



# BIEG NA 5 KILOMETRÓW | XII BIEG SIEDLECKIEGO JACKA

B4SPORT

**Wydarzenie:** XII Bieg Siedleckiego Jacka  
**Organizator:** Agencja Rozwoju Miasta Siedlce sp. z o.o.  
**Data:** 2021-08-29  
**Miejsce:** Siedlce  
**Dystans:** 5 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>MŁYNARZ Kamil</b>	<b>245</b>		M30	1	00:00:06	<b>00:16:23.90</b>	<b>00:16:30.15</b>		3:16	18.3 (100%)
2	<b>KARWOWSKI Wojciech</b>	<b>492</b>	TEAM KOPEĆ	M20	1	00:00:06	<b>00:17:08.80</b>	<b>00:17:15.05</b>	+00:00:44 (4.4%)	3:25	17.5 (95.6%)
3	<b>PRZESTRZELSKI Kajetan</b>	<b>368</b>		M20	2	00:00:06	<b>00:17:45.40</b>	<b>00:17:51.40</b>	+00:01:21 (7.6%)	3:33	16.9 (92.3%)
4	<b>ŻUK Bartosz</b>	<b>269</b>		M20	3	00:00:06	<b>00:18:14.60</b>	<b>00:18:20.95</b>	+00:01:50 (10.1%)	3:38	16.5 (90.2%)
5	<b>GOLEC Rafał</b>	<b>286</b>	IWONEX DRUKARNIA/ KLUB AKTYWNYCH PARKRUN SKÓRZEC	M30	2	00:00:00	<b>00:18:36.85</b>	<b>00:18:36.85</b>	+00:02:12 (11.9%)	3:43	16.1 (88.0%)
6	<b>JASTRZĘBSKI Paweł</b>	<b>469</b>	YULO RUN TEAM SIEDLCE	M40	1	00:00:06	<b>00:18:39.65</b>	<b>00:18:46.10</b>	+00:02:15 (12.1%)	3:43	16.1 (88.0%)
7	<b>KĘPKA Marcin</b>	<b>206</b>		M30	3	00:00:06	<b>00:19:11.20</b>	<b>00:19:18.05</b>	+00:02:47 (14.5%)	3:50	15.6 (85.2%)
8	<b>ZAWADA Paweł</b>	<b>413</b>	BARTEKTRENUJE TEAM	M30	4	00:00:07	<b>00:19:18.95</b>	<b>00:19:26.40</b>	+00:02:55 (15.1%)	3:51	15.5 (84.7%)
9	<b>TROJANOWSKI Patryk</b>	<b>420</b>		M20	4	00:00:06	<b>00:19:30.30</b>	<b>00:19:36.85</b>	+00:03:06 (15.9%)	3:54	15.4 (84.2%)
10	<b>DUDA Sebastian</b>	<b>476</b>	YULO RUN TEAM SIEDLCE	M30	5	00:00:07	<b>00:19:38.30</b>	<b>00:19:45.30</b>	+00:03:14 (16.5%)	3:55	15.3 (83.6%)
11	<b>MAMCARZ Bartłomej</b>	<b>288</b>		M20	5	00:00:06	<b>00:19:47.55</b>	<b>00:19:54.10</b>	+00:03:23 (17.1%)	3:57	15.2 (83.1%)
12	<b>WYSOCKI Rafał</b>	<b>233</b>		M30	6	00:00:06	<b>00:19:51.25</b>	<b>00:19:57.80</b>	+00:03:27 (17.4%)	3:58	15.1 (82.5%)
13	<b>KRZYMOWSKI Przemysław</b>	<b>316</b>	PERN RUNNERS	M30	7	00:00:06	<b>00:19:53.40</b>	<b>00:19:59.65</b>	+00:03:29 (17.6%)	3:58	15.1 (82.5%)
14	<b>KOKOSZKO Rafał</b>	<b>334</b>		M20	6	00:00:06	<b>00:19:56.85</b>	<b>00:20:03.80</b>	+00:03:32 (17.8%)	3:59	15.1 (82.5%)
15	<b>BUŃKO Tobiasz</b>	<b>257</b>	1 BRYGADA PANCERNA DAS	M30	8	00:00:06	<b>00:20:00.10</b>	<b>00:20:06.90</b>	+00:03:36 (18.0%)	4:00	15 (82.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
16	<b>KORYCIŃSKI Andrzej</b>	<b>432</b>		M30	9	00:00:07	<b>00:20:03.90</b>	<b>00:20:11.35</b>	+00:03:40 (18.3%)	4:00	15 (82.0%)
17	<b>FORYŚ Adrian</b>	<b>467</b>	RACE FIGHTER GOSIR DĘBE WIELKIE	M20	7	00:00:07	<b>00:20:04.80</b>	<b>00:20:12.50</b>	+00:03:40 (18.3%)	4:00	15 (82.0%)
18	<b>ŻUK Marcin</b>	<b>480</b>		M20	8	00:00:06	<b>00:20:13.15</b>	<b>00:20:19.55</b>	+00:03:49 (18.9%)	4:02	14.8 (80.9%)
19	<b>PLEJZNEROWSKI Marcin</b>	<b>305</b>	AKADEMIA SPORTU OTWOCK	M30	10	00:02:01	<b>00:20:15.35</b>	<b>00:22:17.30</b>	+00:03:51 (19.0%)	4:03	14.8 (80.9%)
20	<b>KOŁACZEK Hubert</b>	<b>278</b>	AKADEMIA WOJSK LĄDOWYCH	M20	9	00:00:06	<b>00:20:31.60</b>	<b>00:20:38.55</b>	+00:04:07 (20.1%)	4:06	14.6 (79.8%)
21	<b>CZAPSKI Kacper</b>	<b>287</b>		M20	10	00:00:06	<b>00:20:33.80</b>	<b>00:20:40.05</b>	+00:04:09 (20.3%)	4:06	14.6 (79.8%)
22	<b>KANDER Leszek</b>	<b>369</b>	YULU RUN TEAM SIEDLCE	M40	2	00:00:07	<b>00:20:37.30</b>	<b>00:20:44.60</b>	+00:04:13 (20.5%)	4:07	14.6 (79.8%)
23	<b>ZALEWSKI Karol</b>	<b>326</b>	RACE FIGHTER GOSIR DĘBE WIELKIE	M30	11	00:00:08	<b>00:20:53.55</b>	<b>00:21:01.90</b>	+00:04:29 (21.5%)	4:10	14.4 (78.7%)
24	<b>KŁOSIŃSKI Rafał</b>	<b>319</b>	WIELKIE	M40	3	00:00:07	<b>00:20:54.80</b>	<b>00:21:02.50</b>	+00:04:30 (21.6%)	4:10	14.4 (78.7%)
25	<b>WYSOKIŃSKI Marcin</b>	<b>202</b>		M40	4	00:00:08	<b>00:20:57.10</b>	<b>00:21:05.15</b>	+00:04:33 (21.7%)	4:11	14.3 (78.1%)
26	<b>ANDRZEJEWSKA Joanna</b>	<b>333</b>	LUBELSKIBIEGACZ.PL TEAM	K50	1	00:00:08	<b>00:20:59.45</b>	<b>00:21:07.85</b>	+00:04:35 (21.9%)	4:11	14.3 (78.1%)
27	<b>MIEZIANKO Marek</b>	<b>270</b>		M30	12	00:00:11	<b>00:21:08.95</b>	<b>00:21:20.70</b>	+00:04:45 (22.5%)	4:13	14.2 (77.6%)
