



**BIEG
PAMIĘCI
SYBIRU**

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

BIEG PAMIĘCI SYBIRU - BIAŁYSTOK 10KM

Bieg Pamięci Sybiru
Fundacja Białystok Biega
2025-02-08
Białystok
10 km

B4SPORT

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 5.3km	Split 7.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	SZYDLIK Adam	5126	1 PODLASKA BRYGADA OBRONY TERYTORIALNEJ	M40	1	00:19:46	00:28:53	00:38:23.25	00:38:26.97		3:50	15.6 (100%)
2	MARKIEWICZ Grzegorz	5012	KALINOWSKI TEAM	M30	1	00:20:16	00:30:04	00:39:58.76	00:40:01.59	+00:01:34 (3.9%)	3:59	15 (96.2%)
3	ZELENKO Bohdan	5091	TEA.M.RUN	M20	1	00:20:33	00:30:37	00:40:51.68	00:40:54.45	+00:02:27 (6.0%)	4:05	14.7 (94.2%)
4	KOLEĘDA Artur	5033	ORTOSTOM AUGUSTÓW	M50	1	00:21:07	00:31:27	00:41:49.92	00:41:54.07	+00:03:27 (8.2%)	4:10	14.3 (91.7%)
5	PARZYCH Mariusz	5177	18 PUŁK ROZPOZNAWCZY	M30	2	00:21:18	00:31:46	00:41:50.10	00:41:56.94	+00:03:29 (8.3%)	4:11	14.3 (91.7%)
6	GAWKOWSKI Artur	5131	OSTRÓW BIEGA	M30	3	00:21:40	00:32:01	00:42:30.79	00:42:40.31	+00:04:13 (9.9%)	4:15	14.1 (90.4%)
7	NOWAK Paweł	5031	ROCH JASIEINICA	M30	4	00:21:51	00:32:14	00:42:51.57	00:42:55.47	+00:04:28 (10.4%)	4:17	14 (89.7%)
8	MUCHARSKI Mariusz	5006	KALINOWSKI TEAM	M40	2	00:21:57	00:32:27	00:43:10.07	00:43:13.52	+00:04:46 (11.0%)	4:19	13.9 (89.1%)
9	KIZHUK Aliaksandr	5117		M50	2	00:22:02	00:32:32	00:43:15.40	00:43:18.52	+00:04:51 (11.2%)	4:19	13.9 (89.1%)
10	LEWANDOWSKI Łukasz	5005		M20	2	00:22:11	00:32:49	00:43:28.81	00:43:32.42	+00:05:05 (11.7%)	4:20	13.8 (88.5%)
11	POGORZELSKI Kamil	5216		M20	3	00:22:19	00:33:13	00:44:21.39	00:44:24.57	+00:05:57 (13.4%)	4:26	13.5 (86.5%)
12	NOWAK Marcin	5147	ROCH JASIEINICA	M40	3	00:22:26	00:33:23	00:44:27.58	00:44:30.50	+00:06:03 (13.6%)	4:26	13.5 (86.5%)
13	KAZBERUK Jarosław	5039	ZOŚ BIALEKO	M60	1	00:23:01	00:33:41	00:44:30.27	00:44:36.54	+00:06:09 (13.8%)	4:27	13.5 (86.5%)
14	KULEVICH Ruslan	5219	TEA.M.RUN	M30	5	00:23:01	00:33:45	00:44:38.18	00:44:43.44	+00:06:16 (14.0%)	4:27	13.4 (85.9%)
15	BOKUNIEWICZ Hubert	5052		M30	6	00:23:05	00:33:47	00:44:45.02	00:44:53.34	+00:06:26 (14.3%)	4:28	13.4 (85.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 5.3km	Split 7.8km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10km	brutto 10km			
16	PIETKUN Łukasz	5189	KALINOWSKI TEAM	M30	7	00:22:48	00:33:51	00:45:06.91	00:45:10.22	+00:06:43 (14.9%)	4:30	13.3 (85.3%)
17	OSMÓLSKI Robert	5184	NADAKTYWNI	M40	4	00:23:21	00:34:10	00:45:04.42	00:45:18.25	+00:06:51 (15.1%)	4:30	13.3 (85.3%)
18	OSIK Przemysław	5152	KALINOWSKI TEAM	M30	8	00:23:02	00:34:19	00:45:49.26	00:45:53.19	+00:07:26 (16.2%)	4:34	13.1 (84.0%)
19	SZPAKOWSKI Zbigniew	5075	KALLOS STHENOS	M50	3	00:23:19	00:34:25	00:45:53.63	00:45:59.10	+00:07:32 (16.4%)	4:35	13.1 (84.0%)
20	PANICZKO Sławomir	5145		M50	4	00:20:42	00:36:33	00:46:19.91	00:46:23.38	+00:07:56 (17.1%)	4:37	13 (83.3%)
21	STRUKIEL Dawid	5211		M30	9	00:24:14	00:35:15	00:46:19.73	00:46:28.07	+00:08:01 (17.3%)	4:37	13 (83.3%)
22	KĘDZIOREK Tomasz	5225		M30	10	00:23:48	00:35:04	00:46:29.47	00:46:39.12	+00:08:12 (17.6%)	4:38	12.9 (82.7%)
23	KIEDA Patryk	5037		M30	11	00:24:09	00:35:27	00:46:34.96	00:46:40.15	+00:08:13 (17.6%)	4:39	12.9 (82.7%)
24	SIERGIEJCZYK Przemysław	5178		M30	12	00:23:11	00:34:37	00:46:30.33	00:46:42.02	+00:08:15 (17.7%)	4:39	12.9 (82.7%)
25	STASZEWSKI Paweł	5030		M30	13	00:24:01	00:35:21	00:46:32.72	00:46:45.68	+00:08:18 (17.8%)	4:39	12.9 (82.7%)
