



**BIEG  
PAMIĘCI  
SYBIRU**

**Wydarzenie:** Bieg Pamięci Sybiru  
**Organizator:** Fundacja Białystok Biega  
**Data:** 2025-02-08  
**Miejsce:** Białystok  
**Dystans:** 5 km

## BIEG PAMIĘCI SYBIRU - BIAŁYSTOK 5KM

B4SPORT

**B4SPORT**  
INTELLIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.7km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>OKULA Damian</b>	<b>77</b>		M30	1	00:09:52	<b>00:19:13.58</b>		3:50	15.6 (100%)
2	<b>DUDEK Bartosz</b>	<b>55</b>	MD RUN TRAINING	M30	2	00:10:08	<b>00:19:37.42</b>	+00:00:23 (2.0%)	3:55	15.3 (98.1%)
3	<b>GRABOWSKI Rafał</b>	<b>34</b>	GRYGO TEEM	M30	3	00:10:06	<b>00:19:50.12</b>	+00:00:36 (3.1%)	3:58	15.1 (96.8%)
4	<b>BOCHENKO Daniel</b>	<b>127</b>	MD RUN TRAINING	M50	1	00:10:13	<b>00:19:52.42</b>	+00:00:38 (3.3%)	3:58	15.1 (96.8%)
5	<b>SAK Damian</b>	<b>152</b>		M12	1	00:10:31	<b>00:19:56.39</b>	+00:00:42 (3.6%)	3:59	15.1 (96.8%)
6	<b>SZNEJDER Mateusz</b>	<b>159</b>		M30	4	00:10:31	<b>00:20:18.75</b>	+00:01:05 (5.3%)	4:03	14.8 (94.9%)
7	<b>RYBNIK Rafał</b>	<b>131</b>	CHŁOPCY CHORTENOWCY	M30	5	00:10:33	<b>00:20:27.23</b>	+00:01:13 (6.0%)	4:05	14.7 (94.2%)
8	<b>SZYDŁOWSKI Adrian</b>	<b>109</b>	CHŁOPCY CHORTENOWCY	M30	6	00:10:33	<b>00:20:27.76</b>	+00:01:14 (6.0%)	4:05	14.7 (94.2%)
9	<b>BAŃKOWSKA Anna</b>	<b>158</b>		K30	1	00:10:43	<b>00:20:32.78</b>	+00:01:19 (6.4%)	4:06	14.6 (93.6%)
10	<b>GUARRERA Francesco</b>	<b>69</b>	MASPEX	M30	7	00:10:31	<b>00:20:37.12</b>	+00:01:23 (6.8%)	4:07	14.6 (93.6%)
11	<b>KUCHAREWICZ Marcin</b>	<b>143</b>		M30	8	00:10:41	<b>00:20:41.82</b>	+00:01:28 (7.1%)	4:08	14.5 (92.9%)
12	<b>STAKHAYEVICH Aleh</b>	<b>180</b>	RUN\$FUN.BY	M40	1	00:10:37	<b>00:20:44.13</b>	+00:01:30 (7.3%)	4:08	14.5 (92.9%)
13	<b>ZIMMER Łukasz</b>	<b>162</b>	15 PPLLOT	M40	2	00:10:43	<b>00:20:48.94</b>	+00:01:35 (7.6%)	4:09	14.4 (92.3%)
14	<b>ŁEMPICKI Paweł</b>	<b>40</b>	KAN-THERM RACING TEAM	M30	9	00:11:07	<b>00:21:03.05</b>	+00:01:49 (8.7%)	4:12	14.3 (91.7%)
15	<b>OLSZYŃSKI Marek</b>	<b>36</b>	OIL BIAŁYSTOK	M20	1	00:10:50	<b>00:21:06.39</b>	+00:01:52 (8.9%)	4:13	14.2 (91.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.7km	Czas		Różn	Tempo min/km	Tempo km/h
							5km				
16	<b>CHARYTONIUK Piotr</b>	<b>101</b>		M30	10	00:10:45	<b>00:21:10.67</b>	+00:01:57 (9.2%)	4:14	14.2 (91.0%)	
17	<b>ZAHOROWSKI Piotr</b>	<b>46</b>		M40	3	00:11:00	<b>00:21:11.77</b>	+00:01:58 (9.3%)	4:14	14.2 (91.0%)	
18	<b>STOCZKO Kamil</b>	<b>97</b>	SOPEL TEAM	M30	11	00:11:22	<b>00:21:19.44</b>	+00:02:05 (9.8%)	4:15	14.1 (90.4%)	
19	<b>WŁADYCZAŃSKI Mateusz</b>	<b>1110</b>	OUTDOOR TRAINING	M30	12	00:10:37	<b>00:21:25.31</b>	+00:02:11 (10.2%)	4:17	14 (89.7%)	
20	<b>KURBAT Grzegorz</b>	<b>81</b>	MD RUN TRAINING	M40	4	00:11:09	<b>00:21:25.37</b>	+00:02:11 (10.3%)	4:17	14 (89.7%)	
21	<b>JAMASZEWSKA Ewelina</b>	<b>56</b>	MD RUN TRAINING	K20	1	00:11:11	<b>00:21:38.15</b>	+00:02:24 (11.1%)	4:19	13.9 (89.1%)	
22	<b>KRUSZEWSKI Mariusz</b>	<b>47</b>	MD RUN TRAINING	M50	2	00:11:12	<b>00:21:46.75</b>	+00:02:33 (11.7%)	4:21	13.8 (88.5%)	
23	<b>OSIK Miłosz</b>	<b>189</b>	KALINOWSKI TEAM	M12	2	00:11:10	<b>00:21:55.60</b>	+00:02:42 (12.3%)	4:23	13.7 (87.8%)	
24	<b>DZIEWIĄTKOWSKI Tomasz</b>	<b>58</b>		M30	13	00:11:29	<b>00:22:10.04</b>	+00:02:56 (13.3%)	4:26	13.5 (86.5%)	
25	<b>DANILCZUK Bartosz</b>	<b>78</b>		M20	2	00:11:13	<b>00:22:11.25</b>	+00:02:57 (13.3%)	4:26	13.5 (86.5%)	
26	<b>WOŹNIAK Ireneusz</b>	<b>45</b>		M40	5	00:11:25	<b>00:22:16.86</b>	+00:03:03 (13.7%)	4:27	13.5 (86.5%)	
27	<b>POTAPO Artur</b>	<b>188</b>		M12	3	00:11:24	<b>00:22:17.72</b>	+00:03:04 (13.8%)	4:27	13.5 (86.5%)	
28	<b>TАТАРИНЦЕВ АРТУП</b>	<b>165</b>		M20	3	00:11:08	<b>00:22:21.83</b>	+00:03:08 (14.0%)	4:28	13.4 (85.9%)	
29	<b>ALICKA Ewa</b>	<b>107</b>	DĄBROWSKI TEAM	K20	2	00:11:22	<b>00:22:30.31</b>	+00:03:16 (14.6%)	4:30	13.3 (85.3%)	
30	<b>KURYŁOWICZ Adrian</b>	<b>32</b>		M30	14	00:11:31	<b>00:22:30.85</b>	+00:03:17 (14.6%)	4:30	13.3 (85.3%)	
31	<b>ŚLESZYŃSKI Zbigniew</b>	<b>84</b>	18 PR	M40	6	00:11:41	<b>00:22:36.89</b>	+00:03:23 (15.0%)	4:31	13.3 (85.3%)	
32	<b>PAWŁOWSKI Maciej</b>	<b>44</b>		M30	15	00:11:41	<b>00:22:47.16</b>	+00:03:33 (15.6%)	4:33	13.2 (84.6%)	
33	<b>PÓŁKOŚNIK Adam</b>	<b>90</b>	ZACHĘTA	M50	3	00:11:39	<b>00:22:50.12</b>	+00:03:36 (15.8%)	4:34	13.1 (84.0%)	
34	<b>RYBNIK Karol</b>	<b>133</b>	CHŁOPCY CHORTENOWCY	M30	16	00:11:35	<b>00:22:52.35</b>	+00:03:38 (15.9%)	4:34	13.1 (84.0%)	
35	<b>SZYDŁOWSKI Kamil</b>	<b>1119</b>		M30	17	00:12:07	<b>00:22:54.35</b>	+00:03:40 (16.1%)	4:34	13.1 (84.0%)	
36	<b>BRZOZOWSKI Jacek</b>	<b>1193</b>		M40	7	00:11:43	<b>00:22:55.59</b>	+00:03:42 (16.1%)	4:35	13.1 (84.0%)	
37	<b>NIEDŹWIECKA Gabriela</b>	<b>170</b>	KS PODLASIE	K12	1	00:11:53	<b>00:23:00.69</b>	+00:03:47 (16.4%)	4:36	13 (83.3%)	
38	<b>BRECZKO Paulina</b>	<b>103</b>	KS PODLASIE BIAŁYSTOK	K12	2	00:11:49	<b>00:23:02.25</b>	+00:03:48 (16.5%)	4:36	13 (83.3%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.7km	Czas		Różn	Tempo min/km	Tempo km/h
							5km				
39	<b>STASIŃSKI Paweł</b>	<b>68</b>		M40	8	00:12:01	<b>00:23:03.52</b>	+00:03:49 (16.6%)	4:36	13 (83.3%)	
40	<b>MARCIŃCZYK Patrycja</b>	<b>176</b>	MD RUN TRAINING	K30	2	00:11:41	<b>00:23:03.84</b>	+00:03:50 (16.6%)	4:36	13 (83.3%)	
41	<b>SOKOL Mariusz</b>	<b>83</b>	MILSPORT TEAM	M40	9	00:11:35	<b>00:23:03.91</b>	+00:03:50 (16.6%)	4:36	13 (83.3%)	
42	<b>BORUCKI Piotr</b>	<b>154</b>		M40	10	00:11:54	<b>00:23:06.50</b>	+00:03:52 (16.8%)	4:37	13 (83.3%)	
43	<b>SZYMAŃSKI Kamil</b>	<b>91</b>	18 BIAŁOSTOCKI PUŁK ROZPOZNAWCZY	M30	18	00:12:01	<b>00:23:15.82</b>	+00:04:02 (17.4%)	4:39	12.9 (82.7%)	
44	<b>KONOŃCZUK Łukasz</b>	<b>177</b>	DANIEL_BIEGA TEAM	M20	4	00:12:02	<b>00:23:17.25</b>	+00:04:03 (17.4%)	4:39	12.9 (82.7%)	
45	<b>SOBOTA Jacek</b>	<b>54</b>		M50	4	00:12:07	<b>00:23:17.57</b>	+00:04:03 (17.5%)	4:39	12.9 (82.7%)	
46	<b>PIETRUCZUK Adam</b>	<b>1194</b>	CRIWWRE	M30	19	00:11:57	<b>00:23:18.37</b>	+00:04:04 (17.5%)	4:39	12.9 (82.7%)	
47	<b>MORAWSKI Grzegorz</b>	<b>184</b>		M40	11	00:12:08	<b>00:23:19.66</b>	+00:04:06 (17.6%)	4:39	12.9 (82.7%)	
48	<b>PAWŁOWSKI Piotr</b>	<b>50</b>	SP KORYCIN	M40	12	00:11:57	<b>00:23:28.62</b>	+00:04:15 (18.1%)	4:41	12.8 (82.1%)	
49	<b>DOWNAR Mateusz</b>	<b>33</b>		M30	20	00:12:09	<b>00:23:29.94</b>	+00:04:16 (18.2%)	4:41	12.8 (82.1%)	
50	<b>BOGUSZ Wojciech</b>	<b>181</b>	STARSZAKI BIAŁYSTOK	M60	1	00:12:11	<b>00:23:37.50</b>	+00:04:23 (18.6%)	4:43	12.7 (81.4%)	
51	<b>KIRYŁOWICZ Jakub</b>	<b>153</b>	MORIS RUNNING TEAM	M20	5	00:12:12	<b>00:23:39.85</b>	+00:04:26 (18.8%)	4:43	12.7 (81.4%)	
52	<b>GOŁASZEWSKA Emilia</b>	<b>113</b>	MD RUN TRAINING	K40	1	00:12:21	<b>00:23:40.32</b>	+00:04:26 (18.8%)	4:44	12.7 (81.4%)	
53	<b>MALICKA Julia</b>	<b>171</b>	KS PODLASIE	K12	3	00:11:56	<b>00:23:45.58</b>	+00:04:32 (19.1%)	4:45	12.6 (80.8%)	
54	<b>GAWRYLUK Marcin</b>	<b>108</b>	PODLASKIE KOCURY	M30	21	00:12:49	<b>00:23:46.52</b>	+00:04:32 (19.1%)	4:45	12.6 (80.8%)	
55	<b>JÓŻWICKI Karol</b>	<b>37</b>	PODLASKIE KOCURY	M40	13	00:12:49	<b>00:23:46.67</b>	+00:04:33 (19.1%)	4:45	12.6 (80.8%)	
56	<b>SADOWSKI Rafał</b>	<b>110</b>	CHŁOPCY CHORTENOWCY	M30	22	00:12:12	<b>00:23:48.07</b>	+00:04:34 (19.2%)	4:45	12.6 (80.8%)	
57	<b>PIOTROWIAK Grzegorz</b>	<b>128</b>	N50	M30	23	00:12:20	<b>00:23:48.83</b>	+00:04:35 (19.3%)	4:45	12.6 (80.8%)	
58	<b>WIERCIŃSKI Piotr</b>	<b>85</b>	SSP SUPRAŚL	M12	4	00:11:50	<b>00:23:50.14</b>	+00:04:36 (19.3%)	4:46	12.6 (80.8%)	
59	<b>ULDZINOVICH Pavel</b>	<b>118</b>		M30	24	00:11:57	<b>00:23:52.84</b>	+00:04:39 (19.5%)	4:46	12.6 (80.8%)	
60	<b>OSTROWSKI Paweł</b>	<b>49</b>	691253334	M40	14	00:12:06	<b>00:24:05.90</b>	+00:04:52 (20.2%)	4:49	12.5 (80.1%)	
61	<b>TOMASZEWSKI Adrian</b>	<b>136</b>		M30	25	00:12:22	<b>00:24:09.51</b>	+00:04:55 (20.4%)	4:49	12.4 (79.5%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.7km	Czas		Różn	Tempo min/km	Tempo km/h
							5km				
62	<b>WIŚNIEWSKA Joanna</b>	<b>48</b>	MD RUN TRAINING	K50	1	00:12:22	<b>00:24:19.77</b>	+00:05:06 (21.0%)	4:51	12.3 (78.8%)	
63	<b>KARWOWSKI Mateusz</b>	<b>2087</b>		M20	6	00:12:26	<b>00:24:23.87</b>	+00:05:10 (21.2%)	4:52	12.3 (78.8%)	
64	<b>BIERĆ Jakub</b>	<b>1059</b>		M30	26	00:12:14	<b>00:24:27.96</b>	+00:05:14 (21.4%)	4:53	12.3 (78.8%)	
65	<b>MATOSZKO Adam</b>	<b>1122</b>		M30	27	00:12:20	<b>00:24:30.92</b>	+00:05:17 (21.6%)	4:54	12.2 (78.2%)	
66	<b>KOROL Dariusz</b>	<b>139</b>		M40	15	00:12:22	<b>00:24:32.81</b>	+00:05:19 (21.7%)	4:54	12.2 (78.2%)	
67	<b>CHOJNOWSKI Zbigniew</b>	<b>182</b>	AIKIRUNNERS	M40	16	00:12:24	<b>00:24:36.30</b>	+00:05:22 (21.9%)	4:55	12.2 (78.2%)	
68	<b>ŻÓŁTKO Piotr</b>	<b>1142</b>		M12	5	00:13:29	<b>00:24:36.68</b>	+00:05:23 (21.9%)	4:55	12.2 (78.2%)	
69	<b>WILDNER Radosław</b>	<b>121</b>		M40	17	00:12:53	<b>00:24:41.69</b>	+00:05:28 (22.1%)	4:56	12.2 (78.2%)	
70	<b>RZEPNICKI Marcin</b>	<b>1001</b>	PATOHOLICS	M30	28	00:12:26	<b>00:24:41.93</b>	+00:05:28 (22.2%)	4:56	12.2 (78.2%)	
71	<b>KOROLCZUK Maciej</b>	<b>1054</b>	BIAŁYSTOK BIEGA TEAM	M30	29	00:12:59	<b>00:24:45.42</b>	+00:05:31 (22.3%)	4:57	12.1 (77.6%)	
72	<b>TOMASZUK Mariusz</b>	<b>168</b>	PALISANDER RUNNING TEAM	M30	30	00:13:05	<b>00:24:46.77</b>	+00:05:33 (22.4%)	4:57	12.1 (77.6%)	
73	<b>AUGUSTYNOWICZ Wojciech</b>	<b>66</b>	MKS JUVENIA BIAŁYSTOK	M30	31	00:12:21	<b>00:24:51.82</b>	+00:05:38 (22.7%)	4:58	12.1 (77.6%)	
74	<b>ŻMIEŃKO Mariusz</b>	<b>1027</b>		M40	18	00:13:19	<b>00:24:51.93</b>	+00:05:38 (22.7%)	4:58	12.1 (77.6%)	
75	<b>OLSZEWSKI Krzysztof</b>	<b>183</b>		M30	32	00:13:03	<b>00:24:55.58</b>	+00:05:42 (22.9%)	4:59	12 (76.9%)	
76	<b>BACIOCHA Kornelia</b>	<b>172</b>	KS PODLASIE	K12	4	00:12:53	<b>00:24:55.62</b>	+00:05:42 (22.9%)	4:59	12 (76.9%)	
77	<b>JELSKA Zuzanna</b>	<b>178</b>	KS PODLASIE	K12	5	00:12:54	<b>00:24:55.63</b>	+00:05:42 (22.9%)	4:59	12 (76.9%)	
78	<b>SZACIŁO Marcin</b>	<b>120</b>		M40	19	00:12:37	<b>00:24:57.43</b>	+00:05:43 (23.0%)	4:59	12 (76.9%)	
79	<b>WRÓBLEWSKI Marcin</b>	<b>99</b>	ROSTI POLAND	M40	20	00:12:56	<b>00:24:58.12</b>	+00:05:44 (23.0%)	4:59	12 (76.9%)	
80	<b>KRASICKI Daniel</b>	<b>147</b>	PODLASKIE KOCURY	M30	33	00:12:55	<b>00:24:58.36</b>	+00:05:44 (23.0%)	4:59	12 (76.9%)	
81	<b>CHOIŃSKI Bogusław</b>	<b>151</b>	:)	M50	5	00:12:40	<b>00:25:02.38</b>	+00:05:48 (23.2%)	5:00	12 (76.9%)	
82	<b>JAKOWANIS Paweł</b>	<b>1148</b>		M20	7	00:13:17	<b>00:25:04.78</b>	+00:05:51 (23.3%)	5:00	12 (76.9%)	
83	<b>STOKOWSKI Paweł</b>	<b>1170</b>		M20	8	00:13:20	<b>00:25:06.25</b>	+00:05:52 (23.4%)	5:01	12 (76.9%)	
84	<b>PIECKA Damian</b>	<b>175</b>		M30	34	00:12:50	<b>00:25:06.50</b>	+00:05:52 (23.4%)	5:01	12 (76.9%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.7km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
85	<b>GUZOWSKI Grzegorz</b>	<b>141</b>		M30	35	00:12:40	<b>00:25:08.58</b>	+00:05:55 (23.5%)	5:01	11.9 (76.3%)
86	<b>GŁADZKI Patryk</b>	<b>156</b>		M30	36	00:12:34	<b>00:25:10.23</b>	+00:05:56 (23.6%)	5:02	11.9 (76.3%)
87	<b>PALKOWSKI Mateusz</b>	<b>76</b>		M12	6	00:13:22	<b>00:25:13.16</b>	+00:05:59 (23.8%)	5:02	11.9 (76.3%)
88	<b>KŁOCZKO Damian</b>	<b>1155</b>	ZST BIAŁYSTOK	M12	7	00:12:44	<b>00:25:13.65</b>	+00:06:00 (23.8%)	5:02	11.9 (76.3%)
89	<b>MIEZIO Krystian</b>	<b>122</b>		M20	9	00:12:59	<b>00:25:14.09</b>	+00:06:00 (23.8%)	5:02	11.9 (76.3%)
90	<b>KAMIŃSKI Artur</b>	<b>1010</b>	RATUJMY CO SIĘ DA	M30	37	00:12:46	<b>00:25:14.58</b>	+00:06:01 (23.8%)	5:02	11.9 (76.3%)
91	<b>TOKAREWICZ Paweł</b>	<b>1043</b>	SOKÓLSKA WATAHA	M40	21	00:13:10	<b>00:25:16.92</b>	+00:06:03 (24.0%)	5:03	11.9 (76.3%)
92	<b>ŁOJNIEWSKI Krzysztof</b>	<b>1099</b>	PAGEPRO	M30	38	00:12:37	<b>00:25:17.25</b>	+00:06:03 (24.0%)	5:03	11.9 (76.3%)
93	<b>GOŁĘBIEWSKI Adrian</b>	<b>52</b>	SPARTA CROSSFIT	M40	22	00:13:17	<b>00:25:17.27</b>	+00:06:03 (24.0%)	5:03	11.9 (76.3%)
94	<b>JOKA Maciej</b>	<b>187</b>		M12	8	00:12:56	<b>00:25:18.45</b>	+00:06:04 (24.0%)	5:03	11.9 (76.3%)
95	<b>ZADROGA Szymon</b>	<b>2126</b>		M20	10	00:13:19	<b>00:25:19.00</b>	+00:06:05 (24.1%)	5:03	11.8 (75.6%)
96	<b>WOJTKOWSKI Tomek</b>	<b>1039</b>	CIECHANOWIEC BIEGA	M20	11	00:13:21	<b>00:25:19.84</b>	+00:06:06 (24.1%)	5:03	11.8 (75.6%)
97	<b>PROSZCZUK Krzysztof</b>	<b>1089</b>		M12	9	00:13:12	<b>00:25:20.47</b>	+00:06:06 (24.1%)	5:04	11.8 (75.6%)
98	<b>SOCHOŃ Katarzyna</b>	<b>1126</b>		K30	3	00:13:25	<b>00:25:21.49</b>	+00:06:07 (24.2%)	5:04	11.8 (75.6%)
99	<b>JANCZEWSKI Karol</b>	<b>71</b>	MASPEX	M30	39	00:13:10	<b>00:25:21.62</b>	+00:06:08 (24.2%)	5:04	11.8 (75.6%)
100	<b>ŚWIĘSZKOWSKI Mateusz</b>	<b>1138</b>		M20	12	00:13:04	<b>00:25:22.12</b>	+00:06:08 (24.2%)	5:04	11.8 (75.6%)
101	<b>GUZOWSKA Sylwia</b>	<b>63</b>	MARATONKA GRAJEWO	K40	2	00:13:00	<b>00:25:22.24</b>	+00:06:08 (24.2%)	5:04	11.8 (75.6%)
102	<b>WASILEWSKI Jarosław</b>	<b>112</b>		M50	6	00:13:17	<b>00:25:29.74</b>	+00:06:16 (24.6%)	5:05	11.8 (75.6%)
103	<b>BUDZKO Vital</b>	<b>1080</b>	TEA.M RUN	M50	7	00:13:10	<b>00:25:31.01</b>	+00:06:17 (24.7%)	5:06	11.8 (75.6%)
