



5 MIL – BIEG DZIELNICY WŁOCHY

B4SPORT

Organiser: Urząd Dzielnicy Warszawa – Włochy
Date: 2022-11-06
Place: Warszawa
Distance: 8 km

B4SPORT
INTELLIGENTNE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	MCat	Start time	Net time 8km	Czas brutto 8km	Gap	Pace min/km	Pace 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%)

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

Place	Participant	Number	Club	Category	MCat	Start time	Net time 8km	Czas brutto 8km	Gap	Pace min/km	Pace 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%)

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

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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%)

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

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

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

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

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

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

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

Place	Participant	Number	Club	Category	MCat	Start time	Net time 8km	Czas brutto 8km	Gap	Pace min/km	Pace 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%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 8km	Czas brutto 8km	Gap	Pace min/km	Pace 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%)

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

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

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

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

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

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

Total 449 results.