



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	ŻOCHOWSKI Daniel	482	ŻÓRAWSKI TEAM	M 20-29 lat	1	00:00:01	00:23:20.55	00:23:22.05		2:55	20.6 (100%)
2	WASIEWICZ Krzysztof	406	KONDYCJA PIASECZNO	M 30-39 lat	1	00:00:01	00:23:52.60	00:23:53.95	+00:00:32 (2.2%)	2:59	20.1 (97.6%)
3	MIKULSKI Tomasz	205	UKS FILIPIDES TERESIN	M 20-29 lat	2	00:00:01	00:24:44.95	00:24:46.75	+00:01:24 (5.7%)	3:05	19.4 (94.2%)
4	PYRZAK Paweł	267	BIEGANIEPO40	M 30-39 lat	2	00:00:01	00:25:40.95	00:25:42.45	+00:02:20 (9.1%)	3:12	18.7 (90.8%)
5	ZYCH Mariusz	369	BIEGAJ POD OKIEM TRENERA	M 40-49 lat	1	00:00:01	00:26:11.35	00:26:13.30	+00:02:50 (10.9%)	3:16	18.3 (88.8%)
6	MIOTK Marcin	208	MIOTK.PL EVEREST MOTYWACJI	M 50-59 lat	1	00:00:01	00:26:15.40	00:26:17.20	+00:02:54 (11.1%)	3:16	18.3 (88.8%)
7	KALIŃSKI Przemysław	114	BIEGAJ Z URSUSEM	M 40-49 lat	2	00:00:01	00:26:19.75	00:26:21.25	+00:02:59 (11.3%)	3:17	18.2 (88.3%)
8	WÓJCIK Krzysztof	493	KLUB SPORTOWY ATLETA	M 30-39 lat	3	00:00:01	00:26:28.00	00:26:29.80	+00:03:07 (11.8%)	3:18	18.1 (87.9%)
9	ABU NAHIA Karim	14	NADAKTYWNI TORUŃ	M 30-39 lat	4	00:00:01	00:26:31.50	00:26:33.40	+00:03:10 (12.0%)	3:18	18.1 (87.9%)
10	SZMIGIELSKI Mateusz	312		M 30-39 lat	5	00:00:02	00:27:12.05	00:27:14.65	+00:03:51 (14.2%)	3:24	17.6 (85.4%)
11	KAŁDOWSKI Łukasz	115		M 30-39 lat	6	00:00:01	00:27:28.60	00:27:30.45	+00:04:08 (15.0%)	3:26	17.5 (85.0%)
12	NIEDŹWIADEK Kamil	226	NIEDŹWIADKI RUNNING TEAM	M 30-39 lat	7	00:00:02	00:27:32.00	00:27:34.25	+00:04:11 (15.2%)	3:26	17.4 (84.5%)
13	WOŹNIAK Przemysław	359	WIELISZEW HERON TEAM	M 30-39 lat	8	00:00:03	00:27:32.35	00:27:35.95	+00:04:11 (15.2%)	3:26	17.4 (84.5%)
14	KAŹMIERCZAK Marta	123	DREAM RUN	K 40-49 lat	1	00:00:01	00:27:52.30	00:27:54.10	+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	SŁOWIŃSKI Marcin	289	DREAM RUN	M 40-49 lat	3	00:00:02	00:27:54.00	00:27:56.40	+00:04:33 (16.3%)	3:29	17.2 (83.5%)
16	SZYMBORSKI Rafał	319	BKS WATAHA WARSZAWA	M 30-39 lat	9	00:00:01	00:27:55.85	00:27:57.65	+00:04:35 (16.4%)	3:29	17.2 (83.5%)
17	MACIEJOWICZ Michał	180	KALINOWSKITEAM	M 30-39 lat	10	00:00:03	00:28:00.30	00:28:03.30	+00:04:39 (16.6%)	3:30	17.1 (83.0%)
18	MURAWSKI Tomek	217	KS ATLETA	M 30-39 lat	11	00:00:01	00:28:09.95	00:28:11.25	+00:04:49 (17.1%)	3:31	17.1 (83.0%)
19	MATYSIAK Marcin	191		M 40-49 lat	4	00:00:02	00:28:37.35	00:28:39.75	+00:05:16 (18.4%)	3:34	16.8 (81.6%)
20	PARASZKA Łukasz	377	MINIONSSPEEDTEAM	M 30-39 lat	12	00:00:04	00:28:43.30	00:28:47.40	+00:05:22 (18.7%)	3:35	16.7 (81.1%)
21	VEREMCHUK Yuliia	334	TEAMOCHAL #BIEGAMBOLUBIĘ	K 30-39 lat	1	00:00:19	00:28:38.30	00:28:57.55	+00:05:17 (18.5%)	3:34	16.8 (81.6%)
22	BYLICKI Oskar	448	PAF SPORT FUTURE	M 15-19 lat	1	00:00:01	00:29:03.60	00:29:05.20	+00:05:43 (19.7%)	3:37	16.5 (80.1%)
23	CHRAPEK Janusz	503		M 40-49 lat	5	00:00:04	00:29:04.00	00:29:08.75	+00:05:43 (19.7%)	3:38	16.5 (80.1%)
24	MARCINIAK Grzegorz	186	BWRUNNERS	M 50-59 lat	2	00:00:02	00:29:29.20	00:29:31.80	+00:06:08 (20.8%)	3:41	16.3 (79.1%)
25	MICHALAK Mariusz	198	MM TEAM	M 50-59 lat	3	00:00:03	00:29:34.45	00:29:37.75	+00:06:13 (21.1%)	3:41	16.2 (78.6%)
26	FEDOR Martin	11	CIECHANÓW BIKE TEAM	M 40-49 lat	6	00:00:03	00:29:35.75	00:29:38.75	+00:06:15 (21.1%)	3:41	16.2 (78.6%)
27	DRAB Michał	62		M 40-49 lat	7	00:00:02	00:29:37.90	00:29:40.10	+00:06:17 (21.2%)	3:42	16.2 (78.6%)
28	KOWAL Tomasz	147	ROZBIEGANY PIASTÓW	M 40-49 lat	8	00:00:02	00:30:10.85	00:30:13.25	+00:06:50 (22.7%)	3:46	15.9 (77.2%)
29	LUDYNIA Łukasz	175	STG WARSZAWA	M 15-19 lat	2	00:00:03	00:30:10.80	00:30:14.45	+00:06:50 (22.7%)	3:46	15.9 (77.2%)
30	BYTNER-KWIATKOWSKA Monika	41	WPRUNNING PRUSZKÓW	K 30-39 lat	2	00:00:03	00:30:14.20	00:30:17.35	+00:06:53 (22.8%)	3:46	15.9 (77.2%)
31	SZLASA Marek	310		M 30-39 lat	13	00:00:14	00:30:36.00	00:30:50.00	+00:07:15 (23.7%)	3:49	15.7 (76.2%)
32	CIESIELSKI Marcin	50	WARSAW RUN CLUB	M 40-49 lat	10	00:00:03	00:31:05.15	00:31:08.85	+00:07:44 (24.9%)	3:53	15.4 (74.8%)
33	BEREZNOWSKA Patrycja	25	WIELISZEW HERON TEAM HOKA POLAND TEAM	K 40-49 lat	2	00:00:03	00:31:11.00	00:31:14.80	+00:07:50 (25.1%)	3:53	15.4 (74.8%)
34	FELIGA Mariusz	72	ADIDAS	M 40-49 lat	9	00:00:11	00:31:04.55	00:31:15.60	+00:07:44 (24.9%)	3:53	15.5 (75.2%)
35	MATEJEK Rafał	189	BIEGAJ Z URSUSEM	M 30-39 lat	14	00:00:05	00:31:21.50	00:31:27.25	+00:08:00 (25.6%)	3:55	15.3 (74.3%)
36	GOŁĄBOWSKI Maciej	502		M 30-39 lat	15	00:00:06	00:31:22.55	00:31:28.80	+00:08:02 (25.6%)	3:55	15.3 (74.3%)
37	KADŁUBOWSKA Anna	112		K 20-29 lat	1	00:00:03	00:31:26.95	00:31:29.95	+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	UMIASTOWSKI Bartosz	333		M 20-29 lat	3	00:00:07	00:31:26.65	00:31:34.45	+00:08:06 (25.8%)	3:55	15.3 (74.3%)
39	GANCZEWSKI Paweł	80		M 50-59 lat	4	00:00:03	00:31:34.20	00:31:37.35	+00:08:13 (26.1%)	3:56	15.2 (73.8%)
40	BERNACKI Wiktor	403	DOCHODOWYMARKETING.PL	M 20-29 lat	4	00:00:03	00:31:35.35	00:31:38.80	+00:08:14 (26.1%)	3:56	15.2 (73.8%)
41	SŁADEK Patryk	425	EX TEAM	M 30-39 lat	17	00:00:02	00:31:37.70	00:31:40.45	+00:08:17 (26.2%)	3:57	15.2 (73.8%)
