

**Wydarzenie:** BIEG URSYNOWA  
**Organizator:** Urząd Dzielnicy Warszawa - Ursynów  
**Data:** 2022-09-18  
**Miejsce:** Warszawa  
**Dystans:** 5 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>GOS Mateusz</b>	<b>1576</b>	OPTIMA RADOM	M 20	1	00:00:01	00:07:25	<b>00:14:53.80</b>	<b>00:14:54.95</b>		2:58	20.2 (100%)
2	<b>SZYMANIAK Kamil</b>	<b>1088</b>	K2 RUNNING TEAM	M 30	1	00:00:01		<b>00:15:13.50</b>	<b>00:15:14.80</b>	+00:00:19 (2.2%)	3:02	19.7 (97.5%)
3	<b>WASIEWICZ Krzysztof</b>	<b>1180</b>	KONDYCJA	M 30	2	00:00:01	00:07:39	<b>00:15:25.05</b>	<b>00:15:26.60</b>	+00:00:31 (3.4%)	3:05	19.5 (96.5%)
4	<b>DAMENTKA Kamil</b>	<b>175</b>	CTS	M 20	2	00:00:01	00:07:39	<b>00:15:31.30</b>	<b>00:15:33.10</b>	+00:00:37 (4.0%)	3:06	19.3 (95.5%)
5	<b>SKIBIŃSKI Mikołaj</b>	<b>1345</b>	DUCLA ACADEMY	M 30	3	00:00:01	00:07:46	<b>00:15:53.85</b>	<b>00:15:55.00</b>	+00:01:00 (6.3%)	3:10	18.9 (93.6%)
6	<b>KWARTA Maciej</b>	<b>592</b>	ŻORAWSKI TEAM /MACIEJKWARTA	M 30	4	00:00:01	00:07:49	<b>00:15:59.50</b>	<b>00:16:01.30</b>	+00:01:05 (6.8%)	3:11	18.8 (93.1%)
7	<b>KUBICKI Adam</b>	<b>576</b>		M 30	5	00:00:01	00:08:00	<b>00:16:12.60</b>	<b>00:16:14.40</b>	+00:01:18 (8.1%)	3:14	18.5 (91.6%)
8	<b>TRĘBICKI Ignacy</b>	<b>1141</b>	OKS SKRA WARSZAWA	M 20	4	00:00:02	00:07:59	<b>00:16:12.40</b>	<b>00:16:14.45</b>	+00:01:18 (8.1%)	3:14	18.5 (91.6%)
9	<b>TOKARSKI Piotr</b>	<b>1128</b>		M 20	3	00:00:02	00:07:58	<b>00:16:12.25</b>	<b>00:16:14.50</b>	+00:01:18 (8.1%)	3:14	18.5 (91.6%)
10	<b>DZIADZISHCHAU Aliaksei</b>	<b>224</b>	CLUB ANONYMOUS RUNNERS N.A. CABALO BLANKO	M 30	6	00:00:02	00:08:02	<b>00:16:13.50</b>	<b>00:16:15.55</b>	+00:01:19 (8.2%)	3:14	18.5 (91.6%)
11	<b>WAMKA Mateusz</b>	<b>1178</b>	SSP ORKA IŁAWA/CTS	M 20	6	00:00:02	00:08:03	<b>00:16:26.25</b>	<b>00:16:28.35</b>	+00:01:32 (9.4%)	3:17	18.3 (90.6%)
12	<b>GŁADECKI Dawid</b>	<b>1482</b>	UKS OSIR GÓRA KALWARIA	M 20	5	00:00:04	00:08:12	<b>00:16:25.70</b>	<b>00:16:29.95</b>	+00:01:31 (9.3%)	3:17	18.3 (90.6%)
13	<b>ŚMIETANA Stanisław</b>	<b>1111</b>		M 20	7	00:00:02	00:08:12	<b>00:16:33.95</b>	<b>00:16:36.75</b>	+00:01:40 (10.1%)	3:18	18.1 (89.6%)
14	<b>BARANOWSKA Mariola</b>	<b>36</b>	MKS ŻAK BIAŁA PODLASKA	K 20	1	00:00:01	00:08:10	<b>00:16:39.45</b>	<b>00:16:40.95</b>	+00:01:45 (10.6%)	3:19	18 (89.1%)
15	<b>BERNARDELLI Iwona</b>	<b>1322</b>	KLUB SPORTOWY PREFBET-SONAROL	K 30	1	00:00:01	00:08:06	<b>00:16:43.85</b>	<b>00:16:45.05</b>	+00:01:50 (11.0%)	3:20	17.9 (88.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
16	<b>WYSOCKI Marcin</b>	<b>1255</b>	WARSZAWIAKY	M 30	7	00:00:02	00:08:22	<b>00:16:51.50</b>	<b>00:16:53.60</b>	+00:01:57 (11.6%)	3:22	17.8 (88.1%)
17	<b>ŁABĘDZKI Konrad</b>	<b>622</b>	DUKLANOWSKI TEAM	M 30	8	00:00:02	00:08:13	<b>00:16:53.95</b>	<b>00:16:56.90</b>	+00:02:00 (11.8%)	3:22	17.8 (88.1%)
18	<b>GRABOWIEC Arkadiusz</b>	<b>1457</b>	POWER TRAINING	M 20	8	00:00:03	00:08:21	<b>00:16:53.85</b>	<b>00:16:57.15</b>	+00:02:00 (11.8%)	3:22	17.8 (88.1%)
19	<b>STASIOWSKI Piotr</b>	<b>1028</b>	NOWOSARZYŃSKA GRUPA BIEGOWA	M 30	9	00:00:01	00:08:04	<b>00:16:57.45</b>	<b>00:16:59.00</b>	+00:02:03 (12.2%)	3:23	17.7 (87.6%)
20	<b>KOBYŁECKI Mateusz</b>	<b>474</b>	DOKĄD NOCĄ TUPTA JEŻ?	M 20	9	00:00:02	00:08:28	<b>00:16:56.90</b>	<b>00:16:59.45</b>	+00:02:03 (12.1%)	3:23	17.7 (87.6%)
21	<b>ŻYŁA Arkadiusz</b>	<b>1306</b>	TEAM KOPEĆ	M 20	10	00:00:02	00:08:28	<b>00:16:57.85</b>	<b>00:17:00.20</b>	+00:02:04 (12.2%)	3:23	17.7 (87.6%)
22	<b>OMIELAN Wojciech</b>	<b>799</b>		M 20	11	00:00:01	00:08:22	<b>00:17:03.70</b>	<b>00:17:05.20</b>	+00:02:09 (12.7%)	3:24	17.6 (87.1%)
23	<b>KOWALCZYK Mateusz</b>	<b>520</b>	MOCNA GRUPA CEZARA	M 30	10	00:00:02	00:08:29	<b>00:17:12.25</b>	<b>00:17:14.50</b>	+00:02:18 (13.4%)	3:26	17.4 (86.1%)
24	<b>TKACZYK Mateusz</b>	<b>1124</b>		M 20	12	00:00:04	00:08:43	<b>00:17:19.60</b>	<b>00:17:24.10</b>	+00:02:25 (14.0%)	3:27	17.3 (85.6%)
25	<b>KLECZEWSKI Piotr</b>	<b>456</b>	UKS FILIPIDES	M 16	1	00:00:02	00:08:36	<b>00:17:23.20</b>	<b>00:17:25.70</b>	+00:02:29 (14.3%)	3:28	17.3 (85.6%)
26	<b>ZYCH Mariusz</b>	<b>1294</b>	BIEGAJ POD OKIEM TRENERA	M 40	1	00:00:02	00:08:28	<b>00:17:26.85</b>	<b>00:17:29.25</b>	+00:02:33 (14.6%)	3:29	17.2 (85.1%)
27	<b>KARWOWSKI Daniel</b>	<b>432</b>	KB PŁOŃSK	M 30	12	00:00:02	00:08:36	<b>00:17:30.95</b>	<b>00:17:33.45</b>	+00:02:37 (15.0%)	3:30	17.1 (84.7%)
28	<b>JASTRZĘBSKI Paweł</b>	<b>391</b>	YULO RUN TEAM SIEDLCE	M 40	2	00:00:01	00:08:30	<b>00:17:31.70</b>	<b>00:17:33.60</b>	+00:02:37 (15.0%)	3:30	17.1 (84.7%)
29	<b>KOZIELSKI Michał</b>	<b>539</b>	CTS	M 30	11	00:00:06	00:08:48	<b>00:17:28.00</b>	<b>00:17:34.00</b>	+00:02:34 (14.7%)	3:29	17.2 (85.1%)
30	<b>JUSIŃSKI Krystian</b>	<b>405</b>	BRACTWO BIEGOWE BGK	M 30	14	00:00:03	00:08:35	<b>00:17:31.60</b>	<b>00:17:35.55</b>	+00:02:37 (15.0%)	3:30	17.1 (84.7%)
31	<b>RYBCZAK Paweł</b>	<b>1589</b>	KUŹNIA TRATHLONU	M 30	13	00:00:04	00:08:51	<b>00:17:31.05</b>	<b>00:17:35.65</b>	+00:02:37 (15.0%)	3:30	17.1 (84.7%)
32	<b>KOWALCZYK Piotr</b>	<b>522</b>	KAZIKI	M 40	3	00:00:03	00:08:44	<b>00:17:34.40</b>	<b>00:17:38.25</b>	+00:02:40 (15.2%)	3:30	17.1 (84.7%)
33	<b>WITUSOWSKI Piotr</b>	<b>1218</b>	VEGE RUNNERS	M 40	4	00:00:03	00:08:45	<b>00:17:37.85</b>	<b>00:17:41.15</b>	+00:02:44 (15.5%)	3:31	17 (84.2%)
34	<b>PRIMIK Marek</b>	<b>890</b>	VEGE RUNNERS	M 40	5	00:00:03	00:08:45	<b>00:17:37.90</b>	<b>00:17:41.55</b>	+00:02:44 (15.5%)	3:31	17 (84.2%)
35	<b>MICHAŁOWSKI Maciek</b>	<b>715</b>	ITMBW KRAKÓW	M 30	15	00:00:03	00:08:39	<b>00:17:41.25</b>	<b>00:17:44.50</b>	+00:02:47 (15.8%)	3:32	17 (84.2%)
36	<b>MAŁOLEPSZY Rafał</b>	<b>670</b>	ADAM DRACZYŃSKI RUNNING TEAM	M 20	13	00:00:03	00:08:50	<b>00:17:43.10</b>	<b>00:17:46.10</b>	+00:02:49 (15.9%)	3:32	16.9 (83.7%)
37	<b>MAJCHRZAK Julian</b>	<b>660</b>	TEAM ZABIEGANEDNI	M 30	16	00:00:02	00:08:48	<b>00:17:43.60</b>	<b>00:17:46.40</b>	+00:02:49 (16.0%)	3:32	16.9 (83.7%)
38	<b>GŁODOWSKI Michał</b>	<b>283</b>	ŻÓRAWSKI TEAM	M 30	17	00:00:01	00:08:51	<b>00:17:50.10</b>	<b>00:17:51.90</b>	+00:02:56 (16.5%)	3:34	16.8 (83.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
39	<b>LEWIAK Michał</b>	<b>612</b>	TRUCHT.COM	M 30	18	00:00:02	00:08:38	<b>00:17:51.10</b>	<b>00:17:54.05</b>	+00:02:57 (16.6%)	3:34	16.8 (83.2%)
40	<b>STELMACH Dominika</b>	<b>1405</b>	RK ATHLETICS	K 40	1	00:00:02	00:08:42	<b>00:17:53.10</b>	<b>00:17:55.30</b>	+00:02:59 (16.7%)	3:34	16.8 (83.2%)
41	<b>SYGUŁA Aleksander</b>	<b>1046</b>	KOLARSKI.EU TEAM	M 12	1	00:00:02	00:08:51	<b>00:17:54.05</b>	<b>00:17:56.10</b>	+00:03:00 (16.8%)	3:34	16.8 (83.2%)
42	<b>GRUZA Marek</b>	<b>319</b>	BIEGANIEPO40.PL	M 40	6	00:00:00	00:08:49	<b>00:17:59.45</b>	<b>00:17:59.45</b>	+00:03:05 (17.2%)	3:35	16.7 (82.7%)
43	<b>NIEMIRA Michał</b>	<b>770</b>	MPK WYBIEGANIE	M 30	20	00:00:03	00:08:58	<b>00:17:56.90</b>	<b>00:18:00.65</b>	+00:03:03 (17.0%)	3:35	16.7 (82.7%)
44	<b>FURMAN Tomasz</b>	<b>259</b>	KS STASZEWSKY	M 50	1	00:00:06	00:08:48	<b>00:17:56.00</b>	<b>00:18:02.50</b>	+00:03:02 (16.9%)	3:35	16.7 (82.7%)
45	<b>NACZAS Łukasz</b>	<b>756</b>		M 30	19	00:00:05	00:08:55	<b>00:17:56.90</b>	<b>00:18:02.60</b>	+00:03:03 (17.0%)	3:35	16.7 (82.7%)
46	<b>KRYŚCIAK Jacek</b>	<b>1465</b>		M 30	21	00:00:05	00:08:56	<b>00:17:58.30</b>	<b>00:18:03.90</b>	+00:03:04 (17.1%)	3:35	16.7 (82.7%)
47	<b>ŚLIWA Krzysztof</b>	<b>1109</b>	KS LEMIESZ TEAM WARSZAWA	M 30	22	00:00:03	00:08:57	<b>00:18:02.10</b>	<b>00:18:05.80</b>	+00:03:08 (17.4%)	3:36	16.6 (82.2%)
48	<b>PIOTROWSKI Mariusz</b>	<b>862</b>	MKB DREPTAK	M 40	7	00:00:02	00:08:59	<b>00:18:04.70</b>	<b>00:18:07.35</b>	+00:03:10 (17.6%)	3:36	16.6 (82.2%)
49	<b>SZYMCZAK Bartłomiej</b>	<b>1099</b>		M 16	2	00:00:03	00:08:54	<b>00:18:05.10</b>	<b>00:18:09.00</b>	+00:03:11 (17.6%)	3:37	16.6 (82.2%)
49	<b>ŁOJEWSKI Marcin</b>	<b>635</b>	BIEGOWY WARIAT RUNNING TEAM	M 30	23	00:00:03	00:09:04	<b>00:18:05.70</b>	<b>00:18:09.00</b>	+00:03:11 (17.7%)	3:37	16.6 (82.2%)
51	<b>KORZENIOWSKI Dariusz</b>	<b>504</b>	ACCELERATIN POLAND	M 40	9	00:00:03	00:08:51	<b>00:18:06.55</b>	<b>00:18:09.70</b>	+00:03:12 (17.7%)	3:37	16.6 (82.2%)
52	<b>GÓŹDŹ Michał</b>	<b>302</b>		M 40	8	00:00:04	00:08:59	<b>00:18:05.70</b>	<b>00:18:10.00</b>	+00:03:11 (17.7%)	3:37	16.6 (82.2%)
53	<b>STOCHMALSKI Marcin</b>	<b>1034</b>	ADIDAS RUNNERS WARSAW	M 30	24	00:00:05	00:09:05	<b>00:18:06.00</b>	<b>00:18:11.60</b>	+00:03:12 (17.7%)	3:37	16.6 (82.2%)
54	<b>ŚCISŁOWSKI Norbert</b>	<b>1106</b>	KS START PUŁASKI WARKA	M 40	10	00:00:03	00:08:59	<b>00:18:08.95</b>	<b>00:18:12.20</b>	+00:03:15 (17.9%)	3:37	16.5 (81.7%)
55	<b>ZASĘPA Sebastian</b>	<b>1274</b>	TEAM ZABIEGANEDNI	M 40	11	00:00:02	00:08:54	<b>00:18:19.25</b>	<b>00:18:21.65</b>	+00:03:25 (18.7%)	3:39	16.4 (81.2%)
55	<b>CIESIELSKI Mariusz</b>	<b>146</b>		M 30	25	00:00:00	00:09:03	<b>00:18:21.65</b>	<b>00:18:21.65</b>	+00:03:27 (18.9%)	3:40	16.3 (80.7%)
57	<b>OWCZARZAK Rafał</b>	<b>812</b>	BIEGOWY WARIAT RUNNING TEAM	M 40	12	00:00:03	00:09:07	<b>00:18:20.95</b>	<b>00:18:24.30</b>	+00:03:27 (18.8%)	3:40	16.4 (81.2%)
58	<b>ZYCH Paweł</b>	<b>1338</b>	ALLIANZ RUNNING TEAM	M 40	13	00:00:03	00:08:59	<b>00:18:29.05</b>	<b>00:18:32.50</b>	+00:03:35 (19.4%)	3:41	16.2 (80.2%)
59	<b>GREWIŃSKI Tomasz</b>	<b>1433</b>	LIPIEC RUNNING TEAM	M 50	2	00:00:06	00:09:13	<b>00:18:27.10</b>	<b>00:18:33.55</b>	+00:03:33 (19.3%)	3:41	16.3 (80.7%)
60	<b>KAŹMIERCZAK Marta</b>	<b>1443</b>	DREAM RUN	K 40	2	00:00:04	00:09:07	<b>00:18:31.00</b>	<b>00:18:35.50</b>	+00:03:37 (19.5%)	3:42	16.2 (80.2%)
61	<b>NIEDZIAŁEK Michał</b>	<b>765</b>	AZS SZKOŁA GŁÓWNA HANDLOWA	M 20	14	00:00:05	00:08:56	<b>00:18:31.60</b>	<b>00:18:36.80</b>	+00:03:37 (19.6%)	3:42	16.2 (80.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
62	<b>BURDACH Dariusz</b>	<b>114</b>	JAKCTEAM/TEAM PARSZCZYŃSKICH	M 40	14	00:00:04	00:09:09	<b>00:18:32.80</b>	<b>00:18:37.50</b>	+00:03:39 (19.7%)	3:42	16.2 (80.2%)
63	<b>KOBUSZEWSKI Artur</b>	<b>471</b>	BIEGOWY WARIAT RUNNING TEAM	M 40	15	00:00:02	00:09:09	<b>00:18:35.90</b>	<b>00:18:38.40</b>	+00:03:42 (19.9%)	3:43	16.1 (79.7%)
64	<b>KRÓL Kamil</b>	<b>557</b>		M 20	15	00:00:07	00:09:16	<b>00:18:36.10</b>	<b>00:18:43.20</b>	+00:03:42 (19.9%)	3:43	16.1 (79.7%)
65	<b>KALBARCZYK Adriana</b>	<b>1503</b>	DUCLA ACADEMY WARSZAWA	K 30	2	00:00:04	00:09:13	<b>00:18:40.70</b>	<b>00:18:45.20</b>	+00:03:46 (20.2%)	3:44	16.1 (79.7%)
66	<b>FAJKOWSKI Piotr</b>	<b>238</b>	ADIDAS RUNNERS WARSAW	M 30	27	00:00:06	00:09:12	<b>00:18:40.75</b>	<b>00:18:46.75</b>	+00:03:46 (20.2%)	3:44	16.1 (79.7%)
67	<b>TRONIARZ Paweł</b>	<b>1145</b>	T&T BRO	M 40	16	00:00:05	00:09:14	<b>00:18:41.20</b>	<b>00:18:46.90</b>	+00:03:47 (20.3%)	3:44	16.1 (79.7%)
68	<b>CŁAPIŃSKI Bruno</b>	<b>153</b>		M 16	3	00:00:07	00:09:22	<b>00:18:40.50</b>	<b>00:18:48.05</b>	+00:03:46 (20.2%)	3:44	16.1 (79.7%)
69	<b>NIEDZIÓŁKA Jakub</b>	<b>768</b>	TEAM KOPEĆ	M 20	16	00:00:05	00:09:11	<b>00:18:42.30</b>	<b>00:18:48.10</b>	+00:03:48 (20.4%)	3:44	16 (79.2%)
70	<b>JAGODZIŃSKI Karol</b>	<b>1339</b>	POWER POGROM	M 30	26	00:00:09	00:09:19	<b>00:18:39.00</b>	<b>00:18:48.40</b>	+00:03:45 (20.1%)	3:43	16.1 (79.7%)
71	<b>TRZCIŃSKA Joanna</b>	<b>1389</b>	AZS AWF WARSZAWA	K 20	2	00:00:03	00:09:14	<b>00:18:45.80</b>	<b>00:18:49.70</b>	+00:03:52 (20.6%)	3:45	16 (79.2%)
72	<b>ZHENG Haishan</b>	<b>1283</b>		M 40	17	00:00:10	00:09:22	<b>00:18:41.35</b>	<b>00:18:51.50</b>	+00:03:47 (20.3%)	3:44	16.1 (79.7%)
73	<b>GÓRSKI Patryk</b>	<b>299</b>	UKS OSIR GÓRA KALWARIA	M 16	4	00:00:00	00:09:31	<b>00:18:51.85</b>	<b>00:18:51.85</b>	+00:03:58 (21.0%)	3:46	15.9 (78.7%)
74	<b>SZEWCZYK Rafał</b>	<b>1072</b>		M 40	18	00:00:04	00:09:05	<b>00:18:47.10</b>	<b>00:18:51.90</b>	+00:03:53 (20.7%)	3:45	16 (79.2%)
75	<b>SYGUŁA Mateusz</b>	<b>1047</b>		M 40	20	00:00:02	00:09:12	<b>00:18:50.75</b>	<b>00:18:52.95</b>	+00:03:56 (21.0%)	3:46	15.9 (78.7%)
76	<b>SKWARCZEK Olek</b>	<b>994</b>		M 30	28	00:00:08	00:09:22	<b>00:18:47.80</b>	<b>00:18:56.30</b>	+00:03:54 (20.7%)	3:45	16 (79.2%)
77	<b>ZDEB Przemek</b>	<b>1280</b>	ADIDAS RUNNERS WARSAW	M 40	19	00:00:08	00:09:21	<b>00:18:50.65</b>	<b>00:18:59.00</b>	+00:03:56 (20.9%)	3:46	15.9 (78.7%)
78	<b>GARDZIEL Jerzy</b>	<b>266</b>	KONDYCJA PIASECZNO	M 40	21	00:00:06	00:09:12	<b>00:18:54.50</b>	<b>00:19:00.95</b>	+00:04:00 (21.2%)	3:46	15.9 (78.7%)
79	<b>KOWALCZYK Marcin</b>	<b>521</b>	TRIMASTERS WARSZAWA	M 30	30	00:00:07	00:09:17	<b>00:18:56.85</b>	<b>00:19:04.40</b>	+00:04:03 (21.4%)	3:47	15.8 (78.2%)
80	<b>CHRAPEK Janusz</b>	<b>136</b>	ROSSMANN	M 40	23	00:00:08	00:09:21	<b>00:18:57.05</b>	<b>00:19:05.55</b>	+00:04:03 (21.4%)	3:47	15.8 (78.2%)
81	<b>SZAŁADZIŃSKI Sebastian</b>	<b>1432</b>	HARPAGONS	M 40	22	00:00:09	00:09:30	<b>00:18:56.50</b>	<b>00:19:05.60</b>	+00:04:02 (21.4%)	3:47	15.8 (78.2%)
82	<b>BOGUCKI Marcin</b>	<b>76</b>	TRINERGY	M 30	29	00:00:10	00:09:20	<b>00:18:55.90</b>	<b>00:19:06.10</b>	+00:04:02 (21.3%)	3:47	15.9 (78.7%)
83	<b>KOSTRZEWSKA Justyna</b>	<b>511</b>	ADIDAS RUNNERS WARSAW	K 40	3	00:00:10	00:09:20	<b>00:18:57.10</b>	<b>00:19:07.70</b>	+00:04:03 (21.4%)	3:47	15.8 (78.2%)
84	<b>GASZEWSKA Małgorzata</b>	<b>270</b>	ZA LINIĄ METY	K 20	3	00:00:09	00:09:25	<b>00:18:58.65</b>	<b>00:19:07.85</b>	+00:04:04 (21.5%)	3:47	15.8 (78.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
85	<b>KOPKA Marcelina</b>	<b>497</b>	ŻÓRAWSKI TEAM/ ADIDAS RUNNERS WARSAW	K 20	4	00:00:08	00:09:21	<b>00:18:59.90</b>	<b>00:19:08.70</b>	+00:04:06 (21.6%)	3:47	15.8 (78.2%)
85	<b>PIKUS Przemek</b>	<b>1391</b>	LIPIEC RUNNING TEAM	M 40	24	00:00:06	00:09:22	<b>00:19:02.35</b>	<b>00:19:08.70</b>	+00:04:08 (21.8%)	3:48	15.8 (78.2%)
87	<b>MIKOŁAJCZYK Maciej</b>	<b>719</b>	MOCNO GROCHÓW	M 40	25	00:00:07	00:09:17	<b>00:19:02.90</b>	<b>00:19:10.35</b>	+00:04:09 (21.8%)	3:48	15.8 (78.2%)
88	<b>MARZEC Marcin</b>	<b>1413</b>	DUKLANOWSKI TEAM	M 40	28	00:00:04	00:09:26	<b>00:19:06.05</b>	<b>00:19:10.45</b>	+00:04:12 (22.0%)	3:49	15.7 (77.7%)
89	<b>DOROCIAK Kamil</b>	<b>200</b>		M 40	26	00:00:09	00:09:22	<b>00:19:03.20</b>	<b>00:19:12.60</b>	+00:04:09 (21.8%)	3:48	15.7 (77.7%)
90	<b>WOJCIECHOWSKI Michał</b>	<b>1232</b>		M 40	27	00:00:08	00:09:23	<b>00:19:05.90</b>	<b>00:19:14.05</b>	+00:04:12 (22.0%)	3:49	15.7 (77.7%)
91	<b>STASZEWSKI Wojciech</b>	<b>1030</b>	KS STASZEWSKY	M 50	3	00:00:07	00:09:25	<b>00:19:06.85</b>	<b>00:19:14.10</b>	+00:04:13 (22.1%)	3:49	15.7 (77.7%)
92	<b>ŁUCKA Dariusz</b>	<b>642</b>		M 30	32	00:00:08	00:09:21	<b>00:19:06.00</b>	<b>00:19:14.25</b>	+00:04:12 (22.0%)	3:49	15.7 (77.7%)
93	<b>ZIORKIEWICZ Blazej</b>	<b>1325</b>	RK ATHLETICS	M 16	5	00:00:09	00:09:22	<b>00:19:05.50</b>	<b>00:19:15.20</b>	+00:04:11 (22.0%)	3:49	15.7 (77.7%)
93	<b>RUSZNIK Piotr</b>	<b>940</b>	LIPIEC RUNNING TEAM	M 40	29	00:00:05	00:09:27	<b>00:19:09.80</b>	<b>00:19:15.20</b>	+00:04:16 (22.3%)	3:49	15.7 (77.7%)
95	<b>PIATKA Tomasz</b>	<b>845</b>	ADIDAS RUNNERS WARSAW	M 30	31	00:00:10	00:09:27	<b>00:19:04.35</b>	<b>00:19:15.30</b>	+00:04:10 (21.9%)	3:48	15.7 (77.7%)
96	<b>KOWALCZYK Wojciech</b>	<b>518</b>	UKS ORZEŁKI WARSZAWA	M 16	6	00:00:05	00:09:17	<b>00:19:12.10</b>	<b>00:19:17.20</b>	+00:04:18 (22.4%)	3:50	15.6 (77.2%)
97	<b>KRYSTIAN Jargiło</b>	<b>1531</b>		M 20	17	00:00:08	00:09:23	<b>00:19:10.10</b>	<b>00:19:18.55</b>	+00:04:16 (22.3%)	3:50	15.7 (77.7%)
97	<b>ASŁANOWICZ Marcin</b>	<b>28</b>	ŻÓRAWSKI TEAM	M 40	30	00:00:08	00:09:23	<b>00:19:09.95</b>	<b>00:19:18.55</b>	+00:04:16 (22.3%)	3:49	15.7 (77.7%)
99	<b>SZELIGOWSKI Kamil</b>	<b>1543</b>		M 30	33	00:00:09	00:09:24	<b>00:19:10.45</b>	<b>00:19:19.85</b>	+00:04:16 (22.3%)	3:50	15.7 (77.7%)
100	<b>GRZYBOWSKI Mariusz</b>	<b>329</b>		M 50	4	00:00:05	00:09:19	<b>00:19:14.95</b>	<b>00:19:19.95</b>	+00:04:21 (22.6%)	3:50	15.6 (77.2%)
101	<b>URBANIAK Aleksander</b>	<b>1166</b>		M 40	31	00:00:11	00:09:29	<b>00:19:12.45</b>	<b>00:19:23.45</b>	+00:04:18 (22.4%)	3:50	15.6 (77.2%)
102	<b>KNAP Czarek</b>	<b>468</b>	HOŻA TEAM SKYRUNNERS	M 50	5	00:00:07	00:09:32	<b>00:19:15.80</b>	<b>00:19:23.70</b>	+00:04:22 (22.7%)	3:51	15.6 (77.2%)
103	<b>CIERNIEWSKI Maciej</b>	<b>145</b>	ARTUR KOZŁOWSKI TEAM (PLANBIEGANIE.PL)	M 30	34	00:00:10	00:09:27	<b>00:19:16.60</b>	<b>00:19:26.90</b>	+00:04:22 (22.7%)	3:51	15.6 (77.2%)
104	<b>WALECIK Marcin</b>	<b>1176</b>		M 30	35	00:00:09	00:09:44	<b>00:19:18.30</b>	<b>00:19:27.90</b>	+00:04:24 (22.8%)	3:51	15.5 (76.7%)
105	<b>BUKAŁA Marcin</b>	<b>111</b>	VEGE RUNNERS	M 20	18	00:00:10	00:09:36	<b>00:19:22.25</b>	<b>00:19:32.85</b>	+00:04:28 (23.1%)	3:52	15.5 (76.7%)
106	<b>ZIELIŃSKI Bartłomiej</b>	<b>1289</b>		M 20	19	00:00:09	00:09:25	<b>00:19:22.30</b>	<b>00:19:31.70</b>	+00:04:28 (23.1%)	3:52	15.5 (76.7%)
107	<b>JANOWSKI Jacek</b>	<b>379</b>		M 40	32	00:00:16	00:09:16	<b>00:19:22.45</b>	<b>00:19:39.05</b>	+00:04:28 (23.1%)	3:52	15.5 (76.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
108	<b>MAĆKOWSKI Daniel</b>	<b>657</b>	ZABIEGANY WOŁOMIN	M 40	33	00:00:10	00:09:25	<b>00:19:24.65</b>	<b>00:19:34.65</b>	+00:04:30 (23.3%)	3:52	15.5 (76.7%)
109	<b>JAKUBCZAK Włodek</b>	<b>366</b>	7N POLSKA	M 40	34	00:00:06	00:09:27	<b>00:19:24.90</b>	<b>00:19:31.10</b>	+00:04:31 (23.3%)	3:52	15.5 (76.7%)
110	<b>DABROWA Kamil</b>	<b>1330</b>	GRUPA BIEGOWA UM. ST. WARSZAWY	M 40	35	00:00:06	00:09:29	<b>00:19:25.05</b>	<b>00:19:31.20</b>	+00:04:31 (23.3%)	3:53	15.5 (76.7%)
111	<b>KARPIŃSKI Radosław</b>	<b>429</b>	STARE BABICE BIEGAJĄ	M 40	36	00:00:12	00:09:44	<b>00:19:25.40</b>	<b>00:19:37.55</b>	+00:04:31 (23.3%)	3:53	15.5 (76.7%)
111	<b>KACPRZYK Alex</b>	<b>408</b>	RP RUNNERS	M 50	6	00:00:13		<b>00:19:25.40</b>	<b>00:19:39.30</b>	+00:04:31 (23.3%)	3:53	15.5 (76.7%)
113	<b>STOKOWSKI Dariusz</b>	<b>1036</b>		M 30	36	00:00:00	00:09:31	<b>00:19:26.30</b>	<b>00:19:26.30</b>	+00:04:32 (23.4%)	3:53	15.4 (76.2%)
114	<b>JASZCZYŃSKI Andrzej</b>	<b>1505</b>	INFINITUS ATHLETICS	M 30	37	00:00:11	00:09:46	<b>00:19:27.70</b>	<b>00:19:39.60</b>	+00:04:33 (23.5%)	3:53	15.4 (76.2%)
115	<b>LETKOWSKI Dariusz</b>	<b>1522</b>	GAPMONT RUNNING TEAM	M 40	37	00:00:03	00:09:25	<b>00:19:28.05</b>	<b>00:19:31.65</b>	+00:04:34 (23.5%)	3:53	15.4 (76.2%)
116	<b>BISOWSKI Mariusz</b>	<b>69</b>		M 40	38	00:00:08	00:09:23	<b>00:19:28.75</b>	<b>00:19:37.55</b>	+00:04:34 (23.5%)	3:53	15.4 (76.2%)
117	<b>LENDZION Marcin</b>	<b>603</b>	GRUPA BIEGOWA UM W-WA	M 16	7	00:00:06	00:09:27	<b>00:19:29.35</b>	<b>00:19:36.30</b>	+00:04:35 (23.6%)	3:53	15.4 (76.2%)
118	<b>PODWORSKI Kacper</b>	<b>1474</b>	UKS OSIR GÓRA KALWARIA	M 16	8	00:00:11	00:09:45	<b>00:19:31.40</b>	<b>00:19:42.65</b>	+00:04:37 (23.7%)	3:54	15.4 (76.2%)
119	<b>SZYMAŃSKI Hubert</b>	<b>1092</b>		M 30	38	00:00:23	00:09:39	<b>00:19:32.20</b>	<b>00:19:55.35</b>	+00:04:38 (23.8%)	3:54	15.4 (76.2%)
120	<b>TOMCZAK Joanna</b>	<b>1136</b>		K 30	3	00:00:04	00:09:44	<b>00:19:33.20</b>	<b>00:19:37.75</b>	+00:04:39 (23.8%)	3:54	15.3 (75.7%)
121	<b>STEFAŃSKI Michał</b>	<b>1366</b>	RK ATHLETICS	M 12	2	00:00:09	00:09:24	<b>00:19:33.30</b>	<b>00:19:42.40</b>	+00:04:39 (23.8%)	3:54	15.3 (75.7%)
122	<b>REGULSKI Paweł</b>	<b>919</b>	GÓRA BIEGA	M 20	20	00:00:12	00:09:44	<b>00:19:34.40</b>	<b>00:19:47.35</b>	+00:04:40 (23.9%)	3:54	15.3 (75.7%)
123	<b>DZIWOSZ Katarzyna</b>	<b>231</b>	WARSAW RUN CLUB	K 40	4	00:00:06	00:09:27	<b>00:19:34.60</b>	<b>00:19:41.10</b>	+00:04:40 (23.9%)	3:54	15.3 (75.7%)
124	<b>KUCHARCZYK Paweł</b>	<b>579</b>	ROZBIEGANE MICHAŁOWICE	M 50	7	00:00:06	00:09:33	<b>00:19:35.15</b>	<b>00:19:42.10</b>	+00:04:41 (23.9%)	3:55	15.3 (75.7%)
125	<b>SZCZYGIELSKI Hubert</b>	<b>1067</b>	GÓRA BIEGA	M 40	39	00:00:11	00:09:44	<b>00:19:35.75</b>	<b>00:19:47.60</b>	+00:04:41 (24.0%)	3:55	15.3 (75.7%)
126	<b>ŻWIRUK Karol</b>	<b>1305</b>	SZYBKIE KOPYTO ULTRA	M 40	40	00:00:03	00:09:41	<b>00:19:36.10</b>	<b>00:19:39.55</b>	+00:04:42 (24.0%)	3:55	15.3 (75.7%)
127	<b>PLUSZKA Adam</b>	<b>870</b>	VEGE RUNNERS	M 40	41	00:00:10	00:09:42	<b>00:19:36.35</b>	<b>00:19:47.05</b>	+00:04:42 (24.0%)	3:55	15.3 (75.7%)
128	<b>MICHALAK Mariusz</b>	<b>707</b>	MM TEAM	M 50	8	00:00:10	00:09:41	<b>00:19:36.45</b>	<b>00:19:47.20</b>	+00:04:42 (24.0%)	3:55	15.3 (75.7%)
129	<b>LISZKA Krzysztof</b>	<b>617</b>	KAZIKI	M 30	39	00:00:05	00:09:32	<b>00:19:36.90</b>	<b>00:19:42.60</b>	+00:04:43 (24.1%)	3:55	15.3 (75.7%)
130	<b>WŁAZAŁEK Natalia</b>	<b>1221</b>	ADIDASRUNNERSWARSAW	K 20	5	00:00:13	00:09:46	<b>00:19:37.95</b>	<b>00:19:51.45</b>	+00:04:44 (24.1%)	3:55	15.3 (75.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
131	<b>MACIĄG Przemysław</b>	<b>653</b>		M 40	42	00:00:14	00:09:43	<b>00:19:39.25</b>	<b>00:19:53.35</b>	+00:04:45 (24.2%)	3:55	15.3 (75.7%)
132	<b>KOZŁOWSKI Patryk</b>	<b>540</b>	GÓRA BIEGA	M 40	43	00:00:11	00:09:45	<b>00:19:40.10</b>	<b>00:19:51.35</b>	+00:04:46 (24.3%)	3:56	15.3 (75.7%)
133	<b>CIECIELĄG Adam</b>	<b>143</b>	KS PEGAZ	M 16	9	00:00:08	00:09:27	<b>00:19:40.25</b>	<b>00:19:49.10</b>	+00:04:46 (24.3%)	3:56	15.3 (75.7%)
134	<b>PSZENICZNA Joanna</b>	<b>903</b>	VEGE RUNNERS	K 30	4	00:00:11	00:09:46	<b>00:19:40.70</b>	<b>00:19:51.75</b>	+00:04:46 (24.3%)	3:56	15.3 (75.7%)
135	<b>POTOROKA Vitalii</b>	<b>1362</b>	ROZBIEGANY PIASTÓW	M 20	21	00:00:01		<b>00:19:45.00</b>	<b>00:19:46.00</b>	+00:04:51 (24.6%)	3:57	15.2 (75.2%)
136	<b>DESKA Leszek</b>	<b>1442</b>		M 40	44	00:00:14	00:09:30	<b>00:19:45.50</b>	<b>00:19:59.70</b>	+00:04:51 (24.6%)	3:57	15.2 (75.2%)
137	<b>RUPIŃSKI Krzysztof</b>	<b>939</b>		M 30	40	00:00:09	00:09:28	<b>00:19:47.60</b>	<b>00:19:57.00</b>	+00:04:53 (24.7%)	3:57	15.2 (75.2%)
137	<b>BAR Wiesław</b>	<b>34</b>		M 50	9	00:00:10	00:09:46	<b>00:19:47.60</b>	<b>00:19:58.55</b>	+00:04:53 (24.7%)	3:57	15.2 (75.2%)
139	<b>KRZYŻANOWSKI Jan</b>	<b>569</b>		M 16	10	00:00:14	00:09:44	<b>00:19:47.90</b>	<b>00:20:01.95</b>	+00:04:54 (24.8%)	3:57	15.2 (75.2%)
140	<b>KANIA Przemysław</b>	<b>417</b>		M 50	10	00:00:12	00:09:45	<b>00:19:48.15</b>	<b>00:20:00.30</b>	+00:04:54 (24.8%)	3:57	15.2 (75.2%)
141	<b>LUTYŃSKI Jakub</b>	<b>621</b>		M 30	41	00:00:10	00:09:46	<b>00:19:48.25</b>	<b>00:19:58.55</b>	+00:04:54 (24.8%)	3:57	15.2 (75.2%)
142	<b>KONDRAT Miron</b>	<b>489</b>		M 14	1	00:00:13	00:09:44	<b>00:19:49.65</b>	<b>00:20:02.75</b>	+00:04:55 (24.9%)	3:57	15.1 (74.8%)
143	<b>SŁAWIŃSKI Piotr</b>	<b>995</b>		M 40	45	00:00:26	00:09:41	<b>00:19:50.70</b>	<b>00:20:17.40</b>	+00:04:56 (24.9%)	3:58	15.1 (74.8%)
144	<b>BRACHACZEK Bartosz</b>	<b>91</b>	POWER TRAINING	M 30	42	00:00:10	00:09:50	<b>00:19:53.10</b>	<b>00:20:03.25</b>	+00:04:59 (25.1%)	3:58	15.1 (74.8%)
145	<b>KUZIEMSKI Marcin</b>	<b>591</b>		M 40	46	00:00:23	00:10:02	<b>00:19:57.50</b>	<b>00:20:20.80</b>	+00:05:03 (25.4%)	3:59	15 (74.3%)
146	<b>SMOLIŃSKI Rafał</b>	<b>1003</b>	GUMISIE	M 40	47	00:00:07	00:09:28	<b>00:19:57.55</b>	<b>00:20:04.95</b>	+00:05:03 (25.4%)	3:59	15 (74.3%)
147	<b>PAZDAN Mateusz</b>	<b>839</b>		M 40	48	00:00:07	00:09:46	<b>00:19:57.90</b>	<b>00:20:04.90</b>	+00:05:04 (25.4%)	3:59	15 (74.3%)
148	<b>BOCIAN Michał</b>	<b>1353</b>	TEAM ZABIEGANEDNI	M 40	49	00:00:18	00:09:53	<b>00:19:59.10</b>	<b>00:20:17.75</b>	+00:05:05 (25.5%)	3:59	15 (74.3%)
149	<b>BIELECKI Jakub</b>	<b>61</b>	SPOCENI W LODUFCE	M 30	43	00:00:22	00:10:02	<b>00:20:00.00</b>	<b>00:20:22.15</b>	+00:05:06 (25.5%)	4:00	15 (74.3%)
150	<b>UMIASTOWSKI Bartosz</b>	<b>1165</b>		M 20	22	00:00:14	00:09:47	<b>00:20:00.25</b>	<b>00:20:14.45</b>	+00:05:06 (25.5%)	4:00	15 (74.3%)
