



BIEG PRZEZ MOST 2021

B4SPORT

Organizator: Urząd Dzielnicy Warszawa - Białołęka
Data: 2021-09-12
Miejsce: Warszawa
Dystans: 10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	GROMEK Radosław	165	AZS AWF WARSZAWA	M 30-39	1	00:20:41	00:29:14	00:32:38.75		3:15	18.4
2	WIĘCKOWSKI Łukasz	553	KS START PUŁASKI WARKA	M 1-29	1	00:20:41	00:29:18	00:32:49.40	+00:00:10	3:16	18.3
3	MACHOWSKI Paweł	630	ADIDAS RUNNERS WARSAW/PIEKIELNI WARSZAWA	M 1-29	2	00:21:15	00:30:05	00:33:44.20	+00:01:05	3:22	17.8
4	STELMACH Dominika	659		K 30-39	1	00:22:43	00:32:33	00:36:39.65	+00:04:00	3:39	16.4
5	HILDEBRAND Marcin	178	BIEGAM NA TARCHOMINIE	M 30-39	2	00:23:11	00:32:55	00:36:52.30	+00:04:13	3:41	16.3
6	PRIMIK Marek	408	VEGE RUNNERS	M 40-49	1	00:23:06	00:33:08	00:37:18.55	+00:04:39	3:43	16.1
7	JUSIŃSKI Krystian	202	BRACHTWO BIEGOWE BGK	M 30-39	3	00:23:27	00:33:26	00:37:22.85	+00:04:44	3:44	16.1
8	PYRZAK Paweł	416	FORT JAKSMANICE	M 30-39	4	00:23:38	00:33:27	00:37:27.20	+00:04:48	3:44	16
9	SZCZEPŁEK Jan	495	LEMIESZ TEAM	M 30-39	5	00:23:45	00:33:39	00:37:33.50	+00:04:54	3:45	16
10	WITKOWSKI Paweł	565	WIELISZEW HERON TEAM	M 40-49	2	00:24:00	00:33:39	00:37:36.80	+00:04:58	3:45	16
11	GRUZA Marek	169	BIEGANIEPO40.PL	M 40-49	3	00:23:27	00:33:39	00:37:48.85	+00:05:10	3:46	15.9
12	BOGUSZ Tomasz	58	BIEGAJĄCA GDYNIA/ARTURKOZŁOWSKITEAM	M 40-49	4	00:23:45	00:33:44	00:37:50.30	+00:05:11	3:47	15.9
13	KRAMARZ Aleksander	252		M 1-29	3	00:23:29	00:33:41	00:37:57.80	+00:05:19	3:47	15.8
14	ZYCH Mariusz	605	BIEGAJ POD OKIEM TRENERA	M 40-49	5	00:23:40	00:34:03	00:38:04.90	+00:05:26	3:48	15.8
15	KULIK Jarek	272	BESTIE OCR LEGIONOWO	M 40-49	6	00:23:49	00:34:12	00:38:09.20	+00:05:30	3:48	15.7
16	ŁABĘDZKI Konrad	298	DUKLANOWSKI TEAM	M 30-39	6	00:23:52	00:33:57	00:38:12.65	+00:05:33	3:49	15.7
17	BAŁAJ Krzysztof	30	DECATHLON	M 1-29	4	00:23:59	00:34:00	00:38:15.35	+00:05:36	3:49	15.7
18	KUŁAKOWSKI Artur	273	FLORIAN CHOJNICE	M 40-49	7	00:23:30	00:33:58	00:38:18.90	+00:05:40	3:49	15.7
19	WACHOWSKI Łukasz	538		M 30-39	7	00:23:56	00:34:11	00:38:15.75	+00:05:37	3:49	15.7
20	RUPIŃSKI Krzysztof	647		M 1-29	5	00:23:45	00:34:17	00:38:20.75	+00:05:42	3:50	15.7
21	CHROBOT Daniel	86	WOŹNIAK RUNNING TEAM	M 1-29	6	00:23:47	00:34:06	00:38:27.10	+00:05:48	3:50	15.6
22	SZCZEPKOWSKI Bartłomiej	494	SANTANDER RUNNING TEAM	M 40-49	8	00:23:59	00:34:16	00:38:32.85	+00:05:54	3:51	15.6
23	STACHOWICZ Marcin	616		M 30-39	8	00:24:03	00:34:37	00:38:54.85	+00:06:16	3:53	15.4
24	GOZDEK Radek	157	BIEGANIEPO40.PL TRUCHT TARCHOMIN TEAM	M 40-49	9	00:23:56	00:34:37	00:39:09.25	+00:06:30	3:54	15.3
25	MIOTR Marcin	88		M 40-49	10	00:24:52	00:35:13	00:39:37.25	+00:06:58	3:57	15.1
26	MICHLEWICZ Krzysztof	327		M 30-39	9	00:25:21	00:35:43	00:39:52.90	+00:07:14	3:59	15.1
27	KRZESZEWSKI Rafał	263	BIEGAJ POD OKIEM TRENERA	M 30-39	10	00:25:20	00:35:44	00:39:56.20	+00:07:17	3:59	15
28	LEWANDOWSKI Mateusz	286		M 1-29	7	00:25:17	00:35:59	00:40:06.30	+00:07:27	4:00	15
29	SZCZEPAŃSKI Piotr	3		M 1-29	8	00:27:28	00:35:53	00:40:16.85	+00:07:38	4:01	14.9
30	NAWRAT Monika	649	KS PREFBET-SONAROL	K 30-39	2	00:25:21	00:35:54	00:40:14.35	+00:07:35	4:01	14.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
31	MARCINISZYN Grzegorz	486		M 30-39	11	00:25:20	00:36:06	00:40:21.05	+00:07:42	4:02	14.9
32	GRZYBOWSKI Mariusz	173		M 50-59	1	00:25:22	00:36:24	00:40:49.90	+00:08:11	4:04	14.7
33	SKWARCZ Paweł	465		M 30-39	12	00:24:32	00:36:06	00:41:00.15	+00:08:21	4:06	14.6
34	PRZERADZKI Seweryn	413	KB TKKF PROMYK CIECHANÓW	M 40-49	12	00:25:26	00:36:39	00:41:05.35	+00:08:26	4:06	14.6
35	SZAŁKOWSKI Dawid	491	MARKOWI BIEGACZE	M 40-49	11	00:25:56	00:36:39	00:41:04.20	+00:08:25	4:06	14.6
36	TARANTA Daniel	514	JELENIOWATE-POGOŃCOWATE	M 1-29	9	00:25:19	00:36:40	00:41:09.70	+00:08:30	4:06	14.6
37	WARDĘGA Przemek	543		M 40-49	13	00:25:39	00:36:37	00:41:09.65	+00:08:30	4:06	14.6
38	MAKULEC Marcin	617	SANTANDER RUNNING TEAM	M 30-39	13	00:25:29	00:36:41	00:41:14.65	+00:08:35	4:07	14.6
39	FACON Janusz	629		M 50-59	2	00:26:14	00:36:58	00:41:21.65	+00:08:42	4:08	14.5
40	ŁĄGOCKI Marcin	49		M 30-39	14	00:26:30	00:37:09	00:41:27.45	+00:08:48	4:08	14.5
41	ZALEWSKI Krzysiek	585	RURA TEAM	M 40-49	14	00:26:19	00:37:21	00:41:48.95	+00:09:10	4:10	14.4
42	PANCER Michał	379	ŻÓRAWSKI TEAM	M 1-29	10	00:26:01	00:37:26	00:41:53.15	+00:09:14	4:11	14.3
43	KŁUDKIEWICZ Tomasz	229		M 40-49	15	00:26:48	00:37:31	00:41:52.30	+00:09:13	4:11	14.3
44	KUBIAK Sławomir	264		M 40-49	16	00:26:12	00:37:26	00:41:59.25	+00:09:20	4:11	14.3
45	HASS Joanna	185		K 40-49	1	00:26:24	00:37:32	00:42:03.50	+00:09:24	4:12	14.3
46	ZDEB Przemek	596	ADIDAS RUNNERS WARSAW	M 40-49	17	00:26:24	00:37:39	00:42:07.80	+00:09:29	4:12	14.2
47	SIEGIEDA Michał	453	ADIDAS RUNNERS WARSAW	M 30-39	16	00:26:06	00:37:40	00:42:09.05	+00:09:30	4:12	14.2
48	KRÓL Maciej	256	BIEGAM NA TARCHOMINIE	M 30-39	15	00:26:45	00:37:38	00:42:03.80	+00:09:25	4:12	14.3
49	MIELCZAREK Krzysztof	331	BIEGAM NA TARCHOMINIE	M 40-49	18	00:25:31	00:37:13	00:42:10.45	+00:09:31	4:13	14.2
50	KAMIŃSKI Paweł	207		M 40-49	19	00:26:51	00:37:44	00:42:12.60	+00:09:33	4:13	14.2
51	SZYMAŃSKI Andrzej	502		M 30-39	17	00:26:21	00:37:45	00:42:14.30	+00:09:35	4:13	14.2
52	ROSŁON Piotr	431		M 40-49	20	00:26:22	00:37:46	00:42:16.40	+00:09:37	4:13	14.2
53	SYPEK Jerzy	695		M 40-49	21	00:26:21	00:37:44	00:42:19.80	+00:09:41	4:13	14.2
54	ANDRULEWICZ Marcin	643		M 1-29	11	00:25:32	00:37:52	00:42:25.10	+00:09:46	4:14	14.1
55	ŚLĘCZEK Filip	505		M 1-29	12	00:26:11	00:37:48	00:42:26.15	+00:09:47	4:14	14.1
56	OWCZARZAK Rafał	645	R4P	M 40-49	22	00:26:49	00:38:02	00:42:36.40	+00:09:57	4:15	14.1
57	JASIONOWSKI Mariusz	193		M 30-39	18	00:26:03	00:37:43	00:42:39.30	+00:10:00	4:15	14.1
58	JAWORSKI Piotr	2		M 40-49	23	00:26:39	00:38:04	00:42:44.15	+00:10:05	4:16	14
59	STRYKOWSKI Daniel	481	CARREFOURR	M 40-49	24	00:26:21	00:38:01	00:42:48.15	+00:10:09	4:16	14
60	MALANOWSKA Elżbieta	309		K 1-29	1	00:26:18	00:37:55	00:42:48.90	+00:10:10	4:16	14
61	TYMOLEWSKI Grzegorz	533		M 1-29	13	00:27:37	00:38:43	00:43:05.40	+00:10:26	4:18	13.9
62	BRYGOŁA Tomasz	64	PARKRUN POLE MOKOTOWSKIE	M 30-39	19	00:27:01	00:38:32	00:43:10.10	+00:10:31	4:19	13.9
63	KORDASIEWICZ Stanisław	238		M 40-49	25	00:26:50	00:38:42	00:43:22.10	+00:10:43	4:20	13.8
64	CISZEWSKI Krzysztof	99		M 40-49	26	00:27:12	00:38:47	00:43:23.45	+00:10:44	4:20	13.8
65	WESOŁOWSKA Katarzyna	548	ORANGE POLSKA	K 40-49	2	00:27:14	00:38:45	00:43:26.80	+00:10:48	4:20	13.8
66	GRYSZPANOWICZ Piotr	171		M 40-49	27	00:27:07	00:39:04	00:43:37.10	+00:10:58	4:21	13.8
67	GANCZEWSKI Paweł	142	KS STASZEWSKY	M 50-59	3	00:27:35	00:39:06	00:43:44.90	+00:11:06	4:22	13.7
68	GIERAK Krzysztof	147	SANTANDER RUNNERS	M 40-49	28	00:27:43	00:39:14	00:43:45.45	+00:11:06	4:22	13.7
69	JARZYŃSKA Kinga	682		K 1-29	2	00:27:09	00:38:59	00:43:47.00	+00:11:08	4:22	13.7
70	IWANIK Tomasz	228		M 30-39	20	00:27:27	00:39:08	00:43:54.25	+00:11:15	4:23	13.7
71	JANOWIAK Wojciech	7		M 40-49	29	00:27:44	00:39:17	00:43:55.25	+00:11:16	4:23	13.7
72	WOJEWÓDZKI Marcin	571	WOJEWÓDZCY TEAM	M 1-29	14	00:27:11	00:39:13	00:43:55.90	+00:11:17	4:23	13.7
73	TOBOŁA Paweł	520	AKS POLONIA WARSZAWA	M 40-49	30	00:27:19	00:39:16	00:43:56.45	+00:11:17	4:23	13.7
74	KOWAL Krzysztof	244		M 40-49	31	00:27:07	00:39:04	00:44:08.45	+00:11:29	4:24	13.6

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75	CIEŚIELSKI Marcin	93	WARSAW RUN CLUB	M 40-49	32	00:26:34	00:39:30	00:44:09.15	+00:11:30	4:24	13.6
76	LENDZION Marcin	281	GRUPA BIEGOWA UM W-WA	M 1-29	15	00:27:55	00:39:30	00:44:09.65	+00:11:30	4:24	13.6
77	TROJANOWSKI Rafał	146		M 30-39	21	00:27:26	00:39:20	00:44:11.45	+00:11:32	4:25	13.6
78	PRZEKOPIAK Paweł	411		M 40-49	33	00:27:12	00:39:19	00:44:19.40	+00:11:40	4:25	13.5
79	STRZELECKI Piotr	674		M 40-49	34	00:27:48	00:39:34	00:44:21.70	+00:11:42	4:26	13.5