104	<b>FIŁOC Paweł</b>	<b>105</b>		M30	40	00:12:56	<b>00:25:31.02</b>	+00:06:17 (24.7%)	5:06	11.8 (75.6%)
105	<b>STOCKI Marek</b>	<b>179</b>	BIAŁYSTOK BIEGA TEAM	M30	41	00:13:10	<b>00:25:31.41</b>	+00:06:17 (24.7%)	5:06	11.8 (75.6%)
106	<b>SLESARCZYK Aleksander</b>	<b>160</b>		M12	10	00:12:54	<b>00:25:31.53</b>	+00:06:17 (24.7%)	5:06	11.8 (75.6%)
107	<b>DOBROGOWSKI Hubert</b>	<b>2196</b>		M20	13	00:13:20	<b>00:25:31.78</b>	+00:06:18 (24.7%)	5:06	11.8 (75.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.7km	Czas		Różn	Tempo min/km	Tempo km/h
							5km				
108	<b>SAWKO Łukasz</b>	<b>1037</b>		M30	42	00:13:14	<b>00:25:32.36</b>	+00:06:18 (24.7%)	5:06	11.7 (75.0%)	
109	<b>SZESZKO Paweł</b>	<b>1053</b>	PYSTOK	M30	43	00:13:03	<b>00:25:33.87</b>	+00:06:20 (24.8%)	5:06	11.7 (75.0%)	
110	<b>MIŁKOWSKI Józef</b>	<b>1012</b>		M40	23	00:13:22	<b>00:25:35.42</b>	+00:06:21 (24.9%)	5:07	11.7 (75.0%)	
111	<b>HRYNIEWSKI Rafał</b>	<b>62</b>		M30	44	00:13:15	<b>00:25:37.15</b>	+00:06:23 (25.0%)	5:07	11.7 (75.0%)	
112	<b>GAWRYŁO Dawid</b>	<b>167</b>		M20	14	00:12:53	<b>00:25:37.78</b>	+00:06:24 (25.0%)	5:07	11.7 (75.0%)	
113	<b>KAŁUZIŃSKI Grzegorz</b>	<b>1132</b>		M20	15	00:13:53	<b>00:25:38.20</b>	+00:06:24 (25.0%)	5:07	11.7 (75.0%)	
114	<b>LASKOWSKI Kamil</b>	<b>169</b>	PALISANDER RUNNING TEAM	M30	45	00:13:06	<b>00:25:38.65</b>	+00:06:25 (25.0%)	5:07	11.7 (75.0%)	
115	<b>ZIELINKO Łukasz</b>	<b>53</b>	ŻUBERTEAM	M30	46	00:13:34	<b>00:25:39.70</b>	+00:06:26 (25.1%)	5:07	11.7 (75.0%)	
116	<b>JARMOŁOWICZ Małgorzata</b>	<b>75</b>	MD RUN TRAINING	K50	2	00:13:20	<b>00:25:40.35</b>	+00:06:26 (25.1%)	5:08	11.7 (75.0%)	
117	<b>PIETRUSZKO Hubert</b>	<b>161</b>		M20	16	00:13:02	<b>00:25:41.21</b>	+00:06:27 (25.2%)	5:08	11.7 (75.0%)	
118	<b>GRYŻENIA Daniel</b>	<b>2015</b>	BIAŁYSTOK BIEGA	M30	47	00:13:24	<b>00:25:42.33</b>	+00:06:28 (25.2%)	5:08	11.7 (75.0%)	
119	<b>JABŁOŃSKI Marcin</b>	<b>166</b>		M20	17	00:13:13	<b>00:25:43.09</b>	+00:06:29 (25.2%)	5:08	11.7 (75.0%)	
120	<b>KARPOWICZ Bartłomiej</b>	<b>92</b>		M30	48	00:12:55	<b>00:25:45.38</b>	+00:06:31 (25.4%)	5:09	11.7 (75.0%)	
121	<b>SIDOR Tomek</b>	<b>87</b>	NIE	M40	24	00:13:29	<b>00:25:45.45</b>	+00:06:31 (25.4%)	5:09	11.7 (75.0%)	
122	<b>KŁECZEK Andrzej</b>	<b>1108</b>		M30	49	00:13:35	<b>00:25:49.74</b>	+00:06:36 (25.6%)	5:09	11.6 (74.4%)	
123	<b>SOKÓŁ Przemysław</b>	<b>100</b>	WODOCIĄGI BIAŁOSTOCKIE	M30	50	00:13:29	<b>00:25:53.13</b>	+00:06:39 (25.7%)	5:10	11.6 (74.4%)	
124	<b>LENAR Bartłomiej</b>	<b>119</b>		M30	51	00:13:44	<b>00:25:54.23</b>	+00:06:40 (25.8%)	5:10	11.6 (74.4%)	
125	<b>KOCHAŃSKI Krystian</b>	<b>1013</b>		M30	52	00:13:23	<b>00:25:56.00</b>	+00:06:42 (25.9%)	5:11	11.6 (74.4%)	
126	<b>OSTROWSKI Michał</b>	<b>39</b>		M30	53	00:13:03	<b>00:25:57.35</b>	+00:06:43 (25.9%)	5:11	11.6 (74.4%)	
127	<b>LINGO Sebastian</b>	<b>1169</b>		M20	18	00:12:58	<b>00:25:57.67</b>	+00:06:44 (25.9%)	5:11	11.6 (74.4%)	
128	<b>CZARNOGÓRSKI Mateusz</b>	<b>1105</b>		M30	54	00:13:31	<b>00:25:58.31</b>	+00:06:44 (26.0%)	5:11	11.6 (74.4%)	
129	<b>DERYNG Paweł</b>	<b>2013</b>		M30	55	00:13:23	<b>00:25:59.23</b>	+00:06:45 (26.0%)	5:11	11.5 (73.7%)	
130	<b>MOZOLEWSKA Joanna</b>	<b>1086</b>	URZĄD MIEJSKI W BIAŁYMSTOKU-ZIELONY BIAŁYSTOK	K30	4	00:14:10	<b>00:25:59.33</b>	+00:06:45 (26.0%)	5:11	11.5 (73.7%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.7km	Czas		Różn	Tempo min/km	Tempo km/h
							5km				
131	<b>KŁOS Jacek</b>	<b>1102</b>	BIAŁYSTOK BIEGA TEAM	M60	2	00:13:14	<b>00:25:59.89</b>	+00:06:46 (26.0%)	5:11	11.5 (73.7%)	
132	<b>BLAŻEWICZ Dariusz</b>	<b>1041</b>	WINLAND	M50	8	00:13:56	<b>00:26:00.31</b>	+00:06:46 (26.1%)	5:12	11.5 (73.7%)	
133	<b>BARTOSZUK Karol</b>	<b>1156</b>		M30	56	00:13:36	<b>00:26:03.81</b>	+00:06:50 (26.2%)	5:12	11.5 (73.7%)	
134	<b>KURYŁO Bartosz</b>	<b>1031</b>		M20	19	00:13:42	<b>00:26:07.50</b>	+00:06:53 (26.4%)	5:13	11.5 (73.7%)	
135	<b>HUDSON Marta</b>	<b>124</b>		K30	5	00:13:37	<b>00:26:07.63</b>	+00:06:54 (26.4%)	5:13	11.5 (73.7%)	
136	<b>TRUSZKOWSKI Kamil</b>	<b>1044</b>		M30	57	00:13:27	<b>00:26:07.68</b>	+00:06:54 (26.4%)	5:13	11.5 (73.7%)	
137	<b>BADYSIAK Marek</b>	<b>173</b>		M30	58	00:12:56	<b>00:26:09.94</b>	+00:06:56 (26.5%)	5:13	11.5 (73.7%)	
138	<b>MARTYNOWICZ Michał</b>	<b>2007</b>		M20	20	00:13:34	<b>00:26:10.15</b>	+00:06:56 (26.5%)	5:14	11.5 (73.7%)	
139	<b>OSMÓLSKI Łukasz</b>	<b>35</b>		M20	21	00:13:05	<b>00:26:12.68</b>	+00:06:59 (26.6%)	5:14	11.5 (73.7%)	
140	<b>MYSIEWICZ Adrian</b>	<b>1187</b>		M20	22	00:13:59	<b>00:26:13.08</b>	+00:06:59 (26.7%)	5:14	11.4 (73.1%)	
141	<b>TYWOŃCZUK Marek</b>	<b>104</b>		M20	23	00:13:41	<b>00:26:14.78</b>	+00:07:01 (26.7%)	5:14	11.4 (73.1%)	
142	<b>BALCERZAK Hubert</b>	<b>185</b>		M20	24	00:13:41	<b>00:26:14.81</b>	+00:07:01 (26.7%)	5:14	11.4 (73.1%)	
143	<b>JARZĄBSKA Ewelina</b>	<b>1036</b>	MILSPORT	K30	6	00:13:40	<b>00:26:18.27</b>	+00:07:04 (26.9%)	5:15	11.4 (73.1%)	
144	<b>RYŚ Maciek</b>	<b>2010</b>		M30	59	00:13:38	<b>00:26:19.43</b>	+00:07:05 (27.0%)	5:15	11.4 (73.1%)	
145	<b>MOŚCICKI Stanisław</b>	<b>157</b>		M12	11	00:13:05	<b>00:26:21.50</b>	+00:07:07 (27.1%)	5:16	11.4 (73.1%)	
146	<b>IWANIEC Piotr</b>	<b>138</b>		M40	25	00:13:07	<b>00:26:21.68</b>	+00:07:08 (27.1%)	5:16	11.4 (73.1%)	
147	<b>SAWICKI Kamil</b>	<b>144</b>		M40	26	00:12:59	<b>00:26:22.37</b>	+00:07:08 (27.1%)	5:16	11.4 (73.1%)	
148	<b>WASILEWSKA Ewa</b>	<b>79</b>	1 PODLASKA BRYGADA OBRONY TERYTORIALNEJ	K50	3	00:13:31	<b>00:26:22.68</b>	+00:07:09 (27.1%)	5:16	11.4 (73.1%)	
149	<b>KUCHTA Artur</b>	<b>38</b>		M30	60	00:13:05	<b>00:26:23.45</b>	+00:07:09 (27.1%)	5:16	11.4 (73.1%)	
150	<b>BUJNOWSKA Małgorzata Anna</b>	<b>61</b>	PODLASKIE KOCURY	K40	3	00:13:24	<b>00:26:23.46</b>	+00:07:09 (27.1%)	5:16	11.4 (73.1%)	
151	<b>SIENKIEWICZ Bogusz</b>	<b>1091</b>		M30	61	00:13:52	<b>00:26:23.60</b>	+00:07:10 (27.2%)	5:16	11.4 (73.1%)	
152	<b>BRAŁKOWSKI Łukasz</b>	<b>1176</b>		M40	27	00:13:56	<b>00:26:23.74</b>	+00:07:10 (27.2%)	5:16	11.4 (73.1%)	
153	<b>SZEWCUWIANIEC Krzysztof</b>	<b>2175</b>		M20	25	00:13:12	<b>00:26:25.30</b>	+00:07:11 (27.2%)	5:17	11.4 (73.1%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.7km	Czas		Różn	Tempo min/km	Tempo km/h
							5km				
154	<b>BANIT Dzmitry</b>	<b>1210</b>	TEA.M RUN	M40	28	00:14:09	<b>00:26:27.09</b>	+00:07:13 (27.3%)	5:17	11.3 (72.4%)	
155	<b>TSIARESHKA Uładzislau</b>	<b>73</b>	TEA.M RUN BIAŁYSTOK	M20	26	00:13:38	<b>00:26:27.80</b>	+00:07:14 (27.3%)	5:17	11.3 (72.4%)	
156	<b>OPIATOWSKI Adam</b>	<b>123</b>		M30	62	00:13:44	<b>00:26:31.55</b>	+00:07:17 (27.5%)	5:18	11.3 (72.4%)	
157	<b>FALKOWSKI Michał</b>	<b>1178</b>	DZSW	M30	63	00:13:44	<b>00:26:32.90</b>	+00:07:19 (27.6%)	5:18	11.3 (72.4%)	
158	<b>CZAJKOWSKA Julia</b>	<b>164</b>	3T BIAŁYSTOK	K12	6	00:13:38	<b>00:26:33.72</b>	+00:07:20 (27.6%)	5:18	11.3 (72.4%)	
159	<b>MAZUR Łukasz</b>	<b>1093</b>	N50	M40	29	00:13:27	<b>00:26:33.84</b>	+00:07:20 (27.6%)	5:18	11.3 (72.4%)	
160	<b>RUSTS Aliaksandr</b>	<b>96</b>	TEA.MRUN	M30	64	00:13:41	<b>00:26:34.52</b>	+00:07:20 (27.7%)	5:18	11.3 (72.4%)	
161	<b>KORBUT Marek</b>	<b>1042</b>	WINLAND	M40	30	00:13:56	<b>00:26:37.96</b>	+00:07:24 (27.8%)	5:19	11.3 (72.4%)	
162	<b>CIULWIK Lena</b>	<b>1129</b>	KS PODLASIE	K12	7	00:13:38	<b>00:26:39.19</b>	+00:07:25 (27.9%)	5:19	11.3 (72.4%)	
163	<b>WIKTORZAK Michał</b>	<b>2069</b>	QUECHUA TEAM	M30	65	00:13:43	<b>00:26:39.64</b>	+00:07:26 (27.9%)	5:19	11.3 (72.4%)	
164	<b>RADZISZEWSKI Bogdan</b>	<b>1137</b>		M20	27	00:13:27	<b>00:26:39.95</b>	+00:07:26 (27.9%)	5:19	11.3 (72.4%)	
165	<b>SIECZKOWSKA Ewa</b>	<b>163</b>		K30	7	00:13:41	<b>00:26:43.18</b>	+00:07:29 (28.0%)	5:20	11.2 (71.8%)	
166	<b>ARTEMIUK Eugeniusz</b>	<b>89</b>		M60	3	00:13:58	<b>00:26:44.34</b>	+00:07:30 (28.1%)	5:20	11.2 (71.8%)	
167	<b>BRZÓSKO Szymon</b>	<b>114</b>		M50	9	00:13:05	<b>00:26:46.08</b>	+00:07:32 (28.2%)	5:21	11.2 (71.8%)	
168	<b>SKUBICH Tomasz</b>	<b>1003</b>		M30	66	00:14:08	<b>00:26:46.65</b>	+00:07:33 (28.2%)	5:21	11.2 (71.8%)	
169	<b>MORAWSKA Edyta</b>	<b>137</b>	BIAŁYSTOK BIEGA TEAM	K50	4	00:13:49	<b>00:26:50.47</b>	+00:07:36 (28.4%)	5:22	11.2 (71.8%)	
170	<b>TABĘDZKA Katarzyna</b>	<b>41</b>		K40	4	00:13:43	<b>00:26:52.66</b>	+00:07:39 (28.5%)	5:22	11.2 (71.8%)	
171	<b>ZANIEWSKI Kamil</b>	<b>65</b>		M30	67	00:13:47	<b>00:26:57.82</b>	+00:07:44 (28.7%)	5:23	11.1 (71.2%)	
172	<b>ŁAPSZO Piotr</b>	<b>1121</b>	GRUPA BIEGOWA ZWYCIĘZCA	M30	68	00:13:51	<b>00:26:57.98</b>	+00:07:44 (28.7%)	5:23	11.1 (71.2%)	
173	<b>WOŁOSIK Dominik</b>	<b>130</b>		M30	69	00:14:10	<b>00:26:58.23</b>	+00:07:44 (28.7%)	5:23	11.1 (71.2%)	
174	<b>SIMONIUK Jerzy</b>	<b>1101</b>		M60	4	00:13:49	<b>00:26:59.77</b>	+00:07:46 (28.8%)	5:23	11.1 (71.2%)	
175	<b>JAKUBOWSKI Kacper</b>	<b>1151</b>		M20	28	00:13:57	<b>00:27:00.26</b>	+00:07:46 (28.8%)	5:24	11.1 (71.2%)	
176	<b>BRECZKO Beata</b>	<b>1088</b>		K40	5	00:14:10	<b>00:27:01.41</b>	+00:07:47 (28.9%)	5:24	11.1 (71.2%)	



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.7km	Czas		Różn	Tempo min/km	Tempo km/h
							5km				
177	<b>MALISZEWSKI Patryk</b>	<b>1096</b>	WENDI FANS CLUB	M20	29	00:13:40	<b>00:27:03.74</b>	+00:07:50 (29.0%)	5:24	11.1 (71.2%)	
178	<b>BORUCKI Arkadiusz</b>	<b>190</b>	ARCAD	M30	70	00:13:20	<b>00:27:06.32</b>	+00:07:52 (29.1%)	5:25	11.1 (71.2%)	
179	<b>ŁYŻWA Adam</b>	<b>1124</b>		M40	31	00:13:58	<b>00:27:07.12</b>	+00:07:53 (29.1%)	5:25	11.1 (71.2%)	
180	<b>CWALINA Bartosz</b>	<b>1157</b>	KOLNO BIEGA	M20	30	00:13:54	<b>00:27:07.37</b>	+00:07:53 (29.1%)	5:25	11.1 (71.2%)	
181	<b>MELANIUK Radosław</b>	<b>2149</b>		M40	32	00:14:29	<b>00:27:07.53</b>	+00:07:53 (29.1%)	5:25	11.1 (71.2%)	
182	<b>GÓRECKI Hubert</b>	<b>174</b>		M20	31	00:13:48	<b>00:27:11.52</b>	+00:07:57 (29.3%)	5:26	11 (70.5%)	
183	<b>BERNATOWICZ Karolina</b>	<b>1022</b>		K20	3	00:13:48	<b>00:27:12.39</b>	+00:07:58 (29.3%)	5:26	11 (70.5%)	
184	<b>MECLIK Adrian</b>	<b>1143</b>		M50	10	00:13:43	<b>00:27:12.92</b>	+00:07:59 (29.4%)	5:26	11 (70.5%)	
185	<b>RADZIWONOWSKI Bartosz</b>	<b>1182</b>	THREETEETEAM	M40	33	00:14:04	<b>00:27:13.31</b>	+00:07:59 (29.4%)	5:26	11 (70.5%)	
186	<b>BRONISZEWSKI Piotr</b>	<b>142</b>	DRUŻYNA STEFANA CZARNIECKIEGO	M50	11	00:14:06	<b>00:27:13.97</b>	+00:08:00 (29.4%)	5:26	11 (70.5%)	
187	<b>LEMAŃSKA Marzena</b>	<b>1071</b>		K50	5	00:14:25	<b>00:27:17.49</b>	+00:08:03 (29.6%)	5:27	11 (70.5%)	
188	<b>POGORZELSKI Daniel</b>	<b>1011</b>		M40	34	00:14:17	<b>00:27:19.34</b>	+00:08:05 (29.6%)	5:27	11 (70.5%)	
189	<b>KIEŁCZEWSKI Konrad</b>	<b>1158</b>		M40	35	00:13:49	<b>00:27:20.22</b>	+00:08:06 (29.7%)	5:28	11 (70.5%)	
190	<b>SZOTA Ernest</b>	<b>2021</b>		M40	36	00:14:34	<b>00:27:23.00</b>	+00:08:09 (29.8%)	5:28	11 (70.5%)	
191	<b>KABYLIANSKI Artsem</b>	<b>86</b>	TEA.M RUN	M30	71	00:14:09	<b>00:27:24.50</b>	+00:08:10 (29.9%)	5:28	10.9 (69.9%)	
192	<b>KULIKOWSKI Marek</b>	<b>1048</b>		M50	12	00:14:13	<b>00:27:25.13</b>	+00:08:11 (29.9%)	5:29	10.9 (69.9%)	
193	<b>OSTROWSKI Szymon</b>	<b>2095</b>		M12	12	00:13:50	<b>00:27:27.00</b>	+00:08:13 (30.0%)	5:29	10.9 (69.9%)	
194	<b>KANIA Wojciech</b>	<b>2009</b>		M30	72	00:14:08	<b>00:27:27.04</b>	+00:08:13 (30.0%)	5:29	10.9 (69.9%)	
195	<b>SZYMKIEWICZ Daniel</b>	<b>2077</b>	MROŻNE WILKI	M30	73	00:19:15	<b>00:27:30.00</b>	+00:08:16 (30.1%)	5:30	10.9 (69.9%)	
196	<b>SUCHOWOLEC Łukasz</b>	<b>1174</b>		M30	74	00:14:33	<b>00:27:31.51</b>	+00:08:17 (30.2%)	5:30	10.9 (69.9%)	
197	<b>MIEZIO Rafał</b>	<b>1051</b>		M50	13	00:14:31	<b>00:27:32.89</b>	+00:08:19 (30.2%)	5:30	10.9 (69.9%)	
198	<b>KRZYŻANOWSKA Monika</b>	<b>1060</b>		K30	8	00:14:05	<b>00:27:33.12</b>	+00:08:19 (30.2%)	5:30	10.9 (69.9%)	
199	<b>WOŁYŃ Marcin</b>	<b>1090</b>		M30	75	00:14:37	<b>00:27:34.65</b>	+00:08:21 (30.3%)	5:30	10.9 (69.9%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.7km	Czas		Różn	Tempo min/km	Tempo km/h
							5km				
200	<b>MASALSKA Ewelina</b>	<b>111</b>	HAJNÓWKA BIEGA	K30	9	00:14:10	<b>00:27:35.35</b>	+00:08:21 (30.3%)	5:31	10.9 (69.9%)	
201	<b>DĄBROWSKA Sylwia</b>	<b>2109</b>	OUTDOOR TRAINING	K30	10	00:14:23	<b>00:27:36.64</b>	+00:08:23 (30.4%)	5:31	10.9 (69.9%)	
202	<b>DĄBROWSKI Mateusz</b>	<b>2110</b>	OUTDOOR TRAINING	M12	13	00:14:24	<b>00:27:36.85</b>	+00:08:23 (30.4%)	5:31	10.9 (69.9%)	
203	<b>SAMOJŁO Piotr</b>	<b>2076</b>		M30	76	00:14:03	<b>00:27:36.96</b>	+00:08:23 (30.4%)	5:31	10.9 (69.9%)	
204	<b>ANDRUSZKIEWICZ Darek</b>	<b>155</b>	DRUŻYNA STEFANA CZARNECKIEGO	M40	37	00:13:53	<b>00:27:37.58</b>	+00:08:24 (30.4%)	5:31	10.9 (69.9%)	
205	<b>GROMACKI Ireneusz</b>	<b>1066</b>	1PBOT	M40	38	00:13:55	<b>00:27:38.61</b>	+00:08:25 (30.4%)	5:31	10.9 (69.9%)	
206	<b>ZYSKOWSKA Emilia</b>	<b>2039</b>		K30	11	00:14:18	<b>00:27:39.72</b>	+00:08:26 (30.5%)	5:31	10.8 (69.2%)	
207	<b>OZLANSKI Adam</b>	<b>1115</b>		M30	77	00:14:41	<b>00:27:41.00</b>	+00:08:27 (30.5%)	5:32	10.8 (69.2%)	
208	<b>PANEK Przemysław</b>	<b>1135</b>		M20	32	00:14:20	<b>00:27:42.62</b>	+00:08:29 (30.6%)	5:32	10.8 (69.2%)	
