# BIAŁOŁĘCKI BIEG WOLNOŚCI

**Organizator:** Urząd Dzielnicy Białołęka m.st. Warszawa
**Data:** 2021-12-12
**Miejsce:** Warszawa
**Dystans:** 13 km

## Klasyfikacja: OPEN Mężczyźni

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 4.4km | 8.7km | Czas netto 13km | Czas brutto 13km | Różn | Tempo min/km | Tempo km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | **FALKOWSKI Bartłomiej** | **459** | PIEKIELNI WARSZAWA | M2 30-39 lat | 1 | 00:00:01 | 00:17:14 | 00:34:14 | **00:51:19.70** | **00:51:21.15** | | 3:56 | 15.2 (100%) |
| 2 | **DEMBOWSKI Mariusz** | **93** | H+H POLSKA | M2 30-39 lat | 2 | 00:00:01 | 00:17:15 | 00:34:14 | **00:51:33.85** | **00:51:35.40** | +00:00:14 (0.5%) | 3:57 | 15.1 (99.3%) |
| 3 | **KUŚMIERZ Sylwester** | **214** | MARKOWI BIEGACZE | M3 40-49 lat | 1 | 00:00:01 | 00:17:17 | 00:34:46 | **00:52:44.90** | **00:52:46.45** | +00:01:25 (2.7%) | 4:03 | 14.8 (97.4%) |
| 4 | **MARSZAŁ Mariusz** | **231** | PRL TRANSPORT | M2 30-39 lat | 3 | 00:00:02 | 00:17:43 | 00:35:53 | **00:54:17.75** | **00:54:20.05** | +00:02:58 (5.5%) | 4:10 | 14.4 (94.7%) |
| 5 | **KRZEMPEK Aleksander** | **205** | BIEGANIEPO40.PL | M3 40-49 lat | 2 | 00:00:02 | 00:17:46 | 00:36:07 | **00:54:41.15** | **00:54:43.15** | +00:03:21 (6.1%) | 4:12 | 14.3 (94.1%) |
| 6 | **SKWARCZ Paweł** | **336** | | M2 30-39 lat | 4 | 00:00:02 | 00:18:04 | 00:36:47 | **00:55:16.35** | **00:55:18.85** | +00:03:56 (7.1%) | 4:15 | 14.1 (92.8%) |
| 7 | **DUTKIEWICZ Maciej** | **483** | | M2 30-39 lat | 5 | 00:00:03 | 00:17:41 | 00:35:59 | **00:55:35.50** | **00:55:39.00** | +00:04:15 (7.7%) | 4:16 | 14 (92.1%) |
| 8 | **BAŁAJ Krzysztof** | **24** | DECATHLON | M1 < 29 lat | 1 | 00:00:04 | 00:18:30 | 00:37:10 | **00:55:55.35** | **00:55:59.90** | +00:04:35 (8.2%) | 4:18 | 13.9 (91.4%) |
| 9 | **ŁABĘDZKI Konrad** | **222** | DUKLANOWSKI TEAM | M2 30-39 lat | 6 | 00:00:02 | 00:18:49 | 00:37:42 | **00:56:09.10** | **00:56:11.40** | +00:04:49 (8.6%) | 4:19 | 13.9 (91.4%) |
| 10 | **MIEDZIEJEWSKI Andrzej** | **242** | RATE MY TRAIL TEAM PRO | M2 30-39 lat | 7 | 00:00:02 | 00:18:20 | 00:37:23 | **00:56:44.85** | **00:56:47.45** | +00:05:25 (9.5%) | 4:21 | 13.7 (90.1%) |
| 11 | **GOZDEK Radek** | **135** | BIEGANIEPO40.PL | M3 40-49 lat | 3 | 00:00:02 | 00:18:48 | 00:37:41 | **00:57:01.65** | **00:57:03.70** | +00:05:41 (10.0%) | 4:23 | 13.7 (90.1%) |
| 12 | **ABU NAHIA Karim** | **11** | NADAKTYWNI TORUŃ | M1 < 29 lat | 2 | 00:00:02 | 00:18:48 | 00:37:42 | **00:57:13.30** | **00:57:16.10** | +00:05:53 (10.3%) | 4:24 | 13.6 (89.5%) |
| 13 | **WASILEWSKI Adam** | **387** | | M2 30-39 lat | 8 | 00:00:03 | 00:18:26 | 00:37:51 | **00:57:32.75** | **00:57:36.40** | +00:06:13 (10.8%) | 4:25 | 13.6 (89.5%) |
| 14 | **GRYGO Paweł** | **143** | GRYGO TEAM | M3 40-49 lat | 4 | 00:00:03 | 00:18:48 | 00:38:00 | **00:57:34.40** | **00:57:37.80** | +00:06:14 (10.8%) | 4:25 | 13.5 (88.8%) |
| 15 | **GAŁUSZKA Filip** | **121** | KOKOSZKA36TEAM | M2 30-39 lat | 9 | 00:00:08 | 00:19:41 | 00:38:57 | **00:58:14.65** | **00:58:23.15** | +00:06:54 (11.9%) | 4:28 | 13.4 (88.2%) |
| 16 | **GORTAT Igor** | **134** | KB TKKF PROMYK CIECHANÓW | M2 30-39 lat | 10 | 00:00:04 | 00:19:28 | 00:39:00 | **00:58:34.90** | **00:58:39.05** | +00:07:15 (12.4%) | 4:30 | 13.3 (87.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 4.4km | 8.7km | Czas netto 13km | Czas brutto 13km | Różn | Tempo min/km | Tempo km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 17 | **WÓJCIK Dariusz** | **435** | OK!SPORT | M4 50-59 | 1 | 00:00:04 | 00:18:59 | 00:38:32 | **00:58:41.40** | **00:58:45.85** | +00:07:21 (12.5%) | 4:30 | 13.3 (87.5%) |
| 18 | **KLECZEWSKI Piotr** | **455** | UKS FILIPIDES TERESIN | M1 < 29 lat | 3 | 00:00:03 | 00:18:59 | 00:38:58 | **00:58:45.15** | **00:58:48.20** | +00:07:25 (12.6%) | 4:31 | 13.3 (87.5%) |
| 19 | **MIOTK Marcin** | **252** | MIOTK.PL | M3 40-49 lat | 6 | 00:00:02 | 00:19:00 | 00:39:00 | **00:59:14.15** | **00:59:16.35** | +00:07:54 (13.3%) | 4:33 | 13.2 (86.8%) |
| 20 | **ANUSIEWICZ Robert** | **17** | - | M3 40-49 lat | 5 | 00:00:27 | 00:19:24 | 00:38:50 | **00:58:57.80** | **00:59:25.50** | +00:07:38 (12.9%) | 4:32 | 13.2 (86.8%) |
| 21 | **MIELCZAREK Krzysztof** | **468** | BIEGAM NA TARCHOMINIE | M3 40-49 lat | 7 | 00:00:03 | 00:19:22 | 00:39:18 | **00:59:50.50** | **00:59:53.50** | +00:08:30 (14.2%) | 4:36 | 13 (85.5%) |
| 22 | **RADZIKOWSKI Andrzej** | **304** |  | M3 40-49 lat | 8 | 00:00:04 | 00:19:59 | 00:39:51 | **01:00:19.45** | **01:00:23.45** | +00:08:59 (14.9%) | 4:38 | 12.9 (84.9%) |
| 23 | **ZYCH Mariusz** | **426** | BIEGAJ POD OKIEM TRENERA | M3 40-49 lat | 9 | 00:00:04 | 00:19:25 | 00:39:44 | **01:00:19.95** | **01:00:24.40** | +00:09:00 (14.9%) | 4:38 | 12.9 (84.9%) |
| 24 | **FIEODOROW Tomasz** | **111** | ZK BARCZEWO | M2 30-39 lat | 11 | 00:00:02 | 00:19:45 | 00:40:02 | **01:00:36.25** | **01:00:39.15** | +00:09:16 (15.3%) | 4:39 | 12.9 (84.9%) |
| 25 | **KAMIŃSKI Paweł** | **447** | BIEGANIEPO40.PL | M3 40-49 lat | 10 | 00:00:06 | 00:19:57 | 00:40:22 | **01:00:49.45** | **01:00:56.00** | +00:09:29 (15.6%) | 4:40 | 12.8 (84.2%) |
| 26 | **SZYBALSKI Michał** | **362** | AKTYWNA WARSZAWA | M2 30-39 lat | 12 | 00:00:02 | 00:19:44 | 00:40:43 | **01:01:02.70** | **01:01:04.70** | +00:09:43 (15.9%) | 4:41 | 12.8 (84.2%) |
| 27 | **BISOWSKI Mariusz** | **46** | A NA CO TO KOMU POTRZEBNE | M3 40-49 lat | 11 | 00:00:07 | 00:20:14 | 00:40:49 | **01:01:05.35** | **01:01:13.20** | +00:09:45 (16.0%) | 4:41 | 12.8 (84.2%) |
| 28 | **ZIÓŁKOWSKI Jacek** | **421** |  | M4 50-59 | 2 | 00:00:02 | 00:20:17 | 00:40:49 | **01:01:13.15** | **01:01:15.55** | +00:09:53 (16.2%) | 4:42 | 12.7 (83.6%) |
| 29 | **BIAŁEK Piotr** | **39** | 3BRO - ZK BARCZEWO | M3 40-49 lat | 12 | 00:00:03 | 00:20:15 | 00:40:37 | **01:01:14.40** | **01:01:18.30** | +00:09:54 (16.2%) | 4:42 | 12.7 (83.6%) |
| 30 | **CHRAPEK Janusz** | **70** | ROSSMANN | M3 40-49 lat | 13 | 00:00:06 | 00:20:48 | 00:41:32 | **01:02:12.60** | **01:02:18.90** | +00:10:52 (17.5%) | 4:47 | 12.5 (82.2%) |
| 31 | **GAJEK Ireneusz** | **118** |  | M3 40-49 lat | 14 | 00:00:05 | 00:21:06 | 00:41:54 | **01:02:41.60** | **01:02:47.55** | +00:11:21 (18.1%) | 4:49 | 12.4 (81.6%) |
| 32 | **STRADOMSKI Artur** | **350** | MARKOWI BIEGACZE | M3 40-49 lat | 15 | 00:00:05 | 00:20:45 | 00:41:46 | **01:02:54.40** | **01:02:59.50** | +00:11:34 (18.4%) | 4:50 | 12.4 (81.6%) |
| 33 | **KOWALIK Filip** | **198** |  | M1 < 29 lat | 4 | 00:00:04 | 00:19:44 | 00:40:37 | **01:03:23.80** | **01:03:28.65** | +00:12:04 (19.0%) | 4:52 | 12.3 (80.9%) |
