

Organizator: Urząd Dzielnicy Warszawa - Białołęka
Data: 2019-09-22
Miejsce: Warszawa
Dystans: 10 km

Klasyfikacja: M Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	JASTRZĘBSKI Kamil	284	DUKLANOWSKITEAM/SKB KRAŚNIK	M 1-29	1	00:00:01	00:19:56	00:27:17	00:30:46.85	00:30:48.00		3:04	19.5
2	WASIEWICZ Krzysztof	835		M 1-29	2	00:00:02	00:20:15	00:27:56	00:31:41.90	00:31:44.00	+00:00:55	3:10	18.9
3	PARSZCZYŃSKI Łukasz	599	TEAM PARSZCZYŃSKICH	M 30-39	1	00:00:02	00:20:26	00:28:15	00:32:08.60	00:32:11.00	+00:01:21	3:12	18.7
4	PYSZEL Florian	651	PAN MATEMATYKA	M 1-29	3	00:00:00	00:20:50	00:28:37	00:32:34.55	00:32:35.40	+00:01:47	3:15	18.4
5	ŚWIRGOŃ Adam	800	TRENERBIEGANIA.PL	M 1-29	4	00:00:01	00:21:20	00:29:18	00:33:20.90	00:33:22.55	+00:02:34	3:20	18
6	PRZESTRZELSKI Kajetan	980		M 1-29	5	00:00:00	00:21:33	00:29:33	00:33:43.90	00:33:44.60	+00:02:57	3:22	17.8
7	GAWRON Paweł	193	@ARKENYA_TEAM	M 1-29	6	00:00:02	00:21:38	00:29:54	00:33:55.15	00:33:57.20	+00:03:08	3:23	17.7
8	SKIBIŃSKI Mikołaj	714	DUKLANOWSKI TEAM / ADIDAS WARSAW RUNNERS / @ARKENYA_TEAM	M 30-39	2	00:00:01	00:22:07	00:30:20	00:34:19.55	00:34:21.50	+00:03:32	3:26	17.5
9	ORZEŁ Michał	1014		M 30-39	3	00:00:02	00:22:17	00:30:10	00:34:26.75	00:34:29.25	+00:03:39	3:26	17.4
10	MACHOWSKI Paweł	478	WARSZAWSKIE SANKT MORITZ	M 1-29	7	00:00:02	00:22:13	00:30:30	00:34:35.70	00:34:37.95	+00:03:48	3:27	17.3
11	MICHALSKI Piotr	524		M 30-39	4	00:00:03	00:22:04	00:30:30	00:34:42.95	00:34:46.25	+00:03:56	3:28	17.3
12	OMIELAN Wojciech	582		M 1-29	8	00:00:02	00:22:40	00:31:21	00:35:33.75	00:35:36.10	+00:04:46	3:33	16.9
13	JOSYPENKO Jędrzej	924	DREAM RUN	M 30-39	5	00:00:03	00:22:40	00:31:23	00:35:44.00	00:35:47.40	+00:04:57	3:34	16.8
14	WYSOCKI Marcin	881	WARSZAWIAKY	M 30-39	6	00:00:03	00:23:21	00:31:47	00:35:54.50	00:35:58.20	+00:05:07	3:35	16.7
15	GOZDEK Radek	214	BIEGANIEPO40.PL TRUCHT TARCHOMIN TEAM	M 40-49	1	00:00:01	00:23:09	00:31:51	00:36:04.25	00:36:06.15	+00:05:17	3:36	16.6
16	KLAŚ Łukasz	348	NUDNE PIĄTKI	M 40-49	2	00:00:01	00:23:09	00:31:51	00:36:14.55	00:36:16.00	+00:05:27	3:37	16.6
17	PRZYBYŁA Krzysztof	641	ADIDAS RUNNERS WARSAW	M 30-39	7	00:00:02	00:23:36	00:32:08	00:36:21.60	00:36:24.55	+00:05:34	3:38	16.5
18	ZARODKIEWICZ Dawid	891	#TZD	M 30-39	8	00:00:04	00:23:33	00:32:13	00:36:35.95	00:36:40.30	+00:05:49	3:39	16.4
19	BRZAŃSKI Krzysiek	73	@ARKENYA_TEAM	M 1-29	9	00:00:04	00:23:36	00:32:25	00:36:40.10	00:36:44.40	+00:05:53	3:40	16.4
20	MLĄCKI Alan	538	TEAM KOPEĆ	M 1-29	10	00:00:02	00:23:50	00:32:50	00:37:21.20	00:37:24.05	+00:06:34	3:44	16.1
21	KLIMKIEWICZ Michał	353		M 1-29	11	00:00:06	00:23:58	00:32:52	00:37:21.90	00:37:28.85	+00:06:35	3:44	16.1
22	HILDEBRAND Marcin	249	OUTLETBIEGOWY /BIEGAM NA TARCHOMINIE	M 30-39	9	00:00:02	00:23:56	00:33:08	00:37:37.20	00:37:39.25	+00:06:50	3:45	16
23	ŁABĘDZKI Konrad	457	ADIDAS RUNNERS WARSAW	M 30-39	10	00:00:03	00:24:16	00:33:23	00:37:49.90	00:37:53.50	+00:07:03	3:47	15.9
24	ŁOBACZ Michał	464		M 30-39	11	00:00:04	00:24:29	00:33:38	00:37:54.50	00:37:58.50	+00:07:07	3:47	15.8
25	SALAŃKA Krzysztof	692	TRIATHLON SERWIS	M 40-49	3	00:00:07	00:24:30	00:33:31	00:37:51.55	00:37:58.95	+00:07:04	3:47	15.9
26	TRZASKOWSKI Dariusz	815	TRUCHT TARCHOMIN TEAM	M 40-49	4	00:00:05	00:24:26	00:33:36	00:38:06.25	00:38:11.35	+00:07:19	3:48	15.7
27	GRZYBOWSKI Mariusz	237		M 50-59	1	00:00:03	00:24:34	00:33:34	00:38:12.65	00:38:16.30	+00:07:25	3:49	15.7
28	BOMBA Tomek	57		M 1-29	12	00:00:03	00:24:52	00:34:02	00:38:21.80	00:38:25.40	+00:07:34	3:50	15.6
29	ŁĘGOCKI Marcin	463	PIETRZYK RUNNING TEAM / WSEWS WARSZAWA	M 30-39	12	00:00:07	00:24:57	00:33:55	00:38:19.90	00:38:27.55	+00:07:33	3:50	15.7
30	KUBERA Piotr	981		M 40-49	5	00:00:06	00:24:59	00:34:01	00:38:21.10	00:38:28.05	+00:07:34	3:50	15.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
31	SIERADZKI Krzysztof	700		M 30-39	13	00:00:03	00:24:28	00:33:42	00:38:31.35	00:38:34.70	+00:07:44	3:51	15.6
32	KRUPA Paweł	408	STALOWOWOLSKI KLUB BIEGACZA	M 40-49	6	00:00:03	00:24:50	00:34:19	00:38:53.60	00:38:56.90	+00:08:06	3:53	15.4
33	GRUZA Marek	228	BIEGANIEPO40.PL	M 40-49	7	00:00:05	00:24:56	00:34:24	00:39:04.25	00:39:10.05	+00:08:17	3:54	15.4
34	FELUCH Krzysztof	167	JACEK BIEGA RUNNING TEAM	M 40-49	8	00:00:04	00:25:13	00:34:33	00:39:12.80	00:39:17.50	+00:08:25	3:55	15.3
35	JACKOWICZ Paweł	261		M 30-39	14	00:00:04	00:24:47	00:34:29	00:39:20.90	00:39:25.10	+00:08:34	3:56	15.2
36	JUSIŃSKI Krystian	306	BRACTWO BIEGOWE BGK	M 30-39	15	00:00:06	00:25:46	00:34:53	00:39:28.15	00:39:34.80	+00:08:41	3:56	15.2
37	VASHKEVICH Vital	826		M 30-39	16	00:00:05	00:25:21	00:34:47	00:39:30.90	00:39:36.00	+00:08:44	3:57	15.2
38	ŁOZOWSKI Olaf	468		M 30-39	17	00:00:07	00:25:46	00:34:56	00:39:31.45	00:39:38.90	+00:08:44	3:57	15.2
39	STYRNIK Krystian	757	AZS UP LUBLIN	M 1-29	13	00:00:09	00:25:02	00:34:55	00:39:34.55	00:39:43.95	+00:08:47	3:57	15.2
40	KACZYŃSKI Grzegorz	320	KB WYSZKÓW	M 40-49	9	00:00:05	00:25:32	00:34:56	00:39:40.95	00:39:46.70	+00:08:54	3:58	15.1
41	JERUĆ Łukasz	292	BIEGAM NA TARCHOMINIE	M 40-49	10	00:00:05	00:25:50	00:35:12	00:39:42.50	00:39:47.95	+00:08:55	3:58	15.1
42	GŁOWACKI Paweł	205	SEROCK BIEGA Z HOTELEM NARVIL	M 30-39	18	00:00:07	00:25:53	00:35:18	00:39:41.80	00:39:48.90	+00:08:54	3:58	15.1
43	LEWANDOWSKI Mateusz	446		M 1-29	14	00:00:06	00:25:26	00:35:04	00:39:44.35	00:39:50.70	+00:08:57	3:58	15.1
44	MARSZAL Mariusz	503	PSYCHOPATA BIEGOWY	M 30-39	19	00:00:04	00:25:53	00:35:00	00:39:48.95	00:39:53.15	+00:09:02	3:58	15.1
45	PIATKA Tomasz	615	ENEL-SPORT RUNNERS TEAM	M 30-39	20	00:00:07	00:25:53	00:35:24	00:39:58.10	00:40:05.35	+00:09:11	3:59	15
46	ZALEWSKI Dominik	886		M 1-29	15	00:00:04	00:25:40	00:35:29	00:40:07.40	00:40:11.90	+00:09:20	4:00	15
47	SZCZEPKOWSKI Bartłomiej	773		M 30-39	22	00:00:05	00:25:53	00:35:19	00:40:10.90	00:40:16.35	+00:09:24	4:01	14.9
48	NIEGOWSKI Robert	559	STARE BABICE BIEGAJĄ	M 30-39	23	00:00:06	00:25:53	00:35:27	00:40:17.05	00:40:23.15	+00:09:30	4:01	14.9
49	MICHALSKI Damian	523	ALIOR RUNNING TEAM	M 40-49	11	00:00:06	00:25:34	00:35:22	00:40:31.00	00:40:37.05	+00:09:44	4:03	14.8
50	TOMASZEK Robert	810		M 40-49	12	00:00:03	00:25:53	00:35:44	00:40:33.70	00:40:37.65	+00:09:46	4:03	14.8
51	WERNER Kamil	842	BIEGAM NA TARCHOMINIE	M 30-39	21	00:00:34	00:25:57	00:35:32	00:40:07.40	00:40:41.90	+00:09:20	4:00	15
52	KŁÓDKIEWICZ Waldemar	356		M 40-49	13	00:00:25	00:25:45	00:35:42	00:40:35.50	00:41:00.50	+00:09:48	4:03	14.8
53	MARYNOWSKI Wojciech	505	LUDZIE SZTOSY	M 1-29	16	00:00:06	00:25:56	00:35:45	00:40:37.55	00:40:43.70	+00:09:50	4:03	14.8
54	ZHENG Haishan	902		M 30-39	24	00:00:06	00:26:04	00:36:05	00:40:50.65	00:40:57.50	+00:10:03	4:05	14.7
55	BURZA Paweł	84		M 30-39	25	00:00:04	00:26:02	00:35:59	00:40:54.65	00:40:59.45	+00:10:07	4:05	14.7
56	JUTKIEWICZ Marcin	993		M 30-39	26	00:00:11	00:26:24	00:36:07	00:40:59.00	00:41:10.85	+00:10:12	4:05	14.6
57	KNYCHAS Darek	358	PZU SPORT TEAM	M 40-49	14	00:00:13	00:26:45	00:36:20	00:41:01.25	00:41:15.05	+00:10:14	4:06	14.6
58	GRYSZPANOWICZ Piotr	234	SĄSIADY LATAJĄ RAZEM	M 40-49	15	00:00:08	00:26:17	00:36:10	00:41:08.25	00:41:16.40	+00:10:21	4:06	14.6
59	KORSAKAS Emilis	925	NA, PAGAUKI	M 50-59	2	00:00:06	00:26:14	00:36:16	00:41:13.00	00:41:19.10	+00:10:26	4:07	14.6
60	KORSAKOV Kostiantyn	376	-	M 40-49	16	00:00:10	00:26:28	00:36:26	00:41:19.40	00:41:29.40	+00:10:32	4:07	14.5
61	SIEGIEDA Michał	699	ADIDAS RUNNERS	M 30-39	27	00:00:05	00:26:21	00:36:33	00:41:20.65	00:41:26.10	+00:10:33	4:08	14.5
62	NOWOCIEN Jacek	570	UKS RUSIEC	M 60+	1	00:00:03	00:26:45	00:36:36	00:41:29.05	00:41:32.95	+00:10:42	4:08	14.5
63	SPYCHAŁA Piotr	735		M 40-49	17	00:00:09	00:26:34	00:36:36	00:41:32.25	00:41:41.45	+00:10:45	4:09	14.4
64	LISZKIEWICZ Konrad	453		M 30-39	28	00:00:05	00:26:25	00:36:41	00:41:41.60	00:41:46.85	+00:10:54	4:10	14.4
65	GIERAK Kris	199	SANTANDER RUNNERS	M 30-39	29	00:00:08	00:26:45	00:36:53	00:41:42.95	00:41:51.45	+00:10:56	4:10	14.4
66	ROWIŃSKI Arkadiusz	960		M 30-39	30	00:00:04	00:27:07	00:37:02	00:41:45.60	00:41:49.80	+00:10:58	4:10	14.4
67	KUBIAK Sławomir	419		M 40-49	18	00:00:10	00:26:35	00:36:47	00:41:47.25	00:41:57.35	+00:11:00	4:10	14.4
68	LATAK Michał	436	JACEKBIEGA RUNNING TEAM	M 40-49	19	00:00:05	00:26:41	00:36:51	00:41:50.10	00:41:55.60	+00:11:03	4:11	14.3
69	CIEŚLAK Piotr	111		M 30-39	31	00:00:13	00:27:25	00:37:12	00:41:51.10	00:42:05.00	+00:11:04	4:11	14.3
70	KANIA Przemysław	327		M 40-49	20	00:00:04	00:26:32	00:36:52	00:41:57.25	00:42:02.20	+00:11:10	4:11	14.3
71	ZAJĄC Wacław	882	TEAM PARSZCZYŃSKICH	M 40-49	21	00:00:11	00:27:07	00:37:03	00:41:58.35	00:42:09.65	+00:11:11	4:11	14.3
72	ZGODA Mateusz	941	NAPRZÓD MŁOCINY	M 1-29	17	00:00:13	00:27:04	00:37:02	00:42:00.05	00:42:13.15	+00:11:13	4:12	14.3
73	ZYCH Łukasz	910		M 30-39	32	00:00:05	00:26:11	00:36:46	00:42:04.80	00:42:10.10	+00:11:17	4:12	14.3
74	ANDRZEJEWSKI Mariusz	7	T-MOBILE RUNNING TEAM	M 30-39	33	00:00:11	00:27:37	00:37:19	00:42:06.35	00:42:17.90	+00:11:19	4:12	14.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
