



## 5 MIL – BIEG DZIELNICY WŁOCHY

B4SPORT

**Organizator:** Urząd Dzielnicy Warszawa – Włochy  
**Data:** 2023-11-05  
**Miejsce:** Warszawa  
**Dystans:** 8 km

**B4SPORT**  
INTELIĞENTNE 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	<b>ŻOCHOWSKI Daniel</b>	<b>482</b>	ŻÓRAWSKI TEAM	M 20-29 lat	1	00:00:01	<b>00:23:20.55</b>	<b>00:23:22.05</b>		2:55	20.6 (100%)
2	<b>WASIEWICZ Krzysztof</b>	<b>406</b>	KONDYCJA PIASECZNO	M 30-39 lat	1	00:00:01	<b>00:23:52.60</b>	<b>00:23:53.95</b>	+00:00:32 (2.2%)	2:59	20.1 (97.6%)
3	<b>MIKULSKI Tomasz</b>	<b>205</b>	UKS FILIPIDES TERESIN	M 20-29 lat	2	00:00:01	<b>00:24:44.95</b>	<b>00:24:46.75</b>	+00:01:24 (5.7%)	3:05	19.4 (94.2%)
4	<b>PYRZAK Paweł</b>	<b>267</b>	BIEGANIEPO40	M 30-39 lat	2	00:00:01	<b>00:25:40.95</b>	<b>00:25:42.45</b>	+00:02:20 (9.1%)	3:12	18.7 (90.8%)
5	<b>ZYCH Mariusz</b>	<b>369</b>	BIEGAJ POD OKIEM TRENERA	M 40-49 lat	1	00:00:01	<b>00:26:11.35</b>	<b>00:26:13.30</b>	+00:02:50 (10.9%)	3:16	18.3 (88.8%)
6	<b>MIOTK Marcin</b>	<b>208</b>	MIOTK.PL EVEREST MOTYWACJI	M 50-59 lat	1	00:00:01	<b>00:26:15.40</b>	<b>00:26:17.20</b>	+00:02:54 (11.1%)	3:16	18.3 (88.8%)
7	<b>KALIŃSKI Przemysław</b>	<b>114</b>	BIEGAJ Z URSUSEM	M 40-49 lat	2	00:00:01	<b>00:26:19.75</b>	<b>00:26:21.25</b>	+00:02:59 (11.3%)	3:17	18.2 (88.3%)
8	<b>WÓJCIK Krzysztof</b>	<b>493</b>	KLUB SPORTOWY ATLETA	M 30-39 lat	3	00:00:01	<b>00:26:28.00</b>	<b>00:26:29.80</b>	+00:03:07 (11.8%)	3:18	18.1 (87.9%)
9	<b>ABU NAHIA Karim</b>	<b>14</b>	NADAKTYWNI TORUŃ	M 30-39 lat	4	00:00:01	<b>00:26:31.50</b>	<b>00:26:33.40</b>	+00:03:10 (12.0%)	3:18	18.1 (87.9%)
10	<b>SZMIGIELSKI Mateusz</b>	<b>312</b>		M 30-39 lat	5	00:00:02	<b>00:27:12.05</b>	<b>00:27:14.65</b>	+00:03:51 (14.2%)	3:24	17.6 (85.4%)
11	<b>KAŁDOWSKI Łukasz</b>	<b>115</b>		M 30-39 lat	6	00:00:01	<b>00:27:28.60</b>	<b>00:27:30.45</b>	+00:04:08 (15.0%)	3:26	17.5 (85.0%)
12	<b>NIEDŹWIADEK Kamil</b>	<b>226</b>	NIEDŹWIADKI RUNNING TEAM	M 30-39 lat	7	00:00:02	<b>00:27:32.00</b>	<b>00:27:34.25</b>	+00:04:11 (15.2%)	3:26	17.4 (84.5%)
13	<b>WOŹNIAK Przemysław</b>	<b>359</b>	WIELISZEW HERON TEAM	M 30-39 lat	8	00:00:03	<b>00:27:32.35</b>	<b>00:27:35.95</b>	+00:04:11 (15.2%)	3:26	17.4 (84.5%)
14	<b>KAŹMIERCZAK Marta</b>	<b>123</b>	DREAM RUN	K 40-49 lat	1	00:00:01	<b>00:27:52.30</b>	<b>00:27:54.10</b>	+00:04:31 (16.3%)	3:29	17.2 (83.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
15	<b>SŁOWIŃSKI Marcin</b>	<b>289</b>	DREAM RUN	M 40-49 lat	3	00:00:02	<b>00:27:54.00</b>	<b>00:27:56.40</b>	+00:04:33 (16.3%)	3:29	17.2 (83.5%)
16	<b>SZYMBORSKI Rafał</b>	<b>319</b>	BKS WATAHA WARSZAWA	M 30-39 lat	9	00:00:01	<b>00:27:55.85</b>	<b>00:27:57.65</b>	+00:04:35 (16.4%)	3:29	17.2 (83.5%)
17	<b>MACIEJOWICZ Michał</b>	<b>180</b>	KALINOWSKITEAM	M 30-39 lat	10	00:00:03	<b>00:28:00.30</b>	<b>00:28:03.30</b>	+00:04:39 (16.6%)	3:30	17.1 (83.0%)
18	<b>MURAWSKI Tomek</b>	<b>217</b>	KS ATLETA	M 30-39 lat	11	00:00:01	<b>00:28:09.95</b>	<b>00:28:11.25</b>	+00:04:49 (17.1%)	3:31	17.1 (83.0%)
19	<b>MATYSIAK Marcin</b>	<b>191</b>		M 40-49 lat	4	00:00:02	<b>00:28:37.35</b>	<b>00:28:39.75</b>	+00:05:16 (18.4%)	3:34	16.8 (81.6%)
20	<b>PARASZKA Łukasz</b>	<b>377</b>	MINIONSSPEEDTEAM	M 30-39 lat	12	00:00:04	<b>00:28:43.30</b>	<b>00:28:47.40</b>	+00:05:22 (18.7%)	3:35	16.7 (81.1%)
21	<b>VEREMCHUK Yuliia</b>	<b>334</b>	TEAMOCHAL #BIEGAMBOLUBIĘ	K 30-39 lat	1	00:00:19	<b>00:28:38.30</b>	<b>00:28:57.55</b>	+00:05:17 (18.5%)	3:34	16.8 (81.6%)
22	<b>BYLICKI Oskar</b>	<b>448</b>	PAF SPORT FUTURE	M 15-19 lat	1	00:00:01	<b>00:29:03.60</b>	<b>00:29:05.20</b>	+00:05:43 (19.7%)	3:37	16.5 (80.1%)
23	<b>CHRAPEK Janusz</b>	<b>503</b>		M 40-49 lat	5	00:00:04	<b>00:29:04.00</b>	<b>00:29:08.75</b>	+00:05:43 (19.7%)	3:38	16.5 (80.1%)
24	<b>MARCINIAK Grzegorz</b>	<b>186</b>	BWRUNNERS	M 50-59 lat	2	00:00:02	<b>00:29:29.20</b>	<b>00:29:31.80</b>	+00:06:08 (20.8%)	3:41	16.3 (79.1%)
25	<b>MICHALAK Mariusz</b>	<b>198</b>	MM TEAM	M 50-59 lat	3	00:00:03	<b>00:29:34.45</b>	<b>00:29:37.75</b>	+00:06:13 (21.1%)	3:41	16.2 (78.6%)
26	<b>FEDOR Martin</b>	<b>11</b>	CIECHANÓW BIKE TEAM	M 40-49 lat	6	00:00:03	<b>00:29:35.75</b>	<b>00:29:38.75</b>	+00:06:15 (21.1%)	3:41	16.2 (78.6%)
27	<b>DRAB Michał</b>	<b>62</b>		M 40-49 lat	7	00:00:02	<b>00:29:37.90</b>	<b>00:29:40.10</b>	+00:06:17 (21.2%)	3:42	16.2 (78.6%)
28	<b>KOWAL Tomasz</b>	<b>147</b>	ROZBIEGANY PIASTÓW	M 40-49 lat	8	00:00:02	<b>00:30:10.85</b>	<b>00:30:13.25</b>	+00:06:50 (22.7%)	3:46	15.9 (77.2%)
29	<b>LUDYNIA Łukasz</b>	<b>175</b>	STG WARSZAWA	M 15-19 lat	2	00:00:03	<b>00:30:10.80</b>	<b>00:30:14.45</b>	+00:06:50 (22.7%)	3:46	15.9 (77.2%)
30	<b>BYTNER-KWIATKOWSKA Monika</b>	<b>41</b>	WPRUNNING PRUSZKÓW	K 30-39 lat	2	00:00:03	<b>00:30:14.20</b>	<b>00:30:17.35</b>	+00:06:53 (22.8%)	3:46	15.9 (77.2%)
31	<b>SZLASA Marek</b>	<b>310</b>		M 30-39 lat	13	00:00:14	<b>00:30:36.00</b>	<b>00:30:50.00</b>	+00:07:15 (23.7%)	3:49	15.7 (76.2%)
32	<b>CIESIELSKI Marcin</b>	<b>50</b>	WARSAW RUN CLUB	M 40-49 lat	10	00:00:03	<b>00:31:05.15</b>	<b>00:31:08.85</b>	+00:07:44 (24.9%)	3:53	15.4 (74.8%)
33	<b>BEREZNOWSKA Patrycja</b>	<b>25</b>	WIELISZEW HERON TEAM HOKA POLAND TEAM	K 40-49 lat	2	00:00:03	<b>00:31:11.00</b>	<b>00:31:14.80</b>	+00:07:50 (25.1%)	3:53	15.4 (74.8%)
34	<b>FELIGA Mariusz</b>	<b>72</b>	ADIDAS	M 40-49 lat	9	00:00:11	<b>00:31:04.55</b>	<b>00:31:15.60</b>	+00:07:44 (24.9%)	3:53	15.5 (75.2%)
35	<b>MATEJEK Rafał</b>	<b>189</b>	BIEGAJ Z URSUSEM	M 30-39 lat	14	00:00:05	<b>00:31:21.50</b>	<b>00:31:27.25</b>	+00:08:00 (25.6%)	3:55	15.3 (74.3%)
36	<b>GOŁĄBOWSKI Maciej</b>	<b>502</b>		M 30-39 lat	15	00:00:06	<b>00:31:22.55</b>	<b>00:31:28.80</b>	+00:08:02 (25.6%)	3:55	15.3 (74.3%)
37	<b>KADŁUBOWSKA Anna</b>	<b>112</b>		K 20-29 lat	1	00:00:03	<b>00:31:26.95</b>	<b>00:31:29.95</b>	+00:08:06 (25.8%)	3:55	15.3 (74.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
38	<b>UMIASTOWSKI Bartosz</b>	<b>333</b>		M 20-29 lat	3	00:00:07	<b>00:31:26.65</b>	<b>00:31:34.45</b>	+00:08:06 (25.8%)	3:55	15.3 (74.3%)
39	<b>GANCZEWSKI Paweł</b>	<b>80</b>		M 50-59 lat	4	00:00:03	<b>00:31:34.20</b>	<b>00:31:37.35</b>	+00:08:13 (26.1%)	3:56	15.2 (73.8%)
40	<b>BERNACKI Wiktor</b>	<b>403</b>	DOCHODOWYMARKETING.PL	M 20-29 lat	4	00:00:03	<b>00:31:35.35</b>	<b>00:31:38.80</b>	+00:08:14 (26.1%)	3:56	15.2 (73.8%)
41	<b>SŁADEK Patryk</b>	<b>425</b>	EX TEAM	M 30-39 lat	17	00:00:02	<b>00:31:37.70</b>	<b>00:31:40.45</b>	+00:08:17 (26.2%)	3:57	15.2 (73.8%)
42	<b>KOWALSKI Jarosław</b>	<b>150</b>	SZTUKA LATANIA	M 40-49 lat	11	00:00:10	<b>00:31:30.95</b>	<b>00:31:41.60</b>	+00:08:10 (25.9%)	3:56	15.2 (73.8%)
43	<b>TERESZCZUK Julia</b>	<b>325</b>	AZS AWF	K 15-19 lat	1	00:00:02	<b>00:31:40.90</b>	<b>00:31:43.10</b>	+00:08:20 (26.3%)	3:57	15.2 (73.8%)
43	<b>DUKACZEWSKI Michał</b>	<b>488</b>	ORANGE POLSKA	M 40-49 lat	12	00:00:09	<b>00:31:33.95</b>	<b>00:31:43.10</b>	+00:08:13 (26.1%)	3:56	15.2 (73.8%)
45	<b>ŚCIBIOREK Bartosz</b>	<b>321</b>		M 30-39 lat	16	00:00:12	<b>00:31:34.05</b>	<b>00:31:46.25</b>	+00:08:13 (26.1%)	3:56	15.2 (73.8%)
46	<b>SZYMAŃSKI Hubert</b>	<b>318</b>	BWRUNNERS	M 40-49 lat	13	00:00:06	<b>00:31:40.10</b>	<b>00:31:46.65</b>	+00:08:19 (26.3%)	3:57	15.2 (73.8%)
47	<b>DĘBSKI Andrzej</b>	<b>58</b>		M 50-59 lat	5	00:00:04	<b>00:31:45.20</b>	<b>00:31:49.30</b>	+00:08:24 (26.5%)	3:58	15.1 (73.3%)
48	<b>SZYMAŃSKA Agnieszka</b>	<b>317</b>		K 40-49 lat	3	00:00:05	<b>00:31:51.50</b>	<b>00:31:56.70</b>	+00:08:30 (26.7%)	3:58	15.1 (73.3%)
49	<b>KILJAŃCZYK Dominik</b>	<b>127</b>		M 20-29 lat	5	00:00:10	<b>00:31:47.90</b>	<b>00:31:57.95</b>	+00:08:27 (26.6%)	3:58	15.1 (73.3%)
50	<b>SOCHA Tomasz</b>	<b>478</b>	TRINERGY	M 50-59 lat	6	00:00:11	<b>00:31:48.45</b>	<b>00:32:00.10</b>	+00:08:27 (26.6%)	3:58	15.1 (73.3%)
51	<b>MICHNOWSKI Sebastian</b>	<b>200</b>	BIEGAM NA TARCHOMINIE	M 40-49 lat	14	00:00:04	<b>00:32:02.70</b>	<b>00:32:06.75</b>	+00:08:42 (27.2%)	4:00	15 (72.8%)
52	<b>WELKIER Marcin</b>	<b>342</b>		M 50-59 lat	7	00:00:03	<b>00:32:07.50</b>	<b>00:32:10.65</b>	+00:08:46 (27.3%)	4:00	14.9 (72.3%)
