



# BIEG PRZEZ MOST

B4SPORT

**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

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

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: M Odcinek specjalny

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Białołęki	Samorządowiec	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>WIĘCKOWSKI Łukasz</b>	<b>42</b>		M 1-29	2			00:00:02	00:20:42	00:29:03	<b>00:32:35.85</b>	<b>00:32:38.50</b>	+00:00:00 (-359,900.0%)	3:15	18.4 (100%)
2	<b>ŚWIRGOŃ Adam</b>	<b>336</b>	TRENERBIEGANIA.PL	M 1-29	1			00:00:02	00:20:29	00:28:53	<b>00:32:22.15</b>	<b>00:32:24.80</b>	+00:00:02 (-357,933.4%)	3:14	18.5 (101%)
3	<b>WASIEWICZ Krzysztof</b>	<b>709</b>	KONDYCJA	M 30-39	1			00:00:02	00:20:29	00:28:53	<b>00:32:18.60</b>	<b>00:32:20.85</b>	+00:00:02 (-357,826.7%)	3:13	18.6 (101.1%)
4	<b>GROMEK Radosław</b>	<b>758</b>	AZS AWF WARSZAWA	M 30-39	2			00:00:02	00:20:51	00:29:19	<b>00:32:54.85</b>	<b>00:32:57.10</b>	+00:00:07 (-354,621.5%)	3:17	18.2 (98.9%)
5	<b>FALANDYSZ Damian</b>	<b>51</b>	WPRUNNING PRUSZKÓW	M 30-39	4			00:00:03	00:22:58	00:32:00	<b>00:35:57.45</b>	<b>00:36:00.60</b>	+00:00:40 (-332,680.6%)	3:35	16.7 (90.8%)
6	<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>	+00:00:52 (-325,526.0%)	3:36	16.6 (90.2%)
7	<b>HILDEBRAND Marcin</b>	<b>66</b>	BIEGAM NA TARCHOMINIE	M 30-39	5	Tak		00:00:02	00:22:59	00:32:13	<b>00:36:20.85</b>	<b>00:36:23.75</b>	+00:00:53 (-325,349.6%)	3:38	16.5 (89.7%)
8	<b>PYRZAK Paweł</b>	<b>81</b>	BIEGANIEPO40.PL	M 30-39	6	Tak		00:00:02	00:23:00	00:32:26	<b>00:36:34.75</b>	<b>00:36:36.75</b>	+00:01:04 (-318,757.1%)	3:39	16.4 (89.1%)
9	<b>KUREK Jarosław</b>	<b>577</b>	WOJSKOWA AKADEMIA TECHNICZNA	M 30-39	3	Tak		00:00:02	00:22:13	00:31:41	<b>00:35:43.05</b>	<b>00:35:45.65</b>	+00:01:07 (-317,213.4%)	3:34	16.8 (91.3%)
10	<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>	+00:01:09 (-316,100.0%)	3:55	15.3 (83.2%)
11	<b>SIEMIENIAKA Marek</b>	<b>246</b>	BIEGAM NA TARCHOMINIE	M 30-39	143	Tak		00:00:32	00:29:04	00:38:41			+00:01:17 (-311,831.5%)	4:17	14 (76.1%)
12	<b>BEDNARZ Cezary</b>	<b>326</b>	BIEGAJĄCY ŚWIDNIK	M 30-39	7	Tak		00:00:03	00:23:24	00:33:02	<b>00:37:02.85</b>	<b>00:37:06.35</b>	+00:01:17 (-311,669.6%)	3:42	16.2 (88.0%)
13	<b>ZARODKIEWICZ Dawid</b>	<b>65</b>	NAPRZÓD MŁOCINY/ #TZD	M 30-39	8			00:00:05	00:24:01	00:33:40	<b>00:37:50.75</b>	<b>00:37:55.75</b>	+00:01:18 (-311,319.4%)	3:47	15.9 (86.4%)
14	<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>	+00:01:21 (-309,633.6%)	3:43	16.1 (87.5%)
15	<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>	+00:01:21 (-309,527.2%)	3:43	16.1 (87.5%)
16	<b>SKWARCZ Paweł</b>	<b>60</b>		M 30-39	11	Tak		00:00:02	00:24:14	00:34:06	<b>00:38:04.55</b>	<b>00:38:07.50</b>	+00:01:31 (-304,272.2%)	3:48	15.8 (85.9%)
17	<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>	+00:01:34 (-302,916.1%)	3:44	16.1 (87.5%)
18	<b>JĘDRZEJEWSKI Marcin</b>	<b>393</b>		M 30-39	10	Tak		00:00:03	00:23:50	00:33:50	<b>00:37:59.50</b>	<b>00:38:02.65</b>	+00:01:39 (-300,365.1%)	3:47	15.8 (85.9%)
19	<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>	+00:01:41 (-299,142.9%)	3:52	15.5 (84.2%)
20	<b>JUSIŃSKI Krystian</b>	<b>198</b>	BRACTWO BIEGOWE BGK	M 30-39	9			00:00:03	00:23:38	00:33:42	<b>00:37:55.60</b>	<b>00:37:59.30</b>	+00:01:42 (-298,572.6%)	3:47	15.8 (85.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec			Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Białoleki	Samorządowiec									
21	<b>MARYNOWSKI Wojciech</b>	<b>535</b>		M 1-29	3				00:00:03	00:23:53	00:33:57	<b>00:38:11.10</b>	<b>00:38:14.80</b>	+00:01:43 (-298,325.4%)	3:49	15.7 (85.3%)
22	<b>SZCZEPŁEK Jasiak</b>	<b>433</b>	KS LEMIESZ TEAM	M 30-39	12		Tak		00:00:03	00:24:21	00:34:26	<b>00:38:36.85</b>	<b>00:38:39.90</b>	+00:01:44 (-297,906.0%)	3:51	15.5 (84.2%)
23	<b>BRUCKI Robert</b>	<b>479</b>	CHYŁOŃSKIE DZIKI GDYNIA / BIEGAMYRAZEM.PL	M 50-59	1				00:00:12	00:25:15	00:35:26	<b>00:39:49.35</b>	<b>00:40:01.70</b>	+00:01:49 (-295,123.6%)	3:58	15.1 (82.1%)
24	<b>KRZESZEWSKI Rafał</b>	<b>596</b>	BIEGAJ POD OKIEM TRENERA	M 30-39	14	Tak			00:00:06	00:25:21	00:35:32	<b>00:39:57.25</b>	<b>00:40:03.80</b>	+00:01:50 (-294,857.9%)	3:59	15 (81.5%)
25	<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>	+00:01:51 (-294,303.8%)	3:58	15.1 (82.1%)
26	<b>MICHLEWICZ Krzysztof</b>	<b>242</b>		M 30-39	13				00:00:06	00:25:23	00:35:37	<b>00:39:50.60</b>	<b>00:39:57.20</b>	+00:01:52 (-293,703.9%)	3:59	15.1 (82.1%)
27	<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>	+00:01:54 (-292,987.2%)	4:00	15 (81.5%)
28	<b>TYMOLEWSKI Grzegorz</b>	<b>428</b>		M 1-29	4	Tak			00:00:04	00:23:54	00:34:22	<b>00:38:37.90</b>	<b>00:38:42.20</b>	+00:02:07 (-286,759.8%)	3:51	15.5 (84.2%)
29	<b>TARANTA Daniel</b>	<b>573</b>	BESKIDZKA 160	M 1-29	5				00:00:04	00:25:15	00:35:46	<b>00:40:14.45</b>	<b>00:40:19.15</b>	+00:02:10 (-285,690.9%)	4:01	14.9 (81.0%)
30	<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>	+00:02:19 (-281,559.6%)	4:05	14.7 (79.9%)
31	<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>	+00:02:20 (-280,857.1%)	4:18	13.9 (75.5%)
32	<b>CHMIEL Krzysztof</b>	<b>138</b>	ZABIEGANY WOŁOMIN	M 30-39	17				00:00:14	00:27:08	00:37:53	<b>00:42:13.35</b>	<b>00:42:27.85</b>	+00:02:23 (-279,614.4%)	4:13	14.2 (77.2%)
33	<b>GRZYBOWSKI Mariusz</b>	<b>721</b>		M 50-59	2				00:00:03	00:25:33	00:36:19	<b>00:40:55.05</b>	<b>00:40:58.60</b>	+00:02:25 (-278,748.9%)	4:05	14.7 (79.9%)
34	<b>KOŚCIK Jakub</b>	<b>105</b>		M 30-39	18				00:00:07	00:26:52	00:37:41	<b>00:42:16.85</b>	<b>00:42:24.00</b>	+00:02:28 (-277,695.9%)	4:13	14.2 (77.2%)
35	<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>	+00:02:29 (-277,204.4%)	4:23	13.7 (74.5%)
36	<b>KRUPIŃSKI Marek</b>	<b>761</b>	RUNNING TEAM	M 1-29	7	Tak	Tak		00:00:07	00:27:19	00:38:10	<b>00:43:15.50</b>	<b>00:43:22.95</b>	+00:02:30 (-276,608.4%)	4:19	13.9 (75.5%)
37	<b>TKACZYK Adam</b>	<b>674</b>		M 30-39	16				00:00:03	00:26:28	00:37:21	<b>00:41:56.05</b>	<b>00:41:59.95</b>	+00:02:31 (-276,120.7%)	4:11	14.3 (77.7%)
38	<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>	+00:02:34 (-275,150.5%)	4:42	12.7 (69.0%)
39	<b>MACIEJOWICZ Michał</b>	<b>15</b>	VEGERUNNERS	M 30-39	19				00:00:15	00:27:09	00:38:06	<b>00:42:43.90</b>	<b>00:42:59.10</b>	+00:02:36 (-274,020.2%)	4:16	14 (76.1%)
40	<b>ŚLIMKO Daniel</b>	<b>32</b>	OLEJ RUNNING TEAM	M 30-39	20	Tak			00:00:14	00:27:26	00:38:25	<b>00:42:51.70</b>	<b>00:43:05.80</b>	+00:02:37 (-273,583.1%)	4:17	14 (76.1%)
41	<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>	+00:02:38 (-273,520.8%)	4:10	14.4 (78.3%)
42	<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>	+00:02:38 (-273,334.0%)	4:20	13.8 (75.0%)
43	<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>	+00:02:40 (-272,671.9%)	4:09	14.4 (78.3%)
44	<b>FALANDYSZ Janusz</b>	<b>52</b>	WPRUNNING PRUSZKÓW	M 60+	1				00:00:11	00:26:34	00:37:38	<b>00:42:20.15</b>	<b>00:42:31.90</b>	+00:02:43 (-271,295.9%)	4:14	14.2 (77.2%)
45	<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>	+00:02:45 (-270,643.6%)	4:13	14.2 (77.2%)
46	<b>BERNER Szymon</b>	<b>739</b>	BUKS WARSZAWA	M 1-29	6	Tak			00:00:03	00:25:51	00:36:57	<b>00:41:32.30</b>	<b>00:41:35.50</b>	+00:02:45 (-270,318.6%)	4:09	14.4 (78.3%)
47	<b>KAMIŃSKI Kamil</b>	<b>252</b>	@KODEKSSPORTOWCA	M 30-39	25	Tak			00:00:18	00:28:25	00:39:33	<b>00:44:02.05</b>	<b>00:44:20.05</b>	+00:02:46 (-269,893.3%)	4:24	13.6 (73.9%)
48	<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>	+00:02:47 (-269,772.0%)	4:11	14.3 (77.7%)