42	KOWALSKI Jarosław	150	SZTUKA LATANIA	M 40-49 lat	11	00:00:10	00:31:30.95	00:31:41.60	+00:08:10 (25.9%)	3:56	15.2 (73.8%)
43	TERESZCZUK Julia	325	AZS AWF	K 15-19 lat	1	00:00:02	00:31:40.90	00:31:43.10	+00:08:20 (26.3%)	3:57	15.2 (73.8%)
43	DUKACZEWSKI Michał	488	ORANGE POLSKA	M 40-49 lat	12	00:00:09	00:31:33.95	00:31:43.10	+00:08:13 (26.1%)	3:56	15.2 (73.8%)
45	ŚCIBIOREK Bartosz	321		M 30-39 lat	16	00:00:12	00:31:34.05	00:31:46.25	+00:08:13 (26.1%)	3:56	15.2 (73.8%)
46	SZYMAŃSKI Hubert	318	BWRUNNERS	M 40-49 lat	13	00:00:06	00:31:40.10	00:31:46.65	+00:08:19 (26.3%)	3:57	15.2 (73.8%)
47	DĘBSKI Andrzej	58		M 50-59 lat	5	00:00:04	00:31:45.20	00:31:49.30	+00:08:24 (26.5%)	3:58	15.1 (73.3%)
48	SZYMAŃSKA Agnieszka	317		K 40-49 lat	3	00:00:05	00:31:51.50	00:31:56.70	+00:08:30 (26.7%)	3:58	15.1 (73.3%)
49	KILJAŃCZYK Dominik	127		M 20-29 lat	5	00:00:10	00:31:47.90	00:31:57.95	+00:08:27 (26.6%)	3:58	15.1 (73.3%)
50	SOCHA Tomasz	478	TRINERGY	M 50-59 lat	6	00:00:11	00:31:48.45	00:32:00.10	+00:08:27 (26.6%)	3:58	15.1 (73.3%)
51	MICHNOWSKI Sebastian	200	BIEGAM NA TARCHOMINIE	M 40-49 lat	14	00:00:04	00:32:02.70	00:32:06.75	+00:08:42 (27.2%)	4:00	15 (72.8%)
52	WELKIER Marcin	342		M 50-59 lat	7	00:00:03	00:32:07.50	00:32:10.65	+00:08:46 (27.3%)	4:00	14.9 (72.3%)
53	KRAWCZYK Łukasz	156		M 30-39 lat	18	00:00:04	00:32:07.35	00:32:11.45	+00:08:46 (27.3%)	4:00	14.9 (72.3%)
54	WESOŁOWSKA Katarzyna	344	ORANGE POLSKA	K 40-49 lat	4	00:00:03	00:32:08.00	00:32:11.95	+00:08:47 (27.4%)	4:01	14.9 (72.3%)
55	KLUSKA Piotr	446	WIRTUALNA POLSKA TRIATHLON TEAM	M 50-59 lat	8	00:00:07	00:32:14.90	00:32:22.00	+00:08:54 (27.6%)	4:01	14.9 (72.3%)
56	PRUCHNIEWSKI Sławomir	264	WIRTUALNA POLSKA	M 40-49 lat	15	00:00:06	00:32:15.35	00:32:22.15	+00:08:54 (27.6%)	4:01	14.9 (72.3%)
57	TWARDOWSKI Piotr	383	SPOCENI NA MAXA	M 50-59 lat	9	00:00:02	00:32:22.35	00:32:25.10	+00:09:01 (27.9%)	4:02	14.8 (71.8%)
58	MISIAK Michał	209	FOCUS TELECOM	M 40-49 lat	17	00:00:03	00:32:24.90	00:32:28.65	+00:09:04 (28.0%)	4:03	14.8 (71.8%)
59	STOBNICKI Mateusz	303	GĄBIN BIEGA / PARKRUN PRUSZKÓW	M 30-39 lat	20	00:00:13	00:32:17.55	00:32:30.85	+00:08:57 (27.7%)	4:02	14.9 (72.3%)
60	BUCZKOWSKI Piotr	36		M 40-49 lat	16	00:00:07	00:32:24.70	00:32:31.75	+00:09:04 (28.0%)	4:03	14.8 (71.8%)

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

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84	ŁUKASZEWICZ Ryszard	397		M 60+	2	00:00:05	00:33:52.65	00:33:58.60	+00:10:32 (31.1%)	4:14	14.2 (68.9%)
85	MIZERA Krzysztof	211	ŁKS ŁÓDŹ	M 30-39 lat	28	00:00:11	00:33:51.05	00:34:02.65	+00:10:30 (31.0%)	4:13	14.2 (68.9%)
86	ŻEBROWSKI Dariusz	410		M 40-49 lat	26	00:00:04	00:34:00.05	00:34:04.95	+00:10:39 (31.3%)	4:15	14.1 (68.4%)
87	PARTYCKI Łukasz	243	WP PRIME RUNNING TEAM	M 30-39 lat	31	00:00:07	00:34:01.55	00:34:09.05	+00:10:41 (31.4%)	4:15	14.1 (68.4%)
88	SKAWSKI Jan	285	VEGAS WĘGORZEWO RUNNING	M 40-49 lat	27	00:00:10	00:34:00.45	00:34:10.60	+00:10:39 (31.4%)	4:15	14.1 (68.4%)
89	ŚNIEGOSKA Sandra	323	BROOKS RUN HAPPY	K 30-39 lat	4	00:00:11	00:33:59.85	00:34:11.45	+00:10:39 (31.3%)	4:14	14.1 (68.4%)
90	PŁOCHOCKI Jacek	256	SZYBKIE NIUNIE	M 30-39 lat	33	00:00:06	00:34:05.25	00:34:12.10	+00:10:44 (31.5%)	4:15	14.1 (68.4%)
91	WOJCIECHOWSKI Krzysiek	444	MAGAZYNBIEGANIE.PL	M 40-49 lat	29	00:00:05	00:34:07.40	00:34:12.45	+00:10:46 (31.6%)	4:15	14.1 (68.4%)
92	MACHOŃ Paweł	178	GRUPA BIEGOWA UM W-WA	M 40-49 lat	28	00:00:09	00:34:02.90	00:34:12.65	+00:10:42 (31.4%)	4:15	14.1 (68.4%)
93	KOT Wioleta	447	ULTRA LASKI	K 40-49 lat	6	00:00:08	00:34:06.70	00:34:15.35	+00:10:46 (31.6%)	4:15	14.1 (68.4%)
94	CLAJOT Fabian	52		M 30-39 lat	30	00:00:17	00:33:59.75	00:34:16.95	+00:10:39 (31.3%)	4:14	14.1 (68.4%)
95	ROMANKIEWICZ Maciej	274	UKS FORPRO WARSZAWA	M 30-39 lat	34	00:00:05	00:34:16.70	00:34:21.85	+00:10:56 (31.9%)	4:17	14 (68.0%)
96	OKSIĘDZKI Tomasz Jan Oksiedzki	458	DELOITTE ADVENTURE TEAM	M 30-39 lat	35	00:00:06	00:34:17.65	00:34:24.10	+00:10:57 (31.9%)	4:17	14 (68.0%)
97	MOCZYDŁOWSKI Rafał	213		M 30-39 lat	29	00:00:25	00:33:59.55	00:34:24.60	+00:10:39 (31.3%)	4:14	14.1 (68.4%)
98	WOJTCZAK Michał	357		M 30-39 lat	32	00:00:24	00:34:01.75	00:34:26.05	+00:10:41 (31.4%)	4:15	14.1 (68.4%)
99	CHOMKA Michał	47	AEROSPACE RUNNERS	M 30-39 lat	36	00:00:06	00:34:20.15	00:34:26.50	+00:10:59 (32.0%)	4:17	14 (68.0%)
99	CHOJNACKI Mikołaj	380	WARSAW RUN CLUB	M 40-49 lat	30	00:00:13	00:34:12.80	00:34:26.50	+00:10:52 (31.8%)	4:16	14 (68.0%)
101	MILKEVICZ Jarosław	207		M 30-39 lat	27	00:01:12	00:33:43.25	00:34:56.00	+00:10:22 (30.8%)	4:12	14.2 (68.9%)
102	SKIBIŃSKI Sławomir	498		M 30-39 lat	37	00:00:04	00:34:22.30	00:34:27.25	+00:11:01 (32.1%)	4:17	14 (68.0%)
103	PILARSKI Bartłomiej	252		M 30-39 lat	38	00:00:11	00:34:22.65	00:34:34.00	+00:11:02 (32.1%)	4:17	14 (68.0%)
104	CIEŚLIŃSKA Karolina	51	STG WARSZAWA	K 30-39 lat	5	00:00:04	00:34:22.90	00:34:27.10	+00:11:02 (32.1%)	4:17	14 (68.0%)
105	KLIMEK Arkadiusz	129		M 50-59 lat	12	00:00:45	00:34:25.30	00:35:10.80	+00:11:04 (32.2%)	4:18	13.9 (67.5%)
