



# BIEG PRZEZ MOST 2021

B4SPORT

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

**B4SPORT**  
INTELIĞENTNE 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
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	3:16	18.3
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	3:22	17.8
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	3:39	16.4
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	3:41	16.3
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	3:43	16.1
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	3:44	16.1
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	3:44	16
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	3:45	16
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	3:45	16
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	3:46	15.9
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	3:47	15.9
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	3:47	15.8
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	3:48	15.8
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	3:48	15.7
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	3:49	15.7
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	3:49	15.7
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	3:49	15.7
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	3:49	15.7
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	3:50	15.7
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	3:50	15.6
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	3:51	15.6
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	3:53	15.4
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	3:54	15.3
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	3:57	15.1
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	3:59	15.1
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	3:59	15
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	4:00	15
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	4:01	14.9
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	4:01	14.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas		Tempo min/km	Tempo km/h
								netto 10km	Różn		
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	4:02	14.9
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	4:04	14.7
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	4:06	14.6
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	4:06	14.6
35	<b>SZAŁKOWSKI Dawid</b>	<b>491</b>	MARKOW BIEGACZE	M 40-49	11	00:25:56	00:36:39	<b>00:41:04.20</b>	+00:08:25	4:06	14.6
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	4:06	14.6
37	<b>WARDĘGA Przemek</b>	<b>543</b>		M 40-49	13	00:25:39	00:36:37	<b>00:41:09.65</b>	+00:08:30	4:06	14.6
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	4:07	14.6
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	4:08	14.5
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	4:08	14.5
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	4:10	14.4
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	4:11	14.3
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	4:11	14.3
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	4:11	14.3
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	4:12	14.3
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	4:12	14.2
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	4:12	14.2
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	4:12	14.3
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	4:13	14.2
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	4:13	14.2
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	4:13	14.2
52	<b>ROŚŁON Piotr</b>	<b>431</b>		M 40-49	20	00:26:22	00:37:46	<b>00:42:16.40</b>	+00:09:37	4:13	14.2
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	4:13	14.2
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	4:14	14.1
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	4:14	14.1
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	4:15	14.1
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	4:15	14.1
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	4:16	14
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	4:16	14
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	4:16	14
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	4:18	13.9
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	4:19	13.9
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	4:20	13.8
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	4:20	13.8
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	4:20	13.8
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	4:21	13.8
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	4:22	13.7
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	4:22	13.7
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	4:22	13.7
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	4:23	13.7
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	4:23	13.7
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	4:23	13.7
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	4:23	13.7
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	4:24	13.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas		Tempo min/km	Tempo km/h
								netto 10km	Różn		
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	4:24	13.6
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	4:24	13.6
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	4:25	13.6
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	4:25	13.5
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	4:26	13.5
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	4:26	13.5
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	4:26	13.5
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	4:27	13.5
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	4:27	13.5
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	4:27	13.5
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	4:27	13.4
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	4:28	13.4
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	4:28	13.4
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	4:29	13.4
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	4:29	13.4
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	4:29	13.3
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	4:30	13.3
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	4:30	13.3
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	4:30	13.3
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	4:30	13.3
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	4:30	13.3
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	4:30	13.3
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	4:31	13.3
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	4:31	13.3
