



# BIEG PRZEZ MOST

B4SPORT  
INTELIGENTNE ZAWODY SPORTOWE

**Event:** BIEG PRZEZ MOST  
**Organiser:** Urząd Dzielnicy Warszawa - Białołęka  
**Date:** 2022-09-04  
**Place:** Warszawa  
**Distance:** 10 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Classification: M 40-49

Place	Participant	Number	Club	Category	MCat	Mieszkaniec Białołęki	Samorządowiec	Start time	6.6km	9km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	<b>KRZEMPEK Aleksander</b>	<b>629</b>	BIEGANIEPO40.PL	M 40-49	1			00:00:02	00:22:59	00:32:13	<b>00:36:06.95</b>	<b>00:36:09.65</b>		3:36	16.6 (100%)
2	<b>ZYCH Mariusz</b>	<b>238</b>	BIEGAJ POD OKIEM TRENERA	M 40-49	2			00:00:05	00:23:31	00:33:12	<b>00:37:13.15</b>	<b>00:37:18.45</b>	+00:01:06 (3.0%)	3:43	16.1 (97.0%)
3	<b>MIROWSKI Jarosław</b>	<b>670</b>		M 40-49	3			00:00:04	00:23:30	00:33:12	<b>00:37:16.05</b>	<b>00:37:20.45</b>	+00:01:09 (3.1%)	3:43	16.1 (97.0%)
4	<b>WITKOWSKI Paweł</b>	<b>661</b>	WIELISZEW HERON TEAM	M 40-49	4			00:00:03	00:23:17	00:33:11	<b>00:37:22.35</b>	<b>00:37:25.85</b>	+00:01:15 (3.4%)	3:44	16.1 (97.0%)
5	<b>CHRAPEK Janusz</b>	<b>121</b>	ROSSMANN	M 40-49	5			00:00:04	00:24:31	00:34:34	<b>00:38:41.25</b>	<b>00:38:46.15</b>	+00:02:34 (6.6%)	3:52	15.5 (93.4%)
6	<b>MIELCZAREK Krzysztof</b>	<b>208</b>	BIEGAM NA TARCHOMINIE	M 40-49	6	Tak		00:00:07	00:25:20	00:34:50	<b>00:39:19.50</b>	<b>00:39:26.95</b>	+00:03:12 (8.2%)	3:55	15.3 (92.2%)
7	<b>GŁOWACKI Paweł</b>	<b>318</b>	WENET RUNNERS TEAM	M 40-49	7			00:00:09	00:25:20	00:35:32	<b>00:39:43.70</b>	<b>00:39:53.40</b>	+00:03:36 (9.1%)	3:58	15.1 (91.0%)
8	<b>NOWICKI Marcin</b>	<b>666</b>		M 40-49	8			00:00:06	00:25:22	00:35:36	<b>00:40:01.05</b>	<b>00:40:07.60</b>	+00:03:54 (9.7%)	4:00	15 (90.4%)
9	<b>DĘBOWSKI Michał</b>	<b>660</b>	ULTRABIEGLI RADOM	M 40-49	9		Tak	00:00:07	00:25:41	00:36:21	<b>00:40:53.85</b>	<b>00:41:01.65</b>	+00:04:46 (11.7%)	4:05	14.7 (88.6%)
10	<b>SZYMAŃSKI Andrzej</b>	<b>250</b>		M 40-49	10	Tak		00:00:04	00:26:01	00:37:01	<b>00:41:37.15</b>	<b>00:41:41.45</b>	+00:05:30 (13.2%)	4:09	14.4 (86.7%)
11	<b>GOZDEK Radek</b>	<b>136</b>	BIEGANIEPO40.PL	M 40-49	11	Tak		00:00:07	00:26:17	00:37:16	<b>00:41:45.00</b>	<b>00:41:52.80</b>	+00:05:38 (13.5%)	4:10	14.4 (86.7%)
12	<b>LEWDOROWICZ Wojciech</b>	<b>269</b>	SAM SOBIE KLUBEM	M 40-49	12			00:00:05	00:25:51	00:36:59	<b>00:41:54.90</b>	<b>00:42:00.60</b>	+00:05:47 (13.8%)	4:11	14.3 (86.1%)
13	<b>GAŁĄZKA Tomasz</b>	<b>644</b>		M 40-49	13			00:00:13	00:26:33	00:37:39	<b>00:42:12.80</b>	<b>00:42:26.25</b>	+00:06:05 (14.4%)	4:13	14.2 (85.5%)
14	<b>JANOWSKI Jacek</b>	<b>480</b>		M 40-49	14			00:00:11	00:26:12	00:37:42	<b>00:42:27.65</b>	<b>00:42:39.60</b>	+00:06:20 (14.9%)	4:14	14.1 (84.9%)
15	<b>TARAS Marcin</b>	<b>194</b>	BIEGOWE WTORKI NA TARCHOMINIE	M 40-49	15	Tak		00:00:07	00:26:18	00:37:44	<b>00:42:34.80</b>	<b>00:42:42.45</b>	+00:06:27 (15.2%)	4:15	14.1 (84.9%)
16	<b>CZERNECKI Wojciech</b>	<b>146</b>		M 40-49	16			00:00:20	00:26:47	00:38:03	<b>00:42:41.50</b>	<b>00:43:01.70</b>	+00:06:34 (15.4%)	4:16	14.1 (84.9%)
17	<b>TOMASZEK Robert</b>	<b>349</b>		M 40-49	17	Tak		00:00:04	00:26:37	00:38:04	<b>00:42:53.40</b>	<b>00:42:57.50</b>	+00:06:46 (15.8%)	4:17	14 (84.3%)

Place	Participant	Number	Club	Category	MCat	Mieszkaniec		Start time	6.6km	9km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
						Białołęki	Samorządowiec								
18	<b>JAWORSKI Piotr</b>	<b>2</b>	MARKOWI BIEGACZE	M 40-49	18	Tak	Tak	00:00:06	00:26:57	00:38:12	<b>00:43:00.55</b>	<b>00:43:07.10</b>	+00:06:53 (16.0%)	4:18	14 (84.3%)
19	<b>ANDRZEJEWSKI Mariusz</b>	<b>686</b>	T-MOBILE RUNNING TEAM	M 40-49	19	Tak		00:00:07	00:27:51	00:38:33	<b>00:43:06.35</b>	<b>00:43:14.25</b>	+00:06:59 (16.2%)	4:18	13.9 (83.7%)
20	<b>CZERWIEC Andrzej</b>	<b>726</b>	MARKOWI BIEGACZE	M 40-49	20			00:00:07	00:26:53	00:38:17	<b>00:43:10.90</b>	<b>00:43:18.65</b>	+00:07:03 (16.4%)	4:19	13.9 (83.7%)
21	<b>KOMORZYCKI Janusz</b>	<b>743</b>	ORANGE POLSKA	M 40-49	21			00:00:10	00:27:47	00:38:46	<b>00:43:28.00</b>	<b>00:43:38.90</b>	+00:07:21 (16.9%)	4:20	13.8 (83.1%)
22	<b>PRZYBYSZ Andrzej</b>	<b>654</b>		M 40-49	22			00:00:12	00:27:28	00:38:44	<b>00:43:32.15</b>	<b>00:43:44.80</b>	+00:07:25 (17.0%)	4:21	13.8 (83.1%)
23	<b>CZAPSKI Michał</b>	<b>207</b>	BIEGAM NA TARCHOMINIE	M 40-49	23	Tak		00:00:09	00:27:28	00:38:48	<b>00:43:35.20</b>	<b>00:43:44.30</b>	+00:07:28 (17.1%)	4:21	13.8 (83.1%)
