



## 5 MIL – BIEG DZIELNICY WŁOCHY

B4SPORT

**Organizator:** Urząd Dzielnicy Warszawa – Włochy  
**Data:** 2022-11-06  
**Miejsce:** Warszawa  
**Dystans:** 8 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
1	ŻOCHOWSKI Daniel	386	ŻÓRAWSKI TEAM	M 20-29 lat	1	00:00:01	00:25:15.65	00:25:17.25		3:09	19 (100%)
2	KLECZEWSKI Piotr	145		M 15-19 lat	1	00:00:01	00:27:28.50	00:27:29.95	+00:02:12 (8.1%)	3:26	17.5 (92.1%)
3	PYRZAK Paweł	276	BIEGANIEPO40.PL	M 30-39 lat	1	00:00:02	00:27:33.50	00:27:35.85	+00:02:17 (8.3%)	3:26	17.4 (91.6%)
4	ABU NAHIA Karim	10	NADAKTYWNI TORUŃ	M 30-39 lat	2	00:00:02	00:27:50.40	00:27:52.45	+00:02:34 (9.3%)	3:28	17.2 (90.5%)
5	KALIŃSKI Przemysław	128	BIEGAJ Z URSUSEM	M 40-49 lat	1	00:00:01	00:28:00.30	00:28:02.10	+00:02:44 (9.8%)	3:30	17.1 (90.0%)
6	ZYCH Mariusz	383	BIEGAJ POD OKIEM TRENERA	M 40-49 lat	2	00:00:02	00:28:10.15	00:28:13.00	+00:02:54 (10.3%)	3:31	17 (89.5%)
7	MIROWSKI Jarosław	223		M 40-49 lat	3	00:00:03	00:28:55.55	00:28:59.00	+00:03:39 (12.7%)	3:36	16.6 (87.4%)
8	MURAWSKI Tomasz	226	PAWKO RUNNER TEAM	M 30-39 lat	3	00:00:02	00:28:59.85	00:29:02.05	+00:03:44 (12.9%)	3:37	16.6 (87.4%)
9	KAŁDOWSKI Łukasz	129	KAROMET TEAM	M 20-29 lat	2	00:00:02	00:29:08.50	00:29:10.85	+00:03:52 (13.3%)	3:38	16.5 (86.8%)
10	KAŻMIERCZAK Marta	137	DREAM RUN	K 40-49 lat	1	00:00:02	00:29:09.95	00:29:12.05	+00:03:54 (13.4%)	3:38	16.5 (86.8%)
11	GAJEWSKI Marek	75	ADIDAS RUNNERS WARSAW	M 30-39 lat	4	00:00:03	00:29:10.20	00:29:13.30	+00:03:54 (13.4%)	3:38	16.5 (86.8%)
12	CHRAPEK Janusz	40	ROSSMANN	M 40-49 lat	4	00:00:03	00:29:25.45	00:29:29.20	+00:04:09 (14.1%)	3:40	16.3 (85.8%)
13	WOŹNIAK Przemysław	365	WIELISZEW HERON TEAM	M 30-39 lat	5	00:00:04	00:29:26.80	00:29:31.65	+00:04:11 (14.2%)	3:40	16.3 (85.8%)
14	GROCHOWSKI Maciej	96		M 30-39 lat	6	00:00:03	00:29:30.95	00:29:34.20	+00:04:15 (14.4%)	3:41	16.3 (85.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
15	<b>STROIŃSKI Daniel</b>	<b>590</b>	ATTIQ TEAM	M 40-49 lat	5	00:00:02	<b>00:29:33.60</b>	<b>00:29:36.30</b>	+00:04:17 (14.5%)	3:41	16.2 (85.3%)
16	<b>MAMCARZ Bartłomiej</b>	<b>206</b>	LUBELSKIBIEGACZTEAM.PL	M 20-29 lat	3	00:00:02	<b>00:29:34.40</b>	<b>00:29:36.90</b>	+00:04:18 (14.6%)	3:41	16.2 (85.3%)
17	<b>PIATKA Tomasz</b>	<b>260</b>	ADIDAS RUNNERS WARSAW	M 30-39 lat	7	00:00:02	<b>00:29:41.80</b>	<b>00:29:44.50</b>	+00:04:26 (14.9%)	3:42	16.2 (85.3%)
18	<b>DRAB Michał</b>	<b>60</b>	EDC RUNNERS	M 40-49 lat	6	00:00:02	<b>00:29:47.75</b>	<b>00:29:49.80</b>	+00:04:32 (15.2%)	3:43	16.1 (84.7%)
19	<b>CYBULA Sylwester</b>	<b>48</b>	LUBELSKIBIEGACZTEAM.PL	M 15-19 lat	2	00:00:02	<b>00:29:53.20</b>	<b>00:29:55.60</b>	+00:04:37 (15.5%)	3:44	16.1 (84.7%)
20	<b>KWIATEK Tomasz</b>	<b>186</b>		M 40-49 lat	7	00:00:01	<b>00:30:00.15</b>	<b>00:30:01.15</b>	+00:04:44 (15.8%)	3:45	16 (84.2%)
21	<b>MAŁEK Mariusz</b>	<b>204</b>	KB V MAX ADAMÓW	M 40-49 lat	8	00:00:02	<b>00:30:07.30</b>	<b>00:30:10.15</b>	+00:04:51 (16.1%)	3:45	15.9 (83.7%)
22	<b>STYCZYŃSKI Grzegorz</b>	<b>398</b>	SP 94	M 40-49 lat	9	00:00:03	<b>00:30:14.60</b>	<b>00:30:18.20</b>	+00:04:58 (16.5%)	3:46	15.9 (83.7%)
23	<b>BYTNER-KWIATKOWSKA Monika</b>	<b>37</b>	KS PREFBET SONAROL	K 30-39 lat	1	00:00:02	<b>00:30:17.65</b>	<b>00:30:19.70</b>	+00:05:02 (16.6%)	3:47	15.9 (83.7%)
24	<b>MARCZAK Krzysztof</b>	<b>208</b>	STARE BABICE BIEGAJĄ	M 20-29 lat	4	00:00:03	<b>00:30:20.65</b>	<b>00:30:23.65</b>	+00:05:05 (16.8%)	3:47	15.8 (83.2%)
25	<b>MAKULEC Marcin</b>	<b>203</b>	SANTANDER RUNNERS CLUB	M 40-49 lat	10	00:00:04	<b>00:30:26.05</b>	<b>00:30:30.45</b>	+00:05:10 (17.0%)	3:48	15.8 (83.2%)
26	<b>SERAFIN Piotr</b>	<b>411</b>		M 30-39 lat	8	00:00:03	<b>00:30:33.50</b>	<b>00:30:37.40</b>	+00:05:17 (17.3%)	3:49	15.7 (82.6%)
27	<b>MICHLEWICZ Krzysztof</b>	<b>219</b>		M 30-39 lat	9	00:00:05	<b>00:30:36.35</b>	<b>00:30:41.60</b>	+00:05:20 (17.5%)	3:49	15.7 (82.6%)
28	<b>PARASZKA Łukasz</b>	<b>253</b>	MINIONS SPEED TEAM	M 30-39 lat	10	00:00:05	<b>00:30:40.30</b>	<b>00:30:45.40</b>	+00:05:24 (17.6%)	3:50	15.7 (82.6%)
29	<b>WALENCIK Marcin</b>	<b>352</b>		M 30-39 lat	11	00:00:04	<b>00:30:50.40</b>	<b>00:30:55.00</b>	+00:05:34 (18.1%)	3:51	15.6 (82.1%)
30	<b>MICHALAK Mariusz</b>	<b>217</b>	MM TEAM	M 50-59 lat	1	00:00:03	<b>00:30:55.05</b>	<b>00:30:58.60</b>	+00:05:39 (18.3%)	3:51	15.5 (81.6%)
31	<b>GÓRKA Maja</b>	<b>89</b>	MM TEAM	K 20-29 lat	1	00:00:03	<b>00:30:55.60</b>	<b>00:30:59.25</b>	+00:05:39 (18.3%)	3:51	15.5 (81.6%)
32	<b>STRYKOWSKI Daniel</b>	<b>313</b>		M 40-49 lat	11	00:00:03	<b>00:30:57.30</b>	<b>00:31:00.65</b>	+00:05:41 (18.4%)	3:52	15.5 (81.6%)
33	<b>KĄTNIAK Paweł</b>	<b>138</b>		M 30-39 lat	12	00:00:02	<b>00:31:00.80</b>	<b>00:31:03.20</b>	+00:05:45 (18.5%)	3:52	15.5 (81.6%)
34	<b>LEWDOROWICZ Wojciech</b>	<b>193</b>	SAM SOBIE KLUBEM	M 40-49 lat	12	00:00:07	<b>00:30:58.00</b>	<b>00:31:05.25</b>	+00:05:42 (18.4%)	3:52	15.5 (81.6%)
35	<b>WNUK Tomasz</b>	<b>360</b>		M 40-49 lat	13	00:00:03	<b>00:31:09.80</b>	<b>00:31:13.20</b>	+00:05:54 (18.9%)	3:53	15.4 (81.1%)
36	<b>KACZOROWSKI Daniel</b>	<b>591</b>	1BLTR	M 20-29 lat	5	00:00:01	<b>00:31:29.60</b>	<b>00:31:31.50</b>	+00:06:13 (19.8%)	3:56	15.2 (80.0%)
37	<b>TRYBUSZKIEWICZ Wojciech</b>	<b>445</b>	GENERALI TEAM	M 50-59 lat	2	00:00:02	<b>00:31:35.20</b>	<b>00:31:37.55</b>	+00:06:19 (20.0%)	3:56	15.2 (80.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
38	MACIEJOWICZ Michał	201		M 30-39 lat	13	00:00:06	00:31:33.45	00:31:39.80	+00:06:17 (20.0%)	3:56	15.2 (80.0%)
39	ABRAMCZYK Rafał	391		M 40-49 lat	14	00:00:04	00:31:40.80	00:31:45.00	+00:06:25 (20.3%)	3:57	15.2 (80.0%)
40	FALANDYSZ Janusz	69	WPRUNNING PRUSZKÓW	M 60+	1	00:00:03	00:31:43.05	00:31:46.35	+00:06:27 (20.4%)	3:57	15.1 (79.5%)
41	GÓRECKI Rafał	88	UKS MELO BŁONIE	M 40-49 lat	15	00:00:02	00:31:50.65	00:31:53.45	+00:06:35 (20.7%)	3:58	15.1 (79.5%)
42	WYDRA Mariusz	410	STARE BABICE BIEGAJĄ	M 50-59 lat	3	00:00:08	00:31:48.75	00:31:57.55	+00:06:33 (20.6%)	3:58	15.1 (79.5%)
43	KUCHARCZYK Paweł	177	ROZBIEGANE MICHAŁOWICE	M 50-59 lat	4	00:00:03	00:31:55.35	00:31:59.10	+00:06:39 (20.9%)	3:59	15 (78.9%)
44	TUREK Łukasz	349	LATAJĄCE HO(L)ENDRY/MORDOWNIK	M 30-39 lat	14	00:00:06	00:32:09.25	00:32:16.20	+00:06:53 (21.4%)	4:01	14.9 (78.4%)
45	KARBOWIAK Marcelina	133		K 30-39 lat	2	00:00:03	00:32:17.85	00:32:21.10	+00:07:02 (21.8%)	4:02	14.9 (78.4%)
46	KRASZPULSKA Maggie	169	ŻÓRAWSKI TEAM	K 30-39 lat	3	00:00:02	00:32:20.45	00:32:23.15	+00:07:04 (21.9%)	4:02	14.8 (77.9%)
47	LENDZION Marcin	190	GRUPA BIEGOWA UM W-WA	M 15-19 lat	3	00:00:05	00:32:21.65	00:32:27.05	+00:07:06 (21.9%)	4:02	14.8 (77.9%)
48	BIAŁECKI Piotr	21	ORANG	M 30-39 lat	15	00:00:12	00:32:17.35	00:32:29.50	+00:07:01 (21.8%)	4:02	14.9 (78.4%)
49	MIELCZARSKI Bartosz	430		M 30-39 lat	16	00:00:04	00:32:28.85	00:32:33.70	+00:07:13 (22.2%)	4:03	14.8 (77.9%)
50	KOCHMAŃSKI Tomasz	151		M 40-49 lat	16	00:00:17	00:32:24.75	00:32:41.80	+00:07:09 (22.1%)	4:03	14.8 (77.9%)
51	GOLABOWSKI Maciej	80		M 30-39 lat	17	00:00:05	00:32:40.85	00:32:46.70	+00:07:25 (22.7%)	4:05	14.7 (77.4%)
52	PIKUL Piotr	263		M 40-49 lat	17	00:00:04	00:32:48.15	00:32:52.45	+00:07:32 (23.0%)	4:06	14.6 (76.8%)
53	BORKOWSKI Mariusz	431		M 40-49 lat	18	00:00:04	00:32:56.80	00:33:00.80	+00:07:41 (23.3%)	4:07	14.6 (76.8%)
54	KUŹDUB Piotr	184		M 30-39 lat	18	00:00:06	00:33:01.05	00:33:07.40	+00:07:45 (23.5%)	4:07	14.5 (76.3%)
55	HALAT Andrzej	102	POSMAKUJ RUN TEAM	M 40-49 lat	19	00:00:06	00:33:08.10	00:33:15.05	+00:07:52 (23.8%)	4:08	14.5 (76.3%)
56	KOWALSKI Jarosław	168	AR	M 40-49 lat	21	00:00:14	00:33:09.10	00:33:23.10	+00:07:53 (23.8%)	4:08	14.5 (76.3%)
57	FELIGA Mariusz	70	ADIDAS RUNNERS WARSAW	M 40-49 lat	20	00:00:14	00:33:08.80	00:33:23.20	+00:07:53 (23.8%)	4:08	14.5 (76.3%)
58	WESOŁOWSKA Katarzyna	356	ORANGE POLSKA	K 40-49 lat	2	00:00:04	00:33:39.45	00:33:43.95	+00:08:23 (24.9%)	4:12	14.3 (75.3%)