28	<b>KORZENIOWSKA Karolina</b>	<b>505</b>	POWER TRAINING	K30	1	00:00:06	<b>00:21:15.90</b>	<b>00:21:22.60</b>	+00:04:52 (22.9%)	4:15	14.1 (77.0%)
29	<b>PYZA Krzysztof</b>	<b>347</b>	VICTUS RĘBKÓW	M30	13	00:00:10	<b>00:21:17.60</b>	<b>00:21:28.55</b>	+00:04:53 (23.0%)	4:15	14.1 (77.0%)
30	<b>WIERCIOCH Izabela</b>	<b>314</b>	RACEFIGHTER GOSIR DĘBE WIELKIE	K20	1	00:00:07	<b>00:21:29.30</b>	<b>00:21:36.60</b>	+00:05:05 (23.7%)	4:17	14 (76.5%)
31	<b>WAROWNY Robert</b>	<b>205</b>		M40	5	00:00:08	<b>00:21:50.95</b>	<b>00:21:59.10</b>	+00:05:27 (24.9%)	4:22	13.7 (74.9%)
32	<b>ROKITA Paweł</b>	<b>313</b>	RACEFIGHTER GOSIR DĘBE WIELKIE	M30	14	00:00:08	<b>00:21:51.75</b>	<b>00:21:59.75</b>	+00:05:27 (25.0%)	4:22	13.7 (74.9%)
32	<b>KMIECIK Arkadiusz</b>	<b>407</b>		M40	6	00:00:08	<b>00:21:51.75</b>	<b>00:21:59.95</b>	+00:05:27 (25.0%)	4:22	13.7 (74.9%)
34	<b>CHRÓST Marcin</b>	<b>355</b>	KS-ZIELONO CZARNI	M40	7	00:00:09	<b>00:21:54.65</b>	<b>00:22:04.30</b>	+00:05:30 (25.2%)	4:22	13.7 (74.9%)
35	<b>KOŁODZIEJCZYK Emil</b>	<b>267</b>		M20	11	00:00:06	<b>00:22:23.65</b>	<b>00:22:29.80</b>	+00:05:59 (26.8%)	4:28	13.4 (73.2%)
36	<b>DANIEL Kamil</b>	<b>201</b>		M30	15	00:00:08	<b>00:22:23.70</b>	<b>00:22:32.40</b>	+00:05:59 (26.8%)	4:28	13.4 (73.2%)
37	<b>OSIŃSKA Monika</b>	<b>376</b>	BIEGACZE POMAGACZE/DZIKIE BORSUKI	K40	1	00:00:07	<b>00:22:27.70</b>	<b>00:22:35.60</b>	+00:06:03 (27.0%)	4:29	13.4 (73.2%)
38	<b>PIEKARSKI Piotr</b>	<b>343</b>		M40	8	00:00:08	<b>00:22:37.80</b>	<b>00:22:46.15</b>	+00:06:13 (27.5%)	4:31	13.3 (72.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
39	<b>KUBAŚ Arkadiusz</b>	<b>443</b>	KLUB AKTYWNYCH PARKRUN SKÓRZEC	M40	9	00:00:09	<b>00:22:50.10</b>	<b>00:22:59.90</b>	+00:06:26 (28.2%)	4:34	13.1 (71.6%)
40	<b>JAREK Anna</b>	<b>323</b>	RACEFIGHTER GOSIR DĘBE WIELKIE	K40	2	00:00:07	<b>00:23:11.75</b>	<b>00:23:19.65</b>	+00:06:47 (29.3%)	4:38	12.9 (70.5%)
41	<b>ROZBICKI Zbigniew</b>	<b>495</b>		M40	10	00:00:12	<b>00:23:12.65</b>	<b>00:23:25.20</b>	+00:06:48 (29.4%)	4:38	12.9 (70.5%)
42	<b>NEWEL Adam</b>	<b>239</b>		M30	16	00:00:10	<b>00:23:13.10</b>	<b>00:23:23.45</b>	+00:06:49 (29.4%)	4:38	12.9 (70.5%)
43	<b>GÓRSKA Angelika</b>	<b>466</b>		K30	2	00:00:08	<b>00:23:15.80</b>	<b>00:23:23.95</b>	+00:06:51 (29.5%)	4:39	12.9 (70.5%)
44	<b>MORAWSKI Jacek</b>	<b>415</b>	MD RUN TRAINING	M50	1	00:00:07	<b>00:23:18.85</b>	<b>00:23:26.65</b>	+00:06:54 (29.7%)	4:39	12.9 (70.5%)
45	<b>WYSOKIŃSKI Mariusz</b>	<b>439</b>		M40	11	00:00:10	<b>00:23:24.00</b>	<b>00:23:34.55</b>	+00:07:00 (29.9%)	4:40	12.8 (69.9%)
46	<b>CZERKA Tomasz</b>	<b>391</b>		M30	17	00:00:14	<b>00:23:26.55</b>	<b>00:23:40.95</b>	+00:07:02 (30.0%)	4:41	12.8 (69.9%)
47	<b>JÓŹWIAK Barbara</b>	<b>229</b>	YULO RUN TEAM SIEDLCE	K40	3	00:00:09	<b>00:23:26.70</b>	<b>00:23:35.85</b>	+00:07:02 (30.1%)	4:41	12.8 (69.9%)
48	<b>CHOMA Marek</b>	<b>417</b>	PĘDZĄCE LENIWCE	M40	12	00:00:09	<b>00:23:41.65</b>	<b>00:23:51.15</b>	+00:07:17 (30.8%)	4:44	12.7 (69.4%)
49	<b>NIEDZIÓŁKA Jakub</b>	<b>307</b>	TEAM KOPEĆ	M20	12	00:00:09	<b>00:23:45.75</b>	<b>00:23:55.25</b>	+00:07:21 (31.0%)	4:45	12.6 (68.9%)
50	<b>MARCINIAK Szymon</b>	<b>341</b>	MKS POGOŃ SIEDLCE	M20	13	00:00:07	<b>00:23:52.95</b>	<b>00:24:00.55</b>	+00:07:29 (31.3%)	4:46	12.6 (68.9%)
51	<b>HOŁUBIEC Paweł</b>	<b>339</b>	YULO RUN TEAM SIEDLCE	M40	13	00:00:09	<b>00:24:13.45</b>	<b>00:24:22.85</b>	+00:07:49 (32.3%)	4:50	12.4 (67.8%)
52	<b>KOŃCA Kacper</b>	<b>336</b>	GRUPA BIEGACZY SKÓRZEC BIEGA	M20	14	00:00:12	<b>00:24:15.30</b>	<b>00:24:28.00</b>	+00:07:51 (32.4%)	4:51	12.4 (67.8%)
53	<b>KRUPA Marek</b>	<b>220</b>		M40	14	00:00:10	<b>00:24:19.55</b>	<b>00:24:30.10</b>	+00:07:55 (32.6%)	4:51	12.3 (67.2%)
54	<b>SIEROCIŃSKI Robert</b>	<b>453</b>	DZIKI GOŁOBORZY	M40	15	00:00:09	<b>00:24:39.90</b>	<b>00:24:49.30</b>	+00:08:16 (33.5%)	4:55	12.2 (66.7%)
55	<b>PAWLAK Adam</b>	<b>361</b>		M20	15	00:00:07	<b>00:24:40.10</b>	<b>00:24:48.00</b>	+00:08:16 (33.5%)	4:56	12.2 (66.7%)