209	<b>KICZKAJŁO Maciej</b>	<b>2055</b>		M12	14	00:14:44	<b>00:27:43.29</b>	+00:08:29 (30.6%)	5:32	10.8 (69.2%)	
210	<b>SOCHOŃ Sebastian</b>	<b>1192</b>	CROSSFIT JUST RAW	M30	78	00:14:20	<b>00:27:43.58</b>	+00:08:30 (30.7%)	5:32	10.8 (69.2%)	
211	<b>WYRZYKOWSKI Piotr</b>	<b>2143</b>		M40	39	00:13:50	<b>00:27:43.93</b>	+00:08:30 (30.7%)	5:32	10.8 (69.2%)	
212	<b>OSTROWSKI Daniel</b>	<b>1063</b>	KAN-THERM TEAM RACING	M30	79	00:14:13	<b>00:27:51.46</b>	+00:08:37 (31.0%)	5:34	10.8 (69.2%)	
213	<b>TOPOLEWICZ Artur</b>	<b>98</b>	ROSTI POLAND	M40	40	00:14:32	<b>00:27:53.43</b>	+00:08:39 (31.1%)	5:34	10.8 (69.2%)	
214	<b>POLAK Ignacy</b>	<b>2091</b>	SP 12 KS PODLASIE	M12	15	00:15:34	<b>00:27:55.61</b>	+00:08:42 (31.2%)	5:35	10.7 (68.6%)	
215	<b>TARASIUK Monika</b>	<b>1062</b>		K40	6	00:13:50	<b>00:27:58.71</b>	+00:08:45 (31.3%)	5:35	10.7 (68.6%)	
216	<b>JABŁONOWSKI Krzysztof</b>	<b>3128</b>		M30	80	00:14:39	<b>00:27:59.34</b>	+00:08:45 (31.3%)	5:35	10.7 (68.6%)	
217	<b>GRUSZEWSKA Hanna</b>	<b>1123</b>		K12	8	00:14:40	<b>00:28:00.52</b>	+00:08:46 (31.4%)	5:36	10.7 (68.6%)	
218	<b>BOGDAŃSKA Ula</b>	<b>2052</b>	URZĄD MIEJSKI W BIAŁYMSTOKU - ZIELONY BIAŁYSTOK	K30	12	00:14:37	<b>00:28:04.45</b>	+00:08:50 (31.5%)	5:36	10.7 (68.6%)	
219	<b>PUZANOWSKI Grzegorz</b>	<b>4192</b>	MEDIA EXPERT	M30	81	00:14:55	<b>00:28:06.36</b>	+00:08:52 (31.6%)	5:37	10.7 (68.6%)	
220	<b>MIASKOWSKI Mariusz</b>	<b>4042</b>		M30	82	00:14:29	<b>00:28:06.43</b>	+00:08:52 (31.6%)	5:37	10.7 (68.6%)	
221	<b>KULEVICH Tatsiana</b>	<b>1026</b>	TEA.M RUN	K30	13	00:14:09	<b>00:28:07.38</b>	+00:08:53 (31.6%)	5:37	10.7 (68.6%)	
222	<b>POLAK Robert</b>	<b>1094</b>	MD RUN TRAINING	M40	41	00:15:33	<b>00:28:08.79</b>	+00:08:55 (31.7%)	5:37	10.7 (68.6%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.7km	Czas		Różn	Tempo min/km	Tempo km/h
							5km				
223	<b>SIERBA Bogdan</b>	<b>2183</b>	PROMIEŃ	M60	5	00:14:26	<b>00:28:10.96</b>	+00:08:57 (31.8%)	5:38	10.7 (68.6%)	
224	<b>OLSZEWSKI Mateusz</b>	<b>1164</b>		M20	33	00:14:16	<b>00:28:11.01</b>	+00:08:57 (31.8%)	5:38	10.6 (67.9%)	
225	<b>WASILEWSKA Ewa</b>	<b>1154</b>	ZST BIAŁYSTOK	K30	14	00:15:01	<b>00:28:11.63</b>	+00:08:58 (31.8%)	5:38	10.6 (67.9%)	
226	<b>GODLEWSKI Łukasz</b>	<b>2041</b>		M20	34	00:14:54	<b>00:28:11.87</b>	+00:08:58 (31.8%)	5:38	10.6 (67.9%)	
227	<b>GLIŃSKA Patrycja</b>	<b>1139</b>		K30	15	00:14:23	<b>00:28:12.78</b>	+00:08:59 (31.9%)	5:38	10.6 (67.9%)	
228	<b>ŁUBNICKI Kamil</b>	<b>42</b>		M30	83	00:14:48	<b>00:28:13.24</b>	+00:08:59 (31.9%)	5:38	10.6 (67.9%)	
229	<b>KALINOWSKI Adam</b>	<b>1117</b>		M40	42	00:14:50	<b>00:28:15.76</b>	+00:09:02 (32.0%)	5:39	10.6 (67.9%)	
230	<b>POGORZALY Emil</b>	<b>1045</b>	SAMI SWOI	M50	14	00:14:05	<b>00:28:17.48</b>	+00:09:03 (32.0%)	5:39	10.6 (67.9%)	
231	<b>AUGUSTYNOWICZ Wojciech</b>	<b>1140</b>		M20	35	00:15:03	<b>00:28:21.53</b>	+00:09:07 (32.2%)	5:40	10.6 (67.9%)	
232	<b>TARASIEWICZ Konrad</b>	<b>4198</b>	MEDIA EXPERT	M20	36	00:15:35	<b>00:28:23.19</b>	+00:09:09 (32.3%)	5:40	10.6 (67.9%)	
233	<b>PANKIEWICZ Małgorzata</b>	<b>2152</b>	INTRUM	K30	16	00:14:53	<b>00:28:23.41</b>	+00:09:09 (32.3%)	5:40	10.6 (67.9%)	
234	<b>NICZYPORUK Marek</b>	<b>4064</b>		M40	43	00:15:06	<b>00:28:24.47</b>	+00:09:10 (32.3%)	5:40	10.6 (67.9%)	
235	<b>SAWICKI Filip</b>	<b>145</b>		M12	16	00:14:22	<b>00:28:25.14</b>	+00:09:11 (32.3%)	5:41	10.6 (67.9%)	
236	<b>KONIECZNY Przemysław</b>	<b>1175</b>		M30	84	00:15:00	<b>00:28:25.70</b>	+00:09:12 (32.4%)	5:41	10.6 (67.9%)	
237	<b>RYBNIK Łukasz</b>	<b>94</b>		M40	44	00:15:27	<b>00:28:26.76</b>	+00:09:13 (32.4%)	5:41	10.6 (67.9%)	
238	<b>DANIELUK Janusz</b>	<b>1040</b>		M40	45	00:14:42	<b>00:28:27.51</b>	+00:09:13 (32.4%)	5:41	10.5 (67.3%)	
239	<b>ZANIEWSKI Rafał</b>	<b>1141</b>		M40	46	00:14:39	<b>00:28:28.97</b>	+00:09:15 (32.5%)	5:41	10.5 (67.3%)	
240	<b>GRZYBOWSKA Monika</b>	<b>1095</b>		K30	17	00:15:00	<b>00:28:36.19</b>	+00:09:22 (32.8%)	5:43	10.5 (67.3%)	
241	<b>TWAROWSKI Miłosz</b>	<b>2065</b>	OSTRÓW BIEGA	M12	17	00:15:32	<b>00:28:39.68</b>	+00:09:26 (32.9%)	5:43	10.5 (67.3%)	
242	<b>MANIAS Tomasz</b>	<b>3008</b>		M30	85	00:15:03	<b>00:28:40.08</b>	+00:09:26 (32.9%)	5:44	10.5 (67.3%)	
243	<b>TWAROWSKI Dariusz</b>	<b>2064</b>	OSTRÓW BIEGA	M40	47	00:15:32	<b>00:28:40.08</b>	+00:09:26 (32.9%)	5:44	10.5 (67.3%)	
244	<b>KRUPIENIK Marcin</b>	<b>1077</b>		M30	86	00:14:13	<b>00:28:40.51</b>	+00:09:26 (33.0%)	5:44	10.5 (67.3%)	
245	<b>TKACZUK Eugeniusz</b>	<b>1114</b>		M60	6	00:14:45	<b>00:28:43.38</b>	+00:09:29 (33.1%)	5:44	10.4 (66.7%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.7km	Czas		Tempo min/km	Tempo km/h
							netto 5km	Różn		
246	<b>SOKÓLSKI Łukasz</b>	<b>1098</b>		M30	87	00:15:05	<b>00:28:43.98</b>	+00:09:30 (33.1%)	5:44	10.4 (66.7%)
247	<b>STRÓŻKOWSKA Agata</b>	<b>2062</b>	OSTRÓW BIEGA	K30	18	00:15:07	<b>00:28:44.47</b>	+00:09:30 (33.1%)	5:44	10.4 (66.7%)
248	<b>SIENKIEWICZ Kinga</b>	<b>1136</b>		K30	19	00:14:47	<b>00:28:47.02</b>	+00:09:33 (33.2%)	5:45	10.4 (66.7%)
249	<b>BIBUŁOWICZ Monika</b>	<b>1052</b>		K40	7	00:14:20	<b>00:28:47.17</b>	+00:09:33 (33.2%)	5:45	10.4 (66.7%)
250	<b>ŻARNOCH Leszek</b>	<b>3029</b>		M50	15	00:14:23	<b>00:28:48.03</b>	+00:09:34 (33.2%)	5:45	10.4 (66.7%)
251	<b>WOŹNIEWSKI Krzysztof</b>	<b>2210</b>		M40	48	00:14:51	<b>00:28:48.08</b>	+00:09:34 (33.2%)	5:45	10.4 (66.7%)
252	<b>PASZKOWSKI Maciej</b>	<b>1020</b>	SGB SOKÓLSKA WATAHA	M50	16	00:14:57	<b>00:28:48.18</b>	+00:09:34 (33.2%)	5:45	10.4 (66.7%)
253	<b>CZYŻEWSKA Justyna</b>	<b>1002</b>		K30	20	00:14:41	<b>00:28:48.85</b>	+00:09:35 (33.3%)	5:45	10.4 (66.7%)
254	<b>DADURA Adam</b>	<b>2135</b>		M40	49	00:15:39	<b>00:28:50.36</b>	+00:09:36 (33.3%)	5:46	10.4 (66.7%)
255	<b>DĄBROWSKI Kamil</b>	<b>1116</b>	INTRUM	M30	88	00:14:49	<b>00:28:53.28</b>	+00:09:39 (33.4%)	5:46	10.4 (66.7%)
256	<b>ŻYLIŃSKI Sławomir</b>	<b>2027</b>		M40	50	00:15:20	<b>00:28:53.42</b>	+00:09:39 (33.5%)	5:46	10.4 (66.7%)
257	<b>MICHALUK Robert</b>	<b>2035</b>		M50	17	00:14:59	<b>00:28:53.97</b>	+00:09:40 (33.5%)	5:46	10.4 (66.7%)
258	<b>SZAŁAJ Marcin</b>	<b>1112</b>		M20	37	00:14:56	<b>00:28:55.58</b>	+00:09:41 (33.5%)	5:47	10.4 (66.7%)
259	<b>KUJAWA Karol</b>	<b>2106</b>	AKADEMIA MŁODE ŻUBRY	M12	18	00:14:47	<b>00:28:56.87</b>	+00:09:43 (33.6%)	5:47	10.4 (66.7%)
260	<b>SZYMAŃSKI Roman</b>	<b>3025</b>	MARSZOMANIACY BIELSK PODLASKI	M40	51	00:14:53	<b>00:28:57.29</b>	+00:09:43 (33.6%)	5:47	10.4 (66.7%)
261	<b>KULESZA Adam</b>	<b>2171</b>		M50	18	00:15:01	<b>00:28:59.82</b>	+00:09:46 (33.7%)	5:47	10.4 (66.7%)
262	<b>CZYKWIN Mariusz</b>	<b>2073</b>		M40	52	00:14:52	<b>00:29:02.34</b>	+00:09:48 (33.8%)	5:48	10.3 (66.0%)
263	<b>CHOMICKI Krystian</b>	<b>2173</b>		M20	38	00:14:35	<b>00:29:02.97</b>	+00:09:49 (33.8%)	5:48	10.3 (66.0%)
264	<b>BAŁŁO Jarosław</b>	<b>2008</b>		M30	89	00:14:49	<b>00:29:05.33</b>	+00:09:51 (33.9%)	5:49	10.3 (66.0%)
265	<b>BAJDA Marcin</b>	<b>2159</b>	BIAŁOSTOCKA SEKTA BIEGACZY	M40	53	00:15:13	<b>00:29:06.95</b>	+00:09:53 (34.0%)	5:49	10.3 (66.0%)
266	<b>ROSA Robert</b>	<b>2181</b>		M40	54	00:14:55	<b>00:29:08.43</b>	+00:09:54 (34.0%)	5:49	10.3 (66.0%)
267	<b>SACHARCZUK Joanna</b>	<b>1161</b>		K30	21	00:14:43	<b>00:29:08.89</b>	+00:09:55 (34.0%)	5:49	10.3 (66.0%)
268	<b>PIEKARSKI Marcin</b>	<b>1190</b>		M30	90	00:14:01	<b>00:29:12.15</b>	+00:09:58 (34.2%)	5:50	10.3 (66.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.7km	Czas		Różn	Tempo min/km	Tempo km/h
							5km				
269	<b>FILIPCZUK Dominika</b>	<b>1104</b>		K40	8	00:14:57	<b>00:29:12.65</b>	+00:09:59 (34.2%)	5:50	10.3 (66.0%)	
270	<b>RAMOTOWSKI Tomasz</b>	<b>70</b>	MASPEX	M20	39	00:14:48	<b>00:29:13.72</b>	+00:10:00 (34.2%)	5:50	10.3 (66.0%)	
271	<b>JAKUBOWSKA Marzena</b>	<b>1147</b>		K40	9	00:15:04	<b>00:29:14.14</b>	+00:10:00 (34.2%)	5:50	10.3 (66.0%)	
272	<b>ŁAPIŃSKI Karol</b>	<b>2083</b>		M40	55	00:15:01	<b>00:29:14.39</b>	+00:10:00 (34.2%)	5:50	10.3 (66.0%)	
273	<b>GOSK Rafał</b>	<b>2042</b>	MIEJSKOAKTYWNI	M40	56	00:15:31	<b>00:29:16.91</b>	+00:10:03 (34.3%)	5:51	10.3 (66.0%)	
274	<b>STRÓŻKOWSKI Łukasz</b>	<b>2063</b>	OSTRÓW BIEGA	M30	91	00:15:07	<b>00:29:20.28</b>	+00:10:06 (34.5%)	5:52	10.2 (65.4%)	
275	<b>JAKUBOWSKI Łukasz</b>	<b>102</b>		M20	40	00:14:38	<b>00:29:21.69</b>	+00:10:08 (34.5%)	5:52	10.2 (65.4%)	
276	<b>BARGŁOWSKI Kamil</b>	<b>1177</b>		M20	41	00:14:47	<b>00:29:21.86</b>	+00:10:08 (34.5%)	5:52	10.2 (65.4%)	
277	<b>STĘPIEŃ Piotr</b>	<b>2112</b>	SAMORZĄDOWCY	M50	19	00:14:52	<b>00:29:21.90</b>	+00:10:08 (34.5%)	5:52	10.2 (65.4%)	
278	<b>ŁAGUNA Paweł</b>	<b>1018</b>		M30	92	00:14:54	<b>00:29:22.48</b>	+00:10:08 (34.5%)	5:52	10.2 (65.4%)	
279	<b>LULEWICZ Marcin</b>	<b>3130</b>		M30	93	00:14:58	<b>00:29:23.80</b>	+00:10:10 (34.6%)	5:52	10.2 (65.4%)	
280	<b>JARMOLIK Eugeniusz</b>	<b>1184</b>		M60	7	00:15:16	<b>00:29:24.67</b>	+00:10:11 (34.6%)	5:52	10.2 (65.4%)	
281	<b>HAJKOWSKI Jakub</b>	<b>2079</b>		M30	94	00:15:38	<b>00:29:26.24</b>	+00:10:12 (34.7%)	5:53	10.2 (65.4%)	
282	<b>SOBIECH Robert</b>	<b>1109</b>		M50	20	00:15:22	<b>00:29:27.71</b>	+00:10:14 (34.7%)	5:53	10.2 (65.4%)	
283	<b>JAŃCZAK Piotr</b>	<b>2116</b>		M30	95	00:15:59	<b>00:29:27.84</b>	+00:10:14 (34.7%)	5:53	10.2 (65.4%)	
284	<b>DZIEDZIC Robert</b>	<b>2203</b>	BRAK	M40	57	00:14:53	<b>00:29:29.70</b>	+00:10:16 (34.8%)	5:53	10.2 (65.4%)	
285	<b>MUSZYŃSKA Ida</b>	<b>2162</b>		K30	22	00:15:21	<b>00:29:32.47</b>	+00:10:18 (34.9%)	5:54	10.2 (65.4%)	
286	<b>MAKSIMUK Piotr</b>	<b>2121</b>		M40	58	00:15:15	<b>00:29:32.62</b>	+00:10:19 (34.9%)	5:54	10.2 (65.4%)	
287	<b>ZALESKI Leszek</b>	<b>30</b>		M40	59	00:15:01	<b>00:29:33.04</b>	+00:10:19 (34.9%)	5:54	10.2 (65.4%)	
288	<b>BLACHOWICZ Jędrzej</b>	<b>132</b>		M30	96	00:16:09	<b>00:29:33.97</b>	+00:10:20 (35.0%)	5:54	10.2 (65.4%)	
289	<b>CHARUBIN Mariusz</b>	<b>67</b>	ZWIĄZEK ŻOŁNIERZY NARODOWYCH SIŁ ZBROJNYCH	M40	60	00:15:25	<b>00:29:35.92</b>	+00:10:22 (35.0%)	5:55	10.1 (64.7%)	
290	<b>KRUAZE Bartosz</b>	<b>2197</b>		M50	21	00:15:42	<b>00:29:36.25</b>	+00:10:22 (35.1%)	5:55	10.1 (64.7%)	
291	<b>SOKÓŁ Karolina</b>	<b>2125</b>		K20	4	00:15:24	<b>00:29:36.65</b>	+00:10:23 (35.1%)	5:55	10.1 (64.7%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.7km	Czas		Różn	Tempo min/km	Tempo km/h
							5km				
292	<b>GOLONKO Sylwia</b>	<b>1106</b>	HAJNÓWKA BIEGA	K30	23	00:15:00	<b>00:29:37.17</b>	+00:10:23 (35.1%)	5:55	10.1 (64.7%)	
293	<b>JAŃCZAK Maksymilian</b>	<b>2122</b>		M12	19	00:15:43	<b>00:29:38.26</b>	+00:10:24 (35.1%)	5:55	10.1 (64.7%)	
294	<b>FADEJEW Karol</b>	<b>1130</b>	BIAŁYSTOK BIEGA TEAM	M40	61	00:15:40	<b>00:29:40.20</b>	+00:10:26 (35.2%)	5:56	10.1 (64.7%)	
295	<b>RACZYŁA Tomasz</b>	<b>2060</b>	TOMOTECH	M30	97	00:16:03	<b>00:29:40.72</b>	+00:10:27 (35.2%)	5:56	10.1 (64.7%)	
296	<b>CYBULSKI Tomasz</b>	<b>1025</b>	WETERANI RP	M40	62	00:15:23	<b>00:29:42.93</b>	+00:10:29 (35.3%)	5:56	10.1 (64.7%)	
297	<b>LITWINIUK Paweł</b>	<b>1056</b>		M40	63	00:15:04	<b>00:29:44.19</b>	+00:10:30 (35.3%)	5:56	10.1 (64.7%)	
298	<b>CYBULSKA Halina</b>	<b>1046</b>		K40	10	00:15:22	<b>00:29:45.35</b>	+00:10:31 (35.4%)	5:57	10.1 (64.7%)	
299	<b>KRUPICKA Daria</b>	<b>2161</b>		K30	24	00:15:22	<b>00:29:46.86</b>	+00:10:33 (35.4%)	5:57	10.1 (64.7%)	
300	<b>CICH Mariusz</b>	<b>64</b>		M40	64	00:16:11	<b>00:29:46.88</b>	+00:10:33 (35.4%)	5:57	10.1 (64.7%)	
301	<b>ŁUKSZA Marta</b>	<b>2129</b>		K20	5	00:14:52	<b>00:29:47.45</b>	+00:10:33 (35.5%)	5:57	10.1 (64.7%)	
302	<b>ROMEJKO Piotr</b>	<b>129</b>	22 WOJSKOWY OŚRODEK KARTOGRAFICZNY	M40	65	00:16:12	<b>00:29:47.57</b>	+00:10:33 (35.5%)	5:57	10.1 (64.7%)	
303	<b>MACKIEWICZ Sebastian</b>	<b>1191</b>		M12	20	00:14:33	<b>00:29:48.15</b>	+00:10:34 (35.5%)	5:57	10.1 (64.7%)	
304	<b>KONERA Marta</b>	<b>1181</b>	BIEGAJĄCE ZĄBKI	K30	25	00:15:34	<b>00:29:49.05</b>	+00:10:35 (35.5%)	5:57	10.1 (64.7%)	
305	<b>TOŁKACZ Piotr</b>	<b>2057</b>	KS MARATONKA GRAJEWO	M40	66	00:15:54	<b>00:29:49.17</b>	+00:10:35 (35.5%)	5:57	10.1 (64.7%)	
306	<b>ANDREIKOVA Valentyna</b>	<b>1171</b>	TEA.M RUN	K20	6	00:15:03	<b>00:29:50.12</b>	+00:10:36 (35.6%)	5:58	10.1 (64.7%)	
307	<b>KUZMICKI Kajetan</b>	<b>2201</b>		M12	21	00:15:02	<b>00:29:53.64</b>	+00:10:40 (35.7%)	5:58	10 (64.1%)	
308	<b>JAROSZ Paweł</b>	<b>3120</b>		M30	98	00:14:53	<b>00:29:55.41</b>	+00:10:41 (35.7%)	5:59	10 (64.1%)	
309	<b>KRETUŃSKI Marcin</b>	<b>2082</b>		M30	99	00:15:37	<b>00:29:55.65</b>	+00:10:42 (35.8%)	5:59	10 (64.1%)	
310	<b>GAJEWSKI Krzysztof</b>	<b>1195</b>		M40	67	00:15:40	<b>00:29:56.07</b>	+00:10:42 (35.8%)	5:59	10 (64.1%)	
311	<b>ANDRZEJEWSKI Maciej</b>	<b>3153</b>		M40	68	00:16:02	<b>00:29:56.26</b>	+00:10:42 (35.8%)	5:59	10 (64.1%)	
312	<b>PAZIO Anna</b>	<b>3108</b>		K20	7	00:15:59	<b>00:29:59.42</b>	+00:10:45 (35.9%)	5:59	10 (64.1%)	
313	<b>ŁUKOWSKI Kamil</b>	<b>1035</b>		M30	100	00:15:08	<b>00:29:59.73</b>	+00:10:46 (35.9%)	5:59	10 (64.1%)	
314	<b>TELLOS Justyna</b>	<b>1074</b>	HAJNÓWKA BIEGA	K40	11	00:15:09	<b>00:30:00.90</b>	+00:10:47 (35.9%)	6:00	10 (64.1%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.7km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