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	4:31	13.3
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	4:31	13.2
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	4:31	13.2
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	4:32	13.2
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	4:33	13.2
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	4:33	13.2
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	4:34	13.1
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	4:34	13.1
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	4:34	13.1
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	4:35	13.1
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	4:35	13.1
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	4:35	13.1
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	4:35	13.1
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	4:35	13
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	4:36	13
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	4:36	13
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	4:36	13
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	4:36	13
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	4:36	13
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	4:37	13

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas		Tempo min/km	Tempo km/h
								netto 10km	Różn		
119	JAKUBOWSKI Dariusz	183	DGW	M 50-59	6	00:28:41	00:41:09	00:46:17.15	+00:13:38	4:37	13
120	GOŁĘDZINOWSKI Tomasz	152		M 50-59	7	00:29:54	00:41:33	00:46:19.50	+00:13:40	4:37	13
121	BADOWSKI Piotr	23		M 30-39	40	00:28:46	00:41:20	00:46:20.10	+00:13:41	4:38	12.9
122	KORSYKOW Kostian	380		M 40-49	43			00:46:21.00	+00:13:42	4:38	12.9
123	JAKUBISIAK Renata	182	BIEGAM NA TARCHOMINIE	K 40-49	4	00:28:52	00:41:09	00:46:21.10	+00:13:42	4:38	12.9
124	PIERZAK Olaf	387	TEAM PARSZCZYŃSKICH	M 40-49	44	00:28:50	00:41:12	00:46:23.40	+00:13:44	4:38	12.9
125	KWIATKOWSKI Tomasz	276		M 40-49	45	00:28:59	00:41:24	00:46:23.45	+00:13:44	4:38	12.9
126	JAROSIŃSKI Łukasz	748	TAŃCZĄCE MUCHOMORKI	M 40-49	46	00:29:29	00:41:26	00:46:23.85	+00:13:45	4:38	12.9
127	WALECKA Wiktoria	542	BIEGAM NA TARCHOMINIE	K 30-39	7	00:29:20	00:41:40	00:46:37.95	+00:13:59	4:39	12.9
128	RYMKIEWICZ Zbigniew	440		M 40-49	47	00:28:47	00:42:02	00:46:46.25	+00:14:07	4:40	12.8
129	TRUSZKOWSKA Marta	527	BESTIE OCR LEGIONOWO	K 30-39	8	00:29:30	00:41:49	00:46:56.25	+00:14:17	4:41	12.8
130	WICENTY Paweł	549		M 30-39	41	00:29:42	00:42:11	00:46:56.50	+00:14:17	4:41	12.8
131	FITRZYK Łukasz	132		M 30-39	42	00:29:32	00:42:03	00:47:02.40	+00:14:23	4:42	12.8
132	KOWALIKOWSKA Renata	246	BIEGAM NA TARCHOMINIE	K 40-49	5	00:28:56	00:41:49	00:47:03.20	+00:14:24	4:42	12.8
133	KOSIŃSKI Kamil	240		M 30-39	43	00:29:47	00:42:01	00:47:04.00	+00:14:25	4:42	12.7
134	SĄGOL Sylwester	448		M 50-59	8	00:28:37	00:41:41	00:47:04.45	+00:14:25	4:42	12.7
135	TENDERENDA Kamil	517		M 30-39	44	00:28:58	00:42:10	00:47:04.60	+00:14:25	4:42	12.7
136	KODA Eugeniusz	231	TEAM ZABIEGANEDNI	M 60+	1	00:28:40	00:41:45	00:47:05.00	+00:14:26	4:42	12.7
137	RATASZEWSKA Matylda	423	NEW BALANCE RUN CLUB	K 1-29	4	00:29:44	00:42:17	00:47:07.60	+00:14:28	4:42	12.7
138	GRUNWALD Witold	168		M 60+	2	00:29:57	00:42:18	00:47:09.50	+00:14:30	4:42	12.7
139	CHMIELEWSKI Maciej	79		M 30-39	45	00:29:59	00:42:15	00:47:14.65	+00:14:35	4:43	12.7
140	RUCIŃSKI Rafał	433	BBK	M 40-49	48	00:29:56	00:42:08	00:47:19.75	+00:14:41	4:43	12.7
141	SAGAŁA Adam	446		M 40-49	49	00:29:36	00:42:12	00:47:23.70	+00:14:44	4:44	12.7
142	BOJARUN Marek	59		M 30-39	46	00:29:24	00:42:05	00:47:24.25	+00:14:45	4:44	12.7
143	LIS Krzysztof	289		M 50-59	9	00:29:54	00:42:18	00:47:29.95	+00:14:51	4:44	12.6
144	FETISOVA Ekaterina	622		K 30-39	9	00:29:58	00:42:09	00:47:32.15	+00:14:53	4:45	12.6
145	FRĄCKOWSKI Sławomir	136		M 50-59	10	00:29:22	00:42:15	00:47:32.35	+00:14:53	4:45	12.6
146	AUGUSTYŃSKA-ŚMIETAŁO Iwona	21	WŚCIEKŁY FINISZ	K 30-39	10	00:29:52	00:42:46	00:47:47.40	+00:15:08	4:46	12.6
147	KOŚCIAK Jacek	242		M 40-49	50	00:30:22	00:42:58	00:47:47.45	+00:15:08	4:46	12.6
148	PRZELASKOWSKI Artur	412		M 50-59	11	00:29:30	00:42:30	00:47:52.05	+00:15:13	4:47	12.5
149	NEJFELD Hanna	345	MARKOW BIEGACZE	K 40-49	6	00:30:02	00:42:45	00:47:55.95	+00:15:17	4:47	12.5
150	KRUPA Kamila	259		K 1-29	5	00:29:56	00:42:39	00:47:57.60	+00:15:18	4:47	12.5
151	KRAJEWSKI Konrad	683		M 30-39	47	00:30:00	00:43:00	00:47:58.20	+00:15:19	4:47	12.5
152	ŚLĘCZKA Piotr	628		M 40-49	51	00:30:12	00:42:52	00:47:58.95	+00:15:20	4:47	12.5
153	JANKOWSKI Jakub	190		M 30-39	48	00:29:18	00:42:30	00:48:03.05	+00:15:24	4:48	12.5
154	MACHUL Ewa	306		K 30-39	11	00:29:32	00:42:43	00:48:03.35	+00:15:24	4:48	12.5
155	PUSZAK Sylwester	80		M 40-49	52	00:30:47	00:43:05	00:48:04.70	+00:15:25	4:48	12.5
156	GRULA Mateusz	167	TEAM KARAŚ	M 1-29	21	00:28:43	00:42:19	00:48:09.10	+00:15:30	4:48	12.5
157	MACIEJAK Robert	657		M 40-49	53	00:29:44	00:42:54	00:48:11.35	+00:15:32	4:49	12.5
158	ZAMBROWSKI Sławomir	586		M 40-49	54	00:30:11	00:43:00	00:48:12.90	+00:15:34	4:49	12.4
159	JAGIEŁŁO-FAJKOWSKA Agnieszka	181	ADIDAS RUNNERS WARSAW	K 30-39	12	00:30:00	00:43:13	00:48:17.90	+00:15:39	4:49	12.4
160	FAJKOWSKI Piotr	127	ADIDAS RUNNERS WARSAW	M 30-39	49	00:29:59	00:43:13	00:48:19.00	+00:15:40	4:49	12.4
161	PUSEK Mikołaj	414		M 1-29	22	00:29:42	00:43:10	00:48:19.30	+00:15:40	4:49	12.4
162	NOWACKA Dominika	349	KUŹNIA TRIATHLONU	K 30-39	13	00:28:43	00:42:30	00:48:19.80	+00:15:41	4:49	12.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas		Tempo min/km	Tempo km/h
								netto 10km	Różn		
163	<b>ORŁOWSKI Krzysztof</b>	<b>369</b>	WARSZAWA PARKRUN BRÓDNO	M 40-49	55	00:30:25	00:43:10	<b>00:48:23.00</b>	+00:15:44	4:50	12.4
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	4:50	12.4
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	4:50	12.4
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	4:50	12.4
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	4:50	12.4
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	4:50	12.4
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	4:50	12.4
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	4:51	12.4
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	4:51	12.4
172	<b>CHAJĘCKI Mateusz</b>	<b>75</b>	WARSZAWSKIBIEGACZ	M 30-39	52	00:31:13	00:43:30	<b>00:48:33.70</b>	+00:15:54	4:51	12.4
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	4:51	12.3
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	4:53	12.3
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	4:53	12.3
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	4:53	12.3
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	4:53	12.3
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	4:53	12.3
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	4:54	12.2