53	<b>KRAWCZYK Łukasz</b>	<b>156</b>		M 30-39 lat	18	00:00:04	<b>00:32:07.35</b>	<b>00:32:11.45</b>	+00:08:46 (27.3%)	4:00	14.9 (72.3%)
54	<b>WESOŁOWSKA Katarzyna</b>	<b>344</b>	ORANGE POLSKA	K 40-49 lat	4	00:00:03	<b>00:32:08.00</b>	<b>00:32:11.95</b>	+00:08:47 (27.4%)	4:01	14.9 (72.3%)
55	<b>KLUSKA Piotr</b>	<b>446</b>	WIRTUALNA POLSKA TRIATHLON TEAM	M 50-59 lat	8	00:00:07	<b>00:32:14.90</b>	<b>00:32:22.00</b>	+00:08:54 (27.6%)	4:01	14.9 (72.3%)
56	<b>PRUCHNIEWSKI Sławomir</b>	<b>264</b>	WIRTUALNA POLSKA	M 40-49 lat	15	00:00:06	<b>00:32:15.35</b>	<b>00:32:22.15</b>	+00:08:54 (27.6%)	4:01	14.9 (72.3%)
57	<b>TWARDOWSKI Piotr</b>	<b>383</b>	SPOCENI NA MAXA	M 50-59 lat	9	00:00:02	<b>00:32:22.35</b>	<b>00:32:25.10</b>	+00:09:01 (27.9%)	4:02	14.8 (71.8%)
58	<b>MISIAK Michał</b>	<b>209</b>	FOCUS TELECOM	M 40-49 lat	17	00:00:03	<b>00:32:24.90</b>	<b>00:32:28.65</b>	+00:09:04 (28.0%)	4:03	14.8 (71.8%)
59	<b>STOBNICKI Mateusz</b>	<b>303</b>	GĄBIN BIEGA / PARKRUN PRUSZKÓW	M 30-39 lat	20	00:00:13	<b>00:32:17.55</b>	<b>00:32:30.85</b>	+00:08:57 (27.7%)	4:02	14.9 (72.3%)
60	<b>BUCZKOWSKI Piotr</b>	<b>36</b>		M 40-49 lat	16	00:00:07	<b>00:32:24.70</b>	<b>00:32:31.75</b>	+00:09:04 (28.0%)	4:03	14.8 (71.8%)

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61	<b>MACKIEWICZ Wojciech</b>	<b>181</b>	LACKOWA	M 40-49 lat	18	00:00:06	<b>00:32:27.00</b>	<b>00:32:33.05</b>	+00:09:06 (28.1%)	4:03	14.8 (71.8%)
61	<b>DĄBROWSKI Jan</b>	<b>57</b>		M 30-39 lat	19	00:00:20	<b>00:32:12.70</b>	<b>00:32:33.05</b>	+00:08:52 (27.5%)	4:01	14.9 (72.3%)
63	<b>SZEWCZYK Jacek</b>	<b>309</b>		M 40-49 lat	19	00:00:05	<b>00:32:32.80</b>	<b>00:32:38.75</b>	+00:09:12 (28.3%)	4:04	14.8 (71.8%)
64	<b>WOŁODKO Michał</b>	<b>358</b>		M 30-39 lat	21	00:00:13	<b>00:32:28.85</b>	<b>00:32:41.85</b>	+00:09:08 (28.1%)	4:03	14.8 (71.8%)
65	<b>LEKI Robert</b>	<b>436</b>	BEMOWO BIEGA	M 50-59 lat	10	00:00:03	<b>00:32:40.80</b>	<b>00:32:44.30</b>	+00:09:20 (28.6%)	4:05	14.7 (71.4%)
66	<b>BORKOWSKI Mariusz</b>	<b>32</b>		M 40-49 lat	20	00:00:04	<b>00:32:51.45</b>	<b>00:32:56.30</b>	+00:09:30 (29.0%)	4:06	14.6 (70.9%)
67	<b>DULIBAN Tomasz</b>	<b>64</b>		M 30-39 lat	22	00:00:06	<b>00:32:51.15</b>	<b>00:32:57.85</b>	+00:09:30 (28.9%)	4:06	14.6 (70.9%)
68	<b>GADOMSKA Anna</b>	<b>78</b>	PZU SPORT TEAM	K 40-49 lat	5	00:00:07	<b>00:32:55.90</b>	<b>00:33:02.90</b>	+00:09:35 (29.1%)	4:06	14.6 (70.9%)
69	<b>MAZUR Emilia</b>	<b>195</b>		K 30-39 lat	3	00:00:04	<b>00:33:01.20</b>	<b>00:33:05.95</b>	+00:09:40 (29.3%)	4:07	14.5 (70.4%)
70	<b>ZIELINSKI Krzysztof</b>	<b>365</b>	HIKINGTOURS	M 40-49 lat	22	00:00:08	<b>00:32:58.15</b>	<b>00:33:06.70</b>	+00:09:37 (29.2%)	4:07	14.6 (70.9%)
71	<b>LECHAŃSKI Bartosz</b>	<b>166</b>		M 40-49 lat	21	00:00:19	<b>00:32:53.85</b>	<b>00:33:12.85</b>	+00:09:33 (29.0%)	4:06	14.6 (70.9%)
72	<b>PERZANOWSKI Jakub</b>	<b>248</b>		M 30-39 lat	23	00:00:12	<b>00:33:03.05</b>	<b>00:33:15.85</b>	+00:09:42 (29.4%)	4:07	14.5 (70.4%)
73	<b>GARLICKI Marek</b>	<b>490</b>		M 30-39 lat	24	00:00:04	<b>00:33:19.10</b>	<b>00:33:23.15</b>	+00:09:58 (29.9%)	4:09	14.4 (69.9%)
74	<b>SZCZECH Łukasz</b>	<b>384</b>		M 30-39 lat	25	00:00:07	<b>00:33:21.10</b>	<b>00:33:28.25</b>	+00:10:00 (30.0%)	4:10	14.4 (69.9%)
74	<b>RYBAKOV Evgeny</b>	<b>278</b>		M 40-49 lat	23	00:00:25	<b>00:33:03.00</b>	<b>00:33:28.25</b>	+00:09:42 (29.4%)	4:07	14.5 (70.4%)
76	<b>ŚLEDŹ Hubert</b>	<b>422</b>		M 20-29 lat	6	00:00:14	<b>00:33:16.65</b>	<b>00:33:30.75</b>	+00:09:56 (29.9%)	4:09	14.4 (69.9%)
77	<b>SKORY Mateusz</b>	<b>286</b>		M 20-29 lat	7	00:00:15	<b>00:33:16.65</b>	<b>00:33:32.00</b>	+00:09:56 (29.9%)	4:09	14.4 (69.9%)
78	<b>BIEGAJ Marcin</b>	<b>387</b>	BIEGAJ Z URSUSEM	M 40-49 lat	25	00:00:13	<b>00:33:21.30</b>	<b>00:33:34.40</b>	+00:10:00 (30.0%)	4:10	14.4 (69.9%)
79	<b>MCGIVERN Colm</b>	<b>197</b>	WITC - WARSAW INTERNATIONAL TRIATHLON CLUB	M 50-59 lat	11	00:00:10	<b>00:33:26.15</b>	<b>00:33:37.00</b>	+00:10:05 (30.2%)	4:10	14.4 (69.9%)
80	<b>MAZGAJSKI Michał</b>	<b>194</b>		M 40-49 lat	24	00:00:26	<b>00:33:16.80</b>	<b>00:33:43.15</b>	+00:09:56 (29.9%)	4:09	14.4 (69.9%)
81	<b>WOJEWÓDZKI Marcin</b>	<b>355</b>	WOJEWÓDZCY TEAM	M 30-39 lat	26	00:00:04	<b>00:33:39.15</b>	<b>00:33:43.75</b>	+00:10:18 (30.6%)	4:12	14.3 (69.4%)
82	<b>NIEDŹWIADEK Czesław</b>	<b>225</b>	NIEDŹWIADKI RUNNING TEAM	M 60+	1	00:00:00	<b>00:33:51.20</b>	<b>00:33:51.20</b>	+00:10:30 (31.0%)	4:13	14.2 (68.9%)
83	<b>SOCHA Karol</b>	<b>294</b>		M 20-29 lat	8	00:00:12	<b>00:33:43.55</b>	<b>00:33:55.55</b>	+00:10:23 (30.8%)	4:12	14.2 (68.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
84	<b>ŁUKASZEWICZ Ryszard</b>	<b>397</b>		M 60+	2	00:00:05	<b>00:33:52.65</b>	<b>00:33:58.60</b>	+00:10:32 (31.1%)	4:14	14.2 (68.9%)
85	<b>MIZERA Krzysztof</b>	<b>211</b>	ŁKS ŁÓDŹ	M 30-39 lat	28	00:00:11	<b>00:33:51.05</b>	<b>00:34:02.65</b>	+00:10:30 (31.0%)	4:13	14.2 (68.9%)
86	<b>ŻEBROWSKI Dariusz</b>	<b>410</b>		M 40-49 lat	26	00:00:04	<b>00:34:00.05</b>	<b>00:34:04.95</b>	+00:10:39 (31.3%)	4:15	14.1 (68.4%)
87	<b>PARTYCKI Łukasz</b>	<b>243</b>	WP PRIME RUNNING TEAM	M 30-39 lat	31	00:00:07	<b>00:34:01.55</b>	<b>00:34:09.05</b>	+00:10:41 (31.4%)	4:15	14.1 (68.4%)
88	<b>SKAWSKI Jan</b>	<b>285</b>	VEGAS WĘGORZEWO RUNNING	M 40-49 lat	27	00:00:10	<b>00:34:00.45</b>	<b>00:34:10.60</b>	+00:10:39 (31.4%)	4:15	14.1 (68.4%)
89	<b>ŚNIEGOSKA Sandra</b>	<b>323</b>	BROOKS RUN HAPPY	K 30-39 lat	4	00:00:11	<b>00:33:59.85</b>	<b>00:34:11.45</b>	+00:10:39 (31.3%)	4:14	14.1 (68.4%)
90	<b>PŁOCHOCKI Jacek</b>	<b>256</b>	SZYBKIE NIUNIE	M 30-39 lat	33	00:00:06	<b>00:34:05.25</b>	<b>00:34:12.10</b>	+00:10:44 (31.5%)	4:15	14.1 (68.4%)
91	<b>WOJCIECHOWSKI Krzysiek</b>	<b>444</b>	MAGAZYNBIEGANIE.PL	M 40-49 lat	29	00:00:05	<b>00:34:07.40</b>	<b>00:34:12.45</b>	+00:10:46 (31.6%)	4:15	14.1 (68.4%)
92	<b>MACHOŃ Paweł</b>	<b>178</b>	GRUPA BIEGOWA UM W-WA	M 40-49 lat	28	00:00:09	<b>00:34:02.90</b>	<b>00:34:12.65</b>	+00:10:42 (31.4%)	4:15	14.1 (68.4%)
93	<b>KOT Wioleta</b>	<b>447</b>	ULTRA LASKI	K 40-49 lat	6	00:00:08	<b>00:34:06.70</b>	<b>00:34:15.35</b>	+00:10:46 (31.6%)	4:15	14.1 (68.4%)
94	<b>CLAJOT Fabian</b>	<b>52</b>		M 30-39 lat	30	00:00:17	<b>00:33:59.75</b>	<b>00:34:16.95</b>	+00:10:39 (31.3%)	4:14	14.1 (68.4%)
95	<b>ROMANKIEWICZ Maciej</b>	<b>274</b>	UKS FORPRO WARSZAWA	M 30-39 lat	34	00:00:05	<b>00:34:16.70</b>	<b>00:34:21.85</b>	+00:10:56 (31.9%)	4:17	14 (68.0%)
96	<b>OKSIĘDZKI Tomasz Jan Oksiedzki</b>	<b>458</b>	DELOITTE ADVENTURE TEAM	M 30-39 lat	35	00:00:06	<b>00:34:17.65</b>	<b>00:34:24.10</b>	+00:10:57 (31.9%)	4:17	14 (68.0%)
97	<b>MOCZYDŁOWSKI Rafał</b>	<b>213</b>		M 30-39 lat	29	00:00:25	<b>00:33:59.55</b>	<b>00:34:24.60</b>	+00:10:39 (31.3%)	4:14	14.1 (68.4%)
98	<b>WOJTCZAK Michał</b>	<b>357</b>		M 30-39 lat	32	00:00:24	<b>00:34:01.75</b>	<b>00:34:26.05</b>	+00:10:41 (31.4%)	4:15	14.1 (68.4%)
99	<b>CHOMKA Michał</b>	<b>47</b>	AEROSPACE RUNNERS	M 30-39 lat	36	00:00:06	<b>00:34:20.15</b>	<b>00:34:26.50</b>	+00:10:59 (32.0%)	4:17	14 (68.0%)
99	<b>CHOJNACKI Mikołaj</b>	<b>380</b>	WARSAW RUN CLUB	M 40-49 lat	30	00:00:13	<b>00:34:12.80</b>	<b>00:34:26.50</b>	+00:10:52 (31.8%)	4:16	14 (68.0%)
101	<b>MILKEVICZ Jarosław</b>	<b>207</b>		M 30-39 lat	27	00:01:12	<b>00:33:43.25</b>	<b>00:34:56.00</b>	+00:10:22 (30.8%)	4:12	14.2 (68.9%)
102	<b>SKIBIŃSKI Sławomir</b>	<b>498</b>		M 30-39 lat	37	00:00:04	<b>00:34:22.30</b>	<b>00:34:27.25</b>	+00:11:01 (32.1%)	4:17	14 (68.0%)
103	<b>PILARSKI Bartłomiej</b>	<b>252</b>		M 30-39 lat	38	00:00:11	<b>00:34:22.65</b>	<b>00:34:34.00</b>	+00:11:02 (32.1%)	4:17	14 (68.0%)
104	<b>CIEŚLIŃSKA Karolina</b>	<b>51</b>	STG WARSZAWA	K 30-39 lat	5	00:00:04	<b>00:34:22.90</b>	<b>00:34:27.10</b>	+00:11:02 (32.1%)	4:17	14 (68.0%)
105	<b>KLIMEK Arkadiusz</b>	<b>129</b>		M 50-59 lat	12	00:00:45	<b>00:34:25.30</b>	<b>00:35:10.80</b>	+00:11:04 (32.2%)	4:18	13.9 (67.5%)
106	<b>OWOC Tomasz</b>	<b>239</b>	PKO BANK POLSKI / ADIDAS RUNNERS WARSAW	M 50-59 lat	13	00:00:13	<b>00:34:29.95</b>	<b>00:34:43.80</b>	+00:11:09 (32.3%)	4:18	13.9 (67.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