26	KIETLIŃSKI Sebastian	5101		M20	4	00:23:30	00:34:57	00:46:32.65	00:46:46.37	+00:08:19 (17.8%)	4:39	12.9 (82.7%)
27	ARDZIEWICZ Dariusz	5202	WICHURA	M30	14	00:23:47	00:35:13	00:46:43.75	00:46:56.12	+00:08:29 (18.1%)	4:40	12.8 (82.1%)
28	LEONIUK Paweł	5023	NADAKTYWNI	M40	5	00:23:59	00:35:31	00:47:12.23	00:47:19.21	+00:08:52 (18.7%)	4:43	12.7 (81.4%)
29	ZANIEWSKI Tomasz	5110		M50	5	00:24:19	00:35:44	00:47:22.04	00:47:29.82	+00:09:02 (19.0%)	4:44	12.7 (81.4%)
30	STASIAKIEWICZ Maciej	5171		M20	5	00:24:37	00:35:37	00:47:19.68	00:47:37.21	+00:09:10 (19.3%)	4:43	12.7 (81.4%)
31	KIBITLEWSKA Emilia	5244	MD RUN	K40	1	00:24:06	00:35:41	00:47:40.64	00:47:49.30	+00:09:22 (19.6%)	4:46	12.6 (80.8%)
32	GRZEŚ Kamil	5059	BIAŁYSTOK BIEGA TEAM	M15	1	00:24:45	00:36:23	00:47:48.26	00:47:53.03	+00:09:26 (19.7%)	4:46	12.6 (80.8%)
33	DALLEMURA Maciek	5060	BIAŁYSTOK BIEGA TEAM	M20	6	00:24:45	00:36:22	00:47:48.94	00:47:53.91	+00:09:26 (19.7%)	4:46	12.6 (80.8%)
34	DĄBROWSKI Paweł	5175		M30	15	00:24:23	00:36:04	00:47:47.53	00:47:54.80	+00:09:27 (19.8%)	4:46	12.6 (80.8%)
35	LENKIEWICZ Paweł	5061	MD RUN TRAINING	M30	16	00:24:21	00:35:55	00:47:53.46	00:47:57.89	+00:09:30 (19.8%)	4:47	12.5 (80.1%)
36	MIKUTOWICZ Renata	5057	KAN-THERM RACING TEAM	K30	1	00:24:37	00:36:11	00:47:57.12	00:48:00.99	+00:09:34 (19.9%)	4:47	12.5 (80.1%)
37	ŻOCH Hubert	5181	SPRINT-ROWERY.PL	M30	17	00:24:06	00:35:59	00:48:20.78	00:48:25.35	+00:09:58 (20.6%)	4:50	12.4 (79.5%)
38	DZIKOWSKI Wojciech	5165	WIOSKA BIEGCZY	M40	6	00:23:52	00:35:39	00:48:08.13	00:48:29.29	+00:10:02 (20.7%)	4:48	12.5 (80.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 5.3km	Split 7.8km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10km	brutto 10km			
39	LULKIEWICZ Urszula	1087	3T BIAŁYSTOK	K15	1	00:24:55	00:36:34	00:48:30.29	00:48:42.40	+00:10:15 (21.1%)	4:51	12.4 (79.5%)
40	PRUSINOWSKI Roland	5187		M30	18	00:24:18	00:36:31	00:48:45.23	00:48:51.85	+00:10:24 (21.3%)	4:52	12.3 (78.8%)
41	RYŻYŃSKI Daniel	5040		M30	19	00:24:55	00:36:45	00:48:48.20	00:48:54.19	+00:10:27 (21.4%)	4:52	12.3 (78.8%)
42	POPOWSKA Monika	5243	DĄBROWSKI TEAM	K30	2	00:24:47	00:36:42	00:48:50.73	00:48:58.28	+00:10:31 (21.5%)	4:53	12.3 (78.8%)
43	BLOCH Ryszard	5248		M40	7	00:24:41	00:36:41	00:48:51.96	00:49:01.34	+00:10:34 (21.6%)	4:53	12.3 (78.8%)
44	GRODZKI Łukasz	5072	STREFA ZMIAN	M30	20	00:26:59	00:38:11	00:48:48.96	00:49:02.51	+00:10:35 (21.6%)	4:52	12.3 (78.8%)
45	GADZIŃSKI Krzysztof	5119	KAN-THERM RACING TEAM	M40	8	00:24:58	00:36:48	00:48:59.34	00:49:06.34	+00:10:39 (21.7%)	4:53	12.2 (78.2%)
46	NOSALIK Franciszek	5015	ORTOSTOM AUGUSTÓW	M20	7	00:25:06	00:37:25	00:49:10.10	00:49:15.01	+00:10:48 (21.9%)	4:55	12.2 (78.2%)
47	BARANOWSKI Paweł	5053		M30	21	00:25:11	00:37:22	00:49:14.80	00:49:23.73	+00:10:56 (22.2%)	4:55	12.2 (78.2%)
48	PELCZAR Krzysztof	5162	JEŹDZCY APOKALIPSY	M40	9	00:24:55	00:36:42	00:48:58.44	00:49:25.06	+00:10:58 (22.2%)	4:53	12.3 (78.8%)
49	WÓJCIK Rafał	5128	SPARTANIE DZIECIOM	M40	10	00:25:01	00:37:06	00:49:22.36	00:49:30.01	+00:11:03 (22.3%)	4:56	12.2 (78.2%)
50	TYSZKA Roland	5038	BIAŁYSTOK BIEGA TEAM	M40	11	00:25:08	00:37:01	00:49:17.64	00:49:31.81	+00:11:04 (22.4%)	4:55	12.2 (78.2%)
51	KORYCKI Tomasz	5010		M40	12	00:25:01	00:37:00	00:49:21.35	00:49:38.26	+00:11:11 (22.5%)	4:56	12.2 (78.2%)
52	SOCHOŃ Zbigniew	5063	ŻARY RUNNERS TEAM	M50	6	00:24:50	00:36:55	00:49:37.46	00:49:44.46	+00:11:17 (22.7%)	4:57	12.1 (77.6%)
53	PRZEPIÓRA Mateusz	5114	BAND OF RUNNERS	M40	13		00:37:55	00:49:27.84	00:49:51.46	+00:11:24 (22.9%)	4:56	12.1 (77.6%)
