BIAŁOŁĘCKI BIEG WOLNOŚCI

Organizator: Urząd Dzielnicy Białołęka m.st. Warszawa
Data: 2022-12-11
Miejsce: Warszawa
Dystans: 13 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkańcy Białołęki	Pracownicy Służby Więziennej	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
1	**KUŚMIERZ Sylwester**	**252**	MARKOWI BIEGACZE	M3 40-49 lat	1			00:00:18	00:15:28	00:30:47	**00:46:10.05**	**00:46:10.05**		3:33	16.9 (100%)
2	**RYDZ Artur**	**375**	ŚWIĘTOKRZYSCY KURATORZY	M2 30-39 lat	1		Tak	00:00:19	00:16:23	00:32:31	**00:48:28.45**	**00:48:28.45**	+00:02:18 (4.8%)	3:43	16.1 (95.3%)
3	**ŁABĘDZKI Konrad**	**264**	DUKLANOWSKI TEAM	M2 30-39 lat	2			00:00:22	00:16:22	00:32:32	**00:48:39.45**	**00:48:39.45**	+00:02:29 (5.1%)	3:44	16 (94.7%)
4	**MIOTK Marcin**	**302**	MIOTK.PL EVEREST MOTYWACJI	M3 40-49 lat	2	Tak		00:00:21	00:16:31	00:33:05	**00:49:52.30**	**00:49:52.30**	+00:03:42 (7.4%)	3:50	15.6 (92.3%)
5	**KUREK Jarosław**	**249**	WOJSKOWA AKADEMIA TECHNICZNA	M2 30-39 lat	3	Tak		00:00:19	00:16:20	00:33:10	**00:50:11.65**	**00:50:11.65**	+00:04:01 (8.0%)	3:51	15.5 (91.7%)
6	**KAŹMIERCZAK Marta**	**197**	DREAM RUN	K3 40-49 lat	1			00:00:21	00:17:13	00:34:16	**00:51:21.30**	**00:51:21.30**	+00:05:11 (10.1%)	3:57	15.2 (89.9%)
7	**HILDEBRAND Marcin**	**139**		M2 30-39 lat	4	Tak		00:00:21	00:17:14	00:34:19	**00:51:22.45**	**00:51:22.45**	+00:05:12 (10.1%)	3:57	15.2 (89.9%)
8	**SKWARCZ Paweł**	**399**		M2 30-39 lat	5	Tak		00:00:21	00:17:18	00:34:37	**00:51:30.85**	**00:51:30.85**	+00:05:20 (10.4%)	3:57	15.1 (89.3%)
9	**GOZDEK Radek**	**120**	BIEGANIEPO40.PL	M3 40-49 lat	3	Tak		00:00:21	00:17:25	00:34:47	**00:51:41.95**	**00:51:41.95**	+00:05:31 (10.7%)	3:58	15.1 (89.3%)
10	**URMANOWSKI Daniel**	**472**	DREAM RUN	M2 30-39 lat	6	Tak		00:00:21	00:17:02	00:34:27	**00:51:46.90**	**00:51:46.90**	+00:05:36 (10.8%)	3:58	15.1 (89.3%)
11	**MIELCZAREK Krzysztof**	**296**	BIEGAM NA TARCHOMINIE	M3 40-49 lat	4	Tak		00:00:21	00:17:26	00:34:49	**00:52:23.10**	**00:52:23.10**	+00:06:13 (11.9%)	4:01	14.9 (88.2%)
12	**JUSIŃSKI Krystian**	**168**	BRACTWO BIEGOWE BGK	M2 30-39 lat	7			00:00:21	00:17:13	00:34:54	**00:52:42.25**	**00:52:42.25**	+00:06:32 (12.4%)	4:03	14.8 (87.6%)
13	**SZYBALSKI Michał**	**443**		M2 30-39 lat	8			00:00:20	00:17:25	00:35:19	**00:53:02.85**	**00:53:02.85**	+00:06:52 (13.0%)	4:04	14.7 (87.0%)
14	**WOŹNIAK Przemysław**	**495**	WIELISZEW HERON TEAM	M2 30-39 lat	9			00:00:52	00:18:13	00:35:38	**00:53:02.90**	**00:53:02.90**	+00:06:52 (13.0%)	4:04	14.7 (87.0%)
15	**SIEPIETOWSKI Piotr**	**387**	LS AIRPORT RUN WARSZAWA	M4 50-59	1			00:00:23	00:18:01	00:35:51	**00:53:34.85**	**00:53:34.85**	+00:07:24 (13.8%)	4:07	14.6 (86.4%)
16	**CHRAPEK Janusz**	**64**	ROSSMANN	M3 40-49 lat	5			00:00:26	00:18:12	00:36:05	**00:54:00.55**	**00:54:00.55**	+00:07:50 (14.5%)	4:09	14.4 (85.2%)
17	**ANUSIEWICZ Robert**	**16**	-	M3 40-49 lat	6	Tak		00:00:24	00:18:17	00:36:10	**00:54:14.05**	**00:54:14.05**	+00:08:04 (14.9%)	4:10	14.4 (85.2%)
18	**ŚLUSARCZYK Katarzyna**	**451**	OK!SPORT	K2 30-39 lat	1			00:00:22	00:18:01	00:36:15	**00:54:51.50**	**00:54:51.50**	+00:08:41 (15.8%)	4:13	14.2 (84.0%)
19	**KRAJEWSKA Klaudia**	**544**		K1 < 29 lat	1			00:00:23	00:18:43	00:37:32	**00:55:46.95**	**00:55:46.95**	+00:09:36 (17.2%)	4:17	14 (82.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkańcy Białołęki	Pracownicy Służby Więziennej	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
20	**GAJEK Ireneusz**	**100**	ASFALTLOVE DZIKI	M3 40-49 lat	7			00:00:23	00:18:25	00:37:04	**00:55:51.65**	**00:55:51.65**	+00:09:41 (17.4%)	4:17	14 (82.8%)
21	**KOŚCIK Jakub**	**225**		M2 30-39 lat	10			00:00:36	00:18:57	00:37:20	**00:55:56.25**	**00:55:56.25**	+00:09:46 (17.5%)	4:18	13.9 (82.2%)
22	**GAWEŁ Piotr**	**106**		M3 40-49 lat	8			00:00:30	00:18:00	00:36:50	**00:56:04.25**	**00:56:04.25**	+00:09:54 (17.7%)	4:18	13.9 (82.2%)
23	**TKACZYK Adam**	**458**		M2 30-39 lat	11			00:00:24	00:19:13	00:37:36	**00:56:08.55**	**00:56:08.55**	+00:09:58 (17.8%)	4:19	13.9 (82.2%)
24	**CZERWIŃSKA Katarzyna**	**75**		K2 30-39 lat	2			00:00:24	00:19:13	00:37:38	**00:56:23.65**	**00:56:23.65**	+00:10:13 (18.1%)	4:20	13.8 (81.7%)
25	**KOWALSKI Sebastian**	**233**		M3 40-49 lat	9			00:00:31	00:19:25	00:38:03	**00:56:31.15**	**00:56:31.15**	+00:10:21 (18.3%)	4:20	13.8 (81.7%)
26	**SZAŁKOWSKI Dawid**	**434**	MARKOWI BIEGACZE	M3 40-49 lat	10			00:00:25	00:18:47	00:37:44	**00:56:37.85**	**00:56:37.85**	+00:10:27 (18.5%)	4:21	13.8 (81.7%)
27	**POTOROKA Vitalii**	**356**	ROZBIEGANY PIASTÓW	M1 < 29 lat	1			00:00:25	00:18:52	00:38:06	**00:56:56.95**	**00:56:56.95**	+00:10:46 (18.9%)	4:22	13.7 (81.1%)
28	**CIESIELSKI Marcin**	**68**	WARSAW RUN CLUB	M3 40-49 lat	11			00:00:23	00:19:19	00:38:24	**00:56:58.20**	**00:56:58.20**	+00:10:48 (19.0%)	4:22	13.7 (81.1%)
29	**MAJCHRZAK Sławomir**	**277**	UKS TYCHÓW STARY	M4 50-59	2			00:00:26	00:18:46	00:37:53	**00:57:10.65**	**00:57:10.65**	+00:11:00 (19.3%)	4:23	13.6 (80.5%)
30	**FALANDYSZ Janusz**	**93**	WPRUNNING PRUSZKÓW	M5 60+	1			00:00:25	00:19:07	00:38:08	**00:57:20.70**	**00:57:20.70**	+00:11:10 (19.5%)	4:24	13.6 (80.5%)
31	**MICHALSKI Robert**	**293**	ZABIEGANY WOŁOMIN	M3 40-49 lat	12			00:00:25	00:19:21	00:38:41	**00:57:34.60**	**00:57:34.60**	+00:11:24 (19.8%)	4:25	13.5 (79.9%)
32	**KARBOWIAK Marcelina**	**189**		K2 30-39 lat	3	Tak		00:00:22	00:19:00	00:38:16	**00:57:44.65**	**00:57:44.65**	+00:11:34 (20.0%)	4:26	13.5 (79.9%)
33	**NOWOCIEŃ Jacek**	**320**	UCZNIOWSKI KLUB SPORTOWY RUSIEC	M5 60+	2			00:00:25	00:19:11	00:38:33	**00:57:46.30**	**00:57:46.30**	+00:11:36 (20.1%)	4:26	13.5 (79.9%)
34	**SZMIGIELSKI Mateusz**	**438**		M2 30-39 lat	12			00:00:43	00:19:42	00:39:00	**00:58:03.50**	**00:58:03.50**	+00:11:53 (20.5%)	4:27	13.4 (79.3%)
35	**GAŁUSZKA Filip**	**105**	KOKOSZKA36TEAM	M2 30-39 lat	13			00:00:54	00:20:04	00:39:23	**00:58:05.15**	**00:58:05.15**	+00:11:55 (20.5%)	4:28	13.4 (79.3%)
36	**ŚLIMKO Daniel**	**506**		M2 30-39 lat	14			00:00:28	00:19:22	00:38:37	**00:58:16.45**	**00:58:16.45**	+00:12:06 (20.8%)	4:28	13.4 (79.3%)
37	**ŁYSIAK Michał**	**273**	SZWAGRY DWA	M3 40-49 lat	13	Tak		00:00:28	00:19:22	00:38:51	**00:58:20.80**	**00:58:20.80**	+00:12:10 (20.9%)	4:29	13.4 (79.3%)
38	**BUDNICKI Michał**	**235**		M3 40-49 lat	14	Tak		00:00:27	00:19:53	00:39:32	**00:58:31.90**	**00:58:31.90**	+00:12:21 (21.1%)	4:30	13.3 (78.7%)
39	**KRÓL Maciej**	**237**	BIEGAM NA TARCHOMINIE	M2 30-39 lat	15			00:00:30	00:19:22	00:39:13	**00:58:37.85**	**00:58:37.85**	+00:12:27 (21.3%)	4:30	13.3 (78.7%)
40	**BODZIACHOWSKI Marcin**	**47**	JACEKBIEGA RUNNING TEAM / ERACENT RUNNING TEAM	M3 40-49 lat	15			00:00:23	00:19:05	00:39:01	**00:58:56.15**	**00:58:56.15**	+00:12:46 (21.7%)	4:32	13.2 (78.1%)
41	**JAWORSKI Piotr**	**41**	MARKOWI BIEGACZE	M3 40-49 lat	16	Tak		00:00:26	00:19:21	00:39:01	**00:58:58.75**	**00:58:58.75**	+00:12:48 (21.7%)	4:32	13.2 (78.1%)
42	**KORKOSZ Andrzej**	**219**		M3 40-49 lat	17			00:00:38	00:20:10	00:39:37	**00:59:00.45**	**00:59:00.45**	+00:12:50 (21.8%)	4:32	13.2 (78.1%)
43	**MICHNOWSKI Sebastian**	**295**	BIEGAM NA TARCHOMINIE	M3 40-49 lat	18	Tak		00:00:45	00:20:12	00:39:48	**00:59:08.90**	**00:59:08.90**	+00:12:58 (21.9%)	4:32	13.2 (78.1%)
44	**JUTKIEWICZ Marcin**	**170**	OBIEGANIU.PL	M3 40-49 lat	19	Tak		00:00:25	00:19:41	00:39:21	**00:59:12.85**	**00:59:12.85**	+00:13:02 (22.0%)	4:33	13.2 (78.1%)
45	**TERESZCZUK Julia**	**457**	AZS AWF	K1 < 29 lat	2			00:00:30	00:20:10	00:39:57	**00:59:21.35**	**00:59:21.35**	+00:13:11 (22.2%)	4:33	13.1 (77.5%)
46	**GLINKA Karol**	**115**		M2 30-39 lat	16		Tak	00:00:43	00:20:06	00:39:48	**00:59:32.35**	**00:59:32.35**	+00:13:22 (22.5%)	4:34	13.1 (77.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkańcy Białołęki	Pracownicy Służby Więziennej	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
47	**MOKRZEWSKI Maciej**	**305**		M2 30-39 lat	17			00:00:54	00:20:23	00:40:02	**00:59:34.00**	**00:59:34.00**	+00:13:23 (22.5%)	4:34	13.1 (77.5%)
48	**WŁODKOWSKI Robert**	**490**		M3 40-49 lat	20	Tak		00:00:26	00:20:01	00:40:03	**00:59:50.90**	**00:59:50.90**	+00:13:40 (22.9%)	4:36	13 (76.9%)
49	**SZYMAŃSKI Andrzej**	**446**		M3 40-49 lat	21	Tak		00:00:25	00:19:11	00:38:56	**00:59:51.55**	**00:59:51.55**	+00:13:41 (22.9%)	4:36	13 (76.9%)