151	<b>TELEON Piotr</b>	<b>1122</b>	PIOTR TELEON	M 40	50	00:00:12	00:09:37	<b>00:20:00.30</b>	<b>00:20:12.30</b>	+00:05:06 (25.5%)	4:00	15 (74.3%)
152	<b>SYNOWCZYK Maciej</b>	<b>1049</b>		M 30	44	00:00:16	00:09:41	<b>00:20:01.15</b>	<b>00:20:17.30</b>	+00:05:07 (25.6%)	4:00	15 (74.3%)
153	<b>PRZEWOZNIAK Jan</b>	<b>898</b>		M 40	51	00:00:20	00:09:50	<b>00:20:01.65</b>	<b>00:20:22.25</b>	+00:05:07 (25.6%)	4:00	15 (74.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
154	<b>KOŁODZIEJSKI Michał</b>	<b>481</b>	LIPIEC RUNNING TEAM	M 40	52	00:00:06	00:09:51	<b>00:20:02.95</b>	<b>00:20:09.70</b>	+00:05:09 (25.7%)	4:00	15 (74.3%)
155	<b>ZAJĄC Marcin</b>	<b>1542</b>		M 20	23	00:00:17	00:09:46	<b>00:20:03.20</b>	<b>00:20:20.60</b>	+00:05:09 (25.7%)	4:00	15 (74.3%)
156	<b>GRUBA Remigiusz</b>	<b>315</b>		M 40	53	00:00:00	00:09:58	<b>00:20:04.95</b>	<b>00:20:04.95</b>	+00:05:11 (25.8%)	4:00	15 (74.3%)
157	<b>WODZIŃSKI Michał</b>	<b>1228</b>		M 30	45	00:00:17	00:10:02	<b>00:20:06.85</b>	<b>00:20:23.90</b>	+00:05:13 (25.9%)	4:01	14.9 (73.8%)
158	<b>DOBROWOLSKI Sławek</b>	<b>194</b>	NAPRZÓD MŁOCINY/NBRC	M 50	11	00:00:15	00:09:58	<b>00:20:08.15</b>	<b>00:20:23.25</b>	+00:05:14 (26.0%)	4:01	14.9 (73.8%)
159	<b>SMOLIŃSKI Michał</b>	<b>1002</b>		M 40	54	00:00:14	00:09:43	<b>00:20:09.40</b>	<b>00:20:24.10</b>	+00:05:15 (26.1%)	4:01	14.9 (73.8%)
160	<b>CHOIŃSKI Paweł</b>	<b>132</b>	SMASHING PAPKINS	M 30	46	00:00:12	00:09:58	<b>00:20:09.65</b>	<b>00:20:22.55</b>	+00:05:15 (26.1%)	4:01	14.9 (73.8%)
161	<b>KALINOWSKI Bartosz</b>	<b>1546</b>	KONDYCJA	M 16	11	00:00:09	00:09:26	<b>00:20:13.75</b>	<b>00:20:23.45</b>	+00:05:19 (26.4%)	4:02	14.8 (73.3%)
162	<b>PRZYBYSZ Andrzej</b>	<b>900</b>		M 40	55	00:00:15	00:09:47	<b>00:20:14.00</b>	<b>00:20:29.65</b>	+00:05:20 (26.4%)	4:02	14.8 (73.3%)
163	<b>MARZEC Zbigniew</b>	<b>683</b>	BIEGAJACY KUCHARZ	M 30	47	00:00:02	00:09:43	<b>00:20:14.20</b>	<b>00:20:17.00</b>	+00:05:20 (26.4%)	4:02	14.8 (73.3%)
164	<b>ŚLIMKO Daniel</b>	<b>1108</b>	OLEJ RUNNING TEAM	M 30	48	00:00:17	00:10:11	<b>00:20:14.30</b>	<b>00:20:31.95</b>	+00:05:20 (26.4%)	4:02	14.8 (73.3%)
165	<b>JAROSIŃSKI Łukasz</b>	<b>387</b>	TAŃCZĄCE MUCHOMORKI	M 40	56	00:00:21	00:09:59	<b>00:20:14.45</b>	<b>00:20:36.40</b>	+00:05:20 (26.4%)	4:02	14.8 (73.3%)
166	<b>GANCZEWSKI Paweł</b>	<b>265</b>		M 50	12	00:00:15	00:10:09	<b>00:20:15.85</b>	<b>00:20:31.75</b>	+00:05:22 (26.5%)	4:03	14.8 (73.3%)
167	<b>GARTKIEWICZ Adam</b>	<b>267</b>	DUKLANOWSKI TEAM	M 50	13	00:00:08	00:09:46	<b>00:20:15.90</b>	<b>00:20:24.65</b>	+00:05:22 (26.5%)	4:03	14.8 (73.3%)
168	<b>OLSAK Zenon</b>	<b>797</b>	KB OŻARÓW MAZOWIECKI BIEGA	M 50	14	00:00:13	00:09:45	<b>00:20:16.00</b>	<b>00:20:29.70</b>	+00:05:22 (26.5%)	4:03	14.8 (73.3%)
169	<b>DĘBECKI Michał</b>	<b>187</b>	KONDYCJA	M 50	15	00:00:15	00:10:07	<b>00:20:19.45</b>	<b>00:20:35.05</b>	+00:05:25 (26.7%)	4:03	14.8 (73.3%)
170	<b>KILJANCZYK Dominik</b>	<b>451</b>		M 20	24	00:00:14	00:09:59	<b>00:20:20.25</b>	<b>00:20:34.55</b>	+00:05:26 (26.8%)	4:04	14.8 (73.3%)
170	<b>SITKIEWICZ Jacek</b>	<b>978</b>		M 40	57	00:00:27	00:09:59	<b>00:20:20.25</b>	<b>00:20:47.40</b>	+00:05:26 (26.8%)	4:04	14.8 (73.3%)
172	<b>WOLSKI Krzysztof</b>	<b>1239</b>	WWW.LAMPYNAOWADY.EU	M 40	58	00:00:14	00:09:44	<b>00:20:21.25</b>	<b>00:20:35.85</b>	+00:05:27 (26.8%)	4:04	14.7 (72.8%)
173	<b>KRUPKA Marcin</b>	<b>560</b>	STAJNIAK TEAM	M 30	49	00:00:10	00:09:54	<b>00:20:23.20</b>	<b>00:20:33.50</b>	+00:05:29 (26.9%)	4:04	14.7 (72.8%)
174	<b>KONDRAT Oskar</b>	<b>488</b>		M 14	2	00:00:12	00:09:45	<b>00:20:23.65</b>	<b>00:20:36.45</b>	+00:05:29 (27.0%)	4:04	14.7 (72.8%)
175	<b>DROZD Maciej</b>	<b>205</b>		M 40	59	00:00:13	00:09:53	<b>00:20:24.10</b>	<b>00:20:37.80</b>	+00:05:30 (27.0%)	4:04	14.7 (72.8%)
176	<b>SZYMCZAK Kamil</b>	<b>1101</b>		M 20	25	00:00:12	00:09:48	<b>00:20:25.05</b>	<b>00:20:37.85</b>	+00:05:31 (27.0%)	4:05	14.7 (72.8%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
177	<b>RADKOWSKA Małgorzata</b>	<b>1311</b>	WARNER BROS. DISCOVERY	K 30	5	00:00:13	00:09:46	<b>00:20:25.25</b>	<b>00:20:38.35</b>	+00:05:31 (27.1%)	4:05	14.7 (72.8%)
178	<b>PILIPCZUK Jakub</b>	<b>857</b>		M 20	26	00:00:11	00:09:58	<b>00:20:25.30</b>	<b>00:20:36.40</b>	+00:05:31 (27.1%)	4:05	14.7 (72.8%)
179	<b>ZIELIŃSKI Łukasz</b>	<b>1287</b>	GÓRA BIEGA	M 20	27	00:00:12	00:09:48	<b>00:20:25.55</b>	<b>00:20:38.20</b>	+00:05:31 (27.1%)	4:05	14.7 (72.8%)
179	<b>PĄPROWICZ Wojciech</b>	<b>840</b>		M 40	60	00:00:08	00:09:51	<b>00:20:25.55</b>	<b>00:20:33.60</b>	+00:05:31 (27.1%)	4:05	14.7 (72.8%)
181	<b>ŁĘCKI Tomasz</b>	<b>631</b>	BW RUNNING TEAM	M 40	61	00:00:08	00:09:49	<b>00:20:26.30</b>	<b>00:20:34.75</b>	+00:05:32 (27.1%)	4:05	14.7 (72.8%)
182	<b>PIENIAŻEK Kamil</b>	<b>850</b>		M 30	50	00:00:12	00:09:45	<b>00:20:26.80</b>	<b>00:20:39.60</b>	+00:05:33 (27.1%)	4:05	14.7 (72.8%)
183	<b>FILIPOWICZ Wojciech</b>	<b>1365</b>		M 40	62	00:00:14	00:09:58	<b>00:20:29.40</b>	<b>00:20:44.30</b>	+00:05:35 (27.3%)	4:05	14.6 (72.3%)
184	<b>SOBOLEWSKI Piotr</b>	<b>1010</b>		M 30	51	00:00:13	00:09:55	<b>00:20:29.90</b>	<b>00:20:43.25</b>	+00:05:36 (27.3%)	4:05	14.6 (72.3%)
185	<b>KIBITLEWSKA Emilia</b>	<b>444</b>		K 30	6	00:00:14	00:10:03	<b>00:20:30.15</b>	<b>00:20:44.75</b>	+00:05:36 (27.3%)	4:06	14.6 (72.3%)
186	<b>PAGACZ Bartosz</b>	<b>816</b>		M 40	63	00:00:13	00:10:17	<b>00:20:31.00</b>	<b>00:20:44.70</b>	+00:05:37 (27.4%)	4:06	14.6 (72.3%)
187	<b>JAKUBIK Filip</b>	<b>370</b>		M 20	28	00:00:53	00:10:45	<b>00:20:31.80</b>	<b>00:21:25.55</b>	+00:05:38 (27.4%)	4:06	14.6 (72.3%)
188	<b>SNARSKI Piotr</b>	<b>1005</b>	ADIDAS RUNNERS WARSAW	M 30	52	00:00:09	00:09:45	<b>00:20:33.05</b>	<b>00:20:42.50</b>	+00:05:39 (27.5%)	4:06	14.6 (72.3%)
189	<b>RUDNIK Marcin</b>	<b>1502</b>		M 40	64	00:00:07	00:10:03	<b>00:20:33.30</b>	<b>00:20:40.90</b>	+00:05:39 (27.5%)	4:06	14.6 (72.3%)
190	<b>PIOTROWSKI Tomasz</b>	<b>863</b>		M 50	16	00:00:10	00:09:53	<b>00:20:34.65</b>	<b>00:20:44.75</b>	+00:05:40 (27.6%)	4:06	14.6 (72.3%)
190	<b>PIOTROWSKI Stanisław</b>	<b>864</b>	AZS AWF WARSZAWA	M 12	3	00:00:10	00:09:53	<b>00:20:34.65</b>	<b>00:20:44.65</b>	+00:05:40 (27.6%)	4:06	14.6 (72.3%)
192	<b>SZYMAŃSKA Agnieszka</b>	<b>1091</b>	BIEGOWY WARIAT RUNNING TEAM	K 40	5	00:00:06	00:10:00	<b>00:20:35.20</b>	<b>00:20:41.20</b>	+00:05:41 (27.6%)	4:07	14.6 (72.3%)
193	<b>VEREMCHUK Yuliia</b>	<b>1171</b>	BIEGAM BO LUBIEŃ	K 30	7	00:00:05	00:10:05	<b>00:20:35.35</b>	<b>00:20:40.65</b>	+00:05:41 (27.6%)	4:07	14.6 (72.3%)
194	<b>WIATROWSKI Błażej</b>	<b>1191</b>		M 40	65	00:00:16	00:09:58	<b>00:20:35.70</b>	<b>00:20:52.00</b>	+00:05:41 (27.7%)	4:07	14.6 (72.3%)
195	<b>TORZEWSKI Janusz</b>	<b>1140</b>		M 40	66	00:00:12	00:09:55	<b>00:20:36.45</b>	<b>00:20:49.20</b>	+00:05:42 (27.7%)	4:07	14.6 (72.3%)
196	<b>ŻURAWSKI Marcin</b>	<b>1301</b>	ADIDAS RUNNERS WARSAW/DRUŻYNABLONDYNA	M 40	67	00:00:19	00:10:10	<b>00:20:39.00</b>	<b>00:20:58.50</b>	+00:05:45 (27.9%)	4:07	14.5 (71.8%)
197	<b>DEMBIŃSKI Maciej</b>	<b>183</b>	KNP	M 30	53	00:00:22	00:10:01	<b>00:20:39.25</b>	<b>00:21:02.10</b>	+00:05:45 (27.9%)	4:07	14.5 (71.8%)
198	<b>KOWALSKI Mateusz</b>	<b>531</b>		M 40	68	00:00:21	00:10:16	<b>00:20:41.40</b>	<b>00:21:03.15</b>	+00:05:47 (28.0%)	4:08	14.5 (71.8%)
199	<b>LISZKA Karolina</b>	<b>616</b>	KAZIKI	K 30	8	00:00:11	00:10:01	<b>00:20:43.80</b>	<b>00:20:55.40</b>	+00:05:50 (28.1%)	4:08	14.5 (71.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
200	<b>SŁOMCZYŃSKA Karolina</b>	<b>996</b>	BEMA 2 M. 53	K 30	9	00:00:13	00:10:12	<b>00:20:46.75</b>	<b>00:21:00.10</b>	+00:05:52 (28.3%)	4:09	14.4 (71.3%)
201	<b>MARCZAK Kamil</b>	<b>678</b>	PAWKO RUNNER TEAM	M 30	54	00:00:00	00:10:18	<b>00:20:47.85</b>	<b>00:20:47.85</b>	+00:05:54 (28.4%)	4:09	14.4 (71.3%)
202	<b>ZYGOŃ Krzysztof</b>	<b>1295</b>		M 30	55	00:00:35	00:10:29	<b>00:20:49.05</b>	<b>00:21:24.55</b>	+00:05:55 (28.4%)	4:09	14.4 (71.3%)
203	<b>SIESTRZYKOWSKA Katarzyna</b>	<b>976</b>		K 20	6	00:00:21	00:10:13	<b>00:20:49.20</b>	<b>00:21:10.95</b>	+00:05:55 (28.5%)	4:09	14.4 (71.3%)
204	<b>RYBAK Adam</b>	<b>946</b>	KONDYCJA PIASECZNO	M 40	69	00:00:15	00:10:15	<b>00:20:49.75</b>	<b>00:21:05.25</b>	+00:05:55 (28.5%)	4:09	14.4 (71.3%)
205	<b>KRZEPKOWSKI Radosław</b>	<b>567</b>	ADIDAS RUNNERS WARSAW	M 40	70	00:00:16	00:10:07	<b>00:20:50.15</b>	<b>00:21:07.00</b>	+00:05:56 (28.5%)	4:10	14.4 (71.3%)
206	<b>WIERZCHOŁOWSKI Marcin</b>	<b>1197</b>		M 40	71	00:00:24	00:10:18	<b>00:20:50.55</b>	<b>00:21:15.05</b>	+00:05:56 (28.5%)	4:10	14.4 (71.3%)
207	<b>FRĄCZYK Piotr</b>	<b>254</b>	PWPW RUNNING TEAM	M 40	72	00:00:22	00:10:04	<b>00:20:53.15</b>	<b>00:21:16.00</b>	+00:05:59 (28.7%)	4:10	14.4 (71.3%)
208	<b>KULIŃSKI Szymon</b>	<b>1467</b>	KLUB BIEGOWY DOKOTRA PAI-HI-VO	M 40	73	00:00:19	00:10:10	<b>00:20:53.75</b>	<b>00:21:12.95</b>	+00:05:59 (28.7%)	4:10	14.4 (71.3%)
209	<b>ADAMCZYK Przemysław</b>	<b>13</b>	ADIDAS RUNNERS WARSAW / RYKOWISKO TEAM	M 40	74	00:00:28	00:10:35	<b>00:20:53.85</b>	<b>00:21:22.60</b>	+00:06:00 (28.7%)	4:10	14.4 (71.3%)
210	<b>KORNIENKO Serhii</b>	<b>499</b>		M 40	75	00:00:16	00:09:59	<b>00:20:57.10</b>	<b>00:21:13.40</b>	+00:06:03 (28.9%)	4:11	14.3 (70.8%)
211	<b>RYŻKOWSKI Mariusz</b>	<b>951</b>	YULO RUN TEAM SIEDLCE	M 40	76	00:00:15	00:10:08	<b>00:20:57.55</b>	<b>00:21:12.95</b>	+00:06:03 (28.9%)	4:11	14.3 (70.8%)
212	<b>POPLAWSKI Michal</b>	<b>885</b>	KUŹNIA TRIATHLONU	M 40	77	00:00:20	00:10:09	<b>00:20:57.80</b>	<b>00:21:17.90</b>	+00:06:04 (28.9%)	4:11	14.3 (70.8%)
213	<b>GÓRSKI Maciej</b>	<b>300</b>		M 40	78	00:00:22	00:10:21	<b>00:20:58.55</b>	<b>00:21:21.30</b>	+00:06:04 (29.0%)	4:11	14.3 (70.8%)
214	<b>PRUSAKIEWICZ Katarzyna</b>	<b>895</b>		K 30	10	00:00:15	00:10:29	<b>00:20:59.30</b>	<b>00:21:14.30</b>	+00:06:05 (29.0%)	4:11	14.3 (70.8%)
215	<b>BARTNIAK Daria</b>	<b>41</b>	NO LIMITS TRAIL TEAM	K 30	11	00:00:28	00:10:27	<b>00:20:59.45</b>	<b>00:21:27.55</b>	+00:06:05 (29.0%)	4:11	14.3 (70.8%)
216	<b>FIGURSKI Adam</b>	<b>246</b>		M 30	56	00:01:24	00:10:34	<b>00:21:00.10</b>	<b>00:22:24.15</b>	+00:06:06 (29.1%)	4:12	14.3 (70.8%)
217	<b>STANISZEWSKI Rafał</b>	<b>1024</b>	TURBODZIKI	M 40	79	00:00:12	00:10:12	<b>00:21:00.15</b>	<b>00:21:12.65</b>	+00:06:06 (29.1%)	4:12	14.3 (70.8%)
218	<b>BZURA Jacek</b>	<b>116</b>	ENDUHUB RUNNING TEAM	M 40	80	00:00:21	00:10:21	<b>00:21:02.20</b>	<b>00:21:23.85</b>	+00:06:08 (29.2%)	4:12	14.3 (70.8%)
219	<b>DALGIEWICZ Dariusz</b>	<b>174</b>		M 60	1	00:00:16	00:10:16	<b>00:21:04.65</b>	<b>00:21:20.95</b>	+00:06:10 (29.3%)	4:12	14.2 (70.3%)
220	<b>KOBYLINSKI Krzysztof</b>	<b>1521</b>		M 20	29	00:00:20	00:09:54	<b>00:21:05.15</b>	<b>00:21:25.70</b>	+00:06:11 (29.4%)	4:13	14.2 (70.3%)
221	<b>ROMAN Anna</b>	<b>928</b>		K 30	12	00:00:23	00:10:20	<b>00:21:05.65</b>	<b>00:21:29.20</b>	+00:06:11 (29.4%)	4:13	14.2 (70.3%)
222	<b>KWAŚNIEWSKI Krzysztof</b>	<b>593</b>	TRENER FOREST	M 50	17	00:00:18	00:10:36	<b>00:21:06.15</b>	<b>00:21:24.25</b>	+00:06:12 (29.4%)	4:13	14.2 (70.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
223	<b>MAJEWSKA Ewa</b>	<b>663</b>		K 40	6	00:00:12	00:10:11	<b>00:21:07.20</b>	<b>00:21:19.65</b>	+00:06:13 (29.5%)	4:13	14.2 (70.3%)
224	<b>WITKOWSKI-SKELTON Piotr</b>	<b>1217</b>	VEGE RUNNERS	M 30	57	00:00:11	00:10:19	<b>00:21:08.00</b>	<b>00:21:19.25</b>	+00:06:14 (29.5%)	4:13	14.2 (70.3%)
225	<b>PACHNIK Karol</b>	<b>815</b>		M 30	58	00:00:32	00:10:30	<b>00:21:08.75</b>	<b>00:21:41.40</b>	+00:06:14 (29.6%)	4:13	14.2 (70.3%)
226	<b>MIODUSZEWSKI Marcin</b>	<b>727</b>	UM / ARW	M 40	81	00:00:57	00:10:39	<b>00:21:09.85</b>	<b>00:22:07.30</b>	+00:06:16 (29.6%)	4:13	14.2 (70.3%)
227	<b>KNAPIK Michał</b>	<b>470</b>	NEW BALANCE RUN CLUB	M 30	59	00:00:16	00:10:23	<b>00:21:10.10</b>	<b>00:21:26.95</b>	+00:06:16 (29.6%)	4:14	14.2 (70.3%)
228	<b>KRÓL Paweł</b>	<b>1436</b>	DENTALKING.EU	M 30	60	00:00:18	00:10:21	<b>00:21:11.95</b>	<b>00:21:30.10</b>	+00:06:18 (29.7%)	4:14	14.2 (70.3%)
229	<b>BOCZARSKI Paweł</b>	<b>74</b>		M 30	61	00:00:25	00:10:11	<b>00:21:12.55</b>	<b>00:21:38.15</b>	+00:06:18 (29.8%)	4:14	14.2 (70.3%)
230	<b>SKOWRONEK Marcin</b>	<b>1327</b>		M 40	82	00:00:34	00:10:40	<b>00:21:12.80</b>	<b>00:21:46.80</b>	+00:06:19 (29.8%)	4:14	14.2 (70.3%)
231	<b>BABIARZ Andrzej</b>	<b>29</b>		M 40	83	00:00:35	00:10:38	<b>00:21:13.00</b>	<b>00:21:48.10</b>	+00:06:19 (29.8%)	4:14	14.1 (69.8%)
232	<b>CICHOCKI Mariusz</b>	<b>141</b>	WARSAW RUN CLUB	M 30	62	00:00:21	00:10:30	<b>00:21:14.55</b>	<b>00:21:36.50</b>	+00:06:20 (29.9%)	4:14	14.1 (69.8%)
233	<b>KISIEL Artur</b>	<b>455</b>		M 40	84	00:00:33	00:10:30	<b>00:21:14.75</b>	<b>00:21:48.35</b>	+00:06:20 (29.9%)	4:14	14.1 (69.8%)
234	<b>KOWALSKI Jarosław</b>	<b>530</b>	AR	M 40	85	00:00:18	00:10:29	<b>00:21:16.20</b>	<b>00:21:34.60</b>	+00:06:22 (30.0%)	4:15	14.1 (69.8%)
235	<b>WŁODARSKI Mateusz</b>	<b>1225</b>		M 20	30	00:00:22	00:10:30	<b>00:21:17.45</b>	<b>00:21:40.30</b>	+00:06:23 (30.0%)	4:15	14.1 (69.8%)
236	<b>WIECZOREK Michał</b>	<b>1193</b>		M 50	18	00:00:25	00:10:33	<b>00:21:18.80</b>	<b>00:21:44.50</b>	+00:06:25 (30.1%)	4:15	14.1 (69.8%)
237	<b>KANIEWSKI Jarosław</b>	<b>418</b>	SUSHI FLOW	M 30	63	00:00:26	00:10:12	<b>00:21:19.05</b>	<b>00:21:45.10</b>	+00:06:25 (30.1%)	4:15	14.1 (69.8%)
238	<b>KWIECIŃSKA Małgorzata</b>	<b>594</b>	BRAVEHEARTS LEGIONOWO	K 30	13	00:00:25	00:10:36	<b>00:21:20.05</b>	<b>00:21:45.10</b>	+00:06:26 (30.2%)	4:16	14.1 (69.8%)
239	<b>WIETESKA Łukasz</b>	<b>1198</b>	NBRC	M 30	64	00:00:32	00:10:29	<b>00:21:20.20</b>	<b>00:21:52.60</b>	+00:06:26 (30.2%)	4:16	14.1 (69.8%)
240	<b>IWANIUK Tomasz</b>	<b>359</b>	ŻYWCEM ZABIEGANI	M 30	65	00:00:11	00:10:21	<b>00:21:20.85</b>	<b>00:21:32.10</b>	+00:06:27 (30.2%)	4:16	14.1 (69.8%)
241	<b>TROINSKI Jacek</b>	<b>1142</b>	BIKE SALON TEAM	M 40	86	00:00:26	00:10:40	<b>00:21:21.35</b>	<b>00:21:47.70</b>	+00:06:27 (30.2%)	4:16	14.1 (69.8%)
242	<b>ZARODKIEWICZ Dawid</b>	<b>1570</b>		M 30	66	00:00:17	00:10:29	<b>00:21:21.60</b>	<b>00:21:38.85</b>	+00:06:27 (30.3%)	4:16	14.1 (69.8%)
243	<b>KLIBISZ Sławomir</b>	<b>458</b>		M 50	19	00:00:19	00:10:28	<b>00:21:22.15</b>	<b>00:21:42.05</b>	+00:06:28 (30.3%)	4:16	14 (69.3%)
244	<b>PODLEWSKA Ania</b>	<b>893</b>	LIPIEC RUNNING TEAM	K 40	7	00:00:20	00:10:32	<b>00:21:22.95</b>	<b>00:21:42.95</b>	+00:06:29 (30.3%)	4:16	14 (69.3%)
245	<b>WOSZTYL Tomasz</b>	<b>1241</b>				00:00:29	00:10:28	<b>00:21:23.15</b>	<b>00:21:52.55</b>	+00:06:29 (30.3%)	4:16	14 (69.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
246	<b>PIERZAK Olaf</b>	<b>852</b>		M 40	87	00:00:16	00:10:30	<b>00:21:23.70</b>	<b>00:21:40.20</b>	+00:06:29 (30.4%)	4:16	14 (69.3%)
247	<b>LEWIŃSKI Bartłomiej</b>	<b>613</b>	TEAM ZABIEGANEDNI	M 40	88	00:00:19	00:10:23	<b>00:21:25.00</b>	<b>00:21:44.50</b>	+00:06:31 (30.4%)	4:17	14 (69.3%)
248	<b>ŁUSZCZYŃSKA Ewa</b>	<b>650</b>		K 20	7	00:00:27	00:10:38	<b>00:21:25.50</b>	<b>00:21:53.00</b>	+00:06:31 (30.5%)	4:17	14 (69.3%)
249	<b>BARTNIAK Kamil</b>	<b>42</b>		M 40	89	00:00:29	00:10:35	<b>00:21:26.90</b>	<b>00:21:56.20</b>	+00:06:33 (30.5%)	4:17	14 (69.3%)
250	<b>GRABOWSKI Marcin</b>	<b>307</b>		M 40	90	00:00:23	00:10:30	<b>00:21:27.80</b>	<b>00:21:51.05</b>	+00:06:34 (30.6%)	4:17	14 (69.3%)
251	<b>GŁODOWSKA Marta</b>	<b>282</b>	ŻÓRAWSKI TEAM	K 30	14	00:00:18	00:10:41	<b>00:21:28.90</b>	<b>00:21:47.75</b>	+00:06:35 (30.7%)	4:17	14 (69.3%)
252	<b>ZAWADZKA Katarzyna</b>	<b>1383</b>	KS LEMIESZ TEAM WARSZAWA / WARNER BROS. DISCOVERY	K 40	8	00:00:10	00:10:31	<b>00:21:30.80</b>	<b>00:21:41.60</b>	+00:06:37 (30.8%)	4:18	14 (69.3%)
253	<b>TURLEJ Dariusz</b>	<b>1512</b>	BEZ KONDYCJI	M 60	2	00:00:21	00:10:40	<b>00:21:31.80</b>	<b>00:21:53.00</b>	+00:06:38 (30.8%)	4:18	13.9 (68.8%)
254	<b>KOSIŃSKI Rafał</b>	<b>508</b>	BIEGNIJ Z PROSERVICE	M 30	67	00:00:29	00:10:36	<b>00:21:32.20</b>	<b>00:22:01.85</b>	+00:06:38 (30.8%)	4:18	13.9 (68.8%)
255	<b>DRAGAN Radosław</b>	<b>203</b>		M 40	91	00:00:12	00:10:25	<b>00:21:32.60</b>	<b>00:21:45.10</b>	+00:06:38 (30.9%)	4:18	13.9 (68.8%)
256	<b>ŻEBROWSKI Dariusz</b>	<b>1297</b>		M 40	92	00:00:23	00:10:39	<b>00:21:32.75</b>	<b>00:21:55.95</b>	+00:06:38 (30.9%)	4:18	13.9 (68.8%)
257	<b>LULA Mariusz</b>	<b>1445</b>	LONGBRIDGE TEAM	M 40	93	00:00:30	00:10:37	<b>00:21:33.20</b>	<b>00:22:03.40</b>	+00:06:39 (30.9%)	4:18	13.9 (68.8%)
258	<b>CATOIRE Tanguy</b>	<b>120</b>		M 30	68	00:00:13	00:10:18	<b>00:21:33.25</b>	<b>00:21:46.45</b>	+00:06:39 (30.9%)	4:18	13.9 (68.8%)
259	<b>KROL Michal</b>	<b>552</b>	LIPIEC RUNNING TEAM	M 40	94	00:00:20	00:10:41	<b>00:21:33.30</b>	<b>00:21:54.00</b>	+00:06:39 (30.9%)	4:18	13.9 (68.8%)
260	<b>JANOWIAK Wojciech</b>	<b>377</b>		M 40	95	00:00:17	00:10:43	<b>00:21:33.35</b>	<b>00:21:51.00</b>	+00:06:39 (30.9%)	4:18	13.9 (68.8%)
261	<b>BRZozowska-Bejgier Małgorzata</b>	<b>101</b>	KUŹNIA TRIATHLONU	K 40	9	00:00:20	00:10:36	<b>00:21:34.75</b>	<b>00:21:54.75</b>	+00:06:40 (31.0%)	4:18	13.9 (68.8%)
262	<b>TRONIARZ Marcin</b>	<b>1146</b>		M 40	96	00:00:18	00:10:47	<b>00:21:35.90</b>	<b>00:21:54.30</b>	+00:06:42 (31.0%)	4:19	13.9 (68.8%)
263	<b>ZUKOWSKI Piotr</b>	<b>1552</b>		M 30	69	00:00:15	00:10:26	<b>00:21:37.00</b>	<b>00:21:52.50</b>	+00:06:43 (31.1%)	4:19	13.9 (68.8%)
264	<b>CHĘC Tomasz</b>	<b>126</b>		M 30	70	00:00:25	00:10:43	<b>00:21:37.10</b>	<b>00:22:02.40</b>	+00:06:43 (31.1%)	4:19	13.9 (68.8%)
265	<b>WOŹNICKI Paweł</b>	<b>1243</b>	NBRC WARSZAWA	M 20	31	00:00:30	00:10:36	<b>00:21:38.05</b>	<b>00:22:08.70</b>	+00:06:44 (31.1%)	4:19	13.9 (68.8%)
266	<b>BAL Łukasz</b>	<b>1536</b>		M 30	71	00:00:30	00:10:36	<b>00:21:38.65</b>	<b>00:22:09.45</b>	+00:06:44 (31.2%)	4:19	13.9 (68.8%)
267	<b>NIEKE Bartłomiej</b>	<b>1456</b>	URSYNY	M 20	32	00:00:23	00:10:43	<b>00:21:38.85</b>	<b>00:22:02.60</b>	+00:06:45 (31.2%)	4:19	13.9 (68.8%)
268	<b>KURZELA Mateusz</b>	<b>590</b>		M 20	33	00:00:35	00:10:37	<b>00:21:39.00</b>	<b>00:22:14.90</b>	+00:06:45 (31.2%)	4:19	13.9 (68.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
269	<b>GRUSZCZYŃSKI Wojciech</b>	<b>316</b>		M 30	72	00:00:29	00:10:36	<b>00:21:40.75</b>	<b>00:22:10.35</b>	+00:06:46 (31.3%)	4:20	13.8 (68.3%)
270	<b>RAPCZYŃSKI Witold</b>	<b>1598</b>	SKARYSZÓWSKIE CIACHA	M 50	20	00:00:32	00:10:51	<b>00:21:41.05</b>	<b>00:22:13.10</b>	+00:06:47 (31.3%)	4:20	13.8 (68.3%)
271	<b>GWIAZDA Marcin</b>	<b>334</b>		M 20	34	00:00:19	00:10:45	<b>00:21:41.45</b>	<b>00:22:00.55</b>	+00:06:47 (31.3%)	4:20	13.8 (68.3%)
272	<b>CIECHAROWSKA Justyna</b>	<b>142</b>		K 30	15	00:00:29	00:10:41	<b>00:21:43.15</b>	<b>00:22:13.10</b>	+00:06:49 (31.4%)	4:20	13.8 (68.3%)
273	<b>SZORTYKA Marcin</b>	<b>1428</b>		M 40	97	00:00:29	00:10:44	<b>00:21:43.35</b>	<b>00:22:12.75</b>	+00:06:49 (31.4%)	4:20	13.8 (68.3%)
274	<b>MCGIVERN Colm</b>	<b>702</b>	WITC	M 50	21	00:00:22	00:10:52	<b>00:21:44.15</b>	<b>00:22:06.75</b>	+00:06:50 (31.5%)	4:20	13.8 (68.3%)
275	<b>KOŚLA Paweł</b>	<b>514</b>	RUN DE GIRARD	M 30	73	00:00:29	00:10:41	<b>00:21:44.30</b>	<b>00:22:13.70</b>	+00:06:50 (31.5%)	4:20	13.8 (68.3%)
276	<b>OPALSKI Szymon</b>	<b>1397</b>		M 16	12	00:00:07	00:10:27	<b>00:21:46.65</b>	<b>00:21:54.20</b>	+00:06:52 (31.6%)	4:21	13.8 (68.3%)
277	<b>GOŁĘBIEWSKI Łukasz</b>	<b>291</b>		M 40	98	00:00:21	00:10:43	<b>00:21:46.90</b>	<b>00:22:08.30</b>	+00:06:53 (31.6%)	4:21	13.8 (68.3%)
278	<b>JAMBOR Maciej</b>	<b>371</b>		M 30	74	00:00:31	00:10:41	<b>00:21:47.05</b>	<b>00:22:18.25</b>	+00:06:53 (31.6%)	4:21	13.8 (68.3%)
279	<b>ŚCISŁOWICZ Krzysztof</b>	<b>1105</b>		M 40	99	00:00:27	00:10:40	<b>00:21:47.70</b>	<b>00:22:15.30</b>	+00:06:53 (31.7%)	4:21	13.8 (68.3%)
280	<b>KUBIAK Sebastian</b>	<b>575</b>	CKR KONSTANCIN	M 30	75	00:00:46	00:10:43	<b>00:21:49.25</b>	<b>00:22:35.35</b>	+00:06:55 (31.7%)	4:21	13.8 (68.3%)
281	<b>DOMAGAŁA Jarosław</b>	<b>198</b>	AKTYWNA WARSZAWA	M 50	22	00:00:34	00:10:36	<b>00:21:50.65</b>	<b>00:22:24.90</b>	+00:06:56 (31.8%)	4:22	13.7 (67.8%)
282	<b>KAMIŃSKI Łukasz</b>	<b>415</b>	PZU SPORT TEAM	M 30	76	00:00:21	00:10:44	<b>00:21:52.00</b>	<b>00:22:13.40</b>	+00:06:58 (31.9%)	4:22	13.7 (67.8%)
283	<b>FALBA Zbigniew</b>	<b>239</b>	BIEGNIJ Z PROSERVICE	M 50	23	00:00:28	00:10:37	<b>00:21:52.10</b>	<b>00:22:20.95</b>	+00:06:58 (31.9%)	4:22	13.7 (67.8%)
284	<b>WOJTKOWSKI Maciej</b>	<b>1496</b>	INFINITUS ATHLETICS	M 30	77	00:00:13	00:10:37	<b>00:21:52.15</b>	<b>00:22:05.80</b>	+00:06:58 (31.9%)	4:22	13.7 (67.8%)
285	<b>DUCH Mateusz</b>	<b>211</b>	GÓRA BIEGA	M 30	78	00:00:32	00:10:42	<b>00:21:52.35</b>	<b>00:22:24.70</b>	+00:06:58 (31.9%)	4:22	13.7 (67.8%)
286	<b>KOWALCZYK Natalia</b>	<b>517</b>	UKS ORZEŁKI WARSZAWA	K 12	1	00:00:30	00:10:41	<b>00:21:54.05</b>	<b>00:22:24.30</b>	+00:07:00 (32.0%)	4:22	13.7 (67.8%)
287	<b>BUCZEK Robert</b>	<b>104</b>	3RUNPL	M 50	24	00:00:28	00:10:39	<b>00:21:55.00</b>	<b>00:22:23.20</b>	+00:07:01 (32.0%)	4:23	13.7 (67.8%)
288	<b>WIŚNIEWSKI Maciek</b>	<b>1212</b>		M 40	100	00:00:42	00:10:48	<b>00:21:55.40</b>	<b>00:22:37.40</b>	+00:07:01 (32.1%)	4:23	13.7 (67.8%)
289	<b>WASILEWSKI Mariusz</b>	<b>1182</b>	GÓRA BIEGA	M 40	101	00:00:31	00:10:43	<b>00:21:56.00</b>	<b>00:22:27.40</b>	+00:07:02 (32.1%)	4:23	13.7 (67.8%)
290	<b>GORALSKI Roman</b>	<b>292</b>	STARE BABICE BIEGAJA	M 50	25	00:00:32	00:11:00	<b>00:21:56.10</b>	<b>00:22:29.05</b>	+00:07:02 (32.1%)	4:23	13.7 (67.8%)
291	<b>KUKLA Marcin</b>	<b>585</b>	RYSIK RUNNERS	M 50	26	00:00:32	00:10:58	<b>00:21:56.30</b>	<b>00:22:28.95</b>	+00:07:02 (32.1%)	4:23	13.7 (67.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
292	<b>MYŚLIŃSKI Mateusz</b>	<b>752</b>		M 16	13	00:00:18	00:10:28	<b>00:21:57.05</b>	<b>00:22:15.35</b>	+00:07:03 (32.1%)	4:23	13.7 (67.8%)
293	<b>BIENIAK Krzysztof</b>	<b>62</b>	KRAV MAGA WARSZAWA	M 50	27	00:00:27	00:10:38	<b>00:21:57.40</b>	<b>00:22:25.05</b>	+00:07:03 (32.2%)	4:23	13.7 (67.8%)
294	<b>WNUK Tomasz</b>	<b>1227</b>	NAPRZÓD MŁOCINY	M 40	102	00:00:28	00:10:38	<b>00:21:57.95</b>	<b>00:22:26.00</b>	+00:07:04 (32.2%)	4:23	13.7 (67.8%)
295	<b>BLISKOWSKA Anna</b>	<b>1511</b>	DUCLA ACADEMY	K 40	10	00:00:27	00:10:42	<b>00:21:59.70</b>	<b>00:22:27.50</b>	+00:07:05 (32.3%)	4:23	13.6 (67.3%)
296	<b>IL Adam</b>	<b>356</b>		M 20	35	00:00:00		<b>00:22:00.95</b>	<b>00:22:00.95</b>	+00:07:07 (32.3%)	4:24	13.6 (67.3%)
297	<b>ZALEWSKI Rafal</b>	<b>1267</b>		M 40	103	00:00:49	00:10:54	<b>00:22:02.30</b>	<b>00:22:51.65</b>	+00:07:08 (32.4%)	4:24	13.6 (67.3%)
298	<b>WITKOWSKI Daniel</b>	<b>1216</b>		M 40	104	00:00:22	00:10:44	<b>00:22:02.80</b>	<b>00:22:25.05</b>	+00:07:09 (32.4%)	4:24	13.6 (67.3%)
299	<b>ROMAŃSKI Jan</b>	<b>1501</b>	WCH OBIEGUWKA	M 40	105	00:00:31	00:10:44	<b>00:22:04.70</b>	<b>00:22:35.90</b>	+00:07:10 (32.5%)	4:24	13.6 (67.3%)
300	<b>CLARE Simon</b>	<b>151</b>		M 50	28	00:00:12	00:10:51	<b>00:22:05.90</b>	<b>00:22:18.10</b>	+00:07:12 (32.6%)	4:25	13.6 (67.3%)
301	<b>TROJDAN Sebastian</b>	<b>1144</b>		M 40	106	00:00:34	00:10:38	<b>00:22:06.25</b>	<b>00:22:40.60</b>	+00:07:12 (32.6%)	4:25	13.6 (67.3%)
302	<b>GÓRSKI Marcin</b>	<b>298</b>		M 40	107	00:00:30	00:10:35	<b>00:22:10.45</b>	<b>00:22:41.40</b>	+00:07:16 (32.8%)	4:26	13.5 (66.8%)
303	<b>SAPIGÓRSKI Rafał</b>	<b>961</b>		M 40	108	00:00:50	00:11:15	<b>00:22:10.55</b>	<b>00:23:01.25</b>	+00:07:16 (32.8%)	4:26	13.5 (66.8%)
