

BIEG PRZEZ MOST 2021

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

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	**GROMEK Radosław**	**165**	AZS AWF WARSZAWA	M 30-39	1	00:20:41	00:29:14	**00:32:38.75**		3:15	18.4 (100%)
2	**WIĘCKOWSKI Łukasz**	**553**	KS START PUŁASKI WARKA	M 1-29	1	00:20:41	00:29:18	**00:32:49.40**	+00:00:10 (0.5%)	3:16	18.3 (99.5%)
3	**MACHOWSKI Paweł**	**630**	ADIDAS RUNNERS WARSAW/PIEKIELNI WARSZAWA	M 1-29	2	00:21:15	00:30:05	**00:33:44.20**	+00:01:05 (3.2%)	3:22	17.8 (96.7%)
4	**HILDEBRAND Marcin**	**178**	BIEGAM NA TARCHOMINIE	M 30-39	2	00:23:11	00:32:55	**00:36:52.30**	+00:04:13 (11.5%)	3:41	16.3 (88.6%)
5	**PRIMIK Marek**	**408**	VEGE RUNNERS	M 40-49	1	00:23:06	00:33:08	**00:37:18.55**	+00:04:39 (12.5%)	3:43	16.1 (87.5%)
6	**JUSIŃSKI Krystian**	**202**	BRACTWO BIEGOWE BGK	M 30-39	3	00:23:27	00:33:26	**00:37:22.85**	+00:04:44 (12.7%)	3:44	16.1 (87.5%)
7	**PYRZAK Paweł**	**416**	FORT JAKSMANICE	M 30-39	4	00:23:38	00:33:27	**00:37:27.20**	+00:04:48 (12.8%)	3:44	16 (87.0%)
8	**SZCZEPŁEK Jan**	**495**	LEMIESZ TEAM	M 30-39	5	00:23:45	00:33:39	**00:37:33.50**	+00:04:54 (13.1%)	3:45	16 (87.0%)
9	**WITKOWSKI Paweł**	**565**	WIELISZEW HERON TEAM	M 40-49	2	00:24:00	00:33:39	**00:37:36.80**	+00:04:58 (13.2%)	3:45	16 (87.0%)
10	**GRUZA Marek**	**169**	BIEGANIEPO40.PL	M 40-49	3	00:23:27	00:33:39	**00:37:48.85**	+00:05:10 (13.7%)	3:46	15.9 (86.4%)
11	**BOGUSZ Tomasz**	**58**	BIEGAJĄCA GDYNIA/ARTURKOZŁOWSKITEAM	M 40-49	4	00:23:45	00:33:44	**00:37:50.30**	+00:05:11 (13.7%)	3:47	15.9 (86.4%)
12	**KRAMARZ Aleksander**	**252**		M 1-29	3	00:23:29	00:33:41	**00:37:57.80**	+00:05:19 (14.0%)	3:47	15.8 (85.9%)
13	**ZYCH Mariusz**	**605**	BIEGAJ POD OKIEM TRENERA	M 40-49	5	00:23:40	00:34:03	**00:38:04.90**	+00:05:26 (14.3%)	3:48	15.8 (85.9%)
14	**KULIK Jarek**	**272**	BESTIE OCR LEGIONOWO	M 40-49	6	00:23:49	00:34:12	**00:38:09.20**	+00:05:30 (14.4%)	3:48	15.7 (85.3%)
15	**ŁABĘDZKI Konrad**	**298**	DUKLANOWSKI TEAM	M 30-39	6	00:23:52	00:33:57	**00:38:12.65**	+00:05:33 (14.6%)	3:49	15.7 (85.3%)
16	**BAŁAJ Krzysztof**	**30**	DECATHLON	M 1-29	4	00:23:59	00:34:00	**00:38:15.35**	+00:05:36 (14.7%)	3:49	15.7 (85.3%)
17	**KUŁAKOWSKI Artur**	**273**	FLORIAN CHOJNICE	M 40-49	7	00:23:30	00:33:58	**00:38:18.90**	+00:05:40 (14.8%)	3:49	15.7 (85.3%)
18	**WACHOWSKI Łukasz**	**538**		M 30-39	7	00:23:56	00:34:11	**00:38:15.75**	+00:05:37 (14.7%)	3:49	15.7 (85.3%)
19	**RUPIŃSKI Krzysztof**	**647**		M 1-29	5	00:23:45	00:34:17	**00:38:20.75**	+00:05:42 (14.9%)	3:50	15.7 (85.3%)
20	**CHROBOT Daniel**	**86**	WOŹNIAK RUNNING TEAM	M 1-29	6	00:23:47	00:34:06	**00:38:27.10**	+00:05:48 (15.1%)	3:50	15.6 (84.8%)
21	**SZCZEPKOWSKI Bartłomiej**	**494**	SANTANDER RUNNING TEAM	M 40-49	8	00:23:59	00:34:16	**00:38:32.85**	+00:05:54 (15.3%)	3:51	15.6 (84.8%)
22	**STACHOWICZ Marcin**	**616**		M 30-39	8	00:24:03	00:34:37	**00:38:54.85**	+00:06:16 (16.1%)	3:53	15.4 (83.7%)
23	**GOZDEK Radek**	**157**	BIEGANIEPO40.PL TRUCHT TARCHOMIN TEAM	M 40-49	9	00:23:56	00:34:37	**00:39:09.25**	+00:06:30 (16.6%)	3:54	15.3 (83.2%)
24	**MIOTR Marcin**	**88**		M 40-49	10	00:24:52	00:35:13	**00:39:37.25**	+00:06:58 (17.6%)	3:57	15.1 (82.1%)
25	**MICHLEWICZ Krzysztof**	**327**		M 30-39	9	00:25:21	00:35:43	**00:39:52.90**	+00:07:14 (18.1%)	3:59	15.1 (82.1%)
26	**KRZESZEWSKI Rafał**	**263**	BIEGAJ POD OKIEM TRENERA	M 30-39	10	00:25:20	00:35:44	**00:39:56.20**	+00:07:17 (18.3%)	3:59	15 (81.5%)
27	**LEWANDOWSKI Mateusz**	**286**		M 1-29	7	00:25:17	00:35:59	**00:40:06.30**	+00:07:27 (18.6%)	4:00	15 (81.5%)
28	**SZCZEPAŃSKI Piotr**	**3**		M 1-29	8	00:27:28	00:35:53	**00:40:16.85**	+00:07:38 (19.0%)	4:01	14.9 (81.0%)
29	**MARCINISZYN Grzegorz**	**486**		M 30-39	11	00:25:20	00:36:06	**00:40:21.05**	+00:07:42 (19.1%)	4:02	14.9 (81.0%)
30	**GRZYBOWSKI Mariusz**	**173**		M 50-59	1	00:25:22	00:36:24	**00:40:49.90**	+00:08:11 (20.0%)	4:04	14.7 (79.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
31	**SKWARCZ Paweł**	**465**		M 30-39	12	00:24:32	00:36:06	**00:41:00.15**	+00:08:21 (20.4%)	4:06	14.6 (79.3%)
32	**PRZERADZKI Seweryn**	**413**	KB TKKF PROMYK CIECHANÓW	M 40-49	12	00:25:26	00:36:39	**00:41:05.35**	+00:08:26 (20.5%)	4:06	14.6 (79.3%)
33	**SZAŁKOWSKI Dawid**	**491**	MARKOWI BIEGACZE	M 40-49	11	00:25:56	00:36:39	**00:41:04.20**	+00:08:25 (20.5%)	4:06	14.6 (79.3%)
34	**TARANTA Daniel**	**514**	JELENIOWATE-POGOŃCOWATE	M 1-29	9	00:25:19	00:36:40	**00:41:09.70**	+00:08:30 (20.7%)	4:06	14.6 (79.3%)
35	**WARDĘGA Przemek**	**543**		M 40-49	13	00:25:39	00:36:37	**00:41:09.65**	+00:08:30 (20.7%)	4:06	14.6 (79.3%)
36	**MAKULEC Marcin**	**617**	SANTANDER RUNNING TEAM	M 30-39	13	00:25:29	00:36:41	**00:41:14.65**	+00:08:35 (20.8%)	4:07	14.6 (79.3%)
37	**FACON Janusz**	**629**		M 50-59	2	00:26:14	00:36:58	**00:41:21.65**	+00:08:42 (21.1%)	4:08	14.5 (78.8%)
38	**ŁĄGOCKI Marcin**	**49**		M 30-39	14	00:26:30	00:37:09	**00:41:27.45**	+00:08:48 (21.3%)	4:08	14.5 (78.8%)
39	**ZALEWSKI Krzysiek**	**585**	RURA TEAM	M 40-49	14	00:26:19	00:37:21	**00:41:48.95**	+00:09:10 (21.9%)	4:10	14.4 (78.3%)
40	**PANCER Michał**	**379**	ŻÓRAWSKI TEAM	M 1-29	10	00:26:01	00:37:26	**00:41:53.15**	+00:09:14 (22.1%)	4:11	14.3 (77.7%)
41	**KŁUDKIEWICZ Tomasz**	**229**		M 40-49	15	00:26:48	00:37:31	**00:41:52.30**	+00:09:13 (22.0%)	4:11	14.3 (77.7%)
42	**KUBIAK Sławomir**	**264**		M 40-49	16	00:26:12	00:37:26	**00:41:59.25**	+00:09:20 (22.2%)	4:11	14.3 (77.7%)
43	**ZDEB Przemek**	**596**	ADIDAS RUNNERS WARSAW	M 40-49	17	00:26:24	00:37:39	**00:42:07.80**	+00:09:29 (22.5%)	4:12	14.2 (77.2%)
44	**SIEGIEDA Michał**	**453**	ADIDAS RUNNERS WARSAW	M 30-39	16	00:26:06	00:37:40	**00:42:09.05**	+00:09:30 (22.5%)	4:12	14.2 (77.2%)
45	**KRÓL Maciej**	**256**	BIEGAM NA TARCHOMINIE	M 30-39	15	00:26:45	00:37:38	**00:42:03.80**	+00:09:25 (22.4%)	4:12	14.3 (77.7%)
46	**MIELCZAREK Krzysztof**	**331**	BIEGAM NA TARCHOMINIE	M 40-49	18	00:25:31	00:37:13	**00:42:10.45**	+00:09:31 (22.6%)	4:13	14.2 (77.2%)
47	**KAMIŃSKI Paweł**	**207**		M 40-49	19	00:26:51	00:37:44	**00:42:12.60**	+00:09:33 (22.7%)	4:13	14.2 (77.2%)
48	**SZYMAŃSKI Andrzej**	**502**		M 30-39	17	00:26:21	00:37:45	**00:42:14.30**	+00:09:35 (22.7%)	4:13	14.2 (77.2%)
49	**ROSŁON Piotr**	**431**		M 40-49	20	00:26:22	00:37:46	**00:42:16.40**	+00:09:37 (22.8%)	4:13	14.2 (77.2%)
50	**SYPEK Jerzy**	**695**		M 40-49	21	00:26:21	00:37:44	**00:42:19.80**	+00:09:41 (22.9%)	4:13	14.2 (77.2%)
51	**ANDRULEWICZ Marcin**	**643**		M 1-29	11	00:25:32	00:37:52	**00:42:25.10**	+00:09:46 (23.0%)	4:14	14.1 (76.6%)
52	**ŚLĘCZEK Filip**	**505**		M 1-29	12	00:26:11	00:37:48	**00:42:26.15**	+00:09:47 (23.1%)	4:14	14.1 (76.6%)
53	**OWCZARZAK Rafał**	**645**	R4P	M 40-49	22	00:26:49	00:38:02	**00:42:36.40**	+00:09:57 (23.4%)	4:15	14.1 (76.6%)
54	**JASIONOWSKI Mariusz**	**193**		M 30-39	18	00:26:03	00:37:43	**00:42:39.30**	+00:10:00 (23.5%)	4:15	14.1 (76.6%)
55	**JAWORSKI Piotr**	**2**		M 40-49	23	00:26:39	00:38:04	**00:42:44.15**	+00:10:05 (23.6%)	4:16	14 (76.1%)
