



BIEG PRZEZ MOST 2019

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Organizator: Urząd Dzielnicy Warszawa - Białoleka
Data: 2019-09-22
Miejsce: Warszawa
Dystans: 10 km

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: M 30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	PARSZCZYŃSKI Łukasz	599	TEAM PARSZCZYŃSKICH	M 30-39	1	00:00:02	00:20:26	00:28:15	00:32:08.60	00:32:11.00		3:12	18.7 (100%)
2	SKIBIŃSKI Mikołaj	714	DUKLANOWSKI TEAM / ADIDAS WARSAW RUNNERS / @ARKENYA_TEAM	M 30-39	2	00:00:01	00:22:07	00:30:20	00:34:19.55	00:34:21.50	+00:02:10 (6.4%)	3:26	17.5 (93.6%)
3	ORZEŁ Michał	1014		M 30-39	3	00:00:02	00:22:17	00:30:10	00:34:26.75	00:34:29.25	+00:02:18 (6.7%)	3:26	17.4 (93.0%)
4	MICHALSKI Piotr	524		M 30-39	4	00:00:03	00:22:04	00:30:30	00:34:42.95	00:34:46.25	+00:02:34 (7.4%)	3:28	17.3 (92.5%)
5	JOSYPENKO Jędrzej	924	DREAM RUN	M 30-39	5	00:00:03	00:22:40	00:31:23	00:35:44.00	00:35:47.40	+00:03:35 (10.0%)	3:34	16.8 (89.8%)
6	WYSOCKI Marcin	881	WARSZAWIAKY	M 30-39	6	00:00:03	00:23:21	00:31:47	00:35:54.50	00:35:58.20	+00:03:45 (10.5%)	3:35	16.7 (89.3%)
7	PRZYBYŁA Krzysztof	641	ADIDAS RUNNERS WARSAW	M 30-39	7	00:00:02	00:23:36	00:32:08	00:36:21.60	00:36:24.55	+00:04:13 (11.6%)	3:38	16.5 (88.2%)
8	ZARODKIEWICZ Dawid	891	#TZD	M 30-39	8	00:00:04	00:23:33	00:32:13	00:36:35.95	00:36:40.30	+00:04:27 (12.2%)	3:39	16.4 (87.7%)
9	HILDEBRAND Marcin	249	OUTLETBIEGOWY /BIEGAM NA TARCHOMINIE	M 30-39	9	00:00:02	00:23:56	00:33:08	00:37:37.20	00:37:39.25	+00:05:28 (14.6%)	3:45	16 (85.6%)
10	ŁABĘDZKI Konrad	457	ADIDAS RUNNERS WARSAW	M 30-39	10	00:00:03	00:24:16	00:33:23	00:37:49.90	00:37:53.50	+00:05:41 (15.0%)	3:47	15.9 (85.0%)
11	ŁOBACZ Michał	464		M 30-39	11	00:00:04	00:24:29	00:33:38	00:37:54.50	00:37:58.50	+00:05:45 (15.2%)	3:47	15.8 (84.5%)
12	ŁĘGOCKI Marcin	463	PIETRZYK RUNNING TEAM / WSEWS WARSZAWA	M 30-39	12	00:00:07	00:24:57	00:33:55	00:38:19.90	00:38:27.55	+00:06:11 (16.1%)	3:50	15.7 (84.0%)
13	SIERADZKI Krzysztof	700		M 30-39	13	00:00:03	00:24:28	00:33:42	00:38:31.35	00:38:34.70	+00:06:22 (16.6%)	3:51	15.6 (83.4%)
14	JACKOWICZ Paweł	261		M 30-39	14	00:00:04	00:24:47	00:34:29	00:39:20.90	00:39:25.10	+00:07:12 (18.3%)	3:56	15.2 (81.3%)
15	JUSIŃSKI Krystian	306	BRACTWO BIEGOWE BGK	M 30-39	15	00:00:06	00:25:46	00:34:53	00:39:28.15	00:39:34.80	+00:07:19 (18.6%)	3:56	15.2 (81.3%)
16	VASHKEVICH Vital	826		M 30-39	16	00:00:05	00:25:21	00:34:47	00:39:30.90	00:39:36.00	+00:07:22 (18.7%)	3:57	15.2 (81.3%)
17	ŁOZOWSKI Olaf	468		M 30-39	17	00:00:07	00:25:46	00:34:56	00:39:31.45	00:39:38.90	+00:07:22 (18.7%)	3:57	15.2 (81.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						startu	6.6km	9km					
18	GŁOWACKI Paweł	205	SEROCK BIEGA Z HOTELEM NARVIL	M 30-39	18	00:00:07	00:25:53	00:35:18	00:39:41.80	00:39:48.90	+00:07:33 (19.0%)	3:58	15.1 (80.7%)
19	MARSZAL Mariusz	503	PSYCHOPATA BIEGOWY	M 30-39	19	00:00:04	00:25:53	00:35:00	00:39:48.95	00:39:53.15	+00:07:40 (19.3%)	3:58	15.1 (80.7%)
20	PIATKA Tomasz	615	ENEL-SPORT RUNNERS TEAM	M 30-39	20	00:00:07	00:25:53	00:35:24	00:39:58.10	00:40:05.35	+00:07:49 (19.6%)	3:59	15 (80.2%)
21	WERNER Kamil	842	BIEGAM NA TARCHOMINIE	M 30-39	21	00:00:34	00:25:57	00:35:32	00:40:07.40	00:40:41.90	+00:07:58 (19.9%)	4:00	15 (80.2%)
22	SZCZEPKOWSKI Bartłomiej	773		M 30-39	22	00:00:05	00:25:53	00:35:19	00:40:10.90	00:40:16.35	+00:08:02 (20.0%)	4:01	14.9 (79.7%)
23	NIEGOWSKI Robert	559	STARE BABICE BIEGAJĄ	M 30-39	23	00:00:06	00:25:53	00:35:27	00:40:17.05	00:40:23.15	+00:08:08 (20.2%)	4:01	14.9 (79.7%)
24	ZHENG Haishan	902		M 30-39	24	00:00:06	00:26:04	00:36:05	00:40:50.65	00:40:57.50	+00:08:42 (21.3%)	4:05	14.7 (78.6%)
25	BURZA Paweł	84		M 30-39	25	00:00:04	00:26:02	00:35:59	00:40:54.65	00:40:59.45	+00:08:46 (21.4%)	4:05	14.7 (78.6%)
26	JUTKIEWICZ Marcin	993		M 30-39	26	00:00:11	00:26:24	00:36:07	00:40:59.00	00:41:10.85	+00:08:50 (21.6%)	4:05	14.6 (78.1%)
