



# BIEG PRZEZ MOST 2019

B4SPORT

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

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Mieszkaniec Białołęki

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	<b>PARSZCZYŃSKI Łukasz</b>	<b>599</b>	TEAM PARSZCZYŃSKICH	M 30-39	1	00:00:02	00:20:26	00:28:15	<b>00:32:08.60</b>	<b>00:32:11.00</b>		3:12	18.7 (100%)
2	<b>GOZDEK Radek</b>	<b>214</b>	BIEGANIEPO40.PL TRUCHT TARCHOMIN TEAM	M 40-49	1	00:00:01	00:23:09	00:31:51	<b>00:36:04.25</b>	<b>00:36:06.15</b>	+00:03:55 (10.9%)	3:36	16.6 (88.8%)
3	<b>KLAŚ Łukasz</b>	<b>348</b>	NUDNE PIĄTKI	M 40-49	2	00:00:01	00:23:09	00:31:51	<b>00:36:14.55</b>	<b>00:36:16.00</b>	+00:04:05 (11.3%)	3:37	16.6 (88.8%)
4	<b>KLIMKIEWICZ Michał</b>	<b>353</b>		M 1-29	11	00:00:06	00:23:58	00:32:52	<b>00:37:21.90</b>	<b>00:37:28.85</b>	+00:05:13 (14.0%)	3:44	16.1 (86.1%)
5	<b>HILDEBRAND Marcin</b>	<b>249</b>	OUTLETBIEGOWY /BIEGAM NA TARCHOMINIE	M 30-39	9	00:00:02	00:23:56	00:33:08	<b>00:37:37.20</b>	<b>00:37:39.25</b>	+00:05:28 (14.6%)	3:45	16 (85.6%)
6	<b>TRZASKOWSKI Dariusz</b>	<b>815</b>	TRUCHT TARCHOMIN TEAM	M 40-49	4	00:00:05	00:24:26	00:33:36	<b>00:38:06.25</b>	<b>00:38:11.35</b>	+00:05:57 (15.6%)	3:48	15.7 (84.0%)
7	<b>STYRNIK Krystian</b>	<b>757</b>	AZS UP LUBLIN	M 1-29	13	00:00:09	00:25:02	00:34:55	<b>00:39:34.55</b>	<b>00:39:43.95</b>	+00:07:25 (18.8%)	3:57	15.2 (81.3%)
8	<b>WERNER Kamil</b>	<b>842</b>	BIEGAM NA TARCHOMINIE	M 30-39	21	00:00:34	00:25:57	00:35:32	<b>00:40:07.40</b>	<b>00:40:41.90</b>	+00:07:58 (19.9%)	4:00	15 (80.2%)
9	<b>SZCZEPKOWSKI Bartłomiej</b>	<b>773</b>		M 30-39	22	00:00:05	00:25:53	00:35:19	<b>00:40:10.90</b>	<b>00:40:16.35</b>	+00:08:02 (20.0%)	4:01	14.9 (79.7%)
10	<b>MICHALSKI Damian</b>	<b>523</b>	ALIOR RUNNING TEAM	M 40-49	11	00:00:06	00:25:34	00:35:22	<b>00:40:31.00</b>	<b>00:40:37.05</b>	+00:08:22 (20.7%)	4:03	14.8 (79.1%)
11	<b>TOMASZEK Robert</b>	<b>810</b>		M 40-49	12	00:00:03	00:25:53	00:35:44	<b>00:40:33.70</b>	<b>00:40:37.65</b>	+00:08:25 (20.8%)	4:03	14.8 (79.1%)
12	<b>JUTKIEWICZ Marcin</b>	<b>993</b>		M 30-39	26	00:00:11	00:26:24	00:36:07	<b>00:40:59.00</b>	<b>00:41:10.85</b>	+00:08:50 (21.6%)	4:05	14.6 (78.1%)
13	<b>GRYSZPANOWICZ Piotr</b>	<b>234</b>	SĄSIADY LATAJĄ RAZEM	M 40-49	15	00:00:08	00:26:17	00:36:10	<b>00:41:08.25</b>	<b>00:41:16.40</b>	+00:08:59 (21.9%)	4:06	14.6 (78.1%)
14	<b>SIEGIEDA Michał</b>	<b>699</b>	ADIDAS RUNNERS	M 30-39	27	00:00:05	00:26:21	00:36:33	<b>00:41:20.65</b>	<b>00:41:26.10</b>	+00:09:12 (22.3%)	4:08	14.5 (77.5%)
15	<b>SPYCHAŁA Piotr</b>	<b>735</b>		M 40-49	17	00:00:09	00:26:34	00:36:36	<b>00:41:32.25</b>	<b>00:41:41.45</b>	+00:09:23 (22.6%)	4:09	14.4 (77.0%)
16	<b>GIERAK Kris</b>	<b>199</b>	SANTANDER RUNNERS	M 30-39	29	00:00:08	00:26:45	00:36:53	<b>00:41:42.95</b>	<b>00:41:51.45</b>	+00:09:34 (22.9%)	4:10	14.4 (77.0%)

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	<b>ROWIŃSKI Arkadiusz</b>	<b>960</b>		M 30-39	30	00:00:04	00:27:07	00:37:02	<b>00:41:45.60</b>	<b>00:41:49.80</b>	+00:09:37 (23.0%)	4:10	14.4 (77.0%)
18	<b>CIEŚLAK Piotr</b>	<b>111</b>		M 30-39	31	00:00:13	00:27:25	00:37:12	<b>00:41:51.10</b>	<b>00:42:05.00</b>	+00:09:42 (23.2%)	4:11	14.3 (76.5%)
19	<b>ZAJĄC Wacław</b>	<b>882</b>	TEAM PARSZCZYŃSKICH	M 40-49	21	00:00:11	00:27:07	00:37:03	<b>00:41:58.35</b>	<b>00:42:09.65</b>	+00:09:49 (23.4%)	4:11	14.3 (76.5%)
20	<b>ANDRZEJEWSKI Mariusz</b>	<b>7</b>	T-MOBILE RUNNING TEAM	M 30-39	33	00:00:11	00:27:37	00:37:19	<b>00:42:06.35</b>	<b>00:42:17.90</b>	+00:09:57 (23.7%)	4:12	14.3 (76.5%)
21	<b>JUREK Przemysław</b>	<b>304</b>	KS STASZEWSKY	M 40-49	22	00:00:13	00:27:05	00:37:08	<b>00:42:07.00</b>	<b>00:42:20.20</b>	+00:09:58 (23.7%)	4:12	14.2 (75.9%)
22	<b>PRUSIK Piotr</b>	<b>637</b>		M 1-29	18	00:00:18	00:27:27	00:37:19	<b>00:42:08.85</b>	<b>00:42:26.85</b>	+00:10:00 (23.7%)	4:12	14.2 (75.9%)
23	<b>KNAP Piotr</b>	<b>987</b>		M 30-39	35	00:00:13	00:27:11	00:37:20	<b>00:42:12.90</b>	<b>00:42:26.05</b>	+00:10:04 (23.9%)	4:13	14.2 (75.9%)
