



BIEG PRZEZ MOST 2021

B4SPORT

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

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: Mieszkaniec Białołęki

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	HILDEBRAND Marcin	178	BIEGAM NA TARCHOMINIE	M 30-39	2	00:23:11	00:32:55	00:36:52.30		3:41	16.3 (100%)
2	PYRZAK Paweł	416	FORT JAKSMANICE	M 30-39	4	00:23:38	00:33:27	00:37:27.20	+00:00:34 (1.6%)	3:44	16 (98.2%)
3	BAŁAJ Krzysztof	30	DECATHLON	M 1-29	4	00:23:59	00:34:00	00:38:15.35	+00:01:23 (3.6%)	3:49	15.7 (96.3%)
4	WACHOWSKI Łukasz	538		M 30-39	7	00:23:56	00:34:11	00:38:15.75	+00:01:23 (3.6%)	3:49	15.7 (96.3%)
5	SZCZEPKOWSKI Bartłomiej	494	SANTANDER RUNNING TEAM	M 40-49	8	00:23:59	00:34:16	00:38:32.85	+00:01:40 (4.3%)	3:51	15.6 (95.7%)
6	GOZDEK Radek	157	BIEGANIEPO40.PL TRUCHT TARCHOMIN TEAM	M 40-49	9	00:23:56	00:34:37	00:39:09.25	+00:02:16 (5.8%)	3:54	15.3 (93.9%)
7	MIOTR Marcin	88		M 40-49	10	00:24:52	00:35:13	00:39:37.25	+00:02:44 (6.9%)	3:57	15.1 (92.6%)
8	KRZESZEWSKI Rafał	263	BIEGAJ POD OKIEM TRENERA	M 30-39	10	00:25:20	00:35:44	00:39:56.20	+00:03:03 (7.7%)	3:59	15 (92.0%)
9	SKWARCZ Paweł	465		M 30-39	12	00:24:32	00:36:06	00:41:00.15	+00:04:07 (10.1%)	4:06	14.6 (89.6%)
10	FACON Janusz	629		M 50-59	2	00:26:14	00:36:58	00:41:21.65	+00:04:29 (10.9%)	4:08	14.5 (89.0%)
11	ŁĄGOCKI Marcin	49		M 30-39	14	00:26:30	00:37:09	00:41:27.45	+00:04:35 (11.1%)	4:08	14.5 (89.0%)
12	ZALEWSKI Krzysiek	585	RURA TEAM	M 40-49	14	00:26:19	00:37:21	00:41:48.95	+00:04:56 (11.8%)	4:10	14.4 (88.3%)
13	KUBIAK Sławomir	264		M 40-49	16	00:26:12	00:37:26	00:41:59.25	+00:05:06 (12.2%)	4:11	14.3 (87.7%)
14	SIEGIEDA Michał	453	ADIDAS RUNNERS WARSAW	M 30-39	16	00:26:06	00:37:40	00:42:09.05	+00:05:16 (12.5%)	4:12	14.2 (87.1%)
15	MIELCZAREK Krzysztof	331	BIEGAM NA TARCHOMINIE	M 40-49	18	00:25:31	00:37:13	00:42:10.45	+00:05:18 (12.6%)	4:13	14.2 (87.1%)
16	KAMIŃSKI Paweł	207		M 40-49	19	00:26:51	00:37:44	00:42:12.60	+00:05:20 (12.6%)	4:13	14.2 (87.1%)
17	SZYMAŃSKI Andrzej	502		M 30-39	17	00:26:21	00:37:45	00:42:14.30	+00:05:22 (12.7%)	4:13	14.2 (87.1%)
18	ROŚŁON Piotr	431		M 40-49	20	00:26:22	00:37:46	00:42:16.40	+00:05:24 (12.8%)	4:13	14.2 (87.1%)
19	OWCZARZAK Rafał	645	R4P	M 40-49	22	00:26:49	00:38:02	00:42:36.40	+00:05:44 (13.5%)	4:15	14.1 (86.5%)
20	JAWORSKI Piotr	2		M 40-49	23	00:26:39	00:38:04	00:42:44.15	+00:05:51 (13.7%)	4:16	14 (85.9%)
21	STRYKOWSKI Daniel	481	CARREFOURR	M 40-49	24	00:26:21	00:38:01	00:42:48.15	+00:05:55 (13.9%)	4:16	14 (85.9%)
22	TYMOLEWSKI Grzegorz	533		M 1-29	13	00:27:37	00:38:43	00:43:05.40	+00:06:13 (14.4%)	4:18	13.9 (85.3%)
23	CISZEWSKI Krzysztof	99		M 40-49	26	00:27:12	00:38:47	00:43:23.45	+00:06:31 (15.0%)	4:20	13.8 (84.7%)
24	GRYSZPANOWICZ Piotr	171		M 40-49	27	00:27:07	00:39:04	00:43:37.10	+00:06:44 (15.5%)	4:21	13.8 (84.7%)
