



Organizator:

Data:

Miejsce:

Dystans:

Urząd Dzielnicy Warszawa - Białoleka

2019-09-22

Warszawa

10 km

BIEG PRZEZ MOST 2019

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: M Odcinek specjalny

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	JASTRZĘBSKI Kamil	284	DUKLANOWSKITEAM/SKB KRAŚNIK	M 1-29	1	00:00:01	00:19:56	00:27:17	00:30:46.85	00:30:48.00	+00:00:00 (-359,900.0%)	3:04	19.5 (100%)
2	SZCZEPAŃSKI Piotr	923	KONDYCJA	M 1-29	45	00:00:03	00:35:59	00:43:31	00:48:52.75	00:48:56.05	+00:00:10 (-351,494.6%)	4:53	12.3 (63.1%)
3	WASIEWICZ Krzysztof	835		M 1-29	2	00:00:02	00:20:15	00:27:56	00:31:41.90	00:31:44.00	+00:00:19 (-344,441.3%)	3:10	18.9 (96.9%)
4	PYSZEL Florian	651	PAN MATEMATYKA	M 1-29	3	00:00:00	00:20:50	00:28:37	00:32:34.55	00:32:35.40	+00:00:25 (-340,124.9%)	3:15	18.4 (94.4%)
5	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	+00:00:27 (-338,854.6%)	3:12	18.7 (95.9%)
6	ORZEŁ Michał	1014		M 30-39	3	00:00:02	00:22:17	00:30:10	00:34:26.75	00:34:29.25	+00:00:32 (-335,453.9%)	3:26	17.4 (89.2%)
7	ŚWIRGOŃ Adam	800	TRENERBIEGANIA.PL	M 1-29	4	00:00:01	00:21:20	00:29:18	00:33:20.90	00:33:22.55	+00:00:37 (-331,947.2%)	3:20	18 (92.3%)
8	PRZESTRZELSKI Kajetan	980		M 1-29	5	00:00:00	00:21:33	00:29:33	00:33:43.90	00:33:44.60	+00:00:38 (-331,082.0%)	3:22	17.8 (91.3%)
9	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	+00:00:52 (-321,723.2%)	3:26	17.5 (89.7%)
10	GAWRON Paweł	193	@ARKENYA_TEAM	M 1-29	6	00:00:02	00:21:38	00:29:54	00:33:55.15	00:33:57.20	+00:00:54 (-320,554.0%)	3:23	17.7 (90.8%)
11	MACHOWSKI Paweł	478	WARSZAWSKIE SANKT MORITZ	M 1-29	7	00:00:02	00:22:13	00:30:30	00:34:35.70	00:34:37.95	+00:00:54 (-320,069.3%)	3:27	17.3 (88.7%)
12	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	+00:01:04 (-314,023.6%)	3:35	16.7 (85.6%)
13	MICHALSKI Piotr	524		M 30-39	4	00:00:03	00:22:04	00:30:30	00:34:42.95	00:34:46.25	+00:01:05 (-313,310.9%)	3:28	17.3 (88.7%)
14	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	+00:01:10 (-310,371.0%)	3:38	16.5 (84.6%)
15	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	+00:01:18 (-305,591.7%)	3:39	16.4 (84.1%)
16	OMIELAN Wojciech	582		M 1-29	8	00:00:02	00:22:40	00:31:21	00:35:33.75	00:35:36.10	+00:01:19 (-305,063.3%)	3:33	16.9 (86.7%)
17	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	+00:01:20 (-304,215.7%)	3:36	16.6 (85.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
18	KLASŁukasz	348	NUDNE PIĄTKI	M 40-49	2	00:00:01	00:23:09	00:31:51	00:36:14.55	00:36:16.00	+00:01:20 (-304,128.3%)	3:37	16.6 (85.1%)
19	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	+00:01:21 (-303,895.4%)	3:34	16.8 (86.2%)
20	BRZĄKAŁSKI Krzysiek	73	@ARKENYA_TEAM	M 1-29	9	00:00:04	00:23:36	00:32:25	00:36:40.10	00:36:44.40	+00:01:27 (-300,217.6%)	3:40	16.4 (84.1%)
21	KLIMKIEWICZ Michał	353		M 1-29	11	00:00:06	00:23:58	00:32:52	00:37:21.90	00:37:28.85	+00:01:33 (-297,071.7%)	3:44	16.1 (82.6%)
22	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	+00:01:36 (-295,193.7%)	3:50	15.7 (80.5%)
23	GRZYBOWSKI Mariusz	237		M 50-59	1	00:00:03	00:24:34	00:33:34	00:38:12.65	00:38:16.30	+00:01:38 (-294,400.0%)	3:49	15.7 (80.5%)
24	MLĄCKI Alan	538	TEAM KOPEĆ	M 1-29	10	00:00:02	00:23:50	00:32:50	00:37:21.20	00:37:24.05	+00:01:39 (-293,637.6%)	3:44	16.1 (82.6%)
25	SAŁATKA 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	+00:01:40 (-293,339.2%)	3:47	15.9 (81.5%)
26	KUBERA Piotr	981		M 40-49	5	00:00:06	00:24:59	00:34:01	00:38:21.10	00:38:28.05	+00:01:40 (-293,149.7%)	3:50	15.6 (80.0%)
27	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	+00:01:45 (-290,414.8%)	3:56	15.2 (77.9%)
28	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	+00:01:45 (-290,414.8%)	3:58	15.1 (77.4%)
29	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	+00:01:46 (-289,990.4%)	3:47	15.9 (81.5%)
30	ŁOBACZ Michał	464		M 30-39	11	00:00:04	00:24:29	00:33:38	00:37:54.50	00:37:58.50	+00:01:47 (-289,382.5%)	3:47	15.8 (81.0%)
31	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	+00:01:48 (-288,908.6%)	3:48	15.7 (80.5%)
32	ŁOZOWSKI Olaf	468		M 30-39	17	00:00:07	00:25:46	00:34:56	00:39:31.45	00:39:38.90	+00:01:48 (-288,619.7%)	3:57	15.2 (77.9%)
33	BOMBA Tomek	57		M 1-29	12	00:00:03	00:24:52	00:34:02	00:38:21.80	00:38:25.40	+00:01:49 (-288,567.2%)	3:50	15.6 (80.0%)
34	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	+00:01:50 (-287,834.8%)	3:45	16 (82.1%)
35	SIERADZKI Krzysztof	700		M 30-39	13	00:00:03	00:24:28	00:33:42	00:38:31.35	00:38:34.70	+00:01:53 (-286,432.6%)	3:51	15.6 (80.0%)
36	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	+00:01:58 (-283,744.9%)	3:55	15.3 (78.5%)
37	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	+00:02:00 (-282,910.6%)	3:58	15.1 (77.4%)
38	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	+00:02:02 (-281,530.9%)	3:58	15.1 (77.4%)
39	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	+00:02:03 (-281,431.1%)	3:58	15.1 (77.4%)
40	RYTKOWSKI Piotr	685		M 30-39	53	00:00:27	00:29:45	00:39:11	00:44:04.95	00:44:32.00	+00:02:04 (-280,759.2%)	4:24	13.6 (69.7%)
41	SZCZEPKOWSKI Bartłomiej	773		M 30-39	22	00:00:05	00:25:53	00:35:19	00:40:10.90	00:40:16.35	+00:02:04 (-280,461.6%)	4:01	14.9 (76.4%)
42	VASHKEVICH Vital	826		M 30-39	16	00:00:05	00:25:21	00:34:47	00:39:30.90	00:39:36.00	+00:02:05 (-280,164.6%)	3:57	15.2 (77.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
43	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	+00:02:06 (-279,745.0%)	3:54	15.4 (79.0%)
44	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	+00:02:07 (-279,032.0%)	3:53	15.4 (79.0%)
45	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	+00:02:09 (-278,127.7%)	3:59	15 (76.9%)
46	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	+00:02:12 (-276,721.7%)	4:01	14.9 (76.4%)
47	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	+00:02:13 (-276,216.2%)	4:00	15 (76.9%)
48	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	+00:02:14 (-275,976.1%)	4:06	14.6 (74.9%)
49	LEWANDOWSKI Mateusz	446		M 1-29	14	00:00:06	00:25:26	00:35:04	00:39:44.35	00:39:50.70	+00:02:16 (-274,639.3%)	3:58	15.1 (77.4%)
50	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	+00:02:20 (-272,986.4%)	4:12	14.3 (73.3%)
51	JACKOWICZ Paweł	261		M 30-39	14	00:00:04	00:24:47	00:34:29	00:39:20.90	00:39:25.10	+00:02:21 (-272,681.6%)	3:56	15.2 (77.9%)
52	JUTKIEWICZ Marcin	993		M 30-39	26	00:00:11	00:26:24	00:36:07	00:40:59.00	00:41:10.85	+00:02:21 (-272,517.8%)	4:05	14.6 (74.9%)
53	CIEŚLAK Piotr	111		M 30-39	31	00:00:13	00:27:25	00:37:12	00:41:51.10	00:42:05.00	+00:02:26 (-270,313.6%)	4:11	14.3 (73.3%)
54	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	+00:02:27 (-269,900.0%)	4:03	14.8 (75.9%)
55	ZALEWSKI Dominik	886		M 1-29	15	00:00:04	00:25:40	00:35:29	00:40:07.40	00:40:11.90	+00:02:27 (-269,716.6%)	4:00	15 (76.9%)
56	MARYNOWSKI Wojciech	505	LUDZIE SZTOSY	M 1-29	16	00:00:06	00:25:56	00:35:45	00:40:37.55	00:40:43.70	+00:02:27 (-269,670.8%)	4:03	14.8 (75.9%)
57	NOWOCIEŃ Jacek	570	UKS RUSIEC	M 60+	1	00:00:03	00:26:45	00:36:36	00:41:29.05	00:41:32.95	+00:02:29 (-268,689.4%)	4:08	14.5 (74.4%)
58	TOMASZEK Robert	810		M 40-49	12	00:00:03	00:25:53	00:35:44	00:40:33.70	00:40:37.65	+00:02:29 (-268,598.5%)	4:03	14.8 (75.9%)
59	PRUSIK Piotr	637		M 1-29	18	00:00:18	00:27:27	00:37:19	00:42:08.85	00:42:26.85	+00:02:30 (-268,144.8%)	4:12	14.2 (72.8%)
60	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	+00:02:31 (-267,873.3%)	4:06	14.6 (74.9%)
61	STYRNIK Krystian	757	AZS UP LUBLIN	M 1-29	13	00:00:09	00:25:02	00:34:55	00:39:34.55	00:39:43.95	+00:02:31 (-267,715.2%)	3:57	15.2 (77.9%)
62	ROWIŃSKI Arkadiusz	960		M 30-39	30	00:00:04	00:27:07	00:37:02	00:41:45.60	00:41:49.80	+00:02:33 (-267,062.2%)	4:10	14.4 (73.8%)
63	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	+00:02:35 (-266,322.9%)	4:11	14.3 (73.3%)
64	KŁÓDKIEWICZ Waldemar	356		M 40-49	13	00:00:25	00:25:45	00:35:42	00:40:35.50	00:41:00.50	+00:02:35 (-266,278.3%)	4:03	14.8 (75.9%)
65	BURZA Paweł	84		M 30-39	25	00:00:04	00:26:02	00:35:59	00:40:54.65	00:40:59.45	+00:02:35 (-266,166.7%)	4:05	14.7 (75.4%)
66	ZGODA Mateusz	941	NAPRZÓD MŁOCINY	M 1-29	17	00:00:13	00:27:04	00:37:02	00:42:00.05	00:42:13.15	+00:02:35 (-265,899.2%)	4:12	14.3 (73.3%)
67	KORSAKOV Kostiantyn	376	-	M 40-49	16	00:00:10	00:26:28	00:36:26	00:41:19.40	00:41:29.40	+00:02:36 (-265,543.3%)	4:07	14.5 (74.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
68	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	+00:02:38 (-264,900.8%)	4:17	14 (71.8%)
69	ZHENG Haishan	902		M 30-39	24	00:00:06	00:26:04	00:36:05	00:40:50.65	00:40:57.50	+00:02:39 (-264,173.5%)	4:05	14.7 (75.4%)
70	KORSAKAS Emilis	925	NA, PAGAUK!	M 50-59	2	00:00:06	00:26:14	00:36:16	00:41:13.00	00:41:19.10	+00:02:40 (-264,041.7%)	4:07	14.6 (74.9%)
71	SPYCHAŁA Piotr	735		M 40-49	17	00:00:09	00:26:34	00:36:36	00:41:32.25	00:41:41.45	+00:02:40 (-263,953.9%)	4:09	14.4 (73.8%)
72	JUREK Przemysław	304	KS STASZEWSKY	M 40-49	22	00:00:13	00:27:05	00:37:08	00:42:07.00	00:42:20.20	+00:02:41 (-263,537.6%)	4:12	14.2 (72.8%)
73	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	+00:02:41 (-263,275.3%)	4:27	13.5 (69.2%)
74	WILCZYNSKI Tomasz	850		M 30-39	52	00:00:33	00:28:44	00:38:50	00:44:04.95	00:44:38.00	+00:02:44 (-262,123.3%)	4:24	13.6 (69.7%)
75	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	+00:02:46 (-261,174.6%)	4:10	14.4 (73.8%)
76	KNAP Piotr	987		M 30-39	35	00:00:13	00:27:11	00:37:20	00:42:12.90	00:42:26.05	+00:02:47 (-260,938.4%)	4:13	14.2 (72.8%)
77	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	+00:02:47 (-260,852.7%)	4:19	13.9 (71.3%)
