



**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	OKULA Damian	77		M30	1	00:09:52	00:19:13.58		3:50	15.6 (100%)
2	DUDEK Bartosz	55	MD RUN TRAINING	M30	2	00:10:08	00:19:37.42	+00:00:23 (2.0%)	3:55	15.3 (98.1%)
3	GRABOWSKI Rafał	34	GRYGO TEEM	M30	3	00:10:06	00:19:50.12	+00:00:36 (3.1%)	3:58	15.1 (96.8%)
4	BOCHENKO Daniel	127	MD RUN TRAINING	M50	1	00:10:13	00:19:52.42	+00:00:38 (3.3%)	3:58	15.1 (96.8%)
5	SAK Damian	152		M12	1	00:10:31	00:19:56.39	+00:00:42 (3.6%)	3:59	15.1 (96.8%)
6	SZNEJDER Mateusz	159		M30	4	00:10:31	00:20:18.75	+00:01:05 (5.3%)	4:03	14.8 (94.9%)
7	RYBNIK Rafał	131	CHŁOPCY CHORTENOWCY	M30	5	00:10:33	00:20:27.23	+00:01:13 (6.0%)	4:05	14.7 (94.2%)
8	SZYDŁOWSKI Adrian	109	CHŁOPCY CHORTENOWCY	M30	6	00:10:33	00:20:27.76	+00:01:14 (6.0%)	4:05	14.7 (94.2%)
9	BAŃKOWSKA Anna	158		K30	1	00:10:43	00:20:32.78	+00:01:19 (6.4%)	4:06	14.6 (93.6%)
10	GUARRERA Francesco	69	MASPEX	M30	7	00:10:31	00:20:37.12	+00:01:23 (6.8%)	4:07	14.6 (93.6%)
11	KUCHAREWICZ Marcin	143		M30	8	00:10:41	00:20:41.82	+00:01:28 (7.1%)	4:08	14.5 (92.9%)
12	STAKHAYEVICH Aleh	180	RUN\$FUN.BY	M40	1	00:10:37	00:20:44.13	+00:01:30 (7.3%)	4:08	14.5 (92.9%)
13	ZIMMER Łukasz	162	15 PPLLOT	M40	2	00:10:43	00:20:48.94	+00:01:35 (7.6%)	4:09	14.4 (92.3%)
14	ŁEMPICKI Paweł	40	KAN-THERM RACING TEAM	M30	9	00:11:07	00:21:03.05	+00:01:49 (8.7%)	4:12	14.3 (91.7%)
15	OLSZYŃSKI Marek	36	OIL BIAŁYSTOK	M20	1	00:10:50	00:21:06.39	+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	CHARYTONIUK Piotr	101		M30	10	00:10:45	00:21:10.67	+00:01:57 (9.2%)	4:14	14.2 (91.0%)	
17	ZAHOROWSKI Piotr	46		M40	3	00:11:00	00:21:11.77	+00:01:58 (9.3%)	4:14	14.2 (91.0%)	
18	STOCZKO Kamil	97	SOPEL TEAM	M30	11	00:11:22	00:21:19.44	+00:02:05 (9.8%)	4:15	14.1 (90.4%)	
19	WŁADYCZAŃSKI Mateusz	1110	OUTDOOR TRAINING	M30	12	00:10:37	00:21:25.31	+00:02:11 (10.2%)	4:17	14 (89.7%)	
20	KURBAT Grzegorz	81	MD RUN TRAINING	M40	4	00:11:09	00:21:25.37	+00:02:11 (10.3%)	4:17	14 (89.7%)	
21	JAMASZEWSKA Ewelina	56	MD RUN TRAINING	K20	1	00:11:11	00:21:38.15	+00:02:24 (11.1%)	4:19	13.9 (89.1%)	
22	KRUSZEWSKI Mariusz	47	MD RUN TRAINING	M50	2	00:11:12	00:21:46.75	+00:02:33 (11.7%)	4:21	13.8 (88.5%)	
23	OSIK Miłosz	189	KALINOWSKI TEAM	M12	2	00:11:10	00:21:55.60	+00:02:42 (12.3%)	4:23	13.7 (87.8%)	
24	DZIEWIĄTKOWSKI Tomasz	58		M30	13	00:11:29	00:22:10.04	+00:02:56 (13.3%)	4:26	13.5 (86.5%)	
25	DANILCZUK Bartosz	78		M20	2	00:11:13	00:22:11.25	+00:02:57 (13.3%)	4:26	13.5 (86.5%)	
26	WOŹNIAK Ireneusz	45		M40	5	00:11:25	00:22:16.86	+00:03:03 (13.7%)	4:27	13.5 (86.5%)	
27	POTAPO Artur	188		M12	3	00:11:24	00:22:17.72	+00:03:04 (13.8%)	4:27	13.5 (86.5%)	
28	TАТАРИНЦЕВ АРТУП	165		M20	3	00:11:08	00:22:21.83	+00:03:08 (14.0%)	4:28	13.4 (85.9%)	
29	ALICKA Ewa	107	DĄBROWSKI TEAM	K20	2	00:11:22	00:22:30.31	+00:03:16 (14.6%)	4:30	13.3 (85.3%)	
30	KURYŁOWICZ Adrian	32		M30	14	00:11:31	00:22:30.85	+00:03:17 (14.6%)	4:30	13.3 (85.3%)	
31	ŚLESZYŃSKI Zbigniew	84	18 PR	M40	6	00:11:41	00:22:36.89	+00:03:23 (15.0%)	4:31	13.3 (85.3%)	
32	PAWŁOWSKI Maciej	44		M30	15	00:11:41	00:22:47.16	+00:03:33 (15.6%)	4:33	13.2 (84.6%)	
33	PÓŁKOŚNIK Adam	90	ZACHĘTA	M50	3	00:11:39	00:22:50.12	+00:03:36 (15.8%)	4:34	13.1 (84.0%)	
34	RYBNIK Karol	133	CHŁOPCY CHORTENOWCY	M30	16	00:11:35	00:22:52.35	+00:03:38 (15.9%)	4:34	13.1 (84.0%)	
35	SZYDŁOWSKI Kamil	1119		M30	17	00:12:07	00:22:54.35	+00:03:40 (16.1%)	4:34	13.1 (84.0%)	
36	BRZOZOWSKI Jacek	1193		M40	7	00:11:43	00:22:55.59	+00:03:42 (16.1%)	4:35	13.1 (84.0%)	
37	NIEDŹWIECKA Gabriela	170	KS PODLASIE	K12	1	00:11:53	00:23:00.69	+00:03:47 (16.4%)	4:36	13 (83.3%)	
38	BRECZKO Paulina	103	KS PODLASIE BIAŁYSTOK	K12	2	00:11:49	00:23:02.25	+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	STASIŃSKI Paweł	68		M40	8	00:12:01	00:23:03.52	+00:03:49 (16.6%)	4:36	13 (83.3%)	
40	MARCIŃCZYK Patrycja	176	MD RUN TRAINING	K30	2	00:11:41	00:23:03.84	+00:03:50 (16.6%)	4:36	13 (83.3%)	
41	SOKOL Mariusz	83	MILSPORT TEAM	M40	9	00:11:35	00:23:03.91	+00:03:50 (16.6%)	4:36	13 (83.3%)	
42	BORUCKI Piotr	154		M40	10	00:11:54	00:23:06.50	+00:03:52 (16.8%)	4:37	13 (83.3%)	
43	SZYMAŃSKI Kamil	91	18 BIAŁOSTOCKI PUŁK ROZPOZNAWCZY	M30	18	00:12:01	00:23:15.82	+00:04:02 (17.4%)	4:39	12.9 (82.7%)	
44	KONOŃCZUK Łukasz	177	DANIEL_BIEGA TEAM	M20	4	00:12:02	00:23:17.25	+00:04:03 (17.4%)	4:39	12.9 (82.7%)	
45	SOBOTA Jacek	54		M50	4	00:12:07	00:23:17.57	+00:04:03 (17.5%)	4:39	12.9 (82.7%)	
46	PIETRUCZUK Adam	1194	CRIWWRE	M30	19	00:11:57	00:23:18.37	+00:04:04 (17.5%)	4:39	12.9 (82.7%)	
47	MORAWSKI Grzegorz	184		M40	11	00:12:08	00:23:19.66	+00:04:06 (17.6%)	4:39	12.9 (82.7%)	
48	PAWŁOWSKI Piotr	50	SP KORYCIN	M40	12	00:11:57	00:23:28.62	+00:04:15 (18.1%)	4:41	12.8 (82.1%)	
49	DOWNAR Mateusz	33		M30	20	00:12:09	00:23:29.94	+00:04:16 (18.2%)	4:41	12.8 (82.1%)	
50	BOGUSZ Wojciech	181	STARSZAKI BIAŁYSTOK	M60	1	00:12:11	00:23:37.50	+00:04:23 (18.6%)	4:43	12.7 (81.4%)	
51	KIRYŁOWICZ Jakub	153	MORIS RUNNING TEAM	M20	5	00:12:12	00:23:39.85	+00:04:26 (18.8%)	4:43	12.7 (81.4%)	
52	GOŁASZEWSKA Emilia	113	MD RUN TRAINING	K40	1	00:12:21	00:23:40.32	+00:04:26 (18.8%)	4:44	12.7 (81.4%)	
53	MALICKA Julia	171	KS PODLASIE	K12	3	00:11:56	00:23:45.58	+00:04:32 (19.1%)	4:45	12.6 (80.8%)	
54	GAWRYLUK Marcin	108	PODLASKIE KOCURY	M30	21	00:12:49	00:23:46.52	+00:04:32 (19.1%)	4:45	12.6 (80.8%)	
55	JÓŻWICKI Karol	37	PODLASKIE KOCURY	M40	13	00:12:49	00:23:46.67	+00:04:33 (19.1%)	4:45	12.6 (80.8%)	
56	SADOWSKI Rafał	110	CHŁOPCY CHORTENOWCY	M30	22	00:12:12	00:23:48.07	+00:04:34 (19.2%)	4:45	12.6 (80.8%)	
57	PIOTROWIAK Grzegorz	128	N50	M30	23	00:12:20	00:23:48.83	+00:04:35 (19.3%)	4:45	12.6 (80.8%)	
58	WIERCIŃSKI Piotr	85	SSP SUPRAŚL	M12	4	00:11:50	00:23:50.14	+00:04:36 (19.3%)	4:46	12.6 (80.8%)	
59	ULDZINOVICH Pavel	118		M30	24	00:11:57	00:23:52.84	+00:04:39 (19.5%)	4:46	12.6 (80.8%)	
60	OSTROWSKI Paweł	49	691253334	M40	14	00:12:06	00:24:05.90	+00:04:52 (20.2%)	4:49	12.5 (80.1%)	
61	TOMASZEWSKI Adrian	136		M30	25	00:12:22	00:24:09.51	+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	WIŚNIEWSKA Joanna	48	MD RUN TRAINING	K50	1	00:12:22	00:24:19.77	+00:05:06 (21.0%)	4:51	12.3 (78.8%)	
63	KARWOWSKI Mateusz	2087		M20	6	00:12:26	00:24:23.87	+00:05:10 (21.2%)	4:52	12.3 (78.8%)	
64	BIERĆ Jakub	1059		M30	26	00:12:14	00:24:27.96	+00:05:14 (21.4%)	4:53	12.3 (78.8%)	
65	MATOSZKO Adam	1122		M30	27	00:12:20	00:24:30.92	+00:05:17 (21.6%)	4:54	12.2 (78.2%)	
66	KOROL Dariusz	139		M40	15	00:12:22	00:24:32.81	+00:05:19 (21.7%)	4:54	12.2 (78.2%)	
67	CHOJNOWSKI Zbigniew	182	AIKIRUNNERS	M40	16	00:12:24	00:24:36.30	+00:05:22 (21.9%)	4:55	12.2 (78.2%)	
68	ŻÓŁTKO Piotr	1142		M12	5	00:13:29	00:24:36.68	+00:05:23 (21.9%)	4:55	12.2 (78.2%)	
69	WILDNER Radosław	121		M40	17	00:12:53	00:24:41.69	+00:05:28 (22.1%)	4:56	12.2 (78.2%)	
70	RZEPNICKI Marcin	1001	PATOHOLICS	M30	28	00:12:26	00:24:41.93	+00:05:28 (22.2%)	4:56	12.2 (78.2%)	
71	KOROLCZUK Maciej	1054	BIAŁYSTOK BIEGA TEAM	M30	29	00:12:59	00:24:45.42	+00:05:31 (22.3%)	4:57	12.1 (77.6%)	
72	TOMASZUK Mariusz	168	PALISANDER RUNNING TEAM	M30	30	00:13:05	00:24:46.77	+00:05:33 (22.4%)	4:57	12.1 (77.6%)	
73	AUGUSTYNOWICZ Wojciech	66	MKS JUVENIA BIAŁYSTOK	M30	31	00:12:21	00:24:51.82	+00:05:38 (22.7%)	4:58	12.1 (77.6%)	
74	ŻMIEŃKO Mariusz	1027		M40	18	00:13:19	00:24:51.93	+00:05:38 (22.7%)	4:58	12.1 (77.6%)	
75	OLSZEWSKI Krzysztof	183		M30	32	00:13:03	00:24:55.58	+00:05:42 (22.9%)	4:59	12 (76.9%)	
76	BACIOCHA Kornelia	172	KS PODLASIE	K12	4	00:12:53	00:24:55.62	+00:05:42 (22.9%)	4:59	12 (76.9%)	
77	JELSKA Zuzanna	178	KS PODLASIE	K12	5	00:12:54	00:24:55.63	+00:05:42 (22.9%)	4:59	12 (76.9%)	
78	SZACIŁO Marcin	120		M40	19	00:12:37	00:24:57.43	+00:05:43 (23.0%)	4:59	12 (76.9%)	
79	WRÓBLEWSKI Marcin	99	ROSTI POLAND	M40	20	00:12:56	00:24:58.12	+00:05:44 (23.0%)	4:59	12 (76.9%)	
80	KRASICKI Daniel	147	PODLASKIE KOCURY	M30	33	00:12:55	00:24:58.36	+00:05:44 (23.0%)	4:59	12 (76.9%)	
81	CHOIŃSKI Bogusław	151	:)	M50	5	00:12:40	00:25:02.38	+00:05:48 (23.2%)	5:00	12 (76.9%)	
82	JAKOWANIS Paweł	1148		M20	7	00:13:17	00:25:04.78	+00:05:51 (23.3%)	5:00	12 (76.9%)	
83	STOKOWSKI Paweł	1170		M20	8	00:13:20	00:25:06.25	+00:05:52 (23.4%)	5:01	12 (76.9%)	
84	PIECKA Damian	175		M30	34	00:12:50	00:25:06.50	+00:05:52 (23.4%)	5:01	12 (76.9%)	

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.7km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
108	SAWKO Łukasz	1037		M30	42	00:13:14	00:25:32.36	+00:06:18 (24.7%)	5:06	11.7 (75.0%)
109	SZESZKO Paweł	1053	PYSTOK	M30	43	00:13:03	00:25:33.87	+00:06:20 (24.8%)	5:06	11.7 (75.0%)
110	MIŁKOWSKI Józef	1012		M40	23	00:13:22	00:25:35.42	+00:06:21 (24.9%)	5:07	11.7 (75.0%)
111	HRYNIEWSKI Rafał	62		M30	44	00:13:15	00:25:37.15	+00:06:23 (25.0%)	5:07	11.7 (75.0%)
112	GAWRYŁO Dawid	167		M20	14	00:12:53	00:25:37.78	+00:06:24 (25.0%)	5:07	11.7 (75.0%)
113	KAŁUZIŃSKI Grzegorz	1132		M20	15	00:13:53	00:25:38.20	+00:06:24 (25.0%)	5:07	11.7 (75.0%)
114	LASKOWSKI Kamil	169	PALISANDER RUNNING TEAM	M30	45	00:13:06	00:25:38.65	+00:06:25 (25.0%)	5:07	11.7 (75.0%)
115	ZIELINKO Łukasz	53	ŻUBERTEAM	M30	46	00:13:34	00:25:39.70	+00:06:26 (25.1%)	5:07	11.7 (75.0%)
116	JARMOŁOWICZ Małgorzata	75	MD RUN TRAINING	K50	2	00:13:20	00:25:40.35	+00:06:26 (25.1%)	5:08	11.7 (75.0%)
117	PIETRUSZKO Hubert	161		M20	16	00:13:02	00:25:41.21	+00:06:27 (25.2%)	5:08	11.7 (75.0%)
118	GRYŻENIA Daniel	2015	BIAŁYSTOK BIEGA	M30	47	00:13:24	00:25:42.33	+00:06:28 (25.2%)	5:08	11.7 (75.0%)
119	JABŁOŃSKI Marcin	166		M20	17	00:13:13	00:25:43.09	+00:06:29 (25.2%)	5:08	11.7 (75.0%)
120	KARPOWICZ Bartłomiej	92		M30	48	00:12:55	00:25:45.38	+00:06:31 (25.4%)	5:09	11.7 (75.0%)