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									
49	<b>RAK Adam</b>	<b>734</b>	WODOCIĄGI WARSZAWSKIE	M 30-39	15	Tak			00:00:09	00:25:52	00:37:01	<b>00:41:29.70</b>	<b>00:41:39.00</b>	+00:02:47 (-269,570.1%)	4:08	14.5 (78.8%)
50	<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>	+00:02:52 (-267,706.8%)	4:24	13.6 (73.9%)
51	<b>KLUPŚ Damian</b>	<b>799</b>		M 30-39	22	Tak			00:00:10	00:27:50	00:39:04	<b>00:43:47.30</b>	<b>00:43:57.70</b>	+00:02:53 (-267,349.2%)	4:22	13.7 (74.5%)
52	<b>SKRZYPEK Michał</b>	<b>11</b>		M 30-39	91				00:00:57	00:38:32	00:49:46	<b>00:56:07.45</b>	<b>00:57:04.90</b>	+00:02:53 (-267,269.8%)	5:36	10.7 (58.2%)
53	<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>	+00:02:54 (-267,012.3%)	4:18	14 (76.1%)
54	<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>	+00:02:55 (-266,557.8%)	4:16	14.1 (76.6%)
55	<b>JASKÓŁOWSKI Waldemar</b>	<b>237</b>		M 50-59	3	Tak			00:00:18	00:28:24	00:39:40	<b>00:44:29.25</b>	<b>00:44:47.50</b>	+00:02:55 (-266,301.6%)	4:26	13.5 (73.4%)
56	<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>	+00:02:56 (-266,242.5%)	4:21	13.8 (75.0%)
57	<b>KALINOWSKI Kamil</b>	<b>299</b>		M 30-39	24	Tak			00:00:11	00:27:46	00:39:03	<b>00:43:51.00</b>	<b>00:44:02.75</b>	+00:02:56 (-266,026.2%)	4:23	13.7 (74.5%)
58	<b>ZGODA Mateusz</b>	<b>109</b>		M 1-29	10	Tak			00:00:16	00:28:24	00:39:42	<b>00:44:58.25</b>	<b>00:45:15.00</b>	+00:02:56 (-265,987.0%)	4:29	13.3 (72.3%)
59	<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>	+00:02:56 (-265,888.8%)	4:29	13.3 (72.3%)
60	<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>	+00:02:59 (-264,872.1%)	4:21	13.8 (75.0%)
61	<b>KOŁODZIEJ Mirosław</b>	<b>152</b>		M 30-39	21				00:00:12	00:27:21	00:38:42	<b>00:43:28.60</b>	<b>00:43:40.85</b>	+00:03:00 (-264,541.4%)	4:20	13.8 (75.0%)
62	<b>LENDZION Marcin</b>	<b>469</b>	GRUPA BIEGOWA UM W-WA	M 1-29	8		Tak		00:00:14	00:27:57	00:39:19	<b>00:44:02.45</b>	<b>00:44:17.40</b>	+00:03:01 (-264,134.0%)	4:24	13.6 (73.9%)
63	<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>	+00:03:02 (-263,766.5%)	4:27	13.5 (73.4%)
64	<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>	+00:03:03 (-263,534.9%)	4:19	13.9 (75.5%)
65	<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>	+00:03:05 (-262,593.5%)	4:15	14.1 (76.6%)
66	<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>	+00:03:06 (-262,287.5%)	4:17	14 (76.1%)
67	<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>	+00:03:06 (-262,192.1%)	4:25	13.6 (73.9%)
68	<b>NOWOCIEŃ Jacek</b>	<b>232</b>	UCZNIOWSKI KLUB SPORTOWY RUSIEC	M 60+	2				00:00:11	00:27:51	00:39:19	<b>00:44:12.20</b>	<b>00:44:23.80</b>	+00:03:07 (-261,810.9%)	4:25	13.6 (73.9%)
69	<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>	+00:03:08 (-261,620.8%)	4:29	13.4 (72.8%)
70	<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>	+00:03:08 (-261,374.0%)	4:14	14.1 (76.6%)
71	<b>DRZYMALA Krzysztof</b>	<b>79</b>		M 30-39	28				00:00:18	00:28:24	00:39:53	<b>00:45:06.15</b>	<b>00:45:24.15</b>	+00:03:09 (-261,222.3%)	4:30	13.3 (72.3%)
72	<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>	+00:03:09 (-260,995.2%)	4:23	13.7 (74.5%)
73	<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>	+00:03:10 (-260,579.8%)	4:29	13.4 (72.8%)
74	<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>	+00:03:16 (-258,596.7%)	4:31	13.3 (72.3%)
75	<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>	+00:03:18 (-257,856.2%)	4:30	13.3 (72.3%)
76	<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>	+00:03:18 (-257,800.8%)	4:38	12.9 (70.1%)

