  | 10.41 | 10.19 | 10.85 |  |
|   | WOŹNIAK Dominika     | 10.41    | 10.68                       | x     | 10.20 | x     | 9.77  |  |
|   | MICHALEC Marta       | 9.81     | 9.87                        | 9.70  | 10.20 | 10.55 | 10.23 |  |

## Pchnięcie kulą K U18 (3kg)

|   |                      |          |                             |       |       |       |       |  |
|---|----------------------|----------|-----------------------------|-------|-------|-------|-------|--|
| 1 | RAKOWICZ Martyna     | 03-08-09 | KS Podlasie Białystok       | PD    | 12.28 | PB    |       |  |
| 2 | CHARKIEWICZ Wiktoria | 03-03-28 | KS Podlasie Białystok       | PD    | 12.12 |       |       |  |
| 3 | WOŹNIAK Dominika     | 04-05-29 | KS Podlasie Białystok       | PD    | 12.11 |       |       |  |
| 4 | MICHALEC Marta       | 04-01-02 | KS Podlasie Białystok       | PD    | 11.76 | PB    |       |  |
| 5 | MASŁOWSKA Gabrysia   | 04-03-23 | GOKSiT Suchowola            | PD    | 10.70 |       |       |  |
| 6 | ŁAGODA Paulina       | 03-05-25 | LŁKS Prefbet Śniadowo Łomża | PD    | 9.62  |       |       |  |
|   |                      | I        | II                          | III   | IV    | V     | VI    |  |
|   | RAKOWICZ Martyna     | 12.07    | x                           | 12.08 | 11.92 | 11.59 | 12.28 |  |
|   | CHARKIEWICZ Wiktoria | 11.40    | 11.65                       | 12.12 | 11.89 | 11.78 | x     |  |
|   | WOŹNIAK Dominika     | 11.90    | 11.40                       | 12.11 | 12.06 | 10.73 | 11.26 |  |
|   | MICHALEC Marta       | 11.35    | 11.76                       | 11.70 | 11.43 | 11.49 | 11.67 |  |
|   | MASŁOWSKA Gabrysia   | 10.12    | 10.14                       | 10.59 | 10.70 | 10.06 | 10.39 |  |
|   | ŁAGODA Paulina       | 9.24     | 9.62                        | 9.00  | x     | 8.93  | r     |  |

## Rzut oszczepem K U18 i U16 (500)

|   |                  |          |                             |     |       |       |       |  |
|---|------------------|----------|-----------------------------|-----|-------|-------|-------|--|
| 1 | ŁAGODA Paulina   | 03-05-25 | LŁKS Prefbet Śniadowo Łomża | PD  | 35.17 |       |       |  |
| 2 | ANDRYSZCZYK Inga | 04-02-11 | UKS Filipides Teresin       | MZ  | 30.27 |       |       |  |
|   |                  | I        | II                          | III | IV    | V     | VI    |  |
|   | ŁAGODA Paulina   | 35.17    | 33.85                       | x   | 34.37 | 29.64 | 33.94 |  |
|   | ANDRYSZCZYK Inga | 29.03    | 29.87                       | x   | 27.93 | x     | 30.27 |  |

## Rzut oszczepem kobiet (600)

|   |                     |          |                       |       |       |       |       |  |
|---|---------------------|----------|-----------------------|-------|-------|-------|-------|--|
| 1 | ANDRUKONIS Gabriela | 02-09-17 | UKS Czwórka Białystok | PD    | 46.58 |       |       |  |
| 2 | STOKOWSKA Wiktoria  | 02-06-13 | UKS Czwórka Białystok | PD    | 38.42 |       |       |  |
|   |                     | I        | II                    | III   | IV    | V     | VI    |  |
|   | ANDRUKONIS Gabriela | x        | 40.44                 | 39.48 | x     | x     | 46.58 |  |
|   | STOKOWSKA Wiktoria  | 34.60    | 36.98                 | 37.38 | 38.42 | 32.61 | 36.71 |  |