304		<b>1591</b>				00:00:31	00:10:57	<b>00:22:10.95</b>	<b>00:22:42.15</b>	+00:07:17 (32.8%)	4:26	13.5 (66.8%)
305	<b>MOTRENKO Piotr</b>	<b>740</b>		M 30	79	00:00:28	00:10:48	<b>00:22:11.55</b>	<b>00:22:40.20</b>	+00:07:17 (32.9%)	4:26	13.5 (66.8%)
306	<b>MIODUSZEWSKI Adrian</b>	<b>1547</b>		M 30	80	00:00:49	00:11:11	<b>00:22:11.70</b>	<b>00:23:01.30</b>	+00:07:17 (32.9%)	4:26	13.5 (66.8%)
307	<b>MARTSENIUK Volodymyr</b>	<b>682</b>		M 20	36	00:00:55	00:10:54	<b>00:22:14.20</b>	<b>00:23:09.25</b>	+00:07:20 (33.0%)	4:26	13.5 (66.8%)
308	<b>SKRZYPEK Michał</b>	<b>992</b>		M 30	81	00:00:45	00:10:48	<b>00:22:16.45</b>	<b>00:23:02.35</b>	+00:07:22 (33.1%)	4:27	13.5 (66.8%)
309	<b>DUSZYŃSKI Bartosz</b>	<b>218</b>		M 30	82	00:00:31	00:10:43	<b>00:22:17.00</b>	<b>00:22:48.10</b>	+00:07:23 (33.1%)	4:27	13.5 (66.8%)
310	<b>NAPURKA Artur</b>	<b>759</b>	KLUB BIEGACZA RTV EURO AGD	M 40	109	00:00:48	00:11:25	<b>00:22:19.55</b>	<b>00:23:07.95</b>	+00:07:25 (33.3%)	4:27	13.4 (66.3%)
311	<b>HUCAŁ Grzegorz</b>	<b>351</b>	RCI WARSZAWA	M 30	83	00:00:30	00:11:01	<b>00:22:20.75</b>	<b>00:22:51.25</b>	+00:07:26 (33.3%)	4:28	13.4 (66.3%)
312	<b>KOZAK Mikołaj</b>	<b>534</b>		M 30	84	00:00:28	00:10:46	<b>00:22:21.65</b>	<b>00:22:50.30</b>	+00:07:27 (33.4%)	4:28	13.4 (66.3%)
313	<b>PLUTA Ireneusz</b>	<b>1382</b>		M 60	3	00:00:31	00:10:56	<b>00:22:21.75</b>	<b>00:22:53.05</b>	+00:07:27 (33.4%)	4:28	13.4 (66.3%)
314	<b>KARCZEWSKI Przemyslaw</b>	<b>423</b>	SPARTANIE DZIECIOM	M 40	110	00:00:17	00:10:47	<b>00:22:22.40</b>	<b>00:22:40.05</b>	+00:07:28 (33.4%)	4:28	13.4 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
315	<b>KIEWRA Karolina</b>	<b>450</b>	AZS AWF WARSZAWA	K 12	2	00:00:04	00:11:07	<b>00:22:23.30</b>	<b>00:22:27.85</b>	+00:07:29 (33.5%)	4:28	13.4 (66.3%)
316	<b>CHODNIEWICZ Michał</b>	<b>131</b>		M 40	111	00:00:29	00:10:42	<b>00:22:23.40</b>	<b>00:22:53.10</b>	+00:07:29 (33.5%)	4:28	13.4 (66.3%)
317	<b>KUCIŃSKI Hubert</b>	<b>582</b>	ONSLOW - SEKCJA DZIADKÓW	M 40	112	00:00:17	00:10:47	<b>00:22:23.50</b>	<b>00:22:40.90</b>	+00:07:29 (33.5%)	4:28	13.4 (66.3%)
318	<b>MAŃKOWSKA Anna</b>	<b>674</b>	KRISS COACHING	K 30	16	00:00:33	00:11:05	<b>00:22:23.95</b>	<b>00:22:57.65</b>	+00:07:30 (33.5%)	4:28	13.4 (66.3%)
319	<b>MAŁKOWSKI Marcin</b>	<b>669</b>	OBI	M 40	113	00:00:31	00:11:16	<b>00:22:24.65</b>	<b>00:22:56.45</b>	+00:07:30 (33.5%)	4:28	13.4 (66.3%)
320	<b>ŚLIWCZYŃSKI Jarosław</b>	<b>1110</b>	RAZEM Z ANIĄ PO ŻYCIÓWKĘ!	M 30	85	00:00:32	00:11:06	<b>00:22:24.85</b>	<b>00:22:57.80</b>	+00:07:31 (33.5%)	4:28	13.4 (66.3%)
321	<b>WIATROWSKI Hubert</b>	<b>1192</b>	KS WILANÓW	M 16	14	00:00:17	00:11:07	<b>00:22:26.40</b>	<b>00:22:43.50</b>	+00:07:32 (33.6%)	4:29	13.4 (66.3%)
322	<b>TUTAJ Marcin</b>	<b>1497</b>		M 30	86	00:00:27	00:10:50	<b>00:22:28.15</b>	<b>00:22:56.10</b>	+00:07:34 (33.7%)	4:29	13.4 (66.3%)
323	<b>RODAK Antoni</b>	<b>924</b>		M 12	4	00:01:25	00:10:54	<b>00:22:29.30</b>	<b>00:23:54.90</b>	+00:07:35 (33.8%)	4:29	13.3 (65.8%)
324	<b>MICHALAK Miłosz</b>	<b>711</b>	MM TEAM	M 20	37	00:00:36	00:10:54	<b>00:22:29.80</b>	<b>00:23:06.20</b>	+00:07:36 (33.8%)	4:29	13.3 (65.8%)
325	<b>CIEĆWIERZ Michał</b>	<b>144</b>		M 30	87	00:00:30	00:10:50	<b>00:22:30.90</b>	<b>00:23:01.40</b>	+00:07:37 (33.8%)	4:30	13.3 (65.8%)
326	<b>GRZYWACZ Marcin</b>	<b>330</b>		M 40	114	00:01:09	00:11:03	<b>00:22:32.00</b>	<b>00:23:41.05</b>	+00:07:38 (33.9%)	4:30	13.3 (65.8%)
327	<b>HEĆMAN Marcin</b>	<b>341</b>		M 40	115	00:00:28	00:10:58	<b>00:22:32.65</b>	<b>00:23:01.00</b>	+00:07:38 (33.9%)	4:30	13.3 (65.8%)
328	<b>MARSZAŁEK Marcin</b>	<b>681</b>		M 30	88	00:00:38	00:11:18	<b>00:22:34.55</b>	<b>00:23:13.40</b>	+00:07:40 (34.0%)	4:30	13.3 (65.8%)
329	<b>GRZELAK Aneta</b>	<b>327</b>		K 30	17	00:00:33	00:11:08	<b>00:22:35.70</b>	<b>00:23:09.40</b>	+00:07:41 (34.1%)	4:31	13.3 (65.8%)
330	<b>KOZERSKA Weronika</b>	<b>536</b>	UKS ŻOLIBORZ	K 12	3	00:00:17	00:10:58	<b>00:22:36.95</b>	<b>00:22:54.90</b>	+00:07:43 (34.1%)	4:31	13.3 (65.8%)
331	<b>BŁAŻEJCZYK Maksymilian</b>	<b>71</b>		M 40	116	00:01:28	00:11:09	<b>00:22:37.05</b>	<b>00:24:05.10</b>	+00:07:43 (34.1%)	4:31	13.3 (65.8%)
332	<b>CODDINGTON Marek</b>	<b>154</b>	GS HUSKY	M 16	15	00:01:13	00:11:13	<b>00:22:38.35</b>	<b>00:23:52.30</b>	+00:07:44 (34.2%)	4:31	13.3 (65.8%)
333	<b>KOPCZYK Marcin</b>	<b>493</b>	NEW BALANCE RUN CLUB WARSZAWA	M 40	117	00:00:33	00:10:59	<b>00:22:38.45</b>	<b>00:23:12.05</b>	+00:07:44 (34.2%)	4:31	13.3 (65.8%)
334	<b>WASILEWSKI Antoni</b>	<b>1183</b>	UKS OSIR GÓRA KALWARIA	M 14	3	00:00:51	00:11:17	<b>00:22:38.55</b>	<b>00:23:29.85</b>	+00:07:44 (34.2%)	4:31	13.3 (65.8%)
335	<b>GRĘDA Dominik</b>	<b>1449</b>	NEW BALANCE RUN CLUB	M 20	38	00:00:38	00:10:27	<b>00:22:40.40</b>	<b>00:23:18.55</b>	+00:07:46 (34.3%)	4:32	13.2 (65.3%)
336	<b>KOZERSKI Łukasz</b>	<b>537</b>		M 40	118	00:00:18		<b>00:22:41.10</b>	<b>00:22:59.75</b>	+00:07:47 (34.3%)	4:32	13.2 (65.3%)
337	<b>GAJEWSKI Tomasz</b>	<b>262</b>		M 30	89	00:01:01	00:11:33	<b>00:22:41.15</b>	<b>00:23:42.25</b>	+00:07:47 (34.3%)	4:32	13.2 (65.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
338	<b>TOLAK Piotr</b>	<b>1129</b>	TEAM TOLAK	M 30	90	00:00:29	00:10:55	<b>00:22:41.20</b>	<b>00:23:11.10</b>	+00:07:47 (34.3%)	4:32	13.2 (65.3%)
339	..	<b>1438</b>				00:00:48	00:11:34	<b>00:22:41.95</b>	<b>00:23:30.65</b>	+00:07:48 (34.4%)	4:32	13.2 (65.3%)
340	<b>MELER Krzysztof</b>	<b>704</b>		M 40	119	00:00:21	00:10:53	<b>00:22:42.65</b>	<b>00:23:04.05</b>	+00:07:48 (34.4%)	4:32	13.2 (65.3%)
341	<b>GASIOROWSKA Alicja</b>	<b>269</b>	ŻORAWSKI TEAM	K 40	11	00:00:34	00:11:11	<b>00:22:42.90</b>	<b>00:23:17.10</b>	+00:07:49 (34.4%)	4:32	13.2 (65.3%)
342	<b>PAWŁOWSKI Piotr</b>	<b>838</b>	BBL WYDMINY	M 50	29	00:00:34	00:11:06	<b>00:22:43.25</b>	<b>00:23:17.40</b>	+00:07:49 (34.4%)	4:32	13.2 (65.3%)
343	<b>SAJKOWSKI Andrzej</b>	<b>956</b>	METRO WARSZAWA	M 70	1	00:00:03	00:10:58	<b>00:22:43.35</b>	<b>00:22:47.00</b>	+00:07:49 (34.4%)	4:32	13.2 (65.3%)
344	<b>ŁANDWIJT Marcin</b>	<b>1504</b>		M 40	120	00:00:20	00:11:26	<b>00:22:43.80</b>	<b>00:23:04.65</b>	+00:07:50 (34.5%)	4:32	13.2 (65.3%)
345	<b>CISOŃ Dominik</b>	<b>150</b>		M 40	121	00:00:33	00:11:10	<b>00:22:44.95</b>	<b>00:23:18.40</b>	+00:07:51 (34.5%)	4:32	13.2 (65.3%)
346	<b>OSOWSKI Andrzej</b>	<b>807</b>		M 40	122	00:00:28	00:10:51	<b>00:22:45.20</b>	<b>00:23:13.65</b>	+00:07:51 (34.5%)	4:33	13.2 (65.3%)
347	<b>SPRAWKA Magdalena</b>	<b>1022</b>		K 20	8	00:00:43	00:11:03	<b>00:22:46.70</b>	<b>00:23:30.15</b>	+00:07:52 (34.6%)	4:33	13.2 (65.3%)
348	<b>BARAŃSKI Piotr</b>	<b>37</b>		M 40	123	00:00:35	00:11:12	<b>00:22:46.90</b>	<b>00:23:22.30</b>	+00:07:53 (34.6%)	4:33	13.2 (65.3%)
349	<b>SUJAK Michał</b>	<b>1040</b>		M 30	91	00:00:34	00:11:01	<b>00:22:49.50</b>	<b>00:23:23.75</b>	+00:07:55 (34.7%)	4:33	13.1 (64.9%)
349	<b>MIKULSKI Damian</b>	<b>721</b>	TEAM ZABIEGANEDNI	M 40	124	00:00:30	00:11:12	<b>00:22:49.50</b>	<b>00:23:19.70</b>	+00:07:55 (34.7%)	4:33	13.1 (64.9%)
351	<b>ŁAZICKI Aleksnader</b>	<b>629</b>		M 16	16	00:01:00	00:11:18	<b>00:22:50.45</b>	<b>00:23:50.75</b>	+00:07:56 (34.8%)	4:34	13.1 (64.9%)
352	<b>MERCIK Marta</b>	<b>1544</b>		K 30	18	00:00:36	00:11:09	<b>00:22:51.50</b>	<b>00:23:28.25</b>	+00:07:57 (34.8%)	4:34	13.1 (64.9%)
353	<b>JAREK Zuzanna</b>	<b>383</b>	RACE FIGHTER JUNIOR	K 12	4	00:00:15	00:11:06	<b>00:22:51.95</b>	<b>00:23:07.75</b>	+00:07:58 (34.9%)	4:34	13.1 (64.9%)
354	<b>MIKINA Artur</b>	<b>718</b>	PWPW SA	M 60	4	00:00:13	00:11:16	<b>00:22:52.55</b>	<b>00:23:05.95</b>	+00:07:58 (34.9%)	4:34	13.1 (64.9%)
355	<b>SMOLIŃSKI Mateusz</b>	<b>1001</b>		M 30	92	00:00:15	00:10:08	<b>00:22:52.80</b>	<b>00:23:07.80</b>	+00:07:59 (34.9%)	4:34	13.1 (64.9%)
356	<b>SŁOMKA Dominika</b>	<b>997</b>	TEAM ZABIEGANEDNI	K 20	9	00:00:34	00:11:13	<b>00:22:53.45</b>	<b>00:23:28.15</b>	+00:07:59 (34.9%)	4:34	13.1 (64.9%)
357	<b>BIENKOWSKI Jaroslaw</b>	<b>1331</b>		M 20	39	00:00:42	00:11:25	<b>00:22:53.65</b>	<b>00:23:35.90</b>	+00:07:59 (34.9%)	4:34	13.1 (64.9%)
358	<b>MOSKWA Michał</b>	<b>1560</b>		M 20	40	00:00:35	00:11:10	<b>00:22:54.30</b>	<b>00:23:29.40</b>	+00:08:00 (35.0%)	4:34	13.1 (64.9%)
359	<b>KRYCZEK Piotr</b>	<b>562</b>		M 50	30	00:00:40	00:11:15	<b>00:22:56.00</b>	<b>00:23:36.10</b>	+00:08:02 (35.0%)	4:35	13.1 (64.9%)
360	<b>KALINOWSKI Bartłomiej</b>	<b>411</b>		M 30	93	00:00:48	00:11:47	<b>00:22:57.40</b>	<b>00:23:45.95</b>	+00:08:03 (35.1%)	4:35	13.1 (64.9%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
361	<b>KĘDRA Mateusz</b>	<b>441</b>		M 30	94	00:00:48	00:11:33	<b>00:22:58.80</b>	<b>00:23:47.40</b>	+00:08:05 (35.2%)	4:35	13.1 (64.9%)
362	<b>PONIATOWSKI Krzysztof</b>	<b>882</b>		M 40	125	00:00:34	00:11:15	<b>00:22:58.85</b>	<b>00:23:33.05</b>	+00:08:05 (35.2%)	4:35	13.1 (64.9%)
363	<b>CHMIEL Filip</b>	<b>1587</b>	STREFA PODIUM	M 20	41	00:00:09	00:10:37	<b>00:22:58.90</b>	<b>00:23:08.60</b>	+00:08:05 (35.2%)	4:35	13.1 (64.9%)
364	<b>ŚWIERŻYŃSKI Michał</b>	<b>1116</b>		M 30	95	00:00:31	00:10:44	<b>00:22:59.65</b>	<b>00:23:31.40</b>	+00:08:05 (35.2%)	4:35	13.1 (64.9%)
365	<b>TOBIASZ Karol</b>	<b>1425</b>		M 20	42	00:00:40	00:11:23	<b>00:23:00.90</b>	<b>00:23:41.35</b>	+00:08:07 (35.3%)	4:36	13 (64.4%)
366	<b>ROLLA Adrian</b>	<b>927</b>		M 20	43	00:01:24	00:11:07	<b>00:23:00.95</b>	<b>00:24:25.60</b>	+00:08:07 (35.3%)	4:36	13 (64.4%)
367	<b>PAŃCZYK Wojtek</b>	<b>823</b>	THE PAŃCZYX	M 40	126	00:00:50	00:11:29	<b>00:23:01.90</b>	<b>00:23:52.40</b>	+00:08:08 (35.3%)	4:36	13 (64.4%)
368	<b>SOBIECKI Dominik</b>	<b>932</b>	VEGELOVE	M 60	5	00:00:52	00:11:40	<b>00:23:02.70</b>	<b>00:23:55.25</b>	+00:08:08 (35.4%)	4:36	13 (64.4%)
369	<b>MOSAKOWSKI Adrian</b>	<b>736</b>	ZESPÓŁ SZKÓŁ LICEALNYCH I TECHNICZNYCH NR 1	M 16	17	00:01:35	00:11:20	<b>00:23:03.80</b>	<b>00:24:39.30</b>	+00:08:10 (35.4%)	4:36	13 (64.4%)
370	<b>STEC Kamil</b>	<b>1363</b>	FC GRABÓW	M 20	44	00:00:51	00:11:11	<b>00:23:04.30</b>	<b>00:23:55.50</b>	+00:08:10 (35.4%)	4:36	13 (64.4%)
371	<b>SKUBISZEWSKI Piotr</b>	<b>1563</b>		M 40	127	00:00:52	00:11:33	<b>00:23:04.35</b>	<b>00:23:56.70</b>	+00:08:10 (35.4%)	4:36	13 (64.4%)
372	<b>PAKUŁA Błażej</b>	<b>817</b>		M 30	96	00:00:36	00:11:21	<b>00:23:04.40</b>	<b>00:23:41.10</b>	+00:08:10 (35.4%)	4:36	13 (64.4%)
373	<b>MAGNUSKI Piotr</b>	<b>659</b>		M 40	128	00:00:31	00:11:11	<b>00:23:06.55</b>	<b>00:23:37.65</b>	+00:08:12 (35.5%)	4:37	13 (64.4%)
374	<b>PAWELEC Kamil</b>	<b>832</b>	PZU SPORT TEAM	M 30	97	00:00:45	00:11:28	<b>00:23:08.65</b>	<b>00:23:53.90</b>	+00:08:14 (35.6%)	4:37	13 (64.4%)
375	<b>KOSMALA Antoni</b>	<b>1557</b>		M 16	18	00:01:40	00:11:38	<b>00:23:09.10</b>	<b>00:24:49.65</b>	+00:08:15 (35.7%)	4:37	13 (64.4%)
376	<b>SARNOWSKI Wojciech</b>	<b>1509</b>		M 40	129	00:00:42	00:11:09	<b>00:23:09.55</b>	<b>00:23:51.80</b>	+00:08:15 (35.7%)	4:37	13 (64.4%)
377	<b>WITZKE Artur</b>	<b>1219</b>		M 40	130	00:00:53	00:11:27	<b>00:23:10.40</b>	<b>00:24:03.40</b>	+00:08:16 (35.7%)	4:38	12.9 (63.9%)
378	<b>PARZNIIEWSKI Maciej</b>	<b>1355</b>	TOWARZYSTWO TURYSTYCZNE AKS POLONIA WARSZAWA	M 30	98	00:00:41	00:11:12	<b>00:23:12.50</b>	<b>00:23:53.70</b>	+00:08:18 (35.8%)	4:38	12.9 (63.9%)
379	<b>JĘDRZEJEK Mateusz</b>	<b>1340</b>	RK ATHLETICS	M 12	5	00:00:48	00:11:50	<b>00:23:12.75</b>	<b>00:24:01.50</b>	+00:08:18 (35.8%)	4:38	12.9 (63.9%)
380	<b>GWÓZDŹ Maciej</b>	<b>335</b>	RKATLETICS	M 12	6	00:00:48	00:11:51	<b>00:23:13.05</b>	<b>00:24:01.45</b>	+00:08:19 (35.8%)	4:38	12.9 (63.9%)
381	<b>OWOC Tomasz</b>	<b>813</b>	PKO BANK POLSKI / NEW BALANCE RUN CLUB	M 50	31	00:00:48	00:11:38	<b>00:23:13.20</b>	<b>00:24:01.90</b>	+00:08:19 (35.8%)	4:38	12.9 (63.9%)
382	<b>LENDZION Jarosław</b>	<b>604</b>	GRUPA BIEGOWA UM W-WA	M 40	131	00:00:56	00:11:44	<b>00:23:13.55</b>	<b>00:24:09.55</b>	+00:08:19 (35.9%)	4:38	12.9 (63.9%)
383	<b>WÓJCIK Grzegorz</b>	<b>1245</b>		M 40	132	00:01:02	00:11:48	<b>00:23:14.85</b>	<b>00:24:17.50</b>	+00:08:21 (35.9%)	4:38	12.9 (63.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
384	<b>ESSI-EZINH Aleksander</b>	<b>234</b>	SFORA BMK	M 30	99	00:00:46	00:11:22	<b>00:23:15.20</b>	<b>00:24:01.70</b>	+00:08:21 (35.9%)	4:39	12.9 (63.9%)
385	<b>JANOWSKI Rafał</b>	<b>378</b>		M 50	32	00:00:44	00:11:23	<b>00:23:15.50</b>	<b>00:23:59.85</b>	+00:08:21 (36.0%)	4:39	12.9 (63.9%)
386	<b>KOMOROWSKA Helena</b>	<b>484</b>	SKRA	K 14	1	00:00:39	00:11:35	<b>00:23:15.60</b>	<b>00:23:55.30</b>	+00:08:21 (36.0%)	4:39	12.9 (63.9%)
387	<b>KOSMALA Michał</b>	<b>1426</b>		M 40	133	00:01:03	00:12:03	<b>00:23:16.60</b>	<b>00:24:20.30</b>	+00:08:22 (36.0%)	4:39	12.9 (63.9%)
388	<b>PAWLIMAK Mariusz</b>	<b>1564</b>		M 20	45	00:01:06	00:11:34	<b>00:23:17.45</b>	<b>00:24:23.75</b>	+00:08:23 (36.0%)	4:39	12.9 (63.9%)
389	<b>ŻYWIEN Marek</b>	<b>1307</b>	ONLY SPEEDWAY	M 50	33	00:00:23	00:11:18	<b>00:23:20.35</b>	<b>00:23:44.25</b>	+00:08:26 (36.2%)	4:40	12.9 (63.9%)
390	<b>OCHREMIAK Jędrzej</b>	<b>785</b>		M 30	100	00:00:35	00:11:27	<b>00:23:21.55</b>	<b>00:23:57.15</b>	+00:08:27 (36.2%)	4:40	12.8 (63.4%)
391	<b>BISOWSKI Szymon</b>	<b>68</b>		M 14	4	00:00:55	00:11:44	<b>00:23:22.55</b>	<b>00:24:17.85</b>	+00:08:28 (36.3%)	4:40	12.8 (63.4%)
392	<b>SOJDA Mateusz</b>	<b>1014</b>	ROADBIKE IRON TEAM	M 30	101	00:01:04	00:11:37	<b>00:23:23.30</b>	<b>00:24:28.25</b>	+00:08:29 (36.3%)	4:40	12.8 (63.4%)
393	<b>KONKA Tomasz</b>	<b>491</b>		M 50	34	00:00:44	00:11:36	<b>00:23:24.75</b>	<b>00:24:09.20</b>	+00:08:30 (36.4%)	4:40	12.8 (63.4%)
393	<b>PIENIAŻEK Mateusz</b>	<b>851</b>		M 20	46	00:00:50	00:11:42	<b>00:23:24.75</b>	<b>00:24:15.65</b>	+00:08:30 (36.4%)	4:40	12.8 (63.4%)
395	<b>OKRASA Michał</b>	<b>788</b>		M 20	47	00:00:35	00:11:13	<b>00:23:24.90</b>	<b>00:24:00.20</b>	+00:08:31 (36.4%)	4:40	12.8 (63.4%)
396	<b>SAMOCIUK Karolina</b>	<b>959</b>	POWER TRAINING	K 30	19	00:00:36	00:11:26	<b>00:23:26.80</b>	<b>00:24:03.55</b>	+00:08:33 (36.5%)	4:41	12.8 (63.4%)
397	<b>KOSTYRA Krzysztof</b>	<b>1324</b>	BIEGUSIEM.PL	M 50	35	00:00:32	00:11:27	<b>00:23:27.75</b>	<b>00:23:59.85</b>	+00:08:33 (36.5%)	4:41	12.8 (63.4%)
398	<b>BAREJ Paweł</b>	<b>1394</b>		M 30	102	00:00:42	00:11:44	<b>00:23:28.75</b>	<b>00:24:11.55</b>	+00:08:34 (36.6%)	4:41	12.8 (63.4%)
399	<b>SZEWczyk Łukasz</b>	<b>1073</b>		M 40	134	00:00:30	00:10:50	<b>00:23:29.25</b>	<b>00:23:59.75</b>	+00:08:35 (36.6%)	4:41	12.8 (63.4%)
400	<b>ŁOZOWSKA Magdalena</b>	<b>639</b>	#ZALINIAMETYTEAM	K 30	20	00:00:36	00:11:36	<b>00:23:29.70</b>	<b>00:24:06.65</b>	+00:08:35 (36.6%)	4:41	12.8 (63.4%)
401	<b>DZIĘCIOŁOWSKI Filip</b>	<b>227</b>	FOOTBALL TALENTS	M 30	103	00:01:00	00:11:38	<b>00:23:31.05</b>	<b>00:24:31.45</b>	+00:08:37 (36.7%)	4:42	12.8 (63.4%)
402	<b>GAJEK Małgorzata</b>	<b>1541</b>	NEW BALANCE RUN CLUB	K 20	10	00:00:34	00:11:44	<b>00:23:31.50</b>	<b>00:24:06.10</b>	+00:08:37 (36.7%)	4:42	12.8 (63.4%)
403	<b>GALA Piotr</b>	<b>1463</b>		M 20	48	00:02:12	00:11:27	<b>00:23:31.60</b>	<b>00:25:43.75</b>	+00:08:37 (36.7%)	4:42	12.8 (63.4%)
404	<b>MARCIN Cendrowski</b>	<b>1535</b>		M 50	36	00:01:07	00:11:34	<b>00:23:32.85</b>	<b>00:24:39.90</b>	+00:08:39 (36.7%)	4:42	12.7 (62.9%)
405	<b>CABAŃSKA Dorota</b>	<b>118</b>	GUNS & ROSES RUN TEAM	K 40	12	00:01:01	00:11:41	<b>00:23:32.95</b>	<b>00:24:34.80</b>	+00:08:39 (36.7%)	4:42	12.7 (62.9%)
406	<b>JAROSZKIEWICZ Grzegorz</b>	<b>389</b>		M 40	135	00:00:39	00:11:42	<b>00:23:33.60</b>	<b>00:24:12.80</b>	+00:08:39 (36.8%)	4:42	12.7 (62.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
407	<b>DOMINIAK Bartosz</b>	<b>1369</b>	#BARTEKBIEGA	M 40	136	00:00:48	00:11:50	<b>00:23:34.20</b>	<b>00:24:22.45</b>	+00:08:40 (36.8%)	4:42	12.7 (62.9%)
408	<b>SYGUDA Katarzyna</b>	<b>1334</b>		K 20	11	00:00:52	00:11:45	<b>00:23:34.75</b>	<b>00:24:27.30</b>	+00:08:40 (36.8%)	4:42	12.7 (62.9%)
409	<b>CHARLEJ Ireneusz</b>	<b>123</b>		M 50	37	00:00:41	00:11:43	<b>00:23:35.75</b>	<b>00:24:17.45</b>	+00:08:41 (36.9%)	4:43	12.7 (62.9%)
410	<b>JANUCHTA Tomasz</b>	<b>1346</b>		M 40	137	00:01:00	00:11:36	<b>00:23:36.45</b>	<b>00:24:36.95</b>	+00:08:42 (36.9%)	4:43	12.7 (62.9%)
411	<b>BIGAJSKI Rafał</b>	<b>65</b>	NIEZŁY BIGOS	M 40	138	00:00:43	00:11:38	<b>00:23:37.30</b>	<b>00:24:20.80</b>	+00:08:43 (36.9%)	4:43	12.7 (62.9%)
412	<b>DOBEL Mateusz</b>	<b>191</b>		M 20	49	00:00:38	00:11:58	<b>00:23:37.75</b>	<b>00:24:16.20</b>	+00:08:43 (37.0%)	4:43	12.7 (62.9%)
413	<b>GÓZDŹ Wanda</b>	<b>303</b>	AMATORSKA GRUPA BIEGOWA OKS START OTWOCK	K 30	21	00:01:08	00:12:01	<b>00:23:38.15</b>	<b>00:24:46.30</b>	+00:08:44 (37.0%)	4:43	12.7 (62.9%)
414	<b>JAKUBCZAK Krzysztof</b>	<b>1402</b>	ADIDAS RUNNERS WARSAW	M 60	6	00:00:36	00:11:44	<b>00:23:38.50</b>	<b>00:24:14.50</b>	+00:08:44 (37.0%)	4:43	12.7 (62.9%)
415	<b>MAŁYSIAK Axel</b>	<b>1473</b>		M 20	50	00:01:05	00:11:42	<b>00:23:38.60</b>	<b>00:24:44.05</b>	+00:08:44 (37.0%)	4:43	12.7 (62.9%)
416	<b>MIKOSZA Anna</b>	<b>720</b>		K 30	22	00:01:08	00:11:59	<b>00:23:38.85</b>	<b>00:24:47.45</b>	+00:08:45 (37.0%)	4:43	12.7 (62.9%)
417	<b>SZOT Franciszek</b>	<b>1423</b>		M 12	7	00:00:54	00:11:57	<b>00:23:41.35</b>	<b>00:24:35.40</b>	+00:08:47 (37.1%)	4:44	12.7 (62.9%)
418	<b>PRZYBOROWSKI Adam</b>	<b>899</b>		M 30	104	00:00:49	00:11:50	<b>00:23:41.50</b>	<b>00:24:30.50</b>	+00:08:47 (37.1%)	4:44	12.7 (62.9%)
419	<b>CHRZANOWSKA Olga</b>	<b>137</b>	TRIZARZA	K 30	23	00:00:49	00:11:48	<b>00:23:44.55</b>	<b>00:24:34.45</b>	+00:08:50 (37.3%)	4:44	12.6 (62.4%)
420	<b>GÓRAL Tadeusz</b>	<b>1581</b>		M 50	38	00:00:11	00:11:52	<b>00:23:45.15</b>	<b>00:23:57.00</b>	+00:08:51 (37.3%)	4:45	12.6 (62.4%)
421	<b>MAŚLANKA Piotr</b>	<b>687</b>		M 50	39	00:01:08	00:11:52	<b>00:23:45.50</b>	<b>00:24:54.40</b>	+00:08:51 (37.3%)	4:45	12.6 (62.4%)
422	<b>SHAUKUN Anastasiya</b>	<b>966</b>	CLUB ANONYMOUS RUNNERS N.A. CABALO BLANKO	K 30	24	00:00:41	00:11:38	<b>00:23:45.95</b>	<b>00:24:27.05</b>	+00:08:52 (37.3%)	4:45	12.6 (62.4%)
423	<b>JAKUBIAK Szymon</b>	<b>368</b>		M 30	105	00:00:51	00:12:01	<b>00:23:46.25</b>	<b>00:24:38.20</b>	+00:08:52 (37.3%)	4:45	12.6 (62.4%)
424	<b>BORYSZKOWSKA Iwona</b>	<b>90</b>	12TRI	K 40	13	00:00:31	00:11:45	<b>00:23:47.10</b>	<b>00:24:19.00</b>	+00:08:53 (37.4%)	4:45	12.6 (62.4%)
425	<b>DRABAREK Romuald</b>	<b>201</b>		M 60	7	00:00:42	00:11:47	<b>00:23:47.80</b>	<b>00:24:30.05</b>	+00:08:54 (37.4%)	4:45	12.6 (62.4%)
426	<b>DREWNIK Robert</b>	<b>204</b>	BIEGNIJ Z PROSERVICE	M 40	139	00:00:29	00:11:44	<b>00:23:48.10</b>	<b>00:24:17.25</b>	+00:08:54 (37.4%)	4:45	12.6 (62.4%)
427	<b>ZORAWSKI Marcin</b>	<b>1374</b>		M 40	140	00:01:05	00:11:47	<b>00:23:48.25</b>	<b>00:24:53.85</b>	+00:08:54 (37.4%)	4:45	12.6 (62.4%)
427	<b>SIERZYCKI Hubert</b>	<b>975</b>		M 30	106	00:00:59	00:12:09	<b>00:23:48.25</b>	<b>00:24:47.60</b>	+00:08:54 (37.4%)	4:45	12.6 (62.4%)
429	<b>SZUFLICKI Tymon</b>	<b>1080</b>		M 12	8	00:00:38	00:12:00	<b>00:23:49.15</b>	<b>00:24:27.15</b>	+00:08:55 (37.5%)	4:45	12.6 (62.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
430	<b>MIELNICZUK Tomasz</b>	<b>1559</b>		M 30	107	00:00:24	00:11:52	<b>00:23:49.85</b>	<b>00:24:14.55</b>	+00:08:56 (37.5%)	4:45	12.6 (62.4%)
431	<b>LACHOWICZ Tomasz</b>	<b>595</b>		M 20	51	00:00:03	00:10:59	<b>00:23:49.90</b>	<b>00:23:53.50</b>	+00:08:56 (37.5%)	4:45	12.6 (62.4%)
431	<b>SMOLARCZYK Aleksander</b>	<b>1000</b>	1	M 16	19	00:01:28	00:12:19	<b>00:23:49.90</b>	<b>00:25:18.10</b>	+00:08:56 (37.5%)	4:45	12.6 (62.4%)
433	<b>RÓŻYCKI Krzysztof</b>	<b>936</b>	VEGE RUNNERS	M 30	108	00:00:20	00:11:24	<b>00:23:51.60</b>	<b>00:24:12.50</b>	+00:08:57 (37.6%)	4:46	12.6 (62.4%)
434	<b>KOWALSKA Agata</b>	<b>527</b>		K 20	12	00:01:24	00:11:59	<b>00:23:51.90</b>	<b>00:25:16.75</b>	+00:08:58 (37.6%)	4:46	12.6 (62.4%)
435	<b>KARWOWSKI Rafał</b>	<b>431</b>		M 30	109	00:01:20	00:12:19	<b>00:23:52.25</b>	<b>00:25:12.75</b>	+00:08:58 (37.6%)	4:46	12.6 (62.4%)
436	<b>KRÓL Radosław</b>	<b>556</b>	KLUB BIEGACZA RTV EURO AGD	M 20	52	00:00:41	00:11:56	<b>00:23:52.35</b>	<b>00:24:33.35</b>	+00:08:58 (37.6%)	4:46	12.6 (62.4%)
437	<b>SZYMCZYK Michał</b>	<b>1102</b>	NASTĘPNY KROK	M 30	110	00:00:49	00:11:49	<b>00:23:53.15</b>	<b>00:24:42.90</b>	+00:08:59 (37.6%)	4:46	12.6 (62.4%)
438	<b>SIWCZAK Agnieszka</b>	<b>979</b>	WKURW_TEAM	K 30	25	00:01:07	00:11:53	<b>00:23:55.10</b>	<b>00:25:02.15</b>	+00:09:01 (37.7%)	4:47	12.5 (61.9%)
439	<b>NIEDZIÓŁKA Małgorzata</b>	<b>1498</b>		K 50	1	00:00:51	00:11:48	<b>00:23:55.85</b>	<b>00:24:47.65</b>	+00:09:02 (37.8%)	4:47	12.5 (61.9%)
440	<b>SIEBYŁA Karol</b>	<b>969</b>	BIEGNIJ Z PROSERVICE	M 40	141	00:00:35	00:11:32	<b>00:23:56.50</b>	<b>00:24:32.10</b>	+00:09:02 (37.8%)	4:47	12.5 (61.9%)
441	<b>ZALIŃSKI Marek</b>	<b>1269</b>		M 40	142	00:00:57	00:12:07	<b>00:23:56.75</b>	<b>00:24:54.20</b>	+00:09:02 (37.8%)	4:47	12.5 (61.9%)
442	<b>KROPIAK Katarzyna</b>	<b>553</b>	VEGE RUNNERS	K 30	26	00:00:49	00:11:48	<b>00:23:56.80</b>	<b>00:24:46.10</b>	+00:09:03 (37.8%)	4:47	12.5 (61.9%)
443	<b>OPALA Marcin</b>	<b>1422</b>		M 30	111	00:00:34	00:11:36	<b>00:23:57.30</b>	<b>00:24:31.85</b>	+00:09:03 (37.8%)	4:47	12.5 (61.9%)
444	<b>JAREK Katarzyna</b>	<b>384</b>		K 40	14	00:00:15	00:11:29	<b>00:23:57.85</b>	<b>00:24:13.15</b>	+00:09:04 (37.8%)	4:47	12.5 (61.9%)
445	<b>JAGIELLO Piotr</b>	<b>365</b>		M 40	143	00:01:18	00:11:47	<b>00:23:58.05</b>	<b>00:25:16.60</b>	+00:09:04 (37.8%)	4:47	12.5 (61.9%)
446	<b>RUTKOWSKI Michał</b>	<b>945</b>		M 40	144	00:00:20	00:11:32	<b>00:23:58.60</b>	<b>00:24:18.85</b>	+00:09:04 (37.9%)	4:47	12.5 (61.9%)
447	<b>ARAŻNY Zbigniew</b>	<b>27</b>		M 50	40	00:00:47	00:11:50	<b>00:23:59.70</b>	<b>00:24:47.55</b>	+00:09:05 (37.9%)	4:47	12.5 (61.9%)
448	<b>NAZARUK Bartosz</b>	<b>1533</b>		M 30	112	00:00:34	00:11:49	<b>00:23:59.85</b>	<b>00:24:34.70</b>	+00:09:06 (37.9%)	4:47	12.5 (61.9%)
449	<b>KUCHARSKI Michał</b>	<b>580</b>		M 20	53	00:01:11	00:12:06	<b>00:24:00.80</b>	<b>00:25:12.05</b>	+00:09:07 (38.0%)	4:48	12.5 (61.9%)
450	<b>SACHMATA Anna</b>	<b>954</b>	BEDNARSKI TRI TEAM	K 20	13	00:00:00	00:12:03	<b>00:24:00.90</b>	<b>00:24:00.90</b>	+00:09:07 (38.0%)	4:48	12.5 (61.9%)
451	<b>BILEWICZ Mateusz</b>	<b>66</b>		M 30	113	00:00:41	00:11:57	<b>00:24:02.40</b>	<b>00:24:44.30</b>	+00:09:08 (38.0%)	4:48	12.5 (61.9%)
452	<b>SZERSZEŃ Janusz</b>	<b>1070</b>	PIASECZNO RUNNING	M 40	145	00:00:44	00:11:40	<b>00:24:03.15</b>	<b>00:24:47.95</b>	+00:09:09 (38.1%)	4:48	12.5 (61.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
453	ZIENKIEWICZ Agata	1291	PIASECZNO RUNNING	K 40	15	00:00:44	00:11:40	00:24:03.25	00:24:47.70	+00:09:09 (38.1%)	4:48	12.5 (61.9%)
454	HYNEK Ewa	354		K 20	14	00:00:40	00:11:40	00:24:03.50	00:24:44.40	+00:09:09 (38.1%)	4:48	12.5 (61.9%)
455	BONDAR Witold	79		M 40	146	00:01:04	00:11:55	00:24:03.85	00:25:08.60	+00:09:10 (38.1%)	4:48	12.5 (61.9%)
456	JEWULSKI Damian	1478		M 30	114	00:00:34	00:11:52	00:24:04.15	00:24:38.35	+00:09:10 (38.1%)	4:48	12.5 (61.9%)
457	ŁAZICKI Tomasz	630		M 50	41	00:01:00	00:11:35	00:24:04.45	00:25:04.95	+00:09:10 (38.1%)	4:48	12.5 (61.9%)
458	STEMPIN Jacek	792		M 40	147	00:00:51	00:12:01	00:24:04.60	00:24:56.10	+00:09:10 (38.1%)	4:48	12.5 (61.9%)
459	DUMARA Jakub	217		M 30	115	00:00:56	00:12:06	00:24:04.65	00:25:00.70	+00:09:10 (38.1%)	4:48	12.5 (61.9%)
460	BIAŁAS Karol	57		M 30	116	00:00:16	00:11:34	00:24:04.75	00:24:20.75	+00:09:10 (38.1%)	4:48	12.5 (61.9%)
