



BIEG PRZEZ MOST

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

BIEG PRZEZ MOST 2023
Urząd Dzielnicy Warszawa - Białołęka
2023-09-10
Warszawa
10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Białołęki	Samorządowiec	Drużyna 1	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	CHRUŚCIEL Jacek	975		M 40-49	1				00:00:02	00:21:44	00:30:55	00:34:44.70	00:34:46.95		3:28	17.3 (100%)
2	FALANDYSZ Damian	137	WPRRUNNING PRUSZKÓW	M 30-39	1				00:00:02	00:22:07	00:31:20	00:35:07.00	00:35:09.55	+00:00:22 (1.1%)	3:30	17.1 (98.8%)
3	PYRZAK Paweł	547	BIEGANIEPO40.PL	M 30-39	2	Tak		Bieganie po 40	00:00:02	00:22:05	00:31:24	00:35:19.70	00:35:21.70	+00:00:35 (1.7%)	3:31	17 (98.3%)
4	KRZESZEWSKI Rafał	346	BIEGAJ POD OKIEM TRENERA	M 30-39	3	Tak		Biegaj Pod Okiem Trenera	00:00:03	00:22:50	00:32:12	00:35:58.30	00:36:01.30	+00:01:13 (3.4%)	3:35	16.7 (96.5%)
5	ŁOZOWSKI Olaf	395	#ZALINIAMETYTEAM	M 30-39	4				00:00:02	00:22:51	00:32:25	00:36:14.35	00:36:17.05	+00:01:29 (4.1%)	3:37	16.6 (96.0%)
6	ZYCH Mariusz	777	BIEGAJ POD OKIEM TRENERA	M 40-49	2			Biegaj Pod Okiem Trenera	00:00:04	00:22:50	00:32:22	00:36:19.40	00:36:23.75	+00:01:34 (4.3%)	3:37	16.5 (95.4%)
7	URMANOWSKI Daniel	694	DREAM RUN	M 30-39	5	Tak			00:00:02	00:22:36	00:32:22	00:36:23.55	00:36:26.05	+00:01:38 (4.5%)	3:38	16.5 (95.4%)
8	KUREK Jarosław	357	WAT	M 30-39	6	Tak			00:00:02	00:23:00	00:32:36	00:36:32.20	00:36:34.75	+00:01:47 (4.9%)	3:39	16.4 (94.8%)
9	KOBYŁECKI Mateusz	293	BIEGNĘ PO PIWO	M 1-29	1	Tak			00:00:02	00:22:59	00:32:41	00:36:37.45	00:36:40.25	+00:01:52 (5.1%)	3:39	16.4 (94.8%)
10	STELMACH Dominika	624	ADIDAS RUNNERS WARSAW	K 40-49	1			Adidas Runners Warsaw	00:00:02	00:23:00	00:32:43	00:36:46.65	00:36:49.45	+00:02:01 (5.5%)	3:40	16.3 (94.2%)
11	HILDEBRAND Marcin	203	BIEGAM NA TARCHOMINIE	M 30-39	7	Tak		Biegam Na Tarchominie	00:00:03	00:22:59	00:32:43	00:36:51.95	00:36:55.05	+00:02:07 (5.8%)	3:41	16.3 (94.2%)
12	WOŹNIAK Przemysław	745	WIELISZEW HERON TEAM	M 30-39	8			Wieliszew Heron Team	00:00:04	00:23:23	00:33:14	00:37:13.90	00:37:18.25	+00:02:29 (6.7%)	3:43	16.1 (93.1%)
13	JASZCZERSKI Paweł	234		M 30-39	9	Tak			00:00:04	00:23:31	00:33:24	00:37:25.25	00:37:29.35	+00:02:40 (7.2%)	3:44	16 (92.5%)
14	MIOTK Marcin	443	MIOTK.PL EVEREST MOTYWACJI	M 50-59	1	Tak		Bieganie po 40	00:00:02	00:23:29	00:33:27	00:37:32.90	00:37:35.85	+00:02:48 (7.5%)	3:45	16 (92.5%)
15	WITKOWSKI Paweł	730	WIELISZEW HERON TEAM	M 40-49	3			Wieliszew Heron Team	00:00:03	00:23:37	00:33:33	00:37:40.70	00:37:44.60	+00:02:56 (7.8%)	3:46	15.9 (91.9%)
16	JUSIŃSKI Krystian	247	BRACHTWO BIEGOWE BGK	M 30-39	10			Bractwo Biegowe BGK	00:00:03	00:23:29	00:33:33	00:37:41.90	00:37:45.65	+00:02:57 (7.8%)	3:46	15.9 (91.9%)
17	KRZEMPEK Aleksander	345	BIEGANIE PO 40	M 50-59	2			Bieganie po 40	00:00:02	00:23:27	00:33:43	00:37:48.35	00:37:50.55	+00:03:03 (8.1%)	3:46	15.9 (91.9%)
18	SOBCZYK Grzegorz	607	KOZIENICKI BIEGACZ	M 30-39	11		Tak	Kozienicki Biegacz	00:00:06	00:23:31	00:33:41	00:37:53.60	00:38:00.20	+00:03:08 (8.3%)	3:47	15.8 (91.3%)
19	PLUTA Daniel	521	TEAM PLUTT	M 30-39	12				00:00:02	00:23:34	00:33:29	00:38:01.45	00:38:04.30	+00:03:16 (8.6%)	3:48	15.8 (91.3%)
20	DZIĘGIELEWSKI Rafał	849	KB WYSZKÓW	M 40-49	4				00:00:03	00:23:36	00:33:55	00:38:04.10	00:38:07.50	+00:03:19 (8.7%)	3:48	15.8 (91.3%)

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	Drużyna 1								
21	MARCINISZYN Grzegorz	813	DUCLA ACADEMY	M 30-39	13				00:00:05	00:23:59	00:33:58	00:38:02.80	00:38:08.35	+00:03:18 (8.7%)	3:48	15.8 (91.3%)
22	VEREMCHUK Yuliia	696	TEAMOCHAL#BIGAM BO LUBIĘ	K 30-39	1				00:00:03	00:23:58	00:34:09	00:38:08.35	00:38:11.65	+00:03:23 (8.9%)	3:48	15.7 (90.8%)
23	BĄK Jarek	28	WIELISZEW HERON TEAM	M 40-49	5			Wieliszew Heron Team	00:00:07	00:24:02	00:34:02	00:38:06.00	00:38:13.75	+00:03:21 (8.8%)	3:48	15.7 (90.8%)
24	GRACZYK Karolina	183	DĄBROWSKI TEAM	K 30-39	2				00:00:04	00:23:58	00:34:02	00:38:14.25	00:38:18.65	+00:03:29 (9.1%)	3:49	15.7 (90.8%)
25	KLAŚ Łukasz	279	TEAM PARSZCZYŃSKIXH	M 40-49	6	Tak			00:00:02	00:23:47	00:34:09	00:38:22.50	00:38:25.15	+00:03:37 (9.5%)	3:50	15.6 (90.2%)
26	KUPA Bartosz	356	KLUB BIEGACZY JYSK	M 30-39	14				00:00:03	00:23:59	00:34:15	00:38:29.50	00:38:32.75	+00:03:44 (9.7%)	3:50	15.6 (90.2%)
27	GOLONKA Przemysław	172	#KRZYSIOTEAM	M 1-29	2				00:00:04	00:24:17	00:34:39	00:38:49.00	00:38:53.95	+00:04:04 (10.5%)	3:52	15.5 (89.6%)
28	ŁUKASZUK Michał	968	LEMIESZ TEAM	M 40-49	7				00:00:04	00:24:16	00:34:39	00:38:52.25	00:38:56.55	+00:04:07 (10.6%)	3:53	15.4 (89.0%)
29	GOZDEK Radek	177	BIEGANIEPO40.PL	M 50-59	3	Tak		Bieganie po 40	00:00:03	00:24:25	00:34:53	00:39:14.65	00:39:18.10	+00:04:29 (11.5%)	3:55	15.3 (88.4%)
30	ZAWOJSKI Maciej	290	AKADEMIA WIOŚLARSKA ZAWOJSKICH	M 30-39	15				00:00:05	00:25:06	00:35:20	00:39:26.40	00:39:31.85	+00:04:41 (11.9%)	3:56	15.2 (87.9%)
31	BIELECKI Jakub	45	JAKUB BIELECKI	M 30-39	16				00:00:04	00:24:56	00:35:21	00:39:34.10	00:39:38.95	+00:04:49 (12.2%)	3:57	15.2 (87.9%)
32	LEWDOROWICZ Wojciech	380	SAM SOBIE KLUBEM	M 40-49	8				00:00:05	00:24:41	00:35:19	00:39:37.55	00:39:43.15	+00:04:52 (12.3%)	3:57	15.1 (87.3%)
33	KARPIŃSKI Marcin	263		M 40-49	9	Tak			00:00:06	00:25:10	00:35:34	00:39:50.05	00:39:56.05	+00:05:05 (12.8%)	3:59	15.1 (87.3%)
34	POTOROKA Vitalii	535	ROZBIEGANY PIASTÓW	M 1-29	3			Rozbiegany Piastów	00:00:05	00:24:54	00:35:33	00:40:05.05	00:40:10.35	+00:05:20 (13.3%)	4:00	15 (86.7%)
35	LEWANDOWSKI Mateusz	379	BKS	M 1-29	4			Lewandowscy	00:00:05	00:25:11	00:35:39	00:40:08.90	00:40:14.50	+00:05:24 (13.5%)	4:00	15 (86.7%)
36	GŁOWACKI Paweł	167	WENET RUNNERS TEAM	M 40-49	10				00:00:09	00:25:30	00:36:03	00:40:13.20	00:40:22.45	+00:05:28 (13.6%)	4:01	14.9 (86.1%)
37	KOŚCIK Jakub	316	ADIDAS RUNNERS WARSAW	M 30-39	18			Adidas Runners Warsaw	00:00:06	00:25:18	00:35:56	00:40:15.65	00:40:22.55	+00:05:30 (13.7%)	4:01	14.9 (86.1%)
38	SIEMIENIAKA Marek	585	BIEGAM NA TARCHOMINIE	M 30-39	17			Biegam Na Tarchominie	00:00:38	00:24:39	00:35:49	00:40:10.55	00:40:48.95	+00:05:25 (13.5%)	4:01	14.9 (86.1%)
39	KUBIAK Sławomir	349		M 40-49	11	Tak			00:00:06	00:25:30	00:36:24	00:40:54.35	00:41:00.65	+00:06:09 (15.1%)	4:05	14.7 (85.0%)
40	KRASZPULSKA Magdalena	809	ŻÓRAWSKI TEAM	K 30-39	3			Żórawski Team	00:00:03	00:25:18	00:36:32	00:41:04.25	00:41:07.70	+00:06:19 (15.4%)	4:06	14.6 (84.4%)
41	OLCZAK Janusz	474	WARSAW SENIOR RUNNERS TEAM	M 50-59	4				00:00:04	00:25:52	00:36:45	00:41:05.95	00:41:10.80	+00:06:21 (15.5%)	4:06	14.6 (84.4%)
42	TKACZYK Adam	672		M 30-39	19				00:00:03	00:25:26	00:36:57	00:41:09.65	00:41:13.20	+00:06:24 (15.6%)	4:06	14.6 (84.4%)
43	PAWLAK Andrzej	503		M 30-39	20			Wieliszew Heron Team	00:00:05	00:25:30	00:36:40	00:41:18.05	00:41:23.35	+00:06:33 (15.9%)	4:07	14.5 (83.8%)
44	SZYMAŃSKI Andrzej	657		M 40-49	12	Tak			00:00:04	00:25:36	00:36:43	00:41:19.80	00:41:24.20	+00:06:35 (15.9%)	4:07	14.5 (83.8%)
45	TROJAN Przemysław	999	ZABIEGANIDOBROWOLSCY.PL	M 30-39	21				00:00:06	00:25:32	00:36:54	00:41:23.60	00:41:29.75	+00:06:38 (16.1%)	4:08	14.5 (83.8%)
46	CZERWIŃSKA Katarzyna	106		K 30-39	4				00:00:03	00:25:38	00:36:45	00:41:26.80	00:41:30.60	+00:06:42 (16.2%)	4:08	14.5 (83.8%)
47	KAROLCZAK Aleksander	262	DECATHLON TARGÓWEK	M 1-29	5			Decathlon Targówek	00:00:06	00:25:31	00:36:41	00:41:26.70	00:41:33.05	+00:06:42 (16.2%)	4:08	14.5 (83.8%)
48	GAWEŁ Piotr	158		M 40-49	13				00:00:06	00:25:09	00:36:54	00:41:31.70	00:41:38.05	+00:06:47 (16.3%)	4:09	14.5 (83.8%)

Msc	Zawodnik	Numer	Klub	Mieszkaniec			Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h			
				Kategoria	Mkat	Białoleki									Samorządowiec	Drużyna 1	
49	STYRNIK Krystian	633		M 1-29	6							+00:06:51 (16.5%)	4:09	14.4 (83.2%)			
50	LENDZION Marcin	372	GRUPA BIEGOWA UM W-WA	M 1-29	7		Tak		Grupa Biegowa UM W-wa	00:00:08	00:26:04	00:37:11	00:41:42.80	00:41:50.85	+00:06:58 (16.7%)	4:10	14.4 (83.2%)
51	STASZEWSKI Wojciech	622	KS STASZEWSKY	M 50-59	5		Tak		KS Staszewscy	00:00:07	00:26:14	00:37:22	00:41:52.55	00:41:59.65	+00:07:07 (17.0%)	4:11	14.3 (82.7%)
52	HOFFMAN Sebastian	204		M 40-49	14					00:00:06	00:26:23	00:37:28	00:42:00.35	00:42:06.80	+00:07:15 (17.3%)	4:12	14.3 (82.7%)
53	KLOC Maciej	283	FALA NIEPORĘT	M 1-29	8		Tak			00:00:08	00:25:50	00:37:36	00:42:08.60	00:42:17.20	+00:07:23 (17.6%)	4:12	14.2 (82.1%)
54	GAŁĄZKA Łukasz	156		M 40-49	15					00:00:04	00:25:40	00:37:19	00:42:13.05	00:42:18.00	+00:07:28 (17.7%)	4:13	14.2 (82.1%)
55	BEREZNOWSKA Patrycja	35	WIELISZEW HERON TEAM HOKA POLAND TEAM	K 40-49	2				Wieliszew Heron Team	00:00:07	00:26:51	00:37:48	00:42:11.85	00:42:19.55	+00:07:27 (17.7%)	4:13	14.2 (82.1%)
56	SAŁATKA Krzysztof	577		M 50-59	6					00:00:06	00:26:34	00:37:55	00:42:20.90	00:42:27.85	+00:07:36 (18.0%)	4:14	14.2 (82.1%)
57	KACPRZYK Alex	251	RP RUNNERS	M 50-59	7					00:00:07	00:26:50	00:37:51	00:42:21.65	00:42:29.35	+00:07:36 (18.0%)	4:14	14.2 (82.1%)
58	MILCZARCZYK Dariusz	439	KOZIENICKI BIEGACZ	M 30-39	22				Kozienski Biegacz	00:00:08	00:26:21	00:37:45	00:42:20.95	00:42:29.45	+00:07:36 (18.0%)	4:14	14.2 (82.1%)
59	PASZKOWSKA Marcelina	501	ZDROWA MICHA	K 30-39	5				Bieganie po 40	00:00:07	00:26:33	00:37:50	00:42:22.60	00:42:30.05	+00:07:37 (18.0%)	4:14	14.2 (82.1%)
60	MACIEJEWSKI Michał	956	#ZALINIAMETYTEAM	M 40-49	16					00:00:00			00:42:33.00	00:42:33.00	+00:07:48 (18.3%)	4:15	14.1 (81.5%)
61	SKUZA Maciej	602		M 40-49	17					00:00:05	00:26:22	00:37:55	00:42:33.90	00:42:39.75	+00:07:49 (18.4%)	4:15	14.1 (81.5%)
62	WASIELEWSKI Marek	708		M 30-39	23	Tak				00:00:07	00:26:15	00:37:49	00:42:35.50	00:42:42.75	+00:07:50 (18.4%)	4:15	14.1 (81.5%)
63	FALANDYSZ Janusz	138	WPRRUNNING PRUSZKÓW	M 60+	1					00:00:09	00:26:31	00:38:17	00:42:34.70	00:42:44.60	+00:07:50 (18.4%)	4:15	14.1 (81.5%)
64	KOWAL Tomasz	319	ROZBIEGANY PIASTÓW	M 40-49	19				Rozbiegany Piastów	00:00:05	00:26:48	00:38:25	00:43:06.75	00:43:11.80	+00:08:22 (19.4%)	4:18	13.9 (80.3%)
64	MIECZKOWSKI Robert	433	ROZBIEGANY PIASTÓW	M 40-49	18				Rozbiegany Piastów	00:00:08	00:26:59	00:38:30	00:43:03.75	00:43:11.80	+00:08:19 (19.3%)	4:18	13.9 (80.3%)
66	ZGODA Mateusz	773	NAPRZÓD MŁOCINY	M 30-39	24	Tak				00:00:09	00:27:20	00:38:32	00:43:06.25	00:43:15.75	+00:08:21 (19.4%)	4:18	13.9 (80.3%)
67	KRÓL Maciej	338	BIEGAM NA TARCHOMINIE	M 40-49	20				Biegam Na Tarchominie	00:00:06	00:26:23	00:38:27	00:43:09.15	00:43:16.05	+00:08:24 (19.5%)	4:18	13.9 (80.3%)
68	CZARNECKI Piotr	101	TARCHOŚFIRY	M 40-49	21	Tak			Tarchośfiry	00:00:08	00:26:51	00:38:33	00:43:12.35	00:43:20.65	+00:08:27 (19.6%)	4:19	13.9 (80.3%)
69	FLAGA Bartłomiej	796		M 30-39	27					00:00:04	00:26:08	00:38:27	00:43:16.80	00:43:21.55	+00:08:32 (19.7%)	4:19	13.9 (80.3%)
70	DENERT Mariusz	113	WAT	M 30-39	26					00:00:09	00:27:03	00:38:31	00:43:16.15	00:43:26.05	+00:08:31 (19.7%)	4:19	13.9 (80.3%)
71	ZALEWSKI Paweł	985	ROPUCH	M 40-49	22					00:00:23	00:26:47	00:38:31	00:43:12.95	00:43:36.85	+00:08:28 (19.6%)	4:19	13.9 (80.3%)
72	ŚCIBIOREK Bartosz	663		M 30-39	25					00:00:36	00:26:19	00:38:35	00:43:11.70	00:43:48.15	+00:08:27 (19.6%)	4:19	13.9 (80.3%)
73	UMIASTOWSKI Bartosz	691		M 1-29	9					00:00:12	00:27:18	00:38:52	00:43:36.25	00:43:48.95	+00:08:51 (20.3%)	4:21	13.8 (79.8%)
74	MAJEWSKA Ewa	407		K 40-49	3				Bieganie po 40	00:00:09	00:27:05	00:38:54	00:43:50.50	00:43:59.80	+00:09:05 (20.7%)	4:23	13.7 (79.2%)
75	CZERWIEC Andrzej	965	MARKOWI BIEGACZE	M 40-49	23	Tak			Markowi Biegacze	00:00:09	00:27:12	00:39:03	00:44:00.60	00:44:10.00	+00:09:15 (21.1%)	4:24	13.6 (78.6%)
76	GALIŃSKI Sebastian	155		M 30-39	28					00:00:07	00:26:58	00:39:25	00:44:25.40	00:44:33.10	+00:09:40 (21.8%)	4:26	13.5 (78.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec		Drużyna 1	Czas			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Białoleki	Samorządowiec		startu	6.6km	9km					
77	SIEDLECKI Łukasz	583	BIEGANIE PO 40	M 30-39	29			Bieganie po 40	00:00:08	00:27:16	00:39:23	00:44:31.10	00:44:39.55	+00:09:46 (22.0%)	4:27	13.5 (78.0%)
78	ŁUKASZEWSKI Kamil	399		M 1-29	10				00:00:10	00:27:43	00:39:49	00:44:30.05	00:44:40.95	+00:09:45 (21.9%)	4:27	13.5 (78.0%)
79	JASKÓŁOWSKI Waldemar	232	BIEGAJ POD OKIEM TRENERA	M 50-59	8	Tak		Biegaj Pod Okiem Trenera	00:00:09	00:27:41	00:39:41	00:44:32.55	00:44:42.25	+00:09:47 (22.0%)	4:27	13.5 (78.0%)
80	BERNACKI Wiktor	37	DOCHODOWYMARKETING.PL	M 1-29	11				00:00:08	00:27:50	00:39:52	00:44:34.40	00:44:43.30	+00:09:49 (22.0%)	4:27	13.5 (78.0%)
81	GRULA Dominika	187	KUŹNIA TRIATHLONU	K 30-39	6				00:00:10	00:27:36	00:39:32	00:44:34.85	00:44:45.30	+00:09:50 (22.1%)	4:27	13.5 (78.0%)
82	KLAPENDA Mariusz	278	MARIO TEAM	M 40-49	24				00:00:07	00:27:53	00:39:54	00:44:40.60	00:44:48.15	+00:09:55 (22.2%)	4:28	13.4 (77.5%)
83	TOMCZAK Joanna	678		K 30-39	7				00:00:12	00:28:21	00:40:00	00:44:50.35	00:45:02.75	+00:10:05 (22.5%)	4:29	13.4 (77.5%)
84	TOBOŁA Paweł	673	AKS POLONIA WARSZAWA	M 40-49	28				00:00:06	00:27:32	00:40:07	00:45:00.00	00:45:06.25	+00:10:15 (22.8%)	4:30	13.3 (76.9%)
85	FABISIAK Marcin	135	TEAM ZABIEGANEDNI	M 40-49	26				00:00:11	00:28:15	00:40:14	00:44:56.30	00:45:07.65	+00:10:11 (22.7%)	4:29	13.4 (77.5%)
86	BONAREK Paweł	59		M 40-49	27				00:00:11	00:27:38	00:40:02	00:44:58.20	00:45:09.45	+00:10:13 (22.7%)	4:29	13.3 (76.9%)
87	SUŁKOWSKI Tomasz	639		M 40-49	25				00:00:16	00:28:20	00:40:05	00:44:53.70	00:45:10.55	+00:10:09 (22.6%)	4:29	13.4 (77.5%)
88	MANCZENKO Eugeniusz	812	LEŚNE SZYCHY	M 40-49	29				00:00:15	00:28:18	00:39:59	00:45:00.25	00:45:15.30	+00:10:15 (22.8%)	4:30	13.3 (76.9%)
89	TYMOLEWSKI Grzegorz	689		M 1-29	12	Tak			00:00:06	00:28:27	00:40:39	00:45:11.25	00:45:17.80	+00:10:26 (23.1%)	4:31	13.3 (76.9%)
90	WICENTY Paweł	715	DECATHLON TARGÓWEK	M 30-39	30	Tak		Decathlon Targówek	00:00:16	00:28:19	00:40:23	00:45:01.35	00:45:18.10	+00:10:16 (22.8%)	4:30	13.3 (76.9%)
91	HALAT Andrzej	198	POSMAKUJ RUN TEAM	M 40-49	31				00:00:12	00:28:32	00:40:23	00:45:05.70	00:45:18.65	+00:10:21 (23.0%)	4:30	13.3 (76.9%)
92	WNUK Tomasz	735	NAPRZÓD MŁOCINY	M 40-49	30				00:00:14	00:28:18	00:40:01	00:45:05.60	00:45:20.35	+00:10:20 (22.9%)	4:30	13.3 (76.9%)
93	WYGONOWSKI Jacek	755	DZIKUR CREW	M 50-59	9	Tak			00:00:36	00:28:24	00:40:00	00:44:47.25	00:45:24.20	+00:10:02 (22.4%)	4:28	13.4 (77.5%)
94	GIEGIEL Łukasz	163		M 30-39	31				00:00:15	00:28:15	00:40:13	00:45:15.05	00:45:30.40	+00:10:30 (23.2%)	4:31	13.3 (76.9%)
95	MACHALSKI Mateusz	402	ASP HOOLIGANS	M 30-39	33				00:00:10	00:28:46	00:40:42	00:45:22.65	00:45:33.60	+00:10:37 (23.4%)	4:32	13.2 (76.3%)
96	SKAWSKI Jan	599	VEGAS WĘGORZEWO RUNNING	M 40-49	33				00:00:08	00:28:14	00:40:43	00:45:28.85	00:45:37.00	+00:10:44 (23.6%)	4:32	13.2 (76.3%)
97	MICHNOWSKI Sebastian	432	BIEGAM NA TARCHOMINIE	M 40-49	32	Tak		Biegam Na Tarchominie	00:00:13	00:28:01	00:40:23	00:45:24.60	00:45:38.40	+00:10:39 (23.5%)	4:32	13.2 (76.3%)
98	GUMUŁA Jakub	193		M 30-39	32				00:00:23	00:28:18	00:40:31	00:45:17.70	00:45:40.70	+00:10:33 (23.3%)	4:31	13.2 (76.3%)
99	RĘDZIŃSKA Gosia	559	ROZBIEGANY PIASTÓW	K 40-49	4			Rozbiegany Piastów	00:00:10	00:28:11	00:40:40	00:45:43.45	00:45:53.95	+00:10:58 (24.0%)	4:34	13.1 (75.7%)
100	BEKKER Piotr	32		M 40-49	34				00:00:23	00:28:26	00:40:40	00:45:32.90	00:45:56.05	+00:10:48 (23.7%)	4:33	13.2 (76.3%)
101	ZIELINSKI Krzysztof	775		M 40-49	35				00:00:17	00:28:18	00:40:47	00:45:46.85	00:46:04.05	+00:11:02 (24.1%)	4:34	13.1 (75.7%)
102	CHOŁUJ Anna	85	KOZIENICKI BIEGACZ	K 30-39	8			Kozienicki Biegacz	00:00:13	00:28:20	00:40:26	00:45:49.45	00:46:02.80	+00:11:04 (24.2%)	4:34	13.1 (75.7%)
103	KOŁODZIEJ Mirosław	297	WOLNY KRAFT - WYBIEGAJ BROWARKA	M 30-39	34				00:00:04	00:28:16	00:40:48	00:45:54.95	00:45:59.60	+00:11:10 (24.3%)	4:35	13.1 (75.7%)
104	KOSTRZEWA Michał	315	GRUPA BIEGOWA UM WARSZAWA	M 30-39	35		Tak	Grupa Biegowa UM W-wa	00:00:07	00:28:30	00:41:16	00:46:00.85	00:46:07.95	+00:11:16 (24.5%)	4:36	13 (75.1%)