| 34 | **ZELENT Arkadiusz** | **415** | SĄD REJONOWY W MIŃSKU MAZOWIECKIM | M3 40-49 lat | 16 | 00:00:05 | 00:21:10 | 00:42:06 | **01:03:25.80** | **01:03:30.85** | +00:12:06 (19.1%) | 4:52 | 12.3 (80.9%) |
| 35 | **BRALEWSKI Tomasz** | **52** | BOCIAN KRIS BRAŃSZCZYK | M4 50-59 | 3 | 00:00:22 | 00:21:37 | 00:42:41 | **01:03:25.30** | **01:03:48.10** | +00:12:05 (19.1%) | 4:52 | 12.3 (80.9%) |
| 36 | **BARANOWSKI Jacek** | **482** |  | M3 40-49 lat | 17 | 00:00:03 | 00:20:33 | 00:41:57 | **01:03:47.45** | **01:03:50.95** | +00:12:27 (19.5%) | 4:54 | 12.2 (80.3%) |
| 37 | **KĄTNIAK Paweł** | **178** |  | M2 30-39 lat | 13 | 00:00:03 | 00:21:07 | 00:42:36 | **01:04:20.55** | **01:04:24.35** | +00:13:00 (20.2%) | 4:56 | 12.1 (79.6%) |
| 38 | **SOBOLEWSKI Jakub** | **465** | BRACTWO BIEGOWE BGK | M3 40-49 lat | 18 | 00:00:20 | 00:21:17 | 00:43:03 | **01:04:24.10** | **01:04:45.05** | +00:13:04 (20.3%) | 4:57 | 12.1 (79.6%) |
| 39 | **WILMOWICZ Michał** | **393** | ZK BARCZEWO | M2 30-39 lat | 14 | 00:00:04 | 00:21:12 | 00:43:03 | **01:04:41.90** | **01:04:45.90** | +00:13:22 (20.7%) | 4:58 | 12.1 (79.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 4.4km | 8.7km | Czas netto 13km | Czas brutto 13km | Różn | Tempo min/km | Tempo km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 40 | **NOWOCIEŃ Jacek** | **269** | UCZNIOWSKI KLUB SPORTOWY RUSIEC | M5 60+ | 1 | 00:00:02 | 00:21:10 | 00:43:10 | **01:05:08.40** | **01:05:11.30** | +00:13:48 (21.2%) | 5:00 | 12 (78.9%) |
| 41 | **TOMASZEK Robert** | **373** | | M3 40-49 lat | 20 | 00:00:04 | 00:21:10 | 00:43:00 | **01:05:45.75** | **01:05:49.75** | +00:14:26 (21.9%) | 5:03 | 11.9 (78.3%) |
| 42 | **OSTAPIŃSKI Wojtek** | **283** | OSTRESROKI | M3 40-49 lat | 19 | 00:00:12 | 00:22:25 | 00:44:14 | **01:05:37.95** | **01:05:50.65** | +00:14:18 (21.8%) | 5:02 | 11.9 (78.3%) |
| 43 | **STĘPIEŃ Adam** | **347** | ANANASY | M3 40-49 lat | 21 | 00:00:05 | 00:21:29 | 00:43:17 | **01:05:48.40** | **01:05:54.10** | +00:14:28 (22.0%) | 5:03 | 11.9 (78.3%) |
| 44 | **JUTKIEWICZ Marcin** | **168** | OBIEGANIU.PL | M3 40-49 lat | 22 | 00:00:12 | 00:22:25 | 00:44:05 | **01:06:20.20** | **01:06:32.90** | +00:15:00 (22.6%) | 5:06 | 11.8 (77.6%) |
| 45 | **MANELSKI Artur** | **80** | DKŻ | M3 40-49 lat | 23 | 00:00:28 | 00:23:21 | 00:45:17 | **01:06:44.45** | **01:07:13.40** | +00:15:24 (23.1%) | 5:08 | 11.7 (77.0%) |
| 46 | **BORKOV Sergii** | **438** | | M2 30-39 lat | 15 | 00:00:24 | 00:22:32 | 00:44:36 | **01:06:52.45** | **01:07:16.85** | +00:15:32 (23.2%) | 5:08 | 11.7 (77.0%) |
| 47 | **WIECZOREK Michał** | **390** | | M4 50-59 | 4 | 00:00:32 | 00:22:28 | 00:44:37 | **01:06:47.95** | **01:07:20.05** | +00:15:28 (23.2%) | 5:08 | 11.7 (77.0%) |
| 48 | **DOMAŃSKI Błażej** | **464** | TRICLUB | M3 40-49 lat | 24 | 00:00:09 | 00:22:52 | 00:45:00 | **01:07:11.00** | **01:07:20.70** | +00:15:51 (23.6%) | 5:10 | 11.6 (76.3%) |
| 49 | **MIELCZAREK Marek** | **476** | | M3 40-49 lat | 25 | 00:00:05 | 00:22:31 | 00:44:50 | **01:07:29.20** | **01:07:35.00** | +00:16:09 (23.9%) | 5:11 | 11.6 (76.3%) |
| 50 | **TOMCZAK Marcin** | **375** | | M3 40-49 lat | 26 | 00:00:05 | 00:22:27 | 00:44:53 | **01:07:31.70** | **01:07:36.75** | +00:16:12 (24.0%) | 5:11 | 11.6 (76.3%) |
| 51 | **FALANDYSZ Janusz** | **109** | WPRUNNING PRUSZKÓW | M5 60+ | 2 | 00:00:03 | 00:22:30 | 00:45:06 | **01:08:08.45** | **01:08:11.45** | +00:16:48 (24.7%) | 5:14 | 11.4 (75.0%) |
| 52 | **CZERWIEC Andrzej** | **87** | | M3 40-49 lat | 27 | 00:00:21 | 00:22:11 | 00:44:26 | **01:08:16.30** | **01:08:37.60** | +00:16:56 (24.8%) | 5:15 | 11.4 (75.0%) |
| 53 | **KŁĄB Jacek** | **182** | | M3 40-49 lat | 28 | 00:00:14 | 00:23:04 | 00:45:39 | **01:08:27.65** | **01:08:42.60** | +00:17:07 (25.0%) | 5:15 | 11.4 (75.0%) |
| 54 | **BARTCZAK Robert** | **30** | | M4 50-59 | 5 | 00:00:13 | 00:23:04 | 00:45:40 | **01:08:31.40** | **01:08:44.70** | +00:17:11 (25.1%) | 5:16 | 11.4 (75.0%) |
| 55 | **KODA Eugeniusz** | **185** | TEAM ZABIEGANEDNI | M5 60+ | 3 | 00:00:04 | 00:21:52 | 00:45:08 | **01:08:36.00** | **01:08:40.30** | +00:17:16 (25.2%) | 5:16 | 11.4 (75.0%) |
| 56 | **KANIA Paweł** | **173** | BIEGAM NA TARCHOMINIE | M4 50-59 | 6 | 00:00:40 | 00:22:56 | 00:45:51 | **01:08:40.80** | **01:09:21.40** | +00:17:21 (25.3%) | 5:16 | 11.4 (75.0%) |
| 57 | **MICHALSKI Robert** | **486** | | M2 30-39 lat | 16 | 00:00:10 | 00:22:43 | 00:45:52 | **01:08:41.50** | **01:08:52.35** | +00:17:21 (25.3%) | 5:17 | 11.4 (75.0%) |
| 58 | **BIEDKA Robert** | **472** | | M3 40-49 lat | 29 | 00:00:27 | 00:23:43 | 00:46:16 | **01:08:45.50** | **01:09:12.70** | +00:17:25 (25.3%) | 5:17 | 11.3 (74.3%) |
| 59 | **KACZUR Marcin** | **487** | | M3 40-49 lat | 30 | 00:01:02 | 00:23:44 | 00:46:04 | **01:08:48.25** | **01:09:50.90** | +00:17:28 (25.4%) | 5:17 | 11.3 (74.3%) |
| 60 | **ZIOMEK Marek** | **420** | | M3 40-49 lat | 31 | 00:00:07 | 00:21:52 | 00:44:58 | **01:09:02.35** | **01:09:09.85** | +00:17:42 (25.7%) | 5:18 | 11.3 (74.3%) |
| 61 | **ZDUNEK Michał** | **413** | | M3 40-49 lat | 32 | 00:00:14 | 00:22:54 | 00:46:09 | **01:09:10.45** | **01:09:24.95** | +00:17:50 (25.8%) | 5:19 | 11.3 (74.3%) |
| 62 | **PĘDZISZ Michał** | **291** | AKTYWNA WARSZAWA | M3 40-49 lat | 33 | 00:00:23 | 00:23:34 | 00:46:22 | **01:09:19.65** | **01:09:43.45** | +00:17:59 (26.0%) | 5:19 | 11.3 (74.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 4.4km | 8.7km | Czas netto 13km | Czas brutto 13km | Różn | Tempo min/km | Tempo km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 63 | **MIELCZARSKI Bartosz** | **243** | | M2 30-39 lat | 17 | 00:00:15 | 00:23:43 | 00:46:31 | **01:09:21.20** | **01:09:37.15** | +00:18:01 (26.0%) | 5:20 | 11.2 (73.7%) |
| 64 | **ŚWIERCZ Jacek** | **369** | BYLEDOBIEC ANIN | M4 50-59 | 7 | 00:00:24 | 00:23:04 | 00:46:18 | **01:09:39.05** | **01:10:03.15** | +00:18:19 (26.3%) | 5:21 | 11.2 (73.7%) |
| 65 | **SOBOTA Artur** | **339** | DECOARTY.PL | M3 40-49 lat | 34 | 00:00:31 | 00:23:11 | 00:46:15 | **01:09:48.30** | **01:10:19.95** | +00:18:28 (26.5%) | 5:22 | 11.2 (73.7%) |
| 66 | **WOŹNIAK Tomasz** | **440** | ŻOLIBER | M3 40-49 lat | 35 | 00:00:06 | 00:22:08 | 00:45:36 | **01:09:53.55** | **01:10:00.10** | +00:18:33 (26.6%) | 5:22 | 11.2 (73.7%) |
| 67 | **JAWORSKI Piotr** | **2** | MARKOWI BIEGACZE | M3 40-49 lat | 36 | 00:00:07 | 00:22:27 | 00:45:56 | **01:09:53.75** | **01:10:01.30** | +00:18:34 (26.6%) | 5:22 | 11.2 (73.7%) |
| 68 | **MIODUSZEWSKI Marcin** | **251** | AR / UM | M2 30-39 lat | 18 | 00:01:11 | 00:24:11 | 00:47:17 | **01:09:57.65** | **01:11:09.35** | +00:18:37 (26.6%) | 5:22 | 11.2 (73.7%) |