24	<b>MOŁODKIEWICZ Zbigniew</b>	<b>638</b>	BIEGAM NA TARCHOMINIE	M 40-49	24	Tak		00:00:17	00:28:23	00:39:13	<b>00:43:50.80</b>	<b>00:44:07.90</b>	+00:07:43 (17.6%)	4:23	13.7 (82.5%)
25	<b>MANCZENKO Eugeniusz</b>	<b>613</b>	MARKOWI BIEGACZE	M 40-49	25			00:00:09	00:27:45	00:39:15	<b>00:43:57.80</b>	<b>00:44:07.30</b>	+00:07:50 (17.9%)	4:23	13.7 (82.5%)
26	<b>PĘDZISZ Michał</b>	<b>583</b>	AKTYWNA WARSZAWA	M 40-49	26			00:00:20	00:28:17	00:39:30	<b>00:44:07.20</b>	<b>00:44:27.50</b>	+00:08:00 (18.1%)	4:24	13.6 (81.9%)
27	<b>TOBOŁA Paweł</b>	<b>157</b>	AKS POLONIA WARSZAWA	M 40-49	27			00:00:05	00:27:53	00:39:20	<b>00:44:13.00</b>	<b>00:44:18.20</b>	+00:08:06 (18.3%)	4:25	13.6 (81.9%)
28	<b>KRZEPKOWSKI Radosław</b>	<b>28</b>	ADIDAS RUNNERS WARSAW	M 40-49	28			00:00:13	00:27:26	00:39:24	<b>00:44:26.00</b>	<b>00:44:39.25</b>	+00:08:19 (18.7%)	4:26	13.5 (81.3%)
29	<b>MICHNOWSKI Sebastian</b>	<b>378</b>	BIEGAM NA TARCHOMINIE	M 40-49	29	Tak		00:00:16	00:28:26	00:39:49	<b>00:44:35.00</b>	<b>00:44:51.35</b>	+00:08:28 (19.0%)	4:27	13.5 (81.3%)
30	<b>MICHALAK Dariusz</b>	<b>183</b>		M 40-49	30			00:00:08	00:28:29	00:39:57	<b>00:44:50.20</b>	<b>00:44:58.90</b>	+00:08:43 (19.5%)	4:29	13.4 (80.7%)
31	<b>CHOJNACKI Mikołaj</b>	<b>117</b>	WARSAW RUN CLUB	M 40-49	31	Tak		00:00:40	00:28:41	00:40:13	<b>00:44:55.10</b>	<b>00:45:35.50</b>	+00:08:48 (19.6%)	4:29	13.4 (80.7%)
32	<b>WNUK Tomasz</b>	<b>113</b>		M 40-49	32			00:00:16	00:28:24	00:39:42	<b>00:44:58.70</b>	<b>00:45:15.40</b>	+00:08:51 (19.7%)	4:29	13.3 (80.1%)
33	<b>SZACHNA Piotr</b>	<b>73</b>	MARKOWI BIEGACZE	M 40-49	33			00:00:17	00:28:25	00:40:04	<b>00:45:06.85</b>	<b>00:45:24.80</b>	+00:08:59 (19.9%)	4:30	13.3 (80.1%)
34	<b>PIOTRAK Marcin</b>	<b>506</b>		M 40-49	34			00:00:28	00:28:20	00:39:57	<b>00:45:10.50</b>	<b>00:45:39.15</b>	+00:09:03 (20.1%)	4:31	13.3 (80.1%)
35	<b>GIEBUŁTOWICZ Marek</b>	<b>54</b>		M 40-49	35			00:00:14	00:28:39	00:40:22	<b>00:45:15.35</b>	<b>00:45:29.95</b>	+00:09:08 (20.2%)	4:31	13.3 (80.1%)
36	<b>WICIK Juliusz</b>	<b>416</b>	COP TEAM	M 40-49	36		Tak	00:00:10	00:27:10	00:39:49	<b>00:45:37.00</b>	<b>00:45:47.10</b>	+00:09:30 (20.8%)	4:33	13.2 (79.5%)
37	<b>TRZASKOWSKI Rafał</b>	<b>594</b>	LUCKY RUN CLUB	M 40-49	37			00:00:23	00:29:52	00:41:31	<b>00:46:20.30</b>	<b>00:46:44.10</b>	+00:10:13 (22.1%)	4:38	12.9 (77.7%)
38	<b>GRYZ Jacek</b>	<b>241</b>	SUNFIT STUDIO	M 40-49	38			00:00:18	00:28:50	00:41:13	<b>00:46:24.15</b>	<b>00:46:42.75</b>	+00:10:17 (22.2%)	4:38	12.9 (77.7%)
39	<b>SIKORSKI Paweł</b>	<b>620</b>	KIP RUNNING	M 40-49	39			00:01:37	00:29:07	00:41:28	<b>00:46:26.35</b>	<b>00:48:03.60</b>	+00:10:19 (22.2%)	4:38	12.9 (77.7%)
40	<b>TORZEWSKI Janusz</b>	<b>283</b>	WAT	M 40-49	40			00:00:06	00:28:50	00:41:11	<b>00:46:33.25</b>	<b>00:46:39.35</b>	+00:10:26 (22.4%)	4:39	12.9 (77.7%)
41	<b>KRÓLICKI Konrad</b>	<b>519</b>	STG WARSZAWA	M 40-49	41			00:00:19	00:29:13	00:41:32	<b>00:46:41.70</b>	<b>00:47:00.80</b>	+00:10:34 (22.7%)	4:40	12.9 (77.7%)

Place	Participant	Number	Club	Category	MCat	Mieszkaniec		Start time	6.6km	9km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
						Białołęki	Samorządowiec								
42	<b>SOBOCIŃSKI Michał</b>	<b>175</b>	PLAY	M 40-49	42	Tak		00:01:10	00:29:48	00:41:42	<b>00:46:45.65</b>	<b>00:47:56.60</b>	+00:10:38 (22.8%)	4:40	12.8 (77.1%)
43	<b>PONIATOWSKI Aleksander</b>	<b>258</b>	AXON MEDIA GROUP	M 40-49	43	Tak		00:00:19	00:29:18	00:41:43	<b>00:46:48.65</b>	<b>00:47:08.45</b>	+00:10:41 (22.8%)	4:40	12.8 (77.1%)
44	<b>ADAO Miguel</b>	<b>728</b>		M 40-49	44	Tak		00:00:14	00:29:15	00:41:39	<b>00:46:49.10</b>	<b>00:47:04.00</b>	+00:10:42 (22.9%)	4:40	12.8 (77.1%)
45	<b>MACIEJAK Robert</b>	<b>680</b>		M 40-49	45	Tak		00:00:19	00:28:52	00:41:49	<b>00:46:49.55</b>	<b>00:47:09.15</b>	+00:10:42 (22.9%)	4:40	12.8 (77.1%)
46	<b>SOBCZAK Krzysiek</b>	<b>586</b>		M 40-49	46			00:00:30	00:29:48	00:41:56	<b>00:46:57.65</b>	<b>00:47:28.35</b>	+00:10:50 (23.1%)	4:41	12.8 (77.1%)
47	<b>MALARSKI Bernard</b>	<b>789</b>		M 40-49	47			00:00:30	00:29:49	00:41:57	<b>00:46:58.25</b>	<b>00:47:28.65</b>	+00:10:51 (23.1%)	4:41	12.8 (77.1%)
48	<b>GRYSZPANOWICZ Piotr</b>	<b>546</b>		M 40-49	48	Tak		00:00:11	00:29:32	00:41:50	<b>00:47:02.00</b>	<b>00:47:13.00</b>	+00:10:55 (23.2%)	4:42	12.8 (77.1%)
49	<b>STRAWSKI Marcin</b>	<b>528</b>	OBIEGUWKA	M 40-49	49	Tak		00:01:06	00:31:19	00:42:13	<b>00:47:05.90</b>	<b>00:48:12.40</b>	+00:10:58 (23.3%)	4:42	12.7 (76.5%)