27	SIEGIEDA Michał	699	ADIDAS RUNNERS	M 30-39	27	00:00:05	00:26:21	00:36:33	00:41:20.65	00:41:26.10	+00:09:12 (22.3%)	4:08	14.5 (77.5%)
28	LISZKIEWICZ Konrad	453		M 30-39	28	00:00:05	00:26:25	00:36:41	00:41:41.60	00:41:46.85	+00:09:33 (22.9%)	4:10	14.4 (77.0%)
29	GIERAK Kris	199	SANTANDER RUNNERS	M 30-39	29	00:00:08	00:26:45	00:36:53	00:41:42.95	00:41:51.45	+00:09:34 (22.9%)	4:10	14.4 (77.0%)
30	ROWIŃSKI Arkadiusz	960		M 30-39	30	00:00:04	00:27:07	00:37:02	00:41:45.60	00:41:49.80	+00:09:37 (23.0%)	4:10	14.4 (77.0%)
31	CIEŚLAK Piotr	111		M 30-39	31	00:00:13	00:27:25	00:37:12	00:41:51.10	00:42:05.00	+00:09:42 (23.2%)	4:11	14.3 (76.5%)
32	ZYCH Łukasz	910		M 30-39	32	00:00:05	00:26:11	00:36:46	00:42:04.80	00:42:10.10	+00:09:56 (23.6%)	4:12	14.3 (76.5%)
33	ANDRZEJEWSKI Mariusz	7	T-MOBILE RUNNING TEAM	M 30-39	33	00:00:11	00:27:37	00:37:19	00:42:06.35	00:42:17.90	+00:09:57 (23.7%)	4:12	14.3 (76.5%)
34	SLEPOWRONSKI Bogdan	718	TO NATURALNE	M 30-39	34	00:00:19	00:26:57	00:37:21	00:42:11.25	00:42:30.25	+00:10:02 (23.8%)	4:13	14.2 (75.9%)
35	KNAP Piotr	987		M 30-39	35	00:00:13	00:27:11	00:37:20	00:42:12.90	00:42:26.05	+00:10:04 (23.9%)	4:13	14.2 (75.9%)
36	RAK Adam	655	MPWIK	M 30-39	36	00:00:05	00:26:38	00:37:19	00:42:21.40	00:42:27.25	+00:10:12 (24.1%)	4:14	14.2 (75.9%)
37	JAWORSKI Arkadiusz	289		M 30-39	37	00:00:17	00:27:01	00:37:25	00:42:22.05	00:42:39.40	+00:10:13 (24.1%)	4:14	14.2 (75.9%)
38	PUTON Michał	649		M 30-39	38	00:00:22	00:26:57	00:37:21	00:42:26.50	00:42:49.25	+00:10:17 (24.3%)	4:14	14.1 (75.4%)
39	GAJOWNICZEK Sławomir	185		M 30-39	39	00:00:19	00:27:20	00:37:34	00:42:29.10	00:42:48.80	+00:10:20 (24.3%)	4:14	14.1 (75.4%)
40	WŁOSTOWSKI Marek	865	VEGE RUNNERS	M 30-39	40	00:00:21	00:27:17	00:37:31	00:42:36.85	00:42:58.05	+00:10:28 (24.6%)	4:15	14.1 (75.4%)
41	FALKOWSKI Łukasz	165		M 30-39	41	00:00:15	00:27:38	00:38:24	00:43:15.90	00:43:31.55	+00:11:07 (25.7%)	4:19	13.9 (74.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						startu	6.6km	9km					
42	SMORAWSKI Wodzisław	722		M 30-39	42	00:00:07	00:27:41	00:38:09	00:43:22.20	00:43:29.90	+00:11:13 (25.9%)	4:20	13.8 (73.8%)
43	MAŃKA Krzysztof	496	PZU SPORT TEAM	M 30-39	43	00:00:13	00:27:46	00:38:15	00:43:25.25	00:43:39.00	+00:11:16 (26.0%)	4:20	13.8 (73.8%)
44	DZIUBA Tomasz	160	MASTERSDOJO	M 30-39	44	00:00:13	00:27:32	00:38:20	00:43:32.35	00:43:46.05	+00:11:23 (26.2%)	4:21	13.8 (73.8%)
45	BICZAN Kamil	39		M 30-39	45	00:00:33	00:27:41	00:38:17	00:43:44.30	00:44:18.20	+00:11:35 (26.5%)	4:22	13.7 (73.3%)
46	CHMARZYŃSKI Paweł	90	ŚLĘZAKTEAM	M 30-39	46	00:00:49	00:28:15	00:38:39	00:43:45.45	00:44:34.95	+00:11:36 (26.5%)	4:22	13.7 (73.3%)
47	KWIATKOWSKI Adam	435	KB WYSZÓW	M 30-39	47	00:00:16	00:28:06	00:38:48	00:43:52.55	00:44:09.05	+00:11:43 (26.7%)	4:23	13.7 (73.3%)
48	MINIAKOWSKI Szymon	533		M 30-39	48	00:00:04	00:28:43	00:39:14	00:43:55.80	00:44:00.30	+00:11:47 (26.8%)	4:23	13.7 (73.3%)
49	CNOTA Maciej	1040		M 30-39	49	00:00:22	00:28:03	00:38:50	00:43:57.50	00:44:20.25	+00:11:48 (26.9%)	4:23	13.6 (72.7%)
50	GÓRSKI Marcin	217	MINISTERSTWO ZDROWIA	M 30-39	50	00:00:17	00:28:18	00:38:39	00:43:58.05	00:44:15.15	+00:11:49 (26.9%)	4:23	13.6 (72.7%)
51	ŚLIMKO Daniel	792	OLEJ RUNNING TEAM	M 30-39	51	00:00:10	00:28:39	00:39:05	00:43:59.65	00:44:10.30	+00:11:51 (26.9%)	4:24	13.6 (72.7%)
52	WILCZYNSKI Tomasz	850		M 30-39	52	00:00:33	00:28:44	00:38:50	00:44:04.95	00:44:38.00	+00:11:56 (27.1%)	4:24	13.6 (72.7%)
52	RYTKOWSKI Piotr	685		M 30-39	53	00:00:27	00:29:45	00:39:11	00:44:04.95	00:44:32.00	+00:11:56 (27.1%)	4:24	13.6 (72.7%)
54	SUŁKOWSKI Tomasz	764		M 30-39	54	00:00:13	00:27:44	00:38:41	00:44:13.50	00:44:27.10	+00:12:04 (27.3%)	4:25	13.6 (72.7%)
55	WŁODKOWSKI Robert	864	TRUCHT TARCHOMIN TEAM	M 30-39	55	00:00:42	00:28:38	00:39:13	00:44:17.25	00:44:59.40	+00:12:08 (27.4%)	4:25	13.5 (72.2%)
56	STĘPIEŃ Adam	745	ANANASY	M 30-39	56	00:00:11	00:28:20	00:39:05	00:44:27.55	00:44:39.40	+00:12:18 (27.7%)	4:26	13.5 (72.2%)
