



BIEG PRZEZ MOST

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

BIEG PRZEZ MOST
Urząd Dzielnicy Warszawa - Białołęka
2022-09-04
Warszawa
10 km

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Białołęki	Samorządowiec	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	WASIEWICZ Krzysztof	709	KONDYCJA	M 30-39	1			00:00:02	00:20:29	00:28:53	00:32:18.60	00:32:20.85		3:13	18.6 (100%)
2	ŚWIRGOŃ Adam	336	TRENERBIEGANIA.PL	M 1-29	1			00:00:02	00:20:29	00:28:53	00:32:22.15	00:32:24.80	+00:00:03 (0.2%)	3:14	18.5 (99.5%)
3	WIĘCKOWSKI Łukasz	42		M 1-29	2			00:00:02	00:20:42	00:29:03	00:32:35.85	00:32:38.50	+00:00:17 (0.9%)	3:15	18.4 (98.9%)
4	GROMEK Radosław	758	AZS AWF WARSZAWA	M 30-39	2			00:00:02	00:20:51	00:29:19	00:32:54.85	00:32:57.10	+00:00:36 (1.8%)	3:17	18.2 (97.8%)
5	KUREK Jarosław	577	WOJSKOWA AKADEMIA TECHNICZNA	M 30-39	3	Tak		00:00:02	00:22:13	00:31:41	00:35:43.05	00:35:45.65	+00:03:24 (9.5%)	3:34	16.8 (90.3%)
6	FALANDYSZ Damian	51	WPRUNNING PRUSZKÓW	M 30-39	4			00:00:03	00:22:58	00:32:00	00:35:57.45	00:36:00.60	+00:03:38 (10.1%)	3:35	16.7 (89.8%)
7	KRZEMPEK Aleksander	629	BIEGANIEPO40.PL	M 40-49	1			00:00:02	00:22:59	00:32:13	00:36:06.95	00:36:09.65	+00:03:48 (10.5%)	3:36	16.6 (89.2%)
8	HILDEBRAND Marcin	66	BIEGAM NA TARCHOMINIE	M 30-39	5	Tak		00:00:02	00:22:59	00:32:13	00:36:20.85	00:36:23.75	+00:04:02 (11.1%)	3:38	16.5 (88.7%)
9	PYRZAK Paweł	81	BIEGANIEPO40.PL	M 30-39	6	Tak		00:00:02	00:23:00	00:32:26	00:36:34.75	00:36:36.75	+00:04:16 (11.7%)	3:39	16.4 (88.2%)
10	BEDNARZ Cezary	326	BIEGAJĄCY ŚWIDNIK	M 30-39	7	Tak		00:00:03	00:23:24	00:33:02	00:37:02.85	00:37:06.35	+00:04:44 (12.8%)	3:42	16.2 (87.1%)
11	ZYCH Mariusz	238	BIEGAJ POD OKIEM TRENERA	M 40-49	2			00:00:05	00:23:31	00:33:12	00:37:13.15	00:37:18.45	+00:04:54 (13.2%)	3:43	16.1 (86.6%)
12	MIROWSKI Jarosław	670		M 40-49	3			00:00:04	00:23:30	00:33:12	00:37:16.05	00:37:20.45	+00:04:57 (13.3%)	3:43	16.1 (86.6%)
13	WITKOWSKI Paweł	661	WIELISZEW HERON TEAM	M 40-49	4			00:00:03	00:23:17	00:33:11	00:37:22.35	00:37:25.85	+00:05:03 (13.5%)	3:44	16.1 (86.6%)
14	ŁAPIŃSKA Anna	532		K 30-39	1			00:00:02	00:23:33	00:33:15	00:37:33.80	00:37:36.20	+00:05:15 (14.0%)	3:45	16 (86.0%)
15	ZARODKIEWICZ Dawid	65	NAPRZÓD MŁOCINY/ #TZD	M 30-39	8			00:00:05	00:24:01	00:33:40	00:37:50.75	00:37:55.75	+00:05:32 (14.6%)	3:47	15.9 (85.5%)
16	JUSIŃSKI Krystian	198	BRACTWO BIEGOWE BGK	M 30-39	9			00:00:03	00:23:38	00:33:42	00:37:55.60	00:37:59.30	+00:05:37 (14.8%)	3:47	15.8 (84.9%)
17	JĘDRZEJEWSKI Marcin	393		M 30-39	10	Tak		00:00:03	00:23:50	00:33:50	00:37:59.50	00:38:02.65	+00:05:40 (15.0%)	3:47	15.8 (84.9%)
18	SKWARCZ Paweł	60		M 30-39	11	Tak		00:00:02	00:24:14	00:34:06	00:38:04.55	00:38:07.50	+00:05:45 (15.1%)	3:48	15.8 (84.9%)
19	MARYNOWSKI Wojciech	535		M 1-29	3			00:00:03	00:23:53	00:33:57	00:38:11.10	00:38:14.80	+00:05:52 (15.4%)	3:49	15.7 (84.4%)
20	SZCZEPŁEK Jasiek	433	KS LEMIESZ TEAM	M 30-39	12		Tak	00:00:03	00:24:21	00:34:26	00:38:36.85	00:38:39.90	+00:06:18 (16.3%)	3:51	15.5 (83.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec		Czas			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h	
						Białoleki	Samorządowiec	startu	6.6km	9km						
21	TYMOLEWSKI Grzegorz	428		M 1-29	4	Tak			00:00:04	00:23:54	00:34:22	00:38:37.90	00:38:42.20	+00:06:19 (16.4%)	3:51	15.5 (83.3%)
22	CHRAPEK Janusz	121	ROSSMANN	M 40-49	5				00:00:04	00:24:31	00:34:34	00:38:41.25	00:38:46.15	+00:06:22 (16.5%)	3:52	15.5 (83.3%)
23	KAŻMIERCZAK Marta	796	TRENERBIEGANIA.PL	K 40-49	1				00:00:03	00:24:33	00:34:36	00:38:43.75	00:38:47.10	+00:06:25 (16.6%)	3:52	15.5 (83.3%)
24	MIELCZAREK Krzysztof	208	BIEGAM NA TARCHOMINIE	M 40-49	6	Tak			00:00:07	00:25:20	00:34:50	00:39:19.50	00:39:26.95	+00:07:00 (17.8%)	3:55	15.3 (82.3%)
25	GŁOWACKI Paweł	318	WENET RUNNERS TEAM	M 40-49	7				00:00:09	00:25:20	00:35:32	00:39:43.70	00:39:53.40	+00:07:25 (18.7%)	3:58	15.1 (81.2%)
26	MICHLEWICZ Krzysztof	242		M 30-39	13				00:00:06	00:25:23	00:35:37	00:39:50.60	00:39:57.20	+00:07:32 (18.9%)	3:59	15.1 (81.2%)
27	BRUCKI Robert	479	CHYŁOŃSKIE DZIKI GDYNIA / BIEGAMYRAZEM.PL	M 50-59	1				00:00:12	00:25:15	00:35:26	00:39:49.35	00:40:01.70	+00:07:30 (18.9%)	3:58	15.1 (81.2%)
28	KRZESZEWSKI Rafał	596	BIEGAJ POD OKIEM TRENERA	M 30-39	14	Tak			00:00:06	00:25:21	00:35:32	00:39:57.25	00:40:03.80	+00:07:38 (19.1%)	3:59	15 (80.6%)
29	NOWICKI Marcin	666		M 40-49	8				00:00:06	00:25:22	00:35:36	00:40:01.05	00:40:07.60	+00:07:42 (19.3%)	4:00	15 (80.6%)
30	TARANTA Daniel	573	BESKIDZKA 160	M 1-29	5				00:00:04	00:25:15	00:35:46	00:40:14.45	00:40:19.15	+00:07:55 (19.7%)	4:01	14.9 (80.1%)
31	ZIELIŃSKA Weronika	212	12TRI.PL / ASICS FRONTRUNNER POLAND	K 30-39	2				00:00:07	00:25:47	00:36:02	00:40:27.55	00:40:34.70	+00:08:08 (20.1%)	4:02	14.8 (79.6%)
32	GRZYBOWSKI Mariusz	721		M 50-59	2				00:00:03	00:25:33	00:36:19	00:40:55.05	00:40:58.60	+00:08:36 (21.0%)	4:05	14.7 (79.0%)
33	DĘBOWSKI Michał	660	ULTRABIEGLI RADOM	M 40-49	9		Tak		00:00:07	00:25:41	00:36:21	00:40:53.85	00:41:01.65	+00:08:35 (21.0%)	4:05	14.7 (79.0%)
34	CZERWIŃSKA Katarzyna	663		K 30-39	3				00:00:03	00:25:36	00:36:21	00:40:58.35	00:41:02.20	+00:08:39 (21.1%)	4:05	14.6 (78.5%)
35	BERNER Szymon	739	BUKS WARSZAWA	M 1-29	6	Tak			00:00:03	00:25:51	00:36:57	00:41:32.30	00:41:35.50	+00:09:13 (22.2%)	4:09	14.4 (77.4%)
36	RAK Adam	734	WODOCIĄGI WARSZAWSKIE	M 30-39	15	Tak			00:00:09	00:25:52	00:37:01	00:41:29.70	00:41:39.00	+00:09:11 (22.1%)	4:08	14.5 (78.0%)
37	SZYMAŃSKI Andrzej	250		M 40-49	10	Tak			00:00:04	00:26:01	00:37:01	00:41:37.15	00:41:41.45	+00:09:18 (22.4%)	4:09	14.4 (77.4%)
38	BIENIEK-UGNIEWSKA Joanna	214	SUNFIT STUDIO	K 40-49	2				00:00:07	00:26:07	00:37:02	00:41:43.90	00:41:51.25	+00:09:25 (22.6%)	4:10	14.4 (77.4%)
39	GOZDEK Radek	136	BIEGANIEPO40.PL	M 40-49	11	Tak			00:00:07	00:26:17	00:37:16	00:41:45.00	00:41:52.80	+00:09:26 (22.6%)	4:10	14.4 (77.4%)
40	TKACZYK Adam	674		M 30-39	16				00:00:03	00:26:28	00:37:21	00:41:56.05	00:41:59.95	+00:09:37 (23.0%)	4:11	14.3 (76.9%)
41	LEWDOROWICZ Wojciech	269	SAM SOBIE KLUBEM	M 40-49	12				00:00:05	00:25:51	00:36:59	00:41:54.90	00:42:00.60	+00:09:36 (22.9%)	4:11	14.3 (76.9%)
42	KARBOWIAK Marcelina	134		K 30-39	4	Tak			00:00:10	00:26:36	00:37:18	00:41:52.25	00:42:03.10	+00:09:33 (22.8%)	4:11	14.3 (76.9%)
43	KOŚCIK Jakub	105		M 30-39	18				00:00:07	00:26:52	00:37:41	00:42:16.85	00:42:24.00	+00:09:58 (23.6%)	4:13	14.2 (76.3%)
44	GAŁĄZKA Tomasz	644		M 40-49	13				00:00:13	00:26:33	00:37:39	00:42:12.80	00:42:26.25	+00:09:54 (23.5%)	4:13	14.2 (76.3%)
45	CHMIEL Krzysztof	138	ZABIEGANY WOŁOMIN	M 30-39	17				00:00:14	00:27:08	00:37:53	00:42:13.35	00:42:27.85	+00:09:54 (23.5%)	4:13	14.2 (76.3%)
46	FALANDYSZ Janusz	52	WPRUNNING PRUSZKÓW	M 60+	1				00:00:11	00:26:34	00:37:38	00:42:20.15	00:42:31.90	+00:10:01 (23.7%)	4:14	14.2 (76.3%)
47	DĄBROWSKA Dominika	186	LEGIA TABLE TENNIS SCHOOLS	K 30-39	5	Tak			00:00:05	00:26:38	00:37:37	00:42:30.75	00:42:36.05	+00:10:12 (24.0%)	4:15	14.1 (75.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec		Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Białoleki	Samorządowiec								
48	JANOWSKI Jacek	480		M 40-49	14			00:00:11	00:26:12	00:37:42	00:42:27.65	00:42:39.60	+00:10:09 (23.9%)	4:14	14.1 (75.8%)
49	TARAS Marcin	194	BIEGOWE WTORKI NA TARCHOMINIE	M 40-49	15	Tak		00:00:07	00:26:18	00:37:44	00:42:34.80	00:42:42.45	+00:10:16 (24.1%)	4:15	14.1 (75.8%)
50	TOMASZEK Robert	349		M 40-49	17	Tak		00:00:04	00:26:37	00:38:04	00:42:53.40	00:42:57.50	+00:10:34 (24.7%)	4:17	14 (75.3%)
51	MACIEJOWICZ Michał	15	VEGERUNNERS	M 30-39	19			00:00:15	00:27:09	00:38:06	00:42:43.90	00:42:59.10	+00:10:25 (24.4%)	4:16	14 (75.3%)
52	CZERNECKI Wojciech	146		M 40-49	16			00:00:20	00:26:47	00:38:03	00:42:41.50	00:43:01.70	+00:10:22 (24.3%)	4:16	14.1 (75.8%)
53	S Karolina	604	KAROLINA SŁOMCZYŃSKA	K 30-39	6			00:00:05	00:27:18	00:38:22	00:42:57.75	00:43:03.70	+00:10:39 (24.8%)	4:17	14 (75.3%)
54	ŚLIMKO Daniel	32	OLEJ RUNNING TEAM	M 30-39	20	Tak		00:00:14	00:27:26	00:38:25	00:42:51.70	00:43:05.80	+00:10:33 (24.6%)	4:17	14 (75.3%)
55	JAWORSKI Piotr	2	MARKOWI BIEGACZE	M 40-49	18	Tak	Tak	00:00:06	00:26:57	00:38:12	00:43:00.55	00:43:07.10	+00:10:41 (24.9%)	4:18	14 (75.3%)
56	ANDRZEJEWSKI Mariusz	686	T-MOBILE RUNNING TEAM	M 40-49	19	Tak		00:00:07	00:27:51	00:38:33	00:43:06.35	00:43:14.25	+00:10:47 (25.0%)	4:18	13.9 (74.7%)
57	CZERWIEC Andrzej	726	MARKOWI BIEGACZE	M 40-49	20			00:00:07	00:26:53	00:38:17	00:43:10.90	00:43:18.65	+00:10:52 (25.2%)	4:19	13.9 (74.7%)
58	KRUPIŃSKI Marek	761	RUNNING TEAM	M 1-29	7	Tak	Tak	00:00:07	00:27:19	00:38:10	00:43:15.50	00:43:22.95	+00:10:56 (25.3%)	4:19	13.9 (74.7%)
59	KOMORZYCKI Janusz	743	ORANGE POLSKA	M 40-49	21			00:00:10	00:27:47	00:38:46	00:43:28.00	00:43:38.90	+00:11:09 (25.7%)	4:20	13.8 (74.2%)
60	BAK Magdalena	619		K 30-39	7			00:00:09	00:27:28	00:38:47	00:43:30.20	00:43:39.60	+00:11:11 (25.7%)	4:21	13.8 (74.2%)
61	KOŁODZIEJ Mirosław	152		M 30-39	21			00:00:12	00:27:21	00:38:42	00:43:28.60	00:43:40.85	+00:11:10 (25.7%)	4:20	13.8 (74.2%)
62	CZAPSKI Michał	207	BIEGAM NA TARCHOMINIE	M 40-49	23	Tak		00:00:09	00:27:28	00:38:48	00:43:35.20	00:43:44.30	+00:11:16 (25.9%)	4:21	13.8 (74.2%)
63	PRZYBYSZ Andrzej	654		M 40-49	22			00:00:12	00:27:28	00:38:44	00:43:32.15	00:43:44.80	+00:11:13 (25.8%)	4:21	13.8 (74.2%)
63	LISZKA Karolina	492	KAZIKI	K 30-39	9			00:00:09	00:27:29	00:38:46	00:43:35.50	00:43:44.80	+00:11:16 (25.9%)	4:21	13.8 (74.2%)
65	SADOWSKA Marzena	17		K 30-39	8	Tak		00:00:10	00:27:31	00:38:52	00:43:34.70	00:43:44.90	+00:11:16 (25.9%)	4:21	13.8 (74.2%)
66	PAŁCZYŃSKI Bartłomiej	505		M 30-39	23			00:00:08	00:27:14	00:38:58	00:43:47.55	00:43:55.70	+00:11:28 (26.2%)	4:22	13.7 (73.7%)
67	KLUPŚ Damian	799		M 30-39	22	Tak		00:00:10	00:27:50	00:39:04	00:43:47.30	00:43:57.70	+00:11:28 (26.2%)	4:22	13.7 (73.7%)
68	KALINOWSKI Kamil	299		M 30-39	24	Tak		00:00:11	00:27:46	00:39:03	00:43:51.00	00:44:02.75	+00:11:32 (26.3%)	4:23	13.7 (73.7%)
69	MANCZENKO Eugeniusz	613	MARKOWI BIEGACZE	M 40-49	25			00:00:09	00:27:45	00:39:15	00:43:57.80	00:44:07.30	+00:11:39 (26.5%)	4:23	13.7 (73.7%)
70	MOŁODKIEWICZ Zbigniew	638	BIEGAM NA TARCHOMINIE	M 40-49	24	Tak		00:00:17	00:28:23	00:39:13	00:43:50.80	00:44:07.90	+00:11:32 (26.3%)	4:23	13.7 (73.7%)
71	MALANOWSKA Elżbieta	390		K 1-29	1			00:00:05	00:26:54	00:38:50	00:44:03.95	00:44:09.10	+00:11:45 (26.7%)	4:24	13.6 (73.1%)
72	LENDZION Marcin	469	GRUPA BIEGOWA UM W-WA	M 1-29	8		Tak	00:00:14	00:27:57	00:39:19	00:44:02.45	00:44:17.40	+00:11:43 (26.6%)	4:24	13.6 (73.1%)
73	TOBOŁA Paweł	157	AKS POLONIA WARSZAWA	M 40-49	27			00:00:05	00:27:53	00:39:20	00:44:13.00	00:44:18.20	+00:11:54 (26.9%)	4:25	13.6 (73.1%)
74	KAMIŃSKI Kamil	252	@KODEKSSPORTOWCA	M 30-39	25	Tak		00:00:18	00:28:25	00:39:33	00:44:02.05	00:44:20.05	+00:11:43 (26.6%)	4:24	13.6 (73.1%)
75	NOWOCIEN Jacek	232	UCZNIOWSKI KLUB SPORTOWY RUSIEC	M 60+	2			00:00:11	00:27:51	00:39:19	00:44:12.20	00:44:23.80	+00:11:53 (26.9%)	4:25	13.6 (73.1%)

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						Białoleki	Samorządowiec	startu	6.6km	9km					
76	PĘDZISZ Michał	583	AKTYWNA WARSZAWA	M 40-49	26			00:00:20	00:28:17	00:39:30	00:44:07.20	00:44:27.50	+00:11:48 (26.8%)	4:24	13.6 (73.1%)
77	KRZEPKOWSKI Radosław	28	ADIDAS RUNNERS WARSAW	M 40-49	28			00:00:13	00:27:26	00:39:24	00:44:26.00	00:44:39.25	+00:12:07 (27.3%)	4:26	13.5 (72.6%)
78	JASKÓŁOWSKI Waldemar	237		M 50-59	3	Tak		00:00:18	00:28:24	00:39:40	00:44:29.25	00:44:47.50	+00:12:10 (27.4%)	4:26	13.5 (72.6%)
79	MICHNOWSKI Sebastian	378	BIEGAM NA TARCHOMINIE	M 40-49	29	Tak		00:00:16	00:28:26	00:39:49	00:44:35.00	00:44:51.35	+00:12:16 (27.5%)	4:27	13.5 (72.6%)
80	MICHALAK Dariusz	183		M 40-49	30			00:00:08	00:28:29	00:39:57	00:44:50.20	00:44:58.90	+00:12:31 (27.9%)	4:29	13.4 (72.0%)
81	FALKOWSKI Łukasz	139		M 30-39	26			00:00:13	00:28:22	00:40:11	00:44:53.40	00:45:07.20	+00:12:34 (28.0%)	4:29	13.4 (72.0%)
