



BIEG PRZEZ MOST

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

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

B4SPORT
 INTELEGNTE ZAWODY SPORTOWE

Classification: M Open

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	WASIEWICZ Krzysztof	709	KONDYCJA	M 30-39	1			00:00:02	00:20:29	00:28:53	00:32:18.60	00:32:20.85		3:13	18.6 (100%)
2	ŚWIRGOŃ Adam	336	TRENERBIEGANIA.PL	M 1-29	1			00:00:02	00:20:29	00:28:53	00:32:22.15	00:32:24.80	+00:00:03 (0.2%)	3:14	18.5 (99.5%)
3	WIĘCKOWSKI Łukasz	42		M 1-29	2			00:00:02	00:20:42	00:29:03	00:32:35.85	00:32:38.50	+00:00:17 (0.9%)	3:15	18.4 (98.9%)
4	GROMEK Radosław	758	AZS AWF WARSZAWA	M 30-39	2			00:00:02	00:20:51	00:29:19	00:32:54.85	00:32:57.10	+00:00:36 (1.8%)	3:17	18.2 (97.8%)
5	KUREK Jarosław	577	WOJSKOWA AKADEMIA TECHNICZNA	M 30-39	3	Tak		00:00:02	00:22:13	00:31:41	00:35:43.05	00:35:45.65	+00:03:24 (9.5%)	3:34	16.8 (90.3%)
6	FALANDYSZ Damian	51	WPRUNNING PRUSZKÓW	M 30-39	4			00:00:03	00:22:58	00:32:00	00:35:57.45	00:36:00.60	+00:03:38 (10.1%)	3:35	16.7 (89.8%)
7	KRZEMPEK Aleksander	629	BIEGANIEPO40.PL	M 40-49	1			00:00:02	00:22:59	00:32:13	00:36:06.95	00:36:09.65	+00:03:48 (10.5%)	3:36	16.6 (89.2%)
8	HILDEBRAND Marcin	66	BIEGAM NA TARCHOMINIE	M 30-39	5	Tak		00:00:02	00:22:59	00:32:13	00:36:20.85	00:36:23.75	+00:04:02 (11.1%)	3:38	16.5 (88.7%)
9	PYRZAK Paweł	81	BIEGANIEPO40.PL	M 30-39	6	Tak		00:00:02	00:23:00	00:32:26	00:36:34.75	00:36:36.75	+00:04:16 (11.7%)	3:39	16.4 (88.2%)
10	BEDNARZ Cezary	326	BIEGAJĄCY ŚWIDNIK	M 30-39	7	Tak		00:00:03	00:23:24	00:33:02	00:37:02.85	00:37:06.35	+00:04:44 (12.8%)	3:42	16.2 (87.1%)
11	ZYCH Mariusz	238	BIEGAJ POD OKIEM TRENERA	M 40-49	2			00:00:05	00:23:31	00:33:12	00:37:13.15	00:37:18.45	+00:04:54 (13.2%)	3:43	16.1 (86.6%)
12	MIROWSKI Jarosław	670		M 40-49	3			00:00:04	00:23:30	00:33:12	00:37:16.05	00:37:20.45	+00:04:57 (13.3%)	3:43	16.1 (86.6%)
13	WITKOWSKI Paweł	661	WIELISZEW HERON TEAM	M 40-49	4			00:00:03	00:23:17	00:33:11	00:37:22.35	00:37:25.85	+00:05:03 (13.5%)	3:44	16.1 (86.6%)
14	ZARODKIEWICZ Dawid	65	NAPRZÓD MŁOCINY/ #TZD	M 30-39	8			00:00:05	00:24:01	00:33:40	00:37:50.75	00:37:55.75	+00:05:32 (14.6%)	3:47	15.9 (85.5%)
15	JUSIŃSKI Krystian	198	BRACTWO BIEGOWE BGK	M 30-39	9			00:00:03	00:23:38	00:33:42	00:37:55.60	00:37:59.30	+00:05:37 (14.8%)	3:47	15.8 (84.9%)
16	JĘDRZEJEWSKI Marcin	393		M 30-39	10	Tak		00:00:03	00:23:50	00:33:50	00:37:59.50	00:38:02.65	+00:05:40 (15.0%)	3:47	15.8 (84.9%)
17	SKWARCZ Paweł	60		M 30-39	11	Tak		00:00:02	00:24:14	00:34:06	00:38:04.55	00:38:07.50	+00:05:45 (15.1%)	3:48	15.8 (84.9%)
18	MARYNOWSKI Wojciech	535		M 1-29	3			00:00:03	00:23:53	00:33:57	00:38:11.10	00:38:14.80	+00:05:52 (15.4%)	3:49	15.7 (84.4%)
19	SZCZEPŁEK Jasiek	433	KS LEMIESZ TEAM	M 30-39	12		Tak	00:00:03	00:24:21	00:34:26	00:38:36.85	00:38:39.90	+00:06:18 (16.3%)	3:51	15.5 (83.3%)
20	TYMOLEWSKI Grzegorz	428		M 1-29	4	Tak		00:00:04	00:23:54	00:34:22	00:38:37.90	00:38:42.20	+00:06:19 (16.4%)	3:51	15.5 (83.3%)

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
						Białoleki	Samorządowiec									
21	CHRAPEK Janusz	121	ROSSMANN	M 40-49	5				00:00:04	00:24:31	00:34:34	00:38:41.25	00:38:46.15	+00:06:22 (16.5%)	3:52	15.5 (83.3%)
22	MIELCZAREK Krzysztof	208	BIEGAM NA TARCHOMINIE	M 40-49	6	Tak			00:00:07	00:25:20	00:34:50	00:39:19.50	00:39:26.95	+00:07:00 (17.8%)	3:55	15.3 (82.3%)
23	GŁOWACKI Paweł	318	WENET RUNNERS TEAM	M 40-49	7				00:00:09	00:25:20	00:35:32	00:39:43.70	00:39:53.40	+00:07:25 (18.7%)	3:58	15.1 (81.2%)
24	MICHEWICZ Krzysztof	242		M 30-39	13				00:00:06	00:25:23	00:35:37	00:39:50.60	00:39:57.20	+00:07:32 (18.9%)	3:59	15.1 (81.2%)
25	BRUCKI Robert	479	CHYŁOŃSKIE DZIKI GDYNIA / BIEGAMYRAZEM.PL	M 50-59	1				00:00:12	00:25:15	00:35:26	00:39:49.35	00:40:01.70	+00:07:30 (18.9%)	3:58	15.1 (81.2%)
26	KRZESZEWSKI Rafał	596	BIEGAJ POD OKIEM TRENERA	M 30-39	14	Tak			00:00:06	00:25:21	00:35:32	00:39:57.25	00:40:03.80	+00:07:38 (19.1%)	3:59	15 (80.6%)
27	NOWICKI Marcin	666		M 40-49	8				00:00:06	00:25:22	00:35:36	00:40:01.05	00:40:07.60	+00:07:42 (19.3%)	4:00	15 (80.6%)
28	TARANTA Daniel	573	BESKIDZKA 160	M 1-29	5				00:00:04	00:25:15	00:35:46	00:40:14.45	00:40:19.15	+00:07:55 (19.7%)	4:01	14.9 (80.1%)
29	GRZYBOWSKI Mariusz	721		M 50-59	2				00:00:03	00:25:33	00:36:19	00:40:55.05	00:40:58.60	+00:08:36 (21.0%)	4:05	14.7 (79.0%)
30	DĘBOWSKI Michał	660	ULTRABIEGLI RADOM	M 40-49	9		Tak		00:00:07	00:25:41	00:36:21	00:40:53.85	00:41:01.65	+00:08:35 (21.0%)	4:05	14.7 (79.0%)
31	BERNER Szymon	739	BUKS WARSZAWA	M 1-29	6	Tak			00:00:03	00:25:51	00:36:57	00:41:32.30	00:41:35.50	+00:09:13 (22.2%)	4:09	14.4 (77.4%)
32	RAK Adam	734	WODOCIĄGI WARSZAWSKIE	M 30-39	15	Tak			00:00:09	00:25:52	00:37:01	00:41:29.70	00:41:39.00	+00:09:11 (22.1%)	4:08	14.5 (78.0%)
33	SZYMAŃSKI Andrzej	250		M 40-49	10	Tak			00:00:04	00:26:01	00:37:01	00:41:37.15	00:41:41.45	+00:09:18 (22.4%)	4:09	14.4 (77.4%)
34	GOZDEK Radek	136	BIEGANIEPO40.PL	M 40-49	11	Tak			00:00:07	00:26:17	00:37:16	00:41:45.00	00:41:52.80	+00:09:26 (22.6%)	4:10	14.4 (77.4%)
35	TKACZYK Adam	674		M 30-39	16				00:00:03	00:26:28	00:37:21	00:41:56.05	00:41:59.95	+00:09:37 (23.0%)	4:11	14.3 (76.9%)
36	LEWDOROWICZ Wojciech	269	SAM SOBIE KLUBEM	M 40-49	12				00:00:05	00:25:51	00:36:59	00:41:54.90	00:42:00.60	+00:09:36 (22.9%)	4:11	14.3 (76.9%)
37	KOŚCIK Jakub	105		M 30-39	18				00:00:07	00:26:52	00:37:41	00:42:16.85	00:42:24.00	+00:09:58 (23.6%)	4:13	14.2 (76.3%)
38	GAŁĄZKA Tomasz	644		M 40-49	13				00:00:13	00:26:33	00:37:39	00:42:12.80	00:42:26.25	+00:09:54 (23.5%)	4:13	14.2 (76.3%)
39	CHMIEL Krzysztof	138	ZABIEGANY WOŁOMIN	M 30-39	17				00:00:14	00:27:08	00:37:53	00:42:13.35	00:42:27.85	+00:09:54 (23.5%)	4:13	14.2 (76.3%)
40	FALANDYSZ Janusz	52	WPRUNNING PRUSZKÓW	M 60+	1				00:00:11	00:26:34	00:37:38	00:42:20.15	00:42:31.90	+00:10:01 (23.7%)	4:14	14.2 (76.3%)
41	JANOWSKI Jacek	480		M 40-49	14				00:00:11	00:26:12	00:37:42	00:42:27.65	00:42:39.60	+00:10:09 (23.9%)	4:14	14.1 (75.8%)
42	TARAS Marcin	194	BIEGOWE WTORKI NA TARCHOMINIE	M 40-49	15	Tak			00:00:07	00:26:18	00:37:44	00:42:34.80	00:42:42.45	+00:10:16 (24.1%)	4:15	14.1 (75.8%)
43	TOMASZEK Robert	349		M 40-49	17	Tak			00:00:04	00:26:37	00:38:04	00:42:53.40	00:42:57.50	+00:10:34 (24.7%)	4:17	14 (75.3%)
44	MACIEJOWICZ Michał	15	VEGERUNNERS	M 30-39	19				00:00:15	00:27:09	00:38:06	00:42:43.90	00:42:59.10	+00:10:25 (24.4%)	4:16	14 (75.3%)
45	CZERNECKI Wojciech	146		M 40-49	16				00:00:20	00:26:47	00:38:03	00:42:41.50	00:43:01.70	+00:10:22 (24.3%)	4:16	14.1 (75.8%)
46	ŚLIMKO Daniel	32	OLEJ RUNNING TEAM	M 30-39	20	Tak			00:00:14	00:27:26	00:38:25	00:42:51.70	00:43:05.80	+00:10:33 (24.6%)	4:17	14 (75.3%)
47	JAWORSKI Piotr	2	MARKOWI BIEGACZE	M 40-49	18	Tak	Tak		00:00:06	00:26:57	00:38:12	00:43:00.55	00:43:07.10	+00:10:41 (24.9%)	4:18	14 (75.3%)
48	ANDRZEJEWSKI Mariusz	686	T-MOBILE RUNNING TEAM	M 40-49	19	Tak			00:00:07	00:27:51	00:38:33	00:43:06.35	00:43:14.25	+00:10:47 (25.0%)	4:18	13.9 (74.7%)