| 69 | **GLINKA Karol** | **128** | | M2 30-39 lat | 19 | 00:00:45 | 00:24:10 | 00:47:20 | **01:10:07.05** | **01:10:52.65** | +00:18:47 (26.8%) | 5:23 | 11.1 (73.0%) |
| 70 | **SZYMANIK Paweł** | **364** | | M3 40-49 lat | 37 | 00:00:23 | 00:23:14 | 00:46:14 | **01:10:07.95** | **01:10:31.65** | +00:18:48 (26.8%) | 5:23 | 11.1 (73.0%) |
| 71 | **PUSEK Mikołaj** | **300** | | M1 < 29 lat | 5 | 00:01:03 | 00:24:50 | 00:47:39 | **01:10:24.95** | **01:11:28.40** | +00:19:05 (27.1%) | 5:24 | 11.1 (73.0%) |
| 72 | **BECZ Karol** | **36** | SW - AŚ GRÓJEC | M2 30-39 lat | 20 | 00:00:18 | 00:22:58 | 00:46:27 | **01:10:49.85** | **01:11:08.10** | +00:19:30 (27.5%) | 5:26 | 11 (72.4%) |
| 73 | **SZPANOWSKI Marek** | **359** | KAJ TA META TEAM | M4 50-59 | 8 | 00:00:32 | 00:24:02 | 00:47:27 | **01:10:57.10** | **01:11:29.35** | +00:19:37 (27.7%) | 5:27 | 11 (72.4%) |
| 74 | **NACHAJ Krzysztof** | **260** | | M3 40-49 lat | 38 | 00:00:58 | 00:24:44 | 00:47:57 | **01:11:08.80** | **01:12:06.80** | +00:19:49 (27.9%) | 5:28 | 11 (72.4%) |
| 75 | **CHODKOWSKI Krzysztof** | **65** | | M3 40-49 lat | 39 | 00:00:39 | 00:25:17 | 00:48:35 | **01:11:12.75** | **01:11:51.80** | +00:19:53 (27.9%) | 5:28 | 11 (72.4%) |
| 76 | **SENATOR Artur** | **325** | | M2 30-39 lat | 21 | 00:00:10 | 00:24:00 | 00:47:48 | **01:11:16.85** | **01:11:27.20** | +00:19:57 (28.0%) | 5:28 | 10.9 (71.7%) |
| 77 | **PRZEPIÓRA Łukasz** | **296** | SW - AŚ GRÓJEC | M2 30-39 lat | 22 | 00:00:00 | 00:23:16 | 00:46:53 | **01:11:18.05** | **01:11:18.05** | +00:19:58 (28.0%) | 5:29 | 10.9 (71.7%) |
| 78 | **KISIEL Artur** | **180** | | M3 40-49 lat | 40 | 00:00:38 | 00:23:50 | 00:47:29 | **01:11:37.60** | **01:12:16.10** | +00:20:17 (28.3%) | 5:30 | 10.9 (71.7%) |
| 79 | **MICHALCZYK Artur** | **240** | | M4 50-59 | 9 | 00:00:11 | 00:23:27 | 00:47:40 | **01:11:47.95** | **01:11:59.90** | +00:20:28 (28.5%) | 5:31 | 10.9 (71.7%) |
| 80 | **TARNOWSKI Witold** | **371** | KB TKKF PROMYK CIECHANÓW | M5 60+ | 4 | 00:00:06 | 00:22:58 | 00:46:53 | **01:11:48.10** | **01:11:54.70** | +00:20:28 (28.5%) | 5:31 | 10.9 (71.7%) |
| 81 | **KUCHAREK Paweł** | **207** | | M2 30-39 lat | 23 | 00:00:13 | 00:24:05 | 00:47:56 | **01:12:20.05** | **01:12:33.95** | +00:21:00 (29.0%) | 5:33 | 10.8 (71.1%) |
| 82 | **ŁUBIAN Michał** | **431** | BLUESOFT | M3 40-49 lat | 41 | 00:00:18 | 00:23:43 | 00:47:50 | **01:12:20.30** | **01:12:38.80** | +00:21:00 (29.0%) | 5:33 | 10.8 (71.1%) |
| 83 | **FILIPCZUK Dariusz** | **112** | | M4 50-59 | 10 | 00:00:25 | 00:24:32 | 00:48:27 | **01:12:24.75** | **01:12:50.35** | +00:21:05 (29.1%) | 5:34 | 10.8 (71.1%) |
| 84 | **SZELĄG Tomasz** | **356** | MKB DREPTAK | M4 50-59 | 11 | 00:00:21 | 00:23:19 | 00:47:26 | **01:12:25.10** | **01:12:46.10** | +00:21:05 (29.1%) | 5:34 | 10.8 (71.1%) |
| 85 | **BAZYDŁO Jakub** | **33** | | M1 < 29 lat | 6 | 00:00:19 | 00:24:46 | 00:48:45 | **01:12:29.10** | **01:12:48.30** | +00:21:09 (29.2%) | 5:34 | 10.8 (71.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 4.4km | 8.7km | Czas netto 13km | Czas brutto 13km | Różn | Tempo min/km | Tempo km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 86 | **CNOTA Maciej** | **456** | | M3 40-49 lat | 42 | 00:01:46 | 00:25:05 | 00:48:52 | **01:12:42.50** | **01:14:29.10** | +00:21:22 (29.4%) | 5:35 | 10.7 (70.4%) |
| 87 | **WIDERA Tomasz** | **389** | KOKOSZKA36TEAM | M2 30-39 lat | 24 | 00:00:21 | 00:24:16 | 00:48:44 | **01:12:54.25** | **01:13:15.70** | +00:21:34 (29.6%) | 5:36 | 10.7 (70.4%) |
| 88 | **CHĘC Tomasz** | **61** | | M2 30-39 lat | 25 | 00:00:55 | 00:25:09 | 00:49:16 | **01:12:55.10** | **01:13:51.00** | +00:21:35 (29.6%) | 5:36 | 10.7 (70.4%) |
| 89 | **SOBOLEWSKI Mateusz** | **467** | ŻÓRAWSKI TEAM | M1 < 29 lat | 7 | 00:00:00 | 00:23:32 | 00:47:50 | **01:12:56.00** | **01:12:56.00** | +00:21:36 (29.6%) | 5:36 | 10.7 (70.4%) |
| 90 | **RUSZCZAK Tomasz** | **498** | LEVEL X | M3 40-49 lat | 43 | 00:01:06 | 00:25:41 | 00:50:01 | **01:13:18.95** | **01:14:25.80** | +00:21:59 (30.0%) | 5:38 | 10.6 (69.7%) |
| 91 | **ORŁOWSKI Krzysztof** | **279** | WARSZAWA PARKRUN BRÓDNO | M3 40-49 lat | 44 | 00:00:06 | 00:24:11 | 00:48:40 | **01:13:19.05** | **01:13:25.95** | +00:21:59 (30.0%) | 5:38 | 10.6 (69.7%) |
| 92 | **PROKOPIUK Grzegorz** | **295** | SZWAGRY DWA | M3 40-49 lat | 45 | 00:00:52 | 00:24:42 | 00:49:01 | **01:13:22.25** | **01:14:14.80** | +00:22:02 (30.0%) | 5:38 | 10.6 (69.7%) |
| 93 | **POTOROKA Vitalii** | **430** | ROZBIEGANY PIASTOW | M1 < 29 lat | 8 | 00:00:38 | 00:24:21 | 00:48:39 | **01:13:25.70** | **01:14:04.65** | +00:22:06 (30.1%) | 5:38 | 10.6 (69.7%) |
| 94 | **IWANIUK Tomasz** | **450** | ŻYWCEM ZABIEGANI | M2 30-39 lat | 26 | 00:00:07 | 00:22:36 | 00:46:56 | **01:13:26.45** | **01:13:34.05** | +00:22:06 (30.1%) | 5:38 | 10.6 (69.7%) |
| 95 | **KAZIMIERCZAK Grzegorz** | **495** | | M3 40-49 lat | 46 | 00:01:06 | 00:25:41 | 00:50:01 | **01:13:27.10** | **01:14:33.70** | +00:22:07 (30.1%) | 5:39 | 10.6 (69.7%) |
| 96 | **BIESZCZAD Łukasz** | **43** | SĄD REJONOWY W ROPCZYCACH | M2 30-39 lat | 27 | 00:00:27 | 00:24:28 | 00:48:41 | **01:13:31.60** | **01:13:58.65** | +00:22:11 (30.2%) | 5:39 | 10.6 (69.7%) |
| 97 | **CIESIELSKI Marcin** | **441** | WARSAW RUN CLUB | M3 40-49 lat | 47 | 00:00:07 | 00:24:20 | 00:48:43 | **01:13:37.25** | **01:13:44.30** | +00:22:17 (30.3%) | 5:39 | 10.6 (69.7%) |
| 98 | **UGRYN Maciej** | **448** | #WŁĄCZYŁTURBO | M2 30-39 lat | 28 | 00:00:48 | 00:25:45 | 00:49:47 | **01:13:39.45** | **01:14:27.90** | +00:22:19 (30.3%) | 5:39 | 10.6 (69.7%) |
| 99 | **DĄBROWSKI Daniel** | **92** | TARCHOŚFIRY | M1 < 29 lat | 9 | 00:01:22 | 00:26:16 | 00:50:33 | **01:13:55.05** | **01:15:17.15** | +00:22:35 (30.6%) | 5:41 | 10.6 (69.7%) |
| 100 | **LENDZION Jarosław** | **218** | GRUPA BIEGOWA UM W-WA | M3 40-49 lat | 48 | 00:01:04 | 00:25:28 | 00:50:03 | **01:13:55.90** | **01:14:59.95** | +00:22:36 (30.6%) | 5:41 | 10.6 (69.7%) |
| 101 | **KORKOSZ Andrzej** | **192** | | M3 40-49 lat | 49 | 00:00:10 | 00:24:17 | 00:49:28 | **01:14:02.05** | **01:14:12.75** | +00:22:42 (30.7%) | 5:41 | 10.5 (69.1%) |
| 102 | **RUDNIK Jarosław** | **314** | | M3 40-49 lat | 50 | 00:00:19 | 00:24:45 | 00:49:07 | **01:14:02.25** | **01:14:22.05** | +00:22:42 (30.7%) | 5:41 | 10.5 (69.1%) |
| 103 | **SOSZYŃSKI Piotr** | **342** | INDOORY URSUS | M3 40-49 lat | 51 | 00:00:10 | 00:24:28 | 00:49:34 | **01:14:16.85** | **01:14:26.95** | +00:22:57 (30.9%) | 5:42 | 10.5 (69.1%) |