50	**ŁATKOWSKI Łukasz**	**266**	GRUPA BIEGOWA CHTMO	M3 40-49 lat	22			00:00:31	00:20:31	00:40:40	**01:00:10.55**	**01:00:10.55**	+00:14:00 (23.3%)	4:37	13 (76.9%)
51	**ZIOMEK Marek**	**515**	MARKOWI BIEGACZE	M3 40-49 lat	23	Tak		00:00:48	00:20:42	00:40:39	**01:00:23.55**	**01:00:23.55**	+00:14:13 (23.6%)	4:38	12.9 (76.3%)
52	**MOŁODKIEWICZ Zbigniew**	**307**	BIEGAM NA TARCHOMINIE	M3 40-49 lat	24	Tak		00:00:28	00:20:28	00:40:18	**01:00:31.25**	**01:00:31.25**	+00:14:21 (23.7%)	4:39	12.9 (76.3%)
53	**JANECKI Przemysław**	**151**	PROJEKT MARATON EUROPA PLUS (AŚ WARSZAWA GROCHÓW)	M3 40-49 lat	25		Tak	00:00:39	00:20:13	00:40:30	**01:00:37.65**	**01:00:37.65**	+00:14:27 (23.9%)	4:39	12.9 (76.3%)
54	**MANCZENKO Eugeniusz**	**282**	LEŚNE SZYCHY	M3 40-49 lat	26			00:00:43	00:20:26	00:40:56	**01:00:56.65**	**01:00:56.65**	+00:14:46 (24.2%)	4:41	12.8 (75.7%)
55	**BAZYDŁO Jakub**	**31**		M1 < 29 lat	2			00:00:41	00:20:47	00:41:16	**01:00:57.10**	**01:00:57.10**	+00:14:47 (24.3%)	4:41	12.8 (75.7%)
56	**BIEDKA Robert**	**44**	RUN CREW OSTROŁĘKA	M3 40-49 lat	27		Tak	00:00:35	00:20:39	00:40:58	**01:01:00.30**	**01:01:00.30**	+00:14:50 (24.3%)	4:41	12.8 (75.7%)
57	**GRZESIK Marcin**	**131**	GRUPA BIEGOWA CHTMO	M3 40-49 lat	28			00:00:32	00:20:31	00:40:53	**01:01:02.90**	**01:01:02.90**	+00:14:52 (24.4%)	4:41	12.8 (75.7%)
58	**DALGIEWICZ Dariusz**	**78**		M5 60+	3			00:00:26	00:20:15	00:40:37	**01:01:06.05**	**01:01:06.05**	+00:14:56 (24.4%)	4:42	12.8 (75.7%)
59	**SADOWSKA Marzena**	**379**	PKP S.A.	K2 30-39 lat	4	Tak		00:00:26	00:20:20	00:40:45	**01:01:07.80**	**01:01:07.80**	+00:14:57 (24.5%)	4:42	12.8 (75.7%)
60	**KALINOWSKI Kamil**	**176**		M2 30-39 lat	18	Tak		00:00:30	00:20:35	00:40:59	**01:01:10.05**	**01:01:10.05**	+00:15:00 (24.5%)	4:42	12.8 (75.7%)
61	**HAUDEK Paweł**	**136**		M2 30-39 lat	19	Tak		00:00:44	00:20:32	00:40:55	**01:01:19.10**	**01:01:19.10**	+00:15:09 (24.7%)	4:43	12.7 (75.1%)
62	**ŻEBROWSKI Wiktor**	**519**		M1 < 29 lat	3			00:00:28	00:19:18	00:40:04	**01:01:22.40**	**01:01:22.40**	+00:15:12 (24.8%)	4:43	12.7 (75.1%)
63	**GRYZ Jacek**	**130**	SUNFIT STUDIO	M3 40-49 lat	29			00:00:37	00:20:55	00:41:08	**01:01:25.00**	**01:01:25.00**	+00:15:14 (24.8%)	4:43	12.7 (75.1%)
64	**TYM Joanna**	**471**	LIPIEC RUNNING TEAM	K3 40-49 lat	2			00:00:28	00:20:29	00:41:10	**01:01:44.00**	**01:01:44.00**	+00:15:33 (25.2%)	4:44	12.6 (74.6%)
65	**SZCZEPANOWSKI Mikołaj**	**435**		M2 30-39 lat	20			00:00:43	00:20:58	00:41:20	**01:01:44.50**	**01:01:44.50**	+00:15:34 (25.2%)	4:44	12.6 (74.6%)
66	**KUCHAREK Paweł**	**242**		M2 30-39 lat	21	Tak	Tak	00:00:43	00:21:09	00:41:32	**01:01:52.15**	**01:01:52.15**	+00:15:42 (25.4%)	4:45	12.6 (74.6%)
67	**PLUTA Ireneusz**	**350**		M5 60+	4	Tak		00:00:24	00:20:19	00:41:20	**01:01:56.55**	**01:01:56.55**	+00:15:46 (25.5%)	4:45	12.6 (74.6%)
68	**CISKI Piotr**	**71**		M3 40-49 lat	30	Tak		00:00:47	00:21:08	00:41:36	**01:01:56.90**	**01:01:56.90**	+00:15:46 (25.5%)	4:45	12.6 (74.6%)
69	**MAZUREK Marcin**	**288**		M3 40-49 lat	31	Tak		00:00:38	00:21:01	00:41:41	**01:01:57.90**	**01:01:57.90**	+00:15:47 (25.5%)	4:45	12.6 (74.6%)
70	**ŚWIERCZ Jacek**	**455**	BYLEDOBIEC ANIN	M4 50-59	3			00:00:33	00:20:39	00:41:28	**01:02:01.60**	**01:02:01.60**	+00:15:51 (25.6%)	4:46	12.6 (74.6%)
71	**TRACZYK Przemysław**	**463**	ASFALTLOVE DZIKI	M2 30-39 lat	22			00:00:23	00:20:34	00:41:18	**01:02:05.40**	**01:02:05.40**	+00:15:55 (25.6%)	4:46	12.6 (74.6%)
72	**OSTAPIŃSKI Wojtek**	**335**	OSTRESROKI	M4 50-59	4			00:00:58	00:21:44	00:42:01	**01:02:06.30**	**01:02:06.30**	+00:15:56 (25.7%)	4:46	12.6 (74.6%)
73	**TOMASZEK Robert**	**459**		M3 40-49 lat	32	Tak		00:00:30	00:19:54	00:40:44	**01:02:16.20**	**01:02:16.20**	+00:16:06 (25.9%)	4:47	12.5 (74.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkańcy Białołęki	Pracownicy Służby Więziennej	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
74	**SERAFIN-GORSZKOWSKA Paulina**	**385**	140MINUT.PL	K3 40-49 lat	3		Tak	00:00:35	00:21:15	00:42:00	**01:02:36.50**	**01:02:36.50**	+00:16:26 (26.3%)	4:48	12.5 (74.0%)
75	**MACIEJEWSKI Stanisław**	**275**	WPRUNNING	M4 50-59	5			00:00:26	00:20:45	00:41:39	**01:02:43.35**	**01:02:43.35**	+00:16:33 (26.4%)	4:49	12.4 (73.4%)
76	**JAKUBOWSKI Dariusz**	**148**	BIEGAM SOBIE	M4 50-59	6			00:00:31	00:20:39	00:41:41	**01:02:46.10**	**01:02:46.10**	+00:16:36 (26.4%)	4:49	12.4 (73.4%)
77	**KOWALIKOWSKA Renata**	**229**	BIEGAM NA TARCHOMINIE	K3 40-49 lat	4	Tak		00:00:28	00:20:31	00:41:38	**01:02:53.00**	**01:02:53.00**	+00:16:42 (26.6%)	4:50	12.4 (73.4%)
78	**KRUPIŃSKI Marek**	**548**		M1 < 29 lat	4	Tak	Tak	00:00:21	00:19:51	00:41:17	**01:03:23.35**	**01:03:23.35**	+00:17:13 (27.2%)	4:52	12.3 (72.8%)
79	**KODA Eugeniusz**	**210**	TEAM ZABIEGANEDNI	M5 60+	5			00:00:26	00:20:30	00:41:52	**01:03:24.25**	**01:03:24.25**	+00:17:14 (27.2%)	4:52	12.3 (72.8%)
80	**GĘSIARZ Szymon**	**110**		M2 30-39 lat	23			00:00:36	00:20:50	00:42:00	**01:03:27.70**	**01:03:27.70**	+00:17:17 (27.3%)	4:52	12.3 (72.8%)
81	**MATHEA Jacek**	**285**		M2 30-39 lat	24	Tak		00:01:29	00:22:31	00:43:16	**01:03:33.90**	**01:03:33.90**	+00:17:23 (27.4%)	4:53	12.3 (72.8%)
81	**KOŁODZIEJ Mirosław**	**211**	WOLNY KRAFT	M2 30-39 lat	24			00:01:16	00:23:00	00:43:46	**01:03:33.90**	**01:03:33.90**	+00:17:23 (27.4%)	4:53	12.3 (72.8%)
83	**NOSKOWICZ Paweł**	**317**		M1 < 29 lat	5			00:00:30	00:20:31	00:41:37	**01:03:35.05**	**01:03:35.05**	+00:17:25 (27.4%)	4:53	12.3 (72.8%)
84	**ŚCIBOR Marcin**	**449**	RUCH IZBICA	M2 30-39 lat	26			00:00:55	00:21:19	00:42:25	**01:03:40.70**	**01:03:40.70**	+00:17:30 (27.5%)	4:53	12.3 (72.8%)
85	**WOTLIŃSKI Andrzej**	**494**	UKSM EKIPA MBIELACHY KIELCE	M5 60+	6			00:00:34	00:21:01	00:42:17	**01:03:46.85**	**01:03:46.85**	+00:17:36 (27.6%)	4:54	12.2 (72.2%)
86	**SIKORSKI Paweł**	**391**	KIP RUNNING	M3 40-49 lat	33			00:00:34	00:21:10	00:42:18	**01:03:46.95**	**01:03:46.95**	+00:17:36 (27.6%)	4:54	12.2 (72.2%)
87	**ŚMIETAŃSKI Piotr**	**452**	NASIELSK BASZTA TEAM	M3 40-49 lat	34			00:01:08	00:22:22	00:43:08	**01:04:01.30**	**01:04:01.30**	+00:17:51 (27.9%)	4:55	12.2 (72.2%)
88	**WÓJCIK Monika**	**498**	ADIDAS RUNNERS WARSAW	K3 40-49 lat	5	Tak		00:00:45	00:22:16	00:43:18	**01:04:08.40**	**01:04:08.40**	+00:17:58 (28.0%)	4:56	12.2 (72.2%)
89	**KAKOLECKI Michal**	**174**		M4 50-59	7	Yes		00:01:02	00:22:30	00:43:34	**01:04:09.00**	**01:04:09.00**	+00:17:58 (28.0%)	4:56	12.2 (72.2%)
90	**SZYSZKO Ewa**	**448**	MARKOWI BIEGACZE	K3 40-49 lat	6			00:00:29	00:21:03	00:42:29	**01:04:21.95**	**01:04:21.95**	+00:18:11 (28.3%)	4:57	12.1 (71.6%)
91	**MIĘTEK Artur**	**297**		M3 40-49 lat	35		Tak	00:00:41	00:21:43	00:43:00	**01:04:27.85**	**01:04:27.85**	+00:18:17 (28.4%)	4:57	12.1 (71.6%)
92	**RYMKIEWICZ Zbigniew**	**376**		M3 40-49 lat	36			00:01:00	00:21:55	00:43:40	**01:04:29.85**	**01:04:29.85**	+00:18:19 (28.4%)	4:57	12.1 (71.6%)
93	**SADZA Anna**	**380**	EKIPA BIELACHY	K2 30-39 lat	5			00:00:34	00:21:26	00:42:46	**01:04:33.10**	**01:04:33.10**	+00:18:23 (28.5%)	4:57	12.1 (71.6%)
94	**ŚWIERCZ Iwona**	**454**	BYLEDOBIEC ANIN	K4 50-59 lat	1			00:00:33	00:21:36	00:43:11	**01:04:37.90**	**01:04:37.90**	+00:18:27 (28.6%)	4:58	12.1 (71.6%)
95	**CIBORSKI Jakub**	**66**		M3 40-49 lat	37			00:00:55	00:22:01	00:43:26	**01:04:40.85**	**01:04:40.85**	+00:18:30 (28.6%)	4:58	12.1 (71.6%)
96	**JARMUŻEWSKI Adam**	**153**	TIA	M3 40-49 lat	38	Tak		00:00:58	00:21:59	00:43:16	**01:04:51.35**	**01:04:51.35**	+00:18:41 (28.8%)	4:59	12 (71.0%)
97	**WASIAK Maciej**	**478**		M3 40-49 lat	39		Tak	00:00:46	00:21:32	00:43:09	**01:04:57.00**	**01:04:57.00**	+00:18:46 (28.9%)	4:59	12 (71.0%)
98	**DOMŻALSKI Artur**	**87**		M3 40-49 lat	40	Tak		00:00:55	00:22:01	00:43:27	**01:05:05.85**	**01:05:05.85**	+00:18:55 (29.1%)	5:00	12 (71.0%)
99	**KOWALSKI Mariusz**	**232**		M3 40-49 lat	41			00:01:08	00:23:00	00:44:23	**01:05:17.50**	**01:05:17.50**	+00:19:07 (29.3%)	5:01	11.9 (70.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkańcy Białołęki	Pracownicy Służby Więziennej	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
100	**KALICZYŃSKA Wioletta**	**175**	PROJEKT1000UP	K3 40-49 lat	7		Tak	00:00:36	00:21:20	00:43:17	**01:05:20.15**	**01:05:20.15**	+00:19:10 (29.3%)	5:01	11.9 (70.4%)
