

BIAŁOŁĘCKI BIEG WOLNOŚCI

B4SPORT
INTELEGNTE ZAWODY SPORTOWE



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Białolecki Bieg Wolności
Urząd Dzielnicy Białoleka m.st. Warszawa
2023-12-10
Warszawa
13 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy		Czas startu	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						Mieszkańcy Białoleki	Służby Więziennej									
1	WERNER Kamil	556	DZIKI BIEG	M2 30-39 lat	1	Tak		00:00:01	00:00:18	00:15:00	00:29:59	00:44:54.65	00:44:55.80		3:27	17.4 (100%)
2	PYRZAK Paweł	417	BIEGANIEPO40.PL	M2 30-39 lat	2	Tak		00:00:01	00:00:18	00:15:15	00:30:41	00:46:26.10	00:46:27.30	+00:01:31 (3.3%)	3:34	16.8 (96.6%)
3	KOBYŁECKI Mateusz	238		M1 < 29 lat	1	Tak	Tak	00:00:01	00:00:18	00:15:40	00:31:23	00:47:20.60	00:47:22.50	+00:02:25 (5.1%)	3:38	16.5 (94.8%)
4	KOSTRZEMBSKI Zbigniew	626		M3 40-49 lat	1			00:00:01	00:00:20	00:15:53	00:32:07	00:47:57.75	00:47:59.65	+00:03:03 (6.4%)	3:41	16.3 (93.7%)
5	URMANOWSKI Daniel	547	DREAM RUN	M2 30-39 lat	3	Tak		00:00:02	00:00:22	00:15:46	00:31:57	00:48:03.05	00:48:05.05	+00:03:08 (6.5%)	3:41	16.2 (93.1%)
6	BIELECKI Jakub	45	JAKUB BIELECKI	M2 30-39 lat	4			00:00:01	00:00:20	00:16:07	00:32:19	00:48:29.75	00:48:31.45	+00:03:35 (7.4%)	3:43	16.1 (92.5%)
7	RYDZ Artur	440	MARSZOBIEGI	M3 40-49 lat	2		Tak	00:00:02	00:00:24	00:16:20	00:32:26	00:48:50.80	00:48:53.50	+00:03:56 (8.1%)	3:45	16 (92.0%)
8	GOZDEK Radek	147	BIEGANIE PO 40	M4 50-59	1	Tak		00:00:01	00:00:21	00:16:29	00:32:56	00:49:07.50	00:49:08.95	+00:04:12 (8.6%)	3:46	15.9 (91.4%)
9	HILDEBRAND Marcin	172	BIEGAM NA TARCHOMINIE	M2 30-39 lat	5	Tak		00:00:02	00:00:23	00:16:34	00:33:06	00:49:38.00	00:49:40.30	+00:04:43 (9.5%)	3:49	15.7 (90.2%)
10	WOŹNIAK Przemysław	811		M2 30-39 lat	6			00:00:03	00:00:22	00:16:21	00:33:08	00:49:54.75	00:49:57.85	+00:05:00 (10.0%)	3:50	15.6 (89.7%)
11	TYMOLEWSKI Grzegorz	543		M1 < 29 lat	2	Tak		00:00:02	00:00:22	00:16:50	00:34:09	00:50:53.95	00:50:56.65	+00:05:59 (11.8%)	3:54	15.3 (87.9%)
12	SZMIGIELSKI Mateusz	508		M2 30-39 lat	7			00:00:03	00:00:24	00:16:45	00:33:52	00:50:55.00	00:50:58.20	+00:06:00 (11.8%)	3:55	15.3 (87.9%)
13	KLAŚ Łukasz	233	TEAM PARSZCZYŃSKICH	M3 40-49 lat	3	Tak		00:00:02	00:00:22	00:16:40	00:33:41	00:51:01.40	00:51:03.45	+00:06:06 (12.0%)	3:55	15.3 (87.9%)
14	SKWARCZ Paweł	467	DZIKI BIEG	M2 30-39 lat	8	Tak		00:00:00	00:00:24	00:17:10	00:34:13	00:51:12.40	00:51:12.40	+00:06:17 (12.3%)	3:56	15.2 (87.4%)
15	KAZMIERCZAK Marta	619	DREAM RUN	K3 40-49 lat	1			00:00:02	00:00:23	00:17:08	00:34:10	00:51:13.40	00:51:15.70	+00:06:18 (12.3%)	3:56	15.2 (87.4%)
16	JUSIŃSKI Krystian	195	BRACTWO BIEGOWE BGK	M2 30-39 lat	9			00:00:02	00:00:25	00:17:09	00:34:10	00:51:21.70	00:51:24.50	+00:06:27 (12.6%)	3:57	15.2 (87.4%)
17	VEREMCHUK Yuliia	548	TEAMOCHAL #BIEGAM BO LUBIĘ	K2 30-39 lat	1			00:00:02	00:00:24	00:17:14	00:34:37	00:51:58.70	00:52:01.00	+00:07:04 (13.6%)	3:59	15 (86.2%)
18	JASIŃSKI Łukasz	184		M3 40-49 lat	4			00:00:02	00:00:25	00:17:20	00:34:40	00:52:12.05	00:52:14.05	+00:07:17 (14.0%)	4:00	14.9 (85.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy			Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h			
						Mieszkańcy Białoleki	Służby Więziennej	Czas startu								
19	GAJEK Ireneusz	125	ASFALTLOVE DZIKI	M3 40-49 lat	5			00:00:01	00:00:25	00:17:25	00:34:53	00:52:29.10	00:52:31.00	+00:07:34 (14.4%)	4:02	14.9 (85.6%)
20	KRASZPULSKA Magdalena	625		K2 30-39 lat	2			00:00:01	00:00:24	00:17:27	00:34:59	00:52:39.85	00:52:41.55	+00:07:45 (14.7%)	4:03	14.8 (85.1%)
21	KAMIŃSKI Paweł	203	ADIDAS RUNNERS WARSAW	M3 40-49 lat	6	Tak		00:00:01	00:00:24	00:17:32	00:35:25	00:53:17.25	00:53:18.35	+00:08:22 (15.7%)	4:05	14.6 (83.9%)
22	ANUSIEWICZ Robert	16		M4 50-59	2	Tak		00:00:11	00:00:34	00:18:05	00:35:43	00:53:10.75	00:53:22.05	+00:08:16 (15.5%)	4:05	14.7 (84.5%)
23	SIEDLECKI Dariusz	456	BEMOZAŁOGA	M4 50-59	3			00:00:02	00:00:24	00:17:42	00:35:41	00:54:04.75	00:54:07.45	+00:09:10 (17.0%)	4:09	14.4 (82.8%)
24	KUPA Bartosz	288	SPORTANO	M2 30-39 lat	10			00:00:02	00:00:23	00:17:45	00:35:54	00:54:14.00	00:54:16.05	+00:09:19 (17.2%)	4:10	14.4 (82.8%)
25	KĄTNIAK Paweł	221		M2 30-39 lat	11			00:00:01	00:00:24	00:17:42	00:36:06	00:54:28.25	00:54:30.00	+00:09:33 (17.6%)	4:11	14.3 (82.2%)
26	GALIŃSKI Sebastian	129		M2 30-39 lat	12			00:00:02	00:00:23	00:17:29	00:35:58	00:54:29.00	00:54:31.50	+00:09:34 (17.6%)	4:11	14.3 (82.2%)
27	KARPIŃSKI Marcin	213		M3 40-49 lat	7	Tak		00:00:05	00:00:27	00:18:22	00:36:44	00:54:32.15	00:54:37.40	+00:09:37 (17.6%)	4:11	14.3 (82.2%)
28	KANCIAŁA Łukasz	204	SAINT-GOBAIN SQUAD	M3 40-49 lat	8			00:00:00	00:00:27	00:18:08	00:36:27	00:54:42.10	00:54:42.10	+00:09:47 (17.9%)	4:12	14.3 (82.2%)
29	SYCZ Krzysztof	493	DOROTA & JURECZEK RUNNING CLUB	M1 < 29 lat	3			00:00:04	00:00:26	00:18:05	00:36:13	00:54:40.45	00:54:44.60	+00:09:45 (17.9%)	4:12	14.3 (82.2%)
30	STACHOWIAK Maciej	114		M3 40-49 lat	9			00:00:03	00:00:25	00:18:36	00:36:55	00:54:56.25	00:54:59.45	+00:10:01 (18.3%)	4:13	14.2 (81.6%)
31	POTOROKA Vitalii	410	ROZBIEGANY PIASTÓW	M1 < 29 lat	4			00:00:02	00:00:24	00:18:06	00:36:27	00:55:00.20	00:55:02.20	+00:10:05 (18.3%)	4:13	14.2 (81.6%)
32	KOŚCIK Jakub	258	ADIDAS RUNNERS WARSAW	M2 30-39 lat	13			00:00:04	00:00:28	00:18:35	00:36:35	00:55:02.45	00:55:06.75	+00:10:07 (18.4%)	4:14	14.2 (81.6%)
33	MIODUSZEWSKI Marcin	344	ADIDAS RUNNERS WARSAW	M3 40-49 lat	10			00:00:04	00:00:27	00:18:37	00:36:58	00:55:05.25	00:55:09.25	+00:10:10 (18.5%)	4:14	14.2 (81.6%)
34	PASZKOWSKA Marcelina	395	ZDROWA MICHA	K2 30-39 lat	3			00:00:03	00:00:26	00:18:24	00:36:44	00:55:14.55	00:55:17.60	+00:10:19 (18.7%)	4:14	14.1 (81.0%)
35	MICHALSKI Robert	809		M3 40-49 lat	11			00:00:06	00:00:27	00:18:49	00:37:32	00:55:48.50	00:55:54.65	+00:10:53 (19.5%)	4:17	14 (80.5%)
36	BRALEWSKI Tomasz	59	BOCIAN KRIS	M4 50-59	4			00:00:07	00:00:32	00:19:02	00:37:41	00:56:09.80	00:56:17.40	+00:11:15 (20.0%)	4:19	13.9 (79.9%)
37	JAKUBIAK Bartosz	181		M2 30-39 lat	14			00:00:03	00:00:26	00:19:10	00:37:53	00:56:21.35	00:56:24.45	+00:11:26 (20.3%)	4:20	13.8 (79.3%)
38	ZALEWSKI Paweł	588	ROPUCH	M3 40-49 lat	12			00:00:04	00:00:27	00:18:30	00:37:28	00:56:24.70	00:56:28.85	+00:11:30 (20.4%)	4:20	13.8 (79.3%)
39	FALANDYSZ Janusz	117	WPRUNNING	M5 60+	1			00:00:01	00:00:25	00:18:39	00:37:25	00:56:27.50	00:56:29.20	+00:11:32 (20.5%)	4:20	13.8 (79.3%)
40	ZGODA Mateusz	601		M2 30-39 lat	15	Tak		00:00:01	00:00:23	00:18:34	00:37:41	00:56:33.00	00:56:34.50	+00:11:38 (20.6%)	4:21	13.8 (79.3%)
41	ZIĘTAŁA Dominik	604	ROZBIEGANY PIASTÓW	M1 < 29 lat	5			00:00:02	00:00:23	00:18:15	00:37:24	00:56:42.65	00:56:45.05	+00:11:48 (20.8%)	4:21	13.8 (79.3%)
42	SZYMAŃSKI Andrzej	515		M3 40-49 lat	13	Tak		00:00:06	00:00:32	00:18:59	00:37:46	00:56:49.40	00:56:55.80	+00:11:54 (21.0%)	4:22	13.7 (78.7%)
43	KOWAL Tomasz	261	ROZBIEGANY PIASTÓW	M3 40-49 lat	14			00:00:02	00:00:25	00:18:15	00:37:24	00:57:21.55	00:57:24.05	+00:12:26 (21.7%)	4:24	13.6 (78.2%)
44	HAUDEK Paweł	168		M2 30-39 lat	17	Tak		00:00:19	00:00:38	00:19:41	00:38:59	00:57:42.40	00:58:01.65	+00:12:47 (22.2%)	4:26	13.5 (77.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy			Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h			
						Mieszkańcy Białoleki	Służby Więziennej	Czas startu								
45	ADAMCZYK Wojciech	12		M2 30-39 lat	16			00:01:03	00:00:30	00:18:53	00:37:44	00:57:00.20	00:58:03.75	+00:12:05 (21.2%)	4:23	13.7 (78.7%)
46	DZIUBAK Bartłomiej	112	ŻELECHÓW TEAM	M2 30-39 lat	18			00:00:00		00:19:30	00:38:47	00:58:03.90	00:58:03.90	+00:13:09 (22.7%)	4:27	13.4 (77.0%)
47	KUCHAREK Paweł	283		M2 30-39 lat	19	Tak		00:00:07	00:00:30	00:19:29	00:38:29	00:58:31.05	00:58:38.35	+00:13:36 (23.3%)	4:30	13.3 (76.4%)
48	ZDUNEK Michał	597		M3 40-49 lat	15	Tak		00:00:08	00:00:29	00:19:27	00:38:46	00:58:32.45	00:58:40.45	+00:13:37 (23.3%)	4:30	13.3 (76.4%)
49	SŁOMCZYŃSKA Karolina	468		K2 30-39 lat	4			00:00:03	00:00:26	00:19:27	00:38:57	00:58:44.30	00:58:47.70	+00:13:49 (23.5%)	4:31	13.3 (76.4%)
50	KRAJEWSKI Konrad	812		M3 40-49 lat	16			00:00:09	00:00:35	00:19:47	00:39:25	00:58:59.05	00:59:08.90	+00:14:04 (23.9%)	4:32	13.2 (75.9%)
51	ZALEWSKA Anna	585	GRUPA BIEGOWA CHTMO	K2 30-39 lat	5			00:00:03	00:00:26	00:19:53	00:39:32	00:59:13.70	00:59:17.65	+00:14:19 (24.2%)	4:33	13.2 (75.9%)
52	TYM Joanna	542		K3 40-49 lat	2			00:00:03	00:00:27	00:19:47	00:39:37	00:59:23.20	00:59:26.80	+00:14:28 (24.4%)	4:34	13.1 (75.3%)
53	MICHALSKA Małgorzata	336		K2 30-39 lat	6			00:00:03	00:00:26	00:19:45	00:39:43	00:59:26.50	00:59:29.70	+00:14:31 (24.4%)	4:34	13.1 (75.3%)
54	CZERWIEC Andrzej	90		M3 40-49 lat	17			00:00:07	00:00:31	00:19:27	00:39:15	00:59:53.55	01:00:01.25	+00:14:58 (25.0%)	4:36	13 (74.7%)
55	ŁATKOWSKI Łukasz	305	GRUPA BIEGOWA CHTMO	M3 40-49 lat	18			00:00:06	00:00:29	00:19:54	00:39:56	00:59:59.25	01:00:05.35	+00:15:04 (25.1%)	4:36	13 (74.7%)
56	JAWORSKI Piotr	187		M3 40-49 lat	19	Tak		00:00:00	00:00:30	00:19:32	00:39:37	01:00:19.40	01:00:19.40	+00:15:24 (25.5%)	4:38	12.9 (74.1%)
57	PUSEK Mikołaj	416	FPL TEAM	M1 < 29 lat	7	Tak		00:00:08	00:00:31	00:20:46	00:40:23	01:00:19.25	01:00:27.70	+00:15:24 (25.5%)	4:38	12.9 (74.1%)
58	SENATOR Artur	452		M2 30-39 lat	21	Tak		00:00:09	00:00:33	00:20:22	00:40:37	01:00:26.10	01:00:35.20	+00:15:31 (25.7%)	4:38	12.9 (74.1%)