56	<b>GÓRSKI Łukasz</b>	<b>454</b>	KLUB AKTYWNYCH PARKRUN SKÓRZEC	M30	18	00:00:13	<b>00:24:41.90</b>	<b>00:24:55.20</b>	+00:08:18 (33.6%)	4:56	12.2 (66.7%)
57	<b>KOĆ Karol</b>	<b>207</b>		M40	16	00:00:11	<b>00:24:45.40</b>	<b>00:24:56.55</b>	+00:08:21 (33.8%)	4:57	12.1 (66.1%)
58	<b>OLSZEWSKI Piotr</b>	<b>447</b>	TEAM1431	M40	17	00:00:09	<b>00:24:47.40</b>	<b>00:24:56.65</b>	+00:08:23 (33.9%)	4:57	12.1 (66.1%)
59	<b>BIERNACKA Agnieszka</b>	<b>315</b>	YULO RUN TEAM SIEDLCE	K30	3	00:00:09	<b>00:24:48.60</b>	<b>00:24:58.45</b>	+00:08:24 (33.9%)	4:57	12.1 (66.1%)
60	<b>HERTMAN Marzena</b>	<b>232</b>		K30	4	00:00:08	<b>00:24:52.00</b>	<b>00:25:00.70</b>	+00:08:28 (34.1%)	4:58	12.1 (66.1%)
61	<b>DUDA Jacek</b>	<b>304</b>		M40	18	00:00:10	<b>00:24:59.25</b>	<b>00:25:09.60</b>	+00:08:35 (34.4%)	4:59	12 (65.6%)

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62	<b>MARKOWSKI Jarosław</b>	<b>445</b>	SPOCENI NA MAXA	M30	19	00:00:09	<b>00:25:05.55</b>	<b>00:25:14.95</b>	+00:08:41 (34.6%)	5:01	12 (65.6%)
63	<b>TREBNIÓ Maciej</b>	<b>501</b>		M20	16	00:00:11	<b>00:25:07.10</b>	<b>00:25:18.75</b>	+00:08:43 (34.7%)	5:01	11.9 (65.0%)
64	<b>GOTOWICKI Seweryn</b>	<b>455</b>		M40	19	00:00:08	<b>00:25:11.10</b>	<b>00:25:19.55</b>	+00:08:47 (34.9%)	5:02	11.9 (65.0%)
65	<b>KRÓL Dariusz</b>	<b>214</b>		M40	20	00:00:11	<b>00:25:13.55</b>	<b>00:25:25.00</b>	+00:08:49 (35.0%)	5:02	11.9 (65.0%)
66	<b>STRONKOWSKI Jacek</b>	<b>400</b>		M50	2	00:00:08	<b>00:25:23.20</b>	<b>00:25:31.65</b>	+00:08:59 (35.4%)	5:04	11.8 (64.5%)
67	<b>KUSAK Adam</b>	<b>481</b>	KLUB AKTYWNYCH PARKRUN SKÓRZEC	M30	20	00:00:13	<b>00:25:41.95</b>	<b>00:25:55.20</b>	+00:09:18 (36.2%)	5:08	11.7 (63.9%)
68	<b>STAŃSKA Joanna</b>	<b>396</b>		K30	5	00:00:15	<b>00:25:43.10</b>	<b>00:25:58.75</b>	+00:09:19 (36.2%)	5:08	11.7 (63.9%)
69	<b>ZDANOWSKI Grzegorz</b>	<b>381</b>		M50	3	00:00:09	<b>00:25:44.95</b>	<b>00:25:54.80</b>	+00:09:21 (36.3%)	5:08	11.7 (63.9%)
70	<b>PODSIADLIK Łukasz</b>	<b>382</b>		M30	21	00:00:10	<b>00:25:55.85</b>	<b>00:26:06.60</b>	+00:09:31 (36.8%)	5:11	11.6 (63.4%)
71	<b>CHOJECKI Damian</b>	<b>378</b>		M20	17	00:00:10	<b>00:25:57.05</b>	<b>00:26:07.40</b>	+00:09:33 (36.8%)	5:11	11.6 (63.4%)
72	<b>ŻÓŁKOWSKA Agnieszka</b>	<b>354</b>	ZBUCKI RUCH	K40	4	00:00:07	<b>00:25:58.55</b>	<b>00:26:05.95</b>	+00:09:34 (36.9%)	5:11	11.6 (63.4%)
73	<b>SIEROCIŃSKA Monika</b>	<b>452</b>	DZIKI GOŁOBORZY	K40	5	00:00:09	<b>00:26:03.50</b>	<b>00:26:12.75</b>	+00:09:39 (37.1%)	5:12	11.5 (62.8%)
74	<b>KULIK Karol</b>	<b>414</b>	GRUPA BIEGACZY SKÓRZEC BIEGA	M40	21	00:00:09	<b>00:26:06.10</b>	<b>00:26:15.65</b>	+00:09:42 (37.2%)	5:13	11.5 (62.8%)
75	<b>WYSOCKI Mateusz</b>	<b>22</b>		M20	18	00:00:18	<b>00:26:15.55</b>	<b>00:26:33.55</b>	+00:09:51 (37.6%)	5:15	11.4 (62.3%)
76	<b>BUJALSKI Konrad</b>	<b>258</b>		M20	19	00:00:09	<b>00:26:15.70</b>	<b>00:26:25.05</b>	+00:09:51 (37.6%)	5:15	11.4 (62.3%)
77	<b>MATŁACZ Łukasz</b>	<b>225</b>		M40	22	00:00:11	<b>00:26:21.05</b>	<b>00:26:32.25</b>	+00:09:57 (37.8%)	5:16	11.4 (62.3%)
78	<b>MISZTA Grzegorz</b>	<b>494</b>		M40	23	00:00:10	<b>00:26:25.40</b>	<b>00:26:35.70</b>	+00:10:01 (37.9%)	5:17	11.4 (62.3%)
79	<b>MITURA Michał</b>	<b>461</b>	FC HELMUTY	M30	22	00:00:11	<b>00:26:27.20</b>	<b>00:26:38.40</b>	+00:10:03 (38.0%)	5:17	11.3 (61.7%)
80	<b>RING Urszula</b>	<b>293</b>		K30	6	00:00:14	<b>00:26:27.40</b>	<b>00:26:41.55</b>	+00:10:03 (38.0%)	5:17	11.3 (61.7%)
81	<b>SOLECKI Dariusz</b>	<b>253</b>	MULTIMEDIA RUNNERS PUŁAWY	M50	4	00:00:14	<b>00:26:29.95</b>	<b>00:26:44.10</b>	+00:10:06 (38.1%)	5:17	11.3 (61.7%)
82	<b>JAREK Katarzyna</b>	<b>380</b>		K40	6	00:00:10	<b>00:26:38.65</b>	<b>00:26:48.75</b>	+00:10:14 (38.5%)	5:19	11.3 (61.7%)
83	<b>NIEDZIÓŁKA Anna</b>	<b>402</b>		K30	7	00:00:14	<b>00:26:39.30</b>	<b>00:26:54.00</b>	+00:10:15 (38.5%)	5:19	11.3 (61.7%)
84	<b>KRAKOWSKI Karol</b>	<b>458</b>	PĘDZĄCE LENIWCE	M40	24	00:00:11	<b>00:26:40.25</b>	<b>00:26:51.80</b>	+00:10:16 (38.5%)	5:20	11.3 (61.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
