



BIEG PRZEZ MOST 2019

B4SPORT

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

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M 40-49

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	GOZDEK Radek	214	BIEGANIEPO40.PL TRUCHT TARCHOMIN TEAM	M 40-49	1	00:00:01	00:23:09	00:31:51	00:36:04.25	00:36:06.15		3:36	16.6 (100%)
2	KLAŚ Łukasz	348	NUDNE PIĄTKI	M 40-49	2	00:00:01	00:23:09	00:31:51	00:36:14.55	00:36:16.00	+00:00:10 (0.5%)	3:37	16.6 (100%)
3	SALAŃKA Krzysztof	692	TRIATHLON SERWIS	M 40-49	3	00:00:07	00:24:30	00:33:31	00:37:51.55	00:37:58.95	+00:01:47 (4.7%)	3:47	15.9 (95.8%)
4	TRZASKOWSKI Dariusz	815	TRUCHT TARCHOMIN TEAM	M 40-49	4	00:00:05	00:24:26	00:33:36	00:38:06.25	00:38:11.35	+00:02:02 (5.3%)	3:48	15.7 (94.6%)
5	KUBERA Piotr	981		M 40-49	5	00:00:06	00:24:59	00:34:01	00:38:21.10	00:38:28.05	+00:02:16 (5.9%)	3:50	15.6 (94.0%)
6	KRUPA Paweł	408	STALOWOWOLSKI KLUB BIEGACZA	M 40-49	6	00:00:03	00:24:50	00:34:19	00:38:53.60	00:38:56.90	+00:02:49 (7.3%)	3:53	15.4 (92.8%)
7	GRUZA Marek	228	BIEGANIEPO40.PL	M 40-49	7	00:00:05	00:24:56	00:34:24	00:39:04.25	00:39:10.05	+00:03:00 (7.7%)	3:54	15.4 (92.8%)
8	FELUCH Krzysztof	167	JACEK BIEGA RUNNING TEAM	M 40-49	8	00:00:04	00:25:13	00:34:33	00:39:12.80	00:39:17.50	+00:03:08 (8.0%)	3:55	15.3 (92.2%)
9	KACZYŃSKI Grzegorz	320	KB WYSZKÓW	M 40-49	9	00:00:05	00:25:32	00:34:56	00:39:40.95	00:39:46.70	+00:03:36 (9.1%)	3:58	15.1 (91.0%)
10	JERUĆ Łukasz	292	BIEGAM NA TARCHOMINIE	M 40-49	10	00:00:05	00:25:50	00:35:12	00:39:42.50	00:39:47.95	+00:03:38 (9.2%)	3:58	15.1 (91.0%)
11	MICHALSKI Damian	523	ALIOR RUNNING TEAM	M 40-49	11	00:00:06	00:25:34	00:35:22	00:40:31.00	00:40:37.05	+00:04:26 (11.0%)	4:03	14.8 (89.2%)
12	TOMASZEK Robert	810		M 40-49	12	00:00:03	00:25:53	00:35:44	00:40:33.70	00:40:37.65	+00:04:29 (11.1%)	4:03	14.8 (89.2%)
13	KŁÓDKIEWICZ Waldemar	356		M 40-49	13	00:00:25	00:25:45	00:35:42	00:40:35.50	00:41:00.50	+00:04:31 (11.1%)	4:03	14.8 (89.2%)
14	KNYCHAS Darek	358	PZU SPORT TEAM	M 40-49	14	00:00:13	00:26:45	00:36:20	00:41:01.25	00:41:15.05	+00:04:57 (12.1%)	4:06	14.6 (88.0%)
15	GRYSZPANOWICZ Piotr	234	SĄSIADY LATAJĄ RAZEM	M 40-49	15	00:00:08	00:26:17	00:36:10	00:41:08.25	00:41:16.40	+00:05:04 (12.3%)	4:06	14.6 (88.0%)
16	KORSAKOV Kostiantyn	376	-	M 40-49	16	00:00:10	00:26:28	00:36:26	00:41:19.40	00:41:29.40	+00:05:15 (12.7%)	4:07	14.5 (87.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
17	SPYCHAŁA Piotr	735		M 40-49	17	00:00:09	00:26:34	00:36:36	00:41:32.25	00:41:41.45	+00:05:28 (13.2%)	4:09	14.4 (86.7%)
18	KUBIAK Sławomir	419		M 40-49	18	00:00:10	00:26:35	00:36:47	00:41:47.25	00:41:57.35	+00:05:43 (13.7%)	4:10	14.4 (86.7%)
19	LATAK Michał	436	JACEKBIEGA RUNNING TEAM	M 40-49	19	00:00:05	00:26:41	00:36:51	00:41:50.10	00:41:55.60	+00:05:45 (13.8%)	4:11	14.3 (86.1%)
20	KANIA Przemysław	327		M 40-49	20	00:00:04	00:26:32	00:36:52	00:41:57.25	00:42:02.20	+00:05:53 (14.0%)	4:11	14.3 (86.1%)
21	ZAJĄC Wacław	882	TEAM PARSZCZYŃSKICH	M 40-49	21	00:00:11	00:27:07	00:37:03	00:41:58.35	00:42:09.65	+00:05:54 (14.1%)	4:11	14.3 (86.1%)
22	JUREK Przemysław	304	KS STASZEWCY	M 40-49	22	00:00:13	00:27:05	00:37:08	00:42:07.00	00:42:20.20	+00:06:02 (14.4%)	4:12	14.2 (85.5%)
23	KOWAL Krzysztof	388	SASIADY LATAJA RAZEM	M 40-49	23	00:00:08	00:26:38	00:37:02	00:42:23.20	00:42:31.45	+00:06:18 (14.9%)	4:14	14.2 (85.5%)
24	MIKULSKI Jacek	530	ADIDAS RUNNERS WARSAW	M 40-49	24	00:00:12	00:27:11	00:37:23	00:42:26.05	00:42:38.80	+00:06:21 (15.0%)	4:14	14.1 (84.9%)
25	JAWORSKI Piotr	1000	EKOBIEGI	M 40-49	25	00:00:04	00:26:59	00:37:22	00:42:29.50	00:42:33.70	+00:06:25 (15.1%)	4:14	14.1 (84.9%)
26	MICHNOWSKI Sebastian	525		M 40-49	26	00:00:08	00:27:06	00:37:19	00:42:30.75	00:42:38.90	+00:06:26 (15.2%)	4:15	14.1 (84.9%)