| 104 | **MIĄSKO Wojciech** | **239** | 12TRI.PL | M4 50-59 | 12 | 00:01:41 | 00:25:55 | 00:50:24 | **01:14:16.95** | **01:15:58.10** | +00:22:57 (30.9%) | 5:42 | 10.5 (69.1%) |
| 105 | **KUCHTA Pawel** | **208** | | M3 40-49 lat | 52 | 00:00:37 | 00:25:42 | 00:50:01 | **01:14:52.00** | **01:15:29.00** | +00:23:32 (31.4%) | 5:45 | 10.4 (68.4%) |
| 106 | **DROŹDZIEL Mariusz** | **98** | | M3 40-49 lat | 53 | 00:00:25 | 00:25:01 | 00:50:01 | **01:15:09.95** | **01:15:35.55** | +00:23:50 (31.7%) | 5:46 | 10.4 (68.4%) |
| 107 | **BOGUCKI Michał** | **48** | | M2 30-39 lat | 29 | 00:01:16 | 00:25:11 | 00:50:08 | **01:15:34.20** | **01:16:50.50** | +00:24:14 (32.1%) | 5:48 | 10.3 (67.8%) |
| 108 | **OLSZANKA Arkadiusz** | **277** | | M3 40-49 lat | 54 | 00:01:11 | 00:25:24 | 00:50:43 | **01:15:39.90** | **01:16:51.65** | +00:24:20 (32.2%) | 5:49 | 10.3 (67.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 4.4km | 8.7km | Czas netto 13km | Czas brutto 13km | Różn | Tempo min/km | Tempo km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 109 | **GUMUŁA Jakub** | **147** | KSZO OSTROWIEC | M2 30-39 lat | 30 | 00:01:03 | 00:25:42 | 00:50:58 | **01:15:48.70** | **01:16:52.50** | +00:24:29 (32.3%) | 5:49 | 10.3 (67.8%) |
| 110 | **SIEDLECKI Łukasz** | **328** | BIEGANIEPO40.PL | M2 30-39 lat | 31 | 00:01:05 | 00:27:57 | 00:52:02 | **01:16:04.00** | **01:17:09.60** | +00:24:44 (32.5%) | 5:51 | 10.3 (67.8%) |
| 111 | **MIKINA Artur** | **246** | PWPW SA | M5 60+ | 5 | 00:00:12 | 00:25:34 | 00:50:53 | **01:16:06.50** | **01:16:19.00** | +00:24:46 (32.6%) | 5:51 | 10.2 (67.1%) |
| 112 | **GAJEWSKI Mariusz** | **119** | | M3 40-49 lat | 55 | 00:00:51 | 00:25:39 | 00:51:17 | **01:16:24.65** | **01:17:16.25** | +00:25:04 (32.8%) | 5:52 | 10.2 (67.1%) |
| 113 | **KOĆ Marcin** | **184** | BIEGAM NA TARCHOMINIE | M3 40-49 lat | 56 | 00:00:42 | 00:26:03 | 00:51:13 | **01:16:25.15** | **01:17:07.20** | +00:25:05 (32.8%) | 5:52 | 10.2 (67.1%) |
| 114 | **TROJANOWSKI Rafał** | **378** | BIEGAM BO LUBIĘ ZĄBKI TEAM | M2 30-39 lat | 32 | 00:00:29 | 00:25:37 | 00:51:35 | **01:16:31.85** | **01:17:01.35** | +00:25:12 (32.9%) | 5:53 | 10.2 (67.1%) |
| 115 | **TRACZYK Przemysław** | **470** | ASFALTLOVE DZIKI | M2 30-39 lat | 33 | 00:00:07 | 00:25:03 | 00:50:59 | **01:16:41.40** | **01:16:48.45** | +00:25:21 (33.1%) | 5:53 | 10.2 (67.1%) |
| 116 | **ZAMBROWSKI Sławomir** | **409** | | M3 40-49 lat | 57 | 00:01:15 | 00:27:19 | 00:52:02 | **01:16:55.30** | **01:18:10.70** | +00:25:35 (33.3%) | 5:55 | 10.1 (66.4%) |
| 117 | **BIERNAT Dawid** | **42** | | M1 < 29 lat | 10 | 00:00:54 | 00:25:09 | 00:51:07 | **01:16:55.75** | **01:17:50.35** | +00:25:36 (33.3%) | 5:55 | 10.1 (66.4%) |
| 118 | **BARTOSZUK Sławomir** | **32** | | M4 50-59 | 13 | 00:01:10 | 00:26:12 | 00:51:22 | **01:17:00.65** | **01:18:11.60** | +00:25:40 (33.3%) | 5:55 | 10.1 (66.4%) |
| 119 | **GAWLIK Arkadiusz** | **123** | BIEGAM NA TARCHOMINIE | M3 40-49 lat | 58 | 00:00:35 | 00:25:42 | 00:51:31 | **01:17:04.20** | **01:17:39.40** | +00:25:44 (33.4%) | 5:55 | 10.1 (66.4%) |
| 120 | **WILEŃSKI Zbigniew** | **392** | GRUPA BIEGOWA UM W-WA | M4 50-59 | 14 | 00:00:49 | 00:26:04 | 00:51:23 | **01:17:10.45** | **01:18:00.40** | +00:25:50 (33.5%) | 5:56 | 10.1 (66.4%) |
| 120 | **FIRYSIUK Tomasz** | **114** | | M3 40-49 lat | 59 | 00:00:22 | 00:26:02 | 00:51:46 | **01:17:10.45** | **01:17:33.40** | +00:25:50 (33.5%) | 5:56 | 10.1 (66.4%) |
| 122 | **OLBRYŚ Stanisław Adam** | **275** | KB LEGIONOWO | M4 50-59 | 15 | 00:00:04 | 00:24:33 | 00:51:25 | **01:17:18.25** | **01:17:22.70** | +00:25:58 (33.6%) | 5:56 | 10.1 (66.4%) |
| 123 | **FRĄCKIEWICZ Dariusz** | **116** | BIEGAM NA TARCHOMINIE | M3 40-49 lat | 60 | 00:00:35 | 00:24:59 | 00:50:34 | **01:17:19.25** | **01:17:54.85** | +00:25:59 (33.6%) | 5:56 | 10.1 (66.4%) |
| 124 | **GRZEJDZIAK Igor** | **145** | NAPRZÓD MŁOCINY | M3 40-49 lat | 61 | 00:00:37 | 00:25:24 | 00:51:08 | **01:17:30.80** | **01:18:08.55** | +00:26:11 (33.8%) | 5:57 | 10.1 (66.4%) |
| 125 | **PAZIEWSKI Andrzej** | **290** | BIEGAM NA TARCHOMINIE | M3 40-49 lat | 62 | 00:00:41 | 00:26:05 | 00:51:40 | **01:17:37.00** | **01:18:18.75** | +00:26:17 (33.9%) | 5:58 | 10 (65.8%) |
| 126 | **KULIK Tomasz** | **212** | | M3 40-49 lat | 63 | 00:01:21 | 00:27:47 | 00:52:51 | **01:17:56.15** | **01:19:18.00** | +00:26:36 (34.1%) | 5:59 | 10 (65.8%) |
| 127 | **BINIEK Adam** | **44** | MORSY ZIELONKA | M3 40-49 lat | 64 | 00:01:18 | 00:27:56 | 00:52:58 | **01:17:56.95** | **01:19:15.20** | +00:26:37 (34.2%) | 5:59 | 10 (65.8%) |
| 128 | **KOSMALA Dariusz** | **194** | | M4 50-59 | 16 | 00:00:22 | 00:26:12 | 00:52:09 | **01:17:59.15** | **01:18:22.00** | +00:26:39 (34.2%) | 5:59 | 10 (65.8%) |
| 129 | **STASIAK Piotr** | **345** | | M2 30-39 lat | 34 | 00:00:35 | 00:26:21 | 00:51:52 | **01:18:07.30** | **01:18:42.35** | +00:26:47 (34.3%) | 6:00 | 10 (65.8%) |
| 130 | **NOGAL Robert** | **266** | INDOORY URSUS | M3 40-49 lat | 65 | 00:00:10 | 00:25:39 | 00:51:47 | **01:18:16.55** | **01:18:26.80** | +00:26:56 (34.4%) | 6:01 | 10 (65.8%) |
| 131 | **KOSINSKI Olek** | **193** | | M2 30-39 lat | 35 | 00:00:29 | 00:26:08 | 00:51:55 | **01:18:17.60** | **01:18:46.80** | +00:26:57 (34.4%) | 6:01 | 10 (65.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 4.4km | 8.7km | Czas netto 13km | Czas brutto 13km | Różn | Tempo min/km | Tempo km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 132 | **SZYMAŃSKI Arkadiusz** | **365** | | M3 40-49 lat | 66 | 00:01:23 | 00:29:53 | 00:54:35 | **01:18:18.00** | **01:19:41.20** | +00:26:58 (34.4%) | 6:01 | 10 (65.8%) |
| 133 | **BORUSZEWSKI Maciej** | **51** | | M3 40-49 lat | 67 | 00:00:08 | 00:26:09 | 00:52:05 | **01:18:22.05** | **01:18:30.85** | +00:27:02 (34.5%) | 6:01 | 10 (65.8%) |
| 134 | **KOLASA Andrzej** | **187** | KLUB J.SŁOWACKIEGO | M5 60+ | 6 | 00:00:02 | 00:25:49 | 00:51:44 | **01:18:24.90** | **01:18:27.70** | +00:27:05 (34.5%) | 6:01 | 9.9 (65.1%) |
| 135 | **CELIŃSKI Tomasz** | **59** | TUPTUŚ OTWOCK | M4 50-59 | 17 | 00:00:18 | 00:29:09 | 00:54:29 | **01:18:25.55** | **01:18:44.10** | +00:27:05 (34.6%) | 6:01 | 9.9 (65.1%) |
| 136 | **KONIECKI Tomasz** | **189** | | M4 50-59 | 18 | 00:00:15 | 00:25:43 | 00:51:54 | **01:18:30.65** | **01:18:45.65** | +00:27:10 (34.6%) | 6:02 | 9.9 (65.1%) |
| 137 | **WINIARCZYK Adrian** | **432** | | M2 30-39 lat | 36 | 00:00:18 | 00:26:23 | 00:53:05 | **01:18:32.15** | **01:18:50.45** | +00:27:12 (34.6%) | 6:02 | 9.9 (65.1%) |
| 138 | **WÓJCICKI Bartosz** | **406** | | M2 30-39 lat | 37 | 00:00:16 | 00:25:55 | 00:51:54 | **01:18:33.75** | **01:18:49.80** | +00:27:14 (34.7%) | 6:02 | 9.9 (65.1%) |