50	<b>KAMIŃSKI Paweł</b>	<b>173</b>		M 40-49	50			00:00:26	00:29:49	00:41:52	<b>00:47:22.50</b>	<b>00:47:49.35</b>	+00:11:15 (23.8%)	4:44	12.7 (76.5%)
51	<b>DROŹDZIEL Mariusz</b>	<b>711</b>		M 40-49	51			00:01:04	00:30:05	00:42:19	<b>00:47:24.15</b>	<b>00:48:28.80</b>	+00:11:17 (23.8%)	4:44	12.7 (76.5%)
52	<b>SZYMAJDA Marcin</b>	<b>234</b>	BIEGIEM DO AGD SEROCK	M 40-49	52			00:00:53	00:29:54	00:42:02	<b>00:47:24.35</b>	<b>00:48:17.40</b>	+00:11:17 (23.8%)	4:44	12.7 (76.5%)
53	<b>CHODNIEWICZ Michał</b>	<b>174</b>		M 40-49	53	Tak		00:00:26	00:29:56	00:42:19	<b>00:47:42.15</b>	<b>00:48:08.95</b>	+00:11:35 (24.3%)	4:46	12.6 (75.9%)
54	<b>ZDUNEK Michał</b>	<b>616</b>		M 40-49	54	Tak		00:00:54	00:30:37	00:42:54	<b>00:47:57.05</b>	<b>00:48:51.30</b>	+00:11:50 (24.7%)	4:47	12.5 (75.3%)
55	<b>STRZELECKI Piotr</b>	<b>16</b>		M 40-49	55			00:00:09	00:29:51	00:42:36	<b>00:48:02.05</b>	<b>00:48:11.25</b>	+00:11:55 (24.8%)	4:48	12.5 (75.3%)
56	<b>WŁODKOWSKI Robert</b>	<b>690</b>	TRUCHT TARCHOMIN TEAM	M 40-49	56	Tak		00:00:26	00:30:52	00:43:05	<b>00:48:04.95</b>	<b>00:48:31.70</b>	+00:11:58 (24.9%)	4:48	12.5 (75.3%)
57	<b>SZEWCZYK Tomasz</b>	<b>627</b>		M 40-49	57	Tak		00:00:20	00:29:37	00:42:26	<b>00:48:08.45</b>	<b>00:48:28.95</b>	+00:12:01 (25.0%)	4:48	12.5 (75.3%)
58	<b>KOBYLEC Artur</b>	<b>216</b>		M 40-49	58	Tak		00:00:53	00:30:22	00:42:53	<b>00:48:10.30</b>	<b>00:49:04.00</b>	+00:12:03 (25.0%)	4:49	12.5 (75.3%)
59	<b>SZEWCZYK Jacek</b>	<b>97</b>		M 40-49	59	Tak		00:00:04	00:29:54	00:42:58	<b>00:48:27.05</b>	<b>00:48:31.55</b>	+00:12:20 (25.5%)	4:50	12.4 (74.7%)
60	<b>KOŚCIAK Jacek</b>	<b>687</b>		M 40-49	60			00:00:31	00:30:31	00:43:20	<b>00:48:30.45</b>	<b>00:49:02.25</b>	+00:12:23 (25.5%)	4:51	12.4 (74.7%)
61	<b>WRONIEWSKI Mariusz</b>	<b>597</b>		M 40-49	61			00:00:53	00:30:30	00:43:20	<b>00:48:44.90</b>	<b>00:49:38.70</b>	+00:12:37 (25.9%)	4:52	12.3 (74.1%)
62	<b>ŁATKOWSKI Łukasz</b>	<b>731</b>	GRUPA BIEGOWA CHTMO	M 40-49	62			00:01:22	00:31:37	00:43:46	<b>00:48:44.95</b>	<b>00:50:07.10</b>	+00:12:38 (25.9%)	4:52	12.3 (74.1%)
63	<b>OBIDZIŃSKI Bartosz</b>	<b>347</b>		M 40-49	63	Tak		00:01:23	00:31:25	00:43:44	<b>00:48:46.75</b>	<b>00:50:09.85</b>	+00:12:39 (26.0%)	4:52	12.3 (74.1%)
64	<b>WILGOS Janusz</b>	<b>477</b>		M 40-49	64			00:00:18	00:30:47	00:43:34	<b>00:48:48.00</b>	<b>00:49:06.50</b>	+00:12:41 (26.0%)	4:52	12.3 (74.1%)
65	<b>PYTELEWSKI Piotr</b>	<b>729</b>	WODOCIĄGI WARSZAWSKIE	M 40-49	65			00:00:19	00:29:44	00:43:00	<b>00:48:48.15</b>	<b>00:49:07.75</b>	+00:12:41 (26.0%)	4:52	12.3 (74.1%)

Place	Participant	Number	Club	Category	MCat	Mieszkaniec		Start time	6.6km	9km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
						Białołęki	Samorządowiec								
66	KRYSTOSIAK Karol	772		M 40-49	66			00:00:20	00:30:57	00:43:54	00:49:15.40	00:49:35.55	+00:13:08 (26.7%)	4:55	12.2 (73.5%)
67	KUCHARSKI Wojtek	534	PROAUTOMATION TEAM	M 40-49	67			00:01:01	00:31:31	00:43:56	00:49:19.80	00:50:21.40	+00:13:12 (26.8%)	4:55	12.2 (73.5%)
68	JABŁONKA Radosław	59	DZIADY OCR	M 40-49	68			00:00:28	00:30:46	00:44:04	00:49:35.50	00:50:03.65	+00:13:28 (27.2%)	4:57	12.1 (72.9%)
69	BEBELSKI Rafał	226	PZU SPORT TEAM	M 40-49	69	Tak		00:01:01	00:31:17	00:44:05	00:49:36.55	00:50:37.60	+00:13:29 (27.2%)	4:57	12.1 (72.9%)
70	LENDZION Jarosław	468	GRUPA BIEGOWA UM W-WA	M 40-49	70		Tak	00:01:03	00:31:59	00:44:30	00:49:44.65	00:50:47.90	+00:13:37 (27.4%)	4:58	12.1 (72.9%)
71	ŚMIETAŃSKI Piotr	168	NASIELSK BASZTA TEAM	M 40-49	71			00:01:23	00:31:36	00:44:19	00:49:50.15	00:51:13.45	+00:13:43 (27.5%)	4:59	12 (72.3%)
72	ADAMKIEWICZ Marcin	353		M 40-49	72	Tak	Tak	00:01:01	00:31:24	00:44:19	00:49:55.75	00:50:56.75	+00:13:48 (27.7%)	4:59	12 (72.3%)
73	MAREK Jacek	203		M 40-49	73			00:00:37	00:31:14	00:44:37	00:50:09.05	00:50:46.80	+00:14:02 (28.0%)	5:00	12 (72.3%)
74	MASŁOWSKI Michał	614		M 40-49	74	Tak		00:01:06	00:31:41	00:44:41	00:50:13.85	00:51:20.35	+00:14:06 (28.1%)	5:01	11.9 (71.7%)
75	FRĄCKIEWICZ Dariusz	153	BIEGAM NA TARCHOMINIE	M 40-49	75	Tak		00:01:40	00:31:30	00:44:42	00:50:14.35	00:51:54.35	+00:14:07 (28.1%)	5:01	11.9 (71.7%)
76	NOWAKOWSKI Tomek	435		M 40-49	76	Tak		00:01:17	00:31:28	00:44:34	00:50:17.75	00:51:35.15	+00:14:10 (28.2%)	5:01	11.9 (71.7%)
77	OLEKSIAK Piotr	507		M 40-49	77	Tak		00:00:58	00:32:13	00:44:57	00:50:21.75	00:51:19.75	+00:14:14 (28.3%)	5:02	11.9 (71.7%)
78	RÓJ Leszek	676	BIEGAM NA TARCHOMINIE	M 40-49	78			00:00:33	00:31:20	00:44:54	00:50:37.95	00:51:11.10	+00:14:31 (28.7%)	5:03	11.9 (71.7%)