59	KOŁODZIEJ Mirosław	152	WOLNY KRAFT	M 30-39 lat	20	00:00:02	00:33:43.85	00:33:46.35	+00:08:28 (25.1%)	4:12	14.2 (74.7%)
60	ŚCIBIOREK Bartosz	334		M 30-39 lat	19	00:00:06	00:33:42.00	00:33:48.50	+00:08:26 (25.0%)	4:12	14.2 (74.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
61	<b>KŁYS Mateusz</b>	<b>147</b>		M 20-29 lat	6	00:00:35	<b>00:33:14.70</b>	<b>00:33:49.90</b>	+00:07:59 (24.0%)	4:09	14.4 (75.8%)
62	<b>STOBNICKI Mateusz</b>	<b>312</b>	GĄBIN BIEGA/ PARKRUN PRUSZKÓW	M 20-29 lat	7	00:00:15	<b>00:33:42.20</b>	<b>00:33:57.40</b>	+00:08:26 (25.0%)	4:12	14.2 (74.7%)
63	<b>AUGUSTYNIAK Mariusz</b>	<b>12</b>		M 50-59 lat	5	00:00:18	<b>00:33:42.85</b>	<b>00:34:01.00</b>	+00:08:27 (25.1%)	4:12	14.2 (74.7%)
64	<b>PRĘDOTA Krzysztof</b>	<b>271</b>	TARCHOMIN TRIATHLON TEAM	M 50-59 lat	6	00:00:05	<b>00:33:59.00</b>	<b>00:34:04.90</b>	+00:08:43 (25.7%)	4:14	14.1 (74.2%)
65	<b>SZYJKA Krzysztof</b>	<b>329</b>		M 40-49 lat	22	00:00:21	<b>00:33:51.70</b>	<b>00:34:13.65</b>	+00:08:36 (25.4%)	4:13	14.2 (74.7%)
66	<b>DĘBSKI Andrzej</b>	<b>57</b>		M 40-49 lat	24	00:00:17	<b>00:34:18.25</b>	<b>00:34:36.20</b>	+00:09:02 (26.4%)	4:17	14 (73.7%)
67	<b>BRYGOŁA Tomasz</b>	<b>472</b>	PARKRUN POLE MOKOTOWSKIE	M 40-49 lat	23	00:00:21	<b>00:34:15.25</b>	<b>00:34:36.70</b>	+00:08:59 (26.3%)	4:16	14 (73.7%)
68	<b>IWANIUK Tomasz</b>	<b>113</b>	ŻYWCEM ZABIEGANI	M 30-39 lat	21	00:00:34	<b>00:34:03.95</b>	<b>00:34:38.40</b>	+00:08:48 (25.8%)	4:15	14.1 (74.2%)
69	<b>CHOJNACKI Mikołaj</b>	<b>39</b>	WARSAW RUN CLUB	M 40-49 lat	25	00:00:15	<b>00:34:23.15</b>	<b>00:34:38.65</b>	+00:09:07 (26.5%)	4:17	14 (73.7%)
70	<b>PERZANOWSKI Jakub</b>	<b>257</b>		M 30-39 lat	22	00:00:10	<b>00:34:29.90</b>	<b>00:34:40.20</b>	+00:09:14 (26.8%)	4:18	13.9 (73.2%)
71	<b>MACKIEWICZ Wojciech</b>	<b>588</b>		M 40-49 lat	27	00:00:04	<b>00:34:36.35</b>	<b>00:34:40.65</b>	+00:09:20 (27.0%)	4:19	13.9 (73.2%)
72	<b>WOJEWÓDZKI Marcin</b>	<b>364</b>	WOJEWÓDZCY TEAM	M 20-29 lat	8	00:00:27	<b>00:34:13.70</b>	<b>00:34:41.60</b>	+00:08:58 (26.2%)	4:16	14 (73.7%)
73	<b>BUCZKOWSKI Piotr</b>	<b>32</b>		M 40-49 lat	26	00:00:06	<b>00:34:34.75</b>	<b>00:34:41.70</b>	+00:09:19 (26.9%)	4:19	13.9 (73.2%)
74	<b>RABIEJ Wojciech</b>	<b>455</b>	DUCLA ACADEMY	M 40-49 lat	28	00:00:06	<b>00:34:42.25</b>	<b>00:34:49.00</b>	+00:09:26 (27.2%)	4:20	13.8 (72.6%)
75	<b>KADŁUBOWSKA Anna</b>	<b>127</b>		K 20-29 lat	2	00:00:03	<b>00:34:46.75</b>	<b>00:34:50.40</b>	+00:09:31 (27.4%)	4:20	13.8 (72.6%)
76	<b>SZCZEPAŃSKI Bogdan</b>	<b>318</b>	JW2370	M 50-59 lat	7	00:00:04	<b>00:34:47.10</b>	<b>00:34:52.00</b>	+00:09:31 (27.4%)	4:20	13.8 (72.6%)
77	<b>MAJEWSKA Edyta</b>	<b>441</b>	WIDŁOROGI/ ZABIEGANY WOŁOMIN	K 30-39 lat	4	00:00:05	<b>00:34:52.65</b>	<b>00:34:58.25</b>	+00:09:37 (27.6%)	4:21	13.8 (72.6%)
78	<b>JANKOWSKI Jakub</b>	<b>118</b>		M 30-39 lat	23	00:00:17	<b>00:34:45.95</b>	<b>00:35:03.30</b>	+00:09:30 (27.3%)	4:20	13.8 (72.6%)
79	<b>KABZIŃSKI Tomasz</b>	<b>595</b>		M 15-19 lat	4	00:00:09	<b>00:34:54.85</b>	<b>00:35:04.65</b>	+00:09:39 (27.6%)	4:21	13.8 (72.6%)
80	<b>GOŁĘDZINOWSKI Tomasz</b>	<b>82</b>	NEON TEAM	M 50-59 lat	8	00:00:04	<b>00:35:00.60</b>	<b>00:35:05.30</b>	+00:09:44 (27.8%)	4:22	13.7 (72.1%)
81	<b>DUKACZEWSKI Michał</b>	<b>63</b>		M 40-49 lat	29	00:00:12	<b>00:35:00.45</b>	<b>00:35:13.20</b>	+00:09:44 (27.8%)	4:22	13.7 (72.1%)
82	<b>MACHOŃ Paweł</b>	<b>199</b>	GRUPA BIEGOWA UM W-WA	M 40-49 lat	30	00:00:12	<b>00:35:03.85</b>	<b>00:35:16.30</b>	+00:09:48 (28.0%)	4:22	13.7 (72.1%)
83	<b>WRZESZCZ Łukasz</b>	<b>370</b>	BIEGOWY WARIAT RUNNING TEAM	M 30-39 lat	25	00:00:07	<b>00:35:13.20</b>	<b>00:35:20.65</b>	+00:09:57 (28.3%)	4:24	13.6 (71.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
84	ZWARDOŃ Ewa	382	BUXIDA TEAM	K 40-49 lat	3	00:00:11	00:35:18.05	00:35:29.15	+00:10:02 (28.4%)	4:24	13.6 (71.6%)
85	NIEDŹWIADEK Czesław	232	NIEDŹWIADKI RUNNING TEAM	M 60+	2	00:00:08	00:35:23.45	00:35:32.25	+00:10:07 (28.6%)	4:25	13.6 (71.6%)
86	JAKUBOWSKI Dariusz	390	BIEGAM SOBIE	M 50-59 lat	9	00:00:22	00:35:10.50	00:35:33.10	+00:09:54 (28.2%)	4:23	13.6 (71.6%)
87	LIPSKI Jarek	196		M 50-59 lat	10	00:00:08	00:35:25.80	00:35:34.30	+00:10:10 (28.7%)	4:25	13.6 (71.6%)
88	BIERNAT Dawid	24		M 20-29 lat	9	00:00:19	00:35:17.55	00:35:37.35	+00:10:01 (28.4%)	4:24	13.6 (71.6%)
89	ZAŁĘCKI Michał	375	PSIEJAK TEAM	M 40-49 lat	31	00:00:13	00:35:34.10	00:35:47.75	+00:10:18 (29.0%)	4:26	13.5 (71.1%)
90	MACIEJEWSKI Stanisław	200	WPRUNNING	M 50-59 lat	11	00:00:06	00:35:43.30	00:35:49.75	+00:10:27 (29.3%)	4:27	13.4 (70.5%)
91	KRÓLICKI Konrad	173	STG WARSZAWA	M 40-49 lat	32	00:00:13	00:35:36.65	00:35:50.45	+00:10:21 (29.1%)	4:27	13.5 (71.1%)
92	CIEĆWIERZ Michał	45		M 30-39 lat	26	00:00:08	00:35:42.35	00:35:51.10	+00:10:26 (29.3%)	4:27	13.4 (70.5%)
93	NAWROCKI Piotr	230		M 20-29 lat	10	00:00:11	00:35:40.20	00:35:52.10	+00:10:24 (29.2%)	4:27	13.5 (71.1%)
94	MARTSENIUK Volodymyr	212		M 20-29 lat	11	00:00:11	00:35:40.65	00:35:52.20	+00:10:25 (29.2%)	4:27	13.5 (71.1%)
95	SZLASA Marek	323		M 30-39 lat	24	00:00:46	00:35:09.60	00:35:56.45	+00:09:53 (28.2%)	4:23	13.7 (72.1%)
96	DĄBAL Marcin	407	BIEGIEM RADOM!	M 40-49 lat	34	00:00:08	00:35:50.10	00:35:58.70	+00:10:34 (29.5%)	4:28	13.4 (70.5%)
97	PRUSZYŃSKI Edward	273	KB OŻARÓW MAZOWIECKI BIEGA	M 50-59 lat	12	00:00:09	00:35:51.75	00:36:01.65	+00:10:36 (29.6%)	4:28	13.4 (70.5%)
98	GRYGIERCZYK Anna	471	PARKRUN PRUSZKÓW	K 40-49 lat	4	00:00:10	00:35:56.75	00:36:06.75	+00:10:41 (29.7%)	4:29	13.4 (70.5%)
98	GÓRKA Krzysztof	90		M 40-49 lat	33	00:00:18	00:35:48.10	00:36:06.75	+00:10:32 (29.4%)	4:28	13.4 (70.5%)
100	SZYMANIK Anna	331		K 15-19 lat	1	00:00:09	00:35:58.75	00:36:08.55	+00:10:43 (29.8%)	4:29	13.3 (70.0%)
101	KOWALSKI Mariusz	166		M 40-49 lat	35	00:00:16	00:35:51.95	00:36:08.55	+00:10:36 (29.6%)	4:28	13.4 (70.5%)
102	TRACZYK Przemysław	346	ASFALTLOVE DZIKI	M 30-39 lat	27	00:00:12	00:35:59.60	00:36:12.25	+00:10:43 (29.8%)	4:29	13.3 (70.0%)
103	MARSZAŁEK Marcin	211		M 30-39 lat	28	00:00:39	00:36:00.30	00:36:40.20	+00:10:44 (29.8%)	4:30	13.3 (70.0%)
104	SIDOROWICZ Grzegorz	456	UNIQA RUNNING TEAM	M 50-59 lat	13	00:00:06	00:36:04.35	00:36:10.70	+00:10:48 (30.0%)	4:30	13.3 (70.0%)
105	OSOWSKI Andrzej	243		M 40-49 lat	36	00:00:05	00:36:06.20	00:36:11.50	+00:10:50 (30.0%)	4:30	13.3 (70.0%)
106	WOJCIECHOWSKA-ZAJĄC Małgorzata	361	PAWKO RUNNER TEAM	K 30-39 lat	5	00:00:12	00:36:07.50	00:36:19.65	+00:10:51 (30.1%)	4:30	13.3 (70.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
107	<b>SKOCZYPIEC Antoni</b>	<b>413</b>		M 20-29 lat	12	00:00:17	<b>00:36:12.15</b>	<b>00:36:29.50</b>	+00:10:56 (30.2%)	4:31	13.3 (70.0%)
108	<b>RZYMOWSKA Krystyna</b>	<b>288</b>		K 50-59 lat	1	00:00:10	<b>00:36:18.15</b>	<b>00:36:28.25</b>	+00:11:02 (30.4%)	4:32	13.2 (69.5%)
109	<b>REMISZ Łukasz</b>	<b>279</b>		M 30-39 lat	29	00:00:19	<b>00:36:20.65</b>	<b>00:36:39.95</b>	+00:11:05 (30.5%)	4:32	13.2 (69.5%)
110	<b>WARZOCHA Michal</b>	<b>354</b>	SFS RUNNING	M 40-49 lat	37	00:00:19	<b>00:36:30.60</b>	<b>00:36:50.45</b>	+00:11:14 (30.8%)	4:33	13.2 (69.5%)
111	<b>PIOTRAK Marcin</b>	<b>264</b>		M 40-49 lat	38	00:00:11	<b>00:36:30.65</b>	<b>00:36:42.25</b>	+00:11:15 (30.8%)	4:33	13.2 (69.5%)
112	<b>SOŁTYSIAK Paweł</b>	<b>305</b>	KS POLONIA W-WA	M 40-49 lat	39	00:00:04	<b>00:36:31.35</b>	<b>00:36:35.55</b>	+00:11:15 (30.8%)	4:33	13.1 (68.9%)
113	<b>SZWACIŃSKI Andrzej</b>	<b>429</b>		M 30-39 lat	30	00:00:19	<b>00:36:33.90</b>	<b>00:36:53.40</b>	+00:11:18 (30.9%)	4:34	13.1 (68.9%)
114	<b>LENDZION Jarosław</b>	<b>189</b>	GRUPA BIEGOWA UM W-WA	M 40-49 lat	40	00:00:08	<b>00:36:34.10</b>	<b>00:36:43.00</b>	+00:11:18 (30.9%)	4:34	13.1 (68.9%)
115	<b>SIEJKA Mateusz</b>	<b>293</b>		M 40-49 lat	41	00:00:20	<b>00:36:35.40</b>	<b>00:36:55.40</b>	+00:11:19 (31.0%)	4:34	13.1 (68.9%)