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									
77	<b>KRÓL Maciej</b>	<b>755</b>	TRUCHT TARCHOMIN TEAM	M 30-39	34				00:00:27	00:29:48	00:41:27	<b>00:45:54.90</b>	<b>00:46:22.55</b>	+00:03:18 (-257,745.5%)	4:35	13.1 (71.2%)
78	<b>ŚMIETAŁO Dawid</b>	<b>215</b>		M 30-39	27	Tak			00:00:17	00:28:27	00:40:07	<b>00:44:59.45</b>	<b>00:45:17.00</b>	+00:03:18 (-257,524.4%)	4:29	13.3 (72.3%)
79	<b>JASIŃSKI Marek</b>	<b>759</b>		M 60+	4				00:00:23	00:29:28	00:41:09	<b>00:46:01.95</b>	<b>00:46:25.35</b>	+00:03:19 (-257,156.6%)	4:36	13 (70.7%)
80	<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>	+00:03:22 (-256,278.4%)	4:31	13.3 (72.3%)
81	<b>STOBNICKI Mateusz</b>	<b>104</b>	GĄBIN BIEGA	M 1-29	13				00:00:28	00:29:51	00:41:34	<b>00:46:29.25</b>	<b>00:46:58.10</b>	+00:03:22 (-256,260.1%)	4:38	12.9 (70.1%)
82	<b>PAŁCZYŃSKI Bartłomiej</b>	<b>505</b>		M 30-39	23				00:00:08	00:27:14	00:38:58	<b>00:43:47.55</b>	<b>00:43:55.70</b>	+00:03:23 (-255,841.5%)	4:22	13.7 (74.5%)
83	<b>KILJAŃCZYK Dominik</b>	<b>185</b>		M 1-29	11				00:00:10	00:28:42	00:40:28	<b>00:45:31.60</b>	<b>00:45:42.20</b>	+00:03:25 (-255,261.3%)	4:33	13.2 (71.7%)
84	<b>CHEŁCHOWSKI Michał</b>	<b>133</b>	PAWKO RUNNER TEAM	M 1-29	9				00:00:18	00:28:33	00:40:19	<b>00:44:56.45</b>	<b>00:45:15.35</b>	+00:03:25 (-255,026.3%)	4:29	13.4 (72.8%)
85	<b>CHOTOMSKI Marcin</b>	<b>482</b>		M 30-39	29				00:00:05	00:28:54	00:40:40	<b>00:45:27.40</b>	<b>00:45:32.80</b>	+00:03:26 (-254,954.1%)	4:32	13.2 (71.7%)
86	<b>FALKOWSKI Łukasz</b>	<b>139</b>		M 30-39	26				00:00:13	00:28:22	00:40:11	<b>00:44:53.40</b>	<b>00:45:07.20</b>	+00:03:28 (-254,055.0%)	4:29	13.4 (72.8%)
87	<b>KARPIŃSKI Marcin</b>	<b>122</b>		M 30-39	33	Tak			00:00:34	00:29:03	00:40:55	<b>00:45:51.55</b>	<b>00:46:25.60</b>	+00:03:31 (-253,162.1%)	4:35	13.1 (71.2%)
88	<b>SKOWROŃSKI Bartosz</b>	<b>213</b>		M 30-39	30				00:00:17	00:28:46	00:40:39	<b>00:45:31.25</b>	<b>00:45:48.50</b>	+00:03:32 (-252,682.6%)	4:33	13.2 (71.7%)
89	<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>	+00:03:33 (-252,346.2%)	4:40	12.8 (69.6%)
90	<b>SIEDLECKI Łukasz</b>	<b>423</b>	BIEGANIEPO40.PL	M 30-39	31				00:00:20	00:28:29	00:40:23	<b>00:45:33.45</b>	<b>00:45:53.60</b>	+00:03:33 (-252,204.9%)	4:33	13.2 (71.7%)
91	<b>KOCISZEWSKI Krzysztof</b>	<b>333</b>	WARSZAWIAKY	M 60+	3				00:00:13	00:28:01	00:39:57	<b>00:45:07.75</b>	<b>00:45:21.10</b>	+00:03:35 (-251,465.4%)	4:30	13.3 (72.3%)
92	<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>	+00:03:37 (-250,957.3%)	4:26	13.5 (73.4%)
93	<b>ŚCIBOR Marcin</b>	<b>228</b>	RUCH IZBICA	M 30-39	37				00:00:29	00:29:51	00:41:49	<b>00:46:55.05</b>	<b>00:47:24.35</b>	+00:03:37 (-250,957.3%)	4:41	12.8 (69.6%)
94	<b>KAKOLECKI Michał</b>	<b>438</b>		M 50-59	7	Tak			00:00:36	00:29:38	00:41:38	<b>00:46:50.55</b>	<b>00:47:26.75</b>	+00:03:38 (-250,433.8%)	4:41	12.8 (69.6%)
95	<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>	+00:03:42 (-249,169.1%)	4:44	12.7 (69.0%)
96	<b>PRUSZYŃSKI Edward</b>	<b>467</b>	KB OŻARÓW MAZOWIECKI BIEGA	M 50-59	9				00:01:40	00:30:26	00:42:32	<b>00:47:35.55</b>	<b>00:49:16.00</b>	+00:03:44 (-248,395.8%)	4:45	12.6 (68.5%)
97	<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>	+00:03:47 (-247,440.2%)	4:41	12.8 (69.6%)
98	<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>	+00:03:47 (-247,440.2%)	4:41	12.8 (69.6%)
99	<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>	+00:03:47 (-247,355.2%)	4:44	12.7 (69.0%)
100	<b>KANIA Paweł</b>	<b>723</b>	BIEGAM NA TARCHOMINIE	M 50-59	4	Tak			00:00:18	00:28:52	00:41:01	<b>00:46:07.80</b>	<b>00:46:26.10</b>	+00:03:48 (-247,185.4%)	4:36	13 (70.7%)
101	<b>BOBER Jarosław</b>	<b>398</b>		M 30-39	32				00:00:17	00:28:40	00:40:49	<b>00:45:41.40</b>	<b>00:45:58.70</b>	+00:03:48 (-247,168.5%)	4:34	13.1 (71.2%)
102	<b>KODA Eugeniusz</b>	<b>474</b>	TEAM ZABIEGANE DNI	M 60+	5				00:00:22	00:29:19	00:41:28	<b>00:46:19.80</b>	<b>00:46:41.80</b>	+00:03:48 (-247,134.6%)	4:37	13 (70.7%)
103	<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>	+00:03:48 (-247,049.8%)	4:52	12.3 (66.8%)
104	<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>	+00:03:52 (-245,835.7%)	4:48	12.5 (67.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec		Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Białoleki	Samorządowiec								
105	<b>ŻAKOWSKI Michał</b>	<b>436</b>		M 50-59	5			00:00:14	00:28:58	00:41:11	<b>00:46:22.10</b>	<b>00:46:36.20</b>	+00:03:52 (-245,701.6%)	4:38	12.9 (70.1%)
106	<b>KONIECZKA Kamil</b>	<b>669</b>		M 1-29	21	Tak		00:00:18	00:32:26	00:44:40	<b>00:49:56.20</b>	<b>00:50:14.75</b>	+00:03:53 (-245,534.1%)	4:59	12 (65.2%)
107	<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>	+00:03:53 (-245,467.1%)	4:44	12.7 (69.0%)
108	<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>	+00:03:56 (-244,368.0%)	4:42	12.8 (69.6%)
109	<b>ZYGMUNT Szymon</b>	<b>609</b>		M 1-29	12	Tak		00:00:10	00:29:00	00:41:18	<b>00:45:59.75</b>	<b>00:46:09.85</b>	+00:03:56 (-244,318.2%)	4:35	13 (70.7%)
110	<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>	+00:03:56 (-244,285.1%)	4:47	12.5 (67.9%)
111	<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>	+00:03:57 (-243,970.7%)	4:40	12.9 (70.1%)
112	<b>MATHEA Jacek</b>	<b>452</b>		M 30-39	38	Tak		00:01:14	00:29:46	00:42:05	<b>00:47:14.35</b>	<b>00:48:28.80</b>	+00:03:58 (-243,772.5%)	4:43	12.7 (69.0%)
113	<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>	+00:03:58 (-243,640.6%)	4:52	12.3 (66.8%)
114	<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>	+00:04:00 (-243,147.2%)	4:38	12.9 (70.1%)
115	<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>	+00:04:01 (-242,868.5%)	4:39	12.9 (70.1%)
116	<b>KUCHAREK Paweł</b>	<b>588</b>		M 30-39	44	Tak		00:00:54	00:30:37	00:42:59	<b>00:48:08.50</b>	<b>00:49:03.05</b>	+00:04:01 (-242,786.6%)	4:48	12.5 (67.9%)
117	<b>KRAWCZYK Wojciech</b>	<b>295</b>	BIEGAM NA TARCHOMINIE	M 50-59	10	Tak		00:00:21	00:30:22	00:42:45	<b>00:47:58.90</b>	<b>00:48:20.60</b>	+00:04:02 (-242,459.7%)	4:47	12.5 (67.9%)
118	<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>	+00:04:02 (-242,329.2%)	4:38	12.9 (70.1%)
119	<b>PISARSKI Bartłomiej</b>	<b>695</b>		M 1-29	18			00:01:04	00:31:40	00:44:03	<b>00:49:02.30</b>	<b>00:50:07.25</b>	+00:04:02 (-242,329.2%)	4:54	12.2 (66.3%)
120	<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>	+00:04:03 (-242,247.7%)	4:46	12.6 (68.5%)
121	<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>	+00:04:03 (-242,182.6%)	4:40	12.8 (69.6%)
122	<b>KUCHARSKI Wojtek</b>	<b>534</b>	PROAUTOMATION TEAM	M 40-49	67			00:01:01	00:31:31	00:43:56	<b>00:49:19.80</b>	<b>00:50:21.40</b>	+00:04:03 (-241,971.0%)	4:55	12.2 (66.3%)
123	<b>ROGUSKI Michał</b>	<b>337</b>		M 30-39	43	Tak		00:00:51	00:30:24	00:42:49	<b>00:48:07.70</b>	<b>00:48:59.35</b>	+00:04:03 (-241,954.8%)	4:48	12.5 (67.9%)
124	<b>ZASADA Dawid</b>	<b>352</b>		M 30-39	45			00:01:15	00:30:40	00:43:05	<b>00:48:19.45</b>	<b>00:49:35.20</b>	+00:04:04 (-241,906.0%)	4:49	12.4 (67.4%)
125	<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>	+00:04:04 (-241,808.6%)	4:40	12.8 (69.6%)
126	<b>MAMLA Zbigniew</b>	<b>606</b>	BIEGIEM NA KAWĘ	M 50-59	6	Tak		00:00:14	00:29:04	00:41:32	<b>00:46:38.60</b>	<b>00:46:53.00</b>	+00:04:06 (-241,015.7%)	4:39	12.9 (70.1%)
127	<b>LACHOWICZ Tomasz</b>	<b>447</b>	WITC	M 1-29	38	Tak		00:01:01	00:37:11	00:49:39	<b>00:56:49.10</b>	<b>00:57:50.10</b>	+00:04:07 (-240,709.7%)	5:40	10.6 (57.6%)
128	<b>ZIOMEK Wiktor</b>	<b>475</b>		M 30-39	39			00:00:27	00:30:01	00:42:30	<b>00:47:30.85</b>	<b>00:47:58.40</b>	+00:04:08 (-240,436.5%)	4:45	12.6 (68.5%)
129	<b>LACHOWSKI Maciej</b>	<b>355</b>		M 30-39	42	Tak		00:02:05	00:30:24	00:42:53	<b>00:48:01.80</b>	<b>00:50:07.40</b>	+00:04:08 (-240,340.2%)	4:48	12.5 (67.9%)
130	<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>	+00:04:10 (-239,987.9%)	4:49	12.5 (67.9%)
131	<b>LENDZION Jarosław</b>	<b>468</b>	GRUPA BIEGOWA UM W-WA	M 40-49	70		Tak	00:01:03	00:31:59	00:44:30	<b>00:49:44.65</b>	<b>00:50:47.90</b>	+00:04:10 (-239,876.0%)	4:58	12.1 (65.8%)
132	<b>DEREWICZ Mariusz</b>	<b>188</b>		M 30-39	41	Tak		00:00:53	00:30:08	00:42:40	<b>00:47:59.75</b>	<b>00:48:53.15</b>	+00:04:11 (-239,572.9%)	4:47	12.5 (67.9%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec			Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Białoleki	Samorządowiec									
161	<b>BAJDALA Robert</b>	<b>720</b>		M 30-39	62				00:01:37	00:33:32	00:46:28	<b>00:51:38.75</b>	<b>00:53:16.60</b>	+00:04:35 (-232,160.3%)	5:09	11.6 (63.0%)
162	<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>	+00:04:36 (-231,965.9%)	4:40	12.8 (69.6%)
163	<b>KRYSTOSIAK Karol</b>	<b>772</b>		M 40-49	66				00:00:20	00:30:57	00:43:54	<b>00:49:15.40</b>	<b>00:49:35.55</b>	+00:04:36 (-231,846.5%)	4:55	12.2 (66.3%)
164	<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>	+00:04:37 (-231,548.4%)	5:11	11.5 (62.5%)
165	<b>MASŁOWSKI Michał</b>	<b>614</b>		M 40-49	74	Tak			00:01:06	00:31:41	00:44:41	<b>00:50:13.85</b>	<b>00:51:20.35</b>	+00:04:39 (-230,865.6%)	5:01	11.9 (64.7%)
166	<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>	+00:04:41 (-230,245.7%)	5:19	11.3 (61.4%)
167	<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>	+00:04:42 (-229,907.7%)	4:50	12.4 (67.4%)
168	<b>WIAZOWSKI Jarosław</b>	<b>537</b>	INCLUDO JAROSLAW WIAZOWSKI	M 50-59	8	Tak			00:00:18	00:29:16	00:42:22	<b>00:47:32.40</b>	<b>00:47:50.60</b>	+00:04:45 (-229,292.9%)	4:45	12.6 (68.5%)
169	<b>NOWAKOWSKI Tomek</b>	<b>435</b>		M 40-49	76	Tak			00:01:17	00:31:28	00:44:34	<b>00:50:17.75</b>	<b>00:51:35.15</b>	+00:04:46 (-228,986.7%)	5:01	11.9 (64.7%)
170	<b>ŚCIBIOR Grzegorz</b>	<b>179</b>		M 30-39	52	Tak			00:02:15	00:31:51	00:44:58	<b>00:50:08.75</b>	<b>00:52:24.45</b>	+00:04:47 (-228,652.4%)	5:00	12 (65.2%)
171	<b>GERWATOWSKI Artur</b>	<b>249</b>		M 30-39	48	Tak			00:00:08	00:30:46	00:43:54	<b>00:49:11.25</b>	<b>00:49:20.15</b>	+00:04:47 (-228,623.4%)	4:55	12.2 (66.3%)
172	<b>KUREK Jacek</b>	<b>605</b>		M 30-39	55				00:01:01	00:31:45	00:44:56	<b>00:50:29.60</b>	<b>00:51:30.65</b>	+00:04:50 (-227,784.7%)	5:02	11.9 (64.7%)
173	<b>FRĄCKIEWICZ Dariusz</b>	<b>153</b>	BIEGAM NA TARCHOMINIE	M 40-49	75	Tak			00:01:40	00:31:30	00:44:42	<b>00:50:14.35</b>	<b>00:51:54.35</b>	+00:04:50 (-227,597.6%)	5:01	11.9 (64.7%)
174	<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>	+00:04:51 (-227,525.7%)	5:14	11.4 (62.0%)
175	<b>KOZŁOWSKI Paweł</b>	<b>383</b>		M 50-59	16				00:01:01	00:31:23	00:44:36	<b>00:49:56.25</b>	<b>00:50:57.35</b>	+00:04:52 (-227,224.2%)	4:59	12 (65.2%)
176	<b>ZIÓŁKOWSKI Maciej</b>	<b>511</b>		M 30-39	53				00:01:20	00:31:41	00:44:54	<b>00:50:17.25</b>	<b>00:51:38.00</b>	+00:04:52 (-227,052.3%)	5:01	11.9 (64.7%)
177	<b>SZCZEPAŃSKI Adam</b>	<b>412</b>		M 1-29	35				00:02:00	00:37:37	00:50:51	<b>00:56:04.90</b>	<b>00:58:04.90</b>	+00:04:53 (-226,895.0%)	5:36	10.7 (58.2%)
178	<b>BRALSKI Piotr</b>	<b>542</b>		M 30-39	58	Tak			00:01:27	00:32:12	00:45:27	<b>00:51:00.50</b>	<b>00:52:28.00</b>	+00:04:54 (-226,509.7%)	5:06	11.8 (64.1%)
179	<b>TEODORCZYK Michał</b>	<b>251</b>		M 30-39	51	Tak			00:00:28	00:31:15	00:44:30	<b>00:49:43.65</b>	<b>00:50:11.95</b>	+00:04:55 (-226,410.0%)	4:58	12.1 (65.8%)
180	<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>	+00:04:55 (-226,182.5%)	4:52	12.3 (66.8%)
181	<b>GALUHN Mariusz</b>	<b>160</b>		M 50-59	17				00:01:22	00:32:05	00:45:22	<b>00:51:03.50</b>	<b>00:52:25.70</b>	+00:04:56 (-226,125.7%)	5:06	11.8 (64.1%)
182	<b>REDA Sławomir</b>	<b>569</b>	TEAM ZABIEGANEDNI	M 60+	9				00:00:49	00:32:51	00:46:08	<b>00:51:41.90</b>	<b>00:52:31.40</b>	+00:04:56 (-225,998.0%)	5:10	11.6 (63.0%)
183	<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>	+00:04:56 (-225,941.3%)	5:17	11.3 (61.4%)
184	<b>SAWICKI Wojciech</b>	<b>35</b>		M 30-39	73				00:00:35	00:35:09	00:48:27	<b>00:53:27.00</b>	<b>00:54:02.20</b>	+00:04:57 (-225,757.1%)	5:20	11.2 (60.9%)
185	<b>JABŁONKA Radosław</b>	<b>59</b>	DZIADY OCR	M 40-49	68				00:00:28	00:30:46	00:44:04	<b>00:49:35.50</b>	<b>00:50:03.65</b>	+00:04:57 (-225,629.9%)	4:57	12.1 (65.8%)
186	<b>DOBOSZ Piotr</b>	<b>601</b>	WŚCIEKŁE PIĘŚCI WĘŻA	M 30-39	57	Tak			00:01:42	00:32:01	00:45:20	<b>00:50:50.35</b>	<b>00:52:32.45</b>	+00:04:57 (-225,629.9%)	5:05	11.8 (64.1%)
187	<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>	+00:04:58 (-225,559.2%)	5:12	11.5 (62.5%)
188	<b>GŁÓWKA Rafał</b>	<b>58</b>		M 40-49	82				00:00:29	00:31:48	00:45:07	<b>00:50:59.65</b>	<b>00:51:29.00</b>	+00:04:58 (-225,474.5%)	5:05	11.8 (64.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Białoleki	Samorządowiec	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
189	<b>GWIZDAŁA Cezary</b>	<b>727</b>		M 50-59	19	Tak		00:01:01	00:32:25	00:45:44	<b>00:51:17.65</b>	<b>00:52:19.25</b>	+00:04:59 (-225,220.7%)	5:07	11.7 (63.6%)
190	<b>PAZIEWSKI Andrzej</b>	<b>487</b>	BIEGAM NA TARCHOMINIE	M 40-49	85	Tak		00:00:30	00:32:16	00:45:37	<b>00:51:17.25</b>	<b>00:51:47.70</b>	+00:04:59 (-225,150.3%)	5:07	11.7 (63.6%)
191	<b>SUCHARSKI Tomasz</b>	<b>414</b>		M 1-29	16			00:00:33	00:30:28	00:43:49	<b>00:48:58.55</b>	<b>00:49:31.75</b>	+00:05:00 (-224,995.5%)	4:53	12.3 (66.8%)
192	<b>DĘBSKI Andrzej</b>	<b>531</b>		M 40-49	81			00:01:00	00:32:07	00:45:29	<b>00:50:57.45</b>	<b>00:51:58.00</b>	+00:05:00 (-224,813.0%)	5:05	11.8 (64.1%)
193	<b>DĄBROWSKI Łukasz Dąbrowski</b>	<b>457</b>		M 30-39	47			00:00:33	00:30:26	00:43:48	<b>00:48:58.30</b>	<b>00:49:31.45</b>	+00:05:00 (-224,742.8%)	4:53	12.3 (66.8%)
194	<b>DUDA Jacek</b>	<b>55</b>		M 40-49	84			00:01:11	00:32:04	00:45:26	<b>00:51:16.15</b>	<b>00:52:27.30</b>	+00:05:01 (-224,728.8%)	5:07	11.7 (63.6%)
195	<b>FLORCZUK Piotr</b>	<b>571</b>	FOREVER TEAM	M 50-59	24			00:01:34	00:34:05	00:47:28	<b>00:52:52.90</b>	<b>00:54:26.90</b>	+00:05:01 (-224,476.7%)	5:17	11.3 (61.4%)
196	<b>MAREK Jacek</b>	<b>203</b>		M 40-49	73			00:00:37	00:31:14	00:44:37	<b>00:50:09.05</b>	<b>00:50:46.80</b>	+00:05:02 (-224,308.9%)	5:00	12 (65.2%)
197	<b>ZIELIŃSKI Franciszek</b>	<b>111</b>	WPRUNNING	M 60+	7			00:00:24	00:30:41	00:44:04	<b>00:49:48.50</b>	<b>00:50:12.90</b>	+00:05:02 (-224,211.1%)	4:58	12 (65.2%)
198	<b>KOZIOŁ Kamil</b>	<b>776</b>		M 1-29	29	Tak		00:01:17	00:35:04	00:48:28	<b>00:53:59.85</b>	<b>00:55:16.95</b>	+00:05:03 (-223,960.2%)	5:23	11.1 (60.3%)
199	<b>SYKUT Adam</b>	<b>517</b>		M 40-49	79			00:00:13	00:31:40	00:45:05	<b>00:50:42.55</b>	<b>00:50:56.25</b>	+00:05:04 (-223,807.1%)	5:04	11.8 (64.1%)
200	<b>KOLASA Andrzej</b>	<b>158</b>	KLUB J.SŁOWACKIEGO	M 60+	8			00:00:40	00:32:19	00:45:45	<b>00:51:27.65</b>	<b>00:52:08.25</b>	+00:05:04 (-223,723.7%)	5:08	11.7 (63.6%)
201	<b>OWOC Tomasz</b>	<b>742</b>	PKO BANK POLSKI / NEW BALANCE RUN CLUB	M 50-59	18			00:01:26	00:32:09	00:45:34	<b>00:51:14.65</b>	<b>00:52:41.00</b>	+00:05:04 (-223,709.8%)	5:07	11.7 (63.6%)
202	<b>ORŁOWSKI Kacper</b>	<b>184</b>		M 30-39	65			00:01:26	00:32:45	00:46:14	<b>00:51:52.95</b>	<b>00:53:19.00</b>	+00:05:08 (-222,768.8%)	5:11	11.6 (63.0%)
203	<b>BLASZCZYŃSKI 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>	+00:05:08 (-222,686.2%)	5:11	11.5 (62.5%)
204	<b>GAWLIK Arkadiusz</b>	<b>386</b>	BIEGAM NA TARCHOMINIE	M 40-49	83	Tak		00:01:39	00:31:58	00:45:27	<b>00:51:11.55</b>	<b>00:52:51.50</b>	+00:05:08 (-222,686.2%)	5:07	11.7 (63.6%)
205	<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>	+00:05:09 (-222,424.8%)	5:13	11.5 (62.5%)
206	<b>CHARLEJ Ireneusz</b>	<b>247</b>		M 50-59	20			00:01:23	00:32:51	00:46:22	<b>00:51:57.75</b>	<b>00:53:21.35</b>	+00:05:09 (-222,260.1%)	5:11	11.5 (62.5%)
207	<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>	+00:05:10 (-221,999.8%)	5:18	11.3 (61.4%)
208	<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>	+00:05:11 (-221,931.4%)	5:22	11.2 (60.9%)
209	<b>RAK Michał</b>	<b>733</b>		M 30-39	59	Tak		00:01:22	00:31:24	00:44:56	<b>00:51:04.00</b>	<b>00:52:26.40</b>	+00:05:11 (-221,876.7%)	5:06	11.7 (63.6%)
210	<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>	+00:05:13 (-221,331.3%)	5:17	11.3 (61.4%)
211	<b>RÓJ Leszek</b>	<b>676</b>	BIEGAM NA TARCHOMINIE	M 40-49	78			00:00:33	00:31:20	00:44:54	<b>00:50:37.95</b>	<b>00:51:11.10</b>	+00:05:13 (-221,236.1%)	5:03	11.9 (64.7%)
212	<b>KOŁODZIEJCZYK Aleksander</b>	<b>356</b>		M 1-29	22	Tak		00:00:51	00:31:36	00:45:11	<b>00:50:48.25</b>	<b>00:51:40.05</b>	+00:05:13 (-221,181.8%)	5:04	11.8 (64.1%)
213	<b>SZCZEPANIAK Mariusz</b>	<b>360</b>		M 40-49	124	Tak		00:01:14	00:35:39	00:49:15	<b>00:54:57.70</b>	<b>00:56:12.00</b>	+00:05:15 (-220,842.7%)	5:29	10.9 (59.2%)
214	<b>KEMPA Piotr</b>	<b>362</b>		M 30-39	66	Tak		00:00:38	00:32:40	00:46:17	<b>00:51:58.95</b>	<b>00:52:37.30</b>	+00:05:16 (-220,504.7%)	5:11	11.5 (62.5%)
215	<b>KOSEWSKI Cezary</b>	<b>373</b>		M 50-59	25			00:01:14	00:33:31	00:47:09	<b>00:52:55.85</b>	<b>00:54:10.40</b>	+00:05:16 (-220,383.2%)	5:17	11.3 (61.4%)