315	<b>ANUSZKIEWICZ Adam</b>	<b>2114</b>	NA WIRZACO	M50	22	00:15:26	<b>00:30:02.12</b>	+00:10:48 (36.0%)	6:00	10 (64.1%)
316	<b>BIECIUK Maciej</b>	<b>1146</b>		M30	101	00:14:42	<b>00:30:05.34</b>	+00:10:51 (36.1%)	6:01	10 (64.1%)
317	<b>WALUK Franciszek</b>	<b>2088</b>		M60	8	00:16:11	<b>00:30:05.71</b>	+00:10:52 (36.1%)	6:01	10 (64.1%)
318	<b>KOCHAŃSKI Karol</b>	<b>2029</b>		M30	102	00:15:48	<b>00:30:05.93</b>	+00:10:52 (36.1%)	6:01	10 (64.1%)
319	<b>CZERŻYŃSKA Ewa</b>	<b>2179</b>		K20	8	00:15:34	<b>00:30:07.27</b>	+00:10:53 (36.2%)	6:01	10 (64.1%)
320	<b>WASIELEWSKI Grzegorz</b>	<b>1100</b>		M30	103	00:14:32	<b>00:30:08.71</b>	+00:10:55 (36.2%)	6:01	10 (64.1%)
321	<b>WYSOCKA Magdalena</b>	<b>1061</b>		K30	26	00:16:00	<b>00:30:09.23</b>	+00:10:55 (36.2%)	6:01	10 (64.1%)
322	<b>BOGDANOWICZ Anna</b>	<b>72</b>	DRUŻYNA STEFANA CZARNIECKIEGO	K50	6	00:15:32	<b>00:30:11.55</b>	+00:10:57 (36.3%)	6:02	9.9 (63.5%)
323	<b>HOŃKO Marek</b>	<b>3035</b>		M30	104	00:15:33	<b>00:30:15.27</b>	+00:11:01 (36.5%)	6:03	9.9 (63.5%)
324	<b>GÓRSKI Artur</b>	<b>2044</b>		M20	42	00:16:01	<b>00:30:16.27</b>	+00:11:02 (36.5%)	6:03	9.9 (63.5%)
325	<b>MOJSAK Karolina</b>	<b>2100</b>		K20	9	00:15:10	<b>00:30:18.06</b>	+00:11:04 (36.5%)	6:03	9.9 (63.5%)
326	<b>RADGOWSKA Monika</b>	<b>2078</b>		K30	27	00:16:01	<b>00:30:18.81</b>	+00:11:05 (36.6%)	6:03	9.9 (63.5%)
327	<b>PUKSZTA Michał</b>	<b>3139</b>		M20	43	00:15:37	<b>00:30:19.98</b>	+00:11:06 (36.6%)	6:03	9.9 (63.5%)
328	<b>SZYMCZUK Olga</b>	<b>2071</b>	SSP SUPRAŚL	K12	9	00:15:48	<b>00:30:20.44</b>	+00:11:06 (36.6%)	6:04	9.9 (63.5%)
329	<b>DZIESZUTA Wojciech</b>	<b>93</b>	N50	M40	69	00:14:45	<b>00:30:21.50</b>	+00:11:07 (36.7%)	6:04	9.9 (63.5%)
330	<b>SAKOWICZ Martyna</b>	<b>2137</b>		K30	28	00:15:39	<b>00:30:22.06</b>	+00:11:08 (36.7%)	6:04	9.9 (63.5%)
331	<b>KLUCZNIK Dominik</b>	<b>2075</b>		M30	105	00:16:06	<b>00:30:25.10</b>	+00:11:11 (36.8%)	6:05	9.9 (63.5%)
332	<b>ŁYSECKI Łukasz</b>	<b>2204</b>		M30	106	00:15:58	<b>00:30:26.27</b>	+00:11:12 (36.8%)	6:05	9.9 (63.5%)
333	<b>SULEWSKI Adam</b>	<b>2025</b>	PALISANDER RUNNING TEAM	M30	107	00:14:59	<b>00:30:26.61</b>	+00:11:13 (36.8%)	6:05	9.9 (63.5%)
334	<b>HOŃKO Kamila</b>	<b>3034</b>		K30	29	00:15:33	<b>00:30:28.26</b>	+00:11:14 (36.9%)	6:05	9.8 (62.8%)
335	<b>IDEK Karol</b>	<b>2184</b>		M20	44	00:16:10	<b>00:30:28.82</b>	+00:11:15 (36.9%)	6:05	9.8 (62.8%)
336	<b>JURUSZ Michał</b>	<b>2074</b>		M30	108	00:15:57	<b>00:30:29.19</b>	+00:11:15 (36.9%)	6:05	9.8 (62.8%)
337	<b>GAWRYLIK Joanna</b>	<b>2155</b>		K50	7	00:15:47	<b>00:30:30.02</b>	+00:11:16 (37.0%)	6:06	9.8 (62.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.7km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
338	<b>SALIK Maciek</b>	<b>2205</b>		M40	70	00:15:55	<b>00:30:31.47</b>	+00:11:17 (37.0%)	6:06	9.8 (62.8%)
339	<b>SALIK Katarzyna</b>	<b>2111</b>		K40	12	00:15:54	<b>00:30:32.69</b>	+00:11:19 (37.1%)	6:06	9.8 (62.8%)
340	<b>KIRCHUK Anton</b>	<b>1160</b>		M60	9	00:15:09	<b>00:30:34.59</b>	+00:11:21 (37.1%)	6:06	9.8 (62.8%)
341	<b>HUBBELL Małgorzata</b>	<b>2049</b>		K40	13	00:16:06	<b>00:30:35.06</b>	+00:11:21 (37.1%)	6:07	9.8 (62.8%)
342	<b>KAVALCHUK Alena</b>	<b>3017</b>	TEA.M RUN	K20	10	00:15:38	<b>00:30:35.98</b>	+00:11:22 (37.2%)	6:07	9.8 (62.8%)
343	<b>KORZENIEWSKI Marek</b>	<b>2072</b>		M20	45	00:15:36	<b>00:30:38.28</b>	+00:11:24 (37.2%)	6:07	9.8 (62.8%)
344	<b>KORZENIECKI Marcin</b>	<b>3038</b>	WENDI FANS CLUB	M20	46	00:16:24	<b>00:30:38.46</b>	+00:11:24 (37.3%)	6:07	9.8 (62.8%)
345	<b>MALISZ Jerzy</b>	<b>2012</b>	AUTO IDEA	M50	23	00:15:48	<b>00:30:40.08</b>	+00:11:26 (37.3%)	6:08	9.8 (62.8%)
346	<b>SKUBIS Hubert</b>	<b>4115</b>	SZKOŁA PODSTAWOWA NR 4 IM. SYBIRAKÓW W BIAŁYMSTOKU	M12	22	00:17:06	<b>00:30:40.25</b>	+00:11:26 (37.3%)	6:08	9.8 (62.8%)
347	<b>MYSZKA Marcin</b>	<b>2043</b>	MARATONKA GRAJEWO	M50	24	00:15:48	<b>00:30:40.42</b>	+00:11:26 (37.3%)	6:08	9.8 (62.8%)
348	<b>ŁOSZAKIEWICZ Julian</b>	<b>4118</b>	SZKOŁA PODSTAWOWA NR 4 IM. SYBIRAKÓW W BIAŁYMSTOKU	M12	23	00:17:07	<b>00:30:40.98</b>	+00:11:27 (37.3%)	6:08	9.8 (62.8%)
349	<b>SOKOŁOWSKI Adrian</b>	<b>3094</b>		M40	71	00:15:47	<b>00:30:43.16</b>	+00:11:29 (37.4%)	6:08	9.8 (62.8%)
350	<b>KOMOSA Michał</b>	<b>1107</b>		M30	109	00:16:43	<b>00:30:44.14</b>	+00:11:30 (37.4%)	6:08	9.8 (62.8%)
351	<b>KLIMOWICZ Mateusz</b>	<b>1153</b>	ZST BIAŁYSTOK	M12	24	00:15:56	<b>00:30:45.28</b>	+00:11:31 (37.5%)	6:09	9.8 (62.8%)
352	<b>PRUSZYŃSKI Tomasz</b>	<b>1055</b>		M30	110	00:15:57	<b>00:30:47.22</b>	+00:11:33 (37.6%)	6:09	9.7 (62.2%)
353	<b>OTLEWSKI Artur</b>	<b>4097</b>		M20	47	00:16:12	<b>00:30:48.59</b>	+00:11:35 (37.6%)	6:09	9.7 (62.2%)
354	<b>SZERSZUNOWICZ Kasia</b>	<b>1075</b>	HAJNÓWKA BIEGA	K40	14	00:15:38	<b>00:30:48.89</b>	+00:11:35 (37.6%)	6:09	9.7 (62.2%)
355	<b>CIULWIK Zoja</b>	<b>3089</b>	RC GNIECIUKI	K12	10	00:16:39	<b>00:30:49.71</b>	+00:11:36 (37.6%)	6:09	9.7 (62.2%)
356	<b>SOPATA-FLOREK Monika</b>	<b>2118</b>		K30	30	00:15:05	<b>00:30:50.67</b>	+00:11:37 (37.7%)	6:10	9.7 (62.2%)
357	<b>SZWARC Ilona</b>	<b>2002</b>		K40	15	00:16:09	<b>00:30:50.75</b>	+00:11:37 (37.7%)	6:10	9.7 (62.2%)
358	<b>TUCHLIŃSKI Robert</b>	<b>1189</b>		M40	72	00:16:05	<b>00:30:52.58</b>	+00:11:39 (37.7%)	6:10	9.7 (62.2%)
359	<b>JÓZEFOWICZ Andrzej</b>	<b>1092</b>		M30	111	00:16:11	<b>00:30:52.96</b>	+00:11:39 (37.7%)	6:10	9.7 (62.2%)
360	<b>KRYŃSKI Kamil</b>	<b>2048</b>		M30	112	00:15:59	<b>00:30:54.05</b>	+00:11:40 (37.8%)	6:10	9.7 (62.2%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.7km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
361	<b>BUKŁAGA Maciej</b>	<b>2050</b>		M30	113	00:15:58	<b>00:30:54.53</b>	+00:11:40 (37.8%)	6:10	9.7 (62.2%)
362	<b>NIERODA Ilona</b>	<b>1004</b>		K30	31	00:15:53	<b>00:30:54.97</b>	+00:11:41 (37.8%)	6:10	9.7 (62.2%)
363	<b>BAKUN Kamil</b>	<b>2037</b>		M30	114	00:16:20	<b>00:30:57.76</b>	+00:11:44 (37.9%)	6:11	9.7 (62.2%)
364	<b>CHĘTNIK Joanna</b>	<b>1125</b>	ZS NR 15	K40	16	00:16:17	<b>00:30:58.66</b>	+00:11:45 (37.9%)	6:11	9.7 (62.2%)
365	<b>TAUDUL Anna</b>	<b>2058</b>		K40	17	00:16:04	<b>00:31:00.03</b>	+00:11:46 (38.0%)	6:12	9.7 (62.2%)
366	<b>JERULANK Wiesław</b>	<b>1165</b>	MARATONKA GRAJEWO	M60	10	00:15:58	<b>00:31:05.81</b>	+00:11:52 (38.2%)	6:13	9.7 (62.2%)
367	<b>ŚLIWIŃSKI Dariusz</b>	<b>1005</b>		M30	115	00:16:12	<b>00:31:05.98</b>	+00:11:52 (38.2%)	6:13	9.7 (62.2%)
368	<b>HUK Marcin</b>	<b>1072</b>		M50	25	00:15:09	<b>00:31:07.49</b>	+00:11:53 (38.2%)	6:13	9.6 (61.5%)
369	<b>PRYMAKA Mateusz</b>	<b>4154</b>	PALISANDER RUNNING TEAM	M30	116	00:16:33	<b>00:31:08.63</b>	+00:11:55 (38.3%)	6:13	9.6 (61.5%)
370	<b>PRUS Marek</b>	<b>3041</b>		M50	26	00:16:23	<b>00:31:08.84</b>	+00:11:55 (38.3%)	6:13	9.6 (61.5%)
371	<b>SIŁKOWSKA Małgorzata</b>	<b>2128</b>		K30	32	00:16:17	<b>00:31:09.12</b>	+00:11:55 (38.3%)	6:13	9.6 (61.5%)
372	<b>ZWIERZYŃSKI Kamil</b>	<b>1014</b>	BB TEAM	M30	117	00:16:19	<b>00:31:10.87</b>	+00:11:57 (38.3%)	6:14	9.6 (61.5%)
373	<b>DANILCZUK Emilia</b>	<b>2120</b>	1 PODLASKA BRYGADA OBRONY TERYTORIALNEJ	K40	18	00:15:45	<b>00:31:10.89</b>	+00:11:57 (38.3%)	6:14	9.6 (61.5%)
374	<b>KARDEL Katarzyna</b>	<b>2138</b>		K30	33	00:16:02	<b>00:31:14.27</b>	+00:12:00 (38.5%)	6:14	9.6 (61.5%)
375	<b>KAŻMIERSKI Wojciech</b>	<b>2031</b>		M60	11	00:15:48	<b>00:31:14.74</b>	+00:12:01 (38.5%)	6:14	9.6 (61.5%)
376	<b>PIAŚCIK Rafał</b>	<b>1183</b>		M30	118	00:17:08	<b>00:31:15.42</b>	+00:12:01 (38.5%)	6:15	9.6 (61.5%)
377	<b>DADURA Dominik</b>	<b>2136</b>		M12	25	00:15:40	<b>00:31:15.97</b>	+00:12:02 (38.5%)	6:15	9.6 (61.5%)
378	<b>ZAORSKA Urszula</b>	<b>1015</b>	BIAŁYSTOK BIEGA TEAM	K40	19	00:16:27	<b>00:31:17.71</b>	+00:12:04 (38.6%)	6:15	9.6 (61.5%)
379	<b>PSTUŚ Jacek</b>	<b>1150</b>		M50	27	00:16:27	<b>00:31:18.41</b>	+00:12:04 (38.6%)	6:15	9.6 (61.5%)
380	<b>GÓRNICKA Ewa</b>	<b>2103</b>	WETERANI RP	K60	1	00:16:21	<b>00:31:18.62</b>	+00:12:05 (38.6%)	6:15	9.6 (61.5%)
381	<b>LEONIAK Marcin</b>	<b>1023</b>	WETERANI RP	M40	73	00:16:21	<b>00:31:18.63</b>	+00:12:05 (38.6%)	6:15	9.6 (61.5%)
382	<b>PALAMARCHUK Iryna</b>	<b>2188</b>	TEA.M.RUN	K30	34	00:16:22	<b>00:31:20.69</b>	+00:12:07 (38.7%)	6:16	9.6 (61.5%)
383	<b>CIEPŁUCHA Patryk</b>	<b>1133</b>		M20	48	00:16:23	<b>00:31:21.36</b>	+00:12:07 (38.7%)	6:16	9.6 (61.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.7km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km				
384	<b>JANKOWSKA Natalia</b>	<b>2130</b>		K20	11	00:16:23	<b>00:31:21.41</b>	+00:12:07 (38.7%)	6:16	9.6 (61.5%)	
385	<b>JURUSIK Małgorzata</b>	<b>2086</b>		K30	35	00:16:26	<b>00:31:21.63</b>	+00:12:08 (38.7%)	6:16	9.6 (61.5%)	
386	<b>PIOTROWSKI Piotr</b>	<b>2170</b>		M20	49	00:16:24	<b>00:31:22.40</b>	+00:12:08 (38.7%)	6:16	9.6 (61.5%)	
387	<b>CZARKOWSKI Mariusz</b>	<b>2032</b>		M40	74	00:15:45	<b>00:31:28.85</b>	+00:12:15 (38.9%)	6:17	9.5 (60.9%)	
388	<b>GAIŃSKI Marcin</b>	<b>2090</b>		M40	75	00:16:21	<b>00:31:28.89</b>	+00:12:15 (38.9%)	6:17	9.5 (60.9%)	
389	<b>TROJGO Janusz</b>	<b>2134</b>	NADAKTYWNI	M40	76	00:16:33	<b>00:31:34.56</b>	+00:12:20 (39.1%)	6:18	9.5 (60.9%)	
390	<b>RALI Przemysław</b>	<b>3083</b>		M40	77	00:16:09	<b>00:31:35.59</b>	+00:12:22 (39.1%)	6:19	9.5 (60.9%)	
391	<b>MAJEWSKI Patryk</b>	<b>3137</b>		M12	26	00:17:53	<b>00:31:36.42</b>	+00:12:22 (39.2%)	6:19	9.5 (60.9%)	
392	<b>JURCZUK Krystyna</b>	<b>1068</b>		K40	20	00:16:37	<b>00:31:38.08</b>	+00:12:24 (39.2%)	6:19	9.5 (60.9%)	
393	<b>JAŚKIEWICZ Ewelina</b>	<b>1073</b>		K40	21	00:16:41	<b>00:31:40.66</b>	+00:12:27 (39.3%)	6:20	9.5 (60.9%)	
394	<b>ZAJKOWSKI Robert</b>	<b>2053</b>	WINLAND	M40	78	00:16:26	<b>00:31:43.58</b>	+00:12:30 (39.4%)	6:20	9.5 (60.9%)	
395	<b>ARTEMIUK Anna</b>	<b>1167</b>		K40	22	00:16:35	<b>00:31:45.73</b>	+00:12:32 (39.5%)	6:21	9.4 (60.3%)	
396	<b>ARTEMIUK Janusz</b>	<b>1168</b>		M40	79	00:16:35	<b>00:31:45.92</b>	+00:12:32 (39.5%)	6:21	9.4 (60.3%)	
397	<b>SIEREDA Mateusz</b>	<b>3039</b>		M30	119	00:15:59	<b>00:31:48.20</b>	+00:12:34 (39.5%)	6:21	9.4 (60.3%)	
398	<b>RUTO Dzmityry</b>	<b>1034</b>	TEA.M RUN	M30	120	00:16:35	<b>00:31:48.86</b>	+00:12:35 (39.6%)	6:21	9.4 (60.3%)	
399	<b>OSTROWSKI Tomasz</b>	<b>3054</b>		M40	80	00:16:02	<b>00:31:49.08</b>	+00:12:35 (39.6%)	6:21	9.4 (60.3%)	
400	<b>REDLIŃSKA Julia</b>	<b>3155</b>		K20	12	00:17:15	<b>00:31:49.24</b>	+00:12:35 (39.6%)	6:21	9.4 (60.3%)	
401	<b>KRYNICKI Bartłomiej</b>	<b>2001</b>		M20	50	00:17:25	<b>00:31:51.12</b>	+00:12:37 (39.6%)	6:22	9.4 (60.3%)	
402	<b>WĘGLARZ Julia</b>	<b>1186</b>		K12	11	00:16:28	<b>00:31:51.78</b>	+00:12:38 (39.7%)	6:22	9.4 (60.3%)	
403	<b>KONCZEREWICZ Mariusz</b>	<b>4016</b>	MARSZOMANIACY BIELSK PODLASKI	M40	81	00:17:01	<b>00:31:52.51</b>	+00:12:38 (39.7%)	6:22	9.4 (60.3%)	
404	<b>NOWICKA Monika</b>	<b>2089</b>	WETERANI	K40	23	00:16:23	<b>00:31:52.86</b>	+00:12:39 (39.7%)	6:22	9.4 (60.3%)	
405	<b>TOMKOWICZ Wiktoria</b>	<b>3086</b>		K20	13	00:16:34	<b>00:31:53.59</b>	+00:12:40 (39.7%)	6:22	9.4 (60.3%)	
406	<b>GÓRNICKI Marek</b>	<b>2102</b>	WETERANI RP	M70	1	00:17:32	<b>00:31:53.84</b>	+00:12:40 (39.7%)	6:22	9.4 (60.3%)	

Msc	Zawodnik	Numer		Klub	Kategoria	Mkat	Split 2.7km	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
407	<b>POLAK Marta</b>	<b>2166</b>	N50		K30	36	00:16:00	<b>00:31:54.08</b>	+00:12:40 (39.7%)	6:22	9.4 (60.3%)
408	<b>NOWICKI Piotr</b>	<b>2101</b>	WETERANI RP		M40	82	00:17:32	<b>00:31:54.23</b>	+00:12:40 (39.7%)	6:22	9.4 (60.3%)
409	<b>KOŚCIUCH Eryk</b>	<b>57</b>			M20	51	00:17:14	<b>00:31:55.35</b>	+00:12:41 (39.8%)	6:23	9.4 (60.3%)
410	<b>BRAŃSKA Agnieszka</b>	<b>1079</b>			K30	37	00:16:34	<b>00:31:56.78</b>	+00:12:43 (39.8%)	6:23	9.4 (60.3%)
411	<b>STEFANOWICZ Zdzisław</b>	<b>2163</b>			M50	28	00:17:11	<b>00:31:57.53</b>	+00:12:43 (39.8%)	6:23	9.4 (60.3%)
412	<b>WYSOCKA Laura</b>	<b>1033</b>	NADAKTYWNI		K12	12	00:17:29	<b>00:31:57.87</b>	+00:12:44 (39.9%)	6:23	9.4 (60.3%)
413	<b>IWANOW Helena</b>	<b>1179</b>	BBT		K60	2	00:16:14	<b>00:31:58.02</b>	+00:12:44 (39.9%)	6:23	9.4 (60.3%)
414	<b>WYSOCKI Tomasz</b>	<b>1032</b>	NADAKTYWNI		M40	83	00:17:29	<b>00:31:58.08</b>	+00:12:44 (39.9%)	6:23	9.4 (60.3%)
415	<b>IWANOW Aleksander</b>	<b>1180</b>	BBT		M30	121	00:16:15	<b>00:31:58.82</b>	+00:12:45 (39.9%)	6:23	9.4 (60.3%)
416	<b>KLOZA Damian</b>	<b>4209</b>	MEDIAEXPERT		M20	52	00:16:57	<b>00:31:58.93</b>	+00:12:45 (39.9%)	6:23	9.4 (60.3%)
417	<b>MALISZEWSKA Agnieszka</b>	<b>1019</b>	BIAŁYSTOK BIEGA TEAM		K50	8	00:16:27	<b>00:31:58.99</b>	+00:12:45 (39.9%)	6:23	9.4 (60.3%)
418	<b>MANTUR Bogdan</b>	<b>1047</b>	KGW JANKO-WIANKI		M50	29	00:16:55	<b>00:31:59.12</b>	+00:12:45 (39.9%)	6:23	9.4 (60.3%)
419	<b>URBAN Zbigniew</b>	<b>3138</b>			M50	30	00:16:02	<b>00:31:59.73</b>	+00:12:46 (39.9%)	6:23	9.4 (60.3%)
420	<b>JANCZUK-SZYMAŃSKA Magdalena</b>	<b>1144</b>			K40	24	00:16:34	<b>00:32:07.30</b>	+00:12:53 (40.1%)	6:25	9.3 (59.6%)