116	<b>WIŚNIEWSKA Ewa</b>	<b>397</b>		K 50-59 lat	2	00:00:09	<b>00:36:36.10</b>	<b>00:36:45.25</b>	+00:11:20 (31.0%)	4:34	13.1 (68.9%)
117	<b>KĘDRA Mateusz</b>	<b>394</b>		M 30-39 lat	31	00:00:17	<b>00:36:38.15</b>	<b>00:36:55.65</b>	+00:11:22 (31.0%)	4:34	13.1 (68.9%)
118	<b>SPRAWKA Marta</b>	<b>308</b>		K 20-29 lat	3	00:00:08	<b>00:36:41.35</b>	<b>00:36:49.85</b>	+00:11:25 (31.1%)	4:35	13.1 (68.9%)
119	<b>MIKINA Artur</b>	<b>396</b>	GUNS N' ROSES RUN TEAM	M 60+	3	00:00:09	<b>00:36:44.90</b>	<b>00:36:54.70</b>	+00:11:29 (31.3%)	4:35	13.1 (68.9%)
120	<b>SZCZERBA Łukasz</b>	<b>439</b>		M 30-39 lat	32	00:00:38	<b>00:36:44.95</b>	<b>00:37:23.00</b>	+00:11:29 (31.3%)	4:35	13.1 (68.9%)
121	<b>IWAŃCZYK Grzegorz</b>	<b>114</b>		M 40-49 lat	42	00:00:09	<b>00:36:53.00</b>	<b>00:37:02.30</b>	+00:11:37 (31.5%)	4:36	13 (68.4%)
122	<b>TERESZCZUK Julia</b>	<b>340</b>		K 15-19 lat	2	00:00:02	<b>00:36:53.20</b>	<b>00:36:56.15</b>	+00:11:37 (31.5%)	4:36	13 (68.4%)
123	<b>OSTROWSKI Krzysztof</b>	<b>246</b>		M 20-29 lat	13	00:00:06	<b>00:36:59.10</b>	<b>00:37:05.55</b>	+00:11:43 (31.7%)	4:37	13 (68.4%)
124	<b>JAŁOSZYŃSKA Anna</b>	<b>116</b>	HACHI JUDO	K 20-29 lat	4	00:00:06	<b>00:36:59.50</b>	<b>00:37:05.55</b>	+00:11:43 (31.7%)	4:37	13 (68.4%)
125	<b>KWIATKOWSKA Renata</b>	<b>187</b>	KB OŻARÓW MAZOWIECKI BIEGA	K 50-59 lat	3	00:00:06	<b>00:37:01.60</b>	<b>00:37:08.25</b>	+00:11:45 (31.8%)	4:37	13 (68.4%)
126	<b>GÓRSKI Marcin</b>	<b>460</b>		M 40-49 lat	43	00:00:27	<b>00:37:02.45</b>	<b>00:37:29.90</b>	+00:11:46 (31.8%)	4:37	13 (68.4%)
127	<b>CHRZANOWSKI Wojciech</b>	<b>41</b>		M 30-39 lat	33	00:00:05	<b>00:37:03.20</b>	<b>00:37:08.70</b>	+00:11:47 (31.8%)	4:37	13 (68.4%)
128	<b>OWOC Tomasz</b>	<b>248</b>	PKO BANK POLSKI / NEW BALANCE RUN CLUB	M 50-59 lat	14	00:00:16	<b>00:37:06.40</b>	<b>00:37:23.00</b>	+00:11:50 (31.9%)	4:38	12.9 (67.9%)
129	<b>LEŚNIEWICZ-PARASZKA Danuta</b>	<b>191</b>	MINIONS SPEED TEAM	K 30-39 lat	6	00:00:04	<b>00:37:09.85</b>	<b>00:37:14.75</b>	+00:11:54 (32.0%)	4:38	12.9 (67.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
130	<b>SANTAREK Wojciech</b>	<b>292</b>		M 40-49 lat	44	00:00:23	<b>00:37:14.40</b>	<b>00:37:37.45</b>	+00:11:58 (32.2%)	4:39	12.9 (67.9%)
131	<b>PTASZNIK Maciej</b>	<b>275</b>	DOGOŃ GRODZISK MAZOWIECKI	M 40-49 lat	45	00:00:03	<b>00:37:15.45</b>	<b>00:37:19.40</b>	+00:11:59 (32.2%)	4:39	12.9 (67.9%)
132	<b>MATYSZCZAK Krzysztof</b>	<b>216</b>	KENKO	M 40-49 lat	46	00:00:35	<b>00:37:17.65</b>	<b>00:37:53.15</b>	+00:12:02 (32.3%)	4:39	12.9 (67.9%)
133	<b>PNIEWSKA Edyta</b>	<b>462</b>	LUX MED	K 40-49 lat	5	00:00:28	<b>00:37:20.90</b>	<b>00:37:48.95</b>	+00:12:05 (32.4%)	4:40	12.9 (67.9%)
134	<b>BEREDA Krzysztof</b>	<b>19</b>	KAZIKI	M 50-59 lat	15	00:00:30	<b>00:37:21.30</b>	<b>00:37:52.00</b>	+00:12:05 (32.4%)	4:40	12.9 (67.9%)
135	<b>ORABCZYK Szymon</b>	<b>597</b>		M 60+	4	00:00:05	<b>00:37:21.65</b>	<b>00:37:27.55</b>	+00:12:06 (32.4%)	4:40	12.9 (67.9%)
136	<b>STRZELCZYK Marta</b>	<b>314</b>		K 30-39 lat	7	00:00:15	<b>00:37:23.15</b>	<b>00:37:38.15</b>	+00:12:07 (32.4%)	4:40	12.8 (67.4%)
137	<b>APANOWICZ Angelika</b>	<b>11</b>		K 40-49 lat	6	00:00:14	<b>00:37:23.40</b>	<b>00:37:37.70</b>	+00:12:07 (32.4%)	4:40	12.8 (67.4%)
138	<b>GONCERZEWICZ Anna</b>	<b>85</b>	STARE BABICE BIEGAJĄ	K 30-39 lat	8	00:00:12	<b>00:37:24.80</b>	<b>00:37:37.55</b>	+00:12:09 (32.5%)	4:40	12.8 (67.4%)
139	<b>JODŁOWSKI Grzegorz</b>	<b>124</b>		M 40-49 lat	47	00:00:11	<b>00:37:25.40</b>	<b>00:37:37.25</b>	+00:12:09 (32.5%)	4:40	12.8 (67.4%)
140	<b>TOMASIAK Cezary</b>	<b>344</b>	BEMOWOBIEGA	M 50-59 lat	16	00:00:09	<b>00:37:26.15</b>	<b>00:37:35.85</b>	+00:12:10 (32.5%)	4:40	12.8 (67.4%)
141	<b>GOLEBIEWSKI Michal</b>	<b>81</b>	TEAM ZABIEGANEDNI	M 40-49 lat	48	00:00:34	<b>00:37:30.60</b>	<b>00:38:04.65</b>	+00:12:14 (32.7%)	4:41	12.8 (67.4%)
142	<b>GRYMUZA Jacek</b>	<b>98</b>	CRAZY HORNET	M 30-39 lat	34	00:00:10	<b>00:37:31.75</b>	<b>00:37:42.65</b>	+00:12:16 (32.7%)	4:41	12.8 (67.4%)
142	<b>WILK Daniel</b>	<b>358</b>	GRUPA BIEGOWA UM W-WA	M 30-39 lat	35	00:00:31	<b>00:37:31.75</b>	<b>00:38:03.15</b>	+00:12:16 (32.7%)	4:41	12.8 (67.4%)
144	<b>SZUMSKI Maciej</b>	<b>328</b>	JW2414	M 30-39 lat	36	00:00:41	<b>00:37:36.20</b>	<b>00:38:17.40</b>	+00:12:20 (32.8%)	4:42	12.8 (67.4%)
145	<b>SPRAWKA Joanna</b>	<b>307</b>	PCH_RUN	K 30-39 lat	9	00:00:26	<b>00:37:37.50</b>	<b>00:38:04.35</b>	+00:12:21 (32.9%)	4:42	12.8 (67.4%)
146	<b>TULIK Przemysław</b>	<b>348</b>		M 50-59 lat	17	00:00:12	<b>00:37:43.75</b>	<b>00:37:55.90</b>	+00:12:28 (33.0%)	4:42	12.7 (66.8%)
147	<b>DĘBSKI Andrzej</b>	<b>56</b>		M 40-49 lat	49	00:00:07	<b>00:37:45.60</b>	<b>00:37:52.90</b>	+00:12:29 (33.1%)	4:43	12.7 (66.8%)
148	<b>SOLIWODA Mirosław</b>	<b>304</b>		M 40-49 lat	50	00:00:12	<b>00:37:45.90</b>	<b>00:37:58.65</b>	+00:12:30 (33.1%)	4:43	12.7 (66.8%)
149	<b>DRZEWIECKI Marek</b>	<b>61</b>		M 40-49 lat	51	00:00:04	<b>00:37:49.40</b>	<b>00:37:54.25</b>	+00:12:33 (33.2%)	4:43	12.7 (66.8%)
150	<b>SZEWCZYK Jacek</b>	<b>322</b>		M 40-49 lat	52	00:00:25	<b>00:37:52.05</b>	<b>00:38:17.25</b>	+00:12:36 (33.3%)	4:44	12.7 (66.8%)
151	<b>ROSTKOWSKI Bartosz</b>	<b>283</b>		M 40-49 lat	53	00:00:13	<b>00:37:53.95</b>	<b>00:38:07.20</b>	+00:12:38 (33.3%)	4:44	12.7 (66.8%)
152	<b>ZGIERUN Paweł</b>	<b>378</b>		M 30-39 lat	37	00:00:17	<b>00:37:58.25</b>	<b>00:38:15.75</b>	+00:12:42 (33.5%)	4:44	12.6 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
153	<b>SZEWCUK Szymon</b>	<b>583</b>		M 20-29 lat	14	00:00:35	<b>00:37:59.05</b>	<b>00:38:34.35</b>	+00:12:43 (33.5%)	4:44	12.6 (66.3%)
154	<b>GUZOWSKI Tomasz</b>	<b>100</b>	OX2	M 40-49 lat	54	00:00:14	<b>00:37:59.35</b>	<b>00:38:13.75</b>	+00:12:43 (33.5%)	4:44	12.6 (66.3%)
155	<b>OSTROWSKI Kacper</b>	<b>245</b>		M 30-39 lat	38	00:00:31	<b>00:37:59.80</b>	<b>00:38:31.35</b>	+00:12:44 (33.5%)	4:44	12.6 (66.3%)
156	<b>GOĆŁOWSKI Cezary</b>	<b>389</b>	GRUPA BIEGOWA UM W-WA	M 40-49 lat	55	00:00:08	<b>00:38:01.85</b>	<b>00:38:09.90</b>	+00:12:46 (33.6%)	4:45	12.6 (66.3%)
157	<b>GDAŃSKI Michał</b>	<b>425</b>		M 30-39 lat	39	00:00:08	<b>00:38:02.05</b>	<b>00:38:10.25</b>	+00:12:46 (33.6%)	4:45	12.6 (66.3%)
158	<b>CLAJOT Fabian</b>	<b>47</b>	FC GRABOWA	M 20-29 lat	15	00:00:23	<b>00:38:04.75</b>	<b>00:38:28.05</b>	+00:12:49 (33.7%)	4:45	12.6 (66.3%)
159	<b>BIAŁECKA Urszula</b>	<b>452</b>	UNIQA RUNNING TEAM	K 30-39 lat	10	00:00:06	<b>00:38:10.75</b>	<b>00:38:16.80</b>	+00:12:55 (33.8%)	4:46	12.6 (66.3%)
160	<b>OSTASZEWSKI Jakub</b>	<b>244</b>		M 50-59 lat	18	00:00:14	<b>00:38:11.15</b>	<b>00:38:25.55</b>	+00:12:55 (33.8%)	4:46	12.6 (66.3%)
161	<b>ŚWINIARSKI Mariusz</b>	<b>337</b>	FITERROR TEAM	M 40-49 lat	56	00:00:38	<b>00:38:11.35</b>	<b>00:38:50.10</b>	+00:12:55 (33.9%)	4:46	12.6 (66.3%)
162	<b>PARZNIEWSKI Maciej</b>	<b>254</b>	TOWARZYSTWO TURYSTYCZNE AKS POLONIA WARSZAWA	M 30-39 lat	40	00:00:23	<b>00:38:14.50</b>	<b>00:38:38.00</b>	+00:12:58 (33.9%)	4:46	12.6 (66.3%)
163	<b>SIESS Jarosław</b>	<b>298</b>		M 60+	5	00:00:11	<b>00:38:14.65</b>	<b>00:38:26.20</b>	+00:12:59 (33.9%)	4:46	12.6 (66.3%)
164	<b>GRABOWIEC-ALIKOWSKA Renata</b>	<b>91</b>		K 40-49 lat	7	00:00:08	<b>00:38:15.80</b>	<b>00:38:24.35</b>	+00:13:00 (34.0%)	4:46	12.5 (65.8%)
165	<b>SZADKOWSKI Piotr</b>	<b>317</b>		M 40-49 lat	57	00:00:19	<b>00:38:16.00</b>	<b>00:38:35.55</b>	+00:13:00 (34.0%)	4:47	12.5 (65.8%)
166	<b>LIPSKI Maciej</b>	<b>195</b>		M 30-39 lat	41	00:00:17	<b>00:38:16.05</b>	<b>00:38:33.45</b>	+00:13:00 (34.0%)	4:47	12.5 (65.8%)
167	<b>PIETRUSZEWSKI Krystian</b>	<b>262</b>		M 20-29 lat	16	00:00:21	<b>00:38:19.40</b>	<b>00:38:40.75</b>	+00:13:03 (34.1%)	4:47	12.5 (65.8%)
168	<b>PLIŃSKI Maciej</b>	<b>403</b>		M 40-49 lat	58	00:00:44	<b>00:38:19.95</b>	<b>00:39:04.35</b>	+00:13:04 (34.1%)	4:47	12.5 (65.8%)
169	<b>TOMASZEWSKI Ryszard</b>	<b>345</b>		M 30-39 lat	42	00:00:09	<b>00:38:24.65</b>	<b>00:38:33.75</b>	+00:13:09 (34.2%)	4:48	12.5 (65.8%)
