

BIAŁOŁĘCKI BIEG WOLNOŚCI

B4SPORT

Organizator: Urząd Dzielnicy Białołęka m.st. Warszawa
Data: 2019-12-14
Miejsce: Warszawa
Dystans: 13 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.1km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
1	PARSZCZYŃSKI Łukasz	277	TEAM PARSZCZYŃSKICH	M2 30-39 lat	1	00:00:01	00:00:16	00:14:15	00:28:26	00:42:46.20	00:42:48.15		3:17	18.2 (100%)
2	SŁUPIK Tomasz	455		M1 < 29 lat	1	00:00:01	00:00:15	00:14:15	00:28:39	00:43:19.00	00:43:20.50	+00:00:32 (1.3%)	3:19	18 (98.9%)
3	FALKOWSKI Bartek	77	PIEKIELNI WARSZAWA	M2 30-39 lat	2	00:00:01	00:00:16	00:14:44	00:29:30	00:44:14.55	00:44:16.10	+00:01:28 (3.3%)	3:24	17.6 (96.7%)
4	BĘTKOWSKI Piotr	475		M2 30-39 lat	3	00:00:01	00:00:17	00:14:45	00:29:35	00:44:50.75	00:44:52.20	+00:02:04 (4.6%)	3:27	17.4 (95.6%)
5	JOSYPENKO Jędrzej	487	DREAM RUN	M2 30-39 lat	4	00:00:02	00:00:16	00:14:44	00:30:01	00:45:51.60	00:45:53.70	+00:03:05 (6.7%)	3:31	17 (93.4%)
6	TABER Konrad	371	ACTIVE PROSPERIA/ STO-NOGI MILANÓWEK	M1 < 29 lat	2	00:00:01	00:00:16	00:15:23	00:30:52	00:46:30.85	00:46:31.95	+00:03:44 (8.0%)	3:34	16.8 (92.3%)
7	MASIAREK Maciej	227		M1 < 29 lat	3	00:00:03	00:00:15	00:15:08	00:30:57	00:46:53.85	00:46:57.05	+00:04:07 (8.8%)	3:36	16.6 (91.2%)
8	FIEDOROW Tomasz	79	BSB BARCZEWO BIEGA/ZK BARCZEWO	M2 30-39 lat	5	00:00:01	00:00:15	00:15:32	00:31:42	00:47:35.10	00:47:36.85	+00:04:48 (10.1%)	3:39	16.4 (90.1%)
9	URMANOWSKI Daniel	386	DREAM RUN	M2 30-39 lat	6	00:00:02	00:00:16	00:15:23	00:31:27	00:47:37.75	00:47:40.35	+00:04:51 (10.2%)	3:39	16.4 (90.1%)
10	HILDEBRAND Marcin	127	BIEGAM NA TARCHOMINIE	M2 30-39 lat	7	00:00:02	00:00:19	00:16:05	00:32:03	00:48:04.55	00:48:06.85	+00:05:18 (11.0%)	3:41	16.2 (89.0%)
11	KIELAK Leszek	488	ENTRE RUNNING	M2 30-39 lat	8	00:00:00	00:00:22	00:16:10	00:32:19	00:48:22.10	00:48:22.10	+00:05:35 (11.6%)	3:43	16.1 (88.5%)
12	ŁABĘDZKI Konrad	520	ADIDAS RUNNERS WARSAW	M2 30-39 lat	9	00:00:02	00:00:18	00:16:29	00:32:29	00:48:37.10	00:48:39.45	+00:05:50 (12.0%)	3:44	16 (87.9%)
13	GRZYBOWSKI Paweł	119	TEAM PARSZCZYŃSKICH	M2 30-39 lat	10	00:00:01	00:00:16	00:15:39	00:32:16	00:48:49.10	00:48:51.05	+00:06:02 (12.4%)	3:45	16 (87.9%)
14	GOZDEK Scyzoryk	106	TRUCHT TARCHOMIN TEAM BIEGANIEPO40.PL	M3 40-49 lat	1	00:00:02	00:00:18	00:16:19	00:32:46	00:49:11.15	00:49:13.45	+00:06:24 (13.0%)	3:47	15.9 (87.4%)
15	WERNER Kamil	394	BIEGAM NA TARCHOMINIE/ŻMUDARUNNINGTEAM	M2 30-39 lat	11	00:00:03	00:00:17	00:16:08	00:32:49	00:49:27.45	00:49:30.45	+00:06:41 (13.5%)	3:48	15.8 (86.8%)
16	NOWOSIELSKI Grzegorz	448	ŻÓRAWSKI TEAM	M1 < 29 lat	4	00:00:02	00:00:20	00:16:46	00:33:20	00:49:32.30	00:49:34.70	+00:06:46 (13.7%)	3:48	15.7 (86.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						startu	0.1km	4.4km	8.7km					
17	GAŁUSZKA Filip	92	KOKOSZKA36TEAM	M2 30-39 lat	12	00:00:03	00:00:20	00:16:53	00:33:39	00:50:11.85	00:50:15.50	+00:07:25 (14.8%)	3:51	15.5 (85.2%)
18	PRZYBYŁA Krzysztof	499	ADIDAS RUNNERS WARSAW	M2 30-39 lat	13	00:00:02	00:00:18	00:16:37	00:33:21	00:50:23.95	00:50:26.35	+00:07:37 (15.1%)	3:52	15.5 (85.2%)
19	MIELCZAREK Krzysztof	236	BIEGAM NA TARCHOMINIE	M3 40-49 lat	2	00:00:04	00:00:18	00:16:26	00:33:27	00:50:23.40	00:50:27.60	+00:07:37 (15.1%)	3:52	15.5 (85.2%)
20	BIAŁEK Piotr	476	3BRO	M2 30-39 lat	14	00:00:02	00:00:18	00:16:53	00:33:54	00:50:48.10	00:50:50.85	+00:08:01 (15.8%)	3:54	15.4 (84.6%)
21	MAJCHRZAK Sławomir	218	UKS TYCHOW STARY	M4 50-59	1	00:00:03	00:00:18	00:16:52	00:33:53	00:50:51.20	00:50:54.20	+00:08:05 (15.9%)	3:54	15.3 (84.1%)
22	KOTLENGA Przemysław	180		M2 30-39 lat	15	00:00:02	00:00:18	00:16:46	00:34:05	00:50:59.65	00:51:02.60	+00:08:13 (16.1%)	3:55	15.3 (84.1%)
23	KRÓL Dariusz	534	ZABIEGANY WOŁOMIN	M4 50-59	2	00:00:02	00:00:21	00:17:07	00:34:14	00:51:11.45	00:51:14.35	+00:08:25 (16.4%)	3:56	15.2 (83.5%)
24	PARSZCZYŃSKA Izabela	276	TEAM PARSZCZYŃSKICH	K2 30-39 lat	1	00:00:02	00:00:19	00:16:52	00:34:14	00:51:36.55	00:51:38.85	+00:08:50 (17.1%)	3:58	15.1 (83.0%)
25	TOMCZAK Marcin	377	1980	M2 30-39 lat	16	00:00:03	00:00:20	00:17:07	00:34:41	00:52:18.30	00:52:21.50	+00:09:32 (18.2%)	4:01	14.9 (81.9%)
26	KUBERA Piotr	194	ADIDAS RUNNERS WARSAW	M3 40-49 lat	3	00:00:00	00:00:22	00:17:21	00:35:04	00:52:36.00	00:52:36.00	+00:09:49 (18.7%)	4:02	14.8 (81.3%)
27	STRADOMSKI Artur	345	MARKOWI BIEGACZE	M3 40-49 lat	4	00:00:03	00:00:20	00:17:33	00:35:05	00:52:38.75	00:52:42.70	+00:09:52 (18.8%)	4:03	14.8 (81.3%)
28	SAWICKA Anna	502	DREAM RUN	K2 30-39 lat	2	00:00:03	00:00:21	00:17:32	00:35:06	00:52:46.55	00:52:50.35	+00:10:00 (19.0%)	4:03	14.8 (81.3%)
29	ANUSIEWICZ Robert	474		M3 40-49 lat	5	00:00:04	00:00:21	00:17:55	00:35:41	00:52:55.95	00:53:00.45	+00:10:09 (19.2%)	4:04	14.7 (80.8%)
30	PYTLINSKI Rafał	298		M3 40-49 lat	6	00:00:03	00:00:20	00:17:53	00:35:38	00:53:03.30	00:53:06.55	+00:10:17 (19.4%)	4:04	14.7 (80.8%)
31	SZMIGIELSKI Mateusz	531		M1 < 29 lat	5	00:00:08	00:00:27	00:17:33	00:35:01	00:53:16.40	00:53:24.95	+00:10:30 (19.7%)	4:05	14.6 (80.2%)
32	GAJEK Ireneusz	89		M3 40-49 lat	7	00:00:10	00:00:25	00:18:02	00:35:42	00:53:28.15	00:53:38.75	+00:10:41 (20.0%)	4:06	14.6 (80.2%)
33	NOWOCIEŃ Jacek	258	UCZNIOWSKI KLUB SPORTOWY RUSIEC	M5 60+	1	00:00:03	00:00:21	00:17:57	00:35:44	00:53:40.80	00:53:44.60	+00:10:54 (20.3%)	4:07	14.5 (79.7%)
34	GOŁYŃSKI Tomasz	483		M2 30-39 lat	17	00:00:09	00:00:24	00:17:32	00:35:47	00:54:06.35	00:54:15.40	+00:11:20 (21.0%)	4:09	14.4 (79.1%)
35	UGRYN Maciej	384	WWW.RUNISMYFUN.COM	M2 30-39 lat	19	00:00:02	00:00:20	00:17:34	00:35:28	00:54:42.15	00:54:44.75	+00:11:55 (21.8%)	4:12	14.3 (78.6%)
36	TARAS Marcin	372		M2 30-39 lat	18	00:00:08	00:00:25	00:17:48	00:36:17	00:54:40.35	00:54:48.45	+00:11:54 (21.8%)	4:12	14.3 (78.6%)
37	ROWIŃSKI Tomasz	307		M3 40-49 lat	8	00:00:02	00:00:17	00:17:43	00:36:46	00:54:55.50	00:54:57.55	+00:12:09 (22.1%)	4:13	14.2 (78.0%)
38	BRODAKCI Waldemar	36	CHEMIK NOXY PUŁAWY	M5 60+	2	00:00:08	00:00:26	00:18:34	00:36:34	00:54:50.05	00:54:58.60	+00:12:03 (22.0%)	4:13	14.2 (78.0%)
39	TURSKI Maciej	511	MMA, TYLKO MMA	M1 < 29 lat	6	00:00:06	00:00:21	00:18:07	00:36:17	00:54:56.50	00:55:03.05	+00:12:10 (22.2%)	4:13	14.2 (78.0%)

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						startu	0.1km	4.4km	8.7km					
40	MIELCZAREK Marek	235	MARKOWI BIEGACZE	M3 40-49 lat	10	00:00:05	00:00:19	00:18:12	00:36:42	00:55:00.30	00:55:05.35	+00:12:14 (22.2%)	4:13	14.2 (78.0%)
41	SIERZPUTOWSKI Robert	453	NASIELSK BASZTA TEAM	M3 40-49 lat	11	00:00:03	00:00:20	00:18:18	00:36:40	00:55:02.80	00:55:06.30	+00:12:16 (22.3%)	4:14	14.2 (78.0%)
42	MANELSKI Artur	442	DOBRZYNSKI KLUB ZEGLARSKI	M2 30-39 lat	20	00:00:04	00:00:21	00:18:35	00:37:06	00:55:06.40	00:55:10.80	+00:12:20 (22.4%)	4:14	14.2 (78.0%)
43	KOŚCIK Jakub	436		M2 30-39 lat	21	00:00:05	00:00:30	00:19:03	00:37:08	00:55:07.00	00:55:12.95	+00:12:20 (22.4%)	4:14	14.2 (78.0%)
44	OCZKOWSKI Mateusz	264	GRUPA BIEGOWA CHTMO	M3 40-49 lat	9	00:00:17	00:00:34	00:18:44	00:36:48	00:54:58.60	00:55:16.20	+00:12:12 (22.2%)	4:13	14.2 (78.0%)
45	NIEZGODA Przemysław	250		M2 30-39 lat	22	00:00:07	00:00:26	00:18:40	00:37:16	00:55:11.15	00:55:18.65	+00:12:24 (22.5%)	4:14	14.1 (77.5%)
46	SZWARC Szymon	364		M1 < 29 lat	7	00:00:06	00:00:23	00:17:51	00:36:22	00:55:13.05	00:55:19.05	+00:12:26 (22.5%)	4:14	14.1 (77.5%)
47	KALINOWSKI Łukasz	148		M2 30-39 lat	23	00:00:07	00:00:24	00:19:05	00:37:30	00:55:19.10	00:55:26.15	+00:12:32 (22.7%)	4:15	14.1 (77.5%)
48	TYMICKI Zbigniew	382	ENTRE.PL TEAM	M4 50-59	3	00:00:08	00:00:27	00:19:02	00:37:19	00:55:33.80	00:55:42.50	+00:12:47 (23.0%)	4:16	14 (76.9%)
49	ZIÓŁKOWSKI Jacek	420		M4 50-59	4	00:00:01	00:00:21	00:18:35	00:37:28	00:55:59.55	00:56:01.40	+00:13:13 (23.6%)	4:18	13.9 (76.4%)
50	DĄBROWSKI Michał	63		M2 30-39 lat	24	00:00:06	00:00:23	00:18:22	00:37:12	00:56:03.00	00:56:09.55	+00:13:16 (23.7%)	4:18	13.9 (76.4%)
51	GWIZDALA Cezary	122	KUŹNIA TRIATHLONU	M3 40-49 lat	12	00:00:05	00:00:22	00:18:40	00:37:23	00:56:06.95	00:56:12.30	+00:13:20 (23.8%)	4:19	13.9 (76.4%)
52	KOWALEWSKI Łukasz	491	BISKUPIEC BIEGA	M2 30-39 lat	25	00:00:00	00:01:48	00:18:55	00:37:33	00:56:24.00	00:56:24.00	+00:13:37 (24.2%)	4:20	13.8 (75.8%)
53	SARZAŁA Dariusz	315	AKS POLONIA WARSZAWA	M5 60+	3	00:00:02	00:00:20	00:18:52	00:37:43	00:56:28.45	00:56:30.75	+00:13:42 (24.3%)	4:20	13.8 (75.8%)
54	JASKÓŁOWSKI Waldemar	135	WOJSKOWA AKADEMIA TECHNICZNA	M4 50-59	5	00:00:00	00:00:41	00:19:15	00:38:02	00:56:51.55	00:56:51.55	+00:14:05 (24.8%)	4:22	13.7 (75.3%)
55	SKOTNICKI Piotr	325		M2 30-39 lat	26	00:00:09	00:00:25	00:18:47	00:37:58	00:56:44.80	00:56:54.00	+00:13:58 (24.6%)	4:21	13.7 (75.3%)
56	KORKOSZ Andrzej	174		M3 40-49 lat	13	00:00:05	00:00:24	00:19:14	00:38:06	00:56:51.80	00:56:57.05	+00:14:05 (24.8%)	4:22	13.7 (75.3%)