461	WYCECH Marek	1251		M 20	54	00:00:53	00:11:44	00:24:05.15	00:24:58.60	+00:09:11 (38.2%)	4:49	12.5 (61.9%)
462	WOJDAK Anna	1315	ROZBIEGANY PIASTÓW	K 40	16	00:00:29	00:11:31	00:24:08.70	00:24:38.30	+00:09:14 (38.3%)	4:49	12.4 (61.4%)
463	TUKA Anna	1464		K 30	27	00:00:36	00:12:00	00:24:08.75	00:24:44.95	+00:09:14 (38.3%)	4:49	12.4 (61.4%)
464	TABAK Andrzej	1117		M 60	8	00:00:56	00:12:10	00:24:09.10	00:25:05.30	+00:09:15 (38.3%)	4:49	12.4 (61.4%)
465	OSTROWSKI Ryszard	808	ŻYWCEM ZABIEGANI	M 50	42	00:00:35	00:11:40	00:24:11.00	00:24:46.10	+00:09:17 (38.4%)	4:50	12.4 (61.4%)
466	KACZOREK Marcin	1476		M 40	148	00:00:21	00:11:49	00:24:11.50	00:24:33.30	+00:09:17 (38.4%)	4:50	12.4 (61.4%)
466	RACZYŃSKA Natalia	909		K 20	15	00:01:03	00:12:14	00:24:11.50	00:25:14.95	+00:09:17 (38.4%)	4:50	12.4 (61.4%)
468	KOSSAKOWSKA Katarzyna	510		K 40	17	00:00:47	00:11:57	00:24:11.60	00:24:58.80	+00:09:17 (38.4%)	4:50	12.4 (61.4%)
469	MELLIN Darek	705		M 40	149	00:02:07	00:11:54	00:24:14.20	00:26:21.30	+00:09:20 (38.5%)	4:50	12.4 (61.4%)
470	MILIK Marek	1348		M 30	117	00:01:16	00:12:10	00:24:15.30	00:25:32.15	+00:09:21 (38.6%)	4:51	12.4 (61.4%)
471	ŚLEPOWROŃSKI Jakub	1107	PZU SPORT TEAM	M 30	118	00:00:58	00:12:18	00:24:16.25	00:25:14.80	+00:09:22 (38.6%)	4:51	12.4 (61.4%)
472	KRÓL Łukasz	554	PZU SPORT TEAM	M 30	119	00:01:09	00:12:10	00:24:16.80	00:25:26.20	+00:09:23 (38.6%)	4:51	12.4 (61.4%)
473	GOLISZ Adam	288		M 50	43	00:00:24	00:12:00	00:24:17.05	00:24:41.65	+00:09:23 (38.7%)	4:51	12.4 (61.4%)
474	IWONIN Jurek	362		M 40	150	00:00:56	00:12:20	00:24:18.30	00:25:14.90	+00:09:24 (38.7%)	4:51	12.3 (60.9%)
475	MAŁYSA Piotr	672		M 30	120	00:00:56	00:11:58	00:24:18.40	00:25:14.50	+00:09:24 (38.7%)	4:51	12.3 (60.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
476	<b>KURZACZ Paulina</b>	<b>589</b>		K 16	1	00:01:18	00:12:27	<b>00:24:18.55</b>	<b>00:25:36.90</b>	+00:09:24 (38.7%)	4:51	12.3 (60.9%)
477	<b>LESIAK Radosław</b>	<b>1525</b>		M 60	9	00:00:40	00:11:59	<b>00:24:18.65</b>	<b>00:24:58.95</b>	+00:09:24 (38.7%)	4:51	12.3 (60.9%)
478	<b>PIOTROWSKI Mateusz</b>	<b>860</b>		M 30	121	00:01:16	00:12:29	<b>00:24:18.80</b>	<b>00:25:35.50</b>	+00:09:25 (38.7%)	4:51	12.3 (60.9%)
479	<b>MALINOWSKI Konrad</b>	<b>666</b>	PACZKA SZLUGÓW	M 40	151	00:00:12	00:11:39	<b>00:24:19.10</b>	<b>00:24:31.85</b>	+00:09:25 (38.7%)	4:51	12.3 (60.9%)
480	<b>GOGACZ Tymoteusz</b>	<b>287</b>	REAL VARSOVIA F.C	M 12	9	00:00:53	00:12:01	<b>00:24:19.55</b>	<b>00:25:13.20</b>	+00:09:25 (38.8%)	4:51	12.3 (60.9%)
481	<b>DUCHNOWSKA Natalia</b>	<b>213</b>		K 20	16	00:00:44	00:11:58	<b>00:24:19.90</b>	<b>00:25:03.95</b>	+00:09:26 (38.8%)	4:51	12.3 (60.9%)
482	<b>GRUSZKA Jakub</b>	<b>317</b>		M 30	122	00:00:50	00:11:49	<b>00:24:20.10</b>	<b>00:25:10.25</b>	+00:09:26 (38.8%)	4:52	12.3 (60.9%)
483	<b>GRABOWIEC-ALIKOWSKA Renata</b>	<b>1462</b>		K 40	18	00:01:22	00:12:04	<b>00:24:20.45</b>	<b>00:25:43.30</b>	+00:09:26 (38.8%)	4:52	12.3 (60.9%)
484	<b>SACHMATA Jacek</b>	<b>1459</b>	Y-JACK	M 30	123	00:00:36	00:12:00	<b>00:24:20.90</b>	<b>00:24:57.40</b>	+00:09:27 (38.8%)	4:52	12.3 (60.9%)
485	<b>GAŁECKI Tomasz</b>	<b>264</b>		M 50	44	00:00:52	00:11:49	<b>00:24:22.30</b>	<b>00:25:14.35</b>	+00:09:28 (38.9%)	4:52	12.3 (60.9%)
486	<b>CENTKOWSKI Mateusz</b>	<b>1316</b>		M 16	20	00:00:11	00:12:02	<b>00:24:23.65</b>	<b>00:24:34.90</b>	+00:09:29 (38.9%)	4:52	12.3 (60.9%)
487	<b>KOZAKOWSKI Sebastian</b>	<b>535</b>		M 30	124	00:01:10	00:12:08	<b>00:24:23.80</b>	<b>00:25:34.20</b>	+00:09:30 (38.9%)	4:52	12.3 (60.9%)
488	<b>MATYSIAK Jakub</b>	<b>1367</b>	STG WARSZAWA	M 30	125	00:00:52	00:11:36	<b>00:24:23.95</b>	<b>00:25:16.50</b>	+00:09:30 (38.9%)	4:52	12.3 (60.9%)
489	<b>STĘPNIAK Mariusz</b>	<b>1033</b>		M 50	45	00:01:05	00:12:17	<b>00:24:24.35</b>	<b>00:25:29.40</b>	+00:09:30 (39.0%)	4:52	12.3 (60.9%)
490	<b>RZYMOWSKA Krystyna</b>	<b>953</b>		K 50	2	00:00:53	00:12:24	<b>00:24:24.75</b>	<b>00:25:17.80</b>	+00:09:30 (39.0%)	4:52	12.3 (60.9%)
491	<b>ROSTKOWSKI Bartosz</b>	<b>933</b>		M 40	152	00:00:46	00:12:15	<b>00:24:25.15</b>	<b>00:25:11.55</b>	+00:09:31 (39.0%)	4:53	12.3 (60.9%)
492	<b>WOJCIECHOWSKA Agnieszka</b>	<b>1229</b>		K 40	19	00:00:56	00:11:57	<b>00:24:25.30</b>	<b>00:25:22.10</b>	+00:09:31 (39.0%)	4:53	12.3 (60.9%)
493	<b>SNOPEK Stanisław</b>	<b>1007</b>	TVP SPORT	M 50	46	00:00:37	00:11:49	<b>00:24:26.45</b>	<b>00:25:03.85</b>	+00:09:32 (39.1%)	4:53	12.3 (60.9%)
493	<b>KĄKOL Tomasz</b>	<b>437</b>		M 30	126	00:00:45	00:11:53	<b>00:24:26.45</b>	<b>00:25:11.70</b>	+00:09:32 (39.1%)	4:53	12.3 (60.9%)
495	<b>TRZECIAKOWSKI Paweł</b>	<b>1151</b>	PAWEŁ TRZECIAKOWSKI	M 30	127	00:00:58	00:11:50	<b>00:24:26.65</b>	<b>00:25:24.70</b>	+00:09:32 (39.1%)	4:53	12.3 (60.9%)
496	<b>WŁODARCZYK Tomasz</b>	<b>1222</b>		M 30	128	00:00:51	00:11:59	<b>00:24:27.45</b>	<b>00:25:19.25</b>	+00:09:33 (39.1%)	4:53	12.3 (60.9%)
497	<b>KRUSIEWICZ Tomasz</b>	<b>561</b>		M 40	153	00:01:07	00:12:08	<b>00:24:28.85</b>	<b>00:25:36.75</b>	+00:09:35 (39.1%)	4:53	12.3 (60.9%)
498	<b>SZYMAŃSKI Krzysztof</b>	<b>1093</b>	KINGS OF LEMON	M 40	154	00:00:58	00:12:16	<b>00:24:29.15</b>	<b>00:25:27.20</b>	+00:09:35 (39.2%)	4:53	12.3 (60.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
499	<b>RZEPECKI Łukasz</b>	<b>952</b>		M 40	155	00:01:12	00:12:24	<b>00:24:29.30</b>	<b>00:25:41.75</b>	+00:09:35 (39.2%)	4:53	12.3 (60.9%)
500	<b>GORZKIEWICZ Patrycja</b>	<b>294</b>		K 40	20	00:00:38	00:11:54	<b>00:24:29.75</b>	<b>00:25:08.70</b>	+00:09:35 (39.2%)	4:53	12.3 (60.9%)
501	<b>GOGACZ Magdalena</b>	<b>286</b>	URZĄD DZIELNICY URSYNÓW	K 40	21	00:00:53	00:11:55	<b>00:24:30.35</b>	<b>00:25:24.10</b>	+00:09:36 (39.2%)	4:54	12.2 (60.4%)
502	<b>GRUSZYŃSKI Franciszek</b>	<b>1558</b>		M 16	21	00:01:41	00:12:56	<b>00:24:30.95</b>	<b>00:26:12.20</b>	+00:09:37 (39.2%)	4:54	12.2 (60.4%)
503	<b>WIEWIURA Agnieszka</b>	<b>1199</b>	GÓRA BIEGA	K 30	28	00:00:14	00:11:58	<b>00:24:31.45</b>	<b>00:24:45.80</b>	+00:09:37 (39.3%)	4:54	12.2 (60.4%)
504	<b>KARPIŃSKA Monika</b>	<b>427</b>		K 30	29	00:00:36	00:11:58	<b>00:24:31.60</b>	<b>00:25:08.55</b>	+00:09:37 (39.3%)	4:54	12.2 (60.4%)
505	<b>SIERY Artur</b>	<b>972</b>		M 60	10	00:01:00	00:12:17	<b>00:24:31.95</b>	<b>00:25:32.50</b>	+00:09:38 (39.3%)	4:54	12.2 (60.4%)
506	<b>KACPROWSKI Tadeusz</b>	<b>1379</b>		M 70	2	00:01:06	00:12:03	<b>00:24:32.00</b>	<b>00:25:38.75</b>	+00:09:38 (39.3%)	4:54	12.2 (60.4%)
507	<b>ORNOWSKA Joanna</b>	<b>802</b>		K 20	17	00:01:00	00:12:16	<b>00:24:32.20</b>	<b>00:25:32.45</b>	+00:09:38 (39.3%)	4:54	12.2 (60.4%)
508	<b>GRYNKIEWICZ Grzegorz</b>	<b>322</b>		M 12	10	00:01:06	00:12:17	<b>00:24:33.75</b>	<b>00:25:40.15</b>	+00:09:39 (39.4%)	4:54	12.2 (60.4%)
509	<b>MAZUR Daniel</b>	<b>700</b>		M 30	129	00:00:31	00:11:50	<b>00:24:33.80</b>	<b>00:25:04.80</b>	+00:09:40 (39.4%)	4:54	12.2 (60.4%)
510	<b>MARCEWSKI Marcin</b>	<b>679</b>	RESILIA BEMOWO	M 40	156	00:00:17	00:11:34	<b>00:24:34.55</b>	<b>00:24:52.50</b>	+00:09:40 (39.4%)	4:54	12.2 (60.4%)
511	<b>SIDORCZUK-KUMOSA Dorota</b>	<b>968</b>	TEAM ZABIEGANEDNI / PRETTYFITTYTEAM	K 40	22	00:00:50	00:11:48	<b>00:24:34.70</b>	<b>00:25:24.80</b>	+00:09:40 (39.4%)	4:54	12.2 (60.4%)
512	<b>PAWŁOWSKA Katarzyna</b>	<b>836</b>		K 40	23	00:00:32	00:11:43	<b>00:24:35.15</b>	<b>00:25:07.70</b>	+00:09:41 (39.4%)	4:55	12.2 (60.4%)
513	<b>TRZECIAKIEWICZ Marcin</b>	<b>1481</b>	SMASHING PĄPKINS	M 40	157	00:01:04	00:12:30	<b>00:24:35.20</b>	<b>00:25:40.00</b>	+00:09:41 (39.4%)	4:55	12.2 (60.4%)
514	<b>KOWALCZYK Robert</b>	<b>515</b>		M 40	158	00:00:11	00:12:07	<b>00:24:35.40</b>	<b>00:24:47.05</b>	+00:09:41 (39.4%)	4:55	12.2 (60.4%)
515	<b>NALEPA Szymon</b>	<b>758</b>		M 30	130	00:01:11	00:12:33	<b>00:24:36.40</b>	<b>00:25:48.05</b>	+00:09:42 (39.5%)	4:55	12.2 (60.4%)
516	<b>IGNATIUK Bartosz</b>	<b>1471</b>		M 30	131	00:01:05	00:12:10	<b>00:24:36.60</b>	<b>00:25:42.20</b>	+00:09:42 (39.5%)	4:55	12.2 (60.4%)
517	<b>SZYMAŃSKA Maja</b>	<b>1090</b>	WARSAW RUN CLUB	K 16	2	00:00:55	00:12:21	<b>00:24:36.90</b>	<b>00:25:32.40</b>	+00:09:43 (39.5%)	4:55	12.2 (60.4%)
518	<b>GRYNKIEWICZ Tomasz</b>	<b>320</b>		M 40	159	00:01:06	00:12:16	<b>00:24:37.05</b>	<b>00:25:43.50</b>	+00:09:43 (39.5%)	4:55	12.2 (60.4%)
519	<b>KOCIK Ełżbieta</b>	<b>10</b>		K 40	24	00:00:56	00:11:58	<b>00:24:37.10</b>	<b>00:25:33.70</b>	+00:09:43 (39.5%)	4:55	12.2 (60.4%)
520	<b>ADAMOWICZ Konrad</b>	<b>16</b>	ODDAWAJ KREW	M 40	160	00:00:37	00:11:52	<b>00:24:37.40</b>	<b>00:25:14.45</b>	+00:09:43 (39.5%)	4:55	12.2 (60.4%)
521	<b>CHMIELEWSKI Kamil</b>	<b>130</b>		M 30	132	00:00:51	00:11:54	<b>00:24:37.65</b>	<b>00:25:28.85</b>	+00:09:43 (39.5%)	4:55	12.2 (60.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
522	<b>MRÓZ Gabriela</b>	<b>744</b>	#PAWKORUNNERTeam	K 20	18	00:00:38	00:12:03	<b>00:24:37.70</b>	<b>00:25:16.30</b>	+00:09:43 (39.5%)	4:55	12.2 (60.4%)
523	<b>KRASNOWSKI Marcin</b>	<b>546</b>		M 30	133	00:00:57	00:12:03	<b>00:24:37.80</b>	<b>00:25:35.25</b>	+00:09:44 (39.5%)	4:55	12.2 (60.4%)
524	<b>PIWOWAREK Robert</b>	<b>867</b>		M 20	55	00:00:55	00:12:22	<b>00:24:38.90</b>	<b>00:25:33.90</b>	+00:09:45 (39.6%)	4:55	12.2 (60.4%)
525	<b>BORYS Michał</b>	<b>88</b>		M 16	22	00:01:18	00:12:10	<b>00:24:41.05</b>	<b>00:25:59.60</b>	+00:09:47 (39.7%)	4:56	12.2 (60.4%)
526	<b>KUCABA Mateusz</b>	<b>577</b>		M 30	134	00:01:18	00:12:16	<b>00:24:41.40</b>	<b>00:25:59.40</b>	+00:09:47 (39.7%)	4:56	12.2 (60.4%)
527	<b>KAPLIŃSKI Paweł</b>	<b>420</b>		M 30	135	00:00:09	00:11:43	<b>00:24:41.50</b>	<b>00:24:51.20</b>	+00:09:47 (39.7%)	4:56	12.2 (60.4%)
528	<b>YARMALOVICH Aliaksandr</b>	<b>1257</b>		M 30	136	00:01:05	00:12:15	<b>00:24:42.10</b>	<b>00:25:47.90</b>	+00:09:48 (39.7%)	4:56	12.1 (59.9%)
529	<b>TOMASZEWSKA Urszula</b>	<b>1133</b>	ZABIEGANY WOŁOMIN	K 40	25	00:01:14	00:12:18	<b>00:24:42.85</b>	<b>00:25:57.30</b>	+00:09:49 (39.7%)	4:56	12.1 (59.9%)
530	<b>FURDYNA Maria</b>	<b>258</b>		K 40	26	00:01:27	00:12:17	<b>00:24:42.95</b>	<b>00:26:10.55</b>	+00:09:49 (39.7%)	4:56	12.1 (59.9%)
531	<b>GÓRSKI Seweryn</b>	<b>1583</b>		M 12	11	00:00:50	00:12:06	<b>00:24:43.00</b>	<b>00:25:33.50</b>	+00:09:49 (39.7%)	4:56	12.1 (59.9%)
532	<b>ZAKRZEWSKI Michał</b>	<b>1264</b>		M 30	137	00:00:35	00:12:04	<b>00:24:43.45</b>	<b>00:25:19.30</b>	+00:09:49 (39.7%)	4:56	12.1 (59.9%)
533	<b>KEMPA Piotr</b>	<b>438</b>		M 30	138	00:00:39	00:12:01	<b>00:24:43.70</b>	<b>00:25:22.80</b>	+00:09:49 (39.8%)	4:56	12.1 (59.9%)
534	<b>KŁYSZEWSKA Michalina</b>	<b>466</b>		K 20	19	00:01:00	00:12:16	<b>00:24:44.25</b>	<b>00:25:45.05</b>	+00:09:50 (39.8%)	4:56	12.1 (59.9%)
535	<b>MULIK Piotr</b>	<b>747</b>	RAZEM TRENUJEMY SPORT	M 30	139	00:00:47	00:12:12	<b>00:24:44.65</b>	<b>00:25:32.35</b>	+00:09:50 (39.8%)	4:56	12.1 (59.9%)
536	<b>OWCZARCZYK Michał</b>	<b>810</b>		M 40	161	00:01:08	00:12:27	<b>00:24:45.95</b>	<b>00:25:54.10</b>	+00:09:52 (39.8%)	4:57	12.1 (59.9%)
537	<b>OWCZARCZYK Jan</b>	<b>811</b>		M 14	5	00:01:08	00:12:27	<b>00:24:46.00</b>	<b>00:25:54.65</b>	+00:09:52 (39.9%)	4:57	12.1 (59.9%)
538	<b>SZWAD Martyna</b>	<b>1568</b>	GAPMONT RUNNING TEAM	K 30	30	00:01:06	00:12:22	<b>00:24:47.40</b>	<b>00:25:54.30</b>	+00:09:53 (39.9%)	4:57	12.1 (59.9%)
539	<b>CABAJ Marek</b>	<b>117</b>		M 40	162	00:01:23	00:12:37	<b>00:24:48.40</b>	<b>00:26:12.30</b>	+00:09:54 (39.9%)	4:57	12.1 (59.9%)
540	<b>REJDYCH Aleksander</b>	<b>920</b>		M 30	140	00:00:55	00:12:21	<b>00:24:49.60</b>	<b>00:25:44.60</b>	+00:09:55 (40.0%)	4:57	12.1 (59.9%)
541	<b>KOSECKI Jakub</b>	<b>505</b>		M 40	163	00:02:20	00:12:27	<b>00:24:49.80</b>	<b>00:27:10.75</b>	+00:09:56 (40.0%)	4:57	12.1 (59.9%)
542	<b>RADZIKOWSKI Franciszek</b>	<b>913</b>		M 50	47	00:00:53	00:12:15	<b>00:24:50.10</b>	<b>00:25:43.70</b>	+00:09:56 (40.0%)	4:58	12.1 (59.9%)
543	<b>KOSSECKI Dominik</b>	<b>1437</b>		M 40	164	00:00:51	00:12:06	<b>00:24:50.30</b>	<b>00:25:42.00</b>	+00:09:56 (40.0%)	4:58	12.1 (59.9%)
544	<b>ADAMCZYK Mirosław</b>	<b>1491</b>	HARPAGONS	M 60	11	00:01:14	00:12:10	<b>00:24:50.75</b>	<b>00:26:05.35</b>	+00:09:56 (40.0%)	4:58	12.1 (59.9%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
545	<b>CZUBASZEK Krzysztof</b>	<b>168</b>		M 40	165	00:00:13	00:11:59	<b>00:24:50.80</b>	<b>00:25:03.90</b>	+00:09:57 (40.0%)	4:58	12.1 (59.9%)
546	<b>PIWOWAREK Grzegorz</b>	<b>866</b>		M 30	141	00:00:41	00:12:39	<b>00:24:51.30</b>	<b>00:25:32.50</b>	+00:09:57 (40.1%)	4:58	12.1 (59.9%)
547	<b>KOSZUT Wiktor</b>	<b>513</b>	SYNOPSIS CONSULTING WOJCIECH KOSZUT	M 12	12	00:01:52	00:12:50	<b>00:24:51.80</b>	<b>00:26:44.00</b>	+00:09:58 (40.1%)	4:58	12.1 (59.9%)
548	<b>GRYSZPANOWICZ Sebastian</b>	<b>323</b>	SEBASTIAN GRYSZPANOWICZ - REHABILITACJA	M 40	166	00:01:12	00:12:28	<b>00:24:51.90</b>	<b>00:26:04.00</b>	+00:09:58 (40.1%)	4:58	12.1 (59.9%)
549	<b>KOWALSKA Kasia</b>	<b>525</b>	TEAM ZABIEGANEDNI	K 40	27	00:01:31	00:12:27	<b>00:24:52.20</b>	<b>00:26:23.20</b>	+00:09:58 (40.1%)	4:58	12.1 (59.9%)
550	<b>KALBARCZYK Igor</b>	<b>409</b>		M 30	142	00:01:08	00:12:27	<b>00:24:52.25</b>	<b>00:26:00.70</b>	+00:09:58 (40.1%)	4:58	12.1 (59.9%)
551	<b>MYŚLIŃSKI Zdzisław</b>	<b>753</b>		M 40	167	00:00:18	00:12:01	<b>00:24:52.95</b>	<b>00:25:11.60</b>	+00:09:59 (40.1%)	4:58	12.1 (59.9%)
552	<b>PLATE Piotr</b>	<b>868</b>		M 30	143	00:00:00		<b>00:24:53.90</b>	<b>00:24:53.90</b>	+00:10:00 (40.2%)	4:58	12.1 (59.9%)
553	<b>KOWALSKA Paulina</b>	<b>528</b>		K 40	28	00:00:52	00:11:58	<b>00:24:54.35</b>	<b>00:25:46.90</b>	+00:10:00 (40.2%)	4:58	12 (59.4%)
554	<b>KORSAKOV Kostiantyn</b>	<b>1590</b>	NW CZŁAPSKI TEAM	M 50	48	00:02:10	00:12:57	<b>00:24:55.55</b>	<b>00:27:06.10</b>	+00:10:01 (40.2%)	4:59	12 (59.4%)
555	<b>JURCZAK Grzegorz</b>	<b>402</b>		M 30	144	00:00:53	00:12:24	<b>00:24:56.75</b>	<b>00:25:49.80</b>	+00:10:02 (40.3%)	4:59	12 (59.4%)
556	<b>CZERNIGOWSKI Szymon</b>	<b>165</b>		M 20	56	00:00:53	00:11:57	<b>00:24:58.05</b>	<b>00:25:51.50</b>	+00:10:04 (40.3%)	4:59	12 (59.4%)
557	<b>DĘBIŃSKI Michał</b>	<b>189</b>		M 40	168	00:00:59	00:12:19	<b>00:24:58.40</b>	<b>00:25:57.75</b>	+00:10:04 (40.3%)	4:59	12 (59.4%)
558	<b>PUCZYŃSKA Renata</b>	<b>905</b>		K 40	29	00:00:21	00:11:58	<b>00:25:00.05</b>	<b>00:25:21.45</b>	+00:10:06 (40.4%)	5:00	12 (59.4%)
559	<b>KĘSKA Wiktor</b>	<b>1574</b>		M 20	57	00:01:30	00:12:12	<b>00:25:00.45</b>	<b>00:26:31.30</b>	+00:10:06 (40.4%)	5:00	12 (59.4%)
560	<b>IWASYSZYN Michal</b>	<b>361</b>		M 40	169	00:00:55	00:12:21	<b>00:25:00.65</b>	<b>00:25:56.30</b>	+00:10:06 (40.4%)	5:00	12 (59.4%)
561		<b>1588</b>				00:00:20	00:13:14	<b>00:25:05.35</b>	<b>00:25:26.05</b>	+00:10:11 (40.6%)	5:01	12 (59.4%)
562	<b>ULITKO Wojciech</b>	<b>1163</b>		M 40	170	00:00:00	00:12:35	<b>00:25:05.40</b>	<b>00:25:05.40</b>	+00:10:11 (40.6%)	5:01	12 (59.4%)
563	<b>BERDYŃSKI Jarosław</b>	<b>55</b>	RUNJAR	M 40	171	00:00:58	00:11:56	<b>00:25:05.55</b>	<b>00:26:04.40</b>	+00:10:11 (40.6%)	5:01	12 (59.4%)
564	<b>KĘPKA Krzysztof</b>	<b>442</b>		M 30	145	00:01:00	00:12:17	<b>00:25:06.10</b>	<b>00:26:06.10</b>	+00:10:12 (40.7%)	5:01	12 (59.4%)
565	<b>PASTUSZAK Piotr</b>	<b>828</b>		M 40	172	00:00:50	00:12:01	<b>00:25:06.55</b>	<b>00:25:57.45</b>	+00:10:12 (40.7%)	5:01	12 (59.4%)
566	<b>FRANK-DEMBIŃSKA Agnieszka</b>	<b>252</b>	WMT	K 40	30	00:00:59	00:12:16	<b>00:25:08.35</b>	<b>00:26:07.40</b>	+00:10:14 (40.7%)	5:01	11.9 (58.9%)
566	<b>CHWASTEK Ryszard</b>	<b>139</b>	RATUJMYRYSIE	M 60	12	00:02:18	00:12:31	<b>00:25:08.35</b>	<b>00:27:26.55</b>	+00:10:14 (40.7%)	5:01	11.9 (58.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
568	<b>KLIMEK Marta</b>	<b>459</b>	M&M RUNNING TEAM	K 30	31	00:00:49	00:12:15	<b>00:25:08.55</b>	<b>00:25:57.80</b>	+00:10:14 (40.8%)	5:01	11.9 (58.9%)
569	<b>KOPER Sebastian</b>	<b>495</b>	CARREFOUR RUNNING TEAM	M 40	173	00:00:26	00:12:10	<b>00:25:09.05</b>	<b>00:25:35.25</b>	+00:10:15 (40.8%)	5:01	11.9 (58.9%)
570	<b>MICHALAK Marta</b>	<b>710</b>	PŁOŃSZCZANKI SEKCJA LA 4 KOŁA PTS PŁOŃSK	K 40	31	00:00:36	00:12:20	<b>00:25:10.25</b>	<b>00:25:46.55</b>	+00:10:16 (40.8%)	5:02	11.9 (58.9%)
571	<b>WITEK Sebastian</b>	<b>1215</b>		M 30	146	00:00:39	00:12:34	<b>00:25:11.95</b>	<b>00:25:51.15</b>	+00:10:18 (40.9%)	5:02	11.9 (58.9%)
572	<b>MIELNICZUK Bogusław</b>	<b>716</b>		M 40	174	00:01:43	00:13:01	<b>00:25:12.15</b>	<b>00:26:55.35</b>	+00:10:18 (40.9%)	5:02	11.9 (58.9%)
573	<b>FLOREK Małgorzata</b>	<b>250</b>		K 30	32	00:01:03	00:12:24	<b>00:25:12.20</b>	<b>00:26:15.20</b>	+00:10:18 (40.9%)	5:02	11.9 (58.9%)
574	<b>RYNKOWSKI Michał</b>	<b>948</b>	POLADA	M 30	147	00:01:04	00:13:12	<b>00:25:12.35</b>	<b>00:26:16.80</b>	+00:10:18 (40.9%)	5:02	11.9 (58.9%)
575	<b>GROCHOWSKI Marcin</b>	<b>312</b>		M 40	175	00:01:03	00:12:29	<b>00:25:13.20</b>	<b>00:26:16.65</b>	+00:10:19 (40.9%)	5:02	11.9 (58.9%)
576	<b>RACZYŃSKI Paweł</b>	<b>910</b>		M 40	176	00:01:03	00:12:14	<b>00:25:13.30</b>	<b>00:26:17.15</b>	+00:10:19 (40.9%)	5:02	11.9 (58.9%)
577	<b>BARYŁA Krzysztof</b>	<b>1492</b>		M 40	177	00:01:17	00:12:30	<b>00:25:13.55</b>	<b>00:26:31.20</b>	+00:10:19 (40.9%)	5:02	11.9 (58.9%)
578	<b>DERESZ Wiktor</b>	<b>184</b>	ADIDAS RUNNERS WARSAW	M 30	148	00:00:57	00:12:19	<b>00:25:15.95</b>	<b>00:26:13.25</b>	+00:10:22 (41.0%)	5:03	11.9 (58.9%)
579	<b>CZECHOWSKI Tomasz</b>	<b>161</b>		M 20	58	00:01:03	00:13:53	<b>00:25:16.30</b>	<b>00:26:20.15</b>	+00:10:22 (41.1%)	5:03	11.9 (58.9%)
580	<b>NOWAKOWSKI Czesław</b>	<b>1572</b>	DUCLA ACADEMY WARSZAWA	M 70	3	00:01:19	00:12:14	<b>00:25:16.95</b>	<b>00:26:36.00</b>	+00:10:23 (41.1%)	5:03	11.9 (58.9%)
581	<b>GRYNKIEWICZ Roman</b>	<b>321</b>		M 14	6	00:01:07	00:11:55	<b>00:25:17.45</b>	<b>00:26:24.85</b>	+00:10:23 (41.1%)	5:03	11.9 (58.9%)
582	<b>URYNOWICZ Piotrek</b>	<b>1168</b>		M 30	149	00:00:54	00:12:03	<b>00:25:17.60</b>	<b>00:26:11.95</b>	+00:10:23 (41.1%)	5:03	11.9 (58.9%)
583	<b>KOŁUCKI Stefan</b>	<b>483</b>	SFORA BMK	M 30	150	00:00:46	00:11:52	<b>00:25:18.00</b>	<b>00:26:04.00</b>	+00:10:24 (41.1%)	5:03	11.9 (58.9%)
584	<b>IWANOWSKA Sylwia</b>	<b>360</b>		K 40	32	00:01:12	00:12:32	<b>00:25:18.90</b>	<b>00:26:31.20</b>	+00:10:25 (41.2%)	5:03	11.9 (58.9%)
585	<b>ŁYSIAK Krzysztof</b>	<b>651</b>		M 40	178	00:01:36	00:12:18	<b>00:25:18.95</b>	<b>00:26:55.35</b>	+00:10:25 (41.2%)	5:03	11.9 (58.9%)
586	<b>DŻUCHIL Mateusz</b>	<b>232</b>	FOOTBALL TALENTS	M 20	59	00:01:09	00:12:35	<b>00:25:19.90</b>	<b>00:26:29.85</b>	+00:10:26 (41.2%)	5:03	11.8 (58.4%)
587	<b>KUKLA Elzbieta</b>	<b>584</b>	PWC RUNNING TEAM	K 50	3	00:01:02	00:12:31	<b>00:25:21.20</b>	<b>00:26:24.00</b>	+00:10:27 (41.2%)	5:04	11.8 (58.4%)
588	<b>GALA Tomasz</b>	<b>1444</b>		M 40	179	00:02:12	00:12:36	<b>00:25:21.35</b>	<b>00:27:33.50</b>	+00:10:27 (41.2%)	5:04	11.8 (58.4%)
589	<b>CIOSEK Marcin</b>	<b>149</b>		M 40	180	00:01:05	00:12:26	<b>00:25:22.40</b>	<b>00:26:28.15</b>	+00:10:28 (41.3%)	5:04	11.8 (58.4%)
589	<b>WIERBIŁOWICZ Dariusz</b>	<b>1196</b>		M 40	181	00:00:00	00:12:54	<b>00:25:22.40</b>	<b>00:25:22.40</b>	+00:10:28 (41.3%)	5:04	11.8 (58.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
591	<b>PARTYKA Agnieszka</b>	<b>824</b>	PGE ENERGETIC RUNNING	K 50	4	00:01:09	00:12:35	<b>00:25:22.65</b>	<b>00:26:32.35</b>	+00:10:28 (41.3%)	5:04	11.8 (58.4%)
592	<b>GIL Michał</b>	<b>279</b>		M 20	60	00:01:02	00:13:04	<b>00:25:22.70</b>	<b>00:26:25.15</b>	+00:10:28 (41.3%)	5:04	11.8 (58.4%)
593	<b>KARPA Katarzyna</b>	<b>1411</b>	SMASHING PAPKINS	K 40	33	00:01:04	00:12:30	<b>00:25:23.85</b>	<b>00:26:28.35</b>	+00:10:30 (41.3%)	5:04	11.8 (58.4%)
594	<b>ZAMOJSKI Mariusz</b>	<b>1452</b>		M 40	182	00:00:34	00:12:04	<b>00:25:24.25</b>	<b>00:25:59.05</b>	+00:10:30 (41.4%)	5:04	11.8 (58.4%)
595	<b>GROCHOWSKI Paweł</b>	<b>311</b>	PZU SPORT TEAM	M 40	183	00:01:09	00:12:05	<b>00:25:25.20</b>	<b>00:26:34.45</b>	+00:10:31 (41.4%)	5:05	11.8 (58.4%)
596	<b>KALINOWSKI Piotr</b>	<b>1448</b>		M 40	184	00:00:35	00:12:39	<b>00:25:25.25</b>	<b>00:26:00.95</b>	+00:10:31 (41.4%)	5:05	11.8 (58.4%)
597	<b>MACKENTHUN Tomasz</b>	<b>656</b>		M 16	23	00:00:00	00:13:25	<b>00:25:25.65</b>	<b>00:25:25.65</b>	+00:10:31 (41.4%)	5:05	11.8 (58.4%)
598	<b>LEWANDOWSKA Paulina</b>	<b>610</b>		K 30	33	00:00:59	00:12:31	<b>00:25:27.40</b>	<b>00:26:26.50</b>	+00:10:33 (41.5%)	5:05	11.8 (58.4%)
599	<b>KOKOCIŃSKI Piotr</b>	<b>1450</b>		M 50	49	00:01:04	00:12:54	<b>00:25:28.20</b>	<b>00:26:32.35</b>	+00:10:34 (41.5%)	5:05	11.8 (58.4%)
600	<b>MATUSIAK Marek</b>	<b>690</b>		M 40	185	00:02:19	00:12:46	<b>00:25:28.35</b>	<b>00:27:47.80</b>	+00:10:34 (41.5%)	5:05	11.8 (58.4%)
601	<b>SKELTON-WITKOWSKA Sarah</b>	<b>983</b>	VEGE RUNNERS	K 30	34	00:00:49	00:12:24	<b>00:25:28.60</b>	<b>00:26:18.40</b>	+00:10:34 (41.5%)	5:05	11.8 (58.4%)
602	<b>ŁOWKIS Marek</b>	<b>638</b>		M 40	186	00:00:52	00:12:20	<b>00:25:28.75</b>	<b>00:26:21.30</b>	+00:10:34 (41.5%)	5:05	11.8 (58.4%)
603	<b>KLIMKIEWICZ Beata</b>	<b>460</b>		K 40	34	00:01:11	00:12:28	<b>00:25:29.05</b>	<b>00:26:41.00</b>	+00:10:35 (41.5%)	5:05	11.8 (58.4%)
604	<b>WRÓBLEWSKI Kacper</b>	<b>1248</b>		M 20	61	00:01:17	00:12:46	<b>00:25:29.45</b>	<b>00:26:46.85</b>	+00:10:35 (41.6%)	5:05	11.8 (58.4%)
605	<b>ŁUCZAK Piotr</b>	<b>643</b>	PKO BANK POLSKI	M 40	187	00:01:01	00:12:25	<b>00:25:29.55</b>	<b>00:26:30.95</b>	+00:10:35 (41.6%)	5:05	11.8 (58.4%)
606	<b>GIEFERT Sylwia</b>	<b>278</b>		K 20	20	00:01:15	00:12:42	<b>00:25:29.85</b>	<b>00:26:45.00</b>	+00:10:36 (41.6%)	5:05	11.8 (58.4%)
607	<b>SZCZERBICKI Rafał</b>	<b>1065</b>	WARSAW RUN CLUB	M 40	188	00:00:24	00:11:31	<b>00:25:30.00</b>	<b>00:25:54.50</b>	+00:10:36 (41.6%)	5:06	11.8 (58.4%)
608	<b>CZERNIAK Adam</b>	<b>164</b>		M 30	151	00:01:12	00:12:27	<b>00:25:30.10</b>	<b>00:26:42.35</b>	+00:10:36 (41.6%)	5:06	11.8 (58.4%)
609	<b>ŁASZCZYCH Małgorzata</b>	<b>627</b>		K 30	35	00:00:46	00:12:20	<b>00:25:32.00</b>	<b>00:26:18.50</b>	+00:10:38 (41.7%)	5:06	11.7 (57.9%)
610	<b>FABROWICZ Katarzyna</b>	<b>237</b>		K 40	35	00:01:17	00:12:45	<b>00:25:32.05</b>	<b>00:26:50.00</b>	+00:10:38 (41.7%)	5:06	11.7 (57.9%)
611	<b>BITOWSKI Hubert</b>	<b>70</b>		M 40	189	00:01:07	00:12:38	<b>00:25:32.95</b>	<b>00:26:40.50</b>	+00:10:39 (41.7%)	5:06	11.7 (57.9%)
612	<b>DĄBROWSKI Emil</b>	<b>180</b>		M 30	152	00:01:24	00:12:47	<b>00:25:33.55</b>	<b>00:26:57.80</b>	+00:10:39 (41.7%)	5:06	11.7 (57.9%)
613	<b>MROZIŃSKI Mikołaj</b>	<b>1431</b>	AGREGATY RUN CLUB	M 30	153	00:01:02	00:12:19	<b>00:25:35.45</b>	<b>00:26:37.50</b>	+00:10:41 (41.8%)	5:07	11.7 (57.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
614	<b>KRAJEWSKI Przemysław</b>	<b>544</b>	12TRI	M 40	190	00:01:10	00:12:23	<b>00:25:35.50</b>	<b>00:26:45.80</b>	+00:10:41 (41.8%)	5:07	11.7 (57.9%)
615	<b>TEMPLER Marek</b>	<b>1123</b>	TEAMZABIEGANEDNI	M 30	154	00:00:59	00:12:18	<b>00:25:35.80</b>	<b>00:26:35.70</b>	+00:10:42 (41.8%)	5:07	11.7 (57.9%)
616	<b>SZTYLKO Michał</b>	<b>1078</b>		M 40	191	00:00:40	00:12:25	<b>00:25:36.50</b>	<b>00:26:16.60</b>	+00:10:42 (41.8%)	5:07	11.7 (57.9%)
617	<b>JARGIŁO Dawid</b>	<b>385</b>		M 20	62	00:01:13	00:12:56	<b>00:25:36.70</b>	<b>00:26:50.10</b>	+00:10:42 (41.8%)	5:07	11.7 (57.9%)
618	<b>KIETLIŃSKI Maciej</b>	<b>448</b>		M 50	50	00:01:40	00:12:58	<b>00:25:37.15</b>	<b>00:27:17.60</b>	+00:10:43 (41.9%)	5:07	11.7 (57.9%)
619	<b>KALINOWSKI Piotr</b>	<b>1545</b>		M 40	192	00:01:07	00:12:56	<b>00:25:37.65</b>	<b>00:26:45.50</b>	+00:10:43 (41.9%)	5:07	11.7 (57.9%)
