



PÓŁMARATON SELGROS | XII BIEG SIEDLECKIEGO JACKA

B4SPORT

Wydarzenie: XII Bieg Siedleckiego Jacka
Organizator: Agencja Rozwoju Miasta Siedlce sp. z o.o.
Data: 2021-08-29
Miejsce: Siedlce
Dystans: 21 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	LEOŃCZUK Andrzej	57		M20	1	00:00:00	01:13:23.40	01:13:23.85		3:29	17.2 (100%)
2	BIAŁY Michał	9	SKB KRAŚNIK	M30	1	00:00:00	01:14:18.60	01:14:19.35	+00:00:55 (1.2%)	3:32	17 (98.8%)
3	WYSOCKI Paweł	1	LUBELSKIBIEGACZ.PL TEAM	M30	2	00:00:00	01:14:48.00	01:14:48.50	+00:01:24 (1.9%)	3:33	16.8 (97.7%)
4	ŚWIRGOŃ Adam	156	TRENERBIEGANIA.PL	M20	2	00:00:00	01:18:20.25	01:18:20.75	+00:04:56 (6.3%)	3:43	16.1 (93.6%)
5	GROCHMAL Paweł	186	LUBELSKIBIEGACZ.PL TEAM	M40	1	00:00:00	01:18:37.25	01:18:38.00	+00:05:13 (6.7%)	3:44	16 (93.0%)
6	KORGUL Marcin	175	LUBELSKIBIEGACZ.PL TEAM	M30	3	00:00:00	01:22:36.55	01:22:37.25	+00:09:13 (11.2%)	3:56	15.3 (89.0%)
7	WOŹNICKI Paweł	198	AKTYWNI WĘGRÓW	M30	4	00:00:01	01:24:10.40	01:24:12.15	+00:10:47 (12.8%)	4:00	15 (87.2%)
8	OKNIŃSKI Mateusz	93		M20	3	00:00:01	01:24:40.35	01:24:41.95	+00:11:16 (13.3%)	4:01	14.9 (86.6%)
9	GODZWON Mateusz	181	BIEGIEMZAMARZENIAMI.PL	M30	5	00:00:01	01:25:14.75	01:25:15.85	+00:11:51 (13.9%)	4:03	14.8 (86.0%)
10	CHOJECKI Daniel	146	KP PSP WĘGRÓW	M20	4	00:00:00	01:27:51.50	01:27:52.30	+00:14:28 (16.5%)	4:11	14.3 (83.1%)
11	BIELAK Tomasz	6		M30	6	00:00:02	01:28:11.90	01:28:13.90	+00:14:48 (16.8%)	4:11	14.3 (83.1%)
12	PIĘTAS Tomasz	117	:)	M40	2	00:00:02	01:30:04.25	01:30:06.45	+00:16:40 (18.5%)	4:17	14 (81.4%)
13	PRZYWÓZKI Rafał	30		M20	5	00:00:01	01:30:39.60	01:30:41.35	+00:17:16 (19.0%)	4:19	13.9 (80.8%)
14	KOSIERADZKI Łukasz	199	MKS POGOŃ SIEDLCE	M30	7	00:00:01	01:30:54.50	01:30:55.75	+00:17:31 (19.3%)	4:19	13.9 (80.8%)
15	KOSIOREK Adam	80	BSAC MOKOBODY	M50	1	00:00:10	01:32:17.75	01:32:27.75	+00:18:54 (20.5%)	4:23	13.7 (79.7%)
16	DĄBROWSKA Beata	166	YULO RUN TEAM	K30	1	00:00:01	01:33:47.05	01:33:48.05	+00:20:23 (21.7%)	4:27	13.4 (77.9%)
17	KOWALSKI Tomasz	71	RACEFIGHTER GOSIR DĘBE WLK.	M30	8	00:00:02	01:34:53.60	01:34:55.65	+00:21:30 (22.7%)	4:31	13.3 (77.3%)