101	**OSIAL Mariusz**	**330**	KB IM. PIOTRA SĘKOWSKIEGO	M3 40-49 lat	42			00:00:54	00:22:36	00:43:54	**01:05:21.90**	**01:05:21.90**	+00:19:11 (29.4%)	5:01	11.9 (70.4%)
102	**KNOP Damian**	**206**	TRUCHCIKIEM_PO_POLSCE	M2 30-39 lat	27			00:01:18	00:22:36	00:43:54	**01:05:21.95**	**01:05:21.95**	+00:19:11 (29.4%)	5:01	11.9 (70.4%)
103	**KOBYLEC Artur**	**207**		M3 40-49 lat	43	Tak		00:01:29	00:22:33	00:43:51	**01:05:43.15**	**01:05:43.15**	+00:19:33 (29.8%)	5:03	11.9 (70.4%)
104	**WRONIEWSKI Grzegorz**	**499**		M2 30-39 lat	28			00:00:59	00:22:35	00:44:36	**01:05:50.60**	**01:05:50.60**	+00:19:40 (29.9%)	5:03	11.8 (69.8%)
105	**BABIUCH Marek**	**20**	RUN LOG	M5 60+	7	Tak	Tak	00:00:43	00:21:42	00:43:44	**01:05:55.20**	**01:05:55.20**	+00:19:45 (30.0%)	5:04	11.8 (69.8%)
106	**KUREK Jacek**	**250**		M2 30-39 lat	29			00:01:01	00:22:36	00:44:38	**01:06:00.20**	**01:06:00.20**	+00:19:50 (30.1%)	5:04	11.8 (69.8%)
107	**KULIK Tomasz**	**246**		M3 40-49 lat	44			00:00:55	00:22:19	00:44:02	**01:06:03.30**	**01:06:03.30**	+00:19:53 (30.1%)	5:04	11.8 (69.8%)
108	**FILIPOWICZ Natalia**	**98**		K2 30-39 lat	6			00:00:28	00:21:22	00:43:25	**01:06:12.85**	**01:06:12.85**	+00:20:02 (30.3%)	5:05	11.8 (69.8%)
109	**CHARLEJ Ireneusz**	**60**		M4 50-59	8			00:00:36	00:22:22	00:44:29	**01:06:19.70**	**01:06:19.70**	+00:20:09 (30.4%)	5:06	11.8 (69.8%)
110	**CHĘC Tomasz**	**61**		M2 30-39 lat	30			00:01:04	00:22:36	00:44:34	**01:06:20.25**	**01:06:20.25**	+00:20:10 (30.4%)	5:06	11.8 (69.8%)
111	**WRONIEWSKI Mariusz**	**500**		M3 40-49 lat	45			00:01:01	00:22:32	00:44:34	**01:06:24.10**	**01:06:24.10**	+00:20:14 (30.5%)	5:06	11.7 (69.2%)
112	**ŻURANIEWSKA Agnieszka**	**521**		K3 40-49 lat	8	Tak		00:00:49	00:22:20	00:44:20	**01:06:24.90**	**01:06:24.90**	+00:20:14 (30.5%)	5:06	11.7 (69.2%)
113	**KOŁODZIEJCZYK Krzysztof**	**212**	NASIELSK BASZTA TEAM	M3 40-49 lat	46			00:01:13	00:22:31	00:44:50	**01:06:32.35**	**01:06:32.35**	+00:20:22 (30.6%)	5:07	11.7 (69.2%)
114	**GAWLIK Arkadiusz**	**108**	BIEGAM NA TARCHOMINIE	M3 40-49 lat	47	Tak		00:00:49	00:22:50	00:44:58	**01:06:42.65**	**01:06:42.65**	+00:20:32 (30.8%)	5:07	11.7 (69.2%)
115	**RAPCZYŃSKI Witold**	**547**		M4 50-59	9			00:00:53	00:22:28	00:44:37	**01:06:43.55**	**01:06:43.55**	+00:20:33 (30.8%)	5:07	11.7 (69.2%)
116	**OWOC Tomasz**	**338**	PKO BANK POLSKI / NEW BALANCE RUN CLUB	M4 50-59	10			00:00:43	00:22:09	00:44:24	**01:06:47.70**	**01:06:47.70**	+00:20:37 (30.9%)	5:08	11.7 (69.2%)
117	**MIŚTA Grzegorz**	**303**		M3 40-49 lat	48		Tak	00:00:43	00:22:54	00:45:06	**01:06:49.25**	**01:06:49.25**	+00:20:39 (30.9%)	5:08	11.7 (69.2%)
118	**JAKIMIUK Aleksandra**	**147**	TEAM ZABIEGANEDNI	K1 < 29 lat	3			00:00:30	00:21:58	00:44:36	**01:06:51.25**	**01:06:51.25**	+00:20:41 (30.9%)	5:08	11.7 (69.2%)
119	**STĘPNOWSKI Jakub**	**423**		M2 30-39 lat	31			00:00:35	00:21:30	00:43:43	**01:06:52.35**	**01:06:52.35**	+00:20:42 (31.0%)	5:08	11.7 (69.2%)
120	**RZYMOWSKA Krystyna**	**377**		K4 50-59 lat	2			00:00:38	00:22:22	00:45:04	**01:06:57.05**	**01:06:57.05**	+00:20:47 (31.0%)	5:09	11.7 (69.2%)
121	**WIERNIK Daniel**	**484**		M2 30-39 lat	32	Tak		00:00:41	00:22:25	00:44:46	**01:07:04.15**	**01:07:04.15**	+00:20:54 (31.2%)	5:09	11.6 (68.6%)
122	**POTRZEBOWSKI Dominik**	**357**	MARKOWI BIEGACZE	M3 40-49 lat	49			00:00:42	00:21:45	00:44:05	**01:07:06.70**	**01:07:06.70**	+00:20:56 (31.2%)	5:09	11.6 (68.6%)
123	**GAJEWSKI Mariusz**	**102**		M3 40-49 lat	50		Tak	00:00:45	00:21:41	00:43:56	**01:07:08.55**	**01:07:08.55**	+00:20:58 (31.2%)	5:09	11.6 (68.6%)
124	**SEBASTIAN Kręgiel**	**384**	SZCZYT ZA SZCZYTEM	M3 40-49 lat	51			00:00:36	00:21:58	00:44:29	**01:07:27.65**	**01:07:27.65**	+00:21:17 (31.6%)	5:11	11.6 (68.6%)
125	**KAPUŚCIAREK Elżbieta**	**184**		K3 40-49 lat	9			00:00:46	00:22:40	00:45:12	**01:07:34.25**	**01:07:34.25**	+00:21:24 (31.7%)	5:11	11.5 (68.0%)
126	**SIEWRUK Katarzyna**	**389**	WARSAW RUN CLUB	K3 40-49 lat	10			00:00:51	00:22:48	00:45:03	**01:07:42.90**	**01:07:42.90**	+00:21:32 (31.8%)	5:12	11.5 (68.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkańcy Białołęki	Pracownicy Służby Więziennej	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
127	**GRAD Tomasz**	**126**	MARKOWI BIEGACZE	M3 40-49 lat	52	Tak		00:00:51	00:23:18	00:45:39	**01:07:45.30**	**01:07:45.30**	+00:21:35 (31.9%)	5:12	11.5 (68.0%)
128	**PRĘDKI Marcin**	**358**		M3 40-49 lat	53	Tak		00:01:13	00:23:54	00:45:48	**01:07:49.85**	**01:07:49.85**	+00:21:39 (31.9%)	5:13	11.5 (68.0%)
129	**ZBIŃKOWSKA Dorota**	**507**	KPLA PIOTR KOSTRZEWSKI	K4 50-59 lat	3			00:01:29	00:30:33	01:00:22	**01:07:51.75**	**01:07:51.75**	+00:21:41 (32.0%)	5:13	11.5 (68.0%)
130	**KANIA Paweł**	**182**	BIEGAM NA TARCHOMINIE	M4 50-59	11	Tak		00:01:08	00:23:04	00:45:19	**01:07:56.35**	**01:07:56.35**	+00:21:46 (32.0%)	5:13	11.5 (68.0%)
131	**GRALA Grzegorz**	**127**		M3 40-49 lat	54	Tak		00:01:10	00:23:43	00:46:17	**01:07:56.60**	**01:07:56.60**	+00:21:46 (32.0%)	5:13	11.5 (68.0%)
132	**CELIŃSKI Tomasz**	**236**		M4 50-59	12			00:00:49	00:23:40	00:46:18	**01:08:00.75**	**01:08:00.75**	+00:21:50 (32.1%)	5:13	11.5 (68.0%)
133	**DZIACZKOWSKA Monika**	**91**		K2 30-39 lat	7			00:00:41	00:22:45	00:45:03	**01:08:15.30**	**01:08:15.30**	+00:22:05 (32.4%)	5:15	11.4 (67.5%)
134	**RODAK Zbigniew**	**367**		M4 50-59	13			00:01:29	00:24:51	00:46:51	**01:08:15.50**	**01:08:15.50**	+00:22:05 (32.4%)	5:15	11.4 (67.5%)
135	**LEWANDOWSKI Piotr**	**261**		M3 40-49 lat	55	Tak		00:00:39	00:21:49	00:44:39	**01:08:18.55**	**01:08:18.55**	+00:22:08 (32.4%)	5:15	11.4 (67.5%)
136	**DOBOSZ Piotr**	**83**	WŚCIEKŁE PIĘŚCI WĘŻA	M2 30-39 lat	33	Tak		00:01:17	00:23:47	00:46:13	**01:08:18.90**	**01:08:18.90**	+00:22:08 (32.4%)	5:15	11.4 (67.5%)
137	**OLEKSIAK Piotr**	**324**		M3 40-49 lat	56	Tak		00:00:56	00:23:51	00:46:17	**01:08:25.05**	**01:08:25.05**	+00:22:15 (32.5%)	5:15	11.4 (67.5%)
138	**GRADOMSKI Łukasz**	**545**		M2 30-39 lat	34			00:01:17	00:23:55	00:45:55	**01:08:38.00**	**01:08:38.00**	+00:22:27 (32.7%)	5:16	11.4 (67.5%)
139	**SIEPIETOWSKI Tomasz**	**386**	ANPHARM RUN TEAM	M3 40-49 lat	57			00:00:50	00:23:43	00:46:22	**01:08:43.95**	**01:08:43.95**	+00:22:33 (32.8%)	5:17	11.4 (67.5%)
140	**SPYCHAŁA Piotr**	**413**		M3 40-49 lat	58	Tak		00:00:30	00:22:51	00:45:59	**01:08:53.00**	**01:08:53.00**	+00:22:42 (33.0%)	5:17	11.3 (66.9%)
141	**GAJOWNICZEK Jarosław**	**103**	BESTIE OCR LEGIONOWO	M3 40-49 lat	59	Tak		00:00:57	00:23:19	00:46:11	**01:09:06.35**	**01:09:06.35**	+00:22:56 (33.2%)	5:18	11.3 (66.9%)
142	**SOBCZYK Ewa**	**405**	TRIATHLETIC TEAM	K2 30-39 lat	8	Tak		00:00:36	00:23:57	00:46:28	**01:09:09.75**	**01:09:09.75**	+00:22:59 (33.2%)	5:19	11.3 (66.9%)
143	**TROJANOWSKI Rafał**	**465**		M2 30-39 lat	35			00:01:06	00:23:13	00:46:40	**01:09:17.40**	**01:09:17.40**	+00:23:07 (33.4%)	5:19	11.3 (66.9%)
144	**GÓRSKA Małgorzata**	**124**		K2 30-39 lat	9	Tak		00:00:50	00:23:38	00:46:31	**01:09:18.65**	**01:09:18.65**	+00:23:08 (33.4%)	5:19	11.3 (66.9%)
145	**GWIZDALA Cezary**	**135**		M4 50-59	14	Tak		00:00:30	00:22:50	00:46:01	**01:09:19.30**	**01:09:19.30**	+00:23:09 (33.4%)	5:19	11.3 (66.9%)
146	**ROGUSKI Michał**	**368**		M2 30-39 lat	36			00:01:07	00:24:09	00:46:49	**01:09:20.75**	**01:09:20.75**	+00:23:10 (33.4%)	5:20	11.3 (66.9%)
147	**WALIGÓRSKI Krzysztof**	**477**	MARKOWI BIEGACZE	M4 50-59	15			00:00:51	00:24:13	00:47:01	**01:09:25.05**	**01:09:25.05**	+00:23:15 (33.5%)	5:20	11.2 (66.3%)
148	**SZADURA Małgorzata**	**433**	WIELISZEW HERON TEAM	K4 50-59 lat	4			00:00:41	00:23:07	00:46:06	**01:09:27.75**	**01:09:27.75**	+00:23:17 (33.5%)	5:20	11.2 (66.3%)
149	**SOCHACKI Mariusz**	**409**		M3 40-49 lat	60			00:01:00	00:24:26	00:47:07	**01:09:28.50**	**01:09:28.50**	+00:23:18 (33.5%)	5:20	11.2 (66.3%)
150	**FURMANIAK-PAŃCZAK Joanna**	**99**	TEAM PARSZCZYŃSKICH	K2 30-39 lat	10	Tak		00:00:44	00:22:49	00:45:56	**01:09:29.75**	**01:09:29.75**	+00:23:19 (33.6%)	5:20	11.2 (66.3%)
151	**GĘSIARZ Monika**	**111**		K2 30-39 lat	11			00:00:43	00:23:23	00:46:38	**01:09:35.10**	**01:09:35.10**	+00:23:25 (33.7%)	5:21	11.2 (66.3%)
152	**BORGOŃ Piotr**	**51**		M2 30-39 lat	37	Tak		00:01:16	00:23:48	00:46:55	**01:09:52.15**	**01:09:52.15**	+00:23:42 (33.9%)	5:22	11.2 (66.3%)
