

# 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: OPEN Mężczyźni

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						startu	0.1km	4.4km	8.7km					
17	<b>GAŁUSZKA Filip</b>	<b>92</b>	KOKOSZKA36TEAM	M2 30-39 lat	12	00:00:03	00:00:20	00:16:53	00:33:39	<b>00:50:11.85</b>	<b>00:50:15.50</b>	+00:07:25 (14.8%)	3:51	15.5 (85.2%)
18	<b>PRZYBYŁA Krzysztof</b>	<b>499</b>	ADIDAS RUNNERS WARSAW	M2 30-39 lat	13	00:00:02	00:00:18	00:16:37	00:33:21	<b>00:50:23.95</b>	<b>00:50:26.35</b>	+00:07:37 (15.1%)	3:52	15.5 (85.2%)
19	<b>MIELCZAREK Krzysztof</b>	<b>236</b>	BIEGAM NA TARCHOMINIE	M3 40-49 lat	2	00:00:04	00:00:18	00:16:26	00:33:27	<b>00:50:23.40</b>	<b>00:50:27.60</b>	+00:07:37 (15.1%)	3:52	15.5 (85.2%)
20	<b>BIAŁEK Piotr</b>	<b>476</b>	3BRO	M2 30-39 lat	14	00:00:02	00:00:18	00:16:53	00:33:54	<b>00:50:48.10</b>	<b>00:50:50.85</b>	+00:08:01 (15.8%)	3:54	15.4 (84.6%)
21	<b>MAJCHRZAK Sławomir</b>	<b>218</b>	UKS TYCHOW STARY	M4 50-59	1	00:00:03	00:00:18	00:16:52	00:33:53	<b>00:50:51.20</b>	<b>00:50:54.20</b>	+00:08:05 (15.9%)	3:54	15.3 (84.1%)
22	<b>KOTLENGA Przemysław</b>	<b>180</b>		M2 30-39 lat	15	00:00:02	00:00:18	00:16:46	00:34:05	<b>00:50:59.65</b>	<b>00:51:02.60</b>	+00:08:13 (16.1%)	3:55	15.3 (84.1%)
23	<b>KRÓL Dariusz</b>	<b>534</b>	ZABIEGANY WOŁOMIN	M4 50-59	2	00:00:02	00:00:21	00:17:07	00:34:14	<b>00:51:11.45</b>	<b>00:51:14.35</b>	+00:08:25 (16.4%)	3:56	15.2 (83.5%)
24	<b>TOMCZAK Marcin</b>	<b>377</b>	1980	M2 30-39 lat	16	00:00:03	00:00:20	00:17:07	00:34:41	<b>00:52:18.30</b>	<b>00:52:21.50</b>	+00:09:32 (18.2%)	4:01	14.9 (81.9%)
25	<b>KUBERA Piotr</b>	<b>194</b>	ADIDAS RUNNERS WARSAW	M3 40-49 lat	3	00:00:00	00:00:22	00:17:21	00:35:04	<b>00:52:36.00</b>	<b>00:52:36.00</b>	+00:09:49 (18.7%)	4:02	14.8 (81.3%)
26	<b>STRADOMSKI Artur</b>	<b>345</b>	MARKOWI BIEGACZE	M3 40-49 lat	4	00:00:03	00:00:20	00:17:33	00:35:05	<b>00:52:38.75</b>	<b>00:52:42.70</b>	+00:09:52 (18.8%)	4:03	14.8 (81.3%)
27	<b>ANUSIEWICZ Robert</b>	<b>474</b>		M3 40-49 lat	5	00:00:04	00:00:21	00:17:55	00:35:41	<b>00:52:55.95</b>	<b>00:53:00.45</b>	+00:10:09 (19.2%)	4:04	14.7 (80.8%)
28	<b>PYTLINSKI Rafał</b>	<b>298</b>		M3 40-49 lat	6	00:00:03	00:00:20	00:17:53	00:35:38	<b>00:53:03.30</b>	<b>00:53:06.55</b>	+00:10:17 (19.4%)	4:04	14.7 (80.8%)
29	<b>SZMIGIELSKI Mateusz</b>	<b>531</b>		M1 < 29 lat	5	00:00:08	00:00:27	00:17:33	00:35:01	<b>00:53:16.40</b>	<b>00:53:24.95</b>	+00:10:30 (19.7%)	4:05	14.6 (80.2%)
30	<b>GAJEK Ireneusz</b>	<b>89</b>		M3 40-49 lat	7	00:00:10	00:00:25	00:18:02	00:35:42	<b>00:53:28.15</b>	<b>00:53:38.75</b>	+00:10:41 (20.0%)	4:06	14.6 (80.2%)
31	<b>NOWOCIEŃ Jacek</b>	<b>258</b>	UCZNIOWSKI KLUB SPORTOWY RUSIEC	M5 60+	1	00:00:03	00:00:21	00:17:57	00:35:44	<b>00:53:40.80</b>	<b>00:53:44.60</b>	+00:10:54 (20.3%)	4:07	14.5 (79.7%)
32	<b>GOŁYŃSKI Tomasz</b>	<b>483</b>		M2 30-39 lat	17	00:00:09	00:00:24	00:17:32	00:35:47	<b>00:54:06.35</b>	<b>00:54:15.40</b>	+00:11:20 (21.0%)	4:09	14.4 (79.1%)
33	<b>UGRYN Maciej</b>	<b>384</b>	WWW.RUNISMYFUN.COM	M2 30-39 lat	19	00:00:02	00:00:20	00:17:34	00:35:28	<b>00:54:42.15</b>	<b>00:54:44.75</b>	+00:11:55 (21.8%)	4:12	14.3 (78.6%)
34	<b>TARAS Marcin</b>	<b>372</b>		M2 30-39 lat	18	00:00:08	00:00:25	00:17:48	00:36:17	<b>00:54:40.35</b>	<b>00:54:48.45</b>	+00:11:54 (21.8%)	4:12	14.3 (78.6%)
35	<b>ROWIŃSKI Tomasz</b>	<b>307</b>		M3 40-49 lat	8	00:00:02	00:00:17	00:17:43	00:36:46	<b>00:54:55.50</b>	<b>00:54:57.55</b>	+00:12:09 (22.1%)	4:13	14.2 (78.0%)
36	<b>BRODAKCI Waldemar</b>	<b>36</b>	CHEMIK NOXY PUŁAWY	M5 60+	2	00:00:08	00:00:26	00:18:34	00:36:34	<b>00:54:50.05</b>	<b>00:54:58.60</b>	+00:12:03 (22.0%)	4:13	14.2 (78.0%)
37	<b>TURSKI Maciej</b>	<b>511</b>	MMA, TYLKO MMA	M1 < 29 lat	6	00:00:06	00:00:21	00:18:07	00:36:17	<b>00:54:56.50</b>	<b>00:55:03.05</b>	+00:12:10 (22.2%)	4:13	14.2 (78.0%)
38	<b>MIELCZAREK Marek</b>	<b>235</b>	MARKOWI BIEGACZE	M3 40-49 lat	10	00:00:05	00:00:19	00:18:12	00:36:42	<b>00:55:00.30</b>	<b>00:55:05.35</b>	+00:12:14 (22.2%)	4:13	14.2 (78.0%)
39	<b>SIERZPUTOWSKI Robert</b>	<b>453</b>	NASIELSK BASZTA TEAM	M3 40-49 lat	11	00:00:03	00:00:20	00:18:18	00:36:40	<b>00:55:02.80</b>	<b>00:55:06.30</b>	+00:12:16 (22.3%)	4:14	14.2 (78.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						startu	0.1km	4.4km	8.7km					
40	<b>MANELSKI Artur</b>	<b>442</b>	DOBRZYNSKI KLUB ZEGLARSKI	M2 30-39 lat	20	00:00:04	00:00:21	00:18:35	00:37:06	<b>00:55:06.40</b>	<b>00:55:10.80</b>	+00:12:20 (22.4%)	4:14	14.2 (78.0%)
41	<b>KOŚCIK Jakub</b>	<b>436</b>		M2 30-39 lat	21	00:00:05	00:00:30	00:19:03	00:37:08	<b>00:55:07.00</b>	<b>00:55:12.95</b>	+00:12:20 (22.4%)	4:14	14.2 (78.0%)
42	<b>OCZKOWSKI Mateusz</b>	<b>264</b>	GRUPA BIEGOWA CHTMO	M3 40-49 lat	9	00:00:17	00:00:34	00:18:44	00:36:48	<b>00:54:58.60</b>	<b>00:55:16.20</b>	+00:12:12 (22.2%)	4:13	14.2 (78.0%)
43	<b>NIEZGODA Przemysław</b>	<b>250</b>		M2 30-39 lat	22	00:00:07	00:00:26	00:18:40	00:37:16	<b>00:55:11.15</b>	<b>00:55:18.65</b>	+00:12:24 (22.5%)	4:14	14.1 (77.5%)
44	<b>SZWARC Szymon</b>	<b>364</b>		M1 < 29 lat	7	00:00:06	00:00:23	00:17:51	00:36:22	<b>00:55:13.05</b>	<b>00:55:19.05</b>	+00:12:26 (22.5%)	4:14	14.1 (77.5%)
45	<b>KALINOWSKI Łukasz</b>	<b>148</b>		M2 30-39 lat	23	00:00:07	00:00:24	00:19:05	00:37:30	<b>00:55:19.10</b>	<b>00:55:26.15</b>	+00:12:32 (22.7%)	4:15	14.1 (77.5%)
46	<b>TYMICKI Zbigniew</b>	<b>382</b>	ENTRE.PL TEAM	M4 50-59	3	00:00:08	00:00:27	00:19:02	00:37:19	<b>00:55:33.80</b>	<b>00:55:42.50</b>	+00:12:47 (23.0%)	4:16	14 (76.9%)
47	<b>ZIÓŁKOWSKI Jacek</b>	<b>420</b>		M4 50-59	4	00:00:01	00:00:21	00:18:35	00:37:28	<b>00:55:59.55</b>	<b>00:56:01.40</b>	+00:13:13 (23.6%)	4:18	13.9 (76.4%)
48	<b>DĄBROWSKI Michał</b>	<b>63</b>		M2 30-39 lat	24	00:00:06	00:00:23	00:18:22	00:37:12	<b>00:56:03.00</b>	<b>00:56:09.55</b>	+00:13:16 (23.7%)	4:18	13.9 (76.4%)
49	<b>GWIZDALA Cezary</b>	<b>122</b>	KUŹNIA TRIATHLONU	M3 40-49 lat	12	00:00:05	00:00:22	00:18:40	00:37:23	<b>00:56:06.95</b>	<b>00:56:12.30</b>	+00:13:20 (23.8%)	4:19	13.9 (76.4%)
50	<b>KOWALEWSKI Łukasz</b>	<b>491</b>	BISKUPIEC BIEGA	M2 30-39 lat	25	00:00:00	00:01:48	00:18:55	00:37:33	<b>00:56:24.00</b>	<b>00:56:24.00</b>	+00:13:37 (24.2%)	4:20	13.8 (75.8%)
51	<b>SARZAŁA Dariusz</b>	<b>315</b>	AKS POLONIA WARSZAWA	M5 60+	3	00:00:02	00:00:20	00:18:52	00:37:43	<b>00:56:28.45</b>	<b>00:56:30.75</b>	+00:13:42 (24.3%)	4:20	13.8 (75.8%)
52	<b>JASKÓŁOWSKI Waldemar</b>	<b>135</b>	WOJSKOWA AKADEMIA TECHNICZNA	M4 50-59	5	00:00:00	00:00:41	00:19:15	00:38:02	<b>00:56:51.55</b>	<b>00:56:51.55</b>	+00:14:05 (24.8%)	4:22	13.7 (75.3%)
53	<b>SKOTNICKI Piotr</b>	<b>325</b>		M2 30-39 lat	26	00:00:09	00:00:25	00:18:47	00:37:58	<b>00:56:44.80</b>	<b>00:56:54.00</b>	+00:13:58 (24.6%)	4:21	13.7 (75.3%)
54	<b>KORKOSZ Andrzej</b>	<b>174</b>		M3 40-49 lat	13	00:00:05	00:00:24	00:19:14	00:38:06	<b>00:56:51.80</b>	<b>00:56:57.05</b>	+00:14:05 (24.8%)	4:22	13.7 (75.3%)
55	<b>JAWORSKI Piotr</b>	<b>137</b>	EKOBIEGI	M3 40-49 lat	15	00:00:04	00:00:19	00:18:15	00:37:34	<b>00:56:54.80</b>	<b>00:56:58.90</b>	+00:14:08 (24.9%)	4:22	13.7 (75.3%)
56	<b>MICHNOWSKI Sebastian</b>	<b>233</b>		M3 40-49 lat	14	00:00:08	00:00:27	00:18:58	00:38:02	<b>00:56:53.45</b>	<b>00:57:02.30</b>	+00:14:07 (24.8%)	4:22	13.7 (75.3%)
57	<b>WASZKIEWICZ Ariel</b>	<b>465</b>	WASZKA TEAM	M3 40-49 lat	16	00:00:11	00:00:30	00:19:42	00:38:30	<b>00:57:14.05</b>	<b>00:57:25.90</b>	+00:14:27 (25.3%)	4:24	13.6 (74.7%)