80	WAWRZYŃIAK Damian	698		M 1-29	16	00:27:46	00:39:42	00:44:24.10	+00:11:45	4:26	13.5
81	DĄBROWSKI Mirosław	114		M 50-59	4	00:27:41	00:39:31	00:44:26.60	+00:11:47	4:26	13.5
82	SOKALSKI Grzegorz	472		M 40-49	35	00:28:08	00:39:41	00:44:31.00	+00:11:52	4:27	13.5
83	GABRYCZEWSKI Radosław	139		M 30-39	22	00:28:23	00:39:59	00:44:34.50	+00:11:55	4:27	13.5
84	SERAFIN Tomasz	451		M 40-49	36	00:28:11	00:39:55	00:44:35.05	+00:11:56	4:27	13.5
85	MODZELEWSKA Iga	35		K 1-29	3	00:27:40	00:40:01	00:44:38.15	+00:11:59	4:27	13.4
86	KOWALCZYK Rafał	245	ŻÓRAWSKI TEAM & ASICS FRONTRUNNER	M 1-29	17	00:27:27	00:39:48	00:44:45.05	+00:12:06	4:28	13.4
87	BOBER Jarosław	54		M 30-39	23	00:28:00	00:39:51	00:44:49.50	+00:12:10	4:28	13.4
88	SADOWSKA Marzena	445		K 30-39	3	00:28:14	00:40:02	00:44:51.00	+00:12:12	4:29	13.4
89	KARPIŃSKI Marcin	210		M 30-39	24	00:28:18	00:40:02	00:44:56.45	+00:12:17	4:29	13.4
90	CZAPSKI Michał	105	BIEGAM NA TARCHOMINIE	M 40-49	37	00:28:20	00:40:04	00:44:57.70	+00:12:18	4:29	13.3
91	BOROWY Łukasz	62		M 30-39	25	00:28:09	00:40:16	00:45:03.10	+00:12:24	4:30	13.3
92	ZGODA Mateusz	598		M 1-29	18	00:28:33	00:40:11	00:45:03.30	+00:12:24	4:30	13.3
93	JANISZEWSKI Rafał	187	BRAVEHEARTS LEGIONOWO	M 30-39	26	00:28:42	00:40:24	00:45:05.65	+00:12:26	4:30	13.3
94	MAREK Jacek	315		M 40-49	38	00:27:48	00:40:02	00:45:05.95	+00:12:27	4:30	13.3
94	FALKOWSKI Łukasz	128		M 30-39	27	00:27:36	00:40:12	00:45:05.95	+00:12:27	4:30	13.3
96	CHMARZYŃSKI Paweł	78		M 30-39	28	00:28:19	00:40:20	00:45:07.65	+00:12:28	4:30	13.3
97	SIKORSKI Bartosz	76		M 30-39	29	00:28:16	00:40:34	00:45:14.40	+00:12:35	4:31	13.3
98	WINKOWSKA-STRUZIK Magda	558	DUKLANOWSKI TEAM	K 30-39	4	00:28:24	00:40:27	00:45:15.00	+00:12:36	4:31	13.3
99	PALUCH Kamil	378		M 30-39	30	00:28:45	00:40:39	00:45:15.20	+00:12:36	4:31	13.3
100	RYTKOWSKI Piotr	443		M 30-39	31	00:29:15	00:40:51	00:45:17.60	+00:12:38	4:31	13.2
101	ŚWIATŁOŃ Michał	509		M 1-29	19	00:28:34	00:40:44	00:45:19.25	+00:12:40	4:31	13.2
102	LIPIŃSKI Oskar	618		M 30-39	32	00:28:40	00:40:40	00:45:27.20	+00:12:48	4:32	13.2
103	PONIATOWSKI Aleksander	400		M 30-39	33	00:28:25	00:40:39	00:45:36.50	+00:12:57	4:33	13.2
104	WIECZOREK Michał	551		M 50-59	5	00:27:58	00:40:33	00:45:37.05	+00:12:58	4:33	13.2
105	DRZYMALA Krzysztof	121		M 30-39	34	00:28:35	00:40:45	00:45:41.55	+00:13:02	4:34	13.1
106	ZIELINSKI Krzysztof	601	HIKINGTOURS	M 40-49	39	00:28:24	00:40:45	00:45:42.50	+00:13:03	4:34	13.1
107	PACIOREK Ewa	377	GRUPA BIEGOWA UM W-WA	K 30-39	5	00:28:44	00:40:51	00:45:44.95	+00:13:06	4:34	13.1
108	KRUPIŃSKI Marek	260	DĄBROWSKI TEAM / MARO RUNNER	M 1-29	20	00:28:59	00:40:58	00:45:53.90	+00:13:15	4:35	13.1
109	CNOTA Maciej	101		M 40-49	40	00:28:41	00:40:55	00:45:55.25	+00:13:16	4:35	13.1
110	SEKŚCIŃSKA Magda	449	GRUPA BIEGOWA UM W-WA	K 30-39	6	00:28:58	00:41:06	00:45:58.25	+00:13:19	4:35	13.1
111	MROZOWSKI Kamil	340		M 30-39	35	00:28:34	00:40:55	00:45:58.75	+00:13:20	4:35	13.1
112	ŻURANIEWSKA Agnieszka	612	NUDNE PIĄTKI	K 40-49	3	00:28:51	00:41:12	00:45:59.35	+00:13:20	4:35	13
113	SOCHA Grzegorz	470		M 30-39	36	00:27:21	00:41:30	00:46:00.85	+00:13:22	4:36	13
114	ZAWADA Paweł	593	BIEGAM NA TARCHOMINIE	M 30-39	37	00:28:36	00:41:07	00:46:01.75	+00:13:23	4:36	13
115	WŁODKOWSKI Robert	569		M 40-49	41	00:29:16	00:41:14	00:46:01.90	+00:13:23	4:36	13
116	BALABANOV Viktor	27	MASTERS DOJO KARATE KYOKUSHIN	M 30-39	38	00:28:30	00:41:07	00:46:08.80	+00:13:30	4:36	13
117	KLAŚ Łukasz	223		M 40-49	42	00:28:51	00:41:06	00:46:09.65	+00:13:30	4:36	13
118	KLUSIEWICZ Michał	226		M 30-39	39	00:28:17	00:40:46	00:46:12.85	+00:13:34	4:37	13

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119	JAKUBOWSKI Dariusz	183	DGW	M 50-59	6	00:28:41	00:41:09	00:46:17.15	+00:13:38	4:37	13
120	GOLĘDZINOWSKI Tomasz	152		M 50-59	7	00:29:54	00:41:33	00:46:19.50	+00:13:40	4:37	13
121	BADOWSKI Piotr	23		M 30-39	40	00:28:46	00:41:20	00:46:20.10	+00:13:41	4:38	12.9
122	KORSYKOW Kostian	380		M 40-49	43			00:46:21.00	+00:13:42	4:38	12.9
123	JAKUBISIAK Renata	182	BIEGAM NA TARCHOMINIE	K 40-49	4	00:28:52	00:41:09	00:46:21.10	+00:13:42	4:38	12.9
124	PIERZAK Olaf	387	TEAM PARSZCZYŃSKICH	M 40-49	44	00:28:50	00:41:12	00:46:23.40	+00:13:44	4:38	12.9
125	KWIATKOWSKI Tomasz	276		M 40-49	45	00:28:59	00:41:24	00:46:23.45	+00:13:44	4:38	12.9
126	JAROSIŃSKI Łukasz	748	TAŃCZĄCE MUCHOMORKI	M 40-49	46	00:29:29	00:41:26	00:46:23.85	+00:13:45	4:38	12.9
127	WALECKA Wiktoria	542	BIEGAM NA TARCHOMINIE	K 30-39	7	00:29:20	00:41:40	00:46:37.95	+00:13:59	4:39	12.9
128	RYMKIEWICZ Zbigniew	440		M 40-49	47	00:28:47	00:42:02	00:46:46.25	+00:14:07	4:40	12.8
129	TRUSZKOWSKA Marta	527	BESTIE OCR LEGIONOWO	K 30-39	8	00:29:30	00:41:49	00:46:56.25	+00:14:17	4:41	12.8
130	WICENTY Paweł	549		M 30-39	41	00:29:42	00:42:11	00:46:56.50	+00:14:17	4:41	12.8
131	FITRZYK Łukasz	132		M 30-39	42	00:29:32	00:42:03	00:47:02.40	+00:14:23	4:42	12.8
132	KOWALIKOWSKA Renata	246	BIEGAM NA TARCHOMINIE	K 40-49	5	00:28:56	00:41:49	00:47:03.20	+00:14:24	4:42	12.8
133	KOSIŃSKI Kamil	240		M 30-39	43	00:29:47	00:42:01	00:47:04.00	+00:14:25	4:42	12.7
134	SĄGOL Sylwester	448		M 50-59	8	00:28:37	00:41:41	00:47:04.45	+00:14:25	4:42	12.7
135	TENDERENDA Kamil	517		M 30-39	44	00:28:58	00:42:10	00:47:04.60	+00:14:25	4:42	12.7
136	KODA Eugeniusz	231	TEAM ZABIEGANEDNI	M 60+	1	00:28:40	00:41:45	00:47:05.00	+00:14:26	4:42	12.7
137	RATASZEWSKA Matylda	423	NEW BALANCE RUN CLUB	K 1-29	4	00:29:44	00:42:17	00:47:07.60	+00:14:28	4:42	12.7
138	GRUNWALD Witold	168		M 60+	2	00:29:57	00:42:18	00:47:09.50	+00:14:30	4:42	12.7
139	CHMIELEWSKI Maciej	79		M 30-39	45	00:29:59	00:42:15	00:47:14.65	+00:14:35	4:43	12.7
140	RUCIŃSKI Rafał	433	BBK	M 40-49	48	00:29:56	00:42:08	00:47:19.75	+00:14:41	4:43	12.7
141	SAGAŁA Adam	446		M 40-49	49	00:29:36	00:42:12	00:47:23.70	+00:14:44	4:44	12.7
142	BOJARUN Marek	59		M 30-39	46	00:29:24	00:42:05	00:47:24.25	+00:14:45	4:44	12.7
143	LIS Krzysztof	289		M 50-59	9	00:29:54	00:42:18	00:47:29.95	+00:14:51	4:44	12.6
144	FETISOVA Ekaterina	622		K 30-39	9	00:29:58	00:42:09	00:47:32.15	+00:14:53	4:45	12.6
145	FRĄCKOWSKI Sławomir	136		M 50-59	10	00:29:22	00:42:15	00:47:32.35	+00:14:53	4:45	12.6
146	AUGUSTYŃSKA-ŚMIETAŁO Iwona	21	WŚCIEKŁY FINISZ	K 30-39	10	00:29:52	00:42:46	00:47:47.40	+00:15:08	4:46	12.6
147	KOŚCIAK Jacek	242		M 40-49	50	00:30:22	00:42:58	00:47:47.45	+00:15:08	4:46	12.6
148	PRZELASKOWSKI Artur	412		M 50-59	11	00:29:30	00:42:30	00:47:52.05	+00:15:13	4:47	12.5
149	NEJFELD Hanna	345	MARKOWI BIEGACZE	K 40-49	6	00:30:02	00:42:45	00:47:55.95	+00:15:17	4:47	12.5
150	KRUPA Kamila	259		K 1-29	5	00:29:56	00:42:39	00:47:57.60	+00:15:18	4:47	12.5
151	KRAJEWSKI Konrad	683		M 30-39	47	00:30:00	00:43:00	00:47:58.20	+00:15:19	4:47	12.5
152	ŚLĘCZKA Piotr	628		M 40-49	51	00:30:12	00:42:52	00:47:58.95	+00:15:20	4:47	12.5
153	JANKOWSKI Jakub	190		M 30-39	48	00:29:18	00:42:30	00:48:03.05	+00:15:24	4:48	12.5
154	MACHUL Ewa	306		K 30-39	11	00:29:32	00:42:43	00:48:03.35	+00:15:24	4:48	12.5
155	PUSZAK Sylwester	80		M 40-49	52	00:30:47	00:43:05	00:48:04.70	+00:15:25	4:48	12.5
156	GRULA Mateusz	167	TEAM KARAŚ	M 1-29	21	00:28:43	00:42:19	00:48:09.10	+00:15:30	4:48	12.5
157	MACIEJAK Robert	657		M 40-49	53	00:29:44	00:42:54	00:48:11.35	+00:15:32	4:49	12.5
158	ZAMBROWSKI Sławomir	586		M 40-49	54	00:30:11	00:43:00	00:48:12.90	+00:15:34	4:49	12.4
159	JAGIEŁŁO-FAJKOWSKA Agnieszka	181	ADIDAS RUNNERS WARSAW	K 30-39	12	00:30:00	00:43:13	00:48:17.90	+00:15:39	4:49	12.4
160	FAJKOWSKI Piotr	127	ADIDAS RUNNERS WARSAW	M 30-39	49	00:29:59	00:43:13	00:48:19.00	+00:15:40	4:49	12.4
161	PUSEK Mikołaj	414		M 1-29	22	00:29:42	00:43:10	00:48:19.30	+00:15:40	4:49	12.4
162	NOWACKA Dominika	349	KUŹNIA TRIATHLONU	K 30-39	13	00:28:43	00:42:30	00:48:19.80	+00:15:41	4:49	12.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