24	<b>RAK Adam</b>	<b>655</b>	MPWIK	M 30-39	36	00:00:05	00:26:38	00:37:19	<b>00:42:21.40</b>	<b>00:42:27.25</b>	+00:10:12 (24.1%)	4:14	14.2 (75.9%)
25	<b>KOWAL Krzysztof</b>	<b>388</b>	SASIADY LATAJA RAZEM	M 40-49	23	00:00:08	00:26:38	00:37:02	<b>00:42:23.20</b>	<b>00:42:31.45</b>	+00:10:14 (24.2%)	4:14	14.2 (75.9%)
26	<b>JAWORSKI Piotr</b>	<b>1000</b>	EKOBIEGI	M 40-49	25	00:00:04	00:26:59	00:37:22	<b>00:42:29.50</b>	<b>00:42:33.70</b>	+00:10:20 (24.4%)	4:14	14.1 (75.4%)
27	<b>DĄBROWSKI Mirosław</b>	<b>136</b>		M 50-59	3	00:00:22	00:27:12	00:37:22	<b>00:42:30.20</b>	<b>00:42:52.75</b>	+00:10:21 (24.4%)	4:15	14.1 (75.4%)
28	<b>MICHNOWSKI Sebastian</b>	<b>525</b>		M 40-49	26	00:00:08	00:27:06	00:37:19	<b>00:42:30.75</b>	<b>00:42:38.90</b>	+00:10:22 (24.4%)	4:15	14.1 (75.4%)
29	<b>SARZAŁA Dariusz</b>	<b>996</b>		M 60+	2	00:00:15	00:27:22	00:37:50	<b>00:42:53.95</b>	<b>00:43:09.55</b>	+00:10:45 (25.1%)	4:17	14 (74.9%)
30	<b>MŁYŃSKI Mariusz</b>	<b>539</b>		M 1-29	20	00:00:09	00:27:18	00:38:03	<b>00:43:11.70</b>	<b>00:43:21.50</b>	+00:11:03 (25.6%)	4:19	13.9 (74.3%)
31	<b>SOBOCIŃSKI Michał</b>	<b>726</b>	PLAY	M 40-49	29	00:00:19	00:28:04	00:38:12	<b>00:43:11.75</b>	<b>00:43:31.15</b>	+00:11:03 (25.6%)	4:19	13.9 (74.3%)
32	<b>SMORAWSKI Wodzisław</b>	<b>722</b>		M 30-39	42	00:00:07	00:27:41	00:38:09	<b>00:43:22.20</b>	<b>00:43:29.90</b>	+00:11:13 (25.9%)	4:20	13.8 (73.8%)
33	<b>DZIUBA Tomasz</b>	<b>160</b>	MASTERSDOJO	M 30-39	44	00:00:13	00:27:32	00:38:20	<b>00:43:32.35</b>	<b>00:43:46.05</b>	+00:11:23 (26.2%)	4:21	13.8 (73.8%)
34	<b>BICZAN Kamil</b>	<b>39</b>		M 30-39	45	00:00:33	00:27:41	00:38:17	<b>00:43:44.30</b>	<b>00:44:18.20</b>	+00:11:35 (26.5%)	4:22	13.7 (73.3%)
35	<b>GÓRSKI Marcin</b>	<b>217</b>	MINISTERSTWO ZDROWIA	M 30-39	50	00:00:17	00:28:18	00:38:39	<b>00:43:58.05</b>	<b>00:44:15.15</b>	+00:11:49 (26.9%)	4:23	13.6 (72.7%)
36	<b>ŚLIMKO Daniel</b>	<b>792</b>	OLEJ RUNNING TEAM	M 30-39	51	00:00:10	00:28:39	00:39:05	<b>00:43:59.65</b>	<b>00:44:10.30</b>	+00:11:51 (26.9%)	4:24	13.6 (72.7%)
37	<b>WILCZYNSKI Tomasz</b>	<b>850</b>		M 30-39	52	00:00:33	00:28:44	00:38:50	<b>00:44:04.95</b>	<b>00:44:38.00</b>	+00:11:56 (27.1%)	4:24	13.6 (72.7%)
38	<b>WŁODKOWSKI Robert</b>	<b>864</b>	TRUCHT TARCHOMIN TEAM	M 30-39	55	00:00:42	00:28:38	00:39:13	<b>00:44:17.25</b>	<b>00:44:59.40</b>	+00:12:08 (27.4%)	4:25	13.5 (72.2%)
39	<b>STĘPIEŃ Adam</b>	<b>745</b>	ANANASY	M 30-39	56	00:00:11	00:28:20	00:39:05	<b>00:44:27.55</b>	<b>00:44:39.40</b>	+00:12:18 (27.7%)	4:26	13.5 (72.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
40	<b>CHOJNACKI Mikołaj</b>	<b>95</b>	WARSAW RUN CLUB	M 40-49	34	00:01:22	00:29:16	00:39:20	<b>00:44:30.80</b>	<b>00:45:52.80</b>	+00:12:22 (27.8%)	4:27	13.5 (72.2%)
41	<b>SARZAŁA Bartłomiej</b>	<b>554</b>		M 1-29	25	00:00:18	00:28:54	00:39:29	<b>00:44:37.80</b>	<b>00:44:56.50</b>	+00:12:29 (28.0%)	4:27	13.4 (71.7%)
42	<b>ADAO Miguel</b>	<b>5</b>		M 40-49	36	00:00:25	00:28:42	00:39:24	<b>00:44:39.00</b>	<b>00:45:04.00</b>	+00:12:30 (28.0%)	4:27	13.4 (71.7%)
43	<b>GAJOWY Andrzej</b>	<b>186</b>		M 50-59	5	00:00:33	00:28:47	00:39:23	<b>00:44:41.40</b>	<b>00:45:14.75</b>	+00:12:32 (28.1%)	4:28	13.4 (71.7%)
44	<b>RAK Michał</b>	<b>654</b>		M 30-39	60	00:00:32	00:28:44	00:39:13	<b>00:44:43.60</b>	<b>00:45:15.80</b>	+00:12:35 (28.1%)	4:28	13.4 (71.7%)
45	<b>ŚWIECA Marcin</b>	<b>796</b>		M 30-39	61	00:00:37	00:28:39	00:39:28	<b>00:44:49.60</b>	<b>00:45:27.05</b>	+00:12:41 (28.3%)	4:29	13.4 (71.7%)
46	<b>ŻUK Paweł</b>	<b>917</b>	BIEGAM NA TARCHOMINIE	M 40-49	39	00:00:29	00:28:46	00:39:16	<b>00:44:51.75</b>	<b>00:45:21.25</b>	+00:12:43 (28.4%)	4:29	13.4 (71.7%)
47	<b>MACIEJAK Robert</b>	<b>479</b>		M 40-49	40	00:00:20	00:28:42	00:39:29	<b>00:44:52.75</b>	<b>00:45:13.55</b>	+00:12:44 (28.4%)	4:29	13.4 (71.7%)
48	<b>LENKIEWICZ Paweł</b>	<b>441</b>		M 40-49	41	00:00:26	00:28:45	00:39:39	<b>00:45:03.70</b>	<b>00:45:30.10</b>	+00:12:55 (28.7%)	4:30	13.3 (71.1%)