121	SIDOR Tomek	87	NIE	M40	24	00:13:29	00:25:45.45	+00:06:31 (25.4%)	5:09	11.7 (75.0%)
122	KŁECZEK Andrzej	1108		M30	49	00:13:35	00:25:49.74	+00:06:36 (25.6%)	5:09	11.6 (74.4%)
123	SOKÓŁ Przemysław	100	WODOCIĄGI BIAŁOSTOCKIE	M30	50	00:13:29	00:25:53.13	+00:06:39 (25.7%)	5:10	11.6 (74.4%)
124	LENAR Bartłomiej	119		M30	51	00:13:44	00:25:54.23	+00:06:40 (25.8%)	5:10	11.6 (74.4%)
125	KOCHAŃSKI Krystian	1013		M30	52	00:13:23	00:25:56.00	+00:06:42 (25.9%)	5:11	11.6 (74.4%)
126	OSTROWSKI Michał	39		M30	53	00:13:03	00:25:57.35	+00:06:43 (25.9%)	5:11	11.6 (74.4%)
127	LINGO Sebastian	1169		M20	18	00:12:58	00:25:57.67	+00:06:44 (25.9%)	5:11	11.6 (74.4%)
128	CZARNOGÓRSKI Mateusz	1105		M30	54	00:13:31	00:25:58.31	+00:06:44 (26.0%)	5:11	11.6 (74.4%)
129	DERYNG Paweł	2013		M30	55	00:13:23	00:25:59.23	+00:06:45 (26.0%)	5:11	11.5 (73.7%)
130	MOZOLEWSKA Joanna	1086	URZĄD MIEJSKI W BIAŁYMSTOKU-ZIELONY BIAŁYSTOK	K30	4	00:14:10	00:25:59.33	+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	KŁOS Jacek	1102	BIAŁYSTOK BIEGA TEAM	M60	2	00:13:14	00:25:59.89	+00:06:46 (26.0%)	5:11	11.5 (73.7%)	
132	BLAŻEWICZ Dariusz	1041	WINLAND	M50	8	00:13:56	00:26:00.31	+00:06:46 (26.1%)	5:12	11.5 (73.7%)	
133	BARTOSZUK Karol	1156		M30	56	00:13:36	00:26:03.81	+00:06:50 (26.2%)	5:12	11.5 (73.7%)	
134	KURYŁO Bartosz	1031		M20	19	00:13:42	00:26:07.50	+00:06:53 (26.4%)	5:13	11.5 (73.7%)	
135	HUDSON Marta	124		K30	5	00:13:37	00:26:07.63	+00:06:54 (26.4%)	5:13	11.5 (73.7%)	
136	TRUSZKOWSKI Kamil	1044		M30	57	00:13:27	00:26:07.68	+00:06:54 (26.4%)	5:13	11.5 (73.7%)	
137	BADYSIAK Marek	173		M30	58	00:12:56	00:26:09.94	+00:06:56 (26.5%)	5:13	11.5 (73.7%)	
138	MARTYNOWICZ Michał	2007		M20	20	00:13:34	00:26:10.15	+00:06:56 (26.5%)	5:14	11.5 (73.7%)	
139	OSMÓLSKI Łukasz	35		M20	21	00:13:05	00:26:12.68	+00:06:59 (26.6%)	5:14	11.5 (73.7%)	
140	MYSIEWICZ Adrian	1187		M20	22	00:13:59	00:26:13.08	+00:06:59 (26.7%)	5:14	11.4 (73.1%)	
141	TYWOŃCZUK Marek	104		M20	23	00:13:41	00:26:14.78	+00:07:01 (26.7%)	5:14	11.4 (73.1%)	
142	BALCERZAK Hubert	185		M20	24	00:13:41	00:26:14.81	+00:07:01 (26.7%)	5:14	11.4 (73.1%)	
143	JARZĄBSKA Ewelina	1036	MILSPORT	K30	6	00:13:40	00:26:18.27	+00:07:04 (26.9%)	5:15	11.4 (73.1%)	
144	RYŚ Maciek	2010		M30	59	00:13:38	00:26:19.43	+00:07:05 (27.0%)	5:15	11.4 (73.1%)	
145	MOŚCICKI Stanisław	157		M12	11	00:13:05	00:26:21.50	+00:07:07 (27.1%)	5:16	11.4 (73.1%)	
146	IWANIEC Piotr	138		M40	25	00:13:07	00:26:21.68	+00:07:08 (27.1%)	5:16	11.4 (73.1%)	
147	SAWICKI Kamil	144		M40	26	00:12:59	00:26:22.37	+00:07:08 (27.1%)	5:16	11.4 (73.1%)	
148	WASILEWSKA Ewa	79	1 PODLASKA BRYGADA OBRONY TERYTORIALNEJ	K50	3	00:13:31	00:26:22.68	+00:07:09 (27.1%)	5:16	11.4 (73.1%)	
149	KUCHTA Artur	38		M30	60	00:13:05	00:26:23.45	+00:07:09 (27.1%)	5:16	11.4 (73.1%)	
150	BUJNOWSKA Małgorzata Anna	61	PODLASKIE KOCURY	K40	3	00:13:24	00:26:23.46	+00:07:09 (27.1%)	5:16	11.4 (73.1%)	
151	SIENKIEWICZ Bogusz	1091		M30	61	00:13:52	00:26:23.60	+00:07:10 (27.2%)	5:16	11.4 (73.1%)	
152	BRAŁKOWSKI Łukasz	1176		M40	27	00:13:56	00:26:23.74	+00:07:10 (27.2%)	5:16	11.4 (73.1%)	
153	SZEWCUWIANIEC Krzysztof	2175		M20	25	00:13:12	00:26:25.30	+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	BANIT Dzmitry	1210	TEA.M RUN	M40	28	00:14:09	00:26:27.09	+00:07:13 (27.3%)	5:17	11.3 (72.4%)	
155	TSIARESHKA Uladzislau	73	TEA.M RUN BIAŁYSTOK	M20	26	00:13:38	00:26:27.80	+00:07:14 (27.3%)	5:17	11.3 (72.4%)	
156	OPIATOWSKI Adam	123		M30	62	00:13:44	00:26:31.55	+00:07:17 (27.5%)	5:18	11.3 (72.4%)	
157	FALKOWSKI Michał	1178	DZSW	M30	63	00:13:44	00:26:32.90	+00:07:19 (27.6%)	5:18	11.3 (72.4%)	
158	CZAJKOWSKA Julia	164	3T BIAŁYSTOK	K12	6	00:13:38	00:26:33.72	+00:07:20 (27.6%)	5:18	11.3 (72.4%)	
159	MAZUR Łukasz	1093	N50	M40	29	00:13:27	00:26:33.84	+00:07:20 (27.6%)	5:18	11.3 (72.4%)	
160	RUSTS Aliaksandr	96	TEA.MRUN	M30	64	00:13:41	00:26:34.52	+00:07:20 (27.7%)	5:18	11.3 (72.4%)	
161	KORBUT Marek	1042	WINLAND	M40	30	00:13:56	00:26:37.96	+00:07:24 (27.8%)	5:19	11.3 (72.4%)	
162	CIULWIK Lena	1129	KS PODLASIE	K12	7	00:13:38	00:26:39.19	+00:07:25 (27.9%)	5:19	11.3 (72.4%)	
163	WIKTORZAK Michał	2069	QUECHUA TEAM	M30	65	00:13:43	00:26:39.64	+00:07:26 (27.9%)	5:19	11.3 (72.4%)	
164	RADZISZEWSKI Bogdan	1137		M20	27	00:13:27	00:26:39.95	+00:07:26 (27.9%)	5:19	11.3 (72.4%)	
165	SIECZKOWSKA Ewa	163		K30	7	00:13:41	00:26:43.18	+00:07:29 (28.0%)	5:20	11.2 (71.8%)	
166	ARTEMIUK Eugeniusz	89		M60	3	00:13:58	00:26:44.34	+00:07:30 (28.1%)	5:20	11.2 (71.8%)	
167	BRZÓSKO Szymon	114		M50	9	00:13:05	00:26:46.08	+00:07:32 (28.2%)	5:21	11.2 (71.8%)	
168	SKUBICH Tomasz	1003		M30	66	00:14:08	00:26:46.65	+00:07:33 (28.2%)	5:21	11.2 (71.8%)	
169	MORAWSKA Edyta	137	BIAŁYSTOK BIEGA TEAM	K50	4	00:13:49	00:26:50.47	+00:07:36 (28.4%)	5:22	11.2 (71.8%)	
170	TABĘDZKA Katarzyna	41		K40	4	00:13:43	00:26:52.66	+00:07:39 (28.5%)	5:22	11.2 (71.8%)	
171	ZANIEWSKI Kamil	65		M30	67	00:13:47	00:26:57.82	+00:07:44 (28.7%)	5:23	11.1 (71.2%)	
172	ŁAPSZO Piotr	1121	GRUPA BIEGOWA ZWYCIĘZCA	M30	68	00:13:51	00:26:57.98	+00:07:44 (28.7%)	5:23	11.1 (71.2%)	
173	WOŁOSIK Dominik	130		M30	69	00:14:10	00:26:58.23	+00:07:44 (28.7%)	5:23	11.1 (71.2%)	
174	SIMONIUK Jerzy	1101		M60	4	00:13:49	00:26:59.77	+00:07:46 (28.8%)	5:23	11.1 (71.2%)	
175	JAKUBOWSKI Kacper	1151		M20	28	00:13:57	00:27:00.26	+00:07:46 (28.8%)	5:24	11.1 (71.2%)	
176	BRECZKO Beata	1088		K40	5	00:14:10	00:27:01.41	+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	MALISZEWSKI Patryk	1096	WENDI FANS CLUB	M20	29	00:13:40	00:27:03.74	+00:07:50 (29.0%)	5:24	11.1 (71.2%)	
178	BORUCKI Arkadiusz	190	ARCAD	M30	70	00:13:20	00:27:06.32	+00:07:52 (29.1%)	5:25	11.1 (71.2%)	
179	ŁYŻWA Adam	1124		M40	31	00:13:58	00:27:07.12	+00:07:53 (29.1%)	5:25	11.1 (71.2%)	
180	CWALINA Bartosz	1157	KOLNO BIEGA	M20	30	00:13:54	00:27:07.37	+00:07:53 (29.1%)	5:25	11.1 (71.2%)	
181	MELANIUK Radosław	2149		M40	32	00:14:29	00:27:07.53	+00:07:53 (29.1%)	5:25	11.1 (71.2%)	
182	GÓRECKI Hubert	174		M20	31	00:13:48	00:27:11.52	+00:07:57 (29.3%)	5:26	11 (70.5%)	
183	BERNATOWICZ Karolina	1022		K20	3	00:13:48	00:27:12.39	+00:07:58 (29.3%)	5:26	11 (70.5%)	
184	MECLIK Adrian	1143		M50	10	00:13:43	00:27:12.92	+00:07:59 (29.4%)	5:26	11 (70.5%)	
185	RADZIWONOWSKI Bartosz	1182	THREETEETEAM	M40	33	00:14:04	00:27:13.31	+00:07:59 (29.4%)	5:26	11 (70.5%)	
186	BRONISZEWSKI Piotr	142	DRUŻYNA STEFANA CZARNIECKIEGO	M50	11	00:14:06	00:27:13.97	+00:08:00 (29.4%)	5:26	11 (70.5%)	
187	LEMAŃSKA Marzena	1071		K50	5	00:14:25	00:27:17.49	+00:08:03 (29.6%)	5:27	11 (70.5%)	
188	POGORZELSKI Daniel	1011		M40	34	00:14:17	00:27:19.34	+00:08:05 (29.6%)	5:27	11 (70.5%)	
189	KIEŁCZEWSKI Konrad	1158		M40	35	00:13:49	00:27:20.22	+00:08:06 (29.7%)	5:28	11 (70.5%)	
190	SZOTA Ernest	2021		M40	36	00:14:34	00:27:23.00	+00:08:09 (29.8%)	5:28	11 (70.5%)	
191	KABYLIANSKI Artsem	86	TEA.M RUN	M30	71	00:14:09	00:27:24.50	+00:08:10 (29.9%)	5:28	10.9 (69.9%)	
192	KULIKOWSKI Marek	1048		M50	12	00:14:13	00:27:25.13	+00:08:11 (29.9%)	5:29	10.9 (69.9%)	
193	OSTROWSKI Szymon	2095		M12	12	00:13:50	00:27:27.00	+00:08:13 (30.0%)	5:29	10.9 (69.9%)	
194	KANIA Wojciech	2009		M30	72	00:14:08	00:27:27.04	+00:08:13 (30.0%)	5:29	10.9 (69.9%)	
195	SZYMKIEWICZ Daniel	2077	MROŻNE WILKI	M30	73	00:19:15	00:27:30.00	+00:08:16 (30.1%)	5:30	10.9 (69.9%)	
196	SUCHOWOLEC Łukasz	1174		M30	74	00:14:33	00:27:31.51	+00:08:17 (30.2%)	5:30	10.9 (69.9%)	
197	MIEZIO Rafał	1051		M50	13	00:14:31	00:27:32.89	+00:08:19 (30.2%)	5:30	10.9 (69.9%)	
198	KRZYŻANOWSKA Monika	1060		K30	8	00:14:05	00:27:33.12	+00:08:19 (30.2%)	5:30	10.9 (69.9%)	
199	WOŁYŃ Marcin	1090		M30	75	00:14:37	00:27:34.65	+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	MASALSKA Ewelina	111	HAJNÓWKA BIEGA	K30	9	00:14:10	00:27:35.35	+00:08:21 (30.3%)	5:31	10.9 (69.9%)	
201	DĄBROWSKA Sylwia	2109	OUTDOOR TRAINING	K30	10	00:14:23	00:27:36.64	+00:08:23 (30.4%)	5:31	10.9 (69.9%)	
202	DĄBROWSKI Mateusz	2110	OUTDOOR TRAINING	M12	13	00:14:24	00:27:36.85	+00:08:23 (30.4%)	5:31	10.9 (69.9%)	
203	SAMOJŁO Piotr	2076		M30	76	00:14:03	00:27:36.96	+00:08:23 (30.4%)	5:31	10.9 (69.9%)	
204	ANDRUSZKIEWICZ Darek	155	DRUŻYNA STEFANA CZARNECKIEGO	M40	37	00:13:53	00:27:37.58	+00:08:24 (30.4%)	5:31	10.9 (69.9%)	
205	GROMACKI Ireneusz	1066	1PBOT	M40	38	00:13:55	00:27:38.61	+00:08:25 (30.4%)	5:31	10.9 (69.9%)	
206	ZYSKOWSKA Emilia	2039		K30	11	00:14:18	00:27:39.72	+00:08:26 (30.5%)	5:31	10.8 (69.2%)	
207	OZLANSKI Adam	1115		M30	77	00:14:41	00:27:41.00	+00:08:27 (30.5%)	5:32	10.8 (69.2%)	
208	PANEK Przemysław	1135		M20	32	00:14:20	00:27:42.62	+00:08:29 (30.6%)	5:32	10.8 (69.2%)	
209	KICZKAJŁO Maciej	2055		M12	14	00:14:44	00:27:43.29	+00:08:29 (30.6%)	5:32	10.8 (69.2%)	
210	SOCHOŃ Sebastian	1192	CROSSFIT JUST RAW	M30	78	00:14:20	00:27:43.58	+00:08:30 (30.7%)	5:32	10.8 (69.2%)	
211	WYRZYKOWSKI Piotr	2143		M40	39	00:13:50	00:27:43.93	+00:08:30 (30.7%)	5:32	10.8 (69.2%)	
212	OSTROWSKI Daniel	1063	KAN-THERM TEAM RACING	M30	79	00:14:13	00:27:51.46	+00:08:37 (31.0%)	5:34	10.8 (69.2%)	
213	TOPOLEWICZ Artur	98	ROSTI POLAND	M40	40	00:14:32	00:27:53.43	+00:08:39 (31.1%)	5:34	10.8 (69.2%)	
214	POLAK Ignacy	2091	SP 12 KS PODLASIE	M12	15	00:15:34	00:27:55.61	+00:08:42 (31.2%)	5:35	10.7 (68.6%)	
215	TARASIUK Monika	1062		K40	6	00:13:50	00:27:58.71	+00:08:45 (31.3%)	5:35	10.7 (68.6%)	
216	JABŁONOWSKI Krzysztof	3128		M30	80	00:14:39	00:27:59.34	+00:08:45 (31.3%)	5:35	10.7 (68.6%)	
217	GRUSZEWSKA Hanna	1123		K12	8	00:14:40	00:28:00.52	+00:08:46 (31.4%)	5:36	10.7 (68.6%)	
218	BOGDAŃSKA Ula	2052	URZĄD MIEJSKI W BIAŁYMSTOKU - ZIELONY BIAŁYSTOK	K30	12	00:14:37	00:28:04.45	+00:08:50 (31.5%)	5:36	10.7 (68.6%)	