75	JUREK Przemysław	304	KS STASZEWCY	M 40-49	22	00:00:13	00:27:05	00:37:08	00:42:07.00	00:42:20.20	+00:11:20	4:12	14.2
76	PRUSIK Piotr	637		M 1-29	18	00:00:18	00:27:27	00:37:19	00:42:08.85	00:42:26.85	+00:11:22	4:12	14.2
77	SLEPOWRONSKI Bogdan	718	TO NATURALNE	M 30-39	34	00:00:19	00:26:57	00:37:21	00:42:11.25	00:42:30.25	+00:11:24	4:13	14.2
78	KNAP Piotr	987		M 30-39	35	00:00:13	00:27:11	00:37:20	00:42:12.90	00:42:26.05	+00:11:26	4:13	14.2
79	RAK Adam	655	MPWIK	M 30-39	36	00:00:05	00:26:38	00:37:19	00:42:21.40	00:42:27.25	+00:11:34	4:14	14.2
80	JAWORSKI Arkadiusz	289		M 30-39	37	00:00:17	00:27:01	00:37:25	00:42:22.05	00:42:39.40	+00:11:35	4:14	14.2
81	KOWAL Krzysztof	388	SASIADY LATAJA RAZEM	M 40-49	23	00:00:08	00:26:38	00:37:02	00:42:23.20	00:42:31.45	+00:11:36	4:14	14.2
82	MIKULSKI Jacek	530	ADIDAS RUNNERS WARSAW	M 40-49	24	00:00:12	00:27:11	00:37:23	00:42:26.05	00:42:38.80	+00:11:39	4:14	14.1
83	PUTON Michał	649		M 30-39	38	00:00:22	00:26:57	00:37:21	00:42:26.50	00:42:49.25	+00:11:39	4:14	14.1
84	GAJOWNICZEK Sławomir	185		M 30-39	39	00:00:19	00:27:20	00:37:34	00:42:29.10	00:42:48.80	+00:11:42	4:14	14.1
85	JAWORSKI Piotr	1000	EKOBIEGI	M 40-49	25	00:00:04	00:26:59	00:37:22	00:42:29.50	00:42:33.70	+00:11:42	4:14	14.1
86	DĄBROWSKI Mirosław	136		M 50-59	3	00:00:22	00:27:12	00:37:22	00:42:30.20	00:42:52.75	+00:11:43	4:15	14.1
87	MICHNOWSKI Sebastian	525		M 40-49	26	00:00:08	00:27:06	00:37:19	00:42:30.75	00:42:38.90	+00:11:43	4:15	14.1
88	WŁOSTOWSKI Marek	865	VEGE RUNNERS	M 30-39	40	00:00:21	00:27:17	00:37:31	00:42:36.85	00:42:58.05	+00:11:50	4:15	14.1
89	KUREK Marcin	428		M 40-49	27	00:00:05	00:27:10	00:37:34	00:42:49.20	00:42:55.00	+00:12:02	4:17	14
90	KIELCZYKOWSKI Janusz	342	EUROBUDOWA	M 40-49	28	00:00:31	00:27:52	00:37:51	00:42:50.40	00:43:21.60	+00:12:03	4:17	14
91	SARZAŁA Dariusz	996		M 60+	2	00:00:15	00:27:22	00:37:50	00:42:53.95	00:43:09.55	+00:12:07	4:17	14
92	KILJAŃCZYK Dominik	347	TARCZYŃSKI KLUB BIEGOWY	M 1-29	19	00:00:07	00:27:17	00:38:00	00:43:09.70	00:43:17.45	+00:12:22	4:19	13.9
93	MŁYŃSKI Mariusz	539		M 1-29	20	00:00:09	00:27:18	00:38:03	00:43:11.70	00:43:21.50	+00:12:24	4:19	13.9
94	SOBOCIŃSKI Michał	726	PLAY	M 40-49	29	00:00:19	00:28:04	00:38:12	00:43:11.75	00:43:31.15	+00:12:24	4:19	13.9
95	FALKOWSKI Łukasz	165		M 30-39	41	00:00:15	00:27:38	00:38:24	00:43:15.90	00:43:31.55	+00:12:29	4:19	13.9
96	SMORAWSKI Wodzisław	722		M 30-39	42	00:00:07	00:27:41	00:38:09	00:43:22.20	00:43:29.90	+00:12:35	4:20	13.8
97	MAŃKA Krzysztof	496	PZU SPORT TEAM	M 30-39	43	00:00:13	00:27:46	00:38:15	00:43:25.25	00:43:39.00	+00:12:38	4:20	13.8
98	ZDANOWSKI Tomek	899	TRIZARZA	M 1-29	21	00:00:06	00:27:22	00:38:17	00:43:27.45	00:43:34.25	+00:12:40	4:20	13.8
99	TYMICKI Krzysztof	821		M 40-49	30	00:00:10	00:28:16	00:38:34	00:43:32.25	00:43:42.25	+00:12:45	4:21	13.8
100	DZIUBA Tomasz	160	MASTERSDOJO	M 30-39	44	00:00:13	00:27:32	00:38:20	00:43:32.35	00:43:46.05	+00:12:45	4:21	13.8
101	JANKOWSKI Jakub	274		M 1-29	22	00:00:20	00:27:26	00:38:19	00:43:34.45	00:43:54.70	+00:12:47	4:21	13.8
102	PRZELASKOWSKI Artur	639		M 50-59	4	00:00:10	00:27:40	00:38:20	00:43:37.45	00:43:47.75	+00:12:50	4:21	13.8
103	BICZAN Kamil	39		M 30-39	45	00:00:33	00:27:41	00:38:17	00:43:44.30	00:44:18.20	+00:12:57	4:22	13.7
104	CHMARZYŃSKI Paweł	90	ŚLĘZAKTEAM	M 30-39	46	00:00:49	00:28:15	00:38:39	00:43:45.45	00:44:34.95	+00:12:58	4:22	13.7
105	KWIATKOWSKI Adam	435	KB WYSZÓW	M 30-39	47	00:00:16	00:28:06	00:38:48	00:43:52.55	00:44:09.05	+00:13:05	4:23	13.7
106	GOLEC Grzegorz	209	TEAM PARSZCZYŃSKICH	M 40-49	31	00:00:14	00:28:10	00:38:41	00:43:52.60	00:44:07.00	+00:13:05	4:23	13.7
107	MINIAKOWSKI Szymon	533		M 30-39	48	00:00:04	00:28:43	00:39:14	00:43:55.80	00:44:00.30	+00:13:08	4:23	13.7
108	CNOTA Maciej	1040		M 30-39	49	00:00:22	00:28:03	00:38:50	00:43:57.50	00:44:20.25	+00:13:10	4:23	13.6
109	GÓRSKI Marcin	217	MINISTERSTWO ZDROWIA	M 30-39	50	00:00:17	00:28:18	00:38:39	00:43:58.05	00:44:15.15	+00:13:11	4:23	13.6
110	ŚLIMKO Daniel	792	OLEJ RUNNING TEAM	M 30-39	51	00:00:10	00:28:39	00:39:05	00:43:59.65	00:44:10.30	+00:13:12	4:24	13.6
111	WILCZYŃSKI Tomasz	850		M 30-39	52	00:00:33	00:28:44	00:38:50	00:44:04.95	00:44:38.00	+00:13:18	4:24	13.6
111	RYTKOWSKI Piotr	685		M 30-39	53	00:00:27	00:29:45	00:39:11	00:44:04.95	00:44:32.00	+00:13:18	4:24	13.6
113	ZIELINSKI Krzysztof	904	HIKINGTOURS	M 40-49	32	00:00:31	00:28:44	00:39:03	00:44:05.35	00:44:36.80	+00:13:18	4:24	13.6
114	SUŁKOWSKI Tomasz	764		M 30-39	54	00:00:13	00:27:44	00:38:41	00:44:13.50	00:44:27.10	+00:13:26	4:25	13.6
115	WŁODKOWSKI Robert	864	TRUCHT TARCHOMIN TEAM	M 30-39	55	00:00:42	00:28:38	00:39:13	00:44:17.25	00:44:59.40	+00:13:30	4:25	13.5
116	BŁASZCZYK Bartłomiej	48		M 1-29	23	00:00:38	00:28:29	00:39:04	00:44:26.80	00:45:05.30	+00:13:39	4:26	13.5
117	STĘPIEŃ Adam	745	ANANASY	M 30-39	56	00:00:11	00:28:20	00:39:05	00:44:27.55	00:44:39.40	+00:13:40	4:26	13.5
118	LEŚNIAK Piotr	443		M 40-49	33	00:00:20	00:28:35	00:39:12	00:44:27.90	00:44:48.15	+00:13:41	4:26	13.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
119	SOŁOWIEJ Łukasz	730	OIRP WARSZAWA	M 30-39	57	00:00:23	00:28:52	00:39:17	00:44:28.10	00:44:51.45	+00:13:41	4:26	13.5
120	PIOTROWSKI Michał	625		M 30-39	58	00:00:39	00:29:22	00:39:31	00:44:28.55	00:45:08.35	+00:13:41	4:26	13.5
121	CHOJNACKI Mikołaj	95	WARSAW RUN CLUB	M 40-49	34	00:01:22	00:29:16	00:39:20	00:44:30.80	00:45:52.80	+00:13:43	4:27	13.5
122	WICIK Juliusz	846		M 30-39	59	00:00:19	00:28:45	00:39:18	00:44:32.40	00:44:51.60	+00:13:45	4:27	13.5
123	CHOJECKI Robert	94	EXPLOSION	M 1-29	24	00:00:13	00:28:26	00:39:24	00:44:34.55	00:44:47.60	+00:13:47	4:27	13.5
124	SUCHOLEWSKI Damian	759	KONDYCJA PIASECZNO	M 40-49	35	00:00:05	00:28:42	00:39:21	00:44:35.35	00:44:40.45	+00:13:48	4:27	13.5
125	TURLEJ Dariusz	818	KONDYCJA	M 60+	3	00:00:23	00:28:49	00:39:14	00:44:36.95	00:45:00.00	+00:13:50	4:27	13.4
126	SARZAŁA Bartłomiej	554		M 1-29	25	00:00:18	00:28:54	00:39:29	00:44:37.80	00:44:56.50	+00:13:50	4:27	13.4
127	ADAO Miguel	5		M 40-49	36	00:00:25	00:28:42	00:39:24	00:44:39.00	00:45:04.00	+00:13:52	4:27	13.4
128	GAJOWY Andrzej	186		M 50-59	5	00:00:33	00:28:47	00:39:23	00:44:41.40	00:45:14.75	+00:13:54	4:28	13.4
129	RAK Michał	654		M 30-39	60	00:00:32	00:28:44	00:39:13	00:44:43.60	00:45:15.80	+00:13:56	4:28	13.4
130	MALIK Gabriel	488		M 40-49	37	00:00:35	00:29:09	00:39:36	00:44:44.95	00:45:20.20	+00:13:58	4:28	13.4
131	REWERA Robert	658	PKO BANK POLSKI	M 40-49	38	00:00:15	00:28:22	00:39:24	00:44:45.15	00:45:00.35	+00:13:58	4:28	13.4
132	ŚWIECA Marcin	796		M 30-39	61	00:00:37	00:28:39	00:39:28	00:44:49.60	00:45:27.05	+00:14:02	4:29	13.4
133	ŻUK Paweł	917	BIEGAM NA TARCHOMINIE	M 40-49	39	00:00:29	00:28:46	00:39:16	00:44:51.75	00:45:21.25	+00:14:04	4:29	13.4
134	MACIEJAK Robert	479		M 40-49	40	00:00:20	00:28:42	00:39:29	00:44:52.75	00:45:13.55	+00:14:05	4:29	13.4
135	PAŁKA Wojciech	594	VASCO RUNNERS	M 30-39	62	00:02:34	00:28:56	00:39:36	00:44:53.50	00:47:27.85	+00:14:06	4:29	13.4
136	GURGON Arkadiusz	997	ZABIEGANY WOŁOMIN	M 30-39	63	00:00:00	00:39:38		00:44:59.25	00:44:59.25	+00:14:12	4:29	13.3
137	DZIUBIŃSKI Maciek	161		M 1-29	26	00:00:06	00:29:09	00:39:52	00:45:01.15	00:45:07.35	+00:14:14	4:30	13.3
138	LENKIEWICZ Paweł	441		M 40-49	41	00:00:26	00:28:45	00:39:39	00:45:03.70	00:45:30.10	+00:14:16	4:30	13.3
139	VASILEV Veselin	827		M 30-39	64	00:00:24	00:28:55	00:39:49	00:45:11.45	00:45:35.55	+00:14:24	4:31	13.3
140	GĘCA Piotr	196	ZA MNĄ	M 40-49	42	00:00:26	00:28:53	00:39:49	00:45:11.95	00:45:38.85	+00:14:25	4:31	13.3
141	CIERNIAK Franciszek	107	GRUPA BIEGOWA CHTMO	M 1-29	27	00:00:36	00:29:33	00:40:06	00:45:13.70	00:45:49.85	+00:14:26	4:31	13.3
142	KOBUS Igor	359		M 1-29	28	00:00:11	00:29:06	00:40:17	00:45:14.10	00:45:25.15	+00:14:27	4:31	13.3
143	ZNAMIEC Marcin	906	IPA PAŁAC MOSTOWSKICH KSP	M 40-49	43	00:00:43	00:29:05	00:39:53	00:45:17.75	00:46:01.15	+00:14:30	4:31	13.2
144	GAJEWIAK Adam	183		M 40-49	44	00:00:21	00:29:01	00:39:48	00:45:19.00	00:45:40.05	+00:14:32	4:31	13.2
145	ZDUNEK Michał	966	WKURW_TEAM	M 40-49	45	00:00:14	00:28:44	00:39:57	00:45:21.90	00:45:36.80	+00:14:35	4:32	13.2
146	OSTROWSKI Marcin	951	PZU SPORT TEAM	M 30-39	65	00:00:45	00:29:56	00:40:17	00:45:28.95	00:46:14.90	+00:14:42	4:32	13.2
147	PAWIŃSKI Artur	606		M 40-49	46	00:00:20	00:28:36	00:39:53	00:45:29.80	00:45:50.00	+00:14:42	4:33	13.2
148	ŚCIBOR Marcin	790		M 30-39	66	00:00:22	00:28:58	00:40:07	00:45:30.95	00:45:53.20	+00:14:44	4:33	13.2
149	PAWŁOWSKI Piotr	926	BBL WYDMINY	M 40-49	47	00:00:14	00:29:20	00:40:13	00:45:32.70	00:45:47.15	+00:14:45	4:33	13.2
150	CZUDOWSKI Tomasz	127	DUKLANOWSKI TEAM	M 40-49	48	00:00:12	00:29:08	00:40:09	00:45:32.80	00:45:44.80	+00:14:45	4:33	13.2
151	CZAJKOWSKI Marek	122	WARSAW RUN CLUB	M 40-49	49	00:00:31	00:29:03	00:40:15	00:45:36.15	00:46:07.75	+00:14:49	4:33	13.2
152	TOBOTA Maciej	807		M 40-49	50	00:00:06	00:29:13	00:40:08	00:45:36.25	00:45:42.95	+00:14:49	4:33	13.2
153	STAŃSKI Sławomir	743	TO NATURALNE	M 50-59	6	00:00:18	00:29:31	00:40:20	00:45:42.60	00:46:00.75	+00:14:55	4:34	13.1