49	<b>GĘCA Piotr</b>	<b>196</b>	ZA MNA	M 40-49	42	00:00:26	00:28:53	00:39:49	<b>00:45:11.95</b>	<b>00:45:38.85</b>	+00:13:03 (28.9%)	4:31	13.3 (71.1%)
50	<b>KOBUS Igor</b>	<b>359</b>		M 1-29	28	00:00:11	00:29:06	00:40:17	<b>00:45:14.10</b>	<b>00:45:25.15</b>	+00:13:05 (28.9%)	4:31	13.3 (71.1%)
51	<b>ZNAMIEC Marcin</b>	<b>906</b>	IPA PAŁAC MOSTOWSKICH KSP	M 40-49	43	00:00:43	00:29:05	00:39:53	<b>00:45:17.75</b>	<b>00:46:01.15</b>	+00:13:09 (29.0%)	4:31	13.2 (70.6%)
52	<b>GAJEWIAK Adam</b>	<b>183</b>		M 40-49	44	00:00:21	00:29:01	00:39:48	<b>00:45:19.00</b>	<b>00:45:40.05</b>	+00:13:10 (29.1%)	4:31	13.2 (70.6%)
53	<b>CZAJKOWSKI Marek</b>	<b>122</b>	WARSAW RUN CLUB	M 40-49	49	00:00:31	00:29:03	00:40:15	<b>00:45:36.15</b>	<b>00:46:07.75</b>	+00:13:27 (29.5%)	4:33	13.2 (70.6%)
54	<b>ROGOZINSKI Adrian</b>	<b>664</b>		M 1-29	29	00:00:31	00:29:01	00:40:25	<b>00:45:54.70</b>	<b>00:46:25.90</b>	+00:13:46 (30.0%)	4:35	13.1 (70.1%)
55	<b>SZYMAŃSKI Andrzej</b>	<b>787</b>		M 30-39	70	00:00:11	00:29:15	00:40:30	<b>00:46:00.80</b>	<b>00:46:11.85</b>	+00:13:52 (30.1%)	4:36	13 (69.5%)
56	<b>RYGALSKI Maciej</b>	<b>682</b>	FAMA RUNNERS	M 40-49	53	00:00:39	00:29:49	00:40:42	<b>00:46:06.25</b>	<b>00:46:45.55</b>	+00:13:57 (30.3%)	4:36	13 (69.5%)
57	<b>BEBELSKI Rafał</b>	<b>28</b>	KUŹNIA TRIATHLONU	M 40-49	54	00:00:00			<b>00:46:07.00</b>	<b>00:46:07.00</b>	+00:13:58 (30.3%)	4:36	13 (69.5%)
58	<b>TOMASZEWSKI Marek</b>	<b>811</b>		M 40-49	55	00:00:08	00:29:25	00:40:34	<b>00:46:11.15</b>	<b>00:46:19.70</b>	+00:14:02 (30.4%)	4:37	13 (69.5%)
59	<b>KRUPIŃSKI Marek</b>	<b>410</b>	DĄBROWSKI TEAM /ZABIEGANE DNI	M 1-29	30	00:00:07	00:29:15	00:40:32	<b>00:46:14.25</b>	<b>00:46:21.65</b>	+00:14:05 (30.5%)	4:37	13 (69.5%)
60	<b>MAKOWSKI Marcin</b>	<b>483</b>		M 30-39	72	00:00:11	00:29:59	00:40:57	<b>00:46:15.45</b>	<b>00:46:26.85</b>	+00:14:06 (30.5%)	4:37	13 (69.5%)
61	<b>DRABOT Wojciech</b>	<b>151</b>	ASSECO ACTIVE TEAM	M 1-29	31	00:00:15	00:29:51	00:40:57	<b>00:46:16.45</b>	<b>00:46:31.75</b>	+00:14:07 (30.5%)	4:37	13 (69.5%)
62	<b>DRABOT Andrzej</b>	<b>152</b>	ASSECO ACTIVE TEAM	M 40-49	57	00:00:15	00:29:51	00:40:57	<b>00:46:17.55</b>	<b>00:46:32.75</b>	+00:14:08 (30.6%)	4:37	13 (69.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
63	<b>BAJDAŁA Robert</b>	<b>13</b>		M 30-39	73	00:00:43	00:29:36	00:41:10	<b>00:46:21.85</b>	<b>00:47:04.90</b>	+00:14:13 (30.7%)	4:38	12.9 (69.0%)
64	<b>KRUK Marcin</b>	<b>978</b>		M 30-39	75	00:00:14	00:29:30	00:40:51	<b>00:46:23.40</b>	<b>00:46:37.70</b>	+00:14:14 (30.7%)	4:38	12.9 (69.0%)
65	<b>GOLINSKI Artur</b>	<b>210</b>		M 40-49	60	00:00:31	00:29:45	00:41:02	<b>00:46:30.90</b>	<b>00:47:02.65</b>	+00:14:22 (30.9%)	4:39	12.9 (69.0%)
66	<b>SZYMAŃSKI Jacek</b>	<b>786</b>		M 40-49	61	00:00:41	00:30:29	00:41:18	<b>00:46:31.25</b>	<b>00:47:12.25</b>	+00:14:22 (30.9%)	4:39	12.9 (69.0%)
67	<b>URBANIAK Michał</b>	<b>823</b>		M 30-39	78	00:00:16	00:30:02	00:41:21	<b>00:46:44.95</b>	<b>00:47:00.95</b>	+00:14:36 (31.2%)	4:40	12.8 (68.4%)
68	<b>ŁUKASIAK Jan</b>	<b>474</b>		M 30-39	79	00:00:41	00:29:34	00:41:04	<b>00:46:45.25</b>	<b>00:47:26.80</b>	+00:14:36 (31.3%)	4:40	12.8 (68.4%)
69	<b>PAWEŁOSZEK Robert</b>	<b>605</b>	ROBERT SPINE TRENER PERSONALNY	M 40-49	66	00:00:26	00:29:31	00:41:11	<b>00:46:52.65</b>	<b>00:47:18.90</b>	+00:14:44 (31.4%)	4:41	12.8 (68.4%)
70	<b>PRĘDOTA Krzysztof</b>	<b>635</b>	TRUCHT TARCHOMIN TEAM	M 40-49	67	00:00:41	00:30:32	00:41:22	<b>00:46:55.55</b>	<b>00:47:36.85</b>	+00:14:46 (31.5%)	4:41	12.8 (68.4%)
71	<b>URBAŃSKI Paweł</b>	<b>825</b>	KERK-PALM IS TEAM	M 50-59	8	00:00:39	00:30:14	00:41:35	<b>00:47:17.90</b>	<b>00:47:57.20</b>	+00:15:09 (32.0%)	4:43	12.7 (67.9%)
72	<b>STROMECKI Marcin</b>	<b>751</b>	BFM	M 1-29	36	00:02:21	00:30:31	00:41:53	<b>00:47:26.80</b>	<b>00:49:48.30</b>	+00:15:18 (32.3%)	4:44	12.6 (67.4%)
73	<b>DĄBROWSKI Daniel</b>	<b>137</b>		M 1-29	37	00:02:12	00:30:24	00:42:00	<b>00:47:26.95</b>	<b>00:49:39.90</b>	+00:15:18 (32.3%)	4:44	12.6 (67.4%)