219	PUZANOWSKI Grzegorz	4192	MEDIA EXPERT	M30	81	00:14:55	00:28:06.36	+00:08:52 (31.6%)	5:37	10.7 (68.6%)	
220	MIASTKOWSKI Mariusz	4042		M30	82	00:14:29	00:28:06.43	+00:08:52 (31.6%)	5:37	10.7 (68.6%)	
221	KULEVICH Tatsiana	1026	TEA.M RUN	K30	13	00:14:09	00:28:07.38	+00:08:53 (31.6%)	5:37	10.7 (68.6%)	
222	POLAK Robert	1094	MD RUN TRAINING	M40	41	00:15:33	00:28:08.79	+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	SIERBA Bogdan	2183	PROMIEŃ	M60	5	00:14:26	00:28:10.96	+00:08:57 (31.8%)	5:38	10.7 (68.6%)	
224	OLSZEWSKI Mateusz	1164		M20	33	00:14:16	00:28:11.01	+00:08:57 (31.8%)	5:38	10.6 (67.9%)	
225	WASILEWSKA Ewa	1154	ZST BIAŁYSTOK	K30	14	00:15:01	00:28:11.63	+00:08:58 (31.8%)	5:38	10.6 (67.9%)	
226	GODLEWSKI Łukasz	2041		M20	34	00:14:54	00:28:11.87	+00:08:58 (31.8%)	5:38	10.6 (67.9%)	
227	GLIŃSKA Patrycja	1139		K30	15	00:14:23	00:28:12.78	+00:08:59 (31.9%)	5:38	10.6 (67.9%)	
228	ŁUBNICKI Kamil	42		M30	83	00:14:48	00:28:13.24	+00:08:59 (31.9%)	5:38	10.6 (67.9%)	
229	KALINOWSKI Adam	1117		M40	42	00:14:50	00:28:15.76	+00:09:02 (32.0%)	5:39	10.6 (67.9%)	
230	POGORZALY Emil	1045	SAMI SWOI	M50	14	00:14:05	00:28:17.48	+00:09:03 (32.0%)	5:39	10.6 (67.9%)	
231	AUGUSTYNOWICZ Wojciech	1140		M20	35	00:15:03	00:28:21.53	+00:09:07 (32.2%)	5:40	10.6 (67.9%)	
232	TARASIEWICZ Konrad	4198	MEDIA EXPERT	M20	36	00:15:35	00:28:23.19	+00:09:09 (32.3%)	5:40	10.6 (67.9%)	
233	PANKIEWICZ Małgorzata	2152	INTRUM	K30	16	00:14:53	00:28:23.41	+00:09:09 (32.3%)	5:40	10.6 (67.9%)	
234	NICZYPORUK Marek	4064		M40	43	00:15:06	00:28:24.47	+00:09:10 (32.3%)	5:40	10.6 (67.9%)	
235	SAWICKI Filip	145		M12	16	00:14:22	00:28:25.14	+00:09:11 (32.3%)	5:41	10.6 (67.9%)	
236	KONIECZNY Przemysław	1175		M30	84	00:15:00	00:28:25.70	+00:09:12 (32.4%)	5:41	10.6 (67.9%)	
237	RYBNIK Łukasz	94		M40	44	00:15:27	00:28:26.76	+00:09:13 (32.4%)	5:41	10.6 (67.9%)	
238	DANIELUK Janusz	1040		M40	45	00:14:42	00:28:27.51	+00:09:13 (32.4%)	5:41	10.5 (67.3%)	
239	ZANIEWSKI Rafał	1141		M40	46	00:14:39	00:28:28.97	+00:09:15 (32.5%)	5:41	10.5 (67.3%)	
240	GRZYBOWSKA Monika	1095		K30	17	00:15:00	00:28:36.19	+00:09:22 (32.8%)	5:43	10.5 (67.3%)	
241	TWAROWSKI Miłosz	2065	OSTRÓW BIEGA	M12	17	00:15:32	00:28:39.68	+00:09:26 (32.9%)	5:43	10.5 (67.3%)	
242	MANIAS Tomasz	3008		M30	85	00:15:03	00:28:40.08	+00:09:26 (32.9%)	5:44	10.5 (67.3%)	
243	TWAROWSKI Dariusz	2064	OSTRÓW BIEGA	M40	47	00:15:32	00:28:40.08	+00:09:26 (32.9%)	5:44	10.5 (67.3%)	
244	KRUPIENIK Marcin	1077		M30	86	00:14:13	00:28:40.51	+00:09:26 (33.0%)	5:44	10.5 (67.3%)	
245	TKACZUK Eugeniusz	1114		M60	6	00:14:45	00:28:43.38	+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	SOKÓLSKI Łukasz	1098		M30	87	00:15:05	00:28:43.98	+00:09:30 (33.1%)	5:44	10.4 (66.7%)
247	STRÓŻKOWSKA Agata	2062	OSTRÓW BIEGA	K30	18	00:15:07	00:28:44.47	+00:09:30 (33.1%)	5:44	10.4 (66.7%)
248	SIENKIEWICZ Kinga	1136		K30	19	00:14:47	00:28:47.02	+00:09:33 (33.2%)	5:45	10.4 (66.7%)
249	BIBUŁOWICZ Monika	1052		K40	7	00:14:20	00:28:47.17	+00:09:33 (33.2%)	5:45	10.4 (66.7%)
250	ŻARNOCH Leszek	3029		M50	15	00:14:23	00:28:48.03	+00:09:34 (33.2%)	5:45	10.4 (66.7%)
251	WOŹNIEWSKI Krzysztof	2210		M40	48	00:14:51	00:28:48.08	+00:09:34 (33.2%)	5:45	10.4 (66.7%)
252	PASZKOWSKI Maciej	1020	SGB SOKÓLSKA WATAHA	M50	16	00:14:57	00:28:48.18	+00:09:34 (33.2%)	5:45	10.4 (66.7%)
253	CZYŻEWSKA Justyna	1002		K30	20	00:14:41	00:28:48.85	+00:09:35 (33.3%)	5:45	10.4 (66.7%)
254	DADURA Adam	2135		M40	49	00:15:39	00:28:50.36	+00:09:36 (33.3%)	5:46	10.4 (66.7%)
255	DĄBROWSKI Kamil	1116	INTRUM	M30	88	00:14:49	00:28:53.28	+00:09:39 (33.4%)	5:46	10.4 (66.7%)
256	ŻYLIŃSKI Sławomir	2027		M40	50	00:15:20	00:28:53.42	+00:09:39 (33.5%)	5:46	10.4 (66.7%)
257	MICHALUK Robert	2035		M50	17	00:14:59	00:28:53.97	+00:09:40 (33.5%)	5:46	10.4 (66.7%)
258	SZAŁAJ Marcin	1112		M20	37	00:14:56	00:28:55.58	+00:09:41 (33.5%)	5:47	10.4 (66.7%)
259	KUJAWA Karol	2106	AKADEMIA MŁODE ŻUBRY	M12	18	00:14:47	00:28:56.87	+00:09:43 (33.6%)	5:47	10.4 (66.7%)
260	SZYMAŃSKI Roman	3025	MARSZOMANIACY BIELSK PODLASKI	M40	51	00:14:53	00:28:57.29	+00:09:43 (33.6%)	5:47	10.4 (66.7%)
261	KULESZA Adam	2171		M50	18	00:15:01	00:28:59.82	+00:09:46 (33.7%)	5:47	10.4 (66.7%)
262	CZYKWIN Mariusz	2073		M40	52	00:14:52	00:29:02.34	+00:09:48 (33.8%)	5:48	10.3 (66.0%)
263	CHOMICKI Krystian	2173		M20	38	00:14:35	00:29:02.97	+00:09:49 (33.8%)	5:48	10.3 (66.0%)
264	BAŁŁO Jarosław	2008		M30	89	00:14:49	00:29:05.33	+00:09:51 (33.9%)	5:49	10.3 (66.0%)
265	BAJDA Marcin	2159	BIAŁOSTOCKA SEKTA BIEGACZY	M40	53	00:15:13	00:29:06.95	+00:09:53 (34.0%)	5:49	10.3 (66.0%)
266	ROSA Robert	2181		M40	54	00:14:55	00:29:08.43	+00:09:54 (34.0%)	5:49	10.3 (66.0%)
267	SACHARCZUK Joanna	1161		K30	21	00:14:43	00:29:08.89	+00:09:55 (34.0%)	5:49	10.3 (66.0%)
268	PIEKARSKI Marcin	1190		M30	90	00:14:01	00:29:12.15	+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	FILIPCZUK Dominika	1104		K40	8	00:14:57	00:29:12.65	+00:09:59 (34.2%)	5:50	10.3 (66.0%)	
270	RAMOTOWSKI Tomasz	70	MASPEX	M20	39	00:14:48	00:29:13.72	+00:10:00 (34.2%)	5:50	10.3 (66.0%)	
271	JAKUBOWSKA Marzena	1147		K40	9	00:15:04	00:29:14.14	+00:10:00 (34.2%)	5:50	10.3 (66.0%)	
272	ŁAPIŃSKI Karol	2083		M40	55	00:15:01	00:29:14.39	+00:10:00 (34.2%)	5:50	10.3 (66.0%)	
273	GOSK Rafał	2042	MIEJSKOAKTYWNI	M40	56	00:15:31	00:29:16.91	+00:10:03 (34.3%)	5:51	10.3 (66.0%)	
274	STRÓŻKOWSKI Łukasz	2063	OSTRÓW BIEGA	M30	91	00:15:07	00:29:20.28	+00:10:06 (34.5%)	5:52	10.2 (65.4%)	
275	JAKUBOWSKI Łukasz	102		M20	40	00:14:38	00:29:21.69	+00:10:08 (34.5%)	5:52	10.2 (65.4%)	
276	BARGŁOWSKI Kamil	1177		M20	41	00:14:47	00:29:21.86	+00:10:08 (34.5%)	5:52	10.2 (65.4%)	
277	STĘPIEŃ Piotr	2112	SAMORZĄDOWCY	M50	19	00:14:52	00:29:21.90	+00:10:08 (34.5%)	5:52	10.2 (65.4%)	
278	ŁAGUNA Paweł	1018		M30	92	00:14:54	00:29:22.48	+00:10:08 (34.5%)	5:52	10.2 (65.4%)	
279	LULEWICZ Marcin	3130		M30	93	00:14:58	00:29:23.80	+00:10:10 (34.6%)	5:52	10.2 (65.4%)	
280	JARMOLIK Eugeniusz	1184		M60	7	00:15:16	00:29:24.67	+00:10:11 (34.6%)	5:52	10.2 (65.4%)	
281	HAJKOWSKI Jakub	2079		M30	94	00:15:38	00:29:26.24	+00:10:12 (34.7%)	5:53	10.2 (65.4%)	
282	SOBIECH Robert	1109		M50	20	00:15:22	00:29:27.71	+00:10:14 (34.7%)	5:53	10.2 (65.4%)	
283	JAŃCZAK Piotr	2116		M30	95	00:15:59	00:29:27.84	+00:10:14 (34.7%)	5:53	10.2 (65.4%)	
284	DZIEDZIC Robert	2203	BRAK	M40	57	00:14:53	00:29:29.70	+00:10:16 (34.8%)	5:53	10.2 (65.4%)	
285	MUSZYŃSKA Ida	2162		K30	22	00:15:21	00:29:32.47	+00:10:18 (34.9%)	5:54	10.2 (65.4%)	
286	MAKSIMUK Piotr	2121		M40	58	00:15:15	00:29:32.62	+00:10:19 (34.9%)	5:54	10.2 (65.4%)	
287	ZALESKI Leszek	30		M40	59	00:15:01	00:29:33.04	+00:10:19 (34.9%)	5:54	10.2 (65.4%)	
288	BLACHOWICZ Jędrzej	132		M30	96	00:16:09	00:29:33.97	+00:10:20 (35.0%)	5:54	10.2 (65.4%)	
289	CHARUBIN Mariusz	67	ZWIĄZEK ŻOŁNIERZY NARODOWYCH SIŁ ZBROJNYCH	M40	60	00:15:25	00:29:35.92	+00:10:22 (35.0%)	5:55	10.1 (64.7%)	
290	KRUAZE Bartosz	2197		M50	21	00:15:42	00:29:36.25	+00:10:22 (35.1%)	5:55	10.1 (64.7%)	
291	SOKÓŁ Karolina	2125		K20	4	00:15:24	00:29:36.65	+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	GOLONKO Sylwia	1106	HAJNÓWKA BIEGA	K30	23	00:15:00	00:29:37.17	+00:10:23 (35.1%)	5:55	10.1 (64.7%)	
293	JAŃCZAK Maksymilian	2122		M12	19	00:15:43	00:29:38.26	+00:10:24 (35.1%)	5:55	10.1 (64.7%)	
294	FADEJEW Karol	1130	BIAŁYSTOK BIEGA TEAM	M40	61	00:15:40	00:29:40.20	+00:10:26 (35.2%)	5:56	10.1 (64.7%)	
295	RACZYŁA Tomasz	2060	TOMOTECH	M30	97	00:16:03	00:29:40.72	+00:10:27 (35.2%)	5:56	10.1 (64.7%)	
296	CYBULSKI Tomasz	1025	WETERANI RP	M40	62	00:15:23	00:29:42.93	+00:10:29 (35.3%)	5:56	10.1 (64.7%)	
297	LITWINIUK Paweł	1056		M40	63	00:15:04	00:29:44.19	+00:10:30 (35.3%)	5:56	10.1 (64.7%)	
298	CYBULSKA Halina	1046		K40	10	00:15:22	00:29:45.35	+00:10:31 (35.4%)	5:57	10.1 (64.7%)	
299	KRUPICKA Daria	2161		K30	24	00:15:22	00:29:46.86	+00:10:33 (35.4%)	5:57	10.1 (64.7%)	
300	CICH Mariusz	64		M40	64	00:16:11	00:29:46.88	+00:10:33 (35.4%)	5:57	10.1 (64.7%)	
301	ŁUKSZA Marta	2129		K20	5	00:14:52	00:29:47.45	+00:10:33 (35.5%)	5:57	10.1 (64.7%)	
302	ROMEJKO Piotr	129	22 WOJSKOWY OŚRODEK KARTOGRAFICZNY	M40	65	00:16:12	00:29:47.57	+00:10:33 (35.5%)	5:57	10.1 (64.7%)	
303	MACKIEWICZ Sebastian	1191		M12	20	00:14:33	00:29:48.15	+00:10:34 (35.5%)	5:57	10.1 (64.7%)	
304	KONERA Marta	1181	BIEGAJĄCE ZĄBKI	K30	25	00:15:34	00:29:49.05	+00:10:35 (35.5%)	5:57	10.1 (64.7%)	
305	TOŁKACZ Piotr	2057	KS MARATONKA GRAJEWO	M40	66	00:15:54	00:29:49.17	+00:10:35 (35.5%)	5:57	10.1 (64.7%)	
306	ANDREIKOVA Valentyna	1171	TEA.M RUN	K20	6	00:15:03	00:29:50.12	+00:10:36 (35.6%)	5:58	10.1 (64.7%)	
307	KUZMICKI Kajetan	2201		M12	21	00:15:02	00:29:53.64	+00:10:40 (35.7%)	5:58	10 (64.1%)	
308	JAROSZ Paweł	3120		M30	98	00:14:53	00:29:55.41	+00:10:41 (35.7%)	5:59	10 (64.1%)	
309	KRETUŃSKI Marcin	2082		M30	99	00:15:37	00:29:55.65	+00:10:42 (35.8%)	5:59	10 (64.1%)	
310	GAJEWSKI Krzysztof	1195		M40	67	00:15:40	00:29:56.07	+00:10:42 (35.8%)	5:59	10 (64.1%)	
311	ANDRZEJEWSKI Maciej	3153		M40	68	00:16:02	00:29:56.26	+00:10:42 (35.8%)	5:59	10 (64.1%)	
312	PAZIO Anna	3108		K20	7	00:15:59	00:29:59.42	+00:10:45 (35.9%)	5:59	10 (64.1%)	
313	ŁUKOWSKI Kamil	1035		M30	100	00:15:08	00:29:59.73	+00:10:46 (35.9%)	5:59	10 (64.1%)	
314	TELLOS Justyna	1074	HAJNÓWKA BIEGA	K40	11	00:15:09	00:30:00.90	+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	ANUSZKIEWICZ Adam	2114	NA WIRZACO	M50	22	00:15:26	00:30:02.12	+00:10:48 (36.0%)	6:00	10 (64.1%)
316	BIECIUK Maciej	1146		M30	101	00:14:42	00:30:05.34	+00:10:51 (36.1%)	6:01	10 (64.1%)
317	WALUK Franciszek	2088		M60	8	00:16:11	00:30:05.71	+00:10:52 (36.1%)	6:01	10 (64.1%)
318	KOCHAŃSKI Karol	2029		M30	102	00:15:48	00:30:05.93	+00:10:52 (36.1%)	6:01	10 (64.1%)