59	GLINKA Karol	135	ASB	M2 30-39 lat	22		Tak	00:00:05	00:00:33	00:21:14	00:41:16	01:00:32.50	01:00:38.20	+00:15:37 (25.8%)	4:39	12.9 (74.1%)
60	TROJANOWSKI Rafał	534	BIEGAJĄCE ZĄBKI	M2 30-39 lat	20			00:00:24	00:00:39	00:20:47	00:40:42	01:00:18.95	01:00:43.10	+00:15:24 (25.5%)	4:38	12.9 (74.1%)
61	UMIASTOWSKI Bartosz	545		M1 < 29 lat	6			00:00:45	00:00:39	00:20:46	00:40:45	01:00:02.65	01:00:47.65	+00:15:08 (25.2%)	4:37	13 (74.7%)
62	GAJEWSKI Mariusz	127	ASB	M3 40-49 lat	20		Tak	00:00:05	00:00:30	00:20:19	00:40:29	01:00:49.00	01:00:54.40	+00:15:54 (26.2%)	4:40	12.8 (73.6%)
63	GRUMBANIN Paulina	158		K4 50-59 lat	1			00:00:04	00:00:29	00:20:25	00:40:38	01:00:55.85	01:01:00.80	+00:16:01 (26.3%)	4:41	12.8 (73.6%)
64	SERAFIN-GORSZKOWSKA Paulina	454	AW-SZYBCIEJ-TEAM	K3 40-49 lat	3		Tak	00:00:07	00:00:31	00:20:51	00:40:57	01:00:55.95	01:01:03.25	+00:16:01 (26.3%)	4:41	12.8 (73.6%)
65	BAZYDŁO Jakub	31		M1 < 29 lat	9			00:00:07	00:00:31	00:20:11	00:40:36	01:00:57.45	01:01:04.70	+00:16:02 (26.3%)	4:41	12.8 (73.6%)
66	CETLIN Kacper	74	BRAK KLUBU	M1 < 29 lat	8			00:01:02	00:00:39	00:20:47	00:40:24	01:00:26.50	01:01:29.40	+00:15:31 (25.7%)	4:38	12.9 (74.1%)
67	BUDZIK Jacek	65	BIEGAM NA TARCHOMINIE	M3 40-49 lat	22	Tak		00:00:05	00:00:29	00:20:16	00:41:06	01:01:26.15	01:01:32.00	+00:16:31 (26.9%)	4:43	12.7 (73.0%)
68	SZELAĞ Tomasz	505	MKB DREPTAK	M4 50-59	5			00:00:13	00:00:34	00:20:15	00:40:39	01:01:21.90	01:01:35.70	+00:16:27 (26.8%)	4:43	12.7 (73.0%)
69	KOBYLEC Artur	616		M3 40-49 lat	21	Tak		00:00:43	00:00:39	00:20:04	00:40:20	01:00:55.95	01:01:39.85	+00:16:01 (26.3%)	4:41	12.8 (73.6%)
70	STĘPIEŃ Adam	481		M3 40-49 lat	24	Tak		00:00:06	00:00:31	00:20:53	00:41:27	01:01:42.15	01:01:48.50	+00:16:47 (27.2%)	4:44	12.6 (72.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy			Czas startu	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						Mieszkańcy	Służby	Czas									
						Białoleki	Więziennej										
71	ZAJĄC Daria	582		K2 30-39 lat	7				00:00:04	00:00:35	00:20:52	00:41:16	01:01:46.65	01:01:51.10	+00:16:52 (27.3%)	4:45	12.6 (72.4%)
72	GADOMSKI Łukasz	124	AKTYWNOŚĆ RODZI POZYTYWNOŚĆ	M2 30-39 lat	23				00:00:36	00:00:42	00:21:18	00:41:42	01:01:18.30	01:01:54.30	+00:16:23 (26.7%)	4:42	12.7 (73.0%)
73	ORŁOWSKI Krzysztof	385	LEŚNE SZYCHY	M3 40-49 lat	25				00:00:11	00:00:35	00:20:57	00:41:26	01:01:45.40	01:01:56.95	+00:16:50 (27.3%)	4:45	12.6 (72.4%)
74	KORKOSZ Andrzej	252		M3 40-49 lat	23				00:00:32	00:00:38	00:20:56	00:40:58	01:01:29.55	01:02:01.65	+00:16:34 (27.0%)	4:43	12.7 (73.0%)
75	BYSTRY Grzegorz	67	KS LENIWIEC	M3 40-49 lat	26		Tak		00:00:08	00:00:32	00:20:31	00:41:28	01:01:54.60	01:02:02.75	+00:16:59 (27.5%)	4:45	12.6 (72.4%)
76	OPIATOWSKI Ryszard	380		M4 50-59	7				00:00:05	00:00:28	00:20:53	00:41:32	01:02:01.05	01:02:06.70	+00:17:06 (27.6%)	4:46	12.6 (72.4%)
77	MICHNOWSKI Sebastian	338	BIEGAM NA TARCHOMINIE	M3 40-49 lat	28	Tak			00:00:06	00:00:32	00:20:24	00:41:14	01:02:01.20	01:02:07.90	+00:17:06 (27.6%)	4:46	12.6 (72.4%)
78	KOWALIKOWSKA Renata	366		K3 40-49 lat	4	Tak			00:00:04	00:00:28	00:20:18	00:41:08	01:02:04.90	01:02:09.80	+00:17:10 (27.7%)	4:46	12.6 (72.4%)
79	KISIEL Artur	231		M3 40-49 lat	27				00:00:14	00:00:41	00:20:45	00:41:14	01:01:57.90	01:02:12.20	+00:17:03 (27.5%)	4:45	12.6 (72.4%)
80	SZACHNA Piotr	497	MARKOWI BIEGACZE	M4 50-59	6				00:00:34	00:00:43	00:21:12	00:41:31	01:01:42.70	01:02:16.95	+00:16:48 (27.2%)	4:44	12.6 (72.4%)
81	SEMENIUK Bartosz	451	BÓBR TŁUSZCZ	M2 30-39 lat	24				00:00:58	00:00:37	00:21:12	00:41:32	01:01:21.85	01:02:20.05	+00:16:27 (26.8%)	4:43	12.7 (73.0%)
82	WÓJCIK Monika	576	BIEGAM NA TARCHOMINIE	K3 40-49 lat	5	Tak			00:00:04	00:00:28	00:20:19	00:41:17	01:02:22.45	01:02:26.90	+00:17:27 (28.0%)	4:47	12.5 (71.8%)
83	PASTUKHOV Vasył	394		M2 30-39 lat	26				00:00:00	00:21:34	00:42:02		01:02:33.90	01:02:33.90	+00:17:39 (28.2%)	4:48	12.5 (71.8%)
84	MAĆKOWSKI Daniel	311	ZABIEGANY WOŁOMIN	M3 40-49 lat	29				00:00:20	00:00:38	00:21:06	00:41:34	01:02:13.40	01:02:34.10	+00:17:18 (27.8%)	4:47	12.5 (71.8%)
85	PLUTA Ireneusz	406		M5 60+	2				00:00:04	00:00:33	00:20:39	00:41:36	01:02:30.80	01:02:35.60	+00:17:36 (28.2%)	4:48	12.5 (71.8%)
86	KOWALSKI Robert	269	NBRC	M5 60+	3				00:00:04	00:00:30	00:20:56	00:41:38	01:02:34.65	01:02:39.10	+00:17:40 (28.2%)	4:48	12.5 (71.8%)
87	ŻEGOCKI Emilian	610		M1 < 29 lat	10				00:00:40	00:00:43	00:21:33	00:41:40	01:02:04.45	01:02:44.90	+00:17:09 (27.6%)	4:46	12.6 (72.4%)
88	PACZKOWSKI Oskar	389	BIEGIEM DO AGD SEROCK	M2 30-39 lat	25				00:00:28	00:00:39	00:21:23	00:42:00	01:02:21.70	01:02:49.70	+00:17:27 (28.0%)	4:47	12.5 (71.8%)
89	PANKOWSKI Grzegorz	392	KOSI MAZAKI TEAM	M3 40-49 lat	30				00:00:38	00:00:39	00:21:45	00:42:31	01:02:24.30	01:03:02.40	+00:17:29 (28.0%)	4:48	12.5 (71.8%)
90	WASIAK Maciej	554		M3 40-49 lat	31		Tak		00:00:06	00:00:34	00:21:06	00:42:00	01:03:01.05	01:03:07.15	+00:18:06 (28.7%)	4:50	12.4 (71.3%)
91	ŚWIERCZ Jacek	522	BYLEDOBIEC ANIN	M4 50-59	8				00:00:04	00:00:28	00:20:20	00:41:15	01:03:14.90	01:03:19.40	+00:18:20 (29.0%)	4:51	12.3 (70.7%)
92	DZYRUK Maciej	113		M2 30-39 lat	27				00:00:17	00:00:43	00:21:06	00:42:09	01:03:06.05	01:03:23.50	+00:18:11 (28.8%)	4:51	12.4 (71.3%)
93	KARWECKI Patryk	214		M2 30-39 lat	29				00:00:08	00:00:30	00:21:32	00:42:50	01:03:17.05	01:03:25.90	+00:18:22 (29.0%)	4:52	12.3 (70.7%)
94	MALARSKA Zuzanna	315		K1 < 29 lat	1	Tak			00:00:03	00:00:25	00:21:36	00:42:56	01:03:23.90	01:03:26.95	+00:18:29 (29.2%)	4:52	12.3 (70.7%)
95	SOBOTA Artur	472	DECOARTY.PL	M3 40-49 lat	34				00:00:11	00:00:34	00:21:18	00:42:23	01:03:19.05	01:03:30.75	+00:18:24 (29.1%)	4:52	12.3 (70.7%)
96	KALINOWSKI Kamil	618		M2 30-39 lat	30	Tak			00:00:05	00:00:31	00:21:33	00:42:50	01:03:26.55	01:03:31.60	+00:18:31 (29.2%)	4:52	12.3 (70.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy			Czas startu	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						Mieszkańcy Białoleki	Służby Więziennej	Czas									
97	CHĘC Tomasz	77		M2 30-39 lat	28				00:00:17	00:00:37	00:21:22	00:42:19	01:03:14.55	01:03:32.15	+00:18:19 (29.0%)	4:51	12.3 (70.7%)
98	OWOC Tomasz	388	PKO BANK POLSKI / ADIDAS RUNNERS WARSAW	M4 50-59	9				00:00:09	00:00:32	00:21:23	00:42:24	01:03:23.95	01:03:33.15	+00:18:29 (29.2%)	4:52	12.3 (70.7%)
99	BAK Filip	33		M3 40-49 lat	32				00:00:25	00:00:36	00:20:41	00:41:49	01:03:11.85	01:03:37.10	+00:18:17 (28.9%)	4:51	12.3 (70.7%)
100	JARMUŻEWSKI Adam	183	GRUPA BIEGOWA CHTMO	M3 40-49 lat	35	Tak			00:00:09	00:00:36	00:21:31	00:42:21	01:03:31.95	01:03:41.35	+00:18:37 (29.3%)	4:53	12.3 (70.7%)
101	DĄBAL Marcin	95	BIEGIEM RADOM!	M3 40-49 lat	33				00:00:27	00:00:44	00:21:32	00:42:17	01:03:15.10	01:03:43.00	+00:18:20 (29.0%)	4:51	12.3 (70.7%)
102	CHOJNACKI Mikołaj	79	WARSAW RUN CLUB	M3 40-49 lat	36	Tak			00:00:09	00:00:34	00:21:33	00:43:05	01:03:35.05	01:03:44.45	+00:18:40 (29.4%)	4:53	12.3 (70.7%)
103	KRASZEWSKI Grzegorz	276	GRUPA BIEGOWA CHTMO	M3 40-49 lat	37				00:00:09	00:00:32	00:20:53	00:42:17	01:03:39.45	01:03:49.30	+00:18:44 (29.4%)	4:53	12.3 (70.7%)
104	ŁACIŃSKI Przemysław	302	BIEGAJ POD OKIEM TRENERA	M2 30-39 lat	31				00:00:28	00:00:34	00:21:26	00:42:31	01:03:42.65	01:04:11.45	+00:18:48 (29.5%)	4:54	12.2 (70.1%)
105	BĘBAS Paweł	39		M1 < 29 lat	11	Tak			00:00:10	00:00:35	00:21:33	00:42:51	01:03:42.80	01:03:53.25	+00:18:48 (29.5%)	4:54	12.2 (70.1%)
106	TRUSZKOWSKA Marta	536	BESTIE OCR LEGIONOWO	K2 30-39 lat	8				00:00:11	00:00:37	00:21:51	00:43:10	01:03:43.65	01:03:54.85	+00:18:49 (29.5%)	4:54	12.2 (70.1%)
107	MAMLA Zbigniew	319	BIEGIEM NA KAWĘ	M4 50-59	10	Tak			00:00:05	00:00:31	00:20:49	00:42:19	01:03:45.00	01:03:50.50	+00:18:50 (29.6%)	4:54	12.2 (70.1%)
108	PRUSZYŃSKI Edward	414	KB OŻARÓW MAZOWIECKI BIEGA	M4 50-59	11				00:00:18	00:00:38	00:21:35	00:42:28	01:03:47.85	01:04:06.80	+00:18:53 (29.6%)	4:54	12.2 (70.1%)
109	ROSZEWSKI Jakub	430	ŻACZKI	M2 30-39 lat	32				00:00:44	00:00:45	00:22:40	00:43:32	01:04:00.55	01:04:45.25	+00:19:05 (29.8%)	4:55	12.2 (70.1%)
110	GRZESIK Marcin	161	GRUPA BIEGOWA CHTMO	M4 50-59	12				00:00:09	00:00:32	00:21:32	00:42:50	01:04:01.05	01:04:10.10	+00:19:06 (29.8%)	4:55	12.2 (70.1%)
111	RACZYŃSKI Tomasz	418		M3 40-49 lat	38	Tak			00:00:27	00:00:39	00:22:09	00:43:16	01:04:02.20	01:04:29.20	+00:19:07 (29.9%)	4:55	12.2 (70.1%)
112	PODSADNI-KRYSIK Paulina	408	EKOBIEGI	K2 30-39 lat	9	Tak			00:00:03	00:00:28	00:21:17	00:42:38	01:04:05.35	01:04:08.95	+00:19:10 (29.9%)	4:55	12.2 (70.1%)
113	OSTAŁOWSKI Paweł	624		M2 30-39 lat	33	Tak			00:00:35	00:00:44	00:21:56	00:43:04	01:04:18.25	01:04:53.95	+00:19:23 (30.2%)	4:56	12.1 (69.5%)
114	KASKA Damian	216	ZGLECHÓW RUNNERS	M1 < 29 lat	12				00:00:13	00:00:41	00:21:28	00:42:44	01:04:18.90	01:04:32.70	+00:19:24 (30.2%)	4:56	12.1 (69.5%)
115	RZYMOWSKA Krystyna	444		K4 50-59 lat	2				00:00:09	00:00:36	00:21:57	00:43:12	01:04:26.40	01:04:36.10	+00:19:31 (30.3%)	4:57	12.1 (69.5%)
116	ŚWIERCZ Iwona	521	BYLEDOBIEC ANIN	K4 50-59 lat	3				00:00:03	00:00:28	00:21:27	00:42:58	01:04:28.00	01:04:31.90	+00:19:33 (30.3%)	4:57	12.1 (69.5%)
117	KOWALCZYK Rafał	263	LEGIA RUN CLUB	M2 30-39 lat	34	Tak			00:00:35	00:00:44	00:21:57	00:43:05	01:04:28.75	01:05:03.80	+00:19:34 (30.3%)	4:57	12.1 (69.5%)