27	KUREK Marcin	428		M 40-49	27	00:00:05	00:27:10	00:37:34	00:42:49.20	00:42:55.00	+00:06:44 (15.8%)	4:17	14 (84.3%)
28	KIELCZYKOWSKI Janusz	342	EUROBUDOWA	M 40-49	28	00:00:31	00:27:52	00:37:51	00:42:50.40	00:43:21.60	+00:06:46 (15.8%)	4:17	14 (84.3%)
29	SOBOCIŃSKI Michał	726	PLAY	M 40-49	29	00:00:19	00:28:04	00:38:12	00:43:11.75	00:43:31.15	+00:07:07 (16.5%)	4:19	13.9 (83.7%)
30	TYMICKI Krzysztof	821		M 40-49	30	00:00:10	00:28:16	00:38:34	00:43:32.25	00:43:42.25	+00:07:28 (17.1%)	4:21	13.8 (83.1%)
31	GOLEC Grzegorz	209	TEAM PARSZCZYŃSKICH	M 40-49	31	00:00:14	00:28:10	00:38:41	00:43:52.60	00:44:07.00	+00:07:48 (17.8%)	4:23	13.7 (82.5%)
32	ZIELINSKI Krzysztof	904	HIKINGTOURS	M 40-49	32	00:00:31	00:28:44	00:39:03	00:44:05.35	00:44:36.80	+00:08:01 (18.2%)	4:24	13.6 (81.9%)
33	LEŚNIAK Piotr	443		M 40-49	33	00:00:20	00:28:35	00:39:12	00:44:27.90	00:44:48.15	+00:08:23 (18.9%)	4:26	13.5 (81.3%)
34	CHOJNACKI Mikołaj	95	WARSAW RUN CLUB	M 40-49	34	00:01:22	00:29:16	00:39:20	00:44:30.80	00:45:52.80	+00:08:26 (19.0%)	4:27	13.5 (81.3%)
35	SUCHOLEWSKI Damian	759	KONDYCJA PIASECZNO	M 40-49	35	00:00:05	00:28:42	00:39:21	00:44:35.35	00:44:40.45	+00:08:31 (19.1%)	4:27	13.5 (81.3%)
36	ADAO Miguel	5		M 40-49	36	00:00:25	00:28:42	00:39:24	00:44:39.00	00:45:04.00	+00:08:34 (19.2%)	4:27	13.4 (80.7%)
37	MALIK Gabriel	488		M 40-49	37	00:00:35	00:29:09	00:39:36	00:44:44.95	00:45:20.20	+00:08:40 (19.4%)	4:28	13.4 (80.7%)
38	REWERA Robert	658	PKO BANK POLSKI	M 40-49	38	00:00:15	00:28:22	00:39:24	00:44:45.15	00:45:00.35	+00:08:40 (19.4%)	4:28	13.4 (80.7%)
39	ŻUK Paweł	917	BIEGAM NA TARCHOMINIE	M 40-49	39	00:00:29	00:28:46	00:39:16	00:44:51.75	00:45:21.25	+00:08:47 (19.6%)	4:29	13.4 (80.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
40	MACIEJAK Robert	479		M 40-49	40	00:00:20	00:28:42	00:39:29	00:44:52.75	00:45:13.55	+00:08:48 (19.6%)	4:29	13.4 (80.7%)
41	LENKIEWICZ Paweł	441		M 40-49	41	00:00:26	00:28:45	00:39:39	00:45:03.70	00:45:30.10	+00:08:59 (20.0%)	4:30	13.3 (80.1%)
42	GĘCA Piotr	196	ZA MNA	M 40-49	42	00:00:26	00:28:53	00:39:49	00:45:11.95	00:45:38.85	+00:09:07 (20.2%)	4:31	13.3 (80.1%)
43	ZNAMIEC Marcin	906	IPA PAŁAC MOSTOWSKICH KSP	M 40-49	43	00:00:43	00:29:05	00:39:53	00:45:17.75	00:46:01.15	+00:09:13 (20.4%)	4:31	13.2 (79.5%)
44	GAJEWIAK Adam	183		M 40-49	44	00:00:21	00:29:01	00:39:48	00:45:19.00	00:45:40.05	+00:09:14 (20.4%)	4:31	13.2 (79.5%)
45	ZDUNEK Michał	966	WKURW_TEAM	M 40-49	45	00:00:14	00:28:44	00:39:57	00:45:21.90	00:45:36.80	+00:09:17 (20.5%)	4:32	13.2 (79.5%)
46	PAWIŃSKI Artur	606		M 40-49	46	00:00:20	00:28:36	00:39:53	00:45:29.80	00:45:50.00	+00:09:25 (20.7%)	4:33	13.2 (79.5%)
47	PAWŁOWSKI Piotr	926	BBL WYDMINY	M 40-49	47	00:00:14	00:29:20	00:40:13	00:45:32.70	00:45:47.15	+00:09:28 (20.8%)	4:33	13.2 (79.5%)
48	CZUDOWSKI Tomasz	127	DUKLANOWSKI TEAM	M 40-49	48	00:00:12	00:29:08	00:40:09	00:45:32.80	00:45:44.80	+00:09:28 (20.8%)	4:33	13.2 (79.5%)
49	CZAJKOWSKI Marek	122	WARSAW RUN CLUB	M 40-49	49	00:00:31	00:29:03	00:40:15	00:45:36.15	00:46:07.75	+00:09:31 (20.9%)	4:33	13.2 (79.5%)
50	TOBOTA Maciej	807		M 40-49	50	00:00:06	00:29:13	00:40:08	00:45:36.25	00:45:42.95	+00:09:32 (20.9%)	4:33	13.2 (79.5%)
51	SANTAREK Wojciech	694		M 40-49	51	00:00:32	00:29:06	00:40:16	00:45:45.95	00:46:18.35	+00:09:41 (21.2%)	4:34	13.1 (78.9%)
52	PIERZAK Olaf	617		M 40-49	52	00:00:10	00:29:42	00:40:44	00:45:59.35	00:46:09.55	+00:09:55 (21.6%)	4:35	13 (78.3%)
53	RYGALSKI Maciej	682	FAMA RUNNERS	M 40-49	53	00:00:39	00:29:49	00:40:42	00:46:06.25	00:46:45.55	+00:10:02 (21.8%)	4:36	13 (78.3%)
54	BEBELSKI Rafał	28	KUŹNIA TRIATHLONU	M 40-49	54	00:00:00			00:46:07.00	00:46:07.00	+00:10:02 (21.8%)	4:36	13 (78.3%)
55	TOMASZEWSKI Marek	811		M 40-49	55	00:00:08	00:29:25	00:40:34	00:46:11.15	00:46:19.70	+00:10:06 (21.9%)	4:37	13 (78.3%)