78	PIOTROWSKI Michał	625		M 30-39	58	00:00:39	00:29:22	00:39:31	00:44:28.55	00:45:08.35	+00:02:47 (-260,767.0%)	4:26	13.5 (69.2%)
79	DĄBROWSKI Mirosław	136		M 50-59	3	00:00:22	00:27:12	00:37:22	00:42:30.20	00:42:52.75	+00:02:48 (-260,382.0%)	4:15	14.1 (72.3%)
80	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	+00:02:48 (-260,254.0%)	4:11	14.3 (73.3%)
81	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	+00:02:51 (-259,339.9%)	4:08	14.5 (74.4%)
82	KUBIAK Sławomir	419		M 40-49	18	00:00:10	00:26:35	00:36:47	00:41:47.25	00:41:57.35	+00:02:51 (-259,339.9%)	4:10	14.4 (73.8%)
83	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	+00:02:51 (-259,339.9%)	4:14	14.1 (72.3%)
84	MICHNOWSKI Sebastian	525		M 40-49	26	00:00:08	00:27:06	00:37:19	00:42:30.75	00:42:38.90	+00:02:51 (-259,022.5%)	4:15	14.1 (72.3%)
85	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	+00:02:53 (-258,516.3%)	4:15	14.1 (72.3%)
86	GAJOWNICZEK Sławomir	185		M 30-39	39	00:00:19	00:27:20	00:37:34	00:42:29.10	00:42:48.80	+00:02:53 (-258,348.0%)	4:14	14.1 (72.3%)
87	LISZKIEWICZ Konrad	453		M 30-39	28	00:00:05	00:26:25	00:36:41	00:41:41.60	00:41:46.85	+00:02:54 (-257,760.7%)	4:10	14.4 (73.8%)
88	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	+00:02:56 (-256,905.6%)	4:24	13.6 (69.7%)
89	TYMICKI Krzysztof	821		M 40-49	30	00:00:10	00:28:16	00:38:34	00:43:32.25	00:43:42.25	+00:02:56 (-256,864.0%)	4:21	13.8 (70.8%)
90	KANIA Przemysław	327		M 40-49	20	00:00:04	00:26:32	00:36:52	00:41:57.25	00:42:02.20	+00:02:58 (-256,035.4%)	4:11	14.3 (73.3%)
91	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	+00:02:59 (-255,787.9%)	4:32	13.2 (67.7%)
92	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	+00:03:00 (-255,582.0%)	4:23	13.6 (69.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
93	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	+00:03:00 (-255,396.9%)	4:38	12.9 (66.2%)
94	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	+00:03:01 (-254,925.3%)	4:14	14.1 (72.3%)
95	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	+00:03:02 (-254,598.2%)	4:13	14.2 (72.8%)
96	JAWORSKI Arkadiusz	289		M 30-39	37	00:00:17	00:27:01	00:37:25	00:42:22.05	00:42:39.40	+00:03:02 (-254,496.2%)	4:14	14.2 (72.8%)
97	PUTON Michał	649		M 30-39	38	00:00:22	00:26:57	00:37:21	00:42:26.50	00:42:49.25	+00:03:02 (-254,435.0%)	4:14	14.1 (72.3%)
98	KUREK Marcin	428		M 40-49	27	00:00:05	00:27:10	00:37:34	00:42:49.20	00:42:55.00	+00:03:02 (-254,394.2%)	4:17	14 (71.8%)
99	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	+00:03:03 (-254,353.4%)	4:22	13.7 (70.3%)
100	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	+00:03:03 (-254,251.6%)	4:26	13.5 (69.2%)
101	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	+00:03:03 (-254,149.8%)	4:14	14.2 (72.8%)
102	TURLEJ Dariusz	818	KONDYCJA	M 60+	3	00:00:23	00:28:49	00:39:14	00:44:36.95	00:45:00.00	+00:03:03 (-254,027.8%)	4:27	13.4 (68.7%)
103	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	+00:03:05 (-253,540.9%)	4:24	13.6 (69.7%)
104	MALIK Gabriel	488		M 40-49	37	00:00:35	00:29:09	00:39:36	00:44:44.95	00:45:20.20	+00:03:06 (-253,156.8%)	4:28	13.4 (68.7%)
105	SARZAŁA Dariusz	996		M 60+	2	00:00:15	00:27:22	00:37:50	00:42:53.95	00:43:09.55	+00:03:06 (-252,794.0%)	4:17	14 (71.8%)
106	SMORAWSKI Włodzisław	722		M 30-39	42	00:00:07	00:27:41	00:38:09	00:43:22.20	00:43:29.90	+00:03:07 (-252,653.2%)	4:20	13.8 (70.8%)
107	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	+00:03:07 (-252,472.3%)	4:20	13.8 (70.8%)
108	RAK Michał	654		M 30-39	60	00:00:32	00:28:44	00:39:13	00:44:43.60	00:45:15.80	+00:03:08 (-252,211.6%)	4:28	13.4 (68.7%)
109	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	+00:03:08 (-252,051.4%)	4:29	13.4 (68.7%)
110	MINIAKOWSKI Szymon	533		M 30-39	48	00:00:04	00:28:43	00:39:14	00:43:55.80	00:44:00.30	+00:03:08 (-251,971.4%)	4:23	13.7 (70.3%)
111	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	+00:03:09 (-251,651.8%)	4:23	13.7 (70.3%)
112	CIERNIAK Franciszek	107	GRUPA BIEGOWA CHTMO	M 1-29	27	00:00:36	00:29:33	00:40:06	00:45:13.70	00:45:49.85	+00:03:11 (-250,856.5%)	4:31	13.3 (68.2%)
113	WICIK Juliusz	846		M 30-39	59	00:00:19	00:28:45	00:39:18	00:44:32.40	00:44:51.60	+00:03:12 (-250,520.0%)	4:27	13.5 (69.2%)
114	BŁASZCZYK Bartłomiej	48		M 1-29	23	00:00:38	00:28:29	00:39:04	00:44:26.80	00:45:05.30	+00:03:12 (-250,421.2%)	4:26	13.5 (69.2%)
115	ZYCH Łukasz	910		M 30-39	32	00:00:05	00:26:11	00:36:46	00:42:04.80	00:42:10.10	+00:03:13 (-250,204.1%)	4:12	14.3 (73.3%)
116	SARZAŁA Bartłomiej	554		M 1-29	25	00:00:18	00:28:54	00:39:29	00:44:37.80	00:44:56.50	+00:03:14 (-249,948.0%)	4:27	13.4 (68.7%)
117	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	+00:03:14 (-249,948.0%)	4:25	13.5 (69.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
118	BICZAN Kamil	39		M 30-39	45	00:00:33	00:27:41	00:38:17	00:43:44.30	00:44:18.20	+00:03:15 (-249,457.0%)	4:22	13.7 (70.3%)
119	GAJOWY Andrzej	186		M 50-59	5	00:00:33	00:28:47	00:39:23	00:44:41.40	00:45:14.75	+00:03:15 (-249,437.4%)	4:28	13.4 (68.7%)
120	LEŚNIAK Piotr	443		M 40-49	33	00:00:20	00:28:35	00:39:12	00:44:27.90	00:44:48.15	+00:03:16 (-249,124.3%)	4:26	13.5 (69.2%)
121	BEKKER Piotr	983		M 30-39	67	00:00:29	00:29:46	00:40:25	00:45:43.80	00:46:13.15	+00:03:17 (-248,656.0%)	4:34	13.1 (67.2%)
122	PRZELASKOWSKI Artur	639		M 50-59	4	00:00:10	00:27:40	00:38:20	00:43:37.45	00:43:47.75	+00:03:18 (-248,364.2%)	4:21	13.8 (70.8%)
123	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	+00:03:18 (-248,305.9%)	4:27	13.5 (69.2%)
124	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	+00:03:18 (-248,247.7%)	4:29	13.4 (68.7%)
125	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	+00:03:20 (-247,608.7%)	4:14	14.2 (72.8%)
126	ADAO Miguel	5		M 40-49	36	00:00:25	00:28:42	00:39:24	00:44:39.00	00:45:04.00	+00:03:20 (-247,357.9%)	4:27	13.4 (68.7%)
127	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	+00:03:20 (-247,338.7%)	4:23	13.7 (70.3%)
128	KILJAŃCZYK Dominik	347	TARCZYŃSKI KLUB BIEGOWY	M 1-29	19	00:00:07	00:27:17	00:38:00	00:43:09.70	00:43:17.45	+00:03:21 (-247,184.6%)	4:19	13.9 (71.3%)
129	DZIUBIŃSKI Maciek	161		M 1-29	26	00:00:06	00:29:09	00:39:52	00:45:01.15	00:45:07.35	+00:03:21 (-246,973.1%)	4:30	13.3 (68.2%)
130	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	+00:03:22 (-246,532.0%)	4:26	13.5 (69.2%)
131	MŁYŃSKI Mariusz	539		M 1-29	20	00:00:09	00:27:18	00:38:03	00:43:11.70	00:43:21.50	+00:03:23 (-246,130.6%)	4:19	13.9 (71.3%)
132	FALKOWSKI Łukasz	165		M 30-39	41	00:00:15	00:27:38	00:38:24	00:43:15.90	00:43:31.55	+00:03:24 (-245,901.9%)	4:19	13.9 (71.3%)
133	MICHALAK Jacek	522		M 30-39	74	00:00:31	00:30:10	00:40:56	00:46:22.85	00:46:54.65	+00:03:24 (-245,882.8%)	4:38	12.9 (66.2%)
134	GAJEWIAK Adam	183		M 40-49	44	00:00:21	00:29:01	00:39:48	00:45:19.00	00:45:40.05	+00:03:25 (-245,521.5%)	4:31	13.2 (67.7%)
135	MACIEJAK Robert	479		M 40-49	40	00:00:20	00:28:42	00:39:29	00:44:52.75	00:45:13.55	+00:03:25 (-245,445.6%)	4:29	13.4 (68.7%)
136	CNOTA Maciej	1040		M 30-39	49	00:00:22	00:28:03	00:38:50	00:43:57.50	00:44:20.25	+00:03:26 (-245,142.4%)	4:23	13.6 (69.7%)
137	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	+00:03:26 (-245,142.4%)	4:31	13.2 (67.7%)
138	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	+00:03:26 (-245,104.5%)	4:21	13.8 (70.8%)
139	SZYMAŃSKI Jacek	786		M 40-49	61	00:00:41	00:30:29	00:41:18	00:46:31.25	00:47:12.25	+00:03:27 (-244,896.5%)	4:39	12.9 (66.2%)
140	ŚWIECA Marcin	796		M 30-39	61	00:00:37	00:28:39	00:39:28	00:44:49.60	00:45:27.05	+00:03:27 (-244,802.1%)	4:29	13.4 (68.7%)
141	STAŃSKI Sławomir	743	TO NATURALNE	M 50-59	6	00:00:18	00:29:31	00:40:20	00:45:42.60	00:46:00.75	+00:03:27 (-244,764.4%)	4:34	13.1 (67.2%)
142	JANISZEWSKI Rafał	269		M 30-39	87	00:00:55	00:31:51	00:42:40	00:47:49.40	00:48:44.90	+00:03:27 (-244,764.4%)	4:46	12.5 (64.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
143	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	+00:03:28 (-244,425.2%)	4:41	12.8 (65.6%)
144	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	+00:03:31 (-243,394.5%)	4:36	13 (66.7%)
145	JANKOWSKI Jakub	274		M 1-29	22	00:00:20	00:27:26	00:38:19	00:43:34.45	00:43:54.70	+00:03:31 (-243,245.3%)	4:21	13.8 (70.8%)
146	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	+00:03:31 (-243,170.8%)	4:33	13.2 (67.7%)
147	LENKIEWICZ Paweł	441		M 40-49	41	00:00:26	00:28:45	00:39:39	00:45:03.70	00:45:30.10	+00:03:32 (-242,817.4%)	4:30	13.3 (68.2%)
148	VASILEV Veselin	827		M 30-39	64	00:00:24	00:28:55	00:39:49	00:45:11.45	00:45:35.55	+00:03:32 (-242,724.6%)	4:31	13.3 (68.2%)
149	TOBOTA Maciej	807		M 40-49	50	00:00:06	00:29:13	00:40:08	00:45:36.25	00:45:42.95	+00:03:33 (-242,557.7%)	4:33	13.2 (67.7%)
150	ZDANOWSKI Tomek	899	TRIZARZA	M 1-29	21	00:00:06	00:27:22	00:38:17	00:43:27.45	00:43:34.25	+00:03:33 (-242,446.6%)	4:20	13.8 (70.8%)
151	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	+00:03:33 (-242,446.6%)	5:38	10.6 (54.4%)
152	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	+00:03:35 (-241,855.5%)	4:31	13.3 (68.2%)
153	SUŁKOWSKI Tomasz	764		M 30-39	54	00:00:13	00:27:44	00:38:41	00:44:13.50	00:44:27.10	+00:03:35 (-241,708.2%)	4:25	13.6 (69.7%)
154	MAKOWSKI Marcin	483		M 30-39	72	00:00:11	00:29:59	00:40:57	00:46:15.45	00:46:26.85	+00:03:36 (-241,359.1%)	4:37	13 (66.7%)
155	CHOJECKI Robert	94	EXPLOSION	M 1-29	24	00:00:13	00:28:26	00:39:24	00:44:34.55	00:44:47.60	+00:03:36 (-241,304.0%)	4:27	13.5 (69.2%)
156	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	+00:03:39 (-240,244.9%)	4:33	13.2 (67.7%)