163	ORŁOWSKI Krzysztof	369	WARSZAWA PARKRUN BRÓDNO	M 40-49	55	00:30:25	00:43:10	00:48:23.00	+00:15:44	4:50	12.4
164	SIEWRUK Katarzyna	457	WARSAW RUN CLUB	K 40-49	7	00:29:48	00:42:55	00:48:23.55	+00:15:44	4:50	12.4
165	KRUPA Agnieszka	258		K 40-49	8	00:30:14	00:43:08	00:48:24.80	+00:15:46	4:50	12.4
166	CZARNECKI Wojciech	247		M 40-49	56	00:28:52	00:42:39	00:48:25.40	+00:15:46	4:50	12.4
167	CHOTOMSKI Marcin	84		M 30-39	50	00:30:31	00:43:20	00:48:25.60	+00:15:46	4:50	12.4
168	ŁUCZAK Bartosz	679		M 1-29	23	00:29:54	00:43:05	00:48:26.00	+00:15:47	4:50	12.4
169	ROZEK Rob	623	NEONTEAM	M 40-49	57	00:30:26	00:43:13	00:48:29.80	+00:15:51	4:50	12.4
170	SOBOCIŃSKI Michał	469		M 40-49	58	00:30:24	00:43:19	00:48:30.25	+00:15:51	4:51	12.4
171	PASIŃSKI Daniel	382	GRUPA BIEGOWA UM W-WA	M 30-39	51	00:30:39	00:43:41	00:48:31.15	+00:15:52	4:51	12.4
172	CHAJĘCKI Mateusz	75	WARSZAWSKIBIEGACZ	M 30-39	52	00:31:13	00:43:30	00:48:33.70	+00:15:54	4:51	12.4
173	SZAŁAŃSKI Przemysław	490		M 30-39	53	00:30:49	00:43:30	00:48:39.35	+00:16:00	4:51	12.3
174	LENDZION Jarosław	280	GRUPA BIEGOWA UM W-WA	M 40-49	59	00:30:59	00:43:45	00:48:52.80	+00:16:14	4:53	12.3
175	ROMAN Anna	646		K 30-39	14	00:29:31	00:43:19	00:48:53.50	+00:16:14	4:53	12.3
176	URBAŃSKI Paweł	536	KERK-PALM IS TEAM	M 50-59	12	00:30:39	00:43:47	00:48:53.80	+00:16:15	4:53	12.3
177	GRONOWSKI Robert	166	FFF	M 30-39	54	00:31:44	00:44:14	00:48:54.90	+00:16:16	4:53	12.3
178	OLSZEWSKI Rafał	363		M 50-59	13	00:30:51	00:43:39	00:48:55.15	+00:16:16	4:53	12.3
179	ŻEBROWSKA Anna	606		K 30-39	15	00:30:46	00:43:44	00:49:05.00	+00:16:26	4:54	12.2
180	TOMCZUK-KUZKA Katarzyna	524		K 40-49	9	00:30:28	00:43:47	00:49:08.40	+00:16:29	4:54	12.2
181	TOMASZEWSKI Marek	523		M 40-49	60	00:31:06	00:43:53	00:49:09.95	+00:16:31	4:54	12.2
182	DĄBROWSKI Damian	117		M 30-39	55	00:29:47	00:43:44	00:49:12.25	+00:16:33	4:55	12.2
183	GROCHOWSKI Piotr	164		M 40-49	61	00:31:32	00:44:11	00:49:17.25	+00:16:38	4:55	12.2
184	JĘDRZEJCZYK-KOWALSKA Sylwia	196	BIGTIRESRUNTEAM	K 40-49	10	00:30:47	00:43:59	00:49:17.40	+00:16:38	4:55	12.2
185	DOŁĘGA Sławomir	120		M 30-39	56	00:30:37	00:43:43	00:49:18.65	+00:16:39	4:55	12.2
186	ADAMIAK Arkadiusz	12	5MBOT	M 1-29	24	00:30:16	00:43:55	00:49:19.10	+00:16:40	4:55	12.2
187	JANOWSKI Rafał	656		M 40-49	62	00:31:26	00:44:10	00:49:23.40	+00:16:44	4:56	12.1
188	PODGÓRSKI Krzysztof	395		M 30-39	57	00:30:53	00:44:12	00:49:27.80	+00:16:49	4:56	12.1
189	CHODNIEWICZ Michał	82		M 30-39	58	00:31:30	00:44:14	00:49:29.40	+00:16:50	4:56	12.1
190	DEREWICZ Mariusz	119		M 30-39	59	00:31:19	00:44:12	00:49:31.40	+00:16:52	4:57	12.1
191	ŚMIETAŁO Dawid	508		M 30-39	60	00:31:43	00:44:27	00:49:33.55	+00:16:54	4:57	12.1
192	OWCZARCZYK Paweł	619		M 40-49	63	00:31:02	00:44:17	00:49:39.45	+00:17:00	4:57	12.1
193	OLSZEWSKI Michał	364	I LOVE PRZYLESIE	M 40-49	64	00:31:51	00:44:39	00:49:39.80	+00:17:01	4:57	12.1
194	STANISZEWSKI Rafał	474	ESTI BONA	M 40-49	65	00:31:31	00:44:34	00:49:40.50	+00:17:01	4:58	12.1
195	LEŚ Tomasz	282	TRUCHT TARCHOMIN TEAM	M 30-39	61	00:30:29	00:44:09	00:49:43.50	+00:17:04	4:58	12.1
196	PRUSZCZYŃSKI Grzegorz	410		M 30-39	62	00:31:46	00:44:29	00:49:44.55	+00:17:05	4:58	12.1
197	ŻÓŁKOWSKI Rafał	608	RUN % FUN	M 30-39	63	00:31:39	00:44:36	00:49:45.15	+00:17:06	4:58	12.1
198	MOCZULSKI Marcin	668		M 40-49	66	00:30:48	00:44:27	00:49:46.20	+00:17:07	4:58	12.1
199	FLORCZUK Piotr	394		M 1-29	25	00:32:13	00:44:46	00:49:47.20	+00:17:08	4:58	12.1
200	CICHOŃSKA Elżbieta	90		K 50-59	1	00:31:19	00:44:29	00:49:53.65	+00:17:14	4:59	12
201	ZGÓRZAK Adam	599		M 30-39	64	00:31:18	00:44:28	00:49:56.70	+00:17:17	4:59	12
202	LIBOLD Maciek	288		M 30-39	65	00:31:53	00:44:44	00:49:58.20	+00:17:19	4:59	12
203	KOSUDA Paweł	241	RUNNERS TEAM XTREME CIECHANÓW	M 40-49	67	00:31:57	00:44:48	00:49:59.85	+00:17:21	4:59	12
204	ODZIEMCZYK Sebastian	354		M 40-49	68	00:31:19	00:44:23	00:50:00.05	+00:17:21	5:00	12
205	WNUK Tomasz	570	NAPRZÓD MŁOCINY	M 40-49	69	00:31:30	00:44:20	00:50:01.05	+00:17:22	5:00	12
206	PAZIEWSKI Andrzej	385	BIEGAM NA TARCHOMINIE	M 40-49	70	00:31:31	00:44:48	00:50:08.75	+00:17:30	5:00	12

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
207	ROSIAK Sławomir	430	BIEGAM PO BRÓDNIĘ	M 40-49	71	00:31:33	00:44:51	00:50:09.05	+00:17:30	5:00	12
208	ARAŻNY Zbigniew	17	TRUCHT TARCHOMIN TEAM	M 50-59	14	00:31:42	00:44:40	00:50:10.80	+00:17:32	5:01	12
209	ŚCIBISZ Tomek	504		M 50-59	15	00:31:01	00:44:35	00:50:17.70	+00:17:38	5:01	11.9
210	SZCZEPKOWSKA Marta	493		K 30-39	16	00:31:31	00:44:49	00:50:17.95	+00:17:39	5:01	11.9
211	ZAGRODZKI Jan	582		M 1-29	26	00:31:40	00:44:49	00:50:19.25	+00:17:40	5:01	11.9
212	ŚWIĘDRYCH Marek	512		M 30-39	66	00:34:07	00:44:48	00:50:19.45	+00:17:40	5:01	11.9
213	DURKA Dorota	124	BIEGUSTATORZY	K 40-49	11	00:31:14	00:44:43	00:50:20.10	+00:17:41	5:02	11.9
214	GŁÓWKA Rafał	149		M 40-49	72	00:31:43	00:44:50	00:50:21.25	+00:17:42	5:02	11.9
215	MACIEJCZYK Piotr	661		M 40-49	73	00:30:41	00:44:45	00:50:23.90	+00:17:45	5:02	11.9
216	GAWLIK Arkadiusz	144	BIEGAM NA TARCHOMINIE	M 40-49	74	00:32:15	00:45:07	00:50:28.30	+00:17:49	5:02	11.9
217	NOWOCIEŃ Jacek	352	UCZNIOWSKI KLUB SPORTOWY RUSIEC	M 60+	3	00:30:53	00:44:50	00:50:32.75	+00:17:54	5:03	11.9
218	RATASZEWSKI Marek	424	NEW BALANCE	M 60+	4	00:31:19	00:45:05	00:50:35.10	+00:17:56	5:03	11.9
219	KULIGOWSKI Adrian	271		M 1-29	27	00:31:21	00:45:20	00:50:35.75	+00:17:57	5:03	11.9
220	TOMASZEK Artur	140		M 50-59	16	00:31:46	00:45:10	00:50:39.60	+00:18:00	5:03	11.8
221	CHOTOMSKA Dorota	83		K 30-39	17	00:31:31	00:45:11	00:50:46.00	+00:18:07	5:04	11.8
222	SAMOSIUK Marcin	692		M 40-49	75	00:32:52	00:45:42	00:50:46.05	+00:18:07	5:04	11.8
223	JÓŻWIK Grzegorz	199		M 50-59	17	00:31:24	00:44:58	00:50:47.95	+00:18:09	5:04	11.8
224	KONKA Tomasz	638		M 40-49	76	00:32:21	00:45:33	00:50:51.85	+00:18:13	5:05	11.8
225	CHOJNAŁA Mikołaj	265		M 40-49	77	00:32:23	00:45:48	00:50:53.00	+00:18:14	5:05	11.8
226	CHWALISZ Michalina	89	VEGE RUNNERS	K 1-29	6	00:32:41	00:45:36	00:50:54.95	+00:18:16	5:05	11.8
227	ŚWIĆ Rafał	87		M 40-49	78	00:31:46	00:45:15	00:50:56.00	+00:18:17	5:05	11.8
228	DUDA Jacek	122	SKPT WARSZAWA	M 40-49	79	00:31:46	00:45:16	00:50:59.10	+00:18:20	5:05	11.8
229	STACHURSKI Dariusz	473	RUN%FUN	M 30-39	67	00:31:42	00:45:18	00:50:59.20	+00:18:20	5:05	11.8
230	MICHEWICZ Gosia	326		K 30-39	18	00:33:09	00:45:59	00:51:02.90	+00:18:24	5:06	11.8
231	WEREDA Paweł	639		M 50-59	18	00:31:44	00:45:27	00:51:03.85	+00:18:25	5:06	11.8
232	NERC Maciej	346		M 40-49	80	00:31:36	00:45:21	00:51:08.30	+00:18:29	5:06	11.7
233	WŁODEK Rafał	568		M 40-49	81	00:32:10	00:45:30	00:51:18.60	+00:18:39	5:07	11.7
234	RUTKOWSKI Michał	439	KARAŚ SWIMMING TEAM	M 40-49	82	00:31:50	00:45:32	00:51:20.40	+00:18:41	5:08	11.7
235	ŁATKOWSKA Monika	300	GRUPA BIEGOWA CHTMO	K 40-49	12	00:32:15	00:45:53	00:51:25.45	+00:18:46	5:08	11.7
236	WILEŃSKI Zbigniew	555	GRUPA BIEGOWA UM W-WA	M 50-59	19	00:32:40	00:46:01	00:51:33.15	+00:18:54	5:09	11.6
237	SKRZYPEK Michał	464		M 30-39	68	00:31:53	00:45:53	00:51:40.10	+00:19:01	5:10	11.6
238	FLEMING Michał	662		M 1-29	28			00:51:42.00	+00:19:03	5:10	11.6
239	KRAKOWIAK Bartosz	636		M 40-49	83	00:31:38	00:45:59	00:51:42.35	+00:19:03	5:10	11.6
240	KOCOŃ Rafał	230		M 30-39	69	00:31:38	00:46:01	00:51:43.35	+00:19:04	5:10	11.6
241	BARANOWSKI Łukasz	33		M 30-39	70	00:31:01	00:46:25	00:51:44.15	+00:19:05	5:10	11.6
242	ADAMIAK Robert	11	CURTIS	M 50-59	20	00:32:02	00:46:02	00:51:45.25	+00:19:06	5:10	11.6
243	WAGNER Jolanta	539		K 50-59	2	00:32:29	00:46:08	00:51:46.75	+00:19:08	5:10	11.6
244	GERWATOWSKI Artur	145		M 30-39	71	00:31:24	00:45:58	00:51:47.00	+00:19:08	5:10	11.6
245	NOSARZEWSKI Mariusz	348	GB PRESS TEAM	M 40-49	84	00:31:52	00:46:05	00:51:47.45	+00:19:08	5:10	11.6