118	KORZENIOWSKA Małgorzata	254		K3 40-49 lat	6				00:00:03	00:00:30	00:21:25	00:42:54	01:04:30.90	01:04:34.85	+00:19:36 (30.4%)	4:57	12.1 (69.5%)
119	NAZIMEK Mariusz	358	PRZYBYSZE Z MATPLANETY	M3 40-49 lat	39				00:00:41	00:00:45	00:22:09	00:43:42	01:04:44.30	01:05:25.30	+00:19:49 (30.6%)	4:58	12 (69.0%)
120	RYMKIEWICZ Zbigniew	441	ZĄBKI	M3 40-49 lat	40				00:00:23	00:00:39	00:21:01	00:43:03	01:04:44.35	01:05:07.95	+00:19:49 (30.6%)	4:58	12 (69.0%)
121	ŻEBROWSKI Wiktor	609		M1 < 29 lat	13				00:00:06	00:00:33	00:19:36	00:41:54	01:04:46.90	01:04:53.50	+00:19:52 (30.7%)	4:58	12 (69.0%)
122	STĘPNOWSKI Jakub	483		M2 30-39 lat	35				00:00:17	00:00:43	00:23:37	00:44:34	01:05:00.50	01:05:17.50	+00:20:05 (30.9%)	5:00	12 (69.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy			Czas startu	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						Mieszkańcy	Służby	Czas									
						Białołęki	Więziennej										
123	DUDA Patryk	106		M1 < 29 lat	14				00:00:42	00:00:43	00:23:04	00:45:28	01:05:06.40	01:05:48.90	+00:20:11 (31.0%)	5:00	12 (69.0%)
124	STRÓŻYK Piotrek	486		M3 40-49 lat	41				00:00:35	00:00:46	00:22:44	00:44:03	01:05:12.90	01:05:48.25	+00:20:18 (31.1%)	5:00	12 (69.0%)
125	ROZWODA Paweł	432		M3 40-49 lat	42				00:00:28	00:00:45	00:23:35	00:45:16	01:05:13.25	01:05:41.55	+00:20:18 (31.1%)	5:01	12 (69.0%)
126	GRAD Tomasz	153	MARKOWI BIEGACZE	M3 40-49 lat	43	Tak			00:00:08	00:00:36	00:22:16	00:43:59	01:05:15.15	01:05:23.60	+00:20:20 (31.2%)	5:01	12 (69.0%)
127	ZDUNIAK Marcin	598	BIEGAM NA TARCHOMINIE	M3 40-49 lat	44	Tak			00:00:17	00:00:39	00:22:41	00:44:14	01:05:20.10	01:05:37.25	+00:20:25 (31.3%)	5:01	11.9 (68.4%)
128	LEWANDOWSKI Piotr	297		M3 40-49 lat	45	Tak			00:00:14	00:00:31	00:20:51	00:42:39	01:05:31.55	01:05:45.80	+00:20:36 (31.5%)	5:02	11.9 (68.4%)
129	PALISZEWSKI Krystian	391		M1 < 29 lat	15				00:00:27	00:00:39	00:22:01	00:43:44	01:05:34.40	01:06:02.10	+00:20:39 (31.5%)	5:02	11.9 (68.4%)
130	BAREJA Leszek	25		M4 50-59	13	Tak			00:00:30	00:00:36	00:21:52	00:43:51	01:05:39.90	01:06:10.10	+00:20:45 (31.6%)	5:03	11.9 (68.4%)
131	PNIEWSKI Rafał	407	BIEGAM NA TARCHOMINIE	M3 40-49 lat	46	Tak			00:00:12	00:00:37	00:21:41	00:43:38	01:05:41.90	01:05:53.90	+00:20:47 (31.6%)	5:03	11.9 (68.4%)
132	JEZIERSKI Łukasz	188	GRUPA BIEGOWA CHTMO	M3 40-49 lat	47	Tak			00:00:15	00:00:39	00:22:21	00:44:12	01:05:42.80	01:05:58.65	+00:20:48 (31.7%)	5:03	11.9 (68.4%)
133	WIERBIŁOWICZ Dariusz	558		M4 50-59	14				00:00:20	00:00:41	00:22:04	00:43:42	01:05:52.40	01:06:12.50	+00:20:57 (31.8%)	5:04	11.8 (67.8%)
134	SEBASTIAN Kręgiel	450		M3 40-49 lat	48				00:00:20	00:00:40	00:22:44	00:44:29	01:06:00.95	01:06:21.05	+00:21:06 (32.0%)	5:04	11.8 (67.8%)
135	GÓRZYŃSKA Patrycja	151	BWRUNNERS	K3 40-49 lat	7	Tak			00:00:14	00:00:43	00:23:02	00:45:12	01:06:03.80	01:06:17.90	+00:21:09 (32.0%)	5:04	11.8 (67.8%)
136	OKRÓJ Dawid	373		M3 40-49 lat	49				00:00:42	00:00:46	00:23:31	00:44:46	01:06:06.35	01:06:48.40	+00:21:11 (32.1%)	5:05	11.8 (67.8%)
137	SMOLIŃSKI Dariusz	614		M3 40-49 lat	50				00:00:09	00:00:33	00:21:19	00:43:53	01:06:07.75	01:06:16.80	+00:21:13 (32.1%)	5:05	11.8 (67.8%)
138	MILEWSKI Patryk	342	GRUPA BIEGOWA UM WARSZAWA	M2 30-39 lat	36				00:00:51	00:00:42	00:23:48	00:45:31	01:06:18.60	01:07:10.20	+00:21:23 (32.3%)	5:06	11.8 (67.8%)
139	ŚCIBOR Marcin	517	RUCH IZBICA	M3 40-49 lat	51				00:00:10	00:00:30	00:22:02	00:43:58	01:06:24.25	01:06:34.90	+00:21:29 (32.4%)	5:06	11.7 (67.2%)
140	KONIECKI Tomasz	246		M4 50-59	15	Tak			00:00:06	00:00:30	00:22:07	00:44:22	01:06:27.55	01:06:34.45	+00:21:32 (32.4%)	5:06	11.7 (67.2%)
141	SZAJKOWSKA Ewa	501		K4 50-59 lat	4				00:00:54	00:00:37	00:22:21	00:44:15	01:06:28.90	01:07:23.35	+00:21:34 (32.4%)	5:06	11.7 (67.2%)
142	SPYCHAŁA Piotr	476		M3 40-49 lat	52	Tak			00:00:12	00:00:38	00:22:27	00:44:22	01:06:31.40	01:06:43.60	+00:21:36 (32.5%)	5:07	11.7 (67.2%)
143	ROKITA Andrzej	426		M3 40-49 lat	53				00:00:30	00:00:43	00:22:34	00:44:16	01:06:38.00	01:07:08.45	+00:21:43 (32.6%)	5:07	11.7 (67.2%)
144	BRUŹDZIAK Olaf	61		M1 < 29 lat	16				00:00:42	00:00:43	00:23:04	00:45:28	01:06:46.85	01:07:29.45	+00:21:52 (32.7%)	5:08	11.7 (67.2%)
145	CICHOCKI Zbigniew	83		M4 50-59	16	Tak			00:00:54	00:00:39	00:23:01	00:45:13	01:06:52.60	01:07:47.20	+00:21:57 (32.8%)	5:08	11.7 (67.2%)
146	KRÓL Maciej	280	BIEGAM NA TARCHOMINIE	M3 40-49 lat	54				00:00:36	00:00:44	00:23:32	00:45:31	01:06:58.45	01:07:35.10	+00:22:03 (32.9%)	5:09	11.6 (66.7%)
147	RUDZKI Marcin	436		M3 40-49 lat	55				00:00:05	00:00:31	00:21:59	00:44:25	01:06:59.45	01:07:04.70	+00:22:04 (33.0%)	5:09	11.6 (66.7%)
148	SŁOWIAK Klaudia	469		K2 30-39 lat	10				00:00:17	00:00:39	00:22:37	00:44:53	01:07:14.55	01:07:32.30	+00:22:19 (33.2%)	5:10	11.6 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy			Czas startu	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						Mieszkańcy	Biłołęki	Służby Więziennej									
149	MATYSZCZAK Krzysztof	331	KENKO	M3 40-49 lat	56				00:00:33	00:00:48	00:24:26	00:46:11	01:07:15.45	01:07:49.40	+00:22:20 (33.2%)	5:10	11.6 (66.7%)
150	CHODUN Paweł	78		M2 30-39 lat	37				00:00:36	00:00:44	00:23:39	00:46:24	01:07:23.10	01:07:59.45	+00:22:28 (33.4%)	5:11	11.6 (66.7%)
151	CICHOŃSKA Elżbieta	84		K4 50-59 lat	5	Tak			00:00:44	00:00:40	00:22:31	00:44:52	01:07:28.05	01:08:12.60	+00:22:33 (33.4%)	5:11	11.6 (66.7%)
152	BOCHRA Paweł	52	OKSZÓW BIEGA	M3 40-49 lat	57				00:00:28	00:00:45	00:23:35	00:45:42	01:07:28.95	01:07:57.45	+00:22:34 (33.4%)	5:11	11.6 (66.7%)
153	CHARLEJ Ireneusz	75	WIECZORNE BIEGANIE W SZCZECINIE	M4 50-59	17				00:00:16	00:00:39	00:22:58	00:45:33	01:07:31.55	01:07:48.25	+00:22:36 (33.5%)	5:11	11.6 (66.7%)
154	STREMPLEWSKI Piotr	485	RCI WARSZAWA	M3 40-49 lat	58				00:00:45	00:00:45	00:24:42	00:46:41	01:07:38.15	01:08:23.65	+00:22:43 (33.6%)	5:12	11.5 (66.1%)
155	TERESZCZUK Joanna	524	AZS AWF	K3 40-49 lat	8				00:00:47	00:00:43	00:22:56	00:45:24	01:07:38.50	01:08:25.90	+00:22:43 (33.6%)	5:12	11.5 (66.1%)
156	GAWLIK Arkadiusz	131	BIEGAM NA TARCHOMINIE	M3 40-49 lat	59	Tak			00:00:11	00:00:37	00:22:15	00:44:56	01:07:40.00	01:07:51.55	+00:22:45 (33.6%)	5:12	11.5 (66.1%)
157	KAWKA Jarosław	219		M3 40-49 lat	60	Tak			00:00:19	00:00:36	00:22:48	00:45:41	01:07:45.10	01:08:04.85	+00:22:50 (33.7%)	5:12	11.5 (66.1%)
158	RODAK Zbigniew	423		M4 50-59	18				00:00:57	00:00:43	00:24:05	00:46:15	01:07:45.20	01:08:42.85	+00:22:50 (33.7%)	5:12	11.5 (66.1%)
159	NERĆ Karolina	359		K1 < 29 lat	2				00:00:56	00:00:41	00:23:30	00:46:19	01:07:47.55	01:08:43.90	+00:22:52 (33.8%)	5:12	11.5 (66.1%)
160	KLIMKIEWICZ-SIKORA Beata	235	GRUPA BIEGOWA CHTMO	K3 40-49 lat	9				00:00:36	00:00:44	00:23:35	00:45:40	01:07:47.90	01:08:23.90	+00:22:53 (33.8%)	5:12	11.5 (66.1%)
161	MAZURKIEWICZ Jakub	334		M2 30-39 lat	38				00:00:35	00:00:45	00:23:36	00:45:40	01:07:49.30	01:08:24.65	+00:22:54 (33.8%)	5:13	11.5 (66.1%)
162	JASKÓLSKI Marcin	185	GRUPA BIEGOWA CHTMO	M3 40-49 lat	61				00:00:34	00:00:45	00:23:37	00:45:41	01:07:50.45	01:08:24.60	+00:22:55 (33.8%)	5:13	11.5 (66.1%)
163	HOLBROOK Adam	174	GRUPA BIEGOWA CHTMO	M3 40-49 lat	62	Tak			00:00:32	00:00:45	00:23:38	00:45:43	01:07:52.15	01:08:24.80	+00:22:57 (33.8%)	5:13	11.5 (66.1%)
164	MIKLASZEWSKI Kamil	340		M3 40-49 lat	63				00:00:05	00:00:34	00:22:37	00:45:06	01:07:54.10	01:07:59.60	+00:22:59 (33.9%)	5:13	11.5 (66.1%)
165	WOŹNIAK Artur	573	M	M2 30-39 lat	39				00:00:36	00:00:42	00:23:12	00:45:36	01:07:57.15	01:08:33.80	+00:23:02 (33.9%)	5:13	11.5 (66.1%)
166	RUTKOWSKI Michał	438	AKTYWNA WARSZAWA	M3 40-49 lat	64				00:00:10	00:00:33	00:22:16	00:44:52	01:07:58.55	01:08:08.70	+00:23:03 (33.9%)	5:13	11.5 (66.1%)
167	BŁACH Piotr	49	TTRUNNERS	M1 < 29 lat	17				00:00:15	00:00:38	00:22:25	00:44:50	01:08:00.70	01:08:15.95	+00:23:06 (34.0%)	5:13	11.5 (66.1%)
168	ŻAGLEWSKI Dariusz	607	AKTYWNOŚĆ RODZI POZYTYWNOŚĆ	M3 40-49 lat	65				00:00:37	00:00:45	00:24:03	00:46:32	01:08:03.15	01:08:40.70	+00:23:08 (34.0%)	5:14	11.5 (66.1%)
169	TOMCZUK-KUZKA Katarzyna	527		K3 40-49 lat	10				00:00:06	00:00:33	00:22:27	00:45:05	01:08:12.50	01:08:19.20	+00:23:17 (34.2%)	5:14	11.4 (65.5%)
170	JARMUŻEWSKA Teresa	182	GRUPA BIEGOWA CHTMO	K4 50-59 lat	6	Tak			00:00:08	00:00:38	00:22:43	00:45:32	01:08:15.85	01:08:24.60	+00:23:21 (34.2%)	5:15	11.4 (65.5%)
171	KRAJEWSKI Przemysław	275	SEKCJA BIEGOWA OIL WARSZAWA	M4 50-59	19				00:00:10	00:00:38	00:22:51	00:45:39	01:08:15.90	01:08:26.65	+00:23:21 (34.2%)	5:15	11.4 (65.5%)
172	RADECKI Michał	419		M2 30-39 lat	40				00:00:28	00:00:45	00:23:25	00:46:03	01:08:17.60	01:08:46.25	+00:23:22 (34.2%)	5:15	11.4 (65.5%)
173	CHRZĄSTOWSKA Kamila	81		K2 30-39 lat	11				00:00:34	00:00:40	00:23:36	00:46:18	01:08:19.05	01:08:53.25	+00:23:24 (34.3%)	5:15	11.4 (65.5%)
174	SROCZYŃSKA Magdalena	478		K3 40-49 lat	11				00:00:17	00:00:43	00:23:15	00:45:52	01:08:19.20	01:08:37.10	+00:23:24 (34.3%)	5:15	11.4 (65.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy			Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h			
						Mieszkańcy Białoleki	Służby Więziennej	Czas startu								
175	ŠOSTOK Magda	474	BIEGAJĄCE ZĄBKI	K2 30-39 lat	12			00:00:15	00:00:39	00:22:29	00:45:13	01:08:27.65	01:08:43.30	+00:23:33 (34.4%)	5:15	11.4 (65.5%)
