



## 12. OPEN KOBIET I MĘŻCZYŹN

B4SPORT

**Wydarzenie:** XXVI BIEG NIEPODLEGŁOŚCI - Białoteka  
**Organizator:** Urząd Dzielnicy Warszawa - Białoteka  
**Data:** 2023-11-11  
**Miejsce:** Warszawa  
**Dystans:** 5.0 km

**B4SPORT**  
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Białoteki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	WERNER Kamil	450	DZIKI BIEG	M OPEN	1	Tak	00:00:01	00:17:47.60	00:17:49.55		3:33	16.9 (100%)
2	BIERNACKI Michał	38		M OPEN	2	Tak	00:00:01	00:18:08.60	00:18:10.15	+00:00:21 (1.9%)	3:37	16.5 (97.6%)
3	KOBYŁECKI Mateusz	209	KUTANG KLAN	M OPEN	3	Tak	00:00:01	00:18:15.95	00:18:17.70	+00:00:28 (2.6%)	3:39	16.4 (97.0%)
4	BIELECKI Jakub	36		M OPEN	4		00:00:01	00:18:21.40	00:18:23.35	+00:00:33 (3.1%)	3:40	16.3 (96.4%)
5	PYRZAK Paweł	357	BIEGANIEPO40	M OPEN	5	Tak	00:00:02	00:18:36.40	00:18:38.75	+00:00:48 (4.4%)	3:43	16.1 (95.3%)
6	KUREK Jarosław	245	WAT	M OPEN	6	Tak	00:00:02	00:18:43.85	00:18:46.10	+00:00:56 (5.0%)	3:44	16 (94.7%)
7	URMANOWSKI Daniel	445	DREAM RUN	M OPEN	7	Tak	00:00:03	00:19:00.40	00:19:03.55	+00:01:12 (6.4%)	3:48	15.8 (93.5%)
8	HILDEBRAND Marcin	145	BIEGAM NA TARCHOMINIE	M OPEN	8	Tak	00:00:02	00:19:04.85	00:19:06.90	+00:01:17 (6.7%)	3:48	15.7 (92.9%)
9	TYMOLEWSKI Grzegorz	442		M OPEN	9	Tak	00:00:03	00:19:28.85	00:19:31.95	+00:01:41 (8.7%)	3:53	15.4 (91.1%)
10	KAŁDOWSKI Łukasz	190		M OPEN	10		00:00:02	00:19:31.60	00:19:33.65	+00:01:44 (8.9%)	3:54	15.4 (91.1%)
11	GOZDEK Radek	124	BIEGANIEPO40	M OPEN	11	Tak	00:00:01	00:19:33.60	00:19:35.40	+00:01:46 (9.0%)	3:54	15.3 (90.5%)
12	VEREMCHUK Yuliia	446	TEAMOCHAL #BIEGAMBOLUBIĘ	K OPEN	1		00:00:02	00:19:46.60	00:19:49.25	+00:01:59 (10.0%)	3:57	15.2 (89.9%)
13	KLAŚ Łukasz	203	TEAM PARSZCZYŃSKICH	M OPEN	12	Tak	00:00:01	00:19:49.60	00:19:51.40	+00:02:02 (10.3%)	3:57	15.1 (89.3%)
14	SKWARCZ Paweł	830		M OPEN	13	Tak	00:00:03	00:19:59.55	00:20:03.00	+00:02:11 (11.0%)	3:59	15 (88.8%)
15	JUSIŃSKI Krystian	180	BRACTWO BIEGOWE BGK	M OPEN	14		00:00:02	00:20:03.05	00:20:05.85	+00:02:15 (11.3%)	4:00	15 (88.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Białotęki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
16	<b>WOŹNIAK Przemysław</b>	<b>465</b>	WIELISZEW HERON TEAM	M OPEN	15		00:00:03	<b>00:20:05.75</b>	<b>00:20:09.70</b>	+00:02:18 (11.5%)	4:01	14.9 (88.2%)
17	<b>ZARODKIEWICZ Dawid</b>	<b>479</b>	ZASUWAJ	M OPEN	16		00:00:02	<b>00:20:11.75</b>	<b>00:20:14.40</b>	+00:02:24 (11.9%)	4:02	14.9 (88.2%)
18	<b>KUPA Bartosz</b>	<b>243</b>	KLUB BIEGACZY JYSK	M OPEN	17		00:00:02	<b>00:20:15.60</b>	<b>00:20:18.45</b>	+00:02:28 (12.2%)	4:03	14.8 (87.6%)
19	<b>POTOROKA Vitalii</b>	<b>344</b>	ROZBIEGANY PIASTÓW	M OPEN	18		00:00:03	<b>00:20:22.20</b>	<b>00:20:26.05</b>	+00:02:34 (12.6%)	4:04	14.7 (87.0%)
20	<b>HLADKYI Vladyslav</b>	<b>146</b>		M OPEN	19	Tak	00:00:02	<b>00:20:24.80</b>	<b>00:20:27.15</b>	+00:02:37 (12.8%)	4:04	14.7 (87.0%)
21	<b>SZYMAŃSKI Andrzej</b>	<b>420</b>		M OPEN	20	Tak	00:00:03	<b>00:20:40.40</b>	<b>00:20:43.50</b>	+00:02:52 (13.9%)	4:08	14.5 (85.8%)
22	<b>KOZAKOWSKI Marcin</b>	<b>531</b>		M OPEN	21		00:00:03	<b>00:20:53.65</b>	<b>00:20:57.60</b>	+00:03:06 (14.8%)	4:10	14.4 (85.2%)
23	<b>KARPIŃSKI Marcin</b>	<b>195</b>		M OPEN	22	Tak	00:00:03	<b>00:21:00.45</b>	<b>00:21:04.00</b>	+00:03:12 (15.3%)	4:12	14.3 (84.6%)
24	<b>LEWANDOWSKI Mateusz</b>	<b>257</b>	BKS	M OPEN	23	Tak	00:00:03	<b>00:21:03.65</b>	<b>00:21:06.80</b>	+00:03:16 (15.5%)	4:12	14.3 (84.6%)
25	<b>ZACHWATOWICZ Jan</b>	<b>474</b>		M OPEN	24		00:00:04	<b>00:21:04.05</b>	<b>00:21:08.85</b>	+00:03:16 (15.5%)	4:12	14.2 (84.0%)
26	<b>ŁĄCZYŃSKI Michał</b>	<b>267</b>		M OPEN	25		00:00:02	<b>00:21:07.25</b>	<b>00:21:09.90</b>	+00:03:19 (15.8%)	4:13	14.2 (84.0%)
27	<b>LEWIŃSKI Andrzej</b>	<b>832</b>		M OPEN	26	Tak	00:00:03	<b>00:21:09.80</b>	<b>00:21:13.50</b>	+00:03:22 (15.9%)	4:13	14.2 (84.0%)
28	<b>JAKUBIAK Bartosz</b>	<b>156</b>	GRUPETTO WARSZAWA	M OPEN	27		00:00:05	<b>00:21:15.20</b>	<b>00:21:21.10</b>	+00:03:27 (16.3%)	4:15	14.1 (83.4%)
29	<b>KRAJEWSKA Klaudia</b>	<b>819</b>		K OPEN	2		00:00:02	<b>00:21:41.50</b>	<b>00:21:43.75</b>	+00:03:53 (18.0%)	4:20	13.8 (81.7%)
30	<b>BISOWSKI Mariusz</b>	<b>41</b>	AMEBY	M OPEN	28		00:00:04	<b>00:21:47.20</b>	<b>00:21:51.75</b>	+00:03:59 (18.3%)	4:21	13.8 (81.7%)
31	<b>TERESZCZUK Julia</b>	<b>427</b>	AZS AWF	K OPEN	3		00:00:03	<b>00:21:55.75</b>	<b>00:21:58.85</b>	+00:04:08 (18.9%)	4:23	13.7 (81.1%)
32	<b>MICHNOWSKI Sebastian</b>	<b>290</b>	BIEGAM NA TARCHOMINIE	M OPEN	29	Tak	00:00:03	<b>00:22:00.65</b>	<b>00:22:04.60</b>	+00:04:13 (19.2%)	4:24	13.6 (80.5%)
33	<b>ZALEWSKI Paweł</b>	<b>478</b>	ROPUCH	M OPEN	31		00:00:10	<b>00:22:08.75</b>	<b>00:22:19.25</b>	+00:04:21 (19.7%)	4:25	13.6 (80.5%)
34	<b>ŚCIBIOREK Bartosz</b>	<b>423</b>		M OPEN	30		00:00:13	<b>00:22:08.40</b>	<b>00:22:21.95</b>	+00:04:20 (19.6%)	4:25	13.6 (80.5%)
35	<b>FALANDYSZ Janusz</b>	<b>101</b>	WPRUNNING	M60	1		00:00:02	<b>00:22:19.85</b>	<b>00:22:22.50</b>	+00:04:32 (20.3%)	4:27	13.4 (79.3%)
36	<b>KOBYLEC Artur</b>	<b>207</b>		M OPEN	35	Tak	00:00:02	<b>00:22:31.60</b>	<b>00:22:34.25</b>	+00:04:44 (21.0%)	4:30	13.3 (78.7%)
37	<b>UMIASTOWSKI Bartosz</b>	<b>443</b>		M OPEN	33		00:00:07	<b>00:22:28.55</b>	<b>00:22:36.45</b>	+00:04:40 (20.8%)	4:29	13.4 (79.3%)
38	<b>MICHALSKI Robert</b>	<b>288</b>	ZABIEGANY WOŁOMIN	M OPEN	34		00:00:05	<b>00:22:31.40</b>	<b>00:22:37.25</b>	+00:04:43 (21.0%)	4:30	13.3 (78.7%)

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39	<b>ŻEGOCKI Emilian</b>	<b>491</b>		M OPEN	32		00:00:12	<b>00:22:26.25</b>	<b>00:22:39.00</b>	+00:04:38 (20.7%)	4:29	13.4 (79.3%)
40	<b>NAZIMEK Mariusz</b>	<b>305</b>	PRZYBYSZE Z MATPLANETY	M OPEN	36		00:00:06	<b>00:22:43.05</b>	<b>00:22:50.00</b>	+00:04:55 (21.7%)	4:32	13.2 (78.1%)
41	<b>ŚLIMKO Daniel</b>	<b>424</b>		M OPEN	37	Tak	00:00:03	<b>00:22:50.30</b>	<b>00:22:53.95</b>	+00:05:02 (22.1%)	4:34	13.1 (77.5%)
42	<b>BUDZIK Jacek</b>	<b>57</b>	BIEGAM NA TARCHOMINIE	M OPEN	38	Tak	00:00:09	<b>00:22:58.35</b>	<b>00:23:07.75</b>	+00:05:10 (22.5%)	4:35	13.1 (77.5%)
43	<b>DANILCZUK Bartosz</b>	<b>81</b>		M OPEN	39	Tak	00:00:06	<b>00:23:04.45</b>	<b>00:23:10.50</b>	+00:05:16 (22.9%)	4:36	13 (76.9%)
44	<b>NOWOCIEŃ Jacek</b>	<b>316</b>	UKS RUSIEC	M60	2		00:00:04	<b>00:23:06.85</b>	<b>00:23:11.10</b>	+00:05:19 (23.0%)	4:37	13 (76.9%)
45	<b>WOJTKOWSKI Maciej</b>	<b>461</b>	INFINITUS ATHLETICS	M OPEN	41		00:00:05	<b>00:23:10.35</b>	<b>00:23:15.45</b>	+00:05:22 (23.2%)	4:38	12.9 (76.3%)
46	<b>KRAJEWSKI Konrad</b>	<b>227</b>	MARKOWI BIEGACZE	M OPEN	40		00:00:08	<b>00:23:09.85</b>	<b>00:23:18.60</b>	+00:05:22 (23.2%)	4:37	13 (76.9%)
47	<b>CZERWIEC Andrzej</b>	<b>80</b>	MARKOWI BIEGACZE	M OPEN	42		00:00:07	<b>00:23:20.05</b>	<b>00:23:27.90</b>	+00:05:32 (23.7%)	4:40	12.9 (76.3%)
48	<b>GOZDAN Agnieszka</b>	<b>123</b>	FABRYKA WELLNESS	K OPEN	4		00:00:06	<b>00:23:55.45</b>	<b>00:24:01.85</b>	+00:06:07 (25.6%)	4:47	12.5 (74.0%)
49	<b>JAWORSKI Piotr</b>	<b>169</b>	MARKOWI BIEGACZE	M OPEN	47	Tak	00:00:04	<b>00:24:00.60</b>	<b>00:24:04.60</b>	+00:06:13 (25.9%)	4:48	12.5 (74.0%)
49	<b>SKOWROŃSKI Bartosz</b>	<b>379</b>		M OPEN	44		00:00:20	<b>00:23:43.90</b>	<b>00:24:04.60</b>	+00:05:56 (25.0%)	4:44	12.6 (74.6%)
51	<b>DOECKI Marcin</b>	<b>840</b>		M OPEN	43	Tak	00:00:32	<b>00:23:34.45</b>	<b>00:24:06.50</b>	+00:05:46 (24.5%)	4:42	12.7 (75.1%)
52	<b>ŁUKASZEWICZ Ryszard</b>	<b>269</b>		M60	3		00:00:05	<b>00:24:03.05</b>	<b>00:24:08.30</b>	+00:06:15 (26.0%)	4:48	12.5 (74.0%)
53	<b>ZGÓRZAK Adam</b>	<b>485</b>		M OPEN	50	Tak	00:00:03	<b>00:24:09.60</b>	<b>00:24:13.15</b>	+00:06:22 (26.4%)	4:49	12.4 (73.4%)
