



BIEG BEMORE5K - BEMOWO 2025

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Organizator: Fundacja Małopolskie Szlaki, Dzielnica Bemowo m.
st. Warszawy
Data: 2025-03-16
Miejsce: Warszawa
Dystans: 5 km

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INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: [Wszyscy](#)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bemowo	Mazowsze	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	CZERWIŃSKI Adam	145	#ADAMCZERWIŃSKITEAM	M-35	1	Nie	małopolskie	00:00:01	00:07:22	00:14:36.10	00:14:37.25		2:55	20.5 (100%)
2	ŻUCHOWSKI Michał	1205	RLTL GGG RADOM	M Seniorzy	1	Nie	lubelskie	00:00:00	00:07:23	00:14:43.00	00:14:43.65	+00:00:06 (0.8%)	2:56	20.4 (99.5%)
3	WIĄCEK Alekdander	1496	OKS OTWOCK	M Seniorzy	2			00:00:00	00:07:22	00:14:44.45	00:14:45.35	+00:00:08 (0.9%)	2:56	20.4 (99.5%)
4	SKALSKI Szymon	914		M Seniorzy	3	Nie	pomorskie	00:00:01	00:07:22	00:14:45.90	00:14:47.20	+00:00:09 (1.1%)	2:57	20.3 (99.0%)
5	SUCHAN Jakub	979	UKS G8 BIELANY	M U20	1	Nie	mazowieckie	00:00:01	00:07:23	00:14:48.25	00:14:49.30	+00:00:12 (1.4%)	2:57	20.3 (99.0%)
6	STARŻYŃSKI Andrzej	1221	LKB RUDNIK/ 4 PSAP	M-35	2	Nie	lubelskie	00:00:01	00:07:22	00:14:51.90	00:14:53.35	+00:00:15 (1.8%)	2:58	20.2 (98.5%)
7	LIPIŃSKI Mateusz	574	AML SŁUPSK	M Seniorzy	4	Nie	wielkopolskie	00:00:01	00:07:22	00:14:58.85	00:15:00.30	+00:00:22 (2.5%)	2:59	20 (97.6%)
8	MISIEWICZ Michał	672	AZS-AWF WARSZAWA	M Seniorzy	5	Nie	mazowieckie	00:00:00	00:07:24	00:15:01.15	00:15:01.90	+00:00:25 (2.8%)	3:00	20 (97.6%)
9	KUJAWSKI Grzegorz	541	LKS ZIEMI PUCKIEJ PUCK	M-45	1	Nie		00:00:00	00:07:23	00:15:03.25	00:15:04.15	+00:00:27 (3.0%)	3:00	19.9 (97.1%)
10	PRZYBYŁA Adrian	829	RUN GOKU TEAM	M Seniorzy	6	Nie	łódzkie	00:00:01	00:07:23	00:15:05.45	00:15:06.90	+00:00:29 (3.2%)	3:01	19.9 (97.1%)
11	KUNA Krystian	546	AZS UMCS LUBLIN	M Seniorzy	7	Nie		00:00:00	00:07:24	00:15:06.70	00:15:07.65	+00:00:30 (3.4%)	3:01	19.9 (97.1%)
12	ARENDT Kacper	15	GKS OLIMPIA GRUDZIĄDZ	M Seniorzy	8	Nie	kujawsko-pomorskie	00:00:00	00:07:23	00:15:08.95	00:15:09.90	+00:00:32 (3.6%)	3:01	19.8 (96.6%)
13	MIELEWCZYK Piotr	661	PIEKIELNI WARSZAWA	M-35	3	Nie	mazowieckie	00:00:01	00:07:24	00:15:09.20	00:15:10.40	+00:00:33 (3.6%)	3:01	19.8 (96.6%)
14	WILK Adrian	1121	SWIM TRI RZESZÓW	M Seniorzy	9		zachodniopomorskie	00:00:01	00:07:23	00:15:10.95	00:15:12.55	+00:00:34 (3.8%)	3:02	19.8 (96.6%)
15	GIŻYŃSKI Mariusz	244	GIŻA TEAM / TKKF PŁOCK	M-40	1	Tak	mazowieckie	00:00:00	00:07:23	00:15:14.40	00:15:15.25	+00:00:38 (4.2%)	3:02	19.7 (96.1%)
16	BARAN Mateusz	31		M Seniorzy	10	Tak	mazowieckie	00:00:01	00:07:38	00:15:28.20	00:15:29.35	+00:00:52 (5.6%)	3:05	19.4 (94.6%)
17	RYNKOWSKI Bartosz	881		M-35	4	Nie	mazowieckie	00:00:01	00:07:29	00:15:29.35	00:15:30.95	+00:00:53 (5.7%)	3:05	19.4 (94.6%)
18	PIMPICKI Ignacy	786	KS CZEMPION WARSZAWA	M U18	1	Nie	mazowieckie	00:00:01	00:07:36	00:15:31.60	00:15:33.20	+00:00:55 (6.0%)	3:06	19.3 (94.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bemowo	Mazowsze	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
								startu	2.5km	5km	5km			
19	KARWOWSKI Wojciech	421		M Seniorzy	11	Tak	mazowieckie	00:00:02	00:07:38	00:15:33.05	00:15:35.45	+00:00:56 (6.1%)	3:06	19.3 (94.1%)
20	WIŚNIEWSKI Damian	1131	GKS OLIMPIA GRUDZIĄDZ	M Seniorzy	12	Nie	kujawsko-pomorskie	00:00:01	00:07:37	00:15:35.30	00:15:36.65	+00:00:59 (6.3%)	3:07	19.3 (94.1%)
21	MEZGLEWSKI Kamil	648		M Seniorzy	13	Nie	mazowieckie	00:00:01	00:07:36	00:15:39.90	00:15:41.25	+00:01:03 (6.8%)	3:07	19.2 (93.7%)
22	GALANT Martyna	223	OŚ AZS POZNAŃ	K Seniorzy	1	Nie	wielkopolskie	00:00:02	00:07:48	00:15:44.10	00:15:46.15	+00:01:08 (7.2%)	3:08	19.1 (93.2%)
23	GUTKOWSKI Łukasz	311	ZDROWY IMPULS	M Seniorzy	14	Nie	mazowieckie	00:00:03	00:07:47	00:15:44.50	00:15:48.10	+00:01:08 (7.2%)	3:08	19.1 (93.2%)
24	CHMIELEWSKI Jan	115	UKS G-8 BIELANY WARSZAWA	M U20	2		mazowieckie	00:00:02	00:07:50	00:15:48.95	00:15:51.65	+00:01:12 (7.7%)	3:09	19 (92.7%)
25	GETEK Marcin	237		M-40	2			00:00:01	00:07:49	00:15:52.20	00:15:53.85	+00:01:16 (8.0%)	3:10	18.9 (92.2%)
26	BYTNAR Marcel	101	PAWKO RUNNER TEAM	M U23	1	Nie	podkarpackie	00:00:02	00:07:50	00:15:52.40	00:15:54.45	+00:01:16 (8.0%)	3:10	18.9 (92.2%)
27	MATUSZCZAK Jakub	634	WOJSKOWA AKADEMIA TECHNICZNA	M Seniorzy	16	Nie	mazowieckie	00:00:04	00:08:01	00:15:54.55	00:15:59.05	+00:01:18 (8.2%)	3:10	18.9 (92.2%)
28	GRZEGRZÓŁKA Łukasz	303		M Seniorzy	15	Nie	mazowieckie	00:00:05	00:07:58	00:15:53.70	00:15:59.15	+00:01:17 (8.1%)	3:10	18.9 (92.2%)
29	KRZESZEWSKI Rafał	524	BIEGAJ POD OKIEM TRENERA	M-35	5	Nie	mazowieckie	00:00:03	00:07:57	00:15:56.60	00:15:59.75	+00:01:20 (8.4%)	3:11	18.8 (91.7%)
30	DĄBROWSKI Adam	156	UKS G8 BIELANY WARSZAWA	M U18	2	Nie	mazowieckie	00:00:02	00:07:48	00:15:59.15	00:16:01.85	+00:01:23 (8.7%)	3:11	18.8 (91.7%)
31	DZICZEK Szymon	191	PASSION FIRST	M Seniorzy	17	Tak	mazowieckie	00:00:01	00:07:40	00:16:00.75	00:16:02.70	+00:01:24 (8.8%)	3:12	18.8 (91.7%)
32	KOROL Wiktor	470	UKS G-8 BIELANY WARSZAWA	M U18	3	Nie	mazowieckie	00:00:03	00:07:59	00:16:02.05	00:16:05.40	+00:01:25 (8.9%)	3:12	18.7 (91.2%)
33	FLOREK Fabian	211		M-40	3	Nie	mazowieckie	00:00:03	00:08:00	00:16:04.50	00:16:07.60	+00:01:28 (9.2%)	3:12	18.7 (91.2%)
34	KNAFLEWSKI Piotr	444	AZS AWF WARSZAWA	M U18	4	Nie	mazowieckie	00:00:03	00:07:59	00:16:05.35	00:16:08.95	+00:01:29 (9.2%)	3:13	18.7 (91.2%)
35	BOGUS Karol	68	RELENTLESS TEAM	M-40	4	Nie	mazowieckie	00:00:01	00:07:50	00:16:09.05	00:16:10.60	+00:01:32 (9.6%)	3:13	18.6 (90.7%)
36	WYSMUŁEK Jacek	1168	TEAM ZABIEGANE DNI	M-40	5	Nie	mazowieckie	00:00:01	00:07:47	00:16:09.45	00:16:11.40	+00:01:33 (9.6%)	3:13	18.6 (90.7%)
37	KWAŚNIK Paweł	556	PASSION FIRST	M Seniorzy	18	Nie	mazowieckie	00:00:02	00:07:58	00:16:14.55	00:16:16.75	+00:01:38 (10.1%)	3:14	18.5 (90.2%)
38	WERNER Kamil	1102	DZIKI BIEG	M-40	6		mazowieckie	00:00:03	00:07:50	00:16:18.45	00:16:21.75	+00:01:42 (10.5%)	3:15	18.4 (89.8%)
39	TABACZYŃSKI Maciej	1041		M-35	6	Nie	mazowieckie	00:00:02	00:08:02	00:16:21.40	00:16:23.45	+00:01:45 (10.7%)	3:16	18.3 (89.3%)
40	KACZYŃSKA Paulina	385	WMLKS POMORZE STARGARD	K Seniorzy	2			00:00:01	00:08:03	00:16:21.85	00:16:23.50	+00:01:45 (10.8%)	3:16	18.3 (89.3%)
41	MAROSZ Szymon	627	KKB MOSIR KROSNO	M Seniorzy	19		mazowieckie	00:00:01	00:07:58	00:16:25.45	00:16:27.40	+00:01:49 (11.1%)	3:17	18.3 (89.3%)
42	NAPIÓRKOWSKA Katarzyna	698	LKS MAKÓW MAZOWIECKI	K U23	1	Nie	mazowieckie	00:00:02	00:08:06	00:16:27.25	00:16:29.45	+00:01:51 (11.3%)	3:17	18.2 (88.8%)
43	BOROŃSKI Stefan	76	ŻÓRAWSKI TEAM	M-35	7	Tak	mazowieckie	00:00:02	00:08:03	00:16:30.85	00:16:33.30	+00:01:54 (11.6%)	3:18	18.2 (88.8%)
44	BAŃKOWSKA Anna	30	"PODLASIE" BIAŁYSTOK	K-35	1	Nie	podlaskie	00:00:02	00:08:04	00:16:34.20	00:16:36.25	+00:01:58 (11.9%)	3:18	18.1 (88.3%)

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								startu	2.5km					
45	ŚLIWIŃSKI Mateusz	1035		M Seniorzy	20	Nie	lubelskie	00:00:03	00:08:06	00:16:34.15	00:16:37.30	+00:01:58 (11.9%)	3:18	18.1 (88.3%)
46	SUDAK Zuzanna	982	AZS UW	K Seniorzy	3	Nie	mazowieckie	00:00:03	00:08:06	00:16:33.55	00:16:37.50	+00:01:57 (11.8%)	3:18	18.1 (88.3%)
47	JAGUSIAK Maciej	338	JAGODA RUNNING TEAM	M-40	7		łódzkie	00:00:02	00:08:05	00:16:36.75	00:16:39.45	+00:02:00 (12.1%)	3:19	18.1 (88.3%)
48	WÓJCIK Krzysztof	1162	KLUB SPORTOWY ATLETA	M Seniorzy	22	Nie	mazowieckie	00:00:01	00:08:01	00:16:40.60	00:16:42.45	+00:02:04 (12.4%)	3:20	18 (87.8%)
49	JĘDRZEJEWSKI Dawid	369	OLEJ RUNNING TEAM	M Seniorzy	21			00:00:02	00:08:10	00:16:40.00	00:16:42.70	+00:02:03 (12.4%)	3:20	18 (87.8%)
50	SADŁOŃ Ignacy	885	UKS 48 WARSZAWA	M U16	1	Nie	mazowieckie	00:00:03	00:08:06	00:16:40.95	00:16:44.25	+00:02:04 (12.5%)	3:20	18 (87.8%)
51	DUBIELLA Monika	179	KS PREFBET SONAROL ŁOMŻA	K Seniorzy	4	Nie	pomorskie	00:00:02	00:08:07	00:16:42.95	00:16:45.15	+00:02:06 (12.6%)	3:20	18 (87.8%)
52	KUREK Jarosław	549	KU AZS WAT	M-35	8	Nie	mazowieckie	00:00:05	00:08:06	00:16:43.10	00:16:48.55	+00:02:07 (12.7%)	3:20	17.9 (87.3%)
53	WINIARSKI Michał	1123	EASY RUNNING TEAM	M-40	8	Nie	mazowieckie	00:00:03	00:08:30	00:16:46.15	00:16:49.80	+00:02:10 (12.9%)	3:21	17.9 (87.3%)
54	CICHACKI Tymoteusz	134	KONDYCJA	M U20	3	Nie	mazowieckie	00:00:03	00:08:06	00:16:47.85	00:16:51.65	+00:02:11 (13.1%)	3:21	17.9 (87.3%)
55	ŁOBACZ Michał	594	RUN GOKU TEAM	M-35	9	Nie	mazowieckie	00:00:05	00:08:24	00:16:46.20	00:16:52.00	+00:02:10 (12.9%)	3:21	17.9 (87.3%)
56	KLECZEWSKI Piotr	435		M U23	2	Nie	mazowieckie	00:00:02	00:08:01	00:16:49.75	00:16:52.45	+00:02:13 (13.2%)	3:21	17.8 (86.8%)
57	KAMIŃSKI Bartosz	406	LKS MAKÓW MAZOWIECKI	M U20	4	Nie	mazowieckie	00:00:04	00:08:19	00:16:52.35	00:16:56.95	+00:02:16 (13.5%)	3:22	17.8 (86.8%)
58	SZLASZYŃSKI Przemysław	1006		M-40	9			00:00:03	00:08:26	00:16:53.90	00:16:57.65	+00:02:17 (13.6%)	3:22	17.8 (86.8%)
59	KARPIUK Małgorzata	419	KLUB SPORTOWY PODLASIE BIAŁYSTOK	K U23	2	Nie	podlaskie	00:00:02	00:08:16	00:16:55.35	00:16:57.85	+00:02:19 (13.7%)	3:23	17.7 (86.3%)
60	MOŚCICKI-ZANCHI Patryk	685	UKS G-8 BIELANY WARSZAWA	M U23	3	Nie	mazowieckie	00:00:03	00:08:26	00:16:54.20	00:16:57.95	+00:02:18 (13.6%)	3:22	17.8 (86.8%)
61	JAGIELSKA Ewa	336	KS PREFBET-SONAROL ŁOMŻA	K-40	1	Nie	mazowieckie	00:00:02	00:08:22	00:16:57.55	00:16:59.55	+00:02:21 (13.9%)	3:23	17.7 (86.3%)
62	LEWANDOWSKI Jakub	571	SZALACOACH	M Seniorzy	23	Nie	mazowieckie	00:00:05	00:08:13	00:16:54.80	00:17:00.00	+00:02:18 (13.7%)	3:22	17.8 (86.8%)
63	GŁAŻEWSKI Tomasz	248	DREAM TEAM WOKÓŁ ŁYSEJ GÓRY	M Seniorzy	24	Nie	mazowieckie	00:00:02	00:08:26	00:16:58.90	00:17:01.75	+00:02:22 (14.0%)	3:23	17.7 (86.3%)
64	GRUZA Marcin	297		M-45	2		mazowieckie	00:00:05	00:08:29	00:16:58.00	00:17:03.15	+00:02:21 (13.9%)	3:23	17.7 (86.3%)
65	RÓŻAŃSKI Krystian	863	PORTA ACTIVE TEAM	M-40	10			00:00:04	00:08:24	00:16:59.10	00:17:03.50	+00:02:23 (14.0%)	3:23	17.7 (86.3%)
66	KACZMAREK Monika	383	ASICS FRONTRUNNER POLAND	K-35	2	Nie	łódzkie	00:00:02	00:08:21	00:17:01.15	00:17:03.90	+00:02:25 (14.2%)	3:24	17.6 (85.9%)
67	ŁUKASIEWICZ Dominika	599	NADIR JĘDRZEJÓW	K Seniorzy	5	Nie	lubelskie	00:00:03	00:08:21	00:17:01.90	00:17:04.90	+00:02:25 (14.3%)	3:24	17.6 (85.9%)
68	GRUDZIŃSKI Adam	296	AZS UMCS LUBLIN	M Seniorzy	26	Nie	lubelskie	00:00:04	00:08:25	00:17:11.05	00:17:15.25	+00:02:34 (15.0%)	3:26	17.5 (85.4%)
69	SOBOLEWSKI Mateusz	941	DAWAJ KALACH TEAM	M U23	4	Nie	mazowieckie	00:00:03	00:08:30	00:17:13.00	00:17:16.05	+00:02:36 (15.2%)	3:26	17.4 (84.9%)
70	KOWALCZYK Igor	487	KS CHAMPION WARSZAWA	M U20	5	Nie	mazowieckie	00:00:04	00:08:28	00:17:12.45	00:17:17.00	+00:02:36 (15.1%)	3:26	17.4 (84.9%)

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71	PRZYBYŁA Arkadiusz	831	IRON TEAM	M Seniorzy	25	Nie	śląskie	00:00:06	00:08:34	00:17:10.95	00:17:17.45	+00:02:34 (15.0%)	3:26	17.5 (85.4%)
72	KRÓL Maciej	511	TYCZYŃSKI TRIATHLON	M Seniorzy	27		mazowieckie	00:00:04	00:08:19	00:17:13.25	00:17:17.65	+00:02:37 (15.2%)	3:26	17.4 (84.9%)
73	DZIĘGIELEWSKI Rafał	1498	KB WYSZKÓW	M-45	3	Nie	mazowieckie	00:00:04	00:08:34	00:17:13.80	00:17:18.75	+00:02:37 (15.3%)	3:26	17.4 (84.9%)
73	MIOTK Marcin	669	MIOTK.PL	M-50	1		mazowieckie	00:00:02	00:08:33	00:17:16.55	00:17:18.75	+00:02:40 (15.5%)	3:27	17.4 (84.9%)
75	GAZDA Patryk	234		M Seniorzy	29			00:00:04	00:08:36	00:17:15.25	00:17:19.45	+00:02:39 (15.4%)	3:27	17.4 (84.9%)
75	KRASZEWSKI Przemysław	504	#ADAMCZERWIŃSKITEAM	M Seniorzy	28	Nie	małopolskie	00:00:05	00:08:34	00:17:13.95	00:17:19.45	+00:02:37 (15.3%)	3:26	17.4 (84.9%)
77	WARTAŁOWICZ Grzegorz	1092		M-35	10	Nie	mazowieckie	00:00:06	00:08:27	00:17:13.35	00:17:19.80	+00:02:37 (15.2%)	3:26	17.4 (84.9%)
78	ZYCH Mariusz	1200	BIEGAJ POD OKIEM TRENERA	M-40	11	Nie	mazowieckie	00:00:03	00:08:35	00:17:16.75	00:17:20.65	+00:02:40 (15.5%)	3:27	17.4 (84.9%)
79	GIŻYŃSKI Przemysław	245	GIŻA TEAM	M-45	4	Nie	mazowieckie	00:00:00	00:08:27	00:17:22.30	00:17:22.30	+00:02:46 (15.9%)	3:28	17.3 (84.4%)
80	GROT Filip	295	ŻÓRAWSKITEAM	M U23	5		mazowieckie	00:00:02	00:08:36	00:17:20.05	00:17:22.75	+00:02:43 (15.8%)	3:28	17.3 (84.4%)
81	CHRAPEK Krzysztof	1526	AZS AWF	M U18	5		mazowieckie	00:00:07	00:08:34	00:17:15.45	00:17:23.05	+00:02:39 (15.4%)	3:27	17.4 (84.9%)
82	KALINOWSKI Bartosz	396	KONDYCJA	M U20	6	Nie	mazowieckie	00:00:04	00:08:22	00:17:19.35	00:17:23.40	+00:02:43 (15.7%)	3:27	17.3 (84.4%)
82	ŁĘCZYCKI Arkadiusz	593	VEGE RUNNERS	M-40	12	Nie	mazowieckie	00:00:03	00:08:28	00:17:19.95	00:17:23.40	+00:02:43 (15.8%)	3:27	17.3 (84.4%)
84	PONICHTERA Dawid	817		M Seniorzy	30			00:00:05	00:08:43	00:17:20.00	00:17:25.20	+00:02:43 (15.8%)	3:28	17.3 (84.4%)
85	ANTOSIK Bartosz	10	BIEGAJ POD OKIEM TRENERA	M U18	6	Nie	mazowieckie	00:00:03	00:08:36	00:17:22.45	00:17:25.80	+00:02:46 (16.0%)	3:28	17.3 (84.4%)
86	CHWEDCZUK Robert	131	ŻÓRAWSKI TEAM	M-35	12		mazowieckie	00:00:04	00:08:34	00:17:21.00	00:17:25.95	+00:02:44 (15.8%)	3:28	17.3 (84.4%)
87	TOMASZEWSKI Jan	1052	META TERMIKA	M-35	13	Nie	mazowieckie	00:00:06	00:08:40	00:17:21.45	00:17:27.80	+00:02:45 (15.9%)	3:28	17.3 (84.4%)
88	KOMOR Jacek	452		M-35	11	Nie	mazowieckie	00:00:07	00:08:36	00:17:20.95	00:17:28.30	+00:02:44 (15.8%)	3:28	17.3 (84.4%)
89	LAMPARSKI Zbigniew	562	MKB DREPTAK	M-35	14	Nie	mazowieckie	00:00:04	00:08:26	00:17:23.85	00:17:28.55	+00:02:47 (16.1%)	3:28	17.3 (84.4%)
90	SAŁACH Michał	888	ADIDAS RUNNERS WARSAW	M Seniorzy	32		mazowieckie	00:00:02	00:08:20	00:17:26.60	00:17:29.30	+00:02:50 (16.3%)	3:29	17.2 (83.9%)
91	WICHA Iwona	1112	RUN UP!	K-35	3	Tak	mazowieckie	00:00:02	00:08:30	00:17:28.65	00:17:31.05	+00:02:52 (16.5%)	3:29	17.2 (83.9%)
92	JAGODZIŃSKI Karol	337		M Seniorzy	31	Nie	mazowieckie	00:00:05	00:08:41	00:17:26.35	00:17:32.20	+00:02:50 (16.3%)	3:29	17.2 (83.9%)
93	DOMERADZKI Krzysztof	172	KLUB BIEGACZA SOKÓŁ BODZANÓW	M Seniorzy	33	Nie	mazowieckie	00:00:05	00:08:45	00:17:27.20	00:17:32.55	+00:02:51 (16.3%)	3:29	17.2 (83.9%)
94	WAŚNIEWSKI Albert	1095	ŻÓRAWSKI TEAM	M-35	15	Nie	mazowieckie	00:00:02	00:08:41	00:17:30.95	00:17:33.75	+00:02:54 (16.6%)	3:30	17.1 (83.4%)
95	GŁODOWSKI Michał	251	ŻÓRAWSKI TEAM	M Seniorzy	34	Nie	mazowieckie	00:00:03	00:08:41	00:17:30.80	00:17:33.95	+00:02:54 (16.6%)	3:30	17.1 (83.4%)
96	WOŁOSZ Wiktor	1150	LKS-KURPIE	M U20	7	Nie	mazowieckie	00:00:04	00:08:36	00:17:30.70	00:17:34.80	+00:02:54 (16.6%)	3:30	17.1 (83.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bemowo	Mazowsze	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
97	PRZYBYŁA Agnieszka	830	RUN GOKU TEAM	K Seniorzy	6	Nie	łódzkie	00:00:02	00:08:31	00:17:32.55	00:17:34.95	+00:02:56 (16.8%)	3:30	17.1 (83.4%)
98	POTKAJ Przemysław	1276	DĄBROWSKI TEAM	M Seniorzy	35	Nie	mazowieckie	00:00:03	00:08:41	00:17:31.45	00:17:35.35	+00:02:55 (16.7%)	3:30	17.1 (83.4%)
99	BERNER Szymon	1300	WOJSKOWA AKADEMIA TECHNICZNA	M U23	7	Tak	mazowieckie	00:00:04	00:08:19	00:17:31.65	00:17:36.50	+00:02:55 (16.7%)	3:30	17.1 (83.4%)
100	KALBARCZYK Mateusz	391		M Seniorzy	36	Nie	mazowieckie	00:00:04	00:08:27	00:17:32.10	00:17:36.95	+00:02:56 (16.7%)	3:30	17.1 (83.4%)
101	TWARDOWSKI Tomasz	1069		M-40	13	Nie	mazowieckie	00:00:06	00:08:47	00:17:30.70	00:17:37.55	+00:02:54 (16.6%)	3:30	17.1 (83.4%)
102	TYMOLEWSKI Grzegorz	1071	ROZPLYWANYTARCHOMIN.PL	M U23	6	Nie	mazowieckie	00:00:06	00:08:38	00:17:30.95	00:17:37.70	+00:02:54 (16.6%)	3:30	17.1 (83.4%)
103	HEJZA Piotr	315	OSP NADRÓŻ	M-35	16	Nie	kujawsko-pomorskie	00:00:06	00:08:40	00:17:32.30	00:17:38.65	+00:02:56 (16.7%)	3:30	17.1 (83.4%)
104	HEBDA Adrian	314	RADOSŁAW KŁECZEK TRENER BIEGANIA	M Seniorzy	37	Nie	mazowieckie	00:00:05	00:08:47	00:17:33.05	00:17:38.80	+00:02:56 (16.8%)	3:30	17.1 (83.4%)
105	CHMIELEWSKI Piotr	117	PASSION FIRST	M Seniorzy	38	Nie	mazowieckie	00:00:03	00:08:39	00:17:33.50	00:17:37.40	+00:02:57 (16.8%)	3:30	17.1 (83.4%)
106	KORZENIOWSKI Dariusz	471	ACCELERATING POLAND	M-45	5		mazowieckie	00:00:07	00:08:41	00:17:34.00	00:17:41.10	+00:02:57 (16.9%)	3:30	17.1 (83.4%)
107	MIAZEK Patrycja	649		K Seniorzy	7	Nie	mazowieckie	00:00:04	00:08:40	00:17:34.05	00:17:38.45	+00:02:57 (16.9%)	3:30	17.1 (83.4%)
108	JENDRYCH Remigiusz	366		M-35	17	Nie	mazowieckie	00:00:10	00:08:43	00:17:35.40	00:17:45.45	+00:02:59 (17.0%)	3:31	17.1 (83.4%)
109	SMYK Łukasz	1499		M-45	6			00:00:06	00:08:40	00:17:36.20	00:17:42.95	+00:03:00 (17.1%)	3:31	17 (82.9%)
110	SETLAK Michał	898	GUKLA BRATKOWICE KORZENIOWSKI.PL	M Seniorzy	39	Nie	małopolskie	00:00:00	00:08:36	00:17:36.95	00:17:36.95	+00:03:00 (17.1%)	3:31	17 (82.9%)
111	GOGOLIN Artur	259	LOTOM PO ŚLĄSKU	M Seniorzy	40			00:00:08	00:08:45	00:17:37.35	00:17:45.75	+00:03:01 (17.1%)	3:31	17 (82.9%)
112	TRUSIAK Artur	1061	BIEGAJĄCE ZĄBKI	M-50	2		mazowieckie	00:00:05	00:08:41	00:17:39.10	00:17:45.05	+00:03:03 (17.3%)	3:31	17 (82.9%)
113	GOZDEK Radek	271	WARSZAWSKI SCYZORYK	M-50	3		mazowieckie	00:00:03	00:08:42	00:17:39.30	00:17:42.90	+00:03:03 (17.3%)	3:31	17 (82.9%)
114	BELOWSKI Łukasz	45	NATURAL BORN RUNNERS	M-40	14	Nie	mazowieckie	00:00:08	00:08:45	00:17:40.50	00:17:49.30	+00:03:04 (17.4%)	3:32	17 (82.9%)
115	BORKOWSKA Aleksandra	1259	AZS UMCS LUBLIN	K U23	3	Nie	mazowieckie	00:00:03	00:08:35	00:17:40.95	00:17:44.55	+00:03:04 (17.4%)	3:32	17 (82.9%)
116	TRZEBINSKI Ryszard	1063	GODZINA ZERO RUNNING TEAM	M-45	7	Nie	warmińsko-mazurskie	00:00:01	00:08:28	00:17:42.25	00:17:44.15	+00:03:06 (17.5%)	3:32	16.9 (82.4%)
117	MAKUCH Joanna	612	SRS KONDYCJA PIASECZNO	K U23	4			00:00:03	00:08:28	00:17:44.25	00:17:48.00	+00:03:08 (17.7%)	3:32	16.9 (82.4%)
118	STRZĄBAŁA Klara	975	PASSION FIRST	K U20	1	Nie	mazowieckie	00:00:04	00:08:41	00:17:44.95	00:17:49.15	+00:03:08 (17.7%)	3:32	16.9 (82.4%)
119	KACZANOWSKI Antoni	381	PASSION FIRST	M U20	8	Nie	mazowieckie	00:00:03	00:08:42	00:17:45.50	00:17:48.85	+00:03:09 (17.8%)	3:33	16.9 (82.4%)
120	POLITT Julian	815		M U23	8	Nie	mazowieckie	00:00:06	00:08:41	00:17:45.70	00:17:52.15	+00:03:09 (17.8%)	3:33	16.9 (82.4%)
121	KURIATA Łukasz	550	GIŻA TEAM	M-35	18	Nie	mazowieckie	00:00:06	00:08:49	00:17:46.95	00:17:53.30	+00:03:10 (17.9%)	3:33	16.9 (82.4%)
122	ŁAPIŃSKA Anna	589	WOJSKOWA AKADEMIA TECHNICZNA	K-35	4	Nie	mazowieckie	00:00:02	00:08:40	00:17:47.80	00:17:50.35	+00:03:11 (18.0%)	3:33	16.9 (82.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bemowo	Mazowsze	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
123	BIAŁOŻYŃSKI Marcin	53	MKB DREPTAK	M-45	8	Nie	mazowieckie	00:00:05	00:08:38	00:17:49.05	00:17:54.50	+00:03:12 (18.0%)	3:33	16.8 (82.0%)
124	JASIŃSKI Łukasz	358		M-45	9		mazowieckie	00:00:06	00:08:35	00:17:50.40	00:17:56.65	+00:03:14 (18.2%)	3:34	16.8 (82.0%)
125	KULIS Grzegorz	544		M-40	15	Nie	mazowieckie	00:00:05	00:08:55	00:17:50.90	00:17:56.15	+00:03:14 (18.2%)	3:34	16.8 (82.0%)
126	WOJCIECHOWSKI Tomasz	1141	FACHMAJSTER-RUNNINGTEAM	M U18	7	Nie	warmińsko-mazurskie	00:00:07	00:08:50	00:17:51.55	00:17:58.85	+00:03:15 (18.2%)	3:34	16.8 (82.0%)
127	PIOTROWSKI Filip	790	BKS WATAHA WARSZAWA	M Seniorzy	41	Nie	mazowieckie	00:00:06	00:08:48	00:17:51.90	00:17:58.65	+00:03:15 (18.3%)	3:34	16.8 (82.0%)
128	ŻWIRUK Karol	1208	SZYBKIE KOPYTO ULTRA	M-45	10	Nie	mazowieckie	00:00:10	00:08:50	00:17:52.20	00:18:02.60	+00:03:16 (18.3%)	3:34	16.8 (82.0%)
129	LUBIENIECKI Kamil	582		M-35	19	Nie	łódzkie	00:00:03	00:08:50	00:17:53.45	00:17:57.10	+00:03:17 (18.4%)	3:34	16.8 (82.0%)
130	ZYGOŃ Krzysztof	1201		M-35	20		mazowieckie	00:00:07	00:08:48	00:17:54.70	00:18:02.15	+00:03:18 (18.5%)	3:34	16.8 (82.0%)
131	KOZYRA Michał	1238		M U23	9	Tak	mazowieckie	00:00:35	00:09:05	00:17:56.00	00:18:31.25	+00:03:19 (18.6%)	3:35	16.7 (81.5%)
132	SZCZESNY Marcin	994		M-35	21	Nie	mazowieckie	00:00:04	00:08:50	00:17:56.25	00:18:00.85	+00:03:20 (18.6%)	3:35	16.7 (81.5%)
133	KUCICKI Adam	536		M Seniorzy	42		mazowieckie	00:00:08	00:08:48	00:17:56.45	00:18:04.65	+00:03:20 (18.6%)	3:35	16.7 (81.5%)
134	KOZŁOWSKI Dominik	500		M U23	10	Nie	mazowieckie	00:00:03	00:08:41	00:17:56.65	00:17:59.75	+00:03:20 (18.6%)	3:35	16.7 (81.5%)
135	MARCZAK Krzysztof	1514	STARE BABICE BIEGAJĄ	M Seniorzy	43	Nie		00:00:05	00:08:56	00:17:57.05	00:18:02.25	+00:03:20 (18.7%)	3:35	16.7 (81.5%)
136	MACIEJOWICZ Michał	602	KALINOWSKITEAM	M-40	16		mazowieckie	00:00:05	00:08:52	00:17:57.80	00:18:03.75	+00:03:21 (18.7%)	3:35	16.7 (81.5%)
137	KOBUSZEWSKI Artur	448	BWRUNNERS	M-45	11		mazowieckie	00:00:03	00:08:49	00:17:59.20	00:18:03.10	+00:03:23 (18.8%)	3:35	16.7 (81.5%)
138	VETRILA Stefan	1086	ACCENTURE	M-35	22	Nie	mazowieckie	00:00:06	00:08:49	00:17:59.25	00:18:05.30	+00:03:23 (18.8%)	3:35	16.7 (81.5%)
139	BROJERSKI Wiktor	85		M U23	11			00:00:09	00:08:48	00:17:59.65	00:18:09.20	+00:03:23 (18.9%)	3:35	16.7 (81.5%)
140	GAŁUSZKA Filip	228	KOKOSZKA36TEAM	M-35	23	Tak	mazowieckie	00:00:15	00:08:48	00:18:01.15	00:18:16.60	+00:03:25 (19.0%)	3:36	16.7 (81.5%)
