

Event: BIEG URSYNOWA
Organiser: Urząd Dzielnicy Warszawa - Ursynów
Date: 2022-09-18
Place: Warszawa
Distance: 5 km

Classification: M 40

Place	Participant	Number	Club	Category	MCat	Start time	2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	ZYCH Mariusz	1294	BIEGAJ POD OKIEM TRENERA	M 40	1	00:00:02	00:08:28	00:17:26.85	00:17:29.25		3:29	17.2 (100%)
2	JASTRZĘBSKI Paweł	391	YULO RUN TEAM SIEDLCE	M 40	2	00:00:01	00:08:30	00:17:31.70	00:17:33.60	+00:00:04 (0.5%)	3:30	17.1 (99.4%)
3	KOWALCZYK Piotr	522	KAZIKI	M 40	3	00:00:03	00:08:44	00:17:34.40	00:17:38.25	+00:00:07 (0.7%)	3:30	17.1 (99.4%)
4	WITUSOWSKI Piotr	1218	VEGE RUNNERS	M 40	4	00:00:03	00:08:45	00:17:37.85	00:17:41.15	+00:00:11 (1.0%)	3:31	17 (98.8%)
5	PRIMIK Marek	890	VEGE RUNNERS	M 40	5	00:00:03	00:08:45	00:17:37.90	00:17:41.55	+00:00:11 (1.0%)	3:31	17 (98.8%)
6	GRUZA Marek	319	BIEGANIEPO40.PL	M 40	6	00:00:00	00:08:49	00:17:59.45	00:17:59.45	+00:00:32 (3.0%)	3:35	16.7 (97.1%)
7	PIOTROWSKI Mariusz	862	MKB DREPTAK	M 40	7	00:00:02	00:08:59	00:18:04.70	00:18:07.35	+00:00:37 (3.5%)	3:36	16.6 (96.5%)
8	GÓŹDŹ Michał	302		M 40	8	00:00:04	00:08:59	00:18:05.70	00:18:10.00	+00:00:38 (3.6%)	3:37	16.6 (96.5%)
9	KORZENIOWSKI Dariusz	504	ACCELERATIN POLAND	M 40	9	00:00:03	00:08:51	00:18:06.55	00:18:09.70	+00:00:39 (3.7%)	3:37	16.6 (96.5%)
10	ŚCISŁOWSKI Norbert	1106	KS START PUŁASKI WARKA	M 40	10	00:00:03	00:08:59	00:18:08.95	00:18:12.20	+00:00:42 (3.9%)	3:37	16.5 (95.9%)
11	ZASĘPA Sebastian	1274	TEAM ZABIEGANEDNI	M 40	11	00:00:02	00:08:54	00:18:19.25	00:18:21.65	+00:00:52 (4.8%)	3:39	16.4 (95.3%)
12	OWCZARZAK Rafał	812	BIEGOWY WARIAT RUNNING TEAM	M 40	12	00:00:03	00:09:07	00:18:20.95	00:18:24.30	+00:00:54 (4.9%)	3:40	16.4 (95.3%)
13	ZYCH Paweł	1338	ALLIANZ RUNNING TEAM	M 40	13	00:00:03	00:08:59	00:18:29.05	00:18:32.50	+00:01:02 (5.6%)	3:41	16.2 (94.2%)
14	BURDACH Dariusz	114	JAKCTEAM/TEAM PARSZCZYŃSKICH	M 40	14	00:00:04	00:09:09	00:18:32.80	00:18:37.50	+00:01:05 (5.9%)	3:42	16.2 (94.2%)
15	KOBUSZEWSKI Artur	471	BIEGOWY WARIAT RUNNING TEAM	M 40	15	00:00:02	00:09:09	00:18:35.90	00:18:38.40	+00:01:09 (6.2%)	3:43	16.1 (93.6%)

Place	Participant	Number	Club	Category	MCat	Start time	2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
16	TRONIARZ Paweł	1145	T&T BRO	M 40	16	00:00:05	00:09:14	00:18:41.20	00:18:46.90	+00:01:14 (6.6%)	3:44	16.1 (93.6%)
17	ZHENG Haishan	1283		M 40	17	00:00:10	00:09:22	00:18:41.35	00:18:51.50	+00:01:14 (6.6%)	3:44	16.1 (93.6%)
18	SZEWCZYK Rafał	1072		M 40	18	00:00:04	00:09:05	00:18:47.10	00:18:51.90	+00:01:20 (7.1%)	3:45	16 (93.0%)
19	ZDEB Przemek	1280	ADIDAS RUNNERS WARSAW	M 40	19	00:00:08	00:09:21	00:18:50.65	00:18:59.00	+00:01:23 (7.4%)	3:46	15.9 (92.4%)
20	SYGUŁA Mateusz	1047		M 40	20	00:00:02	00:09:12	00:18:50.75	00:18:52.95	+00:01:23 (7.4%)	3:46	15.9 (92.4%)
21	GARDZIEL Jerzy	266	KONDYCJA PIASECZNO	M 40	21	00:00:06	00:09:12	00:18:54.50	00:19:00.95	+00:01:27 (7.7%)	3:46	15.9 (92.4%)
22	SZAŁADZIŃSKI Sebastian	1432	HARPAGONS	M 40	22	00:00:09	00:09:30	00:18:56.50	00:19:05.60	+00:01:29 (7.9%)	3:47	15.8 (91.9%)
23	CHRAPEK Janusz	136	ROSSMANN	M 40	23	00:00:08	00:09:21	00:18:57.05	00:19:05.55	+00:01:30 (7.9%)	3:47	15.8 (91.9%)
24	PIKUS Przemek	1391	LIPIEC RUNNING TEAM	M 40	24	00:00:06	00:09:22	00:19:02.35	00:19:08.70	+00:01:35 (8.4%)	3:48	15.8 (91.9%)
25	MIKOŁAJCZYK Maciej	719	MOCNO GROCHÓW	M 40	25	00:00:07	00:09:17	00:19:02.90	00:19:10.35	+00:01:36 (8.4%)	3:48	15.8 (91.9%)
26	DOROCIAK Kamil	200		M 40	26	00:00:09	00:09:22	00:19:03.20	00:19:12.60	+00:01:36 (8.4%)	3:48	15.7 (91.3%)
27	WOJCIECHOWSKI Michał	1232		M 40	27	00:00:08	00:09:23	00:19:05.90	00:19:14.05	+00:01:39 (8.6%)	3:49	15.7 (91.3%)
28	MARZEC Marcin	1413	DUKLANOWSKI TEAM	M 40	28	00:00:04	00:09:26	00:19:06.05	00:19:10.45	+00:01:39 (8.7%)	3:49	15.7 (91.3%)
29	RUSZNIAK Piotr	940	LIPIEC RUNNING TEAM	M 40	29	00:00:05	00:09:27	00:19:09.80	00:19:15.20	+00:01:42 (9.0%)	3:49	15.7 (91.3%)
30	ASŁANOWICZ Marcin	28	ŻÓRAWSKI TEAM	M 40	30	00:00:08	00:09:23	00:19:09.95	00:19:18.55	+00:01:43 (9.0%)	3:49	15.7 (91.3%)
31	URBANIAK Aleksander	1166		M 40	31	00:00:11	00:09:29	00:19:12.45	00:19:23.45	+00:01:45 (9.2%)	3:50	15.6 (90.7%)
32	JANOWSKI Jacek	379		M 40	32	00:00:16	00:09:16	00:19:22.45	00:19:39.05	+00:01:55 (9.9%)	3:52	15.5 (90.1%)
33	MAĆKOWSKI Daniel	657	ZABIEGANY WOŁOMIN	M 40	33	00:00:10	00:09:25	00:19:24.65	00:19:34.65	+00:01:57 (10.1%)	3:52	15.5 (90.1%)
34	JAKUBCZAK Włodek	366	7N POLSKA	M 40	34	00:00:06	00:09:27	00:19:24.90	00:19:31.10	+00:01:58 (10.1%)	3:52	15.5 (90.1%)
35	DABROWA Kamil	1330	GRUPA BIEGOWA UM. ST. WARSZAWY	M 40	35	00:00:06	00:09:29	00:19:25.05	00:19:31.20	+00:01:58 (10.1%)	3:53	15.5 (90.1%)
36	KARPIŃSKI Radosław	429	STARE BABICE BIEGAJĄ	M 40	36	00:00:12	00:09:44	00:19:25.40	00:19:37.55	+00:01:58 (10.2%)	3:53	15.5 (90.1%)
37	LETKOWSKI Dariusz	1522	GAPMONT RUNNING TEAM	M 40	37	00:00:03	00:09:25	00:19:28.05	00:19:31.65	+00:02:01 (10.4%)	3:53	15.4 (89.5%)
38	BISOWSKI Mariusz	69		M 40	38	00:00:08	00:09:23	00:19:28.75	00:19:37.55	+00:02:01 (10.4%)	3:53	15.4 (89.5%)