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	4:54	12.2
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	4:54	12.2
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	4:55	12.2
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	4:55	12.2
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	4:55	12.2
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	4:55	12.2
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	4:55	12.2
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	4:56	12.1
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	4:56	12.1
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	4:56	12.1
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	4:57	12.1
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	4:57	12.1
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	4:57	12.1
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	4:57	12.1
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	4:58	12.1
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	4:58	12.1
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	4:58	12.1
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	4:58	12.1
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	4:58	12.1
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	4:58	12.1
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	4:59	12
201	<b>ZGÓRZAK Adam</b>	<b>599</b>		M 30-39	64	00:31:18	00:44:28	<b>00:49:56.70</b>	+00:17:17	4:59	12
202	<b>LIBOLD Maciek</b>	<b>288</b>		M 30-39	65	00:31:53	00:44:44	<b>00:49:58.20</b>	+00:17:19	4:59	12
203	<b>KOSUDA Paweł</b>	<b>241</b>	RUNNERS TEAM XTREME CIECHANÓW	M 40-49	67	00:31:57	00:44:48	<b>00:49:59.85</b>	+00:17:21	4:59	12
204	<b>ODZIEMCZYK Sebastian</b>	<b>354</b>		M 40-49	68	00:31:19	00:44:23	<b>00:50:00.05</b>	+00:17:21	5:00	12
205	<b>WNUK Tomasz</b>	<b>570</b>	NAPRZÓD MŁOCINY	M 40-49	69	00:31:30	00:44:20	<b>00:50:01.05</b>	+00:17:22	5:00	12
206	<b>PAZIEWSKI Andrzej</b>	<b>385</b>	BIEGAM NA TARCHOMINIE	M 40-49	70	00:31:31	00:44:48	<b>00:50:08.75</b>	+00:17:30	5:00	12

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas		Tempo min/km	Tempo km/h
								netto 10km	Różn		
207	<b>ROSIAK Sławomir</b>	<b>430</b>	BIEGAM PO BRÓDNIĘ	M 40-49	71	00:31:33	00:44:51	<b>00:50:09.05</b>	+00:17:30	5:00	12
208	<b>ARAŻNY Zbigniew</b>	<b>17</b>	TRUCHT TARCHOMIN TEAM	M 50-59	14	00:31:42	00:44:40	<b>00:50:10.80</b>	+00:17:32	5:01	12
209	<b>ŚCIBISZ Tomek</b>	<b>504</b>		M 50-59	15	00:31:01	00:44:35	<b>00:50:17.70</b>	+00:17:38	5:01	11.9
210	<b>SZCZEPKOWSKA Marta</b>	<b>493</b>		K 30-39	16	00:31:31	00:44:49	<b>00:50:17.95</b>	+00:17:39	5:01	11.9
211	<b>ZAGRODZKI Jan</b>	<b>582</b>		M 1-29	26	00:31:40	00:44:49	<b>00:50:19.25</b>	+00:17:40	5:01	11.9
212	<b>ŚWIĘDRYCH Marek</b>	<b>512</b>		M 30-39	66	00:34:07	00:44:48	<b>00:50:19.45</b>	+00:17:40	5:01	11.9
213	<b>DURKA Dorota</b>	<b>124</b>	BIEGUSTATORZY	K 40-49	11	00:31:14	00:44:43	<b>00:50:20.10</b>	+00:17:41	5:02	11.9
214	<b>GŁÓWKA Rafał</b>	<b>149</b>		M 40-49	72	00:31:43	00:44:50	<b>00:50:21.25</b>	+00:17:42	5:02	11.9
215	<b>MACIEJCZYK Piotr</b>	<b>661</b>		M 40-49	73	00:30:41	00:44:45	<b>00:50:23.90</b>	+00:17:45	5:02	11.9
216	<b>GAWLIK Arkadiusz</b>	<b>144</b>	BIEGAM NA TARCHOMINIE	M 40-49	74	00:32:15	00:45:07	<b>00:50:28.30</b>	+00:17:49	5:02	11.9
217	<b>NOWOCIEŃ Jacek</b>	<b>352</b>	UCZNIOWSKI KLUB SPORTOWY RUSIEC	M 60+	3	00:30:53	00:44:50	<b>00:50:32.75</b>	+00:17:54	5:03	11.9
218	<b>RATASZEWSKI Marek</b>	<b>424</b>	NEW BALANCE	M 60+	4	00:31:19	00:45:05	<b>00:50:35.10</b>	+00:17:56	5:03	11.9
219	<b>KULIGOWSKI Adrian</b>	<b>271</b>		M 1-29	27	00:31:21	00:45:20	<b>00:50:35.75</b>	+00:17:57	5:03	11.9
220	<b>TOMASZEK Artur</b>	<b>140</b>		M 50-59	16	00:31:46	00:45:10	<b>00:50:39.60</b>	+00:18:00	5:03	11.8
221	<b>CHOTOMSKA Dorota</b>	<b>83</b>		K 30-39	17	00:31:31	00:45:11	<b>00:50:46.00</b>	+00:18:07	5:04	11.8
222	<b>SAMOSIUK Marcin</b>	<b>692</b>		M 40-49	75	00:32:52	00:45:42	<b>00:50:46.05</b>	+00:18:07	5:04	11.8
223	<b>JÓŻWIK Grzegorz</b>	<b>199</b>		M 50-59	17	00:31:24	00:44:58	<b>00:50:47.95</b>	+00:18:09	5:04	11.8
224	<b>KONKA Tomasz</b>	<b>638</b>		M 40-49	76	00:32:21	00:45:33	<b>00:50:51.85</b>	+00:18:13	5:05	11.8
225	<b>CHOJNAŁA Mikołaj</b>	<b>265</b>		M 40-49	77	00:32:23	00:45:48	<b>00:50:53.00</b>	+00:18:14	5:05	11.8
226	<b>CHWALISZ Michalina</b>	<b>89</b>	VEGE RUNNERS	K 1-29	6	00:32:41	00:45:36	<b>00:50:54.95</b>	+00:18:16	5:05	11.8
227	<b>ŚWIĆ Rafał</b>	<b>87</b>		M 40-49	78	00:31:46	00:45:15	<b>00:50:56.00</b>	+00:18:17	5:05	11.8
228	<b>DUDA Jacek</b>	<b>122</b>	SKPT WARSZAWA	M 40-49	79	00:31:46	00:45:16	<b>00:50:59.10</b>	+00:18:20	5:05	11.8
229	<b>STACHURSKI Dariusz</b>	<b>473</b>	RUN%FUN	M 30-39	67	00:31:42	00:45:18	<b>00:50:59.20</b>	+00:18:20	5:05	11.8
230	<b>MICHEWICZ Gosia</b>	<b>326</b>		K 30-39	18	00:33:09	00:45:59	<b>00:51:02.90</b>	+00:18:24	5:06	11.8
231	<b>WEREDA Paweł</b>	<b>639</b>		M 50-59	18	00:31:44	00:45:27	<b>00:51:03.85</b>	+00:18:25	5:06	11.8
232	<b>NERC Maciej</b>	<b>346</b>		M 40-49	80	00:31:36	00:45:21	<b>00:51:08.30</b>	+00:18:29	5:06	11.7
233	<b>WŁODEK Rafał</b>	<b>568</b>		M 40-49	81	00:32:10	00:45:30	<b>00:51:18.60</b>	+00:18:39	5:07	11.7
234	<b>RUTKOWSKI Michał</b>	<b>439</b>	KARAŚ SWMMING TEAM	M 40-49	82	00:31:50	00:45:32	<b>00:51:20.40</b>	+00:18:41	5:08	11.7
235	<b>ŁATKOWSKA Monika</b>	<b>300</b>	GRUPA BIEGOWA CHTMO	K 40-49	12	00:32:15	00:45:53	<b>00:51:25.45</b>	+00:18:46	5:08	11.7
236	<b>WILEŃSKI Zbigniew</b>	<b>555</b>	GRUPA BIEGOWA UM W-WA	M 50-59	19	00:32:40	00:46:01	<b>00:51:33.15</b>	+00:18:54	5:09	11.6
237	<b>SKRZYPEK Michał</b>	<b>464</b>		M 30-39	68	00:31:53	00:45:53	<b>00:51:40.10</b>	+00:19:01	5:10	11.6
238	<b>FLEMING Michał</b>	<b>662</b>		M 1-29	28			<b>00:51:42.00</b>	+00:19:03	5:10	11.6
239	<b>KRAKOWIAK Bartosz</b>	<b>636</b>		M 40-49	83	00:31:38	00:45:59	<b>00:51:42.35</b>	+00:19:03	5:10	11.6
240	<b>KOCOŃ Rafał</b>	<b>230</b>		M 30-39	69	00:31:38	00:46:01	<b>00:51:43.35</b>	+00:19:04	5:10	11.6
241	<b>BARANOWSKI Łukasz</b>	<b>33</b>		M 30-39	70	00:31:01	00:46:25	<b>00:51:44.15</b>	+00:19:05	5:10	11.6
242	<b>ADAMIAK Robert</b>	<b>11</b>	CURTIS	M 50-59	20	00:32:02	00:46:02	<b>00:51:45.25</b>	+00:19:06	5:10	11.6
243	<b>WAGNER Jolanta</b>	<b>539</b>		K 50-59	2	00:32:29	00:46:08	<b>00:51:46.75</b>	+00:19:08	5:10	11.6
244	<b>GERWATOWSKI Artur</b>	<b>145</b>		M 30-39	71	00:31:24	00:45:58	<b>00:51:47.00</b>	+00:19:08	5:10	11.6
245	<b>NOSARZEWSKI Mariusz</b>	<b>348</b>	GB PRESS TEAM	M 40-49	84	00:31:52	00:46:05	<b>00:51:47.45</b>	+00:19:08	5:10	11.6
246	<b>RAWSKA Małgorzata</b>	<b>425</b>		K 40-49	13	00:32:49	00:46:22	<b>00:51:47.95</b>	+00:19:09	5:10	11.6
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	5:10	11.6
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	5:11	11.6