157	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	+00:03:40 (-239,990.7%)	4:28	13.4 (68.7%)
158	PIERZAK Olaf	617		M 40-49	52	00:00:10	00:29:42	00:40:44	00:45:59.35	00:46:09.55	+00:03:41 (-239,610.3%)	4:35	13 (66.7%)
159	CZAJKOWSKI Marcin	123		M 1-29	33	00:00:46	00:30:23	00:41:27	00:46:45.10	00:47:31.40	+00:03:42 (-239,069.0%)	4:40	12.8 (65.6%)
160	PAWLUS Bartłomiej	607		M 30-39	71	00:00:22	00:29:33	00:40:38	00:46:01.25	00:46:23.50	+00:03:43 (-238,799.2%)	4:36	13 (66.7%)
161	DRABOT Wojciech	151	ASSECO ACTIVE TEAM	M 1-29	31	00:00:15	00:29:51	00:40:57	00:46:16.45	00:46:31.75	+00:03:45 (-238,333.1%)	4:37	13 (66.7%)
162	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	+00:03:45 (-238,243.7%)	4:37	13 (66.7%)
163	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	+00:03:45 (-238,082.9%)	4:37	13 (66.7%)
164	GÓRKA Krzysztof	216		M 50-59	9	00:00:15	00:30:33	00:41:41	00:47:20.30	00:47:35.30	+00:03:46 (-237,655.2%)	4:44	12.7 (65.1%)
165	ŚCIBOR Marcin	790		M 30-39	66	00:00:22	00:28:58	00:40:07	00:45:30.95	00:45:53.20	+00:03:47 (-237,370.9%)	4:33	13.2 (67.7%)
166	TOMASZEWSKI Marek	811		M 40-49	55	00:00:08	00:29:25	00:40:34	00:46:11.15	00:46:19.70	+00:03:48 (-237,140.3%)	4:37	13 (66.7%)
167	SANTAREK Wojciech	694		M 40-49	51	00:00:32	00:29:06	00:40:16	00:45:45.95	00:46:18.35	+00:03:48 (-237,034.1%)	4:34	13.1 (67.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
168	SZPANOWSKI Marek	962		M 50-59	10	00:00:42	00:31:24	00:42:34	00:47:52.20	00:48:34.20	+00:03:48 (-236,981.0%)	4:47	12.5 (64.1%)
169	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	+00:03:48 (-236,945.7%)	4:40	12.8 (65.6%)
170	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	+00:03:49 (-236,892.6%)	4:34	13.1 (67.2%)
171	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	+00:03:49 (-236,874.9%)	4:41	12.8 (65.6%)
172	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	+00:03:49 (-236,680.7%)	4:39	12.9 (66.2%)
173	KOBUS Igor	359		M 1-29	28	00:00:11	00:29:06	00:40:17	00:45:14.10	00:45:25.15	+00:03:49 (-236,627.8%)	4:31	13.3 (68.2%)
174	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	+00:03:50 (-236,345.9%)	4:33	13.2 (67.7%)
175	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	+00:03:51 (-236,152.5%)	4:32	13.2 (67.7%)
176	KIESZEK Tadeusz	344	DYSTANS LESZNO	M 60+	4	00:00:47	00:31:16	00:42:29	00:48:10.30	00:48:57.95	+00:03:51 (-236,012.1%)	4:49	12.5 (64.1%)
177	ZIELIŃSKI Jacek	1002		M 40-49	64	00:00:48	00:30:17	00:41:30	00:46:46.05	00:47:34.05	+00:03:52 (-235,766.7%)	4:40	12.8 (65.6%)
178	SZYMAŃSKI Andrzej	787		M 30-39	70	00:00:11	00:29:15	00:40:30	00:46:00.80	00:46:11.85	+00:03:54 (-235,033.6%)	4:36	13 (66.7%)
179	JAWORSKI Łukasz	288		M 40-49	79	00:00:55	00:31:12	00:42:29	00:48:15.15	00:49:10.50	+00:03:55 (-234,790.2%)	4:49	12.4 (63.6%)
180	PAWIŃSKI Artur	606		M 40-49	46	00:00:20	00:28:36	00:39:53	00:45:29.80	00:45:50.00	+00:03:55 (-234,686.1%)	4:33	13.2 (67.7%)
181	KRUPIŃSKI Marek	410	DĄBROWSKI TEAM /ZABIEGANE DNI	M 1-29	30	00:00:07	00:29:15	00:40:32	00:46:14.25	00:46:21.65	+00:03:55 (-234,616.7%)	4:37	13 (66.7%)
182	GOLINSKI Artur	210		M 40-49	60	00:00:31	00:29:45	00:41:02	00:46:30.90	00:47:02.65	+00:03:55 (-234,616.7%)	4:39	12.9 (66.2%)
183	WEREDA Paweł	841		M 40-49	65	00:00:15	00:29:50	00:41:07	00:46:50.60	00:47:05.65	+00:03:55 (-234,599.4%)	4:41	12.8 (65.6%)
184	MIODUSZEWSKI Adrian	534		M 1-29	42	00:00:48	00:31:32	00:42:49	00:48:17.50	00:49:06.05	+00:03:56 (-234,408.8%)	4:49	12.4 (63.6%)
185	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	+00:03:56 (-234,356.9%)	4:38	12.9 (66.2%)
186	URBANIAK Michał	823		M 30-39	78	00:00:16	00:30:02	00:41:21	00:46:44.95	00:47:00.95	+00:03:57 (-234,097.7%)	4:40	12.8 (65.6%)
187	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	+00:03:58 (-233,701.3%)	4:55	12.2 (62.6%)
188	KRUK Marcin	978		M 30-39	75	00:00:14	00:29:30	00:40:51	00:46:23.40	00:46:37.70	+00:03:58 (-233,495.1%)	4:38	12.9 (66.2%)
189	ROSŁONIEC Kamil	670		M 1-29	35	00:00:43	00:30:37	00:41:57	00:47:24.60	00:48:08.15	+00:03:58 (-233,443.6%)	4:44	12.7 (65.1%)
190	DALECKI Łukasz	130		M 30-39	89	00:00:43	00:31:10	00:42:30	00:48:09.95	00:48:53.45	+00:03:59 (-233,426.4%)	4:49	12.5 (64.1%)
191	SIERZPUTOWSKI Piotr	703		M 1-29	41	00:00:54	00:31:31	00:42:51	00:48:09.60	00:49:03.70	+00:03:59 (-233,323.4%)	4:48	12.5 (64.1%)
192	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	+00:03:59 (-233,203.5%)	4:42	12.8 (65.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						startu	6.6km	9km					
193	PADYSZ Arek	591		M 40-49	76	00:00:30	00:30:45	00:42:06	00:47:49.20	00:48:20.10	+00:03:59 (-233,135.0%)	4:47	12.5 (64.1%)
194	URBAŃSKI Paweł	825	KERK-PALM IS TEAM	M 50-59	8	00:00:39	00:30:14	00:41:35	00:47:17.90	00:47:57.20	+00:04:00 (-232,981.0%)	4:43	12.7 (65.1%)
195	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	+00:04:00 (-232,963.9%)	4:43	12.7 (65.1%)
196	STROMECKI Marcin	751	BFM	M 1-29	36	00:02:21	00:30:31	00:41:53	00:47:26.80	00:49:48.30	+00:04:00 (-232,963.9%)	4:44	12.6 (64.6%)
197	PALUCH Kamil	593		M 30-39	76	00:00:17	00:29:39	00:41:02	00:46:37.95	00:46:55.30	+00:04:01 (-232,469.2%)	4:39	12.9 (66.2%)
198	ROGOZINSKI Adrian	664		M 1-29	29	00:00:31	00:29:01	00:40:25	00:45:54.70	00:46:25.90	+00:04:02 (-232,299.1%)	4:35	13.1 (67.2%)
199	DRZYMALA Krzysztof	154		M 30-39	90	00:00:53	00:31:17	00:42:40	00:48:19.05	00:49:12.50	+00:04:02 (-232,282.1%)	4:49	12.4 (63.6%)
200	KAMIŃSKI Wiesław	324	NASIELSK BASZTA TEAM	M 50-59	20	00:01:25	00:35:38	00:47:02	00:52:50.80	00:54:16.65	+00:04:02 (-232,265.1%)	5:17	11.4 (58.5%)
201	JĘDRUSZCZAK Adam	295	GOGGLE PARK TEAM	M 1-29	32	00:00:27	00:29:52	00:41:17	00:46:23.80	00:46:51.10	+00:04:02 (-232,095.3%)	4:38	12.9 (66.2%)
202	RÓŻYCKI Jarosław	673		M 30-39	86	00:00:55	00:31:02	00:42:26	00:47:40.60	00:48:35.80	+00:04:02 (-232,095.3%)	4:46	12.6 (64.6%)
203	OLCZAK Janusz	576	BIEGANIE 50+	M 50-59	11	00:00:33	00:31:13	00:42:37	00:48:11.85	00:48:45.40	+00:04:03 (-231,959.6%)	4:49	12.4 (63.6%)
204	BLASZCZYNSKI Witold	47		M 40-49	70	00:00:39	00:30:27	00:41:52	00:47:40.55	00:48:19.75	+00:04:03 (-231,790.2%)	4:46	12.6 (64.6%)
205	KARPIŃSKI Marcin	982		M 30-39	93	00:00:28	00:31:14	00:42:40	00:48:30.25	00:48:58.90	+00:04:04 (-231,570.4%)	4:51	12.4 (63.6%)
206	DUDA Jacek	953		M 30-39	92	00:00:52	00:31:18	00:42:45	00:48:29.20	00:49:21.75	+00:04:05 (-231,334.2%)	4:50	12.4 (63.6%)
207	MOSUR Kamil	544		M 40-49	72	00:00:21	00:30:27	00:41:54	00:47:42.20	00:48:03.90	+00:04:05 (-231,233.1%)	4:46	12.6 (64.6%)
208	SURDAKCI Dominik	765		M 30-39	81	00:00:26	00:30:12	00:41:39	00:46:57.40	00:47:23.45	+00:04:05 (-231,199.4%)	4:41	12.8 (65.6%)
209	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	+00:04:05 (-231,081.6%)	4:46	12.6 (64.6%)
210	ŁUBIŃSKI Krzysztof	469		M 40-49	75	00:00:18	00:30:38	00:42:06	00:47:48.30	00:48:07.00	+00:04:06 (-230,913.5%)	4:46	12.5 (64.1%)
211	ŚCIOCH Michał	791		M 40-49	82	00:00:40	00:31:05	00:42:33	00:48:19.40	00:48:59.80	+00:04:06 (-230,745.7%)	4:49	12.4 (63.6%)
212	BARAN Grzegorz	19		M 40-49	73	00:00:48	00:30:44	00:42:14	00:47:45.85	00:48:34.70	+00:04:08 (-230,143.5%)	4:46	12.6 (64.6%)
213	SAŁASZEWSKI Łukasz	691		M 40-49	91	00:00:47	00:32:05	00:43:35	00:48:54.90	00:49:42.85	+00:04:09 (-230,043.4%)	4:53	12.3 (63.1%)
214	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	+00:04:09 (-229,993.4%)	4:49	12.4 (63.6%)
215	ŁUKASIAK Jan	474		M 30-39	79	00:00:41	00:29:34	00:41:04	00:46:45.25	00:47:26.80	+00:04:09 (-229,926.8%)	4:40	12.8 (65.6%)
216	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	+00:04:09 (-229,760.4%)	4:46	12.6 (64.6%)
217	KRÓLCZYŃSKI Maciej	994		M 30-39	94	00:00:47	00:31:26	00:42:59	00:48:39.20	00:49:26.85	+00:04:11 (-229,163.3%)	4:51	12.3 (63.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
218	WOŁOWSKI Kamil	874		M 30-39	99	00:00:56	00:32:02	00:43:35	00:49:21.40	00:50:18.10	+00:04:12 (-229,047.6%)	4:56	12.2 (62.6%)
219	BAJDAŁA Robert	13		M 30-39	73	00:00:43	00:29:36	00:41:10	00:46:21.85	00:47:04.90	+00:04:12 (-228,998.0%)	4:38	12.9 (66.2%)
220	DĄBROWSKI Daniel	137		M 1-29	37	00:02:12	00:30:24	00:42:00	00:47:26.95	00:49:39.90	+00:04:14 (-228,257.1%)	4:44	12.6 (64.6%)
221	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	+00:04:14 (-228,076.7%)	4:44	12.6 (64.6%)
222	CELIŃSKI Rafał	87		M 40-49	92	00:00:45	00:31:44	00:43:21	00:48:59.00	00:49:44.40	+00:04:15 (-227,978.4%)	4:53	12.2 (62.6%)
223	GOGOLEWSKI Michał	208		M 40-49	77	00:00:25	00:30:22	00:41:59	00:47:49.45	00:48:15.05	+00:04:15 (-227,929.3%)	4:47	12.5 (64.1%)
224	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	+00:04:15 (-227,847.5%)	4:51	12.3 (63.1%)
225	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	+00:04:15 (-227,782.1%)	4:57	12.1 (62.1%)
226	SZLENDAK Marek	777		M 30-39	98	00:00:50	00:31:55	00:43:33	00:49:17.15	00:50:07.55	+00:04:16 (-227,488.3%)	4:55	12.2 (62.6%)
227	SUCHORAB Krzysztof	760		M 30-39	95	00:01:36	00:31:21	00:43:00	00:48:47.20	00:50:23.50	+00:04:17 (-227,374.2%)	4:52	12.3 (63.1%)
228	DOMŻALSKI Artur	148		M 30-39	88	00:00:40	00:30:41	00:42:20	00:48:03.05	00:48:43.65	+00:04:17 (-227,276.6%)	4:48	12.5 (64.1%)
229	KACPURA Piotr	313		M 40-49	103	00:00:53	00:32:13	00:43:52	00:49:48.20	00:50:41.65	+00:04:17 (-227,227.8%)	4:58	12 (61.5%)
230	FRĄCKIEWICZ 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	+00:04:18 (-226,967.8%)	4:46	12.6 (64.6%)
231	ŚCIBISZ Tomek	789		M 40-49	95	00:00:40	00:31:46	00:43:26	00:49:24.60	00:50:05.20	+00:04:18 (-226,870.5%)	4:56	12.1 (62.1%)
232	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	+00:04:18 (-226,773.3%)	4:41	12.8 (65.6%)