153	**SKRZYPEK Michał**	**398**		M2 30-39 lat	38			00:00:36	00:20:40	00:44:01	**01:10:03.15**	**01:10:03.15**	+00:23:53 (34.1%)	5:23	11.1 (65.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkańcy Białołęki	Pracownicy Służby Więziennej	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
154	**KACZOR Mariusz**	**172**		M3 40-49 lat	61			00:00:45	00:23:20	00:46:30	**01:10:03.30**	**01:10:03.30**	+00:23:53 (34.1%)	5:23	11.1 (65.7%)
155	**STRÓŻYK Piotrek**	**425**		M3 40-49 lat	62			00:01:12	00:24:47	00:47:34	**01:10:08.00**	**01:10:08.00**	+00:23:57 (34.2%)	5:23	11.1 (65.7%)
156	**KARASIEWICZ Katarzyna**	**186**		K4 50-59 lat	5			00:00:50	00:23:43	00:46:51	**01:10:08.65**	**01:10:08.65**	+00:23:58 (34.2%)	5:23	11.1 (65.7%)
157	**RASIŃSKA Agnieszka**	**365**	NASIELSK BASZTA TEAM	K3 40-49 lat	11			00:01:11	00:24:10	00:47:16	**01:10:11.15**	**01:10:11.15**	+00:24:01 (34.2%)	5:23	11.1 (65.7%)
158	**WOJAS Tadeusz**	**491**	ROZBIEGANY PIASTÓW	70+	1			00:00:55	00:24:13	00:47:20	**01:10:11.40**	**01:10:11.40**	+00:24:01 (34.2%)	5:23	11.1 (65.7%)
159	**JABŁONKA Radek**	**144**	DZIADY OCR	M3 40-49 lat	63			00:00:55	00:24:31	00:47:46	**01:10:11.45**	**01:10:11.45**	+00:24:01 (34.2%)	5:23	11.1 (65.7%)
160	**BUCHALSKA Ewa**	**56**	EKOBIEGI	K4 50-59 lat	6	Tak		00:00:53	00:23:29	00:46:47	**01:10:19.05**	**01:10:19.05**	+00:24:09 (34.3%)	5:24	11.1 (65.7%)
161	**MAJEWSKA Hanna**	**279**	BIEGAM NA TARCHOMINIE	K2 30-39 lat	12	Tak		00:00:49	00:23:33	00:47:02	**01:10:19.50**	**01:10:19.50**	+00:24:09 (34.4%)	5:24	11.1 (65.7%)
162	**GUSZCZA Ewa**	**132**	MARKOWI BIEGACZE	K3 40-49 lat	12			00:00:51	00:23:21	00:46:57	**01:10:47.65**	**01:10:47.65**	+00:24:37 (34.8%)	5:26	11 (65.1%)
163	**ZDUNIAK Marcin**	**509**	BIEGAM NA TARCHOMINIE	M3 40-49 lat	64	Tak		00:01:12	00:25:08	00:48:42	**01:10:54.60**	**01:10:54.60**	+00:24:44 (34.9%)	5:27	11 (65.1%)
164	**ŁOZIŃSKI Piotr**	**267**	BRACTWO BIEGOWE BGK	M3 40-49 lat	65	Tak		00:00:58	00:24:11	00:47:33	**01:11:02.20**	**01:11:02.20**	+00:24:52 (35.0%)	5:27	11 (65.1%)
165	**KARAŚ-GMITRZUK Marzena**	**188**	BESTIE OCR LEGIONOWO	K3 40-49 lat	13		Tak	00:00:58	00:24:23	00:47:38	**01:11:05.85**	**01:11:05.85**	+00:24:55 (35.1%)	5:28	11 (65.1%)
166	**BIAŁOKOS Kamil**	**43**	GRUPA BIEGOWA CHTMO	M3 40-49 lat	66	Tak		00:00:59	00:25:31	00:47:38	**01:11:06.15**	**01:11:06.15**	+00:24:56 (35.1%)	5:28	11 (65.1%)
167	**GMITRZUK Paweł**	**117**	BESTIE OCR LEGIONOWO	M3 40-49 lat	67			00:00:59	00:24:24	00:47:41	**01:11:06.90**	**01:11:06.90**	+00:24:56 (35.1%)	5:28	11 (65.1%)
168	**STAROŃSKA Magdalena**	**417**	BIEGAM NA TARCHOMINIE	K3 40-49 lat	14	Tak		00:00:58	00:24:23	00:47:38	**01:11:07.10**	**01:11:07.10**	+00:24:57 (35.1%)	5:28	11 (65.1%)
169	**JASKÓLSKI Marcin**	**161**	BESTIE OCR LEGIONOWO	M3 40-49 lat	68			00:01:01	00:24:25	00:47:38	**01:11:07.20**	**01:11:07.20**	+00:24:57 (35.1%)	5:28	11 (65.1%)
169	**ŁATKOWSKA Monika**	**265**	GRUPA BIEGOWA CHTMO	K3 40-49 lat	15			00:00:59	00:24:25	00:47:38	**01:11:07.20**	**01:11:07.20**	+00:24:57 (35.1%)	5:28	11 (65.1%)
171	**PTASIŃSKI Piotr**	**362**		M4 50-59	16			00:00:47	00:24:02	00:47:51	**01:11:07.50**	**01:11:07.50**	+00:24:57 (35.1%)	5:28	11 (65.1%)
172	**KOSINSKI Olek**	**222**		M2 30-39 lat	39			00:00:55	00:24:07	00:47:26	**01:11:08.15**	**01:11:08.15**	+00:24:58 (35.1%)	5:28	11 (65.1%)
173	**SOBCZAK Bogusław**	**404**	M.I.L.A.	M4 50-59	17			00:00:56	00:24:04	00:47:07	**01:11:09.00**	**01:11:09.00**	+00:24:58 (35.1%)	5:28	11 (65.1%)
174	**LAUR Mirosław**	**256**	MILWAUKEE POLSKA	M2 30-39 lat	40			00:00:34	00:23:43	00:47:27	**01:11:13.80**	**01:11:13.80**	+00:25:03 (35.2%)	5:28	11 (65.1%)
175	**WIERBIŁOWICZ Dariusz**	**483**		M3 40-49 lat	69			00:00:53	00:23:29	00:46:59	**01:11:15.15**	**01:11:15.15**	+00:25:05 (35.2%)	5:28	10.9 (64.5%)
176	**JARMUŻEWSKA Teresa**	**152**	TIA	K4 50-59 lat	7	Tak		00:00:59	00:24:30	00:48:10	**01:11:18.45**	**01:11:18.45**	+00:25:08 (35.3%)	5:29	10.9 (64.5%)
177	**SŁOWIAK Klaudia**	**401**		K2 30-39 lat	13			00:00:47	00:23:53	00:47:44	**01:11:35.35**	**01:11:35.35**	+00:25:25 (35.5%)	5:30	10.9 (64.5%)
178	**GIL Wojciech**	**114**	TEAM ZABIEGANEDNI	M4 50-59	18			00:00:36	00:23:06	00:46:48	**01:11:38.40**	**01:11:38.40**	+00:25:28 (35.6%)	5:30	10.9 (64.5%)
179	**GÒRAL Tadeusz**	**119**	KKB	M4 50-59	19			00:00:31	00:24:50	00:48:20	**01:11:44.00**	**01:11:44.00**	+00:25:33 (35.6%)	5:31	10.9 (64.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkańcy Białołęki	Pracownicy Służby Więziennej	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
180	**MICHALSKI Ryszard**	**292**	BEMOWO BIEGA	M3 40-49 lat	70			00:00:53	00:23:42	00:47:48	**01:11:46.65**	**01:11:46.65**	+00:25:36 (35.7%)	5:31	10.9 (64.5%)
181	**BARTNIK Rafał**	**29**	ZABIEGANY WOŁOMIN	M3 40-49 lat	71			00:01:02	00:24:35	00:48:16	**01:11:49.05**	**01:11:49.05**	+00:25:39 (35.7%)	5:31	10.9 (64.5%)
182	**RÓŻAŃSKA Magdalena**	**370**		K3 40-49 lat	16			00:00:35	00:24:00	00:48:03	**01:11:54.90**	**01:11:54.90**	+00:25:44 (35.8%)	5:31	10.8 (63.9%)
183	**DOMINIAK Zbigniew**	**508**		M3 40-49 lat	72	Tak		00:00:45	00:24:11	00:48:06	**01:11:55.75**	**01:11:55.75**	+00:25:45 (35.8%)	5:31	10.8 (63.9%)
184	**WIŚNIEWSKI Tomasz**	**488**		M4 50-59	20			00:01:09	00:25:27	00:49:02	**01:12:02.70**	**01:12:02.70**	+00:25:52 (35.9%)	5:32	10.8 (63.9%)
185	**KOPER Sebastian**	**217**	CARREFOUR RUNNING TEAM	M3 40-49 lat	73			00:00:50	00:23:36	00:47:30	**01:12:04.45**	**01:12:04.45**	+00:25:54 (35.9%)	5:32	10.8 (63.9%)
186	**PIASECKI Rafał**	**343**	PARÓWY WWA	M2 30-39 lat	41	Tak		00:00:53	00:25:10	00:48:48	**01:12:08.10**	**01:12:08.10**	+00:25:58 (36.0%)	5:32	10.8 (63.9%)
187	**SŁOWIK Paweł**	**402**	PARÓWY WWA	M2 30-39 lat	42			00:00:53	00:25:10	00:48:48	**01:12:09.35**	**01:12:09.35**	+00:25:59 (36.0%)	5:33	10.8 (63.9%)
188	**NOGAL Robert**	**314**	INDOORY URSUS	M3 40-49 lat	74			00:01:24	00:24:55	00:48:39	**01:12:15.20**	**01:12:15.20**	+00:26:05 (36.1%)	5:33	10.8 (63.9%)
189	**KORDALSKI Emil**	**218**	DWSZDR	M2 30-39 lat	43			00:00:33	00:23:05	00:47:24	**01:12:16.95**	**01:12:16.95**	+00:26:06 (36.1%)	5:33	10.8 (63.9%)
190	**PROKOPIUK Grzegorz**	**360**	SZWAGRY DWA	M3 40-49 lat	75	Tak		00:00:34	00:24:46	00:48:15	**01:12:18.90**	**01:12:18.90**	+00:26:08 (36.2%)	5:33	10.8 (63.9%)
191	**BARANOWSKI Łukasz**	**25**		M2 30-39 lat	44			00:00:55	00:24:31	00:47:46	**01:12:24.90**	**01:12:24.90**	+00:26:14 (36.2%)	5:34	10.8 (63.9%)
192	**BORUSZEWSKI Maciej**	**52**		M3 40-49 lat	76			00:01:02	00:24:34	00:48:51	**01:12:29.65**	**01:12:29.65**	+00:26:19 (36.3%)	5:34	10.8 (63.9%)
193	**TURCZYŃSKA Monika**	**447**		K3 40-49 lat	17			00:00:40	00:23:52	00:48:01	**01:12:30.95**	**01:12:30.95**	+00:26:20 (36.3%)	5:34	10.8 (63.9%)
194	**MATYSZCZAK Krzysztof**	**287**	KENKO	M3 40-49 lat	77			00:01:03	00:27:54	00:50:57	**01:12:37.85**	**01:12:37.85**	+00:26:27 (36.4%)	5:35	10.7 (63.3%)
195	**TULA Renata**	**469**		70+	2			00:00:49	00:24:26	00:48:31	**01:12:39.00**	**01:12:39.00**	+00:26:28 (36.5%)	5:35	10.7 (63.3%)
196	**JONKO Marcin**	**165**		M3 40-49 lat	78			00:01:08	00:25:45	00:49:28	**01:12:42.70**	**01:12:42.70**	+00:26:32 (36.5%)	5:35	10.7 (63.3%)
197	**KOŁOSOWSKI Piotr**	**213**		M3 40-49 lat	79			00:00:56	00:25:35	00:50:15	**01:12:42.75**	**01:12:42.75**	+00:26:32 (36.5%)	5:35	10.7 (63.3%)
198	**CIMOCHOWSKA-ŚWITALSKA Magdalena**	**70**	BIEGAM NA TARCHOMINIE	K3 40-49 lat	18	Tak		00:01:04	00:24:56	00:48:58	**01:12:50.10**	**01:12:50.10**	+00:26:40 (36.6%)	5:36	10.7 (63.3%)
199	**KARASIEWICZ Łukasz**	**187**	SZURAM KILOMETRY / KB OŻARÓW MAZOWIECKI BIEGA	M2 30-39 lat	45			00:01:06	00:24:27	00:48:43	**01:12:56.15**	**01:12:56.15**	+00:26:46 (36.7%)	5:36	10.7 (63.3%)
200	**STEMPEL Tomasz**	**419**		M3 40-49 lat	80			00:01:28	00:25:53	00:49:33	**01:12:59.45**	**01:12:59.45**	+00:26:49 (36.7%)	5:36	10.7 (63.3%)
201	**MILCZAREK Tomasz**	**300**		M2 30-39 lat	46	Tak		00:01:23	00:24:55	00:48:39	**01:13:00.10**	**01:13:00.10**	+00:26:50 (36.8%)	5:36	10.7 (63.3%)
202	**GRUBKAJTYS Henryk**	**128**		M1 < 29 lat	6	Tak		00:00:31	00:22:44	00:46:47	**01:13:06.40**	**01:13:06.40**	+00:26:56 (36.8%)	5:37	10.7 (63.3%)
203	**NOSARZEWSKI Mariusz**	**315**	GB PRESS	M3 40-49 lat	81			00:01:06	00:24:26	00:48:41	**01:13:15.10**	**01:13:15.10**	+00:27:05 (37.0%)	5:38	10.6 (62.7%)
204	**MIKINA Artur**	**298**	GUNS N' ROSES RUN TEAM	M5 60+	8			00:00:40	00:24:41	00:48:50	**01:13:22.60**	**01:13:22.60**	+00:27:12 (37.1%)	5:38	10.6 (62.7%)