56	**STRYKOWSKI Daniel**	**481**	CARREFOURR	M 40-49	24	00:26:21	00:38:01	**00:42:48.15**	+00:10:09 (23.7%)	4:16	14 (76.1%)
57	**TYMOLEWSKI Grzegorz**	**533**		M 1-29	13	00:27:37	00:38:43	**00:43:05.40**	+00:10:26 (24.2%)	4:18	13.9 (75.5%)
58	**BRYGOŁA Tomasz**	**64**	PARKRUN POLE MOKOTOWSKIE	M 30-39	19	00:27:01	00:38:32	**00:43:10.10**	+00:10:31 (24.4%)	4:19	13.9 (75.5%)
59	**KORDASIEWICZ Stanisław**	**238**		M 40-49	25	00:26:50	00:38:42	**00:43:22.10**	+00:10:43 (24.7%)	4:20	13.8 (75.0%)
60	**CISZEWSKI Krzysztof**	**99**		M 40-49	26	00:27:12	00:38:47	**00:43:23.45**	+00:10:44 (24.8%)	4:20	13.8 (75.0%)
61	**GRYSZPANOWICZ Piotr**	**171**		M 40-49	27	00:27:07	00:39:04	**00:43:37.10**	+00:10:58 (25.2%)	4:21	13.8 (75.0%)
62	**GANCZEWSKI Paweł**	**142**	KS STASZEWSCY	M 50-59	3	00:27:35	00:39:06	**00:43:44.90**	+00:11:06 (25.4%)	4:22	13.7 (74.5%)
63	**GIERAK Krzysztof**	**147**	SANTANDER RUNNERS	M 40-49	28	00:27:43	00:39:14	**00:43:45.45**	+00:11:06 (25.4%)	4:22	13.7 (74.5%)
64	**IWANIK Tomasz**	**228**		M 30-39	20	00:27:27	00:39:08	**00:43:54.25**	+00:11:15 (25.6%)	4:23	13.7 (74.5%)
65	**JANOWIAK Wojciech**	**7**		M 40-49	29	00:27:44	00:39:17	**00:43:55.25**	+00:11:16 (25.7%)	4:23	13.7 (74.5%)
66	**WOJEWÓDZKI Marcin**	**571**	WOJEWÓDZCY TEAM	M 1-29	14	00:27:11	00:39:13	**00:43:55.90**	+00:11:17 (25.7%)	4:23	13.7 (74.5%)
67	**TOBOŁA Paweł**	**520**	AKS POLONIA WARSZAWA	M 40-49	30	00:27:19	00:39:16	**00:43:56.45**	+00:11:17 (25.7%)	4:23	13.7 (74.5%)
68	**KOWAL Krzysztof**	**244**		M 40-49	31	00:27:07	00:39:04	**00:44:08.45**	+00:11:29 (26.0%)	4:24	13.6 (73.9%)
69	**CIESIELSKI Marcin**	**93**	WARSAW RUN CLUB	M 40-49	32	00:26:34	00:39:30	**00:44:09.15**	+00:11:30 (26.1%)	4:24	13.6 (73.9%)
70	**LENDZION Marcin**	**281**	GRUPA BIEGOWA UM W-WA	M 1-29	15	00:27:55	00:39:30	**00:44:09.65**	+00:11:30 (26.1%)	4:24	13.6 (73.9%)
71	**TROJANOWSKI Rafał**	**146**		M 30-39	21	00:27:26	00:39:20	**00:44:11.45**	+00:11:32 (26.1%)	4:25	13.6 (73.9%)
72	**PRZEKOPIAK Paweł**	**411**		M 40-49	33	00:27:12	00:39:19	**00:44:19.40**	+00:11:40 (26.3%)	4:25	13.5 (73.4%)
73	**STRZELECKI Piotr**	**674**		M 40-49	34	00:27:48	00:39:34	**00:44:21.70**	+00:11:42 (26.4%)	4:26	13.5 (73.4%)
74	**WAWRZYNIAK Damian**	**698**		M 1-29	16	00:27:46	00:39:42	**00:44:24.10**	+00:11:45 (26.5%)	4:26	13.5 (73.4%)

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75	**DĄBROWSKI Mirosław**	**114**		M 50-59	4	00:27:41	00:39:31	**00:44:26.60**	+00:11:47 (26.5%)	4:26	13.5 (73.4%)
76	**SOKALSKI Grzegorz**	**472**		M 40-49	35	00:28:08	00:39:41	**00:44:31.00**	+00:11:52 (26.7%)	4:27	13.5 (73.4%)
77	**GABRYSZEWSKI Radosław**	**139**		M 30-39	22	00:28:23	00:39:59	**00:44:34.50**	+00:11:55 (26.8%)	4:27	13.5 (73.4%)
78	**SERAFIN Tomasz**	**451**		M 40-49	36	00:28:11	00:39:55	**00:44:35.05**	+00:11:56 (26.8%)	4:27	13.5 (73.4%)
79	**KOWALCZYK Rafał**	**245**	ŻÓRAWSKI TEAM & ASICS FRONTRUNNER	M 1-29	17	00:27:27	00:39:48	**00:44:45.05**	+00:12:06 (27.0%)	4:28	13.4 (72.8%)
80	**BOBER Jarosław**	**54**		M 30-39	23	00:28:00	00:39:51	**00:44:49.50**	+00:12:10 (27.2%)	4:28	13.4 (72.8%)
81	**KARPIŃSKI Marcin**	**210**		M 30-39	24	00:28:18	00:40:02	**00:44:56.45**	+00:12:17 (27.4%)	4:29	13.4 (72.8%)
82	**CZAPSKI Michał**	**105**	BIEGAM NA TARCHOMINIE	M 40-49	37	00:28:20	00:40:04	**00:44:57.70**	+00:12:18 (27.4%)	4:29	13.3 (72.3%)
83	**BOROWY Łukasz**	**62**		M 30-39	25	00:28:09	00:40:16	**00:45:03.10**	+00:12:24 (27.5%)	4:30	13.3 (72.3%)
84	**ZGODA Mateusz**	**598**		M 1-29	18	00:28:33	00:40:11	**00:45:03.30**	+00:12:24 (27.5%)	4:30	13.3 (72.3%)
85	**JANISZEWSKI Rafał**	**187**	BRAVEHEARTS LEGIONOWO	M 30-39	26	00:28:42	00:40:24	**00:45:05.65**	+00:12:26 (27.6%)	4:30	13.3 (72.3%)
86	**MAREK Jacek**	**315**		M 40-49	38	00:27:48	00:40:02	**00:45:05.95**	+00:12:27 (27.6%)	4:30	13.3 (72.3%)
86	**FALKOWSKI Łukasz**	**128**		M 30-39	27	00:27:36	00:40:12	**00:45:05.95**	+00:12:27 (27.6%)	4:30	13.3 (72.3%)
88	**CHMARZYŃSKI Paweł**	**78**		M 30-39	28	00:28:19	00:40:20	**00:45:07.65**	+00:12:28 (27.7%)	4:30	13.3 (72.3%)
89	**SIKORSKI Bartosz**	**76**		M 30-39	29	00:28:16	00:40:34	**00:45:14.40**	+00:12:35 (27.8%)	4:31	13.3 (72.3%)
90	**PALUCH Kamil**	**378**		M 30-39	30	00:28:45	00:40:39	**00:45:15.20**	+00:12:36 (27.9%)	4:31	13.3 (72.3%)
91	**RYTKOWSKI Piotr**	**443**		M 30-39	31	00:29:15	00:40:51	**00:45:17.60**	+00:12:38 (27.9%)	4:31	13.2 (71.7%)
92	**ŚWIATŁOŃ Michał**	**509**		M 1-29	19	00:28:34	00:40:44	**00:45:19.25**	+00:12:40 (28.0%)	4:31	13.2 (71.7%)
93	**LIPIŃSKI Oskar**	**618**		M 30-39	32	00:28:40	00:40:40	**00:45:27.20**	+00:12:48 (28.2%)	4:32	13.2 (71.7%)
94	**PONIATOWSKI Aleksander**	**400**		M 30-39	33	00:28:25	00:40:39	**00:45:36.50**	+00:12:57 (28.4%)	4:33	13.2 (71.7%)
95	**WIECZOREK Michał**	**551**		M 50-59	5	00:27:58	00:40:33	**00:45:37.05**	+00:12:58 (28.4%)	4:33	13.2 (71.7%)
96	**DRZYMALA Krzysztof**	**121**		M 30-39	34	00:28:35	00:40:45	**00:45:41.55**	+00:13:02 (28.6%)	4:34	13.1 (71.2%)
97	**ZIELINSKI Krzysztof**	**601**	HIKINGTOURS	M 40-49	39	00:28:24	00:40:45	**00:45:42.50**	+00:13:03 (28.6%)	4:34	13.1 (71.2%)
98	**KRUPIŃSKI Marek**	**260**	DĄBROWSKI TEAM / MARO RUNNER	M 1-29	20	00:28:59	00:40:58	**00:45:53.90**	+00:13:15 (28.9%)	4:35	13.1 (71.2%)
99	**CNOTA Maciej**	**101**		M 40-49	40	00:28:41	00:40:55	**00:45:55.25**	+00:13:16 (28.9%)	4:35	13.1 (71.2%)
100	**MROZOWSKI Kamil**	**340**		M 30-39	35	00:28:34	00:40:55	**00:45:58.75**	+00:13:20 (29.0%)	4:35	13.1 (71.2%)
101	**SOCHA Grzegorz**	**470**		M 30-39	36	00:27:21	00:41:30	**00:46:00.85**	+00:13:22 (29.1%)	4:36	13 (70.7%)
102	**ZAWADA Paweł**	**593**	BIEGAM NA TARCHOMINIE	M 30-39	37	00:28:36	00:41:07	**00:46:01.75**	+00:13:23 (29.1%)	4:36	13 (70.7%)
103	**WŁODKOWSKI Robert**	**569**		M 40-49	41	00:29:16	00:41:14	**00:46:01.90**	+00:13:23 (29.1%)	4:36	13 (70.7%)
104	**BALABANOV Viktor**	**27**	MASTERS DOJO KARATE KYOKUSHIN	M 30-39	38	00:28:30	00:41:07	**00:46:08.80**	+00:13:30 (29.3%)	4:36	13 (70.7%)
105	**KLAŚ Łukasz**	**223**		M 40-49	42	00:28:51	00:41:06	**00:46:09.65**	+00:13:30 (29.3%)	4:36	13 (70.7%)
106	**KLUSIEWICZ Michał**	**226**		M 30-39	39	00:28:17	00:40:46	**00:46:12.85**	+00:13:34 (29.4%)	4:37	13 (70.7%)
107	**JAKUBOWSKI Dariusz**	**183**	DGW	M 50-59	6	00:28:41	00:41:09	**00:46:17.15**	+00:13:38 (29.5%)	4:37	13 (70.7%)
108	**GOLĘDZINOWSKI Tomasz**	**152**		M 50-59	7	00:29:54	00:41:33	**00:46:19.50**	+00:13:40 (29.5%)	4:37	13 (70.7%)
109	**BADOWSKI Piotr**	**23**		M 30-39	40	00:28:46	00:41:20	**00:46:20.10**	+00:13:41 (29.5%)	4:38	12.9 (70.1%)
110	**KORSYKOW Kostian**	**380**		M 40-49	43			**00:46:21.00**	+00:13:42 (29.6%)	4:38	12.9 (70.1%)
111	**PIERZAK Olaf**	**387**	TEAM PARSZCZYŃSKICH	M 40-49	44	00:28:50	00:41:12	**00:46:23.40**	+00:13:44 (29.6%)	4:38	12.9 (70.1%)
112	**KWIATKOWSKI Tomasz**	**276**		M 40-49	45	00:28:59	00:41:24	**00:46:23.45**	+00:13:44 (29.6%)	4:38	12.9 (70.1%)