141	WITKOWSKI Paweł	1133	WIELISZEW HERON TEAM	M-45	12	Nie	mazowieckie	00:00:07	00:08:38	00:18:01.35	00:18:08.75	+00:03:25 (19.0%)	3:36	16.7 (81.5%)
142	JAKUBCZAK Włodek	339	PASSION FIRST	M-45	13	Nie	mazowieckie	00:00:07	00:08:47	00:18:01.55	00:18:08.60	+00:03:25 (19.0%)	3:36	16.7 (81.5%)
143	MATYSIAK Marcin	636		M Seniorzy	44	Nie	mazowieckie	00:00:11	00:08:54	00:18:01.65	00:18:12.75	+00:03:25 (19.0%)	3:36	16.7 (81.5%)
144	SZYMAŃSKA Maja	1022	KS AZS AWF WARSZAWA	K U18	1	Nie	mazowieckie	00:00:05	00:08:48	00:18:01.85	00:18:06.95	+00:03:25 (19.0%)	3:36	16.7 (81.5%)
145	RUDO Jakub	866	ŁOCHOWSKA GRUPA BIEGOWA/ PGB SPORTOWA PACZKA	M-35	24			00:00:07	00:08:42	00:18:02.40	00:18:10.15	+00:03:26 (19.1%)	3:36	16.6 (81.0%)
146	STĘPNIAK Rafał	971	MARKOWI BIEGACZE	M-45	14	Nie	mazowieckie	00:00:05	00:08:46	00:18:02.90	00:18:08.70	+00:03:26 (19.1%)	3:36	16.6 (81.0%)
147	PYRA Bartosz	837	UKS MELO BŁONIE	M U18	8	Nie	mazowieckie	00:00:08	00:08:54	00:18:04.25	00:18:13.05	+00:03:28 (19.2%)	3:36	16.6 (81.0%)
148	LUKASZEWSKI Mateusz	583	SWORDS ATHLETICS	M Seniorzy	45	Nie	mazowieckie	00:00:10	00:08:52	00:18:08.35	00:18:19.30	+00:03:32 (19.5%)	3:37	16.5 (80.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bemowo	Mazowsze	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
149	JASKUŁA Wojciech	360	WANDA PANFIL TEAM	M-50	4	Nie	łódzkie	00:00:08	00:09:06	00:18:09.45	00:18:17.85	+00:03:33 (19.6%)	3:37	16.5 (80.5%)
150	STANKOWSKI Rafał	957	SZURAMSOBIE	M-40	17	Nie	mazowieckie	00:00:07	00:09:07	00:18:12.05	00:18:19.65	+00:03:35 (19.8%)	3:38	16.5 (80.5%)
151	STAWCZYK Adrian	963		M-35	25	Tak	mazowieckie	00:00:23	00:09:05	00:18:13.55	00:18:37.05	+00:03:37 (19.9%)	3:38	16.5 (80.5%)
152		1497						00:00:07	00:08:55	00:18:13.60	00:18:21.20	+00:03:37 (19.9%)	3:38	16.5 (80.5%)
153	GADOMSKI Radosław	220	ŻÓRAWSKI TEAM	M-40	18		mazowieckie	00:00:09	00:09:01	00:18:13.95	00:18:23.55	+00:03:37 (19.9%)	3:38	16.5 (80.5%)
154	FILIPCHYK Vasili	206		M Seniorzy	46		mazowieckie	00:00:07	00:09:01	00:18:15.15	00:18:22.25	+00:03:39 (20.0%)	3:39	16.4 (80.0%)
155	WAŁKUSKI Stanisław	1090	AKL	M U16	2	Nie	mazowieckie	00:00:14	00:09:17	00:18:16.65	00:18:30.80	+00:03:40 (20.1%)	3:39	16.4 (80.0%)
156	ŚLEDŹ Hubert	1033	1WBPANC	M Seniorzy	47	Nie	mazowieckie	00:00:10	00:08:56	00:18:17.95	00:18:28.30	+00:03:41 (20.2%)	3:39	16.4 (80.0%)
157	JAMBOR Michał	342	ŻÓRAWSKI TEAM	M-45	15	Tak	mazowieckie	00:00:09	00:09:00	00:18:18.25	00:18:27.55	+00:03:42 (20.2%)	3:39	16.4 (80.0%)
158	CHYRA Marcin	133		M Seniorzy	48	Nie	mazowieckie	00:00:18	00:09:00	00:18:19.15	00:18:37.95	+00:03:43 (20.3%)	3:39	16.4 (80.0%)
159	MISZTELA Jakub	674	DAWAJKALACH	M U23	12	Nie	mazowieckie	00:00:10	00:09:07	00:18:19.40	00:18:29.55	+00:03:43 (20.3%)	3:39	16.4 (80.0%)
160	JÓZIAK Paweł	372		M-35	26		mazowieckie	00:00:15	00:08:59	00:18:20.05	00:18:35.30	+00:03:43 (20.4%)	3:40	16.4 (80.0%)
161	KEMPIŃSKI Patryk	426		M Seniorzy	49	Nie	mazowieckie	00:00:08	00:09:08	00:18:20.15	00:18:28.35	+00:03:44 (20.4%)	3:40	16.4 (80.0%)
162	GROCHOWSKI Stanisław	292	WOJSKOWA AKADEMIA TECHNICZNA	M U23	13	Nie	mazowieckie	00:00:16	00:08:48	00:18:20.20	00:18:36.45	+00:03:44 (20.4%)	3:40	16.4 (80.0%)
163	ROJEK Przemysław	850	KU AZS WAT	M U23	14	Nie	mazowieckie	00:00:12	00:09:05	00:18:20.70	00:18:32.75	+00:03:44 (20.4%)	3:40	16.4 (80.0%)
164	WIADERNY Łukasz	1110	ALWAYS HARDCORE	M-35	27		mazowieckie	00:00:08	00:09:02	00:18:22.10	00:18:30.60	+00:03:46 (20.5%)	3:40	16.3 (79.5%)
165	WRÓBLEWSKI Kamil	1164		M-35	28			00:00:07	00:09:08	00:18:24.00	00:18:31.90	+00:03:47 (20.6%)	3:40	16.3 (79.5%)
166	KIEDRYŃSKA Alina	433	AZS UNIWERSYTET WARSZAWSKI	K U23	5	Tak	mazowieckie	00:00:06	00:09:12	00:18:26.30	00:18:33.15	+00:03:50 (20.8%)	3:41	16.3 (79.5%)
167	WARDA Hubert	1091	LUBELSKIBIEGACZ.PL TEAM	M Seniorzy	50		lubelskie	00:00:06	00:08:53	00:18:28.05	00:18:34.90	+00:03:51 (20.9%)	3:41	16.2 (79.0%)
168	MOŻARYN Paweł	687	AZS POLITECHNIKA WARSZAWSKA	M U23	15	Nie	mazowieckie	00:00:16	00:09:02	00:18:28.90	00:18:45.25	+00:03:52 (21.0%)	3:41	16.2 (79.0%)
169	HOLOYDA Daniel	319	ŻÓRAWSKI TEAM	M Seniorzy	51		mazowieckie	00:00:02	00:09:14	00:18:33.65	00:18:36.15	+00:03:57 (21.3%)	3:42	16.2 (79.0%)
170	WASILEWSKI Maciej	1094	TM IRON TEAM	M Seniorzy	52	Nie	podlaskie	00:00:07	00:09:05	00:18:33.90	00:18:41.35	+00:03:57 (21.3%)	3:42	16.2 (79.0%)
171	MAZGAJSKI Tymoteusz	637		M U18	9	Nie	mazowieckie	00:00:14	00:09:24	00:18:35.00	00:18:49.00	+00:03:58 (21.4%)	3:43	16.1 (78.5%)
172	PRZERADZKI Seweryn	824		M-45	16	Nie	mazowieckie	00:00:04	00:08:59	00:18:35.60	00:18:40.40	+00:03:59 (21.5%)	3:43	16.1 (78.5%)
173	GRZYWNA Robert	309		M-40	19		mazowieckie	00:00:11	00:09:01	00:18:37.75	00:18:49.30	+00:04:01 (21.6%)	3:43	16.1 (78.5%)
174	NALAZEK Mikołaj	696	MKB DREPTAK	M-35	29	Nie	mazowieckie	00:00:12	00:09:10	00:18:37.95	00:18:50.15	+00:04:01 (21.6%)	3:43	16.1 (78.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bemowo	Mazowsze	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
								startu	2.5km					
175	- -	1504		K-35	5	Nie		00:00:02	00:08:55	00:18:39.45	00:18:41.65	+00:04:03 (21.7%)	3:43	16.1 (78.5%)
176	GRZYBEK Kamil	308		M-35	30	Nie	mazowieckie	00:00:08	00:09:08	00:18:39.80	00:18:47.80	+00:04:03 (21.8%)	3:43	16.1 (78.5%)
177	GAWARSKI Piotr	232		M-40	20			00:00:17	00:09:19	00:18:40.80	00:18:58.60	+00:04:04 (21.8%)	3:44	16.1 (78.5%)
178	FIRAZA Tomasz	208		M-40	21			00:00:11	00:09:05	00:18:41.75	00:18:53.50	+00:04:05 (21.9%)	3:44	16.1 (78.5%)
179	JASZCZYSZYN Bartłomiej	362	IMINSPIRATION	M Seniorzy	53	Nie	mazowieckie	00:00:12	00:09:06	00:18:42.15	00:18:54.50	+00:04:06 (21.9%)	3:44	16 (78.0%)
180	HAŁACZKIEWICZ Sylwia	313	BKL BEŁCHATÓW	K-40	2		łódzkie	00:00:01	00:09:17	00:18:42.45	00:18:44.35	+00:04:06 (21.9%)	3:44	16 (78.0%)
180	ŚWIERCZEWSKI Marcin	1038	MARKOWI BIEGACZE / SFORA BMK	M Seniorzy	54	Nie	mazowieckie	00:00:11	00:09:27	00:18:42.45	00:18:53.50	+00:04:06 (21.9%)	3:44	16 (78.0%)
182	WULS Karol	1166	IMR SPORT TEAM	M Seniorzy	55		mazowieckie	00:00:08	00:09:16	00:18:42.70	00:18:51.50	+00:04:06 (22.0%)	3:44	16 (78.0%)
183	DANEK Bartek	153	TRINERGY	M-50	5	Nie	mazowieckie	00:00:03	00:09:06	00:18:43.50	00:18:47.10	+00:04:07 (22.0%)	3:44	16 (78.0%)
184	ANTOSZEWSKI Bartosz	11	KUŹNIA TRIATHLONU	M-40	22	Nie	mazowieckie	00:00:10	00:09:28	00:18:43.90	00:18:54.55	+00:04:07 (22.0%)	3:44	16 (78.0%)
185	PLUTA Patryk	799		M Seniorzy	56	Nie	łódzkie	00:00:11	00:09:17	00:18:44.05	00:18:55.20	+00:04:07 (22.1%)	3:44	16 (78.0%)
185	SNIGIR Alexey	933	ŻÓRAWSKI TEAM	M-35	31	Nie	mazowieckie	00:00:09	00:09:14	00:18:44.05	00:18:53.85	+00:04:07 (22.1%)	3:44	16 (78.0%)
185	MACKENTHUN Tomasz	604	NEW BALANCE RUN CLUB	M U20	9	Nie	mazowieckie	00:00:09	00:09:27	00:18:44.05	00:18:53.20	+00:04:07 (22.1%)	3:44	16 (78.0%)
188	GÓRECKI Rafał	275	GIŻA TEAM	M-45	17	Nie	mazowieckie	00:00:08	00:09:12	00:18:44.55	00:18:52.95	+00:04:08 (22.1%)	3:44	16 (78.0%)
189	CZERWOŃSKI Adam	146		M Seniorzy	57	Nie	mazowieckie	00:00:11	00:09:28	00:18:46.85	00:18:58.10	+00:04:10 (22.3%)	3:45	16 (78.0%)
190	BLOCH Maciej	60	ACCENTURE	M-35	32			00:00:05	00:08:58	00:18:47.40	00:18:52.90	+00:04:11 (22.3%)	3:45	16 (78.0%)
191	GRZEGOREK Paweł	301	COACHKUBA_	M-45	18	Nie	mazowieckie	00:00:06	00:09:14	00:18:48.00	00:18:54.95	+00:04:11 (22.3%)	3:45	16 (78.0%)
192	ORZECZOWSKA Julia	733	MARKOWI BIEGACZE	K Seniorzy	8	Nie	mazowieckie	00:00:12	00:09:15	00:18:48.45	00:19:00.65	+00:04:12 (22.4%)	3:45	16 (78.0%)
193	GOGLER Sławomir	258	PAWKO RUNNER TEAM	M-35	33	Tak	mazowieckie	00:00:17	00:09:21	00:18:48.75	00:19:06.45	+00:04:12 (22.4%)	3:45	16 (78.0%)
194	GAWĘDA Łukasz	233		M-40	23	Nie	mazowieckie	00:00:14	00:09:31	00:18:50.30	00:19:04.95	+00:04:14 (22.5%)	3:46	15.9 (77.6%)
195	GIEGIEL Łukasz	238		M-40	24	Tak	mazowieckie	00:00:13	00:09:25	00:18:50.35	00:19:03.60	+00:04:14 (22.5%)	3:46	15.9 (77.6%)
196	NIEŚCIERUK Artur	705		M Seniorzy	58	Nie	mazowieckie	00:00:11	00:09:25	00:18:51.25	00:19:02.70	+00:04:15 (22.6%)	3:46	15.9 (77.6%)
197	RUSZCZEWSKI Andrzej	870	VEGE RUNNERS	M-40	25		mazowieckie	00:00:10	00:09:28	00:18:52.35	00:19:03.05	+00:04:16 (22.6%)	3:46	15.9 (77.6%)
198	ZABIELSKI Arkadiusz	1170	BIEGAJ Z URSUSEM	M Seniorzy	59	Nie	mazowieckie	00:00:13	00:09:23	00:18:55.50	00:19:09.20	+00:04:19 (22.8%)	3:47	15.9 (77.6%)
199	BARWIŃSKI Piotr	36		M-45	19	Nie	mazowieckie	00:00:06	00:09:07	00:18:55.95	00:19:02.10	+00:04:19 (22.9%)	3:47	15.9 (77.6%)
200	FRENTZEL Bartosz	215		M Seniorzy	60	Nie	mazowieckie	00:00:09	00:09:26	00:18:56.30	00:19:05.75	+00:04:20 (22.9%)	3:47	15.8 (77.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bemowo	Mazowsze	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
								startu	2.5km	5km	5km			
201	BOMBA Tomasz	73		M Seniorzy	61	Tak	mazowieckie	00:00:14	00:09:25	00:18:58.00	00:19:12.50	+00:04:21 (23.0%)	3:47	15.8 (77.1%)
202	SZKÓŁKA Robert	1005	EASYRUNNING TEAM	M-50	6			00:00:08	00:09:15	00:18:58.65	00:19:06.85	+00:04:22 (23.1%)	3:47	15.8 (77.1%)
203	MICHALAK Mariusz	650	MM TEAM	M-55	1		mazowieckie	00:00:18	00:09:24	00:18:58.70	00:19:16.75	+00:04:22 (23.1%)	3:47	15.8 (77.1%)
204	STOLARSKI Krzysztof	972	BIEGAJĄCE ZĄBKI	M-50	7	Nie	mazowieckie	00:00:10	00:09:31	00:18:58.90	00:19:09.25	+00:04:22 (23.1%)	3:47	15.8 (77.1%)
205	PASZKOWSKI Hubert	763		M-50	8	Nie	warmińsko-mazurskie	00:00:07	00:09:24	00:18:59.90	00:19:07.65	+00:04:23 (23.1%)	3:47	15.8 (77.1%)
206	MAZGAJSKI Michał	638	DZIKIE KUNY	M-40	26	Nie	mazowieckie	00:00:11	00:09:31	00:19:00.85	00:19:12.00	+00:04:24 (23.2%)	3:48	15.8 (77.1%)
207	PASZKOWSKA Marcelina	761	ZDROWA MICHA	K-35	6	Nie	mazowieckie	00:00:11	00:09:16	00:19:03.10	00:19:14.15	+00:04:27 (23.4%)	3:48	15.7 (76.6%)
208	BUDKOWSKI Patryk	94		M Seniorzy	62	Tak	mazowieckie	00:00:08	00:09:15	00:19:03.15	00:19:11.55	+00:04:27 (23.4%)	3:48	15.7 (76.6%)
209	ZWIERZCHOŃ Grzegorz	1198	BIEGNIJ ZWIERZU	M-40	27	Nie	mazowieckie	00:00:29	00:09:17	00:19:03.95	00:19:33.35	+00:04:27 (23.4%)	3:48	15.7 (76.6%)
210	KLEWANIEC Jakub	437	CARBON SILESIA SPORT BY VITARADE	M-40	28	Nie	śląskie	00:00:10	00:09:27	00:19:04.45	00:19:14.70	+00:04:28 (23.4%)	3:48	15.7 (76.6%)
211	MARCINIAK Grzegorz	621	BWRUNNERS	M-50	9	Nie	mazowieckie	00:00:04	00:09:17	00:19:04.65	00:19:09.20	+00:04:28 (23.5%)	3:48	15.7 (76.6%)
212	KOŚLA Paweł	479	RUN DE GIRARD	M-40	29	Nie	mazowieckie	00:00:08	00:09:19	00:19:05.50	00:19:14.35	+00:04:29 (23.5%)	3:49	15.7 (76.6%)
213	LENCKOWSKI Lech	566	BIEGAM U KOLESI	M-35	34	Nie	mazowieckie	00:00:11	00:09:35	00:19:05.55	00:19:16.90	+00:04:29 (23.5%)	3:49	15.7 (76.6%)
214	STANKOWSKI Bartłomiej	958	METALOVEPŁUCA	M Seniorzy	63	Nie	mazowieckie	00:00:16	00:09:34	00:19:05.80	00:19:21.95	+00:04:29 (23.5%)	3:49	15.7 (76.6%)
215	DREWNOWSKI Robert	174		M-50	10			00:00:13	00:09:31	00:19:06.55	00:19:20.00	+00:04:30 (23.6%)	3:49	15.7 (76.6%)
216	PYTKOWSKI Krzysztof	840		M U18	10	Nie	mazowieckie	00:00:15	00:09:30	00:19:08.00	00:19:23.60	+00:04:31 (23.7%)	3:49	15.7 (76.6%)
217	PLEJZNEROWSKI Marcin	797	AKADEMIA SPORTU OTWOCK	M-40	30	Nie	mazowieckie	00:00:09	00:09:20	00:19:08.30	00:19:17.70	+00:04:32 (23.7%)	3:49	15.7 (76.6%)
218	GAŁAN Tomasz	225	BEZWYMOWKI.PL	M Seniorzy	64	Nie	mazowieckie	00:00:09	00:09:27	00:19:08.45	00:19:18.15	+00:04:32 (23.7%)	3:49	15.7 (76.6%)
219	LUKS Tomasz	584	KS SOKÓŁ SEROCK	M-35	35	Nie	mazowieckie	00:00:09	00:09:30	00:19:08.75	00:19:18.45	+00:04:32 (23.7%)	3:49	15.7 (76.6%)
219	SZLASZYŃSKI Patryk	1007		M Seniorzy	65			00:00:07	00:09:24	00:19:08.75	00:19:16.35	+00:04:32 (23.7%)	3:49	15.7 (76.6%)
221	BAJURA Kamil	21		M Seniorzy	66	Nie	mazowieckie	00:00:09	00:09:29	00:19:10.00	00:19:19.50	+00:04:33 (23.8%)	3:50	15.7 (76.6%)
221	OLSZEWSKI Bartłomiej	729		M Seniorzy	67	Nie	mazowieckie	00:00:08	00:09:22	00:19:10.00	00:19:18.95	+00:04:33 (23.8%)	3:50	15.7 (76.6%)
223	KĘDZIOR Maciej	429		M-40	31	Nie	mazowieckie	00:00:10	00:09:30	00:19:10.45	00:19:21.40	+00:04:34 (23.8%)	3:50	15.7 (76.6%)
224	CHLAŚCIAK Adam	113	BODY MOVE	M Seniorzy	68	Nie	mazowieckie	00:00:04	00:09:23	00:19:10.65	00:19:15.55	+00:04:34 (23.9%)	3:50	15.7 (76.6%)
225	POTOROKA Vitalii	820	ROZBIEGANY PIASTÓW	M Seniorzy	69	Nie	mazowieckie	00:00:10	00:09:23	00:19:10.70	00:19:21.35	+00:04:34 (23.9%)	3:50	15.7 (76.6%)
226	MISSALA Magdalena	673	KS CZEMPION WARSZAWA	K U23	6	Nie	mazowieckie	00:00:06	00:09:14	00:19:11.00	00:19:17.35	+00:04:34 (23.9%)	3:50	15.6 (76.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bemowo	Mazowsze	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
227	ROMAN Jan	854	MELO RUNNERS CLUB	M-40	32	Nie	mazowieckie	00:00:08	00:09:23	00:19:11.15	00:19:19.65	+00:04:35 (23.9%)	3:50	15.6 (76.1%)
228	AMANOWICZ Piotr	1264		M U18	11	Tak	mazowieckie	00:00:21	00:09:24	00:19:11.30	00:19:32.35	+00:04:35 (23.9%)	3:50	15.6 (76.1%)
229	PODLEŚ Dawid	812	DAWAJ KALACH TEAM	M Seniorzy	70	Nie	mazowieckie	00:00:13	00:09:27	00:19:11.55	00:19:25.40	+00:04:35 (23.9%)	3:50	15.6 (76.1%)
230	CHMIELEWSKI Piotr	116	BIEGIEM DO AGD SEROCK	M-35	36	Nie	mazowieckie	00:00:09	00:09:32	00:19:12.05	00:19:21.85	+00:04:35 (24.0%)	3:50	15.6 (76.1%)
231	BĘDZYŃSKI Łukasz	49	WANDA PANFIL TEAM	M-40	33	Nie	łódzkie	00:00:16	00:09:35	00:19:12.25	00:19:29.00	+00:04:36 (24.0%)	3:50	15.6 (76.1%)
232	BYTNER-KWIATKOWSKA Monika	102		K-35	7			00:00:10	00:09:24	00:19:13.45	00:19:23.80	+00:04:37 (24.0%)	3:50	15.6 (76.1%)
233	KUBIT Tadeusz	533	TRI SEBUŚ TEAM	M-50	11	Nie	mazowieckie	00:00:10	00:09:30	00:19:13.75	00:19:24.45	+00:04:37 (24.1%)	3:50	15.6 (76.1%)
233	SZYMAŃSKI Hubert	1024	BWRUNNERS	M-45	20	Nie	mazowieckie	00:00:15	00:09:26	00:19:13.75	00:19:29.00	+00:04:37 (24.1%)	3:50	15.6 (76.1%)
235	CZUŹ Damian	148		M Seniorzy	71	Nie	mazowieckie	00:00:10	00:09:27	00:19:14.85	00:19:25.30	+00:04:38 (24.1%)	3:50	15.6 (76.1%)
235	KRÓL Arkadiusz	512	GIŻA TEAM	M-45	21	Nie	mazowieckie	00:00:11	00:09:31	00:19:14.85	00:19:26.55	+00:04:38 (24.1%)	3:50	15.6 (76.1%)
237	MEJKA Małgorzata	645		K-35	8	Nie	mazowieckie	00:00:06	00:09:15	00:19:15.25	00:19:21.40	+00:04:39 (24.2%)	3:51	15.6 (76.1%)
238	CHRAPEK Janusz	127	ROSSMANN	M-45	22	Nie	mazowieckie	00:00:08	00:09:27	00:19:15.75	00:19:24.55	+00:04:39 (24.2%)	3:51	15.6 (76.1%)
239	WOSIK Wojciech	1151	DANIEL WOSIK TERVEL MOUNTAIN RUNNER	M-35	37	Nie	świętokrzyskie	00:00:05	00:09:07	00:19:16.90	00:19:22.40	+00:04:40 (24.3%)	3:51	15.6 (76.1%)
240	ZDEB Przemek	1189	PASSION FIRST	M-40	34	Nie	mazowieckie	00:00:10	00:09:28	00:19:17.40	00:19:28.05	+00:04:41 (24.3%)	3:51	15.6 (76.1%)
241	ASŁANOWICZ Marcin	17	ŻÓRAWSKI TEAM	M-50	12		mazowieckie	00:00:06	00:09:33	00:19:18.05	00:19:24.10	+00:04:41 (24.3%)	3:51	15.5 (75.6%)
242	CHMIELEWSKI Piotr	119	WARSAW MASTERS TEAM	M-45	23	Tak	mazowieckie	00:00:12	00:09:27	00:19:18.25	00:19:30.80	+00:04:42 (24.4%)	3:51	15.5 (75.6%)
243	PIETRZAK Mateusz	784		M Seniorzy	72	Nie	mazowieckie	00:00:21	00:09:38	00:19:18.75	00:19:39.80	+00:04:42 (24.4%)	3:51	15.5 (75.6%)
244	LIPNICKI Mariusz	575	WANDA PANFIL TEAM	M-35	38	Nie	łódzkie	00:00:18	00:09:36	00:19:18.80	00:19:37.30	+00:04:42 (24.4%)	3:51	15.5 (75.6%)
245	BANASIEWICZ Marcin	27	RELENTLESS	M-45	24	Nie	mazowieckie	00:00:07	00:09:24	00:19:19.30	00:19:26.60	+00:04:43 (24.4%)	3:51	15.5 (75.6%)
246	WIŚNIEWSKI Maciej	1130		M Seniorzy	73	Nie	mazowieckie	00:00:04	00:08:57	00:19:19.40	00:19:23.65	+00:04:43 (24.4%)	3:51	15.5 (75.6%)
247	ŚNIEGOSKA Sandra	1037	ŻÓRAWSKI TEAM	K-35	9	Nie	mazowieckie	00:00:14	00:09:29	00:19:19.45	00:19:33.95	+00:04:43 (24.4%)	3:51	15.5 (75.6%)
248	SITKOWSKI Łukasz	913	PAWKO RUNNER TEAM	M-35	39	Tak	mazowieckie	00:00:09	00:09:31	00:19:19.75	00:19:29.50	+00:04:43 (24.5%)	3:51	15.5 (75.6%)
249	SYGUŁA Mateusz	987	KOLARSKI.EU TEAM	M-45	25	Nie	dolnośląskie	00:00:01	00:09:27	00:19:20.45	00:19:22.05	+00:04:44 (24.5%)	3:52	15.5 (75.6%)
250	KRZEMIŃSKI Damian	523		M Seniorzy	74		mazowieckie	00:00:17	00:09:39	00:19:20.75	00:19:38.15	+00:04:44 (24.5%)	3:52	15.5 (75.6%)
251	TARASIEWICZ Mateusz	1043	BARTEK TRENUJE	M-40	35	Nie	mazowieckie	00:00:14	00:09:34	00:19:21.20	00:19:36.10	+00:04:45 (24.6%)	3:52	15.5 (75.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bemowo	Mazowsze	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
252	KADŁUBOWSKA Anna	388	ŻÓRAWSKI TEAM	K Seniorzy	9		mazowieckie	00:00:22	00:09:39	00:19:22.30	00:19:45.20	+00:04:46 (24.6%)	3:52	15.5 (75.6%)
253	MACIEJEWSKI Marek	601		M-35	40		mazowieckie	00:00:12	00:09:31	00:19:22.60	00:19:34.80	+00:04:46 (24.6%)	3:52	15.5 (75.6%)
254	TALACHA Agnieszka	1042	DUCLA ACADEMY WARSZAWA	K-35	10	Nie	mazowieckie	00:00:11	00:09:31	00:19:23.25	00:19:35.10	+00:04:47 (24.7%)	3:52	15.5 (75.6%)
255	SKALSKI Bartosz	915		M-50	13	Nie	mazowieckie	00:00:16	00:09:33	00:19:23.35	00:19:40.20	+00:04:47 (24.7%)	3:52	15.5 (75.6%)
256	WÓJCIK Bartłomiej	1156		M Seniorzy	75		mazowieckie	00:00:13	00:09:31	00:19:24.40	00:19:37.85	+00:04:48 (24.8%)	3:52	15.5 (75.6%)
257	KUCHARCZYK Mariusz	534	LIDER WINNICA	M-45	26	Nie	mazowieckie	00:00:22	00:09:29	00:19:24.50	00:19:46.90	+00:04:48 (24.8%)	3:52	15.5 (75.6%)
258	BIERNAT Dawid	1494		M Seniorzy	76			00:00:14	00:09:32	00:19:25.05	00:19:40.00	+00:04:48 (24.8%)	3:53	15.5 (75.6%)
259	ZAKRZEWSKI Michał	1174		M-45	27	Nie	mazowieckie	00:00:15	00:09:36	00:19:25.10	00:19:41.05	+00:04:49 (24.8%)	3:53	15.5 (75.6%)
260	MAJEWSKI Jakub	608		M Seniorzy	77		mazowieckie	00:00:20	00:09:42	00:19:26.00	00:19:46.15	+00:04:49 (24.9%)	3:53	15.4 (75.1%)
261	RUZIĆ Rafał	871	RURA TEAM	M-45	28	Tak	mazowieckie	00:00:15	00:09:32	00:19:26.90	00:19:42.15	+00:04:50 (24.9%)	3:53	15.4 (75.1%)
262	MOCEK Krzysztof	680	GIŻATEAM	M-45	29	Nie	mazowieckie	00:00:09	00:09:32	00:19:27.00	00:19:36.00	+00:04:50 (24.9%)	3:53	15.4 (75.1%)
263	TROJAN Przemek	1060	GRUPA BIEGOWA CHTMO	M-40	36	Nie	mazowieckie	00:00:05	00:09:26	00:19:27.15	00:19:32.80	+00:04:51 (24.9%)	3:53	15.4 (75.1%)
264	SZOSTAK Paweł	1010		M U23	16	Tak	świętokrzyskie	00:00:18	00:09:39	00:19:27.50	00:19:46.10	+00:04:51 (25.0%)	3:53	15.4 (75.1%)
265	ZBIEĆ Dariusz	1186	DARFIK TEAM	M-40	37		mazowieckie	00:00:11	00:09:38	00:19:27.55	00:19:39.10	+00:04:51 (25.0%)	3:53	15.4 (75.1%)
266	PRAJSNAR Paweł	822		M Seniorzy	78	Nie	mazowieckie	00:00:15	00:09:39	00:19:27.70	00:19:42.75	+00:04:51 (25.0%)	3:53	15.4 (75.1%)
267	RĘKAWEK Eryk	849	SKLEP BIEGACZA RUNNING TEAM	M U23	17	Nie	mazowieckie	00:00:26	00:09:42	00:19:29.35	00:19:55.60	+00:04:53 (25.1%)	3:53	15.4 (75.1%)
268	JAROMI Łukasz	354	KB PACE	M-35	41	Nie	mazowieckie	00:00:15	00:09:37	00:19:29.40	00:19:44.75	+00:04:53 (25.1%)	3:53	15.4 (75.1%)
269	KOMOREK Tomasz	453		M Seniorzy	79		mazowieckie	00:00:11	00:09:26	00:19:29.85	00:19:41.30	+00:04:53 (25.1%)	3:53	15.4 (75.1%)
270	BORKOWSKI Piotr	74		M-40	38		mazowieckie	00:00:17	00:09:43	00:19:30.00	00:19:47.50	+00:04:53 (25.1%)	3:54	15.4 (75.1%)
271	CIESIELSKI Dominik	138	DD RUNNING TEAM	M Seniorzy	80	Nie	mazowieckie	00:00:19	00:09:50	00:19:30.70	00:19:49.95	+00:04:54 (25.2%)	3:54	15.4 (75.1%)
272	KRUK Szymon	515		M U23	18			00:00:16	00:09:37	00:19:30.75	00:19:47.05	+00:04:54 (25.2%)	3:54	15.4 (75.1%)
273	TRACZYK Przemysław	1293	ASFALTLOVE DZIKI	M-40	39	Nie	mazowieckie	00:00:07	00:09:37	00:19:30.95	00:19:38.85	+00:04:54 (25.2%)	3:54	15.4 (75.1%)
274	OMILION Sławomir	730		M-45	30	Tak	mazowieckie	00:00:30	00:09:38	00:19:31.80	00:20:01.85	+00:04:55 (25.2%)	3:54	15.4 (75.1%)
275	KRZTOŃ Krzysztof	525		M-35	42	Tak	mazowieckie	00:00:13	00:09:30	00:19:32.10	00:19:45.20	+00:04:56 (25.3%)	3:54	15.4 (75.1%)
276	BURNETKO Michał	100	HUTASY RUNNERS TEAM	M-35	43	Nie	małopolskie	00:00:16	00:09:43	00:19:33.10	00:19:49.25	+00:04:57 (25.3%)	3:54	15.3 (74.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bemowo	Mazowsze	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
277	RAGUS-SUSZCZYŃSKA Agnieszka	1211		K Seniorzy	10	Nie	mazowieckie	00:00:04	00:09:19	00:19:33.45	00:19:37.55	+00:04:57 (25.3%)	3:54	15.3 (74.6%)
278	MIERZEJEWSKI Jerzy	662		M U18	12	Tak	mazowieckie	00:00:21	00:09:58	00:19:35.15	00:19:56.35	+00:04:59 (25.4%)	3:55	15.3 (74.6%)
279	ROSA Mariusz	855	ZABIEGANY WOŁOMIN	M-45	31		mazowieckie	00:00:13	00:09:46	00:19:35.40	00:19:48.70	+00:04:59 (25.5%)	3:55	15.3 (74.6%)
280	SZEWCZYK Łukasz	1003		M Seniorzy	81	Nie	dolnośląskie	00:00:19	00:09:41	00:19:35.45	00:19:55.05	+00:04:59 (25.5%)	3:55	15.3 (74.6%)
281	RADOMSKI Marcin	1278	BIEGAM W SFETSZE	M-45	32	Nie	mazowieckie	00:00:08	00:09:39	00:19:36.40	00:19:44.60	+00:05:00 (25.5%)	3:55	15.3 (74.6%)
282	KRAWIEC Łukasz	507		M-35	44		mazowieckie	00:00:16	00:09:36	00:19:37.05	00:19:53.20	+00:05:00 (25.6%)	3:55	15.3 (74.6%)
283	MAZUR Anna	642	PASSION FIRST	K Seniorzy	11		mazowieckie	00:00:12	00:09:40	00:19:37.65	00:19:50.45	+00:05:01 (25.6%)	3:55	15.3 (74.6%)
284	KLIMEK Andrzej	438		M-45	33		mazowieckie	00:00:14	00:09:46	00:19:38.30	00:19:52.65	+00:05:02 (25.6%)	3:55	15.3 (74.6%)