74	<b>WOJCIECHOWSKI Artur</b>	<b>869</b>	:)	M 1-29	38	00:00:12	00:28:37	00:41:12	<b>00:47:28.55</b>	<b>00:47:40.70</b>	+00:15:19 (32.3%)	4:44	12.6 (67.4%)
75	<b>FRAŃKIEWICZ Dariusz</b>	<b>176</b>	BIEGAM NA TARCHOMINIE	M 40-49	69	00:00:56	00:30:18	00:41:57	<b>00:47:40.05</b>	<b>00:48:36.75</b>	+00:15:31 (32.6%)	4:46	12.6 (67.4%)
76	<b>BLASZCZYNSKI Witold</b>	<b>47</b>		M 40-49	70	00:00:39	00:30:27	00:41:52	<b>00:47:40.55</b>	<b>00:48:19.75</b>	+00:15:31 (32.6%)	4:46	12.6 (67.4%)
77	<b>PAZIEWSKI Andrzej</b>	<b>608</b>	BIEGAM NA TARCHOMINIE	M 40-49	71	00:00:26	00:30:36	00:42:03	<b>00:47:40.85</b>	<b>00:48:06.85</b>	+00:15:32 (32.6%)	4:46	12.6 (67.4%)
78	<b>DOMŻALSKI Artur</b>	<b>148</b>		M 30-39	88	00:00:40	00:30:41	00:42:20	<b>00:48:03.05</b>	<b>00:48:43.65</b>	+00:15:54 (33.1%)	4:48	12.5 (66.8%)
79	<b>JAWORSKI Łukasz</b>	<b>288</b>		M 40-49	79	00:00:55	00:31:12	00:42:29	<b>00:48:15.15</b>	<b>00:49:10.50</b>	+00:16:06 (33.4%)	4:49	12.4 (66.3%)
80	<b>KILIAŃSKI Rafał</b>	<b>345</b>	TRUCHT TARCHOMIN TEAM	M 40-49	80	00:00:41	00:31:17	00:42:47	<b>00:48:17.00</b>	<b>00:48:58.60</b>	+00:16:08 (33.4%)	4:49	12.4 (66.3%)
81	<b>ROSZAK Waldemar</b>	<b>671</b>	BIEGAM NA ZIELONEJ BIAŁOŁĘCE	M 50-59	12	00:00:29	00:30:36	00:42:32	<b>00:48:17.30</b>	<b>00:48:47.20</b>	+00:16:08 (33.4%)	4:49	12.4 (66.3%)
82	<b>ŚCIOCH Michał</b>	<b>791</b>		M 40-49	82	00:00:40	00:31:05	00:42:33	<b>00:48:19.40</b>	<b>00:48:59.80</b>	+00:16:10 (33.5%)	4:49	12.4 (66.3%)
83	<b>BIAŁOKOS Kamil</b>	<b>989</b>	PARTNER	M 40-49	83	00:01:35	00:30:54	00:42:37	<b>00:48:22.90</b>	<b>00:49:58.85</b>	+00:16:14 (33.6%)	4:50	12.4 (66.3%)
84	<b>HUSZCZA Paweł</b>	<b>254</b>		M 30-39	91	00:00:17	00:30:49	00:42:36	<b>00:48:25.05</b>	<b>00:48:42.90</b>	+00:16:16 (33.6%)	4:50	12.4 (66.3%)
85	<b>WIERZCHOŁOWSKI Marcin</b>	<b>848</b>		M 40-49	84	00:00:44	00:31:27	00:43:15	<b>00:48:30.50</b>	<b>00:49:15.10</b>	+00:16:21 (33.7%)	4:51	12.4 (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
86	<b>GRZYMAŁA Andrzej</b>	<b>940</b>		M 40-49	87	00:00:57	00:30:59	00:42:51	<b>00:48:41.10</b>	<b>00:49:38.20</b>	+00:16:32 (34.0%)	4:52	12.3 (65.8%)
87	<b>NIEDZIELA Dominik</b>	<b>558</b>		M 40-49	88	00:00:59	00:31:19	00:43:00	<b>00:48:43.80</b>	<b>00:49:43.05</b>	+00:16:35 (34.0%)	4:52	12.3 (65.8%)
88	<b>PROKOPIUK Grzegorz</b>	<b>945</b>		M 40-49	90	00:00:08	00:31:21	00:43:08	<b>00:48:53.90</b>	<b>00:49:02.70</b>	+00:16:45 (34.3%)	4:53	12.3 (65.8%)
89	<b>SAŁASZEWSKI Łukasz</b>	<b>691</b>		M 40-49	91	00:00:47	00:32:05	00:43:35	<b>00:48:54.90</b>	<b>00:49:42.85</b>	+00:16:46 (34.3%)	4:53	12.3 (65.8%)
90	<b>CELIŃSKI Rafał</b>	<b>87</b>		M 40-49	92	00:00:45	00:31:44	00:43:21	<b>00:48:59.00</b>	<b>00:49:44.40</b>	+00:16:50 (34.4%)	4:53	12.2 (65.2%)
91	<b>FRAĆKOWSKI Sławomir</b>	<b>177</b>		M 40-49	93	00:00:33	00:31:13	00:43:07	<b>00:49:05.30</b>	<b>00:49:38.40</b>	+00:16:56 (34.5%)	4:54	12.2 (65.2%)
92	<b>WINIARCZYK Bartłomiej</b>	<b>852</b>		M 1-29	46	00:00:49	00:30:47	00:42:56	<b>00:49:13.40</b>	<b>00:50:03.05</b>	+00:17:04 (34.7%)	4:55	12.2 (65.2%)
93	<b>MIŁOSZ Marek</b>	<b>532</b>		M 50-59	15	00:00:50	00:31:27	00:43:17	<b>00:49:19.95</b>	<b>00:50:10.05</b>	+00:17:11 (34.8%)	4:56	12.2 (65.2%)
94	<b>DEREWICZ Mariusz</b>	<b>142</b>		M 30-39	102	00:00:55	00:31:58	00:43:40	<b>00:49:24.20</b>	<b>00:50:20.10</b>	+00:17:15 (34.9%)	4:56	12.1 (64.7%)
95	<b>ŚCIBISZ Tomek</b>	<b>789</b>		M 40-49	95	00:00:40	00:31:46	00:43:26	<b>00:49:24.60</b>	<b>00:50:05.20</b>	+00:17:16 (34.9%)	4:56	12.1 (64.7%)
96	<b>WACH Michał</b>	<b>828</b>	BIEGAM NA TARCHOMINIE	M 40-49	96	00:00:35	00:32:00	00:43:40	<b>00:49:24.65</b>	<b>00:49:59.90</b>	+00:17:16 (34.9%)	4:56	12.1 (64.7%)
97	<b>PERKOWSKI Paweł</b>	<b>610</b>		M 30-39	103	00:00:42	00:31:40	00:43:34	<b>00:49:26.95</b>	<b>00:50:09.40</b>	+00:17:18 (35.0%)	4:56	12.1 (64.7%)
98	<b>WITUSIK Szymon</b>	<b>857</b>		M 1-29	47	00:00:32	00:32:20	00:44:02	<b>00:49:29.45</b>	<b>00:50:02.10</b>	+00:17:20 (35.1%)	4:57	12.1 (64.7%)