57	SOŁOWIEJ Łukasz	730	OIRP WARSZAWA	M 30-39	57	00:00:23	00:28:52	00:39:17	00:44:28.10	00:44:51.45	+00:12:19 (27.7%)	4:26	13.5 (72.2%)
58	PIOTROWSKI Michał	625		M 30-39	58	00:00:39	00:29:22	00:39:31	00:44:28.55	00:45:08.35	+00:12:19 (27.7%)	4:26	13.5 (72.2%)
59	WICIK Juliusz	846		M 30-39	59	00:00:19	00:28:45	00:39:18	00:44:32.40	00:44:51.60	+00:12:23 (27.8%)	4:27	13.5 (72.2%)
60	RAK Michał	654		M 30-39	60	00:00:32	00:28:44	00:39:13	00:44:43.60	00:45:15.80	+00:12:35 (28.1%)	4:28	13.4 (71.7%)
61	ŚWIECA Marcin	796		M 30-39	61	00:00:37	00:28:39	00:39:28	00:44:49.60	00:45:27.05	+00:12:41 (28.3%)	4:29	13.4 (71.7%)
62	PAŁKA Wojciech	594	VASCO RUNNERS	M 30-39	62	00:02:34	00:28:56	00:39:36	00:44:53.50	00:47:27.85	+00:12:44 (28.4%)	4:29	13.4 (71.7%)
63	GURGON Arkadiusz	997	ZABIEGANY WOŁOMIN	M 30-39	63	00:00:00	00:39:38		00:44:59.25	00:44:59.25	+00:12:50 (28.6%)	4:29	13.3 (71.1%)
64	VASILEV Veselin	827		M 30-39	64	00:00:24	00:28:55	00:39:49	00:45:11.45	00:45:35.55	+00:13:02 (28.9%)	4:31	13.3 (71.1%)
65	OSTROWSKI Marcin	951	PZU SPORT TEAM	M 30-39	65	00:00:45	00:29:56	00:40:17	00:45:28.95	00:46:14.90	+00:13:20 (29.3%)	4:32	13.2 (70.6%)

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						startu	6.6km	9km					
66	ŚCIBOR Marcin	790		M 30-39	66	00:00:22	00:28:58	00:40:07	00:45:30.95	00:45:53.20	+00:13:22 (29.4%)	4:33	13.2 (70.6%)
67	BEKKER Piotr	983		M 30-39	67	00:00:29	00:29:46	00:40:25	00:45:43.80	00:46:13.15	+00:13:35 (29.7%)	4:34	13.1 (70.1%)
68	MATYSIAK Paweł	512	PAWELBIEGA.PL	M 30-39	68	00:00:15	00:29:08	00:40:18	00:45:44.85	00:46:00.55	+00:13:36 (29.7%)	4:34	13.1 (70.1%)
69	KOWALSKI Michał	1004	LEMIESZ TEAM	M 30-39	69	00:00:00			00:45:53.00	00:45:53.00	+00:13:44 (29.9%)	4:35	13.1 (70.1%)
70	SZYMAŃSKI Andrzej	787		M 30-39	70	00:00:11	00:29:15	00:40:30	00:46:00.80	00:46:11.85	+00:13:52 (30.1%)	4:36	13 (69.5%)
71	PAWLUS Bartłomiej	607		M 30-39	71	00:00:22	00:29:33	00:40:38	00:46:01.25	00:46:23.50	+00:13:52 (30.2%)	4:36	13 (69.5%)
72	MAKOWSKI Marcin	483		M 30-39	72	00:00:11	00:29:59	00:40:57	00:46:15.45	00:46:26.85	+00:14:06 (30.5%)	4:37	13 (69.5%)
73	BAJDAŁA Robert	13		M 30-39	73	00:00:43	00:29:36	00:41:10	00:46:21.85	00:47:04.90	+00:14:13 (30.7%)	4:38	12.9 (69.0%)
74	MICHALAK Jacek	522		M 30-39	74	00:00:31	00:30:10	00:40:56	00:46:22.85	00:46:54.65	+00:14:14 (30.7%)	4:38	12.9 (69.0%)
75	KRUK Marcin	978		M 30-39	75	00:00:14	00:29:30	00:40:51	00:46:23.40	00:46:37.70	+00:14:14 (30.7%)	4:38	12.9 (69.0%)
76	PALUCH Kamil	593		M 30-39	76	00:00:17	00:29:39	00:41:02	00:46:37.95	00:46:55.30	+00:14:29 (31.1%)	4:39	12.9 (69.0%)
77	ŻYLAK Adrian	920	ADIDAS RUNNERS WARSAW	M 30-39	77	00:00:20	00:30:03	00:41:13	00:46:42.65	00:47:03.40	+00:14:34 (31.2%)	4:40	12.8 (68.4%)
78	URBANIAK Michał	823		M 30-39	78	00:00:16	00:30:02	00:41:21	00:46:44.95	00:47:00.95	+00:14:36 (31.2%)	4:40	12.8 (68.4%)
79	ŁUKASIAK Jan	474		M 30-39	79	00:00:41	00:29:34	00:41:04	00:46:45.25	00:47:26.80	+00:14:36 (31.3%)	4:40	12.8 (68.4%)
80	KOWALSKI Marek	393	NUNA	M 30-39	80	00:00:28	00:30:25	00:41:36	00:46:51.70	00:47:20.45	+00:14:43 (31.4%)	4:41	12.8 (68.4%)
81	SURDAKCI Dominik	765		M 30-39	81	00:00:26	00:30:12	00:41:39	00:46:57.40	00:47:23.45	+00:14:48 (31.5%)	4:41	12.8 (68.4%)
82	BADOWSKI Piotr	12	DEUTSCHE BANK MARATHON TEAM	M 30-39	82	00:00:41	00:30:17	00:41:38	00:47:01.30	00:47:42.50	+00:14:52 (31.6%)	4:42	12.8 (68.4%)
83	CZYŻYK Marcin	129	ITMBW KRAKÓW	M 30-39	83	00:00:30	00:30:08	00:41:29	00:47:14.85	00:47:45.05	+00:15:06 (32.0%)	4:43	12.7 (67.9%)
84	BOROWY Łukasz	66	BRAJANUSZ	M 30-39	84	00:00:22	00:29:52	00:41:39	00:47:24.05	00:47:46.20	+00:15:15 (32.2%)	4:44	12.7 (67.9%)
85	WOJCIECHOWSKI Marek	870	ADIDAS RUNNERS WARSAW	M 30-39	85	00:00:20	00:30:17	00:41:54	00:47:26.15	00:47:46.90	+00:15:17 (32.2%)	4:44	12.6 (67.4%)
86	RÓŻYCKI Jarosław	673		M 30-39	86	00:00:55	00:31:02	00:42:26	00:47:40.60	00:48:35.80	+00:15:32 (32.6%)	4:46	12.6 (67.4%)
87	JANISZEWSKI Rafał	269		M 30-39	87	00:00:55	00:31:51	00:42:40	00:47:49.40	00:48:44.90	+00:15:40 (32.8%)	4:46	12.5 (66.8%)