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
						Białoleński	Samorządowiec								
49	CZERWIEC Andrzej	726	MARKOWI BIEGACZE	M 40-49	20			00:00:07	00:26:53	00:38:17	00:43:10.90	00:43:18.65	+00:10:52 (25.2%)	4:19	13.9 (74.7%)
50	KRUPIŃSKI Marek	761	RUNNING TEAM	M 1-29	7	Tak	Tak	00:00:07	00:27:19	00:38:10	00:43:15.50	00:43:22.95	+00:10:56 (25.3%)	4:19	13.9 (74.7%)
51	KOMORZYCKI Janusz	743	ORANGE POLSKA	M 40-49	21			00:00:10	00:27:47	00:38:46	00:43:28.00	00:43:38.90	+00:11:09 (25.7%)	4:20	13.8 (74.2%)
52	KOŁODZIEJ Mirosław	152		M 30-39	21			00:00:12	00:27:21	00:38:42	00:43:28.60	00:43:40.85	+00:11:10 (25.7%)	4:20	13.8 (74.2%)
53	CZAPSKI Michał	207	BIEGAM NA TARCHOMINIE	M 40-49	23	Tak		00:00:09	00:27:28	00:38:48	00:43:35.20	00:43:44.30	+00:11:16 (25.9%)	4:21	13.8 (74.2%)
54	PRZYBYSZ Andrzej	654		M 40-49	22			00:00:12	00:27:28	00:38:44	00:43:32.15	00:43:44.80	+00:11:13 (25.8%)	4:21	13.8 (74.2%)
55	PAŁCZYŃSKI Bartłomiej	505		M 30-39	23			00:00:08	00:27:14	00:38:58	00:43:47.55	00:43:55.70	+00:11:28 (26.2%)	4:22	13.7 (73.7%)
56	KLUPŚ Damian	799		M 30-39	22	Tak		00:00:10	00:27:50	00:39:04	00:43:47.30	00:43:57.70	+00:11:28 (26.2%)	4:22	13.7 (73.7%)
57	KALINOWSKI Kamil	299		M 30-39	24	Tak		00:00:11	00:27:46	00:39:03	00:43:51.00	00:44:02.75	+00:11:32 (26.3%)	4:23	13.7 (73.7%)
58	MANCZENKO Eugeniusz	613	MARKOWI BIEGACZE	M 40-49	25			00:00:09	00:27:45	00:39:15	00:43:57.80	00:44:07.30	+00:11:39 (26.5%)	4:23	13.7 (73.7%)
59	MOŁODKIEWICZ Zbigniew	638	BIEGAM NA TARCHOMINIE	M 40-49	24	Tak		00:00:17	00:28:23	00:39:13	00:43:50.80	00:44:07.90	+00:11:32 (26.3%)	4:23	13.7 (73.7%)
60	LENDZION Marcin	469	GRUPA BIEGOWA UM W-WA	M 1-29	8		Tak	00:00:14	00:27:57	00:39:19	00:44:02.45	00:44:17.40	+00:11:43 (26.6%)	4:24	13.6 (73.1%)
61	TOBOŁA Paweł	157	AKS POLONIA WARSZAWA	M 40-49	27			00:00:05	00:27:53	00:39:20	00:44:13.00	00:44:18.20	+00:11:54 (26.9%)	4:25	13.6 (73.1%)
62	KAMIŃSKI Kamil	252	@KODEKSSPORTOWCA	M 30-39	25	Tak		00:00:18	00:28:25	00:39:33	00:44:02.05	00:44:20.05	+00:11:43 (26.6%)	4:24	13.6 (73.1%)
63	NOWOCIEŃ Jacek	232	UCZNIOWSKI KLUB SPORTOWY RUSIEC	M 60+	2			00:00:11	00:27:51	00:39:19	00:44:12.20	00:44:23.80	+00:11:53 (26.9%)	4:25	13.6 (73.1%)
64	PĘDZISZ Michał	583	AKTYWNA WARSZAWA	M 40-49	26			00:00:20	00:28:17	00:39:30	00:44:07.20	00:44:27.50	+00:11:48 (26.8%)	4:24	13.6 (73.1%)
65	KRZEPKOWSKI Radosław	28	ADIDAS RUNNERS WARSAW	M 40-49	28			00:00:13	00:27:26	00:39:24	00:44:26.00	00:44:39.25	+00:12:07 (27.3%)	4:26	13.5 (72.6%)
66	JASKÓŁOWSKI Waldemar	237		M 50-59	3	Tak		00:00:18	00:28:24	00:39:40	00:44:29.25	00:44:47.50	+00:12:10 (27.4%)	4:26	13.5 (72.6%)
67	MICHNOWSKI Sebastian	378	BIEGAM NA TARCHOMINIE	M 40-49	29	Tak		00:00:16	00:28:26	00:39:49	00:44:35.00	00:44:51.35	+00:12:16 (27.5%)	4:27	13.5 (72.6%)
68	MICHALAK Dariusz	183		M 40-49	30			00:00:08	00:28:29	00:39:57	00:44:50.20	00:44:58.90	+00:12:31 (27.9%)	4:29	13.4 (72.0%)
69	FALKOWSKI Łukasz	139		M 30-39	26			00:00:13	00:28:22	00:40:11	00:44:53.40	00:45:07.20	+00:12:34 (28.0%)	4:29	13.4 (72.0%)
70	ZGODA Mateusz	109		M 1-29	10	Tak		00:00:16	00:28:24	00:39:42	00:44:58.25	00:45:15.00	+00:12:39 (28.2%)	4:29	13.3 (71.5%)
71	CHEŁCHOWSKI Michał	133	PAWKO RUNNER TEAM	M 1-29	9			00:00:18	00:28:33	00:40:19	00:44:56.45	00:45:15.35	+00:12:37 (28.1%)	4:29	13.4 (72.0%)
72	WNUK Tomasz	113		M 40-49	32			00:00:16	00:28:24	00:39:42	00:44:58.70	00:45:15.40	+00:12:40 (28.2%)	4:29	13.3 (71.5%)
73	ŚMIETAŁO Dawid	215		M 30-39	27	Tak		00:00:17	00:28:27	00:40:07	00:44:59.45	00:45:17.00	+00:12:40 (28.2%)	4:29	13.3 (71.5%)
74	KOCISZEWSKI Krzysztof	333	WARSZAWIAKY	M 60+	3			00:00:13	00:28:01	00:39:57	00:45:07.75	00:45:21.10	+00:12:49 (28.4%)	4:30	13.3 (71.5%)
75	DRZYMALA Krzysztof	79		M 30-39	28			00:00:18	00:28:24	00:39:53	00:45:06.15	00:45:24.15	+00:12:47 (28.4%)	4:30	13.3 (71.5%)
76	SZACHNA Piotr	73	MARKOWI BIEGACZE	M 40-49	33			00:00:17	00:28:25	00:40:04	00:45:06.85	00:45:24.80	+00:12:48 (28.4%)	4:30	13.3 (71.5%)

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
						Białoleki	Samorządowiec									
77	GIEBUŁTOWICZ Marek	54		M 40-49	35				00:00:14	00:28:39	00:40:22	00:45:15.35	00:45:29.95	+00:12:56 (28.6%)	4:31	13.3 (71.5%)
78	CHOTOMSKI Marcin	482		M 30-39	29				00:00:05	00:28:54	00:40:40	00:45:27.40	00:45:32.80	+00:13:08 (28.9%)	4:32	13.2 (71.0%)
79	CHOJNACKI Mikołaj	117	WARSAW RUN CLUB	M 40-49	31	Tak			00:00:40	00:28:41	00:40:13	00:44:55.10	00:45:35.50	+00:12:36 (28.1%)	4:29	13.4 (72.0%)
80	PIOTRAK Marcin	506		M 40-49	34				00:00:28	00:28:20	00:39:57	00:45:10.50	00:45:39.15	+00:12:51 (28.5%)	4:31	13.3 (71.5%)
81	KILJAŃCZYK Dominik	185		M 1-29	11				00:00:10	00:28:42	00:40:28	00:45:31.60	00:45:42.20	+00:13:13 (29.0%)	4:33	13.2 (71.0%)
82	WICIK Juliusz	416	COP TEAM	M 40-49	36		Tak		00:00:10	00:27:10	00:39:49	00:45:37.00	00:45:47.10	+00:13:18 (29.2%)	4:33	13.2 (71.0%)
83	SKOWROŃSKI Bartosz	213		M 30-39	30				00:00:17	00:28:46	00:40:39	00:45:31.25	00:45:48.50	+00:13:12 (29.0%)	4:33	13.2 (71.0%)
84	SIEDLECKI Łukasz	423	BIEGANIEPO40.PL	M 30-39	31				00:00:20	00:28:29	00:40:23	00:45:33.45	00:45:53.60	+00:13:14 (29.1%)	4:33	13.2 (71.0%)
85	BOBER Jarosław	398		M 30-39	32				00:00:17	00:28:40	00:40:49	00:45:41.40	00:45:58.70	+00:13:22 (29.3%)	4:34	13.1 (70.4%)
86	KARPIŃSKI Marcin	122		M 30-39	33	Tak			00:00:34	00:29:03	00:40:55	00:45:51.55	00:46:25.60	+00:13:32 (29.5%)	4:35	13.1 (70.4%)
87	KRÓL Maciej	755	TRUCHT TARCHOMIN TEAM	M 30-39	34				00:00:27	00:29:48	00:41:27	00:45:54.90	00:46:22.55	+00:13:36 (29.6%)	4:35	13.1 (70.4%)
88	ZYGMUNT Szymon	609		M 1-29	12	Tak			00:00:10	00:29:00	00:41:18	00:45:59.75	00:46:09.85	+00:13:41 (29.8%)	4:35	13 (69.9%)
89	JASTRZEMBSKI Piotr	193		M 30-39	35	Tak			00:00:08	00:27:56	00:40:45	00:46:00.50	00:46:08.60	+00:13:41 (29.8%)	4:36	13 (69.9%)
90	JASIŃSKI Marek	759		M 60+	4				00:00:23	00:29:28	00:41:09	00:46:01.95	00:46:25.35	+00:13:43 (29.8%)	4:36	13 (69.9%)
91	KANIA Paweł	723	BIEGAM NA TARCHOMINIE	M 50-59	4	Tak			00:00:18	00:28:52	00:41:01	00:46:07.80	00:46:26.10	+00:13:49 (30.0%)	4:36	13 (69.9%)
92	KODA Eugeniusz	474	TEAM ZABIEGANE DNI	M 60+	5				00:00:22	00:29:19	00:41:28	00:46:19.80	00:46:41.80	+00:14:01 (30.3%)	4:37	13 (69.9%)
93	TRZASKOWSKI Rafał	594	LUCKY RUN CLUB	M 40-49	37				00:00:23	00:29:52	00:41:31	00:46:20.30	00:46:44.10	+00:14:01 (30.3%)	4:38	12.9 (69.4%)
94	ŻAKOWSKI Michał	436		M 50-59	5				00:00:14	00:28:58	00:41:11	00:46:22.10	00:46:36.20	+00:14:03 (30.3%)	4:38	12.9 (69.4%)
95	GRYZ Jacek	241	SUNFIT STUDIO	M 40-49	38				00:00:18	00:28:50	00:41:13	00:46:24.15	00:46:42.75	+00:14:05 (30.4%)	4:38	12.9 (69.4%)
96	SIKORSKI Paweł	620	KIP RUNNING	M 40-49	39				00:01:37	00:29:07	00:41:28	00:46:26.35	00:48:03.60	+00:14:07 (30.4%)	4:38	12.9 (69.4%)
97	STOBNICKI Mateusz	104	GĄBIN BIEGA	M 1-29	13				00:00:28	00:29:51	00:41:34	00:46:29.25	00:46:58.10	+00:14:10 (30.5%)	4:38	12.9 (69.4%)
98	TORZEWSKI Janusz	283	WAT	M 40-49	40				00:00:06	00:28:50	00:41:11	00:46:33.25	00:46:39.35	+00:14:14 (30.6%)	4:39	12.9 (69.4%)
99	MAMLA Zbigniew	606	BIEGIEM NA KAWĘ	M 50-59	6	Tak			00:00:14	00:29:04	00:41:32	00:46:38.60	00:46:53.00	+00:14:20 (30.7%)	4:39	12.9 (69.4%)
100	KRÓLICKI Konrad	519	STG WARSZAWA	M 40-49	41				00:00:19	00:29:13	00:41:32	00:46:41.70	00:47:00.80	+00:14:23 (30.8%)	4:40	12.9 (69.4%)
101	SOBOCIŃSKI Michał	175	PLAY	M 40-49	42	Tak			00:01:10	00:29:48	00:41:42	00:46:45.65	00:47:56.60	+00:14:27 (30.9%)	4:40	12.8 (68.8%)
102	GŁASEK Piotr	324		M 30-39	36				00:00:08	00:29:04	00:41:58	00:46:46.10	00:46:54.45	+00:14:27 (30.9%)	4:40	12.8 (68.8%)
103	PONIATOWSKI Aleksander	258	AXON MEDIA GROUP	M 40-49	43	Tak			00:00:19	00:29:18	00:41:43	00:46:48.65	00:47:08.45	+00:14:30 (31.0%)	4:40	12.8 (68.8%)
104	ADAO Miguel	728		M 40-49	44	Tak			00:00:14	00:29:15	00:41:39	00:46:49.10	00:47:04.00	+00:14:30 (31.0%)	4:40	12.8 (68.8%)