106	OWOC Tomasz	239	PKO BANK POLSKI / ADIDAS RUNNERS WARSAW	M 50-59 lat	13	00:00:13	00:34:29.95	00:34:43.80	+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	PRUSZYŃSKI Edward	265	KB OŻARÓW MAZOWIECKI BIEGA	M 50-59 lat	14	00:00:10	00:34:33.25	00:34:43.80	+00:11:12 (32.4%)	4:19	13.9 (67.5%)
108	WYSOKIŃSKI Michał	362		M 50-59 lat	15	00:00:09	00:34:33.30	00:34:42.55	+00:11:12 (32.4%)	4:19	13.9 (67.5%)
109	ZWARDOŃ Ewa	407	BUXIDA TEAM	K 40-49 lat	7	00:00:08	00:34:34.90	00:34:43.55	+00:11:14 (32.5%)	4:19	13.9 (67.5%)
110	ŚWINIARSKI Mariusz	324	FITTERROR TEAM	M 40-49 lat	31	00:00:11	00:34:36.40	00:34:48.35	+00:11:15 (32.5%)	4:19	13.9 (67.5%)
111	POPIEL Antoni	500		M 15-19 lat	3	00:00:18	00:34:38.00	00:34:56.00	+00:11:17 (32.6%)	4:19	13.9 (67.5%)
112	SOBAŃSKI Mateusz	499		M 30-39 lat	39	00:01:14	00:34:44.30	00:35:58.35	+00:11:23 (32.8%)	4:20	13.8 (67.0%)
113	KOTAS Wojciech	145	AEROSPACE RUNNERS	M 40-49 lat	32	00:00:00	00:34:44.75	00:34:44.75	+00:11:24 (32.8%)	4:20	13.8 (67.0%)
114	FIDOR Karol	73		M 40-49 lat	33	00:00:05	00:34:48.10	00:34:53.95	+00:11:27 (32.9%)	4:21	13.8 (67.0%)
115	KOWALSKI Mariusz	394		M 40-49 lat	34	00:00:07	00:34:48.40	00:34:55.90	+00:11:27 (32.9%)	4:21	13.8 (67.0%)
116	LUDYNIA Aleksandra	173	STG WARSZAWA	K 40-49 lat	8	00:00:04	00:34:50.25	00:34:55.10	+00:11:29 (33.0%)	4:21	13.8 (67.0%)
117	GWARA Adrian	97		M 30-39 lat	40	00:00:24	00:34:54.15	00:35:18.15	+00:11:33 (33.1%)	4:21	13.8 (67.0%)
118	BUJALSKI Konrad	39		M 20-29 lat	9	00:00:15	00:34:54.20	00:35:10.05	+00:11:33 (33.1%)	4:21	13.8 (67.0%)
119	HRYNKIEWICZ Maciej	103		M 50-59 lat	16	00:00:24	00:34:56.25	00:35:21.05	+00:11:35 (33.2%)	4:22	13.7 (66.5%)
120	GRYGIERCZYK Anna	400	ROZBIEGANY PIASTÓW	K 40-49 lat	9	00:00:05	00:34:57.10	00:35:02.85	+00:11:36 (33.2%)	4:22	13.7 (66.5%)
121	BONAROWSKI Andrzej	31		M 30-39 lat	41	00:00:19	00:35:02.95	00:35:22.30	+00:11:42 (33.4%)	4:22	13.7 (66.5%)
122	DRABCZYK Szymon	404		M 60+	3	00:00:05	00:35:03.80	00:35:09.25	+00:11:43 (33.4%)	4:22	13.7 (66.5%)
123	SZCZEPAŃSKI Bogdan	306		M 50-59 lat	17	00:00:08	00:35:08.00	00:35:16.20	+00:11:47 (33.6%)	4:23	13.7 (66.5%)
124	WIŚNIEWSKA Ewa	349		K 50-59 lat	1	00:00:05	00:35:14.00	00:35:19.45	+00:11:53 (33.7%)	4:24	13.6 (66.0%)
125	WITKOWSKI Mirosław	352	PKS MOCZY MORDY	M 30-39 lat	42	00:00:18	00:35:20.45	00:35:38.80	+00:11:59 (34.0%)	4:25	13.6 (66.0%)
126	GRODECKI Michał	92		M 40-49 lat	35	00:00:18	00:35:20.50	00:35:38.50	+00:11:59 (34.0%)	4:25	13.6 (66.0%)
127	ROGOZINSKI-DZIK Michal	273		M 40-49 lat	36	00:00:39	00:35:21.05	00:36:00.90	+00:12:00 (34.0%)	4:25	13.6 (66.0%)
128	OKUNIEWSKI Grzegorz	372	ALIOR RUNNING TEAM	M 40-49 lat	37	00:00:02	00:35:28.05	00:35:30.90	+00:12:07 (34.2%)	4:26	13.5 (65.5%)
129	MACIEJEWSKI Stanisław	179	WPRUNNING	M 50-59 lat	18	00:00:03	00:35:39.45	00:35:43.10	+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	RZAŃWA 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	GRYN Julia	470		K 20-29 lat	2	00:00:08	00:36:44.10	00:36:52.30	+00:13:23 (36.5%)	4:35	13.1 (63.6%)
154	PASIŃSKI Daniel	244	GRUPA BIEGOWA UM W-WA	M 40-49 lat	45	00:00:21	00:36:45.25	00:37:06.30	+00:13:24 (36.5%)	4:35	13.1 (63.6%)
155	TERESZCZUK Joanna	428		K 40-49 lat	11	00:00:11	00:36:47.40	00:36:58.65	+00:13:26 (36.6%)	4:35	13 (63.1%)
155	PNIEWSKA Edyta	257	LUX MED SPORTS TEAM	K 40-49 lat	12	00:00:28	00:36:47.40	00:37:15.50	+00:13:26 (36.6%)	4:35	13 (63.1%)
157	OKUŁOWICZ Eliza	230		K 40-49 lat	13	00:00:22	00:36:50.00	00:37:12.35	+00:13:29 (36.6%)	4:36	13 (63.1%)
158	LEWKOWICZ Marta	169		K 30-39 lat	10	00:00:16	00:36:50.40	00:37:06.45	+00:13:29 (36.6%)	4:36	13 (63.1%)
159	SIEWRUK Katarzyna	283	WARSAW RUN CLUB	K 40-49 lat	14	00:00:04	00:36:50.70	00:36:55.05	+00:13:30 (36.6%)	4:36	13 (63.1%)
160	MAKOWSKI Karol	183		M 20-29 lat	12	00:00:09	00:36:50.95	00:37:00.10	+00:13:30 (36.7%)	4:36	13 (63.1%)
161	RADECKI Michał	268		M 30-39 lat	50	00:00:16	00:36:54.25	00:37:10.30	+00:13:33 (36.7%)	4:36	13 (63.1%)
162	WASILEWSKI Adam	339		M 30-39 lat	51	00:00:07	00:36:55.55	00:37:03.20	+00:13:35 (36.8%)	4:36	13 (63.1%)
163	OSTROWSKI Kacper	237		M 30-39 lat	52	00:00:13	00:36:58.05	00:37:11.65	+00:13:37 (36.9%)	4:37	13 (63.1%)
164	SŁOWIAK Klaudia	288		K 30-39 lat	11	00:00:07	00:37:07.95	00:37:15.75	+00:13:47 (37.1%)	4:38	12.9 (62.6%)
165	DUDA Jacek	63		M 40-49 lat	46	00:00:23	00:37:08.00	00:37:31.95	+00:13:47 (37.1%)	4:38	12.9 (62.6%)
166	PTASIŃSKI Piotr	443		M 50-59 lat	21	00:00:10	00:37:08.25	00:37:19.10	+00:13:47 (37.1%)	4:38	12.9 (62.6%)
167	SIENKIEWICZ Piotr	282	TRÓJKA DROMBO	M 40-49 lat	47	00:00:16	00:37:09.75	00:37:25.90	+00:13:49 (37.2%)	4:38	12.9 (62.6%)
168	RUDNIK Jarosław	414		M 40-49 lat	48	00:00:21	00:37:12.95	00:37:34.15	+00:13:52 (37.3%)	4:39	12.9 (62.6%)
169	HABDAS Damian	98		M 30-39 lat	53	00:00:42	00:37:19.20	00:38:01.45	+00:13:58 (37.5%)	4:39	12.9 (62.6%)
170	FREITES Luis	555		M 60+	4	00:00:05	00:37:20.95	00:37:26.60	+00:14:00 (37.5%)	4:40	12.9 (62.6%)
171	RODAK Zbigniew	270		M 50-59 lat	22	00:00:37	00:37:21.70	00:37:59.35	+00:14:01 (37.5%)	4:40	12.9 (62.6%)