154	BEKKER Piotr	983		M 30-39	67	00:00:29	00:29:46	00:40:25	00:45:43.80	00:46:13.15	+00:14:56	4:34	13.1
155	MATYSIAK Paweł	512	PAWELBIEGA.PL	M 30-39	68	00:00:15	00:29:08	00:40:18	00:45:44.85	00:46:00.55	+00:14:58	4:34	13.1
156	SANTAREK Wojciech	694		M 40-49	51	00:00:32	00:29:06	00:40:16	00:45:45.95	00:46:18.35	+00:14:59	4:34	13.1
157	KOWALSKI Michał	1004	LEMIESZ TEAM	M 30-39	69	00:00:00			00:45:53.00	00:45:53.00	+00:15:06	4:35	13.1
158	ROGOZINSKI Adrian	664		M 1-29	29	00:00:31	00:29:01	00:40:25	00:45:54.70	00:46:25.90	+00:15:07	4:35	13.1
159	PIERZAK Olaf	617		M 40-49	52	00:00:10	00:29:42	00:40:44	00:45:59.35	00:46:09.55	+00:15:12	4:35	13
160	SZYMAŃSKI Andrzej	787		M 30-39	70	00:00:11	00:29:15	00:40:30	00:46:00.80	00:46:11.85	+00:15:13	4:36	13
161	PAWLUS Bartłomiej	607		M 30-39	71	00:00:22	00:29:33	00:40:38	00:46:01.25	00:46:23.50	+00:15:14	4:36	13
162	RYGALSKI Maciej	682	FAMA RUNNERS	M 40-49	53	00:00:39	00:29:49	00:40:42	00:46:06.25	00:46:45.55	+00:15:19	4:36	13

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
163	BEBELSKI Rafał	28	KUŹNIA TRIATHLONU	M 40-49	54	00:00:00			00:46:07.00	00:46:07.00	+00:15:20	4:36	13
164	TOMASZEWSKI Marek	811		M 40-49	55	00:00:08	00:29:25	00:40:34	00:46:11.15	00:46:19.70	+00:15:24	4:37	13
165	KRUPIŃSKI Marek	410	DĄBROWSKI TEAM /ZABIEGANE DNI	M 1-29	30	00:00:07	00:29:15	00:40:32	00:46:14.25	00:46:21.65	+00:15:27	4:37	13
166	MAKOWSKI Marcin	483		M 30-39	72	00:00:11	00:29:59	00:40:57	00:46:15.45	00:46:26.85	+00:15:28	4:37	13
167	DRABOT Wojciech	151	ASSECO ACTIVE TEAM	M 1-29	31	00:00:15	00:29:51	00:40:57	00:46:16.45	00:46:31.75	+00:15:29	4:37	13
168	RABIEJ Wojciech	652	DUKLANOWSKI TEAM	M 40-49	56	00:00:30	00:29:43	00:40:50	00:46:16.50	00:46:47.45	+00:15:29	4:37	13
169	DRABOT Andrzej	152	ASSECO ACTIVE TEAM	M 40-49	57	00:00:15	00:29:51	00:40:57	00:46:17.55	00:46:32.75	+00:15:30	4:37	13
170	DESKA Leszek	143	WWW.LESZEKBIEGA.PL	M 40-49	58	00:02:10	00:31:04	00:41:26	00:46:19.80	00:48:30.00	+00:15:32	4:38	12.9
171	BARTEL Robert	22	STARE BABICE BIEGAJĄ	M 40-49	59	00:00:24	00:29:24	00:40:42	00:46:20.45	00:46:45.05	+00:15:33	4:38	12.9
172	BAJDAŁA Robert	13		M 30-39	73	00:00:43	00:29:36	00:41:10	00:46:21.85	00:47:04.90	+00:15:35	4:38	12.9
173	MICHALAK Jacek	522		M 30-39	74	00:00:31	00:30:10	00:40:56	00:46:22.85	00:46:54.65	+00:15:36	4:38	12.9
174	KRUK Marcin	978		M 30-39	75	00:00:14	00:29:30	00:40:51	00:46:23.40	00:46:37.70	+00:15:36	4:38	12.9
175	JĘDRUSZCZAK Adam	295	GOGGLE PARK TEAM	M 1-29	32	00:00:27	00:29:52	00:41:17	00:46:23.80	00:46:51.10	+00:15:36	4:38	12.9
176	GOLINSKI Artur	210		M 40-49	60	00:00:31	00:29:45	00:41:02	00:46:30.90	00:47:02.65	+00:15:44	4:39	12.9
177	SZYMAŃSKI Jacek	786		M 40-49	61	00:00:41	00:30:29	00:41:18	00:46:31.25	00:47:12.25	+00:15:44	4:39	12.9
178	KONDRAK Piotr	362	VEGE RUNNERS	M 40-49	62	00:00:53	00:29:57	00:41:08	00:46:36.50	00:47:29.50	+00:15:49	4:39	12.9
179	PALUCH Kamil	593		M 30-39	76	00:00:17	00:29:39	00:41:02	00:46:37.95	00:46:55.30	+00:15:51	4:39	12.9
180	ŻYLAK Adrian	920	ADIDAS RUNNERS WARSAW	M 30-39	77	00:00:20	00:30:03	00:41:13	00:46:42.65	00:47:03.40	+00:15:55	4:40	12.8
181	URBANIĄK Michał	823		M 30-39	78	00:00:16	00:30:02	00:41:21	00:46:44.95	00:47:00.95	+00:15:58	4:40	12.8
182	CZAJKOWSKI Marcin	123		M 1-29	33	00:00:46	00:30:23	00:41:27	00:46:45.10	00:47:31.40	+00:15:58	4:40	12.8
183	ŁUKASIAK Jan	474		M 30-39	79	00:00:41	00:29:34	00:41:04	00:46:45.25	00:47:26.80	+00:15:58	4:40	12.8
184	NOZDRYŃ-PŁOTNICKI Marcin	572		M 40-49	63	00:00:12	00:28:09	00:40:56	00:46:46.00	00:46:58.80	+00:15:59	4:40	12.8
185	ZIELIŃSKI Jacek	1002		M 40-49	64	00:00:48	00:30:17	00:41:30	00:46:46.05	00:47:34.05	+00:15:59	4:40	12.8
186	WEREDA Paweł	841		M 40-49	65	00:00:15	00:29:50	00:41:07	00:46:50.60	00:47:05.65	+00:16:03	4:41	12.8
187	KOWALSKI Marek	393	NUNA	M 30-39	80	00:00:28	00:30:25	00:41:36	00:46:51.70	00:47:20.45	+00:16:04	4:41	12.8
188	PAWEŁOSZEK Robert	605	ROBERT SPINE TRENER PERSONALNY	M 40-49	66	00:00:26	00:29:31	00:41:11	00:46:52.65	00:47:18.90	+00:16:05	4:41	12.8
189	PRĘDOTA Krzysztof	635	TRUCHT TARCHOMIN TEAM	M 40-49	67	00:00:41	00:30:32	00:41:22	00:46:55.55	00:47:36.85	+00:16:08	4:41	12.8
190	SURDACKI Dominik	765		M 30-39	81	00:00:26	00:30:12	00:41:39	00:46:57.40	00:47:23.45	+00:16:10	4:41	12.8
191	BADOWSKI Piotr	12	DEUTSCHE BANK MARATHON TEAM	M 30-39	82	00:00:41	00:30:17	00:41:38	00:47:01.30	00:47:42.50	+00:16:14	4:42	12.8
192	KAMOLA Sławomir	326	ABBA1 RUN	M 50-59	7	00:00:13	00:29:33	00:41:33	00:47:04.50	00:47:18.25	+00:16:17	4:42	12.7
193	BARTYCZAK Michał	24		M 1-29	34	00:00:10	00:28:43	00:40:52	00:47:07.05	00:47:17.05	+00:16:20	4:42	12.7
194	KRYSIK Arkadiusz	414		M 40-49	68	00:01:02	00:29:56	00:41:44	00:47:08.85	00:48:11.35	+00:16:22	4:42	12.7
195	CZYŻYK Marcin	129	ITMBW KRAKÓW	M 30-39	83	00:00:30	00:30:08	00:41:29	00:47:14.85	00:47:45.05	+00:16:28	4:43	12.7
196	URBAŃSKI Paweł	825	KERK-PALM IS TEAM	M 50-59	8	00:00:39	00:30:14	00:41:35	00:47:17.90	00:47:57.20	+00:16:31	4:43	12.7
197	GÓRKA Krzysztof	216		M 50-59	9	00:00:15	00:30:33	00:41:41	00:47:20.30	00:47:35.30	+00:16:33	4:44	12.7
198	BOROWY Łukasz	66	BRAJANUSZ	M 30-39	84	00:00:22	00:29:52	00:41:39	00:47:24.05	00:47:46.20	+00:16:37	4:44	12.7
199	ROŚLONIEC Kamil	670		M 1-29	35	00:00:43	00:30:37	00:41:57	00:47:24.60	00:48:08.15	+00:16:37	4:44	12.7
200	WOJCIECHOWSKI Marek	870	ADIDAS RUNNERS WARSAW	M 30-39	85	00:00:20	00:30:17	00:41:54	00:47:26.15	00:47:46.90	+00:16:39	4:44	12.6
201	STROMECKI Marcin	751	BFM	M 1-29	36	00:02:21	00:30:31	00:41:53	00:47:26.80	00:49:48.30	+00:16:39	4:44	12.6
202	DĄBROWSKI Daniel	137		M 1-29	37	00:02:12	00:30:24	00:42:00	00:47:26.95	00:49:39.90	+00:16:40	4:44	12.6
203	WOJCIECHOWSKI Artur	869	:)	M 1-29	38	00:00:12	00:28:37	00:41:12	00:47:28.55	00:47:40.70	+00:16:41	4:44	12.6
204	FRAŃKIEWICZ Dariusz	176	BIEGAM NA TARCHOMINIE	M 40-49	69	00:00:56	00:30:18	00:41:57	00:47:40.05	00:48:36.75	+00:16:53	4:46	12.6
205	BLASZCZYŃSKI Witold	47		M 40-49	70	00:00:39	00:30:27	00:41:52	00:47:40.55	00:48:19.75	+00:16:53	4:46	12.6
206	RÓŻYCKI Jarosław	673		M 30-39	86	00:00:55	00:31:02	00:42:26	00:47:40.60	00:48:35.80	+00:16:53	4:46	12.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
207	PAZIEWSKI Andrzej	608	BIEGAM NA TARCHOMINIE	M 40-49	71	00:00:26	00:30:36	00:42:03	00:47:40.85	00:48:06.85	+00:16:54	4:46	12.6
208	MOSUR Kamil	544		M 40-49	72	00:00:21	00:30:27	00:41:54	00:47:42.20	00:48:03.90	+00:16:55	4:46	12.6
209	SMYL Jacek	724		M 1-29	39	00:00:21	00:30:22	00:42:13	00:47:43.50	00:48:05.15	+00:16:56	4:46	12.6
210	BARAN Grzegorz	19		M 40-49	73	00:00:48	00:30:44	00:42:14	00:47:45.85	00:48:34.70	+00:16:59	4:46	12.6
211	FALBA Zbigniew	163	METLIFE RUN	M 40-49	74	00:00:44	00:30:35	00:42:06	00:47:48.00	00:48:32.80	+00:17:01	4:46	12.6
212	ŁUBIŃSKI Krzysztof	469		M 40-49	75	00:00:18	00:30:38	00:42:06	00:47:48.30	00:48:07.00	+00:17:01	4:46	12.5
213	PADYSZ Arek	591		M 40-49	76	00:00:30	00:30:45	00:42:06	00:47:49.20	00:48:20.10	+00:17:02	4:47	12.5
214	JANISZEWSKI Rafał	269		M 30-39	87	00:00:55	00:31:51	00:42:40	00:47:49.40	00:48:44.90	+00:17:02	4:46	12.5
215	GOGOLEWSKI Michał	208		M 40-49	77	00:00:25	00:30:22	00:41:59	00:47:49.45	00:48:15.05	+00:17:02	4:47	12.5
216	PODGÓRSKI Krzysztof	626	KOMITET SPORTU I TURYSTYKI KRZYSZTOFA PODGÓRSKIEGO	M 1-29	40	00:00:12	00:29:38	00:41:43	00:47:49.50	00:48:01.70	+00:17:02	4:46	12.5
217	SZPANOWSKI Marek	962		M 50-59	10	00:00:42	00:31:24	00:42:34	00:47:52.20	00:48:34.20	+00:17:05	4:47	12.5
218	DOMŻALSKI Artur	148		M 30-39	88	00:00:40	00:30:41	00:42:20	00:48:03.05	00:48:43.65	+00:17:16	4:48	12.5
219	MANOWIECKI Grzegorz	495	BRAVERHEARTS	M 40-49	78	00:00:30	00:30:11	00:42:18	00:48:08.30	00:48:38.30	+00:17:21	4:48	12.5
220	SIERZPUTOWSKI Piotr	703		M 1-29	41	00:00:54	00:31:31	00:42:51	00:48:09.60	00:49:03.70	+00:17:22	4:48	12.5
221	DALECKI Łukasz	130		M 30-39	89	00:00:43	00:31:10	00:42:30	00:48:09.95	00:48:53.45	+00:17:23	4:49	12.5
222	KIESZEK Tadeusz	344	DYSTANS LESZNO	M 60+	4	00:00:47	00:31:16	00:42:29	00:48:10.30	00:48:57.95	+00:17:23	4:49	12.5
223	OLCZAK Janusz	576	BIEGANIE 50+	M 50-59	11	00:00:33	00:31:13	00:42:37	00:48:11.85	00:48:45.40	+00:17:25	4:49	12.4
224	JAWORSKI Łukasz	288		M 40-49	79	00:00:55	00:31:12	00:42:29	00:48:15.15	00:49:10.50	+00:17:28	4:49	12.4
225	KILIAŃSKI Rafał	345	TRUCHT TARCHOMIN TEAM	M 40-49	80	00:00:41	00:31:17	00:42:47	00:48:17.00	00:48:58.60	+00:17:30	4:49	12.4
226	ROSZAK Waldemar	671	BIEGAM NA ZIELEJ BIAŁOŁĘCE	M 50-59	12	00:00:29	00:30:36	00:42:32	00:48:17.30	00:48:47.20	+00:17:30	4:49	12.4
227	MIODUSZEWSKI Adrian	534		M 1-29	42	00:00:48	00:31:32	00:42:49	00:48:17.50	00:49:06.05	+00:17:30	4:49	12.4
228	KOŁOMAŃSKI Marek	360	EKOBIEGI	M 40-49	81	00:00:30	00:30:13	00:42:19	00:48:17.70	00:48:48.35	+00:17:30	4:49	12.4
229	DRZYMAŁA Krzysztof	154		M 30-39	90	00:00:53	00:31:17	00:42:40	00:48:19.05	00:49:12.50	+00:17:32	4:49	12.4
230	ŚCIOCH Michał	791		M 40-49	82	00:00:40	00:31:05	00:42:33	00:48:19.40	00:48:59.80	+00:17:32	4:49	12.4
231	BARANOWSKI Krzysztof	18	TO NATURALNE	M 50-59	13	00:00:00			00:48:21.00	00:48:21.00	+00:17:34	4:50	12.4