58	<b>GĘBALA Wojtek</b>	<b>94</b>		M3 40-49 lat	17	00:00:06	00:00:24	00:19:04	00:38:25	<b>00:57:21.70</b>	<b>00:57:27.75</b>	+00:14:35 (25.4%)	4:24	13.6 (74.7%)
59	<b>FILIPCZUK Dariusz</b>	<b>83</b>		M4 50-59	6	00:00:06	00:00:23	00:19:05	00:38:23	<b>00:57:32.95</b>	<b>00:57:38.95</b>	+00:14:46 (25.7%)	4:25	13.6 (74.7%)
60	<b>PUTON Michał</b>	<b>295</b>		M2 30-39 lat	27	00:00:08	00:00:25	00:18:30	00:37:30	<b>00:57:34.30</b>	<b>00:57:43.20</b>	+00:14:48 (25.7%)	4:25	13.5 (74.2%)
61	<b>SMORAWSKI Wodzisław</b>	<b>331</b>		M2 30-39 lat	30	00:00:00	00:00:48	00:19:57	00:38:48	<b>00:57:57.00</b>	<b>00:57:57.00</b>	+00:15:10 (26.2%)	4:27	13.5 (74.2%)
62	<b>OCHENKOWSKI Sebastian</b>	<b>263</b>		M2 30-39 lat	29	00:00:04	00:00:24	00:19:05	00:38:26	<b>00:57:53.35</b>	<b>00:57:57.80</b>	+00:15:07 (26.1%)	4:27	13.5 (74.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						startu	0.1km	4.4km	8.7km					
63	<b>MACANDER Jakub</b>	<b>496</b>		M1 < 29 lat	8	00:04:34	00:00:17	00:18:38	00:37:35	<b>00:56:38.25</b>	<b>01:01:12.45</b>	+00:13:52 (24.5%)	4:21	13.8 (75.8%)
64	<b>WITKOWSKI Łukasz</b>	<b>405</b>	NASIELSK BASZTA TEAM	M2 30-39 lat	28	00:00:20	00:00:35	00:19:31	00:38:46	<b>00:57:37.30</b>	<b>00:57:58.05</b>	+00:14:51 (25.8%)	4:26	13.5 (74.2%)
65	<b>WIŚNIEWSKI Krzysztof</b>	<b>467</b>	ZAKŁAD KARNY W PRZYTUŁACH STARYCH	M3 40-49 lat	18	00:00:06	00:00:25	00:19:20	00:38:39	<b>00:57:58.30</b>	<b>00:58:04.45</b>	+00:15:12 (26.2%)	4:27	13.5 (74.2%)
66	<b>TROJANOWSKI Rafał</b>	<b>379</b>	BIEGAM BO LUBIĘ ZĄBKI TEAM	M1 < 29 lat	9	00:00:04	00:00:22	00:19:05	00:38:32	<b>00:58:06.90</b>	<b>00:58:11.45</b>	+00:15:20 (26.4%)	4:28	13.4 (73.6%)
67	<b>BRODZIK Arkadiusz</b>	<b>426</b>		M2 30-39 lat	31	00:00:02	00:00:16	00:18:16	00:38:04	<b>00:58:07.00</b>	<b>00:58:09.65</b>	+00:15:20 (26.4%)	4:28	13.4 (73.6%)
68	<b>MAMLA Zbigniew</b>	<b>221</b>	TRUCHT TARCHOMIN TEAM	M3 40-49 lat	19	00:00:09	00:00:26	00:18:40	00:38:18	<b>00:58:11.85</b>	<b>00:58:21.55</b>	+00:15:25 (26.5%)	4:28	13.4 (73.6%)
69	<b>KALKO Vitalii</b>	<b>149</b>		M2 30-39 lat	32	00:00:04	00:00:24	00:18:34	00:38:39	<b>00:58:20.10</b>	<b>00:58:24.85</b>	+00:15:33 (26.7%)	4:29	13.4 (73.6%)
70	<b>RESZCZYK Marcin</b>	<b>302</b>		M3 40-49 lat	20	00:00:33	00:00:33	00:19:56	00:39:17	<b>00:58:21.80</b>	<b>00:58:55.15</b>	+00:15:35 (26.7%)	4:29	13.4 (73.6%)
71	<b>PUCHACZ Piotr</b>	<b>294</b>	MPK	M3 40-49 lat	21	00:00:15	00:00:36	00:19:20	00:38:45	<b>00:58:25.35</b>	<b>00:58:40.90</b>	+00:15:39 (26.8%)	4:29	13.4 (73.6%)
72	<b>KSIEL Artur</b>	<b>192</b>		M2 30-39 lat	33	00:00:07	00:00:27	00:19:36	00:39:06	<b>00:58:39.70</b>	<b>00:58:47.20</b>	+00:15:53 (27.1%)	4:30	13.3 (73.1%)
73	<b>MICHALSKI Ryszard</b>	<b>445</b>	WWW.SENSORYBEAUTY.PL	M2 30-39 lat	34	00:00:09	00:00:23	00:19:31	00:39:32	<b>00:58:47.30</b>	<b>00:58:56.45</b>	+00:16:01 (27.2%)	4:31	13.3 (73.1%)
74	<b>SYGOCKI Konrad</b>	<b>352</b>	BIEGAM NA TARCHOMINIE	M3 40-49 lat	22	00:00:20	00:00:35	00:19:25	00:38:56	<b>00:58:48.25</b>	<b>00:59:08.65</b>	+00:16:02 (27.3%)	4:31	13.3 (73.1%)
75	<b>GÓRAL Tadeusz</b>	<b>540</b>	KKB	M3 40-49 lat	23	00:00:02	00:00:23	00:19:25	00:39:05	<b>00:58:49.40</b>	<b>00:58:52.30</b>	+00:16:03 (27.3%)	4:31	13.3 (73.1%)
76	<b>KANIA Paweł</b>	<b>153</b>	BIEGAM NA TARCHOMINIE	M3 40-49 lat	24	00:00:06	00:00:23	00:18:57	00:38:55	<b>00:58:53.40</b>	<b>00:59:00.05</b>	+00:16:07 (27.4%)	4:31	13.2 (72.5%)
77	<b>NAPIÓRKOWSKI Grzegorz</b>	<b>246</b>	ŁOMIANKOWSKA GRUPA BIEGOWA	M3 40-49 lat	25	00:00:06	00:00:27	00:19:04	00:39:04	<b>00:58:58.30</b>	<b>00:59:04.75</b>	+00:16:12 (27.5%)	4:32	13.2 (72.5%)
78	<b>ŚMIETAŃSKI Piotr</b>	<b>459</b>	NASIELSK BASZTA TEAM	M3 40-49 lat	26	00:00:16	00:00:29	00:19:34	00:38:50	<b>00:59:02.95</b>	<b>00:59:19.70</b>	+00:16:16 (27.6%)	4:32	13.2 (72.5%)
79	<b>SERAFIN Tomasz</b>	<b>503</b>		M3 40-49 lat	27	00:00:06	00:00:25	00:19:08	00:39:20	<b>00:59:13.80</b>	<b>00:59:20.65</b>	+00:16:27 (27.8%)	4:33	13.2 (72.5%)
80	<b>PŁATEK Tomasz</b>	<b>529</b>		M2 30-39 lat	35	00:00:05	00:00:26	00:19:45	00:39:41	<b>00:59:15.20</b>	<b>00:59:20.25</b>	+00:16:29 (27.8%)	4:33	13.2 (72.5%)
81	<b>ROPIAK Paweł</b>	<b>305</b>		M1 < 29 lat	10	00:00:00	00:01:02	00:20:04	00:39:27	<b>00:59:24.10</b>	<b>00:59:24.10</b>	+00:16:37 (28.0%)	4:34	13.1 (72.0%)
82	<b>RYMKIEWICZ Zbigniew</b>	<b>312</b>		M2 30-39 lat	36	00:00:07	00:00:25	00:19:35	00:39:33	<b>00:59:26.05</b>	<b>00:59:33.30</b>	+00:16:39 (28.0%)	4:34	13.1 (72.0%)
83	<b>WISZOWATY Piotr</b>	<b>401</b>		M2 30-39 lat	37	00:00:07	00:00:28	00:19:52	00:39:44	<b>00:59:30.50</b>	<b>00:59:37.85</b>	+00:16:44 (28.1%)	4:34	13.1 (72.0%)
84	<b>STĘPIEŃ Adam</b>	<b>342</b>		M2 30-39 lat	38	00:00:06	00:00:26	00:20:01	00:40:05	<b>00:59:41.00</b>	<b>00:59:47.85</b>	+00:16:54 (28.3%)	4:35	13.1 (72.0%)
85	<b>RZEPLIŃSKI Jacek</b>	<b>501</b>		M4 50-59	7	00:00:12	00:00:27	00:19:38	00:39:36	<b>00:59:41.15</b>	<b>00:59:53.30</b>	+00:16:54 (28.3%)	4:35	13.1 (72.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						startu	0.1km	4.4km	8.7km					
86	<b>HAJKOWICZ Adam</b>	<b>528</b>		M4 50-59	8	00:00:05	00:00:25	00:19:45	00:39:43	<b>00:59:51.35</b>	<b>00:59:56.90</b>	+00:17:05 (28.5%)	4:36	13 (71.4%)
87	<b>ZELENT Arkadiusz</b>	<b>415</b>	SĄD REJONOWY W MIŃSKU MAZOWIECKIM	M3 40-49 lat	28	00:00:09	00:00:26	00:19:53	00:40:02	<b>00:59:53.15</b>	<b>01:00:02.65</b>	+00:17:06 (28.6%)	4:36	13 (71.4%)
88	<b>KACZMAREK Jakub</b>	<b>144</b>		M1 < 29 lat	11	00:00:00	00:00:20	00:18:03	00:40:25	<b>01:00:02.20</b>	<b>01:00:02.20</b>	+00:17:16 (28.8%)	4:37	13 (71.4%)
89	<b>CNOTA Maciek</b>	<b>55</b>		M2 30-39 lat	39	00:00:11	00:00:27	00:19:49	00:39:57	<b>01:00:17.10</b>	<b>01:00:28.15</b>	+00:17:30 (29.1%)	4:38	12.9 (70.9%)
90	<b>OPIATOWSKI Ryszard</b>	<b>269</b>		M4 50-59	9	00:00:11	00:00:28	00:20:11	00:40:22	<b>01:00:22.60</b>	<b>01:00:33.95</b>	+00:17:36 (29.2%)	4:38	12.9 (70.9%)
91	<b>FRE Luis</b>	<b>430</b>	WOLNA WENEZUELA	M4 50-59	10	00:00:04	00:00:22	00:20:18	00:40:30	<b>01:00:27.85</b>	<b>01:00:32.15</b>	+00:17:41 (29.3%)	4:39	12.9 (70.9%)
92	<b>DĄBROWSKI Daniel</b>	<b>61</b>	FARMACJA TARCHOMIN	M1 < 29 lat	12	00:00:16	00:00:35	00:20:21	00:41:12	<b>01:00:28.00</b>	<b>01:00:44.05</b>	+00:17:41 (29.3%)	4:39	12.9 (70.9%)
93	<b>FRANK Michał</b>	<b>85</b>	JW 2414	M2 30-39 lat	40	00:00:07	00:00:27	00:19:53	00:39:52	<b>01:00:30.35</b>	<b>01:00:38.25</b>	+00:17:44 (29.3%)	4:39	12.9 (70.9%)
94	<b>STAŃCZUK Leszek</b>	<b>505</b>	YULO RUN TEAM SIEDLCE	M4 50-59	11	00:00:10	00:00:26	00:20:15	00:40:26	<b>01:00:48.95</b>	<b>01:00:59.05</b>	+00:18:02 (29.7%)	4:40	12.8 (70.3%)
95	<b>MAZUR Piotr</b>	<b>228</b>		M2 30-39 lat	41	00:00:27	00:00:33	00:20:50	00:40:44	<b>01:00:49.00</b>	<b>01:01:16.05</b>	+00:18:02 (29.7%)	4:40	12.8 (70.3%)
96	<b>GLINKA Karol</b>	<b>97</b>		M2 30-39 lat	42	00:00:32	00:00:36	00:20:35	00:40:40	<b>01:00:49.95</b>	<b>01:01:22.50</b>	+00:18:03 (29.7%)	4:40	12.8 (70.3%)
97	<b>ŚWIERCZ Andrzej</b>	<b>509</b>	KB IM. PIOTRA SĘKOWSKIEGO	M4 50-59	12	00:00:10	00:00:26	00:20:01	00:40:19	<b>01:00:50.65</b>	<b>01:01:00.75</b>	+00:18:04 (29.7%)	4:40	12.8 (70.3%)
98	<b>ORLIŃSKI Krzysztof</b>	<b>498</b>		M2 30-39 lat	43	00:00:37	00:00:35	00:20:44	00:40:49	<b>01:00:55.30</b>	<b>01:01:32.85</b>	+00:18:09 (29.8%)	4:41	12.8 (70.3%)
99	<b>DERESZEWSKI Piotr</b>	<b>64</b>	ZABIEGANY WOŁOMIN	M3 40-49 lat	29	00:00:15	00:00:30	00:21:11	00:41:25	<b>01:01:00.60</b>	<b>01:01:16.45</b>	+00:18:14 (29.9%)	4:41	12.8 (70.3%)