88	DOMŻALSKI Artur	148		M 30-39	88	00:00:40	00:30:41	00:42:20	00:48:03.05	00:48:43.65	+00:15:54 (33.1%)	4:48	12.5 (66.8%)
89	DALECKI Łukasz	130		M 30-39	89	00:00:43	00:31:10	00:42:30	00:48:09.95	00:48:53.45	+00:16:01 (33.3%)	4:49	12.5 (66.8%)

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						startu	6.6km	9km					
90	DRZYMALA Krzysztof	154		M 30-39	90	00:00:53	00:31:17	00:42:40	00:48:19.05	00:49:12.50	+00:16:10 (33.5%)	4:49	12.4 (66.3%)
91	HUSZCZA Paweł	254		M 30-39	91	00:00:17	00:30:49	00:42:36	00:48:25.05	00:48:42.90	+00:16:16 (33.6%)	4:50	12.4 (66.3%)
92	DUDA Jacek	953		M 30-39	92	00:00:52	00:31:18	00:42:45	00:48:29.20	00:49:21.75	+00:16:20 (33.7%)	4:50	12.4 (66.3%)
93	KARPIŃSKI Marcin	982		M 30-39	93	00:00:28	00:31:14	00:42:40	00:48:30.25	00:48:58.90	+00:16:21 (33.7%)	4:51	12.4 (66.3%)
94	KRÓLCZYŃSKI Maciej	994		M 30-39	94	00:00:47	00:31:26	00:42:59	00:48:39.20	00:49:26.85	+00:16:30 (33.9%)	4:51	12.3 (65.8%)
95	SUCHORAB Krzysztof	760		M 30-39	95	00:01:36	00:31:21	00:43:00	00:48:47.20	00:50:23.50	+00:16:38 (34.1%)	4:52	12.3 (65.8%)
96	LIPIŃSKI Oskar	932		M 30-39	96	00:00:33	00:31:21	00:43:29	00:49:02.30	00:49:35.55	+00:16:53 (34.5%)	4:54	12.2 (65.2%)
97	JANKOWSKI Dariusz	275	PAŁUKI RUNNING TEAM	M 30-39	97	00:00:47	00:32:17	00:43:37	00:49:12.00	00:49:59.35	+00:17:03 (34.7%)	4:55	12.2 (65.2%)
98	SZLENDAK Marek	777		M 30-39	98	00:00:50	00:31:55	00:43:33	00:49:17.15	00:50:07.55	+00:17:08 (34.8%)	4:55	12.2 (65.2%)
99	WOŁOWSKI Kamil	874		M 30-39	99	00:00:56	00:32:02	00:43:35	00:49:21.40	00:50:18.10	+00:17:12 (34.9%)	4:56	12.2 (65.2%)
100	STAROWICZ Kazimierz	744		M 30-39	100	00:00:23	00:32:05	00:43:47	00:49:22.85	00:49:46.45	+00:17:14 (34.9%)	4:56	12.1 (64.7%)
101	KRÓL Tomasz	402		M 30-39	101	00:00:27	00:31:29	00:43:30	00:49:23.15	00:49:50.60	+00:17:14 (34.9%)	4:56	12.1 (64.7%)
102	DEREWICZ Mariusz	142		M 30-39	102	00:00:55	00:31:58	00:43:40	00:49:24.20	00:50:20.10	+00:17:15 (34.9%)	4:56	12.1 (64.7%)
103	PERKOWSKI Paweł	610		M 30-39	103	00:00:42	00:31:40	00:43:34	00:49:26.95	00:50:09.40	+00:17:18 (35.0%)	4:56	12.1 (64.7%)
104	ŻOCHOWSKI Paweł	912		M 30-39	104	00:00:43	00:31:13	00:43:45	00:49:48.35	00:50:31.40	+00:17:39 (35.5%)	4:58	12 (64.2%)
105	DUDEK Bartłomiej	155	BIEGAM NA TARCHOMINIE	M 30-39	105	00:01:22	00:31:31	00:43:36	00:49:52.40	00:51:14.50	+00:17:43 (35.6%)	4:59	12 (64.2%)
106	MAREK Bartłomiej	500		M 30-39	106	00:00:53	00:32:38	00:44:29	00:50:02.05	00:50:55.70	+00:17:53 (35.8%)	5:00	12 (64.2%)
107	JAROSZEK Piotr	281	VEGE RUNNERS	M 30-39	107	00:00:36	00:31:33	00:43:50	00:50:03.05	00:50:40.00	+00:17:54 (35.8%)	5:00	12 (64.2%)
108	MANCZENKO Eugeniusz	494	LEŚNE SZYCHY	M 30-39	108	00:01:04	00:32:43	00:44:27	00:50:11.90	00:51:16.20	+00:18:03 (36.0%)	5:01	12 (64.2%)
109	NOGAS Sebastian	560	PZU SPORTTEAM	M 30-39	109	00:00:00			00:50:13.00	00:50:13.00	+00:18:04 (36.0%)	5:01	11.9 (63.6%)
110	KLEPACKI Piotr	350		M 30-39	110	00:00:12	00:33:03	00:44:46	00:50:31.70	00:50:43.70	+00:18:23 (36.4%)	5:03	11.9 (63.6%)
111	LIBOLD Maciek	447		M 30-39	111	00:00:13	00:32:39	00:44:36	00:50:37.95	00:50:51.35	+00:18:29 (36.5%)	5:03	11.8 (63.1%)
112	DUDKO Mikalai	156	JACEKBIEGA RUNNING TEAM	M 30-39	112	00:00:43	00:32:25	00:45:08	00:50:44.35	00:51:28.05	+00:18:35 (36.6%)	5:04	11.8 (63.1%)
113	KASKA Mateusz	334		M 30-39	113	00:00:37	00:31:31	00:44:19	00:50:49.00	00:51:26.60	+00:18:40 (36.7%)	5:04	11.8 (63.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						startu	6.6km	9km					
114	CHRÓST Marcin	100	KS-ZIELONO CZARNI	M 30-39	114	00:00:25	00:31:05	00:44:19	00:50:57.45	00:51:23.05	+00:18:48 (36.9%)	5:05	11.8 (63.1%)
115	NOWAK Dawid	566		M 30-39	115	00:01:25	00:33:57	00:45:41	00:51:03.45	00:52:29.20	+00:18:54 (37.0%)	5:06	11.7 (62.6%)
116	BIENIEK Wojciech	43	TRENER24	M 30-39	116	00:01:02	00:32:47	00:45:13	00:51:12.95	00:52:15.60	+00:19:04 (37.2%)	5:07	11.7 (62.6%)
117	ROGALA Marcin	662		M 30-39	117	00:00:34	00:32:15	00:45:01	00:51:13.40	00:51:48.20	+00:19:04 (37.2%)	5:07	11.7 (62.6%)