82	ŁABĘCKA Agata	418	KLUB BIEGACZA RTV EURO AGD	K 40-49	3			00:00:17	00:28:31	00:40:03	00:44:57.55	00:45:14.80	+00:12:38 (28.1%)	4:29	13.3 (71.5%)
83	ZGODA Mateusz	109		M 1-29	10	Tak		00:00:16	00:28:24	00:39:42	00:44:58.25	00:45:15.00	+00:12:39 (28.2%)	4:29	13.3 (71.5%)
84	CHEŁCHOWSKI Michał	133	PAWKO RUNNER TEAM	M 1-29	9			00:00:18	00:28:33	00:40:19	00:44:56.45	00:45:15.35	+00:12:37 (28.1%)	4:29	13.4 (72.0%)
85	WNUK Tomasz	113		M 40-49	32			00:00:16	00:28:24	00:39:42	00:44:58.70	00:45:15.40	+00:12:40 (28.2%)	4:29	13.3 (71.5%)
86	ŚMIETAŁO Dawid	215		M 30-39	27	Tak		00:00:17	00:28:27	00:40:07	00:44:59.45	00:45:17.00	+00:12:40 (28.2%)	4:29	13.3 (71.5%)
87	KOCISZEWSKI Krzysztof	333	WARSZAWIAKY	M 60+	3			00:00:13	00:28:01	00:39:57	00:45:07.75	00:45:21.10	+00:12:49 (28.4%)	4:30	13.3 (71.5%)
88	DRZYMAŁA Krzysztof	79		M 30-39	28			00:00:18	00:28:24	00:39:53	00:45:06.15	00:45:24.15	+00:12:47 (28.4%)	4:30	13.3 (71.5%)
89	SZACHNA Piotr	73	MARKOWI BIEGACZE	M 40-49	33			00:00:17	00:28:25	00:40:04	00:45:06.85	00:45:24.80	+00:12:48 (28.4%)	4:30	13.3 (71.5%)
90	GIEBUŁTOWICZ Marek	54		M 40-49	35			00:00:14	00:28:39	00:40:22	00:45:15.35	00:45:29.95	+00:12:56 (28.6%)	4:31	13.3 (71.5%)
91	CHOTOMSKI Marcin	482		M 30-39	29			00:00:05	00:28:54	00:40:40	00:45:27.40	00:45:32.80	+00:13:08 (28.9%)	4:32	13.2 (71.0%)
92	CHOJNACKI Mikołaj	117	WARSAW RUN CLUB	M 40-49	31	Tak		00:00:40	00:28:41	00:40:13	00:44:55.10	00:45:35.50	+00:12:36 (28.1%)	4:29	13.4 (72.0%)
93	PIOTRAK Marcin	506		M 40-49	34			00:00:28	00:28:20	00:39:57	00:45:10.50	00:45:39.15	+00:12:51 (28.5%)	4:31	13.3 (71.5%)
94	KILJAŃCZYK Dominik	185		M 1-29	11			00:00:10	00:28:42	00:40:28	00:45:31.60	00:45:42.20	+00:13:13 (29.0%)	4:33	13.2 (71.0%)
95	WINKOWSKA-STRUZIK Magdalena	536	DUCLA ACADEMY	K 30-39	10	Tak		00:00:08	00:28:37	00:40:39	00:45:37.55	00:45:46.15	+00:13:18 (29.2%)	4:33	13.2 (71.0%)
96	WICIK Juliusz	416	COP TEAM	M 40-49	36		Tak	00:00:10	00:27:10	00:39:49	00:45:37.00	00:45:47.10	+00:13:18 (29.2%)	4:33	13.2 (71.0%)
97	SKOWROŃSKI Bartosz	213		M 30-39	30			00:00:17	00:28:46	00:40:39	00:45:31.25	00:45:48.50	+00:13:12 (29.0%)	4:33	13.2 (71.0%)
98	SIEDLECKI Łukasz	423	BIEGANIEPO40.PL	M 30-39	31			00:00:20	00:28:29	00:40:23	00:45:33.45	00:45:53.60	+00:13:14 (29.1%)	4:33	13.2 (71.0%)
99	BOBER Jarosław	398		M 30-39	32			00:00:17	00:28:40	00:40:49	00:45:41.40	00:45:58.70	+00:13:22 (29.3%)	4:34	13.1 (70.4%)
100	GŁODOWSKA Marta	443	ŻÓRAWSKI TEAM	K 30-39	11			00:00:14	00:28:41	00:40:41	00:45:46.65	00:46:01.60	+00:13:28 (29.4%)	4:34	13.1 (70.4%)
101	KARPIŃSKI Marcin	122		M 30-39	33	Tak		00:00:34	00:29:03	00:40:55	00:45:51.55	00:46:25.60	+00:13:32 (29.5%)	4:35	13.1 (70.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec		Czas			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Białoleki	Samorządowiec	startu	6.6km	9km					
102	KRÓL Maciej	755	TRUCHT TARCHOMIN TEAM	M 30-39	34			00:00:27	00:29:48	00:41:27	00:45:54.90	00:46:22.55	+00:13:36 (29.6%)	4:35	13.1 (70.4%)
103	KWIECIŃSKA Małgorzata	313	BRAVEHEARTS LEGIONOWO	K 30-39	12			00:00:18	00:28:40	00:40:45	00:45:58.75	00:46:17.50	+00:13:40 (29.7%)	4:35	13.1 (70.4%)
104	ZYGMUNT Szymon	609		M 1-29	12	Tak		00:00:10	00:29:00	00:41:18	00:45:59.75	00:46:09.85	+00:13:41 (29.8%)	4:35	13 (69.9%)
105	JASTRZEMBSKI Piotr	193		M 30-39	35	Tak		00:00:08	00:27:56	00:40:45	00:46:00.50	00:46:08.60	+00:13:41 (29.8%)	4:36	13 (69.9%)
106	JASIŃSKI Marek	759		M 60+	4			00:00:23	00:29:28	00:41:09	00:46:01.95	00:46:25.35	+00:13:43 (29.8%)	4:36	13 (69.9%)
107	KANIA Paweł	723	BIEGAM NA TARCHOMINIE	M 50-59	4	Tak		00:00:18	00:28:52	00:41:01	00:46:07.80	00:46:26.10	+00:13:49 (30.0%)	4:36	13 (69.9%)
108	KODA Eugeniusz	474	TEAM ZABIEGANE DNI	M 60+	5			00:00:22	00:29:19	00:41:28	00:46:19.80	00:46:41.80	+00:14:01 (30.3%)	4:37	13 (69.9%)
109	TRZASKOWSKI Rafał	594	LUCKY RUN CLUB	M 40-49	37			00:00:23	00:29:52	00:41:31	00:46:20.30	00:46:44.10	+00:14:01 (30.3%)	4:38	12.9 (69.4%)
110	ŻAKOWSKI Michał	436		M 50-59	5			00:00:14	00:28:58	00:41:11	00:46:22.10	00:46:36.20	+00:14:03 (30.3%)	4:38	12.9 (69.4%)
111	GRYZ Jacek	241	SUNFIT STUDIO	M 40-49	38			00:00:18	00:28:50	00:41:13	00:46:24.15	00:46:42.75	+00:14:05 (30.4%)	4:38	12.9 (69.4%)
112	SIKORSKI Paweł	620	KIP RUNNING	M 40-49	39			00:01:37	00:29:07	00:41:28	00:46:26.35	00:48:03.60	+00:14:07 (30.4%)	4:38	12.9 (69.4%)
113	STOBNICKI Mateusz	104	GĄBIN BIEGA	M 1-29	13			00:00:28	00:29:51	00:41:34	00:46:29.25	00:46:58.10	+00:14:10 (30.5%)	4:38	12.9 (69.4%)
114	SZYMBORSKA Monika	580		K 40-49	4			00:00:21	00:29:10	00:41:25	00:46:31.30	00:46:52.30	+00:14:12 (30.5%)	4:39	12.9 (69.4%)
115	TORZEWSKI Janusz	283	WAT	M 40-49	40			00:00:06	00:28:50	00:41:11	00:46:33.25	00:46:39.35	+00:14:14 (30.6%)	4:39	12.9 (69.4%)
116	MAMLA Zbigniew	606	BIEGIEM NA KAWĘ	M 50-59	6	Tak		00:00:14	00:29:04	00:41:32	00:46:38.60	00:46:53.00	+00:14:20 (30.7%)	4:39	12.9 (69.4%)
117	KRÓLICKI Konrad	519	STG WARSZAWA	M 40-49	41			00:00:19	00:29:13	00:41:32	00:46:41.70	00:47:00.80	+00:14:23 (30.8%)	4:40	12.9 (69.4%)
118	SOBOCIŃSKI Michał	175	PLAY	M 40-49	42	Tak		00:01:10	00:29:48	00:41:42	00:46:45.65	00:47:56.60	+00:14:27 (30.9%)	4:40	12.8 (68.8%)
119	GŁASEK Piotr	324		M 30-39	36			00:00:08	00:29:04	00:41:58	00:46:46.10	00:46:54.45	+00:14:27 (30.9%)	4:40	12.8 (68.8%)
120	PONIATOWSKI Aleksander	258	AXON MEDIA GROUP	M 40-49	43	Tak		00:00:19	00:29:18	00:41:43	00:46:48.65	00:47:08.45	+00:14:30 (31.0%)	4:40	12.8 (68.8%)
121	ADAO Miguel	728		M 40-49	44	Tak		00:00:14	00:29:15	00:41:39	00:46:49.10	00:47:04.00	+00:14:30 (31.0%)	4:40	12.8 (68.8%)
122	MACIEJAK Robert	680		M 40-49	45	Tak		00:00:19	00:28:52	00:41:49	00:46:49.55	00:47:09.15	+00:14:30 (31.0%)	4:40	12.8 (68.8%)
123	KAKOLECKI Michał	438		M 50-59	7	Tak		00:00:36	00:29:38	00:41:38	00:46:50.55	00:47:26.75	+00:14:31 (31.0%)	4:41	12.8 (68.8%)
124	ZWARDOŃ Ewa	164	BUXIDA	K 40-49	5			00:00:17	00:29:23	00:41:47	00:46:50.75	00:47:08.00	+00:14:32 (31.0%)	4:41	12.8 (68.8%)
125	AUGUSTYŃSKA-SMIETAŁO Iwona	191	BIEGAM NA TARCHOMINIE	K 30-39	13	Tak		00:00:19	00:29:30	00:41:43	00:46:53.00	00:47:12.20	+00:14:34 (31.1%)	4:41	12.8 (68.8%)
126	ŚCIBOR Marcin	228	RUCH IZBICA	M 30-39	37			00:00:29	00:29:51	00:41:49	00:46:55.05	00:47:24.35	+00:14:36 (31.1%)	4:41	12.8 (68.8%)
127	NIECKARZ Justyna	639		K 30-39	14	Tak		00:01:52	00:29:40	00:41:49	00:46:56.00	00:48:48.35	+00:14:37 (31.2%)	4:41	12.8 (68.8%)
128	GORDON Kamila	622	TRIMASTERS	K 1-29	2			00:00:27	00:29:50	00:41:46	00:46:57.10	00:47:24.80	+00:14:38 (31.2%)	4:41	12.8 (68.8%)
129	SOBCZAK Krzysiek	586		M 40-49	46			00:00:30	00:29:48	00:41:56	00:46:57.65	00:47:28.35	+00:14:39 (31.2%)	4:41	12.8 (68.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec		Czas			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Białoleki	Samorządowiec	startu	6.6km	9km					
130	MALARSKI Bernard	789		M 40-49	47			00:00:30	00:29:49	00:41:57	00:46:58.25	00:47:28.65	+00:14:39 (31.2%)	4:41	12.8 (68.8%)
131	GRYSZPANOWICZ Piotr	546		M 40-49	48	Tak		00:00:11	00:29:32	00:41:50	00:47:02.00	00:47:13.00	+00:14:43 (31.3%)	4:42	12.8 (68.8%)
132	STRAWSKI Marcin	528	OBIEGUWKA	M 40-49	49	Tak		00:01:06	00:31:19	00:42:13	00:47:05.90	00:48:12.40	+00:14:47 (31.4%)	4:42	12.7 (68.3%)
133	MATHEA Jacek	452		M 30-39	38	Tak		00:01:14	00:29:46	00:42:05	00:47:14.35	00:48:28.80	+00:14:55 (31.6%)	4:43	12.7 (68.3%)
134	KAMIŃSKI Paweł	173		M 40-49	50			00:00:26	00:29:49	00:41:52	00:47:22.50	00:47:49.35	+00:15:03 (31.8%)	4:44	12.7 (68.3%)
135	DROŹDZIEL Mariusz	711		M 40-49	51			00:01:04	00:30:05	00:42:19	00:47:24.15	00:48:28.80	+00:15:05 (31.8%)	4:44	12.7 (68.3%)
136	SZYMAJDA Marcin	234	BIEGIEM DO AGD SEROCK	M 40-49	52			00:00:53	00:29:54	00:42:02	00:47:24.35	00:48:17.40	+00:15:05 (31.8%)	4:44	12.7 (68.3%)
137	ZIOMEK Wiktor	475		M 30-39	39			00:00:27	00:30:01	00:42:30	00:47:30.85	00:47:58.40	+00:15:12 (32.0%)	4:45	12.6 (67.7%)
138	WIAZOWSKI Jarosław	537	INCLUDO JAROSLAW WIAZOWSKI	M 50-59	8	Tak		00:00:18	00:29:16	00:42:22	00:47:32.40	00:47:50.60	+00:15:13 (32.0%)	4:45	12.6 (67.7%)
139	PRUSZYŃSKI Edward	467	KB OŻARÓW MAZOWIECKI BIEGA	M 50-59	9			00:01:40	00:30:26	00:42:32	00:47:35.55	00:49:16.00	+00:15:16 (32.1%)	4:45	12.6 (67.7%)
140	CHODNIEWICZ Michał	174		M 40-49	53	Tak		00:00:26	00:29:56	00:42:19	00:47:42.15	00:48:08.95	+00:15:23 (32.3%)	4:46	12.6 (67.7%)
141	HAUDEK Paweł	204		M 30-39	40	Tak		00:00:15	00:30:03	00:42:42	00:47:43.45	00:47:59.15	+00:15:24 (32.3%)	4:46	12.6 (67.7%)
142	ZDUNEK Michał	616		M 40-49	54	Tak		00:00:54	00:30:37	00:42:54	00:47:57.05	00:48:51.30	+00:15:38 (32.6%)	4:47	12.5 (67.2%)
143	KRAWCZYK Wojciech	295	BIEGAM NA TARCHOMINIE	M 50-59	10	Tak		00:00:21	00:30:22	00:42:45	00:47:58.90	00:48:20.60	+00:15:40 (32.7%)	4:47	12.5 (67.2%)
144	DEREWICZ Mariusz	188		M 30-39	41	Tak		00:00:53	00:30:08	00:42:40	00:47:59.75	00:48:53.15	+00:15:41 (32.7%)	4:47	12.5 (67.2%)
145	LACHOWSKI Maciej	355		M 30-39	42	Tak		00:02:05	00:30:24	00:42:53	00:48:01.80	00:50:07.40	+00:15:43 (32.7%)	4:48	12.5 (67.2%)
146	STRZELECKI Piotr	16		M 40-49	55			00:00:09	00:29:51	00:42:36	00:48:02.05	00:48:11.25	+00:15:43 (32.7%)	4:48	12.5 (67.2%)
147	WŁODKOWSKI Robert	690	TRUCHT TARCHOMIN TEAM	M 40-49	56	Tak		00:00:26	00:30:52	00:43:05	00:48:04.95	00:48:31.70	+00:15:46 (32.8%)	4:48	12.5 (67.2%)
148	ROGUSKI Michał	337		M 30-39	43	Tak		00:00:51	00:30:24	00:42:49	00:48:07.70	00:48:59.35	+00:15:49 (32.9%)	4:48	12.5 (67.2%)
149	SZEWczyk Tomasz	627		M 40-49	57	Tak		00:00:20	00:29:37	00:42:26	00:48:08.45	00:48:28.95	+00:15:49 (32.9%)	4:48	12.5 (67.2%)
150	KUCHAREK Paweł	588		M 30-39	44	Tak		00:00:54	00:30:37	00:42:59	00:48:08.50	00:49:03.05	+00:15:49 (32.9%)	4:48	12.5 (67.2%)
151	KOBYLEC Artur	216		M 40-49	58	Tak		00:00:53	00:30:22	00:42:53	00:48:10.30	00:49:04.00	+00:15:51 (32.9%)	4:49	12.5 (67.2%)
152	STAŃKOWSKI Hubert	462	TEAM WARIAT	M 1-29	14	Tak		00:00:04	00:30:28	00:43:08	00:48:13.30	00:48:17.70	+00:15:54 (33.0%)	4:49	12.4 (66.7%)
153	CHRZĘSZCZYK Tomasz	86		M 1-29	15	Tak		00:00:28	00:29:59	00:42:50	00:48:14.30	00:48:42.30	+00:15:55 (33.0%)	4:49	12.4 (66.7%)
154	ZASADA Dawid	352		M 30-39	45			00:01:15	00:30:40	00:43:05	00:48:19.45	00:49:35.20	+00:16:00 (33.1%)	4:49	12.4 (66.7%)
155	WEREDA Paweł	319		M 50-59	11			00:00:17	00:30:21	00:43:01	00:48:23.15	00:48:41.10	+00:16:04 (33.2%)	4:50	12.4 (66.7%)
156	PODKAŃSKI Paweł	116		M 30-39	46	Tak		00:00:09	00:30:12	00:43:05	00:48:24.30	00:48:34.00	+00:16:05 (33.3%)	4:50	12.4 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec		Czas			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h	
						Białoleki	Samorządowiec	startu	6.6km	9km						
157	SZEWCZYK Jacek	97		M 40-49	59	Tak			00:00:04	00:29:54	00:42:58	00:48:27.05	00:48:31.55	+00:16:08 (33.3%)	4:50	12.4 (66.7%)
158	KOŚCIAK Jacek	687		M 40-49	60				00:00:31	00:30:31	00:43:20	00:48:30.45	00:49:02.25	+00:16:11 (33.4%)	4:51	12.4 (66.7%)
159	THEODOULOU Nicci	632		K 40-49	6				00:00:58	00:31:11	00:43:35	00:48:32.35	00:49:30.70	+00:16:13 (33.4%)	4:51	12.4 (66.7%)
160	SAKOWSKA Agnieszka	655		K 30-39	15				00:01:26	00:30:47	00:43:23	00:48:44.55	00:50:11.10	+00:16:25 (33.7%)	4:52	12.3 (66.1%)
161	WRONIEWSKI Mariusz	597		M 40-49	61				00:00:53	00:30:30	00:43:20	00:48:44.90	00:49:38.70	+00:16:26 (33.7%)	4:52	12.3 (66.1%)
162	ŁATKOWSKI Łukasz	731	GRUPA BIEGOWA CHTMO	M 40-49	62				00:01:22	00:31:37	00:43:46	00:48:44.95	00:50:07.10	+00:16:26 (33.7%)	4:52	12.3 (66.1%)
163	OBIDZIŃSKI Bartosz	347		M 40-49	63	Tak			00:01:23	00:31:25	00:43:44	00:48:46.75	00:50:09.85	+00:16:28 (33.8%)	4:52	12.3 (66.1%)
164	WILGOS Janusz	477		M 40-49	64				00:00:18	00:30:47	00:43:34	00:48:48.00	00:49:06.50	+00:16:29 (33.8%)	4:52	12.3 (66.1%)
165	PYTELEWSKI Piotr	729	WODOCIĄGI WARSZAWSKIE	M 40-49	65				00:00:19	00:29:44	00:43:00	00:48:48.15	00:49:07.75	+00:16:29 (33.8%)	4:52	12.3 (66.1%)
166	DĄBROWSKI Łukasz	457		M 30-39	47				00:00:33	00:30:26	00:43:48	00:48:58.30	00:49:31.45	+00:16:39 (34.0%)	4:53	12.3 (66.1%)
167	SUCHARSKI Tomasz	414		M 1-29	16				00:00:33	00:30:28	00:43:49	00:48:58.55	00:49:31.75	+00:16:39 (34.0%)	4:53	12.3 (66.1%)