172	KUCHTA Pawel	160		M 40-49 lat	49	00:00:32	00:37:22.45	00:37:54.85	+00:14:01 (37.5%)	4:40	12.8 (62.1%)
173	WIŚNIEWSKI Janusz	504		M 40-49 lat	50	00:00:10	00:37:22.65	00:37:33.15	+00:14:02 (37.5%)	4:40	12.8 (62.1%)
174	STYCZYŃSKI Grzegorz	463	SP 94	M 40-49 lat	51	00:00:03	00:37:27.10	00:37:30.40	+00:14:06 (37.7%)	4:40	12.8 (62.1%)
175	SOLTYSIAK Pawel	441	KS POLONIA WARSZAWA	M 40-49 lat	52	00:00:03	00:37:27.70	00:37:30.85	+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	CHARLEJ Ireneusz	44		M 50-59 lat	23	00:00:14	00:37:31.65	00:37:46.20	+00:14:11 (37.8%)	4:41	12.8 (62.1%)
177	ZIELIŃSKI Tomasz	388	ZALATANI 1 BLTR.	M 30-39 lat	54	00:00:26	00:37:31.85	00:37:58.10	+00:14:11 (37.8%)	4:41	12.8 (62.1%)
178	MATEJAK Katarzyna	188		K 40-49 lat	15	00:00:10	00:37:32.80	00:37:43.60	+00:14:12 (37.8%)	4:41	12.8 (62.1%)
179	KWIATKOWSKA Renata	164	KB OŻARÓW MAZOWIECKI BIEGA	K 50-59 lat	2	00:00:09	00:37:32.95	00:37:42.40	+00:14:12 (37.8%)	4:41	12.8 (62.1%)
180	TOMCZUK-KUZKA Katarzyna	329		K 40-49 lat	16	00:00:06	00:37:34.00	00:37:40.05	+00:14:13 (37.9%)	4:41	12.8 (62.1%)
181	CIEPIELA Roman	49		M 30-39 lat	55	00:00:09	00:37:42.75	00:37:52.50	+00:14:22 (38.1%)	4:42	12.7 (61.7%)
182	KARASIEWICZ Katarzyna	119		K 50-59 lat	3	00:00:06	00:37:47.40	00:37:53.65	+00:14:26 (38.2%)	4:43	12.7 (61.7%)
183	ORŁOWSKI Tomasz	460		M 30-39 lat	56	00:00:46	00:37:57.20	00:38:43.85	+00:14:36 (38.5%)	4:44	12.6 (61.2%)
184	KOŁODZIEJSKI Rafał	137		M 40-49 lat	53	00:00:12	00:37:57.95	00:38:10.20	+00:14:37 (38.5%)	4:44	12.6 (61.2%)
185	KISZCZYC Artur	128		M 50-59 lat	24	00:00:15	00:37:58.25	00:38:13.80	+00:14:37 (38.5%)	4:44	12.6 (61.2%)
186	KALUKIEWICZ Wacisław	438		M 30-39 lat	57	00:00:40	00:38:09.65	00:38:50.05	+00:14:49 (38.8%)	4:46	12.6 (61.2%)
187	WINCZEWSKI Bartosz	347		M 40-49 lat	54	00:00:13	00:38:10.80	00:38:23.90	+00:14:50 (38.9%)	4:46	12.6 (61.2%)
188	TULA Renata	330		K 60+	1	00:00:14	00:38:13.85	00:38:28.60	+00:14:53 (38.9%)	4:46	12.6 (61.2%)
189	LITWIN Michalina	172		K 20-29 lat	3	00:00:08	00:38:18.50	00:38:27.10	+00:14:57 (39.1%)	4:47	12.5 (60.7%)
190	WRZESIEŃ Kamil	469	TOON ARMY POLAND RUN CLUB	M 40-49 lat	55	00:00:26	00:38:19.75	00:38:46.70	+00:14:59 (39.1%)	4:47	12.5 (60.7%)
191	NIEDZIÓŁKA Jacek	223	TO NATURALNE	M 50-59 lat	25	00:00:15	00:38:26.20	00:38:41.50	+00:15:05 (39.3%)	4:48	12.5 (60.7%)
192	DZIEWULSKA Henryka	71	ROZBIEGANY PIASTÓW	K 50-59 lat	4	00:00:05	00:38:26.50	00:38:31.85	+00:15:05 (39.3%)	4:48	12.5 (60.7%)
193	PIROWSKA - REGUCKA Małgorzata	254		K 40-49 lat	17	00:00:43	00:38:28.50	00:39:12.20	+00:15:07 (39.3%)	4:48	12.5 (60.7%)
194	DUDARYK Paweł	418		M 20-29 lat	13	00:00:28	00:38:29.90	00:38:58.35	+00:15:09 (39.4%)	4:48	12.5 (60.7%)
195	BERDYCHOWSKI Zygmunt	497		M 60+	5	00:00:45	00:38:34.70	00:39:19.90	+00:15:14 (39.5%)	4:49	12.4 (60.2%)
196	KRASZEWSKA Sylwia	153	SYLENDĄ WYSZKÓW	K 40-49 lat	18	00:00:18	00:38:39.95	00:38:58.65	+00:15:19 (39.6%)	4:49	12.4 (60.2%)
197	KALBARCZYK Igor	113		M 30-39 lat	58	00:00:16	00:38:40.70	00:38:57.30	+00:15:20 (39.6%)	4:50	12.4 (60.2%)
198	STĘPKA Sylwia	302		K 30-39 lat	12	00:00:33	00:38:42.35	00:39:15.55	+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	KOLASA Andrzej	133	KLUB J.SŁOWACKIEGO	M 60+	6	00:00:04	00:38:47.65	00:38:52.50	+00:15:27 (39.8%)	4:50	12.4 (60.2%)
200	DOBROWOLSKI Bartosz	59	STG WARSZAWA	M 30-39 lat	59	00:00:05	00:38:51.15	00:38:56.60	+00:15:30 (39.9%)	4:51	12.4 (60.2%)
201	DOBROWOLSKA Marlena	427	TO NATURALNE	K 30-39 lat	13	00:00:25	00:38:54.25	00:39:20.05	+00:15:33 (40.0%)	4:51	12.3 (59.7%)
202	LUDYNIA Krzysztof	174		M 40-49 lat	56	00:00:38	00:38:55.45	00:39:34.10	+00:15:34 (40.0%)	4:51	12.3 (59.7%)
203	CHMIEL Szymon	45		M 20-29 lat	14	00:00:16	00:38:57.90	00:39:14.35	+00:15:37 (40.1%)	4:52	12.3 (59.7%)
204	MIEDZIŃSKA Dominika	201		K 40-49 lat	19	00:00:05	00:38:59.60	00:39:04.85	+00:15:39 (40.1%)	4:52	12.3 (59.7%)
205	GRONOWSKI Arkadiusz	95		M 30-39 lat	60	00:00:25	00:39:00.25	00:39:25.65	+00:15:39 (40.2%)	4:52	12.3 (59.7%)
206	KRATOK Dmitry	155		M 30-39 lat	61	00:00:21	00:39:01.60	00:39:23.30	+00:15:41 (40.2%)	4:52	12.3 (59.7%)
207	WEŻOWCZYK Ludmiła	345	PAWKORUNNER TEAM	K 50-59 lat	5	00:00:29	00:39:02.25	00:39:32.20	+00:15:41 (40.2%)	4:52	12.3 (59.7%)
208	NIEWIŃSKI Jan	379	FITTERROR	M 40-49 lat	57	00:00:35	00:39:03.20	00:39:39.15	+00:15:42 (40.2%)	4:52	12.3 (59.7%)
209	PIĄTEK Bogdan	249	LECHICI ZIELONKA	M 60+	7	00:00:27	00:39:05.20	00:39:32.45	+00:15:44 (40.3%)	4:53	12.3 (59.7%)
210	KRASZEWSKI Paweł	154	SYLEND A WYSZKÓW	M 40-49 lat	58	00:00:18	00:39:06.95	00:39:25.65	+00:15:46 (40.3%)	4:53	12.3 (59.7%)
211	NAWROCKA Roma	221	GRUPA BIEGOWA UM W-WA	K 40-49 lat	20	00:00:11	00:39:13.40	00:39:24.50	+00:15:52 (40.5%)	4:54	12.2 (59.2%)
212	BARANOWSKI Łukasz	20		M 30-39 lat	62	00:00:18	00:39:14.75	00:39:33.20	+00:15:54 (40.5%)	4:54	12.2 (59.2%)
213	JABŁONKA Radek	105	DZIADY OCR	M 40-49 lat	59	00:00:18	00:39:17.85	00:39:36.15	+00:15:57 (40.6%)	4:54	12.2 (59.2%)
214	NALAZEK Michał	219		M 30-39 lat	63	00:00:18	00:39:21.45	00:39:40.40	+00:16:00 (40.7%)	4:55	12.2 (59.2%)
