



BIEG BEMORE5K - BEMOWO 2025

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Organizator:

Fundacja Małopolskie Szlaki, Dzielnica Bemowo m.

Data:

2025-03-16

Miejsce:

Warszawa

Dystans:

5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-Open

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 startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
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	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%)
23	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%)
24	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%)
25	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%)
26	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%)
27	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%)
28	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%)
29	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%)
30	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%)
31	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%)
32	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%)
33	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%)
34	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%)
35	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%)
36	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%)
37	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%)
38	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%)
39	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%)
40	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%)
41	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%)
42	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%)

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43	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%)
44	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%)
45	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%)
46	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%)
47	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%)
48	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%)
49	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%)
50	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%)
51	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%)
52	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%)
53	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%)
54	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%)
55	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%)
56	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%)
57	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%)
58	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%)
59	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%)
60	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%)
61	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%)
62	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%)
63	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%)
63	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%)
65	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%)
65	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%)
67	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%)

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68	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%)
69	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%)
70	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%)
71	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%)
72	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%)
72	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%)
74	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%)
75	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%)
76	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%)
77	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%)
78	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%)
79	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%)
80	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%)
81	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%)
82	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%)
83	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%)
84	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%)
85	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%)
86	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%)
87	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%)
88	KALBARCZYK Mateusz	391		M Seniorzy	36	Nie	mazowieckie	00:00:04	00:08:27	00:17:32.10	00:17:36.95	+00:02:55 (16.7%)	3:30	17.1 (83.4%)
89	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%)
90	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%)
91	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%)
92	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%)

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
93	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%)
94	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%)
95	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%)
96	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%)
97	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%)
98	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%)
99	TRUSIAK Artur	1061	BIEGAJĄCE ZĄBKI	M-50	2		mazowieckie	00:00:05	00:08:41	00:17:39.10	00:17:45.05	+00:03:02 (17.3%)	3:31	17 (82.9%)
100	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%)
101	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%)
102	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%)
103	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%)
104	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%)
105	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%)
106	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%)
107	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%)
108	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%)
109	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%)
110	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%)
111	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%)
112	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%)
113	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%)
114	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%)
115	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%)
116	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%)
117	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%)

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
118	MARCAK 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%)
119	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%)
120	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%)
121	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%)
122	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%)
123	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%)
124	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%)
125	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%)
126	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%)
127	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%)
128	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%)
129	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%)
130	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%)
131	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%)
132	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%)
133	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%)
134	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%)
135	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%)
136	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%)
137	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%)
138	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%)
139	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%)
140	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%)
141	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%)
142	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%)

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
143	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%)
144	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%)
145	WIADERNY Łukasz	1110	ALWAYS HARDCORE	M-35	27		mazowieckie	00:00:08	00:09:02	00:18:22.10	00:18:30.60	+00:03:45 (20.5%)	3:40	16.3 (79.5%)
146	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%)
147	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%)
148	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%)
149	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%)
150	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%)
151	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%)
152	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%)
153	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%)
154	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%)
155	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%)
156	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%)
157	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%)
158	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%)
159	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%)
160	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%)
161	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%)
162	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%)
163	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%)
163	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%)
163	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%)
166	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%)
167	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%)

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
168	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%)
169	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%)
170	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%)
171	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%)
172	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%)
173	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%)
174	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%)
175	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%)
176	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%)
177	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%)
178	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%)
179	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%)
180	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%)
181	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%)
182	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%)
183	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%)
184	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%)
185	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%)
186	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%)
187	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%)
188	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%)
189	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%)
190	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%)
191	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%)
192	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%)

												Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bemowo	Mazowsze	Czas startu	2.5km							
192	IWAŃSKI Tomasz	1493		M-35	35		mazowieckie	00:00:00				00:19:08.00	00:19:08.00	+00:04:31 (23.7%)	3:49	15.7 (76.6%)
194	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%)
195	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%)
196	LUKS Tomasz	584	KS SOKÓŁ SEROCK	M-35	36	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%)
196	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%)
198	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%)
198	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%)
200	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%)
201	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%)
202	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%)
203	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%)
204	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%)
205	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%)
206	CHMIELEWSKI Piotr	116	BIEGIEM DO AGD SEROCK	M-35	37	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%)
207	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%)
208	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%)
208	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%)
210	CZUŻ 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%)
210	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%)
212	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%)
213	WOSIK Wojciech	1151	DANIEL WOSIK TERVEL MOUNTAIN RUNNER	M-35	38	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%)
214	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%)
215	AŚLANOWICZ 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%)
216	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%)
217	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%)