620	<b>SIWEK Anna</b>	<b>981</b>		K 40	36	00:00:39	00:12:26	<b>00:25:37.70</b>	<b>00:26:16.75</b>	+00:10:43 (41.9%)	5:07	11.7 (57.9%)
621	<b>ZIELIŃSKI Krzysztof</b>	<b>1288</b>		M 40	193	00:00:08	00:11:38	<b>00:25:37.85</b>	<b>00:25:46.35</b>	+00:10:44 (41.9%)	5:07	11.7 (57.9%)
622	<b>NOWACZYŃSKA Katarzyna</b>	<b>776</b>	TEAMZABIEGANEDNI	K 40	37	00:00:57	00:12:36	<b>00:25:38.55</b>	<b>00:26:35.70</b>	+00:10:44 (41.9%)	5:07	11.7 (57.9%)
623	<b>JABLONSKA Katarzyna</b>	<b>364</b>		K 30	36	00:00:50	00:12:42	<b>00:25:39.35</b>	<b>00:26:29.75</b>	+00:10:45 (41.9%)	5:07	11.7 (57.9%)
624	<b>ZAMOJSKI Łukasz</b>	<b>1403</b>		M 40	194	00:02:25	00:12:15	<b>00:25:39.45</b>	<b>00:28:05.35</b>	+00:10:45 (41.9%)	5:07	11.7 (57.9%)
625	<b>POLESKI Radosław</b>	<b>879</b>		M 30	155	00:00:58	00:12:33	<b>00:25:39.60</b>	<b>00:26:37.85</b>	+00:10:45 (41.9%)	5:07	11.7 (57.9%)
626	<b>GRUZA Marta</b>	<b>318</b>	BIEGANIEPO40.PL	K 40	38	00:00:58	00:12:33	<b>00:25:40.65</b>	<b>00:26:39.30</b>	+00:10:46 (42.0%)	5:08	11.7 (57.9%)
627	<b>GOŁOŚ Artur</b>	<b>1451</b>		M 30	156	00:00:38	00:12:04	<b>00:25:41.40</b>	<b>00:26:20.15</b>	+00:10:47 (42.0%)	5:08	11.7 (57.9%)
628	<b>KRAUZ Paweł</b>	<b>548</b>	KPP W PIASECZNIK	M 40	195	00:01:42	00:12:38	<b>00:25:41.85</b>	<b>00:27:23.95</b>	+00:10:48 (42.0%)	5:08	11.7 (57.9%)
629	<b>OBUCHOWICZ Filip</b>	<b>784</b>		M 16	24	00:01:16	00:12:49	<b>00:25:42.05</b>	<b>00:26:58.35</b>	+00:10:48 (42.0%)	5:08	11.7 (57.9%)
630	<b>ĆWIEK Karolina</b>	<b>173</b>		K 30	37	00:00:59	00:12:16	<b>00:25:42.75</b>	<b>00:26:41.90</b>	+00:10:48 (42.1%)	5:08	11.7 (57.9%)
631	<b>PIETRZAK Mariusz</b>	<b>855</b>		M 40	196	00:00:53	00:12:27	<b>00:25:42.95</b>	<b>00:26:36.00</b>	+00:10:49 (42.1%)	5:08	11.7 (57.9%)
632	<b>SZADKOWSKI Błażej</b>	<b>1055</b>		M 40	197	00:01:04	00:13:02	<b>00:25:44.35</b>	<b>00:26:48.90</b>	+00:10:50 (42.1%)	5:08	11.7 (57.9%)
633		<b>1584</b>				00:00:51	00:12:04	<b>00:25:45.10</b>	<b>00:26:36.20</b>	+00:10:51 (42.2%)	5:09	11.7 (57.9%)
634	<b>SULECKA CHŁOPICKA Agnieszka</b>	<b>1042</b>	KS WARKA	K 40	39	00:00:23	00:12:34	<b>00:25:45.40</b>	<b>00:26:08.75</b>	+00:10:51 (42.2%)	5:09	11.7 (57.9%)
635	<b>SKIBNIEWSKI Karol</b>	<b>984</b>		M 20	63	00:02:05	00:13:24	<b>00:25:45.90</b>	<b>00:27:51.00</b>	+00:10:52 (42.2%)	5:09	11.7 (57.9%)
636	<b>ZAURSKA Karolina</b>	<b>1276</b>		K 20	21	00:01:01		<b>00:25:46.15</b>	<b>00:26:47.40</b>	+00:10:52 (42.2%)	5:09	11.6 (57.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
637	<b>SOCHACKA Elżbieta</b>	<b>1012</b>	GÓRA BIEGA	K 50	5	00:00:31	00:12:46	<b>00:25:46.30</b>	<b>00:26:18.10</b>	+00:10:52 (42.2%)	5:09	11.6 (57.4%)
638	<b>BIEDROŃ Dariusz</b>	<b>59</b>	ALUNIO TEAM	M 40	198	00:01:22	00:13:10	<b>00:25:46.75</b>	<b>00:27:09.60</b>	+00:10:52 (42.2%)	5:09	11.6 (57.4%)
639	<b>SZULC Mateusz</b>	<b>1396</b>		M 14	7	00:00:09	00:11:43	<b>00:25:46.80</b>	<b>00:25:55.95</b>	+00:10:53 (42.2%)	5:09	11.6 (57.4%)
640	<b>LEŚNIAK Irena</b>	<b>609</b>	LESNIAKTEAM	K 14	2	00:00:22	00:12:03	<b>00:25:47.50</b>	<b>00:26:10.40</b>	+00:10:53 (42.2%)	5:09	11.6 (57.4%)
641	<b>SKOWROŃSKI Wojciech</b>	<b>990</b>		M 50	51	00:01:43	00:12:40	<b>00:25:48.25</b>	<b>00:27:31.30</b>	+00:10:54 (42.3%)	5:09	11.6 (57.4%)
642	<b>TERCZYŃSKI Aleksander</b>	<b>1527</b>		M 14	8	00:01:21	00:13:48	<b>00:25:48.40</b>	<b>00:27:09.70</b>	+00:10:54 (42.3%)	5:09	11.6 (57.4%)
643	<b>MAREK Roman</b>	<b>680</b>		M 60	13	00:01:08	00:12:37	<b>00:25:48.50</b>	<b>00:26:56.95</b>	+00:10:54 (42.3%)	5:09	11.6 (57.4%)
644	<b>MAZUREK Maria</b>	<b>701</b>		K 30	38	00:01:12	00:12:34	<b>00:25:48.95</b>	<b>00:27:01.55</b>	+00:10:55 (42.3%)	5:09	11.6 (57.4%)
645	<b>PIETRUSZEWSKI Krzysztof</b>	<b>854</b>		M 40	199	00:00:41	00:12:15	<b>00:25:49.30</b>	<b>00:26:30.70</b>	+00:10:55 (42.3%)	5:09	11.6 (57.4%)
646	<b>MASTALERZ Andrzej</b>	<b>686</b>		M 50	52	00:01:11	00:13:02	<b>00:25:51.15</b>	<b>00:27:02.45</b>	+00:10:57 (42.4%)	5:10	11.6 (57.4%)
647	<b>ŻERKOWSKI Łukasz</b>	<b>1298</b>		M 40	200	00:00:11	00:12:04	<b>00:25:51.20</b>	<b>00:26:02.20</b>	+00:10:57 (42.4%)	5:10	11.6 (57.4%)
648	<b>TRONIEWSKA Zosia</b>	<b>1147</b>		K 16	3	00:01:13	00:12:28	<b>00:25:53.25</b>	<b>00:27:06.60</b>	+00:10:59 (42.5%)	5:10	11.6 (57.4%)
649	<b>KUCZA Piotr</b>	<b>1571</b>	BRP	M 40	201	00:00:49	00:12:11	<b>00:25:55.40</b>	<b>00:26:44.90</b>	+00:11:01 (42.5%)	5:11	11.6 (57.4%)
649	<b>MALINOWSKI Radek</b>	<b>667</b>		M 40	202	00:00:32	00:13:53	<b>00:25:55.40</b>	<b>00:26:28.25</b>	+00:11:01 (42.5%)	5:11	11.6 (57.4%)
651	<b>WOJDALSKI Krzysztof</b>	<b>1234</b>		M 40	203	00:01:21	00:12:53	<b>00:25:56.15</b>	<b>00:27:17.45</b>	+00:11:02 (42.6%)	5:11	11.6 (57.4%)
652	<b>TULA Renata</b>	<b>1153</b>	NBRC	K 70	1	00:00:57	00:12:57	<b>00:25:56.20</b>	<b>00:26:53.35</b>	+00:11:02 (42.6%)	5:11	11.6 (57.4%)
653	<b>LITWIN Hania</b>	<b>618</b>		K 14	3	00:01:24	00:13:14	<b>00:25:56.30</b>	<b>00:27:20.35</b>	+00:11:02 (42.6%)	5:11	11.6 (57.4%)
654	<b>KOBYLIŃSKA Agnieszka</b>	<b>472</b>		K 40	40	00:00:37	00:12:45	<b>00:25:56.85</b>	<b>00:26:34.70</b>	+00:11:03 (42.6%)	5:11	11.6 (57.4%)
655	<b>PETRYKA Wojciech</b>	<b>1532</b>		M 50	53	00:01:09	00:12:38	<b>00:25:57.00</b>	<b>00:27:06.05</b>	+00:11:03 (42.6%)	5:11	11.6 (57.4%)
656	<b>PATEREK Ada</b>	<b>830</b>	12TRI.PL	K 40	41	00:01:16	00:12:50	<b>00:25:57.90</b>	<b>00:27:14.30</b>	+00:11:04 (42.6%)	5:11	11.6 (57.4%)
656	<b>KANTARSKA-BRYŁA Marta</b>	<b>419</b>		K 30	39	00:01:14	00:13:19	<b>00:25:57.90</b>	<b>00:27:12.65</b>	+00:11:04 (42.6%)	5:11	11.6 (57.4%)
658	<b>KEMPA Jakub</b>	<b>24</b>		M 20	64	00:02:05	00:12:26	<b>00:25:59.15</b>	<b>00:28:04.90</b>	+00:11:05 (42.7%)	5:11	11.5 (56.9%)
659	<b>CHARKO Elżbieta</b>	<b>122</b>	GÓRA BIEGA	K 30	40	00:01:01	00:12:43	<b>00:25:59.80</b>	<b>00:27:01.05</b>	+00:11:06 (42.7%)	5:11	11.5 (56.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
660	<b>TŁACZAŁA Piotr</b>	<b>1126</b>		M 40	204	00:00:55	00:12:31	<b>00:25:59.85</b>	<b>00:26:55.20</b>	+00:11:06 (42.7%)	5:11	11.5 (56.9%)
661	<b>PAŃCZYK Joanna</b>	<b>822</b>		K 40	42	00:01:20	00:13:13	<b>00:26:00.35</b>	<b>00:27:20.70</b>	+00:11:06 (42.7%)	5:12	11.5 (56.9%)
662	<b>ADAMSKI Marcin</b>	<b>1323</b>		M 30	157	00:00:43	00:12:30	<b>00:26:00.50</b>	<b>00:26:43.85</b>	+00:11:06 (42.7%)	5:12	11.5 (56.9%)
663	<b>WINIARCZYK Łukasz</b>	<b>1206</b>		M 40	205	00:00:36	00:12:28	<b>00:26:01.15</b>	<b>00:26:37.45</b>	+00:11:07 (42.7%)	5:12	11.5 (56.9%)
663	<b>TYSZKA Dariusz</b>	<b>1159</b>		M 40	206	00:01:12	00:12:51	<b>00:26:01.15</b>	<b>00:27:13.45</b>	+00:11:07 (42.7%)	5:12	11.5 (56.9%)
665	<b>SZCZESNY Marcin</b>	<b>1066</b>		M 40	207	00:01:51	00:13:03	<b>00:26:02.20</b>	<b>00:27:53.90</b>	+00:11:08 (42.8%)	5:12	11.5 (56.9%)
665	<b>JÓŻWIK Artur</b>	<b>1312</b>		M 40	208	00:01:21	00:13:16	<b>00:26:02.20</b>	<b>00:27:23.50</b>	+00:11:08 (42.8%)	5:12	11.5 (56.9%)
667	<b>BOJARSKI Patryk</b>	<b>78</b>		M 20	65	00:01:02	00:12:59	<b>00:26:02.50</b>	<b>00:27:04.85</b>	+00:11:08 (42.8%)	5:12	11.5 (56.9%)
668	<b>BELKIEWICZ Rafał</b>	<b>52</b>	TEAM ZABIEGANEDNI / KABATY ULTRA	M 40	209	00:01:11	00:12:52	<b>00:26:02.75</b>	<b>00:27:14.25</b>	+00:11:08 (42.8%)	5:12	11.5 (56.9%)
669	<b>MATYKIEWICZ Łukasz</b>	<b>694</b>		M 40	210	00:00:15	00:12:52	<b>00:26:08.90</b>	<b>00:26:24.80</b>	+00:11:15 (43.0%)	5:13	11.5 (56.9%)
670	<b>SZEWCZYK Ewa</b>	<b>1310</b>		K 40	43	00:01:10	00:12:50	<b>00:26:10.35</b>	<b>00:27:20.85</b>	+00:11:16 (43.1%)	5:14	11.5 (56.9%)
670	<b>DOLIŃSKA Agnieszka</b>	<b>197</b>	WARSAW RUN CLUB	K 40	44	00:01:03	00:12:56	<b>00:26:10.35</b>	<b>00:27:13.90</b>	+00:11:16 (43.1%)	5:14	11.5 (56.9%)
672	<b>GUZIK Justyna</b>	<b>333</b>		K 30	41	00:01:19	00:12:49	<b>00:26:10.55</b>	<b>00:27:30.15</b>	+00:11:16 (43.1%)	5:14	11.5 (56.9%)
673	<b>KRAJEWSKA Alicja</b>	<b>542</b>		K 16	4	00:01:09	00:13:07	<b>00:26:10.65</b>	<b>00:27:20.40</b>	+00:11:16 (43.1%)	5:14	11.5 (56.9%)
674	<b>STASIŁA Radosław</b>	<b>1027</b>		M 40	211	00:01:34	00:13:01	<b>00:26:11.80</b>	<b>00:27:45.80</b>	+00:11:18 (43.1%)	5:14	11.5 (56.9%)
675	<b>BRZOST Krzysztof</b>	<b>99</b>		M 20	66	00:01:50	00:12:54	<b>00:26:12.80</b>	<b>00:28:03.60</b>	+00:11:19 (43.2%)	5:14	11.5 (56.9%)
676	<b>PRZYBYSZ Krzysztof</b>	<b>1556</b>		M 50	54	00:00:14	00:12:32	<b>00:26:13.20</b>	<b>00:26:27.30</b>	+00:11:19 (43.2%)	5:14	11.4 (56.4%)
677	<b>CHMIELEWSKI Adam</b>	<b>1419</b>		M 50	55	00:00:37	00:12:33	<b>00:26:13.25</b>	<b>00:26:50.60</b>	+00:11:19 (43.2%)	5:14	11.4 (56.4%)
678	<b>BULZACKI Michał</b>	<b>113</b>		M 30	158	00:00:58	00:12:23	<b>00:26:13.55</b>	<b>00:27:12.35</b>	+00:11:19 (43.2%)	5:14	11.4 (56.4%)
679	<b>CYGAN Anna</b>	<b>157</b>	WILD ULTRA WARRIORS	K 50	6	00:00:00	00:13:55	<b>00:26:13.80</b>	<b>00:26:13.80</b>	+00:11:20 (43.2%)	5:14	11.4 (56.4%)
680	<b>FREJTES Luis</b>	<b>1551</b>		M 60	14	00:00:25	00:12:44	<b>00:26:13.85</b>	<b>00:26:38.90</b>	+00:11:20 (43.2%)	5:14	11.4 (56.4%)
681	<b>BZURA Emilia</b>	<b>115</b>		K 40	45	00:00:55	00:12:49	<b>00:26:13.90</b>	<b>00:27:09.00</b>	+00:11:20 (43.2%)	5:14	11.4 (56.4%)
682	<b>MILLER Franciszek</b>	<b>724</b>	BIEGAM BO LUBIĘ ZĄBKI TEAM	M 14	9	00:01:25	00:12:54	<b>00:26:14.55</b>	<b>00:27:39.55</b>	+00:11:20 (43.2%)	5:14	11.4 (56.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
683	CHELEWSKA Dorota	125		K 30	42	00:01:39	00:12:58	00:26:16.00	00:27:55.10	+00:11:22 (43.3%)	5:15	11.4 (56.4%)
684	ŁOŚ Krzysztof	636	SBRT/BIEGUNIE 2022	M 60	15	00:00:45	00:12:53	00:26:16.30	00:27:01.50	+00:11:22 (43.3%)	5:15	11.4 (56.4%)
685	KRASUSKA Aneta	547		K 30	43	00:01:11	00:12:59	00:26:16.60	00:27:28.10	+00:11:22 (43.3%)	5:15	11.4 (56.4%)
686	WĄCHOCKI Paweł	1184		M 40	212	00:02:26	00:13:13	00:26:18.90	00:28:45.80	+00:11:25 (43.4%)	5:15	11.4 (56.4%)
687	STASIAK Łukasz	1026	FOOTBALL TALENTS	M 30	159	00:01:01	00:12:51	00:26:20.65	00:27:22.20	+00:11:26 (43.5%)	5:16	11.4 (56.4%)
688	ŚWIDERSKA Joanna	1112	WSPARCIETRENINGOWE.PL	K 30	44	00:01:02	00:12:56	00:26:20.90	00:27:23.70	+00:11:27 (43.5%)	5:16	11.4 (56.4%)
689	JANUCHTA Stanisław	1354		M 16	25	00:01:39	00:13:05	00:26:21.00	00:28:00.40	+00:11:27 (43.5%)	5:16	11.4 (56.4%)
690	WINNICKA-MACKENTHUN Agnieszka	1209		K 40	46	00:01:16	00:13:23	00:26:21.65	00:27:37.85	+00:11:27 (43.5%)	5:16	11.4 (56.4%)
691	MILLER Tomasz	723	BIEGAM BO LUBIĘ ZĄBKI TEAM	M 30	160	00:01:25	00:12:56	00:26:21.80	00:27:46.90	+00:11:28 (43.5%)	5:16	11.4 (56.4%)
692	BRODECKI Krzysztof	1399		M 40	213	00:01:29	00:13:05	00:26:22.90	00:27:52.60	+00:11:29 (43.5%)	5:16	11.4 (56.4%)
692	TARACH Magda	1119	KS STASZEWSKY	K 40	47	00:01:32	00:13:26	00:26:22.90	00:27:55.00	+00:11:29 (43.5%)	5:16	11.4 (56.4%)
694	KUPSC Andrzej	1376		M 50	56	00:01:13	00:12:58	00:26:23.25	00:27:36.30	+00:11:29 (43.5%)	5:16	11.4 (56.4%)
695	LEWANDOWSKA Joanna	611		K 50	7	00:01:31	00:13:06	00:26:24.40	00:27:55.80	+00:11:30 (43.6%)	5:16	11.4 (56.4%)
696	MULIK Karolina	748	RAZEM TRENUJEMY SPORT	K 30	45	00:01:25	00:13:10	00:26:24.70	00:27:50.55	+00:11:30 (43.6%)	5:16	11.4 (56.4%)
697	BATOR Zbigniew	48		M 60	16	00:00:49	00:13:06	00:26:25.25	00:27:15.10	+00:11:31 (43.6%)	5:17	11.4 (56.4%)
698	MULARZ Kajetan	746	BLACK BULLDOG	M 30	161	00:01:21	00:12:34	00:26:26.00	00:27:47.60	+00:11:32 (43.6%)	5:17	11.3 (55.9%)
699	MIKUSEK Ryszard	722		M 40	214	00:01:21	00:12:34	00:26:26.25	00:27:47.55	+00:11:32 (43.7%)	5:17	11.3 (55.9%)
700	REGUCKI Fabian	918		M 16	26	00:04:27	00:12:07	00:26:26.55	00:30:54.25	+00:11:32 (43.7%)	5:17	11.3 (55.9%)
701	WIT Magdalena	1214		K 20	22	00:01:22	00:13:34	00:26:26.75	00:27:48.80	+00:11:32 (43.7%)	5:17	11.3 (55.9%)
702	KURZACZ Katarzyna	588	12TRI.PL	K 50	8	00:01:18	00:13:12	00:26:27.40	00:27:45.50	+00:11:33 (43.7%)	5:17	11.3 (55.9%)
703	GRADZIUK Jakub	1336		M 30	162	00:01:13	00:12:56	00:26:27.60	00:27:40.70	+00:11:33 (43.7%)	5:17	11.3 (55.9%)
704	SZYMBORSKA Dota	1097	POŁAWIACZKI PEREŁ	K 40	48	00:01:00	00:12:56	00:26:27.75	00:27:28.30	+00:11:33 (43.7%)	5:17	11.3 (55.9%)
705	KIERASIŃSKA Dorota	447	TEAM ZABIEGANE DNI	K 40	49	00:00:59	00:12:44	00:26:28.50	00:27:27.95	+00:11:34 (43.7%)	5:17	11.3 (55.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
706	<b>RUTKOWSKI Maciej</b>	<b>944</b>		M 40	215	00:00:40	00:12:30	<b>00:26:29.00</b>	<b>00:27:09.10</b>	+00:11:35 (43.8%)	5:17	11.3 (55.9%)
707	<b>WEŁNA Mariusz</b>	<b>1188</b>		M 40	216	00:00:40	00:12:41	<b>00:26:29.20</b>	<b>00:27:09.30</b>	+00:11:35 (43.8%)	5:17	11.3 (55.9%)
708	<b>SYTA Rafał</b>	<b>1051</b>		M 40	217	00:01:10	00:13:14	<b>00:26:29.30</b>	<b>00:27:39.30</b>	+00:11:35 (43.8%)	5:17	11.3 (55.9%)
709	<b>ŻABOKLICKA Marta</b>	<b>1296</b>		K 30	46	00:01:35	00:13:21	<b>00:26:29.90</b>	<b>00:28:05.05</b>	+00:11:36 (43.8%)	5:17	11.3 (55.9%)
710	<b>KĘCIK Janusz</b>	<b>440</b>	SPARTANIE DZIECIOM	M 70	4	00:01:27	00:13:14	<b>00:26:30.00</b>	<b>00:27:57.10</b>	+00:11:36 (43.8%)	5:18	11.3 (55.9%)
711	<b>LULA Magdalena</b>	<b>620</b>	PWPW S.A.	K 40	50	00:01:14	00:12:48	<b>00:26:30.55</b>	<b>00:27:44.55</b>	+00:11:36 (43.8%)	5:18	11.3 (55.9%)
712	<b>ZIMOWICZ Alicja</b>	<b>1292</b>	DUCLA ACADEMY WARSZAWA	K 12	5	00:01:22	00:13:36	<b>00:26:31.40</b>	<b>00:27:53.75</b>	+00:11:37 (43.8%)	5:18	11.3 (55.9%)
713	<b>JĘDRZEJEWSKI Robert</b>	<b>397</b>		M 40	218	00:01:16	00:12:51	<b>00:26:31.50</b>	<b>00:27:47.60</b>	+00:11:37 (43.8%)	5:18	11.3 (55.9%)
714	<b>SZUTKO Michał</b>	<b>1084</b>		M 20	67	00:00:57	00:12:45	<b>00:26:31.60</b>	<b>00:27:28.60</b>	+00:11:37 (43.8%)	5:18	11.3 (55.9%)
714	<b>SZACKI Wojciech</b>	<b>1053</b>		M 40	219	00:01:34	00:13:07	<b>00:26:31.60</b>	<b>00:28:06.35</b>	+00:11:37 (43.8%)	5:18	11.3 (55.9%)
716	<b>SZOT Paweł</b>	<b>1361</b>		M 40	220	00:01:00	00:12:49	<b>00:26:32.05</b>	<b>00:27:32.85</b>	+00:11:38 (43.9%)	5:18	11.3 (55.9%)
717	<b>BAJDO Bartek</b>	<b>30</b>		M 40	221	00:01:21	00:13:26	<b>00:26:32.65</b>	<b>00:27:54.25</b>	+00:11:38 (43.9%)	5:18	11.3 (55.9%)
718	<b>ZIMOWICZ Magdalena</b>	<b>1293</b>		K 40	51	00:01:21	00:13:37	<b>00:26:33.50</b>	<b>00:27:55.40</b>	+00:11:39 (43.9%)	5:18	11.3 (55.9%)
719	<b>BARNAS Ilona</b>	<b>39</b>	PRETTY FILTRY TEAM	K 40	52	00:00:50	00:13:09	<b>00:26:33.70</b>	<b>00:27:24.20</b>	+00:11:39 (43.9%)	5:18	11.3 (55.9%)
720	<b>LIAKH Aliaksandr</b>	<b>1468</b>		M 30	163	00:02:06	00:13:32	<b>00:26:34.65</b>	<b>00:28:41.45</b>	+00:11:40 (44.0%)	5:18	11.3 (55.9%)
721	<b>ANTONIK Barbara</b>	<b>22</b>		K 20	23	00:01:52	00:13:36	<b>00:26:34.75</b>	<b>00:28:27.40</b>	+00:11:40 (44.0%)	5:18	11.3 (55.9%)
722	<b>TYBURC Paweł</b>	<b>1156</b>	ZERWANY ACHILLES	M 40	222	00:00:12	00:12:47	<b>00:26:36.20</b>	<b>00:26:48.35</b>	+00:11:42 (44.0%)	5:19	11.3 (55.9%)
723	<b>ĆWIEK Paweł</b>	<b>172</b>		M 30	164	00:00:00	00:13:15	<b>00:26:36.30</b>	<b>00:26:36.30</b>	+00:11:42 (44.0%)	5:19	11.3 (55.9%)
724	<b>FIJOREK Rafał</b>	<b>247</b>		M 40	223	00:00:07	00:12:41	<b>00:26:37.55</b>	<b>00:26:45.15</b>	+00:11:43 (44.1%)	5:19	11.3 (55.9%)
725	<b>KRÓL Monika</b>	<b>555</b>	TEAM ZABIGANEDNI	K 40	53	00:01:10	00:12:55	<b>00:26:37.70</b>	<b>00:27:48.50</b>	+00:11:43 (44.1%)	5:19	11.3 (55.9%)
726	<b>CZERESNIOWSKA Anna</b>	<b>163</b>		K 30	47	00:00:58	00:12:49	<b>00:26:37.95</b>	<b>00:27:36.60</b>	+00:11:44 (44.1%)	5:19	11.3 (55.9%)
727	<b>BĘTKOWSKA Maja</b>	<b>1524</b>	RK ATHLETICS	K 12	6	00:01:33	00:13:57	<b>00:26:38.05</b>	<b>00:28:11.35</b>	+00:11:44 (44.1%)	5:19	11.3 (55.9%)
728	<b>ZHYLTSOV Dmitry</b>	<b>1284</b>		M 40	224	00:01:25	00:13:12	<b>00:26:38.10</b>	<b>00:28:03.75</b>	+00:11:44 (44.1%)	5:19	11.3 (55.9%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
729	<b>WRONA Milena</b>	<b>1247</b>		K 40	54	00:01:05	00:12:54	<b>00:26:38.95</b>	<b>00:27:44.25</b>	+00:11:45 (44.1%)	5:19	11.3 (55.9%)
730	<b>WĄSIEWICZ Piotr</b>	<b>1185</b>	PZU SPORT TEAM	M 30	165	00:01:50	00:14:11	<b>00:26:40.20</b>	<b>00:28:30.35</b>	+00:11:46 (44.1%)	5:20	11.3 (55.9%)
731	<b>NOWAK Paulina</b>	<b>780</b>	TEAMZABIEGANEDNI			00:01:33	00:13:24	<b>00:26:40.70</b>	<b>00:28:14.60</b>	+00:11:46 (44.2%)	5:20	11.3 (55.9%)
732	<b>HALL Amelia</b>	<b>1350</b>		K 30	48	00:01:34	00:13:16	<b>00:26:41.40</b>	<b>00:28:16.05</b>	+00:11:47 (44.2%)	5:20	11.2 (55.4%)
733	<b>SZEWCZAK Kacper</b>	<b>1071</b>		M 20	68	00:00:16	00:12:44	<b>00:26:42.85</b>	<b>00:26:59.60</b>	+00:11:49 (44.2%)	5:20	11.2 (55.4%)
734	<b>FAŁEK Jacek</b>	<b>240</b>	NIE DOTYCZY	M 40	225	00:01:10	00:13:17	<b>00:26:42.95</b>	<b>00:27:53.60</b>	+00:11:49 (44.2%)	5:20	11.2 (55.4%)
735	<b>DRACHAL Agata</b>	<b>202</b>		K 30	49	00:01:21	00:13:17	<b>00:26:43.40</b>	<b>00:28:05.30</b>	+00:11:49 (44.3%)	5:20	11.2 (55.4%)
736	<b>PAŁASIEWICZ Grzegorz</b>	<b>820</b>		M 60	17	00:01:20	00:13:12	<b>00:26:43.50</b>	<b>00:28:03.85</b>	+00:11:49 (44.3%)	5:20	11.2 (55.4%)
737	<b>TŁUCHOWSKI Rafał</b>	<b>1485</b>		M 40	226	00:01:18	00:13:13	<b>00:26:45.35</b>	<b>00:28:03.40</b>	+00:11:51 (44.3%)	5:21	11.2 (55.4%)
738	<b>SIERZPUTOWSKA Ewa</b>	<b>973</b>	GUNS&ROSES RUN TEAM	K 50	9	00:01:07	00:13:01	<b>00:26:45.45</b>	<b>00:27:52.65</b>	+00:11:51 (44.3%)	5:21	11.2 (55.4%)
739	<b>SZAJGIN Adam</b>	<b>1060</b>		M 20	69	00:01:28	00:13:51	<b>00:26:45.55</b>	<b>00:28:14.50</b>	+00:11:51 (44.3%)	5:21	11.2 (55.4%)
740	<b>ADAMUS Katarzyna</b>	<b>17</b>	PIASECZNO RUNNING	K 40	55	00:01:48	00:13:12	<b>00:26:46.20</b>	<b>00:28:35.10</b>	+00:11:52 (44.4%)	5:21	11.2 (55.4%)
741	<b>HALL Travis</b>	<b>339</b>		M 30	166	00:01:34	00:13:19	<b>00:26:47.20</b>	<b>00:28:21.50</b>	+00:11:53 (44.4%)	5:21	11.2 (55.4%)
742	<b>FILIPOWICZ Arkadiusz</b>	<b>248</b>		M 40	227	00:00:53	00:12:47	<b>00:26:49.30</b>	<b>00:27:42.60</b>	+00:11:55 (44.5%)	5:21	11.2 (55.4%)
743	<b>PRUSAK Marta</b>	<b>894</b>	TEAM ZABIEGANEDNI	K 40	56	00:01:33	00:13:29	<b>00:26:51.00</b>	<b>00:28:24.25</b>	+00:11:57 (44.5%)	5:22	11.2 (55.4%)
744	<b>ZADROŻNY Cyprian</b>	<b>1262</b>		M 40	228	00:00:58	00:12:45	<b>00:26:52.05</b>	<b>00:27:50.45</b>	+00:11:58 (44.6%)	5:22	11.2 (55.4%)
745	<b>MUCHA-SURMACZ Aleksandra</b>	<b>745</b>		K 20	24	00:01:33	00:13:12	<b>00:26:52.75</b>	<b>00:28:26.00</b>	+00:11:58 (44.6%)	5:22	11.2 (55.4%)
746	<b>KONKOWSKA Joanna</b>	<b>492</b>		K 50	10	00:01:31	00:13:16	<b>00:26:53.10</b>	<b>00:28:24.20</b>	+00:11:59 (44.6%)	5:22	11.2 (55.4%)
747	<b>KŁĘK Magdalena</b>	<b>463</b>	BEZLITOŚNI	K 40	57	00:01:38	00:13:19	<b>00:26:53.90</b>	<b>00:28:32.05</b>	+00:12:00 (44.6%)	5:22	11.2 (55.4%)
748	<b>KUBASZCZYK Agnieszka</b>	<b>574</b>		K 30	50	00:01:09	00:13:10	<b>00:26:54.35</b>	<b>00:28:03.45</b>	+00:12:00 (44.6%)	5:22	11.2 (55.4%)
748	<b>MALESA Krystian</b>	<b>1357</b>	RADA DZIELNICY URSYNÓW	M 30	167	00:02:01	00:13:10	<b>00:26:54.35</b>	<b>00:28:56.10</b>	+00:12:00 (44.6%)	5:22	11.2 (55.4%)
750	<b>JÓZEFOWICZ Maciej</b>	<b>400</b>	VEGE RUNNERS	M 30	168	00:01:16	00:12:47	<b>00:26:54.90</b>	<b>00:28:11.60</b>	+00:12:01 (44.7%)	5:22	11.2 (55.4%)
751	<b>KUBACKI Dariusz</b>	<b>573</b>		M 40	229	00:01:24	00:12:23	<b>00:26:55.35</b>	<b>00:28:19.70</b>	+00:12:01 (44.7%)	5:23	11.1 (55.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
752	KATNER Tomasz	435		M 40	230	00:01:14	00:12:59	00:26:57.05	00:28:11.30	+00:12:03 (44.7%)	5:23	11.1 (55.0%)
753	ŚCIBIOREK Arkadiusz	1103		M 30	169	00:00:06	00:12:54	00:26:57.75	00:27:04.70	+00:12:03 (44.8%)	5:23	11.1 (55.0%)
754	RYNKOWSKA Maja	947		K 30	51	00:01:03	00:13:14	00:26:57.95	00:28:01.80	+00:12:04 (44.8%)	5:23	11.1 (55.0%)
755	ŁUBIŃSKI Paweł	640		M 40	231	00:00:54	00:13:20	00:26:58.25	00:27:52.75	+00:12:04 (44.8%)	5:23	11.1 (55.0%)
756	SOWIŃSKI Edmund	1021	TKKFPŁOCK	M 70	5	00:00:27	00:13:22	00:26:58.40	00:27:26.05	+00:12:04 (44.8%)	5:23	11.1 (55.0%)
757	WIKTOROWICZ Tomasz	1200		M 40	232	00:01:53	00:13:43	00:26:59.40	00:28:53.00	+00:12:05 (44.8%)	5:23	11.1 (55.0%)
758	AJZYK Michał	19		M 20	70	00:01:29	00:13:28	00:26:59.60	00:28:28.60	+00:12:05 (44.8%)	5:23	11.1 (55.0%)
759	KOCIK Joanna	476		K 30	52	00:01:06	00:12:58	00:27:00.80	00:28:06.90	+00:12:07 (44.9%)	5:24	11.1 (55.0%)
759	TOMALAK Maciej	1131		M 40	233	00:01:58	00:13:40	00:27:00.80	00:28:59.25	+00:12:07 (44.9%)	5:24	11.1 (55.0%)
761	DĄBROWSKI Andrzej	181		M 60	18	00:00:57	00:13:07	00:27:02.30	00:28:00.10	+00:12:08 (44.9%)	5:24	11.1 (55.0%)
762	DYMEL Jan	1351	PAN	M 30	170	00:00:10	00:13:01	00:27:02.40	00:27:12.40	+00:12:08 (44.9%)	5:24	11.1 (55.0%)
763	WERNER Jacek	1392	ORANGE POLSKA	M 30	171	00:01:55	00:13:43	00:27:03.65	00:28:59.50	+00:12:09 (45.0%)	5:24	11.1 (55.0%)
764	KOŹDOŃ Marek	541		M 40	234	00:01:03	00:13:34	00:27:03.75	00:28:06.90	+00:12:09 (45.0%)	5:24	11.1 (55.0%)
765	KRAWCZYK Piotr	550		M 40	235	00:01:36	00:13:35	00:27:03.95	00:28:39.95	+00:12:10 (45.0%)	5:24	11.1 (55.0%)
766	HAWRYLUK-STASIAK Ewa	340	BIEGUNI 2022	K 50	11	00:01:16	00:13:07	00:27:06.00	00:28:22.90	+00:12:12 (45.0%)	5:25	11.1 (55.0%)
767	DYCHA Marcin	220	NEW BALANCE RUN CLUB	M 50	57	00:01:23	00:13:35	00:27:08.85	00:28:31.85	+00:12:15 (45.1%)	5:25	11.1 (55.0%)
768	WŁOSZCZEWSKI Jakub	1226		M 30	172	00:01:48	00:12:52	00:27:09.90	00:28:58.00	+00:12:16 (45.2%)	5:25	11 (54.5%)
769	STEFANKOWSKI Robert	1031		M 30	173	00:01:32	00:13:50	00:27:11.40	00:28:43.60	+00:12:17 (45.2%)	5:26	11 (54.5%)
770	CZERSKI Maciej	166		M 50	58	00:01:18	00:13:07	00:27:11.65	00:28:30.50	+00:12:17 (45.2%)	5:26	11 (54.5%)
771	NOWOSIELSKI Bartłomiej	1388		M 20	71	00:01:22	00:13:30	00:27:14.80	00:28:37.10	+00:12:21 (45.3%)	5:26	11 (54.5%)
772	BISOWSKA Katarzyna	67		K 40	58	00:01:31	00:13:50	00:27:15.00	00:28:46.50	+00:12:21 (45.3%)	5:27	11 (54.5%)
773	PRZYBYSZ Mateusz	902		M 20	72	00:01:14	00:13:18	00:27:16.55	00:28:30.80	+00:12:22 (45.4%)	5:27	11 (54.5%)
774	POPŁAWSKI Michael	886		M 20	73	00:01:30	00:13:50	00:27:17.30	00:28:47.85	+00:12:23 (45.4%)	5:27	11 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
775	<b>OLIK Arek</b>	<b>795</b>		M 30	174	00:01:14	00:13:21	<b>00:27:17.40</b>	<b>00:28:31.80</b>	+00:12:23 (45.4%)	5:27	11 (54.5%)
776	<b>KITA Grzegorz</b>	<b>1373</b>		M 50	59	00:00:54	00:13:19	<b>00:27:18.45</b>	<b>00:28:12.80</b>	+00:12:24 (45.4%)	5:27	11 (54.5%)
777	<b>MATUSIEWICZ Jarosław</b>	<b>692</b>		M 50	60	00:01:27	00:13:53	<b>00:27:18.60</b>	<b>00:28:46.30</b>	+00:12:24 (45.5%)	5:27	11 (54.5%)
778	<b>KOCZWARA Agnieszka</b>	<b>477</b>	32DROP	K 40	59	00:01:13	00:13:22	<b>00:27:18.85</b>	<b>00:28:32.50</b>	+00:12:25 (45.5%)	5:27	11 (54.5%)
779	<b>BALIŃSKI Robert</b>	<b>1400</b>		M 40	236	00:01:56	00:13:42	<b>00:27:19.40</b>	<b>00:29:15.55</b>	+00:12:25 (45.5%)	5:27	11 (54.5%)
780	<b>KIEWRA Grzegorz</b>	<b>449</b>	AZS AWF WARSZAWA	M 12	13	00:00:56	00:12:56	<b>00:27:20.35</b>	<b>00:28:16.55</b>	+00:12:26 (45.5%)	5:28	11 (54.5%)
781	<b>KOŁOWIECKA-WILKOS Angela</b>	<b>482</b>	WIEWIÓRKA&BOBER	K 30	53	00:01:45	00:14:20	<b>00:27:20.55</b>	<b>00:29:05.55</b>	+00:12:26 (45.5%)	5:28	11 (54.5%)
782	<b>MĘKARSKA Marta</b>	<b>1412</b>		K 20	25	00:01:14	00:13:04	<b>00:27:20.65</b>	<b>00:28:35.30</b>	+00:12:26 (45.5%)	5:28	11 (54.5%)
783	<b>BOBROWSKI Marcin</b>	<b>72</b>	BEZKLUBIE	M 50	61	00:01:44	00:14:20	<b>00:27:20.75</b>	<b>00:29:05.65</b>	+00:12:26 (45.5%)	5:28	11 (54.5%)
784	<b>SZUBRYT Michał</b>	<b>1079</b>		M 40	237	00:00:32	00:13:18	<b>00:27:20.95</b>	<b>00:27:53.90</b>	+00:12:27 (45.5%)	5:28	11 (54.5%)
785	<b>KASKA Krzysztof</b>	<b>434</b>		M 30	175	00:01:59	00:14:12	<b>00:27:21.45</b>	<b>00:29:21.30</b>	+00:12:27 (45.5%)	5:28	11 (54.5%)