215	LISOWSKI Michał	170		M 40-49 lat	60	00:00:27	00:39:22.50	00:39:49.50	+00:16:01 (40.7%)	4:55	12.2 (59.2%)
216	DOMINIAK Bartosz	423	#BARTEKBIEGA	M 40-49 lat	61	00:00:15	00:39:22.70	00:39:37.75	+00:16:02 (40.7%)	4:55	12.2 (59.2%)
217	NERĆ Karolina	222		K 20-29 lat	4	00:00:33	00:39:23.85	00:39:57.75	+00:16:03 (40.8%)	4:55	12.2 (59.2%)
218	BARTOSIEWICZ Kamil	24		M 20-29 lat	15	00:00:36	00:39:29.75	00:40:06.50	+00:16:09 (40.9%)	4:56	12.2 (59.2%)
219	PONDO Wojciech	262		M 20-29 lat	16	00:00:29	00:39:32.55	00:40:01.75	+00:16:12 (41.0%)	4:56	12.1 (58.7%)
220	GALANTY Jakub	79		M 40-49 lat	62	00:01:21	00:39:33.05	00:40:54.10	+00:16:12 (41.0%)	4:56	12.1 (58.7%)
221	OROZO Daniel	512		M 30-39 lat	64	00:00:05	00:39:42.55	00:39:48.40	+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	ŚMIELAK Mariusz	322		M 30-39 lat	65	00:00:21	00:39:44.75	00:40:06.30	+00:16:24 (41.3%)	4:58	12.1 (58.7%)
223	TURCZYŃSKA Monika	331	MEDYCY W BIEGU	K 50-59 lat	6	00:00:17	00:39:49.75	00:40:06.85	+00:16:29 (41.4%)	4:58	12.1 (58.7%)
224	MRÓZ Sebastian	459		M 40-49 lat	63	00:00:20	00:39:49.80	00:40:10.30	+00:16:29 (41.4%)	4:58	12.1 (58.7%)
225	WOLSKI Łukasz	505		M 30-39 lat	66	00:00:02	00:39:52.20	00:39:54.40	+00:16:31 (41.5%)	4:59	12 (58.3%)
226	ZASTAWNA Aneta	364		K 40-49 lat	21	00:00:13	00:39:54.45	00:40:07.45	+00:16:33 (41.5%)	4:59	12 (58.3%)
227	KRAJEWSKI Przemysław	151	MEDYCY W BIEGU	M 50-59 lat	26	00:00:14	00:39:54.85	00:40:09.55	+00:16:34 (41.5%)	4:59	12 (58.3%)
228	ROGALSKA Justyna	272	PAWKO RUNNER TEAM	K 30-39 lat	14	00:00:29	00:39:55.15	00:40:24.35	+00:16:34 (41.5%)	4:59	12 (58.3%)
229	SEKLECKA Agata	373	STG WARSZAWA	K 30-39 lat	15	00:00:33	00:39:59.05	00:40:32.50	+00:16:38 (41.6%)	4:59	12 (58.3%)
230	KRÓLICKI Konrad	158	STG WARSZAWA	M 40-49 lat	64	00:00:33	00:39:59.40	00:40:32.70	+00:16:38 (41.6%)	4:59	12 (58.3%)
231	SEKŚCIŃSKA Magda	421	AKTYWNA WARSZAWA	K 30-39 lat	16	00:00:17	00:40:02.35	00:40:20.10	+00:16:41 (41.7%)	5:00	12 (58.3%)
232	LISOWSKA Monika	449		K 30-39 lat	17	00:00:08	00:40:02.55	00:40:11.05	+00:16:42 (41.7%)	5:00	12 (58.3%)
233	ANIOŁKOWSKI Krzysztof	419	AKTYWNA WARSZAWA	M 40-49 lat	65	00:00:17	00:40:03.05	00:40:20.15	+00:16:42 (41.7%)	5:00	12 (58.3%)
234	OLSZEWSKI Tomasz	235		M 30-39 lat	67	00:00:37	00:40:04.15	00:40:42.10	+00:16:43 (41.7%)	5:00	12 (58.3%)
235	PNIEWSKI Rafał	258	BIEGAM NA TARCHOMINIE	M 40-49 lat	66	00:00:12	00:40:05.40	00:40:17.95	+00:16:44 (41.8%)	5:00	12 (58.3%)
236	SĘDEK Piotr	280	XXX	M 50-59 lat	27	00:00:14	00:40:07.90	00:40:22.55	+00:16:47 (41.8%)	5:00	12 (58.3%)
237	SZUTKO Michał	315		M 20-29 lat	17	00:00:08	00:40:08.55	00:40:16.75	+00:16:48 (41.9%)	5:01	12 (58.3%)
238	CHŁOPIK Marcin	408		M 40-49 lat	67	00:00:29	00:40:08.65	00:40:37.80	+00:16:48 (41.9%)	5:01	12 (58.3%)
239	HAWRYLUK-STASIAK Ewa	477	BIEGUNI 2022/AKTYWNA WARSZAWA	K 60+	2	00:00:11	00:40:10.70	00:40:22.10	+00:16:50 (41.9%)	5:01	12 (58.3%)
240	GROCHOWSKI Paweł	434	PZU SPORT TEAM	M 40-49 lat	68	00:00:21	00:40:15.85	00:40:37.20	+00:16:55 (42.0%)	5:01	11.9 (57.8%)
241	KOWALEWSKI Kamil	149		M 30-39 lat	68	00:00:35	00:40:16.35	00:40:51.60	+00:16:55 (42.0%)	5:02	11.9 (57.8%)
242	BIELECKI Jacek	28	RUN CZARNÓW	M 50-59 lat	28	00:00:30	00:40:24.70	00:40:55.30	+00:17:04 (42.2%)	5:03	11.9 (57.8%)
243	STARCZEWSKI Piotr	301		M 60+	8	00:00:26	00:40:24.85	00:40:51.40	+00:17:04 (42.2%)	5:03	11.9 (57.8%)
244	KOŚCIK Urszula	144		K 30-39 lat	18	00:00:00	00:40:26.00	00:40:26.00	+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	BRODZIUK Anna	34	GRUPA BIEGWA UM W-WA	K 40-49 lat	22	00:00:28	00:40:40.30	00:41:09.00	+00:17:19 (42.6%)	5:05	11.8 (57.3%)
246	ZYGADŁO Piotr	370		M 40-49 lat	69	00:00:07	00:40:45.60	00:40:53.10	+00:17:25 (42.7%)	5:05	11.8 (57.3%)
247	HANSDORFER Franciszek	101		M 15-19 lat	4	00:00:14	00:40:52.95	00:41:07.35	+00:17:32 (42.9%)	5:06	11.7 (56.8%)
248	SOKOLIŃSKI Artur	401		M 30-39 lat	69	00:00:17	00:40:53.85	00:41:11.75	+00:17:33 (42.9%)	5:06	11.7 (56.8%)
249	KOSMALA Dariusz	142		M 50-59 lat	29	00:00:12	00:40:54.05	00:41:06.05	+00:17:33 (42.9%)	5:06	11.7 (56.8%)
250	MATUSZEWSKA Julia	190		K 40-49 lat	23	00:00:26	00:40:57.60	00:41:24.00	+00:17:37 (43.0%)	5:07	11.7 (56.8%)
251	MADERA Dawid	455	KATOWICKI NORDIC WALKING	M 40-49 lat	70	00:00:23	00:41:01.85	00:41:25.40	+00:17:41 (43.1%)	5:07	11.7 (56.8%)
252	DYBOWSKI Arkadiusz	68		M 30-39 lat	70	00:00:42	00:41:02.45	00:41:45.10	+00:17:41 (43.1%)	5:07	11.7 (56.8%)
253	MUSIAŁ Krzysztof	413		M 30-39 lat	71	00:00:23	00:41:02.90	00:41:26.10	+00:17:42 (43.1%)	5:07	11.7 (56.8%)
254	BRZEZIK Piotr	35		M 30-39 lat	72	00:00:10	00:41:04.70	00:41:15.10	+00:17:44 (43.2%)	5:08	11.7 (56.8%)
255	SZELWACHOWSKI Dariusz	308		M 50-59 lat	30	00:00:13	00:41:04.90	00:41:18.60	+00:17:44 (43.2%)	5:08	11.7 (56.8%)
256	TOKARSKA Weronika	326		K 15-19 lat	2	00:00:15	00:41:09.45	00:41:25.10	+00:17:48 (43.3%)	5:08	11.7 (56.8%)
257	KRASUCKI Michał	152		M 20-29 lat	18	00:00:37	00:41:13.15	00:41:50.45	+00:17:52 (43.4%)	5:09	11.6 (56.3%)
258	KAMIŃSKI Tomasz	495		M 20-29 lat	19	00:00:41	00:41:13.65	00:41:55.35	+00:17:53 (43.4%)	5:09	11.6 (56.3%)