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									
216	FLORYSIAK Artur	342		M 40-49	104	Tak			00:01:36	00:34:01	00:47:39	00:53:19.70	00:54:56.20	+00:05:16 (-220,356.2%)	5:19	11.3 (61.4%)
217	JANKOWSKI Dariusz	303		M 30-39	80				00:01:33	00:34:39	00:48:16	00:54:03.95	00:55:37.25	+00:05:16 (-220,342.8%)	5:24	11.1 (60.3%)
218	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	+00:05:16 (-220,342.8%)	5:25	11 (59.8%)
219	LEWANDOWSKI Piotr	710	TRUCHT TARCHOMIN TEAM	M 40-49	94	Tak			00:01:28	00:32:31	00:46:10	00:52:14.10	00:53:43.05	+00:05:17 (-220,154.2%)	5:13	11.5 (62.5%)
220	WOLFF Tomek	598	BIEGAJĄCE ZĄBKI	M 30-39	70				00:01:02	00:33:02	00:46:42	00:52:27.25	00:53:29.60	+00:05:19 (-219,550.2%)	5:14	11.4 (62.0%)
221	KUSY Jacek	377		M 30-39	71	Tak			00:01:47	00:34:04	00:47:44	00:53:01.05	00:54:48.85	+00:05:19 (-219,536.9%)	5:18	11.3 (61.4%)
222	BEBELSKI Jakub	227		M 1-29	17	Tak			00:01:00	00:29:44	00:43:24	00:48:59.30	00:49:59.70	+00:05:20 (-219,483.3%)	4:53	12.2 (66.3%)
223	WITZKE Artur	306	KAWUCHA	M 40-49	101				00:01:54	00:33:46	00:47:26	00:53:01.35	00:54:55.55	+00:05:20 (-219,483.3%)	5:18	11.3 (61.4%)
224	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	+00:05:21 (-219,229.5%)	5:10	11.6 (63.0%)
225	UCINEK Łukasz	485	STOMILEX	M 30-39	60				00:00:21	00:31:32	00:45:14	00:51:04.05	00:51:25.90	+00:05:21 (-219,176.1%)	5:06	11.7 (63.6%)
226	JAWOREK Krzysztof	599		M 30-39	56				00:00:52	00:31:27	00:45:09	00:50:49.10	00:51:41.10	+00:05:21 (-219,136.1%)	5:04	11.8 (64.1%)
227	ŻAKOWICZ Piotr	148		M 30-39	61				00:01:49	00:31:48	00:45:30	00:51:14.30	00:53:04.20	+00:05:21 (-219,122.8%)	5:07	11.7 (63.6%)
228	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	+00:05:21 (-219,029.5%)	5:07	11.7 (63.6%)
229	KOPROWSKI Jacek	341		M 30-39	81				00:01:34	00:34:45	00:48:29	00:54:15.70	00:55:50.65	+00:05:23 (-218,697.0%)	5:25	11.1 (60.3%)
230	GIL Wojciech	570		M 50-59	23				00:00:50	00:33:25	00:47:09	00:52:52.45	00:53:43.15	+00:05:23 (-218,564.2%)	5:17	11.3 (61.4%)
231	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	+00:05:23 (-218,511.2%)	5:27	11 (59.8%)
232	ŚWIĘTOCHOWSKI Jarosław	278		M 1-29	24				00:01:47	00:33:00	00:46:45	00:52:26.60	00:54:14.55	+00:05:24 (-218,365.5%)	5:14	11.4 (62.0%)
233	SZYMKOWIAK Sebastian	202		M 40-49	87	Tak			00:01:27	00:32:08	00:45:54	00:51:37.85	00:53:05.20	+00:05:24 (-218,259.6%)	5:09	11.6 (63.0%)
234	DZYRUK Maciej	460		M 30-39	63				00:01:25	00:32:10	00:45:57	00:51:43.35	00:53:08.50	+00:05:26 (-217,850.3%)	5:10	11.6 (63.0%)
235	WÓJCIK Robert	800		M 40-49	121				00:01:33	00:34:40	00:48:27	00:54:44.25	00:56:17.55	+00:05:26 (-217,679.1%)	5:28	11 (59.8%)
236	MIODUSZEWSKI Adrian	334		M 30-39	82				00:01:35	00:34:37	00:48:25	00:54:20.75	00:55:56.30	+00:05:27 (-217,573.9%)	5:26	11 (59.8%)
237	RZECZKOWSKI Zygmunt	397	METRO WARSZAWSKIE	M 60+	10	Tak			00:00:36	00:32:32	00:46:21	00:52:06.90	00:52:43.75	+00:05:28 (-217,390.0%)	5:12	11.5 (62.5%)
238	WERTENSTEIN-ŻUŁAWSKI Piotr	367	ŻOLIBORZ	M 40-49	107		Tak		00:00:10	00:33:43	00:47:33	00:53:24.95	00:53:35.85	+00:05:29 (-217,141.0%)	5:20	11.2 (60.9%)
239	WOLAŃCZYK Adam	486		M 1-29	23	Tak			00:01:34	00:31:44	00:45:34	00:50:54.45	00:52:29.40	+00:05:29 (-217,036.3%)	5:05	11.8 (64.1%)
240	BAZYLEWICZ Hubert	488		M 40-49	106				00:01:38	00:33:59	00:47:49	00:53:24.00	00:55:02.65	+00:05:29 (-216,984.0%)	5:20	11.2 (60.9%)
241	CZERNIGOWSKI Szymon	741		M 1-29	27				00:01:00	00:32:58	00:46:50	00:52:34.40	00:53:34.80	+00:05:31 (-216,592.5%)	5:15	11.4 (62.0%)
242	KOT Mikołaj	62		M 1-29	31	Tak			00:01:00	00:34:52	00:48:44	00:54:21.15	00:55:21.25	+00:05:31 (-216,566.5%)	5:26	11 (59.8%)
243	DĘBIŃSKI Michał	287		M 40-49	131				00:01:37	00:35:58	00:49:51	00:55:48.65	00:57:26.00	+00:05:31 (-216,475.3%)	5:34	10.8 (58.7%)

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								
244	<b>SENGER Rafał</b>	<b>154</b>		M 50-59	22		Tak	00:00:37	00:33:19	00:47:11	<b>00:52:49.55</b>	<b>00:53:27.30</b>	+00:05:32 (-216,358.3%)	5:16	11.4 (62.0%)
245	<b>JANKOWSKI Michał</b>	<b>545</b>	3 LO	M 50-59	26			00:00:44	00:33:35	00:47:28	<b>00:53:10.95</b>	<b>00:53:55.75</b>	+00:05:32 (-216,267.3%)	5:19	11.3 (61.4%)
246	<b>ŁOPAŁO Sebastian</b>	<b>747</b>		M 30-39	49			00:00:30	00:29:54	00:43:47	<b>00:49:15.65</b>	<b>00:49:45.65</b>	+00:05:32 (-216,254.4%)	4:55	12.2 (66.3%)
247	<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>	+00:05:33 (-215,878.4%)	5:20	11.2 (60.9%)
248	<b>CZARTORYSKI Krystian</b>	<b>522</b>		M 40-49	118	Tak		00:01:41	00:35:22	00:49:17	<b>00:54:35.80</b>	<b>00:56:17.30</b>	+00:05:34 (-215,619.9%)	5:27	11 (59.8%)
249	<b>PYZARA Tomasz</b>	<b>612</b>		M 40-49	127			00:01:13	00:35:09	00:49:05	<b>00:55:32.80</b>	<b>00:56:46.45</b>	+00:05:35 (-215,490.9%)	5:33	10.8 (58.7%)
250	<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>	+00:05:36 (-215,323.4%)	5:16	11.4 (62.0%)
251	<b>BARTOŃ Wojciech</b>	<b>338</b>		M 40-49	89			00:00:05	00:31:53	00:45:50	<b>00:51:46.80</b>	<b>00:51:52.50</b>	+00:05:36 (-215,246.2%)	5:10	11.6 (63.0%)
252	<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>	+00:05:36 (-215,156.2%)	5:21	11.2 (60.9%)
253	<b>KOMARNICKI Kamil</b>	<b>610</b>	#SAMSIĘTURLAM	M 40-49	123			00:01:36	00:34:51	00:48:49	<b>00:54:49.70</b>	<b>00:56:25.70</b>	+00:05:37 (-214,873.8%)	5:28	10.9 (59.2%)
254	<b>ZAWROTNY Mariusz</b>	<b>217</b>	ERAZM BIEGA	M 30-39	67	Tak		00:00:10	00:32:41	00:46:41	<b>00:52:06.90</b>	<b>00:52:16.90</b>	+00:05:38 (-214,592.1%)	5:12	11.5 (62.5%)
255	<b>ZAWADZKI Krystian</b>	<b>642</b>		M 30-39	68			00:00:13	00:32:42	00:46:42	<b>00:52:11.20</b>	<b>00:52:25.00</b>	+00:05:39 (-214,464.3%)	5:13	11.5 (62.5%)
256	<b>BARTOSZEWSKI Daniel</b>	<b>410</b>		M 1-29	34			00:00:39	00:35:38	00:49:38	<b>00:55:00.60</b>	<b>00:55:40.50</b>	+00:05:39 (-214,464.3%)	5:30	10.9 (59.2%)
257	<b>CHOJNOWSKI Arkadiusz</b>	<b>288</b>	ZABIEGANY WOŁOMIN	M 30-39	75			00:01:32	00:33:54	00:47:58	<b>00:53:43.60</b>	<b>00:55:15.85</b>	+00:05:43 (-213,536.0%)	5:22	11.2 (60.9%)
258	<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>	+00:05:43 (-213,510.7%)	5:16	11.4 (62.0%)
259	<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>	+00:05:45 (-212,980.3%)	5:14	11.4 (62.0%)
260	<b>JAROSZEWSKI Konrad</b>	<b>90</b>		M 30-39	69			00:00:50	00:32:08	00:46:15	<b>00:52:17.25</b>	<b>00:53:08.20</b>	+00:05:45 (-212,867.0%)	5:13	11.5 (62.5%)
261	<b>GODLEWSKI Artur</b>	<b>45</b>	BIEGAM NA TARCHOMINIE	M 30-39	64	Tak		00:00:36	00:32:06	00:46:14	<b>00:51:44.75</b>	<b>00:52:20.80</b>	+00:05:47 (-212,452.6%)	5:10	11.6 (63.0%)
262	<b>LEŚWIECKI Paweł</b>	<b>787</b>		M 40-49	130	Tak		00:02:04	00:35:33	00:49:42	<b>00:55:41.35</b>	<b>00:57:45.45</b>	+00:05:47 (-212,314.8%)	5:34	10.8 (58.7%)
263	<b>MICHAŁEK Tomasz</b>	<b>657</b>		M 50-59	21			00:00:46	00:32:04	00:46:13	<b>00:52:20.45</b>	<b>00:53:06.75</b>	+00:05:48 (-212,239.8%)	5:14	11.5 (62.5%)
264	<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>	+00:05:50 (-211,641.1%)	5:21	11.2 (60.9%)
265	<b>HENTKA Kamil</b>	<b>568</b>	UKL OLIMPIJCZYK 112	M 30-39	95			00:01:49	00:36:16	00:50:29	<b>00:56:24.95</b>	<b>00:58:13.95</b>	+00:05:52 (-211,045.7%)	5:38	10.6 (57.6%)
266	<b>OSKWAREK Paweł</b>	<b>119</b>		M 30-39	93	Tak		00:02:20	00:36:05	00:50:19	<b>00:56:11.30</b>	<b>00:58:31.30</b>	+00:05:53 (-211,021.0%)	5:37	10.7 (58.2%)
267	<b>KARBOWNIK Kuba</b>	<b>623</b>		M 30-39	89	Tak		00:01:42	00:35:24	00:49:38	<b>00:55:45.35</b>	<b>00:57:28.00</b>	+00:05:53 (-210,885.1%)	5:34	10.8 (58.7%)
268	<b>ŻURAWSKI Michał</b>	<b>732</b>	POLSKA	M 30-39	88			00:01:47	00:35:18	00:49:33	<b>00:55:42.90</b>	<b>00:57:30.55</b>	+00:05:54 (-210,774.0%)	5:34	10.8 (58.7%)
269	<b>KAŻMIERSKI Adrian</b>	<b>243</b>		M 30-39	74			00:01:25	00:33:29	00:47:45	<b>00:53:38.95</b>	<b>00:55:04.40</b>	+00:05:55 (-210,478.3%)	5:21	11.2 (60.9%)
270	<b>ORŁOWSKI Marek</b>	<b>376</b>		M 40-49	117	Tak		00:00:29	00:34:32	00:48:52	<b>00:54:31.55</b>	<b>00:55:00.75</b>	+00:05:59 (-209,437.9%)	5:27	11 (59.8%)
271	<b>SKOROPADYK Yulian</b>	<b>387</b>	SKOLIAN	M 1-29	36	Tak		00:01:47	00:36:21	00:50:41	<b>00:56:32.35</b>	<b>00:58:19.40</b>	+00:05:59 (-209,364.8%)	5:39	10.6 (57.6%)