Place	Participant	Number	Club	Category	MCat	Start time	2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
39	SZCZYGIELSKI Hubert	1067	GÓRA BIEGA	M 40	39	00:00:11	00:09:44	00:19:35.75	00:19:47.60	+00:02:08 (11.0%)	3:55	15.3 (89.0%)
40	ŻWIRUK Karol	1305	SZYBKIE KOPYTO ULTRA	M 40	40	00:00:03	00:09:41	00:19:36.10	00:19:39.55	+00:02:09 (11.0%)	3:55	15.3 (89.0%)
41	PLUSZKA Adam	870	VEGE RUNNERS	M 40	41	00:00:10	00:09:42	00:19:36.35	00:19:47.05	+00:02:09 (11.0%)	3:55	15.3 (89.0%)
42	MACIĄG Przemysław	653		M 40	42	00:00:14	00:09:43	00:19:39.25	00:19:53.35	+00:02:12 (11.2%)	3:55	15.3 (89.0%)
43	KOZŁOWSKI Patryk	540	GÓRA BIEGA	M 40	43	00:00:11	00:09:45	00:19:40.10	00:19:51.35	+00:02:13 (11.3%)	3:56	15.3 (89.0%)
44	DESKA Leszek	1442		M 40	44	00:00:14	00:09:30	00:19:45.50	00:19:59.70	+00:02:18 (11.7%)	3:57	15.2 (88.4%)
45	SŁAWIŃSKI Piotr	995		M 40	45	00:00:26	00:09:41	00:19:50.70	00:20:17.40	+00:02:23 (12.1%)	3:58	15.1 (87.8%)
46	KUZIEMSKI Marcin	591		M 40	46	00:00:23	00:10:02	00:19:57.50	00:20:20.80	+00:02:30 (12.6%)	3:59	15 (87.2%)
47	SMOLIŃSKI Rafał	1003	GUMISIE	M 40	47	00:00:07	00:09:28	00:19:57.55	00:20:04.95	+00:02:30 (12.6%)	3:59	15 (87.2%)
48	PAZDAN Mateusz	839		M 40	48	00:00:07	00:09:46	00:19:57.90	00:20:04.90	+00:02:31 (12.6%)	3:59	15 (87.2%)
49	BOCIAN Michał	1353	TEAM ZABIEGANEDNI	M 40	49	00:00:18	00:09:53	00:19:59.10	00:20:17.75	+00:02:32 (12.7%)	3:59	15 (87.2%)
50	TELEON Piotr	1122	PIOTR TELEON	M 40	50	00:00:12	00:09:37	00:20:00.30	00:20:12.30	+00:02:33 (12.8%)	4:00	15 (87.2%)
51	PRZEWOZNIAK Jan	898		M 40	51	00:00:20	00:09:50	00:20:01.65	00:20:22.25	+00:02:34 (12.9%)	4:00	15 (87.2%)
52	KOŁODZIEJSKI Michał	481	LIPIEC RUNNING TEAM	M 40	52	00:00:06	00:09:51	00:20:02.95	00:20:09.70	+00:02:36 (13.0%)	4:00	15 (87.2%)
53	GRUBA Remigiusz	315		M 40	53	00:00:00	00:09:58	00:20:04.95	00:20:04.95	+00:02:38 (13.1%)	4:00	15 (87.2%)
54	SMOLIŃSKI Michał	1002		M 40	54	00:00:14	00:09:43	00:20:09.40	00:20:24.10	+00:02:42 (13.4%)	4:01	14.9 (86.6%)
55	PRZYBYSZ Andrzej	900		M 40	55	00:00:15	00:09:47	00:20:14.00	00:20:29.65	+00:02:47 (13.8%)	4:02	14.8 (86.0%)
56	JAROSIŃSKI Łukasz	387	TAŃCZĄCE MUCHOMORKI	M 40	56	00:00:21	00:09:59	00:20:14.45	00:20:36.40	+00:02:47 (13.8%)	4:02	14.8 (86.0%)
57	SITKIEWICZ Jacek	978		M 40	57	00:00:27	00:09:59	00:20:20.25	00:20:47.40	+00:02:53 (14.2%)	4:04	14.8 (86.0%)
58	WOLSKI Krzysztof	1239	WWW.LAMPYNAOWADY.EU	M 40	58	00:00:14	00:09:44	00:20:21.25	00:20:35.85	+00:02:54 (14.3%)	4:04	14.7 (85.5%)
59	DROZD Maciej	205		M 40	59	00:00:13	00:09:53	00:20:24.10	00:20:37.80	+00:02:57 (14.5%)	4:04	14.7 (85.5%)
60	PĄPROWICZ Wojciech	840		M 40	60	00:00:08	00:09:51	00:20:25.55	00:20:33.60	+00:02:58 (14.6%)	4:05	14.7 (85.5%)
61	ŁĘCKI Tomasz	631	BW RUNNING TEAM	M 40	61	00:00:08	00:09:49	00:20:26.30	00:20:34.75	+00:02:59 (14.6%)	4:05	14.7 (85.5%)

Place	Participant	Number	Club	Category	MCat	Start time	2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
62	FILIPOWICZ Wojciech	1365		M 40	62	00:00:14	00:09:58	00:20:29.40	00:20:44.30	+00:03:02 (14.8%)	4:05	14.6 (84.9%)
63	PAGACZ Bartosz	816		M 40	63	00:00:13	00:10:17	00:20:31.00	00:20:44.70	+00:03:04 (15.0%)	4:06	14.6 (84.9%)
64	RUDNIK Marcin	1502		M 40	64	00:00:07	00:10:03	00:20:33.30	00:20:40.90	+00:03:06 (15.1%)	4:06	14.6 (84.9%)
65	WIATROWSKI Błażej	1191		M 40	65	00:00:16	00:09:58	00:20:35.70	00:20:52.00	+00:03:08 (15.3%)	4:07	14.6 (84.9%)
66	TORZEWSKI Janusz	1140		M 40	66	00:00:12	00:09:55	00:20:36.45	00:20:49.20	+00:03:09 (15.3%)	4:07	14.6 (84.9%)
67	ŻURAWSKI Marcin	1301	ADIDAS RUNNERS WARSAW/DRUŻYNABLONDYNA	M 40	67	00:00:19	00:10:10	00:20:39.00	00:20:58.50	+00:03:12 (15.5%)	4:07	14.5 (84.3%)
68	KOWALSKI Mateusz	531		M 40	68	00:00:21	00:10:16	00:20:41.40	00:21:03.15	+00:03:14 (15.7%)	4:08	14.5 (84.3%)
69	RYBAK Adam	946	KONDYCJA PIASECZNO	M 40	69	00:00:15	00:10:15	00:20:49.75	00:21:05.25	+00:03:22 (16.2%)	4:09	14.4 (83.7%)
70	KRZEPKOWSKI Radosław	567	ADIDAS RUNNERS WARSAW	M 40	70	00:00:16	00:10:07	00:20:50.15	00:21:07.00	+00:03:23 (16.3%)	4:10	14.4 (83.7%)
71	WIERZCHOŁOWSKI Marcin	1197		M 40	71	00:00:24	00:10:18	00:20:50.55	00:21:15.05	+00:03:23 (16.3%)	4:10	14.4 (83.7%)
72	FRĄCZYK Piotr	254	PWPW RUNNING TEAM	M 40	72	00:00:22	00:10:04	00:20:53.15	00:21:16.00	+00:03:26 (16.5%)	4:10	14.4 (83.7%)
73	KULIŃSKI Szymon	1467	KLUB BIEGOWY DOKOTRA PAI-HI-VO	M 40	73	00:00:19	00:10:10	00:20:53.75	00:21:12.95	+00:03:26 (16.5%)	4:10	14.4 (83.7%)
74	ADAMCZYK Przemysław	13	ADIDAS RUNNERS WARSAW / RYKOWISKO TEAM	M 40	74	00:00:28	00:10:35	00:20:53.85	00:21:22.60	+00:03:27 (16.5%)	4:10	14.4 (83.7%)
75	KORNIHENKO Serhii	499		M 40	75	00:00:16	00:09:59	00:20:57.10	00:21:13.40	+00:03:30 (16.7%)	4:11	14.3 (83.1%)
76	RYŻKOWSKI Mariusz	951	YULO RUN TEAM SIEDLCE	M 40	76	00:00:15	00:10:08	00:20:57.55	00:21:12.95	+00:03:30 (16.8%)	4:11	14.3 (83.1%)
77	POPLAWSKI Michał	885	KUŹNIA TRIATHLONU	M 40	77	00:00:20	00:10:09	00:20:57.80	00:21:17.90	+00:03:30 (16.8%)	4:11	14.3 (83.1%)
78	GÓRSKI Maciej	300		M 40	78	00:00:22	00:10:21	00:20:58.55	00:21:21.30	+00:03:31 (16.8%)	4:11	14.3 (83.1%)
79	STANISZEWSKI Rafał	1024	TURBODZIKI	M 40	79	00:00:12	00:10:12	00:21:00.15	00:21:12.65	+00:03:33 (16.9%)	4:12	14.3 (83.1%)
80	BZURA Jacek	116	ENDUHUB RUNNING TEAM	M 40	80	00:00:21	00:10:21	00:21:02.20	00:21:23.85	+00:03:35 (17.1%)	4:12	14.3 (83.1%)
81	MIODUSZEWSKI Marcin	727	UM / ARW	M 40	81	00:00:57	00:10:39	00:21:09.85	00:22:07.30	+00:03:43 (17.6%)	4:13	14.2 (82.6%)
82	SKOWRONEK Marcin	1327		M 40	82	00:00:34	00:10:40	00:21:12.80	00:21:46.80	+00:03:45 (17.8%)	4:14	14.2 (82.6%)
83	BABIARZ Andrzej	29		M 40	83	00:00:35	00:10:38	00:21:13.00	00:21:48.10	+00:03:46 (17.8%)	4:14	14.1 (82.0%)
84	KISIEL Artur	455		M 40	84	00:00:33	00:10:30	00:21:14.75	00:21:48.35	+00:03:47 (17.9%)	4:14	14.1 (82.0%)