85	<b>OLEKSIAK Iwona</b>	<b>306</b>	VICTUS RĘBKÓW	K30	8	00:00:15	<b>00:26:45.25</b>	<b>00:27:00.70</b>	+00:10:21 (38.7%)	5:21	11.2 (61.2%)
86	<b>OLEKSIAK Przemysław</b>	<b>352</b>	VICTUS RĘBKÓW	M30	23	00:00:15	<b>00:26:45.60</b>	<b>00:27:00.75</b>	+00:10:21 (38.7%)	5:21	11.2 (61.2%)
87	<b>CHOMA Grażyna</b>	<b>418</b>	PĘDZĄCE LENIWCE	K40	7	00:00:15	<b>00:26:46.90</b>	<b>00:27:01.95</b>	+00:10:23 (38.8%)	5:21	11.2 (61.2%)
88	<b>DYBCIAK Mateusz</b>	<b>408</b>		M20	20	00:00:09	<b>00:26:47.30</b>	<b>00:26:57.00</b>	+00:10:23 (38.8%)	5:21	11.2 (61.2%)
89	<b>KANIA Arkadiusz</b>	<b>260</b>		M40	25	00:00:00	<b>00:26:50.00</b>	<b>00:26:50.00</b>	+00:10:26 (38.9%)	5:22	11.2 (61.2%)
90	<b>RZAŻEWSKA Joanna</b>	<b>302</b>	ZBUCKI RUCH	K40	8	00:00:07	<b>00:26:50.15</b>	<b>00:26:57.85</b>	+00:10:26 (38.9%)	5:22	11.2 (61.2%)
91	<b>BORUTA Jarosław</b>	<b>217</b>		M30	24	00:00:17	<b>00:26:50.45</b>	<b>00:27:07.80</b>	+00:10:26 (38.9%)	5:22	11.2 (61.2%)
92	<b>KRAKOWSKA Małgorzata</b>	<b>450</b>	PĘDZĄCE LENIWCE	K40	9	00:00:14	<b>00:26:50.95</b>	<b>00:27:05.85</b>	+00:10:27 (38.9%)	5:22	11.2 (61.2%)
93	<b>OKUNIEWSKI Grzegorz</b>	<b>433</b>	ALIOR RUNNING TEAM	M40	26	00:00:09	<b>00:26:58.55</b>	<b>00:27:07.65</b>	+00:10:34 (39.2%)	5:23	11.1 (60.7%)
94	<b>REMISZEWSKI Paweł</b>	<b>222</b>		M30	25	00:00:07	<b>00:27:00.70</b>	<b>00:27:08.55</b>	+00:10:36 (39.3%)	5:24	11.1 (60.7%)
95	<b>HYCKOWSKA Aleksandra</b>	<b>216</b>		K30	9	00:00:07	<b>00:27:01.25</b>	<b>00:27:08.75</b>	+00:10:37 (39.3%)	5:24	11.1 (60.7%)
96	<b>IGNACIUK Iwona</b>	<b>398</b>		K40	10	00:00:09	<b>00:27:02.45</b>	<b>00:27:11.95</b>	+00:10:38 (39.4%)	5:24	11.1 (60.7%)
97	<b>JASTRZĘBSKA Sylwia</b>	<b>362</b>	WLKS SIEDLCE IGANIE NOWE	K20	2	00:00:08	<b>00:27:03.40</b>	<b>00:27:11.90</b>	+00:10:39 (39.4%)	5:24	11.1 (60.7%)
98	<b>STEFANIUK Tomasz</b>	<b>338</b>		M30	26	00:00:07	<b>00:27:04.75</b>	<b>00:27:12.50</b>	+00:10:40 (39.4%)	5:24	11.1 (60.7%)
99	<b>ROSA Kasia</b>	<b>332</b>		K30	10	00:00:08	<b>00:27:09.60</b>	<b>00:27:18.20</b>	+00:10:45 (39.6%)	5:25	11 (60.1%)
100	<b>KARPIŃSKI Marian</b>	<b>268</b>	KLUB AKTYWNYCH PARKRUN SKÓRZEC	M40	27	00:00:12	<b>00:27:12.60</b>	<b>00:27:25.15</b>	+00:10:48 (39.7%)	5:26	11 (60.1%)
101	<b>REJNIAK Leszek</b>	<b>281</b>		M30	27	00:00:18	<b>00:27:13.15</b>	<b>00:27:31.15</b>	+00:10:49 (39.8%)	5:26	11 (60.1%)
102	<b>LIPIŃSKI Marek</b>	<b>375</b>		M40	28	00:00:09	<b>00:27:21.80</b>	<b>00:27:30.85</b>	+00:10:57 (40.1%)	5:28	11 (60.1%)
103	<b>BASZKIEWICZ Paweł</b>	<b>456</b>	ZBUCKI RUCH	M40	29	00:00:13	<b>00:27:22.75</b>	<b>00:27:36.05</b>	+00:10:58 (40.1%)	5:28	11 (60.1%)
104	<b>KORZENIOWSKA Agnieszka</b>	<b>440</b>		K30	11	00:00:00	<b>00:27:25.00</b>	<b>00:27:25.00</b>	+00:11:01 (40.2%)	5:29	10.9 (59.6%)
105	<b>ŻABCZYŃSKA-KOMOR Anita</b>	<b>465</b>		K40	11	00:00:09	<b>00:27:25.90</b>	<b>00:27:35.55</b>	+00:11:02 (40.2%)	5:29	10.9 (59.6%)
106	<b>KORZENIOWSKI Tomasz</b>	<b>441</b>	YULO RUN TEAM SIEDLCE	M30	28	00:00:00	<b>00:27:29.00</b>	<b>00:27:29.00</b>	+00:11:05 (40.3%)	5:29	10.9 (59.6%)
107	<b>KRUPA Paulina</b>	<b>213</b>		K20	3	00:00:10	<b>00:27:32.25</b>	<b>00:27:42.85</b>	+00:11:08 (40.5%)	5:30	10.9 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
108	<b>MADEJ Monika</b>	<b>377</b>		K40	12	00:00:12	<b>00:27:47.65</b>	<b>00:27:59.65</b>	+00:11:23 (41.0%)	5:33	10.8 (59.0%)
109	<b>WIERCÍŃSKI Daniel</b>	<b>478</b>		M30	29	00:00:14	<b>00:27:48.05</b>	<b>00:28:02.50</b>	+00:11:24 (41.0%)	5:33	10.8 (59.0%)
110	<b>KACHNIARZ Tadeusz</b>	<b>405</b>		M30	30	00:00:14	<b>00:27:52.40</b>	<b>00:28:07.05</b>	+00:11:28 (41.2%)	5:34	10.8 (59.0%)
111	<b>MOŹDŹONEK Beata</b>	<b>318</b>		K30	12	00:00:08	<b>00:27:53.65</b>	<b>00:28:02.25</b>	+00:11:29 (41.2%)	5:34	10.8 (59.0%)
112	<b>GLÓDŹ Jacek</b>	<b>236</b>		M30	31	00:00:11	<b>00:27:59.65</b>	<b>00:28:11.00</b>	+00:11:35 (41.4%)	5:35	10.7 (58.5%)
113	<b>CHACINSKA Anna</b>	<b>475</b>		K30	13	00:00:13	<b>00:28:00.90</b>	<b>00:28:14.70</b>	+00:11:37 (41.5%)	5:36	10.7 (58.5%)