57	JAWORSKI Piotr	137	EKOBIEGI	M3 40-49 lat	15	00:00:04	00:00:19	00:18:15	00:37:34	00:56:54.80	00:56:58.90	+00:14:08 (24.9%)	4:22	13.7 (75.3%)
58	MICHNOWSKI Sebastian	233		M3 40-49 lat	14	00:00:08	00:00:27	00:18:58	00:38:02	00:56:53.45	00:57:02.30	+00:14:07 (24.8%)	4:22	13.7 (75.3%)
59	WASZKIEWICZ Ariel	465	WASZKA TEAM	M3 40-49 lat	16	00:00:11	00:00:30	00:19:42	00:38:30	00:57:14.05	00:57:25.90	+00:14:27 (25.3%)	4:24	13.6 (74.7%)
60	GĘBALA Wojtek	94		M3 40-49 lat	17	00:00:06	00:00:24	00:19:04	00:38:25	00:57:21.70	00:57:27.75	+00:14:35 (25.4%)	4:24	13.6 (74.7%)
61	FILIPCZUK Dariusz	83		M4 50-59	6	00:00:06	00:00:23	00:19:05	00:38:23	00:57:32.95	00:57:38.95	+00:14:46 (25.7%)	4:25	13.6 (74.7%)
62	PUTON Michał	295		M2 30-39 lat	27	00:00:08	00:00:25	00:18:30	00:37:30	00:57:34.30	00:57:43.20	+00:14:48 (25.7%)	4:25	13.5 (74.2%)

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63	SMORAWSKI Wodzisław	331		M2 30-39 lat	30	00:00:00	00:00:48	00:19:57	00:38:48	00:57:57.00	00:57:57.00	+00:15:10 (26.2%)	4:27	13.5 (74.2%)
64	OCHENKOWSKI Sebastian	263		M2 30-39 lat	29	00:00:04	00:00:24	00:19:05	00:38:26	00:57:53.35	00:57:57.80	+00:15:07 (26.1%)	4:27	13.5 (74.2%)
65	MACANDER Jakub	496		M1 < 29 lat	8	00:04:34	00:00:17	00:18:38	00:37:35	00:56:38.25	01:01:12.45	+00:13:52 (24.5%)	4:21	13.8 (75.8%)
66	WITKOWSKI Łukasz	405	NASIELSK BASZTA TEAM	M2 30-39 lat	28	00:00:20	00:00:35	00:19:31	00:38:46	00:57:37.30	00:57:58.05	+00:14:51 (25.8%)	4:26	13.5 (74.2%)
67	MISZTA Barbara	240	KS STASZEWCY	K3 40-49 lat	1	00:00:04	00:00:22	00:19:30	00:38:51	00:57:57.40	00:58:01.40	+00:15:11 (26.2%)	4:27	13.5 (74.2%)
68	WIŚNIEWSKI Krzysztof	467	ZAKŁAD KARNY W PRZYTUŁACH STARYCH	M3 40-49 lat	18	00:00:06	00:00:25	00:19:20	00:38:39	00:57:58.30	00:58:04.45	+00:15:12 (26.2%)	4:27	13.5 (74.2%)
69	TROJANOWSKI Rafał	379	BIEGAM BO LUBIĘ ZĄBKİ TEAM	M1 < 29 lat	9	00:00:04	00:00:22	00:19:05	00:38:32	00:58:06.90	00:58:11.45	+00:15:20 (26.4%)	4:28	13.4 (73.6%)
70	BRODZIK Arkadiusz	426		M2 30-39 lat	31	00:00:02	00:00:16	00:18:16	00:38:04	00:58:07.00	00:58:09.65	+00:15:20 (26.4%)	4:28	13.4 (73.6%)
71	MAMLA Zbigniew	221	TRUCHT TARCHOMIN TEAM	M3 40-49 lat	19	00:00:09	00:00:26	00:18:40	00:38:18	00:58:11.85	00:58:21.55	+00:15:25 (26.5%)	4:28	13.4 (73.6%)
72	KALKO Vitalii	149		M2 30-39 lat	32	00:00:04	00:00:24	00:18:34	00:38:39	00:58:20.10	00:58:24.85	+00:15:33 (26.7%)	4:29	13.4 (73.6%)
73	RESZCZYK Marcin	302		M3 40-49 lat	20	00:00:33	00:00:33	00:19:56	00:39:17	00:58:21.80	00:58:55.15	+00:15:35 (26.7%)	4:29	13.4 (73.6%)
74	PUCHACZ Piotr	294	MPK	M3 40-49 lat	21	00:00:15	00:00:36	00:19:20	00:38:45	00:58:25.35	00:58:40.90	+00:15:39 (26.8%)	4:29	13.4 (73.6%)
75	KSIEL Artur	192		M2 30-39 lat	33	00:00:07	00:00:27	00:19:36	00:39:06	00:58:39.70	00:58:47.20	+00:15:53 (27.1%)	4:30	13.3 (73.1%)
76	MICHALSKI Ryszard	445	WWW.SENSORYBEAUTY.PL	M2 30-39 lat	34	00:00:09	00:00:23	00:19:31	00:39:32	00:58:47.30	00:58:56.45	+00:16:01 (27.2%)	4:31	13.3 (73.1%)
77	SYGOCKI Konrad	352	BIEGAM NA TARCHOMINIE	M3 40-49 lat	22	00:00:20	00:00:35	00:19:25	00:38:56	00:58:48.25	00:59:08.65	+00:16:02 (27.3%)	4:31	13.3 (73.1%)
78	GÓRAL Tadeusz	540	KKB	M3 40-49 lat	23	00:00:02	00:00:23	00:19:25	00:39:05	00:58:49.40	00:58:52.30	+00:16:03 (27.3%)	4:31	13.3 (73.1%)
79	KANIA Paweł	153	BIEGAM NA TARCHOMINIE	M3 40-49 lat	24	00:00:06	00:00:23	00:18:57	00:38:55	00:58:53.40	00:59:00.05	+00:16:07 (27.4%)	4:31	13.2 (72.5%)
80	NAPIÓRKOWSKI Grzegorz	246	ŁOMIANKOWSKA GRUPA BIEGOWA	M3 40-49 lat	25	00:00:06	00:00:27	00:19:04	00:39:04	00:58:58.30	00:59:04.75	+00:16:12 (27.5%)	4:32	13.2 (72.5%)
81	ŚMIETAŃSKI Piotr	459	NASIELSK BASZTA TEAM	M3 40-49 lat	26	00:00:16	00:00:29	00:19:34	00:38:50	00:59:02.95	00:59:19.70	+00:16:16 (27.6%)	4:32	13.2 (72.5%)
82	SERAFIN Tomasz	503		M3 40-49 lat	27	00:00:06	00:00:25	00:19:08	00:39:20	00:59:13.80	00:59:20.65	+00:16:27 (27.8%)	4:33	13.2 (72.5%)
83	PŁATEK Tomasz	529		M2 30-39 lat	35	00:00:05	00:00:26	00:19:45	00:39:41	00:59:15.20	00:59:20.25	+00:16:29 (27.8%)	4:33	13.2 (72.5%)
84	ROPIAK Paweł	305		M1 < 29 lat	10	00:00:00	00:01:02	00:20:04	00:39:27	00:59:24.10	00:59:24.10	+00:16:37 (28.0%)	4:34	13.1 (72.0%)
85	RYMKIEWICZ Zbigniew	312		M2 30-39 lat	36	00:00:07	00:00:25	00:19:35	00:39:33	00:59:26.05	00:59:33.30	+00:16:39 (28.0%)	4:34	13.1 (72.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						startu	0.1km	4.4km	8.7km					
86	WISZOWATY Piotr	401		M2 30-39 lat	37	00:00:07	00:00:28	00:19:52	00:39:44	00:59:30.50	00:59:37.85	+00:16:44 (28.1%)	4:34	13.1 (72.0%)
87	STĘPIEŃ Adam	342		M2 30-39 lat	38	00:00:06	00:00:26	00:20:01	00:40:05	00:59:41.00	00:59:47.85	+00:16:54 (28.3%)	4:35	13.1 (72.0%)
88	RZEPLIŃSKI Jacek	501		M4 50-59	7	00:00:12	00:00:27	00:19:38	00:39:36	00:59:41.15	00:59:53.30	+00:16:54 (28.3%)	4:35	13.1 (72.0%)
89	HAJKOWICZ Adam	528		M4 50-59	8	00:00:05	00:00:25	00:19:45	00:39:43	00:59:51.35	00:59:56.90	+00:17:05 (28.5%)	4:36	13 (71.4%)
90	ZELENT Arkadiusz	415	SĄD REJONOWY W MIŃSKU MAZOWIECKIM	M3 40-49 lat	28	00:00:09	00:00:26	00:19:53	00:40:02	00:59:53.15	01:00:02.65	+00:17:06 (28.6%)	4:36	13 (71.4%)
91	KACZMAREK Jakub	144		M1 < 29 lat	11	00:00:00	00:00:20	00:18:03	00:40:25	01:00:02.20	01:00:02.20	+00:17:16 (28.8%)	4:37	13 (71.4%)
92	CNOTA Maciek	55		M2 30-39 lat	39	00:00:11	00:00:27	00:19:49	00:39:57	01:00:17.10	01:00:28.15	+00:17:30 (29.1%)	4:38	12.9 (70.9%)
93	OPIATOWSKI Ryszard	269		M4 50-59	9	00:00:11	00:00:28	00:20:11	00:40:22	01:00:22.60	01:00:33.95	+00:17:36 (29.2%)	4:38	12.9 (70.9%)
94	FRE Luis	430	WOLNA WENEZUELA	M4 50-59	10	00:00:04	00:00:22	00:20:18	00:40:30	01:00:27.85	01:00:32.15	+00:17:41 (29.3%)	4:39	12.9 (70.9%)
95	DĄBROWSKI Daniel	61	FARMACJA TARCHOMIN	M1 < 29 lat	12	00:00:16	00:00:35	00:20:21	00:41:12	01:00:28.00	01:00:44.05	+00:17:41 (29.3%)	4:39	12.9 (70.9%)
96	FRANK Michał	85	JW 2414	M2 30-39 lat	40	00:00:07	00:00:27	00:19:53	00:39:52	01:00:30.35	01:00:38.25	+00:17:44 (29.3%)	4:39	12.9 (70.9%)
97	STAŃCZUK Leszek	505	YULO RUN TEAM SIEDLCE	M4 50-59	11	00:00:10	00:00:26	00:20:15	00:40:26	01:00:48.95	01:00:59.05	+00:18:02 (29.7%)	4:40	12.8 (70.3%)
98	MAZUR Piotr	228		M2 30-39 lat	41	00:00:27	00:00:33	00:20:50	00:40:44	01:00:49.00	01:01:16.05	+00:18:02 (29.7%)	4:40	12.8 (70.3%)
99	GLINKA Karol	97		M2 30-39 lat	42	00:00:32	00:00:36	00:20:35	00:40:40	01:00:49.95	01:01:22.50	+00:18:03 (29.7%)	4:40	12.8 (70.3%)
100	ŚWIERCZ Andrzej	509	KB IM. PIOTRA SĘKOWSKIEGO	M4 50-59	12	00:00:10	00:00:26	00:20:01	00:40:19	01:00:50.65	01:01:00.75	+00:18:04 (29.7%)	4:40	12.8 (70.3%)
101	ORLIŃSKI Krzysztof	498		M2 30-39 lat	43	00:00:37	00:00:35	00:20:44	00:40:49	01:00:55.30	01:01:32.85	+00:18:09 (29.8%)	4:41	12.8 (70.3%)
102	DERESZEWSKI Piotr	64	ZABIEGANY WOŁOMIN	M3 40-49 lat	29	00:00:15	00:00:30	00:21:11	00:41:25	01:01:00.60	01:01:16.45	+00:18:14 (29.9%)	4:41	12.8 (70.3%)
103	WINKOWSKA-STRUZIŁ Magdalena	400	DUKLANOWSKI TEAM	K2 30-39 lat	3	00:00:08	00:00:27	00:19:48	00:40:21	01:01:01.05	01:01:09.35	+00:18:14 (29.9%)	4:41	12.8 (70.3%)
104	BYSTRY Grzegorz	41	KS LENIWIEC	M3 40-49 lat	30	00:00:24	00:00:30	00:20:30	00:40:37	01:01:04.45	01:01:28.60	+00:18:18 (30.0%)	4:41	12.8 (70.3%)
105	CHARLEJ Ireneusz	45	WIECZORNE BIEGANIE W SZCZECINIE	M3 40-49 lat	31	00:00:09	00:00:26	00:19:57	00:40:42	01:01:06.10	01:01:15.55	+00:18:19 (30.0%)	4:42	12.8 (70.3%)
106	GÓJSKI Mirosław	107	HYDROMIR	M4 50-59	13	00:00:15	00:00:28	00:20:00	00:40:19	01:01:12.40	01:01:28.05	+00:18:26 (30.1%)	4:42	12.7 (69.8%)
107	KOŁODZIEJCZYK Krzysztof	170	NASIELSK BASZTA TEAM	M3 40-49 lat	32	00:00:19	00:00:36	00:19:31	00:40:26	01:01:12.45	01:01:31.45	+00:18:26 (30.1%)	4:42	12.7 (69.8%)
108	KUSY Marcin	493		M3 40-49 lat	33	00:00:13	00:00:29	00:20:47	00:41:26	01:01:13.25	01:01:26.90	+00:18:27 (30.1%)	4:42	12.7 (69.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						startu	0.1km	4.4km	8.7km					
109	MOSUR Kamil	242		M3 40-49 lat	34	00:00:15	00:00:30	00:21:05	00:41:25	01:01:21.40	01:01:36.50	+00:18:35 (30.3%)	4:43	12.7 (69.8%)
110	SZYSZKO Ewa	368	MARKOWI BIEGACZE	K2 30-39 lat	4	00:00:04	00:00:23	00:20:25	00:41:03	01:01:34.60	01:01:39.30	+00:18:48 (30.5%)	4:44	12.7 (69.8%)
111	CIMOCHOWSKI Mieczysław	53	MC SERWIS	M3 40-49 lat	35	00:00:09	00:00:28	00:20:06	00:40:55	01:01:46.90	01:01:56.80	+00:19:00 (30.8%)	4:45	12.6 (69.2%)
112	MORELOWSKA Maria	241	WALHALLA FIGHT CLUB	K3 40-49 lat	2	00:00:03	00:00:25	00:20:27	00:41:02	01:01:49.60	01:01:53.30	+00:19:03 (30.8%)	4:45	12.6 (69.2%)
113	SZACHNA Piotr	354	EKOBIEGI	M3 40-49 lat	36	00:00:18	00:00:36	00:22:45	00:42:49	01:01:50.60	01:02:08.65	+00:19:04 (30.8%)	4:45	12.6 (69.2%)
114	ŁUBIŃSKI Krzysztof	495		M3 40-49 lat	37	00:00:24	00:00:35	00:20:35	00:40:59	01:01:51.75	01:02:16.20	+00:19:05 (30.9%)	4:45	12.6 (69.2%)