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
218	LIPNICKI Mariusz	575	WANDA PANFIL TEAM	M-35	39	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%)
219	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%)
220	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%)
221	SITKOWSKI Łukasz	913	PAWKO RUNNER TEAM	M-35	40	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%)
222	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%)
223	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%)
224	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%)
225	MACIEJEWSKI Marek	601		M-35	41		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%)
226	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%)
227	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%)
228	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%)
229	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%)
230	ZAKRZEWSKI Michał	1174		M-45	27	Nie	mazowieckie	00:00:15	00:09:36	00:19:25.10	00:19:41.05	+00:04:48 (24.8%)	3:53	15.5 (75.6%)
231	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%)
232	RUZIK 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%)
233	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%)
234	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%)
235	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%)
236	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%)
237	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%)
238	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%)
239	JAROMI Łukasz	354	KB PACE	M-35	42	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%)
240	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%)
241	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%)
242	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%)

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
243	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%)
244	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%)
245	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%)
246	KRZTOŃ Krzysztof	525		M-35	43	Tak	mazowieckie	00:00:13	00:09:30	00:19:32.10	00:19:45.20	+00:04:55 (25.3%)	3:54	15.4 (75.1%)
247	BURNETKO Michał	100	HUTASY RUNNERS TEAM	M-35	44	Nie	małopolskie	00:00:16	00:09:43	00:19:33.10	00:19:49.25	+00:04:56 (25.3%)	3:54	15.3 (74.6%)
248	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%)
249	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%)
250	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%)
251	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%)
252	KRAWIEC Łukasz	507		M-35	45		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%)
253	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%)
254	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%)
255	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	+00:05:02 (25.7%)	3:55	15.3 (74.6%)
256	WESOŁOWSKI Maciej	1106	ŻÓRAWSKI TEAM	M-35	46			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%)
257	KONOFAŁ 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%)
258	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%)
259	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%)
260	WIŚNIEWSKI Marcin	1129		M-45	36	Nie	mazowieckie	00:00:14	00:09:47	00:19:42.10	00:19:56.25	+00:05:05 (25.9%)	3:56	15.2 (74.1%)
261	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%)
262	ZAWADA Paweł	1183	BIEGAM NA TARCHOMINIE	M-35	47	Nie	mazowieckie	00:00:10	00:09:33	00:19:43.10	00:19:53.20	+00:05:06 (25.9%)	3:56	15.2 (74.1%)
263	JAROMIN Mariusz	355	JJ RUNNERS TEAM	M-35	48	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%)
264	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%)
265	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%)
266	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%)
267	GARBAL Piotr	230		M-35	49	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 startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
268	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%)
269	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%)
270	JAROSZEWICZ Krzysztof	357		M-35	50	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%)
271	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%)
272	GORTAT Igor	268		M-35	51	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%)
273	DANIELAK Łukasz	154		M-35	52	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%)
274	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%)
275	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%)
276	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%)
277	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%)
278	KARLIŃSKI Kamil	1257	DŻAKARTA RUN TEAM	M-35	53	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%)
279	KRYJAK Rafał	520	AEROSPACE RUNNERS	M-35	54	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%)
280	GRZESIEWSKI Paweł	306		M-35	55		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%)
281	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%)
282	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%)
283	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%)
284	WILCZURA Marek	1120	SPARTANIE DZIECIOM	M-50	17	Nie	mazowieckie	00:00:13	00:09:39	00:19:59.10	00:20:12.10	+00:05:22 (26.9%)	3:59	15 (73.2%)
285	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%)
286	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%)
287	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%)
287	MICHLEWICZ Krzysztof	655		M-35	56		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%)
289	SŁABIK Krzysztof	923		M-35	57	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%)
290	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%)
291	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%)
292	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%)

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
293	IWOSA Eliasz	332		M-35	58	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%)
294	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%)
295	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%)
296	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%)
297	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%)
298	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%)
299	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%)
300	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%)
301	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%)
302	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%)
303	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%)
304	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%)
305	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%)
306	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%)
307	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%)
308	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%)
309	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	+00:05:46 (28.4%)	4:04	14.7 (71.7%)
310	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%)
311	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%)
312	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%)
313	PELE Mat	772		M-35	59	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%)
314	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%)
315	JĄNCZYK 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%)
316	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%)
317	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%)