285	MŁYNARCZYK Jan	677	AKS POLONIA WARSZAWA	M-45	34		mazowieckie	00:00:12	00:09:36	00:19:38.60	00:19:51.45	+00:05:02 (25.7%)	3:55	15.3 (74.6%)
286	SOBOLEWSKI Jakub	940	BRACTWO BIEGOWE BGK	M-45	35	Nie	mazowieckie	00:01:31	00:09:39	00:19:39.10	00:21:10.80	+00:05:03 (25.7%)	3:55	15.3 (74.6%)
287	WESOŁOWSKI Maciej	1106	ŻÓRAWSKI TEAM	M-35	45			00:00:13	00:09:27	00:19:39.45	00:19:52.85	+00:05:03 (25.7%)	3:55	15.3 (74.6%)
288	MYSZKOWSKA Diana	692	BRC	K Seniorzy	12	Nie	mazowieckie	00:00:19	00:09:42	00:19:40.25	00:19:59.35	+00:05:04 (25.8%)	3:56	15.3 (74.6%)
289	KONOFĄŁ Arkadiusz	459	RUN OTWOCK	M Seniorzy	82	Nie	mazowieckie	00:00:09	00:09:31	00:19:41.20	00:19:50.20	+00:05:05 (25.8%)	3:56	15.2 (74.1%)
290	CHŁOPAŚ Jakub	114		M Seniorzy	83	Nie	mazowieckie	00:00:17	00:09:36	00:19:41.50	00:19:59.05	+00:05:05 (25.8%)	3:56	15.2 (74.1%)
291	WOJTASZEK Damian	1145	WANDA PANFIL TEAM	M Seniorzy	84	Nie	łódzkie	00:00:18	00:09:37	00:19:41.95	00:20:00.55	+00:05:05 (25.9%)	3:56	15.2 (74.1%)
292	WIŚNIEWSKI Marcin	1129		M-45	36	Nie	mazowieckie	00:00:14	00:09:47	00:19:42.10	00:19:56.25	+00:05:06 (25.9%)	3:56	15.2 (74.1%)
293	CIESIELSKI Marcin	137	KS LEMIESZ TEAM	M-50	14			00:00:15	00:09:45	00:19:42.40	00:19:58.15	+00:05:06 (25.9%)	3:56	15.2 (74.1%)
294	ZAWADA Paweł	1183	BIEGAM NA TARCHOMINIE	M-35	46	Nie	mazowieckie	00:00:10	00:09:33	00:19:43.10	00:19:53.20	+00:05:07 (25.9%)	3:56	15.2 (74.1%)
295	RYBACKA Edyta	872	ACTIONTWINS	K-35	11	Nie	mazowieckie	00:00:06	00:09:38	00:19:43.15	00:19:49.65	+00:05:07 (26.0%)	3:56	15.2 (74.1%)
296	JAROMIN Mariusz	355	JJ RUNNERS TEAM	M-35	47	Nie	podlaskie	00:00:16	00:09:36	00:19:43.30	00:19:59.55	+00:05:07 (26.0%)	3:56	15.2 (74.1%)
297	ŁAPIŃSKI Wojciech	590	KB PACE	M-55	2	Nie	mazowieckie	00:00:14	00:09:39	00:19:43.65	00:19:58.55	+00:05:07 (26.0%)	3:56	15.2 (74.1%)
298	KOWALCZYK Wojciech	481	UKS ORZEŁKI WARSZAWA	M U23	19	Nie	mazowieckie	00:00:08	00:09:13	00:19:45.00	00:19:53.05	+00:05:08 (26.1%)	3:57	15.2 (74.1%)
299	PSZENICZNA Joanna	833	VEGE RUNNERS	K-35	12	Tak	mazowieckie	00:00:12	00:09:40	00:19:45.10	00:19:57.90	+00:05:09 (26.1%)	3:57	15.2 (74.1%)
300	JASIŃSKI Łukasz	359		M-40	40	Nie	mazowieckie	00:00:06	00:09:41	00:19:46.05	00:19:52.80	+00:05:09 (26.1%)	3:57	15.2 (74.1%)
301	GARBAL Piotr	230		M-35	48	Tak	mazowieckie	00:00:21	00:09:42	00:19:46.20	00:20:07.55	+00:05:10 (26.1%)	3:57	15.2 (74.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bemowo	Mazowsze	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
								startu	2.5km	5km	5km			
302	STRZELECKI Piotr	976	KB PACE	M Seniorzy	85	Nie	mazowieckie	00:00:14	00:09:41	00:19:46.90	00:20:01.25	+00:05:10 (26.2%)	3:57	15.2 (74.1%)
303	GOLEC Jerzy	260	KS URSUS	M U20	10		mazowieckie	00:00:15	00:09:51	00:19:46.95	00:20:02.20	+00:05:10 (26.2%)	3:57	15.2 (74.1%)
304	JAROSZEWICZ Krzysztof	357		M-35	49	Nie	mazowieckie	00:00:14	00:09:46	00:19:48.35	00:20:02.65	+00:05:12 (26.3%)	3:57	15.2 (74.1%)
305	MAZUREK Jarosław	643	KB PACE	M-40	41	Nie	mazowieckie	00:00:15	00:09:39	00:19:48.60	00:20:04.25	+00:05:12 (26.3%)	3:57	15.2 (74.1%)
306	GORTAT Igor	268		M-35	50	Nie	mazowieckie	00:00:04	00:09:44	00:19:48.85	00:19:53.55	+00:05:12 (26.3%)	3:57	15.2 (74.1%)
307	DANIELAK Łukasz	154		M-35	51	Nie	mazowieckie	00:00:17	00:09:38	00:19:49.45	00:20:06.60	+00:05:13 (26.3%)	3:57	15.1 (73.7%)
308	PSZCZÓŁKOWSKI Artur	832		M-50	15	Nie	mazowieckie	00:00:19	00:09:51	00:19:50.30	00:20:09.95	+00:05:14 (26.4%)	3:58	15.1 (73.7%)
309	ROSZKOWSKI Wojciech	859		M-65	1		mazowieckie	00:00:08	00:09:34	00:19:50.45	00:19:59.25	+00:05:14 (26.4%)	3:58	15.1 (73.7%)
310	JONIO Katarzyna	370	TRIATHLETIC TEAM	K-40	3			00:00:19	00:09:42	00:19:50.90	00:20:10.15	+00:05:14 (26.4%)	3:58	15.1 (73.7%)
311	CHOLEWIŃSKI Przemysław	124		M-45	37	Nie	mazowieckie	00:00:20	00:09:49	00:19:52.05	00:20:12.90	+00:05:15 (26.5%)	3:58	15.1 (73.7%)
312	SELWA Bartosz	896		M Seniorzy	86	Nie	podkarpackie	00:00:17	00:09:52	00:19:52.90	00:20:10.40	+00:05:16 (26.6%)	3:58	15.1 (73.7%)
313	KARLIŃSKI Kamil	1257	DŻAKARTA RUN TEAM	M-35	52	Nie	mazowieckie	00:00:31	00:09:52	00:19:53.30	00:20:24.65	+00:05:17 (26.6%)	3:58	15.1 (73.7%)
314	KRYJAK Rafał	520	AEROSPACE RUNNERS	M-35	53	Nie	mazowieckie	00:00:13	00:09:40	00:19:53.35	00:20:07.05	+00:05:17 (26.6%)	3:58	15.1 (73.7%)
315	KUROPATWA Magdalena	551	ADIDAS RUNNERS WARSAW	K Seniorzy	13	Nie	małopolskie	00:00:16	00:09:50	00:19:54.25	00:20:11.15	+00:05:18 (26.6%)	3:58	15.1 (73.7%)
316	GRZESIEWSKI Paweł	306		M-35	54		mazowieckie	00:00:25	00:09:45	00:19:55.80	00:20:21.55	+00:05:19 (26.7%)	3:59	15.1 (73.7%)
317	KONCEWICZ Łukasz	456	BWRUNNERS	M Seniorzy	87	Nie	mazowieckie	00:00:15	00:09:39	00:19:56.60	00:20:11.60	+00:05:20 (26.8%)	3:59	15.1 (73.7%)
318	KIBART Robert	431		M-50	16	Nie	mazowieckie	00:00:19	00:09:44	00:19:57.25	00:20:16.75	+00:05:21 (26.8%)	3:59	15 (73.2%)
319	WESOŁOWSKA Natalia	1105	WOJSKOWA AKADEMIA TECHNICZNA	K Seniorzy	14	Tak	mazowieckie	00:00:17	00:09:54	00:19:57.75	00:20:14.90	+00:05:21 (26.9%)	3:59	15 (73.2%)
320	CHODKOWSKI Marcin	1218	PGE ENERGETIC RUNNING	M-40	42	Nie	mazowieckie	00:00:25	00:10:02	00:19:57.95	00:20:23.10	+00:05:21 (26.9%)	3:59	15 (73.2%)
321	WILCZURA Marek	1120	SPARTANIE DZIECIOM	M-50	17	Nie	mazowieckie	00:00:13	00:09:39	00:19:59.10	00:20:12.10	+00:05:23 (26.9%)	3:59	15 (73.2%)
322	RYBAK Konstanty	873		M U23	20	Nie	mazowieckie	00:00:21	00:09:44	00:19:59.25	00:20:21.10	+00:05:23 (26.9%)	3:59	15 (73.2%)
323	BUDNICKI Michał	95		M-40	43		mazowieckie	00:00:25	00:09:55	00:19:59.40	00:20:25.10	+00:05:23 (27.0%)	3:59	15 (73.2%)
324	GOLEC Tomasz	261		M-50	18		mazowieckie	00:00:13	00:09:52	00:19:59.45	00:20:13.35	+00:05:23 (27.0%)	3:59	15 (73.2%)
324	MICHLEWICZ Krzysztof	655		M-35	55		mazowieckie	00:00:24	00:09:57	00:19:59.45	00:20:24.00	+00:05:23 (27.0%)	3:59	15 (73.2%)
326	SŁABIK Krzysztof	923		M-35	56	Nie	mazowieckie	00:00:18	00:09:50	00:20:00.80	00:20:19.70	+00:05:24 (27.0%)	4:00	15 (73.2%)
327	KACPRZAK Rafał	380		M-40	44	Nie	mazowieckie	00:00:20	00:09:42	00:20:01.20	00:20:21.65	+00:05:25 (27.1%)	4:00	15 (73.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bemowo	Mazowsze	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
328	SOBCZAK Emilia	935		K Seniorzy	15	Nie	mazowieckie	00:00:16	00:09:54	00:20:01.50	00:20:18.35	+00:05:25 (27.1%)	4:00	15 (73.2%)
329	FALANDYSZ Janusz	201	WPRUNNING PRUSZKÓW	M-65	2		mazowieckie	00:00:27	00:09:51	00:20:04.75	00:20:32.25	+00:05:28 (27.3%)	4:00	15 (73.2%)
330	ZALEWSKI Krzysiek	1176	RURA TEAM	M-45	38		mazowieckie	00:00:25	00:09:58	00:20:05.15	00:20:30.25	+00:05:29 (27.3%)	4:01	14.9 (72.7%)
331	IWOSA Elias	332		M-35	57	Nie	mazowieckie	00:00:25	00:09:59	00:20:05.85	00:20:31.80	+00:05:29 (27.3%)	4:01	14.9 (72.7%)
332	KAMIŃSKI Kacper	404	ŻÓRAWSKI TEAM	M U23	21	Nie	mazowieckie	00:00:13	00:09:55	00:20:06.40	00:20:20.10	+00:05:30 (27.4%)	4:01	14.9 (72.7%)
333	UMIASTOWSKI Bartosz	1077		M Seniorzy	88			00:00:19	00:09:47	00:20:06.65	00:20:26.45	+00:05:30 (27.4%)	4:01	14.9 (72.7%)
334	ZIELIŃSKI Tomasz	1194	1BAZA LOTNICTWA TRANSPORTOWEGO	M-40	45		mazowieckie	00:00:16	00:09:47	00:20:06.95	00:20:23.70	+00:05:30 (27.4%)	4:01	14.9 (72.7%)
335	KOWALSKI Jarosław	490	SZTUKA LATANIA	M-50	19			00:00:16	00:09:47	00:20:08.70	00:20:25.45	+00:05:32 (27.5%)	4:01	14.9 (72.7%)
336	PINKOWSKI Aleks	787	KS URSUS	M U20	11		mazowieckie	00:00:15	00:09:58	00:20:10.75	00:20:26.35	+00:05:34 (27.6%)	4:02	14.9 (72.7%)
337	GAÁL Daniel	218	MATNER RUNNING TEAM	M-45	39		mazowieckie	00:00:21	00:09:43	00:20:11.25	00:20:32.90	+00:05:35 (27.7%)	4:02	14.9 (72.7%)
338	GADOMSKA Anna	219	PZU SPORT TEAM	K-40	4	Nie	mazowieckie	00:00:31	00:09:54	00:20:12.25	00:20:43.40	+00:05:36 (27.7%)	4:02	14.9 (72.7%)
339	MATEJKA Łukasz	633	BIEGAM NA TARCHOMINIE	M-40	46	Tak	mazowieckie	00:00:29	00:09:49	00:20:13.00	00:20:42.65	+00:05:36 (27.8%)	4:02	14.8 (72.2%)
340	ULIJASZ Krzysztof	1076	KS START PUŁASKI WARKA	M-50	20	Nie	mazowieckie	00:00:23	00:09:57	00:20:14.55	00:20:38.40	+00:05:38 (27.9%)	4:02	14.8 (72.2%)
341	PRZEŹDZIECKI Jakub	826		M-40	47		mazowieckie	00:00:19	00:09:50	00:20:14.60	00:20:33.65	+00:05:38 (27.9%)	4:02	14.8 (72.2%)
342	KICIŃSKI Dominik	432		M Seniorzy	89	Nie	mazowieckie	00:00:16	00:10:01	00:20:14.70	00:20:31.25	+00:05:38 (27.9%)	4:02	14.8 (72.2%)
343	MICHNA Maja	656	UKS G-8 BIELANY WARSZAWA	K U18	2	Nie	mazowieckie	00:00:11	00:10:21	00:20:15.10	00:20:26.45	+00:05:39 (27.9%)	4:03	14.8 (72.2%)
344	PALISZEWSKI Krystian	1263	NASIELSK BASZTA TEAM	M Seniorzy	90	Nie	mazowieckie	00:00:07	00:09:33	00:20:16.20	00:20:24.10	+00:05:40 (28.0%)	4:03	14.8 (72.2%)
345	STAŃSKI Sławomir	960	TO NATURALNE	M-60	1		mazowieckie	00:00:26	00:10:04	00:20:18.40	00:20:44.95	+00:05:42 (28.1%)	4:03	14.8 (72.2%)
346	WOJTKIEWICZ Andrzej	1146	ZABIEGANY WOŁOMIN	M-50	21			00:00:14	00:09:45	00:20:19.15	00:20:33.60	+00:05:43 (28.1%)	4:03	14.8 (72.2%)
347	DĘBSKI Andrzej	164		M-50	22		mazowieckie	00:00:19	00:09:51	00:20:20.70	00:20:40.30	+00:05:44 (28.2%)	4:04	14.8 (72.2%)
348	ZBOJNA Mariusz	1188	SPORT GENERATION	M-40	48	Nie	mazowieckie	00:00:23	00:09:57	00:20:20.95	00:20:44.80	+00:05:44 (28.2%)	4:04	14.8 (72.2%)
349	KOPIŃSKI Witold	466	KS CZEMPION WARSZAWA	M U16	3	Nie	mazowieckie	00:00:22	00:10:22	00:20:23.10	00:20:45.25	+00:05:47 (28.4%)	4:04	14.7 (71.7%)
350	PARZNIIEWSKI Maciej	757	TOWARZYSTWO TURYSTYCZNE AKS POLONIA WARSZAWA	M-40	49	Nie	mazowieckie	00:00:17	00:09:50	00:20:24.30	00:20:42.10	+00:05:48 (28.4%)	4:04	14.7 (71.7%)
351	GIERAK Kris	239	#SZYBCIUTKOPOWOLUTKU	M-45	40	Nie	mazowieckie	00:00:28	00:09:51	00:20:24.90	00:20:53.35	+00:05:48 (28.5%)	4:04	14.7 (71.7%)
352	PAPRZYCKI Romuald	751	GIŻA TEAM	M-55	3	Nie	mazowieckie	00:00:18	00:10:02	00:20:25.55	00:20:43.90	+00:05:49 (28.5%)	4:05	14.7 (71.7%)
353	PELE Mat	772		M-35	58	Nie	mazowieckie	00:00:28	00:10:01	00:20:26.05	00:20:54.15	+00:05:49 (28.5%)	4:05	14.7 (71.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bemowo	Mazowsze	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
								startu	2.5km	5km	5km			
354	KOMOROWSKI Karol	454	ANTY_JELEŃ	M Seniorzy	91	Nie	mazowieckie	00:00:15	00:09:48	00:20:26.30	00:20:41.55	+00:05:50 (28.6%)	4:05	14.7 (71.7%)
355	JAŃCZYK Wojciech	351		M-45	41	Nie	mazowieckie	00:00:17	00:09:40	00:20:27.35	00:20:44.50	+00:05:51 (28.6%)	4:05	14.7 (71.7%)
356	TURKOWSKI Stanisław	1066	KS CZEMPION WARSZAWA	M U16	4	Nie	mazowieckie	00:00:22	00:10:20	00:20:28.00	00:20:50.30	+00:05:51 (28.7%)	4:05	14.7 (71.7%)
357	DATA Krystian	155	TEAM WK DZIK	M U20	12	Nie	śląskie	00:00:27	00:09:57	00:20:28.15	00:20:55.80	+00:05:52 (28.7%)	4:05	14.7 (71.7%)
358	SYBILSKA Anna	985		K-45	1	Nie	mazowieckie	00:00:21	00:10:01	00:20:28.40	00:20:49.75	+00:05:52 (28.7%)	4:05	14.7 (71.7%)
359	WOŹNICKI Paweł	1155		M Seniorzy	92	Tak	mazowieckie	00:00:26	00:09:50	00:20:28.55	00:20:55.50	+00:05:52 (28.7%)	4:05	14.7 (71.7%)
360	SIKORA Jakub	909	CHŚ TRITEAM	M Seniorzy	93	Tak	mazowieckie	00:00:24	00:09:55	00:20:30.10	00:20:54.90	+00:05:54 (28.8%)	4:06	14.6 (71.2%)
361	KOPACZYK Maciej	461		M Seniorzy	94	Tak	kujawsko-pomorskie	00:00:18	00:09:38	00:20:30.35	00:20:48.35	+00:05:54 (28.8%)	4:06	14.6 (71.2%)
362	OSIAL Mariusz	736	SOBASTEAM	M-45	42	Nie	mazowieckie	00:00:30	00:10:22	00:20:31.60	00:21:01.60	+00:05:55 (28.9%)	4:06	14.6 (71.2%)
363	DZIEKAN Piotr	1213	GRUPA BIEGOWA UM W-WA	M-50	23	Tak	mazowieckie	00:00:25	00:10:00	00:20:34.15	00:20:59.80	+00:05:58 (29.0%)	4:06	14.6 (71.2%)
364	WEDZIUK Piotr	1099		M Seniorzy	95	Tak	mazowieckie	00:00:32	00:10:20	00:20:34.35	00:21:06.70	+00:05:58 (29.0%)	4:06	14.6 (71.2%)
365	PONCYLIUSZ Monika	1513		K-45	2		mazowieckie	00:00:20	00:10:04	00:20:34.70	00:20:54.90	+00:05:58 (29.0%)	4:06	14.6 (71.2%)
366	WYSOCKI Mateusz	1169		M-35	59	Nie	mazowieckie	00:00:46	00:10:18	00:20:34.80	00:21:21.35	+00:05:58 (29.0%)	4:06	14.6 (71.2%)
367	VOLOSHCHUK Andrii	1087		M Seniorzy	96		mazowieckie	00:00:47	00:10:28	00:20:35.25	00:21:22.70	+00:05:59 (29.1%)	4:07	14.6 (71.2%)
368	BOGUSZ Sebastian	69	PZU SPORT TEAM	M-35	60		mazowieckie	00:00:21	00:10:09	00:20:36.80	00:20:58.45	+00:06:00 (29.2%)	4:07	14.6 (71.2%)
369	MAKUCH Marcel	611		M Seniorzy	97			00:00:14	00:09:56	00:20:36.90	00:20:51.00	+00:06:00 (29.2%)	4:07	14.6 (71.2%)
370	CHUDZIK Mateusz	130		M Seniorzy	98	Nie	mazowieckie	00:00:20	00:09:49	00:20:37.85	00:20:58.00	+00:06:01 (29.2%)	4:07	14.6 (71.2%)
371	KRUPIŃSKI Marek	1256	TEAM ZABIEGANEDNI	M Seniorzy	99	Tak	mazowieckie	00:01:18	00:10:12	00:20:38.15	00:21:56.50	+00:06:02 (29.2%)	4:07	14.5 (70.7%)
372	JUSIŃSKI Krystian	374	BRACTWO BIEGOWE BGK	M-35	61	Nie	mazowieckie	00:00:27	00:10:13	00:20:40.25	00:21:07.80	+00:06:04 (29.4%)	4:08	14.5 (70.7%)
373	BIENKOWSKI Wojciech	1233	PZU SPORT TEAM	M-35	62	Nie	mazowieckie	00:00:18	00:09:52	00:20:40.55	00:20:58.55	+00:06:04 (29.4%)	4:08	14.5 (70.7%)
373	ZAVHORODNYA Olha	1182		K-40	5	Nie	mazowieckie	00:00:19	00:10:09	00:20:40.55	00:21:00.40	+00:06:04 (29.4%)	4:08	14.5 (70.7%)
375	SOBIECH Krzysztof	937		M-35	63	Nie	mazowieckie	00:00:30	00:10:20	00:20:40.85	00:21:11.70	+00:06:04 (29.4%)	4:08	14.5 (70.7%)
376	MIECZKOWSKI Robert	658	ROZBIEGANY PIASTÓW	M-45	43	Nie	mazowieckie	00:01:48	00:10:10	00:20:41.60	00:22:30.15	+00:06:05 (29.4%)	4:08	14.5 (70.7%)
377	MOSKWA Adam	684		M-35	64	Nie	mazowieckie	00:00:27	00:10:28	00:20:41.65	00:21:09.55	+00:06:05 (29.4%)	4:08	14.5 (70.7%)
378	JAWORSKI Piotr	363	DZIKI BIEG	M-45	44	Nie	mazowieckie	00:00:23	00:10:02	00:20:42.15	00:21:05.95	+00:06:06 (29.5%)	4:08	14.5 (70.7%)
379	BEREZNOWSKA Patrycja	48	WIELISZEW HERON TEAM HOKA POLAND TEAM	K-50	1	Nie	mazowieckie	00:00:16	00:10:25	00:20:42.40	00:20:58.85	+00:06:06 (29.5%)	4:08	14.5 (70.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bemowo	Mazowsze	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
380	BŁĄŻEWICZ Paweł	61	WMKS OLSZTYŃSKA SZKÓŁKA TRIATHLONU	M Seniorzy	100		lubelskie	00:00:24	00:10:04	00:20:42.90	00:21:07.50	+00:06:06 (29.5%)	4:08	14.5 (70.7%)
381	WOSZCZYK Michał	1153		M Seniorzy	101			00:00:30	00:10:03	00:20:43.95	00:21:14.15	+00:06:07 (29.6%)	4:08	14.5 (70.7%)
381	JAKUBIAK Wojciech	340		M Seniorzy	102		mazowieckie	00:00:30	00:10:03	00:20:43.95	00:21:14.25	+00:06:07 (29.6%)	4:08	14.5 (70.7%)
383	OSTROWSKI Robert	740	DORSZ	M-35	65	Nie	łódzkie	00:00:44	00:10:14	00:20:45.05	00:21:29.85	+00:06:08 (29.6%)	4:09	14.5 (70.7%)
384	GÓRKA Maja	276	MM TEAM	K Seniorzy	16	Tak	mazowieckie	00:00:29	00:10:20	00:20:45.10	00:21:14.15	+00:06:09 (29.6%)	4:09	14.5 (70.7%)
385	BZURA Jacek	103	ENDUHUB RUNNING TEAM	M-50	24		mazowieckie	00:00:20	00:10:11	00:20:46.35	00:21:06.70	+00:06:10 (29.7%)	4:09	14.4 (70.2%)
386	SOLECKI Daniel	946		M Seniorzy	103	Nie	mazowieckie	00:00:18	00:10:15	00:20:46.55	00:21:05.30	+00:06:10 (29.7%)	4:09	14.4 (70.2%)
387	MAJEWSKI Michał	607	MBC TEAM	M-35	66		mazowieckie	00:00:22	00:10:18	00:20:46.65	00:21:09.25	+00:06:10 (29.7%)	4:09	14.4 (70.2%)
388	SZYMAŃSKA Agnieszka	1021		K-45	3	Nie	mazowieckie	00:00:22	00:10:11	00:20:47.90	00:21:10.50	+00:06:11 (29.8%)	4:09	14.4 (70.2%)
389	PAWŁOWSKI Michał	771		M U18	13	Tak	mazowieckie	00:00:16	00:10:11	00:20:48.25	00:21:04.55	+00:06:12 (29.8%)	4:09	14.4 (70.2%)
390	TOBOŁA-PERTKIEWICZ Zofia	1050	MKS POLONIA WARSZAWA	K U16	1	Tak	mazowieckie	00:00:25	00:10:02	00:20:48.40	00:21:13.50	+00:06:12 (29.8%)	4:09	14.4 (70.2%)
391	GÓRSKI Maciej	279		M-50	25		mazowieckie	00:00:23	00:10:00	00:20:48.45	00:21:11.70	+00:06:12 (29.8%)	4:09	14.4 (70.2%)
392	TOBOŁA Paweł	1049	AKS POLONIA WARSZAWA	M-40	50	Tak	mazowieckie	00:00:20	00:10:04	00:20:48.65	00:21:09.00	+00:06:12 (29.8%)	4:09	14.4 (70.2%)
393	IWANIUK Tomasz	326	ŻYWCEM ZABIEGANI	M-40	51	Nie	mazowieckie	00:00:28	00:10:24	00:20:50.65	00:21:18.90	+00:06:14 (29.9%)	4:10	14.4 (70.2%)
394	MIERZEJEWSKI Wiktor	663	52 BLP	M-35	67	Nie	mazowieckie	00:00:19	00:10:04	00:20:50.95	00:21:10.15	+00:06:14 (30.0%)	4:10	14.4 (70.2%)
395	JANAS Marianna	344	KS CZEMPION	K U18	3	Nie	mazowieckie	00:00:19	00:09:43	00:20:52.60	00:21:12.15	+00:06:16 (30.1%)	4:10	14.4 (70.2%)
396	MIECZKOWSKA Małgorzata	657	PSZCZÓŁKOWSKI TEAM	K-40	6	Nie	warmińsko-mazurskie	00:00:17	00:10:07	00:20:52.90	00:21:10.00	+00:06:16 (30.1%)	4:10	14.4 (70.2%)
397	WÓJCIK Monika	1158	BIEGAM NA TARCHOMINIE	K-45	4	Nie	mazowieckie	00:00:26	00:10:25	00:20:53.55	00:21:19.70	+00:06:17 (30.1%)	4:10	14.4 (70.2%)
398	MAKOWSKI Karol	610	KB PACE	M Seniorzy	104	Nie	mazowieckie	00:00:15	00:10:00	00:20:53.60	00:21:08.85	+00:06:17 (30.1%)	4:10	14.4 (70.2%)
399	NURZYŃSKI Marcin	1249		M-45	45	Nie	mazowieckie	00:00:25	00:10:24	00:20:53.70	00:21:19.45	+00:06:17 (30.1%)	4:10	14.4 (70.2%)
400	SOŁTYS Bożena	947		K Seniorzy	17		mazowieckie	00:00:26	00:10:24	00:20:54.95	00:21:21.50	+00:06:18 (30.2%)	4:10	14.4 (70.2%)
401	WASIAK Michał	1093		M-35	68	Nie	mazowieckie	00:00:19	00:09:55	00:20:55.20	00:21:14.90	+00:06:19 (30.2%)	4:11	14.3 (69.8%)
402	MARCINIAK Antoni	622		M U18	14		mazowieckie	00:00:21	00:10:07	00:20:55.55	00:21:16.90	+00:06:19 (30.2%)	4:11	14.3 (69.8%)
403	BELKIEWICZ Rafał	43	KABATY ULTRA	M-45	46	Nie	mazowieckie	00:00:25	00:10:25	00:20:56.65	00:21:22.40	+00:06:20 (30.3%)	4:11	14.3 (69.8%)
404	TRACZ Jakub	1055	CSWP RUNNING TEAM	M-35	69	Tak	mazowieckie	00:00:55	00:10:13	00:20:59.80	00:21:55.10	+00:06:23 (30.5%)	4:11	14.3 (69.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bemowo	Mazowsze	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
								startu	2.5km	5km	5km			
405	ALFUT Grzegorz	6	RUN SIERPC	M-60	2	Nie	mazowieckie	00:00:28	00:10:23	00:21:02.75	00:21:31.15	+00:06:26 (30.6%)	4:12	14.3 (69.8%)
406	ŚCIUBA Robert	1031	ZABIEGANY TATA	M-40	52	Nie	mazowieckie	00:02:27	00:10:26	00:21:03.45	00:23:30.80	+00:06:27 (30.7%)	4:12	14.3 (69.8%)
407	ZARĘBA Piotr	1180		M-35	70		mazowieckie	00:01:18	00:10:15	00:21:05.05	00:22:23.05	+00:06:28 (30.7%)	4:13	14.2 (69.3%)
408	ROSIŃSKI Kamil	857	PAWKO RUNNER TEAM	M-35	71	Nie	mazowieckie	00:00:17	00:09:58	00:21:06.80	00:21:24.60	+00:06:30 (30.8%)	4:13	14.2 (69.3%)
409	HETMAŃSKA-WRZESZCZ Jolanta	316	AKTYWNA WARSZAWA	K-45	5	Nie	mazowieckie	00:00:27	00:10:28	00:21:07.55	00:21:34.70	+00:06:31 (30.9%)	4:13	14.2 (69.3%)
410	CHRUŚCIEL Lucyna	129		K-35	13		mazowieckie	00:00:29	00:10:30	00:21:09.45	00:21:38.90	+00:06:33 (31.0%)	4:13	14.2 (69.3%)
411	SEREJ Paweł	897		M-35	72		mazowieckie	00:00:42	00:10:40	00:21:10.75	00:21:52.80	+00:06:34 (31.1%)	4:14	14.2 (69.3%)
412	SKOWRONEK Krzysztof	918	EFAKTOR RUNNING CLUB	M Seniorzy	105	Nie	mazowieckie	00:00:45	00:10:42	00:21:11.55	00:21:57.45	+00:06:35 (31.1%)	4:14	14.2 (69.3%)
413	ROMANIUK Julian	1507		M U23	22		mazowieckie	00:00:22	00:10:13	00:21:11.80	00:21:34.10	+00:06:35 (31.1%)	4:14	14.2 (69.3%)
414	DOMAGAŁA Jarosław	171		M-55	4	Nie	mazowieckie	00:00:46	00:10:31	00:21:12.35	00:21:58.45	+00:06:36 (31.1%)	4:14	14.2 (69.3%)
415	KUCZYŃSKA Magdalena	539		K-40	7	Nie	mazowieckie	00:00:26	00:10:31	00:21:12.70	00:21:39.25	+00:06:36 (31.2%)	4:14	14.2 (69.3%)
416	KANTOR Paweł	407		M Seniorzy	106		mazowieckie	00:00:59	00:10:38	00:21:13.90	00:22:13.20	+00:06:37 (31.2%)	4:14	14.1 (68.8%)
417	MOLAK Joanna	682	AKS WATAHA PABIANICE	K-35	14	Nie	mazowieckie	00:00:23	00:10:27	00:21:14.20	00:21:38.15	+00:06:38 (31.2%)	4:14	14.1 (68.8%)
418	JAMBOR Maciej	343		M-40	53	Tak	mazowieckie	00:00:25	00:10:26	00:21:15.45	00:21:40.80	+00:06:39 (31.3%)	4:15	14.1 (68.8%)
419	PANASIUK Bartosz	747		M Seniorzy	107		mazowieckie	00:00:34	00:10:31	00:21:15.50	00:21:49.75	+00:06:39 (31.3%)	4:15	14.1 (68.8%)
420	ŁOCHAŃSKI Filip	595	ŁOCHAŃSCY	M U16	5	Tak	mazowieckie	00:00:35	00:10:45	00:21:16.65	00:21:51.75	+00:06:40 (31.4%)	4:15	14.1 (68.8%)
421	WOJTAS Mateusz	1144	GENERALI RUN CLUB	M Seniorzy	108	Nie	mazowieckie	00:00:35	00:10:47	00:21:17.00	00:21:52.80	+00:06:40 (31.4%)	4:15	14.1 (68.8%)
422	MŁYNARCZYK Michał	676		M-35	73		mazowieckie	00:00:29	00:10:35	00:21:18.05	00:21:47.35	+00:06:41 (31.5%)	4:15	14.1 (68.8%)
423	REGUCKI Krzysztof	846		M Seniorzy	109		mazowieckie	00:00:25	00:10:31	00:21:18.95	00:21:44.40	+00:06:42 (31.5%)	4:15	14.1 (68.8%)
424	KUCHARCZYK Edyta	535	LIDER WINNICA	K-40	8	Nie	mazowieckie	00:00:23	00:10:34	00:21:20.30	00:21:43.50	+00:06:44 (31.6%)	4:16	14.1 (68.8%)
425	PANEK Damian	748	MUKS PODKARPACIE JEDLICZE	M Seniorzy	110	Nie	mazowieckie	00:00:27	00:10:23	00:21:21.05	00:21:49.00	+00:06:44 (31.6%)	4:16	14.1 (68.8%)
426	STOLARZ Paweł	974	ENDOPROTEZA TEAM	M-60	3	Tak	mazowieckie	00:00:24	00:10:23	00:21:21.10	00:21:45.20	+00:06:45 (31.6%)	4:16	14.1 (68.8%)
427	WIELEBA Michał	1116		M Seniorzy	111	Nie	mazowieckie	00:00:42	00:10:42	00:21:21.30	00:22:04.05	+00:06:45 (31.6%)	4:16	14.1 (68.8%)
428	BARGIEL Bartosz	34	KLUB SPORTOWY ATLETA	M U18	15	Nie	mazowieckie	00:01:46	00:10:45	00:21:21.45	00:23:07.55	+00:06:45 (31.6%)	4:16	14.1 (68.8%)
429	KOWALSKI Robert	493		M-35	74	Nie	mazowieckie	00:00:31	00:10:32	00:21:23.00	00:21:54.05	+00:06:46 (31.7%)	4:16	14 (68.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bemowo	Mazowsze	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