115	HELMAN Filip	432	FR WARSZAWA	M1 < 29 lat	13	00:00:14	00:00:25	00:19:43	00:40:26	01:01:56.60	01:02:10.85	+00:19:10 (31.0%)	4:45	12.6 (69.2%)
116	GRUMBIAININ Paulina	115	LOGWIN	K3 40-49 lat	3	00:00:06	00:00:25	00:20:26	00:41:04	01:01:57.30	01:02:03.55	+00:19:11 (31.0%)	4:45	12.6 (69.2%)
117	TENDERENDA Kamil	460		M2 30-39 lat	44	00:00:49	00:00:33	00:21:03	00:41:34	01:01:58.60	01:02:47.70	+00:19:12 (31.0%)	4:46	12.6 (69.2%)
118	ŁATKOWSKI Łukasz	209	GRUPA BIEGOWA UM W-WA	M3 40-49 lat	38	00:00:24	00:00:34	00:21:37	00:42:18	01:02:05.40	01:02:30.30	+00:19:19 (31.1%)	4:46	12.6 (69.2%)
119	KOWALSKA Kasia	184	TEAM ZABIEGANEDNI	K3 40-49 lat	4	00:00:14	00:00:29	00:20:18	00:41:03	01:02:06.40	01:02:20.70	+00:19:20 (31.1%)	4:46	12.6 (69.2%)
120	SUCHODOLSKI Mariusz	349	TRUCHT TARCHOMIN TEAM	M3 40-49 lat	39	00:00:13	00:00:27	00:21:19	00:42:11	01:02:08.55	01:02:22.35	+00:19:22 (31.2%)	4:46	12.6 (69.2%)
121	CAŁKA Marek	480		M3 40-49 lat	40	00:00:21	00:00:35	00:20:56	00:41:37	01:02:15.45	01:02:37.00	+00:19:29 (31.3%)	4:47	12.5 (68.7%)
122	IWANIUK Tomasz	486	ŻYWCEM ZABIEGANI	M2 30-39 lat	45	00:00:10	00:00:27	00:19:46	00:40:23	01:02:30.75	01:02:41.60	+00:19:44 (31.6%)	4:48	12.5 (68.7%)
123	SUTUŁA Dariusz	350	BIEGAM BO LUBIĘ ZĄBKI TEAM	M3 40-49 lat	41	00:00:21	00:00:33	00:21:00	00:41:31	01:02:33.30	01:02:54.55	+00:19:47 (31.6%)	4:48	12.5 (68.7%)
124	BIALOKOS Kamil	29	GRUPA BIEGOWA UM W-WA	M3 40-49 lat	42	00:00:25	00:00:35	00:21:38	00:42:18	01:02:33.90	01:02:59.20	+00:19:47 (31.6%)	4:48	12.5 (68.7%)
125	OLSZANKA Arkadiusz	266		M3 40-49 lat	43	00:00:15	00:00:30	00:21:10	00:41:55	01:02:35.75	01:02:50.75	+00:19:49 (31.7%)	4:48	12.5 (68.7%)
126	KUBAN Sebastian	193		M3 40-49 lat	44	00:00:20	00:00:33	00:20:50	00:41:22	01:02:36.60	01:02:56.95	+00:19:50 (31.7%)	4:48	12.5 (68.7%)
127	CZAJKOWSKI Marcin	59	OMB OŻARÓW MAZOWIECKI	M3 40-49 lat	45	00:00:25	00:00:37	00:21:48	00:42:56	01:03:00.30	01:03:25.60	+00:20:14 (32.1%)	4:50	12.4 (68.1%)
128	LEWANDOWSKI Robert	207		M3 40-49 lat	46	00:00:13	00:00:34	00:20:50	00:41:43	01:03:03.55	01:03:17.35	+00:20:17 (32.2%)	4:51	12.4 (68.1%)
129	ROKITA Andrzej	304		M3 40-49 lat	47	00:00:34	00:00:35	00:21:46	00:42:36	01:03:11.30	01:03:45.45	+00:20:25 (32.3%)	4:51	12.3 (67.6%)
130	NOWAK Jakub	101	DOBRZYŃSKI KLUB ŻEGLARSKI	M3 40-49 lat	48	00:00:02	00:00:22	00:20:39	00:41:48	01:03:22.15	01:03:24.75	+00:20:35 (32.5%)	4:52	12.3 (67.6%)
131	POPOWICZ Bartłomiej	291		M1 < 29 lat	14	00:00:32	00:00:30	00:21:40	00:43:35	01:03:29.70	01:04:01.75	+00:20:43 (32.6%)	4:53	12.3 (67.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.1km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
132	MIĘTEK Artur	237	III ZKSS SR LEGIONOWO	M3 40-49 lat	49	00:00:12	00:00:34	00:21:24	00:42:29	01:03:29.80	01:03:42.50	+00:20:43 (32.6%)	4:53	12.3 (67.6%)
133	PISAREK Norbert	289		M3 40-49 lat	50	00:00:49	00:00:35	00:22:16	00:43:34	01:03:32.75	01:04:22.45	+00:20:46 (32.7%)	4:53	12.3 (67.6%)
134	CELIŃSKI Tomasz	43	TUPTUŚ OTWOCK	M4 50-59	14	00:00:05	00:00:25	00:21:18	00:42:23	01:03:38.90	01:03:44.55	+00:20:52 (32.8%)	4:53	12.3 (67.6%)
135	STRÓŻYK Piotrek	346		M3 40-49 lat	51	00:00:25	00:00:33	00:21:17	00:42:20	01:03:44.25	01:04:09.30	+00:20:58 (32.9%)	4:54	12.2 (67.0%)
136	GOŁASZEWSKI Marcin	103		M3 40-49 lat	52	00:00:10	00:00:28	00:21:28	00:42:54	01:03:52.50	01:04:03.25	+00:21:06 (33.0%)	4:54	12.2 (67.0%)
137	TWORZEWSKK Piotr	523	OSTROBIEC / SEKCJA BOKSERSKA KSZO	M1 < 29 lat	15	00:00:37	00:00:36	00:21:30	00:42:42	01:04:00.45	01:04:38.35	+00:21:14 (33.2%)	4:55	12.2 (67.0%)
138	FRAĆKIEWICZ Dariusz	86	BIEGAM NA TARCHOMINIE	M3 40-49 lat	53	00:00:23	00:00:35	00:21:05	00:42:19	01:04:00.60	01:04:24.00	+00:21:14 (33.2%)	4:55	12.2 (67.0%)
139	WYDRA Mariusz	469		M3 40-49 lat	54	00:00:34	00:00:37	00:22:11	00:43:02	01:04:02.35	01:04:37.20	+00:21:16 (33.2%)	4:55	12.2 (67.0%)
140	CEGIEŁKA Dawid	42	KS BACHMATY	M2 30-39 lat	46	00:00:41	00:00:32	00:20:49	00:42:12	01:04:05.80	01:04:47.15	+00:21:19 (33.3%)	4:55	12.2 (67.0%)
141	MUSIAŁ Krzysztof	243		M1 < 29 lat	16	00:00:22	00:00:30	00:20:48	00:42:43	01:04:06.20	01:04:28.35	+00:21:20 (33.3%)	4:55	12.2 (67.0%)
142	POTRZEBOWSKI Dominik	292		M2 30-39 lat	47	00:00:24	00:00:35	00:22:06	00:43:21	01:04:06.45	01:04:30.45	+00:21:20 (33.3%)	4:55	12.2 (67.0%)
143	STĘPIEŃ Paulina	507		K2 30-39 lat	5	00:00:22	00:00:32	00:21:30	00:42:50	01:04:12.20	01:04:35.00	+00:21:26 (33.4%)	4:56	12.1 (66.5%)
144	GAJEWSKI Mariusz	90		M3 40-49 lat	55	00:00:33	00:00:35	00:20:49	00:42:34	01:04:16.00	01:04:49.70	+00:21:29 (33.4%)	4:56	12.1 (66.5%)
145	PAZIEWSKI Andrzej	281	BIEGAM NA TARCHOMINIE	M3 40-49 lat	56	00:00:20	00:00:35	00:22:05	00:43:37	01:04:18.95	01:04:39.90	+00:21:32 (33.5%)	4:56	12.1 (66.5%)
146	STACHOWICZ Paweł	458		M1 < 29 lat	17	00:00:31	00:00:33	00:21:46	00:43:12	01:04:21.00	01:04:52.10	+00:21:34 (33.5%)	4:57	12.1 (66.5%)
147	SZYMCZAK Jacek	367	BIEGAM BO LUBIĘ ZĄBKI TEAM	M2 30-39 lat	48	00:00:06	00:00:28	00:20:45	00:41:24	01:04:21.10	01:04:27.55	+00:21:34 (33.5%)	4:57	12.1 (66.5%)
148	SŁOWIŃSKI Marcin	328	1.OREL	M2 30-39 lat	49	00:00:35	00:00:35	00:21:48	00:43:15	01:04:27.40	01:05:03.15	+00:21:41 (33.6%)	4:57	12.1 (66.5%)
149	STYKOWSKI Michał	348	TARCHOŚFIRY	M2 30-39 lat	50	00:00:18	00:00:28	00:20:19	00:41:21	01:04:28.95	01:04:47.45	+00:21:42 (33.7%)	4:57	12.1 (66.5%)
150	LEWANDOWSKI Piotr	206	TRUCH TARCHOMINTEAM	M3 40-49 lat	57	00:00:10	00:00:26	00:20:16	00:42:20	01:04:30.15	01:04:40.20	+00:21:43 (33.7%)	4:57	12.1 (66.5%)
151	CZAJKOWSKI Marek	58	---	M3 40-49 lat	58	00:00:23	00:00:35	00:21:50	00:42:58	01:04:30.45	01:04:53.65	+00:21:44 (33.7%)	4:57	12.1 (66.5%)
152	PIOTROWSKI Artur	521	NASIELSK BASZTA TEAM	M3 40-49 lat	59	00:00:23	00:00:35	00:21:06	00:42:58	01:04:33.20	01:04:57.05	+00:21:47 (33.7%)	4:58	12.1 (66.5%)
153	KOŚCIUK Maciek	179		M3 40-49 lat	60	00:00:00	00:00:33	00:20:58	00:42:40	01:04:35.15	01:04:35.15	+00:21:48 (33.8%)	4:58	12.1 (66.5%)
154	PIERAŃSKI Adam	284	VEGE RUNNERS	M4 50-59	15	00:00:11	00:00:33	00:22:04	00:43:36	01:04:38.75	01:04:50.00	+00:21:52 (33.8%)	4:58	12.1 (66.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.1km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
155	URBANIAK Michał	385		M2 30-39 lat	51	00:00:07	00:00:28	00:21:28	00:43:19	01:04:39.10	01:04:46.60	+00:21:52 (33.8%)	4:58	12.1 (66.5%)
156	ZAJAC Bartosz	514	BSB BARCZEWO BIEGA/ ZK BARCZEWO	M2 30-39 lat	52	00:00:14	00:00:32	00:21:17	00:42:26	01:04:42.75	01:04:57.40	+00:21:56 (33.9%)	4:58	12.1 (66.5%)
157	DZIARNOWSKI Włodek	73	BIEGAMPŁOCK TEAM	M4 50-59	16	00:00:14	00:00:30	00:21:11	00:42:41	01:04:45.85	01:05:00.70	+00:21:59 (34.0%)	4:58	12 (65.9%)
158	MAGOT Tomasz	497		M2 30-39 lat	53	00:00:31	00:00:37	00:22:15	00:43:30	01:04:47.80	01:05:19.25	+00:22:01 (34.0%)	4:59	12 (65.9%)
159	NADOBNIK Konrad	245	BIEGAM BO LUBIĘ ZĄBKI TEAM	M2 30-39 lat	54	00:00:05	00:00:27	00:21:14	00:42:56	01:04:52.85	01:04:58.25	+00:22:06 (34.1%)	4:59	12 (65.9%)
160	MYSTKOWSKI Mieczysław	447		M4 50-59	17	00:00:16	00:00:33	00:21:09	00:43:10	01:04:57.65	01:05:14.20	+00:22:11 (34.2%)	4:59	12 (65.9%)
161	JANECKI Przemysław	131		M2 30-39 lat	55	00:00:16	00:00:34	00:21:09	00:43:10	01:04:58.00	01:05:14.35	+00:22:11 (34.2%)	4:59	12 (65.9%)
162	SĄGOL Sylwester	316		M3 40-49 lat	61	00:00:52	00:00:33	00:21:52	00:43:21	01:05:04.95	01:05:57.00	+00:22:18 (34.3%)	5:00	12 (65.9%)
163	RUDNIK Jarosław	309	ZABIEGANY WOŁOMIN	M3 40-49 lat	62	00:00:10	00:00:28	00:21:13	00:43:24	01:05:08.40	01:05:19.05	+00:22:22 (34.3%)	5:00	12 (65.9%)
164	BUCHALSKA Ewa	478	EKOBIEGI	K3 40-49 lat	5	00:00:20	00:00:34	00:21:36	00:43:24	01:05:16.00	01:05:36.05	+00:22:29 (34.5%)	5:01	12 (65.9%)
165	GOLIASZ Paweł	102	BIEGAM I JUŻ	M3 40-49 lat	63	00:00:19	00:00:32	00:21:09	00:42:52	01:05:17.80	01:05:37.50	+00:22:31 (34.5%)	5:01	11.9 (65.4%)
166	TEJCHMA Natalia	373	BIEGAM NA TARCHOMINIE	K3 40-49 lat	6	00:00:23	00:00:36	00:22:51	00:44:06	01:05:26.60	01:05:49.90	+00:22:40 (34.6%)	5:02	11.9 (65.4%)
167	GULCZ Katarzyna	120	SR GDAŃSK-PÓŁNOC/KUJAWSCY RUNNERS	K3 40-49 lat	7	00:00:06	00:00:27	00:21:36	00:43:19	01:05:33.65	01:05:40.20	+00:22:47 (34.8%)	5:02	11.9 (65.4%)
168	STEMPEL Tomasz	341	MARYSIN WAWERSKI BIEGA	M3 40-49 lat	64	00:00:16	00:00:31	00:21:29	00:43:26	01:05:38.00	01:05:54.85	+00:22:51 (34.8%)	5:02	11.9 (65.4%)
169	KUREK Wojciech	202	1 BAZA LOTNICTWA TRANSPORTOWEGO	M2 30-39 lat	56	00:00:26	00:00:36	00:21:48	00:42:50	01:05:41.30	01:06:07.50	+00:22:55 (34.9%)	5:03	11.9 (65.4%)
170	ŚCISŁOWICZ Krzysztof	369	STOMILEX	M2 30-39 lat	57	00:00:04	00:00:25	00:21:40	00:43:46	01:05:42.30	01:05:47.20	+00:22:56 (34.9%)	5:03	11.9 (65.4%)
171	OCHAB Janusz	261		M3 40-49 lat	65	00:00:26	00:00:35	00:22:37	00:44:38	01:05:47.30	01:06:14.05	+00:23:01 (35.0%)	5:03	11.9 (65.4%)