113	**JAROSIŃSKI Łukasz**	**748**	TAŃCZĄCE MUCHOMORKI	M 40-49	46	00:29:29	00:41:26	**00:46:23.85**	+00:13:45 (29.6%)	4:38	12.9 (70.1%)
114	**RYMKIEWICZ Zbigniew**	**440**		M 40-49	47	00:28:47	00:42:02	**00:46:46.25**	+00:14:07 (30.2%)	4:40	12.8 (69.6%)
115	**WICENTY Paweł**	**549**		M 30-39	41	00:29:42	00:42:11	**00:46:56.50**	+00:14:17 (30.5%)	4:41	12.8 (69.6%)
116	**FITRZYK Łukasz**	**132**		M 30-39	42	00:29:32	00:42:03	**00:47:02.40**	+00:14:23 (30.6%)	4:42	12.8 (69.6%)
117	**KOSIŃSKI Kamil**	**240**		M 30-39	43	00:29:47	00:42:01	**00:47:04.00**	+00:14:25 (30.6%)	4:42	12.7 (69.0%)
118	**SĄGOL Sylwester**	**448**		M 50-59	8	00:28:37	00:41:41	**00:47:04.45**	+00:14:25 (30.7%)	4:42	12.7 (69.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
119	**TENDERENDA Kamil**	**517**		M 30-39	44	00:28:58	00:42:10	**00:47:04.60**	+00:14:25 (30.7%)	4:42	12.7 (69.0%)
120	**KODA Eugeniusz**	**231**	TEAM ZABIEGANEDNI	M 60+	1	00:28:40	00:41:45	**00:47:05.00**	+00:14:26 (30.7%)	4:42	12.7 (69.0%)
121	**GRUNWALD Witold**	**168**		M 60+	2	00:29:57	00:42:18	**00:47:09.50**	+00:14:30 (30.8%)	4:42	12.7 (69.0%)
122	**CHMIELEWSKI Maciej**	**79**		M 30-39	45	00:29:59	00:42:15	**00:47:14.65**	+00:14:35 (30.9%)	4:43	12.7 (69.0%)
123	**RUCIŃSKI Rafał**	**433**	BBK	M 40-49	48	00:29:56	00:42:08	**00:47:19.75**	+00:14:41 (31.0%)	4:43	12.7 (69.0%)
124	**SAGAŁA Adam**	**446**		M 40-49	49	00:29:36	00:42:12	**00:47:23.70**	+00:14:44 (31.1%)	4:44	12.7 (69.0%)
125	**BOJARUN Marek**	**59**		M 30-39	46	00:29:24	00:42:05	**00:47:24.25**	+00:14:45 (31.1%)	4:44	12.7 (69.0%)
126	**LIS Krzysztof**	**289**		M 50-59	9	00:29:54	00:42:18	**00:47:29.95**	+00:14:51 (31.3%)	4:44	12.6 (68.5%)
127	**FRĄCKOWSKI Sławomir**	**136**		M 50-59	10	00:29:22	00:42:15	**00:47:32.35**	+00:14:53 (31.3%)	4:45	12.6 (68.5%)
128	**KOŚCIAK Jacek**	**242**		M 40-49	50	00:30:22	00:42:58	**00:47:47.45**	+00:15:08 (31.7%)	4:46	12.6 (68.5%)
129	**PRZELASKOWSKI Artur**	**412**		M 50-59	11	00:29:30	00:42:30	**00:47:52.05**	+00:15:13 (31.8%)	4:47	12.5 (67.9%)
130	**KRAJEWSKI Konrad**	**683**		M 30-39	47	00:30:00	00:43:00	**00:47:58.20**	+00:15:19 (31.9%)	4:47	12.5 (67.9%)
131	**ŚLĘCZKA Piotr**	**628**		M 40-49	51	00:30:12	00:42:52	**00:47:58.95**	+00:15:20 (32.0%)	4:47	12.5 (67.9%)
132	**JANKOWSKI Jakub**	**190**		M 30-39	48	00:29:18	00:42:30	**00:48:03.05**	+00:15:24 (32.1%)	4:48	12.5 (67.9%)
133	**PUSZAK Sylwester**	**80**		M 40-49	52	00:30:47	00:43:05	**00:48:04.70**	+00:15:25 (32.1%)	4:48	12.5 (67.9%)
134	**GRULA Mateusz**	**167**	TEAM KARAŚ	M 1-29	21	00:28:43	00:42:19	**00:48:09.10**	+00:15:30 (32.2%)	4:48	12.5 (67.9%)
135	**MACIEJAK Robert**	**657**		M 40-49	53	00:29:44	00:42:54	**00:48:11.35**	+00:15:32 (32.3%)	4:49	12.5 (67.9%)
136	**ZAMBROWSKI Sławomir**	**586**		M 40-49	54	00:30:11	00:43:00	**00:48:12.90**	+00:15:34 (32.3%)	4:49	12.4 (67.4%)
137	**FAJKOWSKI Piotr**	**127**	ADIDAS RUNNERS WARSAW	M 30-39	49	00:29:59	00:43:13	**00:48:19.00**	+00:15:40 (32.4%)	4:49	12.4 (67.4%)
138	**PUSEK Mikołaj**	**414**		M 1-29	22	00:29:42	00:43:10	**00:48:19.30**	+00:15:40 (32.4%)	4:49	12.4 (67.4%)
139	**ORŁOWSKI Krzysztof**	**369**	WARSZAWA PARKRUN BRÓDNO	M 40-49	55	00:30:25	00:43:10	**00:48:23.00**	+00:15:44 (32.5%)	4:50	12.4 (67.4%)
140	**CZARNECKI Wojciech**	**247**		M 40-49	56	00:28:52	00:42:39	**00:48:25.40**	+00:15:46 (32.6%)	4:50	12.4 (67.4%)
141	**CHOTOMSKI Marcin**	**84**		M 30-39	50	00:30:31	00:43:20	**00:48:25.60**	+00:15:46 (32.6%)	4:50	12.4 (67.4%)
142	**ŁUCZAK Bartosz**	**679**		M 1-29	23	00:29:54	00:43:05	**00:48:26.00**	+00:15:47 (32.6%)	4:50	12.4 (67.4%)
143	**ROZEK Rob**	**623**	NEONTEAM	M 40-49	57	00:30:26	00:43:13	**00:48:29.80**	+00:15:51 (32.7%)	4:50	12.4 (67.4%)
144	**SOBOCIŃSKI Michał**	**469**		M 40-49	58	00:30:24	00:43:19	**00:48:30.25**	+00:15:51 (32.7%)	4:51	12.4 (67.4%)
145	**PASIŃSKI Daniel**	**382**	GRUPA BIEGOWA UM W-WA	M 30-39	51	00:30:39	00:43:41	**00:48:31.15**	+00:15:52 (32.7%)	4:51	12.4 (67.4%)
146	**CHAJĘCKI Mateusz**	**75**	WARSZAWSKIBIEGACZ	M 30-39	52	00:31:13	00:43:30	**00:48:33.70**	+00:15:54 (32.8%)	4:51	12.4 (67.4%)
147	**SZAŁAŃSKI Przemysław**	**490**		M 30-39	53	00:30:49	00:43:30	**00:48:39.35**	+00:16:00 (32.9%)	4:51	12.3 (66.8%)
148	**LENDZION Jarosław**	**280**	GRUPA BIEGOWA UM W-WA	M 40-49	59	00:30:59	00:43:45	**00:48:52.80**	+00:16:14 (33.2%)	4:53	12.3 (66.8%)
149	**URBAŃSKI Paweł**	**536**	KERK-PALM IS TEAM	M 50-59	12	00:30:39	00:43:47	**00:48:53.80**	+00:16:15 (33.2%)	4:53	12.3 (66.8%)
150	**GRONOWSKI Robert**	**166**	FFF	M 30-39	54	00:31:44	00:44:14	**00:48:54.90**	+00:16:16 (33.3%)	4:53	12.3 (66.8%)
151	**OLSZEWSKI Rafał**	**363**		M 50-59	13	00:30:51	00:43:39	**00:48:55.15**	+00:16:16 (33.3%)	4:53	12.3 (66.8%)
152	**TOMASZEWSKI Marek**	**523**		M 40-49	60	00:31:06	00:43:53	**00:49:09.95**	+00:16:31 (33.6%)	4:54	12.2 (66.3%)
153	**DĄBROWSKI Damian**	**117**		M 30-39	55	00:29:47	00:43:44	**00:49:12.25**	+00:16:33 (33.7%)	4:55	12.2 (66.3%)
154	**GROCHOWSKI Piotr**	**164**		M 40-49	61	00:31:32	00:44:11	**00:49:17.25**	+00:16:38 (33.8%)	4:55	12.2 (66.3%)
155	**DOŁĘGA Sławomir**	**120**		M 30-39	56	00:30:37	00:43:43	**00:49:18.65**	+00:16:39 (33.8%)	4:55	12.2 (66.3%)
156	**ADAMIAK Arkadiusz**	**12**	5MBOT	M 1-29	24	00:30:16	00:43:55	**00:49:19.10**	+00:16:40 (33.8%)	4:55	12.2 (66.3%)
157	**JANOWSKI Rafał**	**656**		M 40-49	62	00:31:26	00:44:10	**00:49:23.40**	+00:16:44 (33.9%)	4:56	12.1 (65.8%)
158	**PODGÓRSKI Krzysztof**	**395**		M 30-39	57	00:30:53	00:44:12	**00:49:27.80**	+00:16:49 (34.0%)	4:56	12.1 (65.8%)
159	**CHODNIEWICZ Michał**	**82**		M 30-39	58	00:31:30	00:44:14	**00:49:29.40**	+00:16:50 (34.0%)	4:56	12.1 (65.8%)
160	**DEREWICZ Mariusz**	**119**		M 30-39	59	00:31:19	00:44:12	**00:49:31.40**	+00:16:52 (34.1%)	4:57	12.1 (65.8%)
161	**ŚMIETAŁO Dawid**	**508**		M 30-39	60	00:31:43	00:44:27	**00:49:33.55**	+00:16:54 (34.1%)	4:57	12.1 (65.8%)
162	**OWCZARCZYK Paweł**	**619**		M 40-49	63	00:31:02	00:44:17	**00:49:39.45**	+00:17:00 (34.3%)	4:57	12.1 (65.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
163	**OLSZEWSKI Michał**	**364**	I LOVE PRZYLESIE	M 40-49	64	00:31:51	00:44:39	**00:49:39.80**	+00:17:01 (34.3%)	4:57	12.1 (65.8%)
164	**STANISZEWSKI Rafał**	**474**	ESTI BONA	M 40-49	65	00:31:31	00:44:34	**00:49:40.50**	+00:17:01 (34.3%)	4:58	12.1 (65.8%)
165	**LEŚ Tomasz**	**282**	TRUCHT TARCHOMIN TEAM	M 30-39	61	00:30:29	00:44:09	**00:49:43.50**	+00:17:04 (34.3%)	4:58	12.1 (65.8%)
166	**PRUSZCZYNSKI Grzegorz**	**410**		M 30-39	62	00:31:46	00:44:29	**00:49:44.55**	+00:17:05 (34.4%)	4:58	12.1 (65.8%)
167	**ŻÓŁKOWSKI Rafał**	**608**	RUN % FUN	M 30-39	63	00:31:39	00:44:36	**00:49:45.15**	+00:17:06 (34.4%)	4:58	12.1 (65.8%)
168	**MOCZULSKI Marcin**	**668**		M 40-49	66	00:30:48	00:44:27	**00:49:46.20**	+00:17:07 (34.4%)	4:58	12.1 (65.8%)
169	**FLORCZUK Piotr**	**394**		M 1-29	25	00:32:13	00:44:46	**00:49:47.20**	+00:17:08 (34.4%)	4:58	12.1 (65.8%)
170	**ZGÓRZAK Adam**	**599**		M 30-39	64	00:31:18	00:44:28	**00:49:56.70**	+00:17:17 (34.6%)	4:59	12 (65.2%)