232	BIAŁOKOS Kamil	989	PARTNER	M 40-49	83	00:01:35	00:30:54	00:42:37	00:48:22.90	00:49:58.85	+00:17:36	4:50	12.4
233	HUSZCZA Paweł	254		M 30-39	91	00:00:17	00:30:49	00:42:36	00:48:25.05	00:48:42.90	+00:17:38	4:50	12.4
234	DUDA Jacek	953		M 30-39	92	00:00:52	00:31:18	00:42:45	00:48:29.20	00:49:21.75	+00:17:42	4:50	12.4
235	KACYMIROW Tomasz	314		M 50-59	14	00:00:34	00:30:55	00:42:40	00:48:29.65	00:49:04.15	+00:17:42	4:51	12.4
236	KARPIŃSKI Marcin	982		M 30-39	93	00:00:28	00:31:14	00:42:40	00:48:30.25	00:48:58.90	+00:17:43	4:51	12.4
237	WIERZCHOŁOWSKI Marcin	848		M 40-49	84	00:00:44	00:31:27	00:43:15	00:48:30.50	00:49:15.10	+00:17:43	4:51	12.4
238	TOCZEWSKI Kamil	809	JACEKBIEGA RUNNING TEAM	M 1-29	43	00:00:32	00:30:36	00:42:33	00:48:31.90	00:49:04.25	+00:17:45	4:51	12.4
239	MAKOWSKI Krystian	484	RUN4FUN	M 1-29	44	00:00:37	00:31:04	00:42:56	00:48:32.30	00:49:09.45	+00:17:45	4:51	12.4
240	BARSZCZEWSKI Maciej	20	TN BIEGÓWKI WESOŁA	M 40-49	85	00:00:22	00:30:32	00:42:39	00:48:34.85	00:48:57.55	+00:17:48	4:51	12.3
241	RUTKOWSKI Michał	680	KARAŚ SWIMMING TEAM	M 40-49	86	00:00:45	00:31:23	00:43:00	00:48:38.40	00:49:23.80	+00:17:51	4:51	12.3
242	KRÓLCZYŃSKI Maciej	994		M 30-39	94	00:00:47	00:31:26	00:42:59	00:48:39.20	00:49:26.85	+00:17:52	4:51	12.3
243	GRZYMAŁA Andrzej	940		M 40-49	87	00:00:57	00:30:59	00:42:51	00:48:41.10	00:49:38.20	+00:17:54	4:52	12.3
244	NIEDZIELA Dominik	558		M 40-49	88	00:00:59	00:31:19	00:43:00	00:48:43.80	00:49:43.05	+00:17:56	4:52	12.3
245	SUCHORAB Krzysztof	760		M 30-39	95	00:01:36	00:31:21	00:43:00	00:48:47.20	00:50:23.50	+00:18:00	4:52	12.3
246	SZCZĘSNY Paweł	774		M 40-49	89	00:00:45	00:30:41	00:42:47	00:48:51.00	00:49:36.10	+00:18:04	4:53	12.3
247	SZCZEPAŃSKI Piotr	923	KONDYCJA	M 1-29	45	00:00:03	00:35:59	00:43:31	00:48:52.75	00:48:56.05	+00:18:05	4:53	12.3
248	PROKOPIUK Grzegorz	945		M 40-49	90	00:00:08	00:31:21	00:43:08	00:48:53.90	00:49:02.70	+00:18:07	4:53	12.3
249	SZAŁASZEWSKI Łukasz	691		M 40-49	91	00:00:47	00:32:05	00:43:35	00:48:54.90	00:49:42.85	+00:18:08	4:53	12.3
250	CELIŃSKI Rafał	87		M 40-49	92	00:00:45	00:31:44	00:43:21	00:48:59.00	00:49:44.40	+00:18:12	4:53	12.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
251	LIPIŃSKI Oskar	932		M 30-39	96	00:00:33	00:31:21	00:43:29	00:49:02.30	00:49:35.55	+00:18:15	4:54	12.2
252	FRAĆKOWSKI Sławomir	177		M 40-49	93	00:00:33	00:31:13	00:43:07	00:49:05.30	00:49:38.40	+00:18:18	4:54	12.2
253	JANKOWSKI Dariusz	275	PAŁUKI RUNNING TEAM	M 30-39	97	00:00:47	00:32:17	00:43:37	00:49:12.00	00:49:59.35	+00:18:25	4:55	12.2
254	WINIARCZYK Bartłomiej	852		M 1-29	46	00:00:49	00:30:47	00:42:56	00:49:13.40	00:50:03.05	+00:18:26	4:55	12.2
255	SZLENDAK Marek	777		M 30-39	98	00:00:50	00:31:55	00:43:33	00:49:17.15	00:50:07.55	+00:18:30	4:55	12.2
256	PERLAN Robert	611	DYSTANS LESZNO	M 40-49	94	00:00:39	00:31:41	00:43:26	00:49:19.35	00:49:58.65	+00:18:32	4:55	12.2
257	MIŁOSZ Marek	532		M 50-59	15	00:00:50	00:31:27	00:43:17	00:49:19.95	00:50:10.05	+00:18:33	4:56	12.2
258	WOŁOWSKI Kamil	874		M 30-39	99	00:00:56	00:32:02	00:43:35	00:49:21.40	00:50:18.10	+00:18:34	4:56	12.2
259	STAROWICZ Kazimierz	744		M 30-39	100	00:00:23	00:32:05	00:43:47	00:49:22.85	00:49:46.45	+00:18:36	4:56	12.1
260	KRÓL Tomasz	402		M 30-39	101	00:00:27	00:31:29	00:43:30	00:49:23.15	00:49:50.60	+00:18:36	4:56	12.1
261	SIESS Jarosław	704		M 50-59	16	00:00:23	00:32:04	00:43:46	00:49:24.00	00:49:47.35	+00:18:37	4:56	12.1
262	DEREWICZ Mariusz	142		M 30-39	102	00:00:55	00:31:58	00:43:40	00:49:24.20	00:50:20.10	+00:18:37	4:56	12.1
263	ŚCIBISZ Tomek	789		M 40-49	95	00:00:40	00:31:46	00:43:26	00:49:24.60	00:50:05.20	+00:18:37	4:56	12.1
264	WACH Michał	828	BIEGAM NA TARCHOMINIE	M 40-49	96	00:00:35	00:32:00	00:43:40	00:49:24.65	00:49:59.90	+00:18:37	4:56	12.1
265	PERKOWSKI Paweł	610		M 30-39	103	00:00:42	00:31:40	00:43:34	00:49:26.95	00:50:09.40	+00:18:40	4:56	12.1
266	WITUSIK Szymon	857		M 1-29	47	00:00:32	00:32:20	00:44:02	00:49:29.45	00:50:02.10	+00:18:42	4:57	12.1
267	CIOŁEK Robert	114	MASTERS DOJO	M 40-49	97	00:00:59	00:32:09	00:43:46	00:49:31.30	00:50:30.45	+00:18:44	4:57	12.1
268	BOGUCKI Michał	53		M 1-29	48	00:00:23	00:30:48	00:43:29	00:49:32.95	00:49:56.30	+00:18:46	4:57	12.1
269	SZUSTAK Darek	785		M 50-59	17	00:00:38	00:32:10	00:44:04	00:49:40.05	00:50:18.85	+00:18:53	4:58	12.1
270	MILLER Daniel Miller	531	WARSAW INTERNATIONAL TRIATHLON CLUB (WITC)	M 40-49	98	00:01:06	00:32:15	00:44:06	00:49:40.95	00:50:47.65	+00:18:54	4:58	12.1
271	ROJEK Rafał	665		M 40-49	99	00:00:40	00:31:45	00:43:45	00:49:41.20	00:50:21.80	+00:18:54	4:58	12.1
272	URBAN Mariusz	822	GRUPA BIEGOWA UM W-WA	M 40-49	100	00:02:20	00:31:47	00:43:49	00:49:43.75	00:52:04.65	+00:18:56	4:58	12.1
273	KACHNIARZ Sławomir	308	KAWAII SUSHI	M 40-49	101	00:00:41	00:31:03	00:43:29	00:49:47.15	00:50:28.50	+00:19:00	4:58	12.1
274	GAWLIK Arkadiusz	191	BIEGAM NA TARCHOMINIE	M 40-49	102	00:00:57	00:31:45	00:43:47	00:49:48.00	00:50:45.45	+00:19:01	4:58	12
275	KACPURA Piotr	313		M 40-49	103	00:00:53	00:32:13	00:43:52	00:49:48.20	00:50:41.65	+00:19:01	4:58	12
276	ŻOCHOWSKI Paweł	912		M 30-39	104	00:00:43	00:31:13	00:43:45	00:49:48.35	00:50:31.40	+00:19:01	4:58	12
277	DUDEK Bartłomiej	155	BIEGAM NA TARCHOMINIE	M 30-39	105	00:01:22	00:31:31	00:43:36	00:49:52.40	00:51:14.50	+00:19:05	4:59	12
278	GIL Wojciech	201	NW CZŁAPSKI TEAM	M 40-49	104	00:00:48	00:32:14	00:43:59	00:49:54.10	00:50:42.40	+00:19:07	4:59	12
279	GÓRKA Marcin	215	POLSA	M 40-49	105	00:00:57	00:32:11	00:44:14	00:49:58.45	00:50:56.20	+00:19:11	4:59	12
280	RUSIN Bartosz	678	KS STASZEWSKY	M 40-49	106	00:00:38	00:31:32	00:43:46	00:50:00.30	00:50:38.60	+00:19:13	5:00	12
281	TARASIUK Łukasz	804		M 40-49	107	00:00:54	00:32:24	00:44:14	00:50:01.30	00:50:55.80	+00:19:14	5:00	12
282	SMUŁEK Rafał	723		M 1-29	49	00:00:56	00:32:13	00:44:21	00:50:02.05	00:50:58.70	+00:19:15	5:00	12
282	MAREK Bartłomiej	500		M 30-39	106	00:00:53	00:32:38	00:44:29	00:50:02.05	00:50:55.70	+00:19:15	5:00	12
284	ORŁOWSKI Krzysztof	585	PARKRUN WARSZAWA BRÓDNO	M 40-49	108	00:00:08	00:31:28	00:44:00	00:50:02.90	00:50:11.80	+00:19:16	5:00	12
285	JAROSZEK Piotr	281	VEGE RUNNERS	M 30-39	107	00:00:36	00:31:33	00:43:50	00:50:03.05	00:50:40.00	+00:19:16	5:00	12
286	ŻURAWSKI Marcin	919	BIEGAM NA TARCHOMINIE/ADIDAS RUNNERS WARSAW	M 40-49	109	00:00:34	00:32:13	00:44:12	00:50:03.70	00:50:38.40	+00:19:16	5:00	12
287	JANKOWSKI Andrzej	276	CAT-FIT	M 40-49	110	00:00:50	00:32:29	00:44:23	00:50:07.60	00:50:58.00	+00:19:20	5:00	12
288	PRZYBYSZ Tomasz	643		M 1-29	50	00:00:42	00:32:08	00:44:21	00:50:09.05	00:50:51.25	+00:19:22	5:00	12
289	MANCZENKO Eugeniusz	494	LEŚNE SZYCHY	M 30-39	108	00:01:04	00:32:43	00:44:27	00:50:11.90	00:51:16.20	+00:19:25	5:01	12
290	PASZKOWSKI Cezary	603		M 40-49	111	00:01:04	00:32:44	00:44:27	00:50:12.40	00:51:16.40	+00:19:25	5:01	12
291	NOGAS Sebastian	560	PZU SPORTTEAM	M 30-39	109	00:00:00			00:50:13.00	00:50:13.00	+00:19:26	5:01	11.9
292	SUCHODOLSKI Mariusz	758	TRUCHT TARCHOMIN TEAM	M 40-49	112	00:00:47	00:32:18	00:44:08	00:50:16.95	00:51:04.15	+00:19:30	5:01	11.9
293	WITUSIK Paweł	856		M 40-49	113	00:00:32	00:32:21	00:44:30	00:50:18.90	00:50:51.25	+00:19:32	5:01	11.9
294	ŻÓŁKOWSKI Marek	914	TEAM ZABIEGANEDNI	M 60+	5	00:00:42	00:32:36	00:44:33	00:50:19.00	00:51:01.45	+00:19:32	5:01	11.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
295	FRYCZ Michał	178		M 40-49	114	00:00:52	00:32:02	00:44:18	00:50:20.20	00:51:12.75	+00:19:33	5:02	11.9
296	SKŁUCKI Hubert	715	RUN TEAM NASIELSK	M 40-49	115	00:00:16	00:31:21	00:44:24	00:50:24.30	00:50:40.30	+00:19:37	5:02	11.9
297	WOJNARSKI Janusz	871		M 60+	6	00:01:03	00:32:30	00:44:30	00:50:31.65	00:51:35.25	+00:19:44	5:03	11.9
298	KLEPACKI Piotr	350		M 30-39	110	00:00:12	00:33:03	00:44:46	00:50:31.70	00:50:43.70	+00:19:44	5:03	11.9
299	KOWNACKI Marcin	396		M 40-49	116	00:00:31	00:31:42	00:44:15	00:50:31.85	00:51:03.35	+00:19:45	5:03	11.9
300	RZECZKOWSKI Zygmunt	686	METRO WARSZAWSKIE	M 60+	7	00:01:02	00:32:08	00:44:21	00:50:32.55	00:51:34.65	+00:19:45	5:03	11.9
301	LIBOLD Maciek	447		M 30-39	111	00:00:13	00:32:39	00:44:36	00:50:37.95	00:50:51.35	+00:19:51	5:03	11.8
302	DUDKO Mikalai	156	JACEKBIEGA RUNNING TEAM	M 30-39	112	00:00:43	00:32:25	00:45:08	00:50:44.35	00:51:28.05	+00:19:57	5:04	11.8
303	DOMINIAK Zbigniew	147	GRUPAZERO	M 40-49	117	00:00:59	00:32:09	00:44:26	00:50:47.75	00:51:47.20	+00:20:00	5:04	11.8
304	KASKA Mateusz	334		M 30-39	113	00:00:37	00:31:31	00:44:19	00:50:49.00	00:51:26.60	+00:20:02	5:04	11.8
305	KMIEĆ Kamil	357		M 1-29	51	00:00:59	00:33:14	00:45:09	00:50:51.10	00:51:50.35	+00:20:04	5:05	11.8
306	WIŚNIEWSKI Paweł	854	ŁOMIANKOWSKA GRUPA BIEGOWA	M 40-49	118	00:00:32	00:32:19	00:44:42	00:50:52.20	00:51:25.15	+00:20:05	5:05	11.8
307	MYSZKE Artur	553		M 40-49	119	00:00:53	00:32:26	00:44:49	00:50:54.60	00:51:47.60	+00:20:07	5:05	11.8
308	CHRÓST Marcin	100	KS-ZIELONO CZARNI	M 30-39	114	00:00:25	00:31:05	00:44:19	00:50:57.45	00:51:23.05	+00:20:10	5:05	11.8