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	5:11	11.6
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	5:11	11.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas		Tempo min/km	Tempo km/h
								netto 10km	Różn		
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	5:11	11.5
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	5:11	11.5
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	5:12	11.5
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	5:12	11.5
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	5:12	11.5
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	5:12	11.5
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	5:12	11.5
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	5:12	11.5
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	5:12	11.5
260	<b>FRĄCKIEWICZ 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	5:12	11.5
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	5:12	11.5
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	5:13	11.5
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	5:13	11.5
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	5:13	11.5
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	5:13	11.5
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	5:13	11.5
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	5:13	11.5
268	<b>ORZEŁ Daniel</b>	<b>371</b>		M 40-49	95			<b>00:52:18.00</b>	+00:19:39	5:13	11.5
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	5:14	11.5
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	5:14	11.5
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	5:14	11.5
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	5:14	11.5
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	5:14	11.4
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	5:14	11.4
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	5:15	11.4
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	5:15	11.4
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	5:15	11.4
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	5:15	11.4
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	5:16	11.4
280	<b>FJAŁKOWSKI Oliwier</b>	<b>129</b>		M 1-29	30	00:32:45	00:46:11	<b>00:52:41.80</b>	+00:20:03	5:16	11.4
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	5:16	11.4
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	5:16	11.4
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	5:17	11.4
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	5:17	11.3
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	5:18	11.3
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	5:18	11.3
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	5:18	11.3
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	5:18	11.3
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	5:18	11.3
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	5:18	11.3
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	5:18	11.3
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	5:18	11.3
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	5:18	11.3
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	5:19	11.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas		Tempo min/km	Tempo km/h
								netto 10km	Różn		
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	5:19	11.3
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	5:19	11.3
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	5:19	11.3
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	5:19	11.3
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	5:20	11.2
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	5:20	11.2
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	5:20	11.2
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	5:20	11.2
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	5:20	11.2
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	5:21	11.2
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	5:21	11.2
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	5:21	11.2
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	5:21	11.2
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	5:22	11.2
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	5:22	11.2
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	5:22	11.2
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	5:22	11.2
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	5:22	11.2
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	5:23	11.1
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	5:24	11.1
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	5:24	11.1
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	5:24	11.1
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	5:24	11.1
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	5:24	11.1
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	5:25	11.1
320	<b>SOLAREK Kinga</b>	<b>5</b>		K 30-39	26	00:34:30	00:48:53	<b>00:54:12.75</b>	+00:21:34	5:25	11.1
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	5:25	11.1
322	<b>KARWECKI Patryk</b>	<b>211</b>		M 30-39	88			<b>00:54:14.00</b>	+00:21:35	5:25	11.1
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	5:25	11
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	5:26	11
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	5:26	11
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	5:26	11
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	5:26	11
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	5:26	11
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	5:27	11
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	5:27	11
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	5:27	11
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	5:27	11
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	5:27	11
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	5:27	11
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	5:28	11
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	5:28	11
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	5:28	11
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	5:28	11



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas		Tempo min/km	Tempo km/h
								netto 10km	Różn		
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	5:28	11
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	5:28	11
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	5:28	10.9
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	5:29	10.9
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	5:29	10.9
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	5:29	10.9
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	5:29	10.9
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	5:29	10.9