319	CZERŻYŃSKA Ewa	2179		K20	8	00:15:34	00:30:07.27	+00:10:53 (36.2%)	6:01	10 (64.1%)
320	WASIELEWSKI Grzegorz	1100		M30	103	00:14:32	00:30:08.71	+00:10:55 (36.2%)	6:01	10 (64.1%)
321	WYSOCKA Magdalena	1061		K30	26	00:16:00	00:30:09.23	+00:10:55 (36.2%)	6:01	10 (64.1%)
322	BOGDANOWICZ Anna	72	DRUŻYNA STEFANA CZARNIECKIEGO	K50	6	00:15:32	00:30:11.55	+00:10:57 (36.3%)	6:02	9.9 (63.5%)
323	HOŃKO Marek	3035		M30	104	00:15:33	00:30:15.27	+00:11:01 (36.5%)	6:03	9.9 (63.5%)
324	GÓRSKI Artur	2044		M20	42	00:16:01	00:30:16.27	+00:11:02 (36.5%)	6:03	9.9 (63.5%)
325	MOJSAK Karolina	2100		K20	9	00:15:10	00:30:18.06	+00:11:04 (36.5%)	6:03	9.9 (63.5%)
326	RADGOWSKA Monika	2078		K30	27	00:16:01	00:30:18.81	+00:11:05 (36.6%)	6:03	9.9 (63.5%)
327	PUKSZTA Michał	3139		M20	43	00:15:37	00:30:19.98	+00:11:06 (36.6%)	6:03	9.9 (63.5%)
328	SZYMCZUK Olga	2071	SSP SUPRAŚL	K12	9	00:15:48	00:30:20.44	+00:11:06 (36.6%)	6:04	9.9 (63.5%)
329	DZIESZUTA Wojciech	93	N50	M40	69	00:14:45	00:30:21.50	+00:11:07 (36.7%)	6:04	9.9 (63.5%)
330	SAKOWICZ Martyna	2137		K30	28	00:15:39	00:30:22.06	+00:11:08 (36.7%)	6:04	9.9 (63.5%)
331	KLUCZNIK Dominik	2075		M30	105	00:16:06	00:30:25.10	+00:11:11 (36.8%)	6:05	9.9 (63.5%)
332	ŁYSECKI Łukasz	2204		M30	106	00:15:58	00:30:26.27	+00:11:12 (36.8%)	6:05	9.9 (63.5%)
333	SULEWSKI Adam	2025	PALISANDER RUNNING TEAM	M30	107	00:14:59	00:30:26.61	+00:11:13 (36.8%)	6:05	9.9 (63.5%)
334	HOŃKO Kamila	3034		K30	29	00:15:33	00:30:28.26	+00:11:14 (36.9%)	6:05	9.8 (62.8%)
335	IDEK Karol	2184		M20	44	00:16:10	00:30:28.82	+00:11:15 (36.9%)	6:05	9.8 (62.8%)
336	JURUSZ Michał	2074		M30	108	00:15:57	00:30:29.19	+00:11:15 (36.9%)	6:05	9.8 (62.8%)
337	GAWRYLIK Joanna	2155		K50	7	00:15:47	00:30:30.02	+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	SALIK Maciek	2205		M40	70	00:15:55	00:30:31.47	+00:11:17 (37.0%)	6:06	9.8 (62.8%)
339	SALIK Katarzyna	2111		K40	12	00:15:54	00:30:32.69	+00:11:19 (37.1%)	6:06	9.8 (62.8%)
340	KIRCHUK Anton	1160		M60	9	00:15:09	00:30:34.59	+00:11:21 (37.1%)	6:06	9.8 (62.8%)
341	HUBBELL Małgorzata	2049		K40	13	00:16:06	00:30:35.06	+00:11:21 (37.1%)	6:07	9.8 (62.8%)
342	KAWALCHUK Alena	3017	TEA.M RUN	K20	10	00:15:38	00:30:35.98	+00:11:22 (37.2%)	6:07	9.8 (62.8%)
343	KORZENIEWSKI Marek	2072		M20	45	00:15:36	00:30:38.28	+00:11:24 (37.2%)	6:07	9.8 (62.8%)
344	KORZENIECKI Marcin	3038	WENDI FANS CLUB	M20	46	00:16:24	00:30:38.46	+00:11:24 (37.3%)	6:07	9.8 (62.8%)
345	MALISZ Jerzy	2012	AUTO IDEA	M50	23	00:15:48	00:30:40.08	+00:11:26 (37.3%)	6:08	9.8 (62.8%)
346	SKUBIS Hubert	4115	SZKOŁA PODSTAWOWA NR 4 IM. SYBIRAKÓW W BIAŁYMSTOKU	M12	22	00:17:06	00:30:40.25	+00:11:26 (37.3%)	6:08	9.8 (62.8%)
347	MYSZKA Marcin	2043	MARATONKA GRAJEWO	M50	24	00:15:48	00:30:40.42	+00:11:26 (37.3%)	6:08	9.8 (62.8%)
348	ŁOSZAKIEWICZ Julian	4118	SZKOŁA PODSTAWOWA NR 4 IM. SYBIRAKÓW W BIAŁYMSTOKU	M12	23	00:17:07	00:30:40.98	+00:11:27 (37.3%)	6:08	9.8 (62.8%)
349	SOKOŁOWSKI Adrian	3094		M40	71	00:15:47	00:30:43.16	+00:11:29 (37.4%)	6:08	9.8 (62.8%)
350	KOMOSA Michał	1107		M30	109	00:16:43	00:30:44.14	+00:11:30 (37.4%)	6:08	9.8 (62.8%)
351	KLIMOWICZ Mateusz	1153	ZST BIAŁYSTOK	M12	24	00:15:56	00:30:45.28	+00:11:31 (37.5%)	6:09	9.8 (62.8%)
352	PRUSZYŃSKI Tomasz	1055		M30	110	00:15:57	00:30:47.22	+00:11:33 (37.6%)	6:09	9.7 (62.2%)
353	OTLEWSKI Artur	4097		M20	47	00:16:12	00:30:48.59	+00:11:35 (37.6%)	6:09	9.7 (62.2%)
354	SZERSZUNOWICZ Kasia	1075	HAJNÓWKA BIEGA	K40	14	00:15:38	00:30:48.89	+00:11:35 (37.6%)	6:09	9.7 (62.2%)
355	CIULWIK Zoja	3089	RC GNIECIUKI	K12	10	00:16:39	00:30:49.71	+00:11:36 (37.6%)	6:09	9.7 (62.2%)
356	SOPATA-FLOREK Monika	2118		K30	30	00:15:05	00:30:50.67	+00:11:37 (37.7%)	6:10	9.7 (62.2%)
357	SZWARC Ilona	2002		K40	15	00:16:09	00:30:50.75	+00:11:37 (37.7%)	6:10	9.7 (62.2%)
358	TUCHLIŃSKI Robert	1189		M40	72	00:16:05	00:30:52.58	+00:11:39 (37.7%)	6:10	9.7 (62.2%)
359	JÓZEFOWICZ Andrzej	1092		M30	111	00:16:11	00:30:52.96	+00:11:39 (37.7%)	6:10	9.7 (62.2%)
360	KRYŃSKI Kamil	2048		M30	112	00:15:59	00:30:54.05	+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	BUKŁAGA Maciej	2050		M30	113	00:15:58	00:30:54.53	+00:11:40 (37.8%)	6:10	9.7 (62.2%)
362	NIERODA Ilona	1004		K30	31	00:15:53	00:30:54.97	+00:11:41 (37.8%)	6:10	9.7 (62.2%)
363	BAKUN Kamil	2037		M30	114	00:16:20	00:30:57.76	+00:11:44 (37.9%)	6:11	9.7 (62.2%)
364	CHĘTNIK Joanna	1125	ZS NR 15	K40	16	00:16:17	00:30:58.66	+00:11:45 (37.9%)	6:11	9.7 (62.2%)
365	TAUDUL Anna	2058		K40	17	00:16:04	00:31:00.03	+00:11:46 (38.0%)	6:12	9.7 (62.2%)
366	JERULANK Wiesław	1165	MARATONKA GRAJEWO	M60	10	00:15:58	00:31:05.81	+00:11:52 (38.2%)	6:13	9.7 (62.2%)
367	ŚLIWIŃSKI Dariusz	1005		M30	115	00:16:12	00:31:05.98	+00:11:52 (38.2%)	6:13	9.7 (62.2%)
368	HUK Marcin	1072		M50	25	00:15:09	00:31:07.49	+00:11:53 (38.2%)	6:13	9.6 (61.5%)
369	PRYMAKA Mateusz	4154	PALISANDER RUNNING TEAM	M30	116	00:16:33	00:31:08.63	+00:11:55 (38.3%)	6:13	9.6 (61.5%)
370	PRUS Marek	3041		M50	26	00:16:23	00:31:08.84	+00:11:55 (38.3%)	6:13	9.6 (61.5%)
371	SIŁKOWSKA Małgorzata	2128		K30	32	00:16:17	00:31:09.12	+00:11:55 (38.3%)	6:13	9.6 (61.5%)
372	ZWIERZYŃSKI Kamil	1014	BB TEAM	M30	117	00:16:19	00:31:10.87	+00:11:57 (38.3%)	6:14	9.6 (61.5%)
373	DANILCZUK Emilia	2120	1 PODLASKA BRYGADA OBRONY TERYTORIALNEJ	K40	18	00:15:45	00:31:10.89	+00:11:57 (38.3%)	6:14	9.6 (61.5%)
374	KARDEL Katarzyna	2138		K30	33	00:16:02	00:31:14.27	+00:12:00 (38.5%)	6:14	9.6 (61.5%)
375	KAŻMIERSKI Wojciech	2031		M60	11	00:15:48	00:31:14.74	+00:12:01 (38.5%)	6:14	9.6 (61.5%)
376	PIAŚCIK Rafał	1183		M30	118	00:17:08	00:31:15.42	+00:12:01 (38.5%)	6:15	9.6 (61.5%)
377	DADURA Dominik	2136		M12	25	00:15:40	00:31:15.97	+00:12:02 (38.5%)	6:15	9.6 (61.5%)
378	ZAORSKA Urszula	1015	BIAŁYSTOK BIEGA TEAM	K40	19	00:16:27	00:31:17.71	+00:12:04 (38.6%)	6:15	9.6 (61.5%)
379	PSTUŚ Jacek	1150		M50	27	00:16:27	00:31:18.41	+00:12:04 (38.6%)	6:15	9.6 (61.5%)
380	GÓRNICKA Ewa	2103	WETERANI RP	K60	1	00:16:21	00:31:18.62	+00:12:05 (38.6%)	6:15	9.6 (61.5%)
381	LEONIAK Marcin	1023	WETERANI RP	M40	73	00:16:21	00:31:18.63	+00:12:05 (38.6%)	6:15	9.6 (61.5%)
382	PALAMARCHUK Iryna	2188	TEA.M.RUN	K30	34	00:16:22	00:31:20.69	+00:12:07 (38.7%)	6:16	9.6 (61.5%)
383	CIEPŁUCHA Patryk	1133		M20	48	00:16:23	00:31:21.36	+00:12:07 (38.7%)	6:16	9.6 (61.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.7km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
384	JANKOWSKA Natalia	2130		K20	11	00:16:23	00:31:21.41	+00:12:07 (38.7%)	6:16	9.6 (61.5%)
385	JURUSIK Małgorzata	2086		K30	35	00:16:26	00:31:21.63	+00:12:08 (38.7%)	6:16	9.6 (61.5%)
386	PIOTROWSKI Piotr	2170		M20	49	00:16:24	00:31:22.40	+00:12:08 (38.7%)	6:16	9.6 (61.5%)
387	CZARKOWSKI Mariusz	2032		M40	74	00:15:45	00:31:28.85	+00:12:15 (38.9%)	6:17	9.5 (60.9%)
388	GAIŃSKI Marcin	2090		M40	75	00:16:21	00:31:28.89	+00:12:15 (38.9%)	6:17	9.5 (60.9%)
389	TROJGO Janusz	2134	NADAKTYWNI	M40	76	00:16:33	00:31:34.56	+00:12:20 (39.1%)	6:18	9.5 (60.9%)
390	RALI Przemysław	3083		M40	77	00:16:09	00:31:35.59	+00:12:22 (39.1%)	6:19	9.5 (60.9%)
391	MAJEWSKI Patryk	3137		M12	26	00:17:53	00:31:36.42	+00:12:22 (39.2%)	6:19	9.5 (60.9%)
392	JURCZUK Krystyna	1068		K40	20	00:16:37	00:31:38.08	+00:12:24 (39.2%)	6:19	9.5 (60.9%)
393	JAŚKIEWICZ Ewelina	1073		K40	21	00:16:41	00:31:40.66	+00:12:27 (39.3%)	6:20	9.5 (60.9%)
394	ZAJKOWSKI Robert	2053	WINLAND	M40	78	00:16:26	00:31:43.58	+00:12:30 (39.4%)	6:20	9.5 (60.9%)
395	ARTEMIUK Anna	1167		K40	22	00:16:35	00:31:45.73	+00:12:32 (39.5%)	6:21	9.4 (60.3%)
396	ARTEMIUK Janusz	1168		M40	79	00:16:35	00:31:45.92	+00:12:32 (39.5%)	6:21	9.4 (60.3%)
397	SIEREDA Mateusz	3039		M30	119	00:15:59	00:31:48.20	+00:12:34 (39.5%)	6:21	9.4 (60.3%)
398	RUTO Dzmityry	1034	TEA.M RUN	M30	120	00:16:35	00:31:48.86	+00:12:35 (39.6%)	6:21	9.4 (60.3%)
399	OSTROWSKI Tomasz	3054		M40	80	00:16:02	00:31:49.08	+00:12:35 (39.6%)	6:21	9.4 (60.3%)
400	REDLIŃSKA Julia	3155		K20	12	00:17:15	00:31:49.24	+00:12:35 (39.6%)	6:21	9.4 (60.3%)
401	KRYNICKI Bartłomiej	2001		M20	50	00:17:25	00:31:51.12	+00:12:37 (39.6%)	6:22	9.4 (60.3%)
402	WĘGLARZ Julia	1186		K12	11	00:16:28	00:31:51.78	+00:12:38 (39.7%)	6:22	9.4 (60.3%)
403	KONCZEREWICZ Mariusz	4016	MARSZOMANIACY BIELSK PODLASKI	M40	81	00:17:01	00:31:52.51	+00:12:38 (39.7%)	6:22	9.4 (60.3%)
404	NOWICKA Monika	2089	WETERANI	K40	23	00:16:23	00:31:52.86	+00:12:39 (39.7%)	6:22	9.4 (60.3%)
405	TOMKOWICZ Wiktoria	3086		K20	13	00:16:34	00:31:53.59	+00:12:40 (39.7%)	6:22	9.4 (60.3%)
406	GÓRNICKI Marek	2102	WETERANI RP	M70	1	00:17:32	00:31:53.84	+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	POLAK Marta	2166	N50		K30	36	00:16:00	00:31:54.08	+00:12:40 (39.7%)	6:22	9.4 (60.3%)
408	NOWICKI Piotr	2101	WETERANI RP		M40	82	00:17:32	00:31:54.23	+00:12:40 (39.7%)	6:22	9.4 (60.3%)
409	KOŚCIUCH Eryk	57			M20	51	00:17:14	00:31:55.35	+00:12:41 (39.8%)	6:23	9.4 (60.3%)
410	BRAŃSKA Agnieszka	1079			K30	37	00:16:34	00:31:56.78	+00:12:43 (39.8%)	6:23	9.4 (60.3%)
411	STEFANOWICZ Zdzisław	2163			M50	28	00:17:11	00:31:57.53	+00:12:43 (39.8%)	6:23	9.4 (60.3%)
412	WYSOCKA Laura	1033	NADAKTYWNI		K12	12	00:17:29	00:31:57.87	+00:12:44 (39.9%)	6:23	9.4 (60.3%)
413	IWANOW Helena	1179	BBT		K60	2	00:16:14	00:31:58.02	+00:12:44 (39.9%)	6:23	9.4 (60.3%)
414	WYSOCKI Tomasz	1032	NADAKTYWNI		M40	83	00:17:29	00:31:58.08	+00:12:44 (39.9%)	6:23	9.4 (60.3%)
415	IWANOW Aleksander	1180	BBT		M30	121	00:16:15	00:31:58.82	+00:12:45 (39.9%)	6:23	9.4 (60.3%)
416	KLOZA Damian	4209	MEDIAEXPERT		M20	52	00:16:57	00:31:58.93	+00:12:45 (39.9%)	6:23	9.4 (60.3%)
417	MALISZEWSKA Agnieszka	1019	BIAŁYSTOK BIEGA TEAM		K50	8	00:16:27	00:31:58.99	+00:12:45 (39.9%)	6:23	9.4 (60.3%)