114	<b>MLONEK Paweł</b>	<b>383</b>		M40	30	00:00:15	<b>00:28:10.60</b>	<b>00:28:26.10</b>	+00:11:46 (41.8%)	5:38	10.7 (58.5%)
115	<b>ZDANIKOWSKI Zygmunt</b>	<b>224</b>		M50	5	00:00:07	<b>00:28:17.50</b>	<b>00:28:24.65</b>	+00:11:53 (42.0%)	5:39	10.6 (57.9%)
116	<b>ROZBICKA Iwona</b>	<b>386</b>		K40	13	00:00:08	<b>00:28:17.70</b>	<b>00:28:26.50</b>	+00:11:53 (42.0%)	5:39	10.6 (57.9%)
117	<b>KOWALEWSKI Mariusz</b>	<b>356</b>		M40	31	00:00:12	<b>00:28:22.20</b>	<b>00:28:34.95</b>	+00:11:58 (42.2%)	5:40	10.6 (57.9%)
118	<b>WĘGŁOWSKI Witold</b>	<b>364</b>		M40	32	00:00:11	<b>00:28:28.90</b>	<b>00:28:40.15</b>	+00:12:05 (42.4%)	5:41	10.5 (57.4%)
119	<b>PIĄTEK Pior</b>	<b>434</b>		M30	32	00:00:12	<b>00:28:28.95</b>	<b>00:28:41.25</b>	+00:12:05 (42.4%)	5:41	10.5 (57.4%)
120	<b>CEGIEŁKA Oliwier</b>	<b>394</b>	MKP POGOŃ SIEDLCE	M20	21	00:00:13	<b>00:28:39.05</b>	<b>00:28:52.35</b>	+00:12:15 (42.8%)	5:43	10.5 (57.4%)
121	<b>ZYŚK Natalia</b>	<b>247</b>		K30	14	00:00:08	<b>00:28:39.95</b>	<b>00:28:48.70</b>	+00:12:16 (42.8%)	5:43	10.5 (57.4%)
122	<b>NICEWICZ Jacek</b>	<b>477</b>	BK	M40	33	00:00:17	<b>00:28:43.15</b>	<b>00:29:00.70</b>	+00:12:19 (42.9%)	5:44	10.4 (56.8%)
123	<b>ZAWIŚLAK Jolanta</b>	<b>262</b>		K50	2	00:00:09	<b>00:28:44.40</b>	<b>00:28:53.85</b>	+00:12:20 (42.9%)	5:44	10.4 (56.8%)
124	<b>ZAWADA Kamila</b>	<b>416</b>		K20	4	00:00:13	<b>00:28:45.05</b>	<b>00:28:58.90</b>	+00:12:21 (43.0%)	5:45	10.4 (56.8%)
125	<b>KRUK Mariusz</b>	<b>309</b>		M30	33	00:00:12	<b>00:28:55.15</b>	<b>00:29:07.30</b>	+00:12:31 (43.3%)	5:47	10.4 (56.8%)
126	<b>MITROFANIUK Adam</b>	<b>425</b>		M20	22	00:00:09	<b>00:28:56.90</b>	<b>00:29:06.60</b>	+00:12:33 (43.4%)	5:47	10.4 (56.8%)
127	<b>SOLNICA Alicja</b>	<b>282</b>	KLUB AKTYWNYCH PARKRUN SKÓRZEC	K30	15	00:00:11	<b>00:28:56.95</b>	<b>00:29:08.00</b>	+00:12:33 (43.4%)	5:47	10.4 (56.8%)
128	<b>BOSEK-WADAS Monika</b>	<b>472</b>		K40	14	00:00:15	<b>00:29:01.50</b>	<b>00:29:17.05</b>	+00:12:37 (43.5%)	5:48	10.3 (56.3%)
129	<b>TROĆ Sebastian</b>	<b>350</b>		M20	23	00:00:14	<b>00:29:03.60</b>	<b>00:29:17.75</b>	+00:12:39 (43.6%)	5:48	10.3 (56.3%)
130	<b>REMISZEWSKI Stanisław</b>	<b>488</b>		M50	6	00:00:13	<b>00:29:04.85</b>	<b>00:29:18.80</b>	+00:12:40 (43.6%)	5:48	10.3 (56.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
131	<b>GONDEK Justyna</b>	<b>436</b>		K20	5	00:00:09	<b>00:29:07.70</b>	<b>00:29:17.35</b>	+00:12:43 (43.7%)	5:49	10.3 (56.3%)
132	<b>SUJKOWSKI Kamil</b>	<b>390</b>		M30	34	00:00:06	<b>00:29:08.05</b>	<b>00:29:14.75</b>	+00:12:44 (43.7%)	5:49	10.3 (56.3%)
133	<b>KULIK Maciej</b>	<b>283</b>		M40	34	00:00:08	<b>00:29:08.65</b>	<b>00:29:16.85</b>	+00:12:44 (43.7%)	5:49	10.3 (56.3%)
134	<b>SIWIK Henryka</b>	<b>374</b>		K50	3	00:00:13	<b>00:29:12.20</b>	<b>00:29:25.85</b>	+00:12:48 (43.8%)	5:50	10.3 (56.3%)
135	<b>KRZEWNIAK Lidia</b>	<b>221</b>		K40	15	00:00:12	<b>00:29:22.25</b>	<b>00:29:34.95</b>	+00:12:58 (44.2%)	5:52	10.2 (55.7%)
136	<b>KRZEWNIAK Ewa</b>	<b>254</b>		K20	6	00:00:12	<b>00:29:22.70</b>	<b>00:29:35.55</b>	+00:12:58 (44.2%)	5:52	10.2 (55.7%)
137	<b>SIDOR-WYSZOMIERSKA Magdalena</b>	<b>428</b>		K30	16	00:00:15	<b>00:29:31.35</b>	<b>00:29:46.55</b>	+00:13:07 (44.5%)	5:54	10.2 (55.7%)
138	<b>MONTEWKA DE VALLE Jowita</b>	<b>261</b>		K40	16	00:00:10	<b>00:29:33.35</b>	<b>00:29:44.30</b>	+00:13:09 (44.5%)	5:54	10.2 (55.7%)
139	<b>GŁUCHOWSKA Agnieszka</b>	<b>490</b>		K30	17	00:00:09	<b>00:29:35.10</b>	<b>00:29:44.25</b>	+00:13:11 (44.6%)	5:55	10.1 (55.2%)
140	<b>KORYCIŃSKA Mariola</b>	<b>431</b>		K30	18	00:00:13	<b>00:29:47.05</b>	<b>00:30:00.55</b>	+00:13:23 (44.9%)	5:57	10.1 (55.2%)
141	<b>PIASECKI Łukasz</b>	<b>308</b>		M30	35	00:00:12	<b>00:29:50.45</b>	<b>00:30:02.90</b>	+00:13:26 (45.0%)	5:58	10.1 (55.2%)
142	<b>MRÓZ Magdalena</b>	<b>204</b>		K30	19	00:00:09	<b>00:29:57.30</b>	<b>00:30:06.85</b>	+00:13:33 (45.3%)	5:59	10 (54.6%)
142	<b>RACZYŃSKA Natalia</b>	<b>430</b>	MORSY SIEDLCE	K20	7	00:00:00	<b>00:29:57.30</b>	<b>00:29:57.30</b>	+00:13:33 (45.3%)	5:59	10 (54.6%)