56	RABIEJ Wojciech	652	DUKLANOWSKI TEAM	M 40-49	56	00:00:30	00:29:43	00:40:50	00:46:16.50	00:46:47.45	+00:10:12 (22.1%)	4:37	13 (78.3%)
57	DRABOT Andrzej	152	ASSECO ACTIVE TEAM	M 40-49	57	00:00:15	00:29:51	00:40:57	00:46:17.55	00:46:32.75	+00:10:13 (22.1%)	4:37	13 (78.3%)
58	DESKA Leszek	143	WWW.LESZEKBIEGA.PL	M 40-49	58	00:02:10	00:31:04	00:41:26	00:46:19.80	00:48:30.00	+00:10:15 (22.1%)	4:38	12.9 (77.7%)
59	BARTEL Robert	22	STARE BABICE BIEGAJĄ	M 40-49	59	00:00:24	00:29:24	00:40:42	00:46:20.45	00:46:45.05	+00:10:16 (22.2%)	4:38	12.9 (77.7%)
60	GOLINSKI Artur	210		M 40-49	60	00:00:31	00:29:45	00:41:02	00:46:30.90	00:47:02.65	+00:10:26 (22.5%)	4:39	12.9 (77.7%)
61	SZYMAŃSKI Jacek	786		M 40-49	61	00:00:41	00:30:29	00:41:18	00:46:31.25	00:47:12.25	+00:10:27 (22.5%)	4:39	12.9 (77.7%)
62	KONDRAK Piotr	362	VEGE RUNNERS	M 40-49	62	00:00:53	00:29:57	00:41:08	00:46:36.50	00:47:29.50	+00:10:32 (22.6%)	4:39	12.9 (77.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
63	NOZDRYN-PŁOTNICKI Marcin	572		M 40-49	63	00:00:12	00:28:09	00:40:56	00:46:46.00	00:46:58.80	+00:10:41 (22.9%)	4:40	12.8 (77.1%)
64	ZIELIŃSKI Jacek	1002		M 40-49	64	00:00:48	00:30:17	00:41:30	00:46:46.05	00:47:34.05	+00:10:41 (22.9%)	4:40	12.8 (77.1%)
65	WEREDA Paweł	841		M 40-49	65	00:00:15	00:29:50	00:41:07	00:46:50.60	00:47:05.65	+00:10:46 (23.0%)	4:41	12.8 (77.1%)
66	PAWEŁOSZEK Robert	605	ROBERT SPINE TRENER PERSONALNY	M 40-49	66	00:00:26	00:29:31	00:41:11	00:46:52.65	00:47:18.90	+00:10:48 (23.1%)	4:41	12.8 (77.1%)
67	PRĘDOTA Krzysztof	635	TRUCHT TARCHOMIN TEAM	M 40-49	67	00:00:41	00:30:32	00:41:22	00:46:55.55	00:47:36.85	+00:10:51 (23.1%)	4:41	12.8 (77.1%)
68	KRYSIK Arkadiusz	414		M 40-49	68	00:01:02	00:29:56	00:41:44	00:47:08.85	00:48:11.35	+00:11:04 (23.5%)	4:42	12.7 (76.5%)
69	FRAĆKIEWICZ Dariusz	176	BIEGAM NA TARCHOMINIE	M 40-49	69	00:00:56	00:30:18	00:41:57	00:47:40.05	00:48:36.75	+00:11:35 (24.3%)	4:46	12.6 (75.9%)
70	BLASZCZYNSKI Witold	47		M 40-49	70	00:00:39	00:30:27	00:41:52	00:47:40.55	00:48:19.75	+00:11:36 (24.3%)	4:46	12.6 (75.9%)
71	PAZIEWSKI Andrzej	608	BIEGAM NA TARCHOMINIE	M 40-49	71	00:00:26	00:30:36	00:42:03	00:47:40.85	00:48:06.85	+00:11:36 (24.3%)	4:46	12.6 (75.9%)
72	MOSUR Kamil	544		M 40-49	72	00:00:21	00:30:27	00:41:54	00:47:42.20	00:48:03.90	+00:11:37 (24.4%)	4:46	12.6 (75.9%)
73	BARAN Grzegorz	19		M 40-49	73	00:00:48	00:30:44	00:42:14	00:47:45.85	00:48:34.70	+00:11:41 (24.5%)	4:46	12.6 (75.9%)
74	FALBA Zbigniew	163	METLIFE RUN	M 40-49	74	00:00:44	00:30:35	00:42:06	00:47:48.00	00:48:32.80	+00:11:43 (24.5%)	4:46	12.6 (75.9%)
75	ŁUBIŃSKI Krzysztof	469		M 40-49	75	00:00:18	00:30:38	00:42:06	00:47:48.30	00:48:07.00	+00:11:44 (24.5%)	4:46	12.5 (75.3%)
76	PADYSZ Arek	591		M 40-49	76	00:00:30	00:30:45	00:42:06	00:47:49.20	00:48:20.10	+00:11:44 (24.6%)	4:47	12.5 (75.3%)
77	GOGOLEWSKI Michał	208		M 40-49	77	00:00:25	00:30:22	00:41:59	00:47:49.45	00:48:15.05	+00:11:45 (24.6%)	4:47	12.5 (75.3%)
78	MANOWIECKI Grzegorz	495	BRAVERHEARTS	M 40-49	78	00:00:30	00:30:11	00:42:18	00:48:08.30	00:48:38.30	+00:12:04 (25.1%)	4:48	12.5 (75.3%)
79	JAWORSKI Łukasz	288		M 40-49	79	00:00:55	00:31:12	00:42:29	00:48:15.15	00:49:10.50	+00:12:10 (25.2%)	4:49	12.4 (74.7%)
80	KILIAŃSKI Rafał	345	TRUCHT TARCHOMIN TEAM	M 40-49	80	00:00:41	00:31:17	00:42:47	00:48:17.00	00:48:58.60	+00:12:12 (25.3%)	4:49	12.4 (74.7%)
81	KOŁOMAŃSKI Marek	360	EKOBIEGI	M 40-49	81	00:00:30	00:30:13	00:42:19	00:48:17.70	00:48:48.35	+00:12:13 (25.3%)	4:49	12.4 (74.7%)
82	ŚCIOCH Michał	791		M 40-49	82	00:00:40	00:31:05	00:42:33	00:48:19.40	00:48:59.80	+00:12:15 (25.4%)	4:49	12.4 (74.7%)
83	BIAŁOKOS Kamil	989	PARTNER	M 40-49	83	00:01:35	00:30:54	00:42:37	00:48:22.90	00:49:58.85	+00:12:18 (25.4%)	4:50	12.4 (74.7%)
84	WIERZCHOŁOWSKI Marcin	848		M 40-49	84	00:00:44	00:31:27	00:43:15	00:48:30.50	00:49:15.10	+00:12:26 (25.6%)	4:51	12.4 (74.7%)