| 139 | **WYRWAS Tadeusz** | **408** | PGB SPORTOWA PACZKA | M5 60+ | 7 | 00:00:22 | 00:27:07 | 00:53:19 | **01:18:44.15** | **01:19:06.65** | +00:27:24 (34.8%) | 6:03 | 9.9 (65.1%) |
| 140 | **CIBORSKI Jakub** | **461** | | M3 40-49 lat | 68 | 00:00:43 | 00:25:21 | 00:51:27 | **01:18:50.00** | **01:19:33.55** | +00:27:30 (34.9%) | 6:03 | 9.9 (65.1%) |
| 141 | **KOPER Sebastian** | **190** | CARREFOUR RUNNING TEAM | M3 40-49 lat | 69 | 00:00:31 | 00:25:32 | 00:52:01 | **01:19:14.35** | **01:19:45.45** | +00:27:54 (35.2%) | 6:05 | 9.8 (64.5%) |
| 142 | **TYSZKO Piotr** | **382** | | M2 30-39 lat | 38 | 00:00:44 | 00:26:10 | 00:52:25 | **01:19:24.85** | **01:20:09.30** | +00:28:05 (35.4%) | 6:06 | 9.8 (64.5%) |
| 143 | **POTRZEBOWSKI Dominik** | **293** | MARKOWI BIEGACZE | M3 40-49 lat | 70 | 00:00:16 | 00:25:33 | 00:52:12 | **01:20:06.15** | **01:20:22.20** | +00:28:46 (35.9%) | 6:09 | 9.7 (63.8%) |
| 144 | **STRÓŻYK Piotrek** | **351** | | M3 40-49 lat | 71 | 00:01:18 | 00:29:52 | 00:55:16 | **01:20:20.90** | **01:21:39.75** | +00:29:01 (36.1%) | 6:10 | 9.7 (63.8%) |
| 145 | **KRĘGIEL Sebastian** | **324** | | M3 40-49 lat | 72 | 00:00:00 | 00:26:50 | 00:53:40 | **01:20:30.00** | **01:20:30.00** | +00:29:10 (36.2%) | 6:11 | 9.7 (63.8%) |
| 146 | **SZPADZIK Jarosław** | **358** | BIEGACZE MF | M2 30-39 lat | 39 | 00:01:49 | 00:27:40 | 00:53:54 | **01:20:36.65** | **01:22:25.70** | +00:29:16 (36.3%) | 6:12 | 9.7 (63.8%) |
| 147 | **BARTNIK Rafał** | **31** | ZABIEGANY WOŁOMIN | M3 40-49 lat | 73 | 00:01:08 | 00:27:23 | 00:53:40 | **01:20:55.25** | **01:22:04.00** | +00:29:35 (36.6%) | 6:13 | 9.6 (63.2%) |
| 148 | **RADZIKOWSKI Franek** | **303** | | M4 50-59 | 19 | 00:00:24 | 00:25:35 | 00:51:20 | **01:21:16.90** | **01:21:41.80** | +00:29:57 (36.9%) | 6:15 | 9.6 (63.2%) |
| 149 | **GRYCNER Paweł** | **142** | CTS | M2 30-39 lat | 40 | 00:00:52 | 00:28:37 | 00:55:10 | **01:21:22.95** | **01:22:15.25** | +00:30:03 (36.9%) | 6:15 | 9.6 (63.2%) |
| 150 | **GRAD Tomasz** | **139** | MARKOWI BIEGACZE | M3 40-49 lat | 74 | 00:00:31 | 00:27:28 | 00:54:14 | **01:21:25.30** | **01:21:57.10** | +00:30:05 (37.0%) | 6:15 | 9.6 (63.2%) |
| 151 | **BAKUŁA Wiesław** | **22** | WAMPIR | M4 50-59 | 20 | 00:00:42 | 00:26:35 | 00:53:17 | **01:21:30.10** | **01:22:12.30** | +00:30:10 (37.0%) | 6:16 | 9.6 (63.2%) |
| 152 | **CHODNIEWICZ Michał** | **66** | | M2 30-39 lat | 41 | 00:00:09 | 00:24:54 | 00:51:51 | **01:21:30.75** | **01:21:40.70** | +00:30:11 (37.0%) | 6:16 | 9.6 (63.2%) |
| 153 | **KORDEK Dariusz** | **191** | | M4 50-59 | 21 | 00:00:44 | 00:27:51 | 00:54:51 | **01:21:38.65** | **01:22:23.30** | +00:30:18 (37.1%) | 6:16 | 9.6 (63.2%) |
| 154 | **DALGIEWICZ Dariusz** | **434** | | M5 60+ | 8 | 00:00:47 | 00:28:40 | 00:55:37 | **01:21:41.45** | **01:22:28.55** | +00:30:21 (37.2%) | 6:17 | 9.5 (62.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 4.4km | 8.7km | Czas netto 13km | Czas brutto 13km | Różn | Tempo min/km | Tempo km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 155 | **... Rafał** | **477** | | M2 30-39 lat | 42 | 00:01:16 | 00:29:51 | 00:55:51 | **01:22:06.55** | **01:23:23.40** | +00:30:46 (37.5%) | 6:18 | 9.5 (62.5%) |
| 156 | **GÒRAL Tadeusz** | **133** | KKB | M4 50-59 | 22 | 00:00:22 | 00:28:21 | 00:56:00 | **01:22:11.50** | **01:22:33.65** | +00:30:51 (37.6%) | 6:19 | 9.5 (62.5%) |
| 157 | **SUWALD Andrzej** | **353** | JACEKBIEGA RUNNING TEAM | M5 60+ | 9 | 00:00:48 | 00:26:37 | 00:54:31 | **01:22:15.55** | **01:23:04.00** | +00:30:55 (37.6%) | 6:19 | 9.5 (62.5%) |
| 158 | **DOMINIAK Zbigniew** | **96** | BEZPRĄDOWY KLUB BIEGOWY | M3 40-49 lat | 75 | 00:00:16 | 00:26:19 | 00:54:00 | **01:22:20.00** | **01:22:36.65** | +00:31:00 (37.7%) | 6:20 | 9.5 (62.5%) |
| 159 | **DZIEWULSKI Tomasz** | **107** | ZIELONKA BIEGA | M3 40-49 lat | 76 | 00:00:20 | 00:26:28 | 00:53:36 | **01:22:22.60** | **01:22:43.35** | +00:31:02 (37.7%) | 6:20 | 9.5 (62.5%) |
| 160 | **KAMIŃSKI Michał** | **471** | | M2 30-39 lat | 43 | 00:01:35 | 00:32:04 | 00:57:46 | **01:22:35.75** | **01:24:10.80** | +00:31:16 (37.9%) | 6:21 | 9.4 (61.8%) |
| 161 | **SKLEPOWICZ Jacek** | **333** | | M3 40-49 lat | 77 | 00:00:37 | 00:29:27 | 00:56:20 | **01:22:36.50** | **01:23:13.80** | +00:31:16 (37.9%) | 6:21 | 9.4 (61.8%) |
| 162 | **JÓZWIK Robert** | **166** | HARX TEAM | M3 40-49 lat | 78 | 00:00:22 | 00:27:21 | 00:55:01 | **01:22:38.05** | **01:23:00.65** | +00:31:18 (37.9%) | 6:21 | 9.4 (61.8%) |
| 163 | **BURMISTROV Vadym** | **57** | | M1 < 29 lat | 11 | 00:00:45 | 00:27:45 | 00:55:08 | **01:22:51.40** | **01:23:36.90** | +00:31:31 (38.1%) | 6:22 | 9.4 (61.8%) |
| 164 | **BANASIAK Miroslaw** | **25** | | M3 40-49 lat | 79 | 00:00:56 | 00:27:51 | 00:55:28 | **01:23:04.00** | **01:24:00.70** | +00:31:44 (38.2%) | 6:23 | 9.4 (61.8%) |
| 165 | **WALIGÓRSKI Krzysztof** | **386** | MARKOWI BIEGACZE | M4 50-59 | 23 | 00:00:28 | 00:28:02 | 00:55:53 | **01:23:05.90** | **01:23:34.70** | +00:31:46 (38.2%) | 6:23 | 9.4 (61.8%) |
| 166 | **SZCZERBICKI Rafał** | **355** | WARSAW RUN CLUB | M3 40-49 lat | 80 | 00:01:06 | 00:29:48 | 00:57:08 | **01:23:09.15** | **01:24:15.95** | +00:31:49 (38.3%) | 6:23 | 9.4 (61.8%) |
| 167 | **SOCHACKI Mariusz** | **340** | | M3 40-49 lat | 81 | 00:00:15 | 00:26:34 | 00:54:23 | **01:23:18.20** | **01:23:34.15** | +00:31:58 (38.4%) | 6:24 | 9.4 (61.8%) |
| 168 | **GRZESZCZYK Michał** | **146** | EKOBIEGI | M3 40-49 lat | 82 | 00:01:24 | 00:28:41 | 00:55:50 | **01:23:22.05** | **01:24:47.00** | +00:32:02 (38.4%) | 6:24 | 9.4 (61.8%) |
| 169 | **MIKOŁAJCZYK Andrzej** | **247** | | M2 30-39 lat | 44 | 00:01:17 | 00:30:06 | 00:57:22 | **01:23:23.05** | **01:24:40.75** | +00:32:03 (38.4%) | 6:24 | 9.4 (61.8%) |
| 170 | **BARG Karol** | **466** | | M2 30-39 lat | 45 | 00:00:42 | 00:26:10 | 00:53:28 | **01:23:45.50** | **01:24:28.20** | +00:32:25 (38.7%) | 6:26 | 9.3 (61.2%) |
| 171 | **WALESIUK Piotr** | **385** | | M3 40-49 lat | 83 | 00:00:50 | 00:30:27 | 00:58:48 | **01:23:54.60** | **01:24:45.00** | +00:32:34 (38.8%) | 6:27 | 9.3 (61.2%) |
| 172 | **ZDUŃSKI Jarosław** | **414** | TAK SOBIE DREPCZĘ | M4 50-59 | 24 | 00:00:44 | 00:27:35 | 00:55:31 | **01:23:57.30** | **01:24:41.45** | +00:32:37 (38.9%) | 6:27 | 9.3 (61.2%) |
| 173 | **ZRAZEK Piotr** | **422** | | M3 40-49 lat | 84 | 00:00:45 | 00:27:44 | 00:55:00 | **01:24:00.60** | **01:24:46.30** | +00:32:40 (38.9%) | 6:27 | 9.3 (61.2%) |
| 174 | **MIŁOSZ Marek** | **250** | | M4 50-59 | 25 | 00:00:15 | 00:26:21 | 00:54:15 | **01:24:04.55** | **01:24:19.80** | +00:32:44 (38.9%) | 6:28 | 9.3 (61.2%) |