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85	KOWALSKI Jarosław	530	AR	M 40	85	00:00:18	00:10:29	00:21:16.20	00:21:34.60	+00:03:49 (18.0%)	4:15	14.1 (82.0%)
86	TROINSKI Jacek	1142	BIKE SALON TEAM	M 40	86	00:00:26	00:10:40	00:21:21.35	00:21:47.70	+00:03:54 (18.3%)	4:16	14.1 (82.0%)
87	PIERZAK Olaf	852		M 40	87	00:00:16	00:10:30	00:21:23.70	00:21:40.20	+00:03:56 (18.5%)	4:16	14 (81.4%)
88	LEWIŃSKI Bartłomiej	613	TEAM ZABIEGANEDNI	M 40	88	00:00:19	00:10:23	00:21:25.00	00:21:44.50	+00:03:58 (18.5%)	4:17	14 (81.4%)
89	BARTNIAK Kamil	42		M 40	89	00:00:29	00:10:35	00:21:26.90	00:21:56.20	+00:04:00 (18.7%)	4:17	14 (81.4%)
90	GRABOWSKI Marcin	307		M 40	90	00:00:23	00:10:30	00:21:27.80	00:21:51.05	+00:04:00 (18.7%)	4:17	14 (81.4%)
91	DRAGAN Radosław	203		M 40	91	00:00:12	00:10:25	00:21:32.60	00:21:45.10	+00:04:05 (19.0%)	4:18	13.9 (80.8%)
92	ŻEBROWSKI Dariusz	1297		M 40	92	00:00:23	00:10:39	00:21:32.75	00:21:55.95	+00:04:05 (19.0%)	4:18	13.9 (80.8%)
93	LULA Mariusz	1445	LONGBRIDGE TEAM	M 40	93	00:00:30	00:10:37	00:21:33.20	00:22:03.40	+00:04:06 (19.0%)	4:18	13.9 (80.8%)
94	KROL Michal	552	LIPIEC RUNNING TEAM	M 40	94	00:00:20	00:10:41	00:21:33.30	00:21:54.00	+00:04:06 (19.1%)	4:18	13.9 (80.8%)
95	JANOWIAK Wojciech	377		M 40	95	00:00:17	00:10:43	00:21:33.35	00:21:51.00	+00:04:06 (19.1%)	4:18	13.9 (80.8%)
96	TRONIARZ Marcin	1146		M 40	96	00:00:18	00:10:47	00:21:35.90	00:21:54.30	+00:04:09 (19.2%)	4:19	13.9 (80.8%)
97	SZORTYKA Marcin	1428		M 40	97	00:00:29	00:10:44	00:21:43.35	00:22:12.75	+00:04:16 (19.7%)	4:20	13.8 (80.2%)
98	GOŁĘBIEWSKI Łukasz	291		M 40	98	00:00:21	00:10:43	00:21:46.90	00:22:08.30	+00:04:20 (19.9%)	4:21	13.8 (80.2%)
99	ŚCISŁOWICZ Krzysztof	1105		M 40	99	00:00:27	00:10:40	00:21:47.70	00:22:15.30	+00:04:20 (19.9%)	4:21	13.8 (80.2%)
100	WIŚNIEWSKI Maciek	1212		M 40	100	00:00:42	00:10:48	00:21:55.40	00:22:37.40	+00:04:28 (20.4%)	4:23	13.7 (79.7%)
101	WASILEWSKI Mariusz	1182	GÓRA BIEGA	M 40	101	00:00:31	00:10:43	00:21:56.00	00:22:27.40	+00:04:29 (20.5%)	4:23	13.7 (79.7%)
102	WNUK Tomasz	1227	NAPRZÓD MŁOCINY	M 40	102	00:00:28	00:10:38	00:21:57.95	00:22:26.00	+00:04:31 (20.6%)	4:23	13.7 (79.7%)
103	ZALEWSKI Rafal	1267		M 40	103	00:00:49	00:10:54	00:22:02.30	00:22:51.65	+00:04:35 (20.8%)	4:24	13.6 (79.1%)
104	WITKOWSKI Daniel	1216		M 40	104	00:00:22	00:10:44	00:22:02.80	00:22:25.05	+00:04:35 (20.9%)	4:24	13.6 (79.1%)
105	ROMAŃSKI Jan	1501	WCH OBIEGUWKA	M 40	105	00:00:31	00:10:44	00:22:04.70	00:22:35.90	+00:04:37 (21.0%)	4:24	13.6 (79.1%)
106	TROJDAN Sebastian	1144		M 40	106	00:00:34	00:10:38	00:22:06.25	00:22:40.60	+00:04:39 (21.1%)	4:25	13.6 (79.1%)
107	GÓRSKI Marcin	298		M 40	107	00:00:30	00:10:35	00:22:10.45	00:22:41.40	+00:04:43 (21.3%)	4:26	13.5 (78.5%)