85	BARSZCZEWSKI Maciej	20	TN BIEGÓWKI WESOŁA	M 40-49	85	00:00:22	00:30:32	00:42:39	00:48:34.85	00:48:57.55	+00:12:30 (25.8%)	4:51	12.3 (74.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
86	RUTKOWSKI Michał	680	KARAŚ SWIMMING TEAM	M 40-49	86	00:00:45	00:31:23	00:43:00	00:48:38.40	00:49:23.80	+00:12:34 (25.8%)	4:51	12.3 (74.1%)
87	GRZYMAŁA Andrzej	940		M 40-49	87	00:00:57	00:30:59	00:42:51	00:48:41.10	00:49:38.20	+00:12:36 (25.9%)	4:52	12.3 (74.1%)
88	NIEDZIELA Dominik	558		M 40-49	88	00:00:59	00:31:19	00:43:00	00:48:43.80	00:49:43.05	+00:12:39 (26.0%)	4:52	12.3 (74.1%)
89	SZCZĘSNY Paweł	774		M 40-49	89	00:00:45	00:30:41	00:42:47	00:48:51.00	00:49:36.10	+00:12:46 (26.2%)	4:53	12.3 (74.1%)
90	PROKOPIUK Grzegorz	945		M 40-49	90	00:00:08	00:31:21	00:43:08	00:48:53.90	00:49:02.70	+00:12:49 (26.2%)	4:53	12.3 (74.1%)
91	SALAŚZEWSKI Łukasz	691		M 40-49	91	00:00:47	00:32:05	00:43:35	00:48:54.90	00:49:42.85	+00:12:50 (26.3%)	4:53	12.3 (74.1%)
92	CELIŃSKI Rafał	87		M 40-49	92	00:00:45	00:31:44	00:43:21	00:48:59.00	00:49:44.40	+00:12:54 (26.4%)	4:53	12.2 (73.5%)
93	FRAĆKOWSKI Sławomir	177		M 40-49	93	00:00:33	00:31:13	00:43:07	00:49:05.30	00:49:38.40	+00:13:01 (26.5%)	4:54	12.2 (73.5%)
94	PERLAN Robert	611	DYSTANS LESZNO	M 40-49	94	00:00:39	00:31:41	00:43:26	00:49:19.35	00:49:58.65	+00:13:15 (26.9%)	4:55	12.2 (73.5%)
95	ŚCIBISZ Tomek	789		M 40-49	95	00:00:40	00:31:46	00:43:26	00:49:24.60	00:50:05.20	+00:13:20 (27.0%)	4:56	12.1 (72.9%)
96	WACH Michał	828	BIEGAM NA TARCHOMINIE	M 40-49	96	00:00:35	00:32:00	00:43:40	00:49:24.65	00:49:59.90	+00:13:20 (27.0%)	4:56	12.1 (72.9%)
97	CIOŁEK Robert	114	MASTERS DOJO	M 40-49	97	00:00:59	00:32:09	00:43:46	00:49:31.30	00:50:30.45	+00:13:27 (27.2%)	4:57	12.1 (72.9%)
98	MILLER Daniel Miller	531	WARSAW INTERNATIONAL TRIATHLON CLUB (WITC)	M 40-49	98	00:01:06	00:32:15	00:44:06	00:49:40.95	00:50:47.65	+00:13:36 (27.4%)	4:58	12.1 (72.9%)
99	ROJEK Rafał	665		M 40-49	99	00:00:40	00:31:45	00:43:45	00:49:41.20	00:50:21.80	+00:13:36 (27.4%)	4:58	12.1 (72.9%)
100	URBAN Mariusz	822	GRUPA BIEGOWA UM W-WA	M 40-49	100	00:02:20	00:31:47	00:43:49	00:49:43.75	00:52:04.65	+00:13:39 (27.5%)	4:58	12.1 (72.9%)
101	KACHNIARZ Sławomir	308	KAWAII SUSHI	M 40-49	101	00:00:41	00:31:03	00:43:29	00:49:47.15	00:50:28.50	+00:13:42 (27.5%)	4:58	12.1 (72.9%)
102	GAWLIK Arkadiusz	191	BIEGAM NA TARCHOMINIE	M 40-49	102	00:00:57	00:31:45	00:43:47	00:49:48.00	00:50:45.45	+00:13:43 (27.6%)	4:58	12 (72.3%)
103	KACPURA Piotr	313		M 40-49	103	00:00:53	00:32:13	00:43:52	00:49:48.20	00:50:41.65	+00:13:43 (27.6%)	4:58	12 (72.3%)
104	GIL Wojciech	201	NW CZŁAPSKI TEAM	M 40-49	104	00:00:48	00:32:14	00:43:59	00:49:54.10	00:50:42.40	+00:13:49 (27.7%)	4:59	12 (72.3%)
105	GÓRKA Marcin	215	POLSA	M 40-49	105	00:00:57	00:32:11	00:44:14	00:49:58.45	00:50:56.20	+00:13:54 (27.8%)	4:59	12 (72.3%)
106	RUSIN Bartosz	678	KS STASZEWSKY	M 40-49	106	00:00:38	00:31:32	00:43:46	00:50:00.30	00:50:38.60	+00:13:56 (27.9%)	5:00	12 (72.3%)
107	TARASIUK Łukasz	804		M 40-49	107	00:00:54	00:32:24	00:44:14	00:50:01.30	00:50:55.80	+00:13:57 (27.9%)	5:00	12 (72.3%)
108	ORŁOWSKI Krzysztof	585	PARKRUN WARSZAWA BRÓDNO	M 40-49	108	00:00:08	00:31:28	00:44:00	00:50:02.90	00:50:11.80	+00:13:58 (27.9%)	5:00	12 (72.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
109	ŻURAWSKI Marcin	919	BIEGAM NA TARCHOMINIE/ADIDAS RUNNERS WARSAW	M 40-49	109	00:00:34	00:32:13	00:44:12	00:50:03.70	00:50:38.40	+00:13:59 (27.9%)	5:00	12 (72.3%)
110	JANKOWSKI Andrzej	276	CAT-FIT	M 40-49	110	00:00:50	00:32:29	00:44:23	00:50:07.60	00:50:58.00	+00:14:03 (28.0%)	5:00	12 (72.3%)
111	PASZKOWSKI Cezary	603		M 40-49	111	00:01:04	00:32:44	00:44:27	00:50:12.40	00:51:16.40	+00:14:08 (28.2%)	5:01	12 (72.3%)