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	5:30	10.9
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	5:31	10.9
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	5:31	10.9
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	5:32	10.8
351	<b>KOCIK Elżbieta</b>	<b>4</b>		K 40-49	24			<b>00:55:23.00</b>	+00:22:44	5:32	10.8
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	5:32	10.8
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	5:32	10.8
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	5:33	10.8
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	5:33	10.8
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	5:33	10.8
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	5:33	10.8
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	5:33	10.8
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	5:34	10.8
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	5:34	10.8
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	5:34	10.8
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	5:34	10.8
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	5:34	10.8
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	5:34	10.8
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	5:34	10.8
366	<b>BIEŃKOWSKI Daniel</b>	<b>51</b>		M 30-39	94	00:35:59	00:50:10	<b>00:55:50.35</b>	+00:23:11	5:35	10.7
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	5:35	10.7
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	5:35	10.7
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	5:35	10.7
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	5:35	10.7
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	5:35	10.7
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	5:36	10.7
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	5:36	10.7
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	5:37	10.7
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	5:37	10.7
376	<b>SZYMBORSKA Dota</b>	<b>503</b>	POŁAWACZKI PEREŁ	K 40-49	28	00:35:19	00:50:08	<b>00:56:13.50</b>	+00:23:34	5:37	10.7
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	5:37	10.7
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	5:37	10.7
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	5:38	10.7
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	5:38	10.6
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	5:38	10.6
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	5:38	10.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas		Tempo min/km	Tempo km/h
								netto 10km	Różn		
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	5:38	10.6
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	5:38	10.6
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	5:38	10.6
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	5:39	10.6
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	5:39	10.6
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	5:39	10.6
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	5:39	10.6
390	<b>MŁOSZ Marek</b>	<b>335</b>		M 50-59	28	00:34:03	00:49:54	<b>00:56:40.35</b>	+00:24:01	5:40	10.6
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	5:40	10.6
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	5:41	10.5
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	5:41	10.5
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	5:41	10.5
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	5:41	10.5
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	5:41	10.5
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	5:42	10.5
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	5:42	10.5
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	5:42	10.5
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	5:43	10.5
401	<b>RUDENKO 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	5:43	10.5
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	5:44	10.5
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	5:44	10.5
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	5:44	10.5
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	5:44	10.4
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	5:44	10.4
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	5:45	10.4
408	<b>LIS Marcin</b>	<b>290</b>		M 40-49	146	00:34:25	00:51:02	<b>00:57:33.85</b>	+00:24:55	5:45	10.4
409	<b>MARCZEWSKI Marcin</b>	<b>314</b>	RESILIA BEMOWO	M 40-49	147	00:34:49	00:51:07	<b>00:57:34.20</b>	+00:24:55	5:45	10.4
409	<b>MAJEWSKA Hanna</b>	<b>308</b>	BIEGAM NA TARCHOMINIE	K 30-39	38	00:35:40	00:51:28	<b>00:57:34.20</b>	+00:24:55	5:45	10.4
411	<b>CZAJKOWSKI Rafał</b>	<b>102</b>	EKOBIEGI	M 40-49	148	00:35:44	00:50:53	<b>00:57:37.45</b>	+00:24:58	5:45	10.4
412	<b>DUDEK Bartłomiej</b>	<b>123</b>	BIEGAM NA TARCHOMINIE	M 30-39	106	00:35:56	00:50:54	<b>00:57:38.90</b>	+00:25:00	5:45	10.4
413	<b>FROCZUK Piotr</b>	<b>673</b>		M 50-59	29	00:36:38	00:51:47	<b>00:57:40.20</b>	+00:25:01	5:46	10.4
414	<b>SZCZEŚNIAK Marta</b>	<b>496</b>		K 30-39	39	00:36:30	00:52:02	<b>00:57:44.35</b>	+00:25:05	5:46	10.4
415	<b>GASKIEWICZ Marek</b>	<b>143</b>		M 40-49	149	00:35:15	00:51:13	<b>00:57:46.30</b>	+00:25:07	5:46	10.4
416	<b>CZARTORYSKI Krystian</b>	<b>109</b>		M 40-49	150	00:35:59	00:51:19	<b>00:57:47.60</b>	+00:25:08	5:46	10.4
417	<b>CZARTORYSKA Anna</b>	<b>107</b>		K 40-49	33	00:36:05	00:51:35	<b>00:57:48.65</b>	+00:25:09	5:46	10.4
418	<b>ZAKABŁUKOWSKI Artur</b>	<b>584</b>		M 50-59	30	00:35:59	00:51:20	<b>00:57:49.45</b>	+00:25:10	5:46	10.4
419	<b>GOLONKA Patryk</b>	<b>299</b>		M 1-29	35			<b>00:57:53.00</b>	+00:25:14	5:47	10.4
420	<b>KRÓL Kamila</b>	<b>255</b>		K 1-29	10	00:36:37	00:51:57	<b>00:57:55.75</b>	+00:25:17	5:47	10.4
421	<b>KASZCZUK Radosław</b>	<b>213</b>		M 40-49	151	00:35:45	00:51:28	<b>00:57:56.10</b>	+00:25:17	5:47	10.4
422	<b>JAWORSKI Łukasz</b>	<b>194</b>		M 30-39	107	00:35:28	00:51:32	<b>00:57:58.30</b>	+00:25:19	5:47	10.4
423	<b>GONET Katarzyna</b>	<b>156</b>		K 40-49	34	00:36:41	00:51:59	<b>00:58:01.65</b>	+00:25:22	5:48	10.3
424	<b>KORSAK Piotr</b>	<b>667</b>		M 40-49	152	00:36:30	00:52:25	<b>00:58:07.45</b>	+00:25:28	5:48	10.3
425	<b>SULICH Mateusz</b>	<b>487</b>		M 30-39	108	00:36:12	00:51:43	<b>00:58:07.65</b>	+00:25:28	5:48	10.3
426	<b>RUSZTECKI Rafał</b>	<b>438</b>	TASMANIANDEVIL	M 40-49	153	00:36:24	00:51:57	<b>00:58:12.40</b>	+00:25:33	5:49	10.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas		Tempo min/km	Tempo km/h
								netto 10km	Różn		
427	MARCINKOWSKI Dariusz	312		M 60+	11	00:35:24	00:51:33	00:58:12.50	+00:25:33	5:49	10.3
428	POLAKOWSKA Anna	399		K 30-39	40	00:36:35	00:52:09	00:58:14.75	+00:25:36	5:49	10.3
429	MAĆKOWIAK Weronika	307		K 30-39	41	00:36:59	00:52:23	00:58:15.00	+00:25:36	5:49	10.3