259	KAMIŃSKA Dorota	496		K 20-29 lat	5	00:00:41	00:41:13.95	00:41:55.80	+00:17:53 (43.4%)	5:09	11.6 (56.3%)
260	ANDRZEJCZAK Tomasz	15	GROSZEK	M 30-39 lat	73	00:00:22	00:41:19.85	00:41:42.00	+00:17:59 (43.5%)	5:09	11.6 (56.3%)
260	PIETRASZEK Karolina	479		K 20-29 lat	6	00:00:25	00:41:19.85	00:41:45.50	+00:17:59 (43.5%)	5:09	11.6 (56.3%)
262	PALISZEWSKI Krystian	242		M 20-29 lat	20	00:00:29	00:41:20.15	00:41:49.95	+00:17:59 (43.5%)	5:10	11.6 (56.3%)
263	POŁOWIANIUK Marek	261		M 40-49 lat	71	00:00:35	00:41:22.75	00:41:58.60	+00:18:02 (43.6%)	5:10	11.6 (56.3%)
264	KOPROWSKI Jacek	141	PARKRUN PRUSZKÓW	M 30-39 lat	74	00:00:28	00:41:23.50	00:41:52.10	+00:18:02 (43.6%)	5:10	11.6 (56.3%)
265	SZULC Kasia	314		K 50-59 lat	7	00:00:06	00:41:26.20	00:41:32.90	+00:18:05 (43.7%)	5:10	11.6 (56.3%)
266	WALENDZIK Dawid	336	DAMIL RUN	M 20-29 lat	21	00:00:22	00:41:27.80	00:41:50.75	+00:18:07 (43.7%)	5:10	11.6 (56.3%)
267	MŁYNARCZYK Wojciech	212		M 40-49 lat	72	00:00:30	00:41:30.00	00:42:00.35	+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	MRÓZ Gabriela	215	PAWKO RUNNER TEAM	K 30-39 lat	21	00:00:16	00:42:30.80	00:42:47.35	+00:19:10 (45.1%)	5:18	11.3 (54.9%)
292	STASIAK Marcin	405		M 50-59 lat	34	00:00:12	00:42:32.45	00:42:44.70	+00:19:11 (45.1%)	5:19	11.3 (54.9%)
293	SACZKO Adam	381		M 30-39 lat	77	00:00:34	00:42:34.90	00:43:09.15	+00:19:14 (45.2%)	5:19	11.3 (54.9%)
294	CHMIELEWSKI Kamil	46		M 30-39 lat	78	00:00:26	00:42:35.25	00:43:01.80	+00:19:14 (45.2%)	5:19	11.3 (54.9%)
295	ZAKHAROV Dmitry	417		M 40-49 lat	79	00:00:29	00:42:35.80	00:43:05.60	+00:19:15 (45.2%)	5:19	11.3 (54.9%)
296	PERZANOWSKA Karolina	12		K 30-39 lat	22	00:00:27	00:42:45.25	00:43:12.60	+00:19:24 (45.4%)	5:20	11.2 (54.4%)
297	MIŚKIEWICZ Beata	210		K 30-39 lat	23	00:00:32	00:42:48.90	00:43:21.45	+00:19:28 (45.5%)	5:21	11.2 (54.4%)
298	MARCZAK Grażyna	187	SKARYSZEWSKIE CIACHA	K 60+	3	00:00:13	00:42:53.20	00:43:07.05	+00:19:32 (45.6%)	5:21	11.2 (54.4%)
299	HARABIN Justyna	102		K 30-39 lat	24	00:00:20	00:42:53.90	00:43:14.35	+00:19:33 (45.6%)	5:21	11.2 (54.4%)
300	BORUSZEWSKI Maciej	33		M 50-59 lat	35	00:00:35	00:42:54.05	00:43:29.70	+00:19:33 (45.6%)	5:21	11.2 (54.4%)
301	LITAK Grzegorz	171		M 60+	9	00:00:36	00:42:57.65	00:43:34.50	+00:19:37 (45.7%)	5:22	11.2 (54.4%)
302	KUCA Grzegorz	13		M 40-49 lat	80	00:00:07	00:42:58.65	00:43:06.55	+00:19:38 (45.7%)	5:22	11.2 (54.4%)
303	PATEREK Lena	246		K 15-19 lat	3	00:00:33	00:42:58.75	00:43:31.75	+00:19:38 (45.7%)	5:22	11.2 (54.4%)
304	SUCHOCKI Konrad	304		M 30-39 lat	79	00:00:37	00:42:59.80	00:43:37.10	+00:19:39 (45.7%)	5:22	11.2 (54.4%)
305	SARNECKA Monika	480		K 30-39 lat	25	00:00:23	00:43:00.15	00:43:23.20	+00:19:39 (45.7%)	5:22	11.2 (54.4%)
306	BARBUCHA Piotr	21		M 30-39 lat	80	00:00:40	00:43:00.30	00:43:40.85	+00:19:39 (45.7%)	5:22	11.2 (54.4%)
307	SARNECKI Paweł	409		M 30-39 lat	81	00:00:22	00:43:00.60	00:43:23.20	+00:19:40 (45.7%)	5:22	11.2 (54.4%)
307	MIELNICZEK Magdalena	202		K 50-59 lat	8	00:00:29	00:43:00.60	00:43:29.80	+00:19:40 (45.7%)	5:22	11.2 (54.4%)
309	RUDEŃKA Andrei	277		M 30-39 lat	82	00:00:37	00:43:01.20	00:43:38.50	+00:19:40 (45.7%)	5:22	11.2 (54.4%)
310	WELKIER Monika	343		K 40-49 lat	27	00:00:11	00:43:02.50	00:43:13.75	+00:19:41 (45.8%)	5:22	11.2 (54.4%)
311	GORAL Piotr	464		M 60+	10	00:00:19	00:43:04.50	00:43:23.90	+00:19:43 (45.8%)	5:23	11.1 (53.9%)
312	SZCZEPAŃSKI Marek	307		M 30-39 lat	83	00:00:25	00:43:04.60	00:43:29.95	+00:19:44 (45.8%)	5:23	11.1 (53.9%)
313	RUCYK Justyna	454		K 40-49 lat	28	00:00:09	00:43:04.75	00:43:14.05	+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	DĄBROWSKI Jacek	56	BWRUNNERS	M 50-59 lat	36	00:00:17	00:43:06.35	00:43:23.95	+00:19:45 (45.8%)	5:23	11.1 (53.9%)
315	ZAJĄC Piotr	363		M 40-49 lat	81	00:00:40	00:43:08.15	00:43:48.90	+00:19:47 (45.9%)	5:23	11.1 (53.9%)
316	CENDER Magdalena	42		K 40-49 lat	29	00:00:22	00:43:09.45	00:43:31.85	+00:19:48 (45.9%)	5:23	11.1 (53.9%)
317	KOSTROWSKI Łukasz	143	AEROSPACE RUNNERS	M 40-49 lat	82	00:00:30	00:43:11.40	00:43:42.30	+00:19:50 (46.0%)	5:23	11.1 (53.9%)
318	SARZYŃSKI Marcin	437	AZS WAT	M 30-39 lat	84	00:00:25	00:43:12.80	00:43:38.25	+00:19:52 (46.0%)	5:24	11.1 (53.9%)
319	PODKAŃSKI Kamil	492	WATICAN	M 20-29 lat	26	00:00:25	00:43:16.60	00:43:42.15	+00:19:56 (46.1%)	5:24	11.1 (53.9%)
320	NIEDZIÓŁKA Małgorzata	224	TO NATURALNE	K 50-59 lat	9	00:00:16	00:43:24.35	00:43:41.25	+00:20:03 (46.2%)	5:25	11.1 (53.9%)
321	KONFEDERAK Agnieszka	392	MARKOWI BIEGACZE	K 40-49 lat	30	00:00:23	00:43:31.60	00:43:54.70	+00:20:11 (46.4%)	5:26	11 (53.4%)
322	GAPSKA Agnieszka	81	KENKO	K 30-39 lat	26	00:00:34	00:43:36.20	00:44:10.90	+00:20:15 (46.5%)	5:27	11 (53.4%)
323	MATYSZCZAK Krzysztof	193	KENKO	M 40-49 lat	83	00:00:33	00:43:37.75	00:44:10.90	+00:20:17 (46.5%)	5:27	11 (53.4%)
324	WARDAK Łukasz	507		M 30-39 lat	85	00:00:39	00:43:38.10	00:44:17.40	+00:20:17 (46.5%)	5:27	11 (53.4%)
325	DĄBROWSKI Daniel	416		M 40-49 lat	84	00:00:13	00:43:44.30	00:43:57.60	+00:20:23 (46.6%)	5:28	11 (53.4%)