54	<b>BEKKER Piotr</b>	<b>29</b>		M OPEN	45		00:00:26	<b>00:23:48.30</b>	<b>00:24:14.50</b>	+00:06:00 (25.3%)	4:45	12.6 (74.6%)
55	<b>KARWECKI Patryk</b>	<b>196</b>		M OPEN	46		00:00:16	<b>00:23:59.65</b>	<b>00:24:16.10</b>	+00:06:12 (25.8%)	4:47	12.5 (74.0%)
56	<b>PRZYBYSZ Tomasz</b>	<b>351</b>		M OPEN	49		00:00:13	<b>00:24:07.95</b>	<b>00:24:21.30</b>	+00:06:20 (26.3%)	4:49	12.4 (73.4%)
57	<b>SOBOTA Artur</b>	<b>389</b>		M OPEN	51		00:00:16	<b>00:24:10.65</b>	<b>00:24:27.10</b>	+00:06:23 (26.4%)	4:50	12.4 (73.4%)
58	<b>PRUSZYŃSKI Edward</b>	<b>348</b>	KB OŻARÓW MAZOWIECKI BIEGA	M OPEN	54		00:00:00	<b>00:24:28.00</b>	<b>00:24:28.00</b>	+00:06:40 (27.3%)	4:53	12.3 (72.8%)
59	<b>BĘBAS Paweł</b>	<b>31</b>		M OPEN	52		00:00:18	<b>00:24:13.70</b>	<b>00:24:32.60</b>	+00:06:26 (26.6%)	4:50	12.4 (73.4%)
60	<b>TOLAK Piotr</b>	<b>432</b>	TEAM TOLAK	M OPEN	55		00:00:06	<b>00:24:29.90</b>	<b>00:24:35.95</b>	+00:06:42 (27.4%)	4:53	12.3 (72.8%)
61	<b>CALIK Jan</b>	<b>62</b>	ZADYMIARZE	M OPEN	48	Tak	00:00:35	<b>00:24:03.20</b>	<b>00:24:38.50</b>	+00:06:15 (26.0%)	4:48	12.5 (74.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Białotęki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
62	<b>PODSADNI-KRYSIK Paulina</b>	<b>341</b>		K OPEN	5	Tak	00:00:05	<b>00:24:36.80</b>	<b>00:24:41.90</b>	+00:06:49 (27.7%)	4:55	12.2 (72.2%)
63	<b>WÓJCIK Monika</b>	<b>468</b>	BIEGAM NA TARCHOMINIE	K OPEN	6	Tak	00:00:04	<b>00:24:40.00</b>	<b>00:24:44.50</b>	+00:06:52 (27.9%)	4:56	12.2 (72.2%)
64	<b>STRZELECKI Piotr</b>	<b>404</b>	MARKOWI BIEGACZE	M OPEN	56		00:00:07	<b>00:24:43.60</b>	<b>00:24:50.75</b>	+00:06:56 (28.0%)	4:56	12.1 (71.6%)
65	<b>KARCZEWSKI Michał</b>	<b>194</b>		M OPEN	53	Tak	00:00:42	<b>00:24:14.75</b>	<b>00:24:57.00</b>	+00:06:27 (26.6%)	4:50	12.4 (73.4%)
66	<b>TRUSZKOWSKA Marta</b>	<b>440</b>	BESTIE OCR LEGIONOWO	K OPEN	7		00:00:06	<b>00:24:56.35</b>	<b>00:25:03.05</b>	+00:07:08 (28.7%)	4:59	12 (71.0%)
67	<b>GĄTARZ Janusz</b>	<b>114</b>		M OPEN	57	Tak	00:00:18	<b>00:24:48.90</b>	<b>00:25:07.30</b>	+00:07:01 (28.3%)	4:57	12.1 (71.6%)
68	<b>WIECHETEK Artur</b>	<b>451</b>		M OPEN	58	Tak	00:00:11	<b>00:24:58.95</b>	<b>00:25:10.30</b>	+00:07:11 (28.8%)	4:59	12 (71.0%)
69	<b>KRAWCZYK Wojciech</b>	<b>232</b>	BIEGAM NA TARCHOMINIE	M OPEN	60		00:00:10	<b>00:25:05.30</b>	<b>00:25:15.30</b>	+00:07:17 (29.1%)	5:01	12 (71.0%)
70	<b>RUCIŃSKI Jarosław</b>	<b>366</b>		M OPEN	63		00:00:12	<b>00:25:07.35</b>	<b>00:25:19.50</b>	+00:07:19 (29.2%)	5:01	11.9 (70.4%)
71	<b>SŁOMKA Dominika</b>	<b>383</b>	TEAM ZABIEGANEDNI	K OPEN	8		00:00:03	<b>00:25:18.10</b>	<b>00:25:21.40</b>	+00:07:30 (29.7%)	5:03	11.9 (70.4%)
72	<b>SMOLIŃSKI Dariusz</b>	<b>387</b>	ZALATANI 1 BLTR	M OPEN	64		00:00:14	<b>00:25:09.50</b>	<b>00:25:24.40</b>	+00:07:21 (29.3%)	5:01	11.9 (70.4%)
73	<b>JEŻEWSKI Tomasz</b>	<b>175</b>		M OPEN	59		00:00:26	<b>00:25:00.60</b>	<b>00:25:27.15</b>	+00:07:13 (28.9%)	5:00	12 (71.0%)
74	<b>KASKA Damian</b>	<b>198</b>	ZGLECHÓW RUNNERS	M OPEN	67		00:00:09	<b>00:25:18.60</b>	<b>00:25:27.75</b>	+00:07:31 (29.7%)	5:03	11.9 (70.4%)
75	<b>JURKOWSKI Artur</b>	<b>179</b>	ZGLECHÓW RUNNERS	M OPEN	69		00:00:08	<b>00:25:21.25</b>	<b>00:25:29.90</b>	+00:07:33 (29.8%)	5:04	11.8 (69.8%)
76	<b>BĄK Łukasz</b>	<b>28</b>	BIEGIEM DO AGD SEROCK	M OPEN	66		00:00:19	<b>00:25:14.50</b>	<b>00:25:33.55</b>	+00:07:26 (29.5%)	5:02	11.9 (70.4%)
76	<b>SKUZA Sylwester</b>	<b>495</b>		M OPEN	65	Tak	00:00:19	<b>00:25:14.35</b>	<b>00:25:33.55</b>	+00:07:26 (29.5%)	5:02	11.9 (70.4%)
78	<b>FABISIAK Patryk</b>	<b>100</b>		M OPEN	68		00:00:15	<b>00:25:20.85</b>	<b>00:25:36.20</b>	+00:07:33 (29.8%)	5:04	11.8 (69.8%)
79	<b>WOŹNIAK Damian</b>	<b>464</b>		M OPEN	75		00:00:06	<b>00:25:34.05</b>	<b>00:25:40.75</b>	+00:07:46 (30.4%)	5:06	11.7 (69.2%)
80	<b>GRAD Tomasz</b>	<b>131</b>	MARKOWI BIEGACZE	M OPEN	74	Tak	00:00:07	<b>00:25:33.80</b>	<b>00:25:41.50</b>	+00:07:46 (30.4%)	5:06	11.7 (69.2%)
81	<b>KOZERSKI Łukasz</b>	<b>226</b>		M OPEN	77		00:00:05	<b>00:25:37.95</b>	<b>00:25:43.35</b>	+00:07:50 (30.6%)	5:07	11.7 (69.2%)
82	<b>RYBIŃSKI Andrzej</b>	<b>368</b>	GRUPA BIEGOWA CHTMO	M OPEN	73		00:00:10	<b>00:25:32.90</b>	<b>00:25:43.50</b>	+00:07:45 (30.4%)	5:06	11.7 (69.2%)
83	<b>MILEWSKI Patryk</b>	<b>292</b>	GRUPA BIEGOWA UM WARSZAWA	M OPEN	62		00:00:37	<b>00:25:06.70</b>	<b>00:25:43.95</b>	+00:07:19 (29.1%)	5:01	12 (71.0%)
84	<b>CICHOCKI Zbigniew</b>	<b>68</b>		M OPEN	78	Tak	00:00:04	<b>00:25:39.35</b>	<b>00:25:44.25</b>	+00:07:51 (30.6%)	5:07	11.7 (69.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Białołęki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
85	<b>OSTAŁOWSKI Paweł</b>	<b>324</b>		M OPEN	71	Tak	00:00:16	<b>00:25:29.65</b>	<b>00:25:45.65</b>	+00:07:42 (30.2%)	5:05	11.8 (69.8%)
86	<b>LEWANDOWSKA Jolanta</b>	<b>255</b>		K OPEN	9		00:00:05	<b>00:25:42.70</b>	<b>00:25:48.60</b>	+00:07:55 (30.8%)	5:08	11.7 (69.2%)
87	<b>KRASZEWSKI Grzegorz</b>	<b>230</b>	GRUPA BIEGOWA CHTMO	M OPEN	70		00:00:20	<b>00:25:29.35</b>	<b>00:25:49.65</b>	+00:07:41 (30.2%)	5:05	11.8 (69.8%)
88	<b>SIKORSKI Paweł</b>	<b>376</b>	KIP RUNNING	M OPEN	61		00:00:52	<b>00:25:05.70</b>	<b>00:25:57.90</b>	+00:07:18 (29.1%)	5:01	12 (71.0%)
89	<b>JEGOROW Piotr</b>	<b>172</b>		M OPEN	83		00:00:10	<b>00:25:52.20</b>	<b>00:26:02.70</b>	+00:08:04 (31.2%)	5:10	11.6 (68.6%)
90	<b>WIERBIŁOWICZ Dariusz</b>	<b>453</b>		M OPEN	84		00:00:10	<b>00:25:52.50</b>	<b>00:26:02.80</b>	+00:08:04 (31.2%)	5:10	11.6 (68.6%)
91	<b>RACZYŃSKI Tomasz</b>	<b>359</b>		M OPEN	72	Tak	00:00:33	<b>00:25:30.55</b>	<b>00:26:03.70</b>	+00:07:42 (30.2%)	5:06	11.8 (69.8%)
92	<b>FILIPKOWSKI Adam</b>	<b>105</b>		M OPEN	85	Tak	00:00:11	<b>00:25:52.50</b>	<b>00:26:04.10</b>	+00:08:04 (31.2%)	5:10	11.6 (68.6%)
93	<b>MIŁOSZ Marek</b>	<b>294</b>		M OPEN	86		00:00:09	<b>00:25:55.25</b>	<b>00:26:04.55</b>	+00:08:07 (31.4%)	5:11	11.6 (68.6%)
94	<b>OWOC Tomasz</b>	<b>327</b>	PKO BANK POLSKI / ADIDAS RUNNERS WARSAW	M OPEN	82		00:00:14	<b>00:25:51.05</b>	<b>00:26:05.20</b>	+00:08:03 (31.2%)	5:10	11.6 (68.6%)
95	<b>WOLNY Michał</b>	<b>463</b>		M OPEN	89	Tak	00:00:04	<b>00:26:00.90</b>	<b>00:26:05.70</b>	+00:08:13 (31.6%)	5:12	11.5 (68.0%)
96	<b>DRYNKO Karol</b>	<b>90</b>	KMS	M OPEN	90	Tak	00:00:05	<b>00:26:00.90</b>	<b>00:26:06.75</b>	+00:08:13 (31.6%)	5:12	11.5 (68.0%)
97	<b>BISOWSKA Amelia</b>	<b>39</b>	AMEBY	K OPEN	10		00:00:11	<b>00:25:56.25</b>	<b>00:26:07.60</b>	+00:08:08 (31.4%)	5:11	11.6 (68.6%)
98	<b>WIELOWSKA Kinga</b>	<b>452</b>		K OPEN	11		00:00:06	<b>00:26:02.75</b>	<b>00:26:08.90</b>	+00:08:15 (31.7%)	5:12	11.5 (68.0%)
99	<b>BISOWSKI Szymon</b>	<b>42</b>	AMEBY	M OPEN	87		00:00:12	<b>00:25:56.80</b>	<b>00:26:09.40</b>	+00:08:09 (31.4%)	5:11	11.6 (68.6%)
100	<b>CHODUN Paweł</b>	<b>64</b>		M OPEN	80		00:00:26	<b>00:25:43.30</b>	<b>00:26:09.60</b>	+00:07:55 (30.8%)	5:08	11.7 (69.2%)
101	<b>STROMECKI Marcin</b>	<b>403</b>	BFM	M OPEN	76	Tak	00:01:13	<b>00:25:37.20</b>	<b>00:26:50.25</b>	+00:07:49 (30.5%)	5:07	11.7 (69.2%)
102	<b>CHĘC Tomasz</b>	<b>63</b>		M OPEN	79		00:00:33	<b>00:25:39.95</b>	<b>00:26:12.95</b>	+00:07:52 (30.7%)	5:07	11.7 (69.2%)
103	<b>GÓRALCZUK Maksymilian</b>	<b>126</b>		M OPEN	81	Tak	00:00:28	<b>00:25:46.45</b>	<b>00:26:15.10</b>	+00:07:58 (31.0%)	5:09	11.6 (68.6%)
104	<b>JARMUŻEWSKI Adam</b>	<b>165</b>	GRUPA BIEGOWA CHTMO	M OPEN	88	Tak	00:00:28	<b>00:26:00.05</b>	<b>00:26:28.15</b>	+00:08:12 (31.6%)	5:12	11.5 (68.0%)
105	<b>ZAJĄC Jan</b>	<b>476</b>		M OPEN	91		00:00:22	<b>00:26:01.70</b>	<b>00:26:23.95</b>	+00:08:14 (31.6%)	5:12	11.5 (68.0%)