54	BARTECZKA Jacek	5201	MIEJSKOAKTYWNI	M40	14	00:24:53	00:37:03	00:49:50.98	00:49:55.19	+00:11:28 (23.0%)	4:59	12 (76.9%)
55	DEJA Piotr	5078		M30	22	00:24:45	00:36:40	00:49:49.29	00:49:55.91	+00:11:28 (23.0%)	4:58	12 (76.9%)
56	RADZIWOŃSKA Emilia	5108		K40	2	00:25:14	00:37:50	00:50:22.81	00:50:30.24	+00:12:03 (23.9%)	5:02	11.9 (76.3%)
57	DĄBROWSKI Mateusz	5151	AUTO IDEA	M30	23	00:25:31	00:37:53	00:50:19.07	00:50:32.06	+00:12:05 (23.9%)	5:01	11.9 (76.3%)
58	KALIADA Aliaksei	5001	TEA.M RUN	M30	24	00:25:30	00:37:59	00:50:25.00	00:50:39.64	+00:12:12 (24.1%)	5:02	11.9 (76.3%)
59	JANCZUK Marcin	5206		M40	15	00:25:38	00:38:05	00:50:33.39	00:50:42.53	+00:12:15 (24.2%)	5:03	11.9 (76.3%)
60	BARASZKO Gabriel	5022		M20	8	00:25:53	00:38:14	00:50:33.74	00:50:44.45	+00:12:17 (24.2%)	5:03	11.9 (76.3%)
61	KURZYNOWSKI Sebastian	5129		M30	25	00:26:45	00:38:33	00:50:26.89	00:50:51.05	+00:12:24 (24.4%)	5:02	11.9 (76.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 5.3km	Split 7.8km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10km	brutto 10km			
62	FIEDORUK Sebastian	5136		M40	16	00:25:33	00:38:04	00:50:46.38	00:50:57.42	+00:12:30 (24.5%)	5:04	11.8 (75.6%)
63	WAŁUSZKO Konrad	5221		M30	26	00:25:13	00:37:56	00:50:48.73	00:51:00.47	+00:12:33 (24.6%)	5:04	11.8 (75.6%)
64	SINKIEWICZ Filip	5174		M30	27	00:25:52	00:38:14	00:50:51.73	00:51:04.39	+00:12:37 (24.7%)	5:05	11.8 (75.6%)
65	BARANOWSKI Adam	5106	NADAKTYWNI	M40	17	00:26:20	00:38:48	00:51:17.60	00:51:26.12	+00:12:59 (25.2%)	5:07	11.7 (75.0%)
66	KULESZA Katarzyna	5146	MD RUN TRAINING	K40	3	00:26:23	00:38:58	00:51:19.08	00:51:33.90	+00:13:06 (25.4%)	5:07	11.7 (75.0%)
67	KOSIŃSKI Arkadiusz	5166		M30	28	00:26:10	00:38:41	00:51:31.53	00:51:49.42	+00:13:22 (25.8%)	5:09	11.6 (74.4%)
68	JASIŃSKI Kacper	5228		M20	9	00:25:40	00:38:51	00:51:55.94	00:52:02.07	+00:13:35 (26.1%)	5:11	11.6 (74.4%)
69	GRABOWICZ Mirosław	5192	SOKÓLSKA GRUPA BIEGOWA	M60	2	00:25:55	00:38:42	00:52:01.82	00:52:07.63	+00:13:40 (26.2%)	5:12	11.5 (73.7%)
70	DZIEDUSZOW Krzysztof	5229	DRTUSZ BIEGA	M40	18	00:26:16	00:38:56	00:52:05.75	00:52:11.24	+00:13:44 (26.3%)	5:12	11.5 (73.7%)
71	SOŁJAN Jakub	5122		M40	19	00:27:22	00:39:34	00:52:00.30	00:52:11.87	+00:13:44 (26.3%)	5:12	11.5 (73.7%)
72	KOLEŚNIUK Dominik	5212		M20	10	00:26:42	00:39:18	00:52:02.72	00:52:15.04	+00:13:48 (26.4%)	5:12	11.5 (73.7%)
73	WARACKI Kamil	5130		M30	29	00:27:42	00:39:54	00:52:06.73	00:52:28.24	+00:14:01 (26.7%)	5:12	11.5 (73.7%)
74	KONOPKO Kacper	5077		M30	30	00:28:29	00:40:24	00:52:08.36	00:52:33.79	+00:14:06 (26.9%)	5:12	11.5 (73.7%)
75	BUĆ Paweł	5224		M30	31	00:27:10	00:39:59	00:52:23.45	00:52:44.71	+00:14:17 (27.1%)	5:14	11.5 (73.7%)
76	PAWLUCZUK Teodor	5155	EKIPA ROGALA	M30	32	00:26:00	00:39:25	00:52:49.45	00:52:54.78	+00:14:27 (27.3%)	5:16	11.4 (73.1%)
77	JAWOROWSKI Przemysław	5167	TEAM MAXYMALNIE	M30	33	00:27:09	00:39:57	00:52:46.67	00:53:00.07	+00:14:33 (27.5%)	5:16	11.4 (73.1%)
78	KOSIOREK Łukasz	5016	PODLASKIE KOCURY	M40	20	00:27:21	00:40:12	00:52:55.93	00:53:03.48	+00:14:36 (27.5%)	5:17	11.3 (72.4%)
79	NOSALIK Paweł	5014	ORTOSTOM AUGUSTÓW	M40	21	00:27:20	00:40:12	00:52:56.38	00:53:03.85	+00:14:36 (27.5%)	5:17	11.3 (72.4%)
80	KRAKOWSKI Darek	5223	BIAŁOSTOCKA SEKTA BIEGACZY	M50	7	00:27:13	00:39:55	00:52:52.88	00:53:08.23	+00:14:41 (27.6%)	5:17	11.3 (72.4%)
81	SZCZAŁKUNOW Paweł	5062	TEA.M RUN	M30	34	00:27:53	00:40:33	00:52:47.48	00:53:09.70	+00:14:42 (27.7%)	5:16	11.4 (73.1%)