107	<b>PRUSZYŃSKI Edward</b>	<b>265</b>	KB OŻARÓW MAZOWIECKI BIEGA	M 50-59 lat	14	00:00:10	<b>00:34:33.25</b>	<b>00:34:43.80</b>	+00:11:12 (32.4%)	4:19	13.9 (67.5%)
108	<b>WYSOKIŃSKI Michał</b>	<b>362</b>		M 50-59 lat	15	00:00:09	<b>00:34:33.30</b>	<b>00:34:42.55</b>	+00:11:12 (32.4%)	4:19	13.9 (67.5%)
109	<b>ZWARDOŃ Ewa</b>	<b>407</b>	BUXIDA TEAM	K 40-49 lat	7	00:00:08	<b>00:34:34.90</b>	<b>00:34:43.55</b>	+00:11:14 (32.5%)	4:19	13.9 (67.5%)
110	<b>ŚWINIARSKI Mariusz</b>	<b>324</b>	FITTERROR TEAM	M 40-49 lat	31	00:00:11	<b>00:34:36.40</b>	<b>00:34:48.35</b>	+00:11:15 (32.5%)	4:19	13.9 (67.5%)
111	<b>POPIEL Antoni</b>	<b>500</b>		M 15-19 lat	3	00:00:18	<b>00:34:38.00</b>	<b>00:34:56.00</b>	+00:11:17 (32.6%)	4:19	13.9 (67.5%)
112	<b>SOBAŃSKI Mateusz</b>	<b>499</b>		M 30-39 lat	39	00:01:14	<b>00:34:44.30</b>	<b>00:35:58.35</b>	+00:11:23 (32.8%)	4:20	13.8 (67.0%)
113	<b>KOTAS Wojciech</b>	<b>145</b>	AEROSPACE RUNNERS	M 40-49 lat	32	00:00:00	<b>00:34:44.75</b>	<b>00:34:44.75</b>	+00:11:24 (32.8%)	4:20	13.8 (67.0%)
114	<b>FIDOR Karol</b>	<b>73</b>		M 40-49 lat	33	00:00:05	<b>00:34:48.10</b>	<b>00:34:53.95</b>	+00:11:27 (32.9%)	4:21	13.8 (67.0%)
115	<b>KOWALSKI Mariusz</b>	<b>394</b>		M 40-49 lat	34	00:00:07	<b>00:34:48.40</b>	<b>00:34:55.90</b>	+00:11:27 (32.9%)	4:21	13.8 (67.0%)
116	<b>LUDYNIA Aleksandra</b>	<b>173</b>	STG WARSZAWA	K 40-49 lat	8	00:00:04	<b>00:34:50.25</b>	<b>00:34:55.10</b>	+00:11:29 (33.0%)	4:21	13.8 (67.0%)
117	<b>GWARA Adrian</b>	<b>97</b>		M 30-39 lat	40	00:00:24	<b>00:34:54.15</b>	<b>00:35:18.15</b>	+00:11:33 (33.1%)	4:21	13.8 (67.0%)
118	<b>BUJALSKI Konrad</b>	<b>39</b>		M 20-29 lat	9	00:00:15	<b>00:34:54.20</b>	<b>00:35:10.05</b>	+00:11:33 (33.1%)	4:21	13.8 (67.0%)
119	<b>HRYNKIEWICZ Maciej</b>	<b>103</b>		M 50-59 lat	16	00:00:24	<b>00:34:56.25</b>	<b>00:35:21.05</b>	+00:11:35 (33.2%)	4:22	13.7 (66.5%)
120	<b>GRYGIERCZYK Anna</b>	<b>400</b>	ROZBIEGANY PIASTÓW	K 40-49 lat	9	00:00:05	<b>00:34:57.10</b>	<b>00:35:02.85</b>	+00:11:36 (33.2%)	4:22	13.7 (66.5%)
121	<b>BONAROWSKI Andrzej</b>	<b>31</b>		M 30-39 lat	41	00:00:19	<b>00:35:02.95</b>	<b>00:35:22.30</b>	+00:11:42 (33.4%)	4:22	13.7 (66.5%)
122	<b>DRABCZYK Szymon</b>	<b>404</b>		M 60+	3	00:00:05	<b>00:35:03.80</b>	<b>00:35:09.25</b>	+00:11:43 (33.4%)	4:22	13.7 (66.5%)
123	<b>SZCZEPAŃSKI Bogdan</b>	<b>306</b>		M 50-59 lat	17	00:00:08	<b>00:35:08.00</b>	<b>00:35:16.20</b>	+00:11:47 (33.6%)	4:23	13.7 (66.5%)
124	<b>WIŚNIEWSKA Ewa</b>	<b>349</b>		K 50-59 lat	1	00:00:05	<b>00:35:14.00</b>	<b>00:35:19.45</b>	+00:11:53 (33.7%)	4:24	13.6 (66.0%)
125	<b>WITKOWSKI Mirosław</b>	<b>352</b>	PKS MOCZY MORDY	M 30-39 lat	42	00:00:18	<b>00:35:20.45</b>	<b>00:35:38.80</b>	+00:11:59 (34.0%)	4:25	13.6 (66.0%)
126	<b>GRODECKI Michał</b>	<b>92</b>		M 40-49 lat	35	00:00:18	<b>00:35:20.50</b>	<b>00:35:38.50</b>	+00:11:59 (34.0%)	4:25	13.6 (66.0%)
127	<b>ROGOZINSKI-DZIK Michal</b>	<b>273</b>		M 40-49 lat	36	00:00:39	<b>00:35:21.05</b>	<b>00:36:00.90</b>	+00:12:00 (34.0%)	4:25	13.6 (66.0%)
128	<b>OKUNIEWSKI Grzegorz</b>	<b>372</b>	ALIOR RUNNING TEAM	M 40-49 lat	37	00:00:02	<b>00:35:28.05</b>	<b>00:35:30.90</b>	+00:12:07 (34.2%)	4:26	13.5 (65.5%)
129	<b>MACIEJEWSKI Stanisław</b>	<b>179</b>	WPRUNNING	M 50-59 lat	18	00:00:03	<b>00:35:39.45</b>	<b>00:35:43.10</b>	+00:12:18 (34.5%)	4:27	13.5 (65.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
130	SIWIAK Marcin	284	PKP INTERCITY RUNNING TEAM	M 40-49 lat	38	00:00:07	00:35:48.20	00:35:55.50	+00:12:27 (34.8%)	4:28	13.4 (65.0%)
131	SPRAWKA Joanna	442	PCH_RUN	K 30-39 lat	6	00:01:38	00:35:52.70	00:37:31.00	+00:12:32 (34.9%)	4:29	13.4 (65.0%)
132	LEŚNIEWICZ-PARASZKA Danuta	378	MINIONSSPEEDTEAM	K 30-39 lat	7	00:00:06	00:35:57.50	00:36:04.20	+00:12:36 (35.1%)	4:29	13.4 (65.0%)
133	WITZKE Artur	353		M 40-49 lat	39	00:00:35	00:35:58.75	00:36:34.55	+00:12:38 (35.1%)	4:29	13.3 (64.6%)
134	RUPALA Katarzyna	475		K 40-49 lat	10	00:00:05	00:35:59.60	00:36:05.55	+00:12:39 (35.1%)	4:29	13.3 (64.6%)
135	BOJAROWSKI Albert	30		M 30-39 lat	43	00:00:29	00:36:00.95	00:36:30.90	+00:12:40 (35.2%)	4:30	13.3 (64.6%)
136	ŁUSZCZYKIEWICZ Michał	393	DELOITTE ADVENTURE TEAM	M 20-29 lat	10	00:00:10	00:36:01.05	00:36:12.00	+00:12:40 (35.2%)	4:30	13.3 (64.6%)
137	ŁAGOWSKI Krzysztof	176		M 40-49 lat	40	00:00:07	00:36:07.05	00:36:14.95	+00:12:46 (35.4%)	4:30	13.3 (64.6%)
138	RZAWA Paweł	494		M 30-39 lat	44	00:00:34	00:36:08.10	00:36:42.20	+00:12:47 (35.4%)	4:31	13.3 (64.6%)
139	PAWIŃSKI Artur	247		M 40-49 lat	41	00:00:22	00:36:12.15	00:36:34.15	+00:12:51 (35.5%)	4:31	13.3 (64.6%)
140	GROMADZKI Krzysztof	94		M 20-29 lat	11	00:00:19	00:36:14.10	00:36:33.60	+00:12:53 (35.6%)	4:31	13.2 (64.1%)
141	SZWACIŃSKI Andrzej	316		M 30-39 lat	45	00:00:26	00:36:15.55	00:36:41.80	+00:12:55 (35.6%)	4:31	13.2 (64.1%)
142	PRZYBOROWSKA Sylwia	266		K 30-39 lat	8	00:00:13	00:36:22.80	00:36:36.70	+00:13:02 (35.8%)	4:32	13.2 (64.1%)
143	WRZESZCZ Łukasz	360		M 30-39 lat	46	00:00:13	00:36:23.50	00:36:36.60	+00:13:02 (35.9%)	4:32	13.2 (64.1%)
144	GABIS Krzysztof	77	PSIARZE Z FORTÓW	M 30-39 lat	47	00:00:49	00:36:24.60	00:37:14.40	+00:13:04 (35.9%)	4:33	13.2 (64.1%)
145	PRAJSNAR Robert	263	SPEEDING TURTLES	M 50-59 lat	19	00:00:27	00:36:30.05	00:36:57.35	+00:13:09 (36.0%)	4:33	13.2 (64.1%)
146	KOWALCZYK Krzysztof	148		M 40-49 lat	42	00:00:16	00:36:32.10	00:36:48.90	+00:13:11 (36.1%)	4:34	13.1 (63.6%)
147	FILIPOWICZ Natalia	74	NEW BALANCE RUN CLUB	K 30-39 lat	9	00:00:08	00:36:35.55	00:36:43.80	+00:13:15 (36.2%)	4:34	13.1 (63.6%)
148	HANKIEWICZ Aleksander	99		M 40-49 lat	43	00:00:13	00:36:36.85	00:36:49.95	+00:13:16 (36.2%)	4:34	13.1 (63.6%)
149	ROSTKOWSKI Bartosz	275		M 40-49 lat	44	00:00:09	00:36:40.70	00:36:50.55	+00:13:20 (36.4%)	4:35	13.1 (63.6%)
150	STASZEWSKI Jarosław	483	KRC	M 30-39 lat	48	00:00:20	00:36:42.50	00:37:02.55	+00:13:21 (36.4%)	4:35	13.1 (63.6%)
151	MILEWSKI Patryk	206	GRUPA BIEGOWA UM WARSZAWA	M 30-39 lat	49	00:00:20	00:36:43.15	00:37:03.30	+00:13:22 (36.4%)	4:35	13.1 (63.6%)
152	GROCHOWSKI Andrzej	431	THIN BLUE LINE	M 50-59 lat	20	00:00:08	00:36:43.85	00:36:51.95	+00:13:23 (36.4%)	4:35	13.1 (63.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
153	<b>GRYN Julia</b>	<b>470</b>		K 20-29 lat	2	00:00:08	<b>00:36:44.10</b>	<b>00:36:52.30</b>	+00:13:23 (36.5%)	4:35	13.1 (63.6%)
154	<b>PASIŃSKI Daniel</b>	<b>244</b>	GRUPA BIEGOWA UM W-WA	M 40-49 lat	45	00:00:21	<b>00:36:45.25</b>	<b>00:37:06.30</b>	+00:13:24 (36.5%)	4:35	13.1 (63.6%)
155	<b>TERESZCZUK Joanna</b>	<b>428</b>		K 40-49 lat	11	00:00:11	<b>00:36:47.40</b>	<b>00:36:58.65</b>	+00:13:26 (36.6%)	4:35	13 (63.1%)
155	<b>PNIEWSKA Edyta</b>	<b>257</b>	LUX MED SPORTS TEAM	K 40-49 lat	12	00:00:28	<b>00:36:47.40</b>	<b>00:37:15.50</b>	+00:13:26 (36.6%)	4:35	13 (63.1%)
157	<b>OKUŁOWICZ Eliza</b>	<b>230</b>		K 40-49 lat	13	00:00:22	<b>00:36:50.00</b>	<b>00:37:12.35</b>	+00:13:29 (36.6%)	4:36	13 (63.1%)
158	<b>LEWKOWICZ Marta</b>	<b>169</b>		K 30-39 lat	10	00:00:16	<b>00:36:50.40</b>	<b>00:37:06.45</b>	+00:13:29 (36.6%)	4:36	13 (63.1%)
159	<b>SIEWRUK Katarzyna</b>	<b>283</b>	WARSAW RUN CLUB	K 40-49 lat	14	00:00:04	<b>00:36:50.70</b>	<b>00:36:55.05</b>	+00:13:30 (36.6%)	4:36	13 (63.1%)
160	<b>MAKOWSKI Karol</b>	<b>183</b>		M 20-29 lat	12	00:00:09	<b>00:36:50.95</b>	<b>00:37:00.10</b>	+00:13:30 (36.7%)	4:36	13 (63.1%)
161	<b>RADECKI Michał</b>	<b>268</b>		M 30-39 lat	50	00:00:16	<b>00:36:54.25</b>	<b>00:37:10.30</b>	+00:13:33 (36.7%)	4:36	13 (63.1%)
162	<b>WASILEWSKI Adam</b>	<b>339</b>		M 30-39 lat	51	00:00:07	<b>00:36:55.55</b>	<b>00:37:03.20</b>	+00:13:35 (36.8%)	4:36	13 (63.1%)
163	<b>OSTROWSKI Kacper</b>	<b>237</b>		M 30-39 lat	52	00:00:13	<b>00:36:58.05</b>	<b>00:37:11.65</b>	+00:13:37 (36.9%)	4:37	13 (63.1%)
164	<b>SŁOWIAK Klaudia</b>	<b>288</b>		K 30-39 lat	11	00:00:07	<b>00:37:07.95</b>	<b>00:37:15.75</b>	+00:13:47 (37.1%)	4:38	12.9 (62.6%)
165	<b>DUDA Jacek</b>	<b>63</b>		M 40-49 lat	46	00:00:23	<b>00:37:08.00</b>	<b>00:37:31.95</b>	+00:13:47 (37.1%)	4:38	12.9 (62.6%)
166	<b>PTASIŃSKI Piotr</b>	<b>443</b>		M 50-59 lat	21	00:00:10	<b>00:37:08.25</b>	<b>00:37:19.10</b>	+00:13:47 (37.1%)	4:38	12.9 (62.6%)