79	SYKUT Adam	517		M 40-49	79			00:00:13	00:31:40	00:45:05	00:50:42.55	00:50:56.25	+00:14:35 (28.8%)	5:04	11.8 (71.1%)
80	PROKOPIUK Grzegorz	253	SZWAGRY DWA	M 40-49	80	Tak		00:01:36	00:32:25	00:45:20	00:50:50.45	00:52:27.40	+00:14:43 (29.0%)	5:05	11.8 (71.1%)
81	DĘBSKI Andrzej	531		M 40-49	81			00:01:00	00:32:07	00:45:29	00:50:57.45	00:51:58.00	+00:14:50 (29.1%)	5:05	11.8 (71.1%)
82	GŁÓWKA Rafał	58		M 40-49	82			00:00:29	00:31:48	00:45:07	00:50:59.65	00:51:29.00	+00:14:52 (29.2%)	5:05	11.8 (71.1%)
83	GAWLIK Arkadiusz	386	BIEGAM NA TARCHOMINIE	M 40-49	83	Tak		00:01:39	00:31:58	00:45:27	00:51:11.55	00:52:51.50	+00:15:04 (29.5%)	5:07	11.7 (70.5%)
84	DUDA Jacek	55		M 40-49	84			00:01:11	00:32:04	00:45:26	00:51:16.15	00:52:27.30	+00:15:09 (29.6%)	5:07	11.7 (70.5%)
85	PAZIEWSKI Andrzej	487	BIEGAM NA TARCHOMINIE	M 40-49	85	Tak		00:00:30	00:32:16	00:45:37	00:51:17.25	00:51:47.70	+00:15:10 (29.6%)	5:07	11.7 (70.5%)
86	MIODUSZEWSKI Marcin	394	UM WARSZAWA / ARW	M 40-49	86		Tak	00:01:59	00:31:44	00:45:26	00:51:17.85	00:53:17.25	+00:15:10 (29.6%)	5:07	11.7 (70.5%)
87	SZYMKOWIAK Sebastian	202		M 40-49	87	Tak		00:01:27	00:32:08	00:45:54	00:51:37.85	00:53:05.20	+00:15:30 (30.0%)	5:09	11.6 (69.9%)
88	WIECZOREK Jacek	516	UKS NISKA	M 40-49	88	Tak		00:01:32	00:32:12	00:45:53	00:51:43.50	00:53:16.25	+00:15:36 (30.2%)	5:10	11.6 (69.9%)
89	BARTOŃ Wojciech	338		M 40-49	89			00:00:05	00:31:53	00:45:50	00:51:46.80	00:51:52.50	+00:15:39 (30.3%)	5:10	11.6 (69.9%)

Place	Participant	Number	Club	Category	MCat	Mieszkaniec		Start time	6.6km	9km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
						Białołęki	Samorządowiec								
90	<b>BLASZCZYNSKI Witold</b>	<b>159</b>		M 40-49	90	Tak		00:00:50	00:32:44	00:46:13	<b>00:51:58.85</b>	<b>00:52:48.95</b>	+00:15:51 (30.5%)	5:11	11.5 (69.3%)
91	<b>ŚWIĆ Rafał</b>	<b>702</b>	TRUCHT TARCHOMIN TEAM	M 40-49	91			00:01:28	00:33:19	00:46:17	<b>00:51:59.25</b>	<b>00:53:27.50</b>	+00:15:52 (30.5%)	5:11	11.5 (69.3%)
92	<b>DUDEK Bartłomiej</b>	<b>668</b>	BIEGAM NA TARCHOMINIE	M 40-49	92	Tak		00:01:54	00:32:48	00:46:06	<b>00:52:02.20</b>	<b>00:53:56.80</b>	+00:15:55 (30.6%)	5:12	11.5 (69.3%)
93	<b>GOŹDZIKIEWICZ Błażej</b>	<b>189</b>	BIEGAM NA TARCHOMINIE	M 40-49	93	Tak		00:01:34	00:32:52	00:46:21	<b>00:52:10.70</b>	<b>00:53:45.60</b>	+00:16:03 (30.8%)	5:13	11.5 (69.3%)
94	<b>LEWANDOWSKI Piotr</b>	<b>710</b>	TRUCHT TARCHOMIN TEAM	M 40-49	94	Tak		00:01:28	00:32:31	00:46:10	<b>00:52:14.10</b>	<b>00:53:43.05</b>	+00:16:07 (30.9%)	5:13	11.5 (69.3%)
95	<b>CZAJKOWSKI Rafał</b>	<b>110</b>	EKOBIEGI	M 40-49	95	Tak		00:01:25	00:32:09	00:46:15	<b>00:52:25.75</b>	<b>00:53:51.40</b>	+00:16:18 (31.1%)	5:14	11.4 (68.7%)
96	<b>SUCHECKI Przemysław</b>	<b>92</b>	KS POMORSKA	M 40-49	96			00:00:52	00:33:42	00:46:54	<b>00:52:29.55</b>	<b>00:53:22.40</b>	+00:16:22 (31.2%)	5:14	11.4 (68.7%)
97	<b>SZWED Łukasz</b>	<b>458</b>		M 40-49	97			00:00:29	00:33:01	00:47:05	<b>00:52:44.30</b>	<b>00:53:14.00</b>	+00:16:37 (31.5%)	5:16	11.4 (68.7%)
98	<b>PNIEWSKI Rafał</b>	<b>363</b>	BIEGAM NA TARCHOMINIE	M 40-49	98	Tak		00:00:33	00:32:55	00:46:51	<b>00:52:47.10</b>	<b>00:53:20.90</b>	+00:16:40 (31.6%)	5:16	11.4 (68.7%)
99	<b>BAK Łukasz</b>	<b>224</b>	BIEGIEM DO AGD SEROCK	M 40-49	99	Tak		00:01:06	00:33:36	00:47:10	<b>00:52:53.55</b>	<b>00:54:00.05</b>	+00:16:46 (31.7%)	5:17	11.3 (68.1%)
100	<b>PRUCNAL Paweł</b>	<b>12</b>	ATLETAS FELICES	M 40-49	100	Tak		00:01:35	00:34:06	00:47:23	<b>00:52:59.75</b>	<b>00:54:35.00</b>	+00:16:52 (31.9%)	5:17	11.3 (68.1%)
101	<b>WITZKE Artur</b>	<b>306</b>	KAWUCHA	M 40-49	101			00:01:54	00:33:46	00:47:26	<b>00:53:01.35</b>	<b>00:54:55.55</b>	+00:16:54 (31.9%)	5:18	11.3 (68.1%)
102	<b>BARTNIK Rafał</b>	<b>72</b>	ZABIEGANY WOŁOMIN	M 40-49	102			00:01:34	00:33:42	00:47:14	<b>00:53:03.05</b>	<b>00:54:37.35</b>	+00:16:56 (31.9%)	5:18	11.3 (68.1%)
103	<b>OPIELA Tomasz</b>	<b>585</b>		M 40-49	103			00:01:34	00:34:39	00:47:42	<b>00:53:12.00</b>	<b>00:54:46.00</b>	+00:17:05 (32.1%)	5:19	11.3 (68.1%)
104	<b>FLORYSIAK Artur</b>	<b>342</b>		M 40-49	104	Tak		00:01:36	00:34:01	00:47:39	<b>00:53:19.70</b>	<b>00:54:56.20</b>	+00:17:12 (32.3%)	5:19	11.3 (68.1%)
105	<b>DOMINIAK Zbigniew</b>	<b>673</b>	ORANGE POLSKA	M 40-49	105	Tak		00:01:38	00:33:26	00:47:21	<b>00:53:21.20</b>	<b>00:55:00.15</b>	+00:17:14 (32.3%)	5:20	11.2 (67.5%)
106	<b>BAZYLEWICZ Hubert</b>	<b>488</b>		M 40-49	106			00:01:38	00:33:59	00:47:49	<b>00:53:24.00</b>	<b>00:55:02.65</b>	+00:17:17 (32.4%)	5:20	11.2 (67.5%)