421	<b>CIULWIK Andrzej</b>	<b>3088</b>	RC GNIECIUKI		M40	84	00:16:39	<b>00:32:07.40</b>	+00:12:53 (40.1%)	6:25	9.3 (59.6%)
422	<b>BOROWSKI Kamil</b>	<b>3077</b>			M30	122	00:16:27	<b>00:32:09.50</b>	+00:12:55 (40.2%)	6:25	9.3 (59.6%)
423	<b>CHILKIEWICZ Piotr</b>	<b>3044</b>			M40	85	00:17:19	<b>00:32:11.14</b>	+00:12:57 (40.3%)	6:26	9.3 (59.6%)
424	<b>CHILKIEWICZ Małgorzata</b>	<b>3045</b>	MARSZOMANIACY BIELSK PODLASKI		K40	25	00:17:18	<b>00:32:12.15</b>	+00:12:58 (40.3%)	6:26	9.3 (59.6%)
425	<b>FALKOWSKI Emil</b>	<b>3001</b>	MARSZOMANIACY BIELSK PODLASKI		M40	86	00:17:18	<b>00:32:12.62</b>	+00:12:59 (40.3%)	6:26	9.3 (59.6%)
426	<b>WYSZKOWSKI Marcin</b>	<b>3101</b>			M20	53	00:16:36	<b>00:32:13.90</b>	+00:13:00 (40.3%)	6:26	9.3 (59.6%)
427	<b>PIOTROWSKA Aneta</b>	<b>2151</b>			K40	26	00:16:23	<b>00:32:15.05</b>	+00:13:01 (40.4%)	6:27	9.3 (59.6%)
428	<b>MACKIEWICZ Maciej</b>	<b>3078</b>			M20	54	00:17:44	<b>00:32:15.55</b>	+00:13:01 (40.4%)	6:27	9.3 (59.6%)
429	<b>KOWALCZUK-JASZCZUR Marlena</b>	<b>82</b>	AIKIRUNNERS		K40	27	00:16:26	<b>00:32:16.54</b>	+00:13:02 (40.4%)	6:27	9.3 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.7km	Czas		Różn	Tempo min/km	Tempo km/h
							5km				
430	<b>MIELECH Grzegorz</b>	<b>2034</b>		M50	31	00:17:10	<b>00:32:20.39</b>	+00:13:06 (40.5%)	6:28	9.3 (59.6%)	
431	<b>KAPUSTA Ewa</b>	<b>2115</b>	WINLAND	K30	38	00:16:27	<b>00:32:20.63</b>	+00:13:07 (40.6%)	6:28	9.3 (59.6%)	
432	<b>BĄK Rafał</b>	<b>3060</b>		M50	32	00:16:56	<b>00:32:23.47</b>	+00:13:09 (40.6%)	6:28	9.3 (59.6%)	
433	<b>POPŁAWSKI Mirek</b>	<b>1076</b>		M60	12	00:15:34	<b>00:32:24.33</b>	+00:13:10 (40.7%)	6:28	9.3 (59.6%)	
434	<b>MOJSA Wiesław</b>	<b>1134</b>	BIAŁYSTOK BIEGA	M50	33	00:17:00	<b>00:32:25.05</b>	+00:13:11 (40.7%)	6:29	9.3 (59.6%)	
435	<b>CHOJNOWSKI Andrzej</b>	<b>2178</b>		M60	13	00:16:44	<b>00:32:29.58</b>	+00:13:16 (40.8%)	6:29	9.2 (59.0%)	
436	<b>JELENIWSKA Karolina</b>	<b>2167</b>		K30	39	00:16:23	<b>00:32:31.00</b>	+00:13:17 (40.9%)	6:30	9.2 (59.0%)	
437	<b>KOBYLIŃSKI Piotr</b>	<b>2056</b>		M40	87	00:16:17	<b>00:32:37.32</b>	+00:13:23 (41.1%)	6:31	9.2 (59.0%)	
438	<b>ZABROCKI Andrzej</b>	<b>1172</b>	PODLASIAKI TEAM	M60	14	00:16:06	<b>00:32:38.17</b>	+00:13:24 (41.1%)	6:31	9.2 (59.0%)	
439	<b>WISZOWATA Aneta</b>	<b>3095</b>	1PBOT	K30	40	00:17:26	<b>00:32:41.98</b>	+00:13:28 (41.2%)	6:32	9.2 (59.0%)	
440	<b>PATEJUK Agnieszka</b>	<b>3002</b>		K30	41	00:16:47	<b>00:32:42.06</b>	+00:13:28 (41.2%)	6:32	9.2 (59.0%)	
441	<b>KARNY Agata</b>	<b>1159</b>		K20	14	00:17:45	<b>00:32:42.76</b>	+00:13:29 (41.2%)	6:32	9.2 (59.0%)	
442	<b>KURYŚ Karolina</b>	<b>3052</b>		K30	42	00:17:34	<b>00:32:44.37</b>	+00:13:30 (41.3%)	6:32	9.2 (59.0%)	
443	<b>PĘCAK Sylwia</b>	<b>2070</b>		K40	28	00:16:28	<b>00:32:44.54</b>	+00:13:30 (41.3%)	6:32	9.2 (59.0%)	
444	<b>KWIATEK Magdalena</b>	<b>1058</b>	OUTDOOR TRAINING	K40	29	00:17:35	<b>00:32:46.00</b>	+00:13:32 (41.3%)	6:33	9.2 (59.0%)	
445	<b>KUBACKA Klaudia</b>	<b>2124</b>		K20	15	00:15:49	<b>00:32:48.20</b>	+00:13:34 (41.4%)	6:33	9.1 (58.3%)	
446	<b>KUCZYŃSKI Maciej</b>	<b>2016</b>	AQUARD RUN	M30	123	00:17:26	<b>00:32:49.20</b>	+00:13:35 (41.4%)	6:33	9.1 (58.3%)	
447	<b>KMITA-KULESZA Magdalena</b>	<b>2104</b>		K40	30	00:17:12	<b>00:32:52.61</b>	+00:13:39 (41.5%)	6:34	9.1 (58.3%)	
448	<b>SZYMCZUK Małgorzata</b>	<b>1113</b>	SPORTTEAM ZAMBRÓW	K50	9	00:16:43	<b>00:32:55.76</b>	+00:13:42 (41.6%)	6:35	9.1 (58.3%)	
449	<b>BASTEK Zuzanna</b>	<b>2036</b>		K40	31	00:16:40	<b>00:32:56.22</b>	+00:13:42 (41.6%)	6:35	9.1 (58.3%)	
450	<b>KOTYŃSKI Piotr</b>	<b>3136</b>	PALISANDER RUNNING TEAM	M30	124	00:18:18	<b>00:32:56.36</b>	+00:13:42 (41.6%)	6:35	9.1 (58.3%)	
451	<b>TULEJA Maciej</b>	<b>1028</b>		M30	125	00:16:24	<b>00:32:57.06</b>	+00:13:43 (41.7%)	6:35	9.1 (58.3%)	
452	<b>POLECKA Magdalena</b>	<b>1166</b>		K20	16	00:17:45	<b>00:33:00.16</b>	+00:13:46 (41.7%)	6:36	9.1 (58.3%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.7km	Czas		Różn	Tempo min/km	Tempo km/h
							5km				
453	<b>BĄŁAZY Beata</b>	<b>2157</b>	OUTDOOR TRAINING	K40	32	00:17:36	<b>00:33:02.23</b>	+00:13:48 (41.8%)	6:36	9.1 (58.3%)	
454	<b>RĘBACZ Maciej</b>	<b>3067</b>	AQUARD RUN	M50	34	00:17:32	<b>00:33:02.25</b>	+00:13:48 (41.8%)	6:36	9.1 (58.3%)	
455	<b>WOŁĘJKO Kamil</b>	<b>3009</b>		M30	126	00:17:09	<b>00:33:03.90</b>	+00:13:50 (41.9%)	6:36	9.1 (58.3%)	
456	<b>TOCZYDŁOWSKA Sandra</b>	<b>1081</b>		K30	43	00:16:35	<b>00:33:05.12</b>	+00:13:51 (41.9%)	6:37	9.1 (58.3%)	
457	<b>PARTYKA Urszula</b>	<b>3058</b>		K50	10	00:17:46	<b>00:33:05.19</b>	+00:13:51 (41.9%)	6:37	9.1 (58.3%)	
458	<b>JABŁONOWSKI Maciej</b>	<b>4210</b>	MEDIAEXPERT	M20	55	00:17:40	<b>00:33:07.10</b>	+00:13:53 (41.9%)	6:37	9.1 (58.3%)	
459	<b>PTASZYŃSKI Wojciech</b>	<b>1084</b>		M30	127	00:16:29	<b>00:33:08.85</b>	+00:13:55 (42.0%)	6:37	9.1 (58.3%)	
460	<b>BUDNA Karolina</b>	<b>1085</b>		K20	17	00:16:29	<b>00:33:09.09</b>	+00:13:55 (42.0%)	6:37	9 (57.7%)	
461	<b>DAMULEWICZ Elżbieta</b>	<b>2191</b>		K40	33	00:17:29	<b>00:33:09.65</b>	+00:13:56 (42.0%)	6:37	9 (57.7%)	
462	<b>RUDNIK Sławek</b>	<b>2140</b>	NADAKTYWNI / PODLASIE 4X4	M50	35	00:17:30	<b>00:33:10.30</b>	+00:13:56 (42.0%)	6:38	9 (57.7%)	
463	<b>GÓRSKA Hanna</b>	<b>4157</b>		K12	13	00:17:54	<b>00:33:11.45</b>	+00:13:57 (42.1%)	6:38	9 (57.7%)	
464	<b>BOROWIK Mateusz</b>	<b>3065</b>		M30	128	00:16:54	<b>00:33:13.31</b>	+00:13:59 (42.1%)	6:38	9 (57.7%)	
465	<b>MALINOWSKI Grzegorz</b>	<b>4184</b>		M12	27	00:17:49	<b>00:33:14.96</b>	+00:14:01 (42.2%)	6:38	9 (57.7%)	
466	<b>ZALEWSKI Tomasz</b>	<b>2139</b>		M40	88	00:17:43	<b>00:33:15.18</b>	+00:14:01 (42.2%)	6:39	9 (57.7%)	
467	<b>MALINOWSKI Krzysztof</b>	<b>4183</b>		M40	89	00:17:49	<b>00:33:17.80</b>	+00:14:04 (42.3%)	6:39	9 (57.7%)	
468	<b>KALINOWSKA Roksana</b>	<b>4134</b>		K30	44	00:18:13	<b>00:33:18.42</b>	+00:14:04 (42.3%)	6:39	9 (57.7%)	
469	<b>BRONIEWICZ Piotr</b>	<b>3080</b>	DRTUSZ BIEGA	M40	90	00:17:28	<b>00:33:20.46</b>	+00:14:06 (42.3%)	6:40	9 (57.7%)	
470	<b>SIKORSKA Anna</b>	<b>4141</b>		K40	34	00:17:51	<b>00:33:26.82</b>	+00:14:13 (42.5%)	6:41	9 (57.7%)	
471	<b>POPŁAWSKI Konrad</b>	<b>2169</b>		M20	56	00:18:04	<b>00:33:29.16</b>	+00:14:15 (42.6%)	6:41	9 (57.7%)	
472	<b>BOSZKO Ewa</b>	<b>3079</b>		K40	35	00:17:24	<b>00:33:30.64</b>	+00:14:17 (42.6%)	6:42	9 (57.7%)	
473	<b>NIEWIŃSKI Artur</b>	<b>2187</b>		M30	129	00:17:28	<b>00:33:31.67</b>	+00:14:18 (42.7%)	6:42	9 (57.7%)	
474	<b>ZABUDOWSKA Joanna</b>	<b>2094</b>		K40	36	00:17:41	<b>00:33:35.09</b>	+00:14:21 (42.8%)	6:43	8.9 (57.1%)	
475	<b>CHARKIEWICZ Andrzej</b>	<b>3096</b>		M40	91	00:17:37	<b>00:33:37.03</b>	+00:14:23 (42.8%)	6:43	8.9 (57.1%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.7km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
476	<b>KOŁODZIEJSKI Arkadiusz</b>	<b>1064</b>	OSTRÓW BIEGA	M40	92	00:18:49	<b>00:33:43.90</b>	+00:14:30 (43.0%)	6:44	8.9 (57.1%)
477	<b>KURYŁO Jakub</b>	<b>2028</b>	NIE PIERWSI NIE OSTATNI	M30	130	00:17:18	<b>00:33:45.72</b>	+00:14:32 (43.1%)	6:45	8.9 (57.1%)
478	<b>DEKUTOWSKA Martyna</b>	<b>134</b>		K20	18	00:16:22	<b>00:33:46.00</b>	+00:14:32 (43.1%)	6:45	8.9 (57.1%)
479	<b>DMOCHOWSKI Piotr</b>	<b>4125</b>		M30	131	00:17:34	<b>00:33:48.84</b>	+00:14:35 (43.1%)	6:45	8.9 (57.1%)
480	<b>SZCZĘSNOWICZ Weronika</b>	<b>3142</b>		K30	45	00:17:21	<b>00:33:50.38</b>	+00:14:36 (43.2%)	6:46	8.9 (57.1%)
481	<b>KOSTRYCKA Sara</b>	<b>3048</b>		K20	19	00:17:34	<b>00:33:50.50</b>	+00:14:36 (43.2%)	6:46	8.9 (57.1%)
482	<b>STASIEŁUK Kacper</b>	<b>1152</b>	ZST BIAŁYSTOK	M12	28	00:16:03	<b>00:33:51.46</b>	+00:14:37 (43.2%)	6:46	8.9 (57.1%)
483	<b>BORZYM Emilia</b>	<b>3093</b>		K40	37	00:17:41	<b>00:33:58.19</b>	+00:14:44 (43.4%)	6:47	8.8 (56.4%)
484	<b>WIŚNIEWSKI Wojciech</b>	<b>2185</b>		M50	36	00:18:16	<b>00:33:59.08</b>	+00:14:45 (43.4%)	6:47	8.8 (56.4%)
485	<b>KULESZA Renata</b>	<b>3005</b>		K40	38	00:18:27	<b>00:33:59.36</b>	+00:14:45 (43.4%)	6:47	8.8 (56.4%)
486	<b>OLESIUK Monika</b>	<b>3031</b>		K30	46	00:17:53	<b>00:34:00.53</b>	+00:14:46 (43.5%)	6:48	8.8 (56.4%)
487	<b>GAINSKA Paulina</b>	<b>3030</b>		K30	47	00:17:48	<b>00:34:00.76</b>	+00:14:47 (43.5%)	6:48	8.8 (56.4%)
488	<b>MARCINCZYK Adrian</b>	<b>2180</b>	KLUB WĘDROWCA "WODNIK SZUWAREK"	M30	132	00:17:11	<b>00:34:05.14</b>	+00:14:51 (43.6%)	6:49	8.8 (56.4%)
489	<b>SZYMAŃSKA-ZIOMEK Magdalena</b>	<b>1128</b>	N50	K30	48	00:18:00	<b>00:34:05.78</b>	+00:14:52 (43.6%)	6:49	8.8 (56.4%)
490	<b>SIDZ-ŁOTOWSKA Agnieszka</b>	<b>1009</b>	N50	K40	39	00:18:00	<b>00:34:05.95</b>	+00:14:52 (43.6%)	6:49	8.8 (56.4%)
491	<b>PAJEWSKA Iwona</b>	<b>1008</b>	N50	K30	49	00:18:00	<b>00:34:05.98</b>	+00:14:52 (43.6%)	6:49	8.8 (56.4%)
492	<b>LINDEBNA Małgorzata</b>	<b>2093</b>		K40	40	00:17:12	<b>00:34:07.57</b>	+00:14:53 (43.7%)	6:49	8.8 (56.4%)
493	<b>KRASINSKI Karol</b>	<b>5087</b>		M40	93	00:16:22	<b>00:34:08.65</b>	+00:14:55 (43.7%)	6:49	8.8 (56.4%)
494	<b>NIEBRZYDOWSKA Dorota</b>	<b>4222</b>	POLSKIE RADIO BIAŁYSTOK	K50	11	00:17:35	<b>00:34:10.41</b>	+00:14:56 (43.7%)	6:50	8.8 (56.4%)
495	<b>PRUSZYŃSKA Dominika</b>	<b>2148</b>		K12	14	00:18:07	<b>00:34:10.94</b>	+00:14:57 (43.8%)	6:50	8.8 (56.4%)
496	<b>ZABOROWSKA Emilia</b>	<b>1065</b>		K20	20	00:17:59	<b>00:34:11.65</b>	+00:14:58 (43.8%)	6:50	8.8 (56.4%)
497	<b>MILEWSKA- SUROWIEC Anna</b>	<b>2030</b>		K30	50	00:17:20	<b>00:34:11.88</b>	+00:14:58 (43.8%)	6:50	8.8 (56.4%)
498	<b>LEONIK Cecylia</b>	<b>4142</b>	--	K50	12	00:17:43	<b>00:34:12.52</b>	+00:14:58 (43.8%)	6:50	8.8 (56.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.7km	Czas		Różn	Tempo min/km	Tempo km/h
							5km				
499	<b>KOSIŃSKI Olaf</b>	<b>3112</b>		M12	29	00:18:04	<b>00:34:14.63</b>	+00:15:01 (43.9%)	6:50	8.8 (56.4%)	
500	<b>KOSIŃSKA Katarzyna</b>	<b>3111</b>		K40	41	00:18:05	<b>00:34:15.24</b>	+00:15:01 (43.9%)	6:51	8.8 (56.4%)	
501	<b>KOSIŃSKI Hubert</b>	<b>3092</b>		M40	94	00:18:06	<b>00:34:15.90</b>	+00:15:02 (43.9%)	6:51	8.8 (56.4%)	
502	<b>WIELICZKO Paweł</b>	<b>2011</b>		M40	95	00:17:56	<b>00:34:16.41</b>	+00:15:02 (43.9%)	6:51	8.8 (56.4%)	
503	<b>CHARKIEWICZ Wioleta</b>	<b>4140</b>		K40	42	00:17:56	<b>00:34:17.03</b>	+00:15:03 (43.9%)	6:51	8.8 (56.4%)	
504	<b>CZYŻEWSKI Marcin</b>	<b>2202</b>		M30	133	00:17:56	<b>00:34:17.87</b>	+00:15:04 (43.9%)	6:51	8.8 (56.4%)	
505	<b>PIELECKA Anna</b>	<b>1163</b>		K40	43	00:17:29	<b>00:34:18.44</b>	+00:15:04 (44.0%)	6:51	8.7 (55.8%)	
506	<b>PIELECKI Marcin</b>	<b>1162</b>	KALINOWSKI TEAM - KTW	M40	96	00:17:29	<b>00:34:18.48</b>	+00:15:04 (44.0%)	6:51	8.7 (55.8%)	
507	<b>RADEL Przemysław</b>	<b>3103</b>		M30	134	00:18:10	<b>00:34:20.25</b>	+00:15:06 (44.0%)	6:52	8.7 (55.8%)	
508	<b>GRODZKA Paulina</b>	<b>4205</b>		K30	51	00:17:55	<b>00:34:20.80</b>	+00:15:07 (44.0%)	6:52	8.7 (55.8%)	
509	<b>SANEJKO Magdalena</b>	<b>3157</b>		K40	44	00:18:13	<b>00:34:21.02</b>	+00:15:07 (44.0%)	6:52	8.7 (55.8%)	
510	<b>ŁUKASIK Martyna</b>	<b>4105</b>	OKS BOCIANY	K20	21	00:18:05	<b>00:34:26.88</b>	+00:15:13 (44.2%)	6:53	8.7 (55.8%)	
511	<b>JABŁOŃSKI Paweł</b>	<b>4106</b>	OKS BOCIANY	M20	57	00:18:05	<b>00:34:26.97</b>	+00:15:13 (44.2%)	6:53	8.7 (55.8%)	
512	<b>STEFANIENKO Magdalena</b>	<b>4015</b>		K40	45	00:17:56	<b>00:34:27.92</b>	+00:15:14 (44.2%)	6:53	8.7 (55.8%)	
513	<b>BARTOSZEWICZ Paulina</b>	<b>2168</b>		K20	22	00:17:46	<b>00:34:28.76</b>	+00:15:15 (44.2%)	6:53	8.7 (55.8%)	
514	<b>OŁDYTOWSKA Elżbieta</b>	<b>2146</b>		K50	13	00:17:45	<b>00:34:28.80</b>	+00:15:15 (44.2%)	6:53	8.7 (55.8%)	
515	<b>SAWCZUK Monika</b>	<b>2105</b>		K30	52	00:17:44	<b>00:34:29.26</b>	+00:15:15 (44.3%)	6:53	8.7 (55.8%)	
516	<b>GOŁACKA-PIOTROWSKA Beata</b>	<b>2084</b>		K50	14	00:17:14	<b>00:34:29.89</b>	+00:15:16 (44.3%)	6:53	8.7 (55.8%)	
517	<b>PASZKIEWICZ Paulina</b>	<b>4133</b>		K20	23	00:17:24	<b>00:34:29.89</b>	+00:15:16 (44.3%)	6:53	8.7 (55.8%)	
518	<b>SADOWSKA Monika</b>	<b>3012</b>	CTM BIAŁYSTOK RUNNING TEAM	K40	46	00:17:51	<b>00:34:30.39</b>	+00:15:16 (44.3%)	6:54	8.7 (55.8%)	
519	<b>MISZKOWICZ-ADAMOWICZ Urszula</b>	<b>2006</b>		K20	24	00:17:48	<b>00:34:30.52</b>	+00:15:16 (44.3%)	6:54	8.7 (55.8%)	
520	<b>BIERĆ Jarosław</b>	<b>2059</b>		M50	37	00:18:00	<b>00:34:30.64</b>	+00:15:17 (44.3%)	6:54	8.7 (55.8%)	
521	<b>MRUCZYŃSKA-PIETRUCZANIS Katarzyna</b>	<b>2153</b>	XTREME FITNESS SIEDLCE	K40	47	00:17:59	<b>00:34:31.45</b>	+00:15:17 (44.3%)	6:54	8.7 (55.8%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.7km	Czas		Różn	Tempo min/km	Tempo km/h
							5km				
522	<b>TOMASZEK Natalia</b>	<b>3146</b>		K20	25	00:17:02	<b>00:34:31.71</b>	+00:15:18 (44.3%)	6:54	8.7 (55.8%)	
523	<b>NOWAK Filip</b>	<b>3145</b>		M20	58	00:17:02	<b>00:34:31.93</b>	+00:15:18 (44.3%)	6:54	8.7 (55.8%)	
524	<b>LEONIAK Katarzyna</b>	<b>1024</b>	WETERANI RP	K40	48	00:18:02	<b>00:34:32.36</b>	+00:15:18 (44.3%)	6:54	8.7 (55.8%)	
525	<b>KURYŚ Elżbieta</b>	<b>2045</b>		K30	53	00:17:48	<b>00:34:34.02</b>	+00:15:20 (44.4%)	6:54	8.7 (55.8%)	
526	<b>PŁOŃSKA Ania</b>	<b>4056</b>		K30	54	00:18:10	<b>00:34:37.03</b>	+00:15:23 (44.5%)	6:55	8.7 (55.8%)	