100	<b>BYSTRY Grzegorz</b>	<b>41</b>	KS LENIWIEC	M3 40-49 lat	30	00:00:24	00:00:30	00:20:30	00:40:37	<b>01:01:04.45</b>	<b>01:01:28.60</b>	+00:18:18 (30.0%)	4:41	12.8 (70.3%)
101	<b>CHARLEJ Ireneusz</b>	<b>45</b>	WIECZORNE BIEGANIE W SZCZECINIE	M3 40-49 lat	31	00:00:09	00:00:26	00:19:57	00:40:42	<b>01:01:06.10</b>	<b>01:01:15.55</b>	+00:18:19 (30.0%)	4:42	12.8 (70.3%)
102	<b>GÓJSKI Mirosław</b>	<b>107</b>	HYDROMIR	M4 50-59	13	00:00:15	00:00:28	00:20:00	00:40:19	<b>01:01:12.40</b>	<b>01:01:28.05</b>	+00:18:26 (30.1%)	4:42	12.7 (69.8%)
103	<b>KOŁODZIEJCZYK Krzysztof</b>	<b>170</b>	NASIELSK BASZTA TEAM	M3 40-49 lat	32	00:00:19	00:00:36	00:19:31	00:40:26	<b>01:01:12.45</b>	<b>01:01:31.45</b>	+00:18:26 (30.1%)	4:42	12.7 (69.8%)
104	<b>KUSY Marcin</b>	<b>493</b>		M3 40-49 lat	33	00:00:13	00:00:29	00:20:47	00:41:26	<b>01:01:13.25</b>	<b>01:01:26.90</b>	+00:18:27 (30.1%)	4:42	12.7 (69.8%)
105	<b>MOSUR Kamil</b>	<b>242</b>		M3 40-49 lat	34	00:00:15	00:00:30	00:21:05	00:41:25	<b>01:01:21.40</b>	<b>01:01:36.50</b>	+00:18:35 (30.3%)	4:43	12.7 (69.8%)
106	<b>CIMOCHOWSKI Mieczysław</b>	<b>53</b>	MC SERWIS	M3 40-49 lat	35	00:00:09	00:00:28	00:20:06	00:40:55	<b>01:01:46.90</b>	<b>01:01:56.80</b>	+00:19:00 (30.8%)	4:45	12.6 (69.2%)
107	<b>SZACHNA Piotr</b>	<b>354</b>	EKOBIEGI	M3 40-49 lat	36	00:00:18	00:00:36	00:22:45	00:42:49	<b>01:01:50.60</b>	<b>01:02:08.65</b>	+00:19:04 (30.8%)	4:45	12.6 (69.2%)
108	<b>ŁUBIŃSKI Krzysztof</b>	<b>495</b>		M3 40-49 lat	37	00:00:24	00:00:35	00:20:35	00:40:59	<b>01:01:51.75</b>	<b>01:02:16.20</b>	+00:19:05 (30.9%)	4:45	12.6 (69.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						startu	0.1km	4.4km	8.7km					
109	<b>HELMAN Filip</b>	<b>432</b>	FR WARSZAWA	M1 < 29 lat	13	00:00:14	00:00:25	00:19:43	00:40:26	<b>01:01:56.60</b>	<b>01:02:10.85</b>	+00:19:10 (31.0%)	4:45	12.6 (69.2%)
110	<b>TENDERENDA Kamil</b>	<b>460</b>		M2 30-39 lat	44	00:00:49	00:00:33	00:21:03	00:41:34	<b>01:01:58.60</b>	<b>01:02:47.70</b>	+00:19:12 (31.0%)	4:46	12.6 (69.2%)
111	<b>ŁATKOWSKI Łukasz</b>	<b>209</b>	GRUPA BIEGOWA UM W-WA	M3 40-49 lat	38	00:00:24	00:00:34	00:21:37	00:42:18	<b>01:02:05.40</b>	<b>01:02:30.30</b>	+00:19:19 (31.1%)	4:46	12.6 (69.2%)
112	<b>SUCHODOLSKI Mariusz</b>	<b>349</b>	TRUCHT TARCHOMIN TEAM	M3 40-49 lat	39	00:00:13	00:00:27	00:21:19	00:42:11	<b>01:02:08.55</b>	<b>01:02:22.35</b>	+00:19:22 (31.2%)	4:46	12.6 (69.2%)
113	<b>CAŁKA Marek</b>	<b>480</b>		M3 40-49 lat	40	00:00:21	00:00:35	00:20:56	00:41:37	<b>01:02:15.45</b>	<b>01:02:37.00</b>	+00:19:29 (31.3%)	4:47	12.5 (68.7%)
114	<b>IWANIUK Tomasz</b>	<b>486</b>	ŻYWCEM ZABIEGANI	M2 30-39 lat	45	00:00:10	00:00:27	00:19:46	00:40:23	<b>01:02:30.75</b>	<b>01:02:41.60</b>	+00:19:44 (31.6%)	4:48	12.5 (68.7%)
115	<b>SUTUŁA Dariusz</b>	<b>350</b>	BIEGAM BO LUBIĘ ZĄBKI TEAM	M3 40-49 lat	41	00:00:21	00:00:33	00:21:00	00:41:31	<b>01:02:33.30</b>	<b>01:02:54.55</b>	+00:19:47 (31.6%)	4:48	12.5 (68.7%)
116	<b>BIALOKOS Kamil</b>	<b>29</b>	GRUPA BIEGOWA UM W-WA	M3 40-49 lat	42	00:00:25	00:00:35	00:21:38	00:42:18	<b>01:02:33.90</b>	<b>01:02:59.20</b>	+00:19:47 (31.6%)	4:48	12.5 (68.7%)
117	<b>OLSZANKA Arkadiusz</b>	<b>266</b>		M3 40-49 lat	43	00:00:15	00:00:30	00:21:10	00:41:55	<b>01:02:35.75</b>	<b>01:02:50.75</b>	+00:19:49 (31.7%)	4:48	12.5 (68.7%)
118	<b>KUBAN Sebastian</b>	<b>193</b>		M3 40-49 lat	44	00:00:20	00:00:33	00:20:50	00:41:22	<b>01:02:36.60</b>	<b>01:02:56.95</b>	+00:19:50 (31.7%)	4:48	12.5 (68.7%)
119	<b>CZAJKOWSKI Marcin</b>	<b>59</b>	OMB OŻARÓW MAZOWIECKI	M3 40-49 lat	45	00:00:25	00:00:37	00:21:48	00:42:56	<b>01:03:00.30</b>	<b>01:03:25.60</b>	+00:20:14 (32.1%)	4:50	12.4 (68.1%)
120	<b>LEWANDOWSKI Robert</b>	<b>207</b>		M3 40-49 lat	46	00:00:13	00:00:34	00:20:50	00:41:43	<b>01:03:03.55</b>	<b>01:03:17.35</b>	+00:20:17 (32.2%)	4:51	12.4 (68.1%)
121	<b>ROKITA Andrzej</b>	<b>304</b>		M3 40-49 lat	47	00:00:34	00:00:35	00:21:46	00:42:36	<b>01:03:11.30</b>	<b>01:03:45.45</b>	+00:20:25 (32.3%)	4:51	12.3 (67.6%)
122	<b>NOWAK Jakub</b>	<b>101</b>	DOBRZYŃSKI KLUB ŻEGLARSKI	M3 40-49 lat	48	00:00:02	00:00:22	00:20:39	00:41:48	<b>01:03:22.15</b>	<b>01:03:24.75</b>	+00:20:35 (32.5%)	4:52	12.3 (67.6%)
123	<b>POPOWICZ Bartłomiej</b>	<b>291</b>		M1 < 29 lat	14	00:00:32	00:00:30	00:21:40	00:43:35	<b>01:03:29.70</b>	<b>01:04:01.75</b>	+00:20:43 (32.6%)	4:53	12.3 (67.6%)
124	<b>MIĘTEK Artur</b>	<b>237</b>	III ZKSS SR LEGIONOWO	M3 40-49 lat	49	00:00:12	00:00:34	00:21:24	00:42:29	<b>01:03:29.80</b>	<b>01:03:42.50</b>	+00:20:43 (32.6%)	4:53	12.3 (67.6%)
125	<b>PISAREK Norbert</b>	<b>289</b>		M3 40-49 lat	50	00:00:49	00:00:35	00:22:16	00:43:34	<b>01:03:32.75</b>	<b>01:04:22.45</b>	+00:20:46 (32.7%)	4:53	12.3 (67.6%)
126	<b>CELIŃSKI Tomasz</b>	<b>43</b>	TUPTUŚ OTWOCK	M4 50-59	14	00:00:05	00:00:25	00:21:18	00:42:23	<b>01:03:38.90</b>	<b>01:03:44.55</b>	+00:20:52 (32.8%)	4:53	12.3 (67.6%)
127	<b>STRÓŻYK Piotrek</b>	<b>346</b>		M3 40-49 lat	51	00:00:25	00:00:33	00:21:17	00:42:20	<b>01:03:44.25</b>	<b>01:04:09.30</b>	+00:20:58 (32.9%)	4:54	12.2 (67.0%)
128	<b>GOŁASZEWSKI Marcin</b>	<b>103</b>		M3 40-49 lat	52	00:00:10	00:00:28	00:21:28	00:42:54	<b>01:03:52.50</b>	<b>01:04:03.25</b>	+00:21:06 (33.0%)	4:54	12.2 (67.0%)
129	<b>TWORZEWSKK Piotr</b>	<b>523</b>	OSTROBIEC / SEKCJA BOKSERSKA KSZO	M1 < 29 lat	15	00:00:37	00:00:36	00:21:30	00:42:42	<b>01:04:00.45</b>	<b>01:04:38.35</b>	+00:21:14 (33.2%)	4:55	12.2 (67.0%)
130	<b>FRACKIEWICZ Dariusz</b>	<b>86</b>	BIEGAM NA TARCHOMINIE	M3 40-49 lat	53	00:00:23	00:00:35	00:21:05	00:42:19	<b>01:04:00.60</b>	<b>01:04:24.00</b>	+00:21:14 (33.2%)	4:55	12.2 (67.0%)
131	<b>WYDRA Mariusz</b>	<b>469</b>		M3 40-49 lat	54	00:00:34	00:00:37	00:22:11	00:43:02	<b>01:04:02.35</b>	<b>01:04:37.20</b>	+00:21:16 (33.2%)	4:55	12.2 (67.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						startu	0.1km	4.4km	8.7km					
132	<b>CEGIEŁKA Dawid</b>	<b>42</b>	KS BACHMATY	M2 30-39 lat	46	00:00:41	00:00:32	00:20:49	00:42:12	<b>01:04:05.80</b>	<b>01:04:47.15</b>	+00:21:19 (33.3%)	4:55	12.2 (67.0%)
133	<b>MUSIAŁ Krzysztof</b>	<b>243</b>		M1 < 29 lat	16	00:00:22	00:00:30	00:20:48	00:42:43	<b>01:04:06.20</b>	<b>01:04:28.35</b>	+00:21:20 (33.3%)	4:55	12.2 (67.0%)
134	<b>POTRZEBOWSKI Dominik</b>	<b>292</b>		M2 30-39 lat	47	00:00:24	00:00:35	00:22:06	00:43:21	<b>01:04:06.45</b>	<b>01:04:30.45</b>	+00:21:20 (33.3%)	4:55	12.2 (67.0%)
135	<b>GAJEWSKI Mariusz</b>	<b>90</b>		M3 40-49 lat	55	00:00:33	00:00:35	00:20:49	00:42:34	<b>01:04:16.00</b>	<b>01:04:49.70</b>	+00:21:29 (33.4%)	4:56	12.1 (66.5%)
136	<b>PAZIEWSKI Andrzej</b>	<b>281</b>	BIEGAM NA TARCHOMINIE	M3 40-49 lat	56	00:00:20	00:00:35	00:22:05	00:43:37	<b>01:04:18.95</b>	<b>01:04:39.90</b>	+00:21:32 (33.5%)	4:56	12.1 (66.5%)
137	<b>STACHOWICZ Paweł</b>	<b>458</b>		M1 < 29 lat	17	00:00:31	00:00:33	00:21:46	00:43:12	<b>01:04:21.00</b>	<b>01:04:52.10</b>	+00:21:34 (33.5%)	4:57	12.1 (66.5%)
138	<b>SZYMCZAK Jacek</b>	<b>367</b>	BIEGAM BO LUBIĘ ZĄBKI TEAM	M2 30-39 lat	48	00:00:06	00:00:28	00:20:45	00:41:24	<b>01:04:21.10</b>	<b>01:04:27.55</b>	+00:21:34 (33.5%)	4:57	12.1 (66.5%)
139	<b>SŁOWIŃSKI Marcin</b>	<b>328</b>	1.OREL	M2 30-39 lat	49	00:00:35	00:00:35	00:21:48	00:43:15	<b>01:04:27.40</b>	<b>01:05:03.15</b>	+00:21:41 (33.6%)	4:57	12.1 (66.5%)
140	<b>STYKOWSKI Michał</b>	<b>348</b>	TARCHOŚFIRY	M2 30-39 lat	50	00:00:18	00:00:28	00:20:19	00:41:21	<b>01:04:28.95</b>	<b>01:04:47.45</b>	+00:21:42 (33.7%)	4:57	12.1 (66.5%)