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
						Białotołek	Samorządowiec									
105	MACIEJAK Robert	680		M 40-49	45	Tak			00:00:19	00:28:52	00:41:49	00:46:49.55	00:47:09.15	+00:14:30 (31.0%)	4:40	12.8 (68.8%)
106	KAKOLECKI Michał	438		M 50-59	7	Tak			00:00:36	00:29:38	00:41:38	00:46:50.55	00:47:26.75	+00:14:31 (31.0%)	4:41	12.8 (68.8%)
107	ŚCIBOR Marcin	228	RUCH IZBICA	M 30-39	37				00:00:29	00:29:51	00:41:49	00:46:55.05	00:47:24.35	+00:14:36 (31.1%)	4:41	12.8 (68.8%)
108	SOBCZAK Krzysiek	586		M 40-49	46				00:00:30	00:29:48	00:41:56	00:46:57.65	00:47:28.35	+00:14:39 (31.2%)	4:41	12.8 (68.8%)
109	MALARSKI Bernard	789		M 40-49	47				00:00:30	00:29:49	00:41:57	00:46:58.25	00:47:28.65	+00:14:39 (31.2%)	4:41	12.8 (68.8%)
110	GRYSZPANOWICZ Piotr	546		M 40-49	48	Tak			00:00:11	00:29:32	00:41:50	00:47:02.00	00:47:13.00	+00:14:43 (31.3%)	4:42	12.8 (68.8%)
111	STRAWSKI Marcin	528	OBIEGUWKA	M 40-49	49	Tak			00:01:06	00:31:19	00:42:13	00:47:05.90	00:48:12.40	+00:14:47 (31.4%)	4:42	12.7 (68.3%)
112	MATHEA Jacek	452		M 30-39	38	Tak			00:01:14	00:29:46	00:42:05	00:47:14.35	00:48:28.80	+00:14:55 (31.6%)	4:43	12.7 (68.3%)
113	KAMIŃSKI Paweł	173		M 40-49	50				00:00:26	00:29:49	00:41:52	00:47:22.50	00:47:49.35	+00:15:03 (31.8%)	4:44	12.7 (68.3%)
114	DROŹDZIEL Mariusz	711		M 40-49	51				00:01:04	00:30:05	00:42:19	00:47:24.15	00:48:28.80	+00:15:05 (31.8%)	4:44	12.7 (68.3%)
115	SZYMAJDA Marcin	234	BIEGIEM DO AGD SEROCK	M 40-49	52				00:00:53	00:29:54	00:42:02	00:47:24.35	00:48:17.40	+00:15:05 (31.8%)	4:44	12.7 (68.3%)
116	ZIOMEK Wiktor	475		M 30-39	39				00:00:27	00:30:01	00:42:30	00:47:30.85	00:47:58.40	+00:15:12 (32.0%)	4:45	12.6 (67.7%)
117	WIAZOWSKI Jarosław	537	INCLUDO JAROSLAW WIAZOWSKI	M 50-59	8	Tak			00:00:18	00:29:16	00:42:22	00:47:32.40	00:47:50.60	+00:15:13 (32.0%)	4:45	12.6 (67.7%)
118	PRUSZYŃSKI Edward	467	KB OŻARÓW MAZOWIECKI BIEGA	M 50-59	9				00:01:40	00:30:26	00:42:32	00:47:35.55	00:49:16.00	+00:15:16 (32.1%)	4:45	12.6 (67.7%)
119	CHODNIEWICZ Michał	174		M 40-49	53	Tak			00:00:26	00:29:56	00:42:19	00:47:42.15	00:48:08.95	+00:15:23 (32.3%)	4:46	12.6 (67.7%)
120	HAUDEK Paweł	204		M 30-39	40	Tak			00:00:15	00:30:03	00:42:42	00:47:43.45	00:47:59.15	+00:15:24 (32.3%)	4:46	12.6 (67.7%)
121	ZDUNEK Michał	616		M 40-49	54	Tak			00:00:54	00:30:37	00:42:54	00:47:57.05	00:48:51.30	+00:15:38 (32.6%)	4:47	12.5 (67.2%)
122	KRAWCZYK Wojciech	295	BIEGAM NA TARCHOMINIE	M 50-59	10	Tak			00:00:21	00:30:22	00:42:45	00:47:58.90	00:48:20.60	+00:15:40 (32.7%)	4:47	12.5 (67.2%)
123	DEREWICZ Mariusz	188		M 30-39	41	Tak			00:00:53	00:30:08	00:42:40	00:47:59.75	00:48:53.15	+00:15:41 (32.7%)	4:47	12.5 (67.2%)
124	LACHOWSKI Maciej	355		M 30-39	42	Tak			00:02:05	00:30:24	00:42:53	00:48:01.80	00:50:07.40	+00:15:43 (32.7%)	4:48	12.5 (67.2%)
125	STRZELECKI Piotr	16		M 40-49	55				00:00:09	00:29:51	00:42:36	00:48:02.05	00:48:11.25	+00:15:43 (32.7%)	4:48	12.5 (67.2%)
126	WŁODKOWSKI Robert	690	TRUCHT TARCHOMIN TEAM	M 40-49	56	Tak			00:00:26	00:30:52	00:43:05	00:48:04.95	00:48:31.70	+00:15:46 (32.8%)	4:48	12.5 (67.2%)
127	ROGUSKI Michał	337		M 30-39	43	Tak			00:00:51	00:30:24	00:42:49	00:48:07.70	00:48:59.35	+00:15:49 (32.9%)	4:48	12.5 (67.2%)
128	SZEWCZYK Tomasz	627		M 40-49	57	Tak			00:00:20	00:29:37	00:42:26	00:48:08.45	00:48:28.95	+00:15:49 (32.9%)	4:48	12.5 (67.2%)
129	KUCHAREK Paweł	588		M 30-39	44	Tak			00:00:54	00:30:37	00:42:59	00:48:08.50	00:49:03.05	+00:15:49 (32.9%)	4:48	12.5 (67.2%)
130	KOBYLEC Artur	216		M 40-49	58	Tak			00:00:53	00:30:22	00:42:53	00:48:10.30	00:49:04.00	+00:15:51 (32.9%)	4:49	12.5 (67.2%)
131	STAŃKOWSKI Hubert	462	TEAM WARIAT	M 1-29	14	Tak			00:00:04	00:30:28	00:43:08	00:48:13.30	00:48:17.70	+00:15:54 (33.0%)	4:49	12.4 (66.7%)
132	CHRZĘSZCZYK Tomasz	86		M 1-29	15	Tak			00:00:28	00:29:59	00:42:50	00:48:14.30	00:48:42.30	+00:15:55 (33.0%)	4:49	12.4 (66.7%)

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
						Białoleki	Samorządowiec									
133	ZASADA Dawid	352		M 30-39	45				00:01:15	00:30:40	00:43:05	00:48:19.45	00:49:35.20	+00:16:00 (33.1%)	4:49	12.4 (66.7%)
134	WEREDA Paweł	319		M 50-59	11				00:00:17	00:30:21	00:43:01	00:48:23.15	00:48:41.10	+00:16:04 (33.2%)	4:50	12.4 (66.7%)
135	PODKAŃSKI Paweł	116		M 30-39	46	Tak			00:00:09	00:30:12	00:43:05	00:48:24.30	00:48:34.00	+00:16:05 (33.3%)	4:50	12.4 (66.7%)
136	SZEWCZYK Jacek	97		M 40-49	59	Tak			00:00:04	00:29:54	00:42:58	00:48:27.05	00:48:31.55	+00:16:08 (33.3%)	4:50	12.4 (66.7%)
137	KOŚCIAK Jacek	687		M 40-49	60				00:00:31	00:30:31	00:43:20	00:48:30.45	00:49:02.25	+00:16:11 (33.4%)	4:51	12.4 (66.7%)
138	WRONIEWSKI Mariusz	597		M 40-49	61				00:00:53	00:30:30	00:43:20	00:48:44.90	00:49:38.70	+00:16:26 (33.7%)	4:52	12.3 (66.1%)
139	ŁATKOWSKI Łukasz	731	GRUPA BIEGOWA CHTMO	M 40-49	62				00:01:22	00:31:37	00:43:46	00:48:44.95	00:50:07.10	+00:16:26 (33.7%)	4:52	12.3 (66.1%)
140	OBIDZIŃSKI Bartosz	347		M 40-49	63	Tak			00:01:23	00:31:25	00:43:44	00:48:46.75	00:50:09.85	+00:16:28 (33.8%)	4:52	12.3 (66.1%)
141	WILGOS Janusz	477		M 40-49	64				00:00:18	00:30:47	00:43:34	00:48:48.00	00:49:06.50	+00:16:29 (33.8%)	4:52	12.3 (66.1%)
142	PYTELEWSKI Piotr	729	WODOCIĄGI WARSZAWSKIE	M 40-49	65				00:00:19	00:29:44	00:43:00	00:48:48.15	00:49:07.75	+00:16:29 (33.8%)	4:52	12.3 (66.1%)
143	DĄBROWSKI Łukasz Dąbrowski	457		M 30-39	47				00:00:33	00:30:26	00:43:48	00:48:58.30	00:49:31.45	+00:16:39 (34.0%)	4:53	12.3 (66.1%)
144	SUCHARSKI Tomasz	414		M 1-29	16				00:00:33	00:30:28	00:43:49	00:48:58.55	00:49:31.75	+00:16:39 (34.0%)	4:53	12.3 (66.1%)
145	BEBELSKI Jakub	227		M 1-29	17	Tak			00:01:00	00:29:44	00:43:24	00:48:59.30	00:49:59.70	+00:16:40 (34.0%)	4:53	12.2 (65.6%)
146	PISARSKI Bartłomiej	695		M 1-29	18				00:01:04	00:31:40	00:44:03	00:49:02.30	00:50:07.25	+00:16:43 (34.1%)	4:54	12.2 (65.6%)
147	PODLEŚ Robert	706		M 60+	6				00:00:07	00:31:15	00:44:00	00:49:05.20	00:49:13.00	+00:16:46 (34.2%)	4:54	12.2 (65.6%)
148	GERWATOWSKI Artur	249		M 30-39	48	Tak			00:00:08	00:30:46	00:43:54	00:49:11.25	00:49:20.15	+00:16:52 (34.3%)	4:55	12.2 (65.6%)
149	RUSIN Michał	500		M 1-29	19				00:00:52	00:31:20	00:44:02	00:49:12.60	00:50:05.40	+00:16:54 (34.3%)	4:55	12.2 (65.6%)
150	KRYSTOSIAK Karol	772		M 40-49	66				00:00:20	00:30:57	00:43:54	00:49:15.40	00:49:35.55	+00:16:56 (34.4%)	4:55	12.2 (65.6%)
151	ŁOPAŁO Sebastian	747		M 30-39	49				00:00:30	00:29:54	00:43:47	00:49:15.65	00:49:45.65	+00:16:57 (34.4%)	4:55	12.2 (65.6%)
152	KUCHARSKI Wojtek	534	PROAUTOMATION TEAM	M 40-49	67				00:01:01	00:31:31	00:43:56	00:49:19.80	00:50:21.40	+00:17:01 (34.5%)	4:55	12.2 (65.6%)
153	GRZYMAŁA Andrzej	466		M 50-59	12	Tak			00:01:27	00:31:18	00:44:02	00:49:28.05	00:50:55.05	+00:17:09 (34.7%)	4:56	12.1 (65.1%)
154	JABŁONKA Radosław	59	DZIADY OCR	M 40-49	68				00:00:28	00:30:46	00:44:04	00:49:35.50	00:50:03.65	+00:17:16 (34.8%)	4:57	12.1 (65.1%)
155	FELIŃSKI Daniel	529		M 1-29	20				00:01:56	00:32:01	00:44:38	00:49:35.55	00:51:32.20	+00:17:16 (34.8%)	4:57	12.1 (65.1%)
156	BEBELSKI Rafał	226	PZU SPORT TEAM	M 40-49	69	Tak			00:01:01	00:31:17	00:44:05	00:49:36.55	00:50:37.60	+00:17:17 (34.9%)	4:57	12.1 (65.1%)
157	MARZEC Zbigniew	127	BIEGAJĄCY KUCHARZ	M 30-39	50				00:01:20	00:31:23	00:43:58	00:49:43.25	00:51:03.85	+00:17:24 (35.0%)	4:58	12.1 (65.1%)
158	TEODORCZYK Michał	251		M 30-39	51	Tak			00:00:28	00:31:15	00:44:30	00:49:43.65	00:50:11.95	+00:17:25 (35.0%)	4:58	12.1 (65.1%)
159	LENDZION Jarosław	468	GRUPA BIEGOWA UM W-WA	M 40-49	70		Tak		00:01:03	00:31:59	00:44:30	00:49:44.65	00:50:47.90	+00:17:26 (35.0%)	4:58	12.1 (65.1%)

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
						Białoleki	Samorządowiec									
160	ARAŻNY Zbigniew	142		M 50-59	13	Tak			00:01:20	00:31:24	00:43:58	00:49:45.65	00:51:05.90	+00:17:27 (35.1%)	4:58	12.1 (65.1%)
161	ZIELIŃSKI Franciszek	111	WPRUNNING	M 60+	7				00:00:24	00:30:41	00:44:04	00:49:48.50	00:50:12.90	+00:17:29 (35.1%)	4:58	12 (64.5%)
162	ŚMIETAŃSKI Piotr	168	NASIELSK BASZTA TEAM	M 40-49	71				00:01:23	00:31:36	00:44:19	00:49:50.15	00:51:13.45	+00:17:31 (35.2%)	4:59	12 (64.5%)
163	SZCZEPAŃSKI Saturnin	316	RUNNERS TEAM JABŁONNA	M 50-59	14				00:00:29	00:31:44	00:44:36	00:49:54.80	00:50:24.05	+00:17:36 (35.3%)	4:59	12 (64.5%)
164	ADAMKIEWICZ Marcin	353		M 40-49	72	Tak	Tak		00:01:01	00:31:24	00:44:19	00:49:55.75	00:50:56.75	+00:17:37 (35.3%)	4:59	12 (64.5%)
165	FRĄCKOWSKI Sławomir	340		M 50-59	15	Tak			00:00:39	00:31:35	00:44:29	00:49:56.20	00:50:35.55	+00:17:37 (35.3%)	4:59	12 (64.5%)
165	KONIECZKA Kamil	669		M 1-29	21	Tak			00:00:18	00:32:26	00:44:40	00:49:56.20	00:50:14.75	+00:17:37 (35.3%)	4:59	12 (64.5%)
167	KOZŁOWSKI Paweł	383		M 50-59	16				00:01:01	00:31:23	00:44:36	00:49:56.25	00:50:57.35	+00:17:37 (35.3%)	4:59	12 (64.5%)
168	ŚCIBIOR Grzegorz	179		M 30-39	52	Tak			00:02:15	00:31:51	00:44:58	00:50:08.75	00:52:24.45	+00:17:50 (35.6%)	5:00	12 (64.5%)
169	MAREK Jacek	203		M 40-49	73				00:00:37	00:31:14	00:44:37	00:50:09.05	00:50:46.80	+00:17:50 (35.6%)	5:00	12 (64.5%)
170	MASŁOWSKI Michał	614		M 40-49	74	Tak			00:01:06	00:31:41	00:44:41	00:50:13.85	00:51:20.35	+00:17:55 (35.7%)	5:01	11.9 (64.0%)
171	FRĄCKIEWICZ Dariusz	153	BIEGAM NA TARCHOMINIE	M 40-49	75	Tak			00:01:40	00:31:30	00:44:42	00:50:14.35	00:51:54.35	+00:17:55 (35.7%)	5:01	11.9 (64.0%)
172	ZIÓLKOWSKI Maciej	511		M 30-39	53				00:01:20	00:31:41	00:44:54	00:50:17.25	00:51:38.00	+00:17:58 (35.7%)	5:01	11.9 (64.0%)
173	NOWAKOWSKI Tomek	435		M 40-49	76	Tak			00:01:17	00:31:28	00:44:34	00:50:17.75	00:51:35.15	+00:17:59 (35.8%)	5:01	11.9 (64.0%)
174	WOJTOWICZ Przemek	628		M 30-39	54				00:00:38	00:31:49	00:44:41	00:50:20.80	00:50:59.30	+00:18:02 (35.8%)	5:02	11.9 (64.0%)
175	OLEKSIAK Piotr	507		M 40-49	77	Tak			00:00:58	00:32:13	00:44:57	00:50:21.75	00:51:19.75	+00:18:03 (35.8%)	5:02	11.9 (64.0%)
176	KUREK Jacek	605		M 30-39	55				00:01:01	00:31:45	00:44:56	00:50:29.60	00:51:30.65	+00:18:11 (36.0%)	5:02	11.9 (64.0%)
177	RÓJ Leszek	676	BIEGAM NA TARCHOMINIE	M 40-49	78				00:00:33	00:31:20	00:44:54	00:50:37.95	00:51:11.10	+00:18:19 (36.2%)	5:03	11.9 (64.0%)
178	SYKUT Adam	517		M 40-49	79				00:00:13	00:31:40	00:45:05	00:50:42.55	00:50:56.25	+00:18:23 (36.3%)	5:04	11.8 (63.4%)
179	KOŁODZIEJCZYK Aleksander	356		M 1-29	22	Tak			00:00:51	00:31:36	00:45:11	00:50:48.25	00:51:40.05	+00:18:29 (36.4%)	5:04	11.8 (63.4%)
180	JAWOREK Krzysztof	599		M 30-39	56				00:00:52	00:31:27	00:45:09	00:50:49.10	00:51:41.10	+00:18:30 (36.4%)	5:04	11.8 (63.4%)
181	DOBOSZ Piotr	601	WŚCIEKŁE PIĘŚCI WĘŻA	M 30-39	57	Tak			00:01:42	00:32:01	00:45:20	00:50:50.35	00:52:32.45	+00:18:31 (36.4%)	5:05	11.8 (63.4%)
182	PROKOPIUK Grzegorz	253	SZWAGRY DWA	M 40-49	80	Tak			00:01:36	00:32:25	00:45:20	00:50:50.45	00:52:27.40	+00:18:31 (36.4%)	5:05	11.8 (63.4%)
183	WOLAŃCZYK Adam	486		M 1-29	23	Tak			00:01:34	00:31:44	00:45:34	00:50:54.45	00:52:29.40	+00:18:35 (36.5%)	5:05	11.8 (63.4%)
184	DĘBSKI Andrzej	531		M 40-49	81				00:01:00	00:32:07	00:45:29	00:50:57.45	00:51:58.00	+00:18:38 (36.6%)	5:05	11.8 (63.4%)
185	GŁÓWKA Rafał	58		M 40-49	82				00:00:29	00:31:48	00:45:07	00:50:59.65	00:51:29.00	+00:18:41 (36.6%)	5:05	11.8 (63.4%)
186	BRALSKI Piotr	542		M 30-39	58	Tak			00:01:27	00:32:12	00:45:27	00:51:00.50	00:52:28.00	+00:18:41 (36.7%)	5:06	11.8 (63.4%)
187	GALUHN Mariusz	160		M 50-59	17				00:01:22	00:32:05	00:45:22	00:51:03.50	00:52:25.70	+00:18:44 (36.7%)	5:06	11.8 (63.4%)