106	<b>DOBROWOLSKI Damian</b>	<b>86</b>		M OPEN	92	Tak	00:00:12	<b>00:26:07.45</b>	<b>00:26:19.45</b>	+00:08:19 (31.9%)	5:13	11.5 (68.0%)
107	<b>KRUPIŃSKA-SZCZYGIEŁ Wiola</b>	<b>234</b>		K OPEN	12		00:00:22	<b>00:26:09.70</b>	<b>00:26:31.80</b>	+00:08:22 (32.0%)	5:13	11.5 (68.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Białoleki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
108	<b>SZCZYGIEŁ Piotr</b>	<b>410</b>		M OPEN	93		00:00:24	<b>00:26:18.20</b>	<b>00:26:42.40</b>	+00:08:30 (32.4%)	5:15	11.4 (67.5%)
109	<b>ŚWIDERSKI Tomasz</b>	<b>426</b>	MŁODE WILCZKI	M OPEN	94	Tak	00:00:10	<b>00:26:19.30</b>	<b>00:26:30.00</b>	+00:08:31 (32.4%)	5:15	11.4 (67.5%)
110	<b>MOKWINSKI Piotr</b>	<b>295</b>		M OPEN	95		00:00:30	<b>00:26:20.50</b>	<b>00:26:51.10</b>	+00:08:32 (32.5%)	5:16	11.4 (67.5%)
111	<b>SOWIŃSKI Daniel</b>	<b>394</b>		M OPEN	96	Tak	00:00:16	<b>00:26:23.10</b>	<b>00:26:39.65</b>	+00:08:35 (32.6%)	5:16	11.4 (67.5%)
112	<b>JAŻWIŃSKI Jakub</b>	<b>170</b>	ZADYMIARZE	M OPEN	97	Tak	00:00:34	<b>00:26:23.90</b>	<b>00:26:58.55</b>	+00:08:36 (32.6%)	5:16	11.4 (67.5%)
113	<b>BARTNIK Rafał</b>	<b>26</b>	ZABIEGANY WOŁOMIN	M OPEN	98		00:00:18	<b>00:26:24.70</b>	<b>00:26:42.95</b>	+00:08:37 (32.6%)	5:16	11.4 (67.5%)
114	<b>TOMCZUK-KUZKA Katarzyna</b>	<b>436</b>		K OPEN	13		00:00:14	<b>00:26:28.30</b>	<b>00:26:43.25</b>	+00:08:40 (32.8%)	5:17	11.3 (66.9%)
115	<b>WŁODARCZYK Maciej</b>	<b>459</b>	MARKOWI BIEGACZE	M OPEN	99		00:00:09	<b>00:26:28.55</b>	<b>00:26:38.05</b>	+00:08:40 (32.8%)	5:17	11.3 (66.9%)
116	<b>RYMUSZKA Maciej</b>	<b>370</b>		M OPEN	100	Tak	00:00:10	<b>00:26:33.35</b>	<b>00:26:44.15</b>	+00:08:45 (33.0%)	5:18	11.3 (66.9%)
117	<b>FREITES Luis</b>	<b>513</b>		M60	4	Tak	00:00:05	<b>00:26:34.20</b>	<b>00:26:40.00</b>	+00:08:46 (33.0%)	5:18	11.3 (66.9%)
118	<b>FILIPKOWSKI Filip</b>	<b>106</b>		M OPEN	101	Tak	00:00:10	<b>00:26:36.15</b>	<b>00:26:46.60</b>	+00:08:48 (33.1%)	5:19	11.3 (66.9%)
119	<b>JEZERSKI Łukasz</b>	<b>174</b>	GRUPA BIEGOWA CHTMO	M OPEN	102	Tak	00:00:33	<b>00:26:37.85</b>	<b>00:27:11.75</b>	+00:08:50 (33.2%)	5:19	11.3 (66.9%)
120	<b>RZYMOWSKA Krystyna</b>	<b>372</b>		K OPEN	14		00:00:10	<b>00:26:42.25</b>	<b>00:26:52.55</b>	+00:08:54 (33.4%)	5:20	11.2 (66.3%)
121	<b>PTASIŃSKI Piotr</b>	<b>919</b>		M OPEN	103		00:00:15	<b>00:26:42.50</b>	<b>00:26:57.50</b>	+00:08:54 (33.4%)	5:20	11.2 (66.3%)
122	<b>BUJALSKI Konrad</b>	<b>58</b>		M OPEN	104		00:00:07	<b>00:26:49.55</b>	<b>00:26:57.45</b>	+00:09:01 (33.7%)	5:21	11.2 (66.3%)
123	<b>WITZKE Artur</b>	<b>458</b>		M OPEN	105		00:00:46	<b>00:26:49.60</b>	<b>00:27:36.30</b>	+00:09:02 (33.7%)	5:21	11.2 (66.3%)
124	<b>TOMSZYS Piotr</b>	<b>511</b>		M OPEN	106	Tak	00:00:29	<b>00:26:51.45</b>	<b>00:27:21.35</b>	+00:09:03 (33.7%)	5:22	11.2 (66.3%)
125	<b>NOWAK Jerzy</b>	<b>313</b>	PWPW	M OPEN	107	Tak	00:00:05	<b>00:26:52.10</b>	<b>00:26:57.20</b>	+00:09:04 (33.8%)	5:22	11.2 (66.3%)
126	<b>LEWANDOWSKI Piotr</b>	<b>849</b>		M OPEN	108	Tak	00:00:34	<b>00:26:52.80</b>	<b>00:27:26.80</b>	+00:09:05 (33.8%)	5:22	11.2 (66.3%)
127	<b>DERESZEWSKI Piotr</b>	<b>85</b>	ZABIEGANY WOŁOMIN	M OPEN	109		00:00:32	<b>00:26:55.10</b>	<b>00:27:27.75</b>	+00:09:07 (33.9%)	5:23	11.1 (65.7%)
128	<b>ISKRA Filip</b>	<b>148</b>		M OPEN	110		00:00:08	<b>00:26:56.30</b>	<b>00:27:05.25</b>	+00:09:08 (33.9%)	5:23	11.1 (65.7%)
129	<b>URBANIĄK Paweł</b>	<b>444</b>		M OPEN	111	Tak	00:00:27	<b>00:26:57.00</b>	<b>00:27:24.50</b>	+00:09:09 (34.0%)	5:23	11.1 (65.7%)
130	<b>KOPYŚ Jakub</b>	<b>216</b>		M OPEN	112	Tak	00:00:23	<b>00:26:57.70</b>	<b>00:27:21.30</b>	+00:09:10 (34.0%)	5:23	11.1 (65.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Białoteki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
131	<b>SZELWACHOWSKI Dariusz</b>	<b>411</b>		M OPEN	113		00:00:05	<b>00:27:00.00</b>	<b>00:27:05.55</b>	+00:09:12 (34.1%)	5:24	11.1 (65.7%)
132	<b>KAMIŃSKI Michał</b>	<b>193</b>		M OPEN	114		00:00:13	<b>00:27:00.60</b>	<b>00:27:13.65</b>	+00:09:13 (34.1%)	5:24	11.1 (65.7%)
133	<b>POGOCKI Maciej</b>	<b>342</b>		M OPEN	115		00:00:18	<b>00:27:02.10</b>	<b>00:27:20.85</b>	+00:09:14 (34.2%)	5:24	11.1 (65.7%)
134	<b>BISOWSKA Katarzyna</b>	<b>40</b>	AMEBY	K OPEN	15		00:00:11	<b>00:27:04.95</b>	<b>00:27:16.55</b>	+00:09:17 (34.3%)	5:24	11.1 (65.7%)
135	<b>PIĘTKA Artur</b>	<b>337</b>		M OPEN	116	Tak	00:00:09	<b>00:27:05.75</b>	<b>00:27:15.05</b>	+00:09:18 (34.3%)	5:25	11.1 (65.7%)
136	<b>SOKOŁOWSKI Robert</b>	<b>391</b>		M OPEN	117	Tak	00:00:14	<b>00:27:07.60</b>	<b>00:27:22.10</b>	+00:09:20 (34.4%)	5:25	11.1 (65.7%)
137	<b>DOMINIAK Zbigniew</b>	<b>88</b>		M OPEN	118	Tak	00:00:25	<b>00:27:10.20</b>	<b>00:27:35.80</b>	+00:09:22 (34.5%)	5:26	11 (65.1%)
138	<b>PAWIŃSKI Artur</b>	<b>499</b>		M OPEN	119		00:00:23	<b>00:27:12.35</b>	<b>00:27:35.70</b>	+00:09:24 (34.6%)	5:26	11 (65.1%)
139	<b>LIS-MAJER Anna</b>	<b>262</b>		K OPEN	16		00:00:32	<b>00:27:13.10</b>	<b>00:27:45.20</b>	+00:09:25 (34.6%)	5:26	11 (65.1%)
140	<b>PIĄTEK Bogdan</b>	<b>335</b>	LECHICI ZIELONKA	M60	5		00:00:19	<b>00:27:15.40</b>	<b>00:27:34.60</b>	+00:09:27 (34.7%)	5:27	11 (65.1%)
141	<b>WACH Michał</b>	<b>447</b>	BIEGAM NA TARCHOMINIE	M OPEN	120		00:00:17	<b>00:27:18.50</b>	<b>00:27:35.60</b>	+00:09:30 (34.8%)	5:27	11 (65.1%)
142	<b>BIAŁEK Tomasz</b>	<b>32</b>		M OPEN	121		00:00:40	<b>00:27:18.70</b>	<b>00:27:59.35</b>	+00:09:31 (34.9%)	5:27	11 (65.1%)
143	<b>KOPCZYŃSKI Arkadiusz</b>	<b>214</b>		M OPEN	122		00:00:20	<b>00:27:21.70</b>	<b>00:27:42.60</b>	+00:09:34 (35.0%)	5:28	11 (65.1%)
144	<b>JANKOWSKA Wioletta</b>	<b>160</b>		K OPEN	17	Tak	00:00:05	<b>00:27:24.45</b>	<b>00:27:29.85</b>	+00:09:36 (35.1%)	5:28	10.9 (64.5%)
145	<b>SŁOWIAK Klaudia</b>	<b>384</b>		K OPEN	18		00:00:07	<b>00:27:29.45</b>	<b>00:27:36.75</b>	+00:09:41 (35.3%)	5:29	10.9 (64.5%)
146	<b>PNIEWSKI Rafal</b>	<b>339</b>	BIEGAM NA TARCHOMINIE	M OPEN	123	Tak	00:00:11	<b>00:27:32.80</b>	<b>00:27:44.20</b>	+00:09:45 (35.4%)	5:30	10.9 (64.5%)
147	<b>PADZIŃSKI Mariusz</b>	<b>329</b>	BIEGOWE WTORKI NA TARCHOMINIE	M OPEN	124		00:00:13	<b>00:27:33.55</b>	<b>00:27:47.30</b>	+00:09:45 (35.4%)	5:30	10.9 (64.5%)
148	<b>HENTKA Kamil</b>	<b>142</b>	UKL OLIMPIJCZYK 112	M OPEN	125		00:00:07	<b>00:27:35.90</b>	<b>00:27:43.00</b>	+00:09:48 (35.5%)	5:31	10.9 (64.5%)
149	<b>KOŁODZIEJSKA Iwona</b>	<b>211</b>		K OPEN	19		00:00:15	<b>00:27:36.30</b>	<b>00:27:51.40</b>	+00:09:48 (35.5%)	5:31	10.9 (64.5%)
150	<b>KAMIEŃ Monika</b>	<b>191</b>		K OPEN	20		00:00:12	<b>00:27:36.95</b>	<b>00:27:49.75</b>	+00:09:49 (35.6%)	5:31	10.9 (64.5%)
151	<b>ORŁOWSKI Kacper</b>	<b>322</b>		M OPEN	126	Tak	00:00:17	<b>00:27:40.15</b>	<b>00:27:57.95</b>	+00:09:52 (35.7%)	5:32	10.8 (63.9%)
152	<b>MATYSZCZAK Krzysztof</b>	<b>282</b>	KENKO	M OPEN	127		00:00:43	<b>00:27:41.50</b>	<b>00:28:24.55</b>	+00:09:53 (35.7%)	5:32	10.8 (63.9%)
153	<b>WALCZUK Magda</b>	<b>449</b>	BRAK	K OPEN	21	Tak	00:00:14	<b>00:27:43.50</b>	<b>00:27:58.15</b>	+00:09:55 (35.8%)	5:32	10.8 (63.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Białotołki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
154	<b>SENKO Matusz</b>	<b>538</b>		M OPEN	128	Tak	00:00:06	<b>00:27:51.60</b>	<b>00:27:58.55</b>	+00:10:04 (36.1%)	5:34	10.8 (63.9%)
155	<b>BRYSIACZ Marta</b>	<b>54</b>		K OPEN	22		00:00:14	<b>00:27:51.75</b>	<b>00:28:05.85</b>	+00:10:04 (36.1%)	5:34	10.8 (63.9%)
156	<b>KUŚMIREK-KOWAL Joanna</b>	<b>249</b>	BIEGAM NA TARCHOMINIE	K OPEN	23	Tak	00:00:17	<b>00:27:52.70</b>	<b>00:28:10.35</b>	+00:10:05 (36.2%)	5:34	10.8 (63.9%)
157	<b>ZUBELEWICZ-JERUZALSKA Anna</b>	<b>487</b>		K OPEN	24	Tak	00:00:29	<b>00:27:56.60</b>	<b>00:28:26.55</b>	+00:10:09 (36.3%)	5:35	10.7 (63.3%)