107	<b>WERTENSTEIN-ŻUŁAWSKI Piotr</b>	<b>367</b>	ŻOLIBORZ	M 40-49	107		Tak	00:00:10	00:33:43	00:47:33	<b>00:53:24.95</b>	<b>00:53:35.85</b>	+00:17:18 (32.4%)	5:20	11.2 (67.5%)
108	<b>FRYCZ Michał</b>	<b>794</b>		M 40-49	108	Tak		00:01:23	00:33:58	00:47:56	<b>00:53:30.20</b>	<b>00:54:54.10</b>	+00:17:23 (32.5%)	5:21	11.2 (67.5%)
109	<b>KRZACZYŃSKI Maciej</b>	<b>749</b>		M 40-49	109	Tak		00:01:49	00:35:36	00:48:25	<b>00:53:31.85</b>	<b>00:55:21.15</b>	+00:17:24 (32.5%)	5:21	11.2 (67.5%)
110	<b>GOŁASZEWSKI Marcin</b>	<b>510</b>	ZABIEGANY WOŁOMIN	M 40-49	110		Tak	00:00:56	00:33:32	00:47:43	<b>00:53:32.00</b>	<b>00:54:28.30</b>	+00:17:25 (32.5%)	5:21	11.2 (67.5%)
111	<b>SOJAK Marcin</b>	<b>125</b>		M 40-49	111	Tak		00:01:39	00:32:58	00:47:31	<b>00:53:36.15</b>	<b>00:55:15.75</b>	+00:17:29 (32.6%)	5:21	11.2 (67.5%)
112	<b>NOWAK Jerzy</b>	<b>292</b>	PWPW	M 40-49	112	Tak		00:01:32	00:34:41	00:48:13	<b>00:53:42.35</b>	<b>00:55:15.10</b>	+00:17:35 (32.8%)	5:22	11.2 (67.5%)
113	<b>WIERBIŁOWICZ Dariusz</b>	<b>631</b>		M 40-49	113			00:01:04	00:33:45	00:48:07	<b>00:53:57.15</b>	<b>00:55:01.20</b>	+00:17:50 (33.1%)	5:23	11.1 (66.9%)

Place	Participant	Number	Club	Category	MCat	Mieszkaniec		Start time	6.6km	9km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
						Białołęki	Samorządowiec								
114	LIS Marcin	440		M 40-49	114	Tak		00:00:32	00:33:39	00:48:11	00:54:16.55	00:54:49.25	+00:18:09 (33.5%)	5:25	11.1 (66.9%)
115	DERESZEWSKI Piotr	61	ZABIEGANY WOŁOMIN	M 40-49	115			00:01:49	00:34:54	00:48:32	00:54:19.70	00:56:09.30	+00:18:12 (33.5%)	5:25	11 (66.3%)
116	OKUNIEWSKI Grzegorz	285	ALIOR RUNNING TEAM	M 40-49	116			00:00:09	00:33:20	00:48:10	00:54:24.10	00:54:33.20	+00:18:17 (33.6%)	5:26	11 (66.3%)
117	ORŁOWSKI Marek	376		M 40-49	117	Tak		00:00:29	00:34:32	00:48:52	00:54:31.55	00:55:00.75	+00:18:24 (33.8%)	5:27	11 (66.3%)
118	CZARTORYSKI Krystian	522		M 40-49	118	Tak		00:01:41	00:35:22	00:49:17	00:54:35.80	00:56:17.30	+00:18:28 (33.8%)	5:27	11 (66.3%)
119	KOĆ Marcin	71	BIEGAM NA TARCHOMINIE	M 40-49	119			00:01:45	00:33:58	00:48:23	00:54:36.90	00:56:22.00	+00:18:29 (33.9%)	5:27	11 (66.3%)
120	GIERAK Kris	124	#TEAMBUNIO	M 40-49	120	Tak		00:01:31	00:34:48	00:48:32	00:54:39.40	00:56:11.00	+00:18:32 (33.9%)	5:27	11 (66.3%)
121	WÓJCIK Robert	800		M 40-49	121			00:01:33	00:34:40	00:48:27	00:54:44.25	00:56:17.55	+00:18:37 (34.0%)	5:28	11 (66.3%)
122	WACH Michał	53	BIEGAM NA TARCHOMINIE	M 40-49	122	Tak		00:00:30	00:33:35	00:48:40	00:54:49.30	00:55:19.40	+00:18:42 (34.1%)	5:28	10.9 (65.7%)
123	KOMARNICKI Kamil	610	#SAMSIĘTURLAM	M 40-49	123			00:01:36	00:34:51	00:48:49	00:54:49.70	00:56:25.70	+00:18:42 (34.1%)	5:28	10.9 (65.7%)
124	SZCZEPANIAK Mariusz	360		M 40-49	124	Tak		00:01:14	00:35:39	00:49:15	00:54:57.70	00:56:12.00	+00:18:50 (34.3%)	5:29	10.9 (65.7%)
125	SZYMAŃSKI Jacek	370		M 40-49	125	Tak		00:01:50	00:34:00	00:48:55	00:54:58.15	00:56:49.00	+00:18:51 (34.3%)	5:29	10.9 (65.7%)
126	RACHWAŁ Michał	211	12TRI.PL	M 40-49	126			00:01:22	00:33:45	00:49:19	00:55:08.00	00:56:30.40	+00:19:01 (34.5%)	5:30	10.9 (65.7%)
127	PYZARA Tomasz	612		M 40-49	127			00:01:13	00:35:09	00:49:05	00:55:32.80	00:56:46.45	+00:19:25 (35.0%)	5:33	10.8 (65.1%)
128	GRYGUCIS Waldemar	630		M 40-49	128	Tak		00:00:45	00:34:40	00:49:19	00:55:35.20	00:56:20.90	+00:19:28 (35.0%)	5:33	10.8 (65.1%)
129	HADYS Lukasz	762		M 40-49	129	Tak		00:00:38	00:34:42	00:49:28	00:55:40.75	00:56:19.10	+00:19:33 (35.1%)	5:34	10.8 (65.1%)
130	LEŚWIECKI Paweł	787		M 40-49	130	Tak		00:02:04	00:35:33	00:49:42	00:55:41.35	00:57:45.45	+00:19:34 (35.1%)	5:34	10.8 (65.1%)
131	DĘBIŃSKI Michał	287		M 40-49	131			00:01:37	00:35:58	00:49:51	00:55:48.65	00:57:26.00	+00:19:41 (35.3%)	5:34	10.8 (65.1%)
132	FILIPPOWICZ Marek	279		M 40-49	132	Tak		00:00:47	00:35:32	00:49:52	00:55:55.80	00:56:43.40	+00:19:48 (35.4%)	5:35	10.7 (64.5%)
133	KOT Tomasz	63		M 40-49	133	Tak		00:00:59	00:35:12	00:49:48	00:55:57.75	00:56:57.50	+00:19:50 (35.5%)	5:35	10.7 (64.5%)
134	GASKIEWICZ Marek	595		M 40-49	134	Tak		00:01:05	00:35:32	00:50:06	00:56:08.65	00:57:13.80	+00:20:01 (35.7%)	5:36	10.7 (64.5%)
135	ŁOZIŃSKI Piotr	548	BRACTWO BIEGOWE BGK	M 40-49	135	Tak		00:01:35	00:35:52	00:50:14	00:56:26.00	00:58:01.70	+00:20:19 (36.0%)	5:38	10.6 (63.9%)
136	GROCHOWSKI Paweł	327	PZU SPORT TEAM	M 40-49	136			00:01:56	00:35:13	00:49:54	00:56:26.90	00:58:23.70	+00:20:19 (36.0%)	5:38	10.6 (63.9%)