								startu	2.5km	5km	5km			
430	JANKOWSKI Konrad	347		M Seniorzy	112		mazowieckie	00:00:33	00:10:28	00:21:23.35	00:21:57.25	+00:06:47 (31.7%)	4:16	14 (68.3%)
431	SIEDLECKI Maciej	901		M U18	16	Tak	mazowieckie	00:00:21	00:10:18	00:21:25.00	00:21:46.65	+00:06:48 (31.8%)	4:17	14 (68.3%)
432	ZALEWSKI Andrzej	1177	WOSIEK TEAM	M-65	3	Nie	mazowieckie	00:00:27	00:10:26	00:21:25.30	00:21:52.45	+00:06:49 (31.8%)	4:17	14 (68.3%)
433	MARKIEWICZ Arkadiusz	626		M-50	26	Nie	pomorskie	00:00:46	00:10:43	00:21:25.65	00:22:12.60	+00:06:49 (31.9%)	4:17	14 (68.3%)
434	DZIKOWSKI Jakub	1492		M Seniorzy	113		mazowieckie	00:00:12	00:10:11	00:21:25.70	00:21:37.75	+00:06:49 (31.9%)	4:17	14 (68.3%)
435	FELCZAK Bartłomiej	204	MORTAL TOMBAK	M-45	47	Nie	mazowieckie	00:00:33	00:10:29	00:21:26.25	00:21:59.85	+00:06:50 (31.9%)	4:17	14 (68.3%)
436	PAROL Izabela	753	BW RUNNERS	K Seniorzy	18	Nie	mazowieckie	00:00:23	00:10:22	00:21:27.30	00:21:50.85	+00:06:51 (31.9%)	4:17	14 (68.3%)
437	GOŁDA Adam	264		M U18	17	Tak	mazowieckie	00:00:17	00:09:46	00:21:27.95	00:21:45.20	+00:06:51 (32.0%)	4:17	14 (68.3%)
437	ŁAZUGA Robert	592		M Seniorzy	114		mazowieckie	00:00:47	00:10:43	00:21:27.95	00:22:15.00	+00:06:51 (32.0%)	4:17	14 (68.3%)
439	BRODAKCI Waldemar	1226		M-70	1	Nie	lubelskie	00:00:34	00:10:33	00:21:28.55	00:22:03.50	+00:06:52 (32.0%)	4:17	14 (68.3%)
440	LASOTA Tomasz	1217	SEKCJA BIEGOWA PGE	M-40	54	Nie	mazowieckie	00:00:45	00:10:41	00:21:28.60	00:22:13.95	+00:06:52 (32.0%)	4:17	14 (68.3%)
441	PIASECKI Maciej	776	JAKOTAKO WYBIEGANI.ORG	M Seniorzy	115	Tak	mazowieckie	00:00:46	00:10:43	00:21:29.30	00:22:15.65	+00:06:53 (32.0%)	4:17	14 (68.3%)
442	K Hania	375		K U16	2	Nie	mazowieckie	00:00:28	00:10:27	00:21:30.35	00:21:58.75	+00:06:54 (32.1%)	4:18	14 (68.3%)
443	MART Jarosław	629	ADIDAS RUNNERS WARSAW	M-60	4			00:00:43	00:10:43	00:21:30.60	00:22:14.35	+00:06:54 (32.1%)	4:18	14 (68.3%)
444	SOKOŁOWSKA Agata	944		K-35	15		mazowieckie	00:00:27	00:10:31	00:21:31.00	00:21:58.05	+00:06:54 (32.1%)	4:18	13.9 (67.8%)
445	WIDERA Tomasz	1114	KOKOSZKA36TEAM	M-40	55	Nie	mazowieckie	00:00:28	00:10:37	00:21:32.30	00:22:01.00	+00:06:56 (32.2%)	4:18	13.9 (67.8%)
446	GUZOWSKI Marcin	312		M Seniorzy	116		mazowieckie	00:00:29	00:10:27	00:21:32.35	00:22:02.15	+00:06:56 (32.2%)	4:18	13.9 (67.8%)
447	KOSIŃSKI Rafał	473	PZU SPORT TEAM	M Seniorzy	117	Tak	mazowieckie	00:00:43	00:10:52	00:21:32.55	00:22:15.60	+00:06:56 (32.2%)	4:18	13.9 (67.8%)
448	KRASZEWSKI Dawid	506	LO3 WYSZKÓW	M U18	18	Nie	mazowieckie	00:00:45	00:10:48	00:21:33.20	00:22:18.40	+00:06:57 (32.3%)	4:18	13.9 (67.8%)
449	FUDAŁA Wojciech	217		M-40	56		mazowieckie	00:00:23	00:10:12	00:21:33.35	00:21:56.35	+00:06:57 (32.3%)	4:18	13.9 (67.8%)
450	KRUZEL Adam	518		M-35	75	Nie	mazowieckie	00:00:20	00:10:17	00:21:34.55	00:21:54.80	+00:06:58 (32.3%)	4:18	13.9 (67.8%)
451	SEKŚCIŃSKA-ANIOŁKOWSKA Magda	895	AKTYWNA WARSZAWA	K-40	9	Nie	mazowieckie	00:00:31	00:10:19	00:21:34.70	00:22:06.45	+00:06:58 (32.3%)	4:18	13.9 (67.8%)
452	MARKIEWICZ Dominik	1266		M Seniorzy	118	Nie	mazowieckie	00:00:29	00:10:35	00:21:35.35	00:22:04.65	+00:06:59 (32.4%)	4:19	13.9 (67.8%)
453	CHOŁUJ Ewelina	125		K Seniorzy	19	Nie	mazowieckie	00:00:42	00:10:43	00:21:35.40	00:22:17.75	+00:06:59 (32.4%)	4:19	13.9 (67.8%)
454	REDKIEWICZ Agnieszka	844	TEAM ZABIEGANEDNI	K-40	10	Nie	mazowieckie	00:00:45	00:10:42	00:21:36.30	00:22:21.55	+00:07:00 (32.4%)	4:19	13.9 (67.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bemowo	Mazowsze	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
								startu	2.5km	5km	5km			
455	MATYJASIAK Konrad	635		M-50	27	Nie	mazowieckie	00:00:43	00:10:43	00:21:37.10	00:22:20.90	+00:07:01 (32.5%)	4:19	13.9 (67.8%)
456	KAMIŃSKI Wiesław	1286	NASIELSK BASZTA TEAM	M-55	5	Nie	mazowieckie	00:01:16	00:10:24	00:21:37.50	00:22:54.30	+00:07:01 (32.5%)	4:19	13.9 (67.8%)
457	KOWALSKI Robert	491	STOKOWCZYKI TEAM	M-60	5			00:00:23	00:10:27	00:21:37.55	00:22:01.05	+00:07:01 (32.5%)	4:19	13.9 (67.8%)
458	KOSOWICZ Jerzy	475		M-55	6		mazowieckie	00:00:18	00:10:09	00:21:37.85	00:21:56.65	+00:07:01 (32.5%)	4:19	13.9 (67.8%)
459	SZCZEPANOWSKI Mikolaj	992		M-35	76			00:00:45	00:10:40	00:21:37.95	00:22:23.60	+00:07:01 (32.5%)	4:19	13.9 (67.8%)
460	RUSIŃSKI Michał	869		M Seniorzy	119	Tak	mazowieckie	00:00:33	00:10:32	00:21:38.25	00:22:11.30	+00:07:02 (32.5%)	4:19	13.9 (67.8%)
461	PIOTROWSKA Zofia	788	BKS WATAHA WARSZAWA	K U23	7	Nie	mazowieckie	00:00:42	00:10:43	00:21:39.10	00:22:21.40	+00:07:03 (32.6%)	4:19	13.9 (67.8%)
462	MACHOŃ Paweł	600	GRUPA BIEGOWA UM W-WA	M-50	28	Nie	mazowieckie	00:00:21	00:10:40	00:21:39.40	00:22:00.75	+00:07:03 (32.6%)	4:19	13.9 (67.8%)
463	PUCIŁOWSKA Natalia	835		K Seniorzy	20		mazowieckie	00:00:45	00:10:49	00:21:40.90	00:22:26.00	+00:07:04 (32.7%)	4:20	13.8 (67.3%)
464	CZYTRZYŃSKA Alicja	149		K Seniorzy	21	Nie	mazowieckie	00:00:45	00:10:41	00:21:42.90	00:22:28.50	+00:07:06 (32.8%)	4:20	13.8 (67.3%)
465	KUUSINEN Adrian	554		M-35	77	Nie	mazowieckie	00:00:18	00:10:21	00:21:43.75	00:22:02.05	+00:07:07 (32.8%)	4:20	13.8 (67.3%)
466	SZKLARCZYK Piotr	1004	BRACTWO BIEGOWE BGK	M-40	57		mazowieckie	00:00:31	00:10:50	00:21:45.00	00:22:16.95	+00:07:08 (32.9%)	4:21	13.8 (67.3%)
467	URBAŃSKI Mirosław	1083		M-55	7		mazowieckie	00:00:44	00:10:53	00:21:45.55	00:22:29.55	+00:07:09 (32.9%)	4:21	13.8 (67.3%)
468	MOCZYDŁOWSKI Rafał	681		M Seniorzy	120	Nie	mazowieckie	00:00:23	00:10:32	00:21:47.35	00:22:11.20	+00:07:11 (33.0%)	4:21	13.8 (67.3%)
469	POMIANOWSKA Joanna	816		K-45	6	Nie	mazowieckie	00:00:21	00:10:36	00:21:47.40	00:22:08.75	+00:07:11 (33.0%)	4:21	13.8 (67.3%)
470	BUGAJ Mirosław	96		M-55	8	Nie	mazowieckie	00:00:28	00:10:38	00:21:48.35	00:22:17.20	+00:07:12 (33.0%)	4:21	13.8 (67.3%)
471	WOJCIECHOWSKA-ZAJĄC Małgorzata	1140	PAWKO RUNNER TEAM	K-40	11		mazowieckie	00:00:24	00:10:52	00:21:48.45	00:22:12.85	+00:07:12 (33.0%)	4:21	13.8 (67.3%)
472	BĘTKOWSKA Maja	50	RK ATHLETICS	K U16	3	Nie	mazowieckie	00:00:21	00:10:33	00:21:48.95	00:22:10.10	+00:07:12 (33.1%)	4:21	13.8 (67.3%)
473	STRZELECKI Piotr	977	MARKOWI BIEGACZE	M-50	29	Nie	mazowieckie	00:00:22	00:10:43	00:21:49.45	00:22:11.75	+00:07:13 (33.1%)	4:21	13.8 (67.3%)
474	MAŁAŚNICKA Julia	615		K Seniorzy	22			00:00:20	00:10:29	00:21:51.10	00:22:11.60	+00:07:15 (33.2%)	4:22	13.7 (66.8%)
475	DULSKI Kamil	184	STREFA BOKSU	M Seniorzy	121	Nie	mazowieckie	00:00:26	00:10:43	00:21:51.60	00:22:17.85	+00:07:15 (33.2%)	4:22	13.7 (66.8%)
476	WOŹNIAK Kuba	1154	WARSZAWSKO-ŁÓDZKI KLUB BIEGOWY	M-45	48		mazowieckie	00:00:24	00:10:49	00:21:51.65	00:22:16.35	+00:07:15 (33.2%)	4:22	13.7 (66.8%)
477	PIATKA Tomasz	779	ADIDAS RUNNERS WARSAW	M-40	58	Nie	mazowieckie	00:00:20	00:10:28	00:21:51.80	00:22:11.95	+00:07:15 (33.2%)	4:22	13.7 (66.8%)
477	SZELIGOWSKI Daniel	1000		M-35	78		mazowieckie	00:00:47	00:10:46	00:21:51.80	00:22:39.25	+00:07:15 (33.2%)	4:22	13.7 (66.8%)
479	FORDHAM Robert	1240	HUUB	M-35	79	Nie	mazowieckie	00:00:59	00:10:53	00:21:52.05	00:22:51.05	+00:07:15 (33.2%)	4:22	13.7 (66.8%)
480	GORALSKI Roman	267	STARE BABICE BIEGAJĄ	M-55	9	Nie	dolnośląskie	00:00:46	00:10:54	00:21:52.10	00:22:38.90	+00:07:16 (33.2%)	4:22	13.7 (66.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bemowo	Mazowsze	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
								startu	2.5km	5km	5km			
481	MARCINKOWSKI Paweł	624		M-40	59			00:00:44	00:10:50	00:21:52.20	00:22:36.85	+00:07:16 (33.2%)	4:22	13.7 (66.8%)
482	KULIS Aleksandra	545		K-35	16	Nie	mazowieckie	00:00:44	00:10:48	00:21:53.70	00:22:38.20	+00:07:17 (33.3%)	4:22	13.7 (66.8%)
483	PASIEKA Grzegorz	759	#ADAMCZERWIŃSKITEAM	M-50	30			00:00:24	00:10:40	00:21:54.00	00:22:18.45	+00:07:17 (33.3%)	4:22	13.7 (66.8%)
484	GODLEWSKI Rafał	257		M-45	49		mazowieckie	00:00:24	00:10:38	00:21:55.15	00:22:19.25	+00:07:19 (33.4%)	4:23	13.7 (66.8%)
485	MISIAK Anna	1495		K-40	12			00:00:44	00:10:51	00:21:55.80	00:22:40.10	+00:07:19 (33.4%)	4:23	13.7 (66.8%)
486	WILK Piotr	1122		M-40	60	Tak	mazowieckie	00:00:32	00:10:43	00:21:56.40	00:22:28.75	+00:07:20 (33.4%)	4:23	13.7 (66.8%)
487	IZDEBSKI Tomek	334	SPORT GENERATION	M-45	50	Tak	mazowieckie	00:00:22	00:10:34	00:21:57.15	00:22:19.75	+00:07:21 (33.5%)	4:23	13.7 (66.8%)
488	KAMIEŃ Dorota	402	AWF WARSZAWA	K-50	2	Tak	mazowieckie	00:00:25	00:10:37	00:21:57.80	00:22:23.20	+00:07:21 (33.5%)	4:23	13.7 (66.8%)
489	BIENIAK Krzysztof	56		M-50	31		mazowieckie	00:00:43	00:10:42	00:21:58.15	00:22:41.95	+00:07:22 (33.5%)	4:23	13.7 (66.8%)
490	ARAŻNY Zbigniew	14		M-50	32		mazowieckie	00:00:42	00:10:43	00:21:59.60	00:22:41.75	+00:07:23 (33.6%)	4:23	13.6 (66.3%)
491	GRYCNER Paweł	298	SHAKALAKA	M-40	61	Nie	mazowieckie	00:00:27	00:10:45	00:21:59.75	00:22:27.25	+00:07:23 (33.6%)	4:23	13.6 (66.3%)
492	NOWAK Agnieszka	713	ZABIEGANY WOŁOMIN	K Seniorzy	23		mazowieckie	00:00:45	00:10:44	00:21:59.95	00:22:45.75	+00:07:23 (33.6%)	4:23	13.6 (66.3%)
493	SIEWRUK Katarzyna	907	WARSAW RUN CLUB	K-45	7		mazowieckie	00:00:45	00:10:46	00:22:01.50	00:22:46.75	+00:07:25 (33.7%)	4:24	13.6 (66.3%)
494	PATYK Mateusz	765	STICK TO RUNNING	M-35	80	Nie	mazowieckie	00:00:28	00:10:39	00:22:01.65	00:22:30.10	+00:07:25 (33.7%)	4:24	13.6 (66.3%)
495	BOROWIECKA Lucyna Anna	78		K-45	8			00:00:46	00:10:47	00:22:01.80	00:22:48.00	+00:07:25 (33.7%)	4:24	13.6 (66.3%)
496	ANIÓŁKOWSKI Krzysztof	7	AKTYWNA WARSZAWA	M-40	62	Nie	mazowieckie	00:01:00	00:11:05	00:22:02.15	00:23:02.65	+00:07:26 (33.7%)	4:24	13.6 (66.3%)
497	SZCZESNY Piotr	995	RURATEAM	M Seniorzy	122	Nie	mazowieckie	00:00:26	00:10:37	00:22:02.20	00:22:28.25	+00:07:26 (33.7%)	4:24	13.6 (66.3%)
498	KORKOSZ Andrzej	468		M-45	51			00:00:30	00:10:54	00:22:04.65	00:22:34.85	+00:07:28 (33.9%)	4:24	13.6 (66.3%)
499	SAMOCIUK Karolina	889		K Seniorzy	24	Nie	mazowieckie	00:00:34	00:10:55	00:22:05.20	00:22:39.75	+00:07:29 (33.9%)	4:25	13.6 (66.3%)
500	MIRECKI Kacper	670		M U23	23	Nie	mazowieckie	00:01:02	00:10:58	00:22:05.60	00:23:08.35	+00:07:29 (33.9%)	4:25	13.6 (66.3%)
501	EWA Sam	199	TRICLUB	K-45	9	Nie	mazowieckie	00:00:55	00:11:00	00:22:08.15	00:23:03.90	+00:07:32 (34.0%)	4:25	13.6 (66.3%)
502	ZWIERZYŃSKA Agnieszka	1199		K-45	10	Nie	mazowieckie	00:00:45	00:10:47	00:22:08.90	00:22:53.95	+00:07:32 (34.1%)	4:25	13.6 (66.3%)
503	MIELCZARSKI Bartosz	660		M-40	63	Tak	mazowieckie	00:00:43	00:10:42	00:22:09.00	00:22:52.55	+00:07:32 (34.1%)	4:25	13.5 (65.9%)
504	KRATOK Dmitry	1265	RUN_WAWA_RUN	M-40	64	Nie	mazowieckie	00:00:55	00:10:54	00:22:09.40	00:23:04.70	+00:07:33 (34.1%)	4:25	13.5 (65.9%)
505	ŻYLIŃSKI Tomasz	1209		M-35	81	Nie	mazowieckie	00:01:04	00:10:54	00:22:09.70	00:23:14.60	+00:07:33 (34.1%)	4:25	13.5 (65.9%)
506	ILCZUK Michał	325	RWV	M-40	65	Tak	mazowieckie	00:00:57	00:11:01	00:22:14.05	00:23:11.10	+00:07:37 (34.3%)	4:26	13.5 (65.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bemowo	Mazowsze	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
								startu	2.5km	5km	5km			
507	LEISZNER Izabela	565	CARBON SILESIA SPORT BY VITARADE	M-40	66	Nie	śląskie	00:00:30	00:10:55	00:22:14.50	00:22:45.05	+00:07:38 (34.3%)	4:26	13.5 (65.9%)
508	SOŚNICKI Michał	950	KB WYSZKÓW	M-35	82	Nie	mazowieckie	00:00:48	00:11:30	00:22:16.20	00:23:05.10	+00:07:40 (34.4%)	4:27	13.5 (65.9%)
509	RATYŃSKI Michał	843	BWRUNNERS	M-45	52	Nie	mazowieckie	00:00:33	00:10:51	00:22:16.50	00:22:49.95	+00:07:40 (34.4%)	4:27	13.5 (65.9%)
510	SÓJKA Paweł	953	PZLAM	M-65	4	Nie	mazowieckie	00:00:53	00:11:03	00:22:19.50	00:23:13.45	+00:07:43 (34.6%)	4:27	13.4 (65.4%)
510	SYCZ Michał	986		M Seniorzy	123	Nie	mazowieckie	00:00:48	00:10:49	00:22:19.50	00:23:08.15	+00:07:43 (34.6%)	4:27	13.4 (65.4%)
512	KLUIJ Bogusław	442	BIEGAM DLA SANDRY I ROBERTA	M-65	5	Nie	mazowieckie	00:00:44	00:10:53	00:22:19.55	00:23:04.20	+00:07:43 (34.6%)	4:27	13.4 (65.4%)
513	DOBRODZIEJ Łukasz	168	JTENDO	M-35	83		mazowieckie	00:00:54	00:10:56	00:22:19.70	00:23:14.10	+00:07:43 (34.6%)	4:27	13.4 (65.4%)
514	BUJALSKI Konrad	97	TEAM ZABIEGANEDNI	M Seniorzy	124		mazowieckie	00:00:58	00:11:15	00:22:20.15	00:23:19.00	+00:07:44 (34.6%)	4:28	13.4 (65.4%)
515	LEŚKIEWICZ Agata	568		K-35	17		mazowieckie	00:00:53	00:11:16	00:22:22.95	00:23:16.80	+00:07:46 (34.8%)	4:28	13.4 (65.4%)
516	KRZYCKI Rafał	526	RAAA	M-45	53		mazowieckie	00:00:34	00:10:59	00:22:23.40	00:22:58.10	+00:07:47 (34.8%)	4:28	13.4 (65.4%)
517	SMUŁEK Rafał	931		M Seniorzy	125		mazowieckie	00:00:56	00:11:18	00:22:23.55	00:23:19.55	+00:07:47 (34.8%)	4:28	13.4 (65.4%)
518	SZEWCZYK Robert	1002		M-45	54			00:00:43	00:10:45	00:22:23.60	00:23:06.65	+00:07:47 (34.8%)	4:28	13.4 (65.4%)
519	KOPACZEL Paweł	460	LEGIA WARSZAWA	M-40	67			00:00:44	00:11:00	00:22:24.20	00:23:08.80	+00:07:48 (34.8%)	4:28	13.4 (65.4%)
520	KACHNIARZ Tomasz	377	SPORT GENERATION	M-35	84	Nie	mazowieckie	00:00:23	00:10:51	00:22:25.60	00:22:48.95	+00:07:49 (34.9%)	4:29	13.4 (65.4%)
521	TRAWICKI Patryk	1057	PIEROGI ADAMUSA	M Seniorzy	126	Nie	mazowieckie	00:00:34	00:10:55	00:22:25.75	00:23:00.35	+00:07:49 (34.9%)	4:29	13.4 (65.4%)
522	FRANCZAK Małgorzata	214	PB RUNNING TEAM	K Seniorzy	25	Tak	mazowieckie	00:00:57	00:11:17	00:22:26.25	00:23:23.50	+00:07:50 (34.9%)	4:29	13.4 (65.4%)
523	RUDZIŃSKI Jan	867	GROWGO	M-35	85	Nie	mazowieckie	00:00:28	00:11:13	00:22:26.50	00:22:54.60	+00:07:50 (34.9%)	4:29	13.4 (65.4%)
524	BĄCZEK Tomasz	40	BEMOWO BIEGA	M-45	55	Tak	mazowieckie	00:01:01	00:11:14	00:22:26.85	00:23:28.45	+00:07:50 (35.0%)	4:29	13.4 (65.4%)
525	PRZYBYLSKI Mikołaj	828		M U23	24	Nie	mazowieckie	00:01:22	00:10:55	00:22:27.35	00:23:49.55	+00:07:51 (35.0%)	4:29	13.4 (65.4%)
526	KUCZYŃSKI Maciej	540		M-35	86	Nie	mazowieckie	00:00:49	00:10:59	00:22:27.55	00:23:17.05	+00:07:51 (35.0%)	4:29	13.4 (65.4%)
527	WĘGLARSKI Tomasz	1108		M U18	19		mazowieckie	00:00:56	00:11:16	00:22:27.70	00:23:24.55	+00:07:51 (35.0%)	4:29	13.4 (65.4%)
528	BISZEWSKA Dorota	58		K-35	18		mazowieckie	00:00:46	00:11:02	00:22:29.65	00:23:16.45	+00:07:53 (35.1%)	4:29	13.3 (64.9%)
529	KOSOWICZ Paweł	476	KB PACE	M Seniorzy	127	Nie	mazowieckie	00:00:54	00:10:59	00:22:32.10	00:23:26.20	+00:07:56 (35.2%)	4:30	13.3 (64.9%)
530	IWANOWSKI Tomasz	330		M Seniorzy	128	Nie	mazowieckie	00:00:53	00:11:21	00:22:34.15	00:23:28.05	+00:07:58 (35.3%)	4:30	13.3 (64.9%)
531	LUKS Bartłomiej	585		M-35	87	Nie	mazowieckie	00:01:19	00:11:13	00:22:34.40	00:23:53.75	+00:07:58 (35.3%)	4:30	13.3 (64.9%)
531	GŁODOWSKA Marta	249	ŻÓRAWSKI TEAM	K Seniorzy	26		mazowieckie	00:00:35	00:11:09	00:22:34.40	00:23:10.15	+00:07:58 (35.3%)	4:30	13.3 (64.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bemowo	Mazowsze	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
								startu	2.5km	5km	5km			
533	GŁODOWSKA Justyna	250	GŁODKI	K Seniorzy	27		mazowieckie	00:00:35	00:11:09	00:22:34.65	00:23:10.30	+00:07:58 (35.3%)	4:30	13.3 (64.9%)
534	SKOWROŃSKI Marcin	919	GRUPA BIEGOWA CHTMO	M Seniorzy	129	Nie	mazowieckie	00:00:53	00:11:19	00:22:36.25	00:23:29.55	+00:08:00 (35.4%)	4:31	13.3 (64.9%)
535	STEFANIK Katarzyna	965	BRZEZIŃSKI RUN CLUB	K Seniorzy	28	Nie	mazowieckie	00:00:45	00:11:02	00:22:36.40	00:23:22.00	+00:08:00 (35.4%)	4:31	13.3 (64.9%)
536	SAVCHENKO Serhii	893	TEAM ZABIEGANE DNI	M-45	56	Nie	mazowieckie	00:00:33	00:11:06	00:22:36.45	00:23:10.05	+00:08:00 (35.4%)	4:31	13.3 (64.9%)
537	PNIEWSKI Rafał	801	BIEGAM NA TARCHOMINIE	M-45	57		mazowieckie	00:00:42	00:10:44	00:22:38.00	00:23:20.90	+00:08:01 (35.5%)	4:31	13.3 (64.9%)
538	OKUŁOWICZ Eliza	720		K-40	13	Nie	mazowieckie	00:00:54	00:11:12	00:22:38.70	00:23:32.90	+00:08:02 (35.5%)	4:31	13.3 (64.9%)
539	KOBA Ania	447	ROZBIEGANE MICHAŁOWICE	K-45	11	Nie	mazowieckie	00:00:54	00:11:18	00:22:38.75	00:23:33.25	+00:08:02 (35.5%)	4:31	13.3 (64.9%)
540	KAMIŃSKI Łukasz	405	PZU SPORT TEAM	M-35	88		mazowieckie	00:00:55	00:11:20	00:22:39.05	00:23:34.95	+00:08:02 (35.5%)	4:31	13.2 (64.4%)
541	SZTENKE Paweł	1011	BRAK	M U20	13	Tak	mazowieckie	00:02:18	00:11:12	00:22:39.50	00:24:58.20	+00:08:03 (35.6%)	4:31	13.2 (64.4%)
542	KOSTRZEWSKI Piotr	477		M Seniorzy	130	Tak	mazowieckie	00:00:56	00:11:20	00:22:39.90	00:23:36.60	+00:08:03 (35.6%)	4:31	13.2 (64.4%)
543	PASTOR Kamil	760		M-40	68		mazowieckie	00:00:55	00:11:00	00:22:40.70	00:23:35.70	+00:08:04 (35.6%)	4:32	13.2 (64.4%)
544	KOPCZYK Marcin	463		M-40	69	Nie	mazowieckie	00:00:37	00:10:56	00:22:41.20	00:23:18.95	+00:08:05 (35.6%)	4:32	13.2 (64.4%)
545	ŻUK-DRAŻYK Berenika	1207	DDRUNNINGTEAM	K-40	14	Tak	mazowieckie	00:00:58	00:11:19	00:22:42.40	00:23:40.45	+00:08:06 (35.7%)	4:32	13.2 (64.4%)
546	STĘPIEŃ Radosław	969		M-35	89	Tak	mazowieckie	00:01:05	00:11:31	00:22:42.60	00:23:48.20	+00:08:06 (35.7%)	4:32	13.2 (64.4%)
547	URBANOWICZ Kamil	1081	BRACTWO BIEGOWE BGK	M-45	58	Nie	mazowieckie	00:00:31	00:11:01	00:22:42.85	00:23:14.30	+00:08:06 (35.7%)	4:32	13.2 (64.4%)
548	GÓRSKI Marcin	280		M-40	70	Nie	mazowieckie	00:00:59	00:11:00	00:22:42.95	00:23:42.30	+00:08:06 (35.7%)	4:32	13.2 (64.4%)
549	OLSZEWSKI Jakub	728	PĘDZĄCE KURCZAKI	M-35	90	Nie	mazowieckie	00:00:57	00:11:19	00:22:43.35	00:23:40.90	+00:08:07 (35.7%)	4:32	13.2 (64.4%)
550	TURŻAŃSKI Stanisław	1068	KS CZEMPION WARSZAWA	M U16	6	Nie	mazowieckie	00:00:22	00:11:10	00:22:43.85	00:23:05.90	+00:08:07 (35.8%)	4:32	13.2 (64.4%)
551	PAWIŃSKI Artur	766		M-45	59	Nie	mazowieckie	00:00:54	00:11:19	00:22:43.95	00:23:38.65	+00:08:07 (35.8%)	4:32	13.2 (64.4%)
552	MELIKSETJAN Dawid	646		M Seniorzy	131	Nie	mazowieckie	00:01:00	00:11:18	00:22:44.50	00:23:45.15	+00:08:08 (35.8%)	4:32	13.2 (64.4%)
553	GALAS Igor	224		M-40	71		mazowieckie	00:00:32	00:11:10	00:22:46.10	00:23:18.85	+00:08:10 (35.9%)	4:33	13.2 (64.4%)
554	RZEWUSKI Jakub	883		M Seniorzy	132			00:00:46	00:11:06	00:22:46.50	00:23:33.45	+00:08:10 (35.9%)	4:33	13.2 (64.4%)
554	WOJCIECHOWSKI Bartosz	1244		M-45	60	Tak	mazowieckie	00:00:44	00:11:10	00:22:46.50	00:23:31.10	+00:08:10 (35.9%)	4:33	13.2 (64.4%)
556	ZIEZIO Patryk	1195		M Seniorzy	133	Tak	mazowieckie	00:01:02	00:11:14	00:22:46.65	00:23:49.20	+00:08:10 (35.9%)	4:33	13.2 (64.4%)
557	WAWER Karolina	1096		K Seniorzy	29			00:00:56	00:11:17	00:22:47.70	00:23:43.90	+00:08:11 (35.9%)	4:33	13.2 (64.4%)
558	PITAK-CHMIEL Edyta	793	BEMOWO BIEGA	K-40	15		mazowieckie	00:00:53	00:11:18	00:22:48.00	00:23:41.85	+00:08:11 (36.0%)	4:33	13.2 (64.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bemowo	Mazowsze	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
								startu	2.5km	5km	5km			
559	SZCZEĆ Adam	990	KS ATLETA	M-40	72	Nie	mazowieckie	00:02:25	00:11:07	00:22:48.75	00:25:14.55	+00:08:12 (36.0%)	4:33	13.2 (64.4%)
560	PIETRASIK Robert	783		M-40	73	Nie	mazowieckie	00:00:54	00:11:18	00:22:48.85	00:23:43.10	+00:08:12 (36.0%)	4:33	13.2 (64.4%)
561	ŻUCHOWSKI Andrzej	1206		M-45	61	Tak	mazowieckie	00:00:48	00:11:08	00:22:49.55	00:23:38.15	+00:08:13 (36.0%)	4:33	13.1 (63.9%)
561	SZCZEPANIAK Agnieszka	991	#SZLACHTABIEGA	K-50	3	Nie	śląskie	00:00:20	00:11:11	00:22:49.55	00:23:10.30	+00:08:13 (36.0%)	4:33	13.1 (63.9%)
561	SZWAJKOWSKI Paweł	1017		M-50	33	Tak	mazowieckie	00:00:48	00:10:57	00:22:49.55	00:23:38.20	+00:08:13 (36.0%)	4:33	13.1 (63.9%)
564	MAJKOWSKI Piotr	609	WATICAN	M Seniorzy	134	Nie	mazowieckie	00:01:24	00:11:26	00:22:49.75	00:24:14.25	+00:08:13 (36.0%)	4:33	13.1 (63.9%)
565	KOWALCZYK Patryk	485		M U16	7	Tak	mazowieckie	00:01:01	00:11:21	00:22:50.95	00:23:51.95	+00:08:14 (36.1%)	4:34	13.1 (63.9%)
566	ZAGAJEWSKI Adam	1171	CIŚNIEM BO UŚNIEM	M-45	62	Tak	mazowieckie	00:00:28	00:10:54	00:22:51.75	00:23:20.60	+00:08:15 (36.1%)	4:34	13.1 (63.9%)
567	BRODZIUK Anna	84	KALINOWSKITEAM	K-45	12	Tak	mazowieckie	00:00:44	00:11:01	00:22:52.05	00:23:36.35	+00:08:15 (36.1%)	4:34	13.1 (63.9%)
568	GRĄDZKI Jacek	287		M-40	74	Tak	mazowieckie	00:00:56	00:11:15	00:22:52.40	00:23:48.50	+00:08:16 (36.2%)	4:34	13.1 (63.9%)
569	PARUZEL Piotr	756	BEMOWO BIEGA	M-40	75		mazowieckie	00:00:18	00:10:54	00:22:52.55	00:23:11.30	+00:08:16 (36.2%)	4:34	13.1 (63.9%)
570	PAROL Grzegorz	754		M-50	34	Nie	mazowieckie	00:00:46	00:11:09	00:22:54.15	00:23:40.40	+00:08:18 (36.2%)	4:34	13.1 (63.9%)
571	IDŻIKOWKOSKI Piotr	1486						00:01:49	00:11:27	00:22:54.60	00:24:44.45	+00:08:18 (36.3%)	4:34	13.1 (63.9%)
572	JERECZEK Adrianna	367	KB PACE	K Seniorzy	30		mazowieckie	00:00:30	00:10:55	00:22:55.35	00:23:26.20	+00:08:19 (36.3%)	4:35	13.1 (63.9%)
573	SZULIŃSKI Michał	1014		M Seniorzy	135	Nie	mazowieckie	00:00:47	00:11:07	00:22:55.50	00:23:42.85	+00:08:19 (36.3%)	4:35	13.1 (63.9%)
574	SKAŁECKI Karol	916		M-40	76	Nie	mazowieckie	00:00:59	00:11:19	00:22:55.65	00:23:55.55	+00:08:19 (36.3%)	4:35	13.1 (63.9%)
575	REHAN Przemysław	1511		M-40	77		mazowieckie	00:02:15	00:11:29	00:22:56.45	00:25:11.65	+00:08:20 (36.4%)	4:35	13.1 (63.9%)