233	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	+00:04:18 (-226,773.3%)	4:56	12.1 (62.1%)
234	NIEDZIELA Dominik	558		M 40-49	88	00:00:59	00:31:19	00:43:00	00:48:43.80	00:49:43.05	+00:04:20 (-226,401.3%)	4:52	12.3 (63.1%)
235	WITUSIK Szymon	857		M 1-29	47	00:00:32	00:32:20	00:44:02	00:49:29.45	00:50:02.10	+00:04:20 (-226,401.3%)	4:57	12.1 (62.1%)
236	DEREWICZ Mariusz	142		M 30-39	102	00:00:55	00:31:58	00:43:40	00:49:24.20	00:50:20.10	+00:04:20 (-226,352.9%)	4:56	12.1 (62.1%)
237	SIESS Jarosław	704		M 50-59	16	00:00:23	00:32:04	00:43:46	00:49:24.00	00:49:47.35	+00:04:20 (-226,272.2%)	4:56	12.1 (62.1%)
238	STAROWICZ Kazimierz	744		M 30-39	100	00:00:23	00:32:05	00:43:47	00:49:22.85	00:49:46.45	+00:04:21 (-226,062.7%)	4:56	12.1 (62.1%)
239	KLEPACKI Piotr	350		M 30-39	110	00:00:12	00:33:03	00:44:46	00:50:31.70	00:50:43.70	+00:04:21 (-225,853.6%)	5:03	11.9 (61.0%)
240	PASZKOWSKI Cezary	603		M 40-49	111	00:01:04	00:32:44	00:44:27	00:50:12.40	00:51:16.40	+00:04:21 (-225,837.6%)	5:01	12 (61.5%)
241	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	+00:04:21 (-225,805.4%)	4:50	12.4 (63.6%)
242	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	+00:04:23 (-225,404.6%)	4:55	12.2 (62.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
243	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	+00:04:23 (-225,388.6%)	5:01	12 (61.5%)
244	NOWAK Dawid	566		M 30-39	115	00:01:25	00:33:57	00:45:41	00:51:03.45	00:52:29.20	+00:04:23 (-225,340.6%)	5:06	11.7 (60.0%)
245	KACYMIROW Tomasz	314		M 50-59	14	00:00:34	00:30:55	00:42:40	00:48:29.65	00:49:04.15	+00:04:23 (-225,276.6%)	4:51	12.4 (63.6%)
246	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	+00:04:23 (-225,228.7%)	4:59	12 (61.5%)
247	HUSZCZA Paweł	254		M 30-39	91	00:00:17	00:30:49	00:42:36	00:48:25.05	00:48:42.90	+00:04:25 (-224,798.1%)	4:50	12.4 (63.6%)
248	BITKOWSKI Bartek	46		M 40-49	122	00:00:52	00:33:19	00:45:05	00:51:02.00	00:51:54.00	+00:04:25 (-224,766.2%)	5:06	11.8 (60.5%)
249	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	+00:04:25 (-224,527.8%)	4:44	12.7 (65.1%)
250	PROKOPIUK Grzegorz	945		M 40-49	90	00:00:08	00:31:21	00:43:08	00:48:53.90	00:49:02.70	+00:04:26 (-224,369.1%)	4:53	12.3 (63.1%)
251	WIERZCHOŁOWSKI Marcin	848		M 40-49	84	00:00:44	00:31:27	00:43:15	00:48:30.50	00:49:15.10	+00:04:26 (-224,289.8%)	4:51	12.4 (63.6%)
252	KRYSIK Arkadiusz	414		M 40-49	68	00:01:02	00:29:56	00:41:44	00:47:08.85	00:48:11.35	+00:04:27 (-224,194.8%)	4:42	12.7 (65.1%)
253	MIŁOSZ Marek	532		M 50-59	15	00:00:50	00:31:27	00:43:17	00:49:19.95	00:50:10.05	+00:04:28 (-223,705.0%)	4:56	12.2 (62.6%)
254	TARASIUK Łukasz	804		M 40-49	107	00:00:54	00:32:24	00:44:14	00:50:01.30	00:50:55.80	+00:04:29 (-223,563.2%)	5:00	12 (61.5%)
255	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	+00:04:29 (-223,468.8%)	5:01	11.9 (61.0%)
256	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	+00:04:29 (-223,405.9%)	4:58	12.1 (62.1%)
257	SMYL Jacek	724		M 1-29	39	00:00:21	00:30:22	00:42:13	00:47:43.50	00:48:05.15	+00:04:29 (-223,311.6%)	4:46	12.6 (64.6%)
258	MAREK Bartłomiej	500		M 30-39	106	00:00:53	00:32:38	00:44:29	00:50:02.05	00:50:55.70	+00:04:30 (-223,248.8%)	5:00	12 (61.5%)
259	GRZYMAŁA Andrzej	940		M 40-49	87	00:00:57	00:30:59	00:42:51	00:48:41.10	00:49:38.20	+00:04:30 (-223,233.1%)	4:52	12.3 (63.1%)
260	MAKOWSKI Krystian	484	RUN4FUN	M 1-29	44	00:00:37	00:31:04	00:42:56	00:48:32.30	00:49:09.45	+00:04:30 (-223,123.3%)	4:51	12.4 (63.6%)
261	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	+00:04:32 (-222,591.3%)	5:00	12 (61.5%)
262	PERKOWSKI Paweł	610		M 30-39	103	00:00:42	00:31:40	00:43:34	00:49:26.95	00:50:09.40	+00:04:32 (-222,373.0%)	4:56	12.1 (62.1%)
263	SZUSTAK Darek	785		M 50-59	17	00:00:38	00:32:10	00:44:04	00:49:40.05	00:50:18.85	+00:04:32 (-222,357.5%)	4:58	12.1 (62.1%)
264	FRĄCKOWSKI Sławomir	177		M 40-49	93	00:00:33	00:31:13	00:43:07	00:49:05.30	00:49:38.40	+00:04:33 (-222,264.1%)	4:54	12.2 (62.6%)
265	KMIEĆ Kamil	357		M 1-29	51	00:00:59	00:33:14	00:45:09	00:50:51.10	00:51:50.35	+00:04:33 (-222,015.3%)	5:05	11.8 (60.5%)
266	ROSZAK Waldemar	671	BIEGAM NA ZIELONEJ BIAŁOŁĘCE	M 50-59	12	00:00:29	00:30:36	00:42:32	00:48:17.30	00:48:47.20	+00:04:34 (-221,813.7%)	4:49	12.4 (63.6%)
267	BEDNARSKI Tomasz	32		M 40-49	132	00:00:42	00:34:00	00:45:56	00:51:41.70	00:52:24.30	+00:04:35 (-221,627.8%)	5:10	11.6 (59.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
268	ŻÓŁKOWSKI Marek	914	TEAM ZABIEGANEDNI	M 60+	5	00:00:42	00:32:36	00:44:33	00:50:19.00	00:51:01.45	+00:04:35 (-221,535.0%)	5:01	11.9 (61.0%)
269	LIBOLD Maciek	447		M 30-39	111	00:00:13	00:32:39	00:44:36	00:50:37.95	00:50:51.35	+00:04:35 (-221,519.6%)	5:03	11.8 (60.5%)
270	TOCZEWSKI Kamil	809	JACEKBIEGA RUNING TEAM	M 1-29	43	00:00:32	00:30:36	00:42:33	00:48:31.90	00:49:04.25	+00:04:36 (-221,349.7%)	4:51	12.4 (63.6%)
271	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	+00:04:37 (-221,010.6%)	5:00	12 (61.5%)
272	KAMOLA Sławomir	326	ABBA1 RUN	M 50-59	7	00:00:13	00:29:33	00:41:33	00:47:04.50	00:47:18.25	+00:04:38 (-220,749.4%)	4:42	12.7 (65.1%)
273	ROJEK Rafał	665		M 40-49	99	00:00:40	00:31:45	00:43:45	00:49:41.20	00:50:21.80	+00:04:38 (-220,473.4%)	4:58	12.1 (62.1%)
274	WOJNARSKI Janusz	871		M 60+	6	00:01:03	00:32:30	00:44:30	00:50:31.65	00:51:35.25	+00:04:39 (-220,320.4%)	5:03	11.9 (61.0%)
275	KRÓL Tomasz	402		M 30-39	101	00:00:27	00:31:29	00:43:30	00:49:23.15	00:49:50.60	+00:04:39 (-220,259.2%)	4:56	12.1 (62.1%)
276	WOJTAS Michał	929		M 1-29	52	00:00:53	00:33:10	00:45:11	00:51:03.15	00:51:56.65	+00:04:40 (-220,045.5%)	5:06	11.8 (60.5%)
277	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	+00:04:40 (-219,908.3%)	4:58	12 (61.5%)
278	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	+00:04:41 (-219,710.4%)	4:58	12.1 (62.1%)
279	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	+00:04:41 (-219,619.2%)	4:59	12 (61.5%)
280	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	+00:04:41 (-219,588.9%)	5:08	11.7 (60.0%)
281	KONIECKI Tomasz	363		M 40-49	127	00:00:51	00:33:13	00:45:16	00:51:24.60	00:52:16.20	+00:04:42 (-219,512.9%)	5:08	11.7 (60.0%)
282	BOROWSKI Mariusz	65		M 40-49	121	00:00:51	00:32:56	00:45:00	00:50:59.85	00:51:50.85	+00:04:42 (-219,300.6%)	5:05	11.8 (60.5%)
283	PODGÓRSKI Krzysztof	626	KOMITET SPORTU I TURYSTYKI KRZYSZTOFA PODGÓRSKIEGO	M 1-29	40	00:00:12	00:29:38	00:41:43	00:47:49.50	00:48:01.70	+00:04:43 (-218,998.1%)	4:46	12.5 (64.1%)
284	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	+00:04:43 (-218,967.8%)	4:59	12 (61.5%)
285	SZCZĘŚNY Paweł	774		M 40-49	89	00:00:45	00:30:41	00:42:47	00:48:51.00	00:49:36.10	+00:04:44 (-218,801.8%)	4:53	12.3 (63.1%)
286	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	+00:04:44 (-218,711.4%)	4:49	12.4 (63.6%)
287	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	+00:04:46 (-218,305.3%)	4:48	12.5 (64.1%)
288	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	+00:04:46 (-218,275.3%)	4:51	12.3 (63.1%)
289	SMUŁEK Rafał	723		M 1-29	49	00:00:56	00:32:13	00:44:21	00:50:02.05	00:50:58.70	+00:04:46 (-218,185.2%)	5:00	12 (61.5%)
290	WITUSIK Paweł	856		M 40-49	113	00:00:32	00:32:21	00:44:30	00:50:18.90	00:50:51.25	+00:04:47 (-218,005.4%)	5:01	11.9 (61.0%)
291	BARTYCZAK Michał	24		M 1-29	34	00:00:10	00:28:43	00:40:52	00:47:07.05	00:47:17.05	+00:04:47 (-217,975.5%)	4:42	12.7 (65.1%)
292	LIPIŃSKI Oskar	932		M 30-39	96	00:00:33	00:31:21	00:43:29	00:49:02.30	00:49:35.55	+00:04:47 (-217,975.5%)	4:54	12.2 (62.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
293	WINIARCZYK Bartłomiej	852		M 1-29	46	00:00:49	00:30:47	00:42:56	00:49:13.40	00:50:03.05	+00:04:47 (-217,930.6%)	4:55	12.2 (62.6%)
294	CIEPLAK Andrzej	106		M 40-49	139	00:01:34	00:34:40	00:46:48	00:52:28.05	00:54:02.15	+00:04:47 (-217,900.7%)	5:14	11.4 (58.5%)
295	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	+00:04:48 (-217,527.4%)	5:18	11.3 (57.9%)
296	PRZYBYSZ Tomasz	643		M 1-29	50	00:00:42	00:32:08	00:44:21	00:50:09.05	00:50:51.25	+00:04:51 (-216,621.9%)	5:00	12 (61.5%)
297	RZECZKOWSKI Zygmunt	686	METRO WARSZAWSKIE	M 60+	7	00:01:02	00:32:08	00:44:21	00:50:32.55	00:51:34.65	+00:04:52 (-216,518.5%)	5:03	11.9 (61.0%)
298	ADAMIAK Piotr	1		M 40-49	124	00:00:36	00:33:00	00:45:14	00:51:07.95	00:51:43.95	+00:04:52 (-216,385.7%)	5:06	11.7 (60.0%)
299	RUSIN Michał	679	KS STASZEWSKY	M 1-29	85	00:00:00	00:32:11	00:44:25			+00:04:52 (-216,282.5%)	4:56	12.2 (62.6%)
300	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	+00:04:52 (-216,267.7%)	5:00	12 (61.5%)
301	FRYCZ Michał	178		M 40-49	114	00:00:52	00:32:02	00:44:18	00:50:20.20	00:51:12.75	+00:04:54 (-215,900.0%)	5:02	11.9 (61.0%)
302	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	+00:04:54 (-215,694.6%)	5:00	12 (61.5%)
303	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	+00:04:55 (-215,387.3%)	5:04	11.8 (60.5%)
304	CHĘC Tomasz	89		M 30-39	129	00:01:09	00:33:51	00:46:08	00:51:56.85	00:53:06.20	+00:04:56 (-215,343.4%)	5:11	11.5 (59.0%)
305	KLIMCZYŃSKI Rafał	351		M 30-39	122	00:01:11	00:33:14	00:45:33	00:51:34.00	00:52:45.25	+00:04:57 (-214,964.3%)	5:09	11.6 (59.5%)
306	ANTOSIK Piotr	9		M 40-49	140	00:01:28	00:34:35	00:46:55	00:52:35.20	00:54:03.65	+00:04:59 (-214,412.6%)	5:15	11.4 (58.5%)
307	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	+00:04:59 (-214,398.1%)	5:06	11.7 (60.0%)
308	JASIŃSKI Adam	283		M 30-39	130	00:01:00	00:34:06	00:46:28	00:52:29.20	00:53:29.55	+00:05:00 (-214,152.2%)	5:14	11.4 (58.5%)
309	PANASZEWSKI Przemysław	597		M 1-29	53	00:01:06	00:33:51	00:46:13	00:52:11.65	00:53:17.65	+00:05:00 (-214,051.1%)	5:13	11.5 (59.0%)