172	KOPER Sebastian	173	CARREFOUR RUNNING TEAM	M3 40-49 lat	66	00:00:04	00:00:23	00:21:27	00:43:34	01:05:54.35	01:05:58.75	+00:23:08 (35.1%)	5:04	11.8 (64.8%)
173	ZRAZEK Piotr	421		M3 40-49 lat	67	00:00:34	00:00:39	00:21:37	00:43:20	01:05:58.05	01:06:32.90	+00:23:11 (35.2%)	5:04	11.8 (64.8%)
174	BABIUCH Marek	18		M4 50-59	18	00:00:09	00:00:27	00:22:02	00:43:46	01:06:03.55	01:06:12.85	+00:23:17 (35.3%)	5:04	11.8 (64.8%)
175	KWIATKOWSKI Tomasz	204		M3 40-49 lat	68	00:00:43	00:00:37	00:22:43	00:45:31	01:06:04.40	01:06:48.30	+00:23:18 (35.3%)	5:05	11.8 (64.8%)
176	STANKOWSKI Paweł	337		M2 30-39 lat	58	00:00:11	00:00:31	00:21:47	00:43:38	01:06:08.70	01:06:19.85	+00:23:22 (35.3%)	5:05	11.8 (64.8%)
177	SZYMAŃSKI Robert	366	KREWKI URSYNÓW HDK	M3 40-49 lat	69	00:00:31	00:00:32	00:21:42	00:43:39	01:06:14.65	01:06:46.60	+00:23:28 (35.4%)	5:05	11.8 (64.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h	
						startu	0.1km	4.4km						8.7km
178	PIOTROWSKI Kamil	287		M2 30-39 lat	59	00:00:26	00:00:37	00:23:12	00:45:07	01:06:16.05	01:06:42.30	+00:23:29 (35.5%)	5:05	11.8 (64.8%)
179	KALICZYŃSKA Wioletta	147	CYTRYNOWI STUDENCI / RUNEDA	K3 40-49 lat	8	00:00:09	00:00:28	00:21:47	00:43:50	01:06:16.25	01:06:25.65	+00:23:30 (35.5%)	5:05	11.8 (64.8%)
180	MANCZENKO Eugeniusz	222		M2 30-39 lat	60	00:00:22	00:00:31	00:21:23	00:44:39	01:06:29.00	01:06:51.15	+00:23:42 (35.7%)	5:06	11.7 (64.3%)
181	SZELAĞ Tomasz	360	MKB DREPTAK	M3 40-49 lat	70	00:00:35	00:00:34	00:21:42	00:43:40	01:06:33.35	01:07:09.05	+00:23:47 (35.7%)	5:07	11.7 (64.3%)
182	SOBCZAK Bogusław	457	M.I.L.A - MASTERS IWICZNA LIFE ATHLETICS	M3 40-49 lat	71	00:00:31	00:00:33	00:21:53	00:43:51	01:06:44.00	01:07:15.80	+00:23:57 (35.9%)	5:08	11.7 (64.3%)
183	TOMCZAK Karol	510		M1 < 29 lat	18	00:00:11	00:00:30	00:22:10	00:44:55	01:06:44.30	01:06:55.45	+00:23:58 (35.9%)	5:08	11.7 (64.3%)
184	CZAJKA Piotr	56	BIEGAM NA TARCHOMINIE	M2 30-39 lat	61	00:00:19	00:00:37	00:22:34	00:44:48	01:06:44.80	01:07:04.20	+00:23:58 (35.9%)	5:08	11.7 (64.3%)
185	FIRYSIUK Tomasz	84		M3 40-49 lat	72	00:00:32	00:00:38	00:22:11	00:43:19	01:06:48.10	01:07:21.00	+00:24:01 (36.0%)	5:08	11.7 (64.3%)
186	BRONISZEWSKI Jakub	477		M3 40-49 lat	73	00:00:40	00:00:36	00:22:23	00:44:54	01:06:51.00	01:07:31.25	+00:24:04 (36.0%)	5:08	11.7 (64.3%)
187	KSENIAK Szymon	191		M3 40-49 lat	74	00:00:23	00:00:34	00:22:40	00:45:08	01:06:53.65	01:07:16.75	+00:24:07 (36.1%)	5:08	11.7 (64.3%)
188	GRZECHNIK Renata	431		K3 40-49 lat	9	00:00:17	00:00:31	00:22:43	00:45:12	01:07:01.00	01:07:18.30	+00:24:14 (36.2%)	5:09	11.6 (63.7%)
189	KUCKI Kamil	197	MAZOVIA PROACTIV CIECHANÓW	M2 30-39 lat	62	00:00:33	00:00:37	00:22:42	00:44:51	01:07:02.20	01:07:35.75	+00:24:16 (36.2%)	5:09	11.6 (63.7%)
190	WIERBIŁOWICZ Dariusz	397		M3 40-49 lat	75	00:00:30	00:00:34	00:22:33	00:44:54	01:07:02.35	01:07:32.50	+00:24:16 (36.2%)	5:09	11.6 (63.7%)
191	TYMIŃSKI Mariusz	383		M2 30-39 lat	63	00:00:32	00:00:37	00:22:35	00:45:07	01:07:08.35	01:07:40.40	+00:24:22 (36.3%)	5:09	11.6 (63.7%)
192	KOSIŃSKI Aleksander	177		M2 30-39 lat	64	00:00:36	00:00:38	00:22:45	00:45:02	01:07:10.55	01:07:47.10	+00:24:24 (36.3%)	5:10	11.6 (63.7%)
193	MILANIAK Bogdan	446		M3 40-49 lat	76	00:00:32	00:00:37	00:22:06	00:44:08	01:07:13.30	01:07:46.20	+00:24:27 (36.4%)	5:10	11.6 (63.7%)
194	WILEŃSKI Zbigniew	398	GRUPA BIEGOWA UM W-WA	M4 50-59	19	00:00:27	00:00:36	00:22:58	00:45:28	01:07:15.20	01:07:42.75	+00:24:29 (36.4%)	5:10	11.6 (63.7%)
195	MUSIAŁ Marcin	538		M2 30-39 lat	65	00:00:21	00:00:35	00:22:02	00:44:30	01:07:17.10	01:07:38.45	+00:24:30 (36.4%)	5:10	11.6 (63.7%)
196	WYSOCKI Robert	408	GRUPA BIEGOWA UM WA-WA	M3 40-49 lat	77	00:00:25	00:00:35	00:22:35	00:45:06	01:07:18.00	01:07:43.45	+00:24:31 (36.4%)	5:10	11.6 (63.7%)
197	GONTARZ Mateusz	484		M2 30-39 lat	66	00:00:41	00:00:36	00:23:32	00:45:33	01:07:21.75	01:08:03.20	+00:24:35 (36.5%)	5:10	11.6 (63.7%)
198	SIEDLACZEK Zbigniew	321		M5 60+	4	00:00:24	00:00:36	00:22:17	00:45:08	01:07:25.05	01:07:49.50	+00:24:38 (36.6%)	5:11	11.6 (63.7%)
199	KUFLOWSKI Artur	199	JW.3411	M3 40-49 lat	78	00:00:28	00:00:37	00:22:52	00:45:22	01:07:37.90	01:08:06.55	+00:24:51 (36.8%)	5:12	11.5 (63.2%)
200	SCHINDLER Żaneta	318		K3 40-49 lat	10	00:00:07	00:00:27	00:22:12	00:44:58	01:07:40.10	01:07:47.90	+00:24:53 (36.8%)	5:12	11.5 (63.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						startu	0.1km	4.4km	8.7km					
201	WIŚNIEWSKI Tomasz	403	KPMG RUNNING TEAM	M3 40-49 lat	79	00:00:25	00:00:34	00:23:09	00:45:48	01:07:51.55	01:08:17.30	+00:25:05 (37.0%)	5:13	11.5 (63.2%)
202	KOSMALA Dariusz	178		M4 50-59	20	00:00:11	00:00:32	00:21:44	00:44:27	01:07:52.55	01:08:04.10	+00:25:06 (37.0%)	5:13	11.5 (63.2%)
203	SOPYŁO Stefan	334		M2 30-39 lat	67	00:00:26	00:00:35	00:23:59	00:47:04	01:07:54.55	01:08:21.30	+00:25:08 (37.0%)	5:13	11.5 (63.2%)
204	ZIELIŃSKI Łukasz	471	BIEGAM BO LUBIĘ OSTROŁĘKA	M2 30-39 lat	68	00:00:04	00:00:25	00:21:00	00:42:12	01:07:56.95	01:08:01.80	+00:25:10 (37.1%)	5:13	11.5 (63.2%)
205	GRZEGORSKI Arkadiusz	117	KB FOLIE	M4 50-59	21	00:00:34	00:00:36	00:22:10	00:44:35	01:08:00.60	01:08:35.30	+00:25:14 (37.1%)	5:13	11.5 (63.2%)
206	TRZASKOWSKI Dariusz	381	TRUCHT TARCHOMIN TEAM	M3 40-49 lat	80	00:00:13	00:00:29	00:22:34	00:45:17	01:08:03.55	01:08:16.55	+00:25:17 (37.2%)	5:14	11.5 (63.2%)
207	KILIAŃSKI Rafał	162	TRUCHT TARCHOMIN TEAM	M3 40-49 lat	81	00:00:12	00:00:30	00:22:34	00:45:19	01:08:04.05	01:08:16.45	+00:25:17 (37.2%)	5:14	11.5 (63.2%)
208	SMOLEŃSKI Piotr	330	TRUCHT TARCHOMIN TEAM	M4 50-59	22	00:00:12	00:00:29	00:22:34	00:45:16	01:08:04.70	01:08:16.75	+00:25:18 (37.2%)	5:14	11.5 (63.2%)
209	CICHOŃSKA Elżbieta	49	TRUCHT TARCHOMIN TEAM	K4 50-59 lat	1	00:00:11	00:00:31	00:22:35	00:45:18	01:08:05.00	01:08:16.65	+00:25:18 (37.2%)	5:14	11.5 (63.2%)
210	FILC Łukasz	82		M2 30-39 lat	69	00:00:26	00:00:35	00:22:29	00:45:14	01:08:07.70	01:08:34.55	+00:25:21 (37.2%)	5:14	11.4 (62.6%)
211	TODORSKI Tomasz	375		M3 40-49 lat	82	00:00:19	00:00:33	00:23:07	00:45:28	01:08:09.25	01:08:28.85	+00:25:23 (37.2%)	5:14	11.4 (62.6%)
212	RUSIN Bartosz	310	KS STASZEWCY	M3 40-49 lat	83	00:00:18	00:00:34	00:22:18	00:45:11	01:08:11.70	01:08:30.40	+00:25:25 (37.3%)	5:14	11.4 (62.6%)
212	WOJCIECHOWSKA Klaudia	468	TEAM ZABIEGANEDNI	K3 40-49 lat	11	00:00:07	00:00:30	00:22:49	00:45:15	01:08:11.70	01:08:19.55	+00:25:25 (37.3%)	5:14	11.4 (62.6%)
214	KONARSKI Maciej	490	DOGOŃ GRODZISK MAZOWIECKI	M2 30-39 lat	70	00:00:08	00:00:29	00:22:48	00:45:15	01:08:11.75	01:08:20.60	+00:25:25 (37.3%)	5:14	11.4 (62.6%)
215	BARAN Przemysław	23		M1 < 29 lat	19	00:00:36	00:00:34	00:22:55	00:45:40	01:08:16.15	01:08:52.75	+00:25:29 (37.4%)	5:15	11.4 (62.6%)
216	KASKA Mateusz	158		M2 30-39 lat	71	00:00:35	00:00:37	00:23:26	00:45:52	01:08:16.85	01:08:51.85	+00:25:30 (37.4%)	5:15	11.4 (62.6%)
217	WACH Michał	387	BIEGAM NA TARCHOMINIE	M3 40-49 lat	84	00:00:22	00:00:36	00:23:12	00:45:38	01:08:19.45	01:08:41.60	+00:25:33 (37.4%)	5:15	11.4 (62.6%)
218	TRZASKOWSKA Justyna	462		K2 30-39 lat	6	00:00:43	00:00:35	00:23:15	00:45:38	01:08:20.50	01:09:04.45	+00:25:34 (37.4%)	5:15	11.4 (62.6%)
219	STARZYŃSKI Piotr	506		M2 30-39 lat	72	00:00:31	00:00:34	00:23:22	00:45:51	01:08:21.85	01:08:52.90	+00:25:35 (37.4%)	5:15	11.4 (62.6%)
220	GÓRECKI Krzysztof	110		M3 40-49 lat	85	00:00:43	00:00:38	00:23:06	00:45:40	01:08:22.35	01:09:05.65	+00:25:36 (37.4%)	5:15	11.4 (62.6%)
221	DALECKI Łukasz	536	NASIELSK BASZTA TEAM	M2 30-39 lat	73	00:00:22	00:00:35	00:22:47	00:45:32	01:08:22.45	01:08:45.10	+00:25:36 (37.4%)	5:15	11.4 (62.6%)
222	GRZESZCZYK Michał	118	EKOBIEGI	M2 30-39 lat	74	00:00:17	00:00:38	00:23:10	00:46:12	01:08:26.25	01:08:44.15	+00:25:40 (37.5%)	5:15	11.4 (62.6%)
223	NIEDZIELA Dominik	249		M3 40-49 lat	86	00:00:50	00:00:37	00:24:28	00:47:14	01:08:42.55	01:09:33.05	+00:25:56 (37.8%)	5:17	11.4 (62.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						startu	0.1km	4.4km	8.7km					
224	BORAWSKA Emilia	34		K2 30-39 lat	7	00:00:28	00:00:34	00:23:06	00:46:07	01:08:46.15	01:09:15.10	+00:25:59 (37.8%)	5:17	11.3 (62.1%)
225	BAK Łukasz	25	AGD WRONIAK	M2 30-39 lat	75	00:00:33	00:00:32	00:23:15	00:46:04	01:08:47.35	01:09:20.55	+00:26:01 (37.8%)	5:17	11.3 (62.1%)
226	EWERTOWSKI Piotr	76	MARKOWI BIEGACZE	M4 50-59	23	00:00:26	00:00:37	00:22:33	00:44:21	01:08:56.30	01:09:23.15	+00:26:10 (38.0%)	5:18	11.3 (62.1%)
227	SZULAWSKI Robert	363	GSD. ŻOLIBORZ.	M4 50-59	24	00:00:08	00:00:30	00:22:39	00:45:22	01:08:58.20	01:09:07.10	+00:26:12 (38.0%)	5:18	11.3 (62.1%)
228	KUCHTA Pawel	195		M2 30-39 lat	76	00:00:08	00:00:28	00:20:54	00:44:05	01:09:03.05	01:09:11.80	+00:26:16 (38.1%)	5:18	11.3 (62.1%)