326	SOCHOCKI Wojciech	295		M 30-39 lat	86	00:00:50	00:43:50.00	00:44:40.25	+00:20:29 (46.7%)	5:28	11 (53.4%)
327	ADAMIEC Karol	390		M 20-29 lat	27	00:00:28	00:43:53.70	00:44:22.10	+00:20:33 (46.8%)	5:29	10.9 (52.9%)
328	JANKIEWICZ Patryk	473	ROZBIEGANY PIASTÓW	M 40-49 lat	85	00:00:32	00:43:55.95	00:44:28.35	+00:20:35 (46.9%)	5:29	10.9 (52.9%)
329	CZACHERSKI Kamil	53		M 40-49 lat	86	00:00:26	00:43:56.00	00:44:22.90	+00:20:35 (46.9%)	5:29	10.9 (52.9%)
330	DĄBROWSKA Żaneta	474		K 30-39 lat	27	00:00:32	00:43:56.05	00:44:28.45	+00:20:35 (46.9%)	5:29	10.9 (52.9%)
331	SZLASA Marta	311		K 30-39 lat	28	00:00:24	00:43:59.20	00:44:23.75	+00:20:38 (46.9%)	5:29	10.9 (52.9%)
332	BAJOR Katarzyna	16		K 30-39 lat	29	00:00:35	00:44:03.25	00:44:38.40	+00:20:42 (47.0%)	5:30	10.9 (52.9%)
333	NOWACKI Julian	228	TO NATURALNE	M 60+	11	00:00:17	00:44:06.25	00:44:23.65	+00:20:45 (47.1%)	5:30	10.9 (52.9%)
334	SOBIERAJ Klementyna	293	BEMOWO BIEGA	K 40-49 lat	31	00:00:47	00:44:08.30	00:44:55.85	+00:20:47 (47.1%)	5:31	10.9 (52.9%)
335	FRANASZEK Krzysztof	75	TATUSIE Z BRZUSZKIEM	M 30-39 lat	87	00:00:30	00:44:10.40	00:44:40.45	+00:20:49 (47.2%)	5:31	10.9 (52.9%)
336	DUMANOWSKI Artur	65		M 30-39 lat	88	00:00:09	00:44:11.95	00:44:21.60	+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	POŁĘĆ 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	SAMEL Janusz	435		M 40-49 lat	96	00:00:12	00:47:19.40	00:47:31.60	+00:23:58 (50.7%)	5:54	10.1 (49.0%)
384	NOWAKOWSKI Czeslaw	429	DUCLA ACADEMY WARSZAWA	M 60+	17	00:00:30	00:47:22.00	00:47:52.75	+00:24:01 (50.7%)	5:55	10.1 (49.0%)
385	WAŚOWSKA Jagoda	341	PEGAZ PIASECZNO	K 50-59 lat	12	00:00:11	00:47:22.60	00:47:34.20	+00:24:02 (50.7%)	5:55	10.1 (49.0%)
386	PANAS Bartosz	461		M 30-39 lat	98	00:00:20	00:47:33.85	00:47:54.00	+00:24:13 (50.9%)	5:56	10.1 (49.0%)
387	SKROJNA Anna	287	RUN CZARNÓW	K 30-39 lat	36	00:00:19	00:47:45.10	00:48:05.00	+00:24:24 (51.1%)	5:58	10.1 (49.0%)
388	MYŚLIWIEC Piotr	218	AKTYWNI PO ZAWALE	M 40-49 lat	97	00:00:12	00:47:51.70	00:48:04.50	+00:24:31 (51.2%)	5:58	10 (48.5%)
389	NASKRĘT Arkadiusz	220		M 50-59 lat	44	00:00:56	00:47:55.35	00:48:51.45	+00:24:34 (51.3%)	5:59	10 (48.5%)
390	PIETRZYK Anna	251	ROZBIEGANY PIASTÓW	K 40-49 lat	35	00:00:06	00:47:58.80	00:48:04.95	+00:24:38 (51.3%)	5:59	10 (48.5%)
391	KOŁODZIEJSKI Filip	138		M 40-49 lat	98	00:00:42	00:48:01.65	00:48:44.55	+00:24:41 (51.4%)	6:00	10 (48.5%)
392	DOLIŃSKA Ewa	468		K 30-39 lat	37	00:00:08	00:48:13.60	00:48:22.40	+00:24:53 (51.6%)	6:01	10 (48.5%)
393	GRAZDA Łukasz	89		M 30-39 lat	99	00:00:48	00:48:16.50	00:49:05.30	+00:24:55 (51.6%)	6:02	9.9 (48.1%)
394	DOMAŃSKI Daniel	60		M 30-39 lat	100	00:00:51	00:48:32.20	00:49:24.15	+00:25:11 (51.9%)	6:04	9.9 (48.1%)
395	HAUSMAN Michał	465	NOWY RAKÓW	M 40-49 lat	99	00:00:49	00:48:35.15	00:49:24.65	+00:25:14 (52.0%)	6:04	9.9 (48.1%)
396	MICHALSKA Katarzyna	199		K 20-29 lat	14	00:00:39	00:48:49.00	00:49:28.85	+00:25:28 (52.2%)	6:06	9.8 (47.6%)
397	BARNAŚ Ilona	508		K 40-49 lat	36	00:00:11	00:48:51.75	00:49:03.20	+00:25:31 (52.2%)	6:06	9.8 (47.6%)
398	LEWANDOWSKI Marcin	168		M 30-39 lat	101	00:00:15	00:49:06.15	00:49:21.70	+00:25:45 (52.5%)	6:08	9.8 (47.6%)
399	SMOLIŃSKI Łukasz	291		M 30-39 lat	102	00:00:15	00:49:06.65	00:49:21.95	+00:25:46 (52.5%)	6:08	9.8 (47.6%)
400	WOJCIECHOWSKA Olena	445	MAGAZYNBIEGANIE.PL	K 30-39 lat	38	00:00:04	00:49:08.35	00:49:13.25	+00:25:47 (52.5%)	6:08	9.8 (47.6%)
401	MIKA Anna	456		K 30-39 lat	39	00:00:12	00:49:09.65	00:49:21.90	+00:25:49 (52.5%)	6:08	9.8 (47.6%)
402	KOBUS Karina	130		K 20-29 lat	15	00:00:19	00:49:21.90	00:49:41.20	+00:26:01 (52.7%)	6:10	9.7 (47.1%)
403	BUREK Kasia	40		K 40-49 lat	37	00:00:09	00:49:23.10	00:49:32.20	+00:26:02 (52.7%)	6:10	9.7 (47.1%)
404	CZAPSKA-SZYMUL Magdalena	457	URZĄD DZIELNICY URSUS M.ST. W-WY	K 40-49 lat	38	00:00:40	00:49:24.90	00:50:05.25	+00:26:04 (52.8%)	6:10	9.7 (47.1%)
405	ZAWADKA Agnieszka	511		K 50-59 lat	13	00:00:00	00:49:30.00	00:49:30.00	+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	GÓRAL Tadeusz	382	KKB	M 50-59 lat	45	00:00:31	00:49:39.70	00:50:10.85	+00:26:19 (53.0%)	6:12	9.7 (47.1%)
407	ISKRA Marcin	7		M 40-49 lat	100	00:00:44	00:49:43.85	00:50:27.85	+00:26:23 (53.1%)	6:12	9.7 (47.1%)
408	ZDZIESZYŃSKA Anna	411		K 30-39 lat	40	00:00:17	00:49:47.20	00:50:04.95	+00:26:26 (53.1%)	6:13	9.6 (46.6%)
409	BUDEK Ewa	38		K 40-49 lat	39	00:00:10	00:49:57.35	00:50:07.50	+00:26:36 (53.3%)	6:14	9.6 (46.6%)
410	KARŁOWICZ Anna	120	PARTIA WOLNYCH BIEGACZY	K 60+	4	00:00:27	00:50:04.35	00:50:32.15	+00:26:43 (53.4%)	6:15	9.6 (46.6%)
411	SOKOŁOWSKI Marian	297	SAMOTNY WILK	M 60+	18	00:00:27	00:50:17.20	00:50:45.15	+00:26:56 (53.6%)	6:17	9.5 (46.1%)
412	KATNER-PRUSZYŃSKA Joanna	121	KB OŻARÓW MAZOWIECKI BIEGA	K 40-49 lat	40	00:00:33	00:50:17.95	00:50:51.40	+00:26:57 (53.6%)	6:17	9.5 (46.1%)
413	KRAWCZYK Michał	452	ORANGE POLSKA	M 30-39 lat	103	00:00:39	00:50:20.65	00:51:00.10	+00:27:00 (53.6%)	6:17	9.5 (46.1%)
414	BUCZYŃSKI Mateusz	37		M 20-29 lat	29	00:00:37	00:50:58.05	00:51:35.75	+00:27:37 (54.2%)	6:22	9.4 (45.6%)