18	SZYMAŃSKI Marek	12		M40	3	00:00:02	01:35:05.25	01:35:07.25	+00:21:41 (22.8%)	4:31	13.3 (77.3%)
19	KOKOSZKA Wojciech	184	SLOW JOGGING SIEDLCE	M40	4	00:00:02	01:35:26.25	01:35:28.65	+00:22:02 (23.1%)	4:32	13.2 (76.7%)
20	TARASZKIEWICZ Łukasz	7		M30	9	00:00:03	01:35:53.45	01:35:57.05	+00:22:30 (23.5%)	4:33	13.1 (76.2%)
21	KRUPA Jarosław	81	BSAC MOKOBODY	M50	2	00:00:02	01:36:26.90	01:36:29.25	+00:23:03 (23.9%)	4:35	13.1 (76.2%)
22	OKNIŃSKI Andrzej	177	YULO RUN TEAM SIEDLCE	M50	3	00:00:01	01:36:29.20	01:36:30.55	+00:23:05 (23.9%)	4:35	13.1 (76.2%)
23	NIEDZIÓŁKA Wojciech	119	YULO RUN TEAM SIEDLCE	M30	10	00:00:01	01:37:22.55	01:37:23.95	+00:23:59 (24.6%)	4:38	12.9 (75.0%)
24	RADZIKOWSKI Sebastian	45		M20	6	00:00:01	01:37:29.65	01:37:31.50	+00:24:06 (24.7%)	4:38	12.9 (75.0%)
25	MALŻYCKI Piotr	106	ZABIEGANY WOŁOMIN	M40	5	00:00:06	01:37:39.00	01:37:45.85	+00:24:15 (24.8%)	4:39	12.9 (75.0%)
26	JAKIMIUK Adam	114	PĘDZĄCE ŚLIMAKI ŁOSICE	M40	6	00:00:05	01:37:43.35	01:37:48.50	+00:24:19 (24.9%)	4:39	12.9 (75.0%)
27	PRZYBYSZ Andrzej	100		M30	11	00:00:02	01:38:01.90	01:38:04.70	+00:24:38 (25.1%)	4:40	12.9 (75.0%)
28	JÓŹWIAK Krzysztof	134	YULO RUN TEAM	M40	7	00:00:02	01:38:59.40	01:39:01.95	+00:25:36 (25.9%)	4:42	12.7 (73.8%)
29	OSTAS Sebastian	26		M30	12	00:00:04	01:39:13.70	01:39:18.60	+00:25:50 (26.0%)	4:43	12.7 (73.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							21km	21km			
30	STEPCZUK Katarzyna	75		K30	2	00:00:01	01:39:56.85	01:39:58.25	+00:26:33 (26.6%)	4:45	12.6 (73.3%)
31	KUŹMA Krzysiek	68		M40	8	00:00:06	01:40:03.15	01:40:09.15	+00:26:39 (26.6%)	4:45	12.6 (73.3%)
32	CZAJKOWSKI Marcin	60		M20	7	00:00:06	01:40:23.60	01:40:29.60	+00:27:00 (26.9%)	4:46	12.6 (73.3%)
33	WIERCIOCH Bożena	64	RACE FIGHTER GOSIR DĘBE WLK.	K40	1	00:00:02	01:40:32.40	01:40:35.35	+00:27:09 (27.0%)	4:47	12.5 (72.7%)
34	ZACHOSZCZ Maciej	46		M30	13	00:00:03	01:41:02.05	01:41:05.15	+00:27:38 (27.4%)	4:48	12.5 (72.7%)
35	SZCZEPANIAK Piotrek	16		M30	14	00:00:02	01:41:21.95	01:41:24.80	+00:27:58 (27.6%)	4:49	12.4 (72.1%)
36	WOJCIESZUK Anna	188	LUBELSKIBIEGACZ TEAM	K20	1	00:00:01	01:41:27.40	01:41:28.80	+00:28:04 (27.7%)	4:49	12.4 (72.1%)