205	**BARDZIŃSKI Łukasz**	**26**		M2 30-39 lat	47	Tak		00:01:30	00:24:48	00:48:51	**01:13:39.55**	**01:13:39.55**	+00:27:29 (37.3%)	5:39	10.6 (62.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkańcy Białołęki	Pracownicy Służby Więziennej	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
206	**GOZDZIKIEWICZ Błażej**	**121**	BIEGAM NA TARCHOMINIE	M3 40-49 lat	82	Tak		00:00:50	00:24:54	00:49:43	**01:13:43.05**	**01:13:43.05**	+00:27:33 (37.4%)	5:40	10.6 (62.7%)
207	**DZYRUK Maciej**	**92**		M2 30-39 lat	48			00:01:13	00:25:44	00:49:57	**01:13:49.25**	**01:13:49.25**	+00:27:39 (37.5%)	5:40	10.6 (62.7%)
208	**WALCZUK Magda**	**475**	BRAK	K2 30-39 lat	14	Tak		00:00:39	00:24:27	00:48:52	**01:14:01.85**	**01:14:01.85**	+00:27:51 (37.6%)	5:41	10.5 (62.1%)
209	**KOĆ Marcin**	**209**	BIEGAM NA TARCHOMINIE	M3 40-49 lat	83			00:01:09	00:25:18	00:49:39	**01:14:02.35**	**01:14:02.35**	+00:27:52 (37.6%)	5:41	10.5 (62.1%)
210	**ADAMCZUK Agnieszka**	**12**	MARKOWI BIEGACZE	K3 40-49 lat	19			00:00:50	00:24:24	00:49:46	**01:14:03.80**	**01:14:03.80**	+00:27:53 (37.7%)	5:41	10.5 (62.1%)
211	**WYRWAS Tadeusz**	**504**	PGP SPORTOWA PACZKA	M5 60+	9			00:01:03	00:25:53	00:50:17	**01:14:04.55**	**01:14:04.55**	+00:27:54 (37.7%)	5:41	10.5 (62.1%)
212	**DWOJAK Piotr**	**437**		M2 30-39 lat	49			00:00:41	00:24:02	00:48:46	**01:14:09.55**	**01:14:09.55**	+00:27:59 (37.7%)	5:42	10.5 (62.1%)
213	**KOSMALA Dariusz**	**223**		M4 50-59	21			00:00:45	00:24:54	00:49:29	**01:14:12.45**	**01:14:12.45**	+00:28:02 (37.8%)	5:42	10.5 (62.1%)
214	**MICHALIK Katarzyna**	**428**	TO NATURALNE	K2 30-39 lat	15	Tak		00:01:09	00:24:56	00:49:26	**01:14:17.70**	**01:14:17.70**	+00:28:07 (37.9%)	5:42	10.5 (62.1%)
215	**WCISŁO Marcin**	**480**		M3 40-49 lat	84			00:01:08	00:24:57	00:49:27	**01:14:19.45**	**01:14:19.45**	+00:28:09 (37.9%)	5:43	10.5 (62.1%)
215	**BITOWSKI Hubert**	**46**		M3 40-49 lat	84			00:01:10	00:25:27	00:50:12	**01:14:19.45**	**01:14:19.45**	+00:28:09 (37.9%)	5:43	10.5 (62.1%)
217	**KOSECKI Jakub**	**415**		M3 40-49 lat	86			00:01:30	00:27:56	00:51:24	**01:14:20.65**	**01:14:20.65**	+00:28:10 (37.9%)	5:43	10.5 (62.1%)
218	**ISASI-KURAN Agata**	**143**	MARKOWI BIEGACZE	K3 40-49 lat	20			00:01:03	00:26:09	00:50:29	**01:14:28.95**	**01:14:28.95**	+00:28:18 (38.0%)	5:43	10.5 (62.1%)
219	**TRZASKO Ania**	**466**		K2 30-39 lat	16			00:00:43	00:24:58	00:49:52	**01:14:39.70**	**01:14:39.70**	+00:28:29 (38.2%)	5:44	10.4 (61.5%)
220	**ORNOWSKA Joanna**	**329**		K1 < 29 lat	4			00:00:42	00:23:33	00:49:04	**01:14:41.75**	**01:14:41.75**	+00:28:31 (38.2%)	5:44	10.4 (61.5%)
221	**KARWECKI Patryk**	**194**		M2 30-39 lat	50	Tak		00:01:03	00:24:33	00:49:06	**01:14:41.90**	**01:14:41.90**	+00:28:31 (38.2%)	5:44	10.4 (61.5%)
222	**MYŚLIŃSKA Anna**	**123**	BIAŁOŁĘKA JEST KOBIETĄ	K3 40-49 lat	21	Tak	Tak	00:00:56	00:25:12	00:50:00	**01:14:42.80**	**01:14:42.80**	+00:28:32 (38.2%)	5:44	10.4 (61.5%)
223	**ZUBELEWICZ-JERUZALSKA Anna**	**516**		K2 30-39 lat	17	Tak		00:00:51	00:24:52	00:49:56	**01:14:44.10**	**01:14:44.10**	+00:28:34 (38.2%)	5:44	10.4 (61.5%)
224	**MACURA Michał**	**276**		M3 40-49 lat	87	Tak		00:00:55	00:25:19	00:50:15	**01:15:04.20**	**01:15:04.20**	+00:28:54 (38.5%)	5:46	10.4 (61.5%)
225	**TRZCIŃSKI Michał**	**468**		M1 < 29 lat	7			00:01:12	00:26:04	00:50:45	**01:15:05.75**	**01:15:05.75**	+00:28:55 (38.5%)	5:46	10.4 (61.5%)
226	**ŚWIDERSKI Darek**	**453**	POLYPHARM	M4 50-59	22			00:00:49	00:24:18	00:48:39	**01:15:06.90**	**01:15:06.90**	+00:28:56 (38.5%)	5:46	10.4 (61.5%)
227	**MIŁOSZ Marek**	**301**		M4 50-59	23	Tak		00:01:25	00:25:53	00:50:25	**01:15:09.40**	**01:15:09.40**	+00:28:59 (38.6%)	5:46	10.4 (61.5%)
228	**CZAJKOWSKI Rafał**	**73**	EKOBIEGI	M3 40-49 lat	88	Tak		00:01:04	00:28:21	00:51:52	**01:15:16.40**	**01:15:16.40**	+00:29:06 (38.7%)	5:47	10.4 (61.5%)
228	**HRYCIUK Katarzyna**	**141**	EKOBIEGI	K3 40-49 lat	22			00:01:02	00:27:54	00:51:52	**01:15:16.40**	**01:15:16.40**	+00:29:06 (38.7%)	5:47	10.4 (61.5%)
230	**LODOWSKA Ilona**	**263**		K3 40-49 lat	23			00:00:53	00:25:03	00:50:16	**01:15:28.60**	**01:15:28.60**	+00:29:18 (38.8%)	5:48	10.3 (60.9%)
231	**PIKULIŃSKA Iwona**	**345**		K2 30-39 lat	18	Tak		00:01:18	00:25:56	00:50:46	**01:15:31.05**	**01:15:31.05**	+00:29:21 (38.9%)	5:48	10.3 (60.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkańcy Białołęki	Pracownicy Służby Więziennej	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
232	**ZAKRZEWSKI Marek**	**439**		M4 50-59	24			00:01:03	00:28:15	00:52:02	**01:15:33.45**	**01:15:33.45**	+00:29:23 (38.9%)	5:48	10.3 (60.9%)
233	**SUCHODOLSKI Mariusz**	**426**	BIEGIEM NA KAWE	M4 50-59	25	Tak		00:01:27	00:26:45	00:51:43	**01:15:35.70**	**01:15:35.70**	+00:29:25 (38.9%)	5:48	10.3 (60.9%)
234	**KURZACZ Katarzyna**	**251**	12TRI.PL	K4 50-59 lat	8			00:00:47	00:25:51	00:50:40	**01:15:36.60**	**01:15:36.60**	+00:29:26 (38.9%)	5:48	10.3 (60.9%)
235	**WOSIK Jerzy**	**493**	DANIEL WOSIK TERVEL MOUNTAIN RUNNER	M3 40-49 lat	89			00:01:24	00:27:53	00:51:40	**01:15:40.55**	**01:15:40.55**	+00:29:30 (39.0%)	5:49	10.3 (60.9%)
236	**OGRODNICZUK Józef**	**323**		M5 60+	10			00:01:11	00:26:06	00:50:47	**01:15:48.05**	**01:15:48.05**	+00:29:38 (39.1%)	5:49	10.3 (60.9%)
237	**SZCZYGIEŁ Piotr**	**436**		M3 40-49 lat	90			00:00:40	00:24:23	00:50:43	**01:15:59.85**	**01:15:59.85**	+00:29:49 (39.3%)	5:50	10.3 (60.9%)
237	**KRUPIŃSKA-SZCZYGIEŁ Wiola**	**239**		K1 < 29 lat	5			00:00:39	00:24:25	00:50:42	**01:15:59.85**	**01:15:59.85**	+00:29:49 (39.3%)	5:50	10.3 (60.9%)
239	**SYNOWIEC Dorota**	**432**		K3 40-49 lat	24			00:01:04	00:25:55	00:51:01	**01:16:02.75**	**01:16:02.75**	+00:29:52 (39.3%)	5:50	10.3 (60.9%)
240	**WIECZOREK Dariusz**	**482**		M4 50-59	26			00:03:26	00:28:14	00:52:42	**01:16:05.95**	**01:16:05.95**	+00:29:55 (39.3%)	5:51	10.3 (60.9%)
241	**BUJNICKI Kazimierz**	**58**	MORSY ZIELONKA	M4 50-59	27			00:00:50	00:25:52	00:51:32	**01:16:10.95**	**01:16:10.95**	+00:30:00 (39.4%)	5:51	10.2 (60.4%)
242	**OSTAPIŃSKA Magda**	**334**	OSTRESROKI	K4 50-59 lat	9			00:01:01	00:26:28	00:51:29	**01:16:12.85**	**01:16:12.85**	+00:30:02 (39.4%)	5:51	10.2 (60.4%)
243	**BAKUŁA Wiesław**	**23**	WAMPIR	M4 50-59	28	Tak		00:00:32	00:24:46	00:50:13	**01:16:26.25**	**01:16:26.25**	+00:30:16 (39.6%)	5:52	10.2 (60.4%)
244	**BAJDAŁA Robert**	**21**		M2 30-39 lat	51			00:01:13	00:27:41	00:52:26	**01:16:38.05**	**01:16:38.05**	+00:30:28 (39.8%)	5:53	10.2 (60.4%)
245	**MALANOWICZ Michał**	**280**		M2 30-39 lat	52			00:01:13	00:27:41	00:52:26	**01:16:39.20**	**01:16:39.20**	+00:30:29 (39.8%)	5:53	10.2 (60.4%)
246	**RUBIN-SZYMAŃSKI Łukasz Ryszard**	**371**	ŁOMIANKOWSKS GRUPA BIEGOWA/ OSP ŁOMIANKI	M2 30-39 lat	53			00:01:20	00:23:42	00:48:29	**01:16:42.25**	**01:16:42.25**	+00:30:32 (39.8%)	5:54	10.2 (60.4%)
247	**DOBOSZ Aneta**	**82**	WŚCIEKŁE PIĘŚCI WĘŻA	K2 30-39 lat	19	Tak		00:01:22	00:26:34	00:51:21	**01:16:45.10**	**01:16:45.10**	+00:30:35 (39.8%)	5:54	10.2 (60.4%)
248	**GUZIŃSKA Ola**	**134**		K3 40-49 lat	25			00:00:49	00:25:50	00:51:08	**01:16:52.25**	**01:16:52.25**	+00:30:42 (39.9%)	5:54	10.1 (59.8%)
249	**NOBERT Marta**	**313**		K3 40-49 lat	26		Tak	00:00:45	00:25:50	00:51:47	**01:16:52.30**	**01:16:52.30**	+00:30:42 (39.9%)	5:54	10.1 (59.8%)
250	**STANISZEWSKI Rafał**	**416**	TURBODZIKI	M3 40-49 lat	91		Tak	00:00:47	00:26:34	00:51:53	**01:16:53.40**	**01:16:53.40**	+00:30:43 (40.0%)	5:54	10.1 (59.8%)
251	**WĄSIK Izabela**	**479**	BEMOWO BIEGA	K4 50-59 lat	10			00:00:50	00:25:50	00:51:07	**01:16:53.70**	**01:16:53.70**	+00:30:43 (40.0%)	5:54	10.1 (59.8%)
252	**TELEGA Janusz**	**456**	WAT	M5 60+	11			00:01:07	00:26:10	00:51:24	**01:16:57.75**	**01:16:57.75**	+00:30:47 (40.0%)	5:55	10.1 (59.8%)
253	**KATNER Tomasz**	**195**		M3 40-49 lat	92			00:00:58	00:26:06	00:51:51	**01:17:01.70**	**01:17:01.70**	+00:30:51 (40.1%)	5:55	10.1 (59.8%)
254	**KUCIŃSKI Łukasz**	**244**		M3 40-49 lat	93			00:00:52	00:25:04	00:50:36	**01:17:17.25**	**01:17:17.25**	+00:31:07 (40.3%)	5:56	10.1 (59.8%)
255	**BĄK Hubert**	**33**	BRACTWO BIEGOWE BGK	M2 30-39 lat	54	Tak		00:00:59	00:25:12	00:50:38	**01:17:17.55**	**01:17:17.55**	+00:31:07 (40.3%)	5:56	10.1 (59.8%)
256	**BĄK Andrzej**	**34**		M4 50-59	29			00:00:57	00:25:12	00:50:41	**01:17:18.55**	**01:17:18.55**	+00:31:08 (40.3%)	5:56	10.1 (59.8%)