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									
188	RAK Michał	733		M 30-39	59	Tak			00:01:22	00:31:24	00:44:56	00:51:04.00	00:52:26.40	+00:18:45 (36.7%)	5:06	11.7 (62.9%)
189	UCINEK Łukasz	485	STOMILEX	M 30-39	60				00:00:21	00:31:32	00:45:14	00:51:04.05	00:51:25.90	+00:18:45 (36.7%)	5:06	11.7 (62.9%)
190	GAWLIK Arkadiusz	386	BIEGAM NA TARCHOMINIE	M 40-49	83	Tak			00:01:39	00:31:58	00:45:27	00:51:11.55	00:52:51.50	+00:18:52 (36.9%)	5:07	11.7 (62.9%)
191	ŻAKOWICZ Piotr	148		M 30-39	61				00:01:49	00:31:48	00:45:30	00:51:14.30	00:53:04.20	+00:18:55 (36.9%)	5:07	11.7 (62.9%)
192	OWOC Tomasz	742	PKO BANK POLSKI / NEW BALANCE RUN CLUB	M 50-59	18				00:01:26	00:32:09	00:45:34	00:51:14.65	00:52:41.00	+00:18:56 (36.9%)	5:07	11.7 (62.9%)
193	DUDA Jacek	55		M 40-49	84				00:01:11	00:32:04	00:45:26	00:51:16.15	00:52:27.30	+00:18:57 (37.0%)	5:07	11.7 (62.9%)
194	PAZIEWSKI Andrzej	487	BIEGAM NA TARCHOMINIE	M 40-49	85	Tak			00:00:30	00:32:16	00:45:37	00:51:17.25	00:51:47.70	+00:18:58 (37.0%)	5:07	11.7 (62.9%)
195	GWIZDAŁA Cezary	727		M 50-59	19	Tak			00:01:01	00:32:25	00:45:44	00:51:17.65	00:52:19.25	+00:18:59 (37.0%)	5:07	11.7 (62.9%)
196	MIODUSZEWSKI Marcin	394	UM WARSZAWA / ARW	M 40-49	86		Tak		00:01:59	00:31:44	00:45:26	00:51:17.85	00:53:17.25	+00:18:59 (37.0%)	5:07	11.7 (62.9%)
197	KOLASA Andrzej	158	KLUB J.SŁOWACKIEGO	M 60+	8				00:00:40	00:32:19	00:45:45	00:51:27.65	00:52:08.25	+00:19:09 (37.2%)	5:08	11.7 (62.9%)
198	SZYMKOWIAK Sebastian	202		M 40-49	87	Tak			00:01:27	00:32:08	00:45:54	00:51:37.85	00:53:05.20	+00:19:19 (37.4%)	5:09	11.6 (62.4%)
199	BAJDALA Robert	720		M 30-39	62				00:01:37	00:33:32	00:46:28	00:51:38.75	00:53:16.60	+00:19:20 (37.4%)	5:09	11.6 (62.4%)
200	REDA Sławomir	569	TEAM ZABIEGANEDNI	M 60+	9				00:00:49	00:32:51	00:46:08	00:51:41.90	00:52:31.40	+00:19:23 (37.5%)	5:10	11.6 (62.4%)
201	DZYRUK Maciej	460		M 30-39	63				00:01:25	00:32:10	00:45:57	00:51:43.35	00:53:08.50	+00:19:24 (37.5%)	5:10	11.6 (62.4%)
202	WIECZOREK Jacek	516	UKS NISKA	M 40-49	88	Tak			00:01:32	00:32:12	00:45:53	00:51:43.50	00:53:16.25	+00:19:24 (37.5%)	5:10	11.6 (62.4%)
203	GODLEWSKI Artur	45	BIEGAM NA TARCHOMINIE	M 30-39	64	Tak			00:00:36	00:32:06	00:46:14	00:51:44.75	00:52:20.80	+00:19:26 (37.6%)	5:10	11.6 (62.4%)
204	BARTOŃ Wojciech	338		M 40-49	89				00:00:05	00:31:53	00:45:50	00:51:46.80	00:51:52.50	+00:19:28 (37.6%)	5:10	11.6 (62.4%)
205	ORŁOWSKI Kacper	184		M 30-39	65				00:01:26	00:32:45	00:46:14	00:51:52.95	00:53:19.00	+00:19:34 (37.7%)	5:11	11.6 (62.4%)
206	CHARLEJ Ireneusz	247		M 50-59	20				00:01:23	00:32:51	00:46:22	00:51:57.75	00:53:21.35	+00:19:39 (37.8%)	5:11	11.5 (61.8%)
207	BLASZCZYNSKI Witold	159		M 40-49	90	Tak			00:00:50	00:32:44	00:46:13	00:51:58.85	00:52:48.95	+00:19:40 (37.8%)	5:11	11.5 (61.8%)
208	KEMPA Piotr	362		M 30-39	66	Tak			00:00:38	00:32:40	00:46:17	00:51:58.95	00:52:37.30	+00:19:40 (37.8%)	5:11	11.5 (61.8%)
209	ŚWIĆ Rafał	702	TRUCHT TARCHOMIN TEAM	M 40-49	91				00:01:28	00:33:19	00:46:17	00:51:59.25	00:53:27.50	+00:19:40 (37.9%)	5:11	11.5 (61.8%)
210	DUDEK Bartłomiej	668	BIEGAM NA TARCHOMINIE	M 40-49	92	Tak			00:01:54	00:32:48	00:46:06	00:52:02.20	00:53:56.80	+00:19:43 (37.9%)	5:12	11.5 (61.8%)
211	RZECZKOWSKI Zygmunt	397	METRO WARSZAWSKIE	M 60+	10	Tak			00:00:36	00:32:32	00:46:21	00:52:06.90	00:52:43.75	+00:19:48 (38.0%)	5:12	11.5 (61.8%)
211	ZAWROTNY Mariusz	217	ERAZM BIEGA	M 30-39	67	Tak			00:00:10	00:32:41	00:46:41	00:52:06.90	00:52:16.90	+00:19:48 (38.0%)	5:12	11.5 (61.8%)
213	GOŹDZIKIEWICZ Błażej	189	BIEGAM NA TARCHOMINIE	M 40-49	93	Tak			00:01:34	00:32:52	00:46:21	00:52:10.70	00:53:45.60	+00:19:52 (38.1%)	5:13	11.5 (61.8%)
214	ZAWADZKI Krystian	642		M 30-39	68				00:00:13	00:32:42	00:46:42	00:52:11.20	00:52:25.00	+00:19:52 (38.1%)	5:13	11.5 (61.8%)
215	LEWANDOWSKI Piotr	710	TRUCHT TARCHOMIN TEAM	M 40-49	94	Tak			00:01:28	00:32:31	00:46:10	00:52:14.10	00:53:43.05	+00:19:55 (38.1%)	5:13	11.5 (61.8%)

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
						Białoleęki	Samorządowiec									
216	JAROSZEWSKI Konrad	90		M 30-39	69				00:00:50	00:32:08	00:46:15	00:52:17.25	00:53:08.20	+00:19:58 (38.2%)	5:13	11.5 (61.8%)
217	MICHAŁEK Tomasz	657		M 50-59	21				00:00:46	00:32:04	00:46:13	00:52:20.45	00:53:06.75	+00:20:01 (38.3%)	5:14	11.5 (61.8%)
218	CZAJKOWSKI Rafał	110	EKOBIEGI	M 40-49	95	Tak			00:01:25	00:32:09	00:46:15	00:52:25.75	00:53:51.40	+00:20:07 (38.4%)	5:14	11.4 (61.3%)
219	ŚWIĘTOCHOWSKI Jarosław	278		M 1-29	24				00:01:47	00:33:00	00:46:45	00:52:26.60	00:54:14.55	+00:20:08 (38.4%)	5:14	11.4 (61.3%)
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	+00:20:08 (38.4%)	5:14	11.4 (61.3%)
221	SUCHECKI Przemysław	92	KS POMORSKA	M 40-49	96				00:00:52	00:33:42	00:46:54	00:52:29.55	00:53:22.40	+00:20:10 (38.4%)	5:14	11.4 (61.3%)
222	SAWICKI Miłosz	567		M 1-29	25	Tak			00:00:31	00:31:42	00:46:28	00:52:31.10	00:53:02.80	+00:20:12 (38.5%)	5:15	11.4 (61.3%)
223	KLIPO Mateusz	527	DELOITTE ADVENTURE TEAM	M 1-29	26	Tak			00:01:26	00:32:10	00:46:33	00:52:33.00	00:53:59.10	+00:20:14 (38.5%)	5:15	11.4 (61.3%)
224	CZERNIGOWSKI Szymon	741		M 1-29	27				00:01:00	00:32:58	00:46:50	00:52:34.40	00:53:34.80	+00:20:15 (38.5%)	5:15	11.4 (61.3%)
225	SZWED Łukasz	458		M 40-49	97				00:00:29	00:33:01	00:47:05	00:52:44.30	00:53:14.00	+00:20:25 (38.7%)	5:16	11.4 (61.3%)
226	PNIEWSKI Rafał	363	BIEGAM NA TARCHOMINIE	M 40-49	98	Tak			00:00:33	00:32:55	00:46:51	00:52:47.10	00:53:20.90	+00:20:28 (38.8%)	5:16	11.4 (61.3%)
227	SENGER Rafał	154		M 50-59	22		Tak		00:00:37	00:33:19	00:47:11	00:52:49.55	00:53:27.30	+00:20:30 (38.8%)	5:16	11.4 (61.3%)
228	GIL Wojciech	570		M 50-59	23				00:00:50	00:33:25	00:47:09	00:52:52.45	00:53:43.15	+00:20:33 (38.9%)	5:17	11.3 (60.8%)
229	FLORCZUK Piotr	571	FOREVER TEAM	M 50-59	24				00:01:34	00:34:05	00:47:28	00:52:52.90	00:54:26.90	+00:20:34 (38.9%)	5:17	11.3 (60.8%)
230	BAK Łukasz	224	BIEGIEM DO AGD SEROCK	M 40-49	99	Tak			00:01:06	00:33:36	00:47:10	00:52:53.55	00:54:00.05	+00:20:34 (38.9%)	5:17	11.3 (60.8%)
231	KOSEWSKI Cezary	373		M 50-59	25				00:01:14	00:33:31	00:47:09	00:52:55.85	00:54:10.40	+00:20:37 (39.0%)	5:17	11.3 (60.8%)
232	PRUCNAL Paweł	12	ATLETAS FELICES	M 40-49	100	Tak			00:01:35	00:34:06	00:47:23	00:52:59.75	00:54:35.00	+00:20:41 (39.0%)	5:17	11.3 (60.8%)
233	KUSY Jacek	377		M 30-39	71	Tak			00:01:47	00:34:04	00:47:44	00:53:01.05	00:54:48.85	+00:20:42 (39.1%)	5:18	11.3 (60.8%)
234	WITZKE Artur	306	KAWUCHA	M 40-49	101				00:01:54	00:33:46	00:47:26	00:53:01.35	00:54:55.55	+00:20:42 (39.1%)	5:18	11.3 (60.8%)
235	BARTNIK Rafał	72	ZABIEGANY WOŁOMIN	M 40-49	102				00:01:34	00:33:42	00:47:14	00:53:03.05	00:54:37.35	+00:20:44 (39.1%)	5:18	11.3 (60.8%)
236	JANKOWSKI Michał	545	3 LO	M 50-59	26				00:00:44	00:33:35	00:47:28	00:53:10.95	00:53:55.75	+00:20:52 (39.2%)	5:19	11.3 (60.8%)
237	OPIELA Tomasz	585		M 40-49	103				00:01:34	00:34:39	00:47:42	00:53:12.00	00:54:46.00	+00:20:53 (39.3%)	5:19	11.3 (60.8%)
238	ŚLEPOWROŃSKI Jakub	296	PZU SPORT TEAM	M 30-39	72	Tak			00:01:25	00:32:37	00:47:27	00:53:14.15	00:54:39.30	+00:20:55 (39.3%)	5:19	11.3 (60.8%)
239	FLORYSIAK Artur	342		M 40-49	104	Tak			00:01:36	00:34:01	00:47:39	00:53:19.70	00:54:56.20	+00:21:01 (39.4%)	5:19	11.3 (60.8%)
240	GRUBKAJTUS Henryk	795		M 1-29	28	Tak			00:01:27	00:32:55	00:47:29	00:53:20.35	00:54:47.60	+00:21:01 (39.4%)	5:20	11.3 (60.8%)
241	DOMINIAK Zbigniew	673	ORANGE POLSKA	M 40-49	105	Tak			00:01:38	00:33:26	00:47:21	00:53:21.20	00:55:00.15	+00:21:02 (39.4%)	5:20	11.2 (60.2%)
242	BAZYLEWICZ Hubert	488		M 40-49	106				00:01:38	00:33:59	00:47:49	00:53:24.00	00:55:02.65	+00:21:05 (39.5%)	5:20	11.2 (60.2%)
243	WERTENSTEIN-ŻUŁAWSKI Piotr	367	ŻOLIBORZ	M 40-49	107		Tak		00:00:10	00:33:43	00:47:33	00:53:24.95	00:53:35.85	+00:21:06 (39.5%)	5:20	11.2 (60.2%)