112	SUCHODOLSKI Mariusz	758	TRUCHT TARCHOMIN TEAM	M 40-49	112	00:00:47	00:32:18	00:44:08	00:50:16.95	00:51:04.15	+00:14:12 (28.3%)	5:01	11.9 (71.7%)
113	WITUSIK Paweł	856		M 40-49	113	00:00:32	00:32:21	00:44:30	00:50:18.90	00:50:51.25	+00:14:14 (28.3%)	5:01	11.9 (71.7%)
114	FRYCZ Michał	178		M 40-49	114	00:00:52	00:32:02	00:44:18	00:50:20.20	00:51:12.75	+00:14:15 (28.3%)	5:02	11.9 (71.7%)
115	SKŁUCKI Hubert	715	RUN TEAM NASIELSK	M 40-49	115	00:00:16	00:31:21	00:44:24	00:50:24.30	00:50:40.30	+00:14:20 (28.4%)	5:02	11.9 (71.7%)
116	KOWNACKI Marcin	396		M 40-49	116	00:00:31	00:31:42	00:44:15	00:50:31.85	00:51:03.35	+00:14:27 (28.6%)	5:03	11.9 (71.7%)
117	DOMINIAK Zbigniew	147	GRUPAZERO	M 40-49	117	00:00:59	00:32:09	00:44:26	00:50:47.75	00:51:47.20	+00:14:43 (29.0%)	5:04	11.8 (71.1%)
118	WIŚNIEWSKI Paweł	854	ŁOMIAKOWSKA GRUPA BIEGOWA	M 40-49	118	00:00:32	00:32:19	00:44:42	00:50:52.20	00:51:25.15	+00:14:47 (29.1%)	5:05	11.8 (71.1%)
119	MYSZKE Artur	553		M 40-49	119	00:00:53	00:32:26	00:44:49	00:50:54.60	00:51:47.60	+00:14:50 (29.1%)	5:05	11.8 (71.1%)
120	POŁĘĆ Andrzej	631		M 40-49	120	00:00:53	00:32:21	00:44:51	00:50:59.50	00:51:53.10	+00:14:55 (29.3%)	5:06	11.8 (71.1%)
121	BOROWSKI Mariusz	65		M 40-49	121	00:00:51	00:32:56	00:45:00	00:50:59.85	00:51:50.85	+00:14:55 (29.3%)	5:05	11.8 (71.1%)
122	BITKOWSKI Bartek	46		M 40-49	122	00:00:52	00:33:19	00:45:05	00:51:02.00	00:51:54.00	+00:14:57 (29.3%)	5:06	11.8 (71.1%)
123	JÓŻWIK Grzegorz	300		M 40-49	123	00:00:27	00:31:52	00:44:43	00:51:03.75	00:51:31.40	+00:14:59 (29.4%)	5:06	11.7 (70.5%)
124	ADAMIAK Piotr	1		M 40-49	124	00:00:36	00:33:00	00:45:14	00:51:07.95	00:51:43.95	+00:15:03 (29.5%)	5:06	11.7 (70.5%)
125	ŚWIĆ Rafał	793	TRUCHT TARCHOMIN TEAM	M 40-49	125	00:00:49	00:32:41	00:45:02	00:51:08.00	00:51:57.25	+00:15:03 (29.5%)	5:06	11.7 (70.5%)
126	DERESZEWSKI Piotr	141	ZABIEGANY WOŁOMIN	M 40-49	126	00:00:32	00:32:31	00:44:58	00:51:13.00	00:51:45.85	+00:15:08 (29.6%)	5:07	11.7 (70.5%)
127	KONIECKI Tomasz	363		M 40-49	127	00:00:51	00:33:13	00:45:16	00:51:24.60	00:52:16.20	+00:15:20 (29.8%)	5:08	11.7 (70.5%)
128	GRABOWSKI Wojciech	972	ANPHARM RUN TEAM	M 40-49	128	00:02:10	00:33:10	00:45:13	00:51:24.75	00:53:35.25	+00:15:20 (29.8%)	5:08	11.7 (70.5%)
129	MATEŃKA Piotr	508	DYSPOZYCJA DNIA TEAM	M 40-49	129	00:00:50	00:32:56	00:45:25	00:51:24.85	00:52:15.05	+00:15:20 (29.8%)	5:08	11.7 (70.5%)
130	KOPER Sebastian	369	CARREFOUR RUNNING TEAM	M 40-49	130	00:00:37	00:32:37	00:45:17	00:51:33.90	00:52:11.00	+00:15:29 (30.0%)	5:09	11.6 (69.9%)
131	BIEDROŃ Artur	40	TARCHO CHARTY	M 40-49	131	00:00:45	00:33:14	00:45:39	00:51:38.90	00:52:24.00	+00:15:34 (30.2%)	5:09	11.6 (69.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
132	BEDNARSKI Tomasz	32		M 40-49	132	00:00:42	00:34:00	00:45:56	00:51:41.70	00:52:24.30	+00:15:37 (30.2%)	5:10	11.6 (69.9%)
133	WALECKI Romuald	959	KLUB SAMICY NOSOROŻCA	M 40-49	133	00:00:06	00:32:32	00:45:41	00:51:44.80	00:51:51.45	+00:15:40 (30.3%)	5:10	11.6 (69.9%)
134	MARCZEWSKI Marcin	499	RESILIA BEMOWO	M 40-49	134	00:00:53	00:32:59	00:45:54	00:51:47.45	00:52:41.25	+00:15:43 (30.4%)	5:10	11.6 (69.9%)
135	SŁOMKA Bogumił	720		M 40-49	135	00:01:13	00:33:09	00:45:51	00:52:04.65	00:53:18.30	+00:16:00 (30.7%)	5:12	11.5 (69.3%)
136	SZOPA Sławomir	780		M 40-49	136	00:00:54	00:33:12	00:45:58	00:52:13.05	00:53:07.85	+00:16:08 (30.9%)	5:13	11.5 (69.3%)
137	LISZEWSKI Krzysztof	452	RUN TEAM NASIELSK	M 40-49	137	00:00:48	00:33:05	00:45:31	00:52:21.25	00:53:09.50	+00:16:17 (31.1%)	5:14	11.5 (69.3%)
138	FLORYSIAK Artur	175		M 40-49	138	00:01:03	00:34:08	00:46:31	00:52:25.05	00:53:28.65	+00:16:20 (31.2%)	5:14	11.4 (68.7%)
139	CIEPLAK Andrzej	106		M 40-49	139	00:01:34	00:34:40	00:46:48	00:52:28.05	00:54:02.15	+00:16:23 (31.3%)	5:14	11.4 (68.7%)