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	Drużyna 1								
105	BAZHKO Viachaslau	26		M 30-39	36	Da			00:00:44	00:28:13	00:41:02	00:46:01.30	00:46:45.45	+00:11:16 (24.5%)	4:36	13 (75.1%)
106	JANISZEWSKI Rafał	220	BRAVEHEARTS LEGIONOWO	M 30-39	37			Bravehearts Legionowo	00:00:12	00:28:31	00:41:04	00:46:09.15	00:46:21.90	+00:11:24 (24.7%)	4:36	13 (75.1%)
107	KORYCKI Szymon	308		M 30-39	38				00:00:16	00:28:19	00:41:02	00:46:10.25	00:46:27.10	+00:11:25 (24.7%)	4:37	13 (75.1%)
108	GŁĘBOCKI Maciej	166	FIZJOTERAPIA MACIEJ GŁĘBOCKI	M 30-39	39			Biegaj Pod Okiem Trenera	00:00:13	00:28:20	00:41:16	00:46:14.40	00:46:28.05	+00:11:29 (24.9%)	4:37	13 (75.1%)
109	KOBYLEC Artur	292		M 40-49	36	Tak			00:00:12	00:28:18	00:41:06	00:46:15.25	00:46:27.25	+00:11:30 (24.9%)	4:37	13 (75.1%)
110	WUDARCZYK Tomasz	754	MAZOVIA PROACTIV CIECHANÓW	M 60+	2				00:00:11	00:28:35	00:41:17	00:46:16.35	00:46:27.70	+00:11:31 (24.9%)	4:37	13 (75.1%)
111	ŚMIETAŁO Dawid	994		M 30-39	40	Tak			00:00:16	00:28:36	00:41:32	00:46:19.15	00:46:35.25	+00:11:34 (25.0%)	4:37	13 (75.1%)
112	SIEGIEDA Michał	584	ADIDAS RUNNERS WARSAW	M 30-39	41	Tak		Adidas Runners Warsaw	00:00:06	00:28:12	00:41:02	00:46:21.90	00:46:28.75	+00:11:37 (25.1%)	4:38	12.9 (74.6%)
112	STRZELECKI Piotr	632		M 40-49	37			Markowi Biegacze	00:00:09	00:28:46	00:41:17	00:46:21.90	00:46:31.75	+00:11:37 (25.1%)	4:38	12.9 (74.6%)
114	ZALEWSKA Anna	763	GRUPA BIEGOWA CHTMO	K 30-39	9			Grupa Biegowa CHTMO	00:00:09	00:28:45	00:41:21	00:46:23.00	00:46:32.05	+00:11:38 (25.1%)	4:38	12.9 (74.6%)
115	SOBOCIŃSKI Michał	609	PLAY	M 40-49	38	Tak			00:01:08	00:29:45	00:41:38	00:46:25.20	00:47:33.75	+00:11:40 (25.2%)	4:38	12.9 (74.6%)
116	JAKUBOWSKI Dariusz	218		M 50-59	10				00:00:48	00:28:58	00:41:51	00:46:25.55	00:47:13.95	+00:11:40 (25.2%)	4:38	12.9 (74.6%)
117	ZACHOSZCZ Maciej	757	DECATHLON TARGÓWEK	M 30-39	42			Decathlon Targówek	00:00:18	00:28:37	00:41:10	00:46:29.50	00:46:47.60	+00:11:44 (25.3%)	4:38	12.9 (74.6%)
118	GRYSZPANOWICZ Piotr	190		M 40-49	39	Tak			00:00:18	00:29:00	00:41:25	00:46:36.35	00:46:54.65	+00:11:51 (25.4%)	4:39	12.9 (74.6%)
119	CHRUŚCIEL Beata	976		K 30-39	10				00:00:16	00:29:01	00:41:36	00:46:39.50	00:46:55.75	+00:11:54 (25.5%)	4:39	12.9 (74.6%)
120	DYBA Mateusz	794		M 1-29	13				00:00:14	00:28:28	00:41:32	00:46:42.10	00:46:56.60	+00:11:57 (25.6%)	4:40	12.8 (74.0%)
121	KURZEP Szymon	359		M 30-39	43				00:00:56	00:29:18	00:41:46	00:46:42.85	00:47:39.70	+00:11:58 (25.6%)	4:40	12.8 (74.0%)
122	DRZYMAŁA Krzysztof	127		M 30-39	44				00:00:12	00:28:56	00:41:40	00:46:43.25	00:46:55.35	+00:11:58 (25.6%)	4:40	12.8 (74.0%)
123	KĘDZIOREK Rafał	274	TEAM ZABIEGANEDNI / STRAŻ	M 30-39	45				00:00:14	00:28:44	00:41:33	00:46:50.75	00:47:04.85	+00:12:06 (25.8%)	4:41	12.8 (74.0%)
124	NOWOCIEŃ Jacek	467	UCZNIOWSKI KLUB SPORTOWY RUSIEC	M 60+	3				00:00:09	00:29:37	00:42:00	00:46:56.45	00:47:06.35	+00:12:11 (26.0%)	4:41	12.8 (74.0%)
125	CZERNECKI Wojciech	105		M 40-49	40				00:00:03	00:28:25	00:41:29	00:47:01.75	00:47:05.60	+00:12:17 (26.1%)	4:42	12.8 (74.0%)
126	PŁĘCHA Grzegorz	524	TZF	M 50-59	11				00:00:10	00:28:22	00:41:51	00:47:07.80	00:47:17.85	+00:12:23 (26.3%)	4:42	12.7 (73.4%)
127	JASZCZERSKA Grażyna	233		K 50-59	1	Tak			00:00:15	00:29:32	00:42:04	00:47:09.40	00:47:24.95	+00:12:24 (26.3%)	4:42	12.7 (73.4%)
128	KRUKOWSKI Dawid	341	22. OŚRODEK DOWODZENIA I NAPROWADZANIA	M 30-39	46				00:00:08	00:28:32	00:41:53	00:47:10.50	00:47:19.20	+00:12:25 (26.3%)	4:43	12.7 (73.4%)
129	SELMOWICZ-ŻUK Emilia	580	PASSION FIRST	K 30-39	11		Tak		00:00:17	00:29:41	00:42:11	00:47:10.95	00:47:28.85	+00:12:26 (26.4%)	4:43	12.7 (73.4%)
130	TOMASEK Robert	979		M 40-49	41				00:00:04	00:28:55	00:42:05	00:47:14.15	00:47:18.60	+00:12:29 (26.4%)	4:43	12.7 (73.4%)
131	DANIEL Krzysztof	848	KAZIKI	M 40-49	42				00:00:12	00:28:52	00:41:58	00:47:14.75	00:47:27.65	+00:12:30 (26.5%)	4:43	12.7 (73.4%)
132	TELATYŃSKI Michał	670		M 30-39	47				00:00:37	00:29:45	00:42:20	00:47:24.10	00:48:01.75	+00:12:39 (26.7%)	4:44	12.7 (73.4%)

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	Drużyna 1								
133	STREMPLEWSKI Piotr	627	RCI WARSZAWA	M 40-49	43				00:01:18	00:30:38	00:42:40	00:47:25.70	00:48:44.65	+00:12:41 (26.7%)	4:44	12.7 (73.4%)
134	BIENIAK Krzysztof	47	TARCHOMIN TRIATHLON TEAM	M 50-59	12			Triathlon Tarchomin Team	00:00:28	00:30:32	00:42:38	00:47:27.50	00:47:55.55	+00:12:42 (26.8%)	4:44	12.6 (72.8%)
135	TULIK Przemysław	688		M 50-59	13				00:00:41	00:29:59	00:42:21	00:47:28.10	00:48:09.35	+00:12:43 (26.8%)	4:44	12.6 (72.8%)
136	DOMŻALSKI Artur	122		M 40-49	44	Tak			00:00:21	00:30:10	00:42:31	00:47:31.75	00:47:53.20	+00:12:47 (26.9%)	4:45	12.6 (72.8%)
137	ZAJĄC Daria	761		K 30-39	12				00:00:09	00:29:19	00:42:20	00:47:32.55	00:47:41.85	+00:12:47 (26.9%)	4:45	12.6 (72.8%)
138	PASTUKHOV Vasyi	500		M 30-39	48				00:00:00			00:47:38.65	00:47:38.65	+00:12:53 (27.1%)	4:45	12.6 (72.8%)
139	OWOC Tomasz	493	PKO BANK POLSKI / ADIDAS RUNNERS WARSAW	M 50-59	14			Adidas Runners Warsaw	00:00:21	00:29:48	00:42:38	00:47:38.70	00:48:00.55	+00:12:54 (27.1%)	4:45	12.6 (72.8%)
139	CHOTOMSKI Marcin	87		M 30-39	49				00:00:05	00:30:05		00:47:38.70	00:47:43.95	+00:12:54 (27.1%)	4:45	12.6 (72.8%)
141	SKWARCZ Paweł	603		M 30-39	50	Tak			00:00:08	00:32:35	00:41:47	00:47:42.35	00:47:51.25	+00:12:57 (27.2%)	4:46	12.6 (72.8%)
142	PRĘDOTA Krzysztof	537	TARCHOMIN TRIATHLON TEAM	M 50-59	15	Tak		Triathlon Tarchomin Team	00:00:12	00:29:38	00:42:28	00:47:42.75	00:47:54.85	+00:12:58 (27.2%)	4:46	12.6 (72.8%)
143	KACPRZYK Paweł	250	BIEGAM NA TARCHOMINIE	M 40-49	45	Tak		Biegam Na Tarchominie	00:00:22	00:30:08	00:42:42	00:47:52.95	00:48:15.00	+00:13:08 (27.4%)	4:47	12.5 (72.3%)
144	TOMASZEWSKI Marek	677	BIEGAM NA TARCHOMINIE	M 40-49	46	Tak		Biegam Na Tarchominie	00:00:17	00:29:34	00:42:30	00:47:53.35	00:48:10.90	+00:13:08 (27.4%)	4:47	12.5 (72.3%)
145	ŻEGOCKI Emilian	782		M 1-29	14				00:01:15	00:30:00	00:42:38	00:47:54.30	00:49:09.90	+00:13:09 (27.5%)	4:47	12.5 (72.3%)
146	PRUSZYŃSKI Edward	540	KB OŻARÓW MAZOWIECKI BIEGA	M 50-59	16			KB Ożarów Mazowiecki Biega	00:00:15	00:29:21	00:42:36	00:47:56.00	00:48:11.95	+00:13:11 (27.5%)	4:47	12.5 (72.3%)
147	STRAWSKI Marcin	626	OBIEGUWKA	M 40-49	47	Tak			00:00:41	00:31:30	00:43:01	00:48:01.05	00:48:42.90	+00:13:16 (27.6%)	4:48	12.5 (72.3%)
148	PLUTA Ireneusz	520		M 60+	4				00:00:17	00:29:56	00:42:40	00:48:01.45	00:48:18.70	+00:13:16 (27.7%)	4:48	12.5 (72.3%)
149	PACZKOWSKI Oskar	496	BIEGIEM DO AGD SEROCK	M 30-39	51				00:00:39	00:29:53	00:42:43	00:48:01.85	00:48:41.65	+00:13:17 (27.7%)	4:48	12.5 (72.3%)
150	WIKTOROWICZ Bartłomiej	722	PAŃSTWOWA STRAŻ POŻARNA LEGIONOWO	M 30-39	52				00:00:02	00:30:10	00:43:14	00:48:04.25	00:48:06.75	+00:13:19 (27.7%)	4:48	12.5 (72.3%)
151	CHĘC Tomasz	78		M 30-39	53				00:00:20	00:29:51	00:42:55	00:48:06.15	00:48:26.80	+00:13:21 (27.8%)	4:48	12.5 (72.3%)
152	BAK Łukasz	27	BIEGIEM DO AGD SEROCK	M 40-49	48	Yes			00:00:38	00:30:04	00:42:50	00:48:07.00	00:48:45.90	+00:13:22 (27.8%)	4:48	12.5 (72.3%)
153	WALCZAK Artur	700	PGNiG TERMIKA SA	M 30-39	54			PGNiG TERMIKA SA	00:00:00	00:30:16	00:43:08	00:48:07.75	00:48:07.75	+00:13:23 (27.8%)	4:48	12.5 (72.3%)
154	NIECKARZ Justyna	988		K 30-39	13	Tak			00:00:39	00:29:45	00:43:04	00:48:12.65	00:48:52.30	+00:13:27 (27.9%)	4:49	12.4 (71.7%)
155	KOWALSKI Robert	327	NBRC	M 60+	5				00:00:17	00:28:46	00:41:59	00:48:14.30	00:48:31.50	+00:13:29 (28.0%)	4:49	12.4 (71.7%)
156	RADZISZEWSKI Grzegorz	555		M 40-49	49				00:00:15	00:29:57	00:43:07	00:48:16.75	00:48:32.50	+00:13:32 (28.0%)	4:49	12.4 (71.7%)
157	WEREDA Paweł	711		M 50-59	17				00:00:18	00:29:26	00:42:44	00:48:17.00	00:48:35.30	+00:13:32 (28.0%)	4:49	12.4 (71.7%)
158	ZAWROTNY Mariusz	771		M 30-39	55	Tak			00:00:05	00:29:55	00:42:57	00:48:17.10	00:48:22.35	+00:13:32 (28.0%)	4:49	12.4 (71.7%)