418	MANTUR Bogdan	1047	KGW JANKO-WIANKI		M50	29	00:16:55	00:31:59.12	+00:12:45 (39.9%)	6:23	9.4 (60.3%)
419	URBAN Zbigniew	3138			M50	30	00:16:02	00:31:59.73	+00:12:46 (39.9%)	6:23	9.4 (60.3%)
420	JANCZUK-SZYMAŃSKA Magdalena	1144			K40	24	00:16:34	00:32:07.30	+00:12:53 (40.1%)	6:25	9.3 (59.6%)
421	CIULWIK Andrzej	3088	RC GNIECIUKI		M40	84	00:16:39	00:32:07.40	+00:12:53 (40.1%)	6:25	9.3 (59.6%)
422	BOROWSKI Kamil	3077			M30	122	00:16:27	00:32:09.50	+00:12:55 (40.2%)	6:25	9.3 (59.6%)
423	CHILKIEWICZ Piotr	3044			M40	85	00:17:19	00:32:11.14	+00:12:57 (40.3%)	6:26	9.3 (59.6%)
424	CHILKIEWICZ Małgorzata	3045	MARSZOMANIACY BIELSK PODLASKI		K40	25	00:17:18	00:32:12.15	+00:12:58 (40.3%)	6:26	9.3 (59.6%)
425	FALKOWSKI Emil	3001	MARSZOMANIACY BIELSK PODLASKI		M40	86	00:17:18	00:32:12.62	+00:12:59 (40.3%)	6:26	9.3 (59.6%)
426	WYSZKOWSKI Marcin	3101			M20	53	00:16:36	00:32:13.90	+00:13:00 (40.3%)	6:26	9.3 (59.6%)
427	PIOTROWSKA Aneta	2151			K40	26	00:16:23	00:32:15.05	+00:13:01 (40.4%)	6:27	9.3 (59.6%)
428	MACKIEWICZ Maciej	3078			M20	54	00:17:44	00:32:15.55	+00:13:01 (40.4%)	6:27	9.3 (59.6%)
429	KOWALCZUK-JASZCZUR Marlena	82	AIKIRUNNERS		K40	27	00:16:26	00:32:16.54	+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	MIELECH Grzegorz	2034		M50	31	00:17:10	00:32:20.39	+00:13:06 (40.5%)	6:28	9.3 (59.6%)	
431	KAPUSTA Ewa	2115	WINLAND	K30	38	00:16:27	00:32:20.63	+00:13:07 (40.6%)	6:28	9.3 (59.6%)	
432	BĄK Rafał	3060		M50	32	00:16:56	00:32:23.47	+00:13:09 (40.6%)	6:28	9.3 (59.6%)	
433	POPŁAWSKI Mirek	1076		M60	12	00:15:34	00:32:24.33	+00:13:10 (40.7%)	6:28	9.3 (59.6%)	
434	MOJSA Wiesław	1134	BIAŁYSTOK BIEGA	M50	33	00:17:00	00:32:25.05	+00:13:11 (40.7%)	6:29	9.3 (59.6%)	
435	CHOJNOWSKI Andrzej	2178		M60	13	00:16:44	00:32:29.58	+00:13:16 (40.8%)	6:29	9.2 (59.0%)	
436	JELENIOWSKA Karolina	2167		K30	39	00:16:23	00:32:31.00	+00:13:17 (40.9%)	6:30	9.2 (59.0%)	
437	KOBYLIŃSKI Piotr	2056		M40	87	00:16:17	00:32:37.32	+00:13:23 (41.1%)	6:31	9.2 (59.0%)	
438	ZABROCKI Andrzej	1172	PODLASIAKI TEAM	M60	14	00:16:06	00:32:38.17	+00:13:24 (41.1%)	6:31	9.2 (59.0%)	
439	WISZOWATA Aneta	3095	1PBOT	K30	40	00:17:26	00:32:41.98	+00:13:28 (41.2%)	6:32	9.2 (59.0%)	
440	PATEJUK Agnieszka	3002		K30	41	00:16:47	00:32:42.06	+00:13:28 (41.2%)	6:32	9.2 (59.0%)	
441	KARNY Agata	1159		K20	14	00:17:45	00:32:42.76	+00:13:29 (41.2%)	6:32	9.2 (59.0%)	
442	KURYŚ Karolina	3052		K30	42	00:17:34	00:32:44.37	+00:13:30 (41.3%)	6:32	9.2 (59.0%)	
443	PĘCAK Sylwia	2070		K40	28	00:16:28	00:32:44.54	+00:13:30 (41.3%)	6:32	9.2 (59.0%)	
444	KWIATEK Magdalena	1058	OUTDOOR TRAINING	K40	29	00:17:35	00:32:46.00	+00:13:32 (41.3%)	6:33	9.2 (59.0%)	
445	KUBACKA Klaudia	2124		K20	15	00:15:49	00:32:48.20	+00:13:34 (41.4%)	6:33	9.1 (58.3%)	
446	KUCZYŃSKI Maciej	2016	AQUARD RUN	M30	123	00:17:26	00:32:49.20	+00:13:35 (41.4%)	6:33	9.1 (58.3%)	
447	KMITA-KULESZA Magdalena	2104		K40	30	00:17:12	00:32:52.61	+00:13:39 (41.5%)	6:34	9.1 (58.3%)	
448	SZYMCZUK Małgorzata	1113	SPORTTEAM ZAMBRÓW	K50	9	00:16:43	00:32:55.76	+00:13:42 (41.6%)	6:35	9.1 (58.3%)	
449	BASTEK Zuzanna	2036		K40	31	00:16:40	00:32:56.22	+00:13:42 (41.6%)	6:35	9.1 (58.3%)	
450	KOTYŃSKI Piotr	3136	PALISANDER RUNNING TEAM	M30	124	00:18:18	00:32:56.36	+00:13:42 (41.6%)	6:35	9.1 (58.3%)	
451	TULEJA Maciej	1028		M30	125	00:16:24	00:32:57.06	+00:13:43 (41.7%)	6:35	9.1 (58.3%)	
452	POLECKA Magdalena	1166		K20	16	00:17:45	00:33:00.16	+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	BĄŁAZY Beata	2157	OUTDOOR TRAINING	K40	32	00:17:36	00:33:02.23	+00:13:48 (41.8%)	6:36	9.1 (58.3%)	
454	RĘBACZ Maciej	3067	AQUARD RUN	M50	34	00:17:32	00:33:02.25	+00:13:48 (41.8%)	6:36	9.1 (58.3%)	
455	WOŁĘJKO Kamil	3009		M30	126	00:17:09	00:33:03.90	+00:13:50 (41.9%)	6:36	9.1 (58.3%)	
456	TOCZYDŁOWSKA Sandra	1081		K30	43	00:16:35	00:33:05.12	+00:13:51 (41.9%)	6:37	9.1 (58.3%)	
457	PARTYKA Urszula	3058		K50	10	00:17:46	00:33:05.19	+00:13:51 (41.9%)	6:37	9.1 (58.3%)	
458	JABŁONOWSKI Maciej	4210	MEDIAEXPERT	M20	55	00:17:40	00:33:07.10	+00:13:53 (41.9%)	6:37	9.1 (58.3%)	
459	PTASZYŃSKI Wojciech	1084		M30	127	00:16:29	00:33:08.85	+00:13:55 (42.0%)	6:37	9.1 (58.3%)	
460	BUDNA Karolina	1085		K20	17	00:16:29	00:33:09.09	+00:13:55 (42.0%)	6:37	9 (57.7%)	
461	DAMULEWICZ Elżbieta	2191		K40	33	00:17:29	00:33:09.65	+00:13:56 (42.0%)	6:37	9 (57.7%)	
462	RUDNIK Sławek	2140	NADAKTYWNI / PODLASIE 4X4	M50	35	00:17:30	00:33:10.30	+00:13:56 (42.0%)	6:38	9 (57.7%)	
463	GÓRSKA Hanna	4157		K12	13	00:17:54	00:33:11.45	+00:13:57 (42.1%)	6:38	9 (57.7%)	
464	BOROWIK Mateusz	3065		M30	128	00:16:54	00:33:13.31	+00:13:59 (42.1%)	6:38	9 (57.7%)	
465	MALINOWSKI Grzegorz	4184		M12	27	00:17:49	00:33:14.96	+00:14:01 (42.2%)	6:38	9 (57.7%)	
466	ZALEWSKI Tomasz	2139		M40	88	00:17:43	00:33:15.18	+00:14:01 (42.2%)	6:39	9 (57.7%)	
467	MALINOWSKI Krzysztof	4183		M40	89	00:17:49	00:33:17.80	+00:14:04 (42.3%)	6:39	9 (57.7%)	
468	KALINOWSKA Roksana	4134		K30	44	00:18:13	00:33:18.42	+00:14:04 (42.3%)	6:39	9 (57.7%)	
469	BRONIEWICZ Piotr	3080	DRTUSZ BIEGA	M40	90	00:17:28	00:33:20.46	+00:14:06 (42.3%)	6:40	9 (57.7%)	
470	SIKORSKA Anna	4141		K40	34	00:17:51	00:33:26.82	+00:14:13 (42.5%)	6:41	9 (57.7%)	
471	POPŁAWSKI Konrad	2169		M20	56	00:18:04	00:33:29.16	+00:14:15 (42.6%)	6:41	9 (57.7%)	
472	BOSZKO Ewa	3079		K40	35	00:17:24	00:33:30.64	+00:14:17 (42.6%)	6:42	9 (57.7%)	
473	NIEWIŃSKI Artur	2187		M30	129	00:17:28	00:33:31.67	+00:14:18 (42.7%)	6:42	9 (57.7%)	
474	ZABUDOWSKA Joanna	2094		K40	36	00:17:41	00:33:35.09	+00:14:21 (42.8%)	6:43	8.9 (57.1%)	
475	CHARKIEWICZ Andrzej	3096		M40	91	00:17:37	00:33:37.03	+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	KOŁODZIEJSKI Arkadiusz	1064	OSTRÓW BIEGA	M40	92	00:18:49	00:33:43.90	+00:14:30 (43.0%)	6:44	8.9 (57.1%)
477	KURYŁO Jakub	2028	NIE PIERWSI NIE OSTATNI	M30	130	00:17:18	00:33:45.72	+00:14:32 (43.1%)	6:45	8.9 (57.1%)
478	DEKUTOWSKA Martyna	134		K20	18	00:16:22	00:33:46.00	+00:14:32 (43.1%)	6:45	8.9 (57.1%)
479	DMOCHOWSKI Piotr	4125		M30	131	00:17:34	00:33:48.84	+00:14:35 (43.1%)	6:45	8.9 (57.1%)
480	SZCZĘSNOWICZ Weronika	3142		K30	45	00:17:21	00:33:50.38	+00:14:36 (43.2%)	6:46	8.9 (57.1%)
481	KOSTRYCKA Sara	3048		K20	19	00:17:34	00:33:50.50	+00:14:36 (43.2%)	6:46	8.9 (57.1%)
482	STASIEŁUK Kacper	1152	ZST BIAŁYSTOK	M12	28	00:16:03	00:33:51.46	+00:14:37 (43.2%)	6:46	8.9 (57.1%)
483	BORZYM Emilia	3093		K40	37	00:17:41	00:33:58.19	+00:14:44 (43.4%)	6:47	8.8 (56.4%)
484	WIŚNIEWSKI Wojciech	2185		M50	36	00:18:16	00:33:59.08	+00:14:45 (43.4%)	6:47	8.8 (56.4%)
485	KULESZA Renata	3005		K40	38	00:18:27	00:33:59.36	+00:14:45 (43.4%)	6:47	8.8 (56.4%)
486	OLESIUK Monika	3031		K30	46	00:17:53	00:34:00.53	+00:14:46 (43.5%)	6:48	8.8 (56.4%)
487	GAINSKA Paulina	3030		K30	47	00:17:48	00:34:00.76	+00:14:47 (43.5%)	6:48	8.8 (56.4%)
488	MARCINCZYK Adrian	2180	KLUB WĘDROWCA "WODNIK SZUWAREK"	M30	132	00:17:11	00:34:05.14	+00:14:51 (43.6%)	6:49	8.8 (56.4%)
489	SZYMAŃSKA-ZIOMEK Magdalena	1128	N50	K30	48	00:18:00	00:34:05.78	+00:14:52 (43.6%)	6:49	8.8 (56.4%)
490	SIDZ-ŁOTOWSKA Agnieszka	1009	N50	K40	39	00:18:00	00:34:05.95	+00:14:52 (43.6%)	6:49	8.8 (56.4%)
491	PAJEWSKA Iwona	1008	N50	K30	49	00:18:00	00:34:05.98	+00:14:52 (43.6%)	6:49	8.8 (56.4%)
492	LINDEBNA Małgorzata	2093		K40	40	00:17:12	00:34:07.57	+00:14:53 (43.7%)	6:49	8.8 (56.4%)
493	KRASINSKI Karol	5087		M40	93	00:16:22	00:34:08.65	+00:14:55 (43.7%)	6:49	8.8 (56.4%)
494	NIEBRZYDOWSKA Dorota	4222	POLSKIE RADIO BIAŁYSTOK	K50	11	00:17:35	00:34:10.41	+00:14:56 (43.7%)	6:50	8.8 (56.4%)
495	PRUSZYŃSKA Dominika	2148		K12	14	00:18:07	00:34:10.94	+00:14:57 (43.8%)	6:50	8.8 (56.4%)
496	ZABOROWSKA Emilia	1065		K20	20	00:17:59	00:34:11.65	+00:14:58 (43.8%)	6:50	8.8 (56.4%)
497	MILEWSKA- SUROWIEC Anna	2030		K30	50	00:17:20	00:34:11.88	+00:14:58 (43.8%)	6:50	8.8 (56.4%)
498	LEONIK Cecylia	4142	--	K50	12	00:17:43	00:34:12.52	+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	KOSIŃSKI Olaf	3112		M12	29	00:18:04	00:34:14.63	+00:15:01 (43.9%)	6:50	8.8 (56.4%)	
500	KOSIŃSKA Katarzyna	3111		K40	41	00:18:05	00:34:15.24	+00:15:01 (43.9%)	6:51	8.8 (56.4%)	
501	KOSIŃSKI Hubert	3092		M40	94	00:18:06	00:34:15.90	+00:15:02 (43.9%)	6:51	8.8 (56.4%)	
502	WIELICZKO Paweł	2011		M40	95	00:17:56	00:34:16.41	+00:15:02 (43.9%)	6:51	8.8 (56.4%)	
503	CHARKIEWICZ Wioleta	4140		K40	42	00:17:56	00:34:17.03	+00:15:03 (43.9%)	6:51	8.8 (56.4%)	
504	CZYŻEWSKI Marcin	2202		M30	133	00:17:56	00:34:17.87	+00:15:04 (43.9%)	6:51	8.8 (56.4%)	
505	PIELECKA Anna	1163		K40	43	00:17:29	00:34:18.44	+00:15:04 (44.0%)	6:51	8.7 (55.8%)	
506	PIELECKI Marcin	1162	KALINOWSKI TEAM - KTW	M40	96	00:17:29	00:34:18.48	+00:15:04 (44.0%)	6:51	8.7 (55.8%)	
507	RADEL Przemysław	3103		M30	134	00:18:10	00:34:20.25	+00:15:06 (44.0%)	6:52	8.7 (55.8%)	
508	GRODZKA Paulina	4205		K30	51	00:17:55	00:34:20.80	+00:15:07 (44.0%)	6:52	8.7 (55.8%)	
509	SANEJKO Magdalena	3157		K40	44	00:18:13	00:34:21.02	+00:15:07 (44.0%)	6:52	8.7 (55.8%)	
510	ŁUKASIK Martyna	4105	OKS BOCIANY	K20	21	00:18:05	00:34:26.88	+00:15:13 (44.2%)	6:53	8.7 (55.8%)	
511	JABŁOŃSKI Paweł	4106	OKS BOCIANY	M20	57	00:18:05	00:34:26.97	+00:15:13 (44.2%)	6:53	8.7 (55.8%)	
512	STEFANIENKO Magdalena	4015		K40	45	00:17:56	00:34:27.92	+00:15:14 (44.2%)	6:53	8.7 (55.8%)	
513	BARTOSZEWICZ Paulina	2168		K20	22	00:17:46	00:34:28.76	+00:15:15 (44.2%)	6:53	8.7 (55.8%)	
514	OŁDYTOWSKA Elżbieta	2146		K50	13	00:17:45	00:34:28.80	+00:15:15 (44.2%)	6:53	8.7 (55.8%)	
515	SAWCZUK Monika	2105		K30	52	00:17:44	00:34:29.26	+00:15:15 (44.3%)	6:53	8.7 (55.8%)	
516	GOŁACKA-PIOTROWSKA Beata	2084		K50	14	00:17:14	00:34:29.89	+00:15:16 (44.3%)	6:53	8.7 (55.8%)	