168	BEBELSKI Jakub	227		M 1-29	17	Tak			00:01:00	00:29:44	00:43:24	00:48:59.30	00:49:59.70	+00:16:40 (34.0%)	4:53	12.2 (65.6%)
169	PISARSKI Bartłomiej	695		M 1-29	18				00:01:04	00:31:40	00:44:03	00:49:02.30	00:50:07.25	+00:16:43 (34.1%)	4:54	12.2 (65.6%)
170	PODLEŚ Robert	706		M 60+	6				00:00:07	00:31:15	00:44:00	00:49:05.20	00:49:13.00	+00:16:46 (34.2%)	4:54	12.2 (65.6%)
171	JĘDRZEJCZYK-KOWALSKA Sylwia	380	BIGTIRESRUNCLUB	K 40-49	7				00:01:04	00:31:23	00:44:00	00:49:07.75	00:50:12.45	+00:16:49 (34.2%)	4:54	12.2 (65.6%)
172	GERWATOWSKI Artur	249		M 30-39	48	Tak			00:00:08	00:30:46	00:43:54	00:49:11.25	00:49:20.15	+00:16:52 (34.3%)	4:55	12.2 (65.6%)
173	RUSIN Michał	500		M 1-29	19				00:00:52	00:31:20	00:44:02	00:49:12.60	00:50:05.40	+00:16:54 (34.3%)	4:55	12.2 (65.6%)
174	KRYSTOSIAK Karol	772		M 40-49	66				00:00:20	00:30:57	00:43:54	00:49:15.40	00:49:35.55	+00:16:56 (34.4%)	4:55	12.2 (65.6%)
175	ŁOPAŁO Sebastian	747		M 30-39	49				00:00:30	00:29:54	00:43:47	00:49:15.65	00:49:45.65	+00:16:57 (34.4%)	4:55	12.2 (65.6%)
176	KUCHARSKI Wojtek	534	PROAUTOMATION TEAM	M 40-49	67				00:01:01	00:31:31	00:43:56	00:49:19.80	00:50:21.40	+00:17:01 (34.5%)	4:55	12.2 (65.6%)
177	CHOTOMSKA Dorota	483		K 30-39	16				00:00:11	00:30:53	00:43:59	00:49:27.65	00:49:39.25	+00:17:09 (34.7%)	4:56	12.1 (65.1%)
178	GRZYMAŁA Andrzej	466		M 50-59	12	Tak			00:01:27	00:31:18	00:44:02	00:49:28.05	00:50:55.05	+00:17:09 (34.7%)	4:56	12.1 (65.1%)
179	JABŁONKA Radosław	59	DZIADY OCR	M 40-49	68				00:00:28	00:30:46	00:44:04	00:49:35.50	00:50:03.65	+00:17:16 (34.8%)	4:57	12.1 (65.1%)
180	FELIŃSKI Daniel	529		M 1-29	20				00:01:56	00:32:01	00:44:38	00:49:35.55	00:51:32.20	+00:17:16 (34.8%)	4:57	12.1 (65.1%)
181	BEBELSKI Rafał	226	PZU SPORT TEAM	M 40-49	69	Tak			00:01:01	00:31:17	00:44:05	00:49:36.55	00:50:37.60	+00:17:17 (34.9%)	4:57	12.1 (65.1%)
182	MARZEC Zbigniew	127	BIEGAJĄCY KUCHARZ	M 30-39	50				00:01:20	00:31:23	00:43:58	00:49:43.25	00:51:03.85	+00:17:24 (35.0%)	4:58	12.1 (65.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec		Czas			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h	
						Białoleki	Samorządowiec	startu	6.6km	9km						
182	WALENCIK Julia	774		K 1-29	3	Tak			00:00:33	00:31:36	00:44:06	00:49:43.25	00:50:16.90	+00:17:24 (35.0%)	4:58	12.1 (65.1%)
184	TEODORCZYK Michał	251		M 30-39	51	Tak			00:00:28	00:31:15	00:44:30	00:49:43.65	00:50:11.95	+00:17:25 (35.0%)	4:58	12.1 (65.1%)
185	LENDZION Jarosław	468	GRUPA BIEGOWA UM W-WA	M 40-49	70		Tak		00:01:03	00:31:59	00:44:30	00:49:44.65	00:50:47.90	+00:17:26 (35.0%)	4:58	12.1 (65.1%)
186	ARAŻNY Zbigniew	142		M 50-59	13	Tak			00:01:20	00:31:24	00:43:58	00:49:45.65	00:51:05.90	+00:17:27 (35.1%)	4:58	12.1 (65.1%)
187	ZIELIŃSKI Franciszek	111	WPRUNNING	M 60+	7				00:00:24	00:30:41	00:44:04	00:49:48.50	00:50:12.90	+00:17:29 (35.1%)	4:58	12 (64.5%)
188	ŚMIETAŃSKI Piotr	168	NASIELSK BASZTA TEAM	M 40-49	71				00:01:23	00:31:36	00:44:19	00:49:50.15	00:51:13.45	+00:17:31 (35.2%)	4:59	12 (64.5%)
189	SZCZEPAŃSKI Saturnin	316	RUNNERS TEAM JABŁONNA	M 50-59	14				00:00:29	00:31:44	00:44:36	00:49:54.80	00:50:24.05	+00:17:36 (35.3%)	4:59	12 (64.5%)
190	ADAMKIEWICZ Marcin	353		M 40-49	72	Tak	Tak		00:01:01	00:31:24	00:44:19	00:49:55.75	00:50:56.75	+00:17:37 (35.3%)	4:59	12 (64.5%)
191	FRĄCKOWSKI Sławomir	340		M 50-59	15	Tak			00:00:39	00:31:35	00:44:29	00:49:56.20	00:50:35.55	+00:17:37 (35.3%)	4:59	12 (64.5%)
191	KONIECZKA Kamil	669		M 1-29	21	Tak			00:00:18	00:32:26	00:44:40	00:49:56.20	00:50:14.75	+00:17:37 (35.3%)	4:59	12 (64.5%)
193	KOZŁOWSKI Paweł	383		M 50-59	16				00:01:01	00:31:23	00:44:36	00:49:56.25	00:50:57.35	+00:17:37 (35.3%)	4:59	12 (64.5%)
194	JAKUBISIAK Renata	209	BIEGAM NA TARCHOMINIE	K 40-49	8	Tak			00:00:56	00:31:46	00:44:21	00:49:57.20	00:50:53.30	+00:17:38 (35.3%)	4:59	12 (64.5%)
195	ŁATKOWSKA Monika	401	GRUPA BIEGOWA UM W-WA	K 40-49	9		Tak		00:01:21	00:31:37	00:44:37	00:49:59.15	00:51:20.90	+00:17:40 (35.4%)	4:59	12 (64.5%)
196	BOGUMIŁ Izabela	478		K 40-49	10				00:00:44	00:31:36	00:44:40	00:50:07.20	00:50:52.00	+00:17:48 (35.5%)	5:00	12 (64.5%)
197	ŚCIBIOR Grzegorz	179		M 30-39	52	Tak			00:02:15	00:31:51	00:44:58	00:50:08.75	00:52:24.45	+00:17:50 (35.6%)	5:00	12 (64.5%)
198	MAREK Jacek	203		M 40-49	73				00:00:37	00:31:14	00:44:37	00:50:09.05	00:50:46.80	+00:17:50 (35.6%)	5:00	12 (64.5%)
199	MASŁOWSKI Michał	614		M 40-49	74	Tak			00:01:06	00:31:41	00:44:41	00:50:13.85	00:51:20.35	+00:17:55 (35.7%)	5:01	11.9 (64.0%)
200	FRĄCKIEWICZ Dariusz	153	BIEGAM NA TARCHOMINIE	M 40-49	75	Tak			00:01:40	00:31:30	00:44:42	00:50:14.35	00:51:54.35	+00:17:55 (35.7%)	5:01	11.9 (64.0%)
201	ZIÓŁKOWSKI Maciej	511		M 30-39	53				00:01:20	00:31:41	00:44:54	00:50:17.25	00:51:38.00	+00:17:58 (35.7%)	5:01	11.9 (64.0%)
202	NOWAKOWSKI Tomek	435		M 40-49	76	Tak			00:01:17	00:31:28	00:44:34	00:50:17.75	00:51:35.15	+00:17:59 (35.8%)	5:01	11.9 (64.0%)
203	WOJTOWICZ Przemek	628		M 30-39	54				00:00:38	00:31:49	00:44:41	00:50:20.80	00:50:59.30	+00:18:02 (35.8%)	5:02	11.9 (64.0%)
204	OLEKSIAK Piotr	507		M 40-49	77	Tak			00:00:58	00:32:13	00:44:57	00:50:21.75	00:51:19.75	+00:18:03 (35.8%)	5:02	11.9 (64.0%)
205	KUREK Jacek	605		M 30-39	55				00:01:01	00:31:45	00:44:56	00:50:29.60	00:51:30.65	+00:18:11 (36.0%)	5:02	11.9 (64.0%)
206	BUCHALSKA Ewa	717	EKOBIEGI	K 50-59	1	Tak			00:01:02	00:31:48	00:45:00	00:50:30.15	00:51:32.35	+00:18:11 (36.0%)	5:03	11.9 (64.0%)
207	RÓJ Leszek	676	BIEGAM NA TARCHOMINIE	M 40-49	78				00:00:33	00:31:20	00:44:54	00:50:37.95	00:51:11.10	+00:18:19 (36.2%)	5:03	11.9 (64.0%)
208	SYKUT Adam	517		M 40-49	79				00:00:13	00:31:40	00:45:05	00:50:42.55	00:50:56.25	+00:18:23 (36.3%)	5:04	11.8 (63.4%)
209	KOŁODZIEJCZYK Aleksander	356		M 1-29	22	Tak			00:00:51	00:31:36	00:45:11	00:50:48.25	00:51:40.05	+00:18:29 (36.4%)	5:04	11.8 (63.4%)
210	JAWOREK Krzysztof	599		M 30-39	56				00:00:52	00:31:27	00:45:09	00:50:49.10	00:51:41.10	+00:18:30 (36.4%)	5:04	11.8 (63.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec		Czas			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h	
						Białoleki	Samorządowiec	startu	6.6km	9km						
211	DOBOSZ Piotr	601	WŚCIEKŁE PIĘŚCI WĘŻA	M 30-39	57	Tak			00:01:42	00:32:01	00:45:20	00:50:50.35	00:52:32.45	+00:18:31 (36.4%)	5:05	11.8 (63.4%)
212	PROKOPIUK Grzegorz	253	SZWAGRY DWA	M 40-49	80	Tak			00:01:36	00:32:25	00:45:20	00:50:50.45	00:52:27.40	+00:18:31 (36.4%)	5:05	11.8 (63.4%)
213	WOLAŃCZYK Adam	486		M 1-29	23	Tak			00:01:34	00:31:44	00:45:34	00:50:54.45	00:52:29.40	+00:18:35 (36.5%)	5:05	11.8 (63.4%)
214	DĘBSKI Andrzej	531		M 40-49	81				00:01:00	00:32:07	00:45:29	00:50:57.45	00:51:58.00	+00:18:38 (36.6%)	5:05	11.8 (63.4%)
215	GŁÓWKA Rafał	58		M 40-49	82				00:00:29	00:31:48	00:45:07	00:50:59.65	00:51:29.00	+00:18:41 (36.6%)	5:05	11.8 (63.4%)
216	BRALSKI Piotr	542		M 30-39	58	Tak			00:01:27	00:32:12	00:45:27	00:51:00.50	00:52:28.00	+00:18:41 (36.7%)	5:06	11.8 (63.4%)
217	GALUHN Mariusz	160		M 50-59	17				00:01:22	00:32:05	00:45:22	00:51:03.50	00:52:25.70	+00:18:44 (36.7%)	5:06	11.8 (63.4%)
218	RAK Michał	733		M 30-39	59	Tak			00:01:22	00:31:24	00:44:56	00:51:04.00	00:52:26.40	+00:18:45 (36.7%)	5:06	11.7 (62.9%)
219	UCINEK Łukasz	485	STOMILEX	M 30-39	60				00:00:21	00:31:32	00:45:14	00:51:04.05	00:51:25.90	+00:18:45 (36.7%)	5:06	11.7 (62.9%)
220	ZEGAR Anna	357		K 40-49	11	Tak			00:01:26	00:32:09	00:45:32	00:51:05.95	00:52:32.75	+00:18:47 (36.8%)	5:06	11.7 (62.9%)
221	GAWLIK Arkadiusz	386	BIEGAM NA TARCHOMINIE	M 40-49	83	Tak			00:01:39	00:31:58	00:45:27	00:51:11.55	00:52:51.50	+00:18:52 (36.9%)	5:07	11.7 (62.9%)
222	CIMOCHOWSKA-ŚWITALSKA Magdalena	422	BIEGAM NA TARCHOMINIE	K 40-49	12	Tak			00:01:21	00:32:13	00:45:31	00:51:12.05	00:52:33.35	+00:18:53 (36.9%)	5:07	11.7 (62.9%)
223	STAROŃSKA Magdalena	693	BIEGAM NA TARCHOMINIE	K 40-49	13	Tak			00:00:41	00:32:13	00:45:42	00:51:12.90	00:51:54.10	+00:18:54 (36.9%)	5:07	11.7 (62.9%)
224	CZARNOCKA NIEDZIELSKA Angelika	746		K 30-39	17	Tak			00:00:48	00:31:57	00:45:25	00:51:13.10	00:52:01.60	+00:18:54 (36.9%)	5:07	11.7 (62.9%)
225	ŻAKOWICZ Piotr	148		M 30-39	61				00:01:49	00:31:48	00:45:30	00:51:14.30	00:53:04.20	+00:18:55 (36.9%)	5:07	11.7 (62.9%)
226	OWOC Tomasz	742	PKO BANK POLSKI / NEW BALANCE RUN CLUB	M 50-59	18				00:01:26	00:32:09	00:45:34	00:51:14.65	00:52:41.00	+00:18:56 (36.9%)	5:07	11.7 (62.9%)
227	DUDA Jacek	55		M 40-49	84				00:01:11	00:32:04	00:45:26	00:51:16.15	00:52:27.30	+00:18:57 (37.0%)	5:07	11.7 (62.9%)
228	PAZIEWSKI Andrzej	487	BIEGAM NA TARCHOMINIE	M 40-49	85	Tak			00:00:30	00:32:16	00:45:37	00:51:17.25	00:51:47.70	+00:18:58 (37.0%)	5:07	11.7 (62.9%)
229	GWIZDAŁA Cezary	727		M 50-59	19	Tak			00:01:01	00:32:25	00:45:44	00:51:17.65	00:52:19.25	+00:18:59 (37.0%)	5:07	11.7 (62.9%)
230	MIODUSZEWSKI Marcin	394	UM WARSZAWA / ARW	M 40-49	86		Tak		00:01:59	00:31:44	00:45:26	00:51:17.85	00:53:17.25	+00:18:59 (37.0%)	5:07	11.7 (62.9%)
231	KOLASA Andrzej	158	KLUB J.SŁOWACKIEGO	M 60+	8				00:00:40	00:32:19	00:45:45	00:51:27.65	00:52:08.25	+00:19:09 (37.2%)	5:08	11.7 (62.9%)
232	BARTOSZEWICZ Agnieszka	526		K 30-39	18				00:00:43	00:32:10	00:45:47	00:51:31.90	00:52:15.60	+00:19:13 (37.3%)	5:09	11.6 (62.4%)
233	SZYMKOWIAK Sebastian	202		M 40-49	87	Tak			00:01:27	00:32:08	00:45:54	00:51:37.85	00:53:05.20	+00:19:19 (37.4%)	5:09	11.6 (62.4%)
234	BAJDALA Robert	720		M 30-39	62				00:01:37	00:33:32	00:46:28	00:51:38.75	00:53:16.60	+00:19:20 (37.4%)	5:09	11.6 (62.4%)
235	REDA Sławomir	569	TEAM ZABIEGANEDNI	M 60+	9				00:00:49	00:32:51	00:46:08	00:51:41.90	00:52:31.40	+00:19:23 (37.5%)	5:10	11.6 (62.4%)
236	DZYRUK Maciej	460		M 30-39	63				00:01:25	00:32:10	00:45:57	00:51:43.35	00:53:08.50	+00:19:24 (37.5%)	5:10	11.6 (62.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec		Czas			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h	
						Białoleki	Samorządowiec	startu	6.6km	9km						
237	WIECZOREK Jacek	516	UKS NISKA	M 40-49	88	Tak			00:01:32	00:32:12	00:45:53	00:51:43.50	00:53:16.25	+00:19:24 (37.5%)	5:10	11.6 (62.4%)
238	GODLEWSKI Artur	45	BIEGAM NA TARCHOMINIE	M 30-39	64	Tak			00:00:36	00:32:06	00:46:14	00:51:44.75	00:52:20.80	+00:19:26 (37.6%)	5:10	11.6 (62.4%)
239	SZYSZKO Ewa	181	MARKOWI BIEGACZE	K 40-49	14				00:00:28	00:31:30	00:46:17	00:51:45.50	00:52:13.80	+00:19:26 (37.6%)	5:10	11.6 (62.4%)
240	BARTOŃ Wojciech	338		M 40-49	89				00:00:05	00:31:53	00:45:50	00:51:46.80	00:51:52.50	+00:19:28 (37.6%)	5:10	11.6 (62.4%)
241	ORŁOWSKI Kacper	184		M 30-39	65				00:01:26	00:32:45	00:46:14	00:51:52.95	00:53:19.00	+00:19:34 (37.7%)	5:11	11.6 (62.4%)
242	CHARLEJ Ireneusz	247		M 50-59	20				00:01:23	00:32:51	00:46:22	00:51:57.75	00:53:21.35	+00:19:39 (37.8%)	5:11	11.5 (61.8%)
243	TULA Renata	221	NEW BALANCE RUN CLUB	K 60+	1				00:01:20	00:32:22	00:46:06	00:51:58.35	00:53:18.90	+00:19:39 (37.8%)	5:11	11.5 (61.8%)
244	BLASZCZYNSKI Witold	159		M 40-49	90	Tak			00:00:50	00:32:44	00:46:13	00:51:58.85	00:52:48.95	+00:19:40 (37.8%)	5:11	11.5 (61.8%)
245	KEMPA Piotr	362		M 30-39	66	Tak			00:00:38	00:32:40	00:46:17	00:51:58.95	00:52:37.30	+00:19:40 (37.8%)	5:11	11.5 (61.8%)
246	ŚWIĆ Rafał	702	TRUCHT TARCHOMIN TEAM	M 40-49	91				00:01:28	00:33:19	00:46:17	00:51:59.25	00:53:27.50	+00:19:40 (37.9%)	5:11	11.5 (61.8%)
247	KUCZYŃSKA Karolina	491		K 30-39	19	Tak			00:00:12	00:32:39	00:46:31	00:52:00.40	00:52:12.95	+00:19:41 (37.9%)	5:12	11.5 (61.8%)
248	DUDEK Bartłomiej	668	BIEGAM NA TARCHOMINIE	M 40-49	92	Tak			00:01:54	00:32:48	00:46:06	00:52:02.20	00:53:56.80	+00:19:43 (37.9%)	5:12	11.5 (61.8%)
249	TARCZOŃ Agata	700	ZMITEK-TEAM	K 40-49	15				00:00:29	00:32:14	00:46:13	00:52:03.45	00:52:33.15	+00:19:44 (37.9%)	5:12	11.5 (61.8%)
250	TOMCZUK-KUZKA Katarzyna	205		K 40-49	16		Tak		00:00:17	00:32:14	00:46:08	00:52:04.50	00:52:22.35	+00:19:45 (38.0%)	5:12	11.5 (61.8%)
251	RZECZKOWSKI Zygmunt	397	METRO WARSZAWSKIE	M 60+	10	Tak			00:00:36	00:32:32	00:46:21	00:52:06.90	00:52:43.75	+00:19:48 (38.0%)	5:12	11.5 (61.8%)