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
318	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%)
319	SIKORA Jakub	909	CHŚ TRITEAM	M Seniorzy	93	Tak	mazowieckie	00:00:24	00:09:55	00:20:30.10	00:20:54.90	+00:05:53 (28.8%)	4:06	14.6 (71.2%)
320	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%)
321	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%)
322	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%)
323	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%)
324	WYSOCKI Mateusz	1169		M-35	60	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%)
325	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%)
326	BOGUSZ Sebastian	69	PZU SPORT TEAM	M-35	61		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%)
327	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%)
328	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%)
329	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%)
330	JUSIŃSKI Krystian	374	BRACTWO BIEGOWE BGK	M-35	62	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%)
331	BIEŃKOWSKI Wojciech	1233	PZU SPORT TEAM	M-35	63	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%)
332	SOBIECH Krzysztof	937		M-35	64	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%)
333	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%)
334	MOSKWA Adam	684		M-35	65	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%)
335	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%)
336	BŁAŻEWICZ 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%)
337	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%)
337	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%)
339	OSTROWSKI Robert	740	DORSZ	M-35	66	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%)
340	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%)
341	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%)
342	MAJEWSKI Michał	607	MBC TEAM	M-35	67		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%)

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
343	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%)
344	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%)
345	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%)
346	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%)
347	MIERZEJEWSKI Wiktor	663	52 BLP	M-35	68	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%)
348	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%)
349	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%)
350	WASIAK Michał	1093		M-35	69	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%)
351	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%)
352	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%)
353	TRACZ Jakub	1055	CSWP RUNNING TEAM	M-35	70	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%)
354	BARTOŚ Tadeusz	35		M U16	5		mazowieckie	00:00:00		00:21:01.00	00:21:01.00	+00:06:24 (30.5%)	4:12	14.3 (69.8%)
355	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%)
356	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%)
357	ZARĘBA Piotr	1180		M-35	71		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%)
358	ROSIŃSKI Kamil	857	PAWKO RUNNER TEAM	M-35	72	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%)
359	SEREJ Paweł	897		M-35	73		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%)
360	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%)
361	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%)
362	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%)
363	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%)
364	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%)
365	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%)
366	ŁOCHAŃSKI Filip	595	ŁOCHAŃSCY	M U16	6	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%)
367	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%)

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
368	MŁYNARCZYK Michał	676		M-35	74		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%)
369	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%)
370	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%)
371	STOLARZ Paweł	974	ENDOPROTEZA TEAM	M-60	3	Tak	mazowieckie	00:00:24	00:10:23	00:21:21.10	00:21:45.20	+00:06:44 (31.6%)	4:16	14.1 (68.8%)
372	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%)
373	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%)
374	KOWALSKI Robert	493		M-35	75	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%)
375	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%)
376	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%)
377	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%)
378	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%)
379	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%)
380	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%)
381	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%)
381	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%)
383	BRODACKI 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%)
384	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%)
385	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%)
386	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%)
387	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%)
388	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%)
389	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%)
390	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%)
391	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%)
392	KRUZEL Adam	518		M-35	76	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%)

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
393	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%)
394	MATYJASIAK Konrad	635		M-50	27	Nie	mazowieckie	00:00:43	00:10:43	00:21:37.10	00:22:20.90	+00:07:00 (32.5%)	4:19	13.9 (67.8%)
395	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%)
396	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%)
397	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%)
398	SZCZEPANOWSKI Mikołaj	992		M-35	77			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%)
399	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%)
400	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%)
401	KUUSINEN Adrian	554		M-35	78	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%)
402	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%)
403	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%)
404	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%)
405	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%)
406	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%)
407	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%)
408	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%)
409	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%)
409	SZELIGOWSKI Daniel	1000		M-35	79		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%)
411	FORDHAM Robert	1240	HUUB	M-35	80	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%)
412	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	+00:07:15 (33.2%)	4:22	13.7 (66.8%)
413	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%)
414	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%)
415	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%)
416	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%)
417	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%)

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
418	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%)
419	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%)
420	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%)
421	PATYK Mateusz	765	STICK TO RUNNING	M-35	81	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%)
422	ANIOŁKOWSKI 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%)
423	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%)
424	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%)
425	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%)
426	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%)
427	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%)
428	ŻYLIŃSKI Tomasz	1209		M-35	82	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%)
429	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%)
430	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%)
431	SOŚNICKI Michał	950	KB WYSZKÓW	M-35	83	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%)
432	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%)
433	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%)
433	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%)
435	KLUJ 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%)
436	DOBRODZIEJ Łukasz	168	JTENDO	M-35	84		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%)
437	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%)
438	PASEK Karol	758	PZU SPORT TEAM	M Seniorzy	125		mazowieckie	00:00:09		00:22:22.00	00:22:31.00	+00:07:45 (34.7%)	4:28	13.4 (65.4%)
439	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%)
440	SMUŁEK Rafał	931		M Seniorzy	126		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%)
441	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%)
442	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%)