82	КОРПАН Валерий	5160	TEA.M RUN	M30	35	00:27:52	00:40:33	00:52:47.83	00:53:10.53	+00:14:43 (27.7%)	5:16	11.4 (73.1%)
83	GOLINSKI Marek	5041	18 PUŁK LOGISTYCZNY	M40	22	00:26:48	00:39:53	00:53:15.81	00:53:21.88	+00:14:54 (27.9%)	5:19	11.3 (72.4%)
84	ZŁOTKOWSKI Kacper	5222		M20	11	00:27:22	00:40:35	00:53:11.00	00:53:22.75	+00:14:55 (28.0%)	5:19	11.3 (72.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 5.3km	Split 7.8km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10km	brutto 10km			
85	BOŁDAK Seweryn	5180	LARGO HOUSE	M40	23	00:27:40	00:40:31	00:53:10.66	00:53:29.99	+00:15:03 (28.1%)	5:19	11.3 (72.4%)
86	SAKOWICZ Krzysztof	5118		M30	36	00:27:09	00:40:03	00:53:23.79	00:53:44.06	+00:15:17 (28.4%)	5:20	11.2 (71.8%)
87	LESZCZYŃSKA Magdalena	5148	ROCH JASIEINICA	K30	3	00:27:08	00:40:20	00:53:57.91	00:54:10.52	+00:15:43 (29.0%)	5:23	11.1 (71.2%)
88	NOWAK Olga	5032	ROCH JASIEINICA	K30	4	00:27:08	00:40:21	00:53:58.42	00:54:10.64	+00:15:43 (29.0%)	5:23	11.1 (71.2%)
89	KRETOWICZ Leszek	5100		M40	24	00:27:05	00:40:19	00:53:57.49	00:54:13.70	+00:15:46 (29.1%)	5:23	11.1 (71.2%)
90	KONDRACIUK Kamil	5047		M30	37	00:26:56	00:40:13	00:54:16.03	00:54:24.58	+00:15:57 (29.3%)	5:25	11.1 (71.2%)
91	MAKSIM Piotr	5217	MAXYMALNIE	M30	38	00:27:13	00:40:29	00:54:24.43	00:54:37.26	+00:16:10 (29.6%)	5:26	11 (70.5%)
92	BOROWSKI Andrzej	5137		M40	25	00:27:19	00:40:54	00:54:31.78	00:54:37.31	+00:16:10 (29.6%)	5:27	11 (70.5%)
93	MAKSYMOWICZ Grzegorz	5153		M50	8	00:28:38	00:41:38	00:54:41.80	00:54:50.25	+00:16:23 (29.9%)	5:28	11 (70.5%)
94	KUCZYŃSKI Piotr	5215	BIAŁYSTOK BIEGA TEAM	M40	26	00:28:39	00:41:42	00:54:34.65	00:54:52.68	+00:16:25 (29.9%)	5:27	11 (70.5%)
95	BRULIŃSKI Sebastian	5173		M20	12	00:28:45	00:41:46	00:54:22.78	00:54:53.63	+00:16:26 (30.0%)	5:26	11 (70.5%)
96	NIEDZWIECKI Pawel	5025		M40	27	00:28:27	00:41:32	00:54:33.82	00:54:53.90	+00:16:26 (30.0%)	5:27	11 (70.5%)
97	ТРАМБОВИЧ Катерина	5158	RUN4FUN	K40	4	00:28:27	00:41:22	00:54:53.47	00:55:05.64	+00:16:38 (30.2%)	5:29	10.9 (69.9%)
98	GOLEC Łukasz	5159		M30	39	00:29:39	00:42:48	00:55:11.10	00:55:39.99	+00:17:13 (30.9%)	5:31	10.9 (69.9%)
99	DAWIDOWSKA Beata	5089	N50	K30	5	00:29:25	00:42:28	00:55:49.86	00:56:08.41	+00:17:41 (31.5%)	5:34	10.7 (68.6%)
100	CZEMIEL-MIĘKISZ Marta	5066	MILSPORT TEAM	K40	5	00:29:01	00:42:19	00:56:00.74	00:56:15.97	+00:17:48 (31.7%)	5:36	10.7 (68.6%)
101	KOWALSKI Tomasz	5007	NIE PIERWSI NIE OSTATNI	M30	40	00:28:41	00:42:13	00:55:53.64	00:56:20.67	+00:17:53 (31.8%)	5:35	10.7 (68.6%)
102	MAŁYSKO Adrian	5190		M30	41	00:30:21	00:43:20	00:55:57.06	00:56:28.38	+00:18:01 (31.9%)	5:35	10.7 (68.6%)
103	WIŃSKI Adam	5123	KALINOWSKI TEAM	M40	28	00:29:09	00:42:49	00:56:17.07	00:56:33.53	+00:18:06 (32.0%)	5:37	10.7 (68.6%)
104	GRYGIĘNCZE Beata	5226		K30	6	00:28:10	00:41:46	00:56:25.20	00:56:33.97	+00:18:06 (32.0%)	5:38	10.6 (67.9%)
105	SURÓWKA Kamil	5141		M30	42	00:28:14	00:42:02	00:56:12.13	00:56:35.88	+00:18:08 (32.1%)	5:37	10.7 (68.6%)
106	REDLIŃSKI Mariusz	5140	TUROŚŃ KOŚCIELNA	M40	29	00:28:14	00:42:02	00:56:16.06	00:56:39.56	+00:18:12 (32.1%)	5:37	10.7 (68.6%)
107	AUGUSTYNIAK Anna	5034		K40	6	00:29:31	00:42:58	00:56:24.92	00:56:40.72	+00:18:13 (32.2%)	5:38	10.6 (67.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 5.3km	Split 7.8km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10km	brutto 10km			
108	MIĘKISZ Marcin	5067	MILSPORT TEAM	M50	9	00:29:30	00:42:57	00:56:24.88	00:56:40.75	+00:18:13 (32.2%)	5:38	10.6 (67.9%)