415	KARPOWICZ Michał	472		M 40-49 lat	101	00:00:41	00:51:08.40	00:51:49.40	+00:27:47 (54.4%)	6:23	9.4 (45.6%)
416	SOSNOWSKA Martyna	298	KASZTANKI	K 50-59 lat	14	00:00:29	00:51:10.95	00:51:40.70	+00:27:50 (54.4%)	6:23	9.4 (45.6%)
417	KILJAN Karolina	126		K 20-29 lat	16	00:00:21	00:51:12.85	00:51:33.90	+00:27:52 (54.4%)	6:24	9.4 (45.6%)
418	KIELAR Anna	125		K 30-39 lat	41	00:00:20	00:51:13.45	00:51:34.10	+00:27:52 (54.4%)	6:24	9.4 (45.6%)
419	MRÓZ Joanna	216	KASZTANKI	K 30-39 lat	42	00:00:30	00:51:25.35	00:51:56.20	+00:28:04 (54.6%)	6:25	9.3 (45.1%)
420	WAWRZONKIEWICZ Justyna	340		K 30-39 lat	43	00:00:32	00:51:40.50	00:52:12.75	+00:28:19 (54.8%)	6:27	9.3 (45.1%)
421	DYMEL Andrzej	69	MARKOWI BIEGACZE	M 60+	19	00:00:21	00:51:59.95	00:52:21.00	+00:28:39 (55.1%)	6:29	9.2 (44.7%)
422	POPIEL Ignacy	501		M 15-19 lat	5	00:00:37	00:52:12.10	00:52:49.55	+00:28:51 (55.3%)	6:31	9.2 (44.7%)
423	WIŚNIEWSKA Katarzyna	350	INDYWIDUALISTKA	K 50-59 lat	15	00:00:27	00:52:12.60	00:52:39.90	+00:28:52 (55.3%)	6:31	9.2 (44.7%)
424	WANCERZ Magdalena	337		K 20-29 lat	17	00:00:42	00:52:20.05	00:53:02.05	+00:28:59 (55.4%)	6:32	9.2 (44.7%)
425	WITEK-JANOTA Aneta	351		K 40-49 lat	41	00:00:04	00:52:33.95	00:52:38.30	+00:29:13 (55.6%)	6:34	9.1 (44.2%)
426	GAJ Bogna	476		K 50-59 lat	16	00:00:28	00:52:48.65	00:53:17.35	+00:29:28 (55.8%)	6:36	9.1 (44.2%)
427	DOMINIAK Agnieszka	426	#BARTEK BIEGA	K 40-49 lat	42	00:00:16	00:52:56.40	00:53:12.40	+00:29:35 (55.9%)	6:37	9.1 (44.2%)
428	JURKOWSKA Irena	109		K 60+	5	00:00:26	00:53:05.30	00:53:32.20	+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	BIDZIŃSKA Alicja	26		K 30-39 lat	44	00:00:22	00:53:21.85	00:53:43.85	+00:30:01 (56.3%)	6:40	9 (43.7%)
430	BARSZCZEWSKA Marta	22	BWRUNNERS	K 30-39 lat	45	00:00:17	00:53:26.50	00:53:43.90	+00:30:05 (56.3%)	6:40	9 (43.7%)
431	ZAŁĘSKI Mateusz	451	RADNY DZIELNICY WŁOCHY	M 30-39 lat	104	00:00:34	00:53:40.30	00:54:14.40	+00:30:19 (56.5%)	6:42	8.9 (43.2%)
432	JANUCHTA Tomasz	107		M 50-59 lat	46	00:00:31	00:53:43.55	00:54:14.90	+00:30:23 (56.6%)	6:42	8.9 (43.2%)
433	KACZYŃSKA Paula	111		K 20-29 lat	18	00:00:31	00:53:44.00	00:54:15.15	+00:30:23 (56.6%)	6:43	8.9 (43.2%)
434	KERNER Agnieszka	124		K 50-59 lat	17	00:00:39	00:53:44.05	00:54:23.05	+00:30:23 (56.6%)	6:43	8.9 (43.2%)
435	SMARZ Kinga	290		K 20-29 lat	19	00:00:13	00:53:46.05	00:53:59.45	+00:30:25 (56.6%)	6:43	8.9 (43.2%)
436	MIRKOWSKA Monika	375	GRUPA BIEGOWA UM WARSZAWA	K 30-39 lat	46	00:00:18	00:53:48.25	00:54:06.75	+00:30:27 (56.6%)	6:43	8.9 (43.2%)
437	ADAMKIEWICZ Lukasz	376		M 30-39 lat	105	00:00:16	00:53:50.00	00:54:06.65	+00:30:29 (56.6%)	6:43	8.9 (43.2%)
438	OWERKO Mariusz	238		M 30-39 lat	106	00:00:14	00:53:50.10	00:54:04.45	+00:30:29 (56.6%)	6:43	8.9 (43.2%)
439	PLACKOWSKI Paweł	255		M 20-29 lat	30	00:00:34	00:54:31.25	00:55:05.85	+00:31:10 (57.2%)	6:48	8.8 (42.7%)
440	OLEKSIAK Anna	233		K 20-29 lat	20	00:00:34	00:54:31.35	00:55:06.20	+00:31:10 (57.2%)	6:48	8.8 (42.7%)
441	PAJĄK Dariusz	241		M 40-49 lat	102	00:00:43	00:54:49.05	00:55:32.65	+00:31:28 (57.4%)	6:51	8.8 (42.7%)
442	PAJĄK Marta	240	VEGE RUNNERS	K 40-49 lat	43	00:00:42	00:54:49.45	00:55:32.35	+00:31:28 (57.4%)	6:51	8.8 (42.7%)
443	GROCHOWSKA Joanna	91		K 50-59 lat	18	00:00:40	00:54:51.50	00:55:31.65	+00:31:30 (57.4%)	6:51	8.8 (42.7%)
444	SZOSTAKOWSKI Jarosław	313	BIEGAM DOBRZE DLA FUNDACJI SYNOPSIS	M 50-59 lat	47	00:00:39	00:54:52.15	00:55:31.95	+00:31:31 (57.5%)	6:51	8.7 (42.2%)
445	OLCZAK Urszula	231	UMCS BIEGA	K 50-59 lat	19	00:00:39	00:54:53.05	00:55:32.25	+00:31:32 (57.5%)	6:51	8.7 (42.2%)
445	OLCZAK Witold	232	UMCS BIEGA	M 60+	20	00:00:39	00:54:53.05	00:55:32.15	+00:31:32 (57.5%)	6:51	8.7 (42.2%)
447	SHADRYNA Darya	281		K 20-29 lat	21	00:00:23	00:55:18.05	00:55:41.55	+00:31:57 (57.8%)	6:54	8.7 (42.2%)
448	GROCHOWINA Anna	471		K 30-39 lat	47	00:00:26	00:55:35.40	00:56:02.15	+00:32:14 (58.0%)	6:56	8.6 (41.7%)
449	KOLASA Barbara	132	KLUB J.SŁOWACKIEGO	K 60+	6	00:00:05	00:55:49.00	00:55:54.05	+00:32:28 (58.2%)	6:58	8.6 (41.7%)
450	DWORZYŃSKA-PARYS Marta	66		K 30-39 lat	48	00:00:37	00:56:09.65	00:56:47.55	+00:32:49 (58.4%)	7:01	8.5 (41.3%)
451	MINECKI Zbigniew	510		M 60+	21	00:00:44	00:56:58.75	00:57:43.20	+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	DWURZYŃSKA Sylwia	67	GRUPA BIEGOWA UM W-WA	K 40-49 lat	44	00:00:38	00:57:03.80	00:57:42.00	+00:33:43 (59.1%)	7:07	8.4 (40.8%)
453	TOŁWIŃSKI Robert	391		M 50-59 lat	48	00:00:23	00:57:37.90	00:58:01.70	+00:34:17 (59.5%)	7:12	8.3 (40.3%)
454	REGIMOWICZ Tamara	467	NEW BALANCE RUN CLUB	K 30-39 lat	49	00:00:49	00:58:27.80	00:59:17.05	+00:35:07 (60.1%)	7:18	8.2 (39.8%)
455	WÓJCIK Robert	399		M 40-49 lat	103	00:00:49	00:58:29.10	00:59:19.05	+00:35:08 (60.1%)	7:18	8.2 (39.8%)
456	KAZIMIERCZAK Krzysztof	122		M 40-49 lat	104	00:00:32	00:58:44.35	00:59:16.50	+00:35:23 (60.3%)	7:20	8.2 (39.8%)
457	ZIENIUK Patrycjusz	366		M 40-49 lat	105	00:00:31					(0.0%)
458	SZYMCZAK Paweł	450		M 40-49 lat	106	00:00:48					(0.0%)

Znaleziono 458 wynik(ów)