251	ZAWROTNY Mariusz	217	ERAZM BIEGA	M 30-39	67	Tak			00:00:10	00:32:41	00:46:41	00:52:06.90	00:52:16.90	+00:19:48 (38.0%)	5:12	11.5 (61.8%)
253	GOŹDZIKIEWICZ Błażej	189	BIEGAM NA TARCHOMINIE	M 40-49	93	Tak			00:01:34	00:32:52	00:46:21	00:52:10.70	00:53:45.60	+00:19:52 (38.1%)	5:13	11.5 (61.8%)
254	ZAWADZKI Krystian	642		M 30-39	68				00:00:13	00:32:42	00:46:42	00:52:11.20	00:52:25.00	+00:19:52 (38.1%)	5:13	11.5 (61.8%)
255	LEWANDOWSKI Piotr	710	TRUCHT TARCHOMIN TEAM	M 40-49	94	Tak			00:01:28	00:32:31	00:46:10	00:52:14.10	00:53:43.05	+00:19:55 (38.1%)	5:13	11.5 (61.8%)
256	JAROSZEWSKI Konrad	90		M 30-39	69				00:00:50	00:32:08	00:46:15	00:52:17.25	00:53:08.20	+00:19:58 (38.2%)	5:13	11.5 (61.8%)
257	MICHAŁEK Tomasz	657		M 50-59	21				00:00:46	00:32:04	00:46:13	00:52:20.45	00:53:06.75	+00:20:01 (38.3%)	5:14	11.5 (61.8%)
258	HRYCIUK Katarzyna	419	EKOBIEGI	K 40-49	17				00:01:25	00:32:38	00:46:22	00:52:24.95	00:53:50.55	+00:20:06 (38.4%)	5:14	11.5 (61.8%)
259	CZAJKOWSKI Rafał	110	EKOBIEGI	M 40-49	95	Tak			00:01:25	00:32:09	00:46:15	00:52:25.75	00:53:51.40	+00:20:07 (38.4%)	5:14	11.4 (61.3%)
260	ŚWIĘTOCHOWSKI Jarosław	278		M 1-29	24				00:01:47	00:33:00	00:46:45	00:52:26.60	00:54:14.55	+00:20:08 (38.4%)	5:14	11.4 (61.3%)
261	WOLFF Tomek	598	BIEGAJĄCE ZĄBKI	M 30-39	70				00:01:02	00:33:02	00:46:42	00:52:27.25	00:53:29.60	+00:20:08 (38.4%)	5:14	11.4 (61.3%)
262	SUCHECKA Joanna	93	KS POMORSKA	K 30-39	20				00:00:53	00:33:42	00:46:54	00:52:29.35	00:53:22.40	+00:20:10 (38.4%)	5:14	11.4 (61.3%)
263	SUCHECKI Przemysław	92	KS POMORSKA	M 40-49	96				00:00:52	00:33:42	00:46:54	00:52:29.55	00:53:22.40	+00:20:10 (38.4%)	5:14	11.4 (61.3%)
264	SAWICKI Miłosz	567		M 1-29	25	Tak			00:00:31	00:31:42	00:46:28	00:52:31.10	00:53:02.80	+00:20:12 (38.5%)	5:15	11.4 (61.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec		Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h	
						Białołęki	Samorządowiec									
265	KLIPO Mateusz	527	DELOITTE ADVENTURE TEAM	M 1-29	26	Tak			00:01:26	00:32:10	00:46:33	00:52:33.00	00:53:59.10	+00:20:14 (38.5%)	5:15	11.4 (61.3%)
266	CZERNIGOWSKI Szymon	741		M 1-29	27				00:01:00	00:32:58	00:46:50	00:52:34.40	00:53:34.80	+00:20:15 (38.5%)	5:15	11.4 (61.3%)
267	KARASIEWICZ Katarzyna	413	GABINET KOSMETYCZNY AQUA KATARZYNA KARASIEWICZ	K 50-59	2				00:00:22	00:33:16	00:46:58	00:52:37.50	00:52:59.70	+00:20:18 (38.6%)	5:15	11.4 (61.3%)
268	WAGNER Jolanta	508		K 50-59	3				00:01:07	00:33:18	00:46:51	00:52:38.45	00:53:45.70	+00:20:19 (38.6%)	5:15	11.4 (61.3%)
269	SZWED Łukasz	458		M 40-49	97				00:00:29	00:33:01	00:47:05	00:52:44.30	00:53:14.00	+00:20:25 (38.7%)	5:16	11.4 (61.3%)
270	PNIEWSKI Rafał	363	BIEGAM NA TARCHOMINIE	M 40-49	98	Tak			00:00:33	00:32:55	00:46:51	00:52:47.10	00:53:20.90	+00:20:28 (38.8%)	5:16	11.4 (61.3%)
271	SENGER Rafał	154		M 50-59	22		Tak		00:00:37	00:33:19	00:47:11	00:52:49.55	00:53:27.30	+00:20:30 (38.8%)	5:16	11.4 (61.3%)
272	GIL Wojciech	570		M 50-59	23				00:00:50	00:33:25	00:47:09	00:52:52.45	00:53:43.15	+00:20:33 (38.9%)	5:17	11.3 (60.8%)
273	FLORCZUK Piotr	571	FOREVER TEAM	M 50-59	24				00:01:34	00:34:05	00:47:28	00:52:52.90	00:54:26.90	+00:20:34 (38.9%)	5:17	11.3 (60.8%)
274	BAK Łukasz	224	BIEGIEM DO AGD SEROCK	M 40-49	99	Tak			00:01:06	00:33:36	00:47:10	00:52:53.55	00:54:00.05	+00:20:34 (38.9%)	5:17	11.3 (60.8%)
275	KOSEWSKI Cezary	373		M 50-59	25				00:01:14	00:33:31	00:47:09	00:52:55.85	00:54:10.40	+00:20:37 (39.0%)	5:17	11.3 (60.8%)
276	KOCIK Elżbieta	10		K 40-49	18	Tak	Tak		00:01:26	00:33:25	00:47:11	00:52:56.45	00:54:22.50	+00:20:37 (39.0%)	5:17	11.3 (60.8%)
277	PRUCNAL Paweł	12	ATLETAS FELICES	M 40-49	100	Tak			00:01:35	00:34:06	00:47:23	00:52:59.75	00:54:35.00	+00:20:41 (39.0%)	5:17	11.3 (60.8%)
278	KUSY Jacek	377		M 30-39	71	Tak			00:01:47	00:34:04	00:47:44	00:53:01.05	00:54:48.85	+00:20:42 (39.1%)	5:18	11.3 (60.8%)
279	WITZKE Artur	306	KAWUCHA	M 40-49	101				00:01:54	00:33:46	00:47:26	00:53:01.35	00:54:55.55	+00:20:42 (39.1%)	5:18	11.3 (60.8%)
280	BARTNIK Rafał	72	ZABIEGANY WOŁOMIN	M 40-49	102				00:01:34	00:33:42	00:47:14	00:53:03.05	00:54:37.35	+00:20:44 (39.1%)	5:18	11.3 (60.8%)
281	SYNOWIEC Dorota	231		K 40-49	19				00:00:58	00:33:46	00:47:20	00:53:05.35	00:54:04.25	+00:20:46 (39.1%)	5:18	11.3 (60.8%)
282	JANKOWSKI Michał	545	3 LO	M 50-59	26				00:00:44	00:33:35	00:47:28	00:53:10.95	00:53:55.75	+00:20:52 (39.2%)	5:19	11.3 (60.8%)
283	OPIELA Tomasz	585		M 40-49	103				00:01:34	00:34:39	00:47:42	00:53:12.00	00:54:46.00	+00:20:53 (39.3%)	5:19	11.3 (60.8%)
284	ŚLEPOWROŃSKI Jakub	296	PZU SPORT TEAM	M 30-39	72	Tak			00:01:25	00:32:37	00:47:27	00:53:14.15	00:54:39.30	+00:20:55 (39.3%)	5:19	11.3 (60.8%)
285	IZDEBSKA Karolina	593	AKTYWNA WARSZAWA	K 30-39	21				00:01:42	00:33:55	00:47:45	00:53:16.45	00:54:58.70	+00:20:57 (39.4%)	5:19	11.3 (60.8%)
286	FLORYSIAK Artur	342		M 40-49	104	Tak			00:01:36	00:34:01	00:47:39	00:53:19.70	00:54:56.20	+00:21:01 (39.4%)	5:19	11.3 (60.8%)
287	GRUBKAJTUS Henryk	795		M 1-29	28	Tak			00:01:27	00:32:55	00:47:29	00:53:20.35	00:54:47.60	+00:21:01 (39.4%)	5:20	11.3 (60.8%)
288	DOMINIAK Zbigniew	673	ORANGE POLSKA	M 40-49	105	Tak			00:01:38	00:33:26	00:47:21	00:53:21.20	00:55:00.15	+00:21:02 (39.4%)	5:20	11.2 (60.2%)
289	BAZYLEWICZ Hubert	488		M 40-49	106				00:01:38	00:33:59	00:47:49	00:53:24.00	00:55:02.65	+00:21:05 (39.5%)	5:20	11.2 (60.2%)
290	WERTENSTEIN-ŻUŁAWSKI Piotr	367	ŻOLIBORZ	M 40-49	107		Tak		00:00:10	00:33:43	00:47:33	00:53:24.95	00:53:35.85	+00:21:06 (39.5%)	5:20	11.2 (60.2%)
291	SAWICKI Wojciech	35		M 30-39	73				00:00:35	00:35:09	00:48:27	00:53:27.00	00:54:02.20	+00:21:08 (39.6%)	5:20	11.2 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec		Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Białoleki	Samorządowiec								
292	SZEJKA Katarzyna	550		K 40-49	20			00:00:45	00:33:24	00:47:30	00:53:27.05	00:54:12.20	+00:21:08 (39.6%)	5:20	11.2 (60.2%)
293	FRYCZ Michał	794		M 40-49	108	Tak		00:01:23	00:33:58	00:47:56	00:53:30.20	00:54:54.10	+00:21:11 (39.6%)	5:21	11.2 (60.2%)
294	KRZACZYŃSKI Maciej	749		M 40-49	109	Tak		00:01:49	00:35:36	00:48:25	00:53:31.85	00:55:21.15	+00:21:13 (39.6%)	5:21	11.2 (60.2%)
295	GOŁASZEWSKI Marcin	510	ZABIEGANY WOŁOMIN	M 40-49	110		Tak	00:00:56	00:33:32	00:47:43	00:53:32.00	00:54:28.30	+00:21:13 (39.6%)	5:21	11.2 (60.2%)
296	SOJAK Marcin	125		M 40-49	111	Tak		00:01:39	00:32:58	00:47:31	00:53:36.15	00:55:15.75	+00:21:17 (39.7%)	5:21	11.2 (60.2%)
297	KAŹMIERSKI Adrian	243		M 30-39	74			00:01:25	00:33:29	00:47:45	00:53:38.95	00:55:04.40	+00:21:20 (39.8%)	5:21	11.2 (60.2%)
297	MAZUR Anna	600		K 1-29	4			00:01:19	00:34:07	00:48:11	00:53:38.95	00:54:58.90	+00:21:20 (39.8%)	5:21	11.2 (60.2%)
299	FLORCZUK Agnieszka	533	FOREVERTEAM	K 50-59	4			00:01:32	00:34:13	00:47:53	00:53:41.15	00:55:13.30	+00:21:22 (39.8%)	5:22	11.2 (60.2%)
300	NOWAK Jerzy	292	PWPW	M 40-49	112	Tak		00:01:32	00:34:41	00:48:13	00:53:42.35	00:55:15.10	+00:21:23 (39.8%)	5:22	11.2 (60.2%)
301	CHOJNOWSKI Arkadiusz	288	ZABIEGANY WOŁOMIN	M 30-39	75			00:01:32	00:33:54	00:47:58	00:53:43.60	00:55:15.85	+00:21:25 (39.9%)	5:22	11.2 (60.2%)
302	MYŚLIŃSKA Anna	123		K 40-49	21	Tak	Tak	00:01:26	00:33:40	00:47:44	00:53:50.05	00:55:16.40	+00:21:31 (40.0%)	5:23	11.1 (59.7%)
303	WIERBIŁOWICZ Dariusz	631		M 40-49	113			00:01:04	00:33:45	00:48:07	00:53:57.15	00:55:01.20	+00:21:38 (40.1%)	5:23	11.1 (59.7%)
304	SADOCH Krzysztof	354		M 30-39	76			00:00:12	00:32:34	00:47:32	00:53:58.35	00:54:10.40	+00:21:39 (40.1%)	5:23	11.1 (59.7%)
305	NIKOLENKO Illia	714		M 30-39	77	Tak		00:00:02			00:53:59.20	00:54:01.20	+00:21:40 (40.2%)	5:23	11.1 (59.7%)
306	KOZIOŁ Kamil	776		M 1-29	29	Tak		00:01:17	00:35:04	00:48:28	00:53:59.85	00:55:16.95	+00:21:41 (40.2%)	5:23	11.1 (59.7%)
307	JAWORSKI Łukasz	206		M 30-39	78			00:01:12	00:33:01	00:47:50	00:54:01.90	00:55:14.80	+00:21:43 (40.2%)	5:24	11.1 (59.7%)
308	MIKOŁAJEWICZ Paweł	752		M 30-39	79	Tak		00:00:41	00:32:51	00:47:55	00:54:02.50	00:54:43.75	+00:21:43 (40.2%)	5:24	11.1 (59.7%)
309	JANKOWSKI Dariusz	303		M 30-39	80			00:01:33	00:34:39	00:48:16	00:54:03.95	00:55:37.25	+00:21:45 (40.2%)	5:24	11.1 (59.7%)
310	CABAŃSKA Dorota	369		K 40-49	22			00:01:36	00:33:16	00:47:46	00:54:06.25	00:55:42.55	+00:21:47 (40.3%)	5:24	11.1 (59.7%)
311	KOPROWSKI Jacek	341		M 30-39	81			00:01:34	00:34:45	00:48:29	00:54:15.70	00:55:50.65	+00:21:57 (40.5%)	5:25	11.1 (59.7%)
312	BUGIERA Marek	771		M 50-59	27			00:02:14	00:33:32	00:48:01	00:54:16.20	00:56:30.90	+00:21:57 (40.5%)	5:25	11.1 (59.7%)
313	LIS Marcin	440		M 40-49	114	Tak		00:00:32	00:33:39	00:48:11	00:54:16.55	00:54:49.25	+00:21:57 (40.5%)	5:25	11.1 (59.7%)
314	JANKOWSKI Konrad	540		M 1-29	30			00:00:12	00:33:40	00:48:12	00:54:17.00	00:54:29.80	+00:21:58 (40.5%)	5:25	11.1 (59.7%)
315	DERESZEWSKI Piotr	61	ZABIEGANY WOŁOMIN	M 40-49	115			00:01:49	00:34:54	00:48:32	00:54:19.70	00:56:09.30	+00:22:01 (40.5%)	5:25	11 (59.1%)
316	MIODUSZEWSKI Adrian	334		M 30-39	82			00:01:35	00:34:37	00:48:25	00:54:20.75	00:55:56.30	+00:22:02 (40.5%)	5:26	11 (59.1%)
317	POZORŃSKA Marta	7	GTC	K 30-39	22			00:00:50	00:34:08	00:48:26	00:54:21.05	00:55:12.00	+00:22:02 (40.6%)	5:26	11 (59.1%)
318	KOT Mikołaj	62		M 1-29	31	Tak		00:01:00	00:34:52	00:48:44	00:54:21.15	00:55:21.25	+00:22:02 (40.6%)	5:26	11 (59.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec		Czas			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Białoleki	Samorządowiec	startu	6.6km	9km					
319	LENART Agnieszka	592		K 30-39	23			00:00:51	00:34:57	00:48:45	00:54:22.35	00:55:14.30	+00:22:03 (40.6%)	5:26	11 (59.1%)
320	SŁOWIAK Klaudia	20		K 30-39	24			00:01:46	00:34:52	00:48:41	00:54:23.20	00:56:09.45	+00:22:04 (40.6%)	5:26	11 (59.1%)
321	OKUNIEWSKI Grzegorz	285	ALIOR RUNNING TEAM	M 40-49	116			00:00:09	00:33:20	00:48:10	00:54:24.10	00:54:33.20	+00:22:05 (40.6%)	5:26	11 (59.1%)
322	WILEŃSKI Zbigniew	562	GRUPA BIEGOWA UM W-WA	M 50-59	28		Tak	00:01:34	00:33:57	00:48:25	00:54:28.90	00:56:02.90	+00:22:10 (40.7%)	5:26	11 (59.1%)
323	SOKOŁOWSKA Magdalena	348		K 30-39	25			00:00:23	00:33:42	00:48:30	00:54:30.40	00:54:54.25	+00:22:11 (40.7%)	5:27	11 (59.1%)
324	ORŁOWSKI Marek	376		M 40-49	117		Tak	00:00:29	00:34:32	00:48:52	00:54:31.55	00:55:00.75	+00:22:12 (40.7%)	5:27	11 (59.1%)
325	KALINOWSKI Konrad	101		M 30-39	83			00:02:02	00:34:10	00:48:44	00:54:31.60	00:56:34.10	+00:22:13 (40.7%)	5:27	11 (59.1%)
326	HUSZCZA Agata	464		K 40-49	23		Tak	00:01:05	00:34:39	00:48:49	00:54:32.75	00:55:38.15	+00:22:14 (40.8%)	5:27	11 (59.1%)
327	CZARTORYSKI Krystian	522		M 40-49	118		Tak	00:01:41	00:35:22	00:49:17	00:54:35.80	00:56:17.30	+00:22:17 (40.8%)	5:27	11 (59.1%)
328	KOĆ Marcin	71	BIEGAM NA TARCHOMINIE	M 40-49	119			00:01:45	00:33:58	00:48:23	00:54:36.90	00:56:22.00	+00:22:18 (40.8%)	5:27	11 (59.1%)
329	JAREK Katarzyna	229		K 40-49	24			00:01:21	00:33:27	00:48:20	00:54:37.50	00:55:58.95	+00:22:18 (40.9%)	5:27	11 (59.1%)
330	GIERAK Kris	124	#TEAMBUNIO	M 40-49	120		Tak	00:01:31	00:34:48	00:48:32	00:54:39.40	00:56:11.00	+00:22:20 (40.9%)	5:27	11 (59.1%)
331	JANIAK Jagoda	456		K 40-49	25		Tak	00:00:59	00:33:50	00:48:36	00:54:41.45	00:55:40.75	+00:22:22 (40.9%)	5:28	11 (59.1%)
332	JAKUBIAK Wojciech	581		M 1-29	32			00:01:09	00:34:06	00:48:34	00:54:43.80	00:55:53.65	+00:22:25 (41.0%)	5:28	11 (59.1%)
333	WÓJCIK Robert	800		M 40-49	121			00:01:33	00:34:40	00:48:27	00:54:44.25	00:56:17.55	+00:22:25 (41.0%)	5:28	11 (59.1%)
334	DOBOSZ Aneta	603	WŚCIEKŁE PIĘŚCI WĘŻA	K 30-39	26		Tak	00:01:43	00:34:32	00:48:43	00:54:44.90	00:56:28.40	+00:22:26 (41.0%)	5:28	11 (59.1%)
335	TYBUCHOWSKI Konrad	704		M 1-29	33			00:01:34	00:34:39	00:49:05	00:54:47.90	00:56:22.00	+00:22:29 (41.0%)	5:28	11 (59.1%)
336	WACH Michał	53	BIEGAM NA TARCHOMINIE	M 40-49	122		Tak	00:00:30	00:33:35	00:48:40	00:54:49.30	00:55:19.40	+00:22:30 (41.1%)	5:28	10.9 (58.6%)
