

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	JASTRZĘBSKI Kamil	1803	DUCLA ACADEMY WARSZAWA	M 30	1	Duklanowski Team	00:00:01	00:06:47	00:14:43.80	00:14:45.10		2:56	20.4 (100%)
2	ALEKSANDROVICH Roman	21	ACHILLES	M 20	1		00:00:01	00:07:03	00:14:50.05	00:14:51.80	+00:00:06 (0.7%)	2:58	20.2 (99.0%)
3	WASIEWICZ Krzysztof	1978	SRS KONDYCJA PIASECZNO	M 30	3	Srs kondycja Piaseczno	00:00:01	00:07:02	00:14:59.70	00:15:01.35	+00:00:15 (1.8%)	2:59	20 (98.0%)
4	TELKOVSKY Taras	2146		M 30	2		00:00:13	00:06:54	00:14:55.25	00:15:08.50	+00:00:11 (1.3%)	2:59	20.1 (98.5%)
5	GONTARCZYK Rafał	382	RLTL OPTIMA RADOM/TEAM NEVER GIVE UP	M 30	4		00:00:01	00:07:03	00:15:08.15	00:15:09.80	+00:00:24 (2.7%)	3:01	19.8 (97.1%)
6	SŁUPIK Tomasz	1937	ENDLESS PAIN	M 30	5		00:00:00	00:07:07	00:15:12.00	00:15:12.00	+00:00:28 (3.1%)	3:02	19.7 (96.6%)
7	BISKUPSKI Tomasz	1695	ZABIEGANI W KIELCACH	M 20	4		00:00:01	00:07:03	00:15:26.30	00:15:27.90	+00:00:42 (4.6%)	3:05	19.4 (95.1%)
8	DAMENTKA Kamil	218	CTS	M 20	2		00:00:13	00:06:59	00:15:15.70	00:15:29.55	+00:00:31 (3.5%)	3:03	19.7 (96.6%)
9	KONIECZNY Marcin	1972	K.S NIEMANIEMOGE	M 50	1		00:00:02	00:07:20	00:15:29.45	00:15:31.45	+00:00:45 (4.9%)	3:05	19.4 (95.1%)
10	TOKARSKI Piotr	1448		M 20	5		00:00:01	00:07:22	00:15:30.30	00:15:32.25	+00:00:46 (5.0%)	3:06	19.4 (95.1%)
11	SKIBIŃSKI Mikołaj	1271	DUCLA ACADEMY	M 30	6	Duklanowski Team	00:00:01	00:07:19	00:15:31.70	00:15:32.85	+00:00:47 (5.1%)	3:06	19.3 (94.6%)
11	WIĘCKOWSKI Łukasz	1536		M 20	6		00:00:01	00:07:20	00:15:31.05	00:15:32.85	+00:00:47 (5.1%)	3:06	19.3 (94.6%)
13	NOŻYŃSKI Dariusz	76	SZYBKIEBIEGANIE.PL	M 40	1		00:00:01	00:07:19	00:15:32.25	00:15:34.20	+00:00:48 (5.2%)	3:06	19.3 (94.6%)
14	MISIEWICZ Michał	909	DATUMO.IO	M 20	3		00:00:14	00:07:01	00:15:26.05	00:15:40.20	+00:00:42 (4.6%)	3:05	19.4 (95.1%)
15	WASILEWSKI Adam	1980	TEAM 7:30	M 30	7	Team 7:30	00:00:01	00:07:20	00:15:46.25	00:15:48.00	+00:01:02 (6.6%)	3:09	19 (93.1%)
16	KROCHMAL Paweł	695	PAWKO RUNNER TEAM	M 30	8	Pawko Runner Team	00:00:01	00:07:19	00:15:57.25	00:15:58.90	+00:01:13 (7.7%)	3:11	18.8 (92.2%)
17	KWARTA Maciej	752		M 30	9	Żórawski Team	00:00:01	00:07:35	00:16:03.75	00:16:05.55	+00:01:19 (8.3%)	3:12	18.7 (91.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
18	ADRJANOWSKI Krzysiek	19		M 20	7		00:00:01	00:07:22	00:16:07.10	00:16:08.80	+00:01:23 (8.6%)	3:13	18.6 (91.2%)
19	WRONOWSKI Rafał	1998	WRONA RUN	M 30	10		00:00:02	00:07:26	00:16:12.25	00:16:14.35	+00:01:28 (9.1%)	3:14	18.5 (90.7%)
20	PYSHNIAK Kostiantyn	1152	UKRAINE	M 20	8		00:00:01	00:07:11	00:16:22.65	00:16:23.85	+00:01:38 (10.1%)	3:16	18.3 (89.7%)
21	GOŁASZEWSKI Michał	378	TEAM KOPEĆ	M 40	2	Team Kopeć	00:00:16	00:07:37	00:16:23.15	00:16:39.30	+00:01:39 (10.1%)	3:16	18.3 (89.7%)
22	ŁABĘDZKI Konrad	792	DUKLANOWSKI TEAM	M 30	11	Duklanowski Team	00:00:15	00:07:35	00:16:26.65	00:16:41.85	+00:01:42 (10.4%)	3:17	18.3 (89.7%)