576	KOWALCZYK Natalia	483	UKS ORZEŁKI WARSZAWA	K U16	4	Nie	mazowieckie	00:00:19	00:10:43	00:22:56.50	00:23:15.80	+00:08:20 (36.4%)	4:35	13.1 (63.9%)
577	KROPIAK Katarzyna	509	VEGE RUNNERS	K-35	19	Nie	mazowieckie	00:00:53	00:11:20	00:22:56.80	00:23:49.95	+00:08:20 (36.4%)	4:35	13.1 (63.9%)
578	GALA Maciej	222		M-35	91	Nie	mazowieckie	00:01:20	00:11:31	00:22:56.90	00:24:17.05	+00:08:20 (36.4%)	4:35	13.1 (63.9%)
579	CYMBORSKA Jolanta	143	IMR SPORT TEAM	K-40	16	Nie	mazowieckie	00:00:36	00:11:14	00:22:57.20	00:23:33.85	+00:08:21 (36.4%)	4:35	13.1 (63.9%)
580	MACIEJEWSKA Katarzyna	1521		K Seniorzy	31		mazowieckie	00:00:18	00:11:00	00:22:58.05	00:23:16.20	+00:08:21 (36.4%)	4:35	13.1 (63.9%)
580	ŁASZCZYCH Małgorzata	591		K Seniorzy	32	Nie	mazowieckie	00:00:48	00:11:31	00:22:58.05	00:23:46.40	+00:08:21 (36.4%)	4:35	13.1 (63.9%)
582	BECZEK Nikola	42	MARKOWI BIEGACZE	K Seniorzy	33	Nie	lubelskie	00:00:53	00:11:21	00:22:58.20	00:23:52.00	+00:08:22 (36.4%)	4:35	13.1 (63.9%)
583	MART Jakub	628	ADIDAS RUNNERS WARSAW	M-35	92	Nie	mazowieckie	00:00:44	00:11:29	00:22:58.95	00:23:43.90	+00:08:22 (36.5%)	4:35	13.1 (63.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bemowo	Mazowsze	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
								startu	2.5km	5km	5km			
584	TOBOŁA- PERTKIEWICZ Leon	1051	POLONIA WARSZAWA	M U16	8	Tak	mazowieckie	00:00:35	00:10:59	00:22:59.15	00:23:34.55	+00:08:23 (36.5%)	4:35	13.1 (63.9%)
585	WCISŁO Anna	1098	AKTYWNA WARSZAWA	K-45	13	Nie	mazowieckie	00:01:03	00:11:01	00:22:59.50	00:24:02.90	+00:08:23 (36.5%)	4:35	13.1 (63.9%)
586	OLEJNICZAK Maria	722	RUN SIERPC	K-65	1	Nie	mazowieckie	00:00:53	00:11:19	00:22:59.75	00:23:53.00	+00:08:23 (36.5%)	4:35	13.1 (63.9%)
587	WÓJCIK Jarek	1160	OLSZEWCY TEAM	M-55	10	Nie	mazowieckie	00:00:46	00:10:46	00:23:00.10	00:23:46.85	+00:08:24 (36.5%)	4:36	13 (63.4%)
588	BRONISZ Seba	87	WOJSKOWA AKADEMIA TECHNICZNA	M-35	93	Tak	mazowieckie	00:00:12	00:10:54	00:23:00.15	00:23:12.65	+00:08:24 (36.5%)	4:36	13 (63.4%)
589	MŁOCKA- GORCZYŃSKA Matylda	675	FREE FOX	K-40	17		mazowieckie	00:00:33	00:10:59	00:23:00.30	00:23:33.30	+00:08:24 (36.5%)	4:36	13 (63.4%)
590	GOŁAWSKI Rafał	263	WOJSKOWA AKADEMIA TECHNICZNA	M-35	94	Tak	mazowieckie	00:00:12	00:10:54	00:23:00.55	00:23:13.05	+00:08:24 (36.5%)	4:36	13 (63.4%)
591	KOMOR Magda	1262		K-35	20	Nie	mazowieckie	00:00:30	00:11:09	00:23:00.85	00:23:31.60	+00:08:24 (36.6%)	4:36	13 (63.4%)
592	KACPRZAK Monika	1243	WOJSKOWA AKADEMIA TECHNICZNA	K U23	8	Nie	łódzkie	00:01:04	00:11:20	00:23:01.15	00:24:05.70	+00:08:25 (36.6%)	4:36	13 (63.4%)
593	MAŁOLEPSZY Wojciech	616		M Seniorzy	136	Tak	mazowieckie	00:00:30	00:11:06	00:23:01.20	00:23:31.40	+00:08:25 (36.6%)	4:36	13 (63.4%)
594	GRZELAK Anna	304		K-35	21	Nie	łódzkie	00:00:53	00:11:18	00:23:02.05	00:23:55.30	+00:08:25 (36.6%)	4:36	13 (63.4%)
595	OPIEKA Mariusz	731		M-45	63	Nie	mazowieckie	00:00:53	00:11:19	00:23:02.50	00:23:55.95	+00:08:26 (36.6%)	4:36	13 (63.4%)
596	TENDERENDA Kamil	1046		M-35	95	Nie	podlaskie	00:00:53	00:11:20	00:23:02.80	00:23:55.85	+00:08:26 (36.6%)	4:36	13 (63.4%)
597	BRUSOKAS Tomasz	88		M-40	78	Nie	mazowieckie	00:01:01	00:11:17	00:23:05.55	00:24:07.35	+00:08:29 (36.8%)	4:37	13 (63.4%)
598	WICHEREK Patryk	1113		M Seniorzy	137	Tak	mazowieckie	00:00:56	00:11:20	00:23:05.75	00:24:02.40	+00:08:29 (36.8%)	4:37	13 (63.4%)
599	MAMCZAREK Mariusz	618	OIRP WARSZAWA	M-40	79		mazowieckie	00:00:55	00:11:22	00:23:06.85	00:24:02.15	+00:08:30 (36.8%)	4:37	13 (63.4%)
600	TRZCIANKO Tomasz	1062		M Seniorzy	138	Nie	mazowieckie	00:00:58	00:11:18	00:23:07.45	00:24:05.70	+00:08:31 (36.9%)	4:37	13 (63.4%)
601	DZIEKOŃSKI Tadeusz	193	JUVENIA BIAŁYSTOK	M-75	1			00:00:31	00:11:25	00:23:08.70	00:23:40.65	+00:08:32 (36.9%)	4:37	13 (63.4%)
602	MAŃKA-WIZOR Dagmara	619	AKS POLONIA WARSZAWA	K-45	14	Nie	mazowieckie	00:00:36	00:11:17	00:23:08.80	00:23:44.85	+00:08:32 (36.9%)	4:37	13 (63.4%)
603	PODGÓRSKA Joanna	808		K-40	18	Tak	mazowieckie	00:00:54	00:11:18	00:23:12.10	00:24:06.65	+00:08:36 (37.1%)	4:38	12.9 (62.9%)
604	OLCHAWA Sebastian	721		M Seniorzy	139	Nie	mazowieckie	00:01:47	00:11:26	00:23:13.75	00:25:01.10	+00:08:37 (37.1%)	4:38	12.9 (62.9%)
605	ZIĘBA Kinga	1196		K Seniorzy	34	Nie	podkarpackie	00:00:54	00:11:20	00:23:15.70	00:24:10.40	+00:08:39 (37.2%)	4:39	12.9 (62.9%)
606	KONCEWICZ Marta	457		K-40	19	Nie	mazowieckie	00:00:45	00:11:25	00:23:17.25	00:24:02.90	+00:08:41 (37.3%)	4:39	12.9 (62.9%)
607	ROZUM Janusz	861	JAKOTIM	M-70	2	Nie	mazowieckie	00:00:59	00:11:32	00:23:18.00	00:24:17.75	+00:08:41 (37.3%)	4:39	12.9 (62.9%)
608	MAZIK Andrzej	639		M-40	80		mazowieckie	00:00:56	00:11:17	00:23:20.75	00:24:16.95	+00:08:44 (37.5%)	4:40	12.9 (62.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bemowo	Mazowsze	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
								startu	2.5km	5km	5km			
609	JANCZUK Piotr	346		M-45	64	Tak	mazowieckie	00:00:54	00:11:22	00:23:22.85	00:24:17.25	+00:08:46 (37.5%)	4:40	12.8 (62.4%)
610	ŁAGOWSKI Krzysztof	588		M-45	65		mazowieckie	00:00:24	00:11:22	00:23:23.75	00:23:48.20	+00:08:47 (37.6%)	4:40	12.8 (62.4%)
611	GÓRA Natalia	272	PZU SPORT TEAM	K Seniorzy	35		mazowieckie	00:00:48	00:11:07	00:23:25.70	00:24:13.75	+00:08:49 (37.7%)	4:41	12.8 (62.4%)
612	SŁOWIAK Klaudia	927		K-40	20		mazowieckie	00:00:58	00:11:26	00:23:25.85	00:24:24.00	+00:08:49 (37.7%)	4:41	12.8 (62.4%)
613	POMIANOWSKI Stanisław	1503		M U16	9		mazowieckie	00:01:15	00:11:43	00:23:25.90	00:24:41.40	+00:08:49 (37.7%)	4:41	12.8 (62.4%)
614	MALCZEWSKI Krzysztof	613		M Seniorzy	140		mazowieckie	00:01:02	00:11:55	00:23:28.05	00:24:31.00	+00:08:51 (37.8%)	4:41	12.8 (62.4%)
615	MRÓZ Konrad	1222	SEKCJA BIEGOWA PGE	M-45	66	Nie	mazowieckie	00:01:01	00:11:52	00:23:29.75	00:24:31.45	+00:08:53 (37.9%)	4:41	12.8 (62.4%)
616	SZYSZKOWSKI Piotr	1029		M-55	11			00:00:26	00:11:17	00:23:30.10	00:23:56.15	+00:08:54 (37.9%)	4:42	12.8 (62.4%)
617	PANKRATZ Piotr	749		M Seniorzy	141	Nie	mazowieckie	00:00:59	00:11:21	00:23:30.45	00:24:29.85	+00:08:54 (37.9%)	4:42	12.8 (62.4%)
618	CHABIERA Bartłomiej	109		M-35	96	Nie	mazowieckie	00:00:56	00:11:08	00:23:31.00	00:24:27.70	+00:08:54 (37.9%)	4:42	12.8 (62.4%)
619	AUGUSTYNIAK Łukasz	19		M Seniorzy	142	Nie	mazowieckie	00:00:47	00:11:16	00:23:31.50	00:24:18.60	+00:08:55 (37.9%)	4:42	12.8 (62.4%)
620	SARZYŃSKI Marcin	892	WOJSKOWA AKADEMIA TECHNICZNA	M-40	81	Nie	mazowieckie	00:01:42	00:11:28	00:23:32.05	00:25:14.20	+00:08:55 (38.0%)	4:42	12.7 (62.0%)
621	BRYKOWSKA Teresa	89	ADA TEAM	K-60	1	Nie	łódzkie	00:00:56	00:11:34	00:23:33.20	00:24:29.50	+00:08:57 (38.0%)	4:42	12.7 (62.0%)
622	CHOMA Andrzej	126	BAZYLISZEK	M Seniorzy	143	Nie	mazowieckie	00:01:16	00:11:19	00:23:34.15	00:24:51.00	+00:08:58 (38.0%)	4:42	12.7 (62.0%)
623	SAMOŁYK Bartosz	890		M-35	97	Tak	mazowieckie	00:01:19	00:11:57	00:23:35.00	00:24:54.95	+00:08:58 (38.1%)	4:43	12.7 (62.0%)
624	KONDRACKA Aleksandra	458		K Seniorzy	36	Nie	mazowieckie	00:01:19	00:11:33	00:23:35.80	00:24:55.45	+00:08:59 (38.1%)	4:43	12.7 (62.0%)
625	AFTYKA Piotr	1485		M-40	82		mazowieckie	00:01:49	00:11:44	00:23:36.15	00:25:25.60	+00:09:00 (38.1%)	4:43	12.7 (62.0%)
626	ARTYSZUK Monika	16		K-40	21	Nie	mazowieckie	00:00:56	00:11:51	00:23:38.15	00:24:35.05	+00:09:02 (38.2%)	4:43	12.7 (62.0%)
627	STRZYŻEWSKI Paweł	978	BEMOWO BIEGA	M-45	67	Tak	mazowieckie	00:00:23	00:11:50	00:23:39.10	00:24:02.10	+00:09:03 (38.3%)	4:43	12.7 (62.0%)
628	KOWALSKI Tomasz	489	12TRI.PL	M-45	68		mazowieckie	00:00:46	00:11:17	00:23:39.95	00:24:26.30	+00:09:03 (38.3%)	4:43	12.7 (62.0%)
629	SŁOTWIŃSKI Maciej	926		M-45	69	Tak	mazowieckie	00:00:34	00:11:37	00:23:44.55	00:24:18.80	+00:09:08 (38.5%)	4:44	12.6 (61.5%)
630	BABENKO Olena	1291	STARTDNIPRO	K-65	2	Nie	mazowieckie	00:00:06	00:11:35	00:23:44.85	00:23:50.95	+00:09:08 (38.5%)	4:44	12.6 (61.5%)
631	KOZŁOWSKI Grzegorz	499		M-45	70			00:00:57	00:11:48	00:23:45.35	00:24:43.25	+00:09:09 (38.5%)	4:45	12.6 (61.5%)
632	PODBIELSKI Piotr	806		M-40	83	Tak	mazowieckie	00:01:05	00:11:46	00:23:45.95	00:24:51.35	+00:09:09 (38.6%)	4:45	12.6 (61.5%)
633	GŁOWACKI Jacek	253	12TRI.PL	M-60	6		mazowieckie	00:00:48	00:11:15	00:23:46.10	00:24:34.20	+00:09:10 (38.6%)	4:45	12.6 (61.5%)
634	POGORZELSKA Katarzyna	813	ENDOPROTEZA TEAM	K-45	15		mazowieckie	00:00:55	00:11:37	00:23:46.70	00:24:41.70	+00:09:10 (38.6%)	4:45	12.6 (61.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bemowo	Mazowsze	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
								startu	2.5km	5km	5km			
635	BARDADYN Artur	32		M-45	71		mazowieckie	00:01:02	00:11:49	00:23:47.60	00:24:49.95	+00:09:11 (38.6%)	4:45	12.6 (61.5%)
636	TUROWSKI Bartosz	1067		M Seniorzy	144	Nie	mazowieckie	00:01:35	00:11:58	00:23:47.70	00:25:22.75	+00:09:11 (38.6%)	4:45	12.6 (61.5%)
637	BOJAKOWSKI Jacek	71	MARKOWI BIEGACZE	M-40	84	Nie	mazowieckie	00:01:06	00:11:54	00:23:47.85	00:24:54.15	+00:09:11 (38.6%)	4:45	12.6 (61.5%)
638	NAWROCKA Roma	700	GRUPA BIEGOWA UM W-WA	K-50	4	Nie	mazowieckie	00:00:21	00:11:50	00:23:48.45	00:24:09.70	+00:09:12 (38.7%)	4:45	12.6 (61.5%)
639	MIKUSEK Ryszard	667		M-45	72		mazowieckie	00:01:45	00:11:47	00:23:48.90	00:25:34.45	+00:09:12 (38.7%)	4:45	12.6 (61.5%)
640	DĄBROWSKI Michał	157	SP80	M Seniorzy	145	Nie	mazowieckie	00:01:04	00:11:57	00:23:48.95	00:24:53.45	+00:09:12 (38.7%)	4:45	12.6 (61.5%)
641	DUSZYŃSKI Bartek	187		M-35	98	Nie	mazowieckie	00:00:43	00:11:29	00:23:49.00	00:24:32.25	+00:09:12 (38.7%)	4:45	12.6 (61.5%)
642	STEMPEL Tomasz	968	MARYSIN WAWERSKI BIEGA	M-50	35	Nie	mazowieckie	00:01:26	00:11:48	00:23:49.70	00:25:16.65	+00:09:13 (38.7%)	4:45	12.6 (61.5%)
643	LIS Marek	578		M-35	99	Nie	mazowieckie	00:00:37	00:11:36	00:23:49.90	00:24:27.45	+00:09:13 (38.7%)	4:45	12.6 (61.5%)
644	GOTÓWKO Natalia	269		K Seniorzy	37	Nie	mazowieckie	00:00:37	00:11:36	00:23:50.00	00:24:27.75	+00:09:13 (38.7%)	4:46	12.6 (61.5%)
645	KAPUSTA Agata	410		K-35	22	Nie	mazowieckie	00:00:47	00:11:26	00:23:50.80	00:24:38.65	+00:09:14 (38.8%)	4:46	12.6 (61.5%)
646	BIAŁOWOLSKI Konstanty	52		M-35	100		mazowieckie	00:00:58	00:11:17	00:23:51.85	00:24:50.60	+00:09:15 (38.8%)	4:46	12.6 (61.5%)
647	BASIAK Agnieszka	37		K-40	22		mazowieckie	00:01:00	00:11:38	00:23:53.20	00:24:53.40	+00:09:17 (38.9%)	4:46	12.6 (61.5%)
648	KORKOSZ Stanisław	469		M U18	20			00:01:04	00:12:07	00:23:54.50	00:24:58.55	+00:09:18 (38.9%)	4:46	12.6 (61.5%)
649	KOCISZEWSKI Maciej	1287		M-40	85	Nie	mazowieckie	00:01:25	00:11:43	00:23:55.65	00:25:20.75	+00:09:19 (39.0%)	4:47	12.5 (61.0%)
650	JANNASZ Teresa	349	KLUB SPORTOWY ATLETA	K U18	4	Nie	mazowieckie	00:01:19	00:11:55	00:23:56.20	00:25:15.65	+00:09:20 (39.0%)	4:47	12.5 (61.0%)
651	KRASZEWSKI Paweł	505	KB WYSZKÓW	M-40	86	Nie	mazowieckie	00:00:57	00:11:32	00:23:56.25	00:24:53.75	+00:09:20 (39.0%)	4:47	12.5 (61.0%)
652	MICHALIK Katarzyna	652		K Seniorzy	38	Nie	mazowieckie	00:01:01	00:11:57	00:23:56.40	00:24:57.65	+00:09:20 (39.0%)	4:47	12.5 (61.0%)
653	KUROWSKA Anna	552	RUNBERTÓW	K Seniorzy	39	Nie	mazowieckie	00:01:23	00:12:05	00:23:58.00	00:25:21.35	+00:09:21 (39.1%)	4:47	12.5 (61.0%)
654	TKACZUK Krystian Edward	1047	RUN-LOG	M-65	6	Nie	mazowieckie	00:01:01	00:11:58	00:23:58.85	00:25:00.05	+00:09:22 (39.1%)	4:47	12.5 (61.0%)
655	IWAŃSKA Patrycja	331		K Seniorzy	40	Nie	mazowieckie	00:01:34	00:11:59	00:23:59.00	00:25:33.35	+00:09:22 (39.1%)	4:47	12.5 (61.0%)
656	WOJTAS Janusz	1270		M-55	12	Nie	mazowieckie	00:01:19	00:12:09	00:24:00.05	00:25:19.65	+00:09:23 (39.2%)	4:48	12.5 (61.0%)
657	WNUK Tomasz	1138		M-40	87	Nie	mazowieckie	00:01:01	00:11:57	00:24:00.70	00:25:01.90	+00:09:24 (39.2%)	4:48	12.5 (61.0%)
658	SOCHOCKI Wojciech	943		M Seniorzy	146		mazowieckie	00:01:18	00:11:40	00:24:02.10	00:25:21.05	+00:09:26 (39.2%)	4:48	12.5 (61.0%)
659	GONCHAROV Michael	266	KS LEMIESZ TEAM	M-35	101		mazowieckie	00:01:04	00:12:02	00:24:02.35	00:25:06.35	+00:09:26 (39.3%)	4:48	12.5 (61.0%)
660	KOPER Sebastian	464	CARREFOUR RUNNING TEAM	M-45	73	Nie	mazowieckie	00:00:55	00:11:30	00:24:03.25	00:24:58.90	+00:09:27 (39.3%)	4:48	12.5 (61.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bemowo	Mazowsze	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
								startu	2.5km	5km	5km			
661	KOMUDA Olgierd	455		M Seniorzy	147	Tak	mazowieckie	00:02:02	00:11:43	00:24:04.25	00:26:06.85	+00:09:28 (39.3%)	4:48	12.5 (61.0%)
662	WITTLIEB Julia	1134	PAWKO RUNNER TEAM	K Seniorzy	41		mazowieckie	00:01:02	00:11:56	00:24:05.90	00:25:08.00	+00:09:29 (39.4%)	4:49	12.5 (61.0%)
663	MIK Zuzanna	664		K Seniorzy	42	Tak	mazowieckie	00:00:57	00:11:51	00:24:06.60	00:25:04.35	+00:09:30 (39.4%)	4:49	12.4 (60.5%)
664	MYŚLIŃSKA Anna	123	EKOBIEGI	K-50	5	Nie	mazowieckie	00:01:05	00:11:54	00:24:06.75	00:25:12.00	+00:09:30 (39.4%)	4:49	12.4 (60.5%)
665	ROCKA Gosia	1509		K-45	16		mazowieckie	00:01:16	00:12:02	00:24:09.45	00:25:25.90	+00:09:33 (39.6%)	4:49	12.4 (60.5%)
666	SPRAWKA Joanna	954		K Seniorzy	43	Nie	mazowieckie	00:01:37	00:12:09	00:24:10.25	00:25:47.75	+00:09:34 (39.6%)	4:50	12.4 (60.5%)
667	GAS Liliana	231	UKS ORZEŁKI WARSZAWA	K U16	5	Tak	mazowieckie	00:01:17	00:12:11	00:24:10.45	00:25:27.85	+00:09:34 (39.6%)	4:50	12.4 (60.5%)
668	PORĘBSKI Dariusz	819		M-35	102	Tak	mazowieckie	00:01:25	00:11:40	00:24:10.50	00:25:36.20	+00:09:34 (39.6%)	4:50	12.4 (60.5%)
669	GAWLIKOWSKI Maciej	1234	MELO RUNNERS	M-40	88	Nie	mazowieckie	00:01:17	00:12:11	00:24:11.30	00:25:28.80	+00:09:35 (39.6%)	4:50	12.4 (60.5%)
670	MICHAŁOWSKI Kamil	653	SLOW CHEETAH RUN CLUB	M-35	103	Nie	mazowieckie	00:01:01	00:12:07	00:24:11.40	00:25:13.20	+00:09:35 (39.6%)	4:50	12.4 (60.5%)
671	CHWAŁA Patryk	1230		M Seniorzy	148	Nie	mazowieckie	00:01:47	00:11:54	00:24:14.15	00:26:01.20	+00:09:38 (39.8%)	4:50	12.4 (60.5%)
672	KRASZEWSKA Sylwia	503	KB WYSZKÓW	K-40	23	Nie	mazowieckie	00:00:56	00:11:53	00:24:14.60	00:25:10.95	+00:09:38 (39.8%)	4:50	12.4 (60.5%)
672	MISZTAL Kacper	1212	PUMA	M Seniorzy	149	Nie	łódzkie	00:00:20	00:11:07	00:24:14.60	00:24:35.05	+00:09:38 (39.8%)	4:50	12.4 (60.5%)
674	GROSZKOWSKA Monika	294		K-40	24	Nie	mazowieckie	00:01:18	00:11:50	00:24:14.70	00:25:33.25	+00:09:38 (39.8%)	4:50	12.4 (60.5%)
675	PODKAŃSKI Kamil	810	WATICAN	M Seniorzy	150	Nie	mazowieckie	00:01:24	00:11:58	00:24:14.75	00:25:39.00	+00:09:38 (39.8%)	4:50	12.4 (60.5%)
676	MATEJAK Katarzyna	631	IMR SPORT TEAM	K-45	17	Nie	mazowieckie	00:01:02	00:12:00	00:24:15.85	00:25:18.55	+00:09:39 (39.8%)	4:51	12.4 (60.5%)
677	SZTĘKIEL Ewelina	1012	NBRC	K-35	23	Tak	mazowieckie	00:00:58	00:12:01	00:24:15.95	00:25:14.60	+00:09:39 (39.8%)	4:51	12.4 (60.5%)
678	KUCIEL Emilia	538		M U18	21	Nie	mazowieckie	00:01:49	00:11:53	00:24:16.15	00:26:05.15	+00:09:40 (39.8%)	4:51	12.4 (60.5%)
678	CIECHAROWSKA Justyna	1235	RUN DE GIRARD	K-40	25	Nie	mazowieckie	00:00:58	00:11:54	00:24:16.15	00:25:14.40	+00:09:40 (39.8%)	4:51	12.4 (60.5%)
680	LECH Paweł	564	WARSZAWA	M-60	7	Nie	mazowieckie	00:01:28	00:12:04	00:24:18.45	00:25:46.80	+00:09:42 (39.9%)	4:51	12.3 (60.0%)
681	FRONCZAK Paweł	1220		M-35	104	Nie	mazowieckie	00:01:20	00:11:58	00:24:18.75	00:25:38.85	+00:09:42 (39.9%)	4:51	12.3 (60.0%)
682	GILARSKA Marta	241		K Seniorzy	44	Nie	mazowieckie	00:00:55	00:11:53	00:24:18.95	00:25:14.70	+00:09:42 (39.9%)	4:51	12.3 (60.0%)
683	CIEPIELA Roman	136		M-40	89	Nie	mazowieckie	00:01:02	00:11:58	00:24:20.65	00:25:23.00	+00:09:44 (40.0%)	4:52	12.3 (60.0%)
684	K Aleksander	1227		M U18	22	Nie	mazowieckie	00:00:31	00:11:23	00:24:20.95	00:24:52.55	+00:09:44 (40.0%)	4:52	12.3 (60.0%)
685	WINNICKA-MACKENTHUN Agnieszka	1292	NBRC	K-50	6	Nie	mazowieckie	00:01:20	00:12:10	00:24:21.65	00:25:42.35	+00:09:45 (40.1%)	4:52	12.3 (60.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bemowo	Mazowsze	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
								startu	2.5km	5km	5km			
686	ROSIŃSKI Robert	858		M-40	90	Nie	mazowieckie	00:01:18	00:11:58	00:24:21.85	00:25:40.40	+00:09:45 (40.1%)	4:52	12.3 (60.0%)
687	JANKOWSKI Andrzej	348		M-35	105		mazowieckie	00:01:24	00:12:02	00:24:21.90	00:25:45.95	+00:09:45 (40.1%)	4:52	12.3 (60.0%)
688	KRZAKALA Jakub	522		M-35	106	Tak	mazowieckie	00:01:18	00:12:09	00:24:22.55	00:25:40.70	+00:09:46 (40.1%)	4:52	12.3 (60.0%)
689	SHPAK Diana	899		K U20	2	Nie	mazowieckie	00:00:23	00:11:45	00:24:24.55	00:24:48.25	+00:09:48 (40.2%)	4:52	12.3 (60.0%)
690	URBAN Paweł	1078		M-45	74		mazowieckie	00:01:59	00:11:55	00:24:24.90	00:26:24.75	+00:09:48 (40.2%)	4:52	12.3 (60.0%)
691	KUKAWSKI Łukasz	542		M-35	107	Nie	mazowieckie	00:01:22	00:12:03	00:24:24.95	00:25:47.80	+00:09:48 (40.2%)	4:52	12.3 (60.0%)
692	BRYKOWSKI Andrzej	90	ADA TEAM	M-60	8	Nie	łódzkie	00:00:57	00:11:33	00:24:25.05	00:25:22.20	+00:09:48 (40.2%)	4:53	12.3 (60.0%)
693	FLOREK Małgorzata	212		K-35	24	Nie	mazowieckie	00:00:59	00:11:56	00:24:25.85	00:25:25.00	+00:09:49 (40.2%)	4:53	12.3 (60.0%)
694	GRABIŃSKA Gizela	283	AZS UW	K-55	1	Nie	mazowieckie	00:01:03	00:12:00	00:24:26.00	00:25:29.45	+00:09:49 (40.2%)	4:53	12.3 (60.0%)
695	MADEJ Katarzyna	605	ALETEMPO	K-40	26		mazowieckie	00:01:28	00:12:02	00:24:26.10	00:25:54.15	+00:09:50 (40.2%)	4:53	12.3 (60.0%)
696	SUCHECKI Konrad	981		M Seniorzy	151	Nie	mazowieckie	00:01:23	00:11:54	00:24:28.35	00:25:51.55	+00:09:52 (40.3%)	4:53	12.3 (60.0%)
697	NEÜFF Tymo	704		M Seniorzy	152	Nie	mazowieckie	00:00:56	00:12:00	00:24:28.75	00:25:25.00	+00:09:52 (40.4%)	4:53	12.3 (60.0%)
698	MROCZKOWSKA Agata	688		K Seniorzy	45		mazowieckie	00:00:32	00:11:43	00:24:29.25	00:25:01.60	+00:09:53 (40.4%)	4:53	12.3 (60.0%)
699	WLINOWSKA Agnieszka	1508		K-40	27		mazowieckie	00:01:15	00:12:03	00:24:29.30	00:25:45.10	+00:09:53 (40.4%)	4:53	12.3 (60.0%)
700	DOLNA Marta	170		K-35	25	Tak	mazowieckie	00:01:07	00:11:55	00:24:30.80	00:25:38.05	+00:09:54 (40.4%)	4:54	12.2 (59.5%)
701	SKOMOROWSKA Dominika	1523	KB PACE	K Seniorzy	46		mazowieckie	00:01:15	00:12:11	00:24:33.05	00:25:48.85	+00:09:56 (40.5%)	4:54	12.2 (59.5%)
702	PUDŁOWSKI Paweł	836		M-45	75	Nie	mazowieckie	00:01:21	00:12:04	00:24:33.10	00:25:54.90	+00:09:57 (40.5%)	4:54	12.2 (59.5%)
703	FABIANOWICZ Paweł	200		M-40	91	Nie	mazowieckie	00:01:03	00:12:01	00:24:34.10	00:25:37.65	+00:09:58 (40.6%)	4:54	12.2 (59.5%)
704	KUŁAKOWSKI Tomasz	1294		M-40	92	Nie	mazowieckie	00:01:31	00:12:19	00:24:34.55	00:26:05.80	+00:09:58 (40.6%)	4:54	12.2 (59.5%)
705	LEŚNIAK Marian	569	AZS AWF KRAKÓW MASTERS	M-75	2		małopolskie	00:01:20	00:12:09	00:24:35.00	00:25:55.40	+00:09:58 (40.6%)	4:55	12.2 (59.5%)
706	BABIUCH Marek	1268	ASB	M-60	9	Tak	mazowieckie	00:01:03	00:12:06	00:24:35.55	00:25:39.00	+00:09:59 (40.6%)	4:55	12.2 (59.5%)
707	KWACZYŃSKA Marzena	555		K-50	7	Nie	mazowieckie	00:01:21	00:12:18	00:24:38.00	00:25:59.45	+00:10:01 (40.7%)	4:55	12.2 (59.5%)
708	PODGÓRSKI Grzegorz	809	OUTSIDERS NW TEAM	M-55	13	Nie	mazowieckie	00:01:17	00:12:01	00:24:38.55	00:25:55.85	+00:10:02 (40.7%)	4:55	12.2 (59.5%)
709	SUCHECKI Marcin	980		M-35	108	Tak	mazowieckie	00:01:25	00:12:05	00:24:39.85	00:26:05.80	+00:10:03 (40.8%)	4:55	12.2 (59.5%)
710	BOROWSKI Sebastian	79		M Seniorzy	153	Nie	mazowieckie	00:01:27	00:12:11	00:24:40.25	00:26:08.10	+00:10:04 (40.8%)	4:56	12.2 (59.5%)
711	OBZEJTA Anna	715		K-45	18	Nie	mazowieckie	00:01:16	00:12:13	00:24:40.35	00:25:57.10	+00:10:04 (40.8%)	4:56	12.2 (59.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bemowo	Mazowsze	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
								startu	2.5km	5km	5km			
712	SZYMAŃSKI Dorota	1023		K-50	8	Nie	mazowieckie	00:01:16	00:12:01	00:24:41.00	00:25:57.40	+00:10:04 (40.8%)	4:56	12.2 (59.5%)
712	KAZIMIERSKI Wojciech	424		M-40	93		mazowieckie	00:01:58	00:12:01	00:24:41.00	00:26:39.45	+00:10:04 (40.8%)	4:56	12.2 (59.5%)
714	GOZDALSKA Iwona	270		K-40	28	Nie	mazowieckie	00:01:05	00:12:00	00:24:41.30	00:25:46.40	+00:10:05 (40.9%)	4:56	12.2 (59.5%)
715	OLSZEWSKI Filip	727		M Seniorzy	154	Nie	mazowieckie	00:01:06	00:12:01	00:24:41.95	00:25:48.65	+00:10:05 (40.9%)	4:56	12.2 (59.5%)
716	KRASUCKI Michał	502		M Seniorzy	155		mazowieckie	00:00:47	00:11:19	00:24:42.80	00:25:30.15	+00:10:06 (40.9%)	4:56	12.1 (59.0%)
717	KALISZ Rafał	398		M-45	76		mazowieckie	00:00:57	00:12:10	00:24:43.10	00:25:40.85	+00:10:07 (40.9%)	4:56	12.1 (59.0%)
717	KOŁCIUK Wojciech	450	WKURW_TEAM	M-35	109	Nie	mazowieckie	00:01:48	00:12:14	00:24:43.10	00:26:31.75	+00:10:07 (40.9%)	4:56	12.1 (59.0%)
719	KADE Manuela	387		K-35	26	Nie	mazowieckie	00:01:05	00:12:14	00:24:43.25	00:25:48.65	+00:10:07 (40.9%)	4:56	12.1 (59.0%)
720	GIŻYŃSKA Aleksandra	242	GIŻA TEAM	K U16	6	Nie	mazowieckie	00:00:48	00:11:58	00:24:43.50	00:25:32.45	+00:10:07 (40.9%)	4:56	12.1 (59.0%)
721	CIEŚLA Dawid	139		M-40	94	Nie	mazowieckie	00:00:59	00:12:04	00:24:44.55	00:25:44.20	+00:10:08 (41.0%)	4:56	12.1 (59.0%)
721	SMOLIK Dawid	929		M-35	110	Nie	mazowieckie	00:01:28	00:12:18	00:24:44.55	00:26:12.95	+00:10:08 (41.0%)	4:56	12.1 (59.0%)