25	GIERAK Krzysztof	147	SANTANDER RUNNERS	M 40-49	28	00:27:43	00:39:14	00:43:45.45	+00:06:53 (15.7%)	4:22	13.7 (84.0%)
26	KOWAL Krzysztof	244		M 40-49	31	00:27:07	00:39:04	00:44:08.45	+00:07:16 (16.5%)	4:24	13.6 (83.4%)
27	WAWRZYŃIAK Damian	698		M 1-29	16	00:27:46	00:39:42	00:44:24.10	+00:07:31 (17.0%)	4:26	13.5 (82.8%)
28	DĄBROWSKI Mirosław	114		M 50-59	4	00:27:41	00:39:31	00:44:26.60	+00:07:34 (17.0%)	4:26	13.5 (82.8%)
29	SERAFIN Tomasz	451		M 40-49	36	00:28:11	00:39:55	00:44:35.05	+00:07:42 (17.3%)	4:27	13.5 (82.8%)
30	KOWALCZYK Rafał	245	ŻÓRAWSKI TEAM & ASICS FRONTRUNNER	M 1-29	17	00:27:27	00:39:48	00:44:45.05	+00:07:52 (17.6%)	4:28	13.4 (82.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
31	CZAPSKI Michał	105	BIEGAM NA TARCHOMINIE	M 40-49	37	00:28:20	00:40:04	00:44:57.70	+00:08:05 (18.0%)	4:29	13.3 (81.6%)
32	PONIATOWSKI Aleksander	400		M 30-39	33	00:28:25	00:40:39	00:45:36.50	+00:08:44 (19.2%)	4:33	13.2 (81.0%)
33	KRUPIŃSKI Marek	260	DĄBROWSKI TEAM / MARO RUNNER	M 1-29	20	00:28:59	00:40:58	00:45:53.90	+00:09:01 (19.7%)	4:35	13.1 (80.4%)
34	SOCHA Grzegorz	470		M 30-39	36	00:27:21	00:41:30	00:46:00.85	+00:09:08 (19.9%)	4:36	13 (79.8%)
35	ZAWADA Paweł	593	BIEGAM NA TARCHOMINIE	M 30-39	37	00:28:36	00:41:07	00:46:01.75	+00:09:09 (19.9%)	4:36	13 (79.8%)
36	WŁODKOWSKI Robert	569		M 40-49	41	00:29:16	00:41:14	00:46:01.90	+00:09:09 (19.9%)	4:36	13 (79.8%)
37	BALABANOV Viktor	27	MASTERS DOJO KARATE KYOKUSHIN	M 30-39	38	00:28:30	00:41:07	00:46:08.80	+00:09:16 (20.1%)	4:36	13 (79.8%)
38	KLAŚ Łukasz	223		M 40-49	42	00:28:51	00:41:06	00:46:09.65	+00:09:17 (20.1%)	4:36	13 (79.8%)
39	KLUSIEWICZ Michał	226		M 30-39	39	00:28:17	00:40:46	00:46:12.85	+00:09:20 (20.2%)	4:37	13 (79.8%)
40	GOLĘDZINOWSKI Tomasz	152		M 50-59	7	00:29:54	00:41:33	00:46:19.50	+00:09:27 (20.4%)	4:37	13 (79.8%)
41	WICENTY Paweł	549		M 30-39	41	00:29:42	00:42:11	00:46:56.50	+00:10:04 (21.5%)	4:41	12.8 (78.5%)
42	FITRZYK Łukasz	132		M 30-39	42	00:29:32	00:42:03	00:47:02.40	+00:10:10 (21.6%)	4:42	12.8 (78.5%)
43	SĄGOL Sylwester	448		M 50-59	8	00:28:37	00:41:41	00:47:04.45	+00:10:12 (21.7%)	4:42	12.7 (77.9%)
44	GRUNWALD Witold	168		M 60+	2	00:29:57	00:42:18	00:47:09.50	+00:10:17 (21.8%)	4:42	12.7 (77.9%)
45	FRĄCKOWSKI Sławomir	136		M 50-59	10	00:29:22	00:42:15	00:47:32.35	+00:10:40 (22.4%)	4:45	12.6 (77.3%)
46	PRZELASKOWSKI Artur	412		M 50-59	11	00:29:30	00:42:30	00:47:52.05	+00:10:59 (23.0%)	4:47	12.5 (76.7%)
47	PUSZAK Sylwester	80		M 40-49	52	00:30:47	00:43:05	00:48:04.70	+00:11:12 (23.3%)	4:48	12.5 (76.7%)
48	MACIEJAK Robert	657		M 40-49	53	00:29:44	00:42:54	00:48:11.35	+00:11:19 (23.5%)	4:49	12.5 (76.7%)
49	FAJKOWSKI Piotr	127	ADIDAS RUNNERS WARSAW	M 30-39	49	00:29:59	00:43:13	00:48:19.00	+00:11:26 (23.7%)	4:49	12.4 (76.1%)