171	**LIBOLD Maciek**	**288**		M 30-39	65	00:31:53	00:44:44	**00:49:58.20**	+00:17:19 (34.7%)	4:59	12 (65.2%)
172	**KOSUDA Paweł**	**241**	RUNNERS TEAM XTREME CIECHANÓW	M 40-49	67	00:31:57	00:44:48	**00:49:59.85**	+00:17:21 (34.7%)	4:59	12 (65.2%)
173	**ODZIEMCZYK Sebastian**	**354**		M 40-49	68	00:31:19	00:44:23	**00:50:00.05**	+00:17:21 (34.7%)	5:00	12 (65.2%)
174	**WNUK Tomasz**	**570**	NAPRZÓD MŁOCINY	M 40-49	69	00:31:30	00:44:20	**00:50:01.05**	+00:17:22 (34.7%)	5:00	12 (65.2%)
175	**PAZIEWSKI Andrzej**	**385**	BIEGAM NA TARCHOMINIE	M 40-49	70	00:31:31	00:44:48	**00:50:08.75**	+00:17:30 (34.9%)	5:00	12 (65.2%)
176	**ROSIAK Sławomir**	**430**	BIEGAM PO BRÓDNIE	M 40-49	71	00:31:33	00:44:51	**00:50:09.05**	+00:17:30 (34.9%)	5:00	12 (65.2%)
177	**ARAŹNY Zbigniew**	**17**	TRUCHT TARCHOMIN TEAM	M 50-59	14	00:31:42	00:44:40	**00:50:10.80**	+00:17:32 (34.9%)	5:01	12 (65.2%)
178	**ŚCIBISZ Tomek**	**504**		M 50-59	15	00:31:01	00:44:35	**00:50:17.70**	+00:17:38 (35.1%)	5:01	11.9 (64.7%)
179	**ZAGRODZKI Jan**	**582**		M 1-29	26	00:31:40	00:44:49	**00:50:19.25**	+00:17:40 (35.1%)	5:01	11.9 (64.7%)
180	**ŚWIĘDRYCH Marek**	**512**		M 30-39	66	00:34:07	00:44:48	**00:50:19.45**	+00:17:40 (35.1%)	5:01	11.9 (64.7%)
181	**GŁÓWKA Rafał**	**149**		M 40-49	72	00:31:43	00:44:50	**00:50:21.25**	+00:17:42 (35.2%)	5:02	11.9 (64.7%)
182	**MACIEJCZYK Piotr**	**661**		M 40-49	73	00:30:41	00:44:45	**00:50:23.90**	+00:17:45 (35.2%)	5:02	11.9 (64.7%)
183	**GAWLIK Arkadiusz**	**144**	BIEGAM NA TARCHOMINIE	M 40-49	74	00:32:15	00:45:07	**00:50:28.30**	+00:17:49 (35.3%)	5:02	11.9 (64.7%)
184	**NOWOCIEŃ Jacek**	**352**	UCZNIOWSKI KLUB SPORTOWY RUSIEC	M 60+	3	00:30:53	00:44:50	**00:50:32.75**	+00:17:54 (35.4%)	5:03	11.9 (64.7%)
185	**RATASZEWSKI Marek**	**424**	NEW BALANCE	M 60+	4	00:31:19	00:45:05	**00:50:35.10**	+00:17:56 (35.5%)	5:03	11.9 (64.7%)
186	**KULIGOWSKI Adrian**	**271**		M 1-29	27	00:31:21	00:45:20	**00:50:35.75**	+00:17:57 (35.5%)	5:03	11.9 (64.7%)
187	**TOMASZEK Artur**	**140**		M 50-59	16	00:31:46	00:45:10	**00:50:39.60**	+00:18:00 (35.6%)	5:03	11.8 (64.1%)
188	**SAMOSIUK Marcin**	**692**		M 40-49	75	00:32:52	00:45:42	**00:50:46.05**	+00:18:07 (35.7%)	5:04	11.8 (64.1%)
189	**JÓŹWIK Grzegorz**	**199**		M 50-59	17	00:31:24	00:44:58	**00:50:47.95**	+00:18:09 (35.7%)	5:04	11.8 (64.1%)
190	**KONKA Tomasz**	**638**		M 40-49	76	00:32:21	00:45:33	**00:50:51.85**	+00:18:13 (35.8%)	5:05	11.8 (64.1%)
191	**CHOJNAŁA Mikołaj**	**265**		M 40-49	77	00:32:23	00:45:48	**00:50:53.00**	+00:18:14 (35.8%)	5:05	11.8 (64.1%)
192	**ŚWIĆ Rafał**	**87**		M 40-49	78	00:31:46	00:45:15	**00:50:56.00**	+00:18:17 (35.9%)	5:05	11.8 (64.1%)
193	**DUDA Jacek**	**122**	SKPT WARSZAWA	M 40-49	79	00:31:46	00:45:16	**00:50:59.10**	+00:18:20 (36.0%)	5:05	11.8 (64.1%)
194	**STACHURSKI Dariusz**	**473**	RUN%FUN	M 30-39	67	00:31:42	00:45:18	**00:50:59.20**	+00:18:20 (36.0%)	5:05	11.8 (64.1%)
195	**WEREDA Paweł**	**639**		M 50-59	18	00:31:44	00:45:27	**00:51:03.85**	+00:18:25 (36.1%)	5:06	11.8 (64.1%)
196	**NERC Maciej**	**346**		M 40-49	80	00:31:36	00:45:21	**00:51:08.30**	+00:18:29 (36.2%)	5:06	11.7 (63.6%)
197	**WŁODEK Rafał**	**568**		M 40-49	81	00:32:10	00:45:30	**00:51:18.60**	+00:18:39 (36.4%)	5:07	11.7 (63.6%)
198	**RUTKOWSKI Michał**	**439**	KARAŚ SWIMMING TEAM	M 40-49	82	00:31:50	00:45:32	**00:51:20.40**	+00:18:41 (36.4%)	5:08	11.7 (63.6%)
199	**WILEŃSKI Zbigniew**	**555**	GRUPA BIEGOWA UM W-WA	M 50-59	19	00:32:40	00:46:01	**00:51:33.15**	+00:18:54 (36.7%)	5:09	11.6 (63.0%)
200	**SKRZYPEK Michał**	**464**		M 30-39	68	00:31:53	00:45:53	**00:51:40.10**	+00:19:01 (36.8%)	5:10	11.6 (63.0%)
201	**FLEMING Michał**	**662**		M 1-29	28			**00:51:42.00**	+00:19:03 (36.9%)	5:10	11.6 (63.0%)
202	**KRAKOWIAK Bartosz**	**636**		M 40-49	83	00:31:38	00:45:59	**00:51:42.35**	+00:19:03 (36.9%)	5:10	11.6 (63.0%)
203	**KOCOŃ Rafał**	**230**		M 30-39	69	00:31:38	00:46:01	**00:51:43.35**	+00:19:04 (36.9%)	5:10	11.6 (63.0%)
204	**BARANOWSKI Łukasz**	**33**		M 30-39	70	00:31:01	00:46:25	**00:51:44.15**	+00:19:05 (36.9%)	5:10	11.6 (63.0%)
205	**ADAMIAK Robert**	**11**	CURTIS	M 50-59	20	00:32:02	00:46:02	**00:51:45.25**	+00:19:06 (36.9%)	5:10	11.6 (63.0%)
206	**GERWATOWSKI Artur**	**145**		M 30-39	71	00:31:24	00:45:58	**00:51:47.00**	+00:19:08 (37.0%)	5:10	11.6 (63.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
207	**NOSARZEWSKI Mariusz**	**348**	GB PRESS TEAM	M 40-49	84	00:31:52	00:46:05	**00:51:47.45**	+00:19:08 (37.0%)	5:10	11.6 (63.0%)
208	**PYRA Piotr**	**415**	PKS RADOŚĆ	M 30-39	72	00:31:54	00:46:31	**00:51:48.70**	+00:19:09 (37.0%)	5:10	11.6 (63.0%)
209	**SOCHA Marek**	**471**		M 50-59	21	00:32:26	00:46:18	**00:51:54.15**	+00:19:15 (37.1%)	5:11	11.6 (63.0%)
210	**MAŁŻ Bartosz**	**310**		M 30-39	73	00:32:44	00:46:39	**00:51:59.15**	+00:19:20 (37.2%)	5:11	11.5 (62.5%)
211	**LEWANDOWSKI Robert**	**658**		M 40-49	85	00:31:21	00:46:04	**00:51:59.35**	+00:19:20 (37.2%)	5:11	11.5 (62.5%)
212	**OWOC Tomasz**	**376**	PKO BANK POLSKI	M 50-59	22	00:32:52	00:46:20	**00:51:59.75**	+00:19:21 (37.2%)	5:11	11.5 (62.5%)
213	**KUSY Jacek**	**621**		M 30-39	74	00:32:32	00:46:24	**00:52:00.25**	+00:19:21 (37.2%)	5:12	11.5 (62.5%)
214	**POPŁAWSKI Tomasz**	**403**		M 40-49	86	00:32:34	00:46:31	**00:52:02.85**	+00:19:24 (37.3%)	5:12	11.5 (62.5%)
215	**WICIŃSKI Andrzej**	**550**	DIDI-ART	M 50-59	23	00:32:28	00:46:22	**00:52:03.40**	+00:19:24 (37.3%)	5:12	11.5 (62.5%)
216	**KISZKOWIAK Łukasz**	**222**	WAT	M 40-49	87	00:32:09	00:46:40	**00:52:03.85**	+00:19:25 (37.3%)	5:12	11.5 (62.5%)
217	**SKLEPOWICZ Jacek**	**458**		M 40-49	88	00:32:21	00:46:26	**00:52:06.50**	+00:19:27 (37.4%)	5:12	11.5 (62.5%)
218	**FRĄCKIEWICZ Dariusz**	**135**	BIEGAM NA TARCHOMINIE	M 40-49	89	00:32:20	00:46:13	**00:52:07.80**	+00:19:29 (37.4%)	5:12	11.5 (62.5%)
219	**GOŁĘBIEWSKI Łukasz**	**155**		M 40-49	90	00:31:05	00:46:11	**00:52:10.10**	+00:19:31 (37.4%)	5:13	11.5 (62.5%)
220	**LITKOWICZ Adrian**	**293**	EKOBIEGI	M 40-49	91	00:32:51	00:46:23	**00:52:14.25**	+00:19:35 (37.5%)	5:13	11.5 (62.5%)
221	**KUCHARCZYK Bartosz**	**266**		M 40-49	92	00:32:57	00:46:48	**00:52:14.60**	+00:19:35 (37.5%)	5:13	11.5 (62.5%)
222	**OSUCH Dariusz**	**375**		M 40-49	93	00:31:59	00:46:16	**00:52:15.90**	+00:19:37 (37.5%)	5:13	11.5 (62.5%)
223	**WACH Michał**	**537**	BIEGAM NA TARCHOMINIE	M 40-49	94	00:32:55	00:46:41	**00:52:16.80**	+00:19:38 (37.6%)	5:13	11.5 (62.5%)
224	**ORZEŁ Daniel**	**371**		M 40-49	95			**00:52:18.00**	+00:19:39 (37.6%)	5:13	11.5 (62.5%)
225	**FRYCZ Michał**	**137**		M 40-49	96	00:33:53	00:47:13	**00:52:22.15**	+00:19:43 (37.7%)	5:14	11.5 (62.5%)
226	**LEWANDOWSKI Piotr**	**285**	TRUCHT TARCHOMIN TEAM	M 40-49	97	00:32:10	00:46:18	**00:52:23.40**	+00:19:44 (37.7%)	5:14	11.5 (62.5%)
227	**BIAŁOKOS Kamil**	**44**	GRUPA BIEGOWA CHTMO	M 40-49	98	00:32:19	00:46:26	**00:52:25.05**	+00:19:46 (37.7%)	5:14	11.4 (62.0%)