170	<b>GRYCNER Paweł</b>	<b>97</b>		M 30-39 lat	43	00:00:15	<b>00:38:27.40</b>	<b>00:38:43.30</b>	+00:13:11 (34.3%)	4:48	12.5 (65.8%)
171	<b>KUSY Marcin</b>	<b>183</b>		M 40-49 lat	59	00:00:06	<b>00:38:30.10</b>	<b>00:38:36.85</b>	+00:13:14 (34.4%)	4:48	12.5 (65.8%)
172	<b>TERESZCZUK Joanna</b>	<b>470</b>		K 40-49 lat	8	00:00:10	<b>00:38:30.30</b>	<b>00:38:40.75</b>	+00:13:14 (34.4%)	4:48	12.5 (65.8%)
173	<b>GÓRAL Tadeusz</b>	<b>86</b>	KKB	M 50-59 lat	19	00:00:06	<b>00:38:32.90</b>	<b>00:38:39.05</b>	+00:13:17 (34.5%)	4:49	12.5 (65.8%)
174	<b>JABŁONKA Radek</b>	<b>115</b>	DZIADY OCR	M 40-49 lat	60	00:00:12	<b>00:38:33.75</b>	<b>00:38:45.95</b>	+00:13:18 (34.5%)	4:49	12.5 (65.8%)
175	<b>KOWALSKI Tomasz</b>	<b>167</b>	12TRI.PL	M 40-49 lat	61	00:00:15	<b>00:38:42.25</b>	<b>00:38:57.75</b>	+00:13:26 (34.7%)	4:50	12.4 (65.3%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
176	<b>BUJALSKA Agata</b>	<b>443</b>		K 30-39 lat	11	00:00:14	<b>00:38:45.20</b>	<b>00:38:59.40</b>	+00:13:29 (34.8%)	4:50	12.4 (65.3%)
177	<b>KOTAS Wojciech</b>	<b>427</b>	EDC RUNNERS	M 40-49 lat	62	00:00:20	<b>00:38:45.25</b>	<b>00:39:05.65</b>	+00:13:29 (34.8%)	4:50	12.4 (65.3%)
178	<b>FILIPOWICZ Natalia</b>	<b>72</b>		K 30-39 lat	12	00:00:07	<b>00:38:52.80</b>	<b>00:38:59.95</b>	+00:13:37 (35.0%)	4:51	12.3 (64.7%)
179	<b>KUBISA Michał</b>	<b>176</b>		M 20-29 lat	17	00:00:10	<b>00:38:56.60</b>	<b>00:39:06.80</b>	+00:13:40 (35.1%)	4:52	12.3 (64.7%)
180	<b>DZIARNOWSKI Włodek</b>	<b>67</b>	BIEGAMPŁOCK TEAM	M 60+	6	00:00:11	<b>00:38:56.75</b>	<b>00:39:08.60</b>	+00:13:41 (35.1%)	4:52	12.3 (64.7%)
181	<b>TULA Renata</b>	<b>347</b>		70+	1	00:00:10	<b>00:38:57.00</b>	<b>00:39:07.30</b>	+00:13:41 (35.1%)	4:52	12.3 (64.7%)
182	<b>STASZEWSKI Jarosław</b>	<b>309</b>		M 30-39 lat	44	00:00:10	<b>00:38:59.60</b>	<b>00:39:09.90</b>	+00:13:43 (35.2%)	4:52	12.3 (64.7%)
183	<b>KLIMEK Arkadiusz</b>	<b>146</b>		M 50-59 lat	20	00:00:30	<b>00:39:03.40</b>	<b>00:39:33.60</b>	+00:13:47 (35.3%)	4:52	12.3 (64.7%)
184	<b>MATEJAK Katarzyna</b>	<b>213</b>		K 40-49 lat	9	00:00:08	<b>00:39:03.60</b>	<b>00:39:11.65</b>	+00:13:47 (35.3%)	4:52	12.3 (64.7%)
185	<b>KOŃSKI Mariusz</b>	<b>157</b>	PALESTRA	M 30-39 lat	45	00:00:16	<b>00:39:04.10</b>	<b>00:39:20.85</b>	+00:13:48 (35.3%)	4:53	12.3 (64.7%)
186	<b>KOWALCZYK Krzysztof</b>	<b>162</b>		M 40-49 lat	63	00:00:10	<b>00:39:09.10</b>	<b>00:39:19.85</b>	+00:13:53 (35.5%)	4:53	12.3 (64.7%)
187	<b>PIOTROWSKA Edyta</b>	<b>266</b>	BRACTWO BIEGOWE BGK	K 40-49 lat	10	00:00:34	<b>00:39:11.60</b>	<b>00:39:46.10</b>	+00:13:55 (35.5%)	4:53	12.3 (64.7%)
188	<b>STĘPKA Sylwia</b>	<b>311</b>		K 30-39 lat	13	00:00:12	<b>00:39:12.00</b>	<b>00:39:24.65</b>	+00:13:56 (35.6%)	4:54	12.2 (64.2%)
189	<b>PRĘGOWSKI Bartosz</b>	<b>272</b>		M 20-29 lat	18	00:00:12	<b>00:39:13.30</b>	<b>00:39:26.20</b>	+00:13:57 (35.6%)	4:54	12.2 (64.2%)
190	<b>SZYMANSKI Irek</b>	<b>332</b>	TOGETHER WITH YOU RUN TEAM	M 60+	7	00:00:09	<b>00:39:14.20</b>	<b>00:39:23.30</b>	+00:13:58 (35.6%)	4:54	12.2 (64.2%)
191	<b>HABDAS Damian</b>	<b>101</b>		M 30-39 lat	46	00:00:41	<b>00:39:15.05</b>	<b>00:39:56.70</b>	+00:13:59 (35.6%)	4:54	12.2 (64.2%)
192	<b>GORSKA Malgorzata</b>	<b>444</b>		K 30-39 lat	14	00:00:12	<b>00:39:15.80</b>	<b>00:39:28.00</b>	+00:14:00 (35.7%)	4:54	12.2 (64.2%)
193	<b>NAWROCKA Roma</b>	<b>229</b>	GRUPA BIEGOWA UM W-WA	K 40-49 lat	11	00:00:11	<b>00:39:15.90</b>	<b>00:39:27.30</b>	+00:14:00 (35.7%)	4:54	12.2 (64.2%)
194	<b>ŚWIĘTOCHOWSKI Jarosław</b>	<b>336</b>	BESTIE OCR LEGIONOWO	M 20-29 lat	19	00:00:11	<b>00:39:16.00</b>	<b>00:39:27.40</b>	+00:14:00 (35.7%)	4:54	12.2 (64.2%)
195	<b>WĘCŁAWSKI Grzegorz</b>	<b>357</b>		M 50-59 lat	21	00:00:31	<b>00:39:19.55</b>	<b>00:39:51.35</b>	+00:14:03 (35.8%)	4:54	12.2 (64.2%)
196	<b>LIBERADZKA Magdalena</b>	<b>194</b>		K 40-49 lat	12	00:00:35	<b>00:39:21.15</b>	<b>00:39:56.25</b>	+00:14:05 (35.8%)	4:55	12.2 (64.2%)
197	<b>SZCZEPAŃSKI Adam</b>	<b>319</b>		M 20-29 lat	20	00:00:21	<b>00:39:25.10</b>	<b>00:39:46.10</b>	+00:14:09 (35.9%)	4:55	12.2 (64.2%)
198	<b>DEJKO Wiktoria</b>	<b>422</b>	LUBELSKIBIEACZ.PLTEAM	K 15-19 lat	3	00:00:16	<b>00:39:28.25</b>	<b>00:39:44.70</b>	+00:14:12 (36.0%)	4:56	12.2 (64.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
199	<b>POPIEC Antoni</b>	<b>593</b>		M 15-19 lat	5	00:00:37	<b>00:39:28.85</b>	<b>00:40:05.90</b>	+00:14:13 (36.0%)	4:56	12.2 (64.2%)
200	<b>NABIAŁCZYK Sylwester</b>	<b>405</b>	JAJA KÓŻE Z WOLNEGO WYBIEGÓ	M 40-49 lat	64	00:00:15	<b>00:39:30.65</b>	<b>00:39:46.30</b>	+00:14:15 (36.1%)	4:56	12.2 (64.2%)
201	<b>WĄDOŁOWSKI Sylwestet</b>	<b>409</b>		M 40-49 lat	65	00:00:26	<b>00:39:32.70</b>	<b>00:39:58.70</b>	+00:14:17 (36.1%)	4:56	12.1 (63.7%)
202	<b>PRZYCHODZEŃ Karol</b>	<b>274</b>		M 30-39 lat	47	00:00:23	<b>00:39:33.75</b>	<b>00:39:56.90</b>	+00:14:18 (36.1%)	4:56	12.1 (63.7%)
203	<b>KOSMALA Dariusz</b>	<b>160</b>		M 50-59 lat	22	00:00:05	<b>00:39:35.80</b>	<b>00:39:41.35</b>	+00:14:20 (36.2%)	4:56	12.1 (63.7%)
204	<b>GALA Kamila</b>	<b>76</b>	NAPRZÓD MŁOCINY	K 40-49 lat	13	00:00:18	<b>00:39:36.00</b>	<b>00:39:54.45</b>	+00:14:20 (36.2%)	4:57	12.1 (63.7%)
205	<b>PASZKOWSKI Konrad</b>	<b>255</b>	SOLANIN	M 30-39 lat	48	00:00:21	<b>00:39:36.65</b>	<b>00:39:58.00</b>	+00:14:21 (36.2%)	4:57	12.1 (63.7%)
206	<b>RESIAK Maciej</b>	<b>280</b>		M 30-39 lat	49	00:00:07	<b>00:39:37.20</b>	<b>00:39:44.90</b>	+00:14:21 (36.2%)	4:57	12.1 (63.7%)
207	<b>ŁYSIAK Mateusz</b>	<b>197</b>		M 20-29 lat	21	00:00:12	<b>00:39:45.30</b>	<b>00:39:57.90</b>	+00:14:29 (36.5%)	4:58	12.1 (63.7%)
208	<b>BALICKA Aneta</b>	<b>14</b>	DHL	K 40-49 lat	14	00:00:20	<b>00:39:45.35</b>	<b>00:40:05.65</b>	+00:14:29 (36.5%)	4:58	12.1 (63.7%)
209	<b>SUJKOWSKA Paulina</b>	<b>315</b>		K 30-39 lat	15	00:00:24	<b>00:39:45.75</b>	<b>00:40:10.45</b>	+00:14:30 (36.5%)	4:58	12.1 (63.7%)
210	<b>DĄBROWSKI Marcin</b>	<b>54</b>		M 30-39 lat	50	00:00:22	<b>00:39:46.45</b>	<b>00:40:08.75</b>	+00:14:30 (36.5%)	4:58	12.1 (63.7%)
211	<b>KARASIEWICZ Katarzyna</b>	<b>132</b>		K 50-59 lat	4	00:00:05	<b>00:39:46.65</b>	<b>00:39:52.55</b>	+00:14:31 (36.5%)	4:58	12.1 (63.7%)
212	<b>CHRZAŚTOWSKA Kamila</b>	<b>42</b>		K 30-39 lat	16	00:00:13	<b>00:39:47.85</b>	<b>00:40:00.95</b>	+00:14:32 (36.5%)	4:58	12.1 (63.7%)
213	<b>SCHWOCH Daniel</b>	<b>468</b>		M 40-49 lat	66	00:00:09	<b>00:39:48.60</b>	<b>00:39:58.20</b>	+00:14:32 (36.5%)	4:58	12.1 (63.7%)
214	<b>DZIARNOWSKA Magda</b>	<b>66</b>	MECHANIKA ZDROWIA	K 30-39 lat	17	00:00:11	<b>00:39:55.40</b>	<b>00:40:07.10</b>	+00:14:39 (36.7%)	4:59	12 (63.2%)
215	<b>SIENKIEWICZ Piotr</b>	<b>297</b>		M 40-49 lat	67	00:00:42	<b>00:39:56.85</b>	<b>00:40:39.00</b>	+00:14:41 (36.8%)	4:59	12 (63.2%)
216	<b>RUDNIK Jarosław</b>	<b>284</b>		M 40-49 lat	68	00:00:24	<b>00:39:56.90</b>	<b>00:40:21.35</b>	+00:14:41 (36.8%)	4:59	12 (63.2%)
217	<b>RADZIKOWSKI Franek</b>	<b>277</b>		M 50-59 lat	23	00:00:31	<b>00:39:57.25</b>	<b>00:40:28.65</b>	+00:14:41 (36.8%)	4:59	12 (63.2%)
218	<b>ZAKRZEWSKI Michał</b>	<b>400</b>		M 30-39 lat	51	00:00:28	<b>00:39:58.65</b>	<b>00:40:27.00</b>	+00:14:43 (36.8%)	4:59	12 (63.2%)
219	<b>GROCHOWSKI Andrzej</b>	<b>408</b>	KP PIASTÓW	M 40-49 lat	69	00:00:25	<b>00:39:59.60</b>	<b>00:40:25.20</b>	+00:14:43 (36.8%)	4:59	12 (63.2%)
220	<b>FLOREK Małgorzata</b>	<b>73</b>		K 30-39 lat	18	00:00:33	<b>00:40:00.55</b>	<b>00:40:34.10</b>	+00:14:44 (36.9%)	5:00	12 (63.2%)
221	<b>BANASIK-URBANOWSKA Katarzyna</b>	<b>15</b>	GRUPA BIEGOWA UM W-WA	K 30-39 lat	19	00:00:30	<b>00:40:06.00</b>	<b>00:40:36.90</b>	+00:14:50 (37.0%)	5:00	12 (63.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
222	<b>PASZKOWSKI Michal</b>	<b>404</b>	SOLANIN FILM FESTIWAL	M 30-39 lat	52	00:00:21	<b>00:40:11.75</b>	<b>00:40:33.55</b>	+00:14:56 (37.2%)	5:01	11.9 (62.6%)