257	**KACZMAREK Katarzyna**	**171**	MARKOWI BIEGACZE	K2 30-39 lat	20			00:01:04	00:26:44	00:52:10	**01:17:31.00**	**01:17:31.00**	+00:31:20 (40.4%)	5:57	10.1 (59.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkańcy Białołęki	Pracownicy Służby Więziennej	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
258	**MUCHA Grzegorz**	**310**		M5 60+	12	Tak		00:01:02	00:26:28	00:51:36	**01:17:47.70**	**01:17:47.70**	+00:31:37 (40.7%)	5:59	10 (59.2%)
259	**LEZNER Karolina**	**262**		K2 30-39 lat	21		Tak	00:00:40	00:26:02	00:51:51	**01:17:55.15**	**01:17:55.15**	+00:31:45 (40.7%)	5:59	10 (59.2%)
260	**CHOJNOWSKI Andrzej**	**63**	BIEGAM NA TARCHOMINIE	M3 40-49 lat	94	Tak		00:01:08	00:27:15	00:52:47	**01:18:13.40**	**01:18:13.40**	+00:32:03 (41.0%)	6:01	10 (59.2%)
261	**SROCZYNSKA Emilia**	**414**		K2 30-39 lat	22	Tak		00:00:46	00:26:15	00:52:28	**01:18:26.05**	**01:18:26.05**	+00:32:16 (41.1%)	6:02	9.9 (58.6%)
262	**GAWEŁ Dorota**	**107**		K3 40-49 lat	27			00:01:06	00:26:21	00:52:12	**01:18:31.35**	**01:18:31.35**	+00:32:21 (41.2%)	6:02	9.9 (58.6%)
263	**KUJAWA Agnieszka**	**245**		K3 40-49 lat	28			00:00:47	00:26:20	00:52:32	**01:18:33.70**	**01:18:33.70**	+00:32:23 (41.2%)	6:02	9.9 (58.6%)
264	**STEPANIUK Robert**	**420**		M2 30-39 lat	55			00:00:42	00:25:48	00:52:11	**01:18:38.75**	**01:18:38.75**	+00:32:28 (41.3%)	6:02	9.9 (58.6%)
265	**GALIŃSKA Magdalena**	**104**		K2 30-39 lat	23			00:00:33	00:25:49	00:51:50	**01:18:46.55**	**01:18:46.55**	+00:32:36 (41.4%)	6:03	9.9 (58.6%)
266	**WITEK Małgorzata**	**489**		K3 40-49 lat	29	Tak		00:00:46	00:26:15	00:52:29	**01:18:59.50**	**01:18:59.50**	+00:32:49 (41.6%)	6:04	9.9 (58.6%)
267	**MAREK Roman**	**284**	GUNS & ROSES RUN TEAM	M5 60+	13			00:00:44	00:25:57	00:52:31	**01:19:00.85**	**01:19:00.85**	+00:32:50 (41.6%)	6:04	9.9 (58.6%)
268	**ADAMKIEWICZ Marcin**	**14**		M3 40-49 lat	95	Tak		00:00:33	00:25:29	00:51:09	**01:19:09.05**	**01:19:09.05**	+00:32:59 (41.7%)	6:05	9.9 (58.6%)
269	**ZYGADŁO Piotr**	**518**		M3 40-49 lat	96			00:00:46	00:27:43	00:53:47	**01:19:20.95**	**01:19:20.95**	+00:33:10 (41.8%)	6:06	9.8 (58.0%)
270	**NOWAK Marcin**	**318**		M3 40-49 lat	97		Tak	00:01:26	00:27:39	00:53:40	**01:19:22.75**	**01:19:22.75**	+00:33:12 (41.8%)	6:06	9.8 (58.0%)
271	**CZARTORYSKA Anna**	**407**		K3 40-49 lat	30	Tak		00:00:45	00:25:35	00:52:23	**01:19:24.35**	**01:19:24.35**	+00:33:14 (41.9%)	6:06	9.8 (58.0%)
272	**OWOC Magdalena**	**339**	BIEGAJ POD OKIEM TRENERA	K2 30-39 lat	24	Tak		00:00:46	00:26:14	00:52:24	**01:19:24.50**	**01:19:24.50**	+00:33:14 (41.9%)	6:06	9.8 (58.0%)
273	**KOWALCZYK Mateusz**	**228**		M1 < 29 lat	8			00:01:25	00:27:12	00:52:57	**01:19:27.45**	**01:19:27.45**	+00:33:17 (41.9%)	6:06	9.8 (58.0%)
274	**MŁYŃCZYK Adriana**	**304**		K3 40-49 lat	31	Tak		00:00:37	00:26:02	00:52:25	**01:19:27.55**	**01:19:27.55**	+00:33:17 (41.9%)	6:06	9.8 (58.0%)
275	**OSIŃSKI Zbigniew**	**333**	BIEGAM BO LUBIĘ	M3 40-49 lat	98	Tak		00:00:37	00:26:01	00:52:25	**01:19:27.85**	**01:19:27.85**	+00:33:17 (41.9%)	6:06	9.8 (58.0%)
276	**KOCIK Elżbieta**	**4**		K3 40-49 lat	32	Tak		00:01:22	00:28:08	00:54:01	**01:19:32.60**	**01:19:32.60**	+00:33:22 (42.0%)	6:07	9.8 (58.0%)
277	**SIERZPUTOWSKA Ewa**	**388**	GUNS & ROSES RUN TEAM	K4 50-59 lat	11			00:00:43	00:26:26	00:52:39	**01:19:39.15**	**01:19:39.15**	+00:33:29 (42.0%)	6:07	9.8 (58.0%)
278	**MARCZAK Grażyna**	**283**	LECZO TEAM	K5 60 +	1			00:00:40	00:26:30	00:52:41	**01:19:43.55**	**01:19:43.55**	+00:33:33 (42.1%)	6:07	9.8 (58.0%)
279	**TUMIŃSKI Artur**	**470**		M3 40-49 lat	99	Tak		00:01:07	00:26:36	00:52:32	**01:19:44.60**	**01:19:44.60**	+00:33:34 (42.1%)	6:08	9.8 (58.0%)
280	**OSIŃSKI Stanisław**	**332**		70+	3			00:00:48	00:27:30	00:54:03	**01:19:55.80**	**01:19:55.80**	+00:33:45 (42.2%)	6:08	9.8 (58.0%)
281	**STROMECKI Marcin**	**424**	BFM	M2 30-39 lat	56	Tak		00:01:39	00:28:26	00:55:10	**01:19:59.95**	**01:19:59.95**	+00:33:49 (42.3%)	6:09	9.8 (58.0%)
282	**CYBULSKI Adam**	**72**	RWKLL	M5 60+	14			00:00:48	00:25:39	00:51:46	**01:20:04.50**	**01:20:04.50**	+00:33:54 (42.3%)	6:09	9.7 (57.4%)
283	**ORŁOWSKI Tomasz**	**328**		M2 30-39 lat	57			00:01:17	00:28:21	00:54:45	**01:20:18.80**	**01:20:18.80**	+00:34:08 (42.5%)	6:10	9.7 (57.4%)
284	**ŁUCZAK Piotr**	**271**	PKO BANK POLSKI	M3 40-49 lat	100	Tak		00:00:54	00:25:40	00:52:37	**01:20:28.20**	**01:20:28.20**	+00:34:18 (42.6%)	6:11	9.7 (57.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkańcy Białołęki	Pracownicy Służby Więziennej	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
285	**ŁUCZAK Małgorzata**	**270**	RUNNERSI ZE SKARBKA	K3 40-49 lat	33	Tak		00:00:53	00:25:52	00:52:44	**01:20:28.40**	**01:20:28.40**	+00:34:18 (42.6%)	6:11	9.7 (57.4%)
286	**TORZEWSKI Janusz**	**462**	BEMOWO BIEGA	M3 40-49 lat	101			00:01:07	00:27:51	00:54:47	**01:20:57.50**	**01:20:57.50**	+00:34:47 (43.0%)	6:13	9.6 (56.8%)
287	**TORZEWSKA Agnieszka**	**461**		K3 40-49 lat	34			00:01:07	00:27:51	00:54:48	**01:20:57.65**	**01:20:57.65**	+00:34:47 (43.0%)	6:13	9.6 (56.8%)
288	**SZULAWSKI Robert**	**440**	GSD.RUNNERS.	M4 50-59	30			00:00:57	00:27:09	00:55:01	**01:21:14.30**	**01:21:14.30**	+00:35:04 (43.2%)	6:14	9.6 (56.8%)
289	**NOSKIEWICZ Krzysztof**	**316**		M3 40-49 lat	102			00:00:57	00:27:10	00:54:25	**01:21:14.80**	**01:21:14.80**	+00:35:04 (43.2%)	6:14	9.6 (56.8%)
290	**KOSEWSKA Dorota**	**220**	BIEGAM NA TARCHOMINIE	K4 50-59 lat	12	Tak		00:01:09	00:27:33	00:54:26	**01:21:46.90**	**01:21:46.90**	+00:35:36 (43.5%)	6:17	9.5 (56.2%)
291	**KOSTRZEWSKI Piotr**	**224**		M4 50-59	31			00:01:29	00:27:55	00:54:42	**01:22:01.80**	**01:22:01.80**	+00:35:51 (43.7%)	6:18	9.5 (56.2%)
292	**SUWALD Andrzej**	**429**		M5 60+	15			00:01:16	00:28:20	00:55:42	**01:22:57.25**	**01:22:57.25**	+00:36:47 (44.3%)	6:22	9.4 (55.6%)
293	**KACZYŃSKA Paula**	**173**		K1 < 29 lat	6	Tak		00:01:07	00:28:22	00:55:43	**01:23:04.25**	**01:23:04.25**	+00:36:54 (44.4%)	6:23	9.4 (55.6%)
294	**JOŃCZYK Stanisław**	**166**		M4 50-59	32			00:01:10	00:28:21	00:55:43	**01:23:07.25**	**01:23:07.25**	+00:36:57 (44.5%)	6:23	9.4 (55.6%)
295	**ZYBULA Maciej Leonard**	**517**	BEES & HONEY	M2 30-39 lat	58	Tak		00:00:26	00:26:37	00:54:36	**01:23:47.75**	**01:23:47.75**	+00:37:37 (44.9%)	6:26	9.3 (55.0%)
296	**CZUPTA Hirek**	**76**	KLUB ROGATEGO MORSA	M3 40-49 lat	103			00:00:53	00:28:00	00:56:15	**01:23:48.80**	**01:23:48.80**	+00:37:38 (44.9%)	6:26	9.3 (55.0%)
297	**MIASTOWSKI Rafał**	**18**	SŁOŃ B	M4 50-59	33			00:01:23	00:29:21	00:57:17	**01:23:56.45**	**01:23:56.45**	+00:37:46 (45.0%)	6:27	9.3 (55.0%)
298	**BEBNOWICZ Andrzej**	**37**		M5 60+	16			00:01:24	00:28:25	00:56:14	**01:24:01.75**	**01:24:01.75**	+00:37:51 (45.1%)	6:27	9.3 (55.0%)
299	**SIKORSKA Agnieszka**	**390**	EKOBIEGI	K3 40-49 lat	35	Tak		00:01:03	00:28:00	00:55:35	**01:24:22.10**	**01:24:22.10**	+00:38:12 (45.3%)	6:29	9.2 (54.4%)
300	**TRZCIŃSKA Iwona**	**467**		K4 50-59 lat	13			00:01:12	00:28:45	00:56:10	**01:24:24.85**	**01:24:24.85**	+00:38:14 (45.3%)	6:29	9.2 (54.4%)
301	**SUCHORZEWSKI Norbert**	**427**		M3 40-49 lat	104			00:01:28	00:28:15	00:55:34	**01:24:24.95**	**01:24:24.95**	+00:38:14 (45.3%)	6:29	9.2 (54.4%)
302	**SOWA Andrzej**	**412**		M3 40-49 lat	105			00:00:49	00:27:55	00:56:08	**01:24:27.90**	**01:24:27.90**	+00:38:17 (45.3%)	6:29	9.2 (54.4%)
303	**HEBDA Bartłomiej**	**138**		M3 40-49 lat	106			00:01:33	00:30:10	00:57:07	**01:24:29.85**	**01:24:29.85**	+00:38:19 (45.4%)	6:29	9.2 (54.4%)
304	**HEBDA Agata**	**137**		K3 40-49 lat	36			00:01:18	00:29:12	00:57:12	**01:24:38.45**	**01:24:38.45**	+00:38:28 (45.5%)	6:30	9.2 (54.4%)
305	**KAMIŃSKA Anna**	**177**		K3 40-49 lat	37		Tak	00:01:16	00:29:06	00:57:03	**01:24:50.05**	**01:24:50.05**	+00:38:40 (45.6%)	6:31	9.2 (54.4%)
306	**KAMIŃSKI Marcin**	**178**		M3 40-49 lat	107			00:01:16	00:29:06	00:57:03	**01:24:50.35**	**01:24:50.35**	+00:38:40 (45.6%)	6:31	9.2 (54.4%)
307	**ŁOZOWSKI Robert**	**269**		M3 40-49 lat	108	Tak		00:00:44	00:27:31	00:55:55	**01:25:01.45**	**01:25:01.45**	+00:38:51 (45.7%)	6:32	9.2 (54.4%)
308	**ZIARKO Joanna**	**513**		K3 40-49 lat	38			00:00:56	00:27:49	00:55:56	**01:25:12.35**	**01:25:12.35**	+00:39:02 (45.8%)	6:33	9.2 (54.4%)