229	JABŁONKA Radosław	128	DZIADY OCR	M3 40-49 lat	87	00:00:20	00:00:34	00:23:04	00:46:14	01:09:05.40	01:09:25.75	+00:26:19 (38.1%)	5:18	11.3 (62.1%)
230	MYŚLIŃSKA Anna	1	EKOBIEGI	K3 40-49 lat	12	00:00:15	00:00:32	00:23:05	00:46:14	01:09:07.55	01:09:23.05	+00:26:21 (38.1%)	5:19	11.3 (62.1%)
231	MALINOWSKI Mikołaj	530		M3 40-49 lat	88	00:00:05	00:00:25	00:22:54	00:45:35	01:09:10.65	01:09:15.65	+00:26:24 (38.2%)	5:19	11.3 (62.1%)
232	GÓRECKI Rajmund	109		M3 40-49 lat	89	00:00:36	00:00:36	00:23:19	00:46:27	01:09:14.75	01:09:50.80	+00:26:28 (38.2%)	5:19	11.3 (62.1%)
233	KADUK Łukasz	542	CEZAR	M2 30-39 lat	77	00:00:00	00:00:51	00:23:00	00:45:41	01:09:16.85	01:09:16.85	+00:26:30 (38.3%)	5:19	11.3 (62.1%)
234	MALINOWSKI Mariusz	220		M2 30-39 lat	78	00:00:39	00:00:36	00:23:40	00:46:40	01:09:19.10	01:09:58.15	+00:26:32 (38.3%)	5:19	11.3 (62.1%)
235	ZWOLIŃSKI Grzegorz	422	REEBOK RUN CREW	M3 40-49 lat	90	00:00:31	00:00:34	00:23:11	00:45:53	01:09:21.20	01:09:52.65	+00:26:35 (38.3%)	5:20	11.2 (61.5%)
236	DOMAŃSKI Piotr	428		M2 30-39 lat	79	00:00:05	00:00:30	00:24:15	00:47:36	01:09:26.10	01:09:31.65	+00:26:39 (38.4%)	5:20	11.2 (61.5%)
237	NOGAL Robert	253		M2 30-39 lat	80	00:00:24	00:00:35	00:22:08	00:45:35	01:09:32.20	01:09:56.20	+00:26:46 (38.5%)	5:20	11.2 (61.5%)
238	PŁÓCIENNIK Renata	290	NIGHT RUNNERS OSTRÓW WIELKOPOLSKI	K4 50-59 lat	2	00:00:25	00:00:33	00:22:52	00:46:00	01:09:42.80	01:10:08.75	+00:26:56 (38.6%)	5:21	11.2 (61.5%)
239	SYPNIEWSKI Tomasz	353	EMO OI	M2 30-39 lat	81	00:00:37	00:00:37	00:22:29	00:45:35	01:09:45.20	01:10:22.75	+00:26:59 (38.7%)	5:21	11.2 (61.5%)
240	STASIAK Piotr	340		M2 30-39 lat	82	00:00:38	00:00:36	00:23:41	00:46:40	01:09:49.60	01:10:28.15	+00:27:03 (38.7%)	5:22	11.2 (61.5%)
241	FIGIEL Michał	80	AMATORSKI KLUB ŻUŻLOWY	M1 < 29 lat	20	00:00:18	00:00:32	00:22:09	00:45:40	01:09:54.30	01:10:13.10	+00:27:08 (38.8%)	5:22	11.2 (61.5%)
242	SUCHOCKA Monika	525		K2 30-39 lat	8	00:00:02	00:00:27	00:23:04	00:46:46	01:09:59.20	01:10:02.10	+00:27:13 (38.9%)	5:23	11.1 (61.0%)
243	PYTKA Andrzej	297		M4 50-59	25	00:00:44	00:00:36	00:22:43	00:45:30	01:10:03.45	01:10:47.65	+00:27:17 (39.0%)	5:23	11.1 (61.0%)
244	KULEZA Agnieszka	439	TRUCHT TARCHOMIN TEAM	K1 < 29 lat	1	00:00:15	00:00:34	00:23:50	00:47:11	01:10:15.20	01:10:30.85	+00:27:29 (39.1%)	5:24	11.1 (61.0%)
245	SKOWRON Wojciech	543		M4 50-59	26	00:00:46	00:00:39	00:24:06	00:47:08	01:10:15.35	01:11:02.10	+00:27:29 (39.1%)	5:24	11.1 (61.0%)
246	TOMCZAK Andrzej	522		M1 < 29 lat	21	00:00:13	00:00:27	00:22:08	00:45:24	01:10:18.45	01:10:31.90	+00:27:32 (39.2%)	5:24	11.1 (61.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.1km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
247	SKRZYŃSKI Adam	327		M1 < 29 lat	22	00:00:32	00:00:39	00:24:13	00:47:36	01:10:22.30	01:10:55.00	+00:27:36 (39.2%)	5:24	11.1 (61.0%)
248	JAROŃ Jarosław	133	KOKOSZKA36TEAM	M3 40-49 lat	91	00:00:18	00:00:35	00:22:59	00:46:13	01:10:24.45	01:10:42.65	+00:27:38 (39.3%)	5:24	11.1 (61.0%)
249	LEŃCZUK Andrzej	440		M4 50-59 lat	27	00:00:23	00:00:33	00:22:25	00:45:23	01:10:25.10	01:10:48.25	+00:27:38 (39.3%)	5:25	11.1 (61.0%)
250	ZDUNIAK Marcin	516	BIEGAM NA TARCHOMINIE	M2 30-39 lat	83	00:00:42	00:00:36	00:24:18	00:47:50	01:10:30.60	01:11:13.35	+00:27:44 (39.3%)	5:25	11.1 (61.0%)
251	PARADOWSKI Andrzej	275		M3 40-49 lat	92	00:00:52	00:00:33	00:23:31	00:47:04	01:10:36.00	01:11:28.75	+00:27:49 (39.4%)	5:25	11 (60.4%)
252	KORYCKI Karol	175		M2 30-39 lat	84	00:00:21	00:00:45	00:26:11	00:47:21	01:10:36.50	01:10:58.25	+00:27:50 (39.4%)	5:25	11 (60.4%)
253	AMROZIK Anna	13		K2 30-39 lat	9	00:00:32	00:00:38	00:23:44	00:47:15	01:10:47.00	01:11:19.45	+00:28:00 (39.6%)	5:26	11 (60.4%)
254	KULIK Karol	539		M3 40-49 lat	93	00:00:37	00:00:37	00:25:09	00:48:20	01:10:48.60	01:11:26.35	+00:28:02 (39.6%)	5:26	11 (60.4%)
255	BARTNIK Rafał	24		M3 40-49 lat	94	00:00:16	00:00:31	00:22:30	00:46:12	01:10:55.60	01:11:11.80	+00:28:09 (39.7%)	5:27	11 (60.4%)
256	GRYCNER Paweł	116		M2 30-39 lat	85	00:00:23	00:00:34	00:22:50	00:46:35	01:10:58.65	01:11:22.25	+00:28:12 (39.7%)	5:27	11 (60.4%)
257	RODAK Zbigniew	303		M4 50-59 lat	28	00:00:25	00:00:36	00:24:26	00:47:30	01:10:59.35	01:11:24.35	+00:28:13 (39.8%)	5:27	11 (60.4%)
258	MĘDEL Marta	231		K3 40-49 lat	13	00:00:18	00:00:37	00:24:12	00:47:49	01:11:09.85	01:11:28.35	+00:28:23 (39.9%)	5:28	11 (60.4%)
259	MĘDEL Cezary	230		M3 40-49 lat	95	00:00:19	00:00:37	00:24:11	00:47:48	01:11:11.60	01:11:30.90	+00:28:25 (39.9%)	5:28	11 (60.4%)
260	BAKUŁA Wiesław	517	WAMPIR	M4 50-59 lat	29	00:00:04	00:00:27	00:23:19	00:46:52	01:11:15.95	01:11:20.80	+00:28:29 (40.0%)	5:28	10.9 (59.9%)
261	WIŚNIEWSKI Paweł	404	ŁOMIAŃKOWSKA GRUPA BIEGOWA	M3 40-49 lat	96	00:00:07	00:00:27	00:22:01	00:45:58	01:11:27.90	01:11:35.25	+00:28:41 (40.2%)	5:29	10.9 (59.9%)
262	OLESIAK Arkadiusz	265	BIEGAM NA TARCHOMINIE	M3 40-49 lat	97	00:00:19	00:00:37	00:24:36	00:48:13	01:11:28.15	01:11:47.90	+00:28:41 (40.2%)	5:29	10.9 (59.9%)
263	GODLEWSKI Daniel	99		M2 30-39 lat	86	00:00:41	00:00:37	00:23:11	00:47:20	01:11:29.45	01:12:10.80	+00:28:43 (40.2%)	5:29	10.9 (59.9%)
264	MĘDRZYCKI Mirosław	232	PARKRUN BRÓDNO	M4 50-59 lat	30	00:00:01	00:00:22	00:23:00	00:46:33	01:11:39.80	01:11:41.75	+00:28:53 (40.3%)	5:30	10.9 (59.9%)
265	NOWAK Karolina	255		K2 30-39 lat	10	00:00:03	00:00:28	00:23:46	00:47:53	01:11:47.40	01:11:50.90	+00:29:01 (40.4%)	5:31	10.9 (59.9%)
266	BORUSZEWSKI Maciej	35		M3 40-49 lat	98	00:00:13	00:00:34	00:24:00	00:47:40	01:11:56.20	01:12:09.95	+00:29:10 (40.5%)	5:32	10.8 (59.3%)
267	SOCHACKI Mariusz	332		M3 40-49 lat	99	00:00:15	00:00:32	00:23:25	00:47:13	01:11:56.65	01:12:12.15	+00:29:10 (40.6%)	5:32	10.8 (59.3%)
268	CHOJNOWSKI Andrzej	47	BIEGAM NA TARCHOMINIE	M3 40-49 lat	100	00:00:23	00:00:35	00:24:23	00:48:03	01:11:57.00	01:12:20.30	+00:29:10 (40.6%)	5:32	10.8 (59.3%)
269	KARWOWSKA Mariusz	156	GRUPA BIEGOWA UM W-WA	M3 40-49 lat	101	00:00:26	00:00:35	00:24:24	00:48:25	01:12:02.50	01:12:28.95	+00:29:16 (40.6%)	5:32	10.8 (59.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.1km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
270	ANDRUKIEWICZ Anita	14	GRUPA BIEGOWA CHTMO	K2 30-39 lat	11	00:00:25	00:00:37	00:24:25	00:48:26	01:12:03.40	01:12:28.95	+00:29:17 (40.6%)	5:32	10.8 (59.3%)
271	MAJEWSKA Hanna	219	BIEGAM NA TARCHOMINIE	K2 30-39 lat	12	00:00:21	00:00:34	00:23:39	00:48:01	01:12:04.05	01:12:25.20	+00:29:17 (40.7%)	5:32	10.8 (59.3%)
272	HARTMAN Łukasz	123	OFF-ROAD RUNNERS BENEFIT SYSTEMS	M2 30-39 lat	87	00:00:24	00:00:36	00:23:16	00:47:10	01:12:16.45	01:12:41.40	+00:29:30 (40.8%)	5:33	10.8 (59.3%)
273	JAROSZ-PIWONSKA Aldona	134		K3 40-49 lat	14	00:00:51	00:00:33	00:23:52	00:48:12	01:12:35.45	01:13:27.05	+00:29:49 (41.1%)	5:35	10.7 (58.8%)
274	ŻAK Oliwia	423	PIASECZNO RUNNING	K2 30-39 lat	13	00:00:43	00:00:37	00:24:00	00:48:20	01:12:42.10	01:13:25.40	+00:29:55 (41.2%)	5:35	10.7 (58.8%)
275	PIRÓG Kamil	288	1. OREL	M2 30-39 lat	88	00:00:28	00:00:38	00:25:38	00:49:47	01:12:51.70	01:13:20.20	+00:30:05 (41.3%)	5:36	10.7 (58.8%)
276	KOSEWSKA Dorota	176	BIEGAM NA TARCHOMINIE	K4 50-59 lat	3	00:00:22	00:00:36	00:24:35	00:48:50	01:13:10.95	01:13:33.85	+00:30:24 (41.6%)	5:37	10.7 (58.8%)
277	GALIŃSKA Magdalena	91	WARSZAWSKI ZAUŁEK	K2 30-39 lat	14	00:00:40	00:00:36	00:23:54	00:47:58	01:13:15.15	01:13:56.00	+00:30:28 (41.6%)	5:38	10.6 (58.2%)
278	KUNKA Piotr	201	TEAM ZABIEGANEDNI	M2 30-39 lat	89	00:00:20	00:00:34	00:25:00	00:49:27	01:13:16.50	01:13:37.15	+00:30:30 (41.6%)	5:38	10.6 (58.2%)
279	SMOCZYK Hubert	329	WARSZAWSKI ZAUŁEK	M2 30-39 lat	90	00:00:40	00:00:37	00:23:54	00:47:58	01:13:17.10	01:13:57.95	+00:30:30 (41.6%)	5:38	10.6 (58.2%)
279	DZIDECZEK Marcin	74	TEAM ZABIEGANEDNI	M2 30-39 lat	91	00:00:20	00:00:33	00:25:00	00:49:27	01:13:17.10	01:13:37.15	+00:30:30 (41.6%)	5:38	10.6 (58.2%)
281	RYBARCZYK Kamil	311		M2 30-39 lat	92	00:00:46	00:00:38	00:26:15	00:50:12	01:13:23.00	01:14:09.55	+00:30:36 (41.7%)	5:38	10.6 (58.2%)
282	NOSARZEWSKI Mariusz	254		M3 40-49 lat	102	00:00:20	00:00:37	00:24:10	00:48:16	01:13:29.70	01:13:49.85	+00:30:43 (41.8%)	5:39	10.6 (58.2%)
283	MARCZAK Grażyna	223	LECZO TEAM	K5 60 +	1	00:00:36	00:00:36	00:24:27	00:48:39	01:13:31.85	01:14:08.20	+00:30:45 (41.8%)	5:39	10.6 (58.2%)
284	KARASIEWICZ Katarzyna	154		K3 40-49 lat	15	00:00:17	00:00:34	00:24:15	00:48:40	01:13:34.70	01:13:52.35	+00:30:48 (41.9%)	5:39	10.6 (58.2%)
285	BRZOSKA Małgorzata	427	BRACTWO BIEGOWE BGK	K3 40-49 lat	16	00:00:04	00:00:28	00:23:42	00:48:21	01:13:35.05	01:13:39.75	+00:30:48 (41.9%)	5:39	10.6 (58.2%)
286	HERNIK Jacek	126	BABABARANEK RUNNERS	M5 60+	5	00:00:43	00:00:38	00:25:02	00:49:23	01:13:36.55	01:14:20.25	+00:30:50 (41.9%)	5:39	10.6 (58.2%)