310	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	+00:05:00 (-214,007.8%)	5:39	10.6 (54.4%)
311	MYSZKE Artur	553		M 40-49	119	00:00:53	00:32:26	00:44:49	00:50:54.60	00:51:47.60	+00:05:01 (-213,806.0%)	5:05	11.8 (60.5%)
312	FLORYSIAK Artur	175		M 40-49	138	00:01:03	00:34:08	00:46:31	00:52:25.05	00:53:28.65	+00:05:01 (-213,777.2%)	5:14	11.4 (58.5%)
313	WIŚNIEWSKI Paweł	854	ŁOMIAŃKOWSKA GRUPA BIEGOWA	M 40-49	118	00:00:32	00:32:19	00:44:42	00:50:52.20	00:51:25.15	+00:05:02 (-213,489.7%)	5:05	11.8 (60.5%)
314	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	+00:05:03 (-213,145.6%)	5:09	11.6 (59.5%)
315	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	+00:05:03 (-213,088.4%)	5:09	11.6 (59.5%)
316	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	+00:05:04 (-212,988.3%)	4:58	12.1 (62.1%)
317	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	+00:05:04 (-212,888.3%)	5:11	11.6 (59.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
318	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	+00:05:04 (-212,874.1%)	5:14	11.5 (59.0%)
319	STOKOWSKI Paweł	985		M 30-39	126	00:00:29	00:32:59	00:45:25	00:51:44.70	00:52:13.80	+00:05:04 (-212,859.8%)	5:10	11.6 (59.5%)
320	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	+00:05:04 (-212,859.8%)	5:07	11.7 (60.0%)
321	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	+00:05:04 (-212,788.4%)	5:07	11.7 (60.0%)
322	ROJEK Hubert	666		M 1-29	58	00:01:10	00:35:37	00:48:05	00:53:49.90	00:55:00.80	+00:05:06 (-212,233.6%)	5:23	11.1 (56.9%)
323	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	+00:05:07 (-212,162.7%)	5:08	11.7 (60.0%)
324	ADAMSKI Szymon	3		M 1-29	62	00:01:34	00:36:48	00:49:17	00:55:20.55	00:56:55.00	+00:05:07 (-212,063.5%)	5:32	10.8 (55.4%)
325	ODZIEMCZYK Sebastian	574		M 30-39	120	00:00:49	00:32:46	00:45:15	00:51:26.35	00:52:15.90	+00:05:08 (-211,766.4%)	5:08	11.7 (60.0%)
326	CHOTOMSKI Marcin	99		M 30-39	128	00:00:06	00:33:18	00:45:48	00:51:54.40	00:52:01.35	+00:05:08 (-211,653.4%)	5:11	11.6 (59.5%)
327	KRZYWIEC Przemysław	417		M 30-39	141	00:00:59	00:35:01	00:47:31	00:53:32.05	00:54:31.95	+00:05:09 (-211,625.2%)	5:21	11.2 (57.4%)
328	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	+00:05:09 (-211,582.9%)	5:21	11.2 (57.4%)
329	POŁEĆ Andrzej	631		M 40-49	120	00:00:53	00:32:21	00:44:51	00:50:59.50	00:51:53.10	+00:05:09 (-211,554.7%)	5:06	11.8 (60.5%)
330	KĘDZIERSKI Mieczysław	339	TG SOKÓŁ BRWINÓW	M 60+	8	00:01:13	00:32:58	00:45:29	00:51:40.30	00:52:53.95	+00:05:09 (-211,427.9%)	5:10	11.6 (59.5%)
331	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	+00:05:10 (-211,301.2%)	5:00	12 (61.5%)
332	ŻOCHOWSKI Paweł	912		M 30-39	104	00:00:43	00:31:13	00:43:45	00:49:48.35	00:50:31.40	+00:05:10 (-211,216.8%)	4:58	12 (61.5%)
333	BELOWSKI Leszek	34	CHEMIK NOXY PUŁAWY	M 60+	9	00:01:05	00:33:09	00:45:42	00:51:54.45	00:52:59.80	+00:05:11 (-210,936.1%)	5:11	11.6 (59.5%)
334	SZCZYGIEL Michał	775		M 1-29	57	00:02:59	00:34:18	00:46:51	00:52:59.50	00:55:59.10	+00:05:11 (-210,936.1%)	5:18	11.3 (57.9%)
335	KOWNACKI Marcin	396		M 40-49	116	00:00:31	00:31:42	00:44:15	00:50:31.85	00:51:03.35	+00:05:11 (-210,894.1%)	5:03	11.9 (61.0%)
336	SULICH Mateusz	761		M 1-29	59	00:00:58	00:35:04	00:47:38	00:53:50.75	00:54:49.10	+00:05:12 (-210,670.1%)	5:23	11.1 (56.9%)
337	WANOWSKI Andrzej	832	ROZBIEGAMY NOWY DWÓR	M 60+	10	00:00:57	00:33:27	00:46:01	00:52:29.40	00:53:26.50	+00:05:13 (-210,446.7%)	5:14	11.4 (58.5%)
338	WOJCIECHOWSKI Artur	869	:)	M 1-29	38	00:00:12	00:28:37	00:41:12	00:47:28.55	00:47:40.70	+00:05:13 (-210,321.2%)	4:44	12.6 (64.6%)
339	BARTECKI Tomasz	967		M 30-39	139	00:01:09	00:34:39	00:47:15	00:53:20.85	00:54:30.50	+00:05:14 (-210,195.9%)	5:20	11.2 (57.4%)
340	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	+00:05:14 (-210,126.3%)	5:23	11.1 (56.9%)
341	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	+00:05:14 (-210,042.9%)	5:18	11.3 (57.9%)
342	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	+00:05:14 (-209,987.3%)	5:34	10.8 (55.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
343	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	+00:05:15 (-209,709.8%)	5:16	11.4 (58.5%)
344	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	+00:05:17 (-209,253.6%)	5:28	11 (56.4%)
345	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	+00:05:18 (-209,074.5%)	5:09	11.6 (59.5%)
346	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	+00:05:19 (-208,730.8%)	5:19	11.3 (57.9%)
347	SŁOMKA Bogumił	720		M 40-49	135	00:01:13	00:33:09	00:45:51	00:52:04.65	00:53:18.30	+00:05:20 (-208,484.0%)	5:12	11.5 (59.0%)
348	BOGUCKI Michał	53		M 1-29	48	00:00:23	00:30:48	00:43:29	00:49:32.95	00:49:56.30	+00:05:20 (-208,442.9%)	4:57	12.1 (62.1%)
349	STRZAŁEK Andrzej	752	TRUCHT TARCHOMIN TEAM	M 50-59	19	00:00:48	00:33:13	00:45:55	00:52:09.05	00:52:58.00	+00:05:20 (-208,415.6%)	5:13	11.5 (59.0%)
350	CHUDIO Marcin	103		M 30-39	123	00:00:52	00:32:39	00:45:22	00:51:36.45	00:52:28.45	+00:05:21 (-208,155.9%)	5:09	11.6 (59.5%)
351	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	+00:05:21 (-208,101.3%)	5:04	11.8 (60.5%)
352	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	+00:05:21 (-208,074.0%)	5:15	11.4 (58.5%)
353	FILIPCZUK Dariusz	169		M 50-59	18	00:00:39	00:32:49	00:45:33	00:51:53.50	00:52:33.40	+00:05:23 (-207,679.2%)	5:11	11.6 (59.5%)
354	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	+00:05:23 (-207,597.7%)	5:07	11.7 (60.0%)
355	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	+00:05:24 (-207,367.2%)	5:10	11.6 (59.5%)
356	ROGAŁA Marcin	662		M 30-39	117	00:00:34	00:32:15	00:45:01	00:51:13.40	00:51:48.20	+00:05:24 (-207,231.8%)	5:07	11.7 (60.0%)
357	SZOPA Sławomir	780		M 40-49	136	00:00:54	00:33:12	00:45:58	00:52:13.05	00:53:07.85	+00:05:25 (-207,164.2%)	5:13	11.5 (59.0%)
358	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	+00:05:25 (-207,110.1%)	4:40	12.8 (65.6%)
359	FIJAŁEK Kamil	168		M 30-39	131	00:01:12	00:33:26	00:46:12	00:52:32.00	00:53:44.30	+00:05:25 (-207,083.1%)	5:15	11.4 (58.5%)
360	KASKA Mateusz	334		M 30-39	113	00:00:37	00:31:31	00:44:19	00:50:49.00	00:51:26.60	+00:05:26 (-206,799.8%)	5:04	11.8 (60.5%)
361	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	+00:05:26 (-206,799.8%)	5:25	11.1 (56.9%)
362	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	+00:05:27 (-206,490.4%)	5:24	11.1 (56.9%)
363	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	+00:05:28 (-206,262.3%)	5:15	11.4 (58.5%)
364	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	+00:05:28 (-206,222.1%)	5:29	10.9 (55.9%)
365	WASIAK Bartosz	834		M 30-39	140	00:01:18	00:34:30	00:47:20	00:53:29.05	00:54:47.95	+00:05:28 (-206,155.1%)	5:20	11.2 (57.4%)
366	JÓŻWIK Grzegorz	300		M 40-49	123	00:00:27	00:31:52	00:44:43	00:51:03.75	00:51:31.40	+00:05:29 (-206,115.0%)	5:06	11.7 (60.0%)
367	BAZYLEWICZ Hubert	27		M 30-39	119	00:00:55	00:32:15	00:45:06	00:51:21.20	00:52:17.15	+00:05:29 (-206,021.3%)	5:08	11.7 (60.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						startu	6.6km	9km					
368	POLAK Michał	629		M 30-39	136	00:00:46	00:33:48	00:46:40	00:52:44.65	00:53:31.40	+00:05:30 (-205,687.6%)	5:16	11.4 (58.5%)
369	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	+00:05:31 (-205,474.5%)	5:10	11.6 (59.5%)
370	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	+00:05:31 (-205,421.3%)	5:28	11 (56.4%)
371	PIOTROWSKI Jan	624		M 30-39	144	00:02:05	00:34:24	00:47:17	00:53:57.50	00:56:03.00	+00:05:31 (-205,421.3%)	5:23	11.1 (56.9%)
372	KLUJ Bogusław	354	BIEGNĘ DLA SANDRY I ROBERTA	M 60+	11	00:00:59	00:34:43	00:47:37	00:53:56.15	00:54:56.05	+00:05:31 (-205,368.2%)	5:23	11.1 (56.9%)
373	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	+00:05:33 (-204,904.2%)	5:10	11.6 (59.5%)
374	SOPELEWSKI Sebastian	731		M 30-39	134	00:00:51	00:33:46	00:46:41	00:52:37.20	00:53:28.20	+00:05:33 (-204,824.9%)	5:15	11.4 (58.5%)
375	KRUSZEWSKI Piotr	412		M 40-49	142	00:00:52	00:33:35	00:46:31	00:52:53.80	00:53:45.80	+00:05:34 (-204,626.8%)	5:17	11.3 (57.9%)
376	ŁABA Piotr	455		M 40-49	141	00:00:52	00:33:35	00:46:31	00:52:53.35	00:53:45.90	+00:05:35 (-204,534.5%)	5:17	11.3 (57.9%)
377	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	+00:05:35 (-204,481.8%)	5:19	11.3 (57.9%)
378	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	+00:05:35 (-204,376.5%)	5:33	10.8 (55.4%)
379	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	+00:05:36 (-204,034.9%)	5:28	11 (56.4%)
380	MAZUR Michał	514		M 30-39	165	00:00:51	00:36:36	00:49:35	00:55:55.30	00:56:46.60	+00:05:38 (-203,759.9%)	5:35	10.7 (54.9%)
381	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	+00:05:39 (-203,459.5%)	5:28	11 (56.4%)
382	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	+00:05:39 (-203,420.4%)	5:30	10.9 (55.9%)
383	TRATKIEWICZ Marek	813		M 40-49	150	00:00:36	00:34:37	00:47:38	00:53:50.35	00:54:26.85	+00:05:39 (-203,342.2%)	5:23	11.1 (56.9%)
384	ZYGADŁO Piotr	911		M 30-39	155	00:00:18	00:35:39	00:48:41	00:55:04.65	00:55:23.60	+00:05:40 (-203,238.0%)	5:30	10.9 (55.9%)
385	KORLAK Łukasz	371		M 30-39	152	00:01:11	00:35:56	00:48:58	00:54:54.80	00:56:06.05	+00:05:40 (-203,056.0%)	5:29	10.9 (55.9%)
386	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	+00:05:41 (-202,874.3%)	5:02	11.9 (61.0%)
387	MARCZAK Marcin	498		M 30-39	146	00:01:31	00:34:54	00:47:58	00:54:03.70	00:55:35.10	+00:05:42 (-202,628.3%)	5:24	11.1 (56.9%)
388	KUBASIEWICZ Artur	418	SAM	M 50-59	25	00:01:29	00:35:44	00:48:48	00:55:09.35	00:56:38.45	+00:05:42 (-202,537.8%)	5:30	10.9 (55.9%)
389	ŚWIERSZCZ Andrzej	797		M 50-59	22	00:01:14	00:34:54	00:47:58	00:54:20.90	00:55:35.20	+00:05:43 (-202,421.5%)	5:26	11 (56.4%)