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
						Białolecki	Samorządowiec									
244	SAWICKI Wojciech	35		M 30-39	73				00:00:35	00:35:09	00:48:27	00:53:27.00	00:54:02.20	+00:21:08 (39.6%)	5:20	11.2 (60.2%)
245	FRYCZ Michał	794		M 40-49	108	Tak			00:01:23	00:33:58	00:47:56	00:53:30.20	00:54:54.10	+00:21:11 (39.6%)	5:21	11.2 (60.2%)
246	KRZACZYŃSKI Maciej	749		M 40-49	109	Tak			00:01:49	00:35:36	00:48:25	00:53:31.85	00:55:21.15	+00:21:13 (39.6%)	5:21	11.2 (60.2%)
247	GOŁASZEWSKI Marcin	510	ZABIEGANY WOŁOMIN	M 40-49	110		Tak		00:00:56	00:33:32	00:47:43	00:53:32.00	00:54:28.30	+00:21:13 (39.6%)	5:21	11.2 (60.2%)
248	SOJAK Marcin	125		M 40-49	111	Tak			00:01:39	00:32:58	00:47:31	00:53:36.15	00:55:15.75	+00:21:17 (39.7%)	5:21	11.2 (60.2%)
249	KAŹMIERSKI Adrian	243		M 30-39	74				00:01:25	00:33:29	00:47:45	00:53:38.95	00:55:04.40	+00:21:20 (39.8%)	5:21	11.2 (60.2%)
250	NOWAK Jerzy	292	PWPW	M 40-49	112	Tak			00:01:32	00:34:41	00:48:13	00:53:42.35	00:55:15.10	+00:21:23 (39.8%)	5:22	11.2 (60.2%)
251	CHOJNOWSKI Arkadiusz	288	ZABIEGANY WOŁOMIN	M 30-39	75				00:01:32	00:33:54	00:47:58	00:53:43.60	00:55:15.85	+00:21:25 (39.9%)	5:22	11.2 (60.2%)
252	WIERBIŁOWICZ Dariusz	631		M 40-49	113				00:01:04	00:33:45	00:48:07	00:53:57.15	00:55:01.20	+00:21:38 (40.1%)	5:23	11.1 (59.7%)
253	SADOCH Krzysztof	354		M 30-39	76				00:00:12	00:32:34	00:47:32	00:53:58.35	00:54:10.40	+00:21:39 (40.1%)	5:23	11.1 (59.7%)
254	NIKOLENKO Illia	714		M 30-39	77	Tak			00:00:02			00:53:59.20	00:54:01.20	+00:21:40 (40.2%)	5:23	11.1 (59.7%)
255	KOZIOŁ Kamil	776		M 1-29	29	Tak			00:01:17	00:35:04	00:48:28	00:53:59.85	00:55:16.95	+00:21:41 (40.2%)	5:23	11.1 (59.7%)
256	JAWORSKI Łukasz	206		M 30-39	78				00:01:12	00:33:01	00:47:50	00:54:01.90	00:55:14.80	+00:21:43 (40.2%)	5:24	11.1 (59.7%)
257	MIKOŁAJEWICZ Paweł	752		M 30-39	79	Tak			00:00:41	00:32:51	00:47:55	00:54:02.50	00:54:43.75	+00:21:43 (40.2%)	5:24	11.1 (59.7%)
258	JANKOWSKI Dariusz	303		M 30-39	80				00:01:33	00:34:39	00:48:16	00:54:03.95	00:55:37.25	+00:21:45 (40.2%)	5:24	11.1 (59.7%)
259	KOPROWSKI Jacek	341		M 30-39	81				00:01:34	00:34:45	00:48:29	00:54:15.70	00:55:50.65	+00:21:57 (40.5%)	5:25	11.1 (59.7%)
260	BUGIERA Marek	771		M 50-59	27				00:02:14	00:33:32	00:48:01	00:54:16.20	00:56:30.90	+00:21:57 (40.5%)	5:25	11.1 (59.7%)
261	LIS Marcin	440		M 40-49	114	Tak			00:00:32	00:33:39	00:48:11	00:54:16.55	00:54:49.25	+00:21:57 (40.5%)	5:25	11.1 (59.7%)
262	JANKOWSKI Konrad	540		M 1-29	30				00:00:12	00:33:40	00:48:12	00:54:17.00	00:54:29.80	+00:21:58 (40.5%)	5:25	11.1 (59.7%)
263	DERESZEWSKI Piotr	61	ZABIEGANY WOŁOMIN	M 40-49	115				00:01:49	00:34:54	00:48:32	00:54:19.70	00:56:09.30	+00:22:01 (40.5%)	5:25	11 (59.1%)
264	MIODUSZEWSKI Adrian	334		M 30-39	82				00:01:35	00:34:37	00:48:25	00:54:20.75	00:55:56.30	+00:22:02 (40.5%)	5:26	11 (59.1%)
265	KOT Mikołaj	62		M 1-29	31	Tak			00:01:00	00:34:52	00:48:44	00:54:21.15	00:55:21.25	+00:22:02 (40.6%)	5:26	11 (59.1%)
266	OKUNIEWSKI Grzegorz	285	ALIOR RUNNING TEAM	M 40-49	116				00:00:09	00:33:20	00:48:10	00:54:24.10	00:54:33.20	+00:22:05 (40.6%)	5:26	11 (59.1%)
267	WILEŃSKI Zbigniew	562	GRUPA BIEGOWA UM W-WA	M 50-59	28		Tak		00:01:34	00:33:57	00:48:25	00:54:28.90	00:56:02.90	+00:22:10 (40.7%)	5:26	11 (59.1%)
268	ORŁOWSKI Marek	376		M 40-49	117	Tak			00:00:29	00:34:32	00:48:52	00:54:31.55	00:55:00.75	+00:22:12 (40.7%)	5:27	11 (59.1%)
269	KALINOWSKI Konrad	101		M 30-39	83				00:02:02	00:34:10	00:48:44	00:54:31.60	00:56:34.10	+00:22:13 (40.7%)	5:27	11 (59.1%)
270	CZARTORYSKI Krystian	522		M 40-49	118	Tak			00:01:41	00:35:22	00:49:17	00:54:35.80	00:56:17.30	+00:22:17 (40.8%)	5:27	11 (59.1%)
271	KOĆ Marcin	71	BIEGAM NA TARCHOMINIE	M 40-49	119				00:01:45	00:33:58	00:48:23	00:54:36.90	00:56:22.00	+00:22:18 (40.8%)	5:27	11 (59.1%)

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
						Białolecki	Samorządowiec									
272	GIERAK Kris	124	#TEAMBUNIO	M 40-49	120	Tak			00:01:31	00:34:48	00:48:32	00:54:39.40	00:56:11.00	+00:22:20 (40.9%)	5:27	11 (59.1%)
273	JAKUBIAK Wojciech	581		M 1-29	32				00:01:09	00:34:06	00:48:34	00:54:43.80	00:55:53.65	+00:22:25 (41.0%)	5:28	11 (59.1%)
274	WÓJCIK Robert	800		M 40-49	121				00:01:33	00:34:40	00:48:27	00:54:44.25	00:56:17.55	+00:22:25 (41.0%)	5:28	11 (59.1%)
275	TYBUCHOWSKI Konrad	704		M 1-29	33				00:01:34	00:34:39	00:49:05	00:54:47.90	00:56:22.00	+00:22:29 (41.0%)	5:28	11 (59.1%)
276	WACH Michał	53	BIEGAM NA TARCHOMINIE	M 40-49	122	Tak			00:00:30	00:33:35	00:48:40	00:54:49.30	00:55:19.40	+00:22:30 (41.1%)	5:28	10.9 (58.6%)
277	KOMARNICKI Kamil	610	#SAMSIĘTURLAM	M 40-49	123				00:01:36	00:34:51	00:48:49	00:54:49.70	00:56:25.70	+00:22:31 (41.1%)	5:28	10.9 (58.6%)
278	ŚWITAŁA Adam	780		M 50-59	29				00:01:21	00:33:35	00:48:34	00:54:53.75	00:56:15.00	+00:22:35 (41.1%)	5:29	10.9 (58.6%)
279	SZCZEPANIAK Mariusz	360		M 40-49	124	Tak			00:01:14	00:35:39	00:49:15	00:54:57.70	00:56:12.00	+00:22:39 (41.2%)	5:29	10.9 (58.6%)
280	SZYMAŃSKI Jacek	370		M 40-49	125	Tak			00:01:50	00:34:00	00:48:55	00:54:58.15	00:56:49.00	+00:22:39 (41.2%)	5:29	10.9 (58.6%)
281	BARTOSZEWSKI Daniel	410		M 1-29	34				00:00:39	00:35:38	00:49:38	00:55:00.60	00:55:40.50	+00:22:42 (41.3%)	5:30	10.9 (58.6%)
282	RACHWAŁ Michał	211	12TRI.PL	M 40-49	126				00:01:22	00:33:45	00:49:19	00:55:08.00	00:56:30.40	+00:22:49 (41.4%)	5:30	10.9 (58.6%)
283	WOJNARSKI Janusz	166		M 60+	11	Tak			00:01:36	00:34:12	00:48:44	00:55:21.50	00:56:58.25	+00:23:02 (41.6%)	5:32	10.8 (58.1%)
284	KOWALCZYK Tomasz	561		M 30-39	84				00:01:26	00:34:21	00:49:08	00:55:23.95	00:56:50.30	+00:23:05 (41.7%)	5:32	10.8 (58.1%)
285	TYMENDORF Michał	484	STOMILEX	M 30-39	85				00:00:35	00:34:46	00:49:26	00:55:28.05	00:56:03.70	+00:23:09 (41.7%)	5:32	10.8 (58.1%)
286	PYZARA Tomasz	612		M 40-49	127				00:01:13	00:35:09	00:49:05	00:55:32.80	00:56:46.45	+00:23:14 (41.8%)	5:33	10.8 (58.1%)
287	GRYGUCIS Waldemar	630		M 40-49	128	Tak			00:00:45	00:34:40	00:49:19	00:55:35.20	00:56:20.90	+00:23:16 (41.9%)	5:33	10.8 (58.1%)
288	SENKO Mateusz	141	STOWARZYSZENIE RAZEM DLA BIAŁOLEKI	M 30-39	86	Tak			00:01:38	00:35:20	00:49:42	00:55:36.85	00:57:15.80	+00:23:18 (41.9%)	5:33	10.8 (58.1%)
289	BURZYNSKI Rafał	64	BRAK	M 30-39	87				00:00:20	00:33:50	00:49:18	00:55:38.05	00:55:58.05	+00:23:19 (41.9%)	5:33	10.8 (58.1%)
290	HADYS Lukasz	762		M 40-49	129	Tak			00:00:38	00:34:42	00:49:28	00:55:40.75	00:56:19.10	+00:23:22 (42.0%)	5:34	10.8 (58.1%)
291	LEŚWIECKI Paweł	787		M 40-49	130	Tak			00:02:04	00:35:33	00:49:42	00:55:41.35	00:57:45.45	+00:23:22 (42.0%)	5:34	10.8 (58.1%)
292	ŻURAWSKI Michał	732	POLSKA	M 30-39	88				00:01:47	00:35:18	00:49:33	00:55:42.90	00:57:30.55	+00:23:24 (42.0%)	5:34	10.8 (58.1%)
293	KARBOWNIK Kuba	623		M 30-39	89	Tak			00:01:42	00:35:24	00:49:38	00:55:45.35	00:57:28.00	+00:23:26 (42.1%)	5:34	10.8 (58.1%)
294	DĘBIŃSKI Michał	287		M 40-49	131				00:01:37	00:35:58	00:49:51	00:55:48.65	00:57:26.00	+00:23:30 (42.1%)	5:34	10.8 (58.1%)
295	FILIPPOWICZ Marek	279		M 40-49	132	Tak			00:00:47	00:35:32	00:49:52	00:55:55.80	00:56:43.40	+00:23:37 (42.2%)	5:35	10.7 (57.5%)
296	KOT Tomasz	63		M 40-49	133	Tak			00:00:59	00:35:12	00:49:48	00:55:57.75	00:56:57.50	+00:23:39 (42.3%)	5:35	10.7 (57.5%)
297	SEIDER Igor	784	THE SEIDERS	M 30-39	90				00:00:46	00:36:05	00:50:33	00:56:03.35	00:56:49.80	+00:23:44 (42.4%)	5:36	10.7 (57.5%)
298	SZCZEPAŃSKI Adam	412		M 1-29	35				00:02:00	00:37:37	00:50:51	00:56:04.90	00:58:04.90	+00:23:46 (42.4%)	5:36	10.7 (57.5%)
299	SKRZYPEK Michał	11		M 30-39	91				00:00:57	00:38:32	00:49:46	00:56:07.45	00:57:04.90	+00:23:48 (42.4%)	5:36	10.7 (57.5%)