141	<b>LEWANDOWSKI Piotr</b>	<b>206</b>	TRUCH TARCHOMINTEAM	M3 40-49 lat	57	00:00:10	00:00:26	00:20:16	00:42:20	<b>01:04:30.15</b>	<b>01:04:40.20</b>	+00:21:43 (33.7%)	4:57	12.1 (66.5%)
142	<b>CZAJKOWSKI Marek</b>	<b>58</b>	---	M3 40-49 lat	58	00:00:23	00:00:35	00:21:50	00:42:58	<b>01:04:30.45</b>	<b>01:04:53.65</b>	+00:21:44 (33.7%)	4:57	12.1 (66.5%)
143	<b>PIOTROWSKI Artur</b>	<b>521</b>	NASIELSK BASZTA TEAM	M3 40-49 lat	59	00:00:23	00:00:35	00:21:06	00:42:58	<b>01:04:33.20</b>	<b>01:04:57.05</b>	+00:21:47 (33.7%)	4:58	12.1 (66.5%)
144	<b>KOŚCIUK Maciek</b>	<b>179</b>		M3 40-49 lat	60	00:00:00	00:00:33	00:20:58	00:42:40	<b>01:04:35.15</b>	<b>01:04:35.15</b>	+00:21:48 (33.8%)	4:58	12.1 (66.5%)
145	<b>PIERAŃSKI Adam</b>	<b>284</b>	VEGE RUNNERS	M4 50-59	15	00:00:11	00:00:33	00:22:04	00:43:36	<b>01:04:38.75</b>	<b>01:04:50.00</b>	+00:21:52 (33.8%)	4:58	12.1 (66.5%)
146	<b>URBANIAK Michał</b>	<b>385</b>		M2 30-39 lat	51	00:00:07	00:00:28	00:21:28	00:43:19	<b>01:04:39.10</b>	<b>01:04:46.60</b>	+00:21:52 (33.8%)	4:58	12.1 (66.5%)
147	<b>ZAJAC Bartosz</b>	<b>514</b>	BSB BARCZEWO BIEGA/ ZK BARCZEWO	M2 30-39 lat	52	00:00:14	00:00:32	00:21:17	00:42:26	<b>01:04:42.75</b>	<b>01:04:57.40</b>	+00:21:56 (33.9%)	4:58	12.1 (66.5%)
148	<b>DZIARNOWSKI Włodek</b>	<b>73</b>	BIEGAMPŁOCK TEAM	M4 50-59	16	00:00:14	00:00:30	00:21:11	00:42:41	<b>01:04:45.85</b>	<b>01:05:00.70</b>	+00:21:59 (34.0%)	4:58	12 (65.9%)
149	<b>MAGOT Tomasz</b>	<b>497</b>		M2 30-39 lat	53	00:00:31	00:00:37	00:22:15	00:43:30	<b>01:04:47.80</b>	<b>01:05:19.25</b>	+00:22:01 (34.0%)	4:59	12 (65.9%)
150	<b>NADOBNIK Konrad</b>	<b>245</b>	BIEGAM BO LUBIĘ ZĄBKI TEAM	M2 30-39 lat	54	00:00:05	00:00:27	00:21:14	00:42:56	<b>01:04:52.85</b>	<b>01:04:58.25</b>	+00:22:06 (34.1%)	4:59	12 (65.9%)
151	<b>MYSTKOWSKI Mieczysław</b>	<b>447</b>		M4 50-59	17	00:00:16	00:00:33	00:21:09	00:43:10	<b>01:04:57.65</b>	<b>01:05:14.20</b>	+00:22:11 (34.2%)	4:59	12 (65.9%)
152	<b>JANECKI Przemysław</b>	<b>131</b>		M2 30-39 lat	55	00:00:16	00:00:34	00:21:09	00:43:10	<b>01:04:58.00</b>	<b>01:05:14.35</b>	+00:22:11 (34.2%)	4:59	12 (65.9%)
153	<b>SĄGOL Sylwester</b>	<b>316</b>		M3 40-49 lat	61	00:00:52	00:00:33	00:21:52	00:43:21	<b>01:05:04.95</b>	<b>01:05:57.00</b>	+00:22:18 (34.3%)	5:00	12 (65.9%)
154	<b>RUDNIK Jarosław</b>	<b>309</b>	ZABIEGANY WOŁOMIN	M3 40-49 lat	62	00:00:10	00:00:28	00:21:13	00:43:24	<b>01:05:08.40</b>	<b>01:05:19.05</b>	+00:22:22 (34.3%)	5:00	12 (65.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						startu	0.1km	4.4km	8.7km					
155	<b>GOLIASZ Paweł</b>	<b>102</b>	BIEGAM I JUŻ	M3 40-49 lat	63	00:00:19	00:00:32	00:21:09	00:42:52	<b>01:05:17.80</b>	<b>01:05:37.50</b>	+00:22:31 (34.5%)	5:01	11.9 (65.4%)
156	<b>STEMPEL Tomasz</b>	<b>341</b>	MARYSIN WAWERSKI BIEGA	M3 40-49 lat	64	00:00:16	00:00:31	00:21:29	00:43:26	<b>01:05:38.00</b>	<b>01:05:54.85</b>	+00:22:51 (34.8%)	5:02	11.9 (65.4%)
157	<b>KUREK Wojceich</b>	<b>202</b>	1 BAZA LOTNICTWA TRANSPORTOWEGO	M2 30-39 lat	56	00:00:26	00:00:36	00:21:48	00:42:50	<b>01:05:41.30</b>	<b>01:06:07.50</b>	+00:22:55 (34.9%)	5:03	11.9 (65.4%)
158	<b>ŚCISŁOWICZ Krzysztof</b>	<b>369</b>	STOMILEX	M2 30-39 lat	57	00:00:04	00:00:25	00:21:40	00:43:46	<b>01:05:42.30</b>	<b>01:05:47.20</b>	+00:22:56 (34.9%)	5:03	11.9 (65.4%)
159	<b>OCHAB Janusz</b>	<b>261</b>		M3 40-49 lat	65	00:00:26	00:00:35	00:22:37	00:44:38	<b>01:05:47.30</b>	<b>01:06:14.05</b>	+00:23:01 (35.0%)	5:03	11.9 (65.4%)
160	<b>KOPER Sebastian</b>	<b>173</b>	CARREFOUR RUNNING TEAM	M3 40-49 lat	66	00:00:04	00:00:23	00:21:27	00:43:34	<b>01:05:54.35</b>	<b>01:05:58.75</b>	+00:23:08 (35.1%)	5:04	11.8 (64.8%)
161	<b>ZRAZEK Piotr</b>	<b>421</b>		M3 40-49 lat	67	00:00:34	00:00:39	00:21:37	00:43:20	<b>01:05:58.05</b>	<b>01:06:32.90</b>	+00:23:11 (35.2%)	5:04	11.8 (64.8%)
162	<b>BABIUCH Marek</b>	<b>18</b>		M4 50-59	18	00:00:09	00:00:27	00:22:02	00:43:46	<b>01:06:03.55</b>	<b>01:06:12.85</b>	+00:23:17 (35.3%)	5:04	11.8 (64.8%)
163	<b>KWIATKOWSKI Tomasz</b>	<b>204</b>		M3 40-49 lat	68	00:00:43	00:00:37	00:22:43	00:45:31	<b>01:06:04.40</b>	<b>01:06:48.30</b>	+00:23:18 (35.3%)	5:05	11.8 (64.8%)
164	<b>STANKOWSKI Paweł</b>	<b>337</b>		M2 30-39 lat	58	00:00:11	00:00:31	00:21:47	00:43:38	<b>01:06:08.70</b>	<b>01:06:19.85</b>	+00:23:22 (35.3%)	5:05	11.8 (64.8%)
165	<b>SZYMAŃSKI Robert</b>	<b>366</b>	KREWKI URSYNÓW HDK	M3 40-49 lat	69	00:00:31	00:00:32	00:21:42	00:43:39	<b>01:06:14.65</b>	<b>01:06:46.60</b>	+00:23:28 (35.4%)	5:05	11.8 (64.8%)
166	<b>PIOTROWSKI Kamil</b>	<b>287</b>		M2 30-39 lat	59	00:00:26	00:00:37	00:23:12	00:45:07	<b>01:06:16.05</b>	<b>01:06:42.30</b>	+00:23:29 (35.5%)	5:05	11.8 (64.8%)
167	<b>MANCZENKO Eugeniusz</b>	<b>222</b>		M2 30-39 lat	60	00:00:22	00:00:31	00:21:23	00:44:39	<b>01:06:29.00</b>	<b>01:06:51.15</b>	+00:23:42 (35.7%)	5:06	11.7 (64.3%)
168	<b>SZELAĞ Tomasz</b>	<b>360</b>	MKB DREPTAK	M3 40-49 lat	70	00:00:35	00:00:34	00:21:42	00:43:40	<b>01:06:33.35</b>	<b>01:07:09.05</b>	+00:23:47 (35.7%)	5:07	11.7 (64.3%)
169	<b>SOBCZAK Bogusław</b>	<b>457</b>	M.I.L.A - MASTERS IWICZNA LIFE ATHLETICS	M3 40-49 lat	71	00:00:31	00:00:33	00:21:53	00:43:51	<b>01:06:44.00</b>	<b>01:07:15.80</b>	+00:23:57 (35.9%)	5:08	11.7 (64.3%)
170	<b>TOMCZAK Karol</b>	<b>510</b>		M1 < 29 lat	18	00:00:11	00:00:30	00:22:10	00:44:55	<b>01:06:44.30</b>	<b>01:06:55.45</b>	+00:23:58 (35.9%)	5:08	11.7 (64.3%)
171	<b>CZAJKA Piotr</b>	<b>56</b>	BIEGAM NA TARCHOMINIE	M2 30-39 lat	61	00:00:19	00:00:37	00:22:34	00:44:48	<b>01:06:44.80</b>	<b>01:07:04.20</b>	+00:23:58 (35.9%)	5:08	11.7 (64.3%)
172	<b>FIRYSIUK Tomasz</b>	<b>84</b>		M3 40-49 lat	72	00:00:32	00:00:38	00:22:11	00:43:19	<b>01:06:48.10</b>	<b>01:07:21.00</b>	+00:24:01 (36.0%)	5:08	11.7 (64.3%)
173	<b>BRONISZEWSKI Jakub</b>	<b>477</b>		M3 40-49 lat	73	00:00:40	00:00:36	00:22:23	00:44:54	<b>01:06:51.00</b>	<b>01:07:31.25</b>	+00:24:04 (36.0%)	5:08	11.7 (64.3%)
174	<b>KSENIAK Szymon</b>	<b>191</b>		M3 40-49 lat	74	00:00:23	00:00:34	00:22:40	00:45:08	<b>01:06:53.65</b>	<b>01:07:16.75</b>	+00:24:07 (36.1%)	5:08	11.7 (64.3%)
175	<b>KUCKI Kamil</b>	<b>197</b>	MAZOVIA PROACTIV CIECHANÓW	M2 30-39 lat	62	00:00:33	00:00:37	00:22:42	00:44:51	<b>01:07:02.20</b>	<b>01:07:35.75</b>	+00:24:16 (36.2%)	5:09	11.6 (63.7%)
176	<b>WIERBIŁOWICZ Dariusz</b>	<b>397</b>		M3 40-49 lat	75	00:00:30	00:00:34	00:22:33	00:44:54	<b>01:07:02.35</b>	<b>01:07:32.50</b>	+00:24:16 (36.2%)	5:09	11.6 (63.7%)
177	<b>TYMIŃSKI Mariusz</b>	<b>383</b>		M2 30-39 lat	63	00:00:32	00:00:37	00:22:35	00:45:07	<b>01:07:08.35</b>	<b>01:07:40.40</b>	+00:24:22 (36.3%)	5:09	11.6 (63.7%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						startu	0.1km	4.4km	8.7km					
178	<b>KOSIŃSKI Aleksander</b>	<b>177</b>		M2 30-39 lat	64	00:00:36	00:00:38	00:22:45	00:45:02	<b>01:07:10.55</b>	<b>01:07:47.10</b>	+00:24:24 (36.3%)	5:10	11.6 (63.7%)
179	<b>MILANIAK Bogdan</b>	<b>446</b>		M3 40-49 lat	76	00:00:32	00:00:37	00:22:06	00:44:08	<b>01:07:13.30</b>	<b>01:07:46.20</b>	+00:24:27 (36.4%)	5:10	11.6 (63.7%)
180	<b>WILEŃSKI Zbigniew</b>	<b>398</b>	GRUPA BIEGOWA UM W-WA	M4 50-59	19	00:00:27	00:00:36	00:22:58	00:45:28	<b>01:07:15.20</b>	<b>01:07:42.75</b>	+00:24:29 (36.4%)	5:10	11.6 (63.7%)
181	<b>MUSIAŁ Marcin</b>	<b>538</b>		M2 30-39 lat	65	00:00:21	00:00:35	00:22:02	00:44:30	<b>01:07:17.10</b>	<b>01:07:38.45</b>	+00:24:30 (36.4%)	5:10	11.6 (63.7%)