723	KOZŁOWSKI Maciej	498		M-40	95		mazowieckie	00:01:27	00:12:18	00:24:45.05	00:26:12.55	+00:10:08 (41.0%)	4:57	12.1 (59.0%)
724	HRYNKIEWICZ Maciej	320		M-50	36	Nie	mazowieckie	00:01:19	00:11:52	00:24:45.10	00:26:04.15	+00:10:09 (41.0%)	4:57	12.1 (59.0%)
724	WOJAS Tadeusz	1139	ROZBIEGANY PIASTÓW	M-70	3			00:01:05	00:12:35	00:24:45.10	00:25:50.80	+00:10:09 (41.0%)	4:57	12.1 (59.0%)
726	GROCHOWINA Anna	291		K-35	27	Nie	mazowieckie	00:00:23	00:11:42	00:24:45.55	00:25:09.05	+00:10:09 (41.0%)	4:57	12.1 (59.0%)
727	BIELECKI Daniel	55	AVENGERS	M Seniorzy	156	Nie	mazowieckie	00:01:28	00:12:21	00:24:47.55	00:26:15.95	+00:10:11 (41.1%)	4:57	12.1 (59.0%)
728	SOSIŃSKI Mateusz	1491		M-35	111		mazowieckie	00:01:16	00:12:12	00:24:48.10	00:26:04.85	+00:10:12 (41.1%)	4:57	12.1 (59.0%)
729	SZAŁANKIEWICZ Marcin	989	JSTRENING	M-40	96	Nie	mazowieckie	00:00:58	00:11:40	00:24:48.30	00:25:46.80	+00:10:12 (41.1%)	4:57	12.1 (59.0%)
730	SKROK Łukasz	920		M Seniorzy	157		mazowieckie	00:01:31	00:11:58	00:24:48.40	00:26:19.95	+00:10:12 (41.1%)	4:57	12.1 (59.0%)
731	KOPER Sylwia	465		K-45	19	Nie	mazowieckie	00:01:03	00:11:57	00:24:49.60	00:25:53.55	+00:10:13 (41.2%)	4:57	12.1 (59.0%)
732	KRASNODĘBSKI Hubert	501	PONAD NORME CREW	M-40	97	Nie	mazowieckie	00:01:16	00:12:13	00:24:51.90	00:26:08.20	+00:10:15 (41.3%)	4:58	12.1 (59.0%)
733	KOWALCZYK Krzysztof	484		M-45	77	Tak	mazowieckie	00:01:00	00:12:01	00:24:52.35	00:25:53.15	+00:10:16 (41.3%)	4:58	12.1 (59.0%)
734	PIASECKI Dariusz	777	E100 RUNNING CLUB	M-45	78		mazowieckie	00:00:24	00:11:33	00:24:52.55	00:25:16.65	+00:10:16 (41.3%)	4:58	12.1 (59.0%)
735	MORAWSKI Mariusz	683		M Seniorzy	158		mazowieckie	00:01:15	00:12:13	00:24:53.40	00:26:08.90	+00:10:17 (41.3%)	4:58	12.1 (59.0%)
736	SINKIEWICZ Kasia	912	ZABIEGANY WOŁOMIN	K-35	28		mazowieckie	00:01:15	00:12:13	00:24:53.70	00:26:09.05	+00:10:17 (41.3%)	4:58	12.1 (59.0%)
737	PRZERWA Dominik	825		M-45	79	Nie	mazowieckie	00:01:43	00:12:14	00:24:54.55	00:26:38.50	+00:10:18 (41.4%)	4:58	12 (58.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bemowo	Mazowsze	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
738	GAJDA-SABAK Agata	221	EKSKURSJA.PL	K-45	20	Tak	mazowieckie	00:00:43	00:12:04	00:24:55.00	00:25:38.70	+00:10:18 (41.4%)	4:59	12 (58.5%)
739	PARTYKA Agnieszka	755	SEKCJA BIEGOWA PGE	K-50	9	Nie	mazowieckie	00:00:31	00:12:06	00:24:55.90	00:25:26.95	+00:10:19 (41.4%)	4:59	12 (58.5%)
740	SIENIEWICZ Szymon	902		M-35	112	Nie	mazowieckie	00:01:21	00:12:24	00:24:56.10	00:26:18.05	+00:10:20 (41.4%)	4:59	12 (58.5%)
741	MIELCZAREK Kamil	659		M Seniorzy	159	Nie	mazowieckie	00:01:31	00:12:47	00:24:56.85	00:26:28.60	+00:10:20 (41.5%)	4:59	12 (58.5%)
742	RÓŻYCKI Kamil	864	KS BIEGAJĄCE ZĄBKI	M-35	113	Nie	mazowieckie	00:00:59	00:12:01	00:24:58.85	00:25:58.45	+00:10:22 (41.5%)	4:59	12 (58.5%)
743	MIKINA Artur	665	GUNS@ROSES RUN TEAM/PWPW SA	M-65	7		mazowieckie	00:01:02	00:12:12	00:25:00.05	00:26:02.40	+00:10:23 (41.6%)	5:00	12 (58.5%)
744	ORNOWSKA Joanna	732		K Seniorzy	47	Nie	mazowieckie	00:01:01	00:11:58	00:25:00.45	00:26:02.15	+00:10:24 (41.6%)	5:00	12 (58.5%)
745	BORKOWSKI Arkadiusz	75	IMR TEAM	M-35	114	Nie	mazowieckie	00:01:03	00:12:10	00:25:00.70	00:26:03.70	+00:10:24 (41.6%)	5:00	12 (58.5%)
746	WÓJCIK Eliza	1161	ASICS FRONTRUNNER	K-50	10	Nie	mazowieckie	00:01:15	00:12:15	00:25:01.80	00:26:17.75	+00:10:25 (41.7%)	5:00	12 (58.5%)
747	BŁĘDOWSKI Artur	64	BŁĘDOWSCY TEAM	M-35	115		mazowieckie	00:00:33	00:12:34	00:25:02.00	00:25:35.10	+00:10:25 (41.7%)	5:00	12 (58.5%)
748	KEPCZYNSKI Witold	427		M-35	116	Nie	mazowieckie	00:01:20	00:12:11	00:25:02.55	00:26:23.10	+00:10:26 (41.7%)	5:00	12 (58.5%)
749	JAKUBOWSKA Dominika	341		K Seniorzy	48	Nie	mazowieckie	00:01:24	00:12:05	00:25:05.60	00:26:29.65	+00:10:29 (41.8%)	5:01	12 (58.5%)
750	GRZEDZIELSKI Mikołaj	300		M-35	117	Nie	mazowieckie	00:01:00	00:11:43	00:25:06.05	00:26:06.10	+00:10:29 (41.8%)	5:01	12 (58.5%)
751	GŁOWIŃSKI Maciek	254		M-45	80	Nie	mazowieckie	00:01:30	00:12:27	00:25:06.15	00:26:36.65	+00:10:30 (41.8%)	5:01	12 (58.5%)
752	TYPIAK Agnieszka	1072		K-40	29	Tak	mazowieckie	00:01:22	00:12:10	00:25:08.20	00:26:30.50	+00:10:32 (41.9%)	5:01	11.9 (58.0%)
753	NAPIÓRKOWSKA Zuzanna	697		K Seniorzy	49	Nie	mazowieckie	00:00:27	00:12:30	00:25:10.50	00:25:37.85	+00:10:34 (42.0%)	5:02	11.9 (58.0%)
754	MUSZYŃSKI Paweł	1229		M Seniorzy	160	Nie	mazowieckie	00:01:24	00:12:20	00:25:11.30	00:26:36.05	+00:10:35 (42.0%)	5:02	11.9 (58.0%)
755	BAZYLAK Maksymilian	1273		M Seniorzy	161	Nie	mazowieckie	00:01:05	00:12:11	00:25:13.90	00:26:19.00	+00:10:37 (42.1%)	5:02	11.9 (58.0%)
756	ŻAK Magdalena	1202		K Seniorzy	50	Nie	mazowieckie	00:01:01	00:12:14	00:25:14.55	00:26:16.45	+00:10:38 (42.2%)	5:02	11.9 (58.0%)
757	SZELAĞ-SOSNA Małgorzata	999	PZU SPORT TEAM	K-55	2	Nie	mazowieckie	00:01:21	00:12:18	00:25:17.10	00:26:38.25	+00:10:41 (42.3%)	5:03	11.9 (58.0%)
758	BELOWSKI Leszek	44		M-70	4		lubelskie	00:01:21	00:12:19	00:25:18.40	00:26:40.00	+00:10:42 (42.3%)	5:03	11.9 (58.0%)
759	KRYCZKA Paweł	519	BENEFIT SYSTEMS TEAM	M-40	98	Nie	mazowieckie	00:01:40	00:12:33	00:25:19.55	00:26:59.60	+00:10:43 (42.3%)	5:03	11.8 (57.6%)
760	STASIUK Arkadiusz	961		M-40	99	Tak	mazowieckie	00:00:44	00:11:52	00:25:19.65	00:26:03.75	+00:10:43 (42.3%)	5:03	11.8 (57.6%)
761	KOŁAKOWSKI Rafał	1255		M-40	100	Tak	mazowieckie	00:01:32	00:12:18	00:25:19.85	00:26:52.55	+00:10:43 (42.4%)	5:03	11.8 (57.6%)
762	JOT Wojciech	1524		M-55	14		mazowieckie	00:01:35	00:12:42	00:25:22.50	00:26:58.05	+00:10:46 (42.5%)	5:04	11.8 (57.6%)
762	KNOP Agnieszka	446		K-40	30	Tak	mazowieckie	00:01:47	00:12:41	00:25:22.50	00:27:10.45	+00:10:46 (42.5%)	5:04	11.8 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bemowo	Mazowsze	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
								startu	2.5km	5km	5km			
764	BIŃKOWSKI Wojciech	1242		M-35	118	Nie	mazowieckie	00:01:35	00:12:44	00:25:24.20	00:26:59.90	+00:10:48 (42.5%)	5:04	11.8 (57.6%)
765	MRÓZ Radosław	1214		M-45	81	Nie	mazowieckie	00:01:23	00:13:02	00:25:24.45	00:26:47.95	+00:10:48 (42.5%)	5:04	11.8 (57.6%)
766	KWINTA Andrzej	559		M-45	82	Tak	mazowieckie	00:00:57	00:11:55	00:25:24.90	00:26:22.10	+00:10:48 (42.5%)	5:04	11.8 (57.6%)
767	BAGLAJ Magdalena	20		K-35	29	Nie	mazowieckie	00:00:58	00:12:15	00:25:25.00	00:26:23.65	+00:10:48 (42.6%)	5:05	11.8 (57.6%)
768	ŚWIĘCICH Anna	1039		K Seniorzy	51		mazowieckie	00:01:26	00:12:56	00:25:27.25	00:26:54.05	+00:10:51 (42.6%)	5:05	11.8 (57.6%)
769	SOŁTYSIAK Paweł	948	KS POLONIA WARSZAWA	M-50	37	Nie	mazowieckie	00:01:24	00:12:44	00:25:28.60	00:26:53.35	+00:10:52 (42.7%)	5:05	11.8 (57.6%)
770	TREPKOWSKA Paulina	1058		K-35	30	Nie	mazowieckie	00:01:18	00:12:28	00:25:29.20	00:26:47.45	+00:10:53 (42.7%)	5:05	11.8 (57.6%)
771	SKRZYPECKI Jakub	921	ANPHARM RUN TEAM	M-35	119	Nie	mazowieckie	00:01:42	00:12:44	00:25:29.60	00:27:11.70	+00:10:53 (42.7%)	5:05	11.8 (57.6%)
772	ZIELENIEWSKI Dawid	1191		M Seniorzy	162	Nie	mazowieckie	00:01:32	00:13:03	00:25:29.85	00:27:02.05	+00:10:53 (42.7%)	5:05	11.8 (57.6%)
773	DUDZICKI Patryk	180		M Seniorzy	163			00:01:41	00:12:50	00:25:30.60	00:27:11.65	+00:10:54 (42.8%)	5:06	11.8 (57.6%)
774	MROCZKOWSKA Sylwia	689		K Seniorzy	52	Tak	mazowieckie	00:01:24	00:12:19	00:25:30.90	00:26:55.35	+00:10:54 (42.8%)	5:06	11.8 (57.6%)
775	DUDZIŃSKI Mikołaj	182		M Seniorzy	164	Nie	mazowieckie	00:01:33	00:12:35	00:25:32.20	00:27:06.05	+00:10:56 (42.8%)	5:06	11.7 (57.1%)
776	ANKIEWICZ-OBUKOWICZ Emilia	8	AZS AWF WARSZAWA	K-35	31	Tak	mazowieckie	00:02:05	00:13:01	00:25:32.80	00:27:37.85	+00:10:56 (42.8%)	5:06	11.7 (57.1%)
777	OLSZEWSKA Dorota	1261	BRACTWO BIEGOWE BGK	K-45	21	Nie	mazowieckie	00:00:57	00:12:16	00:25:33.30	00:26:30.65	+00:10:57 (42.9%)	5:06	11.7 (57.1%)
778	ERNEST Mateusz	198		M Seniorzy	165	Nie	mazowieckie	00:01:37	00:12:54	00:25:33.45	00:27:11.25	+00:10:57 (42.9%)	5:06	11.7 (57.1%)
779	ZBIEĆ Angelika	1187	DARFIK TEAM	K-40	31		mazowieckie	00:01:17	00:12:38	00:25:33.50	00:26:50.85	+00:10:57 (42.9%)	5:06	11.7 (57.1%)
780	UBA Magda	1074		K-35	32	Nie	mazowieckie	00:01:25	00:12:22	00:25:33.80	00:26:59.25	+00:10:57 (42.9%)	5:06	11.7 (57.1%)
781	OBUKOWICZ Michał	714	AZS AWF WARSZAWA	M-40	101	Tak	mazowieckie	00:02:04	00:13:02	00:25:34.00	00:27:38.75	+00:10:57 (42.9%)	5:06	11.7 (57.1%)
782	BOGUMIŁ Teresa	67	KSSTARTPUŁASKIWARKA	K-55	3	Nie	mazowieckie	00:01:21	00:12:17	00:25:35.80	00:26:56.80	+00:10:59 (43.0%)	5:07	11.7 (57.1%)
783	PRZEŹDZIĘK Małgorzata	827	BW RUNNERS	K-45	22	Nie	mazowieckie	00:01:16	00:12:20	00:25:36.90	00:26:53.60	+00:11:00 (43.0%)	5:07	11.7 (57.1%)
784	CHMIELEWSKI Łukasz	118		M-40	102	Tak	mazowieckie	00:01:36	00:13:26	00:25:37.15	00:27:14.05	+00:11:01 (43.0%)	5:07	11.7 (57.1%)
785	KRULAK Gabriela	516	RK ATHLETICS	K U16	7	Nie	mazowieckie	00:01:16	00:12:41	00:25:38.35	00:26:55.10	+00:11:02 (43.0%)	5:07	11.7 (57.1%)
786	RYCĄBEL Mateusz	877		M Seniorzy	166	Nie	mazowieckie	00:01:24	00:11:51	00:25:43.45	00:27:07.65	+00:11:07 (43.2%)	5:08	11.7 (57.1%)
787	KACZMAREK Marta	382		K-35	33	Nie	mazowieckie	00:01:06	00:12:07	00:25:44.50	00:26:50.55	+00:11:08 (43.3%)	5:08	11.7 (57.1%)
788	KALINOWSKI Karol	394	KS LEMIESZ TEAM	M-40	103		mazowieckie	00:01:17	00:12:31	00:25:44.55	00:27:02.20	+00:11:08 (43.3%)	5:08	11.7 (57.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bemowo	Mazowsze	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
789	KARPIŃSKA-GROMEK Monika	418	KS LEMIESZ TEAM	K-45	23	Nie	mazowieckie	00:01:17	00:12:31	00:25:45.00	00:27:02.70	+00:11:08 (43.3%)	5:09	11.7 (57.1%)
790	MAMCARZ Artur	617		M-50	38	Tak	mazowieckie	00:01:44	00:12:46	00:25:47.65	00:27:31.65	+00:11:11 (43.4%)	5:09	11.6 (56.6%)
791	BEŁC Piotr	46		M-45	83	Nie	mazowieckie	00:01:00	00:12:16	00:25:48.30	00:26:48.85	+00:11:12 (43.4%)	5:09	11.6 (56.6%)
792	WELKIER Marcin	1101		M-50	39			00:01:42	00:13:02	00:25:48.35	00:27:30.65	+00:11:12 (43.4%)	5:09	11.6 (56.6%)
793	NOWAK Maciej	711		M-40	104	Tak	mazowieckie	00:01:18	00:12:24	00:25:50.20	00:27:08.95	+00:11:14 (43.5%)	5:10	11.6 (56.6%)
794	BORUSZEWSKI Maciej	80		M-50	40	Nie	mazowieckie	00:00:57	00:12:12	00:25:53.50	00:26:51.45	+00:11:17 (43.6%)	5:10	11.6 (56.6%)
795	SIKORSKI Marek	911	EFAKTOR RUNNING CLUB	M-40	105	Nie	mazowieckie	00:01:20	00:12:33	00:25:53.80	00:27:14.30	+00:11:17 (43.6%)	5:10	11.6 (56.6%)
796	ŁOŚ Krzysztof	597		M-65	8			00:01:26	00:12:51	00:25:55.80	00:27:21.90	+00:11:19 (43.7%)	5:11	11.6 (56.6%)
797	KACZOR Mariusz	384		M-50	41	Nie	mazowieckie	00:01:21	00:13:03	00:25:57.45	00:27:19.35	+00:11:21 (43.7%)	5:11	11.6 (56.6%)
798	ROMALDOWSKA Kamila	852		K-40	32	Nie	mazowieckie	00:01:26	00:13:02	00:25:58.15	00:27:24.65	+00:11:22 (43.8%)	5:11	11.6 (56.6%)
799	NAJDA Dariusz	695	KS START PUŁAWSKI	M-45	84	Nie	mazowieckie	00:01:33	00:12:58	00:26:00.30	00:27:33.55	+00:11:24 (43.9%)	5:12	11.5 (56.1%)
800	RYDZEWSKI Dominik	879	BEMOWO BIEGA	M-45	85	Tak	mazowieckie	00:01:32	00:12:11	00:26:01.80	00:27:33.80	+00:11:25 (43.9%)	5:12	11.5 (56.1%)
801	KOZŁOWSKA Katarzyna	496		K-40	33	Nie	mazowieckie	00:01:52	00:12:57	00:26:04.10	00:27:56.10	+00:11:28 (44.0%)	5:12	11.5 (56.1%)
802	KUBICKI Dawid	531		M Seniorzy	167			00:01:32	00:13:31	00:26:04.55	00:27:36.85	+00:11:28 (44.0%)	5:12	11.5 (56.1%)
803	BZURA Emilia	104		K-50	11		mazowieckie	00:01:04	00:12:32	00:26:05.15	00:27:09.65	+00:11:29 (44.0%)	5:13	11.5 (56.1%)
804	PIASECZYŃSKA-JAMBOR Agata	778	ŻÓRAWSKI TEAM	K-45	24	Tak	mazowieckie	00:01:41	00:13:00	00:26:05.35	00:27:46.35	+00:11:29 (44.0%)	5:13	11.5 (56.1%)
805	PODEDWORNA Magdalena	807		K-45	25	Nie	mazowieckie	00:01:40	00:13:01	00:26:05.60	00:27:46.35	+00:11:29 (44.0%)	5:13	11.5 (56.1%)
806	KSIĄŻEK-RYBACKA Magdalena	528		K-40	34	Tak	mazowieckie	00:01:51	00:12:43	00:26:07.55	00:27:58.70	+00:11:31 (44.1%)	5:13	11.5 (56.1%)
807	DĘBIŃSKI Michał	162		M-50	42		mazowieckie	00:01:18	00:12:13	00:26:07.95	00:27:26.55	+00:11:31 (44.1%)	5:13	11.5 (56.1%)
808	NOWACZEK Jagoda	708		K U23	9	Nie	mazowieckie	00:01:19	00:12:40	00:26:09.70	00:27:29.65	+00:11:33 (44.2%)	5:13	11.5 (56.1%)
809	WIATR Patrycja	1111	MAKO	K-40	35	Tak	mazowieckie	00:01:27	00:12:55	00:26:10.20	00:27:38.10	+00:11:34 (44.2%)	5:14	11.5 (56.1%)
810	BANASZEK WRONKA Anna	29		K-50	12	Nie	mazowieckie	00:01:03	00:12:32	00:26:10.50	00:27:13.95	+00:11:34 (44.2%)	5:14	11.5 (56.1%)
811	KWIATKOWSKA-REHAN Anna	558		K-35	34	Tak	mazowieckie	00:02:14	00:12:58	00:26:11.40	00:28:26.20	+00:11:35 (44.2%)	5:14	11.5 (56.1%)
812	STAŃSKA Blanka	959		K-40	36	Nie	mazowieckie	00:00:32	00:12:50	00:26:13.25	00:26:45.70	+00:11:37 (44.3%)	5:14	11.4 (55.6%)
813	DACHNIEWSKI Dariusz	152		M-45	86	Nie	pomorskie	00:01:30	00:13:00	00:26:14.25	00:27:44.50	+00:11:38 (44.3%)	5:14	11.4 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bemowo	Mazowsze	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
								startu	2.5km					
814	SZELAĞ Jarosław	998		M-50	43		mazowieckie	00:01:26	00:12:25	00:26:14.60	00:27:41.45	+00:11:38 (44.4%)	5:14	11.4 (55.6%)
815	KOWALEWSKI Filip	1260	OBSTACLE CENTER TEAM	M-35	120	Nie	mazowieckie	00:01:04	00:12:26	00:26:17.20	00:27:21.45	+00:11:41 (44.5%)	5:15	11.4 (55.6%)
816	KNAPIK Paweł	445		M-40	106	Nie	mazowieckie	00:01:26	00:12:54	00:26:17.40	00:27:43.90	+00:11:41 (44.5%)	5:15	11.4 (55.6%)
817	OSIAK Anna	735		K-35	35	Nie	mazowieckie	00:01:26	00:12:59	00:26:17.75	00:27:43.80	+00:11:41 (44.5%)	5:15	11.4 (55.6%)
818	DOMINIK Justyna	173		K Seniorzy	53		mazowieckie	00:01:21	00:12:57	00:26:19.40	00:27:41.15	+00:11:43 (44.5%)	5:15	11.4 (55.6%)
819	LIBOLD Maciek	573		M-40	107	Nie	mazowieckie	00:00:55	00:12:43	00:26:21.05	00:27:16.40	+00:11:44 (44.6%)	5:16	11.4 (55.6%)
820	DOSTATNI Jan	1237		M Seniorzy	168	Nie	mazowieckie	00:02:01	00:13:13	00:26:21.50	00:28:22.70	+00:11:45 (44.6%)	5:16	11.4 (55.6%)
821	KRÓLICKI Konrad	514	STG WARSZAWA	M-40	108		mazowieckie	00:01:04	00:12:58	00:26:22.40	00:27:27.25	+00:11:46 (44.6%)	5:16	11.4 (55.6%)
822	SEKLECKA Agata	894	STG WARSZAWA	K-40	37	Tak	mazowieckie	00:01:04	00:12:59	00:26:22.65	00:27:27.45	+00:11:46 (44.6%)	5:16	11.4 (55.6%)
823	GOMULSKA Agnieszka	265		K Seniorzy	54		mazowieckie	00:00:59	00:12:26	00:26:24.00	00:27:23.00	+00:11:47 (44.7%)	5:16	11.4 (55.6%)
824	SŁONKA Jakub	925		M-35	121	Tak	śląskie	00:01:53	00:13:22	00:26:25.00	00:28:18.75	+00:11:48 (44.7%)	5:17	11.4 (55.6%)
825	MIREK Renata	671		K-40	38	Tak	mazowieckie	00:01:46	00:12:52	00:26:25.35	00:28:12.15	+00:11:49 (44.7%)	5:17	11.4 (55.6%)
826	KRULAK Marzena	517	KRULACZKI TEAM	K-45	26		mazowieckie	00:01:18	00:12:29	00:26:26.20	00:27:44.65	+00:11:50 (44.8%)	5:17	11.3 (55.1%)
827	GIERSZEWSKI Mariusz	240		M-35	122	Nie	mazowieckie	00:01:28	00:12:58	00:26:26.65	00:27:55.60	+00:11:50 (44.8%)	5:17	11.3 (55.1%)
828	PAWLISZ Maciej	770		M-40	109	Tak	mazowieckie	00:01:45	00:13:09	00:26:28.05	00:28:13.65	+00:11:51 (44.8%)	5:17	11.3 (55.1%)
829	CZARNECKI Radosław	1512		M-50	44			00:01:29	00:13:10	00:26:30.45	00:28:00.10	+00:11:54 (44.9%)	5:18	11.3 (55.1%)
830	KMIECIK Piotr	443		M-40	110		mazowieckie	00:01:23	00:12:46	00:26:34.15	00:27:57.40	+00:11:58 (45.0%)	5:18	11.3 (55.1%)
831	MAZUR Jarosław	641		M Seniorzy	169		mazowieckie	00:01:48	00:13:01	00:26:36.25	00:28:24.75	+00:12:00 (45.1%)	5:19	11.3 (55.1%)
832	GRYGLEWICZ Anna	299	SKLEP BIEGACZA RUNNING TEAM	K-40	39	Nie	mazowieckie	00:01:25	00:13:10	00:26:37.20	00:28:02.30	+00:12:01 (45.1%)	5:19	11.3 (55.1%)
833	ŁUCZAK Marta	598	PAWKO RUNNER TEAM	M Seniorzy	170	Tak	mazowieckie	00:01:40	00:12:58	00:26:37.30	00:28:17.70	+00:12:01 (45.2%)	5:19	11.3 (55.1%)
834	JÓZWIAK Szymon	1252		M-45	87	Tak	mazowieckie	00:01:54	00:12:35	00:26:37.50	00:28:32.05	+00:12:01 (45.2%)	5:19	11.3 (55.1%)
835	AGAFONOW Marta	5		K-35	36	Nie	mazowieckie	00:00:58	00:12:53	00:26:37.75	00:27:36.25	+00:12:01 (45.2%)	5:19	11.3 (55.1%)
836	MIASTOWSKI Rafał	18	SŁOŃ B	M-50	45	Nie	mazowieckie	00:01:37	00:12:51	00:26:39.00	00:28:16.05	+00:12:02 (45.2%)	5:19	11.3 (55.1%)
837	STASZEWSKI Piotr	962	ANPHARM RUN TEAM	M-50	46		mazowieckie	00:01:42	00:13:19	00:26:39.80	00:28:21.80	+00:12:03 (45.2%)	5:19	11.3 (55.1%)
838	SZCZYGIĘŁ Tomasz	997		M-35	123	Nie	mazowieckie	00:01:53	00:13:00	00:26:41.65	00:28:34.65	+00:12:05 (45.3%)	5:20	11.2 (54.6%)
839	RAJCHEMBACH Adam	841		M-35	124	Nie	mazowieckie	00:01:17	00:12:47	00:26:42.05	00:27:59.35	+00:12:05 (45.3%)	5:20	11.2 (54.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bemowo	Mazowsze	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
								startu	2.5km	5km	5km			
840	PNIEWSKI Łukasz	802		M-40	111	Tak	mazowieckie	00:00:14	00:12:11	00:26:43.25	00:26:57.30	+00:12:07 (45.4%)	5:20	11.2 (54.6%)
841	STĘPNIAK Michał	970	SKLEP BIEGACZA	M-55	15	Tak	mazowieckie	00:01:44	00:13:34	00:26:44.70	00:28:29.65	+00:12:08 (45.4%)	5:20	11.2 (54.6%)
842	KUŚMIERCZUK Małgorzata	553		K Seniorzy	55			00:01:19	00:12:54	00:26:44.95	00:28:04.50	+00:12:08 (45.4%)	5:20	11.2 (54.6%)
843	BORYCKA Anna	81	BORYC TEAM	K-35	37	Tak	mazowieckie	00:01:40	00:13:36	00:26:50.30	00:28:31.05	+00:12:14 (45.6%)	5:22	11.2 (54.6%)
844	TEŁAKOWIEC Konrad	1044		M-50	47		mazowieckie	00:01:30	00:13:10	00:26:53.95	00:28:24.45	+00:12:17 (45.7%)	5:22	11.2 (54.6%)
845	KADŁUBOWSKI Adam	389		M Seniorzy	171	Nie	mazowieckie	00:01:40	00:13:37	00:26:54.10	00:28:34.75	+00:12:18 (45.7%)	5:22	11.2 (54.6%)
846	NIDECKA Anna	1245		K Seniorzy	56	Nie	mazowieckie	00:01:43	00:13:42	00:26:54.30	00:28:37.70	+00:12:18 (45.7%)	5:22	11.2 (54.6%)
847	PERKA Michał	773		M-35	125	Tak	mazowieckie	00:01:27	00:12:18	00:26:55.75	00:28:23.20	+00:12:19 (45.8%)	5:23	11.1 (54.1%)
848	PITUŁA Jarosław	794		M-40	112	Tak	mazowieckie	00:01:29	00:12:58	00:26:55.90	00:28:25.25	+00:12:19 (45.8%)	5:23	11.1 (54.1%)
849	ANTCZAK Klaudia	9		K Seniorzy	57	Nie	kujawsko-pomorskie	00:01:45	00:13:32	00:26:56.50	00:28:42.40	+00:12:20 (45.8%)	5:23	11.1 (54.1%)
850	FLADER Ewa	210	PUMA TEAM	K-50	13	Tak	mazowieckie	00:01:40	00:13:20	00:26:56.75	00:28:37.10	+00:12:20 (45.8%)	5:23	11.1 (54.1%)
850	FEDOROWICZ Michał	203		M Seniorzy	172	Tak	mazowieckie	00:01:42	00:13:33	00:26:56.75	00:28:39.45	+00:12:20 (45.8%)	5:23	11.1 (54.1%)
852	HICZEWSKI Patryk	317		M-40	113	Nie	mazowieckie	00:00:58	00:12:22	00:26:57.50	00:27:55.85	+00:12:21 (45.8%)	5:23	11.1 (54.1%)
853	IWANOW Agata	327		K-40	40	Nie	mazowieckie	00:01:42	00:13:40	00:26:58.35	00:28:41.05	+00:12:22 (45.9%)	5:23	11.1 (54.1%)
854	IGNACZAK Marlena	324		K-45	27	Tak	mazowieckie	00:01:24	00:13:11	00:26:58.80	00:28:23.05	+00:12:22 (45.9%)	5:23	11.1 (54.1%)
855	OLENDER Agata	725		K-40	41	Tak	mazowieckie	00:01:53	00:13:07	00:26:58.95	00:28:52.80	+00:12:22 (45.9%)	5:23	11.1 (54.1%)
856	FORNAL Dawid	213		M-45	88	Nie	lubelskie	00:01:52	00:13:35	00:27:02.50	00:28:55.30	+00:12:26 (46.0%)	5:24	11.1 (54.1%)
857	CICHOSZ Konrad	135	BRAK	M-45	89	Nie	lubelskie	00:01:52	00:13:35	00:27:03.05	00:28:55.45	+00:12:26 (46.0%)	5:24	11.1 (54.1%)
858	KALINSKI Kamil	397		M-35	126			00:01:23	00:12:49	00:27:03.30	00:28:26.75	+00:12:27 (46.0%)	5:24	11.1 (54.1%)
859	PAJĄK Michał	746	FURIA JELONKI	M-35	127	Tak	mazowieckie	00:00:00		00:27:04.05	00:27:04.05	+00:12:27 (46.1%)	5:24	11.1 (54.1%)
860	SŁOMKA Bogumił	924		M-45	90	Tak	mazowieckie	00:01:27	00:13:10	00:27:05.00	00:28:32.20	+00:12:28 (46.1%)	5:25	11.1 (54.1%)
861	BOGUŚ Marcin	70		M-35	128		mazowieckie	00:01:49	00:13:26	00:27:05.30	00:28:54.55	+00:12:29 (46.1%)	5:25	11.1 (54.1%)
862	KABALA Joanna	376		K-45	28			00:01:23	00:13:09	00:27:06.10	00:28:29.35	+00:12:30 (46.1%)	5:25	11.1 (54.1%)
863	DZIĘGIELEWSKI Kamil	1525		M-35	129		mazowieckie	00:01:47	00:13:32	00:27:07.00	00:28:54.90	+00:12:30 (46.2%)	5:25	11.1 (54.1%)
864	CERANOWICZ Paweł	108	SKARYSZEWSKIE CIACHA	M-40	114		mazowieckie	00:01:50	00:13:10	00:27:07.90	00:28:58.85	+00:12:31 (46.2%)	5:25	11.1 (54.1%)
865	JEZIERSKI Krzysztof	368		M-40	115	Tak	mazowieckie	00:01:55	00:13:31	00:27:08.00	00:29:03.40	+00:12:31 (46.2%)	5:25	11.1 (54.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bemowo	Mazowsze	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
								startu	2.5km	5km	5km			
866	GULA Tomasz	310	GBY	M-40	116		mazowieckie	00:02:06	00:13:52	00:27:11.85	00:29:18.80	+00:12:35 (46.3%)	5:26	11 (53.7%)
867	BANASZCZYK Arkadiusz	28	IM INSPIRATION TEAM	M-50	48	Nie	mazowieckie	00:01:44	00:13:41	00:27:13.10	00:28:57.70	+00:12:37 (46.4%)	5:26	11 (53.7%)
868	KOŚLA Aneta	478		K-45	29			00:01:41	00:13:36	00:27:13.50	00:28:55.00	+00:12:37 (46.4%)	5:26	11 (53.7%)
869	KAMIEŃ Monika	401		K U23	10	Tak	mazowieckie	00:00:47	00:13:06	00:27:13.60	00:28:01.45	+00:12:37 (46.4%)	5:26	11 (53.7%)
870	CHAJĘCKI Mateusz	111		M-35	130	Nie	mazowieckie	00:01:44	00:13:40	00:27:13.65	00:28:58.50	+00:12:37 (46.4%)	5:26	11 (53.7%)
871	KUKLEWICZ Natalia	543		K U20	3	Nie	mazowieckie	00:02:00	00:13:57	00:27:13.75	00:29:14.40	+00:12:37 (46.4%)	5:26	11 (53.7%)
872	KĘDRA-SULEJ Agnieszka	428		K-45	30	Tak	mazowieckie	00:01:41	00:13:05	00:27:15.60	00:28:56.95	+00:12:39 (46.4%)	5:27	11 (53.7%)