158	<b>ROMANIAK Radosław</b>	<b>948</b>		M OPEN	129		00:00:38	<b>00:27:57.40</b>	<b>00:28:35.90</b>	+00:10:09 (36.4%)	5:35	10.7 (63.3%)
159	<b>KACZMAREK Katarzyna</b>	<b>185</b>	MARKOWI BIEGACZE	K OPEN	25		00:00:29	<b>00:27:57.80</b>	<b>00:28:26.90</b>	+00:10:10 (36.4%)	5:35	10.7 (63.3%)
160	<b>BITOWSKI Hubert</b>	<b>43</b>		M OPEN	130		00:00:23	<b>00:27:57.95</b>	<b>00:28:21.50</b>	+00:10:10 (36.4%)	5:35	10.7 (63.3%)
161	<b>BOBOWSKI Sebastian</b>	<b>46</b>		M OPEN	131	Tak	00:00:24	<b>00:27:59.10</b>	<b>00:28:23.50</b>	+00:10:11 (36.4%)	5:35	10.7 (63.3%)
162	<b>PLUTA Ireneusz</b>	<b>338</b>		M60	6	Tak	00:00:18	<b>00:28:02.50</b>	<b>00:28:20.95</b>	+00:10:14 (36.5%)	5:36	10.7 (63.3%)
162	<b>ŻEBROWSKI Wiktor</b>	<b>490</b>		M OPEN	132		00:00:32	<b>00:28:02.50</b>	<b>00:28:35.20</b>	+00:10:14 (36.5%)	5:36	10.7 (63.3%)
164	<b>SAMERYT Bartłomiej</b>	<b>860</b>		M OPEN	133		00:00:33	<b>00:28:04.65</b>	<b>00:28:38.20</b>	+00:10:17 (36.6%)	5:36	10.7 (63.3%)
165	<b>GNIŁA Maciej</b>	<b>116</b>	BIEGAM NA TARCHOMINIE	M OPEN	134	Tak	00:00:19	<b>00:28:07.05</b>	<b>00:28:26.75</b>	+00:10:19 (36.7%)	5:37	10.7 (63.3%)
166	<b>PANKIV Pavlo</b>	<b>330</b>		M OPEN	135		00:00:04	<b>00:28:13.20</b>	<b>00:28:17.50</b>	+00:10:25 (36.9%)	5:38	10.6 (62.7%)
167	<b>JEZIERSKI Jan</b>	<b>173</b>	GRUPA BIEGOWA CHTMO	M60	7	Tak	00:00:20	<b>00:28:14.40</b>	<b>00:28:34.70</b>	+00:10:26 (37.0%)	5:38	10.6 (62.7%)
168	<b>ZASŁONKA Paweł</b>	<b>480</b>		M OPEN	136	Tak	00:00:15	<b>00:28:15.25</b>	<b>00:28:30.55</b>	+00:10:27 (37.0%)	5:39	10.6 (62.7%)
169	<b>STRAWSKI Marcin</b>	<b>401</b>	OBIEGUWKA	M OPEN	137		00:00:48	<b>00:28:16.75</b>	<b>00:29:04.80</b>	+00:10:29 (37.1%)	5:39	10.6 (62.7%)
170	<b>BIAŁOKOS Kamil</b>	<b>910</b>	GRUPA BIEGOWA CHTMO	M OPEN	138	Tak	00:00:28	<b>00:28:22.35</b>	<b>00:28:50.90</b>	+00:10:34 (37.3%)	5:40	10.6 (62.7%)
171	<b>DZIEDZIC Łukasz</b>	<b>96</b>		M OPEN	139	Tak	00:00:13	<b>00:28:27.15</b>	<b>00:28:40.40</b>	+00:10:39 (37.5%)	5:41	10.5 (62.1%)
172	<b>TOKARZEWSKI Robert</b>	<b>431</b>		M OPEN	140	Tak	00:01:05	<b>00:28:34.20</b>	<b>00:29:39.70</b>	+00:10:46 (37.7%)	5:42	10.5 (62.1%)
173	<b>SAWICKI Adrian</b>	<b>373</b>		M OPEN	141		00:00:33	<b>00:28:35.20</b>	<b>00:29:08.75</b>	+00:10:47 (37.8%)	5:43	10.5 (62.1%)
174	<b>GALIMSKI Marcin</b>	<b>110</b>		M OPEN	142		00:00:13	<b>00:28:38.80</b>	<b>00:28:52.05</b>	+00:10:51 (37.9%)	5:43	10.5 (62.1%)
175	<b>TULA Renata</b>	<b>441</b>		K60	1		00:00:14	<b>00:28:39.50</b>	<b>00:28:53.90</b>	+00:10:51 (37.9%)	5:43	10.5 (62.1%)
176	<b>RYKACZEWSKA Marlena</b>	<b>369</b>		K OPEN	26		00:00:02	<b>00:28:43.90</b>	<b>00:28:46.30</b>	+00:10:56 (38.1%)	5:44	10.4 (61.5%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Białotęki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
177	<b>KOSECKI Jakub</b>	<b>217</b>		M OPEN	143		00:00:27	<b>00:28:45.25</b>	<b>00:29:12.40</b>	+00:10:57 (38.1%)	5:45	10.4 (61.5%)
178	<b>KRASZEWSKA Sylwia</b>	<b>229</b>	SYLEND	K OPEN	27	Tak	00:00:22	<b>00:28:47.15</b>	<b>00:29:09.55</b>	+00:10:59 (38.2%)	5:45	10.4 (61.5%)
179	<b>KACPURA Piotr</b>	<b>184</b>		M OPEN	144		00:00:08	<b>00:28:47.45</b>	<b>00:28:56.35</b>	+00:10:59 (38.2%)	5:45	10.4 (61.5%)
180	<b>HARASIMIUK Norbert</b>	<b>140</b>		M OPEN	145		00:00:16	<b>00:28:47.65</b>	<b>00:29:03.85</b>	+00:11:00 (38.2%)	5:45	10.4 (61.5%)
181	<b>NOSARZEWSKI Mariusz</b>	<b>311</b>	GBN PRESS	M OPEN	146		00:00:33	<b>00:28:47.95</b>	<b>00:29:21.25</b>	+00:11:00 (38.2%)	5:45	10.4 (61.5%)
182	<b>BUDOWSKI Łukasz</b>	<b>56</b>		M OPEN	147		00:00:40	<b>00:28:50.25</b>	<b>00:29:30.90</b>	+00:11:02 (38.3%)	5:46	10.4 (61.5%)
183	<b>MOSKWA Grzegorz</b>	<b>418</b>		M OPEN	148	Tak	00:00:07	<b>00:28:51.55</b>	<b>00:28:59.10</b>	+00:11:03 (38.3%)	5:46	10.4 (61.5%)
184	<b>KACPRZAK Rafał</b>	<b>183</b>		M OPEN	149		00:00:29	<b>00:28:52.15</b>	<b>00:29:21.25</b>	+00:11:04 (38.4%)	5:46	10.4 (61.5%)
185	<b>ORŁOWSKI Marek</b>	<b>323</b>		M OPEN	150	Tak	00:00:13	<b>00:28:54.85</b>	<b>00:29:08.60</b>	+00:11:07 (38.5%)	5:46	10.4 (61.5%)
186	<b>SOBIELARSKA Joanna</b>	<b>388</b>		K OPEN	28	Tak	00:00:06	<b>00:28:57.05</b>	<b>00:29:03.85</b>	+00:11:09 (38.5%)	5:47	10.4 (61.5%)
187	<b>OKAPA Szymon</b>	<b>319</b>		M OPEN	151		00:00:20	<b>00:29:04.75</b>	<b>00:29:25.25</b>	+00:11:17 (38.8%)	5:48	10.3 (60.9%)
188	<b>CIEŚLAR Rafał</b>	<b>72</b>		M OPEN	152		00:00:47	<b>00:29:07.75</b>	<b>00:29:55.35</b>	+00:11:20 (38.9%)	5:49	10.3 (60.9%)
189	<b>BORKUSEWICZ Łukasz</b>	<b>497</b>		M OPEN	153	Tak	00:00:07	<b>00:29:08.65</b>	<b>00:29:16.40</b>	+00:11:21 (38.9%)	5:49	10.3 (60.9%)
190	<b>CYGANIAK Wiesław</b>	<b>75</b>		M60	8		00:00:13	<b>00:29:10.30</b>	<b>00:29:24.05</b>	+00:11:22 (39.0%)	5:50	10.3 (60.9%)
191	<b>DUDA Dariusz</b>	<b>92</b>		M OPEN	154	Tak	00:00:17	<b>00:29:10.65</b>	<b>00:29:28.30</b>	+00:11:23 (39.0%)	5:50	10.3 (60.9%)
192	<b>NAZARENKO Vova</b>	<b>304</b>		M OPEN	155	Tak	00:00:20	<b>00:29:15.05</b>	<b>00:29:35.45</b>	+00:11:27 (39.2%)	5:51	10.3 (60.9%)
192	<b>WYROZĘBSKA Anna</b>	<b>470</b>		K OPEN	29	Tak	00:00:48	<b>00:29:15.05</b>	<b>00:30:03.35</b>	+00:11:27 (39.2%)	5:51	10.3 (60.9%)
194	<b>KUCZYŃSKA Marta</b>	<b>239</b>		K OPEN	30		00:00:36	<b>00:29:16.65</b>	<b>00:29:52.80</b>	+00:11:29 (39.2%)	5:51	10.3 (60.9%)
195	<b>WYŚMIRSKI Szymon</b>	<b>473</b>		M OPEN	156	Tak	00:00:08	<b>00:29:17.60</b>	<b>00:29:26.25</b>	+00:11:30 (39.3%)	5:51	10.2 (60.4%)
196	<b>STREMPLEWSKI Piotr</b>	<b>402</b>	RCI WARSZAWA	M OPEN	157		00:00:30	<b>00:29:23.30</b>	<b>00:29:53.80</b>	+00:11:35 (39.5%)	5:52	10.2 (60.4%)
197	<b>SAWKA Konrad</b>	<b>374</b>		M OPEN	158	Tak	00:00:08	<b>00:29:29.10</b>	<b>00:29:37.25</b>	+00:11:41 (39.7%)	5:53	10.2 (60.4%)
198	<b>SROCZYŃSKI Juliusz</b>	<b>396</b>		M OPEN	159	Tak	00:00:17	<b>00:29:29.40</b>	<b>00:29:46.95</b>	+00:11:41 (39.7%)	5:53	10.2 (60.4%)
199	<b>STANKOWSKI Daniel</b>	<b>399</b>		M OPEN	160		00:00:16	<b>00:29:29.90</b>	<b>00:29:46.50</b>	+00:11:42 (39.7%)	5:53	10.2 (60.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Białotołki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
200	<b>RYTKA Piotr</b>	<b>371</b>		M OPEN	161	Tak	00:00:25	<b>00:29:30.00</b>	<b>00:29:55.30</b>	+00:11:42 (39.7%)	5:54	10.2 (60.4%)
201	<b>MUSIAŁ Sławomir</b>	<b>298</b>		M OPEN	162		00:00:32	<b>00:29:30.70</b>	<b>00:30:03.05</b>	+00:11:43 (39.7%)	5:54	10.2 (60.4%)
202	<b>SZYPROWSKA Maria</b>	<b>422</b>		K OPEN	31	Tak	00:00:30	<b>00:29:30.85</b>	<b>00:30:01.15</b>	+00:11:43 (39.7%)	5:54	10.2 (60.4%)
203	<b>STANKOWSKA Joanna</b>	<b>398</b>		K OPEN	32		00:00:15	<b>00:29:32.20</b>	<b>00:29:48.00</b>	+00:11:44 (39.8%)	5:54	10.2 (60.4%)
204	<b>SROCZYNSKA Emilia</b>	<b>395</b>		K OPEN	33	Tak	00:00:15	<b>00:29:34.65</b>	<b>00:29:50.30</b>	+00:11:47 (39.8%)	5:54	10.1 (59.8%)
205	<b>KOWNACKI Marcin</b>	<b>225</b>		M OPEN	163	Tak	00:00:17	<b>00:29:38.45</b>	<b>00:29:55.50</b>	+00:11:50 (40.0%)	5:55	10.1 (59.8%)
206	<b>TOMASIK Marek</b>	<b>434</b>	BIEGAM NA TARCHOMINIE	M OPEN	164	Tak	00:00:29	<b>00:29:39.75</b>	<b>00:30:08.80</b>	+00:11:52 (40.0%)	5:55	10.1 (59.8%)
207	<b>SZAREWICZ Paweł</b>	<b>409</b>		M OPEN	165	Tak	00:00:15	<b>00:29:40.00</b>	<b>00:29:55.65</b>	+00:11:52 (40.0%)	5:56	10.1 (59.8%)
208	<b>WRÓBLEWSKI Tomasz</b>	<b>469</b>		M OPEN	166	Tak	00:00:28	<b>00:29:40.60</b>	<b>00:30:08.95</b>	+00:11:53 (40.0%)	5:56	10.1 (59.8%)
209	<b>MOŻEJKO Patryk</b>	<b>296</b>	SP110	M OPEN	167	Tak	00:00:40	<b>00:29:43.60</b>	<b>00:30:23.95</b>	+00:11:56 (40.1%)	5:56	10.1 (59.8%)
210	<b>MAZURKIEWICZ Jakub</b>	<b>285</b>	GRUPA BIEGOWA CHTMO	M OPEN	168		00:00:28	<b>00:29:43.95</b>	<b>00:30:12.80</b>	+00:11:56 (40.2%)	5:56	10.1 (59.8%)