527	<b>ZAJKOWSKA Ewelina</b>	<b>4029</b>		K30	55	00:18:15	<b>00:34:37.40</b>	+00:15:23 (44.5%)	6:55	8.7 (55.8%)	
528	<b>BORYS Romuald</b>	<b>4011</b>		M60	15	00:17:43	<b>00:34:39.62</b>	+00:15:26 (44.5%)	6:55	8.7 (55.8%)	
529	<b>PAWILCZ Barbara</b>	<b>4020</b>		K40	49	00:18:00	<b>00:34:40.10</b>	+00:15:26 (44.5%)	6:56	8.7 (55.8%)	
530	<b>BOHDZIEWICZ Mateusz</b>	<b>148</b>	BYNIO TEAM	M20	59	00:17:10	<b>00:34:41.14</b>	+00:15:27 (44.6%)	6:56	8.6 (55.1%)	
531	<b>BOHDZIEWICZ Zbigniew</b>	<b>74</b>	BYNIO TEAM	M50	38	00:17:12	<b>00:34:41.46</b>	+00:15:27 (44.6%)	6:56	8.6 (55.1%)	
532	<b>BOHDZIEWICZ Piotr</b>	<b>149</b>	BYNIO TEAM	M12	30	00:17:12	<b>00:34:41.65</b>	+00:15:28 (44.6%)	6:56	8.6 (55.1%)	
533	<b>BOHDZIEWICZ Izabela</b>	<b>125</b>	BYNIO TEAM	K50	15	00:17:14	<b>00:34:42.03</b>	+00:15:28 (44.6%)	6:56	8.6 (55.1%)	
534	<b>PACUK Marcin</b>	<b>3123</b>		M30	135	00:18:26	<b>00:34:43.95</b>	+00:15:30 (44.6%)	6:56	8.6 (55.1%)	
535	<b>WISZENKO Mateusz</b>	<b>3127</b>		M30	136	00:18:26	<b>00:34:43.97</b>	+00:15:30 (44.6%)	6:56	8.6 (55.1%)	
536	<b>STEFANOWICZ Eliza</b>	<b>3126</b>	ROSTI RUNNING TEAM	K40	50	00:17:57	<b>00:34:44.73</b>	+00:15:31 (44.7%)	6:56	8.6 (55.1%)	
537	<b>KOROL Marek</b>	<b>3011</b>		M50	39	00:17:44	<b>00:34:45.05</b>	+00:15:31 (44.7%)	6:57	8.6 (55.1%)	
538	<b>SIEMIENIUK Michał</b>	<b>3134</b>	ROSTI TEAM	M30	137	00:17:57	<b>00:34:45.28</b>	+00:15:31 (44.7%)	6:57	8.6 (55.1%)	
539	<b>PUCHALSKI Mateusz</b>	<b>146</b>		M20	60	00:18:56	<b>00:34:50.08</b>	+00:15:36 (44.8%)	6:58	8.6 (55.1%)	
540	<b>TONKIEL Paulina</b>	<b>4087</b>		K20	26	00:18:56	<b>00:34:50.22</b>	+00:15:36 (44.8%)	6:58	8.6 (55.1%)	
541	<b>SAKOWSKA Monika</b>	<b>2193</b>		K40	51	00:17:54	<b>00:34:53.25</b>	+00:15:39 (44.9%)	6:58	8.6 (55.1%)	
542	<b>DĘBOWSKA Magdalena</b>	<b>2194</b>		K30	56	00:17:54	<b>00:34:53.34</b>	+00:15:39 (44.9%)	6:58	8.6 (55.1%)	
543	<b>PRUSZYŃSKA Monika</b>	<b>2147</b>		K40	52	00:18:06	<b>00:34:53.69</b>	+00:15:40 (44.9%)	6:58	8.6 (55.1%)	
544	<b>FALKOWSKI Marek</b>	<b>2051</b>	ST4.PL	M40	97	00:18:17	<b>00:34:56.41</b>	+00:15:42 (45.0%)	6:59	8.6 (55.1%)	



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.7km	Czas		Różn	Tempo min/km	Tempo km/h
							5km				
545	<b>POSKROBKO Krzysztof</b>	<b>3141</b>		M30	138	00:17:20	<b>00:34:57.49</b>	+00:15:43 (45.0%)	6:59	8.6 (55.1%)	
546	<b>ŚWIĘTOCHOWSKI Stefan</b>	<b>4144</b>		M50	40	00:17:33	<b>00:34:58.26</b>	+00:15:44 (45.0%)	6:59	8.6 (55.1%)	
547	<b>DZIELNIK-SZULC Monika</b>	<b>3042</b>	TYGRYSKI	K50	16	00:17:44	<b>00:34:58.62</b>	+00:15:45 (45.0%)	6:59	8.6 (55.1%)	
548	<b>SZULC Andrzej</b>	<b>3043</b>	TYGRYSKI	M50	41	00:17:43	<b>00:34:59.06</b>	+00:15:45 (45.0%)	6:59	8.6 (55.1%)	
549	<b>FIEDORUK Joanna</b>	<b>3117</b>		K40	53	00:17:35	<b>00:34:59.16</b>	+00:15:45 (45.0%)	6:59	8.6 (55.1%)	
550	<b>JABŁOŃSKI Kamil</b>	<b>2033</b>		M30	139	00:16:25	<b>00:35:05.06</b>	+00:15:51 (45.2%)	7:01	8.6 (55.1%)	
551	<b>GILEWSKA Monika</b>	<b>2097</b>	NASZE FIZJO	K20	27	00:17:56	<b>00:35:05.09</b>	+00:15:51 (45.2%)	7:01	8.6 (55.1%)	
552	<b>JAWDOSIUK Milena</b>	<b>2096</b>	NASZE FIZJO	K30	57	00:17:56	<b>00:35:05.36</b>	+00:15:51 (45.2%)	7:01	8.6 (55.1%)	
553	<b>GÓRSKI Henryk</b>	<b>4156</b>		M12	31	00:19:25	<b>00:35:05.85</b>	+00:15:52 (45.2%)	7:01	8.6 (55.1%)	
554	<b>CHMIELEWSKI Józef</b>	<b>3037</b>	CIECHANOWIEC BIEGA	M40	98	00:17:43	<b>00:35:06.12</b>	+00:15:52 (45.2%)	7:01	8.5 (54.5%)	
555	<b>GÓRSKI Piotr</b>	<b>4155</b>		M40	99	00:19:26	<b>00:35:06.78</b>	+00:15:53 (45.2%)	7:01	8.5 (54.5%)	
556	<b>TRENDYK Anna</b>	<b>4025</b>		K40	54	00:18:34	<b>00:35:07.10</b>	+00:15:53 (45.3%)	7:01	8.5 (54.5%)	
557	<b>PLICHTA Paulina</b>	<b>3152</b>		K20	28	00:18:47	<b>00:35:10.57</b>	+00:15:56 (45.3%)	7:02	8.5 (54.5%)	
558	<b>BOBORYKO Szymon</b>	<b>3049</b>		M20	61	00:18:36	<b>00:35:11.31</b>	+00:15:57 (45.4%)	7:02	8.5 (54.5%)	
559	<b>BOBORYKO Aneta</b>	<b>3050</b>		K40	55	00:18:37	<b>00:35:11.36</b>	+00:15:57 (45.4%)	7:02	8.5 (54.5%)	
560	<b>BIELONKO Ewa</b>	<b>3032</b>		K20	29	00:18:44	<b>00:35:12.73</b>	+00:15:59 (45.4%)	7:02	8.5 (54.5%)	
561	<b>LEJMAN Magdalena</b>	<b>4109</b>		K40	56	00:18:30	<b>00:35:14.63</b>	+00:16:01 (45.4%)	7:02	8.5 (54.5%)	
562	<b>POROWSKA Roksana</b>	<b>4100</b>		K12	15	00:18:46	<b>00:35:15.31</b>	+00:16:01 (45.5%)	7:03	8.5 (54.5%)	
563	<b>BAZYDŁO Emilia</b>	<b>2131</b>	OUTDOOR TRAINING	K30	58	00:18:44	<b>00:35:15.34</b>	+00:16:01 (45.5%)	7:03	8.5 (54.5%)	
564	<b>DEDERKO Mateusz</b>	<b>2133</b>		M20	62	00:18:45	<b>00:35:15.90</b>	+00:16:02 (45.5%)	7:03	8.5 (54.5%)	
565	<b>WIŚNIEWSKA Emilia</b>	<b>3129</b>		K20	30	00:18:47	<b>00:35:15.91</b>	+00:16:02 (45.5%)	7:03	8.5 (54.5%)	
566	<b>STANISŁAWSKA Ewelina</b>	<b>3073</b>	TANIA KSIĄŻKA TEAM	K30	59	00:19:48	<b>00:35:15.99</b>	+00:16:02 (45.5%)	7:03	8.5 (54.5%)	
567	<b>DUDZIŃSKA Karina</b>	<b>3062</b>		K20	31	00:19:18	<b>00:35:16.37</b>	+00:16:02 (45.5%)	7:03	8.5 (54.5%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.7km	Czas		Różn	Tempo min/km	Tempo km/h
							5km				
568	<b>SZULC-DEDERKO Joanna</b>	<b>2132</b>		K20	32	00:18:45	<b>00:35:16.42</b>	+00:16:02 (45.5%)	7:03	8.5 (54.5%)	
569	<b>KOWALEWSKI Norbert</b>	<b>3156</b>		M30	140	00:18:31	<b>00:35:17.04</b>	+00:16:03 (45.5%)	7:03	8.5 (54.5%)	
570	<b>POROC Paweł</b>	<b>1185</b>		M30	141	00:18:44	<b>00:35:19.69</b>	+00:16:06 (45.6%)	7:03	8.5 (54.5%)	
571	<b>GIMIER Tomasz</b>	<b>2176</b>		M50	42	00:17:42	<b>00:35:20.56</b>	+00:16:06 (45.6%)	7:04	8.5 (54.5%)	
572	<b>JASIONOWSKA Anna</b>	<b>4058</b>		K40	57	00:17:42	<b>00:35:20.59</b>	+00:16:07 (45.6%)	7:04	8.5 (54.5%)	
573	<b>UZIEMBLO Katarzyna</b>	<b>2023</b>		K30	60	00:18:52	<b>00:35:23.15</b>	+00:16:09 (45.7%)	7:04	8.5 (54.5%)	
574	<b>PLESKIEWICZ Maciej</b>	<b>4010</b>		M30	142	00:18:34	<b>00:35:23.35</b>	+00:16:09 (45.7%)	7:04	8.5 (54.5%)	
575	<b>OSTASZEWSKI Jan</b>	<b>3007</b>		M12	32	00:18:34	<b>00:35:23.66</b>	+00:16:10 (45.7%)	7:04	8.5 (54.5%)	
576	<b>OSTASZEWSKI Marcin</b>	<b>51</b>		M40	100	00:18:34	<b>00:35:23.85</b>	+00:16:10 (45.7%)	7:04	8.5 (54.5%)	
577	<b>MATELA Dawid</b>	<b>3063</b>		M40	101	00:18:37	<b>00:35:23.94</b>	+00:16:10 (45.7%)	7:04	8.5 (54.5%)	
578	<b>OSTROWSKA Agnieszka</b>	<b>4030</b>		M30	143	00:18:56	<b>00:35:25.17</b>	+00:16:11 (45.7%)	7:05	8.5 (54.5%)	
579	<b>BARTNIK Krystian</b>	<b>4049</b>		M12	33	00:19:30	<b>00:35:27.60</b>	+00:16:14 (45.8%)	7:05	8.5 (54.5%)	
580	<b>PANASIUK Piotr</b>	<b>2190</b>		M40	102	00:18:15	<b>00:35:28.44</b>	+00:16:14 (45.8%)	7:05	8.5 (54.5%)	
581	<b>ZALEWSKI Karol</b>	<b>2018</b>		M30	144	00:18:37	<b>00:35:30.91</b>	+00:16:17 (45.9%)	7:06	8.5 (54.5%)	
582	<b>TABOR Bartłomiej</b>	<b>2019</b>		M30	145	00:18:36	<b>00:35:31.26</b>	+00:16:17 (45.9%)	7:06	8.4 (53.8%)	
583	<b>DOŁENGIWICZ Piotr</b>	<b>3071</b>		M30	146	00:17:57	<b>00:35:32.12</b>	+00:16:18 (45.9%)	7:06	8.4 (53.8%)	
584	<b>ROWIŃSKA Monika</b>	<b>3051</b>		K30	61	00:19:10	<b>00:35:34.43</b>	+00:16:20 (46.0%)	7:06	8.4 (53.8%)	
585	<b>ARTEMIUK Eugenia</b>	<b>3014</b>	HAJNÓWKA BIEGA	K60	3	00:18:48	<b>00:35:34.97</b>	+00:16:21 (46.0%)	7:06	8.4 (53.8%)	
586	<b>GIEREJKO Mateusz</b>	<b>4204</b>	INTRUM	M30	147	00:17:54	<b>00:35:35.48</b>	+00:16:21 (46.0%)	7:07	8.4 (53.8%)	
587	<b>DOBROGOWSKA Wiktoria</b>	<b>2141</b>		K12	16	00:19:58	<b>00:35:42.29</b>	+00:16:28 (46.2%)	7:08	8.4 (53.8%)	
588	<b>CHILECKI Adam</b>	<b>2127</b>	SPARTA FIT	M40	103	00:19:57	<b>00:35:42.84</b>	+00:16:29 (46.2%)	7:08	8.4 (53.8%)	
589	<b>LEWANDOWSKA Joanna</b>	<b>3090</b>		K20	33	00:18:32	<b>00:35:44.84</b>	+00:16:31 (46.2%)	7:08	8.4 (53.8%)	
590	<b>CITKO Natalia</b>	<b>4046</b>		K12	17	00:19:22	<b>00:35:45.22</b>	+00:16:31 (46.2%)	7:09	8.4 (53.8%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.7km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
591	WACHOWIEC Maciej	2145		M40	104	00:18:43	00:35:49.73	+00:16:36 (46.3%)	7:09	8.4 (53.8%)
592	MOTYKA Krzysztof	2113	OUTDOOR TRAINING	M40	105	00:18:42	00:35:50.54	+00:16:36 (46.4%)	7:10	8.4 (53.8%)
593	ROPA Wojtek	3159	MEDIAEXPERT	M50	43	00:18:22	00:35:50.63	+00:16:37 (46.4%)	7:10	8.4 (53.8%)
594	CZERNIAKIEWICZ Anna	2066	OUTDOOR TRAINING	K40	58	00:18:44	00:35:50.86	+00:16:37 (46.4%)	7:10	8.4 (53.8%)
595	LASKOWSKI Michał	4223		M40	106	00:19:27	00:35:53.48	+00:16:39 (46.4%)	7:10	8.4 (53.8%)
596	POPŁAWSKI Konrad	2208		M30	148	00:20:24	00:36:00.59	+00:16:47 (46.6%)	7:12	8.3 (53.2%)
597	TOREBKO Jerzy	4107		M70	2	00:19:06	00:36:01.56	+00:16:47 (46.6%)	7:12	8.3 (53.2%)
598	PODWYSOCKA Justyna	3022		K20	34	00:19:13	00:36:02.95	+00:16:49 (46.7%)	7:12	8.3 (53.2%)
599	KURNICKA Milena	3020		K30	62	00:19:07	00:36:03.63	+00:16:50 (46.7%)	7:12	8.3 (53.2%)
600	KURNICKI Piotr	3019		M30	149	00:19:07	00:36:04.10	+00:16:50 (46.7%)	7:12	8.3 (53.2%)
601	BŁASZKOWSKA Kamila	4215		K20	35	00:18:44	00:36:04.42	+00:16:50 (46.7%)	7:12	8.3 (53.2%)
602	ROJ-ROJEWSKA Urszula	1069	BIAŁYSTOK BIEGA TEAM	K50	17	00:19:17	00:36:04.88	+00:16:51 (46.7%)	7:12	8.3 (53.2%)
603	SKRĘTEK Paulina	3154		K40	59	00:18:10	00:36:11.43	+00:16:57 (46.9%)	7:14	8.3 (53.2%)
604	PĘSKI Michał	4102		M20	63	00:18:38	00:36:12.65	+00:16:59 (46.9%)	7:14	8.3 (53.2%)
605	KOSZEWNIK Andrzej	4171		M40	107	00:18:59	00:36:13.34	+00:16:59 (46.9%)	7:14	8.3 (53.2%)
606	BOGUSZ Sandra	3057		K30	63	00:18:53	00:36:15.64	+00:17:02 (47.0%)	7:15	8.3 (53.2%)
607	PIECKA Urszula	3140		K30	64	00:18:44	00:36:15.73	+00:17:02 (47.0%)	7:15	8.3 (53.2%)
608	KUNDZICZ Maria	4226		K30	65	00:19:13	00:36:16.22	+00:17:02 (47.0%)	7:15	8.3 (53.2%)
609	WILCZYŃSKI Mariusz	1078		M50	44	00:18:24	00:36:16.64	+00:17:03 (47.0%)	7:15	8.3 (53.2%)
610	KULIKOWSKA Jolanta Beata	3024		K50	18	00:19:13	00:36:16.84	+00:17:03 (47.0%)	7:15	8.3 (53.2%)
611	PIECZYŃSKI Wiesław	3084		M70	3	00:19:45	00:36:17.18	+00:17:03 (47.0%)	7:15	8.3 (53.2%)
612	KASPEROWICZ Patrycja	4032		K30	66	00:18:58	00:36:21.69	+00:17:08 (47.1%)	7:16	8.3 (53.2%)
613	ZIENIEWICZ Andrzej	3081	GRUPA SZALONYCH ROWERZYSTÓW	M70	4	00:19:09	00:36:22.01	+00:17:08 (47.1%)	7:16	8.2 (52.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.7km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
614	ZIENIEWICZ Krystyna	3082	KSIĘSTWO KLEOSIN	K60	4	00:19:07	00:36:22.26	+00:17:08 (47.1%)	7:16	8.2 (52.6%)
615	ZAKRZEWSKI Jakub	4167		M30	150	00:20:07	00:36:22.58	+00:17:08 (47.1%)	7:16	8.2 (52.6%)
616	MOTYCZKO Dominika	2209		K30	67	00:19:10	00:36:28.44	+00:17:14 (47.3%)	7:17	8.2 (52.6%)
617	NIWIŃSKA Kinga Judyta	2046		K40	60	00:19:12	00:36:29.03	+00:17:15 (47.3%)	7:17	8.2 (52.6%)
618	GAWRYCHOWSKA Joanna	3113		K30	68	00:18:46	00:36:31.48	+00:17:17 (47.4%)	7:18	8.2 (52.6%)
619	CZAJKOWSKI Krzysztof	3028		M40	108	00:18:09	00:36:32.73	+00:17:19 (47.4%)	7:18	8.2 (52.6%)
620	GRZYBOWSKA Kasia	3106		K40	61	00:19:20	00:36:39.37	+00:17:25 (47.5%)	7:19	8.2 (52.6%)
621	SIENKIEWICZ Paulina	2081	N50	K20	36	00:18:47	00:36:40.98	+00:17:27 (47.6%)	7:20	8.2 (52.6%)
622	MILEWSKI Michal	3015		M30	151	00:19:29	00:36:41.12	+00:17:27 (47.6%)	7:20	8.2 (52.6%)
623	MILEWSKA Marta	3151		K30	69	00:19:29	00:36:41.71	+00:17:28 (47.6%)	7:20	8.2 (52.6%)
624	ANDRUKIEWICZ Wojciech	4121	SZKOŁA PODSTAWOWA NR 4 IM. SYBIRAKÓW W BIAŁYMSTOKU	M12	34	00:16:30	00:36:42.76	+00:17:29 (47.6%)	7:20	8.2 (52.6%)
625	ŻABIUK Janka	2198		K50	19	00:19:59	00:36:47.46	+00:17:33 (47.7%)	7:21	8.2 (52.6%)
626	NIELIPIŃSKA Mariola	3056		K50	20	00:19:50	00:36:47.49	+00:17:33 (47.7%)	7:21	8.2 (52.6%)
627	PLICHTA Katarzyna	2199		K50	21	00:19:59	00:36:47.95	+00:17:34 (47.8%)	7:21	8.2 (52.6%)
628	REBENOK Evgen	4116	SZKOŁA PODSTAWOWA NR 4 IM. SYBIRAKÓW W BIAŁYMSTOKU	M12	35	00:16:29	00:36:49.53	+00:17:35 (47.8%)	7:21	8.1 (51.9%)
629	MALINOWSKA Karolina	4066		K20	37	00:19:00	00:36:50.05	+00:17:36 (47.8%)	7:22	8.1 (51.9%)
630	MOCARSKA Wioleta	4132		K30	70	00:19:09	00:36:50.38	+00:17:36 (47.8%)	7:22	8.1 (51.9%)
631	KRASZEWSKA Julia	4067		K20	38	00:19:01	00:36:50.46	+00:17:36 (47.8%)	7:22	8.1 (51.9%)
632	PĘCZEK Agnieszka	3046		K30	71	00:19:26	00:36:50.86	+00:17:37 (47.8%)	7:22	8.1 (51.9%)
633	OLECHNO Sylwia	3066		K40	62	00:18:54	00:36:50.92	+00:17:37 (47.8%)	7:22	8.1 (51.9%)
634	DZIERZKOWSKA Justyna	3070		K40	63	00:19:10	00:36:51.11	+00:17:37 (47.8%)	7:22	8.1 (51.9%)
635	MICHAŁKIEWICZ Wojciech	3040		M50	45	00:19:19	00:36:51.57	+00:17:37 (47.8%)	7:22	8.1 (51.9%)
636	CUDNA Elena	3004	MARATONKA GRAJEWO	K50	22	00:19:19	00:36:51.62	+00:17:38 (47.8%)	7:22	8.1 (51.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.7km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
637	<b>KOWALSKA Gosia</b>	<b>4043</b>	NIE PIERWSI NIE OSTATNI	K30	72	00:19:09	<b>00:36:53.79</b>	+00:17:40 (47.9%)	7:22	8.1 (51.9%)
638	<b>SADOWSKA Julia</b>	<b>4044</b>	ŚWISTRZAŁY	K20	39	00:20:06	<b>00:36:53.95</b>	+00:17:40 (47.9%)	7:22	8.1 (51.9%)
639	<b>JABŁOŃSKA Katarzyna</b>	<b>4035</b>		K20	40	00:19:31	<b>00:36:57.14</b>	+00:17:43 (48.0%)	7:23	8.1 (51.9%)
640	<b>BOGUSZEWSKA Anna</b>	<b>3163</b>	MEDIAEXPERT	K30	73	00:19:50	<b>00:37:00.00</b>	+00:17:46 (48.0%)	7:24	8.1 (51.9%)