50	PUSEK Mikołaj	414		M 1-29	22	00:29:42	00:43:10	00:48:19.30	+00:11:27 (23.7%)	4:49	12.4 (76.1%)
51	ŁUCZAK Bartosz	679		M 1-29	23	00:29:54	00:43:05	00:48:26.00	+00:11:33 (23.9%)	4:50	12.4 (76.1%)
52	SOBOCIŃSKI Michał	469		M 40-49	58	00:30:24	00:43:19	00:48:30.25	+00:11:37 (24.0%)	4:51	12.4 (76.1%)
53	SZAŁAŃSKI Przemysław	490		M 30-39	53	00:30:49	00:43:30	00:48:39.35	+00:11:47 (24.2%)	4:51	12.3 (75.5%)
54	URBAŃSKI Paweł	536	KERK-PALM IS TEAM	M 50-59	12	00:30:39	00:43:47	00:48:53.80	+00:12:01 (24.6%)	4:53	12.3 (75.5%)
55	OLSZEWSKI Rafał	363		M 50-59	13	00:30:51	00:43:39	00:48:55.15	+00:12:02 (24.6%)	4:53	12.3 (75.5%)
56	TOMASZEWSKI Marek	523		M 40-49	60	00:31:06	00:43:53	00:49:09.95	+00:12:17 (25.0%)	4:54	12.2 (74.8%)
57	GROCHOWSKI Piotr	164		M 40-49	61	00:31:32	00:44:11	00:49:17.25	+00:12:24 (25.2%)	4:55	12.2 (74.8%)
58	DOŁĘGA Sławomir	120		M 30-39	56	00:30:37	00:43:43	00:49:18.65	+00:12:26 (25.2%)	4:55	12.2 (74.8%)
59	CHODNIEWICZ Michał	82		M 30-39	58	00:31:30	00:44:14	00:49:29.40	+00:12:37 (25.5%)	4:56	12.1 (74.2%)
60	DEREWICZ Mariusz	119		M 30-39	59	00:31:19	00:44:12	00:49:31.40	+00:12:39 (25.5%)	4:57	12.1 (74.2%)
61	ŚMIETAŁO Dawid	508		M 30-39	60	00:31:43	00:44:27	00:49:33.55	+00:12:41 (25.6%)	4:57	12.1 (74.2%)
62	LEŚ Tomasz	282	TRUCHT TARCHOMIN TEAM	M 30-39	61	00:30:29	00:44:09	00:49:43.50	+00:12:51 (25.8%)	4:58	12.1 (74.2%)
63	FLORCZUK Piotr	394		M 1-29	25	00:32:13	00:44:46	00:49:47.20	+00:12:54 (25.9%)	4:58	12.1 (74.2%)
64	ZGÓRZAK Adam	599		M 30-39	64	00:31:18	00:44:28	00:49:56.70	+00:13:04 (26.2%)	4:59	12 (73.6%)
65	LIBOLD Maciek	288		M 30-39	65	00:31:53	00:44:44	00:49:58.20	+00:13:05 (26.2%)	4:59	12 (73.6%)
66	PAZIEWSKI Andrzej	385	BIEGAM NA TARCHOMINIE	M 40-49	70	00:31:31	00:44:48	00:50:08.75	+00:13:16 (26.5%)	5:00	12 (73.6%)
67	ARAŻNY Zbigniew	17	TRUCHT TARCHOMIN TEAM	M 50-59	14	00:31:42	00:44:40	00:50:10.80	+00:13:18 (26.5%)	5:01	12 (73.6%)
68	ŚCIBISZ Tomek	504		M 50-59	15	00:31:01	00:44:35	00:50:17.70	+00:13:25 (26.7%)	5:01	11.9 (73.0%)
69	ŚWIĘDRYCH Marek	512		M 30-39	66	00:34:07	00:44:48	00:50:19.45	+00:13:27 (26.7%)	5:01	11.9 (73.0%)
70	GAWLIK Arkadiusz	144	BIEGAM NA TARCHOMINIE	M 40-49	74	00:32:15	00:45:07	00:50:28.30	+00:13:36 (26.9%)	5:02	11.9 (73.0%)
71	SAMOSIUK Marcin	692		M 40-49	75	00:32:52	00:45:42	00:50:46.05	+00:13:53 (27.4%)	5:04	11.8 (72.4%)
72	CHOJNAŁA Mikołaj	265		M 40-49	77	00:32:23	00:45:48	00:50:53.00	+00:14:00 (27.5%)	5:05	11.8 (72.4%)
73	NERC Maciej	346		M 40-49	80	00:31:36	00:45:21	00:51:08.30	+00:14:16 (27.9%)	5:06	11.7 (71.8%)
74	WŁODEK Rafał	568		M 40-49	81	00:32:10	00:45:30	00:51:18.60	+00:14:26 (28.1%)	5:07	11.7 (71.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