211	<b>MOŻEJKO Adam</b>	<b>297</b>	SP110	M OPEN	169	Tak	00:00:40	<b>00:29:44.30</b>	<b>00:30:24.40</b>	+00:11:56 (40.2%)	5:56	10.1 (59.8%)
212	<b>SKUZA Sylwia</b>	<b>381</b>		K OPEN	34	Tak	00:00:19	<b>00:29:45.15</b>	<b>00:30:04.75</b>	+00:11:57 (40.2%)	5:57	10.1 (59.8%)
213	<b>CHYCZEWSKI Jakub</b>	<b>66</b>	ZADYMIARZE	M OPEN	170	Tak	00:00:34	<b>00:29:48.80</b>	<b>00:30:23.05</b>	+00:12:01 (40.3%)	5:57	10.1 (59.8%)
214	<b>POCHMARA-BALCER Katarzyna</b>	<b>340</b>		K OPEN	35		00:00:35	<b>00:29:55.55</b>	<b>00:30:31.05</b>	+00:12:07 (40.5%)	5:59	10 (59.2%)
215	<b>GONTAREK Jakub</b>	<b>122</b>		M OPEN	171		00:00:37	<b>00:29:57.60</b>	<b>00:30:35.45</b>	+00:12:10 (40.6%)	5:59	10 (59.2%)
216	<b>ŻMUDA Claudia</b>	<b>492</b>		K OPEN	36	Tak	00:00:34	<b>00:30:01.50</b>	<b>00:30:36.30</b>	+00:12:13 (40.7%)	6:00	10 (59.2%)
217	<b>CIMOCHOWSKA-ŚWITALSKA Magdalena</b>	<b>73</b>	BIEGAM NA TARCHOMINIE	K OPEN	37		00:00:17	<b>00:30:03.30</b>	<b>00:30:20.95</b>	+00:12:15 (40.8%)	6:00	10 (59.2%)
218	<b>SKIBNIEWSKI Grzegorz</b>	<b>378</b>		M OPEN	172		00:00:06	<b>00:30:05.20</b>	<b>00:30:11.70</b>	+00:12:17 (40.9%)	6:01	10 (59.2%)
219	<b>EDELMAN Michał</b>	<b>99</b>	ZADYMIARZE	M OPEN	173	Tak	00:00:33	<b>00:30:06.60</b>	<b>00:30:40.15</b>	+00:12:19 (40.9%)	6:01	10 (59.2%)
220	<b>BARANOWSKA Agata</b>	<b>21</b>	ZADYMIARZE	K OPEN	38	Tak	00:00:35	<b>00:30:09.35</b>	<b>00:30:44.75</b>	+00:12:21 (41.0%)	6:01	10 (59.2%)
221	<b>HARASIMIUK Sylwia</b>	<b>141</b>		K OPEN	39		00:00:17	<b>00:30:16.65</b>	<b>00:30:33.80</b>	+00:12:29 (41.2%)	6:03	9.9 (58.6%)
222	<b>NIEWIADOMSKI Tomasz</b>	<b>309</b>	MŁODE WILCZKI	M OPEN	174	Tak	00:00:11	<b>00:30:19.10</b>	<b>00:30:30.80</b>	+00:12:31 (41.3%)	6:03	9.9 (58.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Białoleki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
223	<b>GAWLIK Arkadiusz</b>	<b>111</b>	BIEGAM NA TARCHOMINIE	M OPEN	175	Tak	00:00:19	<b>00:30:21.65</b>	<b>00:30:41.45</b>	+00:12:34 (41.4%)	6:04	9.9 (58.6%)
224	<b>KRASZEWSKI Paweł</b>	<b>231</b>	SYLENDĄ	M OPEN	176		00:00:21	<b>00:30:27.05</b>	<b>00:30:48.80</b>	+00:12:39 (41.6%)	6:05	9.9 (58.6%)
225	<b>MUSIAŁ Jadwiga</b>	<b>299</b>		K OPEN	40		00:00:31	<b>00:30:27.80</b>	<b>00:30:59.20</b>	+00:12:40 (41.6%)	6:05	9.9 (58.6%)
226	<b>ŁOZIŃSKI Piotr</b>	<b>268</b>		M OPEN	177	Tak	00:00:17	<b>00:30:29.20</b>	<b>00:30:46.25</b>	+00:12:41 (41.6%)	6:05	9.8 (58.0%)
227	<b>KWIECIEŃ Agata</b>	<b>250</b>		K OPEN	41	Tak	00:00:22	<b>00:30:30.85</b>	<b>00:30:53.30</b>	+00:12:43 (41.7%)	6:06	9.8 (58.0%)
228	<b>WIERZCHOŁOWSKI Marcin</b>	<b>824</b>		M OPEN	178		00:00:48	<b>00:30:31.45</b>	<b>00:31:19.70</b>	+00:12:43 (41.7%)	6:06	9.8 (58.0%)
229	<b>PURZECZKA Dawid</b>	<b>354</b>		M OPEN	179		00:00:22	<b>00:30:33.05</b>	<b>00:30:55.80</b>	+00:12:45 (41.8%)	6:06	9.8 (58.0%)
230	<b>BORKOWSKI Paweł</b>	<b>852</b>		M OPEN	180	Tak	00:00:43	<b>00:30:35.00</b>	<b>00:31:18.65</b>	+00:12:47 (41.8%)	6:07	9.8 (58.0%)
231	<b>KĘPKA Marcin</b>	<b>903</b>		M OPEN	181		00:00:18	<b>00:30:36.65</b>	<b>00:30:55.00</b>	+00:12:49 (41.9%)	6:07	9.8 (58.0%)
232	<b>NOWAK Katarzyna</b>	<b>312</b>		K OPEN	42		00:00:44	<b>00:30:36.95</b>	<b>00:31:21.20</b>	+00:12:49 (41.9%)	6:07	9.8 (58.0%)
233	<b>MERKULOVA Regina</b>	<b>286</b>		K OPEN	43		00:00:05	<b>00:30:38.60</b>	<b>00:30:43.90</b>	+00:12:51 (41.9%)	6:07	9.8 (58.0%)
234	<b>ABRAMCZYK Aleksandra</b>	<b>12</b>		K OPEN	44		00:00:20	<b>00:30:42.45</b>	<b>00:31:03.25</b>	+00:12:54 (42.1%)	6:08	9.8 (58.0%)
235	<b>ŚNIEŻKO Bartłomiej</b>	<b>425</b>	PRZYBYSZE Z MATPLANETY	M OPEN	182		00:00:12	<b>00:30:42.75</b>	<b>00:30:54.90</b>	+00:12:55 (42.1%)	6:08	9.8 (58.0%)
236	<b>GONTAREK Olga</b>	<b>121</b>		K OPEN	45		00:00:35	<b>00:30:45.20</b>	<b>00:31:20.80</b>	+00:12:57 (42.1%)	6:09	9.8 (58.0%)
237	<b>JEGROW Magdalena</b>	<b>582</b>		K OPEN	46		00:00:09	<b>00:30:45.30</b>	<b>00:30:55.20</b>	+00:12:57 (42.1%)	6:09	9.8 (58.0%)
238	<b>TOLAK Marcin</b>	<b>433</b>	TOLAK TEAM	M OPEN	183		00:00:14	<b>00:30:46.20</b>	<b>00:31:00.30</b>	+00:12:58 (42.2%)	6:09	9.8 (58.0%)
239	<b>ZALEWSKA Anna</b>	<b>477</b>	GRUPA BIEGOWA CHTMO	K OPEN	47		00:00:39	<b>00:30:46.35</b>	<b>00:31:25.45</b>	+00:12:58 (42.2%)	6:09	9.8 (58.0%)
240	<b>LUBRYCZYŃSKI Rafał</b>	<b>263</b>		M OPEN	184		00:00:35	<b>00:30:48.15</b>	<b>00:31:23.25</b>	+00:13:00 (42.2%)	6:09	9.7 (57.4%)
241	<b>SZMIDT Paulina</b>	<b>413</b>		K OPEN	48		00:00:23	<b>00:30:53.95</b>	<b>00:31:16.95</b>	+00:13:06 (42.4%)	6:10	9.7 (57.4%)
242	<b>SIKORSKI Paweł</b>	<b>377</b>	GAMMA	M OPEN	185	Tak	00:00:27	<b>00:30:55.30</b>	<b>00:31:22.50</b>	+00:13:07 (42.5%)	6:11	9.7 (57.4%)
243	<b>KABALA Katarzyna</b>	<b>181</b>		K OPEN	49		00:00:21	<b>00:30:55.65</b>	<b>00:31:16.65</b>	+00:13:08 (42.5%)	6:11	9.7 (57.4%)
244	<b>DĄBROWSKI Daniel</b>	<b>84</b>		M OPEN	186		00:00:36	<b>00:30:58.75</b>	<b>00:31:35.15</b>	+00:13:11 (42.6%)	6:11	9.7 (57.4%)
245	<b>MUSZYŃSKI Sebastian</b>	<b>300</b>	PRZYBYSZE Z MATPLANETY	M OPEN	187		00:00:54	<b>00:30:59.60</b>	<b>00:31:53.80</b>	+00:13:12 (42.6%)	6:11	9.7 (57.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Białotęki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
246	<b>CETCIN Maciej</b>	<b>911</b>		M OPEN	188		00:00:39	<b>00:30:59.75</b>	<b>00:31:39.20</b>	+00:13:12 (42.6%)	6:11	9.7 (57.4%)
247	<b>PUCHALSKA Wioletta</b>	<b>352</b>		K OPEN	50		00:00:14	<b>00:31:00.45</b>	<b>00:31:15.10</b>	+00:13:12 (42.6%)	6:12	9.7 (57.4%)
248	<b>CZARNOTA Dorota</b>	<b>78</b>		K OPEN	51		00:00:21	<b>00:31:05.35</b>	<b>00:31:27.05</b>	+00:13:17 (42.8%)	6:13	9.7 (57.4%)
249	<b>KEMPA Piotr</b>	<b>200</b>		M OPEN	189	Tak	00:00:24	<b>00:31:06.05</b>	<b>00:31:30.95</b>	+00:13:18 (42.8%)	6:13	9.6 (56.8%)
250	<b>HARABIN Justyna</b>	<b>139</b>		K OPEN	52		00:00:23	<b>00:31:10.00</b>	<b>00:31:33.75</b>	+00:13:22 (42.9%)	6:14	9.6 (56.8%)
251	<b>TOBIASZ Dorota</b>	<b>430</b>	GRUPA BIEGOWA CHTMO	K OPEN	53	Tak	00:00:36	<b>00:31:11.80</b>	<b>00:31:48.30</b>	+00:13:24 (43.0%)	6:14	9.6 (56.8%)
252	<b>KLIMKIEWICZ-SIKORA Beata</b>	<b>204</b>	GRUPA BIEGOWA CHTMO	K OPEN	54		00:00:37	<b>00:31:12.15</b>	<b>00:31:50.00</b>	+00:13:24 (43.0%)	6:14	9.6 (56.8%)
253	<b>ŁATKOWSKA Monika</b>	<b>264</b>	GRUPA BIEGOWA CHTMO	K OPEN	55		00:00:37	<b>00:31:13.30</b>	<b>00:31:50.35</b>	+00:13:25 (43.0%)	6:14	9.6 (56.8%)
254	<b>JAGODA Teresa</b>	<b>153</b>	GRUPA BIEGOWA CHTMO	K OPEN	56		00:00:37	<b>00:31:14.75</b>	<b>00:31:52.60</b>	+00:13:27 (43.1%)	6:14	9.6 (56.8%)
255	<b>JAGODA Grzegorz</b>	<b>154</b>	GRUPA BIEGOWA CHTMO	M OPEN	190		00:00:36	<b>00:31:16.00</b>	<b>00:31:52.90</b>	+00:13:28 (43.1%)	6:15	9.6 (56.8%)
256	<b>HERBET Mariola</b>	<b>143</b>		K OPEN	57		00:00:54	<b>00:31:16.70</b>	<b>00:32:10.95</b>	+00:13:29 (43.1%)	6:15	9.6 (56.8%)
257	<b>ZOUABI Dorota</b>	<b>805</b>		K OPEN	58	Tak	00:00:17	<b>00:31:17.85</b>	<b>00:31:34.90</b>	+00:13:30 (43.1%)	6:15	9.6 (56.8%)
258	<b>DUBIŃSKI Daniel</b>	<b>91</b>		M OPEN	191		00:00:36	<b>00:31:18.65</b>	<b>00:31:55.35</b>	+00:13:31 (43.2%)	6:15	9.6 (56.8%)
259	<b>HERBET-HOMENDA Weronika</b>	<b>144</b>		K OPEN	59		00:00:47	<b>00:31:22.90</b>	<b>00:32:10.70</b>	+00:13:35 (43.3%)	6:16	9.6 (56.8%)
260	<b>BALCERZAK Tomasz</b>	<b>19</b>		M OPEN	192		00:00:16	<b>00:31:27.30</b>	<b>00:31:44.20</b>	+00:13:39 (43.4%)	6:17	9.5 (56.2%)
261	<b>PYRZAK Magdalena</b>	<b>356</b>		K OPEN	60	Tak	00:00:31	<b>00:31:29.60</b>	<b>00:32:00.60</b>	+00:13:42 (43.5%)	6:17	9.5 (56.2%)
262	<b>DOMAŃSKI Jakub</b>	<b>87</b>		M OPEN	193		00:00:23	<b>00:31:30.95</b>	<b>00:31:53.95</b>	+00:13:43 (43.5%)	6:18	9.5 (56.2%)
