

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

Punkt pomiarowy: 8,7 km

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	0.1km	4.4km	8.7km
1	PARSZCZYŃSKI Łukasz	277	TEAM PARSZCZYŃSKICH	M2 30-39 lat	00:00:01	00:00:16	00:14:15	00:28:26
2	SŁUPIK Tomasz	455		M1 < 29 lat	00:00:01	00:00:15	00:14:15	00:28:39
3	FALKOWSKI Bartek	77	PIEKIELNI WARSZAWA	M2 30-39 lat	00:00:01	00:00:16	00:14:44	00:29:30
4	BĘTKOWSKI Piotr	475		M2 30-39 lat	00:00:01	00:00:17	00:14:45	00:29:35
5	JOSYPENKO Jędrzej	487	DREAM RUN	M2 30-39 lat	00:00:02	00:00:16	00:14:44	00:30:01
6	TABER Konrad	371	ACTIVE PROSPERIA/ STO-NOGI MILANÓWEK	M1 < 29 lat	00:00:01	00:00:16	00:15:23	00:30:52
7	MASIAREK Maciej	227		M1 < 29 lat	00:00:03	00:00:15	00:15:08	00:30:57
8	URMANOWSKI Daniel	386	DREAM RUN	M2 30-39 lat	00:00:02	00:00:16	00:15:23	00:31:27
9	FIEDOROW Tomasz	79	BSB BARCZEWO BIEGA/ZK BARCZEWO	M2 30-39 lat	00:00:01	00:00:15	00:15:32	00:31:42
10	HILDEBRAND Marcin	127	BIEGAM NA TARCHOMINIE	M2 30-39 lat	00:00:02	00:00:19	00:16:05	00:32:03
11	GRZYBOWSKI Paweł	119	TEAM PARSZCZYŃSKICH	M2 30-39 lat	00:00:01	00:00:16	00:15:39	00:32:16
12	KIELAK Leszek	488	ENTRE RUNNING	M2 30-39 lat	00:00:00	00:00:22	00:16:10	00:32:19
13	ŁABĘDZKI Konrad	520	ADIDAS RUNNERS WARSAW	M2 30-39 lat	00:00:02	00:00:18	00:16:29	00:32:29
14	GOZDEK Scyzoryk	106	TRUCHT TARCHOMIN TEAM BIEGANIEPO40.PL	M3 40-49 lat	00:00:02	00:00:18	00:16:19	00:32:46
15	WERNER Kamil	394	BIEGAM NA TARCHOMINIE/ŻMUDARUNNINGTEAM	M2 30-39 lat	00:00:03	00:00:17	00:16:08	00:32:49
16	NOWOSIELSKI Grzegorz	448	ŻÓRAWSKI TEAM	M1 < 29 lat	00:00:02	00:00:20	00:16:46	00:33:20
17	PRZYBYŁA Krzysztof	499	ADIDAS RUNNERS WARSAW	M2 30-39 lat	00:00:02	00:00:18	00:16:37	00:33:21
18	MIELCZAREK Krzysztof	236	BIEGAM NA TARCHOMINIE	M3 40-49 lat	00:00:04	00:00:18	00:16:26	00:33:27
19	GAŁUSZKA Filip	92	KOKOSZKA36TEAM	M2 30-39 lat	00:00:03	00:00:20	00:16:53	00:33:39
20	MAJCHRZAK Sławomir	218	UKS TYCHOW STARY	M4 50-59	00:00:03	00:00:18	00:16:52	00:33:53
21	BIAŁEK Piotr	476	3BRO	M2 30-39 lat	00:00:02	00:00:18	00:16:53	00:33:54
22	KOTLENGA Przemysław	180		M2 30-39 lat	00:00:02	00:00:18	00:16:46	00:34:05
23	PARSZCZYŃSKA Izabela	276	TEAM PARSZCZYŃSKICH	K2 30-39 lat	00:00:02	00:00:19	00:16:52	00:34:14
24	KRÓL Dariusz	534	ZABIEGANY WOŁOMIN	M4 50-59	00:00:02	00:00:21	00:17:07	00:34:14
25	TOMCZAK Marcin	377	1980	M2 30-39 lat	00:00:03	00:00:20	00:17:07	00:34:41
26	SZMIGIELSKI Mateusz	531		M1 < 29 lat	00:00:08	00:00:27	00:17:33	00:35:01
27	KUBERA Piotr	194	ADIDAS RUNNERS WARSAW	M3 40-49 lat	00:00:00	00:00:22	00:17:21	00:35:04
28	STRADOMSKI Artur	345	MARKOWI BIEGACZE	M3 40-49 lat	00:00:03	00:00:20	00:17:33	00:35:05
29	SAWICKA Anna	502	DREAM RUN	K2 30-39 lat	00:00:03	00:00:21	00:17:32	00:35:06
30	UGRYN Maciej	384	WWW.RUNISMYFUN.COM	M2 30-39 lat	00:00:02	00:00:20	00:17:34	00:35:28
31	PYTLIŃSKI Rafał	298		M3 40-49 lat	00:00:03	00:00:20	00:17:53	00:35:38
32	ANUSIEWICZ Robert	474		M3 40-49 lat	00:00:04	00:00:21	00:17:55	00:35:41

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	0.1km	4.4km	8.7km
33	GAJEK Ireneusz	89		M3 40-49 lat	00:00:10	00:00:25	00:18:02	00:35:42
34	NOWOCIEŃ Jacek	258	UCZNIOWSKI KLUB SPORTOWY RUSIEC	M5 60+	00:00:03	00:00:21	00:17:57	00:35:44
35	GOŁYŃSKI Tomasz	483		M2 30-39 lat	00:00:09	00:00:24	00:17:32	00:35:47
36	TURSKI Maciej	511	MMA, TYLKO MMA	M1 < 29 lat	00:00:06	00:00:21	00:18:07	00:36:17
37	TARAS Marcin	372		M2 30-39 lat	00:00:08	00:00:25	00:17:48	00:36:17
38	SZWARC Szymon	364		M1 < 29 lat	00:00:06	00:00:23	00:17:51	00:36:22
39	BRODAKCI Waldemar	36	CHEMIK NOXY PUŁAWY	M5 60+	00:00:08	00:00:26	00:18:34	00:36:34
40	SIERZPUTOWSKI Robert	453	NASIELSK BASZTA TEAM	M3 40-49 lat	00:00:03	00:00:20	00:18:18	00:36:40
41	MIELCZAREK Marek	235	MARKOWI BIEGACZE	M3 40-49 lat	00:00:05	00:00:19	00:18:12	00:36:42
42	ROWIŃSKI Tomasz	307		M3 40-49 lat	00:00:02	00:00:17	00:17:43	00:36:46
43	OCZKOWSKI Mateusz	264	GRUPA BIEGOWA CHTMO	M3 40-49 lat	00:00:17	00:00:34	00:18:44	00:36:48
44	MANELSKI Artur	442	DOBRZYŃSKI KLUB ZEGLARSKI	M2 30-39 lat	00:00:04	00:00:21	00:18:35	00:37:06
45	KOŚCIK Jakub	436		M2 30-39 lat	00:00:05	00:00:30	00:19:03	00:37:08
46	DĄBROWSKI Michał	63		M2 30-39 lat	00:00:06	00:00:23	00:18:22	00:37:12
47	NIEZGODA Przemysław	250		M2 30-39 lat	00:00:07	00:00:26	00:18:40	00:37:16
48	TYMICKI Zbigniew	382	ENTRE.PL TEAM	M4 50-59	00:00:08	00:00:27	00:19:02	00:37:19
49	GWIZDAŁA Cezary	122	KUŹNIA TRIATHLONU	M3 40-49 lat	00:00:05	00:00:22	00:18:40	00:37:23
50	ZIÓŁKOWSKI Jacek	420		M4 50-59	00:00:01	00:00:21	00:18:35	00:37:28
51	KALINOWSKI Łukasz	148		M2 30-39 lat	00:00:07	00:00:24	00:19:05	00:37:30
52	PUTON Michał	295		M2 30-39 lat	00:00:08	00:00:25	00:18:30	00:37:30
53	KOWALEWSKI Łukasz	491	BISKUPIEC BIEGA	M2 30-39 lat	00:00:00	00:01:48	00:18:55	00:37:33
54	JAWORSKI Piotr	137	EKOBIEGI	M3 40-49 lat	00:00:04	00:00:19	00:18:15	00:37:34
55	MACANDER Jakub	496		M1 < 29 lat	00:04:34	00:00:17	00:18:38	00:37:35
56	SARZAŁA Dariusz	315	AKS POLONIA WARSZAWA	M5 60+	00:00:02	00:00:20	00:18:52	00:37:43
57	KACZMARZYK Hubert	146	WOJSKOWA AKADEMIA TECHNICZNA	M1 < 29 lat	00:00:25	00:00:33	00:18:34	00:37:54