182	<b>WYSOCKI Robert</b>	<b>408</b>	GRUPA BIEGOWA UM WA-WA	M3 40-49 lat	77	00:00:25	00:00:35	00:22:35	00:45:06	<b>01:07:18.00</b>	<b>01:07:43.45</b>	+00:24:31 (36.4%)	5:10	11.6 (63.7%)
183	<b>GONTARZ Mateusz</b>	<b>484</b>		M2 30-39 lat	66	00:00:41	00:00:36	00:23:32	00:45:33	<b>01:07:21.75</b>	<b>01:08:03.20</b>	+00:24:35 (36.5%)	5:10	11.6 (63.7%)
184	<b>SIEDLACZEK Zbigniew</b>	<b>321</b>		M5 60+	4	00:00:24	00:00:36	00:22:17	00:45:08	<b>01:07:25.05</b>	<b>01:07:49.50</b>	+00:24:38 (36.6%)	5:11	11.6 (63.7%)
185	<b>KUFLOWSKI Artur</b>	<b>199</b>	JW.3411	M3 40-49 lat	78	00:00:28	00:00:37	00:22:52	00:45:22	<b>01:07:37.90</b>	<b>01:08:06.55</b>	+00:24:51 (36.8%)	5:12	11.5 (63.2%)
186	<b>WIŚNIEWSKI Tomasz</b>	<b>403</b>	KPMG RUNNING TEAM	M3 40-49 lat	79	00:00:25	00:00:34	00:23:09	00:45:48	<b>01:07:51.55</b>	<b>01:08:17.30</b>	+00:25:05 (37.0%)	5:13	11.5 (63.2%)
187	<b>KOSMALA Dariusz</b>	<b>178</b>		M4 50-59	20	00:00:11	00:00:32	00:21:44	00:44:27	<b>01:07:52.55</b>	<b>01:08:04.10</b>	+00:25:06 (37.0%)	5:13	11.5 (63.2%)
188	<b>SOPYŁO Stefan</b>	<b>334</b>		M2 30-39 lat	67	00:00:26	00:00:35	00:23:59	00:47:04	<b>01:07:54.55</b>	<b>01:08:21.30</b>	+00:25:08 (37.0%)	5:13	11.5 (63.2%)
189	<b>ZIELIŃSKI Łukasz</b>	<b>471</b>	BIEGAM BO LUBIĘ OSTROŁĘKA	M2 30-39 lat	68	00:00:04	00:00:25	00:21:00	00:42:12	<b>01:07:56.95</b>	<b>01:08:01.80</b>	+00:25:10 (37.1%)	5:13	11.5 (63.2%)
190	<b>GRZEGORSKI Arkadiusz</b>	<b>117</b>	KB FOLIE	M4 50-59	21	00:00:34	00:00:36	00:22:10	00:44:35	<b>01:08:00.60</b>	<b>01:08:35.30</b>	+00:25:14 (37.1%)	5:13	11.5 (63.2%)
191	<b>TRZASKOWSKI Dariusz</b>	<b>381</b>	TRUCHT TARCHOMIN TEAM	M3 40-49 lat	80	00:00:13	00:00:29	00:22:34	00:45:17	<b>01:08:03.55</b>	<b>01:08:16.55</b>	+00:25:17 (37.2%)	5:14	11.5 (63.2%)
192	<b>KILIAŃSKI Rafał</b>	<b>162</b>	TRUCHT TARCHOMIN TEAM	M3 40-49 lat	81	00:00:12	00:00:30	00:22:34	00:45:19	<b>01:08:04.05</b>	<b>01:08:16.45</b>	+00:25:17 (37.2%)	5:14	11.5 (63.2%)
193	<b>SMOLEŃSKI Piotr</b>	<b>330</b>	TRUCHT TARCHOMIN TEAM	M4 50-59	22	00:00:12	00:00:29	00:22:34	00:45:16	<b>01:08:04.70</b>	<b>01:08:16.75</b>	+00:25:18 (37.2%)	5:14	11.5 (63.2%)
194	<b>FILC Łukasz</b>	<b>82</b>		M2 30-39 lat	69	00:00:26	00:00:35	00:22:29	00:45:14	<b>01:08:07.70</b>	<b>01:08:34.55</b>	+00:25:21 (37.2%)	5:14	11.4 (62.6%)
195	<b>TODORSKI Tomasz</b>	<b>375</b>		M3 40-49 lat	82	00:00:19	00:00:33	00:23:07	00:45:28	<b>01:08:09.25</b>	<b>01:08:28.85</b>	+00:25:23 (37.2%)	5:14	11.4 (62.6%)
196	<b>RUSIN Bartosz</b>	<b>310</b>	KS STASZEWCY	M3 40-49 lat	83	00:00:18	00:00:34	00:22:18	00:45:11	<b>01:08:11.70</b>	<b>01:08:30.40</b>	+00:25:25 (37.3%)	5:14	11.4 (62.6%)
197	<b>KONARSKI Maciej</b>	<b>490</b>	DOGOŃ GRODZISK MAZOWIECKI	M2 30-39 lat	70	00:00:08	00:00:29	00:22:48	00:45:15	<b>01:08:11.75</b>	<b>01:08:20.60</b>	+00:25:25 (37.3%)	5:14	11.4 (62.6%)
198	<b>BARAN Przemysław</b>	<b>23</b>		M1 < 29 lat	19	00:00:36	00:00:34	00:22:55	00:45:40	<b>01:08:16.15</b>	<b>01:08:52.75</b>	+00:25:29 (37.4%)	5:15	11.4 (62.6%)
199	<b>KASKA Mateusz</b>	<b>158</b>		M2 30-39 lat	71	00:00:35	00:00:37	00:23:26	00:45:52	<b>01:08:16.85</b>	<b>01:08:51.85</b>	+00:25:30 (37.4%)	5:15	11.4 (62.6%)
200	<b>WACH Michał</b>	<b>387</b>	BIEGAM NA TARCHOMINIE	M3 40-49 lat	84	00:00:22	00:00:36	00:23:12	00:45:38	<b>01:08:19.45</b>	<b>01:08:41.60</b>	+00:25:33 (37.4%)	5:15	11.4 (62.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						startu	0.1km	4.4km	8.7km					
201	<b>STARZYŃSKI Piotr</b>	<b>506</b>		M2 30-39 lat	72	00:00:31	00:00:34	00:23:22	00:45:51	<b>01:08:21.85</b>	<b>01:08:52.90</b>	+00:25:35 (37.4%)	5:15	11.4 (62.6%)
202	<b>GÓRECKI Krzysztof</b>	<b>110</b>		M3 40-49 lat	85	00:00:43	00:00:38	00:23:06	00:45:40	<b>01:08:22.35</b>	<b>01:09:05.65</b>	+00:25:36 (37.4%)	5:15	11.4 (62.6%)
203	<b>DALECKI Łukasz</b>	<b>536</b>	NASIELSK BASZTA TEAM	M2 30-39 lat	73	00:00:22	00:00:35	00:22:47	00:45:32	<b>01:08:22.45</b>	<b>01:08:45.10</b>	+00:25:36 (37.4%)	5:15	11.4 (62.6%)
204	<b>GRZESZCZYK Michał</b>	<b>118</b>	EKOBIEGI	M2 30-39 lat	74	00:00:17	00:00:38	00:23:10	00:46:12	<b>01:08:26.25</b>	<b>01:08:44.15</b>	+00:25:40 (37.5%)	5:15	11.4 (62.6%)
205	<b>NIEDZIELA Dominik</b>	<b>249</b>		M3 40-49 lat	86	00:00:50	00:00:37	00:24:28	00:47:14	<b>01:08:42.55</b>	<b>01:09:33.05</b>	+00:25:56 (37.8%)	5:17	11.4 (62.6%)
206	<b>BĄK Łukasz</b>	<b>25</b>	AGD WRONIAK	M2 30-39 lat	75	00:00:33	00:00:32	00:23:15	00:46:04	<b>01:08:47.35</b>	<b>01:09:20.55</b>	+00:26:01 (37.8%)	5:17	11.3 (62.1%)
207	<b>EWERTOWSKI Piotr</b>	<b>76</b>	MARKOWI BIEGACZE	M4 50-59	23	00:00:26	00:00:37	00:22:33	00:44:21	<b>01:08:56.30</b>	<b>01:09:23.15</b>	+00:26:10 (38.0%)	5:18	11.3 (62.1%)
208	<b>SZULAWSKI Robert</b>	<b>363</b>	GSD. ŻOLIBORZ.	M4 50-59	24	00:00:08	00:00:30	00:22:39	00:45:22	<b>01:08:58.20</b>	<b>01:09:07.10</b>	+00:26:12 (38.0%)	5:18	11.3 (62.1%)
209	<b>KUCHTA Paweł</b>	<b>195</b>		M2 30-39 lat	76	00:00:08	00:00:28	00:20:54	00:44:05	<b>01:09:03.05</b>	<b>01:09:11.80</b>	+00:26:16 (38.1%)	5:18	11.3 (62.1%)
210	<b>JABŁONKA Radosław</b>	<b>128</b>	DZIADY OCR	M3 40-49 lat	87	00:00:20	00:00:34	00:23:04	00:46:14	<b>01:09:05.40</b>	<b>01:09:25.75</b>	+00:26:19 (38.1%)	5:18	11.3 (62.1%)
211	<b>MALINOWSKI Mikołaj</b>	<b>530</b>		M3 40-49 lat	88	00:00:05	00:00:25	00:22:54	00:45:35	<b>01:09:10.65</b>	<b>01:09:15.65</b>	+00:26:24 (38.2%)	5:19	11.3 (62.1%)
212	<b>GÓRECKI Rajmund</b>	<b>109</b>		M3 40-49 lat	89	00:00:36	00:00:36	00:23:19	00:46:27	<b>01:09:14.75</b>	<b>01:09:50.80</b>	+00:26:28 (38.2%)	5:19	11.3 (62.1%)
213	<b>KADUK Łukasz</b>	<b>542</b>	CEZAR	M2 30-39 lat	77	00:00:00	00:00:51	00:23:00	00:45:41	<b>01:09:16.85</b>	<b>01:09:16.85</b>	+00:26:30 (38.3%)	5:19	11.3 (62.1%)
214	<b>MALINOWSKI Mariusz</b>	<b>220</b>		M2 30-39 lat	78	00:00:39	00:00:36	00:23:40	00:46:40	<b>01:09:19.10</b>	<b>01:09:58.15</b>	+00:26:32 (38.3%)	5:19	11.3 (62.1%)
215	<b>ZWOLIŃSKI Grzegorz</b>	<b>422</b>	REEBOK RUN CREW	M3 40-49 lat	90	00:00:31	00:00:34	00:23:11	00:45:53	<b>01:09:21.20</b>	<b>01:09:52.65</b>	+00:26:35 (38.3%)	5:20	11.2 (61.5%)
216	<b>DOMAŃSKI Piotr</b>	<b>428</b>		M2 30-39 lat	79	00:00:05	00:00:30	00:24:15	00:47:36	<b>01:09:26.10</b>	<b>01:09:31.65</b>	+00:26:39 (38.4%)	5:20	11.2 (61.5%)
217	<b>NOGAL Robert</b>	<b>253</b>		M2 30-39 lat	80	00:00:24	00:00:35	00:22:08	00:45:35	<b>01:09:32.20</b>	<b>01:09:56.20</b>	+00:26:46 (38.5%)	5:20	11.2 (61.5%)
218	<b>SYPNIEWSKI Tomasz</b>	<b>353</b>	EMO OI	M2 30-39 lat	81	00:00:37	00:00:37	00:22:29	00:45:35	<b>01:09:45.20</b>	<b>01:10:22.75</b>	+00:26:59 (38.7%)	5:21	11.2 (61.5%)
219	<b>STASIAK Piotr</b>	<b>340</b>		M2 30-39 lat	82	00:00:38	00:00:36	00:23:41	00:46:40	<b>01:09:49.60</b>	<b>01:10:28.15</b>	+00:27:03 (38.7%)	5:22	11.2 (61.5%)
220	<b>FIGIEL Michał</b>	<b>80</b>	AMATORSKI KLUB ŻUŻLOWY	M1 < 29 lat	20	00:00:18	00:00:32	00:22:09	00:45:40	<b>01:09:54.30</b>	<b>01:10:13.10</b>	+00:27:08 (38.8%)	5:22	11.2 (61.5%)
221	<b>PYTKA Andrzej</b>	<b>297</b>		M4 50-59	25	00:00:44	00:00:36	00:22:43	00:45:30	<b>01:10:03.45</b>	<b>01:10:47.65</b>	+00:27:17 (39.0%)	5:23	11.1 (61.0%)
222	<b>SKOWRON Wojciech</b>	<b>543</b>		M4 50-59	26	00:00:46	00:00:39	00:24:06	00:47:08	<b>01:10:15.35</b>	<b>01:11:02.10</b>	+00:27:29 (39.1%)	5:24	11.1 (61.0%)
223	<b>TOMCZAK Andrzej</b>	<b>522</b>		M1 < 29 lat	21	00:00:13	00:00:27	00:22:08	00:45:24	<b>01:10:18.45</b>	<b>01:10:31.90</b>	+00:27:32 (39.2%)	5:24	11.1 (61.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						startu	0.1km	4.4km	8.7km					
