



# BIEG PRZEZ MOST 2021

B4SPORT

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

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: M Odcinek specjalny

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>SZCZEPAŃSKI Piotr</b>	<b>3</b>		M 1-29	8	00:27:28	00:35:53	<b>00:40:16.85</b>	+00:00:00	4:01	14.9
2	<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>	+00:00:07	3:15	18.4
3	<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
4	<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>	+00:00:24	3:22	17.8
5	<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>	+00:01:12	3:45	16
6	<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>	+00:01:18	3:41	16.3
7	<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>	+00:01:23	3:44	16
8	<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>	+00:01:27	3:45	16
9	<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>	+00:01:33	3:47	15.9
10	<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>	+00:01:33	3:44	16.1
11	<b>BAŁAJ Krzysztof</b>	<b>30</b>	DECATHLON	M 1-29	4	00:23:59	00:34:00	<b>00:38:15.35</b>	+00:01:35	3:49	15.7
12	<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>	+00:01:36	3:43	16.1
13	<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>	+00:01:39	3:49	15.7
14	<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>	+00:01:46	3:46	15.9
15	<b>KRAMARZ Aleksander</b>	<b>252</b>		M 1-29	3	00:23:29	00:33:41	<b>00:37:57.80</b>	+00:01:46	3:47	15.8
16	<b>WACHOWSKI Łukasz</b>	<b>538</b>		M 30-39	7	00:23:56	00:34:11	<b>00:38:15.75</b>	+00:01:49	3:49	15.7
17	<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>	+00:01:51	3:51	15.6
18	<b>CHROBOT Daniel</b>	<b>86</b>	WOŻNIAK RUNNING TEAM	M 1-29	6	00:23:47	00:34:06	<b>00:38:27.10</b>	+00:01:53	3:50	15.6
19	<b>MIOTR Marcin</b>	<b>88</b>		M 40-49	10	00:24:52	00:35:13	<b>00:39:37.25</b>	+00:01:55	3:57	15.1
20	<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>	+00:01:56	3:48	15.7
21	<b>MICHLEWICZ Krzysztof</b>	<b>327</b>		M 30-39	9	00:25:21	00:35:43	<b>00:39:52.90</b>	+00:01:57	3:59	15.1
22	<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>	+00:01:57	3:48	15.8
23	<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>	+00:01:57	3:59	15
24	<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>	+00:02:02	3:49	15.7
25	<b>RUPIŃSKI Krzysztof</b>	<b>647</b>		M 1-29	5	00:23:45	00:34:17	<b>00:38:20.75</b>	+00:02:06	3:50	15.7
26	<b>STACHOWICZ Marcin</b>	<b>616</b>		M 30-39	8	00:24:03	00:34:37	<b>00:38:54.85</b>	+00:02:07	3:53	15.4
27	<b>ŁĄGOCKI Marcin</b>	<b>49</b>		M 30-39	14	00:26:30	00:37:09	<b>00:41:27.45</b>	+00:02:13	4:08	14.5
28	<b>ŚWIĘDRYCH Marek</b>	<b>512</b>		M 30-39	66	00:34:07	00:44:48	<b>00:50:19.45</b>	+00:02:15	5:01	11.9
29	<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>	+00:02:15	3:54	15.3
30	<b>LEWANDOWSKI Mateusz</b>	<b>286</b>		M 1-29	7	00:25:17	00:35:59	<b>00:40:06.30</b>	+00:02:16	4:00	15

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
31	<b>KŁUDKIEWICZ Tomasz</b>	<b>229</b>		M 40-49	15	00:26:48	00:37:31	<b>00:41:52.30</b>	+00:02:17	4:11	14.3
32	<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>	+00:02:17	4:06	14.6
33	<b>FACON Janusz</b>	<b>629</b>		M 50-59	2	00:26:14	00:36:58	<b>00:41:21.65</b>	+00:02:17	4:08	14.5
34	<b>MARCINISZYN Grzegorz</b>	<b>486</b>		M 30-39	11	00:25:20	00:36:06	<b>00:40:21.05</b>	+00:02:20	4:02	14.9
35	<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>	+00:02:27	4:12	14.3
36	<b>KAMIŃSKI Paweł</b>	<b>207</b>		M 40-49	19	00:26:51	00:37:44	<b>00:42:12.60</b>	+00:02:27	4:13	14.2
37	<b>STRAWSKI Marcin</b>	<b>479</b>		M 40-49	129	00:38:47	00:49:42	<b>00:55:17.50</b>	+00:02:28	5:31	10.9
38	<b>WARDEGA Przemek</b>	<b>543</b>		M 40-49	13	00:25:39	00:36:37	<b>00:41:09.65</b>	+00:02:32	4:06	14.6
39	<b>GRZYBOWSKI Mariusz</b>	<b>173</b>		M 50-59	1	00:25:22	00:36:24	<b>00:40:49.90</b>	+00:02:35	4:04	14.7
40	<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>	+00:02:36	4:10	14.4
41	<b>TYMOLEWSKI Grzegorz</b>	<b>533</b>		M 1-29	13	00:27:37	00:38:43	<b>00:43:05.40</b>	+00:02:40	4:18	13.9
42	<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>	+00:02:46	4:07	14.6
43	<b>OWCZARZAK Rafał</b>	<b>645</b>	R4P	M 40-49	22	00:26:49	00:38:02	<b>00:42:36.40</b>	+00:02:47	4:15	14.1
44	<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>	+00:02:48	4:06	14.6
45	<b>KUBIAK Sławomir</b>	<b>264</b>		M 40-49	16	00:26:12	00:37:26	<b>00:41:59.25</b>	+00:02:48	4:11	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>	+00:02:48	4:12	14.2
47	<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>	+00:02:55	4:06	14.6
48	<b>SYPEK Jerzy</b>	<b>695</b>		M 40-49	21	00:26:21	00:37:44	<b>00:42:19.80</b>	+00:02:57	4:13	14.2
49	<b>SZYMAŃSKI Andrzej</b>	<b>502</b>		M 30-39	17	00:26:21	00:37:45	<b>00:42:14.30</b>	+00:02:58	4:13	14.2
50	<b>ROŚŁON Piotr</b>	<b>431</b>		M 40-49	20	00:26:22	00:37:46	<b>00:42:16.40</b>	+00:02:58	4:13	14.2
51	<b>JAWORSKI Piotr</b>	<b>2</b>		M 40-49	23	00:26:39	00:38:04	<b>00:42:44.15</b>	+00:02:59	4:16	14
52	<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>	+00:02:59	4:11	14.3
53	<b>STĘPIEŃ Adam</b>	<b>478</b>		M 40-49	197	00:27:45	00:39:11		+00:03:00	4:21	13.8
54	<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>	+00:03:05	4:22	13.7
55	<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>	+00:03:05	4:19	13.9
56	<b>GANCZEWSKI Paweł</b>	<b>142</b>	KS STASZEWSKY	M 50-59	3	00:27:35	00:39:06	<b>00:43:44.90</b>	+00:03:05	4:22	13.7
57	<b>JANOWIAK Wojciech</b>	<b>7</b>		M 40-49	29	00:27:44	00:39:17	<b>00:43:55.25</b>	+00:03:07	4:23	13.7
58	<b>SOKALSKI Grzegorz</b>	<b>472</b>		M 40-49	35	00:28:08	00:39:41	<b>00:44:31.00</b>	+00:03:07	4:27	13.5