58	SKOTNICKI Piotr	325		M2 30-39 lat	00:00:09	00:00:25	00:18:47	00:37:58
59	JASKÓŁOWSKI Waldemar	135	WOJSKOWA AKADEMIA TECHNICZNA	M4 50-59	00:00:00	00:00:41	00:19:15	00:38:02
60	MICHNOWSKI Sebastian	233		M3 40-49 lat	00:00:08	00:00:27	00:18:58	00:38:02
61	BRODZIK Arkadiusz	426		M2 30-39 lat	00:00:02	00:00:16	00:18:16	00:38:04
62	KORKOSZ Andrzej	174		M3 40-49 lat	00:00:05	00:00:24	00:19:14	00:38:06
63	MAMLA Zbigniew	221	TRUCHT TARCHOMIN TEAM	M3 40-49 lat	00:00:09	00:00:26	00:18:40	00:38:18
64	FILIPCZUK Dariusz	83		M4 50-59	00:00:06	00:00:23	00:19:05	00:38:23
65	GĘBALA Wojtek	94		M3 40-49 lat	00:00:06	00:00:24	00:19:04	00:38:25
66	OCHENKOWSKI Sebastian	263		M2 30-39 lat	00:00:04	00:00:24	00:19:05	00:38:26
67	WASZKIEWICZ Ariel	465	WASZKA TEAM	M3 40-49 lat	00:00:11	00:00:30	00:19:42	00:38:30
68	TROJANOWSKI Rafał	379	BIEGAM BO LUBIĘ ZĄBKI TEAM	M1 < 29 lat	00:00:04	00:00:22	00:19:05	00:38:32
69	KALKO Vitalii	149		M2 30-39 lat	00:00:04	00:00:24	00:18:34	00:38:39
70	WIŚNIEWSKI Krzysztof	467	ZAKŁAD KARNY W PRZYTUŁACH STARYCH	M3 40-49 lat	00:00:06	00:00:25	00:19:20	00:38:39
71	PUCHACZ Piotr	294	MPK	M3 40-49 lat	00:00:15	00:00:36	00:19:20	00:38:45
72	WITKOWSKI Łukasz	405	NASIELSK BASZTA TEAM	M2 30-39 lat	00:00:20	00:00:35	00:19:31	00:38:46
73	SMORAWSKI Wodzisław	331		M2 30-39 lat	00:00:00	00:00:48	00:19:57	00:38:48
74	ŚMIETAŃSKI Piotr	459	NASIELSK BASZTA TEAM	M3 40-49 lat	00:00:16	00:00:29	00:19:34	00:38:50
75	MISZTA Barbara	240	KS STASZEWSKY	K3 40-49 lat	00:00:04	00:00:22	00:19:30	00:38:51
76	KANIA Paweł	153	BIEGAM NA TARCHOMINIE	M3 40-49 lat	00:00:06	00:00:23	00:18:57	00:38:55
77	SYGOCKI Konrad	352	BIEGAM NA TARCHOMINIE	M3 40-49 lat	00:00:20	00:00:35	00:19:25	00:38:56
78	NAPIÓRKOWSKI Grzegorz	246	ŁOMIANKOWSKA GRUPA BIEGOWA	M3 40-49 lat	00:00:06	00:00:27	00:19:04	00:39:04

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79	GÓRAL Tadeusz	540	KKB	M3 40-49 lat	00:00:02	00:00:23	00:19:25	00:39:05
80	KSIEL Artur	192		M2 30-39 lat	00:00:07	00:00:27	00:19:36	00:39:06
81	RESZCZYK Marcin	302		M3 40-49 lat	00:00:33	00:00:33	00:19:56	00:39:17
82	SERAFIN Tomasz	503		M3 40-49 lat	00:00:06	00:00:25	00:19:08	00:39:20
83	ROPIAK Paweł	305		M1 < 29 lat	00:00:00	00:01:02	00:20:04	00:39:27
84	MICHALSKI Ryszard	445	WWW.SENSORYBEAUTY.PL	M2 30-39 lat	00:00:09	00:00:23	00:19:31	00:39:32
85	RYMKIEWICZ Zbigniew	312		M2 30-39 lat	00:00:07	00:00:25	00:19:35	00:39:33
86	RZEPLIŃSKI Jacek	501		M4 50-59	00:00:12	00:00:27	00:19:38	00:39:36
87	PŁATEK Tomasz	529		M2 30-39 lat	00:00:05	00:00:26	00:19:45	00:39:41
88	HAJKOWICZ Adam	528		M4 50-59	00:00:05	00:00:25	00:19:45	00:39:43
89	WISZOWATY Piotr	401		M2 30-39 lat	00:00:07	00:00:28	00:19:52	00:39:44
90	FRANK Michał	85	JW 2414	M2 30-39 lat	00:00:07	00:00:27	00:19:53	00:39:52
91	CNOTA Maciek	55		M2 30-39 lat	00:00:11	00:00:27	00:19:49	00:39:57
92	ZELENT Arkadiusz	415	SĄD REJONOWY W MIŃSKU MAZOWIECKIM	M3 40-49 lat	00:00:09	00:00:26	00:19:53	00:40:02
93	STĘPIEŃ Adam	342		M2 30-39 lat	00:00:06	00:00:26	00:20:01	00:40:05
94	KRUPIŃSKI Marek	437	1995	M1 < 29 lat	00:00:03	00:00:18	00:18:56	00:40:11
95	ŚWIERCZ Andrzej	509	KB IM. PIOTRA SĘKOWSKIEGO	M4 50-59	00:00:10	00:00:26	00:20:01	00:40:19
96	GÓJSKI Mirosław	107	HYDROMIR	M4 50-59	00:00:15	00:00:28	00:20:00	00:40:19
97	WINKOWSKA-STRUZIK Magdalena	400	DUKLANOWSKI TEAM	K2 30-39 lat	00:00:08	00:00:27	00:19:48	00:40:21
98	OPIATOWSKI Ryszard	269		M4 50-59	00:00:11	00:00:28	00:20:11	00:40:22
99	IWANIUK Tomasz	486	ŻYWCEM ZABIEGANI	M2 30-39 lat	00:00:10	00:00:27	00:19:46	00:40:23
100	KACZMAREK Jakub	144		M1 < 29 lat	00:00:00	00:00:20	00:18:03	00:40:25
101	STAŃCZUK Leszek	505	YULO RUN TEAM SIEDLCE	M4 50-59	00:00:10	00:00:26	00:20:15	00:40:26
102	HELMAN Filip	432	FR WARSZAWA	M1 < 29 lat	00:00:14	00:00:25	00:19:43	00:40:26
103	KOŁODZIEJCZYK Krzysztof	170	NASIELSK BASZTA TEAM	M3 40-49 lat	00:00:19	00:00:36	00:19:31	00:40:26
104	FRE Luis	430	WOLNA WENEZUELA	M4 50-59	00:00:04	00:00:22	00:20:18	00:40:30
105	BYSTRY Grzegorz	41	KS LENIWIEC	M3 40-49 lat	00:00:24	00:00:30	00:20:30	00:40:37
106	GLINKA Karol	97		M2 30-39 lat	00:00:32	00:00:36	00:20:35	00:40:40
107	CHARLEJ Ireneusz	45	WIECZORNE BIEGANIE W SZCZECINIE	M3 40-49 lat	00:00:09	00:00:26	00:19:57	00:40:42
108	MAZUR Piotr	228		M2 30-39 lat	00:00:27	00:00:33	00:20:50	00:40:44
109	ORLIŃSKI Krzysztof	498		M2 30-39 lat	00:00:37	00:00:35	00:20:44	00:40:49
110	CIMOCHOWSKI Mieczysław	53	MC SERWIS	M3 40-49 lat	00:00:09	00:00:28	00:20:06	00:40:55
111	ŁUBIŃSKI Krzysztof	495		M3 40-49 lat	00:00:24	00:00:35	00:20:35	00:40:59
112	MORELOWSKA Maria	241	WALHALLA FIGHT CLUB	K3 40-49 lat	00:00:03	00:00:25	00:20:27	00:41:02
113	SZYSZKO Ewa	368	MARKOWI BIEGACZE	K2 30-39 lat	00:00:04	00:00:23	00:20:25	00:41:03
114	KOWALSKA Kasia	184	TEAM ZABIEGANEDNI	K3 40-49 lat	00:00:14	00:00:29	00:20:18	00:41:03
115	GRUMBANIN Paulina	115	LOGWIN	K3 40-49 lat	00:00:06	00:00:25	00:20:26	00:41:04
116	DĄBROWSKI Daniel	61	FARMACJA TARCHOMIN	M1 < 29 lat	00:00:16	00:00:35	00:20:21	00:41:12
	FICEK Łukasz	78	CYTRYNOWI STUDENCI	M2 30-39 lat	DNF	00:00:38 DNF	00:32:14 DNF	00:41:15 DNF