287	STĘPIŃSKA Anna	343		K1 < 29 lat	2	00:00:26	00:00:35	00:24:45	00:48:46	01:13:46.85	01:14:13.10	+00:31:00 (42.0%)	5:40	10.6 (58.2%)
288	MATWIEJ Adam	443	ADAM MATWIEJ	M2 30-39 lat	93	00:00:44	00:00:37	00:24:55	00:49:21	01:13:48.60	01:14:33.30	+00:31:02 (42.1%)	5:40	10.6 (58.2%)
289	CZAJKA Justyna	57		K3 40-49 lat	17	00:00:21	00:00:36	00:22:57	00:46:08	01:13:51.55	01:14:12.80	+00:31:05 (42.1%)	5:40	10.6 (58.2%)
290	CIERNIAK Michał	50	GRUPA BIEGOWA UM W-WA	M3 40-49 lat	103	00:00:46	00:00:36	00:25:02	00:49:14	01:13:51.70	01:14:37.75	+00:31:05 (42.1%)	5:40	10.6 (58.2%)
291	KOZIATEK Mariusz	186		M3 40-49 lat	104	00:00:23	00:00:36	00:24:54	00:48:55	01:14:06.85	01:14:30.60	+00:31:20 (42.3%)	5:42	10.5 (57.7%)
292	REGUCKI Ryszard	301		M3 40-49 lat	105	00:00:36	00:00:31	00:24:34	00:49:42	01:14:18.20	01:14:54.45	+00:31:32 (42.4%)	5:42	10.5 (57.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						startu	0.1km	4.4km	8.7km					
293	WALIGÓRSKI Krzysztof	463	MARKOWI BIEGACZE	M4 50-59	31	00:00:27	00:00:37	00:26:05	00:50:43	01:14:21.55	01:14:49.25	+00:31:35 (42.5%)	5:43	10.5 (57.7%)
294	KRZYSIAK Aneczka	190		K3 40-49 lat	18	00:00:39	00:00:38	00:24:13	00:49:36	01:14:25.15	01:15:05.05	+00:31:38 (42.5%)	5:43	10.5 (57.7%)
295	TRZASKOWSKA Joanna	380	TRUCHT TARCHOMIN TEAM	K2 30-39 lat	15	00:00:34	00:00:38	00:24:34	00:49:21	01:14:31.60	01:15:06.00	+00:31:45 (42.6%)	5:44	10.5 (57.7%)
296	ADAMCZUK Agnieszka	11	MARKOWI BIEGACZE	K3 40-49 lat	19	00:00:27	00:00:37	00:26:05	00:50:43	01:14:35.15	01:15:02.70	+00:31:48 (42.7%)	5:44	10.5 (57.7%)
297	BUKOWSKI Janusz	5	STOWARZYSZENIE DAĆ SIEBIE INNYM	M5 60+	6	00:00:03	00:00:31	00:24:10	00:49:10	01:14:53.65	01:14:56.85	+00:32:07 (42.9%)	5:45	10.4 (57.1%)
298	LACH Adrian	205	TRICLUB	M3 40-49 lat	106	00:00:12	00:00:33	00:23:02	00:49:18	01:14:55.35	01:15:07.60	+00:32:09 (42.9%)	5:45	10.4 (57.1%)
299	WIDERA Tomasz	395	KOKOSZKA36TEAM	M2 30-39 lat	94	00:00:40	00:00:35	00:25:21	00:50:11	01:14:58.50	01:15:38.70	+00:32:12 (43.0%)	5:46	10.4 (57.1%)
300	SAŁAJCZYK Sylwester	452		M4 50-59	32	00:00:34	00:00:38	00:25:08	00:49:49	01:15:00.00	01:15:34.10	+00:32:13 (43.0%)	5:46	10.4 (57.1%)
301	KONIECZNY Piotr	172		M2 30-39 lat	95	00:00:44	00:00:37	00:24:52	00:49:32	01:15:01.05	01:15:45.70	+00:32:14 (43.0%)	5:46	10.4 (57.1%)
302	SKIBIŃSKA Małgorzata	454	ZOLWIKIERSI	K3 40-49 lat	20	00:00:39	00:00:36	00:25:50	00:50:43	01:15:03.65	01:15:42.80	+00:32:17 (43.0%)	5:46	10.4 (57.1%)
303	ZDUŃSKI Jarosław	414		M4 50-59	33	00:00:22	00:00:38	00:24:29	00:49:52	01:15:09.10	01:15:31.45	+00:32:22 (43.1%)	5:46	10.4 (57.1%)
304	BOJAR Paweł	33		M3 40-49 lat	107	00:00:23	00:00:36	00:25:21	00:50:01	01:15:12.00	01:15:35.20	+00:32:25 (43.1%)	5:47	10.4 (57.1%)
305	ŁOZIŃSKI Piotr	494	BRACHTWO BIEGOWE BGK	M3 40-49 lat	108	00:00:11	00:00:34	00:25:17	00:50:14	01:15:26.50	01:15:38.40	+00:32:40 (43.3%)	5:48	10.3 (56.6%)
306	GADOMSKA Małgorzata	88	NW CZŁAPSKI TEAM	K3 40-49 lat	21	00:00:14	00:00:36	00:24:56	00:49:54	01:15:31.25	01:15:46.15	+00:32:45 (43.4%)	5:48	10.3 (56.6%)
307	WEBER Agata	393	JACEKBIEGA RUNNING TEAM	K3 40-49 lat	22	00:00:00	00:01:03	00:24:46	00:49:49	01:15:31.85	01:15:31.85	+00:32:45 (43.4%)	5:48	10.3 (56.6%)
308	KOMOROWSKI Piotrek	435		M2 30-39 lat	96	00:00:10	00:00:29	00:24:47	00:50:26	01:15:37.60	01:15:48.15	+00:32:51 (43.4%)	5:49	10.3 (56.6%)
309	KOLASA Paulina	168	KLUB GORDONA I GINY	K2 30-39 lat	16	00:00:38	00:00:35	00:24:37	00:49:51	01:15:43.20	01:16:21.30	+00:32:57 (43.5%)	5:49	10.3 (56.6%)
310	PEPŁAWSKA Małgorzata	282	III ZKSS SR LEGIONOWO	K2 30-39 lat	17	00:00:09	00:00:29	00:24:40	00:50:14	01:15:52.20	01:16:01.80	+00:33:06 (43.6%)	5:50	10.3 (56.6%)
311	FABISIAK Damian	429		M2 30-39 lat	97	00:00:14	00:00:32	00:23:26	00:49:37	01:16:00.85	01:16:15.75	+00:33:14 (43.7%)	5:50	10.3 (56.6%)
312	SZYMAŃSKI Paweł	365		M2 30-39 lat	98	00:00:39	00:00:36	00:25:08	00:50:48	01:16:05.05	01:16:44.80	+00:33:18 (43.8%)	5:51	10.3 (56.6%)
313	KRÓLIK Tomasz	188		M3 40-49 lat	109	00:00:33	00:00:35	00:25:36	00:50:45	01:16:05.25	01:16:39.10	+00:33:19 (43.8%)	5:51	10.2 (56.0%)
314	KŁOS Anna	166	PO PROSTU MY	K3 40-49 lat	23	00:00:42	00:00:38	00:26:38	00:51:40	01:16:12.15	01:16:54.40	+00:33:25 (43.9%)	5:51	10.2 (56.0%)
315	FIJĄLKOWSKI Michał	81	PO PROSTU MY	M3 40-49 lat	110	00:00:42	00:00:38	00:26:39	00:51:40	01:16:12.45	01:16:54.65	+00:33:26 (43.9%)	5:51	10.2 (56.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.1km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
316	CIEŚLIŃSKI Dariusz	52	DARIOS	M3 40-49 lat	111	00:00:18	00:00:37	00:24:24	00:50:19	01:16:13.20	01:16:31.60	+00:33:27 (43.9%)	5:51	10.2 (56.0%)
317	KOWALCZYK Mateusz	183		M1 < 29 lat	23	00:00:40	00:00:34	00:24:42	00:49:40	01:16:15.85	01:16:56.35	+00:33:29 (43.9%)	5:52	10.2 (56.0%)
318	SELESKI Krzysztof	319	MARCIN.BIZ	M4 50-59	34	00:00:58	00:00:28	00:24:33	00:49:59	01:16:17.70	01:17:15.95	+00:33:31 (43.9%)	5:52	10.2 (56.0%)
319	KWIATEK Jacek	203		M4 50-59	35	00:00:35	00:00:37	00:25:28	00:51:04	01:16:31.15	01:17:06.15	+00:33:44 (44.1%)	5:53	10.2 (56.0%)
320	CHĄDZYŃSKI Marcin	46		M2 30-39 lat	99	00:00:33	00:00:38	00:25:41	00:50:51	01:16:33.05	01:17:06.55	+00:33:46 (44.1%)	5:53	10.2 (56.0%)
321	ŁOZOWSKA Aneta	212		K3 40-49 lat	24	00:00:29	00:00:38	00:26:00	00:51:25	01:16:38.35	01:17:08.05	+00:33:52 (44.2%)	5:53	10.2 (56.0%)
322	DZIEPAK Piotr	75	1. BLTR	M2 30-39 lat	100	00:00:26	00:00:36	00:24:35	00:49:37	01:16:41.55	01:17:08.00	+00:33:55 (44.2%)	5:54	10.2 (56.0%)
323	BARAN Wojciech	22		M1 < 29 lat	24	00:00:36	00:00:35	00:25:52	00:51:37	01:16:44.10	01:17:20.25	+00:33:57 (44.3%)	5:54	10.2 (56.0%)
324	ZARĘBA Jarosław	410		M3 40-49 lat	112	00:00:30	00:00:37	00:25:14	00:50:47	01:16:44.20	01:17:14.85	+00:33:58 (44.3%)	5:54	10.2 (56.0%)
325	KRÓL Ryszard	187	LUBLIN BIEGA	M4 50-59	36	00:00:25	00:00:36	00:25:32	00:51:04	01:16:44.75	01:17:09.80	+00:33:58 (44.3%)	5:54	10.2 (56.0%)
326	GONET Katarzyna	105		K3 40-49 lat	25	00:00:28	00:00:38	00:26:00	00:51:25	01:16:46.20	01:17:14.70	+00:34:00 (44.3%)	5:54	10.2 (56.0%)
327	MAZUR Jowita	229	FUNKCJONUJ	K3 40-49 lat	26	00:00:28	00:00:39	00:26:01	00:51:25	01:16:46.55	01:17:15.45	+00:34:00 (44.3%)	5:54	10.2 (56.0%)
328	WĄSIK Izabela	392		K3 40-49 lat	27	00:00:31	00:00:37	00:25:59	00:51:23	01:16:50.90	01:17:22.05	+00:34:04 (44.3%)	5:54	10.1 (55.5%)
329	KOTLENGA Monika	181		K3 40-49 lat	28	00:00:13	00:00:33	00:25:24	00:51:09	01:16:54.80	01:17:07.85	+00:34:08 (44.4%)	5:54	10.1 (55.5%)
330	TELAKOWSKA Anita	374		K2 30-39 lat	18	00:00:13	00:00:36	00:24:31	00:50:51	01:16:59.80	01:17:12.95	+00:34:13 (44.5%)	5:55	10.1 (55.5%)
331	ŁUCAK Piotr	213	OSTRÓW BIEGA	M2 30-39 lat	101	00:00:19	00:00:35	00:26:16	00:51:34	01:17:02.00	01:17:21.20	+00:34:15 (44.5%)	5:55	10.1 (55.5%)
332	SWIETLIK Magdalena	351		K2 30-39 lat	19	00:00:29	00:00:38	00:26:09	00:51:44	01:17:02.35	01:17:31.85	+00:34:16 (44.5%)	5:55	10.1 (55.5%)
333	KMIEĆ Agnieszka	489		K2 30-39 lat	20	00:00:32	00:00:38	00:25:58	00:51:46	01:17:10.30	01:17:42.85	+00:34:24 (44.6%)	5:56	10.1 (55.5%)
334	TROJANEK Edyta	378	WWW.SENSORYBEAUTY.PL	K3 40-49 lat	29	00:00:16	00:00:35	00:26:10	00:51:47	01:17:10.45	01:17:27.25	+00:34:24 (44.6%)	5:56	10.1 (55.5%)
335	NOWAKOWSKI Czesław	257	KLUB. BIEGACZAGOC	M5 60+	7	00:00:25	00:00:34	00:25:03	00:51:04	01:17:22.25	01:17:47.30	+00:34:36 (44.7%)	5:57	10.1 (55.5%)
336	RZEPLIŃSKA Dorota	500		K3 40-49 lat	30	00:00:11	00:00:31	00:25:33	00:51:29	01:17:24.40	01:17:36.15	+00:34:38 (44.7%)	5:57	10.1 (55.5%)
337	GROBEREK Monika	113		K3 40-49 lat	31	00:00:22	00:00:34	00:25:49	00:51:13	01:17:31.95	01:17:54.55	+00:34:45 (44.8%)	5:57	10.1 (55.5%)
338	NOBERT Marta	252	CYTRYNOWI STUDENCI	K3 40-49 lat	32	00:00:09	00:00:34	00:25:39	00:51:23	01:18:01.10	01:18:11.00	+00:35:14 (45.2%)	6:00	10 (54.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.1km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
339	WALCZAK Dariusz	389	CYTRYNOWI STUDENCI	M3 40-49 lat	113	00:00:09	00:00:35	00:25:39	00:51:23	01:18:12.30	01:18:21.35	+00:35:26 (45.3%)	6:00	10 (54.9%)
340	KLUZIAK Jarosław	165		M2 30-39 lat	102	00:00:27	00:00:36	00:24:57	00:50:53	01:18:22.05	01:18:49.80	+00:35:35 (45.4%)	6:01	10 (54.9%)
341	PANCEROW Marcin	449		M3 40-49 lat	114	00:00:10	00:00:33	00:24:38	00:50:56	01:18:25.30	01:18:35.85	+00:35:39 (45.5%)	6:01	9.9 (54.4%)
342	DĘBSKA Joanna	65		K2 30-39 lat	21	00:00:32	00:00:39	00:25:37	00:51:15	01:18:30.00	01:19:02.65	+00:35:43 (45.5%)	6:02	9.9 (54.4%)
343	RZEPKA Mirek	313	AKTYWNI BIEGACZE	M4 50-59	37	00:00:31	00:00:34	00:25:48	00:52:18	01:18:59.40	01:19:30.45	+00:36:13 (45.9%)	6:04	9.9 (54.4%)
344	ADAMOWSKA Barbara	12		K3 40-49 lat	33	00:00:24	00:00:36	00:26:04	00:52:08	01:19:00.45	01:19:24.50	+00:36:14 (45.9%)	6:04	9.9 (54.4%)