99	<b>CIOŁEK Robert</b>	<b>114</b>	MASTERS DOJO	M 40-49	97	00:00:59	00:32:09	00:43:46	<b>00:49:31.30</b>	<b>00:50:30.45</b>	+00:17:22 (35.1%)	4:57	12.1 (64.7%)
100	<b>BOGUCKI Michał</b>	<b>53</b>		M 1-29	48	00:00:23	00:30:48	00:43:29	<b>00:49:32.95</b>	<b>00:49:56.30</b>	+00:17:24 (35.1%)	4:57	12.1 (64.7%)
101	<b>GAWLIK Arkadiusz</b>	<b>191</b>	BIEGAM NA TARCHOMINIE	M 40-49	102	00:00:57	00:31:45	00:43:47	<b>00:49:48.00</b>	<b>00:50:45.45</b>	+00:17:39 (35.5%)	4:58	12 (64.2%)
102	<b>DUDEK Bartłomiej</b>	<b>155</b>	BIEGAM NA TARCHOMINIE	M 30-39	105	00:01:22	00:31:31	00:43:36	<b>00:49:52.40</b>	<b>00:51:14.50</b>	+00:17:43 (35.6%)	4:59	12 (64.2%)
103	<b>PRZYBYSZ Tomasz</b>	<b>643</b>		M 1-29	50	00:00:42	00:32:08	00:44:21	<b>00:50:09.05</b>	<b>00:50:51.25</b>	+00:18:00 (35.9%)	5:00	12 (64.2%)
104	<b>NOGAS Sebastian</b>	<b>560</b>	PZU SPORTTEAM	M 30-39	109	00:00:00			<b>00:50:13.00</b>	<b>00:50:13.00</b>	+00:18:04 (36.0%)	5:01	11.9 (63.6%)
105	<b>SUCHODOLSKI Mariusz</b>	<b>758</b>	TRUCHT TARCHOMIN TEAM	M 40-49	112	00:00:47	00:32:18	00:44:08	<b>00:50:16.95</b>	<b>00:51:04.15</b>	+00:18:08 (36.1%)	5:01	11.9 (63.6%)
106	<b>WITUSIK Paweł</b>	<b>856</b>		M 40-49	113	00:00:32	00:32:21	00:44:30	<b>00:50:18.90</b>	<b>00:50:51.25</b>	+00:18:10 (36.1%)	5:01	11.9 (63.6%)
107	<b>WOJNARSKI Janusz</b>	<b>871</b>		M 60+	6	00:01:03	00:32:30	00:44:30	<b>00:50:31.65</b>	<b>00:51:35.25</b>	+00:18:23 (36.4%)	5:03	11.9 (63.6%)
108	<b>KOWNACKI Marcin</b>	<b>396</b>		M 40-49	116	00:00:31	00:31:42	00:44:15	<b>00:50:31.85</b>	<b>00:51:03.35</b>	+00:18:23 (36.4%)	5:03	11.9 (63.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
109	<b>RZECZKOWSKI Zygmunt</b>	<b>686</b>	METRO WARSZAWSKIE	M 60+	7	00:01:02	00:32:08	00:44:21	<b>00:50:32.55</b>	<b>00:51:34.65</b>	+00:18:23 (36.4%)	5:03	11.9 (63.6%)
110	<b>LIBOLD Maciek</b>	<b>447</b>		M 30-39	111	00:00:13	00:32:39	00:44:36	<b>00:50:37.95</b>	<b>00:50:51.35</b>	+00:18:29 (36.5%)	5:03	11.8 (63.1%)
111	<b>DOMINIAK Zbigniew</b>	<b>147</b>	GRUPAZERO	M 40-49	117	00:00:59	00:32:09	00:44:26	<b>00:50:47.75</b>	<b>00:51:47.20</b>	+00:18:39 (36.7%)	5:04	11.8 (63.1%)
112	<b>ŚWIĆ Rafał</b>	<b>793</b>	TRUCHT TARCHOMIN TEAM	M 40-49	125	00:00:49	00:32:41	00:45:02	<b>00:51:08.00</b>	<b>00:51:57.25</b>	+00:18:59 (37.1%)	5:06	11.7 (62.6%)
113	<b>KONIECKI Tomasz</b>	<b>363</b>		M 40-49	127	00:00:51	00:33:13	00:45:16	<b>00:51:24.60</b>	<b>00:52:16.20</b>	+00:19:16 (37.5%)	5:08	11.7 (62.6%)
114	<b>BIEDROŃ Artur</b>	<b>40</b>	TARCHO CHARTY	M 40-49	131	00:00:45	00:33:14	00:45:39	<b>00:51:38.90</b>	<b>00:52:24.00</b>	+00:19:30 (37.8%)	5:09	11.6 (62.0%)
115	<b>CZAPSKI Michał</b>	<b>124</b>	BIEGAM NA TARCHOMINIE	M 30-39	125	00:00:35	00:32:38	00:45:31	<b>00:51:43.80</b>	<b>00:52:19.30</b>	+00:19:35 (37.9%)	5:10	11.6 (62.0%)
116	<b>WALECKI Romuald</b>	<b>959</b>	KLUB SAMICY NOSOROŻCA	M 40-49	133	00:00:06	00:32:32	00:45:41	<b>00:51:44.80</b>	<b>00:51:51.45</b>	+00:19:36 (37.9%)	5:10	11.6 (62.0%)
117	<b>SZOPA Sławomir</b>	<b>780</b>		M 40-49	136	00:00:54	00:33:12	00:45:58	<b>00:52:13.05</b>	<b>00:53:07.85</b>	+00:20:04 (38.4%)	5:13	11.5 (61.5%)
118	<b>LISZEWSKI Krzysztof</b>	<b>452</b>	RUN TEAM NASIELSK	M 40-49	137	00:00:48	00:33:05	00:45:31	<b>00:52:21.25</b>	<b>00:53:09.50</b>	+00:20:12 (38.6%)	5:14	11.5 (61.5%)
119	<b>FLORYSIAK Artur</b>	<b>175</b>		M 40-49	138	00:01:03	00:34:08	00:46:31	<b>00:52:25.05</b>	<b>00:53:28.65</b>	+00:20:16 (38.7%)	5:14	11.4 (61.0%)
120	<b>CIEPLAK Andrzej</b>	<b>106</b>		M 40-49	139	00:01:34	00:34:40	00:46:48	<b>00:52:28.05</b>	<b>00:54:02.15</b>	+00:20:19 (38.7%)	5:14	11.4 (61.0%)
121	<b>ANTOSIK Piotr</b>	<b>9</b>		M 40-49	140	00:01:28	00:34:35	00:46:55	<b>00:52:35.20</b>	<b>00:54:03.65</b>	+00:20:26 (38.9%)	5:15	11.4 (61.0%)
122	<b>MARUSZAK Łukasz</b>	<b>504</b>	BIEGAM NA TARCHOMINIE	M 30-39	135	00:00:42	00:34:08	00:46:45	<b>00:52:39.70</b>	<b>00:53:22.60</b>	+00:20:31 (39.0%)	5:16	11.4 (61.0%)
123	<b>WASIAK Bartosz</b>	<b>834</b>		M 30-39	140	00:01:18	00:34:30	00:47:20	<b>00:53:29.05</b>	<b>00:54:47.95</b>	+00:21:20 (39.9%)	5:20	11.2 (59.9%)