37	GIEREŁO Jacek	11		M40	9	00:00:02	01:41:30.75	01:41:33.70	+00:28:07 (27.7%)	4:50	12.4 (72.1%)
38	KUDELSKI Adam	121	OSP PODNIEŚNO	M30	15	00:00:04	01:41:58.55	01:42:02.60	+00:28:35 (28.0%)	4:51	12.4 (72.1%)
39	BARSZCZ Piotr	162		M30	16	00:00:12	01:43:02.95	01:43:15.35	+00:29:39 (28.8%)	4:54	12.2 (70.9%)
40	BARSZCZ Paweł	160		M30	17	00:00:11	01:43:03.70	01:43:15.65	+00:29:40 (28.8%)	4:54	12.2 (70.9%)
41	KUŹMA Karol	154	YULO RUN TEAM SIEDLCE	M40	10	00:00:02	01:43:30.65	01:43:33.05	+00:30:07 (29.1%)	4:55	12.2 (70.9%)
42	STAŃCZUK Leszek	136	YULO RUN TEAM SIEDLCE	M50	4	00:00:02	01:44:50.70	01:44:53.10	+00:31:27 (30.0%)	4:59	12 (69.8%)
43	MIKŁASZ Mariusz	143	ORANGE POLSKA	M40	11	00:00:08	01:44:55.00	01:45:03.50	+00:31:31 (30.0%)	4:59	12 (69.8%)
44	PRZYGODZKI Tomasz	158		M40	12	00:00:02	01:45:35.05	01:45:37.05	+00:32:11 (30.5%)	5:01	11.9 (69.2%)
45	MARKIEWICZ Krzysztof	43		M40	13	00:00:07	01:45:39.35	01:45:46.90	+00:32:15 (30.5%)	5:01	11.9 (69.2%)
46	KLEWEK Jan	180		M50	5	00:00:05	01:45:54.05	01:45:59.20	+00:32:30 (30.7%)	5:02	11.9 (69.2%)
47	ROSA Jolanta	94	OSP ROSY	K20	2	00:00:02	01:46:01.15	01:46:03.75	+00:32:37 (30.8%)	5:02	11.9 (69.2%)
48	BARAŃSKI Piotr	161		M30	18	00:00:03	01:46:37.80	01:46:41.70	+00:33:14 (31.2%)	5:04	11.8 (68.6%)
49	STRZYŻEWSKI Maciej	142	KB V-MAX ADAMÓW	M40	14	00:00:06	01:46:40.65	01:46:46.85	+00:33:17 (31.2%)	5:04	11.8 (68.6%)
50	HOŁUBIEC Agnieszka	78	YULO RUN TEAM SIEDLCE	K40	2	00:00:05	01:46:49.30	01:46:54.45	+00:33:25 (31.3%)	5:05	11.8 (68.6%)
51	CHOJECKI Paweł	3	ZBUCKI RUCH	M50	6	00:00:04	01:47:03.05	01:47:07.55	+00:33:39 (31.4%)	5:05	11.8 (68.6%)
52	GŁĄBSKI Paweł	137		M40	15	00:00:13	01:47:15.00	01:47:28.25	+00:33:51 (31.6%)	5:06	11.7 (68.0%)
53	IZDEBSKI Kazimierz	135	V-MAX ADAMÓW	M50	7	00:00:03	01:48:04.95	01:48:08.90	+00:34:41 (32.1%)	5:08	11.7 (68.0%)
54	PASTOR Kamil	173		M30	19	00:00:10	01:48:32.95	01:48:43.00	+00:35:09 (32.4%)	5:10	11.6 (67.4%)
55	MITUŁA Andrzej	131		M30	20	00:00:06	01:48:46.85	01:48:53.30	+00:35:23 (32.5%)	5:10	11.6 (67.4%)
56	MARCINIUK Dariusz	99		M40	16	00:00:08	01:49:21.55	01:49:29.70	+00:35:58 (32.9%)	5:12	11.5 (66.9%)