223	<b>ORNOWSKA Joanna</b>	<b>241</b>		K 20-29 lat	5	00:00:15	<b>00:40:12.00</b>	<b>00:40:27.90</b>	+00:14:56 (37.2%)	5:01	11.9 (62.6%)
224	<b>PIASECKI Rafał</b>	<b>259</b>	PARÓWY WWA	M 30-39 lat	53	00:00:30	<b>00:40:21.30</b>	<b>00:40:51.95</b>	+00:15:05 (37.4%)	5:02	11.9 (62.6%)
225	<b>SŁOWIK Paweł</b>	<b>300</b>	PARÓWY WWA	M 30-39 lat	54	00:00:30	<b>00:40:21.35</b>	<b>00:40:52.30</b>	+00:15:05 (37.4%)	5:02	11.9 (62.6%)
226	<b>FREITYS Luis</b>	<b>555</b>	WOLNA WENEZUELA	M 60+	8	00:00:18	<b>00:40:23.80</b>	<b>00:40:42.15</b>	+00:15:08 (37.5%)	5:02	11.9 (62.6%)
227	<b>WRÓBLEWSKI Kacper</b>	<b>369</b>		M 20-29 lat	22	00:00:43	<b>00:40:27.70</b>	<b>00:41:10.75</b>	+00:15:12 (37.6%)	5:03	11.9 (62.6%)
228	<b>GNIADZIK Rafał</b>	<b>79</b>	KOMENDA STOŁECZNA POLICJI W WARSZAWIE	M 40-49 lat	70	00:00:22	<b>00:40:36.65</b>	<b>00:40:58.75</b>	+00:15:21 (37.8%)	5:04	11.8 (62.1%)
229	<b>HOROŚ Łukasz</b>	<b>108</b>		M 20-29 lat	23	00:00:22	<b>00:40:40.45</b>	<b>00:41:03.30</b>	+00:15:24 (37.9%)	5:05	11.8 (62.1%)
230	<b>MASENEK Aneta</b>	<b>440</b>		K 30-39 lat	20	00:00:25	<b>00:40:50.45</b>	<b>00:41:16.05</b>	+00:15:34 (38.1%)	5:06	11.8 (62.1%)
231	<b>SIEMBAB Paweł</b>	<b>294</b>		M 20-29 lat	24	00:00:40	<b>00:40:51.25</b>	<b>00:41:31.55</b>	+00:15:35 (38.2%)	5:06	11.8 (62.1%)
232	<b>JAWORSKI Łukasz</b>	<b>122</b>		M 30-39 lat	55	00:00:09	<b>00:40:52.00</b>	<b>00:41:01.40</b>	+00:15:36 (38.2%)	5:06	11.7 (61.6%)
233	<b>KNAPIK Paweł</b>	<b>149</b>		M 40-49 lat	71	00:00:28	<b>00:41:02.65</b>	<b>00:41:31.15</b>	+00:15:47 (38.5%)	5:07	11.7 (61.6%)
234	<b>KOŁUCKI Stefan</b>	<b>156</b>	SFORA BMK	M 30-39 lat	56	00:00:33	<b>00:41:04.00</b>	<b>00:41:37.30</b>	+00:15:48 (38.5%)	5:08	11.7 (61.6%)
235	<b>DĄBROWSKI Emil</b>	<b>52</b>		M 30-39 lat	57	00:00:36	<b>00:41:04.40</b>	<b>00:41:41.35</b>	+00:15:48 (38.5%)	5:08	11.7 (61.6%)
236	<b>KISZCZYC Artur</b>	<b>141</b>		M 50-59 lat	24	00:00:29	<b>00:41:05.75</b>	<b>00:41:34.80</b>	+00:15:50 (38.5%)	5:08	11.7 (61.6%)
237	<b>SYNOWIEC Dorota</b>	<b>316</b>		K 40-49 lat	15	00:00:38	<b>00:41:07.95</b>	<b>00:41:46.85</b>	+00:15:52 (38.6%)	5:08	11.7 (61.6%)
238	<b>LAMPARSKI Łukasz</b>	<b>454</b>	UNIQA RUNING TEAM	M 30-39 lat	58	00:00:29	<b>00:41:09.20</b>	<b>00:41:38.80</b>	+00:15:53 (38.6%)	5:08	11.7 (61.6%)
239	<b>AUGUSTYNIAK Ewelina</b>	<b>13</b>		K 30-39 lat	21	00:00:29	<b>00:41:12.40</b>	<b>00:41:41.45</b>	+00:15:56 (38.7%)	5:09	11.7 (61.6%)
240	<b>BORUSZEWSKI Maciej</b>	<b>25</b>		M 40-49 lat	72	00:00:30	<b>00:41:13.30</b>	<b>00:41:43.30</b>	+00:15:57 (38.7%)	5:09	11.6 (61.1%)
241	<b>JAWOREK Krzysztof</b>	<b>121</b>		M 30-39 lat	59	00:00:37	<b>00:41:16.10</b>	<b>00:41:53.50</b>	+00:16:00 (38.8%)	5:09	11.6 (61.1%)
242	<b>KACZMARSKI Mateusz</b>	<b>447</b>		M 20-29 lat	25	00:00:39	<b>00:41:16.90</b>	<b>00:41:56.70</b>	+00:16:01 (38.8%)	5:09	11.6 (61.1%)
243	<b>KUCHTA Zuzanna</b>	<b>178</b>		K 15-19 lat	4	00:00:15	<b>00:41:18.50</b>	<b>00:41:33.80</b>	+00:16:02 (38.8%)	5:09	11.6 (61.1%)
244	<b>TOKARSKA Weronika</b>	<b>343</b>		K 15-19 lat	5	00:00:14	<b>00:41:19.05</b>	<b>00:41:33.85</b>	+00:16:03 (38.9%)	5:09	11.6 (61.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
245	<b>FIJAŁKOWSKA Aleksandra</b>	<b>594</b>	BESTIE OCR LEGIONOWO	K 30-39 lat	22	00:00:10	<b>00:41:19.15</b>	<b>00:41:30.05</b>	+00:16:03 (38.9%)	5:09	11.6 (61.1%)
246	<b>MATEŃKA Piotr</b>	<b>214</b>	DYSPOZYCJA DNIA TEAM	M 40-49 lat	73	00:00:09	<b>00:41:19.85</b>	<b>00:41:29.25</b>	+00:16:04 (38.9%)	5:09	11.6 (61.1%)
247	<b>UZIEMBŁO Katarzyna</b>	<b>351</b>		K 30-39 lat	23	00:00:26	<b>00:41:23.00</b>	<b>00:41:49.55</b>	+00:16:07 (39.0%)	5:10	11.6 (61.1%)
248	<b>SANIEWSKI Sebastian</b>	<b>291</b>		M 30-39 lat	60	00:00:38	<b>00:41:23.65</b>	<b>00:42:01.65</b>	+00:16:08 (39.0%)	5:10	11.6 (61.1%)
249	<b>FIJAŁEK Kamil</b>	<b>428</b>		M 30-39 lat	61	00:00:32	<b>00:41:24.75</b>	<b>00:41:57.15</b>	+00:16:09 (39.0%)	5:10	11.6 (61.1%)
250	<b>NIEWIŃSKI Jan</b>	<b>421</b>	FITTERROR TEAM	M 40-49 lat	74	00:00:39	<b>00:41:25.20</b>	<b>00:42:04.40</b>	+00:16:09 (39.0%)	5:10	11.6 (61.1%)
251	<b>WRZESIĘŃ Kamil</b>	<b>467</b>	SOFTBLUE RUN CLUB	M 40-49 lat	75	00:00:19	<b>00:41:25.75</b>	<b>00:41:45.60</b>	+00:16:10 (39.0%)	5:10	11.6 (61.1%)
252	<b>MACIAK Andrzej</b>	<b>415</b>		M 40-49 lat	76	00:00:13	<b>00:41:27.45</b>	<b>00:41:40.90</b>	+00:16:11 (39.1%)	5:10	11.6 (61.1%)
253	<b>HANSDORFER Franciszek</b>	<b>423</b>		M 15-19 lat	6	00:00:32	<b>00:41:35.40</b>	<b>00:42:08.25</b>	+00:16:19 (39.3%)	5:11	11.5 (60.5%)
254	<b>GUZIK Justyna</b>	<b>99</b>		K 30-39 lat	24	00:00:24	<b>00:41:38.70</b>	<b>00:42:03.20</b>	+00:16:23 (39.3%)	5:12	11.5 (60.5%)
255	<b>CIBORSKA Agnieszka</b>	<b>44</b>		K 40-49 lat	16	00:00:10	<b>00:41:40.50</b>	<b>00:41:51.25</b>	+00:16:24 (39.4%)	5:12	11.5 (60.5%)
256	<b>HARABIN Justyna</b>	<b>103</b>		K 30-39 lat	25	00:00:31	<b>00:41:42.10</b>	<b>00:42:13.70</b>	+00:16:26 (39.4%)	5:12	11.5 (60.5%)
257	<b>KOŁODZIEJSKA Iwona</b>	<b>153</b>		K 40-49 lat	17	00:00:22	<b>00:41:44.15</b>	<b>00:42:06.60</b>	+00:16:28 (39.5%)	5:13	11.5 (60.5%)
258	<b>BORYSZKOWSKA Iwona</b>	<b>26</b>	12TRI	K 40-49 lat	18	00:00:07	<b>00:41:45.40</b>	<b>00:41:53.00</b>	+00:16:29 (39.5%)	5:13	11.5 (60.5%)
259	<b>GÓRKA Krzysztof</b>	<b>419</b>		M 30-39 lat	62	00:00:22	<b>00:41:45.80</b>	<b>00:42:08.35</b>	+00:16:30 (39.5%)	5:13	11.5 (60.5%)
260	<b>SZYMANIK Lidia</b>	<b>330</b>		K 40-49 lat	19	00:00:27	<b>00:41:50.00</b>	<b>00:42:17.45</b>	+00:16:34 (39.6%)	5:13	11.5 (60.5%)
261	<b>SZELWACHOWSKI Dariusz</b>	<b>321</b>		M 50-59 lat	25	00:00:08	<b>00:41:50.70</b>	<b>00:41:59.25</b>	+00:16:35 (39.6%)	5:13	11.5 (60.5%)
262	<b>PETRYKA Wojciech</b>	<b>258</b>		M 50-59 lat	26	00:00:11	<b>00:41:51.00</b>	<b>00:42:02.10</b>	+00:16:35 (39.6%)	5:13	11.5 (60.5%)
263	<b>ŚWIĄTEK Paulina</b>	<b>335</b>		K 20-29 lat	6	00:00:33	<b>00:41:55.50</b>	<b>00:42:28.65</b>	+00:16:39 (39.7%)	5:14	11.5 (60.5%)
264	<b>TAUSZYŃSKI Tomasz</b>	<b>338</b>		M 50-59 lat	27	00:00:29	<b>00:41:55.75</b>	<b>00:42:25.30</b>	+00:16:40 (39.8%)	5:14	11.5 (60.5%)
265	<b>KORDALSKI Emil</b>	<b>159</b>		M 30-39 lat	63	00:00:23	<b>00:41:57.90</b>	<b>00:42:20.95</b>	+00:16:42 (39.8%)	5:14	11.4 (60.0%)
266	<b>SADOWY Emilian</b>	<b>290</b>	SADOWY	M 20-29 lat	26	00:00:16	<b>00:41:59.05</b>	<b>00:42:15.95</b>	+00:16:43 (39.8%)	5:14	11.4 (60.0%)
267	<b>KUŹNIAK Martyna</b>	<b>185</b>		K 40-49 lat	20	00:00:27	<b>00:41:59.85</b>	<b>00:42:26.85</b>	+00:16:44 (39.9%)	5:14	11.4 (60.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
268	KARPIŃSKA Hanna	426		K 30-39 lat	26	00:00:36	00:42:05.40	00:42:42.00	+00:16:49 (40.0%)	5:15	11.4 (60.0%)
269	NOWACZEK Grzegorz	233	ROZBIEGANY SULEJÓWEK	M 50-59 lat	28	00:00:26	00:42:06.65	00:42:33.25	+00:16:51 (40.0%)	5:15	11.4 (60.0%)
270	KUNKA Andrzej	180		M 30-39 lat	64	00:00:17	00:42:09.50	00:42:26.55	+00:16:53 (40.1%)	5:16	11.4 (60.0%)
271	LEWANDOWSKA Joanna	192		K 50-59 lat	5	00:00:29	00:42:15.55	00:42:44.80	+00:16:59 (40.2%)	5:16	11.4 (60.0%)
272	WCISŁO Marcin	355		M 40-49 lat	77	00:00:09	00:42:16.55	00:42:25.95	+00:17:00 (40.2%)	5:17	11.4 (60.0%)
273	LEKI Robert	406	BEMOWO BIEGA	M 40-49 lat	78	00:00:25	00:42:17.50	00:42:43.10	+00:17:01 (40.3%)	5:17	11.4 (60.0%)
274	DZWONKOWSKA-SMOŁKO Sylwia	437		K 40-49 lat	21	00:00:03	00:42:20.70	00:42:23.95	+00:17:05 (40.3%)	5:17	11.3 (59.5%)
275	TRZCIŃSKI Marcin	457	LUXMED	M 40-49 lat	79	00:00:28	00:42:21.70	00:42:50.35	+00:17:06 (40.4%)	5:17	11.3 (59.5%)
276	BRODZIUK Anna	27	GRUPA BIEGOWA UM W-WA	K 40-49 lat	22	00:00:20	00:42:23.15	00:42:43.65	+00:17:07 (40.4%)	5:17	11.3 (59.5%)
277	KOZAK Maryla	461	ROZBIEGANY LUX MED	K 40-49 lat	23	00:00:29	00:42:24.20	00:42:54.10	+00:17:08 (40.4%)	5:18	11.3 (59.5%)
278	SOBOLEWSKI Bartosz	463		M 40-49 lat	80	00:00:25	00:42:34.45	00:42:59.65	+00:17:18 (40.7%)	5:19	11.3 (59.5%)