337	KOMARNICKI Kamil	610	#SAMSIĘTURLAM	M 40-49	123			00:01:36	00:34:51	00:48:49	00:54:49.70	00:56:25.70	+00:22:31 (41.1%)	5:28	10.9 (58.6%)
338	ŚWITAŁA Adam	780		M 50-59	29			00:01:21	00:33:35	00:48:34	00:54:53.75	00:56:15.00	+00:22:35 (41.1%)	5:29	10.9 (58.6%)
339	WOJDAK Anna	539		K 40-49	26			00:00:36	00:34:32	00:49:04	00:54:54.35	00:55:30.35	+00:22:35 (41.2%)	5:29	10.9 (58.6%)
340	SZCZEPANIAK Mariusz	360		M 40-49	124		Tak	00:01:14	00:35:39	00:49:15	00:54:57.70	00:56:12.00	+00:22:39 (41.2%)	5:29	10.9 (58.6%)
341	SZYMAŃSKI Jacek	370		M 40-49	125		Tak	00:01:50	00:34:00	00:48:55	00:54:58.15	00:56:49.00	+00:22:39 (41.2%)	5:29	10.9 (58.6%)
342	BARTOSZEWSKI Daniel	410		M 1-29	34			00:00:39	00:35:38	00:49:38	00:55:00.60	00:55:40.50	+00:22:42 (41.3%)	5:30	10.9 (58.6%)
343	RACHWAŁ Michał	211	12TRI.PL	M 40-49	126			00:01:22	00:33:45	00:49:19	00:55:08.00	00:56:30.40	+00:22:49 (41.4%)	5:30	10.9 (58.6%)
344	WALENDZIK Wiesia	566		K 40-49	27		Tak	00:00:33	00:34:00	00:48:58	00:55:16.30	00:55:49.60	+00:22:57 (41.5%)	5:31	10.9 (58.6%)
345	WOJNARSKI Janusz	166		M 60+	11		Tak	00:01:36	00:34:12	00:48:44	00:55:21.50	00:56:58.25	+00:23:02 (41.6%)	5:32	10.8 (58.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec		Czas			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h	
						Białoleki	Samorządowiec	startu	6.6km	9km						
346	FLOREK Małgorzata	705		K 30-39	27	Tak			00:01:14	00:34:46	00:49:15	00:55:22.15	00:56:36.95	+00:23:03 (41.6%)	5:32	10.8 (58.1%)
347	KOWALCZYK Tomasz	561		M 30-39	84				00:01:26	00:34:21	00:49:08	00:55:23.95	00:56:50.30	+00:23:05 (41.7%)	5:32	10.8 (58.1%)
348	TYMENDORF Michał	484	STOMILEX	M 30-39	85				00:00:35	00:34:46	00:49:26	00:55:28.05	00:56:03.70	+00:23:09 (41.7%)	5:32	10.8 (58.1%)
349	PYZARA Tomasz	612		M 40-49	127				00:01:13	00:35:09	00:49:05	00:55:32.80	00:56:46.45	+00:23:14 (41.8%)	5:33	10.8 (58.1%)
350	GRYGUCIS Waldemar	630		M 40-49	128	Tak			00:00:45	00:34:40	00:49:19	00:55:35.20	00:56:20.90	+00:23:16 (41.9%)	5:33	10.8 (58.1%)
351	SENKO Mateusz	141	STOWARZYSZENIE RAZEM DLA BIAŁOLEKI	M 30-39	86	Tak			00:01:38	00:35:20	00:49:42	00:55:36.85	00:57:15.80	+00:23:18 (41.9%)	5:33	10.8 (58.1%)
352	BURZYNSKI Rafał	64	BRAK	M 30-39	87				00:00:20	00:33:50	00:49:18	00:55:38.05	00:55:58.05	+00:23:19 (41.9%)	5:33	10.8 (58.1%)
353	HADYS Lukasz	762		M 40-49	129	Tak			00:00:38	00:34:42	00:49:28	00:55:40.75	00:56:19.10	+00:23:22 (42.0%)	5:34	10.8 (58.1%)
354	LEŚWIECKI Paweł	787		M 40-49	130	Tak			00:02:04	00:35:33	00:49:42	00:55:41.35	00:57:45.45	+00:23:22 (42.0%)	5:34	10.8 (58.1%)
355	ŻURAWSKI Michał	732	POLSKA	M 30-39	88				00:01:47	00:35:18	00:49:33	00:55:42.90	00:57:30.55	+00:23:24 (42.0%)	5:34	10.8 (58.1%)
356	KARBOWNIK Kuba	623		M 30-39	89	Tak			00:01:42	00:35:24	00:49:38	00:55:45.35	00:57:28.00	+00:23:26 (42.1%)	5:34	10.8 (58.1%)
357	DĘBIŃSKI Michał	287		M 40-49	131				00:01:37	00:35:58	00:49:51	00:55:48.65	00:57:26.00	+00:23:30 (42.1%)	5:34	10.8 (58.1%)
358	FILIPPOWICZ Marek	279		M 40-49	132	Tak			00:00:47	00:35:32	00:49:52	00:55:55.80	00:56:43.40	+00:23:37 (42.2%)	5:35	10.7 (57.5%)
358	LEWANDOWSKA Joanna	239		K 50-59	5				00:01:37	00:34:59	00:49:55	00:55:55.80	00:57:32.90	+00:23:37 (42.2%)	5:35	10.7 (57.5%)
360	KOT Tomasz	63		M 40-49	133	Tak			00:00:59	00:35:12	00:49:48	00:55:57.75	00:56:57.50	+00:23:39 (42.3%)	5:35	10.7 (57.5%)
361	SEIDER Igor	784	THE SEIDERS	M 30-39	90				00:00:46	00:36:05	00:50:33	00:56:03.35	00:56:49.80	+00:23:44 (42.4%)	5:36	10.7 (57.5%)
362	SZCZEPAŃSKI Adam	412		M 1-29	35				00:02:00	00:37:37	00:50:51	00:56:04.90	00:58:04.90	+00:23:46 (42.4%)	5:36	10.7 (57.5%)
363	SKRZYPEK Michał	11		M 30-39	91				00:00:57	00:38:32	00:49:46	00:56:07.45	00:57:04.90	+00:23:48 (42.4%)	5:36	10.7 (57.5%)
364	GASKIEWICZ Marek	595		M 40-49	134	Tak			00:01:05	00:35:32	00:50:06	00:56:08.65	00:57:13.80	+00:23:50 (42.5%)	5:36	10.7 (57.5%)
365	ROGAŁA Marcin	697		M 30-39	92				00:01:41	00:35:18	00:50:03	00:56:09.80	00:57:51.45	+00:23:51 (42.5%)	5:36	10.7 (57.5%)
366	OSKWAREK Paweł	119		M 30-39	93	Tak			00:02:20	00:36:05	00:50:19	00:56:11.30	00:58:31.30	+00:23:52 (42.5%)	5:37	10.7 (57.5%)
367	KUMOROWSKI Mateusz	463		M 30-39	94				00:00:38	00:33:02	00:48:38	00:56:19.15	00:56:58.10	+00:24:00 (42.6%)	5:37	10.7 (57.5%)
368	RASIŃSKA Agnieszka	167	NASIELSK BASZTA TEAM	K 40-49	28				00:01:23	00:33:52	00:49:49	00:56:21.90	00:57:45.20	+00:24:03 (42.7%)	5:38	10.6 (57.0%)
369	HENTKA Kamil	568	UKL OLIMPIJCZYK 112	M 30-39	95				00:01:49	00:36:16	00:50:29	00:56:24.95	00:58:13.95	+00:24:06 (42.7%)	5:38	10.6 (57.0%)
370	ŁOZIŃSKI Piotr	548	BRACTWO BIEGOWE BGK	M 40-49	135	Tak			00:01:35	00:35:52	00:50:14	00:56:26.00	00:58:01.70	+00:24:07 (42.7%)	5:38	10.6 (57.0%)
371	BAKUŁA Wiesław	359		M 50-59	30				00:01:12	00:34:53	00:50:00	00:56:26.60	00:57:39.35	+00:24:08 (42.8%)	5:38	10.6 (57.0%)
372	GROCHOWSKI Paweł	327	PZU SPORT TEAM	M 40-49	136				00:01:56	00:35:13	00:49:54	00:56:26.90	00:58:23.70	+00:24:08 (42.8%)	5:38	10.6 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec		Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Białoleki	Samorządowiec								
373	GEŁCZEWSKI Adam	656		M 30-39	96			00:00:43	00:34:59	00:49:38	00:56:27.75	00:57:11.50	+00:24:09 (42.8%)	5:38	10.6 (57.0%)
374	HORDIENKO Natalia	372	UKRAINE	K 30-39	28		Tak	00:00:11	00:35:15	00:50:13	00:56:29.65	00:56:40.85	+00:24:11 (42.8%)	5:38	10.6 (57.0%)
375	PYTKA Andrzej	325	ZAMOŚĆ BIEGA	M 50-59	31		Tak	00:02:05	00:35:45	00:50:20	00:56:31.90	00:58:37.50	+00:24:13 (42.8%)	5:39	10.6 (57.0%)
376	SKOROPADYK Yulian	387	SKOLIAN	M 1-29	36		Tak	00:01:47	00:36:21	00:50:41	00:56:32.35	00:58:19.40	+00:24:13 (42.9%)	5:39	10.6 (57.0%)
377	MIŁOSZ Marek	495		M 50-59	32		Tak	00:00:49	00:34:53	00:50:01	00:56:36.80	00:57:25.90	+00:24:18 (42.9%)	5:39	10.6 (57.0%)
378	FILIPOWICZ Michał	426		M 1-29	37			00:00:40	00:36:31	00:50:54	00:56:36.85	00:57:16.85	+00:24:18 (42.9%)	5:39	10.6 (57.0%)
379	CHMIEL Anna	135		K 30-39	29		Tak	00:01:34	00:35:56	00:50:26	00:56:38.25	00:58:12.65	+00:24:19 (43.0%)	5:39	10.6 (57.0%)
380	GOŚ Jacek	100		M 50-59	33		Tak	00:01:48	00:35:52	00:50:24	00:56:38.85	00:58:27.35	+00:24:20 (43.0%)	5:39	10.6 (57.0%)
381	CZARTORYSKA Anna	521		K 40-49	29		Tak	00:01:40	00:35:25	00:50:27	00:56:49.00	00:58:29.90	+00:24:30 (43.1%)	5:40	10.6 (57.0%)
382	LACHOWICZ Tomasz	447	WITC	M 1-29	38		Tak	00:01:01	00:37:11	00:49:39	00:56:49.10	00:57:50.10	+00:24:30 (43.1%)	5:40	10.6 (57.0%)
383	PISKORSKA Agnieszka	651		K 50-59	6			00:01:42	00:35:32	00:50:29	00:56:49.90	00:58:32.20	+00:24:31 (43.1%)	5:40	10.6 (57.0%)
384	WOJDAK Piotr	538	STOMILEX	M 50-59	34			00:00:37	00:35:48	00:50:27	00:56:53.75	00:57:31.05	+00:24:35 (43.2%)	5:41	10.5 (56.5%)
385	CHOJNOWSKI Andrzej	275	BIEGAM NA TARCHOMINIE	M 40-49	137		Tak	00:01:35	00:36:00	00:50:42	00:56:57.60	00:58:33.20	+00:24:39 (43.3%)	5:41	10.5 (56.5%)
386	DYREK Dariusz	200		M 60+	12			00:00:37	00:36:30	00:51:33	00:56:58.20	00:57:35.70	+00:24:39 (43.3%)	5:41	10.5 (56.5%)
387	IWANICKA Monika	472		K 30-39	30		Tak	00:00:43	00:36:11	00:50:58	00:56:59.60	00:57:43.15	+00:24:41 (43.3%)	5:41	10.5 (56.5%)
388	MUSZYNSKI Marcei	289		M 1-29	39			00:01:49	00:36:26	00:50:58	00:57:00.65	00:58:50.55	+00:24:42 (43.3%)	5:42	10.5 (56.5%)
389	KACZMAREK Katarzyna	454	MARKOWI BIEGACZE	K 30-39	31			00:01:46	00:36:27	00:51:01	00:57:02.50	00:58:48.75	+00:24:43 (43.4%)	5:42	10.5 (56.5%)
390	PANEK Paweł	455		M 30-39	97			00:01:57	00:36:09	00:50:53	00:57:05.20	00:59:02.65	+00:24:46 (43.4%)	5:42	10.5 (56.5%)
391	KATNER Tomasz	196		M 40-49	138			00:01:27	00:35:01	00:50:21	00:57:05.30	00:58:32.95	+00:24:46 (43.4%)	5:42	10.5 (56.5%)
392	WRONIEWSKI Grzegorz	572		M 30-39	98			00:00:59	00:34:17	00:50:31	00:57:09.50	00:58:08.65	+00:24:50 (43.5%)	5:42	10.5 (56.5%)
393	KRATOK Dmitry	615	RAN WAWA RUN	M 30-39	99			00:00:52	00:35:59	00:50:49	00:57:14.15	00:58:07.05	+00:24:55 (43.5%)	5:43	10.5 (56.5%)
394	GÓRKA Rafał	679	T-MOBILE SPORT TEAM	M 40-49	139		Tak	00:01:39	00:36:00	00:50:57	00:57:17.05	00:58:56.55	+00:24:58 (43.6%)	5:43	10.5 (56.5%)
395	SHYMANCHUK Volha	659		K 30-39	32			00:01:34	00:35:37	00:50:45	00:57:18.30	00:58:52.90	+00:24:59 (43.6%)	5:43	10.5 (56.5%)
396	KĘPKA Marcin	543		M 40-49	140		Tak	00:01:45	00:36:17	00:51:14	00:57:20.60	00:59:06.35	+00:25:02 (43.7%)	5:44	10.5 (56.5%)
397	WOJTKIEWICZ Anna	262		K 40-49	30			00:01:37	00:35:50	00:50:52	00:57:21.05	00:58:58.80	+00:25:02 (43.7%)	5:44	10.5 (56.5%)
398	MADEJ Marcin	235		M 40-49	141		Tak	00:01:32	00:35:56	00:51:15	00:57:23.80	00:58:56.70	+00:25:05 (43.7%)	5:44	10.5 (56.5%)
399	STROMECKI Marcin	530	BFM	M 30-39	100		Tak	00:02:41	00:34:14	00:51:12	00:57:25.15	01:00:06.75	+00:25:06 (43.7%)	5:44	10.4 (55.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec		Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Białoleki	Samorządowiec								
400	SŁOWIK Paweł	602		M 30-39	101			00:00:16	00:35:55	00:51:02	00:57:26.95	00:57:43.00	+00:25:08 (43.8%)	5:44	10.4 (55.9%)
401	PIASECKI Rafał	108		M 30-39	102	Tak		00:00:16	00:35:52	00:51:02	00:57:27.05	00:57:43.20	+00:25:08 (43.8%)	5:44	10.4 (55.9%)
402	GROCHALSKI Mariusz	647		M 40-49	142		Tak	00:00:32	00:34:41	00:50:11	00:57:28.70	00:58:01.40	+00:25:10 (43.8%)	5:44	10.4 (55.9%)
403	PALONKA Bartłomiej	320		M 1-29	40			00:00:58	00:34:21	00:51:17	00:57:30.35	00:58:28.60	+00:25:11 (43.8%)	5:45	10.4 (55.9%)
404	WASIAK Bartosz	144		M 30-39	103	Tak		00:01:37	00:35:52	00:51:39	00:57:31.15	00:59:09.10	+00:25:12 (43.8%)	5:45	10.4 (55.9%)
405	KONIECKA Agata	476		K 1-29	5			00:00:46	00:35:43	00:51:06	00:57:34.55	00:58:20.60	+00:25:15 (43.9%)	5:45	10.4 (55.9%)
406	FETISOVA Katia	576		K 30-39	33			00:01:33	00:36:01	00:50:57	00:57:34.80	00:59:08.60	+00:25:16 (43.9%)	5:45	10.4 (55.9%)
407	APANOWICZ Angelika	162	EKOBIEGI	K 40-49	31	Tak		00:01:33	00:36:01	00:50:57	00:57:34.85	00:59:08.35	+00:25:16 (43.9%)	5:45	10.4 (55.9%)
408	PRZYBYSZ Arkadiusz	310		M 1-29	41			00:00:45	00:35:43	00:51:06	00:57:35.30	00:58:21.00	+00:25:16 (43.9%)	5:45	10.4 (55.9%)
409	KACPURA Piotr	273		M 40-49	143			00:01:45	00:36:49	00:51:36	00:57:40.15	00:59:25.55	+00:25:21 (44.0%)	5:46	10.4 (55.9%)
410	STEFAŃSKI Rafał	302		M 40-49	144			00:00:47	00:36:29	00:51:39	00:57:43.15	00:58:30.40	+00:25:24 (44.0%)	5:46	10.4 (55.9%)
411	CISZEWSKA Anna	131		K 40-49	32	Tak		00:01:38	00:36:13	00:51:39	00:57:46.80	00:59:25.70	+00:25:28 (44.1%)	5:46	10.4 (55.9%)
412	GAWROŃSKI Antoni	512		M 1-29	42	Tak		00:01:19	00:36:14	00:51:34	00:57:50.35	00:59:10.10	+00:25:31 (44.1%)	5:47	10.4 (55.9%)
413	SOŁDECKA Anna	640	SLOW JOGGING BIAŁOLEKA	K 50-59	7	Tak		00:02:03	00:37:51	00:51:56	00:57:55.40	00:59:58.90	+00:25:36 (44.2%)	5:47	10.4 (55.9%)
414	BOHDZIEWICZ Paweł	698		M 40-49	145		Tak	00:01:46	00:36:52	00:51:42	00:57:56.55	00:59:43.15	+00:25:37 (44.2%)	5:47	10.4 (55.9%)
415	ROGALSKI Tomasz	775		M 40-49	146	Tak		00:00:50	00:36:18	00:51:43	00:57:58.55	00:58:48.80	+00:25:39 (44.3%)	5:47	10.4 (55.9%)
416	LIPOWSKI Maciej	22		M 40-49	147	Tak		00:01:03	00:35:50	00:51:11	00:57:59.10	00:59:02.25	+00:25:40 (44.3%)	5:47	10.3 (55.4%)
417	TRZASKO Ania	744	NEWBALANCERUNCLUB	K 30-39	34			00:01:26	00:35:44	00:51:39	00:58:01.20	00:59:27.75	+00:25:42 (44.3%)	5:48	10.3 (55.4%)
418	SUWALD Andrzej	489	JACEKBIEGA RUNNING TEAM	M 60+	13			00:01:47	00:37:19	00:51:50	00:58:02.10	00:59:49.85	+00:25:43 (44.3%)	5:48	10.3 (55.4%)
419	KOWALCZYK Zdzisław	384	JW 2189	M 40-49	148	Tak		00:01:02	00:35:33	00:51:45	00:58:02.15	00:59:04.20	+00:25:43 (44.3%)	5:48	10.3 (55.4%)
420	KOSEWSKA Dorota	192	BIEGAM NA TARCHOMINIE	K 50-59	8	Tak		00:01:43	00:36:09	00:51:44	00:58:03.05	00:59:46.85	+00:25:44 (44.3%)	5:48	10.3 (55.4%)
421	LUGE Maksymilian	646		M 1-29	43	Tak		00:01:50	00:35:56	00:52:10	00:58:03.50	00:59:53.50	+00:25:44 (44.3%)	5:48	10.3 (55.4%)
422	MALANOWICZ Michał	408		M 30-39	104			00:01:38	00:37:47	00:52:15	00:58:04.60	00:59:43.25	+00:25:46 (44.4%)	5:48	10.3 (55.4%)
423	FABISIAK Anna	664	TEAM ZABIEGANE DNI	K 40-49	33			00:00:20	00:36:23	00:51:47	00:58:06.45	00:58:26.90	+00:25:47 (44.4%)	5:48	10.3 (55.4%)