390	BOGUSZEWSKI Piotr	988		M 30-39	185	00:02:33	00:38:50	00:51:55	00:58:33.35	01:01:07.15	+00:05:43 (-202,344.1%)	5:51	10.2 (52.3%)
391	GOLONKA Patryk	937	MASTERS DOJO	M 1-29	61	00:01:11	00:36:10	00:49:16	00:54:36.25	00:55:47.75	+00:05:43 (-202,241.0%)	5:27	11 (56.4%)
392	SZTRANTOWICZ Piotr	783		M 40-49	146	00:01:00	00:33:53	00:46:59	00:53:20.75	00:54:21.55	+00:05:44 (-202,099.3%)	5:20	11.2 (57.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
393	KAŹMIERSKI Adrian	336	KLUB SAMICY NOSOROŻCA	M 30-39	154	00:01:20	00:35:33	00:48:39	00:55:01.25	00:56:21.50	+00:05:44 (-202,035.0%)	5:30	10.9 (55.9%)
394	SULIŃSKI Sławomir	763		M 40-49	164	00:01:28	00:35:25	00:48:33	00:54:57.40	00:56:25.40	+00:05:46 (-201,573.1%)	5:29	10.9 (55.9%)
395	WALECKI Romuald	959		M 40-49	133	00:00:06	00:32:32	00:45:41	00:51:44.80	00:51:51.45	+00:05:46 (-201,445.2%)	5:10	11.6 (59.5%)
396	ZIOŁO Grzegorz	946	BDG	M 1-29	56	00:01:19	00:33:39	00:46:48	00:52:53.95	00:54:13.10	+00:05:47 (-201,291.9%)	5:17	11.3 (57.9%)
397	MATUSIAK Karol	943		M 1-29	55	00:01:19	00:33:39	00:46:48	00:52:52.45	00:54:12.40	+00:05:47 (-201,266.4%)	5:17	11.3 (57.9%)
398	NOWACKI Julian	938		TO NATURALNE	M 60+	12	00:00:19	00:35:03	00:48:14	00:54:50.50	00:55:09.70	+00:05:50 (-200,655.7%)	5:29
399	KRÓL Wojciech	403	EKOBIEGI	M 1-29	65	00:01:31	00:37:41	00:50:52	00:56:44.25	00:58:16.00	+00:05:50 (-200,655.7%)	5:40	10.6 (54.4%)
400	BORUSZEWSKI Maciej	67		M 40-49	157	00:00:55	00:35:08	00:48:21	00:54:42.70	00:55:38.00	+00:05:51 (-200,326.4%)	5:28	11 (56.4%)
401	GŁÓWKA Rafał	206		M 40-49	143	00:00:24	00:33:08	00:46:20	00:52:59.65	00:53:23.75	+00:05:51 (-200,275.9%)	5:17	11.3 (57.9%)
402	KOSTRUBIEC Grzegorz	381	KS-ZIELONO CZARNI	M 30-39	148	00:00:11	00:34:34	00:47:47	00:54:16.45	00:54:28.00	+00:05:51 (-200,200.1%)	5:25	11.1 (56.9%)
403	BORKOWSKI Paweł	61		M 40-49	183	00:01:43	00:38:09	00:51:22	00:57:44.15	00:59:27.95	+00:05:52 (-200,162.2%)	5:46	10.4 (53.3%)
404	MATUSZEWSKI Paweł	510		M 30-39	151	00:00:58	00:35:07	00:48:21	00:54:39.15	00:55:37.50	+00:05:52 (-200,086.5%)	5:27	11 (56.4%)
405	CHRÓST Marcin	100	ORT ŁOMIANKI	M 30-39	114	00:00:25	00:31:05	00:44:19	00:50:57.45	00:51:23.05	+00:05:52 (-199,998.2%)	5:05	11.8 (60.5%)
406	MITURA Grzegorz	537		M 30-39	147	00:00:52	00:34:30	00:47:44	00:54:05.10	00:54:57.45	+00:05:52 (-199,960.4%)	5:24	11.1 (56.9%)
407	KORNESZCZUK Wojciech	374		M 30-39	149	00:01:14	00:35:08	00:48:23	00:54:17.20	00:55:31.65	+00:05:54 (-199,583.3%)	5:25	11.1 (56.9%)
408	ŚWIEŻACZYŃSKI Piotr	799	ANPHARM RUN TEAM	M 30-39	182	00:01:48	00:38:08	00:51:24	00:58:01.15	00:59:49.35	+00:05:54 (-199,583.3%)	5:48	10.3 (52.8%)
409	TUCZYŃSKI Robert	816		M 40-49	155	00:00:56	00:34:42	00:47:58	00:54:27.20	00:55:23.60	+00:05:54 (-199,508.0%)	5:26	11 (56.4%)
410	WŁODEK Rafał	863		M 30-39	145	00:01:21	00:34:20	00:47:36	00:54:00.60	00:55:21.75	+00:05:55 (-199,295.0%)	5:24	11.1 (56.9%)
411	MIAZGA Krzysztof	520	ANPHARM RUN TEAM	M 30-39	183	00:01:48	00:38:09	00:51:28	00:58:05.10	00:59:53.90	+00:05:57 (-198,783.3%)	5:48	10.3 (52.8%)
412	ŁAPICZ Filip	458		M 1-29	68	00:00:11	00:38:46	00:52:05	00:58:22.60	00:58:33.70	+00:05:57 (-198,683.8%)	5:50	10.3 (52.8%)
413	ROKICKI Aleksander	667		M 40-49	192	00:01:46	00:39:11	00:52:31	00:59:12.55	01:00:58.60	+00:05:58 (-198,621.6%)	5:55	10.1 (51.8%)
414	STYCZYŃSKI Grzegorz	755	BIEGAM NA TARCHOMINIE	M 30-39	189	00:01:46	00:39:11	00:52:31	00:59:12.50	01:00:58.75	+00:05:58 (-198,509.8%)	5:55	10.1 (51.8%)
415	CHOJNOWSKI Andrzej	96		M 40-49	154	00:01:02	00:34:30	00:47:50	00:54:18.65	00:55:21.35	+00:05:58 (-198,472.6%)	5:25	11 (56.4%)
416	KARBOWNIK Jakub	329		M 30-39	166	00:01:34	00:35:33	00:48:55	00:55:55.70	00:57:30.50	+00:06:00 (-198,039.2%)	5:35	10.7 (54.9%)
417	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	+00:06:01 (-197,903.4%)	5:30	10.9 (55.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
418	ŚWIST Michał	801		M 30-39	169	00:01:13	00:36:00	00:49:22	00:56:04.05	00:57:17.20	+00:06:01 (-197,878.7%)	5:36	10.7 (54.9%)
419	GROCHOWSKI Piotr	226		M 40-49	182	00:01:42	00:37:15	00:50:38	00:57:19.80	00:59:02.45	+00:06:01 (-197,755.4%)	5:44	10.5 (53.8%)
420	KRÓLAK Paweł	404		M 30-39	158	00:01:24	00:35:04	00:48:27	00:55:06.75	00:56:30.85	+00:06:01 (-197,693.8%)	5:30	10.9 (55.9%)
421	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	+00:06:02 (-197,583.1%)	5:32	10.8 (55.4%)
422	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	+00:06:02 (-197,558.5%)	5:26	11 (56.4%)
423	BIENIAS Arkadiusz	42		M 30-39	179	00:00:16	00:37:49	00:51:14	00:57:52.50	00:58:09.25	+00:06:03 (-197,190.3%)	5:47	10.4 (53.3%)
424	MODRZEJEWSKI Zbigniew	541		M 50-59	24	00:00:27	00:35:11	00:48:36	00:55:04.55	00:55:32.50	+00:06:04 (-197,178.0%)	5:30	10.9 (55.9%)
425	WIĘCH Andrzej	849		M 40-49	166	00:01:06	00:35:00	00:48:26	00:55:11.00	00:56:17.40	+00:06:04 (-197,129.1%)	5:31	10.9 (55.9%)
426	ZAJDA Dominik	883		M 1-29	54	00:00:21	00:33:09	00:46:35	00:52:51.90	00:53:13.25	+00:06:04 (-196,945.6%)	5:17	11.3 (57.9%)
427	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	+00:06:05 (-196,884.5%)	5:43	10.5 (53.8%)
428	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	+00:06:05 (-196,872.3%)	5:21	11.2 (57.4%)
429	KLEPACKI Paweł	349		M 30-39	142	00:00:12	00:33:42	00:47:09	00:53:43.45	00:53:55.90	+00:06:05 (-196,835.7%)	5:22	11.2 (57.4%)
430	RULAK Jerzy	986		M 30-39	159	00:01:04	00:35:13	00:48:41	00:55:25.15	00:56:30.00	+00:06:06 (-196,579.7%)	5:32	10.8 (55.4%)
431	SULIŃSKI Andrzej	762		M 40-49	171	00:01:29	00:35:32	00:49:02	00:55:37.80	00:57:07.10	+00:06:08 (-196,045.4%)	5:33	10.8 (55.4%)
432	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	+00:06:14 (-194,698.6%)	5:21	11.2 (57.4%)
433	STACHACZ Mirosław	736	ZPHU DREWMAX	M 50-59	21	00:01:09	00:33:54	00:47:30	00:54:19.30	00:55:28.50	+00:06:15 (-194,495.8%)	5:25	11 (56.4%)
434	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	+00:06:15 (-194,460.0%)	5:27	11 (56.4%)
435	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	+00:06:15 (-194,412.4%)	5:50	10.3 (52.8%)
436	SANDOMIERSKI Bartłomiej	693	WKURW_TEAM	M 1-29	67	00:01:21	00:37:22	00:50:59	00:57:44.15	00:59:05.95	+00:06:15 (-194,293.4%)	5:46	10.4 (53.3%)
437	GAJEWICZ Arkadiusz	184		M 30-39	170	00:01:26	00:35:57	00:49:34	00:56:26.35	00:57:53.15	+00:06:16 (-194,138.9%)	5:38	10.6 (54.4%)
438	FEDEROWICZ Łukasz	166		M 30-39	167	00:01:11	00:35:56	00:49:34	00:55:58.25	00:57:10.05	+00:06:16 (-194,103.3%)	5:35	10.7 (54.9%)
439	MROZIŃSKI Marcin	546		M 30-39	177	00:01:28	00:37:16	00:50:54	00:57:34.95	00:59:03.85	+00:06:17 (-193,961.0%)	5:45	10.4 (53.3%)
440	JANISZEWSKI Jan	268		M 60+	15	00:00:25	00:36:27	00:50:06	00:57:01.70	00:57:26.85	+00:06:17 (-193,842.5%)	5:42	10.5 (53.8%)
441	MAZUŚ Jarek	515		M 40-49	175	00:01:34	00:35:52	00:49:31	00:56:13.20	00:57:48.05	+00:06:18 (-193,795.2%)	5:37	10.7 (54.9%)
442	KAMIŃSKI Maciej	325		M 30-39	172	00:02:05	00:36:24	00:50:05	00:56:58.40	00:59:03.70	+00:06:19 (-193,417.3%)	5:41	10.5 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						startu	6.6km	9km					
443	CZAJKOWSKI Mariusz	121		M 40-49	168	00:02:09	00:35:03	00:48:44	00:55:22.55	00:57:31.75	+00:06:19 (-193,346.6%)	5:32	10.8 (55.4%)
444	SYLWESTRZUK Mariusz	769		M 50-59	26	00:01:25	00:35:14	00:48:57	00:55:39.25	00:57:04.35	+00:06:21 (-192,993.9%)	5:33	10.8 (55.4%)
445	MATUSEWICZ Krzysztof	509		M 40-49	176	00:01:04	00:35:45	00:49:29	00:56:13.35	00:57:18.10	+00:06:22 (-192,665.9%)	5:37	10.7 (54.9%)
446	KACZOREK Robert	318		M 60+	14	00:00:22	00:35:58	00:49:42	00:56:34.45	00:56:57.15	+00:06:23 (-192,619.1%)	5:39	10.6 (54.4%)
447	BARNIK Rafał	977		M 40-49	174	00:00:26	00:35:10	00:48:55	00:55:47.40	00:56:13.70	+00:06:23 (-192,443.9%)	5:34	10.8 (55.4%)
448	RODZOŚ Bartosz	661		M 30-39	180	00:01:04	00:37:36	00:51:22	00:57:56.90	00:59:01.35	+00:06:24 (-192,385.6%)	5:47	10.4 (53.3%)
449	MALER Władysław	487	REEBOK RUN CREW	M 60+	18	00:01:17	00:36:55	00:50:41	00:57:36.35	00:58:54.10	+00:06:24 (-192,210.9%)	5:45	10.4 (53.3%)
450	THOMAS Szczepan	806	WARSZAWSKA AKADEMIA KARATE TRADYCYJNEGO	M 50-59	27	00:00:54	00:35:49	00:49:35	00:56:40.10	00:57:34.25	+00:06:24 (-192,175.9%)	5:40	10.6 (54.4%)
451	KONOPACKI Maciej	365	JESTEŚ ZWYCIĘZCĄ-CHRZĄSZCZYŻESZOWICE	M 30-39	164	00:01:06	00:35:42	00:49:28	00:55:52.05	00:56:58.95	+00:06:24 (-192,175.9%)	5:35	10.7 (54.9%)
452	BAKUŁA Wiesław	14	WAMPIR	M 50-59	23	00:00:26	00:34:16	00:48:02	00:54:53.90	00:55:20.30	+00:06:25 (-192,094.5%)	5:29	10.9 (55.9%)
453	TADRAŁA Tomek	803		M 30-39	173	00:01:55	00:36:23	00:50:10	00:57:12.25	00:59:07.55	+00:06:25 (-192,059.7%)	5:43	10.5 (53.8%)
454	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	+00:06:26 (-191,885.5%)	5:42	10.5 (53.8%)
455	IDZIAK Jarosław	921		M 30-39	157	00:00:35	00:31:20	00:45:08	00:55:05.45	00:55:41.15	+00:06:26 (-191,769.6%)	5:30	10.9 (55.9%)
456	BARTOSZEWSKI Daniel	23		M 1-29	64	00:00:44	00:35:33	00:49:21	00:55:48.60	00:56:33.40	+00:06:27 (-191,676.9%)	5:34	10.7 (54.9%)
457	BUKOWSKI Janusz	999	STOWARZYSZENIE DAĆ SIEBIE INNYM	M 60+	13	00:00:03	00:35:54	00:49:43	00:56:33.60	00:56:37.25	+00:06:27 (-191,595.9%)	5:39	10.6 (54.4%)
458	SZLACHTA Wiesław	776		M 40-49	173	00:00:33	00:34:57	00:48:47	00:55:45.15	00:56:18.75	+00:06:28 (-191,457.2%)	5:34	10.8 (55.4%)
459	JUSZCZAK Kamil	307		M 1-29	75	00:01:18	00:40:58	00:54:48	01:00:56.00	01:02:14.40	+00:06:28 (-191,249.6%)	6:05	9.8 (50.3%)
460	KASKA Krzysztof	333		M 30-39	198	00:01:20	00:40:55	00:54:46	01:00:54.70	01:02:14.75	+00:06:29 (-191,111.4%)	6:05	9.9 (50.8%)