176	LEŚNIEWICZ Grzegorz	295		M3 40-49 lat	66	Tak		00:00:58	00:00:44	00:23:09	00:45:30	01:08:29.40	01:09:27.70	+00:23:34 (34.4%)	5:16	11.4 (65.5%)
177	PASIŃSKI Daniel	393	GRUPA BIEGOWA UM W-WA	M3 40-49 lat	67			00:00:51	00:00:42	00:23:19	00:45:34	01:08:30.30	01:09:21.40	+00:23:35 (34.4%)	5:16	11.4 (65.5%)
178	KRATOK Dmitry	278	RUN_WAWA_RUN	M2 30-39 lat	41	Tak		00:00:18	00:00:43	00:23:35	00:46:17	01:08:32.75	01:08:51.45	+00:23:38 (34.5%)	5:16	11.4 (65.5%)
179	KARAŚ-GMITRZUK Marzena	210	BESTIE OCR LEGIONOWO	K3 40-49 lat	12		Tak	00:00:12	00:00:39	00:23:39	00:46:22	01:08:35.25	01:08:48.05	+00:23:40 (34.5%)	5:16	11.4 (65.5%)
180	WOLNY Michał	572		M4 50-59	20			00:00:57	00:00:35	00:23:34	00:46:08	01:08:36.25	01:09:33.45	+00:23:41 (34.5%)	5:16	11.4 (65.5%)
181	JAGODA Grzegorz	179	GRUPA BIEGOWA CHTMO	M3 40-49 lat	68			00:00:33	00:00:46	00:24:13	00:47:35	01:08:38.95	01:09:12.05	+00:23:44 (34.6%)	5:16	11.4 (65.5%)
182	RUDNIK Katarzyna	435	KB PACE	K3 40-49 lat	13			00:00:23	00:00:40	00:23:12	00:45:53	01:08:41.45	01:09:04.55	+00:23:46 (34.6%)	5:17	11.4 (65.5%)
183	DZIACZKOWSKA Monika	109		K2 30-39 lat	13			00:00:05	00:00:34	00:22:35	00:45:16	01:08:42.55	01:08:48.50	+00:23:47 (34.6%)	5:17	11.4 (65.5%)
184	BUCHALSKA Ewa	279	BIEGAM NA TARCHOMINIE	K4 50-59 lat	7	Tak		00:00:32	00:00:42	00:23:23	00:46:05	01:08:43.50	01:09:15.90	+00:23:48 (34.7%)	5:17	11.4 (65.5%)
185	BARTNIK Rafał	28	ZABIEGANY WOŁOMIN	M3 40-49 lat	69			00:00:25	00:00:39	00:22:31	00:45:30	01:08:44.75	01:09:10.05	+00:23:50 (34.7%)	5:17	11.3 (64.9%)
186	DARKOWSKI Dariusz	94	LEŚNE SZYCHY	M3 40-49 lat	70			00:00:13	00:00:36	00:22:05	00:45:24	01:08:46.00	01:08:59.10	+00:23:51 (34.7%)	5:17	11.3 (64.9%)
187	WIERNIK Daniel	560		M2 30-39 lat	42	Tak		00:00:29	00:00:43	00:22:17	00:45:23	01:08:50.15	01:09:19.70	+00:23:55 (34.8%)	5:17	11.3 (64.9%)
188	KAPUŚCIAREK Elżbieta	207		K3 40-49 lat	14			00:00:15	00:00:40	00:22:55	00:45:44	01:08:50.40	01:09:05.40	+00:23:55 (34.8%)	5:17	11.3 (64.9%)
189	BIAŁEK Tomasz	40		M2 30-39 lat	43			00:01:00	00:00:38	00:23:12	00:46:35	01:08:59.50	01:10:00.35	+00:24:04 (34.9%)	5:18	11.3 (64.9%)
190	OLBRYŚ Stanisław Adam	374		M4 50-59	21			00:00:06	00:00:28	00:22:43	00:46:07	01:09:01.05	01:09:07.95	+00:24:06 (34.9%)	5:18	11.3 (64.9%)
191	ROGUSKI Michał	425		M2 30-39 lat	44			00:00:50	00:00:43	00:24:30	00:47:15	01:09:02.95	01:09:53.10	+00:24:08 (35.0%)	5:18	11.3 (64.9%)
192	GÓRALCZUK Maksymilian	148		M1 < 29 lat	18	Tak		00:00:38	00:00:40	00:23:06	00:45:51	01:09:03.10	01:09:42.00	+00:24:08 (35.0%)	5:18	11.3 (64.9%)
193	ZĘGOTA Filip	600		M1 < 29 lat	19			00:00:40	00:00:41	00:24:33	00:47:41	01:09:17.70	01:09:58.45	+00:24:23 (35.2%)	5:19	11.3 (64.9%)
194	KARPECHENKO Artem	212	RUN_WAWA_RUN	M2 30-39 lat	45			00:00:12	00:00:38	00:23:56	00:47:17	01:09:19.60	01:09:32.10	+00:24:24 (35.2%)	5:19	11.3 (64.9%)
195	WITZKE Artur	565		M3 40-49 lat	71			00:00:46	00:00:45	00:23:56	00:46:30	01:09:21.50	01:10:07.55	+00:24:26 (35.2%)	5:20	11.2 (64.4%)
196	DERESZEWSKI Piotr	98	ZABIEGANY WOŁOMIN	M3 40-49 lat	72			00:00:25	00:00:41	00:23:44	00:46:30	01:09:27.05	01:09:52.30	+00:24:32 (35.3%)	5:20	11.2 (64.4%)
197	MAJEWSKA Hanna	63	BIEGAM NA TARCHOMINIE	K2 30-39 lat	14	Tak		00:00:05	00:00:32	00:22:32	00:45:39	01:09:30.10	01:09:35.50	+00:24:35 (35.4%)	5:20	11.2 (64.4%)
198	WALAC Jacek	550	100 MARATHON CLUB POLSKA	M3 40-49 lat	73			00:00:19	00:00:40	00:23:46	00:46:44	01:09:34.55	01:09:53.80	+00:24:39 (35.5%)	5:21	11.2 (64.4%)
199	FREITES Luis	622		M5 60+	4			00:00:03	00:00:31	00:23:01	00:46:08	01:09:46.10	01:09:49.70	+00:24:51 (35.6%)	5:22	11.2 (64.4%)
200	SUCHODOLSKI Mariusz	491	DZIKI VIEG	M4 50-59	22	Tak		00:00:30	00:00:44	00:23:52	00:47:02	01:09:50.95	01:10:21.40	+00:24:56 (35.7%)	5:22	11.2 (64.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy			Czas startu	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						Mieszkańcy	Służby	Czas									
						Białołęki	Więziennej										
201	SAWICKI Adrian	449		M2 30-39 lat	46				00:00:03	00:00:30	00:23:49	00:47:06	01:09:56.65	01:10:00.00	+00:25:02 (35.8%)	5:22	11.2 (64.4%)
202	MIŚTA Grzegorz	348	DTR BIEGA / MARIO TEAM	M3 40-49 lat	74		Tak		00:00:21	00:00:42	00:23:30	00:46:52	01:09:56.75	01:10:18.00	+00:25:02 (35.8%)	5:22	11.2 (64.4%)
203	MIŁOSZ Marek	343		M4 50-59	23	Tak			00:00:18	00:00:39	00:23:31	00:46:49	01:09:58.70	01:10:16.75	+00:25:04 (35.8%)	5:22	11.1 (63.8%)
204	KUCHTA Paweł	284		M3 40-49 lat	75				00:00:15	00:00:42	00:22:58	00:45:58	01:10:04.40	01:10:20.00	+00:25:09 (35.9%)	5:23	11.1 (63.8%)
205	KEMPKA Tomasz	223		M2 30-39 lat	47				00:00:34	00:00:47	00:24:11	00:47:13	01:10:06.45	01:10:40.70	+00:25:11 (35.9%)	5:23	11.1 (63.8%)
206	LIS-MAJER Anna	301		K2 30-39 lat	15				00:00:12	00:00:39	00:23:14	00:46:19	01:10:07.15	01:10:19.45	+00:25:12 (36.0%)	5:23	11.1 (63.8%)
207	RYSZKO Grzegorz	443	NEW BALANCE RUN CLUB WARSZAWA	M3 40-49 lat	76				00:00:10	00:00:36	00:22:49	00:46:11	01:10:12.75	01:10:23.15	+00:25:18 (36.0%)	5:24	11.1 (63.8%)
208	AMBROZIAK Mateusz	14		M2 30-39 lat	48				00:00:37	00:00:45	00:24:13	00:47:37	01:10:13.70	01:10:51.60	+00:25:19 (36.1%)	5:24	11.1 (63.8%)
209	DOBROWOLSKI Damian	100		M1 < 29 lat	20	Tak			00:00:32	00:00:44	00:23:13	00:46:25	01:10:16.05	01:10:48.65	+00:25:21 (36.1%)	5:24	11.1 (63.8%)
210	FALBA Zbigniew	118	12TRI.PL	M4 50-59	24				00:00:35	00:00:45	00:24:50	00:48:08	01:10:16.95	01:10:52.50	+00:25:22 (36.1%)	5:24	11.1 (63.8%)
211	TRZCIŃSKI Michał	538		M1 < 29 lat	21				00:00:17	00:00:42	00:23:54	00:47:13	01:10:19.85	01:10:37.60	+00:25:25 (36.1%)	5:24	11.1 (63.8%)
212	SZADURA Małgorzata	498	WIELISZEW HERON TEAM	K4 50-59 lat	8				00:00:10	00:00:36	00:22:37	00:46:20	01:10:21.70	01:10:32.60	+00:25:27 (36.2%)	5:24	11.1 (63.8%)
213	GIL Wojciech	134		M4 50-59	25				00:00:11	00:01:14	00:24:38	00:47:47	01:10:22.40	01:10:34.00	+00:25:27 (36.2%)	5:24	11.1 (63.8%)
214	GÓRNIAK Tomasz	149		M1 < 29 lat	22				00:00:49	00:00:42	00:24:10	00:47:36	01:10:25.50	01:11:14.60	+00:25:30 (36.2%)	5:25	11.1 (63.8%)
215	DOBROWOLSKA Izabela	99		K2 30-39 lat	16				00:00:04	00:00:30	00:22:34	00:46:30	01:10:26.35	01:10:30.70	+00:25:31 (36.2%)	5:25	11.1 (63.8%)
215	BASIŃSKI Paweł	29		M3 40-49 lat	77		Tak		00:00:08	00:00:36	00:23:04	00:46:36	01:10:26.35	01:10:34.95	+00:25:31 (36.2%)	5:25	11.1 (63.8%)
217	WYRWAS Tadeusz	580	PGB POCZTOWA PACZKA	M5 60+	5	Tak			00:00:12	00:00:36	00:24:16	00:47:49	01:10:32.90	01:10:45.30	+00:25:38 (36.3%)	5:25	11.1 (63.8%)
218	WOJAS Tadeusz	568	ROZBIEGANY PIASTÓW	70+	1				00:00:05	00:00:32	00:23:48	00:47:31	01:10:33.10	01:10:38.55	+00:25:38 (36.3%)	5:25	11.1 (63.8%)
219	ROTTER Małgorzata	431	MARKOWI BIEGACZE	K3 40-49 lat	15				00:00:08	00:00:38	00:23:32	00:47:05	01:10:39.60	01:10:48.40	+00:25:44 (36.4%)	5:26	11 (63.2%)
220	TURCZYŃSKA Monika	541	SEKCJA BIEGOWA OIL WARSZAWA	K4 50-59 lat	9				00:00:10	00:00:39	00:23:53	00:47:16	01:10:40.40	01:10:50.50	+00:25:45 (36.5%)	5:26	11 (63.2%)
221	TOMSZYS Piotr	529	TRI LEVEL	M4 50-59	26	Tak			00:00:46	00:00:44	00:23:27	00:46:38	01:10:42.45	01:11:29.00	+00:25:47 (36.5%)	5:26	11 (63.2%)
222	ŚWIĘCICKI Wojciech	523		M5 60+	6	Tak			00:00:21	00:00:42	00:24:33	00:48:43	01:10:46.30	01:11:08.20	+00:25:51 (36.5%)	5:26	11 (63.2%)
223	SIEDLECKI Bartosz	457	BEMOZAŁOGA	M3 40-49 lat	78				00:00:13	00:00:42	00:24:02	00:47:33	01:10:51.40	01:11:04.50	+00:25:56 (36.6%)	5:27	11 (63.2%)
224	TULA Renata	540		70+	2				00:00:21	00:00:40	00:23:51	00:47:14	01:10:58.75	01:11:20.00	+00:26:04 (36.7%)	5:27	11 (63.2%)
225	CIMOCHOWSKA-ŚWITALSKA Magdalena	87	BIEGAM NA TARCHOMINIE	K3 40-49 lat	16	Tak			00:00:30	00:00:43	00:24:05	00:47:46	01:11:15.15	01:11:45.60	+00:26:20 (37.0%)	5:28	10.9 (62.6%)
226	WOJTAK Dominik	570	BEMOWO BIEGA	M3 40-49 lat	79				00:00:54	00:00:41	00:24:40	00:48:47	01:11:18.60	01:12:12.60	+00:26:23 (37.0%)	5:29	10.9 (62.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy			Czas startu	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						Mieszkańcy	Służby	Czas									
						Białołęki	Więziennej										
227	WŁODARCZYK Maciej	566	MARKOWI BIEGACZE	M3 40-49 lat	80				00:00:08	00:00:37	00:23:14	00:46:59	01:11:20.15	01:11:29.00	+00:26:25 (37.0%)	5:29	10.9 (62.6%)
228	SZAFRAN Mariusz	500	BKS 04 GÓRKI	M3 40-49 lat	81				00:00:54	00:00:43	00:24:40	00:48:47	01:11:33.45	01:12:27.90	+00:26:38 (37.2%)	5:30	10.9 (62.6%)
229	CELIŃSKI Tomasz	72	TUPTUŚ OTWOCK	M4 50-59	27				00:00:13	00:00:40	00:24:50	00:49:05	01:11:35.55	01:11:49.25	+00:26:40 (37.3%)	5:30	10.9 (62.6%)
230	KOPYŚ Jakub	251		M2 30-39 lat	49	Tak			00:00:48	00:00:44	00:25:35	00:49:10	01:11:37.45	01:12:25.65	+00:26:42 (37.3%)	5:30	10.9 (62.6%)
231	KARNOWSKI Michał	211		M3 40-49 lat	82				00:00:15	00:00:37	00:22:50	00:47:12	01:11:39.35	01:11:54.60	+00:26:44 (37.3%)	5:30	10.9 (62.6%)
232	PIETRUSZEWSKI Bartłomiej	402		M3 40-49 lat	83				00:00:19	00:00:42	00:24:14	00:48:11	01:11:43.25	01:12:02.70	+00:26:48 (37.4%)	5:31	10.9 (62.6%)
233	HEBDA Natalia	171		K1 < 29 lat	3				00:00:27	00:00:45	00:24:29	00:47:43	01:11:45.90	01:12:13.30	+00:26:51 (37.4%)	5:31	10.9 (62.6%)
234	TSYRA Aliaksandr	539		M1 < 29 lat	23				00:00:47	00:00:44	00:25:20	00:48:36	01:11:46.90	01:12:34.00	+00:26:52 (37.4%)	5:31	10.9 (62.6%)