118	STYKOWSKI Michał	348	TARCHOŚFIRY	M2 30-39 lat	00:00:18	00:00:28	00:20:19	00:41:21
119	KUBAN Sebastian	193		M3 40-49 lat	00:00:20	00:00:33	00:20:50	00:41:22
120	SZYMCZAK Jacek	367	BIEGAM BO LUBIĘ ZĄBKI TEAM	M2 30-39 lat	00:00:06	00:00:28	00:20:45	00:41:24
121	DERESZEWSKI Piotr	64	ZABIEGANY WOŁOMIN	M3 40-49 lat	00:00:15	00:00:30	00:21:11	00:41:25
122	MOSUR Kamil	242		M3 40-49 lat	00:00:15	00:00:30	00:21:05	00:41:25
123	KUSY Marcin	493		M3 40-49 lat	00:00:13	00:00:29	00:20:47	00:41:26
124	KUSY Marcin	493		M3 40-49 lat	00:00:13	00:00:29	00:20:47	00:41:26

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125	SUTUŁA Dariusz	350	BIEGAM BO LUBIĘ ZĄBKI TEAM	M3 40-49 lat	00:00:21	00:00:33	00:21:00	00:41:31
126	TENDERENDA Kamil	460		M2 30-39 lat	00:00:49	00:00:33	00:21:03	00:41:34
127	CAŁKA Marek	480		M3 40-49 lat	00:00:21	00:00:35	00:20:56	00:41:37
128	LEWANDOWSKI Robert	207		M3 40-49 lat	00:00:13	00:00:34	00:20:50	00:41:43
129	NOWAK Jakub	101	DOBRYŃSKI KLUB ŻEGLARSKI	M3 40-49 lat	00:00:02	00:00:22	00:20:39	00:41:48
130	OLSZANKA Arkadiusz	266		M3 40-49 lat	00:00:15	00:00:30	00:21:10	00:41:55
131	SUCHODOLSKI Mariusz	349	TRUCHT TARCHOMIN TEAM	M3 40-49 lat	00:00:13	00:00:27	00:21:19	00:42:11
132	ZIELIŃSKI Łukasz	471	BIEGAM BO LUBIĘ OSTROŁĘKA	M2 30-39 lat	00:00:04	00:00:25	00:21:00	00:42:12
133	CEGIEŁKA Dawid	42	KS BACHMATY	M2 30-39 lat	00:00:41	00:00:32	00:20:49	00:42:12
134	ŁATKOWSKI Łukasz	209	GRUPA BIEGOWA UM W-WA	M3 40-49 lat	00:00:24	00:00:34	00:21:37	00:42:18
135	BIAŁOKOS Kamil	29	GRUPA BIEGOWA UM W-WA	M3 40-49 lat	00:00:25	00:00:35	00:21:38	00:42:18
136	FRĄCKIEWICZ Dariusz	86	BIEGAM NA TARCHOMINIE	M3 40-49 lat	00:00:23	00:00:35	00:21:05	00:42:19
137	LEWANDOWSKI Piotr	206	TRUCH TARCHOMINTEAM	M3 40-49 lat	00:00:10	00:00:26	00:20:16	00:42:20
138	STRÓŻYK Piotrek	346		M3 40-49 lat	00:00:25	00:00:33	00:21:17	00:42:20
139	CELIŃSKI Tomasz	43	TUPTUŚ OTWOCK	M4 50-59	00:00:05	00:00:25	00:21:18	00:42:23
140	ZAJAC Bartosz	514	BSB BARCZEWO BIEGA/ ZK BARCZEWO	M2 30-39 lat	00:00:14	00:00:32	00:21:17	00:42:26
141	KAROLAK Rafał	155	STOMILEX	M3 40-49 lat	00:00:33	00:00:37	00:21:09	00:42:27
142	MIĘTEK Artur	237	III ZKSS SR LEGIONOWO	M3 40-49 lat	00:00:12	00:00:34	00:21:24	00:42:29
143	GAJEWSKI Mariusz	90		M3 40-49 lat	00:00:33	00:00:35	00:20:49	00:42:34
144	ROKITA Andrzej	304		M3 40-49 lat	00:00:34	00:00:35	00:21:46	00:42:36
145	KOŚCIUK Maciek	179		M3 40-49 lat	00:00:00	00:00:33	00:20:58	00:42:40
146	DZIARNOWSKI Włodek	73	BIEGAMPŁOCK TEAM	M4 50-59	00:00:14	00:00:30	00:21:11	00:42:41
147	TWORZEWSK Piotr	523	OSTROBIEC / SEKCJA BOKSERSKA KSZO	M1 < 29 lat	00:00:37	00:00:36	00:21:30	00:42:42
148	MUSIAŁ Krzysztof	243		M1 < 29 lat	00:00:22	00:00:30	00:20:48	00:42:43
149	SZACHNA Piotr	354	EKOBIEGI	M3 40-49 lat	00:00:18	00:00:36	00:22:45	00:42:49
150	STĘPIEŃ Paulina	507		K2 30-39 lat	00:00:22	00:00:32	00:21:30	00:42:50
151	KUREK Wojciech	202	1 BAZA LOTNICTWA TRANSPORTOWEGO	M2 30-39 lat	00:00:26	00:00:36	00:21:48	00:42:50
152	GOLIASZ Paweł	102	BIEGAM I JUŻ	M3 40-49 lat	00:00:19	00:00:32	00:21:09	00:42:52
153	GOŁASZEWSKI Marcin	103		M3 40-49 lat	00:00:10	00:00:28	00:21:28	00:42:54
154	NADOBNIK Konrad	245	BIEGAM BO LUBIĘ ZĄBKI TEAM	M2 30-39 lat	00:00:05	00:00:27	00:21:14	00:42:56
155	CZAJKOWSKI Marcin	59	OMB OŻARÓW MAZOWIECKI	M3 40-49 lat	00:00:25	00:00:37	00:21:48	00:42:56
156	CZAJKOWSKI Marek	58	---	M3 40-49 lat	00:00:23	00:00:35	00:21:50	00:42:58
157	PIOTROWSKI Artur	521	NASIELSK BASZTA TEAM	M3 40-49 lat	00:00:23	00:00:35	00:21:06	00:42:58
158	WYDRA Mariusz	469		M3 40-49 lat	00:00:34	00:00:37	00:22:11	00:43:02
159	MYSTKOWSKI Mieczysław	447		M4 50-59	00:00:16	00:00:33	00:21:09	00:43:10
160	JANECKI Przemysław	131		M2 30-39 lat	00:00:16	00:00:34	00:21:09	00:43:10
161	STACHOWICZ Paweł	458		M1 < 29 lat	00:00:31	00:00:33	00:21:46	00:43:12
162	SŁOWIŃSKI Marcin	328	1. OREL	M2 30-39 lat	00:00:35	00:00:35	00:21:48	00:43:15
163	GULCZ Katarzyna	120	SR GDAŃSK-PÓLNOC/KUJAWSCY RUNNERS	K3 40-49 lat	00:00:06	00:00:27	00:21:36	00:43:19
164	URBANIAK Michał	385		M2 30-39 lat	00:00:07	00:00:28	00:21:28	00:43:19
165	FIRYSIUK Tomasz	84		M3 40-49 lat	00:00:32	00:00:38	00:22:11	00:43:19
166	ZRAZEK Piotr	421		M3 40-49 lat	00:00:34	00:00:39	00:21:37	00:43:20
167	POTRZEBOWSKI Dominik	292		M2 30-39 lat	00:00:24	00:00:35	00:22:06	00:43:21
168	SĄGOL Sylwester	316		M3 40-49 lat	00:00:52	00:00:33	00:21:52	00:43:21
169	RUDNIK Jarosław	309	ZABIEGANY WOŁOMIN	M3 40-49 lat	00:00:10	00:00:28	00:21:13	00:43:24
170	BUCHALSKA Ewa	478	EKOBIEGI	K3 40-49 lat	00:00:20	00:00:34	00:21:36	00:43:24

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	0.1km	4.4km	8.7km
171	STEMPEL Tomasz	341	MARYSIN WAWERSKI BIEGA	M3 40-49 lat	00:00:16	00:00:31	00:21:29	00:43:26
172	MAGOT Tomasz	497		M2 30-39 lat	00:00:31	00:00:37	00:22:15	00:43:30
173	KOPER Sebastian	173	CARREFOUR RUNNING TEAM	M3 40-49 lat	00:00:04	00:00:23	00:21:27	00:43:34
174	PISAREK Norbert	289		M3 40-49 lat	00:00:49	00:00:35	00:22:16	00:43:34
175	POPOWICZ Bartłomiej	291		M1 < 29 lat	00:00:32	00:00:30	00:21:40	00:43:35