57	CHOROMAŃSKA Anna	111		K20	3	00:00:16	01:49:48.10	01:50:04.25	+00:36:24 (33.2%)	5:13	11.5 (66.9%)
58	TRACZYK Kazimierz	52		M50	8	00:00:10	01:50:28.65	01:50:39.05	+00:37:05 (33.6%)	5:15	11.4 (66.3%)
59	SPRAWKA Magdalena	197		K20	4	00:00:12	01:52:12.55	01:52:24.70	+00:38:49 (34.6%)	5:20	11.2 (65.1%)
60	KRZYZINSKI Pawel	23		M30	21	00:00:04	01:52:36.80	01:52:41.15	+00:39:13 (34.8%)	5:21	11.2 (65.1%)
61	ADAMSKI Tomasz	47		M30	22	00:00:10	01:52:47.75	01:52:58.45	+00:39:24 (34.9%)	5:22	11.2 (65.1%)
62	ŚWIDERSKI Marcin	108	CFSRUNCREW	M40	17	00:00:07	01:52:52.40	01:53:00.00	+00:39:29 (35.0%)	5:22	11.2 (65.1%)
63	GRĘZIAK Ewa	176	YULO RUN TEAM SIEDLCE	K50	1	00:00:00	01:53:48.00	01:53:48.00	+00:40:24 (35.5%)	5:25	11.1 (64.5%)
64	JAKUBAS Daniel	61		M20	8	00:00:06	01:54:04.10	01:54:10.95	+00:40:40 (35.7%)	5:25	11 (64.0%)
65	KAMUT Hubert	151	YULO RUN TEAM SIEDLCE	M40	18	00:00:02	01:54:40.20	01:54:42.40	+00:41:16 (36.0%)	5:27	11 (64.0%)
66	CIOK Piotr	54	KOHO	M50	9	00:00:07	01:54:43.95	01:54:51.05	+00:41:20 (36.0%)	5:27	11 (64.0%)
67	GRZECHNIK Renata	200	SAMOTNA	K40	3	00:00:02	01:55:01.70	01:55:04.65	+00:41:38 (36.2%)	5:28	11 (64.0%)
68	CHROMIK Anna	125		K30	3	00:00:12	01:55:09.55	01:55:22.25	+00:41:46 (36.3%)	5:29	10.9 (63.4%)
69	LECH Henryk	179		M50	10	00:00:06	01:55:24.10	01:55:31.05	+00:42:00 (36.4%)	5:29	10.9 (63.4%)
70	DYMOWSKI Piotr	170	18 BDOW	M30	23	00:00:14	01:55:33.15	01:55:47.70	+00:42:09 (36.5%)	5:30	10.9 (63.4%)
71	JASIŃSKI Grzegorz	35		M30	24	00:00:06	01:56:03.85	01:56:10.15	+00:42:40 (36.8%)	5:31	10.9 (63.4%)
72	WOŹNIAK Grzegorz	101		M40	19	00:00:11	01:56:24.35	01:56:36.15	+00:43:00 (37.0%)	5:32	10.8 (62.8%)
73	KOŹUCHOWSKI Krzysztof	122		M30	25	00:00:04	01:56:25.00	01:56:29.25	+00:43:01 (37.0%)	5:32	10.8 (62.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
74	MIROSZ Robert	20	ZBUCKI RUCH	M40	20	00:00:07	01:56:38.15	01:56:45.25	+00:43:14 (37.1%)	5:33	10.8 (62.8%)
75	DOBROWOLSKI Sebastian	192		M30	26	00:00:06	01:56:50.70	01:56:56.85	+00:43:27 (37.2%)	5:33	10.8 (62.8%)
76	CHROMIK Maciej	126		M40	21	00:00:13	01:57:03.55	01:57:16.90	+00:43:40 (37.3%)	5:34	10.8 (62.8%)