109	KOPCZEWSKI Tadeusz	5050		M50	10	00:29:30	00:42:57	00:56:25.14	00:56:41.02	+00:18:14 (32.2%)	5:38	10.6 (67.9%)
110	TOREBKO Andrzej	5120		M50	11	00:29:01	00:42:49	00:56:25.26	00:56:41.74	+00:18:14 (32.2%)	5:38	10.6 (67.9%)
111	MOŚCICKI Piotr	5111		M30	43	00:30:09	00:44:05	00:56:36.78	00:56:46.93	+00:18:19 (32.3%)	5:39	10.6 (67.9%)
112	HAKAŁO Adrianna	5027	NEVER_TOO_LATE	K20	1	00:28:34	00:42:45	00:57:03.25	00:57:13.26	+00:18:46 (32.8%)	5:42	10.5 (67.3%)
113	NOWOSAD Piotr	5191	FUNDACJA DEFENDER	M50	12	00:28:13	00:42:24	00:56:58.00	00:57:17.75	+00:18:50 (32.9%)	5:41	10.5 (67.3%)
114	CZAJKOWSKI Krzysztof	5073		M50	13	00:29:37	00:43:19	00:57:13.14	00:57:34.75	+00:19:07 (33.2%)	5:43	10.5 (67.3%)
115	ZAWISTOWSKI Konrad	5121		M30	44	00:29:11	00:43:09	00:57:22.23	00:57:42.32	+00:19:15 (33.4%)	5:44	10.5 (67.3%)
116	GUTOWSKI Mariusz	5204		M50	14	00:29:41	00:43:31	00:57:32.99	00:57:44.30	+00:19:17 (33.4%)	5:45	10.4 (66.7%)
117	KALINOWSKA-ZACHARCZUK Sylwia	5082	N50	K30	7	00:29:17	00:43:20	00:57:33.54	00:57:51.61	+00:19:24 (33.5%)	5:45	10.4 (66.7%)
118	STODUŁKO Bartosz	5235		M30	45	00:30:03	00:43:56	00:57:27.16	00:57:52.22	+00:19:25 (33.6%)	5:44	10.4 (66.7%)
119	ZACHARCZUK Adam	5090	N50	M30	46	00:29:17	00:43:20	00:57:34.86	00:57:52.44	+00:19:25 (33.6%)	5:45	10.4 (66.7%)
120	JASIŃSKI Kamil	5154		M30	47	00:30:04	00:43:56	00:57:28.63	00:57:53.51	+00:19:26 (33.6%)	5:44	10.4 (66.7%)
121	GRĄDZKA Katarzyna	5095		K30	8	00:29:11	00:43:05	00:57:28.12	00:57:56.41	+00:19:29 (33.6%)	5:44	10.4 (66.7%)
122	MATYS Marek	5083		M50	15	00:30:10	00:44:07	00:57:58.85	00:58:09.37	+00:19:42 (33.9%)	5:47	10.4 (66.7%)
123	MAKOWSKI Filip	5104	MAKI	M20	13	00:30:09	00:44:38	00:58:00.27	00:58:17.27	+00:19:50 (34.0%)	5:48	10.3 (66.0%)
124	SOBIERAJ Krzysztof	5109	ROCH JASZENICA	M30	48	00:28:19	00:42:26	00:58:10.09	00:58:21.56	+00:19:54 (34.1%)	5:49	10.3 (66.0%)
125	KALINOWSKI Patrycjusz	5161		M40	30	00:30:25	00:44:11	00:58:03.08	00:58:26.52	+00:19:59 (34.2%)	5:48	10.3 (66.0%)
126	NEUBAUER Jakub	5020		M30	49	00:30:22	00:44:25	00:57:59.61	00:58:26.72	+00:19:59 (34.2%)	5:47	10.3 (66.0%)
127	POTAPCZYK Piotr	5163		M40	31	00:30:24	00:44:10	00:58:03.65	00:58:27.59	+00:20:00 (34.2%)	5:48	10.3 (66.0%)
128	SMRE CZAK Małgorzata	5246		K30	9	00:29:32	00:43:51	00:58:11.77	00:58:30.83	+00:20:03 (34.3%)	5:49	10.3 (66.0%)
129	GAWEŁ Michał	5009		M20	14	00:29:48	00:44:03	00:58:20.77	00:58:31.60	+00:20:04 (34.3%)	5:50	10.3 (66.0%)
130	ŚLIWOWSKA Bogusława	5203		K30	10	00:30:24	00:44:11	00:58:11.09	00:58:34.99	+00:20:08 (34.4%)	5:49	10.3 (66.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 5.3km	Split 7.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
131	JASIUK Grzegorz	5115		M30	50	00:31:10	00:45:18	00:58:12.00	00:58:36.76	+00:20:09 (34.4%)	5:49	10.3 (66.0%)
132	BRONAKOWSKI Karol	5209	MARATONKA GRAJEWO	M30	51	00:30:39	00:44:44	00:58:19.73	00:58:38.84	+00:20:11 (34.4%)	5:49	10.3 (66.0%)
133	MACHOMET Bogdan	5207	MROŻNE WILKI GRAJEWO	M40	32	00:30:41	00:44:45	00:58:21.01	00:58:39.45	+00:20:12 (34.5%)	5:50	10.3 (66.0%)
134	KARCZEWSKI Adrian	5084	WINLAND	M20	15	00:30:41	00:44:48	00:58:32.99	00:58:41.75	+00:20:14 (34.5%)	5:51	10.3 (66.0%)
135	BRUDZYNSKI Kazimierz	5186		M20	16	00:29:11	00:44:41	00:58:32.50	00:58:43.42	+00:20:16 (34.5%)	5:51	10.3 (66.0%)
136	KOWALSKA Katarzyna	5164		K30	11	00:30:05	00:44:14	00:58:26.23	00:58:44.38	+00:20:17 (34.5%)	5:50	10.3 (66.0%)