167	<b>SIENKIEWICZ Piotr</b>	<b>282</b>	TRÓJKA DROMBO	M 40-49 lat	47	00:00:16	<b>00:37:09.75</b>	<b>00:37:25.90</b>	+00:13:49 (37.2%)	4:38	12.9 (62.6%)
168	<b>RUDNIK Jarosław</b>	<b>414</b>		M 40-49 lat	48	00:00:21	<b>00:37:12.95</b>	<b>00:37:34.15</b>	+00:13:52 (37.3%)	4:39	12.9 (62.6%)
169	<b>HABDAS Damian</b>	<b>98</b>		M 30-39 lat	53	00:00:42	<b>00:37:19.20</b>	<b>00:38:01.45</b>	+00:13:58 (37.5%)	4:39	12.9 (62.6%)
170	<b>FREITES Luis</b>	<b>555</b>		M 60+	4	00:00:05	<b>00:37:20.95</b>	<b>00:37:26.60</b>	+00:14:00 (37.5%)	4:40	12.9 (62.6%)
171	<b>RODAK Zbigniew</b>	<b>270</b>		M 50-59 lat	22	00:00:37	<b>00:37:21.70</b>	<b>00:37:59.35</b>	+00:14:01 (37.5%)	4:40	12.9 (62.6%)
172	<b>KUCHTA Pawel</b>	<b>160</b>		M 40-49 lat	49	00:00:32	<b>00:37:22.45</b>	<b>00:37:54.85</b>	+00:14:01 (37.5%)	4:40	12.8 (62.1%)
173	<b>WIŚNIEWSKI Janusz</b>	<b>504</b>		M 40-49 lat	50	00:00:10	<b>00:37:22.65</b>	<b>00:37:33.15</b>	+00:14:02 (37.5%)	4:40	12.8 (62.1%)
174	<b>STYCZYŃSKI Grzegorz</b>	<b>463</b>	SP 94	M 40-49 lat	51	00:00:03	<b>00:37:27.10</b>	<b>00:37:30.40</b>	+00:14:06 (37.7%)	4:40	12.8 (62.1%)
175	<b>SOLTYSIAK Pawel</b>	<b>441</b>	KS POLONIA WARSZAWA	M 40-49 lat	52	00:00:03	<b>00:37:27.70</b>	<b>00:37:30.85</b>	+00:14:07 (37.7%)	4:40	12.8 (62.1%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
176	<b>CHARLEJ Ireneusz</b>	<b>44</b>		M 50-59 lat	23	00:00:14	<b>00:37:31.65</b>	<b>00:37:46.20</b>	+00:14:11 (37.8%)	4:41	12.8 (62.1%)
177	<b>ZIELIŃSKI Tomasz</b>	<b>388</b>	ZALATANI 1 BLTR.	M 30-39 lat	54	00:00:26	<b>00:37:31.85</b>	<b>00:37:58.10</b>	+00:14:11 (37.8%)	4:41	12.8 (62.1%)
178	<b>MATEJAK Katarzyna</b>	<b>188</b>		K 40-49 lat	15	00:00:10	<b>00:37:32.80</b>	<b>00:37:43.60</b>	+00:14:12 (37.8%)	4:41	12.8 (62.1%)
179	<b>KWIATKOWSKA Renata</b>	<b>164</b>	KB OŻARÓW MAZOWIECKI BIEGA	K 50-59 lat	2	00:00:09	<b>00:37:32.95</b>	<b>00:37:42.40</b>	+00:14:12 (37.8%)	4:41	12.8 (62.1%)
180	<b>TOMCZUK-KUZKA Katarzyna</b>	<b>329</b>		K 40-49 lat	16	00:00:06	<b>00:37:34.00</b>	<b>00:37:40.05</b>	+00:14:13 (37.9%)	4:41	12.8 (62.1%)
181	<b>CIEPIELA Roman</b>	<b>49</b>		M 30-39 lat	55	00:00:09	<b>00:37:42.75</b>	<b>00:37:52.50</b>	+00:14:22 (38.1%)	4:42	12.7 (61.7%)
182	<b>KARASIEWICZ Katarzyna</b>	<b>119</b>		K 50-59 lat	3	00:00:06	<b>00:37:47.40</b>	<b>00:37:53.65</b>	+00:14:26 (38.2%)	4:43	12.7 (61.7%)
183	<b>ORŁOWSKI Tomasz</b>	<b>460</b>		M 30-39 lat	56	00:00:46	<b>00:37:57.20</b>	<b>00:38:43.85</b>	+00:14:36 (38.5%)	4:44	12.6 (61.2%)
184	<b>KOŁODZIEJSKI Rafał</b>	<b>137</b>		M 40-49 lat	53	00:00:12	<b>00:37:57.95</b>	<b>00:38:10.20</b>	+00:14:37 (38.5%)	4:44	12.6 (61.2%)
185	<b>KISZCZYC Artur</b>	<b>128</b>		M 50-59 lat	24	00:00:15	<b>00:37:58.25</b>	<b>00:38:13.80</b>	+00:14:37 (38.5%)	4:44	12.6 (61.2%)
186	<b>KALUKIEWICZ Wacisław</b>	<b>438</b>		M 30-39 lat	57	00:00:40	<b>00:38:09.65</b>	<b>00:38:50.05</b>	+00:14:49 (38.8%)	4:46	12.6 (61.2%)
187	<b>WINCZEWSKI Bartosz</b>	<b>347</b>		M 40-49 lat	54	00:00:13	<b>00:38:10.80</b>	<b>00:38:23.90</b>	+00:14:50 (38.9%)	4:46	12.6 (61.2%)
188	<b>TULA Renata</b>	<b>330</b>		K 60+	1	00:00:14	<b>00:38:13.85</b>	<b>00:38:28.60</b>	+00:14:53 (38.9%)	4:46	12.6 (61.2%)
189	<b>LITWIN Michalina</b>	<b>172</b>		K 20-29 lat	3	00:00:08	<b>00:38:18.50</b>	<b>00:38:27.10</b>	+00:14:57 (39.1%)	4:47	12.5 (60.7%)
190	<b>WRZESIEŃ Kamil</b>	<b>469</b>	TOON ARMY POLAND RUN CLUB	M 40-49 lat	55	00:00:26	<b>00:38:19.75</b>	<b>00:38:46.70</b>	+00:14:59 (39.1%)	4:47	12.5 (60.7%)
191	<b>NIEDZIÓŁKA Jacek</b>	<b>223</b>	TO NATURALNE	M 50-59 lat	25	00:00:15	<b>00:38:26.20</b>	<b>00:38:41.50</b>	+00:15:05 (39.3%)	4:48	12.5 (60.7%)
192	<b>DZIEWULSKA Henryka</b>	<b>71</b>	ROZBIEGANY PIASTÓW	K 50-59 lat	4	00:00:05	<b>00:38:26.50</b>	<b>00:38:31.85</b>	+00:15:05 (39.3%)	4:48	12.5 (60.7%)
193	<b>PIROWSKA - REGUCKA Małgorzata</b>	<b>254</b>		K 40-49 lat	17	00:00:43	<b>00:38:28.50</b>	<b>00:39:12.20</b>	+00:15:07 (39.3%)	4:48	12.5 (60.7%)
194	<b>DUDARYK Paweł</b>	<b>418</b>		M 20-29 lat	13	00:00:28	<b>00:38:29.90</b>	<b>00:38:58.35</b>	+00:15:09 (39.4%)	4:48	12.5 (60.7%)
195	<b>BERDYCHOWSKI Zygmunt</b>	<b>497</b>		M 60+	5	00:00:45	<b>00:38:34.70</b>	<b>00:39:19.90</b>	+00:15:14 (39.5%)	4:49	12.4 (60.2%)
196	<b>KRASZEWSKA Sylwia</b>	<b>153</b>	SYLENDĄ WYSZKÓW	K 40-49 lat	18	00:00:18	<b>00:38:39.95</b>	<b>00:38:58.65</b>	+00:15:19 (39.6%)	4:49	12.4 (60.2%)
197	<b>KALBARCZYK Igor</b>	<b>113</b>		M 30-39 lat	58	00:00:16	<b>00:38:40.70</b>	<b>00:38:57.30</b>	+00:15:20 (39.6%)	4:50	12.4 (60.2%)
198	<b>STĘPKA Sylwia</b>	<b>302</b>		K 30-39 lat	12	00:00:33	<b>00:38:42.35</b>	<b>00:39:15.55</b>	+00:15:21 (39.7%)	4:50	12.4 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
199	<b>KOLASA Andrzej</b>	<b>133</b>	KLUB J.SŁOWACKIEGO	M 60+	6	00:00:04	<b>00:38:47.65</b>	<b>00:38:52.50</b>	+00:15:27 (39.8%)	4:50	12.4 (60.2%)
200	<b>DOBROWOLSKI Bartosz</b>	<b>59</b>	STG WARSZAWA	M 30-39 lat	59	00:00:05	<b>00:38:51.15</b>	<b>00:38:56.60</b>	+00:15:30 (39.9%)	4:51	12.4 (60.2%)
201	<b>DOBROWOLSKA Marlena</b>	<b>427</b>	TO NATURALNE	K 30-39 lat	13	00:00:25	<b>00:38:54.25</b>	<b>00:39:20.05</b>	+00:15:33 (40.0%)	4:51	12.3 (59.7%)
202	<b>LUDYNIA Krzysztof</b>	<b>174</b>		M 40-49 lat	56	00:00:38	<b>00:38:55.45</b>	<b>00:39:34.10</b>	+00:15:34 (40.0%)	4:51	12.3 (59.7%)
203	<b>CHMIEL Szymon</b>	<b>45</b>		M 20-29 lat	14	00:00:16	<b>00:38:57.90</b>	<b>00:39:14.35</b>	+00:15:37 (40.1%)	4:52	12.3 (59.7%)
204	<b>MIEDZIŃSKA Dominika</b>	<b>201</b>		K 40-49 lat	19	00:00:05	<b>00:38:59.60</b>	<b>00:39:04.85</b>	+00:15:39 (40.1%)	4:52	12.3 (59.7%)
205	<b>GRONOWSKI Arkadiusz</b>	<b>95</b>		M 30-39 lat	60	00:00:25	<b>00:39:00.25</b>	<b>00:39:25.65</b>	+00:15:39 (40.2%)	4:52	12.3 (59.7%)
206	<b>KRATOK Dmitry</b>	<b>155</b>		M 30-39 lat	61	00:00:21	<b>00:39:01.60</b>	<b>00:39:23.30</b>	+00:15:41 (40.2%)	4:52	12.3 (59.7%)
207	<b>WEŻOWCZYK Ludmiła</b>	<b>345</b>	PAWKORUNNER TEAM	K 50-59 lat	5	00:00:29	<b>00:39:02.25</b>	<b>00:39:32.20</b>	+00:15:41 (40.2%)	4:52	12.3 (59.7%)
208	<b>NIEWIŃSKI Jan</b>	<b>379</b>	FITTERROR	M 40-49 lat	57	00:00:35	<b>00:39:03.20</b>	<b>00:39:39.15</b>	+00:15:42 (40.2%)	4:52	12.3 (59.7%)
209	<b>PIĄTEK Bogdan</b>	<b>249</b>	LECHICI ZIELONKA	M 60+	7	00:00:27	<b>00:39:05.20</b>	<b>00:39:32.45</b>	+00:15:44 (40.3%)	4:53	12.3 (59.7%)
210	<b>KRASZEWSKI Paweł</b>	<b>154</b>	SYLEND A WYSZKÓW	M 40-49 lat	58	00:00:18	<b>00:39:06.95</b>	<b>00:39:25.65</b>	+00:15:46 (40.3%)	4:53	12.3 (59.7%)
211	<b>NAWROCKA Roma</b>	<b>221</b>	GRUPA BIEGOWA UM W-WA	K 40-49 lat	20	00:00:11	<b>00:39:13.40</b>	<b>00:39:24.50</b>	+00:15:52 (40.5%)	4:54	12.2 (59.2%)
212	<b>BARANOWSKI Łukasz</b>	<b>20</b>		M 30-39 lat	62	00:00:18	<b>00:39:14.75</b>	<b>00:39:33.20</b>	+00:15:54 (40.5%)	4:54	12.2 (59.2%)
213	<b>JABŁONKA Radek</b>	<b>105</b>	DZIADY OCR	M 40-49 lat	59	00:00:18	<b>00:39:17.85</b>	<b>00:39:36.15</b>	+00:15:57 (40.6%)	4:54	12.2 (59.2%)
214	<b>NALAZEK Michał</b>	<b>219</b>		M 30-39 lat	63	00:00:18	<b>00:39:21.45</b>	<b>00:39:40.40</b>	+00:16:00 (40.7%)	4:55	12.2 (59.2%)
215	<b>LISOWSKI Michał</b>	<b>170</b>		M 40-49 lat	60	00:00:27	<b>00:39:22.50</b>	<b>00:39:49.50</b>	+00:16:01 (40.7%)	4:55	12.2 (59.2%)
216	<b>DOMINIAK Bartosz</b>	<b>423</b>	#BARTEKBIEGA	M 40-49 lat	61	00:00:15	<b>00:39:22.70</b>	<b>00:39:37.75</b>	+00:16:02 (40.7%)	4:55	12.2 (59.2%)
217	<b>NERĆ Karolina</b>	<b>222</b>		K 20-29 lat	4	00:00:33	<b>00:39:23.85</b>	<b>00:39:57.75</b>	+00:16:03 (40.8%)	4:55	12.2 (59.2%)
218	<b>BARTOSIEWICZ Kamil</b>	<b>24</b>		M 20-29 lat	15	00:00:36	<b>00:39:29.75</b>	<b>00:40:06.50</b>	+00:16:09 (40.9%)	4:56	12.2 (59.2%)
219	<b>PONDO Wojciech</b>	<b>262</b>		M 20-29 lat	16	00:00:29	<b>00:39:32.55</b>	<b>00:40:01.75</b>	+00:16:12 (41.0%)	4:56	12.1 (58.7%)
220	<b>GALANTY Jakub</b>	<b>79</b>		M 40-49 lat	62	00:01:21	<b>00:39:33.05</b>	<b>00:40:54.10</b>	+00:16:12 (41.0%)	4:56	12.1 (58.7%)
221	<b>OROZO Daniel</b>	<b>512</b>		M 30-39 lat	64	00:00:05	<b>00:39:42.55</b>	<b>00:39:48.40</b>	+00:16:22 (41.2%)	4:57	12.1 (58.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