517	PASZKIEWICZ Paulina	4133		K20	23	00:17:24	00:34:29.89	+00:15:16 (44.3%)	6:53	8.7 (55.8%)	
518	SADOWSKA Monika	3012	CTM BIAŁYSTOK RUNNING TEAM	K40	46	00:17:51	00:34:30.39	+00:15:16 (44.3%)	6:54	8.7 (55.8%)	
519	MISZKOWICZ-ADAMOWICZ Urszula	2006		K20	24	00:17:48	00:34:30.52	+00:15:16 (44.3%)	6:54	8.7 (55.8%)	
520	BIERĆ Jarosław	2059		M50	37	00:18:00	00:34:30.64	+00:15:17 (44.3%)	6:54	8.7 (55.8%)	
521	MRUCZYŃSKA-PIETRUCZANIS Katarzyna	2153	XTREME FITNESS SIEDLCE	K40	47	00:17:59	00:34:31.45	+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	TOMASZEK Natalia	3146		K20	25	00:17:02	00:34:31.71	+00:15:18 (44.3%)	6:54	8.7 (55.8%)	
523	NOWAK Filip	3145		M20	58	00:17:02	00:34:31.93	+00:15:18 (44.3%)	6:54	8.7 (55.8%)	
524	LEONIAK Katarzyna	1024	WETERANI RP	K40	48	00:18:02	00:34:32.36	+00:15:18 (44.3%)	6:54	8.7 (55.8%)	
525	KURYŚ Elżbieta	2045		K30	53	00:17:48	00:34:34.02	+00:15:20 (44.4%)	6:54	8.7 (55.8%)	
526	PŁOŃSKA Ania	4056		K30	54	00:18:10	00:34:37.03	+00:15:23 (44.5%)	6:55	8.7 (55.8%)	
527	ZAJKOWSKA Ewelina	4029		K30	55	00:18:15	00:34:37.40	+00:15:23 (44.5%)	6:55	8.7 (55.8%)	
528	BORYS Romuald	4011		M60	15	00:17:43	00:34:39.62	+00:15:26 (44.5%)	6:55	8.7 (55.8%)	
529	PAWILCZ Barbara	4020		K40	49	00:18:00	00:34:40.10	+00:15:26 (44.5%)	6:56	8.7 (55.8%)	
530	BOHDZIEWICZ Mateusz	148	BYNIO TEAM	M20	59	00:17:10	00:34:41.14	+00:15:27 (44.6%)	6:56	8.6 (55.1%)	
531	BOHDZIEWICZ Zbigniew	74	BYNIO TEAM	M50	38	00:17:12	00:34:41.46	+00:15:27 (44.6%)	6:56	8.6 (55.1%)	
532	BOHDZIEWICZ Piotr	149	BYNIO TEAM	M12	30	00:17:12	00:34:41.65	+00:15:28 (44.6%)	6:56	8.6 (55.1%)	
533	BOHDZIEWICZ Izabela	125	BYNIO TEAM	K50	15	00:17:14	00:34:42.03	+00:15:28 (44.6%)	6:56	8.6 (55.1%)	
534	PACUK Marcin	3123		M30	135	00:18:26	00:34:43.95	+00:15:30 (44.6%)	6:56	8.6 (55.1%)	
535	WISZENKO Mateusz	3127		M30	136	00:18:26	00:34:43.97	+00:15:30 (44.6%)	6:56	8.6 (55.1%)	
536	STEFANOWICZ Eliza	3126	ROSTI RUNNING TEAM	K40	50	00:17:57	00:34:44.73	+00:15:31 (44.7%)	6:56	8.6 (55.1%)	
537	KOROL Marek	3011		M50	39	00:17:44	00:34:45.05	+00:15:31 (44.7%)	6:57	8.6 (55.1%)	
538	SIEMIENIUK Michał	3134	ROSTI TEAM	M30	137	00:17:57	00:34:45.28	+00:15:31 (44.7%)	6:57	8.6 (55.1%)	
539	PUCHALSKI Mateusz	146		M20	60	00:18:56	00:34:50.08	+00:15:36 (44.8%)	6:58	8.6 (55.1%)	
540	TONKIEL Paulina	4087		K20	26	00:18:56	00:34:50.22	+00:15:36 (44.8%)	6:58	8.6 (55.1%)	
541	SAKOWSKA Monika	2193		K40	51	00:17:54	00:34:53.25	+00:15:39 (44.9%)	6:58	8.6 (55.1%)	
542	DĘBOWSKA Magdalena	2194		K30	56	00:17:54	00:34:53.34	+00:15:39 (44.9%)	6:58	8.6 (55.1%)	
543	PRUSZYNSKA Monika	2147		K40	52	00:18:06	00:34:53.69	+00:15:40 (44.9%)	6:58	8.6 (55.1%)	
544	FALKOWSKI Marek	2051	ST4.PL	M40	97	00:18:17	00:34:56.41	+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	POSKROBKO Krzysztof	3141		M30	138	00:17:20	00:34:57.49	+00:15:43 (45.0%)	6:59	8.6 (55.1%)	
546	ŚWIĘTOCHOWSKI Stefan	4144		M50	40	00:17:33	00:34:58.26	+00:15:44 (45.0%)	6:59	8.6 (55.1%)	
547	DZIELNIK-SZULC Monika	3042	TYGRYSKI	K50	16	00:17:44	00:34:58.62	+00:15:45 (45.0%)	6:59	8.6 (55.1%)	
548	SZULC Andrzej	3043	TYGRYSKI	M50	41	00:17:43	00:34:59.06	+00:15:45 (45.0%)	6:59	8.6 (55.1%)	
549	FIEDORUK Joanna	3117		K40	53	00:17:35	00:34:59.16	+00:15:45 (45.0%)	6:59	8.6 (55.1%)	
550	JABŁOŃSKI Kamil	2033		M30	139	00:16:25	00:35:05.06	+00:15:51 (45.2%)	7:01	8.6 (55.1%)	
551	GILEWSKA Monika	2097	NASZE FIZJO	K20	27	00:17:56	00:35:05.09	+00:15:51 (45.2%)	7:01	8.6 (55.1%)	
552	JAWDOSIUK Milena	2096	NASZE FIZJO	K30	57	00:17:56	00:35:05.36	+00:15:51 (45.2%)	7:01	8.6 (55.1%)	
553	GÓRSKI Henryk	4156		M12	31	00:19:25	00:35:05.85	+00:15:52 (45.2%)	7:01	8.6 (55.1%)	
554	CHMIELEWSKI Józef	3037	CIECHANOWIEC BIEGA	M40	98	00:17:43	00:35:06.12	+00:15:52 (45.2%)	7:01	8.5 (54.5%)	
555	GÓRSKI Piotr	4155		M40	99	00:19:26	00:35:06.78	+00:15:53 (45.2%)	7:01	8.5 (54.5%)	
556	TRENDYK Anna	4025		K40	54	00:18:34	00:35:07.10	+00:15:53 (45.3%)	7:01	8.5 (54.5%)	
557	PLICHTA Paulina	3152		K20	28	00:18:47	00:35:10.57	+00:15:56 (45.3%)	7:02	8.5 (54.5%)	
558	BOBORYKO Szymon	3049		M20	61	00:18:36	00:35:11.31	+00:15:57 (45.4%)	7:02	8.5 (54.5%)	
559	BOBORYKO Aneta	3050		K40	55	00:18:37	00:35:11.36	+00:15:57 (45.4%)	7:02	8.5 (54.5%)	
560	BIELONKO Ewa	3032		K20	29	00:18:44	00:35:12.73	+00:15:59 (45.4%)	7:02	8.5 (54.5%)	
561	LEJMAN Magdalena	4109		K40	56	00:18:30	00:35:14.63	+00:16:01 (45.4%)	7:02	8.5 (54.5%)	
562	POROWSKA Roksana	4100		K12	15	00:18:46	00:35:15.31	+00:16:01 (45.5%)	7:03	8.5 (54.5%)	
563	BAZYDŁO Emilia	2131	OUTDOOR TRAINING	K30	58	00:18:44	00:35:15.34	+00:16:01 (45.5%)	7:03	8.5 (54.5%)	
564	DEDERKO Mateusz	2133		M20	62	00:18:45	00:35:15.90	+00:16:02 (45.5%)	7:03	8.5 (54.5%)	
565	WIŚNIEWSKA Emilia	3129		K20	30	00:18:47	00:35:15.91	+00:16:02 (45.5%)	7:03	8.5 (54.5%)	
566	STANISŁAWSKA Ewelina	3073	TANIA KSIĄŻKA TEAM	K30	59	00:19:48	00:35:15.99	+00:16:02 (45.5%)	7:03	8.5 (54.5%)	
567	DUDZIŃSKA Karina	3062		K20	31	00:19:18	00:35:16.37	+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	SZULC-DEDERKO Joanna	2132		K20	32	00:18:45	00:35:16.42	+00:16:02 (45.5%)	7:03	8.5 (54.5%)	
569	KOWALEWSKI Norbert	3156		M30	140	00:18:31	00:35:17.04	+00:16:03 (45.5%)	7:03	8.5 (54.5%)	
570	POROC Paweł	1185		M30	141	00:18:44	00:35:19.69	+00:16:06 (45.6%)	7:03	8.5 (54.5%)	
571	GIMIER Tomasz	2176		M50	42	00:17:42	00:35:20.56	+00:16:06 (45.6%)	7:04	8.5 (54.5%)	
572	JASIONOWSKA Anna	4058		K40	57	00:17:42	00:35:20.59	+00:16:07 (45.6%)	7:04	8.5 (54.5%)	
573	UZIEMBLO Katarzyna	2023		K30	60	00:18:52	00:35:23.15	+00:16:09 (45.7%)	7:04	8.5 (54.5%)	
574	PLESKIEWICZ Maciej	4010		M30	142	00:18:34	00:35:23.35	+00:16:09 (45.7%)	7:04	8.5 (54.5%)	
575	OSTASZEWSKI Jan	3007		M12	32	00:18:34	00:35:23.66	+00:16:10 (45.7%)	7:04	8.5 (54.5%)	
576	OSTASZEWSKI Marcin	51		M40	100	00:18:34	00:35:23.85	+00:16:10 (45.7%)	7:04	8.5 (54.5%)	
577	MATELA Dawid	3063		M40	101	00:18:37	00:35:23.94	+00:16:10 (45.7%)	7:04	8.5 (54.5%)	
578	OSTROWSKA Agnieszka	4030		M30	143	00:18:56	00:35:25.17	+00:16:11 (45.7%)	7:05	8.5 (54.5%)	
579	BARTNIK Krystian	4049		M12	33	00:19:30	00:35:27.60	+00:16:14 (45.8%)	7:05	8.5 (54.5%)	
580	PANASIUK Piotr	2190		M40	102	00:18:15	00:35:28.44	+00:16:14 (45.8%)	7:05	8.5 (54.5%)	
581	ZALEWSKI Karol	2018		M30	144	00:18:37	00:35:30.91	+00:16:17 (45.9%)	7:06	8.5 (54.5%)	
582	TABOR Bartłomiej	2019		M30	145	00:18:36	00:35:31.26	+00:16:17 (45.9%)	7:06	8.4 (53.8%)	
583	DOŁENGIWICZ Piotr	3071		M30	146	00:17:57	00:35:32.12	+00:16:18 (45.9%)	7:06	8.4 (53.8%)	
584	ROWIŃSKA Monika	3051		K30	61	00:19:10	00:35:34.43	+00:16:20 (46.0%)	7:06	8.4 (53.8%)	
585	ARTEMIUK Eugenia	3014	HAJNÓWKA BIEGA	K60	3	00:18:48	00:35:34.97	+00:16:21 (46.0%)	7:06	8.4 (53.8%)	
586	GIEREJKO Mateusz	4204	INTRUM	M30	147	00:17:54	00:35:35.48	+00:16:21 (46.0%)	7:07	8.4 (53.8%)	
587	DOBROGOWSKA Wiktoria	2141		K12	16	00:19:58	00:35:42.29	+00:16:28 (46.2%)	7:08	8.4 (53.8%)	
588	CHILECKI Adam	2127	SPARTA FIT	M40	103	00:19:57	00:35:42.84	+00:16:29 (46.2%)	7:08	8.4 (53.8%)	
589	LEWANDOWSKA Joanna	3090		K20	33	00:18:32	00:35:44.84	+00:16:31 (46.2%)	7:08	8.4 (53.8%)	
590	CITKO Natalia	4046		K12	17	00:19:22	00:35:45.22	+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	KOWALSKA Gosia	4043	NIE PIERWSI NIE OSTATNI	K30	72	00:19:09	00:36:53.79	+00:17:40 (47.9%)	7:22	8.1 (51.9%)
638	SADOWSKA Julia	4044	ŚWISTRZAŁY	K20	39	00:20:06	00:36:53.95	+00:17:40 (47.9%)	7:22	8.1 (51.9%)
639	JABŁOŃSKA Katarzyna	4035		K20	40	00:19:31	00:36:57.14	+00:17:43 (48.0%)	7:23	8.1 (51.9%)
640	BOGUSZEWSKA Anna	3163	MEDIAEXPERT	K30	73	00:19:50	00:37:00.00	+00:17:46 (48.0%)	7:24	8.1 (51.9%)
641	CYUŃCZYK Agata	2054		K30	74	00:19:57	00:37:00.20	+00:17:46 (48.0%)	7:24	8.1 (51.9%)
642	GRYKO Jakub	4004	POLSKA	M30	152	00:19:57	00:37:01.05	+00:17:47 (48.1%)	7:24	8.1 (51.9%)
643	ROŹKO Paweł	4073	ROZI TEAM	M40	109	00:19:05	00:37:01.33	+00:17:47 (48.1%)	7:24	8.1 (51.9%)
644	ROŹKO Patryk	4074	ROZI TEAM	M12	36	00:19:05	00:37:01.35	+00:17:47 (48.1%)	7:24	8.1 (51.9%)
645	SOCHOŃ Żaneta	2024		K20	41	00:17:56	00:37:02.08	+00:17:48 (48.1%)	7:24	8.1 (51.9%)
646	SZNAJDER-GRZEŚ Kasia	4002		K50	23	00:18:38	00:37:11.08	+00:17:57 (48.3%)	7:26	8.1 (51.9%)
647	GRZEŚ Darek	4003		M50	46	00:18:39	00:37:11.46	+00:17:57 (48.3%)	7:26	8.1 (51.9%)
648	GINTOWT Aleksandra	3010		K40	64	00:19:04	00:37:11.62	+00:17:58 (48.3%)	7:26	8.1 (51.9%)
649	KAJEWSKA Patrycja	4165		K30	75	00:19:53	00:37:11.86	+00:17:58 (48.3%)	7:26	8.1 (51.9%)
650	SZEWCZYK Karolina	4057		K20	42	00:18:11	00:37:13.53	+00:17:59 (48.4%)	7:26	8.1 (51.9%)
651	PACZKOWSKA Katarzyna	3110		K20	43	00:19:10	00:37:21.95	+00:18:08 (48.5%)	7:28	8 (51.3%)
652	RYGIELSKA Agnieszka	4006	AS SZYBKOŚCI	K40	65	00:19:37	00:37:22.73	+00:18:09 (48.6%)	7:28	8 (51.3%)
653	OMIECINA Ewa	4039		K40	66	00:20:02	00:37:23.54	+00:18:09 (48.6%)	7:28	8 (51.3%)
654	ŁOPATA Zuzanna	4117	SZKOŁA PODSTAWOWA NR 4 IM. SYBIRAKÓW W BIAŁYMSTOKU	K12	18	00:18:20	00:37:25.17	+00:18:11 (48.6%)	7:29	8 (51.3%)
655	NOWIK Marcin	4110		M40	110	00:19:09	00:37:29.65	+00:18:16 (48.7%)	7:29	8 (51.3%)
656	WYSOCKA Justyna	4111		K40	67	00:19:09	00:37:29.80	+00:18:16 (48.7%)	7:29	8 (51.3%)
657	RUTKOWSKI Tomasz	3125		M40	111	00:19:32	00:37:32.40	+00:18:18 (48.8%)	7:30	8 (51.3%)
658	PACHUCKA Monika	4041		K40	68	00:19:43	00:37:34.10	+00:18:20 (48.8%)	7:30	8 (51.3%)
659	PACHUCKI Adrian	4053		M40	112	00:19:44	00:37:35.35	+00:18:21 (48.9%)	7:31	8 (51.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.7km	Czas		Różn	Tempo min/km	Tempo km/h
							5km				
660	TARASEWICZ Paweł	3109		M40	113	00:19:46	00:37:35.75	+00:18:22 (48.9%)	7:31	8 (51.3%)	
661	MANTUR Katarzyna	2177	JANKO-WIANKI	K50	24	00:18:37	00:37:36.67	+00:18:23 (48.9%)	7:31	8 (51.3%)	