279	KOŁODZIEJSKI Rafał	154		M 40-49 lat	81	00:00:21	00:42:37.05	00:42:58.85	+00:17:21 (40.7%)	5:19	11.3 (59.5%)
280	GADOMSKA Małgorzata	74		K 50-59 lat	6	00:00:16	00:42:37.50	00:42:53.65	+00:17:21 (40.7%)	5:19	11.3 (59.5%)
281	MAKOWSKI Marek	202	WTP	M 30-39 lat	65	00:00:25	00:42:40.40	00:43:05.50	+00:17:24 (40.8%)	5:20	11.3 (59.5%)
282	MARCZAK Grażyna	207	LECZO TEAM	K 60+	1	00:00:16	00:42:45.25	00:43:01.45	+00:17:29 (40.9%)	5:20	11.2 (58.9%)
283	MARKIEWICZ Tomasz	209		M 40-49 lat	82	00:00:55	00:42:48.20	00:43:43.80	+00:17:32 (41.0%)	5:21	11.2 (58.9%)
284	SZCZĘSNY Aleksander	320		M 30-39 lat	66	00:00:15	00:42:49.70	00:43:05.35	+00:17:34 (41.0%)	5:21	11.2 (58.9%)
285	HAWRYLUK-STASIAK Ewa	105	BIEGUNI 2022	K 50-59 lat	7	00:00:10	00:42:49.85	00:43:00.55	+00:17:34 (41.0%)	5:21	11.2 (58.9%)
286	WOJCIECHOWSKI Łukasz	363		M 30-39 lat	67	00:00:13	00:42:56.95	00:43:10.80	+00:17:41 (41.2%)	5:22	11.2 (58.9%)
287	MADEJAK Aleksandra	401		K 30-39 lat	27	00:00:31	00:42:58.75	00:43:29.85	+00:17:43 (41.2%)	5:22	11.2 (58.9%)
288	HANSDORFER Pawel	420		M 50-59 lat	29	00:00:32	00:43:08.35	00:43:40.80	+00:17:52 (41.4%)	5:23	11.1 (58.4%)
289	MATUSZEWSKA Julia	215		K 40-49 lat	24	00:00:08	00:43:08.95	00:43:17.30	+00:17:53 (41.5%)	5:23	11.1 (58.4%)
290	KRÓL Radosław	172		M 40-49 lat	83	00:00:20	00:43:12.00	00:43:32.90	+00:17:56 (41.5%)	5:24	11.1 (58.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
291	ZIELINSKI Filip	380	PRZEGLĄD SPORTOWY	M 20-29 lat	27	00:00:14	00:43:15.65	00:43:30.25	+00:18:00 (41.6%)	5:24	11.1 (58.4%)
292	WARDZIŃSKI Paweł	353	RUN AND GUN	M 40-49 lat	84	00:00:22	00:43:26.75	00:43:48.85	+00:18:11 (41.9%)	5:25	11.1 (58.4%)
293	OSIŃSKI Stanisław	242		70+	2	00:00:07	00:43:29.00	00:43:36.55	+00:18:13 (41.9%)	5:26	11 (57.9%)
294	JÓZEFOWICZ Maciej	125	VEGE RUNNERS	M 30-39 lat	68	00:00:13	00:43:31.30	00:43:45.15	+00:18:15 (42.0%)	5:26	11 (57.9%)
295	MUSIAŁ Krzysztof	473		M 30-39 lat	69	00:00:24	00:43:34.40	00:43:58.45	+00:18:18 (42.0%)	5:26	11 (57.9%)
296	KLAMBOROWSKI Artur	144		M 30-39 lat	70	00:00:27	00:43:41.95	00:44:09.40	+00:18:26 (42.2%)	5:27	11 (57.9%)
297	FICOŃ Monika	71		K 50-59 lat	8	00:00:28	00:43:43.75	00:44:12.45	+00:18:28 (42.2%)	5:27	11 (57.9%)
298	CABAJ Marek	466	LUXMED	M 40-49 lat	85	00:00:43	00:43:49.05	00:44:32.70	+00:18:33 (42.3%)	5:28	11 (57.9%)
299	CHMIELEWSKI Kamil	38	ZABIEGANY TATA	M 30-39 lat	71	00:00:26	00:43:52.00	00:44:18.20	+00:18:36 (42.4%)	5:29	10.9 (57.4%)
300	KISIEL Wincentt	584	WIDŁOROGI	70+	3	00:00:10	00:43:55.65	00:44:05.65	+00:18:40 (42.5%)	5:29	10.9 (57.4%)
301	SMUŁEK Rafał	301		M 30-39 lat	72	00:00:29	00:43:59.25	00:44:28.70	+00:18:43 (42.6%)	5:29	10.9 (57.4%)
302	BARANOWSKI Łukasz	16		M 30-39 lat	73	00:00:12	00:44:00.75	00:44:13.20	+00:18:45 (42.6%)	5:30	10.9 (57.4%)
303	SOLCZAK Marta	424	PAWKO RUNNER TEAM, BIEGAJ Z URSUSEM	K 40-49 lat	25	00:00:20	00:44:01.70	00:44:22.60	+00:18:46 (42.6%)	5:30	10.9 (57.4%)
304	CIEPIELA Roman	46		M 30-39 lat	74	00:00:21	00:44:03.00	00:44:24.00	+00:18:47 (42.7%)	5:30	10.9 (57.4%)
305	ZYCH Kasia	384	NEW BALANS CLUB	K 30-39 lat	28	00:00:08	00:44:05.75	00:44:13.90	+00:18:50 (42.7%)	5:30	10.9 (57.4%)
306	TCHEISHVILI Teimuraz	339	TORPEDO	M 40-49 lat	86	00:00:32	00:44:07.75	00:44:40.10	+00:18:52 (42.8%)	5:30	10.9 (57.4%)
307	MIELNICZEK Magdalena	220		K 50-59 lat	9	00:00:13	00:44:08.00	00:44:21.80	+00:18:52 (42.8%)	5:31	10.9 (57.4%)
308	GRABOWSKI Leszek	92	STARE BABICE BIEGAJĄ	M 50-59 lat	30	00:00:28	00:44:21.35	00:44:49.60	+00:19:05 (43.0%)	5:32	10.8 (56.8%)
309	ZAKRZEWSKI Grzegorz	374	STG WARSZAWA	M 60+	9	00:00:32	00:44:21.70	00:44:54.65	+00:19:06 (43.1%)	5:32	10.8 (56.8%)
310	RUDOLF Marcin	285		M 40-49 lat	87	00:00:24	00:44:22.35	00:44:46.45	+00:19:06 (43.1%)	5:32	10.8 (56.8%)
311	DUDZIŃSKI Mateusz	402		M 30-39 lat	75	00:00:33	00:44:28.70	00:45:02.45	+00:19:13 (43.2%)	5:33	10.8 (56.8%)
312	MARSZAŁEK Marcin	210		M 40-49 lat	88	00:00:29	00:44:30.40	00:45:00.30	+00:19:14 (43.2%)	5:33	10.8 (56.8%)
313	DORF Weronika	59		K 20-29 lat	7	00:00:22	00:44:30.55	00:44:53.40	+00:19:14 (43.2%)	5:33	10.8 (56.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
314	<b>GRECKI Michał</b>	<b>94</b>	PWPW SA	M 30-39 lat	76	00:00:20	<b>00:44:31.50</b>	<b>00:44:51.60</b>	+00:19:15 (43.3%)	5:33	10.8 (56.8%)
315	<b>ŻÓŁCIŃSKI Waldemar</b>	<b>387</b>	GRUPA BIEGOWA UM W-WA	M 60+	10	00:00:37	<b>00:44:35.90</b>	<b>00:45:13.55</b>	+00:19:20 (43.4%)	5:34	10.8 (56.8%)
316	<b>ZARĘBA Piotr</b>	<b>392</b>		M 30-39 lat	77	00:00:37	<b>00:44:36.55</b>	<b>00:45:13.85</b>	+00:19:20 (43.4%)	5:34	10.8 (56.8%)
317	<b>PIECHOCKA Katarzyna</b>	<b>261</b>	BIEGOWY WARIAT RUNNING TEAM	K 40-49 lat	26	00:00:29	<b>00:44:42.50</b>	<b>00:45:12.10</b>	+00:19:26 (43.5%)	5:35	10.7 (56.3%)
318	<b>INOROWICZ Joanna</b>	<b>111</b>		K 40-49 lat	27	00:00:38	<b>00:44:45.85</b>	<b>00:45:24.75</b>	+00:19:30 (43.6%)	5:35	10.7 (56.3%)
319	<b>CZEREPAK Wojciech</b>	<b>51</b>	JW2414	M 30-39 lat	78	00:00:41	<b>00:44:48.25</b>	<b>00:45:29.30</b>	+00:19:32 (43.6%)	5:36	10.7 (56.3%)
320	<b>SOCHOCKI Wojciech</b>	<b>302</b>		M 30-39 lat	79	00:00:33	<b>00:44:53.75</b>	<b>00:45:27.00</b>	+00:19:38 (43.7%)	5:36	10.7 (56.3%)
321	<b>POŁOWIANIUK Marek</b>	<b>269</b>		M 40-49 lat	89	00:00:42	<b>00:44:59.75</b>	<b>00:45:42.05</b>	+00:19:44 (43.9%)	5:37	10.7 (56.3%)
322	<b>THEODOULOU Nicci</b>	<b>341</b>	TBS	K 40-49 lat	28	00:00:39	<b>00:45:10.30</b>	<b>00:45:50.00</b>	+00:19:54 (44.1%)	5:38	10.6 (55.8%)
323	<b>DWORAK Paulina</b>	<b>65</b>		K 20-29 lat	8	00:00:30	<b>00:45:18.20</b>	<b>00:45:48.40</b>	+00:20:02 (44.2%)	5:39	10.6 (55.8%)
324	<b>JACHOWSKI Patryk</b>	<b>399</b>		M 30-39 lat	80	00:00:24	<b>00:45:19.80</b>	<b>00:45:44.25</b>	+00:20:04 (44.3%)	5:39	10.6 (55.8%)
325	<b>KITA Grzegorz</b>	<b>142</b>		M 50-59 lat	31	00:00:12	<b>00:45:21.45</b>	<b>00:45:33.60</b>	+00:20:05 (44.3%)	5:40	10.6 (55.8%)
326	<b>MICHALAK Tomek</b>	<b>218</b>		M 30-39 lat	81	00:00:36	<b>00:45:22.00</b>	<b>00:45:58.00</b>	+00:20:06 (44.3%)	5:40	10.6 (55.8%)
327	<b>STELMACH Paulina</b>	<b>310</b>		K 30-39 lat	29	00:00:39	<b>00:45:24.15</b>	<b>00:46:03.85</b>	+00:20:08 (44.4%)	5:40	10.6 (55.8%)
328	<b>BUDZEWSKI Marcin</b>	<b>33</b>		M 50-59 lat	32	00:00:35	<b>00:45:24.35</b>	<b>00:45:59.95</b>	+00:20:08 (44.4%)	5:40	10.6 (55.8%)
329	<b>SUWALD Andrzej</b>	<b>585</b>	JACEK BIEGA RUNNING TEAM	M 60+	11	00:00:44	<b>00:45:28.40</b>	<b>00:46:13.15</b>	+00:20:12 (44.4%)	5:41	10.6 (55.8%)
330	<b>WÓJCICKA Ewa</b>	<b>600</b>		K 40-49 lat	29	00:00:13	<b>00:45:32.90</b>	<b>00:45:46.40</b>	+00:20:17 (44.5%)	5:41	10.5 (55.3%)
331	<b>KATNER Tomasz</b>	<b>136</b>		M 40-49 lat	90	00:00:30	<b>00:45:35.80</b>	<b>00:46:06.60</b>	+00:20:20 (44.6%)	5:41	10.5 (55.3%)
332	<b>NOWAKOWSKI Czesław</b>	<b>234</b>	DUCLA ACADEMY WARSZAWA	70+	4	00:00:35	<b>00:45:36.90</b>	<b>00:46:12.70</b>	+00:20:21 (44.6%)	5:42	10.5 (55.3%)
333	<b>BRZEZIK Piotr</b>	<b>30</b>		M 30-39 lat	82	00:00:26	<b>00:45:38.45</b>	<b>00:46:04.80</b>	+00:20:22 (44.7%)	5:42	10.5 (55.3%)
334	<b>WASOWSKA Jagoda</b>	<b>586</b>	KS PEGAZ PIASECZNO	K 50-59 lat	10	00:00:30	<b>00:45:41.20</b>	<b>00:46:11.90</b>	+00:20:25 (44.7%)	5:42	10.5 (55.3%)
335	<b>HULANICKI Andrzej</b>	<b>110</b>		M 60+	12	00:00:22	<b>00:45:43.15</b>	<b>00:46:05.60</b>	+00:20:27 (44.7%)	5:42	10.5 (55.3%)
336	<b>KWIECIŃSKI Radosław</b>	<b>464</b>		M 40-49 lat	91	00:00:23	<b>00:45:43.90</b>	<b>00:46:07.50</b>	+00:20:28 (44.8%)	5:42	10.5 (55.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
337	<b>KUNKA Monika</b>	<b>179</b>		K 30-39 lat	30	00:00:16	<b>00:45:45.35</b>	<b>00:46:01.95</b>	+00:20:29 (44.8%)	5:43	10.5 (55.3%)
338	<b>BEDNARZAK Tadeusz</b>	<b>18</b>		M 60+	13	00:00:41	<b>00:45:45.90</b>	<b>00:46:27.80</b>	+00:20:30 (44.8%)	5:43	10.5 (55.3%)
339	<b>LESZCZYŃSKI Roman</b>	<b>388</b>		70+	5	00:00:17	<b>00:45:48.20</b>	<b>00:46:05.40</b>	+00:20:32 (44.8%)	5:43	10.5 (55.3%)