140	ANTOSIK Piotr	9		M 40-49	140	00:01:28	00:34:35	00:46:55	00:52:35.20	00:54:03.65	+00:16:30 (31.4%)	5:15	11.4 (68.7%)
141	ŁABA Piotr	455		M 40-49	141	00:00:52	00:33:35	00:46:31	00:52:53.35	00:53:45.90	+00:16:49 (31.8%)	5:17	11.3 (68.1%)
142	KRUSZEWSKI Piotr	412		M 40-49	142	00:00:52	00:33:35	00:46:31	00:52:53.80	00:53:45.80	+00:16:49 (31.8%)	5:17	11.3 (68.1%)
143	GŁÓWKA Rafał	206		M 40-49	143	00:00:24	00:33:08	00:46:20	00:52:59.65	00:53:23.75	+00:16:55 (31.9%)	5:17	11.3 (68.1%)
144	ZIELINSKI Krzysztof	905	HIKINGTOURS.PL	M 40-49	144	00:01:49	00:34:23	00:46:59	00:53:05.75	00:54:55.00	+00:17:01 (32.1%)	5:18	11.3 (68.1%)
145	KUCZYNSKI Igor	421	APTEKARZ WARSZAWSKI	M 40-49	145	00:00:54	00:33:58	00:46:55	00:53:17.75	00:54:11.95	+00:17:13 (32.3%)	5:19	11.3 (68.1%)
146	SZTRANTOWICZ Piotr	783		M 40-49	146	00:01:00	00:33:53	00:46:59	00:53:20.75	00:54:21.55	+00:17:16 (32.4%)	5:20	11.2 (67.5%)
147	CHMIELECKI Tomasz	91	LOTAMS TEAM	M 40-49	147	00:00:48	00:33:41	00:47:07	00:53:30.85	00:54:19.70	+00:17:26 (32.6%)	5:21	11.2 (67.5%)
148	KARCZEWSKI Jacek	330	GRUPA BIEGOWA UM W-WA	M 40-49	148	00:01:22	00:34:55	00:47:26	00:53:31.30	00:54:53.70	+00:17:27 (32.6%)	5:21	11.2 (67.5%)
149	GARBACZEWSKI Zbigniew	189	GRUPA BIEGOWA UM W-WA	M 40-49	149	00:00:59	00:33:02	00:46:38	00:53:38.85	00:54:38.50	+00:17:34 (32.8%)	5:21	11.2 (67.5%)
150	TRATKIEWICZ Marek	813		M 40-49	150	00:00:36	00:34:37	00:47:38	00:53:50.35	00:54:26.85	+00:17:46 (33.0%)	5:23	11.1 (66.9%)
151	SYPNIEWSKI Piotr	770	TKKF BŁYSKAWICA	M 40-49	151	00:01:07	00:34:58	00:47:34	00:53:58.75	00:55:05.75	+00:17:54 (33.2%)	5:23	11.1 (66.9%)
152	MOCZYDŁOWSKI Łukasz	540	MASTERS DOJO	M 40-49	152	00:01:11	00:35:08	00:47:57	00:54:08.55	00:55:19.75	+00:18:04 (33.4%)	5:24	11.1 (66.9%)
153	CIESIELSKI Rafał	109	WOJEWÓDZCY TEAM	M 40-49	153	00:01:05	00:34:58	00:47:46	00:54:14.25	00:55:19.75	+00:18:10 (33.5%)	5:25	11.1 (66.9%)
154	CHOJNOWSKI Andrzej	96	BIEGAM NA TARCHOMINIE	M 40-49	154	00:01:02	00:34:30	00:47:50	00:54:18.65	00:55:21.35	+00:18:14 (33.6%)	5:25	11 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
155	TUCZYŃSKI Robert	816	ORT ŁOMIANKI	M 40-49	155	00:00:56	00:34:42	00:47:58	00:54:27.20	00:55:23.60	+00:18:22 (33.8%)	5:26	11 (66.3%)
156	JABŁONKA Radosław	258	DZIADY OCR	M 40-49	156	00:00:56	00:34:31	00:48:07	00:54:35.05	00:55:31.35	+00:18:30 (33.9%)	5:27	11 (66.3%)
157	BORUSZEWSKI Maciej	67		M 40-49	157	00:00:55	00:35:08	00:48:21	00:54:42.70	00:55:38.00	+00:18:38 (34.1%)	5:28	11 (66.3%)
158	ZAKRZEWSKI Marek	884	EKOBIEGI	M 40-49	158	00:01:01	00:35:04	00:47:57	00:54:43.75	00:55:45.05	+00:18:39 (34.1%)	5:28	11 (66.3%)
159	JARMUŻEWSKI Adam	279	TIA	M 40-49	159	00:01:27	00:35:15	00:48:13	00:54:44.25	00:56:11.65	+00:18:40 (34.1%)	5:28	11 (66.3%)
160	KARWOWSKI Mariusz	332	GRUPA BIEGOWA UM W-WA	M 40-49	160	00:01:32	00:36:03	00:48:42	00:54:44.80	00:56:17.75	+00:18:40 (34.1%)	5:28	11 (66.3%)
161	MAMLA Zbigniew	493	TRUCHT TARCHOMIN TEAM	M 40-49	161	00:01:01	00:35:01	00:48:02	00:54:46.05	00:55:47.15	+00:18:41 (34.1%)	5:28	11 (66.3%)
162	MIANOWSKI Marcin	519		M 40-49	162	00:00:09	00:32:40	00:47:38	00:54:47.60	00:54:56.70	+00:18:43 (34.2%)	5:28	11 (66.3%)
163	NOWAK Jerzy	565	PWPW	M 40-49	163	00:01:39	00:35:33	00:48:23	00:54:53.95	00:56:33.40	+00:18:49 (34.3%)	5:29	10.9 (65.7%)
164	SULIŃSKI Sławomir	763		M 40-49	164	00:01:28	00:35:25	00:48:33	00:54:57.40	00:56:25.40	+00:18:53 (34.4%)	5:29	10.9 (65.7%)
165	JANKOWSKI Michał	942		M 40-49	165	00:00:54	00:34:21	00:48:13	00:55:02.05	00:55:56.90	+00:18:57 (34.5%)	5:30	10.9 (65.7%)
166	WIĘCH Andrzej	849		M 40-49	166	00:01:06	00:35:00	00:48:26	00:55:11.00	00:56:17.40	+00:19:06 (34.6%)	5:31	10.9 (65.7%)
167	DANIELSKI Jacek	132	PZU SPORT TEAM	M 40-49	167	00:01:10	00:35:35	00:48:59	00:55:21.25	00:56:31.60	+00:19:17 (34.8%)	5:32	10.8 (65.1%)