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	5:49	10.3
431	GŁÓWKA Małgorzata	148		K 40-49	35	00:36:28	00:52:23	00:58:19.95	+00:25:41	5:49	10.3
432	OGRODNICZUK Józef	356		M 60+	12	00:37:11	00:52:11	00:58:20.25	+00:25:41	5:50	10.3
433	DYMARSKA Marzena	125	BUSHIDO CENTRUM	K 40-49	36	00:36:32	00:51:59	00:58:21.70	+00:25:42	5:50	10.3
434	DĄBROWSKA Anna	113		K 40-49	37	00:36:29	00:52:01	00:58:22.60	+00:25:43	5:50	10.3
435	MAZUR Jowita	321	FUNKCJONUJ	K 40-49	38	00:37:02	00:52:17	00:58:23.25	+00:25:44	5:50	10.3
436	CHOYNOWSKA Małgorzata	85		K 50-59	8	00:37:13	00:52:01	00:58:25.45	+00:25:46	5:50	10.3
437	PROKOPIUK Grzegorz	409	SZWAGRY DWA	M 40-49	155	00:40:25	00:52:25	00:58:30.65	+00:25:51	5:51	10.3
438	KRAWCZYK Wojciech	253	BIEGAM NA TARCHOMINIE	M 50-59	31	00:36:23	00:51:53	00:58:33.35	+00:25:54	5:51	10.2
439	LEGAN Martyna	697		K 1-29	11	00:36:47	00:52:27	00:58:33.95	+00:25:55	5:51	10.2
440	MIECIEK Michał	330		M 40-49	156	00:36:07	00:52:16	00:58:34.45	+00:25:55	5:51	10.2
441	GRABOWSKA Marta	161		K 30-39	42	00:36:07	00:52:17	00:58:34.85	+00:25:56	5:51	10.2
442	MARUSZAK Łukasz	316	BIEGAM NA TARCHOMINIE	M 30-39	109	00:36:40	00:52:31	00:58:36.05	+00:25:57	5:51	10.2
443	WASIAK Bartosz	544		M 30-39	110	00:34:32	00:51:32	00:58:44.25	+00:26:05	5:52	10.2
444	HIŻ Marta	179		K 40-49	39	00:37:34	00:52:29	00:58:45.20	+00:26:06	5:52	10.2
445	BAJERA Aneta	24		K 30-39	43	00:36:31	00:52:25	00:58:45.70	+00:26:06	5:52	10.2
446	ORZEŁ Karolina	370		K 30-39	44	00:36:50	00:52:36	00:59:00.40	+00:26:21	5:54	10.2
447	KARWOWSKA Mariusz	212	GRUPA BIEGOWA UW W-WA	M 40-49	157	00:37:49	00:52:54	00:59:02.05	+00:26:23	5:54	10.2
448	BUCZEK Piotr	70		M 40-49	158	00:36:37	00:52:40	00:59:05.10	+00:26:26	5:54	10.2
449	FLOREK Małgorzata	134		K 30-39	45	00:36:50	00:52:50	00:59:09.70	+00:26:30	5:54	10.1
450	WAWRYK Dorota	545		K 40-49	40	00:36:29	00:52:42	00:59:17.45	+00:26:38	5:55	10.1
451	KAPUSCINSKI Marcin	632		M 40-49	159	00:36:41	00:52:35	00:59:18.05	+00:26:39	5:55	10.1
452	KLIMCZAK Justyna	224	FLORIAN CHOJNICE	K 30-39	46	00:37:05	00:53:08	00:59:23.75	+00:26:45	5:56	10.1
453	PRASĄŁEK Jan	405	LEGIA WARSZAWA	M 30-39	111	00:37:43	00:53:11	00:59:24.75	+00:26:46	5:56	10.1
454	ORŁOWSKI Marek	368		M 40-49	160	00:36:52	00:53:06	00:59:25.15	+00:26:46	5:56	10.1
455	MIASTOWSKI Rafał	18	SŁOŃ B	M 50-59	32	00:37:15	00:52:58	00:59:25.25	+00:26:46	5:56	10.1
456	CZARNIAKOWSKA Aleksandra	106		K 30-39	47	00:36:32	00:52:53	00:59:25.45	+00:26:46	5:56	10.1
457	ROKICKI Aleksander	700		M 40-49	161	00:37:15	00:52:39	00:59:29.00	+00:26:50	5:56	10.1
458	DĄBROWSKI Andrzej	115		M 60+	13	00:37:02	00:53:15	00:59:29.50	+00:26:50	5:56	10.1
459	KIESIO Sylwia	219	NESSI TEAM	K 30-39	48	00:37:39	00:53:17	00:59:34.20	+00:26:55	5:57	10.1
460	MUCHA Grzegorz	341		M 60+	14	00:37:16	00:53:00	00:59:36.05	+00:26:57	5:57	10.1
461	OPOŃSKA Emilia	367	BIEGAM NA TARCHOMINIE	K 30-39	49	00:36:44	00:53:08	00:59:39.10	+00:27:00	5:57	10.1
462	KUCHARCZYK Nikola	268		K 1-29	12	00:37:13	00:53:43	00:59:40.65	+00:27:01	5:58	10.1
463	KUCHARCZYK Kamil	267		M 30-39	112	00:37:13	00:53:43	00:59:42.15	+00:27:03	5:58	10.1
464	TOBIASZ Dorota	519	GRUPA BIEGOWA CHTMO	K 40-49	41	00:37:30	00:53:35	00:59:42.50	+00:27:03	5:58	10.1
465	KOZŁOWSKI Piotr	250	POLONIA WARSZAWA	M 40-49	162	00:36:47	00:53:09	00:59:44.75	+00:27:06	5:58	10
466	ARAŻNY Kamila	19	TRUCHT TARCHOMIN TEAM	K 40-49	42	00:37:42	00:53:12	00:59:45.40	+00:27:06	5:58	10
466	ŁYCZEK Rafał	305		M 30-39	113	00:37:31	00:53:51	00:59:45.40	+00:27:06	5:58	10
468	LAZARSKA Małgorzata	278		K 40-49	43	00:37:04	00:53:03	00:59:45.45	+00:27:06	5:58	10
469	URBANOWSKI Mieszko	535	GRUPA BIEGOWA UM W-WA	M 40-49	163	00:37:35	00:53:37	00:59:45.95	+00:27:07	5:58	10
470	BARCIAK Marcin	34		M 40-49	164	00:38:14	00:53:27	00:59:49.35	+00:27:10	5:58	10

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas		Tempo min/km	Tempo km/h
								netto 10km	Różn		
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	5:58	10
472	<b>SENKO Mateusz</b>	<b>450</b>	STOWARZYSZENIE RAZEM DLA BIAŁOLEKI	M 30-39	114	00:39:30	00:54:31	<b>00:59:49.80</b>	+00:27:11	5:58	10
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	5:59	10
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	5:59	10
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	5:59	10
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	5:59	10
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	5:59	10
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	6:00	10
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	6:00	10
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	6:00	10
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	6:01	10
482	<b>BALCERZAK-JAŁTUSZEWSKA Katarzyna</b>	<b>28</b>	MARKOW BIEGACZE	K 40-49	45	00:37:23	00:53:43	<b>01:00:11.30</b>	+00:27:32	6:01	10
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	6:01	10
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	6:01	10
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	6:02	9.9
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	6:02	9.9
487	<b>GMYREK Robert</b>	<b>150</b>		M 30-39	116	00:35:41	00:52:48	<b>01:00:24.70</b>	+00:27:45	6:02	9.9
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	6:02	9.9
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	6:03	9.9
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	6:03	9.9
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	6:04	9.9
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	6:04	9.9
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	6:04	9.9
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	6:04	9.9
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	6:05	9.9
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	6:05	9.9
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	6:05	9.9
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	6:06	9.8
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	6:06	9.8
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	6:06	9.8
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	6:06	9.8
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	6:07	9.8
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	6:07	9.8
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	6:07	9.8
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	6:07	9.8
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	6:07	9.8
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	6:07	9.8
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	6:08	9.8
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	6:08	9.8
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	6:08	9.8
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	6:08	9.8
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	6:08	9.8
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	6:08	9.8