224	<b>SKRZYŃSKI Adam</b>	<b>327</b>		M1 < 29 lat	22	00:00:32	00:00:39	00:24:13	00:47:36	<b>01:10:22.30</b>	<b>01:10:55.00</b>	+00:27:36 (39.2%)	5:24	11.1 (61.0%)
225	<b>JAROŃ Jarosław</b>	<b>133</b>	KOKOSZKA36TEAM	M3 40-49 lat	91	00:00:18	00:00:35	00:22:59	00:46:13	<b>01:10:24.45</b>	<b>01:10:42.65</b>	+00:27:38 (39.3%)	5:24	11.1 (61.0%)
226	<b>LEŃCZUK Andrzej</b>	<b>440</b>		M4 50-59	27	00:00:23	00:00:33	00:22:25	00:45:23	<b>01:10:25.10</b>	<b>01:10:48.25</b>	+00:27:38 (39.3%)	5:25	11.1 (61.0%)
227	<b>ZDUNIAK Marcin</b>	<b>516</b>	BIEGAM NA TARCHOMINIE	M2 30-39 lat	83	00:00:42	00:00:36	00:24:18	00:47:50	<b>01:10:30.60</b>	<b>01:11:13.35</b>	+00:27:44 (39.3%)	5:25	11.1 (61.0%)
228	<b>PARADOWSKI Andrzej</b>	<b>275</b>		M3 40-49 lat	92	00:00:52	00:00:33	00:23:31	00:47:04	<b>01:10:36.00</b>	<b>01:11:28.75</b>	+00:27:49 (39.4%)	5:25	11 (60.4%)
229	<b>KORYCKI Karol</b>	<b>175</b>		M2 30-39 lat	84	00:00:21	00:00:45	00:26:11	00:47:21	<b>01:10:36.50</b>	<b>01:10:58.25</b>	+00:27:50 (39.4%)	5:25	11 (60.4%)
230	<b>KULIK Karol</b>	<b>539</b>		M3 40-49 lat	93	00:00:37	00:00:37	00:25:09	00:48:20	<b>01:10:48.60</b>	<b>01:11:26.35</b>	+00:28:02 (39.6%)	5:26	11 (60.4%)
231	<b>BARTNIK Rafał</b>	<b>24</b>		M3 40-49 lat	94	00:00:16	00:00:31	00:22:30	00:46:12	<b>01:10:55.60</b>	<b>01:11:11.80</b>	+00:28:09 (39.7%)	5:27	11 (60.4%)
232	<b>GRYCNER Paweł</b>	<b>116</b>		M2 30-39 lat	85	00:00:23	00:00:34	00:22:50	00:46:35	<b>01:10:58.65</b>	<b>01:11:22.25</b>	+00:28:12 (39.7%)	5:27	11 (60.4%)
233	<b>RODAK Zbigniew</b>	<b>303</b>		M4 50-59	28	00:00:25	00:00:36	00:24:26	00:47:30	<b>01:10:59.35</b>	<b>01:11:24.35</b>	+00:28:13 (39.8%)	5:27	11 (60.4%)
234	<b>MĘDEL Cezary</b>	<b>230</b>		M3 40-49 lat	95	00:00:19	00:00:37	00:24:11	00:47:48	<b>01:11:11.60</b>	<b>01:11:30.90</b>	+00:28:25 (39.9%)	5:28	11 (60.4%)
235	<b>BAKUŁA Wiesław</b>	<b>517</b>	WAMPIR	M4 50-59	29	00:00:04	00:00:27	00:23:19	00:46:52	<b>01:11:15.95</b>	<b>01:11:20.80</b>	+00:28:29 (40.0%)	5:28	10.9 (59.9%)
236	<b>WIŚNIEWSKI Paweł</b>	<b>404</b>	ŁOMIANKOWSKA GRUPA BIEGOWA	M3 40-49 lat	96	00:00:07	00:00:27	00:22:01	00:45:58	<b>01:11:27.90</b>	<b>01:11:35.25</b>	+00:28:41 (40.2%)	5:29	10.9 (59.9%)
237	<b>OLESIAK Arkadiusz</b>	<b>265</b>	BIEGAM NA TARCHOMINIE	M3 40-49 lat	97	00:00:19	00:00:37	00:24:36	00:48:13	<b>01:11:28.15</b>	<b>01:11:47.90</b>	+00:28:41 (40.2%)	5:29	10.9 (59.9%)
238	<b>GODLEWSKI Daniel</b>	<b>99</b>		M2 30-39 lat	86	00:00:41	00:00:37	00:23:11	00:47:20	<b>01:11:29.45</b>	<b>01:12:10.80</b>	+00:28:43 (40.2%)	5:29	10.9 (59.9%)
239	<b>MĘDRZYCKI Mirosław</b>	<b>232</b>	PARKRUN BRÓDNO	M4 50-59	30	00:00:01	00:00:22	00:23:00	00:46:33	<b>01:11:39.80</b>	<b>01:11:41.75</b>	+00:28:53 (40.3%)	5:30	10.9 (59.9%)
240	<b>BORUSZEWSKI Maciej</b>	<b>35</b>		M3 40-49 lat	98	00:00:13	00:00:34	00:24:00	00:47:40	<b>01:11:56.20</b>	<b>01:12:09.95</b>	+00:29:10 (40.5%)	5:32	10.8 (59.3%)
241	<b>SOCHACKI Mariusz</b>	<b>332</b>		M3 40-49 lat	99	00:00:15	00:00:32	00:23:25	00:47:13	<b>01:11:56.65</b>	<b>01:12:12.15</b>	+00:29:10 (40.6%)	5:32	10.8 (59.3%)
242	<b>CHOJNOWSKI Andrzej</b>	<b>47</b>	BIEGAM NA TARCHOMINIE	M3 40-49 lat	100	00:00:23	00:00:35	00:24:23	00:48:03	<b>01:11:57.00</b>	<b>01:12:20.30</b>	+00:29:10 (40.6%)	5:32	10.8 (59.3%)
243	<b>KARWOWSKA Mariusz</b>	<b>156</b>	GRUPA BIEGOWA UM W-WA	M3 40-49 lat	101	00:00:26	00:00:35	00:24:24	00:48:25	<b>01:12:02.50</b>	<b>01:12:28.95</b>	+00:29:16 (40.6%)	5:32	10.8 (59.3%)
244	<b>HARTMAN Łukasz</b>	<b>123</b>	OFF-ROAD RUNNERS BENEFIT SYSTEMS	M2 30-39 lat	87	00:00:24	00:00:36	00:23:16	00:47:10	<b>01:12:16.45</b>	<b>01:12:41.40</b>	+00:29:30 (40.8%)	5:33	10.8 (59.3%)
245	<b>PIRÓG Kamil</b>	<b>288</b>	1. OREL	M2 30-39 lat	88	00:00:28	00:00:38	00:25:38	00:49:47	<b>01:12:51.70</b>	<b>01:13:20.20</b>	+00:30:05 (41.3%)	5:36	10.7 (58.8%)
246	<b>KUNKA Piotr</b>	<b>201</b>	TEAM ZABIEGANEDNI	M2 30-39 lat	89	00:00:20	00:00:34	00:25:00	00:49:27	<b>01:13:16.50</b>	<b>01:13:37.15</b>	+00:30:30 (41.6%)	5:38	10.6 (58.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						startu	0.1km	4.4km	8.7km					
247	<b>SMOCZYK Hubert</b>	<b>329</b>	WARSZAWSKI ZAUŁEK	M2 30-39 lat	90	00:00:40	00:00:37	00:23:54	00:47:58	<b>01:13:17.10</b>	<b>01:13:57.95</b>	+00:30:30 (41.6%)	5:38	10.6 (58.2%)
247	<b>DZIDECZEK Marcin</b>	<b>74</b>	TEAM ZABIEGANEDNI	M2 30-39 lat	91	00:00:20	00:00:33	00:25:00	00:49:27	<b>01:13:17.10</b>	<b>01:13:37.15</b>	+00:30:30 (41.6%)	5:38	10.6 (58.2%)
249	<b>RYBARCZYK Kamil</b>	<b>311</b>		M2 30-39 lat	92	00:00:46	00:00:38	00:26:15	00:50:12	<b>01:13:23.00</b>	<b>01:14:09.55</b>	+00:30:36 (41.7%)	5:38	10.6 (58.2%)
250	<b>NOSARZEWSKI Mariusz</b>	<b>254</b>		M3 40-49 lat	102	00:00:20	00:00:37	00:24:10	00:48:16	<b>01:13:29.70</b>	<b>01:13:49.85</b>	+00:30:43 (41.8%)	5:39	10.6 (58.2%)
251	<b>HERNIK Jacek</b>	<b>126</b>	BABABARANЕК RUNNERS	M5 60+	5	00:00:43	00:00:38	00:25:02	00:49:23	<b>01:13:36.55</b>	<b>01:14:20.25</b>	+00:30:50 (41.9%)	5:39	10.6 (58.2%)
252	<b>MATWIEJ Adam</b>	<b>443</b>	ADAM MATWIEJ	M2 30-39 lat	93	00:00:44	00:00:37	00:24:55	00:49:21	<b>01:13:48.60</b>	<b>01:14:33.30</b>	+00:31:02 (42.1%)	5:40	10.6 (58.2%)
253	<b>CIERNIAK Michał</b>	<b>50</b>	GRUPA BIEGOWA UM W-WA	M3 40-49 lat	103	00:00:46	00:00:36	00:25:02	00:49:14	<b>01:13:51.70</b>	<b>01:14:37.75</b>	+00:31:05 (42.1%)	5:40	10.6 (58.2%)
254	<b>KOZIATEK Mariusz</b>	<b>186</b>		M3 40-49 lat	104	00:00:23	00:00:36	00:24:54	00:48:55	<b>01:14:06.85</b>	<b>01:14:30.60</b>	+00:31:20 (42.3%)	5:42	10.5 (57.7%)
255	<b>REGUCKI Ryszard</b>	<b>301</b>		M3 40-49 lat	105	00:00:36	00:00:31	00:24:34	00:49:42	<b>01:14:18.20</b>	<b>01:14:54.45</b>	+00:31:32 (42.4%)	5:42	10.5 (57.7%)
256	<b>WALIGÓRSKI Krzysztof</b>	<b>463</b>	MARKOWI BIEGACZE	M4 50-59	31	00:00:27	00:00:37	00:26:05	00:50:43	<b>01:14:21.55</b>	<b>01:14:49.25</b>	+00:31:35 (42.5%)	5:43	10.5 (57.7%)
257	<b>BUKOWSKI Janusz</b>	<b>5</b>	STOWARZYSZENIE DAĆ SIEBIE INNYM	M5 60+	6	00:00:03	00:00:31	00:24:10	00:49:10	<b>01:14:53.65</b>	<b>01:14:56.85</b>	+00:32:07 (42.9%)	5:45	10.4 (57.1%)
258	<b>LACH Adrian</b>	<b>205</b>	TRICLUB	M3 40-49 lat	106	00:00:12	00:00:33	00:23:02	00:49:18	<b>01:14:55.35</b>	<b>01:15:07.60</b>	+00:32:09 (42.9%)	5:45	10.4 (57.1%)
259	<b>WIDERA Tomasz</b>	<b>395</b>	KOKOSZKA36TEAM	M2 30-39 lat	94	00:00:40	00:00:35	00:25:21	00:50:11	<b>01:14:58.50</b>	<b>01:15:38.70</b>	+00:32:12 (43.0%)	5:46	10.4 (57.1%)
260	<b>SAŁAJCZYK Sylwester</b>	<b>452</b>		M4 50-59	32	00:00:34	00:00:38	00:25:08	00:49:49	<b>01:15:00.00</b>	<b>01:15:34.10</b>	+00:32:13 (43.0%)	5:46	10.4 (57.1%)
261	<b>KONIECZNY Piotr</b>	<b>172</b>		M2 30-39 lat	95	00:00:44	00:00:37	00:24:52	00:49:32	<b>01:15:01.05</b>	<b>01:15:45.70</b>	+00:32:14 (43.0%)	5:46	10.4 (57.1%)
262	<b>ZDUŃSKI Jarosław</b>	<b>414</b>		M4 50-59	33	00:00:22	00:00:38	00:24:29	00:49:52	<b>01:15:09.10</b>	<b>01:15:31.45</b>	+00:32:22 (43.1%)	5:46	10.4 (57.1%)
263	<b>BOJAR Paweł</b>	<b>33</b>		M3 40-49 lat	107	00:00:23	00:00:36	00:25:21	00:50:01	<b>01:15:12.00</b>	<b>01:15:35.20</b>	+00:32:25 (43.1%)	5:47	10.4 (57.1%)
264	<b>ŁOZIŃSKI Piotr</b>	<b>494</b>	BRACTWO BIEGOWE BGK	M3 40-49 lat	108	00:00:11	00:00:34	00:25:17	00:50:14	<b>01:15:26.50</b>	<b>01:15:38.40</b>	+00:32:40 (43.3%)	5:48	10.3 (56.6%)
265	<b>KOMOROWSKI Piotrek</b>	<b>435</b>		M2 30-39 lat	96	00:00:10	00:00:29	00:24:47	00:50:26	<b>01:15:37.60</b>	<b>01:15:48.15</b>	+00:32:51 (43.4%)	5:49	10.3 (56.6%)