137	CHOJNOWSKI Andrzej	275	BIEGAM NA TARCHOMINIE	M 40-49	137	Tak		00:01:35	00:36:00	00:50:42	00:56:57.60	00:58:33.20	+00:20:50 (36.6%)	5:41	10.5 (63.3%)

Place	Participant	Number	Club	Category	MCat	Mieszkaniec		Start time	6.6km	9km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
						Białoteki	Samorządowiec								
138	KATNER Tomasz	196		M 40-49	138			00:01:27	00:35:01	00:50:21	00:57:05.30	00:58:32.95	+00:20:58 (36.7%)	5:42	10.5 (63.3%)
139	GÓRKA Rafał	679	T-MOBILE SPORT TEAM	M 40-49	139	Tak		00:01:39	00:36:00	00:50:57	00:57:17.05	00:58:56.55	+00:21:10 (37.0%)	5:43	10.5 (63.3%)
140	KĘPKA Marcin	543		M 40-49	140	Tak		00:01:45	00:36:17	00:51:14	00:57:20.60	00:59:06.35	+00:21:13 (37.0%)	5:44	10.5 (63.3%)
141	MADEJ Marcin	235		M 40-49	141	Tak		00:01:32	00:35:56	00:51:15	00:57:23.80	00:58:56.70	+00:21:16 (37.1%)	5:44	10.5 (63.3%)
142	GROCHALSKI Mariusz	647		M 40-49	142		Tak	00:00:32	00:34:41	00:50:11	00:57:28.70	00:58:01.40	+00:21:21 (37.2%)	5:44	10.4 (62.7%)
143	KACPURA Piotr	273		M 40-49	143			00:01:45	00:36:49	00:51:36	00:57:40.15	00:59:25.55	+00:21:33 (37.4%)	5:46	10.4 (62.7%)
144	STEFAŃSKI Rafał	302		M 40-49	144			00:00:47	00:36:29	00:51:39	00:57:43.15	00:58:30.40	+00:21:36 (37.4%)	5:46	10.4 (62.7%)
145	BOHDZIEWICZ Paweł	698		M 40-49	145		Tak	00:01:46	00:36:52	00:51:42	00:57:56.55	00:59:43.15	+00:21:49 (37.7%)	5:47	10.4 (62.7%)
146	ROGALSKI Tomasz	775		M 40-49	146	Tak		00:00:50	00:36:18	00:51:43	00:57:58.55	00:58:48.80	+00:21:51 (37.7%)	5:47	10.4 (62.7%)
147	LIPOWSKI Maciej	22		M 40-49	147	Tak		00:01:03	00:35:50	00:51:11	00:57:59.10	00:59:02.25	+00:21:52 (37.7%)	5:47	10.3 (62.0%)
148	KOWALCZYK Zdzisław	384	JW 2189	M 40-49	148	Tak		00:01:02	00:35:33	00:51:45	00:58:02.15	00:59:04.20	+00:21:55 (37.8%)	5:48	10.3 (62.0%)
149	BIAŁOKOS Kamil	626	GRUPA BIEGOWA CHTMO	M 40-49	149	Tak		00:01:41	00:35:50	00:51:29	00:58:12.60	00:59:54.15	+00:22:05 (38.0%)	5:49	10.3 (62.0%)
150	GRABOWSKI Marcin	689		M 40-49	150	Tak		00:01:41	00:37:42	00:52:23	00:58:14.25	00:59:55.50	+00:22:07 (38.0%)	5:49	10.3 (62.0%)
151	KOSMALA Michał	740		M 40-49	151			00:01:45	00:36:52	00:52:28	00:58:19.70	01:00:04.70	+00:22:12 (38.1%)	5:49	10.3 (62.0%)
152	GURMIŃSKI Łukasz	453		M 40-49	152			00:01:43	00:37:14	00:52:03	00:58:36.10	01:00:19.25	+00:22:29 (38.4%)	5:51	10.2 (61.4%)
153	KOSECKI Jakub	607		M 40-49	153			00:02:21	00:38:08	00:52:47	00:58:38.85	01:01:00.15	+00:22:31 (38.4%)	5:51	10.2 (61.4%)
154	ZIEMAK Radosław	432		M 40-49	154			00:01:47	00:37:35	00:52:16	00:58:41.85	01:00:29.80	+00:22:34 (38.5%)	5:52	10.2 (61.4%)
155	BEDNARSKI Tomasz	748		M 40-49	155			00:00:36	00:37:47	00:52:59	00:58:57.45	00:59:34.30	+00:22:50 (38.7%)	5:53	10.2 (61.4%)
156	BITOWSKI Hubert	309		M 40-49	156			00:01:47	00:37:38	00:52:41	00:59:00.15	01:00:47.30	+00:22:53 (38.8%)	5:54	10.2 (61.4%)
157	BOJANOWSKI Łukasz	245		M 40-49	157			00:00:47	00:36:04	00:52:17	00:59:02.80	00:59:50.65	+00:22:55 (38.8%)	5:54	10.2 (61.4%)
158	LALEWICZ Wiktor	261		M 40-49	158			00:00:47	00:36:06	00:52:18	00:59:03.25	00:59:50.30	+00:22:56 (38.8%)	5:54	10.2 (61.4%)
159	MATYSZCZAK Krzysztof	764	KRAV MAGA KLUB KENKO	M 40-49	159			00:01:47	00:38:32	00:53:09	00:59:05.10	01:00:52.65	+00:22:58 (38.9%)	5:54	10.2 (61.4%)
160	RASZEWSKI Paweł	719		M 40-49	160			00:01:35	00:36:29	00:52:21	00:59:07.45	01:00:43.35	+00:23:00 (38.9%)	5:54	10.1 (60.8%)
161	ZAMILSKI Michał	587		M 40-49	161			00:02:11	00:34:38	00:50:38	00:59:10.50	01:01:21.70	+00:23:03 (39.0%)	5:55	10.1 (60.8%)

Place	Participant	Number	Club	Category	MCat	Mieszkaniec		Start time	6.6km	9km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
						Białoteki	Samorządowiec								
162	<b>SOWA Andrzej</b>	<b>293</b>		M 40-49	162			00:00:44	00:36:47	00:52:43	<b>00:59:13.25</b>	<b>00:59:57.60</b>	+00:23:06 (39.0%)	5:55	10.1 (60.8%)
163	<b>OSTROWSKI Michał</b>	<b>344</b>		M 40-49	163			00:00:35	00:37:23	00:52:59	<b>00:59:18.30</b>	<b>00:59:53.60</b>	+00:23:11 (39.1%)	5:55	10.1 (60.8%)
164	<b>ZALEWSKI Ludomir</b>	<b>210</b>		M 40-49	164			00:00:32	00:37:02	00:52:37	<b>00:59:19.35</b>	<b>00:59:51.60</b>	+00:23:12 (39.1%)	5:55	10.1 (60.8%)
165	<b>NGUYEN HONG Viet</b>	<b>314</b>		M 40-49	165			00:00:02	00:53:19		<b>00:59:29.90</b>	<b>00:59:31.90</b>	+00:23:22 (39.3%)	5:56	10.1 (60.8%)
166	<b>WEŁNA Mariusz</b>	<b>68</b>		M 40-49	166			00:01:20	00:36:29	00:52:49	<b>00:59:31.95</b>	<b>01:00:52.80</b>	+00:23:25 (39.3%)	5:57	10.1 (60.8%)