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	Drużyna 1								
159	SOBOTA Artur	611	DECOARTY.PL	M 40-49	50				00:00:22	00:30:05	00:42:58	00:48:18.65	00:48:41.50	+00:13:33 (28.1%)	4:49	12.4 (71.7%)
160	DĄBROWSKA Magdalena	110		K 1-29	1				00:00:14	00:30:51	00:43:21	00:48:22.00	00:48:36.25	+00:13:37 (28.2%)	4:50	12.4 (71.7%)
161	PIETRASZEK Jacek	509		M 1-29	15	Tak			00:00:22	00:30:41	00:43:24	00:48:23.35	00:48:46.05	+00:13:38 (28.2%)	4:50	12.4 (71.7%)
162	KLUJ Bogusław	285	BIEGAM DLA SANDRY I ROBERTA	M 60+	6				00:00:44	00:30:21	00:43:12	00:48:26.85	00:49:11.45	+00:13:42 (28.3%)	4:50	12.4 (71.7%)
163	SZEWCZYK Jacek	649		M 40-49	51	Tak			00:00:20	00:29:51	00:42:51	00:48:30.50	00:48:51.15	+00:13:45 (28.4%)	4:51	12.4 (71.7%)
164	JASKÓLSKI Marcin	231	GRUPA BIEGOWA CHTMO	M 40-49	52			Grupa Biegowa CHTMO	00:00:20	00:30:03	00:43:22	00:48:35.55	00:48:56.40	+00:13:50 (28.5%)	4:51	12.3 (71.1%)
165	MAĆKOWIAK Mateusz	405		M 1-29	16		Tak		00:00:02	00:29:26	00:43:05	00:48:36.25	00:48:39.05	+00:13:51 (28.5%)	4:51	12.3 (71.1%)
166	PODSADNI-KRYSIK Paulina	528	EKOBIEGI	K 30-39	14	Tak			00:00:15	00:30:19	00:43:25	00:48:38.35	00:48:54.10	+00:13:53 (28.6%)	4:51	12.3 (71.1%)
167	KONIECKI Tomasz	301		M 50-59	18	Tak			00:00:20	00:30:12	00:43:14	00:48:38.45	00:48:58.70	+00:13:53 (28.6%)	4:51	12.3 (71.1%)
168	NOWOMIEJSKI Marcin	468	PROGRES	M 40-49	53				00:00:31	00:30:54	00:43:32	00:48:42.65	00:49:13.90	+00:13:57 (28.7%)	4:52	12.3 (71.1%)
169	KOWALIKOWSKA Renata	324	BIEGAM NA TARCHOMINIE	K 40-49	5	Tak		Biegam Na Tarchominie	00:00:16	00:30:07	00:43:16	00:48:42.90	00:48:59.15	+00:13:58 (28.7%)	4:52	12.3 (71.1%)
170	KASKA Damian	265	ZGLECHÓW RUNNERS	M 1-29	17			Zglechów Runners	00:01:17	00:30:46	00:43:34	00:48:44.35	00:50:02.15	+00:13:59 (28.7%)	4:52	12.3 (71.1%)
171	JEŻEWSKI Tomasz	240		M 30-39	56				00:00:41	00:30:22	00:43:31	00:48:46.30	00:49:27.45	+00:14:01 (28.8%)	4:52	12.3 (71.1%)
172	WOLSKI Paweł	841		M 1-29	18	Tak			00:00:31	00:30:39	00:43:27	00:48:46.50	00:49:17.75	+00:14:01 (28.8%)	4:52	12.3 (71.1%)
173	KULIGOWSKI Adrian	353		M 1-29	19				00:01:49	00:30:40	00:43:37	00:48:46.95	00:50:36.30	+00:14:02 (28.8%)	4:52	12.3 (71.1%)
174	CLAJOT Fabian	98		M 30-39	57				00:00:29	00:31:00	00:43:54	00:48:53.20	00:49:22.65	+00:14:08 (28.9%)	4:53	12.3 (71.1%)
175	ŁASZEK Rafał	1000	LZL	M 50-59	19				00:00:18	00:30:31		00:48:53.60	00:49:12.35	+00:14:08 (28.9%)	4:53	12.3 (71.1%)
176	WITZKE Artur	732		M 40-49	54				00:00:42	00:30:39	00:43:43	00:48:54.95	00:49:37.90	+00:14:10 (29.0%)	4:53	12.3 (71.1%)
177	RADECKI Michał	553		M 30-39	58				00:01:03	00:30:32	00:43:39	00:48:58.30	00:50:01.45	+00:14:13 (29.1%)	4:53	12.3 (71.1%)
178	BĘBAS Paweł	39		M 1-29	20	Tak			00:00:30	00:31:03	00:43:54	00:49:00.90	00:49:31.75	+00:14:16 (29.1%)	4:54	12.2 (70.5%)
179	MORAWSKI Mariusz	445	BIEGAJ POD OKIEM TRENERA	M 1-29	21			Biegaj Pod Okiem Trenera	00:00:20	00:29:51	00:43:16	00:49:01.60	00:49:21.65	+00:14:16 (29.1%)	4:54	12.2 (70.5%)
180	KONIECZKA Kamil	302	EBE EBE	M 1-29	22	Tak			00:00:29	00:31:24	00:44:21	00:49:04.95	00:49:34.05	+00:14:20 (29.2%)	4:54	12.2 (70.5%)
181	KALINOWSKI Kamil	256		M 30-39	59	Tak			00:00:26	00:31:03	00:43:57	00:49:06.25	00:49:33.10	+00:14:21 (29.2%)	4:54	12.2 (70.5%)
182	WELO Ewelina	710	BIEGAJ POD OKIEM TRENERA	K 30-39	15	Tak		Biegaj Pod Okiem Trenera	00:00:09	00:30:10	00:43:35	00:49:07.60	00:49:16.95	+00:14:22 (29.3%)	4:54	12.2 (70.5%)
183	CHODNIEWICZ Michał	81		M 40-49	55	Tak			00:00:20	00:30:38	00:43:31	00:49:07.75	00:49:28.50	+00:14:23 (29.3%)	4:54	12.2 (70.5%)
184	KACPRZAK Rafał	249		M 40-49	56				00:00:20	00:30:09	00:43:32	00:49:09.60	00:49:30.20	+00:14:24 (29.3%)	4:54	12.2 (70.5%)
185	KRAJEWSKI Konrad	331	MARKOWI BIEGACZE	M 40-49	57				00:00:15	00:30:38	00:44:06	00:49:10.25	00:49:25.65	+00:14:25 (29.3%)	4:55	12.2 (70.5%)
186	SENATOR Artur	774		M 30-39	60				00:00:20	00:30:17	00:43:38	00:49:10.50	00:49:31.15	+00:14:25 (29.3%)	4:55	12.2 (70.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec		Drużyna 1	Czas			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Białoleki	Samorządowiec		startu	6.6km	9km					
187	JAKUBISIAK Renata	216	BIEGAM NA TARCHOMINIE	K 40-49	6	Tak		Biegam Na Tarchominie	00:00:44	00:30:29	00:43:37	00:49:13.15	00:49:57.15	+00:14:28 (29.4%)	4:55	12.2 (70.5%)
188	KULCZYCKI Paweł	352		M 1-29	23	Tak			00:00:16	00:29:50	00:43:43	00:49:13.70	00:49:29.75	+00:14:29 (29.4%)	4:55	12.2 (70.5%)
188	SUWAŁA Katarzyna	847		K 30-39	16			Adidas Runners Warsaw	00:00:23	00:30:51	00:43:59	00:49:13.70	00:49:37.00	+00:14:29 (29.4%)	4:55	12.2 (70.5%)
190	CICHOCKI Zbigniew	92		M 50-59	20	Tak			00:00:37	00:30:12	00:43:48	00:49:17.20	00:49:54.85	+00:14:32 (29.5%)	4:55	12.2 (70.5%)
191	RZYMOWSKA Krystyna	575		K 50-59	2				00:00:21	00:30:40	00:44:01	00:49:17.50	00:49:38.55	+00:14:32 (29.5%)	4:55	12.2 (70.5%)
192	OSTAŁOWSKI Paweł	817		M 30-39	61	Tak			00:00:30	00:31:24	00:44:18	00:49:21.40	00:49:51.40	+00:14:36 (29.6%)	4:56	12.2 (70.5%)
193	ŻEBROWSKI Wiktor	781		M 1-29	24		Tak		00:00:14	00:30:20	00:44:09	00:49:24.35	00:49:38.45	+00:14:39 (29.7%)	4:56	12.1 (69.9%)
194	SILCZAK Bartosz	594	BRACTWO BIEGOWE BGK	M 30-39	62			Bractwo Biegowe BGK	00:01:00	00:30:09	00:43:14	00:49:26.80	00:50:26.80	+00:14:42 (29.7%)	4:56	12.1 (69.9%)
195	JAGODA Grzegorz	213	GRUPA BIEGOWA CHTMO	M 40-49	58			Grupa Biegowa CHTMO	00:00:32	00:31:01	00:44:16	00:49:26.90	00:49:59.85	+00:14:42 (29.7%)	4:56	12.1 (69.9%)
196	NAZIMEK Mariusz	457	PRZYBYSZE Z MATPLANETY	M 40-49	59				00:00:43	00:31:04	00:44:13	00:49:26.95	00:50:10.60	+00:14:42 (29.7%)	4:56	12.1 (69.9%)
197	LEŚ Tomasz	374	TARCHOMIN TRIATHLON TEAM	M 30-39	63	Tak		Triathlon Tarchomin Team	00:00:24	00:31:09	00:44:18	00:49:28.80	00:49:53.15	+00:14:44 (29.8%)	4:56	12.1 (69.9%)
198	PYTEL Piotr	990		M 1-29	25				00:00:21	00:30:15	00:44:16	00:49:29.45	00:49:51.10	+00:14:44 (29.8%)	4:56	12.1 (69.9%)
199	MISIAK Anna	814	TEAM ZABIEGANEDNI	K 30-39	17				00:00:29	00:31:01	00:44:07	00:49:30.10	00:49:59.85	+00:14:45 (29.8%)	4:57	12.1 (69.9%)
200	KOSIERADZKI Michał	961	MASTERS DOJO	M 1-29	26	Tak			00:00:32	00:31:23	00:44:18	00:49:34.70	00:50:07.05	+00:14:50 (29.9%)	4:57	12.1 (69.9%)
201	PROCHOWICZ Karol	539		M 30-39	64				00:00:19	00:31:06	00:44:17	00:49:34.95	00:49:54.35	+00:14:50 (29.9%)	4:57	12.1 (69.9%)
202	ŁACIŃSKI Przemysław	389	BIEGAJ POD OKIEM TRENERA	M 30-39	65			Biegaj Pod Okiem Trenera	00:00:33	00:31:32	00:44:24	00:49:39.85	00:50:13.45	+00:14:55 (30.0%)	4:57	12.1 (69.9%)
203	LENDZION Jarosław	371	GRUPA BIEGOWA UM W-WA	M 40-49	60		Tak	Grupa Biegowa UM W-wa	00:00:26	00:31:36	00:44:29	00:49:40.00	00:50:06.35	+00:14:55 (30.0%)	4:58	12.1 (69.9%)
204	MAZUR Emilia	425		K 30-39	18				00:00:10	00:29:55	00:44:02	00:49:41.15	00:49:51.30	+00:14:56 (30.1%)	4:58	12.1 (69.9%)
205	SPRENGEL Piotr	833	WSEWS/UKS MTE	M 30-39	66				00:00:15	00:30:08	00:44:03	00:49:45.70	00:50:01.05	+00:15:01 (30.2%)	4:58	12.1 (69.9%)
206	FLONT Agnieszka	144	DECATHLON TARGÓWEK	K 30-39	19			Decathlon Targówek	00:00:17	00:30:20	00:44:11	00:49:46.05	00:50:03.70	+00:15:01 (30.2%)	4:58	12.1 (69.9%)
207	PŁAWIAK Wojciech	522		M 30-39	67				00:00:17	00:30:59	00:44:31	00:49:46.55	00:50:04.10	+00:15:01 (30.2%)	4:58	12.1 (69.9%)
208	ŚCIBIOR Grzegorz	662		M 30-39	68	Tak			00:01:15	00:30:36	00:43:50	00:49:46.95	00:51:02.55	+00:15:02 (30.2%)	4:58	12.1 (69.9%)
209	MŁYNNARCZYK Piotr	444	EZA	M 50-59	21				00:00:32	00:31:36	00:44:40	00:49:47.25	00:50:19.40	+00:15:02 (30.2%)	4:58	12.1 (69.9%)
210	ARAŻNY Zbigniew	19	TRIATHLON TARCHOMIN TEAM	M 50-59	22	Tak		Triathlon Tarchomin Team	00:00:28	00:31:00	00:44:01	00:49:48.50	00:50:16.85	+00:15:03 (30.2%)	4:58	12 (69.4%)
211	KERNER Marcin	272		M 40-49	61	Tak			00:00:40	00:31:35	00:44:22	00:49:48.80	00:50:29.05	+00:15:04 (30.2%)	4:58	12 (69.4%)

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	Drużyna 1								
212	RUTKOWSKI Michał	571	AKTYWNA WARSZAWA	M 40-49	62				00:00:24	00:31:15	00:44:27	00:49:48.85	00:50:13.05	+00:15:04 (30.3%)	4:58	12 (69.4%)
213	GIERAK Kris	164		M 40-49	63	Tak			00:00:28	00:31:26	00:44:20	00:49:49.70	00:50:17.90	+00:15:05 (30.3%)	4:58	12 (69.4%)
214	SUCHECKI Przemysław	635	KS POMORSKA	M 40-49	64				00:01:08	00:31:38	00:44:44	00:49:52.85	00:51:01.70	+00:15:08 (30.3%)	4:59	12 (69.4%)
215	DE STEFANO Jakub	793	SPORTOWA WARSZAWA	M 1-29	27				00:00:20	00:30:04	00:44:13	00:49:54.35	00:50:15.25	+00:15:09 (30.4%)	4:59	12 (69.4%)
216	CICHOŃSKA Elżbieta	93		K 50-59	3	Tak			00:00:32	00:31:29	00:44:30	00:49:55.10	00:50:27.95	+00:15:10 (30.4%)	4:59	12 (69.4%)
217	MIODUSZEWSKI Marcin	442	GRUPA BIEGOWA UM W-WA	M 40-49	65		Tak	Grupa Biegowa UM W-wa	00:01:37	00:31:38	00:44:27	00:49:55.55	00:51:33.20	+00:15:10 (30.4%)	4:59	12 (69.4%)
218	KWIATKOWSKI Tomasz	364	AKTYWNA WARSZAWA	M 40-49	66				00:00:22	00:31:11	00:44:36	00:49:56.45	00:50:18.85	+00:15:11 (30.4%)	4:59	12 (69.4%)
219	AHEICHYK Volha	15		K 30-39	20	Tak			00:00:38	00:30:48	00:44:30	00:49:56.80	00:50:35.15	+00:15:12 (30.4%)	4:59	12 (69.4%)
220	KAKOLECKI Michał	255	THE LUZERS	M 50-59	23	Tak			00:00:20	00:30:14	00:44:15	00:50:01.60	00:50:22.05	+00:15:16 (30.5%)	5:00	12 (69.4%)
221	GÓRZYŃSKA Patrycja	181	BIEGAM NA BIAŁOLECIE	K 40-49	7	Tak			00:00:24	00:31:05	00:44:34	00:50:02.10	00:50:26.75	+00:15:17 (30.6%)	5:00	12 (69.4%)
222	RUDNIK Katarzyna	958	KB PACE WARSZAWA	K 40-49	8				00:00:22	00:31:12	00:44:37	00:50:02.65	00:50:24.90	+00:15:17 (30.6%)	5:00	12 (69.4%)
223	MIODUSZEWSKI Adrian	441		M 30-39	69	Tak			00:00:28	00:31:03	00:44:29	00:50:10.95	00:50:39.90	+00:15:26 (30.8%)	5:01	12 (69.4%)
224	WCISŁO Marcin	709		M 40-49	67				00:00:11	00:31:21	00:44:44	00:50:16.30	00:50:27.35	+00:15:31 (30.9%)	5:01	11.9 (68.8%)
225	WIERNIK Daniel	718		M 30-39	70	Tak			00:00:16	00:31:12	00:44:59	00:50:22.30	00:50:38.65	+00:15:37 (31.0%)	5:02	11.9 (68.8%)
226	RODAK Zbigniew	560		M 50-59	24				00:01:31	00:32:01	00:44:58	00:50:22.65	00:51:53.85	+00:15:37 (31.0%)	5:02	11.9 (68.8%)
227	PAKUŁA Dariusz	498	KENKO	M 50-59	25	Tak		KENKO	00:00:04	00:31:29	00:44:57	00:50:24.55	00:50:28.60	+00:15:39 (31.1%)	5:02	11.9 (68.8%)
228	MILEWSKI Patryk	440	GRUPA BIEGOWA UM W-WA	M 30-39	71		Tak	Grupa Biegowa UM W-wa	00:00:37	00:30:58	00:44:50	00:50:26.85	00:51:04.05	+00:15:42 (31.1%)	5:02	11.9 (68.8%)
229	ZYGMUNT Szymon	780		M 1-29	28	Tak			00:00:56	00:31:57	00:45:50	00:50:30.30	00:51:26.65	+00:15:45 (31.2%)	5:03	11.9 (68.8%)
230	GORSIAK Mateusz	799		M 30-39	72	Tak			00:00:52	00:31:58	00:45:12	00:50:31.15	00:51:23.90	+00:15:46 (31.2%)	5:03	11.9 (68.8%)
231	PYSZAK Sylwester	549	DEBEDEŁKI	M 40-49	68	Tak			00:00:50	00:32:37	00:45:24	00:50:35.50	00:51:26.05	+00:15:50 (31.3%)	5:03	11.9 (68.8%)
232	SKACZKOWSKA Barbara	598		K 40-49	9				00:00:29	00:31:26	00:44:46	00:50:35.95	00:51:05.85	+00:15:51 (31.3%)	5:03	11.9 (68.8%)
233	SOWIŃSKI Daniel	616		M 30-39	73	Tak			00:00:26	00:31:30	00:45:20	00:50:39.85	00:51:06.35	+00:15:55 (31.4%)	5:03	11.8 (68.2%)
234	DOBOSZ Piotr	117	WŚCIEKŁE PIĘŚCI WĘŻA	M 30-39	74	Tak			00:00:56	00:31:58	00:45:23	00:50:44.05	00:51:40.70	+00:15:59 (31.5%)	5:04	11.8 (68.2%)
235	FILIPOWICZ Natalia	142	NEW BALANCE RUN CLUB	K 30-39	21				00:00:19	00:31:26	00:45:11	00:50:48.05	00:51:08.00	+00:16:03 (31.6%)	5:04	11.8 (68.2%)
236	SZAFRAŃSKI Karol	641	PODESZWA TEAM	M 40-49	69				00:00:39	00:31:21	00:44:25	00:50:48.55	00:51:27.65	+00:16:03 (31.6%)	5:04	11.8 (68.2%)
237	BEBELSKI Rafał	29	PZU SPORT TEAM	M 40-49	70	Tak			00:00:19	00:30:27	00:44:50	00:50:49.85	00:51:09.05	+00:16:05 (31.6%)	5:04	11.8 (68.2%)
238	KOŁODZIEJCZYK Aleksander	298		M 1-29	29	Tak			00:00:31	00:32:58	00:45:50	00:50:50.40	00:51:21.95	+00:16:05 (31.7%)	5:05	11.8 (68.2%)
239	KRASZEWSKI Grzegorz	334	GRUPA BIEGOWA CHTMO	M 40-49	71			Grupa Biegowa CHTMO	00:00:32	00:31:00	00:44:26	00:50:55.15	00:51:27.45	+00:16:10 (31.8%)	5:05	11.8 (68.2%)

Msc	Zawodnik	Numer	Klub	Mieszkaniec			Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
				Kategoria	Mkat	Białoleki								
240	OKUNIEWSKI Grzegorz	473	ALIOR RUNNING TEAM	M 40-49	72							+00:16:14 (31.8%)	5:05	11.8 (68.2%)
241	WIELOWSKA Kinga	717		K 1-29	2					Lewandowscy		+00:16:16 (31.9%)	5:06	11.8 (68.2%)
242	CHRZANOWSKI Michał	88		M 40-49	73							+00:16:16 (31.9%)	5:06	11.8 (68.2%)
243	KRAWCZYK Wojciech	337	BIEGAM NA TARCHOMINIE	M 50-59	26	Tak				Biegam Na Tarchominie		+00:16:20 (32.0%)	5:06	11.7 (67.6%)
244	ROMANIAK Jarosław	993		M 40-49	74							+00:16:23 (32.1%)	5:06	11.7 (67.6%)
245	URBAŃSKI Paweł	693	PALM TEAM	M 50-59	27	Tak						+00:16:30 (32.2%)	5:07	11.7 (67.6%)
246	JEZIERSKI Łukasz	239		M 40-49	75	Tak				Grupa Biegowa CHTMO		+00:16:31 (32.2%)	5:07	11.7 (67.6%)
247	ŻYDEK-RÓG Renata	787		K 40-49	10							+00:16:31 (32.2%)	5:07	11.7 (67.6%)
248	KOWALSKA Andrzej	806	JUDO LEMUR	M 40-49	76	Tak						+00:16:32 (32.3%)	5:07	11.7 (67.6%)
249	RYMUSZKA Maciej	572		M 1-29	30	Tak						+00:16:40 (32.4%)	5:08	11.7 (67.6%)
250	TOMSZYS Piotr	846		M 50-59	28							+00:16:42 (32.5%)	5:08	11.7 (67.6%)
251	CHOTOMSKA Dorota	86		K 30-39	22							+00:16:42 (32.5%)	5:08	11.7 (67.6%)
252	KODA Eugeniusz	295	TEAM ZABIEGANEDNI	M 60+	7							+00:16:43 (32.5%)	5:08	11.7 (67.6%)
253	CABAŃSKA Dorota	74	GUNS&ROSES RUN TEAM	K 40-49	11	Tak				GUNS&ROSES RUN TEAM		+00:16:44 (32.5%)	5:08	11.7 (67.6%)
254	JURKOWSKI Artur	246	ZGLECHÓW RUNNERS	M 30-39	75					Zglechów Runners		+00:16:49 (32.6%)	5:09	11.6 (67.1%)
255	BUDZIK Jacek	70	BIEGAM NA TARCHOMINIE	M 40-49	77	Tak				Biegam Na Tarchominie		+00:16:50 (32.7%)	5:09	11.6 (67.1%)
256	WOLAŃCZYK Adam	740		M 1-29	31	Tak						+00:16:51 (32.7%)	5:09	11.6 (67.1%)
257	HRYNKIEWICZ Maciej	207		M 50-59	29							+00:16:51 (32.7%)	5:09	11.6 (67.1%)
258	MAKOWSKI Marcin	409		M 40-49	78	Tak						+00:16:52 (32.7%)	5:09	11.6 (67.1%)
259	MAMLA Zbigniew	413	BIEGOWE WTORKI NA TARCHOMINIE	M 50-59	30	Tak				Biegowe Wtorki Na Tarchominie		+00:16:52 (32.7%)	5:09	11.6 (67.1%)
260	WANAT Katarzyna	706	BIEGAJ POD OKIEM TRENERA	K 30-39	23					Biegaj Pod Okiem Trenera		+00:16:53 (32.7%)	5:09	11.6 (67.1%)
261	PIERZCHAŁA Piotr	970		M 1-29	32	Tak						+00:16:55 (32.8%)	5:10	11.6 (67.1%)
262	ŁATKOWSKA Monika	390	GRUPA BIEGOWA CHTMO	K 40-49	12					Grupa Biegowa CHTMO		+00:16:55 (32.8%)	5:10	11.6 (67.1%)
263	PODSTAWKA Julia	529		K 1-29	3	Tak						+00:16:57 (32.8%)	5:10	11.6 (67.1%)
264	MOCZYDŁOWSKI Łukasz	816	MASTERS DOJO	M 40-49	79	Tak						+00:16:58 (32.8%)	5:10	11.6 (67.1%)
265	WAGNER Łukasz	698		M 1-29	33	Tak						+00:16:58 (32.8%)	5:10	11.6 (67.1%)

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	Drużyna 1								
266	WALENDZIK Wiesia	704		K 40-49	13	Tak								+00:17:01 (32.9%)	5:10	11.6 (67.1%)
267	GAWLIK Arkadiusz	160	BIEGAM NA TARCHOMINIE	M 40-49	80	Tak								+00:17:03 (32.9%)	5:10	11.6 (67.1%)
268	PRĘDKI Marcin	536		M 40-49	81	Tak								+00:17:05 (33.0%)	5:11	11.6 (67.1%)
269	MACIEJAK Robert	963		M 40-49	82									+00:17:11 (33.1%)	5:11	11.6 (67.1%)
270	JAWORSKI Piotr	523		M 40-49	83	Tak	Tak							+00:17:13 (33.2%)	5:11	11.5 (66.5%)
271	KOT Mikołaj	317		M 1-29	34	Tak								+00:17:16 (33.2%)	5:12	11.5 (66.5%)
272	WIAZOWSKI Jarosław	714		M 50-59	31	Tak								+00:17:18 (33.3%)	5:12	11.5 (66.5%)
273	ZABIELSKI Andrzej	756	OZ GST	M 50-59	32	Tak								+00:17:22 (33.3%)	5:12	11.5 (66.5%)
274	PROKOPIUK Grzegorz	824	SZWAGRY DWA	M 40-49	84	Tak								+00:17:29 (33.5%)	5:13	11.5 (66.5%)
275	SZATKOWSKI Piotr	643	PKP PLK S.A.	M 30-39	76									+00:17:37 (33.7%)	5:14	11.5 (66.5%)
276	WÓJCIK Monika	749	BIEGAM NA TARCHOMINIE	K 40-49	14	Tak								+00:17:39 (33.7%)	5:14	11.5 (66.5%)
277	KRATOK Dmitry	336	RUN_WAWA_RUN	M 30-39	77	Tak								+00:17:44 (33.8%)	5:14	11.4 (65.9%)
278	BŁASZCZYŃSKI Witold	788		M 40-49	85	Tak								+00:17:47 (33.9%)	5:15	11.4 (65.9%)
279	CHATAŁA Marek	76	SZEROKIE BIEGA	M 50-59	33									+00:17:48 (33.9%)	5:15	11.4 (65.9%)
280	DUDA Jacek	128		M 40-49	86									+00:17:49 (33.9%)	5:15	11.4 (65.9%)
281	PAWIŃSKI Artur	502	ADIDAS RUNNERS WARSAW	M 40-49	87									+00:17:53 (34.0%)	5:15	11.4 (65.9%)
282	CHUPRINA Nikita	89		M 1-29	35									+00:17:57 (34.1%)	5:16	11.4 (65.9%)
283	SIWIAK Marcin	597	PKP INTERCITY RUNNING TEAM	M 40-49	88									+00:17:57 (34.1%)	5:16	11.4 (65.9%)
284	STRZAŁKOWSKI Marcin	631	WKURW_TEAM	M 30-39	78	Tak								+00:17:59 (34.1%)	5:16	11.4 (65.9%)
285	BUDZIK Sylwester	71		M 30-39	79									+00:17:59 (34.1%)	5:16	11.4 (65.9%)
286	FIEJTEK Piotr	141		M 30-39	80	Tak								+00:18:00 (34.1%)	5:16	11.4 (65.9%)
287	MIKINA Artur	436	GUNS&ROSES RUN TEAM	M 60+	8									+00:18:01 (34.2%)	5:16	11.4 (65.9%)
288	CZERNIGOWSKI Szymon	792		M 30-39	81									+00:18:03 (34.2%)	5:16	11.4 (65.9%)
289	KRUK Waldemar	340		M 50-59	34									+00:18:05 (34.3%)	5:17	11.4 (65.9%)
290	ROGALSKI Tomasz	561		M 40-49	89	Tak								+00:18:06 (34.3%)	5:17	11.4 (65.9%)
291	FRĄCKOWSKI Sławomir	148	MAKOWARSKO	M 50-59	35	Tak								+00:18:06 (34.3%)	5:17	11.4 (65.9%)
292	ORZEŁ Daniel	488		M 40-49	90									+00:18:08 (34.3%)	5:17	11.3 (65.3%)
293	SŁOWIAK Klaudia	604		K 30-39	24									+00:18:11 (34.4%)	5:17	11.3 (65.3%)