176	PIERAŃSKI Adam	284	VEGE RUNNERS	M4 50-59	00:00:11	00:00:33	00:22:04	00:43:36
177	PAZIEWSKI Andrzej	281	BIEGAM NA TARCHOMINIE	M3 40-49 lat	00:00:20	00:00:35	00:22:05	00:43:37
178	STANKOWSKI Paweł	337		M2 30-39 lat	00:00:11	00:00:31	00:21:47	00:43:38
179	SZYMAŃSKI Robert	366	KREWKI URSYNÓW HDK	M3 40-49 lat	00:00:31	00:00:32	00:21:42	00:43:39
180	SZELAĞ Tomasz	360	MKB DREPTAK	M3 40-49 lat	00:00:35	00:00:34	00:21:42	00:43:40
181	ŚCISŁOWICZ Krzysztof	369	STOMILEX	M2 30-39 lat	00:00:04	00:00:25	00:21:40	00:43:46
182	BABIUCH Marek	18		M4 50-59	00:00:09	00:00:27	00:22:02	00:43:46
183	KALICZYŃSKA Wioletta	147	CYTRYNOWI STUDENCI / RUNEDA	K3 40-49 lat	00:00:09	00:00:28	00:21:47	00:43:50
184	BIEDKA Robert	533	REBOOK RUN CREW	M3 40-49 lat	00:00:09	00:00:29	00:21:47	00:43:51
185	SOBCZAK Bogusław	457	M.I.L.A - MASTERS IWICZNA LIFE ATHLETICS	M3 40-49 lat	00:00:31	00:00:33	00:21:53	00:43:51
186	KUCHTA Paweł	195		M2 30-39 lat	00:00:08	00:00:28	00:20:54	00:44:05
187	TEJCHMA Natalia	373	BIEGAM NA TARCHOMINIE	K3 40-49 lat	00:00:23	00:00:36	00:22:51	00:44:06
188	MILANIAK Bogdan	446		M3 40-49 lat	00:00:32	00:00:37	00:22:06	00:44:08
189	EWERTOWSKI Piotr	76	MARKOWI BIEGACZE	M4 50-59	00:00:26	00:00:37	00:22:33	00:44:21
190	KOSMALA Dariusz	178		M4 50-59	00:00:11	00:00:32	00:21:44	00:44:27
191	MUSIAŁ Marcin	538		M2 30-39 lat	00:00:21	00:00:35	00:22:02	00:44:30
192	GRZEGORSKI Arkadiusz	117	KB FOLIE	M4 50-59	00:00:34	00:00:36	00:22:10	00:44:35
193	OCHAB Janusz	261		M3 40-49 lat	00:00:26	00:00:35	00:22:37	00:44:38
194	MANCZENKO Eugeniusz	222		M2 30-39 lat	00:00:22	00:00:31	00:21:23	00:44:39
195	CZAJKA Piotr	56	BIEGAM NA TARCHOMINIE	M2 30-39 lat	00:00:19	00:00:37	00:22:34	00:44:48
196	KUCKI Kamil	197	MAZOVIA PROACTIV CIECHANÓW	M2 30-39 lat	00:00:33	00:00:37	00:22:42	00:44:51
197	WIERBIŁOWICZ Dariusz	397		M3 40-49 lat	00:00:30	00:00:34	00:22:33	00:44:54
198	BRONISZEWSKI Jakub	477		M3 40-49 lat	00:00:40	00:00:36	00:22:23	00:44:54
199	TOMCZAK Karol	510		M1 < 29 lat	00:00:11	00:00:30	00:22:10	00:44:55
200	SCHINDLER Żaneta	318		K3 40-49 lat	00:00:07	00:00:27	00:22:12	00:44:58
201	KOSIŃSKI Aleksander	177		M2 30-39 lat	00:00:36	00:00:38	00:22:45	00:45:02
202	WYSOCKI Robert	408	GRUPA BIEGOWA UM WA-WA	M3 40-49 lat	00:00:25	00:00:35	00:22:35	00:45:06
203	PIOTROWSKI Kamil	287		M2 30-39 lat	00:00:26	00:00:37	00:23:12	00:45:07
204	TYMIŃSKI Mariusz	383		M2 30-39 lat	00:00:32	00:00:37	00:22:35	00:45:07
205	KSENIĄK Szymon	191		M3 40-49 lat	00:00:23	00:00:34	00:22:40	00:45:08
206	SIEDLACZEK Zbigniew	321		M5 60+	00:00:24	00:00:36	00:22:17	00:45:08
207	RUSIN Bartosz	310	KS STASZEWSKY	M3 40-49 lat	00:00:18	00:00:34	00:22:18	00:45:11
208	GRZECHNIK Renata	431		K3 40-49 lat	00:00:17	00:00:31	00:22:43	00:45:12
209	FILC Łukasz	82		M2 30-39 lat	00:00:26	00:00:35	00:22:29	00:45:14
210	WOJCIECHOWSKA Klaudia	468	TEAM ZABIEGANEDNI	K3 40-49 lat	00:00:07	00:00:30	00:22:49	00:45:15
211	KONARSKI Maciej	490	DOGOŃ GRODZISK MAZOWIECKI	M2 30-39 lat	00:00:08	00:00:29	00:22:48	00:45:15
212	SMOLEŃSKI Piotr	330	TRUCHT TARCHOMIN TEAM	M4 50-59	00:00:12	00:00:29	00:22:34	00:45:16
213	TRZASKOWSKI Dariusz	381	TRUCHT TARCHOMIN TEAM	M3 40-49 lat	00:00:13	00:00:29	00:22:34	00:45:17
214	CICHOŃSKA Elżbieta	49	TRUCHT TARCHOMIN TEAM	K4 50-59 lat	00:00:11	00:00:31	00:22:35	00:45:18
215	KILIAŃSKI Rafał	162	TRUCHT TARCHOMIN TEAM	M3 40-49 lat	00:00:12	00:00:30	00:22:34	00:45:19
216	SZULAWSKI Robert	363	GSD. ŻOLIBORZ.	M4 50-59	00:00:08	00:00:30	00:22:39	00:45:22

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	0.1km	4.4km	8.7km
217	ZUBELEWICZ-JERUZALSKA Anna	472		K2 30-39 lat	00:00:14	00:00:34	00:22:34	00:45:22
218	KUFLOWSKI Artur	199	JW.3411	M3 40-49 lat	00:00:28	00:00:37	00:22:52	00:45:22
219	LEŃCZUK Andrzej	440		M4 50-59	00:00:23	00:00:33	00:22:25	00:45:23
220	TOMCZAK Andrzej	522		M1 < 29 lat	00:00:13	00:00:27	00:22:08	00:45:24
221	JĘDRACHOWICZ Agnieszka	140		K2 30-39 lat	00:00:27	00:00:35	00:23:05	00:45:26
222	TODORSKI Tomasz	375		M3 40-49 lat	00:00:19	00:00:33	00:23:07	00:45:28
223	WILEŃSKI Zbigniew	398	GRUPA BIEGOWA UM W-WA	M4 50-59	00:00:27	00:00:36	00:22:58	00:45:28
224	PYTKA Andrzej	297		M4 50-59	00:00:44	00:00:36	00:22:43	00:45:30
225	KWIATKOWSKI Tomasz	204		M3 40-49 lat	00:00:43	00:00:37	00:22:43	00:45:31
226	DALECKI Łukasz	536	NASIELSK BASZTA TEAM	M2 30-39 lat	00:00:22	00:00:35	00:22:47	00:45:32
227	GONTARZ Mateusz	484		M2 30-39 lat	00:00:41	00:00:36	00:23:32	00:45:33
228	MALINOWSKI Mikołaj	530		M3 40-49 lat	00:00:05	00:00:25	00:22:54	00:45:35
229	NOGAL Robert	253		M2 30-39 lat	00:00:24	00:00:35	00:22:08	00:45:35
230	SYPNIEWSKI Tomasz	353	EMO OI	M2 30-39 lat	00:00:37	00:00:37	00:22:29	00:45:35
231	WACH Michał	387	BIEGAM NA TARCHOMINIE	M3 40-49 lat	00:00:22	00:00:36	00:23:12	00:45:38
232	TRZASKOWSKA Justyna	462		K2 30-39 lat	00:00:43	00:00:35	00:23:15	00:45:38
233	FIGIEL Michał	80	AMATORSKI KLUB ŻUŻLOWY	M1 < 29 lat	00:00:18	00:00:32	00:22:09	00:45:40
234	BARAN Przemysław	23		M1 < 29 lat	00:00:36	00:00:34	00:22:55	00:45:40
235	GÓRECKI Krzysztof	110		M3 40-49 lat	00:00:43	00:00:38	00:23:06	00:45:40
236	KADUK Łukasz	542	CEZAR	M2 30-39 lat	00:00:00	00:00:51	00:23:00	00:45:41