137	OSTAPOWICZ Piotr	5105		M50	16	00:29:30	00:43:55	00:58:39.30	00:58:51.67	+00:20:24 (34.7%)	5:51	10.2 (65.4%)
138	WILCZEWSKI Łukasz	5247		M40	33	00:30:46	00:44:39	00:58:41.23	00:58:55.40	+00:20:28 (34.7%)	5:52	10.2 (65.4%)
139	KRESSO Grzegorz	5157		M30	52	00:30:28	00:44:45	00:58:47.28	00:59:00.05	+00:20:33 (34.8%)	5:52	10.2 (65.4%)
140	OŻGA Wiesław	5043	PALESTRA GIŻYCKO	M60	3	00:28:46	00:43:28	00:58:50.81	00:59:01.45	+00:20:34 (34.9%)	5:53	10.2 (65.4%)
141	OWŁASIUK Michał	5086		M30	53	00:31:16	00:44:58	00:58:43.62	00:59:06.03	+00:20:39 (34.9%)	5:52	10.2 (65.4%)
142	MAKOWSKI Marek	5179		M50	17	00:29:53	00:43:49	00:58:55.90	00:59:12.54	+00:20:45 (35.1%)	5:53	10.2 (65.4%)
143	ZAWADZKA Jagoda	5112	BIĄŁOSTOCKA SEKTA BIEGACZY	K40	7	00:30:38	00:44:43	00:58:51.77	00:59:19.18	+00:20:52 (35.2%)	5:53	10.2 (65.4%)
144	SZUTKIEWICZ Marta	5049	BIĄŁOSTOCKA SEKTA BIEGACZY	K30	12	00:30:39	00:44:46	00:58:51.31	00:59:19.28	+00:20:52 (35.2%)	5:53	10.2 (65.4%)
145	ZAWADZKI Krzysztof	5113	BIĄŁOSTOCKA SEKTA BIEGACZY	M40	34	00:30:37	00:44:43	00:58:51.77	00:59:19.73	+00:20:52 (35.2%)	5:53	10.2 (65.4%)
146	SZYŁAK Patryk	5127	1 PODLASKA BRYGADA OBRONY TERYTORIALNEJ	M20	17	00:30:38	00:44:40	00:58:59.87	00:59:20.99	+00:20:54 (35.2%)	5:53	10.2 (65.4%)
147	JAŁOSZEWSKI Mateusz	5249		M30	54	00:31:37	00:45:08	00:59:00.71	00:59:21.89	+00:20:54 (35.2%)	5:54	10.2 (65.4%)
148	WICIŃSKI Piotr	5103		M30	55	00:31:12	00:45:20	00:59:27.81	00:59:52.26	+00:21:25 (35.8%)	5:56	10.1 (64.7%)
149	DĄBROWSKI Rafał	5046		M40	35	00:31:14	00:45:22	00:59:28.49	00:59:52.59	+00:21:25 (35.8%)	5:56	10.1 (64.7%)
150	STASZEWSKI Adam	5172		M30	56	00:29:28	00:45:04	00:59:42.65	00:59:58.35	+00:21:31 (35.9%)	5:58	10.1 (64.7%)
151	DOJLIDKO Tomek	5236	BRACTWO BIEGOWE BGK	M40	36	00:30:02	00:44:53	00:59:42.14	01:00:01.05	+00:21:34 (35.9%)	5:58	10.1 (64.7%)
152	BRZOZOWSKI Leszek	5008		M40	37	00:30:25	00:44:58	00:59:32.01	01:00:02.21	+00:21:35 (36.0%)	5:57	10.1 (64.7%)
153	LEWCZUK Marcin	5230		M30	57	00:31:26	00:45:37	00:59:50.56	01:00:16.87	+00:21:49 (36.2%)	5:59	10 (64.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 5.3km	Split 7.8km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10km	brutto 10km			
154	OSIEKOWICZ Oskar	5143	KALINOWSKI TEAM	M15	2	00:31:05	00:45:47	01:00:14.71	01:00:30.83	+00:22:03 (36.5%)	6:01	10 (64.1%)
155	SOKÓŁ Magdalena	5142	MILSPORT TEAM	K40	8	00:31:05	00:45:45	01:00:15.12	01:00:30.90	+00:22:03 (36.5%)	6:01	10 (64.1%)
156	JAROŃCZUK Łukasz	5139		M20	18	00:32:14	00:46:49	01:00:19.63	01:00:33.92	+00:22:06 (36.5%)	6:01	9.9 (63.5%)
157	MOSAKOWSKI Piotr	5003		M30	58	00:31:16	00:45:43	01:00:15.08	01:00:39.42	+00:22:12 (36.6%)	6:01	10 (64.1%)
158	RODMAŃSKA Iwona	5135	BBT	K50	1	00:30:15	00:45:06	01:00:41.19	01:00:49.33	+00:22:22 (36.8%)	6:04	9.9 (63.5%)
159	SURÓWKA Jakub	5250		M30	59	00:30:25	00:44:43	01:00:30.85	01:00:55.46	+00:22:28 (36.9%)	6:03	9.9 (63.5%)
160	GUZIEJKO Maciej	5102		M30	60	00:31:05	00:45:40	01:01:04.30	01:01:29.55	+00:23:02 (37.5%)	6:06	9.8 (62.8%)
161	OSTASZEWSKI Michał	5107	NIE PIERWSI NIE OSTATNI	M30	61	00:31:23	00:46:24	01:01:12.67	01:01:39.21	+00:23:12 (37.6%)	6:07	9.8 (62.8%)
162	BAŃKOWSKA Katarzyna	5036		K40	9	00:30:54	00:46:02	01:01:44.59	01:01:52.70	+00:23:25 (37.9%)	6:10	9.7 (62.2%)
163	MOŃKO Sylwia	5144		K40	10	00:31:47	00:46:34	01:01:33.81	01:02:02.31	+00:23:35 (38.0%)	6:09	9.7 (62.2%)
164	MOSKAL Michał	5210		M30	62	00:31:57	00:46:55	01:02:01.96	01:02:27.62	+00:24:00 (38.4%)	6:12	9.7 (62.2%)