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
443	KACHNIARZ Tomasz	377	SPORT GENERATION	M-35	85	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%)
444	TRAWICKI Patryk	1057	PIEROGI ADAMUSA	M Seniorzy	127	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%)
445	RUDZIŃSKI Jan	867	GROWGO	M-35	86	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%)
446	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%)
447	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%)
448	KUCZYŃSKI Maciej	540		M-35	87	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%)
449	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%)
450	KOSOWICZ Paweł	476	KB PACE	M Seniorzy	128	Nie	mazowieckie	00:00:54	00:10:59	00:22:32.10	00:23:26.20	+00:07:55 (35.2%)	4:30	13.3 (64.9%)
451	IWANOWSKI Tomasz	330		M Seniorzy	129	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%)
452	LUKS Bartłomiej	585		M-35	88	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%)
453	SKOWROŃSKI Marcin	919	GRUPA BIEGOWA CHTMO	M Seniorzy	130	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%)
454	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%)
455	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%)
456	KAMIŃSKI Łukasz	405	PZU SPORT TEAM	M-35	89		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%)
457	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%)
458	KOSTRZEWSKI Piotr	477		M Seniorzy	131	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%)
459	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%)
460	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%)
461	STĘPIEŃ Radosław	969		M-35	90	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%)
462	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%)
463	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%)
464	OLSZEWSKI Jakub	728	PĘDZĄCE KURCZAKI	M-35	91	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%)
465	TURZAŃSKI Stanisław	1068	KS CZEMPION WARSZAWA	M U16	7	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%)
466	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%)
467	MELIKSETJAN Dawid	646		M Seniorzy	132	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%)

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
468	GALAS Igor	224		M-40	71		mazowieckie	00:00:32	00:11:10	00:22:46.10	00:23:18.85	+00:08:09 (35.9%)	4:33	13.2 (64.4%)
469	RZEWUSKI Jakub	883		M Seniorzy	133			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%)
469	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%)
471	ZIEZIO Patryk	1195		M Seniorzy	134	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%)
472	SZCZECÍ 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%)
473	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%)
474	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%)
474	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%)
476	MAJKOWSKI Piotr	609	WATICAN	M Seniorzy	135	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%)
477	KOWALCZYK Patryk	485		M U16	8	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%)
478	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%)
479	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%)
480	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%)
481	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%)
482	IDŹIKOWKOSKI 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%)
483	SZULIŃSKI Michał	1014		M Seniorzy	136	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%)
484	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%)
485	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%)
486	GALA Maciej	222		M-35	92	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%)
487	MART Jakub	628	ADIDAS RUNNERS WARSAW	M-35	93	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%)
488	TOBOŁA- PERTKIEWICZ Leon	1051	POLONIA WARSZAWA	M U16	9	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%)
489	WÓJCIK Jarek	1160	OLSZEWCY TEAM	M-55	10	Nie	mazowieckie	00:00:46	00:10:46	00:23:00.10	00:23:46.85	+00:08:23 (36.5%)	4:36	13 (63.4%)
490	BRONISZ Seba	87	WOJSKOWA AKADEMIA TECHNICZNA	M-35	94	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%)
491	GOŁAWSKI Rafał	263	WOJSKOWA AKADEMIA TECHNICZNA	M-35	95	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%)
492	MAŁOLEPSZY Wojciech	616		M Seniorzy	137	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%)

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
493	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%)
494	TENDERENDA Kamil	1046		M-35	96	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%)
495	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%)
496	WICHEREK Patryk	1113		M Seniorzy	138	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%)
497	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%)
498	TRZCIANKO Tomasz	1062		M Seniorzy	139	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%)
499	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%)
500	OLCHAWA Sebastian	721		M Seniorzy	140	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%)
501	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%)
502	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%)
503	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%)
504	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%)
505	POMIANOWSKI Stanisław	1503		M U16	10		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%)
506	MALCZEWSKI Krzysztof	613		M Seniorzy	141		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%)
507	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%)
508	SZYSZKOWSKI Piotr	1029		M-55	11			00:00:26	00:11:17	00:23:30.10	00:23:56.15	+00:08:53 (37.9%)	4:42	12.8 (62.4%)
509	PANKRATZ Piotr	749		M Seniorzy	142	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%)
510	CHABIERA Bartłomiej	109		M-35	97	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%)
511	AUGUSTYNIAK Łukasz	19		M Seniorzy	143	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%)
512	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%)
513	CHOMA Andrzej	126	BAZYLISZEK	M Seniorzy	144	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%)
514	SAMOŁYK Bartosz	890		M-35	98	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%)
515	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%)
516	STRZYŻEWSKI Paweł	978	BEMOWO BIEGA	M-45	67	Tak	mazowieckie	00:00:23	00:11:50	00:23:39.10	00:24:02.10	+00:09:02 (38.3%)	4:43	12.7 (62.0%)
517	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%)