59	<b>SKWARCZ Paweł</b>	<b>465</b>		M 30-39	12	00:24:32	00:36:06	<b>00:41:00.15</b>	+00:03:08	4:06	14.6
60	<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>	+00:03:08	4:12	14.2
61	<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>	+00:03:08	4:24	13.6
62	<b>CISZEWSKI Krzysztof</b>	<b>99</b>		M 40-49	26	00:27:12	00:38:47	<b>00:43:23.45</b>	+00:03:09	4:20	13.8
63	<b>GABRYSZEWSKI Radosław</b>	<b>139</b>		M 30-39	22	00:28:23	00:39:59	<b>00:44:34.50</b>	+00:03:10	4:27	13.5
64	<b>RYTKOWSKI Piotr</b>	<b>443</b>		M 30-39	31	00:29:15	00:40:51	<b>00:45:17.60</b>	+00:03:10	4:31	13.2
65	<b>ŚLĘCZEK Filip</b>	<b>505</b>		M 1-29	12	00:26:11	00:37:48	<b>00:42:26.15</b>	+00:03:11	4:14	14.1
66	<b>ZGODA Mateusz</b>	<b>598</b>		M 1-29	18	00:28:33	00:40:11	<b>00:45:03.30</b>	+00:03:12	4:30	13.3
67	<b>GOŁĘDZINOWSKI Tomasz</b>	<b>152</b>		M 50-59	7	00:29:54	00:41:33	<b>00:46:19.50</b>	+00:03:13	4:37	13
68	<b>STRYKOWSKI Daniel</b>	<b>481</b>	CARREFOURR	M 40-49	24	00:26:21	00:38:01	<b>00:42:48.15</b>	+00:03:13	4:16	14
69	<b>JASIONOWSKI Mariusz</b>	<b>193</b>		M 30-39	18	00:26:03	00:37:43	<b>00:42:39.30</b>	+00:03:14	4:15	14.1
70	<b>IWANIK Tomasz</b>	<b>228</b>		M 30-39	20	00:27:27	00:39:08	<b>00:43:54.25</b>	+00:03:15	4:23	13.7
71	<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>	+00:03:15	4:13	14.2
72	<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>	+00:03:16	4:30	13.3
73	<b>SERAFIN Tomasz</b>	<b>451</b>		M 40-49	36	00:28:11	00:39:55	<b>00:44:35.05</b>	+00:03:18	4:27	13.5
74	<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>	+00:03:18	4:29	13.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
75	KARPIŃSKI Marcin	210		M 30-39	24	00:28:18	00:40:02	<b>00:44:56.45</b>	+00:03:18	4:29	13.4
76	STRZELECKI Piotr	674		M 40-49	34	00:27:48	00:39:34	<b>00:44:21.70</b>	+00:03:20	4:26	13.5
77	DĄBROWSKI Mirosław	114		M 50-59	4	00:27:41	00:39:31	<b>00:44:26.60</b>	+00:03:24	4:26	13.5
78	BOBER Jarosław	54		M 30-39	23	00:28:00	00:39:51	<b>00:44:49.50</b>	+00:03:25	4:28	13.4
79	KORDASIEWICZ Stanisław	238		M 40-49	25	00:26:50	00:38:42	<b>00:43:22.10</b>	+00:03:26	4:20	13.8
80	TROJANOWSKI Rafał	146		M 30-39	21	00:27:26	00:39:20	<b>00:44:11.45</b>	+00:03:28	4:25	13.6
81	PALUCH Kamil	378		M 30-39	30	00:28:45	00:40:39	<b>00:45:15.20</b>	+00:03:28	4:31	13.3
82	WAWRZYŃIAK Damian	698		M 1-29	16	00:27:46	00:39:42	<b>00:44:24.10</b>	+00:03:30	4:26	13.5
83	JAROSIŃSKI Łukasz	748	TAŃCZĄCE MUCHOMORKI	M 40-49	46	00:29:29	00:41:26	<b>00:46:23.85</b>	+00:03:30	4:38	12.9
84	TOBOŁA Paweł	520	AKS POLONIA WARSZAWA	M 40-49	30	00:27:19	00:39:16	<b>00:43:56.45</b>	+00:03:31	4:23	13.7
85	GRYSZPANOWICZ Piotr	171		M 40-49	27	00:27:07	00:39:04	<b>00:43:37.10</b>	+00:03:31	4:21	13.8
86	KOWAL Krzysztof	244		M 40-49	31	00:27:07	00:39:04	<b>00:44:08.45</b>	+00:03:31	4:24	13.6
87	WŁODKOWSKI Robert	569		M 40-49	41	00:29:16	00:41:14	<b>00:46:01.90</b>	+00:03:32	4:36	13
88	KRUPIŃSKI Marek	260	DĄBROWSKI TEAM / MARO RUNNER	M 1-29	20	00:28:59	00:40:58	<b>00:45:53.90</b>	+00:03:33	4:35	13.1
89	LIPIŃSKI Oskar	618		M 30-39	32	00:28:40	00:40:40	<b>00:45:27.20</b>	+00:03:34	4:32	13.2
90	PROKOPIUK Grzegorz	409	SZWAGRY DWA	M 40-49	155	00:40:25	00:52:25	<b>00:58:30.65</b>	+00:03:34	5:51	10.3
91	CHMARZYŃSKI Paweł	78		M 30-39	28	00:28:19	00:40:20	<b>00:45:07.65</b>	+00:03:35	4:30	13.3
92	WOJEWÓDZKI Marcin	571	WOJEWÓDZCY TEAM	M 1-29	14	00:27:11	00:39:13	<b>00:43:55.90</b>	+00:03:36	4:23	13.7
93	BOROWY Łukasz	62		M 30-39	25	00:28:09	00:40:16	<b>00:45:03.10</b>	+00:03:41	4:30	13.3
94	PRZEKOPIAK Paweł	411		M 40-49	33	00:27:12	00:39:19	<b>00:44:19.40</b>	+00:03:41	4:25	13.5
95	ŚWIATŁOŃ Michał	509		M 1-29	19	00:28:34	00:40:44	<b>00:45:19.25</b>	+00:03:44	4:31	13.2
96	DRZYMALA Krzysztof	121		M 30-39	34	00:28:35	00:40:45	<b>00:45:41.55</b>	+00:03:44	4:34	13.1
97	RUCIŃSKI Rafał	433	BBK	M 40-49	48	00:29:56	00:42:08	<b>00:47:19.75</b>	+00:03:46	4:43	12.7
98	PONIATOWSKI Aleksander	400		M 30-39	33	00:28:25	00:40:39	<b>00:45:36.50</b>	+00:03:47	4:33	13.2
99	MAREK Jacek	315		M 40-49	38	00:27:48	00:40:02	<b>00:45:05.95</b>	+00:03:48	4:30	13.3
100	KOSIŃSKI Kamil	240		M 30-39	43	00:29:47	00:42:01	<b>00:47:04.00</b>	+00:03:48	4:42	12.7
101	CNOTA Maciej	101		M 40-49	40	00:28:41	00:40:55	<b>00:45:55.25</b>	+00:03:48	4:35	13.1
102	KLAŚ Łukasz	223		M 40-49	42	00:28:51	00:41:06	<b>00:46:09.65</b>	+00:03:49	4:36	13
103	CHMIELEWSKI Maciej	79		M 30-39	45	00:29:59	00:42:15	<b>00:47:14.65</b>	+00:03:49	4:43	12.7
104	CHAJĘCKI Mateusz	75	WARSZAWSKIBIEGACZ	M 30-39	52	00:31:13	00:43:30	<b>00:48:33.70</b>	+00:03:50	4:51	12.4
105	PUSZAK Sylwester	80		M 40-49	52	00:30:47	00:43:05	<b>00:48:04.70</b>	+00:03:52	4:48	12.5
106	SIKORSKI Bartosz	76		M 30-39	29	00:28:16	00:40:34	<b>00:45:14.40</b>	+00:03:52	4:31	13.3
107	ANDRULEWICZ Marcin	643		M 1-29	11	00:25:32	00:37:52	<b>00:42:25.10</b>	+00:03:54	4:14	14.1
108	GRUNWALD Witold	168		M 60+	2	00:29:57	00:42:18	<b>00:47:09.50</b>	+00:03:54	4:42	12.7
109	MROZOWSKI Kamil	340		M 30-39	35	00:28:34	00:40:55	<b>00:45:58.75</b>	+00:03:55	4:35	13.1
110	ZIELINSKI Krzysztof	601	HIKINGTOURS	M 40-49	39	00:28:24	00:40:45	<b>00:45:42.50</b>	+00:03:55	4:34	13.1
111	KOWALCZYK Rafał	245	ŻÓRAWSKI TEAM & ASICS FRONTRUNNER	M 1-29	17	00:27:27	00:39:48	<b>00:44:45.05</b>	+00:03:55	4:28	13.4
112	PIERZAK Olaf	387	TEAM PARSZCZYŃSKICH	M 40-49	44	00:28:50	00:41:12	<b>00:46:23.40</b>	+00:03:57	4:38	12.9
113	LIS Krzysztof	289		M 50-59	9	00:29:54	00:42:18	<b>00:47:29.95</b>	+00:03:58	4:44	12.6
114	KWIATKOWSKI Tomasz	276		M 40-49	45	00:28:59	00:41:24	<b>00:46:23.45</b>	+00:03:58	4:38	12.9
115	JAKUBOWSKI Dariusz	183	DGW	M 50-59	6	00:28:41	00:41:09	<b>00:46:17.15</b>	+00:04:02	4:37	13
116	WICENTY Paweł	549		M 30-39	41	00:29:42	00:42:11	<b>00:46:56.50</b>	+00:04:03	4:41	12.8