237	WIŚNIEWSKI Tomasz	403	KPMG RUNNING TEAM	M3 40-49 lat	00:00:25	00:00:34	00:23:09	00:45:48
238	STARZYŃSKI Piotr	506		M2 30-39 lat	00:00:31	00:00:34	00:23:22	00:45:51
239	KASKA Mateusz	158		M2 30-39 lat	00:00:35	00:00:37	00:23:26	00:45:52
240	ZWOLIŃSKI Grzegorz	422	REEBOK RUN CREW	M3 40-49 lat	00:00:31	00:00:34	00:23:11	00:45:53
241	WIŚNIEWSKI Paweł	404	ŁOMIANKOWSKA GRUPA BIEGOWA	M3 40-49 lat	00:00:07	00:00:27	00:22:01	00:45:58
242	PŁÓCIENNIK Renata	290	NIGHT RUNNERS OSTRÓW WIELKOPOLSKI	K4 50-59 lat	00:00:25	00:00:33	00:22:52	00:46:00
243	BAK Łukasz	25	AGD WRONIAK	M2 30-39 lat	00:00:33	00:00:32	00:23:15	00:46:04
244	BORAWSKA Emilia	34		K2 30-39 lat	00:00:28	00:00:34	00:23:06	00:46:07
245	CZAJKA Justyna	57		K3 40-49 lat	00:00:21	00:00:36	00:22:57	00:46:08
246	BARTNIK Rafał	24		M3 40-49 lat	00:00:16	00:00:31	00:22:30	00:46:12
247	GRZESZCZYK Michał	118	EKOBIEGI	M2 30-39 lat	00:00:17	00:00:38	00:23:10	00:46:12
	KOŁOSOWSKI Piotr	434	KUNGFU PANDA TEAM	M2 30-39 lat	DNF	00:00:38 DNF	00:23:17 DNF	00:46:12 DNF
249	JARON Jarosław	133	KOKOSZKA36TEAM	M3 40-49 lat	00:00:18	00:00:35	00:22:59	00:46:13
250	MYŚLIŃSKA Anna	1	EKOBIEGI	K3 40-49 lat	00:00:15	00:00:32	00:23:05	00:46:14
251	JABŁONKA Radosław	128	DZIADY OCR	M3 40-49 lat	00:00:20	00:00:34	00:23:04	00:46:14
252	GÓRECKI Rajmund	109		M3 40-49 lat	00:00:36	00:00:36	00:23:19	00:46:27
253	MĘDRZYCKI Mirosław	232	PARKRUN BRÓDNO	M4 50-59	00:00:01	00:00:22	00:23:00	00:46:33
254	GRYCNER Paweł	116		M2 30-39 lat	00:00:23	00:00:34	00:22:50	00:46:35
255	STASIAK Piotr	340		M2 30-39 lat	00:00:38	00:00:36	00:23:41	00:46:40
256	MALINOWSKI Mariusz	220		M2 30-39 lat	00:00:39	00:00:36	00:23:40	00:46:40
257	SUCHOCKA Monika	525		K2 30-39 lat	00:00:02	00:00:27	00:23:04	00:46:46
258	BAKUŁA Wiesław	517	WAMPIR	M4 50-59	00:00:04	00:00:27	00:23:19	00:46:52
259	ŁĘCKI Tomasz	211		M3 40-49 lat	00:00:20	00:00:32	00:23:06	00:47:00
260	SOPYŁO Stefan	334		M2 30-39 lat	00:00:26	00:00:35	00:23:59	00:47:04
261	PARADOWSKI Andrzej	275		M3 40-49 lat	00:00:52	00:00:33	00:23:31	00:47:04
262	SKOWRON Wojciech	543		M4 50-59	00:00:46	00:00:39	00:24:06	00:47:08

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	0.1km	4.4km	8.7km
263	HARTMAN Łukasz	123	OFF-ROAD RUNNERS BENEFIT SYSTEMS	M2 30-39 lat	00:00:24	00:00:36	00:23:16	00:47:10
264	KULESZA Agnieszka	439	TRUCHT TARCHOMIN TEAM	K1 < 29 lat	00:00:15	00:00:34	00:23:50	00:47:11
265	SOCHACKI Mariusz	332		M3 40-49 lat	00:00:15	00:00:32	00:23:25	00:47:13
266	NIEDZIELA Dominik	249		M3 40-49 lat	00:00:50	00:00:37	00:24:28	00:47:14
267	AMROZIK Anna	13		K2 30-39 lat	00:00:32	00:00:38	00:23:44	00:47:15
268	GODLEWSKI Daniel	99		M2 30-39 lat	00:00:41	00:00:37	00:23:11	00:47:20
269	KORYCKI Karol	175		M2 30-39 lat	00:00:21	00:00:45	00:26:11	00:47:21
270	RODAK Zbigniew	303		M4 50-59	00:00:25	00:00:36	00:24:26	00:47:30
271	DOMAŃSKI Piotr	428		M2 30-39 lat	00:00:05	00:00:30	00:24:15	00:47:36
272	SKRZYŃSKI Adam	327		M1 < 29 lat	00:00:32	00:00:39	00:24:13	00:47:36
273	BORUSZEWSKI Maciej	35		M3 40-49 lat	00:00:13	00:00:34	00:24:00	00:47:40
274	MĘDEL Cezary	230		M3 40-49 lat	00:00:19	00:00:37	00:24:11	00:47:48
275	MĘDEL Marta	231		K3 40-49 lat	00:00:18	00:00:37	00:24:12	00:47:49
276	ZDUNIAK Marcin	516	BIEGAM NA TARCHOMINIE	M2 30-39 lat	00:00:42	00:00:36	00:24:18	00:47:50
277	NOWAK Karolina	255		K2 30-39 lat	00:00:03	00:00:28	00:23:46	00:47:53
278	GALIŃSKA Magdalena	91	WARSZAWSKI ZAUŁEK	K2 30-39 lat	00:00:40	00:00:36	00:23:54	00:47:58
279	SMOCZYK Hubert	329	WARSZAWSKI ZAUŁEK	M2 30-39 lat	00:00:40	00:00:37	00:23:54	00:47:58
280	MAJEWSKA Hanna	219	BIEGAM NA TARCHOMINIE	K2 30-39 lat	00:00:21	00:00:34	00:23:39	00:48:01
281	CHOJNOWSKI Andrzej	47	BIEGAM NA TARCHOMINIE	M3 40-49 lat	00:00:23	00:00:35	00:24:23	00:48:03
282	JAROSZ-PIWONSKA Aldona	134		K3 40-49 lat	00:00:51	00:00:33	00:23:52	00:48:12
283	OLESIAK Arkadiusz	265	BIEGAM NA TARCHOMINIE	M3 40-49 lat	00:00:19	00:00:37	00:24:36	00:48:13
284	NOSARZEWSKI Mariusz	254		M3 40-49 lat	00:00:20	00:00:37	00:24:10	00:48:16
285	KULIK Karol	539		M3 40-49 lat	00:00:37	00:00:37	00:25:09	00:48:20
286	ŻAK Oliwia	423	PIASECZNO RUNNING	K2 30-39 lat	00:00:43	00:00:37	00:24:00	00:48:20
287	BRZOSKA Małgorzata	427	BRACTWO BIEGOWE BGK	K3 40-49 lat	00:00:04	00:00:28	00:23:42	00:48:21
288	KARWOWSKA Mariusz	156	GRUPA BIEGOWA UM W-WA	M3 40-49 lat	00:00:26	00:00:35	00:24:24	00:48:25
289	ANDRUKIEWICZ Anita	14	GRUPA BIEGOWA CHTMO	K2 30-39 lat	00:00:25	00:00:37	00:24:25	00:48:26
290	ANTONOWICZ Maciek	15	DEAF RUNNING	M2 30-39 lat	00:00:30	00:00:37	00:25:13	00:48:35
291	MARCZAK Grażyna	223	LECZO TEAM	K5 60 +	00:00:36	00:00:36	00:24:27	00:48:39
292	KARASIEWICZ Katarzyna	154		K3 40-49 lat	00:00:17	00:00:34	00:24:15	00:48:40
293	STĘPIŃSKA Anna	343		K1 < 29 lat	00:00:26	00:00:35	00:24:45	00:48:46
294	KOSEWSKA Dorota	176	BIEGAM NA TARCHOMINIE	K4 50-59 lat	00:00:22	00:00:36	00:24:35	00:48:50
295	KOZIATEK Mariusz	186		M3 40-49 lat	00:00:23	00:00:36	00:24:54	00:48:55
296	BUKOWSKI Janusz	5	STOWARZYSZENIE DAĆ SIEBIE INNYM	M5 60+	00:00:03	00:00:31	00:24:10	00:49:10