165	NOWACKI Hubert	5193		M20	19	00:28:33	00:45:21	01:02:18.58	01:02:31.89	+00:24:04 (38.5%)	6:13	9.6 (61.5%)
166	DOWGIERT Marta	5214	BIĄŁOSTOCKA SEKTA BIEGACZY	K40	11	00:32:03	00:47:02	01:02:18.76	01:02:33.96	+00:24:06 (38.5%)	6:13	9.6 (61.5%)
167	BOBEK Rafał	5149		M30	63	00:33:01	00:47:44	01:02:10.16	01:02:36.21	+00:24:09 (38.6%)	6:13	9.7 (62.2%)
168	PUCHALSKI Wojciech	5097		M40	38	00:30:22	00:45:34	01:02:36.59	01:02:46.85	+00:24:19 (38.8%)	6:15	9.6 (61.5%)
169	MOKICKI Piotr	5194		M50	18	00:30:52	00:46:28	01:02:41.88	01:02:52.08	+00:24:25 (38.8%)	6:16	9.6 (61.5%)
170	MOŚCICKI Zenon	5029		M70	1	00:32:16	00:47:35	01:02:43.74	01:02:58.51	+00:24:31 (38.9%)	6:16	9.6 (61.5%)
171	LIPSKA Katarzyna	5054		K40	12	00:32:01	00:47:16	01:02:35.48	01:03:06.15	+00:24:39 (39.1%)	6:15	9.6 (61.5%)
172	FIEDORUK Aneta	5182		K30	13	00:32:19	00:47:28	01:03:11.34	01:03:21.19	+00:24:54 (39.3%)	6:19	9.5 (60.9%)
173	SZATYŁOWICZ Weronika	5024		K20	2	00:32:23	00:47:26	01:03:01.29	01:03:26.62	+00:24:59 (39.4%)	6:18	9.5 (60.9%)
174	WASILEWSKA Joanna	5081	N50	K30	14	00:31:30	00:46:58	01:03:16.34	01:03:35.40	+00:25:08 (39.5%)	6:19	9.5 (60.9%)
175	WASILEWSKI Maciej	5080	N50	M30	64	00:31:29	00:46:29	01:03:16.28	01:03:35.66	+00:25:08 (39.5%)	6:19	9.5 (60.9%)
176	MAŁYSKO Kamil	5185	N50	M30	65	00:31:29	00:46:58	01:03:16.11	01:03:35.75	+00:25:08 (39.5%)	6:19	9.5 (60.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 5.3km	Split 7.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
177	DAWIDEK Mariusz	5132		M30	66	00:32:54	00:48:35	01:03:16.13	01:03:45.61	+00:25:18 (39.7%)	6:19	9.5 (60.9%)
178	KOSACKI Krzysztof	5048		M40	39	00:31:29	00:47:05	01:03:33.79	01:03:48.50	+00:25:21 (39.7%)	6:21	9.4 (60.3%)
179	REMBOWSKA Barbara	5028		K50	2	00:32:14	00:48:06	01:03:30.26	01:03:50.99	+00:25:24 (39.8%)	6:21	9.4 (60.3%)
180	GRYGOROWICZ Przemek	5044	BIEGAM, BO ŻONA POZWOLIŁA :)	M40	40	00:31:38	00:47:33	01:03:41.16	01:03:57.00	+00:25:30 (39.9%)	6:22	9.4 (60.3%)
181	WALENDZIUK Łukasz	5065	WALENDZIUKI	M30	67	00:32:51	00:48:18	01:03:51.63	01:03:58.08	+00:25:31 (39.9%)	6:23	9.4 (60.3%)
182	WALENDZIUK Magdalena	5064	WALENDZIUKI	K30	15	00:32:50	00:48:17	01:03:52.61	01:03:59.00	+00:25:32 (39.9%)	6:23	9.4 (60.3%)
183	JAMIOŁKOWSKI Grzegorz	5068		M30	68	00:32:56	00:48:36	01:03:44.40	01:04:13.57	+00:25:46 (40.1%)	6:22	9.4 (60.3%)
184	MOZYRSKA Dorota	5200		K50	3	00:31:46	00:47:38	01:04:12.33	01:04:18.00	+00:25:51 (40.2%)	6:25	9.3 (59.6%)
185	DOBROGOWSKI Rafał	5124		M40	41	00:31:55	00:47:31	01:04:03.40	01:04:23.26	+00:25:56 (40.3%)	6:24	9.4 (60.3%)
186	DĘBOWSKI Jacek	5233		M40	42	00:31:57	00:47:17	01:03:59.44	01:04:29.19	+00:26:02 (40.4%)	6:23	9.4 (60.3%)
187	MAKOWSKI Kacper	5205		M20	20	00:32:47	00:48:21	01:04:22.40	01:04:39.05	+00:26:12 (40.5%)	6:26	9.3 (59.6%)
188	BUTKIEWICZ Robert	5227		M30	69	00:32:23	00:47:47	01:04:12.45	01:04:41.29	+00:26:14 (40.6%)	6:25	9.3 (59.6%)
189	BIELAWIEC Sebastian	5019		M40	43	00:32:12	00:47:50	01:04:45.31	01:05:00.65	+00:26:33 (40.9%)	6:28	9.3 (59.6%)
190	RYBAŁTOWSKI Mirosław	5004	SPARTANIE DZIECIOM	M40	44	00:30:47	00:47:09	01:05:33.62	01:05:38.54	+00:27:11 (41.4%)	6:33	9.2 (59.0%)
191	JAKUBOWSKA Anna	5232		K40	13	00:32:31	00:48:10	01:05:14.57	01:05:40.82	+00:27:13 (41.5%)	6:31	9.2 (59.0%)
192	MYŚLIWIEC Ewa	5051		K30	16	00:36:31	00:52:00	01:07:25.34	01:07:42.70	+00:29:15 (43.2%)	6:44	8.9 (57.1%)
193	MYŚLIWIEC Paweł	5035		M30	70	00:36:30	00:52:00	01:07:25.35	01:07:42.75	+00:29:15 (43.2%)	6:44	8.9 (57.1%)