117	KLUSIEWICZ Michał	226		M 30-39	39	00:28:17	00:40:46	<b>00:46:12.85</b>	+00:04:03	4:37	13
118	FITRZYK Łukasz	132		M 30-39	42	00:29:32	00:42:03	<b>00:47:02.40</b>	+00:04:04	4:42	12.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
119	ZAWADA Paweł	593	BIEGAM NA TARCHOMINIE	M 30-39	37	00:28:36	00:41:07	<b>00:46:01.75</b>	+00:04:05	4:36	13
120	GRONOWSKI Robert	166	FFF	M 30-39	54	00:31:44	00:44:14	<b>00:48:54.90</b>	+00:04:05	4:53	12.3
121	FLORCZUK Piotr	394		M 1-29	25	00:32:13	00:44:46	<b>00:49:47.20</b>	+00:04:07	4:58	12.1
122	BADOWSKI Piotr	23		M 30-39	40	00:28:46	00:41:20	<b>00:46:20.10</b>	+00:04:07	4:38	12.9
123	WIECZOREK Michał	551		M 50-59	5	00:27:58	00:40:33	<b>00:45:37.05</b>	+00:04:09	4:33	13.2
124	SAGAŁA Adam	446		M 40-49	49	00:29:36	00:42:12	<b>00:47:23.70</b>	+00:04:10	4:44	12.7
125	FALKOWSKI Łukasz	128		M 30-39	27	00:27:36	00:40:12	<b>00:45:05.95</b>	+00:04:11	4:30	13.3
126	KOŚCIAK Jacek	242		M 40-49	50	00:30:22	00:42:58	<b>00:47:47.45</b>	+00:04:11	4:46	12.6
127	BALABANOV Viktor	27	MASTERS DOJO KARATE KYOKUSHIN	M 30-39	38	00:28:30	00:41:07	<b>00:46:08.80</b>	+00:04:11	4:36	13
128	GROCHOWSKI Piotr	164		M 40-49	61	00:31:32	00:44:11	<b>00:49:17.25</b>	+00:04:13	4:55	12.2
129	BOJARUN Marek	59		M 30-39	46	00:29:24	00:42:05	<b>00:47:24.25</b>	+00:04:14	4:44	12.7
130	ŚLĘCZKA Piotr	628		M 40-49	51	00:30:12	00:42:52	<b>00:47:58.95</b>	+00:04:14	4:47	12.5
131	SZAŁAŃSKI Przemysław	490		M 30-39	53	00:30:49	00:43:30	<b>00:48:39.35</b>	+00:04:15	4:51	12.3
132	PRUSZCZYŃSKI Grzegorz	410		M 30-39	62	00:31:46	00:44:29	<b>00:49:44.55</b>	+00:04:16	4:58	12.1
133	JANOWSKI Rafał	656		M 40-49	62	00:31:26	00:44:10	<b>00:49:23.40</b>	+00:04:18	4:56	12.1
134	ŚMIETAŁO Dawid	508		M 30-39	60	00:31:43	00:44:27	<b>00:49:33.55</b>	+00:04:18	4:57	12.1
135	CHODNIEWICZ Michał	82		M 30-39	58	00:31:30	00:44:14	<b>00:49:29.40</b>	+00:04:18	4:56	12.1
136	ORŁOWSKI Krzysztof	369	WARSZAWA PARKRUN BRÓDNO	M 40-49	55	00:30:25	00:43:10	<b>00:48:23.00</b>	+00:04:18	4:50	12.4
137	LENDZION Jarosław	280	GRUPA BIEGOWA UM W-WA	M 40-49	59	00:30:59	00:43:45	<b>00:48:52.80</b>	+00:04:20	4:53	12.3
138	ROZEK Rob	623	NEONTEAM	M 40-49	57	00:30:26	00:43:13	<b>00:48:29.80</b>	+00:04:21	4:50	12.4
139	TOMASZEWSKI Marek	523		M 40-49	60	00:31:06	00:43:53	<b>00:49:09.95</b>	+00:04:21	4:54	12.2
140	OLSZEWSKI Michał	364	I LOVE PRZYLESIE	M 40-49	64	00:31:51	00:44:39	<b>00:49:39.80</b>	+00:04:22	4:57	12.1
141	OLSZEWSKI Rafał	363		M 50-59	13	00:30:51	00:43:39	<b>00:48:55.15</b>	+00:04:22	4:53	12.3
142	CHOTOMSKI Marcin	84		M 30-39	50	00:30:31	00:43:20	<b>00:48:25.60</b>	+00:04:23	4:50	12.4
143	ZAMBROWSKI Sławomir	586		M 40-49	54	00:30:11	00:43:00	<b>00:48:12.90</b>	+00:04:23	4:49	12.4
144	WNUK Tomasz	570	NAPRZÓD MŁOCINY	M 40-49	69	00:31:30	00:44:20	<b>00:50:01.05</b>	+00:04:23	5:00	12
145	SAMOSIUK Marcin	692		M 40-49	75	00:32:52	00:45:42	<b>00:50:46.05</b>	+00:04:24	5:04	11.8
146	LIBOLD Maciek	288		M 30-39	65	00:31:53	00:44:44	<b>00:49:58.20</b>	+00:04:24	4:59	12
147	KOSUDA Paweł	241	RUNNERS TEAM XTREME CIECHANÓW	M 40-49	67	00:31:57	00:44:48	<b>00:49:59.85</b>	+00:04:25	4:59	12
148	GAWLIK Arkadiusz	144	BIEGAM NA TARCHOMINIE	M 40-49	74	00:32:15	00:45:07	<b>00:50:28.30</b>	+00:04:25	5:02	11.9
149	FRĄCKOWSKI Sławomir	136		M 50-59	10	00:29:22	00:42:15	<b>00:47:32.35</b>	+00:04:26	4:45	12.6
150	DEREWICZ Mariusz	119		M 30-39	59	00:31:19	00:44:12	<b>00:49:31.40</b>	+00:04:27	4:57	12.1
151	SOBOCIŃSKI Michał	469		M 40-49	58	00:30:24	00:43:19	<b>00:48:30.25</b>	+00:04:29	4:51	12.4
152	CIESIELSKI Marcin	93	WARSAW RUN CLUB	M 40-49	32	00:26:34	00:39:30	<b>00:44:09.15</b>	+00:04:31	4:24	13.6
153	ŻÓŁKOWSKI Rafał	608	RUN % FUN	M 30-39	63	00:31:39	00:44:36	<b>00:49:45.15</b>	+00:04:32	4:58	12.1
154	ARAŻNY Zbigniew	17	TRUCHT TARCHOMIN TEAM	M 50-59	14	00:31:42	00:44:40	<b>00:50:10.80</b>	+00:04:32	5:01	12
155	KRAJEWSKI Konrad	683		M 30-39	47	00:30:00	00:43:00	<b>00:47:58.20</b>	+00:04:34	4:47	12.5
156	PRZELASKOWSKI Artur	412		M 50-59	11	00:29:30	00:42:30	<b>00:47:52.05</b>	+00:04:34	4:47	12.5
157	PASIŃSKI Daniel	382	GRUPA BIEGOWA UM W-WA	M 30-39	51	00:30:39	00:43:41	<b>00:48:31.15</b>	+00:04:35	4:51	12.4
158	STANISZEWSKI Rafał	474	ESTI BONA	M 40-49	65	00:31:31	00:44:34	<b>00:49:40.50</b>	+00:04:36	4:58	12.1
159	ODZIEMCZYK Sebastian	354		M 40-49	68	00:31:19	00:44:23	<b>00:50:00.05</b>	+00:04:38	5:00	12
160	SĄGOL Sylwester	448		M 50-59	8	00:28:37	00:41:41	<b>00:47:04.45</b>	+00:04:38	4:42	12.7
161	KODA Eugeniusz	231	TEAM ZABIEGANEDNI	M 60+	1	00:28:40	00:41:45	<b>00:47:05.00</b>	+00:04:39	4:42	12.7
162	DOŁĘGA Sławomir	120		M 30-39	56	00:30:37	00:43:43	<b>00:49:18.65</b>	+00:04:40	4:55	12.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
163	<b>GŁÓWKA Rafał</b>	<b>149</b>		M 40-49	72	00:31:43	00:44:50	<b>00:50:21.25</b>	+00:04:40	5:02	11.9
164	<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>	+00:04:41	4:53	12.3
165	<b>ZAGRODZKI Jan</b>	<b>582</b>		M 1-29	26	00:31:40	00:44:49	<b>00:50:19.25</b>	+00:04:43	5:01	11.9
166	<b>MACIEJAK Robert</b>	<b>657</b>		M 40-49	53	00:29:44	00:42:54	<b>00:48:11.35</b>	+00:04:44	4:49	12.5
167	<b>ZGÓRZAK Adam</b>	<b>599</b>		M 30-39	64	00:31:18	00:44:28	<b>00:49:56.70</b>	+00:04:44	4:59	12
168	<b>ŁUCZAK Bartosz</b>	<b>679</b>		M 1-29	23	00:29:54	00:43:05	<b>00:48:26.00</b>	+00:04:45	4:50	12.4
169	<b>KONKA Tomasz</b>	<b>638</b>		M 40-49	76	00:32:21	00:45:33	<b>00:50:51.85</b>	+00:04:45	5:05	11.8
170	<b>JANKOWSKI Jakub</b>	<b>190</b>		M 30-39	48	00:29:18	00:42:30	<b>00:48:03.05</b>	+00:04:45	4:48	12.5
171	<b>TENDERENDA Kamil</b>	<b>517</b>		M 30-39	44	00:28:58	00:42:10	<b>00:47:04.60</b>	+00:04:46	4:42	12.7
172	<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>	+00:04:48	4:49	12.4