424	GAGAŁA Przemysław	94		M 50-59	35			00:01:47	00:37:11	00:52:01	00:58:07.45	00:59:54.80	+00:25:48 (44.4%)	5:48	10.3 (55.4%)
425	MYCIELSKA Ewa	199		K 40-49	34			00:00:37	00:36:30	00:51:47	00:58:08.65	00:58:45.95	+00:25:50 (44.4%)	5:48	10.3 (55.4%)
426	BIAŁOKOS Kamil	626	GRUPA BIEGOWA CHTMO	M 40-49	149	Tak		00:01:41	00:35:50	00:51:29	00:58:12.60	00:59:54.15	+00:25:54 (44.5%)	5:49	10.3 (55.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec		Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h	
						Białoleki	Samorządowiec									
427	GRABOWSKI Marcin	689		M 40-49	150	Tak			00:01:41	00:37:42	00:52:23	00:58:14.25	00:59:55.50	+00:25:55 (44.5%)	5:49	10.3 (55.4%)
428	TRZESIŃSKI Michał	665		M 30-39	105	Tak			00:00:31	00:35:50	00:51:40	00:58:14.60	00:58:45.70	+00:25:56 (44.5%)	5:49	10.3 (55.4%)
429	KOSMALA Michał	740		M 40-49	151				00:01:45	00:36:52	00:52:28	00:58:19.70	01:00:04.70	+00:26:01 (44.6%)	5:49	10.3 (55.4%)
430	PRZYBYSZ Mateusz	286		M 1-29	44				00:01:46	00:37:06	00:52:09	00:58:20.45	01:00:07.30	+00:26:01 (44.6%)	5:50	10.3 (55.4%)
431	ZANIEWICZ Andrzej	684		M 30-39	106	Tak			00:01:53	00:37:27	00:52:15	00:58:21.35	01:00:15.05	+00:26:02 (44.6%)	5:50	10.3 (55.4%)
432	PIKULIŃSKA Iwona	712		K 30-39	35	Tak			00:01:40	00:36:35	00:52:04	00:58:22.25	01:00:02.40	+00:26:03 (44.6%)	5:50	10.3 (55.4%)
433	KOWALCZYK Ryszard	557	APOSTOŁOWIE TRX	M 60+	14				00:02:08	00:36:55	00:51:49	00:58:23.75	01:00:32.70	+00:26:05 (44.7%)	5:50	10.3 (55.4%)
434	WINIARSKA Izabela	395	IZAGÓRĄ	K 40-49	35		Tak		00:02:02	00:36:13	00:51:31	00:58:23.90	01:00:26.35	+00:26:05 (44.7%)	5:50	10.3 (55.4%)
435	ZACŁONA Paweł	785		M 30-39	107				00:01:47	00:37:32	00:52:09	00:58:25.30	01:00:12.75	+00:26:06 (44.7%)	5:50	10.3 (55.4%)
436	JÓZEFOWICZ Maciej	551	VEGE RUNNERS	M 30-39	108				00:01:45	00:37:34	00:52:11	00:58:28.50	01:00:13.50	+00:26:09 (44.7%)	5:50	10.3 (55.4%)
437	PIWOWARSKI Dariusz	608		M 30-39	109	Tak			00:00:59	00:36:28	00:52:03	00:58:31.90	00:59:31.20	+00:26:13 (44.8%)	5:51	10.3 (55.4%)
438	KAZAŁA Piotr	365		M 50-59	36	Tak			00:01:44	00:35:48	00:51:34	00:58:33.85	01:00:18.00	+00:26:15 (44.8%)	5:51	10.2 (54.8%)
439	GURMIŃSKI Łukasz	453		M 40-49	152				00:01:43	00:37:14	00:52:03	00:58:36.10	01:00:19.25	+00:26:17 (44.9%)	5:51	10.2 (54.8%)
440	SOJAK Jakub	140		M 1-29	45				00:01:40	00:36:37	00:52:21	00:58:37.05	01:00:17.20	+00:26:18 (44.9%)	5:51	10.2 (54.8%)
441	MARCZAK Grażyna	405	LECZO TEAM	K 60+	2				00:01:52	00:37:05	00:52:16	00:58:38.70	01:00:30.80	+00:26:20 (44.9%)	5:51	10.2 (54.8%)
442	KOSECKI Jakub	607		M 40-49	153				00:02:21	00:38:08	00:52:47	00:58:38.85	01:01:00.15	+00:26:20 (44.9%)	5:51	10.2 (54.8%)
443	ZIEMAK Radosław	432		M 40-49	154				00:01:47	00:37:35	00:52:16	00:58:41.85	01:00:29.80	+00:26:23 (45.0%)	5:52	10.2 (54.8%)
444	BRZOSTOWSKA Kama	652		K 40-49	36				00:01:37	00:36:15	00:52:05	00:58:43.20	01:00:20.40	+00:26:24 (45.0%)	5:52	10.2 (54.8%)
445	SIKORSKA Agnieszka	392		K 30-39	36				00:01:54	00:37:16	00:52:22	00:58:43.85	01:00:38.75	+00:26:25 (45.0%)	5:52	10.2 (54.8%)
446	PRZYBYŁA Karol	471	MASADA	M 30-39	110				00:01:49	00:35:43	00:51:37	00:58:44.55	01:00:34.25	+00:26:25 (45.0%)	5:52	10.2 (54.8%)
447	JEDLICZKA Weronika	590		K 1-29	6				00:00:33	00:35:54	00:52:01	00:58:45.40	00:59:19.35	+00:26:26 (45.0%)	5:52	10.2 (54.8%)
448	KRZANOWSKA Małgorzata	143		K 50-59	9				00:01:44	00:37:24	00:52:24	00:58:48.70	01:00:33.10	+00:26:30 (45.1%)	5:52	10.2 (54.8%)
449	LEZNER Karolina	80		K 30-39	37				00:01:46	00:37:39	00:52:15	00:58:49.20	01:00:35.80	+00:26:30 (45.1%)	5:52	10.2 (54.8%)
450	ADAMSKI Marcin	778		M 30-39	111		Tak		00:00:32	00:37:29	00:52:54	00:58:49.95	00:59:22.05	+00:26:31 (45.1%)	5:52	10.2 (54.8%)
451	SAWICKA - WERS Urszula	248	BIEGAM BO LUBIĘ KOŁOBRZEG	K 30-39	38				00:00:21	00:36:06	00:52:22	00:58:56.25	00:59:17.65	+00:26:37 (45.2%)	5:53	10.2 (54.8%)
452	BEDNARSKI Tomasz	748		M 40-49	155				00:00:36	00:37:47	00:52:59	00:58:57.45	00:59:34.30	+00:26:38 (45.2%)	5:53	10.2 (54.8%)
453	RUDNICKA Emilia	621		K 30-39	39	Tak			00:01:43	00:36:38	00:52:14	00:58:58.00	01:00:41.90	+00:26:39 (45.2%)	5:53	10.2 (54.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec		Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Białoleki	Samorządowiec								
454	BITOWSKI Hubert	309		M 40-49	156			00:01:47	00:37:38	00:52:41	00:59:00.15	01:00:47.30	+00:26:41 (45.2%)	5:54	10.2 (54.8%)
455	KUŚMIREK-KOWAL Joanna	350	BIEGAM NA TARCHOMINIE	K 40-49	37	Tak		00:01:36	00:36:37	00:52:31	00:59:00.90	01:00:37.40	+00:26:42 (45.3%)	5:54	10.2 (54.8%)
456	BOJANOWSKI Łukasz	245		M 40-49	157			00:00:47	00:36:04	00:52:17	00:59:02.80	00:59:50.65	+00:26:44 (45.3%)	5:54	10.2 (54.8%)
457	ŁOTOWSKI Emil	244		M 30-39	112			00:00:47	00:36:04	00:52:15	00:59:02.85	00:59:50.55	+00:26:44 (45.3%)	5:54	10.2 (54.8%)
458	LALEWICZ Wiktor	261		M 40-49	158			00:00:47	00:36:06	00:52:18	00:59:03.25	00:59:50.30	+00:26:44 (45.3%)	5:54	10.2 (54.8%)
459	SUCHODOLSKI Mariusz	114		M 50-59	37	Tak		00:01:44	00:37:34	00:52:23	00:59:04.75	01:00:48.85	+00:26:46 (45.3%)	5:54	10.2 (54.8%)
460	JABŁOŃSKI Piotr	201		M 50-59	38	Tak		00:01:34	00:36:27	00:52:27	00:59:04.85	01:00:39.65	+00:26:46 (45.3%)	5:54	10.2 (54.8%)
461	MATYSZCZAK Krzysztof	764	KRAV MAGA KLUB KENKO	M 40-49	159			00:01:47	00:38:32	00:53:09	00:59:05.10	01:00:52.65	+00:26:46 (45.3%)	5:54	10.2 (54.8%)
462	GAPSKA Agnieszka	766	KRAV MAGA KLUB KENKO	K 30-39	40			00:01:47	00:38:32	00:53:08	00:59:05.25	01:00:52.70	+00:26:46 (45.3%)	5:54	10.2 (54.8%)
463	RASZEWSKI Paweł	719		M 40-49	160			00:01:35	00:36:29	00:52:21	00:59:07.45	01:00:43.35	+00:26:48 (45.4%)	5:54	10.1 (54.3%)
464	RADOMSKA-ZUBCZYŃSKA Maria	43		K 30-39	41	Tak		00:00:31	00:37:07	00:52:44	00:59:09.10	00:59:40.50	+00:26:50 (45.4%)	5:54	10.1 (54.3%)
465	ZAMILSKI Michał	587		M 40-49	161			00:02:11	00:34:38	00:50:38	00:59:10.50	01:01:21.70	+00:26:51 (45.4%)	5:55	10.1 (54.3%)
466	SOWA Andrzej	293		M 40-49	162			00:00:44	00:36:47	00:52:43	00:59:13.25	00:59:57.60	+00:26:54 (45.4%)	5:55	10.1 (54.3%)
467	RUCYK Justyna	694		K 40-49	38		Tak	00:01:35	00:37:24	00:52:52	00:59:14.85	01:00:50.25	+00:26:56 (45.5%)	5:55	10.1 (54.3%)
468	KWIATKOWSKI Hubert	504		M 1-29	46			00:00:20	00:36:44	00:52:54	00:59:14.95	00:59:35.55	+00:26:56 (45.5%)	5:55	10.1 (54.3%)
469	MIASTOWSKI Rafał	18	SŁOŃ B	M 50-59	39		Tak	00:01:07	00:37:30	00:52:47	00:59:15.30	01:00:23.00	+00:26:56 (45.5%)	5:55	10.1 (54.3%)
470	JANKOWSKA Wioletta	182		K 40-49	39	Tak		00:01:06	00:37:33	00:52:46	00:59:15.45	01:00:21.45	+00:26:56 (45.5%)	5:55	10.1 (54.3%)
471	OSTROWSKI Michał	344		M 40-49	163			00:00:35	00:37:23	00:52:59	00:59:18.30	00:59:53.60	+00:26:59 (45.5%)	5:55	10.1 (54.3%)
471	ROTTER Małgorzata	56		K 40-49	40			00:01:44	00:37:42	00:53:02	00:59:18.30	01:01:02.90	+00:26:59 (45.5%)	5:55	10.1 (54.3%)
473	ZALEWSKI Ludomir	210		M 40-49	164			00:00:32	00:37:02	00:52:37	00:59:19.35	00:59:51.60	+00:27:00 (45.5%)	5:55	10.1 (54.3%)
474	BALCERZAK-JAŁTUSZEWSKA Katarzyna	634	MARKOWI BIEGACZE	K 40-49	41			00:01:44	00:37:43	00:53:02	00:59:20.75	01:01:05.25	+00:27:02 (45.6%)	5:56	10.1 (54.3%)
475	WOŁYNEK Agnieszka	91		K 40-49	42	Tak		00:01:41	00:37:49	00:53:13	00:59:21.55	01:01:03.50	+00:27:02 (45.6%)	5:56	10.1 (54.3%)
476	ŚCIWIARSKA Małgorzata	37		K 30-39	42	Tak		00:01:41	00:37:49	00:53:13	00:59:21.75	01:01:03.70	+00:27:03 (45.6%)	5:56	10.1 (54.3%)
477	GŁÓWKA Małgorzata	223		K 40-49	43			00:01:59	00:38:16	00:53:09	00:59:27.45	01:01:27.05	+00:27:08 (45.7%)	5:56	10.1 (54.3%)
478	NGUYEN HONG Viet	314		M 40-49	165			00:00:02	00:53:19		00:59:29.90	00:59:31.90	+00:27:11 (45.7%)	5:56	10.1 (54.3%)
479	WEŁNA Mariusz	68		M 40-49	166			00:01:20	00:36:29	00:52:49	00:59:31.95	01:00:52.80	+00:27:13 (45.7%)	5:57	10.1 (54.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec		Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h	
						Białoleki	Samorządowiec									
508	MUCHA Grzegorz	156		M 60+	17	Tak			00:01:45	00:38:09	00:54:20	01:01:03.35	01:02:49.00	+00:28:44 (47.1%)	6:06	9.8 (52.7%)
509	WANOWSKI Andrzej	274	ROZBIEGAMY NOWY DWÓR	M 60+	18				00:01:42	00:36:19	00:53:43	01:01:04.15	01:02:46.30	+00:28:45 (47.1%)	6:06	9.8 (52.7%)
510	KROLSKI Łukasz	77	HOLO	M 40-49	177		Tak		00:01:59	00:39:18	00:55:09	01:01:08.05	01:03:07.65	+00:28:49 (47.1%)	6:06	9.8 (52.7%)
511	KUCA Grzegorz	13		M 40-49	178		Tak		00:01:59	00:39:16	00:54:39	01:01:08.95	01:03:08.05	+00:28:50 (47.2%)	6:06	9.8 (52.7%)
512	SIKORA Mateusz	591		M 30-39	118				00:01:51	00:38:17	00:54:31	01:01:19.60	01:03:10.80	+00:29:01 (47.3%)	6:07	9.8 (52.7%)
513	KOWALSKI Piotr	708		M 60+	19				00:00:56	00:38:31	00:54:31	01:01:21.30	01:02:18.00	+00:29:02 (47.3%)	6:08	9.8 (52.7%)
514	TOMASZEWSKI Marek	291		M 40-49	179	Tak			00:01:05	00:38:22	00:54:56	01:01:27.40	01:02:32.50	+00:29:08 (47.4%)	6:08	9.8 (52.7%)
515	WOJTCZAK Adrian	678		M 40-49	180				00:01:24	00:37:47	00:54:21	01:01:27.45	01:02:51.75	+00:29:08 (47.4%)	6:08	9.8 (52.7%)
516	NOWAK Pawel	382		M 40-49	181				00:01:05	00:38:23	00:54:56	01:01:29.15	01:02:34.40	+00:29:10 (47.5%)	6:08	9.8 (52.7%)
517	KRAWCZYK Michał	371		M 30-39	119	Tak			00:02:05	00:39:39	00:55:35	01:01:30.30	01:03:35.95	+00:29:11 (47.5%)	6:09	9.8 (52.7%)
518	SZUMOTALSKI Kamil	439		M 30-39	120				00:01:59	00:38:40	00:54:40	01:01:34.80	01:03:34.65	+00:29:16 (47.5%)	6:09	9.7 (52.2%)
519	SADOWSKI Kamil	170		M 30-39	121		Tak		00:01:48	00:37:56	00:54:46	01:01:39.90	01:03:28.50	+00:29:21 (47.6%)	6:09	9.7 (52.2%)
520	ŚMIECHOWSKI Marcin	427		M 30-39	122				00:01:56	00:37:54	00:54:11	01:01:40.15	01:03:36.20	+00:29:21 (47.6%)	6:10	9.7 (52.2%)
521	MAJCHRZAK Anna	3		K 30-39	45	Tak	Tak		00:02:02	00:39:15	00:54:50	01:01:42.55	01:03:44.90	+00:29:23 (47.6%)	6:10	9.7 (52.2%)
522	CHODUN Paweł	559		M 30-39	123				00:00:51	00:39:07	00:55:12	01:01:43.50	01:02:35.00	+00:29:24 (47.7%)	6:10	9.7 (52.2%)
523	CHODUN Agnieszka	560		K 30-39	46				00:00:51	00:39:07	00:55:13	01:01:43.65	01:02:35.35	+00:29:25 (47.7%)	6:10	9.7 (52.2%)
524	WIŚNIEWSKA Aneta	361		K 30-39	47	Tak			00:00:33	00:38:05	00:55:10	01:01:54.95	01:02:28.55	+00:29:36 (47.8%)	6:11	9.7 (52.2%)
525	ZARĘBA Tomasz	99		M 1-29	51	Tak			00:00:55	00:39:12	00:54:53	01:01:58.20	01:02:53.55	+00:29:39 (47.9%)	6:11	9.7 (52.2%)
526	ZIARKO Joanna	176		K 40-49	49				00:00:46	00:40:20	00:55:28	01:01:58.45	01:02:44.75	+00:29:39 (47.9%)	6:11	9.7 (52.2%)
527	GONET Katarzyna	195	BIEGOWE WTORKI NA TARCHOMINIE	K 40-49	50	Tak			00:01:46	00:38:46	00:55:16	01:02:05.55	01:03:51.65	+00:29:46 (48.0%)	6:12	9.7 (52.2%)
528	ŻÓŁCIŃSKI Waldemar	407	GRUPA BIEGOWA UM W-WA	M 60+	20		Tak		00:02:05	00:39:58	00:55:36	01:02:07.45	01:04:12.45	+00:29:48 (48.0%)	6:12	9.7 (52.2%)
528	KRASUSKA Magdalena	451	SPOŁECZNA SZKOŁA PODSTAWOWA INTEGRACYJNA NR 100 STO	K 40-49	51	Tak			00:00:39	00:41:08	00:55:49	01:02:07.45	01:02:47.15	+00:29:48 (48.0%)	6:12	9.7 (52.2%)
530	MANJA Dariusz	790		M 50-59	40	Tak			00:01:01	00:39:44	00:55:54	01:02:11.65	01:03:13.25	+00:29:53 (48.0%)	6:13	9.6 (51.6%)
531	STANKIEWICZ Maciej	298	AMI & AURI RUNNERS CLUB	M 40-49	182	Tak			00:02:01	00:40:03	00:55:35	01:02:15.40	01:04:17.00	+00:29:56 (48.1%)	6:13	9.6 (51.6%)
532	GABOR Maciej	329		M 40-49	183				00:01:57	00:37:44	00:54:47	01:02:20.55	01:04:17.80	+00:30:01 (48.2%)	6:14	9.6 (51.6%)
533	GĄSECKA Olga	290		K 30-39	48				00:01:40	00:39:26	00:55:40	01:02:25.20	01:04:05.20	+00:30:06 (48.2%)	6:14	9.6 (51.6%)
534	KOWALCZYK Agnieszka	788		K 40-49	52				00:01:38	00:38:25	00:54:59	01:02:28.65	01:04:07.25	+00:30:10 (48.3%)	6:14	9.6 (51.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec		Czas			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h	
						Białoleki	Samorządowiec	startu	6.6km	9km						
535	WITEK Małgorzata	509		K 40-49	53	Tak			00:01:57	00:39:48	00:55:59	01:02:33.70	01:04:31.40	+00:30:15 (48.4%)	6:15	9.6 (51.6%)
536	TOMASZEWSKA Mariola	402	BIEGAM DLA SIEBIE	K 50-59	10				00:01:54	00:39:08	00:55:34	01:02:39.80	01:04:34.00	+00:30:21 (48.4%)	6:15	9.6 (51.6%)