235	MARCINIAK Marek	321		M3 40-49 lat	84	Tak			00:00:20	00:00:38	00:23:38	00:47:38	01:11:54.60	01:12:15.55	+00:26:59 (37.5%)	5:31	10.8 (62.1%)
236	WÓJCIK Przemysław	577		M3 40-49 lat	85				00:00:48	00:00:44	00:23:09	00:47:29	01:11:58.35	01:12:46.55	+00:27:03 (37.6%)	5:32	10.8 (62.1%)
237	KERNER Marcin	225		M3 40-49 lat	86	Tak			00:00:10	00:00:37	00:24:16	00:48:11	01:11:58.80	01:12:08.95	+00:27:04 (37.6%)	5:32	10.8 (62.1%)
238	MORAWSKI Mariusz	349	BIEGAJ POD OKIEM TRENERA	M1 < 29 lat	24				00:00:14	00:00:38	00:24:19	00:47:12	01:12:13.75	01:12:27.90	+00:27:19 (37.8%)	5:33	10.8 (62.1%)
239	KACHAN Igor	196		M2 30-39 lat	50				00:00:55	00:00:42	00:25:24	00:48:50	01:12:13.85	01:13:09.20	+00:27:19 (37.8%)	5:33	10.8 (62.1%)
240	MORAWSKI Krzysztof	350		M4 50-59	28				00:00:14	00:00:38	00:23:57	00:47:12	01:12:14.25	01:12:28.80	+00:27:19 (37.8%)	5:33	10.8 (62.1%)
241	JANOTA Michał	621		M3 40-49 lat	87	Tak			00:00:06	00:00:34	00:24:09	00:48:19	01:12:20.85	01:12:27.50	+00:27:26 (37.9%)	5:33	10.8 (62.1%)
242	CIEŚLAK Tomasz	85		M3 40-49 lat	88				00:00:42	00:00:46	00:25:14	00:49:30	01:12:22.40	01:13:04.70	+00:27:27 (37.9%)	5:34	10.8 (62.1%)
243	ORŁOWSKI Kacper	382		M2 30-39 lat	51				00:00:30	00:00:46	00:25:04	00:48:53	01:12:24.05	01:12:54.50	+00:27:29 (38.0%)	5:34	10.8 (62.1%)
244	KOŁODZIEJSKA Iwona	617		K3 40-49 lat	17				00:00:38	00:00:47	00:25:10	00:48:53	01:12:27.10	01:13:05.50	+00:27:32 (38.0%)	5:34	10.8 (62.1%)
245	WYROŻĘBSKA Anna	579		K3 40-49 lat	18	Tak			00:00:07	00:00:38	00:23:58	00:48:07	01:12:27.80	01:12:34.80	+00:27:33 (38.0%)	5:34	10.8 (62.1%)
246	NOSARZEWSKI Mariusz	364	GB PRESS TEAM	M3 40-49 lat	89				00:00:17	00:00:39	00:23:56	00:48:06	01:12:30.25	01:12:48.15	+00:27:35 (38.1%)	5:34	10.8 (62.1%)
247	GNUŁA Maciej	138	BIEGAM NA TARCOMINIE	M3 40-49 lat	90	Tak			00:00:34	00:00:44	00:24:47	00:48:58	01:12:32.70	01:13:07.20	+00:27:38 (38.1%)	5:34	10.8 (62.1%)
248	MIESZKOWSKI Maciej	339	NBRC WARSZAWA	M4 50-59	29				00:00:38	00:00:45	00:25:13	00:49:26	01:12:40.10	01:13:18.50	+00:27:45 (38.2%)	5:35	10.7 (61.5%)
249	JAGODA Teresa	178	GRUPA BIEGOWA CHTMO	K3 40-49 lat	19				00:00:35	00:00:45	00:25:21	00:49:20	01:12:47.60	01:13:23.55	+00:27:52 (38.3%)	5:35	10.7 (61.5%)
250	ŚCIBIOREK Bartosz	516		M2 30-39 lat	52				00:00:21	00:00:42	00:25:02	00:50:21	01:12:52.85	01:13:14.35	+00:27:58 (38.4%)	5:36	10.7 (61.5%)
251	SZABRAŃSKI Piotr	496	64 BATALION LEKKIEJ PIECHOTY W POMIECHOWKU	M4 50-59	30				00:00:26	00:00:46	00:24:14	00:48:44	01:12:56.75	01:13:23.25	+00:28:02 (38.4%)	5:36	10.7 (61.5%)
252	KACPURA Piotr	198		M3 40-49 lat	91				00:00:15	00:00:41	00:24:20	00:48:50	01:13:00.05	01:13:15.65	+00:28:05 (38.5%)	5:36	10.7 (61.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy			Czas startu	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						Mieszkańcy	Biatołęki	Służby Więziennej									
253	SZELWACHOWSKI Dariusz	506		M4 50-59	31				00:00:13	00:00:35	00:22:38	00:46:31	01:13:03.60	01:13:16.70	+00:28:08 (38.5%)	5:37	10.7 (61.5%)
254	MYŚLIŃSKA Anna	123	EKOBIEGI	K3 40-49 lat	20	Tak	Tak		00:00:20	00:00:42	00:24:33	00:49:02	01:13:05.05	01:13:25.50	+00:28:10 (38.5%)	5:37	10.7 (61.5%)
255	ORŁOWSKI Tomasz	383		M2 30-39 lat	53				00:00:29	00:00:43	00:24:20	00:48:59	01:13:08.35	01:13:38.05	+00:28:13 (38.6%)	5:37	10.7 (61.5%)
256	KOCIK Elżbieta	44		K3 40-49 lat	21	Tak			00:00:07	00:00:37	00:24:20	00:48:54	01:13:17.85	01:13:25.65	+00:28:23 (38.7%)	5:38	10.6 (60.9%)
257	BITOWSKI Hubert	48		M3 40-49 lat	92				00:00:54	00:00:44	00:24:44	00:48:32	01:13:21.95	01:14:15.95	+00:28:27 (38.8%)	5:38	10.6 (60.9%)
258	KEMPA Piotr	222		M2 30-39 lat	54	Tak			00:00:05	00:00:33	00:23:25	00:47:52	01:13:30.80	01:13:36.15	+00:28:36 (38.9%)	5:39	10.6 (60.9%)
259	PADZIŃSKI Mariusz	390	BIEGOWE WTORKI NA TARCHOMINIE	M4 50-59	32	Tak			00:00:40	00:00:45	00:25:28	00:50:04	01:13:45.00	01:14:25.30	+00:28:50 (39.1%)	5:40	10.6 (60.9%)
260	KAMIŃSKI Michał	202		M2 30-39 lat	55				00:00:19	00:00:41	00:23:50	00:48:09	01:13:47.40	01:14:07.30	+00:28:52 (39.1%)	5:40	10.6 (60.9%)
261	OLCHAWA Rafał	375		M1 < 29 lat	25				00:00:37	00:00:47	00:26:25	00:49:59	01:13:52.15	01:14:29.40	+00:28:57 (39.2%)	5:40	10.6 (60.9%)
262	ŻEBROWSKI Piotr	608		M3 40-49 lat	93				00:00:44	00:00:46	00:25:58	00:50:01	01:13:57.20	01:14:41.80	+00:29:02 (39.3%)	5:41	10.5 (60.3%)
263	SAŁAJ Marta	448	BRAK	K1 < 29 lat	4				00:00:19	00:00:44	00:24:30	00:49:11	01:13:59.85	01:14:19.20	+00:29:05 (39.3%)	5:41	10.5 (60.3%)
264	ADAMCZYK Alicja	11		K2 30-39 lat	17				00:00:19	00:00:44	00:24:30	00:49:11	01:13:59.95	01:14:19.15	+00:29:05 (39.3%)	5:41	10.5 (60.3%)
265	KOPCZYŃSKI Arkadiusz	248		M4 50-59	33				00:00:39	00:00:46	00:27:00	00:51:11	01:14:02.55	01:14:41.65	+00:29:07 (39.3%)	5:41	10.5 (60.3%)
266	KANIA Paweł	205	BIEGAM NA TARCHOMINIE	M4 50-59	34	Tak			00:00:17	00:00:42	00:25:02	00:49:30	01:14:07.50	01:14:25.30	+00:29:12 (39.4%)	5:42	10.5 (60.3%)
267	WACH Michał	549	BIEGAM NA TARCHOMINIE	M3 40-49 lat	94	Tak			00:00:14	00:00:40	00:24:58	00:49:34	01:14:11.20	01:14:25.35	+00:29:16 (39.5%)	5:42	10.5 (60.3%)
268	KACZOR Mariusz	200	MARIUSZ KACZOR	M3 40-49 lat	95				00:00:31	00:00:46	00:26:07	00:50:08	01:14:12.70	01:14:44.40	+00:29:18 (39.5%)	5:42	10.5 (60.3%)
269	BEN SIRA Kalina	36		K4 50-59 lat	10				00:00:31	00:00:47	00:26:07	00:50:08	01:14:13.00	01:14:44.25	+00:29:18 (39.5%)	5:42	10.5 (60.3%)
270	PAZIEWSKI Andrzej	399	BIEGAM NA TARCHOMINIE	M4 50-59	35	Tak			00:00:11	00:00:40	00:25:01	00:49:36	01:14:13.75	01:14:25.05	+00:29:19 (39.5%)	5:42	10.5 (60.3%)
271	TOKARZEWSKI Robert	525		M4 50-59	36	Tak			00:01:08	00:00:35	00:26:50	00:51:30	01:14:14.10	01:15:22.80	+00:29:19 (39.5%)	5:42	10.5 (60.3%)
272	BOGŁOWSKA Ula	54		K2 30-39 lat	18	Tak			00:00:19	00:00:40	00:25:02	00:49:42	01:14:14.50	01:14:33.85	+00:29:19 (39.5%)	5:42	10.5 (60.3%)
273	MUSIAŁ Sławomir	353		M4 50-59	37				00:00:14	00:00:43	00:24:59	00:49:42	01:14:17.65	01:14:32.20	+00:29:23 (39.5%)	5:42	10.5 (60.3%)
274	HRYCIUK Katarzyna	175	EKOBIEGI	K3 40-49 lat	22				00:00:33	00:00:48	00:25:31	00:49:48	01:14:28.95	01:15:02.30	+00:29:34 (39.7%)	5:43	10.5 (60.3%)
275	SZYMANOWSKI Marek	514	MARKOWI BIEGACZE	M4 50-59	38	Tak			00:00:33	00:00:47	00:25:31	00:49:48	01:14:29.10	01:15:02.80	+00:29:34 (39.7%)	5:43	10.5 (60.3%)
276	CZAJKOWSKI Rafał	88	EKOBIEGI	M3 40-49 lat	96	Tak			00:00:33	00:00:48	00:25:32	00:49:49	01:14:29.20	01:15:02.40	+00:29:34 (39.7%)	5:43	10.5 (60.3%)
277	BŁACH Mateusz	50	KOMENDA GŁÓWNA POLICJI	M2 30-39 lat	56				00:00:16	00:00:40	00:24:45	00:49:28	01:14:30.90	01:14:47.10	+00:29:36 (39.7%)	5:43	10.5 (60.3%)
278	PIETRASINSKA Oliwia	401		K1 < 29 lat	5				00:00:33	00:00:40	00:24:55	00:49:36	01:14:38.55	01:15:11.90	+00:29:43 (39.8%)	5:44	10.5 (60.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy			Czas startu	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						Mieszkańcy Białoleki	Służby Więziennej	Czas									
279	KOWALEWSKA Katarzyna	265		K3 40-49 lat	23				00:00:39	00:00:45	00:25:55	00:50:36	01:14:46.25	01:15:25.35	+00:29:51 (39.9%)	5:45	10.4 (59.8%)
280	SOBIELARSKA Joanna	471		K2 30-39 lat	19	Tak			00:00:43	00:00:45	00:26:35	00:51:07	01:14:47.10	01:15:30.15	+00:29:52 (39.9%)	5:45	10.4 (59.8%)
281	SENKO Mateusz	453	STOWARZYSZENIE RAZEM DLA BIAŁOLEKI	M2 30-39 lat	57	Tak			00:00:42	00:00:45	00:26:35	00:51:07	01:14:50.30	01:15:33.20	+00:29:55 (40.0%)	5:45	10.4 (59.8%)
282	HARASIMIUK Norbert	167		M2 30-39 lat	58				00:00:40	00:00:45	00:26:11	00:51:12	01:14:56.80	01:15:37.35	+00:30:02 (40.1%)	5:45	10.4 (59.8%)
283	OGRODNICZUK Józef	372		M5 60+	7				00:00:18	00:00:40	00:25:02	00:49:53	01:15:09.60	01:15:27.65	+00:30:14 (40.2%)	5:46	10.4 (59.8%)
284	PAWLINA Bartosz	398	DZIKUNY	M2 30-39 lat	59				00:00:07	00:00:35	00:25:07	00:50:24	01:15:11.20	01:15:18.60	+00:30:16 (40.3%)	5:47	10.4 (59.8%)
285	JEZERSKI Jan	189	GRUPA BIEGOWA CHTMO	M5 60+	8	Tak			00:00:32	00:00:47	00:26:32	00:51:18	01:15:21.85	01:15:54.15	+00:30:27 (40.4%)	5:47	10.4 (59.8%)
286	ROMANOWSKA Agnieszka	427		K2 30-39 lat	20				00:00:36	00:00:46	00:25:00	00:50:38	01:15:28.45	01:16:05.30	+00:30:33 (40.5%)	5:48	10.3 (59.2%)
287	GROCHOWSKI Marcin	156	TUPTUŚ OTWOCK	M3 40-49 lat	97				00:00:13	00:00:41	00:24:52	00:50:05	01:15:29.25	01:15:42.25	+00:30:34 (40.5%)	5:48	10.3 (59.2%)
288	KONCOWICZ Agnieszka	245	ŻACZKI	K2 30-39 lat	21				00:00:44	00:00:45	00:25:49	00:50:35	01:15:38.55	01:16:23.40	+00:30:43 (40.6%)	5:49	10.3 (59.2%)
289	MANCZENKO Eugeniusz	320	LEŚNE SZYCHY	M3 40-49 lat	98				00:00:30	00:00:46	00:28:08	00:53:33	01:15:49.35	01:16:19.65	+00:30:54 (40.8%)	5:49	10.3 (59.2%)
290	MRÓZ Sebastian	351		M3 40-49 lat	99				00:00:37	00:00:46	00:25:56	00:50:58	01:15:56.45	01:16:33.75	+00:31:01 (40.9%)	5:50	10.3 (59.2%)
291	DUDANOWICZ Mateusz	107		M2 30-39 lat	60	Tak			00:00:48	00:00:45	00:26:41	00:51:48	01:16:06.55	01:16:55.15	+00:31:11 (41.0%)	5:51	10.2 (58.6%)
292	WALCZUK Magda	552		K3 40-49 lat	24	Tak			00:00:51	00:00:43	00:26:55	00:51:44	01:16:10.35	01:17:02.05	+00:31:15 (41.0%)	5:51	10.2 (58.6%)
293	WÓJCIK Robert	575	AKTYWNA WARSZAWA	M3 40-49 lat	100				00:00:49	00:00:45	00:26:03	00:51:04	01:16:10.60	01:17:00.15	+00:31:15 (41.0%)	5:51	10.2 (58.6%)
294	PASZKOWSKI Cezary	396	LEŚNE SZYCHY	M3 40-49 lat	101				00:00:29	00:00:47	00:28:09	00:53:34	01:16:11.90	01:16:41.45	+00:31:17 (41.1%)	5:51	10.2 (58.6%)