77	DZIEWULSKI Robert	17	YULO RUN TEAM SIEDLCE	M40	22	00:00:04	01:57:11.65	01:57:16.45	+00:43:48 (37.4%)	5:34	10.8 (62.8%)
78	PAZDYGA Maciej	116		M20	9	00:00:01	01:57:51.85	01:57:52.85	+00:44:28 (37.7%)	5:36	10.7 (62.2%)
79	DURKA Dorota	77		K40	4	00:00:02	01:58:14.80	01:58:17.70	+00:44:51 (37.9%)	5:37	10.7 (62.2%)
80	JASTRZĘBSKI Kamil	130	REAL BARCELONA	M30	27	00:00:05	01:59:27.45	01:59:33.15	+00:46:04 (38.6%)	5:41	10.5 (61.0%)
81	TECA Sebastian	69		M40	23	00:00:13	02:00:12.65	02:00:25.90	+00:46:49 (38.9%)	5:43	10.5 (61.0%)
82	WYSOCKI Radosław	193		M40	24	00:00:08	02:00:15.35	02:00:23.35	+00:46:51 (39.0%)	5:43	10.5 (61.0%)
83	SKORUPKA Łukasz	36	SP NR 8 SIEDLCE	M30	28	00:00:03	02:00:36.00	02:00:39.00	+00:47:12 (39.1%)	5:44	10.4 (60.5%)
84	KORNILUK Dominik	128		M30	29	00:00:08	02:00:44.45	02:00:52.80	+00:47:21 (39.2%)	5:44	10.4 (60.5%)
85	LITWIŃSKI Robert	31		M50	11	00:00:10	02:00:45.90	02:00:56.30	+00:47:22 (39.2%)	5:45	10.4 (60.5%)
86	GRZYWACZ Dariusz	171	18 BDOW	M20	10	00:00:12	02:01:27.75	02:01:40.50	+00:48:04 (39.6%)	5:47	10.4 (60.5%)
87	GRZEGORCZUK Daniel	182		M20	11	00:00:03	02:01:33.70	02:01:37.25	+00:48:10 (39.6%)	5:47	10.4 (60.5%)
88	ARASZKIEWICZ Tomasz	133		M50	12	00:00:10	02:02:04.65	02:02:15.05	+00:48:41 (39.9%)	5:48	10.3 (59.9%)
89	TOCZYSKA Anna	24	PP	K30	4	00:00:07	02:02:28.10	02:02:35.80	+00:49:04 (40.1%)	5:49	10.3 (59.9%)
90	ZAWADA Mateusz	190		M30	30	00:00:12	02:02:40.50	02:02:52.90	+00:49:17 (40.2%)	5:50	10.3 (59.9%)
91	CABAJ Tomasz	33		M30	31	00:00:04	02:02:52.00	02:02:56.95	+00:49:28 (40.3%)	5:51	10.3 (59.9%)
92	HEJZA Jakub	107	18 BDOW	M30	32	00:00:05	02:03:28.35	02:03:33.50	+00:50:04 (40.6%)	5:52	10.2 (59.3%)
93	WYSPIAŃSKI Grzegorz	19		M40	25	00:00:03	02:03:43.10	02:03:46.45	+00:50:19 (40.7%)	5:53	10.2 (59.3%)
94	PORCZYŃSKI Adam	169		M30	33	00:00:14	02:03:47.95	02:04:02.75	+00:50:24 (40.7%)	5:53	10.2 (59.3%)
95	PSZKIT Piotr	74	SLOW JOGGING SIEDLCE	M30	34	00:00:03	02:04:08.20	02:04:12.00	+00:50:44 (40.9%)	5:54	10.2 (59.3%)
96	NOWOSIELSKA Jolanta	157		K40	5	00:00:04	02:04:24.30	02:04:28.60	+00:51:00 (41.0%)	5:55	10.1 (58.7%)