194	WYSOCKA Sylwia	5196		K20	3	00:34:10	00:50:48	01:07:25.72	01:07:42.90	+00:29:15 (43.2%)	6:44	8.9 (57.1%)
195	CYBULSKI Szymon	5176		M20	21	00:36:31	00:51:59	01:07:30.55	01:07:50.37	+00:29:23 (43.3%)	6:45	8.9 (57.1%)
196	NIEWIAROWSKI Cezary	5188	GRUPA SZALONYCH ROWERZYSTÓW	M50	19	00:33:17	00:49:09	01:07:28.60	01:07:50.89	+00:29:23 (43.3%)	6:44	8.9 (57.1%)
197	ŁOCHOWSKA Maria	5150	NEVER_TOO_LATE	K40	14	00:34:30	00:50:40	01:07:44.77	01:08:11.18	+00:29:44 (43.6%)	6:46	8.9 (57.1%)
198	KLEKOT Marcelina	5234		K30	17	00:34:14	00:51:02	01:08:11.64	01:08:22.90	+00:29:55 (43.8%)	6:49	8.8 (56.4%)
199	KORYSZKO Marcin	5245		M30	71	00:34:14	00:51:00	01:08:11.29	01:08:23.11	+00:29:56 (43.8%)	6:49	8.8 (56.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 5.3km	Split 7.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
200	NIEDBAŁA Ewelina	5026		K20	4	00:33:45	00:50:58	01:08:32.11	01:08:52.76	+00:30:25 (44.2%)	6:51	8.8 (56.4%)
201	SIENKIEWICZ Jakub	5213		M40	45	00:33:58	00:50:57	01:09:06.63	01:09:13.44	+00:30:46 (44.5%)	6:54	8.7 (55.8%)
202	SIERZPUTOWSKI Jakub	5071		M20	22	00:33:39	00:51:58	01:09:55.22	01:10:23.93	+00:31:56 (45.4%)	6:59	8.6 (55.1%)
203	KOLEDA Małgorzata	5088	ORTOSTOM	K40	15	00:36:27	00:53:30	01:10:27.90	01:10:48.40	+00:32:21 (45.7%)	7:02	8.5 (54.5%)
204	PUSZKO Łukasz	5198		M30	72	00:36:16	00:53:20	01:10:17.56	01:10:48.47	+00:32:21 (45.7%)	7:01	8.5 (54.5%)
205	KOCHAŃSKA Paulina	5197		K20	5	00:36:16	00:53:21	01:10:17.76	01:10:48.52	+00:32:21 (45.7%)	7:01	8.5 (54.5%)
206	MATWIEJUK Małgorzata	5092	LEŚNE ŚLEDZIE	K30	18	00:36:29	00:53:31	01:10:39.95	01:11:05.88	+00:32:38 (45.9%)	7:03	8.5 (54.5%)
207	BYKOV Georgii	5218		M40	46	00:34:36	00:53:11	01:11:29.73	01:11:57.22	+00:33:30 (46.6%)	7:08	8.4 (53.8%)
208	SHYMANCHYK Yahor	5076		M30	73	00:36:11	00:53:33	01:11:40.95	01:12:10.58	+00:33:43 (46.7%)	7:10	8.4 (53.8%)
209	KARWIŃSKI Marcin	5018		M50	20	00:36:41	00:54:09	01:12:14.99	01:12:42.59	+00:34:15 (47.1%)	7:13	8.3 (53.2%)
210	KARWIŃSKA Urszula	5017		K40	16	00:36:41	00:54:10	01:12:15.25	01:12:42.71	+00:34:15 (47.1%)	7:13	8.3 (53.2%)
211	SUDER Maciej	5021	EY RUN4FUN WROCŁAW	M30	74	00:36:21	00:53:54	01:13:32.75	01:13:53.70	+00:35:26 (48.0%)	7:21	8.2 (52.6%)
212	GROMKOWSKI Wojciech	5045		M60	4	00:36:19	00:55:14	01:14:24.06	01:14:45.53	+00:36:18 (48.6%)	7:26	8.1 (51.9%)
213	BOROWSKA Justyna	5079	N50	K40	17	00:37:41	00:55:27	01:14:29.23	01:14:48.80	+00:36:21 (48.6%)	7:26	8.1 (51.9%)
214	BURKO Palina	5208		K20	6	00:37:35	00:55:57	01:14:28.94	01:14:57.22	+00:36:30 (48.7%)	7:26	8.1 (51.9%)
215	KRAWCZUN Jacek	5074		M30	75	00:36:34	00:55:43	01:16:05.56	01:16:34.19	+00:38:07 (49.8%)	7:36	7.9 (50.6%)
216	WEKA Krzysztof	5002	BIAŁYSTOK BIEGA TEAM	M40	47	00:36:30	00:56:21	01:18:46.83	01:19:00.38	+00:40:33 (51.3%)	7:52	7.6 (48.7%)
217	POPŁAWSKI Cezary	5070	AIKI RUNNERS	M50	21	00:38:38	00:58:29	01:19:00.15	01:19:09.95	+00:40:42 (51.4%)	7:54	7.6 (48.7%)
218	GRYCIUK Walenty	5058		M50	22	00:38:37	00:58:08	01:18:40.10	01:19:10.68	+00:40:43 (51.4%)	7:52	7.6 (48.7%)
219	MUSZYŃSKI Wojciech	5013	1 PODLASKA BRYGADA OBRONY TERYTORIALNEJ	M30	76	00:41:26	01:00:18	01:20:57.04	01:21:10.95	+00:42:43 (52.6%)	8:05	7.4 (47.4%)
220	POPŁAWSKA Ewa	5069		K30	19	00:41:08	01:01:39	01:23:17.20	01:23:27.69	+00:45:00 (53.9%)	8:19	7.2 (46.2%)
221	WYSZYŃSKI Zbigniew	5085	I O TO CHODZI	M70	2	00:41:42	01:04:04	01:26:42.48	01:27:01.21	+00:48:34 (55.8%)	8:40	6.9 (44.2%)
222	KUCZYŃSKI Marek	5099		M30	77	00:29:21	00:43:12			+00:14:27	5:32	10.8 (69.2%)

Znaleziono 222 wynik(ów)