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
						Białoleki	Samorządowiec									
300	<b>GEŁCZEWSKI Adam</b>	<b>656</b>		M 30-39	96				00:00:43	00:34:59	00:49:38	<b>00:56:27.75</b>	<b>00:57:11.50</b>	+00:06:18 (-205,014.4%)	5:38	10.6 (57.6%)
301	<b>WOJDAK Piotr</b>	<b>538</b>	STOMILEX	M 50-59	34				00:00:37	00:35:48	00:50:27	<b>00:56:53.75</b>	<b>00:57:31.05</b>	+00:06:18 (-204,979.4%)	5:41	10.5 (57.1%)
302	<b>KOSECKI Jakub</b>	<b>607</b>		M 40-49	153				00:02:21	00:38:08	00:52:47	<b>00:58:38.85</b>	<b>01:01:00.15</b>	+00:06:18 (-204,967.7%)	5:51	10.2 (55.4%)
303	<b>GRYGUCIS Waldemar</b>	<b>630</b>		M 40-49	128	Tak			00:00:45	00:34:40	00:49:19	<b>00:55:35.20</b>	<b>00:56:20.90</b>	+00:06:18 (-204,956.0%)	5:33	10.8 (58.7%)
304	<b>TYMENDORF Michał</b>	<b>484</b>	STOMILEX	M 30-39	85				00:00:35	00:34:46	00:49:26	<b>00:55:28.05</b>	<b>00:56:03.70</b>	+00:06:19 (-204,746.3%)	5:32	10.8 (58.7%)
305	<b>GRABOWSKI Marcin</b>	<b>689</b>		M 40-49	150	Tak			00:01:41	00:37:42	00:52:23	<b>00:58:14.25</b>	<b>00:59:55.50</b>	+00:06:20 (-204,467.3%)	5:49	10.3 (56.0%)
306	<b>ZIEMAK Radosław</b>	<b>432</b>		M 40-49	154				00:01:47	00:37:35	00:52:16	<b>00:58:41.85</b>	<b>01:00:29.80</b>	+00:06:20 (-204,397.6%)	5:52	10.2 (55.4%)
307	<b>CHOJNOWSKI Andrzej</b>	<b>275</b>	BIEGAM NA TARCHOMINIE	M 40-49	137	Tak			00:01:35	00:36:00	00:50:42	<b>00:56:57.60</b>	<b>00:58:33.20</b>	+00:06:20 (-204,362.8%)	5:41	10.5 (57.1%)
308	<b>GROCHOWSKI Paweł</b>	<b>327</b>	PZU SPORT TEAM	M 40-49	136				00:01:56	00:35:13	00:49:54	<b>00:56:26.90</b>	<b>00:58:23.70</b>	+00:06:20 (-204,351.3%)	5:38	10.6 (57.6%)
309	<b>PANEK Paweł</b>	<b>455</b>		M 30-39	97				00:01:57	00:36:09	00:50:53	<b>00:57:05.20</b>	<b>00:59:02.65</b>	+00:06:23 (-203,807.7%)	5:42	10.5 (57.1%)
310	<b>ROGALA Marcin</b>	<b>697</b>		M 30-39	92				00:01:41	00:35:18	00:50:03	<b>00:56:09.80</b>	<b>00:57:51.45</b>	+00:06:25 (-203,393.3%)	5:36	10.7 (58.2%)
311	<b>SAWICKI Miłosz</b>	<b>567</b>		M 1-29	25	Tak			00:00:31	00:31:42	00:46:28	<b>00:52:31.10</b>	<b>00:53:02.80</b>	+00:06:25 (-203,381.8%)	5:15	11.4 (62.0%)
312	<b>HADYS Lukasz</b>	<b>762</b>		M 40-49	129	Tak			00:00:38	00:34:42	00:49:28	<b>00:55:40.75</b>	<b>00:56:19.10</b>	+00:06:25 (-203,267.0%)	5:34	10.8 (58.7%)
313	<b>KACPURA Piotr</b>	<b>273</b>		M 40-49	143				00:01:45	00:36:49	00:51:36	<b>00:57:40.15</b>	<b>00:59:25.55</b>	+00:06:26 (-203,129.4%)	5:46	10.4 (56.5%)
314	<b>KOWALCZYK Tomasz</b>	<b>561</b>		M 30-39	84				00:01:26	00:34:21	00:49:08	<b>00:55:23.95</b>	<b>00:56:50.30</b>	+00:06:26 (-203,026.3%)	5:32	10.8 (58.7%)
315	<b>ZANIEWICZ Andrzej</b>	<b>684</b>		M 30-39	106	Tak			00:01:53	00:37:27	00:52:15	<b>00:58:21.35</b>	<b>01:00:15.05</b>	+00:06:27 (-202,752.0%)	5:50	10.3 (56.0%)
316	<b>GURMIŃSKI Łukasz</b>	<b>453</b>		M 40-49	152				00:01:43	00:37:14	00:52:03	<b>00:58:36.10</b>	<b>01:00:19.25</b>	+00:06:27 (-202,729.2%)	5:51	10.2 (55.4%)
317	<b>OKUNIEWSKI Grzegorz</b>	<b>285</b>	ALIOR RUNNING TEAM	M 40-49	116				00:00:09	00:33:20	00:48:10	<b>00:54:24.10</b>	<b>00:54:33.20</b>	+00:06:28 (-202,580.9%)	5:26	11 (59.8%)
318	<b>JAWORSKI Łukasz</b>	<b>206</b>		M 30-39	78				00:01:12	00:33:01	00:47:50	<b>00:54:01.90</b>	<b>00:55:14.80</b>	+00:06:28 (-202,558.1%)	5:24	11.1 (60.3%)
319	<b>SUCHODOLSKI Mariusz</b>	<b>114</b>		M 50-59	37	Tak			00:01:44	00:37:34	00:52:23	<b>00:59:04.75</b>	<b>01:00:48.85</b>	+00:06:28 (-202,546.7%)	5:54	10.2 (55.4%)
320	<b>KRATOK Dmitry</b>	<b>615</b>	RAN WAWA RUN	M 30-39	99				00:00:52	00:35:59	00:50:49	<b>00:57:14.15</b>	<b>00:58:07.05</b>	+00:06:28 (-202,512.6%)	5:43	10.5 (57.1%)
321	<b>BOHDZIEWICZ Paweł</b>	<b>698</b>		M 40-49	145		Tak		00:01:46	00:36:52	00:51:42	<b>00:57:56.55</b>	<b>00:59:43.15</b>	+00:06:29 (-202,410.1%)	5:47	10.4 (56.5%)
322	<b>ŚLEPOWROŃSKI Jakub</b>	<b>296</b>	PZU SPORT TEAM	M 30-39	72	Tak			00:01:25	00:32:37	00:47:27	<b>00:53:14.15</b>	<b>00:54:39.30</b>	+00:06:29 (-202,398.7%)	5:19	11.3 (61.4%)
323	<b>GAGAŁA Przemysław</b>	<b>94</b>		M 50-59	35				00:01:47	00:37:11	00:52:01	<b>00:58:07.45</b>	<b>00:59:54.80</b>	+00:06:29 (-202,353.2%)	5:48	10.3 (56.0%)
324	<b>KOWALCZYK Ryszard</b>	<b>557</b>	APOSTOŁOWIE TRX	M 60+	14				00:02:08	00:36:55	00:51:49	<b>00:58:23.75</b>	<b>01:00:32.70</b>	+00:06:33 (-201,537.9%)	5:50	10.3 (56.0%)
325	<b>SZYMAŃSKI Jacek</b>	<b>370</b>		M 40-49	125	Tak			00:01:50	00:34:00	00:48:55	<b>00:54:58.15</b>	<b>00:56:49.00</b>	+00:06:34 (-201,188.8%)	5:29	10.9 (59.2%)
326	<b>GÓRKA Rafał</b>	<b>679</b>	T-MOBILE SPORT TEAM	M 40-49	139	Tak			00:01:39	00:36:00	00:50:57	<b>00:57:17.05</b>	<b>00:58:56.55</b>	+00:06:36 (-200,773.8%)	5:43	10.5 (57.1%)
327	<b>KĘPKA Marcin</b>	<b>543</b>		M 40-49	140	Tak			00:01:45	00:36:17	00:51:14	<b>00:57:20.60</b>	<b>00:59:06.35</b>	+00:06:36 (-200,740.2%)	5:44	10.5 (57.1%)