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
518	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%)
519	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%)
520	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%)
521	GŁOWACKI Jacek	253	12TRI.PL	M-60	6		mazowieckie	00:00:48	00:11:15	00:23:46.10	00:24:34.20	+00:09:09 (38.6%)	4:45	12.6 (61.5%)
522	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%)
523	TUROWSKI Bartosz	1067		M Seniorzy	145	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%)
524	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%)
525	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%)
526	DĄBROWSKI Michał	157	SP80	M Seniorzy	146	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%)
527	DUSZYŃSKI Bartek	187		M-35	99	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%)
528	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%)
529	LIS Marek	578		M-35	100	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%)
530	BIAŁOWOLSKI Konstanty	52		M-35	101		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%)
531	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%)
532	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%)
533	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%)
534	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%)
535	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%)
536	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%)
537	SOCHOCKI Wojciech	943		M Seniorzy	147		mazowieckie	00:01:18	00:11:40	00:24:02.10	00:25:21.05	+00:09:25 (39.2%)	4:48	12.5 (61.0%)
538	GONCHAROV Michael	266	KS LEMIESZ TEAM	M-35	102		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%)
539	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%)
540	KOMUDA Olgierd	455		M Seniorzy	148	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%)
541	PORĘBSKI Dariusz	819		M-35	103	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%)
542	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%)

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
543	MICHAŁOWSKI Kamil	653	SLOW CHEETAH RUN CLUB	M-35	104	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%)
544	CHWAŁA Patryk	1230		M Seniorzy	149	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%)
545	MISZTAL Kacper	1212	PUMA	M Seniorzy	150	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%)
546	PODKAŃSKI Kamil	810	WATICAN	M Seniorzy	151	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%)
547	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%)
548	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%)
549	FRONCZAK Paweł	1220		M-35	105	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%)
550	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%)
551	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%)
552	PASZTA Bartosz	1236		M-50	36	Nie	mazowieckie	00:00:00		00:24:21.00	00:24:21.00	+00:09:44 (40.0%)	4:52	12.3 (60.0%)
553	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%)
554	JANKOWSKI Andrzej	348		M-35	106		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%)
555	KRZAKALA Jakub	522		M-35	107	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%)
556	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%)
557	KUKAWSKI Łukasz	542		M-35	108	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%)
558	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%)
559	SUCHECKI Konrad	981		M Seniorzy	152	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%)
560	NEÜFF Tymo	704		M Seniorzy	153	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%)
561	PUDŁOWSKI Paweł	836		M-45	75	Nie	mazowieckie	00:01:21	00:12:04	00:24:33.10	00:25:54.90	+00:09:56 (40.5%)	4:54	12.2 (59.5%)
562	FABIANOWICZ Paweł	200		M-40	91	Nie	mazowieckie	00:01:03	00:12:01	00:24:34.10	00:25:37.65	+00:09:57 (40.6%)	4:54	12.2 (59.5%)
563	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%)
564	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%)
565	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%)
566	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%)
567	SUCHECKI Marcin	980		M-35	109	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%)