75	KRAKOWIAK Bartosz	636		M 40-49	83	00:31:38	00:45:59	00:51:42.35	+00:14:50 (28.7%)	5:10	11.6 (71.2%)
76	GERWATOWSKI Artur	145		M 30-39	71	00:31:24	00:45:58	00:51:47.00	+00:14:54 (28.8%)	5:10	11.6 (71.2%)
77	MAŁŻ Bartosz	310		M 30-39	73	00:32:44	00:46:39	00:51:59.15	+00:15:06 (29.1%)	5:11	11.5 (70.6%)
78	KUSY Jacek	621		M 30-39	74	00:32:32	00:46:24	00:52:00.25	+00:15:07 (29.1%)	5:12	11.5 (70.6%)
79	POPŁAWSKI Tomasz	403		M 40-49	86	00:32:34	00:46:31	00:52:02.85	+00:15:10 (29.2%)	5:12	11.5 (70.6%)
80	WICIŃSKI Andrzej	550	DIDI-ART	M 50-59	23	00:32:28	00:46:22	00:52:03.40	+00:15:11 (29.2%)	5:12	11.5 (70.6%)
81	FRĄCKIEWICZ Dariusz	135	BIEGAM NA TARCHOMINIE	M 40-49	89	00:32:20	00:46:13	00:52:07.80	+00:15:15 (29.3%)	5:12	11.5 (70.6%)
82	WACH Michał	537	BIEGAM NA TARCHOMINIE	M 40-49	94	00:32:55	00:46:41	00:52:16.80	+00:15:24 (29.5%)	5:13	11.5 (70.6%)
83	LEWANDOWSKI Piotr	285	TRUCHT TARCHOMIN TEAM	M 40-49	97	00:32:10	00:46:18	00:52:23.40	+00:15:31 (29.6%)	5:14	11.5 (70.6%)
84	BIAŁOKOS Kamil	44	GRUPA BIEGOWA CHTMO	M 40-49	98	00:32:19	00:46:26	00:52:25.05	+00:15:32 (29.7%)	5:14	11.4 (69.9%)
85	ŻUKOWSKI Krzysztof	611		M 40-49	100	00:32:13	00:46:32	00:52:33.25	+00:15:40 (29.8%)	5:15	11.4 (69.9%)
86	GAŁKA Bartek	141		M 30-39	75	00:32:09	00:46:46	00:52:33.80	+00:15:41 (29.9%)	5:15	11.4 (69.9%)
87	KLIPO Mateusz	225	DELOITTE ADVENTURE TEAM	M 1-29	29	00:32:51	00:47:04	00:52:37.40	+00:15:45 (29.9%)	5:15	11.4 (69.9%)
88	FIJAŁKOWSKI Oliwier	129		M 1-29	30	00:32:45	00:46:11	00:52:41.80	+00:15:49 (30.0%)	5:16	11.4 (69.9%)
89	KUFERA Dariusz	269	BIEGAM NA TARCHOMINIE	M 40-49	103	00:33:29	00:47:05	00:52:49.30	+00:15:57 (30.2%)	5:16	11.4 (69.9%)
90	BUDNICKI Michał	72	IM	M 30-39	77	00:32:52	00:46:48	00:53:02.70	+00:16:10 (30.5%)	5:18	11.3 (69.3%)
91	BABIUCH Marek	22	RUN LOG	M 50-59	24	00:32:45	00:47:07	00:53:04.40	+00:16:12 (30.5%)	5:18	11.3 (69.3%)
92	KOWNACKI Marcin	249		M 40-49	109	00:33:46	00:47:44	00:53:21.50	+00:16:29 (30.9%)	5:20	11.2 (68.7%)
93	MACURA Michał	675		M 40-49	110	00:33:38	00:47:41	00:53:23.30	+00:16:31 (30.9%)	5:20	11.2 (68.7%)
94	SZAREWICZ Paweł	492		M 30-39	81	00:33:49	00:47:52	00:53:39.25	+00:16:46 (31.3%)	5:21	11.2 (68.7%)
95	PODKAŃSKI Paweł	396		M 30-39	82	00:32:35	00:47:45	00:53:40.15	+00:16:47 (31.3%)	5:22	11.2 (68.7%)
96	TOMASZEK Robert	522		M 40-49	113	00:32:29	00:47:35	00:53:47.00	+00:16:54 (31.4%)	5:22	11.2 (68.7%)
97	KOZAK Piotr	195		M 40-49	114	00:32:55	00:47:51	00:54:01.10	+00:17:08 (31.7%)	5:24	11.1 (68.1%)
98	NOWAK Jerzy	351	PWPW	M 40-49	115	00:32:47	00:48:03	00:54:05.05	+00:17:12 (31.8%)	5:24	11.1 (68.1%)
99	ŻMIJEWSKI Daniel	607		M 30-39	87	00:32:22	00:48:18	00:54:12.95	+00:17:20 (32.0%)	5:25	11.1 (68.1%)
100	KARWECKI Patryk	211		M 30-39	88			00:54:14.00	+00:17:21 (32.0%)	5:25	11.1 (68.1%)