173	<b>OWCZARCZYK Paweł</b>	<b>619</b>		M 40-49	63	00:31:02	00:44:17	<b>00:49:39.45</b>	+00:04:49	4:57	12.1
174	<b>RYMKIEWICZ Zbigniew</b>	<b>440</b>		M 40-49	47	00:28:47	00:42:02	<b>00:46:46.25</b>	+00:04:49	4:40	12.8
175	<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>	+00:04:51	5:00	12
176	<b>ROSIAK Sławomir</b>	<b>430</b>	BIEGAM PO BRÓDNIE	M 40-49	71	00:31:33	00:44:51	<b>00:50:09.05</b>	+00:04:52	5:00	12
177	<b>PODGÓRSKI Krzysztof</b>	<b>395</b>		M 30-39	57	00:30:53	00:44:12	<b>00:49:27.80</b>	+00:04:53	4:56	12.1
178	<b>FRYCZ Michał</b>	<b>137</b>		M 40-49	96	00:33:53	00:47:13	<b>00:52:22.15</b>	+00:04:53	5:14	11.5
179	<b>WŁODEK Rafał</b>	<b>568</b>		M 40-49	81	00:32:10	00:45:30	<b>00:51:18.60</b>	+00:04:54	5:07	11.7
180	<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>	+00:04:55	5:09	11.6
181	<b>CHOJNAŁA Mikołaj</b>	<b>265</b>		M 40-49	77	00:32:23	00:45:48	<b>00:50:53.00</b>	+00:04:59	5:05	11.8
182	<b>TOMASZEK Artur</b>	<b>140</b>		M 50-59	16	00:31:46	00:45:10	<b>00:50:39.60</b>	+00:04:59	5:03	11.8
183	<b>FIJAŁKOWSKI Oliwier</b>	<b>129</b>		M 1-29	30	00:32:45	00:46:11	<b>00:52:41.80</b>	+00:05:00	5:16	11.4
184	<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>	+00:05:01	5:11	11.5
185	<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>	+00:05:02	5:18	11.3
186	<b>PUSEK Mikołaj</b>	<b>414</b>		M 1-29	22	00:29:42	00:43:10	<b>00:48:19.30</b>	+00:05:02	4:49	12.4
187	<b>ŚWIĆ Rafał</b>	<b>87</b>		M 40-49	78	00:31:46	00:45:15	<b>00:50:56.00</b>	+00:05:03	5:05	11.8
188	<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>	+00:05:04	5:05	11.8
189	<b>LITKOWICZ Adrian</b>	<b>293</b>	EKOBIEGI	M 40-49	91	00:32:51	00:46:23	<b>00:52:14.25</b>	+00:05:06	5:13	11.5
190	<b>ŚCIBISZ Tomek</b>	<b>504</b>		M 50-59	15	00:31:01	00:44:35	<b>00:50:17.70</b>	+00:05:08	5:01	11.9
191	<b>JÓŻWIK Grzegorz</b>	<b>199</b>		M 50-59	17	00:31:24	00:44:58	<b>00:50:47.95</b>	+00:05:08	5:04	11.8
192	<b>GRULA Mateusz</b>	<b>167</b>	TEAM KARAŚ	M 1-29	21	00:28:43	00:42:19	<b>00:48:09.10</b>	+00:05:10	4:48	12.5
193	<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>	+00:05:10	5:05	11.8
194	<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>	+00:05:10	5:16	11.4
195	<b>MOCZULSKI Marcin</b>	<b>668</b>		M 40-49	66	00:30:48	00:44:27	<b>00:49:46.20</b>	+00:05:12	4:58	12.1
196	<b>ADAMIAK Arkadiusz</b>	<b>12</b>	5MBOT	M 1-29	24	00:30:16	00:43:55	<b>00:49:19.10</b>	+00:05:13	4:55	12.2
197	<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>	+00:05:14	4:58	12.1
198	<b>RUTKOWSKI Michał</b>	<b>439</b>	KARAŚ SWIMMING TEAM	M 40-49	82	00:31:50	00:45:32	<b>00:51:20.40</b>	+00:05:16	5:08	11.7
199	<b>MATYJASIAK Mateusz</b>	<b>319</b>		M 1-29	31	00:35:24	00:49:07	<b>00:54:31.30</b>	+00:05:17	5:27	11
200	<b>WEREDA Paweł</b>	<b>639</b>		M 50-59	18	00:31:44	00:45:27	<b>00:51:03.85</b>	+00:05:17	5:06	11.8
201	<b>NERC Maciej</b>	<b>346</b>		M 40-49	80	00:31:36	00:45:21	<b>00:51:08.30</b>	+00:05:19	5:06	11.7
202	<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>	+00:05:19	5:19	11.3
203	<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>	+00:05:20	5:13	11.5
204	<b>RATASZEWSKI Marek</b>	<b>424</b>	NEW BALANCE	M 60+	4	00:31:19	00:45:05	<b>00:50:35.10</b>	+00:05:20	5:03	11.9
205	<b>CZARNECKI Wojciech</b>	<b>247</b>		M 40-49	56	00:28:52	00:42:39	<b>00:48:25.40</b>	+00:05:21	4:50	12.4
206	<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>	+00:05:24	5:22	11.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
207	<b>KUCHARCZYK Bartosz</b>	<b>266</b>		M 40-49	92	00:32:57	00:46:48	<b>00:52:14.60</b>	+00:05:25	5:13	11.5
208	<b>KUSY Jacek</b>	<b>621</b>		M 30-39	74	00:32:32	00:46:24	<b>00:52:00.25</b>	+00:05:26	5:12	11.5
209	<b>SOCHA Marek</b>	<b>471</b>		M 50-59	21	00:32:26	00:46:18	<b>00:51:54.15</b>	+00:05:26	5:11	11.6
210	<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>	+00:05:27	5:12	11.5
211	<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>	+00:05:27	5:12	11.5
212	<b>MAŁŻ Bartosz</b>	<b>310</b>		M 30-39	73	00:32:44	00:46:39	<b>00:51:59.15</b>	+00:05:29	5:11	11.5
213	<b>WILGOS Janusz</b>	<b>556</b>		M 40-49	112	00:34:15	00:48:11	<b>00:53:39.80</b>	+00:05:30	5:21	11.2
214	<b>BUDNICKI Michał</b>	<b>72</b>	IM	M 30-39	77	00:32:52	00:46:48	<b>00:53:02.70</b>	+00:05:30	5:18	11.3
215	<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>	+00:05:31	5:18	11.3
216	<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>	+00:05:31	5:03	11.9
217	<b>POPŁAWSKI Tomasz</b>	<b>403</b>		M 40-49	86	00:32:34	00:46:31	<b>00:52:02.85</b>	+00:05:31	5:12	11.5
218	<b>KOWNACKI Marcin</b>	<b>249</b>		M 40-49	109	00:33:46	00:47:44	<b>00:53:21.50</b>	+00:05:32	5:20	11.2
219	<b>DĄBROWSKI Damian</b>	<b>117</b>		M 30-39	55	00:29:47	00:43:44	<b>00:49:12.25</b>	+00:05:32	4:55	12.2
220	<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>	+00:05:33	5:18	11.3
221	<b>KULIGOWSKI Adrian</b>	<b>271</b>		M 1-29	27	00:31:21	00:45:20	<b>00:50:35.75</b>	+00:05:33	5:03	11.9
222	<b>SKRZYPEK Michał</b>	<b>464</b>		M 30-39	68	00:31:53	00:45:53	<b>00:51:40.10</b>	+00:05:33	5:10	11.6
223	<b>ADAMIAK Robert</b>	<b>11</b>	CURTIS	M 50-59	20	00:32:02	00:46:02	<b>00:51:45.25</b>	+00:05:33	5:10	11.6
224	<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>	+00:05:35	5:32	10.8
225	<b>SZAREWICZ Paweł</b>	<b>492</b>		M 30-39	81	00:33:49	00:47:52	<b>00:53:39.25</b>	+00:05:37	5:21	11.2
226	<b>DYREK Dariusz</b>	<b>652</b>		M 60+	6	00:34:52	00:48:55	<b>00:54:33.55</b>	+00:05:37	5:27	11
227	<b>MACURA Michał</b>	<b>675</b>		M 40-49	110	00:33:38	00:47:41	<b>00:53:23.30</b>	+00:05:37	5:20	11.2
228	<b>MOŚCICKI Zenon</b>	<b>251</b>		M 60+	5	00:34:20	00:48:24	<b>00:53:53.30</b>	+00:05:38	5:23	11.1