309	POŁEĆ Andrzej	631		M 40-49	120	00:00:53	00:32:21	00:44:51	00:50:59.50	00:51:53.10	+00:20:12	5:06	11.8
310	BOROWSKI Mariusz	65		M 40-49	121	00:00:51	00:32:56	00:45:00	00:50:59.85	00:51:50.85	+00:20:13	5:05	11.8
311	BITKOWSKI Bartek	46		M 40-49	122	00:00:52	00:33:19	00:45:05	00:51:02.00	00:51:54.00	+00:20:15	5:06	11.8
312	WOJTAS Michał	929		M 1-29	52	00:00:53	00:33:10	00:45:11	00:51:03.15	00:51:56.65	+00:20:16	5:06	11.8
313	NOWAK Dawid	566		M 30-39	115	00:01:25	00:33:57	00:45:41	00:51:03.45	00:52:29.20	+00:20:16	5:06	11.7
314	JÓŻWIK Grzegorz	300		M 40-49	123	00:00:27	00:31:52	00:44:43	00:51:03.75	00:51:31.40	+00:20:16	5:06	11.7
315	ADAMIAK Piotr	1		M 40-49	124	00:00:36	00:33:00	00:45:14	00:51:07.95	00:51:43.95	+00:20:21	5:06	11.7
316	ŚWIĆ Rafał	793	TRUCHT TARCHOMIN TEAM	M 40-49	125	00:00:49	00:32:41	00:45:02	00:51:08.00	00:51:57.25	+00:20:21	5:06	11.7
317	BIENIEK Wojciech	43	TRENER24	M 30-39	116	00:01:02	00:32:47	00:45:13	00:51:12.95	00:52:15.60	+00:20:26	5:07	11.7
318	DERESZEWSKI Piotr	141	ZABIEGANY WOŁOMIN	M 40-49	126	00:00:32	00:32:31	00:44:58	00:51:13.00	00:51:45.85	+00:20:26	5:07	11.7
319	ROGALA Marcin	662		M 30-39	117	00:00:34	00:32:15	00:45:01	00:51:13.40	00:51:48.20	+00:20:26	5:07	11.7
320	PASIŃSKI Daniel	949	GRUPA BIEGOWA UM WARSZAWA	M 30-39	118	00:00:30	00:32:32	00:45:17	00:51:18.70	00:51:49.10	+00:20:31	5:07	11.7
321	BAZYLEWICZ Hubert	27		M 30-39	119	00:00:55	00:32:15	00:45:06	00:51:21.20	00:52:17.15	+00:20:34	5:08	11.7
322	KONIECKI Tomasz	363		M 40-49	127	00:00:51	00:33:13	00:45:16	00:51:24.60	00:52:16.20	+00:20:37	5:08	11.7
323	GRABOWSKI Wojciech	972	ANPHARM RUN TEAM	M 40-49	128	00:02:10	00:33:10	00:45:13	00:51:24.75	00:53:35.25	+00:20:37	5:08	11.7
324	MATEŃKA Piotr	508	DYSPOZYCJA DNIA TEAM	M 40-49	129	00:00:50	00:32:56	00:45:25	00:51:24.85	00:52:15.05	+00:20:38	5:08	11.7
325	ODZIEMCZYK Sebastian	574		M 30-39	120	00:00:49	00:32:46	00:45:15	00:51:26.35	00:52:15.90	+00:20:39	5:08	11.7
326	SKARŻYŃSKI Adam	711	GRUPA BIEGOWA UM W-WA	M 30-39	121	00:00:48	00:32:52	00:45:17	00:51:32.05	00:52:20.30	+00:20:45	5:09	11.6
327	KOPER Sebastian	369	CARREFOUR RUNNING TEAM	M 40-49	130	00:00:37	00:32:37	00:45:17	00:51:33.90	00:52:11.00	+00:20:47	5:09	11.6
328	KLIMCZYŃSKI Rafał	351		M 30-39	122	00:01:11	00:33:14	00:45:33	00:51:34.00	00:52:45.25	+00:20:47	5:09	11.6
329	CHUDIO Marcin	103		M 30-39	123	00:00:52	00:32:39	00:45:22	00:51:36.45	00:52:28.45	+00:20:49	5:09	11.6
330	BIEDROŃ Artur	40	TARCHO CHARTY	M 40-49	131	00:00:45	00:33:14	00:45:39	00:51:38.90	00:52:24.00	+00:20:52	5:09	11.6
331	KĘDZIERSKI Mieczysław	339	TG SOKÓŁ BRWINÓW	M 60+	8	00:01:13	00:32:58	00:45:29	00:51:40.30	00:52:53.95	+00:20:53	5:10	11.6
332	BEDNARSKI Tomasz	32		M 40-49	132	00:00:42	00:34:00	00:45:56	00:51:41.70	00:52:24.30	+00:20:54	5:10	11.6
333	FABIANOWICZ Paweł	162	BOŚ BANK SA	M 30-39	124	00:00:52	00:32:35	00:45:21	00:51:43.00	00:52:35.55	+00:20:56	5:10	11.6
334	CZAPSKI Michał	124	BIEGAM NA TARCHOMINIE	M 30-39	125	00:00:35	00:32:38	00:45:31	00:51:43.80	00:52:19.30	+00:20:56	5:10	11.6
335	STOKOWSKI Paweł	985		M 30-39	126	00:00:29	00:32:59	00:45:25	00:51:44.70	00:52:13.80	+00:20:57	5:10	11.6
336	WALECKI Romuald	959	KLUB SAMICY NOSOROŻCA	M 40-49	133	00:00:06	00:32:32	00:45:41	00:51:44.80	00:51:51.45	+00:20:57	5:10	11.6
337	MARCZEWSKI Marcin	499	RESILIA BEMOWO	M 40-49	134	00:00:53	00:32:59	00:45:54	00:51:47.45	00:52:41.25	+00:21:00	5:10	11.6
338	GRYCNER Paweł	230	SHAKALAKA BOOM BOOM	M 30-39	127	00:00:56	00:33:29	00:45:55	00:51:52.10	00:52:48.10	+00:21:05	5:11	11.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
339	FILIPCZUK Dariusz	169		M 50-59	18	00:00:39	00:32:49	00:45:33	00:51:53.50	00:52:33.40	+00:21:06	5:11	11.6
340	CHOTOMSKI Marcin	99		M 30-39	128	00:00:06	00:33:18	00:45:48	00:51:54.40	00:52:01.35	+00:21:07	5:11	11.6
341	BELOWSKI Leszek	34	CHEMIK NOXY PUŁAWY	M 60+	9	00:01:05	00:33:09	00:45:42	00:51:54.45	00:52:59.80	+00:21:07	5:11	11.6
342	CHĘC Tomasz	89		M 30-39	129	00:01:09	00:33:51	00:46:08	00:51:56.85	00:53:06.20	+00:21:10	5:11	11.5
343	SŁOMKA Bogumił	720		M 40-49	135	00:01:13	00:33:09	00:45:51	00:52:04.65	00:53:18.30	+00:21:17	5:12	11.5
344	STRZAŁEK Andrzej	752	TRUCHT TARCHOMIN TEAM	M 50-59	19	00:00:48	00:33:13	00:45:55	00:52:09.05	00:52:58.00	+00:21:22	5:13	11.5
345	PANASZEWSKI Przemysław	597		M 1-29	53	00:01:06	00:33:51	00:46:13	00:52:11.65	00:53:17.65	+00:21:24	5:13	11.5
346	SZOPA Sławomir	780		M 40-49	136	00:00:54	00:33:12	00:45:58	00:52:13.05	00:53:07.85	+00:21:26	5:13	11.5
347	LISZEWSKI Krzysztof	452	RUN TEAM NASIELSK	M 40-49	137	00:00:48	00:33:05	00:45:31	00:52:21.25	00:53:09.50	+00:21:34	5:14	11.5
348	FLORYSIAK Artur	175		M 40-49	138	00:01:03	00:34:08	00:46:31	00:52:25.05	00:53:28.65	+00:21:38	5:14	11.4
349	CIEPLAK Andrzej	106		M 40-49	139	00:01:34	00:34:40	00:46:48	00:52:28.05	00:54:02.15	+00:21:41	5:14	11.4
350	JASIŃSKI Adam	283		M 30-39	130	00:01:00	00:34:06	00:46:28	00:52:29.20	00:53:29.55	+00:21:42	5:14	11.4
351	WANOWSKI Andrzej	832	ROZBIEGAMY NOWY DWÓR	M 60+	10	00:00:57	00:33:27	00:46:01	00:52:29.40	00:53:26.50	+00:21:42	5:14	11.4
352	FIJAŁEK Kamil	168		M 30-39	131	00:01:12	00:33:26	00:46:12	00:52:32.00	00:53:44.30	+00:21:45	5:15	11.4
353	SZCZEPAŃSKI Marcin	771	WATAHA-WARSZAWA	M 30-39	132	00:00:48	00:33:31	00:46:21	00:52:32.60	00:53:21.15	+00:21:45	5:15	11.4
354	ANTOSIK Piotr	9		M 40-49	140	00:01:28	00:34:35	00:46:55	00:52:35.20	00:54:03.65	+00:21:48	5:15	11.4
355	CHRZANOWSKI Wojciech	102	CJHRZANOWSKITEAM	M 30-39	133	00:01:16	00:33:39	00:46:22	00:52:36.80	00:53:53.20	+00:21:49	5:15	11.4
356	SOPELEWSKI Sebastian	731		M 30-39	134	00:00:51	00:33:46	00:46:41	00:52:37.20	00:53:28.20	+00:21:50	5:15	11.4
357	MARUSZAK Łukasz	504	BIEGAM NA TARCHOMINIE	M 30-39	135	00:00:42	00:34:08	00:46:45	00:52:39.70	00:53:22.60	+00:21:52	5:16	11.4
358	POLAK Michał	629		M 30-39	136	00:00:46	00:33:48	00:46:40	00:52:44.65	00:53:31.40	+00:21:57	5:16	11.4
359	KAMIŃSKI Wiesław	324	NASIELSK BASZTA TEAM	M 50-59	20	00:01:25	00:35:38	00:47:02	00:52:50.80	00:54:16.65	+00:22:03	5:17	11.4
360	ZAJDA Dominik	883		M 1-29	54	00:00:21	00:33:09	00:46:35	00:52:51.90	00:53:13.25	+00:22:05	5:17	11.3
361	MATUSIAK Karol	943	BDG	M 1-29	55	00:01:19	00:33:39	00:46:48	00:52:52.45	00:54:12.40	+00:22:05	5:17	11.3
362	ŁABA Piotr	455		M 40-49	141	00:00:52	00:33:35	00:46:31	00:52:53.35	00:53:45.90	+00:22:06	5:17	11.3
363	KRUSZEWSKI Piotr	412		M 40-49	142	00:00:52	00:33:35	00:46:31	00:52:53.80	00:53:45.80	+00:22:06	5:17	11.3
364	ZIOŁO Grzegorz	946		M 1-29	56	00:01:19	00:33:39	00:46:48	00:52:53.95	00:54:13.10	+00:22:07	5:17	11.3
365	SZCZYGIEL Michał	775		M 1-29	57	00:02:59	00:34:18	00:46:51	00:52:59.50	00:55:59.10	+00:22:12	5:18	11.3
366	GŁÓWKA Rafał	206		M 40-49	143	00:00:24	00:33:08	00:46:20	00:52:59.65	00:53:23.75	+00:22:12	5:17	11.3
367	MENDREK Ireneusz	517	TURBODZIKI	M 30-39	137	00:01:12	00:34:44	00:46:54	00:52:59.85	00:54:12.40	+00:22:13	5:18	11.3
368	ZIELINSKI Krzysztof	905	HIKINGTOURS.PL	M 40-49	144	00:01:49	00:34:23	00:46:59	00:53:05.75	00:54:55.00	+00:22:18	5:18	11.3
369	WASILEWSKI Grzegorz	837	RUN TEAM NASIELSK	M 30-39	138	00:00:34	00:34:25	00:47:06	00:53:17.15	00:53:51.25	+00:22:30	5:19	11.3
370	KUCZYŃSKI Igor	421	APTEKARZ WARSZAWSKI	M 40-49	145	00:00:54	00:33:58	00:46:55	00:53:17.75	00:54:11.95	+00:22:30	5:19	11.3
371	SZTRANTOWICZ Piotr	783		M 40-49	146	00:01:00	00:33:53	00:46:59	00:53:20.75	00:54:21.55	+00:22:33	5:20	11.2
372	BARTECKI Tomasz	967		M 30-39	139	00:01:09	00:34:39	00:47:15	00:53:20.85	00:54:30.50	+00:22:34	5:20	11.2
373	WASIAK Bartosz	834		M 30-39	140	00:01:18	00:34:30	00:47:20	00:53:29.05	00:54:47.95	+00:22:42	5:20	11.2
374	CHMIELECKI Tomasz	91	LOTAMS TEAM	M 40-49	147	00:00:48	00:33:41	00:47:07	00:53:30.85	00:54:19.70	+00:22:44	5:21	11.2
375	KARCZEWSKI Jacek	330	GRUPA BIEGOWA UM W-WA	M 40-49	148	00:01:22	00:34:55	00:47:26	00:53:31.30	00:54:53.70	+00:22:44	5:21	11.2
376	KRZYWIEC Przemysław	417		M 30-39	141	00:00:59	00:35:01	00:47:31	00:53:32.05	00:54:31.95	+00:22:45	5:21	11.2
377	GARBACZEWSKI Zbigniew	189	GRUPA BIEGOWA UM W-WA	M 40-49	149	00:00:59	00:33:02	00:46:38	00:53:38.85	00:54:38.50	+00:22:52	5:21	11.2
378	KLEPACKI Paweł	349		M 30-39	142	00:00:12	00:33:42	00:47:09	00:53:43.45	00:53:55.90	+00:22:56	5:22	11.2
379	ROJEK Hubert	666		M 1-29	58	00:01:10	00:35:37	00:48:05	00:53:49.90	00:55:00.80	+00:23:03	5:23	11.1
380	TRATKIEWICZ Marek	813		M 40-49	150	00:00:36	00:34:37	00:47:38	00:53:50.35	00:54:26.85	+00:23:03	5:23	11.1
381	SULICH Mateusz	761		M 1-29	59	00:00:58	00:35:04	00:47:38	00:53:50.75	00:54:49.10	+00:23:03	5:23	11.1
382	ADAMKIEWICZ Marcin	961	INICJATYWA MIESZKAŃCÓW BIAŁOŁĘKI	M 30-39	143	00:00:12	00:33:08	00:47:08	00:53:51.75	00:54:04.40	+00:23:04	5:23	11.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
383	KLUJ Bogusław	354	BIEGNĘ DLA SANDRY I ROBERTA	M 60+	11	00:00:59	00:34:43	00:47:37	00:53:56.15	00:54:56.05	+00:23:09	5:23	11.1
384	PIOTROWSKI Jan	624		M 30-39	144	00:02:05	00:34:24	00:47:17	00:53:57.50	00:56:03.00	+00:23:10	5:23	11.1
385	SYPNIEWSKI Piotr	770	TKKF BŁYSKAWICA	M 40-49	151	00:01:07	00:34:58	00:47:34	00:53:58.75	00:55:05.75	+00:23:11	5:23	11.1