295	PROKOPIUK Grzegorz	412	BIEGAM NA TARCHOMINIE	M3 40-49 lat	102	Tak			00:00:17	00:00:42	00:26:03	00:51:32	01:16:25.80	01:16:43.10	+00:31:31 (41.2%)	5:52	10.2 (58.6%)
296	KUŚMIREK-KOWAL Joanna	291	BIEGAM NA TARCHOMINIE	K3 40-49 lat	25	Tak			00:00:16	00:00:42	00:26:03	00:51:32	01:16:26.35	01:16:43.10	+00:31:31 (41.2%)	5:52	10.2 (58.6%)
297	PIĄTEK Bogdan	400	LECHICI ZIELONKA	70+	3				00:00:21	00:00:41	00:25:24	00:49:20	01:16:31.05	01:16:52.15	+00:31:36 (41.3%)	5:53	10.2 (58.6%)
298	NOWAK Katarzyna	365		K3 40-49 lat	26				00:00:44	00:00:44	00:25:58	00:50:58	01:16:31.95	01:17:16.85	+00:31:37 (41.3%)	5:53	10.2 (58.6%)
299	TYBURC Paweł	69	RADA DZIELNICY BIAŁOLEKA	M4 50-59	39	Tak			00:00:36	00:00:45	00:25:34	00:50:13	01:16:36.85	01:17:13.45	+00:31:42 (41.4%)	5:53	10.2 (58.6%)
300	ŁAPETA Wiktoria	303		K1 < 29 lat	6				00:00:46	00:00:43	00:26:39	00:51:51	01:16:37.60	01:17:24.30	+00:31:42 (41.4%)	5:53	10.2 (58.6%)
301	PUCHALSKA Wioletta	415		K2 30-39 lat	22				00:00:31	00:00:45	00:25:28	00:50:47	01:16:38.00	01:17:09.10	+00:31:43 (41.4%)	5:53	10.2 (58.6%)
302	NOWIŃSKI Mariusz	627		M3 40-49 lat	103	Tak			00:00:12	00:00:42	00:27:56	00:52:55	01:16:44.60	01:16:57.45	+00:31:49 (41.5%)	5:54	10.2 (58.6%)
303	KOSMAŁA Dariusz	257		M4 50-59	40				00:00:07	00:00:37	00:25:02	00:50:41	01:16:50.10	01:16:57.70	+00:31:55 (41.5%)	5:54	10.2 (58.6%)
304	HEBDA Bartłomiej	170		M3 40-49 lat	104				00:00:12	00:00:44	00:25:30	00:50:42	01:16:51.50	01:17:04.20	+00:31:56 (41.6%)	5:54	10.1 (58.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy			Czas startu	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						Mieszkańcy	Służby	Czas									
						Białoleki	Więziennej										
305	BACHANEK Dorota	19		K4 50-59 lat	11				00:00:06	00:00:36	00:24:35	00:50:01	01:16:56.55	01:17:02.90	+00:32:01 (41.6%)	5:55	10.1 (58.0%)
306	KOPROWSKI Jacek	250	PARKRUN PRUSZKÓW	M2 30-39 lat	61				00:00:50	00:00:44	00:25:47	00:50:47	01:17:01.20	01:17:51.30	+00:32:06 (41.7%)	5:55	10.1 (58.0%)
307	NOWOSAD Olga	369		K2 30-39 lat	23				00:00:28	00:00:46	00:26:17	00:51:43	01:17:05.55	01:17:33.95	+00:32:10 (41.7%)	5:55	10.1 (58.0%)
308	KOŁODZIEJSKI Rafał	242		M3 40-49 lat	105				00:00:15	00:00:47	00:26:26	00:53:06	01:17:08.35	01:17:23.70	+00:32:13 (41.8%)	5:56	10.1 (58.0%)
309	BARCZAK Ewelina	24		K1 < 29 lat	7				00:00:32	00:00:46	00:25:49	00:51:04	01:17:10.20	01:17:42.30	+00:32:15 (41.8%)	5:56	10.1 (58.0%)
310	MAREK Roman	323		M5 60+	9				00:00:22	00:00:44	00:25:39	00:51:39	01:17:12.05	01:17:34.85	+00:32:17 (41.8%)	5:56	10.1 (58.0%)
311	PIKULIŃSKA Iwona	403		K2 30-39 lat	24	Tak			00:00:44	00:00:45	00:26:47	00:51:51	01:17:13.70	01:17:57.90	+00:32:19 (41.8%)	5:56	10.1 (58.0%)
312	MUCHA Grzegorz	352		M5 60+	10	Tak			00:00:45	00:00:45	00:26:16	00:52:04	01:17:19.10	01:18:04.25	+00:32:24 (41.9%)	5:56	10.1 (58.0%)
313	WIĘCKOWSKA Aneta	561		K2 30-39 lat	25	Tak			00:00:41	00:00:45	00:27:03	00:52:22	01:17:22.80	01:18:04.25	+00:32:28 (42.0%)	5:57	10.1 (58.0%)
314	SIDORCZUK-KUMOSA Dorota	455	TEAM ZABIEGANEDNI	K3 40-49 lat	27				00:00:42	00:00:47	00:27:26	00:52:43	01:17:28.60	01:18:10.65	+00:32:33 (42.0%)	5:57	10.1 (58.0%)
315	ZALEWSKA Patrycja	586		K3 40-49 lat	28	Tak			00:00:21	00:00:43	00:25:41	00:51:18	01:17:37.75	01:17:59.55	+00:32:43 (42.1%)	5:58	10 (57.5%)
316	NIEDŹWIECKA Katarzyna	42		K4 50-59 lat	12		Nie		00:00:33	00:00:48	00:26:59	00:52:01	01:17:38.25	01:18:11.65	+00:32:43 (42.2%)	5:58	10 (57.5%)
317	BROŻEK Aleksandra	60	BIEGAJĄCE ZĄBKI	K1 < 29 lat	8				00:00:16	00:00:42	00:25:44	00:51:33	01:17:40.80	01:17:57.20	+00:32:46 (42.2%)	5:58	10 (57.5%)
318	RUSIN Bartosz	437		M4 50-59	41				00:00:38	00:00:42	00:25:54	00:51:43	01:17:48.40	01:18:27.30	+00:32:53 (42.3%)	5:59	10 (57.5%)
319	ZYGADŁO Piotr	606		M3 40-49 lat	106				00:00:30	00:00:46	00:27:12	00:52:51	01:17:53.80	01:18:24.30	+00:32:59 (42.3%)	5:59	10 (57.5%)
320	KAMIEŃ Monika	201		K1 < 29 lat	9				00:00:45	00:00:44	00:27:27	00:53:26	01:18:04.60	01:18:49.80	+00:33:09 (42.5%)	6:00	10 (57.5%)
321	MAZURKIEWICZ Aleksandra	333	GRUPA BIEGOWA CHTMO	K2 30-39 lat	26				00:00:35	00:00:46	00:26:08	00:51:59	01:18:12.85	01:18:48.40	+00:33:18 (42.6%)	6:00	10 (57.5%)
322	UKRAINIEC Bogdan	544	SC ULTRA	M5 60+	11				00:00:44	00:00:46	00:26:28	00:51:51	01:18:17.10	01:19:01.30	+00:33:22 (42.6%)	6:01	10 (57.5%)
323	OPOŃSKA Emilia	381	BIEGAM NA TARCHOMINIE	K2 30-39 lat	27				00:00:31	00:00:45	00:26:46	00:52:46	01:18:29.75	01:19:00.95	+00:33:35 (42.8%)	6:02	9.9 (56.9%)
324	WIERBIŁOWICZ Małgorzata	559		K3 40-49 lat	29				00:00:20	00:00:45	00:27:13	00:53:06	01:18:34.75	01:18:55.40	+00:33:40 (42.8%)	6:02	9.9 (56.9%)
325	ŁUCZAK Piotr	310	PKO BANK POLSKI	M3 40-49 lat	107	Tak			00:00:09	00:00:37	00:24:43	00:51:13	01:18:40.65	01:18:49.90	+00:33:46 (42.9%)	6:03	9.9 (56.9%)
326	ŁUCZAK Małgorzata	309	RUNNERSI ZE SKARBKA	K3 40-49 lat	30	Tak			00:00:08	00:00:38	00:24:44	00:51:16	01:18:41.50	01:18:50.25	+00:33:46 (42.9%)	6:03	9.9 (56.9%)
327	BOBOWSKI Sebastian	51		M3 40-49 lat	108	Tak			00:00:26	00:00:38	00:24:01	00:49:39	01:18:43.00	01:19:09.20	+00:33:48 (42.9%)	6:03	9.9 (56.9%)
328	KOSEWSKA Dorota	256	BIEGAM NA TARCHOMINIE/BIEGIEM NA KAWĘ	K4 50-59 lat	13	Tak			00:00:31	00:00:44	00:26:28	00:52:43	01:18:43.80	01:19:15.35	+00:33:49 (43.0%)	6:03	9.9 (56.9%)
329	URBANIAK Paweł	546		M3 40-49 lat	109	Tak			00:00:51	00:00:44	00:27:24	00:53:09	01:18:44.85	01:19:36.60	+00:33:50 (43.0%)	6:03	9.9 (56.9%)
330	ZDUŃSKI Jarosław	599		M4 50-59	42	Tak			00:00:45	00:00:46	00:27:05	00:52:10	01:18:46.60	01:19:32.35	+00:33:51 (43.0%)	6:03	9.9 (56.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy			Czas startu	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						Mieszkańcy	Służby	Czas									
						Białołęki	Więziennej										
331	KWIECIEŃ Agata	292		K4 50-59 lat	14	Tak			00:00:47	00:00:45	00:26:33	00:52:14	01:18:47.30	01:19:34.90	+00:33:52 (43.0%)	6:03	9.9 (56.9%)
332	MUSIAŁ Jawiga	615		K3 40-49 lat	31				00:00:07	00:00:33	00:25:12	00:51:56	01:18:54.95	01:19:02.35	+00:34:00 (43.1%)	6:04	9.9 (56.9%)
333	WIECZOREK Dariusz	557		M4 50-59	43				00:00:52	00:00:45	00:27:12	00:54:51	01:19:40.10	01:20:32.55	+00:34:45 (43.6%)	6:07	9.8 (56.3%)
334	SZULC Kasia	512		K4 50-59 lat	15				00:00:27	00:00:42	00:25:42	00:51:50	01:19:43.10	01:20:10.55	+00:34:48 (43.7%)	6:07	9.8 (56.3%)
335	GRONAU Maciej	157		M2 30-39 lat	62				00:00:37	00:00:45	00:27:51	00:54:09	01:19:59.65	01:20:36.85	+00:35:05 (43.9%)	6:09	9.8 (56.3%)
336	BERNAT Sebastian	38	STARE WILKI	M3 40-49 lat	110				00:00:37	00:00:46	00:27:20	00:54:00	01:20:06.45	01:20:43.55	+00:35:11 (43.9%)	6:09	9.7 (55.7%)
337	WRÓBLEWSKI Tomasz	578		M2 30-39 lat	63	Tak			00:00:39	00:00:48	00:27:56	00:54:01	01:20:16.50	01:20:55.60	+00:35:21 (44.1%)	6:10	9.7 (55.7%)
338	GUZIŃSKA Ola	165		K3 40-49 lat	32				00:00:27	00:00:47	00:26:50	00:54:14	01:20:20.25	01:20:47.25	+00:35:25 (44.1%)	6:10	9.7 (55.7%)
339	WĄSIK Izabela	555	BEMOWO BIEGA	K4 50-59 lat	16				00:00:26	00:00:47	00:26:50	00:54:14	01:20:20.50	01:20:47.35	+00:35:25 (44.1%)	6:10	9.7 (55.7%)
340	SROCZYŃSKA Emilia	477		K3 40-49 lat	33	Tak			00:00:25	00:00:47	00:27:05	00:53:43	01:20:21.35	01:20:46.60	+00:35:26 (44.1%)	6:10	9.7 (55.7%)
341	JEŻMAŃSKI Sławek	190	BIEGAM NA TARCHOMINIE	M3 40-49 lat	111	Tak			00:00:39	00:00:46	00:27:30	00:54:02	01:20:27.10	01:21:06.85	+00:35:32 (44.2%)	6:11	9.7 (55.7%)
342	GÓRSKA Natalia	150		K2 30-39 lat	28				00:00:42	00:00:47	00:27:34	00:54:11	01:20:31.05	01:21:13.85	+00:35:36 (44.2%)	6:11	9.7 (55.7%)
343	ZASŁONKA Paweł	592		M2 30-39 lat	64	Tak			00:00:35	00:00:44	00:26:22	00:53:26	01:20:37.05	01:21:12.30	+00:35:42 (44.3%)	6:12	9.7 (55.7%)
344	RUCYK Justyna	434		K3 40-49 lat	34				00:00:07	00:00:37	00:26:04	00:52:59	01:20:38.20	01:20:45.40	+00:35:43 (44.3%)	6:12	9.7 (55.7%)
345	HEBDA Agata	169		K3 40-49 lat	35				00:00:38	00:00:46	00:27:31	00:54:01	01:20:43.00	01:21:21.25	+00:35:48 (44.4%)	6:12	9.7 (55.7%)
346	DĄBROWSKA Eliza	97		K3 40-49 lat	36				00:00:28	00:00:49	00:27:33	00:53:58	01:20:48.35	01:21:17.10	+00:35:53 (44.4%)	6:12	9.7 (55.7%)
347	CHOJNOWSKI Andrzej	80	BIEGAM NA TARCHOMINIE	M3 40-49 lat	112	Tak			00:00:16	00:00:43	00:26:20	00:52:47	01:20:59.55	01:21:15.95	+00:36:04 (44.5%)	6:13	9.6 (55.2%)
348	WOŹNIAK Marcin	574		M3 40-49 lat	113				00:00:45	00:00:45	00:26:47	00:53:37	01:21:04.95	01:21:50.90	+00:36:10 (44.6%)	6:14	9.6 (55.2%)
349	DZIEDZIC Łukasz	110		M3 40-49 lat	114	Tak			00:00:39	00:00:45	00:27:29	00:53:31	01:21:09.50	01:21:48.90	+00:36:14 (44.7%)	6:14	9.6 (55.2%)
350	WITEK Małgorzata	564		K3 40-49 lat	37	Tak			00:00:24	00:00:47	00:27:06	00:53:43	01:21:11.25	01:21:36.20	+00:36:16 (44.7%)	6:14	9.6 (55.2%)
351	SZAFRAN Czesław	499		70+	4				00:00:54	00:00:46	00:27:39	00:54:24	01:21:16.55	01:22:11.35	+00:36:21 (44.7%)	6:15	9.6 (55.2%)
352	GRABOWSKI Leszek	152	STARE BABICE BIEGAJĄ	M4 50-59	44				00:00:39	00:00:45	00:27:50	00:54:46	01:21:29.50	01:22:08.70	+00:36:34 (44.9%)	6:16	9.6 (55.2%)
353	DOBRUCH Hanna	101		K4 50-59 lat	17				00:00:27	00:00:49	00:26:40	00:53:30	01:21:36.00	01:22:03.50	+00:36:41 (45.0%)	6:16	9.6 (55.2%)
354	DOBRUCH Robert	102		M4 50-59	45				00:00:27	00:00:48	00:26:39	00:53:30	01:21:36.05	01:22:03.90	+00:36:41 (45.0%)	6:16	9.6 (55.2%)