297	CIERNIAK Michał	50	GRUPA BIEGOWA UM W-WA	M3 40-49 lat	00:00:46	00:00:36	00:25:02	00:49:14
298	LACH Adrian	205	TRICLUB	M3 40-49 lat	00:00:12	00:00:33	00:23:02	00:49:18
299	TRZASKOWSKA Joanna	380	TRUCHT TARCHOMIN TEAM	K2 30-39 lat	00:00:34	00:00:38	00:24:34	00:49:21
300	MATWIEJ Adam	443	ADAM MATWIEJ	M2 30-39 lat	00:00:44	00:00:37	00:24:55	00:49:21
301	HERNIK Jacek	126	BABABARANЕК RUNNERS	M5 60+	00:00:43	00:00:38	00:25:02	00:49:23
302	KUNKA Piotr	201	TEAM ZABIEGANEDNI	M2 30-39 lat	00:00:20	00:00:34	00:25:00	00:49:27
303	DZIDECZEK Marcin	74	TEAM ZABIEGANEDNI	M2 30-39 lat	00:00:20	00:00:33	00:25:00	00:49:27
304	KONIECZNY Piotr	172		M2 30-39 lat	00:00:44	00:00:37	00:24:52	00:49:32
305	KRZYSIAK Aneczka	190		K3 40-49 lat	00:00:39	00:00:38	00:24:13	00:49:36
306	FABISIAK Damian	429		M2 30-39 lat	00:00:14	00:00:32	00:23:26	00:49:37
307	DZIEPAK Piotr	75	1. BLTR	M2 30-39 lat	00:00:26	00:00:36	00:24:35	00:49:37
308	KOWALCZYK Mateusz	183		M1 < 29 lat	00:00:40	00:00:34	00:24:42	00:49:40

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	0.1km	4.4km	8.7km
309	REGUCKI Ryszard	301		M3 40-49 lat	00:00:36	00:00:31	00:24:34	00:49:42
310	PIRÓG Kamil	288	1. OREL	M2 30-39 lat	00:00:28	00:00:38	00:25:38	00:49:47
311	WEBER Agata	393	JACEKBIEGA RUNNING TEAM	K3 40-49 lat	00:00:00	00:01:03	00:24:46	00:49:49
312	SAŁAJCZYK Sylwester	452		M4 50-59	00:00:34	00:00:38	00:25:08	00:49:49
313	KOLASA Paulina	168	KLUB GORDONA I GINY	K2 30-39 lat	00:00:38	00:00:35	00:24:37	00:49:51
314	ZDUŃSKI Jarosław	414		M4 50-59	00:00:22	00:00:38	00:24:29	00:49:52
315	GADOMSKA Małgorzata	88	NW CZŁAPSKI TEAM	K3 40-49 lat	00:00:14	00:00:36	00:24:56	00:49:54
316	SELESKI Krzysztof	319	MARCIN.BIZ	M4 50-59	00:00:58	00:00:28	00:24:33	00:49:59
317	BOJAR Paweł	33		M3 40-49 lat	00:00:23	00:00:36	00:25:21	00:50:01
318	WIDERA Tomasz	395	KOKOSZKA36TEAM	M2 30-39 lat	00:00:40	00:00:35	00:25:21	00:50:11
319	RYBARCZYK Kamil	311		M2 30-39 lat	00:00:46	00:00:38	00:26:15	00:50:12
320	PEPŁAWSKA Małgorzata	282	III ZKSS SR LEGIONOWO	K2 30-39 lat	00:00:09	00:00:29	00:24:40	00:50:14
321	ŁOZIŃSKI Piotr	494	BRACTWO BIEGOWE BGK	M3 40-49 lat	00:00:11	00:00:34	00:25:17	00:50:14
322	CIEŚLIŃSKI Dariusz	52	DARIOS	M3 40-49 lat	00:00:18	00:00:37	00:24:24	00:50:19
323	KOMOROWSKI Piotrek	435		M2 30-39 lat	00:00:10	00:00:29	00:24:47	00:50:26
324	BIDZINSKI Krzysztof	31	LEBIEGI	M3 40-49 lat	00:00:29	00:00:38	00:25:14	00:50:35
325	WALIGÓRSKI Krzysztof	463	MARKOWI BIEGACZE	M4 50-59	00:00:27	00:00:37	00:26:05	00:50:43
326	ADAMCZUK Agnieszka	11	MARKOWI BIEGACZE	K3 40-49 lat	00:00:27	00:00:37	00:26:05	00:50:43
327	SKIBIŃSKA Małgorzata	454	ZOLWIKIERSI	K3 40-49 lat	00:00:39	00:00:36	00:25:50	00:50:43
328	KRÓLIK Tomasz	188		M3 40-49 lat	00:00:33	00:00:35	00:25:36	00:50:45
329	ZARĘBA Jarosław	410		M3 40-49 lat	00:00:30	00:00:37	00:25:14	00:50:47
330	SZYMAŃSKI Paweł	365		M2 30-39 lat	00:00:39	00:00:36	00:25:08	00:50:48
331	TELAKOWSKA Anita	374		K2 30-39 lat	00:00:13	00:00:36	00:24:31	00:50:51
332	CHĄDZYŃSKI Marcin	46		M2 30-39 lat	00:00:33	00:00:38	00:25:41	00:50:51
333	KLUZIAK Jarosław	165		M2 30-39 lat	00:00:27	00:00:36	00:24:57	00:50:53
334	PANCEROW Marcin	449		M3 40-49 lat	00:00:10	00:00:33	00:24:38	00:50:56
335	KRÓL Ryszard	187	LUBLIN BIEGA	M4 50-59	00:00:25	00:00:36	00:25:32	00:51:04
336	NOWAKOWSKI Czesław	257	KLUB. BIEGACZAGOCH	M5 60+	00:00:25	00:00:34	00:25:03	00:51:04
337	OSUCH Dorota	273	NWST	K3 40-49 lat	00:00:30	00:00:37	00:25:33	00:51:04
338	KWIATEK Jacek	203		M4 50-59	00:00:35	00:00:37	00:25:28	00:51:04
339	KOTLENGA Monika	181		K3 40-49 lat	00:00:13	00:00:33	00:25:24	00:51:09
340	GROBEREK Monika	113		K3 40-49 lat	00:00:22	00:00:34	00:25:49	00:51:13
341	DĘBSKA Joanna	65		K2 30-39 lat	00:00:32	00:00:39	00:25:37	00:51:15
342	NOBERT Marta	252	CYTRYNOWI STUDENCI	K3 40-49 lat	00:00:09	00:00:34	00:25:39	00:51:23
343	WALCZAK Dariusz	389	CYTRYNOWI STUDENCI	M3 40-49 lat	00:00:09	00:00:35	00:25:39	00:51:23
344	WAŚIK Izabela	392		K3 40-49 lat	00:00:31	00:00:37	00:25:59	00:51:23
345	DĄBROWSKI Andrzej	62		M5 60+	00:00:09	00:00:36	00:25:39	00:51:25
346	GONET Katarzyna	105		K3 40-49 lat	00:00:28	00:00:38	00:26:00	00:51:25
347	MAZUR Jowita	229	FUNKCJONUJ	K3 40-49 lat	00:00:28	00:00:39	00:26:01	00:51:25
348	ŁOZOWSKA Aneta	212		K3 40-49 lat	00:00:29	00:00:38	00:26:00	00:51:25
349	RZEPLIŃSKA Dorota	500		K3 40-49 lat	00:00:11	00:00:31	00:25:33	00:51:29
350	JERZAK Eryk	139		M4 50-59	00:00:45	00:00:36	00:25:36	00:51:30
351	ŁUCAK Piotr	213	OSTRÓW BIEGA	M2 30-39 lat	00:00:19	00:00:35	00:26:16	00:51:34
352	BARAN Wojciech	22		M1 < 29 lat	00:00:36	00:00:35	00:25:52	00:51:37
353	KŁOS Anna	166	PO PROSTU MY	K3 40-49 lat	00:00:42	00:00:38	00:26:38	00:51:40
354	FIJAŁKOWSKI Michał	81	PO PROSTU MY	M3 40-49 lat	00:00:42	00:00:38	00:26:39	00:51:40

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	0.1km	4.4km	8.7km
355	GÓRSKI Krzysztof	111		M3 40-49 lat	00:00:13	00:00:33	00:25:13	00:51:42
356	SWIETLIK Magdalena	351		K2 30-39 lat	00:00:29	00:00:38	00:26:09	00:51:44
357	KMIEĆ Agnieszka	489		K2 30-39 lat	00:00:32	00:00:38	00:25:58	00:51:46