386	WŁODEK Rafał	863		M 30-39	145	00:01:21	00:34:20	00:47:36	00:54:00.60	00:55:21.75	+00:23:13	5:24	11.1
387	MARCZAK Marcin	498		M 30-39	146	00:01:31	00:34:54	00:47:58	00:54:03.70	00:55:35.10	+00:23:16	5:24	11.1
388	MITURA Grzegorz	537		M 30-39	147	00:00:52	00:34:30	00:47:44	00:54:05.10	00:54:57.45	+00:23:18	5:24	11.1
389	MOCZYDŁOWSKI Łukasz	540	MASTERS DOJO	M 40-49	152	00:01:11	00:35:08	00:47:57	00:54:08.55	00:55:19.75	+00:23:21	5:24	11.1
390	CIESIELSKI Rafał	109	WOJEWÓDZCY TEAM	M 40-49	153	00:01:05	00:34:58	00:47:46	00:54:14.25	00:55:19.75	+00:23:27	5:25	11.1
391	KOSTRUBIEC Grzegorz	381		M 30-39	148	00:00:11	00:34:34	00:47:47	00:54:16.45	00:54:28.00	+00:23:29	5:25	11.1
392	KORNESZCZUK Wojciech	374		M 30-39	149	00:01:14	00:35:08	00:48:23	00:54:17.20	00:55:31.65	+00:23:30	5:25	11.1
393	CHOJNOWSKI Andrzej	96	BIEGAM NA TARCHOMINIE	M 40-49	154	00:01:02	00:34:30	00:47:50	00:54:18.65	00:55:21.35	+00:23:31	5:25	11
394	STACHACZ Mirosław	736	ZPHU DREWMAX	M 50-59	21	00:01:09	00:33:54	00:47:30	00:54:19.30	00:55:28.50	+00:23:32	5:25	11
395	ŚWIERSZCZ Andrzej	797		M 50-59	22	00:01:14	00:34:54	00:47:58	00:54:20.90	00:55:35.20	+00:23:34	5:26	11
396	LEBIODA Tomasz	437		M 1-29	60	00:00:30	00:33:42	00:47:40	00:54:21.55	00:54:52.20	+00:23:34	5:26	11
397	TUCZYŃSKI Robert	816	ORT ŁOMIANKI	M 40-49	155	00:00:56	00:34:42	00:47:58	00:54:27.20	00:55:23.60	+00:23:40	5:26	11
398	GROCHOWSKI Paweł	227	PZU SPORT TEAM	M 30-39	150	00:01:09	00:34:52	00:48:16	00:54:28.45	00:55:37.55	+00:23:41	5:26	11
399	JABŁONKA Radosław	258	DZIADY OCR	M 40-49	156	00:00:56	00:34:31	00:48:07	00:54:35.05	00:55:31.35	+00:23:48	5:27	11
400	GOLONKA Patryk	937	MASTERS DOJO	M 1-29	61	00:01:11	00:36:10	00:49:16	00:54:36.25	00:55:47.75	+00:23:49	5:27	11
401	MATUSZEWSKI Paweł	510		M 30-39	151	00:00:58	00:35:07	00:48:21	00:54:39.15	00:55:37.50	+00:23:52	5:27	11
402	BORUSZEWSKI Maciej	67		M 40-49	157	00:00:55	00:35:08	00:48:21	00:54:42.70	00:55:38.00	+00:23:55	5:28	11
403	ZAKRZEWSKI Marek	884	EKOBIEGI	M 40-49	158	00:01:01	00:35:04	00:47:57	00:54:43.75	00:55:45.05	+00:23:56	5:28	11
404	JARMUŻEWSKI Adam	279	TIA	M 40-49	159	00:01:27	00:35:15	00:48:13	00:54:44.25	00:56:11.65	+00:23:57	5:28	11
405	KARWOWSKI Mariusz	332	GRUPA BIEGOWA UM W-WA	M 40-49	160	00:01:32	00:36:03	00:48:42	00:54:44.80	00:56:17.75	+00:23:57	5:28	11
406	MAMLA Zbigniew	493	TRUCHT TARCHOMIN TEAM	M 40-49	161	00:01:01	00:35:01	00:48:02	00:54:46.05	00:55:47.15	+00:23:59	5:28	11
407	MIANOWSKI Marcin	519		M 40-49	162	00:00:09	00:32:40	00:47:38	00:54:47.60	00:54:56.70	+00:24:00	5:28	11
408	NOWACKI Julian	938	TO NATURALNE	M 60+	12	00:00:19	00:35:03	00:48:14	00:54:50.50	00:55:09.70	+00:24:03	5:29	10.9
409	BAKUŁA Wiesław	14	WAMPIR	M 50-59	23	00:00:26	00:34:16	00:48:02	00:54:53.90	00:55:20.30	+00:24:07	5:29	10.9
410	NOWAK Jerzy	565	PWPW	M 40-49	163	00:01:39	00:35:33	00:48:23	00:54:53.95	00:56:33.40	+00:24:07	5:29	10.9
411	KORLAK Łukasz	371		M 30-39	152	00:01:11	00:35:56	00:48:58	00:54:54.80	00:56:06.05	+00:24:07	5:29	10.9
412	SULIŃSKI Sławomir	763		M 40-49	164	00:01:28	00:35:25	00:48:33	00:54:57.40	00:56:25.40	+00:24:10	5:29	10.9
413	ANIOŁKOWSKI Krzysztof	8	GRUPA BIEGOWA UM W-WA	M 30-39	153	00:01:16	00:35:55	00:48:56	00:55:00.25	00:56:16.30	+00:24:13	5:30	10.9
414	KAŹMIERSKI Adrian	336		M 30-39	154	00:01:20	00:35:33	00:48:39	00:55:01.25	00:56:21.50	+00:24:14	5:30	10.9
415	JANKOWSKI Michał	942		M 40-49	165	00:00:54	00:34:21	00:48:13	00:55:02.05	00:55:56.90	+00:24:15	5:30	10.9
416	MODRZEJEWSKI Zbigniew	541		M 50-59	24	00:00:27	00:35:11	00:48:36	00:55:04.55	00:55:32.50	+00:24:17	5:30	10.9
417	ZYGADŁO Piotr	911		M 30-39	155	00:00:18	00:35:39	00:48:41	00:55:04.65	00:55:23.60	+00:24:17	5:30	10.9
418	JANKOWSKI Marcin	975	ANPHARM RUN TEAM	M 30-39	156	00:02:10	00:35:25	00:48:47	00:55:05.00	00:57:15.90	+00:24:18	5:30	10.9
419	IDZIAK Jarosław	921		M 30-39	157	00:00:35	00:31:20	00:45:08	00:55:05.45	00:55:41.15	+00:24:18	5:30	10.9
420	KRÓLAK Paweł	404		M 30-39	158	00:01:24	00:35:04	00:48:27	00:55:06.75	00:56:30.85	+00:24:19	5:30	10.9
421	KUBASIEWICZ Artur	418	SAM	M 50-59	25	00:01:29	00:35:44	00:48:48	00:55:09.35	00:56:38.45	+00:24:22	5:30	10.9
422	WIĘCH Andrzej	849		M 40-49	166	00:01:06	00:35:00	00:48:26	00:55:11.00	00:56:17.40	+00:24:24	5:31	10.9
423	ADAMSKI Szymon	3		M 1-29	62	00:01:34	00:36:48	00:49:17	00:55:20.55	00:56:55.00	+00:24:33	5:32	10.8
424	DANIELSKI Jacek	132	PZU SPORT TEAM	M 40-49	167	00:01:10	00:35:35	00:48:59	00:55:21.25	00:56:31.60	+00:24:34	5:32	10.8
425	CZAJKOWSKI Mariusz	121		M 40-49	168	00:02:09	00:35:03	00:48:44	00:55:22.55	00:57:31.75	+00:24:35	5:32	10.8
426	KOWALCZYK Zdzisław	968	JW 2189	M 40-49	169	00:00:40	00:35:02	00:48:58	00:55:23.95	00:56:03.95	+00:24:37	5:32	10.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
427	RULAK Jerzy	986		M 30-39	159	00:01:04	00:35:13	00:48:41	00:55:25.15	00:56:30.00	+00:24:38	5:32	10.8
428	BORCZYŃSKI Piotr	59	MŁODZIEŻOWA RADA M.ST. WARSZAWY	M 1-29	63	00:00:05	00:34:03	00:48:52	00:55:27.35	00:55:32.90	+00:24:40	5:32	10.8
429	ZWOLIŃSKI Grzegorz	909	REEBOK RUN CREW	M 40-49	170	00:01:15	00:36:26	00:49:23	00:55:31.35	00:56:47.10	+00:24:44	5:33	10.8
430	NIEDBAŁKA Marcin	557		M 30-39	160	00:01:35	00:35:05	00:48:59	00:55:34.35	00:57:09.55	+00:24:47	5:33	10.8
431	SULIŃSKI Andrzej	762		M 40-49	171	00:01:29	00:35:32	00:49:02	00:55:37.80	00:57:07.10	+00:24:50	5:33	10.8
432	SYLWESTRZUK Mariusz	769		M 50-59	26	00:01:25	00:35:14	00:48:57	00:55:39.25	00:57:04.35	+00:24:52	5:33	10.8
433	BUTKIEWICZ Dariusz	86		M 40-49	172	00:01:24	00:34:57	00:48:55	00:55:41.45	00:57:06.10	+00:24:54	5:34	10.8
434	SZLACHTA Wiesław	776		M 40-49	173	00:00:33	00:34:57	00:48:47	00:55:45.15	00:56:18.75	+00:24:58	5:34	10.8
435	GMYREK Robert	207		M 30-39	161	00:01:14	00:35:04	00:48:59	00:55:45.60	00:56:59.90	+00:24:58	5:34	10.8
436	STANKIEWICZ Maciej	739	AMI & AURI RUNNERS CLUB	M 30-39	162	00:01:24	00:36:59	00:49:35	00:55:46.20	00:57:10.25	+00:24:59	5:34	10.8
437	BARNIK Rafał	977		M 40-49	174	00:00:26	00:35:10	00:48:55	00:55:47.40	00:56:13.70	+00:25:00	5:34	10.8
438	BARTOSZEWSKI Daniel	23		M 1-29	64	00:00:44	00:35:33	00:49:21	00:55:48.60	00:56:33.40	+00:25:01	5:34	10.7
439	PĘDZICH Przemysław	614		M 30-39	163	00:00:58	00:33:38	00:48:19	00:55:51.30	00:56:49.80	+00:25:04	5:35	10.7
440	KONOPACKI Maciej	365	JESTEŚ ZWYCIĘZCĄ-CHRZĄSZCZYŻESZOWICE	M 30-39	164	00:01:06	00:35:42	00:49:28	00:55:52.05	00:56:58.95	+00:25:05	5:35	10.7
441	MAZUR Michał	514		M 30-39	165	00:00:51	00:36:36	00:49:35	00:55:55.30	00:56:46.60	+00:25:08	5:35	10.7
442	KARBOWNIK Jakub	329		M 30-39	166	00:01:34	00:35:33	00:48:55	00:55:55.70	00:57:30.50	+00:25:08	5:35	10.7
443	FEDEROWICZ Łukasz	166		M 30-39	167	00:01:11	00:35:56	00:49:34	00:55:58.25	00:57:10.05	+00:25:11	5:35	10.7
444	GRABOWSKI Łukasz	219		M 30-39	168	00:00:55	00:34:49	00:48:51	00:56:02.30	00:56:57.80	+00:25:15	5:36	10.7
445	ŚWIST Michał	801		M 30-39	169	00:01:13	00:36:00	00:49:22	00:56:04.05	00:57:17.20	+00:25:17	5:36	10.7
446	MAZUŚ Jarek	515		M 40-49	175	00:01:34	00:35:52	00:49:31	00:56:13.20	00:57:48.05	+00:25:26	5:37	10.7
447	MATUSEWICZ Krzysztof	509		M 40-49	176	00:01:04	00:35:45	00:49:29	00:56:13.35	00:57:18.10	+00:25:26	5:37	10.7
448	PRASAL Artur	632	REEBOKRUNCREW LDZ	M 40-49	177	00:01:08	00:39:48	00:50:43	00:56:23.20	00:57:31.45	+00:25:36	5:38	10.6
449	GAJEWICZ Arkadiusz	184		M 30-39	170	00:01:26	00:35:57	00:49:34	00:56:26.35	00:57:53.15	+00:25:39	5:38	10.6
450	GLAZER Marcin	203	PKO BANK POLSKI	M 30-39	171	00:01:55	00:38:20	00:50:42	00:56:31.15	00:58:27.00	+00:25:44	5:39	10.6
451	BUKOWSKI Janusz	999	STOWARZYSZENIE DAĆ SIEBIE INNYM	M 60+	13	00:00:03	00:35:54	00:49:43	00:56:33.60	00:56:37.25	+00:25:46	5:39	10.6
452	KACZOREK Robert	318		M 60+	14	00:00:22	00:35:58	00:49:42	00:56:34.45	00:56:57.15	+00:25:47	5:39	10.6
453	ŁOBODA Piotr	465		M 40-49	178	00:01:03	00:35:46	00:49:52	00:56:38.65	00:57:42.05	+00:25:51	5:39	10.6
454	THOMAS Szczepan	806	WARSZAWSKA AKADEMIA KARATE TRADYCYJNEGO	M 50-59	27	00:00:54	00:35:49	00:49:35	00:56:40.10	00:57:34.25	+00:25:53	5:40	10.6
455	KRÓL Wojciech	403		M 1-29	65	00:01:31	00:37:41	00:50:52	00:56:44.25	00:58:16.00	+00:25:57	5:40	10.6
456	KAMIŃSKI Maciej	325		M 30-39	172	00:02:05	00:36:24	00:50:05	00:56:58.40	00:59:03.70	+00:26:11	5:41	10.5
457	JANISZEWSKI Jan	268		M 60+	15	00:00:25	00:36:27	00:50:06	00:57:01.70	00:57:26.85	+00:26:14	5:42	10.5
458	ŁABĘDA Stanisław	456	NASIELSK BASZTA TEAM	M 40-49	179	00:01:25	00:36:37	00:50:24	00:57:07.80	00:58:33.40	+00:26:20	5:42	10.5
459	ZDUŃSKI Jarosław	900		M 50-59	28	00:01:16	00:35:41	00:50:10	00:57:08.85	00:58:25.45	+00:26:22	5:42	10.5
460	NOSARZEWSKI Mariusz	562		M 40-49	180	00:01:08	00:35:54	00:50:05	00:57:11.65	00:58:20.40	+00:26:24	5:43	10.5
460	JÓZWIK Robert	298	HARX TEAM	M 40-49	181	00:00:20	00:37:03	00:50:29	00:57:11.65	00:57:32.50	+00:26:24	5:43	10.5
462	TADRAŁA Tomek	803		M 30-39	173	00:01:55	00:36:23	00:50:10	00:57:12.25	00:59:07.55	+00:26:25	5:43	10.5
463	KUMALA Sebastian	425		M 30-39	174	00:00:12	00:35:36	00:49:55	00:57:13.65	00:57:26.25	+00:26:26	5:43	10.5
