

# BIEG PRZEZ MOST 2021

B4SPORT

**Organizator:** Urząd Dzielnicy Warszawa - Białołęka  
**Data:** 2021-09-12  
**Miejsce:** Warszawa  
**Dystans:** 10 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>GROMEK Radosław</b>	<b>165</b>	AZS AWF WARSZAWA	M 30-39	1	00:20:41	00:29:14	<b>00:32:38.75</b>		3:15	18.4 (100%)
2	<b>WIĘCKOWSKI Łukasz</b>	<b>553</b>	KS START PUŁASKI WARKA	M 1-29	1	00:20:41	00:29:18	<b>00:32:49.40</b>	+00:00:10 (0.5%)	3:16	18.3 (99.5%)
3	<b>MACHOWSKI Paweł</b>	<b>630</b>	ADIDAS RUNNERS WARSAW/PIEKIELNI WARSZAWA	M 1-29	2	00:21:15	00:30:05	<b>00:33:44.20</b>	+00:01:05 (3.2%)	3:22	17.8 (96.7%)
4	<b>STELMACH Dominika</b>	<b>659</b>		K 30-39	1	00:22:43	00:32:33	<b>00:36:39.65</b>	+00:04:00 (11.0%)	3:39	16.4 (89.1%)
5	<b>HILDEBRAND Marcin</b>	<b>178</b>	BIEGAM NA TARCHOMINIE	M 30-39	2	00:23:11	00:32:55	<b>00:36:52.30</b>	+00:04:13 (11.5%)	3:41	16.3 (88.6%)
6	<b>PRIMIK Marek</b>	<b>408</b>	VEGE RUNNERS	M 40-49	1	00:23:06	00:33:08	<b>00:37:18.55</b>	+00:04:39 (12.5%)	3:43	16.1 (87.5%)
7	<b>JUSIŃSKI Krystian</b>	<b>202</b>	BRACTWO BIEGOWE BGK	M 30-39	3	00:23:27	00:33:26	<b>00:37:22.85</b>	+00:04:44 (12.7%)	3:44	16.1 (87.5%)
8	<b>PYRZAK Paweł</b>	<b>416</b>	FORT JAKSMANICE	M 30-39	4	00:23:38	00:33:27	<b>00:37:27.20</b>	+00:04:48 (12.8%)	3:44	16 (87.0%)
9	<b>SZCZEPŁEK Jan</b>	<b>495</b>	LEMIESZ TEAM	M 30-39	5	00:23:45	00:33:39	<b>00:37:33.50</b>	+00:04:54 (13.1%)	3:45	16 (87.0%)
10	<b>WITKOWSKI Paweł</b>	<b>565</b>	WIELISZEW HERON TEAM	M 40-49	2	00:24:00	00:33:39	<b>00:37:36.80</b>	+00:04:58 (13.2%)	3:45	16 (87.0%)
11	<b>GRUZA Marek</b>	<b>169</b>	BIEGANIEPO40.PL	M 40-49	3	00:23:27	00:33:39	<b>00:37:48.85</b>	+00:05:10 (13.7%)	3:46	15.9 (86.4%)
12	<b>BOGUSZ Tomasz</b>	<b>58</b>	BIEGAJĄCA GDYNIA/ARTURKOZŁOWSKITEAM	M 40-49	4	00:23:45	00:33:44	<b>00:37:50.30</b>	+00:05:11 (13.7%)	3:47	15.9 (86.4%)
13	<b>KRAMARZ Aleksander</b>	<b>252</b>		M 1-29	3	00:23:29	00:33:41	<b>00:37:57.80</b>	+00:05:19 (14.0%)	3:47	15.8 (85.9%)
14	<b>ZYCH Mariusz</b>	<b>605</b>	BIEGAJ POD OKIEM TRENERA	M 40-49	5	00:23:40	00:34:03	<b>00:38:04.90</b>	+00:05:26 (14.3%)	3:48	15.8 (85.9%)
15	<b>KULIK Jarek</b>	<b>272</b>	BESTIE OCR LEGIONOWO	M 40-49	6	00:23:49	00:34:12	<b>00:38:09.20</b>	+00:05:30 (14.4%)	3:48	15.7 (85.3%)
16	<b>ŁABĘDZKI Konrad</b>	<b>298</b>	DUKLANOWSKI TEAM	M 30-39	6	00:23:52	00:33:57	<b>00:38:12.65</b>	+00:05:33 (14.6%)	3:49	15.7 (85.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
17	<b>BAŁAJ Krzysztof</b>	<b>30</b>	DECATHLON	M 1-29	4	00:23:59	00:34:00	<b>00:38:15.35</b>	+00:05:36 (14.7%)	3:49	15.7 (85.3%)
18	<b>KUŁAKOWSKI Artur</b>	<b>273</b>	FLORIAN CHOJNICE	M 40-49	7	00:23:30	00:33:58	<b>00:38:18.90</b>	+00:05:40 (14.8%)	3:49	15.7 (85.3%)
19	<b>WACHOWSKI Łukasz</b>	<b>538</b>		M 30-39	7	00:23:56	00:34:11	<b>00:38:15.75</b>	+00:05:37 (14.7%)	3:49	15.7 (85.3%)
20	<b>RUPIŃSKI Krzysztof</b>	<b>647</b>		M 1-29	5	00:23:45	00:34:17	<b>00:38:20.75</b>	+00:05:42 (14.9%)	3:50	15.7 (85.3%)
21	<b>CHROBOT Daniel</b>	<b>86</b>	WOŹNIAK RUNNING TEAM	M 1-29	6	00:23:47	00:34:06	<b>00:38:27.10</b>	+00:05:48 (15.1%)	3:50	15.6 (84.8%)
22	<b>SZCZEPKOWSKI Bartłomiej</b>	<b>494</b>	SANTANDER RUNNING TEAM	M 40-49	8	00:23:59	00:34:16	<b>00:38:32.85</b>	+00:05:54 (15.3%)	3:51	15.6 (84.8%)
23	<b>STACHOWICZ Marcin</b>	<b>616</b>		M 30-39	8	00:24:03	00:34:37	<b>00:38:54.85</b>	+00:06:16 (16.1%)	3:53	15.4 (83.7%)
24	<b>GOZDEK Radek</b>	<b>157</b>	BIEGANIEPO40.PL TRUCHT TARCHOMIN TEAM	M 40-49	9	00:23:56	00:34:37	<b>00:39:09.25</b>	+00:06:30 (16.6%)	3:54	15.3 (83.2%)
25	<b>MIOTR Marcin</b>	<b>88</b>		M 40-49	10	00:24:52	00:35:13	<b>00:39:37.25</b>	+00:06:58 (17.6%)	3:57	15.1 (82.1%)
26	<b>MICHLEWICZ Krzysztof</b>	<b>327</b>		M 30-39	9	00:25:21	00:35:43	<b>00:39:52.90</b>	+00:07:14 (18.1%)	3:59	15.1 (82.1%)
27	<b>KRZESZEWSKI Rafał</b>	<b>263</b>	BIEGAJ POD OKIEM TRENERA	M 30-39	10	00:25:20	00:35:44	<b>00:39:56.20</b>	+00:07:17 (18.3%)	3:59	15 (81.5%)
28	<b>LEWANDOWSKI Mateusz</b>	<b>286</b>		M 1-29	7	00:25:17	00:35:59	<b>00:40:06.30</b>	+00:07:27 (18.6%)	4:00	15 (81.5%)
29	<b>SZCZEPAŃSKI Piotr</b>	<b>3</b>		M 1-29	8	00:27:28	00:35:53	<b>00:40:16.85</b>	+00:07:38 (19.0%)	4:01	14.9 (81.0%)
30	<b>NAWRAT Monika</b>	<b>649</b>	KS PREFBET-SONAROL	K 30-39	2	00:25:21	00:35:54	<b>00:40:14.35</b>	+00:07:35 (18.9%)	4:01	14.9 (81.0%)
31	<b>MARCINISZYN Grzegorz</b>	<b>486</b>		M 30-39	11	00:25:20	00:36:06	<b>00:40:21.05</b>	+00:07:42 (19.1%)	4:02	14.9 (81.0%)
32	<b>GRZYBOWSKI Mariusz</b>	<b>173</b>		M 50-59	1	00:25:22	00:36:24	<b>00:40:49.90</b>	+00:08:11 (20.0%)	4:04	14.7 (79.9%)
33	<b>SKWARCZ Paweł</b>	<b>465</b>		M 30-39	12	00:24:32	00:36:06	<b>00:41:00.15</b>	+00:08:21 (20.4%)	4:06	14.6 (79.3%)
34	<b>PRZERADZKI Seweryn</b>	<b>413</b>	KB TKKF PROMYK CIECHANÓW	M 40-49	12	00:25:26	00:36:39	<b>00:41:05.35</b>	+00:08:26 (20.5%)	4:06	14.6 (79.3%)
35	<b>SZAŁKOWSKI Dawid</b>	<b>491</b>	MARKOWI BIEGACZE	M 40-49	11	00:25:56	00:36:39	<b>00:41:04.20</b>	+00:08:25 (20.5%)	4:06	14.6 (79.3%)
36	<b>TARANTA Daniel</b>	<b>514</b>	JELENIOWATE-POGOŃCOWATE	M 1-29	9	00:25:19	00:36:40	<b>00:41:09.70</b>	+00:08:30 (20.7%)	4:06	14.6 (79.3%)
37	<b>WARDEGA Przemek</b>	<b>543</b>		M 40-49	13	00:25:39	00:36:37	<b>00:41:09.65</b>	+00:08:30 (20.7%)	4:06	14.6 (79.3%)
38	<b>MAKULEC Marcin</b>	<b>617</b>	SANTANDER RUNNING TEAM	M 30-39	13	00:25:29	00:36:41	<b>00:41:14.65</b>	+00:08:35 (20.8%)	4:07	14.6 (79.3%)
39	<b>FACON Janusz</b>	<b>629</b>		M 50-59	2	00:26:14	00:36:58	<b>00:41:21.65</b>	+00:08:42 (21.1%)	4:08	14.5 (78.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
40	<b>ŁĄGOCKI Marcin</b>	<b>49</b>		M 30-39	14	00:26:30	00:37:09	<b>00:41:27.45</b>	+00:08:48 (21.3%)	4:08	14.5 (78.8%)
41	<b>ZALEWSKI Krzysiek</b>	<b>585</b>	RURA TEAM	M 40-49	14	00:26:19	00:37:21	<b>00:41:48.95</b>	+00:09:10 (21.9%)	4:10	14.4 (78.3%)
42	<b>PANCER Michał</b>	<b>379</b>	ŻÓRAWSKI TEAM	M 1-29	10	00:26:01	00:37:26	<b>00:41:53.15</b>	+00:09:14 (22.1%)	4:11	14.3 (77.7%)
43	<b>KŁUDKIEWICZ Tomasz</b>	<b>229</b>		M 40-49	15	00:26:48	00:37:31	<b>00:41:52.30</b>	+00:09:13 (22.0%)	4:11	14.3 (77.7%)
44	<b>KUBIAK Sławomir</b>	<b>264</b>		M 40-49	16	00:26:12	00:37:26	<b>00:41:59.25</b>	+00:09:20 (22.2%)	4:11	14.3 (77.7%)
45	<b>HASS Joanna</b>	<b>185</b>		K 40-49	1	00:26:24	00:37:32	<b>00:42:03.50</b>	+00:09:24 (22.4%)	4:12	14.3 (77.7%)
46	<b>ZDEB Przemek</b>	<b>596</b>	ADIDAS RUNNERS WARSAW	M 40-49	17	00:26:24	00:37:39	<b>00:42:07.80</b>	+00:09:29 (22.5%)	4:12	14.2 (77.2%)
47	<b>SIEGIEDA Michał</b>	<b>453</b>	ADIDAS RUNNERS WARSAW	M 30-39	16	00:26:06	00:37:40	<b>00:42:09.05</b>	+00:09:30 (22.5%)	4:12	14.2 (77.2%)
48	<b>KRÓL Maciej</b>	<b>256</b>	BIEGAM NA TARCHOMINIE	M 30-39	15	00:26:45	00:37:38	<b>00:42:03.80</b>	+00:09:25 (22.4%)	4:12	14.3 (77.7%)
49	<b>MIELCZAREK Krzysztof</b>	<b>331</b>	BIEGAM NA TARCHOMINIE	M 40-49	18	00:25:31	00:37:13	<b>00:42:10.45</b>	+00:09:31 (22.6%)	4:13	14.2 (77.2%)
50	<b>KAMIŃSKI Paweł</b>	<b>207</b>		M 40-49	19	00:26:51	00:37:44	<b>00:42:12.60</b>	+00:09:33 (22.7%)	4:13	14.2 (77.2%)
51	<b>SZYMAŃSKI Andrzej</b>	<b>502</b>		M 30-39	17	00:26:21	00:37:45	<b>00:42:14.30</b>	+00:09:35 (22.7%)	4:13	14.2 (77.2%)
52	<b>ROSŁON Piotr</b>	<b>431</b>		M 40-49	20	00:26:22	00:37:46	<b>00:42:16.40</b>	+00:09:37 (22.8%)	4:13	14.2 (77.2%)
53	<b>SYPEK Jerzy</b>	<b>695</b>		M 40-49	21	00:26:21	00:37:44	<b>00:42:19.80</b>	+00:09:41 (22.9%)	4:13	14.2 (77.2%)
54	<b>ANDRULEWICZ Marcin</b>	<b>643</b>		M 1-29	11	00:25:32	00:37:52	<b>00:42:25.10</b>	+00:09:46 (23.0%)	4:14	14.1 (76.6%)
55	<b>ŚLĘCZEK Filip</b>	<b>505</b>		M 1-29	12	00:26:11	00:37:48	<b>00:42:26.15</b>	+00:09:47 (23.1%)	4:14	14.1 (76.6%)
56	<b>OWCZARZAK Rafał</b>	<b>645</b>	R4P	M 40-49	22	00:26:49	00:38:02	<b>00:42:36.40</b>	+00:09:57 (23.4%)	4:15	14.1 (76.6%)
57	<b>JASIONOWSKI Mariusz</b>	<b>193</b>		M 30-39	18	00:26:03	00:37:43	<b>00:42:39.30</b>	+00:10:00 (23.5%)	4:15	14.1 (76.6%)
58	<b>JAWORSKI Piotr</b>	<b>2</b>		M 40-49	23	00:26:39	00:38:04	<b>00:42:44.15</b>	+00:10:05 (23.6%)	4:16	14 (76.1%)
59	<b>STRYKOWSKI Daniel</b>	<b>481</b>	CARREFOURR	M 40-49	24	00:26:21	00:38:01	<b>00:42:48.15</b>	+00:10:09 (23.7%)	4:16	14 (76.1%)
60	<b>MALANOWSKA Elżbieta</b>	<b>309</b>		K 1-29	1	00:26:18	00:37:55	<b>00:42:48.90</b>	+00:10:10 (23.8%)	4:16	14 (76.1%)
61	<b>TYMOLEWSKI Grzegorz</b>	<b>533</b>		M 1-29	13	00:27:37	00:38:43	<b>00:43:05.40</b>	+00:10:26 (24.2%)	4:18	13.9 (75.5%)
62	<b>BRYGOŁA Tomasz</b>	<b>64</b>	PARKRUN POLE MOKOTOWSKIE	M 30-39	19	00:27:01	00:38:32	<b>00:43:10.10</b>	+00:10:31 (24.4%)	4:19	13.9 (75.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
63	<b>KORDASIEWICZ Stanisław</b>	<b>238</b>		M 40-49	25	00:26:50	00:38:42	<b>00:43:22.10</b>	+00:10:43 (24.7%)	4:20	13.8 (75.0%)
64	<b>CISZEWSKI Krzysztof</b>	<b>99</b>		M 40-49	26	00:27:12	00:38:47	<b>00:43:23.45</b>	+00:10:44 (24.8%)	4:20	13.8 (75.0%)
65	<b>WESOŁOWSKA Katarzyna</b>	<b>548</b>	ORANGE POLSKA	K 40-49	2	00:27:14	00:38:45	<b>00:43:26.80</b>	+00:10:48 (24.9%)	4:20	13.8 (75.0%)
66	<b>GRYSZPANOWICZ Piotr</b>	<b>171</b>		M 40-49	27	00:27:07	00:39:04	<b>00:43:37.10</b>	+00:10:58 (25.2%)	4:21	13.8 (75.0%)
67	<b>GANCZEWSKI Paweł</b>	<b>142</b>	KS STASZEWCY	M 50-59	3	00:27:35	00:39:06	<b>00:43:44.90</b>	+00:11:06 (25.4%)	4:22	13.7 (74.5%)
68	<b>GIERAK Krzysztof</b>	<b>147</b>	SANTANDER RUNNERS	M 40-49	28	00:27:43	00:39:14	<b>00:43:45.45</b>	+00:11:06 (25.4%)	4:22	13.7 (74.5%)
69	<b>JARZYŃSKA Kinga</b>	<b>682</b>		K 1-29	2	00:27:09	00:38:59	<b>00:43:47.00</b>	+00:11:08 (25.4%)	4:22	13.7 (74.5%)
70	<b>IWANIK Tomasz</b>	<b>228</b>		M 30-39	20	00:27:27	00:39:08	<b>00:43:54.25</b>	+00:11:15 (25.6%)	4:23	13.7 (74.5%)
71	<b>JANOWIAK Wojciech</b>	<b>7</b>		M 40-49	29	00:27:44	00:39:17	<b>00:43:55.25</b>	+00:11:16 (25.7%)	4:23	13.7 (74.5%)
72	<b>WOJEWÓDZKI Marcin</b>	<b>571</b>	WOJEWÓDZCY TEAM	M 1-29	14	00:27:11	00:39:13	<b>00:43:55.90</b>	+00:11:17 (25.7%)	4:23	13.7 (74.5%)
73	<b>TOBOŁA Paweł</b>	<b>520</b>	AKS POLONIA WARSZAWA	M 40-49	30	00:27:19	00:39:16	<b>00:43:56.45</b>	+00:11:17 (25.7%)	4:23	13.7 (74.5%)
74	<b>KOWAL Krzysztof</b>	<b>244</b>		M 40-49	31	00:27:07	00:39:04	<b>00:44:08.45</b>	+00:11:29 (26.0%)	4:24	13.6 (73.9%)
75	<b>CIESIELSKI Marcin</b>	<b>93</b>	WARSAW RUN CLUB	M 40-49	32	00:26:34	00:39:30	<b>00:44:09.15</b>	+00:11:30 (26.1%)	4:24	13.6 (73.9%)
76	<b>LENDZION Marcin</b>	<b>281</b>	GRUPA BIEGOWA UM W-WA	M 1-29	15	00:27:55	00:39:30	<b>00:44:09.65</b>	+00:11:30 (26.1%)	4:24	13.6 (73.9%)
77	<b>TROJANOWSKI Rafał</b>	<b>146</b>		M 30-39	21	00:27:26	00:39:20	<b>00:44:11.45</b>	+00:11:32 (26.1%)	4:25	13.6 (73.9%)
78	<b>PRZEKOPIAK Paweł</b>	<b>411</b>		M 40-49	33	00:27:12	00:39:19	<b>00:44:19.40</b>	+00:11:40 (26.3%)	4:25	13.5 (73.4%)