229	<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>	+00:05:38	5:26	11
230	<b>SKLEPOWICZ Jacek</b>	<b>458</b>		M 40-49	88	00:32:21	00:46:26	<b>00:52:06.50</b>	+00:05:38	5:12	11.5
231	<b>MACIEJCZYK Piotr</b>	<b>661</b>		M 40-49	73	00:30:41	00:44:45	<b>00:50:23.90</b>	+00:05:38	5:02	11.9
232	<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>	+00:05:41	5:14	11.4
233	<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>	+00:05:42	5:14	11.5
234	<b>SOCHA Grzegorz</b>	<b>470</b>		M 30-39	36	00:27:21	00:41:30	<b>00:46:00.85</b>	+00:05:43	4:36	13
235	<b>BIENKOWSKI Daniel</b>	<b>51</b>		M 30-39	94	00:35:59	00:50:10	<b>00:55:50.35</b>	+00:05:45	5:35	10.7
236	<b>LORENS Krzysztof</b>	<b>637</b>		M 40-49	104	00:32:44	00:46:56	<b>00:53:01.45</b>	+00:05:46	5:18	11.3
237	<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>	+00:05:46	5:10	11.6
238	<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>	+00:05:46	5:15	11.4
239	<b>ŻUK Paweł</b>	<b>610</b>		M 40-49	128	00:34:41	00:48:54	<b>00:55:02.40</b>	+00:05:47	5:30	10.9
240	<b>MALYI Sergii</b>	<b>615</b>		M 30-39	84	00:34:09	00:48:23	<b>00:53:48.40</b>	+00:05:48	5:22	11.2
241	<b>GÓRKA Bartosz</b>	<b>159</b>		M 30-39	89	00:34:44	00:48:58	<b>00:54:46.00</b>	+00:05:48	5:28	11
242	<b>OSUCH Dariusz</b>	<b>375</b>		M 40-49	93	00:31:59	00:46:16	<b>00:52:15.90</b>	+00:05:51	5:13	11.5
243	<b>ŻUKOWSKI Krzysztof</b>	<b>611</b>		M 40-49	100	00:32:13	00:46:32	<b>00:52:33.25</b>	+00:05:52	5:15	11.4
244	<b>BORUSZEWSKI Maciej</b>	<b>63</b>		M 40-49	130	00:35:20	00:49:39	<b>00:55:31.00</b>	+00:05:53	5:33	10.8
245	<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>	+00:05:53	5:20	11.2
246	<b>WIKTOROWICZ Marcin</b>	<b>554</b>		M 40-49	124	00:34:35	00:48:56	<b>00:54:43.65</b>	+00:05:55	5:28	11
247	<b>KRAKOWIAK Bartosz</b>	<b>636</b>		M 40-49	83	00:31:38	00:45:59	<b>00:51:42.35</b>	+00:05:55	5:10	11.6
248	<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>	+00:05:56	5:18	11.3
249	<b>SZLAGA Sebastian</b>	<b>499</b>	KURKARURKA	M 30-39	86	00:34:31	00:48:53	<b>00:54:11.75</b>	+00:05:57	5:25	11.1
250	<b>KOCOŃ Rafał</b>	<b>230</b>		M 30-39	69	00:31:38	00:46:01	<b>00:51:43.35</b>	+00:05:57	5:10	11.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas		Tempo min/km	Tempo km/h
								netto 10km	Różn		
251	<b>SZLASA Grzegorz</b>	<b>500</b>		M 40-49	126	00:34:35	00:49:01	<b>00:54:54.95</b>	+00:06:00	5:29	10.9
252	<b>MICHALSKI Dariusz</b>	<b>325</b>		M 60+	8	00:35:04	00:49:32	<b>00:55:31.40</b>	+00:06:02	5:33	10.8
253	<b>ZAWADZKI Emil</b>	<b>594</b>		M 30-39	91	00:35:32	00:50:00	<b>00:55:42.40</b>	+00:06:02	5:34	10.8
254	<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>	+00:06:04	5:29	10.9
255	<b>KISZKOWIAK Łukasz</b>	<b>222</b>	WAT	M 40-49	87	00:32:09	00:46:40	<b>00:52:03.85</b>	+00:06:04	5:12	11.5
256	<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>	+00:06:06	5:34	10.8
257	<b>SŁOMKA Bogumił</b>	<b>466</b>		M 40-49	111	00:32:47	00:47:21	<b>00:53:28.90</b>	+00:06:08	5:20	11.2
258	<b>GERWATOWSKI Artur</b>	<b>145</b>		M 30-39	71	00:31:24	00:45:58	<b>00:51:47.00</b>	+00:06:08	5:10	11.6
259	<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>	+00:06:10	5:16	11.4
260	<b>GOLNIK Paweł</b>	<b>153</b>		M 40-49	106	00:32:27	00:47:04	<b>00:53:09.10</b>	+00:06:10	5:18	11.3
261	<b>GAŁKA Bartek</b>	<b>141</b>		M 30-39	75	00:32:09	00:46:46	<b>00:52:33.80</b>	+00:06:11	5:15	11.4
262	<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>	+00:06:11	5:10	11.6
263	<b>WÓJCIK Piotr</b>	<b>578</b>		M 40-49	101	00:32:10	00:46:48	<b>00:52:39.10</b>	+00:06:11	5:15	11.4
264	<b>WOJNARSKI Janusz</b>	<b>572</b>		M 60+	9	00:35:09	00:49:48	<b>00:55:48.35</b>	+00:06:12	5:34	10.8
265	<b>TOCHOWICZ Paweł</b>	<b>521</b>		M 40-49	141	00:35:52	00:50:31	<b>00:56:32.60</b>	+00:06:13	5:39	10.6
266	<b>SMORAWSKI Wodzisław</b>	<b>467</b>		M 30-39	95	00:34:46	00:49:25	<b>00:55:51.40</b>	+00:06:13	5:35	10.7
267	<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>	+00:06:14	5:14	11.4
268	<b>OSIAK Dawid</b>	<b>372</b>		M 1-29	33	00:35:52	00:50:33	<b>00:56:21.80</b>	+00:06:15	5:38	10.6
269	<b>MENDREK Ireneusz</b>	<b>323</b>	TURBODZIKI	M 30-39	85	00:33:44	00:48:25	<b>00:54:02.35</b>	+00:06:15	5:24	11.1
270	<b>DĄBROWSKI Emil</b>	<b>116</b>		M 30-39	76	00:32:13	00:46:56	<b>00:53:00.55</b>	+00:06:17	5:18	11.3
271	<b>LEWANDOWSKI Robert</b>	<b>658</b>		M 40-49	85	00:31:21	00:46:04	<b>00:51:59.35</b>	+00:06:18	5:11	11.5
272	<b>SKRĘTKOWICZ Paweł</b>	<b>462</b>		M 30-39	92	00:34:53	00:49:37	<b>00:55:45.00</b>	+00:06:18	5:34	10.8
273	<b>MOSOŃ Jakub</b>	<b>663</b>		M 40-49	120	00:33:45	00:48:31	<b>00:54:28.35</b>	+00:06:20	5:26	11
274	<b>GRZESZCZYK Michał</b>	<b>172</b>	EKOBIEGI	M 40-49	137	00:35:04	00:49:55	<b>00:56:23.15</b>	+00:06:25	5:38	10.6
275	<b>MIKLASZEWSKI Marian</b>	<b>334</b>		M 60+	10	00:35:09	00:50:03	<b>00:56:21.60</b>	+00:06:27	5:38	10.6
276	<b>KOZAK Piotr</b>	<b>195</b>		M 40-49	114	00:32:55	00:47:51	<b>00:54:01.10</b>	+00:06:30	5:24	11.1
277	<b>ADAMOWICZ Dariusz</b>	<b>671</b>		M 40-49	117	00:33:18	00:48:14	<b>00:54:08.05</b>	+00:06:30	5:24	11.1
278	<b>BESSARABA Sławomir</b>	<b>42</b>		M 40-49	140	00:35:19	00:50:15	<b>00:56:27.70</b>	+00:06:30	5:38	10.6
279	<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>	+00:06:31	5:45	10.4
280	<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>	+00:06:32	5:26	11
281	<b>WITCZAK Piotr</b>	<b>564</b>		M 40-49	143	00:35:11	00:50:10	<b>00:56:56.15</b>	+00:06:33	5:41	10.5
282	<b>MARCINKOWSKI Krzysztof</b>	<b>313</b>		M 40-49	134	00:35:08	00:50:08	<b>00:56:11.15</b>	+00:06:33	5:37	10.7
283	<b>OGRODNICZUK Józef</b>	<b>356</b>		M 60+	12	00:37:11	00:52:11	<b>00:58:20.25</b>	+00:06:34	5:50	10.3