222	<b>ŚMIELAK Mariusz</b>	<b>322</b>		M 30-39 lat	65	00:00:21	<b>00:39:44.75</b>	<b>00:40:06.30</b>	+00:16:24 (41.3%)	4:58	12.1 (58.7%)
223	<b>TURCZYŃSKA Monika</b>	<b>331</b>	MEDYCY W BIEGU	K 50-59 lat	6	00:00:17	<b>00:39:49.75</b>	<b>00:40:06.85</b>	+00:16:29 (41.4%)	4:58	12.1 (58.7%)
224	<b>MRÓZ Sebastian</b>	<b>459</b>		M 40-49 lat	63	00:00:20	<b>00:39:49.80</b>	<b>00:40:10.30</b>	+00:16:29 (41.4%)	4:58	12.1 (58.7%)
225	<b>WOLSKI Łukasz</b>	<b>505</b>		M 30-39 lat	66	00:00:02	<b>00:39:52.20</b>	<b>00:39:54.40</b>	+00:16:31 (41.5%)	4:59	12 (58.3%)
226	<b>ZASTAWNA Aneta</b>	<b>364</b>		K 40-49 lat	21	00:00:13	<b>00:39:54.45</b>	<b>00:40:07.45</b>	+00:16:33 (41.5%)	4:59	12 (58.3%)
227	<b>KRAJEWSKI Przemysław</b>	<b>151</b>	MEDYCY W BIEGU	M 50-59 lat	26	00:00:14	<b>00:39:54.85</b>	<b>00:40:09.55</b>	+00:16:34 (41.5%)	4:59	12 (58.3%)
228	<b>ROGALSKA Justyna</b>	<b>272</b>	PAWKO RUNNER TEAM	K 30-39 lat	14	00:00:29	<b>00:39:55.15</b>	<b>00:40:24.35</b>	+00:16:34 (41.5%)	4:59	12 (58.3%)
229	<b>SEKLECKA Agata</b>	<b>373</b>	STG WARSZAWA	K 30-39 lat	15	00:00:33	<b>00:39:59.05</b>	<b>00:40:32.50</b>	+00:16:38 (41.6%)	4:59	12 (58.3%)
230	<b>KRÓLICKI Konrad</b>	<b>158</b>	STG WARSZAWA	M 40-49 lat	64	00:00:33	<b>00:39:59.40</b>	<b>00:40:32.70</b>	+00:16:38 (41.6%)	4:59	12 (58.3%)
231	<b>SEKŚCIŃSKA Magda</b>	<b>421</b>	AKTYWNA WARSZAWA	K 30-39 lat	16	00:00:17	<b>00:40:02.35</b>	<b>00:40:20.10</b>	+00:16:41 (41.7%)	5:00	12 (58.3%)
232	<b>LISOWSKA Monika</b>	<b>449</b>		K 30-39 lat	17	00:00:08	<b>00:40:02.55</b>	<b>00:40:11.05</b>	+00:16:42 (41.7%)	5:00	12 (58.3%)
233	<b>ANIOŁKOWSKI Krzysztof</b>	<b>419</b>	AKTYWNA WARSZAWA	M 40-49 lat	65	00:00:17	<b>00:40:03.05</b>	<b>00:40:20.15</b>	+00:16:42 (41.7%)	5:00	12 (58.3%)
234	<b>OLSZEWSKI Tomasz</b>	<b>235</b>		M 30-39 lat	67	00:00:37	<b>00:40:04.15</b>	<b>00:40:42.10</b>	+00:16:43 (41.7%)	5:00	12 (58.3%)
235	<b>PNIEWSKI Rafał</b>	<b>258</b>	BIEGAM NA TARCHOMINIE	M 40-49 lat	66	00:00:12	<b>00:40:05.40</b>	<b>00:40:17.95</b>	+00:16:44 (41.8%)	5:00	12 (58.3%)
236	<b>SĘDEK Piotr</b>	<b>280</b>	XXX	M 50-59 lat	27	00:00:14	<b>00:40:07.90</b>	<b>00:40:22.55</b>	+00:16:47 (41.8%)	5:00	12 (58.3%)
237	<b>SZUTKO Michał</b>	<b>315</b>		M 20-29 lat	17	00:00:08	<b>00:40:08.55</b>	<b>00:40:16.75</b>	+00:16:48 (41.9%)	5:01	12 (58.3%)
238	<b>CHŁOPIK Marcin</b>	<b>408</b>		M 40-49 lat	67	00:00:29	<b>00:40:08.65</b>	<b>00:40:37.80</b>	+00:16:48 (41.9%)	5:01	12 (58.3%)
239	<b>HAWRYLUK-STASIAK Ewa</b>	<b>477</b>	BIEGUNI 2022/AKTYWNA WARSZAWA	K 60+	2	00:00:11	<b>00:40:10.70</b>	<b>00:40:22.10</b>	+00:16:50 (41.9%)	5:01	12 (58.3%)
240	<b>GROCHOWSKI Paweł</b>	<b>434</b>	PZU SPORT TEAM	M 40-49 lat	68	00:00:21	<b>00:40:15.85</b>	<b>00:40:37.20</b>	+00:16:55 (42.0%)	5:01	11.9 (57.8%)
241	<b>KOWALEWSKI Kamil</b>	<b>149</b>		M 30-39 lat	68	00:00:35	<b>00:40:16.35</b>	<b>00:40:51.60</b>	+00:16:55 (42.0%)	5:02	11.9 (57.8%)
242	<b>BIELECKI Jacek</b>	<b>28</b>	RUN CZARNÓW	M 50-59 lat	28	00:00:30	<b>00:40:24.70</b>	<b>00:40:55.30</b>	+00:17:04 (42.2%)	5:03	11.9 (57.8%)
243	<b>STARCZEWSKI Piotr</b>	<b>301</b>		M 60+	8	00:00:26	<b>00:40:24.85</b>	<b>00:40:51.40</b>	+00:17:04 (42.2%)	5:03	11.9 (57.8%)
244	<b>KOŚCIK Urszula</b>	<b>144</b>		K 30-39 lat	18	00:00:00	<b>00:40:26.00</b>	<b>00:40:26.00</b>	+00:17:05 (42.3%)	5:03	11.9 (57.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
245	<b>BRODZIUK Anna</b>	<b>34</b>	GRUPA BIEGWA UM W-WA	K 40-49 lat	22	00:00:28	<b>00:40:40.30</b>	<b>00:41:09.00</b>	+00:17:19 (42.6%)	5:05	11.8 (57.3%)
246	<b>ZYGADŁO Piotr</b>	<b>370</b>		M 40-49 lat	69	00:00:07	<b>00:40:45.60</b>	<b>00:40:53.10</b>	+00:17:25 (42.7%)	5:05	11.8 (57.3%)
247	<b>HANSDORFER Franciszek</b>	<b>101</b>		M 15-19 lat	4	00:00:14	<b>00:40:52.95</b>	<b>00:41:07.35</b>	+00:17:32 (42.9%)	5:06	11.7 (56.8%)
248	<b>SOKOLIŃSKI Artur</b>	<b>401</b>		M 30-39 lat	69	00:00:17	<b>00:40:53.85</b>	<b>00:41:11.75</b>	+00:17:33 (42.9%)	5:06	11.7 (56.8%)
249	<b>KOSMALA Dariusz</b>	<b>142</b>		M 50-59 lat	29	00:00:12	<b>00:40:54.05</b>	<b>00:41:06.05</b>	+00:17:33 (42.9%)	5:06	11.7 (56.8%)
250	<b>MATUSZEWSKA Julia</b>	<b>190</b>		K 40-49 lat	23	00:00:26	<b>00:40:57.60</b>	<b>00:41:24.00</b>	+00:17:37 (43.0%)	5:07	11.7 (56.8%)
251	<b>MADERA Dawid</b>	<b>455</b>	KATOWICKI NORDIC WALKING	M 40-49 lat	70	00:00:23	<b>00:41:01.85</b>	<b>00:41:25.40</b>	+00:17:41 (43.1%)	5:07	11.7 (56.8%)
252	<b>DYBOWSKI Arkadiusz</b>	<b>68</b>		M 30-39 lat	70	00:00:42	<b>00:41:02.45</b>	<b>00:41:45.10</b>	+00:17:41 (43.1%)	5:07	11.7 (56.8%)
253	<b>MUSIAŁ Krzysztof</b>	<b>413</b>		M 30-39 lat	71	00:00:23	<b>00:41:02.90</b>	<b>00:41:26.10</b>	+00:17:42 (43.1%)	5:07	11.7 (56.8%)
254	<b>BRZEZIK Piotr</b>	<b>35</b>		M 30-39 lat	72	00:00:10	<b>00:41:04.70</b>	<b>00:41:15.10</b>	+00:17:44 (43.2%)	5:08	11.7 (56.8%)
255	<b>SZELWACHOWSKI Dariusz</b>	<b>308</b>		M 50-59 lat	30	00:00:13	<b>00:41:04.90</b>	<b>00:41:18.60</b>	+00:17:44 (43.2%)	5:08	11.7 (56.8%)
256	<b>TOKARSKA Weronika</b>	<b>326</b>		K 15-19 lat	2	00:00:15	<b>00:41:09.45</b>	<b>00:41:25.10</b>	+00:17:48 (43.3%)	5:08	11.7 (56.8%)
257	<b>KRASUCKI Michał</b>	<b>152</b>		M 20-29 lat	18	00:00:37	<b>00:41:13.15</b>	<b>00:41:50.45</b>	+00:17:52 (43.4%)	5:09	11.6 (56.3%)
258	<b>KAMIŃSKI Tomasz</b>	<b>495</b>		M 20-29 lat	19	00:00:41	<b>00:41:13.65</b>	<b>00:41:55.35</b>	+00:17:53 (43.4%)	5:09	11.6 (56.3%)
259	<b>KAMIŃSKA Dorota</b>	<b>496</b>		K 20-29 lat	5	00:00:41	<b>00:41:13.95</b>	<b>00:41:55.80</b>	+00:17:53 (43.4%)	5:09	11.6 (56.3%)
260	<b>ANDRZEJCZAK Tomasz</b>	<b>15</b>	GROSZEK	M 30-39 lat	73	00:00:22	<b>00:41:19.85</b>	<b>00:41:42.00</b>	+00:17:59 (43.5%)	5:09	11.6 (56.3%)
260	<b>PIETRASZEK Karolina</b>	<b>479</b>		K 20-29 lat	6	00:00:25	<b>00:41:19.85</b>	<b>00:41:45.50</b>	+00:17:59 (43.5%)	5:09	11.6 (56.3%)
262	<b>PALISZEWSKI Krystian</b>	<b>242</b>		M 20-29 lat	20	00:00:29	<b>00:41:20.15</b>	<b>00:41:49.95</b>	+00:17:59 (43.5%)	5:10	11.6 (56.3%)
263	<b>POŁOWIANIUK Marek</b>	<b>261</b>		M 40-49 lat	71	00:00:35	<b>00:41:22.75</b>	<b>00:41:58.60</b>	+00:18:02 (43.6%)	5:10	11.6 (56.3%)
264	<b>KOPROWSKI Jacek</b>	<b>141</b>	PARKRUN PRUSZKÓW	M 30-39 lat	74	00:00:28	<b>00:41:23.50</b>	<b>00:41:52.10</b>	+00:18:02 (43.6%)	5:10	11.6 (56.3%)
265	<b>SZULC Kasia</b>	<b>314</b>		K 50-59 lat	7	00:00:06	<b>00:41:26.20</b>	<b>00:41:32.90</b>	+00:18:05 (43.7%)	5:10	11.6 (56.3%)
266	<b>WALENDZIK Dawid</b>	<b>336</b>	DAMIL RUN	M 20-29 lat	21	00:00:22	<b>00:41:27.80</b>	<b>00:41:50.75</b>	+00:18:07 (43.7%)	5:10	11.6 (56.3%)
267	<b>MŁYNARCZYK Wojciech</b>	<b>212</b>		M 40-49 lat	72	00:00:30	<b>00:41:30.00</b>	<b>00:42:00.35</b>	+00:18:09 (43.8%)	5:11	11.6 (56.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
268	WIATR Anita	486		K 40-49 lat	24	00:00:38	00:41:32.25	00:42:10.75	+00:18:11 (43.8%)	5:11	11.6 (56.3%)
269	MEKSUŁA Tomasz	485		M 40-49 lat	73	00:00:10	00:41:38.25	00:41:48.75	+00:18:17 (43.9%)	5:12	11.5 (55.8%)
270	WĘGRZYN Wojtek	453		M 30-39 lat	75	00:00:22	00:41:43.70	00:42:05.85	+00:18:23 (44.1%)	5:12	11.5 (55.8%)
271	MIK Zuzanna	203		K 20-29 lat	7	00:00:34	00:41:44.55	00:42:19.45	+00:18:24 (44.1%)	5:13	11.5 (55.8%)
272	MAZURKIEWICZ Grzegorz	412		M 40-49 lat	74	00:00:16	00:41:44.75	00:42:00.75	+00:18:24 (44.1%)	5:13	11.5 (55.8%)
273	WYSZKOWSKA Natalia	491	STG WARSZAWA	K 30-39 lat	19	00:00:05	00:41:44.85	00:41:50.45	+00:18:24 (44.1%)	5:13	11.5 (55.8%)
274	OZIĘBŁO Michał	385		M 20-29 lat	22	00:00:36	00:41:46.45	00:42:23.10	+00:18:25 (44.1%)	5:13	11.5 (55.8%)
275	TOKARSKI Paweł	328		M 40-49 lat	75	00:00:15	00:41:54.60	00:42:10.45	+00:18:34 (44.3%)	5:14	11.5 (55.8%)
276	KONASIEWICZ Agnieszka	395		K 30-39 lat	20	00:00:41	00:41:54.70	00:42:35.95	+00:18:34 (44.3%)	5:14	11.5 (55.8%)
277	BANKOWSKI Jakub	18		M 20-29 lat	23	00:00:20	00:41:57.45	00:42:18.20	+00:18:36 (44.4%)	5:14	11.4 (55.3%)
278	DORF Weronika	61		K 20-29 lat	8	00:00:20	00:41:58.05	00:42:18.25	+00:18:37 (44.4%)	5:14	11.4 (55.3%)
279	TYBURC Paweł	332	RADA DZIELNICY BIAŁOŁĘKA	M 50-59 lat	31	00:00:09	00:41:58.30	00:42:07.85	+00:18:37 (44.4%)	5:14	11.4 (55.3%)