228	**JANASZ Rafał**	**184**	FMW RUNNERS	M 40-49	99	00:31:53	00:46:33	**00:52:27.35**	+00:19:48 (37.8%)	5:14	11.4 (62.0%)
229	**ŻUKOWSKI Krzysztof**	**611**		M 40-49	100	00:32:13	00:46:32	**00:52:33.25**	+00:19:54 (37.9%)	5:15	11.4 (62.0%)
230	**GAŁKA Bartek**	**141**		M 30-39	75	00:32:09	00:46:46	**00:52:33.80**	+00:19:55 (37.9%)	5:15	11.4 (62.0%)
231	**KLIPO Mateusz**	**225**	DELOITTE ADVENTURE TEAM	M 1-29	29	00:32:51	00:47:04	**00:52:37.40**	+00:19:58 (38.0%)	5:15	11.4 (62.0%)
232	**WÓJCIK Piotr**	**578**		M 40-49	101	00:32:10	00:46:48	**00:52:39.10**	+00:20:00 (38.0%)	5:15	11.4 (62.0%)
233	**FIJAŁKOWSKI Oliwier**	**129**		M 1-29	30	00:32:45	00:46:11	**00:52:41.80**	+00:20:03 (38.0%)	5:16	11.4 (62.0%)
234	**SKŁUCKI Hubert**	**459**	RUN TEAM NASIELSK	M 40-49	102	00:32:28	00:47:04	**00:52:42.35**	+00:20:03 (38.1%)	5:16	11.4 (62.0%)
235	**KUFERA Dariusz**	**269**	BIEGAM NA TARCHOMINIE	M 40-49	103	00:33:29	00:47:05	**00:52:49.30**	+00:20:10 (38.2%)	5:16	11.4 (62.0%)
236	**DĄBROWSKI Emil**	**116**		M 30-39	76	00:32:13	00:46:56	**00:53:00.55**	+00:20:21 (38.4%)	5:18	11.3 (61.4%)
237	**LORENS Krzysztof**	**637**		M 40-49	104	00:32:44	00:46:56	**00:53:01.45**	+00:20:22 (38.4%)	5:18	11.3 (61.4%)
238	**BUDNICKI Michal**	**72**	IM	M 30-39	77	00:32:52	00:46:48	**00:53:02.70**	+00:20:23 (38.5%)	5:18	11.3 (61.4%)
239	**HENTKA Kamil**	**177**	UKL OLIMPIJCZYK 112	M 30-39	78	00:33:29	00:47:25	**00:53:04.15**	+00:20:25 (38.5%)	5:18	11.3 (61.4%)
240	**BABIUCH Marek**	**22**	RUN LOG	M 50-59	24	00:32:45	00:47:07	**00:53:04.40**	+00:20:25 (38.5%)	5:18	11.3 (61.4%)
241	**ANIOŁKOWSKI Krzysztof**	**15**	GRUPA BIEGOWA UM W-WA	M 30-39	79	00:34:29	00:47:57	**00:53:04.60**	+00:20:25 (38.5%)	5:18	11.3 (61.4%)
242	**SIEPIETOWSKI Tomasz**	**455**	ANPHARM RUN TEAM	M 40-49	105	00:33:22	00:47:21	**00:53:06.85**	+00:20:28 (38.5%)	5:18	11.3 (61.4%)
243	**GOLNIK Paweł**	**153**		M 40-49	106	00:32:27	00:47:04	**00:53:09.10**	+00:20:30 (38.6%)	5:18	11.3 (61.4%)
244	**GRYCZKA Andrzej**	**170**	KANCELARIA PRAWNA ANLEX ANDRZEJ GRYCZKA	M 30-39	80	00:31:27	00:46:40	**00:53:09.95**	+00:20:31 (38.6%)	5:18	11.3 (61.4%)
245	**SUCHECKI Przemysław**	**484**	KS POMORSKA	M 40-49	107	00:34:03	00:47:49	**00:53:18.50**	+00:20:39 (38.8%)	5:19	11.3 (61.4%)
246	**BARTNIK Rafał**	**36**	ZABIEGANY WOŁOMIN	M 40-49	108	00:33:10	00:47:30	**00:53:21.45**	+00:20:42 (38.8%)	5:20	11.2 (60.9%)
247	**KOWNACKI Marcin**	**249**		M 40-49	109	00:33:46	00:47:44	**00:53:21.50**	+00:20:42 (38.8%)	5:20	11.2 (60.9%)
248	**MACURA Michał**	**675**		M 40-49	110	00:33:38	00:47:41	**00:53:23.30**	+00:20:44 (38.9%)	5:20	11.2 (60.9%)
249	**SŁOMKA Bogumił**	**466**		M 40-49	111	00:32:47	00:47:21	**00:53:28.90**	+00:20:50 (39.0%)	5:20	11.2 (60.9%)
250	**SZAREWICZ Paweł**	**492**		M 30-39	81	00:33:49	00:47:52	**00:53:39.25**	+00:21:00 (39.2%)	5:21	11.2 (60.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
251	**WILGOS Janusz**	**556**		M 40-49	112	00:34:15	00:48:11	**00:53:39.80**	+00:21:01 (39.2%)	5:21	11.2 (60.9%)
252	**PODKAŃSKI Paweł**	**396**		M 30-39	82	00:32:35	00:47:45	**00:53:40.15**	+00:21:01 (39.2%)	5:22	11.2 (60.9%)
253	**WOJTOWICZ Przemysław**	**575**		M 30-39	83	00:32:25	00:47:34	**00:53:41.00**	+00:21:02 (39.2%)	5:22	11.2 (60.9%)
254	**TOMASZEK Robert**	**522**		M 40-49	113	00:32:29	00:47:35	**00:53:47.00**	+00:21:08 (39.3%)	5:22	11.2 (60.9%)
255	**WYSOCKI Robert**	**581**	GRUPA CHTMO	M 50-59	25	00:34:09	00:47:59	**00:53:47.80**	+00:21:09 (39.3%)	5:22	11.2 (60.9%)
256	**MALYI Sergii**	**615**		M 30-39	84	00:34:09	00:48:23	**00:53:48.40**	+00:21:09 (39.3%)	5:22	11.2 (60.9%)
257	**MOŚCICKI Zenon**	**251**		M 60+	5	00:34:20	00:48:24	**00:53:53.30**	+00:21:14 (39.4%)	5:23	11.1 (60.3%)
258	**KOZAK Piotr**	**195**		M 40-49	114	00:32:55	00:47:51	**00:54:01.10**	+00:21:22 (39.6%)	5:24	11.1 (60.3%)
259	**MENDREK Ireneusz**	**323**	TURBODZIKI	M 30-39	85	00:33:44	00:48:25	**00:54:02.35**	+00:21:23 (39.6%)	5:24	11.1 (60.3%)
260	**NOWAK Jerzy**	**351**	PWPW	M 40-49	115	00:32:47	00:48:03	**00:54:05.05**	+00:21:26 (39.6%)	5:24	11.1 (60.3%)
261	**JODŁOWSKI Grzegorz**	**197**	NIEZRZESZONY	M 40-49	116	00:32:51	00:47:56	**00:54:07.55**	+00:21:28 (39.7%)	5:24	11.1 (60.3%)
262	**ADAMOWICZ Dariusz**	**671**		M 40-49	117	00:33:18	00:48:14	**00:54:08.05**	+00:21:29 (39.7%)	5:24	11.1 (60.3%)
263	**SZLAGA Sebastian**	**499**	KURKARURKA	M 30-39	86	00:34:31	00:48:53	**00:54:11.75**	+00:21:33 (39.8%)	5:25	11.1 (60.3%)
264	**ŻMIJEWSKI Daniel**	**607**		M 30-39	87	00:32:22	00:48:18	**00:54:12.95**	+00:21:34 (39.8%)	5:25	11.1 (60.3%)
265	**KARWECKI Patryk**	**211**		M 30-39	88			**00:54:14.00**	+00:21:35 (39.8%)	5:25	11.1 (60.3%)
266	**SUPERA Krzysztof**	**488**	DELOITTE ADVENTURE TEAM	M 40-49	118	00:34:41	00:48:45	**00:54:21.55**	+00:21:42 (39.9%)	5:26	11 (59.8%)
267	**KRÓLICKI Konrad**	**257**	STG WARSZAWA	M 40-49	119	00:33:05	00:48:03	**00:54:24.50**	+00:21:45 (40.0%)	5:26	11 (59.8%)
268	**MOSOŃ Jakub**	**663**		M 40-49	120	00:33:45	00:48:31	**00:54:28.35**	+00:21:49 (40.1%)	5:26	11 (59.8%)
269	**SZYMCZAK Jacek**	**687**		M 40-49	121	00:33:36	00:48:58	**00:54:30.85**	+00:21:52 (40.1%)	5:27	11 (59.8%)
270	**MATYJASIAK Mateusz**	**319**		M 1-29	31	00:35:24	00:49:07	**00:54:31.30**	+00:21:52 (40.1%)	5:27	11 (59.8%)
271	**FILIPOWICZ Arkadiusz**	**130**		M 40-49	122	00:33:03	00:48:19	**00:54:31.75**	+00:21:53 (40.1%)	5:27	11 (59.8%)
272	**DYREK Dariusz**	**652**		M 60+	6	00:34:52	00:48:55	**00:54:33.55**	+00:21:54 (40.2%)	5:27	11 (59.8%)
273	**SZCZĘSNY Paweł**	**498**		M 40-49	123	00:33:06	00:48:21	**00:54:41.10**	+00:22:02 (40.3%)	5:28	11 (59.8%)
274	**WIKTOROWICZ Marcin**	**554**		M 40-49	124	00:34:35	00:48:56	**00:54:43.65**	+00:22:04 (40.3%)	5:28	11 (59.8%)
275	**RUPIK Piotr**	**437**		M 40-49	125	00:33:40	00:48:41	**00:54:45.60**	+00:22:06 (40.4%)	5:28	11 (59.8%)
276	**GÓRKA Bartosz**	**159**		M 30-39	89	00:34:44	00:48:58	**00:54:46.00**	+00:22:07 (40.4%)	5:28	11 (59.8%)
277	**SZLASA Grzegorz**	**500**		M 40-49	126	00:34:35	00:49:01	**00:54:54.95**	+00:22:16 (40.6%)	5:29	10.9 (59.2%)
278	**ADAMKIEWICZ Marcin**	**14**		M 30-39	90	00:33:42	00:48:45	**00:54:55.20**	+00:22:16 (40.6%)	5:29	10.9 (59.2%)
279	**HEĆMAN Marcin**	**635**		M 40-49	127	00:33:38	00:48:47	**00:54:55.35**	+00:22:16 (40.6%)	5:29	10.9 (59.2%)
280	**KOLASA Andrzej**	**232**	KLUB J.SŁOWACKIEGO	M 60+	7	00:34:25	00:48:54	**00:54:56.95**	+00:22:18 (40.6%)	5:29	10.9 (59.2%)
281	**ŻUK Paweł**	**610**		M 40-49	128	00:34:41	00:48:54	**00:55:02.40**	+00:22:23 (40.7%)	5:30	10.9 (59.2%)
282	**STRAWSKI Marcin**	**479**		M 40-49	129	00:38:47	00:49:42	**00:55:17.50**	+00:22:38 (41.0%)	5:31	10.9 (59.2%)
283	**CELIŃSKI Mateusz**	**74**	TRUCHT TARCHOMIN TEAM	M 1-29	32	00:32:51	00:49:16	**00:55:20.35**	+00:22:41 (41.0%)	5:32	10.8 (58.7%)
284	**BOBROWSKI Marcin**	**55**	RECEPTANANUDE.PL	M 50-59	26	00:35:37	00:49:38	**00:55:29.30**	+00:22:50 (41.2%)	5:32	10.8 (58.7%)
285	**BORUSZEWSKI Maciej**	**63**		M 40-49	130	00:35:20	00:49:39	**00:55:31.00**	+00:22:52 (41.2%)	5:33	10.8 (58.7%)