246	RAWSKA Małgorzata	425		K 40-49	13	00:32:49	00:46:22	00:51:47.95	+00:19:09	5:10	11.6
247	PYRA Piotr	415	PKS RADOŚĆ	M 30-39	72	00:31:54	00:46:31	00:51:48.70	+00:19:09	5:10	11.6
248	SOCHA Marek	471		M 50-59	21	00:32:26	00:46:18	00:51:54.15	+00:19:15	5:11	11.6
249	DRAJCZYK Maria	627		K 30-39	19	00:32:29	00:46:14	00:51:56.40	+00:19:17	5:11	11.6
250	MAŁŻ Bartosz	310		M 30-39	73	00:32:44	00:46:39	00:51:59.15	+00:19:20	5:11	11.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
251	LEWANDOWSKI Robert	658		M 40-49	85	00:31:21	00:46:04	00:51:59.35	+00:19:20	5:11	11.5
252	OWOC Tomasz	376	PKO BANK POLSKI	M 50-59	22	00:32:52	00:46:20	00:51:59.75	+00:19:21	5:11	11.5
253	WNĘK Joanna	227		K 30-39	20	00:32:22	00:46:10	00:52:00.25	+00:19:21	5:12	11.5
253	KUSY Jacek	621		M 30-39	74	00:32:32	00:46:24	00:52:00.25	+00:19:21	5:12	11.5
255	GÓRSKA Malgorzata	160		K 30-39	21	00:32:53	00:46:27	00:52:01.85	+00:19:23	5:12	11.5
256	POPŁAWSKI Tomasz	403		M 40-49	86	00:32:34	00:46:31	00:52:02.85	+00:19:24	5:12	11.5
257	WICIŃSKI Andrzej	550	DIDI-ART	M 50-59	23	00:32:28	00:46:22	00:52:03.40	+00:19:24	5:12	11.5
258	KISZKOWIAK Łukasz	222	WAT	M 40-49	87	00:32:09	00:46:40	00:52:03.85	+00:19:25	5:12	11.5
259	SKLEPOWICZ Jacek	458		M 40-49	88	00:32:21	00:46:26	00:52:06.50	+00:19:27	5:12	11.5
260	FRAĆKIEWICZ Dariusz	135	BIEGAM NA TARCHOMINIE	M 40-49	89	00:32:20	00:46:13	00:52:07.80	+00:19:29	5:12	11.5
261	MOLAK Katarzyna	339		K 1-29	7	00:33:12	00:46:41	00:52:09.30	+00:19:30	5:12	11.5
262	GOŁĘBIEWSKI Łukasz	155		M 40-49	90	00:31:05	00:46:11	00:52:10.10	+00:19:31	5:13	11.5
263	LITKOWICZ Adrian	293	EKOBIEGI	M 40-49	91	00:32:51	00:46:23	00:52:14.25	+00:19:35	5:13	11.5
263	APANOWICZ Angelika	16	EKOBIEGI	K 40-49	14	00:32:51	00:46:24	00:52:14.25	+00:19:35	5:13	11.5
265	KUCHARCZYK Bartosz	266		M 40-49	92	00:32:57	00:46:48	00:52:14.60	+00:19:35	5:13	11.5
266	OSUCH Dariusz	375		M 40-49	93	00:31:59	00:46:16	00:52:15.90	+00:19:37	5:13	11.5
267	WACH Michał	537	BIEGAM NA TARCHOMINIE	M 40-49	94	00:32:55	00:46:41	00:52:16.80	+00:19:38	5:13	11.5
268	ORZEŁ Daniel	371		M 40-49	95			00:52:18.00	+00:19:39	5:13	11.5
269	FRYCZ Michał	137		M 40-49	96	00:33:53	00:47:13	00:52:22.15	+00:19:43	5:14	11.5
270	BLAIM Katarzyna	53		K 40-49	15	00:32:11	00:46:43	00:52:22.45	+00:19:43	5:14	11.5
271	LEWANDOWSKI Piotr	285	TRUCHT TARCHOMIN TEAM	M 40-49	97	00:32:10	00:46:18	00:52:23.40	+00:19:44	5:14	11.5
272	WOŁYNEK Agnieszka	576		K 40-49	16	00:32:50	00:46:47	00:52:23.85	+00:19:45	5:14	11.5
273	BIAŁOKOS Kamil	44	GRUPA BIEGOWA CHTMO	M 40-49	98	00:32:19	00:46:26	00:52:25.05	+00:19:46	5:14	11.4
274	JANASZ Rafał	184	FMW RUNNERS	M 40-49	99	00:31:53	00:46:33	00:52:27.35	+00:19:48	5:14	11.4
275	ŻUKOWSKI Krzysztof	611		M 40-49	100	00:32:13	00:46:32	00:52:33.25	+00:19:54	5:15	11.4
276	GAŁKA Bartek	141		M 30-39	75	00:32:09	00:46:46	00:52:33.80	+00:19:55	5:15	11.4
277	KLIPO Mateusz	225	DELOITTE ADVENTURE TEAM	M 1-29	29	00:32:51	00:47:04	00:52:37.40	+00:19:58	5:15	11.4
278	WÓJCIK Piotr	578		M 40-49	101	00:32:10	00:46:48	00:52:39.10	+00:20:00	5:15	11.4
279	BUCHALSKA Ewa	69	EKOBIEGI	K 50-59	3	00:32:49	00:46:54	00:52:41.30	+00:20:02	5:16	11.4
280	FIJAŁKOWSKI Oliwier	129		M 1-29	30	00:32:45	00:46:11	00:52:41.80	+00:20:03	5:16	11.4
281	SKŁUCKI Hubert	459	RUN TEAM NASIELSK	M 40-49	102	00:32:28	00:47:04	00:52:42.35	+00:20:03	5:16	11.4
282	KUFERA Dariusz	269	BIEGAM NA TARCHOMINIE	M 40-49	103	00:33:29	00:47:05	00:52:49.30	+00:20:10	5:16	11.4
283	ZARĘBA-TREMELET Katarzyna	590		K 40-49	17	00:32:57	00:47:16	00:52:51.90	+00:20:13	5:17	11.4
284	MYŚLIŃSKA Anna	357	BIAŁOŁĘKA JEST KOBIETĄ	K 40-49	18	00:33:23	00:47:08	00:52:54.65	+00:20:15	5:17	11.3
285	DĄBROWSKI Emil	116		M 30-39	76	00:32:13	00:46:56	00:53:00.55	+00:20:21	5:18	11.3
286	LORENS Krzysztof	637		M 40-49	104	00:32:44	00:46:56	00:53:01.45	+00:20:22	5:18	11.3
287	BUDNICKI Michal	72	IM	M 30-39	77	00:32:52	00:46:48	00:53:02.70	+00:20:23	5:18	11.3
288	HENTKA Kamil	177	UKL OLIMPIJCZYK 112	M 30-39	78	00:33:29	00:47:25	00:53:04.15	+00:20:25	5:18	11.3
289	BABIUCH Marek	22	RUN LOG	M 50-59	24	00:32:45	00:47:07	00:53:04.40	+00:20:25	5:18	11.3
290	ANIOŁKOWSKI Krzysztof	15	GRUPA BIEGOWA UM W-WA	M 30-39	79	00:34:29	00:47:57	00:53:04.60	+00:20:25	5:18	11.3
291	SIEPIETOWSKI Tomasz	455	ANPHARM RUN TEAM	M 40-49	105	00:33:22	00:47:21	00:53:06.85	+00:20:28	5:18	11.3
292	GOLNIK Paweł	153		M 40-49	106	00:32:27	00:47:04	00:53:09.10	+00:20:30	5:18	11.3
293	GRYCZKA Andrzej	170	KANCELARIA PRAWNA ANLEX ANDRZEJ GRYCZKA	M 30-39	80	00:31:27	00:46:40	00:53:09.95	+00:20:31	5:18	11.3
294	KARASIEWICZ Katarzyna	208		K 50-59	4	00:32:32	00:47:15	00:53:11.30	+00:20:32	5:19	11.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
295	RAKOWSKA Agnieszka	421		K 30-39	22	00:33:02	00:47:15	00:53:13.60	+00:20:34	5:19	11.3
296	MATUSZEWSKA Jolanta	317		K 40-49	19	00:32:59	00:47:23	00:53:16.65	+00:20:37	5:19	11.3
297	SUCHECKA Joanna	483	KS POMORSKA	K 30-39	23	00:34:03	00:47:49	00:53:18.45	+00:20:39	5:19	11.3
298	SUCHECKI Przemysław	484	KS POMORSKA	M 40-49	107	00:34:03	00:47:49	00:53:18.50	+00:20:39	5:19	11.3
299	BARTNIK Rafał	36	ZABIEGANY WOŁOMIN	M 40-49	108	00:33:10	00:47:30	00:53:21.45	+00:20:42	5:20	11.2
300	KOWNACKI Marcin	249		M 40-49	109	00:33:46	00:47:44	00:53:21.50	+00:20:42	5:20	11.2
301	MACURA Michał	675		M 40-49	110	00:33:38	00:47:41	00:53:23.30	+00:20:44	5:20	11.2
302	BRZOZOWSKA Magdalena	66	BIEGUSTATORZY	K 30-39	24	00:33:03	00:47:31	00:53:24.80	+00:20:46	5:20	11.2
303	SŁOMKA Bogumił	466		M 40-49	111	00:32:47	00:47:21	00:53:28.90	+00:20:50	5:20	11.2
304	CIMOCZOWSKA Magdalena	96	BIEGAM NA TARCHOMINIE	K 40-49	20	00:33:30	00:47:32	00:53:31.90	+00:20:53	5:21	11.2
305	BANASIK-URBANOWSKA Katarzyna	31	GRUPA BIEGOWA UM W-WA	K 30-39	25	00:33:26	00:47:45	00:53:37.70	+00:20:58	5:21	11.2
306	SZAREWICZ Paweł	492		M 30-39	81	00:33:49	00:47:52	00:53:39.25	+00:21:00	5:21	11.2
307	WILGOS Janusz	556		M 40-49	112	00:34:15	00:48:11	00:53:39.80	+00:21:01	5:21	11.2
308	PODKAŃSKI Paweł	396		M 30-39	82	00:32:35	00:47:45	00:53:40.15	+00:21:01	5:22	11.2
309	WOJTOWICZ Przemysław	575		M 30-39	83	00:32:25	00:47:34	00:53:41.00	+00:21:02	5:22	11.2
310	TOMASZEK Robert	522		M 40-49	113	00:32:29	00:47:35	00:53:47.00	+00:21:08	5:22	11.2
311	WYSOCKI Robert	581	GRUPA CHTMO	M 50-59	25	00:34:09	00:47:59	00:53:47.80	+00:21:09	5:22	11.2
312	MALYI Sergii	615		M 30-39	84	00:34:09	00:48:23	00:53:48.40	+00:21:09	5:22	11.2
313	MOŚCICKI Zenon	251		M 60+	5	00:34:20	00:48:24	00:53:53.30	+00:21:14	5:23	11.1
314	KOZAK Piotr	195		M 40-49	114	00:32:55	00:47:51	00:54:01.10	+00:21:22	5:24	11.1
315	MENDREK Ireneusz	323	TURBODZIKI	M 30-39	85	00:33:44	00:48:25	00:54:02.35	+00:21:23	5:24	11.1
316	NOWAK Jerzy	351	PWPW	M 40-49	115	00:32:47	00:48:03	00:54:05.05	+00:21:26	5:24	11.1
317	JODŁOWSKI Grzegorz	197	NIEZRZESZONY	M 40-49	116	00:32:51	00:47:56	00:54:07.55	+00:21:28	5:24	11.1
318	ADAMOWICZ Dariusz	671		M 40-49	117	00:33:18	00:48:14	00:54:08.05	+00:21:29	5:24	11.1
319	SZLAGA Sebastian	499	KURKARURKA	M 30-39	86	00:34:31	00:48:53	00:54:11.75	+00:21:33	5:25	11.1
320	SZLAGA Kinga	5		K 30-39	26	00:34:30	00:48:53	00:54:12.75	+00:21:34	5:25	11.1
321	ŻMIJEWSKI Daniel	607		M 30-39	87	00:32:22	00:48:18	00:54:12.95	+00:21:34	5:25	11.1
322	KARWECKI Patryk	211		M 30-39	88			00:54:14.00	+00:21:35	5:25	11.1
323	SZYMAŃSKA Alicja	686		K 40-49	21	00:33:45	00:48:19	00:54:18.35	+00:21:39	5:25	11
324	SUPERA Krzysztof	488	DELOITTE ADVENTURE TEAM	M 40-49	118	00:34:41	00:48:45	00:54:21.55	+00:21:42	5:26	11
325	KRÓLICKI Konrad	257	STG WARSZAWA	M 40-49	119	00:33:05	00:48:03	00:54:24.50	+00:21:45	5:26	11
326	SAMOCIUK Karolina	447		K 30-39	27	00:33:06	00:48:04	00:54:24.60	+00:21:45	5:26	11
327	MOSOŃ Jakub	663		M 40-49	120	00:33:45	00:48:31	00:54:28.35	+00:21:49	5:26	11