358	TROJANEK Edyta	378	WWW.SENSORYBEAUTY.PL	K3 40-49 lat	00:00:16	00:00:35	00:26:10	00:51:47
359	GOLENIIEWSKI Patryk	482	1992	M1 < 29 lat	00:00:16	00:00:33	00:25:17	00:51:52
360	ADAMOWSKA Barbara	12		K3 40-49 lat	00:00:24	00:00:36	00:26:04	00:52:08
361	RZEPKA Mirek	313	AKTYWNI BIEGACZE	M4 50-59	00:00:31	00:00:34	00:25:48	00:52:18
362	NOWOSIELSKI Tomasz	260	HERO	M4 50-59	00:00:29	00:00:39	00:25:24	00:52:24
363	ZIEŃ Agnieszka	419		K2 30-39 lat	00:00:45	00:00:40	00:26:39	00:52:33
364	ŚWISTOWSKA Anna	370		K2 30-39 lat	00:00:17	00:00:34	00:25:50	00:52:34
365	SIKORSKI Michał	535	EKO BIEGI	M3 40-49 lat	00:00:51	00:00:37	00:26:32	00:52:51
366	SIKORSKA Agnieszka	504	EKO BIEGI	K3 40-49 lat	00:00:50	00:00:37	00:26:33	00:52:54
367	BAK Hubert	27		M1 < 29 lat	00:00:30	00:00:38	00:26:07	00:52:58
368	RACZKOWSKA Dorota	299	BRACTWO BIEGOWE BGK	K3 40-49 lat	00:00:12	00:00:33	00:26:07	00:53:00
369	BAK Andrzej	26		M4 50-59	00:00:30	00:00:38	00:26:07	00:53:05
370	GRACZYK Roman	112		M3 40-49 lat	00:00:18	00:00:38	00:26:09	00:53:11
371	BRZEZICKI Michał	39		M2 30-39 lat	00:00:39	00:00:36	00:26:24	00:53:16
372	SIERZPUTOWSKA Ewa	323	SIE_BIEGA	K4 50-59 lat	00:00:34	00:00:37	00:26:40	00:53:39
373	BEDNARZAK Tadeusz	28	YULO RUN TEAM SIEDLCE	M5 60+	00:00:37	00:00:37	00:26:42	00:53:40
374	TOMASZEWSKA Mariola	376	WATAHA ŁĄCZY NAS BIEGANIE	K4 50-59 lat	00:00:28	00:00:38	00:26:46	00:53:51
375	NIEZGODA Ewa	251	NIEZGODNIKI	K3 40-49 lat	00:00:07	00:00:32	00:26:50	00:53:54
376	STANKIEWICZ Malgorzata	336		K2 30-39 lat	00:00:32	00:00:38	00:26:35	00:53:55
377	DŁUŻNIEWSKI Tomasz	66		M3 40-49 lat	00:00:46	00:00:37	00:26:56	00:53:57
378	JACHOWICZ Łukasz	129		M2 30-39 lat	00:00:46	00:00:37	00:26:35	00:53:57
379	JERUZAL Jacek	138	TUPTUŚ OTWOCK	M4 50-59	00:00:05	00:00:32	00:26:39	00:53:59
380	KULAK Paweł	200		M3 40-49 lat	00:00:31	00:00:38	00:26:49	00:54:03
381	KOWALSKI Kamil	185	CYTRYNOWI STUDENCI	M2 30-39 lat	00:00:48	00:00:39	00:27:29	00:54:10
382	PAWŁOWSKI Jakub	280	CYTRYNOWI STUDENCI	M2 30-39 lat	00:00:48	00:00:39	00:27:29	00:54:11
383	SOBCZAK Anna	456	M.I.L.A. MASTERS IWICZNA LIFE ATHLETICS	K3 40-49 lat	00:00:38	00:00:36	00:26:55	00:54:27
384	FRENKEL Marek	87		M4 50-59	00:00:48	00:00:39	00:27:31	00:54:29
385	STRACHOCKA Anna	344	GRUPA BIEGOWA UM W-WA	K5 60 +	00:00:42	00:00:36	00:27:15	00:54:31
386	PETRYCKI Marcin	283	PUMP!T	M3 40-49 lat	00:00:11	00:00:35	00:27:59	00:54:43
387	RUCIŃSKA Jolanta	308	NASIELSK BASZTA TEAM	K2 30-39 lat	00:00:22	00:00:35	00:27:41	00:54:51
388	STAŃCZYK Zofia	339		K1 < 29 lat	00:00:49	00:00:37	00:27:17	00:54:55
389	ZAWADKA Agnieszka	411		K3 40-49 lat	00:00:48	00:00:38	00:27:31	00:55:06
390	JAWORSKA Joanna	136		K2 30-39 lat	00:00:28	00:00:38	00:26:47	00:55:28
391	ZYGMUNT Natalia	473		K1 < 29 lat	00:00:13	00:00:36	00:27:14	00:55:42
392	KAWKA Andrzej	159		M5 60+	00:00:45	00:00:38	00:27:49	00:55:47
393	ROMANOWSKA Ewa	451	KUNGFU PANDA	K2 30-39 lat	00:00:39	00:00:38	00:28:03	00:56:28
394	KAMIONOWSKI Mariusz-Jacek	152	MORSY OSTROŁĘKA	M4 50-59	00:00:06	00:00:32	00:25:45	00:56:40
395	ROSZAK Waldemar	306	BIEGAM NA ZIELONEJ BIAŁOŁĘCE	M4 50-59	00:01:01	00:00:27	00:27:26	00:56:47
396	WINDER Agnieszka	399		K2 30-39 lat	00:00:29	00:00:36	00:27:39	00:56:53
397	SZAFRAN Beata	355	PUMP!T	K3 40-49 lat	00:00:11	00:00:36	00:28:09	00:56:55
398	PAWEŁEK Krzysztof	279	PO PROSTU MY	M3 40-49 lat	00:00:43	00:00:37	00:28:14	00:57:07
399	HAJKOWICZ Dorota	541		K3 40-49 lat	00:00:00	00:00:36	00:26:58	00:57:11
400	STAŃCZYK Grzegorz	338		M4 50-59	00:00:49	00:00:37	00:28:27	00:57:15

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	0.1km	4.4km	8.7km
401	CHOŁUJ Agata	48	PO PROSTU MY	K3 40-49 lat	00:00:42	00:00:37	00:28:15	00:57:19
402	KUCICKI Krzysztof	196		M3 40-49 lat	00:00:05	00:00:26	00:26:22	00:57:23
403	ŁĄCKA Ilona	210	BIAŁOŁĘKA JEST KOBIETĄ	K3 40-49 lat	00:00:17	00:00:37	00:28:15	00:57:31
404	ŁUKASIEWICZ Robert	216	KOKOSZKA36TEAM	M3 40-49 lat	00:00:40	00:00:36	00:28:18	00:58:05
405	ŁUCZAK Małgorzata	215	RUNNERSI ZE SKARBKA	K3 40-49 lat	00:00:34	00:00:39	00:28:50	00:58:20
406	ŁUCZAK Piotr	214	PKO BANK POLSKI	M3 40-49 lat	00:00:34	00:00:39	00:28:50	00:58:21
407	WASZKIEWICZ Marta	464	WASZKA TEAM	K3 40-49 lat	00:00:12	00:00:36	00:28:41	00:58:38
408	SOJKA Łukasz	333		M2 30-39 lat	00:00:33	00:00:38	00:28:44	00:58:55
409	SIEKIERKO Łukasz	322		M2 30-39 lat	00:00:06	00:00:26	00:39:35	00:58:59
410	SALAMON Kinga	314		K2 30-39 lat	00:00:46	00:00:36	00:27:43	00:59:43
411	KOCHAN Piotr	167	ZABIEGANY WOŁOMIN	M2 30-39 lat	00:00:39	00:00:37	00:29:59	00:59:45
412	GŁOWACKA Elżbieta	98	TEAM ZABIEGANEDNI	K5 60 +	00:00:30	00:00:39	00:29:07	00:59:51
413	LEZNER Karolina	208	KURATOR ZAWODOWY	K1 < 29 lat	00:00:36	00:00:37	00:28:40	01:00:13
414	CZARNECKI Piotr	60	TARCHOŚFIRY	M2 30-39 lat	00:00:17	00:00:33	00:29:08	01:00:26
415	KASIERSKA Ewa Katarzyna	157	WKB META LUBLINIEC	K5 60 +	00:00:33	00:00:38	00:30:13	01:01:14
416	GÓRECKA Anna	108		K3 40-49 lat	00:00:14	00:00:36	00:30:09	01:01:15
417	CIEŚLAK Paweł	51	SLOWJOGGING BIAŁOŁĘKA	M4 50-59	00:01:05	00:00:42	00:35:43	01:01:19
418	GOJAN Joanna	537	VEGE RUNNERS	K1 < 29 lat	00:00:41	00:00:38	00:30:49	01:02:03