79	<b>STRZELECKI Piotr</b>	<b>674</b>		M 40-49	34	00:27:48	00:39:34	<b>00:44:21.70</b>	+00:11:42 (26.4%)	4:26	13.5 (73.4%)
80	<b>WAWRZYNIAK Damian</b>	<b>698</b>		M 1-29	16	00:27:46	00:39:42	<b>00:44:24.10</b>	+00:11:45 (26.5%)	4:26	13.5 (73.4%)
81	<b>DĄBROWSKI Mirosław</b>	<b>114</b>		M 50-59	4	00:27:41	00:39:31	<b>00:44:26.60</b>	+00:11:47 (26.5%)	4:26	13.5 (73.4%)
82	<b>SOKALSKI Grzegorz</b>	<b>472</b>		M 40-49	35	00:28:08	00:39:41	<b>00:44:31.00</b>	+00:11:52 (26.7%)	4:27	13.5 (73.4%)
83	<b>GABRYSZEWSKI Radosław</b>	<b>139</b>		M 30-39	22	00:28:23	00:39:59	<b>00:44:34.50</b>	+00:11:55 (26.8%)	4:27	13.5 (73.4%)
84	<b>SERAFIN Tomasz</b>	<b>451</b>		M 40-49	36	00:28:11	00:39:55	<b>00:44:35.05</b>	+00:11:56 (26.8%)	4:27	13.5 (73.4%)
85	<b>MODZELEWSKA Iga</b>	<b>35</b>		K 1-29	3	00:27:40	00:40:01	<b>00:44:38.15</b>	+00:11:59 (26.9%)	4:27	13.4 (72.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
86	<b>KOWALCZYK Rafał</b>	<b>245</b>	ŻÓRAWSKI TEAM & ASICS FRONTRUNNER	M 1-29	17	00:27:27	00:39:48	<b>00:44:45.05</b>	+00:12:06 (27.0%)	4:28	13.4 (72.8%)
87	<b>BOBER Jarosław</b>	<b>54</b>		M 30-39	23	00:28:00	00:39:51	<b>00:44:49.50</b>	+00:12:10 (27.2%)	4:28	13.4 (72.8%)
88	<b>SADOWSKA Marzena</b>	<b>445</b>		K 30-39	3	00:28:14	00:40:02	<b>00:44:51.00</b>	+00:12:12 (27.2%)	4:29	13.4 (72.8%)
89	<b>KARPIŃSKI Marcin</b>	<b>210</b>		M 30-39	24	00:28:18	00:40:02	<b>00:44:56.45</b>	+00:12:17 (27.4%)	4:29	13.4 (72.8%)
90	<b>CZAPSKI Michał</b>	<b>105</b>	BIEGAM NA TARCHOMINIE	M 40-49	37	00:28:20	00:40:04	<b>00:44:57.70</b>	+00:12:18 (27.4%)	4:29	13.3 (72.3%)
91	<b>BOROWY Łukasz</b>	<b>62</b>		M 30-39	25	00:28:09	00:40:16	<b>00:45:03.10</b>	+00:12:24 (27.5%)	4:30	13.3 (72.3%)
92	<b>ZGODA Mateusz</b>	<b>598</b>		M 1-29	18	00:28:33	00:40:11	<b>00:45:03.30</b>	+00:12:24 (27.5%)	4:30	13.3 (72.3%)
93	<b>JANISZEWSKI Rafał</b>	<b>187</b>	BRAVEHEARTS LEGIONOWO	M 30-39	26	00:28:42	00:40:24	<b>00:45:05.65</b>	+00:12:26 (27.6%)	4:30	13.3 (72.3%)
94	<b>MAREK Jacek</b>	<b>315</b>		M 40-49	38	00:27:48	00:40:02	<b>00:45:05.95</b>	+00:12:27 (27.6%)	4:30	13.3 (72.3%)
94	<b>FALKOWSKI Łukasz</b>	<b>128</b>		M 30-39	27	00:27:36	00:40:12	<b>00:45:05.95</b>	+00:12:27 (27.6%)	4:30	13.3 (72.3%)
96	<b>CHMARZYŃSKI Paweł</b>	<b>78</b>		M 30-39	28	00:28:19	00:40:20	<b>00:45:07.65</b>	+00:12:28 (27.7%)	4:30	13.3 (72.3%)
97	<b>SIKORSKI Bartosz</b>	<b>76</b>		M 30-39	29	00:28:16	00:40:34	<b>00:45:14.40</b>	+00:12:35 (27.8%)	4:31	13.3 (72.3%)
98	<b>WINKOWSKA-STRUZIK Magda</b>	<b>558</b>	DUKLANOWSKI TEAM	K 30-39	4	00:28:24	00:40:27	<b>00:45:15.00</b>	+00:12:36 (27.9%)	4:31	13.3 (72.3%)
99	<b>PALUCH Kamil</b>	<b>378</b>		M 30-39	30	00:28:45	00:40:39	<b>00:45:15.20</b>	+00:12:36 (27.9%)	4:31	13.3 (72.3%)
100	<b>RYTKOWSKI Piotr</b>	<b>443</b>		M 30-39	31	00:29:15	00:40:51	<b>00:45:17.60</b>	+00:12:38 (27.9%)	4:31	13.2 (71.7%)
101	<b>ŚWIATŁOŃ Michał</b>	<b>509</b>		M 1-29	19	00:28:34	00:40:44	<b>00:45:19.25</b>	+00:12:40 (28.0%)	4:31	13.2 (71.7%)
102	<b>LIPIŃSKI Oskar</b>	<b>618</b>		M 30-39	32	00:28:40	00:40:40	<b>00:45:27.20</b>	+00:12:48 (28.2%)	4:32	13.2 (71.7%)
103	<b>PONIATOWSKI Aleksander</b>	<b>400</b>		M 30-39	33	00:28:25	00:40:39	<b>00:45:36.50</b>	+00:12:57 (28.4%)	4:33	13.2 (71.7%)
104	<b>WIECZOREK Michał</b>	<b>551</b>		M 50-59	5	00:27:58	00:40:33	<b>00:45:37.05</b>	+00:12:58 (28.4%)	4:33	13.2 (71.7%)
105	<b>DRZYMALA Krzysztof</b>	<b>121</b>		M 30-39	34	00:28:35	00:40:45	<b>00:45:41.55</b>	+00:13:02 (28.6%)	4:34	13.1 (71.2%)
106	<b>ZIELINSKI Krzysztof</b>	<b>601</b>	HIKINGTOURS	M 40-49	39	00:28:24	00:40:45	<b>00:45:42.50</b>	+00:13:03 (28.6%)	4:34	13.1 (71.2%)
107	<b>PACIOREK Ewa</b>	<b>377</b>	GRUPA BIEGOWA UM W-WA	K 30-39	5	00:28:44	00:40:51	<b>00:45:44.95</b>	+00:13:06 (28.6%)	4:34	13.1 (71.2%)
108	<b>KRUPIŃSKI Marek</b>	<b>260</b>	DĄBROWSKI TEAM / MARO RUNNER	M 1-29	20	00:28:59	00:40:58	<b>00:45:53.90</b>	+00:13:15 (28.9%)	4:35	13.1 (71.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
109	<b>CNOTA Maciej</b>	<b>101</b>		M 40-49	40	00:28:41	00:40:55	<b>00:45:55.25</b>	+00:13:16 (28.9%)	4:35	13.1 (71.2%)
110	<b>SEKŚCIŃSKA Magda</b>	<b>449</b>	GRUPA BIEGOWA UM W-WA	K 30-39	6	00:28:58	00:41:06	<b>00:45:58.25</b>	+00:13:19 (29.0%)	4:35	13.1 (71.2%)
111	<b>MROZOWSKI Kamil</b>	<b>340</b>		M 30-39	35	00:28:34	00:40:55	<b>00:45:58.75</b>	+00:13:20 (29.0%)	4:35	13.1 (71.2%)
112	<b>ŻURANIEWSKA Agnieszka</b>	<b>612</b>	NUDNE PIĄTKI	K 40-49	3	00:28:51	00:41:12	<b>00:45:59.35</b>	+00:13:20 (29.0%)	4:35	13 (70.7%)
113	<b>SOCHA Grzegorz</b>	<b>470</b>		M 30-39	36	00:27:21	00:41:30	<b>00:46:00.85</b>	+00:13:22 (29.1%)	4:36	13 (70.7%)
114	<b>ZAWADA Paweł</b>	<b>593</b>	BIEGAM NA TARCHOMINIE	M 30-39	37	00:28:36	00:41:07	<b>00:46:01.75</b>	+00:13:23 (29.1%)	4:36	13 (70.7%)
115	<b>WŁODKOWSKI Robert</b>	<b>569</b>		M 40-49	41	00:29:16	00:41:14	<b>00:46:01.90</b>	+00:13:23 (29.1%)	4:36	13 (70.7%)
116	<b>BALABANOV Viktor</b>	<b>27</b>	MASTERS DOJO KARATE KYOKUSHIN	M 30-39	38	00:28:30	00:41:07	<b>00:46:08.80</b>	+00:13:30 (29.3%)	4:36	13 (70.7%)
117	<b>KLAŚ Łukasz</b>	<b>223</b>		M 40-49	42	00:28:51	00:41:06	<b>00:46:09.65</b>	+00:13:30 (29.3%)	4:36	13 (70.7%)
118	<b>KLUSIEWICZ Michał</b>	<b>226</b>		M 30-39	39	00:28:17	00:40:46	<b>00:46:12.85</b>	+00:13:34 (29.4%)	4:37	13 (70.7%)
119	<b>JAKUBOWSKI Dariusz</b>	<b>183</b>	DGW	M 50-59	6	00:28:41	00:41:09	<b>00:46:17.15</b>	+00:13:38 (29.5%)	4:37	13 (70.7%)
120	<b>GOLEŃDZINOWSKI Tomasz</b>	<b>152</b>		M 50-59	7	00:29:54	00:41:33	<b>00:46:19.50</b>	+00:13:40 (29.5%)	4:37	13 (70.7%)
121	<b>BADOWSKI Piotr</b>	<b>23</b>		M 30-39	40	00:28:46	00:41:20	<b>00:46:20.10</b>	+00:13:41 (29.5%)	4:38	12.9 (70.1%)
122	<b>KORSYKOW Kostian</b>	<b>380</b>		M 40-49	43			<b>00:46:21.00</b>	+00:13:42 (29.6%)	4:38	12.9 (70.1%)
123	<b>JAKUBISIAK Renata</b>	<b>182</b>	BIEGAM NA TARCHOMINIE	K 40-49	4	00:28:52	00:41:09	<b>00:46:21.10</b>	+00:13:42 (29.6%)	4:38	12.9 (70.1%)
124	<b>PIERZAK Olaf</b>	<b>387</b>	TEAM PARSZCZYŃSKICH	M 40-49	44	00:28:50	00:41:12	<b>00:46:23.40</b>	+00:13:44 (29.6%)	4:38	12.9 (70.1%)
125	<b>KWIATKOWSKI Tomasz</b>	<b>276</b>		M 40-49	45	00:28:59	00:41:24	<b>00:46:23.45</b>	+00:13:44 (29.6%)	4:38	12.9 (70.1%)
126	<b>JAROSIŃSKI Łukasz</b>	<b>748</b>	TAŃCZĄCE MUCHOMORKI	M 40-49	46	00:29:29	00:41:26	<b>00:46:23.85</b>	+00:13:45 (29.6%)	4:38	12.9 (70.1%)
127	<b>WALECKA Wiktoria</b>	<b>542</b>	BIEGAM NA TARCHOMINIE	K 30-39	7	00:29:20	00:41:40	<b>00:46:37.95</b>	+00:13:59 (30.0%)	4:39	12.9 (70.1%)
128	<b>RYMKIEWICZ Zbigniew</b>	<b>440</b>		M 40-49	47	00:28:47	00:42:02	<b>00:46:46.25</b>	+00:14:07 (30.2%)	4:40	12.8 (69.6%)
129	<b>TRUSZKOWSKA Marta</b>	<b>527</b>	BESTIE OCR LEGIONOWO	K 30-39	8	00:29:30	00:41:49	<b>00:46:56.25</b>	+00:14:17 (30.4%)	4:41	12.8 (69.6%)
130	<b>WICENTY Paweł</b>	<b>549</b>		M 30-39	41	00:29:42	00:42:11	<b>00:46:56.50</b>	+00:14:17 (30.5%)	4:41	12.8 (69.6%)
131	<b>FITRZYK Łukasz</b>	<b>132</b>		M 30-39	42	00:29:32	00:42:03	<b>00:47:02.40</b>	+00:14:23 (30.6%)	4:42	12.8 (69.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
132	<b>KOWALIKOWSKA Renata</b>	<b>246</b>	BIEGAM NA TARCHOMINIE	K 40-49	5	00:28:56	00:41:49	<b>00:47:03.20</b>	+00:14:24 (30.6%)	4:42	12.8 (69.6%)
133	<b>KOSIŃSKI Kamil</b>	<b>240</b>		M 30-39	43	00:29:47	00:42:01	<b>00:47:04.00</b>	+00:14:25 (30.6%)	4:42	12.7 (69.0%)
134	<b>SĄGOL Sylwester</b>	<b>448</b>		M 50-59	8	00:28:37	00:41:41	<b>00:47:04.45</b>	+00:14:25 (30.7%)	4:42	12.7 (69.0%)
135	<b>TENDERENDA Kamil</b>	<b>517</b>		M 30-39	44	00:28:58	00:42:10	<b>00:47:04.60</b>	+00:14:25 (30.7%)	4:42	12.7 (69.0%)
136	<b>KODA Eugeniusz</b>	<b>231</b>	TEAM ZABIEGANEDNI	M 60+	1	00:28:40	00:41:45	<b>00:47:05.00</b>	+00:14:26 (30.7%)	4:42	12.7 (69.0%)
137	<b>RATASZEWSKA Matylda</b>	<b>423</b>	NEW BALANCE RUN CLUB	K 1-29	4	00:29:44	00:42:17	<b>00:47:07.60</b>	+00:14:28 (30.7%)	4:42	12.7 (69.0%)
138	<b>GRUNWALD Witold</b>	<b>168</b>		M 60+	2	00:29:57	00:42:18	<b>00:47:09.50</b>	+00:14:30 (30.8%)	4:42	12.7 (69.0%)
139	<b>CHMIELEWSKI Maciej</b>	<b>79</b>		M 30-39	45	00:29:59	00:42:15	<b>00:47:14.65</b>	+00:14:35 (30.9%)	4:43	12.7 (69.0%)
140	<b>RUCIŃSKI Rafał</b>	<b>433</b>	BBK	M 40-49	48	00:29:56	00:42:08	<b>00:47:19.75</b>	+00:14:41 (31.0%)	4:43	12.7 (69.0%)
141	<b>SAGAŁA Adam</b>	<b>446</b>		M 40-49	49	00:29:36	00:42:12	<b>00:47:23.70</b>	+00:14:44 (31.1%)	4:44	12.7 (69.0%)
142	<b>BOJARUN Marek</b>	<b>59</b>		M 30-39	46	00:29:24	00:42:05	<b>00:47:24.25</b>	+00:14:45 (31.1%)	4:44	12.7 (69.0%)
143	<b>LIS Krzysztof</b>	<b>289</b>		M 50-59	9	00:29:54	00:42:18	<b>00:47:29.95</b>	+00:14:51 (31.3%)	4:44	12.6 (68.5%)
144	<b>FETISOVA Ekaterina</b>	<b>622</b>		K 30-39	9	00:29:58	00:42:09	<b>00:47:32.15</b>	+00:14:53 (31.3%)	4:45	12.6 (68.5%)
145	<b>FRAĆKOWSKI Sławomir</b>	<b>136</b>		M 50-59	10	00:29:22	00:42:15	<b>00:47:32.35</b>	+00:14:53 (31.3%)	4:45	12.6 (68.5%)
146	<b>AUGUSTYŃSKA-ŚMIETAŁO Iwona</b>	<b>21</b>	WŚCIEKŁY FINISZ	K 30-39	10	00:29:52	00:42:46	<b>00:47:47.40</b>	+00:15:08 (31.7%)	4:46	12.6 (68.5%)
147	<b>KOŚCIAK Jacek</b>	<b>242</b>		M 40-49	50	00:30:22	00:42:58	<b>00:47:47.45</b>	+00:15:08 (31.7%)	4:46	12.6 (68.5%)
148	<b>PRZELASKOWSKI Artur</b>	<b>412</b>		M 50-59	11	00:29:30	00:42:30	<b>00:47:52.05</b>	+00:15:13 (31.8%)	4:47	12.5 (67.9%)
149	<b>NEJFELD Hanna</b>	<b>345</b>	MARKOWI BIEGACZE	K 40-49	6	00:30:02	00:42:45	<b>00:47:55.95</b>	+00:15:17 (31.9%)	4:47	12.5 (67.9%)
150	<b>KRUPA Kamila</b>	<b>259</b>		K 1-29	5	00:29:56	00:42:39	<b>00:47:57.60</b>	+00:15:18 (31.9%)	4:47	12.5 (67.9%)
151	<b>KRAJEWSKI Konrad</b>	<b>683</b>		M 30-39	47	00:30:00	00:43:00	<b>00:47:58.20</b>	+00:15:19 (31.9%)	4:47	12.5 (67.9%)
152	<b>ŚLĘCZKA Piotr</b>	<b>628</b>		M 40-49	51	00:30:12	00:42:52	<b>00:47:58.95</b>	+00:15:20 (32.0%)	4:47	12.5 (67.9%)
153	<b>JANKOWSKI Jakub</b>	<b>190</b>		M 30-39	48	00:29:18	00:42:30	<b>00:48:03.05</b>	+00:15:24 (32.1%)	4:48	12.5 (67.9%)
154	<b>MACHUL Ewa</b>	<b>306</b>		K 30-39	11	00:29:32	00:42:43	<b>00:48:03.35</b>	+00:15:24 (32.1%)	4:48	12.5 (67.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
155	<b>PUSZAK Sylwester</b>	<b>80</b>		M 40-49	52	00:30:47	00:43:05	<b>00:48:04.70</b>	+00:15:25 (32.1%)	4:48	12.5 (67.9%)
156	<b>GRULA Mateusz</b>	<b>167</b>	TEAM KARAS	M 1-29	21	00:28:43	00:42:19	<b>00:48:09.10</b>	+00:15:30 (32.2%)	4:48	12.5 (67.9%)
157	<b>MACIEJAK Robert</b>	<b>657</b>		M 40-49	53	00:29:44	00:42:54	<b>00:48:11.35</b>	+00:15:32 (32.3%)	4:49	12.5 (67.9%)
158	<b>ZAMBROWSKI Sławomir</b>	<b>586</b>		M 40-49	54	00:30:11	00:43:00	<b>00:48:12.90</b>	+00:15:34 (32.3%)	4:49	12.4 (67.4%)
159	<b>JAGIEŁŁO-FAJKOWSKA Agnieszka</b>	<b>181</b>	ADIDAS RUNNERS WARSAW	K 30-39	12	00:30:00	00:43:13	<b>00:48:17.90</b>	+00:15:39 (32.4%)	4:49	12.4 (67.4%)