328	POWROŃSKA Marta	384		K 30-39	28	00:33:46	00:48:32	00:54:28.90	+00:21:50	5:26	11
329	ZUBELEWICZ-JERUZALSKA Anna	604		K 30-39	29	00:34:21	00:48:35	00:54:30.75	+00:21:52	5:27	11
330	SZYMCZAK Jacek	687		M 40-49	121	00:33:36	00:48:58	00:54:30.85	+00:21:52	5:27	11
331	MATYJASIAK Mateusz	319		M 1-29	31	00:35:24	00:49:07	00:54:31.30	+00:21:52	5:27	11
332	FILIPOWICZ Arkadiusz	130		M 40-49	122	00:33:03	00:48:19	00:54:31.75	+00:21:53	5:27	11
333	DYREK Dariusz	652		M 60+	6	00:34:52	00:48:55	00:54:33.55	+00:21:54	5:27	11
334	JARMUŻEWSKA Teresa	191	TIA	K 50-59	5	00:34:52	00:49:05	00:54:34.85	+00:21:56	5:27	11
335	SZCZĘSNY Paweł	498		M 40-49	123	00:33:06	00:48:21	00:54:41.10	+00:22:02	5:28	11
336	JANKOWSKA Wiola	188		K 40-49	22	00:33:47	00:48:59	00:54:42.75	+00:22:04	5:28	11
337	WIKTOROWICZ Marcin	554		M 40-49	124	00:34:35	00:48:56	00:54:43.65	+00:22:04	5:28	11
338	TEJCHMA Natalia	515		K 40-49	23	00:34:36	00:48:42	00:54:44.25	+00:22:05	5:28	11

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
339	RUPIK Piotr	437		M 40-49	125	00:33:40	00:48:41	00:54:45.60	+00:22:06	5:28	11
340	GÓRKA Bartosz	159		M 30-39	89	00:34:44	00:48:58	00:54:46.00	+00:22:07	5:28	11
341	FURMANIAK PAŃCZAK Joanna	138	BIEGOWE WTORKI NA TARCHOMINIE	K 30-39	30	00:34:38	00:48:54	00:54:48.35	+00:22:09	5:28	10.9
342	RING Urszula	427		K 30-39	31	00:34:02	00:48:54	00:54:50.05	+00:22:11	5:29	10.9
343	SZLASA Grzegorz	500		M 40-49	126	00:34:35	00:49:01	00:54:54.95	+00:22:16	5:29	10.9
344	ADAMKIEWICZ Marcin	14		M 30-39	90	00:33:42	00:48:45	00:54:55.20	+00:22:16	5:29	10.9
345	HEĆMAN Marcin	635		M 40-49	127	00:33:38	00:48:47	00:54:55.35	+00:22:16	5:29	10.9
346	KOLASA Andrzej	232	KLUB J.SŁOWACKIEGO	M 60+	7	00:34:25	00:48:54	00:54:56.95	+00:22:18	5:29	10.9
347	ŻUK Paweł	610		M 40-49	128	00:34:41	00:48:54	00:55:02.40	+00:22:23	5:30	10.9
348	RADOMSKA-ZUBCZYŃSKA Maria	418		K 30-39	32	00:33:53	00:49:16	00:55:14.80	+00:22:36	5:31	10.9
349	STRAWSKI Marcin	479		M 40-49	129	00:38:47	00:49:42	00:55:17.50	+00:22:38	5:31	10.9
350	CELIŃSKI Mateusz	74	TRUCHT TARCHOMIN TEAM	M 1-29	32	00:32:51	00:49:16	00:55:20.35	+00:22:41	5:32	10.8
351	KOCIK Elżbieta	4		K 40-49	24			00:55:23.00	+00:22:44	5:32	10.8
352	PASTERNAK Justyna	383	Z BIEGANIEM MI DO TWARZY	K 40-49	25	00:34:34	00:49:26	00:55:28.50	+00:22:49	5:32	10.8
353	BOBROWSKI Marcin	55	RECEPTANANUDE.PL	M 50-59	26	00:35:37	00:49:38	00:55:29.30	+00:22:50	5:32	10.8
354	BORUSZEWSKI Maciej	63		M 40-49	130	00:35:20	00:49:39	00:55:31.00	+00:22:52	5:33	10.8
355	MICHALSKI Dariusz	325		M 60+	8	00:35:04	00:49:32	00:55:31.40	+00:22:52	5:33	10.8
356	CHODKOWSKA Anna	81		K 30-39	33	00:34:31	00:49:36	00:55:37.65	+00:22:58	5:33	10.8
357	PRĘDKI Marcin	406		M 40-49	131	00:34:31	00:49:32	00:55:38.25	+00:22:59	5:33	10.8
358	KONOPKA Andrzej	235		M 40-49	132	00:33:51	00:49:23	00:55:39.20	+00:23:00	5:33	10.8
359	BIEDROŃ Artur	47	ERP HEART TEAM	M 40-49	133	00:35:30	00:50:01	00:55:41.75	+00:23:03	5:34	10.8
360	BAKUŁA Wiesław	26	WAMPIR	M 50-59	27	00:34:02	00:49:27	00:55:41.90	+00:23:03	5:34	10.8
361	ZAWADZKI Emil	594		M 30-39	91	00:35:32	00:50:00	00:55:42.40	+00:23:03	5:34	10.8
362	SKRĘTKOWICZ Paweł	462		M 30-39	92	00:34:53	00:49:37	00:55:45.00	+00:23:06	5:34	10.8
363	BAZYLEWICZ Hubert	37		M 30-39	93	00:33:26	00:49:03	00:55:45.10	+00:23:06	5:34	10.8
364	JAROS Honorata	192		K 50-59	6	00:34:08	00:49:34	00:55:47.15	+00:23:08	5:34	10.8
365	WOJNARSKI Janusz	572		M 60+	9	00:35:09	00:49:48	00:55:48.35	+00:23:09	5:34	10.8
366	BIEŃKOWSKI Daniel	51		M 30-39	94	00:35:59	00:50:10	00:55:50.35	+00:23:11	5:35	10.7
367	SMORAWSKI Wodzisław	467		M 30-39	95	00:34:46	00:49:25	00:55:51.40	+00:23:12	5:35	10.7
368	KROSZKIEWICZ Joanna	254		K 30-39	34	00:34:34	00:49:41	00:55:51.60	+00:23:12	5:35	10.7
369	MYCIELSKA Ewa	651		K 40-49	26	00:34:59	00:50:00	00:55:53.85	+00:23:15	5:35	10.7
370	TRZESIŃSKI Michał	532		M 30-39	96	00:34:16	00:49:32	00:55:54.45	+00:23:15	5:35	10.7
371	BERECZ Eva	41		K 30-39	35	00:34:39	00:49:23	00:55:59.25	+00:23:20	5:35	10.7
372	MIKLASZEWSKI Kamil	333		M 30-39	97	00:34:46	00:49:50	00:56:00.50	+00:23:21	5:36	10.7
373	FIRCHAŁ Monika	131	ORT ŁOMIANKI	K 40-49	27	00:34:41	00:49:45	00:56:02.70	+00:23:23	5:36	10.7
374	MARCINKOWSKI Krzysztof	313		M 40-49	134	00:35:08	00:50:08	00:56:11.15	+00:23:32	5:37	10.7
375	ZIELIŃSKI Karol	640		M 40-49	135	00:34:04	00:49:29	00:56:11.95	+00:23:33	5:37	10.7
376	SZYMBORSKA Dota	503	POŁAWIACZKI PEREŁ	K 40-49	28	00:35:19	00:50:08	00:56:13.50	+00:23:34	5:37	10.7
377	SZCZĘSNY Michał	497		M 40-49	136	00:34:14	00:49:34	00:56:18.05	+00:23:39	5:37	10.7
378	CIEŻ Marcelina	95		K 1-29	8	00:35:58	00:50:39	00:56:18.65	+00:23:39	5:37	10.7
379	PŁATEK Emil	392		M 30-39	98	00:34:38	00:49:55	00:56:20.55	+00:23:41	5:38	10.7
380	MIKLASZEWSKI Marian	334		M 60+	10	00:35:09	00:50:03	00:56:21.60	+00:23:42	5:38	10.6
381	OSIAK Dawid	372		M 1-29	33	00:35:52	00:50:33	00:56:21.80	+00:23:43	5:38	10.6
382	GRZESZCZYK Michał	172	EKOBIEGI	M 40-49	137	00:35:04	00:49:55	00:56:23.15	+00:23:44	5:38	10.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
383	ŁUCZAK Michał	304	RAK'N'ROLL	M 40-49	138	00:35:12	00:50:19	00:56:23.65	+00:23:44	5:38	10.6
384	PARZYCH Marcin	634		M 40-49	139	00:33:33	00:50:02	00:56:26.25	+00:23:47	5:38	10.6
385	BESSARABA Sławomir	42		M 40-49	140	00:35:19	00:50:15	00:56:27.70	+00:23:48	5:38	10.6
386	TOCHOWICZ Paweł	521		M 40-49	141	00:35:52	00:50:31	00:56:32.60	+00:23:53	5:39	10.6
387	HRYCIUK Katarzyna	180	EKOBIEGI	K 40-49	29	00:35:52	00:50:45	00:56:33.25	+00:23:54	5:39	10.6
388	DANIUN Wojciech	112		M 30-39	99	00:34:46	00:50:36	00:56:34.85	+00:23:56	5:39	10.6
389	BIAŁORUCKI Piotr	45		M 40-49	142	00:35:19	00:50:22	00:56:37.10	+00:23:58	5:39	10.6
390	MIŁOSZ Marek	335		M 50-59	28	00:34:03	00:49:54	00:56:40.35	+00:24:01	5:40	10.6
391	RZEPKA Bartosz	444		M 30-39	100	00:35:42	00:50:46	00:56:42.95	+00:24:04	5:40	10.6
392	ŚWIDERSKA Joanna	510		K 30-39	36	00:35:37	00:50:37	00:56:56.10	+00:24:17	5:41	10.5
393	WITCZAK Piotr	564		M 40-49	143	00:35:11	00:50:10	00:56:56.15	+00:24:17	5:41	10.5
393	ROGOZINSKI Adrian	428		M 30-39	101	00:34:10	00:50:54	00:56:56.15	+00:24:17	5:41	10.5
395	MURAWSKA Magdalena	342		K 30-39	37	00:35:41	00:50:37	00:56:57.60	+00:24:18	5:41	10.5
396	KOPACZEL Paweł	689	BIEGAM U KOLESI	M 30-39	102	00:33:54	00:50:26	00:56:58.35	+00:24:19	5:41	10.5
397	BOGUMIŁ Izabela	57		K 40-49	30	00:35:41	00:50:46	00:57:01.50	+00:24:22	5:42	10.5
398	FLORCZUK Agnieszka	133		K 50-59	7	00:36:38	00:51:08	00:57:04.30	+00:24:25	5:42	10.5
399	ZABIELSKI Andrzej	669		M 40-49	144	00:34:56	00:50:36	00:57:08.90	+00:24:30	5:42	10.5
400	CZARTORYSKA Maja	108		K 1-29	9	00:35:59	00:51:20	00:57:17.00	+00:24:38	5:43	10.5
401	RUDEK Roman	436	MX STUDIO	M 30-39	103	00:33:51	00:50:25	00:57:17.05	+00:24:38	5:43	10.5
402	CIOŁEK Robert	97		M 40-49	145	00:34:47	00:51:12	00:57:21.60	+00:24:42	5:44	10.5
403	MŁYŃCZYK Adriana	336		K 40-49	31	00:35:14	00:51:04	00:57:24.60	+00:24:45	5:44	10.5
404	O'NEILL Agnieszka	366	BIEGOWE WTORKI NA TARCHOMINIE	K 40-49	32	00:34:58	00:50:39	00:57:24.70	+00:24:45	5:44	10.5
405	BIENIEK Wojciech	50		M 30-39	104	00:35:24	00:50:47	00:57:26.25	+00:24:47	5:44	10.4
406	PISANIEC Krzysztof	389		M 30-39	105	00:35:34	00:50:52	00:57:28.40	+00:24:49	5:44	10.4
407	PASEK Łukasz	381		M 1-29	34	00:34:08	00:50:41	00:57:32.15	+00:24:53	5:45	10.4
408	LIS Marcin	290		M 40-49	146	00:34:25	00:51:02	00:57:33.85	+00:24:55	5:45	10.4
409	MARCZEWSKI Marcin	314	RESILIA BEMOWO	M 40-49	147	00:34:49	00:51:07	00:57:34.20	+00:24:55	5:45	10.4
409	MAJEWSKA Hanna	308	BIEGAM NA TARCHOMINIE	K 30-39	38	00:35:40	00:51:28	00:57:34.20	+00:24:55	5:45	10.4
411	CZAJKOWSKI Rafał	102	EKOBIEGI	M 40-49	148	00:35:44	00:50:53	00:57:37.45	+00:24:58	5:45	10.4
412	DUDEK Bartłomiej	123	BIEGAM NA TARCHOMINIE	M 30-39	106	00:35:56	00:50:54	00:57:38.90	+00:25:00	5:45	10.4