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	Drużyna 1								
294	DRYNKO Karol	125	FIZJOTERAPIAHD	M 30-39	82	Tak			00:00:24	00:32:11	00:47:09	00:52:56.70	00:53:21.40	+00:18:12 (34.4%)	5:17	11.3 (65.3%)
295	KŁOS Łukasz	286	ASICS FRONTRUNNER POLAND	M 30-39	83				00:00:25	00:31:50	00:46:48	00:52:57.05	00:53:22.25	+00:18:12 (34.4%)	5:17	11.3 (65.3%)
296	POPŁAWSKI Michael	822		M 30-39	84				00:00:42	00:33:13	00:47:13	00:52:57.40	00:53:39.80	+00:18:12 (34.4%)	5:17	11.3 (65.3%)
297	LEWANDOWSKA Anna	377	GRUPA BIEGACZY SKÓRZEC BIEGA	K 40-49	15			Grupa Biegaczy Skórzec Biega	00:00:26	00:32:50	00:46:58	00:52:59.70	00:53:26.15	+00:18:15 (34.4%)	5:17	11.3 (65.3%)
298	PISANIEC Krzysztof	517		M 40-49	91				00:00:49	00:33:36	00:47:15	00:53:08.25	00:53:58.15	+00:18:23 (34.6%)	5:18	11.3 (65.3%)
299	DERESZEWSKI Piotr	114	ZABIEGANY WOŁOMIN	M 40-49	92				00:01:03	00:33:44	00:47:25	00:53:09.50	00:54:13.15	+00:18:24 (34.6%)	5:18	11.3 (65.3%)
300	SOCHA Robert	612	AWSB RUNNING TEAM	M 40-49	93				00:00:36	00:32:49	00:47:07	00:53:15.70	00:53:52.15	+00:18:31 (34.8%)	5:19	11.3 (65.3%)
301	PIOTRAK Marcin	513		M 40-49	94				00:00:36	00:32:49	00:47:08	00:53:16.10	00:53:52.15	+00:18:31 (34.8%)	5:19	11.3 (65.3%)
302	TULA Renata	687		K 60+	1				00:00:28	00:32:46	00:47:09	00:53:16.20	00:53:45.00	+00:18:31 (34.8%)	5:19	11.3 (65.3%)
303	WIERZBICKI Łukasz	719	KUŹNIA TRIATHLONU	M 40-49	95	Tak			00:00:28	00:32:45	00:47:19	00:53:17.60	00:53:46.25	+00:18:32 (34.8%)	5:19	11.3 (65.3%)
304	BUDOWSKI Łukasz	68		M 30-39	85				00:00:10	00:32:42	00:47:19	00:53:18.55	00:53:29.40	+00:18:33 (34.8%)	5:19	11.3 (65.3%)
305	MIELCZARCYK Joanna	434		K 30-39	25				00:00:56	00:33:50	00:47:39	00:53:18.60	00:54:14.75	+00:18:33 (34.8%)	5:19	11.3 (65.3%)
306	TRUSZKOWSKA Marta	836	BESTIE OCR LEGIONOWO	K 30-39	26			Bestie OCR Legionowo	00:01:13	00:34:03	00:47:43	00:53:18.90	00:54:32.35	+00:18:34 (34.8%)	5:19	11.3 (65.3%)
307	NIZIO Dominik	461		M 40-49	96	Tak			00:00:42	00:33:04	00:47:39	00:53:19.70	00:54:02.65	+00:18:35 (34.8%)	5:19	11.3 (65.3%)
308	GODLEWSKI Artur	170	BIEGAM NA TARCHOMINIE	M 30-39	86	Tak		Biegam Na Tarchominie	00:00:29	00:33:03	00:47:26	00:53:23.90	00:53:53.75	+00:18:39 (34.9%)	5:20	11.2 (64.7%)
309	ROWICKI Mariusz	38		M 30-39	87				00:00:57	00:33:12	00:47:42	00:53:24.90	00:54:22.15	+00:18:40 (35.0%)	5:20	11.2 (64.7%)
310	HUSZCZA Agata	208		K 40-49	16	Tak			00:00:29	00:33:06	00:47:43	00:53:27.15	00:53:57.05	+00:18:42 (35.0%)	5:20	11.2 (64.7%)
311	FRYCZ Michał	149		M 50-59	36				00:00:56	00:33:07	00:47:32	00:53:27.60	00:54:23.95	+00:18:42 (35.0%)	5:20	11.2 (64.7%)
311	POGOCKI Maciej	969		M 40-49	97				00:00:44	00:34:04	00:47:51	00:53:27.60	00:54:12.50	+00:18:42 (35.0%)	5:20	11.2 (64.7%)
313	HEBA Grzegorz	202		M 50-59	37				00:00:40	00:33:03	00:47:44	00:53:28.65	00:54:08.75	+00:18:43 (35.0%)	5:20	11.2 (64.7%)
314	CIMOCHOWSKA-ŚWITALSKA Magdalena	97	BIEGAM NA TARCHOMINIE	K 40-49	17	Tak		Biegam Na Tarchominie	00:00:30	00:33:24	00:47:37	00:53:28.80	00:53:59.30	+00:18:44 (35.0%)	5:20	11.2 (64.7%)
315	GWIZDAŁA Tomasz	195		M 40-49	98				00:00:59	00:34:08	00:48:05	00:53:37.60	00:54:37.50	+00:18:52 (35.2%)	5:21	11.2 (64.7%)
316	ORŁOWSKI Tomasz	484		M 30-39	88				00:00:34	00:32:59	00:47:58	00:53:38.30	00:54:13.05	+00:18:53 (35.2%)	5:21	11.2 (64.7%)
317	GWIZDAŁA Piotr	196		M 1-29	36				00:00:58	00:34:09	00:48:06	00:53:38.50	00:54:36.95	+00:18:53 (35.2%)	5:21	11.2 (64.7%)
318	KOŁODZIEJSKA Iwona	299		K 40-49	18				00:00:41	00:33:10	00:47:47	00:53:40.20	00:54:21.95	+00:18:55 (35.3%)	5:22	11.2 (64.7%)
319	CABAJ Marek	73	LUX MED SPORTS TEAM	M 40-49	99				00:00:42	00:33:20	00:47:51	00:53:44.70	00:54:27.05	+00:19:00 (35.4%)	5:22	11.2 (64.7%)
320	WOJTAL Tomasz	737		M 40-49	100	Tak			00:00:25	00:33:22	00:47:59	00:53:45.20	00:54:10.95	+00:19:00 (35.4%)	5:22	11.2 (64.7%)
321	SIESS Jarosław	589		M 60+	9				00:00:33	00:33:02	00:47:44	00:53:46.70	00:54:20.10	+00:19:02 (35.4%)	5:22	11.2 (64.7%)

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	Drużyna 1								
322	BORUSZEWSKI Maciej	61		M 50-59	38				00:00:45	00:34:11	00:48:15	00:53:48.30	00:54:33.45	+00:19:03 (35.4%)	5:22	11.2 (64.7%)
323	WŁODARCZYK Maciej	734	MARKOWI BIEGACZE	M 40-49	101			Markowi Biegacze	00:00:38	00:33:12	00:48:07	00:53:55.55	00:54:34.45	+00:19:10 (35.6%)	5:23	11.1 (64.2%)
324	KACPURA Piotr	252		M 40-49	102				00:00:42	00:33:40	00:48:09	00:54:00.60	00:54:43.35	+00:19:15 (35.7%)	5:24	11.1 (64.2%)
325	JONKO Marcin	242		M 40-49	103				00:01:29	00:33:31	00:47:57	00:54:03.90	00:55:33.75	+00:19:19 (35.7%)	5:24	11.1 (64.2%)
326	JÓŻWIK Grzegorz	245		M 50-59	39				00:00:22	00:33:20	00:47:54	00:54:05.15	00:54:27.30	+00:19:20 (35.8%)	5:24	11.1 (64.2%)
327	ŁOZIŃSKI Piotr	393		M 40-49	104	Tak		Bractwo Biegowe BGK	00:00:59	00:33:11	00:48:08	00:54:08.25	00:55:07.80	+00:19:23 (35.8%)	5:24	11.1 (64.2%)
328	WOŁOWIK Tymon	744	CHOSZCZÓWKA RUNNING CLUB	M 1-29	37	Tak		Choszczówka Running Club	00:00:36	00:33:20	00:48:29	00:54:11.80	00:54:48.25	+00:19:27 (35.9%)	5:25	11.1 (64.2%)
329	JAKUBOWSKA Anna	217		K 30-39	27	Tak			00:00:42	00:33:16	00:48:19	00:54:13.00	00:54:55.10	+00:19:28 (35.9%)	5:25	11.1 (64.2%)
330	KARWECKI Patryk	264		M 30-39	89	Tak			00:00:45	00:34:45	00:48:40	00:54:14.25	00:55:00.00	+00:19:29 (35.9%)	5:25	11.1 (64.2%)
331	CIEŚLAR Rafał	95		M 30-39	90				00:00:49	00:34:12	00:48:31	00:54:15.00	00:55:04.00	+00:19:30 (36.0%)	5:25	11.1 (64.2%)
332	JEGOROW Piotr	237		M 40-49	105				00:00:46	00:33:21	00:48:16	00:54:15.25	00:55:02.15	+00:19:30 (36.0%)	5:25	11.1 (64.2%)
333	ZAWIŚLAK Jola	770	TEAM ZABIEGANEDNI	K 50-59	4				00:00:31	00:32:53	00:48:05	00:54:17.25	00:54:48.25	+00:19:32 (36.0%)	5:25	11.1 (64.2%)
334	TOMCZUK-KUZKA Katarzyna	679		K 40-49	19		Tak		00:00:33	00:33:15	00:48:03	00:54:17.40	00:54:51.25	+00:19:32 (36.0%)	5:25	11.1 (64.2%)
335	ROZBICKI Tomasz	566		M 40-49	106	Tak			00:00:13	00:33:37	00:48:45	00:54:17.55	00:54:31.05	+00:19:32 (36.0%)	5:25	11.1 (64.2%)
336	WÓJCIK Ewa	750		K 40-49	20	Tak			00:00:13	00:33:38	00:48:44	00:54:17.70	00:54:31.05	+00:19:33 (36.0%)	5:25	11.1 (64.2%)
337	KLIMKIEWICZ-SIKORA Beata	280	GRUPA BIEGOWA CHTMO	K 40-49	21			Grupa Biegowa CHTMO	00:00:31	00:33:18	00:48:12	00:54:18.35	00:54:50.05	+00:19:33 (36.0%)	5:25	11 (63.6%)
338	GÓRALCZUK Maksymilian	179		M 1-29	38	Tak			00:00:15	00:32:23	00:48:26	00:54:18.70	00:54:34.05	+00:19:34 (36.0%)	5:25	11 (63.6%)
339	GAĞAŁA Przemysław	162		M 50-59	40				00:00:35	00:33:19	00:48:07	00:54:19.20	00:54:55.10	+00:19:34 (36.0%)	5:25	11 (63.6%)
340	BARANOWSKI Łukasz	22		M 30-39	91				00:00:51	00:34:11	00:48:15	00:54:19.65	00:55:11.20	+00:19:34 (36.0%)	5:25	11 (63.6%)
341	JABŁONKA Radek	211	DZIADY OCR	M 40-49	107				00:00:50	00:34:12	00:48:36	00:54:20.50	00:55:11.40	+00:19:35 (36.1%)	5:26	11 (63.6%)
342	HAWRYLUK-STASIAK Ewa	201	BIEGUNI 2022/AKTYWNA WARSZAWA	K 60+	2			AKTYWNA WARSZAWA	00:00:42	00:34:14	00:48:28	00:54:22.75	00:55:05.65	+00:19:38 (36.1%)	5:26	11 (63.6%)
343	SZAFRAN Mariusz	640		M 40-49	108				00:00:54	00:34:57	00:48:53	00:54:23.20	00:55:17.75	+00:19:38 (36.1%)	5:26	11 (63.6%)
344	SOBIELARSKA Joanna	608		K 30-39	28	Tak			00:00:49	00:34:24	00:48:43	00:54:28.45	00:55:18.25	+00:19:43 (36.2%)	5:26	11 (63.6%)
345	KIETLIŃSKI Maciej	276		M 50-59	41				00:00:58	00:34:43	00:48:50	00:54:29.25	00:55:27.80	+00:19:44 (36.2%)	5:26	11 (63.6%)
346	SENKO Mateusz	1	STOWARZYSZENIE RAZEM DLA BIAŁOLEKI	M 30-39	92	Tak			00:00:49	00:34:24	00:48:45	00:54:29.80	00:55:19.70	+00:19:45 (36.2%)	5:26	11 (63.6%)
347	GRUCHAŁA Dariusz	800	MASTERS DOJO	M 40-49	109	Tak			00:00:48	00:33:44	00:48:04	00:54:32.25	00:55:20.30	+00:19:47 (36.3%)	5:27	11 (63.6%)
348	OWSIANKA Jakub	494		M 1-29	39				00:00:48	00:34:15	00:48:46	00:54:34.85	00:55:23.25	+00:19:50 (36.3%)	5:27	11 (63.6%)
349	STRULAK Jakub	630		M 1-29	40	Tak			00:00:52	00:34:34	00:48:54	00:54:37.60	00:55:29.95	+00:19:52 (36.4%)	5:27	11 (63.6%)

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
						Białołęka	Samorządowiec	Drużyna 1								
350	RZEPECKI Maciek	574		M 30-39	93	Tak			00:01:19	00:33:37	00:49:16	00:54:41.15	00:56:00.40	+00:19:56 (36.5%)	5:28	11 (63.6%)
351	BANASIAK Mirosław	21		M 40-49	110	Tak			00:01:26	00:34:10	00:48:37	00:54:41.90	00:56:08.50	+00:19:57 (36.5%)	5:28	11 (63.6%)
352	SIDORCZUK-KUMOSA Dorota	581	TEAM ZABIEGANEDNI	K 40-49	22				00:01:04	00:34:28	00:48:45	00:54:43.10	00:55:47.40	+00:19:58 (36.5%)	5:28	11 (63.6%)
353	FREITES Luis	888		M 60+	10				00:00:35	00:33:29	00:48:29	00:54:43.60	00:55:19.45	+00:19:58 (36.5%)	5:28	11 (63.6%)
354	CIOŁEK Robert	791	MASTERS DOJO	M 40-49	111	Tak			00:00:49	00:34:15	00:48:56	00:54:44.95	00:55:34.55	+00:20:00 (36.5%)	5:28	11 (63.6%)
355	WALCZUK Magda	701		K 40-49	23	Tak			00:01:01	00:34:49	00:49:12	00:54:45.95	00:55:47.55	+00:20:01 (36.6%)	5:28	11 (63.6%)
356	TRZIŃSKI Michał	685		M 1-29	41				00:00:52	00:34:55	00:49:02	00:54:48.85	00:55:41.60	+00:20:04 (36.6%)	5:28	10.9 (63.0%)
357	CHYLIŃSKI Adam	90		M 30-39	94				00:00:44	00:33:11	00:48:34	00:54:49.65	00:55:33.95	+00:20:04 (36.6%)	5:28	10.9 (63.0%)
358	YURKEVICH Yauheni	959		M 40-49	112				00:01:00	00:34:58	00:49:12	00:54:50.45	00:55:50.75	+00:20:05 (36.6%)	5:29	10.9 (63.0%)
359	NOSARZEWSKI Mariusz	462	GB PRESS TEAM	M 40-49	113				00:00:29	00:34:04	00:48:48	00:54:52.15	00:55:21.25	+00:20:07 (36.7%)	5:29	10.9 (63.0%)
360	STRUKOWICZ Michał	629		M 1-29	42	Tak			00:01:35	00:35:32	00:49:27	00:54:53.60	00:56:29.55	+00:20:08 (36.7%)	5:29	10.9 (63.0%)
361	WÓJCIK Robert	748		M 40-49	114				00:00:40	00:34:42	00:48:53	00:54:55.35	00:55:35.95	+00:20:10 (36.7%)	5:29	10.9 (63.0%)
362	MAJKOWSKI Piotr	408		M 30-39	95				00:00:55	00:34:46	00:49:15	00:54:59.05	00:55:54.45	+00:20:14 (36.8%)	5:29	10.9 (63.0%)
363	KOŚCIELNIAK Patryk	911	ORUSH	M 40-49	115				00:01:13	00:35:31	00:49:37	00:55:02.75	00:56:16.50	+00:20:18 (36.9%)	5:30	10.9 (63.0%)
364	WRONIEWSKI Grzegorz	751		M 30-39	96				00:00:52	00:33:42	00:49:09	00:55:03.60	00:55:56.55	+00:20:18 (36.9%)	5:30	10.9 (63.0%)
365	WOJNARSKI Janusz	736		M 60+	11	Tak			00:00:48	00:34:06	00:48:49	00:55:04.95	00:55:53.20	+00:20:20 (36.9%)	5:30	10.9 (63.0%)
366	WILGOS Janusz	723		M 40-49	116				00:01:24	00:35:14	00:49:27	00:55:06.55	00:56:30.85	+00:20:21 (37.0%)	5:30	10.9 (63.0%)
367	KOT Tomasz	318		M 40-49	117	Tak			00:00:18	00:33:26	00:48:57	00:55:07.30	00:55:26.00	+00:20:22 (37.0%)	5:30	10.9 (63.0%)
368	SAWICKI Adrian	579		M 30-39	97				00:00:22	00:33:53	00:49:22	00:55:07.90	00:55:30.15	+00:20:23 (37.0%)	5:30	10.9 (63.0%)
369	KOSMAN Małgorzata	311	SPORT GENERATION	K 60+	3				00:00:35	00:33:31	00:49:01	00:55:10.45	00:55:45.55	+00:20:25 (37.0%)	5:31	10.9 (63.0%)
370	ŚWIDERSKA Joanna	666	WSPARCIETRENINGOWE.PL	K 30-39	29	Tak			00:00:34	00:34:24	00:49:03	00:55:11.75	00:55:46.35	+00:20:27 (37.1%)	5:31	10.9 (63.0%)
371	MADEJ Marcin	406		M 40-49	118	Tak			00:00:47	00:34:45	00:49:21	00:55:13.50	00:56:00.95	+00:20:28 (37.1%)	5:31	10.9 (63.0%)
372	WIKTOROWICZ Marcin	721		M 40-49	119	Tak			00:01:15	00:35:23	00:49:33	00:55:14.35	00:56:29.65	+00:20:29 (37.1%)	5:31	10.9 (63.0%)
373	HRYCIUK Katarzyna	206	EKOBIEGI	K 40-49	24				00:00:57	00:34:33	00:49:05	00:55:16.45	00:56:14.30	+00:20:31 (37.1%)	5:31	10.9 (63.0%)
374	PADZIŃSKI Mariusz	497	BIEGOWE WTORKI NA TARCHOMINIE	M 50-59	42	Tak			00:00:45	00:34:55	00:49:21	00:55:17.05	00:56:02.05	+00:20:32 (37.2%)	5:31	10.9 (63.0%)
375	WIONCEK Paweł	725		M 1-29	43	Tak			00:00:47	00:34:33	00:49:08	00:55:17.70	00:56:04.85	+00:20:33 (37.2%)	5:31	10.9 (63.0%)
376	ROKICKI Aleksander	562		M 40-49	120	Tak			00:01:10	00:34:24	00:48:58	00:55:18.10	00:56:28.65	+00:20:33 (37.2%)	5:31	10.8 (62.4%)
377	SĄGOL Sylwester	995		M 50-59	43	Tak			00:01:42	00:34:46	00:49:17	00:55:20.95	00:57:03.50	+00:20:36 (37.2%)	5:32	10.8 (62.4%)