537	PIKIEWICZ Julka	420		K 30-39	49				00:01:38	00:38:05	00:55:31	01:02:40.20	01:04:18.55	+00:30:21 (48.4%)	6:16	9.6 (51.6%)
538	ZYCH Kasia	465	NBRC	K 30-39	50				00:01:19	00:39:40	00:56:06	01:02:41.60	01:04:00.95	+00:30:23 (48.5%)	6:16	9.6 (51.6%)
539	WALECKA Wiktoria	773	TRUCHT TARCHOMIN TEAM	K 30-39	51	Tak	Tak		00:01:39	00:37:59	00:55:21	01:02:43.75	01:04:23.25	+00:30:25 (48.5%)	6:16	9.6 (51.6%)
540	KIRSZ Ewa	425		K 40-49	54	Tak			00:00:17	00:39:22	00:55:52	01:02:48.55	01:03:05.55	+00:30:29 (48.6%)	6:16	9.6 (51.6%)
541	CZAJKOWSKI Bartłomiej	754	EKOBIEGI	M 30-39	124				00:02:00	00:40:17	00:56:13	01:02:52.80	01:04:53.75	+00:30:34 (48.6%)	6:17	9.5 (51.1%)
542	GŁUCHOWSKA Daria	671		K 1-29	7				00:01:46	00:39:21	00:56:09	01:02:57.60	01:04:44.20	+00:30:39 (48.7%)	6:17	9.5 (51.1%)
543	PRĘDKA Marta	44		K 40-49	55	Tak			00:02:01	00:40:04	00:56:23	01:02:58.05	01:04:59.90	+00:30:39 (48.7%)	6:17	9.5 (51.1%)
544	WOŹNIAK Marcin	364		M 40-49	184				00:02:00	00:40:05	00:56:24	01:02:59.35	01:04:59.95	+00:30:40 (48.7%)	6:17	9.5 (51.1%)
545	MARSZAŁEK Karolina	259		K 50-59	11	Tak			00:02:11	00:40:13	00:56:17	01:03:07.20	01:05:18.20	+00:30:48 (48.8%)	6:18	9.5 (51.1%)
546	BARDZIŃSKI Łukasz	82		M 30-39	125	Tak			00:01:21	00:38:01	00:55:52	01:03:11.30	01:04:33.10	+00:30:52 (48.9%)	6:19	9.5 (51.1%)
547	WOŹNIAK Maciej	756		M 1-29	52	Tak			00:01:03	00:39:53	00:56:23	01:03:20.65	01:04:24.10	+00:31:02 (49.0%)	6:20	9.5 (51.1%)
548	KĘSICKI Rafał	701		M 40-49	185	Tak			00:00:56	00:38:49	00:55:52	01:03:22.95	01:04:19.15	+00:31:04 (49.0%)	6:20	9.5 (51.1%)
549	GLUSHKO Iurii	769		M 30-39	126				00:00:02	00:26:56	00:54:59	01:03:23.40	01:03:26.10	+00:31:04 (49.0%)	6:20	9.5 (51.1%)
550	CHEŁCHOWSKA Ewa	389	BRBK - BIEGLI W PODATKACH	K 30-39	52				00:00:37	00:39:04	00:56:33	01:03:25.65	01:04:03.40	+00:31:07 (49.1%)	6:20	9.5 (51.1%)
551	MEDVETSKA Irina	618		K 1-29	8	Tak			00:00:11	00:40:11	00:56:43	01:03:26.05	01:03:37.30	+00:31:07 (49.1%)	6:20	9.5 (51.1%)
552	KOWNACKI Marcin	46		M 40-49	186	Tak			00:00:31	00:40:16	00:56:14	01:03:27.55	01:03:58.85	+00:31:08 (49.1%)	6:20	9.5 (51.1%)
553	URBANSKI Dominik	444		M 30-39	127				00:02:07	00:40:03	00:56:14	01:03:28.00	01:05:35.35	+00:31:09 (49.1%)	6:20	9.5 (51.1%)
554	ŁYSIK Marcin	768	INTERSPORT	M 1-29	53	Tak			00:00:43	00:40:33	00:56:59	01:03:28.10	01:04:11.20	+00:31:09 (49.1%)	6:20	9.5 (51.1%)
555	ORŁOWSKA Dorota	770	INTERSPORT	K 30-39	53	Tak			00:00:42	00:42:13	00:57:43	01:03:31.20	01:04:14.00	+00:31:12 (49.1%)	6:21	9.4 (50.5%)
556	PŁOCHA Rafał	346		M 30-39	128	Tak			00:01:55	00:40:12	00:56:34	01:03:31.85	01:05:27.15	+00:31:13 (49.1%)	6:21	9.4 (50.5%)
557	BALCERZAK Tomasz	725		M 40-49	187				00:01:40	00:39:44	00:56:46	01:03:32.80	01:05:13.65	+00:31:14 (49.2%)	6:21	9.4 (50.5%)
558	ZOUABI Dorota	751	TOTAL FITNES	K 40-49	56	Tak			00:01:40	00:39:45	00:56:45	01:03:32.90	01:05:13.75	+00:31:14 (49.2%)	6:21	9.4 (50.5%)
559	KULBACKI Kamil	470		M 30-39	129	Tak			00:01:55	00:40:20	00:56:35	01:03:36.15	01:05:31.90	+00:31:17 (49.2%)	6:21	9.4 (50.5%)
560	CENTKOWSKI Mateusz	718		M 1-29	54				00:00:06	00:39:01	00:56:48	01:03:38.80	01:03:44.90	+00:31:20 (49.2%)	6:21	9.4 (50.5%)
561	JAKUBASEK Dariusz	782		M 40-49	188	Tak			00:00:19	00:38:48	00:56:37	01:03:40.55	01:03:59.95	+00:31:21 (49.3%)	6:22	9.4 (50.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec		Czas			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Białoleki	Samorządowiec	startu	6.6km	9km					
562	PLIUSHCHYK Eduard	446		M 30-39	130		Tak	00:00:23	00:40:41	00:56:49	01:03:40.85	01:04:04.35	+00:31:22 (49.3%)	6:22	9.4 (50.5%)
563	MEDVEDIEVA Vita	431		K 1-29	9		Tak	00:00:22	00:40:42	00:56:50	01:03:41.70	01:04:04.20	+00:31:23 (49.3%)	6:22	9.4 (50.5%)
564	MEDVEDIEV Oleksandr	430		M 40-49	189		Tak	00:00:22	00:40:41	00:56:50	01:03:42.00	01:04:04.60	+00:31:23 (49.3%)	6:22	9.4 (50.5%)
565	NIEWIADOMSKI Zdzisław	513		M 60+	21			00:00:44	00:40:09	00:56:52	01:03:52.35	01:04:37.10	+00:31:33 (49.4%)	6:23	9.4 (50.5%)
566	PRUSZYŃSKA Joanna	132	KS OŻARÓW MAZOWIECKI BIEGA	K 40-49	57			00:01:51	00:40:15	00:56:44	01:03:56.65	01:05:48.40	+00:31:38 (49.5%)	6:23	9.4 (50.5%)
567	STASZEWSKA Kinga	645	KS STASZEWCY	K 40-49	58			00:01:51	00:40:15	00:56:39	01:03:56.75	01:05:48.20	+00:31:38 (49.5%)	6:23	9.4 (50.5%)
568	SIDORCZUK Marek	555		M 50-59	41			00:01:53	00:39:55	00:56:46	01:04:01.35	01:05:54.70	+00:31:42 (49.5%)	6:24	9.4 (50.5%)
569	KOPYŚ Damian	760		M 1-29	55			00:00:13	00:40:26	00:57:33	01:04:31.95	01:04:45.65	+00:32:13 (49.9%)	6:27	9.3 (50.0%)
570	BULIK Bożena	685		K 30-39	54	Tak		00:01:53	00:40:51	00:57:49	01:04:34.95	01:06:28.60	+00:32:16 (50.0%)	6:27	9.3 (50.0%)
571	BIELEC Bartłomiej	180		M 40-49	190			00:02:09	00:40:36	00:57:33	01:04:42.20	01:06:51.70	+00:32:23 (50.1%)	6:28	9.3 (50.0%)
572	GURMIŃSKA Katarzyna	331		K 1-29	10			00:02:05	00:41:00	00:57:35	01:04:45.85	01:06:51.05	+00:32:27 (50.1%)	6:28	9.3 (50.0%)
573	KOPROWICZ Damian	332		M 30-39	131			00:02:04	00:41:01	00:57:35	01:04:46.25	01:06:51.15	+00:32:27 (50.1%)	6:28	9.3 (50.0%)
574	JASIOCHA Diana	549		K 30-39	55	Tak		00:00:37	00:41:06	00:57:52	01:04:47.25	01:05:24.40	+00:32:28 (50.1%)	6:28	9.3 (50.0%)
574	DZIEWULSKA Natalia	611		K 30-39	56	Tak		00:00:37	00:41:06	00:57:52	01:04:47.25	01:05:24.40	+00:32:28 (50.1%)	6:28	9.3 (50.0%)
576	BRZÓZKA Magda	300	PTWP	K 40-49	59	Tak		00:01:58	00:41:08	00:57:50	01:04:58.75	01:06:57.30	+00:32:40 (50.3%)	6:29	9.2 (49.5%)
577	NOWAK Kasia	650		K 30-39	57	Tak		00:01:58	00:41:08	00:57:50	01:04:58.90	01:06:57.25	+00:32:40 (50.3%)	6:29	9.2 (49.5%)
578	JEDYNAK Paweł	24		M 40-49	191	Tak		00:01:57	00:41:24	00:58:06	01:05:01.50	01:06:59.45	+00:32:42 (50.3%)	6:30	9.2 (49.5%)
579	AMPULSKI Mariusz	757	NASIELSK BASZTA TEAM	M 40-49	192			00:02:06	00:40:07	00:57:17	01:05:04.90	01:07:11.70	+00:32:46 (50.4%)	6:30	9.2 (49.5%)
580	KACZYŃSKA Paula	335		K 1-29	11	Tak		00:01:52	00:40:31	00:57:42	01:05:05.30	01:06:57.40	+00:32:46 (50.4%)	6:30	9.2 (49.5%)
581	HORODECKI Piotr	564		M 1-29	56			00:00:21	00:40:56	00:58:05	01:05:05.65	01:05:26.90	+00:32:47 (50.4%)	6:30	9.2 (49.5%)
582	ZAKHARKEVICH Alexander	783		M 40-49	193	Tak		00:01:08	00:40:46	00:57:52	01:05:11.20	01:06:19.20	+00:32:52 (50.4%)	6:31	9.2 (49.5%)
583	GĘBICZ Cezary	643		M 40-49	194	Tak		00:00:08	00:41:11	00:58:23	01:05:17.45	01:05:26.15	+00:32:58 (50.5%)	6:31	9.2 (49.5%)
584	FARIAS PELCASTRE Ivan	379		M 30-39	132			00:00:03	00:37:53	00:58:16	01:05:21.70	01:05:25.50	+00:33:03 (50.6%)	6:32	9.2 (49.5%)
585	KARŁOWICZ Anna	33	PARTIA WOLNYCH BIEGACZY	K 60+	3			00:01:53	00:40:59	00:57:56	01:05:22.65	01:07:16.05	+00:33:04 (50.6%)	6:32	9.2 (49.5%)
586	KUŚ Maciej	434		M 40-49	195			00:00:34	00:40:55	00:57:57	01:05:32.40	01:06:07.20	+00:33:13 (50.7%)	6:33	9.2 (49.5%)
587	ANDRUKIEWICZ Anita	515	GRUPA BIEGOWA CHTMO	K 40-49	60			00:01:44	00:41:16	00:58:25	01:05:41.20	01:07:25.30	+00:33:22 (50.8%)	6:34	9.1 (48.9%)
588	ROJEK Stanisław	578		M 50-59	42			00:00:50	00:40:25	00:58:31	01:05:48.30	01:06:39.00	+00:33:29 (50.9%)	6:34	9.1 (48.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec		Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Białoleki	Samorządowiec								
589	LESZCZYŃSKA Marlena	579		K 40-49	61			00:00:50	00:40:25	00:58:31	01:05:48.60	01:06:39.20	+00:33:30 (50.9%)	6:34	9.1 (48.9%)
590	PACHOLAK Przemysław	118		M 50-59	43	Tak		00:01:40	00:41:22	00:58:52	01:06:01.05	01:07:41.80	+00:33:42 (51.1%)	6:36	9.1 (48.9%)
591	DROZDOWSKA Aleksandra	553		K 30-39	58	Tak		00:00:37	00:41:31	00:58:38	01:06:02.30	01:06:39.45	+00:33:43 (51.1%)	6:36	9.1 (48.9%)
592	BIERNACKA Agnieszka	328		K 50-59	12			00:01:38	00:40:37	00:58:36	01:06:07.70	01:07:46.00	+00:33:49 (51.1%)	6:36	9.1 (48.9%)
593	LEWANDOWSKA Monika	50		K 40-49	62	Tak		00:00:06	00:42:13	00:59:27	01:06:27.80	01:06:34.40	+00:34:09 (51.4%)	6:38	9 (48.4%)
594	SZWARC Anna	23		K 40-49	63	Tak		00:00:06	00:42:12	00:59:27	01:06:28.25	01:06:34.55	+00:34:09 (51.4%)	6:38	9 (48.4%)
595	SOCHA Paweł	315		M 30-39	133			00:00:02	00:41:25	00:58:30	01:06:34.55	01:06:36.55	+00:34:15 (51.5%)	6:39	9 (48.4%)
595	KNAP Dorota	25		K 30-39	59			00:00:35	00:41:23	00:59:01	01:06:34.55	01:07:10.45	+00:34:15 (51.5%)	6:39	9 (48.4%)
595	SULEJCZYK Piotr	57	1.BLTR	M 40-49	196			00:00:35	00:41:24	00:59:01	01:06:34.55	01:07:10.45	+00:34:15 (51.5%)	6:39	9 (48.4%)
598	SZAREWICZ Paweł	14		M 40-49	197	Tak		00:00:32	00:41:31	00:59:26	01:06:34.60	01:07:07.15	+00:34:16 (51.5%)	6:39	9 (48.4%)
599	WIĘTCZAK Tomasz	230		M 1-29	57			00:01:43	00:41:31	00:59:05	01:06:38.75	01:08:21.75	+00:34:20 (51.5%)	6:39	9 (48.4%)
600	PIENKOSZ Monika	715		K 1-29	12	Tak		00:01:42	00:41:31	00:59:05	01:06:38.95	01:08:21.70	+00:34:20 (51.5%)	6:39	9 (48.4%)
601	STAGIŁOW Monika	120		K 30-39	60			00:00:42	00:41:39	00:59:20	01:06:40.10	01:07:22.75	+00:34:21 (51.5%)	6:40	9 (48.4%)
602	RUTKOWSKA Izabela	233		K 50-59	13			00:02:10	00:42:07	00:59:52	01:06:44.15	01:08:54.65	+00:34:25 (51.6%)	6:40	9 (48.4%)
603	KRÓL Łukasz	83	PZU SPORT TEAM	M 30-39	134			00:00:32	00:41:10	00:58:59	01:06:46.20	01:07:18.30	+00:34:27 (51.6%)	6:40	9 (48.4%)
604	KASPRZAK Marcin	589		M 50-59	44	Tak		00:02:07	00:42:20	00:59:47	01:06:55.65	01:09:03.45	+00:34:37 (51.7%)	6:41	9 (48.4%)
605	TERECH Ewelina	385		K 40-49	64	Tak		00:01:50	00:41:30	00:59:34	01:07:01.75	01:08:52.30	+00:34:43 (51.8%)	6:42	9 (48.4%)
606	ROKICKI Aleksander	791		M 40-49	198	Tak		00:01:51	00:41:53	00:59:43	01:07:04.25	01:08:55.50	+00:34:45 (51.8%)	6:42	8.9 (47.8%)
607	ŁOZOWSKA Dorota	798		K 40-49	65	Tak		00:01:51	00:41:53	00:59:43	01:07:04.45	01:08:55.80	+00:34:45 (51.8%)	6:42	8.9 (47.8%)
608	KARPIŃSKA Izabela	263		K 40-49	66	Tak		00:00:58	00:41:36	00:59:22	01:07:08.65	01:08:06.90	+00:34:50 (51.9%)	6:42	8.9 (47.8%)
609	WIĘCKOWSKA Aneta	437	POLSKA	K 30-39	61	Tak	Tak	00:02:05	00:42:20	00:59:59	01:07:14.65	01:09:20.30	+00:34:56 (52.0%)	6:43	8.9 (47.8%)
610	TRZECIAK Elżbieta	445		K 50-59	14	Tak		00:02:05	00:42:20	00:59:59	01:07:14.95	01:09:20.55	+00:34:56 (52.0%)	6:43	8.9 (47.8%)
611	RUSIN Anna	494		K 1-29	13			00:01:54	00:41:51	01:00:03	01:07:21.55	01:09:16.15	+00:35:02 (52.0%)	6:44	8.9 (47.8%)
612	RUSIN Bartosz	493		M 40-49	199			00:01:54	00:41:51	01:00:03	01:07:22.90	01:09:17.80	+00:35:04 (52.0%)	6:44	8.9 (47.8%)
613	KORNACKA Agnieszka	294		K 1-29	14			00:01:00	00:42:13	00:59:51	01:07:25.15	01:08:25.40	+00:35:06 (52.1%)	6:44	8.9 (47.8%)
614	PONIEWIERSKA Magdalena	767	INTERSPORT	K 30-39	62	Tak		00:00:43	00:42:12	01:00:06	01:07:31.45	01:08:14.85	+00:35:12 (52.2%)	6:45	8.9 (47.8%)
615	MAKOWSKA Iza	777	INTERSPORT	K 30-39	63	Tak		00:00:43	00:42:13	01:00:07	01:07:31.90	01:08:14.90	+00:35:13 (52.2%)	6:45	8.9 (47.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec		Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h	
						Białoleki	Samorządowiec									
616	ROSA Teresa	648		K 50-59	15	Tak			00:02:12	00:44:10	01:01:30	01:07:57.65	01:10:09.65	+00:35:39 (52.5%)	6:47	8.8 (47.3%)
617	WOJTAL Tomasz	339		M 40-49	200				00:02:01	00:44:10	01:01:11	01:07:57.85	01:09:58.95	+00:35:39 (52.5%)	6:47	8.8 (47.3%)
618	KRYGOWSKA Paula	98		K 1-29	15				00:02:09	00:42:09	01:01:05	01:07:58.35	01:10:07.95	+00:35:39 (52.5%)	6:47	8.8 (47.3%)
619	JEŻMAŃSKI Sławek	375		M 40-49	201	Tak			00:00:17	00:41:44	01:00:18	01:08:02.85	01:08:20.45	+00:35:44 (52.5%)	6:48	8.8 (47.3%)
620	BORKOWSKA Monika	307		K 30-39	64	Tak			00:00:49	00:43:38	01:00:44	01:08:04.35	01:08:54.30	+00:35:45 (52.5%)	6:48	8.8 (47.3%)
621	RUDENKA Andrei	323		M 1-29	58				00:00:16	00:40:22	01:00:28	01:08:05.95	01:08:22.30	+00:35:47 (52.6%)	6:48	8.8 (47.3%)
622	KOŚCIECHA Wioleta	658		K 1-29	16				00:01:00	00:40:30	01:00:40	01:08:07.90	01:09:08.45	+00:35:49 (52.6%)	6:48	8.8 (47.3%)
623	CZYŻ Justyna	388		K 30-39	65	Tak			00:01:00	00:40:31	01:00:40	01:08:08.25	01:09:08.50	+00:35:49 (52.6%)	6:48	8.8 (47.3%)
624	SZŁĄZAK Pola	317		K 30-39	66				00:00:40	00:42:28	01:00:35	01:08:09.70	01:08:50.30	+00:35:51 (52.6%)	6:48	8.8 (47.3%)