168	CZAJKOWSKI Mariusz	121		M 40-49	168	00:02:09	00:35:03	00:48:44	00:55:22.55	00:57:31.75	+00:19:18 (34.9%)	5:32	10.8 (65.1%)
169	KOWALCZYK Zdzisław	968	JW 2189	M 40-49	169	00:00:40	00:35:02	00:48:58	00:55:23.95	00:56:03.95	+00:19:19 (34.9%)	5:32	10.8 (65.1%)
170	ZWOLIŃSKI Grzegorz	909	REEBOK RUN CREW	M 40-49	170	00:01:15	00:36:26	00:49:23	00:55:31.35	00:56:47.10	+00:19:27 (35.0%)	5:33	10.8 (65.1%)
171	SULIŃSKI Andrzej	762		M 40-49	171	00:01:29	00:35:32	00:49:02	00:55:37.80	00:57:07.10	+00:19:33 (35.2%)	5:33	10.8 (65.1%)
172	BUTKIEWICZ Dariusz	86		M 40-49	172	00:01:24	00:34:57	00:48:55	00:55:41.45	00:57:06.10	+00:19:37 (35.2%)	5:34	10.8 (65.1%)
173	SZLACHTA Wiesław	776		M 40-49	173	00:00:33	00:34:57	00:48:47	00:55:45.15	00:56:18.75	+00:19:40 (35.3%)	5:34	10.8 (65.1%)
174	BARNIK Rafał	977		M 40-49	174	00:00:26	00:35:10	00:48:55	00:55:47.40	00:56:13.70	+00:19:43 (35.3%)	5:34	10.8 (65.1%)
175	MAZUŚ Jarek	515		M 40-49	175	00:01:34	00:35:52	00:49:31	00:56:13.20	00:57:48.05	+00:20:08 (35.8%)	5:37	10.7 (64.5%)
176	MATUSEWICZ Krzysztof	509		M 40-49	176	00:01:04	00:35:45	00:49:29	00:56:13.35	00:57:18.10	+00:20:09 (35.8%)	5:37	10.7 (64.5%)
177	PRASAL Artur	632	REEBOKRUNCREW LDZ	M 40-49	177	00:01:08	00:39:48	00:50:43	00:56:23.20	00:57:31.45	+00:20:18 (36.0%)	5:38	10.6 (63.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
178	ŁOBODA Piotr	465		M 40-49	178	00:01:03	00:35:46	00:49:52	00:56:38.65	00:57:42.05	+00:20:34 (36.3%)	5:39	10.6 (63.9%)
179	ŁABĘDA Stanisław	456	NASIELSK BASZTA TEAM	M 40-49	179	00:01:25	00:36:37	00:50:24	00:57:07.80	00:58:33.40	+00:21:03 (36.9%)	5:42	10.5 (63.3%)
180	NOSARZEWSKI Mariusz	562		M 40-49	180	00:01:08	00:35:54	00:50:05	00:57:11.65	00:58:20.40	+00:21:07 (36.9%)	5:43	10.5 (63.3%)
180	JÓZWIK Robert	298	HARX TEAM	M 40-49	181	00:00:20	00:37:03	00:50:29	00:57:11.65	00:57:32.50	+00:21:07 (36.9%)	5:43	10.5 (63.3%)
182	GROCHOWSKI Piotr	226		M 40-49	182	00:01:42	00:37:15	00:50:38	00:57:19.80	00:59:02.45	+00:21:15 (37.1%)	5:44	10.5 (63.3%)
183	BORKOWSKI Paweł	61	EKOBIEGI	M 40-49	183	00:01:43	00:38:09	00:51:22	00:57:44.15	00:59:27.95	+00:21:39 (37.5%)	5:46	10.4 (62.7%)
184	WODZYŃSKI Robert	866	EKOBIEGI	M 40-49	184	00:01:42	00:37:09	00:51:09	00:57:48.60	00:59:30.70	+00:21:44 (37.6%)	5:46	10.4 (62.7%)
185	PTAK Krzysztof	645		M 40-49	185	00:00:35	00:36:26	00:50:59	00:58:02.70	00:58:38.60	+00:21:58 (37.9%)	5:48	10.3 (62.0%)
186	ZIELIŃSKI Tomasz	1015	POLSKIE STOW. SPORTU PO TRANSPLANTACJI	M 40-49	186	00:01:44	00:36:58	00:51:09	00:58:03.50	00:59:48.20	+00:21:59 (37.9%)	5:48	10.3 (62.0%)
187	CZUPA Bartosz	976	ANPHARM RUN TEAM	M 40-49	187	00:02:07	00:36:37	00:50:45	00:58:08.50	01:00:15.65	+00:22:04 (38.0%)	5:48	10.3 (62.0%)
188	CYRNY Rafał	117		M 40-49	188	00:01:24	00:36:34	00:51:18	00:58:20.40	00:59:44.45	+00:22:16 (38.2%)	5:50	10.3 (62.0%)
189	NAWROCKI Ryszard	556		M 40-49	189	00:01:11	00:36:34	00:51:07	00:58:22.50	00:59:34.30	+00:22:18 (38.2%)	5:50	10.3 (62.0%)
190	ŁOZOWSKI Robert	467		M 40-49	190	00:01:09	00:37:37	00:51:53	00:58:48.30	00:59:57.80	+00:22:44 (38.7%)	5:52	10.2 (61.4%)
191	JACHOWSKI Paweł	260		M 40-49	191	00:01:10	00:37:13	00:52:09	00:59:09.30	01:00:20.20	+00:23:05 (39.0%)	5:55	10.1 (60.8%)
192	ROKICKI Aleksander	667		M 40-49	192	00:01:46	00:39:11	00:52:31	00:59:12.55	01:00:58.60	+00:23:08 (39.1%)	5:55	10.1 (60.8%)
193	FILIPOWICZ Maciej	172		M 40-49	193	00:01:05			00:59:14.00	01:00:19.00	+00:23:09 (39.1%)	5:55	10.1 (60.8%)
194	GŁODNY Hubert	204		M 40-49	194	00:01:24	00:38:07	00:52:49	00:59:45.10	01:01:09.50	+00:23:40 (39.6%)	5:58	10 (60.2%)
195	TOCHOWICZ Paweł	808		M 40-49	195	00:01:12	00:37:39	00:52:27	00:59:51.55	01:01:03.65	+00:23:47 (39.7%)	5:59	10 (60.2%)
196	ARAŻNY Zbigniew	10	TRUCHT TARCHOMIN TEAM	M 40-49	196	00:01:41	00:38:29	00:52:31	01:00:05.75	01:01:46.75	+00:24:01 (40.0%)	6:00	10 (60.2%)