461	JANKOWSKI Michał	942		M 40-49	165	00:00:54	00:34:21	00:48:13	00:55:02.05	00:55:56.90	+00:06:30 (-190,812.7%)	5:30	10.9 (55.9%)
462	GMYREK Robert	207		M 30-39	161	00:01:14	00:35:04	00:48:59	00:55:45.60	00:56:59.90	+00:06:33 (-190,263.7%)	5:34	10.8 (55.4%)
463	NIEDBAŁKA Marcin	557		M 30-39	160	00:01:35	00:35:05	00:48:59	00:55:34.35	00:57:09.55	+00:06:33 (-190,183.9%)	5:33	10.8 (55.4%)
464	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	+00:06:34 (-190,058.6%)	5:32	10.8 (55.4%)
465	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	+00:06:34 (-189,944.9%)	5:53	10.2 (52.3%)
466	BUTKIEWICZ Dariusz	86		M 40-49	172	00:01:24	00:34:57	00:48:55	00:55:41.45	00:57:06.10	+00:06:36 (-189,457.3%)	5:34	10.8 (55.4%)
467	LEBIODA Tomasz	437		M 1-29	60	00:00:30	00:33:42	00:47:40	00:54:21.55	00:54:52.20	+00:06:37 (-189,389.5%)	5:26	11 (56.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
468	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	+00:06:37 (-189,389.5%)	5:45	10.4 (53.3%)
469	GRYCNER Piotr	231		M 60+	21	00:01:55	00:38:18	00:52:18	00:59:07.50	01:01:02.60	+00:06:38 (-189,084.9%)	5:54	10.1 (51.8%)
470	WILEŃSKI Bartosz	990		M 1-29	70	00:01:32	00:37:37	00:51:38	00:58:38.40	01:00:11.35	+00:06:39 (-188,949.8%)	5:51	10.2 (52.3%)
471	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	+00:06:39 (-188,904.8%)	5:23	11.1 (56.9%)
472	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	+00:06:39 (-188,893.6%)	5:46	10.4 (53.3%)
473	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	+00:06:40 (-188,624.2%)	6:00	10 (51.3%)
474	MUCHA Grzegorz	549		M 60+	16	00:00:36	00:36:20	00:50:22	00:57:22.65	00:57:59.05	+00:06:40 (-188,556.9%)	5:44	10.5 (53.8%)
475	GRABOWSKI Łukasz	219		M 30-39	168	00:00:55	00:34:49	00:48:51	00:56:02.30	00:56:57.80	+00:06:41 (-188,512.1%)	5:36	10.7 (54.9%)
476	KAMIŃSKI Mariusz	979		M 30-39	194	00:01:54	00:38:17	00:52:20	00:59:35.35	01:01:29.80	+00:06:41 (-188,355.5%)	5:57	10.1 (51.8%)
477	GRACZ Jakub	221		M 30-39	188	00:01:58	00:38:13	00:52:17	00:59:11.45	01:01:10.40	+00:06:42 (-188,176.8%)	5:55	10.1 (51.8%)
478	ROSA Mateusz	669		M 1-29	72	00:01:54	00:38:17	00:52:21	00:59:17.75	01:01:12.20	+00:06:42 (-188,132.2%)	5:55	10.1 (51.8%)
479	ŁOBODA Piotr	465		M 40-49	178	00:01:03	00:35:46	00:49:52	00:56:38.65	00:57:42.05	+00:06:44 (-187,809.4%)	5:39	10.6 (54.4%)
480	BIERNACKI Adam	44		M 60+	22	00:01:30	00:38:36	00:52:42	00:59:40.50	01:01:11.15	+00:06:45 (-187,587.4%)	5:58	10.1 (51.8%)
481	ZASŁONKA Paweł	893		M 30-39	181	00:00:26	00:37:02	00:51:09	00:57:59.95	00:58:26.05	+00:06:45 (-187,565.2%)	5:48	10.3 (52.8%)
482	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	+00:06:46 (-187,310.6%)	5:48	10.3 (52.8%)
483	BEDNARZAK Tadeusz	33	YULO RUN TEAM SIEDLCE	M 60+	17	00:01:04	00:36:23	00:50:31	00:57:28.25	00:58:33.10	+00:06:46 (-187,277.5%)	5:44	10.4 (53.3%)
484	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	+00:06:47 (-187,089.8%)	5:54	10.1 (51.8%)
485	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	+00:06:49 (-186,572.9%)	5:48	10.3 (52.8%)
486	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	+00:06:50 (-186,452.4%)	5:56	10.1 (51.8%)
487	NOSARZEWSKI Mariusz	562		M 40-49	180	00:01:08	00:35:54	00:50:05	00:57:11.65	00:58:20.40	+00:06:50 (-186,419.5%)	5:43	10.5 (53.8%)
488	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	+00:06:52 (-186,037.1%)	6:06	9.8 (50.3%)
489	ŁOZOWSKI Robert	467		M 40-49	190	00:01:09	00:37:37	00:51:53	00:58:48.30	00:59:57.80	+00:06:54 (-185,450.1%)	5:52	10.2 (52.3%)
490	KUMALA Sebastian	425		M 30-39	174	00:00:12	00:35:36	00:49:55	00:57:13.65	00:57:26.25	+00:06:57 (-184,985.3%)	5:43	10.5 (53.8%)
491	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	+00:06:58 (-184,716.2%)	6:00	10 (51.3%)
492	PEPŁOŃSKI Damian	609		M 30-39	201	00:01:27	00:39:15	00:53:37	01:01:03.10	01:02:30.30	+00:07:01 (-184,030.7%)	6:06	9.8 (50.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
493	BRZÓZKA Kamil	77	CST RUN TEAM	M 40-49	203	00:02:20	00:39:47	00:54:10	01:01:21.25	01:03:41.35	+00:07:01 (-183,945.4%)	6:08	9.8 (50.3%)
494	SAFARZYŃSKI Aleksander	689		M 1-29	74	00:01:54	00:39:28	00:53:56	01:00:41.75	01:02:35.95	+00:07:06 (-183,033.1%)	6:04	9.9 (50.8%)
495	ŁUCAK Piotr	470		M 30-39	207	00:01:32	00:41:13	00:55:41	01:02:40.00	01:04:12.60	+00:07:06 (-182,885.5%)	6:16	9.6 (49.2%)
496	ZDUŃSKI Jarosław	900		M 50-59	28	00:01:16	00:35:41	00:50:10	00:57:08.85	00:58:25.45	+00:07:07 (-182,801.2%)	5:42	10.5 (53.8%)
497	PTAK Krzysztof	645		M 40-49	185	00:00:35	00:36:26	00:50:59	00:58:02.70	00:58:38.60	+00:07:11 (-181,941.9%)	5:48	10.3 (52.8%)
498	NAWROCKI Ryszard	556		M 40-49	189	00:01:11	00:36:34	00:51:07	00:58:22.50	00:59:34.30	+00:07:11 (-181,848.1%)	5:50	10.3 (52.8%)
499	NOWAK Janusz	563		M 30-39	190	00:01:13	00:37:46	00:52:19	00:59:13.20	01:00:27.15	+00:07:11 (-181,837.7%)	5:55	10.1 (51.8%)
500	SURMACZ Jacek	766		M 30-39	199	00:02:02	00:39:08	00:53:42	01:00:58.85	01:03:01.80	+00:07:12 (-181,733.6%)	6:05	9.8 (50.3%)
501	WOŹNIAK Mateusz	876		M 30-39	195	00:01:08	00:37:38	00:52:13	00:59:39.15	01:00:47.75	+00:07:13 (-181,567.2%)	5:57	10.1 (51.8%)
502	MARCINKIEWICZ Tymek	497	NIEZRZESZONY	M 1-29	66	00:01:12	00:36:07	00:50:44	00:57:18.30	00:58:31.00	+00:07:15 (-181,039.0%)	5:43	10.5 (53.8%)
503	GRABOWSKI Jerzy	220		M 60+	20	00:01:13	00:36:49	00:51:28	00:58:51.60	01:00:05.00	+00:07:17 (-180,709.2%)	5:53	10.2 (52.3%)
504	AKSAMITOWSKI Robert	6		M 40-49	197	00:01:54	00:38:58	00:53:39	01:00:07.00	01:02:01.90	+00:07:19 (-180,247.4%)	6:00	10 (51.3%)
505	PĘDZICH Przemysław	614		M 30-39	163	00:00:58	00:33:38	00:48:19	00:55:51.30	00:56:49.80	+00:07:19 (-180,196.2%)	5:35	10.7 (54.9%)
506	GŁODNY Hubert	204		M 40-49	194	00:01:24	00:38:07	00:52:49	00:59:45.10	01:01:09.50	+00:07:20 (-180,002.0%)	5:58	10 (51.3%)
507	JOŃCZYK Stanisław	297		M 50-59	29	00:01:17	00:38:04	00:52:47	01:00:18.90	01:01:35.90	+00:07:21 (-179,798.1%)	6:01	10 (51.3%)
508	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	+00:07:21 (-179,798.1%)	6:05	9.9 (50.8%)
509	ORŁOWSKI Kacper	584		M 1-29	69	00:01:21	00:36:33	00:51:17	00:58:25.00	00:59:46.30	+00:07:22 (-179,614.9%)	5:50	10.3 (52.8%)
510	CYRNY Rafał	117		M 40-49	188	00:01:24	00:36:34	00:51:18	00:58:20.40	00:59:44.45	+00:07:22 (-179,604.8%)	5:50	10.3 (52.8%)
511	DZIEKONSKI Jacek	159		M 60+	19	00:01:26	00:36:27	00:51:11	00:58:41.40	01:00:07.90	+00:07:23 (-179,422.0%)	5:52	10.2 (52.3%)
512	MATAK Mariusz	506	BIEGIEM Z GREGIEM	M 30-39	176	00:01:29	00:35:49	00:50:35	00:57:22.50	00:58:52.05	+00:07:24 (-179,270.0%)	5:44	10.5 (53.8%)
513	KOSTKA Grzegorz	380		M 30-39	196	00:01:43	00:37:46	00:52:32	00:59:42.35	01:01:26.00	+00:07:24 (-179,270.0%)	5:58	10 (51.3%)
514	MAZUR Paweł	513		M 40-49	202	00:01:47	00:38:48	00:53:35	01:01:04.05	01:02:51.50	+00:07:25 (-178,956.6%)	6:06	9.8 (50.3%)
515	TOCHOWICZ Paweł	808	WOODRUNNERS	M 40-49	195	00:01:12	00:37:39	00:52:27	00:59:51.55	01:01:03.65	+00:07:26 (-178,926.4%)	5:59	10 (51.3%)
516	PĘCAK Kamil	613		M 1-29	71	00:01:09	00:37:13	00:52:02	00:59:01.35	01:00:11.05	+00:07:28 (-178,543.9%)	5:54	10.2 (52.3%)
517	BORCZYŃSKI Piotr	59		M 1-29	63	00:00:05	00:34:03	00:48:52	00:55:27.35	00:55:32.90	+00:07:28 (-178,533.8%)	5:32	10.8 (55.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
518	GAWŁOWSKI Adam	192		M 30-39	192	00:00:50	00:37:21	00:52:15	00:59:22.90	01:00:12.90	+00:07:32 (-177,714.1%)	5:56	10.1 (51.8%)
519	JACHOWSKI Paweł	260		M 40-49	191	00:01:10	00:37:13	00:52:09	00:59:09.30	01:00:20.20	+00:07:35 (-177,138.8%)	5:55	10.1 (51.8%)
520	MIANOWSKI Marcin	519		M 40-49	162	00:00:09	00:32:40	00:47:38	00:54:47.60	00:54:56.70	+00:07:36 (-176,842.7%)	5:28	11 (56.4%)
521	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	+00:07:37 (-176,734.4%)	6:08	9.8 (50.3%)
522	ZARADKIEWICZ Łukasz	889		M 30-39	212	00:02:03	00:40:52	00:55:54	01:03:36.00	01:05:39.25	+00:07:40 (-176,106.7%)	6:21	9.4 (48.2%)
523	MORAWSKI Patryk	543		M 1-29	76	00:01:20	00:39:19	00:54:24	01:02:00.65	01:03:20.90	+00:07:43 (-175,415.7%)	6:12	9.7 (49.7%)
524	MIRECKI Zbigniew	535	EKOBIEGI	M 60+	24	00:01:44	00:41:06	00:56:13	01:03:27.20	01:05:11.30	+00:07:45 (-175,115.6%)	6:20	9.5 (48.7%)
525	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	+00:07:47 (-174,778.1%)	6:05	9.9 (50.8%)
526	DYMEK Dariusz	158		M 40-49	198	00:01:08	00:37:44	00:52:53	01:00:15.90	01:01:24.40	+00:07:48 (-174,528.2%)	6:01	10 (51.3%)
527	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	+00:07:48 (-174,489.8%)	5:56	10.1 (51.8%)
528	PUCHACZ Przemysław	647		M 30-39	175	00:00:31	00:34:42	00:49:52	00:57:14.80	00:57:46.65	+00:07:48 (-174,461.0%)	5:43	10.5 (53.8%)
529	BORUTS Marcin	68		M 30-39	205	00:01:28	00:39:50	00:55:01	01:02:30.70	01:03:59.45	+00:07:49 (-174,336.5%)	6:15	9.6 (49.2%)
530	WASIK Piotr	836		M 50-59	32	00:01:19	00:40:56	00:56:08	01:05:06.45	01:06:25.90	+00:07:50 (-174,202.5%)	6:30	9.2 (47.2%)
531	GLASSER Marek	202		M 60+	23	00:01:35	00:38:46	00:53:57	01:01:41.55	01:03:16.60	+00:07:50 (-174,154.7%)	6:10	9.7 (49.7%)
532	WILEŃSKI Zbigniew	944	GRUPA BIEGOWA UM W-WA	M 50-59	33	00:01:33	00:42:07	00:57:19	01:05:24.90	01:06:58.10	+00:07:50 (-174,154.7%)	6:32	9.2 (47.2%)
533	KULISZEWSKI Maciej	424		M 30-39	204	00:00:45	00:39:28	00:54:41	01:02:28.75	01:03:14.40	+00:07:51 (-173,897.0%)	6:14	9.6 (49.2%)
534	PATOLETA Mirek	604		M 40-49	201	00:01:10	00:38:10	00:53:32	01:00:57.40	01:02:08.30	+00:08:00 (-172,310.9%)	6:05	9.8 (50.3%)
535	KRZECZEWSKI Jacek	416		M 50-59	31	00:01:48	00:39:20	00:54:45	01:02:37.05	01:04:25.85	+00:08:04 (-171,584.2%)	6:15	9.6 (49.2%)
536	SZYDŁO Paweł	384		M 30-39	203	00:00:22	00:38:32	00:54:02	01:02:11.20	01:02:33.20	+00:08:08 (-170,808.5%)	6:13	9.6 (49.2%)