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	6:09	9.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas		Tempo min/km	Tempo km/h
								netto 10km	Różn		
515	WITZKE Artur	566		M 40-49	174	00:37:58	00:54:39	01:01:32.45	+00:28:53	6:09	9.8
516	CISZEWSKA Anna	98		K 40-49	50	00:37:49	00:54:49	01:01:32.55	+00:28:53	6:09	9.8
517	KACZMAREK Katarzyna	204		K 30-39	55	00:39:06	00:55:18	01:01:36.20	+00:28:57	6:09	9.7
518	STRYJKOWSKI Marek	480	ROZBIEGANY SULEJÓWEK	M 50-59	38	00:38:26	00:54:55	01:01:38.90	+00:29:00	6:09	9.7
519	PIWOWARSKI Dariusz	390		M 1-29	42	00:37:21	00:53:41	01:01:41.45	+00:29:02	6:10	9.7
520	MEJOR Jan	322	RAKREATON 2021	M 30-39	122	00:37:49	00:54:40	01:01:43.40	+00:29:04	6:10	9.7
521	OLEJNIK Marcin	360		M 30-39	123	00:39:36	00:55:43	01:01:45.10	+00:29:06	6:10	9.7
522	TADRAŁA Tomasz	513		M 40-49	175	00:38:17	00:54:45	01:01:45.70	+00:29:06	6:10	9.7
523	DYMARSKI Bartosz	126		M 40-49	176	00:38:24	00:54:52	01:01:46.85	+00:29:08	6:10	9.7
524	LEWANDOWSKA Monika	284		K 40-49	51	00:38:18	00:55:05	01:01:48.20	+00:29:09	6:10	9.7
525	MATUSEWICZ Krzysztof	641		M 40-49	177	00:36:42	00:54:39	01:01:52.50	+00:29:13	6:11	9.7
526	GURMIŃSKI Łukasz	176		M 40-49	178	00:37:26	00:55:04	01:02:18.25	+00:29:39	6:13	9.6
527	MACURA Wiktor	642		M 1-29	43	00:38:48	00:55:28	01:02:19.85	+00:29:41	6:13	9.6
528	BESSARABA Jagoda	43		K 1-29	13	00:37:24	00:55:09	01:02:21.70	+00:29:42	6:14	9.6
529	KOPROWICZ Damian	237		M 1-29	44	00:39:15	00:55:35	01:02:21.90	+00:29:43	6:14	9.6
530	GURMIŃSKA Katarzyna	175		K 1-29	14	00:39:15	00:55:34	01:02:22.00	+00:29:43	6:14	9.6
531	CZAPIEWSKI Maciej	104	BRODNICA BIEGA	M 60+	18	00:38:25	00:55:18	01:02:22.30	+00:29:43	6:14	9.6
532	KUŚMIREK-KOWAL Joanna	274		K 30-39	56	00:37:54	00:55:44	01:02:23.20	+00:29:44	6:14	9.6
533	RUCKA Aleksandra	435		K 1-29	15	00:38:11	00:55:50	01:02:24.35	+00:29:45	6:14	9.6
534	CZERESNIEWSKA Anna	111		K 30-39	57	00:38:22	00:55:29	01:02:24.85	+00:29:46	6:14	9.6
535	STANKIEWICZ Maciej	475	AMI & AURI RUNNERS CLUB	M 40-49	179	00:40:14	00:56:23	01:02:33.70	+00:29:54	6:15	9.6
536	MALUDZIŃSKI Maciej	699		M 40-49	180	00:38:56	00:55:51	01:02:34.00	+00:29:55	6:15	9.6
537	SURMACZ Jacek	489		M 40-49	181	00:38:18	00:55:31	01:02:36.55	+00:29:57	6:15	9.6
538	KITA Grzegorz	655	SMP	M 50-59	39	00:38:31	00:55:57	01:03:00.20	+00:30:21	6:18	9.5
539	AUGUSTYNIAK Aleksandra	20		K 40-49	52	00:39:33	00:56:19	01:03:09.15	+00:30:30	6:18	9.5
540	BRZÓZKA Magda	68	TARCHO ZIOMY	K 30-39	58	00:39:09	00:56:26	01:03:16.10	+00:30:37	6:19	9.5
541	NOWAK Kasia	350		K 30-39	59	00:39:09	00:56:26	01:03:16.45	+00:30:37	6:19	9.5
542	KĘSICKI Rafał	218		M 40-49	182	00:39:40	00:56:18	01:03:21.70	+00:30:42	6:20	9.5
543	TRZCIŃSKA Iwona	530		K 50-59	11	00:39:48	00:56:40	01:03:24.50	+00:30:45	6:20	9.5
544	ŁOZOWSKA Dorota	301		K 40-49	53	00:39:52	00:56:45	01:03:26.65	+00:30:47	6:20	9.5
545	TYBURC Paweł	8	KLUB ZERWANEGO ACHILLESA	M 40-49	183	00:38:34	00:55:57	01:03:28.70	+00:30:49	6:20	9.5
546	TERECH Ewelina	624		K 40-49	54	00:39:31	00:56:33	01:03:32.75	+00:30:54	6:21	9.4
547	JANIK-ARMATA Aneta	186		K 30-39	60	00:39:12	00:56:40	01:03:33.65	+00:30:54	6:21	9.4
548	ORŁOWSKI Tomasz	644		M 30-39	124	00:39:34	00:56:52	01:03:37.80	+00:30:59	6:21	9.4
549	ŻUCHOWSKI Artur	609	MY MIESZKAŃCY LEGIONOWO	M 40-49	184	00:39:51	00:56:32	01:03:39.30	+00:31:00	6:21	9.4
550	WYSOCKA-LEŚNIKOWSKA Magdalena	580		K 30-39	61	00:39:54	00:56:36	01:03:43.95	+00:31:05	6:22	9.4
551	LEŚNIKOWSKI Albert	283		M 30-39	125	00:39:54	00:56:35	01:03:44.85	+00:31:06	6:22	9.4
552	DOMINIAK Edyta	688		K 30-39	62	00:39:13	00:56:48	01:03:53.20	+00:31:14	6:23	9.4
553	GĘBICZ Cezary	154		M 40-49	185	00:38:37	00:56:58	01:03:54.90	+00:31:16	6:23	9.4
554	PRĘGOWSKI Grzegorz	407	EKO BIEGI	M 50-59	40	00:39:23	00:56:41	01:03:55.35	+00:31:16	6:23	9.4
555	TERPIŁOWSKA Agnieszka	518		K 30-39	63	00:38:31	00:57:06	01:04:03.30	+00:31:24	6:24	9.4
556	PODSADNI-KRYSIK Paulina	397	EKOBIEGI	K 30-39	64	00:40:06	00:56:37	01:04:05.05	+00:31:26	6:24	9.4
557	KRYSIK Marcin	261	WUJÓWKA	M 30-39	126	00:40:07	00:56:36	01:04:05.95	+00:31:27	6:24	9.4
558	RYSZKA Bogusław	441		M 50-59	41	00:39:38	00:57:24	01:04:06.65	+00:31:27	6:24	9.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas		Tempo min/km	Tempo km/h
								netto 10km	Różn		
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	6:24	9.4
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	6:25	9.4
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	6:25	9.3
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	6:25	9.3
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	6:25	9.3
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	6:25	9.3
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	6:25	9.3
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	6:25	9.3
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	6:26	9.3
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	6:26	9.3
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	6:28	9.3
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	6:28	9.3
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	6:29	9.3
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	6:29	9.2
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	6:29	9.2
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	6:29	9.2
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	6:30	9.2
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	6:30	9.2
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	6:32	9.2
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	6:34	9.1
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	6:34	9.1
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	6:35	9.1
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	6:37	9.1
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	6:39	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	6:39	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	6:43	8.9
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	6:43	8.9
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	6:43	8.9
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	6:44	8.9
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	6:44	8.9
589	<b>JUNDZIŁ-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	6:44	8.9
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	6:46	8.9
591	<b>LACHERT STRYJKOWSKA Ewa</b>	<b>277</b>	ROZBIEGANI SULEJÓWEK	K 50-59	14	00:41:39	01:00:24	<b>01:07:48.75</b>	+00:35:10	6:46	8.8
592	<b>ZIELIŃSKI Paweł</b>	<b>603</b>		M 30-39	131	00:41:50	01:00:22	<b>01:07:54.30</b>	+00:35:15	6:47	8.8
593	<b>STRZELEC Agnieszka</b>	<b>482</b>		K 40-49	60	00:41:17	01:00:15	<b>01:08:01.50</b>	+00:35:22	6:48	8.8
594	<b>TRUSZKOWSKA Agnieszka</b>	<b>528</b>		K 30-39	71	00:41:12	01:00:32	<b>01:08:05.60</b>	+00:35:26	6:48	8.8