118	PASIŃSKI Daniel	949	GRUPA BIEGOWA UM WARSZAWA	M 30-39	118	00:00:30	00:32:32	00:45:17	00:51:18.70	00:51:49.10	+00:19:10 (37.4%)	5:07	11.7 (62.6%)
119	BAZYLEWICZ Hubert	27		M 30-39	119	00:00:55	00:32:15	00:45:06	00:51:21.20	00:52:17.15	+00:19:12 (37.4%)	5:08	11.7 (62.6%)
120	ODZIEMCZYK Sebastian	574		M 30-39	120	00:00:49	00:32:46	00:45:15	00:51:26.35	00:52:15.90	+00:19:17 (37.5%)	5:08	11.7 (62.6%)
121	SKARŻYŃSKI Adam	711	GRUPA BIEGOWA UM W-WA	M 30-39	121	00:00:48	00:32:52	00:45:17	00:51:32.05	00:52:20.30	+00:19:23 (37.6%)	5:09	11.6 (62.0%)
122	KLIMCZYŃSKI Rafał	351		M 30-39	122	00:01:11	00:33:14	00:45:33	00:51:34.00	00:52:45.25	+00:19:25 (37.7%)	5:09	11.6 (62.0%)
123	CHUDIO Marcin	103		M 30-39	123	00:00:52	00:32:39	00:45:22	00:51:36.45	00:52:28.45	+00:19:27 (37.7%)	5:09	11.6 (62.0%)
124	FABIANOWICZ Paweł	162	BOŚ BANK SA	M 30-39	124	00:00:52	00:32:35	00:45:21	00:51:43.00	00:52:35.55	+00:19:34 (37.8%)	5:10	11.6 (62.0%)
125	CZAPSKI Michał	124	BIEGAM NA TARCHOMINIE	M 30-39	125	00:00:35	00:32:38	00:45:31	00:51:43.80	00:52:19.30	+00:19:35 (37.9%)	5:10	11.6 (62.0%)
126	STOKOWSKI Paweł	985		M 30-39	126	00:00:29	00:32:59	00:45:25	00:51:44.70	00:52:13.80	+00:19:36 (37.9%)	5:10	11.6 (62.0%)
127	GRYCNER Paweł	230	SHAKALAKA BOOM BOOM	M 30-39	127	00:00:56	00:33:29	00:45:55	00:51:52.10	00:52:48.10	+00:19:43 (38.0%)	5:11	11.6 (62.0%)
128	CHOTOMSKI Marcin	99		M 30-39	128	00:00:06	00:33:18	00:45:48	00:51:54.40	00:52:01.35	+00:19:45 (38.1%)	5:11	11.6 (62.0%)
129	CHEĆ Tomasz	89		M 30-39	129	00:01:09	00:33:51	00:46:08	00:51:56.85	00:53:06.20	+00:19:48 (38.1%)	5:11	11.5 (61.5%)
130	JASIŃSKI Adam	283		M 30-39	130	00:01:00	00:34:06	00:46:28	00:52:29.20	00:53:29.55	+00:20:20 (38.8%)	5:14	11.4 (61.0%)
131	FIJAŁEK Kamil	168		M 30-39	131	00:01:12	00:33:26	00:46:12	00:52:32.00	00:53:44.30	+00:20:23 (38.8%)	5:15	11.4 (61.0%)
132	SZCZEPAŃSKI Marcin	771	WATAHA-WARSZAWA	M 30-39	132	00:00:48	00:33:31	00:46:21	00:52:32.60	00:53:21.15	+00:20:24 (38.8%)	5:15	11.4 (61.0%)
133	CHRZANOWSKI Wojciech	102	CJHRZANOWSKITEAM	M 30-39	133	00:01:16	00:33:39	00:46:22	00:52:36.80	00:53:53.20	+00:20:28 (38.9%)	5:15	11.4 (61.0%)
134	SOPELEWSKI Sebastian	731		M 30-39	134	00:00:51	00:33:46	00:46:41	00:52:37.20	00:53:28.20	+00:20:28 (38.9%)	5:15	11.4 (61.0%)
135	MARUSZAK Łukasz	504	BIEGAM NA TARCHOMINIE	M 30-39	135	00:00:42	00:34:08	00:46:45	00:52:39.70	00:53:22.60	+00:20:31 (39.0%)	5:16	11.4 (61.0%)
136	POLAK Michał	629		M 30-39	136	00:00:46	00:33:48	00:46:40	00:52:44.65	00:53:31.40	+00:20:36 (39.1%)	5:16	11.4 (61.0%)
137	MENDREK Ireneusz	517	TURBODZIKI	M 30-39	137	00:01:12	00:34:44	00:46:54	00:52:59.85	00:54:12.40	+00:20:51 (39.3%)	5:18	11.3 (60.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						startu	6.6km	9km					
138	WASILEWSKI Grzegorz	837	RUN TEAM NASIELSK	M 30-39	138	00:00:34	00:34:25	00:47:06	00:53:17.15	00:53:51.25	+00:21:08 (39.7%)	5:19	11.3 (60.4%)
139	BARTECKI Tomasz	967		M 30-39	139	00:01:09	00:34:39	00:47:15	00:53:20.85	00:54:30.50	+00:21:12 (39.7%)	5:20	11.2 (59.9%)
140	WASIAK Bartosz	834		M 30-39	140	00:01:18	00:34:30	00:47:20	00:53:29.05	00:54:47.95	+00:21:20 (39.9%)	5:20	11.2 (59.9%)
141	KRZYWIEC Przemysław	417		M 30-39	141	00:00:59	00:35:01	00:47:31	00:53:32.05	00:54:31.95	+00:21:23 (40.0%)	5:21	11.2 (59.9%)
142	KLEPACKI Paweł	349		M 30-39	142	00:00:12	00:33:42	00:47:09	00:53:43.45	00:53:55.90	+00:21:34 (40.2%)	5:22	11.2 (59.9%)
143	ADAMKIEWICZ Marcin	961	INICJATYWA MIESZKAŃCÓW BIAŁOŁĘKI	M 30-39	143	00:00:12	00:33:08	00:47:08	00:53:51.75	00:54:04.40	+00:21:43 (40.3%)	5:23	11.1 (59.4%)
144	PIOTROWSKI Jan	624		M 30-39	144	00:02:05	00:34:24	00:47:17	00:53:57.50	00:56:03.00	+00:21:48 (40.4%)	5:23	11.1 (59.4%)
145	WŁODEK Rafał	863		M 30-39	145	00:01:21	00:34:20	00:47:36	00:54:00.60	00:55:21.75	+00:21:52 (40.5%)	5:24	11.1 (59.4%)
146	MARCZAK Marcin	498		M 30-39	146	00:01:31	00:34:54	00:47:58	00:54:03.70	00:55:35.10	+00:21:55 (40.5%)	5:24	11.1 (59.4%)