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									
328	<b>SADOCH Krzysztof</b>	<b>354</b>		M 30-39	76				00:00:12	00:32:34	00:47:32	<b>00:53:58.35</b>	<b>00:54:10.40</b>	+00:06:38 (-200,449.7%)	5:23	11.1 (60.3%)
329	<b>ŚWITAŁA Adam</b>	<b>780</b>		M 50-59	29				00:01:21	00:33:35	00:48:34	<b>00:54:53.75</b>	<b>00:56:15.00</b>	+00:06:38 (-200,349.3%)	5:29	10.9 (59.2%)
330	<b>BITOWSKI Hubert</b>	<b>309</b>		M 40-49	156				00:01:47	00:37:38	00:52:41	<b>00:59:00.15</b>	<b>01:00:47.30</b>	+00:06:42 (-199,505.7%)	5:54	10.2 (55.4%)
331	<b>PRZYBYSZ Mateusz</b>	<b>286</b>		M 1-29	44				00:01:46	00:37:06	00:52:09	<b>00:58:20.45</b>	<b>01:00:07.30</b>	+00:06:42 (-199,384.2%)	5:50	10.3 (56.0%)
332	<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>	+00:06:43 (-199,340.1%)	5:57	10.1 (54.9%)
333	<b>DYREK Dariusz</b>	<b>200</b>		M 60+	12				00:00:37	00:36:30	00:51:33	<b>00:56:58.20</b>	<b>00:57:35.70</b>	+00:06:43 (-199,296.0%)	5:41	10.5 (57.1%)
334	<b>MIKOŁAJEWICZ Paweł</b>	<b>752</b>		M 30-39	79	Tak			00:00:41	00:32:51	00:47:55	<b>00:54:02.50</b>	<b>00:54:43.75</b>	+00:06:43 (-199,262.9%)	5:24	11.1 (60.3%)
335	<b>WACH Michał</b>	<b>53</b>	BIEGAM NA TARCHOMINIE	M 40-49	122	Tak			00:00:30	00:33:35	00:48:40	<b>00:54:49.30</b>	<b>00:55:19.40</b>	+00:06:43 (-199,196.7%)	5:28	10.9 (59.2%)
336	<b>BAKUŁA Wiesław</b>	<b>359</b>		M 50-59	30				00:01:12	00:34:53	00:50:00	<b>00:56:26.60</b>	<b>00:57:39.35</b>	+00:06:46 (-198,570.6%)	5:38	10.6 (57.6%)
337	<b>SŁOWIK Paweł</b>	<b>602</b>		M 30-39	101				00:00:16	00:35:55	00:51:02	<b>00:57:26.95</b>	<b>00:57:43.00</b>	+00:06:46 (-198,570.6%)	5:44	10.4 (56.5%)
338	<b>MIŁOSZ Marek</b>	<b>495</b>		M 50-59	32	Tak			00:00:49	00:34:53	00:50:01	<b>00:56:36.80</b>	<b>00:57:25.90</b>	+00:06:47 (-198,395.6%)	5:39	10.6 (57.6%)
339	<b>PIASECKI Rafał</b>	<b>108</b>		M 30-39	102	Tak			00:00:16	00:35:52	00:51:02	<b>00:57:27.05</b>	<b>00:57:43.20</b>	+00:06:48 (-198,090.0%)	5:44	10.4 (56.5%)
340	<b>STEFAŃSKI Rafał</b>	<b>302</b>		M 40-49	144				00:00:47	00:36:29	00:51:39	<b>00:57:43.15</b>	<b>00:58:30.40</b>	+00:06:48 (-198,057.3%)	5:46	10.4 (56.5%)
341	<b>BEDNARSKI Tomasz</b>	<b>748</b>		M 40-49	155				00:00:36	00:37:47	00:52:59	<b>00:58:57.45</b>	<b>00:59:34.30</b>	+00:06:51 (-197,590.0%)	5:53	10.2 (55.4%)
342	<b>MIASTOWSKI Rafał</b>	<b>18</b>	SŁOŃ B	M 50-59	39		Tak		00:01:07	00:37:30	00:52:47	<b>00:59:15.30</b>	<b>01:00:23.00</b>	+00:06:56 (-196,447.4%)	5:55	10.1 (54.9%)
343	<b>MADEJ Marcin</b>	<b>235</b>		M 40-49	141	Tak			00:01:32	00:35:56	00:51:15	<b>00:57:23.80</b>	<b>00:58:56.70</b>	+00:06:58 (-195,987.7%)	5:44	10.5 (57.1%)
344	<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>	+00:06:59 (-195,881.1%)	5:57	10.1 (54.9%)
345	<b>KATNER Tomasz</b>	<b>196</b>		M 40-49	138				00:01:27	00:35:01	00:50:21	<b>00:57:05.30</b>	<b>00:58:32.95</b>	+00:06:59 (-195,849.1%)	5:42	10.5 (57.1%)
346	<b>GAWROŃSKI Antoni</b>	<b>512</b>		M 1-29	42	Tak			00:01:19	00:36:14	00:51:34	<b>00:57:50.35</b>	<b>00:59:10.10</b>	+00:06:59 (-195,753.3%)	5:47	10.4 (56.5%)
347	<b>LIPOWSKI Maciej</b>	<b>22</b>		M 40-49	147	Tak			00:01:03	00:35:50	00:51:11	<b>00:57:59.10</b>	<b>00:59:02.25</b>	+00:07:00 (-195,615.1%)	5:47	10.3 (56.0%)
348	<b>CHOJNOWSKI Bartłomiej</b>	<b>301</b>		M 1-29	50	Tak			00:01:53	00:39:01	00:54:23	<b>01:00:28.80</b>	<b>01:02:21.85</b>	+00:07:01 (-195,392.2%)	6:02	9.9 (53.8%)
349	<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>	+00:07:01 (-195,265.0%)	6:06	9.8 (53.3%)
350	<b>PRZYBYSZ Arkadiusz</b>	<b>310</b>		M 1-29	41				00:00:45	00:35:43	00:51:06	<b>00:57:35.30</b>	<b>00:58:21.00</b>	+00:07:02 (-195,085.2%)	5:45	10.4 (56.5%)
351	<b>SKROBEK Piotr</b>	<b>793</b>		M 30-39	116				00:02:08	00:39:12	00:54:36	<b>01:00:25.85</b>	<b>01:02:34.75</b>	+00:07:03 (-194,926.8%)	6:02	9.9 (53.8%)
352	<b>ADAMSKI Marcin</b>	<b>778</b>		M 30-39	111		Tak		00:00:32	00:37:29	00:52:54	<b>00:58:49.95</b>	<b>00:59:22.05</b>	+00:07:03 (-194,916.2%)	5:52	10.2 (55.4%)
353	<b>ROGALSKI Tomasz</b>	<b>775</b>		M 40-49	146	Tak			00:00:50	00:36:18	00:51:43	<b>00:57:58.55</b>	<b>00:58:48.80</b>	+00:07:03 (-194,852.9%)	5:47	10.4 (56.5%)
354	<b>BURZYŃSKI Rafał</b>	<b>64</b>	BRAK	M 30-39	87				00:00:20	00:33:50	00:49:18	<b>00:55:38.05</b>	<b>00:55:58.05</b>	+00:07:07 (-194,002.6%)	5:33	10.8 (58.7%)
355	<b>GROCHAŁSKI Mariusz</b>	<b>647</b>		M 40-49	142		Tak		00:00:32	00:34:41	00:50:11	<b>00:57:28.70</b>	<b>00:58:01.40</b>	+00:07:09 (-193,679.2%)	5:44	10.4 (56.5%)