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
						Białolek	Samorządowiec									
300	GASKIEWICZ Marek	595		M 40-49	134	Tak			00:01:05	00:35:32	00:50:06	00:56:08.65	00:57:13.80	+00:23:50 (42.5%)	5:36	10.7 (57.5%)
301	ROGALA Marcin	697		M 30-39	92				00:01:41	00:35:18	00:50:03	00:56:09.80	00:57:51.45	+00:23:51 (42.5%)	5:36	10.7 (57.5%)
302	OSKWAREK Paweł	119		M 30-39	93	Tak			00:02:20	00:36:05	00:50:19	00:56:11.30	00:58:31.30	+00:23:52 (42.5%)	5:37	10.7 (57.5%)
303	KUMOROWSKI Mateusz	463		M 30-39	94				00:00:38	00:33:02	00:48:38	00:56:19.15	00:56:58.10	+00:24:00 (42.6%)	5:37	10.7 (57.5%)
304	HENTKA Kamil	568	UKL OLIMPIJCZYK 112	M 30-39	95				00:01:49	00:36:16	00:50:29	00:56:24.95	00:58:13.95	+00:24:06 (42.7%)	5:38	10.6 (57.0%)
305	ŁOZIŃSKI Piotr	548	BRACTWO BIEGOWE BGK	M 40-49	135	Tak			00:01:35	00:35:52	00:50:14	00:56:26.00	00:58:01.70	+00:24:07 (42.7%)	5:38	10.6 (57.0%)
306	BAKUŁA Wiesław	359		M 50-59	30				00:01:12	00:34:53	00:50:00	00:56:26.60	00:57:39.35	+00:24:08 (42.8%)	5:38	10.6 (57.0%)
307	GROCHOWSKI Paweł	327	PZU SPORT TEAM	M 40-49	136				00:01:56	00:35:13	00:49:54	00:56:26.90	00:58:23.70	+00:24:08 (42.8%)	5:38	10.6 (57.0%)
308	GEŁCZEWSKI Adam	656		M 30-39	96				00:00:43	00:34:59	00:49:38	00:56:27.75	00:57:11.50	+00:24:09 (42.8%)	5:38	10.6 (57.0%)
309	PYTKA Andrzej	325	ZAMOŚĆ BIEGA	M 50-59	31	Tak			00:02:05	00:35:45	00:50:20	00:56:31.90	00:58:37.50	+00:24:13 (42.8%)	5:39	10.6 (57.0%)
310	SKOROPADYK Yulian	387	SKOLIAN	M 1-29	36	Tak			00:01:47	00:36:21	00:50:41	00:56:32.35	00:58:19.40	+00:24:13 (42.9%)	5:39	10.6 (57.0%)
311	MIŁOSZ Marek	495		M 50-59	32	Tak			00:00:49	00:34:53	00:50:01	00:56:36.80	00:57:25.90	+00:24:18 (42.9%)	5:39	10.6 (57.0%)
312	FILIPOWICZ Michał	426		M 1-29	37				00:00:40	00:36:31	00:50:54	00:56:36.85	00:57:16.85	+00:24:18 (42.9%)	5:39	10.6 (57.0%)
313	GOŚ Jacek	100		M 50-59	33	Tak			00:01:48	00:35:52	00:50:24	00:56:38.85	00:58:27.35	+00:24:20 (43.0%)	5:39	10.6 (57.0%)
314	LACHOWICZ Tomasz	447	WITC	M 1-29	38	Tak			00:01:01	00:37:11	00:49:39	00:56:49.10	00:57:50.10	+00:24:30 (43.1%)	5:40	10.6 (57.0%)
315	WOJDAK Piotr	538	STOMILEX	M 50-59	34				00:00:37	00:35:48	00:50:27	00:56:53.75	00:57:31.05	+00:24:35 (43.2%)	5:41	10.5 (56.5%)
316	CHOJNOWSKI Andrzej	275	BIEGAM NA TARCHOMINIE	M 40-49	137	Tak			00:01:35	00:36:00	00:50:42	00:56:57.60	00:58:33.20	+00:24:39 (43.3%)	5:41	10.5 (56.5%)
317	DYREK Dariusz	200		M 60+	12				00:00:37	00:36:30	00:51:33	00:56:58.20	00:57:35.70	+00:24:39 (43.3%)	5:41	10.5 (56.5%)
318	MUSZYŃSKI Marcei	289		M 1-29	39				00:01:49	00:36:26	00:50:58	00:57:00.65	00:58:50.55	+00:24:42 (43.3%)	5:42	10.5 (56.5%)
319	PANEK Paweł	455		M 30-39	97				00:01:57	00:36:09	00:50:53	00:57:05.20	00:59:02.65	+00:24:46 (43.4%)	5:42	10.5 (56.5%)
320	KATNER Tomasz	196		M 40-49	138				00:01:27	00:35:01	00:50:21	00:57:05.30	00:58:32.95	+00:24:46 (43.4%)	5:42	10.5 (56.5%)
321	WRONIEWSKI Grzegorz	572		M 30-39	98				00:00:59	00:34:17	00:50:31	00:57:09.50	00:58:08.65	+00:24:50 (43.5%)	5:42	10.5 (56.5%)
322	KRATOK Dmitry	615	RAN WAWA RUN	M 30-39	99				00:00:52	00:35:59	00:50:49	00:57:14.15	00:58:07.05	+00:24:55 (43.5%)	5:43	10.5 (56.5%)
323	GÓRKA Rafał	679	T-MOBILE SPORT TEAM	M 40-49	139	Tak			00:01:39	00:36:00	00:50:57	00:57:17.05	00:58:56.55	+00:24:58 (43.6%)	5:43	10.5 (56.5%)
324	KĘPKA Marcin	543		M 40-49	140	Tak			00:01:45	00:36:17	00:51:14	00:57:20.60	00:59:06.35	+00:25:02 (43.7%)	5:44	10.5 (56.5%)
325	MADEJ Marcin	235		M 40-49	141	Tak			00:01:32	00:35:56	00:51:15	00:57:23.80	00:58:56.70	+00:25:05 (43.7%)	5:44	10.5 (56.5%)
326	STROMECKI Marcin	530	BFM	M 30-39	100	Tak			00:02:41	00:34:14	00:51:12	00:57:25.15	01:00:06.75	+00:25:06 (43.7%)	5:44	10.4 (55.9%)
327	SŁOWIK Paweł	602		M 30-39	101				00:00:16	00:35:55	00:51:02	00:57:26.95	00:57:43.00	+00:25:08 (43.8%)	5:44	10.4 (55.9%)

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
						Białoleki	Samorządowiec									
328	PIASECKI Rafał	108		M 30-39	102	Tak								+00:25:08 (43.8%)	5:44	10.4 (55.9%)
329	GROCHALSKI Mariusz	647		M 40-49	142		Tak							+00:25:10 (43.8%)	5:44	10.4 (55.9%)
330	PALONKA Bartłomiej	320		M 1-29	40									+00:25:11 (43.8%)	5:45	10.4 (55.9%)
331	WASIAK Bartosz	144		M 30-39	103	Tak								+00:25:12 (43.8%)	5:45	10.4 (55.9%)
332	PRZYBYSZ Arkadiusz	310		M 1-29	41									+00:25:16 (43.9%)	5:45	10.4 (55.9%)
333	KACPURA Piotr	273		M 40-49	143									+00:25:21 (44.0%)	5:46	10.4 (55.9%)
334	STEFAŃSKI Rafał	302		M 40-49	144									+00:25:24 (44.0%)	5:46	10.4 (55.9%)
335	GAWROŃSKI Antoni	512		M 1-29	42	Tak								+00:25:31 (44.1%)	5:47	10.4 (55.9%)
336	BOHDZIEWICZ Paweł	698		M 40-49	145		Tak							+00:25:37 (44.2%)	5:47	10.4 (55.9%)
337	ROGALSKI Tomasz	775		M 40-49	146	Tak								+00:25:39 (44.3%)	5:47	10.4 (55.9%)
338	LIPOWSKI Maciej	22		M 40-49	147	Tak								+00:25:40 (44.3%)	5:47	10.3 (55.4%)
339	SUWALD Andrzej	489	JACEKBIEGA RUNNING TEAM	M 60+	13									+00:25:43 (44.3%)	5:48	10.3 (55.4%)
340	KOWALCZYK Zdzisław	384	JW 2189	M 40-49	148	Tak								+00:25:43 (44.3%)	5:48	10.3 (55.4%)
341	LUGE Maksymilian	646		M 1-29	43	Tak								+00:25:44 (44.3%)	5:48	10.3 (55.4%)
342	MALANOWICZ Michał	408		M 30-39	104									+00:25:46 (44.4%)	5:48	10.3 (55.4%)
343	GAGAŁA Przemysław	94		M 50-59	35									+00:25:48 (44.4%)	5:48	10.3 (55.4%)
344	BIAŁOKOS Kamil	626	GRUPA BIEGOWA CHTMO	M 40-49	149	Tak								+00:25:54 (44.5%)	5:49	10.3 (55.4%)
345	GRABOWSKI Marcin	689		M 40-49	150	Tak								+00:25:55 (44.5%)	5:49	10.3 (55.4%)
346	TRZESIŃSKI Michał	665		M 30-39	105	Tak								+00:25:56 (44.5%)	5:49	10.3 (55.4%)
347	KOSMALA Michał	740		M 40-49	151									+00:26:01 (44.6%)	5:49	10.3 (55.4%)
348	PRZYBYSZ Mateusz	286		M 1-29	44									+00:26:01 (44.6%)	5:50	10.3 (55.4%)
349	ZANIEWICZ Andrzej	684		M 30-39	106	Tak								+00:26:02 (44.6%)	5:50	10.3 (55.4%)
350	KOWALCZYK Ryszard	557	APOSTOŁOWIE TRX	M 60+	14									+00:26:05 (44.7%)	5:50	10.3 (55.4%)
351	ZACŁONA Paweł	785		M 30-39	107									+00:26:06 (44.7%)	5:50	10.3 (55.4%)
352	JÓZEFOWICZ Maciej	551	VEGE RUNNERS	M 30-39	108									+00:26:09 (44.7%)	5:50	10.3 (55.4%)
353	PIWOWARSKI Dariusz	608		M 30-39	109	Tak								+00:26:13 (44.8%)	5:51	10.3 (55.4%)
354	KAZAŁA Piotr	365		M 50-59	36	Tak								+00:26:15 (44.8%)	5:51	10.2 (54.8%)
355	GURMIŃSKI Łukasz	453		M 40-49	152									+00:26:17 (44.9%)	5:51	10.2 (54.8%)

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
						Białolek	Samorządowiec									
356	SOJAK Jakub	140		M 1-29	45				00:01:40	00:36:37	00:52:21	00:58:37.05	01:00:17.20	+00:26:18 (44.9%)	5:51	10.2 (54.8%)
357	KOSECKI Jakub	607		M 40-49	153				00:02:21	00:38:08	00:52:47	00:58:38.85	01:01:00.15	+00:26:20 (44.9%)	5:51	10.2 (54.8%)
358	ZIEMAK Radosław	432		M 40-49	154				00:01:47	00:37:35	00:52:16	00:58:41.85	01:00:29.80	+00:26:23 (45.0%)	5:52	10.2 (54.8%)
359	PRZYBYŁA Karol	471	MASADA	M 30-39	110				00:01:49	00:35:43	00:51:37	00:58:44.55	01:00:34.25	+00:26:25 (45.0%)	5:52	10.2 (54.8%)
360	ADAMSKI Marcin	778		M 30-39	111		Tak		00:00:32	00:37:29	00:52:54	00:58:49.95	00:59:22.05	+00:26:31 (45.1%)	5:52	10.2 (54.8%)
361	BEDNARSKI Tomasz	748		M 40-49	155				00:00:36	00:37:47	00:52:59	00:58:57.45	00:59:34.30	+00:26:38 (45.2%)	5:53	10.2 (54.8%)
362	BITOWSKI Hubert	309		M 40-49	156				00:01:47	00:37:38	00:52:41	00:59:00.15	01:00:47.30	+00:26:41 (45.2%)	5:54	10.2 (54.8%)
363	BOJANOWSKI Łukasz	245		M 40-49	157				00:00:47	00:36:04	00:52:17	00:59:02.80	00:59:50.65	+00:26:44 (45.3%)	5:54	10.2 (54.8%)
364	ŁOTOWSKI Emil	244		M 30-39	112				00:00:47	00:36:04	00:52:15	00:59:02.85	00:59:50.55	+00:26:44 (45.3%)	5:54	10.2 (54.8%)
365	LALEWICZ Wiktor	261		M 40-49	158				00:00:47	00:36:06	00:52:18	00:59:03.25	00:59:50.30	+00:26:44 (45.3%)	5:54	10.2 (54.8%)
366	SUCHODOLSKI Mariusz	114		M 50-59	37	Tak			00:01:44	00:37:34	00:52:23	00:59:04.75	01:00:48.85	+00:26:46 (45.3%)	5:54	10.2 (54.8%)
367	JABŁOŃSKI Piotr	201		M 50-59	38	Tak			00:01:34	00:36:27	00:52:27	00:59:04.85	01:00:39.65	+00:26:46 (45.3%)	5:54	10.2 (54.8%)
368	MATYSZCZAK Krzysztof	764	KRAV MAGA KLUB KENKO	M 40-49	159				00:01:47	00:38:32	00:53:09	00:59:05.10	01:00:52.65	+00:26:46 (45.3%)	5:54	10.2 (54.8%)
369	RASZEWSKI Paweł	719		M 40-49	160				00:01:35	00:36:29	00:52:21	00:59:07.45	01:00:43.35	+00:26:48 (45.4%)	5:54	10.1 (54.3%)
370	ZAMILSKI Michał	587		M 40-49	161				00:02:11	00:34:38	00:50:38	00:59:10.50	01:01:21.70	+00:26:51 (45.4%)	5:55	10.1 (54.3%)
371	SOWA Andrzej	293		M 40-49	162				00:00:44	00:36:47	00:52:43	00:59:13.25	00:59:57.60	+00:26:54 (45.4%)	5:55	10.1 (54.3%)
372	KWIATKOWSKI Hubert	504		M 1-29	46				00:00:20	00:36:44	00:52:54	00:59:14.95	00:59:35.55	+00:26:56 (45.5%)	5:55	10.1 (54.3%)
373	MIASTOWSKI Rafał	18	SŁOŃ B	M 50-59	39		Tak		00:01:07	00:37:30	00:52:47	00:59:15.30	01:00:23.00	+00:26:56 (45.5%)	5:55	10.1 (54.3%)
374	OSTROWSKI Michał	344		M 40-49	163				00:00:35	00:37:23	00:52:59	00:59:18.30	00:59:53.60	+00:26:59 (45.5%)	5:55	10.1 (54.3%)
375	ZALEWSKI Ludomir	210		M 40-49	164				00:00:32	00:37:02	00:52:37	00:59:19.35	00:59:51.60	+00:27:00 (45.5%)	5:55	10.1 (54.3%)
376	NGUYEN HONG Viet	314		M 40-49	165				00:00:02	00:53:19		00:59:29.90	00:59:31.90	+00:27:11 (45.7%)	5:56	10.1 (54.3%)
377	WEŁNA Mariusz	68		M 40-49	166				00:01:20	00:36:29	00:52:49	00:59:31.95	01:00:52.80	+00:27:13 (45.7%)	5:57	10.1 (54.3%)
378	MACIEJEWSKI Krzysztof	481		M 40-49	167	Tak			00:00:19	00:38:40	00:53:59	00:59:33.15	00:59:52.45	+00:27:14 (45.7%)	5:57	10.1 (54.3%)
379	ZYGADŁO Piotr	102		M 40-49	168		Tak		00:00:15	00:38:34	00:53:38	00:59:37.55	00:59:52.80	+00:27:18 (45.8%)	5:57	10.1 (54.3%)
380	BUKOWSKI Janusz	637	STOWARZYSZENIE DAĆ SIEBIE INNYM	M 60+	15				00:00:05	00:36:55	00:52:54	00:59:41.10	00:59:46.60	+00:27:22 (45.9%)	5:58	10.1 (54.3%)
381	SZYSŁOWSKI Piotr	171		M 40-49	169				00:00:13	00:36:59	00:53:23	00:59:50.15	01:00:03.15	+00:27:31 (46.0%)	5:59	10 (53.8%)
382	CHRZANOWSKI Wojciech	498		M 30-39	113				00:00:57	00:37:30	00:53:25	00:59:51.80	01:00:49.50	+00:27:33 (46.0%)	5:59	10 (53.8%)
383	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	+00:27:38 (46.1%)	5:59	10 (53.8%)