786	<b>SZUSZKIEWICZ Marzena</b>	<b>1083</b>		K 40	60	00:01:32	00:13:35	<b>00:27:21.55</b>	<b>00:28:54.25</b>	+00:12:27 (45.6%)	5:28	11 (54.5%)
787	<b>TOMCZYŃSKA Marta</b>	<b>1138</b>	SMASHING PĄPKINS	K 40	61	00:01:23	00:13:21	<b>00:27:21.60</b>	<b>00:28:44.80</b>	+00:12:27 (45.6%)	5:28	11 (54.5%)
788	<b>BUĆKO-ŁUBIŃSKA Marta</b>	<b>105</b>		K 40	62	00:00:54	00:13:20	<b>00:27:22.05</b>	<b>00:28:16.15</b>	+00:12:28 (45.6%)	5:28	11 (54.5%)
789	<b>BRZOZOWSKI Ernest</b>	<b>1359</b>	RUNNING PHOTONS	M 40	238	00:01:30	00:13:40	<b>00:27:22.40</b>	<b>00:28:52.75</b>	+00:12:28 (45.6%)	5:28	11 (54.5%)
790	<b>KOSZUT Wojciech</b>	<b>512</b>		M 40	239	00:01:53	00:14:05	<b>00:27:23.45</b>	<b>00:29:16.70</b>	+00:12:29 (45.6%)	5:28	11 (54.5%)
791	<b>PAŁASIEWICZ Krzysztof</b>	<b>819</b>		M 30	176	00:01:21	00:13:36	<b>00:27:24.05</b>	<b>00:28:45.05</b>	+00:12:30 (45.6%)	5:28	10.9 (54.0%)
792	<b>FICOŃ Monika</b>	<b>244</b>		K 50	12	00:01:02	00:13:23	<b>00:27:25.40</b>	<b>00:28:27.40</b>	+00:12:31 (45.7%)	5:29	10.9 (54.0%)
793	<b>GORCZYCKI Dominik</b>	<b>293</b>		M 20	74	00:01:13	00:13:01	<b>00:27:26.20</b>	<b>00:28:39.85</b>	+00:12:32 (45.7%)	5:29	10.9 (54.0%)
794	<b>MALINOWSKA Agnieszka</b>	<b>665</b>	PACZKA SZLUGÓW	K 40	63	00:01:34	00:13:35	<b>00:27:26.70</b>	<b>00:29:00.75</b>	+00:12:32 (45.7%)	5:29	10.9 (54.0%)
795	<b>DŁUGOSZ Marta</b>	<b>190</b>		K 30	54	00:01:37	00:13:47	<b>00:27:27.00</b>	<b>00:29:04.20</b>	+00:12:33 (45.7%)	5:29	10.9 (54.0%)
796	<b>PIORUN Kacper</b>	<b>1466</b>		M 30	177	00:01:40	00:13:31	<b>00:27:28.35</b>	<b>00:29:08.45</b>	+00:12:34 (45.8%)	5:29	10.9 (54.0%)
797	<b>JAWORSKA Joanna</b>	<b>1520</b>		K 40	64	00:01:15	00:13:28	<b>00:27:29.05</b>	<b>00:28:44.85</b>	+00:12:35 (45.8%)	5:29	10.9 (54.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
798	<b>CHĘĆ Adam</b>	<b>127</b>		M 40	240	00:01:23	00:13:16	<b>00:27:29.10</b>	<b>00:28:52.85</b>	+00:12:35 (45.8%)	5:29	10.9 (54.0%)
799	<b>KNAP Maciej</b>	<b>1537</b>		M 14	10	00:01:43	00:14:27	<b>00:27:30.00</b>	<b>00:29:13.35</b>	+00:12:36 (45.8%)	5:30	10.9 (54.0%)
800	<b>SZADKOWSKI Piotr</b>	<b>1056</b>	BRAK	M 40	241	00:00:09	00:12:44	<b>00:27:30.30</b>	<b>00:27:39.70</b>	+00:12:36 (45.8%)	5:30	10.9 (54.0%)
801	<b>PROUTY Matthew</b>	<b>891</b>		M 50	62	00:01:24	00:13:44	<b>00:27:30.65</b>	<b>00:28:55.60</b>	+00:12:36 (45.9%)	5:30	10.9 (54.0%)
802	<b>URYNOWICZ Bożena</b>	<b>1169</b>		K 40	65	00:01:34	00:13:45	<b>00:27:31.40</b>	<b>00:29:05.90</b>	+00:12:37 (45.9%)	5:30	10.9 (54.0%)
803	<b>DZIUBIŃSKI Piotr</b>	<b>228</b>	KDPS	M 30	178	00:00:58		<b>00:27:32.70</b>	<b>00:28:31.10</b>	+00:12:38 (45.9%)	5:30	10.9 (54.0%)
804	<b>TERCZYŃSKA Julia</b>	<b>1526</b>		K 14	4	00:01:21	00:13:48	<b>00:27:33.35</b>	<b>00:28:54.40</b>	+00:12:39 (45.9%)	5:30	10.9 (54.0%)
805	<b>LASKUS-KUCZYŃSKI Lesław</b>	<b>596</b>	***** ***	M 40	242	00:01:56	00:13:20	<b>00:27:33.45</b>	<b>00:29:29.60</b>	+00:12:39 (45.9%)	5:30	10.9 (54.0%)
806	<b>TERCZYŃSKI Paweł</b>	<b>1528</b>		M 40	243	00:01:20	00:13:48	<b>00:27:33.70</b>	<b>00:28:54.60</b>	+00:12:39 (46.0%)	5:30	10.9 (54.0%)
807	<b>SIERZYCKA Katarzyna</b>	<b>974</b>		K 30	55	00:01:32	00:13:49	<b>00:27:33.85</b>	<b>00:29:06.00</b>	+00:12:40 (46.0%)	5:30	10.9 (54.0%)
808	<b>LEŚNIAK Krzysztof</b>	<b>608</b>		M 40	244	00:00:25	00:13:29	<b>00:27:34.45</b>	<b>00:27:59.75</b>	+00:12:40 (46.0%)	5:30	10.9 (54.0%)
809	<b>GRABEK Anna</b>	<b>1809</b>		K 40	66	00:01:31	00:13:43	<b>00:27:35.10</b>	<b>00:29:06.80</b>	+00:12:41 (46.0%)	5:31	10.9 (54.0%)
810	<b>KNAP Radosław</b>	<b>469</b>		M 40	245	00:01:42	00:14:28	<b>00:27:37.05</b>	<b>00:29:19.90</b>	+00:12:43 (46.1%)	5:31	10.9 (54.0%)
811	<b>MAŁEK-MARCZUK Hanna</b>	<b>668</b>		K 30	56	00:01:19	00:13:37	<b>00:27:37.15</b>	<b>00:28:56.30</b>	+00:12:43 (46.1%)	5:31	10.9 (54.0%)
812	<b>JĘDRZEJCZAK Anna</b>	<b>1343</b>		K 50	13	00:01:18	00:13:32	<b>00:27:37.50</b>	<b>00:28:56.25</b>	+00:12:43 (46.1%)	5:31	10.9 (54.0%)
813	<b>KUCHARSKI Adam</b>	<b>1344</b>		M 40	246	00:01:19	00:13:32	<b>00:27:37.80</b>	<b>00:28:57.25</b>	+00:12:44 (46.1%)	5:31	10.9 (54.0%)
814	<b>JĘDRAŚ Łukasz</b>	<b>1370</b>		M 30	179	00:01:32	00:13:49	<b>00:27:39.35</b>	<b>00:29:12.30</b>	+00:12:45 (46.1%)	5:31	10.8 (53.5%)
815	<b>NADOLSKA Ania</b>	<b>1421</b>		K 40	67	00:01:46	00:13:38	<b>00:27:39.70</b>	<b>00:29:26.40</b>	+00:12:45 (46.1%)	5:31	10.8 (53.5%)
816	<b>KOWALSKI Robert</b>	<b>533</b>	NBRC	M 50	63	00:00:55	00:13:16	<b>00:27:40.10</b>	<b>00:28:35.60</b>	+00:12:46 (46.2%)	5:32	10.8 (53.5%)
817	<b>BUJNOWSKI Igor</b>	<b>110</b>		M 16	27	00:01:30	00:13:52	<b>00:27:40.30</b>	<b>00:29:10.60</b>	+00:12:46 (46.2%)	5:32	10.8 (53.5%)
818	<b>SZULC Katarzyna</b>	<b>1395</b>		K 40	68	00:00:08	00:13:25	<b>00:27:41.00</b>	<b>00:27:49.25</b>	+00:12:47 (46.2%)	5:32	10.8 (53.5%)
819	<b>BUJNOWSKA Eliza</b>	<b>109</b>	KS STASZEWSKY	K 40	69	00:01:29	00:13:52	<b>00:27:41.15</b>	<b>00:29:10.55</b>	+00:12:47 (46.2%)	5:32	10.8 (53.5%)
820	<b>SŁOWIK Jerzy</b>	<b>998</b>		M 60	19	00:01:25	00:13:20	<b>00:27:41.70</b>	<b>00:29:07.40</b>	+00:12:47 (46.2%)	5:32	10.8 (53.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
821	<b>JANIK Mateusz</b>	<b>1477</b>		M 30	180	00:02:26	00:13:53	<b>00:27:41.75</b>	<b>00:30:08.20</b>	+00:12:47 (46.2%)	5:32	10.8 (53.5%)
822	<b>SMOLARCZYK Klaudia</b>	<b>999</b>	1	K 30	57	00:01:28	00:13:33	<b>00:27:42.10</b>	<b>00:29:10.50</b>	+00:12:48 (46.2%)	5:32	10.8 (53.5%)
823	<b>WINIARSKA Izabela</b>	<b>1207</b>	IZAGÓRA	K 40	70	00:02:06	00:13:12	<b>00:27:42.40</b>	<b>00:29:49.05</b>	+00:12:48 (46.2%)	5:32	10.8 (53.5%)
824	<b>ROMANOWSKA Ewa</b>	<b>929</b>	JB WARSAW	K 30	58	00:01:19	00:13:19	<b>00:27:42.60</b>	<b>00:29:02.50</b>	+00:12:48 (46.2%)	5:32	10.8 (53.5%)
825	<b>FUTYMA Karol</b>	<b>1460</b>		M 30	181	00:00:10	00:13:01	<b>00:27:43.55</b>	<b>00:27:54.05</b>	+00:12:49 (46.3%)	5:32	10.8 (53.5%)
826	<b>RUTKOWSKI Tomasz</b>	<b>943</b>		M 40	247	00:01:42	00:13:35	<b>00:27:43.95</b>	<b>00:29:26.35</b>	+00:12:50 (46.3%)	5:32	10.8 (53.5%)
827	<b>SKALSKA Karolina</b>	<b>982</b>		K 40	71	00:01:32	00:13:33	<b>00:27:44.20</b>	<b>00:29:17.00</b>	+00:12:50 (46.3%)	5:32	10.8 (53.5%)
828	<b>ZALEWSKI Ludomir</b>	<b>1266</b>		M 40	248	00:02:11	00:13:31	<b>00:27:44.65</b>	<b>00:29:56.50</b>	+00:12:50 (46.3%)	5:32	10.8 (53.5%)
829	<b>ŁĘCZYŃSKI Piotr</b>	<b>632</b>		M 16	28	00:00:02	00:13:04	<b>00:27:45.10</b>	<b>00:27:47.80</b>	+00:12:51 (46.3%)	5:33	10.8 (53.5%)
830	<b>KUCHER Pavlo</b>	<b>581</b>		M 20	75	00:01:06	00:13:23	<b>00:27:46.10</b>	<b>00:28:52.60</b>	+00:12:52 (46.4%)	5:33	10.8 (53.5%)
831	<b>DOLESZCZAK Marcin</b>	<b>195</b>		M 20	76	00:00:00		<b>00:27:48.60</b>	<b>00:27:48.60</b>	+00:12:54 (46.4%)	5:33	10.8 (53.5%)
832	<b>SEGIET Rafał</b>	<b>964</b>	SEGIETEAM	M 30	182	00:01:56	00:13:47	<b>00:27:48.90</b>	<b>00:29:45.80</b>	+00:12:55 (46.4%)	5:33	10.8 (53.5%)
833	<b>WÓJCIK Robert</b>	<b>619</b>		M 40	249	00:01:29	00:13:51	<b>00:27:49.70</b>	<b>00:29:19.15</b>	+00:12:55 (46.5%)	5:33	10.8 (53.5%)
834	<b>ŁAPIŃSKA Patrycja</b>	<b>625</b>		K 20	26	00:01:25	00:14:04	<b>00:27:50.20</b>	<b>00:29:15.45</b>	+00:12:56 (46.5%)	5:34	10.8 (53.5%)
835	<b>RACZYŃSKA Weronika</b>	<b>908</b>		K 20	27	00:01:03	00:13:14	<b>00:27:51.35</b>	<b>00:28:54.60</b>	+00:12:57 (46.5%)	5:34	10.8 (53.5%)
836	<b>GAWRACZYŃSKA Anna</b>	<b>273</b>	WTŁ STEGNY WARSZAWA	K 60	1	00:01:25	00:13:49	<b>00:27:52.35</b>	<b>00:29:18.30</b>	+00:12:58 (46.6%)	5:34	10.8 (53.5%)
837	<b>ŚWIDRAK Bartosz</b>	<b>1113</b>		M 30	183	00:01:35	00:13:35	<b>00:27:52.40</b>	<b>00:29:27.85</b>	+00:12:58 (46.6%)	5:34	10.8 (53.5%)
838	<b>ROSENBAUM Olga</b>	<b>930</b>		K 30	59	00:01:54	00:13:51	<b>00:27:53.00</b>	<b>00:29:47.15</b>	+00:12:59 (46.6%)	5:34	10.8 (53.5%)
839	<b>JODŁOWSKA Anna</b>	<b>398</b>	MYSZORY	K 40	72	00:01:17	00:14:05	<b>00:27:53.35</b>	<b>00:29:10.75</b>	+00:12:59 (46.6%)	5:34	10.8 (53.5%)
840	<b>WOŁOSZYN Szymon</b>	<b>1240</b>		M 40	250	00:01:35	00:13:48	<b>00:27:54.25</b>	<b>00:29:29.90</b>	+00:13:00 (46.6%)	5:34	10.8 (53.5%)
841	<b>RUTKOWSKA Wioletta</b>	<b>941</b>		K 40	73	00:00:30	00:13:36	<b>00:27:54.35</b>	<b>00:28:24.60</b>	+00:13:00 (46.6%)	5:34	10.8 (53.5%)
842	<b>DĄBROWSKA Maria</b>	<b>178</b>		K 20	28	00:01:33	00:13:59	<b>00:27:54.50</b>	<b>00:29:27.90</b>	+00:13:00 (46.6%)	5:34	10.8 (53.5%)
843	<b>NEY-FOGIEL Beata</b>	<b>763</b>		K 30	60	00:01:41	00:14:09	<b>00:27:54.60</b>	<b>00:29:35.60</b>	+00:13:00 (46.6%)	5:34	10.8 (53.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
844	<b>DUBEK Katarzyna</b>	<b>209</b>		K 40	74	00:01:50	00:13:54	<b>00:27:56.30</b>	<b>00:29:47.25</b>	+00:13:02 (46.7%)	5:35	10.7 (53.0%)
845	<b>SIKORA Zuzanna</b>	<b>977</b>	PZU SPORT TEAM	K 40	75	00:01:41	00:13:44	<b>00:27:56.35</b>	<b>00:29:37.55</b>	+00:13:02 (46.7%)	5:35	10.7 (53.0%)
846	<b>APANOWICZ Angelika</b>	<b>26</b>	EKOBIEGI	K 40	76	00:01:28	00:13:52	<b>00:27:56.40</b>	<b>00:29:24.60</b>	+00:13:02 (46.7%)	5:35	10.7 (53.0%)
847	<b>DUBEK Michał</b>	<b>210</b>		M 40	251	00:01:51	00:13:53	<b>00:27:57.10</b>	<b>00:29:48.45</b>	+00:13:03 (46.7%)	5:35	10.7 (53.0%)
848	<b>HILAK Adam</b>	<b>344</b>		M 40	252	00:01:23	00:13:59	<b>00:27:57.40</b>	<b>00:29:21.20</b>	+00:13:03 (46.7%)	5:35	10.7 (53.0%)
849	<b>KOWALCZYK Marta</b>	<b>523</b>		K 30	61	00:01:05	00:13:50	<b>00:27:57.50</b>	<b>00:29:02.95</b>	+00:13:03 (46.7%)	5:35	10.7 (53.0%)
850	<b>CHARMUSZKO Monika</b>	<b>124</b>		K 30	62	00:01:49	00:14:04	<b>00:27:57.80</b>	<b>00:29:47.30</b>	+00:13:04 (46.7%)	5:35	10.7 (53.0%)
851	<b>NOWAK Jagoda</b>	<b>778</b>		K 14	5	00:01:33	00:13:46	<b>00:27:59.70</b>	<b>00:29:32.75</b>	+00:13:05 (46.8%)	5:35	10.7 (53.0%)
852	<b>BARTON Milan</b>	<b>43</b>		M 12	14	00:01:48	00:13:49	<b>00:28:00.35</b>	<b>00:29:48.75</b>	+00:13:06 (46.8%)	5:36	10.7 (53.0%)
853	<b>BUKOWSKI Janusz</b>	<b>112</b>		M 60	20	00:00:03	00:14:01	<b>00:28:00.85</b>	<b>00:28:04.75</b>	+00:13:07 (46.8%)	5:36	10.7 (53.0%)
854	<b>HULANICKI Andrzej</b>	<b>353</b>	GOGGLE TEAM	M 60	21	00:01:14	00:13:50	<b>00:28:01.00</b>	<b>00:29:15.30</b>	+00:13:07 (46.8%)	5:36	10.7 (53.0%)
855	<b>CZYŻ Wioletta</b>	<b>170</b>		K 40	77	00:01:33	00:13:48	<b>00:28:01.80</b>	<b>00:29:35.35</b>	+00:13:08 (46.9%)	5:36	10.7 (53.0%)
856	<b>GIEDYK Marta</b>	<b>1577</b>		K 30	63	00:01:45	00:13:59	<b>00:28:04.60</b>	<b>00:29:50.45</b>	+00:13:10 (46.9%)	5:36	10.7 (53.0%)
857	<b>ZEGAR Weronika</b>	<b>1282</b>		K 30	64	00:01:45	00:13:59	<b>00:28:05.95</b>	<b>00:29:51.55</b>	+00:13:12 (47.0%)	5:37	10.7 (53.0%)
858	<b>KOŻUCHOWSKI Iwo</b>	<b>1381</b>		M 50	64	00:00:19	00:13:14	<b>00:28:06.20</b>	<b>00:28:26.00</b>	+00:13:12 (47.0%)	5:37	10.7 (53.0%)
859	<b>KOWALSKI Bartłomiej</b>	<b>529</b>		M 40	253	00:01:19	00:14:07	<b>00:28:06.80</b>	<b>00:29:26.65</b>	+00:13:13 (47.0%)	5:37	10.7 (53.0%)
860	<b>RADOMSKI Artur</b>	<b>1364</b>		M 40	254	00:02:10	00:14:09	<b>00:28:08.40</b>	<b>00:30:18.70</b>	+00:13:14 (47.1%)	5:37	10.7 (53.0%)
861	<b>DĄBROWSKI Marcin</b>	<b>182</b>		M 30	184	00:01:33	00:13:59	<b>00:28:08.75</b>	<b>00:29:42.60</b>	+00:13:14 (47.1%)	5:37	10.7 (53.0%)
862	<b>FONGANG Aleksandra</b>	<b>251</b>		K 40	78	00:01:31	00:13:54	<b>00:28:09.85</b>	<b>00:29:41.00</b>	+00:13:16 (47.1%)	5:37	10.7 (53.0%)
863	<b>WCISŁO Marcin</b>	<b>1486</b>	MIEDZESZYN	M 40	255	00:00:28	00:14:07	<b>00:28:10.10</b>	<b>00:28:38.75</b>	+00:13:16 (47.1%)	5:38	10.7 (53.0%)
864	<b>WIELICZKO Łukasz</b>	<b>1195</b>		M 30	185	00:01:43	00:13:22	<b>00:28:10.35</b>	<b>00:29:53.45</b>	+00:13:16 (47.1%)	5:38	10.7 (53.0%)
865	<b>NIEMYJSKA Hanna</b>	<b>771</b>		K 14	6	00:01:13		<b>00:28:12.25</b>	<b>00:29:26.20</b>	+00:13:18 (47.2%)	5:38	10.6 (52.5%)
866	<b>SZULC Anna</b>	<b>1081</b>		K 30	65	00:01:37	00:14:09	<b>00:28:12.85</b>	<b>00:29:50.45</b>	+00:13:19 (47.2%)	5:38	10.6 (52.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
867	<b>SOKÓLSKI Tomasz</b>	<b>1018</b>	TEAM ZABIEGANEDNI	M 50	65	00:01:36	00:13:54	<b>00:28:13.20</b>	<b>00:29:49.85</b>	+00:13:19 (47.2%)	5:38	10.6 (52.5%)
868	<b>LIPKA-ZALEWSKA Grażyna</b>	<b>1329</b>		K 50	14	00:02:02	00:14:21	<b>00:28:13.70</b>	<b>00:30:16.00</b>	+00:13:19 (47.2%)	5:38	10.6 (52.5%)
869	<b>HOMICKI Robert</b>	<b>347</b>		M 50	66	00:02:19	00:13:44	<b>00:28:15.65</b>	<b>00:30:34.90</b>	+00:13:21 (47.3%)	5:39	10.6 (52.5%)
870	<b>DUDEK Damian</b>	<b>215</b>		M 14	11	00:01:26	00:13:59	<b>00:28:16.05</b>	<b>00:29:42.55</b>	+00:13:22 (47.3%)	5:39	10.6 (52.5%)
871	<b>DZIEDZIC Ewa</b>	<b>225</b>	TEAM ZABIEGANEDNI	K 50	15	00:00:56	00:13:59	<b>00:28:16.95</b>	<b>00:29:13.80</b>	+00:13:23 (47.3%)	5:39	10.6 (52.5%)
872	<b>RANKOWSKI Bartosz</b>	<b>915</b>		M 40	256	00:01:29	00:13:59	<b>00:28:17.60</b>	<b>00:29:46.85</b>	+00:13:23 (47.3%)	5:39	10.6 (52.5%)
873	<b>SKONIECZNY Andrzej</b>	<b>989</b>		M 50	67	00:01:16	00:13:50	<b>00:28:18.00</b>	<b>00:29:34.45</b>	+00:13:24 (47.4%)	5:39	10.6 (52.5%)
874	<b>WALCZUK Łukasz</b>	<b>1386</b>		M 30	186	00:01:51	00:14:24	<b>00:28:18.20</b>	<b>00:30:09.40</b>	+00:13:24 (47.4%)	5:39	10.6 (52.5%)
875	<b>PIETRZYK Paweł</b>	<b>856</b>		M 30	187	00:01:18	00:13:25	<b>00:28:18.65</b>	<b>00:29:37.55</b>	+00:13:24 (47.4%)	5:39	10.6 (52.5%)
876	<b>POPIOŁEK Jacek</b>	<b>884</b>		M 50	68	00:00:50	00:13:25	<b>00:28:18.80</b>	<b>00:29:09.10</b>	+00:13:25 (47.4%)	5:39	10.6 (52.5%)
876	<b>KUBACKA Barbara</b>	<b>571</b>		K 40	79	00:00:00		<b>00:28:18.80</b>	<b>00:28:18.80</b>	+00:13:25 (47.4%)	5:39	10.6 (52.5%)
878	<b>SKROK Mateusz</b>	<b>1342</b>		M 20	77	00:00:14	00:13:04	<b>00:28:19.05</b>	<b>00:28:33.55</b>	+00:13:25 (47.4%)	5:39	10.6 (52.5%)
879	<b>SZCZEPAŃSKA Mateusz</b>	<b>1064</b>		M 12	15	00:01:01	00:13:54	<b>00:28:19.30</b>	<b>00:29:20.40</b>	+00:13:25 (47.4%)	5:39	10.6 (52.5%)
880	<b>KAMIŃSKI Andrzej</b>	<b>416</b>		M 12	16	00:02:08	00:15:33	<b>00:28:20.40</b>	<b>00:30:28.60</b>	+00:13:26 (47.4%)	5:40	10.6 (52.5%)
881	<b>BRODZIK Małgosia</b>	<b>93</b>	NAPRZÓD MŁOCINY	K 40	80	00:01:37	00:13:45	<b>00:28:20.75</b>	<b>00:29:58.10</b>	+00:13:26 (47.4%)	5:40	10.6 (52.5%)
882	<b>PROUTY Anthony</b>	<b>892</b>		M 16	29	00:00:00		<b>00:28:21.50</b>	<b>00:28:21.50</b>	+00:13:27 (47.5%)	5:40	10.6 (52.5%)
883	<b>ZACZEK Przemysław</b>	<b>1260</b>		M 40	257	00:01:47	00:14:23	<b>00:28:21.60</b>	<b>00:30:09.35</b>	+00:13:27 (47.5%)	5:40	10.6 (52.5%)
884	<b>MIASTOWSKI Rafał</b>	<b>18</b>	SŁOŃ B	M 50	69	00:01:18	00:13:47	<b>00:28:22.05</b>	<b>00:29:40.80</b>	+00:13:28 (47.5%)	5:40	10.6 (52.5%)
885	<b>HULANICKA Irina</b>	<b>352</b>	GOGGLE TEAM	K 60	2	00:01:13	00:14:02	<b>00:28:22.35</b>	<b>00:29:36.00</b>	+00:13:28 (47.5%)	5:40	10.6 (52.5%)
886	<b>SZYMAŃSKI Łukasz</b>	<b>1095</b>		M 30	188	00:01:31	00:13:52	<b>00:28:23.70</b>	<b>00:29:55.15</b>	+00:13:29 (47.5%)	5:40	10.6 (52.5%)
887	<b>CHMIELEWSKI Antoni</b>	<b>129</b>		M 70	6	00:01:37	00:14:31	<b>00:28:23.80</b>	<b>00:30:01.20</b>	+00:13:30 (47.5%)	5:40	10.6 (52.5%)
888	<b>WŁODARCZYK Magda</b>	<b>1220</b>		K 40	81	00:01:41		<b>00:28:24.95</b>	<b>00:30:06.05</b>	+00:13:31 (47.6%)	5:40	10.6 (52.5%)
889	<b>ŁUCZAK Małgorzata</b>	<b>644</b>	RUNNERSI ZE SKARBKA	K 40	82	00:00:59	00:13:34	<b>00:28:25.50</b>	<b>00:29:25.10</b>	+00:13:31 (47.6%)	5:41	10.6 (52.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
890	WASILEWSKA Małgorzata	1181	GÓRA BIEGA	K 40	83	00:00:31	00:13:56	00:28:25.65	00:28:57.50	+00:13:31 (47.6%)	5:41	10.6 (52.5%)
891	KONDRAT Piotr	487		M 50	70	00:00:56	00:13:27	00:28:25.75	00:29:21.80	+00:13:31 (47.6%)	5:41	10.6 (52.5%)
891	BĘTKOWSKI Tomasz	1601		M 40	258	00:01:32	00:13:57	00:28:25.75	00:29:58.70	+00:13:31 (47.6%)	5:41	10.6 (52.5%)
893	PIROGOW Tomek	865		M 40	259	00:02:00	00:14:10	00:28:26.65	00:30:27.30	+00:13:32 (47.6%)	5:41	10.6 (52.5%)
894	FIGAT Krzysztof	245	KRZYSZTOF FIGAT	M 40	260	00:01:42	00:14:28	00:28:26.95	00:30:09.35	+00:13:33 (47.6%)	5:41	10.6 (52.5%)
895	PRZENIOSŁO Paweł	896		M 40	261	00:00:38	00:13:30	00:28:27.15	00:29:05.35	+00:13:33 (47.6%)	5:41	10.5 (52.0%)
896	SZCZESIAK Anna	1352		K 30	66	00:00:09	00:13:24	00:28:28.40	00:28:38.30	+00:13:34 (47.7%)	5:41	10.5 (52.0%)
897	OKUŃ Marcin	1513		M 40	262	00:00:27	00:14:08	00:28:29.60	00:28:57.40	+00:13:35 (47.7%)	5:41	10.5 (52.0%)
898	BRZozowski Mikołaj	102		M 20	78	00:01:02	00:13:23	00:28:29.90	00:29:32.55	+00:13:36 (47.7%)	5:41	10.5 (52.0%)
899	TRZĄSKI Filip	1150	GS HUSKY	M 30	189	00:01:22	00:14:06	00:28:30.50	00:29:53.20	+00:13:36 (47.7%)	5:42	10.5 (52.0%)
900	CYBULSKA Anna	155		K 40	84	00:01:40	00:14:23	00:28:32.15	00:30:12.25	+00:13:38 (47.8%)	5:42	10.5 (52.0%)
901	CIESIELSKI Grzegorz	147	LKS PERŁA ŻŁOTOKŁOS	M 30	190	00:02:14	00:14:30	00:28:32.40	00:30:46.95	+00:13:38 (47.8%)	5:42	10.5 (52.0%)
902	WŁODARCZYK Mirosław	1224	I LO UKS KOŚCIUSZKO WŁODAWA	M 40	263	00:01:26	00:14:02	00:28:33.30	00:29:59.55	+00:13:39 (47.8%)	5:42	10.5 (52.0%)
903	SIRODZKI Zbigniew	1347		M 50	71	00:00:17	00:13:08	00:28:33.35	00:28:51.20	+00:13:39 (47.8%)	5:42	10.5 (52.0%)
903	SMUŁEK Rafał	1004		M 30	191	00:01:52	00:15:23	00:28:33.35	00:30:26.25	+00:13:39 (47.8%)	5:42	10.5 (52.0%)
905	RANKOWSKA Dorota	914		K 40	85	00:01:28	00:13:59	00:28:33.45	00:30:01.85	+00:13:39 (47.8%)	5:42	10.5 (52.0%)
906	PYRKA Agnieszka	907		K 30	67	00:01:45	00:14:22	00:28:36.65	00:30:22.30	+00:13:42 (47.9%)	5:43	10.5 (52.0%)
907	JĘDREJ Emilia	394		K 40	86	00:01:24	00:13:49	00:28:37.40	00:30:01.50	+00:13:43 (48.0%)	5:43	10.5 (52.0%)
908	PAMUŁA Paweł	821		M 50	72	00:02:06	00:14:22	00:28:37.80	00:30:44.15	+00:13:44 (48.0%)	5:43	10.5 (52.0%)
909	GRECKI Michał	1550		M 30	192	00:00:27	00:14:58	00:28:37.90	00:29:05.65	+00:13:44 (48.0%)	5:43	10.5 (52.0%)
910	KAMIŃSKA Agnieszka	413		K 30	68	00:02:01	00:14:11	00:28:38.25	00:30:39.70	+00:13:44 (48.0%)	5:43	10.5 (52.0%)
911	KAMINSKI Marcin	412	MELAMBIINA	M 30	193	00:02:00	00:14:12	00:28:39.05	00:30:39.90	+00:13:45 (48.0%)	5:43	10.5 (52.0%)
912	TOMASZEWSKA Mariola	1132	BIEGAM DLA SIEBIE	K 50	16	00:01:04	00:14:32	00:28:39.15	00:29:44.05	+00:13:45 (48.0%)	5:43	10.5 (52.0%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
913	<b>CZARNECKA Katarzyna</b>	<b>159</b>		K 30	69	00:01:23	00:13:57	<b>00:28:39.75</b>	<b>00:30:02.95</b>	+00:13:45 (48.0%)	5:43	10.5 (52.0%)
914	<b>VOVCHANSKYI Nazar</b>	<b>1173</b>		M 20	79	00:00:21	00:13:55	<b>00:28:39.85</b>	<b>00:29:01.05</b>	+00:13:46 (48.0%)	5:43	10.5 (52.0%)
915	<b>ŻÓŁTOWSKI Bartłomiej</b>	<b>1300</b>		M 40	264	00:01:37	00:13:46	<b>00:28:40.05</b>	<b>00:30:17.70</b>	+00:13:46 (48.0%)	5:44	10.5 (52.0%)
916	<b>DYMEL Piotr</b>	<b>223</b>		M 70	7	00:00:42	00:13:42	<b>00:28:40.35</b>	<b>00:29:23.30</b>	+00:13:46 (48.0%)	5:44	10.5 (52.0%)
917	<b>ŻÓŁTOWSKA Dominika</b>	<b>1299</b>	NAPRZÓD MŁOCINY	K 40	87	00:01:37	00:13:46	<b>00:28:41.30</b>	<b>00:30:18.60</b>	+00:13:47 (48.1%)	5:44	10.5 (52.0%)
918	<b>SZYDŁOWSKI Artur</b>	<b>1085</b>		M 40	265	00:01:24	00:13:55	<b>00:28:41.60</b>	<b>00:30:06.10</b>	+00:13:47 (48.1%)	5:44	10.5 (52.0%)
919	<b>SOCHOCKI Wojciech</b>	<b>1013</b>		M 30	194	00:01:52	00:15:24	<b>00:28:41.65</b>	<b>00:30:34.35</b>	+00:13:47 (48.1%)	5:44	10.5 (52.0%)
920	<b>CZAJKOWSKA Joanna</b>	<b>1318</b>	TEAM RUN PEŁCH	K 40	88	00:02:10	00:14:20	<b>00:28:42.15</b>	<b>00:30:52.30</b>	+00:13:48 (48.1%)	5:44	10.5 (52.0%)
920	<b>HOŁOPIAK Ewa</b>	<b>345</b>	EWA HOŁOPIAK	K 60	3	00:01:25	00:14:27	<b>00:28:42.15</b>	<b>00:30:07.90</b>	+00:13:48 (48.1%)	5:44	10.5 (52.0%)
922	<b>HOLDENMAJER Cezary</b>	<b>1341</b>		M 50	73	00:01:55	00:13:53	<b>00:28:42.65</b>	<b>00:30:37.90</b>	+00:13:48 (48.1%)	5:44	10.5 (52.0%)
923	<b>ŚCIBOROWSKA Martyna</b>	<b>1104</b>		K 30	70	00:00:24	00:13:43	<b>00:28:42.80</b>	<b>00:29:06.95</b>	+00:13:49 (48.1%)	5:44	10.5 (52.0%)
924	<b>ZDROJEWSKI Szymon</b>	<b>1281</b>		M 30	195	00:01:29	00:14:20	<b>00:28:42.95</b>	<b>00:30:12.70</b>	+00:13:49 (48.1%)	5:44	10.5 (52.0%)
925	<b>INOROWICZ Joanna</b>	<b>357</b>		K 40	89	00:01:02	00:14:32	<b>00:28:44.60</b>	<b>00:29:46.80</b>	+00:13:50 (48.2%)	5:44	10.4 (51.5%)
926	<b>LITKE Andżelika</b>	<b>1319</b>	EAZYMUT.PL	K 20	29	00:01:39	00:14:21	<b>00:28:44.75</b>	<b>00:30:23.80</b>	+00:13:50 (48.2%)	5:44	10.4 (51.5%)
927	<b>PAWLISZ Marcin</b>	<b>834</b>		M 50	74	00:00:41	00:14:00	<b>00:28:44.80</b>	<b>00:29:26.40</b>	+00:13:51 (48.2%)	5:44	10.4 (51.5%)
928	<b>MALER Władysław</b>	<b>664</b>	NEW BALANCE RUN CLUB	M 70	8	00:01:26	00:14:27	<b>00:28:44.90</b>	<b>00:30:11.15</b>	+00:13:51 (48.2%)	5:44	10.4 (51.5%)
929	<b>PIECHOCKA Katarzyna</b>	<b>846</b>		K 40	90	00:01:40	00:14:21	<b>00:28:47.20</b>	<b>00:30:27.20</b>	+00:13:53 (48.3%)	5:45	10.4 (51.5%)
930	<b>MARCINKIEWICZ Wojciech</b>	<b>675</b>	BIEGUSTATORZY	M 30	196	00:01:38	00:14:31	<b>00:28:49.10</b>	<b>00:30:27.25</b>	+00:13:55 (48.3%)	5:45	10.4 (51.5%)
931	<b>MIODUSZEWSKA Karolina</b>	<b>725</b>		K 40	91	00:01:35		<b>00:28:52.90</b>	<b>00:30:28.80</b>	+00:13:59 (48.4%)	5:46	10.4 (51.5%)
932	<b>BODALSKI Jacek</b>	<b>75</b>	AKTYWNA WARSZAWA	M 50	75	00:01:45	00:14:25	<b>00:28:53.95</b>	<b>00:30:39.50</b>	+00:14:00 (48.5%)	5:46	10.4 (51.5%)
933	<b>BERDYŃSKA Karolina</b>	<b>54</b>		K 30	71	00:02:09	00:14:38	<b>00:28:54.60</b>	<b>00:31:03.65</b>	+00:14:00 (48.5%)	5:46	10.4 (51.5%)
934	<b>JANISZEWSKI Piotr</b>	<b>374</b>		M 40	266	00:02:23	00:14:29	<b>00:28:54.70</b>	<b>00:31:18.10</b>	+00:14:00 (48.5%)	5:46	10.4 (51.5%)
935	<b>KLUCZYK Piotr</b>	<b>1368</b>	KS GROM PRO	M 30	197	00:01:44	00:14:21	<b>00:28:55.30</b>	<b>00:30:39.45</b>	+00:14:01 (48.5%)	5:47	10.4 (51.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
936	KOSOWICZ Pawel	509		M 30	198	00:00:00	00:15:16	00:28:56.05	00:28:56.05	+00:14:02 (48.5%)	5:47	10.4 (51.5%)
937	GOŁDYN Łukasz	290	-	M 30	199	00:01:13	00:14:58	00:28:56.55	00:30:09.60	+00:14:02 (48.5%)	5:47	10.4 (51.5%)
938	SZYMCZAK Agnieszka	1358		K 30	72	00:01:15	00:14:11	00:28:58.30	00:30:14.10	+00:14:04 (48.6%)	5:47	10.4 (51.5%)
939	FROM Konrad	255	WARSAW RUN CLUB	M 40	267	00:01:40	00:14:29	00:28:59.00	00:30:39.60	+00:14:05 (48.6%)	5:47	10.4 (51.5%)
940	PETERLEJTNER ŻUK Ewa	841		K 40	92	00:01:43	00:14:05	00:28:59.40	00:30:43.15	+00:14:05 (48.6%)	5:47	10.4 (51.5%)
941	KMIEĆ Kamil	467		M 30	200	00:00:47	00:14:12	00:28:59.85	00:29:47.00	+00:14:06 (48.6%)	5:47	10.4 (51.5%)
942	KARCZMARCZYK Paweł	424		M 30	201	00:01:22	00:14:09	00:28:59.95	00:30:22.25	+00:14:06 (48.6%)	5:47	10.4 (51.5%)
943	ZALEWSKI Piotr	1328		M 50	76	00:02:05	00:14:29	00:29:00.20	00:31:05.45	+00:14:06 (48.6%)	5:48	10.3 (51.0%)
944	ŻUK Łukasz	1469		M 40	268	00:01:43	00:14:06	00:29:01.05	00:30:44.45	+00:14:07 (48.7%)	5:48	10.3 (51.0%)
945	ZALEWSKI Krzysztof	1268		M 60	22	00:01:45	00:14:21	00:29:03.95	00:30:49.10	+00:14:10 (48.7%)	5:48	10.3 (51.0%)
946	NGUYEN Jakub	764		M 20	80	00:00:17	00:13:07	00:29:04.50	00:29:21.55	+00:14:10 (48.8%)	5:48	10.3 (51.0%)
947	WOŹNIAK Klaudia	1242		K 30	73	00:01:25		00:29:04.90	00:30:30.05	+00:14:11 (48.8%)	5:48	10.3 (51.0%)
948	DĘBIŃSKA Patrycja	188		K 30	74	00:01:48	00:14:16	00:29:05.10	00:30:53.70	+00:14:11 (48.8%)	5:49	10.3 (51.0%)
949	OLESZEK Joanna	794		K 30	75	00:01:31	00:13:52	00:29:07.55	00:30:39.15	+00:14:13 (48.9%)	5:49	10.3 (51.0%)
950	BRONISZEWSKI Jakub	95		M 40	269	00:01:44	00:14:22	00:29:09.80	00:30:54.35	+00:14:16 (48.9%)	5:49	10.3 (51.0%)
951	WALKIEWICZ Mariusz	1317	SDS REPREZENTACJA DZIENNIKARZY	M 50	77	00:01:32	00:13:55	00:29:10.00	00:30:42.15	+00:14:16 (48.9%)	5:50	10.3 (51.0%)
952	GRONKIEWICZ Maciej	314	-	M 16	30	00:01:23	00:14:08	00:29:10.35	00:30:33.50	+00:14:16 (48.9%)	5:50	10.3 (51.0%)