355	GORAL Bartłomiej	145		M3 40-49 lat	115				00:00:41	00:00:47	00:27:58	00:54:57	01:21:45.05	01:22:26.80	+00:36:50 (45.1%)	6:17	9.5 (54.6%)
356	LIPIEC Tomasz	299	MIKOŁAJ JEST TYLKO JEDEN	M4 50-59	46				00:00:55	00:00:46	00:27:57	00:54:53	01:21:52.15	01:22:47.70	+00:36:57 (45.1%)	6:17	9.5 (54.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy			Czas startu	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						Mieszkańcy Białoleki	Służby Więziennej	Czas									
357	SZCZYPEK Paweł	504		M4 50-59	47	Tak			00:00:17	00:00:43	00:26:28	00:53:26	01:21:54.15	01:22:11.15	+00:36:59 (45.2%)	6:18	9.5 (54.6%)
358	SIERZPUTOWSKA Ewa	458	GUNS&ROSES RUN TEAM	K4 50-59 lat	18				00:00:22	00:00:43	00:26:46	00:53:58	01:21:59.05	01:22:21.75	+00:37:04 (45.2%)	6:18	9.5 (54.6%)
359	KORNATKO-PULKOWSKA Mariola	253		K3 40-49 lat	38	Tak			00:00:56	00:00:48	00:28:12	00:55:05	01:22:08.85	01:23:05.20	+00:37:14 (45.3%)	6:19	9.5 (54.6%)
360	OSIŃSKI Stanisław	386	NASIELSK BASZTA TEAM	70+	5				00:00:26	00:00:46	00:27:34	00:54:58	01:22:29.45	01:22:56.25	+00:37:34 (45.6%)	6:20	9.5 (54.6%)
361	MARCZAK Grażyna	322	SKARYSZEWSKIE CIACHA	70+	6				00:00:28	00:00:46	00:27:53	00:54:57	01:22:46.75	01:23:15.70	+00:37:52 (45.7%)	6:22	9.4 (54.0%)
362	REGUCKI Ryszard	421		M3 40-49 lat	116				00:00:48	00:00:44	00:27:56	00:55:31	01:22:54.35	01:23:43.25	+00:37:59 (45.8%)	6:22	9.4 (54.0%)
363	SIKORSKI Paweł	461	KIP RUNNING	M3 40-49 lat	117				00:00:29	00:00:46	00:28:45	00:56:20	01:22:56.40	01:23:26.10	+00:38:01 (45.9%)	6:22	9.4 (54.0%)
364	ZANDROWICZ Szymon	589		M3 40-49 lat	118	Tak			00:00:56	00:00:48	00:26:48	00:53:02	01:22:56.60	01:23:53.05	+00:38:01 (45.9%)	6:22	9.4 (54.0%)
365	SIKORSKA Karolina	459	KIP RUNNING	K3 40-49 lat	39				00:00:29		00:28:46	00:56:21	01:22:57.15	01:23:26.25	+00:38:02 (45.9%)	6:22	9.4 (54.0%)
366	KAPLA Tomek	206	BEMOWO BIEGA	M2 30-39 lat	65				00:00:15	00:00:50	00:27:27	00:55:02	01:22:58.35	01:23:14.30	+00:38:03 (45.9%)	6:22	9.4 (54.0%)
367	ZAWADZKA-NAZIMEK Joanna	596	PRZYBYSZE Z MATPLANETY	K3 40-49 lat	40				00:00:41	00:00:47	00:29:40	00:58:24	01:23:00.80	01:23:42.45	+00:38:06 (45.9%)	6:23	9.4 (54.0%)
368	MALETKA Joanna	317		K3 40-49 lat	41	Tak			00:00:42	00:00:46	00:27:50	00:55:17	01:23:08.10	01:23:50.50	+00:38:13 (46.0%)	6:23	9.4 (54.0%)
369	BARNAS Ilona	26		K3 40-49 lat	42				00:00:42	00:00:47	00:27:50	00:55:18	01:23:08.35	01:23:50.45	+00:38:13 (46.0%)	6:23	9.4 (54.0%)
370	KOŁACIŃSKA Ewelina	240	LEŚNE SZYCHY	K3 40-49 lat	43				00:00:29	00:00:47	00:28:09	00:56:56	01:23:09.00	01:23:38.85	+00:38:14 (46.0%)	6:23	9.4 (54.0%)
371	SIKORSKI Paweł	460	GAMMA	M3 40-49 lat	119	Tak			00:00:49	00:00:44	00:27:56	00:55:45	01:23:09.75	01:23:59.25	+00:38:15 (46.0%)	6:23	9.4 (54.0%)
372	SZÓSTAK Marcin	510		M4 50-59	48				00:00:33	00:00:46	00:26:11	00:55:33	01:23:22.55	01:23:55.95	+00:38:27 (46.1%)	6:24	9.4 (54.0%)
373	REDA Sławomir	420	TEAM ZABIEGANEDNI	M5 60+	12				00:00:46	00:00:46	00:28:14	00:55:41	01:23:26.70	01:24:13.35	+00:38:32 (46.2%)	6:25	9.3 (53.4%)
374	GONET Katarzyna	143	BIEGAM NA TARCHOMINIE	K3 40-49 lat	44	Tak			00:00:42	00:00:46	00:28:18	00:55:45	01:23:28.75	01:24:11.50	+00:38:34 (46.2%)	6:25	9.3 (53.4%)
375	KARWOWSKI Mariusz	215	GRUPA BIEGOWA CHTMO	M4 50-59	49				00:00:34	00:00:47	00:27:44	00:54:49	01:23:32.90	01:24:07.70	+00:38:38 (46.2%)	6:25	9.3 (53.4%)
376	ANDRUKIEWICZ Anita	15	GRUPA BIEGOWA CHTMO	K3 40-49 lat	45				00:00:32	00:00:47	00:27:47	00:54:52	01:23:35.50	01:24:07.90	+00:38:40 (46.3%)	6:25	9.3 (53.4%)
377	ŁATKOWSKA Monika	304	GRUPA BIEGOWA CHTMO	K3 40-49 lat	46				00:00:31	00:00:47	00:27:47	00:54:51	01:23:35.80	01:24:07.60	+00:38:41 (46.3%)	6:25	9.3 (53.4%)
378	KOWALSKI Tomasz	268	KB PACE	M3 40-49 lat	120				00:00:39	00:00:47	00:29:32	00:58:22	01:23:36.75	01:24:16.70	+00:38:42 (46.3%)	6:25	9.3 (53.4%)
379	KOWALSKA Kinga	267	KB PACE	K3 40-49 lat	47				00:00:39	00:00:47	00:29:32	00:58:23	01:23:37.10	01:24:16.75	+00:38:42 (46.3%)	6:25	9.3 (53.4%)
380	KUPIEC Robert	289		M4 50-59	50	Tak			00:00:04	00:00:33	00:27:37	00:55:50	01:23:40.85	01:23:45.20	+00:38:46 (46.3%)	6:26	9.3 (53.4%)
381	MATUSIEWICZ Karolina	328		K3 40-49 lat	48				00:00:44	00:00:45	00:27:04	00:54:50	01:23:41.40	01:24:25.40	+00:38:46 (46.3%)	6:26	9.3 (53.4%)
382	LASKOWSKA Marzena	293		K3 40-49 lat	49				00:00:43	00:00:46	00:27:04	00:54:51	01:23:41.50	01:24:25.25	+00:38:46 (46.3%)	6:26	9.3 (53.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy			Czas startu	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						Mieszkańcy Białoleki	Służby Więziennej										
383	MICHNOWSKA Adriana	337	BIEGAM NA TARCHOMINIE	K3 40-49 lat	50				00:00:43	00:00:47	00:28:36	00:56:43	01:23:55.15	01:24:38.85	+00:39:00 (46.5%)	6:27	9.3 (53.4%)
384	SUCHORZEWSKI Norbert	492		M4 50-59	51				00:00:53	00:00:44	00:27:11	00:54:19	01:23:55.40	01:24:48.50	+00:39:00 (46.5%)	6:27	9.3 (53.4%)
385	RUBIN-SZYMAŃSKI Łukasz Ryszard	433	OSP ŁOMIANKI	M2 30-39 lat	66				00:00:39	00:00:45	00:24:54	00:54:11	01:24:56.20	01:25:35.95	+00:40:01 (47.1%)	6:32	9.2 (52.9%)
386	SUPEŁ Beata	142		K2 30-39 lat	29				00:00:50	00:00:43	00:28:57	00:56:38	01:25:32.90	01:26:22.95	+00:40:38 (47.5%)	6:34	9.1 (52.3%)
387	ORŁOWSKI Marek	384		M4 50-59	52	Tak			00:00:38	00:00:43	00:27:58	00:56:20	01:25:36.40	01:26:15.10	+00:40:41 (47.5%)	6:35	9.1 (52.3%)
388	GOŁACKA-PIOTOWSKA Beata	141		K4 50-59 lat	19				00:00:41	00:00:46	00:27:34	00:56:34	01:26:04.85	01:26:46.40	+00:41:10 (47.8%)	6:37	9.1 (52.3%)
389	TROCEWICZ Andrzej	533		M1 < 29 lat	26				00:00:48	00:00:48	00:29:41	00:58:54	01:26:47.90	01:27:36.80	+00:41:53 (48.3%)	6:40	9 (51.7%)
390	TRZCIŃSKA Iwona	537		K4 50-59 lat	20				00:00:19	00:00:44	00:27:53	00:56:28	01:27:10.60	01:27:29.60	+00:42:15 (48.5%)	6:42	8.9 (51.1%)
391	GNICH Jacek	137		M1 < 29 lat	27				00:00:48	00:00:48	00:29:40	00:58:54	01:27:24.30	01:28:13.10	+00:42:29 (48.6%)	6:43	8.9 (51.1%)
392	KOCHMAN Iwona	239	VEGE RUNNERS	K5 60 +	1				00:00:22	00:00:47	00:29:04	00:58:15	01:27:47.65	01:28:10.30	+00:42:53 (48.8%)	6:45	8.9 (51.1%)
393	MISZTA Barbara	347		K3 40-49 lat	51				00:00:00		00:31:36	01:01:36	01:28:32.35	01:28:32.35	+00:43:37 (49.3%)	6:48	8.8 (50.6%)
394	PRĘGOWSKI Grzegorz	411	EKOBIEGI	M4 50-59	53				00:00:45	00:00:46	00:29:55	00:58:52	01:29:01.35	01:29:47.10	+00:44:06 (49.6%)	6:50	8.8 (50.6%)
395	KAWKA Andrzej	220		M5 60+	13				00:00:53	00:00:46	00:29:45	00:59:35	01:29:31.60	01:30:25.00	+00:44:36 (49.8%)	6:53	8.7 (50.0%)
396	TORZEWSKA Agnieszka	530	BEMOWO BIEGA	K3 40-49 lat	52				00:00:24	00:00:45	00:27:42	00:55:40	01:29:55.25	01:30:19.30	+00:45:00 (50.1%)	6:55	8.7 (50.0%)
397	KLINOWSKA Agnieszka	236	BIEGAM NA BIAŁOLECIE	K2 30-39 lat	30	Tak			00:00:13	00:00:44	00:29:25	00:59:55	01:30:25.15	01:30:39.10	+00:45:30 (50.3%)	6:57	8.6 (49.4%)
398	LEWANDOWSKA Monika	296		K3 40-49 lat	53	Tak			00:00:13	00:00:45	00:29:25	00:59:57	01:30:25.40	01:30:38.90	+00:45:30 (50.3%)	6:57	8.6 (49.4%)
399	SZWARC Anna	513	BIEGAM NA BIAŁOLECIE	K3 40-49 lat	54	Tak			00:00:13	00:00:45	00:30:09	00:59:56	01:30:26.20	01:30:39.55	+00:45:31 (50.3%)	6:57	8.6 (49.4%)
400	CIEŚLAK Paweł	86	SLOWJOGGING BIAŁOLEKA	M4 50-59	54	Tak			00:00:53	00:00:48	00:30:04	00:58:45	01:30:47.50	01:31:40.65	+00:45:52 (50.5%)	6:59	8.6 (49.4%)
401	GROCHOWSKA Joanna	155	BIEGAM DOBRZE DLA FUNDACJI SYNOPSIS	K4 50-59 lat	21				00:00:52	00:00:47	00:29:51	00:57:22	01:30:55.70	01:31:48.30	+00:46:01 (50.6%)	6:59	8.6 (49.4%)
402	SZOSTAKOWSKI Jarosław	509	BIEGAM DOBRZE DLA FUNDACJI SYNOPSIS	M4 50-59	55				00:00:52	00:00:47	00:29:51	00:59:51	01:30:56.15	01:31:48.60	+00:46:01 (50.6%)	6:59	8.6 (49.4%)
403	KUCICKI Krzysztof	285		M3 40-49 lat	121	Tak			00:00:50	00:00:45	00:29:53	00:59:53	01:30:58.05	01:31:48.70	+00:46:03 (50.6%)	6:59	8.6 (49.4%)
404	WINIARSKA Izabela	562	IZAGÓRĄ	K3 40-49 lat	55	Tak			00:00:32	00:00:50	00:28:35	00:58:57	01:31:16.70	01:31:48.75	+00:46:22 (50.8%)	7:01	8.5 (48.9%)
405	SMOK Tomasz	470		M3 40-49 lat	122	Tak			00:00:59	00:00:44	00:30:02	00:59:31	01:31:18.35	01:32:17.65	+00:46:23 (50.8%)	7:01	8.5 (48.9%)
406	KULBACKI Kamil	286		M2 30-39 lat	67				00:00:56	00:00:44	00:30:03	00:59:50	01:31:27.60	01:32:23.60	+00:46:32 (50.9%)	7:02	8.5 (48.9%)
407	OGOŃCZYK Donata	371		K2 30-39 lat	31				00:00:23	00:00:45	00:29:27	01:01:01	01:32:03.40	01:32:27.15	+00:47:08 (51.2%)	7:04	8.5 (48.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy			Czas startu	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						Mieszkańcy Białoleki	Służby Więziennej	Czas									
408	ZIARKO Joanna	602		K3 40-49 lat	56				00:00:18	00:00:44	00:30:38	01:01:07	01:32:09.10	01:32:27.15	+00:47:14 (51.3%)	7:05	8.5 (48.9%)
409	GRYGOWSKA Beata	160		K3 40-49 lat	57				00:00:27	00:00:47	00:28:05	00:59:43	01:32:30.20	01:32:57.80	+00:47:35 (51.4%)	7:06	8.4 (48.3%)
410	ĆWIKŁA Joanna	629		K3 40-49 lat	58				00:00:20	00:00:45	00:28:20	01:00:30	01:33:47.45	01:34:07.90	+00:48:52 (52.1%)	7:12	8.3 (47.7%)
411	BERLIŃSKI Kamil	37		M2 30-39 lat	68	Tak			00:00:26	00:00:46	00:30:32	01:02:36	01:35:11.60	01:35:37.75	+00:50:16 (52.8%)	7:19	8.2 (47.1%)
412	KATNER-PRUSZYŃSKA Joanna	217	KB OŻARÓW MAZOWIECKI BIEGA	K3 40-49 lat	59				00:00:47	00:00:47	00:32:04	01:03:47	01:35:33.95	01:36:21.35	+00:50:39 (53.0%)	7:21	8.2 (47.1%)