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
568	BOROWSKI Sebastian	79		M Seniorzy	154	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%)
569	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%)
570	OLSZEWSKI Filip	727		M Seniorzy	155	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%)
571	KRASUCKI Michał	502		M Seniorzy	156		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%)
572	KALISZ Rafał	398		M-45	76		mazowieckie	00:00:57	00:12:10	00:24:43.10	00:25:40.85	+00:10:06 (40.9%)	4:56	12.1 (59.0%)
572	KOŁCIUK Wojciech	450	WKURW_TEAM	M-35	110	Nie	mazowieckie	00:01:48	00:12:14	00:24:43.10	00:26:31.75	+00:10:06 (40.9%)	4:56	12.1 (59.0%)
574	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%)
574	SMOLIK Dawid	929		M-35	111	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%)
576	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%)
577	HRYNKIEWICZ Maciej	320		M-50	37	Nie	mazowieckie	00:01:19	00:11:52	00:24:45.10	00:26:04.15	+00:10:08 (41.0%)	4:57	12.1 (59.0%)
577	WOJAS Tadeusz	1139	ROZBIEGANY PIASTÓW	M-70	3			00:01:05	00:12:35	00:24:45.10	00:25:50.80	+00:10:08 (41.0%)	4:57	12.1 (59.0%)
579	BIELECKI Daniel	55	AVENGERS	M Seniorzy	157	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%)
580	SOSIŃSKI Mateusz	1491		M-35	112		mazowieckie	00:01:16	00:12:12	00:24:48.10	00:26:04.85	+00:10:11 (41.1%)	4:57	12.1 (59.0%)
581	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%)
582	SKROK Łukasz	920		M Seniorzy	158		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%)
583	KRASNODEBSKI 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%)
584	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%)
585	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%)
586	MORAWSKI Mariusz	683		M Seniorzy	159		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%)
587	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%)
588	SINIEWICZ Szymon	902		M-35	113	Nie	mazowieckie	00:01:21	00:12:24	00:24:56.10	00:26:18.05	+00:10:19 (41.4%)	4:59	12 (58.5%)
589	MIELCZAREK Kamil	659		M Seniorzy	160	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%)
590	RÓŻYCKI Kamil	864	KS BIEGAJĄCE ZĄBKI	M-35	114	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%)
591	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%)
592	BORKOWSKI Arkadiusz	75	IMR TEAM	M-35	115	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%)

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
593	BŁĘDOWSKI Artur	64	BŁĘDOWSCY TEAM	M-35	116		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%)
594	KEPCZYNSKI Witold	427		M-35	117	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%)
595	GRZEDZIELSKI Mikołaj	300		M-35	118	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%)
596	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%)
597	MUSZYŃSKI Paweł	1229		M Seniorzy	161	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%)
598	BAZYLAK Maksymilian	1273		M Seniorzy	162	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%)
599	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%)
600	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%)
601	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%)
602	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%)
603	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%)
604	BIŃKOWSKI Wojciech	1242		M-35	119	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%)
605	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%)
606	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%)
607	SOŁTYSIAK Paweł	948	KS POLONIA WARSZAWA	M-50	38	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%)
608	SKRZYPECKI Jakub	921	ANPHARM RUN TEAM	M-35	120	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%)
609	ZIELENIEWSKI Dawid	1191		M Seniorzy	163	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%)
610	DUDZICKI Patryk	180		M Seniorzy	164			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%)
611	DUDZIŃSKI Mikołaj	182		M Seniorzy	165	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%)
612	ERNEST Mateusz	198		M Seniorzy	166	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%)
613	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%)
614	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%)
615	RYCĄBEL Mateusz	877		M Seniorzy	167	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%)
616	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%)
617	GRZESITZA Michał	307		M-35	121		mazowieckie	00:01:50		00:25:45.25	00:27:36.00	+00:11:09 (43.3%)	5:09	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
618	MAMCARZ Artur	617		M-50	39	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%)
619	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%)
620	WELKIER Marcin	1101		M-50	40			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%)
621	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%)
622	BORUSZEWSKI Maciej	80		M-50	41	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%)
623	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%)
624	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%)
625	KACZOR Mariusz	384		M-50	42	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%)
626	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%)
627	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%)
628	KUBICKI Dawid	531		M Seniorzy	168			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%)
629	DĘBIŃSKI Michał	162		M-50	43		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%)
630	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%)
631	SZELAĞ Jarosław	998		M-50	44		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%)
632	KOWALEWSKI Filip	1260	OBSTACLE CENTER TEAM	M-35	122	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%)
633	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%)
634	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%)
635	DOSTATNI Jan	1237		M Seniorzy	169	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%)
636	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%)
637	SŁONKA Jakub	925		M-35	123	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%)
638	GIERSZEWSKI Mariusz	240		M-35	124	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%)
639	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%)
640	CZARNECKI Radosław	1512		M-50	45			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%)
641	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%)
642	MAZUR Jarosław	641		M Seniorzy	170		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%)