953	TYRANKIEWICZ Kamila	1158	JUMP&FLY, KABATY	K 40	93	00:00:23	00:14:20	00:29:10.50	00:29:34.15	+00:14:16 (48.9%)	5:50	10.3 (51.0%)
954	MĘKARSKI Piotr	1408		M 40	270	00:01:35	00:14:52	00:29:10.70	00:30:46.20	+00:14:16 (48.9%)	5:50	10.3 (51.0%)
955	MODRZEJEWSKA Anna	734		K 40	94	00:01:36	00:14:10	00:29:10.90	00:30:47.70	+00:14:17 (49.0%)	5:50	10.3 (51.0%)
956	LECHOWICZ Katarzyna	600		K 30	76	00:01:40	00:14:31	00:29:10.95	00:30:51.55	+00:14:17 (49.0%)	5:50	10.3 (51.0%)
957	KORONA Krzysztof	501		M 50	78	00:01:20	00:14:08	00:29:11.20	00:30:31.75	+00:14:17 (49.0%)	5:50	10.3 (51.0%)
958	BRONISZEWSKA Natalia	94		K 16	5	00:01:43	00:14:23	00:29:11.35	00:30:55.30	+00:14:17 (49.0%)	5:50	10.3 (51.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
959	<b>GAWLIK Beniamin</b>	<b>272</b>		M 50	79	00:02:19	00:14:34	<b>00:29:11.45</b>	<b>00:31:30.70</b>	+00:14:17 (49.0%)	5:50	10.3 (51.0%)
960	<b>OLESZEK Maciej</b>	<b>793</b>		M 20	81	00:01:30	00:13:31	<b>00:29:12.10</b>	<b>00:30:42.95</b>	+00:14:18 (49.0%)	5:50	10.3 (51.0%)
961	<b>KONATOWICZ Iwona</b>	<b>486</b>		K 40	95	00:01:46	00:14:19	<b>00:29:13.75</b>	<b>00:31:00.25</b>	+00:14:19 (49.0%)	5:50	10.3 (51.0%)
962	<b>KRAWCZYKIEWICZ Magda</b>	<b>551</b>	ŻÓRAWSKI TEAM	K 40	96	00:01:09	00:14:14	<b>00:29:14.05</b>	<b>00:30:23.80</b>	+00:14:20 (49.0%)	5:50	10.3 (51.0%)
963	<b>DUDEK Beata</b>	<b>214</b>		K 40	97	00:01:26	00:13:59	<b>00:29:14.75</b>	<b>00:30:41.30</b>	+00:14:20 (49.1%)	5:50	10.3 (51.0%)
963	<b>MITURA Ewa</b>	<b>732</b>		K 14	7	00:01:31	00:14:23	<b>00:29:14.75</b>	<b>00:30:46.15</b>	+00:14:20 (49.1%)	5:50	10.3 (51.0%)
965	<b>KLOPOCKI Rafal</b>	<b>462</b>		M 50	80	00:01:52	00:14:38	<b>00:29:15.10</b>	<b>00:31:08.00</b>	+00:14:21 (49.1%)	5:51	10.3 (51.0%)
966	<b>KLOPOCKA Anna</b>	<b>461</b>		K 50	17	00:01:52	00:14:38	<b>00:29:15.30</b>	<b>00:31:08.25</b>	+00:14:21 (49.1%)	5:51	10.3 (51.0%)
967	<b>MITURA Anna</b>	<b>731</b>		K 40	98	00:01:31	00:14:23	<b>00:29:16.05</b>	<b>00:30:47.45</b>	+00:14:22 (49.1%)	5:51	10.3 (51.0%)
968	<b>PRZEWODOWSKA Agnieszka</b>	<b>897</b>		K 40	99	00:01:37	00:14:27	<b>00:29:16.45</b>	<b>00:30:53.95</b>	+00:14:22 (49.1%)	5:51	10.3 (51.0%)
969	<b>MAKOSA Witold</b>	<b>1561</b>		M 60	23	00:01:46	00:14:30	<b>00:29:17.40</b>	<b>00:31:03.60</b>	+00:14:23 (49.1%)	5:51	10.2 (50.5%)
970	<b>GŁOWACKA Elżbieta</b>	<b>284</b>	TEAM ZABIEGANEDNI	K 60	4	00:01:31	00:14:28	<b>00:29:17.70</b>	<b>00:30:49.40</b>	+00:14:23 (49.1%)	5:51	10.2 (50.5%)
971	<b>CHUDOBIŃSKI Tomasz</b>	<b>138</b>		M 20	82	00:01:30	00:13:58	<b>00:29:18.05</b>	<b>00:30:48.90</b>	+00:14:24 (49.2%)	5:51	10.2 (50.5%)
972	<b>MYJAK Sylwia</b>	<b>749</b>	NATIONALE-NEDERLANDEN RUNNING TEAM	K 30	77	00:01:29	00:14:22	<b>00:29:18.25</b>	<b>00:30:47.85</b>	+00:14:24 (49.2%)	5:51	10.2 (50.5%)
973	<b>WIŚNIEWSKI Janusz</b>	<b>1213</b>	PARKRUN PRUSZKÓW 70+	M 70	9	00:00:28	00:14:39	<b>00:29:18.80</b>	<b>00:29:46.85</b>	+00:14:25 (49.2%)	5:51	10.2 (50.5%)
974	<b>PRASEK Łukasz</b>	<b>887</b>		M 40	271	00:01:22	00:14:22	<b>00:29:19.25</b>	<b>00:30:41.45</b>	+00:14:25 (49.2%)	5:51	10.2 (50.5%)
975	<b>BUDEK Ewa</b>	<b>106</b>		K 30	78	00:01:38	00:14:32	<b>00:29:19.60</b>	<b>00:30:58.35</b>	+00:14:25 (49.2%)	5:51	10.2 (50.5%)
976	<b>GAWIN Mariusz</b>	<b>271</b>		M 16	31	00:01:50	00:14:01	<b>00:29:20.30</b>	<b>00:31:11.15</b>	+00:14:26 (49.2%)	5:52	10.2 (50.5%)
977	<b>BROZE Oliwia</b>	<b>96</b>		K 16	6	00:01:50	00:14:02	<b>00:29:20.35</b>	<b>00:31:11.00</b>	+00:14:26 (49.2%)	5:52	10.2 (50.5%)
978	<b>JAROSZKIEWICZ Diana</b>	<b>388</b>	-	K 16	7	00:01:39	00:14:23	<b>00:29:20.45</b>	<b>00:30:59.80</b>	+00:14:26 (49.2%)	5:52	10.2 (50.5%)
979	<b>ZARĘBSKI Szczepan</b>	<b>1270</b>		M 30	202	00:01:47	00:14:37	<b>00:29:21.30</b>	<b>00:31:08.30</b>	+00:14:27 (49.3%)	5:52	10.2 (50.5%)
980	<b>CZERWIŃSKA-BLOK Iwona</b>	<b>167</b>		K 30	79	00:01:39	00:14:33	<b>00:29:22.20</b>	<b>00:31:01.75</b>	+00:14:28 (49.3%)	5:52	10.2 (50.5%)
981	<b>WALOS Jan</b>	<b>1177</b>		M 60	24	00:01:26	00:14:27	<b>00:29:24.60</b>	<b>00:30:50.70</b>	+00:14:30 (49.3%)	5:52	10.2 (50.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
982	<b>CZUCHAJ Milena</b>	<b>169</b>		K 30	80	00:01:29	00:14:20	<b>00:29:25.75</b>	<b>00:30:55.30</b>	+00:14:31 (49.4%)	5:53	10.2 (50.5%)
983	<b>UŁANEK Kamila</b>	<b>1164</b>	SEGIETEAM	K 40	100	00:01:56	00:14:28	<b>00:29:28.45</b>	<b>00:31:25.25</b>	+00:14:34 (49.5%)	5:53	10.2 (50.5%)
984	<b>TYSZKA Rafał</b>	<b>1161</b>		M 14	12	00:01:12	00:13:44	<b>00:29:31.80</b>	<b>00:30:44.40</b>	+00:14:38 (49.6%)	5:54	10.2 (50.5%)
985	<b>ROSTKOWSKI Łukasz</b>	<b>934</b>		M 30	203	00:00:00	00:15:30	<b>00:29:33.05</b>	<b>00:29:33.05</b>	+00:14:39 (49.6%)	5:54	10.2 (50.5%)
986	<b>PAC Bartosz</b>	<b>814</b>		M 40	272	00:02:03	00:14:28	<b>00:29:34.55</b>	<b>00:31:38.50</b>	+00:14:40 (49.6%)	5:54	10.1 (50.0%)
987	<b>SOLKA Katarzyna</b>	<b>1020</b>	GÓRA BIEGA	K 20	30	00:01:44	00:14:34	<b>00:29:34.60</b>	<b>00:31:19.55</b>	+00:14:40 (49.6%)	5:54	10.1 (50.0%)
988	<b>KOZIEJ Andrzej</b>	<b>538</b>		M 40	273	00:01:15	00:14:29	<b>00:29:35.05</b>	<b>00:30:50.95</b>	+00:14:41 (49.6%)	5:55	10.1 (50.0%)
989	<b>PUCHAŁA Tomasz</b>	<b>904</b>	MYSZORY	M 30	204	00:01:17	00:14:23	<b>00:29:35.95</b>	<b>00:30:53.60</b>	+00:14:42 (49.7%)	5:55	10.1 (50.0%)
990	<b>PIECHOWIAK Marta</b>	<b>847</b>		K 40	101	00:01:42	00:14:35	<b>00:29:36.70</b>	<b>00:31:19.50</b>	+00:14:42 (49.7%)	5:55	10.1 (50.0%)
991	<b>KORONA Tatiana</b>	<b>500</b>	OBIEGUWKA	K 50	18	00:01:45	00:14:30	<b>00:29:37.25</b>	<b>00:31:22.50</b>	+00:14:43 (49.7%)	5:55	10.1 (50.0%)
992	<b>RĘKAWEK Gabriela</b>	<b>922</b>		K 30	81	00:01:51	00:14:28	<b>00:29:38.95</b>	<b>00:31:30.15</b>	+00:14:45 (49.8%)	5:55	10.1 (50.0%)
993	<b>GÓRSKA Sylwia</b>	<b>1582</b>		K 40	102	00:01:45	00:14:33	<b>00:29:39.05</b>	<b>00:31:24.20</b>	+00:14:45 (49.8%)	5:55	10.1 (50.0%)
994	<b>PICEWICZ Paweł</b>	<b>1415</b>		M 40	274	00:02:14	00:15:50	<b>00:29:39.40</b>	<b>00:31:54.05</b>	+00:14:45 (49.8%)	5:55	10.1 (50.0%)
995	<b>NOWACKI Julian</b>	<b>775</b>	TO NATURALNE	M 70	10	00:00:33	00:14:33	<b>00:29:39.55</b>	<b>00:30:13.40</b>	+00:14:45 (49.8%)	5:55	10.1 (50.0%)
996	<b>ZARODA Grażyna</b>	<b>1271</b>		K 50	19	00:00:37	00:14:18	<b>00:29:39.60</b>	<b>00:30:17.35</b>	+00:14:45 (49.8%)	5:55	10.1 (50.0%)
997	<b>BARANOWSKI Krzysztof</b>	<b>1494</b>		M 50	81	00:00:33	00:14:34	<b>00:29:40.65</b>	<b>00:30:13.80</b>	+00:14:46 (49.8%)	5:56	10.1 (50.0%)
998	<b>STAŃSKI Sławomir</b>	<b>1493</b>		M 60	25	00:00:33	00:14:33	<b>00:29:40.75</b>	<b>00:30:14.05</b>	+00:14:46 (49.8%)	5:56	10.1 (50.0%)
999	<b>KOSIACKI Karol</b>	<b>506</b>		M 40	275	00:02:22	00:14:47	<b>00:29:41.60</b>	<b>00:32:04.40</b>	+00:14:47 (49.8%)	5:56	10.1 (50.0%)
1000	<b>PAWŁOWSKI Krystian</b>	<b>837</b>	LKS PERŁA ŻŁOTOKŁOS	M 30	205	00:02:14	00:14:28	<b>00:29:42.70</b>	<b>00:31:57.40</b>	+00:14:48 (49.9%)	5:56	10.1 (50.0%)
1001	<b>LEBIODA Eliza</b>	<b>599</b>		K 30	82	00:02:01	00:14:48	<b>00:29:46.00</b>	<b>00:31:47.70</b>	+00:14:52 (50.0%)	5:57	10.1 (50.0%)
1002	<b>RADOMYSKA Wiola</b>	<b>912</b>	KAZIKI	K 30	83	00:02:09	00:14:23	<b>00:29:47.25</b>	<b>00:31:56.60</b>	+00:14:53 (50.0%)	5:57	10.1 (50.0%)
1003	<b>TORZEWSKA Agnieszka</b>	<b>1139</b>		K 40	103	00:01:42	00:14:33	<b>00:29:47.85</b>	<b>00:31:30.25</b>	+00:14:54 (50.0%)	5:57	10.1 (50.0%)
1004	<b>SZYMANEK Łukasz</b>	<b>1086</b>		M 40	276	00:02:16	00:14:56	<b>00:29:49.10</b>	<b>00:32:05.90</b>	+00:14:55 (50.0%)	5:57	10.1 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1005	<b>SZYMANEK Aleksandra</b>	<b>1087</b>		K 30	84	00:02:17	00:14:56	<b>00:29:49.90</b>	<b>00:32:07.10</b>	+00:14:56 (50.1%)	5:57	10.1 (50.0%)
1006	<b>STASZEWSKA Kinga</b>	<b>1029</b>	KS STASZEWSKY	K 40	104	00:01:38	00:14:32	<b>00:29:49.95</b>	<b>00:31:28.55</b>	+00:14:56 (50.1%)	5:57	10.1 (50.0%)
1007	<b>BUDZIANOWSKI Mateusz</b>	<b>107</b>		M 30	206	00:01:56	00:15:41	<b>00:29:51.50</b>	<b>00:31:48.30</b>	+00:14:57 (50.1%)	5:58	10.1 (50.0%)
1008	<b>SOKOŁOWSKI Marian</b>	<b>1015</b>	SAMOTNY WILK	M 70	11	00:00:29	00:14:23	<b>00:29:51.85</b>	<b>00:30:20.85</b>	+00:14:58 (50.1%)	5:58	10.1 (50.0%)
1009	<b>MAŁYSIAK Klaudia</b>	<b>1447</b>		K 20	31	00:01:38	00:14:18	<b>00:29:53.75</b>	<b>00:31:32.20</b>	+00:14:59 (50.2%)	5:58	10 (49.5%)
1010	<b>WYSOWSKA Jagoda</b>	<b>1585</b>		K 50	20	00:01:49	00:15:16	<b>00:29:56.65</b>	<b>00:31:45.85</b>	+00:15:02 (50.3%)	5:59	10 (49.5%)
1011	<b>MROCZEK Magdalena</b>	<b>741</b>		K 40	105	00:01:41	00:14:32	<b>00:29:57.00</b>	<b>00:31:38.70</b>	+00:15:03 (50.3%)	5:59	10 (49.5%)
1012	<b>BRZOZOWSKA Magdalena</b>	<b>100</b>	BIEGUSTATORZY	K 40	106	00:01:38	00:14:31	<b>00:29:58.15</b>	<b>00:31:36.45</b>	+00:15:04 (50.3%)	5:59	10 (49.5%)
1013	<b>MORAWSKA Anna</b>	<b>1516</b>		K 60	5	00:00:22	00:14:51	<b>00:29:58.20</b>	<b>00:30:20.60</b>	+00:15:04 (50.3%)	5:59	10 (49.5%)
1014	<b>WÓJCIK Aneta</b>	<b>1246</b>		K 40	107	00:01:27	00:14:42	<b>00:29:58.65</b>	<b>00:31:26.05</b>	+00:15:04 (50.3%)	5:59	10 (49.5%)
1015	<b>NIEWIADOMSKI Zdzisław</b>	<b>772</b>		M 70	12	00:01:37	00:14:52	<b>00:29:59.30</b>	<b>00:31:37.10</b>	+00:15:05 (50.3%)	5:59	10 (49.5%)
1016	<b>LESIAKOWSKI Pawel</b>	<b>606</b>		M 30	207	00:01:45	00:14:28	<b>00:29:59.50</b>	<b>00:31:45.05</b>	+00:15:05 (50.3%)	5:59	10 (49.5%)
1017	<b>KEMPISTY Anna</b>	<b>1487</b>	12TRI.PL	K 50	21	00:01:32	00:14:44	<b>00:30:01.10</b>	<b>00:31:33.55</b>	+00:15:07 (50.4%)	6:00	10 (49.5%)
1018	<b>SZYMAŃSKI Dominik</b>	<b>1094</b>		M 30	208	00:02:15	00:14:40	<b>00:30:02.70</b>	<b>00:32:18.05</b>	+00:15:08 (50.4%)	6:00	10 (49.5%)
1019	<b>KOWALSKA Beata</b>	<b>526</b>		K 40	108	00:01:19	00:14:23	<b>00:30:03.10</b>	<b>00:31:22.55</b>	+00:15:09 (50.4%)	6:00	10 (49.5%)
1020	<b>SZYMAŃSKA Beata</b>	<b>1406</b>		K 40	109	00:01:18	00:14:58	<b>00:30:04.00</b>	<b>00:31:22.85</b>	+00:15:10 (50.5%)	6:00	10 (49.5%)
1021	<b>KRYSTOSIAK Weronika</b>	<b>565</b>		K 20	32	00:00:57	00:14:11	<b>00:30:05.10</b>	<b>00:31:02.10</b>	+00:15:11 (50.5%)	6:01	10 (49.5%)
1022	<b>SOKÓLSKA Dorota</b>	<b>1017</b>	TEAM ZABIEGANEDNI	K 60	6	00:01:36	00:14:40	<b>00:30:05.15</b>	<b>00:31:41.25</b>	+00:15:11 (50.5%)	6:01	10 (49.5%)
1023	<b>KOWALCZYK Kamil</b>	<b>519</b>		M 30	209	00:00:56	00:14:11	<b>00:30:05.50</b>	<b>00:31:02.00</b>	+00:15:11 (50.5%)	6:01	10 (49.5%)
1023	<b>ŁAKOMSKA Beata</b>	<b>623</b>	TEAM ZABIEGANE DNI	K 30	85	00:01:34	00:14:21	<b>00:30:05.50</b>	<b>00:31:40.40</b>	+00:15:11 (50.5%)	6:01	10 (49.5%)
1023	<b>ROJEWSKI Mateusz</b>	<b>926</b>	BACKSIDE TEAM	M 20	83	00:00:00		<b>00:30:05.50</b>	<b>00:30:05.50</b>	+00:15:11 (50.5%)	6:01	10 (49.5%)
1026	<b>MATYSIAK Krystyna</b>	<b>696</b>		K 12	7	00:02:10	00:15:50	<b>00:30:05.95</b>	<b>00:32:16.55</b>	+00:15:12 (50.5%)	6:01	10 (49.5%)
1027	<b>OLKOWSKI Robert</b>	<b>796</b>		M 50	82	00:01:35	00:14:15	<b>00:30:08.00</b>	<b>00:31:43.45</b>	+00:15:14 (50.6%)	6:01	10 (49.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1028	KUCHTA Jan-Markus	1489		M 14	13	00:01:57	00:14:39	00:30:08.65	00:32:06.45	+00:15:14 (50.6%)	6:01	10 (49.5%)
1029	ZIELIŃSKA Marta	1286	JACEKBIEGA RUNNING TEAM	K 40	110	00:01:51	00:14:42	00:30:10.65	00:32:02.55	+00:15:16 (50.6%)	6:02	9.9 (49.0%)
1030	ZIELIŃSKI Mateusz	1548		M 30	210	00:01:15	00:14:37	00:30:13.35	00:31:28.90	+00:15:19 (50.7%)	6:02	9.9 (49.0%)
1031	ŚMIERZYŃSKA Dorota	1384		K 30	86	00:01:15	00:14:40	00:30:13.60	00:31:28.80	+00:15:19 (50.7%)	6:02	9.9 (49.0%)
1032	KOZAK Maria	1409		K 12	8	00:01:44	00:15:40	00:30:14.45	00:31:59.00	+00:15:20 (50.7%)	6:02	9.9 (49.0%)
1033	KOZAK Jakub	1407		M 40	277	00:01:44	00:15:40	00:30:14.95	00:31:59.40	+00:15:21 (50.8%)	6:02	9.9 (49.0%)
1034	SKROBEK Piotr	991		M 30	211	00:02:17	00:15:01	00:30:16.00	00:32:33.60	+00:15:22 (50.8%)	6:03	9.9 (49.0%)
1035	ADAMIAK Paweł	14		M 50	83	00:01:48	00:14:28	00:30:16.40	00:32:05.35	+00:15:22 (50.8%)	6:03	9.9 (49.0%)
1036	GÓRECKA Aleksandra	296		K 40	111	00:01:47	00:15:01	00:30:19.45	00:32:06.75	+00:15:25 (50.9%)	6:03	9.9 (49.0%)
1037	KĘSICKA Arletta	443		K 30	87	00:01:46	00:14:54	00:30:20.55	00:32:07.25	+00:15:26 (50.9%)	6:04	9.9 (49.0%)
1038	MASTALEREK Joanna	684		K 40	112	00:00:01		00:30:22.00	00:30:23.00	+00:15:28 (50.9%)	6:04	9.9 (49.0%)
1039	MASTALEREK Arkadiusz	685		M 40	278	00:00:01		00:30:24.00	00:30:25.00	+00:15:30 (51.0%)	6:04	9.9 (49.0%)
1040	VUCO Ivo	1174	HULTAJ LITERACKI	M 40	279	00:01:48	00:15:07	00:30:24.30	00:32:13.25	+00:15:30 (51.0%)	6:04	9.9 (49.0%)
1041	BOCHYŃSKA SZACKA Dagmara	73		K 30	88	00:01:34	00:15:00	00:30:26.80	00:32:00.95	+00:15:33 (51.1%)	6:05	9.9 (49.0%)
1042	GÓRAL Piotr	1586		M 60	26	00:01:35	00:14:34	00:30:27.50	00:32:02.55	+00:15:33 (51.1%)	6:05	9.9 (49.0%)
1043	WRÓBLEWSKI Rafał	1565		M 20	84	00:01:51	00:14:37	00:30:32.65	00:32:24.60	+00:15:38 (51.2%)	6:06	9.8 (48.5%)
1044	KURPIŃSKA Karolina	1573		K 20	33	00:01:32	00:15:05	00:30:33.25	00:32:05.55	+00:15:39 (51.2%)	6:06	9.8 (48.5%)
1045	TOLAK Marcin	1130		M 40	280	00:01:46	00:14:24	00:30:33.55	00:32:19.55	+00:15:39 (51.3%)	6:06	9.8 (48.5%)
1046	DI FOLCO Veronica	1455		K 40	113	00:01:47	00:15:07	00:30:34.35	00:32:21.80	+00:15:40 (51.3%)	6:06	9.8 (48.5%)
1047	LATKA-GROT Julita	597		K 40	114	00:01:39	00:14:51	00:30:35.10	00:32:14.80	+00:15:41 (51.3%)	6:07	9.8 (48.5%)
1048	WOJCIECHOWSKI Tomasz	1231		M 30	212	00:02:02	00:15:35	00:30:35.20	00:32:37.70	+00:15:41 (51.3%)	6:07	9.8 (48.5%)
1049	KARŁOWICZ Anna	426	PARTIA WOLNYCH BIEGACZY	K 60	7	00:00:56	00:15:07	00:30:35.55	00:31:32.05	+00:15:41 (51.3%)	6:07	9.8 (48.5%)
1050	TULIN Michał	1154		M 30	213	00:00:01		00:30:40.00	00:30:41.00	+00:15:46 (51.4%)	6:08	9.8 (48.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1051	NEJMAN Andrzej	1313		M 40	281	00:01:46	00:14:54	00:30:40.60	00:32:27.40	+00:15:46 (51.4%)	6:08	9.8 (48.5%)
1052	ZIEMAK Edyta	1290	EDYTA ZIEMAK	K 40	115	00:01:29	00:15:06	00:30:44.00	00:32:13.85	+00:15:50 (51.5%)	6:08	9.8 (48.5%)
1053	JANCZARSKA Wiktoria	372		K 30	89	00:02:00	00:14:42	00:30:46.20	00:32:47.00	+00:15:52 (51.6%)	6:09	9.8 (48.5%)
1054	PIOTROWSKI Norbert	1446		M 14	14	00:00:18	00:10:11	00:30:49.05	00:31:07.95	+00:15:55 (51.7%)	6:09	9.7 (48.0%)
1055	JELENIOWSKA Magdalena	1499	MAGDALENA JELENIOWSKA	K 40	116	00:01:47	00:15:06	00:30:54.30	00:32:42.10	+00:16:00 (51.8%)	6:10	9.7 (48.0%)
1056	MYŚLIBORSKA Olga	751		K 40	117	00:01:54	00:15:13	00:30:54.50	00:32:49.45	+00:16:00 (51.8%)	6:10	9.7 (48.0%)
1057	LENARCZYK Paweł	602		M 40	282	00:01:54	00:14:34	00:30:55.05	00:32:49.10	+00:16:01 (51.8%)	6:11	9.7 (48.0%)
1058	BORYS Piotr	87		M 50	84	00:01:39	00:14:31	00:30:57.10	00:32:36.30	+00:16:03 (51.9%)	6:11	9.7 (48.0%)
1059	BORYS Joanna	89		K 12	9	00:01:38	00:14:31	00:30:57.25	00:32:36.00	+00:16:03 (51.9%)	6:11	9.7 (48.0%)
1060	ORZEŁ Monika	805		K 30	90	00:01:41	00:14:52	00:30:58.80	00:32:40.60	+00:16:05 (51.9%)	6:11	9.7 (48.0%)
1061	BOROWA Magdalena	82		K 30	91	00:01:36	00:14:51	00:30:59.00	00:32:35.00	+00:16:05 (51.9%)	6:11	9.7 (48.0%)
1062	TRYBULEC Justyna	1149		K 30	92	00:00:39	00:15:02	00:31:04.90	00:31:44.10	+00:16:11 (52.1%)	6:12	9.7 (48.0%)
1063	WĄSOWSKA Anna	1187	GRUPA BIEGOWA UM W-WA	K 40	118	00:01:41	00:14:55	00:31:06.75	00:32:48.00	+00:16:12 (52.1%)	6:13	9.6 (47.5%)
1064	BRZEZIK Piotr	97		M 30	214	00:01:02	00:14:24	00:31:08.25	00:32:10.60	+00:16:14 (52.2%)	6:13	9.6 (47.5%)
1065	KIELEWICZ Kazimierz	445		M 70	13	00:01:41	00:15:02	00:31:08.60	00:32:50.50	+00:16:14 (52.2%)	6:13	9.6 (47.5%)
1066	SZYMCZAK Mirosław	1098	TRIWAWA	M 70	14	00:02:08	00:15:03	00:31:13.70	00:33:22.20	+00:16:19 (52.3%)	6:14	9.6 (47.5%)
1067	MICHAŁEK-PENDOWSKA Barbara	1378		K 40	119	00:00:42	00:15:11	00:31:14.45	00:31:57.35	+00:16:20 (52.3%)	6:14	9.6 (47.5%)
1068	JĘDRZEJEWSKA Laura	396		K 20	34	00:01:41	00:14:37	00:31:15.60	00:32:56.90	+00:16:21 (52.3%)	6:15	9.6 (47.5%)
1069	SOKOŁOWSKI Wojciech	1016		M 50	85	00:01:06	00:14:41	00:31:18.25	00:32:24.25	+00:16:24 (52.4%)	6:15	9.6 (47.5%)
1070	WIŚNIEWSKA-DUDA Anna	1211		K 30	93	00:00:39	00:15:29	00:31:22.60	00:32:02.40	+00:16:28 (52.5%)	6:16	9.6 (47.5%)
1071	KARAŚ Agnieszka	421		K 40	120	00:01:28	00:15:05	00:31:23.15	00:32:51.20	+00:16:29 (52.5%)	6:16	9.6 (47.5%)
1072	GROCHOWINA Anna	309		K 30	94	00:01:06	00:15:22	00:31:23.60	00:32:30.30	+00:16:29 (52.5%)	6:16	9.6 (47.5%)
1073	BARCZYK Tomasz	38		M 30	215	00:02:00	00:15:51	00:31:25.45	00:33:25.45	+00:16:31 (52.6%)	6:17	9.5 (47.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1074	<b>JĄNCZAK Mariusz</b>	<b>382</b>		M 40	283	00:00:33	00:14:55	<b>00:31:27.55</b>	<b>00:32:00.70</b>	+00:16:33 (52.6%)	6:17	9.5 (47.0%)
1075	<b>REGUCKI Artur</b>	<b>917</b>		M 50	86	00:04:28	00:14:55	<b>00:31:28.15</b>	<b>00:35:56.40</b>	+00:16:34 (52.7%)	6:17	9.5 (47.0%)
1076	<b>BIELECKA Aleksandra</b>	<b>60</b>		K 40	121	00:01:59	00:15:23	<b>00:31:28.90</b>	<b>00:33:28.00</b>	+00:16:35 (52.7%)	6:17	9.5 (47.0%)
1077	<b>GIERKOWSKA Agnieszka</b>	<b>1420</b>		K 40	122	00:02:12	00:15:19	<b>00:31:30.45</b>	<b>00:33:43.30</b>	+00:16:36 (52.7%)	6:18	9.5 (47.0%)
1078	<b>ORZECHOWSKI Daniel</b>	<b>804</b>		M 40	284	00:02:03	00:15:35	<b>00:31:31.00</b>	<b>00:33:34.20</b>	+00:16:37 (52.7%)	6:18	9.5 (47.0%)
1079	<b>ORZECHOWSKA Karolina</b>	<b>803</b>		K 40	123	00:02:03	00:15:35	<b>00:31:31.05</b>	<b>00:33:34.40</b>	+00:16:37 (52.7%)	6:18	9.5 (47.0%)
1080	<b>MARCIŃSKI Kuba</b>	<b>676</b>	PROJEKT AIK	M 40	285	00:02:15	00:15:25	<b>00:31:32.55</b>	<b>00:33:48.00</b>	+00:16:38 (52.8%)	6:18	9.5 (47.0%)
1081	<b>MICHALAK Jerzy</b>	<b>709</b>	KBIM.P.SĘKOWSKIEGO	M 70	15	00:01:48	00:15:08	<b>00:31:35.90</b>	<b>00:33:24.60</b>	+00:16:42 (52.9%)	6:19	9.5 (47.0%)
1082	<b>GRUDZIŃSKI Bartosz</b>	<b>1484</b>		M 12	17	00:01:52	00:14:52	<b>00:31:36.25</b>	<b>00:33:28.65</b>	+00:16:42 (52.9%)	6:19	9.5 (47.0%)
1083	<b>WĘCŁAWIK Piotr</b>	<b>1190</b>		M 30	216	00:01:52	00:14:58	<b>00:31:38.90</b>	<b>00:33:31.10</b>	+00:16:45 (52.9%)	6:19	9.5 (47.0%)
1084	<b>POLO Maria</b>	<b>880</b>		K 30	95	00:01:07	00:15:31	<b>00:31:39.55</b>	<b>00:32:47.20</b>	+00:16:45 (52.9%)	6:19	9.5 (47.0%)
1084	<b>HRYMAK-STANEK Anna</b>	<b>350</b>		K 40	124	00:02:10	00:15:56	<b>00:31:39.55</b>	<b>00:33:50.10</b>	+00:16:45 (52.9%)	6:19	9.5 (47.0%)
1086	<b>OŁOWSKA Paulina</b>	<b>798</b>		K 30	96	00:01:33	00:15:02	<b>00:31:40.35</b>	<b>00:33:13.90</b>	+00:16:46 (53.0%)	6:20	9.5 (47.0%)
1087	<b>KŁYS Mateusz</b>	<b>465</b>		M 20	85	00:01:55	00:15:57	<b>00:31:40.40</b>	<b>00:33:36.00</b>	+00:16:46 (53.0%)	6:20	9.5 (47.0%)
1088	<b>KOŁECKA Aleksandra</b>	<b>479</b>		K 20	35	00:01:54	00:15:58	<b>00:31:41.00</b>	<b>00:33:35.65</b>	+00:16:47 (53.0%)	6:20	9.5 (47.0%)
1089	<b>JANCZ Bartosz</b>	<b>1480</b>		M 40	286	00:02:02	00:15:47	<b>00:31:42.55</b>	<b>00:33:45.35</b>	+00:16:48 (53.0%)	6:20	9.5 (47.0%)
1089	<b>KRUSZEWSKA-JANCZ Emilia</b>	<b>1479</b>		K 40	125	00:02:03	00:15:47	<b>00:31:42.55</b>	<b>00:33:45.60</b>	+00:16:48 (53.0%)	6:20	9.5 (47.0%)
1091	<b>DRÓŹDŹ Renata</b>	<b>206</b>		K 40	126	00:01:29	00:15:17	<b>00:31:50.55</b>	<b>00:33:20.15</b>	+00:16:56 (53.2%)	6:22	9.4 (46.5%)
1092	<b>STOKOWSKA Angelika</b>	<b>1035</b>		K 40	127	00:02:04	00:15:40	<b>00:31:53.20</b>	<b>00:33:57.80</b>	+00:16:59 (53.3%)	6:22	9.4 (46.5%)
1093	<b>PAWŁESA Małgorzata</b>	<b>835</b>		K 40	128	00:00:59	00:16:07	<b>00:31:53.25</b>	<b>00:32:53.15</b>	+00:16:59 (53.3%)	6:22	9.4 (46.5%)
1094	<b>WIŚNIEWSKA Katarzyna</b>	<b>1210</b>	INDYWIDUALISTKA	K 50	22	00:00:23	00:15:17	<b>00:31:54.90</b>	<b>00:32:17.95</b>	+00:17:01 (53.3%)	6:22	9.4 (46.5%)
1095	<b>SOBOLEWSKA Aleksandra</b>	<b>1337</b>		K 20	36	00:01:59	00:16:19	<b>00:31:55.40</b>	<b>00:33:55.00</b>	+00:17:01 (53.3%)	6:23	9.4 (46.5%)
1096	<b>MOSKAŁA Bogusław</b>	<b>737</b>		M 60	27	00:02:01	00:15:47	<b>00:31:58.00</b>	<b>00:33:59.80</b>	+00:17:04 (53.4%)	6:23	9.4 (46.5%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1097	NASIEROWSKA Martyna	760		K 30	97	00:01:49	00:15:35	00:32:02.20	00:33:51.95	+00:17:08 (53.5%)	6:24	9.4 (46.5%)
1098	KALETA Agnieszka	1508		K 40	129	00:01:37	00:15:35	00:32:05.00	00:33:42.20	+00:17:11 (53.6%)	6:25	9.4 (46.5%)
1099	TABOR Tomasz	1118		M 50	87	00:01:48	00:15:49	00:32:06.60	00:33:55.00	+00:17:12 (53.6%)	6:25	9.3 (46.0%)
1100	SYNOWCZYK Agnieszka	1050		K 30	98	00:00:44	00:16:01	00:32:07.60	00:32:51.60	+00:17:13 (53.6%)	6:25	9.3 (46.0%)
1101	SZMYTKE Sabina	1075	NIEZRZESZONA	K 60	8	00:01:30	00:15:35	00:32:08.35	00:33:39.10	+00:17:14 (53.6%)	6:25	9.3 (46.0%)
1102	WINDER Agnieszka	1205		K 40	130	00:01:56	00:15:53	00:32:08.40	00:34:04.70	+00:17:14 (53.7%)	6:25	9.3 (46.0%)
1103	MRÓZ Joanna	742		K 30	99	00:01:56	00:15:53	00:32:08.45	00:34:04.50	+00:17:14 (53.7%)	6:25	9.3 (46.0%)
1104	HOŁOWACZ Tomasz	346	KONDYCJA	M 70	16	00:01:54	00:16:03	00:32:10.15	00:34:04.70	+00:17:16 (53.7%)	6:26	9.3 (46.0%)
1105	KOPER Adam	494		M 30	217	00:00:00		00:32:11.30	00:32:11.30	+00:17:17 (53.7%)	6:26	9.3 (46.0%)
1106	TYSZKA Sylwia	1160		K 40	131	00:01:11	00:15:35	00:32:13.55	00:33:24.65	+00:17:19 (53.8%)	6:26	9.3 (46.0%)
1107	NAKWASKI Bartek	757		M 40	287	00:00:33	00:15:14	00:32:17.90	00:32:51.00	+00:17:24 (53.9%)	6:27	9.3 (46.0%)
1108	SYTY Adam	1052		M 40	288	00:01:58	00:15:46	00:32:18.05	00:34:16.20	+00:17:24 (53.9%)	6:27	9.3 (46.0%)
1109	NIEDZIELA Michał	766		M 30	218	00:01:19	00:15:41	00:32:18.60	00:33:37.60	+00:17:24 (53.9%)	6:27	9.3 (46.0%)
1110	MYSZOR-CIECIELĄG Monika	750		K 40	132	00:01:44	00:15:43	00:32:18.80	00:34:03.05	+00:17:25 (53.9%)	6:27	9.3 (46.0%)
1111	KORNACKA Agnieszka	498		K 20	37	00:00:07	00:15:47	00:32:20.30	00:32:28.15	+00:17:26 (53.9%)	6:28	9.3 (46.0%)
1112	GŁAŻEWSKA Kamila	1599		K 20	38	00:01:30	00:15:28	00:32:21.15	00:33:51.60	+00:17:27 (54.0%)	6:28	9.3 (46.0%)
1113	KACZMARSKA Alicja	1454	TI HEALTH CLUB	K 40	133	00:01:47	00:15:38	00:32:22.00	00:34:09.30	+00:17:28 (54.0%)	6:28	9.3 (46.0%)
1114	WITEK Szymon	1579		M 12	18	00:01:59	00:16:16	00:32:22.75	00:34:22.50	+00:17:28 (54.0%)	6:28	9.3 (46.0%)
1115	KOZDRON Paulina	1534		K 30	100	00:01:48	00:15:58	00:32:23.40	00:34:12.25	+00:17:29 (54.0%)	6:28	9.3 (46.0%)
1116	SIERANT Wojciech	970		M 30	219	00:02:03	00:16:31	00:32:23.95	00:34:27.35	+00:17:30 (54.0%)	6:28	9.3 (46.0%)
1117	PATAJ Monika	1309		K 40	134	00:01:10		00:32:25.90	00:33:36.85	+00:17:32 (54.1%)	6:29	9.3 (46.0%)
1118	WITEK Dagmara	1578		K 30	101	00:01:59	00:16:17	00:32:26.55	00:34:25.60	+00:17:32 (54.1%)	6:29	9.2 (45.5%)
1119	RYŃSKI Andrzej	949		M 50	88	00:01:15	00:15:08	00:32:27.55	00:33:42.60	+00:17:33 (54.1%)	6:29	9.2 (45.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1120	SKOMOROWSKA Monika	988		K 40	135	00:01:14	00:15:09	00:32:28.10	00:33:42.80	+00:17:34 (54.1%)	6:29	9.2 (45.5%)
1121	ADAMCZYK Jacek	1439	WYKŁĘCI TV	M 50	89	00:01:55	00:15:49	00:32:31.20	00:34:26.60	+00:17:37 (54.2%)	6:30	9.2 (45.5%)
1122	WERPACHOWSKI Mateusz	1189		M 30	220	00:01:54	00:15:49	00:32:39.40	00:34:33.75	+00:17:45 (54.4%)	6:31	9.2 (45.5%)
1123	ZAWACKI Andrzej	1277		M 50	90	00:01:54	00:15:49	00:32:40.80	00:34:34.85	+00:17:47 (54.4%)	6:32	9.2 (45.5%)
1124	DRZEWIECKA Anna	1390	SMSM	K 50	23	00:01:49	00:15:55	00:32:42.25	00:34:31.70	+00:17:48 (54.5%)	6:32	9.2 (45.5%)
1124	DRZEWIECKI Janusz	1372	KLUB MSM	M 60	28	00:01:49	00:16:18	00:32:42.25	00:34:31.70	+00:17:48 (54.5%)	6:32	9.2 (45.5%)
1126	BUCZEK Bogumiła	103		K 50	24	00:02:11	00:16:23	00:32:47.40	00:34:58.45	+00:17:53 (54.6%)	6:33	9.2 (45.5%)