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	Drużyna 1								
378	PRZYGODZKI Mateusz	543		M 40-49	121				00:00:39	00:35:13	00:49:26	00:55:24.50	00:56:04.20	+00:20:39 (37.3%)	5:32	10.8 (62.4%)
379	APANOWICZ Angelika	17		K 40-49	25				00:00:39	00:35:13	00:49:31	00:55:24.65	00:56:04.20	+00:20:39 (37.3%)	5:32	10.8 (62.4%)
380	STANIEWSKI Michał	618		M 30-39	98	Yes			00:01:21	00:34:50	00:49:36	00:55:24.95	00:56:46.50	+00:20:40 (37.3%)	5:32	10.8 (62.4%)
381	OCHAB Janusz	471		M 50-59	44				00:00:53	00:35:12	00:49:43	00:55:28.30	00:56:22.20	+00:20:43 (37.4%)	5:32	10.8 (62.4%)
382	UŚCIŁOWSKA Sylwia	695	PGNIG TERMIKA SA	K 40-49	26				00:01:07	00:34:33	00:49:23	00:55:30.75	00:56:37.80	+00:20:46 (37.4%)	5:33	10.8 (62.4%)
383	PNIEWSKI Rafał	526	BIEGAM NA TARCHOMINIE	M 40-49	122	Tak			00:00:25	00:33:34	00:49:07	00:55:30.90	00:55:56.05	+00:20:46 (37.4%)	5:33	10.8 (62.4%)
384	ZARĘBA-TREMELET Katarzyna	765		K 40-49	27	Tak			00:00:25	00:33:55	00:49:11	00:55:31.45	00:55:56.55	+00:20:46 (37.4%)	5:33	10.8 (62.4%)
385	KUSY Jacek	360		M 30-39	99	Tak			00:01:07	00:35:16	00:49:51	00:55:39.75	00:56:47.45	+00:20:55 (37.6%)	5:33	10.8 (62.4%)
386	SZYMAŃSKI Jacek	659		M 40-49	123	Tak			00:01:34	00:32:59	00:48:44	00:55:41.95	00:57:16.30	+00:20:57 (37.6%)	5:34	10.8 (62.4%)
387	GAWEŁ Dorota	159		K 40-49	28				00:00:44	00:34:52	00:49:37	00:55:42.70	00:56:26.80	+00:20:58 (37.6%)	5:34	10.8 (62.4%)
388	ORŁOWSKI Marek	483		M 50-59	45	Tak			00:00:38	00:34:28	00:49:50	00:55:43.15	00:56:21.45	+00:20:58 (37.6%)	5:34	10.8 (62.4%)
389	STANISLAVCHUK Mykola	973		M 1-29	44	Tak			00:01:00	00:34:40	00:49:32	00:55:43.60	00:56:43.65	+00:20:58 (37.7%)	5:34	10.8 (62.4%)
390	KILIAŃSKI Rafał	801	TARCHOMIN TRIATHLON TEAM	M 50-59	46	Tak			00:00:50	00:34:45	00:49:29	00:55:46.05	00:56:36.60	+00:21:01 (37.7%)	5:34	10.8 (62.4%)
391	KOCIK Elżbieta	44		K 40-49	29	Tak	Tak		00:01:38	00:35:36	00:49:54	00:55:49.45	00:57:27.70	+00:21:04 (37.8%)	5:34	10.7 (61.8%)
392	FLOREK Małgorzata	145		K 30-39	30	Tak			00:00:51	00:34:18	00:49:55	00:55:53.35	00:56:44.85	+00:21:08 (37.8%)	5:35	10.7 (61.8%)
393	ADAMIAK Robert	11	CURTIS	M 50-59	47				00:00:38	00:33:50	00:49:27	00:55:55.55	00:56:33.85	+00:21:10 (37.9%)	5:35	10.7 (61.8%)
393	GROCHOWSKI Paweł	185	PZU SPORT TEAM	M 40-49	124				00:00:40	00:34:25	00:49:40	00:55:55.55	00:56:35.80	+00:21:10 (37.9%)	5:35	10.7 (61.8%)
395	FOLMAN Agata	147		K 30-39	31				00:00:44	00:35:25	00:50:05	00:55:57.15	00:56:41.55	+00:21:12 (37.9%)	5:35	10.7 (61.8%)
396	DOBROWOLSKI Damian	119		M 1-29	45	Tak			00:00:49	00:33:57	00:49:42	00:55:58.15	00:56:47.15	+00:21:13 (37.9%)	5:35	10.7 (61.8%)
397	WŁOSZCZOWSKI Robert	987		M 40-49	125	Tak			00:00:41	00:34:57	00:49:52	00:55:59.30	00:56:40.70	+00:21:14 (37.9%)	5:35	10.7 (61.8%)
398	PODWÓJCI Kamil	821		M 30-39	100	Tak			00:00:16	00:33:12	00:49:44	00:56:00.25	00:56:17.10	+00:21:15 (38.0%)	5:36	10.7 (61.8%)
399	MASŁOWSKI Michał	420		M 40-49	126				00:00:28	00:32:46	00:49:12	00:56:01.25	00:56:29.95	+00:21:16 (38.0%)	5:36	10.7 (61.8%)
400	GNIŁA Maciej	169	BIEGAM NA TARCHOMINIE	M 40-49	127	Tak			00:00:47	00:34:57	00:50:07	00:56:06.80	00:56:54.45	+00:21:22 (38.1%)	5:36	10.7 (61.8%)
401	ŚLIMKO Daniel	664		M 30-39	101	Tak			00:00:55	00:34:40	00:49:44	00:56:07.55	00:57:03.25	+00:21:22 (38.1%)	5:36	10.7 (61.8%)
402	G Artur	150		M 40-49	128	Tak			00:00:37	00:33:42	00:49:43	00:56:08.60	00:56:45.85	+00:21:23 (38.1%)	5:36	10.7 (61.8%)
403	KOPEĆ Antoni	305		M 1-29	46				00:00:22	00:35:27	00:50:30	00:56:09.75	00:56:32.50	+00:21:25 (38.1%)	5:36	10.7 (61.8%)
404	JAROSZEWSKI Konrad	229		M 30-39	102	Tak			00:00:19	00:34:07	00:49:50	00:56:11.75	00:56:31.40	+00:21:27 (38.2%)	5:37	10.7 (61.8%)
404	FLAGA Ania	795		K 30-39	32				00:00:32	00:34:53	00:50:14	00:56:11.75	00:56:43.90	+00:21:27 (38.2%)	5:37	10.7 (61.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec		Drużyna 1	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Białoleki	Samorządowiec									
406	BYTNIEWSKI Zdzisław	72	PGNIG TERMIKA SA	M 60+	12			PGNIG TERMIKA SA	00:00:19	00:35:34	00:50:14	00:56:15.85	00:56:35.20	+00:21:31 (38.2%)	5:37	10.7 (61.8%)
407	KRASZEWSKA Sylwia	332	SKLEPINDIE.PL WYSZKÓW	K 40-49	30				00:00:52	00:35:05	00:50:15	00:56:20.10	00:57:12.65	+00:21:35 (38.3%)	5:38	10.7 (61.8%)
408	MRÓWCZYŃSKI Wojciech	997		M 50-59	48				00:01:16	00:34:45	00:49:53	00:56:21.50	00:57:38.05	+00:21:36 (38.3%)	5:38	10.6 (61.3%)
409	SARNACKA Joanna	578	PODESZWA TEAM	K 30-39	33				00:00:39	00:34:42	00:50:10	00:56:21.65	00:57:00.85	+00:21:36 (38.4%)	5:38	10.6 (61.3%)
410	ORŁOWSKI Kacper	485		M 30-39	103				00:00:43	00:35:04	00:50:07	00:56:25.65	00:57:09.20	+00:21:40 (38.4%)	5:38	10.6 (61.3%)
411	NAWROCKA Roma	455	GRUPA BIEGOWA UM W-WA	K 40-49	31		Tak	Grupa Biegowa UM W-wa	00:00:35	00:34:38	00:50:05	00:56:32.25	00:57:07.30	+00:21:47 (38.5%)	5:39	10.6 (61.3%)
412	MACHOŃ Paweł	403	GRUPA BIEGOWA UM W-WA	M 40-49	129		Tak	Grupa Biegowa UM W-wa	00:00:35	00:34:37	00:50:05	00:56:32.50	00:57:07.85	+00:21:47 (38.5%)	5:39	10.6 (61.3%)
413	WACH Michał	697	BIEGAM NA TARCHOMINIE	M 40-49	130	Tak		Biegam Na Tarchominie	00:00:41	00:35:19	00:50:25	00:56:33.85	00:57:15.70	+00:21:49 (38.6%)	5:39	10.6 (61.3%)
414	WOLKOWYCKI Adam	741	SERWIS POJAZDÓW ADAM WOLKOWYCKI	M 40-49	131				00:00:24	00:34:29	00:50:04	00:56:35.65	00:56:59.70	+00:21:50 (38.6%)	5:39	10.6 (61.3%)
415	PAZIEWSKI Andrzej	505	BIEGAM NA TARCHOMINIE	M 50-59	49	Tak		Biegam Na Tarchominie	00:00:42	00:35:19	00:50:27	00:56:36.70	00:57:18.95	+00:21:52 (38.6%)	5:39	10.6 (61.3%)
416	ROMANOWSKI Piotr	563		M 1-29	47				00:00:47	00:35:15	00:50:42	00:56:40.50	00:57:28.25	+00:21:55 (38.7%)	5:40	10.6 (61.3%)
417	BEDNARSKI Tomasz	31		M 50-59	50				00:01:25	00:35:47	00:50:46	00:56:42.15	00:58:07.85	+00:21:57 (38.7%)	5:40	10.6 (61.3%)
418	BITOWSKI Hubert	51		M 40-49	132				00:00:47	00:35:28	00:50:42	00:56:42.25	00:57:29.30	+00:21:57 (38.7%)	5:40	10.6 (61.3%)
419	STĘPCZAK Paweł	625	ZABIEGANY WOŁOMIN	M 30-39	104				00:00:30	00:34:40	00:50:36	00:56:42.95	00:57:12.95	+00:21:58 (38.7%)	5:40	10.6 (61.3%)
420	JÓZEFOWICZ Maciej	243	VEGE RUNNERS	M 30-39	105			Vege Runners	00:00:37	00:34:41	00:50:11	00:56:43.40	00:57:20.75	+00:21:58 (38.7%)	5:40	10.6 (61.3%)
421	KAMIŃSKI Michał	258		M 30-39	106				00:00:42	00:35:00	00:50:37	00:56:44.05	00:57:26.40	+00:21:59 (38.8%)	5:40	10.6 (61.3%)
422	ADAO Filipe	14		M 1-29	48	Tak			00:00:58	00:34:37	00:50:35	00:56:45.95	00:57:44.85	+00:22:01 (38.8%)	5:40	10.6 (61.3%)
423	SULICH Mateusz	638		M 30-39	107				00:01:04	00:36:01	00:50:54	00:56:46.35	00:57:50.95	+00:22:01 (38.8%)	5:40	10.6 (61.3%)
424	ADAO Miguel	12		M 40-49	133	Tak			00:00:57	00:34:37	00:50:37	00:56:47.05	00:57:44.90	+00:22:02 (38.8%)	5:40	10.6 (61.3%)
425	JAGODA Teresa	214	GRUPA BIEGOWA CHTMO	K 40-49	32			Grupa Biegowa CHTMO	00:00:32	00:35:15	00:50:35	00:56:48.05	00:57:20.20	+00:22:03 (38.8%)	5:40	10.6 (61.3%)
426	DYJAS Arkadiusz	130	BRACTWO BIEGOWE BGK	M 30-39	108			Bractwo Biegowe BGK	00:00:59	00:35:09	00:50:48	00:56:49.45	00:57:48.60	+00:22:04 (38.9%)	5:40	10.6 (61.3%)
427	DOBOSZ Aneta	118	WŚCIEKŁE PIĘŚCI WĘŻA	K 30-39	34	Tak			00:00:56	00:35:20	00:50:42	00:56:51.05	00:57:48.00	+00:22:06 (38.9%)	5:41	10.6 (61.3%)
428	FLORYSIAK Artur	146		M 40-49	134	Tak			00:00:57	00:35:57	00:50:53	00:56:51.90	00:57:49.45	+00:22:07 (38.9%)	5:41	10.6 (61.3%)
429	MUCHA Grzegorz	448		M 60+	13	Tak			00:00:56	00:35:45	00:50:38	00:56:54.80	00:57:50.90	+00:22:10 (39.0%)	5:41	10.5 (60.7%)
430	MATEJAK Katarzyna	421		K 40-49	33				00:01:08	00:36:22	00:50:57	00:56:58.05	00:58:06.60	+00:22:13 (39.0%)	5:41	10.5 (60.7%)
431	GŁOGOWSKI Gerard	974		M 30-39	109	Tak			00:00:37	00:34:30	00:50:35	00:56:59.05	00:57:36.50	+00:22:14 (39.0%)	5:41	10.5 (60.7%)
432	KUŚMIREK-KOWAL Joanna	361	BIEGAM NA TARCHOMINIE	K 40-49	34	Tak		Biegam Na Tarchominie	00:00:49	00:36:11	00:51:07	00:57:01.20	00:57:50.55	+00:22:16 (39.1%)	5:42	10.5 (60.7%)
433	RYTKOWSKI Piotr	573		M 30-39	110				00:00:38	00:35:15	00:50:52	00:57:02.45	00:57:41.40	+00:22:17 (39.1%)	5:42	10.5 (60.7%)

Msc	Zawodnik	Numer	Klub	Mieszkaniec			Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
				Białołęki	Samorządowiec	Drużyna 1										
434	KLIMCZAK Justyna	802				K 40-49	35	00:00:29	00:35:21	00:51:13	00:57:11.65	00:57:40.90	+00:22:26 (39.3%)	5:43	10.5 (60.7%)	
435	ORZECZOWSKI Piotr	487			Tak	M 1-29	49	00:00:43	00:37:51	00:51:27	00:57:13.75	00:57:57.05	+00:22:29 (39.3%)	5:43	10.5 (60.7%)	
436	SUCHODOLSKI Mariusz	636	DZIKI BIEG		Tak	M 50-59	51	00:00:52	00:35:47	00:50:22	00:57:15.00	00:58:07.55	+00:22:30 (39.3%)	5:43	10.5 (60.7%)	
437	KLOC Piotr	282	FALA NIEPORĘT			M 40-49	135	00:01:32	00:33:58	00:50:23	00:57:19.00	00:58:51.55	+00:22:34 (39.4%)	5:43	10.5 (60.7%)	
438	NOWAK Jerzy	465	PWPW		Tak	M 40-49	136	00:00:38	00:34:43	00:51:05	00:57:19.90	00:57:57.90	+00:22:35 (39.4%)	5:43	10.5 (60.7%)	
439	PYTKA Andrzej	550	AKTYWNA WARSZAWA		Tak	M 50-59	52	00:00:44	00:34:48	00:50:16	00:57:24.50	00:58:08.50	+00:22:39 (39.5%)	5:44	10.5 (60.7%)	
440	MARCINKOWSKI Krzysztof	414				M 40-49	137	00:01:03	00:35:52	00:51:15	00:57:26.55	00:58:29.70	+00:22:41 (39.5%)	5:44	10.4 (60.1%)	
441	MUSIAŁ Sławomir	450				M 50-59	53	00:01:31	00:36:31	00:51:27	00:57:27.15	00:58:58.95	+00:22:42 (39.5%)	5:44	10.4 (60.1%)	
442	LEWANDOWSKA Jolanta	986				K 40-49	36						+00:22:43 (39.5%)	5:44	10.4 (60.1%)	
443	ŚWIĘCICKI Wojciech	667			Tak	M 60+	14	00:00:51	00:35:19	00:50:37	00:57:30.80	00:58:22.55	+00:22:46 (39.6%)	5:45	10.4 (60.1%)	
444	WOŹNY Barbara	747			Tak	K 60+	4	00:01:13	00:36:00	00:51:23	00:57:34.70	00:58:48.25	+00:22:50 (39.7%)	5:45	10.4 (60.1%)	
445	MYŚLIŃSKA Anna	123	EKOBIEGI			K 40-49	37	00:00:57	00:36:00	00:51:13	00:57:35.50	00:58:32.95	+00:22:50 (39.7%)	5:45	10.4 (60.1%)	
446	GRZELAK Mikołaj	191				M 1-29	50	00:00:52	00:34:57	00:50:39	00:57:37.55	00:58:29.70	+00:22:52 (39.7%)	5:45	10.4 (60.1%)	
447	KEMPA Piotr	271			Tak	M 30-39	111	00:00:37	00:35:17	00:50:52	00:57:37.60	00:58:15.10	+00:22:52 (39.7%)	5:45	10.4 (60.1%)	
448	OSYRA Tomasz	491				M 40-49	138	00:01:38	00:36:28	00:51:31	00:57:42.20	00:59:21.05	+00:22:57 (39.8%)	5:46	10.4 (60.1%)	
449	KARNOWSKI Michał	261				M 40-49	139	00:00:40	00:35:06	00:51:32	00:57:44.30	00:58:24.50	+00:22:59 (39.8%)	5:46	10.4 (60.1%)	
450	WALENDZIK Dawid	703				M 1-29	51	00:00:34	00:34:40	00:50:55	00:57:44.70	00:58:19.30	+00:23:00 (39.8%)	5:46	10.4 (60.1%)	
451	PAWELCZYK Jarosław	820	BIEGAM NA TARCHOMINIE			M 40-49	140	00:00:43	00:35:35	00:51:22	00:57:50.75	00:58:34.05	+00:23:06 (39.9%)	5:47	10.4 (60.1%)	
452	FEDORUK Natalia	139				K 30-39	35	00:01:24	00:35:36	00:51:24	00:57:51.35	00:59:15.95	+00:23:06 (39.9%)	5:47	10.4 (60.1%)	
453	YURKEVICH Nadeshda	960				K 30-39	36	00:01:00	00:34:58	00:51:21	00:57:54.25	00:58:54.55	+00:23:09 (40.0%)	5:47	10.4 (60.1%)	
454	OLSZEWSKA Dorota	478	BRACTWO BIEGOWE BGK			K 40-49	38	00:00:56	00:35:37	00:51:26	00:57:57.20	00:58:53.85	+00:23:12 (40.0%)	5:47	10.4 (60.1%)	
455	BRZEZIK Piotr	63				M 30-39	112	00:00:55	00:35:55	00:51:49	00:57:57.85	00:58:52.95	+00:23:13 (40.1%)	5:47	10.4 (60.1%)	
456	KĘPKA Marcin	275			Tak	M 40-49	141	00:00:55	00:35:53	00:51:32	00:57:58.05	00:58:53.75	+00:23:13 (40.1%)	5:47	10.4 (60.1%)	
457	SIWERSKI Paweł	596				M 40-49	142	00:01:12	00:35:44	00:51:35	00:57:58.10	00:59:10.35	+00:23:13 (40.1%)	5:47	10.4 (60.1%)	
458	KAMIEŃ Monika	257				K 1-29	4	00:00:31	00:35:35	00:51:40	00:57:59.35	00:58:30.90	+00:23:14 (40.1%)	5:47	10.3 (59.5%)	
459	SZAREWICZ Paweł	642				M 40-49	143	00:00:45	00:36:19	00:52:03	00:58:02.80	00:58:48.55	+00:23:18 (40.1%)	5:48	10.3 (59.5%)	
460	KOPYŚ Jakub	307			Tak	M 30-39	113	00:00:51	00:36:20	00:51:39	00:58:08.65	00:58:59.65	+00:23:23 (40.2%)	5:48	10.3 (59.5%)	
461	SROCYŃSKA Emilia	617			Tak	K 40-49	39	00:00:36	00:36:07	00:51:55	00:58:09.70	00:58:46.25	+00:23:25 (40.3%)	5:48	10.3 (59.5%)	