160	<b>FAJKOWSKI Piotr</b>	<b>127</b>	ADIDAS RUNNERS WARSAW	M 30-39	49	00:29:59	00:43:13	<b>00:48:19.00</b>	+00:15:40 (32.4%)	4:49	12.4 (67.4%)
161	<b>PUSEK Mikołaj</b>	<b>414</b>		M 1-29	22	00:29:42	00:43:10	<b>00:48:19.30</b>	+00:15:40 (32.4%)	4:49	12.4 (67.4%)
162	<b>NOWACKA Dominika</b>	<b>349</b>	KUŹNIA TRIATHLONU	K 30-39	13	00:28:43	00:42:30	<b>00:48:19.80</b>	+00:15:41 (32.5%)	4:49	12.4 (67.4%)
163	<b>ORŁOWSKI Krzysztof</b>	<b>369</b>	WARSAWA PARKRUN BRÓDNO	M 40-49	55	00:30:25	00:43:10	<b>00:48:23.00</b>	+00:15:44 (32.5%)	4:50	12.4 (67.4%)
164	<b>SIEWRUK Katarzyna</b>	<b>457</b>	WARSAW RUN CLUB	K 40-49	7	00:29:48	00:42:55	<b>00:48:23.55</b>	+00:15:44 (32.5%)	4:50	12.4 (67.4%)
165	<b>KRUPA Agnieszka</b>	<b>258</b>		K 40-49	8	00:30:14	00:43:08	<b>00:48:24.80</b>	+00:15:46 (32.6%)	4:50	12.4 (67.4%)
166	<b>CZARNECKI Wojciech</b>	<b>247</b>		M 40-49	56	00:28:52	00:42:39	<b>00:48:25.40</b>	+00:15:46 (32.6%)	4:50	12.4 (67.4%)
167	<b>CHOTOMSKI Marcin</b>	<b>84</b>		M 30-39	50	00:30:31	00:43:20	<b>00:48:25.60</b>	+00:15:46 (32.6%)	4:50	12.4 (67.4%)
168	<b>ŁUCZAK Bartosz</b>	<b>679</b>		M 1-29	23	00:29:54	00:43:05	<b>00:48:26.00</b>	+00:15:47 (32.6%)	4:50	12.4 (67.4%)
169	<b>ROZEK Rob</b>	<b>623</b>	NEONTEAM	M 40-49	57	00:30:26	00:43:13	<b>00:48:29.80</b>	+00:15:51 (32.7%)	4:50	12.4 (67.4%)
170	<b>SOBOCIŃSKI Michał</b>	<b>469</b>		M 40-49	58	00:30:24	00:43:19	<b>00:48:30.25</b>	+00:15:51 (32.7%)	4:51	12.4 (67.4%)
171	<b>PASIŃSKI Daniel</b>	<b>382</b>	GRUPA BIEGOWA UM W-WA	M 30-39	51	00:30:39	00:43:41	<b>00:48:31.15</b>	+00:15:52 (32.7%)	4:51	12.4 (67.4%)
172	<b>CHAJĘCKI Mateusz</b>	<b>75</b>	WARSAWSKIBIEGACZ	M 30-39	52	00:31:13	00:43:30	<b>00:48:33.70</b>	+00:15:54 (32.8%)	4:51	12.4 (67.4%)
173	<b>SZAŁAŃSKI Przemysław</b>	<b>490</b>		M 30-39	53	00:30:49	00:43:30	<b>00:48:39.35</b>	+00:16:00 (32.9%)	4:51	12.3 (66.8%)
174	<b>LENDZION Jarosław</b>	<b>280</b>	GRUPA BIEGOWA UM W-WA	M 40-49	59	00:30:59	00:43:45	<b>00:48:52.80</b>	+00:16:14 (33.2%)	4:53	12.3 (66.8%)
175	<b>ROMAN Anna</b>	<b>646</b>		K 30-39	14	00:29:31	00:43:19	<b>00:48:53.50</b>	+00:16:14 (33.2%)	4:53	12.3 (66.8%)
176	<b>URBAŃSKI Paweł</b>	<b>536</b>	KERK-PALM IS TEAM	M 50-59	12	00:30:39	00:43:47	<b>00:48:53.80</b>	+00:16:15 (33.2%)	4:53	12.3 (66.8%)
177	<b>GRONOWSKI Robert</b>	<b>166</b>	FFF	M 30-39	54	00:31:44	00:44:14	<b>00:48:54.90</b>	+00:16:16 (33.3%)	4:53	12.3 (66.8%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
178	<b>OLSZEWSKI Rafał</b>	<b>363</b>		M 50-59	13	00:30:51	00:43:39	<b>00:48:55.15</b>	+00:16:16 (33.3%)	4:53	12.3 (66.8%)
179	<b>ŻEBROWSKA Anna</b>	<b>606</b>		K 30-39	15	00:30:46	00:43:44	<b>00:49:05.00</b>	+00:16:26 (33.5%)	4:54	12.2 (66.3%)
180	<b>TOMCZUK-KUZKA Katarzyna</b>	<b>524</b>		K 40-49	9	00:30:28	00:43:47	<b>00:49:08.40</b>	+00:16:29 (33.6%)	4:54	12.2 (66.3%)
181	<b>TOMASZEWSKI Marek</b>	<b>523</b>		M 40-49	60	00:31:06	00:43:53	<b>00:49:09.95</b>	+00:16:31 (33.6%)	4:54	12.2 (66.3%)
182	<b>DĄBROWSKI Damian</b>	<b>117</b>		M 30-39	55	00:29:47	00:43:44	<b>00:49:12.25</b>	+00:16:33 (33.7%)	4:55	12.2 (66.3%)
183	<b>GROCHOWSKI Piotr</b>	<b>164</b>		M 40-49	61	00:31:32	00:44:11	<b>00:49:17.25</b>	+00:16:38 (33.8%)	4:55	12.2 (66.3%)
184	<b>JĘDRZEJCZYK-KOWALSKA Sylwia</b>	<b>196</b>	BIGTIRESRUNTEAM	K 40-49	10	00:30:47	00:43:59	<b>00:49:17.40</b>	+00:16:38 (33.8%)	4:55	12.2 (66.3%)
185	<b>DOŁĘGA Sławomir</b>	<b>120</b>		M 30-39	56	00:30:37	00:43:43	<b>00:49:18.65</b>	+00:16:39 (33.8%)	4:55	12.2 (66.3%)
186	<b>ADAMIAK Arkadiusz</b>	<b>12</b>	5MBOT	M 1-29	24	00:30:16	00:43:55	<b>00:49:19.10</b>	+00:16:40 (33.8%)	4:55	12.2 (66.3%)
187	<b>JANOWSKI Rafał</b>	<b>656</b>		M 40-49	62	00:31:26	00:44:10	<b>00:49:23.40</b>	+00:16:44 (33.9%)	4:56	12.1 (65.8%)
188	<b>PODGÓRSKI Krzysztof</b>	<b>395</b>		M 30-39	57	00:30:53	00:44:12	<b>00:49:27.80</b>	+00:16:49 (34.0%)	4:56	12.1 (65.8%)
189	<b>CHODNIEWICZ Michał</b>	<b>82</b>		M 30-39	58	00:31:30	00:44:14	<b>00:49:29.40</b>	+00:16:50 (34.0%)	4:56	12.1 (65.8%)
190	<b>DEREWICZ Mariusz</b>	<b>119</b>		M 30-39	59	00:31:19	00:44:12	<b>00:49:31.40</b>	+00:16:52 (34.1%)	4:57	12.1 (65.8%)
191	<b>ŚMIETAŁO Dawid</b>	<b>508</b>		M 30-39	60	00:31:43	00:44:27	<b>00:49:33.55</b>	+00:16:54 (34.1%)	4:57	12.1 (65.8%)
192	<b>OWCZARCZYK Paweł</b>	<b>619</b>		M 40-49	63	00:31:02	00:44:17	<b>00:49:39.45</b>	+00:17:00 (34.3%)	4:57	12.1 (65.8%)
193	<b>OLSZEWSKI Michał</b>	<b>364</b>	I LOVE PRZYLESIE	M 40-49	64	00:31:51	00:44:39	<b>00:49:39.80</b>	+00:17:01 (34.3%)	4:57	12.1 (65.8%)
194	<b>STANISZEWSKI Rafał</b>	<b>474</b>	ESTI BONA	M 40-49	65	00:31:31	00:44:34	<b>00:49:40.50</b>	+00:17:01 (34.3%)	4:58	12.1 (65.8%)
195	<b>LEŚ Tomasz</b>	<b>282</b>	TRUCHT TARCHOMIN TEAM	M 30-39	61	00:30:29	00:44:09	<b>00:49:43.50</b>	+00:17:04 (34.3%)	4:58	12.1 (65.8%)
196	<b>PRUSZCZYNSKI Grzegorz</b>	<b>410</b>		M 30-39	62	00:31:46	00:44:29	<b>00:49:44.55</b>	+00:17:05 (34.4%)	4:58	12.1 (65.8%)
197	<b>ŻÓŁKOWSKI Rafał</b>	<b>608</b>	RUN % FUN	M 30-39	63	00:31:39	00:44:36	<b>00:49:45.15</b>	+00:17:06 (34.4%)	4:58	12.1 (65.8%)
198	<b>MOCZULSKI Marcin</b>	<b>668</b>		M 40-49	66	00:30:48	00:44:27	<b>00:49:46.20</b>	+00:17:07 (34.4%)	4:58	12.1 (65.8%)
199	<b>FLORCZUK Piotr</b>	<b>394</b>		M 1-29	25	00:32:13	00:44:46	<b>00:49:47.20</b>	+00:17:08 (34.4%)	4:58	12.1 (65.8%)
200	<b>CICHOŃSKA Elżbieta</b>	<b>90</b>		K 50-59	1	00:31:19	00:44:29	<b>00:49:53.65</b>	+00:17:14 (34.6%)	4:59	12 (65.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
201	ZGÓRZAK Adam	599		M 30-39	64	00:31:18	00:44:28	00:49:56.70	+00:17:17 (34.6%)	4:59	12 (65.2%)
202	LIBOLD Maciek	288		M 30-39	65	00:31:53	00:44:44	00:49:58.20	+00:17:19 (34.7%)	4:59	12 (65.2%)
203	KOSUDA Paweł	241	RUNNERS TEAM XTREME CIECHANÓW	M 40-49	67	00:31:57	00:44:48	00:49:59.85	+00:17:21 (34.7%)	4:59	12 (65.2%)
204	ODZIEMCZYK Sebastian	354		M 40-49	68	00:31:19	00:44:23	00:50:00.05	+00:17:21 (34.7%)	5:00	12 (65.2%)
205	WNUK Tomasz	570	NAPRZÓD MŁOCINY	M 40-49	69	00:31:30	00:44:20	00:50:01.05	+00:17:22 (34.7%)	5:00	12 (65.2%)
206	PAZIEWSKI Andrzej	385	BIEGAM NA TARCHOMINIE	M 40-49	70	00:31:31	00:44:48	00:50:08.75	+00:17:30 (34.9%)	5:00	12 (65.2%)
207	ROSIAK Sławomir	430	BIEGAM PO BRÓDNIĘ	M 40-49	71	00:31:33	00:44:51	00:50:09.05	+00:17:30 (34.9%)	5:00	12 (65.2%)
208	ARAŻNY Zbigniew	17	TRUCHT TARCHOMIN TEAM	M 50-59	14	00:31:42	00:44:40	00:50:10.80	+00:17:32 (34.9%)	5:01	12 (65.2%)
209	ŚCIBISZ Tomek	504		M 50-59	15	00:31:01	00:44:35	00:50:17.70	+00:17:38 (35.1%)	5:01	11.9 (64.7%)
210	SZCZEPKOWSKA Marta	493		K 30-39	16	00:31:31	00:44:49	00:50:17.95	+00:17:39 (35.1%)	5:01	11.9 (64.7%)
211	ZAGRODZKI Jan	582		M 1-29	26	00:31:40	00:44:49	00:50:19.25	+00:17:40 (35.1%)	5:01	11.9 (64.7%)
212	ŚWIĘDRYCH Marek	512		M 30-39	66	00:34:07	00:44:48	00:50:19.45	+00:17:40 (35.1%)	5:01	11.9 (64.7%)
213	DURKA Dorota	124	BIEGUSTATORZY	K 40-49	11	00:31:14	00:44:43	00:50:20.10	+00:17:41 (35.1%)	5:02	11.9 (64.7%)
214	GŁÓWKA Rafał	149		M 40-49	72	00:31:43	00:44:50	00:50:21.25	+00:17:42 (35.2%)	5:02	11.9 (64.7%)
215	MACIEJCZYK Piotr	661		M 40-49	73	00:30:41	00:44:45	00:50:23.90	+00:17:45 (35.2%)	5:02	11.9 (64.7%)
216	GAWLIK Arkadiusz	144	BIEGAM NA TARCHOMINIE	M 40-49	74	00:32:15	00:45:07	00:50:28.30	+00:17:49 (35.3%)	5:02	11.9 (64.7%)
217	NOWOCIEŃ Jacek	352	UCZNIOWSKI KLUB SPORTOWY RUSIEC	M 60+	3	00:30:53	00:44:50	00:50:32.75	+00:17:54 (35.4%)	5:03	11.9 (64.7%)
218	RATASZEWSKI Marek	424	NEW BALANCE	M 60+	4	00:31:19	00:45:05	00:50:35.10	+00:17:56 (35.5%)	5:03	11.9 (64.7%)
219	KULIGOWSKI Adrian	271		M 1-29	27	00:31:21	00:45:20	00:50:35.75	+00:17:57 (35.5%)	5:03	11.9 (64.7%)
220	TOMASZEK Artur	140		M 50-59	16	00:31:46	00:45:10	00:50:39.60	+00:18:00 (35.6%)	5:03	11.8 (64.1%)
221	CHOTOMSKA Dorota	83		K 30-39	17	00:31:31	00:45:11	00:50:46.00	+00:18:07 (35.7%)	5:04	11.8 (64.1%)
222	SAMOSIUK Marcin	692		M 40-49	75	00:32:52	00:45:42	00:50:46.05	+00:18:07 (35.7%)	5:04	11.8 (64.1%)
223	JÓZWIK Grzegorz	199		M 50-59	17	00:31:24	00:44:58	00:50:47.95	+00:18:09 (35.7%)	5:04	11.8 (64.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
224	KONKA Tomasz	638		M 40-49	76	00:32:21	00:45:33	00:50:51.85	+00:18:13 (35.8%)	5:05	11.8 (64.1%)
225	CHOJNAŁA Mikołaj	265		M 40-49	77	00:32:23	00:45:48	00:50:53.00	+00:18:14 (35.8%)	5:05	11.8 (64.1%)
226	CHWALISZ Michalina	89	VEGE RUNNERS	K 1-29	6	00:32:41	00:45:36	00:50:54.95	+00:18:16 (35.9%)	5:05	11.8 (64.1%)
227	ŚWIĆ Rafał	87		M 40-49	78	00:31:46	00:45:15	00:50:56.00	+00:18:17 (35.9%)	5:05	11.8 (64.1%)
228	DUDA Jacek	122	SKPT WARSZAWA	M 40-49	79	00:31:46	00:45:16	00:50:59.10	+00:18:20 (36.0%)	5:05	11.8 (64.1%)
229	STACHURSKI Dariusz	473	RUN%FUN	M 30-39	67	00:31:42	00:45:18	00:50:59.20	+00:18:20 (36.0%)	5:05	11.8 (64.1%)
230	MICHEWICZ Gosia	326		K 30-39	18	00:33:09	00:45:59	00:51:02.90	+00:18:24 (36.0%)	5:06	11.8 (64.1%)
231	WEREDA Paweł	639		M 50-59	18	00:31:44	00:45:27	00:51:03.85	+00:18:25 (36.1%)	5:06	11.8 (64.1%)
232	NERC Maciej	346		M 40-49	80	00:31:36	00:45:21	00:51:08.30	+00:18:29 (36.2%)	5:06	11.7 (63.6%)
233	WŁODEK Rafał	568		M 40-49	81	00:32:10	00:45:30	00:51:18.60	+00:18:39 (36.4%)	5:07	11.7 (63.6%)
234	RUTKOWSKI Michał	439	KARAŚ SWIMMING TEAM	M 40-49	82	00:31:50	00:45:32	00:51:20.40	+00:18:41 (36.4%)	5:08	11.7 (63.6%)
235	ŁATKOWSKA Monika	300	GRUPA BIEGOWA CHTMO	K 40-49	12	00:32:15	00:45:53	00:51:25.45	+00:18:46 (36.5%)	5:08	11.7 (63.6%)
236	WILEŃSKI Zbigniew	555	GRUPA BIEGOWA UM W-WA	M 50-59	19	00:32:40	00:46:01	00:51:33.15	+00:18:54 (36.7%)	5:09	11.6 (63.0%)
237	SKRZYPEK Michał	464		M 30-39	68	00:31:53	00:45:53	00:51:40.10	+00:19:01 (36.8%)	5:10	11.6 (63.0%)
238	FLEMING Michał	662		M 1-29	28			00:51:42.00	+00:19:03 (36.9%)	5:10	11.6 (63.0%)
239	KRAKOWIAK Bartosz	636		M 40-49	83	00:31:38	00:45:59	00:51:42.35	+00:19:03 (36.9%)	5:10	11.6 (63.0%)
240	KOCOŃ Rafał	230		M 30-39	69	00:31:38	00:46:01	00:51:43.35	+00:19:04 (36.9%)	5:10	11.6 (63.0%)
241	BARANOWSKI Łukasz	33		M 30-39	70	00:31:01	00:46:25	00:51:44.15	+00:19:05 (36.9%)	5:10	11.6 (63.0%)
242	ADAMIAK Robert	11	CURTIS	M 50-59	20	00:32:02	00:46:02	00:51:45.25	+00:19:06 (36.9%)	5:10	11.6 (63.0%)
243	WAGNER Jolanta	539		K 50-59	2	00:32:29	00:46:08	00:51:46.75	+00:19:08 (37.0%)	5:10	11.6 (63.0%)
244	GERWATOWSKI Artur	145		M 30-39	71	00:31:24	00:45:58	00:51:47.00	+00:19:08 (37.0%)	5:10	11.6 (63.0%)
245	NOSARZEWSKI Mariusz	348	GB PRESS TEAM	M 40-49	84	00:31:52	00:46:05	00:51:47.45	+00:19:08 (37.0%)	5:10	11.6 (63.0%)
246	RAWSKA Małgorzata	425		K 40-49	13	00:32:49	00:46:22	00:51:47.95	+00:19:09 (37.0%)	5:10	11.6 (63.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