124	<b>TRATKIEWICZ Marek</b>	<b>813</b>		M 40-49	150	00:00:36	00:34:37	00:47:38	<b>00:53:50.35</b>	<b>00:54:26.85</b>	+00:21:41 (40.3%)	5:23	11.1 (59.4%)
125	<b>ADAMKIEWICZ Marcin</b>	<b>961</b>	INICJATYWA MIESZKAŃCÓW BIAŁOŁĘKI	M 30-39	143	00:00:12	00:33:08	00:47:08	<b>00:53:51.75</b>	<b>00:54:04.40</b>	+00:21:43 (40.3%)	5:23	11.1 (59.4%)
126	<b>WŁODEK Rafał</b>	<b>863</b>		M 30-39	145	00:01:21	00:34:20	00:47:36	<b>00:54:00.60</b>	<b>00:55:21.75</b>	+00:21:52 (40.5%)	5:24	11.1 (59.4%)
127	<b>MITURA Grzegorz</b>	<b>537</b>		M 30-39	147	00:00:52	00:34:30	00:47:44	<b>00:54:05.10</b>	<b>00:54:57.45</b>	+00:21:56 (40.6%)	5:24	11.1 (59.4%)
128	<b>MOCZYDŁOWSKI Łukasz</b>	<b>540</b>	MASTERS DOJO	M 40-49	152	00:01:11	00:35:08	00:47:57	<b>00:54:08.55</b>	<b>00:55:19.75</b>	+00:21:59 (40.6%)	5:24	11.1 (59.4%)
129	<b>CHOJNOWSKI Andrzej</b>	<b>96</b>	BIEGAM NA TARCHOMINIE	M 40-49	154	00:01:02	00:34:30	00:47:50	<b>00:54:18.65</b>	<b>00:55:21.35</b>	+00:22:10 (40.8%)	5:25	11 (58.8%)
130	<b>GOLONKA Patryk</b>	<b>937</b>	MASTERS DOJO	M 1-29	61	00:01:11	00:36:10	00:49:16	<b>00:54:36.25</b>	<b>00:55:47.75</b>	+00:22:27 (41.1%)	5:27	11 (58.8%)
131	<b>JARMUŻEWSKI Adam</b>	<b>279</b>	TIA	M 40-49	159	00:01:27	00:35:15	00:48:13	<b>00:54:44.25</b>	<b>00:56:11.65</b>	+00:22:35 (41.3%)	5:28	11 (58.8%)

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	<b>MAMLA Zbigniew</b>	<b>493</b>	TRUCHT TARCHOMIN TEAM	M 40-49	161	00:01:01	00:35:01	00:48:02	<b>00:54:46.05</b>	<b>00:55:47.15</b>	+00:22:37 (41.3%)	5:28	11 (58.8%)
133	<b>NOWAK Jerzy</b>	<b>565</b>	PWPW	M 40-49	163	00:01:39	00:35:33	00:48:23	<b>00:54:53.95</b>	<b>00:56:33.40</b>	+00:22:45 (41.5%)	5:29	10.9 (58.3%)
134	<b>SULIŃSKI Sławomir</b>	<b>763</b>		M 40-49	164	00:01:28	00:35:25	00:48:33	<b>00:54:57.40</b>	<b>00:56:25.40</b>	+00:22:48 (41.5%)	5:29	10.9 (58.3%)
135	<b>KRÓLAK Paweł</b>	<b>404</b>		M 30-39	158	00:01:24	00:35:04	00:48:27	<b>00:55:06.75</b>	<b>00:56:30.85</b>	+00:22:58 (41.7%)	5:30	10.9 (58.3%)
136	<b>KUBASIEWICZ Artur</b>	<b>418</b>	SAM	M 50-59	25	00:01:29	00:35:44	00:48:48	<b>00:55:09.35</b>	<b>00:56:38.45</b>	+00:23:00 (41.7%)	5:30	10.9 (58.3%)
137	<b>ADAMSKI Szymon</b>	<b>3</b>		M 1-29	62	00:01:34	00:36:48	00:49:17	<b>00:55:20.55</b>	<b>00:56:55.00</b>	+00:23:11 (41.9%)	5:32	10.8 (57.8%)
138	<b>DANIELSKI Jacek</b>	<b>132</b>	PZU SPORT TEAM	M 40-49	167	00:01:10	00:35:35	00:48:59	<b>00:55:21.25</b>	<b>00:56:31.60</b>	+00:23:12 (41.9%)	5:32	10.8 (57.8%)
139	<b>KOWALCZYK Zdzisław</b>	<b>968</b>	JW 2189	M 40-49	169	00:00:40	00:35:02	00:48:58	<b>00:55:23.95</b>	<b>00:56:03.95</b>	+00:23:15 (42.0%)	5:32	10.8 (57.8%)
140	<b>RULAK Jerzy</b>	<b>986</b>		M 30-39	159	00:01:04	00:35:13	00:48:41	<b>00:55:25.15</b>	<b>00:56:30.00</b>	+00:23:16 (42.0%)	5:32	10.8 (57.8%)
141	<b>BORCZYŃSKI Piotr</b>	<b>59</b>	MŁODZIEŻOWA RADA M.ST. WARSZAWY	M 1-29	63	00:00:05	00:34:03	00:48:52	<b>00:55:27.35</b>	<b>00:55:32.90</b>	+00:23:18 (42.0%)	5:32	10.8 (57.8%)
142	<b>STANKIEWICZ Maciej</b>	<b>739</b>	AMI & AURI RUNNERS CLUB	M 30-39	162	00:01:24	00:36:59	00:49:35	<b>00:55:46.20</b>	<b>00:57:10.25</b>	+00:23:37 (42.4%)	5:34	10.8 (57.8%)
143	<b>KARBOWNIK Jakub</b>	<b>329</b>		M 30-39	166	00:01:34	00:35:33	00:48:55	<b>00:55:55.70</b>	<b>00:57:30.50</b>	+00:23:47 (42.5%)	5:35	10.7 (57.2%)
144	<b>MATUSEWICZ Krzysztof</b>	<b>509</b>		M 40-49	176	00:01:04	00:35:45	00:49:29	<b>00:56:13.35</b>	<b>00:57:18.10</b>	+00:24:04 (42.8%)	5:37	10.7 (57.2%)
145	<b>ZDUŃSKI Jarosław</b>	<b>900</b>		M 50-59	28	00:01:16	00:35:41	00:50:10	<b>00:57:08.85</b>	<b>00:58:25.45</b>	+00:25:00 (43.8%)	5:42	10.5 (56.1%)
146	<b>PUCHACZ Przemysław</b>	<b>647</b>		M 30-39	175	00:00:31	00:34:42	00:49:52	<b>00:57:14.80</b>	<b>00:57:46.65</b>	+00:25:06 (43.9%)	5:43	10.5 (56.1%)
147	<b>MARCINKIEWICZ Tymek</b>	<b>497</b>		M 1-29	66	00:01:12	00:36:07	00:50:44	<b>00:57:18.30</b>	<b>00:58:31.00</b>	+00:25:09 (43.9%)	5:43	10.5 (56.1%)