101	WIKTOROWICZ Marcin	554		M 40-49	124	00:34:35	00:48:56	00:54:43.65	+00:17:51 (32.6%)	5:28	11 (67.5%)
102	GÓRKA Bartosz	159		M 30-39	89	00:34:44	00:48:58	00:54:46.00	+00:17:53 (32.7%)	5:28	11 (67.5%)
103	ADAMKIEWICZ Marcin	14		M 30-39	90	00:33:42	00:48:45	00:54:55.20	+00:18:02 (32.9%)	5:29	10.9 (66.9%)
104	ŻUK Paweł	610		M 40-49	128	00:34:41	00:48:54	00:55:02.40	+00:18:10 (33.0%)	5:30	10.9 (66.9%)
105	STRAWSKI Marcin	479		M 40-49	129	00:38:47	00:49:42	00:55:17.50	+00:18:25 (33.3%)	5:31	10.9 (66.9%)
106	CELIŃSKI Mateusz	74	TRUCHT TARCHOMIN TEAM	M 1-29	32	00:32:51	00:49:16	00:55:20.35	+00:18:28 (33.4%)	5:32	10.8 (66.3%)
107	MICHAŁSKI Dariusz	325		M 60+	8	00:35:04	00:49:32	00:55:31.40	+00:18:39 (33.6%)	5:33	10.8 (66.3%)
108	PRĘDKI Marcin	406		M 40-49	131	00:34:31	00:49:32	00:55:38.25	+00:18:45 (33.7%)	5:33	10.8 (66.3%)
109	BIEDROŃ Artur	47	ERP HEART TEAM	M 40-49	133	00:35:30	00:50:01	00:55:41.75	+00:18:49 (33.8%)	5:34	10.8 (66.3%)
110	BAKUŁA Wiesław	26	WAMPIR	M 50-59	27	00:34:02	00:49:27	00:55:41.90	+00:18:49 (33.8%)	5:34	10.8 (66.3%)
111	WOJNARSKI Janusz	572		M 60+	9	00:35:09	00:49:48	00:55:48.35	+00:18:56 (33.9%)	5:34	10.8 (66.3%)
112	BIEŃKOWSKI Daniel	51		M 30-39	94	00:35:59	00:50:10	00:55:50.35	+00:18:58 (34.0%)	5:35	10.7 (65.6%)
113	SMORAWSKI Wodzisław	467		M 30-39	95	00:34:46	00:49:25	00:55:51.40	+00:18:59 (34.0%)	5:35	10.7 (65.6%)
114	TRZESIŃSKI Michał	532		M 30-39	96	00:34:16	00:49:32	00:55:54.45	+00:19:02 (34.0%)	5:35	10.7 (65.6%)
115	ZIELIŃSKI Karol	640		M 40-49	135	00:34:04	00:49:29	00:56:11.95	+00:19:19 (34.4%)	5:37	10.7 (65.6%)
116	SZCZĘŚNY Michał	497		M 40-49	136	00:34:14	00:49:34	00:56:18.05	+00:19:25 (34.5%)	5:37	10.7 (65.6%)
117	PŁATEK Emil	392		M 30-39	98	00:34:38	00:49:55	00:56:20.55	+00:19:28 (34.6%)	5:38	10.7 (65.6%)
118	OSIAK Dawid	372		M 1-29	33	00:35:52	00:50:33	00:56:21.80	+00:19:29 (34.6%)	5:38	10.6 (65.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
119	GRZESZCZYK Michał	172	EKOBIEGI	M 40-49	137	00:35:04	00:49:55	00:56:23.15	+00:19:30 (34.6%)	5:38	10.6 (65.0%)
120	PARZYCH Marcin	634		M 40-49	139	00:33:33	00:50:02	00:56:26.25	+00:19:33 (34.7%)	5:38	10.6 (65.0%)
121	BESSARABA Sławomir	42		M 40-49	140	00:35:19	00:50:15	00:56:27.70	+00:19:35 (34.7%)	5:38	10.6 (65.0%)
122	DANIUN Wojciech	112		M 30-39	99	00:34:46	00:50:36	00:56:34.85	+00:19:42 (34.8%)	5:39	10.6 (65.0%)
123	BIAŁORUCKI Piotr	45		M 40-49	142	00:35:19	00:50:22	00:56:37.10	+00:19:44 (34.9%)	5:39	10.6 (65.0%)
124	MIŁOSZ Marek	335		M 50-59	28	00:34:03	00:49:54	00:56:40.35	+00:19:48 (34.9%)	5:40	10.6 (65.0%)
125	ROGOZINSKI Adrian	428		M 30-39	101	00:34:10	00:50:54	00:56:56.15	+00:20:03 (35.2%)	5:41	10.5 (64.4%)
126	ZABIELSKI Andrzej	669		M 40-49	144	00:34:56	00:50:36	00:57:08.90	+00:20:16 (35.5%)	5:42	10.5 (64.4%)