413	FROCZUK Piotr	673		M 50-59	29	00:36:38	00:51:47	00:57:40.20	+00:25:01	5:46	10.4
414	SZCZEŚNIAK Marta	496		K 30-39	39	00:36:30	00:52:02	00:57:44.35	+00:25:05	5:46	10.4
415	GASKIEWICZ Marek	143		M 40-49	149	00:35:15	00:51:13	00:57:46.30	+00:25:07	5:46	10.4
416	CZARTORYSKI Krystian	109		M 40-49	150	00:35:59	00:51:19	00:57:47.60	+00:25:08	5:46	10.4
417	CZARTORYSKA Anna	107		K 40-49	33	00:36:05	00:51:35	00:57:48.65	+00:25:09	5:46	10.4
418	ZAKABŁUKOWSKI Artur	584		M 50-59	30	00:35:59	00:51:20	00:57:49.45	+00:25:10	5:46	10.4
419	GOLONKA Patryk	299		M 1-29	35			00:57:53.00	+00:25:14	5:47	10.4
420	KRÓL Kamila	255		K 1-29	10	00:36:37	00:51:57	00:57:55.75	+00:25:17	5:47	10.4
421	KASZCZUK Radosław	213		M 40-49	151	00:35:45	00:51:28	00:57:56.10	+00:25:17	5:47	10.4
422	JAWORSKI Łukasz	194		M 30-39	107	00:35:28	00:51:32	00:57:58.30	+00:25:19	5:47	10.4
423	GONET Katarzyna	156		K 40-49	34	00:36:41	00:51:59	00:58:01.65	+00:25:22	5:48	10.3
424	KORSAK Piotr	667		M 40-49	152	00:36:30	00:52:25	00:58:07.45	+00:25:28	5:48	10.3
425	SULICH Mateusz	487		M 30-39	108	00:36:12	00:51:43	00:58:07.65	+00:25:28	5:48	10.3
426	RUSZTECKI Rafał	438	TASMANIANDEVIL	M 40-49	153	00:36:24	00:51:57	00:58:12.40	+00:25:33	5:49	10.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
427	MARCINKOWSKI Dariusz	312		M 60+	11	00:35:24	00:51:33	00:58:12.50	+00:25:33	5:49	10.3
428	POLAKOWSKA Anna	399		K 30-39	40	00:36:35	00:52:09	00:58:14.75	+00:25:36	5:49	10.3
429	MAĆKOWIAK Weronika	307		K 30-39	41	00:36:59	00:52:23	00:58:15.00	+00:25:36	5:49	10.3
430	CIERNIAK Michał	92	GRUPA BIEGOWA UM WARSZAWA	M 40-49	154	00:35:55	00:51:49	00:58:16.15	+00:25:37	5:49	10.3
431	GŁÓWKA Małgorzata	148		K 40-49	35	00:36:28	00:52:23	00:58:19.95	+00:25:41	5:49	10.3
432	OGRODNICZUK Józef	356		M 60+	12	00:37:11	00:52:11	00:58:20.25	+00:25:41	5:50	10.3
433	DYMARSKA Marzena	125	BUSHIDO CENTRUM	K 40-49	36	00:36:32	00:51:59	00:58:21.70	+00:25:42	5:50	10.3
434	DĄBROWSKA Anna	113		K 40-49	37	00:36:29	00:52:01	00:58:22.60	+00:25:43	5:50	10.3
435	MAZUR Jowita	321	FUNKCJONUJ	K 40-49	38	00:37:02	00:52:17	00:58:23.25	+00:25:44	5:50	10.3
436	CHOYNOWSKA Małgorzata	85		K 50-59	8	00:37:13	00:52:01	00:58:25.45	+00:25:46	5:50	10.3
437	PROKOPIUK Grzegorz	409	SZWAGRY DWA	M 40-49	155	00:40:25	00:52:25	00:58:30.65	+00:25:51	5:51	10.3
438	KRAWCZYK Wojciech	253	BIEGAM NA TARCHOMINIE	M 50-59	31	00:36:23	00:51:53	00:58:33.35	+00:25:54	5:51	10.2
439	LEGAN Martyna	697		K 1-29	11	00:36:47	00:52:27	00:58:33.95	+00:25:55	5:51	10.2
440	MIECIEK Michał	330		M 40-49	156	00:36:07	00:52:16	00:58:34.45	+00:25:55	5:51	10.2
441	GRABOWSKA Marta	161		K 30-39	42	00:36:07	00:52:17	00:58:34.85	+00:25:56	5:51	10.2
442	MARUSZAK Łukasz	316	BIEGAM NA TARCHOMINIE	M 30-39	109	00:36:40	00:52:31	00:58:36.05	+00:25:57	5:51	10.2
443	WASIAK Bartosz	544		M 30-39	110	00:34:32	00:51:32	00:58:44.25	+00:26:05	5:52	10.2
444	HIŻ Marta	179		K 40-49	39	00:37:34	00:52:29	00:58:45.20	+00:26:06	5:52	10.2
445	BAJERA Aneta	24		K 30-39	43	00:36:31	00:52:25	00:58:45.70	+00:26:06	5:52	10.2
446	ORZEŁ Karolina	370		K 30-39	44	00:36:50	00:52:36	00:59:00.40	+00:26:21	5:54	10.2
447	KARWOWSKA Mariusz	212	GRUPA BIEGOWA UW W-WA	M 40-49	157	00:37:49	00:52:54	00:59:02.05	+00:26:23	5:54	10.2
448	BUCZEK Piotr	70		M 40-49	158	00:36:37	00:52:40	00:59:05.10	+00:26:26	5:54	10.2
449	FLOREK Małgorzata	134		K 30-39	45	00:36:50	00:52:50	00:59:09.70	+00:26:30	5:54	10.1
450	WAWRYK Dorota	545		K 40-49	40	00:36:29	00:52:42	00:59:17.45	+00:26:38	5:55	10.1
451	KAPUSCINSKI Marcin	632		M 40-49	159	00:36:41	00:52:35	00:59:18.05	+00:26:39	5:55	10.1
452	KLIMCZAK Justyna	224	FLORIAN CHOJNICE	K 30-39	46	00:37:05	00:53:08	00:59:23.75	+00:26:45	5:56	10.1
453	PRASAŁEK Jan	405	LEGIA WARSZAWA	M 30-39	111	00:37:43	00:53:11	00:59:24.75	+00:26:46	5:56	10.1
454	ORŁOWSKI Marek	368		M 40-49	160	00:36:52	00:53:06	00:59:25.15	+00:26:46	5:56	10.1
455	MIASTOWSKI Rafał	18	SŁOŃ B	M 50-59	32	00:37:15	00:52:58	00:59:25.25	+00:26:46	5:56	10.1
456	CZARNIAKOWSKA Aleksandra	106		K 30-39	47	00:36:32	00:52:53	00:59:25.45	+00:26:46	5:56	10.1
457	ROKICKI Aleksander	700		M 40-49	161	00:37:15	00:52:39	00:59:29.00	+00:26:50	5:56	10.1
458	DĄBROWSKI Andrzej	115		M 60+	13	00:37:02	00:53:15	00:59:29.50	+00:26:50	5:56	10.1
459	KIESIO Sylwia	219	NESSI TEAM	K 30-39	48	00:37:39	00:53:17	00:59:34.20	+00:26:55	5:57	10.1
460	MUCHA Grzegorz	341		M 60+	14	00:37:16	00:53:00	00:59:36.05	+00:26:57	5:57	10.1
461	OPŃSKA Emilia	367	BIEGAM NA TARCHOMINIE	K 30-39	49	00:36:44	00:53:08	00:59:39.10	+00:27:00	5:57	10.1
462	KUCHARCZYK Nikola	268		K 1-29	12	00:37:13	00:53:43	00:59:40.65	+00:27:01	5:58	10.1
463	KUCHARCZYK Kamil	267		M 30-39	112	00:37:13	00:53:43	00:59:42.15	+00:27:03	5:58	10.1
464	TOBIASZ Dorota	519	GRUPA BIEGOWA CHTMO	K 40-49	41	00:37:30	00:53:35	00:59:42.50	+00:27:03	5:58	10.1
465	KOZŁOWSKI Piotr	250	POLONIA WARSZAWA	M 40-49	162	00:36:47	00:53:09	00:59:44.75	+00:27:06	5:58	10
466	ARAŻNY Kamila	19	TRUCHT TARCHOMIN TEAM	K 40-49	42	00:37:42	00:53:12	00:59:45.40	+00:27:06	5:58	10
466	ŁYCZEK Rafał	305		M 30-39	113	00:37:31	00:53:51	00:59:45.40	+00:27:06	5:58	10
468	LAZARSKA Małgorzata	278		K 40-49	43	00:37:04	00:53:03	00:59:45.45	+00:27:06	5:58	10
469	URBANOWSKI Mieszko	535	GRUPA BIEGOWA UM W-WA	M 40-49	163	00:37:35	00:53:37	00:59:45.95	+00:27:07	5:58	10
470	BARCIAK Marcin	34		M 40-49	164	00:38:14	00:53:27	00:59:49.35	+00:27:10	5:58	10

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
471	KĘPKA Marcin	216		M 1-29	36	00:36:43	00:53:16	00:59:49.70	+00:27:10	5:58	10
472	SENKO Mateusz	450	STOWARZYSZENIE RAZEM DLA BIAŁOLEKI	M 30-39	114	00:39:30	00:54:31	00:59:49.80	+00:27:11	5:58	10
473	SUCHODOLSKI Mariusz	485	KS STASZEWCY	M 40-49	165	00:38:13	00:53:27	00:59:50.20	+00:27:11	5:59	10
474	MOCZYDŁOWSKI Łukasz	338	MASTERS DOJO KARATE KYOKUSHIN	M 40-49	166	00:36:40	00:53:03	00:59:50.95	+00:27:12	5:59	10
475	PYTKA Andrzej	417		M 50-59	33	00:36:47	00:53:05	00:59:51.60	+00:27:12	5:59	10
476	KOTNIS Bogusław	243	RTV ACTIVE TEAM	M 40-49	167	00:37:46	00:53:36	00:59:53.00	+00:27:14	5:59	10
477	MICHAŁOWSKA Anna	648	BIEGAM NA TARCHOMINIE	K 40-49	44	00:37:13	00:53:33	00:59:54.70	+00:27:15	5:59	10
478	GOŹDZIKIEWICZ Błażej	158		M 40-49	168	00:37:14	00:53:31	01:00:05.00	+00:27:26	6:00	10
479	OLESIAK Arkadiusz	361	BIEGAM NA TARCHOMINIE	M 50-59	34	00:38:17	00:53:54	01:00:07.00	+00:27:28	6:00	10
480	SKOWRONEK Krzysztof	461		M 1-29	37	00:37:30	00:53:51	01:00:09.95	+00:27:31	6:00	10
481	K Bogdan	690		M 50-59	35	00:37:22	00:53:42	01:00:10.90	+00:27:32	6:01	10
482	BALCERZAK-JAŁTUSZEWSKA Katarzyna	28	MARKOWI BIEGACZE	K 40-49	45	00:37:23	00:53:43	01:00:11.30	+00:27:32	6:01	10
483	KARMIŁOWICZ Eugeniusz	209	POLSKIE STOWARZYSZENIE SPORTU PO TRANSPLANTACJI	M 50-59	36	00:37:04	00:53:11	01:00:14.15	+00:27:35	6:01	10
484	MAJCHRZAK Anna	320		K 30-39	50	00:38:03	00:53:48	01:00:15.45	+00:27:36	6:01	10
485	WOJTAS Michał	573		M 1-29	38	00:36:42	00:54:11	01:00:20.55	+00:27:41	6:02	9.9
486	CIULA Dominik	100		M 30-39	115	00:35:41	00:52:48	01:00:24.30	+00:27:45	6:02	9.9
487	GMYREK Robert	150		M 30-39	116	00:35:41	00:52:48	01:00:24.70	+00:27:45	6:02	9.9
488	KWAPISZ-CICHOWSKA Katarzyna	275		K 40-49	46	00:38:09	00:53:43	01:00:27.00	+00:27:48	6:02	9.9
489	ŁUCZAK Małgorzata	303	RUNNERSI ZE SKARBKA	K 40-49	47	00:37:32	00:54:04	01:00:37.50	+00:27:58	6:03	9.9
490	ŁUCZAK Piotr	302	PKO BANK POLSKI SA	M 40-49	169	00:37:33	00:54:05	01:00:37.60	+00:27:58	6:03	9.9
491	SIKORSKA Agnieszka	626		K 30-39	51	00:37:50	00:54:05	01:00:43.25	+00:28:04	6:04	9.9
492	BOHACZ Sylwester	650		M 30-39	117	00:35:16	00:53:33	01:00:44.60	+00:28:05	6:04	9.9
493	BUKOWSKI Janusz	73	STOWARZYSZENIE DAĆ SIEBIE INNYM	M 60+	15	00:37:29	00:54:03	01:00:46.90	+00:28:08	6:04	9.9