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
						Białoleki	Samorządowiec									
356	<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>	+00:07:10 (-193,564.6%)	6:04	9.9 (53.8%)
357	<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>	+00:07:11 (-193,325.6%)	6:13	9.6 (52.2%)
358	<b>RACHWAŁ Michał</b>	<b>211</b>	12TRI.PL	M 40-49	126				00:01:22	00:33:45	00:49:19	<b>00:55:08.00</b>	<b>00:56:30.40</b>	+00:07:12 (-192,952.7%)	5:30	10.9 (59.2%)
359	<b>PIWOWARSKI Dariusz</b>	<b>608</b>		M 30-39	109	Tak			00:00:59	00:36:28	00:52:03	<b>00:58:31.90</b>	<b>00:59:31.20</b>	+00:07:13 (-192,756.5%)	5:51	10.3 (56.0%)
360	<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>	+00:07:13 (-192,746.1%)	5:55	10.1 (54.9%)
361	<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>	+00:07:14 (-192,550.3%)	5:55	10.1 (54.9%)
362	<b>KOSMALA Michał</b>	<b>740</b>		M 40-49	151				00:01:45	00:36:52	00:52:28	<b>00:58:19.70</b>	<b>01:00:04.70</b>	+00:07:14 (-192,550.3%)	5:49	10.3 (56.0%)
363	<b>KUMOROWSKI Mateusz</b>	<b>463</b>		M 30-39	94				00:00:38	00:33:02	00:48:38	<b>00:56:19.15</b>	<b>00:56:58.10</b>	+00:07:15 (-192,498.8%)	5:37	10.7 (58.2%)
364	<b>ŻÓŁCIŃSKI Waldemar</b>	<b>407</b>	GRUPA BIEGOWA UM W-WA	M 60+	20		Tak		00:02:05	00:39:58	00:55:36	<b>01:02:07.45</b>	<b>01:04:12.45</b>	+00:07:18 (-191,883.4%)	6:12	9.7 (52.7%)
365	<b>BIĄŁOKOS Kamil</b>	<b>626</b>	GRUPA BIEGOWA CHTMO	M 40-49	149	Tak			00:01:41	00:35:50	00:51:29	<b>00:58:12.60</b>	<b>00:59:54.15</b>	+00:07:18 (-191,832.3%)	5:49	10.3 (56.0%)
366	<b>ZARĘBA Tomasz</b>	<b>99</b>		M 1-29	51	Tak			00:00:55	00:39:12	00:54:53	<b>01:01:58.20</b>	<b>01:02:53.55</b>	+00:07:20 (-191,505.8%)	6:11	9.7 (52.7%)
367	<b>GWIZDAŁA Tomasz</b>	<b>683</b>		M 30-39	115				00:01:45	00:38:42	00:54:23	<b>01:00:05.60</b>	<b>01:01:50.90</b>	+00:07:20 (-191,505.8%)	6:00	10 (54.3%)
368	<b>GWIZDAŁA Piotr</b>	<b>691</b>		M 1-29	48				00:01:44	00:38:42	00:54:23	<b>01:00:05.90</b>	<b>01:01:50.70</b>	+00:07:20 (-191,434.5%)	6:00	10 (54.3%)
369	<b>SOJAK Jakub</b>	<b>140</b>		M 1-29	45				00:01:40	00:36:37	00:52:21	<b>00:58:37.05</b>	<b>01:00:17.20</b>	+00:07:23 (-190,866.3%)	5:51	10.2 (55.4%)
370	<b>KAZAŁA Piotr</b>	<b>365</b>		M 50-59	36	Tak			00:01:44	00:35:48	00:51:34	<b>00:58:33.85</b>	<b>01:00:18.00</b>	+00:07:25 (-190,392.0%)	5:51	10.2 (55.4%)
371	<b>WASIAK Bartosz</b>	<b>144</b>		M 30-39	103	Tak			00:01:37	00:35:52	00:51:39	<b>00:57:31.15</b>	<b>00:59:09.10</b>	+00:07:26 (-190,261.2%)	5:45	10.4 (56.5%)
372	<b>OLCZAK Witold</b>	<b>106</b>	UMCS BIEGA	M 60+	16				00:01:49	00:37:34	00:53:22	<b>01:00:08.40</b>	<b>01:01:57.40</b>	+00:07:27 (-190,040.3%)	6:00	10 (54.3%)
373	<b>TRZESIŃSKI Michał</b>	<b>665</b>		M 30-39	105	Tak			00:00:31	00:35:50	00:51:40	<b>00:58:14.60</b>	<b>00:58:45.70</b>	+00:07:28 (-189,739.9%)	5:49	10.3 (56.0%)
374	<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>	+00:07:30 (-189,320.9%)	6:06	9.8 (53.3%)
375	<b>RASZEWSKI Paweł</b>	<b>719</b>		M 40-49	160				00:01:35	00:36:29	00:52:21	<b>00:59:07.45</b>	<b>01:00:43.35</b>	+00:07:31 (-189,201.5%)	5:54	10.1 (54.9%)
376	<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>	+00:07:33 (-188,824.5%)	6:03	9.9 (53.8%)
377	<b>PRZYBYŁA Karol</b>	<b>471</b>	MASADA	M 30-39	110				00:01:49	00:35:43	00:51:37	<b>00:58:44.55</b>	<b>01:00:34.25</b>	+00:07:33 (-188,745.3%)	5:52	10.2 (55.4%)
378	<b>CHRZANOWSKI Wojciech</b>	<b>498</b>		M 30-39	113				00:00:57	00:37:30	00:53:25	<b>00:59:51.80</b>	<b>01:00:49.50</b>	+00:07:34 (-188,587.2%)	5:59	10 (54.3%)
379	<b>KRAWCZYK Michał</b>	<b>371</b>		M 30-39	119	Tak			00:02:05	00:39:39	00:55:35	<b>01:01:30.30</b>	<b>01:03:35.95</b>	+00:07:35 (-188,409.6%)	6:09	9.8 (53.3%)
380	<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>	+00:07:35 (-188,380.0%)	5:55	10.1 (54.9%)
381	<b>CZAJKOWSKI Bartłomiej</b>	<b>754</b>	EKOBIEGI	M 30-39	124				00:02:00	00:40:17	00:56:13	<b>01:02:52.80</b>	<b>01:04:53.75</b>	+00:07:36 (-188,281.5%)	6:17	9.5 (51.6%)
382	<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>	+00:07:37 (-187,967.0%)	6:20	9.5 (51.6%)
383	<b>BUKOWSKI Janusz</b>	<b>637</b>	STOWARZYSZENIE DAĆ SIEBIE INNYM	M 60+	15				00:00:05	00:36:55	00:52:54	<b>00:59:41.10</b>	<b>00:59:46.60</b>	+00:07:37 (-187,917.9%)	5:58	10.1 (54.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec			Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Białoleki	Samorządowiec									
384	JABŁOŃSKI Piotr	201		M 50-59	38	Tak			00:01:34	00:36:27	00:52:27	00:59:04.85	01:00:39.65	+00:07:38 (-187,722.0%)	5:54	10.2 (55.4%)
385	KOWALSKI Piotr	708		M 60+	19				00:00:56	00:38:31	00:54:31	01:01:21.30	01:02:18.00	+00:07:39 (-187,643.8%)	6:08	9.8 (53.3%)
386	SZUMOTALSKI Kamil	439		M 30-39	120				00:01:59	00:38:40	00:54:40	01:01:34.80	01:03:34.65	+00:07:39 (-187,643.8%)	6:09	9.7 (52.7%)
387	ZAMILSKI Michał	587		M 40-49	161				00:02:11	00:34:38	00:50:38	00:59:10.50	01:01:21.70	+00:07:39 (-187,575.3%)	5:55	10.1 (54.9%)
388	WŁODARCZYK Paweł	270		M 40-49	172				00:01:47	00:37:32	00:53:35	01:00:14.55	01:02:02.40	+00:07:42 (-186,971.5%)	6:01	10 (54.3%)
389	PAWEŁOSZEK Robert	74	STUDIO ROBERT SPINE	M 40-49	176	Tak			00:00:41	00:38:07	00:54:12	01:01:02.20	01:01:43.60	+00:07:43 (-186,748.4%)	6:06	9.8 (53.3%)
390	CHODUN Paweł	559		M 30-39	123				00:00:51	00:39:07	00:55:12	01:01:43.50	01:02:35.00	+00:07:45 (-186,506.6%)	6:10	9.7 (52.7%)
391	MEDVEDIEV Oleksandr	430		M 40-49	189		Tak		00:00:22	00:40:41	00:56:50	01:03:42.00	01:04:04.60	+00:07:47 (-186,053.7%)	6:22	9.4 (51.1%)
392	PLIUSHCHYK Eduard	446		M 30-39	130		Tak		00:00:23	00:40:41	00:56:49	01:03:40.85	01:04:04.35	+00:07:47 (-186,034.5%)	6:22	9.4 (51.1%)
393	TYBURC Paweł	69	ZERWANY ACHILLES	M 40-49	170	Tak	Tak		00:01:36	00:36:40	00:52:49	01:00:04.80	01:01:41.10	+00:07:48 (-185,861.6%)	6:00	10 (54.3%)
394	MANJA Dariusz	790		M 50-59	40	Tak			00:01:01	00:39:44	00:55:54	01:02:11.65	01:03:13.25	+00:07:49 (-185,737.0%)	6:13	9.6 (52.2%)
395	KWIATKOWSKI Hubert	504		M 1-29	46				00:00:20	00:36:44	00:52:54	00:59:14.95	00:59:35.55	+00:07:49 (-185,708.2%)	5:55	10.1 (54.9%)
396	ŁOTOWSKI Emil	244		M 30-39	112				00:00:47	00:36:04	00:52:15	00:59:02.85	00:59:50.55	+00:07:50 (-185,488.2%)	5:54	10.2 (55.4%)
397	MUCHA Grzegorz	156		M 60+	17	Tak			00:01:45	00:38:09	00:54:20	01:01:03.35	01:02:49.00	+00:07:50 (-185,478.7%)	6:06	9.8 (53.3%)
398	URBANSKI Dominik	444		M 30-39	127				00:02:07	00:40:03	00:56:14	01:03:28.00	01:05:35.35	+00:07:50 (-185,450.0%)	6:20	9.5 (51.6%)
399	LALEWICZ Wiktor	261		M 40-49	158				00:00:47	00:36:06	00:52:18	00:59:03.25	00:59:50.30	+00:07:51 (-185,325.9%)	5:54	10.2 (55.4%)
400	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	+00:07:51 (-185,268.7%)	5:48	10.3 (56.0%)
401	BOJANOWSKI Łukasz	245		M 40-49	157				00:00:47	00:36:04	00:52:17	00:59:02.80	00:59:50.65	+00:07:52 (-185,135.4%)	5:54	10.2 (55.4%)
402	SIKORA Mateusz	591		M 30-39	118				00:01:51	00:38:17	00:54:31	01:01:19.60	01:03:10.80	+00:07:52 (-185,106.8%)	6:07	9.8 (53.3%)
403	LUGE Maksymilian	646		M 1-29	43	Tak			00:01:50	00:35:56	00:52:10	00:58:03.50	00:59:53.50	+00:07:52 (-185,021.2%)	5:48	10.3 (56.0%)
404	WRONIEWSKI Grzegorz	572		M 30-39	98				00:00:59	00:34:17	00:50:31	00:57:09.50	00:58:08.65	+00:07:53 (-184,907.2%)	5:42	10.5 (57.1%)
405	KULBACKI Kamil	470		M 30-39	129	Tak			00:01:55	00:40:20	00:56:35	01:03:36.15	01:05:31.90	+00:07:53 (-184,859.7%)	6:21	9.4 (51.1%)
406	ŚMIECHOWSKI Marcin	427		M 30-39	122				00:01:56	00:37:54	00:54:11	01:01:40.15	01:03:36.20	+00:07:56 (-184,292.0%)	6:10	9.7 (52.7%)
407	WOŹNIAK Marcin	364		M 40-49	184				00:02:00	00:40:05	00:56:24	01:02:59.35	01:04:59.95	+00:07:58 (-183,990.7%)	6:17	9.5 (51.6%)
408	WEŁNA Mariusz	68		M 40-49	166				00:01:20	00:36:29	00:52:49	00:59:31.95	01:00:52.80	+00:07:59 (-183,831.0%)	5:57	10.1 (54.9%)
409	STACH Grzegorz	265		M 30-39	117				00:00:36	00:37:24	00:53:47	01:00:34.75	01:01:10.75	+00:08:01 (-183,391.0%)	6:03	9.9 (53.8%)
410	PŁOCHA Rafał	346		M 30-39	128	Tak			00:01:55	00:40:12	00:56:34	01:03:31.85	01:05:27.15	+00:08:01 (-183,325.6%)	6:21	9.4 (51.1%)
411	SZYSŁOWSKI Piotr	171		M 40-49	169				00:00:13	00:36:59	00:53:23	00:59:50.15	01:00:03.15	+00:08:03 (-182,980.9%)	5:59	10 (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									
412	ŁYSIK Marcin	768	INTERSPORT	M 1-29	53	Tak			00:00:43	00:40:33	00:56:59	01:03:28.10	01:04:11.20	+00:08:05 (-182,600.5%)	6:20	9.5 (51.6%)
413	BANY Michał	255		M 40-49	171				00:01:36	00:36:58	00:53:26	01:00:13.20	01:01:49.80	+00:08:08 (-182,193.9%)	6:01	10 (54.3%)
414	BOBOWSKI Sebastian	738		M 40-49	175	Tak			00:00:48	00:37:47	00:54:16	01:00:42.60	01:01:31.05	+00:08:08 (-182,083.4%)	6:04	9.9 (53.8%)
415	WOŹNIAK Maciej	756		M 1-29	52	Tak			00:01:03	00:39:53	00:56:23	01:03:20.65	01:04:24.10	+00:08:09 (-181,927.0%)	6:20	9.5 (51.6%)
416	NOWAK Pawel	382		M 40-49	181				00:01:05	00:38:23	00:54:56	01:01:29.15	01:02:34.40	+00:08:12 (-181,441.1%)	6:08	9.8 (53.3%)
417	WOJTCZAK Adrian	678		M 40-49	180				00:01:24	00:37:47	00:54:21	01:01:27.45	01:02:51.75	+00:08:13 (-181,221.9%)	6:08	9.8 (53.3%)
418	TOMASZEWSKI Marek	291		M 40-49	179	Tak			00:01:05	00:38:22	00:54:56	01:01:27.40	01:02:32.50	+00:08:13 (-181,203.7%)	6:08	9.8 (53.3%)
419	KOPROWICZ Damian	332		M 30-39	131				00:02:04	00:41:01	00:57:35	01:04:46.25	01:06:51.15	+00:08:14 (-181,103.4%)	6:28	9.3 (50.5%)
420	FURR Joshua	459		M 30-39	114	Yes			00:00:59	00:36:23	00:53:03	01:00:04.55	01:01:04.30	+00:08:19 (-180,098.0%)	6:00	10 (54.3%)
421	JEDYNAK Paweł	24		M 40-49	191	Tak			00:01:57	00:41:24	00:58:06	01:05:01.50	01:06:59.45	+00:08:21 (-179,702.5%)	6:30	9.2 (50.0%)
422	NIEWIADOMSKI Zdzisław	513		M 60+	21				00:00:44	00:40:09	00:56:52	01:03:52.35	01:04:37.10	+00:08:22 (-179,630.8%)	6:23	9.4 (51.1%)
423	SADOWSKI Kamil	170		M 30-39	121		Tak		00:01:48	00:37:56	00:54:46	01:01:39.90	01:03:28.50	+00:08:28 (-178,446.7%)	6:09	9.7 (52.7%)
424	SIDORCZUK Marek	555		M 50-59	41				00:01:53	00:39:55	00:56:46	01:04:01.35	01:05:54.70	+00:08:29 (-178,261.2%)	6:24	9.4 (51.1%)
425	PALONKA Bartłomiej	320		M 1-29	40				00:00:58	00:34:21	00:51:17	00:57:30.35	00:58:28.60	+00:08:35 (-177,356.8%)	5:45	10.4 (56.5%)
426	BIELEC Bartłomiej	180		M 40-49	190				00:02:09	00:40:36	00:57:33	01:04:42.20	01:06:51.70	+00:08:35 (-177,278.2%)	6:28	9.3 (50.5%)
427	STROMECKI Marcin	530	BFM	M 30-39	100	Tak			00:02:41	00:34:14	00:51:12	00:57:25.15	01:00:06.75	+00:08:36 (-177,034.2%)	5:44	10.4 (56.5%)
428	WOJTAL Tomasz	339		M 40-49	200				00:02:01	00:44:10	01:01:11	01:07:57.85	01:09:58.95	+00:08:39 (-176,548.0%)	6:47	8.8 (47.8%)
429	MASTALERZ Dawid	753		M 1-29	49				00:00:12	00:37:23	00:54:24	01:00:23.95	01:00:36.60	+00:08:40 (-176,435.6%)	6:02	9.9 (53.8%)
430	BALCERZAK Tomasz	725		M 40-49	187				00:01:40	00:39:44	00:56:46	01:03:32.80	01:05:13.65	+00:08:40 (-176,375.1%)	6:21	9.4 (51.1%)
431	KUŚ Maciej	434		M 40-49	195				00:00:34	00:40:55	00:57:57	01:05:32.40	01:06:07.20	+00:08:41 (-176,314.6%)	6:33	9.2 (50.0%)
432	GABOR Maciej	329		M 40-49	183				00:01:57	00:37:44	00:54:47	01:02:20.55	01:04:17.80	+00:08:42 (-176,142.1%)	6:14	9.6 (52.2%)
433	KĘSICKI Rafał	701		M 40-49	185	Tak			00:00:56	00:38:49	00:55:52	01:03:22.95	01:04:19.15	+00:08:42 (-176,099.0%)	6:20	9.5 (51.6%)
434	SOCHA Paweł	315		M 30-39	133				00:00:02	00:41:25	00:58:30	01:06:34.55	01:06:36.55	+00:08:44 (-175,703.7%)	6:39	9 (48.9%)
435	ZAKHARKEVICH Alexander	783		M 40-49	193	Tak			00:01:08	00:40:46	00:57:52	01:05:11.20	01:06:19.20	+00:08:44 (-175,643.7%)	6:31	9.2 (50.0%)
436	KOPYŚ Damian	760		M 1-29	55				00:00:13	00:40:26	00:57:33	01:04:31.95	01:04:45.65	+00:08:45 (-175,523.9%)	6:27	9.3 (50.5%)
437	HORODECKI Piotr	564		M 1-29	56				00:00:21	00:40:56	00:58:05	01:05:05.65	01:05:26.90	+00:08:48 (-175,071.5%)	6:30	9.2 (50.0%)
438	AMPULSKI Mariusz	757	NASIELSK BASZTA TEAM	M 40-49	192				00:02:06	00:40:07	00:57:17	01:05:04.90	01:07:11.70	+00:08:48 (-175,003.5%)	6:30	9.2 (50.0%)
439	GĘBICZ Cezary	643		M 40-49	194	Tak			00:00:08	00:41:11	00:58:23	01:05:17.45	01:05:26.15	+00:08:51 (-174,528.4%)	6:31	9.2 (50.0%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec		Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Białoleki	Samorządowiec								
440	WANOWSKI Andrzej	274	ROZBIEGAMY NOWY DWÓR	M 60+	18			00:01:42	00:36:19	00:53:43	01:01:04.15	01:02:46.30	+00:09:03 (-172,488.3%)	6:06	9.8 (53.3%)
441	KASPRZAK Marcin	589		M 50-59	44	Tak		00:02:07	00:42:20	00:59:47	01:06:55.65	01:09:03.45	+00:09:06 (-172,059.7%)	6:41	9 (48.9%)
442	PACHOLAK Przemysław	118		M 50-59	43	Tak		00:01:40	00:41:22	00:58:52	01:06:01.05	01:07:41.80	+00:09:09 (-171,477.9%)	6:36	9.1 (49.5%)
443	WIĘTCZAK Tomasz	230		M 1-29	57			00:01:43	00:41:31	00:59:05	01:06:38.75	01:08:21.75	+00:09:13 (-170,843.2%)	6:39	9 (48.9%)
444	SULEJCZYK Piotr	57	1.BLTR	M 40-49	196			00:00:35	00:41:24	00:59:01	01:06:34.55	01:07:10.45	+00:09:16 (-170,455.0%)	6:39	9 (48.9%)
445	SKRZYPIŃSKI Cezary	672		M 50-59	47	Tak		00:00:45	00:46:04	01:03:41	01:10:49.25	01:11:34.65	+00:09:16 (-170,390.5%)	7:04	8.5 (46.2%)
446	CENTKOWSKI Mateusz	718		M 1-29	54			00:00:06	00:39:01	00:56:48	01:03:38.80	01:03:44.90	+00:09:25 (-168,895.8%)	6:21	9.4 (51.1%)
447	KRÓL Łukasz	83	PZU SPORT TEAM	M 30-39	134			00:00:32	00:41:10	00:58:59	01:06:46.20	01:07:18.30	+00:09:28 (-168,508.4%)	6:40	9 (48.9%)
448	JAKUBASEK Dariusz	782		M 40-49	188	Tak		00:00:19	00:38:48	00:56:37	01:03:40.55	01:03:59.95	+00:09:29 (-168,374.5%)	6:22	9.4 (51.1%)
449	ROKICKI Aleksander	791		M 40-49	198	Tak		00:01:51	00:41:53	00:59:43	01:07:04.25	01:08:55.50	+00:09:29 (-168,358.7%)	6:42	8.9 (48.4%)
450	BARDZIŃSKI Łukasz	82		M 30-39	125	Tak		00:01:21	00:38:01	00:55:52	01:03:11.30	01:04:33.10	+00:09:30 (-168,217.1%)	6:19	9.5 (51.6%)
451	SZAREWICZ Paweł	14		M 40-49	197	Tak		00:00:32	00:41:31	00:59:26	01:06:34.60	01:07:07.15	+00:09:35 (-167,434.9%)	6:39	9 (48.9%)
452	ROJEK Stanisław	578		M 50-59	42			00:00:50	00:40:25	00:58:31	01:05:48.30	01:06:39.00	+00:09:45 (-165,861.3%)	6:34	9.1 (49.5%)
453	NIEDZIELA Grzegorz	305		M 40-49	202	Tak		00:02:11	00:42:59	01:01:09	01:08:26.85	01:10:37.95	+00:09:49 (-165,282.6%)	6:50	8.8 (47.8%)
454	MEDVETSKYI Illia	617		M 1-29	47	Tak		00:00:11	00:35:40	00:53:50	00:59:56.90	01:00:08.20	+00:09:49 (-165,259.9%)	5:59	10 (54.3%)
455	RUSIN Bartosz	493		M 40-49	199			00:01:54	00:41:51	01:00:03	01:07:22.90	01:09:17.80	+00:09:50 (-165,062.9%)	6:44	8.9 (48.4%)
456	VUCO Ivo	257	HULTAJ LITERACI	M 40-49	210			00:01:58	00:43:43	01:02:00	01:10:29.15	01:12:27.15	+00:09:56 (-164,167.2%)	7:02	8.5 (46.2%)
457	SZOSTAKOWSKI Jarosław	5	BIEGAMY Z OCHOTĄ	M 50-59	46		Tak	00:02:04	00:43:43	01:02:00	01:10:16.00	01:12:20.20	+00:09:56 (-164,137.3%)	7:01	8.5 (46.2%)
458	KARWECKI Patryk	75		M 30-39	137	Tak		00:00:31	00:46:09	01:04:33	01:12:20.75	01:12:52.15	+00:10:03 (-163,096.3%)	7:14	8.3 (45.1%)
459	LUC Adam	524	BIEGUSIEM.PL	M 40-49	204			00:02:00	00:43:21	01:01:48	01:09:06.25	01:11:06.65	+00:10:06 (-162,757.1%)	6:54	8.7 (47.3%)
460	JEŻMAŃSKI Sławek	375		M 40-49	201	Tak		00:00:17	00:41:44	01:00:18	01:08:02.85	01:08:20.45	+00:10:13 (-161,631.9%)	6:48	8.8 (47.8%)
461	GIERANOWSKI Marcin	26	STRUŚ	M 40-49	214			00:00:34	00:46:16	01:04:55	01:13:04.20	01:13:38.75	+00:10:18 (-161,010.2%)	7:18	8.2 (44.6%)
462	WYROSTEK Przemysław	497	STOMILEX	M 30-39	136			00:00:24	00:43:29	01:02:17	01:09:38.15	01:10:02.15	+00:10:27 (-159,674.8%)	6:57	8.6 (46.7%)
463	FIEDOSIUK Michał	39		M 40-49	208	Tak		00:01:57	00:43:30	01:02:19	01:09:57.40	01:11:54.65	+00:10:27 (-159,604.0%)	6:59	8.6 (46.7%)
464	PATOLETA Mirek	49		M 40-49	209	Tak		00:00:59	00:43:43	01:02:32	01:10:14.50	01:11:13.65	+00:10:28 (-159,582.8%)	7:01	8.5 (46.2%)
465	BODALSKI Jacek	556	AKTYWNA WARSZAWA	M 50-59	45			00:02:00	00:43:42	01:02:31	01:09:55.80	01:11:56.00	+00:10:28 (-159,505.0%)	6:59	8.6 (46.7%)
466	PASZKOWSKI Cezary	126	LEŚNE SZYCHY	M 40-49	216			00:02:10	00:46:11	01:05:02	01:15:05.40	01:17:15.80	+00:10:30 (-159,279.2%)	7:30	8 (43.5%)
467	KUCICKI Krzysztof	96		M 40-49	203	Tak		00:02:02	00:41:43	01:00:40	01:08:41.95	01:10:44.00	+00:10:36 (-158,424.1%)	6:52	8.7 (47.3%)