340	<b>HULANICKA Irina</b>	<b>109</b>		K 60+	2	00:00:21	<b>00:45:49.35</b>	<b>00:46:11.30</b>	+00:20:33 (44.9%)	5:43	10.5 (55.3%)
341	<b>CZECHLEWSKI Adam</b>	<b>50</b>		M 40-49 lat	92	00:00:40	<b>00:45:49.55</b>	<b>00:46:30.45</b>	+00:20:33 (44.9%)	5:43	10.5 (55.3%)
342	<b>JURKOWSKI Ernest</b>	<b>459</b>		M 40-49 lat	93	00:00:56	<b>00:45:55.25</b>	<b>00:46:52.10</b>	+00:20:39 (45.0%)	5:44	10.5 (55.3%)
343	<b>KARPOWICZ Zofia</b>	<b>135</b>		K 30-39 lat	31	00:00:07	<b>00:46:02.50</b>	<b>00:46:09.75</b>	+00:20:46 (45.1%)	5:45	10.4 (54.7%)
344	<b>BEREDA Agnieszka</b>	<b>20</b>		K 40-49 lat	30	00:00:34	<b>00:46:21.45</b>	<b>00:46:56.15</b>	+00:21:05 (45.5%)	5:47	10.4 (54.7%)
345	<b>CZACHERSKI Kamil</b>	<b>49</b>		M 30-39 lat	83	00:00:17	<b>00:46:28.75</b>	<b>00:46:46.70</b>	+00:21:13 (45.7%)	5:48	10.3 (54.2%)
346	<b>BIELECKI Jacek</b>	<b>23</b>	RUN CZARNÓW	M 50-59 lat	33	00:00:32	<b>00:46:30.60</b>	<b>00:47:03.05</b>	+00:21:14 (45.7%)	5:48	10.3 (54.2%)
347	<b>PAJĄK Marta</b>	<b>250</b>	VEGE RUNNERS	K 40-49 lat	31	00:00:37	<b>00:46:36.15</b>	<b>00:47:13.90</b>	+00:21:20 (45.8%)	5:49	10.3 (54.2%)
348	<b>KOTYNIA Konrad</b>	<b>161</b>		M 40-49 lat	94	00:00:31	<b>00:46:37.45</b>	<b>00:47:08.75</b>	+00:21:21 (45.8%)	5:49	10.3 (54.2%)
349	<b>GORAL Piotr</b>	<b>450</b>		M 60+	14	00:00:17	<b>00:46:42.45</b>	<b>00:47:00.30</b>	+00:21:26 (45.9%)	5:50	10.3 (54.2%)
350	<b>CHĘĆ Adam</b>	<b>451</b>		M 40-49 lat	95	00:00:23	<b>00:46:50.10</b>	<b>00:47:13.95</b>	+00:21:34 (46.1%)	5:51	10.2 (53.7%)
351	<b>ROMANOWSKA Ewa</b>	<b>282</b>		K 30-39 lat	32	00:00:18	<b>00:46:52.35</b>	<b>00:47:10.75</b>	+00:21:36 (46.1%)	5:51	10.2 (53.7%)
352	<b>DUCH Emil</b>	<b>465</b>		M 30-39 lat	84	00:00:18	<b>00:46:52.70</b>	<b>00:47:11.65</b>	+00:21:37 (46.1%)	5:51	10.2 (53.7%)
353	<b>DOBROŁOWICZ Michał</b>	<b>58</b>	MICHAŁ DOBROŁOWICZ	M 30-39 lat	85	00:00:15	<b>00:46:57.40</b>	<b>00:47:12.50</b>	+00:21:41 (46.2%)	5:52	10.2 (53.7%)
354	<b>GOŁEK Miłosz</b>	<b>84</b>		M 30-39 lat	86	00:00:16	<b>00:46:59.10</b>	<b>00:47:15.55</b>	+00:21:43 (46.2%)	5:52	10.2 (53.7%)
355	<b>ZYGADŁO Piotr</b>	<b>385</b>		M 40-49 lat	96	00:00:07	<b>00:46:59.70</b>	<b>00:47:07.25</b>	+00:21:44 (46.2%)	5:52	10.2 (53.7%)
356	<b>BUJALSKI Konrad</b>	<b>34</b>		M 20-29 lat	28	00:00:19	<b>00:47:01.35</b>	<b>00:47:20.85</b>	+00:21:45 (46.3%)	5:52	10.2 (53.7%)
357	<b>JESIONOWSKI Marcin</b>	<b>123</b>		M 40-49 lat	97	00:00:18	<b>00:47:02.10</b>	<b>00:47:21.00</b>	+00:21:46 (46.3%)	5:52	10.2 (53.7%)
358	<b>KAPUSCINSKI Marcin</b>	<b>436</b>		M 40-49 lat	98	00:00:25	<b>00:47:03.15</b>	<b>00:47:28.75</b>	+00:21:47 (46.3%)	5:52	10.2 (53.7%)
359	<b>KNOBLOCH Ewa</b>	<b>150</b>		K 40-49 lat	32	00:00:14	<b>00:47:08.40</b>	<b>00:47:23.00</b>	+00:21:52 (46.4%)	5:53	10.2 (53.7%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
360	<b>ZIARKO Joanna</b>	<b>379</b>		K 40-49 lat	33	00:00:16	<b>00:47:11.00</b>	<b>00:47:27.85</b>	+00:21:55 (46.5%)	5:53	10.2 (53.7%)
361	<b>SOWA Andrzej</b>	<b>306</b>		M 40-49 lat	99	00:00:06	<b>00:47:14.85</b>	<b>00:47:20.95</b>	+00:21:59 (46.5%)	5:54	10.2 (53.7%)
362	<b>KUREK Krzysztof</b>	<b>181</b>		M 40-49 lat	100	00:00:28	<b>00:47:16.90</b>	<b>00:47:45.30</b>	+00:22:01 (46.6%)	5:54	10.2 (53.7%)
363	<b>KLAMBOROWSKA Magdalena</b>	<b>143</b>		K 30-39 lat	33	00:00:25	<b>00:47:29.80</b>	<b>00:47:55.55</b>	+00:22:14 (46.8%)	5:56	10.1 (53.2%)
364	<b>OSTRYSZ Magdalena</b>	<b>247</b>		K 30-39 lat	34	00:00:38	<b>00:47:31.15</b>	<b>00:48:09.90</b>	+00:22:15 (46.8%)	5:56	10.1 (53.2%)
365	<b>SADŁOWSKA Aleksandra</b>	<b>289</b>		K 20-29 lat	9	00:00:35	<b>00:47:32.60</b>	<b>00:48:07.90</b>	+00:22:16 (46.9%)	5:56	10.1 (53.2%)
366	<b>BRONISZEWSKI Jakub</b>	<b>29</b>		M 40-49 lat	101	00:00:39	<b>00:47:39.25</b>	<b>00:48:18.90</b>	+00:22:23 (47.0%)	5:57	10.1 (53.2%)
367	<b>BUREK Katarzyna</b>	<b>35</b>		K 40-49 lat	34	00:00:21	<b>00:47:39.45</b>	<b>00:48:00.60</b>	+00:22:23 (47.0%)	5:57	10.1 (53.2%)
368	<b>BRONISZEWSKA Natalia</b>	<b>28</b>		K 15-19 lat	6	00:00:39	<b>00:47:39.75</b>	<b>00:48:18.95</b>	+00:22:24 (47.0%)	5:57	10.1 (53.2%)
369	<b>MAŁYSA Michał</b>	<b>205</b>	PGR MYSŁAKI	M 20-29 lat	29	00:00:43	<b>00:47:45.65</b>	<b>00:48:29.20</b>	+00:22:30 (47.1%)	5:58	10.1 (53.2%)
370	<b>CHUDOBINSKI Tomasz</b>	<b>43</b>		M 20-29 lat	30	00:00:19	<b>00:47:47.15</b>	<b>00:48:06.35</b>	+00:22:31 (47.1%)	5:58	10 (52.6%)
371	<b>ENDER Małgorzata</b>	<b>68</b>		K 30-39 lat	35	00:00:25	<b>00:47:47.70</b>	<b>00:48:12.70</b>	+00:22:32 (47.1%)	5:58	10 (52.6%)
372	<b>OLSZEWSKI Tomasz</b>	<b>239</b>		M 30-39 lat	87	00:00:21	<b>00:47:57.85</b>	<b>00:48:19.05</b>	+00:22:42 (47.3%)	5:59	10 (52.6%)
373	<b>OLCZAK Witold</b>	<b>238</b>	UMCS BIEGA	M 60+	15	00:00:41	<b>00:47:57.90</b>	<b>00:48:39.40</b>	+00:22:42 (47.3%)	5:59	10 (52.6%)
374	<b>DERECZ Monika</b>	<b>55</b>		K 40-49 lat	35	00:00:20	<b>00:47:58.05</b>	<b>00:48:18.45</b>	+00:22:42 (47.3%)	5:59	10 (52.6%)
375	<b>KURT Ali</b>	<b>182</b>		M 20-29 lat	31	00:00:15	<b>00:47:58.55</b>	<b>00:48:14.35</b>	+00:22:42 (47.3%)	5:59	10 (52.6%)
376	<b>PADUCH Katka</b>	<b>249</b>		K 40-49 lat	36	00:00:42	<b>00:48:10.05</b>	<b>00:48:52.20</b>	+00:22:54 (47.6%)	6:01	10 (52.6%)
377	<b>NASKRĘT Arkadiusz</b>	<b>228</b>		M 50-59 lat	34	00:00:40	<b>00:48:10.30</b>	<b>00:48:51.10</b>	+00:22:54 (47.6%)	6:01	10 (52.6%)
378	<b>DUDEK Beata</b>	<b>62</b>		K 40-49 lat	37	00:00:26	<b>00:48:15.40</b>	<b>00:48:42.10</b>	+00:22:59 (47.7%)	6:01	9.9 (52.1%)
379	<b>KOŁCZYK Małgorzata</b>	<b>596</b>	W POGONI ZA DUCHEM	K 30-39 lat	36	00:00:37	<b>00:48:16.35</b>	<b>00:48:54.10</b>	+00:23:00 (47.7%)	6:02	9.9 (52.1%)
380	<b>KOWALEWSKA Katarzyna</b>	<b>164</b>	12TRI.PL	K 40-49 lat	38	00:00:25	<b>00:48:17.75</b>	<b>00:48:43.65</b>	+00:23:02 (47.7%)	6:02	9.9 (52.1%)
381	<b>SIKORA Mateusz</b>	<b>299</b>		M 30-39 lat	88	00:00:43	<b>00:48:19.80</b>	<b>00:49:02.85</b>	+00:23:04 (47.7%)	6:02	9.9 (52.1%)
382	<b>HEBDA Bartłomiej</b>	<b>106</b>		M 40-49 lat	102	00:00:45	<b>00:48:25.25</b>	<b>00:49:11.05</b>	+00:23:09 (47.8%)	6:03	9.9 (52.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
383	<b>MŁYNARCZYK Wojciech</b>	<b>442</b>		M 40-49 lat	103	00:00:10	<b>00:48:26.35</b>	<b>00:48:36.95</b>	+00:23:10 (47.9%)	6:03	9.9 (52.1%)
384	<b>GŁUCHOWSKA Daria</b>	<b>434</b>		K 20-29 lat	10	00:00:18	<b>00:48:26.45</b>	<b>00:48:44.85</b>	+00:23:10 (47.9%)	6:03	9.9 (52.1%)
385	<b>TORBUS Adam</b>	<b>589</b>		M 30-39 lat	89	00:00:47	<b>00:48:36.00</b>	<b>00:49:23.40</b>	+00:23:20 (48.0%)	6:04	9.9 (52.1%)
386	<b>KERNER Agnieszka</b>	<b>139</b>	GRUPA BIEGOWA UM W-WA	K 50-59 lat	11	00:00:37	<b>00:48:39.10</b>	<b>00:49:16.75</b>	+00:23:23 (48.1%)	6:04	9.9 (52.1%)
387	<b>KOWALSKA Kinga</b>	<b>165</b>	12TRI.PL	K 40-49 lat	39	00:00:25	<b>00:48:40.95</b>	<b>00:49:06.25</b>	+00:23:25 (48.1%)	6:05	9.9 (52.1%)
388	<b>KORCZYNSKA-PISARSKA Olga</b>	<b>158</b>		K 40-49 lat	40	00:00:23	<b>00:48:44.50</b>	<b>00:49:07.70</b>	+00:23:28 (48.2%)	6:05	9.8 (51.6%)
389	<b>BARBUCHA Piotr</b>	<b>17</b>		M 30-39 lat	90	00:00:34	<b>00:48:44.90</b>	<b>00:49:19.10</b>	+00:23:29 (48.2%)	6:05	9.8 (51.6%)
390	<b>PISARSKI Marcin</b>	<b>267</b>		M 40-49 lat	104	00:00:22	<b>00:48:45.65</b>	<b>00:49:08.50</b>	+00:23:30 (48.2%)	6:05	9.8 (51.6%)
391	<b>GABRYLEWICZ Katarzyna</b>	<b>453</b>	UNIQA RUNNING TEAM	K 40-49 lat	41	00:00:24	<b>00:48:47.70</b>	<b>00:49:12.15</b>	+00:23:32 (48.2%)	6:05	9.8 (51.6%)
392	<b>KOPCZYŃSKA Anna</b>	<b>599</b>		K 40-49 lat	42	00:00:34	<b>00:48:56.05</b>	<b>00:49:30.30</b>	+00:23:40 (48.4%)	6:07	9.8 (51.6%)
393	<b>ORŁOWSKI Tomasz</b>	<b>240</b>		M 30-39 lat	91	00:00:44	<b>00:49:05.30</b>	<b>00:49:49.85</b>	+00:23:49 (48.5%)	6:08	9.8 (51.6%)
394	<b>MŁYNARCZYK Andrzej</b>	<b>224</b>		M 30-39 lat	92	00:00:27	<b>00:49:16.90</b>	<b>00:49:44.40</b>	+00:24:01 (48.7%)	6:09	9.7 (51.1%)