147	MITURA Grzegorz	537		M 30-39	147	00:00:52	00:34:30	00:47:44	00:54:05.10	00:54:57.45	+00:21:56 (40.6%)	5:24	11.1 (59.4%)
148	KOSTRUBIEC Grzegorz	381		M 30-39	148	00:00:11	00:34:34	00:47:47	00:54:16.45	00:54:28.00	+00:22:07 (40.8%)	5:25	11.1 (59.4%)
149	KORNESZCZUK Wojciech	374		M 30-39	149	00:01:14	00:35:08	00:48:23	00:54:17.20	00:55:31.65	+00:22:08 (40.8%)	5:25	11.1 (59.4%)
150	GROCHOWSKI Paweł	227	PZU SPORT TEAM	M 30-39	150	00:01:09	00:34:52	00:48:16	00:54:28.45	00:55:37.55	+00:22:19 (41.0%)	5:26	11 (58.8%)
151	MATUSZEWSKI Paweł	510		M 30-39	151	00:00:58	00:35:07	00:48:21	00:54:39.15	00:55:37.50	+00:22:30 (41.2%)	5:27	11 (58.8%)
152	KORLAK Łukasz	371		M 30-39	152	00:01:11	00:35:56	00:48:58	00:54:54.80	00:56:06.05	+00:22:46 (41.5%)	5:29	10.9 (58.3%)
153	ANIOŁKOWSKI Krzysztof	8	GRUPA BIEGOWA UM W-WA	M 30-39	153	00:01:16	00:35:55	00:48:56	00:55:00.25	00:56:16.30	+00:22:51 (41.6%)	5:30	10.9 (58.3%)
154	KAŹMIERSKI Adrian	336		M 30-39	154	00:01:20	00:35:33	00:48:39	00:55:01.25	00:56:21.50	+00:22:52 (41.6%)	5:30	10.9 (58.3%)
155	ZYGADŁO Piotr	911		M 30-39	155	00:00:18	00:35:39	00:48:41	00:55:04.65	00:55:23.60	+00:22:56 (41.6%)	5:30	10.9 (58.3%)
156	JANKOWSKI Marcin	975	ANPHARM RUN TEAM	M 30-39	156	00:02:10	00:35:25	00:48:47	00:55:05.00	00:57:15.90	+00:22:56 (41.6%)	5:30	10.9 (58.3%)
157	IDZIAK Jarosław	921		M 30-39	157	00:00:35	00:31:20	00:45:08	00:55:05.45	00:55:41.15	+00:22:56 (41.7%)	5:30	10.9 (58.3%)
158	KRÓLAK Paweł	404		M 30-39	158	00:01:24	00:35:04	00:48:27	00:55:06.75	00:56:30.85	+00:22:58 (41.7%)	5:30	10.9 (58.3%)
159	RULAK Jerzy	986		M 30-39	159	00:01:04	00:35:13	00:48:41	00:55:25.15	00:56:30.00	+00:23:16 (42.0%)	5:32	10.8 (57.8%)
160	NIEDBAŁKA Marcin	557		M 30-39	160	00:01:35	00:35:05	00:48:59	00:55:34.35	00:57:09.55	+00:23:25 (42.2%)	5:33	10.8 (57.8%)
161	GMYREK Robert	207		M 30-39	161	00:01:14	00:35:04	00:48:59	00:55:45.60	00:56:59.90	+00:23:37 (42.4%)	5:34	10.8 (57.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						startu	6.6km	9km					
162	STANKIEWICZ Maciej	739	AMI & AURI RUNNERS CLUB	M 30-39	162	00:01:24	00:36:59	00:49:35	00:55:46.20	00:57:10.25	+00:23:37 (42.4%)	5:34	10.8 (57.8%)
163	PĘDZICH Przemysław	614		M 30-39	163	00:00:58	00:33:38	00:48:19	00:55:51.30	00:56:49.80	+00:23:42 (42.5%)	5:35	10.7 (57.2%)
164	KONOPACKI Maciej	365	JESTEŚ ZWYCIĘZCĄ-CHRZAŚCZYŻESZOWICE	M 30-39	164	00:01:06	00:35:42	00:49:28	00:55:52.05	00:56:58.95	+00:23:43 (42.5%)	5:35	10.7 (57.2%)
165	MAZUR Michał	514		M 30-39	165	00:00:51	00:36:36	00:49:35	00:55:55.30	00:56:46.60	+00:23:46 (42.5%)	5:35	10.7 (57.2%)
166	KARBOWNIK Jakub	329		M 30-39	166	00:01:34	00:35:33	00:48:55	00:55:55.70	00:57:30.50	+00:23:47 (42.5%)	5:35	10.7 (57.2%)
167	FEDEROWICZ Łukasz	166		M 30-39	167	00:01:11	00:35:56	00:49:34	00:55:58.25	00:57:10.05	+00:23:49 (42.6%)	5:35	10.7 (57.2%)
168	GRABOWSKI Łukasz	219		M 30-39	168	00:00:55	00:34:49	00:48:51	00:56:02.30	00:56:57.80	+00:23:53 (42.6%)	5:36	10.7 (57.2%)
169	ŚWIST Michał	801		M 30-39	169	00:01:13	00:36:00	00:49:22	00:56:04.05	00:57:17.20	+00:23:55 (42.7%)	5:36	10.7 (57.2%)
170	GAJEWICZ Arkadiusz	184		M 30-39	170	00:01:26	00:35:57	00:49:34	00:56:26.35	00:57:53.15	+00:24:17 (43.0%)	5:38	10.6 (56.7%)
171	GLAZER Marcin	203	PKO BANK POLSKI	M 30-39	171	00:01:55	00:38:20	00:50:42	00:56:31.15	00:58:27.00	+00:24:22 (43.1%)	5:39	10.6 (56.7%)
172	KAMIŃSKI Maciej	325		M 30-39	172	00:02:05	00:36:24	00:50:05	00:56:58.40	00:59:03.70	+00:24:49 (43.6%)	5:41	10.5 (56.1%)
173	TADRAŁA Tomek	803		M 30-39	173	00:01:55	00:36:23	00:50:10	00:57:12.25	00:59:07.55	+00:25:03 (43.8%)	5:43	10.5 (56.1%)
174	KUMALA Sebastian	425		M 30-39	174	00:00:12	00:35:36	00:49:55	00:57:13.65	00:57:26.25	+00:25:05 (43.8%)	5:43	10.5 (56.1%)
175	PUCHACZ Przemysław	647		M 30-39	175	00:00:31	00:34:42	00:49:52	00:57:14.80	00:57:46.65	+00:25:06 (43.9%)	5:43	10.5 (56.1%)
176	MATAK Mariusz	506		M 30-39	176	00:01:29	00:35:49	00:50:35	00:57:22.50	00:58:52.05	+00:25:13 (44.0%)	5:44	10.5 (56.1%)