167	<b>MACIEJEWSKI Krzysztof</b>	<b>481</b>		M 40-49	167	Tak		00:00:19	00:38:40	00:53:59	<b>00:59:33.15</b>	<b>00:59:52.45</b>	+00:23:26 (39.4%)	5:57	10.1 (60.8%)
168	<b>ZYGADŁO Piotr</b>	<b>102</b>		M 40-49	168		Tak	00:00:15	00:38:34	00:53:38	<b>00:59:37.55</b>	<b>00:59:52.80</b>	+00:23:30 (39.4%)	5:57	10.1 (60.8%)
169	<b>SZYSŁOWSKI Piotr</b>	<b>171</b>		M 40-49	169			00:00:13	00:36:59	00:53:23	<b>00:59:50.15</b>	<b>01:00:03.15</b>	+00:23:43 (39.6%)	5:59	10 (60.2%)
170	<b>TYBURC Paweł</b>	<b>69</b>	ZERWANY ACHILLES	M 40-49	170	Tak	Tak	00:01:36	00:36:40	00:52:49	<b>01:00:04.80</b>	<b>01:01:41.10</b>	+00:23:57 (39.9%)	6:00	10 (60.2%)
171	<b>BANY Michał</b>	<b>255</b>		M 40-49	171			00:01:36	00:36:58	00:53:26	<b>01:00:13.20</b>	<b>01:01:49.80</b>	+00:24:06 (40.0%)	6:01	10 (60.2%)
172	<b>WŁODARCZYK Paweł</b>	<b>270</b>		M 40-49	172			00:01:47	00:37:32	00:53:35	<b>01:00:14.55</b>	<b>01:02:02.40</b>	+00:24:07 (40.0%)	6:01	10 (60.2%)
173	<b>GUT Sebastian</b>	<b>219</b>	T-MOBILE SPORT TEAM	M 40-49	173	Tak		00:01:39	00:38:03	00:53:57	<b>01:00:33.00</b>	<b>01:02:12.30</b>	+00:24:26 (40.4%)	6:03	9.9 (59.6%)
174	<b>GAWEŁ Piotr</b>	<b>441</b>		M 40-49	174			00:01:26	00:38:28	00:53:59	<b>01:00:40.50</b>	<b>01:02:06.60</b>	+00:24:33 (40.5%)	6:04	9.9 (59.6%)
175	<b>BOBOWSKI Sebastian</b>	<b>738</b>		M 40-49	175	Tak		00:00:48	00:37:47	00:54:16	<b>01:00:42.60</b>	<b>01:01:31.05</b>	+00:24:35 (40.5%)	6:04	9.9 (59.6%)
176	<b>PAWEŁOSZEK Robert</b>	<b>74</b>	STUDIO ROBERT SPINE	M 40-49	176	Tak		00:00:41	00:38:07	00:54:12	<b>01:01:02.20</b>	<b>01:01:43.60</b>	+00:24:55 (40.8%)	6:06	9.8 (59.0%)
177	<b>KROLSKI Łukasz</b>	<b>77</b>	HOLO	M 40-49	177		Tak	00:01:59	00:39:18	00:55:09	<b>01:01:08.05</b>	<b>01:03:07.65</b>	+00:25:01 (40.9%)	6:06	9.8 (59.0%)
178	<b>KUCA Grzegorz</b>	<b>13</b>		M 40-49	178		Tak	00:01:59	00:39:16	00:54:39	<b>01:01:08.95</b>	<b>01:03:08.05</b>	+00:25:02 (40.9%)	6:06	9.8 (59.0%)
179	<b>TOMASZEWSKI Marek</b>	<b>291</b>		M 40-49	179	Tak		00:01:05	00:38:22	00:54:56	<b>01:01:27.40</b>	<b>01:02:32.50</b>	+00:25:20 (41.2%)	6:08	9.8 (59.0%)
180	<b>WOJTCZAK Adrian</b>	<b>678</b>		M 40-49	180			00:01:24	00:37:47	00:54:21	<b>01:01:27.45</b>	<b>01:02:51.75</b>	+00:25:20 (41.2%)	6:08	9.8 (59.0%)
181	<b>NOWAK Paweł</b>	<b>382</b>		M 40-49	181			00:01:05	00:38:23	00:54:56	<b>01:01:29.15</b>	<b>01:02:34.40</b>	+00:25:22 (41.3%)	6:08	9.8 (59.0%)
182	<b>STANKIEWICZ Maciej</b>	<b>298</b>	AMI & AURI RUNNERS CLUB	M 40-49	182	Tak		00:02:01	00:40:03	00:55:35	<b>01:02:15.40</b>	<b>01:04:17.00</b>	+00:26:08 (42.0%)	6:13	9.6 (57.8%)
183	<b>GABOR Maciej</b>	<b>329</b>		M 40-49	183			00:01:57	00:37:44	00:54:47	<b>01:02:20.55</b>	<b>01:04:17.80</b>	+00:26:13 (42.1%)	6:14	9.6 (57.8%)
184	<b>WOŹNIAK Marcin</b>	<b>364</b>		M 40-49	184			00:02:00	00:40:05	00:56:24	<b>01:02:59.35</b>	<b>01:04:59.95</b>	+00:26:52 (42.7%)	6:17	9.5 (57.2%)
185	<b>KĘSICKI Rafał</b>	<b>701</b>		M 40-49	185	Tak		00:00:56	00:38:49	00:55:52	<b>01:03:22.95</b>	<b>01:04:19.15</b>	+00:27:16 (43.0%)	6:20	9.5 (57.2%)



Place	Participant	Number	Club	Category	MCat	Mieszkaniec		Start time	6.6km	9km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h	
						Białołęki	Samorządowiec									
186	<b>KOWNACKI Marcin</b>	<b>46</b>		M 40-49	186	Tak			00:00:31	00:40:16	00:56:14	<b>01:03:27.55</b>	<b>01:03:58.85</b>	+00:27:20 (43.1%)	6:20	9.5 (57.2%)
187	<b>BALCERZAK Tomasz</b>	<b>725</b>		M 40-49	187				00:01:40	00:39:44	00:56:46	<b>01:03:32.80</b>	<b>01:05:13.65</b>	+00:27:25 (43.2%)	6:21	9.4 (56.6%)
188	<b>JAKUBASEK Dariusz</b>	<b>782</b>		M 40-49	188	Tak			00:00:19	00:38:48	00:56:37	<b>01:03:40.55</b>	<b>01:03:59.95</b>	+00:27:33 (43.3%)	6:22	9.4 (56.6%)
189	<b>MEDVEDIEV Oleksandr</b>	<b>430</b>		M 40-49	189		Tak		00:00:22	00:40:41	00:56:50	<b>01:03:42.00</b>	<b>01:04:04.60</b>	+00:27:35 (43.3%)	6:22	9.4 (56.6%)
190	<b>BIELEC Bartłomiej</b>	<b>180</b>		M 40-49	190				00:02:09	00:40:36	00:57:33	<b>01:04:42.20</b>	<b>01:06:51.70</b>	+00:28:35 (44.2%)	6:28	9.3 (56.0%)
191	<b>JEDYNAK Paweł</b>	<b>24</b>		M 40-49	191	Tak			00:01:57	00:41:24	00:58:06	<b>01:05:01.50</b>	<b>01:06:59.45</b>	+00:28:54 (44.5%)	6:30	9.2 (55.4%)
192	<b>AMPULSKI Mariusz</b>	<b>757</b>	NASIELSK BASZTA TEAM	M 40-49	192				00:02:06	00:40:07	00:57:17	<b>01:05:04.90</b>	<b>01:07:11.70</b>	+00:28:57 (44.5%)	6:30	9.2 (55.4%)
193	<b>ZAKHARKEVICH Alexander</b>	<b>783</b>		M 40-49	193	Tak			00:01:08	00:40:46	00:57:52	<b>01:05:11.20</b>	<b>01:06:19.20</b>	+00:29:04 (44.6%)	6:31	9.2 (55.4%)