284	<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>	+00:06:35	5:58	10
285	<b>RUPIK Piotr</b>	<b>437</b>		M 40-49	125	00:33:40	00:48:41	<b>00:54:45.60</b>	+00:06:35	5:28	11
286	<b>PRĘDKI Marcin</b>	<b>406</b>		M 40-49	131	00:34:31	00:49:32	<b>00:55:38.25</b>	+00:06:36	5:33	10.8
287	<b>ADAMKIEWICZ Marcin</b>	<b>14</b>		M 30-39	90	00:33:42	00:48:45	<b>00:54:55.20</b>	+00:06:36	5:29	10.9
288	<b>BIAŁORUCKI Piotr</b>	<b>45</b>		M 40-49	142	00:35:19	00:50:22	<b>00:56:37.10</b>	+00:06:37	5:39	10.6
289	<b>MIKLASZEWSKI Kamil</b>	<b>333</b>		M 30-39	97	00:34:46	00:49:50	<b>00:56:00.50</b>	+00:06:37	5:36	10.7
290	<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>	+00:06:38	5:54	10.2
291	<b>RZEPKA Bartosz</b>	<b>444</b>		M 30-39	100	00:35:42	00:50:46	<b>00:56:42.95</b>	+00:06:38	5:40	10.6
292	<b>JODŁOWSKI Grzegorz</b>	<b>197</b>	NIEZRZESZONY	M 40-49	116	00:32:51	00:47:56	<b>00:54:07.55</b>	+00:06:39	5:24	11.1
293	<b>GOŁĘBIEWSKI Łukasz</b>	<b>155</b>		M 40-49	90	00:31:05	00:46:11	<b>00:52:10.10</b>	+00:06:40	5:13	11.5
294	<b>TOMASZEK Robert</b>	<b>522</b>		M 40-49	113	00:32:29	00:47:35	<b>00:53:47.00</b>	+00:06:40	5:22	11.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
295	<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>	+00:06:42	5:38	10.6
296	<b>FROCZUK Piotr</b>	<b>673</b>		M 50-59	29	00:36:38	00:51:47	<b>00:57:40.20</b>	+00:06:42	5:46	10.4
297	<b>WOJTOWICZ Przemysław</b>	<b>575</b>		M 30-39	83	00:32:25	00:47:34	<b>00:53:41.00</b>	+00:06:42	5:22	11.2
298	<b>CZAJKOWSKI Rafał</b>	<b>102</b>	EKOBIEGI	M 40-49	148	00:35:44	00:50:53	<b>00:57:37.45</b>	+00:06:43	5:45	10.4
299	<b>HEĆMAN Marcin</b>	<b>635</b>		M 40-49	127	00:33:38	00:48:47	<b>00:54:55.35</b>	+00:06:44	5:29	10.9
300	<b>PODKAŃSKI Paweł</b>	<b>396</b>		M 30-39	82	00:32:35	00:47:45	<b>00:53:40.15</b>	+00:06:44	5:22	11.2
301	<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>	+00:06:46	5:18	11.3
302	<b>BARCIAK Marcin</b>	<b>34</b>		M 40-49	164	00:38:14	00:53:27	<b>00:59:49.35</b>	+00:06:47	5:58	10
303	<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>	+00:06:48	5:59	10
304	<b>SZCZĘSNY Paweł</b>	<b>498</b>		M 40-49	123	00:33:06	00:48:21	<b>00:54:41.10</b>	+00:06:49	5:28	11
305	<b>TRZESIŃSKI Michał</b>	<b>532</b>		M 30-39	96	00:34:16	00:49:32	<b>00:55:54.45</b>	+00:06:49	5:35	10.7
306	<b>NOWAK Jerzy</b>	<b>351</b>	PWPW	M 40-49	115	00:32:47	00:48:03	<b>00:54:05.05</b>	+00:06:50	5:24	11.1
307	<b>FILIPOWICZ Arkadiusz</b>	<b>130</b>		M 40-49	122	00:33:03	00:48:19	<b>00:54:31.75</b>	+00:06:50	5:27	11
308	<b>PŁATEK Emil</b>	<b>392</b>		M 30-39	98	00:34:38	00:49:55	<b>00:56:20.55</b>	+00:06:50	5:38	10.7
309	<b>PISANIEC Krzysztof</b>	<b>389</b>		M 30-39	105	00:35:34	00:50:52	<b>00:57:28.40</b>	+00:06:52	5:44	10.4
310	<b>GWIZDAŁA Tomek</b>	<b>215</b>		M 30-39	121	00:38:18	00:53:37	<b>01:01:23.40</b>	+00:06:53	6:08	9.8
311	<b>CZARTORYSKI Krystian</b>	<b>109</b>		M 40-49	150	00:35:59	00:51:19	<b>00:57:47.60</b>	+00:06:54	5:46	10.4
312	<b>SZCZĘSNY Michał</b>	<b>497</b>		M 40-49	136	00:34:14	00:49:34	<b>00:56:18.05</b>	+00:06:54	5:37	10.7
313	<b>ZAKABŁUKOWSKI Artur</b>	<b>584</b>		M 50-59	30	00:35:59	00:51:20	<b>00:57:49.45</b>	+00:06:55	5:46	10.4
314	<b>SZYMCZAK Jacek</b>	<b>687</b>		M 40-49	121	00:33:36	00:48:58	<b>00:54:30.85</b>	+00:06:56	5:27	11
315	<b>BIENIEK Wojciech</b>	<b>50</b>		M 30-39	104	00:35:24	00:50:47	<b>00:57:26.25</b>	+00:06:57	5:44	10.4
316	<b>BARANOWSKI Łukasz</b>	<b>33</b>		M 30-39	70	00:31:01	00:46:25	<b>00:51:44.15</b>	+00:06:58	5:10	11.6
317	<b>ROKICKI Aleksander</b>	<b>700</b>		M 40-49	161	00:37:15	00:52:39	<b>00:59:29.00</b>	+00:06:58	5:56	10.1
318	<b>ZIELIŃSKI Karol</b>	<b>640</b>		M 40-49	135	00:34:04	00:49:29	<b>00:56:11.95</b>	+00:06:59	5:37	10.7
319	<b>BAKUŁA Wiesław</b>	<b>26</b>	WAMPIR	M 50-59	27	00:34:02	00:49:27	<b>00:55:41.90</b>	+00:06:59	5:34	10.8
320	<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>	+00:07:02	5:56	10.1
321	<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>	+00:07:03	5:51	10.2
322	<b>SULICH Mateusz</b>	<b>487</b>		M 30-39	108	00:36:12	00:51:43	<b>00:58:07.65</b>	+00:07:05	5:48	10.3
323	<b>KONOPKA Andrzej</b>	<b>235</b>		M 40-49	132	00:33:51	00:49:23	<b>00:55:39.20</b>	+00:07:06	5:33	10.8
324	<b>RUSZTECKI Rafał</b>	<b>438</b>	TASMANIANDEVIL	M 40-49	153	00:36:24	00:51:57	<b>00:58:12.40</b>	+00:07:07	5:49	10.3
325	<b>BAZYLEWICZ Hubert</b>	<b>37</b>		M 30-39	93	00:33:26	00:49:03	<b>00:55:45.10</b>	+00:07:11	5:34	10.8
326	<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>	+00:07:11	6:00	10
327	<b>ZABIELSKI Andrzej</b>	<b>669</b>		M 40-49	144	00:34:56	00:50:36	<b>00:57:08.90</b>	+00:07:15	5:42	10.5
328	<b>SOBIERAJSKI Marek</b>	<b>468</b>		M 40-49	170	00:38:56	00:54:37	<b>01:01:07.55</b>	+00:07:15	6:06	9.8
329	<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>	+00:07:17	5:56	10.1
330	<b>KASZCZUK Radosław</b>	<b>213</b>		M 40-49	151	00:35:45	00:51:28	<b>00:57:56.10</b>	+00:07:17	5:47	10.4
331	<b>MUCHA Grzegorz</b>	<b>341</b>		M 60+	14	00:37:16	00:53:00	<b>00:59:36.05</b>	+00:07:18	5:57	10.1
332	<b>DANIUN Wojciech</b>	<b>112</b>		M 30-39	99	00:34:46	00:50:36	<b>00:56:34.85</b>	+00:07:23	5:39	10.6
333	<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>	+00:07:24	5:59	10
334	<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>	+00:07:25	5:51	10.2
335	<b>MIŁOSZ Marek</b>	<b>335</b>		M 50-59	28	00:34:03	00:49:54	<b>00:56:40.35</b>	+00:07:25	5:40	10.6
336	<b>CIERNIAK Michał</b>	<b>92</b>	GRUPA BIEGOWA UM WARSZAWA	M 40-49	154	00:35:55	00:51:49	<b>00:58:16.15</b>	+00:07:28	5:49	10.3
337	<b>KAPUSCINSKI Marcin</b>	<b>632</b>		M 40-49	159	00:36:41	00:52:35	<b>00:59:18.05</b>	+00:07:28	5:55	10.1