127	RUDENKO Roman	436	MX STUDIO	M 30-39	103	00:33:51	00:50:25	00:57:17.05	+00:20:24 (35.6%)	5:43	10.5 (64.4%)
128	CIOŁEK Robert	97		M 40-49	145	00:34:47	00:51:12	00:57:21.60	+00:20:29 (35.7%)	5:44	10.5 (64.4%)
129	LIS Marcin	290		M 40-49	146	00:34:25	00:51:02	00:57:33.85	+00:20:41 (35.9%)	5:45	10.4 (63.8%)
130	CZAJKOWSKI Rafał	102	EKOBIEGI	M 40-49	148	00:35:44	00:50:53	00:57:37.45	+00:20:45 (36.0%)	5:45	10.4 (63.8%)
131	DUDEK Bartłomiej	123	BIEGAM NA TARCHOMINIE	M 30-39	106	00:35:56	00:50:54	00:57:38.90	+00:20:46 (36.0%)	5:45	10.4 (63.8%)
132	GASKIEWICZ Marek	143		M 40-49	149	00:35:15	00:51:13	00:57:46.30	+00:20:54 (36.2%)	5:46	10.4 (63.8%)
133	CZARTORYSKI Krystian	109		M 40-49	150	00:35:59	00:51:19	00:57:47.60	+00:20:55 (36.2%)	5:46	10.4 (63.8%)
134	GOLONKA Patryk	299		M 1-29	35			00:57:53.00	+00:21:00 (36.3%)	5:47	10.4 (63.8%)
135	RUSZTECKI Rafał	438	TASMANIANDEVIL	M 40-49	153	00:36:24	00:51:57	00:58:12.40	+00:21:20 (36.7%)	5:49	10.3 (63.2%)
136	PROKOPIUK Grzegorz	409	SZWAGRY DWA	M 40-49	155	00:40:25	00:52:25	00:58:30.65	+00:21:38 (37.0%)	5:51	10.3 (63.2%)
137	KRAWCZYK Wojciech	253	BIEGAM NA TARCHOMINIE	M 50-59	31	00:36:23	00:51:53	00:58:33.35	+00:21:41 (37.0%)	5:51	10.2 (62.6%)
138	MARUSZAK Łukasz	316	BIEGAM NA TARCHOMINIE	M 30-39	109	00:36:40	00:52:31	00:58:36.05	+00:21:43 (37.1%)	5:51	10.2 (62.6%)
139	WASIAK Bartosz	544		M 30-39	110	00:34:32	00:51:32	00:58:44.25	+00:21:51 (37.2%)	5:52	10.2 (62.6%)
140	BUCZEK Piotr	70		M 40-49	158	00:36:37	00:52:40	00:59:05.10	+00:22:12 (37.6%)	5:54	10.2 (62.6%)
141	PRASAŁEK Jan	405	LEGIA WARSZAWA	M 30-39	111	00:37:43	00:53:11	00:59:24.75	+00:22:32 (37.9%)	5:56	10.1 (62.0%)
142	ORŁOWSKI Marek	368		M 40-49	160	00:36:52	00:53:06	00:59:25.15	+00:22:32 (37.9%)	5:56	10.1 (62.0%)
143	ROKICKI Aleksander	700		M 40-49	161	00:37:15	00:52:39	00:59:29.00	+00:22:36 (38.0%)	5:56	10.1 (62.0%)
144	MUCHA Grzegorz	341		M 60+	14	00:37:16	00:53:00	00:59:36.05	+00:22:43 (38.1%)	5:57	10.1 (62.0%)
145	KOZŁOWSKI Piotr	250	POLONIA WARSZAWA	M 40-49	162	00:36:47	00:53:09	00:59:44.75	+00:22:52 (38.3%)	5:58	10 (61.3%)
146	KĘPKA Marcin	216		M 1-29	36	00:36:43	00:53:16	00:59:49.70	+00:22:57 (38.4%)	5:58	10 (61.3%)
147	SENKO Mateusz	450	STOWARZYSZENIE RAZEM DLA BIAŁOŁĘKI	M 30-39	114	00:39:30	00:54:31	00:59:49.80	+00:22:57 (38.4%)	5:58	10 (61.3%)
148	SUCHODOLSKI Mariusz	485	KS STASZEWSKY	M 40-49	165	00:38:13	00:53:27	00:59:50.20	+00:22:57 (38.4%)	5:59	10 (61.3%)
149	MOCZYDŁOWSKI Łukasz	338	MASTERS DOJO KARATE KYOKUSHIN	M 40-49	166	00:36:40	00:53:03	00:59:50.95	+00:22:58 (38.4%)	5:59	10 (61.3%)
150	PYTKA Andrzej	417		M 50-59	33	00:36:47	00:53:05	00:59:51.60	+00:22:59 (38.4%)	5:59	10 (61.3%)
151	OLESIAK Arkadiusz	361	BIEGAM NA TARCHOMINIE	M 50-59	34	00:38:17	00:53:54	01:00:07.00	+00:23:14 (38.7%)	6:00	10 (61.3%)