873	ROKICKA Katarzyna	851		K Seniorzy	58	Nie	łódzkie	00:01:43	00:13:37	00:27:20.40	00:29:03.50	+00:12:44 (46.6%)	5:28	11 (53.7%)
874	CONNERNEY Tom	141		M-45	91	Tak	mazowieckie	00:01:25	00:12:53	00:27:20.75	00:28:46.40	+00:12:44 (46.6%)	5:28	11 (53.7%)
874	GREGAJTYS Jacek	289		M-50	49	Nie	mazowieckie	00:01:36	00:13:38	00:27:20.75	00:28:56.80	+00:12:44 (46.6%)	5:28	11 (53.7%)
876	FLADER Piotr	209	PUMA TEAM	M-50	50	Tak	mazowieckie	00:01:41	00:13:39	00:27:20.95	00:29:02.25	+00:12:44 (46.6%)	5:28	11 (53.7%)
877	KAŹMIERSKI Janusz	425	DA SIĘ	M-70	5	Nie	mazowieckie	00:01:27	00:13:12	00:27:21.80	00:28:49.65	+00:12:45 (46.6%)	5:28	11 (53.7%)
878	KOWALCZYK Maciej	486		M-35	131	Nie	mazowieckie	00:01:54	00:13:33	00:27:22.50	00:29:17.15	+00:12:46 (46.7%)	5:28	11 (53.7%)
879	DOGOŃSKA Ewelina	169		K Seniorzy	59	Tak	mazowieckie	00:01:42	00:13:40	00:27:22.95	00:29:05.80	+00:12:46 (46.7%)	5:28	11 (53.7%)
880	GODLEWSKA Agnieszka	256		K-45	31	Nie	mazowieckie	00:02:04	00:13:44	00:27:23.10	00:29:27.40	+00:12:47 (46.7%)	5:28	11 (53.7%)
881	MICHNOWSKA Adriana	1527		K-50	14		mazowieckie	00:01:43	00:13:35	00:27:23.25	00:29:06.85	+00:12:47 (46.7%)	5:28	11 (53.7%)
882	PANOCKI Jakub	750		M-40	117	Tak	mazowieckie	00:01:36	00:13:26	00:27:24.85	00:29:01.60	+00:12:48 (46.7%)	5:28	10.9 (53.2%)
883	KAŁUCKI Krzysztof	399		M-50	51	Nie	mazowieckie	00:01:24	00:13:37	00:27:25.40	00:28:49.75	+00:12:49 (46.8%)	5:29	10.9 (53.2%)
884	PYŚKA Katarzyna	839	BEMOWO BIEGA	K Seniorzy	60	Tak	mazowieckie	00:01:28	00:13:22	00:27:25.55	00:28:54.25	+00:12:49 (46.8%)	5:29	10.9 (53.2%)
885	RYBICKA Monika	875		K-45	32	Tak	mazowieckie	00:01:34	00:13:13	00:27:26.25	00:29:00.45	+00:12:50 (46.8%)	5:29	10.9 (53.2%)
886	KARCZMAREK Anna	414		K Seniorzy	61	Tak	mazowieckie	00:01:35	00:13:46	00:27:26.60	00:29:02.00	+00:12:50 (46.8%)	5:29	10.9 (53.2%)
887	OZOG Tomek	742		M-35	132	Nie	mazowieckie	00:01:16	00:13:16	00:27:27.10	00:28:43.95	+00:12:51 (46.8%)	5:29	10.9 (53.2%)
888	BEN SIRA Kalina	47		K-50	15	Nie	mazowieckie	00:01:22	00:13:46	00:27:27.65	00:28:50.35	+00:12:51 (46.8%)	5:29	10.9 (53.2%)
889	SIERAKOWSKI Jakub	904		M-45	92	Nie	mazowieckie	00:01:06	00:12:43	00:27:27.75	00:28:33.75	+00:12:51 (46.8%)	5:29	10.9 (53.2%)
890	SIERAKOWSKA Martyna	903		K U18	5	Nie	mazowieckie	00:01:06	00:12:56	00:27:29.85	00:28:35.85	+00:12:53 (46.9%)	5:29	10.9 (53.2%)
891	WOSIK Jerzy	1152	DANIEL WOSIK TERVEL MOUNTAIN RUNNER	M-45	93	Tak	mazowieckie	00:01:56	00:13:48	00:27:29.95	00:29:26.90	+00:12:53 (46.9%)	5:29	10.9 (53.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bemowo	Mazowsze	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
								startu	2.5km	5km	5km			
892	KUPIDURA Grzegorz	547	GBY	M-35	133		mazowieckie	00:02:08	00:13:46	00:27:30.75	00:29:38.90	+00:12:54 (46.9%)	5:30	10.9 (53.2%)
893	BANASIAK Piotr	25	BAZYLISZEK	M-55	16	Nie	mazowieckie	00:01:41	00:13:19	00:27:30.80	00:29:12.30	+00:12:54 (46.9%)	5:30	10.9 (53.2%)
894	OCHAŁ Agnieszka	716		K Seniorzy	62	Nie	mazowieckie	00:01:46	00:13:35	00:27:30.95	00:29:17.15	+00:12:54 (46.9%)	5:30	10.9 (53.2%)
895	SIKORA Zuzanna	908	PZU SPORT TEAM	K-50	16		mazowieckie	00:01:21	00:13:16	00:27:31.15	00:28:52.80	+00:12:55 (46.9%)	5:30	10.9 (53.2%)
896	WOJTKIEWICZ Anna	1147	ZABIEGANY WOŁOMIN	K-45	33	Nie	mazowieckie	00:01:39	00:13:37	00:27:31.25	00:29:11.20	+00:12:55 (46.9%)	5:30	10.9 (53.2%)
897	KASPRZAK Bogusław	1216	PGE ENERGETIC RUNNING	M-65	9	Nie	mazowieckie	00:01:25	00:13:23	00:27:31.50	00:28:57.40	+00:12:55 (47.0%)	5:30	10.9 (53.2%)
898	IZDEBSKA Monika	333		K-45	34	Tak	mazowieckie	00:01:25	00:13:32	00:27:33.85	00:28:59.30	+00:12:57 (47.0%)	5:30	10.9 (53.2%)
899	GROBELNA Ewa	290		K Seniorzy	63		mazowieckie	00:01:28	00:13:19	00:27:34.25	00:29:02.60	+00:12:58 (47.0%)	5:30	10.9 (53.2%)
900	BUDA Maciej	93		M-50	52	Nie	mazowieckie	00:01:31	00:13:37	00:27:34.50	00:29:06.20	+00:12:58 (47.0%)	5:30	10.9 (53.2%)
901	PADZIK Dorota	745		K-35	38		mazowieckie	00:01:22	00:13:12	00:27:35.55	00:28:57.60	+00:12:59 (47.1%)	5:31	10.9 (53.2%)
902	MŁYNARCZYK Ania	678		K-35	39	Nie	mazowieckie	00:01:41	00:13:34	00:27:36.20	00:29:18.05	+00:13:00 (47.1%)	5:31	10.9 (53.2%)
903	BARDADYN Ula	33		K-45	35		mazowieckie	00:01:02	00:13:44	00:27:36.50	00:28:38.75	+00:13:00 (47.1%)	5:31	10.9 (53.2%)
904	ŚCIUBA Magdalena	1032	ZABIEGANA MAMA	K-40	42	Nie	mazowieckie	00:01:46	00:14:10	00:27:37.40	00:29:23.85	+00:13:01 (47.1%)	5:31	10.9 (53.2%)
905	WOŁKOWYCKI Adam	1149	BRAK	M-50	53	Nie	mazowieckie	00:01:40	00:13:39	00:27:38.00	00:29:18.05	+00:13:01 (47.2%)	5:31	10.9 (53.2%)
906	KOSIERADZKI Eryk	472		M-35	134	Tak	mazowieckie	00:01:43	00:13:35	00:27:38.85	00:29:22.05	+00:13:02 (47.2%)	5:31	10.9 (53.2%)
907	ZAPART Kamil	1179	DZIKA HUSARIA	M-45	94	Tak	mazowieckie	00:01:46	00:14:32	00:27:38.90	00:29:25.40	+00:13:02 (47.2%)	5:31	10.9 (53.2%)
908	WICIK Agata	1258		K-40	43	Nie	mazowieckie	00:01:47	00:13:39	00:27:40.65	00:29:28.45	+00:13:04 (47.2%)	5:32	10.8 (52.7%)
909	DZIUBAK Kamil	196		M-40	118		mazowieckie	00:01:34	00:13:35	00:27:41.85	00:29:16.40	+00:13:05 (47.3%)	5:32	10.8 (52.7%)
910	KOŚLACZ Adam	480		M U18	23	Nie	mazowieckie	00:01:35	00:13:28	00:27:42.45	00:29:17.95	+00:13:06 (47.3%)	5:32	10.8 (52.7%)
911	ZAWADZKI Mateusz	1185		M Seniorzy	173		mazowieckie	00:01:47	00:14:07	00:27:43.15	00:29:30.75	+00:13:07 (47.3%)	5:32	10.8 (52.7%)
912	URBANIAK Martyna	1080		K U23	11	Tak	kujawsko-pomorskie	00:01:48	00:14:27	00:27:45.85	00:29:34.65	+00:13:09 (47.4%)	5:33	10.8 (52.7%)
913	JAŻWIŃSKI Przemek	364	12TRI.PL	M-45	95	Nie	mazowieckie	00:01:34	00:13:45	00:27:47.15	00:29:21.30	+00:13:11 (47.4%)	5:33	10.8 (52.7%)
914	BRZEZIŃSKA Sylwia	91		K-40	44	Nie	mazowieckie	00:01:48	00:14:13	00:27:48.45	00:29:36.55	+00:13:12 (47.5%)	5:33	10.8 (52.7%)
915	BŁĘDOWSKI Michał	63		M Seniorzy	174		mazowieckie	00:00:33	00:13:25	00:27:48.80	00:28:22.40	+00:13:12 (47.5%)	5:33	10.8 (52.7%)
916	BROMA Karol	86		M Seniorzy	175	Nie	mazowieckie	00:01:32	00:13:46	00:27:49.90	00:29:22.65	+00:13:13 (47.5%)	5:33	10.8 (52.7%)
917	CELMER Zuzanna	107		K U20	4	Nie	mazowieckie	00:01:41	00:13:39	00:27:51.40	00:29:32.60	+00:13:15 (47.6%)	5:34	10.8 (52.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bemowo	Mazowsze	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
								startu	2.5km	5km	5km			
918	TOMKIEWICZ Justyna	1054		K Seniorzy	64	Nie	mazowieckie	00:01:54	00:13:53	00:27:53.90	00:29:48.65	+00:13:17 (47.7%)	5:34	10.8 (52.7%)
919	ZUREK Rafael	1232		M-40	119	Nie	mazowieckie	00:01:25	00:13:27	00:27:55.50	00:29:20.50	+00:13:19 (47.7%)	5:35	10.7 (52.2%)
920	WINISZEWSKI Artur	1124		M-50	54		mazowieckie	00:01:34	00:13:37	00:27:55.65	00:29:30.60	+00:13:19 (47.7%)	5:35	10.7 (52.2%)
921	SZYSZ Maria	1028		K-35	40		mazowieckie	00:02:05	00:13:40	00:27:56.35	00:30:01.75	+00:13:20 (47.7%)	5:35	10.7 (52.2%)
922	GRAD Magdalena	285		K Seniorzy	65		mazowieckie	00:02:05	00:13:39	00:27:56.50	00:30:01.90	+00:13:20 (47.7%)	5:35	10.7 (52.2%)
923	JELIŃSKI Tomasz	365		M-40	120	Tak	mazowieckie	00:01:55	00:13:44	00:27:57.20	00:29:52.60	+00:13:21 (47.8%)	5:35	10.7 (52.2%)
924	PACZKOWSKI Krzysztof	743		M-50	55		mazowieckie	00:01:27	00:13:18	00:27:57.25	00:29:24.95	+00:13:21 (47.8%)	5:35	10.7 (52.2%)
925	CHODOROWSKI Piotr	122		M-50	56		mazowieckie	00:02:00	00:13:59	00:27:57.95	00:29:58.10	+00:13:21 (47.8%)	5:35	10.7 (52.2%)
926	CISZKOWSKI Maksymilian	140		M U23	25	Tak	mazowieckie	00:02:07	00:14:17	00:28:00.75	00:30:08.55	+00:13:24 (47.9%)	5:36	10.7 (52.2%)
927	IWANOW Helena	328	BBT	K-65	3	Nie	podlaskie	00:01:07	00:14:13	00:28:01.15	00:29:08.40	+00:13:25 (47.9%)	5:36	10.7 (52.2%)
928	KHOKHLOVA Julia	430		K-40	45	Nie	mazowieckie	00:01:55	00:13:43	00:28:01.75	00:29:57.50	+00:13:25 (47.9%)	5:36	10.7 (52.2%)
929	CHODOROWSKA Jagoda	121		K U20	5	Tak	mazowieckie	00:02:05	00:14:05	00:28:04.10	00:30:09.45	+00:13:28 (48.0%)	5:36	10.7 (52.2%)
930	WĘGRZYN Wojtek	1109		M-40	121	Nie	mazowieckie	00:01:21	00:13:21	00:28:04.40	00:29:25.85	+00:13:28 (48.0%)	5:36	10.7 (52.2%)
931	KOŁODZIEJCZYK Piotr	1225		M Seniorzy	176	Nie	dolnośląskie	00:02:10	00:14:13	00:28:06.40	00:30:16.75	+00:13:30 (48.0%)	5:37	10.7 (52.2%)
932	KALETA Adrian	393		M-40	122	Tak	mazowieckie	00:01:19	00:13:46	00:28:07.50	00:29:27.05	+00:13:31 (48.1%)	5:37	10.7 (52.2%)
933	KUCA Grzegorz	13		M-40	123	Tak	mazowieckie	00:02:09	00:14:06	00:28:10.70	00:30:20.40	+00:13:34 (48.2%)	5:38	10.7 (52.2%)
934	OKRÓJ Dawid	718		M-40	124	Nie	mazowieckie	00:01:59	00:13:53	00:28:11.15	00:30:10.35	+00:13:35 (48.2%)	5:38	10.6 (51.7%)
935	PAWŁOW Rafał	1241		M-35	135	Nie	mazowieckie	00:01:47	00:14:04	00:28:11.40	00:29:58.40	+00:13:35 (48.2%)	5:38	10.6 (51.7%)
936	KOŁODZIEJCZYK Karol	451		M Seniorzy	177	Nie	mazowieckie	00:01:57	00:14:13	00:28:14.65	00:30:11.75	+00:13:38 (48.3%)	5:38	10.6 (51.7%)
937	KALATA Patryk	390		M Seniorzy	178	Nie	mazowieckie	00:02:15	00:15:01	00:28:20.85	00:30:36.60	+00:13:44 (48.5%)	5:40	10.6 (51.7%)
938	JANKOWSKI Michał	1250		M U20	14	Nie	mazowieckie	00:01:27	00:13:20	00:28:21.60	00:29:49.30	+00:13:45 (48.5%)	5:40	10.6 (51.7%)
939	PIOTROWSKI Karol	791		M Seniorzy	179	Nie	mazowieckie	00:01:33	00:14:20	00:28:21.85	00:29:55.45	+00:13:45 (48.5%)	5:40	10.6 (51.7%)
940	FREITES Luis	1490		M-60	10		mazowieckie	00:00:27	00:14:52	00:28:22.10	00:28:49.60	+00:13:46 (48.5%)	5:40	10.6 (51.7%)
941	WITTLIEB Wojciech	1135		M-50	57	Nie	mazowieckie	00:02:00	00:14:26	00:28:22.65	00:30:23.00	+00:13:46 (48.5%)	5:40	10.6 (51.7%)
942	WEKA Krzysztof	1500	BIĄŁYSTOK BIEGA TEAM	M-40	125			00:02:20	00:13:55	00:28:26.30	00:30:47.15	+00:13:50 (48.7%)	5:41	10.6 (51.7%)
943	BATOR Zbigniew	38		M-65	10	Nie	mazowieckie	00:01:06	00:13:31	00:28:27.55	00:29:34.15	+00:13:51 (48.7%)	5:41	10.5 (51.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bemowo	Mazowsze	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
								startu	2.5km					
944	MAŃKO Natalia	620		K Seniorzy	66	Nie	mazowieckie	00:01:23	00:13:52	00:28:28.05	00:29:51.20	+00:13:51 (48.7%)	5:41	10.5 (51.2%)
945	SZEW CZUK Tatiana	1001		K Seniorzy	67	Nie	mazowieckie	00:00:26	00:13:41	00:28:29.45	00:28:56.40	+00:13:53 (48.7%)	5:41	10.5 (51.2%)
946	SOWIŃSKI Edmund	952	TKKF PŁOCK	M-75	3	Nie	mazowieckie	00:01:54	00:14:08	00:28:29.60	00:30:23.75	+00:13:53 (48.8%)	5:41	10.5 (51.2%)
947	MRÓZ Maja	1215		K U18	6	Nie	mazowieckie	00:01:22	00:13:10	00:28:30.25	00:29:52.90	+00:13:54 (48.8%)	5:42	10.5 (51.2%)
948	HULANICKA Irina	321		K-65	4		mazowieckie	00:01:29	00:13:55	00:28:30.50	00:30:00.05	+00:13:54 (48.8%)	5:42	10.5 (51.2%)
949	LITMAN Agnieszka	579		K Seniorzy	68	Nie	mazowieckie	00:01:44	00:14:18	00:28:31.60	00:30:15.85	+00:13:55 (48.8%)	5:42	10.5 (51.2%)
950	PLICHTA Grzegorz	798		M-35	136	Tak	mazowieckie	00:01:56	00:14:23	00:28:32.85	00:30:29.35	+00:13:56 (48.9%)	5:42	10.5 (51.2%)
951	PILCH Maciej	785		M Seniorzy	180	Tak	mazowieckie	00:01:47	00:14:06	00:28:34.35	00:30:22.00	+00:13:58 (48.9%)	5:42	10.5 (51.2%)
952	NAJDA Ewelina	694	KS START PUŁAWSKI	K-45	36	Nie	mazowieckie	00:01:33	00:14:13	00:28:36.80	00:30:10.45	+00:14:00 (49.0%)	5:43	10.5 (51.2%)
953	JACZYŃSKI Michał	335		M-45	96	Nie	mazowieckie	00:02:11	00:14:09	00:28:41.05	00:30:52.10	+00:14:04 (49.1%)	5:44	10.5 (51.2%)
954	KURDZIEL Przemysław	548		M-40	126	Nie	mazowieckie	00:02:00	00:13:37	00:28:42.65	00:30:43.00	+00:14:06 (49.1%)	5:44	10.5 (51.2%)
955	BIAŁEK Tomasz	51		M Seniorzy	181		mazowieckie	00:01:34	00:13:56	00:28:44.80	00:30:19.70	+00:14:08 (49.2%)	5:44	10.4 (50.7%)
956	PROKOPEK Wojciech	823		M Seniorzy	182			00:01:32	00:13:32	00:28:44.85	00:30:17.15	+00:14:08 (49.2%)	5:44	10.4 (50.7%)
957	LACHOWSKI Karol	560	SIGNAL-IDUNA	M-40	127		mazowieckie	00:01:34	00:13:56	00:28:45.10	00:30:19.65	+00:14:09 (49.2%)	5:45	10.4 (50.7%)
958	SZUŁCZYŃSKI Robert	1015		M-35	137		mazowieckie	00:01:51	00:14:17	00:28:45.15	00:30:36.60	+00:14:09 (49.2%)	5:45	10.4 (50.7%)
959	CZYŻYK Piotr	150		M Seniorzy	183	Nie	mazowieckie	00:01:41	00:14:19	00:28:48.05	00:30:29.25	+00:14:11 (49.3%)	5:45	10.4 (50.7%)
960	WESOŁOWSKA Karolina	1104	SSP 364	K-35	41	Nie	mazowieckie	00:01:53	00:14:14	00:28:49.00	00:30:42.40	+00:14:12 (49.3%)	5:45	10.4 (50.7%)
961	SOWA Andrzej	951		M-40	128			00:00:10	00:14:12	00:28:49.10	00:28:59.55	+00:14:13 (49.3%)	5:45	10.4 (50.7%)
962	PRZYBYLSKI Michał	23		M-40	129	Nie	mazowieckie	00:02:07	00:14:17	00:28:50.50	00:30:58.15	+00:14:14 (49.4%)	5:46	10.4 (50.7%)
963	KRÓL Aleksandra	513		K Seniorzy	69	Tak	mazowieckie	00:01:26	00:13:57	00:28:50.85	00:30:17.65	+00:14:14 (49.4%)	5:46	10.4 (50.7%)
964	KOZIARA Aleksandra	494	AKTYWNA WARSZAWA	K Seniorzy	70	Nie	mazowieckie	00:01:57	00:14:15	00:28:54.05	00:30:51.15	+00:14:17 (49.5%)	5:46	10.4 (50.7%)
965	SZOFINSKA Marlena	1009		K Seniorzy	71	Nie	mazowieckie	00:01:51	00:14:09	00:28:54.15	00:30:45.45	+00:14:18 (49.5%)	5:46	10.4 (50.7%)
966	NEJMAN Adam	702		M-50	58		mazowieckie	00:02:01	00:14:12	00:28:54.60	00:30:55.85	+00:14:18 (49.5%)	5:46	10.4 (50.7%)
967	KROPIEWNICKI Michał Mateusz	510		M Seniorzy	184	Tak	mazowieckie	00:01:25	00:13:13	00:28:54.80	00:30:20.15	+00:14:18 (49.5%)	5:46	10.4 (50.7%)
968	SZCZĘSNY Paweł	996		M-45	97	Tak	mazowieckie	00:02:02	00:14:16	00:28:55.05	00:30:57.10	+00:14:18 (49.5%)	5:47	10.4 (50.7%)
969	URBAŃSKI Jakub	1084		M Seniorzy	185	Nie	mazowieckie	00:01:52	00:14:38	00:28:55.20	00:30:47.90	+00:14:19 (49.5%)	5:47	10.4 (50.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bemowo	Mazowsze	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
970	STEĆ Dominika	964		K Seniorzy	72	Tak	warmińsko-mazurskie	00:01:49	00:14:28	00:28:56.70	00:30:45.85	+00:14:20 (49.6%)	5:47	10.4 (50.7%)
970	GÓRSKA Natalia	277		K-35	42	Nie	mazowieckie	00:01:49	00:14:28	00:28:56.70	00:30:46.45	+00:14:20 (49.6%)	5:47	10.4 (50.7%)
972	ZARĘBA Szymon	1228		M Seniorzy	186	Tak	kujawsko-pomorskie	00:01:49	00:14:28	00:28:56.80	00:30:45.95	+00:14:20 (49.6%)	5:47	10.4 (50.7%)
973	MACKIEWICZ Michał	1223	PGE	M-40	130	Nie	mazowieckie	00:02:01	00:13:56	00:28:58.15	00:30:59.35	+00:14:22 (49.6%)	5:47	10.4 (50.7%)
974	RUCYK Justyna	865		K-45	37	Nie	mazowieckie	00:02:06	00:15:12	00:29:01.55	00:31:08.30	+00:14:25 (49.7%)	5:48	10.3 (50.2%)
975	IWANOWSKA Klaudia	329		K Seniorzy	73	Nie	mazowieckie	00:01:43	00:14:30	00:29:06.35	00:30:50.15	+00:14:30 (49.8%)	5:49	10.3 (50.2%)
976	KWIATKOWSKA Anna	557		K-50	17		mazowieckie	00:01:06	00:14:13	00:29:06.95	00:30:13.55	+00:14:30 (49.8%)	5:49	10.3 (50.2%)
977	BOCIAN Łukasz	65		M Seniorzy	187		mazowieckie	00:01:38	00:14:37	00:29:07.30	00:30:46.25	+00:14:31 (49.9%)	5:49	10.3 (50.2%)
978	WACHŁACZENKO Michał	1088	INSTYTUT TECHNICZNY WOJSK LOTNICZYCH	M-45	98		mazowieckie	00:01:29	00:14:20	00:29:11.15	00:30:41.00	+00:14:35 (50.0%)	5:50	10.3 (50.2%)
979	STANISŁAWSKI Andrzej	956	DORSZ	M-40	131	Nie	mazowieckie	00:02:07	00:14:45	00:29:11.65	00:31:19.00	+00:14:35 (50.0%)	5:50	10.3 (50.2%)
980	OSIAK Ola	734	WATICAN	K Seniorzy	74	Nie	mazowieckie	00:01:24	00:14:13	00:29:11.95	00:30:36.90	+00:14:35 (50.0%)	5:50	10.3 (50.2%)
981	SZYMBORSKA Dora	1025		K-45	38	Nie	mazowieckie	00:01:02	00:14:15	00:29:12.20	00:30:14.60	+00:14:36 (50.0%)	5:50	10.3 (50.2%)
982	BUKOWSKI Janusz	98	STOWARZYSZENIE DAĆ SIEBIE INNYM	M-65	11	Tak	mazowieckie	00:00:09	00:14:16	00:29:12.55	00:29:22.10	+00:14:36 (50.0%)	5:50	10.3 (50.2%)
983	DROZDOWSKI Grzegorz	176	DZIKA HUSARIA	M-50	59	Tak	mazowieckie	00:01:46	00:14:26	00:29:14.45	00:31:00.90	+00:14:38 (50.1%)	5:50	10.3 (50.2%)
984	BIESIADECKA Marta	57		K Seniorzy	75	Nie	mazowieckie	00:02:07	00:14:44	00:29:14.65	00:31:22.45	+00:14:38 (50.1%)	5:50	10.3 (50.2%)
985	DROZDOWSKA Jolanta	175	DZIKA HUSARIA	K-50	18	Tak	mazowieckie	00:01:45	00:14:27	00:29:15.00	00:31:00.75	+00:14:38 (50.1%)	5:51	10.3 (50.2%)
986	GIŻYŃSKA Anna	243		K-35	43	Nie	mazowieckie	00:01:44	00:14:33	00:29:15.30	00:31:00.15	+00:14:39 (50.1%)	5:51	10.3 (50.2%)
987	GAŃSKA-KARAMON Monika	229	BEMOWO BIEGA	K-50	19		mazowieckie	00:01:45	00:14:33	00:29:15.60	00:31:00.90	+00:14:39 (50.1%)	5:51	10.3 (50.2%)
988	SZCZESNA Iza	993		K-45	39		mazowieckie	00:01:53	00:14:26	00:29:16.65	00:31:09.80	+00:14:40 (50.1%)	5:51	10.3 (50.2%)
989	WITCZAK Alicja	1132		K-40	46		mazowieckie	00:01:46	00:14:33	00:29:18.95	00:31:05.05	+00:14:42 (50.2%)	5:51	10.2 (49.8%)
990	GRAMEK Wioletta	286	INSTYTUT TECHNICZNY WOJSK LOTNICZYCH	K-40	47	Tak	mazowieckie	00:01:30	00:14:20	00:29:19.55	00:30:50.05	+00:14:43 (50.2%)	5:51	10.2 (49.8%)
991	SZYDŁOWSKI Jakub	1253		M Seniorzy	188	Nie	mazowieckie	00:02:05	00:14:41	00:29:20.30	00:31:25.65	+00:14:44 (50.2%)	5:52	10.2 (49.8%)
992	PERZ Michał	775	BIEGAJ Z URSUSEM	M-55	17	Nie	mazowieckie	00:02:00	00:14:36	00:29:21.50	00:31:21.95	+00:14:45 (50.3%)	5:52	10.2 (49.8%)
993	DZIEDZIC Ewa	192		K-55	4			00:01:38	00:14:25	00:29:22.80	00:31:01.55	+00:14:46 (50.3%)	5:52	10.2 (49.8%)
994	ZAPART Agnieszka	1178	DZIKA HUSARIA	K-45	40	Tak	mazowieckie	00:01:45	00:14:34	00:29:23.10	00:31:08.55	+00:14:47 (50.3%)	5:52	10.2 (49.8%)
995	STELMACH Dominika	967	THE ART OF DISTANCE	K-40	48	Nie	mazowieckie	00:01:44	00:14:33	00:29:23.75	00:31:08.60	+00:14:47 (50.3%)	5:52	10.2 (49.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bemowo	Mazowsze	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
								startu	2.5km					
996	KUBIAK Anna	530		K U20	6	Tak	mazowieckie	00:01:57	00:14:29	00:29:24.35	00:31:21.75	+00:14:48 (50.3%)	5:52	10.2 (49.8%)
997	SZYMCZAK Agnieszka	1026		K-40	49	Nie	mazowieckie	00:01:27	00:13:46	00:29:26.75	00:30:53.90	+00:14:50 (50.4%)	5:53	10.2 (49.8%)
998	CELIJ Oktawia	106		K Seniorzy	76	Tak	mazowieckie	00:01:18	00:13:41	00:29:27.55	00:30:45.80	+00:14:51 (50.4%)	5:53	10.2 (49.8%)
999	ZIOMEK Izabela	1197		K-40	50	Nie	mazowieckie	00:01:49	00:14:36	00:29:27.80	00:31:17.65	+00:14:51 (50.4%)	5:53	10.2 (49.8%)
1000	CHEĆ Adam	112		M-45	99	Tak	mazowieckie	00:02:08	00:13:50	00:29:28.55	00:31:37.45	+00:14:52 (50.5%)	5:53	10.2 (49.8%)
1001	MACIEJEWSKI Robert	1275		M-40	132	Tak	mazowieckie	00:01:48	00:14:29	00:29:28.75	00:31:17.25	+00:14:52 (50.5%)	5:53	10.2 (49.8%)
1002	MARCINKIEWICZ Wojciech	623	BIEGUSTATORZY / HERBERT 99 RUN TEAM	M Seniorzy	189	Nie	mazowieckie	00:01:43	00:14:23	00:29:29.20	00:31:13.15	+00:14:53 (50.5%)	5:53	10.2 (49.8%)
1003	SOCHACKA Maja	1254		K U16	8	Tak	mazowieckie	00:01:30	00:14:22	00:29:31.70	00:31:02.65	+00:14:55 (50.6%)	5:54	10.2 (49.8%)
1004	SOCHACKI Mariusz	942		M-50	60	Tak	mazowieckie	00:01:30	00:14:22	00:29:32.05	00:31:02.60	+00:14:55 (50.6%)	5:54	10.2 (49.8%)
1005	MIŃCZUK Szymon	668		M-45	100	Tak	mazowieckie	00:02:16	00:15:01	00:29:32.95	00:31:49.05	+00:14:56 (50.6%)	5:54	10.2 (49.8%)
1006	TOMCZAK Emil	1053		M Seniorzy	190	Nie	mazowieckie	00:01:57	00:14:26	00:29:33.85	00:31:31.40	+00:14:57 (50.6%)	5:54	10.2 (49.8%)
1007	SIKORSKA Iwona	910		K-50	20	Nie	mazowieckie	00:01:52	00:14:27	00:29:34.05	00:31:26.45	+00:14:57 (50.6%)	5:54	10.1 (49.3%)
1008	BURLACHUK Diana	99		K Seniorzy	77	Nie	mazowieckie	00:01:46	00:14:30	00:29:35.45	00:31:22.15	+00:14:59 (50.7%)	5:55	10.1 (49.3%)
1009	ULIJASZ Aneta	1075	KS START PUŁASKI WARKA	K-45	41	Nie	mazowieckie	00:01:33	00:14:32	00:29:36.05	00:31:09.60	+00:14:59 (50.7%)	5:55	10.1 (49.3%)
1010	KACHNIARZ Justyna	378	SPORT GENERATION	K-40	51	Nie	mazowieckie	00:01:25	00:14:10	00:29:37.15	00:31:02.30	+00:15:01 (50.7%)	5:55	10.1 (49.3%)
1011	SOSZYŃSKI Krzysztof	949		M-35	138	Tak	mazowieckie	00:02:02	00:14:51	00:29:37.85	00:31:39.90	+00:15:01 (50.7%)	5:55	10.1 (49.3%)
1012	GŁOŚNY Dawid	252		M Seniorzy	191	Tak	mazowieckie	00:02:05	00:14:41	00:29:38.05	00:31:43.70	+00:15:01 (50.7%)	5:55	10.1 (49.3%)
1013	OJRZANOWSKI Mikołaj	717		M U23	26	Tak	mazowieckie	00:02:08	00:14:16	00:29:38.50	00:31:46.65	+00:15:02 (50.7%)	5:55	10.1 (49.3%)
1014	NIEWIADOMSKI Zdzisław	706		M-75	4	Nie	mazowieckie	00:01:36	00:14:34	00:29:38.80	00:31:14.85	+00:15:02 (50.7%)	5:55	10.1 (49.3%)
1015	ŁAZAROWICZ Katarzyna	1284	PGE ENERGETIC RUNNING	K-50	21	Nie	mazowieckie	00:01:26	00:14:29	00:29:38.85	00:31:05.40	+00:15:02 (50.7%)	5:55	10.1 (49.3%)
1016	KUBIAK Małgorzata	529		K-45	42	Nie	mazowieckie	00:01:59	00:14:50	00:29:42.90	00:31:42.30	+00:15:06 (50.9%)	5:56	10.1 (49.3%)
1017	GÓRSKA-MANCZENKO Katarzyna	278	LEŚNE SZYCHY	K-40	52	Nie	mazowieckie	00:02:06	00:15:23	00:29:44.05	00:31:50.30	+00:15:07 (50.9%)	5:56	10.1 (49.3%)
1018	PRABUCKA Weronika	821		K U23	12	Nie	mazowieckie	00:01:58	00:14:40	00:29:48.70	00:31:47.35	+00:15:12 (51.0%)	5:57	10.1 (49.3%)
1019	RATAJ Marek	842	WARSZAWSKI KLUB ROGATEGO MORSA	M-70	6	Tak	mazowieckie	00:01:08	00:14:34	00:29:51.70	00:30:59.85	+00:15:15 (51.1%)	5:58	10.1 (49.3%)
1020	TRIGO Adrián	1059		M-35	139		mazowieckie	00:01:50	00:14:13	00:29:52.85	00:31:43.40	+00:15:16 (51.1%)	5:58	10 (48.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bemowo	Mazowsze	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