| 175 | **FIEJTEK Piotr** | **110** | | M2 30-39 lat | 46 | 00:01:14 | 00:28:42 | 00:55:41 | **01:24:30.45** | **01:25:45.00** | +00:33:10 (39.3%) | 6:30 | 9.2 (60.5%) |
| 176 | **DERESZEWSKI Piotr** | **94** | ZABIEGANY WOŁOMIN | M3 40-49 lat | 85 | 00:01:09 | 00:29:56 | 00:56:34 | **01:24:36.10** | **01:25:45.85** | +00:33:16 (39.3%) | 6:30 | 9.2 (60.5%) |
| 177 | **STANISZEWSKI Rafał** | **344** | TURBODZIKI | M3 40-49 lat | 86 | 00:01:22 | 00:30:18 | 00:58:24 | **01:24:59.30** | **01:26:21.90** | +00:33:39 (39.6%) | 6:32 | 9.2 (60.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 4.4km | 8.7km | Czas netto 13km | Czas brutto 13km | Różn | Tempo min/km | Tempo km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 178 | **KOLCZYŃSKI Michał** | **437** | TRUCHTACZ | M5 60+ | 10 | 00:00:29 | 00:27:00 | 00:55:22 | **01:25:11.15** | **01:25:40.95** | +00:33:51 (39.7%) | 6:33 | 9.2 (60.5%) |
| 179 | **BARANOWSKI Łukasz** | **28** | | M2 30-39 lat | 47 | 00:00:39 | 00:28:05 | 00:56:35 | **01:25:15.70** | **01:25:54.75** | +00:33:56 (39.8%) | 6:33 | 9.1 (59.9%) |
| 180 | **NOWAKOWSKI Piotr** | **499** | | M1 < 29 lat | 12 | 00:00:25 | 00:26:50 | 00:55:15 | **01:25:16.25** | **01:25:42.15** | +00:33:56 (39.8%) | 6:33 | 9.1 (59.9%) |
| 181 | **JABŁONKA Radosław** | **157** | DZIADY OCR | M3 40-49 lat | 87 | 00:00:39 | 00:28:05 | 00:56:35 | **01:25:17.30** | **01:25:56.60** | +00:33:57 (39.8%) | 6:33 | 9.1 (59.9%) |
| 182 | **GARBACZEWSKI Zbigniew** | **122** | | M3 40-49 lat | 88 | 00:00:50 | 00:28:22 | 00:56:22 | **01:25:32.30** | **01:26:22.60** | +00:34:12 (40.0%) | 6:34 | 9.1 (59.9%) |
| 183 | **ANIOŁKOWSKI Krzysztof** | **15** | AKTYWNA WARSZAWA | M2 30-39 lat | 48 | 00:01:01 | 00:29:11 | 00:56:34 | **01:25:52.40** | **01:26:53.70** | +00:34:32 (40.2%) | 6:36 | 9.1 (59.9%) |
| 184 | **ROZUM Janusz** | **312** | - | M5 60+ | 11 | 00:01:02 | 00:28:40 | 00:56:52 | **01:26:10.00** | **01:27:12.05** | +00:34:50 (40.4%) | 6:37 | 9.1 (59.9%) |
| 185 | **NOSARZEWSKI Mariusz** | **267** | GB PRESS TEAM | M3 40-49 lat | 89 | 00:00:55 | 00:28:34 | 00:56:55 | **01:26:13.50** | **01:27:08.70** | +00:34:53 (40.5%) | 6:37 | 9 (59.2%) |
| 186 | **OWOC Tomasz** | **285** | PKO BANK POLSKI / NEW BALANCE RUN CLUB | M4 50-59 | 26 | 00:00:33 | 00:27:14 | 00:55:31 | **01:26:13.75** | **01:26:47.30** | +00:34:54 (40.5%) | 6:37 | 9 (59.2%) |
| 187 | **CYBULSKI Grzegorz** | **78** | NAJWIĘKSZA ARMIA ŚWIATA | M3 40-49 lat | 90 | 00:01:00 | 00:29:43 | 00:58:03 | **01:26:17.45** | **01:27:18.15** | +00:34:57 (40.5%) | 6:38 | 9 (59.2%) |
| 188 | **PAWEŁEK Krzysztof** | **287** | MARKOWI BIEGACZE | M3 40-49 lat | 91 | 00:00:32 | 00:29:13 | 00:57:33 | **01:26:53.45** | **01:27:26.30** | +00:35:33 (40.9%) | 6:41 | 9 (59.2%) |
| 189 | **NADOBNIK Konrad** | **261** | BIEGAM BO LUBIĘ ZĄBKI TEAM | M3 40-49 lat | 92 | 00:01:15 | 00:31:22 | 00:59:30 | **01:27:13.25** | **01:28:28.90** | +00:35:53 (41.2%) | 6:42 | 8.9 (58.6%) |
| 190 | **RODAK Zbigniew** | **309** | | M4 50-59 | 27 | 00:01:31 | 00:32:34 | 01:00:24 | **01:27:19.95** | **01:28:51.20** | +00:36:00 (41.2%) | 6:43 | 8.9 (58.6%) |
| 191 | **JĘDRASZCZYK Maciej** | **164** | | M3 40-49 lat | 93 | 00:00:53 | 00:30:24 | 00:58:40 | **01:27:55.75** | **01:28:48.80** | +00:36:36 (41.6%) | 6:45 | 8.9 (58.6%) |
| 192 | **MICHALSKI Maciej** | **439** | ALBERCIK TEAM | M3 40-49 lat | 94 | 00:01:27 | 00:31:59 | 00:59:36 | **01:28:02.65** | **01:29:30.00** | +00:36:42 (41.7%) | 6:46 | 8.9 (58.6%) |
| 193 | **JARMUŻEWSKI Adam** | **161** | TIA | M3 40-49 lat | 95 | 00:01:31 | 00:32:35 | 01:00:37 | **01:28:24.70** | **01:29:56.45** | +00:37:05 (41.9%) | 6:48 | 8.8 (57.9%) |
| 194 | **WIŚNIEWSKI Tomasz** | **400** | | M4 50-59 | 28 | 00:01:26 | 00:32:17 | 01:00:55 | **01:28:28.25** | **01:29:54.35** | +00:37:08 (42.0%) | 6:48 | 8.8 (57.9%) |
| 195 | **KOWALIK Tomasz** | **199** | | M3 40-49 lat | 96 | 00:00:08 | 00:27:52 | 00:57:48 | **01:28:44.15** | **01:28:52.30** | +00:37:24 (42.2%) | 6:49 | 8.8 (57.9%) |
| 196 | **OSIŃSKI Stanisław** | **281** | | M5 60+ | 12 | 00:00:41 | 00:30:22 | 00:59:11 | **01:28:50.75** | **01:29:31.85** | +00:37:31 (42.2%) | 6:50 | 8.8 (57.9%) |
| 197 | **JAROŃ Jarosław** | **162** | RUN DE GIRARD | M3 40-49 lat | 97 | 00:00:26 | 00:29:46 | 00:58:25 | **01:29:02.25** | **01:29:28.85** | +00:37:42 (42.4%) | 6:50 | 8.8 (57.9%) |
| 198 | **MYSLOWSKI Mieczysław** | **475** | | M4 50-59 | 29 | 00:01:10 | 00:29:46 | 00:59:46 | **01:29:24.05** | **01:30:34.70** | +00:38:04 (42.6%) | 6:52 | 8.7 (57.2%) |
| 199 | **PŁATEK Emil** | **292** | ALIOR RUNNING TEAM | M2 30-39 lat | 49 | 00:01:36 | 00:32:32 | 01:01:04 | **01:29:43.05** | **01:31:19.20** | +00:38:23 (42.8%) | 6:54 | 8.7 (57.2%) |
| 200 | **NOWAKOWSKI Czeslaw** | **268** | DUCLA ACADEMY WARSZAWA | M5 60+ | 13 | 00:00:32 | 00:29:59 | 00:59:46 | **01:29:49.00** | **01:30:21.55** | +00:38:29 (42.9%) | 6:54 | 8.7 (57.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 4.4km | 8.7km | Czas netto 13km | Czas brutto 13km | Różn | Tempo min/km | Tempo km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 201 | **MUSIAŁ Marcin** | **259** | | M2 30-39 lat | 50 | 00:00:51 | 00:30:37 | 00:59:48 | **01:30:05.40** | **01:30:57.30** | +00:38:45 (43.0%) | 6:55 | 8.7 (57.2%) |
| 202 | **KOSTRZEWSKI Piotr** | **195** | KPLA PIOTR KOSTRZEWSKI | M4 50-59 | 30 | 00:00:50 | 00:30:24 | 00:59:00 | **01:30:08.85** | **01:30:59.55** | +00:38:49 (43.1%) | 6:56 | 8.7 (57.2%) |
| 203 | **WITKOWSKI Piotr** | **401** | VEGE RUNNERS | M2 30-39 lat | 51 | 00:01:13 | 00:32:07 | 01:01:41 | **01:30:11.05** | **01:31:24.55** | +00:38:51 (43.1%) | 6:56 | 8.6 (56.6%) |
| 204 | **WOJDAK Piotr** | **404** | STOMILEX | M4 50-59 | 31 | 00:00:57 | 00:32:04 | 01:00:49 | **01:30:33.30** | **01:31:31.25** | +00:39:13 (43.3%) | 6:57 | 8.6 (56.6%) |
| 205 | **KACZOROWSKI Robert** | **170** | | M4 50-59 | 32 | 00:01:09 | 00:30:11 | 00:59:43 | **01:30:51.60** | **01:32:01.30** | +00:39:31 (43.5%) | 6:59 | 8.6 (56.6%) |
| 206 | **WOLFF Tomasz** | **405** | BIEGAM BO LUBIĘ ZĄBKI TEAM | M2 30-39 lat | 52 | 00:01:02 | 00:31:51 | 01:00:05 | **01:30:55.60** | **01:31:58.00** | +00:39:35 (43.5%) | 6:59 | 8.6 (56.6%) |
| 207 | **ZAKRZEWSKI Marek** | **485** | | M4 50-59 | 33 | 00:01:25 | 00:33:03 | 01:02:02 | **01:31:02.15** | **01:32:27.35** | +00:39:42 (43.6%) | 7:00 | 8.6 (56.6%) |
| 208 | **CZAJKOWSKI Rafał** | **83** | EKOBIEGI | M3 40-49 lat | 98 | 00:01:24 | 00:33:04 | 01:01:57 | **01:31:02.35** | **01:32:26.45** | +00:39:42 (43.6%) | 7:00 | 8.6 (56.6%) |