419	JANKOWSKA Agnieszka	132	NASIELSK BASZTA TEAM	K3 40-49 lat	00:00:20	00:21:59	00:43:30	01:04:47
420	JURKOWSKA Irena	526		K5 60 +	00:00:37	00:00:39	00:32:15	01:04:50
421	NASKRĘT Mariusz	247		M3 40-49 lat	00:00:45	00:00:39	00:32:16	01:05:01
422	WARZECHA Jolanta	390	BIEGAM NA TARCHOMINIE	K2 30-39 lat	00:00:54	00:00:36	00:31:31	01:05:12
423	DOBOSZ Marek	67		M3 40-49 lat	00:00:55	00:00:36	00:31:31	01:05:13
424	WOŹNIAK Barbara	524	KS LIMANOWA FORREST	K5 60 +	00:00:08	00:00:40	00:32:45	01:05:19
425	WIŚNIEWSKA Katarzyna	402	INDYWIDUALISTKA	K3 40-49 lat	00:00:14	00:00:36	00:32:28	01:05:32
426	DUDA Kamil	70		M1 < 29 lat	00:00:39	00:00:38	00:31:42	01:05:48
427	MADEJEK Jacek	441	ZABIEGANI PO USZY	M2 30-39 lat	00:00:51	00:00:37	00:32:23	01:07:51
428	TENDERENDA Natalia	461		K2 30-39 lat	00:00:48	00:00:38	00:35:10	01:11:27
429	KOZŁOWSKI Robert	519	CHUDY BYK	M1 < 29 lat	00:00:50	00:00:39	00:46:52	01:13:14
430	SZCZEPKOWSKI Przemysław	508		M2 30-39 lat	00:00:00	00:39:17		
431	NOWAK Bartłomiej	256		M3 40-49 lat	00:00:03	00:00:27	00:43:14	
432	BOGUSZ Agnieszka	32	CYTRYNOWI STUDENCI	K3 40-49 lat	00:00:07	00:00:37	00:39:55	
433	SZOT Agnieszka	362	CYTRYNOWI STUDENCI	K3 40-49 lat	00:00:08	00:00:36	00:39:54	
434	ANUSZKIEWICZ Włodzimierz	16		M4 50-59	00:00:08	00:00:32	00:36:39	
435	MIŚTA Grzegorz	100	FRONTIS	M3 40-49 lat	00:00:10	00:00:35	00:28:05	
436	MAREK Roman	225		M4 50-59	00:00:10	00:00:29	00:23:21	
437	KILKOWSKI Jarosław	164		M4 50-59	00:00:10	00:00:31	00:26:37	
438	KILKOWSKA Joanna	163		K4 50-59 lat	00:00:10	00:00:31	00:28:41	
439	MIKOŁAJCZYK Małgorzata	238		K3 40-49 lat	00:00:12	00:00:37	00:28:38	
440	DYMEL Piotr	481	12TRI.PL	M5 60+	00:00:15	00:00:37	00:28:18	
441	STYKOWSKA Wiktoria	547	TARKOŚWIRY	K1 < 29 lat	00:00:15	00:00:36	00:31:03	
442	STYKOWSKA Beata	347	TARCHOŚFIRY	K2 30-39 lat	00:00:16	00:00:36	00:31:02	
443	STYKOWSKA Zosia	546	TARKOŚWIRY	K1 < 29 lat	00:00:16	00:00:36	00:29:09	
444	RADWAN-PYTLEWSKI Paweł	300	FUNDACJA MORSY WOŁOMIN-KOBYŁKA	M2 30-39 lat	00:00:16	00:00:37	00:33:20	
445	MIKULIK Piotr	239		M2 30-39 lat	00:00:17	00:00:35	00:27:26	
446	NACZULSKI Witold	244	GRUPA BIEGOWA UM W-WA	M2 30-39 lat	00:00:26	00:00:39	00:28:17	

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	0.1km	4.4km	8.7km
447	OSTASZEWSKI Wojciech	271	WERKUS RUNNERS	M2 30-39 lat	00:00:27	00:00:37	00:23:39	
448	UCHROŃSKA Justyna	512		K2 30-39 lat	00:00:29	00:00:42	00:29:32	
449	ZYGMUNT Kamil	527		M2 30-39 lat	00:00:31	00:00:40	00:29:30	
450	DUCH Emil	69	JB WARSAW	M2 30-39 lat	00:00:36	00:00:38	00:23:48	
451	PIETRAS Tomasz	285	NASIELSK BASZTA TEAM	M3 40-49 lat	00:00:38	00:00:38	00:24:38	
452	BAJOREK Jacek	19	MARKOWI BIEGACZE	M3 40-49 lat	00:00:38	00:00:37	00:28:05	
453	DYMEL Andrzej	72	MARKOWI BIEGACZE	M5 60+	00:00:38	00:00:37	00:30:00	
454	KĘPCZYŃSKI Janusz	161	KB OŻARÓW MAZOWIECKI BIEGA	M5 60+	00:00:42	00:00:38	00:30:20	
455	KOLEBSKA Mirosława	169		K4 50-59 lat	00:00:42	00:00:38	00:33:40	
456	ZIELIŃSKI Paweł	417	BRAK	M2 30-39 lat	00:00:42	00:00:37	00:29:50	
457	NOWORYTA Jacek	259	ASA TEAM BIEGIEM PO ZDROWIE	M5 60+	00:00:43	00:00:36	00:30:46	
458	ARTYMIUK Olaf	17		M2 30-39 lat	00:00:44	00:00:38	00:29:10	
459	KOMOŃ Maciej	171		M2 30-39 lat	00:00:44	00:00:38	00:27:46	
460	SOSNÓWKA Magdalena	335		K3 40-49 lat	00:00:45	00:00:39	00:32:17	
461	KRAWCZYK Karolina	544		K2 30-39 lat	00:00:47	00:00:38	00:43:42	
462	WILCZYŃSKA Małgorzata	545		K3 40-49 lat	00:00:47	00:00:38	00:43:42	
463	SKRZYDŁOWSKA-KALUKIN Katarzyna	326	SLOWJOGGING BIAŁOŁĘKA	K4 50-59 lat	00:01:06	00:00:41	00:35:43	
464	KAMIŃSKI Waldemar	433		M4 50-59	00:01:08	00:00:39	00:35:42	
	OSTASZEWSKI Marek	270		M2 30-39 lat	DNF	00:00:37 DNF	00:23:37 DNF	DNF
	BANAŚ Malwina	20	PUSTELNIK	K2 30-39 lat	DNF	00:00:33 DNF	00:23:04 DNF	DNF
	SCHILLER Monika	317	SLOW JOGGING BIAŁOŁĘKA	K4 50-59 lat	DNF	00:00:37 DNF	00:28:37 DNF	DNF
	ŻÓŁCIŃSKI Waldemar	424	GRUPA BIEGOWA UM W-WA	M5 60+	DNF	00:00:37 DNF	00:27:04 DNF	DNF
	KERNER Agnieszka	160	GRUPA BIEGOWA UM W-WA	K4 50-59 lat	DNF	00:00:37 DNF	00:27:16 DNF	DNF
	NIEWCZAS Zdzisław	532		M5 60+	DNF	00:00:32 DNF	00:38:02 DNF	DNF
	TERZONI Karina	600	VIRTUAL RUNNERS CLUB	K2 30-39 lat	DNF	00:00:33 DNF	00:23:42 DNF	DNF
	GAŁUSZKA Katarzyna	93	KOKOSZKA36TEAM	K2 30-39 lat	DNF	00:00:37 DNF	00:26:15 DNF	DNF
	PYL Karolina	296		K1 < 29 lat	DNF	00:00:44 DNF	00:26:19 DNF	DNF
	JÓZWIK Robert	142	HARX TEAM	M3 40-49 lat	DNF	00:00:36 DNF	00:24:17 DNF	DNF
	DOMAŃSKI Jacek Expedyt	68	WKB META LUBLINIEC	M5 60+	DNF	00:00:52 DNF	00:41:24 DNF	DNF
	SZCZEPAŃSKA DUDA Monika	358		K3 40-49 lat	DNF	00:00:36 DNF	00:26:17 DNF	DNF
	ZIELIŃSKA Aleksandra	470	KOKOSZKA36TEAM	K2 30-39 lat	DNF	00:00:37 DNF	00:25:48 DNF	DNF
	BUDNIK Stanisław	479	NASIELSK BASZTA TEAM	M1 < 29 lat	DNF	00:00:39 DNF	00:30:00 DNF	DNF
	OSTASZEWSKI Marcin	272		M2 30-39 lat	DNF	00:00:37 DNF	00:23:03 DNF	DNF
	OLSZEWSKA Mariola	268	RAZEM DLA BIAŁOŁĘKI	K3 40-49 lat	DNF	00:00:36 DNF	00:26:17 DNF	DNF
	TYBURC Paweł	548		M3 40-49 lat	DNF	01:09:11 DNF	DNF	DNF
	UZIĘBŁO Wiesław	555	SDP	M5 60+	DNF	00:00:48 DNF	01:24:06 DNF	DNF

Znaleziono 482 wynik(ów)