266	<b>FABISIAK Damian</b>	<b>429</b>		M2 30-39 lat	97	00:00:14	00:00:32	00:23:26	00:49:37	<b>01:16:00.85</b>	<b>01:16:15.75</b>	+00:33:14 (43.7%)	5:50	10.3 (56.6%)
267	<b>SZYMAŃSKI Paweł</b>	<b>365</b>		M2 30-39 lat	98	00:00:39	00:00:36	00:25:08	00:50:48	<b>01:16:05.05</b>	<b>01:16:44.80</b>	+00:33:18 (43.8%)	5:51	10.3 (56.6%)
268	<b>KRÓLIK Tomasz</b>	<b>188</b>		M3 40-49 lat	109	00:00:33	00:00:35	00:25:36	00:50:45	<b>01:16:05.25</b>	<b>01:16:39.10</b>	+00:33:19 (43.8%)	5:51	10.2 (56.0%)
269	<b>FIJALKOWSKI Michał</b>	<b>81</b>	PO PROSTU MY	M3 40-49 lat	110	00:00:42	00:00:38	00:26:39	00:51:40	<b>01:16:12.45</b>	<b>01:16:54.65</b>	+00:33:26 (43.9%)	5:51	10.2 (56.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						startu	0.1km	4.4km	8.7km					
270	<b>CIEŚLIŃSKI Dariusz</b>	<b>52</b>	DARIOS	M3 40-49 lat	111	00:00:18	00:00:37	00:24:24	00:50:19	<b>01:16:13.20</b>	<b>01:16:31.60</b>	+00:33:27 (43.9%)	5:51	10.2 (56.0%)
271	<b>KOWALCZYK Mateusz</b>	<b>183</b>		M1 < 29 lat	23	00:00:40	00:00:34	00:24:42	00:49:40	<b>01:16:15.85</b>	<b>01:16:56.35</b>	+00:33:29 (43.9%)	5:52	10.2 (56.0%)
272	<b>SELESKI Krzysztof</b>	<b>319</b>	MARCIN.BIZ	M4 50-59	34	00:00:58	00:00:28	00:24:33	00:49:59	<b>01:16:17.70</b>	<b>01:17:15.95</b>	+00:33:31 (43.9%)	5:52	10.2 (56.0%)
273	<b>KWIATEK Jacek</b>	<b>203</b>		M4 50-59	35	00:00:35	00:00:37	00:25:28	00:51:04	<b>01:16:31.15</b>	<b>01:17:06.15</b>	+00:33:44 (44.1%)	5:53	10.2 (56.0%)
274	<b>CHĄDZYŃSKI Marcin</b>	<b>46</b>		M2 30-39 lat	99	00:00:33	00:00:38	00:25:41	00:50:51	<b>01:16:33.05</b>	<b>01:17:06.55</b>	+00:33:46 (44.1%)	5:53	10.2 (56.0%)
275	<b>DZIEPAK Piotr</b>	<b>75</b>	1. BLTR	M2 30-39 lat	100	00:00:26	00:00:36	00:24:35	00:49:37	<b>01:16:41.55</b>	<b>01:17:08.00</b>	+00:33:55 (44.2%)	5:54	10.2 (56.0%)
276	<b>BARAN Wojciech</b>	<b>22</b>		M1 < 29 lat	24	00:00:36	00:00:35	00:25:52	00:51:37	<b>01:16:44.10</b>	<b>01:17:20.25</b>	+00:33:57 (44.3%)	5:54	10.2 (56.0%)
277	<b>ZARĘBA Jarosław</b>	<b>410</b>		M3 40-49 lat	112	00:00:30	00:00:37	00:25:14	00:50:47	<b>01:16:44.20</b>	<b>01:17:14.85</b>	+00:33:58 (44.3%)	5:54	10.2 (56.0%)
278	<b>KRÓL Ryszard</b>	<b>187</b>	LUBLIN BIEGA	M4 50-59	36	00:00:25	00:00:36	00:25:32	00:51:04	<b>01:16:44.75</b>	<b>01:17:09.80</b>	+00:33:58 (44.3%)	5:54	10.2 (56.0%)
279	<b>ŁUCAK Piotr</b>	<b>213</b>	OSTRÓW BIEGA	M2 30-39 lat	101	00:00:19	00:00:35	00:26:16	00:51:34	<b>01:17:02.00</b>	<b>01:17:21.20</b>	+00:34:15 (44.5%)	5:55	10.1 (55.5%)
280	<b>NOWAKOWSKI Czesław</b>	<b>257</b>	KLUB. BIEGACZAGOC	M5 60+	7	00:00:25	00:00:34	00:25:03	00:51:04	<b>01:17:22.25</b>	<b>01:17:47.30</b>	+00:34:36 (44.7%)	5:57	10.1 (55.5%)
281	<b>WALCZAK Dariusz</b>	<b>389</b>	CYTRYNOWI STUDENCI	M3 40-49 lat	113	00:00:09	00:00:35	00:25:39	00:51:23	<b>01:18:12.30</b>	<b>01:18:21.35</b>	+00:35:26 (45.3%)	6:00	10 (54.9%)
282	<b>KLUZIAK Jarosław</b>	<b>165</b>		M2 30-39 lat	102	00:00:27	00:00:36	00:24:57	00:50:53	<b>01:18:22.05</b>	<b>01:18:49.80</b>	+00:35:35 (45.4%)	6:01	10 (54.9%)
283	<b>PANCEROW Marcin</b>	<b>449</b>		M3 40-49 lat	114	00:00:10	00:00:33	00:24:38	00:50:56	<b>01:18:25.30</b>	<b>01:18:35.85</b>	+00:35:39 (45.5%)	6:01	9.9 (54.4%)
284	<b>RZEPKA Mirek</b>	<b>313</b>	AKTYWNI BIEGACZE	M4 50-59	37	00:00:31	00:00:34	00:25:48	00:52:18	<b>01:18:59.40</b>	<b>01:19:30.45</b>	+00:36:13 (45.9%)	6:04	9.9 (54.4%)
285	<b>GÓRSKI Krzysztof</b>	<b>111</b>		M3 40-49 lat	115	00:00:13	00:00:33	00:25:13	00:51:42	<b>01:19:01.00</b>	<b>01:19:14.30</b>	+00:36:14 (45.9%)	6:04	9.9 (54.4%)
286	<b>JERZAK Eryk</b>	<b>139</b>		M4 50-59	38	00:00:45	00:00:36	00:25:36	00:51:30	<b>01:19:12.10</b>	<b>01:19:57.10</b>	+00:36:25 (46.0%)	6:05	9.8 (53.8%)
287	<b>GOLENIEWSKI Patryk</b>	<b>482</b>	1992	M1 < 29 lat	25	00:00:16	00:00:33	00:25:17	00:51:52	<b>01:19:36.10</b>	<b>01:19:52.45</b>	+00:36:49 (46.3%)	6:07	9.8 (53.8%)
288	<b>BRZEZICKI Michał</b>	<b>39</b>		M2 30-39 lat	103	00:00:39	00:00:36	00:26:24	00:53:16	<b>01:19:46.15</b>	<b>01:20:25.15</b>	+00:36:59 (46.4%)	6:08	9.8 (53.8%)
289	<b>SIKORSKI Michał</b>	<b>535</b>	EKO BIEGI	M3 40-49 lat	116	00:00:51	00:00:37	00:26:32	00:52:51	<b>01:19:49.60</b>	<b>01:20:40.85</b>	+00:37:03 (46.4%)	6:08	9.8 (53.8%)
290	<b>DŁUŻNIEWSKI Tomasz</b>	<b>66</b>		M3 40-49 lat	117	00:00:46	00:00:37	00:26:56	00:53:57	<b>01:19:57.15</b>	<b>01:20:43.80</b>	+00:37:10 (46.5%)	6:09	9.8 (53.8%)
291	<b>KULAK Paweł</b>	<b>200</b>		M3 40-49 lat	118	00:00:31	00:00:38	00:26:49	00:54:03	<b>01:21:15.40</b>	<b>01:21:47.20</b>	+00:38:29 (47.4%)	6:15	9.6 (52.7%)
292	<b>BEDNARZAK Tadeusz</b>	<b>28</b>	YULO RUN TEAM SIEDLCE	M5 60+	8	00:00:37	00:00:37	00:26:42	00:53:40	<b>01:21:21.75</b>	<b>01:21:59.00</b>	+00:38:35 (47.4%)	6:15	9.6 (52.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.1km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
293	<b>JACHOWICZ Łukasz</b>	<b>129</b>		M2 30-39 lat	104	00:00:46	00:00:37	00:26:35	00:53:57	<b>01:22:10.55</b>	<b>01:22:56.95</b>	+00:39:24 (48.0%)	6:19	9.5 (52.2%)
294	<b>JERUZAL Jacek</b>	<b>138</b>	TUPTUŚ OTWOCK	M4 50-59	39	00:00:05	00:00:32	00:26:39	00:53:59	<b>01:22:23.40</b>	<b>01:22:29.35</b>	+00:39:37 (48.1%)	6:20	9.5 (52.2%)
295	<b>BAK Hubert</b>	<b>27</b>		M1 < 29 lat	26	00:00:30	00:00:38	00:26:07	00:52:58	<b>01:23:04.05</b>	<b>01:23:35.00</b>	+00:40:17 (48.5%)	6:23	9.4 (51.6%)
296	<b>BAK Andrzej</b>	<b>26</b>		M4 50-59	40	00:00:30	00:00:38	00:26:07	00:53:05	<b>01:23:04.10</b>	<b>01:23:34.75</b>	+00:40:17 (48.5%)	6:23	9.4 (51.6%)
297	<b>KAWKA Andrzej</b>	<b>159</b>		M5 60+	9	00:00:45	00:00:38	00:27:49	00:55:47	<b>01:24:05.00</b>	<b>01:24:50.55</b>	+00:41:18 (49.1%)	6:28	9.3 (51.1%)
298	<b>ROSZAK Waldemar</b>	<b>306</b>	BIEGAM NA ZIELONEJ BIAŁOŁĘCE	M4 50-59	41	00:01:01	00:00:27	00:27:26	00:56:47	<b>01:24:50.85</b>	<b>01:25:52.75</b>	+00:42:04 (49.6%)	6:31	9.2 (50.5%)
299	<b>PAWEŁEK Krzysztof</b>	<b>279</b>	PO PROSTU MY	M3 40-49 lat	119	00:00:43	00:00:37	00:28:14	00:57:07	<b>01:25:53.90</b>	<b>01:26:37.35</b>	+00:43:07 (50.2%)	6:36	9.1 (50.0%)
300	<b>STAŃCZYK Grzegorz</b>	<b>338</b>		M4 50-59	42	00:00:49	00:00:37	00:28:27	00:57:15	<b>01:26:54.90</b>	<b>01:27:44.50</b>	+00:44:08 (50.8%)	6:41	9 (49.5%)
301	<b>ŁUCZAK Piotr</b>	<b>214</b>	PKO BANK POLSKI	M3 40-49 lat	120	00:00:34	00:00:39	00:28:50	00:58:21	<b>01:27:32.85</b>	<b>01:28:07.75</b>	+00:44:46 (51.1%)	6:44	8.9 (48.9%)
302	<b>ŁUKASIEWICZ Robert</b>	<b>216</b>	KOKOSZKA36TEAM	M3 40-49 lat	121	00:00:40	00:00:36	00:28:18	00:58:05	<b>01:28:52.80</b>	<b>01:29:33.05</b>	+00:46:06 (51.9%)	6:50	8.8 (48.4%)
303	<b>CIEŚLAK Pawel</b>	<b>51</b>	SLOWJOGGING BIAŁOŁĘKA	M4 50-59	43	00:01:05	00:00:42	00:35:43	01:01:19	<b>01:29:11.65</b>	<b>01:30:17.00</b>	+00:46:25 (52.0%)	6:51	8.7 (47.8%)
304	<b>KOCHAN Piotr</b>	<b>167</b>	ZABIEGANY WOŁOMIN	M2 30-39 lat	105	00:00:39	00:00:37	00:29:59	00:59:45	<b>01:29:24.10</b>	<b>01:30:03.85</b>	+00:46:37 (52.2%)	6:52	8.7 (47.8%)
305	<b>SOJKA Łukasz</b>	<b>333</b>		M2 30-39 lat	106	00:00:33	00:00:38	00:28:44	00:58:55	<b>01:30:49.15</b>	<b>01:31:22.15</b>	+00:48:02 (52.9%)	6:59	8.6 (47.3%)
306	<b>DOBOSZ Marek</b>	<b>67</b>		M3 40-49 lat	122	00:00:55	00:00:36	00:31:31	01:05:13	<b>01:32:54.40</b>	<b>01:33:49.50</b>	+00:50:08 (54.0%)	7:08	8.4 (46.2%)
307	<b>NASKRĘT Mariusz</b>	<b>247</b>		M3 40-49 lat	123	00:00:45	00:00:39	00:32:16	01:05:01	<b>01:39:43.40</b>	<b>01:40:28.80</b>	+00:56:57 (57.1%)	7:40	7.8 (42.9%)