247	<b>PYRA Piotr</b>	<b>415</b>	PKS RADOŚĆ	M 30-39	72	00:31:54	00:46:31	<b>00:51:48.70</b>	+00:19:09 (37.0%)	5:10	11.6 (63.0%)
248	<b>SOCHA Marek</b>	<b>471</b>		M 50-59	21	00:32:26	00:46:18	<b>00:51:54.15</b>	+00:19:15 (37.1%)	5:11	11.6 (63.0%)
249	<b>DRAJCZYK Maria</b>	<b>627</b>		K 30-39	19	00:32:29	00:46:14	<b>00:51:56.40</b>	+00:19:17 (37.1%)	5:11	11.6 (63.0%)
250	<b>MAŁŻ Bartosz</b>	<b>310</b>		M 30-39	73	00:32:44	00:46:39	<b>00:51:59.15</b>	+00:19:20 (37.2%)	5:11	11.5 (62.5%)
251	<b>LEWANDOWSKI Robert</b>	<b>658</b>		M 40-49	85	00:31:21	00:46:04	<b>00:51:59.35</b>	+00:19:20 (37.2%)	5:11	11.5 (62.5%)
252	<b>OWOC Tomasz</b>	<b>376</b>	PKO BANK POLSKI	M 50-59	22	00:32:52	00:46:20	<b>00:51:59.75</b>	+00:19:21 (37.2%)	5:11	11.5 (62.5%)
253	<b>WNEK Joanna</b>	<b>227</b>		K 30-39	20	00:32:22	00:46:10	<b>00:52:00.25</b>	+00:19:21 (37.2%)	5:12	11.5 (62.5%)
253	<b>KUSY Jacek</b>	<b>621</b>		M 30-39	74	00:32:32	00:46:24	<b>00:52:00.25</b>	+00:19:21 (37.2%)	5:12	11.5 (62.5%)
255	<b>GÓRSKA Malgorzata</b>	<b>160</b>		K 30-39	21	00:32:53	00:46:27	<b>00:52:01.85</b>	+00:19:23 (37.3%)	5:12	11.5 (62.5%)
256	<b>POPŁAWSKI Tomasz</b>	<b>403</b>		M 40-49	86	00:32:34	00:46:31	<b>00:52:02.85</b>	+00:19:24 (37.3%)	5:12	11.5 (62.5%)
257	<b>WICIŃSKI Andrzej</b>	<b>550</b>	DIDI-ART	M 50-59	23	00:32:28	00:46:22	<b>00:52:03.40</b>	+00:19:24 (37.3%)	5:12	11.5 (62.5%)
258	<b>KISZKOWIAK Łukasz</b>	<b>222</b>	WAT	M 40-49	87	00:32:09	00:46:40	<b>00:52:03.85</b>	+00:19:25 (37.3%)	5:12	11.5 (62.5%)
259	<b>SKLEPOWICZ Jacek</b>	<b>458</b>		M 40-49	88	00:32:21	00:46:26	<b>00:52:06.50</b>	+00:19:27 (37.4%)	5:12	11.5 (62.5%)
260	<b>FRAĆKIEWICZ Dariusz</b>	<b>135</b>	BIEGAM NA TARCHOMINIE	M 40-49	89	00:32:20	00:46:13	<b>00:52:07.80</b>	+00:19:29 (37.4%)	5:12	11.5 (62.5%)
261	<b>MOLAK Katarzyna</b>	<b>339</b>		K 1-29	7	00:33:12	00:46:41	<b>00:52:09.30</b>	+00:19:30 (37.4%)	5:12	11.5 (62.5%)
262	<b>GOŁĘBIEWSKI Łukasz</b>	<b>155</b>		M 40-49	90	00:31:05	00:46:11	<b>00:52:10.10</b>	+00:19:31 (37.4%)	5:13	11.5 (62.5%)
263	<b>LITKOWICZ Adrian</b>	<b>293</b>	EKOBIEGI	M 40-49	91	00:32:51	00:46:23	<b>00:52:14.25</b>	+00:19:35 (37.5%)	5:13	11.5 (62.5%)
263	<b>APANOWICZ Angelika</b>	<b>16</b>	EKOBIEGI	K 40-49	14	00:32:51	00:46:24	<b>00:52:14.25</b>	+00:19:35 (37.5%)	5:13	11.5 (62.5%)
265	<b>KUCHARCZYK Bartosz</b>	<b>266</b>		M 40-49	92	00:32:57	00:46:48	<b>00:52:14.60</b>	+00:19:35 (37.5%)	5:13	11.5 (62.5%)
266	<b>OSUCH Dariusz</b>	<b>375</b>		M 40-49	93	00:31:59	00:46:16	<b>00:52:15.90</b>	+00:19:37 (37.5%)	5:13	11.5 (62.5%)
267	<b>WACH Michał</b>	<b>537</b>	BIEGAM NA TARCHOMINIE	M 40-49	94	00:32:55	00:46:41	<b>00:52:16.80</b>	+00:19:38 (37.6%)	5:13	11.5 (62.5%)
268	<b>ORZEŁ Daniel</b>	<b>371</b>		M 40-49	95			<b>00:52:18.00</b>	+00:19:39 (37.6%)	5:13	11.5 (62.5%)
269	<b>FRYCZ Michał</b>	<b>137</b>		M 40-49	96	00:33:53	00:47:13	<b>00:52:22.15</b>	+00:19:43 (37.7%)	5:14	11.5 (62.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
270	<b>BLAIM Katarzyna</b>	<b>53</b>		K 40-49	15	00:32:11	00:46:43	<b>00:52:22.45</b>	+00:19:43 (37.7%)	5:14	11.5 (62.5%)
271	<b>LEWANDOWSKI Piotr</b>	<b>285</b>	TRUCHT TARCHOMIN TEAM	M 40-49	97	00:32:10	00:46:18	<b>00:52:23.40</b>	+00:19:44 (37.7%)	5:14	11.5 (62.5%)
272	<b>WOŁYNEK Agnieszka</b>	<b>576</b>		K 40-49	16	00:32:50	00:46:47	<b>00:52:23.85</b>	+00:19:45 (37.7%)	5:14	11.5 (62.5%)
273	<b>BIAŁOKOS Kamil</b>	<b>44</b>	GRUPA BIEGOWA CHTMO	M 40-49	98	00:32:19	00:46:26	<b>00:52:25.05</b>	+00:19:46 (37.7%)	5:14	11.4 (62.0%)
274	<b>JANASZ Rafał</b>	<b>184</b>	FMW RUNNERS	M 40-49	99	00:31:53	00:46:33	<b>00:52:27.35</b>	+00:19:48 (37.8%)	5:14	11.4 (62.0%)
275	<b>ŻUKOWSKI Krzysztof</b>	<b>611</b>		M 40-49	100	00:32:13	00:46:32	<b>00:52:33.25</b>	+00:19:54 (37.9%)	5:15	11.4 (62.0%)
276	<b>GAŁKA Bartek</b>	<b>141</b>		M 30-39	75	00:32:09	00:46:46	<b>00:52:33.80</b>	+00:19:55 (37.9%)	5:15	11.4 (62.0%)
277	<b>KLIPO Mateusz</b>	<b>225</b>	DELOITTE ADVENTURE TEAM	M 1-29	29	00:32:51	00:47:04	<b>00:52:37.40</b>	+00:19:58 (38.0%)	5:15	11.4 (62.0%)
278	<b>WÓJCIK Piotr</b>	<b>578</b>		M 40-49	101	00:32:10	00:46:48	<b>00:52:39.10</b>	+00:20:00 (38.0%)	5:15	11.4 (62.0%)
279	<b>BUCHALSKA Ewa</b>	<b>69</b>	EKOBIEGI	K 50-59	3	00:32:49	00:46:54	<b>00:52:41.30</b>	+00:20:02 (38.0%)	5:16	11.4 (62.0%)
280	<b>FIJAŁKOWSKI Oliwier</b>	<b>129</b>		M 1-29	30	00:32:45	00:46:11	<b>00:52:41.80</b>	+00:20:03 (38.0%)	5:16	11.4 (62.0%)
281	<b>SKŁUCKI Hubert</b>	<b>459</b>	RUN TEAM NASIELSK	M 40-49	102	00:32:28	00:47:04	<b>00:52:42.35</b>	+00:20:03 (38.1%)	5:16	11.4 (62.0%)
282	<b>KUFERA Dariusz</b>	<b>269</b>	BIEGAM NA TARCHOMINIE	M 40-49	103	00:33:29	00:47:05	<b>00:52:49.30</b>	+00:20:10 (38.2%)	5:16	11.4 (62.0%)
283	<b>ZARĘBA-TREMELET Katarzyna</b>	<b>590</b>		K 40-49	17	00:32:57	00:47:16	<b>00:52:51.90</b>	+00:20:13 (38.2%)	5:17	11.4 (62.0%)
284	<b>MYŚLIŃSKA Anna</b>	<b>357</b>	BIAŁOŁĘKA JEST KOBIETĄ	K 40-49	18	00:33:23	00:47:08	<b>00:52:54.65</b>	+00:20:15 (38.3%)	5:17	11.3 (61.4%)
285	<b>DĄBROWSKI Emil</b>	<b>116</b>		M 30-39	76	00:32:13	00:46:56	<b>00:53:00.55</b>	+00:20:21 (38.4%)	5:18	11.3 (61.4%)
286	<b>LORENS Krzysztof</b>	<b>637</b>		M 40-49	104	00:32:44	00:46:56	<b>00:53:01.45</b>	+00:20:22 (38.4%)	5:18	11.3 (61.4%)
287	<b>BUDNICKI Michał</b>	<b>72</b>	IM	M 30-39	77	00:32:52	00:46:48	<b>00:53:02.70</b>	+00:20:23 (38.5%)	5:18	11.3 (61.4%)
288	<b>HENTKA Kamil</b>	<b>177</b>	UKL OLIMPIJCZYK 112	M 30-39	78	00:33:29	00:47:25	<b>00:53:04.15</b>	+00:20:25 (38.5%)	5:18	11.3 (61.4%)
289	<b>BABIUCH Marek</b>	<b>22</b>	RUN LOG	M 50-59	24	00:32:45	00:47:07	<b>00:53:04.40</b>	+00:20:25 (38.5%)	5:18	11.3 (61.4%)
290	<b>ANIOŁKOWSKI Krzysztof</b>	<b>15</b>	GRUPA BIEGOWA UM W-WA	M 30-39	79	00:34:29	00:47:57	<b>00:53:04.60</b>	+00:20:25 (38.5%)	5:18	11.3 (61.4%)
291	<b>SIEPIETOWSKI Tomasz</b>	<b>455</b>	ANPHARM RUN TEAM	M 40-49	105	00:33:22	00:47:21	<b>00:53:06.85</b>	+00:20:28 (38.5%)	5:18	11.3 (61.4%)
292	<b>GOLNIK Paweł</b>	<b>153</b>		M 40-49	106	00:32:27	00:47:04	<b>00:53:09.10</b>	+00:20:30 (38.6%)	5:18	11.3 (61.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
293	<b>GRYCZKA Andrzej</b>	<b>170</b>	KANCELARIA PRAWNA ANLEX ANDRZEJ GRYCZKA	M 30-39	80	00:31:27	00:46:40	<b>00:53:09.95</b>	+00:20:31 (38.6%)	5:18	11.3 (61.4%)
294	<b>KARASIEWICZ Katarzyna</b>	<b>208</b>		K 50-59	4	00:32:32	00:47:15	<b>00:53:11.30</b>	+00:20:32 (38.6%)	5:19	11.3 (61.4%)
295	<b>RAKOWSKA Agnieszka</b>	<b>421</b>		K 30-39	22	00:33:02	00:47:15	<b>00:53:13.60</b>	+00:20:34 (38.7%)	5:19	11.3 (61.4%)
296	<b>MATUSZEWSKA Jolanta</b>	<b>317</b>		K 40-49	19	00:32:59	00:47:23	<b>00:53:16.65</b>	+00:20:37 (38.7%)	5:19	11.3 (61.4%)
297	<b>SUCHECKA Joanna</b>	<b>483</b>	KS POMORSKA	K 30-39	23	00:34:03	00:47:49	<b>00:53:18.45</b>	+00:20:39 (38.8%)	5:19	11.3 (61.4%)
298	<b>SUCHECKI Przemysław</b>	<b>484</b>	KS POMORSKA	M 40-49	107	00:34:03	00:47:49	<b>00:53:18.50</b>	+00:20:39 (38.8%)	5:19	11.3 (61.4%)
299	<b>BARTNIK Rafał</b>	<b>36</b>	ZABIEGANY WOŁOMIN	M 40-49	108	00:33:10	00:47:30	<b>00:53:21.45</b>	+00:20:42 (38.8%)	5:20	11.2 (60.9%)
300	<b>KOWNACKI Marcin</b>	<b>249</b>		M 40-49	109	00:33:46	00:47:44	<b>00:53:21.50</b>	+00:20:42 (38.8%)	5:20	11.2 (60.9%)
301	<b>MACURA Michał</b>	<b>675</b>		M 40-49	110	00:33:38	00:47:41	<b>00:53:23.30</b>	+00:20:44 (38.9%)	5:20	11.2 (60.9%)
302	<b>BRZOZOWSKA Magdalena</b>	<b>66</b>	BIEGUSTATORZY	K 30-39	24	00:33:03	00:47:31	<b>00:53:24.80</b>	+00:20:46 (38.9%)	5:20	11.2 (60.9%)
303	<b>SŁOMKA Bogumił</b>	<b>466</b>		M 40-49	111	00:32:47	00:47:21	<b>00:53:28.90</b>	+00:20:50 (39.0%)	5:20	11.2 (60.9%)
304	<b>CIMOCHOWSKA Magdalena</b>	<b>96</b>	BIEGAM NA TARCHOMINIE	K 40-49	20	00:33:30	00:47:32	<b>00:53:31.90</b>	+00:20:53 (39.0%)	5:21	11.2 (60.9%)
305	<b>BANASIK-URBANOWSKA Katarzyna</b>	<b>31</b>	GRUPA BIEGOWA UM W-WA	K 30-39	25	00:33:26	00:47:45	<b>00:53:37.70</b>	+00:20:58 (39.1%)	5:21	11.2 (60.9%)
306	<b>SZAREWICZ Paweł</b>	<b>492</b>		M 30-39	81	00:33:49	00:47:52	<b>00:53:39.25</b>	+00:21:00 (39.2%)	5:21	11.2 (60.9%)
307	<b>WILGOS Janusz</b>	<b>556</b>		M 40-49	112	00:34:15	00:48:11	<b>00:53:39.80</b>	+00:21:01 (39.2%)	5:21	11.2 (60.9%)
308	<b>PODKAŃSKI Paweł</b>	<b>396</b>		M 30-39	82	00:32:35	00:47:45	<b>00:53:40.15</b>	+00:21:01 (39.2%)	5:22	11.2 (60.9%)
309	<b>WOJTOWICZ Przemysław</b>	<b>575</b>		M 30-39	83	00:32:25	00:47:34	<b>00:53:41.00</b>	+00:21:02 (39.2%)	5:22	11.2 (60.9%)
310	<b>TOMASZEK Robert</b>	<b>522</b>		M 40-49	113	00:32:29	00:47:35	<b>00:53:47.00</b>	+00:21:08 (39.3%)	5:22	11.2 (60.9%)
311	<b>WYSOCKI Robert</b>	<b>581</b>	GRUPA CHTMO	M 50-59	25	00:34:09	00:47:59	<b>00:53:47.80</b>	+00:21:09 (39.3%)	5:22	11.2 (60.9%)
312	<b>MALYI Sergii</b>	<b>615</b>		M 30-39	84	00:34:09	00:48:23	<b>00:53:48.40</b>	+00:21:09 (39.3%)	5:22	11.2 (60.9%)
313	<b>MOŚCICKI Zenon</b>	<b>251</b>		M 60+	5	00:34:20	00:48:24	<b>00:53:53.30</b>	+00:21:14 (39.4%)	5:23	11.1 (60.3%)
314	<b>KOZAK Piotr</b>	<b>195</b>		M 40-49	114	00:32:55	00:47:51	<b>00:54:01.10</b>	+00:21:22 (39.6%)	5:24	11.1 (60.3%)
315	<b>MENDREK Ireneusz</b>	<b>323</b>	TURBODZIKI	M 30-39	85	00:33:44	00:48:25	<b>00:54:02.35</b>	+00:21:23 (39.6%)	5:24	11.1 (60.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
316	<b>NOWAK Jerzy</b>	<b>351</b>	PWPW	M 40-49	115	00:32:47	00:48:03	<b>00:54:05.05</b>	+00:21:26 (39.6%)	5:24	11.1 (60.3%)
317	<b>JODŁOWSKI Grzegorz</b>	<b>197</b>	NIEZRZESZONY	M 40-49	116	00:32:51	00:47:56	<b>00:54:07.55</b>	+00:21:28 (39.7%)	5:24	11.1 (60.3%)
318	<b>ADAMOWICZ Dariusz</b>	<b>671</b>		M 40-49	117	00:33:18	00:48:14	<b>00:54:08.05</b>	+00:21:29 (39.7%)	5:24	11.1 (60.3%)
319	<b>SZLAGA Sebastian</b>	<b>499</b>	KURKARURKA	M 30-39	86	00:34:31	00:48:53	<b>00:54:11.75</b>	+00:21:33 (39.8%)	5:25	11.1 (60.3%)
320	<b>SZLAGA Kinga</b>	<b>5</b>		K 30-39	26	00:34:30	00:48:53	<b>00:54:12.75</b>	+00:21:34 (39.8%)	5:25	11.1 (60.3%)
321	<b>ŻMIJEWSKI Daniel</b>	<b>607</b>		M 30-39	87	00:32:22	00:48:18	<b>00:54:12.95</b>	+00:21:34 (39.8%)	5:25	11.1 (60.3%)
322	<b>KARWECKI Patryk</b>	<b>211</b>		M 30-39	88			<b>00:54:14.00</b>	+00:21:35 (39.8%)	5:25	11.1 (60.3%)
323	<b>SZYMAŃSKA Alicja</b>	<b>686</b>		K 40-49	21	00:33:45	00:48:19	<b>00:54:18.35</b>	+00:21:39 (39.9%)	5:25	11 (59.8%)
324	<b>SUPERA Krzysztof</b>	<b>488</b>	DELOITTE ADVENTURE TEAM	M 40-49	118	00:34:41	00:48:45	<b>00:54:21.55</b>	+00:21:42 (39.9%)	5:26	11 (59.8%)
325	<b>KRÓLICKI Konrad</b>	<b>257</b>	STG WARSZAWA	M 40-49	119	00:33:05	00:48:03	<b>00:54:24.50</b>	+00:21:45 (40.0%)	5:26	11 (59.8%)
326	<b>SAMOCIUK Karolina</b>	<b>447</b>		K 30-39	27	00:33:06	00:48:04	<b>00:54:24.60</b>	+00:21:45 (40.0%)	5:26	11 (59.8%)
327	<b>MOSOŃ Jakub</b>	<b>663</b>		M 40-49	120	00:33:45	00:48:31	<b>00:54:28.35</b>	+00:21:49 (40.1%)	5:26	11 (59.8%)