Place	Participant	Number	Club	Category	MCat	Start time	2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
108	SAPIGÓRSKI Rafał	961		M 40	108	00:00:50	00:11:15	00:22:10.55	00:23:01.25	+00:04:43 (21.3%)	4:26	13.5 (78.5%)
109	NAPURKA Artur	759	KLUB BIEGACZA RTV EURO AGD	M 40	109	00:00:48	00:11:25	00:22:19.55	00:23:07.95	+00:04:52 (21.9%)	4:27	13.4 (77.9%)
110	KARCZEWSKI Przemysław	423	SPARTANIE DZIECIOM	M 40	110	00:00:17	00:10:47	00:22:22.40	00:22:40.05	+00:04:55 (22.0%)	4:28	13.4 (77.9%)
111	CHODNIEWICZ Michał	131		M 40	111	00:00:29	00:10:42	00:22:23.40	00:22:53.10	+00:04:56 (22.1%)	4:28	13.4 (77.9%)
112	KUCIŃSKI Hubert	582	ON SLOW - SEKCJA DZIADKÓW	M 40	112	00:00:17	00:10:47	00:22:23.50	00:22:40.90	+00:04:56 (22.1%)	4:28	13.4 (77.9%)
113	MAŁKOWSKI Marcin	669	OBI	M 40	113	00:00:31	00:11:16	00:22:24.65	00:22:56.45	+00:04:57 (22.1%)	4:28	13.4 (77.9%)
114	GRZYWACZ Marcin	330		M 40	114	00:01:09	00:11:03	00:22:32.00	00:23:41.05	+00:05:05 (22.6%)	4:30	13.3 (77.3%)
115	HEĆMAN Marcin	341		M 40	115	00:00:28	00:10:58	00:22:32.65	00:23:01.00	+00:05:05 (22.6%)	4:30	13.3 (77.3%)
116	BŁAŻEJCZYK Maksymilian	71		M 40	116	00:01:28	00:11:09	00:22:37.05	00:24:05.10	+00:05:10 (22.9%)	4:31	13.3 (77.3%)
117	KOPCZYK Marcin	493	NEW BALANCE RUN CLUB WARSZAWA	M 40	117	00:00:33	00:10:59	00:22:38.45	00:23:12.05	+00:05:11 (22.9%)	4:31	13.3 (77.3%)
118	KOZERSKI Łukasz	537		M 40	118	00:00:18		00:22:41.10	00:22:59.75	+00:05:14 (23.1%)	4:32	13.2 (76.7%)
119	MELER Krzysztof	704		M 40	119	00:00:21	00:10:53	00:22:42.65	00:23:04.05	+00:05:15 (23.2%)	4:32	13.2 (76.7%)
120	ŁANDWIJT Marcin	1504		M 40	120	00:00:20	00:11:26	00:22:43.80	00:23:04.65	+00:05:16 (23.2%)	4:32	13.2 (76.7%)
121	CISOŃ Dominik	150		M 40	121	00:00:33	00:11:10	00:22:44.95	00:23:18.40	+00:05:18 (23.3%)	4:32	13.2 (76.7%)
122	OSOWSKI Andrzej	807		M 40	122	00:00:28	00:10:51	00:22:45.20	00:23:13.65	+00:05:18 (23.3%)	4:33	13.2 (76.7%)
123	BARAŃSKI Piotr	37		M 40	123	00:00:35	00:11:12	00:22:46.90	00:23:22.30	+00:05:20 (23.4%)	4:33	13.2 (76.7%)
124	MIKULSKI Damian	721	TEAM ZABIEGANEDNI	M 40	124	00:00:30	00:11:12	00:22:49.50	00:23:19.70	+00:05:22 (23.6%)	4:33	13.1 (76.2%)
125	PONIATOWSKI Krzysztof	882		M 40	125	00:00:34	00:11:15	00:22:58.85	00:23:33.05	+00:05:32 (24.1%)	4:35	13.1 (76.2%)
126	PAŃCZYK Wojtek	823	THE PAŃCZYX	M 40	126	00:00:50	00:11:29	00:23:01.90	00:23:52.40	+00:05:35 (24.2%)	4:36	13 (75.6%)
127	SKUBISZEWSKI Piotr	1563		M 40	127	00:00:52	00:11:33	00:23:04.35	00:23:56.70	+00:05:37 (24.4%)	4:36	13 (75.6%)
128	MAGNUSKI Piotr	659		M 40	128	00:00:31	00:11:11	00:23:06.55	00:23:37.65	+00:05:39 (24.5%)	4:37	13 (75.6%)
129	SARNOWSKI Wojciech	1509		M 40	129	00:00:42	00:11:09	00:23:09.55	00:23:51.80	+00:05:42 (24.7%)	4:37	13 (75.6%)
130	WITZKE Artur	1219		M 40	130	00:00:53	00:11:27	00:23:10.40	00:24:03.40	+00:05:43 (24.7%)	4:38	12.9 (75.0%)

Place	Participant	Number	Club	Category	MCat	Start time	2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
131	LENDZION Jarosław	604	GRUPA BIEGOWA UM W-WA	M 40	131	00:00:56	00:11:44	00:23:13.55	00:24:09.55	+00:05:46 (24.9%)	4:38	12.9 (75.0%)
132	WÓJCIK Grzegorz	1245		M 40	132	00:01:02	00:11:48	00:23:14.85	00:24:17.50	+00:05:48 (24.9%)	4:38	12.9 (75.0%)
133	KOSMALA Michał	1426		M 40	133	00:01:03	00:12:03	00:23:16.60	00:24:20.30	+00:05:49 (25.0%)	4:39	12.9 (75.0%)
134	SZEWCZYK Łukasz	1073		M 40	134	00:00:30	00:10:50	00:23:29.25	00:23:59.75	+00:06:02 (25.7%)	4:41	12.8 (74.4%)
135	JAROSZKIEWICZ Grzegorz	389		M 40	135	00:00:39	00:11:42	00:23:33.60	00:24:12.80	+00:06:06 (25.9%)	4:42	12.7 (73.8%)
136	DOMINIAK Bartosz	1369	#BARTEKBIEGA	M 40	136	00:00:48	00:11:50	00:23:34.20	00:24:22.45	+00:06:07 (26.0%)	4:42	12.7 (73.8%)
137	JANUCHTA Tomasz	1346		M 40	137	00:01:00	00:11:36	00:23:36.45	00:24:36.95	+00:06:09 (26.1%)	4:43	12.7 (73.8%)
138	BIGAJSKI Rafał	65	NIEZŁY BIGOS	M 40	138	00:00:43	00:11:38	00:23:37.30	00:24:20.80	+00:06:10 (26.1%)	4:43	12.7 (73.8%)
139	DREWNIK Robert	204	BIEGNIJ Z PROSERVICE	M 40	139	00:00:29	00:11:44	00:23:48.10	00:24:17.25	+00:06:21 (26.7%)	4:45	12.6 (73.3%)
140	ZORAWSKI Marcin	1374		M 40	140	00:01:05	00:11:47	00:23:48.25	00:24:53.85	+00:06:21 (26.7%)	4:45	12.6 (73.3%)
141	SIEBYŁA Karol	969	BIEGNIJ Z PROSERVICE	M 40	141	00:00:35	00:11:32	00:23:56.50	00:24:32.10	+00:06:29 (27.1%)	4:47	12.5 (72.7%)
142	ZALIŃSKI Marek	1269		M 40	142	00:00:57	00:12:07	00:23:56.75	00:24:54.20	+00:06:29 (27.1%)	4:47	12.5 (72.7%)
143	JAGIELLO Piotr	365		M 40	143	00:01:18	00:11:47	00:23:58.05	00:25:16.60	+00:06:31 (27.2%)	4:47	12.5 (72.7%)
144	RUTKOWSKI Michał	945		M 40	144	00:00:20	00:11:32	00:23:58.60	00:24:18.85	+00:06:31 (27.2%)	4:47	12.5 (72.7%)
145	SZERSZEŃ Janusz	1070	PIASECZNO RUNNING	M 40	145	00:00:44	00:11:40	00:24:03.15	00:24:47.95	+00:06:36 (27.5%)	4:48	12.5 (72.7%)
146	BONDAR Witold	79		M 40	146	00:01:04	00:11:55	00:24:03.85	00:25:08.60	+00:06:37 (27.5%)	4:48	12.5 (72.7%)
147	STEMPIN Jacek	792		M 40	147	00:00:51	00:12:01	00:24:04.60	00:24:56.10	+00:06:37 (27.5%)	4:48	12.5 (72.7%)
148	KACZOREK Marcin	1476		M 40	148	00:00:21	00:11:49	00:24:11.50	00:24:33.30	+00:06:44 (27.9%)	4:50	12.4 (72.1%)
149	MELLIN Darek	705		M 40	149	00:02:07	00:11:54	00:24:14.20	00:26:21.30	+00:06:47 (28.0%)	4:50	12.4 (72.1%)
150	IWONIN Jurek	362		M 40	150	00:00:56	00:12:20	00:24:18.30	00:25:14.90	+00:06:51 (28.2%)	4:51	12.3 (71.5%)
151	MALINOWSKI Konrad	666	PACZKA SZLUGÓW	M 40	151	00:00:12	00:11:39	00:24:19.10	00:24:31.85	+00:06:52 (28.3%)	4:51	12.3 (71.5%)
152	ROSTKOWSKI Bartosz	933		M 40	152	00:00:46	00:12:15	00:24:25.15	00:25:11.55	+00:06:58 (28.5%)	4:53	12.3 (71.5%)
153	KRUSIEWICZ Tomasz	561		M 40	153	00:01:07	00:12:08	00:24:28.85	00:25:36.75	+00:07:02 (28.7%)	4:53	12.3 (71.5%)