338	<b>KORSAK Piotr</b>	<b>667</b>		M 40-49	152	00:36:30	00:52:25	<b>00:58:07.45</b>	+00:07:28	5:48	10.3



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
339	<b>ŻMIJEWSKI Daniel</b>	<b>607</b>		M 30-39	87	00:32:22	00:48:18	<b>00:54:12.95</b>	+00:07:29	5:25	11.1
340	<b>GASKIEWICZ Marek</b>	<b>143</b>		M 40-49	149	00:35:15	00:51:13	<b>00:57:46.30</b>	+00:07:32	5:46	10.4
341	<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>	+00:07:36	5:58	10
342	<b>BUCZEK Piotr</b>	<b>70</b>		M 40-49	158	00:36:37	00:52:40	<b>00:59:05.10</b>	+00:07:37	5:54	10.2
343	<b>JAWORSKI Łukasz</b>	<b>194</b>		M 30-39	107	00:35:28	00:51:32	<b>00:57:58.30</b>	+00:07:38	5:47	10.4
344	<b>OLEJNIK Marcin</b>	<b>360</b>		M 30-39	123	00:39:36	00:55:43	<b>01:01:45.10</b>	+00:07:41	6:10	9.7
345	<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>	+00:07:41	6:01	10
346	<b>MARCINKOWSKI Dariusz</b>	<b>312</b>		M 60+	11	00:35:24	00:51:33	<b>00:58:12.50</b>	+00:07:42	5:49	10.3
347	<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>	+00:07:42	6:15	9.6
348	<b>MIECIEK Michał</b>	<b>330</b>		M 40-49	156	00:36:07	00:52:16	<b>00:58:34.45</b>	+00:07:43	5:51	10.2
349	<b>GRABOWSKI Marcin</b>	<b>163</b>		M 40-49	171	00:38:52	00:55:03	<b>01:01:10.80</b>	+00:07:45	6:07	9.8
350	<b>DĄBROWSKI Andrzej</b>	<b>115</b>		M 60+	13	00:37:02	00:53:15	<b>00:59:29.50</b>	+00:07:47	5:56	10.1
351	<b>ORŁOWSKI Marek</b>	<b>368</b>		M 40-49	160	00:36:52	00:53:06	<b>00:59:25.15</b>	+00:07:48	5:56	10.1
352	<b>PIETRZYKOWSKI Damian</b>	<b>388</b>		M 40-49	173	00:38:31	00:54:47	<b>01:01:31.10</b>	+00:07:50	6:09	9.8
353	<b>GOŹDZIKIEWICZ Błażej</b>	<b>158</b>		M 40-49	168	00:37:14	00:53:31	<b>01:00:05.00</b>	+00:07:51	6:00	10
354	<b>OLCZAK Witold</b>	<b>358</b>	UMCS BIEGA	M 60+	16	00:38:14	00:54:31	<b>01:00:54.15</b>	+00:07:51	6:05	9.9
355	<b>PYTKA Andrzej</b>	<b>417</b>		M 50-59	33	00:36:47	00:53:05	<b>00:59:51.60</b>	+00:07:52	5:59	10
356	<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>	+00:07:53	5:45	10.4
357	<b>PIWOWARSKI Dariusz</b>	<b>390</b>		M 1-29	42	00:37:21	00:53:41	<b>01:01:41.45</b>	+00:07:53	6:10	9.7
358	<b>KOPROWICZ Damian</b>	<b>237</b>		M 1-29	44	00:39:15	00:55:35	<b>01:02:21.90</b>	+00:07:54	6:14	9.6
359	<b>K Bogdan</b>	<b>690</b>		M 50-59	35	00:37:22	00:53:42	<b>01:00:10.90</b>	+00:07:54	6:01	10
360	<b>ŁYCZEK Rafał</b>	<b>305</b>		M 30-39	113	00:37:31	00:53:51	<b>00:59:45.40</b>	+00:07:54	5:58	10
361	<b>SKOWRONEK Krzysztof</b>	<b>461</b>		M 1-29	37	00:37:30	00:53:51	<b>01:00:09.95</b>	+00:07:54	6:00	10
362	<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>	+00:07:56	5:58	10
363	<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>	+00:07:57	5:59	10
364	<b>CIOŁEK Robert</b>	<b>97</b>		M 40-49	145	00:34:47	00:51:12	<b>00:57:21.60</b>	+00:07:59	5:44	10.5
365	<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>	+00:07:59	5:32	10.8
366	<b>DYMARSKI Bartosz</b>	<b>126</b>		M 40-49	176	00:38:24	00:54:52	<b>01:01:46.85</b>	+00:08:01	6:10	9.7
367	<b>TADRAŁA Tomasz</b>	<b>513</b>		M 40-49	175	00:38:17	00:54:45	<b>01:01:45.70</b>	+00:08:02	6:10	9.7
368	<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>	+00:08:02	6:09	9.7
369	<b>KRYSIK Marcin</b>	<b>261</b>	WUJÓWKA	M 30-39	126	00:40:07	00:56:36	<b>01:04:05.95</b>	+00:08:03	6:24	9.4
370	<b>PARZYCH Marcin</b>	<b>634</b>		M 40-49	139	00:33:33	00:50:02	<b>00:56:26.25</b>	+00:08:03	5:38	10.6
371	<b>KUCHARCZYK Kamil</b>	<b>267</b>		M 30-39	112	00:37:13	00:53:43	<b>00:59:42.15</b>	+00:08:04	5:58	10.1
372	<b>PRZESTRZELSKI Sławomir</b>	<b>234</b>		M 50-59	42	00:40:54	00:57:25	<b>01:04:19.90</b>	+00:08:06	6:25	9.3
373	<b>PASEK Łukasz</b>	<b>381</b>		M 1-29	34	00:34:08	00:50:41	<b>00:57:32.15</b>	+00:08:06	5:45	10.4
374	<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>	+00:08:06	6:03	9.9
375	<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>	+00:08:06	5:41	10.5
376	<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>	+00:08:07	5:43	10.5
377	<b>KĘPKA Marcin</b>	<b>216</b>		M 1-29	36	00:36:43	00:53:16	<b>00:59:49.70</b>	+00:08:07	5:58	10
378	<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>	+00:08:08	6:04	9.9
379	<b>LIS Marcin</b>	<b>290</b>		M 40-49	146	00:34:25	00:51:02	<b>00:57:33.85</b>	+00:08:11	5:45	10.4
380	<b>KĘSICKI Rafał</b>	<b>218</b>		M 40-49	182	00:39:40	00:56:18	<b>01:03:21.70</b>	+00:08:12	6:20	9.5
381	<b>MACURA Wiktor</b>	<b>642</b>		M 1-29	43	00:38:48	00:55:28	<b>01:02:19.85</b>	+00:08:14	6:13	9.6
382	<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>	+00:08:14	6:21	9.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
383	WITZKE Artur	566		M 40-49	174	00:37:58	00:54:39	<b>01:01:32.45</b>	+00:08:14	6:09	9.8
384	LEŚNIKOWSKI Albert	283		M 30-39	125	00:39:54	00:56:35	<b>01:03:44.85</b>	+00:08:15	6:22	9.4
385	KULBACKI Kamil	270		M 30-39	127	00:40:15	00:56:58	<b>01:04:13.85</b>	+00:08:17	6:25	9.3
386	ROGOZINSKI Adrian	428		M 30-39	101	00:34:10	00:50:54	<b>00:56:56.15</b>	+00:08:18	5:41	10.5
387	KACZOREK Robert	205		M 60+	17	00:37:18	00:54:03	<b>01:01:09.80</b>	+00:08:19	6:06	9.8
388	GWIZDAŁA Piotr	676		M 1-29	40	00:38:18	00:55:07	<b>01:01:23.40</b>	+00:08:22	6:08	9.8
389	MEJOR Jan	322	RAKREATON 2021	M 30-39	122	00:37:49	00:54:40	<b>01:01:43.40</b>	+00:08:24	6:10	9.7
390	CZAPIEWSKI Maciej	104	BRODNICA BIEGA	M 60+	18	00:38:25	00:55:18	<b>01:02:22.30</b>	+00:08:28	6:14	9.6
391	MOCZYDŁOWSKI Piotr	337	MASTERS DOJO KARATE KYOKUSHIN	M 30-39	120	00:37:37	00:54:31	<b>01:01:14.50</b>	+00:08:29	6:07	9.8
392	MALUDZIŃSKI Maciej	699		M 40-49	180	00:38:56	00:55:51	<b>01:02:34.00</b>	+00:08:29	6:15	9.6
393	WASIAK Bartosz	544		M 30-39	110	00:34:32	00:51:32	<b>00:58:44.25</b>	+00:08:35	5:52	10.2
394	PODBIELSKI Przemysław	393		M 30-39	119	00:37:05	00:54:07	<b>01:01:11.05</b>	+00:08:36	6:07	9.8