263	<b>PROTAS Mateusz</b>	<b>347</b>		M OPEN	194	Tak	00:00:28	<b>00:31:35.05</b>	<b>00:32:03.60</b>	+00:13:47 (43.7%)	6:19	9.5 (56.2%)
264	<b>RAJCHEMBACH Adam</b>	<b>360</b>		M OPEN	195	Tak	00:00:45	<b>00:31:36.85</b>	<b>00:32:22.35</b>	+00:13:49 (43.7%)	6:19	9.5 (56.2%)
265	<b>WOŹNIAK Mateusz</b>	<b>466</b>	MŁODE WILCZKI	M OPEN	196	Tak	00:00:12	<b>00:31:41.65</b>	<b>00:31:54.00</b>	+00:13:54 (43.9%)	6:20	9.5 (56.2%)
266	<b>WITEK Małgorzata</b>	<b>456</b>		K OPEN	61	Tak	00:00:15	<b>00:31:42.05</b>	<b>00:31:58.00</b>	+00:13:54 (43.9%)	6:20	9.5 (56.2%)
267	<b>CICHOSZ Nikola</b>	<b>70</b>		K OPEN	62		00:00:12	<b>00:31:44.55</b>	<b>00:31:57.45</b>	+00:13:56 (43.9%)	6:20	9.5 (56.2%)
268	<b>PACZKOWSKI Oskar</b>	<b>328</b>	BIEGIEM DO AGD SEROCK	M OPEN	197		00:02:12	<b>00:31:46.95</b>	<b>00:33:58.95</b>	+00:13:59 (44.0%)	6:21	9.4 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Białotęki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
269	<b>ROSZCZYK Martyna</b>	<b>365</b>	NAPRZÓD MŁOCINY	K OPEN	63		00:00:39	<b>00:31:48.05</b>	<b>00:32:27.45</b>	+00:14:00 (44.0%)	6:21	9.4 (55.6%)
270	<b>SUCHODOLSKI Mariusz</b>	<b>405</b>	DZIKI BIEG	M OPEN	198	Tak	00:00:30	<b>00:31:53.85</b>	<b>00:32:24.80</b>	+00:14:06 (44.2%)	6:22	9.4 (55.6%)
271	<b>MALETKA Joanna</b>	<b>276</b>		K OPEN	64	Tak	00:00:22	<b>00:31:54.50</b>	<b>00:32:17.35</b>	+00:14:06 (44.2%)	6:22	9.4 (55.6%)
272	<b>WOJTCZAK Adrian</b>	<b>460</b>		M OPEN	199		00:00:13	<b>00:31:56.65</b>	<b>00:32:10.30</b>	+00:14:09 (44.3%)	6:23	9.4 (55.6%)
273	<b>KUBIAK Adam</b>	<b>237</b>	MKB DREPTAK	M OPEN	200		00:00:31	<b>00:31:58.00</b>	<b>00:32:29.10</b>	+00:14:10 (44.3%)	6:23	9.4 (55.6%)
274	<b>BOGŁOWSKA Ula</b>	<b>48</b>		K OPEN	65	Tak	00:00:45	<b>00:31:59.50</b>	<b>00:32:44.85</b>	+00:14:11 (44.4%)	6:23	9.4 (55.6%)
275	<b>ANDRUKIEWICZ Anita</b>	<b>15</b>	GRUPA BIEGOWA CHTMO	K OPEN	66		00:00:37	<b>00:32:01.65</b>	<b>00:32:39.05</b>	+00:14:14 (44.4%)	6:24	9.4 (55.6%)
276	<b>JAKUBOWICZ Robert</b>	<b>158</b>		M OPEN	201	Tak	00:00:15	<b>00:32:05.75</b>	<b>00:32:21.65</b>	+00:14:18 (44.6%)	6:25	9.4 (55.6%)
277	<b>BIEGUSZEWSKI Patryk</b>	<b>34</b>	PRZYBYSZE Z MATPLANETY	M OPEN	202		00:00:54	<b>00:32:11.45</b>	<b>00:33:05.65</b>	+00:14:23 (44.7%)	6:26	9.3 (55.0%)
278	<b>WIĘCKOWSKA Aneta</b>	<b>454</b>		K OPEN	67		00:00:27	<b>00:32:11.95</b>	<b>00:32:39.70</b>	+00:14:24 (44.7%)	6:26	9.3 (55.0%)
279	<b>PAWLINA Bartosz</b>	<b>333</b>	DZIKUNY	M OPEN	203		00:00:48	<b>00:32:13.70</b>	<b>00:33:02.05</b>	+00:14:26 (44.8%)	6:26	9.3 (55.0%)
280	<b>JEŻMAŃSKI Sławek</b>	<b>176</b>		M OPEN	204	Tak	00:00:28	<b>00:32:15.45</b>	<b>00:32:43.50</b>	+00:14:27 (44.8%)	6:27	9.3 (55.0%)
281	<b>IVLEV Evgeny</b>	<b>149</b>		M OPEN	205	Tak	00:00:48	<b>00:32:16.50</b>	<b>00:33:04.50</b>	+00:14:28 (44.9%)	6:27	9.3 (55.0%)
282	<b>GONET Katarzyna</b>	<b>120</b>	BIEGOWE WTORKI NA TARCHOMINIE	K OPEN	68	Tak	00:00:30	<b>00:32:19.75</b>	<b>00:32:49.75</b>	+00:14:32 (45.0%)	6:27	9.3 (55.0%)
283	<b>JAROSZ Piotr</b>	<b>167</b>		M OPEN	206		00:00:35	<b>00:32:21.05</b>	<b>00:32:56.45</b>	+00:14:33 (45.0%)	6:28	9.3 (55.0%)
284	<b>MAREK Roman</b>	<b>278</b>	GUNS&ROSES RUN TEAM	M60	9		00:00:40	<b>00:32:21.15</b>	<b>00:33:01.75</b>	+00:14:33 (45.0%)	6:28	9.3 (55.0%)
285	<b>ZAWADZKA-NAZIMEK Joanna</b>	<b>483</b>	PRZYBYSZE Z MATPLANETY	K OPEN	69		00:00:10	<b>00:32:22.75</b>	<b>00:32:32.75</b>	+00:14:35 (45.0%)	6:28	9.3 (55.0%)
286	<b>GRZYBEK Michał</b>	<b>137</b>		M OPEN	207	Tak	00:00:44	<b>00:32:22.85</b>	<b>00:33:07.00</b>	+00:14:35 (45.0%)	6:28	9.3 (55.0%)
287	<b>MIAŁKOWSKI Jakub</b>	<b>287</b>		M OPEN	208		00:00:42	<b>00:32:24.70</b>	<b>00:33:06.70</b>	+00:14:37 (45.1%)	6:28	9.3 (55.0%)
288	<b>NOWICKA Urszula</b>	<b>314</b>	BIEGAM NA TARCHOMINIE	K OPEN	70	Tak	00:00:29	<b>00:32:26.30</b>	<b>00:32:56.00</b>	+00:14:38 (45.1%)	6:29	9.2 (54.4%)
289	<b>SKWIERZ Darek</b>	<b>382</b>		M OPEN	209	Tak	00:00:41	<b>00:32:28.80</b>	<b>00:33:10.60</b>	+00:14:41 (45.2%)	6:29	9.2 (54.4%)
290	<b>OPOŃSKA Emilia</b>	<b>743</b>		K OPEN	71	Tak	00:00:19	<b>00:32:34.45</b>	<b>00:32:54.05</b>	+00:14:46 (45.4%)	6:30	9.2 (54.4%)
291	<b>KOŁOWIECKA-WILKOS Angela</b>	<b>212</b>		K OPEN	72		00:00:24	<b>00:32:34.65</b>	<b>00:32:59.25</b>	+00:14:47 (45.4%)	6:30	9.2 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Białoleęki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
292	<b>BOBROWSKI Marcin</b>	<b>47</b>	WIEWIÓRKA&BOBER	M OPEN	210		00:00:24	<b>00:32:35.35</b>	<b>00:32:59.55</b>	+00:14:47 (45.4%)	6:31	9.2 (54.4%)
293	<b>KULBACKI Kamil</b>	<b>241</b>		M OPEN	211	Tak	00:00:18	<b>00:32:36.25</b>	<b>00:32:54.50</b>	+00:14:48 (45.4%)	6:31	9.2 (54.4%)
294	<b>ŁATKOWSKI Łukasz</b>	<b>265</b>	GRUPA BIEGOWA CHTMO	M OPEN	212		00:00:27	<b>00:32:47.90</b>	<b>00:33:15.20</b>	+00:15:00 (45.7%)	6:33	9.2 (54.4%)
295	<b>KARWOWSKI Mariusz</b>	<b>197</b>	GRUPA BIEGOWA CHTMO	M OPEN	213		00:00:26	<b>00:32:48.05</b>	<b>00:33:14.90</b>	+00:15:00 (45.8%)	6:33	9.1 (53.8%)
296	<b>KABALA Łukasz</b>	<b>182</b>		M OPEN	214		00:00:20	<b>00:32:48.65</b>	<b>00:33:09.50</b>	+00:15:01 (45.8%)	6:33	9.1 (53.8%)
297	<b>GRZECH Marcin</b>	<b>907</b>		M OPEN	215		00:00:25	<b>00:32:48.90</b>	<b>00:33:14.80</b>	+00:15:01 (45.8%)	6:33	9.1 (53.8%)
298	<b>LESIUK Aneta</b>	<b>253</b>		K OPEN	73	Tak	00:00:23	<b>00:32:50.15</b>	<b>00:33:13.90</b>	+00:15:02 (45.8%)	6:34	9.1 (53.8%)
299	<b>CYRNY Rafał</b>	<b>76</b>		M OPEN	216	Tak	00:00:25	<b>00:32:51.10</b>	<b>00:33:16.10</b>	+00:15:03 (45.8%)	6:34	9.1 (53.8%)
300	<b>JARMUŻEWSKA Teresa</b>	<b>164</b>	GRUPA BIEGOWA CHTMO	K OPEN	74		00:00:38	<b>00:33:01.80</b>	<b>00:33:40.00</b>	+00:15:14 (46.1%)	6:36	9.1 (53.8%)
301	<b>MAZURKIEWICZ Aleksandra</b>	<b>284</b>	GRUPA BIEGOWA CHTMO	K OPEN	75		00:00:38	<b>00:33:01.85</b>	<b>00:33:40.60</b>	+00:15:14 (46.1%)	6:36	9.1 (53.8%)
302	<b>PIOTROWSKA Aneta</b>	<b>904</b>		K OPEN	76		00:00:38	<b>00:33:02.10</b>	<b>00:33:40.60</b>	+00:15:14 (46.1%)	6:36	9.1 (53.8%)
303	<b>LEZNER Karolina</b>	<b>258</b>		K OPEN	77		00:00:41	<b>00:33:03.80</b>	<b>00:33:45.20</b>	+00:15:16 (46.2%)	6:36	9.1 (53.8%)
304	<b>BARCZAK Ewelina</b>	<b>25</b>		K OPEN	78		00:00:44	<b>00:33:05.60</b>	<b>00:33:50.45</b>	+00:15:18 (46.2%)	6:37	9.1 (53.8%)
305	<b>JABŁOŃSKA Monika</b>	<b>152</b>		K OPEN	79	Tak	00:00:03	<b>00:33:07.30</b>	<b>00:33:10.55</b>	+00:15:19 (46.3%)	6:37	9.1 (53.8%)
306	<b>BORUC Arkadiusz</b>	<b>50</b>		M OPEN	217		00:00:03	<b>00:33:07.55</b>	<b>00:33:10.70</b>	+00:15:19 (46.3%)	6:37	9.1 (53.8%)
307	<b>FIEDOSIUK Michał</b>	<b>102</b>	DZIKUNY	M OPEN	218	Tak	00:00:36	<b>00:33:11.40</b>	<b>00:33:48.30</b>	+00:15:23 (46.4%)	6:38	9 (53.3%)
308	<b>ŁĄCKA Ilona</b>	<b>266</b>	MAZOWIECKA IZBA INŻYNIERÓW	K OPEN	80	Tak	00:00:22	<b>00:33:14.45</b>	<b>00:33:36.50</b>	+00:15:26 (46.5%)	6:38	9 (53.3%)
309	<b>ZYCHOWSKA Patrycja</b>	<b>488</b>		K OPEN	81		00:00:11	<b>00:33:15.25</b>	<b>00:33:26.50</b>	+00:15:27 (46.5%)	6:39	9 (53.3%)
310	<b>MICHNOWSKA Adriana</b>	<b>289</b>	BIEGAM NA TARCHOMINIE	K OPEN	82	Tak	00:00:30	<b>00:33:16.30</b>	<b>00:33:46.70</b>	+00:15:28 (46.5%)	6:39	9 (53.3%)
311	<b>SZWARC Anna</b>	<b>417</b>	BIEGAM NA BIAŁOŁĘCE	K OPEN	83	Tak	00:00:09	<b>00:33:19.50</b>	<b>00:33:29.40</b>	+00:15:31 (46.6%)	6:39	9 (53.3%)
312	<b>LEWANDOWSKA Monika</b>	<b>254</b>	BIEGAM NA BIAŁOŁĘCE	K OPEN	84	Tak	00:00:09	<b>00:33:19.65</b>	<b>00:33:29.40</b>	+00:15:32 (46.6%)	6:39	9 (53.3%)
313	<b>KUCA Grzegorz</b>	<b>13</b>		M OPEN	219		00:00:51	<b>00:33:21.25</b>	<b>00:34:12.65</b>	+00:15:33 (46.7%)	6:40	9 (53.3%)