641	<b>CYUŃCZYK Agata</b>	<b>2054</b>		K30	74	00:19:57	<b>00:37:00.20</b>	+00:17:46 (48.0%)	7:24	8.1 (51.9%)
642	<b>GRYKO Jakub</b>	<b>4004</b>	POLSKA	M30	152	00:19:57	<b>00:37:01.05</b>	+00:17:47 (48.1%)	7:24	8.1 (51.9%)
643	<b>ROŹKO Paweł</b>	<b>4073</b>	ROZI TEAM	M40	109	00:19:05	<b>00:37:01.33</b>	+00:17:47 (48.1%)	7:24	8.1 (51.9%)
644	<b>ROŹKO Patryk</b>	<b>4074</b>	ROZI TEAM	M12	36	00:19:05	<b>00:37:01.35</b>	+00:17:47 (48.1%)	7:24	8.1 (51.9%)
645	<b>SOCHOŃ Żaneta</b>	<b>2024</b>		K20	41	00:17:56	<b>00:37:02.08</b>	+00:17:48 (48.1%)	7:24	8.1 (51.9%)
646	<b>SZNAJDER-GRZEŚ Kasia</b>	<b>4002</b>		K50	23	00:18:38	<b>00:37:11.08</b>	+00:17:57 (48.3%)	7:26	8.1 (51.9%)
647	<b>GRZEŚ Darek</b>	<b>4003</b>		M50	46	00:18:39	<b>00:37:11.46</b>	+00:17:57 (48.3%)	7:26	8.1 (51.9%)
648	<b>GINTOWT Aleksandra</b>	<b>3010</b>		K40	64	00:19:04	<b>00:37:11.62</b>	+00:17:58 (48.3%)	7:26	8.1 (51.9%)
649	<b>KAJEWSKA Patrycja</b>	<b>4165</b>		K30	75	00:19:53	<b>00:37:11.86</b>	+00:17:58 (48.3%)	7:26	8.1 (51.9%)
650	<b>SZEWCZYK Karolina</b>	<b>4057</b>		K20	42	00:18:11	<b>00:37:13.53</b>	+00:17:59 (48.4%)	7:26	8.1 (51.9%)
651	<b>PACZKOWSKA Katarzyna</b>	<b>3110</b>		K20	43	00:19:10	<b>00:37:21.95</b>	+00:18:08 (48.5%)	7:28	8 (51.3%)
652	<b>RYGIELSKA Agnieszka</b>	<b>4006</b>	AS SZYBKOŚCI	K40	65	00:19:37	<b>00:37:22.73</b>	+00:18:09 (48.6%)	7:28	8 (51.3%)
653	<b>OMIECINA Ewa</b>	<b>4039</b>		K40	66	00:20:02	<b>00:37:23.54</b>	+00:18:09 (48.6%)	7:28	8 (51.3%)
654	<b>ŁOPATA Zuzanna</b>	<b>4117</b>	SZKOŁA PODSTAWOWA NR 4 IM. SYBIRAKÓW W BIAŁYMSTOKU	K12	18	00:18:20	<b>00:37:25.17</b>	+00:18:11 (48.6%)	7:29	8 (51.3%)
655	<b>NOWIK Marcin</b>	<b>4110</b>		M40	110	00:19:09	<b>00:37:29.65</b>	+00:18:16 (48.7%)	7:29	8 (51.3%)
656	<b>WYSOCKA Justyna</b>	<b>4111</b>		K40	67	00:19:09	<b>00:37:29.80</b>	+00:18:16 (48.7%)	7:29	8 (51.3%)
657	<b>RUTKOWSKI Tomasz</b>	<b>3125</b>		M40	111	00:19:32	<b>00:37:32.40</b>	+00:18:18 (48.8%)	7:30	8 (51.3%)
658	<b>PACHUCKA Monika</b>	<b>4041</b>		K40	68	00:19:43	<b>00:37:34.10</b>	+00:18:20 (48.8%)	7:30	8 (51.3%)
659	<b>PACHUCKI Adrian</b>	<b>4053</b>		M40	112	00:19:44	<b>00:37:35.35</b>	+00:18:21 (48.9%)	7:31	8 (51.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.7km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
660	TARASEWICZ Paweł	3109		M40	113	00:19:46	<b>00:37:35.75</b>	+00:18:22 (48.9%)	7:31	8 (51.3%)
661	MANTUR Katarzyna	2177	JANKO-WIANKI	K50	24	00:18:37	<b>00:37:36.67</b>	+00:18:23 (48.9%)	7:31	8 (51.3%)
662	GASZYŃSKA Sylwia	4065		K40	69	00:18:43	<b>00:37:39.05</b>	+00:18:25 (48.9%)	7:31	8 (51.3%)
663	DOŻYNKA Grażyna	3006		K50	25	00:19:50	<b>00:37:39.24</b>	+00:18:25 (48.9%)	7:31	8 (51.3%)
664	PUCZYŃSKA Elżbieta	4185	FAFARAFA	K50	26	00:20:00	<b>00:37:44.85</b>	+00:18:31 (49.1%)	7:32	8 (51.3%)
665	MALANOWSKA Kasia	4077		K30	76	00:18:55	<b>00:37:45.60</b>	+00:18:32 (49.1%)	7:33	7.9 (50.6%)
666	CHOJNOWSKI Marcin	4199	FAFARAFA	M30	153	00:20:03	<b>00:37:45.79</b>	+00:18:32 (49.1%)	7:33	7.9 (50.6%)
667	LEŚNIAK Filip	4216		M20	64	00:18:54	<b>00:37:49.53</b>	+00:18:35 (49.2%)	7:33	7.9 (50.6%)
668	CIULWIK Ewa	3087	RC GNIECIUKI	K40	70	00:19:41	<b>00:37:55.15</b>	+00:18:41 (49.3%)	7:35	7.9 (50.6%)
669	NOWICKI Adam	2098	OUTDOOR TRAINING	M50	47	00:21:24	<b>00:37:55.34</b>	+00:18:41 (49.3%)	7:35	7.9 (50.6%)
670	NOWICKI Julian	2099		M12	37	00:21:24	<b>00:37:55.84</b>	+00:18:42 (49.3%)	7:35	7.9 (50.6%)
671	PIOTROWSKA Julita	3047	AKTYWNA PODLASIANKA	K40	71	00:19:59	<b>00:37:58.09</b>	+00:18:44 (49.4%)	7:35	7.9 (50.6%)
672	MRSZ Agnieszka	4228		K40	72	00:19:59	<b>00:37:58.16</b>	+00:18:44 (49.4%)	7:35	7.9 (50.6%)
673	CHOROSZUCHA Karol	4148		M20	65	00:18:49	<b>00:37:59.73</b>	+00:18:46 (49.4%)	7:35	7.9 (50.6%)
674	PROKOPCZYK Sylwia	4160		K30	77	00:19:55	<b>00:38:01.56</b>	+00:18:47 (49.4%)	7:36	7.9 (50.6%)
675	MALITON Paulina	4168		K30	78	00:19:55	<b>00:38:01.57</b>	+00:18:47 (49.4%)	7:36	7.9 (50.6%)
676	SADOWSKI Maciej	4085		M50	48	00:18:06	<b>00:38:11.28</b>	+00:18:57 (49.7%)	7:38	7.9 (50.6%)
677	WOŹNIUK Oliwier	4135		M12	38	00:19:28	<b>00:38:13.62</b>	+00:19:00 (49.7%)	7:38	7.8 (50.0%)
678	WOŹNIUK Julitta	4036		K40	73	00:19:29	<b>00:38:14.19</b>	+00:19:00 (49.7%)	7:38	7.8 (50.0%)
679	REGUCKA Julia	4027		K20	44	00:19:34	<b>00:38:15.48</b>	+00:19:01 (49.7%)	7:39	7.8 (50.0%)
680	KAWAŁKO Ewelina	4229		K40	74	00:19:38	<b>00:38:15.56</b>	+00:19:01 (49.7%)	7:39	7.8 (50.0%)
681	CHAŃKO Paweł	1083		M30	154	00:19:37	<b>00:38:16.45</b>	+00:19:02 (49.8%)	7:39	7.8 (50.0%)
682	POSKROBKO Kamil	4071		M20	66	00:20:04	<b>00:38:19.74</b>	+00:19:06 (49.8%)	7:39	7.8 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.7km	Czas		Różn	Tempo min/km	Tempo km/h
							5km				
683	<b>PUCZYŃSKA</b> Wiktoria	<b>4186</b>		K20	45	00:20:06	<b>00:38:20.21</b>	+00:19:06 (49.8%)	7:40	7.8 (50.0%)	
684	<b>GRYKO</b> Izabela	<b>4190</b>		K30	79	00:19:51	<b>00:38:21.99</b>	+00:19:08 (49.9%)	7:40	7.8 (50.0%)	
685	<b>RADZEWICZ</b> Robert	<b>3033</b>		M40	114	00:19:43	<b>00:38:22.25</b>	+00:19:08 (49.9%)	7:40	7.8 (50.0%)	
686	<b>MIKOŁAJCZYK</b> Gabriela	<b>4072</b>		K20	46	00:20:04	<b>00:38:22.50</b>	+00:19:08 (49.9%)	7:40	7.8 (50.0%)	
687	<b>ŻOCH</b> Michał	<b>3116</b>		M20	67	00:20:06	<b>00:38:27.03</b>	+00:19:13 (50.0%)	7:41	7.8 (50.0%)	
688	<b>ŻOCH</b> Katarzyna	<b>3115</b>		K20	47	00:20:08	<b>00:38:27.50</b>	+00:19:13 (50.0%)	7:41	7.8 (50.0%)	
689	<b>BAŁDOWSKI</b> Łukasz	<b>3147</b>		M40	115	00:18:56	<b>00:38:35.70</b>	+00:19:22 (50.2%)	7:43	7.8 (50.0%)	
690	<b>GOŁUBOWSKA</b> Monika	<b>3148</b>		K30	80	00:18:56	<b>00:38:35.94</b>	+00:19:22 (50.2%)	7:43	7.8 (50.0%)	
691	<b>MONACH</b> Katarzyna	<b>4021</b>		K40	75	00:20:11	<b>00:38:37.53</b>	+00:19:23 (50.2%)	7:43	7.8 (50.0%)	
692	<b>CIUNCZYK</b> Dorota	<b>1057</b>		K40	76	00:20:11	<b>00:38:37.57</b>	+00:19:23 (50.2%)	7:43	7.8 (50.0%)	
693	<b>ADAMCZUK</b> Justyna	<b>2158</b>		K30	81	00:19:22	<b>00:38:37.57</b>	+00:19:23 (50.2%)	7:43	7.8 (50.0%)	
694	<b>ZAREMBA</b> Grzegorz	<b>2160</b>		M30	155	00:19:22	<b>00:38:37.81</b>	+00:19:24 (50.2%)	7:43	7.8 (50.0%)	
695	<b>UTKO</b> Justyna	<b>2085</b>	MILSPORT TEAM	K40	77	00:20:12	<b>00:38:38.35</b>	+00:19:24 (50.2%)	7:43	7.8 (50.0%)	
696	<b>IDŹKOWSKA</b> Anna	<b>3162</b>		K30	82	00:19:42	<b>00:38:39.48</b>	+00:19:25 (50.3%)	7:43	7.8 (50.0%)	
697	<b>BEZUBIK</b> Joanna	<b>4178</b>		K30	83	00:19:25	<b>00:38:44.35</b>	+00:19:30 (50.4%)	7:44	7.7 (49.4%)	
698	<b>KUCZYŃSKI</b> Łukasz	<b>4203</b>	MEDIAEXPERT	M20	68	00:19:26	<b>00:38:45.74</b>	+00:19:32 (50.4%)	7:45	7.7 (49.4%)	
699	<b>BABICZ</b> Elżbieta	<b>4104</b>		K50	27	00:19:44	<b>00:38:46.74</b>	+00:19:33 (50.4%)	7:45	7.7 (49.4%)	
700	<b>PIANKA</b> Krzysztof	<b>4050</b>		M60	16	00:20:21	<b>00:38:47.43</b>	+00:19:33 (50.4%)	7:45	7.7 (49.4%)	
701	<b>TARASEWICZ</b> Bartek	<b>2004</b>		M12	39	00:18:52	<b>00:38:49.35</b>	+00:19:35 (50.5%)	7:45	7.7 (49.4%)	
702	<b>DARDA</b> Radosław	<b>4082</b>		M50	49	00:20:10	<b>00:38:59.21</b>	+00:19:45 (50.7%)	7:47	7.7 (49.4%)	
703	<b>DARDA</b> Bogusia	<b>4028</b>		K50	28	00:20:10	<b>00:38:59.57</b>	+00:19:45 (50.7%)	7:47	7.7 (49.4%)	
704	<b>MOJSAK</b> Matylda	<b>3061</b>		K20	48	00:19:45	<b>00:39:02.44</b>	+00:19:48 (50.8%)	7:48	7.7 (49.4%)	
705	<b>FALIŃSKA</b> Maja	<b>4119</b>	SZKOŁA PODSTAWOWA NR 4 IM. SYBIRAKÓW W BIAŁYMSTOKU	K12	19	00:30:04	<b>00:39:05.59</b>	+00:19:52 (50.8%)	7:49	7.7 (49.4%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.7km	Czas		Różn	Tempo min/km	Tempo km/h
							5km				
706	<b>PUL Joanna</b>	<b>4078</b>		K50	29	00:20:22	<b>00:39:05.67</b>	+00:19:52 (50.8%)	7:49	7.7 (49.4%)	
707	<b>ŻUKOWSKA Gabriela</b>	<b>3036</b>		K20	49	00:19:49	<b>00:39:06.17</b>	+00:19:52 (50.8%)	7:49	7.7 (49.4%)	
708	<b>MACKIEWICZ-DOMINIAK Aleksandra</b>	<b>4095</b>		K12	20	00:20:07	<b>00:39:07.11</b>	+00:19:53 (50.9%)	7:49	7.7 (49.4%)	
709	<b>KLIMIUK Aleksandra</b>	<b>3075</b>		K12	21	00:20:42	<b>00:39:07.14</b>	+00:19:53 (50.9%)	7:49	7.7 (49.4%)	
710	<b>KLIMIUK Małgosia</b>	<b>3074</b>		K40	78	00:20:44	<b>00:39:09.75</b>	+00:19:56 (50.9%)	7:49	7.7 (49.4%)	
711	<b>LEWKOWICZ Urszula</b>	<b>4189</b>		K40	79	00:19:51	<b>00:39:10.88</b>	+00:19:57 (50.9%)	7:50	7.7 (49.4%)	
712	<b>LIMAN Dorota</b>	<b>4079</b>		K50	30	00:20:22	<b>00:39:22.38</b>	+00:20:08 (51.2%)	7:52	7.6 (48.7%)	
713	<b>VOLOKHOVSKA Nataliia</b>	<b>3121</b>		K40	80	00:20:10	<b>00:39:24.64</b>	+00:20:11 (51.2%)	7:52	7.6 (48.7%)	
714	<b>VOLOKHOVSKYI Anatolii</b>	<b>3122</b>		M40	116	00:20:11	<b>00:39:24.91</b>	+00:20:11 (51.2%)	7:52	7.6 (48.7%)	
715	<b>SZCZEP Zbigniew</b>	<b>4023</b>		M60	17	00:19:58	<b>00:39:26.27</b>	+00:20:12 (51.2%)	7:53	7.6 (48.7%)	
716	<b>SZCZEP Emil</b>	<b>2200</b>		M30	156	00:19:59	<b>00:39:26.88</b>	+00:20:13 (51.3%)	7:53	7.6 (48.7%)	
717	<b>TARASEWICZ Rafał</b>	<b>2005</b>		M40	117	00:18:54	<b>00:39:27.95</b>	+00:20:14 (51.3%)	7:53	7.6 (48.7%)	
718	<b>BUTKIEWICZ Przemysław</b>	<b>3102</b>		M20	69	00:20:42	<b>00:39:28.04</b>	+00:20:14 (51.3%)	7:53	7.6 (48.7%)	
719	<b>MINTA Daniel</b>	<b>3072</b>		M30	157	00:20:25	<b>00:39:28.69</b>	+00:20:15 (51.3%)	7:53	7.6 (48.7%)	
720	<b>GIERASIMCZYK Piotr</b>	<b>4195</b>	MEDIAEXPERT	M30	158	00:19:49	<b>00:39:30.93</b>	+00:20:17 (51.3%)	7:54	7.6 (48.7%)	
721	<b>KIEŁCZYŃSKA Karolina</b>	<b>4007</b>		K40	81	00:20:45	<b>00:39:31.57</b>	+00:20:17 (51.4%)	7:54	7.6 (48.7%)	
722	<b>JAWOROWSKA Iza</b>	<b>4131</b>		K30	84	00:20:24	<b>00:39:32.14</b>	+00:20:18 (51.4%)	7:54	7.6 (48.7%)	
723	<b>OSZMIAN Ewelina</b>	<b>3064</b>		K40	82	00:20:49	<b>00:39:33.42</b>	+00:20:19 (51.4%)	7:54	7.6 (48.7%)	
724	<b>SIEMION Janusz</b>	<b>4024</b>		M50	50	00:19:52	<b>00:39:34.13</b>	+00:20:20 (51.4%)	7:54	7.6 (48.7%)	
725	<b>ZBIERAJEWSKA Małgorzata</b>	<b>4224</b>		K40	83	00:20:14	<b>00:39:37.47</b>	+00:20:23 (51.5%)	7:55	7.6 (48.7%)	
726	<b>RAU Marta</b>	<b>4033</b>	FAFARAFA	K50	31	00:20:08	<b>00:39:38.88</b>	+00:20:25 (51.5%)	7:55	7.6 (48.7%)	
727	<b>ONIKIJUK Dominika</b>	<b>2164</b>		K12	22	00:19:57	<b>00:39:39.22</b>	+00:20:25 (51.5%)	7:55	7.6 (48.7%)	
728	<b>SZKIŁADŹ Edyta</b>	<b>4201</b>	FAFARAFA	K30	85	00:20:09	<b>00:39:39.33</b>	+00:20:25 (51.5%)	7:55	7.6 (48.7%)	



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.7km	Czas		Różn	Tempo min/km	Tempo km/h
							5km				
729	LIPNICKI Daniel	3160		M20	70	00:20:06	<b>00:39:42.97</b>	+00:20:29 (51.6%)	7:56	7.6 (48.7%)	
730	NOWIK Roman	95	BBT	M50	51	00:18:54	<b>00:39:45.20</b>	+00:20:31 (51.6%)	7:57	7.5 (48.1%)	
731	KUCZYŃSKA Iwona	4172		K40	84	00:20:42	<b>00:39:48.78</b>	+00:20:35 (51.7%)	7:57	7.5 (48.1%)	
732	GRZĄDKOWSKA Julita	4173		K30	86	00:20:41	<b>00:39:49.03</b>	+00:20:35 (51.7%)	7:57	7.5 (48.1%)	
733	SZYMAŃSKI Ignacy	4177		M12	40	00:20:41	<b>00:39:52.85</b>	+00:20:39 (51.8%)	7:58	7.5 (48.1%)	
734	SZYMAŃSKA Agnieszka	4176		K40	85	00:20:42	<b>00:39:53.10</b>	+00:20:39 (51.8%)	7:58	7.5 (48.1%)	
735	KOWAL Magdalena	4037		K40	86	00:20:38	<b>00:39:55.04</b>	+00:20:41 (51.8%)	7:59	7.5 (48.1%)	
736	ŚWIĘTOCHOWSKA Danuta	4088		K60	5	00:20:48	<b>00:39:57.12</b>	+00:20:43 (51.9%)	7:59	7.5 (48.1%)	
737	RADZIWONOWSKI Stanisław	2189	THREETEETEAM	M12	41	00:21:00	<b>00:39:57.89</b>	+00:20:44 (51.9%)	7:59	7.5 (48.1%)	
738	ZAKRZEWSKA Olga	4166		K30	87	00:20:11	<b>00:40:03.84</b>	+00:20:50 (52.0%)	8:00	7.5 (48.1%)	
739	GUDANIEC Karolina	4136		K20	50	00:20:58	<b>00:40:04.07</b>	+00:20:50 (52.0%)	8:00	7.5 (48.1%)	
740	ŁOBIŃSKA Dominika	4123		K20	51	00:20:58	<b>00:40:04.55</b>	+00:20:50 (52.0%)	8:00	7.5 (48.1%)	
741	MALINOWSKI Adam	4193	MEDIAEXPERT	M30	159	00:20:54	<b>00:40:05.13</b>	+00:20:51 (52.0%)	8:01	7.5 (48.1%)	
742	KOZIEJKO Stanisław	3003	BIEGAM DLA JUSTYSI	M60	18	00:19:45	<b>00:40:11.53</b>	+00:20:57 (52.2%)	8:02	7.5 (48.1%)	
743	ROGOWSKI Piotr	2047		M60	19	00:20:44	<b>00:40:25.05</b>	+00:21:11 (52.4%)	8:05	7.4 (47.4%)	
744	LELO Piotr	4159		M40	118	00:20:33	<b>00:40:34.20</b>	+00:21:20 (52.6%)	8:06	7.4 (47.4%)	
745	WOJCIECHOWSKA Natalia	4103		K20	52	00:20:44	<b>00:40:42.70</b>	+00:21:29 (52.8%)	8:08	7.4 (47.4%)	
746	BOGDANOWICZ Małgorzata	4098		K40	87	00:21:23	<b>00:40:53.72</b>	+00:21:40 (53.0%)	8:10	7.3 (46.8%)	
747	MORDASEWICZ Magdalena	4187	FAFARAFA	K40	88	00:21:07	<b>00:40:59.75</b>	+00:21:46 (53.1%)	8:11	7.3 (46.8%)	
748	BIELECKI Jerzy	2020	MORSY ZAMBRÓW	M60	20	00:21:15	<b>00:41:02.53</b>	+00:21:48 (53.2%)	8:12	7.3 (46.8%)	
749	IGNACZUK Bożena	2014	MORSY ZAMBRÓW	K60	6	00:21:13	<b>00:41:02.75</b>	+00:21:49 (53.2%)	8:12	7.3 (46.8%)	
750	MOMOT Michał	1173	PODLASIAKI TEAM	M20	71	00:19:24	<b>00:41:10.85</b>	+00:21:57 (53.3%)	8:14	7.3 (46.8%)	
751	ZDRODOWSKA Aleksandra	4128		K20	53	00:21:08	<b>00:41:14.62</b>	+00:22:01 (53.4%)	8:14	7.3 (46.8%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.7km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
752	<b>WRZESIŃSKA Aleksandra</b>	<b>4014</b>		K30	88	00:20:23	<b>00:41:28.17</b>	+00:22:14 (53.6%)	8:17	7.2 (46.2%)
753	<b>KALINOWSKI Ireneusz</b>	<b>4129</b>		M50	52	00:20:22	<b>00:41:28.43</b>	+00:22:14 (53.6%)	8:17	7.2 (46.2%)