309	**RUCYK Justyna**	**372**		K3 40-49 lat	39			00:01:17	00:28:07	00:56:06	**01:25:13.90**	**01:25:13.90**	+00:39:03 (45.8%)	6:33	9.2 (54.4%)
310	**JUSZCZAK Kamil**	**169**		M1 < 29 lat	9			00:01:13	00:29:50	00:58:00	**01:25:17.00**	**01:25:17.00**	+00:39:06 (45.9%)	6:33	9.1 (53.8%)
311	**TYBURC Paweł**	**69**	RADA DZIELNICY BIAŁOŁĘKA	M3 40-49 lat	109	Tak		00:01:21	00:28:08	00:56:06	**01:25:25.80**	**01:25:25.80**	+00:39:15 (46.0%)	6:34	9.1 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkańcy Białołęki	Pracownicy Służby Więziennej	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
312	**DRZEWIECKA Joanna**	**89**		K4 50-59 lat	14			00:01:14	00:29:37	00:57:55	**01:25:34.90**	**01:25:34.90**	+00:39:24 (46.1%)	6:34	9.1 (53.8%)
313	**SIEWK Ewa**	**540**		K4 50-59 lat	15			00:01:09	00:29:38	00:57:20	**01:25:41.50**	**01:25:41.50**	+00:39:31 (46.1%)	6:35	9.1 (53.8%)
314	**PRĘGOWSKI Grzegorz**	**359**	EKOBIEGI	M4 50-59	34			00:00:57	00:28:01	00:56:23	**01:25:42.05**	**01:25:42.05**	+00:39:32 (46.1%)	6:35	9.1 (53.8%)
315	**KWIECIEŃ Agata**	**253**		K4 50-59 lat	16	Tak		00:01:15	00:29:20	00:58:00	**01:26:05.00**	**01:26:05.00**	+00:39:54 (46.4%)	6:37	9.1 (53.8%)
316	**LEŚKO Jarek**	**258**		M3 40-49 lat	110	Tak		00:01:25	00:29:22	00:56:58	**01:26:17.25**	**01:26:17.25**	+00:40:07 (46.5%)	6:38	9 (53.3%)
317	**KONFEDERAK Agnieszka**	**215**	MARKOWI BIEGACZE	K3 40-49 lat	40			00:01:04	00:27:50	00:56:03	**01:26:25.05**	**01:26:25.05**	+00:40:15 (46.6%)	6:38	9 (53.3%)
318	**SOŁDECKA Anna**	**411**	SLOW JOGGING BIAŁOŁĘKA	K4 50-59 lat	17	Tak		00:01:37	00:31:07	00:59:10	**01:26:48.20**	**01:26:48.20**	+00:40:38 (46.8%)	6:40	9 (53.3%)
319	**JERZAK Eryk**	**162**		M5 60+	17			00:01:22	00:28:25	00:56:14	**01:26:54.15**	**01:26:54.15**	+00:40:44 (46.9%)	6:41	9 (53.3%)
320	**LEWANDOWSKA Monika**	**259**	BIEGAM NA BIAŁOŁĘCE	K3 40-49 lat	41	Tak		00:00:40	00:28:07	00:57:25	**01:26:55.35**	**01:26:55.35**	+00:40:45 (46.9%)	6:41	9 (53.3%)
321	**ŁOZOWSKA Dorota**	**268**		K3 40-49 lat	42	Tak		00:00:44	00:28:40	00:57:32	**01:27:04.10**	**01:27:04.10**	+00:40:54 (47.0%)	6:41	9 (53.3%)
322	**WINIARSKA Izabela**	**7**	IZAGÓRĄ	K3 40-49 lat	43	Tak		00:01:23	00:29:09	00:57:25	**01:27:05.55**	**01:27:05.55**	+00:40:55 (47.0%)	6:41	9 (53.3%)
323	**SZWARC Anna**	**442**		K3 40-49 lat	44	Tak		00:00:41	00:28:07	00:57:25	**01:27:12.30**	**01:27:12.30**	+00:41:02 (47.1%)	6:42	8.9 (52.7%)
324	**RUSIN Bartosz**	**374**		M3 40-49 lat	111			00:01:25	00:29:25	00:57:58	**01:27:13.50**	**01:27:13.50**	+00:41:03 (47.1%)	6:42	8.9 (52.7%)
325	**BERNAT Sebastian**	**40**	STARE WILKI	M3 40-49 lat	112			00:01:14	00:30:14	00:57:54	**01:28:00.75**	**01:28:00.75**	+00:41:50 (47.5%)	6:46	8.9 (52.7%)
326	**PIEŃKOSZ Monika**	**344**		K1 < 29 lat	7	Tak		00:01:08	00:29:58	00:58:06	**01:28:05.80**	**01:28:05.80**	+00:41:55 (47.6%)	6:46	8.9 (52.7%)
327	**GRYGOWSKA Beata**	**129**		K3 40-49 lat	45			00:00:45	00:27:54	00:58:01	**01:28:18.55**	**01:28:18.55**	+00:42:08 (47.7%)	6:47	8.8 (52.1%)
328	**TOMASZEWSKA Mariola**	**460**	BIEGAM DLA SIEBIE	K4 50-59 lat	18			00:01:06	00:30:55	00:59:21	**01:28:18.85**	**01:28:18.85**	+00:42:08 (47.7%)	6:47	8.8 (52.1%)
329	**JAROSZEWSKI Łukasz**	**160**		M1 < 29 lat	10			00:01:10	00:28:33	00:58:33	**01:29:30.95**	**01:29:30.95**	+00:43:20 (48.4%)	6:53	8.7 (51.5%)
330	**JAROSZEWSKI Konrad**	**159**		M2 30-39 lat	59			00:01:10	00:28:32	00:58:33	**01:29:31.90**	**01:29:31.90**	+00:43:21 (48.4%)	6:53	8.7 (51.5%)
331	**JEŻMAŃSKI Sławek**	**164**		M3 40-49 lat	113	Tak		00:01:27	00:30:57	01:00:28	**01:30:08.55**	**01:30:08.55**	+00:43:58 (48.8%)	6:56	8.7 (51.5%)
332	**ŻUCHOWSKI Artur**	**520**	MY MIESZKAŃCY LEGIONOWO	M3 40-49 lat	114			00:01:19	00:29:36	00:59:10	**01:30:09.70**	**01:30:09.70**	+00:43:59 (48.8%)	6:56	8.7 (51.5%)
333	**CICHECKA Aneta**	**67**		K3 40-49 lat	46			00:01:23	00:31:09	01:00:29	**01:30:30.80**	**01:30:30.80**	+00:44:20 (49.0%)	6:57	8.6 (50.9%)
334	**BĄCZEK Anna**	**32**		K3 40-49 lat	47		Tak	00:00:51	00:29:32	00:59:41	**01:31:03.35**	**01:31:03.35**	+00:44:53 (49.3%)	7:00	8.6 (50.9%)
335	**WOŹNIAK Marcin**	**496**		M3 40-49 lat	115			00:01:28	00:31:19	01:01:50	**01:32:04.85**	**01:32:04.85**	+00:45:54 (49.9%)	7:04	8.5 (50.3%)
336	**FERUŚ Ula**	**95**		K2 30-39 lat	25	Tak		00:00:58	00:30:15	01:01:26	**01:32:35.85**	**01:32:35.85**	+00:46:25 (50.1%)	7:07	8.4 (49.7%)
337	**BEDNARZAK Tadeusz**	**38**	YULO RUN TEAM SIEDLCE	M5 60+	18			00:01:23	00:31:16	01:02:00	**01:32:53.60**	**01:32:53.60**	+00:46:43 (50.3%)	7:08	8.4 (49.7%)
338	**SIMIŃSKA Marta**	**392**		K3 40-49 lat	48			00:01:20	00:31:30	01:01:48	**01:32:56.85**	**01:32:56.85**	+00:46:46 (50.3%)	7:08	8.4 (49.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkańcy Białołęki	Pracownicy Służby Więziennej	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
339	**POPENDA Dagmara**	**355**		K3 40-49 lat	49			00:01:21	00:31:30	01:01:49	**01:32:57.00**	**01:32:57.00**	+00:46:46 (50.3%)	7:09	8.4 (49.7%)
340	**WINDER Agnieszka**	**486**		K3 40-49 lat	50	Tak		00:01:06	00:30:28	01:00:51	**01:33:21.55**	**01:33:21.55**	+00:47:11 (50.5%)	7:10	8.4 (49.7%)
341	**KAWKA Andrzej**	**196**		M5 60+	19			00:01:28	00:31:23	01:02:34	**01:34:49.50**	**01:34:49.50**	+00:48:39 (51.3%)	7:17	8.2 (48.5%)
342	**KARCZMAREK Zuzanna**	**190**		K1 < 29 lat	8			00:01:26	00:31:42	01:03:10	**01:35:53.60**	**01:35:53.60**	+00:49:43 (51.9%)	7:22	8.1 (47.9%)
343	**FIEDOSIUK Michał**	**96**		M3 40-49 lat	116	Tak		00:01:10	00:32:25	01:03:42	**01:36:42.75**	**01:36:42.75**	+00:50:32 (52.3%)	7:26	8.1 (47.9%)
344	**GROCHOWSKA Joanna**	**444**		K4 50-59 lat	19			00:01:23	00:31:16	01:03:14	**01:37:29.30**	**01:37:29.30**	+00:51:19 (52.6%)	7:29	8 (47.3%)
345	**SZOSTAKOWSKI Jarosław**	**2**		M4 50-59	35			00:01:22	00:31:26	01:03:15	**01:37:29.40**	**01:37:29.40**	+00:51:19 (52.6%)	7:29	8 (47.3%)
346	**JAROS Arkadiusz**	**158**	VEGE RUNNERS	M5 60+	20			00:01:06	00:31:59	01:03:51	**01:37:53.45**	**01:37:53.45**	+00:51:43 (52.8%)	7:31	8 (47.3%)
347	**PRZYBYLAK Wanda**	**361**	ROZBIEGANY PIASTÓW	K5 60 +	2			00:01:06	00:31:59	01:03:51	**01:38:14.60**	**01:38:14.60**	+00:52:04 (53.0%)	7:33	7.9 (46.7%)
348	**ŁUKASIEWICZ Robert**	**272**	KOKOSZKA36TEAM	M3 40-49 lat	117	Tak		00:01:00	00:30:46	01:04:12	**01:38:44.40**	**01:38:44.40**	+00:52:34 (53.2%)	7:35	7.9 (46.7%)
349	**GIERANOWSKI Marcin**	**113**	ZALATANI	M3 40-49 lat	118			00:01:04	00:32:15	01:05:44	**01:40:52.90**	**01:40:52.90**	+00:54:42 (54.2%)	7:45	7.7 (45.6%)
350	**ORZEWIECKI Tomasz**	**542**		M1 < 29 lat	11			00:01:14	00:34:24	01:07:30	**01:41:07.15**	**01:41:07.15**	+00:54:57 (54.3%)	7:46	7.7 (45.6%)
351	**NASKRĘT Mariusz**	**312**		M3 40-49 lat	119			00:01:01	00:32:31	01:06:38	**01:42:09.80**	**01:42:09.80**	+00:55:59 (54.8%)	7:51	7.6 (45.0%)
352	**ŻYŁA-ZDZIECH Sylwia**	**522**		K3 40-49 lat	51	Tak		00:00:41	00:34:20	01:07:58	**01:43:40.10**	**01:43:40.10**	+00:57:30 (55.5%)	7:58	7.5 (44.4%)
353	**REMBERK Danuta**	**366**		70+	4			00:01:27	00:34:43	01:08:58	**01:44:08.65**	**01:44:08.65**	+00:57:58 (55.7%)	8:00	7.5 (44.4%)
354	**WTOREK Mirosław**	**501**		M5 60+	21	Tak		00:00:43	00:34:46	01:10:40	**01:46:02.05**	**01:46:02.05**	+00:59:52 (56.5%)	8:09	7.4 (43.8%)
	SOBOTA Artur	**408**	DECOARTY.PL	M3 40-49 lat				00:00:42 DNF	00:21:38 DNF	00:43:39 DNF	**DNF**	**DNF**		-	- (0.0%)
	CABAŃSKA Dorota	**59**		K3 40-49 lat		Tak		00:00:36 DNF	00:22:46 DNF	00:46:11 DNF	**DNF**	**DNF**		-	- (0.0%)
	FALKOWSKI Łukasz	**94**		M2 30-39 lat				00:01:17 DNF	00:25:15 DNF	00:48:22 DNF	**DNF**	**DNF**		-	- (0.0%)
	KEMPA Piotr	**198**		M2 30-39 lat		Tak		00:00:54 DNF	00:24:42 DNF	00:49:38 DNF	**DNF**	**DNF**		-	- (0.0%)
	PIOTROWSKI Piotr	**346**		M3 40-49 lat				00:01:12 DNF	00:25:22 DNF	00:50:13 DNF	**DNF**	**DNF**		-	- (0.0%)
	NADOBNIK Konrad	**311**		M3 40-49 lat				00:00:52 DNF	00:25:14 DNF	00:50:19 DNF	**DNF**	**DNF**		-	- (0.0%)
	WACH Michał	**474**	BIEGAM NA TARCHOMINIE	M3 40-49 lat		Tak		00:01:10 DNF	00:27:13 DNF	00:52:46 DNF	**DNF**	**DNF**		-	- (0.0%)
	MĘDEL Cezary	**290**		M3 40-49 lat				00:01:13 DNF	00:29:16 DNF	00:57:16 DNF	**DNF**	**DNF**		-	- (0.0%)
	MĘDEL Marta	**291**		K3 40-49 lat				00:01:11 DNF	00:29:17 DNF	00:57:16 DNF	**DNF**	**DNF**		-	- (0.0%)
	OSTASZEWSKI Wojtek	**337**	WERKUS RUNNERS	M3 40-49 lat		Tak		00:01:14 DNF	00:29:57 DNF	00:57:27 DNF	**DNF**	**DNF**		-	- (0.0%)