2024 - 10.05.2024 - 10.05.2024												
Place	Participant	Number	Club	Category	MCat	Start time	2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
154	SZYMAŃSKI Krzysztof	1093	KINGS OF LEMON	M 40	154	00:00:58	00:12:16	00:24:29.15	00:25:27.20	+00:07:02 (28.7%)	4:53	12.3 (71.5%)
155	RZEPECKI Łukasz	952		M 40	155	00:01:12	00:12:24	00:24:29.30	00:25:41.75	+00:07:02 (28.8%)	4:53	12.3 (71.5%)
156	MARCEWSKI Marcin	679	RESILIA BEMOWO	M 40	156	00:00:17	00:11:34	00:24:34.55	00:24:52.50	+00:07:07 (29.0%)	4:54	12.2 (70.9%)
157	TRZECIAKIEWICZ Marcin	1481	SMASHING PĄPKINS	M 40	157	00:01:04	00:12:30	00:24:35.20	00:25:40.00	+00:07:08 (29.0%)	4:55	12.2 (70.9%)
158	KOWALCZYK Robert	515		M 40	158	00:00:11	00:12:07	00:24:35.40	00:24:47.05	+00:07:08 (29.0%)	4:55	12.2 (70.9%)
159	GRYNKIEWICZ Tomasz	320		M 40	159	00:01:06	00:12:16	00:24:37.05	00:25:43.50	+00:07:10 (29.1%)	4:55	12.2 (70.9%)
160	ADAMOWICZ Konrad	16	ODDAWAJ KREW	M 40	160	00:00:37	00:11:52	00:24:37.40	00:25:14.45	+00:07:10 (29.1%)	4:55	12.2 (70.9%)
161	OWCZARCZYK Michał	810		M 40	161	00:01:08	00:12:27	00:24:45.95	00:25:54.10	+00:07:19 (29.6%)	4:57	12.1 (70.3%)
162	CABAJ Marek	117		M 40	162	00:01:23	00:12:37	00:24:48.40	00:26:12.30	+00:07:21 (29.7%)	4:57	12.1 (70.3%)
163	KOSECKI Jakub	505		M 40	163	00:02:20	00:12:27	00:24:49.80	00:27:10.75	+00:07:22 (29.7%)	4:57	12.1 (70.3%)
164	KOSSECKI Dominik	1437		M 40	164	00:00:51	00:12:06	00:24:50.30	00:25:42.00	+00:07:23 (29.8%)	4:58	12.1 (70.3%)
165	CZUBASZEK Krzysztof	168		M 40	165	00:00:13	00:11:59	00:24:50.80	00:25:03.90	+00:07:23 (29.8%)	4:58	12.1 (70.3%)
166	GRYSZPANOWICZ Sebastian	323	SEBASTIAN GRYSZPANOWICZ - REHABILITACJA	M 40	166	00:01:12	00:12:28	00:24:51.90	00:26:04.00	+00:07:25 (29.8%)	4:58	12.1 (70.3%)
167	MYŚLIŃSKI Zdzisław	753		M 40	167	00:00:18	00:12:01	00:24:52.95	00:25:11.60	+00:07:26 (29.9%)	4:58	12.1 (70.3%)
168	DĘBIŃSKI Michał	189		M 40	168	00:00:59	00:12:19	00:24:58.40	00:25:57.75	+00:07:31 (30.1%)	4:59	12 (69.8%)
169	IWASYSZYN Michał	361		M 40	169	00:00:55	00:12:21	00:25:00.65	00:25:56.30	+00:07:33 (30.2%)	5:00	12 (69.8%)
170	ULITKO Wojciech	1163		M 40	170	00:00:00	00:12:35	00:25:05.40	00:25:05.40	+00:07:38 (30.5%)	5:01	12 (69.8%)
171	BERDYŃSKI Jarosław	55	RUNJAR	M 40	171	00:00:58	00:11:56	00:25:05.55	00:26:04.40	+00:07:38 (30.5%)	5:01	12 (69.8%)
172	PASTUSZAK Piotr	828		M 40	172	00:00:50	00:12:01	00:25:06.55	00:25:57.45	+00:07:39 (30.5%)	5:01	12 (69.8%)
173	KOPER Sebastian	495	CARREFOUR RUNNING TEAM	M 40	173	00:00:26	00:12:10	00:25:09.05	00:25:35.25	+00:07:42 (30.6%)	5:01	11.9 (69.2%)
174	MIELNICZUK Bogusław	716		M 40	174	00:01:43	00:13:01	00:25:12.15	00:26:55.35	+00:07:45 (30.8%)	5:02	11.9 (69.2%)
175	GROCHOWSKI Marcin	312		M 40	175	00:01:03	00:12:29	00:25:13.20	00:26:16.65	+00:07:46 (30.8%)	5:02	11.9 (69.2%)
176	RACZYŃSKI Paweł	910		M 40	176	00:01:03	00:12:14	00:25:13.30	00:26:17.15	+00:07:46 (30.8%)	5:02	11.9 (69.2%)

Place	Participant	Number	Club	Category	MCat	Start time	2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
177	BARYŁA Krzysztof	1492		M 40	177	00:01:17	00:12:30	00:25:13.55	00:26:31.20	+00:07:46 (30.8%)	5:02	11.9 (69.2%)
178	ŁYSIAK Krzysztof	651		M 40	178	00:01:36	00:12:18	00:25:18.95	00:26:55.35	+00:07:52 (31.1%)	5:03	11.9 (69.2%)
179	GALA Tomasz	1444		M 40	179	00:02:12	00:12:36	00:25:21.35	00:27:33.50	+00:07:54 (31.2%)	5:04	11.8 (68.6%)
180	CIOSEK Marcin	149		M 40	180	00:01:05	00:12:26	00:25:22.40	00:26:28.15	+00:07:55 (31.2%)	5:04	11.8 (68.6%)
180	WIERBIŁOWICZ Dariusz	1196		M 40	181	00:00:00	00:12:54	00:25:22.40	00:25:22.40	+00:07:55 (31.2%)	5:04	11.8 (68.6%)
182	ZAMOJSKI Mariusz	1452		M 40	182	00:00:34	00:12:04	00:25:24.25	00:25:59.05	+00:07:57 (31.3%)	5:04	11.8 (68.6%)
183	GROCHOWSKI Paweł	311	PZU SPORT TEAM	M 40	183	00:01:09	00:12:05	00:25:25.20	00:26:34.45	+00:07:58 (31.4%)	5:05	11.8 (68.6%)
184	KALINOWSKI Piotr	1448		M 40	184	00:00:35	00:12:39	00:25:25.25	00:26:00.95	+00:07:58 (31.4%)	5:05	11.8 (68.6%)
185	MATUSIAK Marek	690		M 40	185	00:02:19	00:12:46	00:25:28.35	00:27:47.80	+00:08:01 (31.5%)	5:05	11.8 (68.6%)
186	ŁOWKIS Marek	638		M 40	186	00:00:52	00:12:20	00:25:28.75	00:26:21.30	+00:08:01 (31.5%)	5:05	11.8 (68.6%)
187	ŁUCZAK Piotr	643	PKO BANK POLSKI	M 40	187	00:01:01	00:12:25	00:25:29.55	00:26:30.95	+00:08:02 (31.6%)	5:05	11.8 (68.6%)
188	SZCZERBICKI Rafał	1065	WARSAW RUN CLUB	M 40	188	00:00:24	00:11:31	00:25:30.00	00:25:54.50	+00:08:03 (31.6%)	5:06	11.8 (68.6%)
189	BITOWSKI Hubert	70		M 40	189	00:01:07	00:12:38	00:25:32.95	00:26:40.50	+00:08:06 (31.7%)	5:06	11.7 (68.0%)
190	KRAJEWSKI Przemysław	544	12TRI	M 40	190	00:01:10	00:12:23	00:25:35.50	00:26:45.80	+00:08:08 (31.8%)	5:07	11.7 (68.0%)
191	SZTYLKO Michał	1078		M 40	191	00:00:40	00:12:25	00:25:36.50	00:26:16.60	+00:08:09 (31.9%)	5:07	11.7 (68.0%)
192	KALINOWSKI Piotr	1545		M 40	192	00:01:07	00:12:56	00:25:37.65	00:26:45.50	+00:08:10 (31.9%)	5:07	11.7 (68.0%)
193	ZIELIŃSKI Krzysztof	1288		M 40	193	00:00:08	00:11:38	00:25:37.85	00:25:46.35	+00:08:11 (31.9%)	5:07	11.7 (68.0%)
194	ZAMOJSKI Łukasz	1403		M 40	194	00:02:25	00:12:15	00:25:39.45	00:28:05.35	+00:08:12 (32.0%)	5:07	11.7 (68.0%)
195	KRAUZ Paweł	548	KPP W PIASECZNIE	M 40	195	00:01:42	00:12:38	00:25:41.85	00:27:23.95	+00:08:15 (32.1%)	5:08	11.7 (68.0%)
196	PIETRZAK Mariusz	855		M 40	196	00:00:53	00:12:27	00:25:42.95	00:26:36.00	+00:08:16 (32.2%)	5:08	11.7 (68.0%)
197	SZADKOWSKI Błażej	1055		M 40	197	00:01:04	00:13:02	00:25:44.35	00:26:48.90	+00:08:17 (32.2%)	5:08	11.7 (68.0%)
198	BIEDROŃ Dariusz	59	ALUNIO TEAM	M 40	198	00:01:22	00:13:10	00:25:46.75	00:27:09.60	+00:08:19 (32.3%)	5:09	11.6 (67.4%)
199	PIETRUSZEWSKI Krzysztof	854		M 40	199	00:00:41	00:12:15	00:25:49.30	00:26:30.70	+00:08:22 (32.4%)	5:09	11.6 (67.4%)