286	**MICHALSKI Dariusz**	**325**		M 60+	8	00:35:04	00:49:32	**00:55:31.40**	+00:22:52 (41.2%)	5:33	10.8 (58.7%)
287	**PRĘDKI Marcin**	**406**		M 40-49	131	00:34:31	00:49:32	**00:55:38.25**	+00:22:59 (41.3%)	5:33	10.8 (58.7%)
288	**KONOPKA Andrzej**	**235**		M 40-49	132	00:33:51	00:49:23	**00:55:39.20**	+00:23:00 (41.3%)	5:33	10.8 (58.7%)
289	**BIEDROŃ Artur**	**47**	ERP HEART TEAM	M 40-49	133	00:35:30	00:50:01	**00:55:41.75**	+00:23:03 (41.4%)	5:34	10.8 (58.7%)
290	**BAKUŁA Wiesław**	**26**	WAMPIR	M 50-59	27	00:34:02	00:49:27	**00:55:41.90**	+00:23:03 (41.4%)	5:34	10.8 (58.7%)
291	**ZAWADZKI Emil**	**594**		M 30-39	91	00:35:32	00:50:00	**00:55:42.40**	+00:23:03 (41.4%)	5:34	10.8 (58.7%)
292	**SKRĘTKOWICZ Paweł**	**462**		M 30-39	92	00:34:53	00:49:37	**00:55:45.00**	+00:23:06 (41.4%)	5:34	10.8 (58.7%)
293	**BAZYLEWICZ Hubert**	**37**		M 30-39	93	00:33:26	00:49:03	**00:55:45.10**	+00:23:06 (41.4%)	5:34	10.8 (58.7%)
294	**WOJNARSKI Janusz**	**572**		M 60+	9	00:35:09	00:49:48	**00:55:48.35**	+00:23:09 (41.5%)	5:34	10.8 (58.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
295	**BIEŃKOWSKI Daniel**	**51**		M 30-39	94	00:35:59	00:50:10	**00:55:50.35**	+00:23:11 (41.5%)	5:35	10.7 (58.2%)
296	**SMORAWSKI Wodzisław**	**467**		M 30-39	95	00:34:46	00:49:25	**00:55:51.40**	+00:23:12 (41.6%)	5:35	10.7 (58.2%)
297	**TRZESIŃSKI Michał**	**532**		M 30-39	96	00:34:16	00:49:32	**00:55:54.45**	+00:23:15 (41.6%)	5:35	10.7 (58.2%)
298	**MIKLASZEWSKI Kamil**	**333**		M 30-39	97	00:34:46	00:49:50	**00:56:00.50**	+00:23:21 (41.7%)	5:36	10.7 (58.2%)
299	**MARCINKOWSKI Krzysztof**	**313**		M 40-49	134	00:35:08	00:50:08	**00:56:11.15**	+00:23:32 (41.9%)	5:37	10.7 (58.2%)
300	**ZIELIŃSKI Karol**	**640**		M 40-49	135	00:34:04	00:49:29	**00:56:11.95**	+00:23:33 (41.9%)	5:37	10.7 (58.2%)
301	**SZCZĘSNY Michał**	**497**		M 40-49	136	00:34:14	00:49:34	**00:56:18.05**	+00:23:39 (42.0%)	5:37	10.7 (58.2%)
302	**PŁATEK Emil**	**392**		M 30-39	98	00:34:38	00:49:55	**00:56:20.55**	+00:23:41 (42.1%)	5:38	10.7 (58.2%)
303	**MIKLASZEWSKI Marian**	**334**		M 60+	10	00:35:09	00:50:03	**00:56:21.60**	+00:23:42 (42.1%)	5:38	10.6 (57.6%)
304	**OSIAK Dawid**	**372**		M 1-29	33	00:35:52	00:50:33	**00:56:21.80**	+00:23:43 (42.1%)	5:38	10.6 (57.6%)
305	**GRZESZCZYK Michał**	**172**	EKOBIEGI	M 40-49	137	00:35:04	00:49:55	**00:56:23.15**	+00:23:44 (42.1%)	5:38	10.6 (57.6%)
306	**ŁUCZAK Michał**	**304**	RAK'N'ROLL	M 40-49	138	00:35:12	00:50:19	**00:56:23.65**	+00:23:44 (42.1%)	5:38	10.6 (57.6%)
307	**PARZYCH Marcin**	**634**		M 40-49	139	00:33:33	00:50:02	**00:56:26.25**	+00:23:47 (42.2%)	5:38	10.6 (57.6%)
308	**BESSARABA Sławomir**	**42**		M 40-49	140	00:35:19	00:50:15	**00:56:27.70**	+00:23:48 (42.2%)	5:38	10.6 (57.6%)
309	**TOCHOWICZ Paweł**	**521**		M 40-49	141	00:35:52	00:50:31	**00:56:32.60**	+00:23:53 (42.3%)	5:39	10.6 (57.6%)
310	**DANIUN Wojciech**	**112**		M 30-39	99	00:34:46	00:50:36	**00:56:34.85**	+00:23:56 (42.3%)	5:39	10.6 (57.6%)
311	**BIAŁORUCKI Piotr**	**45**		M 40-49	142	00:35:19	00:50:22	**00:56:37.10**	+00:23:58 (42.3%)	5:39	10.6 (57.6%)
312	**MIŁOSZ Marek**	**335**		M 50-59	28	00:34:03	00:49:54	**00:56:40.35**	+00:24:01 (42.4%)	5:40	10.6 (57.6%)
313	**RZEPKA Bartosz**	**444**		M 30-39	100	00:35:42	00:50:46	**00:56:42.95**	+00:24:04 (42.4%)	5:40	10.6 (57.6%)
314	**WITCZAK Piotr**	**564**		M 40-49	143	00:35:11	00:50:10	**00:56:56.15**	+00:24:17 (42.7%)	5:41	10.5 (57.1%)
314	**ROGOZINSKI Adrian**	**428**		M 30-39	101	00:34:10	00:50:54	**00:56:56.15**	+00:24:17 (42.7%)	5:41	10.5 (57.1%)
316	**KOPACZEL Paweł**	**689**	BIEGAM U KOLESI	M 30-39	102	00:33:54	00:50:26	**00:56:58.35**	+00:24:19 (42.7%)	5:41	10.5 (57.1%)
317	**ZABIELSKI Andrzej**	**669**		M 40-49	144	00:34:56	00:50:36	**00:57:08.90**	+00:24:30 (42.9%)	5:42	10.5 (57.1%)
318	**RUDENKO Roman**	**436**	MX STUDIO	M 30-39	103	00:33:51	00:50:25	**00:57:17.05**	+00:24:38 (43.0%)	5:43	10.5 (57.1%)
319	**CIOŁEK Robert**	**97**		M 40-49	145	00:34:47	00:51:12	**00:57:21.60**	+00:24:42 (43.1%)	5:44	10.5 (57.1%)
320	**BIENIEK Wojciech**	**50**		M 30-39	104	00:35:24	00:50:47	**00:57:26.25**	+00:24:47 (43.2%)	5:44	10.4 (56.5%)
321	**PISANIEC Krzysztof**	**389**		M 30-39	105	00:35:34	00:50:52	**00:57:28.40**	+00:24:49 (43.2%)	5:44	10.4 (56.5%)
322	**PASEK Łukasz**	**381**		M 1-29	34	00:34:08	00:50:41	**00:57:32.15**	+00:24:53 (43.3%)	5:45	10.4 (56.5%)
323	**LIS Marcin**	**290**		M 40-49	146	00:34:25	00:51:02	**00:57:33.85**	+00:24:55 (43.3%)	5:45	10.4 (56.5%)
324	**MARCZEWSKI Marcin**	**314**	RESILIA BEMOWO	M 40-49	147	00:34:49	00:51:07	**00:57:34.20**	+00:24:55 (43.3%)	5:45	10.4 (56.5%)
325	**CZAJKOWSKI Rafał**	**102**	EKOBIEGI	M 40-49	148	00:35:44	00:50:53	**00:57:37.45**	+00:24:58 (43.3%)	5:45	10.4 (56.5%)
326	**DUDEK Bartłomiej**	**123**	BIEGAM NA TARCHOMINIE	M 30-39	106	00:35:56	00:50:54	**00:57:38.90**	+00:25:00 (43.4%)	5:45	10.4 (56.5%)
327	**FROCZUK Piotr**	**673**		M 50-59	29	00:36:38	00:51:47	**00:57:40.20**	+00:25:01 (43.4%)	5:46	10.4 (56.5%)
328	**GASKIEWICZ Marek**	**143**		M 40-49	149	00:35:15	00:51:13	**00:57:46.30**	+00:25:07 (43.5%)	5:46	10.4 (56.5%)
329	**CZARTORYSKI Krystian**	**109**		M 40-49	150	00:35:59	00:51:19	**00:57:47.60**	+00:25:08 (43.5%)	5:46	10.4 (56.5%)
330	**ZAKABŁUKOWSKI Artur**	**584**		M 50-59	30	00:35:59	00:51:20	**00:57:49.45**	+00:25:10 (43.5%)	5:46	10.4 (56.5%)
331	**GOLONKA Patryk**	**299**		M 1-29	35			**00:57:53.00**	+00:25:14 (43.6%)	5:47	10.4 (56.5%)
332	**KASZCZUK Radosław**	**213**		M 40-49	151	00:35:45	00:51:28	**00:57:56.10**	+00:25:17 (43.7%)	5:47	10.4 (56.5%)
333	**JAWORSKI Łukasz**	**194**		M 30-39	107	00:35:28	00:51:32	**00:57:58.30**	+00:25:19 (43.7%)	5:47	10.4 (56.5%)
334	**KORSAK Piotr**	**667**		M 40-49	152	00:36:30	00:52:25	**00:58:07.45**	+00:25:28 (43.8%)	5:48	10.3 (56.0%)
335	**SULICH Mateusz**	**487**		M 30-39	108	00:36:12	00:51:43	**00:58:07.65**	+00:25:28 (43.8%)	5:48	10.3 (56.0%)
336	**RUSZTECKI Rafał**	**438**	TASMANIANDEVIL	M 40-49	153	00:36:24	00:51:57	**00:58:12.40**	+00:25:33 (43.9%)	5:49	10.3 (56.0%)
337	**MARCINKOWSKI Dariusz**	**312**		M 60+	11	00:35:24	00:51:33	**00:58:12.50**	+00:25:33 (43.9%)	5:49	10.3 (56.0%)
338	**CIERNIAK Michał**	**92**	GRUPA BIEGOWA UM WARSZAWA	M 40-49	154	00:35:55	00:51:49	**00:58:16.15**	+00:25:37 (44.0%)	5:49	10.3 (56.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
339	**OGRODNICZUK Józef**	**356**		M 60+	12	00:37:11	00:52:11	**00:58:20.25**	+00:25:41 (44.0%)	5:50	10.3 (56.0%)
340	**PROKOPIUK Grzegorz**	**409**	SZWAGRY DWA	M 40-49	155	00:40:25	00:52:25	**00:58:30.65**	+00:25:51 (44.2%)	5:51	10.3 (56.0%)
341	**KRAWCZYK Wojciech**	**253**	BIEGAM NA TARCHOMINIE	M 50-59	31	00:36:23	00:51:53	**00:58:33.35**	+00:25:54 (44.2%)	5:51	10.2 (55.4%)
342	**MIECIEK Michał**	**330**		M 40-49	156	00:36:07	00:52:16	**00:58:34.45**	+00:25:55 (44.3%)	5:51	10.2 (55.4%)
343	**MARUSZAK Łukasz**	**316**	BIEGAM NA TARCHOMINIE	M 30-39	109	00:36:40	00:52:31	**00:58:36.05**	+00:25:57 (44.3%)	5:51	10.2 (55.4%)