345	GÓRSKI Krzysztof	111		M3 40-49 lat	115	00:00:13	00:00:33	00:25:13	00:51:42	01:19:01.00	01:19:14.30	+00:36:14 (45.9%)	6:04	9.9 (54.4%)
346	JERZAK Eryk	139		M4 50-59	38	00:00:45	00:00:36	00:25:36	00:51:30	01:19:12.10	01:19:57.10	+00:36:25 (46.0%)	6:05	9.8 (53.8%)
347	GOLENIOWSKI Patryk	482	1992	M1 < 29 lat	25	00:00:16	00:00:33	00:25:17	00:51:52	01:19:36.10	01:19:52.45	+00:36:49 (46.3%)	6:07	9.8 (53.8%)
348	BRZEZICKI Michał	39		M2 30-39 lat	103	00:00:39	00:00:36	00:26:24	00:53:16	01:19:46.15	01:20:25.15	+00:36:59 (46.4%)	6:08	9.8 (53.8%)
349	SIKORSKI Michał	535	EKO BIEGI	M3 40-49 lat	116	00:00:51	00:00:37	00:26:32	00:52:51	01:19:49.60	01:20:40.85	+00:37:03 (46.4%)	6:08	9.8 (53.8%)
350	SIKORSKA Agnieszka	504	EKO BIEGI	K3 40-49 lat	34	00:00:50	00:00:37	00:26:33	00:52:54	01:19:55.45	01:20:46.25	+00:37:09 (46.5%)	6:08	9.8 (53.8%)
351	DŁUŻNIEWSKI Tomasz	66		M3 40-49 lat	117	00:00:46	00:00:37	00:26:56	00:53:57	01:19:57.15	01:20:43.80	+00:37:10 (46.5%)	6:09	9.8 (53.8%)
352	ŚWISTOWSKA Anna	370		K2 30-39 lat	22	00:00:17	00:00:34	00:25:50	00:52:34	01:20:22.80	01:20:40.10	+00:37:36 (46.8%)	6:11	9.7 (53.3%)
353	NIEZGODA Ewa	251	NIEZGODNIKI	K3 40-49 lat	35	00:00:07	00:00:32	00:26:50	00:53:54	01:20:51.60	01:20:59.50	+00:38:05 (47.1%)	6:13	9.6 (52.7%)
354	SIERZPUTOWSKA Ewa	323	SIE_BIEGA	K4 50-59 lat	4	00:00:34	00:00:37	00:26:40	00:53:39	01:20:54.80	01:21:29.20	+00:38:08 (47.1%)	6:13	9.6 (52.7%)
355	TOMASZEWSKA Mariola	376	WATAHA ŁĄCZY NAS BIEGANIE	K4 50-59 lat	5	00:00:28	00:00:38	00:26:46	00:53:51	01:21:00.50	01:21:29.40	+00:38:14 (47.2%)	6:13	9.6 (52.7%)
356	KULAK Paweł	200		M3 40-49 lat	118	00:00:31	00:00:38	00:26:49	00:54:03	01:21:15.40	01:21:47.20	+00:38:29 (47.4%)	6:15	9.6 (52.7%)
357	BEDNARZAK Tadeusz	28	YULO RUN TEAM SIEDLCE	M5 60+	8	00:00:37	00:00:37	00:26:42	00:53:40	01:21:21.75	01:21:59.00	+00:38:35 (47.4%)	6:15	9.6 (52.7%)
358	STANKIEWICZ Malgorzata	336		K2 30-39 lat	23	00:00:32	00:00:38	00:26:35	00:53:55	01:21:41.70	01:22:13.85	+00:38:55 (47.6%)	6:17	9.5 (52.2%)
359	SOBCZAK Anna	456	M.I.L.A. MASTERS IWICZNA LIFE ATHLETICS	K3 40-49 lat	36	00:00:38	00:00:36	00:26:55	00:54:27	01:22:07.95	01:22:46.10	+00:39:21 (47.9%)	6:19	9.5 (52.2%)
360	JACHOWICZ Łukasz	129		M2 30-39 lat	104	00:00:46	00:00:37	00:26:35	00:53:57	01:22:10.55	01:22:56.95	+00:39:24 (48.0%)	6:19	9.5 (52.2%)
361	JERUZAL Jacek	138	TUPTUŚ OTWOCK	M4 50-59	39	00:00:05	00:00:32	00:26:39	00:53:59	01:22:23.40	01:22:29.35	+00:39:37 (48.1%)	6:20	9.5 (52.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.1km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
362	STRACHOCKA Anna	344	GRUPA BIEGOWA UM W-WA	K5 60 +	2	00:00:42	00:00:36	00:27:15	00:54:31	01:22:41.30	01:23:23.35	+00:39:55 (48.3%)	6:21	9.4 (51.6%)
363	BAK Hubert	27		M1 < 29 lat	26	00:00:30	00:00:38	00:26:07	00:52:58	01:23:04.05	01:23:35.00	+00:40:17 (48.5%)	6:23	9.4 (51.6%)
364	BAK Andrzej	26		M4 50-59	40	00:00:30	00:00:38	00:26:07	00:53:05	01:23:04.10	01:23:34.75	+00:40:17 (48.5%)	6:23	9.4 (51.6%)
365	RUCIŃSKA Jolanta	308	NASIELSK BASZTA TEAM	K2 30-39 lat	24	00:00:22	00:00:35	00:27:41	00:54:51	01:24:04.70	01:24:27.00	+00:41:18 (49.1%)	6:28	9.3 (51.1%)
366	KAWKA Andrzej	159		M5 60+	9	00:00:45	00:00:38	00:27:49	00:55:47	01:24:05.00	01:24:50.55	+00:41:18 (49.1%)	6:28	9.3 (51.1%)
367	STAŃCZYK Zofia	339		K1 < 29 lat	3	00:00:49	00:00:37	00:27:17	00:54:55	01:24:07.30	01:24:56.75	+00:41:21 (49.2%)	6:28	9.3 (51.1%)
368	ROMANOWSKA Ewa	451	KUNGFU PANDA	K2 30-39 lat	25	00:00:39	00:00:38	00:28:03	00:56:28	01:24:22.50	01:25:02.40	+00:41:36 (49.3%)	6:29	9.2 (50.5%)
369	ZYGMUNT Natalia	473		K1 < 29 lat	4	00:00:13	00:00:36	00:27:14	00:55:42	01:24:29.50	01:24:42.55	+00:41:43 (49.4%)	6:29	9.2 (50.5%)
370	ROSZAK Waldemar	306	BIEGAM NA ZIELONEJ BIAŁOŁĘCE	M4 50-59	41	00:01:01	00:00:27	00:27:26	00:56:47	01:24:50.85	01:25:52.75	+00:42:04 (49.6%)	6:31	9.2 (50.5%)
371	ŁACKA Ilona	210	BIAŁOŁĘKA JEST KOBIETĄ	K3 40-49 lat	37	00:00:17	00:00:37	00:28:15	00:57:31	01:25:34.45	01:25:52.35	+00:42:48 (50.0%)	6:35	9.1 (50.0%)
372	PAWEŁEK Krzysztof	279	PO PROSTU MY	M3 40-49 lat	119	00:00:43	00:00:37	00:28:14	00:57:07	01:25:53.90	01:26:37.35	+00:43:07 (50.2%)	6:36	9.1 (50.0%)
373	STAŃCZYK Grzegorz	338		M4 50-59	42	00:00:49	00:00:37	00:28:27	00:57:15	01:26:54.90	01:27:44.50	+00:44:08 (50.8%)	6:41	9 (49.5%)
374	HAJKOWICZ Dorota	541		K3 40-49 lat	38	00:00:00	00:00:36	00:26:58	00:57:11	01:27:12.85	01:27:12.85	+00:44:26 (51.0%)	6:42	8.9 (48.9%)
375	ŁUCZAK Piotr	214	PKO BANK POLSKI	M3 40-49 lat	120	00:00:34	00:00:39	00:28:50	00:58:21	01:27:32.85	01:28:07.75	+00:44:46 (51.1%)	6:44	8.9 (48.9%)
376	ŁUCZAK Małgorzata	215	RUNNERSI ZE SKARBKA	K3 40-49 lat	39	00:00:34	00:00:39	00:28:50	00:58:20	01:27:33.55	01:28:08.00	+00:44:47 (51.2%)	6:44	8.9 (48.9%)
377	WINDER Agnieszka	399		K2 30-39 lat	26	00:00:29	00:00:36	00:27:39	00:56:53	01:27:33.70	01:28:02.90	+00:44:47 (51.2%)	6:44	8.9 (48.9%)
378	CHOŁUJ Agata	48	PO PROSTU MY	K3 40-49 lat	40	00:00:42	00:00:37	00:28:15	00:57:19	01:27:42.75	01:28:25.70	+00:44:56 (51.2%)	6:44	8.9 (48.9%)
379	WASZKIEWICZ Marta	464	WASZKA TEAM	K3 40-49 lat	41	00:00:12	00:00:36	00:28:41	00:58:38	01:28:09.60	01:28:21.75	+00:45:23 (51.5%)	6:46	8.8 (48.4%)
380	ŁUKASIEWICZ Robert	216	KOKOSZKA36TEAM	M3 40-49 lat	121	00:00:40	00:00:36	00:28:18	00:58:05	01:28:52.80	01:29:33.05	+00:46:06 (51.9%)	6:50	8.8 (48.4%)
381	CIEŚLAK Pawel	51	SLOWJOGGING BIAŁOŁĘKA	M4 50-59	43	00:01:05	00:00:42	00:35:43	01:01:19	01:29:11.65	01:30:17.00	+00:46:25 (52.0%)	6:51	8.7 (47.8%)
382	KOCHAN Piotr	167	ZABIEGANY WOŁOMIN	M2 30-39 lat	105	00:00:39	00:00:37	00:29:59	00:59:45	01:29:24.10	01:30:03.85	+00:46:37 (52.2%)	6:52	8.7 (47.8%)
383	SOJKA Łukasz	333		M2 30-39 lat	106	00:00:33	00:00:38	00:28:44	00:58:55	01:30:49.15	01:31:22.15	+00:48:02 (52.9%)	6:59	8.6 (47.3%)
384	GŁOWACKA Elżbieta	98	TEAM ZABIEGANEDNI	K5 60 +	3	00:00:30	00:00:39	00:29:07	00:59:51	01:31:30.60	01:32:01.35	+00:48:44 (53.3%)	7:02	8.5 (46.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						startu	0.1km	4.4km	8.7km					
385	DOBOSZ Marek	67		M3 40-49 lat	122	00:00:55	00:00:36	00:31:31	01:05:13	01:32:54.40	01:33:49.50	+00:50:08 (54.0%)	7:08	8.4 (46.2%)
386	KASIEWSKA Ewa Katarzyna	157	WKB META LUBLINIEC	K5 60 +	4	00:00:33	00:00:38	00:30:13	01:01:14	01:32:59.45	01:33:33.00	+00:50:13 (54.0%)	7:09	8.4 (46.2%)
387	GOJAN Joanna	537	VEGE RUNNERS	K1 < 29 lat	5	00:00:41	00:00:38	00:30:49	01:02:03	01:34:33.30	01:35:15.05	+00:51:47 (54.8%)	7:16	8.2 (45.1%)
388	LEZNER Karolina	208	KURATOR ZAWODOWY	K1 < 29 lat	6	00:00:36	00:00:37	00:28:40	01:00:13	01:34:43.45	01:35:20.00	+00:51:57 (54.8%)	7:17	8.2 (45.1%)
389	NASKRĘT Mariusz	247		M3 40-49 lat	123	00:00:45	00:00:39	00:32:16	01:05:01	01:39:43.40	01:40:28.80	+00:56:57 (57.1%)	7:40	7.8 (42.9%)
390	JURKOWSKA Irena	526		K5 60 +	5	00:00:37	00:00:39	00:32:15	01:04:50	01:40:00.75	01:40:37.80	+00:57:14 (57.2%)	7:41	7.8 (42.9%)
391	WIŚNIEWSKA Katarzyna	402	INDYWIDUALISTKA	K3 40-49 lat	42	00:00:14	00:00:36	00:32:28	01:05:32	01:40:14.85	01:40:29.05	+00:57:28 (57.3%)	7:42	7.8 (42.9%)
392	WOŹNIAK Barbara	524	KS LIMANOWA FORREST	K5 60 +	6	00:00:08	00:00:40	00:32:45	01:05:19	01:40:29.45	01:40:37.65	+00:57:43 (57.4%)	7:43	7.8 (42.9%)
393	DUDA Kamil	70		M1 < 29 lat	27	00:00:39	00:00:38	00:31:42	01:05:48	01:40:30.95	01:41:10.45	+00:57:44 (57.4%)	7:43	7.8 (42.9%)
394	KACZMARZYK Hubert	146	WOJSKOWA AKADEMIA TECHNICZNA	M1 < 29 lat	28	00:00:25	00:00:33	00:18:34	00:37:54			+00:09:28	4:21	13.8 (75.8%)
395	KRUPIŃSKI Marek	437	1995	M1 < 29 lat	29	00:00:03	00:00:18	00:18:56	00:40:11			+00:11:45	4:37	13 (71.4%)
396	KUSY Marcin	493		M3 40-49 lat	124	00:00:13	00:00:29	00:20:47	00:41:26			+00:13:01	4:45	12.6 (69.2%)
397	KAROLAK Rafał	155	STOMILEX	M3 40-49 lat	125	00:00:33	00:00:37	00:21:09	00:42:27			+00:14:01	4:52	12.3 (67.6%)
398	BIEDKA Robert	533	REBOOK RUN CREW	M3 40-49 lat	126	00:00:09	00:00:29	00:21:47	00:43:51			+00:15:25	5:02	11.9 (65.4%)
399	ZUBELEWICZ- JERUZALSKA Anna	472		K2 30-39 lat	27	00:00:14	00:00:34	00:22:34	00:45:22			+00:16:57	5:12	11.5 (63.2%)
400	JĘDRACHOWICZ Agnieszka	140		K2 30-39 lat	28	00:00:27	00:00:35	00:23:05	00:45:26			+00:17:01	5:13	11.5 (63.2%)
401	ŁĘCKI Tomasz	211		M3 40-49 lat	127	00:00:20	00:00:32	00:23:06	00:47:00			+00:18:35	5:24	11.1 (61.0%)
402	ANTONOWICZ Maciek	15	DEAF RUNNING	M2 30-39 lat	107	00:00:30	00:00:37	00:25:13	00:48:35			+00:20:09	5:35	10.7 (58.8%)
403	BIDZINSKI Krzysztof	31	LEBIEGI	M3 40-49 lat	128	00:00:29	00:00:38	00:25:14	00:50:35			+00:22:09	5:48	10.3 (56.6%)
404	OSUCH Dorota	273	NWST	K3 40-49 lat	43	00:00:30	00:00:37	00:25:33	00:51:04			+00:22:39	5:52	10.2 (56.0%)
405	DĄBROWSKI Andrzej	62		M5 60+	10	00:00:09	00:00:36	00:25:39	00:51:25			+00:22:59	5:54	10.2 (56.0%)