## Rzut dyskiem K U20 (1kg)

|   |                    |          |                             |       |       |       |       |  |
|---|--------------------|----------|-----------------------------|-------|-------|-------|-------|--|
| 1 | TRZONKOWSKA Beata  | 95-05-02 | LŁKS Prefbet Śniadowo Łomża | PD    | 47.30 |       |       |  |
| 2 | WOLDT Sandra       | 04-07-01 | STS Pomerania Szczecinek    | ZP    | 32.30 |       |       |  |
| 3 | MICHALEC Marta     | 04-01-02 | KS Podlasie Białystok       | PD    | 29.72 | PB    |       |  |
| 4 | WRZESIŃSKA Natalia | 04-03-18 | LŁKS Prefbet Śniadowo Łomża | PD    | 29.46 |       |       |  |
| 5 | ANDRYSZCZYK Inga   | 04-02-11 | UKS Filipides Teresin       | MZ    | 29.00 | PB    |       |  |
| 6 | RAKOWICZ Martyna   | 03-08-09 | KS Podlasie Białystok       | PD    | 25.76 |       |       |  |
| 7 | MASŁOWSKA Gabrysia | 04-03-23 | GOKSiT Suchowola            | PD    | 23.61 |       |       |  |
|   |                    | I        | II                          | III   | IV    | V     | VI    |  |
|   | TRZONKOWSKA Beata  | 44.50    | 46.86                       | 45.80 | x     | 46.39 | 47.30 |  |
|   | WOLDT Sandra       | x        | 32.30                       | 29.87 | 30.43 | 30.45 | x     |  |
|   | MICHALEC Marta     | 25.32    | 29.72                       | x     | 29.51 | 26.15 | x     |  |
|   | WRZESIŃSKA Natalia | 29.46    | x                           | 25.58 | x     | x     | 27.98 |  |
|   | ANDRYSZCZYK Inga   | 23.77    | x                           | 27.55 | 28.17 | 27.28 | 29.00 |  |
|   | RAKOWICZ Martyna   | 22.44    | 25.76                       | 22.94 | 24.36 | x     | x     |  |
|   | MASŁOWSKA Gabrysia | 23.61    | 22.09                       | x     | 21.80 | x     | 20.90 |  |

## Skok wzwyż K U20

|   |                  |          |                       |     |      |     |     |  |
|---|------------------|----------|-----------------------|-----|------|-----|-----|--|
| 1 | LIPSKA Ewelina   | 01-03-28 | KS Podlasie Białystok | PD  | 1.60 |     |     |  |
| 2 | HOŚCIŁO Żaneta   | 03-03-24 | GOKSiT Suchowola      | PD  | 1.50 |     |     |  |
|   | SŁAWIŃSKA Kamila | 03-11-21 | GOKSiT Suchowola      | PD  | NM   |     |     |  |
|   |                  | 140      | 145                   | 150 | 155  | 160 | 165 |  |
|   | LIPSKA Ewelina   | -        | o                     | o   | o    | xo  | xxx |  |
|   | HOŚCIŁO Żaneta   | o        | o                     | xo  | xxx  |     |     |  |
|   | SŁAWIŃSKA Kamila | xxx      |                       |     |      |     |     |  |



1919-2019





## PODLASKI OKRĘGOWY ZWIĄZEK LEKKIEJ ATLETYKI

### Skok w dal kobiet

|                      |          |      |          |           |      |      |    |      |
|----------------------|----------|------|----------|-----------|------|------|----|------|
| 1 CZERWIŃSKA Natalia | 02-10-27 | KS   | Podlasie | Białystok | PD   | 5.42 | PB | +0.8 |
| 2 SŁABIŃSKA Julia    | 04-01-16 | KS   | Podlasie | Białystok | PD   | 5.42 | PB | +1.0 |
| 3 CHOROSZUCHA Amelia | 04-06-29 | KS   | Podlasie | Białystok | PD   | 5.29 |    | -0.2 |
|                      | I        | II   | III      | IV        | V    | VI   |    |      |
| CZERWIŃSKA Natalia   | x        | 5.42 | x        | 5.33      | x    | 5.30 |    |      |
|                      | +1.2     | +0.8 | +0.8     | -1.2      | +0.8 | -0.1 |    |      |
| SŁABIŃSKA Julia      | 5.32     | 5.42 | x        | 5.14      | x    | 5.27 |    |      |
|                      | +0.8     | +1.0 | -0.4     | +0.3      | -0.2 | +0.9 |    |      |
| CHOROSZUCHA Amelia   | 5.23     | 5.29 | 3.78     | 5.12      | 5.03 | 3.76 |    |      |
|                      | +1.5     | -0.2 | -0.2     | +0.4      | +0.6 | -1.5 |    |      |

Kierownik zawodów: Kazimierz Kirejczyk

Sędzia główny: Waldemar Sadłowski

Kierownik biura: Tomasz Dąbrowski