1127	FILIPCZYK Hanna	1529		K 40	136	00:02:02	00:16:04	00:32:50.35	00:34:52.40	+00:17:56 (54.6%)	6:34	9.1 (45.0%)
1128	LIPIEC Kazimiera	614		K 40	137	00:01:46	00:15:33	00:32:52.10	00:34:38.40	+00:17:58 (54.7%)	6:34	9.1 (45.0%)
1129	NOWAK Sandra	777		K 40	138	00:01:32	00:15:59	00:32:53.85	00:34:26.60	+00:18:00 (54.7%)	6:34	9.1 (45.0%)
1130	PYREK Artur	906		M 40	289	00:01:59	00:16:04	00:32:54.15	00:34:54.00	+00:18:00 (54.7%)	6:34	9.1 (45.0%)
1131	WÓJCICKA Agnieszka	1569		K 30	102	00:00:06	00:15:51	00:32:55.25	00:33:01.90	+00:18:01 (54.8%)	6:35	9.1 (45.0%)
1132	MATYSIAK Agnieszka	695		K 40	139	00:01:04	00:15:46	00:32:55.55	00:34:00.40	+00:18:01 (54.8%)	6:35	9.1 (45.0%)
1133	SAJEWSKA Karolina	955	WATAHA ŁĄCZY NAS BIEGANIE	K 30	103	00:01:04	00:15:47	00:32:55.80	00:34:00.10	+00:18:02 (54.8%)	6:35	9.1 (45.0%)
1134	MICHAŁEK Dorota	713	BORKOWSKI TEAM	K 50	25	00:02:21	00:16:08	00:32:56.40	00:35:17.55	+00:18:02 (54.8%)	6:35	9.1 (45.0%)
1134	PISAREK Jacek	1349	AKS POLONIA WARSZAWA	M 50	91	00:02:05	00:16:35	00:32:56.40	00:35:02.25	+00:18:02 (54.8%)	6:35	9.1 (45.0%)
1136	GROCHÓLSKI Paweł	313		M 30	221	00:00:26	00:16:21	00:33:01.80	00:33:28.65	+00:18:08 (54.9%)	6:36	9.1 (45.0%)
1137	VALIIEVA Alia	1170		K 30	104	00:00:06	00:15:37	00:33:02.00	00:33:08.75	+00:18:08 (54.9%)	6:36	9.1 (45.0%)
1137	OLCZAK Witold	790	UMCS BIEGA	M 60	29	00:02:09	00:16:07	00:33:02.00	00:35:11.65	+00:18:08 (54.9%)	6:36	9.1 (45.0%)
1139	GROCHÓLSKA Aleksandra	1461		K 40	140	00:00:26	00:16:22	00:33:02.45	00:33:28.65	+00:18:08 (54.9%)	6:36	9.1 (45.0%)
1140	OLCZAK Urszula	789	UMCS BIEGA	K 50	26	00:02:09	00:16:07	00:33:02.70	00:35:12.35	+00:18:08 (54.9%)	6:36	9.1 (45.0%)
1141	MATEJKA Mateusz	688		M 12	19	00:01:36	00:15:13	00:33:03.65	00:34:39.95	+00:18:09 (54.9%)	6:36	9.1 (45.0%)
1142	KOCHMAN Iwona	475	VEGE RUNNERS	K 50	27	00:01:41	00:16:22	00:33:04.85	00:34:46.25	+00:18:11 (55.0%)	6:36	9.1 (45.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1143	PATER Agnieszka	829		K 40	141	00:01:41	00:16:22	00:33:05.40	00:34:46.40	+00:18:11 (55.0%)	6:37	9.1 (45.0%)
1144	ORZEŁ Paweł	806		M 20	86	00:02:07	00:16:37	00:33:05.70	00:35:13.20	+00:18:11 (55.0%)	6:37	9.1 (45.0%)
1145	ZAWADA Klaudia	1278		K 20	39	00:02:07	00:16:38	00:33:06.30	00:35:13.50	+00:18:12 (55.0%)	6:37	9.1 (45.0%)
1146	KRZYŻEWSKA Karolina	570	PZU SPORT TEAM	K 30	105	00:01:06	00:16:00	00:33:06.50	00:34:12.90	+00:18:12 (55.0%)	6:37	9.1 (45.0%)
1147	CZEKAJ Tomasz	1430		M 40	290	00:02:13	00:17:14	00:33:08.80	00:35:22.25	+00:18:15 (55.1%)	6:37	9.1 (45.0%)
1148	KRUKOWSKI Michał	559		M 30	222	00:01:54	00:15:11	00:33:09.00	00:35:03.70	+00:18:15 (55.1%)	6:37	9 (44.6%)
1149	REMISIEWICZ Małgorzata	921		K 40	142	00:01:53	00:16:12	00:33:10.35	00:35:03.85	+00:18:16 (55.1%)	6:38	9 (44.6%)
1150	KACZOROWSKA Monika	1523		K 40	143	00:02:04	00:16:22	00:33:12.00	00:35:16.45	+00:18:18 (55.1%)	6:38	9 (44.6%)
1151	JEŻMAŃSKI Sławek	393		M 40	291	00:02:11	00:17:15	00:33:12.50	00:35:23.75	+00:18:18 (55.1%)	6:38	9 (44.6%)
1152	DALKIEWICZ Marta	1320		K 30	106	00:01:52	00:16:08	00:33:16.15	00:35:08.55	+00:18:22 (55.2%)	6:39	9 (44.6%)
1153	MORAWSKA Irmína	735		K 20	40	00:01:48	00:16:01	00:33:17.25	00:35:05.35	+00:18:23 (55.2%)	6:39	9 (44.6%)
1154	RUCYK Justyna	938		K 40	144	00:02:08	00:17:16	00:33:20.90	00:35:29.10	+00:18:27 (55.3%)	6:40	9 (44.6%)
1155	MICHALSKA Martyna	712		K 30	107	00:01:46	00:15:54	00:33:23.70	00:35:10.00	+00:18:29 (55.4%)	6:40	9 (44.6%)
1156	SZYMAŃCZAK Zbigniew	1089		M 60	30	00:01:59	00:16:52	00:33:23.75	00:35:22.85	+00:18:29 (55.4%)	6:40	9 (44.6%)
1157	DRUZYK Mikita	207		M 20	87	00:01:23	00:15:33	00:33:24.50	00:34:47.95	+00:18:30 (55.4%)	6:40	9 (44.6%)
1158	OLSZEWSKA Katarzyna Bernadetta	1490		K 40	145	00:02:09	00:17:15	00:33:25.25	00:35:34.90	+00:18:31 (55.4%)	6:41	9 (44.6%)
1159	ANIOŁ Aleksandra	20		K 20	41	00:01:26	00:16:39	00:33:25.95	00:34:52.85	+00:18:32 (55.4%)	6:41	9 (44.6%)
1160	SZYMAŃSKI Mirosław	1096	COMAMEDIA MIROSŁAW SZYMAŃSKI	M 40	292	00:01:53	00:16:20	00:33:27.35	00:35:20.90	+00:18:33 (55.5%)	6:41	9 (44.6%)
1161	ŁOCHOWSKA Agnieszka	633		K 50	28	00:00:00		00:33:27.90	00:33:27.90	+00:18:34 (55.5%)	6:41	9 (44.6%)
1162	NASKRĘT Mariusz	761		M 40	293	00:01:47	00:16:18	00:33:30.40	00:35:18.00	+00:18:36 (55.5%)	6:42	9 (44.6%)
1163	TRUMIŃSKA Marcela	1148		K 30	108	00:01:43	00:15:53	00:33:31.70	00:35:14.90	+00:18:37 (55.6%)	6:42	9 (44.6%)
1164	ANIOŁ Zygmunt	21	ZYGMUNT ANIOŁ	M 50	92	00:01:26	00:16:39	00:33:31.80	00:34:58.75	+00:18:38 (55.6%)	6:42	9 (44.6%)
1165	KALETA Piotr	410		M 30	223	00:01:55	00:15:50	00:33:32.15	00:35:27.25	+00:18:38 (55.6%)	6:42	8.9 (44.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1166	<b>BUJALSKA Ewa</b>	<b>108</b>		K 40	146	00:01:58	00:16:21	<b>00:33:32.90</b>	<b>00:35:30.90</b>	+00:18:39 (55.6%)	6:42	8.9 (44.1%)
1167	--	<b>185</b>		K 40	147	00:00:19	00:15:41	<b>00:33:34.60</b>	<b>00:33:53.70</b>	+00:18:40 (55.6%)	6:42	8.9 (44.1%)
1168	<b>BAJOREK Jacek</b>	<b>31</b>		M 40	294	00:02:11	00:16:04	<b>00:33:36.20</b>	<b>00:35:47.85</b>	+00:18:42 (55.7%)	6:43	8.9 (44.1%)
1169	<b>WINIARZ Natalia</b>	<b>1208</b>		K 30	109	00:01:40	00:15:07	<b>00:33:36.50</b>	<b>00:35:16.55</b>	+00:18:42 (55.7%)	6:43	8.9 (44.1%)
1170	<b>ZALEWSKA Ewa Adrianna</b>	<b>1265</b>		K 20	42	00:01:17	00:15:45	<b>00:33:36.60</b>	<b>00:34:54.30</b>	+00:18:42 (55.7%)	6:43	8.9 (44.1%)
1171	<b>SAMEL Hecena</b>	<b>1600</b>		K 12	10	00:01:42	00:15:48	<b>00:33:37.90</b>	<b>00:35:19.90</b>	+00:18:44 (55.7%)	6:43	8.9 (44.1%)
1172	<b>MAJCHRZAK Anna</b>	<b>661</b>		K 30	110	00:02:07	00:17:27	<b>00:33:38.75</b>	<b>00:35:46.55</b>	+00:18:44 (55.7%)	6:43	8.9 (44.1%)
1173	<b>ROGUSKA Magdalena</b>	<b>925</b>	BIAŁOŁĘKA JEST KOBIETĄ	K 40	148	00:02:07	00:17:17	<b>00:33:38.90</b>	<b>00:35:46.50</b>	+00:18:45 (55.7%)	6:43	8.9 (44.1%)
1174	<b>BACIŃSKI Arkadiusz</b>	<b>1539</b>		M 40	295	00:00:00	00:17:41	<b>00:33:39.05</b>	<b>00:33:39.05</b>	+00:18:45 (55.7%)	6:43	8.9 (44.1%)
1175	<b>JURKOWSKA Irena</b>	<b>404</b>		K 70	2	00:01:57	00:16:38	<b>00:33:44.75</b>	<b>00:35:42.05</b>	+00:18:50 (55.9%)	6:44	8.9 (44.1%)
1176	<b>KIELISZEK Anna</b>	<b>1555</b>		K 20	43	00:01:33	00:16:45	<b>00:33:45.85</b>	<b>00:35:19.70</b>	+00:18:52 (55.9%)	6:45	8.9 (44.1%)
1177	<b>SAMEL Janusz</b>	<b>1500</b>		M 40	296	00:01:42	00:15:48	<b>00:33:47.95</b>	<b>00:35:30.35</b>	+00:18:54 (55.9%)	6:45	8.9 (44.1%)
1178	<b>SYLWANOWICZ Marta</b>	<b>1048</b>		K 40	149	00:01:58	00:16:35	<b>00:33:49.85</b>	<b>00:35:47.85</b>	+00:18:56 (56.0%)	6:45	8.9 (44.1%)
1179	<b>SAKOWICZ Magdalena</b>	<b>957</b>		K 50	29	00:00:54	00:15:58	<b>00:33:50.45</b>	<b>00:34:45.25</b>	+00:18:56 (56.0%)	6:46	8.9 (44.1%)
1180	<b>BAKALAROVA Michaela</b>	<b>32</b>		K 30	111	00:00:55	00:15:57	<b>00:33:50.50</b>	<b>00:34:45.90</b>	+00:18:56 (56.0%)	6:46	8.9 (44.1%)
1181	<b>NASTALEK Piotr</b>	<b>762</b>		M 40	297	00:02:00	00:17:03	<b>00:33:52.55</b>	<b>00:35:53.15</b>	+00:18:58 (56.0%)	6:46	8.9 (44.1%)
1182	<b>SOLAREK Kinga</b>	<b>1019</b>		K 30	112	00:02:07	00:17:27	<b>00:33:52.60</b>	<b>00:36:00.40</b>	+00:18:58 (56.0%)	6:46	8.9 (44.1%)
1183	<b>HRYĆKO-GÓRNICKA Katarzyna</b>	<b>349</b>		K 40	150	00:02:05	00:16:18	<b>00:33:57.35</b>	<b>00:36:02.70</b>	+00:19:03 (56.1%)	6:47	8.8 (43.6%)
1184	<b>WYCZÓLKOWSKA Aneta</b>	<b>1252</b>		K 40	151	00:02:09	00:17:15	<b>00:33:59.85</b>	<b>00:36:08.95</b>	+00:19:06 (56.2%)	6:47	8.8 (43.6%)
1185	<b>WOJTOWICZ Jerzy</b>	<b>1238</b>		M 70	17	00:02:01	00:16:41	<b>00:34:03.50</b>	<b>00:36:05.10</b>	+00:19:09 (56.3%)	6:48	8.8 (43.6%)
1186	<b>WRZESINSKA Agata</b>	<b>1249</b>	GRUPA BIEGOWA UM W-WA	K 40	152	00:02:08	00:17:17	<b>00:34:05.20</b>	<b>00:36:13.60</b>	+00:19:11 (56.3%)	6:49	8.8 (43.6%)
1187	<b>BIEROZA Anna</b>	<b>1472</b>		K 30	113	00:00:37	00:16:47	<b>00:34:05.55</b>	<b>00:34:43.10</b>	+00:19:11 (56.3%)	6:49	8.8 (43.6%)
1188	<b>YILDIRIM CZUPRYN Derya</b>	<b>1410</b>		K 30	114	00:00:37	00:16:42	<b>00:34:05.70</b>	<b>00:34:43.00</b>	+00:19:11 (56.3%)	6:49	8.8 (43.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1189	<b>JABLONSKA-SOBIECH Aneta</b>	<b>1435</b>		K 30	115	00:00:37	00:16:42	<b>00:34:05.80</b>	<b>00:34:43.10</b>	+00:19:12 (56.3%)	6:49	8.8 (43.6%)
1190	<b>PIOTROWSKA Gabriela</b>	<b>858</b>		K 30	116	00:01:00	00:16:39	<b>00:34:06.60</b>	<b>00:35:06.80</b>	+00:19:12 (56.3%)	6:49	8.8 (43.6%)
1191	<b>MAMAK Andrzej</b>	<b>673</b>		M 60	31	00:00:32	00:15:39	<b>00:34:06.75</b>	<b>00:34:39.70</b>	+00:19:12 (56.3%)	6:49	8.8 (43.6%)
1192	<b>CZAPIEWSKI Krzysztof</b>	<b>158</b>	TRIPASSION	M 30	224	00:01:58	00:16:36	<b>00:34:08.55</b>	<b>00:36:07.30</b>	+00:19:14 (56.4%)	6:49	8.8 (43.6%)
1193	<b>DZIWOŃ Anna</b>	<b>230</b>		K 30	117	00:01:37	00:15:21	<b>00:34:08.65</b>	<b>00:35:46.35</b>	+00:19:14 (56.4%)	6:49	8.8 (43.6%)
1193	<b>SZELIGA Zofia</b>	<b>1068</b>		K 30	118	00:01:58	00:16:35	<b>00:34:08.65</b>	<b>00:36:07.35</b>	+00:19:14 (56.4%)	6:49	8.8 (43.6%)
1195	<b>ROBACZEWSKA Marta</b>	<b>923</b>		K 30	119	00:02:22	00:17:10	<b>00:34:09.20</b>	<b>00:36:31.25</b>	+00:19:15 (56.4%)	6:49	8.8 (43.6%)
1196	<b>GRABOWSKA Ola</b>	<b>1414</b>		K 20	44	00:02:08	00:17:19	<b>00:34:10.30</b>	<b>00:36:18.55</b>	+00:19:16 (56.4%)	6:50	8.8 (43.6%)
1197	<b>FRĄCZAK Magdalena</b>	<b>253</b>		K 30	120	00:02:09	00:16:54	<b>00:34:11.10</b>	<b>00:36:20.25</b>	+00:19:17 (56.4%)	6:50	8.8 (43.6%)
1198	<b>CZAJKOWSKA Weronika</b>	<b>1429</b>		K 14	8	00:01:52	00:16:26	<b>00:34:11.55</b>	<b>00:36:04.25</b>	+00:19:17 (56.4%)	6:50	8.8 (43.6%)
1199	<b>SZAFRAN Beata</b>	<b>1058</b>	PUMP!T	K 40	153	00:02:09	00:16:54	<b>00:34:11.90</b>	<b>00:36:21.30</b>	+00:19:18 (56.4%)	6:50	8.8 (43.6%)
1200	<b>KANIOWSKA Karolina</b>	<b>1575</b>		K 30	121	00:01:11	00:17:05	<b>00:34:14.40</b>	<b>00:35:26.20</b>	+00:19:20 (56.5%)	6:50	8.8 (43.6%)
1201	<b>PATURA Przemysław</b>	<b>1398</b>	LONGBRIDGE TEAM	M 40	298	00:01:28	00:15:32	<b>00:34:19.15</b>	<b>00:35:47.60</b>	+00:19:25 (56.6%)	6:51	8.7 (43.1%)
1202	<b>SZCZEPAŃSKA Halina</b>	<b>1063</b>		K 40	154	00:01:01	00:16:08	<b>00:34:23.15</b>	<b>00:35:24.45</b>	+00:19:29 (56.7%)	6:52	8.7 (43.1%)
1203	<b>GÓRNOWICZ Weronika</b>	<b>297</b>		K 20	45	00:01:01	00:16:08	<b>00:34:23.35</b>	<b>00:35:24.60</b>	+00:19:29 (56.7%)	6:52	8.7 (43.1%)
1204	<b>CZYŻ Michał</b>	<b>1506</b>		M 30	225	00:00:17	00:15:51	<b>00:34:26.90</b>	<b>00:34:44.10</b>	+00:19:33 (56.8%)	6:53	8.7 (43.1%)
1205	<b>ŻURAWSKI Filip</b>	<b>1303</b>		M 14	15	00:01:51	00:16:21	<b>00:34:26.95</b>	<b>00:36:18.00</b>	+00:19:33 (56.8%)	6:53	8.7 (43.1%)
1206	<b>GRECKA Anna</b>	<b>308</b>		K 20	46	00:00:27	00:16:31	<b>00:34:27.05</b>	<b>00:34:54.30</b>	+00:19:33 (56.8%)	6:53	8.7 (43.1%)
1207	<b>GLASSER Marek</b>	<b>280</b>		M 70	18	00:02:06	00:17:22	<b>00:34:27.65</b>	<b>00:36:34.20</b>	+00:19:33 (56.8%)	6:53	8.7 (43.1%)
1208	<b>ŻURAWSKI Sławomir</b>	<b>1302</b>	PGBSPORTOWAPACZKA	M 40	299	00:01:50	00:16:22	<b>00:34:27.85</b>	<b>00:36:18.25</b>	+00:19:34 (56.8%)	6:53	8.7 (43.1%)
1209	<b>SKOCZYLAS Tomasz</b>	<b>987</b>				00:02:19	00:16:57	<b>00:34:30.30</b>	<b>00:36:49.40</b>	+00:19:36 (56.8%)	6:54	8.7 (43.1%)
1210	<b>FRYDRYCH Katarzyna</b>	<b>256</b>		K 30	122	00:02:12	00:17:16	<b>00:34:30.70</b>	<b>00:36:43.55</b>	+00:19:36 (56.8%)	6:54	8.7 (43.1%)
1211	<b>ŁUCZYŃSKA Maria</b>	<b>646</b>		K 14	9	00:01:59	00:16:38	<b>00:34:31.70</b>	<b>00:36:30.95</b>	+00:19:37 (56.9%)	6:54	8.7 (43.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1212	ŁUCZYŃSKA Karolina	645		K 30	123	00:01:59	00:16:38	00:34:31.85	00:36:31.15	+00:19:38 (56.9%)	6:54	8.7 (43.1%)
1213	DWÓRZNICKI Jan	219		M 12	20	00:02:03	00:17:01	00:34:32.85	00:36:36.05	+00:19:39 (56.9%)	6:54	8.7 (43.1%)
1214	KAMIŃSKA-DWÓRZNICKA Anna	414		K 40	155	00:02:03	00:17:01	00:34:33.95	00:36:37.30	+00:19:40 (56.9%)	6:54	8.7 (43.1%)
1215	BORKOWSKA Michalina	80		K 30	124	00:01:57	00:16:39	00:34:35.90	00:36:32.90	+00:19:42 (56.9%)	6:55	8.7 (43.1%)
1215	BORKOWSKI Piotr	81		M 40	300	00:01:57	00:16:39	00:34:35.90	00:36:32.90	+00:19:42 (56.9%)	6:55	8.7 (43.1%)
1217	MAZUR Kinga	698		K 40	156	00:02:06	00:16:37	00:34:40.40	00:36:46.40	+00:19:46 (57.0%)	6:56	8.7 (43.1%)
1218	MAZUR Paweł	699		M 40	301	00:02:05	00:14:34	00:34:40.60	00:36:46.25	+00:19:46 (57.0%)	6:56	8.7 (43.1%)
1219	SICIŃSKA Iwona	967		K 30	125	00:02:01	00:16:26	00:34:41.60	00:36:43.35	+00:19:47 (57.1%)	6:56	8.6 (42.6%)
1220	CHARIZA Stefan	121		M 40	302	00:02:01	00:17:04	00:34:42.35	00:36:44.10	+00:19:48 (57.1%)	6:56	8.6 (42.6%)
1221	GURDA Monika	331		K 40	157	00:01:36	00:16:10	00:34:47.80	00:36:24.50	+00:19:54 (57.2%)	6:57	8.6 (42.6%)
1222	SADURSKI Artur	1562	SC FREIBURG	M 40	303	00:01:49	00:15:39	00:34:49.05	00:36:38.85	+00:19:55 (57.2%)	6:57	8.6 (42.6%)
1223	ZARZYKA Antonina	1273		K 30	126	00:02:23	00:18:13	00:34:49.20	00:37:12.40	+00:19:55 (57.2%)	6:57	8.6 (42.6%)
1224	DOBROWOLSKA Dorota	193	LADIESGYM	K 60	9	00:02:04	00:16:35	00:34:50.90	00:36:55.10	+00:19:57 (57.3%)	6:58	8.6 (42.6%)
1225	KIEŁBICKI Marcin	446		M 40	304	00:00:32	00:16:14	00:34:53.15	00:35:25.50	+00:19:59 (57.3%)	6:58	8.6 (42.6%)
1226	WYLON Izabela	1254		K 30	127	00:01:58	00:17:59	00:34:53.30	00:36:51.30	+00:19:59 (57.3%)	6:58	8.6 (42.6%)
1227	GĄTOWSKA Agnieszka	276		K 30	128	00:01:58	00:16:26	00:34:54.55	00:36:53.50	+00:20:00 (57.3%)	6:58	8.6 (42.6%)
1228	KEMPA Robert	47		M 40	305	00:02:11	00:17:15	00:34:54.60	00:37:06.25	+00:20:00 (57.3%)	6:58	8.6 (42.6%)
1229	MATELA Jacek	689		M 30	226	00:02:17	00:17:12	00:34:56.95	00:37:14.00	+00:20:03 (57.4%)	6:59	8.6 (42.6%)
1230	DOMINIAK Agnieszka	186		K 40	158	00:01:47	00:17:17	00:34:57.50	00:36:44.95	+00:20:03 (57.4%)	6:59	8.6 (42.6%)
1231	GROCHOWSKA Joanna	310	BIEGAMY Z OCHOTĄ	K 50	30	00:02:07	00:17:18	00:34:57.95	00:37:05.45	+00:20:04 (57.4%)	6:59	8.6 (42.6%)
1232	PLICHCIŃSKA Małgorzata	869	EKONOMIK MOKOTÓW	K 40	159	00:01:58	00:17:02	00:34:58.15	00:36:56.45	+00:20:04 (57.4%)	6:59	8.6 (42.6%)
1233	SZOSTAKOWSKI Jarosław	1077	BIEGAMY Z OCHOTĄ	M 50	93	00:02:07	00:17:18	00:34:58.20	00:37:06.00	+00:20:04 (57.4%)	6:59	8.6 (42.6%)
1234	CHOJNACKI Grzegorz	134		M 40	306	00:02:05	00:16:47	00:34:59.00	00:37:04.50	+00:20:05 (57.4%)	6:59	8.6 (42.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1235	<b>POLAK Teresa</b>	<b>878</b>	KB ACTIVESPORTS WARSZAWA	K 70	3	00:01:55	00:16:55	<b>00:35:01.45</b>	<b>00:36:57.30</b>	+00:20:07 (57.5%)	7:00	8.6 (42.6%)
1236	<b>BAUER Beata</b>	<b>49</b>	BRAK	K 50	31	00:00:26	00:17:09	<b>00:35:13.55</b>	<b>00:35:40.10</b>	+00:20:19 (57.7%)	7:02	8.5 (42.1%)
1237	<b>KARPIŃSKA Justyna</b>	<b>428</b>		K 30	129	00:02:10	00:17:17	<b>00:35:19.60</b>	<b>00:37:30.15</b>	+00:20:25 (57.8%)	7:03	8.5 (42.1%)
1238	<b>SZMIGIEL Izabela</b>	<b>1074</b>		K 30	130	00:02:08	00:17:27	<b>00:35:20.30</b>	<b>00:37:28.40</b>	+00:20:26 (57.8%)	7:04	8.5 (42.1%)
1239	<b>SARNOWSKA Iwona</b>	<b>962</b>	DRUŻYNA PAULINY	K 50	32	00:02:23	00:17:22	<b>00:35:27.85</b>	<b>00:37:51.30</b>	+00:20:34 (58.0%)	7:05	8.5 (42.1%)
1240	<b>PASTERNAK Jerzy</b>	<b>826</b>	DRUŻYNA PAULINY	M 60	32	00:02:23	00:17:22	<b>00:35:28.90</b>	<b>00:37:52.20</b>	+00:20:35 (58.0%)	7:05	8.5 (42.1%)
1241	<b>TRETER Magdalena</b>	<b>1507</b>		K 30	131	00:01:50	00:17:13	<b>00:35:33.30</b>	<b>00:37:23.40</b>	+00:20:39 (58.1%)	7:06	8.4 (41.6%)
1242	<b>PICEWICZ Agnieszka</b>	<b>1416</b>		K 40	160	00:02:14	00:17:27	<b>00:35:34.15</b>	<b>00:37:48.70</b>	+00:20:40 (58.1%)	7:06	8.4 (41.6%)
1243	<b>GAWRYOLEK - OSIŃSKA Maja</b>	<b>274</b>		K 30	132	00:02:23	00:18:15	<b>00:35:38.50</b>	<b>00:38:01.90</b>	+00:20:44 (58.2%)	7:07	8.4 (41.6%)
1244	<b>KRÓL Anna</b>	<b>1417</b>		K 40	161	00:01:47	00:17:14	<b>00:35:41.55</b>	<b>00:37:28.55</b>	+00:20:47 (58.3%)	7:08	8.4 (41.6%)
1244	<b>KARKOS Magdalena</b>	<b>425</b>		K 30	133	00:02:10	00:17:18	<b>00:35:41.55</b>	<b>00:37:51.95</b>	+00:20:47 (58.3%)	7:08	8.4 (41.6%)
1246	<b>KUBACKI Grzegorz</b>	<b>572</b>		M 50	94	00:01:21	00:16:49	<b>00:36:10.05</b>	<b>00:37:31.05</b>	+00:21:16 (58.8%)	7:14	8.3 (41.1%)
1247	<b>KUCHTA Merilin</b>	<b>1488</b>		K 40	162	00:01:57	00:17:19	<b>00:36:10.35</b>	<b>00:38:07.75</b>	+00:21:16 (58.8%)	7:14	8.3 (41.1%)
1248	<b>ĆWIEK Jarosław</b>	<b>171</b>		M 50	95	00:02:10	00:17:43	<b>00:36:12.50</b>	<b>00:38:22.60</b>	+00:21:18 (58.9%)	7:14	8.3 (41.1%)
1249	<b>MILEWSKA Anna</b>	<b>1427</b>		K 40	163	00:02:09	00:17:27	<b>00:36:14.75</b>	<b>00:38:23.95</b>	+00:21:20 (58.9%)	7:14	8.3 (41.1%)
1250	<b>KARBOWNIK Michał</b>	<b>422</b>		M 30	227	00:00:20	00:16:37	<b>00:36:22.15</b>	<b>00:36:42.40</b>	+00:21:28 (59.0%)	7:16	8.2 (40.6%)
1251	<b>WICHTOWSKA Karolina</b>	<b>1514</b>		K 30	134	00:00:16	00:17:27	<b>00:36:25.10</b>	<b>00:36:41.70</b>	+00:21:31 (59.1%)	7:17	8.2 (40.6%)
1252	<b>KOSIATY Jarosław</b>	<b>507</b>	RÓBMY SWOJE	M 50	96	00:01:10	00:16:29	<b>00:36:25.60</b>	<b>00:37:36.20</b>	+00:21:31 (59.1%)	7:17	8.2 (40.6%)
1253	<b>KILKOWSKA Joanna</b>	<b>454</b>		K 50	33	00:01:53	00:17:35	<b>00:36:43.70</b>	<b>00:38:36.95</b>	+00:21:49 (59.4%)	7:20	8.2 (40.6%)
1254	<b>NIEDZIELA Kamila</b>	<b>767</b>		K 30	135	00:00:54	00:17:27	<b>00:36:48.65</b>	<b>00:37:42.85</b>	+00:21:54 (59.5%)	7:21	8.2 (40.6%)
1255	<b>WOJTAS Anna</b>	<b>1236</b>		K 16	8	00:02:02	00:17:48	<b>00:36:49.80</b>	<b>00:38:52.60</b>	+00:21:56 (59.6%)	7:21	8.1 (40.1%)
1256	<b>WOJTAS Janusz</b>	<b>1237</b>		M 50	97	00:02:02	00:17:49	<b>00:36:50.00</b>	<b>00:38:52.45</b>	+00:21:56 (59.6%)	7:22	8.1 (40.1%)
1257	<b>SZCZEPANIEC Anna</b>	<b>1062</b>		K 30	136	00:02:13	00:18:04	<b>00:36:54.10</b>	<b>00:39:07.85</b>	+00:22:00 (59.6%)	7:22	8.1 (40.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1258	<b>GARWACKI Jozef</b>	<b>268</b>		M 70	19	00:01:54	00:18:00	<b>00:37:05.40</b>	<b>00:38:59.55</b>	+00:22:11 (59.8%)	7:25	8.1 (40.1%)
1259	<b>WILK Oliwia</b>	<b>1204</b>	GRUPA BIEGOWA UM W-WA	K 20	47	00:01:11	00:17:51	<b>00:37:05.65</b>	<b>00:38:17.45</b>	+00:22:11 (59.8%)	7:25	8.1 (40.1%)
1260	<b>KARPIŃSKA Nina</b>	<b>1483</b>	PAWKO RUNNER TEAM	K 40	164	00:01:38	00:18:23	<b>00:37:33.05</b>	<b>00:39:11.95</b>	+00:22:39 (60.3%)	7:30	8 (39.6%)
1261	<b>PLUTA Alek</b>	<b>872</b>		M 30	228	00:02:24	00:18:14	<b>00:37:42.05</b>	<b>00:40:07.00</b>	+00:22:48 (60.5%)	7:32	8 (39.6%)
1262	<b>PLUTA Monika</b>	<b>871</b>		K 30	137	00:02:24	00:18:14	<b>00:37:42.75</b>	<b>00:40:07.50</b>	+00:22:48 (60.5%)	7:32	8 (39.6%)
1263	<b>KOWALCZYK Klaudia</b>	<b>524</b>		K 40	165	00:02:19	00:18:23	<b>00:37:52.00</b>	<b>00:40:11.75</b>	+00:22:58 (60.7%)	7:34	7.9 (39.1%)
1264	<b>BORUSZEWSKA Maja</b>	<b>84</b>		K 12	11	00:00:19	00:17:27	<b>00:37:52.95</b>	<b>00:38:12.45</b>	+00:22:59 (60.7%)	7:34	7.9 (39.1%)
1265	<b>BORUSZEWSKI Maciej</b>	<b>85</b>		M 40	307	00:00:19	00:17:27	<b>00:37:53.25</b>	<b>00:38:12.50</b>	+00:22:59 (60.7%)	7:34	7.9 (39.1%)
1266	<b>PIOTROWSKA-KRZAK Ela</b>	<b>859</b>		K 40	166	00:01:41	00:18:40	<b>00:38:02.80</b>	<b>00:39:44.60</b>	+00:23:09 (60.8%)	7:36	7.9 (39.1%)
1267	<b>ŚLIWCZAK Anna</b>	<b>1385</b>		K 40	167	00:02:19	00:18:42	<b>00:38:07.05</b>	<b>00:40:26.15</b>	+00:23:13 (60.9%)	7:37	7.9 (39.1%)
1268	<b>ROWICKI Jakub</b>	<b>935</b>		M 20	88	00:01:15	00:18:19	<b>00:38:12.40</b>	<b>00:39:27.45</b>	+00:23:18 (61.0%)	7:38	7.9 (39.1%)
1269	<b>JURCZAK Karolina</b>	<b>401</b>		K 30	138	00:02:28	00:18:46	<b>00:38:20.40</b>	<b>00:40:48.40</b>	+00:23:26 (61.1%)	7:40	7.8 (38.6%)
1270	<b>WŁODARCZYK Halina</b>	<b>1223</b>		K 60	10	00:01:51	00:21:07	<b>00:38:34.65</b>	<b>00:40:26.15</b>	+00:23:40 (61.4%)	7:42	7.8 (38.6%)
1271	<b>DZIURDŹ Jacek</b>	<b>229</b>	GRUPA BIEGOWA UM W-WA	M 40	308	00:01:43	00:18:52	<b>00:38:42.00</b>	<b>00:40:25.05</b>	+00:23:48 (61.5%)	7:44	7.8 (38.6%)
1272	<b>FARRALES Chadwick</b>	<b>243</b>	PINOYSINPOLAND	M 16	32	00:00:43	00:18:54	<b>00:38:42.35</b>	<b>00:39:25.90</b>	+00:23:48 (61.5%)	7:44	7.8 (38.6%)
1273	<b>FARRALES Ronaldo</b>	<b>242</b>	PINOYS IN POLAND	M 40	309	00:00:43	00:18:54	<b>00:38:42.50</b>	<b>00:39:26.00</b>	+00:23:48 (61.5%)	7:44	7.8 (38.6%)
1274	<b>CZARNECKA Anna</b>	<b>1441</b>	LADIES GYM	K 70	4	00:02:04	00:18:57	<b>00:39:20.90</b>	<b>00:41:25.05</b>	+00:24:27 (62.1%)	7:52	7.6 (37.6%)
1275	<b>MOSZKOWICZ Eugeniusz</b>	<b>739</b>	KONDYCJA	M 70	20	00:01:57	00:18:39	<b>00:39:37.50</b>	<b>00:41:35.30</b>	+00:24:43 (62.4%)	7:55	7.6 (37.6%)
1276	<b>NOWAKOWSKA Anna</b>	<b>781</b>		K 40	168	00:01:57	00:18:51	<b>00:39:44.70</b>	<b>00:41:42.25</b>	+00:24:50 (62.5%)	7:56	7.6 (37.6%)
1277	<b>MIODUSZEWSKI Andrzej</b>	<b>726</b>		M 70	21	00:00:04	00:19:07	<b>00:39:50.10</b>	<b>00:39:54.70</b>	+00:24:56 (62.6%)	7:58	7.5 (37.1%)
1278	<b>BARTOSIK Krystyna</b>	<b>44</b>		K 60	11	00:02:15	00:19:50	<b>00:40:13.50</b>	<b>00:42:28.50</b>	+00:25:19 (63.0%)	8:02	7.5 (37.1%)
1279	<b>DĄBROWSKA Adrianna</b>	<b>177</b>		K 20	48	00:00:00		<b>00:40:21.80</b>	<b>00:40:21.80</b>	+00:25:28 (63.1%)	8:04	7.4 (36.6%)
1280	<b>MIŚCIOR Tomasz</b>	<b>730</b>		M 30	229	00:00:00		<b>00:40:35.20</b>	<b>00:40:35.20</b>	+00:25:41 (63.3%)	8:07	7.4 (36.6%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1281	ŁOWCZAK Jacek	637	TEAM ZABIEGANEDNI	M 30	230	00:02:22	00:18:20	00:40:48.30	00:43:10.90	+00:25:54 (63.5%)	8:09	7.4 (36.6%)
1282	ZAROSIŃSKA Paulina	1272		K 20	49	00:02:18	00:19:54	00:40:51.70	00:43:10.35	+00:25:57 (63.5%)	8:10	7.3 (36.1%)
1283	MYŚLIWIEC Piotr	754	AKTYWNI PO ZAWALE	M 40	310	00:02:00	00:19:43	00:40:54.35	00:42:54.50	+00:26:00 (63.6%)	8:10	7.3 (36.1%)
1284	MYŚLIWIEC Szymon	755		M 12	21	00:02:00	00:19:44	00:40:54.40	00:42:54.45	+00:26:00 (63.6%)	8:10	7.3 (36.1%)
1285	DĘBSKA Anna	1517		K 60	12	00:01:17	00:19:56	00:41:09.70	00:42:26.80	+00:26:15 (63.8%)	8:13	7.3 (36.1%)
1286	KOBYŁECKA Sylwia	473	TEAM ZABIEGANEDNI	K 30	139	00:01:15	00:20:17	00:41:55.90	00:43:11.40	+00:27:02 (64.5%)	8:23	7.2 (35.6%)
1287	BARANOWSKA Ewelina	35		K 30	140	00:02:12	00:19:46	00:41:58.20	00:44:10.40	+00:27:04 (64.5%)	8:23	7.1 (35.1%)
1288	MICHAŁOWSKA Katarzyna	714	TEAM ZABIEGANEDNI / DDRUNNINGTEAM	K 40	169	00:01:11	00:20:57	00:42:49.90	00:44:01.10	+00:27:56 (65.2%)	8:33	7 (34.7%)
1289	TUKENDORF Barbara	1152	TEAMZABIEGANEDNI	K 70	5	00:01:11	00:20:57	00:42:51.30	00:44:02.80	+00:27:57 (65.2%)	8:34	7 (34.7%)
1290	BORTLISZ Tomasz	83		M 40	311	00:02:18	00:20:16	00:42:57.90	00:45:16.30	+00:28:04 (65.3%)	8:35	7 (34.7%)
1291	WILCZYŃSKA Małgorzata	1201		K 40	170	00:00:25	00:21:01	00:43:44.75	00:44:10.25	+00:28:50 (65.9%)	8:44	6.9 (34.2%)
1292	SAMORDAK Katarzyna	960		K 30	141	00:00:04	00:21:40	00:43:54.30	00:43:59.20	+00:29:00 (66.1%)	8:46	6.8 (33.7%)
1293	FULEK Katarzyna	257		K 40	171	00:00:05	00:21:41	00:43:57.00	00:44:02.20	+00:29:03 (66.1%)	8:47	6.8 (33.7%)
1294	GRZECHNIK Justyna	324		K 30	142	00:00:05	00:21:41	00:44:20.20	00:44:25.70	+00:29:26 (66.4%)	8:52	6.8 (33.7%)
<b>Przekroczony limit czasu: 00:45:00</b>												
1295	PASTERNAK Anna	827	DRUŻYNA PAULINY	K 60	13	00:02:23	00:24:04	00:50:18.45	00:52:41.90	+00:35:24 (70.4%)	10:03	6 (29.7%)
1296	PASTERNAK Joanna	825	PZU SPORT TEAM	K 40	172	00:02:23	00:24:05	00:50:19.15	00:52:42.65	+00:35:25 (70.4%)	10:03	6 (29.7%)
1297	MIRECKI Michał	729		M 40	312	00:00:04	00:09:00			+00:01:35	3:36	16.7 (82.7%)
1298	MAŁYSA Michał	671	PGR MYŚŁAKI	M 20	89	00:01:50	00:14:25			+00:07:00	5:46	10.4 (51.5%)
1299	PRĘGOWSKI Bartosz	889		M 20	90	00:00:00	00:14:35			+	5:50	10.3 (51.0%)
1300	JANKOWSKI Kamil	1580		M 20	91	00:00:02						(0.0%)
1301	KULIŃSKI Antoni	587		M 14	16	00:00:19						(0.0%)

Znaleziono 1301 wynik(ów)