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
643	ŁUCZAK Marta	598	PAWKO RUNNER TEAM	M Seniorzy	171	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%)
644	JÓŹWIAK 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%)
645	MIASTOWSKI Rafał	18	SŁOŃ B	M-50	46	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%)
646	STASZEWSKI Piotr	962	ANPHARM RUN TEAM	M-50	47		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%)
647	SZCZYGIEŁ Tomasz	997		M-35	125	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%)
648	RAJCHEMBACH Adam	841		M-35	126	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%)
649	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%)
650	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%)
651	TEŁAKOWIEC Konrad	1044		M-50	48		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%)
652	KADŁUBOWSKI Adam	389		M Seniorzy	172	Nie	mazowieckie	00:01:40	00:13:37	00:26:54.10	00:28:34.75	+00:12:17 (45.7%)	5:22	11.2 (54.6%)
653	PERKA Michał	773		M-35	127	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%)
654	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%)
655	FEDOROWICZ Michał	203		M Seniorzy	173	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%)
656	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%)
657	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%)
658	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%)
659	KALINSKI Kamil	397		M-35	128			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%)
660	PAJĄK Michał	746	FURIA JELONKI	M-35	129	Tak	mazowieckie	00:00:00		00:27:04.05	00:27:04.05	+00:12:27 (46.1%)	5:24	11.1 (54.1%)
661	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%)
662	BOGUŚ Marcin	70		M-35	130		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%)
663	DZIĘGIELEWSKI Kamil	1525		M-35	131		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%)
664	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%)
665	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%)
666	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%)
667	BANASZCZYK Arkadiusz	28	IM INSPIRATION TEAM	M-50	49	Nie	mazowieckie	00:01:44	00:13:41	00:27:13.10	00:28:57.70	+00:12:36 (46.4%)	5:26	11 (53.7%)

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
668	CHAJĘCKI Mateusz	111		M-35	132	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%)
669	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%)
669	GREGAJTYS Jacek	289		M-50	50	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%)
671	FLADER Piotr	209	PUMA TEAM	M-50	51	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%)
672	KAŻMIERSKI 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%)
673	KOWALCZYK Maciej	486		M-35	133	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%)
674	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%)
675	KAŁUCKI Krzysztof	399		M-50	52	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%)
676	OZOG Tomek	742		M-35	134	Nie	mazowieckie	00:01:16	00:13:16	00:27:27.10	00:28:43.95	+00:12:50 (46.8%)	5:29	10.9 (53.2%)
677	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%)
678	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%)
679	KUPIDURA Grzegorz	547	GBY	M-35	135		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%)
680	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%)
681	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%)
682	BUDA Maciej	93		M-50	53	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%)
683	WOŁKOWYCKI Adam	1149	BRAK	M-50	54	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%)
684	KOSIERADZKI Eryk	472		M-35	136	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%)
685	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%)
686	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%)
687	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%)
688	ZAWADZKI Mateusz	1185		M Seniorzy	174		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%)
689	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%)
690	BŁĘDOWSKI Michał	63		M Seniorzy	175		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%)
691	BROMA Karol	86		M Seniorzy	176	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%)
692	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%)

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
693	WINISZEWSKI Artur	1124		M-50	55		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%)
694	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%)
695	PACZKOWSKI Krzysztof	743		M-50	56		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%)
696	CHODOROWSKI Piotr	122		M-50	57		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%)
697	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%)
698	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%)
699	KOŁODZIEJCZYK Piotr	1225		M Seniorzy	177	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%)
700	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%)
701	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%)
702	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%)
703	PAWŁOW Rafał	1241		M-35	137	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%)
704	KOŁODZIEJCZYK Karol	451		M Seniorzy	178	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%)
705	KALATA Patryk	390		M Seniorzy	179	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%)
706	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%)
707	PIOTROWSKI Karol	791		M Seniorzy	180	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%)
708	FREITES Luis	1490		M-60	10		mazowieckie	00:00:27	00:14:52	00:28:22.10	00:28:49.60	+00:13:45 (48.5%)	5:40	10.6 (51.7%)
709	WITTLIEB Wojciech	1135		M-50	58	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%)
710	WEKA Krzysztof	1500	BIAŁYSTOK 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%)
711	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%)
712	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%)
713	PLICHTA Grzegorz	798		M-35	138	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%)
714	PILCH Maciej	785		M Seniorzy	181	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%)
715	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%)
716	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%)
717	BIAŁEK Tomasz	51		M Seniorzy	182		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%)