97	STRUKOWICZ Marcin	196		M40	26	00:00:07	02:04:30.65	02:04:38.35	+00:51:07 (41.1%)	5:55	10.1 (58.7%)
98	STAŃCZUK Dorota	144	MKB DREPTAK	K50	2	00:00:11	02:04:35.40	02:04:46.95	+00:51:12 (41.1%)	5:55	10.1 (58.7%)
99	ARENT Grzegorz	132		M40	27	00:00:03	02:04:35.45	02:04:38.95	+00:51:12 (41.1%)	5:55	10.1 (58.7%)
100	NIEDZIÓŁKA Mateusz	123		M20	12	00:00:03	02:05:36.35	02:05:40.25	+00:52:12 (41.6%)	5:58	10 (58.1%)
101	KOPEĆ Lidia	44	AKTYWNI WĘGRÓW	K30	5	00:00:07	02:05:42.40	02:05:50.10	+00:52:19 (41.6%)	5:59	10 (58.1%)
102	LEWARTOWSKI Jacek	97		M30	35	00:00:06	02:05:49.85	02:05:55.85	+00:52:26 (41.7%)	5:59	10 (58.1%)
103	KAMIŃSKI Łukasz	14		M30	36	00:00:11	02:05:50.85	02:06:02.80	+00:52:27 (41.7%)	5:59	10 (58.1%)
104	WARPECHOWSKI Paweł	155	PEDZĄCE LENIWCE	M50	13	00:00:10	02:05:56.10	02:06:07.05	+00:52:32 (41.7%)	5:59	10 (58.1%)
105	ZDANOWSKI Sebastian	37		M20	13	00:00:04	02:06:03.05	02:06:07.55	+00:52:39 (41.8%)	6:00	10 (58.1%)
106	GŁOWACKI Tomasz	129		M30	37	00:00:09	02:06:22.70	02:06:32.45	+00:52:59 (41.9%)	6:01	10 (58.1%)
107	RZAŻEWSKI Hubert	53	PĘDZĄCE LENIWCE	M40	28	00:00:06	02:06:56.70	02:07:03.00	+00:53:33 (42.2%)	6:02	9.9 (57.6%)
108	SAPRYK Piotr	88		M40	29	00:00:06	02:07:05.95	02:07:12.90	+00:53:42 (42.3%)	6:03	9.9 (57.6%)
109	RACZKIEWICZ Michał	185		M50	14	00:00:05	02:07:36.95	02:07:42.35	+00:54:13 (42.5%)	6:04	9.9 (57.6%)
110	RZYSZKIEWICZ Tomasz	163	SPRAWNA DZIEWUCHA	M40	30	00:00:09	02:07:49.10	02:07:58.10	+00:54:25 (42.6%)	6:05	9.9 (57.6%)
110	KOWALCZYK Magdalena	164		K40	6	00:00:08	02:07:49.10	02:07:57.95	+00:54:25 (42.6%)	6:05	9.9 (57.6%)
112	BANASZEWSKI Adrian	159		M40	31	00:00:08	02:08:36.20	02:08:44.20	+00:55:12 (42.9%)	6:07	9.8 (57.0%)
113	NIEDZIÓŁKA Marek	124		M20	14	00:00:04	02:08:37.20	02:08:41.70	+00:55:13 (42.9%)	6:07	9.8 (57.0%)
114	PERCZYŃSKI Mariusz	13		M30	38	00:00:08	02:08:42.45	02:08:50.45	+00:55:19 (43.0%)	6:07	9.8 (57.0%)
115	WALASIK Piotr	138		M30	39	00:00:14	02:11:15.50	02:11:29.85	+00:57:52 (44.1%)	6:15	9.6 (55.8%)
116	WRZOSEK Iwona	92		K40	7	00:00:06	02:12:07.45	02:12:13.75	+00:58:44 (44.5%)	6:17	9.5 (55.2%)