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	Drużyna 1								
462	MAZUR Michał	426		M 30-39	114	Tak			00:01:35	00:36:30	00:51:41	00:58:11.20	00:59:46.75	+00:23:26 (40.3%)	5:49	10.3 (59.5%)
463	MIKOŁAJEWICZ Paweł	438		M 30-39	115	Tak			00:01:45	00:34:03	00:50:55	00:58:12.70	00:59:58.65	+00:23:28 (40.3%)	5:49	10.3 (59.5%)
464	LORENS Krzysztof	388		M 40-49	144				00:01:01	00:35:37	00:51:29	00:58:14.30	00:59:15.65	+00:23:29 (40.3%)	5:49	10.3 (59.5%)
465	BUDKOWSKA Dorota	67		K 30-39	37				00:01:05	00:36:26	00:52:06	00:58:19.00	00:59:24.55	+00:23:34 (40.4%)	5:49	10.3 (59.5%)
465	JAROSZ Grzegorz	228		M 50-59	54	Tak			00:01:08	00:37:25	00:52:22	00:58:19.00	00:59:27.65	+00:23:34 (40.4%)	5:49	10.3 (59.5%)
467	SOSIŃSKI Mateusz	615		M 30-39	116				00:01:06	00:36:20	00:52:05	00:58:19.10	00:59:25.10	+00:23:34 (40.4%)	5:49	10.3 (59.5%)
468	LIBERADZKA Magdalena	962		K 40-49	40				00:00:57	00:35:02	00:51:42	00:58:19.20	00:59:16.45	+00:23:34 (40.4%)	5:49	10.3 (59.5%)
468	RACZYŃSKI Tomasz	552		M 40-49	145	Tak			00:01:03	00:37:21	00:52:14	00:58:19.20	00:59:22.70	+00:23:34 (40.4%)	5:49	10.3 (59.5%)
470	PIOTROWSKA Edyta	514	BRACTWO BIEGOWE BGK	K 40-49	41			Bractwo Biegowe BGK	00:00:57	00:35:27	00:51:44	00:58:19.60	00:59:16.60	+00:23:34 (40.4%)	5:49	10.3 (59.5%)
470	SKOROPADYK Yulian	600	SKOLIAN	M 1-29	52	Tak			00:01:09	00:36:21	00:52:14	00:58:19.60	00:59:29.20	+00:23:34 (40.4%)	5:49	10.3 (59.5%)
472	GOZDZIKIEWICZ Błażej	178	BIEGAM NA TARCHOMINIE	M 40-49	146	Yes		Biegam Na Tarchominie	00:01:15	00:35:56	00:51:45	00:58:20.25	00:59:35.60	+00:23:35 (40.4%)	5:50	10.3 (59.5%)
473	ZUBOWICZ Marcin	989		M 30-39	117	Tak			00:01:39	00:36:03	00:52:21	00:58:21.35	01:00:00.55	+00:23:36 (40.5%)	5:50	10.3 (59.5%)
474	BOGŁOWSKA Ula	56		K 30-39	38	Tak			00:01:21	00:36:07	00:52:09	00:58:23.00	00:59:44.10	+00:23:38 (40.5%)	5:50	10.3 (59.5%)
475	AMBROZIAK Robert	16		M 1-29	53				00:00:46	00:36:18	00:52:05	00:58:24.20	00:59:10.35	+00:23:39 (40.5%)	5:50	10.3 (59.5%)
476	MISZEWSKI Bartosz	815	73	M 30-39	118	Tak			00:01:02	00:37:19	00:52:34	00:58:24.40	00:59:27.15	+00:23:39 (40.5%)	5:50	10.3 (59.5%)
477	MUSZYŃSKI Marcelli	451		M 1-29	54				00:00:57	00:35:36	00:51:48	00:58:25.30	00:59:23.25	+00:23:40 (40.5%)	5:50	10.3 (59.5%)
478	NAZARENKO Vova	456		M 1-29	55	Tak			00:01:35	00:36:02	00:52:02	00:58:27.15	01:00:02.50	+00:23:42 (40.6%)	5:50	10.3 (59.5%)
479	KUNA Michał	354		M 40-49	147				00:00:19	00:36:02	00:51:57	00:58:28.05	00:58:47.45	+00:23:43 (40.6%)	5:50	10.3 (59.5%)
480	JAROCKI Jędrzej	227		M 1-29	56	Tak			00:00:44	00:36:19	00:52:43	00:58:32.10	00:59:16.25	+00:23:47 (40.6%)	5:51	10.3 (59.5%)
481	TKACHOVA Yuliya	671		K 30-39	39	Da			00:01:18	00:36:36	00:52:07	00:58:35.55	00:59:54.20	+00:23:50 (40.7%)	5:51	10.2 (59.0%)
482	FILIPOWICZ Arkadiusz	143		M 40-49	148				00:00:21	00:35:58	00:52:19	00:58:37.10	00:58:58.25	+00:23:52 (40.7%)	5:51	10.2 (59.0%)
483	ŁUCZAK Piotr	398	PKO BANK POLSKI SA	M 40-49	149	Tak			00:00:41	00:36:08	00:51:57	00:58:38.45	00:59:20.20	+00:23:53 (40.7%)	5:51	10.2 (59.0%)
484	ŁUCZAK Małgorzata	397	RUNNERSI ZE SKARBKA	K 40-49	42	Tak			00:00:41	00:36:08	00:52:07	00:58:39.05	00:59:20.30	+00:23:54 (40.8%)	5:51	10.2 (59.0%)
485	STROMECKI Marcin	628	BFM	M 30-39	119	Tak			00:02:08	00:34:46	00:53:25	00:58:47.95	01:00:56.30	+00:24:03 (40.9%)	5:52	10.2 (59.0%)
486	TOKARZEWSKI Robert	674		M 50-59	55	Tak			00:01:43	00:36:31	00:52:13	00:58:48.00	01:00:31.80	+00:24:03 (40.9%)	5:52	10.2 (59.0%)
487	GORCZYCA-KUŹNICKA Ilona	176		K 40-49	43				00:00:48	00:36:58	00:52:40	00:58:49.30	00:59:37.75	+00:24:04 (40.9%)	5:52	10.2 (59.0%)
488	TRZASKO Ania	683		K 30-39	40				00:00:45	00:35:56	00:52:17	00:58:50.75	00:59:35.80	+00:24:06 (41.0%)	5:53	10.2 (59.0%)
489	SIERZYCKA Katarzyna	587		K 30-39	41				00:01:12	00:36:57	00:52:33	00:58:52.15	01:00:04.45	+00:24:07 (41.0%)	5:53	10.2 (59.0%)
490	RUDNICKA Emilia	568	BIEGAM NA TARCHOMINIE	K 40-49	44	Tak			00:01:04	00:35:32	00:52:10	00:58:54.00	00:59:58.65	+00:24:09 (41.0%)	5:53	10.2 (59.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec		Drużyna 1	Czas			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h	
						Białołęki	Samorządowiec		startu	6.6km	9km						
491	SZYMAŃSKA Małgorzata	724		K 40-49	45	Tak			Biegowe Wtorki Na Tarchominie	00:00:35	00:36:00	00:52:29	00:58:55.20	00:59:30.50	+00:24:10 (41.0%)	5:53	10.2 (59.0%)
492	WALECKI Romuald	839	TRIATHLON TARCHOMIN TEAM	M 50-59	56	Tak			Triathlon Tarchomin Team	00:00:08	00:35:54	00:52:26	00:58:55.75	00:59:04.35	+00:24:11 (41.0%)	5:53	10.2 (59.0%)
493	PŁUCIŚ Małgorzata	525		K 30-39	42					00:01:08	00:37:15	00:52:47	00:58:56.90	01:00:05.15	+00:24:12 (41.1%)	5:53	10.2 (59.0%)
494	STANKIEWICZ Maciej	619		M 40-49	150	Tak				00:01:22	00:37:15	00:52:39	00:58:59.80	01:00:22.00	+00:24:15 (41.1%)	5:53	10.2 (59.0%)
495	WACHOWSKA Emilia	837	USŁUGI WETERYNARYJNE EMILIA WACHOWSKA	K 30-39	43					00:01:00	00:36:11	00:52:55	00:59:01.80	01:00:02.75	+00:24:17 (41.1%)	5:54	10.2 (59.0%)
496	DORS Marek	124	LKS KABEX PODKOWA JANÓW	M 1-29	57	Tak				00:00:46	00:36:04	00:52:31	00:59:03.35	00:59:50.20	+00:24:18 (41.2%)	5:54	10.2 (59.0%)
497	ZAKRZEWSKI Łukasz	762		M 30-39	120					00:00:55	00:35:50	00:52:50	00:59:03.65	00:59:58.75	+00:24:18 (41.2%)	5:54	10.2 (59.0%)
498	POLAK Rafał	531		M 40-49	151					00:00:32	00:36:11	00:52:52	00:59:07.50	00:59:40.30	+00:24:22 (41.2%)	5:54	10.1 (58.4%)
499	KOZAKIEWICZ Tomasz	329		M 30-39	121			Tak		00:01:19	00:37:41	00:53:09	00:59:08.60	01:00:28.00	+00:24:23 (41.3%)	5:54	10.1 (58.4%)
500	LIBOLD Maciej	383		M 40-49	152	Tak				00:00:31	00:35:51	00:52:22	00:59:11.25	00:59:43.20	+00:24:26 (41.3%)	5:55	10.1 (58.4%)
501	GORAL Piotr	175		M 60+	15					00:01:10	00:37:18	00:52:55	00:59:14.00	01:00:24.70	+00:24:29 (41.3%)	5:55	10.1 (58.4%)
502	KRASZEWSKI Paweł	335		M 40-49	153					00:00:52	00:36:46	00:52:50	00:59:14.45	01:00:06.95	+00:24:29 (41.3%)	5:55	10.1 (58.4%)
503	KAZAŁA Piotr	270	BIEGAM NA TARCHOMINIE	M 50-59	57	Tak				00:01:05	00:37:00	00:52:50	00:59:22.00	01:00:27.20	+00:24:37 (41.5%)	5:56	10.1 (58.4%)
504	KOPROWSKI Jacek	306	PARKRUN PRUSZKÓW	M 30-39	122					00:01:07	00:37:28	00:52:48	00:59:22.80	01:00:30.75	+00:24:38 (41.5%)	5:56	10.1 (58.4%)
505	JEZIERSKI Jan	238	GRUPA BIEGOWA CHTMO	M 60+	16	Tak			Grupa Biegowa CHTMO	00:00:52	00:35:29	00:52:07	00:59:23.15	01:00:15.30	+00:24:38 (41.5%)	5:56	10.1 (58.4%)
506	PONICHTERA Karolina	533		K 30-39	44					00:01:04	00:36:53	00:53:00	00:59:25.25	01:00:29.85	+00:24:40 (41.5%)	5:56	10.1 (58.4%)
507	ZYGADŁO Piotr	779		M 40-49	154			Tak		00:00:54	00:37:28	00:53:01	00:59:33.00	01:00:27.50	+00:24:48 (41.7%)	5:57	10.1 (58.4%)
508	SZKUDLAREK Ewa	651		K 30-39	45					00:01:09	00:37:22	00:53:23	00:59:35.40	01:00:45.00	+00:24:50 (41.7%)	5:57	10.1 (58.4%)
509	SIERZYCKI Hubert	588		M 30-39	123					00:01:12	00:36:33	00:53:14	00:59:37.25	01:00:49.80	+00:24:52 (41.7%)	5:57	10.1 (58.4%)
510	GODZISZ Ewa	171	VEGERUNNERS	K 40-49	46				Vege Runners	00:01:06	00:37:36	00:53:29	00:59:37.90	01:00:44.00	+00:24:53 (41.7%)	5:57	10.1 (58.4%)
511	KRZYŻANOWSKI Maciej	348		M 30-39	124	Tak			Biegam Na Białołęce	00:01:10	00:37:27	00:53:16	00:59:39.65	01:00:50.05	+00:24:54 (41.8%)	5:57	10.1 (58.4%)
512	KNAPIK Paweł	803		M 40-49	155					00:01:02	00:36:50	00:53:07	00:59:41.15	01:00:43.35	+00:24:56 (41.8%)	5:58	10.1 (58.4%)
513	LEWANDOWSKA Joanna	376	WARSAW RUN CLUB	K 50-59	5					00:00:42	00:36:20	00:53:10	00:59:44.30	01:00:27.25	+00:24:59 (41.8%)	5:58	10 (57.8%)
514	BRZOZOWSKA Magdalena	64	BIEGUSTATORZY	K 40-49	47					00:01:05	00:37:30	00:52:54	00:59:45.85	01:00:51.35	+00:25:01 (41.9%)	5:58	10 (57.8%)
515	LIS-MAJER Anna	385		K 30-39	46			Tak		00:00:49	00:35:31	00:53:03	00:59:46.15	01:00:35.15	+00:25:01 (41.9%)	5:58	10 (57.8%)
516	TALAROWSKI Jacek	669		M 40-49	156	Tak				00:01:10	00:37:04	00:53:24	00:59:48.35	01:00:58.45	+00:25:03 (41.9%)	5:58	10 (57.8%)
517	GONTAREK Olga	174		K 30-39	47			Tak		00:00:09	00:36:42	00:53:11	00:59:48.40	00:59:58.25	+00:25:03 (41.9%)	5:58	10 (57.8%)
518	WALLIS Patrick	830	FUNDACJA INTER PARES	M 50-59	58					00:00:07	00:33:45	00:53:01	00:59:51.60	00:59:59.05	+00:25:06 (42.0%)	5:59	10 (57.8%)

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
						Białołęka	Samorządowiec	Drużyna 1								
519	TRZESIŃSKI Michał	686		M 30-39	125	Tak			00:01:29	00:36:13	00:53:29	00:59:54.75	01:01:24.00	+00:25:10 (42.0%)	5:59	10 (57.8%)
520	KOSTRUBIEC Grzegorz	314		M 30-39	126	Tak			00:00:41	00:35:50	00:53:00	00:59:55.30	01:00:36.75	+00:25:10 (42.0%)	5:59	10 (57.8%)
521	RABI Joanna	551		K 30-39	48	Tak			00:00:36	00:38:03	00:53:48	00:59:56.00	01:00:32.25	+00:25:11 (42.0%)	5:59	10 (57.8%)
522	PIÓRO Damian	516		M 30-39	127	Tak			00:01:10	00:37:24	00:52:58	00:59:56.70	01:01:06.80	+00:25:12 (42.0%)	5:59	10 (57.8%)
523	SKROBEK Piotr	831		M 30-39	128				00:01:30	00:39:39	00:54:00	00:59:57.45	01:01:28.20	+00:25:12 (42.1%)	5:59	10 (57.8%)
524	ZASŁONKA Paweł	766		M 30-39	129	Tak			00:00:14	00:37:49	00:53:48	01:00:00.70	01:00:15.15	+00:25:16 (42.1%)	6:00	10 (57.8%)
525	SZYMOR Joanna	660	SERWIS POJAZDÓW	K 30-39	49				00:00:49	00:36:21	00:52:57	01:00:01.65	01:00:50.95	+00:25:16 (42.1%)	6:00	10 (57.8%)
526	JANKOWSKA Wioletta	222		K 40-49	48	Tak			00:01:01	00:36:31	00:53:35	01:00:02.45	01:01:04.05	+00:25:17 (42.1%)	6:00	10 (57.8%)
527	BROŻEK Aleksandra	62		K 30-39	50				00:00:53	00:36:25	00:53:23	01:00:04.10	01:00:57.75	+00:25:19 (42.2%)	6:00	10 (57.8%)
528	SIKORA Mateusz	590		M 30-39	130				00:00:55	00:36:03	00:53:02	01:00:15.05	01:01:10.65	+00:25:30 (42.3%)	6:01	10 (57.8%)
529	WOŹNY Andrzej	746		M 50-59	59	Tak			00:01:13	00:37:00	00:53:34	01:00:16.80	01:01:29.85	+00:25:32 (42.4%)	6:01	10 (57.8%)
530	MORAWSKI Krzysztof	446		M 50-59	60				00:01:14	00:37:53	00:53:40	01:00:23.80	01:01:38.00	+00:25:39 (42.5%)	6:02	9.9 (57.2%)
531	MOSTOWSKA Małgosia	447		K 30-39	51	Tak			00:01:09	00:37:38	00:53:40	01:00:24.35	01:01:33.55	+00:25:39 (42.5%)	6:02	9.9 (57.2%)
532	KOSIERADZKI Paweł	982	MASTERS DOJO	M 50-59	61	Tak			00:00:49	00:36:12	00:53:41	01:00:26.10	01:01:15.85	+00:25:41 (42.5%)	6:02	9.9 (57.2%)
533	GAWROŃSKA Agata	797	WYBIEGAJ SIEBIE	K 40-49	49				00:01:30	00:37:33	00:54:07	01:00:28.45	01:01:59.40	+00:25:43 (42.5%)	6:02	9.9 (57.2%)
534	MARSZAŁEK Karolina	418		K 50-59	6	Tak			00:01:10	00:38:01	00:53:54	01:00:28.95	01:01:39.80	+00:25:44 (42.6%)	6:02	9.9 (57.2%)
535	MARSZAŁEK Mariusz	419		M 50-59	62	Tak			00:01:11	00:37:58	00:53:53	01:00:29.45	01:01:41.05	+00:25:44 (42.6%)	6:02	9.9 (57.2%)
536	PUCHALSKA Wioletta	545		K 30-39	52				00:00:47	00:36:36	00:53:34	01:00:30.05	01:01:17.40	+00:25:45 (42.6%)	6:03	9.9 (57.2%)
537	JAKUBICKA Joanna	215		K 30-39	53				00:00:58	00:38:00	00:53:47	01:00:33.00	01:01:31.95	+00:25:48 (42.6%)	6:03	9.9 (57.2%)
538	TOMASZEWSKI Jacek	676		M 30-39	131	Tak			00:00:54	00:37:04	00:54:09	01:00:37.80	01:01:32.05	+00:25:53 (42.7%)	6:03	9.9 (57.2%)
539	MALANOWSKA Julia	410		K 30-39	54				00:00:40	00:37:32	00:54:05	01:00:38.00	01:01:18.70	+00:25:53 (42.7%)	6:03	9.9 (57.2%)
540	PIATKA Tomasz	507	ADIDAS RUNNERS WARSAW	M 30-39	132											
540	PIATKA Tomasz	507	ADIDAS RUNNERS WARSAW	M 30-39	132											
541	ILIN Vadym	209		M 30-39	133				00:00:19	00:35:15	00:53:29	01:00:46.00	01:01:05.90	+00:26:01 (42.8%)	6:04	9.9 (57.2%)
542	MARCZAK Grażyna	415	LECZO TEAM	K 60+	5				00:00:57	00:37:19	00:53:55	01:00:49.60	01:01:47.45	+00:26:04 (42.9%)	6:04	9.9 (57.2%)
543	GAJEWSKI Paweł	154		M 40-49	157				00:00:50	00:37:45	00:54:11	01:00:50.10	01:01:40.45	+00:26:05 (42.9%)	6:05	9.9 (57.2%)
544	KĘDZIOREK Ela	273	TEAM ZABIEGANEDNI	K 30-39	55				00:00:56	00:36:27	00:53:43	01:00:54.00	01:01:50.10	+00:26:09 (42.9%)	6:05	9.9 (57.2%)
545	BIENIEK Wojciech	48		M 30-39	134				00:00:54	00:37:39	00:54:21	01:00:54.95	01:01:49.15	+00:26:10 (43.0%)	6:05	9.9 (57.2%)

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	Drużyna 1								
546	PĘSIEK Adam	506		M 40-49	158			Tak	00:01:27	00:38:03	00:54:17	01:00:55.00	01:02:22.95	+00:26:10 (43.0%)	6:05	9.8 (56.6%)
547	ORŁOWSKA Anna	482		K 30-39	56				00:01:09	00:37:40	00:54:26	01:01:00.00	01:02:09.90	+00:26:15 (43.0%)	6:06	9.8 (56.6%)
548	GAWROŃSKI Bartosz	798		M 40-49	159				00:01:30	00:37:16	00:54:25	01:01:00.05	01:02:30.95	+00:26:15 (43.0%)	6:06	9.8 (56.6%)
549	CIEŚLA Grzegorz	96		M 40-49	160	Tak			00:01:10	00:37:40	00:54:27	01:01:00.20	01:02:10.50	+00:26:15 (43.0%)	6:06	9.8 (56.6%)
550	KOSTRZEWSKI Piotr	998		M 50-59	63				00:01:39	00:38:01	00:54:36	01:01:07.30	01:02:46.95	+00:26:22 (43.2%)	6:06	9.8 (56.6%)
551	ROSTEK Andrzej	564		M 50-59	64			Tak	00:01:07	00:37:47	00:54:21	01:01:08.60	01:02:16.25	+00:26:23 (43.2%)	6:06	9.8 (56.6%)
552	WĘGLIŃSKI Jakub	713		M 1-29	58	Tak			00:01:13	00:38:02	00:54:47	01:01:13.55	01:02:26.70	+00:26:28 (43.3%)	6:07	9.8 (56.6%)
553	KOWALSKA Katarzyna	805	JUDO LEMUR	K 40-49	50	Tak			00:00:56	00:37:40	00:54:50	01:01:20.45	01:02:16.50	+00:26:35 (43.4%)	6:08	9.8 (56.6%)
554	HARABIN Justyna	200		K 30-39	57				00:01:01	00:37:41	00:54:21	01:01:20.50	01:02:21.70	+00:26:35 (43.4%)	6:08	9.8 (56.6%)
555	DZIERZANOWSKA Julia	134	ZABIEGANY WOŁOMIN	K 1-29	5			Zabiegany Wołomin	00:00:49	00:38:01	00:54:27	01:01:23.85	01:02:13.15	+00:26:39 (43.4%)	6:08	9.8 (56.6%)
556	WOŁOSZKA Dariusz	743		M 40-49	161				00:00:23	00:37:55	00:54:41	01:01:25.15	01:01:49.10	+00:26:40 (43.4%)	6:08	9.8 (56.6%)
557	OSTRYSZ Magdalena	490		K 30-39	58				00:00:48	00:37:24	00:54:19	01:01:26.10	01:02:14.25	+00:26:41 (43.4%)	6:08	9.8 (56.6%)
558	SZYPROWSKA Maria	661		K 1-29	6	Tak			00:01:12	00:37:43	00:55:00	01:01:29.05	01:02:41.65	+00:26:44 (43.5%)	6:08	9.8 (56.6%)
559	OBROŚLAK Grzegorz	470		M 1-29	59	Tak			00:00:46	00:35:51	00:54:44	01:01:30.65	01:02:16.95	+00:26:45 (43.5%)	6:09	9.8 (56.6%)
560	NIEWIADOMSKA Karolina	459		K 30-39	59				00:01:07	00:37:45	00:54:47	01:01:38.00	01:02:45.70	+00:26:53 (43.6%)	6:09	9.7 (56.1%)
561	MARINA Diana	416		K 1-29	7			Tak	00:01:20	00:38:38	00:55:16	01:01:38.05	01:02:58.25	+00:26:53 (43.6%)	6:09	9.7 (56.1%)
562	SIKORSKI Paweł	592	GAMMA	M 40-49	162	Tak			00:01:00	00:37:53	00:55:00	01:01:38.60	01:02:39.55	+00:26:53 (43.6%)	6:09	9.7 (56.1%)
563	WĘGRZYN Wojciech	978		M 30-39	135				00:01:20	00:38:28	00:54:32	01:01:39.40	01:02:59.60	+00:26:54 (43.6%)	6:09	9.7 (56.1%)
564	ŻÓŁCIŃSKI Waldemar	784	GRUPA BIEGOWA UM W-WA	M 60+	17			Tak	00:01:42	00:38:47	00:55:07	01:01:41.35	01:03:23.55	+00:26:56 (43.7%)	6:10	9.7 (56.1%)
565	RADOMSKA-ZUBCZYŃSKA Maria	554		K 30-39	60	Tak			00:00:51	00:36:24	00:54:34	01:01:42.20	01:02:34.00	+00:26:57 (43.7%)	6:10	9.7 (56.1%)
566	PYSKUN Anna	548		K 1-29	8	Yes			00:00:25	00:38:33	00:55:14	01:01:43.70	01:02:09.35	+00:26:59 (43.7%)	6:10	9.7 (56.1%)
567	BARTNIK Rafał	25	ZABIEGANY WOŁOMIN	M 40-49	163				00:01:03	00:38:48	00:54:53	01:01:44.50	01:02:47.85	+00:26:59 (43.7%)	6:10	9.7 (56.1%)
568	WISZOWATY Daniel	726		M 30-39	136	Tak			00:01:28	00:38:34	00:55:22	01:01:45.90	01:03:14.40	+00:27:01 (43.7%)	6:10	9.7 (56.1%)
569	KACZOREK Robert	253		M 60+	18				00:00:48	00:38:36	00:54:57	01:01:48.90	01:02:37.35	+00:27:04 (43.8%)	6:10	9.7 (56.1%)
570	SZOSTAK Grzegorz	654		M 40-49	164	Tak			00:01:01	00:38:02	00:55:24	01:01:54.35	01:02:56.00	+00:27:09 (43.9%)	6:11	9.7 (56.1%)
571	LELITO Daria	369		K 30-39	61				00:01:20	00:38:04	00:55:05	01:01:55.00	01:03:15.20	+00:27:10 (43.9%)	6:11	9.7 (56.1%)
572	ZACŁONA Paweł	758		M 30-39	137				00:00:45	00:37:04	00:54:26	01:01:59.30	01:02:44.90	+00:27:14 (43.9%)	6:11	9.7 (56.1%)
573	KOZICKI Dawid	330		M 1-29	60				00:01:10	00:38:12	00:55:25	01:01:59.35	01:03:09.35	+00:27:14 (43.9%)	6:11	9.7 (56.1%)