754	<b>MILEWSKA Amelia</b>	<b>4162</b>		K20	54	00:21:24	<b>00:41:29.06</b>	+00:22:15 (53.7%)	8:17	7.2 (46.2%)
755	<b>KOSZEWNIAK Ola</b>	<b>4170</b>		K12	23	00:21:00	<b>00:41:31.91</b>	+00:22:18 (53.7%)	8:18	7.2 (46.2%)
756	<b>SAŃKO Andrzej</b>	<b>2123</b>		M50	53	00:19:56	<b>00:41:35.48</b>	+00:22:21 (53.8%)	8:19	7.2 (46.2%)
757	<b>LEONOWICZ Ewa</b>	<b>1131</b>		K40	89	00:21:18	<b>00:41:40.47</b>	+00:22:26 (53.9%)	8:20	7.2 (46.2%)
758	<b>BEKISZ Agnieszka</b>	<b>4080</b>	NADAKTYWNI	K40	90	00:22:10	<b>00:41:56.05</b>	+00:22:42 (54.2%)	8:23	7.2 (46.2%)
759	<b>BEKISZ Elżbieta</b>	<b>4081</b>		K70	1	00:22:10	<b>00:41:57.12</b>	+00:22:43 (54.2%)	8:23	7.2 (46.2%)
760	<b>DOŁENIEWICZ Karol</b>	<b>4194</b>	MEDIAEXPERT	M30	160	00:19:50	<b>00:42:01.66</b>	+00:22:48 (54.3%)	8:24	7.1 (45.5%)
761	<b>JAROMA Adam</b>	<b>4150</b>		M20	72	00:21:05	<b>00:42:07.76</b>	+00:22:54 (54.4%)	8:25	7.1 (45.5%)
762	<b>CHMIELEWSKI Konrad</b>	<b>4137</b>		M20	73	00:21:06	<b>00:42:07.95</b>	+00:22:54 (54.4%)	8:25	7.1 (45.5%)
763	<b>MATOWICKA Natalia</b>	<b>4040</b>		K12	24	00:22:10	<b>00:42:14.93</b>	+00:23:01 (54.5%)	8:26	7.1 (45.5%)
764	<b>MATOWICKI Wojciech</b>	<b>3055</b>		M40	119	00:22:11	<b>00:42:15.28</b>	+00:23:01 (54.5%)	8:27	7.1 (45.5%)
765	<b>CZAJKOWSKA Paulina</b>	<b>4147</b>		K30	89	00:20:49	<b>00:42:19.34</b>	+00:23:05 (54.6%)	8:27	7.1 (45.5%)
766	<b>CETRA Andrzej</b>	<b>4019</b>	MARSZOMANIACY BIELSK PODLASKI	M40	120	00:23:14	<b>00:42:21.79</b>	+00:23:08 (54.6%)	8:28	7.1 (45.5%)
767	<b>SNOP Sławomir</b>	<b>4017</b>	MARSZOMANIACY BIELSK PODLASKI	M40	121	00:22:41	<b>00:42:24.21</b>	+00:23:10 (54.7%)	8:28	7.1 (45.5%)
768	<b>KUCZYŃSKA Marta</b>	<b>4127</b>	DRUŻYNA INTRUM	K30	90	00:21:36	<b>00:42:27.65</b>	+00:23:14 (54.7%)	8:29	7.1 (45.5%)
769	<b>HYŻYK Anna</b>	<b>3053</b>		K30	91	00:20:52	<b>00:42:28.29</b>	+00:23:14 (54.7%)	8:29	7.1 (45.5%)
770	<b>BIERĆ Katarzyna</b>	<b>3170</b>		K40	91	00:21:09	<b>00:42:31.15</b>	+00:23:17 (54.8%)	8:30	7.1 (45.5%)
771	<b>CHILKIEWICZ Sylwia</b>	<b>3068</b>		K30	92	00:22:27	<b>00:42:34.68</b>	+00:23:21 (54.8%)	8:30	7 (44.9%)
772	<b>CHILKIEWICZ Edyta</b>	<b>4083</b>		K40	92	00:22:27	<b>00:42:35.34</b>	+00:23:21 (54.9%)	8:31	7 (44.9%)
773	<b>ŁAPIŃSKI Tomasz</b>	<b>2040</b>		M30	161	00:22:18	<b>00:42:43.76</b>	+00:23:30 (55.0%)	8:32	7 (44.9%)
774	<b>KUPISZEK Anna</b>	<b>4091</b>	NEVER_TOO_LATE	K70	2	00:21:24	<b>00:42:46.61</b>	+00:23:33 (55.1%)	8:33	7 (44.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.7km	Czas		Różn	Tempo min/km	Tempo km/h
							5km				
775	<b>MATEUSZEK Marcin</b>	<b>4026</b>	MARSZOMANIACY BIELSK PODLASKI	M40	122	00:22:46	<b>00:42:50.20</b>	+00:23:36 (55.1%)	8:34	7 (44.9%)	
776	<b>GIEREJKIEWICZ-BONIFATIUK Barbara</b>	<b>4076</b>		K50	32	00:22:08	<b>00:42:53.18</b>	+00:23:39 (55.2%)	8:34	7 (44.9%)	
777	<b>SMOLEWSKA Jolanta</b>	<b>4149</b>	MARSZOMANIACY BIELSK PODLASKI	K50	33	00:22:51	<b>00:42:53.93</b>	+00:23:40 (55.2%)	8:34	7 (44.9%)	
778	<b>ROSZKOWSKI Mariusz</b>	<b>3021</b>		M50	54	00:22:28	<b>00:42:59.22</b>	+00:23:45 (55.3%)	8:35	7 (44.9%)	
779	<b>BABICZ Klara</b>	<b>3097</b>		K12	25	00:22:04	<b>00:43:09.75</b>	+00:23:56 (55.5%)	8:37	7 (44.9%)	
780	<b>CWIETKOW Jan</b>	<b>3150</b>	PLUM RUNNING TEAM	M60	21	00:21:31	<b>00:43:16.43</b>	+00:24:02 (55.6%)	8:39	6.9 (44.2%)	
781	<b>SZEREMETA Alicja</b>	<b>4092</b>		K60	7	00:21:25	<b>00:43:19.65</b>	+00:24:06 (55.6%)	8:39	6.9 (44.2%)	
782	<b>KIRPSZA Barbara</b>	<b>3023</b>	AIKIRUNNERS	K40	93	00:22:20	<b>00:43:26.48</b>	+00:24:12 (55.7%)	8:41	6.9 (44.2%)	
783	<b>UDYCZ Katarzyna</b>	<b>4001</b>	NIE MA	K40	94	00:22:20	<b>00:43:26.77</b>	+00:24:13 (55.7%)	8:41	6.9 (44.2%)	
784	<b>BURZYŃSKI Jerzy</b>	<b>4060</b>	MARSZOMANIACY BIELSK PODLASKI	M60	22	00:22:41	<b>00:43:28.67</b>	+00:24:15 (55.8%)	8:41	6.9 (44.2%)	
785	<b>RUDKO Jolanta</b>	<b>4094</b>	MARSZOMANIACY BIELSK PODLASKI	K50	34	00:23:03	<b>00:43:28.93</b>	+00:24:15 (55.8%)	8:41	6.9 (44.2%)	
786	<b>TOMASZEWSKA Magdalena</b>	<b>2144</b>		K30	93	00:20:29	<b>00:43:31.16</b>	+00:24:17 (55.8%)	8:42	6.9 (44.2%)	
787	<b>BANEL Kamila</b>	<b>3100</b>		K40	95	00:20:29	<b>00:43:31.16</b>	+00:24:17 (55.8%)	8:42	6.9 (44.2%)	
788	<b>BOCHENKO-ŁUCZYŃSKA Joanna</b>	<b>4200</b>	FAFARAFA	K50	35	00:22:18	<b>00:43:43.53</b>	+00:24:29 (56.0%)	8:44	6.9 (44.2%)	
789	<b>BOROWSKA Agnieszka</b>	<b>4214</b>	MARSZOMANIAACY BIELSK PODLASKI	K40	96	00:23:14	<b>00:43:45.23</b>	+00:24:31 (56.1%)	8:45	6.9 (44.2%)	
790	<b>TWAROWSKA Urszula</b>	<b>4152</b>		K40	97	00:22:49	<b>00:43:53.12</b>	+00:24:39 (56.2%)	8:46	6.8 (43.6%)	
791	<b>TWAROWSKI Łukasz</b>	<b>4153</b>		M40	123	00:22:49	<b>00:43:53.39</b>	+00:24:39 (56.2%)	8:46	6.8 (43.6%)	
792	<b>RENKIEWICZ Joanna</b>	<b>4220</b>		K20	55	00:20:50	<b>00:44:03.98</b>	+00:24:50 (56.4%)	8:48	6.8 (43.6%)	
793	<b>WIELAKIN-SZYDŁOWSKA Marzena</b>	<b>4108</b>		K40	98	00:22:30	<b>00:44:10.83</b>	+00:24:57 (56.5%)	8:50	6.8 (43.6%)	
794	<b>SZYCKO Anna</b>	<b>4093</b>	SZKOŁA PODSTAWOWA NR 4 IM. SYBIRAKÓW W BIAŁYMSTOKU	K40	99	00:22:10	<b>00:44:14.97</b>	+00:25:01 (56.6%)	8:50	6.8 (43.6%)	
795	<b>SASIM Varvara</b>	<b>4151</b>	SZKOŁA PODSTAWOWA NR 4 IM. SYBIRAKÓW W BIAŁYMSTOKU	K12	26	00:22:11	<b>00:44:16.44</b>	+00:25:02 (56.6%)	8:51	6.8 (43.6%)	
796	<b>BEKISZ Krzysztof</b>	<b>4113</b>		M40	124	00:22:38	<b>00:44:40.51</b>	+00:25:26 (57.0%)	8:56	6.7 (42.9%)	
797	<b>BEKISZ Konstanty</b>	<b>4114</b>		M12	42	00:22:40	<b>00:44:41.36</b>	+00:25:27 (57.0%)	8:56	6.7 (42.9%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.7km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
798	<b>SADOWSKA Angelika</b>	<b>2017</b>		K40	100	00:23:15	<b>00:44:45.67</b>	+00:25:32 (57.0%)	8:57	6.7 (42.9%)
799	<b>RADZIUK Kiryl</b>	<b>1118</b>		M20	74	00:20:56	<b>00:44:58.73</b>	+00:25:45 (57.3%)	8:59	6.7 (42.9%)
800	<b>ANDRUKIEWICZ Wiktoria</b>	<b>4122</b>	SZKOŁA PODSTAWOWA NR 4 IM. SYBIRAKÓW W BIAŁYMSTOKU	K12	27	00:27:39	<b>00:44:59.54</b>	+00:25:45 (57.3%)	8:59	6.7 (42.9%)
801	<b>KONOŃCZUK Edyta</b>	<b>4012</b>		K50	36	00:22:50	<b>00:45:09.63</b>	+00:25:56 (57.4%)	9:01	6.6 (42.3%)
802	<b>KOTYŃSKA Aneta</b>	<b>4230</b>		K40	101	00:22:51	<b>00:45:13.32</b>	+00:25:59 (57.5%)	9:02	6.6 (42.3%)
803	<b>RAUBO Justyna</b>	<b>2092</b>		K40	102	00:22:50	<b>00:45:16.81</b>	+00:26:03 (57.5%)	9:03	6.6 (42.3%)
804	<b>KOZŁOWSKI Krzysztof</b>	<b>4219</b>	MARSZOMANIACY BIELSK PODLASKI	M40	125	00:23:48	<b>00:45:38.34</b>	+00:26:24 (57.9%)	9:07	6.6 (42.3%)
805	<b>SREDZINSKI Krzysztof</b>	<b>4138</b>		M40	126	00:23:00	<b>00:45:48.70</b>	+00:26:35 (58.0%)	9:09	6.6 (42.3%)
806	<b>SREDZINSKI Szymon</b>	<b>4139</b>		M12	43	00:23:01	<b>00:45:48.89</b>	+00:26:35 (58.0%)	9:09	6.6 (42.3%)
807	<b>WOIŃSKA Dorota</b>	<b>4218</b>	MARSZOMANIACY BIELSK PODLASKI	K40	103	00:23:47	<b>00:45:53.59</b>	+00:26:40 (58.1%)	9:10	6.5 (41.7%)
808	<b>MILEWSKA Zuzanna</b>	<b>4164</b>		K12	28	00:23:15	<b>00:46:04.65</b>	+00:26:51 (58.3%)	9:12	6.5 (41.7%)
809	<b>ANTKOWICZ Helena</b>	<b>4084</b>	MARSZOMANIACY BIELSK PODLASKI	K60	8	00:24:07	<b>00:46:08.86</b>	+00:26:55 (58.3%)	9:13	6.5 (41.7%)
810	<b>KUBISZYN Urszula</b>	<b>4038</b>		K50	37	00:23:29	<b>00:46:10.40</b>	+00:26:56 (58.4%)	9:14	6.5 (41.7%)
811	<b>MARKOWSKA Anna</b>	<b>4161</b>		K40	104	00:23:49	<b>00:46:11.59</b>	+00:26:58 (58.4%)	9:14	6.5 (41.7%)
812	<b>FIMOWICZ Ewelina</b>	<b>4070</b>		K30	94	00:23:33	<b>00:46:16.12</b>	+00:27:02 (58.4%)	9:15	6.5 (41.7%)
813	<b>MIASTKOWSKA Katarzyna</b>	<b>4069</b>		K30	95	00:23:33	<b>00:46:16.53</b>	+00:27:02 (58.5%)	9:15	6.5 (41.7%)
814	<b>JĘDRUSZCZAK Sandra</b>	<b>4145</b>		K12	29	00:22:17	<b>00:46:18.09</b>	+00:27:04 (58.5%)	9:15	6.5 (41.7%)
815	<b>JĘDRUSZCZAK Joanna</b>	<b>4146</b>		K30	96	00:22:17	<b>00:46:18.71</b>	+00:27:05 (58.5%)	9:15	6.5 (41.7%)
816	<b>ZALEWSKA Magdalena</b>	<b>3098</b>		K30	97	00:29:06	<b>00:46:25.51</b>	+00:27:11 (58.6%)	9:17	6.5 (41.7%)
817	<b>KRYŃSKI Paweł</b>	<b>3099</b>		M30	162	00:29:06	<b>00:46:25.62</b>	+00:27:12 (58.6%)	9:17	6.5 (41.7%)
818	<b>TULIKOWSKA Natalia</b>	<b>4099</b>		K20	56	00:22:48	<b>00:46:40.85</b>	+00:27:27 (58.8%)	9:20	6.4 (41.0%)
819	<b>WIELGUS Anna</b>	<b>4207</b>		K30	98	00:23:30	<b>00:46:49.13</b>	+00:27:35 (58.9%)	9:21	6.4 (41.0%)
820	<b>NIEWIŃSKA Joanna</b>	<b>4179</b>	MARSZOMANIACY BIELSK PODLASKI	K30	99	00:24:05	<b>00:47:07.31</b>	+00:27:53 (59.2%)	9:25	6.4 (41.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.7km	Czas		Różn	Tempo min/km	Tempo km/h
							5km				
821	<b>CHARYTONIUK-KUŻMA Taida</b>	<b>4051</b>	MARSZOMANIACY BIELSK PODLASKI	K40	105	00:24:15	<b>00:47:09.29</b>	+00:27:55 (59.2%)	9:25	6.4 (41.0%)	
822	<b>CHARYTONIUK Iraida</b>	<b>4052</b>	MARSZOMANIACY BIELSK PODLASKI	K40	106	00:24:15	<b>00:47:10.60</b>	+00:27:57 (59.2%)	9:26	6.4 (41.0%)	
823	<b>MILEWSKI Mirosław</b>	<b>4163</b>		M50	55	00:23:34	<b>00:47:20.46</b>	+00:28:06 (59.4%)	9:28	6.3 (40.4%)	
824	<b>TKACZUK-UDOJ Agata</b>	<b>4182</b>		K40	107	00:23:24	<b>00:47:32.00</b>	+00:28:18 (59.6%)	9:30	6.3 (40.4%)	
825	<b>PRZESTRZELSKA Monika</b>	<b>4175</b>		K40	108	00:23:25	<b>00:47:32.45</b>	+00:28:18 (59.6%)	9:30	6.3 (40.4%)	
826	<b>JURCZAK Anna</b>	<b>3091</b>	SPARTA FIT	K40	109	00:23:48	<b>00:47:44.05</b>	+00:28:30 (59.7%)	9:32	6.3 (40.4%)	
827	<b>GIERMANIUK Iwona</b>	<b>4090</b>	SPARTA FIT	K30	100	00:23:48	<b>00:47:44.27</b>	+00:28:30 (59.7%)	9:32	6.3 (40.4%)	
828	<b>BURZYŃSKA Alicja</b>	<b>4059</b>	MARSZOMANIACY BIELSK PODLASKI	K60	9	00:25:11	<b>00:48:22.74</b>	+00:29:09 (60.3%)	9:40	6.2 (39.7%)	
829	<b>KUMANIECKA Agata</b>	<b>4101</b>	MARSZOMANIACY BIELSK PODLASKI	K60	10	00:25:15	<b>00:48:26.71</b>	+00:29:13 (60.3%)	9:41	6.2 (39.7%)	
830	<b>MICHNOWSKA Bożena</b>	<b>4075</b>	MARSZOMANIACY BIELSK PODLASKI	K50	38	00:25:18	<b>00:48:27.17</b>	+00:29:13 (60.3%)	9:41	6.2 (39.7%)	
831	<b>HALICKA Marcelina</b>	<b>4197</b>		K12	30	00:25:03	<b>00:48:58.32</b>	+00:29:44 (60.7%)	9:47	6.1 (39.1%)	
832	<b>HALICKI Robert</b>	<b>4196</b>		M50	56	00:25:03	<b>00:49:00.82</b>	+00:29:47 (60.8%)	9:48	6.1 (39.1%)	
833	<b>SMOLINSKA Małgorzata</b>	<b>4031</b>		K50	39	00:25:03	<b>00:49:01.04</b>	+00:29:47 (60.8%)	9:48	6.1 (39.1%)	
834	<b>DOŁŻYK Grzegorz</b>	<b>3104</b>		M20	75	00:25:28	<b>00:49:24.93</b>	+00:30:11 (61.1%)	9:52	6.1 (39.1%)	
835	<b>BARANOWSKA Martyna</b>	<b>3107</b>		K20	57	00:25:28	<b>00:49:27.38</b>	+00:30:13 (61.1%)	9:53	6.1 (39.1%)	
836	<b>BOGDANOWICZ Tomasz</b>	<b>4048</b>		M40	127	00:24:39	<b>00:50:09.68</b>	+00:30:56 (61.7%)	10:01	6 (38.5%)	
837	<b>WORONIECKA Wioleta</b>	<b>4225</b>		K50	40	00:26:13	<b>00:50:40.91</b>	+00:31:27 (62.1%)	10:08	5.9 (37.8%)	
838	<b>KOŚCIUCZUK Agnieszka</b>	<b>4018</b>	HAJNOWSKIE KIJANKI	K40	110	00:26:13	<b>00:50:40.98</b>	+00:31:27 (62.1%)	10:08	5.9 (37.8%)	
839	<b>ŚWIERZBIŃSKA Anna</b>	<b>4124</b>		K30	101	00:26:47	<b>00:52:08.39</b>	+00:32:54 (63.1%)	10:25	5.8 (37.2%)	
840	<b>WNUKOWSKA Anna</b>	<b>4063</b>		K40	111	00:26:46	<b>00:52:09.00</b>	+00:32:55 (63.1%)	10:25	5.8 (37.2%)	
841	<b>MOŁODZIEJKO Henryka</b>	<b>4062</b>		K50	41	00:26:45	<b>00:52:09.26</b>	+00:32:55 (63.1%)	10:25	5.8 (37.2%)	
842	<b>HOROSZKO Joanna</b>	<b>4126</b>		K30	102	00:26:47	<b>00:52:09.55</b>	+00:32:55 (63.1%)	10:25	5.8 (37.2%)	
843	<b>MAKSIMOWSKA - DOROSZKO Marianna</b>	<b>4061</b>		K40	112	00:26:45	<b>00:52:09.82</b>	+00:32:56 (63.1%)	10:25	5.8 (37.2%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.7km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
844	<b>KRUSZEWSKA Małgorzata</b>	<b>4202</b>		K40	113	00:26:30	<b>00:52:28.93</b>	+00:33:15 (63.4%)	10:29	5.7 (36.5%)
845	<b>JURCZUK Małgorzata</b>	<b>4208</b>	HAJNOWSKIE KIJANKI	K40	114	00:26:23	<b>00:52:30.23</b>	+00:33:16 (63.4%)	10:30	5.7 (36.5%)
846	<b>BURA Renata</b>	<b>4180</b>	#HAJNOWSKIEKIJANKI	K50	42	00:26:17	<b>00:52:31.27</b>	+00:33:17 (63.4%)	10:30	5.7 (36.5%)
847	<b>PLEWA Halina</b>	<b>3161</b>	HAJNOWSKIE KIJANKI	K60	11	00:26:25	<b>00:52:32.80</b>	+00:33:19 (63.4%)	10:30	5.7 (36.5%)
848	<b>NOWAK Urszula</b>	<b>4206</b>	HAJNOWSKIE KIJANKI	K40	115	00:26:26	<b>00:52:33.28</b>	+00:33:19 (63.4%)	10:30	5.7 (36.5%)
849	<b>ZABŁOCKA Greta</b>	<b>4191</b>	FAFARAFA	K40	116	00:28:19	<b>00:54:10.38</b>	+00:34:56 (64.5%)	10:50	5.5 (35.3%)
850	<b>ZBUCKA Katarzyna</b>	<b>4188</b>	FAFARAFA	K50	43	00:28:20	<b>00:54:11.63</b>	+00:34:58 (64.5%)	10:50	5.5 (35.3%)
851	<b>MAJEWSKI Ignacy</b>	<b>4158</b>		M70	5	00:27:57	<b>00:54:31.70</b>	+00:35:18 (64.7%)	10:54	5.5 (35.3%)
852	<b>CZARNECKI Cezary</b>	<b>4112</b>		M60	23	00:28:24	<b>00:54:37.16</b>	+00:35:23 (64.8%)	10:55	5.5 (35.3%)
853	<b>CIBOROWSKA Agata</b>	<b>4181</b>		K50	44	00:28:25	<b>00:59:08.31</b>	+00:39:54 (67.5%)	11:49	5.1 (32.7%)
<b>Przekroczony limit czasu: 01:00:00</b>										
854	<b>STACHNIEWICZ Robert</b>	<b>4089</b>		M50	57	00:29:13	<b>01:01:52.60</b>	+00:42:39 (68.9%)	12:22	4.8 (30.8%)
855	<b>STACHNIEWICZ Elżbieta</b>	<b>4068</b>		K50	45	00:29:14	<b>01:02:10.75</b>	+00:42:57 (69.1%)	12:26	4.8 (30.8%)
856	<b>LORYŚ Bartosz</b>	<b>4013</b>		M30	163	00:18:48		+00:08:56	6:57	8.6 (55.1%)

Znaleziono 856 wynik(ów)