280	OKRÓJ Dawid	229		M 40-49 lat	76	00:00:35	00:42:00.95	00:42:36.75	+00:18:40 (44.4%)	5:15	11.4 (55.3%)
281	KOTYNIA Konrad	146		M 40-49 lat	77	00:00:26	00:42:03.95	00:42:30.50	+00:18:43 (44.5%)	5:15	11.4 (55.3%)
282	KACZANOWSKA Nina	110		K 20-29 lat	9	00:00:07	00:42:07.15	00:42:14.50	+00:18:46 (44.6%)	5:15	11.4 (55.3%)
283	GRODZICKI Krzysztof	93		M 50-59 lat	32	00:00:34	00:42:07.45	00:42:42.35	+00:18:46 (44.6%)	5:15	11.4 (55.3%)
284	SIDORCZUK-KUMOSA Dorota	509		K 40-49 lat	25	00:00:12	00:42:14.60	00:42:27.40	+00:18:54 (44.7%)	5:16	11.4 (55.3%)
285	PIECHOCKA Katarzyna	250	BW RUNNERS	K 40-49 lat	26	00:00:17	00:42:15.35	00:42:33.25	+00:18:54 (44.8%)	5:16	11.4 (55.3%)
286	GRĄDZKI Tomasz	90		M 20-29 lat	24	00:00:29	00:42:15.70	00:42:44.70	+00:18:55 (44.8%)	5:16	11.4 (55.3%)
287	SZCZEPAŃSKI Jakub	420		M 20-29 lat	25	00:00:28	00:42:19.25	00:42:47.25	+00:18:58 (44.8%)	5:17	11.3 (54.9%)
288	PAWEŁEK Krzysztof	402	MARKOWI BIEGACZE	M 40-49 lat	78	00:00:23	00:42:29.45	00:42:52.95	+00:19:08 (45.1%)	5:18	11.3 (54.9%)
289	KUNKA Andrzej	162		M 30-39 lat	76	00:00:24	00:42:29.50	00:42:54.30	+00:19:08 (45.1%)	5:18	11.3 (54.9%)
290	HANSDORFER Paweł	100		M 50-59 lat	33	00:00:15	00:42:30.05	00:42:45.75	+00:19:09 (45.1%)	5:18	11.3 (54.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
291	<b>MRÓZ Gabriela</b>	<b>215</b>	PAWKO RUNNER TEAM	K 30-39 lat	21	00:00:16	<b>00:42:30.80</b>	<b>00:42:47.35</b>	+00:19:10 (45.1%)	5:18	11.3 (54.9%)
292	<b>STASIAK Marcin</b>	<b>405</b>		M 50-59 lat	34	00:00:12	<b>00:42:32.45</b>	<b>00:42:44.70</b>	+00:19:11 (45.1%)	5:19	11.3 (54.9%)
293	<b>SACZKO Adam</b>	<b>381</b>		M 30-39 lat	77	00:00:34	<b>00:42:34.90</b>	<b>00:43:09.15</b>	+00:19:14 (45.2%)	5:19	11.3 (54.9%)
294	<b>CHMIELEWSKI Kamil</b>	<b>46</b>		M 30-39 lat	78	00:00:26	<b>00:42:35.25</b>	<b>00:43:01.80</b>	+00:19:14 (45.2%)	5:19	11.3 (54.9%)
295	<b>ZAKHAROV Dmitry</b>	<b>417</b>		M 40-49 lat	79	00:00:29	<b>00:42:35.80</b>	<b>00:43:05.60</b>	+00:19:15 (45.2%)	5:19	11.3 (54.9%)
296	<b>PERZANOWSKA Karolina</b>	<b>12</b>		K 30-39 lat	22	00:00:27	<b>00:42:45.25</b>	<b>00:43:12.60</b>	+00:19:24 (45.4%)	5:20	11.2 (54.4%)
297	<b>MIŚKIEWICZ Beata</b>	<b>210</b>		K 30-39 lat	23	00:00:32	<b>00:42:48.90</b>	<b>00:43:21.45</b>	+00:19:28 (45.5%)	5:21	11.2 (54.4%)
298	<b>MARCZAK Grażyna</b>	<b>187</b>	SKARYSZEWSKIE CIACHA	K 60+	3	00:00:13	<b>00:42:53.20</b>	<b>00:43:07.05</b>	+00:19:32 (45.6%)	5:21	11.2 (54.4%)
299	<b>HARABIN Justyna</b>	<b>102</b>		K 30-39 lat	24	00:00:20	<b>00:42:53.90</b>	<b>00:43:14.35</b>	+00:19:33 (45.6%)	5:21	11.2 (54.4%)
300	<b>BORUSZEWSKI Maciej</b>	<b>33</b>		M 50-59 lat	35	00:00:35	<b>00:42:54.05</b>	<b>00:43:29.70</b>	+00:19:33 (45.6%)	5:21	11.2 (54.4%)
301	<b>LITAK Grzegorz</b>	<b>171</b>		M 60+	9	00:00:36	<b>00:42:57.65</b>	<b>00:43:34.50</b>	+00:19:37 (45.7%)	5:22	11.2 (54.4%)
302	<b>KUCA Grzegorz</b>	<b>13</b>		M 40-49 lat	80	00:00:07	<b>00:42:58.65</b>	<b>00:43:06.55</b>	+00:19:38 (45.7%)	5:22	11.2 (54.4%)
303	<b>PATEREK Lena</b>	<b>246</b>		K 15-19 lat	3	00:00:33	<b>00:42:58.75</b>	<b>00:43:31.75</b>	+00:19:38 (45.7%)	5:22	11.2 (54.4%)
304	<b>SUCHOCKI Konrad</b>	<b>304</b>		M 30-39 lat	79	00:00:37	<b>00:42:59.80</b>	<b>00:43:37.10</b>	+00:19:39 (45.7%)	5:22	11.2 (54.4%)
305	<b>SARNECKA Monika</b>	<b>480</b>		K 30-39 lat	25	00:00:23	<b>00:43:00.15</b>	<b>00:43:23.20</b>	+00:19:39 (45.7%)	5:22	11.2 (54.4%)
306	<b>BARBUCHA Piotr</b>	<b>21</b>		M 30-39 lat	80	00:00:40	<b>00:43:00.30</b>	<b>00:43:40.85</b>	+00:19:39 (45.7%)	5:22	11.2 (54.4%)
307	<b>SARNECKI Paweł</b>	<b>409</b>		M 30-39 lat	81	00:00:22	<b>00:43:00.60</b>	<b>00:43:23.20</b>	+00:19:40 (45.7%)	5:22	11.2 (54.4%)
307	<b>MIELNICZEK Magdalena</b>	<b>202</b>		K 50-59 lat	8	00:00:29	<b>00:43:00.60</b>	<b>00:43:29.80</b>	+00:19:40 (45.7%)	5:22	11.2 (54.4%)
309	<b>RUDEŃKA Andrei</b>	<b>277</b>		M 30-39 lat	82	00:00:37	<b>00:43:01.20</b>	<b>00:43:38.50</b>	+00:19:40 (45.7%)	5:22	11.2 (54.4%)
310	<b>WELKIER Monika</b>	<b>343</b>		K 40-49 lat	27	00:00:11	<b>00:43:02.50</b>	<b>00:43:13.75</b>	+00:19:41 (45.8%)	5:22	11.2 (54.4%)
311	<b>GORAL Piotr</b>	<b>464</b>		M 60+	10	00:00:19	<b>00:43:04.50</b>	<b>00:43:23.90</b>	+00:19:43 (45.8%)	5:23	11.1 (53.9%)
312	<b>SZCZEPAŃSKI Marek</b>	<b>307</b>		M 30-39 lat	83	00:00:25	<b>00:43:04.60</b>	<b>00:43:29.95</b>	+00:19:44 (45.8%)	5:23	11.1 (53.9%)
313	<b>RUCYK Justyna</b>	<b>454</b>		K 40-49 lat	28	00:00:09	<b>00:43:04.75</b>	<b>00:43:14.05</b>	+00:19:44 (45.8%)	5:23	11.1 (53.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
314	<b>DĄBROWSKI Jacek</b>	<b>56</b>	BWRUNNERS	M 50-59 lat	36	00:00:17	<b>00:43:06.35</b>	<b>00:43:23.95</b>	+00:19:45 (45.8%)	5:23	11.1 (53.9%)
315	<b>ZAJĄC Piotr</b>	<b>363</b>		M 40-49 lat	81	00:00:40	<b>00:43:08.15</b>	<b>00:43:48.90</b>	+00:19:47 (45.9%)	5:23	11.1 (53.9%)
316	<b>CENDER Magdalena</b>	<b>42</b>		K 40-49 lat	29	00:00:22	<b>00:43:09.45</b>	<b>00:43:31.85</b>	+00:19:48 (45.9%)	5:23	11.1 (53.9%)
317	<b>KOSTROWSKI Łukasz</b>	<b>143</b>	AEROSPACE RUNNERS	M 40-49 lat	82	00:00:30	<b>00:43:11.40</b>	<b>00:43:42.30</b>	+00:19:50 (46.0%)	5:23	11.1 (53.9%)
318	<b>SARZYŃSKI Marcin</b>	<b>437</b>	AZS WAT	M 30-39 lat	84	00:00:25	<b>00:43:12.80</b>	<b>00:43:38.25</b>	+00:19:52 (46.0%)	5:24	11.1 (53.9%)
319	<b>PODKAŃSKI Kamil</b>	<b>492</b>	WATICAN	M 20-29 lat	26	00:00:25	<b>00:43:16.60</b>	<b>00:43:42.15</b>	+00:19:56 (46.1%)	5:24	11.1 (53.9%)
320	<b>NIEDZIÓŁKA Małgorzata</b>	<b>224</b>	TO NATURALNE	K 50-59 lat	9	00:00:16	<b>00:43:24.35</b>	<b>00:43:41.25</b>	+00:20:03 (46.2%)	5:25	11.1 (53.9%)
321	<b>KONFEDERAK Agnieszka</b>	<b>392</b>	MARKOWI BIEGACZE	K 40-49 lat	30	00:00:23	<b>00:43:31.60</b>	<b>00:43:54.70</b>	+00:20:11 (46.4%)	5:26	11 (53.4%)
322	<b>GAPSKA Agnieszka</b>	<b>81</b>	KENKO	K 30-39 lat	26	00:00:34	<b>00:43:36.20</b>	<b>00:44:10.90</b>	+00:20:15 (46.5%)	5:27	11 (53.4%)
323	<b>MATYSZCZAK Krzysztof</b>	<b>193</b>	KENKO	M 40-49 lat	83	00:00:33	<b>00:43:37.75</b>	<b>00:44:10.90</b>	+00:20:17 (46.5%)	5:27	11 (53.4%)
324	<b>WARDAK Łukasz</b>	<b>507</b>		M 30-39 lat	85	00:00:39	<b>00:43:38.10</b>	<b>00:44:17.40</b>	+00:20:17 (46.5%)	5:27	11 (53.4%)
325	<b>DĄBROWSKI Daniel</b>	<b>416</b>		M 40-49 lat	84	00:00:13	<b>00:43:44.30</b>	<b>00:43:57.60</b>	+00:20:23 (46.6%)	5:28	11 (53.4%)
326	<b>SOCHOCKI Wojciech</b>	<b>295</b>		M 30-39 lat	86	00:00:50	<b>00:43:50.00</b>	<b>00:44:40.25</b>	+00:20:29 (46.7%)	5:28	11 (53.4%)
327	<b>ADAMIEC Karol</b>	<b>390</b>		M 20-29 lat	27	00:00:28	<b>00:43:53.70</b>	<b>00:44:22.10</b>	+00:20:33 (46.8%)	5:29	10.9 (52.9%)
328	<b>JANKIEWICZ Patryk</b>	<b>473</b>	ROZBIEGANY PIASTÓW	M 40-49 lat	85	00:00:32	<b>00:43:55.95</b>	<b>00:44:28.35</b>	+00:20:35 (46.9%)	5:29	10.9 (52.9%)
329	<b>CZACHERSKI Kamil</b>	<b>53</b>		M 40-49 lat	86	00:00:26	<b>00:43:56.00</b>	<b>00:44:22.90</b>	+00:20:35 (46.9%)	5:29	10.9 (52.9%)
330	<b>DĄBROWSKA Żaneta</b>	<b>474</b>		K 30-39 lat	27	00:00:32	<b>00:43:56.05</b>	<b>00:44:28.45</b>	+00:20:35 (46.9%)	5:29	10.9 (52.9%)
331	<b>SZLASA Marta</b>	<b>311</b>		K 30-39 lat	28	00:00:24	<b>00:43:59.20</b>	<b>00:44:23.75</b>	+00:20:38 (46.9%)	5:29	10.9 (52.9%)
332	<b>BAJOR Katarzyna</b>	<b>16</b>		K 30-39 lat	29	00:00:35	<b>00:44:03.25</b>	<b>00:44:38.40</b>	+00:20:42 (47.0%)	5:30	10.9 (52.9%)
333	<b>NOWACKI Julian</b>	<b>228</b>	TO NATURALNE	M 60+	11	00:00:17	<b>00:44:06.25</b>	<b>00:44:23.65</b>	+00:20:45 (47.1%)	5:30	10.9 (52.9%)
334	<b>SOBIERAJ Klementyna</b>	<b>293</b>	BEMOWO BIEGA	K 40-49 lat	31	00:00:47	<b>00:44:08.30</b>	<b>00:44:55.85</b>	+00:20:47 (47.1%)	5:31	10.9 (52.9%)
335	<b>FRANASZEK Krzysztof</b>	<b>75</b>	TATUSIE Z BRZUSZKIEM	M 30-39 lat	87	00:00:30	<b>00:44:10.40</b>	<b>00:44:40.45</b>	+00:20:49 (47.2%)	5:31	10.9 (52.9%)
336	<b>DUMANOWSKI Artur</b>	<b>65</b>		M 30-39 lat	88	00:00:09	<b>00:44:11.95</b>	<b>00:44:21.60</b>	+00:20:51 (47.2%)	5:31	10.9 (52.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
337	JABŁOŃSKI Michał	106		M 50-59 lat	37	00:00:31	00:44:12.05	00:44:43.20	+00:20:51 (47.2%)	5:31	10.9 (52.9%)