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
						Białołęka	Samorządowiec	Drużyna 1								
574	ZAJDLEWICZ Marek	842		M 40-49	165				00:01:15	00:37:37	00:55:26	01:02:13.60	01:03:29.35	+00:27:28 (44.2%)	6:13	9.6 (55.5%)
575	KLOC Hanna	284	FALA NIEPORĘT	K 1-29	9				00:01:31	00:35:31	00:54:42	01:02:14.60	01:03:45.85	+00:27:29 (44.2%)	6:13	9.6 (55.5%)
576	NIEWIADOMSKI Zdzisław	460		M 60+	19				00:01:06	00:37:57	00:55:06	01:02:15.70	01:03:21.80	+00:27:31 (44.2%)	6:13	9.6 (55.5%)
577	KUNKA Piotr	355	TEAM ZABIEGANEDNI	M 40-49	166			Team ZabieganeDni	00:01:05	00:37:50	00:54:35	01:02:16.45	01:03:21.95	+00:27:31 (44.2%)	6:13	9.6 (55.5%)
578	NOWAK Edyta	464		K 40-49	51	Tak			00:01:15	00:37:49	00:55:07	01:02:17.00	01:03:32.90	+00:27:32 (44.2%)	6:13	9.6 (55.5%)
579	KOPCZYŃSKI Arkadiusz	303		M 50-59	65				00:01:03	00:36:32	00:55:37	01:02:19.45	01:03:23.30	+00:27:34 (44.3%)	6:13	9.6 (55.5%)
580	SZCZEPANIAK Mariusz	644		M 50-59	66	Tak			00:01:43	00:37:14	00:54:54	01:02:20.55	01:04:03.55	+00:27:35 (44.3%)	6:14	9.6 (55.5%)
580	KOSEWSKA Dorota	310	BIEGAM NA TARCHOMINIE	K 50-59	7	Tak		Biegam Na Tarchominie	00:01:22	00:39:09	00:55:52	01:02:20.55	01:03:43.30	+00:27:35 (44.3%)	6:14	9.6 (55.5%)
582	PIETRZYKOWSKI Jakub	510		M 1-29	61	Tak			00:00:30	00:33:03	00:55:04	01:02:22.45	01:02:52.75	+00:27:37 (44.3%)	6:14	9.6 (55.5%)
583	DOBRUCH Robert	120		M 50-59	67				00:00:54	00:39:00	00:55:42	01:02:23.30	01:03:17.35	+00:27:38 (44.3%)	6:14	9.6 (55.5%)
584	ZADROŻNY Andrzej	759		M 40-49	167	Tak			00:01:15	00:38:34	00:55:32	01:02:23.70	01:03:39.05	+00:27:39 (44.3%)	6:14	9.6 (55.5%)
585	ORZECHOWSKA Ewa	486		K 1-29	10	Tak			00:00:43	00:37:52	00:54:59	01:02:26.35	01:03:09.85	+00:27:41 (44.4%)	6:14	9.6 (55.5%)
586	OSTROWIŃSKA Joanna	489		K 40-49	52	Tak			00:01:42	00:39:31	00:55:37	01:02:28.80	01:04:11.30	+00:27:44 (44.4%)	6:14	9.6 (55.5%)
587	LESNIEWSKI Paweł	373		M 40-49	168	Tak			00:01:20	00:38:45	00:55:50	01:02:41.45	01:04:01.95	+00:27:56 (44.6%)	6:16	9.6 (55.5%)
588	CZARTORYSKA Anna	103		K 40-49	53	Tak			00:00:33	00:38:27	00:55:51	01:02:54.95	01:03:28.35	+00:28:10 (44.8%)	6:17	9.5 (54.9%)
589	BOBOWSKI Sebastian	55		M 40-49	169	Tak			00:00:56	00:37:00	00:55:55	01:02:57.65	01:03:54.30	+00:28:12 (44.8%)	6:17	9.5 (54.9%)
590	BIEŃKOWSKA - GACKA Katarzyna	49		K 30-39	62				00:00:59	00:38:45	00:56:02	01:03:03.35	01:04:02.75	+00:28:18 (44.9%)	6:18	9.5 (54.9%)
591	WITEK Małgorzata	729		K 40-49	54	Tak			00:00:36	00:38:36	00:56:17	01:03:13.20	01:03:49.85	+00:28:28 (45.0%)	6:19	9.5 (54.9%)
592	OPOŃSKA Emilia	481	BIEGAM NA TARCHOMINIE	K 30-39	63			Biegam Na Tarchominie	00:01:17	00:39:17	00:56:44	01:03:17.45	01:04:34.45	+00:28:32 (45.1%)	6:19	9.5 (54.9%)
593	PTASIEWICZ Alicja	544		K 1-29	11				00:01:19	00:39:40	00:56:53	01:03:23.70	01:04:43.40	+00:28:39 (45.2%)	6:20	9.5 (54.9%)
594	GADAWSKI Edward	153		M 1-29	62				00:01:09	00:38:42	00:57:06	01:03:25.60	01:04:34.65	+00:28:40 (45.2%)	6:20	9.5 (54.9%)
595	DOBRUCH Hanna	121		K 50-59	8				00:00:54	00:39:02	00:56:08	01:03:26.05	01:04:20.05	+00:28:41 (45.2%)	6:20	9.5 (54.9%)
595	SUBALSKA Mariola	634		K 40-49	55				00:01:02	00:38:56	00:56:10	01:03:26.05	01:04:28.85	+00:28:41 (45.2%)	6:20	9.5 (54.9%)
597	JUSZCZAK-SADOWSKA Angelina	248	POLFA TARCHOMIN	K 40-49	56				00:00:51	00:41:25	00:55:32	01:03:30.50	01:04:21.50	+00:28:45 (45.3%)	6:21	9.4 (54.3%)
598	CHODUN Paweł	82		M 30-39	138				00:01:39	00:40:12	00:57:08	01:03:34.10	01:05:13.45	+00:28:49 (45.3%)	6:21	9.4 (54.3%)
599	CHODUN Agnieszka	83		K 30-39	64				00:01:39	00:40:12	00:57:08	01:03:34.25	01:05:13.45	+00:28:49 (45.3%)	6:21	9.4 (54.3%)
600	TORZEWSKI Janusz	681	WAT	M 50-59	68				00:01:26	00:39:20	00:56:18	01:03:36.10	01:05:03.05	+00:28:51 (45.4%)	6:21	9.4 (54.3%)
601	TORZEWSKA Agnieszka	680		K 40-49	57				00:01:26	00:39:19	00:56:17	01:03:36.25	01:05:02.85	+00:28:51 (45.4%)	6:21	9.4 (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	Drużyna 1								
602	SKRZYPECKI Jakub	601	ANPHARM RUN TEAM	M 30-39	139				00:00:46	00:39:32	00:56:46	01:03:38.00	01:04:24.55	+00:28:53 (45.4%)	6:21	9.4 (54.3%)
603	BIAŁEK Tomasz	41		M 30-39	140				00:00:30	00:38:35	00:56:56	01:03:38.75	01:04:09.15	+00:28:54 (45.4%)	6:21	9.4 (54.3%)
604	MIKOŁAJCZYK Karolina	437	MARIO TEAM	K 40-49	58				00:01:14	00:40:52	00:57:02	01:03:46.70	01:05:01.10	+00:29:02 (45.5%)	6:22	9.4 (54.3%)
605	DĄBROWSKI Andrzej	112	TARCZYŃSKI KLUB BIEGOWY	M 60+	20				00:00:55	00:39:21	00:57:07	01:03:47.30	01:04:42.30	+00:29:02 (45.5%)	6:22	9.4 (54.3%)
606	UFNAL Maciej	690		M 30-39	141				00:01:13	00:38:06	00:55:57	01:03:47.65	01:05:01.40	+00:29:02 (45.5%)	6:22	9.4 (54.3%)
607	TALATAI Sviatlana	835		K 30-39	65	Tak			00:01:01	00:37:28	00:56:28	01:03:48.55	01:04:50.25	+00:29:03 (45.5%)	6:22	9.4 (54.3%)
608	PIKIEWICZ Julita	511		K 40-49	59				00:01:01	00:39:19	00:56:40	01:03:48.90	01:04:50.85	+00:29:04 (45.6%)	6:22	9.4 (54.3%)
609	JANY Elżbieta	226	RUNNERS TEAM KEPNO	K 40-49	60				00:01:03	00:39:02	00:56:29	01:03:49.15	01:04:52.35	+00:29:04 (45.6%)	6:22	9.4 (54.3%)
610	RAJCHEMBACH Adam	556		M 30-39	142	Tak			00:01:21	00:36:58	00:55:43	01:03:49.30	01:05:10.40	+00:29:04 (45.6%)	6:22	9.4 (54.3%)
611	MĘDEL Cezary	429		M 50-59	69				00:01:06	00:37:56	00:57:14	01:03:50.70	01:04:57.45	+00:29:06 (45.6%)	6:23	9.4 (54.3%)
612	KRUKOWSKI Sebastian	342		M 30-39	143				00:01:11	00:39:17	00:57:07	01:03:51.55	01:05:02.75	+00:29:06 (45.6%)	6:23	9.4 (54.3%)
613	KRÓL Patryk	339		M 30-39	144				00:00:53	00:37:07	00:56:35	01:03:57.10	01:04:50.25	+00:29:12 (45.7%)	6:23	9.4 (54.3%)
614	URBANIAK Paweł	692		M 40-49	170	Tak			00:00:06	00:40:16	00:57:22	01:04:00.25	01:04:07.05	+00:29:15 (45.7%)	6:24	9.4 (54.3%)
615	GARWOŁA Paweł	157		M 40-49	171				00:01:17	00:39:35	00:57:08	01:04:04.30	01:05:21.75	+00:29:19 (45.8%)	6:24	9.4 (54.3%)
616	GAWRACZYŃSKA Anna	161	WTŁ STEGNY WARSZAWA	K 60+	6				00:00:47	00:40:22	00:57:16	01:04:05.10	01:04:53.05	+00:29:20 (45.8%)	6:24	9.4 (54.3%)
617	ŁOZOWSKI Robert	396	DOMELO ROBERT ŁOZOWSKI	M 40-49	172	Tak			00:01:06	00:39:06	00:57:02	01:04:10.25	01:05:16.95	+00:29:25 (45.9%)	6:25	9.4 (54.3%)
618	POKRZYWNICKA-JAKUBOWSKA Anna	530		K 40-49	61				00:01:27	00:39:01	00:57:12	01:04:10.90	01:05:38.10	+00:29:26 (45.9%)	6:25	9.4 (54.3%)
619	CZAJKOWSKI Rafał	100	EKOBIEGI	M 40-49	173	Tak			00:01:18	00:40:48	00:57:00	01:04:12.40	01:05:31.20	+00:29:27 (45.9%)	6:25	9.3 (53.8%)
620	MALER Władysław	411	REEBOK RUN CREW	M 60+	21				00:01:14	00:39:13	00:56:59	01:04:16.35	01:05:30.75	+00:29:31 (45.9%)	6:25	9.3 (53.8%)
621	KOWALCZYK Ryszard	321	APOSTOŁOWIE TRX	M 60+	22				00:01:36	00:38:45	00:56:42	01:04:22.25	01:05:58.80	+00:29:37 (46.0%)	6:26	9.3 (53.8%)
622	SIERZPUTOWSKA Ewa	586	GUNS&ROSES RUN TEAM	K 50-59	9				00:01:23	00:39:11	00:56:58	01:04:31.75	01:05:55.70	+00:29:47 (46.2%)	6:27	9.3 (53.8%)
623	JANISZEWSKI Jan	221		M 60+	23				00:01:02	00:40:13	00:57:24	01:04:32.50	01:05:35.05	+00:29:47 (46.2%)	6:27	9.3 (53.8%)
624	KOZAK Paweł	328		M 30-39	145		Tak		00:01:28	00:41:21	00:57:59	01:04:36.50	01:06:05.25	+00:29:51 (46.2%)	6:27	9.3 (53.8%)
625	PAC Bartosz	495		M 40-49	174				00:01:14	00:39:28	00:57:14	01:04:37.85	01:05:52.70	+00:29:53 (46.2%)	6:27	9.3 (53.8%)
626	MĘDEL Marta	430		K 40-49	62				00:01:06	00:38:26	00:57:16	01:04:37.95	01:05:44.45	+00:29:53 (46.2%)	6:27	9.3 (53.8%)
627	BORKOWSKA Monika	60		K 30-39	66	Tak			00:01:11	00:39:42	00:57:27	01:04:41.80	01:05:53.55	+00:29:57 (46.3%)	6:28	9.3 (53.8%)
627	DŁUGOKĘCKA Katarzyna	116		K 30-39	67	Tak			00:01:11	00:40:56	00:58:03	01:04:41.80	01:05:53.30	+00:29:57 (46.3%)	6:28	9.3 (53.8%)
629	JĘŻMAŃSKI Sławek	241	BIEGAM NA TARCHOMINIE	M 40-49	175	Tak		Biegam Na Tarchominie	00:01:07	00:39:29	00:57:10	01:04:45.20	01:05:52.25	+00:30:00 (46.3%)	6:28	9.3 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec		Drużyna 1	Czas			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Białoleki	Samorządowiec		startu	6.6km	9km					
630	CHOJNOWSKI Andrzej	84	BIEGAM NA TARCHOMINIE	M 40-49	176	Tak		Biegam Na Tarchominie	00:01:30	00:38:54	00:57:14	01:04:47.15	01:06:17.20	+00:30:02 (46.4%)	6:28	9.3 (53.8%)
631	POŚNIK Michał	823		M 30-39	146	Tak			00:01:18	00:39:57	00:57:34	01:04:48.70	01:06:07.35	+00:30:04 (46.4%)	6:28	9.3 (53.8%)
632	REŚLIŃSKI Piotr	558		M 1-29	63	Tak			00:01:07	00:38:06	00:57:34	01:04:49.40	01:05:56.95	+00:30:04 (46.4%)	6:28	9.3 (53.8%)
633	OPALIŃSKA Katarzyna	480		K 30-39	68	Tak			00:01:04	00:40:14	00:58:11	01:04:53.45	01:05:57.85	+00:30:08 (46.5%)	6:29	9.2 (53.2%)
634	KWAŚNIEWSKI Tomasz	363		M 40-49	177				00:00:45	00:39:42	00:57:37	01:04:53.90	01:05:39.00	+00:30:09 (46.5%)	6:29	9.2 (53.2%)
635	ZAKHARKEVICH Alexander	992		M 40-49	178	Tak			00:01:34	00:39:43	00:57:59	01:05:03.40	01:06:37.95	+00:30:18 (46.6%)	6:30	9.2 (53.2%)
636	WALECKA Wiktoria	838	TRIATHLON TARCHOMIN TEAM	K 30-39	69	Tak	Tak	Triathlon Tarchomin Team	00:01:23	00:40:53	00:58:11	01:05:03.75	01:06:27.60	+00:30:19 (46.6%)	6:30	9.2 (53.2%)
637	ZIARKO Joanna	844		K 40-49	63				00:01:03	00:39:24	00:57:26	01:05:04.85	01:06:08.35	+00:30:20 (46.6%)	6:30	9.2 (53.2%)
638	KOWALCZYK Zdzisław	322	JW 2189	M 40-49	179	Tak			00:00:56	00:39:03	00:57:23	01:05:06.00	01:06:02.15	+00:30:21 (46.6%)	6:30	9.2 (53.2%)
639	KRZYWIEC Przemysław	347		M 30-39	147				00:00:11	00:41:29	00:58:59	01:05:35.65	01:05:47.40	+00:30:50 (47.0%)	6:33	9.1 (52.6%)
640	TYBURC Paweł	69	RADA DZIELNICY BIAŁOLEKA	M 50-59	70	Tak	Tak		00:01:36	00:40:43	00:58:35	01:05:38.10	01:07:14.20	+00:30:53 (47.1%)	6:33	9.1 (52.6%)
641	RUCYK Justyna	567		K 40-49	64		Tak		00:01:32	00:40:52	00:58:38	01:05:40.35	01:07:12.85	+00:30:55 (47.1%)	6:34	9.1 (52.6%)
642	NOWAK Katarzyna	463		K 40-49	65				00:01:08	00:39:50	00:58:04	01:05:43.65	01:06:52.00	+00:30:58 (47.1%)	6:34	9.1 (52.6%)
643	SZCZEPAŃSKI Mateusz	645		M 1-29	64			Lewandowscy	00:01:04	00:40:28	00:58:15	01:05:47.55	01:06:51.55	+00:31:02 (47.2%)	6:34	9.1 (52.6%)
644	GROCHOWSKA Joanna	4	BIEGAM DOBRZE DLA FUNDACJI SYNOPSIS	K 50-59	10				00:01:35	00:40:11	00:58:39	01:05:49.65	01:07:25.20	+00:31:04 (47.2%)	6:34	9.1 (52.6%)
645	PARK Jong Gyu	818	NONE	M 40-49	180				00:00:21	00:38:59	00:58:13	01:05:54.35	01:06:16.10	+00:31:09 (47.3%)	6:35	9.1 (52.6%)
646	WIŚNIEWSKA Aneta	840		K 40-49	66	Tak			00:00:10	00:40:11	00:58:28	01:05:54.90	01:06:05.40	+00:31:10 (47.3%)	6:35	9.1 (52.6%)
647	ZAWADKA Agnieszka	964		K 50-59	11				00:01:27	00:40:17	00:58:29	01:06:08.75	01:07:36.25	+00:31:24 (47.5%)	6:36	9.1 (52.6%)
648	MEJOR Jan	428		M 30-39	148	Tak			00:01:02	00:39:30	00:58:15	01:06:08.85	01:07:11.30	+00:31:24 (47.5%)	6:36	9.1 (52.6%)
649	KASPRZAK Marcin	267		M 50-59	71	Tak			00:01:27	00:40:45	00:58:57	01:06:16.55	01:07:44.20	+00:31:31 (47.6%)	6:37	9.1 (52.6%)
650	PIOTROWSKA-KLOC Magda	515	FALA NIEPORĘT	K 40-49	67				00:01:31	00:39:55	00:58:30	01:06:19.55	01:07:51.35	+00:31:34 (47.6%)	6:37	9 (52.0%)
651	KOMINEK Grażyna	300		K 30-39	70				00:01:37	00:40:37	00:58:56	01:06:21.60	01:07:59.25	+00:31:36 (47.6%)	6:38	9 (52.0%)
652	LECHÓW Marcin	368		M 40-49	181				00:01:07	00:39:52	00:58:15	01:06:23.75	01:07:31.45	+00:31:39 (47.7%)	6:38	9 (52.0%)
653	KOWALSKI Tomasz	326	KB PACE	M 40-49	182				00:01:05	00:42:04	00:59:44	01:06:25.55	01:07:31.35	+00:31:40 (47.7%)	6:38	9 (52.0%)
654	KOWALSKA Kinga	325	KB PACE	K 40-49	68				00:01:06	00:42:04	00:59:45	01:06:27.05	01:07:33.20	+00:31:42 (47.7%)	6:38	9 (52.0%)
655	KATNER Tomasz	268		M 40-49	183				00:01:34	00:40:49	00:59:18	01:06:31.20	01:08:06.15	+00:31:46 (47.8%)	6:39	9 (52.0%)
656	WOJTCZAK Adrian	738		M 40-49	184				00:00:42	00:40:06	00:58:36	01:06:36.05	01:07:18.75	+00:31:51 (47.8%)	6:39	9 (52.0%)
657	MEDVETSKYI Illia	427		M 1-29	65	Yes			00:00:18	00:39:31	00:58:06	01:06:38.95	01:06:57.35	+00:31:54 (47.9%)	6:39	9 (52.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec		Drużyna 1	Czas			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Białoleki	Samorządowiec		startu	6.6km	9km					
658	KUŹMICKI Jakub	362	PGNiG TERMIKA SA	M 1-29	66			PGNiG TERMIKA SA	00:01:16	00:40:49	00:59:28	01:06:47.25	01:08:03.90	+00:32:02 (48.0%)	6:40	9 (52.0%)
659	GÓRKA Rafał	180	T-MOBILE SPORT TEAM	M 50-59	72	Tak			00:01:10	00:40:40	00:59:24	01:06:54.90	01:08:05.50	+00:32:10 (48.1%)	6:41	9 (52.0%)
660	MAJCHRZAK Anna	333	BIEGAM NA TARCHOMINIE	K 30-39	71	Tak	Tak		00:01:34	00:41:04	00:59:28	01:06:57.15	01:08:31.55	+00:32:12 (48.1%)	6:41	9 (52.0%)
661	STEFANIAK Monika	623		K 1-29	12				00:01:31	00:43:07	01:00:21	01:07:02.40	01:08:33.95	+00:32:17 (48.2%)	6:42	9 (52.0%)
662	NIEPORĘCKA Sylwia	458		K 40-49	69				00:01:14	00:41:10	00:59:33	01:07:07.00	01:08:21.20	+00:32:22 (48.2%)	6:42	8.9 (51.4%)
663	JEDYNAK Paweł	236		M 40-49	185	Tak			00:01:33	00:42:12	01:00:16	01:07:08.85	01:08:41.90	+00:32:24 (48.3%)	6:42	8.9 (51.4%)
664	LAZAREVA Svetlana	367		K 40-49	70		Tak		00:00:38	00:40:07	00:59:13	01:07:09.75	01:07:48.15	+00:32:25 (48.3%)	6:42	8.9 (51.4%)
665	WŁODARCZYK Paweł	733		M 40-49	186				00:01:06	00:40:33	00:59:43	01:07:12.45	01:08:19.00	+00:32:27 (48.3%)	6:43	8.9 (51.4%)
666	ZYCH Kasia	778	NEW BALANS	K 30-39	72				00:00:41	00:41:46	00:59:50	01:07:23.30	01:08:04.35	+00:32:38 (48.4%)	6:44	8.9 (51.4%)
667	KOWALSKI Konrad	807		M 1-29	67				00:01:01	00:41:07	01:00:13	01:07:26.70	01:08:27.75	+00:32:42 (48.5%)	6:44	8.9 (51.4%)
668	ZAJĄC Piotr	760		M 40-49	187	Tak			00:01:40	00:42:38	01:00:22	01:07:27.10	01:09:07.45	+00:32:42 (48.5%)	6:44	8.9 (51.4%)
669	PRĘGOWSKI Grzegorz	538	EKOBIEGI	M 50-59	73				00:01:19	00:41:58	01:00:06	01:07:32.90	01:08:52.60	+00:32:48 (48.6%)	6:45	8.9 (51.4%)
670	OGOŃCZYK Donata	472		K 30-39	73				00:01:25	00:40:12	01:00:05	01:07:37.45	01:09:02.85	+00:32:52 (48.6%)	6:45	8.9 (51.4%)
671	WRÓBLEWSKI Tomasz	996		M 30-39	149	Tak			00:01:37	00:42:11	01:00:33	01:07:42.20	01:09:19.50	+00:32:57 (48.7%)	6:46	8.9 (51.4%)
672	MAJ Patrycja	810		K 1-29	13	Tak			00:01:10	00:40:52	00:59:45	01:07:48.10	01:08:58.85	+00:33:03 (48.8%)	6:46	8.8 (50.9%)
673	MYŚLIWIEC Piotr	452	AKTYWNI PO ZAWALE	M 40-49	188				00:00:50	00:41:33	01:00:19	01:07:50.45	01:08:40.75	+00:33:05 (48.8%)	6:47	8.8 (50.9%)
674	KOSECKI Jakub	309		M 40-49	189				00:01:51	00:39:43	00:57:38	01:08:00.15	01:09:51.35	+00:33:15 (48.9%)	6:48	8.8 (50.9%)
675	FIEDOSIUK Michał	140	DZIKUNY	M 40-49	190	Tak			00:00:46	00:41:51	01:00:26	01:08:02.45	01:08:48.45	+00:33:17 (48.9%)	6:48	8.8 (50.9%)
676	KATNER-PRUSZYNSKA Joanna	269	KB OŻARÓW MAZOWIECKI BIEGA	K 40-49	71			KB Ożarów Mazowiecki Biega	00:01:18	00:41:53	01:00:10	01:08:03.15	01:09:22.00	+00:33:18 (48.9%)	6:48	8.8 (50.9%)
677	SZWARC Anna	655	BIEGAM NA BIAŁOLEŃCE	K 40-49	72	Tak		Biegam Na Białoleńce	00:00:12	00:42:48	01:01:17	01:08:13.15	01:08:25.30	+00:33:28 (49.1%)	6:49	8.8 (50.9%)
678	GRUDZIŃSKI Łukasz	186		M 40-49	191		Tak		00:01:29	00:42:25	01:01:00	01:08:13.65	01:09:43.10	+00:33:28 (49.1%)	6:49	8.8 (50.9%)
679	TABOR Anita	834		K 40-49	73	Tak			00:01:01	00:42:14	01:00:31	01:08:15.40	01:09:16.45	+00:33:30 (49.1%)	6:49	8.8 (50.9%)
680	MACIĄG Patryk	400		M 30-39	150				00:01:04	00:41:24	01:00:56	01:08:27.40	01:09:32.15	+00:33:42 (49.2%)	6:50	8.8 (50.9%)
681	GWIZDAŁA Wioletta	197		K 30-39	74				00:00:53	00:40:19	01:00:29	01:08:29.55	01:09:23.45	+00:33:44 (49.3%)	6:50	8.8 (50.9%)
681	KLINOWSKA Agnieszka	281		K 30-39	75	Tak		Biegam Na Białoleńce	00:00:11	00:42:49	01:01:15	01:08:29.55	01:08:41.35	+00:33:44 (49.3%)	6:50	8.8 (50.9%)
683	WIĘCH Wiktoria	720		K 1-29	14				00:00:19	00:42:08	01:01:11	01:08:32.80	01:08:52.15	+00:33:48 (49.3%)	6:51	8.8 (50.9%)
684	ZAWADZKA-NAZIMEK Joanna	769	PRZYBYSZE Z MATPLANETY	K 40-49	74				00:01:23	00:42:29	01:01:23	01:08:35.30	01:09:59.25	+00:33:50 (49.3%)	6:51	8.7 (50.3%)
685	LEWANDOWSKA Monika	375	BIEGAM NA BIAŁOLEŃCE	K 40-49	75	Tak		Biegam Na Białoleńce	00:00:12	00:42:54	01:01:20	01:08:40.50	01:08:52.65	+00:33:55 (49.4%)	6:52	8.7 (50.3%)