152	WOJTAS Michał	573		M 1-29	38	00:36:42	00:54:11	01:00:20.55	+00:23:28 (38.9%)	6:02	9.9 (60.7%)
153	ŁUCZAK Piotr	302	PKO BANK POLSKI SA	M 40-49	169	00:37:33	00:54:05	01:00:37.60	+00:23:45 (39.2%)	6:03	9.9 (60.7%)
154	BOHACZ Sylwester	650		M 30-39	117	00:35:16	00:53:33	01:00:44.60	+00:23:52 (39.3%)	6:04	9.9 (60.7%)
155	KAZAŁA Piotr	214	BIEGOWE WTORKI NA TARCHOMINIE	M 50-59	37	00:36:27	00:53:38	01:00:48.15	+00:23:55 (39.4%)	6:04	9.9 (60.7%)
156	SOBIERAJSKI Marek	468		M 40-49	170	00:38:56	00:54:37	01:01:07.55	+00:24:15 (39.7%)	6:06	9.8 (60.1%)
157	KACPRZAK Michał	203		M 30-39	118	00:37:04	00:54:07	01:01:09.85	+00:24:17 (39.7%)	6:06	9.8 (60.1%)
158	GRABOWSKI Marcin	163		M 40-49	171	00:38:52	00:55:03	01:01:10.80	+00:24:18 (39.7%)	6:07	9.8 (60.1%)
159	PODBIELSKI Przemysław	393		M 30-39	119	00:37:05	00:54:07	01:01:11.05	+00:24:18 (39.7%)	6:07	9.8 (60.1%)
160	LOZOWSKI Robert	296		M 40-49	172	00:36:37	00:53:57	01:01:14.40	+00:24:22 (39.8%)	6:07	9.8 (60.1%)
161	MOCZYDŁOWSKI Piotr	337	MASTERS DOJO KARATE KYOKUSHIN	M 30-39	120	00:37:37	00:54:31	01:01:14.50	+00:24:22 (39.8%)	6:07	9.8 (60.1%)
162	GWIZDAŁA Tomek	215		M 30-39	121	00:38:18	00:53:37	01:01:23.40	+00:24:31 (39.9%)	6:08	9.8 (60.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
162	GWIZDAŁA Piotr	676		M 1-29	40	00:38:18	00:55:07	01:01:23.40	+00:24:31 (39.9%)	6:08	9.8 (60.1%)
164	ZARĘBA Tomasz	589		M 1-29	41	00:36:48	00:54:21	01:01:25.15	+00:24:32 (40.0%)	6:08	9.8 (60.1%)
165	PIETRZYKOWSKI Damian	388		M 40-49	173	00:38:31	00:54:47	01:01:31.10	+00:24:38 (40.1%)	6:09	9.8 (60.1%)
166	PIWOWARSKI Dariusz	390		M 1-29	42	00:37:21	00:53:41	01:01:41.45	+00:24:49 (40.2%)	6:10	9.7 (59.5%)
167	MEJOR Jan	322	RAKREATON 2021	M 30-39	122	00:37:49	00:54:40	01:01:43.40	+00:24:51 (40.3%)	6:10	9.7 (59.5%)
168	OLEJNIK Marcin	360		M 30-39	123	00:39:36	00:55:43	01:01:45.10	+00:24:52 (40.3%)	6:10	9.7 (59.5%)
169	MATUSEWICZ Krzysztof	641		M 40-49	177	00:36:42	00:54:39	01:01:52.50	+00:25:00 (40.4%)	6:11	9.7 (59.5%)
170	MACURA Wiktor	642		M 1-29	43	00:38:48	00:55:28	01:02:19.85	+00:25:27 (40.8%)	6:13	9.6 (58.9%)
171	STANKIEWICZ Maciej	475	AMI & AURI RUNNERS CLUB	M 40-49	179	00:40:14	00:56:23	01:02:33.70	+00:25:41 (41.1%)	6:15	9.6 (58.9%)
172	SURMACZ Jacek	489		M 40-49	181	00:38:18	00:55:31	01:02:36.55	+00:25:44 (41.1%)	6:15	9.6 (58.9%)
173	KITA Grzegorz	655	SMP	M 50-59	39	00:38:31	00:55:57	01:03:00.20	+00:26:07 (41.5%)	6:18	9.5 (58.3%)
174	KĘSICKI Rafał	218		M 40-49	182	00:39:40	00:56:18	01:03:21.70	+00:26:29 (41.8%)	6:20	9.5 (58.3%)
175	LEŚNIKOWSKI Albert	283		M 30-39	125	00:39:54	00:56:35	01:03:44.85	+00:26:52 (42.2%)	6:22	9.4 (57.7%)
176	GĘBICZ Cezary	154		M 40-49	185	00:38:37	00:56:58	01:03:54.90	+00:27:02 (42.3%)	6:23	9.4 (57.7%)