413	ŁOKIEĆ Piotr	306	GRUPA PROOBRONNA "POSPOLITE RUSZENIE"	M4 50-59	56	Tak			00:00:55	00:00:45	00:30:35	01:02:41	01:36:31.10	01:37:26.20	+00:51:36 (53.5%)	7:25	8.1 (46.6%)
414	NASKRĘT Mariusz	355		M3 40-49 lat	123				00:00:40	00:00:47	00:32:42	01:05:08	01:37:28.00	01:38:08.25	+00:52:33 (53.9%)	7:29	8 (46.0%)
415	KOMUDA Kacper	244	PRYWATNE LATANIE	M1 < 29 lat	28				00:00:39	00:00:46	00:29:31	01:03:43	01:38:46.35	01:39:25.85	+00:53:51 (54.5%)	7:35	7.9 (45.4%)
416	REMBERK Danuta	422		70+	7				00:00:52	00:00:48	00:33:55	01:07:35	01:42:23.05	01:43:15.20	+00:57:28 (56.1%)	7:52	7.6 (43.7%)
417	GRYBOŚ Ewa	810		K2 30-39 lat	32	Tak			00:00:02	00:00:25	00:17:25	00:35:36			+00:05:37	4:05	14.7 (84.5%)
418	SYDOR-SEDEK Malgorzata	494	MARSZOBIEGI	K3 40-49 lat	60				00:00:20	00:00:51	00:33:48	00:39:55			+00:09:56	4:35	13.1 (75.3%)
419	BIAŁOKOS Kamil	41	GRUPA BIEGOWA CHTMO	M3 40-49 lat	124	Tak			00:00:34	00:00:46	00:23:37	00:45:41			+00:15:42	5:15	11.4 (65.5%)
420	CICHENIK Krystian	199		M1 < 29 lat	29				00:00:08	00:00:37	00:24:07	00:46:41			+00:16:42	5:21	11.2 (64.4%)
421	KOPIEC Marcin	249	PIASECZNO RUNNING	M4 50-59	57				00:00:33	00:00:44	00:23:33	00:46:45			+00:16:46	5:22	11.2 (64.4%)
422	SZAREWICZ Paweł	502		M3 40-49 lat	125	Tak			00:00:07	00:00:38	00:24:51	00:49:04			+00:19:05	5:38	10.6 (60.9%)
423	GARBIEC Bogdan	130		M4 50-59	58	Tak			00:00:16	00:00:42	00:24:36	00:49:28			+00:19:29	5:41	10.6 (60.9%)
424	KOWNACKI Marcin	271		M3 40-49 lat	126	Tak			00:00:09	00:00:39	00:24:49	00:49:35			+00:19:36	5:41	10.5 (60.3%)
425	MATUSZKO Mariusz	329		M4 50-59	59	Tak			00:00:47	00:00:44	00:25:53	00:50:50			+00:20:51	5:50	10.3 (59.2%)
426	ŁOZIŃSKI Piotr	307		M3 40-49 lat	127	Tak			00:00:18	00:00:43	00:26:19	00:51:07			+00:21:08	5:52	10.2 (58.6%)
427	KITA Grzegorz	232		M4 50-59	60	Tak			00:00:10	00:00:39	00:26:04	00:51:45			+00:21:46	5:56	10.1 (58.0%)
428	PIOTROWSKA Edyta	404	BRACTWO BIEGOWE BGK	K3 40-49 lat	61				00:00:18	00:00:43	00:26:19	00:51:50			+00:21:51	5:57	10.1 (58.0%)
429	BOHDZIEWICZ Paweł	56		M3 40-49 lat	128				00:00:15	00:00:43	00:25:16	00:51:51			+00:21:52	5:57	10.1 (58.0%)
430	KOSECKI Jakub	255		M3 40-49 lat	129				00:00:43	00:00:44	00:27:17	00:52:45			+00:22:46	6:03	9.9 (56.9%)
431	BORUSZEWSKI Maciej	58		M4 50-59	61				00:00:18	00:00:43	00:24:55	00:53:24			+00:23:25	6:08	9.8 (56.3%)
432	BIELECKI Jacek	46	RUN CZARNÓW	M4 50-59	62				00:00:47	00:00:51	00:29:58	00:57:08			+00:27:09	6:34	9.1 (52.3%)
433	MÓWIŃSKA Anna	628		K3 40-49 lat	62	Tak			00:00:11	00:00:44	00:27:57	00:58:43			+00:28:44	6:44	8.9 (51.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy			Czas startu	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						Mieszkańcy Białoleki	Służby Więziennej	Czas									
434	ELWERTOWSKI Piotr	115		M2 30-39 lat	69				00:00:31	00:00:47	00:29:27	00:58:49			+00:28:50	6:45	8.9 (51.1%)
435	GOLATOWSKI Marek	140		M5 60+	14				00:00:31	00:00:48	00:29:27	00:58:50			+00:28:51	6:45	8.9 (51.1%)
436	ROSZCZYK Martyna	429	NAPRZÓD MŁOCINY	K1 < 29 lat	10				00:00:29	00:00:46	00:29:34	00:59:53			+00:29:54	6:52	8.7 (50.0%)
437	TOMASZEWSKA Mariola	526		K4 50-59 lat	22				00:00:25	00:00:47	00:29:39	01:01:45			+00:31:46	7:05	8.5 (48.9%)
438	DYMEL Andrzej	108	MARKOWI BIEGACZE	70+	8	Tak			00:00:20	00:00:45	00:29:45	01:01:51			+00:31:52	7:06	8.4 (48.3%)
439	KILKOWSKI Jarosław	229		M4 50-59	63				00:00:10	00:00:44	00:30:29	01:02:09			+00:32:10	7:08	8.4 (48.3%)
440	FAJKOWSKA-KOSIEC Anna	116		K4 50-59 lat	23				00:00:37	00:00:47	00:30:26	01:02:10			+00:32:11	7:08	8.4 (48.3%)
441	KILKOWSKA Joanna	228		K4 50-59 lat	24				00:00:11	00:00:43	00:30:29	01:02:17			+00:32:18	7:09	8.4 (48.3%)
442	SALAMON Kinga	447	PACZKI W MAŚLE	K2 30-39 lat	33	Tak			00:00:50	00:00:43	00:33:34	01:06:14			+00:36:15	7:36	7.9 (45.4%)
443	GRUSZKA Marcin	159		M2 30-39 lat	70				00:00:37	00:00:41	00:45:39	01:08:07			+00:38:08	7:49	7.7 (44.3%)
444	BEM Justyna	35	PĄCZKI W MAŚLE	K3 40-49 lat	63				00:00:00		00:37:02	01:13:28			+	8:26	7.1 (40.8%)
445	MATYSIAK Agnieszka	330		K3 40-49 lat	64				00:00:08	00:00:36	00:52:59	01:21:09			+00:51:10	9:19	6.4 (36.8%)
446	MYŚLIWIEC Piotr	354	AKTYWNI PO ZAWALE	M3 40-49 lat	130				00:00:55	00:01:07	00:46:54	01:35:14			+01:05:15	10:56	5.5 (31.6%)
447	KOZŁOWSKA Katarzyna	273		K4 50-59 lat	25				00:00:55	00:01:06	00:46:55	01:35:14			+01:05:15	10:56	5.5 (31.6%)
448	TORZEWSKI Janusz	531	BEMOWO BIEGA	M4 50-59	64				00:00:05	00:00:30	00:19:42			+00:04:42	4:28	13.4 (77.0%)	
449	KRUPIŃSKA-SZCZYGIEL Wiola	281		K2 30-39 lat	34				00:00:09	00:00:35	00:20:19			+00:05:19	4:37	13 (74.7%)	
450	KOWALSKA Monika	266	DREAM RUN	K3 40-49 lat	65				00:00:04	00:00:30	00:21:23			+00:06:23	4:51	12.3 (70.7%)	
451	SZCZYGIEL Piotr	503		M3 40-49 lat	131				00:00:10	00:00:34	00:21:41			+00:06:41	4:55	12.2 (70.1%)	
452	GUSZCZA Ewa	163	MARKOWI BIEGACZE	K3 40-49 lat	66				00:00:07	00:00:38	00:23:33			+00:08:33	5:21	11.2 (64.4%)	
453	BUJALSKI Konrad	66		M1 < 29 lat	30				00:00:44	00:00:45	00:24:09			+00:09:09	5:29	10.9 (62.6%)	
454	DUDZIŃSKI Przemysław	623		M2 30-39 lat	71	Tak			00:00:21	00:00:41	00:24:33			+00:09:33	5:34	10.8 (62.1%)	
455	OLESIAK Arkadiusz	378	BIEGAM NA TARCHOMINIE	M4 50-59	65	Tak			00:00:12	00:00:41	00:25:08			+00:10:08	5:42	10.5 (60.3%)	
456	FIEDOSIUK Michał	119	DZIKUNY	M3 40-49 lat	132	Tak			00:00:24	00:00:40	00:27:06			+00:12:06	6:09	9.7 (55.7%)	
457	BANASIAK Piotr	22		M4 50-59	66				00:00:44	00:00:44	00:27:29			+00:12:29	6:14	9.6 (55.2%)	
458	ZAWADKA Agnieszka	595		K4 50-59 lat	26				00:00:57	00:00:45	00:27:47			+00:12:47	6:18	9.5 (54.6%)	
459	ZIÓŁKOWSKA Anna	605	AKTYWNOŚĆ RODZI POZYTYWNOŚĆ	K4 50-59 lat	27		Tak		00:00:36	00:00:46	00:28:07			+00:13:07	6:23	9.4 (54.0%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy			0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						Mieszkańcy Białoleki	Służby Więziennej	Czas startu								
460	RYBICKA Agnieszka	439	AKTYWNOŚĆ RODZI POZYTYWNOŚĆ	K3 40-49 lat	67		Tak	00:00:36	00:00:47	00:28:26				+00:13:26	6:27	9.3 (53.4%)
461	DĄBROWA Bartosz	96		M1 < 29 lat	31	Tak		00:00:41	00:00:45	00:28:48				+00:13:48	6:32	9.2 (52.9%)
462	KUNKA Piotr	287	TEAM ZABIEGANEDNI	M3 40-49 lat	133			00:00:52	00:00:47	00:28:52				+00:13:52	6:33	9.1 (52.3%)
463	WOJTCZAK Adrian	571		M3 40-49 lat	134			00:00:41	00:00:46	00:28:58				+00:13:58	6:34	9.1 (52.3%)
464	KOMOŃ Maciej	243		M3 40-49 lat	135			00:00:58	00:00:46	00:29:26				+00:14:26	6:41	9 (51.7%)
465	ZATYLNÝ Tomasz	594		M3 40-49 lat	136	Tak		00:00:24	00:00:40	00:29:30				+00:14:30	6:42	8.9 (51.1%)
466	GABRYLEWICZ Katarzyna	122	DZIKUNY	K3 40-49 lat	68	Tak		00:00:23	00:00:44	00:29:52				+00:14:52	6:47	8.8 (50.6%)
467	ARTYMIUK Olaf	17		M2 30-39 lat	72			00:00:58	00:00:46	00:30:02				+00:15:02	6:49	8.8 (50.6%)
468	BIELEC Bartłomiej	43		M3 40-49 lat	137			00:01:00	00:00:45	00:30:46				+00:15:46	6:59	8.6 (49.4%)
469	GRZEŚLAK Krzysztof	162	DZIKUNY	M2 30-39 lat	73	Tak		00:00:26	00:00:49	00:31:56				+00:16:56	7:15	8.3 (47.7%)
470	SOCHOCKI Darek	473		M4 50-59	67			00:00:23	00:00:45	00:31:57				+00:16:57	7:15	8.3 (47.7%)
471	CERANOWICZ Paweł	73	SKARYSZEWSKIE CIACHA	M3 40-49 lat	138			00:00:26	00:00:48	00:32:26				+00:17:26	7:22	8.1 (46.6%)
472	BAJOREK Jacek	20		M3 40-49 lat	139			00:00:24	00:00:46	00:32:53				+00:17:53	7:28	8 (46.0%)
473	KIEŁEK-MATYSIAK Kamila	226		K3 40-49 lat	69			00:00:24	00:00:47	00:32:54				+00:17:54	7:28	8 (46.0%)
474	DOBRZELEWSKA Edyta	103		K3 40-49 lat	70			00:00:51	00:00:45	00:34:11				+00:19:11	7:46	7.7 (44.3%)
475	CZECHOWSKI Jerzy	89	MZA - WARSZAWA	70+	9			00:00:49	00:00:45	00:38:10				+00:23:10	8:40	6.9 (39.7%)
476	KOWALSKI Michał	270	BIEGAM DOBRZE DLA FUNDACJI SYNOPSIS	M2 30-39 lat	74			00:00:25	00:00:48	00:39:26				+00:24:26	8:57	6.7 (38.5%)
477	SAJEWSKA Karolina	446		K2 30-39 lat	35			00:00:24	00:00:49	00:39:26				+00:24:26	8:57	6.7 (38.5%)
478	SYLWANOWICZ Monika	495		K3 40-49 lat	71	Tak		00:00:25	00:00:49	00:39:26				+00:24:26	8:57	6.7 (38.5%)
479	KUBICKA Małgorzata	282	MARSZOBIEGI	K3 40-49 lat	72		Tak	00:00:21	00:00:50	00:41:15				+00:26:15	9:22	6.4 (36.8%)
480	HOFFMAN-LACHOWSKA Katarzyna	173	MARSZOBIEGI	K4 50-59 lat	28		Tak	00:00:00	00:01:12	00:41:36				+	9:27	6.3 (36.2%)
481	BRYŁA Ewelina	62		K2 30-39 lat	36		Tak	00:00:22	00:00:49	00:44:25				+00:29:25	10:05	5.9 (33.9%)
482	GAJEWSKA Dominika	126	MARSZOBIEGI	K2 30-39 lat	37		Tak	00:00:24	00:00:48	00:44:26				+00:29:26	10:05	5.9 (33.9%)
483	GRĘDA Wioletta	154		K3 40-49 lat	73		Tak	00:00:23	00:00:49	00:44:28				+00:29:28	10:06	5.9 (33.9%)
484	ROSIECKI Grzegorz	428		M3 40-49 lat	140		Tak	00:00:21	00:00:50	00:44:29				+00:29:29	10:06	5.9 (33.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy			Czas startu	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						Mieszkańcy	Służby	Więziennej									
485	NIEWCZAS Zdzisław	620		70+	10				00:00:04	00:00:50	00:48:00				+00:33:00	10:54	5.5 (31.6%)
486	GOZDALIK Karol	146		M1 < 29 lat	32				00:00:00		01:01:30				+	13:58	4.3 (24.7%)
487	JURKOWSKI Artur	194	ZGLECHÓW RUNNERS	M2 30-39 lat	75				00:00:14	00:00:41	01:06:53				+00:51:53	15:12	3.9 (22.4%)
488	MIKOŁAJCZYK Andrzej	341		M2 30-39 lat	76				00:00:00		01:08:12				+	15:29	3.9 (22.4%)
489	SKARŻYŃSKI Bartłomiej	462		M2 30-39 lat	77				00:00:00		01:25:16				+	19:22	3.1 (17.8%)

Znaleziono 489 wynik(ów)