406	NOWOSIELSKI Tomasz	260	HERO	M4 50-59	44	00:00:29	00:00:39	00:25:24	00:52:24			+00:23:59	6:01	10 (54.9%)
407	ZIEŃ Agnieszka	419		K2 30-39 lat	29	00:00:45	00:00:40	00:26:39	00:52:33			+00:24:08	6:02	9.9 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.1km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
408	RACZKOWSKA Dorota	299	BRACTWO BIEGOWE BGK	K3 40-49 lat	44	00:00:12	00:00:33	00:26:07	00:53:00			+00:24:34	6:05	9.8 (53.8%)
409	GRACZYK Roman	112		M3 40-49 lat	129	00:00:18	00:00:38	00:26:09	00:53:11			+00:24:45	6:06	9.8 (53.8%)
410	KOWALSKI Kamil	185	CYTRYNOWI STUDENCI	M2 30-39 lat	108	00:00:48	00:00:39	00:27:29	00:54:10			+00:25:45	6:13	9.6 (52.7%)
411	PAWŁOWSKI Jakub	280	CYTRYNOWI STUDENCI	M2 30-39 lat	109	00:00:48	00:00:39	00:27:29	00:54:11			+00:25:45	6:13	9.6 (52.7%)
412	FRENKEL Marek	87		M4 50-59	45	00:00:48	00:00:39	00:27:31	00:54:29			+00:26:04	6:15	9.6 (52.7%)
413	PETRYCKI Marcin	283	PUMP!T	M3 40-49 lat	130	00:00:11	00:00:35	00:27:59	00:54:43			+00:26:17	6:17	9.5 (52.2%)
414	ZAWADKA Agnieszka	411		K3 40-49 lat	45	00:00:48	00:00:38	00:27:31	00:55:06			+00:26:41	6:20	9.5 (52.2%)
415	JAWORSKA Joanna	136		K2 30-39 lat	30	00:00:28	00:00:38	00:26:47	00:55:28			+00:27:03	6:22	9.4 (51.6%)
416	KAMIONOWSKI Mariusz-Jacek	152	MORSY OSTROŁĘKA	M4 50-59	46	00:00:06	00:00:32	00:25:45	00:56:40			+00:28:15	6:30	9.2 (50.5%)
417	SZAFRAN Beata	355	PUMP!T	K3 40-49 lat	46	00:00:11	00:00:36	00:28:09	00:56:55			+00:28:30	6:32	9.2 (50.5%)
418	KUCICKI Krzysztof	196		M3 40-49 lat	131	00:00:05	00:00:26	00:26:22	00:57:23			+00:28:58	6:35	9.1 (50.0%)
419	SIEKIERKO Łukasz	322		M2 30-39 lat	110	00:00:06	00:00:26	00:39:35	00:58:59			+00:30:34	6:46	8.8 (48.4%)
420	SALAMON Kinga	314		K2 30-39 lat	31	00:00:46	00:00:36	00:27:43	00:59:43			+00:31:18	6:51	8.7 (47.8%)
421	CZARNECKI Piotr	60	TARCHOŚFIRY	M2 30-39 lat	111	00:00:17	00:00:33	00:29:08	01:00:26			+00:32:01	6:56	8.6 (47.3%)
422	GÓRECKA Anna	108		K3 40-49 lat	47	00:00:14	00:00:36	00:30:09	01:01:15			+00:32:50	7:02	8.5 (46.7%)
423	JANKOWSKA Agnieszka	132	NASIELSK BASZTA TEAM	K3 40-49 lat	48	00:00:20	00:21:59	00:43:30	01:04:47			+00:36:22	7:26	8.1 (44.5%)
424	WARZECHA Jolanta	390	BIEGAM NA TARCHOMINIE	K2 30-39 lat	32	00:00:54	00:00:36	00:31:31	01:05:12			+00:36:47	7:29	8 (44.0%)
425	MADEJEK Jacek	441	ZABIEGANI PO USZY	M2 30-39 lat	112	00:00:51	00:00:37	00:32:23	01:07:51			+00:39:25	7:47	7.7 (42.3%)
426	TENDERENDA Natalia	461		K2 30-39 lat	33	00:00:48	00:00:38	00:35:10	01:11:27			+00:43:02	8:12	7.3 (40.1%)
427	KOZŁOWSKI Robert	519	CHUDY BYK	M1 < 29 lat	30	00:00:50	00:00:39	00:46:52	01:13:14			+00:44:49	8:25	7.1 (39.0%)
428	MAREK Roman	225		M4 50-59	47	00:00:10	00:00:29	00:23:21				+00:09:05	5:18	11.3 (62.1%)
429	OSTASZEWSKI Wojciech	271	WERKUS RUNNERS	M2 30-39 lat	113	00:00:27	00:00:37	00:23:39				+00:09:23	5:22	11.2 (61.5%)
430	DUCH Emil	69	JB WARSAW	M2 30-39 lat	114	00:00:36	00:00:38	00:23:48				+00:09:32	5:24	11.1 (61.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						startu	0.1km	4.4km					
431	PIETRAS Tomasz	285	NASIELSK BASZTA TEAM	M3 40-49 lat	132	00:00:38	00:00:38	00:24:38			+00:10:22	5:35	10.7 (58.8%)
432	KILKOWSKI Jarosław	164		M4 50-59	48	00:00:10	00:00:31	00:26:37			+00:12:22	6:02	9.9 (54.4%)
433	MIKULIK Piotr	239		M2 30-39 lat	115	00:00:17	00:00:35	00:27:26			+00:13:11	6:14	9.6 (52.7%)
434	KOMOŃ Maciej	171		M2 30-39 lat	116	00:00:44	00:00:38	00:27:46			+00:13:31	6:18	9.5 (52.2%)
435	MIŚTA Grzegorz	100	FRONTIS	M3 40-49 lat	133	00:00:10	00:00:35	00:28:05			+00:13:50	6:22	9.4 (51.6%)
436	BAJOREK Jacek	19	MARKOWI BIEGACZE	M3 40-49 lat	134	00:00:38	00:00:37	00:28:05			+00:13:49	6:22	9.4 (51.6%)
437	NACZULSKI Witold	244	GRUPA BIEGOWA UM W-WA	M2 30-39 lat	117	00:00:26	00:00:39	00:28:17			+00:14:01	6:25	9.3 (51.1%)
438	DYMEL Piotr	481	12TRI.PL	M5 60+	11	00:00:15	00:00:37	00:28:18			+00:14:03	6:25	9.3 (51.1%)
439	MIKOŁAJCZYK Małgorzata	238		K3 40-49 lat	49	00:00:12	00:00:37	00:28:38			+00:14:23	6:30	9.2 (50.5%)
440	KILKOWSKA Joanna	163		K4 50-59 lat	6	00:00:10	00:00:31	00:28:41			+00:14:26	6:31	9.2 (50.5%)
441	STYKOWSKA Zosia	546	TARKOŚWIRY	K1 < 29 lat	7	00:00:16	00:00:36	00:29:09			+00:14:54	6:37	9.1 (50.0%)
442	ARTYMIUK Olaf	17		M2 30-39 lat	118	00:00:44	00:00:38	00:29:10			+00:14:55	6:37	9.1 (50.0%)
443	ZYGMUNT Kamil	527		M2 30-39 lat	119	00:00:31	00:00:40	00:29:30			+00:15:15	6:42	8.9 (48.9%)
444	UCHROŃSKA Justyna	512		K2 30-39 lat	34	00:00:29	00:00:42	00:29:32			+00:15:16	6:42	8.9 (48.9%)
445	ZIELIŃSKI Paweł	417	BRAK	M2 30-39 lat	120	00:00:42	00:00:37	00:29:50			+00:15:35	6:46	8.8 (48.4%)
446	DYMEL Andrzej	72	MARKOWI BIEGACZE	M5 60+	12	00:00:38	00:00:37	00:30:00			+00:15:45	6:49	8.8 (48.4%)
447	KĘPCZYŃSKI Janusz	161	KB OŻARÓW MAZOWIECKI BIEGA	M5 60+	13	00:00:42	00:00:38	00:30:20			+00:16:04	6:53	8.7 (47.8%)
448	NOWORYTA Jacek	259	ASA TEAM BIEGIEM PO ZDROWIE	M5 60+	14	00:00:43	00:00:36	00:30:46			+00:16:31	6:59	8.6 (47.3%)
449	STYKOWSKA Beata	347	TARCHOŚFIRY	K2 30-39 lat	35	00:00:16	00:00:36	00:31:02			+00:16:47	7:03	8.5 (46.7%)
450	STYKOWSKA Wiktoria	547	TARKOŚWIRY	K1 < 29 lat	8	00:00:15	00:00:36	00:31:03			+00:16:48	7:03	8.5 (46.7%)
451	SOSNÓWKA Magdalena	335		K3 40-49 lat	50	00:00:45	00:00:39	00:32:17			+00:18:01	7:20	8.2 (45.1%)
452	RADWAN-PYTLEWSKI Paweł	300	FUNDACJA MORSY WOŁOMIN-KOBYŁKA	M2 30-39 lat	121	00:00:16	00:00:37	00:33:20			+00:19:04	7:34	7.9 (43.4%)
453	KOLEBSKA Mirosława	169		K4 50-59 lat	7	00:00:42	00:00:38	00:33:40			+00:19:25	7:39	7.8 (42.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						startu	0.1km	4.4km					
454	KAMIŃSKI Waldemar	433		M4 50-59	49	00:01:08	00:00:39	00:35:42			+00:21:26	8:06	7.4 (40.7%)
455	SKRZYDŁOWSKA-KALUKIN Katarzyna	326	SLOWJOGGING BIAŁOŁĘKA	K4 50-59 lat	8	00:01:06	00:00:41	00:35:43			+00:21:28	8:07	7.4 (40.7%)
456	ANUSZKIEWICZ Włodzimierz	16		M4 50-59	50	00:00:08	00:00:32	00:36:39			+00:22:23	8:19	7.2 (39.6%)
457	SZOT Agnieszka	362	CYTRYNOWI STUDENCI	K3 40-49 lat	51	00:00:08	00:00:36	00:39:54			+00:25:38	9:04	6.6 (36.3%)
458	BOGUSZ Agnieszka	32	CYTRYNOWI STUDENCI	K3 40-49 lat	52	00:00:07	00:00:37	00:39:55			+00:25:39	9:04	6.6 (36.3%)
459	NOWAK Bartłomiej	256		M3 40-49 lat	135	00:00:03	00:00:27	00:43:14			+00:28:59	9:49	6.1 (33.5%)
460	KRAWCZYK Karolina	544		K2 30-39 lat	36	00:00:47	00:00:38	00:43:42			+00:29:26	9:55	6 (33.0%)
461	WILCZYŃSKA Małgorzata	545		K3 40-49 lat	53	00:00:47	00:00:38	00:43:42			+00:29:27	9:55	6 (33.0%)
462	SZCZEPKOWSKI Przemysław	508		M2 30-39 lat	122	00:00:00	00:39:17				+	392:50	0.2 (1.1%)
	FICEK Łukasz	78	CYTRYNOWI STUDENCI	M2 30-39 lat		DNF	00:00:38 DNF	00:32:14 DNF	00:41:15 DNF	DNF	DNF	-	- (0.0%)
	KOŁOSOWSKI Piotr	434	KUNGFU PANDA TEAM	M2 30-39 lat		DNF	00:00:38 DNF	00:23:17 DNF	00:46:12 DNF	DNF	DNF	-	- (0.0%)
	OSTASZEWSKI Marcin	272		M2 30-39 lat		DNF	00:00:37 DNF	00:23:03 DNF	DNF	DNF	DNF	-	- (0.0%)
	BANAŚ Malwina	20	PUSTELNIK	K2 30-39 lat		DNF	00:00:33 DNF	00:23:04 DNF	DNF	DNF	DNF	-	- (0.0%)
	OSTASZEWSKI Marek	270		M2 30-39 lat		DNF	00:00:37 DNF	00:23:37 DNF	DNF	DNF	DNF	-	- (0.0%)
	TERZONI Karina	600	VIRTUAL RUNNERS CLUB	K2 30-39 lat		DNF	00:00:33 DNF	00:23:42 DNF	DNF	DNF	DNF	-	- (0.0%)
	JÓZWIK Robert	142	HARX TEAM	M3 40-49 lat		DNF	00:00:36 DNF	00:24:17 DNF	DNF	DNF	DNF	-	- (0.0%)
	ZIELIŃSKA Aleksandra	470	KOKOSZKA36TEAM	K2 30-39 lat		DNF	00:00:37 DNF	00:25:48 DNF	DNF	DNF	DNF	-	- (0.0%)
	GAŁUSZKA Katarzyna	93	KOKOSZKA36TEAM	K2 30-39 lat		DNF	00:00:37 DNF	00:26:15 DNF	DNF	DNF	DNF	-	- (0.0%)
	OLSZEWSKA Mariola	268	RAZEM DLA BIAŁOŁĘKI	K3 40-49 lat		DNF	00:00:36 DNF	00:26:17 DNF	DNF	DNF	DNF	-	- (0.0%)
	SZCZEPAŃSKA DUDA Monika	358		K3 40-49 lat		DNF	00:00:36 DNF	00:26:17 DNF	DNF	DNF	DNF	-	- (0.0%)
	PYL Karolina	296		K1 < 29 lat		DNF	00:00:44 DNF	00:26:19 DNF	DNF	DNF	DNF	-	- (0.0%)
	ŻÓŁCIŃSKI Waldemar	424	GRUPA BIEGOWA UM W-WA	M5 60+		DNF	00:00:37 DNF	00:27:04 DNF	DNF	DNF	DNF	-	- (0.0%)
	KERNER Agnieszka	160	GRUPA BIEGOWA UM W-WA	K4 50-59 lat		DNF	00:00:37 DNF	00:27:16 DNF	DNF	DNF	DNF	-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria Mkat	Czas startu	0.1km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
	SCHILLER Monika	317	SLOW JOGGING BIAŁOŁĘKA	K4 50-59 lat	DNF	00:00:37 DNF	00:28:37 DNF	DNF	DNF	DNF	-	-	(0.0%)
	BUDNIK Stanisław	479	NASIELSK BASZTA TEAM	M1 < 29 lat	DNF	00:00:39 DNF	00:30:00 DNF	DNF	DNF	DNF	-	-	(0.0%)
	NIEWCZAS Zdzisław	532		M5 60+	DNF	00:00:32 DNF	00:38:02 DNF	DNF	DNF	DNF	-	-	(0.0%)
	DOMAŃSKI Jacek Expedyt	68	WKB META LUBLINIEC	M5 60+	DNF	00:00:52 DNF	00:41:24 DNF	DNF	DNF	DNF	-	-	(0.0%)
	UZIĘBŁO Wiesław	555	SDP	M5 60+	DNF	00:00:48 DNF	01:24:06 DNF	DNF	DNF	DNF	-	-	(0.0%)
	TYBURC Paweł	548		M3 40-49 lat	DNF	01:09:11 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 482 wynik(ów)