197	AKSAMITOWSKI Robert	6		M 40-49	197	00:01:54	00:38:58	00:53:39	01:00:07.00	01:02:01.90	+00:24:02 (40.0%)	6:00	10 (60.2%)
198	DYMEK Dariusz	158		M 40-49	198	00:01:08	00:37:44	00:52:53	01:00:15.90	01:01:24.40	+00:24:11 (40.1%)	6:01	10 (60.2%)
199	OLESIAK Arkadiusz	578	BIEGAM NA TARCHOMINIE	M 40-49	199	00:01:39	00:38:55	00:53:38	01:00:50.40	01:02:29.85	+00:24:46 (40.7%)	6:05	9.9 (59.6%)
200	ŁUCZAK Piotr	471	PKO BANK POLSKI SA	M 40-49	200	00:00:38	00:38:27	00:53:35	01:00:52.20	01:01:30.55	+00:24:47 (40.7%)	6:05	9.9 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
201	PATOLETA Mirek	604		M 40-49	201	00:01:10	00:38:10	00:53:32	01:00:57.40	01:02:08.30	+00:24:53 (40.8%)	6:05	9.8 (59.0%)
202	MAZUR Paweł	513	WOODRUNNERS	M 40-49	202	00:01:47	00:38:48	00:53:35	01:01:04.05	01:02:51.50	+00:24:59 (40.9%)	6:06	9.8 (59.0%)
203	BRZÓZKA Kamil	77		M 40-49	203	00:02:20	00:39:47	00:54:10	01:01:21.25	01:03:41.35	+00:25:17 (41.2%)	6:08	9.8 (59.0%)
204	MACHNACKI Michał	477	GRUPA BIEGOWA UM W-WA	M 40-49	204	00:01:32	00:39:48	00:55:34	01:03:43.80	01:05:16.15	+00:27:39 (43.4%)	6:22	9.4 (56.6%)
205	GAŁAŻYN Grzegorz	188		M 40-49	205	00:01:44	00:40:01	00:56:05	01:04:10.05	01:05:54.85	+00:28:05 (43.8%)	6:25	9.4 (56.6%)
206	DRABIK Michał	150		M 40-49	206	00:01:01	00:39:45	00:56:01	01:04:13.45	01:05:14.85	+00:28:09 (43.8%)	6:25	9.3 (56.0%)
207	PARTYKA Paweł	600		M 40-49	207	00:01:38	00:40:46	00:56:19	01:04:21.55	01:05:59.85	+00:28:17 (44.0%)	6:26	9.3 (56.0%)
208	JANKOWSKI Tomek	273		M 40-49	208	00:01:07	00:39:45	00:56:17	01:04:24.75	01:05:32.05	+00:28:20 (44.0%)	6:26	9.3 (56.0%)
209	MRÓZ Sebastian	547		M 40-49	209	00:01:47	00:42:33	00:58:17	01:05:07.70	01:06:55.10	+00:29:03 (44.6%)	6:30	9.2 (55.4%)
210	ROMANOWSKI Paweł	668	MARKOWI BIEGACZE	M 40-49	210	00:01:19	00:42:02	00:57:36	01:05:10.55	01:06:30.00	+00:29:06 (44.7%)	6:31	9.2 (55.4%)
211	WŁODARCZYK Maciej	860		M 40-49	211	00:00:38	00:40:53	00:57:17	01:05:19.45	01:05:57.60	+00:29:15 (44.8%)	6:31	9.2 (55.4%)
212	KRÓLIKOWSKI Artur	406		M 40-49	212	00:02:02	00:39:50	00:56:46	01:05:37.25	01:07:39.70	+00:29:33 (45.0%)	6:33	9.1 (54.8%)
213	KILIŃSKI Piotr	346		M 40-49	213	00:02:03	00:43:08	00:59:14	01:06:51.60	01:08:54.60	+00:30:47 (46.1%)	6:41	9 (54.2%)
214	ŻUCHOWSKI Artur	916	MY MIESZKAŃCY LEGIONOWO	M 40-49	214	00:02:03	00:43:08	00:59:14	01:06:51.90	01:08:54.95	+00:30:47 (46.1%)	6:41	9 (54.2%)
215	ŁUKASIEWICZ Robert	475	KOKOSZKA36TEAM	M 40-49	215	00:01:55	00:43:25	00:59:53	01:08:19.40	01:10:15.05	+00:32:15 (47.2%)	6:50	8.8 (53.0%)
216	WŁODARCZYK Mirosław	861	I LO UKS KOŚCIUSZKO	M 40-49	216	00:01:50	00:43:55	01:00:42	01:08:55.25	01:10:45.75	+00:32:51 (47.7%)	6:53	8.7 (52.4%)
217	KUREK Jacek	429	BIEGAMPO WOLI	M 40-49	217	00:01:50	00:43:38	01:01:10	01:09:38.60	01:11:29.35	+00:33:34 (48.2%)	6:57	8.6 (51.8%)
218	NASKRĘT Mariusz	555		M 40-49	218	00:02:00	00:45:23	01:01:52	01:10:05.45	01:12:05.45	+00:34:01 (48.5%)	7:00	8.6 (51.8%)
219	KAMIŃSKI Michał	322		M 40-49	219	00:02:01	00:44:43	01:01:34	01:10:58.90	01:13:00.85	+00:34:54 (49.2%)	7:05	8.5 (51.2%)
220	TREMELET Sebastien	814		M 40-49	220	00:02:05	00:45:41	01:03:09	01:11:24.10	01:13:29.70	+00:35:19 (49.5%)	7:08	8.4 (50.6%)
221	SYROCKI Wojciech	984		M 40-49	221	00:02:18	00:47:15	01:04:03	01:12:06.40	01:14:25.00	+00:36:02 (50.0%)	7:12	8.3 (50.0%)
222	WUJEC Bartłomiej	879		M 40-49	222	00:02:01	00:46:42	01:03:45	01:12:09.95	01:14:11.05	+00:36:05 (50.0%)	7:13	8.3 (50.0%)
223	HEINE Krzysztof	246		M 40-49	223	00:02:18	00:47:15	01:04:54	01:14:11.45	01:16:29.75	+00:38:07 (51.4%)	7:25	8.1 (48.8%)

Przekroczony limit czasu: 01:30:00

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
LIM	ROBASZKIEWICZ Adam	659		M 40-49		00:02:32	00:57:17	01:19:59	01:31:30.05	01:34:02.90		0:00	6.6 (39.8%)

Znaleziono 224 wynik(ów)