662	GASZYŃSKA Sylwia	4065		K40	69	00:18:43	00:37:39.05	+00:18:25 (48.9%)	7:31	8 (51.3%)	
663	DOŻYNKA Grażyna	3006		K50	25	00:19:50	00:37:39.24	+00:18:25 (48.9%)	7:31	8 (51.3%)	
664	PUCZYŃSKA Elżbieta	4185	FAFARAFA	K50	26	00:20:00	00:37:44.85	+00:18:31 (49.1%)	7:32	8 (51.3%)	
665	MALANOWSKA Kasia	4077		K30	76	00:18:55	00:37:45.60	+00:18:32 (49.1%)	7:33	7.9 (50.6%)	
666	CHOJNOWSKI Marcin	4199	FAFARAFA	M30	153	00:20:03	00:37:45.79	+00:18:32 (49.1%)	7:33	7.9 (50.6%)	
667	LEŚNIAK Filip	4216		M20	64	00:18:54	00:37:49.53	+00:18:35 (49.2%)	7:33	7.9 (50.6%)	
668	CIULWIK Ewa	3087	RC GNIECIUKI	K40	70	00:19:41	00:37:55.15	+00:18:41 (49.3%)	7:35	7.9 (50.6%)	
669	NOWICKI Adam	2098	OUTDOOR TRAINING	M50	47	00:21:24	00:37:55.34	+00:18:41 (49.3%)	7:35	7.9 (50.6%)	
670	NOWICKI Julian	2099		M12	37	00:21:24	00:37:55.84	+00:18:42 (49.3%)	7:35	7.9 (50.6%)	
671	PIOTROWSKA Julita	3047	AKTYWNA PODLASIANKA	K40	71	00:19:59	00:37:58.09	+00:18:44 (49.4%)	7:35	7.9 (50.6%)	
672	MRSZ Agnieszka	4228		K40	72	00:19:59	00:37:58.16	+00:18:44 (49.4%)	7:35	7.9 (50.6%)	
673	CHOROSZUCHA Karol	4148		M20	65	00:18:49	00:37:59.73	+00:18:46 (49.4%)	7:35	7.9 (50.6%)	
674	PROKOPCZYK Sylwia	4160		K30	77	00:19:55	00:38:01.56	+00:18:47 (49.4%)	7:36	7.9 (50.6%)	
675	MALITON Paulina	4168		K30	78	00:19:55	00:38:01.57	+00:18:47 (49.4%)	7:36	7.9 (50.6%)	
676	SADOWSKI Maciej	4085		M50	48	00:18:06	00:38:11.28	+00:18:57 (49.7%)	7:38	7.9 (50.6%)	
677	WOŹNIUK Oliwier	4135		M12	38	00:19:28	00:38:13.62	+00:19:00 (49.7%)	7:38	7.8 (50.0%)	
678	WOŹNIUK Julitta	4036		K40	73	00:19:29	00:38:14.19	+00:19:00 (49.7%)	7:38	7.8 (50.0%)	
679	REGUCKA Julia	4027		K20	44	00:19:34	00:38:15.48	+00:19:01 (49.7%)	7:39	7.8 (50.0%)	
680	KAWAŁKO Ewelina	4229		K40	74	00:19:38	00:38:15.56	+00:19:01 (49.7%)	7:39	7.8 (50.0%)	
681	CHAŃKO Paweł	1083		M30	154	00:19:37	00:38:16.45	+00:19:02 (49.8%)	7:39	7.8 (50.0%)	
682	POSKROBKO Kamil	4071		M20	66	00:20:04	00:38:19.74	+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	PUCZYŃSKA Wiktoria	4186		K20	45	00:20:06	00:38:20.21	+00:19:06 (49.8%)	7:40	7.8 (50.0%)	
684	GRYKO Izabela	4190		K30	79	00:19:51	00:38:21.99	+00:19:08 (49.9%)	7:40	7.8 (50.0%)	
685	RADZEWICZ Robert	3033		M40	114	00:19:43	00:38:22.25	+00:19:08 (49.9%)	7:40	7.8 (50.0%)	
686	MIKOŁAJCZYK Gabriela	4072		K20	46	00:20:04	00:38:22.50	+00:19:08 (49.9%)	7:40	7.8 (50.0%)	
687	ŻOCH Michał	3116		M20	67	00:20:06	00:38:27.03	+00:19:13 (50.0%)	7:41	7.8 (50.0%)	
688	ŻOCH Katarzyna	3115		K20	47	00:20:08	00:38:27.50	+00:19:13 (50.0%)	7:41	7.8 (50.0%)	
689	BAŁDOWSKI Łukasz	3147		M40	115	00:18:56	00:38:35.70	+00:19:22 (50.2%)	7:43	7.8 (50.0%)	
690	GOŁUBOWSKA Monika	3148		K30	80	00:18:56	00:38:35.94	+00:19:22 (50.2%)	7:43	7.8 (50.0%)	
691	MONACH Katarzyna	4021		K40	75	00:20:11	00:38:37.53	+00:19:23 (50.2%)	7:43	7.8 (50.0%)	
692	CIUNCZYK Dorota	1057		K40	76	00:20:11	00:38:37.57	+00:19:23 (50.2%)	7:43	7.8 (50.0%)	
693	ADAMCZUK Justyna	2158		K30	81	00:19:22	00:38:37.57	+00:19:23 (50.2%)	7:43	7.8 (50.0%)	
694	ZAREMBA Grzegorz	2160		M30	155	00:19:22	00:38:37.81	+00:19:24 (50.2%)	7:43	7.8 (50.0%)	
695	UTKO Justyna	2085	MILSPORT TEAM	K40	77	00:20:12	00:38:38.35	+00:19:24 (50.2%)	7:43	7.8 (50.0%)	
696	IDŹKOWSKA Anna	3162		K30	82	00:19:42	00:38:39.48	+00:19:25 (50.3%)	7:43	7.8 (50.0%)	
697	BEZUBIK Joanna	4178		K30	83	00:19:25	00:38:44.35	+00:19:30 (50.4%)	7:44	7.7 (49.4%)	
698	KUCZYŃSKI Łukasz	4203	MEDIAEXPERT	M20	68	00:19:26	00:38:45.74	+00:19:32 (50.4%)	7:45	7.7 (49.4%)	
699	BABICZ Elżbieta	4104		K50	27	00:19:44	00:38:46.74	+00:19:33 (50.4%)	7:45	7.7 (49.4%)	
700	PIANKA Krzysztof	4050		M60	16	00:20:21	00:38:47.43	+00:19:33 (50.4%)	7:45	7.7 (49.4%)	
701	TARASEWICZ Bartek	2004		M12	39	00:18:52	00:38:49.35	+00:19:35 (50.5%)	7:45	7.7 (49.4%)	
702	DARDA Radosław	4082		M50	49	00:20:10	00:38:59.21	+00:19:45 (50.7%)	7:47	7.7 (49.4%)	
703	DARDA Bogusia	4028		K50	28	00:20:10	00:38:59.57	+00:19:45 (50.7%)	7:47	7.7 (49.4%)	
704	MOJSAK Matylda	3061		K20	48	00:19:45	00:39:02.44	+00:19:48 (50.8%)	7:48	7.7 (49.4%)	
705	FALIŃSKA Maja	4119	SZKOŁA PODSTAWOWA NR 4 IM. SYBIRAKÓW W BIAŁYMSTOKU	K12	19	00:30:04	00:39:05.59	+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	PUL Joanna	4078		K50	29	00:20:22	00:39:05.67	+00:19:52 (50.8%)	7:49	7.7 (49.4%)	
707	ŻUKOWSKA Gabriela	3036		K20	49	00:19:49	00:39:06.17	+00:19:52 (50.8%)	7:49	7.7 (49.4%)	
708	MACKIEWICZ-DOMINIAK Aleksandra	4095		K12	20	00:20:07	00:39:07.11	+00:19:53 (50.9%)	7:49	7.7 (49.4%)	
709	KLIMIUK Aleksandra	3075		K12	21	00:20:42	00:39:07.14	+00:19:53 (50.9%)	7:49	7.7 (49.4%)	
710	KLIMIUK Małgosia	3074		K40	78	00:20:44	00:39:09.75	+00:19:56 (50.9%)	7:49	7.7 (49.4%)	
711	LEWKOWICZ Urszula	4189		K40	79	00:19:51	00:39:10.88	+00:19:57 (50.9%)	7:50	7.7 (49.4%)	
712	LIMAN Dorota	4079		K50	30	00:20:22	00:39:22.38	+00:20:08 (51.2%)	7:52	7.6 (48.7%)	
713	VOLOKHOVSKA Nataliia	3121		K40	80	00:20:10	00:39:24.64	+00:20:11 (51.2%)	7:52	7.6 (48.7%)	
714	VOLOKHOVSKYI Anatolii	3122		M40	116	00:20:11	00:39:24.91	+00:20:11 (51.2%)	7:52	7.6 (48.7%)	
715	SZCZEP Zbigniew	4023		M60	17	00:19:58	00:39:26.27	+00:20:12 (51.2%)	7:53	7.6 (48.7%)	
716	SZCZEP Emil	2200		M30	156	00:19:59	00:39:26.88	+00:20:13 (51.3%)	7:53	7.6 (48.7%)	
717	TARASEWICZ Rafał	2005		M40	117	00:18:54	00:39:27.95	+00:20:14 (51.3%)	7:53	7.6 (48.7%)	
718	BUTKIEWICZ Przemysław	3102		M20	69	00:20:42	00:39:28.04	+00:20:14 (51.3%)	7:53	7.6 (48.7%)	
719	MINTA Daniel	3072		M30	157	00:20:25	00:39:28.69	+00:20:15 (51.3%)	7:53	7.6 (48.7%)	
720	GIERASIMCZYK Piotr	4195	MEDIAEXPERT	M30	158	00:19:49	00:39:30.93	+00:20:17 (51.3%)	7:54	7.6 (48.7%)	
721	KIEŁCZYŃSKA Karolina	4007		K40	81	00:20:45	00:39:31.57	+00:20:17 (51.4%)	7:54	7.6 (48.7%)	
722	JAWOROWSKA Iza	4131		K30	84	00:20:24	00:39:32.14	+00:20:18 (51.4%)	7:54	7.6 (48.7%)	
723	OSZMIAN Ewelina	3064		K40	82	00:20:49	00:39:33.42	+00:20:19 (51.4%)	7:54	7.6 (48.7%)	
724	SIEMION Janusz	4024		M50	50	00:19:52	00:39:34.13	+00:20:20 (51.4%)	7:54	7.6 (48.7%)	
725	ZBIERAJEWSKA Małgorzata	4224		K40	83	00:20:14	00:39:37.47	+00:20:23 (51.5%)	7:55	7.6 (48.7%)	
726	RAU Marta	4033	FAFARAFA	K50	31	00:20:08	00:39:38.88	+00:20:25 (51.5%)	7:55	7.6 (48.7%)	
727	ONIKIJUK Dominika	2164		K12	22	00:19:57	00:39:39.22	+00:20:25 (51.5%)	7:55	7.6 (48.7%)	
728	SZKIŁADŹ Edyta	4201	FAFARAFA	K30	85	00:20:09	00:39:39.33	+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	00:39:42.97	+00:20:29 (51.6%)	7:56	7.6 (48.7%)	
730	NOWIK Roman	95	BBT	M50	51	00:18:54	00:39:45.20	+00:20:31 (51.6%)	7:57	7.5 (48.1%)	
731	KUCZYŃSKA Iwona	4172		K40	84	00:20:42	00:39:48.78	+00:20:35 (51.7%)	7:57	7.5 (48.1%)	
732	GRZĄDKOWSKA Julita	4173		K30	86	00:20:41	00:39:49.03	+00:20:35 (51.7%)	7:57	7.5 (48.1%)	
733	SZYMAŃSKI Ignacy	4177		M12	40	00:20:41	00:39:52.85	+00:20:39 (51.8%)	7:58	7.5 (48.1%)	
734	SZYMAŃSKA Agnieszka	4176		K40	85	00:20:42	00:39:53.10	+00:20:39 (51.8%)	7:58	7.5 (48.1%)	
735	KOWAL Magdalena	4037		K40	86	00:20:38	00:39:55.04	+00:20:41 (51.8%)	7:59	7.5 (48.1%)	
736	ŚWIĘTOCHOWSKA Danuta	4088		K60	5	00:20:48	00:39:57.12	+00:20:43 (51.9%)	7:59	7.5 (48.1%)	
737	RADZIWONOWSKI Stanisław	2189	THREETEETEAM	M12	41	00:21:00	00:39:57.89	+00:20:44 (51.9%)	7:59	7.5 (48.1%)	
738	ZAKRZEWSKA Olga	4166		K30	87	00:20:11	00:40:03.84	+00:20:50 (52.0%)	8:00	7.5 (48.1%)	
739	GUDANIEC Karolina	4136		K20	50	00:20:58	00:40:04.07	+00:20:50 (52.0%)	8:00	7.5 (48.1%)	
740	ŁOBIŃSKA Dominika	4123		K20	51	00:20:58	00:40:04.55	+00:20:50 (52.0%)	8:00	7.5 (48.1%)	
741	MALINOWSKI Adam	4193	MEDIAEXPERT	M30	159	00:20:54	00:40:05.13	+00:20:51 (52.0%)	8:01	7.5 (48.1%)	
742	KOZIEJKO Stanisław	3003	BIEGAM DLA JUSTYSI	M60	18	00:19:45	00:40:11.53	+00:20:57 (52.2%)	8:02	7.5 (48.1%)	
743	ROGOWSKI Piotr	2047		M60	19	00:20:44	00:40:25.05	+00:21:11 (52.4%)	8:05	7.4 (47.4%)	
744	LELO Piotr	4159		M40	118	00:20:33	00:40:34.20	+00:21:20 (52.6%)	8:06	7.4 (47.4%)	
745	WOJCIECHOWSKA Natalia	4103		K20	52	00:20:44	00:40:42.70	+00:21:29 (52.8%)	8:08	7.4 (47.4%)	
746	BOGDANOWICZ Małgorzata	4098		K40	87	00:21:23	00:40:53.72	+00:21:40 (53.0%)	8:10	7.3 (46.8%)	
747	MORDASEWICZ Magdalena	4187	FAFARAFA	K40	88	00:21:07	00:40:59.75	+00:21:46 (53.1%)	8:11	7.3 (46.8%)	
748	BIELECKI Jerzy	2020	MORSY ZAMBRÓW	M60	20	00:21:15	00:41:02.53	+00:21:48 (53.2%)	8:12	7.3 (46.8%)	
749	IGNACZUK Bożena	2014	MORSY ZAMBRÓW	K60	6	00:21:13	00:41:02.75	+00:21:49 (53.2%)	8:12	7.3 (46.8%)	
750	MOMOT Michał	1173	PODLASIAKI TEAM	M20	71	00:19:24	00:41:10.85	+00:21:57 (53.3%)	8:14	7.3 (46.8%)	
751	ZDRODOWSKA Aleksandra	4128		K20	53	00:21:08	00:41:14.62	+00:22:01 (53.4%)	8:14	7.3 (46.8%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.7km	Czas		Różn	Tempo min/km	Tempo km/h
							5km				
752	WRZESIŃSKA Aleksandra	4014		K30	88	00:20:23	00:41:28.17	+00:22:14 (53.6%)	8:17	7.2 (46.2%)	
753	KALINOWSKI Ireneusz	4129		M50	52	00:20:22	00:41:28.43	+00:22:14 (53.6%)	8:17	7.2 (46.2%)	
754	MILEWSKA Amelia	4162		K20	54	00:21:24	00:41:29.06	+00:22:15 (53.7%)	8:17	7.2 (46.2%)	
755	KOSZEWNIAK Ola	4170		K12	23	00:21:00	00:41:31.91	+00:22:18 (53.7%)	8:18	7.2 (46.2%)	
756	SAŃKO Andrzej	2123		M50	53	00:19:56	00:41:35.48	+00:22:21 (53.8%)	8:19	7.2 (46.2%)	
757	LEONOWICZ Ewa	1131		K40	89	00:21:18	00:41:40.47	+00:22:26 (53.9%)	8:20	7.2 (46.2%)	
758	BEKISZ Agnieszka	4080	NADAKTYWNI	K40	90	00:22:10	00:41:56.05	+00:22:42 (54.2%)	8:23	7.2 (46.2%)	
759	BEKISZ Elżbieta	4081		K70	1	00:22:10	00:41:57.12	+00:22:43 (54.2%)	8:23	7.2 (46.2%)	
760	DOŁENGIWICZ Karol	4194	MEDIAEXPERT	M30	160	00:19:50	00:42:01.66	+00:22:48 (54.3%)	8:24	7.1 (45.5%)	
761	JAROMA Adam	4150		M20	72	00:21:05	00:42:07.76	+00:22:54 (54.4%)	8:25	7.1 (45.5%)	
762	CHMIELEWSKI Konrad	4137		M20	73	00:21:06	00:42:07.95	+00:22:54 (54.4%)	8:25	7.1 (45.5%)	