144	<b>CEGIEŁKA Rafał</b>	<b>357</b>		M40	35	00:00:13	<b>00:29:57.85</b>	<b>00:30:11.15</b>	+00:13:33 (45.3%)	5:59	10 (54.6%)
145	<b>LEWANDOWSKA Joanna</b>	<b>470</b>	BEMOWO BIEGA	K40	17	00:00:16	<b>00:29:59.50</b>	<b>00:30:16.40</b>	+00:13:35 (45.3%)	5:59	10 (54.6%)
146	<b>KĘDZIERSKI Jacek</b>	<b>234</b>		M40	36	00:00:11	<b>00:30:07.15</b>	<b>00:30:18.50</b>	+00:13:43 (45.6%)	6:01	10 (54.6%)
147	<b>KĘDZIERSKA Joanna</b>	<b>242</b>		K40	18	00:00:10	<b>00:30:07.60</b>	<b>00:30:18.45</b>	+00:13:43 (45.6%)	6:01	10 (54.6%)
148	<b>JUREK Dorota</b>	<b>385</b>	PRYWATNY	K30	20	00:00:12	<b>00:30:12.70</b>	<b>00:30:25.55</b>	+00:13:48 (45.7%)	6:02	9.9 (54.1%)
149	<b>JÓŻWIAK Kamil</b>	<b>277</b>		M30	36	00:00:17	<b>00:30:16.75</b>	<b>00:30:33.85</b>	+00:13:52 (45.8%)	6:03	9.9 (54.1%)
150	<b>WOŹNICA Marta</b>	<b>457</b>	GOLICE TEAM	K40	19	00:00:12	<b>00:30:19.00</b>	<b>00:30:31.25</b>	+00:13:55 (45.9%)	6:03	9.9 (54.1%)
151	<b>DANIELAK Marzena</b>	<b>442</b>	KLUB AKTYWNYCH PARKRUN SKÓRZECC	K40	20	00:00:11	<b>00:30:23.25</b>	<b>00:30:34.85</b>	+00:13:59 (46.0%)	6:04	9.9 (54.1%)
152	<b>CISZEWSKA Magda</b>	<b>498</b>		K30	21	00:00:18	<b>00:30:28.15</b>	<b>00:30:46.60</b>	+00:14:04 (46.2%)	6:05	9.8 (53.6%)
153	<b>GIERSZEWSKI Mariusz</b>	<b>219</b>		M30	37	00:00:13	<b>00:30:47.35</b>	<b>00:31:01.20</b>	+00:14:23 (46.7%)	6:09	9.7 (53.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
154	<b>MRUCZYŃSKA-PIETRUCZANIS Katarzyna</b>	<b>212</b>	AKTYWNI WĘGRÓW / DEVI HIMAL TEAM	K40	21	00:00:16	<b>00:30:52.65</b>	<b>00:31:09.55</b>	+00:14:28 (46.9%)	6:10	9.7 (53.0%)
155	<b>TULEJ Bożena</b>	<b>276</b>		K50	4	00:00:15	<b>00:30:52.75</b>	<b>00:31:08.45</b>	+00:14:28 (46.9%)	6:10	9.7 (53.0%)
156	<b>SIKORSKA Wioleta</b>	<b>422</b>		K30	22	00:00:16	<b>00:30:52.95</b>	<b>00:31:08.95</b>	+00:14:29 (46.9%)	6:10	9.7 (53.0%)
157	<b>MOŹDŻONEK Krystian</b>	<b>317</b>		M30	38	00:00:08	<b>00:30:56.55</b>	<b>00:31:05.45</b>	+00:14:32 (47.0%)	6:11	9.7 (53.0%)
158	<b>PAZIEWSKI Daniel</b>	<b>330</b>		M30	39	00:00:12	<b>00:31:01.60</b>	<b>00:31:14.25</b>	+00:14:37 (47.1%)	6:12	9.7 (53.0%)
159	<b>BIARDZKI Bartek</b>	<b>297</b>		M30	40	00:00:13	<b>00:31:03.40</b>	<b>00:31:16.75</b>	+00:14:39 (47.2%)	6:12	9.7 (53.0%)
160	<b>SZCZERBACIUK Paweł</b>	<b>295</b>		M30	41	00:00:19	<b>00:31:06.70</b>	<b>00:31:26.05</b>	+00:14:42 (47.3%)	6:13	9.6 (52.5%)
161	<b>SOWIŃSKI Michał</b>	<b>503</b>		M40	37	00:00:18	<b>00:31:07.20</b>	<b>00:31:25.70</b>	+00:14:43 (47.3%)	6:13	9.6 (52.5%)
162	<b>RAGO Monika</b>	<b>496</b>		K30	23	00:00:17	<b>00:31:12.45</b>	<b>00:31:30.15</b>	+00:14:48 (47.5%)	6:14	9.6 (52.5%)
163	<b>RAGO Piotr</b>	<b>497</b>		M30	42	00:00:17	<b>00:31:12.80</b>	<b>00:31:30.10</b>	+00:14:48 (47.5%)	6:14	9.6 (52.5%)
164	<b>RACZYŃSKA Iza</b>	<b>499</b>		K30	24	00:00:13	<b>00:31:22.05</b>	<b>00:31:35.50</b>	+00:14:58 (47.7%)	6:16	9.6 (52.5%)
165	<b>KOSSAKOWSKA Dorota</b>	<b>403</b>		K50	5	00:00:10	<b>00:31:31.05</b>	<b>00:31:41.15</b>	+00:15:07 (48.0%)	6:18	9.5 (51.9%)
166	<b>PATRA Mirosław</b>	<b>312</b>		M20	24	00:00:12	<b>00:31:45.45</b>	<b>00:31:57.80</b>	+00:15:21 (48.4%)	6:21	9.4 (51.4%)
167	<b>JÓŹWIAK Wojciech</b>	<b>493</b>		M20	25	00:00:14	<b>00:31:46.05</b>	<b>00:32:00.75</b>	+00:15:22 (48.4%)	6:21	9.4 (51.4%)
168	<b>GRABARCZYK Przemysław</b>	<b>397</b>		M30	43	00:00:16	<b>00:31:50.30</b>	<b>00:32:06.45</b>	+00:15:26 (48.5%)	6:22	9.4 (51.4%)
169	<b>DRABIO Maciej</b>	<b>335</b>		M40	38	00:00:16	<b>00:31:54.50</b>	<b>00:32:10.75</b>	+00:15:30 (48.6%)	6:22	9.4 (51.4%)
170	<b>KOSOWSKA Magdalena</b>	<b>399</b>		K30	25	00:00:10	<b>00:31:57.60</b>	<b>00:32:07.70</b>	+00:15:33 (48.7%)	6:23	9.4 (51.4%)
171	<b>BORKOWSKA Arletta</b>	<b>429</b>	MORSY SIEDLCE	K40	22	00:00:13	<b>00:31:57.80</b>	<b>00:32:11.40</b>	+00:15:33 (48.7%)	6:23	9.4 (51.4%)
172	<b>PRUSIŃSKA Agnieszka</b>	<b>251</b>		K40	23	00:00:17	<b>00:31:58.45</b>	<b>00:32:16.20</b>	+00:15:34 (48.7%)	6:23	9.4 (51.4%)
173	<b>JÓŹWIAK Magda</b>	<b>271</b>		K40	24	00:00:15	<b>00:32:07.95</b>	<b>00:32:23.75</b>	+00:15:44 (49.0%)	6:25	9.3 (50.8%)