Place	Participant	Number	Club	Category	MCat	Start time	2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
200	ŻERKOWSKI Łukasz	1298	BRP	M 40	200	00:00:11	00:12:04	00:25:51.20	00:26:02.20	+00:08:24 (32.5%)	5:10	11.6 (67.4%)
201	KUCZA Piotr	1571		M 40	201	00:00:49	00:12:11	00:25:55.40	00:26:44.90	+00:08:28 (32.7%)	5:11	11.6 (67.4%)
201	MALINOWSKI Radek	667		M 40	202	00:00:32	00:13:53	00:25:55.40	00:26:28.25	+00:08:28 (32.7%)	5:11	11.6 (67.4%)
203	WOJDALSKI Krzysztof	1234		M 40	203	00:01:21	00:12:53	00:25:56.15	00:27:17.45	+00:08:29 (32.7%)	5:11	11.6 (67.4%)
204	TŁACZAŁA Piotr	1126	TEAM ZABIEGANEDNI / KABATY ULTRA	M 40	204	00:00:55	00:12:31	00:25:59.85	00:26:55.20	+00:08:33 (32.9%)	5:11	11.5 (66.9%)
205	WINIARCZYK Łukasz	1206		M 40	205	00:00:36	00:12:28	00:26:01.15	00:26:37.45	+00:08:34 (32.9%)	5:12	11.5 (66.9%)
205	TYSZKA Dariusz	1159		M 40	206	00:01:12	00:12:51	00:26:01.15	00:27:13.45	+00:08:34 (32.9%)	5:12	11.5 (66.9%)
207	SZCZESNY Marcin	1066		M 40	207	00:01:51	00:13:03	00:26:02.20	00:27:53.90	+00:08:35 (33.0%)	5:12	11.5 (66.9%)
207	JÓŻWIK Artur	1312	TEAM ZABIEGANEDNI / KABATY ULTRA	M 40	208	00:01:21	00:13:16	00:26:02.20	00:27:23.50	+00:08:35 (33.0%)	5:12	11.5 (66.9%)
209	BELKIEWICZ Rafał	52		M 40	209	00:01:11	00:12:52	00:26:02.75	00:27:14.25	+00:08:35 (33.0%)	5:12	11.5 (66.9%)
210	MATYKIEWICZ Łukasz	694		M 40	210	00:00:15	00:12:52	00:26:08.90	00:26:24.80	+00:08:42 (33.3%)	5:13	11.5 (66.9%)
211	STASIŁA Radosław	1027		M 40	211	00:01:34	00:13:01	00:26:11.80	00:27:45.80	+00:08:44 (33.4%)	5:14	11.5 (66.9%)
212	WĄCHOCKI Paweł	1184	TEAM ZABIEGANEDNI / KABATY ULTRA	M 40	212	00:02:26	00:13:13	00:26:18.90	00:28:45.80	+00:08:52 (33.7%)	5:15	11.4 (66.3%)
213	BRODECKI Krzysztof	1399		M 40	213	00:01:29	00:13:05	00:26:22.90	00:27:52.60	+00:08:56 (33.9%)	5:16	11.4 (66.3%)
214	MIKUSEK Ryszard	722		M 40	214	00:01:21	00:12:34	00:26:26.25	00:27:47.55	+00:08:59 (34.0%)	5:17	11.3 (65.7%)
215	RUTKOWSKI Maciej	944		M 40	215	00:00:40	00:12:30	00:26:29.00	00:27:09.10	+00:09:02 (34.1%)	5:17	11.3 (65.7%)
216	WEŁNA Mariusz	1188	TEAM ZABIEGANEDNI / KABATY ULTRA	M 40	216	00:00:40	00:12:41	00:26:29.20	00:27:09.30	+00:09:02 (34.1%)	5:17	11.3 (65.7%)
217	SYTA Rafał	1051		M 40	217	00:01:10	00:13:14	00:26:29.30	00:27:39.30	+00:09:02 (34.1%)	5:17	11.3 (65.7%)
218	JĘDRZEJEWSKI Robert	397		M 40	218	00:01:16	00:12:51	00:26:31.50	00:27:47.60	+00:09:04 (34.2%)	5:18	11.3 (65.7%)
219	SZACKI Wojciech	1053		M 40	219	00:01:34	00:13:07	00:26:31.60	00:28:06.35	+00:09:04 (34.2%)	5:18	11.3 (65.7%)
220	SZOT Paweł	1361	ZERWANY ACHILLES	M 40	220	00:01:00	00:12:49	00:26:32.05	00:27:32.85	+00:09:05 (34.2%)	5:18	11.3 (65.7%)
221	BAJDO Bartek	30		M 40	221	00:01:21	00:13:26	00:26:32.65	00:27:54.25	+00:09:05 (34.3%)	5:18	11.3 (65.7%)
222	TYBURC Paweł	1156		M 40	222	00:00:12	00:12:47	00:26:36.20	00:26:48.35	+00:09:09 (34.4%)	5:19	11.3 (65.7%)