117	KRUK Joanna	103		K20	5	00:00:06	02:12:20.85	02:12:27.70	+00:58:57 (44.5%)	6:18	9.5 (55.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
118	KUŹMA Dorota	66		K40	8	00:00:11	02:13:00.65	02:13:12.20	+00:59:37 (44.8%)	6:20	9.5 (55.2%)
119	CHOROMAŃSKI Jacek	183		M30	40	00:00:16	02:13:55.40	02:14:12.20	+01:00:32 (45.2%)	6:22	9.4 (54.7%)
120	KORNILAK Edyta	58	GRUPA BIEGACZY SKÓRZEC BIEGA	K40	9	00:00:11	02:14:44.40	02:14:56.15	+01:01:21 (45.5%)	6:24	9.4 (54.7%)
121	CZARNOCKI Paweł	153	GRUPA BIEGACZ SKÓRZEC BIEGA	M40	32	00:00:11	02:14:44.85	02:14:56.25	+01:01:21 (45.5%)	6:24	9.4 (54.7%)
122	TROĆ Karol Paweł	152	SLOW JOGGING SIEDLCE	M40	33	00:00:10	02:14:45.65	02:14:56.20	+01:01:22 (45.5%)	6:25	9.4 (54.7%)
123	CHOJECKA Magdalena	5	ZBUCKI RUCH	K40	10	00:00:05	02:14:59.85	02:15:05.05	+01:01:36 (45.6%)	6:25	9.3 (54.1%)
124	JASTRZĘBSKI Paweł	2		M20	15	00:00:05	02:15:32.35	02:15:37.40	+01:02:08 (45.9%)	6:27	9.3 (54.1%)
125	SOWA Andrzej	32		M40	34	00:00:04	02:15:46.70	02:15:51.20	+01:02:23 (45.9%)	6:27	9.3 (54.1%)
126	PRZESMYCKI Adam	10		M50	15	00:00:15	02:16:00.40	02:16:16.05	+01:02:37 (46.0%)	6:28	9.3 (54.1%)
127	CHMIELEWSKI Antoni	21		M50	16	00:00:08	02:16:03.80	02:16:12.15	+01:02:40 (46.1%)	6:28	9.3 (54.1%)
128	MROCZEK Marta	195	DZICY KONIOWE	K40	11	00:00:10	02:17:08.90	02:17:19.30	+01:03:45 (46.5%)	6:31	9.2 (53.5%)
129	KRÓL Łukasz	8		M30	41	00:00:11	02:17:46.65	02:17:58.10	+01:04:23 (46.7%)	6:33	9.1 (52.9%)
130	KISIELIŃSKI Szymon	150		M40	35	00:00:08	02:18:07.35	02:18:16.00	+01:04:43 (46.9%)	6:34	9.1 (52.9%)
131	GAJOWNICZEK Magdalena	148		K30	6	00:00:08	02:18:07.85	02:18:16.05	+01:04:44 (46.9%)	6:34	9.1 (52.9%)
132	ŚLIWKA Paweł	178		M30	42	00:00:14	02:18:19.80	02:18:33.85	+01:04:56 (46.9%)	6:35	9.1 (52.9%)
133	KRASUSKI Grzegorz	72		M30	43	00:00:08	02:18:24.60	02:18:32.60	+01:05:01 (47.0%)	6:35	9.1 (52.9%)
134	CHAJEWSKI Artur	102	MASOVIA	M40	36	00:00:04	02:18:25.80	02:18:29.90	+01:05:02 (47.0%)	6:35	9.1 (52.9%)
135	ZDUNEK Mariusz	38		M30	44	00:00:12	02:18:28.60	02:18:41.45	+01:05:05 (47.0%)	6:35	9.1 (52.9%)
136	ROSA Izabela	39		K30	7	00:00:12	02:18:29.10	02:18:41.20	+01:05:05 (47.0%)	6:35	9.1 (52.9%)