395	KACPRZAK Michał	203		M 30-39	118	00:37:04	00:54:07	<b>01:01:09.85</b>	+00:08:37	6:06	9.8
<b>Przekroczony limit czasu: 01:30:00</b>											
396	BOROWIAK Jacek	60	SLOWJOGGING POLSKA	M 60+	22	00:58:14	01:15:20	<b>01:37:44.10</b>	+00:08:40	9:46	6.1
397	GMYREK Robert	150		M 30-39	116	00:35:41	00:52:48	<b>01:00:24.70</b>	+00:08:40	6:02	9.9
398	CIULA Dominik	100		M 30-39	115	00:35:41	00:52:48	<b>01:00:24.30</b>	+00:08:41	6:02	9.9
399	KAZAŁA Piotr	214	BIEGOWE WTORKI NA TARCHOMINIE	M 50-59	37	00:36:27	00:53:38	<b>01:00:48.15</b>	+00:08:44	6:04	9.9
400	TRZCIŃSKI Michał	531		M 1-29	39	00:37:14	00:54:27	<b>01:01:20.90</b>	+00:08:47	6:08	9.8
401	SURMACZ Jacek	489		M 40-49	181	00:38:18	00:55:31	<b>01:02:36.55</b>	+00:08:47	6:15	9.6
402	PRĘGOWSKI Grzegorz	407	EKO BIEGI	M 50-59	40	00:39:23	00:56:41	<b>01:03:55.35</b>	+00:08:52	6:23	9.4
403	ORŁOWSKI Tomasz	644		M 30-39	124	00:39:34	00:56:52	<b>01:03:37.80</b>	+00:08:53	6:21	9.4
404	LOZOWSKI Robert	296		M 40-49	172	00:36:37	00:53:57	<b>01:01:14.40</b>	+00:08:54	6:07	9.8
405	GRABOWSKI Kacper	162		M 1-29	46	00:40:55	00:58:18	<b>01:04:54.65</b>	+00:08:56	6:29	9.2
406	SKRZYPECKI Jakub	463	ANPHARM RUN TEAM	M 30-39	129	00:41:11	00:58:34	<b>01:05:21.60</b>	+00:08:56	6:32	9.2
407	TYBURC Paweł	8	KLUB ZERWANEGO ACHILLESA	M 40-49	183	00:38:34	00:55:57	<b>01:03:28.70</b>	+00:08:57	6:20	9.5
408	POPARDOWSKI Paweł	402		M 30-39	128	00:40:32	00:57:56	<b>01:04:14.15</b>	+00:08:59	6:25	9.3
409	KITA Grzegorz	655	SMP	M 50-59	39	00:38:31	00:55:57	<b>01:03:00.20</b>	+00:09:00	6:18	9.5
410	WOJTAS Michał	573		M 1-29	38	00:36:42	00:54:11	<b>01:00:20.55</b>	+00:09:03	6:02	9.9
411	ZARĘBA Tomasz	589		M 1-29	41	00:36:48	00:54:21	<b>01:01:25.15</b>	+00:09:07	6:08	9.8
412	GURMIŃSKI Łukasz	176		M 40-49	178	00:37:26	00:55:04	<b>01:02:18.25</b>	+00:09:13	6:13	9.6
413	WĄTRÓBSKI Krzysztof	546		M 1-29	47	00:39:42	00:57:26	<b>01:05:02.20</b>	+00:09:18	6:30	9.2
414	RYSZKA Bogusław	441		M 50-59	41	00:39:38	00:57:24	<b>01:04:06.65</b>	+00:09:19	6:24	9.4
415	MATUSEWICZ Krzysztof	641		M 40-49	177	00:36:42	00:54:39	<b>01:01:52.50</b>	+00:09:31	6:11	9.7
416	BOHACZ Sylwester	650		M 30-39	117	00:35:16	00:53:33	<b>01:00:44.60</b>	+00:09:51	6:04	9.9
417	GĘBICZ Cezary	154		M 40-49	185	00:38:37	00:56:58	<b>01:03:54.90</b>	+00:09:54	6:23	9.4
418	WŁODARCZYK Maciej	567		M 40-49	186	00:39:56	00:58:26	<b>01:05:56.65</b>	+00:10:04	6:35	9.1
419	PIASKO Maciej	386	GRUPA BIEGOWA UM-W-WA	M 40-49	187	00:40:54	00:59:25	<b>01:07:16.35</b>	+00:10:05	6:43	8.9
420	ZIELIŃSKI Paweł	603		M 30-39	131	00:41:50	01:00:22	<b>01:07:54.30</b>	+00:10:06	6:47	8.8
421	KITA Grzegorz	660		M 50-59	44	00:40:38	00:59:11	<b>01:06:38.20</b>	+00:10:07	6:39	9
422	BIELEC Bartłomiej	48		M 40-49	190	00:42:53	01:01:31	<b>01:09:08.25</b>	+00:10:12	6:54	8.7
423	WISNIEWSKI Mateusz	559		M 1-29	45	00:38:49	00:57:30	<b>01:04:54.20</b>	+00:10:15	6:29	9.2
424	WISNIEWSKI Adam	560		M 30-39	130	00:39:57	00:58:39	<b>01:06:15.50</b>	+00:10:16	6:37	9.1
425	ZIARA Jarosław	600		M 50-59	43	00:37:40	00:56:24	<b>01:05:44.55</b>	+00:10:18	6:34	9.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
426	ZATYLNy Tomasz	592		M 40-49	189	00:41:32	01:00:21	<b>01:08:51.15</b>	+00:10:23	6:53	8.7
427	MICHNOWSKI Sebastian	329		M 40-49	191	00:42:16	01:01:06	<b>01:09:13.35</b>	+00:10:24	6:55	8.7
428	BENKE Adam	40		M 1-29	48	00:40:20	00:59:12	<b>01:06:31.90</b>	+00:10:26	6:39	9
429	BRZÓZKA Kamil	67	TARCHO ZIOMY	M 40-49	193	00:44:59	01:04:04	<b>01:11:46.90</b>	+00:10:39	7:10	8.4
430	KOWALSKI Wiesław	248		M 50-59	46	00:42:20	01:01:38	<b>01:09:43.30</b>	+00:10:52	6:58	8.6
431	ŁYSIK Marcin	678		M 1-29	49	00:42:03	01:01:23	<b>01:07:26.40</b>	+00:10:55	6:44	8.9
432	BIERNACKI Adam	52	ŁÓDŹ/WARSZAWA	M 60+	20	00:42:15	01:01:40	<b>01:09:47.30</b>	+00:10:59	6:58	8.6
433	SOWA Paweł	151		M 50-59	45	00:40:30	00:59:58	<b>01:07:24.90</b>	+00:11:02	6:44	8.9
434	BALŚ Andrzej	696		M 60+	19	00:37:58	00:57:43	<b>01:07:42.50</b>	+00:11:18	6:46	8.9
435	KALICKI Wojciech	206		M 40-49	188	00:40:30	01:00:15	<b>01:08:35.85</b>	+00:11:20	6:51	8.7
436	JANKOWSKI Tomek	189		M 40-49	192	00:41:59	01:01:48	<b>01:09:26.85</b>	+00:11:23	6:56	8.6
437	MATUSZEWSKI Paweł	318		M 30-39	132	00:42:49	01:03:07	<b>01:10:42.70</b>	+00:11:52	7:04	8.5
438	TREMELET Sebastien	526		M 40-49	194	00:45:49	01:06:42	<b>01:14:33.55</b>	+00:12:26	7:27	8
439	WIŚNIEWSKI Adam	563		M 1-29	50	00:47:16	01:08:14	<b>01:17:05.75</b>	+00:12:31	7:42	7.8
440	OLSZEWSKI Łukasz	365		M 30-39	134	00:44:36	01:05:52	<b>01:14:05.85</b>	+00:12:50	7:24	8.1
441	LUCIMIŃSKI Marcin	297	ŚLIMAK RUNNING TEAM	M 40-49	195	00:48:46	01:10:03	<b>01:19:30.35</b>	+00:12:51	7:57	7.5
442	JURECKI Marek	201		M 50-59	47	00:42:33	01:03:57	<b>01:12:35.65</b>	+00:12:57	7:15	8.3
443	OKSIENIUK Marcin	613	TURBODZIKI	M 30-39	133	00:44:23	01:05:47	<b>01:13:52.45</b>	+00:12:58	7:23	8.1
444	LIBERA Paweł	287	GRUPA BIEGOWA UM W-WA	M 30-39	135	00:44:28	01:06:01	<b>01:14:39.35</b>	+00:13:07	7:27	8
445	MAŚLOCH Piotr	694		M 50-59	48	00:44:09	01:06:32	<b>01:15:25.05</b>	+00:13:56	7:32	8
446	BOCHENEK Sebastian	56		M 30-39	136	00:45:31	01:08:11	<b>01:16:24.55</b>	+00:14:14	7:38	7.9
447	CZECHOWSKI Jerzy	110	MZA - WARSZAWA	M 60+	21	00:54:25	01:17:26	<b>01:27:36.00</b>	+00:14:35	8:45	6.8
448	NASKRĘT Mariusz	344		M 40-49	196	00:53:00	01:16:44	<b>01:25:56.15</b>	+00:15:18	8:35	7
449	MAJKOWSKI Michał	685		M 30-39	137	00:58:05	01:23:40	<b>01:34:20.40</b>	+00:17:09	9:26	6.4
450	CIEŚLAK Paweł	94	SLOWJOGGING BIAŁOŁEKA	M 50-59	49	00:59:44	01:25:31	<b>01:37:46.90</b>	+00:17:21	9:46	6.1
451	KAMIŃSKI Waldemar	9	SLOWJOGGING WARSZAWA	M 50-59	50	01:00:21	01:27:12	<b>01:37:47.40</b>	+00:18:25	9:46	6.1

Znaleziono 451 wynik(ów)