Place	Participant	Number	Club	Category	MCat	Start time	2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
223	FIJOREK Rafał	247	NIE DOTYCZY	M 40	223	00:00:07	00:12:41	00:26:37.55	00:26:45.15	+00:09:10 (34.5%)	5:19	11.3 (65.7%)
224	ZHYLTSOV Dmitry	1284		M 40	224	00:01:25	00:13:12	00:26:38.10	00:28:03.75	+00:09:11 (34.5%)	5:19	11.3 (65.7%)
225	FAŁEK Jacek	240		M 40	225	00:01:10	00:13:17	00:26:42.95	00:27:53.60	+00:09:16 (34.7%)	5:20	11.2 (65.1%)
226	TŁUCHOWSKI Rafał	1485	NIE DOTYCZY	M 40	226	00:01:18	00:13:13	00:26:45.35	00:28:03.40	+00:09:18 (34.8%)	5:21	11.2 (65.1%)
227	FILIPOWICZ Arkadiusz	248		M 40	227	00:00:53	00:12:47	00:26:49.30	00:27:42.60	+00:09:22 (34.9%)	5:21	11.2 (65.1%)
228	ZADROŻNY Cyprian	1262		M 40	228	00:00:58	00:12:45	00:26:52.05	00:27:50.45	+00:09:25 (35.1%)	5:22	11.2 (65.1%)
229	KUBACKI Dariusz	573	NIE DOTYCZY	M 40	229	00:01:24	00:12:23	00:26:55.35	00:28:19.70	+00:09:28 (35.2%)	5:23	11.1 (64.5%)
230	KATNER Tomasz	435		M 40	230	00:01:14	00:12:59	00:26:57.05	00:28:11.30	+00:09:30 (35.3%)	5:23	11.1 (64.5%)
231	ŁUBIŃSKI Paweł	640		M 40	231	00:00:54	00:13:20	00:26:58.25	00:27:52.75	+00:09:31 (35.3%)	5:23	11.1 (64.5%)
232	WIKTOROWICZ Tomasz	1200	NIE DOTYCZY	M 40	232	00:01:53	00:13:43	00:26:59.40	00:28:53.00	+00:09:32 (35.4%)	5:23	11.1 (64.5%)
233	TOMALAK Maciej	1131		M 40	233	00:01:58	00:13:40	00:27:00.80	00:28:59.25	+00:09:33 (35.4%)	5:24	11.1 (64.5%)
234	KOŹDOŃ Marek	541		M 40	234	00:01:03	00:13:34	00:27:03.75	00:28:06.90	+00:09:36 (35.5%)	5:24	11.1 (64.5%)
235	KRAWCZYK Piotr	550	NIE DOTYCZY	M 40	235	00:01:36	00:13:35	00:27:03.95	00:28:39.95	+00:09:37 (35.5%)	5:24	11.1 (64.5%)
236	BALIŃSKI Robert	1400		M 40	236	00:01:56	00:13:42	00:27:19.40	00:29:15.55	+00:09:52 (36.1%)	5:27	11 (64.0%)
237	SZUBRYT Michał	1079		M 40	237	00:00:32	00:13:18	00:27:20.95	00:27:53.90	+00:09:54 (36.2%)	5:28	11 (64.0%)
238	BRZOZOWSKI Ernest	1359	RUNNING PHOTONS	M 40	238	00:01:30	00:13:40	00:27:22.40	00:28:52.75	+00:09:55 (36.3%)	5:28	11 (64.0%)
239	KOSZUT Wojciech	512		M 40	239	00:01:53	00:14:05	00:27:23.45	00:29:16.70	+00:09:56 (36.3%)	5:28	11 (64.0%)
240	CHEĆ Adam	127		M 40	240	00:01:23	00:13:16	00:27:29.10	00:28:52.85	+00:10:02 (36.5%)	5:29	10.9 (63.4%)
241	SZADKOWSKI Piotr	1056	BRAK	M 40	241	00:00:09	00:12:44	00:27:30.30	00:27:39.70	+00:10:03 (36.6%)	5:30	10.9 (63.4%)
242	LASKUS-KUCZYŃSKI Lesław	596		M 40	242	00:01:56	00:13:20	00:27:33.45	00:29:29.60	+00:10:06 (36.7%)	5:30	10.9 (63.4%)
243	TERCZYŃSKI Paweł	1528		M 40	243	00:01:20	00:13:48	00:27:33.70	00:28:54.60	+00:10:06 (36.7%)	5:30	10.9 (63.4%)
244	LEŚNIAK Krzysztof	608	NIE DOTYCZY	M 40	244	00:00:25	00:13:29	00:27:34.45	00:27:59.75	+00:10:07 (36.7%)	5:30	10.9 (63.4%)
245	KNAP Radosław	469		M 40	245	00:01:42	00:14:28	00:27:37.05	00:29:19.90	+00:10:10 (36.8%)	5:31	10.9 (63.4%)

Place	Participant	Number	Club	Category	MCat	Start time	2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
246	KUCHARSKI Adam	1344		M 40	246	00:01:19	00:13:32	00:27:37.80	00:28:57.25	+00:10:10 (36.9%)	5:31	10.9 (63.4%)
247	RUTKOWSKI Tomasz	943		M 40	247	00:01:42	00:13:35	00:27:43.95	00:29:26.35	+00:10:17 (37.1%)	5:32	10.8 (62.8%)
248	ZALEWSKI Ludomir	1266		M 40	248	00:02:11	00:13:31	00:27:44.65	00:29:56.50	+00:10:17 (37.1%)	5:32	10.8 (62.8%)
249	WÓJCIK Robert	619		M 40	249	00:01:29	00:13:51	00:27:49.70	00:29:19.15	+00:10:22 (37.3%)	5:33	10.8 (62.8%)
250	WOŁOSZYN Szymon	1240		M 40	250	00:01:35	00:13:48	00:27:54.25	00:29:29.90	+00:10:27 (37.5%)	5:34	10.8 (62.8%)
251	DUBEK Michał	210		M 40	251	00:01:51	00:13:53	00:27:57.10	00:29:48.45	+00:10:30 (37.6%)	5:35	10.7 (62.2%)
252	HILAK Adam	344		M 40	252	00:01:23	00:13:59	00:27:57.40	00:29:21.20	+00:10:30 (37.6%)	5:35	10.7 (62.2%)
253	KOWALSKI Bartłomiej	529		M 40	253	00:01:19	00:14:07	00:28:06.80	00:29:26.65	+00:10:39 (37.9%)	5:37	10.7 (62.2%)
254	RADOMSKI Artur	1364		M 40	254	00:02:10	00:14:09	00:28:08.40	00:30:18.70	+00:10:41 (38.0%)	5:37	10.7 (62.2%)
255	WCISŁO Marcin	1486	MIEDZESZYN	M 40	255	00:00:28	00:14:07	00:28:10.10	00:28:38.75	+00:10:43 (38.1%)	5:38	10.7 (62.2%)
256	RANKOWSKI Bartosz	915		M 40	256	00:01:29	00:13:59	00:28:17.60	00:29:46.85	+00:10:50 (38.3%)	5:39	10.6 (61.6%)
257	ZACZEK Przemysław	1260		M 40	257	00:01:47	00:14:23	00:28:21.60	00:30:09.35	+00:10:54 (38.5%)	5:40	10.6 (61.6%)
258	BĘTKOWSKI Tomasz	1601		M 40	258	00:01:32	00:13:57	00:28:25.75	00:29:58.70	+00:10:58 (38.6%)	5:41	10.6 (61.6%)
259	PIROGOW Tomek	865		M 40	259	00:02:00	00:14:10	00:28:26.65	00:30:27.30	+00:10:59 (38.7%)	5:41	10.6 (61.6%)
260	FIGAT Krzysztof	245	KRZYSZTOF FIGAT	M 40	260	00:01:42	00:14:28	00:28:26.95	00:30:09.35	+00:11:00 (38.7%)	5:41	10.6 (61.6%)
261	PRZENIOSŁO Paweł	896		M 40	261	00:00:38	00:13:30	00:28:27.15	00:29:05.35	+00:11:00 (38.7%)	5:41	10.5 (61.0%)
262	OKUŃ Marcin	1513		M 40	262	00:00:27	00:14:08	00:28:29.60	00:28:57.40	+00:11:02 (38.8%)	5:41	10.5 (61.0%)
263	WŁODARCZYK Mirosław	1224	I LO UKS KOŚCIUSZKO WŁODAWA	M 40	263	00:01:26	00:14:02	00:28:33.30	00:29:59.55	+00:11:06 (38.9%)	5:42	10.5 (61.0%)
264	ŻÓŁTOWSKI Bartłomiej	1300		M 40	264	00:01:37	00:13:46	00:28:40.05	00:30:17.70	+00:11:13 (39.1%)	5:44	10.5 (61.0%)
265	SZYDŁOWSKI Artur	1085		M 40	265	00:01:24	00:13:55	00:28:41.60	00:30:06.10	+00:11:14 (39.2%)	5:44	10.5 (61.0%)
266	JANISZEWSKI Piotr	374		M 40	266	00:02:23	00:14:29	00:28:54.70	00:31:18.10	+00:11:27 (39.7%)	5:46	10.4 (60.5%)
267	FROM Konrad	255	WARSAW RUN CLUB	M 40	267	00:01:40	00:14:29	00:28:59.00	00:30:39.60	+00:11:32 (39.8%)	5:47	10.4 (60.5%)
268	ŻUK Łukasz	1469		M 40	268	00:01:43	00:14:06	00:29:01.05	00:30:44.45	+00:11:34 (39.9%)	5:48	10.3 (59.9%)