148	<b>GROCHOWSKI Piotr</b>	<b>226</b>		M 40-49	182	00:01:42	00:37:15	00:50:38	<b>00:57:19.80</b>	<b>00:59:02.45</b>	+00:25:11 (43.9%)	5:44	10.5 (56.1%)
149	<b>MATAK Mariusz</b>	<b>506</b>		M 30-39	176	00:01:29	00:35:49	00:50:35	<b>00:57:22.50</b>	<b>00:58:52.05</b>	+00:25:13 (44.0%)	5:44	10.5 (56.1%)
150	<b>MUCHA Grzegorz</b>	<b>549</b>		M 60+	16	00:00:36	00:36:20	00:50:22	<b>00:57:22.65</b>	<b>00:57:59.05</b>	+00:25:14 (44.0%)	5:44	10.5 (56.1%)
151	<b>MROZIŃSKI Marcin</b>	<b>546</b>		M 30-39	177	00:01:28	00:37:16	00:50:54	<b>00:57:34.95</b>	<b>00:59:03.85</b>	+00:25:26 (44.2%)	5:45	10.4 (55.6%)
152	<b>BORKOWSKI Paweł</b>	<b>61</b>	EKOBIEGI	M 40-49	183	00:01:43	00:38:09	00:51:22	<b>00:57:44.15</b>	<b>00:59:27.95</b>	+00:25:35 (44.3%)	5:46	10.4 (55.6%)
153	<b>BIENIAS Arkadiusz</b>	<b>42</b>		M 30-39	179	00:00:16	00:37:49	00:51:14	<b>00:57:52.50</b>	<b>00:58:09.25</b>	+00:25:43 (44.5%)	5:47	10.4 (55.6%)
154	<b>RODZOŚ Bartosz</b>	<b>661</b>		M 30-39	180	00:01:04	00:37:36	00:51:22	<b>00:57:56.90</b>	<b>00:59:01.35</b>	+00:25:48 (44.5%)	5:47	10.4 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
155	ZASŁONKA Paweł	893		M 30-39	181	00:00:26	00:37:02	00:51:09	00:57:59.95	00:58:26.05	+00:25:51 (44.6%)	5:48	10.3 (55.1%)
156	CYRNY Rafał	117		M 40-49	188	00:01:24	00:36:34	00:51:18	00:58:20.40	00:59:44.45	+00:26:11 (44.9%)	5:50	10.3 (55.1%)
157	ZANIEWICZ Andrzej	888	PARTNER	M 30-39	184	00:01:28	00:38:32	00:52:09	00:58:21.05	00:59:49.20	+00:26:12 (44.9%)	5:50	10.3 (55.1%)
158	NAWROCKI Ryszard	556		M 40-49	189	00:01:11	00:36:34	00:51:07	00:58:22.50	00:59:34.30	+00:26:13 (44.9%)	5:50	10.3 (55.1%)
159	ŁAPICZ Filip	458		M 1-29	68	00:00:11	00:38:46	00:52:05	00:58:22.60	00:58:33.70	+00:26:14 (44.9%)	5:50	10.3 (55.1%)
160	ŁOZOWSKI Robert	467		M 40-49	190	00:01:09	00:37:37	00:51:53	00:58:48.30	00:59:57.80	+00:26:39 (45.3%)	5:52	10.2 (54.5%)
161	JACHOWSKI Paweł	260		M 40-49	191	00:01:10	00:37:13	00:52:09	00:59:09.30	01:00:20.20	+00:27:00 (45.7%)	5:55	10.1 (54.0%)
162	GRACZ Jakub	221		M 30-39	188	00:01:58	00:38:13	00:52:17	00:59:11.45	01:01:10.40	+00:27:02 (45.7%)	5:55	10.1 (54.0%)
163	STYCZYŃSKI Grzegorz	755		M 30-39	189	00:01:46	00:39:11	00:52:31	00:59:12.50	01:00:58.75	+00:27:03 (45.7%)	5:55	10.1 (54.0%)
164	ROKICKI Aleksander	667		M 40-49	192	00:01:46	00:39:11	00:52:31	00:59:12.55	01:00:58.60	+00:27:03 (45.7%)	5:55	10.1 (54.0%)
165	NOWAK Janusz	563		M 30-39	190	00:01:13	00:37:46	00:52:19	00:59:13.20	01:00:27.15	+00:27:04 (45.7%)	5:55	10.1 (54.0%)
166	FILIPOWICZ Maciej	172		M 40-49	193	00:01:05			00:59:14.00	01:00:19.00	+00:27:05 (45.7%)	5:55	10.1 (54.0%)
167	KOSTKA Grzegorz	380	BIEGIEM Z GREGIEM	M 30-39	196	00:01:43	00:37:46	00:52:32	00:59:42.35	01:01:26.00	+00:27:33 (46.2%)	5:58	10 (53.5%)
168	GŁODNY Hubert	204		M 40-49	194	00:01:24	00:38:07	00:52:49	00:59:45.10	01:01:09.50	+00:27:36 (46.2%)	5:58	10 (53.5%)
169	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	+00:27:57 (46.5%)	6:00	10 (53.5%)
170	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	+00:28:41 (47.2%)	6:05	9.9 (52.9%)
171	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	+00:28:43 (47.2%)	6:05	9.9 (52.9%)
172	PATOLETA Mirek	604		M 40-49	201	00:01:10	00:38:10	00:53:32	01:00:57.40	01:02:08.30	+00:28:48 (47.3%)	6:05	9.8 (52.4%)
173	SURMACZ Jacek	766		M 30-39	199	00:02:02	00:39:08	00:53:42	01:00:58.85	01:03:01.80	+00:28:50 (47.3%)	6:05	9.8 (52.4%)
174	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	+00:28:55 (47.4%)	6:06	9.8 (52.4%)
175	BRZÓZKA Kamil	77		M 40-49	203	00:02:20	00:39:47	00:54:10	01:01:21.25	01:03:41.35	+00:29:12 (47.6%)	6:08	9.8 (52.4%)
176	SIKORSKI Paweł	708	GAMMA	M 30-39	202	00:01:51	00:38:59	00:53:57	01:01:22.35	01:03:13.40	+00:29:13 (47.6%)	6:08	9.8 (52.4%)
177	MORAWSKI Patryk	543		M 1-29	76	00:01:20	00:39:19	00:54:24	01:02:00.65	01:03:20.90	+00:29:52 (48.2%)	6:12	9.7 (51.9%)



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	<b>SZYDŁO Paweł</b>	<b>384</b>		M 30-39	203	00:00:22	00:38:32	00:54:02	<b>01:02:11.20</b>	<b>01:02:33.20</b>	+00:30:02 (48.3%)	6:13	9.6 (51.3%)