328	<b>POWROŃSKA Marta</b>	<b>384</b>		K 30-39	28	00:33:46	00:48:32	<b>00:54:28.90</b>	+00:21:50 (40.1%)	5:26	11 (59.8%)
329	<b>ZUBELEWICZ-JERUZALSKA Anna</b>	<b>604</b>		K 30-39	29	00:34:21	00:48:35	<b>00:54:30.75</b>	+00:21:52 (40.1%)	5:27	11 (59.8%)
330	<b>SZYMCZAK Jacek</b>	<b>687</b>		M 40-49	121	00:33:36	00:48:58	<b>00:54:30.85</b>	+00:21:52 (40.1%)	5:27	11 (59.8%)
331	<b>MATYJASIAK Mateusz</b>	<b>319</b>		M 1-29	31	00:35:24	00:49:07	<b>00:54:31.30</b>	+00:21:52 (40.1%)	5:27	11 (59.8%)
332	<b>FILIPOWICZ Arkadiusz</b>	<b>130</b>		M 40-49	122	00:33:03	00:48:19	<b>00:54:31.75</b>	+00:21:53 (40.1%)	5:27	11 (59.8%)
333	<b>DYREK Dariusz</b>	<b>652</b>		M 60+	6	00:34:52	00:48:55	<b>00:54:33.55</b>	+00:21:54 (40.2%)	5:27	11 (59.8%)
334	<b>JARMUŻEWSKA Teresa</b>	<b>191</b>	TIA	K 50-59	5	00:34:52	00:49:05	<b>00:54:34.85</b>	+00:21:56 (40.2%)	5:27	11 (59.8%)
335	<b>SZCZĘSNY Paweł</b>	<b>498</b>		M 40-49	123	00:33:06	00:48:21	<b>00:54:41.10</b>	+00:22:02 (40.3%)	5:28	11 (59.8%)
336	<b>JANKOWSKA Wiola</b>	<b>188</b>		K 40-49	22	00:33:47	00:48:59	<b>00:54:42.75</b>	+00:22:04 (40.3%)	5:28	11 (59.8%)
337	<b>WIKTOROWICZ Marcin</b>	<b>554</b>		M 40-49	124	00:34:35	00:48:56	<b>00:54:43.65</b>	+00:22:04 (40.3%)	5:28	11 (59.8%)
338	<b>TEJCHMA Natalia</b>	<b>515</b>		K 40-49	23	00:34:36	00:48:42	<b>00:54:44.25</b>	+00:22:05 (40.4%)	5:28	11 (59.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
339	<b>RUPIK Piotr</b>	<b>437</b>		M 40-49	125	00:33:40	00:48:41	<b>00:54:45.60</b>	+00:22:06 (40.4%)	5:28	11 (59.8%)
340	<b>GÓRKA Bartosz</b>	<b>159</b>		M 30-39	89	00:34:44	00:48:58	<b>00:54:46.00</b>	+00:22:07 (40.4%)	5:28	11 (59.8%)
341	<b>FURMANIAK PAŃCZAK Joanna</b>	<b>138</b>	BIEGOWE WTORKI NA TARCHOMINIE	K 30-39	30	00:34:38	00:48:54	<b>00:54:48.35</b>	+00:22:09 (40.4%)	5:28	10.9 (59.2%)
342	<b>RING Urszula</b>	<b>427</b>		K 30-39	31	00:34:02	00:48:54	<b>00:54:50.05</b>	+00:22:11 (40.5%)	5:29	10.9 (59.2%)
343	<b>SZLASA Grzegorz</b>	<b>500</b>		M 40-49	126	00:34:35	00:49:01	<b>00:54:54.95</b>	+00:22:16 (40.6%)	5:29	10.9 (59.2%)
344	<b>ADAMKIEWICZ Marcin</b>	<b>14</b>		M 30-39	90	00:33:42	00:48:45	<b>00:54:55.20</b>	+00:22:16 (40.6%)	5:29	10.9 (59.2%)
345	<b>HEĆMAN Marcin</b>	<b>635</b>		M 40-49	127	00:33:38	00:48:47	<b>00:54:55.35</b>	+00:22:16 (40.6%)	5:29	10.9 (59.2%)
346	<b>KOLASA Andrzej</b>	<b>232</b>	KLUB J.SŁOWACKIEGO	M 60+	7	00:34:25	00:48:54	<b>00:54:56.95</b>	+00:22:18 (40.6%)	5:29	10.9 (59.2%)
347	<b>ŻUK Paweł</b>	<b>610</b>		M 40-49	128	00:34:41	00:48:54	<b>00:55:02.40</b>	+00:22:23 (40.7%)	5:30	10.9 (59.2%)
348	<b>RADOMSKA-ZUBCZYŃSKA Maria</b>	<b>418</b>		K 30-39	32	00:33:53	00:49:16	<b>00:55:14.80</b>	+00:22:36 (40.9%)	5:31	10.9 (59.2%)
349	<b>STRAWSKI Marcin</b>	<b>479</b>		M 40-49	129	00:38:47	00:49:42	<b>00:55:17.50</b>	+00:22:38 (41.0%)	5:31	10.9 (59.2%)
350	<b>CELIŃSKI Mateusz</b>	<b>74</b>	TRUCHT TARCHOMIN TEAM	M 1-29	32	00:32:51	00:49:16	<b>00:55:20.35</b>	+00:22:41 (41.0%)	5:32	10.8 (58.7%)
351	<b>KOCIK Elżbieta</b>	<b>4</b>		K 40-49	24			<b>00:55:23.00</b>	+00:22:44 (41.1%)	5:32	10.8 (58.7%)
352	<b>PASTERNAK Justyna</b>	<b>383</b>	Z BIEGANIEM MI DO TWARZY	K 40-49	25	00:34:34	00:49:26	<b>00:55:28.50</b>	+00:22:49 (41.2%)	5:32	10.8 (58.7%)
353	<b>BOBROWSKI Marcin</b>	<b>55</b>	RECEPTANANUDE.PL	M 50-59	26	00:35:37	00:49:38	<b>00:55:29.30</b>	+00:22:50 (41.2%)	5:32	10.8 (58.7%)
354	<b>BORUSZEWSKI Maciej</b>	<b>63</b>		M 40-49	130	00:35:20	00:49:39	<b>00:55:31.00</b>	+00:22:52 (41.2%)	5:33	10.8 (58.7%)
355	<b>MICHALSKI Dariusz</b>	<b>325</b>		M 60+	8	00:35:04	00:49:32	<b>00:55:31.40</b>	+00:22:52 (41.2%)	5:33	10.8 (58.7%)
356	<b>CHODKOWSKA Anna</b>	<b>81</b>		K 30-39	33	00:34:31	00:49:36	<b>00:55:37.65</b>	+00:22:58 (41.3%)	5:33	10.8 (58.7%)
357	<b>PRĘDKI Marcin</b>	<b>406</b>		M 40-49	131	00:34:31	00:49:32	<b>00:55:38.25</b>	+00:22:59 (41.3%)	5:33	10.8 (58.7%)
358	<b>KONOPKA Andrzej</b>	<b>235</b>		M 40-49	132	00:33:51	00:49:23	<b>00:55:39.20</b>	+00:23:00 (41.3%)	5:33	10.8 (58.7%)
359	<b>BIEDROŃ Artur</b>	<b>47</b>	ERP HEART TEAM	M 40-49	133	00:35:30	00:50:01	<b>00:55:41.75</b>	+00:23:03 (41.4%)	5:34	10.8 (58.7%)
360	<b>BAKUŁA Wiesław</b>	<b>26</b>	WAMPIR	M 50-59	27	00:34:02	00:49:27	<b>00:55:41.90</b>	+00:23:03 (41.4%)	5:34	10.8 (58.7%)
361	<b>ZAWADZKI Emil</b>	<b>594</b>		M 30-39	91	00:35:32	00:50:00	<b>00:55:42.40</b>	+00:23:03 (41.4%)	5:34	10.8 (58.7%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
362	<b>SKRĘTKOWICZ Paweł</b>	<b>462</b>		M 30-39	92	00:34:53	00:49:37	<b>00:55:45.00</b>	+00:23:06 (41.4%)	5:34	10.8 (58.7%)
363	<b>BAZYLEWICZ Hubert</b>	<b>37</b>		M 30-39	93	00:33:26	00:49:03	<b>00:55:45.10</b>	+00:23:06 (41.4%)	5:34	10.8 (58.7%)
364	<b>JAROS Honorata</b>	<b>192</b>		K 50-59	6	00:34:08	00:49:34	<b>00:55:47.15</b>	+00:23:08 (41.5%)	5:34	10.8 (58.7%)
365	<b>WOJNARSKI Janusz</b>	<b>572</b>		M 60+	9	00:35:09	00:49:48	<b>00:55:48.35</b>	+00:23:09 (41.5%)	5:34	10.8 (58.7%)
366	<b>BIŃKOWSKI Daniel</b>	<b>51</b>		M 30-39	94	00:35:59	00:50:10	<b>00:55:50.35</b>	+00:23:11 (41.5%)	5:35	10.7 (58.2%)
367	<b>SMORAWSKI Wodzisław</b>	<b>467</b>		M 30-39	95	00:34:46	00:49:25	<b>00:55:51.40</b>	+00:23:12 (41.6%)	5:35	10.7 (58.2%)
368	<b>KROSZKIEWICZ Joanna</b>	<b>254</b>		K 30-39	34	00:34:34	00:49:41	<b>00:55:51.60</b>	+00:23:12 (41.6%)	5:35	10.7 (58.2%)
369	<b>MYCIELSKA Ewa</b>	<b>651</b>		K 40-49	26	00:34:59	00:50:00	<b>00:55:53.85</b>	+00:23:15 (41.6%)	5:35	10.7 (58.2%)
370	<b>TRZESIŃSKI Michał</b>	<b>532</b>		M 30-39	96	00:34:16	00:49:32	<b>00:55:54.45</b>	+00:23:15 (41.6%)	5:35	10.7 (58.2%)
371	<b>BERECZ Eva</b>	<b>41</b>		K 30-39	35	00:34:39	00:49:23	<b>00:55:59.25</b>	+00:23:20 (41.7%)	5:35	10.7 (58.2%)
372	<b>MIKLASZEWSKI Kamil</b>	<b>333</b>		M 30-39	97	00:34:46	00:49:50	<b>00:56:00.50</b>	+00:23:21 (41.7%)	5:36	10.7 (58.2%)
373	<b>FIRCHAŁ Monika</b>	<b>131</b>	ORT ŁOMIANKI	K 40-49	27	00:34:41	00:49:45	<b>00:56:02.70</b>	+00:23:23 (41.8%)	5:36	10.7 (58.2%)
374	<b>MARCINKOWSKI Krzysztof</b>	<b>313</b>		M 40-49	134	00:35:08	00:50:08	<b>00:56:11.15</b>	+00:23:32 (41.9%)	5:37	10.7 (58.2%)
375	<b>ZIELIŃSKI Karol</b>	<b>640</b>		M 40-49	135	00:34:04	00:49:29	<b>00:56:11.95</b>	+00:23:33 (41.9%)	5:37	10.7 (58.2%)
376	<b>SZYMBORSKA Dota</b>	<b>503</b>	POŁAWIACZKI PEREŁ	K 40-49	28	00:35:19	00:50:08	<b>00:56:13.50</b>	+00:23:34 (41.9%)	5:37	10.7 (58.2%)
377	<b>SZCZĘSNY Michał</b>	<b>497</b>		M 40-49	136	00:34:14	00:49:34	<b>00:56:18.05</b>	+00:23:39 (42.0%)	5:37	10.7 (58.2%)
378	<b>CIEŻ Marcelina</b>	<b>95</b>		K 1-29	8	00:35:58	00:50:39	<b>00:56:18.65</b>	+00:23:39 (42.0%)	5:37	10.7 (58.2%)
379	<b>PŁATEK Emil</b>	<b>392</b>		M 30-39	98	00:34:38	00:49:55	<b>00:56:20.55</b>	+00:23:41 (42.1%)	5:38	10.7 (58.2%)
380	<b>MIKLASZEWSKI Marian</b>	<b>334</b>		M 60+	10	00:35:09	00:50:03	<b>00:56:21.60</b>	+00:23:42 (42.1%)	5:38	10.6 (57.6%)
381	<b>OSIAK Dawid</b>	<b>372</b>		M 1-29	33	00:35:52	00:50:33	<b>00:56:21.80</b>	+00:23:43 (42.1%)	5:38	10.6 (57.6%)
382	<b>GRZESZCZYK Michał</b>	<b>172</b>	EKOBIEGI	M 40-49	137	00:35:04	00:49:55	<b>00:56:23.15</b>	+00:23:44 (42.1%)	5:38	10.6 (57.6%)
383	<b>ŁUCZAK Michał</b>	<b>304</b>	RAK'N'ROLL	M 40-49	138	00:35:12	00:50:19	<b>00:56:23.65</b>	+00:23:44 (42.1%)	5:38	10.6 (57.6%)
384	<b>PARZYCH Marcin</b>	<b>634</b>		M 40-49	139	00:33:33	00:50:02	<b>00:56:26.25</b>	+00:23:47 (42.2%)	5:38	10.6 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
385	<b>BESSARABA Sławomir</b>	<b>42</b>		M 40-49	140	00:35:19	00:50:15	<b>00:56:27.70</b>	+00:23:48 (42.2%)	5:38	10.6 (57.6%)
386	<b>TOCHOWICZ Paweł</b>	<b>521</b>		M 40-49	141	00:35:52	00:50:31	<b>00:56:32.60</b>	+00:23:53 (42.3%)	5:39	10.6 (57.6%)
387	<b>HRYCIUK Katarzyna</b>	<b>180</b>	EKOBIEGI	K 40-49	29	00:35:52	00:50:45	<b>00:56:33.25</b>	+00:23:54 (42.3%)	5:39	10.6 (57.6%)
388	<b>DANIUN Wojciech</b>	<b>112</b>		M 30-39	99	00:34:46	00:50:36	<b>00:56:34.85</b>	+00:23:56 (42.3%)	5:39	10.6 (57.6%)
389	<b>BIAŁORUCKI Piotr</b>	<b>45</b>		M 40-49	142	00:35:19	00:50:22	<b>00:56:37.10</b>	+00:23:58 (42.3%)	5:39	10.6 (57.6%)
390	<b>MIŁOSZ Marek</b>	<b>335</b>		M 50-59	28	00:34:03	00:49:54	<b>00:56:40.35</b>	+00:24:01 (42.4%)	5:40	10.6 (57.6%)
391	<b>RZEPKA Bartosz</b>	<b>444</b>		M 30-39	100	00:35:42	00:50:46	<b>00:56:42.95</b>	+00:24:04 (42.4%)	5:40	10.6 (57.6%)
392	<b>ŚWIDERSKA Joanna</b>	<b>510</b>		K 30-39	36	00:35:37	00:50:37	<b>00:56:56.10</b>	+00:24:17 (42.7%)	5:41	10.5 (57.1%)
393	<b>WITCZAK Piotr</b>	<b>564</b>		M 40-49	143	00:35:11	00:50:10	<b>00:56:56.15</b>	+00:24:17 (42.7%)	5:41	10.5 (57.1%)
393	<b>ROGOZINSKI Adrian</b>	<b>428</b>		M 30-39	101	00:34:10	00:50:54	<b>00:56:56.15</b>	+00:24:17 (42.7%)	5:41	10.5 (57.1%)
395	<b>MURAWSKA Magdalena</b>	<b>342</b>		K 30-39	37	00:35:41	00:50:37	<b>00:56:57.60</b>	+00:24:18 (42.7%)	5:41	10.5 (57.1%)
396	<b>KOPACZEL Paweł</b>	<b>689</b>	BIEGAM U KOLESI	M 30-39	102	00:33:54	00:50:26	<b>00:56:58.35</b>	+00:24:19 (42.7%)	5:41	10.5 (57.1%)
397	<b>BOGUMIŁ Izabela</b>	<b>57</b>		K 40-49	30	00:35:41	00:50:46	<b>00:57:01.50</b>	+00:24:22 (42.8%)	5:42	10.5 (57.1%)
398	<b>FLORCZUK Agnieszka</b>	<b>133</b>		K 50-59	7	00:36:38	00:51:08	<b>00:57:04.30</b>	+00:24:25 (42.8%)	5:42	10.5 (57.1%)
399	<b>ZABIELSKI Andrzej</b>	<b>669</b>		M 40-49	144	00:34:56	00:50:36	<b>00:57:08.90</b>	+00:24:30 (42.9%)	5:42	10.5 (57.1%)
400	<b>CZARTORYSKA Maja</b>	<b>108</b>		K 1-29	9	00:35:59	00:51:20	<b>00:57:17.00</b>	+00:24:38 (43.0%)	5:43	10.5 (57.1%)
401	<b>RUDEŃKO Roman</b>	<b>436</b>	MX STUDIO	M 30-39	103	00:33:51	00:50:25	<b>00:57:17.05</b>	+00:24:38 (43.0%)	5:43	10.5 (57.1%)
402	<b>CIOŁEK Robert</b>	<b>97</b>		M 40-49	145	00:34:47	00:51:12	<b>00:57:21.60</b>	+00:24:42 (43.1%)	5:44	10.5 (57.1%)
403	<b>MŁYŃCZYK Adriana</b>	<b>336</b>		K 40-49	31	00:35:14	00:51:04	<b>00:57:24.60</b>	+00:24:45 (43.1%)	5:44	10.5 (57.1%)
404	<b>O'NEILL Agnieszka</b>	<b>366</b>	BIEGOWE WTORKI NA TARCHOMINIE	K 40-49	32	00:34:58	00:50:39	<b>00:57:24.70</b>	+00:24:45 (43.1%)	5:44	10.5 (57.1%)
405	<b>BIENIEK Wojciech</b>	<b>50</b>		M 30-39	104	00:35:24	00:50:47	<b>00:57:26.25</b>	+00:24:47 (43.2%)	5:44	10.4 (56.5%)
406	<b>PISANIEC Krzysztof</b>	<b>389</b>		M 30-39	105	00:35:34	00:50:52	<b>00:57:28.40</b>	+00:24:49 (43.2%)	5:44	10.4 (56.5%)
407	<b>PASEK Łukasz</b>	<b>381</b>		M 1-29	34	00:34:08	00:50:41	<b>00:57:32.15</b>	+00:24:53 (43.3%)	5:45	10.4 (56.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
408	LIS Marcin	290		M 40-49	146	00:34:25	00:51:02	00:57:33.85	+00:24:55 (43.3%)	5:45	10.4 (56.5%)
409	MARCZEWSKI Marcin	314	RESILIA BEMOWO	M 40-49	147	00:34:49	00:51:07	00:57:34.20	+00:24:55 (43.3%)	5:45	10.4 (56.5%)