338	MATYSIAK Agnieszka	192		K 40-49 lat	32	00:00:09	00:44:13.50	00:44:22.95	+00:20:52 (47.2%)	5:31	10.9 (52.9%)
339	ŻÓŁCIŃSKI Waldemar	371	GRUPA BIEGOWA UM W-WA	M 60+	12	00:00:38	00:44:18.90	00:44:57.40	+00:20:58 (47.3%)	5:32	10.8 (52.4%)
340	REGUCKI Ryszard	269		M 40-49 lat	87	00:00:41	00:44:20.35	00:45:02.30	+00:20:59 (47.4%)	5:32	10.8 (52.4%)
341	PASZEWSKA Kornelia	245		K 20-29 lat	10	00:00:24	00:44:28.30	00:44:52.85	+00:21:07 (47.5%)	5:33	10.8 (52.4%)
342	POŁĘC Jan	259		M 20-29 lat	28	00:00:44	00:44:28.50	00:45:13.40	+00:21:07 (47.5%)	5:33	10.8 (52.4%)
343	KAPUSCINSKI Marcin	396		M 40-49 lat	88	00:00:24	00:44:34.95	00:44:59.70	+00:21:14 (47.6%)	5:34	10.8 (52.4%)
344	RYBICKI Marek	279		M 50-59 lat	38	00:00:33	00:44:36.35	00:45:10.00	+00:21:15 (47.7%)	5:34	10.8 (52.4%)
345	KAPLA Tomek	118		M 30-39 lat	89	00:00:09	00:44:37.00	00:44:46.85	+00:21:16 (47.7%)	5:34	10.8 (52.4%)
346	KUJKO Piotr	161		M 30-39 lat	90	00:00:32	00:44:39.55	00:45:11.75	+00:21:19 (47.7%)	5:34	10.8 (52.4%)
347	WEKA Krzysztof	462	BIĄŁYSTOK BIEGA TEAM	M 30-39 lat	91	00:00:24	00:44:40.80	00:45:05.25	+00:21:20 (47.8%)	5:35	10.7 (51.9%)
348	ISMAIL Mahmoud	104		M 30-39 lat	92	00:00:33	00:44:41.35	00:45:14.50	+00:21:20 (47.8%)	5:35	10.7 (51.9%)
349	GOLISZEK Paweł	85	3, 2,1 B(IEG) SYRENKA MEETING	M 30-39 lat	93	00:00:33	00:44:43.35	00:45:16.95	+00:21:22 (47.8%)	5:35	10.7 (51.9%)
350	GOREVTSOVA Evgeniya	87		K 30-39 lat	30	00:00:14	00:44:43.45	00:44:58.20	+00:21:22 (47.8%)	5:35	10.7 (51.9%)
351	MALER Władysław	184	NEW BALANCE RUN CLUB	M 60+	13	00:00:14	00:44:45.85	00:45:00.25	+00:21:25 (47.9%)	5:35	10.7 (51.9%)
352	KOCIA Mariusz	131		M 50-59 lat	39	00:00:38	00:44:47.90	00:45:26.10	+00:21:27 (47.9%)	5:35	10.7 (51.9%)
353	OLKOWSKI Robert	234		M 50-59 lat	40	00:00:30	00:44:50.00	00:45:20.90	+00:21:29 (47.9%)	5:36	10.7 (51.9%)
354	GRZANKOWSKI Damian	96		M 30-39 lat	94	00:00:06	00:44:53.75	00:45:00.45	+00:21:33 (48.0%)	5:36	10.7 (51.9%)
355	DZIEKAN Agnieszka	70		K 20-29 lat	11	00:00:14	00:45:08.00	00:45:22.15	+00:21:47 (48.3%)	5:38	10.6 (51.5%)
356	CERANOWICZ Paweł	43	SKARYSZEWSKIE CIACHA	M 40-49 lat	89	00:00:44	00:45:09.30	00:45:53.95	+00:21:48 (48.3%)	5:38	10.6 (51.5%)
357	SMUŁEK Rafał	292		M 30-39 lat	95	00:00:50	00:45:15.00	00:46:05.95	+00:21:54 (48.4%)	5:39	10.6 (51.5%)
358	NIEWIADOMSKI Zdzisław	227		M 60+	14	00:00:25	00:45:19.65	00:45:45.10	+00:21:59 (48.5%)	5:39	10.6 (51.5%)
359	FUDECKA Anna	76		K 20-29 lat	12	00:00:35	00:45:20.55	00:45:56.00	+00:22:00 (48.5%)	5:40	10.6 (51.5%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
360	KUNKA Monika	163		K 30-39 lat	31	00:00:27	00:45:21.55	00:45:49.05	+00:22:01 (48.5%)	5:40	10.6 (51.5%)
361	KOSECKI Jakub	415		M 40-49 lat	90	00:00:36	00:45:22.30	00:45:58.35	+00:22:01 (48.6%)	5:40	10.6 (51.5%)
362	RUBIN-SZYMAŃSKI Łukasz Ryszard	276	OSP ŁOMIANKI	M 30-39 lat	96	00:00:14	00:45:22.70	00:45:37.15	+00:22:02 (48.6%)	5:40	10.6 (51.5%)
363	SUPEŁ Beata	305		K 30-39 lat	32	00:00:23	00:45:22.75	00:45:46.00	+00:22:02 (48.6%)	5:40	10.6 (51.5%)
364	RODAK-KOWALEWSKA Justyna	271		K 40-49 lat	33	00:00:35	00:45:32.75	00:46:07.80	+00:22:12 (48.7%)	5:41	10.5 (51.0%)
365	BAKANOWSKA Olga	17	PAWKO RUNNER'S TEAM	K 30-39 lat	33	00:00:34	00:45:32.85	00:46:06.95	+00:22:12 (48.8%)	5:41	10.5 (51.0%)
366	SZCZUBIAŁ Jan	430		M 40-49 lat	91	00:00:36	00:45:35.35	00:46:11.40	+00:22:14 (48.8%)	5:41	10.5 (51.0%)
367	WOJEWÓDZKI Krzysztof	356		M 50-59 lat	41	00:00:45	00:45:38.40	00:46:23.50	+00:22:17 (48.9%)	5:42	10.5 (51.0%)
368	BITOWSKI Hubert	29		M 40-49 lat	92	00:00:21	00:45:48.15	00:46:09.30	+00:22:27 (49.0%)	5:43	10.5 (51.0%)
369	CHROMIŃSKI Krzysztof	48		M 40-49 lat	93	00:00:29	00:45:50.30	00:46:19.45	+00:22:29 (49.1%)	5:43	10.5 (51.0%)
370	OSIŃSKI Stanisław	236	NASIELSK BASZTA TEAM	M 60+	15	00:00:10	00:45:56.85	00:46:07.40	+00:22:36 (49.2%)	5:44	10.4 (50.5%)
371	PIENIAŹKIEWICZ Beata	506		K 40-49 lat	34	00:00:11	00:46:03.10	00:46:14.15	+00:22:42 (49.3%)	5:45	10.4 (50.5%)
372	DASZCZUK Natalia	54		K 30-39 lat	34	00:00:19	00:46:07.40	00:46:26.65	+00:22:46 (49.4%)	5:45	10.4 (50.5%)
373	ZYCH Kasia	368	NEW BALANS	K 30-39 lat	35	00:00:57	00:46:13.85	00:47:11.75	+00:22:53 (49.5%)	5:46	10.4 (50.5%)
374	GLASSER Marek	83		M 60+	16	00:00:23	00:46:14.95	00:46:38.60	+00:22:54 (49.5%)	5:46	10.4 (50.5%)
375	LECH Pawel	165		M 50-59 lat	42	00:00:07	00:46:25.70	00:46:33.45	+00:23:05 (49.7%)	5:48	10.3 (50.0%)
376	DOBRZAŃSKA Małgorzata	386		K 20-29 lat	13	00:00:36	00:46:36.40	00:47:13.05	+00:23:15 (49.9%)	5:49	10.3 (50.0%)
377	BARAN Wojciech	19		M 40-49 lat	94	00:00:30	00:46:46.95	00:47:17.50	+00:23:26 (50.1%)	5:50	10.3 (50.0%)
378	CHĘĆ Adam	389		M 40-49 lat	95	00:00:28	00:46:47.45	00:47:16.35	+00:23:26 (50.1%)	5:50	10.3 (50.0%)
379	GOŁACKA-PIOTOWSKA Beata	86		K 50-59 lat	10	00:00:20	00:46:48.20	00:47:08.55	+00:23:27 (50.1%)	5:51	10.3 (50.0%)
380	SOCZO Grzegorz	296	WLOCHY PANY	M 30-39 lat	97	00:00:09	00:47:01.10	00:47:10.85	+00:23:40 (50.4%)	5:52	10.2 (49.5%)
381	KOPIEC Iwona	139		K 50-59 lat	11	00:00:08	00:47:09.00	00:47:17.90	+00:23:48 (50.5%)	5:53	10.2 (49.5%)
382	KOPIEC Marcin	140	PIASECZNO RUNNING	M 50-59 lat	43	00:00:07	00:47:10.55	00:47:17.60	+00:23:50 (50.5%)	5:53	10.2 (49.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
383	<b>SAMEL Janusz</b>	<b>435</b>		M 40-49 lat	96	00:00:12	<b>00:47:19.40</b>	<b>00:47:31.60</b>	+00:23:58 (50.7%)	5:54	10.1 (49.0%)
384	<b>NOWAKOWSKI Czeslaw</b>	<b>429</b>	DUCLA ACADEMY WARSZAWA	M 60+	17	00:00:30	<b>00:47:22.00</b>	<b>00:47:52.75</b>	+00:24:01 (50.7%)	5:55	10.1 (49.0%)
385	<b>WAŚOWSKA Jagoda</b>	<b>341</b>	PEGAZ PIASECZNO	K 50-59 lat	12	00:00:11	<b>00:47:22.60</b>	<b>00:47:34.20</b>	+00:24:02 (50.7%)	5:55	10.1 (49.0%)
386	<b>PANAS Bartosz</b>	<b>461</b>		M 30-39 lat	98	00:00:20	<b>00:47:33.85</b>	<b>00:47:54.00</b>	+00:24:13 (50.9%)	5:56	10.1 (49.0%)
387	<b>SKROJNA Anna</b>	<b>287</b>	RUN CZARNÓW	K 30-39 lat	36	00:00:19	<b>00:47:45.10</b>	<b>00:48:05.00</b>	+00:24:24 (51.1%)	5:58	10.1 (49.0%)
388	<b>MYŚLIWIEC Piotr</b>	<b>218</b>	AKTYWNI PO ZAWALE	M 40-49 lat	97	00:00:12	<b>00:47:51.70</b>	<b>00:48:04.50</b>	+00:24:31 (51.2%)	5:58	10 (48.5%)
389	<b>NASKRĘT Arkadiusz</b>	<b>220</b>		M 50-59 lat	44	00:00:56	<b>00:47:55.35</b>	<b>00:48:51.45</b>	+00:24:34 (51.3%)	5:59	10 (48.5%)
390	<b>PIETRZYK Anna</b>	<b>251</b>	ROZBIEGANY PIASTÓW	K 40-49 lat	35	00:00:06	<b>00:47:58.80</b>	<b>00:48:04.95</b>	+00:24:38 (51.3%)	5:59	10 (48.5%)
391	<b>KOŁODZIEJSKI Filip</b>	<b>138</b>		M 40-49 lat	98	00:00:42	<b>00:48:01.65</b>	<b>00:48:44.55</b>	+00:24:41 (51.4%)	6:00	10 (48.5%)
392	<b>DOLIŃSKA Ewa</b>	<b>468</b>		K 30-39 lat	37	00:00:08	<b>00:48:13.60</b>	<b>00:48:22.40</b>	+00:24:53 (51.6%)	6:01	10 (48.5%)
393	<b>GRAZDA Łukasz</b>	<b>89</b>		M 30-39 lat	99	00:00:48	<b>00:48:16.50</b>	<b>00:49:05.30</b>	+00:24:55 (51.6%)	6:02	9.9 (48.1%)
394	<b>DOMAŃSKI Daniel</b>	<b>60</b>		M 30-39 lat	100	00:00:51	<b>00:48:32.20</b>	<b>00:49:24.15</b>	+00:25:11 (51.9%)	6:04	9.9 (48.1%)
395	<b>HAUSMAN Michał</b>	<b>465</b>	NOWY RAKÓW	M 40-49 lat	99	00:00:49	<b>00:48:35.15</b>	<b>00:49:24.65</b>	+00:25:14 (52.0%)	6:04	9.9 (48.1%)
396	<b>MICHALSKA Katarzyna</b>	<b>199</b>		K 20-29 lat	14	00:00:39	<b>00:48:49.00</b>	<b>00:49:28.85</b>	+00:25:28 (52.2%)	6:06	9.8 (47.6%)
397	<b>BARNAŚ Ilona</b>	<b>508</b>		K 40-49 lat	36	00:00:11	<b>00:48:51.75</b>	<b>00:49:03.20</b>	+00:25:31 (52.2%)	6:06	9.8 (47.6%)
398	<b>LEWANDOWSKI Marcin</b>	<b>168</b>		M 30-39 lat	101	00:00:15	<b>00:49:06.15</b>	<b>00:49:21.70</b>	+00:25:45 (52.5%)	6:08	9.8 (47.6%)
399	<b>SMOLIŃSKI Łukasz</b>	<b>291</b>		M 30-39 lat	102	00:00:15	<b>00:49:06.65</b>	<b>00:49:21.95</b>	+00:25:46 (52.5%)	6:08	9.8 (47.6%)
400	<b>WOJCIECHOWSKA Olena</b>	<b>445</b>	MAGAZYNBIEGANIE.PL	K 30-39 lat	38	00:00:04	<b>00:49:08.35</b>	<b>00:49:13.25</b>	+00:25:47 (52.5%)	6:08	9.8 (47.6%)
401	<b>MIKA Anna</b>	<b>456</b>		K 30-39 lat	39	00:00:12	<b>00:49:09.65</b>	<b>00:49:21.90</b>	+00:25:49 (52.5%)	6:08	9.8 (47.6%)
402	<b>KOBUS Karina</b>	<b>130</b>		K 20-29 lat	15	00:00:19	<b>00:49:21.90</b>	<b>00:49:41.20</b>	+00:26:01 (52.7%)	6:10	9.7 (47.1%)