179	<b>BORUTS Marcin</b>	<b>68</b>		M 30-39	205	00:01:28	00:39:50	00:55:01	<b>01:02:30.70</b>	<b>01:03:59.45</b>	+00:30:22 (48.6%)	6:15	9.6 (51.3%)
180	<b>WAŚOWSKI Michał</b>	<b>840</b>		M 30-39	206	00:00:41	00:39:44	00:55:23	<b>01:02:37.40</b>	<b>01:03:19.25</b>	+00:30:28 (48.7%)	6:15	9.6 (51.3%)
181	<b>ŁYGAS Leszek</b>	<b>476</b>		M 30-39	211	00:01:48	00:39:18	00:55:23	<b>01:03:16.90</b>	<b>01:05:05.75</b>	+00:31:08 (49.2%)	6:19	9.5 (50.8%)
182	<b>ZARADKIEWICZ Łukasz</b>	<b>889</b>		M 30-39	212	00:02:03	00:40:52	00:55:54	<b>01:03:36.00</b>	<b>01:05:39.25</b>	+00:31:27 (49.5%)	6:21	9.4 (50.3%)
183	<b>JACZYŃSKI Rafał</b>	<b>263</b>		M 30-39	215	00:01:49	00:40:45	00:56:23	<b>01:04:06.50</b>	<b>01:05:55.75</b>	+00:31:57 (49.9%)	6:24	9.4 (50.3%)
184	<b>GAŁAŻYN Grzegorz</b>	<b>188</b>		M 40-49	205	00:01:44	00:40:01	00:56:05	<b>01:04:10.05</b>	<b>01:05:54.85</b>	+00:32:01 (49.9%)	6:25	9.4 (50.3%)
185	<b>DRABIK Michał</b>	<b>150</b>		M 40-49	206	00:01:01	00:39:45	00:56:01	<b>01:04:13.45</b>	<b>01:05:14.85</b>	+00:32:04 (50.0%)	6:25	9.3 (49.7%)
186	<b>JANKOWSKI Tomek</b>	<b>273</b>		M 40-49	208	00:01:07	00:39:45	00:56:17	<b>01:04:24.75</b>	<b>01:05:32.05</b>	+00:32:16 (50.1%)	6:26	9.3 (49.7%)
187	<b>BIELEC Bartłomiej</b>	<b>41</b>	LEGIA RUN CLUB	M 30-39	218	00:01:58	00:41:19	00:56:55	<b>01:04:37.90</b>	<b>01:06:36.80</b>	+00:32:29 (50.3%)	6:27	9.3 (49.7%)
188	<b>WŁODARCZYK Maciej</b>	<b>860</b>		M 40-49	211	00:00:38	00:40:53	00:57:17	<b>01:05:19.45</b>	<b>01:05:57.60</b>	+00:33:10 (50.8%)	6:31	9.2 (49.2%)
189	<b>KRÓLIKOWSKI Artur</b>	<b>406</b>		M 40-49	212	00:02:02	00:39:50	00:56:46	<b>01:05:37.25</b>	<b>01:07:39.70</b>	+00:33:28 (51.0%)	6:33	9.1 (48.7%)
190	<b>PACHOLAK Przemysław</b>	<b>589</b>		M 50-59	34	00:01:42	00:41:01	00:57:38	<b>01:05:50.20</b>	<b>01:07:33.00</b>	+00:33:41 (51.2%)	6:35	9.1 (48.7%)
191	<b>PRZYBOROWSKI Rafał</b>	<b>640</b>		M 30-39	222	00:00:39	00:42:37	00:58:34	<b>01:06:39.95</b>	<b>01:07:19.70</b>	+00:34:31 (51.8%)	6:40	9 (48.1%)
192	<b>JEDYNAK Paweł</b>	<b>291</b>		M 30-39	225	00:02:03	00:42:08	00:59:15	<b>01:07:23.15</b>	<b>01:09:26.15</b>	+00:35:14 (52.3%)	6:44	8.9 (47.6%)
193	<b>JURECKI Marek</b>	<b>303</b>		M 50-59	37	00:01:55	00:43:36	01:00:21	<b>01:08:00.55</b>	<b>01:09:55.90</b>	+00:35:51 (52.7%)	6:48	8.8 (47.1%)
194	<b>ŁUKASIEWICZ Robert</b>	<b>475</b>	KOKOSZKA36TEAM	M 40-49	215	00:01:55	00:43:25	00:59:53	<b>01:08:19.40</b>	<b>01:10:15.05</b>	+00:36:10 (53.0%)	6:50	8.8 (47.1%)
195	<b>IZDEBSKI Bartłomiej</b>	<b>256</b>		M 30-39	227	00:01:57	00:42:20	01:00:11	<b>01:08:58.60</b>	<b>01:10:56.00</b>	+00:36:50 (53.4%)	6:53	8.7 (46.5%)
196	<b>TREMELET Sebastien</b>	<b>814</b>		M 40-49	220	00:02:05	00:45:41	01:03:09	<b>01:11:24.10</b>	<b>01:13:29.70</b>	+00:39:15 (55.0%)	7:08	8.4 (44.9%)
197	<b>KOSIERADZKI Paweł</b>	<b>379</b>	MASTERS DOJO	M 50-59	39	00:01:46	00:45:54	01:03:22	<b>01:12:05.95</b>	<b>01:13:52.35</b>	+00:39:57 (55.4%)	7:12	8.3 (44.4%)
198	<b>CZARNECKI Piotr</b>	<b>125</b>	TARCHOŚFIRY	M 30-39	230	00:02:13	00:47:54	01:04:43	<b>01:13:28.80</b>	<b>01:15:42.10</b>	+00:41:20 (56.3%)	7:20	8.2 (43.9%)
199	<b>SOJKA Łukasz</b>	<b>729</b>		M 30-39	231	00:02:17	00:47:20	01:04:51	<b>01:13:52.75</b>	<b>01:16:10.60</b>	+00:41:44 (56.5%)	7:23	8.1 (43.3%)
200	<b>HEINE Krzysztof</b>	<b>246</b>		M 40-49	223	00:02:18	00:47:15	01:04:54	<b>01:14:11.45</b>	<b>01:16:29.75</b>	+00:42:02 (56.7%)	7:25	8.1 (43.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
201	<b>KUREK Gustaw</b>	<b>427</b>		M 50-59	40	00:02:11	00:47:51	01:06:43	<b>01:15:59.00</b>	<b>01:18:10.20</b>	+00:43:50 (57.7%)	7:35	7.9 (42.2%)
<b>Przekroczony limit czasu: 01:30:00</b>													
LIM	<b>CIEŚLAK Paweł</b>	<b>112</b>	SLOWJOGGINGBIAŁOŁĘKA	M 50-59		00:02:29	00:56:55	01:18:03	<b>01:31:34.15</b>	<b>01:34:03.30</b>		0:00	6.6 (35.3%)
LIM	<b>KAMIŃSKI Waldemar</b>	<b>323</b>	SLOW JOGGING BIAŁOŁĘKA	M 50-59		00:02:27	00:57:38	01:20:04	<b>01:31:37.60</b>	<b>01:34:05.00</b>		0:00	6.5 (34.8%)

Znaleziono 203 wynik(ów)