494	KAZAŁA Piotr	214	BIEGOWE WTORKI NA TARCHOMINIE	M 50-59	37	00:36:27	00:53:38	01:00:48.15	+00:28:09	6:04	9.9
495	MATUSZEWSKA Julia	693		K 40-49	48	00:36:32	00:53:24	01:00:52.10	+00:28:13	6:05	9.9
496	BAKALARSKA Mariola	25	BW RUNNING TEAM	K 50-59	9	00:37:14	00:54:17	01:00:52.85	+00:28:14	6:05	9.9
497	OLCZAK Witold	358	UMCS BIEGA	M 60+	16	00:38:14	00:54:31	01:00:54.15	+00:28:15	6:05	9.9
498	SOBIERAJSKI Marek	468		M 40-49	170	00:38:56	00:54:37	01:01:07.55	+00:28:28	6:06	9.8
499	CZAPIEWSKA Małgorzata	103	BRODNICA BIEGA	K 50-59	10	00:38:21	00:54:36	01:01:07.95	+00:28:29	6:06	9.8
500	KACZOREK Robert	205		M 60+	17	00:37:18	00:54:03	01:01:09.80	+00:28:31	6:06	9.8
501	KACPRZAK Michał	203		M 30-39	118	00:37:04	00:54:07	01:01:09.85	+00:28:31	6:06	9.8
502	GRABOWSKI Marcin	163		M 40-49	171	00:38:52	00:55:03	01:01:10.80	+00:28:32	6:07	9.8
503	PODBIELSKI Przemysław	393		M 30-39	119	00:37:05	00:54:07	01:01:11.05	+00:28:32	6:07	9.8
504	KUJAWSKA Joanna	118		K 40-49	49	00:37:23	00:54:28	01:01:12.25	+00:28:33	6:07	9.8
505	LOZOWSKI Robert	296		M 40-49	172	00:36:37	00:53:57	01:01:14.40	+00:28:35	6:07	9.8
506	MOCZYDŁOWSKI Piotr	337	MASTERS DOJO KARATE KYOKUSHIN	M 30-39	120	00:37:37	00:54:31	01:01:14.50	+00:28:35	6:07	9.8
507	SHERSHUN Halyna	452	MASTERS DOJO KARATE KYOKUSHIN	K 30-39	52	00:36:57	00:54:20	01:01:19.10	+00:28:40	6:07	9.8
508	TRZCIŃSKI Michał	531		M 1-29	39	00:37:14	00:54:27	01:01:20.90	+00:28:42	6:08	9.8
509	WALCZUK Magda	541	BRAK	K 30-39	53	00:37:13	00:54:36	01:01:22.85	+00:28:44	6:08	9.8
510	GWIZDAŁA Wioletta	677		K 30-39	54	00:38:18	00:55:07	01:01:22.90	+00:28:44	6:08	9.8
511	GWIZDAŁA Tomek	215		M 30-39	121	00:38:18	00:53:37	01:01:23.40	+00:28:44	6:08	9.8
511	GWIZDAŁA Piotr	676		M 1-29	40	00:38:18	00:55:07	01:01:23.40	+00:28:44	6:08	9.8
513	ZARĘBA Tomasz	589		M 1-29	41	00:36:48	00:54:21	01:01:25.15	+00:28:46	6:08	9.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
514	PIETRZYKOWSKI Damian	388		M 40-49	173	00:38:31	00:54:47	01:01:31.10	+00:28:52	6:09	9.8
515	WITZKE Artur	566		M 40-49	174	00:37:58	00:54:39	01:01:32.45	+00:28:53	6:09	9.8
516	CISZEWSKA Anna	98		K 40-49	50	00:37:49	00:54:49	01:01:32.55	+00:28:53	6:09	9.8
517	KACZMAREK Katarzyna	204		K 30-39	55	00:39:06	00:55:18	01:01:36.20	+00:28:57	6:09	9.7
518	STRYJKOWSKI Marek	480	ROZBIEGANY SULEJÓWEK	M 50-59	38	00:38:26	00:54:55	01:01:38.90	+00:29:00	6:09	9.7
519	PIWOWARSKI Dariusz	390		M 1-29	42	00:37:21	00:53:41	01:01:41.45	+00:29:02	6:10	9.7
520	MEJOR Jan	322	RAKREATON 2021	M 30-39	122	00:37:49	00:54:40	01:01:43.40	+00:29:04	6:10	9.7
521	OLEJNIK Marcin	360		M 30-39	123	00:39:36	00:55:43	01:01:45.10	+00:29:06	6:10	9.7
522	TADRAŁA Tomasz	513		M 40-49	175	00:38:17	00:54:45	01:01:45.70	+00:29:06	6:10	9.7
523	DYMARSKI Bartosz	126		M 40-49	176	00:38:24	00:54:52	01:01:46.85	+00:29:08	6:10	9.7
524	LEWANDOWSKA Monika	284		K 40-49	51	00:38:18	00:55:05	01:01:48.20	+00:29:09	6:10	9.7
525	MATUSEWICZ Krzysztof	641		M 40-49	177	00:36:42	00:54:39	01:01:52.50	+00:29:13	6:11	9.7
526	GURMIŃSKI Łukasz	176		M 40-49	178	00:37:26	00:55:04	01:02:18.25	+00:29:39	6:13	9.6
527	MACURA Wiktor	642		M 1-29	43	00:38:48	00:55:28	01:02:19.85	+00:29:41	6:13	9.6
528	BESSARABA Jagoda	43		K 1-29	13	00:37:24	00:55:09	01:02:21.70	+00:29:42	6:14	9.6
529	KOPROWICZ Damian	237		M 1-29	44	00:39:15	00:55:35	01:02:21.90	+00:29:43	6:14	9.6
530	GURMIŃSKA Katarzyna	175		K 1-29	14	00:39:15	00:55:34	01:02:22.00	+00:29:43	6:14	9.6
531	CZAPIEWSKI Maciej	104	BRODNICA BIEGA	M 60+	18	00:38:25	00:55:18	01:02:22.30	+00:29:43	6:14	9.6
532	KUŚMIREK-KOWAL Joanna	274		K 30-39	56	00:37:54	00:55:44	01:02:23.20	+00:29:44	6:14	9.6
533	RUCKA Aleksandra	435		K 1-29	15	00:38:11	00:55:50	01:02:24.35	+00:29:45	6:14	9.6
534	CZERESNIOWSKA Anna	111		K 30-39	57	00:38:22	00:55:29	01:02:24.85	+00:29:46	6:14	9.6
535	STANKIEWICZ Maciej	475	AMI & AURI RUNNERS CLUB	M 40-49	179	00:40:14	00:56:23	01:02:33.70	+00:29:54	6:15	9.6
536	MALUDZIŃSKI Maciej	699		M 40-49	180	00:38:56	00:55:51	01:02:34.00	+00:29:55	6:15	9.6
537	SURMACZ Jacek	489		M 40-49	181	00:38:18	00:55:31	01:02:36.55	+00:29:57	6:15	9.6
538	KITA Grzegorz	655	SMP	M 50-59	39	00:38:31	00:55:57	01:03:00.20	+00:30:21	6:18	9.5
539	AUGUSTYNIAK Aleksandra	20		K 40-49	52	00:39:33	00:56:19	01:03:09.15	+00:30:30	6:18	9.5
540	BRZÓZKA Magda	68	TARCHO ZIOMY	K 30-39	58	00:39:09	00:56:26	01:03:16.10	+00:30:37	6:19	9.5
541	NOWAK Kasia	350		K 30-39	59	00:39:09	00:56:26	01:03:16.45	+00:30:37	6:19	9.5
542	KĘSICKI Rafał	218		M 40-49	182	00:39:40	00:56:18	01:03:21.70	+00:30:42	6:20	9.5
543	TRZCIŃSKA Iwona	530		K 50-59	11	00:39:48	00:56:40	01:03:24.50	+00:30:45	6:20	9.5
544	ŁOZOWSKA Dorota	301		K 40-49	53	00:39:52	00:56:45	01:03:26.65	+00:30:47	6:20	9.5
545	TYBURC Pawel	8	KLUB ZERWANEGO ACHILLESA	M 40-49	183	00:38:34	00:55:57	01:03:28.70	+00:30:49	6:20	9.5
546	TERECH Ewelina	624		K 40-49	54	00:39:31	00:56:33	01:03:32.75	+00:30:54	6:21	9.4
547	JANIK-ARMATA Aneta	186		K 30-39	60	00:39:12	00:56:40	01:03:33.65	+00:30:54	6:21	9.4
548	ORŁOWSKI Tomasz	644		M 30-39	124	00:39:34	00:56:52	01:03:37.80	+00:30:59	6:21	9.4
549	ŻUCHOWSKI Artur	609	MY MIESZKAŃCY LEGIONOWO	M 40-49	184	00:39:51	00:56:32	01:03:39.30	+00:31:00	6:21	9.4
550	WYSOCKA-LEŚNIKOWSKA Magdalena	580		K 30-39	61	00:39:54	00:56:36	01:03:43.95	+00:31:05	6:22	9.4
551	LEŚNIKOWSKI Albert	283		M 30-39	125	00:39:54	00:56:35	01:03:44.85	+00:31:06	6:22	9.4
552	DOMINIAK Edyta	688		K 30-39	62	00:39:13	00:56:48	01:03:53.20	+00:31:14	6:23	9.4
553	GĘBICZ Cezary	154		M 40-49	185	00:38:37	00:56:58	01:03:54.90	+00:31:16	6:23	9.4
554	PRĘGOWSKI Grzegorz	407	EKO BIEGI	M 50-59	40	00:39:23	00:56:41	01:03:55.35	+00:31:16	6:23	9.4
555	TERPIŁOWSKA Agnieszka	518		K 30-39	63	00:38:31	00:57:06	01:04:03.30	+00:31:24	6:24	9.4
556	PODSADNI-KRYSIK Paulina	397	EKO BIEGI	K 30-39	64	00:40:06	00:56:37	01:04:05.05	+00:31:26	6:24	9.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
557	KRYSIK Marcin	261	WUJÓWKA	M 30-39	126	00:40:07	00:56:36	01:04:05.95	+00:31:27	6:24	9.4
558	RYSZKA Bogusław	441		M 50-59	41	00:39:38	00:57:24	01:04:06.65	+00:31:27	6:24	9.4
559	RYSZKA Magdalena	442		K 1-29	16	00:39:39	00:57:24	01:04:06.70	+00:31:27	6:24	9.4
560	WOJTAŚ Beata	574		K 40-49	55	00:39:15	00:56:48	01:04:10.90	+00:31:32	6:25	9.4
561	KULBACKI Kamil	270		M 30-39	127	00:40:15	00:56:58	01:04:13.85	+00:31:35	6:25	9.3
562	POPARDOWSKI Paweł	402		M 30-39	128	00:40:32	00:57:56	01:04:14.15	+00:31:35	6:25	9.3
563	WINDER Agnieszka	557		K 40-49	56	00:39:31	00:57:07	01:04:18.80	+00:31:40	6:25	9.3
564	MIERCZYK Agnieszka	332		K 40-49	57	00:39:33	00:57:07	01:04:19.30	+00:31:40	6:25	9.3
565	POPARDOWSKA Magda	401		K 1-29	17	00:40:32	00:58:00	01:04:19.40	+00:31:40	6:25	9.3
566	PRZESTRZELSKI Sławomir	234		M 50-59	42	00:40:54	00:57:25	01:04:19.90	+00:31:41	6:25	9.3
567	KNIAZIAK - BOBROWICZ Magdalena	631	ORANGE POLSKA	K 40-49	58	00:39:01	00:57:10	01:04:26.70	+00:31:47	6:26	9.3
568	OCHENKOWSKA Monika	353		K 30-39	65	00:39:48	00:57:19	01:04:26.90	+00:31:48	6:26	9.3
569	NIEDZWIEDZKA Edyta	347		K 30-39	66	00:40:01	00:57:41	01:04:41.75	+00:32:03	6:28	9.3
570	BUDEK Joanna	71		K 40-49	59	00:40:18	00:57:09	01:04:48.70	+00:32:09	6:28	9.3
571	RATASZEWSKA Edyta	422	NEW BALANCE RUN CLUB	K 50-59	12	00:40:49	00:57:52	01:04:50.35	+00:32:11	6:29	9.3
572	WISNIEWSKI Mateusz	559		M 1-29	45	00:38:49	00:57:30	01:04:54.20	+00:32:15	6:29	9.2
573	NASEWICZ-MAMLA Halina	343		K 50-59	13	00:40:38	00:57:44	01:04:54.50	+00:32:15	6:29	9.2
574	GRABOWSKI Kacper	162		M 1-29	46	00:40:55	00:58:18	01:04:54.65	+00:32:15	6:29	9.2
575	RUDNICKA Emilia	625	ZABIEGANI PO USZY	K 30-39	67	00:39:00	00:57:26	01:05:00.75	+00:32:22	6:30	9.2
576	WĄTRÓBSKI Krzysztof	546		M 1-29	47	00:39:42	00:57:26	01:05:02.20	+00:32:23	6:30	9.2
577	SKRZYPECKI Jakub	463	ANPHARM RUN TEAM	M 30-39	129	00:41:11	00:58:34	01:05:21.60	+00:32:42	6:32	9.2