409	MAJEWSKA Hanna	308	BIEGAM NA TARCHOMINIE	K 30-39	38	00:35:40	00:51:28	00:57:34.20	+00:24:55 (43.3%)	5:45	10.4 (56.5%)
411	CZAJKOWSKI Rafał	102	EKOBIEGI	M 40-49	148	00:35:44	00:50:53	00:57:37.45	+00:24:58 (43.3%)	5:45	10.4 (56.5%)
412	DUDEK Bartłomiej	123	BIEGAM NA TARCHOMINIE	M 30-39	106	00:35:56	00:50:54	00:57:38.90	+00:25:00 (43.4%)	5:45	10.4 (56.5%)
413	FROCZUK Piotr	673		M 50-59	29	00:36:38	00:51:47	00:57:40.20	+00:25:01 (43.4%)	5:46	10.4 (56.5%)
414	SZCZEŚNIAK Marta	496		K 30-39	39	00:36:30	00:52:02	00:57:44.35	+00:25:05 (43.5%)	5:46	10.4 (56.5%)
415	GASKIEWICZ Marek	143		M 40-49	149	00:35:15	00:51:13	00:57:46.30	+00:25:07 (43.5%)	5:46	10.4 (56.5%)
416	CZARTORYSKI Krystian	109		M 40-49	150	00:35:59	00:51:19	00:57:47.60	+00:25:08 (43.5%)	5:46	10.4 (56.5%)
417	CZARTORYSKA Anna	107		K 40-49	33	00:36:05	00:51:35	00:57:48.65	+00:25:09 (43.5%)	5:46	10.4 (56.5%)
418	ZAKABŁUKOWSKI Artur	584		M 50-59	30	00:35:59	00:51:20	00:57:49.45	+00:25:10 (43.5%)	5:46	10.4 (56.5%)
419	GOLONKA Patryk	299		M 1-29	35			00:57:53.00	+00:25:14 (43.6%)	5:47	10.4 (56.5%)
420	KRÓL Kamila	255		K 1-29	10	00:36:37	00:51:57	00:57:55.75	+00:25:17 (43.6%)	5:47	10.4 (56.5%)
421	KASZCZUK Radosław	213		M 40-49	151	00:35:45	00:51:28	00:57:56.10	+00:25:17 (43.7%)	5:47	10.4 (56.5%)
422	JAWORSKI Łukasz	194		M 30-39	107	00:35:28	00:51:32	00:57:58.30	+00:25:19 (43.7%)	5:47	10.4 (56.5%)
423	GONET Katarzyna	156		K 40-49	34	00:36:41	00:51:59	00:58:01.65	+00:25:22 (43.7%)	5:48	10.3 (56.0%)
424	KORSAK Piotr	667		M 40-49	152	00:36:30	00:52:25	00:58:07.45	+00:25:28 (43.8%)	5:48	10.3 (56.0%)
425	SULICH Mateusz	487		M 30-39	108	00:36:12	00:51:43	00:58:07.65	+00:25:28 (43.8%)	5:48	10.3 (56.0%)
426	RUSZTECKI Rafał	438	TASMANIANDEVIL	M 40-49	153	00:36:24	00:51:57	00:58:12.40	+00:25:33 (43.9%)	5:49	10.3 (56.0%)
427	MARCINKOWSKI Dariusz	312		M 60+	11	00:35:24	00:51:33	00:58:12.50	+00:25:33 (43.9%)	5:49	10.3 (56.0%)
428	POLAKOWSKA Anna	399		K 30-39	40	00:36:35	00:52:09	00:58:14.75	+00:25:36 (44.0%)	5:49	10.3 (56.0%)
429	MAĆKOWIAK Weronika	307		K 30-39	41	00:36:59	00:52:23	00:58:15.00	+00:25:36 (44.0%)	5:49	10.3 (56.0%)
430	CIERNIAK Michał	92	GRUPA BIEGOWA UM WARSZAWA	M 40-49	154	00:35:55	00:51:49	00:58:16.15	+00:25:37 (44.0%)	5:49	10.3 (56.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
431	<b>GŁÓWKA Małgorzata</b>	<b>148</b>		K 40-49	35	00:36:28	00:52:23	<b>00:58:19.95</b>	+00:25:41 (44.0%)	5:49	10.3 (56.0%)
432	<b>OGRODNICZUK Józef</b>	<b>356</b>		M 60+	12	00:37:11	00:52:11	<b>00:58:20.25</b>	+00:25:41 (44.0%)	5:50	10.3 (56.0%)
433	<b>DYMARSKA Marzena</b>	<b>125</b>	BUSHIDO CENTRUM	K 40-49	36	00:36:32	00:51:59	<b>00:58:21.70</b>	+00:25:42 (44.1%)	5:50	10.3 (56.0%)
434	<b>DĄBROWSKA Anna</b>	<b>113</b>		K 40-49	37	00:36:29	00:52:01	<b>00:58:22.60</b>	+00:25:43 (44.1%)	5:50	10.3 (56.0%)
435	<b>MAZUR Jowita</b>	<b>321</b>	FUNKCJONUJ	K 40-49	38	00:37:02	00:52:17	<b>00:58:23.25</b>	+00:25:44 (44.1%)	5:50	10.3 (56.0%)
436	<b>CHOYNOWSKA Małgorzata</b>	<b>85</b>		K 50-59	8	00:37:13	00:52:01	<b>00:58:25.45</b>	+00:25:46 (44.1%)	5:50	10.3 (56.0%)
437	<b>PROKOPIUK Grzegorz</b>	<b>409</b>	SZWAGRY DWA	M 40-49	155	00:40:25	00:52:25	<b>00:58:30.65</b>	+00:25:51 (44.2%)	5:51	10.3 (56.0%)
438	<b>KRAWCZYK Wojciech</b>	<b>253</b>	BIEGAM NA TARCHOMINIE	M 50-59	31	00:36:23	00:51:53	<b>00:58:33.35</b>	+00:25:54 (44.2%)	5:51	10.2 (55.4%)
439	<b>LEGAN Martyna</b>	<b>697</b>		K 1-29	11	00:36:47	00:52:27	<b>00:58:33.95</b>	+00:25:55 (44.3%)	5:51	10.2 (55.4%)
440	<b>MIECIEK Michał</b>	<b>330</b>		M 40-49	156	00:36:07	00:52:16	<b>00:58:34.45</b>	+00:25:55 (44.3%)	5:51	10.2 (55.4%)
441	<b>GRABOWSKA Marta</b>	<b>161</b>		K 30-39	42	00:36:07	00:52:17	<b>00:58:34.85</b>	+00:25:56 (44.3%)	5:51	10.2 (55.4%)
442	<b>MARUSZAK Łukasz</b>	<b>316</b>	BIEGAM NA TARCHOMINIE	M 30-39	109	00:36:40	00:52:31	<b>00:58:36.05</b>	+00:25:57 (44.3%)	5:51	10.2 (55.4%)
443	<b>WASIAK Bartosz</b>	<b>544</b>		M 30-39	110	00:34:32	00:51:32	<b>00:58:44.25</b>	+00:26:05 (44.4%)	5:52	10.2 (55.4%)
444	<b>HIŻ Marta</b>	<b>179</b>		K 40-49	39	00:37:34	00:52:29	<b>00:58:45.20</b>	+00:26:06 (44.4%)	5:52	10.2 (55.4%)
445	<b>BAJERA Aneta</b>	<b>24</b>		K 30-39	43	00:36:31	00:52:25	<b>00:58:45.70</b>	+00:26:06 (44.4%)	5:52	10.2 (55.4%)
446	<b>ORZEŁ Karolina</b>	<b>370</b>		K 30-39	44	00:36:50	00:52:36	<b>00:59:00.40</b>	+00:26:21 (44.7%)	5:54	10.2 (55.4%)
447	<b>KARWOWSKA Mariusz</b>	<b>212</b>	GRUPA BIEGOWA UW W-WA	M 40-49	157	00:37:49	00:52:54	<b>00:59:02.05</b>	+00:26:23 (44.7%)	5:54	10.2 (55.4%)
448	<b>BUCZEK Piotr</b>	<b>70</b>		M 40-49	158	00:36:37	00:52:40	<b>00:59:05.10</b>	+00:26:26 (44.7%)	5:54	10.2 (55.4%)
449	<b>FLOREK Małgorzata</b>	<b>134</b>		K 30-39	45	00:36:50	00:52:50	<b>00:59:09.70</b>	+00:26:30 (44.8%)	5:54	10.1 (54.9%)
450	<b>WAWRYK Dorota</b>	<b>545</b>		K 40-49	40	00:36:29	00:52:42	<b>00:59:17.45</b>	+00:26:38 (44.9%)	5:55	10.1 (54.9%)
451	<b>KAPUSCINSKI Marcin</b>	<b>632</b>		M 40-49	159	00:36:41	00:52:35	<b>00:59:18.05</b>	+00:26:39 (44.9%)	5:55	10.1 (54.9%)
452	<b>KLIMCZAK Justyna</b>	<b>224</b>	FLORIAN CHOJNICE	K 30-39	46	00:37:05	00:53:08	<b>00:59:23.75</b>	+00:26:45 (45.0%)	5:56	10.1 (54.9%)
453	<b>PRASAŁEK Jan</b>	<b>405</b>	LEGIA WARSZAWA	M 30-39	111	00:37:43	00:53:11	<b>00:59:24.75</b>	+00:26:46 (45.1%)	5:56	10.1 (54.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
454	<b>ORŁOWSKI Marek</b>	<b>368</b>		M 40-49	160	00:36:52	00:53:06	<b>00:59:25.15</b>	+00:26:46 (45.1%)	5:56	10.1 (54.9%)
455	<b>MIASTOWSKI Rafał</b>	<b>18</b>	SŁOŃ B	M 50-59	32	00:37:15	00:52:58	<b>00:59:25.25</b>	+00:26:46 (45.1%)	5:56	10.1 (54.9%)
456	<b>CZARNIAKOWSKA Aleksandra</b>	<b>106</b>		K 30-39	47	00:36:32	00:52:53	<b>00:59:25.45</b>	+00:26:46 (45.1%)	5:56	10.1 (54.9%)
457	<b>ROKICKI Aleksander</b>	<b>700</b>		M 40-49	161	00:37:15	00:52:39	<b>00:59:29.00</b>	+00:26:50 (45.1%)	5:56	10.1 (54.9%)
458	<b>DĄBROWSKI Andrzej</b>	<b>115</b>		M 60+	13	00:37:02	00:53:15	<b>00:59:29.50</b>	+00:26:50 (45.1%)	5:56	10.1 (54.9%)
459	<b>KIESIO Sylwia</b>	<b>219</b>	NESSI TEAM	K 30-39	48	00:37:39	00:53:17	<b>00:59:34.20</b>	+00:26:55 (45.2%)	5:57	10.1 (54.9%)
460	<b>MUCHA Grzegorz</b>	<b>341</b>		M 60+	14	00:37:16	00:53:00	<b>00:59:36.05</b>	+00:26:57 (45.2%)	5:57	10.1 (54.9%)
461	<b>OPOŃSKA Emilia</b>	<b>367</b>	BIEGAM NA TARCHOMINIE	K 30-39	49	00:36:44	00:53:08	<b>00:59:39.10</b>	+00:27:00 (45.3%)	5:57	10.1 (54.9%)
462	<b>KUCHARCZYK Nikola</b>	<b>268</b>		K 1-29	12	00:37:13	00:53:43	<b>00:59:40.65</b>	+00:27:01 (45.3%)	5:58	10.1 (54.9%)
463	<b>KUCHARCZYK Kamil</b>	<b>267</b>		M 30-39	112	00:37:13	00:53:43	<b>00:59:42.15</b>	+00:27:03 (45.3%)	5:58	10.1 (54.9%)
464	<b>TOBIASZ Dorota</b>	<b>519</b>	GRUPA BIEGOWA CHTMO	K 40-49	41	00:37:30	00:53:35	<b>00:59:42.50</b>	+00:27:03 (45.3%)	5:58	10.1 (54.9%)
465	<b>KOZŁOWSKI Piotr</b>	<b>250</b>	POLONIA WARSZAWA	M 40-49	162	00:36:47	00:53:09	<b>00:59:44.75</b>	+00:27:06 (45.4%)	5:58	10 (54.3%)
466	<b>ARAŻNY Kamila</b>	<b>19</b>	TRUCHT TARCHOMIN TEAM	K 40-49	42	00:37:42	00:53:12	<b>00:59:45.40</b>	+00:27:06 (45.4%)	5:58	10 (54.3%)
466	<b>ŁYCZEK Rafał</b>	<b>305</b>		M 30-39	113	00:37:31	00:53:51	<b>00:59:45.40</b>	+00:27:06 (45.4%)	5:58	10 (54.3%)
468	<b>LAZARSKA Małgorzata</b>	<b>278</b>		K 40-49	43	00:37:04	00:53:03	<b>00:59:45.45</b>	+00:27:06 (45.4%)	5:58	10 (54.3%)
469	<b>URBANOWSKI Mieszko</b>	<b>535</b>	GRUPA BIEGOWA UM W-WA	M 40-49	163	00:37:35	00:53:37	<b>00:59:45.95</b>	+00:27:07 (45.4%)	5:58	10 (54.3%)
470	<b>BARCIAK Marcin</b>	<b>34</b>		M 40-49	164	00:38:14	00:53:27	<b>00:59:49.35</b>	+00:27:10 (45.4%)	5:58	10 (54.3%)
471	<b>KĘPKA Marcin</b>	<b>216</b>		M 1-29	36	00:36:43	00:53:16	<b>00:59:49.70</b>	+00:27:10 (45.4%)	5:58	10 (54.3%)
472	<b>SENKO Mateusz</b>	<b>450</b>	STOWARZYSZENIE RAZEM DLA BIAŁOŁĘKI	M 30-39	114	00:39:30	00:54:31	<b>00:59:49.80</b>	+00:27:11 (45.4%)	5:58	10 (54.3%)
473	<b>SUCHODOLSKI Mariusz</b>	<b>485</b>	KS STASZEWCY	M 40-49	165	00:38:13	00:53:27	<b>00:59:50.20</b>	+00:27:11 (45.4%)	5:59	10 (54.3%)
474	<b>MOCZYDŁOWSKI Łukasz</b>	<b>338</b>	MASTERS DOJO KARATE KYOKUSHIN	M 40-49	166	00:36:40	00:53:03	<b>00:59:50.95</b>	+00:27:12 (45.5%)	5:59	10 (54.3%)
475	<b>PYTKA Andrzej</b>	<b>417</b>		M 50-59	33	00:36:47	00:53:05	<b>00:59:51.60</b>	+00:27:12 (45.5%)	5:59	10 (54.3%)
476	<b>KOTNIS Bogusław</b>	<b>243</b>	RTV ACTIVE TEAM	M 40-49	167	00:37:46	00:53:36	<b>00:59:53.00</b>	+00:27:14 (45.5%)	5:59	10 (54.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
477	<b>MICHAŁOWSKA Anna</b>	<b>648</b>	BIEGAM NA TARCHOMINIE	K 40-49	44	00:37:13	00:53:33	<b>00:59:54.70</b>	+00:27:15 (45.5%)	5:59	10 (54.3%)
478	<b>GOŹDZIKIEWICZ Błażej</b>	<b>158</b>		M 40-49	168	00:37:14	00:53:31	<b>01:00:05.00</b>	+00:27:26 (45.7%)	6:00	10 (54.3%)
479	<b>OLESIAK Arkadiusz</b>	<b>361</b>	BIEGAM NA TARCHOMINIE	M 50-59	34	00:38:17	00:53:54	<b>01:00:07.00</b>	+00:27:28 (45.7%)	6:00	10 (54.3%)
480	<b>SKOWRONEK Krzysztof</b>	<b>461</b>		M 1-29	37	00:37:30	00:53:51	<b>01:00:09.95</b>	+00:27:31 (45.7%)	6:00	10 (54.3%)
481	<b>K Bogdan</b>	<b>690</b>		M 50-59	35	00:37:22	00:53:42	<b>01:00:10.90</b>	+00:27:32 (45.8%)	6:01	10 (54.3%)
482	<b>BALCERZAK-JAŁTUSZEWSKA Katarzyna</b>	<b>28</b>	MARKOWI BIEGACZE	K 40-49	45	00:37:23	00:53:43	<b>01:00:11.30</b>	+00:27:32 (45.8%)	6:01	10 (54.3%)
483	<b>KARMIŁOWICZ Eugeniusz</b>	<b>209</b>	POLSKIE STOWARZYSZENIE SPORTU PO TRANSPLANTACJI	M 50-59	36	00:37:04	00:53:11	<b>01:00:14.15</b>	+00:27:35 (45.8%)	6:01	10 (54.3%)
484	<b>MAJCHRZAK Anna</b>	<b>320</b>		K 30-39	50	00:38:03	00:53:48	<b>01:00:15.45</b>	+00:27:36 (45.8%)	6:01	10 (54.3%)
485	<b>WOJTAS Michał</b>	<b>573</b>		M 1-29	38	00:36:42	00:54:11	<b>01:00:20.55</b>	+00:27:41 (45.9%)	6:02	9.9 (53.8%)
486	<b>CIULA Dominik</b>	<b>100</b>		M 30-39	115	00:35:41	00:52:48	<b>01:00:24.30</b>	+00:27:45 (46.0%)	6:02	9.9 (53.8%)
487	<b>GYREK Robert</b>	<b>150</b>		M 30-39	116	00:35:41	00:52:48	<b>01:00:24.70</b>	+00:27:45 (46.0%)	6:02	9.9 (53.8%)
488	<b>KWAPISZ-CICHOWSKA Katarzyna</b>	<b>275</b>		K 40-49	46	00:38:09	00:53:43	<b>01:00:27.00</b>	+00:27:48 (46.0%)	6:02	9.9 (53.8%)
489	<b>ŁUCZAK Małgorzata</b>	<b>303</b>	RUNNERSI ZE SKARBKA	K 40-49	47	00:37:32	00:54:04	<b>01:00:37.50</b>	+00:27:58 (46.2%)	6:03	9.9 (53.8%)
490	<b>ŁUCZAK Piotr</b>	<b>302</b>	PKO BANK POLSKI SA	M 40-49	169	00:37:33	00:54:05	<b>01:00:37.60</b>	+00:27:58 (46.2%)	6:03	9.9 (53.8%)
491	<b>SIKORSKA Agnieszka</b>	<b>626</b>		K 30-39	51	00:37:50	00:54:05	<b>01:00:43.25</b>	+00:28:04 (46.2%)	6:04	9.9 (53.8%)
492	<b>BOHACZ Sylwester</b>	<b>650</b>		M 30-39	117	00:35:16	00:53:33	<b>01:00:44.60</b>	+00:28:05 (46.3%)	6:04	9.9 (53.8%)
493	<b>BUKOWSKI Janusz</b>	<b>73</b>	STOWARZYSZENIE DAĆ SIEBIE INNYM	M 60+	15	00:37:29	00:54:03	<b>01:00:46.90</b>	+00:28:08 (46.3%)	6:04	9.9 (53.8%)