194	<b>GĘBICZ Cezary</b>	<b>643</b>		M 40-49	194	Tak			00:00:08	00:41:11	00:58:23	<b>01:05:17.45</b>	<b>01:05:26.15</b>	+00:29:10 (44.7%)	6:31	9.2 (55.4%)
195	<b>KUŚ Maciej</b>	<b>434</b>		M 40-49	195				00:00:34	00:40:55	00:57:57	<b>01:05:32.40</b>	<b>01:06:07.20</b>	+00:29:25 (44.9%)	6:33	9.2 (55.4%)
196	<b>SULEJCZYK Piotr</b>	<b>57</b>	1.BLTR	M 40-49	196				00:00:35	00:41:24	00:59:01	<b>01:06:34.55</b>	<b>01:07:10.45</b>	+00:30:27 (45.8%)	6:39	9 (54.2%)
197	<b>SZAREWICZ Paweł</b>	<b>14</b>		M 40-49	197	Tak			00:00:32	00:41:31	00:59:26	<b>01:06:34.60</b>	<b>01:07:07.15</b>	+00:30:27 (45.8%)	6:39	9 (54.2%)
198	<b>ROKICKI Aleksander</b>	<b>791</b>		M 40-49	198	Tak			00:01:51	00:41:53	00:59:43	<b>01:07:04.25</b>	<b>01:08:55.50</b>	+00:30:57 (46.2%)	6:42	8.9 (53.6%)
199	<b>RUSIN Bartosz</b>	<b>493</b>		M 40-49	199				00:01:54	00:41:51	01:00:03	<b>01:07:22.90</b>	<b>01:09:17.80</b>	+00:31:15 (46.4%)	6:44	8.9 (53.6%)
200	<b>WOJTAL Tomasz</b>	<b>339</b>		M 40-49	200				00:02:01	00:44:10	01:01:11	<b>01:07:57.85</b>	<b>01:09:58.95</b>	+00:31:50 (46.9%)	6:47	8.8 (53.0%)
201	<b>JEŻMAŃSKI Sławek</b>	<b>375</b>		M 40-49	201	Tak			00:00:17	00:41:44	01:00:18	<b>01:08:02.85</b>	<b>01:08:20.45</b>	+00:31:55 (46.9%)	6:48	8.8 (53.0%)
202	<b>NIEDZIELA Grzegorz</b>	<b>305</b>		M 40-49	202	Tak			00:02:11	00:42:59	01:01:09	<b>01:08:26.85</b>	<b>01:10:37.95</b>	+00:32:19 (47.2%)	6:50	8.8 (53.0%)
203	<b>KUCICKI Krzysztof</b>	<b>96</b>		M 40-49	203	Tak			00:02:02	00:41:43	01:00:40	<b>01:08:41.95</b>	<b>01:10:44.00</b>	+00:32:35 (47.4%)	6:52	8.7 (52.4%)
204	<b>LUC Adam</b>	<b>524</b>	BIEGUSIEM.PL	M 40-49	204				00:02:00	00:43:21	01:01:48	<b>01:09:06.25</b>	<b>01:11:06.65</b>	+00:32:59 (47.7%)	6:54	8.7 (52.4%)
205	<b>ZATYLNÝ Tomasz</b>	<b>763</b>		M 40-49	205	Tak			00:00:32	00:41:55	01:01:14	<b>01:09:18.65</b>	<b>01:09:50.95</b>	+00:33:11 (47.9%)	6:55	8.7 (52.4%)
206	<b>KOWALSKI Grzegorz</b>	<b>40</b>		M 40-49	206	Tak			00:01:03	00:42:12	01:01:38	<b>01:09:26.15</b>	<b>01:10:29.15</b>	+00:33:19 (48.0%)	6:56	8.6 (51.8%)
207	<b>SMAGIEŁ Tomasz</b>	<b>151</b>		M 40-49	207	Tak			00:00:33	00:41:40	01:01:33	<b>01:09:36.30</b>	<b>01:10:09.60</b>	+00:33:29 (48.1%)	6:57	8.6 (51.8%)
208	<b>FIEDOSIUK Michał</b>	<b>39</b>		M 40-49	208	Tak			00:01:57	00:43:30	01:02:19	<b>01:09:57.40</b>	<b>01:11:54.65</b>	+00:33:50 (48.4%)	6:59	8.6 (51.8%)
209	<b>PATOLETA Mirek</b>	<b>49</b>		M 40-49	209	Tak			00:00:59	00:43:43	01:02:32	<b>01:10:14.50</b>	<b>01:11:13.65</b>	+00:34:07 (48.6%)	7:01	8.5 (51.2%)

Place	Participant	Number	Club	Category	MCat	Mieszkaniec		Start time	6.6km	9km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
						Białołęki	Samorządowiec								
210	<b>VUCO Ivo</b>	<b>257</b>	HULTAJ LITERACI	M 40-49	210			00:01:58	00:43:43	01:02:00	<b>01:10:29.15</b>	<b>01:12:27.15</b>	+00:34:22 (48.8%)	7:02	8.5 (51.2%)
211	<b>LUGE Remigiusz</b>	<b>641</b>		M 40-49	211	Tak		00:01:50	00:43:38	01:03:43	<b>01:11:13.30</b>	<b>01:13:03.85</b>	+00:35:06 (49.3%)	7:07	8.4 (50.6%)
212	<b>NACHEL Michał</b>	<b>724</b>		M 40-49	212	Tak		00:01:46	00:43:53	01:03:41	<b>01:11:34.25</b>	<b>01:13:20.30</b>	+00:35:27 (49.5%)	7:09	8.4 (50.6%)
213	<b>NOWICKI Dariusz</b>	<b>563</b>		M 40-49	213	Tak		00:02:10	00:44:37	01:04:13	<b>01:12:18.30</b>	<b>01:14:28.60</b>	+00:36:11 (50.1%)	7:13	8.3 (50.0%)
214	<b>GIERANOWSKI Marcin</b>	<b>26</b>	STRUŚ	M 40-49	214			00:00:34	00:46:16	01:04:55	<b>01:13:04.20</b>	<b>01:13:38.75</b>	+00:36:57 (50.6%)	7:18	8.2 (49.4%)
215	<b>KOPER Adam</b>	<b>582</b>	PKP PLK S.A	M 40-49	215	Tak		00:00:20	00:46:06	01:05:27	<b>01:13:51.30</b>	<b>01:14:12.20</b>	+00:37:44 (51.1%)	7:23	8.1 (48.8%)
216	<b>PASZKOWSKI Cezary</b>	<b>126</b>	LEŚNE SZYCHY	M 40-49	216			00:02:10	00:46:11	01:05:02	<b>01:15:05.40</b>	<b>01:17:15.80</b>	+00:38:58 (51.9%)	7:30	8 (48.2%)
217	<b>WŁODEK Rafał</b>	<b>403</b>		M 40-49	217	Tak		00:02:02	00:48:50	01:09:31	<b>01:19:12.70</b>	<b>01:21:15.55</b>	+00:43:05 (54.4%)	7:55	7.6 (45.8%)
218	<b>MADEJEK Jacek</b>	<b>730</b>	ZABIEGANI PO USZY	M 40-49	218			00:02:06	00:50:34	01:11:34	<b>01:20:33.15</b>	<b>01:22:39.90</b>	+00:44:26 (55.2%)	8:03	7.4 (44.6%)
219	<b>NASKRĘT Mariusz</b>	<b>70</b>		M 40-49	219			00:01:55	00:51:58	01:15:12	<b>01:24:23.25</b>	<b>01:26:18.45</b>	+00:48:16 (57.2%)	8:26	7.1 (42.8%)
220	<b>POSIM Tomasz</b>	<b>523</b>		M 40-49	220			00:02:01	01:01:44				+00:38:45	9:21	6.4 (38.6%)
221	<b>POTOCZNY Robert</b>	<b>584</b>		M 40-49	221			00:00:21							(0.0%)

Total 221 results.