174	<b>OSIAK Mateusz</b>	<b>284</b>		M20	26	00:00:18	<b>00:32:09.75</b>	<b>00:32:27.85</b>	+00:15:45 (49.0%)	6:25	9.3 (50.8%)
175	<b>SZYSZ Alina</b>	<b>379</b>		K30	26	00:00:12	<b>00:32:10.60</b>	<b>00:32:23.00</b>	+00:15:46 (49.0%)	6:26	9.3 (50.8%)
176	<b>KISIELIŃSKA Anna</b>	<b>256</b>		K40	25	00:00:16	<b>00:32:10.95</b>	<b>00:32:27.75</b>	+00:15:47 (49.0%)	6:26	9.3 (50.8%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
177	<b>JASZCZUK Marian</b>	<b>500</b>		M50	7	00:00:14	<b>00:32:11.95</b>	<b>00:32:26.00</b>	+00:15:48 (49.1%)	6:26	9.3 (50.8%)
178	<b>DĘBAŁA Ilona</b>	<b>366</b>	KLUB KROPKA	K20	8	00:00:20	<b>00:32:12.75</b>	<b>00:32:32.90</b>	+00:15:48 (49.1%)	6:26	9.3 (50.8%)
179	<b>DĘBAŁA Dominik</b>	<b>365</b>	KROPKA	M30	44	00:00:19	<b>00:32:13.05</b>	<b>00:32:32.55</b>	+00:15:49 (49.1%)	6:26	9.3 (50.8%)
180	<b>SZEWCZAK Magdalena</b>	<b>298</b>		K30	27	00:00:14	<b>00:32:19.15</b>	<b>00:32:33.55</b>	+00:15:55 (49.3%)	6:27	9.3 (50.8%)
181	<b>KOMAR Małgorzata</b>	<b>358</b>		K40	26	00:00:15	<b>00:32:22.75</b>	<b>00:32:38.10</b>	+00:15:58 (49.4%)	6:28	9.3 (50.8%)
182	<b>MEJKA Aneta</b>	<b>327</b>	RACEFIGHTER GOSIR DĘBE WIELKIE	K40	27	00:00:13	<b>00:32:23.85</b>	<b>00:32:37.40</b>	+00:15:59 (49.4%)	6:28	9.3 (50.8%)
183	<b>SOŁOWIŃSKI Tomasz</b>	<b>502</b>		M50	8	00:00:16	<b>00:32:26.30</b>	<b>00:32:43.10</b>	+00:16:02 (49.4%)	6:29	9.2 (50.3%)
184	<b>MARCINIUK Agata</b>	<b>507</b>	KLUB AKTYWNYCH PARKRUN SKÓRZEC	K40	28	00:00:14	<b>00:32:37.35</b>	<b>00:32:51.90</b>	+00:16:13 (49.7%)	6:31	9.2 (50.3%)
185	<b>ORYSZCZAK Justyna</b>	<b>324</b>		K30	28	00:00:13	<b>00:32:41.90</b>	<b>00:32:54.90</b>	+00:16:18 (49.8%)	6:32	9.2 (50.3%)
186	<b>JASTRZĘBSKA Barbara</b>	<b>484</b>		K30	29	00:00:12	<b>00:32:45.70</b>	<b>00:32:57.70</b>	+00:16:21 (49.9%)	6:33	9.2 (50.3%)
187	<b>JAKUBAS Agnieszka</b>	<b>345</b>		K30	30	00:00:13	<b>00:32:54.20</b>	<b>00:33:07.25</b>	+00:16:30 (50.2%)	6:34	9.1 (49.7%)
188	<b>BOJANOWSKA Elwira</b>	<b>384</b>		K30	31	00:00:12	<b>00:32:59.10</b>	<b>00:33:11.95</b>	+00:16:35 (50.3%)	6:35	9.1 (49.7%)
189	<b>POCHOPIEŃ Paulina</b>	<b>301</b>	IKS SIEDLCE	K20	9	00:00:13	<b>00:33:06.60</b>	<b>00:33:20.55</b>	+00:16:42 (50.5%)	6:37	9.1 (49.7%)
190	<b>ADAMIEC Monika</b>	<b>426</b>		K30	32	00:00:14	<b>00:33:10.65</b>	<b>00:33:25.55</b>	+00:16:46 (50.6%)	6:38	9 (49.2%)
191	<b>MACIOŁEK Szymon</b>	<b>506</b>		M40	39	00:00:17	<b>00:33:13.35</b>	<b>00:33:30.60</b>	+00:16:49 (50.6%)	6:38	9 (49.2%)
192	<b>DADUŃ Magdalena</b>	<b>462</b>		K30	33	00:00:15	<b>00:33:22.75</b>	<b>00:33:37.75</b>	+00:16:58 (50.9%)	6:40	9 (49.2%)
193	<b>MAGIERA Agata</b>	<b>463</b>		K40	29	00:00:14	<b>00:33:22.80</b>	<b>00:33:37.75</b>	+00:16:58 (50.9%)	6:40	9 (49.2%)
194	<b>SZKOP Piotr</b>	<b>489</b>		M40	40	00:00:15	<b>00:33:25.05</b>	<b>00:33:40.85</b>	+00:17:01 (50.9%)	6:41	9 (49.2%)
195	<b>POCHOPIEŃ Patrycja</b>	<b>342</b>	IKS SIEDLCE	K20	10	00:00:14	<b>00:33:29.15</b>	<b>00:33:43.35</b>	+00:17:05 (51.0%)	6:41	9 (49.2%)
196	<b>MARCINIAK Malwina</b>	<b>285</b>		K20	11	00:00:16	<b>00:33:40.55</b>	<b>00:33:56.70</b>	+00:17:16 (51.3%)	6:44	8.9 (48.6%)
197	<b>WIŚNIEWSKA Agnieszka</b>	<b>215</b>		K40	30	00:00:16	<b>00:33:41.45</b>	<b>00:33:57.95</b>	+00:17:17 (51.3%)	6:44	8.9 (48.6%)
198	<b>ZYCH Monika</b>	<b>421</b>		K30	34	00:00:11	<b>00:33:50.85</b>	<b>00:34:02.55</b>	+00:17:26 (51.6%)	6:46	8.9 (48.6%)
199	<b>BALAS Agnieszka</b>	<b>208</b>		K30	35	00:00:20	<b>00:33:55.75</b>	<b>00:34:16.35</b>	+00:17:31 (51.7%)	6:47	8.8 (48.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
200	<b>POCHOPIEŃ Ewa</b>	<b>328</b>		K50	6	00:00:14	<b>00:33:57.45</b>	<b>00:34:11.75</b>	+00:17:33 (51.7%)	6:47	8.8 (48.1%)
201	<b>WASILUK Ireneusz</b>	<b>303</b>		M40	41	00:00:16	<b>00:34:00.10</b>	<b>00:34:16.95</b>	+00:17:36 (51.8%)	6:48	8.8 (48.1%)
202	<b>MITURA Hanna</b>	<b>459</b>		K50	7	00:00:11	<b>00:34:11.20</b>	<b>00:34:22.55</b>	+00:17:47 (52.0%)	6:50	8.8 (48.1%)
203	<b>BORUTA Anna</b>	<b>367</b>		K50	8	00:00:00	<b>00:34:39.70</b>	<b>00:34:39.70</b>	+00:18:15 (52.7%)	6:55	8.7 (47.5%)