314	<b>GRABOWSKI Leszek</b>	<b>130</b>	STARE BABICE BIEGAJĄ	M OPEN	220		00:00:45	<b>00:33:22.80</b>	<b>00:34:08.60</b>	+00:15:35 (46.7%)	6:40	9 (53.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Białoleki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
315	<b>SMOczyński Adam</b>	<b>385</b>		M OPEN	221	Tak	00:00:49	<b>00:33:23.10</b>	<b>00:34:12.60</b>	+00:15:35 (46.7%)	6:40	9 (53.3%)
316	<b>CISZEK-GUTOWSKA Ewelina</b>	<b>74</b>		K OPEN	85	Tak	00:00:13	<b>00:33:25.95</b>	<b>00:33:39.70</b>	+00:15:38 (46.8%)	6:41	9 (53.3%)
317	<b>MAJCHRZAK Anna</b>	<b>273</b>	BIEGAM NA TARCHOMINIE	K OPEN	86	Tak	00:00:51	<b>00:33:28.70</b>	<b>00:34:20.00</b>	+00:15:41 (46.9%)	6:41	9 (53.3%)
318	<b>CICHECKA Aneta</b>	<b>67</b>		K OPEN	87		00:00:19	<b>00:33:32.80</b>	<b>00:33:52.10</b>	+00:15:45 (47.0%)	6:42	8.9 (52.7%)
319	<b>GÓRCZYŃSKI Łukasz</b>	<b>128</b>		M OPEN	222	Tak	00:00:38	<b>00:33:33.20</b>	<b>00:34:12.10</b>	+00:15:45 (47.0%)	6:42	8.9 (52.7%)
320	<b>KURDEJ Łukasz</b>	<b>244</b>		M OPEN	223		00:00:04	<b>00:33:34.25</b>	<b>00:33:39.15</b>	+00:15:46 (47.0%)	6:42	8.9 (52.7%)
321	<b>BARBACHOWSKA Anna</b>	<b>24</b>		K OPEN	88		00:00:34	<b>00:33:34.40</b>	<b>00:34:09.25</b>	+00:15:46 (47.0%)	6:42	8.9 (52.7%)
322	<b>BIELECKI Jacek</b>	<b>37</b>	RUN CZARNÓW	M OPEN	224		00:00:26	<b>00:33:40.80</b>	<b>00:34:07.20</b>	+00:15:53 (47.2%)	6:44	8.9 (52.7%)
323	<b>MAJ Patrycja</b>	<b>272</b>		K OPEN	89	Tak	00:00:30	<b>00:33:43.30</b>	<b>00:34:13.70</b>	+00:15:55 (47.2%)	6:44	8.9 (52.7%)
324	<b>SIERZPUTOWSKA Ewa</b>	<b>375</b>	GUNS&ROSES RUN CLUB	K OPEN	90		00:00:40	<b>00:33:44.35</b>	<b>00:34:24.65</b>	+00:15:56 (47.3%)	6:44	8.9 (52.7%)
325	<b>GŁĘBOCKA-ROSZCZYK Joanna</b>	<b>115</b>	NAPRZÓD MŁOCINY	K OPEN	91		00:00:39	<b>00:33:45.00</b>	<b>00:34:24.80</b>	+00:15:57 (47.3%)	6:45	8.9 (52.7%)
326	<b>KOWALSKA Mariola</b>	<b>224</b>		K OPEN	92		00:00:12	<b>00:33:45.20</b>	<b>00:33:58.00</b>	+00:15:57 (47.3%)	6:45	8.9 (52.7%)
327	<b>JAŻWIŃSKI Robert</b>	<b>171</b>	MŁODE WILCZKI	M OPEN	225	Tak	00:00:12	<b>00:33:47.10</b>	<b>00:33:59.60</b>	+00:15:59 (47.3%)	6:45	8.9 (52.7%)
328	<b>NIEWIADOMSKI Zdzisław</b>	<b>308</b>		M60	10		00:00:45	<b>00:33:50.75</b>	<b>00:34:35.80</b>	+00:16:03 (47.4%)	6:46	8.9 (52.7%)
329	<b>ZACHWATOWICZ Honorata</b>	<b>475</b>		K OPEN	93		00:00:34	<b>00:33:55.65</b>	<b>00:34:29.80</b>	+00:16:08 (47.6%)	6:47	8.8 (52.1%)
330	<b>KLINOWSKA Agnieszka</b>	<b>205</b>	BIEGAM NA BIAŁOŁĘCE	K OPEN	94	Tak	00:00:08	<b>00:33:56.95</b>	<b>00:34:05.45</b>	+00:16:09 (47.6%)	6:47	8.8 (52.1%)
331	<b>KOTYLAK-MOSKWA Aneta</b>	<b>222</b>		K OPEN	95	Tak	00:00:08	<b>00:34:02.40</b>	<b>00:34:10.95</b>	+00:16:14 (47.7%)	6:48	8.8 (52.1%)
332	<b>MAZUREK Kamila</b>	<b>283</b>		K OPEN	96		00:00:38	<b>00:34:03.75</b>	<b>00:34:41.80</b>	+00:16:16 (47.8%)	6:48	8.8 (52.1%)
333	<b>GRYGOWSKA Beata</b>	<b>135</b>		K OPEN	97		00:00:29	<b>00:34:08.75</b>	<b>00:34:38.00</b>	+00:16:21 (47.9%)	6:49	8.8 (52.1%)
334	<b>CHOJNOWSKI Andrzej</b>	<b>65</b>	BIEGAM NA TARCHOMINIE	M OPEN	226	Tak	00:00:39	<b>00:34:13.60</b>	<b>00:34:53.25</b>	+00:16:26 (48.0%)	6:50	8.8 (52.1%)
335	<b>PARCHINIAK Justyna</b>	<b>331</b>		K OPEN	98	Tak	00:00:18	<b>00:34:18.60</b>	<b>00:34:36.75</b>	+00:16:31 (48.1%)	6:51	8.7 (51.5%)
336	<b>GAJEWSKA Małgorzata</b>	<b>109</b>		K OPEN	99	Tak	00:00:00	<b>00:34:23.50</b>	<b>00:34:23.50</b>	+00:16:35 (48.3%)	6:52	8.7 (51.5%)
337	<b>JAROS Arkadiusz</b>	<b>166</b>		M60	11		00:00:45	<b>00:34:34.85</b>	<b>00:35:20.65</b>	+00:16:47 (48.5%)	6:54	8.7 (51.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Białołęki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
338	<b>GRUDZIŃSKI Łukasz</b>	<b>134</b>		M OPEN	227	Tak	00:00:28	<b>00:34:36.70</b>	<b>00:35:05.05</b>	+00:16:49 (48.6%)	6:55	8.7 (51.5%)
339	<b>DZIEPAK Piotr</b>	<b>97</b>	ZALATANI 1 BLTR	M OPEN	228		00:00:24	<b>00:34:37.55</b>	<b>00:35:01.95</b>	+00:16:49 (48.6%)	6:55	8.7 (51.5%)
340	<b>MILLER Dominika</b>	<b>293</b>		K OPEN	100		00:00:02	<b>00:34:38.65</b>	<b>00:34:41.30</b>	+00:16:51 (48.6%)	6:55	8.7 (51.5%)
341	<b>KOCIK Elżbieta</b>	<b>44</b>		K OPEN	101	Tak	00:00:51	<b>00:34:42.00</b>	<b>00:35:33.40</b>	+00:16:54 (48.7%)	6:56	8.6 (50.9%)
342	<b>OGOŃCZYK Donata</b>	<b>318</b>		K OPEN	102		00:00:44	<b>00:34:54.10</b>	<b>00:35:38.20</b>	+00:17:06 (49.0%)	6:58	8.6 (50.9%)
343	<b>KATNER-PRUSZYŃSKA Joanna</b>	<b>199</b>	KB OŻARÓW MAZOWIECKI BIEGA	K OPEN	103		00:00:19	<b>00:34:54.60</b>	<b>00:35:14.40</b>	+00:17:07 (49.0%)	6:58	8.6 (50.9%)
344	<b>SOKOŁOWSKI Ziemowit</b>	<b>390</b>		M OPEN	229		00:00:21	<b>00:34:58.90</b>	<b>00:35:20.35</b>	+00:17:11 (49.1%)	6:59	8.6 (50.9%)
345	<b>WYSZKOWSKA Joanna</b>	<b>472</b>		K OPEN	104	Tak	00:00:07	<b>00:34:59.60</b>	<b>00:35:07.20</b>	+00:17:12 (49.2%)	6:59	8.6 (50.9%)
346	<b>TORZEWSKI Janusz</b>	<b>439</b>		M OPEN	230		00:00:44	<b>00:35:00.85</b>	<b>00:35:45.40</b>	+00:17:13 (49.2%)	7:00	8.6 (50.9%)
347	<b>TORZEWSKA Agnieszka</b>	<b>438</b>		K OPEN	105		00:00:44	<b>00:35:01.20</b>	<b>00:35:45.60</b>	+00:17:13 (49.2%)	7:00	8.6 (50.9%)
348	<b>BUCHAŁSKA Barbara</b>	<b>55</b>		K OPEN	106	Tak	00:00:45	<b>00:35:03.25</b>	<b>00:35:49.15</b>	+00:17:15 (49.2%)	7:00	8.6 (50.9%)
349	<b>SMOK Tomasz</b>	<b>386</b>		M OPEN	231	Tak	00:00:41	<b>00:35:03.70</b>	<b>00:35:45.10</b>	+00:17:16 (49.3%)	7:00	8.6 (50.9%)
350	<b>JUNDZIŁ-BOGUSIEWICZ Paulina</b>	<b>178</b>		K OPEN	107	Tak	00:00:25	<b>00:35:05.80</b>	<b>00:35:31.50</b>	+00:17:18 (49.3%)	7:01	8.6 (50.9%)
351	<b>KOŚNIK Asia</b>	<b>219</b>		K OPEN	108	Tak	00:00:13	<b>00:35:08.00</b>	<b>00:35:21.75</b>	+00:17:20 (49.4%)	7:01	8.5 (50.3%)
352	<b>GOŁACKA-PIOTROWSKA Beata</b>	<b>814</b>		K OPEN	109		00:00:18	<b>00:35:08.40</b>	<b>00:35:27.15</b>	+00:17:20 (49.4%)	7:01	8.5 (50.3%)
353	<b>NOWICKI Dariusz</b>	<b>315</b>	BIEGAM NA TARCHOMINIE	M OPEN	232	Tak	00:00:30	<b>00:35:10.00</b>	<b>00:35:40.00</b>	+00:17:22 (49.4%)	7:02	8.5 (50.3%)
354	<b>LIPIEC Tomasz</b>	<b>260</b>		M OPEN	233		00:00:53	<b>00:35:11.30</b>	<b>00:36:04.50</b>	+00:17:23 (49.4%)	7:02	8.5 (50.3%)
355	<b>MATUSZEWICZ Dorota</b>	<b>280</b>		K60	2		00:00:32	<b>00:35:11.60</b>	<b>00:35:43.75</b>	+00:17:24 (49.4%)	7:02	8.5 (50.3%)
356	<b>MATUSZEWICZ Arek</b>	<b>279</b>		M60	12		00:00:32	<b>00:35:12.05</b>	<b>00:35:45.00</b>	+00:17:24 (49.5%)	7:02	8.5 (50.3%)
357	<b>PULUT Karolina</b>	<b>353</b>		K OPEN	110		00:00:42	<b>00:35:17.30</b>	<b>00:35:59.90</b>	+00:17:29 (49.6%)	7:03	8.5 (50.3%)
358	<b>PUSEK Mikołaj</b>	<b>355</b>	FPL TEAM	M OPEN	234	Tak	00:00:42	<b>00:35:18.10</b>	<b>00:36:00.40</b>	+00:17:30 (49.6%)	7:03	8.5 (50.3%)
359	<b>PRĘGOWSKI Grzegorz</b>	<b>346</b>	EKOBIEGI	M OPEN	235		00:00:42	<b>00:35:19.25</b>	<b>00:36:01.50</b>	+00:17:31 (49.6%)	7:03	8.5 (50.3%)
360	<b>KIRSZ Ewa</b>	<b>202</b>		K OPEN	111		00:00:10	<b>00:35:23.70</b>	<b>00:35:34.60</b>	+00:17:36 (49.7%)	7:04	8.5 (50.3%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Białoleki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
361	KUROWSKI Domink	248		M OPEN	236	Tak	00:00:41	00:35:30.30	00:36:12.10	+00:17:42 (49.9%)	7:06	8.5 (50.3%)
362	JANKOWSKA Żaneta	161		K OPEN	112		00:00:52	00:35:32.90	00:36:25.10	+00:17:45 (49.9%)	7:06	8.4 (49.7%)
363	MYŚLIWIEC Piotr	301	AKTYWNI PO ZAWALE	M OPEN	237	Tak	00:00:14	00:35:38.35	00:35:52.75	+00:17:50 (50.1%)	7:07	8.4 (49.7%)
364	GABRYLEWICZ Katarzyna	108	DZIKUNY	K OPEN	113	Tak	00:00:37	00:35:42.80	00:36:20.35	+00:17:55 (50.2%)	7:08	8.4 (49.7%)
365	MATYSIAK Agnieszka	281		K OPEN	114		00:00:51	00:35:50.80	00:36:41.90	+00:18:03 (50.4%)	7:10	8.4 (49.7%)
366	SOWIK Bartosz	393	ZADYMIARZE	M OPEN	238	Tak	00:00:34	00:35:53.90	00:36:28.15	+00:18:06 (50.4%)	7:10	8.4 (49.7%)
367	GRZEŚLAK Krzysztof	136	DZIKUNY	M OPEN	239	Tak	00:00:49	00:36:03.65	00:36:53.25	+00:18:16 (50.7%)	7:12	8.3 (49.1%)