Place	Participant	Number	Club	Category	MCat	Start time	2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
269	BRONISZEWSKI Jakub	95		M 40	269	00:01:44	00:14:22	00:29:09.80	00:30:54.35	+00:11:42 (40.2%)	5:49	10.3 (59.9%)
270	MĘKARSKI Piotr	1408		M 40	270	00:01:35	00:14:52	00:29:10.70	00:30:46.20	+00:11:43 (40.2%)	5:50	10.3 (59.9%)
271	PRASEK Łukasz	887		M 40	271	00:01:22	00:14:22	00:29:19.25	00:30:41.45	+00:11:52 (40.5%)	5:51	10.2 (59.3%)
272	PAC Bartosz	814		M 40	272	00:02:03	00:14:28	00:29:34.55	00:31:38.50	+00:12:07 (41.0%)	5:54	10.1 (58.7%)
273	KOZIEJ Andrzej	538		M 40	273	00:01:15	00:14:29	00:29:35.05	00:30:50.95	+00:12:08 (41.0%)	5:55	10.1 (58.7%)
274	PICEWICZ Paweł	1415		M 40	274	00:02:14	00:15:50	00:29:39.40	00:31:54.05	+00:12:12 (41.2%)	5:55	10.1 (58.7%)
275	KOSIACKI Karol	506		M 40	275	00:02:22	00:14:47	00:29:41.60	00:32:04.40	+00:12:14 (41.2%)	5:56	10.1 (58.7%)
276	SZYMANEK Łukasz	1086		M 40	276	00:02:16	00:14:56	00:29:49.10	00:32:05.90	+00:12:22 (41.5%)	5:57	10.1 (58.7%)
277	KOZAK Jakub	1407		M 40	277	00:01:44	00:15:40	00:30:14.95	00:31:59.40	+00:12:48 (42.3%)	6:02	9.9 (57.6%)
278	MASTALEREK Arkadiusz	685		M 40	278	00:00:01		00:30:24.00	00:30:25.00	+00:12:57 (42.6%)	6:04	9.9 (57.6%)
279	VUCO Ivo	1174	HULTAJ LITERACKI	M 40	279	00:01:48	00:15:07	00:30:24.30	00:32:13.25	+00:12:57 (42.6%)	6:04	9.9 (57.6%)
280	TOLAK Marcin	1130		M 40	280	00:01:46	00:14:24	00:30:33.55	00:32:19.55	+00:13:06 (42.9%)	6:06	9.8 (57.0%)
281	NEJMAN Andrzej	1313		M 40	281	00:01:46	00:14:54	00:30:40.60	00:32:27.40	+00:13:13 (43.1%)	6:08	9.8 (57.0%)
282	LENARCZYK Paweł	602		M 40	282	00:01:54	00:14:34	00:30:55.05	00:32:49.10	+00:13:28 (43.6%)	6:11	9.7 (56.4%)
283	JAŃCZAK Mariusz	382		M 40	283	00:00:33	00:14:55	00:31:27.55	00:32:00.70	+00:14:00 (44.5%)	6:17	9.5 (55.2%)
284	ORZECHOWSKI Daniel	804		M 40	284	00:02:03	00:15:35	00:31:31.00	00:33:34.20	+00:14:04 (44.6%)	6:18	9.5 (55.2%)
285	MARCIŃSKI Kuba	676	PROJEKT AIK	M 40	285	00:02:15	00:15:25	00:31:32.55	00:33:48.00	+00:14:05 (44.7%)	6:18	9.5 (55.2%)
286	JANCZ Bartosz	1480		M 40	286	00:02:02	00:15:47	00:31:42.55	00:33:45.35	+00:14:15 (45.0%)	6:20	9.5 (55.2%)
287	NAKWASKI Bartek	757		M 40	287	00:00:33	00:15:14	00:32:17.90	00:32:51.00	+00:14:51 (46.0%)	6:27	9.3 (54.1%)
288	SYTY Adam	1052		M 40	288	00:01:58	00:15:46	00:32:18.05	00:34:16.20	+00:14:51 (46.0%)	6:27	9.3 (54.1%)
289	PYREK Artur	906		M 40	289	00:01:59	00:16:04	00:32:54.15	00:34:54.00	+00:15:27 (47.0%)	6:34	9.1 (52.9%)
290	CZEKAJ Tomasz	1430		M 40	290	00:02:13	00:17:14	00:33:08.80	00:35:22.25	+00:15:41 (47.4%)	6:37	9.1 (52.9%)
291	JEŻMAŃSKI Sławek	393		M 40	291	00:02:11	00:17:15	00:33:12.50	00:35:23.75	+00:15:45 (47.5%)	6:38	9 (52.3%)

Place	Participant	Number	Club	Category	MCat	Start time	2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
292	SZYMAŃSKI Mirosław	1096	COMAMEDIA MIROSŁAW SZYMAŃSKI	M 40	292	00:01:53	00:16:20	00:33:27.35	00:35:20.90	+00:16:00 (47.8%)	6:41	9 (52.3%)
293	NASKRĘT Mariusz	761		M 40	293	00:01:47	00:16:18	00:33:30.40	00:35:18.00	+00:16:03 (47.9%)	6:42	9 (52.3%)
294	BAJOREK Jacek	31		M 40	294	00:02:11	00:16:04	00:33:36.20	00:35:47.85	+00:16:09 (48.1%)	6:43	8.9 (51.7%)
295	BACIŃSKI Arkadiusz	1539		M 40	295	00:00:00	00:17:41	00:33:39.05	00:33:39.05	+00:16:12 (48.2%)	6:43	8.9 (51.7%)
296	SAMEL Janusz	1500		M 40	296	00:01:42	00:15:48	00:33:47.95	00:35:30.35	+00:16:21 (48.4%)	6:45	8.9 (51.7%)
297	NASTALEK Piotr	762		M 40	297	00:02:00	00:17:03	00:33:52.55	00:35:53.15	+00:16:25 (48.5%)	6:46	8.9 (51.7%)
298	PATURA Przemysław	1398	LONGBRIDGE TEAM	M 40	298	00:01:28	00:15:32	00:34:19.15	00:35:47.60	+00:16:52 (49.2%)	6:51	8.7 (50.6%)
299	ŻURAWSKI Sławomir	1302	PGBSPORTOWAPACZKA	M 40	299	00:01:50	00:16:22	00:34:27.85	00:36:18.25	+00:17:01 (49.4%)	6:53	8.7 (50.6%)
300	BORKOWSKI Piotr	81		M 40	300	00:01:57	00:16:39	00:34:35.90	00:36:32.90	+00:17:09 (49.6%)	6:55	8.7 (50.6%)
301	MAZUR Paweł	699		M 40	301	00:02:05	00:14:34	00:34:40.60	00:36:46.25	+00:17:13 (49.7%)	6:56	8.7 (50.6%)
302	CHARIZA Stefan	121		M 40	302	00:02:01	00:17:04	00:34:42.35	00:36:44.10	+00:17:15 (49.7%)	6:56	8.6 (50.0%)
303	SADURSKI Artur	1562	SC FREIBURG	M 40	303	00:01:49	00:15:39	00:34:49.05	00:36:38.85	+00:17:22 (49.9%)	6:57	8.6 (50.0%)
304	KIEŁBICKI Marcin	446		M 40	304	00:00:32	00:16:14	00:34:53.15	00:35:25.50	+00:17:26 (50.0%)	6:58	8.6 (50.0%)
305	KEMPA Robert	47		M 40	305	00:02:11	00:17:15	00:34:54.60	00:37:06.25	+00:17:27 (50.0%)	6:58	8.6 (50.0%)
306	CHOJNACKI Grzegorz	134		M 40	306	00:02:05	00:16:47	00:34:59.00	00:37:04.50	+00:17:32 (50.1%)	6:59	8.6 (50.0%)
307	BORUSZEWSKI Maciej	85		M 40	307	00:00:19	00:17:27	00:37:53.25	00:38:12.50	+00:20:26 (53.9%)	7:34	7.9 (45.9%)
308	DZIURDŹ Jacek	229	GRUPA BIEGOWA UM W-WA	M 40	308	00:01:43	00:18:52	00:38:42.00	00:40:25.05	+00:21:15 (54.9%)	7:44	7.8 (45.3%)
309	FARRALES Ronaldo	242	PINOYS IN POLAND	M 40	309	00:00:43	00:18:54	00:38:42.50	00:39:26.00	+00:21:15 (54.9%)	7:44	7.8 (45.3%)
310	MYŚLIWIEC Piotr	754	AKTYWNI PO ZAWALE	M 40	310	00:02:00	00:19:43	00:40:54.35	00:42:54.50	+00:23:27 (57.3%)	8:10	7.3 (42.4%)
311	BORTLISZ Tomasz	83		M 40	311	00:02:18	00:20:16	00:42:57.90	00:45:16.30	+00:25:31 (59.4%)	8:35	7 (40.7%)
312	MIRECKI Michał	729		M 40	312	00:00:04	00:09:00			+00:00:32	3:36	16.7 (97.1%)