464	PUCHACZ Przemysław	647		M 30-39	175	00:00:31	00:34:42	00:49:52	00:57:14.80	00:57:46.65	+00:26:27	5:43	10.5
465	MARCINKIEWICZ Tymek	497		M 1-29	66	00:01:12	00:36:07	00:50:44	00:57:18.30	00:58:31.00	+00:26:31	5:43	10.5
466	GROCHOWSKI Piotr	226		M 40-49	182	00:01:42	00:37:15	00:50:38	00:57:19.80	00:59:02.45	+00:26:32	5:44	10.5
467	MATAK Mariusz	506		M 30-39	176	00:01:29	00:35:49	00:50:35	00:57:22.50	00:58:52.05	+00:26:35	5:44	10.5
468	MUCHA Grzegorz	549		M 60+	16	00:00:36	00:36:20	00:50:22	00:57:22.65	00:57:59.05	+00:26:35	5:44	10.5
469	BEDNARZAK Tadeusz	33	YULO RUN TEAM SIEDLCE	M 60+	17	00:01:04	00:36:23	00:50:31	00:57:28.25	00:58:33.10	+00:26:41	5:44	10.4
470	MROZIŃSKI Marcin	546		M 30-39	177	00:01:28	00:37:16	00:50:54	00:57:34.95	00:59:03.85	+00:26:48	5:45	10.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
471	MALER Władysław	487	REEBOK RUN CREW	M 60+	18	00:01:17	00:36:55	00:50:41	00:57:36.35	00:58:54.10	+00:26:49	5:45	10.4
472	PYCKA Marcin	927	BIEGAJĄCY ŚWIDNIK	M 30-39	178	00:01:27	00:37:01	00:50:59	00:57:39.55	00:59:06.85	+00:26:52	5:45	10.4
473	SANDOMIERSKI Bartłomiej	693	WKURW_TEAM	M 1-29	67	00:01:21	00:37:22	00:50:59	00:57:44.15	00:59:05.95	+00:26:57	5:46	10.4
473	BORKOWSKI Paweł	61	EKOBIEGI	M 40-49	183	00:01:43	00:38:09	00:51:22	00:57:44.15	00:59:27.95	+00:26:57	5:46	10.4
475	WODZYŃSKI Robert	866	EKOBIEGI	M 40-49	184	00:01:42	00:37:09	00:51:09	00:57:48.60	00:59:30.70	+00:27:01	5:46	10.4
476	BIENIAS Arkadiusz	42		M 30-39	179	00:00:16	00:37:49	00:51:14	00:57:52.50	00:58:09.25	+00:27:05	5:47	10.4
477	RODZOŚ Bartosz	661		M 30-39	180	00:01:04	00:37:36	00:51:22	00:57:56.90	00:59:01.35	+00:27:10	5:47	10.4
478	ZASŁONKA Paweł	893		M 30-39	181	00:00:26	00:37:02	00:51:09	00:57:59.95	00:58:26.05	+00:27:13	5:48	10.3
479	ŚWIEŻACZYŃSKI Piotr	799		M 30-39	182	00:01:48	00:38:08	00:51:24	00:58:01.15	00:59:49.35	+00:27:14	5:48	10.3
480	PTAK Krzysztof	645		M 40-49	185	00:00:35	00:36:26	00:50:59	00:58:02.70	00:58:38.60	+00:27:15	5:48	10.3
481	ZIELIŃSKI Tomasz	1015	POLSKIE STOW. SPORTU PO TRANSPLANTACJI	M 40-49	186	00:01:44	00:36:58	00:51:09	00:58:03.50	00:59:48.20	+00:27:16	5:48	10.3
482	MIAZGA Krzysztof	520		M 30-39	183	00:01:48	00:38:09	00:51:28	00:58:05.10	00:59:53.90	+00:27:18	5:48	10.3
483	CZUPA Bartosz	976	ANPHARM RUN TEAM	M 40-49	187	00:02:07	00:36:37	00:50:45	00:58:08.50	01:00:15.65	+00:27:21	5:48	10.3
484	CYRNY Rafał	117		M 40-49	188	00:01:24	00:36:34	00:51:18	00:58:20.40	00:59:44.45	+00:27:33	5:50	10.3
485	ZANIEWICZ Andrzej	888	PARTNER	M 30-39	184	00:01:28	00:38:32	00:52:09	00:58:21.05	00:59:49.20	+00:27:34	5:50	10.3
486	NAWROCKI Ryszard	556		M 40-49	189	00:01:11	00:36:34	00:51:07	00:58:22.50	00:59:34.30	+00:27:35	5:50	10.3
487	ŁAPICZ Filip	458		M 1-29	68	00:00:11	00:38:46	00:52:05	00:58:22.60	00:58:33.70	+00:27:35	5:50	10.3
488	ORŁOWSKI Kacper	584		M 1-29	69	00:01:21	00:36:33	00:51:17	00:58:25.00	00:59:46.30	+00:27:38	5:50	10.3
489	BOGUSZEWSKI Piotr	988		M 30-39	185	00:02:33	00:38:50	00:51:55	00:58:33.35	01:01:07.15	+00:27:46	5:51	10.2
490	WILEŃSKI Bartosz	990		M 1-29	70	00:01:32	00:37:37	00:51:38	00:58:38.40	01:00:11.35	+00:27:51	5:51	10.2
491	DZIEKONSKI Jacek	159		M 60+	19	00:01:26	00:36:27	00:51:11	00:58:41.40	01:00:07.90	+00:27:54	5:52	10.2
492	ŁOZOWSKI Robert	467		M 40-49	190	00:01:09	00:37:37	00:51:53	00:58:48.30	00:59:57.80	+00:28:01	5:52	10.2
493	KOZŁOWSKI Łukasz	398	#BBKTS	M 30-39	186	00:01:44	00:38:25	00:52:21	00:58:50.55	01:00:35.50	+00:28:03	5:53	10.2
494	GRABOWSKI Jerzy	220	NIEZRZESZONY	M 60+	20	00:01:13	00:36:49	00:51:28	00:58:51.60	01:00:05.00	+00:28:04	5:53	10.2
495	PĘCAK Kamil	613	LUBIĘ PIZZĘ	M 1-29	71	00:01:09	00:37:13	00:52:02	00:59:01.35	01:00:11.05	+00:28:14	5:54	10.2
496	PIETRAK Wojciech	618	WEBLOVERS	M 30-39	187	00:01:35	00:38:30	00:52:38	00:59:07.05	01:00:42.60	+00:28:20	5:54	10.1
497	GRYCNER Piotr	231		M 60+	21	00:01:55	00:38:18	00:52:18	00:59:07.50	01:01:02.60	+00:28:20	5:54	10.1
498	JACHOWSKI Paweł	260		M 40-49	191	00:01:10	00:37:13	00:52:09	00:59:09.30	01:00:20.20	+00:28:22	5:55	10.1
499	GRACZ Jakub	221		M 30-39	188	00:01:58	00:38:13	00:52:17	00:59:11.45	01:01:10.40	+00:28:24	5:55	10.1
500	STYCZYŃSKI Grzegorz	755		M 30-39	189	00:01:46	00:39:11	00:52:31	00:59:12.50	01:00:58.75	+00:28:25	5:55	10.1
501	ROKICKI Aleksander	667		M 40-49	192	00:01:46	00:39:11	00:52:31	00:59:12.55	01:00:58.60	+00:28:25	5:55	10.1
502	NOWAK Janusz	563		M 30-39	190	00:01:13	00:37:46	00:52:19	00:59:13.20	01:00:27.15	+00:28:26	5:55	10.1
503	FILIPOWICZ Maciej	172		M 40-49	193	00:01:05			00:59:14.00	01:00:19.00	+00:28:27	5:55	10.1
504	ROSA Mateusz	669		M 1-29	72	00:01:54	00:38:17	00:52:21	00:59:17.75	01:01:12.20	+00:28:30	5:55	10.1
505	RUMIANEK Marcin	677	FB.COM/RUMIANEK	M 30-39	191	00:00:54	00:37:09	00:52:19	00:59:22.10	01:00:16.50	+00:28:35	5:56	10.1
506	GAWŁOWSKI Adam	192		M 30-39	192	00:00:50	00:37:21	00:52:15	00:59:22.90	01:00:12.90	+00:28:36	5:56	10.1
507	PIĘTKA Marcin	620	GKS FENIX SIENNICA	M 30-39	193	00:01:25	00:38:36	00:52:48	00:59:29.40	01:00:54.65	+00:28:42	5:56	10.1
508	KAMIŃSKI Mariusz	979		M 30-39	194	00:01:54	00:38:17	00:52:20	00:59:35.35	01:01:29.80	+00:28:48	5:57	10.1
509	WOŹNIAK Mateusz	876		M 30-39	195	00:01:08	00:37:38	00:52:13	00:59:39.15	01:00:47.75	+00:28:52	5:57	10.1
510	BIERNACKI Adam	44		M 60+	22	00:01:30	00:38:36	00:52:42	00:59:40.50	01:01:11.15	+00:28:53	5:58	10.1
511	KOSTKA Grzegorz	380	BIEGIEM Z GREGIEM	M 30-39	196	00:01:43	00:37:46	00:52:32	00:59:42.35	01:01:26.00	+00:28:55	5:58	10
512	GŁODNY Hubert	204		M 40-49	194	00:01:24	00:38:07	00:52:49	00:59:45.10	01:01:09.50	+00:28:58	5:58	10
513	TOCHOWICZ Paweł	808		M 40-49	195	00:01:12	00:37:39	00:52:27	00:59:51.55	01:01:03.65	+00:29:04	5:59	10
514	PIOTROWSKI Arkadiusz	933	#ARUSBIEGA	M 30-39	197	00:00:42	00:38:32	00:52:52	01:00:02.00	01:00:44.00	+00:29:15	6:00	10

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
515	ARAŻNY Zbigniew	10	TRUCHT TARCHOMIN TEAM	M 40-49	196	00:01:41	00:38:29	00:52:31	01:00:05.75	01:01:46.75	+00:29:18	6:00	10
516	AKSAMITOWSKI Robert	6		M 40-49	197	00:01:54	00:38:58	00:53:39	01:00:07.00	01:02:01.90	+00:29:20	6:00	10
517	POGORZELSKI Kuba	628		M 1-29	73	00:00:13	00:37:36	00:53:06	01:00:10.85	01:00:24.25	+00:29:24	6:01	10
518	DYMEK Dariusz	158		M 40-49	198	00:01:08	00:37:44	00:52:53	01:00:15.90	01:01:24.40	+00:29:29	6:01	10
519	JOŃCZYK Stanisław	297	FUNDACJA WARSZAWSKIE HOSPICJUM DLA DZIECI	M 50-59	29	00:01:17	00:38:04	00:52:47	01:00:18.90	01:01:35.90	+00:29:32	6:01	10
520	SAFARZYŃSKI Aleksander	689		M 1-29	74	00:01:54	00:39:28	00:53:56	01:00:41.75	01:02:35.95	+00:29:54	6:04	9.9
521	OLESIAK Arkadiusz	578	BIEGAM NA TARCHOMINIE	M 40-49	199	00:01:39	00:38:55	00:53:38	01:00:50.40	01:02:29.85	+00:30:03	6:05	9.9
522	ŁUCZAK Piotr	471	PKO BANK POLSKI SA	M 40-49	200	00:00:38	00:38:27	00:53:35	01:00:52.20	01:01:30.55	+00:30:05	6:05	9.9
523	KASKA Krzysztof	333		M 30-39	198	00:01:20	00:40:55	00:54:46	01:00:54.70	01:02:14.75	+00:30:07	6:05	9.9
524	JUSZCZAK Kamil	307		M 1-29	75	00:01:18	00:40:58	00:54:48	01:00:56.00	01:02:14.40	+00:30:09	6:05	9.8
525	PATOLETA Mirek	604		M 40-49	201	00:01:10	00:38:10	00:53:32	01:00:57.40	01:02:08.30	+00:30:10	6:05	9.8
526	SURMACZ Jacek	766		M 30-39	199	00:02:02	00:39:08	00:53:42	01:00:58.85	01:03:01.80	+00:30:12	6:05	9.8
527	WITZKE Artur	858	KAWUCHA	M 30-39	200	00:02:19	00:39:54	00:54:08	01:00:59.65	01:03:19.05	+00:30:12	6:06	9.8
528	PEPŁOŃSKI Damian	609		M 30-39	201	00:01:27	00:39:15	00:53:37	01:01:03.10	01:02:30.30	+00:30:16	6:06	9.8
529	MAZUR Paweł	513	WOODRUNNERS	M 40-49	202	00:01:47	00:38:48	00:53:35	01:01:04.05	01:02:51.50	+00:30:17	6:06	9.8
530	BRZÓZKA Kamil	77		M 40-49	203	00:02:20	00:39:47	00:54:10	01:01:21.25	01:03:41.35	+00:30:34	6:08	9.8
531	SIKORSKI Paweł	708	GAMMA	M 30-39	202	00:01:51	00:38:59	00:53:57	01:01:22.35	01:03:13.40	+00:30:35	6:08	9.8
532	GLASSER Marek	202		M 60+	23	00:01:35	00:38:46	00:53:57	01:01:41.55	01:03:16.60	+00:30:54	6:10	9.7
533	MORAWSKI Patryk	543		M 1-29	76	00:01:20	00:39:19	00:54:24	01:02:00.65	01:03:20.90	+00:31:13	6:12	9.7
534	KOWALSKI Wiesław	392		M 50-59	30	00:00:03	00:38:24	00:54:13	01:02:06.20	01:02:09.20	+00:31:19	6:12	9.7
535	SZYDŁO Paweł	384		M 30-39	203	00:00:22	00:38:32	00:54:02	01:02:11.20	01:02:33.20	+00:31:24	6:13	9.6
536	KULISZEWSKI Maciej	424		M 30-39	204	00:00:45	00:39:28	00:54:41	01:02:28.75	01:03:14.40	+00:31:41	6:14	9.6
537	BORUTS Marcin	68		M 30-39	205	00:01:28	00:39:50	00:55:01	01:02:30.70	01:03:59.45	+00:31:43	6:15	9.6
538	KRZECZEWSKI Jacek	416		M 50-59	31	00:01:48	00:39:20	00:54:45	01:02:37.05	01:04:25.85	+00:31:50	6:15	9.6
539	WAŚOWSKI Michał	840		M 30-39	206	00:00:41	00:39:44	00:55:23	01:02:37.40	01:03:19.25	+00:31:50	6:15	9.6
540	ŁUCAK Piotr	470	CST RUN TEAM	M 30-39	207	00:01:32	00:41:13	00:55:41	01:02:40.00	01:04:12.60	+00:31:53	6:16	9.6
541	GREGORCZYK Bartosz	224		M 30-39	208	00:01:44	00:39:50	00:55:26	01:02:48.00	01:04:32.35	+00:32:01	6:16	9.6
542	GURMIŃSKI Łukasz	239	T-MOBILE	M 30-39	209	00:01:41	00:38:52	00:54:50	01:02:56.55	01:04:38.15	+00:32:09	6:17	9.5