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									
468	<b>CICHON Dominik</b>	<b>95</b>		M 1-29	59	Tak										
								00:02:08	00:42:14	01:01:17	<b>01:09:01.15</b>	<b>01:11:10.00</b>	+00:10:42 (-157,536.8%)	6:54	8.7 (47.3%)	
469	<b>OLSZEWSKI Łukasz</b>	<b>236</b>		M 30-39	135	Tak										
								00:00:03	00:42:11	01:01:25	<b>01:08:50.10</b>	<b>01:08:54.00</b>	+00:10:52 (-156,136.1%)	6:53	8.7 (47.3%)	
470	<b>ZATYLNy 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>	+00:10:58 (-155,428.3%)	6:55	8.7 (47.3%)	
471	<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>	+00:11:00 (-155,147.0%)	7:23	8.1 (44.0%)	
472	<b>KOWALSKI Wiesław</b>	<b>41</b>		M 50-59	48											
								00:00:20	00:43:51	01:03:17	<b>01:11:27.00</b>	<b>01:11:47.50</b>	+00:11:05 (-154,487.9%)	7:08	8.4 (45.7%)	
473	<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>	+00:11:05 (-154,481.2%)	6:56	8.6 (46.7%)	
474	<b>BODYS Sylwester</b>	<b>112</b>		M 30-39	139	Tak										
								00:00:09	00:46:41	01:06:12	<b>01:14:21.60</b>	<b>01:14:31.50</b>	+00:11:10 (-153,840.9%)	7:26	8.1 (44.0%)	
475	<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>	+00:11:15 (-153,186.3%)	7:13	8.3 (45.1%)	
476	<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>	+00:11:27 (-151,586.6%)	7:09	8.4 (45.7%)	
477	<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>	+00:11:31 (-151,065.0%)	6:57	8.6 (46.7%)	
478	<b>JUSTA Piuotr</b>	<b>735</b>		M 50-59	50	Tak	Tak									
								00:00:03	00:47:31	01:07:34	<b>01:16:16.15</b>	<b>01:16:19.20</b>	+00:11:42 (-149,664.4%)	7:37	7.9 (42.9%)	
479	<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>	+00:11:44 (-149,515.2%)	7:07	8.4 (45.7%)	
480	<b>RUDENKA Andrei</b>	<b>323</b>		M 1-29	58											
								00:00:16	00:40:22	01:00:28	<b>01:08:05.95</b>	<b>01:08:22.30</b>	+00:11:44 (-149,428.4%)	6:48	8.8 (47.8%)	
481	<b>LIBERA Paweł</b>	<b>565</b>		M 30-39	138	Tak	Tak									
								00:01:58	00:43:59	01:04:07	<b>01:12:57.40</b>	<b>01:14:55.90</b>	+00:11:46 (-149,168.3%)	7:17	8.2 (44.6%)	
482	<b>STANKOWSKI Andrzej</b>	<b>520</b>	TEAM WARIAT	M 50-59	52	Tak										
								00:01:04	00:52:13	01:12:28	<b>01:20:59.90</b>	<b>01:22:04.45</b>	+00:11:54 (-148,246.8%)	8:05	7.4 (40.2%)	
483	<b>FARIAS PELCASTRE Ivan</b>	<b>379</b>		M 30-39	132											
								00:00:03	00:37:53	00:58:16	<b>01:05:21.70</b>	<b>01:05:25.50</b>	+00:12:02 (-147,312.6%)	6:32	9.2 (50.0%)	
484	<b>MILIK Tomasz</b>	<b>115</b>		M 30-39	140	Tak										
								00:01:49	00:48:12	01:08:44	<b>01:16:56.70</b>	<b>01:18:46.15</b>	+00:12:11 (-146,199.8%)	7:41	7.8 (42.4%)	
485	<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>	+00:12:20 (-145,103.6%)	7:55	7.6 (41.3%)	
486	<b>DRZEWICZ Tomasz</b>	<b>450</b>	SZKOŁA TAŃCA ROCK'N'ROLA AKROBATYCZNEGO PROMENADA	M 50-59	49											
								00:02:08	00:43:52	01:04:34	<b>01:13:06.50</b>	<b>01:15:14.85</b>	+00:12:21 (-145,045.2%)	7:18	8.2 (44.6%)	
487	<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>	+00:12:40 (-142,869.1%)	8:03	7.4 (40.2%)	
488	<b>CZECHOWSKI Jerzy</b>	<b>147</b>	MZA - WARSZAWA	M 60+	23											
								00:02:08	00:52:51	01:14:22	<b>01:23:41.95</b>	<b>01:25:50.05</b>	+00:13:10 (-139,464.8%)	8:22	7.2 (39.1%)	
489	<b>CZYŻ Michał</b>	<b>36</b>		M 30-39	141	Tak										
								00:00:23	00:51:02	01:12:53	<b>01:22:22.90</b>	<b>01:22:46.10</b>	+00:13:30 (-137,373.0%)	8:14	7.3 (39.7%)	
490	<b>WTOREK Mirosław</b>	<b>496</b>	NIEZALEŻNY	M 60+	22	Tak										
								00:00:24	00:49:48	01:11:48	<b>01:20:41.05</b>	<b>01:21:05.95</b>	+00:13:38 (-136,513.4%)	8:04	7.4 (40.2%)	
491	<b>HAJNUS Wojciech</b>	<b>240</b>		M 50-59	51	Tak										
								00:02:10	00:47:21	01:09:41	<b>01:19:00.15</b>	<b>01:21:10.65</b>	+00:13:59 (-134,423.1%)	7:54	7.6 (41.3%)	
492	<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>	+00:14:53 (-129,197.3%)	8:26	7.1 (38.6%)	
<b>Przekroczony limit czasu: 01:30:00</b>																
493	<b>BOROWIAK Jacek</b>	<b>312</b>	SLOW JOGING POLSKA	M 60+	24											
								00:00:11	00:58:17	01:22:57	<b>01:33:49.90</b>	<b>01:34:01.45</b>	+00:16:19 (-121,688.0%)	9:22	6.4 (34.8%)	
494	<b>MAJKOWSKI Michał</b>	<b>374</b>		M 30-39	142	Tak										
								00:00:19	00:58:59	01:24:33	<b>01:35:04.35</b>	<b>01:35:23.80</b>	+00:17:13 (-117,415.8%)	9:30	6.3 (34.2%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Białoleki	Samorządowiec	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
495	<b>GLUSHKO Iurii</b>	<b>769</b>		M 30-39	126			00:00:02	00:26:56	00:54:59	<b>01:03:23.40</b>	<b>01:03:26.10</b>	+00:19:42 (- 106,962.3%)	6:20	9.5 (51.6%)

Znaleziono 495 wynik(ów)