204	<b>TROJANEK Małgorzata</b>	<b>311</b>	KLUB ZDROWEGO STYLU ŻYCIA	K50	9	00:00:18	<b>00:35:05.55</b>	<b>00:35:24.35</b>	+00:18:41 (53.3%)	7:01	8.6 (47.0%)
205	<b>DZIEWULSKA Marta</b>	<b>264</b>		K40	31	00:00:16	<b>00:35:27.60</b>	<b>00:35:43.95</b>	+00:19:03 (53.8%)	7:05	8.5 (46.4%)
206	<b>JAGODZIŃSKA Edyta</b>	<b>266</b>		K30	36	00:00:11	<b>00:35:32.05</b>	<b>00:35:43.65</b>	+00:19:08 (53.9%)	7:06	8.4 (45.9%)
207	<b>SOSZYŃSKA Agnieszka</b>	<b>265</b>		K30	37	00:00:00	<b>00:35:44.10</b>	<b>00:35:44.10</b>	+00:19:20 (54.1%)	7:08	8.4 (45.9%)
208	<b>GRABOWSKA Paulina</b>	<b>482</b>		K20	12	00:00:06	<b>00:36:02.95</b>	<b>00:36:09.35</b>	+00:19:39 (54.5%)	7:12	8.3 (45.4%)
209	<b>WOSK Joanna</b>	<b>259</b>	BO JAK NIE MY TO KTO?	K50	10	00:00:14	<b>00:36:13.30</b>	<b>00:36:27.40</b>	+00:19:49 (54.7%)	7:14	8.3 (45.4%)
210	<b>RYŚ Andrzej</b>	<b>211</b>	JUDO MASTERS SIEDLCE	M40	42	00:00:11	<b>00:36:42.95</b>	<b>00:36:54.10</b>	+00:20:19 (55.3%)	7:20	8.2 (44.8%)
211	<b>SZELECH Gabriela</b>	<b>486</b>		K20	13	00:00:06	<b>00:36:44.70</b>	<b>00:36:51.50</b>	+00:20:20 (55.4%)	7:20	8.2 (44.8%)
212	<b>KUKLA Monika</b>	<b>274</b>		K40	32	00:00:18	<b>00:36:50.60</b>	<b>00:37:09.10</b>	+00:20:26 (55.5%)	7:22	8.1 (44.3%)
213	<b>KUKLA Dariusz</b>	<b>273</b>		M40	43	00:00:00	<b>00:37:08.30</b>	<b>00:37:08.30</b>	+00:20:44 (55.8%)	7:25	8.1 (44.3%)
214	<b>KOMOSA Ewa</b>	<b>393</b>		K30	38	00:00:10	<b>00:37:41.25</b>	<b>00:37:51.80</b>	+00:21:17 (56.5%)	7:32	8 (43.7%)
215	<b>NIEDZIÓŁKA Marek</b>	<b>435</b>		M20	27	00:00:10	<b>00:37:56.60</b>	<b>00:38:06.75</b>	+00:21:32 (56.8%)	7:35	7.9 (43.2%)
216	<b>WAWRZYNCZAK Anna</b>	<b>231</b>		K40	33	00:00:16	<b>00:38:25.75</b>	<b>00:38:42.20</b>	+00:22:01 (57.3%)	7:41	7.8 (42.6%)
217	<b>MYŚKIEWICZ Monika</b>	<b>437</b>	MORSY SIEDLCE	K40	34	00:00:14	<b>00:38:32.75</b>	<b>00:38:47.15</b>	+00:22:08 (57.5%)	7:42	7.8 (42.6%)
218	<b>JASZCZUK Małgorzata</b>	<b>438</b>	MORSY SIEDLCE	K40	35	00:00:14	<b>00:38:33.00</b>	<b>00:38:47.25</b>	+00:22:09 (57.5%)	7:42	7.8 (42.6%)
219	<b>PACIOREK Wiktoria</b>	<b>412</b>		K20	14	00:00:12	<b>00:38:45.35</b>	<b>00:38:57.35</b>	+00:22:21 (57.7%)	7:45	7.7 (42.1%)
220	<b>NIEDZIÓŁKA Mateusz</b>	<b>404</b>		M20	28	00:00:12	<b>00:38:46.15</b>	<b>00:38:58.15</b>	+00:22:22 (57.7%)	7:45	7.7 (42.1%)
221	<b>SZYMAŃSKA Zuzanna</b>	<b>241</b>		K20	15	00:00:17	<b>00:39:04.55</b>	<b>00:39:21.95</b>	+00:22:40 (58.0%)	7:48	7.7 (42.1%)
222	<b>SKÓRA Tomek</b>	<b>411</b>	SKÓRZEC BIEGA	M40	44	00:00:19	<b>00:39:21.95</b>	<b>00:39:41.75</b>	+00:22:58 (58.3%)	7:52	7.6 (41.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
223	<b>SKORUPKA Anna</b>	<b>409</b>	GRUPA BIEGACZY SKORZEC BIEGA	K40	36	00:00:19	<b>00:39:22.60</b>	<b>00:39:41.95</b>	+00:22:58 (58.4%)	7:52	7.6 (41.5%)
224	<b>PIEKART Dorota</b>	<b>419</b>	GRUPA BIEGACZY SKÓRZEC BIEGA	K40	37	00:00:18	<b>00:39:22.95</b>	<b>00:39:41.45</b>	+00:22:59 (58.4%)	7:52	7.6 (41.5%)
225	<b>OLĘDZKA-KULIK Monika</b>	<b>410</b>	GRUPA BIEGACZY SKÓRZEC BIEGA	K40	38	00:00:18	<b>00:39:23.40</b>	<b>00:39:42.05</b>	+00:22:59 (58.4%)	7:52	7.6 (41.5%)
226	<b>STRZAŁKOWSKI Michał</b>	<b>471</b>	MORSY SIEDLCE	M50	9	00:00:07	<b>00:41:27.60</b>	<b>00:41:35.05</b>	+00:25:03 (60.4%)	8:17	7.2 (39.3%)
227	<b>KONDRACIUK Elwira</b>	<b>252</b>		K40	39	00:00:16	<b>00:41:27.65</b>	<b>00:41:44.45</b>	+00:25:03 (60.4%)	8:17	7.2 (39.3%)
228	<b>KONDRACIUK Karol</b>	<b>249</b>		M40	45	00:00:16	<b>00:41:28.05</b>	<b>00:41:44.50</b>	+00:25:04 (60.5%)	8:17	7.2 (39.3%)
229	<b>PIWOWARSKI Adam</b>	<b>353</b>	BSAC	M50	10	00:00:12	<b>00:42:14.30</b>	<b>00:42:26.65</b>	+00:25:50 (61.2%)	8:26	7.1 (38.8%)
230	<b>SZYMAŃSKA Eliza</b>	<b>238</b>		K40	40	00:00:16	<b>00:43:20.45</b>	<b>00:43:37.25</b>	+00:26:56 (62.2%)	8:40	6.9 (37.7%)
231	<b>CYMERMAN Adrian</b>	<b>248</b>		M30	45	00:00:08					(0.0%)
232	<b>KĘDZIERSKI Wojciech</b>	<b>237</b>		M20	29	00:00:10					(0.0%)
233	<b>BIAŁY Jacek</b>	<b>479</b>	JKB	M40	46	00:00:19					(0.0%)

Znaleziono 233 wynik(ów)