494	<b>KAZAŁA Piotr</b>	<b>214</b>	BIEGOWE WTORKI NA TARCHOMINIE	M 50-59	37	00:36:27	00:53:38	<b>01:00:48.15</b>	+00:28:09 (46.3%)	6:04	9.9 (53.8%)
495	<b>MATUSZEWSKA Julia</b>	<b>693</b>		K 40-49	48	00:36:32	00:53:24	<b>01:00:52.10</b>	+00:28:13 (46.4%)	6:05	9.9 (53.8%)
496	<b>BAKALARSKA Mariola</b>	<b>25</b>	BW RUNNING TEAM	K 50-59	9	00:37:14	00:54:17	<b>01:00:52.85</b>	+00:28:14 (46.4%)	6:05	9.9 (53.8%)
497	<b>OLCZAK Witold</b>	<b>358</b>	UMCS BIEGA	M 60+	16	00:38:14	00:54:31	<b>01:00:54.15</b>	+00:28:15 (46.4%)	6:05	9.9 (53.8%)
498	<b>SOBIERAJSKI Marek</b>	<b>468</b>		M 40-49	170	00:38:56	00:54:37	<b>01:01:07.55</b>	+00:28:28 (46.6%)	6:06	9.8 (53.3%)
499	<b>CZAPIEWSKA Małgorzata</b>	<b>103</b>	BRODNICA BIEGA	K 50-59	10	00:38:21	00:54:36	<b>01:01:07.95</b>	+00:28:29 (46.6%)	6:06	9.8 (53.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
500	<b>KACZOREK Robert</b>	<b>205</b>		M 60+	17	00:37:18	00:54:03	<b>01:01:09.80</b>	+00:28:31 (46.6%)	6:06	9.8 (53.3%)
501	<b>KACPRZAK Michał</b>	<b>203</b>		M 30-39	118	00:37:04	00:54:07	<b>01:01:09.85</b>	+00:28:31 (46.6%)	6:06	9.8 (53.3%)
502	<b>GRABOWSKI Marcin</b>	<b>163</b>		M 40-49	171	00:38:52	00:55:03	<b>01:01:10.80</b>	+00:28:32 (46.6%)	6:07	9.8 (53.3%)
503	<b>PODBIELSKI Przemysław</b>	<b>393</b>		M 30-39	119	00:37:05	00:54:07	<b>01:01:11.05</b>	+00:28:32 (46.6%)	6:07	9.8 (53.3%)
504	<b>KUJAWSKA Joanna</b>	<b>118</b>		K 40-49	49	00:37:23	00:54:28	<b>01:01:12.25</b>	+00:28:33 (46.7%)	6:07	9.8 (53.3%)
505	<b>LOZOWSKI Robert</b>	<b>296</b>		M 40-49	172	00:36:37	00:53:57	<b>01:01:14.40</b>	+00:28:35 (46.7%)	6:07	9.8 (53.3%)
506	<b>MOCZYDŁOWSKI Piotr</b>	<b>337</b>	MASTERS DOJO KARATE KYOKUSHIN	M 30-39	120	00:37:37	00:54:31	<b>01:01:14.50</b>	+00:28:35 (46.7%)	6:07	9.8 (53.3%)
507	<b>SHERSHUN Halyna</b>	<b>452</b>	MASTERS DOJO KARATE KYOKUSHIN	K 30-39	52	00:36:57	00:54:20	<b>01:01:19.10</b>	+00:28:40 (46.8%)	6:07	9.8 (53.3%)
508	<b>TRZCIŃSKI Michał</b>	<b>531</b>		M 1-29	39	00:37:14	00:54:27	<b>01:01:20.90</b>	+00:28:42 (46.8%)	6:08	9.8 (53.3%)
509	<b>WALCZUK Magda</b>	<b>541</b>	BRAK	K 30-39	53	00:37:13	00:54:36	<b>01:01:22.85</b>	+00:28:44 (46.8%)	6:08	9.8 (53.3%)
510	<b>GWIZDAŁA Wioletta</b>	<b>677</b>		K 30-39	54	00:38:18	00:55:07	<b>01:01:22.90</b>	+00:28:44 (46.8%)	6:08	9.8 (53.3%)
511	<b>GWIZDAŁA Tomek</b>	<b>215</b>		M 30-39	121	00:38:18	00:53:37	<b>01:01:23.40</b>	+00:28:44 (46.8%)	6:08	9.8 (53.3%)
511	<b>GWIZDAŁA Piotr</b>	<b>676</b>		M 1-29	40	00:38:18	00:55:07	<b>01:01:23.40</b>	+00:28:44 (46.8%)	6:08	9.8 (53.3%)
513	<b>ZARĘBA Tomasz</b>	<b>589</b>		M 1-29	41	00:36:48	00:54:21	<b>01:01:25.15</b>	+00:28:46 (46.8%)	6:08	9.8 (53.3%)
514	<b>PIETRZYKOWSKI Damian</b>	<b>388</b>		M 40-49	173	00:38:31	00:54:47	<b>01:01:31.10</b>	+00:28:52 (46.9%)	6:09	9.8 (53.3%)
515	<b>WITZKE Artur</b>	<b>566</b>		M 40-49	174	00:37:58	00:54:39	<b>01:01:32.45</b>	+00:28:53 (47.0%)	6:09	9.8 (53.3%)
516	<b>CISZEWSKA Anna</b>	<b>98</b>		K 40-49	50	00:37:49	00:54:49	<b>01:01:32.55</b>	+00:28:53 (47.0%)	6:09	9.8 (53.3%)
517	<b>KACZMAREK Katarzyna</b>	<b>204</b>		K 30-39	55	00:39:06	00:55:18	<b>01:01:36.20</b>	+00:28:57 (47.0%)	6:09	9.7 (52.7%)
518	<b>STRYJKOWSKI Marek</b>	<b>480</b>	ROZBIEGANY SULEJÓWEK	M 50-59	38	00:38:26	00:54:55	<b>01:01:38.90</b>	+00:29:00 (47.0%)	6:09	9.7 (52.7%)
519	<b>PIWOWARSKI Dariusz</b>	<b>390</b>		M 1-29	42	00:37:21	00:53:41	<b>01:01:41.45</b>	+00:29:02 (47.1%)	6:10	9.7 (52.7%)
520	<b>MEJOR Jan</b>	<b>322</b>	RAKREATON 2021	M 30-39	122	00:37:49	00:54:40	<b>01:01:43.40</b>	+00:29:04 (47.1%)	6:10	9.7 (52.7%)
521	<b>OLEJNIK Marcin</b>	<b>360</b>		M 30-39	123	00:39:36	00:55:43	<b>01:01:45.10</b>	+00:29:06 (47.1%)	6:10	9.7 (52.7%)
522	<b>TADRAŁA Tomasz</b>	<b>513</b>		M 40-49	175	00:38:17	00:54:45	<b>01:01:45.70</b>	+00:29:06 (47.1%)	6:10	9.7 (52.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
523	<b>DYMARSKI Bartosz</b>	<b>126</b>		M 40-49	176	00:38:24	00:54:52	<b>01:01:46.85</b>	+00:29:08 (47.2%)	6:10	9.7 (52.7%)
524	<b>LEWANDOWSKA Monika</b>	<b>284</b>		K 40-49	51	00:38:18	00:55:05	<b>01:01:48.20</b>	+00:29:09 (47.2%)	6:10	9.7 (52.7%)
525	<b>MATUSEWICZ Krzysztof</b>	<b>641</b>		M 40-49	177	00:36:42	00:54:39	<b>01:01:52.50</b>	+00:29:13 (47.2%)	6:11	9.7 (52.7%)
526	<b>GURMIŃSKI Łukasz</b>	<b>176</b>		M 40-49	178	00:37:26	00:55:04	<b>01:02:18.25</b>	+00:29:39 (47.6%)	6:13	9.6 (52.2%)
527	<b>MACURA Wiktor</b>	<b>642</b>		M 1-29	43	00:38:48	00:55:28	<b>01:02:19.85</b>	+00:29:41 (47.6%)	6:13	9.6 (52.2%)
528	<b>BESSARABA Jagoda</b>	<b>43</b>		K 1-29	13	00:37:24	00:55:09	<b>01:02:21.70</b>	+00:29:42 (47.7%)	6:14	9.6 (52.2%)
529	<b>KOPROWICZ Damian</b>	<b>237</b>		M 1-29	44	00:39:15	00:55:35	<b>01:02:21.90</b>	+00:29:43 (47.7%)	6:14	9.6 (52.2%)
530	<b>GURMIŃSKA Katarzyna</b>	<b>175</b>		K 1-29	14	00:39:15	00:55:34	<b>01:02:22.00</b>	+00:29:43 (47.7%)	6:14	9.6 (52.2%)
531	<b>CZAPIEWSKI Maciej</b>	<b>104</b>	BRODNICA BIEGA	M 60+	18	00:38:25	00:55:18	<b>01:02:22.30</b>	+00:29:43 (47.7%)	6:14	9.6 (52.2%)
532	<b>KUŚMIREK-KOWAL Joanna</b>	<b>274</b>		K 30-39	56	00:37:54	00:55:44	<b>01:02:23.20</b>	+00:29:44 (47.7%)	6:14	9.6 (52.2%)
533	<b>RUCKA Aleksandra</b>	<b>435</b>		K 1-29	15	00:38:11	00:55:50	<b>01:02:24.35</b>	+00:29:45 (47.7%)	6:14	9.6 (52.2%)
534	<b>CZERESNIOWSKA Anna</b>	<b>111</b>		K 30-39	57	00:38:22	00:55:29	<b>01:02:24.85</b>	+00:29:46 (47.7%)	6:14	9.6 (52.2%)
535	<b>STANKIEWICZ Maciej</b>	<b>475</b>	AMI & AURI RUNNERS CLUB	M 40-49	179	00:40:14	00:56:23	<b>01:02:33.70</b>	+00:29:54 (47.8%)	6:15	9.6 (52.2%)
536	<b>MALUDZIŃSKI Maciej</b>	<b>699</b>		M 40-49	180	00:38:56	00:55:51	<b>01:02:34.00</b>	+00:29:55 (47.8%)	6:15	9.6 (52.2%)
537	<b>SURMACZ Jacek</b>	<b>489</b>		M 40-49	181	00:38:18	00:55:31	<b>01:02:36.55</b>	+00:29:57 (47.9%)	6:15	9.6 (52.2%)
538	<b>KITA Grzegorz</b>	<b>655</b>	SMP	M 50-59	39	00:38:31	00:55:57	<b>01:03:00.20</b>	+00:30:21 (48.2%)	6:18	9.5 (51.6%)
539	<b>AUGUSTYNYIAK Aleksandra</b>	<b>20</b>		K 40-49	52	00:39:33	00:56:19	<b>01:03:09.15</b>	+00:30:30 (48.3%)	6:18	9.5 (51.6%)
540	<b>BRZÓZKA Magda</b>	<b>68</b>	TARCHO ZIOMY	K 30-39	58	00:39:09	00:56:26	<b>01:03:16.10</b>	+00:30:37 (48.4%)	6:19	9.5 (51.6%)
541	<b>NOWAK Kasia</b>	<b>350</b>		K 30-39	59	00:39:09	00:56:26	<b>01:03:16.45</b>	+00:30:37 (48.4%)	6:19	9.5 (51.6%)
542	<b>KĘSICKI Rafał</b>	<b>218</b>		M 40-49	182	00:39:40	00:56:18	<b>01:03:21.70</b>	+00:30:42 (48.5%)	6:20	9.5 (51.6%)
543	<b>TRZCIŃSKA Iwona</b>	<b>530</b>		K 50-59	11	00:39:48	00:56:40	<b>01:03:24.50</b>	+00:30:45 (48.5%)	6:20	9.5 (51.6%)
544	<b>ŁOZOWSKA Dorota</b>	<b>301</b>		K 40-49	53	00:39:52	00:56:45	<b>01:03:26.65</b>	+00:30:47 (48.5%)	6:20	9.5 (51.6%)
545	<b>TYBURC Pawel</b>	<b>8</b>	KLUB ZERWANEGO ACHILLESA	M 40-49	183	00:38:34	00:55:57	<b>01:03:28.70</b>	+00:30:49 (48.6%)	6:20	9.5 (51.6%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
546	<b>TERECH Ewelina</b>	<b>624</b>		K 40-49	54	00:39:31	00:56:33	<b>01:03:32.75</b>	+00:30:54 (48.6%)	6:21	9.4 (51.1%)
547	<b>JANIK-ARMATA Aneta</b>	<b>186</b>		K 30-39	60	00:39:12	00:56:40	<b>01:03:33.65</b>	+00:30:54 (48.6%)	6:21	9.4 (51.1%)
548	<b>ORŁOWSKI Tomasz</b>	<b>644</b>		M 30-39	124	00:39:34	00:56:52	<b>01:03:37.80</b>	+00:30:59 (48.7%)	6:21	9.4 (51.1%)
549	<b>ŻUCHOWSKI Artur</b>	<b>609</b>	MY MIESZKAŃCY LEGIONOWO	M 40-49	184	00:39:51	00:56:32	<b>01:03:39.30</b>	+00:31:00 (48.7%)	6:21	9.4 (51.1%)
550	<b>WYSOCKA-LEŚNIKOWSKA Magdalena</b>	<b>580</b>		K 30-39	61	00:39:54	00:56:36	<b>01:03:43.95</b>	+00:31:05 (48.8%)	6:22	9.4 (51.1%)
551	<b>LEŚNIKOWSKI Albert</b>	<b>283</b>		M 30-39	125	00:39:54	00:56:35	<b>01:03:44.85</b>	+00:31:06 (48.8%)	6:22	9.4 (51.1%)
552	<b>DOMINIAK Edyta</b>	<b>688</b>		K 30-39	62	00:39:13	00:56:48	<b>01:03:53.20</b>	+00:31:14 (48.9%)	6:23	9.4 (51.1%)
553	<b>GĘBICZ Cezary</b>	<b>154</b>		M 40-49	185	00:38:37	00:56:58	<b>01:03:54.90</b>	+00:31:16 (48.9%)	6:23	9.4 (51.1%)
554	<b>PRĘGOWSKI Grzegorz</b>	<b>407</b>	EKO BIEGI	M 50-59	40	00:39:23	00:56:41	<b>01:03:55.35</b>	+00:31:16 (48.9%)	6:23	9.4 (51.1%)
555	<b>TERPIŁOWSKA Agnieszka</b>	<b>518</b>		K 30-39	63	00:38:31	00:57:06	<b>01:04:03.30</b>	+00:31:24 (49.0%)	6:24	9.4 (51.1%)
556	<b>PODSADNI-KRYSIK Paulina</b>	<b>397</b>	EKOBIEGI	K 30-39	64	00:40:06	00:56:37	<b>01:04:05.05</b>	+00:31:26 (49.1%)	6:24	9.4 (51.1%)
557	<b>KRYSIK Marcin</b>	<b>261</b>	WUJÓWKA	M 30-39	126	00:40:07	00:56:36	<b>01:04:05.95</b>	+00:31:27 (49.1%)	6:24	9.4 (51.1%)
558	<b>RYSZKA Bogusław</b>	<b>441</b>		M 50-59	41	00:39:38	00:57:24	<b>01:04:06.65</b>	+00:31:27 (49.1%)	6:24	9.4 (51.1%)
559	<b>RYSZKA Magdalena</b>	<b>442</b>		K 1-29	16	00:39:39	00:57:24	<b>01:04:06.70</b>	+00:31:27 (49.1%)	6:24	9.4 (51.1%)
560	<b>WOJTAŚ Beata</b>	<b>574</b>		K 40-49	55	00:39:15	00:56:48	<b>01:04:10.90</b>	+00:31:32 (49.1%)	6:25	9.4 (51.1%)
561	<b>KULBACKI Kamil</b>	<b>270</b>		M 30-39	127	00:40:15	00:56:58	<b>01:04:13.85</b>	+00:31:35 (49.2%)	6:25	9.3 (50.5%)
562	<b>POPARDOWSKI Paweł</b>	<b>402</b>		M 30-39	128	00:40:32	00:57:56	<b>01:04:14.15</b>	+00:31:35 (49.2%)	6:25	9.3 (50.5%)
563	<b>WINDER Agnieszka</b>	<b>557</b>		K 40-49	56	00:39:31	00:57:07	<b>01:04:18.80</b>	+00:31:40 (49.2%)	6:25	9.3 (50.5%)
564	<b>MIERCZYK Agnieszka</b>	<b>332</b>		K 40-49	57	00:39:33	00:57:07	<b>01:04:19.30</b>	+00:31:40 (49.2%)	6:25	9.3 (50.5%)
565	<b>POPARDOWSKA Magda</b>	<b>401</b>		K 1-29	17	00:40:32	00:58:00	<b>01:04:19.40</b>	+00:31:40 (49.2%)	6:25	9.3 (50.5%)
566	<b>PRZESTRZELSKI Sławomir</b>	<b>234</b>		M 50-59	42	00:40:54	00:57:25	<b>01:04:19.90</b>	+00:31:41 (49.3%)	6:25	9.3 (50.5%)
567	<b>KNIAZIAK - BOBROWICZ Magdalena</b>	<b>631</b>	ORANGE POLSKA	K 40-49	58	00:39:01	00:57:10	<b>01:04:26.70</b>	+00:31:47 (49.3%)	6:26	9.3 (50.5%)
568	<b>OCHENKOWSKA Monika</b>	<b>353</b>		K 30-39	65	00:39:48	00:57:19	<b>01:04:26.90</b>	+00:31:48 (49.3%)	6:26	9.3 (50.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
569	<b>NIEDZWIEDZKA Edyta</b>	<b>347</b>		K 30-39	66	00:40:01	00:57:41	<b>01:04:41.75</b>	+00:32:03 (49.5%)	6:28	9.3 (50.5%)
570	<b>BUDEK Joanna</b>	<b>71</b>		K 40-49	59	00:40:18	00:57:09	<b>01:04:48.70</b>	+00:32:09 (49.6%)	6:28	9.3 (50.5%)
571	<b>RATASZEWSKA Edyta</b>	<b>422</b>	NEW BALANCE RUN CLUB	K 50-59	12	00:40:49	00:57:52	<b>01:04:50.35</b>	+00:32:11 (49.7%)	6:29	9.3 (50.5%)
572	<b>WISNIEWSKI Mateusz</b>	<b>559</b>		M 1-29	45	00:38:49	00:57:30	<b>01:04:54.20</b>	+00:32:15 (49.7%)	6:29	9.2 (50.0%)
573	<b>NASEWICZ-MAMLA Halina</b>	<b>343</b>		K 50-59	13	00:40:38	00:57:44	<b>01:04:54.50</b>	+00:32:15 (49.7%)	6:29	9.2 (50.0%)
574	<b>GRABOWSKI Kacper</b>	<b>162</b>		M 1-29	46	00:40:55	00:58:18	<b>01:04:54.65</b>	+00:32:15 (49.7%)	6:29	9.2 (50.0%)