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	
						Białoleki	Samorządowiec									
384	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	+00:27:45 (46.2%)	6:00	10 (53.8%)
385	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	+00:27:46 (46.2%)	6:00	10 (53.8%)
386	GWIZDAŁA Tomasz	683		M 30-39	115				00:01:45	00:38:42	00:54:23	01:00:05.60	01:01:50.90	+00:27:47 (46.2%)	6:00	10 (53.8%)
387	GWIZDAŁA Piotr	691		M 1-29	48				00:01:44	00:38:42	00:54:23	01:00:05.90	01:01:50.70	+00:27:47 (46.2%)	6:00	10 (53.8%)
388	OLCZAK Witold	106	UMCS BIEGA	M 60+	16				00:01:49	00:37:34	00:53:22	01:00:08.40	01:01:57.40	+00:27:49 (46.3%)	6:00	10 (53.8%)
389	BANY Michał	255		M 40-49	171				00:01:36	00:36:58	00:53:26	01:00:13.20	01:01:49.80	+00:27:54 (46.3%)	6:01	10 (53.8%)
390	WŁODARCZYK Paweł	270		M 40-49	172				00:01:47	00:37:32	00:53:35	01:00:14.55	01:02:02.40	+00:27:55 (46.4%)	6:01	10 (53.8%)
391	MASTALERZ Dawid	753		M 1-29	49				00:00:12	00:37:23	00:54:24	01:00:23.95	01:00:36.60	+00:28:05 (46.5%)	6:02	9.9 (53.2%)
392	SKROBEK Piotr	793		M 30-39	116				00:02:08	00:39:12	00:54:36	01:00:25.85	01:02:34.75	+00:28:07 (46.5%)	6:02	9.9 (53.2%)
393	CHOJNOWSKI Bartłomiej	301		M 1-29	50	Tak			00:01:53	00:39:01	00:54:23	01:00:28.80	01:02:21.85	+00:28:10 (46.6%)	6:02	9.9 (53.2%)
394	GUT Sebastian	219	T-MOBILE SPORT TEAM	M 40-49	173	Tak			00:01:39	00:38:03	00:53:57	01:00:33.00	01:02:12.30	+00:28:14 (46.6%)	6:03	9.9 (53.2%)
395	STACH Grzegorz	265		M 30-39	117				00:00:36	00:37:24	00:53:47	01:00:34.75	01:01:10.75	+00:28:16 (46.7%)	6:03	9.9 (53.2%)
396	GAWEŁ Piotr	441		M 40-49	174				00:01:26	00:38:28	00:53:59	01:00:40.50	01:02:06.60	+00:28:21 (46.7%)	6:04	9.9 (53.2%)
397	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	+00:28:24 (46.8%)	6:04	9.9 (53.2%)
398	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	+00:28:43 (47.1%)	6:06	9.8 (52.7%)
399	MUCHA Grzegorz	156		M 60+	17	Tak			00:01:45	00:38:09	00:54:20	01:01:03.35	01:02:49.00	+00:28:44 (47.1%)	6:06	9.8 (52.7%)
400	WANOWSKI Andrzej	274	ROZBIEGAMY NOWY DWÓR	M 60+	18				00:01:42	00:36:19	00:53:43	01:01:04.15	01:02:46.30	+00:28:45 (47.1%)	6:06	9.8 (52.7%)
401	KROLSKI Łukasz	77	HOLO	M 40-49	177		Tak		00:01:59	00:39:18	00:55:09	01:01:08.05	01:03:07.65	+00:28:49 (47.1%)	6:06	9.8 (52.7%)
402	KUCA Grzegorz	13		M 40-49	178		Tak		00:01:59	00:39:16	00:54:39	01:01:08.95	01:03:08.05	+00:28:50 (47.2%)	6:06	9.8 (52.7%)
403	SIKORA Mateusz	591		M 30-39	118				00:01:51	00:38:17	00:54:31	01:01:19.60	01:03:10.80	+00:29:01 (47.3%)	6:07	9.8 (52.7%)
404	KOWALSKI Piotr	708		M 60+	19				00:00:56	00:38:31	00:54:31	01:01:21.30	01:02:18.00	+00:29:02 (47.3%)	6:08	9.8 (52.7%)
405	TOMASZEWSKI Marek	291		M 40-49	179	Tak			00:01:05	00:38:22	00:54:56	01:01:27.40	01:02:32.50	+00:29:08 (47.4%)	6:08	9.8 (52.7%)
406	WOJTCZAK Adrian	678		M 40-49	180				00:01:24	00:37:47	00:54:21	01:01:27.45	01:02:51.75	+00:29:08 (47.4%)	6:08	9.8 (52.7%)
407	NOWAK Paweł	382		M 40-49	181				00:01:05	00:38:23	00:54:56	01:01:29.15	01:02:34.40	+00:29:10 (47.5%)	6:08	9.8 (52.7%)
408	KRAWCZYK Michał	371		M 30-39	119	Tak			00:02:05	00:39:39	00:55:35	01:01:30.30	01:03:35.95	+00:29:11 (47.5%)	6:09	9.8 (52.7%)
409	SZUMOTALSKI Kamil	439		M 30-39	120				00:01:59	00:38:40	00:54:40	01:01:34.80	01:03:34.65	+00:29:16 (47.5%)	6:09	9.7 (52.2%)
410	SADOWSKI Kamil	170		M 30-39	121		Tak		00:01:48	00:37:56	00:54:46	01:01:39.90	01:03:28.50	+00:29:21 (47.6%)	6:09	9.7 (52.2%)
411	ŚMIECHOWSKI Marcin	427		M 30-39	122				00:01:56	00:37:54	00:54:11	01:01:40.15	01:03:36.20	+00:29:21 (47.6%)	6:10	9.7 (52.2%)

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
						Białoleki	Samorządowiec									
412	CHODUN Paweł	559		M 30-39	123				00:00:51	00:39:07	00:55:12	01:01:43.50	01:02:35.00	+00:29:24 (47.7%)	6:10	9.7 (52.2%)
413	ZARĘBA Tomasz	99		M 1-29	51	Tak			00:00:55	00:39:12	00:54:53	01:01:58.20	01:02:53.55	+00:29:39 (47.9%)	6:11	9.7 (52.2%)
414	ŻÓŁCIŃSKI Waldemar	407	GRUPA BIEGOWA UM W-WA	M 60+	20		Tak		00:02:05	00:39:58	00:55:36	01:02:07.45	01:04:12.45	+00:29:48 (48.0%)	6:12	9.7 (52.2%)
415	MANJA Dariusz	790		M 50-59	40	Tak			00:01:01	00:39:44	00:55:54	01:02:11.65	01:03:13.25	+00:29:53 (48.0%)	6:13	9.6 (51.6%)
416	STANKIEWICZ Maciej	298	AMI & AURI RUNNERS CLUB	M 40-49	182	Tak			00:02:01	00:40:03	00:55:35	01:02:15.40	01:04:17.00	+00:29:56 (48.1%)	6:13	9.6 (51.6%)
417	GABOR Maciej	329		M 40-49	183				00:01:57	00:37:44	00:54:47	01:02:20.55	01:04:17.80	+00:30:01 (48.2%)	6:14	9.6 (51.6%)
418	CZAJKOWSKI Bartłomiej	754	EKOBIEGI	M 30-39	124				00:02:00	00:40:17	00:56:13	01:02:52.80	01:04:53.75	+00:30:34 (48.6%)	6:17	9.5 (51.1%)
419	WOŹNIAK Marcin	364		M 40-49	184				00:02:00	00:40:05	00:56:24	01:02:59.35	01:04:59.95	+00:30:40 (48.7%)	6:17	9.5 (51.1%)
420	BARDZIŃSKI Łukasz	82		M 30-39	125	Tak			00:01:21	00:38:01	00:55:52	01:03:11.30	01:04:33.10	+00:30:52 (48.9%)	6:19	9.5 (51.1%)
421	WOŹNIAK Maciej	756		M 1-29	52	Tak			00:01:03	00:39:53	00:56:23	01:03:20.65	01:04:24.10	+00:31:02 (49.0%)	6:20	9.5 (51.1%)
422	KĘSICKI Rafał	701		M 40-49	185	Tak			00:00:56	00:38:49	00:55:52	01:03:22.95	01:04:19.15	+00:31:04 (49.0%)	6:20	9.5 (51.1%)
423	GLUSHKO Iurii	769		M 30-39	126				00:00:02	00:26:56	00:54:59	01:03:23.40	01:03:26.10	+00:31:04 (49.0%)	6:20	9.5 (51.1%)
424	KOWNACKI Marcin	46		M 40-49	186	Tak			00:00:31	00:40:16	00:56:14	01:03:27.55	01:03:58.85	+00:31:08 (49.1%)	6:20	9.5 (51.1%)
425	URBANSKI Dominik	444		M 30-39	127				00:02:07	00:40:03	00:56:14	01:03:28.00	01:05:35.35	+00:31:09 (49.1%)	6:20	9.5 (51.1%)
426	ŁYSIK Marcin	768	INTERSPORT	M 1-29	53	Tak			00:00:43	00:40:33	00:56:59	01:03:28.10	01:04:11.20	+00:31:09 (49.1%)	6:20	9.5 (51.1%)
427	PŁOCHA Rafał	346		M 30-39	128	Tak			00:01:55	00:40:12	00:56:34	01:03:31.85	01:05:27.15	+00:31:13 (49.1%)	6:21	9.4 (50.5%)
428	BALCERZAK Tomasz	725		M 40-49	187				00:01:40	00:39:44	00:56:46	01:03:32.80	01:05:13.65	+00:31:14 (49.2%)	6:21	9.4 (50.5%)
429	KULBACKI Kamil	470		M 30-39	129	Tak			00:01:55	00:40:20	00:56:35	01:03:36.15	01:05:31.90	+00:31:17 (49.2%)	6:21	9.4 (50.5%)
430	CENTKOWSKI Mateusz	718		M 1-29	54				00:00:06	00:39:01	00:56:48	01:03:38.80	01:03:44.90	+00:31:20 (49.2%)	6:21	9.4 (50.5%)
431	JAKUBASEK Dariusz	782		M 40-49	188	Tak			00:00:19	00:38:48	00:56:37	01:03:40.55	01:03:59.95	+00:31:21 (49.3%)	6:22	9.4 (50.5%)
432	PLIUSHCHYK Eduard	446		M 30-39	130		Tak		00:00:23	00:40:41	00:56:49	01:03:40.85	01:04:04.35	+00:31:22 (49.3%)	6:22	9.4 (50.5%)
433	MEDVEDIEV Oleksandr	430		M 40-49	189		Tak		00:00:22	00:40:41	00:56:50	01:03:42.00	01:04:04.60	+00:31:23 (49.3%)	6:22	9.4 (50.5%)
434	NIEWIADOMSKI Zdzisław	513		M 60+	21				00:00:44	00:40:09	00:56:52	01:03:52.35	01:04:37.10	+00:31:33 (49.4%)	6:23	9.4 (50.5%)
435	SIDORCZUK Marek	555		M 50-59	41				00:01:53	00:39:55	00:56:46	01:04:01.35	01:05:54.70	+00:31:42 (49.5%)	6:24	9.4 (50.5%)
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	+00:32:13 (49.9%)	6:27	9.3 (50.0%)
437	BIELEC Bartłomiej	180		M 40-49	190				00:02:09	00:40:36	00:57:33	01:04:42.20	01:06:51.70	+00:32:23 (50.1%)	6:28	9.3 (50.0%)
438	KOPROWICZ Damian	332		M 30-39	131				00:02:04	00:41:01	00:57:35	01:04:46.25	01:06:51.15	+00:32:27 (50.1%)	6:28	9.3 (50.0%)
439	JEDYNAK Paweł	24		M 40-49	191	Tak			00:01:57	00:41:24	00:58:06	01:05:01.50	01:06:59.45	+00:32:42 (50.3%)	6:30	9.2 (49.5%)