177	MROZIŃSKI Marcin	546		M 30-39	177	00:01:28	00:37:16	00:50:54	00:57:34.95	00:59:03.85	+00:25:26 (44.2%)	5:45	10.4 (55.6%)
178	PYCKA Marcin	927	BIEGAJĄCY ŚWIDNIK	M 30-39	178	00:01:27	00:37:01	00:50:59	00:57:39.55	00:59:06.85	+00:25:30 (44.3%)	5:45	10.4 (55.6%)
179	BIENIAS Arkadiusz	42		M 30-39	179	00:00:16	00:37:49	00:51:14	00:57:52.50	00:58:09.25	+00:25:43 (44.5%)	5:47	10.4 (55.6%)
180	RODZOŚ Bartosz	661		M 30-39	180	00:01:04	00:37:36	00:51:22	00:57:56.90	00:59:01.35	+00:25:48 (44.5%)	5:47	10.4 (55.6%)
181	ZASŁONKA Paweł	893		M 30-39	181	00:00:26	00:37:02	00:51:09	00:57:59.95	00:58:26.05	+00:25:51 (44.6%)	5:48	10.3 (55.1%)
182	ŚWIEŻACZYŃSKI Piotr	799		M 30-39	182	00:01:48	00:38:08	00:51:24	00:58:01.15	00:59:49.35	+00:25:52 (44.6%)	5:48	10.3 (55.1%)
183	MIAZGA Krzysztof	520		M 30-39	183	00:01:48	00:38:09	00:51:28	00:58:05.10	00:59:53.90	+00:25:56 (44.7%)	5:48	10.3 (55.1%)
184	ZANIEWICZ Andrzej	888	PARTNER	M 30-39	184	00:01:28	00:38:32	00:52:09	00:58:21.05	00:59:49.20	+00:26:12 (44.9%)	5:50	10.3 (55.1%)
185	BOGUSZEWSKI Piotr	988		M 30-39	185	00:02:33	00:38:50	00:51:55	00:58:33.35	01:01:07.15	+00:26:24 (45.1%)	5:51	10.2 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						startu	6.6km	9km					
186	KOZŁOWSKI Łukasz	398	#BBKTS	M 30-39	186	00:01:44	00:38:25	00:52:21	00:58:50.55	01:00:35.50	+00:26:41 (45.4%)	5:53	10.2 (54.5%)
187	PIETRAK Wojciech	618	WEBLOVERS	M 30-39	187	00:01:35	00:38:30	00:52:38	00:59:07.05	01:00:42.60	+00:26:58 (45.6%)	5:54	10.1 (54.0%)
188	GRACZ Jakub	221		M 30-39	188	00:01:58	00:38:13	00:52:17	00:59:11.45	01:01:10.40	+00:27:02 (45.7%)	5:55	10.1 (54.0%)
189	STYCZYŃSKI Grzegorz	755		M 30-39	189	00:01:46	00:39:11	00:52:31	00:59:12.50	01:00:58.75	+00:27:03 (45.7%)	5:55	10.1 (54.0%)
190	NOWAK Janusz	563		M 30-39	190	00:01:13	00:37:46	00:52:19	00:59:13.20	01:00:27.15	+00:27:04 (45.7%)	5:55	10.1 (54.0%)
191	RUMIANEK Marcin	677	FB.COM/RUMIANEK	M 30-39	191	00:00:54	00:37:09	00:52:19	00:59:22.10	01:00:16.50	+00:27:13 (45.9%)	5:56	10.1 (54.0%)
192	GAWŁOWSKI Adam	192		M 30-39	192	00:00:50	00:37:21	00:52:15	00:59:22.90	01:00:12.90	+00:27:14 (45.9%)	5:56	10.1 (54.0%)
193	PIĘTKA Marcin	620	GKS FENIX SIENNICA	M 30-39	193	00:01:25	00:38:36	00:52:48	00:59:29.40	01:00:54.65	+00:27:20 (46.0%)	5:56	10.1 (54.0%)
194	KAMIŃSKI Mariusz	979		M 30-39	194	00:01:54	00:38:17	00:52:20	00:59:35.35	01:01:29.80	+00:27:26 (46.1%)	5:57	10.1 (54.0%)
195	WOŹNIAK Mateusz	876		M 30-39	195	00:01:08	00:37:38	00:52:13	00:59:39.15	01:00:47.75	+00:27:30 (46.1%)	5:57	10.1 (54.0%)
196	KOSTKA Grzegorz	380	BIEGIEM Z GREGIEM	M 30-39	196	00:01:43	00:37:46	00:52:32	00:59:42.35	01:01:26.00	+00:27:33 (46.2%)	5:58	10 (53.5%)
197	PIOTROWSKI Arkadiusz	933	#ARUSBIEGA	M 30-39	197	00:00:42	00:38:32	00:52:52	01:00:02.00	01:00:44.00	+00:27:53 (46.5%)	6:00	10 (53.5%)
198	KASKA Krzysztof	333		M 30-39	198	00:01:20	00:40:55	00:54:46	01:00:54.70	01:02:14.75	+00:28:46 (47.2%)	6:05	9.9 (52.9%)
199	SURMACZ Jacek	766		M 30-39	199	00:02:02	00:39:08	00:53:42	01:00:58.85	01:03:01.80	+00:28:50 (47.3%)	6:05	9.8 (52.4%)
200	WITZKE Artur	858	KAWUCHA	M 30-39	200	00:02:19	00:39:54	00:54:08	01:00:59.65	01:03:19.05	+00:28:51 (47.3%)	6:06	9.8 (52.4%)
201	PEPŁOŃSKI Damian	609		M 30-39	201	00:01:27	00:39:15	00:53:37	01:01:03.10	01:02:30.30	+00:28:54 (47.4%)	6:06	9.8 (52.4%)
202	SIKORSKI Paweł	708	GAMMA	M 30-39	202	00:01:51	00:38:59	00:53:57	01:01:22.35	01:03:13.40	+00:29:13 (47.6%)	6:08	9.8 (52.4%)
203	SZYDŁO Paweł	384		M 30-39	203	00:00:22	00:38:32	00:54:02	01:02:11.20	01:02:33.20	+00:30:02 (48.3%)	6:13	9.6 (51.3%)
204	KULISZEWSKI Maciej	424		M 30-39	204	00:00:45	00:39:28	00:54:41	01:02:28.75	01:03:14.40	+00:30:20 (48.6%)	6:14	9.6 (51.3%)
205	BORUTS Marcin	68		M 30-39	205	00:01:28	00:39:50	00:55:01	01:02:30.70	01:03:59.45	+00:30:22 (48.6%)	6:15	9.6 (51.3%)
206	WĄSOWSKI Michał	840		M 30-39	206	00:00:41	00:39:44	00:55:23	01:02:37.40	01:03:19.25	+00:30:28 (48.7%)	6:15	9.6 (51.3%)