543	SZYMCZYŃSKI Błażej	956		M 30-39	210	00:01:49	00:39:19	00:55:43	01:03:14.25	01:05:04.15	+00:32:27	6:19	9.5
544	ŁYGAS Leszek	476		M 30-39	211	00:01:48	00:39:18	00:55:23	01:03:16.90	01:05:05.75	+00:32:30	6:19	9.5
544	PRASAL Konrad	633	RYSIOTEAM/INESSPORT.PL	M 1-29	77	00:01:07	00:39:51	00:55:30	01:03:16.90	01:04:24.85	+00:32:30	6:19	9.5
546	JANIŃKI Mateusz	267	LS WORLD RUN	M 1-29	78	00:00:00			01:03:19.30	01:03:19.30	+00:32:32	6:19	9.5
547	MIRECKI Zbigniew	535	EKOBIEGI	M 60+	24	00:01:44	00:41:06	00:56:13	01:03:27.20	01:05:11.30	+00:32:40	6:20	9.5
548	ZARADKIEWICZ Łukasz	889		M 30-39	212	00:02:03	00:40:52	00:55:54	01:03:36.00	01:05:39.25	+00:32:49	6:21	9.4
549	OBREBOWSKI Dariusz	952		M 30-39	213	00:01:23	00:40:04	00:55:45	01:03:40.15	01:05:03.55	+00:32:53	6:22	9.4
550	KOZAKOW Borys	957		M 60+	25	00:01:22	00:40:47	00:56:18	01:03:42.15	01:05:04.40	+00:32:55	6:22	9.4
551	MACHNACKI Michał	477	GRUPA BIEGOWA UM W-WA	M 40-49	204	00:01:32	00:39:48	00:55:34	01:03:43.80	01:05:16.15	+00:32:56	6:22	9.4
552	OKSIENIUK Marcin	575	TURBODZIKI	M 30-39	214	00:01:37	00:39:30	00:55:45	01:03:48.50	01:05:25.70	+00:33:01	6:22	9.4
553	RUCZKA Rafał	675		M 1-29	79	00:00:26	00:38:48	00:55:46	01:03:51.00	01:04:17.00	+00:33:04	6:23	9.4
554	JACZYŃSKI Rafał	263		M 30-39	215	00:01:49	00:40:45	00:56:23	01:04:06.50	01:05:55.75	+00:33:19	6:24	9.4
555	HELDT Grzegorz	248		M 30-39	216	00:01:51	00:39:32	00:55:53	01:04:06.70	01:05:58.25	+00:33:19	6:24	9.4
556	GAŁĄŻYN Grzegorz	188		M 40-49	205	00:01:44	00:40:01	00:56:05	01:04:10.05	01:05:54.85	+00:33:23	6:25	9.4
557	DRABIK Michał	150		M 40-49	206	00:01:01	00:39:45	00:56:01	01:04:13.45	01:05:14.85	+00:33:26	6:25	9.3
558	LECH Bartłomiej	438		M 1-29	80	00:01:54	00:39:48	00:56:20	01:04:17.45	01:06:11.85	+00:33:30	6:25	9.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
559	PARTYKA Paweł	600		M 40-49	207	00:01:38	00:40:46	00:56:19	01:04:21.55	01:05:59.85	+00:33:34	6:26	9.3
560	JANKOWSKI Tomek	273		M 40-49	208	00:01:07	00:39:45	00:56:17	01:04:24.75	01:05:32.05	+00:33:37	6:26	9.3
561	BANY Michał	17		M 30-39	217	00:01:20	00:40:35	00:57:04	01:04:25.65	01:05:46.60	+00:33:38	6:26	9.3
562	BIELEC Bartłomiej	41	LEGIA RUN CLUB	M 30-39	218	00:01:58	00:41:19	00:56:55	01:04:37.90	01:06:36.80	+00:33:51	6:27	9.3
563	OLESHKO Maksym	577		M 1-29	81	00:00:18	00:40:50	00:57:11	01:04:46.40	01:05:05.00	+00:33:59	6:28	9.3
564	KACPRZYK Michał	312		M 1-29	82	00:01:35	00:41:11	00:56:57	01:04:58.30	01:06:33.80	+00:34:11	6:29	9.2
565	WASIK Piotr	836		M 50-59	32	00:01:19	00:40:56	00:56:08	01:05:06.45	01:06:25.90	+00:34:19	6:30	9.2
566	ZARZYCKI Piotr	892		M 30-39	219	00:01:47	00:42:34	00:58:18	01:05:07.60	01:06:55.50	+00:34:20	6:30	9.2
567	MRÓZ Sebastian	547		M 40-49	209	00:01:47	00:42:33	00:58:17	01:05:07.70	01:06:55.10	+00:34:20	6:30	9.2
568	ROMANOWSKI Paweł	668	MARKOWI BIEGACZE	M 40-49	210	00:01:19	00:42:02	00:57:36	01:05:10.55	01:06:30.00	+00:34:23	6:31	9.2
569	WŁODARCZYK Maciej	860		M 40-49	211	00:00:38	00:40:53	00:57:17	01:05:19.45	01:05:57.60	+00:34:32	6:31	9.2
570	WILEŃSKI Zbigniew	944	GRUPA BIEGOWA UM W-WA	M 50-59	33	00:01:33	00:42:07	00:57:19	01:05:24.90	01:06:58.10	+00:34:38	6:32	9.2
571	KRÓLIKOWSKI Artur	406		M 40-49	212	00:02:02	00:39:50	00:56:46	01:05:37.25	01:07:39.70	+00:34:50	6:33	9.1
572	ŻÓŁCIŃSKI Waldemar	913	GRUPA BIEGOWA UM W-WA	M 60+	26	00:01:49	00:40:29	00:57:05	01:05:48.35	01:07:38.05	+00:35:01	6:34	9.1
573	PACHOLAK Przemysław	589		M 50-59	34	00:01:42	00:41:01	00:57:38	01:05:50.20	01:07:33.00	+00:35:03	6:35	9.1
574	RYDZ Adrian	681		M 30-39	220	00:01:43	00:41:39	00:57:55	01:06:03.25	01:07:46.55	+00:35:16	6:36	9.1
575	WARDAK Przemysław	833		M 30-39	221	00:01:18	00:42:31	00:58:30	01:06:22.15	01:07:40.50	+00:35:35	6:38	9
576	STAŃCZYK Grzegorz	741		M 50-59	35	00:01:41	00:41:34	00:58:18	01:06:30.85	01:08:12.80	+00:35:44	6:39	9
577	PRZYBOROWSKI Rafał	640		M 30-39	222	00:00:39	00:42:37	00:58:34	01:06:39.95	01:07:19.70	+00:35:53	6:40	9
578	BOCHENEK Sebastian	50		M 30-39	223	00:02:13	00:42:09	00:58:05	01:06:43.80	01:08:57.65	+00:35:56	6:40	9
579	MATYJASIAK Mateusz	511		M 1-29	83	00:01:58	00:42:37	00:59:39	01:06:45.00	01:08:43.60	+00:35:58	6:40	9
580	TWARDO Kamil	820		M 30-39	224	00:01:56	00:42:30	00:58:53	01:06:51.30	01:08:47.60	+00:36:04	6:41	9
581	KILIŃSKI Piotr	346		M 40-49	213	00:02:03	00:43:08	00:59:14	01:06:51.60	01:08:54.60	+00:36:04	6:41	9
582	ŻUCHOWSKI Artur	916	MY MIESZKAŃCY LEGIONOWO	M 40-49	214	00:02:03	00:43:08	00:59:14	01:06:51.90	01:08:54.95	+00:36:05	6:41	9
583	SZOSTAKOWSKI Jarosław	1005	BIEGAMY Z OCHOTĄ	M 50-59	36	00:02:05	00:43:33	00:59:13	01:06:59.25	01:09:04.55	+00:36:12	6:41	9
584	JEDYNAK Paweł	291		M 30-39	225	00:02:03	00:42:08	00:59:15	01:07:23.15	01:09:26.15	+00:36:36	6:44	8.9
585	BOJKO Aleksander	56		M 1-29	84	00:01:58	00:42:40	00:59:40	01:07:52.55	01:09:50.95	+00:37:05	6:47	8.8
586	ŁUCZAK Bartłomiej	473	KLUB BIEGACZA RTV EURO AGD	M 30-39	226	00:01:26	00:41:46	00:59:28	01:07:59.05	01:09:25.85	+00:37:12	6:47	8.8
587	JURECKI Marek	303		M 50-59	37	00:01:55	00:43:36	01:00:21	01:08:00.55	01:09:55.90	+00:37:13	6:48	8.8
588	ŁUKASIEWICZ Robert	475	KOKOSZKA36TEAM	M 40-49	215	00:01:55	00:43:25	00:59:53	01:08:19.40	01:10:15.05	+00:37:32	6:50	8.8
589	WŁODARCZYK Mirosław	861	I LO UKS KOŚCIUSZKO	M 40-49	216	00:01:50	00:43:55	01:00:42	01:08:55.25	01:10:45.75	+00:38:08	6:53	8.7
590	IZDEBSKI Bartłomiej	256		M 30-39	227	00:01:57	00:42:20	01:00:11	01:08:58.60	01:10:56.00	+00:38:11	6:53	8.7
591	KIELAK Jacek	341		M 50-59	38	00:00:17	00:43:43	01:01:07	01:09:17.65	01:09:34.75	+00:38:30	6:55	8.7
592	MALDIS Marek	486		M 60+	27	00:01:57	00:44:30	01:01:04	01:09:21.40	01:11:19.35	+00:38:34	6:56	8.6
593	HULANIŃCKI Andrzej	253	GOGGLE TEAM	M 60+	28	00:01:58	00:44:42	01:01:16	01:09:34.95	01:11:33.05	+00:38:48	6:57	8.6
594	KUREK Jacek	429	BIEGAMPO WOLI	M 40-49	217	00:01:50	00:43:38	01:01:10	01:09:38.60	01:11:29.35	+00:38:51	6:57	8.6
595	NASKRĘT Mariusz	555		M 40-49	218	00:02:00	00:45:23	01:01:52	01:10:05.45	01:12:05.45	+00:39:18	7:00	8.6
596	WIZERT Józef	859		M 60+	29	00:02:12	00:44:29	01:01:34	01:10:49.20	01:13:01.30	+00:40:02	7:04	8.5
597	KAMIŃSKI Michał	322		M 40-49	219	00:02:01	00:44:43	01:01:34	01:10:58.90	01:13:00.85	+00:40:12	7:05	8.5
598	KIELISZEK Paweł	343		M 30-39	228	00:01:36	00:45:06	01:02:43	01:11:19.30	01:12:55.75	+00:40:32	7:07	8.4
599	TREMELET Sebastien	814		M 40-49	220	00:02:05	00:45:41	01:03:09	01:11:24.10	01:13:29.70	+00:40:37	7:08	8.4
600	KOSIERADZKI Paweł	379	MASTERS DOJO	M 50-59	39	00:01:46	00:45:54	01:03:22	01:12:05.95	01:13:52.35	+00:41:19	7:12	8.3
601	SYROCKI Wojciech	984		M 40-49	221	00:02:18	00:47:15	01:04:03	01:12:06.40	01:14:25.00	+00:41:19	7:12	8.3
602	WUJEC Bartłomiej	879		M 40-49	222	00:02:01	00:46:42	01:03:45	01:12:09.95	01:14:11.05	+00:41:23	7:13	8.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
603	ILCZUK Tomasz	1001	TARCHOŚWIRY	M 30-39	229	00:02:14	00:47:49	01:04:39	01:13:25.00	01:15:39.30	+00:42:38	7:20	8.2
604	CZARNECKI Piotr	125	TARCHOŚFIRY	M 30-39	230	00:02:13	00:47:54	01:04:43	01:13:28.80	01:15:42.10	+00:42:41	7:20	8.2
605	DĄBROWA Wojciech	133		M 60+	30	00:02:07	00:46:12	01:04:53	01:13:43.60	01:15:51.40	+00:42:56	7:22	8.1
606	SOJKA Łukasz	729		M 30-39	231	00:02:17	00:47:20	01:04:51	01:13:52.75	01:16:10.60	+00:43:05	7:23	8.1
607	HEINE Krzysztof	246		M 40-49	223	00:02:18	00:47:15	01:04:54	01:14:11.45	01:16:29.75	+00:43:24	7:25	8.1
608	KUREK Gustaw	427		M 50-59	40	00:02:11	00:47:51	01:06:43	01:15:59.00	01:18:10.20	+00:45:12	7:35	7.9
609	ŁOWCZAK Jacek	969	TEAM ZABIEGANEDNI	M 30-39	232	00:01:42	00:49:14	01:08:08	01:17:24.45	01:19:06.60	+00:46:37	7:44	7.8
610	LIS Kamil	449	GRUPA BIEGOWA UM W-WA	M 30-39	233	00:00:40	00:49:28	01:08:55	01:17:42.60	01:18:22.90	+00:46:55	7:46	7.7
611	GIEDYK Przemysław	198	DELOITTE ADVENTURE TEAM	M 30-39	234	00:02:00	00:50:22	01:10:34	01:19:54.40	01:21:55.30	+00:49:07	7:59	7.5
612	MAREK Henryk	501	-	M 60+	31	00:00:00	01:20:28		01:22:36.00	01:22:36.00	+00:51:49	8:15	7.3
613	KORNACKI Sławomir	373		M 50-59	41	00:01:24	00:50:43	01:13:00	01:24:00.80	01:25:25.20	+00:53:13	8:24	7.1
614	RUSIN Michał	679	KS STASZEWSKY	M 1-29	85	00:00:00	00:32:11	00:44:25			+	4:56	12.2
615	RODZOCH Daniel	964		M 30-39	235	00:00:02							
Przekroczony limit czasu: 01:30:00													
LIM	SŁADEK Karol	954		M 30-39		00:02:22	00:57:34	01:18:28	01:30:04.45	01:32:27.00		0:00	6.7
LIM	ROBASZKIEWICZ Adam	659		M 40-49		00:02:32	00:57:17	01:19:59	01:31:30.05	01:34:02.90		0:00	6.6
LIM	BOROWIAK Jacek	62	SLOWJOGGING POLSKA	M 60+		00:02:31	00:56:48	01:19:05	01:31:30.45	01:34:01.55		0:00	6.6
LIM	BAUER Jacek	26	SLOWJOGGING ŁÓDŹ	M 60+		00:02:32	00:57:33	01:19:59	01:31:33.05	01:34:05.25		0:00	6.6
LIM	CIEŚLAK Paweł	112	SLOWJOGGING BIAŁOŁĘKA	M 50-59		00:02:29	00:56:55	01:18:03	01:31:34.15	01:34:03.30		0:00	6.6
LIM	SZTAJNIC Jerzy	782		M 60+		00:02:25	00:56:54	01:19:17	01:31:34.15	01:33:59.20		0:00	6.6
LIM	KAMIŃSKI Waldemar	323	SLOWJOGGING BIAŁOŁĘKA	M 50-59		00:02:27	00:57:38	01:20:04	01:31:37.60	01:34:05.00		0:00	6.5

Znaleziono 622 wynik(ów)