| 209 | **KOŁOMAŃSKI Marek** | **188** | | M3 40-49 lat | 99 | 00:01:24 | 00:33:05 | 01:01:57 | **01:31:02.65** | **01:32:27.00** | +00:39:42 (43.6%) | 7:00 | 8.6 (56.6%) |
| 210 | **ROSZAK Waldemar** | **10** | BIEGAM NA ZIELONEJ BIAŁOŁĘCE | M4 50-59 | 34 | 00:01:28 | 00:34:35 | 01:03:27 | **01:31:23.25** | **01:32:51.50** | +00:40:03 (43.8%) | 7:01 | 8.5 (55.9%) |
| 211 | **MATUSZEWSKI Robert** | **232** | | M3 40-49 lat | 100 | 00:01:17 | 00:32:28 | 01:01:47 | **01:31:25.55** | **01:32:43.05** | +00:40:05 (43.9%) | 7:01 | 8.5 (55.9%) |
| 212 | **OSYPOWICZ Dominik** | **284** | | M1 < 29 lat | 13 | 00:01:13 | 00:32:28 | 01:02:12 | **01:31:51.90** | **01:33:04.90** | +00:40:32 (44.1%) | 7:03 | 8.5 (55.9%) |
| 213 | **SIEDLACZEK Zbigniew** | **327** | | M5 60+ | 14 | 00:00:08 | 00:28:59 | 01:00:31 | **01:31:54.00** | **01:32:02.90** | +00:40:34 (44.1%) | 7:04 | 8.5 (55.9%) |
| 214 | **BIAŁOKOS Kamil** | **40** | | M3 40-49 lat | 101 | 00:01:07 | 00:32:50 | 01:02:16 | **01:32:02.15** | **01:33:09.85** | +00:40:42 (44.2%) | 7:04 | 8.5 (55.9%) |
| 215 | **SKOWROŃSKI Wojciech** | **335** | | M4 50-59 | 35 | 00:01:02 | 00:32:11 | 01:02:15 | **01:32:36.05** | **01:33:38.75** | +00:41:16 (44.6%) | 7:07 | 8.4 (55.3%) |
| 216 | **GROCHOWSKI Marcin** | **331** | | M3 40-49 lat | 102 | 00:00:19 | 00:29:54 | 01:00:58 | **01:32:40.65** | **01:33:00.50** | +00:41:20 (44.6%) | 7:07 | 8.4 (55.3%) |
| 217 | **BASIŃSKI Paweł** | **76** | | M3 40-49 lat | 103 | 00:00:43 | 00:30:35 | 01:00:15 | **01:32:40.80** | **01:33:24.40** | +00:41:21 (44.6%) | 7:07 | 8.4 (55.3%) |
| 218 | **CZARTORYSKI Krystian** | **85** | | M3 40-49 lat | 104 | 00:01:05 | 00:32:52 | 01:01:57 | **01:32:54.75** | **01:34:00.60** | +00:41:35 (44.8%) | 7:08 | 8.4 (55.3%) |
| 219 | **MYŚLIŃSKI Robert** | **67** | RUBIN RUN | M4 50-59 | 36 | 00:00:24 | 00:31:13 | 01:01:43 | **01:33:07.50** | **01:33:32.40** | +00:41:47 (44.9%) | 7:09 | 8.4 (55.3%) |
| 220 | **OKSIENIUK Marcin** | **274** | TURBODZIKI | M2 30-39 lat | 53 | 00:01:23 | 00:29:44 | 01:00:24 | **01:33:33.70** | **01:34:56.70** | +00:42:14 (45.1%) | 7:11 | 8.3 (54.6%) |
| 221 | **RUSIN Michał** | **317** | | M1 < 29 lat | 14 | 00:01:14 | 00:32:55 | 01:04:03 | **01:33:46.30** | **01:35:00.30** | +00:42:26 (45.3%) | 7:12 | 8.3 (54.6%) |
| 222 | **BUCZEK Piotr** | **55** | | M3 40-49 lat | 105 | 00:00:21 | 00:32:28 | 01:02:37 | **01:33:56.40** | **01:34:17.95** | +00:42:36 (45.4%) | 7:13 | 8.3 (54.6%) |
| 223 | **KUNKA Piotr** | **213** | TEAM ZABIEGANEDNI | M2 30-39 lat | 54 | 00:01:36 | 00:33:23 | 01:04:11 | **01:34:22.75** | **01:35:59.40** | +00:43:03 (45.6%) | 7:15 | 8.3 (54.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 4.4km | 8.7km | Czas netto 13km | Czas brutto 13km | Różn | Tempo min/km | Tempo km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 224 | **ŁUCZAK Piotr** | **225** | PKO BANK POLSKI | M3 40-49 lat | 106 | 00:00:39 | 00:30:32 | 01:02:12 | **01:34:36.65** | **01:35:16.55** | +00:43:16 (45.7%) | 7:16 | 8.2 (53.9%) |
| 225 | **KOFALSKI Jakub** | **497** | | M2 30-39 lat | 55 | 00:01:04 | 00:30:59 | 01:03:03 | **01:34:43.50** | **01:35:47.55** | +00:43:23 (45.8%) | 7:17 | 8.2 (53.9%) |
| 226 | **BERDYCHOWSKI Zygmunt** | **481** | | M5 60+ | 15 | 00:01:29 | 00:31:47 | 01:03:01 | **01:35:09.10** | **01:36:38.70** | +00:43:49 (46.1%) | 7:19 | 8.2 (53.9%) |
| 227 | **RUSIN Bartosz** | **316** | | M3 40-49 lat | 107 | 00:01:13 | 00:32:56 | 01:04:14 | **01:35:42.00** | **01:36:55.35** | +00:44:22 (46.4%) | 7:21 | 8.2 (53.9%) |
| 228 | **SMOCZYK Hubert** | **338** | WARSZAWSKI ZAUŁEK | M2 30-39 lat | 56 | 00:01:32 | 00:32:41 | 01:03:53 | **01:35:43.60** | **01:37:16.50** | +00:44:23 (46.4%) | 7:21 | 8.1 (53.3%) |
| 229 | **PIKULSKI Marek** | **454** | SW | M3 40-49 lat | 108 | 00:00:20 | 00:30:53 | 01:03:25 | **01:36:15.45** | **01:36:36.40** | +00:44:55 (46.7%) | 7:24 | 8.1 (53.3%) |
| 230 | **KOWALCZYK Ryszard** | **197** | APOSTOŁOWIE TRX | M5 60+ | 16 | 00:01:08 | 00:33:21 | 01:04:38 | **01:36:22.05** | **01:37:30.05** | +00:45:02 (46.7%) | 7:24 | 8.1 (53.3%) |
| 231 | **BERNAT Sebastian** | **38** | STARE WILKI | M3 40-49 lat | 109 | 00:01:35 | 00:33:29 | 01:04:29 | **01:36:45.50** | **01:38:20.50** | +00:45:25 (47.0%) | 7:26 | 8.1 (53.3%) |
| 232 | **LOZOWSKI Robert** | **221** | | M3 40-49 lat | 110 | 00:01:41 | 00:32:41 | 01:04:26 | **01:37:47.55** | **01:39:29.05** | +00:46:27 (47.5%) | 7:31 | 8 (52.6%) |
| 233 | **HABIERA Robert** | **149** | | M4 50-59 | 37 | 00:00:59 | 00:33:13 | 01:05:09 | **01:37:49.10** | **01:38:49.05** | +00:46:29 (47.5%) | 7:31 | 8 (52.6%) |
| 234 | **BĄK Andrzej** | **35** | | M4 50-59 | 38 | 00:00:55 | 00:33:01 | 01:08:34 | **01:39:08.35** | **01:40:03.40** | +00:47:48 (48.2%) | 7:37 | 7.9 (52.0%) |
| 235 | **PRZYBYŁA Karol** | **298** | MASADA | M2 30-39 lat | 57 | 00:00:40 | 00:33:14 | 01:05:22 | **01:39:11.10** | **01:39:51.80** | +00:47:51 (48.2%) | 7:37 | 7.9 (52.0%) |
| 236 | **TYBURC Paweł** | **19** | ACHILLES BIAŁOŁĘKA | M3 40-49 lat | 111 | 00:00:12 | 00:31:03 | 01:03:43 | **01:39:20.90** | **01:39:33.70** | +00:48:01 (48.3%) | 7:38 | 7.9 (52.0%) |
| 237 | **GÓRZYŃSKI Janusz** | **138** | BESTIE OCR LEGIONOWO | M3 40-49 lat | 112 | 00:01:33 | 00:32:22 | 01:03:41 | **01:39:36.30** | **01:41:09.75** | +00:48:16 (48.5%) | 7:39 | 7.8 (51.3%) |
| 238 | **MUCHA Grzegorz** | **258** | | M5 60+ | 17 | 00:01:03 | 00:33:57 | 01:06:37 | **01:39:41.35** | **01:40:44.90** | +00:48:21 (48.5%) | 7:40 | 7.8 (51.3%) |
| 239 | **BUKOWSKI Janusz** | **100** | STOWARZYSZENIE DAĆ SIEBIE INNYM | M5 60+ | 18 | 00:00:04 | 00:33:29 | 01:06:18 | **01:39:53.55** | **01:39:58.30** | +00:48:33 (48.6%) | 7:41 | 7.8 (51.3%) |
| 240 | **PRĘGOWSKI Grzegorz** | **294** | EKOBIEGI | M4 50-59 | 39 | 00:01:27 | 00:32:51 | 01:05:27 | **01:40:26.80** | **01:41:53.85** | +00:49:07 (48.9%) | 7:43 | 7.8 (51.3%) |
| 241 | **ZYGADŁO Piotr** | **427** | | M2 30-39 lat | 58 | 00:01:05 | 00:36:08 | 01:08:16 | **01:40:32.40** | **01:41:37.40** | +00:49:12 (48.9%) | 7:44 | 7.8 (51.3%) |
| 242 | **MAREK Roman** | **230** | | M4 50-59 | 40 | 00:00:54 | 00:33:02 | 01:08:25 | **01:40:45.95** | **01:41:40.50** | +00:49:26 (49.1%) | 7:45 | 7.7 (50.7%) |
| 243 | **JANKOWSKI Tomasz** | **496** | | M3 40-49 lat | 113 | 00:01:36 | 00:34:30 | 01:07:07 | **01:40:58.40** | **01:42:35.15** | +00:49:38 (49.2%) | 7:46 | 7.7 (50.7%) |
| 244 | **ZATYLNY Tomasz** | **411** | | M3 40-49 lat | 114 | 00:01:30 | 00:33:02 | 01:05:30 | **01:42:14.80** | **01:43:45.00** | +00:50:55 (49.8%) | 7:51 | 7.6 (50.0%) |