344	**WASIAK Bartosz**	**544**		M 30-39	110	00:34:32	00:51:32	**00:58:44.25**	+00:26:05 (44.4%)	5:52	10.2 (55.4%)
345	**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 (44.7%)	5:54	10.2 (55.4%)
346	**BUCZEK Piotr**	**70**		M 40-49	158	00:36:37	00:52:40	**00:59:05.10**	+00:26:26 (44.7%)	5:54	10.2 (55.4%)
347	**KAPUSCINSKI Marcin**	**632**		M 40-49	159	00:36:41	00:52:35	**00:59:18.05**	+00:26:39 (44.9%)	5:55	10.1 (54.9%)
348	**PRASAŁEK Jan**	**405**	LEGIA WARSZAWA	M 30-39	111	00:37:43	00:53:11	**00:59:24.75**	+00:26:46 (45.1%)	5:56	10.1 (54.9%)
349	**ORŁOWSKI Marek**	**368**		M 40-49	160	00:36:52	00:53:06	**00:59:25.15**	+00:26:46 (45.1%)	5:56	10.1 (54.9%)
350	**MIASTOWSKI Rafał**	**18**	SŁOŃ B	M 50-59	32	00:37:15	00:52:58	**00:59:25.25**	+00:26:46 (45.1%)	5:56	10.1 (54.9%)
351	**ROKICKI Aleksander**	**700**		M 40-49	161	00:37:15	00:52:39	**00:59:29.00**	+00:26:50 (45.1%)	5:56	10.1 (54.9%)
352	**DĄBROWSKI Andrzej**	**115**		M 60+	13	00:37:02	00:53:15	**00:59:29.50**	+00:26:50 (45.1%)	5:56	10.1 (54.9%)
353	**MUCHA Grzegorz**	**341**		M 60+	14	00:37:16	00:53:00	**00:59:36.05**	+00:26:57 (45.2%)	5:57	10.1 (54.9%)
354	**KUCHARCZYK Kamil**	**267**		M 30-39	112	00:37:13	00:53:43	**00:59:42.15**	+00:27:03 (45.3%)	5:58	10.1 (54.9%)
355	**KOZLOWSKI Piotr**	**250**	POLONIA WARSZAWA	M 40-49	162	00:36:47	00:53:09	**00:59:44.75**	+00:27:06 (45.4%)	5:58	10 (54.3%)
356	**ŁYCZEK Rafał**	**305**		M 30-39	113	00:37:31	00:53:51	**00:59:45.40**	+00:27:06 (45.4%)	5:58	10 (54.3%)
357	**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 (45.4%)	5:58	10 (54.3%)
358	**BARCIAK Marcin**	**34**		M 40-49	164	00:38:14	00:53:27	**00:59:49.35**	+00:27:10 (45.4%)	5:58	10 (54.3%)
359	**KĘPKA Marcin**	**216**		M 1-29	36	00:36:43	00:53:16	**00:59:49.70**	+00:27:10 (45.4%)	5:58	10 (54.3%)
360	**SENKO Mateusz**	**450**	STOWARZYSZENIE RAZEM DLA BIAŁOŁĘKI	M 30-39	114	00:39:30	00:54:31	**00:59:49.80**	+00:27:11 (45.4%)	5:58	10 (54.3%)
361	**SUCHODOLSKI Mariusz**	**485**	KS STASZEWSCY	M 40-49	165	00:38:13	00:53:27	**00:59:50.20**	+00:27:11 (45.4%)	5:59	10 (54.3%)
362	**MOCZYDŁOWSKI Łukasz**	**338**	MASTERS DOJO KARATE KYOKUSHIN	M 40-49	166	00:36:40	00:53:03	**00:59:50.95**	+00:27:12 (45.5%)	5:59	10 (54.3%)
363	**PYTKA Andrzej**	**417**		M 50-59	33	00:36:47	00:53:05	**00:59:51.60**	+00:27:12 (45.5%)	5:59	10 (54.3%)
364	**KOTNIS Bogusław**	**243**	RTV ACTIVE TEAM	M 40-49	167	00:37:46	00:53:36	**00:59:53.00**	+00:27:14 (45.5%)	5:59	10 (54.3%)
365	**GOŹDZIKIEWICZ Błażej**	**158**		M 40-49	168	00:37:14	00:53:31	**01:00:05.00**	+00:27:26 (45.7%)	6:00	10 (54.3%)
366	**OLESIAK Arkadiusz**	**361**	BIEGAM NA TARCHOMINIE	M 50-59	34	00:38:17	00:53:54	**01:00:07.00**	+00:27:28 (45.7%)	6:00	10 (54.3%)
367	**SKOWRONEK Krzysztof**	**461**		M 1-29	37	00:37:30	00:53:51	**01:00:09.95**	+00:27:31 (45.7%)	6:00	10 (54.3%)
368	**K Bogdan**	**690**		M 50-59	35	00:37:22	00:53:42	**01:00:10.90**	+00:27:32 (45.8%)	6:01	10 (54.3%)
369	**KARMIŁOWICZ Eugeniusz**	**209**	POLSKIE STOWARZYSZENIE SPORTU PO TRANSPLANTACJI	M 50-59	36	00:37:04	00:53:11	**01:00:14.15**	+00:27:35 (45.8%)	6:01	10 (54.3%)
370	**WOJTAS Michał**	**573**		M 1-29	38	00:36:42	00:54:11	**01:00:20.55**	+00:27:41 (45.9%)	6:02	9.9 (53.8%)
371	**CIULA Dominik**	**100**		M 30-39	115	00:35:41	00:52:48	**01:00:24.30**	+00:27:45 (46.0%)	6:02	9.9 (53.8%)
372	**GMYREK Robert**	**150**		M 30-39	116	00:35:41	00:52:48	**01:00:24.70**	+00:27:45 (46.0%)	6:02	9.9 (53.8%)
373	**ŁUCZAK Piotr**	**302**	PKO BANK POLSKI SA	M 40-49	169	00:37:33	00:54:05	**01:00:37.60**	+00:27:58 (46.2%)	6:03	9.9 (53.8%)
374	**BOHACZ Sylwester**	**650**		M 30-39	117	00:35:16	00:53:33	**01:00:44.60**	+00:28:05 (46.3%)	6:04	9.9 (53.8%)
375	**BUKOWSKI Janusz**	**73**	STOWARZYSZENIE DAĆ SIEBIE INNYM	M 60+	15	00:37:29	00:54:03	**01:00:46.90**	+00:28:08 (46.3%)	6:04	9.9 (53.8%)
376	**KAZAŁA Piotr**	**214**	BIEGOWE WTORKI NA TARCHOMINIE	M 50-59	37	00:36:27	00:53:38	**01:00:48.15**	+00:28:09 (46.3%)	6:04	9.9 (53.8%)
377	**OLCZAK Witold**	**358**	UMCS BIEGA	M 60+	16	00:38:14	00:54:31	**01:00:54.15**	+00:28:15 (46.4%)	6:05	9.9 (53.8%)
378	**SOBIERAJSKI Marek**	**468**		M 40-49	170	00:38:56	00:54:37	**01:01:07.55**	+00:28:28 (46.6%)	6:06	9.8 (53.3%)
379	**KACZOREK Robert**	**205**		M 60+	17	00:37:18	00:54:03	**01:01:09.80**	+00:28:31 (46.6%)	6:06	9.8 (53.3%)
380	**KACPRZAK Michał**	**203**		M 30-39	118	00:37:04	00:54:07	**01:01:09.85**	+00:28:31 (46.6%)	6:06	9.8 (53.3%)
381	**GRABOWSKI Marcin**	**163**		M 40-49	171	00:38:52	00:55:03	**01:01:10.80**	+00:28:32 (46.6%)	6:07	9.8 (53.3%)
382	**PODBIELSKI Przemysław**	**393**		M 30-39	119	00:37:05	00:54:07	**01:01:11.05**	+00:28:32 (46.6%)	6:07	9.8 (53.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
383	**LOZOWSKI Robert**	**296**		M 40-49	172	00:36:37	00:53:57	**01:01:14.40**	+00:28:35 (46.7%)	6:07	9.8 (53.3%)
384	**MOCZYDŁOWSKI Piotr**	**337**	MASTERS DOJO KARATE KYOKUSHIN	M 30-39	120	00:37:37	00:54:31	**01:01:14.50**	+00:28:35 (46.7%)	6:07	9.8 (53.3%)
385	**TRZCIŃSKI Michał**	**531**		M 1-29	39	00:37:14	00:54:27	**01:01:20.90**	+00:28:42 (46.8%)	6:08	9.8 (53.3%)
386	**GWIZDAŁA Tomek**	**215**		M 30-39	121	00:38:18	00:53:37	**01:01:23.40**	+00:28:44 (46.8%)	6:08	9.8 (53.3%)
386	**GWIZDAŁA Piotr**	**676**		M 1-29	40	00:38:18	00:55:07	**01:01:23.40**	+00:28:44 (46.8%)	6:08	9.8 (53.3%)
388	**ZARĘBA Tomasz**	**589**		M 1-29	41	00:36:48	00:54:21	**01:01:25.15**	+00:28:46 (46.8%)	6:08	9.8 (53.3%)
389	**PIETRZYKOWSKI Damian**	**388**		M 40-49	173	00:38:31	00:54:47	**01:01:31.10**	+00:28:52 (46.9%)	6:09	9.8 (53.3%)
390	**WITZKE Artur**	**566**		M 40-49	174	00:37:58	00:54:39	**01:01:32.45**	+00:28:53 (47.0%)	6:09	9.8 (53.3%)
391	**STRYJKOWSKI Marek**	**480**	ROZBIEGANY SULEJÓWEK	M 50-59	38	00:38:26	00:54:55	**01:01:38.90**	+00:29:00 (47.0%)	6:09	9.7 (52.7%)
392	**PIWOWARSKI Dariusz**	**390**		M 1-29	42	00:37:21	00:53:41	**01:01:41.45**	+00:29:02 (47.1%)	6:10	9.7 (52.7%)
393	**MEJOR Jan**	**322**	RAKREATON 2021	M 30-39	122	00:37:49	00:54:40	**01:01:43.40**	+00:29:04 (47.1%)	6:10	9.7 (52.7%)
394	**OLEJNIK Marcin**	**360**		M 30-39	123	00:39:36	00:55:43	**01:01:45.10**	+00:29:06 (47.1%)	6:10	9.7 (52.7%)
395	**TADRAŁA Tomasz**	**513**		M 40-49	175	00:38:17	00:54:45	**01:01:45.70**	+00:29:06 (47.1%)	6:10	9.7 (52.7%)
396	**DYMARSKI Bartosz**	**126**		M 40-49	176	00:38:24	00:54:52	**01:01:46.85**	+00:29:08 (47.2%)	6:10	9.7 (52.7%)
397	**MATUSEWICZ Krzysztof**	**641**		M 40-49	177	00:36:42	00:54:39	**01:01:52.50**	+00:29:13 (47.2%)	6:11	9.7 (52.7%)
398	**GURMIŃSKI Łukasz**	**176**		M 40-49	178	00:37:26	00:55:04	**01:02:18.25**	+00:29:39 (47.6%)	6:13	9.6 (52.2%)
399	**MACURA Wiktor**	**642**		M 1-29	43	00:38:48	00:55:28	**01:02:19.85**	+00:29:41 (47.6%)	6:13	9.6 (52.2%)
400	**KOPROWICZ Damian**	**237**		M 1-29	44	00:39:15	00:55:35	**01:02:21.90**	+00:29:43 (47.7%)	6:14	9.6 (52.2%)