578	ZIARA Jarosław	600		M 50-59	43	00:37:40	00:56:24	01:05:44.55	+00:33:05	6:34	9.1
579	BALINSKA Justyna	29		K 30-39	68	00:40:50	00:58:25	01:05:46.50	+00:33:07	6:34	9.1
580	WŁODARCZYK Maciej	567		M 40-49	186	00:39:56	00:58:26	01:05:56.65	+00:33:17	6:35	9.1
581	WISNIEWSKI Adam	560		M 30-39	130	00:39:57	00:58:39	01:06:15.50	+00:33:36	6:37	9.1
582	BENKE Adam	40		M 1-29	48	00:40:20	00:59:12	01:06:31.90	+00:33:53	6:39	9
583	KITA Grzegorz	660		M 50-59	44	00:40:38	00:59:11	01:06:38.20	+00:33:59	6:39	9
584	OSIAL Anita	373	PŁOŃSZCZANKI	K 30-39	69	00:42:12	01:00:17	01:07:10.35	+00:34:31	6:43	8.9
585	KORNACKA Agnieszka	239		K 1-29	18	00:41:50	00:59:25	01:07:15.50	+00:34:36	6:43	8.9
586	PIASKO Maciej	386	GRUPA BIEGOWA UM-W-WA	M 40-49	187	00:40:54	00:59:25	01:07:16.35	+00:34:37	6:43	8.9
587	SOWA Paweł	151		M 50-59	45	00:40:30	00:59:58	01:07:24.90	+00:34:46	6:44	8.9
588	ŁYSIK Marcin	678		M 1-29	49	00:42:03	01:01:23	01:07:26.40	+00:34:47	6:44	8.9
589	JUNDZIŁŁ-BOGUSIEWICZ Paulina	200		K 30-39	70	00:39:07	00:59:02	01:07:29.95	+00:34:51	6:44	8.9
590	BALŚ Andrzej	696		M 60+	19	00:37:58	00:57:43	01:07:42.50	+00:35:03	6:46	8.9
591	LACHERT STRYJKOWSKA Ewa	277	ROZBIEGANY SULEJÓWEK	K 50-59	14	00:41:39	01:00:24	01:07:48.75	+00:35:10	6:46	8.8
592	ZIELIŃSKI Paweł	603		M 30-39	131	00:41:50	01:00:22	01:07:54.30	+00:35:15	6:47	8.8
593	STRZELEC Agnieszka	482		K 40-49	60	00:41:17	01:00:15	01:08:01.50	+00:35:22	6:48	8.8
594	TRUSZKOWSKA Agnieszka	528		K 30-39	71	00:41:12	01:00:32	01:08:05.60	+00:35:26	6:48	8.8
595	LISOWSKA Alicja	291	BIEGAM NA TARCHOMINIE	K 30-39	72	00:41:07	01:00:41	01:08:35.05	+00:35:56	6:51	8.7
596	KALICKI Wojciech	206		M 40-49	188	00:40:30	01:00:15	01:08:35.85	+00:35:57	6:51	8.7
597	WIŚNIEWSKA-DUDA Anna	562		K 30-39	73	00:42:56	01:01:00	01:08:36.00	+00:35:57	6:51	8.7
597	WÓJCIK Monika	653	TRUCHTAM NA TARCHOMINIE	K 40-49	61			01:08:36.00	+00:35:57	6:51	8.7
599	ZATYLNA Joanna	591		K 30-39	74	00:41:31	01:00:19	01:08:50.40	+00:36:11	6:53	8.7
600	ZATYLNÝ Tomasz	592		M 40-49	189	00:41:32	01:00:21	01:08:51.15	+00:36:12	6:53	8.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
601	CIEPLAK Katarzyna	91		K 40-49	62	00:41:59	01:01:07	01:08:57.80	+00:36:19	6:53	8.7
602	TELAKOWSKA Anita	516		K 40-49	63	00:41:13	01:00:50	01:09:07.35	+00:36:28	6:54	8.7
603	BIELEC Bartłomiej	48		M 40-49	190	00:42:53	01:01:31	01:09:08.25	+00:36:29	6:54	8.7
604	MICHNOWSKI Sebastian	329		M 40-49	191	00:42:16	01:01:06	01:09:13.35	+00:36:34	6:55	8.7
605	MICHNOWSKA Adriana	328		K 40-49	64	00:42:16	01:01:06	01:09:13.65	+00:36:34	6:55	8.7
606	ROGUSKA Magdalena	1	BIAŁOŁĘKA JEST KOBIETĄ	K 40-49	65	00:42:01	01:00:49	01:09:14.70	+00:36:35	6:55	8.7
607	ŁĄCKA Ilona	10	BIAŁOŁĘKA JEST KOBIETĄ	K 50-59	15	00:41:59	01:00:50	01:09:15.30	+00:36:36	6:55	8.7
608	OŁDAK Katarzyna	691		K 40-49	66	00:41:03	01:01:28	01:09:18.20	+00:36:39	6:55	8.7
609	JANKOWSKI Tomek	189		M 40-49	192	00:41:59	01:01:48	01:09:26.85	+00:36:48	6:56	8.6
610	ORŁOWSKA Dorota	680		K 30-39	75	00:42:03	01:01:24	01:09:34.00	+00:36:55	6:57	8.6
610	MAKOWSKA Izabella	681		K 30-39	76	00:42:03	01:01:25	01:09:34.00	+00:36:55	6:57	8.6
612	KOWALSKI Wiesław	248		M 50-59	46	00:42:20	01:01:38	01:09:43.30	+00:37:04	6:58	8.6
613	BIERNACKI Adam	52	ŁÓDŹ/WARSZAWA	M 60+	20	00:42:15	01:01:40	01:09:47.30	+00:37:08	6:58	8.6
614	OSTASZEWSKA Katarzyna	374		K 40-49	67	00:40:14	01:01:41	01:10:00.55	+00:37:21	7:00	8.6
615	OLSZEWSKA Katarzyna Bernadetta	362		K 40-49	68	00:42:14	01:03:21	01:10:02.80	+00:37:24	7:00	8.6
616	MATUSZEWSKI Pawel	318		M 30-39	132	00:42:49	01:03:07	01:10:42.70	+00:38:03	7:04	8.5
617	ZAKABŁUKOWSKA Angelika	583		K 40-49	69	00:42:34	01:02:42	01:10:49.65	+00:38:10	7:04	8.5
618	KOPEĆ Maria	236	NAPRZÓD MŁOCINY	K 1-29	19	00:42:43	01:03:29	01:11:10.95	+00:38:32	7:07	8.4
619	- -	654		K Odcinek specjalny	1	00:41:35	01:02:20	01:11:14.65	+00:38:35	7:07	8.4
620	BRZÓZKA Kamil	67	TARCHO ZIOMY	M 40-49	193	00:44:59	01:04:04	01:11:46.90	+00:39:08	7:10	8.4
621	LOTKO Justyna	295		K 40-49	70	00:43:00	01:04:04	01:12:10.35	+00:39:31	7:13	8.3
622	KRZANOWSKA Małgorzata	262		K 50-59	16	00:42:33	01:03:56	01:12:35.20	+00:39:56	7:15	8.3
623	JURECKI Marek	201		M 50-59	47	00:42:33	01:03:57	01:12:35.65	+00:39:56	7:15	8.3
624	PARZYCH Sylwia	633		K 30-39	77	00:42:41	01:04:09	01:12:48.70	+00:40:09	7:16	8.2
625	ROSZKOWSKA-KAZAŁA Małgorzata	432	BIEGOWE WTORKI NA TARCHOMINIE	K 40-49	71	00:44:41	01:04:48	01:13:10.45	+00:40:31	7:19	8.2
626	JORDAN Agnieszka	198	BIEGANIE W WARSZAWIE	K 30-39	78			01:13:22.00	+00:40:43	7:20	8.2
627	WIĘCKOWSKA Marzena	552		K 40-49	72			01:13:23.00	+00:40:44	7:20	8.2
628	OKSIENIUK Marcin	613	TURBODZIKI	M 30-39	133	00:44:23	01:05:47	01:13:52.45	+00:41:13	7:23	8.1
629	OLSZEWSKI Łukasz	365		M 30-39	134	00:44:36	01:05:52	01:14:05.85	+00:41:27	7:24	8.1
630	WÓJTOWICZ Agnieszka	579		K 40-49	73	00:45:13	01:05:48	01:14:23.70	+00:41:44	7:26	8.1
631	TREMELET Sebastien	526		M 40-49	194	00:45:49	01:06:42	01:14:33.55	+00:41:54	7:27	8
632	LIBERA Paweł	287	GRUPA BIEGOWA UM W-WA	M 30-39	135	00:44:28	01:06:01	01:14:39.35	+00:42:00	7:27	8
633	MAŚLOCH Piotr	694		M 50-59	48	00:44:09	01:06:32	01:15:25.05	+00:42:46	7:32	8
634	OLCZAK Urszula	359	UMCS BIEGA	K 50-59	17	00:45:23	01:06:23	01:15:30.15	+00:42:51	7:33	7.9
635	REMBERK Danuta	426		K 60+	1	00:46:59	01:06:47	01:15:36.45	+00:42:57	7:33	7.9
636	KORSZER Agnieszka	311		K 50-59	18	00:45:19	01:06:40	01:15:38.60	+00:42:59	7:33	7.9
637	OGOŃCZYK Donata	355		K 30-39	79	00:45:55	01:07:44	01:15:54.90	+00:43:16	7:35	7.9
638	BIDZIŃSKA Alicja	46		K 30-39	80	00:46:44	01:07:38	01:16:06.55	+00:43:27	7:36	7.9
639	BOCHENEK Sebastian	56		M 30-39	136	00:45:31	01:08:11	01:16:24.55	+00:43:45	7:38	7.9
640	WIŚNIEWSKA Estera	561		K 1-29	20	00:47:16	01:08:13	01:17:04.25	+00:44:25	7:42	7.8
641	WIŚNIEWSKI Adam	563		M 1-29	50	00:47:16	01:08:14	01:17:05.75	+00:44:27	7:42	7.8
642	KĘSICKA Katarzyna	217		K 40-49	74	00:47:14	01:08:55	01:17:09.30	+00:44:30	7:42	7.8
643	LUCIMIŃSKI Marcin	297	ŚLIMAK RUNNING TEAM	M 40-49	195	00:48:46	01:10:03	01:19:30.35	+00:46:51	7:57	7.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
644	ŚLIMKO Adriana	507		K 40-49	75	00:48:45	01:10:03	01:19:30.70	+00:46:51	7:57	7.5
645	KOLASA Barbara	233	KLUB J.SŁOWACKIEGO	K 60+	2	00:48:26	01:10:48	01:20:22.35	+00:47:43	8:02	7.5
646	KISIELEWICZ Bożena	221	PSTROKATY PAREOMARATON	K 40-49	76	00:49:06	01:12:42	01:21:46.45	+00:49:07	8:10	7.3
647	NASKRĘT Mariusz	344		M 40-49	196	00:53:00	01:16:44	01:25:56.15	+00:53:17	8:35	7
648	CZECHOWSKI Jerzy	110	MZA - WARSZAWA	M 60+	21	00:54:25	01:17:26	01:27:36.00	+00:54:57	8:45	6.8
Przekroczony limit czasu: 01:30:00											
649	MAJKOWSKA Zofia	684		K 1-29	21	00:58:06	01:23:40	01:34:19.55	+01:01:40	9:25	6.4
650	MAJKOWSKI Michał	685		M 30-39	137	00:58:05	01:23:40	01:34:20.40	+01:01:41	9:26	6.4
651	WALASIK Agnieszka	540		K 40-49	77	00:59:20	01:26:49	01:37:38.30	+01:04:59	9:45	6.1
652	BRZAKAŁA Renata	65	SLOW JOGGING BIAŁOŁĘKA	K 50-59	19	01:00:22	01:27:12	01:37:43.25	+01:05:04	9:46	6.1
653	BOROWIAK Jolanta	61	SLOW JOGGING POLSKA	K 60+	3	01:00:21	01:27:12	01:37:43.55	+01:05:04	9:46	6.1
654	BOROWIAK Jacek	60	SLOW JOGGING POLSKA	M 60+	22	00:58:14	01:15:20	01:37:44.10	+01:05:05	9:46	6.1
655	CZESNAR Kasia	670		K 50-59	20	01:00:17	01:25:40	01:37:44.40	+01:05:05	9:46	6.1
656	CIEŚLAK Paweł	94	SLOWJOGGING BIAŁOŁĘKA	M 50-59	49	00:59:44	01:25:31	01:37:46.90	+01:05:08	9:46	6.1
657	KAMIŃSKI Waldemar	9	SLOW JOGGING WARSZAWA	M 50-59	50	01:00:21	01:27:12	01:37:47.40	+01:05:08	9:46	6.1
658	STĘPIEŃ Adam	478		M 40-49	197	00:27:45	00:39:11		+00:09:57	4:21	13.8
659	BEDNARZ Cezary	39	BIEGAJĄCY ŚWIDNIK	M 30-39	138						
660	WILCZURA Marek	614	KS STASZEWSKY / SPARTANIE DZIECIOM	M 40-49	198						
661	LISZEWSKI Krzysztof	292	RUN TEAM NASIELSK	M 40-49	199						

Znaleziono 661 wynik(ów)