395	<b>POPIEC Ignacy</b>	<b>592</b>		M 15-19 lat	7	00:00:36	<b>00:49:37.35</b>	<b>00:50:14.05</b>	+00:24:21 (49.1%)	6:12	9.7 (51.1%)
396	<b>JANKOWSKI Remigiusz</b>	<b>119</b>		M 50-59 lat	35	00:00:24	<b>00:49:49.15</b>	<b>00:50:13.20</b>	+00:24:33 (49.3%)	6:13	9.6 (50.5%)
397	<b>ZIENKIEWICZ-MACHNIK Małgorzata</b>	<b>381</b>		K 30-39 lat	37	00:00:26	<b>00:49:54.70</b>	<b>00:50:21.60</b>	+00:24:39 (49.4%)	6:14	9.6 (50.5%)
398	<b>KONFEDERAK Agnieszka</b>	<b>414</b>	MARKOWI BIEGACZE	K 40-49 lat	43	00:00:14	<b>00:50:07.70</b>	<b>00:50:22.60</b>	+00:24:52 (49.6%)	6:15	9.6 (50.5%)
399	<b>SOKOŁOWSKI Marian</b>	<b>303</b>	SAMOTNY WILK	70+	6	00:00:20	<b>00:50:08.00</b>	<b>00:50:28.50</b>	+00:24:52 (49.6%)	6:16	9.6 (50.5%)
400	<b>GLASSER Marek</b>	<b>78</b>		70+	7	00:00:36	<b>00:50:19.50</b>	<b>00:50:55.60</b>	+00:25:03 (49.8%)	6:17	9.5 (50.0%)
401	<b>BIJAK Paulina</b>	<b>587</b>		K 30-39 lat	38	00:00:08	<b>00:50:35.95</b>	<b>00:50:44.40</b>	+00:25:20 (50.1%)	6:19	9.5 (50.0%)
402	<b>DUMANOWSKI Artur</b>	<b>64</b>	JEDENTEAM	M 30-39 lat	93	00:00:07	<b>00:50:36.80</b>	<b>00:50:44.70</b>	+00:25:21 (50.1%)	6:19	9.5 (50.0%)
403	<b>GÓRECKA Anna</b>	<b>87</b>	MOTOBABINIEC	K 40-49 lat	44	00:00:23	<b>00:50:49.80</b>	<b>00:51:13.70</b>	+00:25:34 (50.3%)	6:21	9.4 (49.5%)
404	<b>GOŁACKA-PIOTOWSKA Beata</b>	<b>83</b>		K 50-59 lat	12	00:00:15	<b>00:50:54.80</b>	<b>00:51:10.10</b>	+00:25:39 (50.4%)	6:21	9.4 (49.5%)
405	<b>PAMIĘTA Karolina</b>	<b>251</b>	KAROLINA PAMIĘTA	K 30-39 lat	39	00:00:36	<b>00:51:16.45</b>	<b>00:51:52.75</b>	+00:26:00 (50.7%)	6:24	9.4 (49.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
406	<b>SZULC Joanna</b>	<b>326</b>		K 50-59 lat	13	00:00:23	<b>00:51:19.20</b>	<b>00:51:42.80</b>	+00:26:03 (50.8%)	6:24	9.4 (49.5%)
407	<b>DĄBROWSKI Jacek</b>	<b>53</b>		M 50-59 lat	36	00:00:30	<b>00:51:32.20</b>	<b>00:52:02.60</b>	+00:26:16 (51.0%)	6:26	9.3 (48.9%)
408	<b>SIENKIEWICZ Joanna</b>	<b>295</b>		K 30-39 lat	40	00:00:33	<b>00:51:32.25</b>	<b>00:52:05.50</b>	+00:26:16 (51.0%)	6:26	9.3 (48.9%)
409	<b>KOWALCZYK Michał</b>	<b>163</b>		M 40-49 lat	105	00:00:13	<b>00:51:48.60</b>	<b>00:52:01.95</b>	+00:26:32 (51.2%)	6:28	9.3 (48.9%)
410	<b>KOCHMAN Iwona</b>	<b>417</b>	VEGE RUNNERS	K 50-59 lat	14	00:00:27	<b>00:52:02.80</b>	<b>00:52:30.25</b>	+00:26:47 (51.5%)	6:30	9.2 (48.4%)
411	<b>ZAŁĘSKI Mateusz</b>	<b>376</b>	RADNY DZIELNICY WŁOCHY	M 30-39 lat	94	00:00:35	<b>00:52:18.60</b>	<b>00:52:54.30</b>	+00:27:02 (51.7%)	6:32	9.2 (48.4%)
412	<b>BANY Izabela</b>	<b>395</b>		K 20-29 lat	11	00:00:27	<b>00:52:32.75</b>	<b>00:52:59.75</b>	+00:27:17 (51.9%)	6:34	9.1 (47.9%)
413	<b>KRAWCZYK Łukasz</b>	<b>170</b>		M 30-39 lat	95	00:00:46	<b>00:52:41.30</b>	<b>00:53:28.10</b>	+00:27:25 (52.1%)	6:35	9.1 (47.9%)
414	<b>JURKOWSKA Irena</b>	<b>126</b>		70+	8	00:00:27	<b>00:53:11.60</b>	<b>00:53:38.90</b>	+00:27:55 (52.5%)	6:38	9 (47.4%)
415	<b>MILLER Natalia</b>	<b>222</b>	BALTAZARIUSZE	K 30-39 lat	41	00:00:15	<b>00:53:12.05</b>	<b>00:53:27.35</b>	+00:27:56 (52.5%)	6:39	9 (47.4%)
416	<b>BIDZIŃSKA Alicja</b>	<b>22</b>		K 30-39 lat	42	00:00:11	<b>00:53:25.90</b>	<b>00:53:36.90</b>	+00:28:10 (52.7%)	6:40	9 (47.4%)
417	<b>ISMAIL Mahmoud</b>	<b>112</b>		M 30-39 lat	96	00:00:39	<b>00:53:28.55</b>	<b>00:54:08.45</b>	+00:28:12 (52.8%)	6:41	9 (47.4%)
418	<b>GAŁĄZKA Paweł</b>	<b>77</b>	ABNEGAT WARSZAWA	M 40-49 lat	106	00:00:07	<b>00:53:28.95</b>	<b>00:53:36.20</b>	+00:28:13 (52.8%)	6:41	9 (47.4%)
419	<b>SZOT Maria</b>	<b>325</b>	JASIELSKIE PIORUNY	K 50-59 lat	15	00:00:27	<b>00:53:31.25</b>	<b>00:53:58.90</b>	+00:28:15 (52.8%)	6:41	9 (47.4%)
420	<b>SKALSKA Kamila</b>	<b>416</b>		K 20-29 lat	12	00:00:36	<b>00:53:36.05</b>	<b>00:54:12.65</b>	+00:28:20 (52.9%)	6:42	9 (47.4%)
421	<b>DŁUGOŁĘCKI Jakub</b>	<b>412</b>	KS PRZAŚNIK	M 20-29 lat	32	00:00:36	<b>00:53:36.50</b>	<b>00:54:12.80</b>	+00:28:20 (52.9%)	6:42	9 (47.4%)
422	<b>POPOWSKI Jarosław</b>	<b>270</b>		M 50-59 lat	37	00:00:41	<b>00:53:48.40</b>	<b>00:54:29.60</b>	+00:28:32 (53.1%)	6:43	8.9 (46.8%)
423	<b>SZYMCZAK Paweł</b>	<b>333</b>		M 40-49 lat	107	00:00:45	<b>00:54:30.50</b>	<b>00:55:15.90</b>	+00:29:14 (53.7%)	6:48	8.8 (46.3%)
424	<b>HAUSMAN Michał</b>	<b>104</b>		M 40-49 lat	108	00:00:45	<b>00:54:31.00</b>	<b>00:55:16.20</b>	+00:29:15 (53.7%)	6:48	8.8 (46.3%)
425	<b>TOKARSKA Magda</b>	<b>448</b>		K 40-49 lat	45	00:00:14	<b>00:54:44.55</b>	<b>00:54:59.50</b>	+00:29:28 (53.9%)	6:50	8.8 (46.3%)
426	<b>TOKARSKI Paweł</b>	<b>449</b>		M 40-49 lat	109	00:00:15	<b>00:54:46.10</b>	<b>00:55:01.30</b>	+00:29:30 (53.9%)	6:50	8.8 (46.3%)
427	<b>ZAJĄC Piotr</b>	<b>373</b>		M 40-49 lat	110	00:00:32	<b>00:54:56.85</b>	<b>00:55:29.00</b>	+00:29:41 (54.0%)	6:52	8.7 (45.8%)
428	<b>WYMYŚŁOWSKI Dominik</b>	<b>371</b>		M 20-29 lat	33	00:00:30	<b>00:55:02.45</b>	<b>00:55:32.70</b>	+00:29:46 (54.1%)	6:52	8.7 (45.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
429	<b>SZCZUBIAŁ Magdalena</b>	<b>469</b>		K 30-39 lat	43	00:00:35	<b>00:55:15.00</b>	<b>00:55:50.40</b>	+00:29:59 (54.3%)	6:54	8.7 (45.8%)
430	<b>PAWLAK Katarzyna</b>	<b>435</b>	PAN	K 40-49 lat	46	00:00:24	<b>00:55:26.10</b>	<b>00:55:50.90</b>	+00:30:10 (54.4%)	6:55	8.7 (45.8%)
431	<b>SIENKIEWICZ Emil</b>	<b>296</b>		M 30-39 lat	97	00:00:33	<b>00:55:29.85</b>	<b>00:56:03.45</b>	+00:30:14 (54.5%)	6:56	8.7 (45.8%)
432	<b>PANASIUK Beata</b>	<b>252</b>		K 30-39 lat	44	00:00:33	<b>00:55:30.25</b>	<b>00:56:03.50</b>	+00:30:14 (54.5%)	6:56	8.6 (45.3%)
433	<b>PLICHCIŃSKA Małgorzata</b>	<b>268</b>	EKONOMIK MOKOTÓW	K 40-49 lat	47	00:00:26	<b>00:56:39.40</b>	<b>00:57:05.60</b>	+00:31:23 (55.4%)	7:04	8.5 (44.7%)
434	<b>KARPOWICZ Michał</b>	<b>134</b>		M 40-49 lat	111	00:00:32	<b>00:56:50.70</b>	<b>00:57:22.80</b>	+00:31:35 (55.6%)	7:06	8.4 (44.2%)
435	<b>REMBERK Danuta</b>	<b>278</b>		70+	9	00:00:35	<b>00:57:15.90</b>	<b>00:57:51.10</b>	+00:32:00 (55.9%)	7:09	8.4 (44.2%)
436	<b>GRECKA Anna</b>	<b>93</b>		K 20-29 lat	13	00:00:21	<b>00:57:22.60</b>	<b>00:57:43.70</b>	+00:32:06 (56.0%)	7:10	8.4 (44.2%)
437	<b>OKRÓJ Dawid</b>	<b>236</b>		M 30-39 lat	98	00:00:22	<b>00:57:29.00</b>	<b>00:57:51.70</b>	+00:32:13 (56.1%)	7:11	8.4 (44.2%)
438	<b>PIOTROWICZ Sławomir</b>	<b>265</b>	DEAF	M 30-39 lat	99	00:00:23	<b>00:57:29.10</b>	<b>00:57:52.10</b>	+00:32:13 (56.1%)	7:11	8.4 (44.2%)
439	<b>EVTUSHENKO Katsiaryna</b>	<b>433</b>		K 20-29 lat	14	00:00:14	<b>00:57:49.30</b>	<b>00:58:03.30</b>	+00:32:33 (56.3%)	7:13	8.3 (43.7%)
440	<b>NOWORYTA Jacek</b>	<b>235</b>	MĘSKA S	70+	10	00:00:29	<b>00:58:18.20</b>	<b>00:58:47.55</b>	+00:33:02 (56.7%)	7:17	8.2 (43.2%)
441	<b>KILKOWSKA Joanna</b>	<b>140</b>		K 50-59 lat	16	00:00:28	<b>00:58:30.35</b>	<b>00:58:59.05</b>	+00:33:14 (56.8%)	7:18	8.2 (43.2%)
442	<b>KAMIŃSKA Aga</b>	<b>130</b>		K 40-49 lat	48	00:00:11	<b>01:05:18.45</b>	<b>01:05:30.00</b>	+00:40:02 (61.3%)	8:09	7.4 (38.9%)
443	<b>KAMIŃSKI Mirosław</b>	<b>131</b>		M 40-49 lat	112	00:00:11	<b>01:05:19.80</b>	<b>01:05:31.50</b>	+00:40:04 (61.3%)	8:09	7.3 (38.4%)
444	<b>OLCZAK Urszula</b>	<b>237</b>	UMCS BIEGA	K 50-59 lat	17	00:00:57	<b>01:06:05.90</b>	<b>01:07:03.40</b>	+00:40:50 (61.8%)	8:15	7.3 (38.4%)
445	<b>GROCHOWSKA Joanna</b>	<b>95</b>	BIEGAMY Z OCHOTĄ	K 50-59 lat	18	00:00:57	<b>01:06:08.20</b>	<b>01:07:05.60</b>	+00:40:52 (61.8%)	8:16	7.3 (38.4%)
446	<b>MYŚLIŃSKA Anna</b>	<b>227</b>	EKOBIEGI	K 40-49 lat	49	00:00:55	<b>01:06:10.05</b>	<b>01:07:06.00</b>	+00:40:54 (61.8%)	8:16	7.3 (38.4%)
447	<b>WÓJCIK Robert</b>	<b>367</b>		M 40-49 lat	113	00:00:57	<b>01:06:10.25</b>	<b>01:07:08.05</b>	+00:40:54 (61.8%)	8:16	7.3 (38.4%)
448	<b>SZOSTAKOWSKI Jarosław</b>	<b>324</b>		M 50-59 lat	38	00:00:54	<b>01:06:11.25</b>	<b>01:07:06.20</b>	+00:40:55 (61.8%)	8:16	7.3 (38.4%)
449	<b>UMOWSKI Paweł Franciszek</b>	<b>350</b>	PYKAM PARKRUNY	M 20-29 lat	34	00:00:18	<b>01:06:45.15</b>	<b>01:07:04.00</b>	+00:41:29 (62.2%)	8:20	7.2 (37.9%)

Znaleziono 449 wynik(ów)