625	NIEDZIELA Grzegorz	305		M 40-49	202	Tak			00:02:11	00:42:59	01:01:09	01:08:26.85	01:10:37.95	+00:36:08 (52.8%)	6:50	8.8 (47.3%)
626	GUSZPIT Agnieszka	256		K 40-49	67		Tak		00:01:45	00:42:16	01:01:07	01:08:41.75	01:10:26.95	+00:36:23 (53.0%)	6:52	8.7 (46.8%)
627	KUCICKI Krzysztof	96		M 40-49	203	Tak			00:02:02	00:41:43	01:00:40	01:08:41.95	01:10:44.00	+00:36:23 (53.0%)	6:52	8.7 (46.8%)
628	CICHECKA Aneta	501		K 40-49	68				00:00:22	00:43:18	01:01:19	01:08:48.45	01:09:11.40	+00:36:29 (53.0%)	6:52	8.7 (46.8%)
629	OLSZEWSKI Łukasz	236		M 30-39	135	Tak			00:00:03	00:42:11	01:01:25	01:08:50.10	01:08:54.00	+00:36:31 (53.1%)	6:53	8.7 (46.8%)
630	TORZEWSKA Agnieszka	284	BEMOWO BIEGA	K 40-49	69				00:01:52	00:42:22	01:00:25	01:08:57.70	01:10:50.45	+00:36:39 (53.1%)	6:53	8.7 (46.8%)
631	CICHON Dominik	95		M 1-29	59	Tak			00:02:08	00:42:14	01:01:17	01:09:01.15	01:11:10.00	+00:36:42 (53.2%)	6:54	8.7 (46.8%)
632	LUC Adam	524	BIEGUSIEM.PL	M 40-49	204				00:02:00	00:43:21	01:01:48	01:09:06.25	01:11:06.65	+00:36:47 (53.2%)	6:54	8.7 (46.8%)
633	KOPROWSKA Barara	343		K 30-39	67				00:01:56	00:43:17	01:01:36	01:09:14.40	01:11:10.90	+00:36:55 (53.3%)	6:55	8.7 (46.8%)
634	ZATYLNÝ Tomasz	763		M 40-49	205	Tak			00:00:32	00:41:55	01:01:14	01:09:18.65	01:09:50.95	+00:37:00 (53.4%)	6:55	8.7 (46.8%)
635	KOWALSKI Grzegorz	40		M 40-49	206	Tak			00:01:03	00:42:12	01:01:38	01:09:26.15	01:10:29.15	+00:37:07 (53.5%)	6:56	8.6 (46.2%)
636	SMAGIEŁ Tomasz	151		M 40-49	207	Tak			00:00:33	00:41:40	01:01:33	01:09:36.30	01:10:09.60	+00:37:17 (53.6%)	6:57	8.6 (46.2%)
637	MICHNOWSKA Adriana	197	BIEGOWE WTORKI NA TARCHOMINIE	K 40-49	70	Tak			00:02:09	00:44:15	01:02:12	01:09:37.05	01:11:46.65	+00:37:18 (53.6%)	6:57	8.6 (46.2%)
638	WYROSTEK Przemysław	497	STOMILEX	M 30-39	136				00:00:24	00:43:29	01:02:17	01:09:38.15	01:10:02.15	+00:37:19 (53.6%)	6:57	8.6 (46.2%)
639	BUDEK Ewa	635		K 30-39	68				00:01:52	00:42:07	01:01:30	01:09:42.05	01:11:34.45	+00:37:23 (53.6%)	6:58	8.6 (46.2%)
640	STACH Karolina	264		K 30-39	69				00:00:36	00:43:08	01:01:57	01:09:53.20	01:10:29.70	+00:37:34 (53.8%)	6:59	8.6 (46.2%)
641	BODALSKI Jacek	556	AKTYWNA WARSZAWA	M 50-59	45				00:02:00	00:43:42	01:02:31	01:09:55.80	01:11:56.00	+00:37:37 (53.8%)	6:59	8.6 (46.2%)
642	FIEDOSIUK Michał	39		M 40-49	208	Tak			00:01:57	00:43:30	01:02:19	01:09:57.40	01:11:54.65	+00:37:38 (53.8%)	6:59	8.6 (46.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec		Czas			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h	
						Białołęki	Samorządowiec	startu	6.6km	9km						
643	PATOLETA Mirek	49		M 40-49	209	Tak			00:00:59	00:43:43	01:02:32	01:10:14.50	01:11:13.65	+00:37:55 (54.0%)	7:01	8.5 (45.7%)
644	GROCHOWSKA Joanna	4	BIEGAMY Z OCHOTAŃ	K 50-59	16				00:02:04	00:43:42	01:01:59	01:10:15.40	01:12:20.20	+00:37:56 (54.0%)	7:01	8.5 (45.7%)
645	SZOSTAKOWSKI Jarosław	5	BIEGAMY Z OCHOTAŃ	M 50-59	46		Tak		00:02:04	00:43:43	01:02:00	01:10:16.00	01:12:20.20	+00:37:57 (54.0%)	7:01	8.5 (45.7%)
646	ROGUSKA Magdalena	1	MAGDALENA ROGUSKA	K 40-49	71	Tak	Tak		00:02:01	00:43:44	01:02:02	01:10:18.20	01:12:20.05	+00:37:59 (54.0%)	7:01	8.5 (45.7%)
647	VUCO Ivo	257	HULTAJ LITERACI	M 40-49	210				00:01:58	00:43:43	01:02:00	01:10:29.15	01:12:27.15	+00:38:10 (54.2%)	7:02	8.5 (45.7%)
648	SKRZYPIŃSKI Cezary	672		M 50-59	47	Tak			00:00:45	00:46:04	01:03:41	01:10:49.25	01:11:34.65	+00:38:30 (54.4%)	7:04	8.5 (45.7%)
649	STALKOWSKA-GALUHN Katarzyna	161		K 50-59	17				00:01:52	00:44:19	01:02:44	01:10:52.15	01:12:44.60	+00:38:33 (54.4%)	7:05	8.5 (45.7%)
650	PTASIEWICZ Alicja	129		K 1-29	17				00:01:58	00:44:42	01:03:06	01:10:53.40	01:12:52.00	+00:38:34 (54.4%)	7:05	8.5 (45.7%)
651	LISOWSKA Alicja	155	BIEGAM NA TARCHOMINIE	K 30-39	70	Tak			00:00:55	00:43:11	01:02:31	01:11:11.35	01:12:06.85	+00:38:52 (54.6%)	7:07	8.4 (45.2%)
652	LUGE Remigiusz	641		M 40-49	211	Tak			00:01:50	00:43:38	01:03:43	01:11:13.30	01:13:03.85	+00:38:54 (54.6%)	7:07	8.4 (45.2%)
653	OLCZAK Urszula	107	UMCS BIEGA	K 50-59	18				00:02:04	00:43:55	01:02:55	01:11:18.40	01:13:22.50	+00:38:59 (54.7%)	7:07	8.4 (45.2%)
654	KOWALSKI Wiesław	41		M 50-59	48				00:00:20	00:43:51	01:03:17	01:11:27.00	01:11:47.50	+00:39:08 (54.8%)	7:08	8.4 (45.2%)
655	KASPRZAK Olga	87		K 40-49	72	Tak			00:02:11	00:45:22	01:03:45	01:11:27.10	01:13:38.25	+00:39:08 (54.8%)	7:08	8.4 (45.2%)
656	NACHEL Michał	724		M 40-49	212	Tak			00:01:46	00:43:53	01:03:41	01:11:34.25	01:13:20.30	+00:39:15 (54.9%)	7:09	8.4 (45.2%)
657	CHRZANOWSKA Małgorzata	421		K 40-49	73				00:00:34	00:44:43	01:03:39	01:11:48.20	01:12:22.95	+00:39:29 (55.0%)	7:10	8.4 (45.2%)
658	KERNER Agnieszka	404	GRUPA BIEGOWA UM W-WA	K 50-59	19				00:02:04	00:43:19	01:03:20	01:11:55.00	01:13:59.80	+00:39:36 (55.1%)	7:11	8.3 (44.6%)
659	KRZYŻEWSKA Karolina	737	PZU SPORT TEAM	K 30-39	71				00:02:03	00:45:03	01:04:03	01:12:05.55	01:14:08.80	+00:39:46 (55.2%)	7:12	8.3 (44.6%)
660	NOWICKI Dariusz	563		M 40-49	213	Tak			00:02:10	00:44:37	01:04:13	01:12:18.30	01:14:28.60	+00:39:59 (55.3%)	7:13	8.3 (44.6%)
661	LACH Marta	688	SLOW JOGGING BIAŁOŁĘKA	K 40-49	74	Tak			00:02:03	00:45:39	01:04:24	01:12:18.90	01:14:22.30	+00:40:00 (55.3%)	7:13	8.3 (44.6%)
662	KARWECKI Patryk	75		M 30-39	137	Tak			00:00:31	00:46:09	01:04:33	01:12:20.75	01:12:52.15	+00:40:02 (55.3%)	7:14	8.3 (44.6%)
663	JAKUBASEK Paulina	781		K 1-29	18	Tak			00:00:19	00:44:57	01:05:19	01:12:51.35	01:13:11.05	+00:40:32 (55.7%)	7:17	8.2 (44.1%)
664	ADAMCZYK Anna	48	BIEGACZKI	K 30-39	72				00:01:51	00:45:20	01:04:57	01:12:55.80	01:14:47.75	+00:40:37 (55.7%)	7:17	8.2 (44.1%)
665	ŻMIJEWSKA Karolina	47	BIEGACZKI	K 30-39	73				00:01:51	00:45:20	01:04:57	01:12:56.00	01:14:47.75	+00:40:37 (55.7%)	7:17	8.2 (44.1%)
666	LIBERA Paweł	565		M 30-39	138	Tak	Tak		00:01:58	00:43:59	01:04:07	01:12:57.40	01:14:55.90	+00:40:38 (55.7%)	7:17	8.2 (44.1%)
667	GIERANOWSKI Marcin	26	STRUŚ	M 40-49	214				00:00:34	00:46:16	01:04:55	01:13:04.20	01:13:38.75	+00:40:45 (55.8%)	7:18	8.2 (44.1%)
668	DRZEWICZ Tomasz	450	SZKOŁA TAŃCA ROCK'N'ROLA AKROBATYCZNEGO PROMENADA	M 50-59	49				00:02:08	00:43:52	01:04:34	01:13:06.50	01:15:14.85	+00:40:47 (55.8%)	7:18	8.2 (44.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec		Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h	
						Białoleki	Samorządowiec									
669	KUCHUŃSKA Monika	797		K 40-49	75	Tak			00:02:06	00:46:19	01:05:00	01:13:16.30	01:15:22.80	+00:40:57 (55.9%)	7:19	8.2 (44.1%)
670	GODZISZ Ewa	409	VEGERUNNERS	K 40-49	76				00:02:09	00:46:03	01:05:11	01:13:17.60	01:15:27.40	+00:40:59 (55.9%)	7:19	8.2 (44.1%)
671	STEGIENKO Karolina	345		K 30-39	74				00:00:22	00:44:36	01:05:14	01:13:44.20	01:14:06.50	+00:41:25 (56.2%)	7:22	8.1 (43.5%)
672	GOŁASZEWSKA Dorota	558	XIII LICEUM OGÓLNOKSZTAŁCĄCE	K 40-49	77	Tak			00:00:21	00:46:06	01:05:26	01:13:50.95	01:14:12.25	+00:41:32 (56.2%)	7:23	8.1 (43.5%)
673	KOPER Adam	582	PKP PLK S.A	M 40-49	215	Tak			00:00:20	00:46:06	01:05:27	01:13:51.30	01:14:12.20	+00:41:32 (56.3%)	7:23	8.1 (43.5%)
674	GRYGOWSKA Beata	662		K 40-49	78				00:02:12	00:46:14	01:06:08	01:14:08.90	01:16:21.15	+00:41:50 (56.4%)	7:24	8.1 (43.5%)
675	PANASIUK Aga	31		K 40-49	79				00:01:50	00:45:56	01:06:17	01:14:20.90	01:16:11.75	+00:42:02 (56.5%)	7:26	8.1 (43.5%)
676	BODYS Sylwester	112		M 30-39	139	Tak			00:00:09	00:46:41	01:06:12	01:14:21.60	01:14:31.50	+00:42:03 (56.5%)	7:26	8.1 (43.5%)
677	MARKIEL-SKRZYPIŃSKA Anna	675		K 40-49	80	Tak			00:00:45	00:46:04	01:06:09	01:14:36.60	01:15:21.90	+00:42:18 (56.7%)	7:27	8 (43.0%)
678	PASZKOWSKI Cezary	126	LEŚNE SZYCHY	M 40-49	216				00:02:10	00:46:11	01:05:02	01:15:05.40	01:17:15.80	+00:42:46 (57.0%)	7:30	8 (43.0%)
679	WŁODARCZYK Aneta	34	KS KONIEC STAWKI	K 30-39	75				00:02:09	00:47:50	01:07:17	01:15:09.25	01:17:19.15	+00:42:50 (57.0%)	7:30	8 (43.0%)
680	NEC Paulina	396		K 30-39	76				00:01:59	00:46:08	01:07:14	01:15:24.90	01:17:24.30	+00:43:06 (57.2%)	7:32	8 (43.0%)
681	ŻYŁA-ZDZIECH Sylwia	713		K 40-49	81	Tak			00:00:07	00:47:14	01:07:04	01:15:27.40	01:15:34.55	+00:43:08 (57.2%)	7:32	8 (43.0%)
682	JAWORSKA Agnieszka	703		K 40-49	82				00:02:04	00:46:41	01:07:15	01:15:58.10	01:18:02.10	+00:43:39 (57.5%)	7:35	7.9 (42.5%)
683	WICHTOWSKA Karolina	29		K 30-39	77	Tak			00:00:22	00:46:57	01:07:20	01:16:01.30	01:16:24.25	+00:43:42 (57.5%)	7:36	7.9 (42.5%)
684	JUSTA Piuotr	735		M 50-59	50	Tak	Tak		00:00:03	00:47:31	01:07:34	01:16:16.15	01:16:19.20	+00:43:57 (57.6%)	7:37	7.9 (42.5%)
685	OBWIOSŁO Joanna	89		K 40-49	83				00:02:11	00:47:23	01:07:53	01:16:42.45	01:18:53.80	+00:44:23 (57.9%)	7:40	7.8 (41.9%)
686	WYSOCKA Karolina	178		K 40-49	84	Tak			00:01:45	00:46:39	01:07:30	01:16:56.55	01:18:42.50	+00:44:37 (58.0%)	7:41	7.8 (41.9%)
687	MILIK Tomasz	115		M 30-39	140	Tak			00:01:49	00:48:12	01:08:44	01:16:56.70	01:18:46.15	+00:44:38 (58.0%)	7:41	7.8 (41.9%)
688	RUDENKA Aliaksandra	321		K 1-29	19				00:00:16	00:47:55	01:09:12	01:17:23.70	01:17:40.05	+00:45:05 (58.3%)	7:44	7.8 (41.9%)
689	BIDZIŃSKA Alicja	19		K 30-39	78	Tak			00:00:04	00:47:54	01:08:48	01:17:45.50	01:17:50.20	+00:45:26 (58.4%)	7:46	7.7 (41.4%)
690	HAJNUS Wojciech	240		M 50-59	51	Tak			00:02:10	00:47:21	01:09:41	01:19:00.15	01:21:10.65	+00:46:41 (59.1%)	7:54	7.6 (40.9%)
691	KOLASA Barbara	172	KLUB J.SŁOWACKIEGO	K 60+	4				00:00:16	00:48:31	01:09:36	01:19:00.80	01:19:16.95	+00:46:42 (59.1%)	7:54	7.6 (40.9%)
692	WŁODEK Rafał	403		M 40-49	217	Tak			00:02:02	00:48:50	01:09:31	01:19:12.70	01:21:15.55	+00:46:54 (59.2%)	7:55	7.6 (40.9%)
693	VALIIEVA Aliia	473		K 30-39	79				00:00:55	00:49:58	01:10:39	01:19:26.90	01:20:22.50	+00:47:08 (59.3%)	7:56	7.6 (40.9%)
694	MADEJEK Jacek	730	ZABIEGANI PO USZY	M 40-49	218				00:02:06	00:50:34	01:11:34	01:20:33.15	01:22:39.90	+00:48:14 (59.9%)	8:03	7.4 (39.8%)
695	WTOREK Mirosław	496	NIEZALEŻNY	M 60+	22	Tak			00:00:24	00:49:48	01:11:48	01:20:41.05	01:21:05.95	+00:48:22 (60.0%)	8:04	7.4 (39.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Białołęki	Samorządowiec	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
696	STAŃKOWSKA Katarzyna	518		K 50-59	20	Tak		00:01:04	00:50:53	01:11:58	01:20:59.30	01:22:03.35	+00:48:40 (60.1%)	8:05	7.4 (39.8%)
697	STAŃKOWSKI Andrzej	520	TEAM WARIAT	M 50-59	52	Tak		00:01:04	00:52:13	01:12:28	01:20:59.90	01:22:04.45	+00:48:41 (60.1%)	8:05	7.4 (39.8%)
698	CZYŻ Michał	36		M 30-39	141	Tak		00:00:23	00:51:02	01:12:53	01:22:22.90	01:22:46.10	+00:50:04 (60.8%)	8:14	7.3 (39.2%)
699	CZECHOWSKI Jerzy	147	MZA - WARSZAWA	M 60+	23			00:02:08	00:52:51	01:14:22	01:23:41.95	01:25:50.05	+00:51:23 (61.4%)	8:22	7.2 (38.7%)
700	NASKRĘT Mariusz	70		M 40-49	219			00:01:55	00:51:58	01:15:12	01:24:23.25	01:26:18.45	+00:52:04 (61.7%)	8:26	7.1 (38.2%)
Przekroczony limit czasu: 01:30:00															
701	WRÓBLEWSKA Joanna	667		K 60+	5			00:02:12	00:53:13	01:15:55	01:31:49.10	01:34:01.65	+00:59:30 (64.8%)	9:10	6.5 (34.9%)
702	BOROWIAK Jolanta	311	SLOW JOGING POLSKA	K 60+	6			00:00:12	00:58:16	01:22:56	01:33:48.95	01:34:01.45	+01:01:30 (65.6%)	9:22	6.4 (34.4%)
703	BOROWIAK Jacek	312	SLOW JOGING POLSKA	M 60+	24			00:00:11	00:58:17	01:22:57	01:33:49.90	01:34:01.45	+01:01:31 (65.6%)	9:22	6.4 (34.4%)
704	PROCZEK Sylwia	21		K 40-49	85	Tak		00:00:59	00:59:28	01:23:52	01:34:19.10	01:35:18.15	+01:02:00 (65.7%)	9:25	6.4 (34.4%)
705	MAJKOWSKA Zofia	448		K 1-29	20			00:00:18	00:58:59	01:24:34	01:35:03.95	01:35:22.80	+01:02:45 (66.0%)	9:30	6.3 (33.9%)
706	MAJKOWSKI Michał	374		M 30-39	142	Tak		00:00:19	00:58:59	01:24:33	01:35:04.35	01:35:23.80	+01:02:45 (66.0%)	9:30	6.3 (33.9%)
707	SIEMIENIAKA Marek	246	BIEGAM NA TARCHOMINIE	M 30-39	143	Tak		00:00:32	00:29:04	00:38:41			+00:09:48	4:17	14 (75.3%)
708	POSIM Tomasz	523		M 40-49	220			00:02:01	01:01:44				+00:41:15	9:21	6.4 (34.4%)
709	POTOCZNY Robert	584		M 40-49	221			00:00:21							(0.0%)
710	STEFAŃSKA Joanna	145		K 40-49	86			00:00:34							(0.0%)
711	GWIZDAŁA Wioletta	696		K 30-39	80			00:01:44							(0.0%)
712	BOCHENEK Sebastian	722		M 30-39	144			00:02:12							(0.0%)

Znaleziono 712 wynik(ów)