| 245 | **SZOSTAKOWSKI Jarosław** | **1** | BIEGAMY Z OCHOTĄ | M4 50-59 | 41 | 00:01:29 | 00:35:38 | 01:08:24 | **01:43:06.05** | **01:44:35.60** | +00:51:46 (50.2%) | 7:55 | 7.6 (50.0%) |
| 246 | **ROJEK Stanisław** | **310** | | M4 50-59 | 42 | 00:01:24 | 00:33:54 | 01:08:50 | **01:44:47.10** | **01:46:11.95** | +00:53:27 (51.0%) | 8:03 | 7.4 (48.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 4.4km | 8.7km | Czas netto 13km | Czas brutto 13km | Różn | Tempo min/km | Tempo km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 247 | **NOWAK Jakub** | **71** | DOBRZYŃSKI KLUB ŻEGLARSKI | M4 50-59 | 43 | 00:00:40 | 00:33:11 | 01:09:24 | **01:45:30.65** | **01:46:11.30** | +00:54:10 (51.4%) | 8:06 | 7.4 (48.7%) |
| 248 | **LACH Marcin** | **216** | | M3 40-49 lat | 115 | 00:01:30 | 00:34:55 | 01:10:29 | **01:48:01.00** | **01:49:31.15** | +00:56:41 (52.5%) | 8:18 | 7.2 (47.4%) |
| 249 | **BĄK Hubert** | **34** | | M2 30-39 lat | 59 | 00:00:55 | 00:33:00 | 01:08:32 | **01:50:39.80** | **01:51:35.40** | +00:59:20 (53.6%) | 8:30 | 7 (46.1%) |
| 250 | **ŁUKASIEWICZ Robert** | **226** | KOKOSZKA36TEAM | M3 40-49 lat | 116 | 00:00:53 | 00:34:02 | 01:11:31 | **01:50:41.90** | **01:51:35.10** | +00:59:22 (53.6%) | 8:30 | 7 (46.1%) |
| 251 | **CIEŚLAK Pawel** | **73** | SLOWJOGGING BIAŁOŁEKA | M4 50-59 | 44 | 00:01:45 | 00:36:08 | 01:11:07 | **01:51:02.05** | **01:52:47.85** | +00:59:42 (53.8%) | 8:32 | 7 (46.1%) |
| 252 | **MIKOŚ Roman** | **249** | | M4 50-59 | 45 | 00:01:39 | 00:35:44 | 01:13:16 | **01:51:12.20** | **01:52:51.70** | +00:59:52 (53.8%) | 8:33 | 7 (46.1%) |
| 253 | **KOZŁOWSKI Witold** | **202** | | M3 40-49 lat | 117 | 00:01:21 | 00:35:24 | 01:17:41 | **01:52:25.20** | **01:53:46.65** | +01:01:05 (54.3%) | 8:38 | 6.9 (45.4%) |
| **Przekroczony limit czasu: 02:00:00** | | | | | | | | | | | | | |
| 254 | **KAWKA Andrzej** | **176** | | M5 60+ | 19 | 00:01:39 | 00:38:07 | 01:18:28 | **02:02:32.15** | **02:04:12.10** | +01:11:12 (58.1%) | 9:25 | 6.4 (42.1%) |
| 255 | **CISZEWSKI Krzysztof** | **74** | | M3 40-49 lat | 118 | 00:00:16 | 00:22:44 | 00:44:43 | | | +00:10:29 | 5:08 | 11.7 (77.0%) |
| 256 | **CYRUK Tomasz** | **79** | | M3 40-49 lat | 119 | 00:00:50 | 00:30:27 | 00:58:48 | | | +00:24:34 | 6:45 | 8.9 (58.6%) |
| 257 | **DUCH Emil** | **99** | | M2 30-39 lat | 60 | 00:00:42 | 00:30:06 | 01:00:19 | | | +00:26:05 | 6:55 | 8.7 (57.2%) |
| 258 | **OKRÓJ Dawid** | **273** | | M2 30-39 lat | 61 | 00:00:34 | 00:29:41 | 01:00:21 | | | +00:26:07 | 6:56 | 8.6 (56.6%) |
| 259 | **GAWRON Adrian** | **124** | | M1 < 29 lat | 15 | 00:00:27 | 00:30:25 | 01:00:57 | | | +00:26:43 | 7:00 | 8.6 (56.6%) |
| 260 | **RUPIK Piotr** | **315** | | M3 40-49 lat | 120 | 00:00:26 | 00:31:23 | 01:02:33 | | | +00:28:19 | 7:11 | 8.3 (54.6%) |
| 261 | **ZWOLIŃSKI Grzegorz** | **425** | | M3 40-49 lat | 121 | 00:00:05 | 00:29:52 | 01:03:03 | | | +00:28:49 | 7:14 | 8.3 (54.6%) |
| 262 | **MĘDEL Cezary** | **237** | | M3 40-49 lat | 122 | 00:00:49 | 00:32:46 | 01:03:54 | | | +00:29:40 | 7:20 | 8.2 (53.9%) |
| 263 | **GIL Wojciech** | **127** | | M4 50-59 | 46 | 00:01:33 | 00:34:55 | 01:09:29 | | | +00:35:15 | 7:59 | 7.5 (49.3%) |
| 264 | **HEBDA Bartłomiej** | **150** | | M3 40-49 lat | 123 | 00:00:00 | 00:37:06 | 01:11:26 | | | + | 8:12 | 7.3 (48.0%) |
| 265 | **CHARLEJ Ireneusz** | **60** | WIECZORNE BIEGANIE W SZCZECINIE | M3 40-49 lat | 124 | 00:00:09 | 00:25:22 | | | | +00:08:08 | 5:45 | 10.4 (68.4%) |
| 266 | **FRETTES Luis** | **480** | | M5 60+ | 20 | 00:00:47 | 00:27:55 | | | | +00:10:41 | 6:20 | 9.5 (62.5%) |
| 267 | **SUCHODOLSKI Mariusz** | **352** | | M3 40-49 lat | 125 | 00:00:47 | 00:29:46 | | | | +00:12:32 | 6:45 | 8.9 (58.6%) |
| 268 | **MRÓZ Sebastian** | **257** | | M3 40-49 lat | 126 | 00:01:12 | 00:30:04 | | | | +00:12:50 | 6:49 | 8.8 (57.9%) |
| 269 | **KITA Grzegorz** | **181** | OLD GUARD OCR | M4 50-59 | 47 | 00:00:18 | 00:30:14 | | | | +00:13:00 | 6:52 | 8.7 (57.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 4.4km | 8.7km | Czas netto 13km | Czas brutto 13km | Różn | Tempo min/km | Tempo km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 270 | **BISOWSKI Szymon** | **474** | | M1 < 29 lat | 16 | 00:00:59 | 00:31:33 | | | | +00:14:19 | 7:10 | 8.4 (55.3%) |
| 271 | **ZIELIŃSKI Paweł** | **418** | | M2 30-39 lat | 62 | 00:00:34 | 00:32:00 | | | | +00:14:46 | 7:16 | 8.3 (54.6%) |
| 272 | **PAWLAK Przemysław** | **289** | R-TEAM ŁOWICZ | M1 < 29 lat | 17 | 00:00:24 | 00:32:06 | | | | +00:14:52 | 7:17 | 8.2 (53.9%) |
| 273 | **KAMIONOWSKI Mariusz-Jacek** | **172** | | M4 50-59 | 48 | 00:00:00 | 00:33:34 | | | | + | 7:37 | 7.9 (52.0%) |
| 274 | **NOWOSIELSKI Tomek** | **270** | HERO | M5 60+ | 21 | 00:01:37 | 00:34:07 | | | | +00:16:53 | 7:45 | 7.7 (50.7%) |
| 275 | **BAJOREK Jacek** | **21** | | M3 40-49 lat | 127 | 00:00:47 | 00:34:32 | | | | +00:17:18 | 7:50 | 7.6 (50.0%) |
| 276 | **SZULAWSKI Robert** | **360** | GSD ŻOLIBORZ | M4 50-59 | 49 | 00:01:31 | 00:34:33 | | | | +00:17:19 | 7:51 | 7.6 (50.0%) |
| 277 | **ŻÓŁCIŃSKI Waldemar** | **428** | GRUPA BIEGOWA UM W-WA | M5 60+ | 22 | 00:01:14 | 00:34:50 | | | | +00:17:36 | 7:54 | 7.6 (50.0%) |
| 278 | **DĄBROWA Bartosz** | **89** | BIAŁOŁĘKA PRZYSZŁOŚCI | M1 < 29 lat | 18 | 00:01:38 | 00:35:55 | | | | +00:18:41 | 8:09 | 7.4 (48.7%) |
| 279 | **ZIĘĆ Artur** | **419** | | M4 50-59 | 50 | 00:01:05 | 00:36:07 | | | | +00:18:53 | 8:12 | 7.3 (48.0%) |
| 280 | **GIERANOWSKI Marcin** | **126** | GIERAN | M3 40-49 lat | 128 | 00:00:17 | 00:36:17 | | | | +00:19:03 | 8:14 | 7.3 (48.0%) |
| 281 | **KUCICKI Krzysztof** | **209** | | M3 40-49 lat | 129 | 00:01:27 | 00:36:26 | | | | +00:19:12 | 8:16 | 7.2 (47.4%) |
| 282 | **NASKRĘT Mariusz** | **263** | | M3 40-49 lat | 130 | 00:00:54 | 00:39:40 | | | | +00:22:26 | 9:00 | 6.7 (44.1%) |
| 283 | **KRUPINIEWICZ Antoni** | **69** | SKORPION | M4 50-59 | 51 | 00:00:32 | 00:42:06 | | | | +00:24:52 | 9:34 | 6.3 (41.4%) |
| 284 | **CZECHOWSKI Jerzy** | **86** | MZA WARSZAWA | M5 60+ | 23 | 00:00:57 | 00:44:38 | | | | +00:27:24 | 10:08 | 5.9 (38.8%) |
| 285 | **NIEWCZAS Zdzisław** | **265** | | M5 60+ | 24 | 00:00:30 | 00:56:26 | | | | +00:39:12 | 12:49 | 4.7 (30.9%) |
| 286 | **KAMIŃSKI Waldemar** | **9** | SLOW JOGGING BIAŁOŁĘKA | M4 50-59 | 52 | 00:01:40 | 01:02:58 | | | | +00:45:44 | 14:18 | 4.2 (27.6%) |
| 287 | **PIOTROWSKI Jan** | **446** | GRUPA BIEGOWA UM W-WA | M2 30-39 lat | 63 | 00:00:00 | 01:09:28 | | | | + | 15:47 | 3.8 (25.0%) |
| 288 | **REGUCKI Ryszard Regucki** | **306** | | M3 40-49 lat | 131 | 00:00:00 | 01:36:44 | | | | + | 21:59 | 2.7 (17.8%) |

Znaleziono 288 wynik(ów)