763	MATOWICKA Natalia	4040		K12	24	00:22:10	00:42:14.93	+00:23:01 (54.5%)	8:26	7.1 (45.5%)	
764	MATOWICKI Wojciech	3055		M40	119	00:22:11	00:42:15.28	+00:23:01 (54.5%)	8:27	7.1 (45.5%)	
765	CZAJKOWSKA Paulina	4147		K30	89	00:20:49	00:42:19.34	+00:23:05 (54.6%)	8:27	7.1 (45.5%)	
766	CETRA Andrzej	4019	MARSZOMANIACY BIELSK PODLASKI	M40	120	00:23:14	00:42:21.79	+00:23:08 (54.6%)	8:28	7.1 (45.5%)	
767	SNOP Sławomir	4017	MASZOMANIACY BIELSK PODLASKI	M40	121	00:22:41	00:42:24.21	+00:23:10 (54.7%)	8:28	7.1 (45.5%)	
768	KUCZYŃSKA Marta	4127	DRUŻYNA INTRUM	K30	90	00:21:36	00:42:27.65	+00:23:14 (54.7%)	8:29	7.1 (45.5%)	
769	HYŻYK Anna	3053		K30	91	00:20:52	00:42:28.29	+00:23:14 (54.7%)	8:29	7.1 (45.5%)	
770	BIERĆ Katarzyna	3170		K40	91	00:21:09	00:42:31.15	+00:23:17 (54.8%)	8:30	7.1 (45.5%)	
771	CHILKIEWICZ Sylwia	3068		K30	92	00:22:27	00:42:34.68	+00:23:21 (54.8%)	8:30	7 (44.9%)	
772	CHILKIEWICZ Edyta	4083		K40	92	00:22:27	00:42:35.34	+00:23:21 (54.9%)	8:31	7 (44.9%)	
773	ŁAPIŃSKI Tomasz	2040		M30	161	00:22:18	00:42:43.76	+00:23:30 (55.0%)	8:32	7 (44.9%)	
774	KUPISZEK Anna	4091	NEVER_TOO_LATE	K70	2	00:21:24	00:42:46.61	+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	MATEUSZEK Marcin	4026	MARSZOMANIACY BIELSK PODLASKI	M40	122	00:22:46	00:42:50.20	+00:23:36 (55.1%)	8:34	7 (44.9%)	
776	GIEREJKIEWICZ-BONIFATIUK Barbara	4076		K50	32	00:22:08	00:42:53.18	+00:23:39 (55.2%)	8:34	7 (44.9%)	
777	SMOLEWSKA Jolanta	4149	MARSZOMANIACY BIELSK PODLASKI	K50	33	00:22:51	00:42:53.93	+00:23:40 (55.2%)	8:34	7 (44.9%)	
778	ROSZKOWSKI Mariusz	3021		M50	54	00:22:28	00:42:59.22	+00:23:45 (55.3%)	8:35	7 (44.9%)	
779	BABICZ Klara	3097		K12	25	00:22:04	00:43:09.75	+00:23:56 (55.5%)	8:37	7 (44.9%)	
780	CWIETKOW Jan	3150	PLUM RUNNING TEAM	M60	21	00:21:31	00:43:16.43	+00:24:02 (55.6%)	8:39	6.9 (44.2%)	
781	SZEREMETA Alicja	4092		K60	7	00:21:25	00:43:19.65	+00:24:06 (55.6%)	8:39	6.9 (44.2%)	
782	KIRPSZA Barbara	3023	AIKIRUNNERS	K40	93	00:22:20	00:43:26.48	+00:24:12 (55.7%)	8:41	6.9 (44.2%)	
783	UDYCZ Katarzyna	4001	NIE MA	K40	94	00:22:20	00:43:26.77	+00:24:13 (55.7%)	8:41	6.9 (44.2%)	
784	BURZYŃSKI Jerzy	4060	MARSZOMANIACY BIELSK PODLASKI	M60	22	00:22:41	00:43:28.67	+00:24:15 (55.8%)	8:41	6.9 (44.2%)	
785	RUDKO Jolanta	4094	MARSZOMANIACY BIELSK PODLASKI	K50	34	00:23:03	00:43:28.93	+00:24:15 (55.8%)	8:41	6.9 (44.2%)	
786	TOMASZEWSKA Magdalena	2144		K30	93	00:20:29	00:43:31.16	+00:24:17 (55.8%)	8:42	6.9 (44.2%)	
787	BANEL Kamila	3100		K40	95	00:20:29	00:43:31.16	+00:24:17 (55.8%)	8:42	6.9 (44.2%)	
788	BOCHENKO-ŁUCZYŃSKA Joanna	4200	FAFARAFA	K50	35	00:22:18	00:43:43.53	+00:24:29 (56.0%)	8:44	6.9 (44.2%)	
789	BOROWSKA Agnieszka	4214	MARSZOMANIAACY BIELSK PODLASKI	K40	96	00:23:14	00:43:45.23	+00:24:31 (56.1%)	8:45	6.9 (44.2%)	
790	TWAROWSKA Urszula	4152		K40	97	00:22:49	00:43:53.12	+00:24:39 (56.2%)	8:46	6.8 (43.6%)	
791	TWAROWSKI Łukasz	4153		M40	123	00:22:49	00:43:53.39	+00:24:39 (56.2%)	8:46	6.8 (43.6%)	
792	RENKIEWICZ Joanna	4220		K20	55	00:20:50	00:44:03.98	+00:24:50 (56.4%)	8:48	6.8 (43.6%)	
793	WIELAKIN-SZYDŁOWSKA Marzena	4108		K40	98	00:22:30	00:44:10.83	+00:24:57 (56.5%)	8:50	6.8 (43.6%)	
794	SZYCKO Anna	4093	SZKOŁA PODSTAWOWA NR 4 IM. SYBIRAKÓW W BIAŁYMSTOKU	K40	99	00:22:10	00:44:14.97	+00:25:01 (56.6%)	8:50	6.8 (43.6%)	
795	SASIM Varvara	4151	SZKOŁA PODSTAWOWA NR 4 IM. SYBIRAKÓW W BIAŁYMSTOKU	K12	26	00:22:11	00:44:16.44	+00:25:02 (56.6%)	8:51	6.8 (43.6%)	
796	BEKISZ Krzysztof	4113		M40	124	00:22:38	00:44:40.51	+00:25:26 (57.0%)	8:56	6.7 (42.9%)	
797	BEKISZ Konstanty	4114		M12	42	00:22:40	00:44:41.36	+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	SADOWSKA Angelika	2017		K40	100	00:23:15	00:44:45.67	+00:25:32 (57.0%)	8:57	6.7 (42.9%)
799	RADZIUK Kiryl	1118		M20	74	00:20:56	00:44:58.73	+00:25:45 (57.3%)	8:59	6.7 (42.9%)
800	ANDRUKIEWICZ Wiktoria	4122	SZKOŁA PODSTAWOWA NR 4 IM. SYBIRAKÓW W BIAŁYMSTOKU	K12	27	00:27:39	00:44:59.54	+00:25:45 (57.3%)	8:59	6.7 (42.9%)
801	KONOŃCZUK Edyta	4012		K50	36	00:22:50	00:45:09.63	+00:25:56 (57.4%)	9:01	6.6 (42.3%)
802	KOTYŃSKA Aneta	4230		K40	101	00:22:51	00:45:13.32	+00:25:59 (57.5%)	9:02	6.6 (42.3%)
803	RAUBO Justyna	2092		K40	102	00:22:50	00:45:16.81	+00:26:03 (57.5%)	9:03	6.6 (42.3%)
804	KOZŁOWSKI Krzysztof	4219	MARSZOMANIACY BIELSK PODLASKI	M40	125	00:23:48	00:45:38.34	+00:26:24 (57.9%)	9:07	6.6 (42.3%)
805	SREDZINSKI Krzysztof	4138		M40	126	00:23:00	00:45:48.70	+00:26:35 (58.0%)	9:09	6.6 (42.3%)
806	SREDZINSKI Szymon	4139		M12	43	00:23:01	00:45:48.89	+00:26:35 (58.0%)	9:09	6.6 (42.3%)
807	WOIŃSKA Dorota	4218	MARSZOMANIACY BIELSK PODLASKI	K40	103	00:23:47	00:45:53.59	+00:26:40 (58.1%)	9:10	6.5 (41.7%)
808	MILEWSKA Zuzanna	4164		K12	28	00:23:15	00:46:04.65	+00:26:51 (58.3%)	9:12	6.5 (41.7%)
809	ANTKOWICZ Helena	4084	MARSZOMANIACY BIELSK PODLASKI	K60	8	00:24:07	00:46:08.86	+00:26:55 (58.3%)	9:13	6.5 (41.7%)
810	KUBISZYN Urszula	4038		K50	37	00:23:29	00:46:10.40	+00:26:56 (58.4%)	9:14	6.5 (41.7%)
811	MARKOWSKA Anna	4161		K40	104	00:23:49	00:46:11.59	+00:26:58 (58.4%)	9:14	6.5 (41.7%)
812	FIMOWICZ Ewelina	4070		K30	94	00:23:33	00:46:16.12	+00:27:02 (58.4%)	9:15	6.5 (41.7%)
813	MIASTKOWSKA Katarzyna	4069		K30	95	00:23:33	00:46:16.53	+00:27:02 (58.5%)	9:15	6.5 (41.7%)
814	JĘDRUSZCZAK Sandra	4145		K12	29	00:22:17	00:46:18.09	+00:27:04 (58.5%)	9:15	6.5 (41.7%)
815	JĘDRUSZCZAK Joanna	4146		K30	96	00:22:17	00:46:18.71	+00:27:05 (58.5%)	9:15	6.5 (41.7%)
816	ZALEWSKA Magdalena	3098		K30	97	00:29:06	00:46:25.51	+00:27:11 (58.6%)	9:17	6.5 (41.7%)
817	KRYŃSKI Paweł	3099		M30	162	00:29:06	00:46:25.62	+00:27:12 (58.6%)	9:17	6.5 (41.7%)
818	TULIKOWSKA Natalia	4099		K20	56	00:22:48	00:46:40.85	+00:27:27 (58.8%)	9:20	6.4 (41.0%)
819	WIELGUS Anna	4207		K30	98	00:23:30	00:46:49.13	+00:27:35 (58.9%)	9:21	6.4 (41.0%)
820	NIEWIŃSKA Joanna	4179	MARSZOMANIACY BIELSK PODLASKI	K30	99	00:24:05	00:47:07.31	+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	CHARYTONIUK-KUŻMA Taida	4051	MARSZOMANIACY BIELSK PODLASKI	K40	105	00:24:15	00:47:09.29	+00:27:55 (59.2%)	9:25	6.4 (41.0%)	
822	CHARYTONIUK Iraida	4052	MARSZOMANIACY BIELSK PODLASKI	K40	106	00:24:15	00:47:10.60	+00:27:57 (59.2%)	9:26	6.4 (41.0%)	
823	MILEWSKI Mirosław	4163		M50	55	00:23:34	00:47:20.46	+00:28:06 (59.4%)	9:28	6.3 (40.4%)	
824	TKACZUK-UDOJ Agata	4182		K40	107	00:23:24	00:47:32.00	+00:28:18 (59.6%)	9:30	6.3 (40.4%)	
825	PRZESTRZELSKA Monika	4175		K40	108	00:23:25	00:47:32.45	+00:28:18 (59.6%)	9:30	6.3 (40.4%)	
826	JURCZAK Anna	3091	SPARTA FIT	K40	109	00:23:48	00:47:44.05	+00:28:30 (59.7%)	9:32	6.3 (40.4%)	
827	GIERMANIUK Iwona	4090	SPARTA FIT	K30	100	00:23:48	00:47:44.27	+00:28:30 (59.7%)	9:32	6.3 (40.4%)	
828	BURZYŃSKA Alicja	4059	MARSZOMANIACY BIELSK PODLASKI	K60	9	00:25:11	00:48:22.74	+00:29:09 (60.3%)	9:40	6.2 (39.7%)	
829	KUMANIECKA Agata	4101	MARSZOMANIACY BIELSK PODLASKI	K60	10	00:25:15	00:48:26.71	+00:29:13 (60.3%)	9:41	6.2 (39.7%)	
830	MICHNOWSKA Bożena	4075	MARSZOMANIACY BIELSK PODLASKI	K50	38	00:25:18	00:48:27.17	+00:29:13 (60.3%)	9:41	6.2 (39.7%)	
831	HALICKA Marcelina	4197		K12	30	00:25:03	00:48:58.32	+00:29:44 (60.7%)	9:47	6.1 (39.1%)	
832	HALICKI Robert	4196		M50	56	00:25:03	00:49:00.82	+00:29:47 (60.8%)	9:48	6.1 (39.1%)	
833	SMOLINSKA Małgorzata	4031		K50	39	00:25:03	00:49:01.04	+00:29:47 (60.8%)	9:48	6.1 (39.1%)	
834	DOŁŻYK Grzegorz	3104		M20	75	00:25:28	00:49:24.93	+00:30:11 (61.1%)	9:52	6.1 (39.1%)	
835	BARANOWSKA Martyna	3107		K20	57	00:25:28	00:49:27.38	+00:30:13 (61.1%)	9:53	6.1 (39.1%)	
836	BOGDANOWICZ Tomasz	4048		M40	127	00:24:39	00:50:09.68	+00:30:56 (61.7%)	10:01	6 (38.5%)	
837	WORONIECKA Wioleta	4225		K50	40	00:26:13	00:50:40.91	+00:31:27 (62.1%)	10:08	5.9 (37.8%)	
838	KOŚCIUCZUK Agnieszka	4018	HAJNOWSKIE KIJANKI	K40	110	00:26:13	00:50:40.98	+00:31:27 (62.1%)	10:08	5.9 (37.8%)	
839	ŚWIERZBIŃSKA Anna	4124		K30	101	00:26:47	00:52:08.39	+00:32:54 (63.1%)	10:25	5.8 (37.2%)	
840	WNUKOWSKA Anna	4063		K40	111	00:26:46	00:52:09.00	+00:32:55 (63.1%)	10:25	5.8 (37.2%)	
841	MOŁODZIEJKO Henryka	4062		K50	41	00:26:45	00:52:09.26	+00:32:55 (63.1%)	10:25	5.8 (37.2%)	
842	HOROSZKO Joanna	4126		K30	102	00:26:47	00:52:09.55	+00:32:55 (63.1%)	10:25	5.8 (37.2%)	
843	MAKSIMOWSKA - DOROSZKO Marianna	4061		K40	112	00:26:45	00:52:09.82	+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	KRUSZEWSKA Małgorzata	4202		K40	113	00:26:30	00:52:28.93	+00:33:15 (63.4%)	10:29	5.7 (36.5%)
845	JURCZUK Małgorzata	4208	HAJNOWSKIE KIJANKI	K40	114	00:26:23	00:52:30.23	+00:33:16 (63.4%)	10:30	5.7 (36.5%)
846	BURA Renata	4180	#HAJNOWSKIEKIJANKI	K50	42	00:26:17	00:52:31.27	+00:33:17 (63.4%)	10:30	5.7 (36.5%)
847	PLEWA Halina	3161	HAJNOWSKIE KIJANKI	K60	11	00:26:25	00:52:32.80	+00:33:19 (63.4%)	10:30	5.7 (36.5%)
848	NOWAK Urszula	4206	HAJNOWSKIE KIJANKI	K40	115	00:26:26	00:52:33.28	+00:33:19 (63.4%)	10:30	5.7 (36.5%)
849	ZABŁOCKA Greta	4191	FAFARAFA	K40	116	00:28:19	00:54:10.38	+00:34:56 (64.5%)	10:50	5.5 (35.3%)
850	ZBUCKA Katarzyna	4188	FAFARAFA	K50	43	00:28:20	00:54:11.63	+00:34:58 (64.5%)	10:50	5.5 (35.3%)
851	MAJEWSKI Ignacy	4158		M70	5	00:27:57	00:54:31.70	+00:35:18 (64.7%)	10:54	5.5 (35.3%)
852	CZARNECKI Cezary	4112		M60	23	00:28:24	00:54:37.16	+00:35:23 (64.8%)	10:55	5.5 (35.3%)
853	CIBOROWSKA Agata	4181		K50	44	00:28:25	00:59:08.31	+00:39:54 (67.5%)	11:49	5.1 (32.7%)
Przekroczony limit czasu: 01:00:00										
854	STACHNIEWICZ Robert	4089		M50	57	00:29:13	01:01:52.60	+00:42:39 (68.9%)	12:22	4.8 (30.8%)
855	STACHNIEWICZ Elżbieta	4068		K50	45	00:29:14	01:02:10.75	+00:42:57 (69.1%)	12:26	4.8 (30.8%)
856	LORYŚ Bartosz	4013		M30	163	00:18:48		+00:08:56	6:57	8.6 (55.1%)

Znaleziono 856 wynik(ów)