403	<b>BUREK Kasia</b>	<b>40</b>		K 40-49 lat	37	00:00:09	<b>00:49:23.10</b>	<b>00:49:32.20</b>	+00:26:02 (52.7%)	6:10	9.7 (47.1%)
404	<b>CZAPSKA-SZYMUL Magdalena</b>	<b>457</b>	URZĄD DZIELNICY URSUS M.ST. W-WY	K 40-49 lat	38	00:00:40	<b>00:49:24.90</b>	<b>00:50:05.25</b>	+00:26:04 (52.8%)	6:10	9.7 (47.1%)
405	<b>ZAWADKA Agnieszka</b>	<b>511</b>		K 50-59 lat	13	00:00:00	<b>00:49:30.00</b>	<b>00:49:30.00</b>	+00:26:09 (52.8%)	6:11	9.7 (47.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
406	<b>GÓRAL Tadeusz</b>	<b>382</b>	KKB	M 50-59 lat	45	00:00:31	<b>00:49:39.70</b>	<b>00:50:10.85</b>	+00:26:19 (53.0%)	6:12	9.7 (47.1%)
407	<b>ISKRA Marcin</b>	<b>7</b>		M 40-49 lat	100	00:00:44	<b>00:49:43.85</b>	<b>00:50:27.85</b>	+00:26:23 (53.1%)	6:12	9.7 (47.1%)
408	<b>ZDZIESZYŃSKA Anna</b>	<b>411</b>		K 30-39 lat	40	00:00:17	<b>00:49:47.20</b>	<b>00:50:04.95</b>	+00:26:26 (53.1%)	6:13	9.6 (46.6%)
409	<b>BUDEK Ewa</b>	<b>38</b>		K 40-49 lat	39	00:00:10	<b>00:49:57.35</b>	<b>00:50:07.50</b>	+00:26:36 (53.3%)	6:14	9.6 (46.6%)
410	<b>KARŁOWICZ Anna</b>	<b>120</b>	PARTIA WOLNYCH BIEGACZY	K 60+	4	00:00:27	<b>00:50:04.35</b>	<b>00:50:32.15</b>	+00:26:43 (53.4%)	6:15	9.6 (46.6%)
411	<b>SOKOŁOWSKI Marian</b>	<b>297</b>	SAMOTNY WILK	M 60+	18	00:00:27	<b>00:50:17.20</b>	<b>00:50:45.15</b>	+00:26:56 (53.6%)	6:17	9.5 (46.1%)
412	<b>KATNER-PRUSZYŃSKA Joanna</b>	<b>121</b>	KB OŻARÓW MAZOWIECKI BIEGA	K 40-49 lat	40	00:00:33	<b>00:50:17.95</b>	<b>00:50:51.40</b>	+00:26:57 (53.6%)	6:17	9.5 (46.1%)
413	<b>KRAWCZYK Michał</b>	<b>452</b>	ORANGE POLSKA	M 30-39 lat	103	00:00:39	<b>00:50:20.65</b>	<b>00:51:00.10</b>	+00:27:00 (53.6%)	6:17	9.5 (46.1%)
414	<b>BUCZYŃSKI Mateusz</b>	<b>37</b>		M 20-29 lat	29	00:00:37	<b>00:50:58.05</b>	<b>00:51:35.75</b>	+00:27:37 (54.2%)	6:22	9.4 (45.6%)
415	<b>KARPOWICZ Michał</b>	<b>472</b>		M 40-49 lat	101	00:00:41	<b>00:51:08.40</b>	<b>00:51:49.40</b>	+00:27:47 (54.4%)	6:23	9.4 (45.6%)
416	<b>SOSNOWSKA Martyna</b>	<b>298</b>	KASZTANKI	K 50-59 lat	14	00:00:29	<b>00:51:10.95</b>	<b>00:51:40.70</b>	+00:27:50 (54.4%)	6:23	9.4 (45.6%)
417	<b>KILJAN Karolina</b>	<b>126</b>		K 20-29 lat	16	00:00:21	<b>00:51:12.85</b>	<b>00:51:33.90</b>	+00:27:52 (54.4%)	6:24	9.4 (45.6%)
418	<b>KIELAR Anna</b>	<b>125</b>		K 30-39 lat	41	00:00:20	<b>00:51:13.45</b>	<b>00:51:34.10</b>	+00:27:52 (54.4%)	6:24	9.4 (45.6%)
419	<b>MRÓZ Joanna</b>	<b>216</b>	KASZTANKI	K 30-39 lat	42	00:00:30	<b>00:51:25.35</b>	<b>00:51:56.20</b>	+00:28:04 (54.6%)	6:25	9.3 (45.1%)
420	<b>WAWRZONKIEWICZ Justyna</b>	<b>340</b>		K 30-39 lat	43	00:00:32	<b>00:51:40.50</b>	<b>00:52:12.75</b>	+00:28:19 (54.8%)	6:27	9.3 (45.1%)
421	<b>DYMEL Andrzej</b>	<b>69</b>	MARKOWI BIEGACZE	M 60+	19	00:00:21	<b>00:51:59.95</b>	<b>00:52:21.00</b>	+00:28:39 (55.1%)	6:29	9.2 (44.7%)
422	<b>POPIEL Ignacy</b>	<b>501</b>		M 15-19 lat	5	00:00:37	<b>00:52:12.10</b>	<b>00:52:49.55</b>	+00:28:51 (55.3%)	6:31	9.2 (44.7%)
423	<b>WIŚNIEWSKA Katarzyna</b>	<b>350</b>	INDYWIDUALISTKA	K 50-59 lat	15	00:00:27	<b>00:52:12.60</b>	<b>00:52:39.90</b>	+00:28:52 (55.3%)	6:31	9.2 (44.7%)
424	<b>WANCERZ Magdalena</b>	<b>337</b>		K 20-29 lat	17	00:00:42	<b>00:52:20.05</b>	<b>00:53:02.05</b>	+00:28:59 (55.4%)	6:32	9.2 (44.7%)
425	<b>WITEK-JANOTA Aneta</b>	<b>351</b>		K 40-49 lat	41	00:00:04	<b>00:52:33.95</b>	<b>00:52:38.30</b>	+00:29:13 (55.6%)	6:34	9.1 (44.2%)
426	<b>GAJ Bogna</b>	<b>476</b>		K 50-59 lat	16	00:00:28	<b>00:52:48.65</b>	<b>00:53:17.35</b>	+00:29:28 (55.8%)	6:36	9.1 (44.2%)
427	<b>DOMINIAK Agnieszka</b>	<b>426</b>	#BARTEK BIEGA	K 40-49 lat	42	00:00:16	<b>00:52:56.40</b>	<b>00:53:12.40</b>	+00:29:35 (55.9%)	6:37	9.1 (44.2%)
428	<b>JURKOWSKA Irena</b>	<b>109</b>		K 60+	5	00:00:26	<b>00:53:05.30</b>	<b>00:53:32.20</b>	+00:29:44 (56.0%)	6:38	9 (43.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
429	<b>BIDZIŃSKA Alicja</b>	<b>26</b>		K 30-39 lat	44	00:00:22	<b>00:53:21.85</b>	<b>00:53:43.85</b>	+00:30:01 (56.3%)	6:40	9 (43.7%)
430	<b>BARSZCZEWSKA Marta</b>	<b>22</b>	BWRUNNERS	K 30-39 lat	45	00:00:17	<b>00:53:26.50</b>	<b>00:53:43.90</b>	+00:30:05 (56.3%)	6:40	9 (43.7%)
431	<b>ZAŁĘSKI Mateusz</b>	<b>451</b>	RADNY DZIELNICY WŁOCHY	M 30-39 lat	104	00:00:34	<b>00:53:40.30</b>	<b>00:54:14.40</b>	+00:30:19 (56.5%)	6:42	8.9 (43.2%)
432	<b>JANUCHTA Tomasz</b>	<b>107</b>		M 50-59 lat	46	00:00:31	<b>00:53:43.55</b>	<b>00:54:14.90</b>	+00:30:23 (56.6%)	6:42	8.9 (43.2%)
433	<b>KACZYŃSKA Paula</b>	<b>111</b>		K 20-29 lat	18	00:00:31	<b>00:53:44.00</b>	<b>00:54:15.15</b>	+00:30:23 (56.6%)	6:43	8.9 (43.2%)
434	<b>KERNER Agnieszka</b>	<b>124</b>		K 50-59 lat	17	00:00:39	<b>00:53:44.05</b>	<b>00:54:23.05</b>	+00:30:23 (56.6%)	6:43	8.9 (43.2%)
435	<b>SMARZ Kinga</b>	<b>290</b>		K 20-29 lat	19	00:00:13	<b>00:53:46.05</b>	<b>00:53:59.45</b>	+00:30:25 (56.6%)	6:43	8.9 (43.2%)
436	<b>MIRKOWSKA Monika</b>	<b>375</b>	GRUPA BIEGOWA UM WARSZAWA	K 30-39 lat	46	00:00:18	<b>00:53:48.25</b>	<b>00:54:06.75</b>	+00:30:27 (56.6%)	6:43	8.9 (43.2%)
437	<b>ADAMKIEWICZ Lukasz</b>	<b>376</b>		M 30-39 lat	105	00:00:16	<b>00:53:50.00</b>	<b>00:54:06.65</b>	+00:30:29 (56.6%)	6:43	8.9 (43.2%)
438	<b>OWERKO Mariusz</b>	<b>238</b>		M 30-39 lat	106	00:00:14	<b>00:53:50.10</b>	<b>00:54:04.45</b>	+00:30:29 (56.6%)	6:43	8.9 (43.2%)
439	<b>PLACKOWSKI Paweł</b>	<b>255</b>		M 20-29 lat	30	00:00:34	<b>00:54:31.25</b>	<b>00:55:05.85</b>	+00:31:10 (57.2%)	6:48	8.8 (42.7%)
440	<b>OLEKSIAK Anna</b>	<b>233</b>		K 20-29 lat	20	00:00:34	<b>00:54:31.35</b>	<b>00:55:06.20</b>	+00:31:10 (57.2%)	6:48	8.8 (42.7%)
441	<b>PAJĄK Dariusz</b>	<b>241</b>		M 40-49 lat	102	00:00:43	<b>00:54:49.05</b>	<b>00:55:32.65</b>	+00:31:28 (57.4%)	6:51	8.8 (42.7%)
442	<b>PAJĄK Marta</b>	<b>240</b>	VEGE RUNNERS	K 40-49 lat	43	00:00:42	<b>00:54:49.45</b>	<b>00:55:32.35</b>	+00:31:28 (57.4%)	6:51	8.8 (42.7%)
443	<b>GROCHOWSKA Joanna</b>	<b>91</b>		K 50-59 lat	18	00:00:40	<b>00:54:51.50</b>	<b>00:55:31.65</b>	+00:31:30 (57.4%)	6:51	8.8 (42.7%)
444	<b>SZOSTAKOWSKI Jarosław</b>	<b>313</b>	BIEGAM DOBRZE DLA FUNDACJI SYNOPSIS	M 50-59 lat	47	00:00:39	<b>00:54:52.15</b>	<b>00:55:31.95</b>	+00:31:31 (57.5%)	6:51	8.7 (42.2%)
445	<b>OLCZAK Urszula</b>	<b>231</b>	UMCS BIEGA	K 50-59 lat	19	00:00:39	<b>00:54:53.05</b>	<b>00:55:32.25</b>	+00:31:32 (57.5%)	6:51	8.7 (42.2%)
445	<b>OLCZAK Witold</b>	<b>232</b>	UMCS BIEGA	M 60+	20	00:00:39	<b>00:54:53.05</b>	<b>00:55:32.15</b>	+00:31:32 (57.5%)	6:51	8.7 (42.2%)
447	<b>SHADRYNA Darya</b>	<b>281</b>		K 20-29 lat	21	00:00:23	<b>00:55:18.05</b>	<b>00:55:41.55</b>	+00:31:57 (57.8%)	6:54	8.7 (42.2%)
448	<b>GROCHOWINA Anna</b>	<b>471</b>		K 30-39 lat	47	00:00:26	<b>00:55:35.40</b>	<b>00:56:02.15</b>	+00:32:14 (58.0%)	6:56	8.6 (41.7%)
449	<b>KOLASA Barbara</b>	<b>132</b>	KLUB J.SŁOWACKIEGO	K 60+	6	00:00:05	<b>00:55:49.00</b>	<b>00:55:54.05</b>	+00:32:28 (58.2%)	6:58	8.6 (41.7%)
450	<b>DWORZYŃSKA-PARYS Marta</b>	<b>66</b>		K 30-39 lat	48	00:00:37	<b>00:56:09.65</b>	<b>00:56:47.55</b>	+00:32:49 (58.4%)	7:01	8.5 (41.3%)
451	<b>MINECKI Zbigniew</b>	<b>510</b>		M 60+	21	00:00:44	<b>00:56:58.75</b>	<b>00:57:43.20</b>	+00:33:38 (59.0%)	7:07	8.4 (40.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
452	<b>DWURZYŃSKA Sylwia</b>	<b>67</b>	GRUPA BIEGOWA UM W-WA	K 40-49 lat	44	00:00:38	<b>00:57:03.80</b>	<b>00:57:42.00</b>	+00:33:43 (59.1%)	7:07	8.4 (40.8%)
453	<b>TOŁWIŃSKI Robert</b>	<b>391</b>		M 50-59 lat	48	00:00:23	<b>00:57:37.90</b>	<b>00:58:01.70</b>	+00:34:17 (59.5%)	7:12	8.3 (40.3%)
454	<b>REGIMOWICZ Tamara</b>	<b>467</b>	NEW BALANCE RUN CLUB	K 30-39 lat	49	00:00:49	<b>00:58:27.80</b>	<b>00:59:17.05</b>	+00:35:07 (60.1%)	7:18	8.2 (39.8%)
455	<b>WÓJCIK Robert</b>	<b>399</b>		M 40-49 lat	103	00:00:49	<b>00:58:29.10</b>	<b>00:59:19.05</b>	+00:35:08 (60.1%)	7:18	8.2 (39.8%)
456	<b>KAZIMIERCZAK Krzysztof</b>	<b>122</b>		M 40-49 lat	104	00:00:32	<b>00:58:44.35</b>	<b>00:59:16.50</b>	+00:35:23 (60.3%)	7:20	8.2 (39.8%)
457	<b>ZIENIUK Patrycjusz</b>	<b>366</b>		M 40-49 lat	105	00:00:31					(0.0%)
458	<b>SZYMCZAK Paweł</b>	<b>450</b>		M 40-49 lat	106	00:00:48					(0.0%)

Znaleziono 458 wynik(ów)