137	SADOWY Janusz	167	18BDOW	M30	45	00:00:15	02:19:04.70	02:19:19.80	+01:05:41 (47.2%)	6:37	9.1 (52.9%)
138	BULAK Dawid	40		M20	16	00:00:04	02:19:07.00	02:19:11.40	+01:05:43 (47.2%)	6:37	9.1 (52.9%)
139	SISIK Tomasz	194		M40	37	00:00:09	02:19:09.70	02:19:18.80	+01:05:46 (47.3%)	6:37	9.1 (52.9%)
140	KALICKA Anna	42		K50	3	00:00:06	02:20:01.50	02:20:07.70	+01:06:38 (47.6%)	6:40	9 (52.3%)
141	WALASIK Agnieszka	140		K30	8	00:00:14	02:20:26.70	02:20:41.20	+01:07:03 (47.7%)	6:41	9 (52.3%)
142	MĄDRY Paweł	168		M40	38	00:00:15	02:24:08.30	02:24:24.10	+01:10:44 (49.1%)	6:51	8.7 (50.6%)
143	KOZŁOWSKI Dariusz	109	YULO RUN TEAM SIEDLCE	M40	39	00:00:14	02:26:50.60	02:27:04.80	+01:13:27 (50.0%)	6:59	8.6 (50.0%)
144	MAZUREK Ilona	79	GOLICE TEAM	K30	9	00:00:09	02:26:53.05	02:27:02.85	+01:13:29 (50.0%)	6:59	8.6 (50.0%)
145	GROCHOWSKA Joanna	112	BIEGAMY Z OCHOTĄ	K50	4	00:00:16	02:27:36.95	02:27:53.20	+01:14:13 (50.3%)	7:01	8.5 (49.4%)
146	SZOSTAKOWSKI Jarosław	113	BIEGAMY Z OCHOTĄ	M50	17	00:00:16	02:27:37.65	02:27:53.70	+01:14:14 (50.3%)	7:01	8.5 (49.4%)
147	KUŹMA Maciej	18		M40	40	00:00:14	02:28:17.70	02:28:31.90	+01:14:54 (50.5%)	7:03	8.5 (49.4%)
148	DĄBROWSKI Daniel	174	PASJA SULEJÓWEK	M40	41	00:00:12	02:28:48.10	02:29:00.20	+01:15:24 (50.7%)	7:05	8.5 (49.4%)
149	KUNKA Piotr	56	TEAM ZABIEGANEDNI	M30	46	00:00:13	02:29:23.70	02:29:37.35	+01:16:00 (50.9%)	7:06	8.4 (48.8%)
150	SKURATOWICZ Grzegorz	96	SPOCENI NA MAXA	M40	42	00:00:07	02:29:39.80	02:29:47.05	+01:16:16 (51.0%)	7:07	8.4 (48.8%)
151	ADAMSKA Katarzyna	49		K20	6	00:00:10	02:32:31.20	02:32:41.20	+01:19:07 (51.9%)	7:15	8.3 (48.3%)
152	ŁUKASZEWICZ Jadzia	15		K40	12	00:00:02	02:33:50.05	02:33:52.80	+01:20:26 (52.3%)	7:19	8.2 (47.7%)
153	OSŁOWSKA Anna	98	-	K30	10	00:00:05	02:37:18.65	02:37:23.85	+01:23:55 (53.3%)	7:29	8 (46.5%)
154	LEGAT Dorota	59		K20	7	00:00:07	02:40:45.95	02:40:53.65	+01:27:22 (54.3%)	7:39	7.8 (45.3%)
155	KOMAR Kinga	84		K20	8	00:00:06					(0.0%)
DQ	ŁUGOWSKI Sebastian	51		M20		DQ	01:35:46.40	DQ		0:00	13.2 (76.7%)
	RADZIKOWSKA Joanna	344	SLOW JOGGING SIEDLCE	K40		DNF	DNF	DNF		-	- (0.0%)
	CABAJ Krzysztof	120	YULO RUN TEAM SIEDLCE	M40		DNF	DNF	DNF		-	- (0.0%)