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
718	PROKOPEK Wojciech	823		M Seniorzy	183			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%)
719	LACHOWSKI Karol	560	SIGNAL-IDUNA	M-40	127		mazowieckie	00:01:34	00:13:56	00:28:45.10	00:30:19.65	+00:14:08 (49.2%)	5:45	10.4 (50.7%)
720	SZUŁCZYŃSKI Robert	1015		M-35	139		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%)
721	CZYŻYK Piotr	150		M Seniorzy	184	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%)
722	SOWA Andrzej	951		M-40	128			00:00:10	00:14:12	00:28:49.10	00:28:59.55	+00:14:12 (49.3%)	5:45	10.4 (50.7%)
723	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%)
724	NEJMAN Adam	702		M-50	59		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%)
725	KROPIEWNICKI Michał Mateusz	510		M Seniorzy	185	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%)
726	SZCZĘŚNY 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%)
727	URBAŃSKI Jakub	1084		M Seniorzy	186	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%)
728	ZARĘBA Szymon	1228		M Seniorzy	187	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%)
729	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%)
730	BOCIAN Łukasz	65		M Seniorzy	188		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%)
731	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%)
732	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%)
733	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%)
734	DROZDOWSKI Grzegorz	176	DZIKA HUSARIA	M-50	60	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%)
735	SZYDŁOWSKI Jakub	1253		M Seniorzy	189	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%)
736	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%)
737	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%)
738	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%)
739	MARCINKIEWICZ Wojciech	623	BIEGUSTATORZY / HERBERT 99 RUN TEAM	M Seniorzy	190	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%)
740	SOCHACKI Mariusz	942		M-50	61	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%)
741	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%)
742	TOMCZAK Emil	1053		M Seniorzy	191	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%)

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
743	SOSZYŃSKI Krzysztof	949		M-35	140	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%)
744	GŁOŚNY Dawid	252		M Seniorzy	192	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%)
745	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%)
746	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%)
747	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%)
748	TRIGO Adrián	1059		M-35	141		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%)
749	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%)
750	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%)
751	KALETA Wojciech	392		M Seniorzy	193		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%)
752	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%)
753	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%)
754	NOSZCZYK Piotr	1505		M Seniorzy	194		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%)
755	FERNANDEZ Julio	1519		M-35	142		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%)
756	ZAWADZKI Paweł	1184		M-35	143	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%)
757	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%)
758	PLACKOWSKI Paweł	796		M Seniorzy	195			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%)
759	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%)
760	GĄSIOR Adam	236		M U16	11	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%)
761	WÓJCIK Kordian	1515		M-40	134	Nie		00:02:15	00:15:02	00:31:02.10	00:33:17.10	+00:16:25 (53.0%)	6:12	9.7 (47.3%)
762	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%)
763	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%)
764	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%)
765	KLEJSA Sebastian	436		M Seniorzy	196		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%)
766	DYMEL Piotr	189		M-70	7	Nie	mazowieckie	00:01:34	00:14:39	00:31:18.10	00:32:52.70	+00:16:41 (53.4%)	6:15	9.6 (46.8%)
767	PLUCIENNIK Marcin	800		M-50	62			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%)

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
768	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%)
769	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%)
769	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%)
771	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%)
772	KOZLOWSKI Jakub	495		M-35	144		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%)
773	SABAK Grzegorz	884	EKSKURSJA.PL	M-50	63	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%)
774	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%)
775	BANASIAK Piotr	26		M-50	64		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%)
776	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%)
777	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%)
778	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%)
779	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%)
780	JANUCHTA Tomasz	1520		M-50	65			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%)
781	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%)
782	TURCZYK Jakub	1065		M Seniorzy	197	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%)
783	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%)
784	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%)
785	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%)
786	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%)
787	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%)
788	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%)
789	MŁYNEK Jan	679	SP 364	M Seniorzy	198	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%)
790	FUDALA Damian	1274		M Seniorzy	199	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%)
791	MAJ Mateusz	606		M-35	145	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%)
792	METT Mariusz	647		M-50	66		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%)

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
793	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%)
794	WÓJCIK Robert	1157		M-50	67	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%)
795	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%)
796	BODALSKI Jacek	66	IMR SPORT TEAM	M-50	68	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%)
797	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%)
798	KARCZEWSKI Maciej	413		M Seniorzy	200	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%)
799	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%)
800	REINAERS Geo	847		M-35	146	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%)
801	DZIWISZ Jacek	197		M Seniorzy	201		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%)
802	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%)
803	KOWALSKI Michał	492	BIEGAM DOBRZE DLA FUNDACJI SYNAPSIS	M-35	147	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%)
804	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%)
805	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%)
806	POCHMARA Maciej	804		M Seniorzy	202	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%)
807	OLEKSIAK Hubert	724		M-35	148	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%)
808	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%)
809	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%)
810	NASKRĘT Mariusz	699		M-50	69			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%)
811	GRZEGORZEWSKI Marcin	302		M-35	149	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%)
812	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%)
813	ŻYŁOWSKI Tomasz	1210		M-50	70		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%)
814	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%)
	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%)