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
						Białoleki	Samorządowiec									
440	AMPULSKI Mariusz	757	NASIELSK BASZTA TEAM	M 40-49	192				00:02:06	00:40:07	00:57:17	01:05:04.90	01:07:11.70	+00:32:46 (50.4%)	6:30	9.2 (49.5%)
441	HORODECKI Piotr	564		M 1-29	56				00:00:21	00:40:56	00:58:05	01:05:05.65	01:05:26.90	+00:32:47 (50.4%)	6:30	9.2 (49.5%)
442	ZAKHARKEVICH Alexander	783		M 40-49	193	Tak			00:01:08	00:40:46	00:57:52	01:05:11.20	01:06:19.20	+00:32:52 (50.4%)	6:31	9.2 (49.5%)
443	GĘBICZ Cezary	643		M 40-49	194	Tak			00:00:08	00:41:11	00:58:23	01:05:17.45	01:05:26.15	+00:32:58 (50.5%)	6:31	9.2 (49.5%)
444	FARIAS PELCASTRE Ivan	379		M 30-39	132				00:00:03	00:37:53	00:58:16	01:05:21.70	01:05:25.50	+00:33:03 (50.6%)	6:32	9.2 (49.5%)
445	KUŚ Maciej	434		M 40-49	195				00:00:34	00:40:55	00:57:57	01:05:32.40	01:06:07.20	+00:33:13 (50.7%)	6:33	9.2 (49.5%)
446	ROJEK Stanisław	578		M 50-59	42				00:00:50	00:40:25	00:58:31	01:05:48.30	01:06:39.00	+00:33:29 (50.9%)	6:34	9.1 (48.9%)
447	PACHOLAK Przemysław	118		M 50-59	43	Tak			00:01:40	00:41:22	00:58:52	01:06:01.05	01:07:41.80	+00:33:42 (51.1%)	6:36	9.1 (48.9%)
448	SOCHA Paweł	315		M 30-39	133				00:00:02	00:41:25	00:58:30	01:06:34.55	01:06:36.55	+00:34:15 (51.5%)	6:39	9 (48.4%)
448	SULEJCZYK Piotr	57	1.BLTR	M 40-49	196				00:00:35	00:41:24	00:59:01	01:06:34.55	01:07:10.45	+00:34:15 (51.5%)	6:39	9 (48.4%)
450	SZAREWICZ Paweł	14		M 40-49	197	Tak			00:00:32	00:41:31	00:59:26	01:06:34.60	01:07:07.15	+00:34:16 (51.5%)	6:39	9 (48.4%)
451	WIĘTCZAK Tomasz	230		M 1-29	57				00:01:43	00:41:31	00:59:05	01:06:38.75	01:08:21.75	+00:34:20 (51.5%)	6:39	9 (48.4%)
452	KRÓL Łukasz	83	PZU SPORT TEAM	M 30-39	134				00:00:32	00:41:10	00:58:59	01:06:46.20	01:07:18.30	+00:34:27 (51.6%)	6:40	9 (48.4%)
453	KASPRZAK Marcin	589		M 50-59	44	Tak			00:02:07	00:42:20	00:59:47	01:06:55.65	01:09:03.45	+00:34:37 (51.7%)	6:41	9 (48.4%)
454	ROKICKI Aleksander	791		M 40-49	198	Tak			00:01:51	00:41:53	00:59:43	01:07:04.25	01:08:55.50	+00:34:45 (51.8%)	6:42	8.9 (47.8%)
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	+00:35:04 (52.0%)	6:44	8.9 (47.8%)
456	WOJTAL Tomasz	339		M 40-49	200				00:02:01	00:44:10	01:01:11	01:07:57.85	01:09:58.95	+00:35:39 (52.5%)	6:47	8.8 (47.3%)
457	JEŻMAŃSKI Sławek	375		M 40-49	201	Tak			00:00:17	00:41:44	01:00:18	01:08:02.85	01:08:20.45	+00:35:44 (52.5%)	6:48	8.8 (47.3%)
458	RUDENKA Andrei	323		M 1-29	58				00:00:16	00:40:22	01:00:28	01:08:05.95	01:08:22.30	+00:35:47 (52.6%)	6:48	8.8 (47.3%)
459	NIEDZIELA Grzegorz	305		M 40-49	202	Tak			00:02:11	00:42:59	01:01:09	01:08:26.85	01:10:37.95	+00:36:08 (52.8%)	6:50	8.8 (47.3%)
460	KUCICKI Krzysztof	96		M 40-49	203	Tak			00:02:02	00:41:43	01:00:40	01:08:41.95	01:10:44.00	+00:36:23 (53.0%)	6:52	8.7 (46.8%)
461	OLSZEWSKI Łukasz	236		M 30-39	135	Tak			00:00:03	00:42:11	01:01:25	01:08:50.10	01:08:54.00	+00:36:31 (53.1%)	6:53	8.7 (46.8%)
462	CICHOŃ Dominik	95		M 1-29	59	Tak			00:02:08	00:42:14	01:01:17	01:09:01.15	01:11:10.00	+00:36:42 (53.2%)	6:54	8.7 (46.8%)
463	LUC Adam	524	BIEGUSIEM.PL	M 40-49	204				00:02:00	00:43:21	01:01:48	01:09:06.25	01:11:06.65	+00:36:47 (53.2%)	6:54	8.7 (46.8%)
464	ZATYLNÝ Tomasz	763		M 40-49	205	Tak			00:00:32	00:41:55	01:01:14	01:09:18.65	01:09:50.95	+00:37:00 (53.4%)	6:55	8.7 (46.8%)
465	KOWALSKI Grzegorz	40		M 40-49	206	Tak			00:01:03	00:42:12	01:01:38	01:09:26.15	01:10:29.15	+00:37:07 (53.5%)	6:56	8.6 (46.2%)
466	SMAGIEŁ Tomasz	151		M 40-49	207	Tak			00:00:33	00:41:40	01:01:33	01:09:36.30	01:10:09.60	+00:37:17 (53.6%)	6:57	8.6 (46.2%)
467	WYROSTEK Przemysław	497	STOMILEX	M 30-39	136				00:00:24	00:43:29	01:02:17	01:09:38.15	01:10:02.15	+00:37:19 (53.6%)	6:57	8.6 (46.2%)

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
						Białoleki	Samorządowiec									
468	BODALSKI Jacek	556	AKTYWNA WARSZAWA	M 50-59	45				00:02:00	00:43:42	01:02:31	01:09:55.80	01:11:56.00	+00:37:37 (53.8%)	6:59	8.6 (46.2%)
469	FIEDOSIUK Michał	39		M 40-49	208	Tak			00:01:57	00:43:30	01:02:19	01:09:57.40	01:11:54.65	+00:37:38 (53.8%)	6:59	8.6 (46.2%)
470	PATOLETA Mirek	49		M 40-49	209	Tak			00:00:59	00:43:43	01:02:32	01:10:14.50	01:11:13.65	+00:37:55 (54.0%)	7:01	8.5 (45.7%)
471	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	+00:37:57 (54.0%)	7:01	8.5 (45.7%)
472	VUCO Ivo	257	HULTAJ LITERACI	M 40-49	210				00:01:58	00:43:43	01:02:00	01:10:29.15	01:12:27.15	+00:38:10 (54.2%)	7:02	8.5 (45.7%)
473	SKRZYPIŃSKI Cezary	672		M 50-59	47	Tak			00:00:45	00:46:04	01:03:41	01:10:49.25	01:11:34.65	+00:38:30 (54.4%)	7:04	8.5 (45.7%)
474	LUGE Remigiusz	641		M 40-49	211	Tak			00:01:50	00:43:38	01:03:43	01:11:13.30	01:13:03.85	+00:38:54 (54.6%)	7:07	8.4 (45.2%)
475	KOWALSKI Wiesław	41		M 50-59	48				00:00:20	00:43:51	01:03:17	01:11:27.00	01:11:47.50	+00:39:08 (54.8%)	7:08	8.4 (45.2%)
476	NACHEL Michał	724		M 40-49	212	Tak			00:01:46	00:43:53	01:03:41	01:11:34.25	01:13:20.30	+00:39:15 (54.9%)	7:09	8.4 (45.2%)
477	NOWICKI Dariusz	563		M 40-49	213	Tak			00:02:10	00:44:37	01:04:13	01:12:18.30	01:14:28.60	+00:39:59 (55.3%)	7:13	8.3 (44.6%)
478	KARWECKI Patryk	75		M 30-39	137	Tak			00:00:31	00:46:09	01:04:33	01:12:20.75	01:12:52.15	+00:40:02 (55.3%)	7:14	8.3 (44.6%)
479	LIBERA Paweł	565		M 30-39	138	Tak	Tak		00:01:58	00:43:59	01:04:07	01:12:57.40	01:14:55.90	+00:40:38 (55.7%)	7:17	8.2 (44.1%)
480	GIERANOWSKI Marcin	26	STRUŚ	M 40-49	214				00:00:34	00:46:16	01:04:55	01:13:04.20	01:13:38.75	+00:40:45 (55.8%)	7:18	8.2 (44.1%)
481	DRZEWICZ Tomasz	450	SZKOŁA TAŃCA ROCK'N'ROLA AKROBATYCZNEGO PROMENADA	M 50-59	49				00:02:08	00:43:52	01:04:34	01:13:06.50	01:15:14.85	+00:40:47 (55.8%)	7:18	8.2 (44.1%)
482	KOPER Adam	582	PKP PLK S.A	M 40-49	215	Tak			00:00:20	00:46:06	01:05:27	01:13:51.30	01:14:12.20	+00:41:32 (56.3%)	7:23	8.1 (43.5%)
483	BODYS Sylwester	112		M 30-39	139	Tak			00:00:09	00:46:41	01:06:12	01:14:21.60	01:14:31.50	+00:42:03 (56.5%)	7:26	8.1 (43.5%)
484	PASZKOWSKI Cezary	126	LEŚNE SZYCHY	M 40-49	216				00:02:10	00:46:11	01:05:02	01:15:05.40	01:17:15.80	+00:42:46 (57.0%)	7:30	8 (43.0%)
485	JUSTA Piuotr	735		M 50-59	50	Tak	Tak		00:00:03	00:47:31	01:07:34	01:16:16.15	01:16:19.20	+00:43:57 (57.6%)	7:37	7.9 (42.5%)
486	MILIK Tomasz	115		M 30-39	140	Tak			00:01:49	00:48:12	01:08:44	01:16:56.70	01:18:46.15	+00:44:38 (58.0%)	7:41	7.8 (41.9%)
487	HAJNUS Wojciech	240		M 50-59	51	Tak			00:02:10	00:47:21	01:09:41	01:19:00.15	01:21:10.65	+00:46:41 (59.1%)	7:54	7.6 (40.9%)
488	WŁODEK Rafał	403		M 40-49	217	Tak			00:02:02	00:48:50	01:09:31	01:19:12.70	01:21:15.55	+00:46:54 (59.2%)	7:55	7.6 (40.9%)
489	MADEJEK Jacek	730	ZABIEGANI PO USZY	M 40-49	218				00:02:06	00:50:34	01:11:34	01:20:33.15	01:22:39.90	+00:48:14 (59.9%)	8:03	7.4 (39.8%)
490	WTOREK Mirosław	496	NIEZALEŻNY	M 60+	22	Tak			00:00:24	00:49:48	01:11:48	01:20:41.05	01:21:05.95	+00:48:22 (60.0%)	8:04	7.4 (39.8%)
491	STAŃKOWSKI Andrzej	520	TEAM WARIAT	M 50-59	52	Tak			00:01:04	00:52:13	01:12:28	01:20:59.90	01:22:04.45	+00:48:41 (60.1%)	8:05	7.4 (39.8%)
492	CZYŻ Michał	36		M 30-39	141	Tak			00:00:23	00:51:02	01:12:53	01:22:22.90	01:22:46.10	+00:50:04 (60.8%)	8:14	7.3 (39.2%)
493	CZECHOWSKI Jerzy	147	MZA - WARSZAWA	M 60+	23				00:02:08	00:52:51	01:14:22	01:23:41.95	01:25:50.05	+00:51:23 (61.4%)	8:22	7.2 (38.7%)
494	NASKRĘT Mariusz	70		M 40-49	219				00:01:55	00:51:58	01:15:12	01:24:23.25	01:26:18.45	+00:52:04 (61.7%)	8:26	7.1 (38.2%)

Przekroczony limit czasu: 01:30:00

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
495	BOROWIAK Jacek	312	SLOW JOGING POLSKA	M 60+	24			00:00:11	00:58:17	01:22:57	01:33:49.90	01:34:01.45	+01:01:31 (65.6%)	9:22	6.4 (34.4%)
496	MAJKOWSKI Michał	374		M 30-39	142	Tak		00:00:19	00:58:59	01:24:33	01:35:04.35	01:35:23.80	+01:02:45 (66.0%)	9:30	6.3 (33.9%)
497	SIEMIENIAKA Marek	246	BIEGAM NA TARCHOMINIE	M 30-39	143	Tak		00:00:32	00:29:04	00:38:41			+00:09:48	4:17	14 (75.3%)
498	POSIM Tomasz	523		M 40-49	220			00:02:01	01:01:44				+00:41:15	9:21	6.4 (34.4%)
499	POTOCZNY Robert	584		M 40-49	221			00:00:21							(0.0%)
500	BOCHENEK Sebastian	722		M 30-39	144			00:02:12							(0.0%)

Total 500 results.