177	KRYSIK Marcin	261	WUJÓWKA	M 30-39	126	00:40:07	00:56:36	01:04:05.95	+00:27:13 (42.5%)	6:24	9.4 (57.7%)
178	KULBACKI Kamil	270		M 30-39	127	00:40:15	00:56:58	01:04:13.85	+00:27:21 (42.6%)	6:25	9.3 (57.1%)
179	GRABOWSKI Kacper	162		M 1-29	46	00:40:55	00:58:18	01:04:54.65	+00:28:02 (43.2%)	6:29	9.2 (56.4%)
180	WĄTRÓBSKI Krzysztof	546		M 1-29	47	00:39:42	00:57:26	01:05:02.20	+00:28:09 (43.3%)	6:30	9.2 (56.4%)
181	SKRZYPECKI Jakub	463	ANPHARM RUN TEAM	M 30-39	129	00:41:11	00:58:34	01:05:21.60	+00:28:29 (43.6%)	6:32	9.2 (56.4%)
182	WISNIEWSKI Adam	560		M 30-39	130	00:39:57	00:58:39	01:06:15.50	+00:29:23 (44.4%)	6:37	9.1 (55.8%)
183	BENKE Adam	40		M 1-29	48	00:40:20	00:59:12	01:06:31.90	+00:29:39 (44.6%)	6:39	9 (55.2%)
184	KITA Grzegorz	660		M 50-59	44	00:40:38	00:59:11	01:06:38.20	+00:29:45 (44.7%)	6:39	9 (55.2%)
185	ŁYSIK Marcin	678		M 1-29	49	00:42:03	01:01:23	01:07:26.40	+00:30:34 (45.3%)	6:44	8.9 (54.6%)
186	BALŚ Andrzej	696		M 60+	19	00:37:58	00:57:43	01:07:42.50	+00:30:50 (45.5%)	6:46	8.9 (54.6%)
187	ZIELIŃSKI Paweł	603		M 30-39	131	00:41:50	01:00:22	01:07:54.30	+00:31:02 (45.7%)	6:47	8.8 (54.0%)
188	ZATYLNÝ Tomasz	592		M 40-49	189	00:41:32	01:00:21	01:08:51.15	+00:31:58 (46.4%)	6:53	8.7 (53.4%)
189	MICHNOWSKI Sebastian	329		M 40-49	191	00:42:16	01:01:06	01:09:13.35	+00:32:21 (46.7%)	6:55	8.7 (53.4%)
190	JANKOWSKI Tomek	189		M 40-49	192	00:41:59	01:01:48	01:09:26.85	+00:32:34 (46.9%)	6:56	8.6 (52.8%)
191	BRZÓZKA Kamil	67	TARCHO ZIOMY	M 40-49	193	00:44:59	01:04:04	01:11:46.90	+00:34:54 (48.6%)	7:10	8.4 (51.5%)
192	JURECKI Marek	201		M 50-59	47	00:42:33	01:03:57	01:12:35.65	+00:35:43 (49.2%)	7:15	8.3 (50.9%)
193	OLSZEWSKI Łukasz	365		M 30-39	134	00:44:36	01:05:52	01:14:05.85	+00:37:13 (50.2%)	7:24	8.1 (49.7%)
194	TREMELET Sebastien	526		M 40-49	194	00:45:49	01:06:42	01:14:33.55	+00:37:41 (50.5%)	7:27	8 (49.1%)
195	LIBERA Paweł	287	GRUPA BIEGOWA UM W-WA	M 30-39	135	00:44:28	01:06:01	01:14:39.35	+00:37:47 (50.6%)	7:27	8 (49.1%)
196	WIŚNIEWSKI Adam	563		M 1-29	50	00:47:16	01:08:14	01:17:05.75	+00:40:13 (52.2%)	7:42	7.8 (47.9%)
197	LUCIMIŃSKI Marcin	297	ŚLIMAK RUNNING TEAM	M 40-49	195	00:48:46	01:10:03	01:19:30.35	+00:42:38 (53.6%)	7:57	7.5 (46.0%)
Przekroczony limit czasu: 01:30:00											
198	MAJKOWSKI Michał	685		M 30-39	137	00:58:05	01:23:40	01:34:20.40	+00:57:28 (60.9%)	9:26	6.4 (39.3%)
199	CIEŚLAK Paweł	94	SLOWJOGGING BIAŁOLEKA	M 50-59	49	00:59:44	01:25:31	01:37:46.90	+01:00:54 (62.3%)	9:46	6.1 (37.4%)
200	KAMIŃSKI Waldemar	9	SLOW JOGGING WARSZAWA	M 50-59	50	01:00:21	01:27:12	01:37:47.40	+01:00:55 (62.3%)	9:46	6.1 (37.4%)
201	STĘPIEŃ Adam	478		M 40-49	197	00:27:45	00:39:11		+00:06:16	4:21	13.8 (84.7%)
202	BEDNARZ Cezary	39	BIEGAJĄCY ŚWIDNIK	M 30-39	138						(0.0%)
203	LISZEWSKI Krzysztof	292	RUN TEAM NASIELSK	M 40-49	199						(0.0%)