207	ŁUCAK Piotr	470	CST RUN TEAM	M 30-39	207	00:01:32	00:41:13	00:55:41	01:02:40.00	01:04:12.60	+00:30:31 (48.7%)	6:16	9.6 (51.3%)
208	GREGORCZYK Bartosz	224		M 30-39	208	00:01:44	00:39:50	00:55:26	01:02:48.00	01:04:32.35	+00:30:39 (48.8%)	6:16	9.6 (51.3%)
209	GURMIŃSKI Łukasz	239	T-MOBILE	M 30-39	209	00:01:41	00:38:52	00:54:50	01:02:56.55	01:04:38.15	+00:30:47 (48.9%)	6:17	9.5 (50.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						startu	6.6km	9km					
210	SZYMCZYŃSKI Błażej	956		M 30-39	210	00:01:49	00:39:19	00:55:43	01:03:14.25	01:05:04.15	+00:31:05 (49.2%)	6:19	9.5 (50.8%)
211	ŁYGAS Leszek	476		M 30-39	211	00:01:48	00:39:18	00:55:23	01:03:16.90	01:05:05.75	+00:31:08 (49.2%)	6:19	9.5 (50.8%)
212	ZARADKIEWICZ Łukasz	889		M 30-39	212	00:02:03	00:40:52	00:55:54	01:03:36.00	01:05:39.25	+00:31:27 (49.5%)	6:21	9.4 (50.3%)
213	OBREBOWSKI Dariusz	952		M 30-39	213	00:01:23	00:40:04	00:55:45	01:03:40.15	01:05:03.55	+00:31:31 (49.5%)	6:22	9.4 (50.3%)
214	OKSIENIUK Marcin	575	TURBODZIKI	M 30-39	214	00:01:37	00:39:30	00:55:45	01:03:48.50	01:05:25.70	+00:31:39 (49.6%)	6:22	9.4 (50.3%)
215	JACZYŃSKI Rafał	263		M 30-39	215	00:01:49	00:40:45	00:56:23	01:04:06.50	01:05:55.75	+00:31:57 (49.9%)	6:24	9.4 (50.3%)
216	HELDT Grzegorz	248		M 30-39	216	00:01:51	00:39:32	00:55:53	01:04:06.70	01:05:58.25	+00:31:58 (49.9%)	6:24	9.4 (50.3%)
217	BANY Michał	17		M 30-39	217	00:01:20	00:40:35	00:57:04	01:04:25.65	01:05:46.60	+00:32:17 (50.1%)	6:26	9.3 (49.7%)
218	BIELEC Bartłomiej	41	LEGIA RUN CLUB	M 30-39	218	00:01:58	00:41:19	00:56:55	01:04:37.90	01:06:36.80	+00:32:29 (50.3%)	6:27	9.3 (49.7%)
219	ZARZYCKI Piotr	892		M 30-39	219	00:01:47	00:42:34	00:58:18	01:05:07.60	01:06:55.50	+00:32:59 (50.6%)	6:30	9.2 (49.2%)
220	RYDZ Adrian	681		M 30-39	220	00:01:43	00:41:39	00:57:55	01:06:03.25	01:07:46.55	+00:33:54 (51.3%)	6:36	9.1 (48.7%)
221	WARDAK Przemysław	833		M 30-39	221	00:01:18	00:42:31	00:58:30	01:06:22.15	01:07:40.50	+00:34:13 (51.6%)	6:38	9 (48.1%)
222	PRZYBOROWSKI Rafał	640		M 30-39	222	00:00:39	00:42:37	00:58:34	01:06:39.95	01:07:19.70	+00:34:31 (51.8%)	6:40	9 (48.1%)
223	BOCHENEK Sebastian	50		M 30-39	223	00:02:13	00:42:09	00:58:05	01:06:43.80	01:08:57.65	+00:34:35 (51.8%)	6:40	9 (48.1%)
224	TWARDO Kamil	820		M 30-39	224	00:01:56	00:42:30	00:58:53	01:06:51.30	01:08:47.60	+00:34:42 (51.9%)	6:41	9 (48.1%)
225	JEDYNAK Paweł	291		M 30-39	225	00:02:03	00:42:08	00:59:15	01:07:23.15	01:09:26.15	+00:35:14 (52.3%)	6:44	8.9 (47.6%)
226	ŁUCZAK Bartłomiej	473	KLUB BIEGACZA RTV EURO AGD	M 30-39	226	00:01:26	00:41:46	00:59:28	01:07:59.05	01:09:25.85	+00:35:50 (52.7%)	6:47	8.8 (47.1%)
227	IZDEBSKI Bartłomiej	256		M 30-39	227	00:01:57	00:42:20	01:00:11	01:08:58.60	01:10:56.00	+00:36:50 (53.4%)	6:53	8.7 (46.5%)
228	KIELISZEK Paweł	343		M 30-39	228	00:01:36	00:45:06	01:02:43	01:11:19.30	01:12:55.75	+00:39:10 (54.9%)	7:07	8.4 (44.9%)
229	ILCZUK Tomasz	1001	TARCHOŚWIRY	M 30-39	229	00:02:14	00:47:49	01:04:39	01:13:25.00	01:15:39.30	+00:41:16 (56.2%)	7:20	8.2 (43.9%)
230	CZARNECKI Piotr	125	TARCHOŚFIRY	M 30-39	230	00:02:13	00:47:54	01:04:43	01:13:28.80	01:15:42.10	+00:41:20 (56.3%)	7:20	8.2 (43.9%)
231	SOJKA Łukasz	729		M 30-39	231	00:02:17	00:47:20	01:04:51	01:13:52.75	01:16:10.60	+00:41:44 (56.5%)	7:23	8.1 (43.3%)
232	ŁOWCZAK Jacek	969	TEAM ZABIEGANEDNI	M 30-39	232	00:01:42	00:49:14	01:08:08	01:17:24.45	01:19:06.60	+00:45:15 (58.5%)	7:44	7.8 (41.7%)
233	LIS Kamil	449	GRUPA BIEGOWA UM W-WA	M 30-39	233	00:00:40	00:49:28	01:08:55	01:17:42.60	01:18:22.90	+00:45:34 (58.6%)	7:46	7.7 (41.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
234	GIEDYK Przemysław	198	DELOITTE ADVENTURE TEAM	M 30-39	234	00:02:00	00:50:22	01:10:34	01:19:54.40	01:21:55.30	+00:47:45 (59.8%)	7:59	7.5 (40.1%)
235	RODZUCH Daniel	964		M 30-39	235	00:00:02							(0.0%)
Przekroczony limit czasu: 01:30:00													
LIM	SŁADEK Karol	954		M 30-39		00:02:22	00:57:34	01:18:28	01:30:04.45	01:32:27.00		0:00	6.7 (35.8%)

Znaleziono 236 wynik(ów)