



BIEG PRZECZ MOST 2021

B4SPORT

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 WARSZAW/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	BRACHTWO 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%)

								Czas netto		Tempo	Tempo
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	10km	Różn	min/km	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	ROŚŁON 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 STASZEWCY	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	PRZEMKOPIAK 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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
75	DĄBROWSKI Mirosław	114	ŻÓRAWSKI TEAM & ASICS FRONTRUNNER	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	BIEGAM NA TARCHOMINIE	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		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	BRAVEHEARTS LEGIONOWO	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		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		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		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		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	MASTERS DOJO KARATE KYOKUSHIN	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		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	GOŁĘDZINOWSKI 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		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	TEAM ZABIEGANEDNI	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		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	BBK	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		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	TEAM KARAŚ	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	ADIDAS RUNNERS WARSAW	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	WARSZAWA PARKRUN BRÓDNO	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	WARSZAWSKIBIEGACZ	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	GRUPA BIEGOWA UM W-WA	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		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	NEONTEAM	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	GRUPA BIEGOWA UM W-WA	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		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	KERK-PALM IS TEAM	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		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	FFF	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		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	5MBOT	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	JANOWSKI Rafał	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		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	DEREWICZ Mariusz	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	OWCZARCZYK Paweł	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	ARAŻNY Zbigniew	17	TRUCHT TARCHOMIN TEAM	M 50-59	14	00:31:42	00:44:40	00:50:10.80	+00:17:32 (34.9%)	5:01	12 (65.2%)
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	JÓŻWIK 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%)

Czas netto											
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	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	FRAĆKIEWICZ 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	FJAŁKOWSKI 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%)

								Czas netto		Tempo	Tempo
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	10km	Różn	min/km	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%)

								Czas netto		Tempo	Tempo
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	10km	Różn	min/km	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	PLATEK 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	RUĐENKO 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	KOZŁOWSKI 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 STASZEWSKY	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%)

								Czas netto		Tempo	Tempo
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	10km	Różn	min/km	km/h
383	LOZOWSKI Robert	296	MASTERS DOJO KARATE KYOKUSHIN	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		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	ROZBIEGANY SULEJÓWEK	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	RAKREATON 2021	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		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	BRODNICA BIEGA	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	AMI & AURI RUNNERS CLUB	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		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		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	SMP	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		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		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	EKO BIEGI	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		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		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	WUJÓWKA	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	ANPHARM RUN TEAM	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		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	ŁÓDŹ/WARSZAWA	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	TARCHO ZIOMY	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		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 Paweł	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		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		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	GRUPA BIEGOWA UM W-WA	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		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		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	SLOW JOGGING POLSKA	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		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		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		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 STASZEWSKY / 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)