537	POGORZELSKI Kuba	628		M 1-29	73	00:00:13	00:37:36	00:53:06	01:00:10.85	01:00:24.25	+00:08:08 (-170,689.1%)	6:01	10 (51.3%)
538	KOZAKOW Borys	957		M 60+	25	00:01:22	00:40:47	00:56:18	01:03:42.15	01:05:04.40	+00:08:09 (-170,496.5%)	6:22	9.4 (48.2%)
539	PARTYKA Paweł	600		M 40-49	207	00:01:38	00:40:46	00:56:19	01:04:21.55	01:05:59.85	+00:08:11 (-170,194.8%)	6:26	9.3 (47.7%)
540	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	+00:08:13 (-169,921.4%)	6:31	9.2 (47.2%)
541	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	+00:08:14 (-169,667.0%)	6:27	9.3 (47.7%)
542	GREGORCZYK Bartosz	224		M 30-39	208	00:01:44	00:39:50	00:55:26	01:02:48.00	01:04:32.35	+00:08:14 (-169,621.7%)	6:16	9.6 (49.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						startu	6.6km	9km					
543	JACZYŃSKI Rafał	263		M 30-39	215	00:01:49	00:40:45	00:56:23	01:04:06.50	01:05:55.75	+00:08:16 (-169,259.8%)	6:24	9.4 (48.2%)
544	WAŚOWSKI Michał	840		M 30-39	206	00:00:41	00:39:44	00:55:23	01:02:37.40	01:03:19.25	+00:08:17 (-169,133.6%)	6:15	9.6 (49.2%)
545	PRASAL Konrad	633	RYSIOTEAM/INESSPORT.PL	M 1-29	77	00:01:07	00:39:51	00:55:30	01:03:16.90	01:04:24.85	+00:08:18 (-168,935.5%)	6:19	9.5 (48.7%)
546	SZOSTAKOWSKI Jarosław	1005	BIEGAMY Z OCHOTĄ	M 50-59	36	00:02:05	00:43:33	00:59:13	01:06:59.25	01:09:04.55	+00:08:19 (-168,854.6%)	6:41	9 (46.2%)
547	OBREBOWSKI Dariusz	952		M 30-39	213	00:01:23	00:40:04	00:55:45	01:03:40.15	01:05:03.55	+00:08:19 (-168,711.0%)	6:22	9.4 (48.2%)
548	ZARZYCKI Piotr	892		M 30-39	219	00:01:47	00:42:34	00:58:18	01:05:07.60	01:06:55.50	+00:08:22 (-168,237.0%)	6:30	9.2 (47.2%)
549	MRÓZ Sebastian	547		M 40-49	209	00:01:47	00:42:33	00:58:17	01:05:07.70	01:06:55.10	+00:08:22 (-168,201.3%)	6:30	9.2 (47.2%)
550	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	+00:08:25 (-167,783.3%)	6:22	9.4 (48.2%)
551	KACPRZYK Michał	312		M 1-29	82	00:01:35	00:41:11	00:56:57	01:04:58.30	01:06:33.80	+00:08:25 (-167,685.8%)	6:29	9.2 (47.2%)
552	KOWALSKI Wiesław	392		M 50-59	30	00:00:03	00:38:24	00:54:13	01:02:06.20	01:02:09.20	+00:08:27 (-167,402.8%)	6:12	9.7 (49.7%)
553	BOCHENEK Sebastian	50		M 30-39	223	00:02:13	00:42:09	00:58:05	01:06:43.80	01:08:57.65	+00:08:34 (-166,062.5%)	6:40	9 (46.2%)
554	PRZYBOROWSKI Rafał	640		M 30-39	222	00:00:39	00:42:37	00:58:34	01:06:39.95	01:07:19.70	+00:08:36 (-165,836.9%)	6:40	9 (46.2%)
555	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	+00:08:37 (-165,603.3%)	6:17	9.5 (48.7%)
556	WARDAK Przemysław	833		M 30-39	221	00:01:18	00:42:31	00:58:30	01:06:22.15	01:07:40.50	+00:08:37 (-165,542.8%)	6:38	9 (46.2%)
557	GAŁAŻYN Grzegorz	188		M 40-49	205	00:01:44	00:40:01	00:56:05	01:04:10.05	01:05:54.85	+00:08:42 (-164,752.1%)	6:25	9.4 (48.2%)
558	ŁYGAS Leszek	476		M 30-39	211	00:01:48	00:39:18	00:55:23	01:03:16.90	01:05:05.75	+00:08:43 (-164,538.6%)	6:19	9.5 (48.7%)
559	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	+00:08:44 (-164,368.1%)	6:41	9 (46.2%)
560	KILIŃSKI Piotr	346		M 40-49	213	00:02:03	00:43:08	00:59:14	01:06:51.60	01:08:54.60	+00:08:45 (-164,308.6%)	6:41	9 (46.2%)
561	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	+00:08:54 (-162,766.4%)	6:22	9.4 (48.2%)
562	RYDZ Adrian	681		M 30-39	220	00:01:43	00:41:39	00:57:55	01:06:03.25	01:07:46.55	+00:08:54 (-162,716.3%)	6:36	9.1 (46.7%)
563	DRABIK Michał	150		M 40-49	206	00:01:01	00:39:45	00:56:01	01:04:13.45	01:05:14.85	+00:08:54 (-162,632.9%)	6:25	9.3 (47.7%)
564	HELDT Grzegorz	248		M 30-39	216	00:01:51	00:39:32	00:55:53	01:04:06.70	01:05:58.25	+00:08:59 (-161,886.2%)	6:24	9.4 (48.2%)
565	OLESHKO Maksym	577		M 1-29	81	00:00:18	00:40:50	00:57:11	01:04:46.40	01:05:05.00	+00:08:59 (-161,853.2%)	6:28	9.3 (47.7%)
566	TWARDO Kamil	820		M 30-39	224	00:01:56	00:42:30	00:58:53	01:06:51.30	01:08:47.60	+00:09:01 (-161,548.4%)	6:41	9 (46.2%)
567	SZYMCZYŃSKI Błażej	956		M 30-39	210	00:01:49	00:39:19	00:55:43	01:03:14.25	01:05:04.15	+00:09:02 (-161,384.0%)	6:19	9.5 (48.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						startu	6.6km	9km					
568	WŁODARCZYK Maciej	860		M 40-49	211	00:00:38	00:40:53	00:57:17	01:05:19.45	01:05:57.60	+00:09:03 (-161,285.6%)	6:31	9.2 (47.2%)
569	NASKRĘT Mariusz	555		M 40-49	218	00:02:00	00:45:23	01:01:52	01:10:05.45	01:12:05.45	+00:09:06 (-160,656.9%)	7:00	8.6 (44.1%)
570	BANY Michał	17		M 30-39	217	00:01:20	00:40:35	00:57:04	01:04:25.65	01:05:46.60	+00:09:07 (-160,640.6%)	6:26	9.3 (47.7%)
571	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	+00:09:07 (-160,640.6%)	6:50	8.8 (45.1%)
572	LECH Bartłomiej	438		M 1-29	80	00:01:54	00:39:48	00:56:20	01:04:17.45	01:06:11.85	+00:09:10 (-160,130.0%)	6:25	9.3 (47.7%)
573	JANKOWSKI Tomek	273		M 40-49	208	00:01:07	00:39:45	00:56:17	01:04:24.75	01:05:32.05	+00:09:10 (-160,089.6%)	6:26	9.3 (47.7%)
574	MALDIS Marek	486		M 60+	27	00:01:57	00:44:30	01:01:04	01:09:21.40	01:11:19.35	+00:09:12 (-159,767.2%)	6:56	8.6 (44.1%)
575	HULANICKI Andrzej	253	GOGGLE TEAM	M 60+	28	00:01:58	00:44:42	01:01:16	01:09:34.95	01:11:33.05	+00:09:12 (-159,718.9%)	6:57	8.6 (44.1%)
576	ŻÓŁCIŃSKI Waldemar	913	GRUPA BIEGOWA UM W-WA	M 60+	26	00:01:49	00:40:29	00:57:05	01:05:48.35	01:07:38.05	+00:09:14 (-159,430.0%)	6:34	9.1 (46.7%)
577	PACHOLAK Przemysław	589		M 50-59	34	00:01:42	00:41:01	00:57:38	01:05:50.20	01:07:33.00	+00:09:15 (-159,318.0%)	6:35	9.1 (46.7%)
578	STAŃCZYK Grzegorz	741		M 50-59	35	00:01:41	00:41:34	00:58:18	01:06:30.85	01:08:12.80	+00:09:22 (-158,213.9%)	6:39	9 (46.2%)
579	JURECKI Marek	303		M 50-59	37	00:01:55	00:43:36	01:00:21	01:08:00.55	01:09:55.90	+00:09:23 (-157,985.5%)	6:48	8.8 (45.1%)
580	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	+00:09:26 (-157,530.6%)	6:53	8.7 (44.6%)
581	SYROCKI Wojciech	984		M 40-49	221	00:02:18	00:47:15	01:04:03	01:12:06.40	01:14:25.00	+00:09:26 (-157,483.7%)	7:12	8.3 (42.6%)
582	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	+00:09:28 (-157,273.0%)	7:20	8.2 (42.1%)
583	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	+00:09:28 (-157,171.7%)	7:20	8.2 (42.1%)
584	KAMIŃSKI Michał	322		M 40-49	219	00:02:01	00:44:43	01:01:34	01:10:58.90	01:13:00.85	+00:09:29 (-157,016.2%)	7:05	8.5 (43.6%)
585	KRÓLIKOWSKI Artur	406		M 40-49	212	00:02:02	00:39:50	00:56:46	01:05:37.25	01:07:39.70	+00:09:35 (-156,181.5%)	6:33	9.1 (46.7%)
586	RUCZKA Rafał	675		M 1-29	79	00:00:26	00:38:48	00:55:46	01:03:51.00	01:04:17.00	+00:09:36 (-156,012.6%)	6:23	9.4 (48.2%)
587	BOJKO Aleksander	56		M 1-29	84	00:01:58	00:42:40	00:59:40	01:07:52.55	01:09:50.95	+00:09:38 (-155,660.6%)	6:47	8.8 (45.1%)
588	MATYJASIAK Mateusz	511		M 1-29	83	00:01:58	00:42:37	00:59:39	01:06:45.00	01:08:43.60	+00:09:40 (-155,401.4%)	6:40	9 (46.2%)
589	WUJEC Bartłomiej	879		M 40-49	222	00:02:01	00:46:42	01:03:45	01:12:09.95	01:14:11.05	+00:09:41 (-155,203.8%)	7:13	8.3 (42.6%)
590	WIZERT Józef	859		M 60+	29	00:02:12	00:44:29	01:01:34	01:10:49.20	01:13:01.30	+00:09:44 (-154,847.8%)	7:04	8.5 (43.6%)
591	JEDYNAK Paweł	291		M 30-39	225	00:02:03	00:42:08	00:59:15	01:07:23.15	01:09:26.15	+00:09:46 (-154,531.1%)	6:44	8.9 (45.6%)
592	KIELAK Jacek	341		M 50-59	38	00:00:17	00:43:43	01:01:07	01:09:17.65	01:09:34.75	+00:10:03 (-151,977.7%)	6:55	8.7 (44.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
593	TREMELET Sebastien	814		M 40-49	220	00:02:05	00:45:41	01:03:09	01:11:24.10	01:13:29.70	+00:10:06 (-151,469.9%)	7:08	8.4 (43.1%)
594	KOSIERADZKI Paweł	379	MASTERS DOJO	M 50-59	39	00:01:46	00:45:54	01:03:22	01:12:05.95	01:13:52.35	+00:10:07 (-151,383.2%)	7:12	8.3 (42.6%)
595	SOJKA Łukasz	729		M 30-39	231	00:02:17	00:47:20	01:04:51	01:13:52.75	01:16:10.60	+00:10:09 (-151,145.2%)	7:23	8.1 (41.5%)
596	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	+00:10:11 (-150,865.0%)	6:57	8.6 (44.1%)
597	KIELISZEK Paweł	343		M 30-39	228	00:01:36	00:45:06	01:02:43	01:11:19.30	01:12:55.75	+00:10:15 (-150,208.0%)	7:07	8.4 (43.1%)
598	HEINE Krzysztof	246		M 40-49	223	00:02:18	00:47:15	01:04:54	01:14:11.45	01:16:29.75	+00:10:17 (-149,895.8%)	7:25	8.1 (41.5%)
599	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	+00:10:21 (-149,436.9%)	6:47	8.8 (45.1%)
600	IZDEBSKI Bartłomiej	256		M 30-39	227	00:01:57	00:42:20	01:00:11	01:08:58.60	01:10:56.00	+00:10:30 (-148,173.8%)	6:53	8.7 (44.6%)
601	DĄBROWA Wojciech	133		M 60+	30	00:02:07	00:46:12	01:04:53	01:13:43.60	01:15:51.40	+00:11:19 (-141,708.4%)	7:22	8.1 (41.5%)
602	KUREK Gustaw	427		M 50-59	40	00:02:11	00:47:51	01:06:43	01:15:59.00	01:18:10.20	+00:11:31 (-140,199.4%)	7:35	7.9 (40.5%)
603	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	+00:11:32 (-140,032.3%)	7:44	7.8 (40.0%)
604	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	+00:12:05 (-136,115.4%)	7:46	7.7 (39.5%)
605	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	+00:12:50 (-130,963.0%)	7:59	7.5 (38.5%)
606	KORNACKI Sławomir	373		M 50-59	41	00:01:24	00:50:43	01:13:00	01:24:00.80	01:25:25.20	+00:14:55 (-118,702.0%)	8:24	7.1 (36.4%)
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 (34.4%)
LIM	CIEŚLAK Paweł	112	SLOWJOGGINGBIAŁOŁĘKA	M 50-59		00:02:29	00:56:55	01:18:03	01:31:34.15	01:34:03.30		0:00	6.6 (33.8%)
LIM	BOROWIAK Jacek	62	SLOWJOGGING POLSKA	M 60+		00:02:31	00:56:48	01:19:05	01:31:30.45	01:34:01.55		0:00	6.6 (33.8%)
LIM	SZTAJNIC Jerzy	782		M 60+		00:02:25	00:56:54	01:19:17	01:31:34.15	01:33:59.20		0:00	6.6 (33.8%)
LIM	KAMIŃSKI Waldemar	323	SLOW JOGGING BIAŁOŁĘKA	M 50-59		00:02:27	00:57:38	01:20:04	01:31:37.60	01:34:05.00		0:00	6.5 (33.3%)
LIM	BAUER Jacek	26	SLOW JOGGING ŁÓDŹ	M 60+		00:02:32	00:57:33	01:19:59	01:31:33.05	01:34:05.25		0:00	6.6 (33.8%)
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 (33.8%)