368	KRUKOWSKA-HAOUEM Agnieszka	233	X	K OPEN	115		00:00:41	00:36:25.15	00:37:06.50	+00:18:37 (51.1%)	7:17	8.2 (48.5%)
369	BIELEC Bartłomiej	35		M OPEN	240		00:00:46	00:36:27.50	00:37:14.00	+00:18:39 (51.2%)	7:17	8.2 (48.5%)
370	SUWARA Aleksandra	407		K OPEN	116		00:00:21	00:36:32.40	00:36:53.40	+00:18:44 (51.3%)	7:18	8.2 (48.5%)
371	SZULIŃSKA Małgorzata	416		K OPEN	117		00:00:21	00:36:32.65	00:36:54.05	+00:18:45 (51.3%)	7:18	8.2 (48.5%)
372	ZIARKO Joanna	486		K OPEN	118		00:00:19	00:36:51.60	00:37:11.10	+00:19:04 (51.7%)	7:22	8.1 (47.9%)
373	GODLEWSKA Małgorzata Natalia	117		K OPEN	119	Tak	00:00:12	00:36:52.85	00:37:05.30	+00:19:05 (51.8%)	7:22	8.1 (47.9%)
373	GODLEWSKI Paweł Kamil	118		M OPEN	241	Tak	00:00:13	00:36:52.85	00:37:05.90	+00:19:05 (51.8%)	7:22	8.1 (47.9%)
375	LACH Marta	251		K OPEN	120	Tak	00:00:49	00:36:59.45	00:37:48.45	+00:19:11 (51.9%)	7:23	8.1 (47.9%)
376	BERLIŃSKI Kamil	30		M OPEN	242	Tak	00:00:15	00:37:01.10	00:37:16.30	+00:19:13 (51.9%)	7:24	8.1 (47.9%)
377	ARTYMIUK Olaf	16		M OPEN	243		00:00:24	00:37:02.65	00:37:27.45	+00:19:15 (52.0%)	7:24	8.1 (47.9%)
378	BALINSKA Justyna	20	BIEGAM NA BIAŁOLECIE	K OPEN	121		00:00:09	00:37:03.35	00:37:12.50	+00:19:15 (52.0%)	7:24	8.1 (47.9%)
379	SZKODA-AMANOWICZ Beata	412	SLOW JOGGING	K OPEN	122	Tak	00:00:47	00:37:06.10	00:37:53.70	+00:19:18 (52.0%)	7:25	8.1 (47.9%)
380	GOŁDA Katarzyna	119		K OPEN	123		00:00:45	00:37:47.30	00:38:32.80	+00:19:59 (52.9%)	7:33	7.9 (46.7%)
381	JAKUBOWICZ Monika	157		K OPEN	124	Tak	00:00:11	00:38:26.55	00:38:38.40	+00:20:38 (53.7%)	7:41	7.8 (46.2%)
382	GÓRCZYŃSKA Hanna	127		K OPEN	125		00:00:04	00:38:27.75	00:38:31.95	+00:20:40 (53.7%)	7:41	7.8 (46.2%)
383	LIPIŃSKA Dorota	261		K OPEN	126	Tak	00:00:04	00:38:29.55	00:38:33.80	+00:20:41 (53.8%)	7:41	7.8 (46.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Białotęki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
384	<b>JASIŃSKI Kamil</b>	<b>168</b>		M OPEN	244		00:00:30	<b>00:38:30.55</b>	<b>00:39:00.55</b>	+00:20:42 (53.8%)	7:42	7.8 (46.2%)
385	<b>PAWELCZYK Agata</b>	<b>332</b>		K OPEN	127		00:00:29	<b>00:38:31.00</b>	<b>00:39:00.40</b>	+00:20:43 (53.8%)	7:42	7.8 (46.2%)
386	<b>MACHNACKI Michał</b>	<b>271</b>	BIEGAM NA TARCHOMINIE	M OPEN	245		00:00:39	<b>00:39:11.40</b>	<b>00:39:50.80</b>	+00:21:23 (54.6%)	7:50	7.7 (45.6%)
387	<b>WITKOWSKA Marta</b>	<b>457</b>	BIEGNIJ PRZED SIEBIE	K OPEN	128	Tak	00:00:21	<b>00:39:13.80</b>	<b>00:39:35.20</b>	+00:21:26 (54.6%)	7:50	7.6 (45.0%)
388	<b>GRADOWSKA Agata</b>	<b>132</b>		K OPEN	129		00:00:13	<b>00:39:24.65</b>	<b>00:39:38.15</b>	+00:21:37 (54.9%)	7:52	7.6 (45.0%)
389	<b>BRODNICKI Przemysław</b>	<b>52</b>		M OPEN	246	Tak	00:00:06	<b>00:39:51.85</b>	<b>00:39:58.30</b>	+00:22:04 (55.4%)	7:58	7.5 (44.4%)
390	<b>KUNKA Piotr</b>	<b>242</b>	TEAM ZABIEGANEDNI	M OPEN	247		00:00:51	<b>00:39:57.20</b>	<b>00:40:48.80</b>	+00:22:09 (55.5%)	7:59	7.5 (44.4%)
391	<b>JANKOWSKI Tomek</b>	<b>162</b>		M OPEN	248	Tak	00:00:18	<b>00:39:59.75</b>	<b>00:40:17.90</b>	+00:22:12 (55.5%)	7:59	7.5 (44.4%)
392	<b>HORN-STACHOWIAK Wioleta</b>	<b>147</b>		K OPEN	130	Tak	00:00:22	<b>00:40:19.40</b>	<b>00:40:42.30</b>	+00:22:31 (55.9%)	8:03	7.4 (43.8%)
393	<b>WÓJCIK Robert</b>	<b>467</b>		M OPEN	249		00:00:23	<b>00:40:38.90</b>	<b>00:41:02.20</b>	+00:22:51 (56.2%)	8:07	7.4 (43.8%)
394	<b>TOMASZEWSKA Mariola</b>	<b>435</b>	BIEGAM DLA SIEBIE	K OPEN	131		00:00:43	<b>00:40:39.85</b>	<b>00:41:23.35</b>	+00:22:52 (56.2%)	8:07	7.4 (43.8%)
395	<b>POWAŁKA Robert</b>	<b>345</b>		M OPEN	250		00:00:14	<b>00:41:00.45</b>	<b>00:41:15.05</b>	+00:23:12 (56.6%)	8:12	7.3 (43.2%)
396	<b>ŁUNIEWSKA-KUBICZA Joanna</b>	<b>270</b>		K OPEN	132		00:00:27	<b>00:41:09.85</b>	<b>00:41:37.10</b>	+00:23:22 (56.8%)	8:13	7.3 (43.2%)
397	<b>OTŁOWSKA Joanna</b>	<b>325</b>		K OPEN	133		00:00:21	<b>00:41:13.85</b>	<b>00:41:35.00</b>	+00:23:26 (56.8%)	8:14	7.3 (43.2%)
398	<b>MIRECKI Zbigniew</b>	<b>924</b>		M60	13		00:00:56	<b>00:41:21.05</b>	<b>00:42:17.75</b>	+00:23:33 (57.0%)	8:16	7.3 (43.2%)
399	<b>ŻEBROWSKA Urszula</b>	<b>489</b>		K OPEN	134		00:00:46	<b>00:41:24.40</b>	<b>00:42:10.55</b>	+00:23:36 (57.0%)	8:16	7.2 (42.6%)
400	<b>DOBRZELEWSKA Edyta</b>	<b>1248</b>		K OPEN	135		00:00:44	<b>00:41:29.90</b>	<b>00:42:14.35</b>	+00:23:42 (57.1%)	8:17	7.2 (42.6%)
401	<b>KOPIER Zuzanna</b>	<b>215</b>		K OPEN	136	Tak	00:00:16	<b>00:41:37.60</b>	<b>00:41:54.35</b>	+00:23:50 (57.3%)	8:19	7.2 (42.6%)
402	<b>WYSOCKA Karolina</b>	<b>471</b>		K OPEN	137		00:00:36	<b>00:41:51.65</b>	<b>00:42:27.80</b>	+00:24:04 (57.5%)	8:22	7.2 (42.6%)
403	<b>BAKA Elzbieta</b>	<b>18</b>	LADIESLOSTGĄSBAGĄS	K OPEN	138		00:00:32	<b>00:42:19.00</b>	<b>00:42:51.20</b>	+00:24:31 (58.0%)	8:27	7.1 (42.0%)
404	<b>GĄSIOROWSKA Dorota</b>	<b>112</b>		K OPEN	139		00:00:32	<b>00:42:19.35</b>	<b>00:42:51.80</b>	+00:24:31 (58.0%)	8:27	7.1 (42.0%)
405	<b>KOLIBABSKI Radosław</b>	<b>210</b>		M OPEN	251	Tak	00:00:31	<b>00:42:19.50</b>	<b>00:42:51.35</b>	+00:24:31 (58.0%)	8:27	7.1 (42.0%)
406	<b>BOGUSIEWICZ Michał</b>	<b>49</b>		M OPEN	252	Tak	00:00:25	<b>00:42:25.95</b>	<b>00:42:51.65</b>	+00:24:38 (58.1%)	8:29	7.1 (42.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Białoleki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
407	KRZYŻANOWSKA Zoja	235	VEGERUNNERS	K OPEN	140		00:00:50	00:42:26.15	00:43:16.50	+00:24:38 (58.1%)	8:29	7.1 (42.0%)
408	KOWALCZYK Klaudia	223	TEAM ZABIEGANEDNI	K OPEN	141		00:00:23	00:42:36.50	00:43:00.25	+00:24:48 (58.2%)	8:31	7 (41.4%)
409	KAMINSKA Ewelina	192		K OPEN	142		00:00:27	00:42:53.70	00:43:21.15	+00:25:06 (58.5%)	8:34	7 (41.4%)
410	STARCZEWSKI Piotr	400		M60	14		00:00:58	00:43:03.90	00:44:02.25	+00:25:16 (58.7%)	8:36	7 (41.4%)
411	BAJOREK Jacek	17		M OPEN	253		00:00:43	00:43:54.30	00:44:38.00	+00:26:06 (59.5%)	8:46	6.8 (40.2%)
412	FILIPKOWSKA Aleksandra	104		K OPEN	143	Tak	00:00:03	00:43:59.10	00:44:02.85	+00:26:11 (59.5%)	8:47	6.8 (40.2%)
413	SKROK Karolina	380		K OPEN	144	Tak	00:00:03	00:43:59.40	00:44:02.85	+00:26:11 (59.6%)	8:47	6.8 (40.2%)
414	DYMEL Andrzej	95	MARKOWI BIEGACZE	M60	15	Tak	00:00:44	00:44:04.40	00:44:49.00	+00:26:16 (59.6%)	8:48	6.8 (40.2%)
415	SYLWANOWICZ Monika	408		K OPEN	145	Tak	00:00:46	00:44:10.50	00:44:57.00	+00:26:22 (59.7%)	8:50	6.8 (40.2%)
416	GERNOWSKI Marcin	853		M OPEN	254		00:00:47	00:44:14.90	00:45:02.20	+00:26:27 (59.8%)	8:50	6.8 (40.2%)
417	NASKRĘT Mariusz	302		M OPEN	255		00:00:46	00:44:19.95	00:45:06.55	+00:26:32 (59.9%)	8:51	6.8 (40.2%)
418	SAJEWSKA Karolina	837		K OPEN	146		00:00:45	00:44:20.00	00:45:05.85	+00:26:32 (59.9%)	8:52	6.8 (40.2%)
419	SZOSTAKOWSKI Jarosław	415	BIEGAM DOBRZE DLA FUNDACJI SYNOPSIS	M OPEN	256		00:00:50	00:44:38.65	00:45:29.45	+00:26:51 (60.1%)	8:55	6.7 (39.6%)
420	GROCHOWSKA Joanna	133	BIEGAM DOBRZE DLA FUNDACJI SYNOPSIS	K OPEN	147		00:00:50	00:44:38.80	00:45:29.35	+00:26:51 (60.1%)	8:55	6.7 (39.6%)
421	CIEŚLAK Paweł	71	SLOWJOGINGBIAŁOLEKA	M OPEN	257	Tak	00:00:49	00:44:38.90	00:45:28.50	+00:26:51 (60.1%)	8:55	6.7 (39.6%)
422	BIEGA Joanna	33		K OPEN	148	Tak	00:00:48	00:44:39.40	00:45:28.00	+00:26:51 (60.2%)	8:55	6.7 (39.6%)
<b>Przekroczony limit czasu: 00:45:00</b>												
423	KALYNIUK Roman	189		M OPEN	258		00:00:05	00:45:06.35	00:45:12.05	+00:27:18 (60.6%)	9:01	6.7 (39.6%)
424	TINIAKOVA Oksana	429		K OPEN	149		00:00:05	00:45:06.70	00:45:12.30	+00:27:19 (60.6%)	9:01	6.7 (39.6%)
425	WALCZAK Joanna	448		K OPEN	150		00:00:42	00:45:21.80	00:46:04.40	+00:27:34 (60.8%)	9:04	6.6 (39.1%)
426	MAJER Tomasz	274	BEZ	M OPEN	259	Tak	00:00:41					(0.0%)

Znaleziono 426 wynik(ów)