401	**CZAPIEWSKI Maciej**	**104**	BRODNICA BIEGA	M 60+	18	00:38:25	00:55:18	**01:02:22.30**	+00:29:43 (47.7%)	6:14	9.6 (52.2%)
402	**STANKIEWICZ Maciej**	**475**	AMI & AURI RUNNERS CLUB	M 40-49	179	00:40:14	00:56:23	**01:02:33.70**	+00:29:54 (47.8%)	6:15	9.6 (52.2%)
403	**MALUDZIŃSKI Maciej**	**699**		M 40-49	180	00:38:56	00:55:51	**01:02:34.00**	+00:29:55 (47.8%)	6:15	9.6 (52.2%)
404	**SURMACZ Jacek**	**489**		M 40-49	181	00:38:18	00:55:31	**01:02:36.55**	+00:29:57 (47.9%)	6:15	9.6 (52.2%)
405	**KITA Grzegorz**	**655**	SMP	M 50-59	39	00:38:31	00:55:57	**01:03:00.20**	+00:30:21 (48.2%)	6:18	9.5 (51.6%)
406	**KĘSICKI Rafał**	**218**		M 40-49	182	00:39:40	00:56:18	**01:03:21.70**	+00:30:42 (48.5%)	6:20	9.5 (51.6%)
407	**TYBURC Pawel**	**8**	KLUB ZERWANEGO ACHILLESA	M 40-49	183	00:38:34	00:55:57	**01:03:28.70**	+00:30:49 (48.6%)	6:20	9.5 (51.6%)
408	**ORŁOWSKI Tomasz**	**644**		M 30-39	124	00:39:34	00:56:52	**01:03:37.80**	+00:30:59 (48.7%)	6:21	9.4 (51.1%)
409	**ŻUCHOWSKI Artur**	**609**	MY MIESZKAŃCY LEGIONOWO	M 40-49	184	00:39:51	00:56:32	**01:03:39.30**	+00:31:00 (48.7%)	6:21	9.4 (51.1%)
410	**LEŚNIKOWSKI Albert**	**283**		M 30-39	125	00:39:54	00:56:35	**01:03:44.85**	+00:31:06 (48.8%)	6:22	9.4 (51.1%)
411	**GĘBICZ Cezary**	**154**		M 40-49	185	00:38:37	00:56:58	**01:03:54.90**	+00:31:16 (48.9%)	6:23	9.4 (51.1%)
412	**PRĘGOWSKI Grzegorz**	**407**	EKO BIEGI	M 50-59	40	00:39:23	00:56:41	**01:03:55.35**	+00:31:16 (48.9%)	6:23	9.4 (51.1%)
413	**KRYSIK Marcin**	**261**	WUJÓWKA	M 30-39	126	00:40:07	00:56:36	**01:04:05.95**	+00:31:27 (49.1%)	6:24	9.4 (51.1%)
414	**RYSZKA Bogusław**	**441**		M 50-59	41	00:39:38	00:57:24	**01:04:06.65**	+00:31:27 (49.1%)	6:24	9.4 (51.1%)
415	**KULBACKI Kamil**	**270**		M 30-39	127	00:40:15	00:56:58	**01:04:13.85**	+00:31:35 (49.2%)	6:25	9.3 (50.5%)
416	**POPARDOWSKI Paweł**	**402**		M 30-39	128	00:40:32	00:57:56	**01:04:14.15**	+00:31:35 (49.2%)	6:25	9.3 (50.5%)
417	**PRZESTRZELSKI Sławomir**	**234**		M 50-59	42	00:40:54	00:57:25	**01:04:19.90**	+00:31:41 (49.3%)	6:25	9.3 (50.5%)
418	**WISNIEWSKI Mateusz**	**559**		M 1-29	45	00:38:49	00:57:30	**01:04:54.20**	+00:32:15 (49.7%)	6:29	9.2 (50.0%)
419	**GRABOWSKI Kacper**	**162**		M 1-29	46	00:40:55	00:58:18	**01:04:54.65**	+00:32:15 (49.7%)	6:29	9.2 (50.0%)
420	**WĄTRÓBSKI Krzysztof**	**546**		M 1-29	47	00:39:42	00:57:26	**01:05:02.20**	+00:32:23 (49.8%)	6:30	9.2 (50.0%)
421	**SKRZYPECKI Jakub**	**463**	ANPHARM RUN TEAM	M 30-39	129	00:41:11	00:58:34	**01:05:21.60**	+00:32:42 (50.1%)	6:32	9.2 (50.0%)
422	**ZIARA Jarosław**	**600**		M 50-59	43	00:37:40	00:56:24	**01:05:44.55**	+00:33:05 (50.3%)	6:34	9.1 (49.5%)
423	**WŁODARCZYK Maciej**	**567**		M 40-49	186	00:39:56	00:58:26	**01:05:56.65**	+00:33:17 (50.5%)	6:35	9.1 (49.5%)
424	**WISNIEWSKI Adam**	**560**		M 30-39	130	00:39:57	00:58:39	**01:06:15.50**	+00:33:36 (50.7%)	6:37	9.1 (49.5%)
425	**BENKE Adam**	**40**		M 1-29	48	00:40:20	00:59:12	**01:06:31.90**	+00:33:53 (50.9%)	6:39	9 (48.9%)
426	**KITA Grzegorz**	**660**		M 50-59	44	00:40:38	00:59:11	**01:06:38.20**	+00:33:59 (51.0%)	6:39	9 (48.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
427	**PIASKO Maciej**	**386**	GRUPA BIEGOWA UM-W-WA	M 40-49	187	00:40:54	00:59:25	**01:07:16.35**	+00:34:37 (51.5%)	6:43	8.9 (48.4%)
428	**SOWA Paweł**	**151**		M 50-59	45	00:40:30	00:59:58	**01:07:24.90**	+00:34:46 (51.6%)	6:44	8.9 (48.4%)
429	**ŁYSIK Marcin**	**678**		M 1-29	49	00:42:03	01:01:23	**01:07:26.40**	+00:34:47 (51.6%)	6:44	8.9 (48.4%)
430	**BALŚ Andrzej**	**696**		M 60+	19	00:37:58	00:57:43	**01:07:42.50**	+00:35:03 (51.8%)	6:46	8.9 (48.4%)
431	**ZIELIŃSKI Paweł**	**603**		M 30-39	131	00:41:50	01:00:22	**01:07:54.30**	+00:35:15 (51.9%)	6:47	8.8 (47.8%)
432	**KALICKI Wojciech**	**206**		M 40-49	188	00:40:30	01:00:15	**01:08:35.85**	+00:35:57 (52.4%)	6:51	8.7 (47.3%)
433	**ZATYLNY Tomasz**	**592**		M 40-49	189	00:41:32	01:00:21	**01:08:51.15**	+00:36:12 (52.6%)	6:53	8.7 (47.3%)
434	**BIELEC Bartłomiej**	**48**		M 40-49	190	00:42:53	01:01:31	**01:09:08.25**	+00:36:29 (52.8%)	6:54	8.7 (47.3%)
435	**MICHNOWSKI Sebastian**	**329**		M 40-49	191	00:42:16	01:01:06	**01:09:13.35**	+00:36:34 (52.8%)	6:55	8.7 (47.3%)
436	**JANKOWSKI Tomek**	**189**		M 40-49	192	00:41:59	01:01:48	**01:09:26.85**	+00:36:48 (53.0%)	6:56	8.6 (46.7%)
437	**KOWALSKI Wiesław**	**248**		M 50-59	46	00:42:20	01:01:38	**01:09:43.30**	+00:37:04 (53.2%)	6:58	8.6 (46.7%)
438	**BIERNACKI Adam**	**52**	ŁÓDŹ/WARSZAWA	M 60+	20	00:42:15	01:01:40	**01:09:47.30**	+00:37:08 (53.2%)	6:58	8.6 (46.7%)
439	**MATUSZEWSKI Pawel**	**318**		M 30-39	132	00:42:49	01:03:07	**01:10:42.70**	+00:38:03 (53.8%)	7:04	8.5 (46.2%)
440	**BRZÓZKA Kamil**	**67**	TARCHO ZIOMY	M 40-49	193	00:44:59	01:04:04	**01:11:46.90**	+00:39:08 (54.5%)	7:10	8.4 (45.7%)
441	**JURECKI Marek**	**201**		M 50-59	47	00:42:33	01:03:57	**01:12:35.65**	+00:39:56 (55.0%)	7:15	8.3 (45.1%)
442	**OKSIENIUK Marcin**	**613**	TURBODZIKI	M 30-39	133	00:44:23	01:05:47	**01:13:52.45**	+00:41:13 (55.8%)	7:23	8.1 (44.0%)
443	**OLSZEWSKI Łukasz**	**365**		M 30-39	134	00:44:36	01:05:52	**01:14:05.85**	+00:41:27 (55.9%)	7:24	8.1 (44.0%)
444	**TREMELET Sebastien**	**526**		M 40-49	194	00:45:49	01:06:42	**01:14:33.55**	+00:41:54 (56.2%)	7:27	8 (43.5%)
445	**LIBERA Paweł**	**287**	GRUPA BIEGOWA UM W-WA	M 30-39	135	00:44:28	01:06:01	**01:14:39.35**	+00:42:00 (56.3%)	7:27	8 (43.5%)
446	**MAŚLOCH Piotr**	**694**		M 50-59	48	00:44:09	01:06:32	**01:15:25.05**	+00:42:46 (56.7%)	7:32	8 (43.5%)
447	**BOCHENEK Sebastian**	**56**		M 30-39	136	00:45:31	01:08:11	**01:16:24.55**	+00:43:45 (57.3%)	7:38	7.9 (42.9%)
448	**WIŚNIEWSKI Adam**	**563**		M 1-29	50	00:47:16	01:08:14	**01:17:05.75**	+00:44:27 (57.7%)	7:42	7.8 (42.4%)
449	**LUCIMIŃSKI Marcin**	**297**	ŚLIMAK RUNNING TEAM	M 40-49	195	00:48:46	01:10:03	**01:19:30.35**	+00:46:51 (58.9%)	7:57	7.5 (40.8%)
450	**NASKRĘT Mariusz**	**344**		M 40-49	196	00:53:00	01:16:44	**01:25:56.15**	+00:53:17 (62.0%)	8:35	7 (38.0%)
451	**CZECHOWSKI Jerzy**	**110**	MZA - WARSZAWA	M 60+	21	00:54:25	01:17:26	**01:27:36.00**	+00:54:57 (62.7%)	8:45	6.8 (37.0%)
Przekroczony limit czasu: 01:30:00											
452	**MAJKOWSKI Michał**	**685**		M 30-39	137	00:58:05	01:23:40	**01:34:20.40**	+01:01:41 (65.4%)	9:26	6.4 (34.8%)
453	**BOROWIAK Jacek**	**60**	SLOW JOGGING POLSKA	M 60+	22	00:58:14	01:15:20	**01:37:44.10**	+01:05:05 (66.6%)	9:46	6.1 (33.2%)
454	**CIEŚLAK Paweł**	**94**	SLOWJOGGING BIAŁOŁEKA	M 50-59	49	00:59:44	01:25:31	**01:37:46.90**	+01:05:08 (66.6%)	9:46	6.1 (33.2%)
455	**KAMIŃSKI Waldemar**	**9**	SLOW JOGGING WARSZAWA	M 50-59	50	01:00:21	01:27:12	**01:37:47.40**	+01:05:08 (66.6%)	9:46	6.1 (33.2%)
456	**STĘPIEŃ Adam**	**478**		M 40-49	197	00:27:45	00:39:11		+00:09:57	4:21	13.8 (75.0%)
457	**BEDNARZ Cezary**	**39**	BIEGAJĄCY ŚWIDNIK	M 30-39	138						(0.0%)
458	**WILCZURA Marek**	**614**	KS STASZEWSCY / SPARTANIE DZIECIOM	M 40-49	198						(0.0%)
459	**LISZEWSKI Krzysztof**	**292**	RUN TEAM NASIELSK	M 40-49	199						(0.0%)

Znaleziono 459 wynik(ów)