								startu	2.5km	5km	5km			
1021	PANFIL Justyna	1279		K-40	53	Tak	mazowieckie	00:02:04	00:14:40	00:29:53.25	00:31:57.45	+00:15:17 (51.1%)	5:58	10 (48.8%)
1022	KOWALCZYK Agnieszka	482		K-45	43		mazowieckie	00:02:03	00:14:47	00:29:57.40	00:32:00.80	+00:15:21 (51.3%)	5:59	10 (48.8%)
1023	PANFIL Krzysztof	1283		M-45	101	Tak	mazowieckie	00:02:04	00:14:17	00:29:58.60	00:32:03.40	+00:15:22 (51.3%)	5:59	10 (48.8%)
1024	BOJANOWICZ-GOŁDA Agnieszka	72		K-45	44	Tak	mazowieckie	00:01:51	00:14:48	00:30:00.60	00:31:52.20	+00:15:24 (51.3%)	6:00	10 (48.8%)
1025	PASZKOWSKI Cezary	762	LEŚNE SZYCHY	M-45	102		mazowieckie	00:01:50	00:14:47	00:30:00.85	00:31:51.50	+00:15:24 (51.4%)	6:00	10 (48.8%)
1026	KOWALSKA Kinga	488	12TRI.PL	K-45	45	Tak	mazowieckie	00:01:50	00:14:47	00:30:01.65	00:31:52.10	+00:15:25 (51.4%)	6:00	10 (48.8%)
1027	MICHEWICZ Julia	654	WARSZAFSKI DŻYM	K U23	13	Nie	mazowieckie	00:01:34	00:14:38	00:30:02.30	00:31:36.50	+00:15:26 (51.4%)	6:00	10 (48.8%)
1028	KALETA Wojciech	392		M Seniorzy	192		mazowieckie	00:02:02	00:14:39	00:30:03.90	00:32:06.20	+00:15:27 (51.4%)	6:00	10 (48.8%)
1029	KAPLA Tomek	409		M-40	133	Tak	mazowieckie	00:01:19	00:14:29	00:30:04.40	00:31:23.55	+00:15:28 (51.4%)	6:00	10 (48.8%)
1030	PODKOWIŃSKA Marlena	811		K-35	44		mazowieckie	00:01:51	00:14:46	00:30:04.95	00:31:56.90	+00:15:28 (51.5%)	6:00	10 (48.8%)
1031	TELEGA Janusz	1045		M-65	12	Tak	mazowieckie	00:01:22	00:14:30	00:30:07.75	00:31:30.40	+00:15:31 (51.5%)	6:01	10 (48.8%)
1032	LESZKO Ewelina	567		K-35	45	Nie	mazowieckie	00:01:57	00:14:52	00:30:08.30	00:32:05.55	+00:15:32 (51.6%)	6:01	10 (48.8%)
1033	GÓRECKA Anna	1246	MOTOBABINIEC	K-50	22	Tak	mazowieckie	00:01:42	00:14:32	00:30:08.60	00:31:50.60	+00:15:32 (51.6%)	6:01	10 (48.8%)
1034	NOSZCZYK Piotr	1505		M Seniorzy	193		mazowieckie	00:01:56	00:14:44	00:30:11.45	00:32:07.75	+00:15:35 (51.6%)	6:02	9.9 (48.3%)
1035	KISIEL-NOSZCZYK Żaneta	1506		K Seniorzy	78		mazowieckie	00:01:55	00:14:44	00:30:12.35	00:32:07.75	+00:15:36 (51.7%)	6:02	9.9 (48.3%)
1036	GRAF Karolina	288		K Seniorzy	79	Nie	mazowieckie	00:01:53	00:14:57	00:30:17.15	00:32:10.15	+00:15:41 (51.8%)	6:03	9.9 (48.3%)
1037	FERNANDEZ Julio	1519		M-35	140		mazowieckie	00:01:50	00:14:21	00:30:19.30	00:32:09.75	+00:15:43 (51.8%)	6:03	9.9 (48.3%)
1038	RAPA Kinga	1272		K Seniorzy	80	Tak	lubelskie	00:01:56	00:14:44	00:30:19.95	00:32:15.95	+00:15:43 (51.9%)	6:03	9.9 (48.3%)
1039	SZWAJKOWSKA Liwia	1016		K U16	9	Tak	mazowieckie	00:02:14	00:14:13	00:30:23.65	00:32:37.85	+00:15:47 (52.0%)	6:04	9.9 (48.3%)
1040	ZAWADZKI Paweł	1184		M-35	141	Tak	mazowieckie	00:00:00	00:15:26	00:30:26.90	00:30:26.90	+00:15:50 (52.0%)	6:05	9.9 (48.3%)
1041	WŁODARCZYK Eulalia	1136		K-45	46		mazowieckie	00:01:51	00:14:57	00:30:28.60	00:32:20.55	+00:15:52 (52.1%)	6:05	9.8 (47.8%)
1042	WINIARSKA Izabela	1239	IZAGÓRĄ	K-50	23	Nie	mazowieckie	00:02:08	00:15:21	00:30:31.25	00:32:39.35	+00:15:55 (52.2%)	6:06	9.8 (47.8%)
1043	OLEKSIAK Anna	723		K Seniorzy	81			00:01:46	00:14:37	00:30:35.05	00:32:21.90	+00:15:58 (52.3%)	6:07	9.8 (47.8%)
1043	SIERECKI Zbigniew	906	TEAM ZABIEGANEDNI	M-45	103	Nie	mazowieckie	00:01:45	00:14:43	00:30:35.05	00:32:20.60	+00:15:58 (52.3%)	6:07	9.8 (47.8%)
1045	PLACKOWSKI Paweł	796		M Seniorzy	194			00:01:46	00:14:37	00:30:35.80	00:32:22.20	+00:15:59 (52.3%)	6:07	9.8 (47.8%)
1046	JARMOSZKO Marian	353		M-45	104		mazowieckie	00:02:06	00:15:16	00:30:36.00	00:32:42.70	+00:15:59 (52.3%)	6:07	9.8 (47.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bemowo	Mazowsze	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
								startu	2.5km	5km	5km			
1047	GAŚSIOR Adam	236		M U16	10	Nie	mazowieckie	00:00:22	00:14:12	00:30:44.30	00:31:06.75	+00:16:08 (52.5%)	6:08	9.8 (47.8%)
1048	CYBRUCH Dorota	142		K-40	54	Tak	małopolskie	00:02:06	00:15:17	00:30:59.45	00:33:05.80	+00:16:23 (52.9%)	6:11	9.7 (47.3%)
1049	HYESOO Do	323		K Seniorzy	82	Nie	mazowieckie	00:02:02	00:15:37	00:31:00.10	00:33:02.70	+00:16:24 (52.9%)	6:12	9.7 (47.3%)
1050	WÓJCIK Kordian	1515		M-40	134	Nie		00:02:15	00:15:02	00:31:02.10	00:33:17.10	+00:16:26 (53.0%)	6:12	9.7 (47.3%)
1051	SZŁĄZAK Pola	1008		K-40	55	Nie	mazowieckie	00:01:55	00:15:12	00:31:04.85	00:33:00.30	+00:16:28 (53.0%)	6:12	9.7 (47.3%)
1052	SZAFRAN Czesław	988	NIEZRZESZONY	M-75	5	Tak	mazowieckie	00:02:21	00:15:20	00:31:06.05	00:33:27.30	+00:16:29 (53.1%)	6:13	9.6 (46.8%)
1053	KOPYT Franciszek	467		M U23	27	Nie	mazowieckie	00:01:57	00:15:36	00:31:14.30	00:33:11.40	+00:16:38 (53.3%)	6:14	9.6 (46.8%)
1054	PODBIELSKA Katarzyna	805		K-40	56	Tak	mazowieckie	00:01:19	00:15:15	00:31:14.55	00:32:33.70	+00:16:38 (53.3%)	6:14	9.6 (46.8%)
1055	SAMEL Janusz	77		M-45	105	Nie	mazowieckie	00:02:07	00:14:38	00:31:16.15	00:33:23.70	+00:16:40 (53.3%)	6:15	9.6 (46.8%)
1056	KLEJSA Sebastian	436		M Seniorzy	195		mazowieckie	00:01:59	00:15:58	00:31:16.40	00:33:16.15	+00:16:40 (53.3%)	6:15	9.6 (46.8%)
1057	LYSENKO Anastasiia	1510		K U18	7		mazowieckie	00:01:15	00:14:10	00:31:16.80	00:32:32.75	+00:16:40 (53.3%)	6:15	9.6 (46.8%)
1058	GÓRECKA Aleksandra	274		K-40	57	Tak	mazowieckie	00:01:55	00:15:25	00:31:17.85	00:33:13.70	+00:16:41 (53.3%)	6:15	9.6 (46.8%)
1059	DYMEL Piotr	189		M-70	7	Nie	mazowieckie	00:01:34	00:14:39	00:31:18.10	00:32:52.70	+00:16:42 (53.4%)	6:15	9.6 (46.8%)
1060	PŁUCIENNIK Marcin	800		M-50	61			00:02:12	00:15:05	00:31:18.15	00:33:30.85	+00:16:42 (53.4%)	6:15	9.6 (46.8%)
1061	STEFAŃSKA Joanna	966	KRULACZKI TEAM	K-45	47	Tak	mazowieckie	00:01:27	00:14:51	00:31:22.35	00:32:49.90	+00:16:46 (53.5%)	6:16	9.6 (46.8%)
1062	KLOCH Marcin	440	TEAM ZABIEGANEDNI	M-40	135	Nie	mazowieckie	00:01:33	00:15:39	00:31:29.60	00:33:02.85	+00:16:53 (53.6%)	6:17	9.5 (46.3%)
1063	GROCHOWSKA Joanna	4	BIEGAM DOBRZE DLA FUNDACJI SYNOPSIS	K-60	2	Nie	mazowieckie	00:02:12	00:15:44	00:31:31.20	00:33:44.00	+00:16:55 (53.7%)	6:18	9.5 (46.3%)
1064		1522						00:01:39	00:15:00	00:31:31.25	00:33:11.00	+00:16:55 (53.7%)	6:18	9.5 (46.3%)
1065	URBAŃSKA Milena	1082		K-40	58		mazowieckie	00:02:13	00:15:30	00:31:34.40	00:33:48.05	+00:16:58 (53.8%)	6:18	9.5 (46.3%)
1066	LIS Gabriela	577		K U18	8		mazowieckie	00:01:58	00:15:40	00:31:36.50	00:33:35.20	+00:17:00 (53.8%)	6:19	9.5 (46.3%)
1066	LIS Jacek	576		M-45	106		mazowieckie	00:01:58	00:15:40	00:31:36.50	00:33:35.15	+00:17:00 (53.8%)	6:19	9.5 (46.3%)
1066	TYSZKO Wiktor	1073		M U18	24	Nie	mazowieckie	00:01:56	00:15:51	00:31:36.50	00:33:32.85	+00:17:00 (53.8%)	6:19	9.5 (46.3%)
1069	MYŚLIWIEC Piotr	693	AKTYWNI PO ZAWALE	M-45	107	Nie	mazowieckie	00:01:43	00:15:56	00:31:48.05	00:33:31.55	+00:17:11 (54.1%)	6:21	9.4 (45.9%)
1070	SUDER Dominika	983		K-45	48	Nie	mazowieckie	00:01:43	00:15:56	00:31:50.75	00:33:34.20	+00:17:14 (54.1%)	6:22	9.4 (45.9%)
1071	KOZŁOWSKI Jakub	495		M-35	142		mazowieckie	00:02:17	00:16:04	00:31:53.05	00:34:10.15	+00:17:16 (54.2%)	6:22	9.4 (45.9%)
1072	SABAK Grzegorz	884	EKSKURSIJA.PL	M-50	62	Tak	mazowieckie	00:01:59	00:15:09	00:31:53.60	00:33:52.95	+00:17:17 (54.2%)	6:22	9.4 (45.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bemowo	Mazowsze	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
								startu	2.5km					
1073	GLASSER Marek	246		M-75	6		mazowieckie	00:01:54	00:15:34	00:31:56.60	00:33:51.05	+00:17:20 (54.3%)	6:23	9.4 (45.9%)
1074	BANASIAK Piotr	26		M-50	63		mazowieckie	00:01:29	00:14:42	00:32:01.50	00:33:30.85	+00:17:25 (54.4%)	6:24	9.4 (45.9%)
1075	LITWIN-NOWACKA Marta	580		K-40	59		mazowieckie	00:01:29	00:14:43	00:32:01.65	00:33:30.90	+00:17:25 (54.4%)	6:24	9.4 (45.9%)
1076	CHLEWICKI Marcin	1269		M-40	136	Tak	mazowieckie	00:02:14	00:16:42	00:32:04.00	00:34:18.40	+00:17:27 (54.5%)	6:24	9.4 (45.9%)
1077	SZOSTAKOWSKI Jarosław	2	BIEGAM DOBRZE DLA FUNDACJI SYNOPSIS	M-55	18	Nie	mazowieckie	00:02:13	00:15:55	00:32:04.65	00:34:17.95	+00:17:28 (54.5%)	6:24	9.4 (45.9%)
1078	PIEKARSKI Mariusz	781		M-45	108		mazowieckie	00:02:09	00:15:04	00:32:07.25	00:34:16.45	+00:17:31 (54.5%)	6:25	9.3 (45.4%)
1079	SZYMANIK Pola	1020		K U18	9	Nie	mazowieckie	00:01:05	00:14:28	00:32:19.55	00:33:25.25	+00:17:43 (54.8%)	6:27	9.3 (45.4%)
1080	CHADAM Pola	1267		K U16	10	Nie	mazowieckie	00:01:54	00:16:14	00:32:24.40	00:34:18.50	+00:17:48 (54.9%)	6:28	9.3 (45.4%)
1081	CHROSTOWSKI Marcin	128	PĘDZĄCE ŻÓŁWIE	M-40	137	Tak	mazowieckie	00:02:04	00:16:22	00:32:24.70	00:34:28.80	+00:17:48 (54.9%)	6:28	9.3 (45.4%)
1082	APONTE Yesenia	1489		K Seniorzy	83			00:00:25	00:15:29	00:32:27.10	00:32:52.45	+00:17:51 (55.0%)	6:29	9.2 (44.9%)
1083	KACZYŃSKA Paula	386		K Seniorzy	84	Nie	mazowieckie	00:01:58	00:15:54	00:32:32.05	00:34:30.95	+00:17:55 (55.1%)	6:30	9.2 (44.9%)
1084	JANUCHTA Tomasz	1520		M-50	64			00:01:58	00:15:55	00:32:32.85	00:34:30.85	+00:17:56 (55.1%)	6:30	9.2 (44.9%)
1085	CAŁKA Paweł	105		M-75	7		mazowieckie	00:02:17	00:16:53	00:32:33.80	00:34:51.55	+00:17:57 (55.2%)	6:30	9.2 (44.9%)
1086	SZYBIAK Maja	1018	BRAK	K U23	14	Nie	mazowieckie	00:02:08	00:16:24	00:32:35.35	00:34:43.75	+00:17:59 (55.2%)	6:31	9.2 (44.9%)
1087	MATEJKA Małgorzata	632	BIEGAM NA TARCHOMINIE	K-40	60	Tak	mazowieckie	00:02:03	00:15:59	00:32:35.80	00:34:39.30	+00:17:59 (55.2%)	6:31	9.2 (44.9%)
1088	DUDZIŃSKA Marta	181		K Seniorzy	85	Nie	mazowieckie	00:01:56	00:16:02	00:32:46.20	00:34:42.80	+00:18:10 (55.4%)	6:33	9.2 (44.9%)
1089	DWURZYŃSKA Sylwia	1219	GRUPA BIEGOWA UM W-WA	K-40	61	Nie	mazowieckie	00:01:54	00:15:36	00:32:46.50	00:34:41.15	+00:18:10 (55.4%)	6:33	9.2 (44.9%)
1090	KARŁOWICZ Anna	415	PARTIA WOLNYCH BIEGACZY	K-70	1		mazowieckie	00:01:58	00:15:51	00:32:50.35	00:34:49.10	+00:18:14 (55.5%)	6:34	9.1 (44.4%)
1091	ZASADZKA Agata	1181		K-35	46		mazowieckie	00:02:11	00:15:52	00:32:51.65	00:35:03.30	+00:18:15 (55.6%)	6:34	9.1 (44.4%)
1092	TURCZYK Jakub	1065		M Seniorzy	196	Nie	mazowieckie	00:01:32	00:15:29	00:32:52.20	00:34:24.95	+00:18:16 (55.6%)	6:34	9.1 (44.4%)
1093	WYRWAS Sylwester	1167	BEMOWO	M-45	109	Tak	mazowieckie	00:02:13	00:16:56	00:32:57.20	00:35:10.80	+00:18:21 (55.7%)	6:35	9.1 (44.4%)
1094	BERKA Anna	1502		K Seniorzy	86		mazowieckie	00:02:13	00:16:56	00:32:57.65	00:35:11.40	+00:18:21 (55.7%)	6:35	9.1 (44.4%)
1095	KOZŁOWSKA Anna	497		K-45	49		mazowieckie	00:02:16	00:16:04	00:33:00.75	00:35:16.90	+00:18:24 (55.8%)	6:36	9.1 (44.4%)
1096	WIERZBA Robert	1117		M-40	138	Tak	mazowieckie	00:01:59	00:16:10	00:33:13.95	00:35:13.25	+00:18:37 (56.1%)	6:38	9 (43.9%)
1097	WIERZBA Oliwis	1118		K U16	11	Tak	mazowieckie	00:01:58	00:16:11	00:33:14.00	00:35:12.75	+00:18:37 (56.1%)	6:38	9 (43.9%)
1098	SOBOCIŃSKI Karol	939		M-45	110	Nie	mazowieckie	00:02:14	00:16:27	00:33:16.80	00:35:31.40	+00:18:40 (56.1%)	6:39	9 (43.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bemowo	Mazowsze	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
								startu	2.5km	5km	5km			
1099	DEMCZUK Michał	158		M-40	139		mazowieckie	00:01:55	00:15:59	00:33:19.75	00:35:15.70	+00:18:43 (56.2%)	6:39	9 (43.9%)
1100	VASILEV Nikoletta	1085	KKN	K Seniorzy	87	Tak	mazowieckie	00:02:09	00:16:38	00:33:27.75	00:35:36.90	+00:18:51 (56.4%)	6:41	9 (43.9%)
1101	LEWANDOWSKA Inga	570		K-45	50	Nie	mazowieckie	00:01:32	00:15:41	00:33:36.45	00:35:09.40	+00:19:00 (56.6%)	6:43	8.9 (43.4%)
1102	WOJTOWICZ Jerzy	1148		M-70	8	Tak	mazowieckie	00:01:54	00:16:11	00:33:42.70	00:35:37.45	+00:19:06 (56.7%)	6:44	8.9 (43.4%)
1103	WIŚNIEWSKA Justyna	1128		K-40	62	Tak	mazowieckie	00:01:59	00:16:13	00:33:45.10	00:35:44.20	+00:19:09 (56.7%)	6:45	8.9 (43.4%)
1104	GÓRZYŃSKA-LAZUR Magdalena	281		K Seniorzy	88	Nie	mazowieckie	00:01:57	00:16:25	00:33:49.00	00:35:46.75	+00:19:12 (56.8%)	6:45	8.9 (43.4%)
1105	HULANICKI Andrzej	322		M-65	13		mazowieckie	00:01:29	00:16:45	00:33:51.10	00:35:21.05	+00:19:15 (56.9%)	6:46	8.9 (43.4%)
1106	MŁYNEK Jan	679	SP 364	M Seniorzy	197	Nie	mazowieckie	00:01:53	00:15:59	00:33:58.45	00:35:52.20	+00:19:22 (57.0%)	6:47	8.8 (42.9%)
1107	JURKOWSKA Irena	373		K-75	1		mazowieckie	00:02:05	00:16:52	00:34:00.00	00:36:05.35	+00:19:23 (57.1%)	6:48	8.8 (42.9%)
1108	GOŁACKA-PIOTROWSKA Beata	262		K-55	5	Tak	mazowieckie	00:01:47	00:15:53	00:34:02.65	00:35:50.55	+00:19:26 (57.1%)	6:48	8.8 (42.9%)
1109	MICHALAK Magdalena	651		K-35	47	Nie	mazowieckie	00:02:14	00:17:31	00:34:13.45	00:36:27.75	+00:19:37 (57.3%)	6:50	8.8 (42.9%)
1110	MADEJ Elżbieta	1282		K-70	2	Tak	małopolskie	00:01:53	00:16:53	00:34:29.35	00:36:22.85	+00:19:53 (57.7%)	6:53	8.7 (42.4%)
1111	FUDALA Damian	1274		M Seniorzy	198	Nie	mazowieckie	00:01:56	00:16:29	00:34:29.85	00:36:26.00	+00:19:53 (57.7%)	6:53	8.7 (42.4%)
1112	MAJ Dominika	1231		K-35	48	Tak	mazowieckie	00:01:51	00:16:11	00:34:31.90	00:36:23.55	+00:19:55 (57.7%)	6:54	8.7 (42.4%)
1113	MAJ Mateusz	606		M-35	143	Tak	mazowieckie	00:01:51	00:16:12	00:34:32.45	00:36:23.75	+00:19:56 (57.7%)	6:54	8.7 (42.4%)
1114	KAMIEŃ Magdalena	403		K Seniorzy	89	Tak	mazowieckie	00:02:01	00:16:27	00:34:32.50	00:36:33.65	+00:19:56 (57.7%)	6:54	8.7 (42.4%)
1115	KLOSE Katarzyna	441		K Seniorzy	90	Tak	mazowieckie	00:02:09	00:16:39	00:34:33.50	00:36:42.50	+00:19:57 (57.7%)	6:54	8.7 (42.4%)
1116	SKURSKA Klaudia	922		K Seniorzy	91		mazowieckie	00:02:03	00:16:28	00:34:33.65	00:36:37.00	+00:19:57 (57.8%)	6:54	8.7 (42.4%)
1117	URBANIAK Natalia	1079		K-45	51	Nie	mazowieckie	00:02:13	00:16:51	00:34:36.80	00:36:50.75	+00:20:00 (57.8%)	6:55	8.7 (42.4%)
1118	METT Mariusz	647		M-50	65		mazowieckie	00:02:01	00:17:24	00:34:39.50	00:36:40.85	+00:20:03 (57.9%)	6:55	8.7 (42.4%)
1119	BUDNY Janusz	1518	TEAM ZABIEGANEDNI	M-60	11		mazowieckie	00:01:52	00:15:53	00:34:41.05	00:36:33.25	+00:20:04 (57.9%)	6:56	8.6 (42.0%)
1120	WÓJCIK Robert	1157		M-50	66	Nie	mazowieckie	00:02:13	00:17:15	00:34:42.15	00:36:55.35	+00:20:06 (57.9%)	6:56	8.6 (42.0%)
1121	NIKITINA Ekaterina	707		K-35	49	Nie	mazowieckie	00:02:07	00:16:38	00:34:45.10	00:36:52.30	+00:20:09 (58.0%)	6:57	8.6 (42.0%)
1122	WÓJTOWICZ Maciej	226		M-45	111	Nie	mazowieckie	00:02:06	00:16:30	00:34:57.00	00:37:03.35	+00:20:20 (58.2%)	6:59	8.6 (42.0%)
1123	SNOPEK Marta	934		K-35	50	Tak	mazowieckie	00:02:15	00:17:14	00:35:13.90	00:37:29.35	+00:20:37 (58.6%)	7:02	8.5 (41.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bemowo	Mazowsze	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1124	WOJTAK Małgorzata	1290	BEMOWO BIEGA	K-40	63	Tak	mazowieckie	00:02:00	00:17:21	00:35:38.30	00:37:38.75	+00:21:02 (59.0%)	7:07	8.4 (41.0%)
1125	PILAT Veronique	1248		K-60	3	Nie	mazowieckie	00:01:52	00:17:25	00:35:45.65	00:37:38.45	+00:21:09 (59.2%)	7:09	8.4 (41.0%)
1126	WERNICKA Klaudia	1103		K U18	10	Tak	mazowieckie	00:02:05	00:17:04	00:35:48.25	00:37:53.50	+00:21:12 (59.2%)	7:09	8.4 (41.0%)
1127	PERKA Katarzyna	774		K-40	64	Tak	mazowieckie	00:01:28	00:17:21	00:35:51.10	00:37:19.50	+00:21:15 (59.3%)	7:10	8.4 (41.0%)
1128	RÓŻAŃSKA Elżbieta	862	TEAM ZABIEGANEDNI	K-45	52	Nie	mazowieckie	00:01:31	00:17:24	00:35:58.90	00:37:30.50	+00:21:22 (59.4%)	7:11	8.3 (40.5%)
1129	BODALSKI Jacek	66	IMR SPORT TEAM	M-50	67	Nie	mazowieckie	00:02:13	00:17:09	00:36:15.90	00:38:29.70	+00:21:39 (59.7%)	7:15	8.3 (40.5%)
1130	DENOCH Krzysztof	160	FUNDACJA DAJ HERBATĘ	M-45	112	Nie	mazowieckie	00:02:19	00:18:10	00:36:18.55	00:38:37.85	+00:21:42 (59.8%)	7:15	8.3 (40.5%)
1131	KARCZEWSKI Maciej	413		M Seniorzy	199	Nie	mazowieckie	00:02:18	00:18:13	00:36:21.60	00:38:40.55	+00:21:45 (59.8%)	7:16	8.3 (40.5%)
1132	BLACH Iwona	59	FUNDACJA DAJ HERBATĘ	K-35	51	Nie	mazowieckie	00:02:20	00:18:08	00:36:26.75	00:38:47.25	+00:21:50 (59.9%)	7:17	8.2 (40.0%)
1133	KACZMAREK Piotr	1251		M-45	113	Tak	mazowieckie	00:02:07	00:16:42	00:36:28.95	00:38:35.95	+00:21:52 (60.0%)	7:17	8.2 (40.0%)
1134	REINAERS Geo	847		M-35	144	Nie	mazowieckie	00:02:20	00:18:07	00:36:41.85	00:39:02.25	+00:22:05 (60.2%)	7:20	8.2 (40.0%)
1135	GÓRALCZYK Agata	273		K-40	65	Nie	mazowieckie	00:02:20	00:18:07	00:36:42.10	00:39:02.50	+00:22:06 (60.2%)	7:20	8.2 (40.0%)
1136	REMBERK Danuta	848		K-75	2	Nie	mazowieckie	00:02:17	00:18:15	00:36:56.25	00:39:13.85	+00:22:20 (60.5%)	7:23	8.1 (39.5%)
1137	DZIWISZ Jacek	197		M Seniorzy	200		mazowieckie	00:00:27	00:17:34	00:37:06.25	00:37:33.75	+00:22:30 (60.6%)	7:25	8.1 (39.5%)
1138	TYLKO Małgorzata	1070		K-60	4	Tak	mazowieckie	00:02:21	00:17:33	00:37:06.50	00:39:28.35	+00:22:30 (60.7%)	7:25	8.1 (39.5%)
1139	WĘGIERSKA Małorzata	1107		K Seniorzy	92		mazowieckie	00:00:26	00:17:35	00:37:07.00	00:37:33.55	+00:22:30 (60.7%)	7:25	8.1 (39.5%)
1140	KAPAON Dorota	408		K-65	5	Tak	mazowieckie	00:02:21	00:17:34	00:37:07.05	00:39:28.50	+00:22:30 (60.7%)	7:25	8.1 (39.5%)
1141	RYBUS Agata	876	RAAA	K-35	52			00:02:19	00:18:11	00:37:12.00	00:39:31.00	+00:22:35 (60.7%)	7:26	8.1 (39.5%)
1142	JOPEK Anna	371		K-40	66	Nie	mazowieckie	00:02:19	00:18:10	00:37:13.30	00:39:32.60	+00:22:37 (60.8%)	7:26	8.1 (39.5%)
1143	BAKALAROVA Michaela	22		K-35	53		mazowieckie	00:02:02	00:18:22	00:37:20.95	00:39:23.90	+00:22:44 (60.9%)	7:28	8 (39.0%)
1144	DACA Elżbieta	151		K-60	5	Nie	mazowieckie	00:01:44	00:17:51	00:37:26.30	00:39:10.65	+00:22:50 (61.0%)	7:29	8 (39.0%)
1145	PATROŃSKI Piotr	1516		M-45	114		mazowieckie	00:01:23	00:18:01	00:37:27.70	00:38:51.65	+00:22:51 (61.0%)	7:29	8 (39.0%)
1146	SAJEWSKA Karolina	887	BIEGAM DOBRZE DLA FUNDACJI SYNOPSIS	K-40	67		mazowieckie	00:02:03	00:17:54	00:37:29.25	00:39:33.15	+00:22:53 (61.0%)	7:29	8 (39.0%)
1147	KOWALSKI Michał	492	BIEGAM DOBRZE DLA FUNDACJI SYNOPSIS	M-35	145	Nie	mazowieckie	00:02:04	00:17:54	00:37:29.90	00:39:34.00	+00:22:53 (61.1%)	7:29	8 (39.0%)
1148	STOLARSKI Sebastian	973		M-40	140	Nie	mazowieckie	00:02:15	00:18:49	00:37:35.35	00:39:50.35	+00:22:59 (61.2%)	7:31	8 (39.0%)
1149	DYMEL Andrzej	188		M-70	9	Nie	mazowieckie	00:01:47	00:18:04	00:37:43.45	00:39:30.65	+00:23:07 (61.3%)	7:32	8 (39.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bemowo	Mazowsze	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1150	POCHMARA Maciej	804		M Seniorzy	201	Nie	mazowieckie	00:02:19	00:18:29	00:37:45.15	00:40:04.55	+00:23:09 (61.3%)	7:33	7.9 (38.5%)
1151	RYCHLEWSKA Weronika	878		K Seniorzy	93		mazowieckie	00:01:57	00:18:09	00:37:48.90	00:39:46.65	+00:23:12 (61.4%)	7:33	7.9 (38.5%)
1152	OLEKSIAK Hubert	724		M-35	146	Nie	mazowieckie	00:02:19	00:18:40	00:37:49.80	00:40:09.65	+00:23:13 (61.4%)	7:33	7.9 (38.5%)
1153	NOWORYTA Jacek	1224	NIESTOWARZYSZONY	M-75	8	Nie	mazowieckie	00:02:16	00:18:26	00:38:10.55	00:40:26.70	+00:23:34 (61.8%)	7:38	7.9 (38.5%)
1154	RZEPKA Mirek	882		M-65	14	Tak	mazowieckie	00:02:04	00:18:52	00:38:30.50	00:40:35.00	+00:23:54 (62.1%)	7:42	7.8 (38.0%)
1155	CHADAM Aleksandra	110	SP364	K-45	53	Nie	mazowieckie	00:01:54	00:19:25	00:38:47.55	00:40:41.95	+00:24:11 (62.4%)	7:45	7.7 (37.6%)
1156	NASKRĘT Mariusz	699		M-50	68			00:02:04	00:18:44	00:38:55.85	00:41:00.65	+00:24:19 (62.5%)	7:47	7.7 (37.6%)
1157	BALCERZAK Monika	24		K-45	54	Nie	mazowieckie	00:02:17	00:18:51	00:39:01.40	00:41:18.45	+00:24:25 (62.6%)	7:48	7.7 (37.6%)
1158	GRZEGORZEWSKI Marcin	302		M-35	147	Tak	mazowieckie	00:01:38	00:18:28	00:39:01.50	00:40:39.70	+00:24:25 (62.6%)	7:48	7.7 (37.6%)
1159	OSOWY- KOMSTA Agnieszka	738		K Seniorzy	94	Tak	mazowieckie	00:01:37	00:18:29	00:39:01.85	00:40:39.75	+00:24:25 (62.6%)	7:48	7.7 (37.6%)
1160	OLSZEWSKA Marta	726	PĘDZĄCE KURCZAKI	K Seniorzy	95	Nie	mazowieckie	00:02:18	00:18:53	00:39:02.75	00:41:21.00	+00:24:26 (62.6%)	7:48	7.7 (37.6%)
1161	NESTER Łukasz	703		M-40	141	Nie	mazowieckie	00:02:16	00:18:51	00:39:03.55	00:41:20.50	+00:24:27 (62.6%)	7:48	7.7 (37.6%)
1162	ŻYŁOWSKI Tomasz	1210		M-50	69		mazowieckie	00:02:16	00:18:51	00:39:03.85	00:41:20.80	+00:24:27 (62.6%)	7:48	7.7 (37.6%)
1163	FRONCZAK Beata	216		K-50	24	Tak	mazowieckie	00:02:21	00:19:11	00:39:23.30	00:41:44.85	+00:24:47 (62.9%)	7:52	7.6 (37.1%)
1164	OSOWIECKA Karolina	737		K Seniorzy	96	Nie	mazowieckie	00:02:18	00:18:32	00:39:33.50	00:41:51.55	+00:24:57 (63.1%)	7:54	7.6 (37.1%)
1165	OTTO Zdzisława	741	HARLEY DAVIDSON	K-75	3	Nie	mazowieckie	00:02:16	00:19:45	00:40:21.60	00:42:38.35	+00:25:45 (63.8%)	8:04	7.4 (36.1%)
1166	CZECHODUR Jerzy	1501		M-75	9		mazowieckie	00:02:18	00:21:32	00:43:44.65	00:46:03.20	+00:29:08 (66.6%)	8:44	6.9 (33.7%)
1167	SAŃPRUCH Maria	891		K Seniorzy	97		mazowieckie	00:02:20	00:22:04	00:44:54.05	00:47:14.75	+00:30:17 (67.5%)	8:58	6.7 (32.7%)
Przekroczony limit czasu: 00:45:00														
1168	SZYMOR Joanna	1027		K-40	68	Nie	mazowieckie	00:02:20	00:22:26	00:45:03.05	00:47:23.50	+00:30:26 (67.6%)	9:00	6.7 (32.7%)
1169	SIERECKA Dorota	905	TEAM ZABIEGANEDNI	K-45	55	Nie	mazowieckie	00:01:45	00:23:01	00:45:38.20	00:47:23.35	+00:31:02 (68.0%)	9:07	6.6 (32.2%)
	KAŁUŻNY Jan	400		M U16		Nie	mazowieckie	DNF	00:10:33 DNF	DNF	DNF	-	-	(0.0%)
	SREBNIK Karol	955		M Seniorzy				DNF	00:17:51 DNF	DNF	DNF	-	-	(0.0%)
		1487						DNF	DNF	DNF	DNF	-	-	(0.0%)
	GRZESITZA Michał	307		M-35			mazowieckie	DNF	DNF	DNF	DNF	-	-	(0.0%)