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	Drużyna 1								
686	TRZCIŃSKA Iwona	684		K 50-59	12				00:00:54	00:40:22	01:00:09	01:08:42.10	01:09:36.90	+00:33:57 (49.4%)	6:52	8.7 (50.3%)
687	PRZYBYŚLAWSKA-PRASKA Ilona	542		K 30-39	76				00:01:11	00:41:29	01:00:38	01:08:52.40	01:10:04.30	+00:34:07 (49.6%)	6:53	8.7 (50.3%)
688	CZARNOTA Andrzej	102		M 50-59	74				00:01:29	00:42:54	01:00:53	01:09:03.80	01:10:33.25	+00:34:19 (49.7%)	6:54	8.7 (50.3%)
689	ZIĘBA Tomasz	776		M 40-49	192				00:01:24	00:42:18	01:01:14	01:09:04.15	01:10:28.70	+00:34:19 (49.7%)	6:54	8.7 (50.3%)
690	BARNAS Ilona	24		K 40-49	76				00:01:07	00:42:08	01:00:46	01:09:05.05	01:10:12.45	+00:34:20 (49.7%)	6:54	8.7 (50.3%)
691	KRZECZEWSKI Jacek	344		M 50-59	75				00:01:02	00:42:08	01:01:13	01:09:09.40	01:10:11.85	+00:34:24 (49.8%)	6:54	8.7 (50.3%)
692	KARŁOWICZ Anna	260	PARTIA WOLNYCH BIEGACZY	K 60+	7				00:01:34	00:42:53	01:01:16	01:09:10.75	01:10:45.50	+00:34:26 (49.8%)	6:55	8.7 (50.3%)
693	KULBACKI Kamil	351		M 30-39	151	Tak			00:01:21	00:42:25	01:01:19	01:09:15.30	01:10:37.00	+00:34:30 (49.8%)	6:55	8.7 (50.3%)
694	DĄBROWA Bartosz	30		M 1-29	68	Tak	Tak		00:01:33	00:43:35	01:02:01	01:09:20.10	01:10:53.85	+00:34:35 (49.9%)	6:56	8.7 (50.3%)
695	GOŁACKA-PIOTOWSKA Beata	173		K 50-59	13				00:01:03	00:41:43	01:01:21	01:09:24.40	01:10:27.65	+00:34:39 (49.9%)	6:56	8.6 (49.7%)
696	PRYBYSH Dmitri	541		M 30-39	152				00:01:32	00:43:18	01:02:11	01:09:25.05	01:10:57.30	+00:34:40 (49.9%)	6:56	8.6 (49.7%)
697	SOCHOCKI Darek	613		M 50-59	76				00:01:25	00:41:31	01:00:49	01:09:27.20	01:10:52.40	+00:34:42 (50.0%)	6:56	8.6 (49.7%)
698	MIRKOWSKA Monika	981		K 30-39	77				00:00:59	00:41:25	01:01:01	01:09:29.85	01:10:29.00	+00:34:45 (50.0%)	6:56	8.6 (49.7%)
699	ĆWIKŁA Joanna	108	REBEL RUN	K 40-49	77				00:00:23	00:42:42	01:01:33	01:09:31.60	01:09:54.95	+00:34:46 (50.0%)	6:57	8.6 (49.7%)
700	KUCOWSKI Robert	971		M 40-49	193	Tak			00:01:18	00:43:31	01:01:55	01:09:32.15	01:10:50.65	+00:34:47 (50.0%)	6:57	8.6 (49.7%)
701	CIEPLAK Katarzyna	94	BIEGOWE WTORKI NA TARCHOMINIE	K 40-49	78	Tak		Biegowe Wtorki Na Tarchominie	00:00:22	00:42:43	01:01:32	01:09:32.35	01:09:54.75	+00:34:47 (50.0%)	6:57	8.6 (49.7%)
702	WALKIEWICZ Tomasz	705		M 1-29	69				00:01:09	00:43:54	01:02:31	01:09:33.75	01:10:43.35	+00:34:49 (50.1%)	6:57	8.6 (49.7%)
703	SIEDLECKA Martyna	582	PANI	K 30-39	78				00:00:51	00:43:11	01:01:39	01:09:36.80	01:10:28.25	+00:34:52 (50.1%)	6:57	8.6 (49.7%)
704	CICHECKA Aneta	91		K 40-49	79				00:01:19	00:43:30	01:02:09	01:09:41.45	01:11:01.05	+00:34:56 (50.1%)	6:58	8.6 (49.7%)
705	MATYSIAK Agnieszka	422		K 40-49	80				00:00:55	00:43:41	01:01:52	01:09:49.15	01:10:44.55	+00:35:04 (50.2%)	6:58	8.6 (49.7%)
706	GLASSER Marek	165		M 60+	24				00:01:15	00:41:43	01:01:39	01:09:50.45	01:11:05.45	+00:35:05 (50.3%)	6:59	8.6 (49.7%)
707	PASZKOWSKI Cezary	819	LEŚNE SZYCHY	M 40-49	194				00:01:30	00:43:54	01:01:31	01:09:50.70	01:11:21.35	+00:35:06 (50.3%)	6:59	8.6 (49.7%)
708	NAULEWICZ Monika	454		K 30-39	79	Tak			00:00:17	00:43:32	01:02:15	01:09:52.75	01:10:10.60	+00:35:08 (50.3%)	6:59	8.6 (49.7%)
709	BOJARSKA Magdalena	58		K 30-39	80	Tak			00:00:17	00:43:32	01:02:17	01:09:52.85	01:10:10.75	+00:35:08 (50.3%)	6:59	8.6 (49.7%)
710	BIELECKI Jacek	46	RUN CZARNÓW	M 50-59	77	Tak			00:01:13	00:42:34	01:01:49	01:10:05.90	01:11:19.05	+00:35:21 (50.4%)	7:00	8.6 (49.7%)
711	JANUCHTA Tomasz	225		M 50-59	78				00:01:16	00:43:55	01:02:29	01:10:06.30	01:11:22.50	+00:35:21 (50.4%)	7:00	8.6 (49.7%)
712	KACZYŃSKA Paula	254		K 1-29	15	Tak			00:01:16	00:43:55	01:02:28	01:10:06.45	01:11:22.65	+00:35:21 (50.4%)	7:00	8.6 (49.7%)
713	BALCERZAK Tomasz	20		M 40-49	195				00:00:52	00:41:57	01:02:29	01:10:16.20	01:11:08.95	+00:35:31 (50.6%)	7:01	8.5 (49.1%)

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	Drużyna 1								
714	CHYSTIKOV Artem	790		M 30-39	153	Tak								+00:35:34 (50.6%)	7:01	8.5 (49.1%)
715	SZYMAŃSKA-PAWLAK Magdalena	656		K 40-49	81									+00:35:49 (50.8%)	7:03	8.5 (49.1%)
716	BERLIŃSKI Kamil	36		M 30-39	154	Tak								+00:36:04 (50.9%)	7:04	8.5 (49.1%)
717	ŁOTOWSKA Małgorzata	391		K 30-39	81									+00:36:07 (51.0%)	7:05	8.5 (49.1%)
718	ŁOTOWSKI Emil	392		M 30-39	155									+00:36:08 (51.0%)	7:05	8.5 (49.1%)
719	MICHNOWSKA Adriana	431	BIEGAM NA TACHOMINIE	K 40-49	82	Tak							Biegam Na Tarchominie	+00:36:15 (51.1%)	7:06	8.5 (49.1%)
720	GRABOWSKI Leszek	182	STARE BABICE BIEGAJĄ	M 50-59	79		Tak							+00:36:22 (51.1%)	7:06	8.4 (48.6%)
721	SMAGIEŁ Tomasz	605		M 50-59	80	Tak								+00:36:23 (51.2%)	7:06	8.4 (48.6%)
722	GRYGOWSKA Beata	189		K 40-49	83									+00:36:24 (51.2%)	7:06	8.4 (48.6%)
723	LISOWSKA Alicja	386	BIEGAM NA TARCHOMINIE	K 30-39	82	Tak							Biegam Na Tarchominie	+00:36:25 (51.2%)	7:07	8.4 (48.6%)
724	LECH Pawel	23		M 50-59	81		Tak							+00:36:26 (51.2%)	7:07	8.4 (48.6%)
725	KWIECIEŃ Agata	366		K 50-59	14	Yes								+00:36:36 (51.3%)	7:08	8.4 (48.6%)
726	VARGHEO Jithin	972		M 50-59	82									+00:36:43 (51.4%)	7:08	8.4 (48.6%)
727	KOSMOWSK Magdalena	312	SULEK TEAM :)	K 30-39	83									+00:36:45 (51.4%)	7:08	8.4 (48.6%)
728	BŁOCH Katarzyna	52		K 40-49	84									+00:36:46 (51.4%)	7:09	8.4 (48.6%)
729	ZAKHARKEVICH Halina	991		K 30-39	84	Tak								+00:36:54 (51.5%)	7:09	8.4 (48.6%)
730	BRZÓZKA Kamil	65	TARCHO ZIOMY	M 40-49	196	Tak								+00:37:03 (51.6%)	7:10	8.4 (48.6%)
731	DZIEDZIC Łukasz	132		M 40-49	197	Tak								+00:37:10 (51.7%)	7:11	8.3 (48.0%)
732	TOMASZEWSKA Mariola	675	BIEGAM DLA SIEBIE	K 50-59	15									+00:37:26 (51.9%)	7:13	8.3 (48.0%)
733	KASPRZAK Olga	266		K 50-59	16	Tak								+00:37:35 (52.0%)	7:13	8.3 (48.0%)
734	SIKORSKI Paweł	593	KIP RUNNING	M 40-49	198									+00:37:38 (52.0%)	7:14	8.3 (48.0%)
735	SIKORSKA Karolina	591	KIP RUNNING	K 40-49	85									+00:37:38 (52.0%)	7:14	8.3 (48.0%)
736	KOSOWSKI Wiesław	313	-	M 60+	25									+00:38:17 (52.4%)	7:18	8.2 (47.4%)
737	DANIELSKI Jacek	109	PZU SPORT TEAM	M 40-49	199	Tak								+00:38:26 (52.5%)	7:19	8.2 (47.4%)
738	BIERNACKA Agnieszka	50		K 50-59	17									+00:38:48 (52.8%)	7:21	8.2 (47.4%)
739	SZŁĄZAK Pola	957		K 30-39	85									+00:38:49 (52.8%)	7:21	8.2 (47.4%)
740	NOWICKI Dariusz	466	BIEGAM NA TARCHOMINIE	M 40-49	200	Tak							Biegam Na Tarchominie	+00:39:10 (53.0%)	7:23	8.1 (46.8%)
741	GABRYLEWICZ Katarzyna	151	DZIKUNY	K 40-49	86	Tak								+00:39:20 (53.1%)	7:24	8.1 (46.8%)

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	Drużyna 1									
742	POPŁOŃSKA Katarzyna	534		K 40-49	87			Tak						+00:39:49 (53.4%)	7:27	8 (46.2%)	
743	LIBERA Paweł	382	GRUPA BIEGOWA UM W-WA	M 40-49	201	Tak	Tak		Grupa Biegowa UM W-wa	00:01:40	00:44:34	01:06:11	01:14:42.85	01:16:23.10	+00:39:58 (53.5%)	7:28	8 (46.2%)
744	NASKRĘT Mariusz	453		M 40-49	202					00:01:26	00:46:27	01:06:56	01:14:48.35	01:16:14.35	+00:40:03 (53.6%)	7:28	8 (46.2%)
745	BIELEC Bartłomiej	43		M 40-49	203					00:01:40	00:46:05	01:06:30	01:14:50.10	01:16:30.15	+00:40:05 (53.6%)	7:29	8 (46.2%)
746	DYMEL Andrzej	131	MARKOWI BIEGACZE	M 60+	26	Tak				00:01:04	00:46:56	01:07:01	01:15:11.90	01:16:16.85	+00:40:27 (53.8%)	7:31	8 (46.2%)
747	RUSIN Michał	829		M 1-29	70					00:01:23	00:45:20	01:05:45	01:15:14.25	01:16:37.80	+00:40:29 (53.8%)	7:31	8 (46.2%)
748	RUSIN Anna	828		K 1-29	16					00:01:23	00:45:05	01:06:44	01:15:14.75	01:16:38.00	+00:40:30 (53.8%)	7:31	8 (46.2%)
749	RUSIN Bartosz	827		M 50-59	83					00:01:23	00:45:04	01:06:44	01:15:20.45	01:16:43.60	+00:40:35 (53.9%)	7:32	8 (46.2%)
750	PANASIUK Aga	499		K 40-49	88	Tak				00:01:19	00:45:58	01:06:52	01:15:31.15	01:16:51.05	+00:40:46 (54.0%)	7:33	7.9 (45.7%)
751	WIŚNIEWSKA-DUDA Anna	727		K 30-39	86	Tak				00:01:32	00:46:15	01:06:44	01:15:32.10	01:17:04.90	+00:40:47 (54.0%)	7:33	7.9 (45.7%)
752	SULEJCZYK Piotr	637	ZALATANI 1.BLTR	M 50-59	84					00:01:18	00:46:47	01:06:57	01:15:39.55	01:16:57.65	+00:40:54 (54.1%)	7:33	7.9 (45.7%)
753	KNAP Dorota	289	ZALATANI 1BLTR	K 30-39	87					00:01:17	00:46:47	01:06:59	01:15:40.35	01:16:57.80	+00:40:55 (54.1%)	7:34	7.9 (45.7%)
754	DZIEPAK Piotr	133	ZALATANI 1 BLTR	M 40-49	204				ZALATANI 1 BLTr	00:01:17	00:46:48	01:06:58	01:15:40.45	01:16:57.95	+00:40:55 (54.1%)	7:34	7.9 (45.7%)
755	SZCZĘSNY Adrian	646		M 1-29	71					00:01:43	00:47:13	01:07:51	01:16:02.95	01:17:46.25	+00:41:18 (54.3%)	7:36	7.9 (45.7%)
756	ŁĄCKA Ilona	7	BIĄŁOLEKA JEST KOBIETĄ	K 50-59	18	Tak	Tak			00:01:18	00:47:06	01:07:30	01:16:16.90	01:17:35.55	+00:41:32 (54.5%)	7:37	7.9 (45.7%)
757	JANKOWSKA Żaneta	223		K 30-39	88					00:01:36	00:46:19	01:08:51	01:16:24.90	01:18:01.35	+00:41:40 (54.5%)	7:38	7.9 (45.7%)
758	KERNER Agnieszka	980		K 50-59	19				Grupa Biegowa UM W-wa	00:01:42	00:47:22	01:08:00	01:16:27.60	01:18:10.10	+00:41:42 (54.6%)	7:38	7.8 (45.1%)
759	ŁOZOWSKA Dorota	394		K 40-49	89	Tak				00:01:06	00:47:13	01:08:46	01:16:32.95	01:17:39.65	+00:41:48 (54.6%)	7:39	7.8 (45.1%)
760	BUDEK Ewa	66		K 40-49	90					00:01:07	00:45:52	01:07:56	01:16:42.80	01:17:50.15	+00:41:58 (54.7%)	7:40	7.8 (45.1%)
761	KŁYK Zofia	287		K 30-39	89			Tak		00:01:30	00:47:30	01:08:04	01:17:06.10	01:18:36.40	+00:42:21 (54.9%)	7:42	7.8 (45.1%)
762	KŁYK Piotr	288		M 30-39	156			Tak		00:01:28	00:47:34	01:08:01	01:17:07.95	01:18:36.40	+00:42:23 (55.0%)	7:42	7.8 (45.1%)
763	SOKOŁOWSKI Marian	614	SAMOTNY WILK	M 60+	27					00:01:17	00:44:39	01:07:40	01:17:14.65	01:18:31.80	+00:42:29 (55.0%)	7:43	7.8 (45.1%)
764	ZBIŃKOWSKA Dorota	772		K 50-59	20			Tak		00:01:39	00:48:50	01:09:05	01:17:18.35	01:18:57.80	+00:42:33 (55.1%)	7:43	7.8 (45.1%)
765	SOBOLEWSKI Mateusz	610	ŻÓRAWSKI TEAM	M 1-29	72	Tak			Żórawski Team	00:00:00	00:50:01	00:59:07	01:17:23.00	01:17:23.00	+00:42:38 (55.1%)	7:44	7.8 (45.1%)
766	PLICHCIŃSKA Małgorzata	519	EKONOMIK MOKOTÓW	K 40-49	91	Tak				00:01:39	00:47:49	01:08:17	01:17:29.30	01:19:09.25	+00:42:44 (55.2%)	7:44	7.7 (44.5%)
767	STELMASZCZYK Michalina	966		K 1-29	17					00:01:30	00:47:05	01:08:09	01:17:33.90	01:19:04.55	+00:42:49 (55.2%)	7:45	7.7 (44.5%)
768	SZOSTAKOWSKI Jarosław	2	BIEGAM DOBRZE DLA FUNDACJI SYNAPSIS	M 50-59	85					00:01:35	00:46:54	01:08:16	01:17:44.10	01:19:19.60	+00:42:59 (55.3%)	7:46	7.7 (44.5%)
769	ROGUSKA Magdalena	40	MAGDALENA ROGUSKA	K 40-49	92	Tak	Tak			00:01:33	00:46:56	01:08:17	01:17:46.55	01:19:19.55	+00:43:01 (55.3%)	7:46	7.7 (44.5%)

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	Drużyna 1								
799	KWIECIEN Jarosław	365		M 50-59	92	Tak			00:00:47							(0.0%)
800	WRÓBLEWSKA Joanna	753	LAS NA ZAWSZE	K 60+	9				00:01:41							(0.0%)

Znaleziono 800 wynik(ów)