575	<b>RUDNICKA Emilia</b>	<b>625</b>	ZABIEGANI PO USZY	K 30-39	67	00:39:00	00:57:26	<b>01:05:00.75</b>	+00:32:22 (49.8%)	6:30	9.2 (50.0%)
576	<b>WĄTRÓBSKI Krzysztof</b>	<b>546</b>		M 1-29	47	00:39:42	00:57:26	<b>01:05:02.20</b>	+00:32:23 (49.8%)	6:30	9.2 (50.0%)
577	<b>SKRZYPECKI Jakub</b>	<b>463</b>	ANPHARM RUN TEAM	M 30-39	129	00:41:11	00:58:34	<b>01:05:21.60</b>	+00:32:42 (50.1%)	6:32	9.2 (50.0%)
578	<b>ZIARA Jarosław</b>	<b>600</b>		M 50-59	43	00:37:40	00:56:24	<b>01:05:44.55</b>	+00:33:05 (50.3%)	6:34	9.1 (49.5%)
579	<b>BALINSKA Justyna</b>	<b>29</b>		K 30-39	68	00:40:50	00:58:25	<b>01:05:46.50</b>	+00:33:07 (50.4%)	6:34	9.1 (49.5%)
580	<b>WŁODARCZYK Maciej</b>	<b>567</b>		M 40-49	186	00:39:56	00:58:26	<b>01:05:56.65</b>	+00:33:17 (50.5%)	6:35	9.1 (49.5%)
581	<b>WISNIEWSKI Adam</b>	<b>560</b>		M 30-39	130	00:39:57	00:58:39	<b>01:06:15.50</b>	+00:33:36 (50.7%)	6:37	9.1 (49.5%)
582	<b>BENKE Adam</b>	<b>40</b>		M 1-29	48	00:40:20	00:59:12	<b>01:06:31.90</b>	+00:33:53 (50.9%)	6:39	9 (48.9%)
583	<b>KITA Grzegorz</b>	<b>660</b>		M 50-59	44	00:40:38	00:59:11	<b>01:06:38.20</b>	+00:33:59 (51.0%)	6:39	9 (48.9%)
584	<b>OSIAL Anita</b>	<b>373</b>	PŁOŃSZCZANKI	K 30-39	69	00:42:12	01:00:17	<b>01:07:10.35</b>	+00:34:31 (51.4%)	6:43	8.9 (48.4%)
585	<b>KORNACKA Agnieszka</b>	<b>239</b>		K 1-29	18	00:41:50	00:59:25	<b>01:07:15.50</b>	+00:34:36 (51.5%)	6:43	8.9 (48.4%)
586	<b>PIASKO Maciej</b>	<b>386</b>	GRUPA BIEGOWA UM-W-WA	M 40-49	187	00:40:54	00:59:25	<b>01:07:16.35</b>	+00:34:37 (51.5%)	6:43	8.9 (48.4%)
587	<b>SOWA Paweł</b>	<b>151</b>		M 50-59	45	00:40:30	00:59:58	<b>01:07:24.90</b>	+00:34:46 (51.6%)	6:44	8.9 (48.4%)
588	<b>ŁYSIK Marcin</b>	<b>678</b>		M 1-29	49	00:42:03	01:01:23	<b>01:07:26.40</b>	+00:34:47 (51.6%)	6:44	8.9 (48.4%)
589	<b>JUNDZIŁŁ-BOGUSIEWICZ Paulina</b>	<b>200</b>		K 30-39	70	00:39:07	00:59:02	<b>01:07:29.95</b>	+00:34:51 (51.6%)	6:44	8.9 (48.4%)
590	<b>BALŚ Andrzej</b>	<b>696</b>		M 60+	19	00:37:58	00:57:43	<b>01:07:42.50</b>	+00:35:03 (51.8%)	6:46	8.9 (48.4%)
591	<b>LACHERT STRYJKOWSKA Ewa</b>	<b>277</b>	ROZBIEGANY SULEJÓWEK	K 50-59	14	00:41:39	01:00:24	<b>01:07:48.75</b>	+00:35:10 (51.9%)	6:46	8.8 (47.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
592	ZIELIŃSKI Paweł	603		M 30-39	131	00:41:50	01:00:22	<b>01:07:54.30</b>	+00:35:15 (51.9%)	6:47	8.8 (47.8%)
593	STRZELEC Agnieszka	482		K 40-49	60	00:41:17	01:00:15	<b>01:08:01.50</b>	+00:35:22 (52.0%)	6:48	8.8 (47.8%)
594	TRUSZKOWSKA Agnieszka	528		K 30-39	71	00:41:12	01:00:32	<b>01:08:05.60</b>	+00:35:26 (52.1%)	6:48	8.8 (47.8%)
595	LISOWSKA Alicja	291	BIEGAM NA TARCHOMINIE	K 30-39	72	00:41:07	01:00:41	<b>01:08:35.05</b>	+00:35:56 (52.4%)	6:51	8.7 (47.3%)
596	KALICKI Wojciech	206		M 40-49	188	00:40:30	01:00:15	<b>01:08:35.85</b>	+00:35:57 (52.4%)	6:51	8.7 (47.3%)
597	WIŚNIEWSKA-DUDA Anna	562		K 30-39	73	00:42:56	01:01:00	<b>01:08:36.00</b>	+00:35:57 (52.4%)	6:51	8.7 (47.3%)
597	WÓJCIK Monika	653	TRUCHTAM NA TARCHOMINIE	K 40-49	61			<b>01:08:36.00</b>	+00:35:57 (52.4%)	6:51	8.7 (47.3%)
599	ZATYLNA Joanna	591		K 30-39	74	00:41:31	01:00:19	<b>01:08:50.40</b>	+00:36:11 (52.6%)	6:53	8.7 (47.3%)
600	ZATYLNÝ Tomasz	592		M 40-49	189	00:41:32	01:00:21	<b>01:08:51.15</b>	+00:36:12 (52.6%)	6:53	8.7 (47.3%)
601	CIEPLAK Katarzyna	91		K 40-49	62	00:41:59	01:01:07	<b>01:08:57.80</b>	+00:36:19 (52.7%)	6:53	8.7 (47.3%)
602	TEŁAKOWSKA Anita	516		K 40-49	63	00:41:13	01:00:50	<b>01:09:07.35</b>	+00:36:28 (52.8%)	6:54	8.7 (47.3%)
603	BIELEC Bartłomiej	48		M 40-49	190	00:42:53	01:01:31	<b>01:09:08.25</b>	+00:36:29 (52.8%)	6:54	8.7 (47.3%)
604	MICHNOWSKI Sebastian	329		M 40-49	191	00:42:16	01:01:06	<b>01:09:13.35</b>	+00:36:34 (52.8%)	6:55	8.7 (47.3%)
605	MICHNOWSKA Adriana	328		K 40-49	64	00:42:16	01:01:06	<b>01:09:13.65</b>	+00:36:34 (52.8%)	6:55	8.7 (47.3%)
606	ROGUSKA Magdalena	1	BIAŁOŁĘKA JEST KOBIETĄ	K 40-49	65	00:42:01	01:00:49	<b>01:09:14.70</b>	+00:36:35 (52.9%)	6:55	8.7 (47.3%)
607	ŁĄCKA Ilona	10	BIAŁOŁĘKA JEST KOBIETĄ	K 50-59	15	00:41:59	01:00:50	<b>01:09:15.30</b>	+00:36:36 (52.9%)	6:55	8.7 (47.3%)
608	OŁDAK Katarzyna	691		K 40-49	66	00:41:03	01:01:28	<b>01:09:18.20</b>	+00:36:39 (52.9%)	6:55	8.7 (47.3%)
609	JANKOWSKI Tomek	189		M 40-49	192	00:41:59	01:01:48	<b>01:09:26.85</b>	+00:36:48 (53.0%)	6:56	8.6 (46.7%)
610	ORŁOWSKA Dorota	680		K 30-39	75	00:42:03	01:01:24	<b>01:09:34.00</b>	+00:36:55 (53.1%)	6:57	8.6 (46.7%)
610	MAKOWSKA Izabella	681		K 30-39	76	00:42:03	01:01:25	<b>01:09:34.00</b>	+00:36:55 (53.1%)	6:57	8.6 (46.7%)
612	KOWALSKI Wiesław	248		M 50-59	46	00:42:20	01:01:38	<b>01:09:43.30</b>	+00:37:04 (53.2%)	6:58	8.6 (46.7%)
613	BIERNACKI Adam	52	ŁÓDŹ/WARSZAWA	M 60+	20	00:42:15	01:01:40	<b>01:09:47.30</b>	+00:37:08 (53.2%)	6:58	8.6 (46.7%)
614	OSTASZEWSKA Katarzyna	374		K 40-49	67	00:40:14	01:01:41	<b>01:10:00.55</b>	+00:37:21 (53.4%)	7:00	8.6 (46.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
615	<b>OLSZEWSKA Katarzyna Bernadetta</b>	<b>362</b>		K 40-49	68	00:42:14	01:03:21	<b>01:10:02.80</b>	+00:37:24 (53.4%)	7:00	8.6 (46.7%)
616	<b>MATUSZEWSKI Pawel</b>	<b>318</b>		M 30-39	132	00:42:49	01:03:07	<b>01:10:42.70</b>	+00:38:03 (53.8%)	7:04	8.5 (46.2%)
617	<b>ZAKABŁUKOWSKA Angelika</b>	<b>583</b>		K 40-49	69	00:42:34	01:02:42	<b>01:10:49.65</b>	+00:38:10 (53.9%)	7:04	8.5 (46.2%)
618	<b>KOPEĆ Maria</b>	<b>236</b>	NAPRZÓD MŁOCINY	K 1-29	19	00:42:43	01:03:29	<b>01:11:10.95</b>	+00:38:32 (54.1%)	7:07	8.4 (45.7%)
619	- -	<b>654</b>		K Odcinek specjalny	1	00:41:35	01:02:20	<b>01:11:14.65</b>	+00:38:35 (54.2%)	7:07	8.4 (45.7%)
620	<b>BRZÓZKA Kamil</b>	<b>67</b>	TARCHO ZIOMY	M 40-49	193	00:44:59	01:04:04	<b>01:11:46.90</b>	+00:39:08 (54.5%)	7:10	8.4 (45.7%)
621	<b>LOTKO Justyna</b>	<b>295</b>		K 40-49	70	00:43:00	01:04:04	<b>01:12:10.35</b>	+00:39:31 (54.8%)	7:13	8.3 (45.1%)
622	<b>KRZANOWSKA Małgorzata</b>	<b>262</b>		K 50-59	16	00:42:33	01:03:56	<b>01:12:35.20</b>	+00:39:56 (55.0%)	7:15	8.3 (45.1%)
623	<b>JURECKI Marek</b>	<b>201</b>		M 50-59	47	00:42:33	01:03:57	<b>01:12:35.65</b>	+00:39:56 (55.0%)	7:15	8.3 (45.1%)
624	<b>PARZYCH Sylwia</b>	<b>633</b>		K 30-39	77	00:42:41	01:04:09	<b>01:12:48.70</b>	+00:40:09 (55.2%)	7:16	8.2 (44.6%)
625	<b>ROSZKOWSKA-KAZAŁA Małgorzata</b>	<b>432</b>	BIEGOWE WTORKI NA TARCHOMINIE	K 40-49	71	00:44:41	01:04:48	<b>01:13:10.45</b>	+00:40:31 (55.4%)	7:19	8.2 (44.6%)
626	<b>JORDAN Agnieszka</b>	<b>198</b>	BIEGANIE W WARSZAWIE	K 30-39	78			<b>01:13:22.00</b>	+00:40:43 (55.5%)	7:20	8.2 (44.6%)
627	<b>WIĘCKOWSKA Marzena</b>	<b>552</b>		K 40-49	72			<b>01:13:23.00</b>	+00:40:44 (55.5%)	7:20	8.2 (44.6%)
628	<b>OKSIENIUK Marcin</b>	<b>613</b>	TURBODZIKI	M 30-39	133	00:44:23	01:05:47	<b>01:13:52.45</b>	+00:41:13 (55.8%)	7:23	8.1 (44.0%)
629	<b>OLSZEWSKI Łukasz</b>	<b>365</b>		M 30-39	134	00:44:36	01:05:52	<b>01:14:05.85</b>	+00:41:27 (55.9%)	7:24	8.1 (44.0%)
630	<b>WÓJTOWICZ Agnieszka</b>	<b>579</b>		K 40-49	73	00:45:13	01:05:48	<b>01:14:23.70</b>	+00:41:44 (56.1%)	7:26	8.1 (44.0%)
631	<b>TREMELET Sebastien</b>	<b>526</b>		M 40-49	194	00:45:49	01:06:42	<b>01:14:33.55</b>	+00:41:54 (56.2%)	7:27	8 (43.5%)
632	<b>LIBERA Paweł</b>	<b>287</b>	GRUPA BIEGOWA UM W-WA	M 30-39	135	00:44:28	01:06:01	<b>01:14:39.35</b>	+00:42:00 (56.3%)	7:27	8 (43.5%)
633	<b>MAŚLOCH Piotr</b>	<b>694</b>		M 50-59	48	00:44:09	01:06:32	<b>01:15:25.05</b>	+00:42:46 (56.7%)	7:32	8 (43.5%)
634	<b>OLCZAK Urszula</b>	<b>359</b>	UMCS BIEGA	K 50-59	17	00:45:23	01:06:23	<b>01:15:30.15</b>	+00:42:51 (56.8%)	7:33	7.9 (42.9%)
635	<b>REMBERK Danuta</b>	<b>426</b>		K 60+	1	00:46:59	01:06:47	<b>01:15:36.45</b>	+00:42:57 (56.8%)	7:33	7.9 (42.9%)
636	<b>KORSZER Agnieszka</b>	<b>311</b>		K 50-59	18	00:45:19	01:06:40	<b>01:15:38.60</b>	+00:42:59 (56.8%)	7:33	7.9 (42.9%)
637	<b>OGOŃCZYK Donata</b>	<b>355</b>		K 30-39	79	00:45:55	01:07:44	<b>01:15:54.90</b>	+00:43:16 (57.0%)	7:35	7.9 (42.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
638	BIDZIŃSKA Alicja	46		K 30-39	80	00:46:44	01:07:38	<b>01:16:06.55</b>	+00:43:27 (57.1%)	7:36	7.9 (42.9%)
639	BOCHENEK Sebastian	56		M 30-39	136	00:45:31	01:08:11	<b>01:16:24.55</b>	+00:43:45 (57.3%)	7:38	7.9 (42.9%)
640	WIŚNIEWSKA Estera	561		K 1-29	20	00:47:16	01:08:13	<b>01:17:04.25</b>	+00:44:25 (57.6%)	7:42	7.8 (42.4%)
641	WIŚNIEWSKI Adam	563		M 1-29	50	00:47:16	01:08:14	<b>01:17:05.75</b>	+00:44:27 (57.7%)	7:42	7.8 (42.4%)
642	KĘSICKA Katarzyna	217		K 40-49	74	00:47:14	01:08:55	<b>01:17:09.30</b>	+00:44:30 (57.7%)	7:42	7.8 (42.4%)
643	LUCIMIŃSKI Marcin	297	ŚLIMAK RUNNING TEAM	M 40-49	195	00:48:46	01:10:03	<b>01:19:30.35</b>	+00:46:51 (58.9%)	7:57	7.5 (40.8%)
644	ŚLIMKO Adriana	507		K 40-49	75	00:48:45	01:10:03	<b>01:19:30.70</b>	+00:46:51 (58.9%)	7:57	7.5 (40.8%)
645	KOLASA Barbara	233	KLUB J.SŁOWACKIEGO	K 60+	2	00:48:26	01:10:48	<b>01:20:22.35</b>	+00:47:43 (59.4%)	8:02	7.5 (40.8%)
646	KISIELEWICZ Bożena	221	PSTROKATY PAREOMARATON	K 40-49	76	00:49:06	01:12:42	<b>01:21:46.45</b>	+00:49:07 (60.1%)	8:10	7.3 (39.7%)
647	NASKRĘT Mariusz	344		M 40-49	196	00:53:00	01:16:44	<b>01:25:56.15</b>	+00:53:17 (62.0%)	8:35	7 (38.0%)
648	CZECHOWSKI Jerzy	110	MZA - WARSZAWA	M 60+	21	00:54:25	01:17:26	<b>01:27:36.00</b>	+00:54:57 (62.7%)	8:45	6.8 (37.0%)
<b>Przekroczony limit czasu: 01:30:00</b>											
649	MAJKOWSKA Zofia	684		K 1-29	21	00:58:06	01:23:40	<b>01:34:19.55</b>	+01:01:40 (65.4%)	9:25	6.4 (34.8%)
650	MAJKOWSKI Michał	685		M 30-39	137	00:58:05	01:23:40	<b>01:34:20.40</b>	+01:01:41 (65.4%)	9:26	6.4 (34.8%)
651	WALASIK Agnieszka	540		K 40-49	77	00:59:20	01:26:49	<b>01:37:38.30</b>	+01:04:59 (66.6%)	9:45	6.1 (33.2%)
652	BRZAKAŁA Renata	65	SLOW JOGGING BIAŁOŁĘKA	K 50-59	19	01:00:22	01:27:12	<b>01:37:43.25</b>	+01:05:04 (66.6%)	9:46	6.1 (33.2%)
653	BOROWIAK Jolanta	61	SLOW JOGGING POLSKA	K 60+	3	01:00:21	01:27:12	<b>01:37:43.55</b>	+01:05:04 (66.6%)	9:46	6.1 (33.2%)
654	BOROWIAK Jacek	60	SLOW JOGGING POLSKA	M 60+	22	00:58:14	01:15:20	<b>01:37:44.10</b>	+01:05:05 (66.6%)	9:46	6.1 (33.2%)
655	CZESNAR Kasia	670		K 50-59	20	01:00:17	01:25:40	<b>01:37:44.40</b>	+01:05:05 (66.6%)	9:46	6.1 (33.2%)
656	CIEŚLAK Paweł	94	SLOWJOGGING BIAŁOŁĘKA	M 50-59	49	00:59:44	01:25:31	<b>01:37:46.90</b>	+01:05:08 (66.6%)	9:46	6.1 (33.2%)
657	KAMIŃSKI Waldemar	9	SLOW JOGGING WARSZAWA	M 50-59	50	01:00:21	01:27:12	<b>01:37:47.40</b>	+01:05:08 (66.6%)	9:46	6.1 (33.2%)
658	STĘPIEŃ Adam	478		M 40-49	197	00:27:45	00:39:11		+00:09:57	4:21	13.8 (75.0%)
659	BEDNARZ Cezary	39	BIEGAJĄCY ŚWIDNIK	M 30-39	138						(0.0%)
660	WILCZURA Marek	614	KS STASZEWSKY / SPARTANIE DZIECIOM	M 40-49	198						(0.0%)
661	LISZEWSKI Krzysztof	292	RUN TEAM NASIELSK	M 40-49	199						(0.0%)

Znaleziono 661 wynik(ów)