308	<b>DUDA Kamil</b>	<b>70</b>		M1 < 29 lat	27	00:00:39	00:00:38	00:31:42	01:05:48	<b>01:40:30.95</b>	<b>01:41:10.45</b>	+00:57:44 (57.4%)	7:43	7.8 (42.9%)
309	<b>KACZMARZYK Hubert</b>	<b>146</b>	WOJSKOWA AKADEMIA TECHNICZNA	M1 < 29 lat	28	00:00:25	00:00:33	00:18:34	00:37:54			+00:09:28	4:21	13.8 (75.8%)
310	<b>KRUPIŃSKI Marek</b>	<b>437</b>	1995	M1 < 29 lat	29	00:00:03	00:00:18	00:18:56	00:40:11			+00:11:45	4:37	13 (71.4%)
311	<b>KUSY Marcin</b>	<b>493</b>		M3 40-49 lat	124	00:00:13	00:00:29	00:20:47	00:41:26			+00:13:01	4:45	12.6 (69.2%)
312	<b>KAROLAK Rafał</b>	<b>155</b>	STOMILEX	M3 40-49 lat	125	00:00:33	00:00:37	00:21:09	00:42:27			+00:14:01	4:52	12.3 (67.6%)
313	<b>BIEDKA Robert</b>	<b>533</b>	REBOOK RUN CREW	M3 40-49 lat	126	00:00:09	00:00:29	00:21:47	00:43:51			+00:15:25	5:02	11.9 (65.4%)
314	<b>ŁĘCKI Tomasz</b>	<b>211</b>		M3 40-49 lat	127	00:00:20	00:00:32	00:23:06	00:47:00			+00:18:35	5:24	11.1 (61.0%)
315	<b>ANTONOWICZ Maciek</b>	<b>15</b>	DEAF RUNNING	M2 30-39 lat	107	00:00:30	00:00:37	00:25:13	00:48:35			+00:20:09	5:35	10.7 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						startu	0.1km	4.4km	8.7km					
316	<b>BIDZINSKI Krzysztof</b>	<b>31</b>	LEBIEGI	M3 40-49 lat	128	00:00:29	00:00:38	00:25:14	00:50:35			+00:22:09	5:48	10.3 (56.6%)
317	<b>DĄBROWSKI Andrzej</b>	<b>62</b>		M5 60+	10	00:00:09	00:00:36	00:25:39	00:51:25			+00:22:59	5:54	10.2 (56.0%)
318	<b>NOWOSIELSKI Tomasz</b>	<b>260</b>	HERO	M4 50-59	44	00:00:29	00:00:39	00:25:24	00:52:24			+00:23:59	6:01	10 (54.9%)
319	<b>GRACZYK Roman</b>	<b>112</b>		M3 40-49 lat	129	00:00:18	00:00:38	00:26:09	00:53:11			+00:24:45	6:06	9.8 (53.8%)
320	<b>KOWALSKI Kamil</b>	<b>185</b>	CYTRYNOWI STUDENCI	M2 30-39 lat	108	00:00:48	00:00:39	00:27:29	00:54:10			+00:25:45	6:13	9.6 (52.7%)
321	<b>PAWŁOWSKI Jakub</b>	<b>280</b>	CYTRYNOWI STUDENCI	M2 30-39 lat	109	00:00:48	00:00:39	00:27:29	00:54:11			+00:25:45	6:13	9.6 (52.7%)
322	<b>FRENKEL Marek</b>	<b>87</b>		M4 50-59	45	00:00:48	00:00:39	00:27:31	00:54:29			+00:26:04	6:15	9.6 (52.7%)
323	<b>PETRYCKI Marcin</b>	<b>283</b>	PUMP!T	M3 40-49 lat	130	00:00:11	00:00:35	00:27:59	00:54:43			+00:26:17	6:17	9.5 (52.2%)
324	<b>KAMIONOWSKI Mariusz-Jacek</b>	<b>152</b>	MORSY OSTROŁĘKA	M4 50-59	46	00:00:06	00:00:32	00:25:45	00:56:40			+00:28:15	6:30	9.2 (50.5%)
325	<b>KUCICKI Krzysztof</b>	<b>196</b>		M3 40-49 lat	131	00:00:05	00:00:26	00:26:22	00:57:23			+00:28:58	6:35	9.1 (50.0%)
326	<b>SIEKIERKO Łukasz</b>	<b>322</b>		M2 30-39 lat	110	00:00:06	00:00:26	00:39:35	00:58:59			+00:30:34	6:46	8.8 (48.4%)
327	<b>CZARNECKI Piotr</b>	<b>60</b>	TARCHOŚFIRY	M2 30-39 lat	111	00:00:17	00:00:33	00:29:08	01:00:26			+00:32:01	6:56	8.6 (47.3%)
328	<b>MADEJEK Jacek</b>	<b>441</b>	ZABIEGANI PO USZY	M2 30-39 lat	112	00:00:51	00:00:37	00:32:23	01:07:51			+00:39:25	7:47	7.7 (42.3%)
329	<b>KOZŁOWSKI Robert</b>	<b>519</b>	CHUDY BYK	M1 < 29 lat	30	00:00:50	00:00:39	00:46:52	01:13:14			+00:44:49	8:25	7.1 (39.0%)
330	<b>MAREK Roman</b>	<b>225</b>		M4 50-59	47	00:00:10	00:00:29	00:23:21				+00:09:05	5:18	11.3 (62.1%)
331	<b>OSTASZEWSKI Wojciech</b>	<b>271</b>	WERKUS RUNNERS	M2 30-39 lat	113	00:00:27	00:00:37	00:23:39				+00:09:23	5:22	11.2 (61.5%)
332	<b>DUCH Emil</b>	<b>69</b>	JB WARSAW	M2 30-39 lat	114	00:00:36	00:00:38	00:23:48				+00:09:32	5:24	11.1 (61.0%)
333	<b>PIETRAS Tomasz</b>	<b>285</b>	NASIELSK BASZTA TEAM	M3 40-49 lat	132	00:00:38	00:00:38	00:24:38				+00:10:22	5:35	10.7 (58.8%)
334	<b>KILKOWSKI Jarosław</b>	<b>164</b>		M4 50-59	48	00:00:10	00:00:31	00:26:37				+00:12:22	6:02	9.9 (54.4%)
335	<b>MIKULIK Piotr</b>	<b>239</b>		M2 30-39 lat	115	00:00:17	00:00:35	00:27:26				+00:13:11	6:14	9.6 (52.7%)
336	<b>KOMOŃ Maciej</b>	<b>171</b>		M2 30-39 lat	116	00:00:44	00:00:38	00:27:46				+00:13:31	6:18	9.5 (52.2%)
337	<b>MIŚTA Grzegorz</b>	<b>100</b>	FRONTIS	M3 40-49 lat	133	00:00:10	00:00:35	00:28:05				+00:13:50	6:22	9.4 (51.6%)
338	<b>BAJOREK Jacek</b>	<b>19</b>	MARKOWI BIEGACZE	M3 40-49 lat	134	00:00:38	00:00:37	00:28:05				+00:13:49	6:22	9.4 (51.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						startu	0.1km	4.4km					
339	<b>NACZULSKI Witold</b>	<b>244</b>	GRUPA BIEGOWA UM W-WA	M2 30-39 lat	117	00:00:26	00:00:39	00:28:17			+00:14:01	6:25	9.3 (51.1%)
340	<b>DYMEL Piotr</b>	<b>481</b>	12TRI.PL	M5 60+	11	00:00:15	00:00:37	00:28:18			+00:14:03	6:25	9.3 (51.1%)
341	<b>ARTYMIUK Olaf</b>	<b>17</b>		M2 30-39 lat	118	00:00:44	00:00:38	00:29:10			+00:14:55	6:37	9.1 (50.0%)
342	<b>ZYGMUNT Kamil</b>	<b>527</b>		M2 30-39 lat	119	00:00:31	00:00:40	00:29:30			+00:15:15	6:42	8.9 (48.9%)
343	<b>ZIELIŃSKI Paweł</b>	<b>417</b>	BRAK	M2 30-39 lat	120	00:00:42	00:00:37	00:29:50			+00:15:35	6:46	8.8 (48.4%)
344	<b>DYMEL Andrzej</b>	<b>72</b>	MARKOWI BIEGACZE	M5 60+	12	00:00:38	00:00:37	00:30:00			+00:15:45	6:49	8.8 (48.4%)
345	<b>KĘPCZYŃSKI Janusz</b>	<b>161</b>	KB OŻARÓW MAZOWIECKI BIEGA	M5 60+	13	00:00:42	00:00:38	00:30:20			+00:16:04	6:53	8.7 (47.8%)
346	<b>NOWORYTA Jacek</b>	<b>259</b>	ASA TEAM BIEGIEM PO ZDROWIE	M5 60+	14	00:00:43	00:00:36	00:30:46			+00:16:31	6:59	8.6 (47.3%)
347	<b>RADWAN-PYTLEWSKI Paweł</b>	<b>300</b>	FUNDACJA MORSY WOŁOMIN-KOBYŁKA	M2 30-39 lat	121	00:00:16	00:00:37	00:33:20			+00:19:04	7:34	7.9 (43.4%)
348	<b>KAMIŃSKI Waldemar</b>	<b>433</b>		M4 50-59	49	00:01:08	00:00:39	00:35:42			+00:21:26	8:06	7.4 (40.7%)
349	<b>ANUSZKIEWICZ Włodzimierz</b>	<b>16</b>		M4 50-59	50	00:00:08	00:00:32	00:36:39			+00:22:23	8:19	7.2 (39.6%)
350	<b>NOWAK Bartłomiej</b>	<b>256</b>		M3 40-49 lat	135	00:00:03	00:00:27	00:43:14			+00:28:59	9:49	6.1 (33.5%)
351	<b>SZCZEPKOWSKI Przemysław</b>	<b>508</b>		M2 30-39 lat	122	00:00:00	00:39:17				+	392:50	0.2 (1.1%)
	<b>FICEK Łukasz</b>	<b>78</b>	CYTRYNOWI STUDENCI	M2 30-39 lat		DNF	00:00:38 DNF	00:32:14 DNF	00:41:15 DNF	<b>DNF</b>	<b>DNF</b>	-	- (0.0%)
	<b>KOŁOSOWSKI Piotr</b>	<b>434</b>	KUNGFU PANDA TEAM	M2 30-39 lat		DNF	00:00:38 DNF	00:23:17 DNF	00:46:12 DNF	<b>DNF</b>	<b>DNF</b>	-	- (0.0%)
	<b>OSTASZEWSKI Marcin</b>	<b>272</b>		M2 30-39 lat		DNF	00:00:37 DNF	00:23:03 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	- (0.0%)
	<b>OSTASZEWSKI Marek</b>	<b>270</b>		M2 30-39 lat		DNF	00:00:37 DNF	00:23:37 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	- (0.0%)
	<b>JÓZWIK Robert</b>	<b>142</b>	HARX TEAM	M3 40-49 lat		DNF	00:00:36 DNF	00:24:17 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	- (0.0%)
	<b>ŻÓŁCIŃSKI Waldemar</b>	<b>424</b>	GRUPA BIEGOWA UM W-WA	M5 60+		DNF	00:00:37 DNF	00:27:04 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	- (0.0%)
	<b>BUDNIK Stanisław</b>	<b>479</b>	NASIELSK BASZTA TEAM	M1 < 29 lat		DNF	00:00:39 DNF	00:30:00 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	- (0.0%)
	<b>NIEWCZAS Zdzisław</b>	<b>532</b>		M5 60+		DNF	00:00:32 DNF	00:38:02 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	- (0.0%)
	<b>DOMAŃSKI Jacek Expedyt</b>	<b>68</b>	WKB META LUBLINIEC	M5 60+		DNF	00:00:52 DNF	00:41:24 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	- (0.0%)
	<b>UZIĘBŁO Wiesław</b>	<b>555</b>	SDP	M5 60+		DNF	00:00:48 DNF	01:24:06 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	- (0.0%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.1km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
	<b>TYBURC Paweł</b>	<b>548</b>		M3 40-49 lat		DNF	01:09:11 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 362 wynik(ów)