	OSTASZEWSKI Marcin	**336**	PACIAK RUNNING CLUB	M2 30-39 lat		Tak		00:01:14 DNF	00:29:57 DNF	00:57:45 DNF	**DNF**	**DNF**		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkańcy Białołęki	Pracownicy Służby Więziennej	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
	KUCICKI Krzysztof	**243**		M3 40-49 lat		Tak		00:01:17 DNF	00:29:23 DNF	00:58:40 DNF	**DNF**	**DNF**		-	- (0.0%)
	DĄBROWA Bartosz	**30**		M1 < 29 lat		Tak		00:01:21 DNF	00:29:40 DNF	00:59:01 DNF	**DNF**	**DNF**		-	- (0.0%)
	SOKOŁOWSKI Marian	**410**	SAMOTNY WILK	70+				00:00:43 DNF	00:28:44 DNF	01:00:03 DNF	**DNF**	**DNF**		-	- (0.0%)
	VUCO Ivo	**473**	HULTAJ LITERACKI	M3 40-49 lat				00:01:28 DNF	00:30:25 DNF	01:00:14 DNF	**DNF**	**DNF**		-	- (0.0%)
	JAROŃ Julia	**157**	RUN DE GIRARD	K1 < 29 lat				00:00:42 DNF	00:27:47 DNF	01:00:47 DNF	**DNF**	**DNF**		-	- (0.0%)
	JAROŃ Alicja	**156**	RUN DE GIRARD	K1 < 29 lat				00:00:42 DNF	00:27:47 DNF	01:00:48 DNF	**DNF**	**DNF**		-	- (0.0%)
	MICHNOWSKA Adriana	**294**	BIEGOWE WTORKI NA TARCHOMINIE	K3 40-49 lat		Tak		00:01:15 DNF	00:31:54 DNF	01:01:22 DNF	**DNF**	**DNF**		-	- (0.0%)
	PAC Bartosz	**340**		M3 40-49 lat				00:01:19 DNF	00:30:06 DNF	01:02:18 DNF	**DNF**	**DNF**		-	- (0.0%)
	NOWOSIELSKI Tomasz	**322**	HERO	M5 60+				00:01:25 DNF	00:31:18 DNF	01:02:36 DNF	**DNF**	**DNF**		-	- (0.0%)
	MRÓZ Joanna	**309**		K2 30-39 lat				00:01:06 DNF	00:30:28 DNF	01:03:48 DNF	**DNF**	**DNF**		-	- (0.0%)
	LACH Marta	**255**	SLOWJOGGING BIAŁOŁĘKA	K3 40-49 lat		Tak		00:01:37 DNF	00:32:14 DNF	01:03:57 DNF	**DNF**	**DNF**		-	- (0.0%)
	SALAMON Kinga	**382**		K2 30-39 lat		Tak		00:01:19 DNF	00:30:53 DNF	01:04:00 DNF	**DNF**	**DNF**		-	- (0.0%)
	SOBCZAK Anna	**403**	M.I.L.A.	K4 50-59 lat				00:01:02 DNF	00:32:14 DNF	01:05:15 DNF	**DNF**	**DNF**		-	- (0.0%)
	PLICHCIŃSKA Małgorzata	**348**	EKONOMIK MOKOTÓW	K3 40-49 lat				00:01:18 DNF	00:33:08 DNF	01:05:55 DNF	**DNF**	**DNF**		-	- (0.0%)
	BEM Justyna	**39**		K3 40-49 lat				00:01:31 DNF	00:36:16 DNF	01:11:02 DNF	**DNF**	**DNF**		-	- (0.0%)
	DĘBSKI Andrzej	**81**		M3 40-49 lat				00:00:51 DNF	00:22:44 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	PAWIŃSKI Artur	**342**	ADIDAS RUNNERS WARSAW	M3 40-49 lat				DNF	00:23:47 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	KLIPO Mateusz	**205**	DELOITTE ADVENTURE TEAM	M1 < 29 lat		Tak		00:01:04 DNF	00:24:18 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	CZERNICOWSKI Szymon	**274**	BIEGAJĄCY BIBLIOTEKARZ	M1 < 29 lat				00:01:06 DNF	00:24:32 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	FREITES Luis	**543**		M5 60+				00:00:30 DNF	00:24:56 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	WALĘDZIK Edyta	**476**		K1 < 29 lat		Tak		00:00:43 DNF	00:25:39 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	DUDZIŃSKI Przemysław	**260**		M2 30-39 lat		Tak		00:01:11 DNF	00:25:47 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	BUJALSKI Konrad	**57**		M1 < 29 lat				00:00:47 DNF	00:26:02 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	CHODUN Paweł	**523**		M2 30-39 lat				00:01:18 DNF	00:26:33 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	GONET Katarzyna	**118**	BIEGOWE WTORKI NA TARCHOMINIE	K3 40-49 lat		Tak		00:01:03 DNF	00:26:43 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	JAROŃ Jarosław	**155**	RUN DE GIRARD	M3 40-49 lat				00:00:43 DNF	00:27:48 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	KOZICKA Barbara	**234**	AKS ZŁY	K1 < 29 lat				00:01:21 DNF	00:28:11 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkańcy Białołęki	Pracownicy Służby Więziennej	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
	GRABOWSKA Marta	**418**		K2 30-39 lat				00:01:06 DNF	00:28:12 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	KLESZCZ Anna	**204**	AKS ZŁY	K2 30-39 lat				00:01:20 DNF	00:28:13 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	KUNKA Piotr	**247**	TEAM ZABIEGANEDNI	M2 30-39 lat				00:01:25 DNF	00:28:21 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	OLKOWSKI Robert	**326**		M4 50-59				00:01:19 DNF	00:28:22 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	BOHDZIEWICZ Paweł	**48**	BRAVEHEARTS LEGIONOWO	M3 40-49 lat				00:00:47 DNF	00:29:11 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	DRZAŁ Daniel	**524**		M2 30-39 lat		Tak		00:01:09 DNF	00:29:20 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	KOMOŃ Maciej	**214**		M3 40-49 lat				00:01:15 DNF	00:30:09 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	KOSIATY Jarosław	**221**	RÓBMY SWOJE	M4 50-59				00:00:55 DNF	00:30:32 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	SKROBEK Piotr	**397**		M2 30-39 lat				00:01:26 DNF	00:30:41 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	ARTYMIUK Olaf	**19**		M2 30-39 lat				00:01:15 DNF	00:30:44 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	ZATYLNY Tomasz	**505**		M3 40-49 lat		Tak		00:00:48 DNF	00:30:46 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	BAJOREK Jacek	**22**		M3 40-49 lat				00:01:06 DNF	00:30:54 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	MIŁEK MATYSIAK Kamila	**541**		K3 40-49 lat				00:01:06 DNF	00:30:55 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	STĘPNIK Marcin	**422**		M3 40-49 lat			Tak	00:00:32 DNF	00:31:02 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	KARPIŃSKA Izabela	**191**		K3 40-49 lat		Tak		00:01:19 DNF	00:31:55 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	KARPIŃSKI Marcin	**193**		M2 30-39 lat		Tak		00:01:19 DNF	00:31:56 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	NOWICKI Dariusz	**319**		M3 40-49 lat		Tak		00:01:15 DNF	00:32:03 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	RÓŻAŃSKI Robert	**421**		M4 50-59		Tak		00:00:57 DNF	00:33:09 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	TRENTOWSKI Piotr	**464**		M3 40-49 lat		Tak		00:01:20 DNF	00:33:16 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	DOBRZELEWSKA Edyta	**84**		K3 40-49 lat				00:01:17 DNF	00:33:25 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	SAJEWSKA Karolina	**381**		K2 30-39 lat				00:01:01 DNF	00:34:14 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	KOWALSKI Michał	**230**	SKARYMAKERSI	M2 30-39 lat				00:01:01 DNF	00:34:15 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	SYLWANOWICZ Monika	**431**	SKARYMAKERSI	K3 40-49 lat				00:01:01 DNF	00:34:15 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	MATYSIAK Agnieszka	**286**		K3 40-49 lat				00:01:01 DNF	00:34:16 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	WOJCIECHOWSKI Maciej	**492**		M2 30-39 lat				00:00:46 DNF	00:35:37 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	CZECHOWSKI Jerzy	**74**	MZA - WARSZAWA	70+				00:00:53 DNF	00:38:34 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	SYDOR- SĘDEK Małgorzata	**430**		K3 40-49 lat			Tak	00:00:53 DNF	00:40:39 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkańcy Białołęki	Pracownicy Służby Więziennej	0.2km	4.4km	8.7km	13km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
	KUPIEC Robert	**248**	ŚWIĘTOKRZYSCY KURATORZY	M4 50-59			Tak	00:00:53 DNF	00:40:41 DNF	DNF	**DNF**	**DNF**			-	- (0.0%)
	GAJEWSKA Dominika	**101**		K2 30-39 lat				00:00:51 DNF	00:40:52 DNF	DNF	**DNF**	**DNF**			-	- (0.0%)
	KUBICKA Małgorzata	**241**		K3 40-49 lat			Tak	00:00:51 DNF	00:40:52 DNF	DNF	**DNF**	**DNF**			-	- (0.0%)
	HOFFMAN-LACHOWSKA Katarzyna	**140**		K4 50-59 lat			Tak	00:00:53 DNF	00:40:52 DNF	DNF	**DNF**	**DNF**			-	- (0.0%)
	SŁOTWIŃSKA Martyna	**400**		K1 < 29 lat				00:01:30 DNF	00:41:33 DNF	DNF	**DNF**	**DNF**			-	- (0.0%)
	KRUPINIEWICZ Antoni	**238**		M4 50-59				00:01:30 DNF	00:41:35 DNF	DNF	**DNF**	**DNF**			-	- (0.0%)
	NIEWCZAS Zdzisław	**525**		70+		Tak		00:01:34 DNF	00:42:59 DNF	DNF	**DNF**	**DNF**			-	- (0.0%)
	KAMIŃSKI Waldemar	**179**	SLOW JOGGING BIAŁOŁĘKA	M4 50-59		Tak		00:01:41 DNF	00:44:02 DNF	DNF	**DNF**	**DNF**			-	- (0.0%)
	BRZĄKAŁA Renata	**54**	SLOW JOGGING BIAŁOŁĘKA	K4 50-59 lat				00:01:41 DNF	00:44:02 DNF	DNF	**DNF**	**DNF**			-	- (0.0%)
	WILCZYŃSKA Małgorzata	**485**		K3 40-49 lat				00:01:00 DNF	00:45:27 DNF	DNF	**DNF**	**DNF**			-	- (0.0%)
	KOŁACZ Jakub	**497**		M3 40-49 lat				00:01:16 DNF	DNF	DNF	**DNF**	**DNF**			-	- (0.0%)

Znaleziono 430 wynik(ów)