595	<b>LISOWSKA Alicja</b>	<b>291</b>	BIEGAM NA TARCHOMINIE	K 30-39	72	00:41:07	01:00:41	<b>01:08:35.05</b>	+00:35:56	6:51	8.7
596	<b>KALICKI Wojciech</b>	<b>206</b>		M 40-49	188	00:40:30	01:00:15	<b>01:08:35.85</b>	+00:35:57	6:51	8.7
597	<b>WIŚNIEWSKA-DUDA Anna</b>	<b>562</b>		K 30-39	73	00:42:56	01:01:00	<b>01:08:36.00</b>	+00:35:57	6:51	8.7
597	<b>WÓJCIK Monika</b>	<b>653</b>	TRUCHTAM NA TARCHOMINIE	K 40-49	61			<b>01:08:36.00</b>	+00:35:57	6:51	8.7
599	<b>ZATYLNA Joanna</b>	<b>591</b>		K 30-39	74	00:41:31	01:00:19	<b>01:08:50.40</b>	+00:36:11	6:53	8.7
600	<b>ZATYLNY Tomasz</b>	<b>592</b>		M 40-49	189	00:41:32	01:00:21	<b>01:08:51.15</b>	+00:36:12	6:53	8.7
601	<b>CIEPLAK Katarzyna</b>	<b>91</b>		K 40-49	62	00:41:59	01:01:07	<b>01:08:57.80</b>	+00:36:19	6:53	8.7
602	<b>TELAKOWSKA Anita</b>	<b>516</b>		K 40-49	63	00:41:13	01:00:50	<b>01:09:07.35</b>	+00:36:28	6:54	8.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas		Tempo min/km	Tempo km/h
								netto 10km	Różn		
603	<b>BIELEC Bartłomiej</b>	<b>48</b>		M 40-49	190	00:42:53	01:01:31	<b>01:09:08.25</b>	+00:36:29	6:54	8.7
604	<b>MICHNOWSKI Sebastian</b>	<b>329</b>		M 40-49	191	00:42:16	01:01:06	<b>01:09:13.35</b>	+00:36:34	6:55	8.7
605	<b>MICHNOWSKA Adriana</b>	<b>328</b>		K 40-49	64	00:42:16	01:01:06	<b>01:09:13.65</b>	+00:36:34	6:55	8.7
606	<b>ROGUSKA Magdalena</b>	<b>1</b>	BIAŁOŁĘKA JEST KOBIETĄ	K 40-49	65	00:42:01	01:00:49	<b>01:09:14.70</b>	+00:36:35	6:55	8.7
607	<b>ŁĄCKA Ilona</b>	<b>10</b>	BIAŁOŁĘKA JEST KOBIETĄ	K 50-59	15	00:41:59	01:00:50	<b>01:09:15.30</b>	+00:36:36	6:55	8.7
608	<b>OŁDAK Katarzyna</b>	<b>691</b>		K 40-49	66	00:41:03	01:01:28	<b>01:09:18.20</b>	+00:36:39	6:55	8.7
609	<b>JANKOWSKI Tomek</b>	<b>189</b>		M 40-49	192	00:41:59	01:01:48	<b>01:09:26.85</b>	+00:36:48	6:56	8.6
610	<b>ORŁOWSKA Dorota</b>	<b>680</b>		K 30-39	75	00:42:03	01:01:24	<b>01:09:34.00</b>	+00:36:55	6:57	8.6
610	<b>MAKOWSKA Izabella</b>	<b>681</b>		K 30-39	76	00:42:03	01:01:25	<b>01:09:34.00</b>	+00:36:55	6:57	8.6
612	<b>KOWALSKI Wiesław</b>	<b>248</b>		M 50-59	46	00:42:20	01:01:38	<b>01:09:43.30</b>	+00:37:04	6:58	8.6
613	<b>BIERNACKI Adam</b>	<b>52</b>	ŁÓDŹ/WARSZAWA	M 60+	20	00:42:15	01:01:40	<b>01:09:47.30</b>	+00:37:08	6:58	8.6
614	<b>OSTASZEWSKA Katarzyna</b>	<b>374</b>		K 40-49	67	00:40:14	01:01:41	<b>01:10:00.55</b>	+00:37:21	7:00	8.6
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	7:00	8.6
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	7:04	8.5
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	7:04	8.5
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	7:07	8.4
619	<b>SZLAGA Kinga</b>	<b>654</b>		K 30-39	77	00:41:35	01:02:20	<b>01:11:14.65</b>	+00:38:35	7:07	8.4
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	7:10	8.4
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	7:13	8.3
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	7:15	8.3
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	7:15	8.3
624	<b>PARZYCH Sylwia</b>	<b>633</b>		K 30-39	78	00:42:41	01:04:09	<b>01:12:48.70</b>	+00:40:09	7:16	8.2
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	7:19	8.2
626	<b>JORDAN Agnieszka</b>	<b>198</b>	BIEGANIE W WARSZAWIE	K 30-39	79			<b>01:13:22.00</b>	+00:40:43	7:20	8.2
627	<b>WIĘCKOWSKA Marzena</b>	<b>552</b>		K 40-49	72			<b>01:13:23.00</b>	+00:40:44	7:20	8.2
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	7:23	8.1
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	7:24	8.1
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	7:26	8.1
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	7:27	8
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	7:27	8
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	7:32	8
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	7:33	7.9
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	7:33	7.9
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	7:33	7.9
637	<b>OGOŃCZYK Donata</b>	<b>355</b>		K 30-39	80	00:45:55	01:07:44	<b>01:15:54.90</b>	+00:43:16	7:35	7.9
638	<b>BIDZIŃSKA Alicja</b>	<b>46</b>		K 30-39	81	00:46:44	01:07:38	<b>01:16:06.55</b>	+00:43:27	7:36	7.9
639	<b>BOCHENEK Sebastian</b>	<b>56</b>		M 30-39	136	00:45:31	01:08:11	<b>01:16:24.55</b>	+00:43:45	7:38	7.9
640	<b>WIŚNIEWSKA Estera</b>	<b>561</b>		K 1-29	20	00:47:16	01:08:13	<b>01:17:04.25</b>	+00:44:25	7:42	7.8
641	<b>WIŚNIEWSKI Adam</b>	<b>563</b>		M 1-29	50	00:47:16	01:08:14	<b>01:17:05.75</b>	+00:44:27	7:42	7.8
642	<b>KĘSICKA Katarzyna</b>	<b>217</b>		K 40-49	74	00:47:14	01:08:55	<b>01:17:09.30</b>	+00:44:30	7:42	7.8
643	<b>LUCIMIŃSKI Marcin</b>	<b>297</b>	ŚLIMAK RUNNING TEAM	M 40-49	195	00:48:46	01:10:03	<b>01:19:30.35</b>	+00:46:51	7:57	7.5
644	<b>ŚLIMKO Adriana</b>	<b>507</b>		K 40-49	75	00:48:45	01:10:03	<b>01:19:30.70</b>	+00:46:51	7:57	7.5
645	<b>KOLASA Barbara</b>	<b>233</b>	KLUB J.SŁOWACKIEGO	K 60+	2	00:48:26	01:10:48	<b>01:20:22.35</b>	+00:47:43	8:02	7.5
646	<b>KISIELEWICZ Bożena</b>	<b>221</b>	PSTROKATY PAREOMARATON	K 40-49	76	00:49:06	01:12:42	<b>01:21:46.45</b>	+00:49:07	8:10	7.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
647	<b>NASKRĘT Mariusz</b>	<b>344</b>		M 40-49	196	00:53:00	01:16:44	<b>01:25:56.15</b>	+00:53:17	8:35	7
648	<b>CZECHOWSKI Jerzy</b>	<b>110</b>	MZA - WARSZAWA	M 60+	21	00:54:25	01:17:26	<b>01:27:36.00</b>	+00:54:57	8:45	6.8
<b>Przekroczony limit czasu: 01:30:00</b>											
649	<b>MAJKOWSKA Zofia</b>	<b>684</b>		K 1-29	21	00:58:06	01:23:40	<b>01:34:19.55</b>	+01:01:40	9:25	6.4
650	<b>MAJKOWSKI Michał</b>	<b>685</b>		M 30-39	137	00:58:05	01:23:40	<b>01:34:20.40</b>	+01:01:41	9:26	6.4
651	<b>WALASIK Agnieszka</b>	<b>540</b>		K 40-49	77	00:59:20	01:26:49	<b>01:37:38.30</b>	+01:04:59	9:45	6.1
652	<b>BRZAŃKAŁA Renata</b>	<b>65</b>	SLOW JOGGING BIAŁOŁĘKA	K 50-59	19	01:00:22	01:27:12	<b>01:37:43.25</b>	+01:05:04	9:46	6.1
653	<b>BOROWIAK Jolanta</b>	<b>61</b>	SLOW JOGGING POLSKA	K 60+	3	01:00:21	01:27:12	<b>01:37:43.55</b>	+01:05:04	9:46	6.1
654	<b>BOROWIAK Jacek</b>	<b>60</b>	SLOW JOGGING POLSKA	M 60+	22	00:58:14	01:15:20	<b>01:37:44.10</b>	+01:05:05	9:46	6.1
655	<b>CZESNAR Kasia</b>	<b>670</b>		K 50-59	20	01:00:17	01:25:40	<b>01:37:44.40</b>	+01:05:05	9:46	6.1
656	<b>CIEŚLAK Paweł</b>	<b>94</b>	SLOW JOGGING BIAŁOŁĘKA	M 50-59	49	00:59:44	01:25:31	<b>01:37:46.90</b>	+01:05:08	9:46	6.1
657	<b>KAMIŃSKI Waldemar</b>	<b>9</b>	SLOW JOGGING WARSZAWA	M 50-59	50	01:00:21	01:27:12	<b>01:37:47.40</b>	+01:05:08	9:46	6.1
658	<b>STĘPIEŃ Adam</b>	<b>478</b>		M 40-49	197	00:27:45	00:39:11		+00:09:57	4:21	13.8
659	<b>BEDNARZ Cezary</b>	<b>39</b>	BIEGAJĄCY ŚWIDNIK	M 30-39	138						
660	<b>WILCZURA Marek</b>	<b>614</b>	KS STASZEWCY / SPARTANIE DZIECIOM	M 40-49	198						
661	<b>LISZEWSKI Krzysztof</b>	<b>292</b>	RUN TEAM NASIELSK	M 40-49	199						

Znaleziono 661 wynik(ów)