23	MLĄCKI Alan	1864	TEAM KOPEĆ	M 30	12		00:00:02	00:08:08	00:16:52.30	00:16:55.15	+00:02:08 (12.7%)	3:22	17.8 (87.3%)
24	KUR Adrian	1830	DUCLA ACADEMY WARSZAWA	M 30	13	Duklanowski Team	00:00:02	00:07:58	00:16:54.40	00:16:57.05	+00:02:10 (12.9%)	3:22	17.8 (87.3%)
25	MAZEK Emilia	884	AZS AWF WARSZAWA	K 30	1		00:00:02	00:07:59	00:16:55.35	00:16:57.40	+00:02:11 (13.0%)	3:23	17.7 (86.8%)
26	STELMACH Dominika	1342	ADIDAS RUNNERS WARSAW	K 40	1	adidas Runners Warsaw	00:00:15	00:07:46	00:16:48.25	00:17:03.60	+00:02:04 (12.3%)	3:21	17.9 (87.7%)
27	WRONOWSKI Albert	1999	WRONA RUN	M 20	9		00:00:16	00:07:49	00:16:50.55	00:17:07.50	+00:02:06 (12.5%)	3:22	17.8 (87.3%)
28	STACHOWIAK Maciej	68		M 40	3		00:00:19		00:16:49.95	00:17:09.90	+00:02:06 (12.5%)	3:21	17.8 (87.3%)
29	ROBAK Dominik	1185	ADIDAS RUNNER WARSAW / PASSION FIRST / WE RUN CLAN	M 30	14	adidas Runners Warsaw	00:00:03	00:07:48	00:17:07.25	00:17:10.30	+00:02:23 (14.0%)	3:25	17.5 (85.8%)
30	DZICZEK Szymon	280	PASSION FIRST	M 20	11	Passion First	00:00:03	00:07:37	00:17:09.10	00:17:12.25	+00:02:25 (14.1%)	3:25	17.5 (85.8%)
31	KORZENIOWSKI Dariusz	652	ACCELERATING POLAND	M 40	4	Accelerating Poland	00:00:04	00:08:05	00:17:08.20	00:17:12.40	+00:02:24 (14.0%)	3:25	17.5 (85.8%)
32	OMIELAN Wojciech	1884		M 20	12		00:00:02	00:07:53	00:17:11.55	00:17:13.90	+00:02:27 (14.3%)	3:26	17.5 (85.8%)
33	KLECZEWSKI Piotr	592		M 16	1		00:00:17	00:07:44	00:16:56.95	00:17:14.15	+00:02:13 (13.1%)	3:23	17.7 (86.8%)
34	NIEDZIAŁEK Michał	956	100 TWARZY GRZYBIARZY	M 20	13		00:00:02	00:08:00	00:17:14.75	00:17:16.75	+00:02:30 (14.6%)	3:26	17.4 (85.3%)
35	PISAREWICZ Karol	1084	MINISTRY OF SILLY WALKS	M 30	16		00:00:03	00:07:58	00:17:13.40	00:17:17.25	+00:02:29 (14.5%)	3:26	17.4 (85.3%)
36	WAŚNIEWSKI Albert	1515	SKLEP BIEGACZA/ŻÓRAWSKI TEAM	M 30	17	Żórawski Team	00:00:04	00:08:15	00:17:13.65	00:17:17.70	+00:02:29 (14.5%)	3:26	17.4 (85.3%)
37	DAUKSZO Maciej	219		M 20	10		00:00:18	00:08:00	00:17:04.15	00:17:22.70	+00:02:20 (13.7%)	3:24	17.6 (86.3%)
38	MAJCHRZAK Julian	827	TEAM ZABIEGANEDNI / ASICS FRONTRUNNER POLAND	M 30	18	Team ZabieganeDni #1	00:00:03	00:08:07	00:17:19.45	00:17:23.05	+00:02:35 (15.0%)	3:27	17.3 (84.8%)
39	JASZCZERSKI Paweł	480		M 30	20		00:00:02	00:08:02	00:17:22.80	00:17:25.70	+00:02:39 (15.2%)	3:28	17.3 (84.8%)
40	TKACZYK Mateusz	1967		M 20	14		00:00:03	00:08:17	00:17:22.65	00:17:26.10	+00:02:38 (15.2%)	3:28	17.3 (84.8%)
41	JĘDRZEJSKA Aleksandra	146	CTS	K 30	2		00:00:02	00:08:05	00:17:26.15	00:17:29.05	+00:02:42 (15.5%)	3:29	17.2 (84.3%)
42	MAŚLANKO Maciej	872	GRA-LECH S.C	M 30	15		00:00:21	00:08:04	00:17:07.95	00:17:29.55	+00:02:24 (14.0%)	3:25	17.5 (85.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
							startu	2.5km					
43	PARMEE Alexander	1036	ŻÓRAWSKI TEAM	M 30	21	Żórawski Team	00:00:03	00:08:16	00:17:27.30	00:17:31.25	+00:02:43 (15.6%)	3:29	17.2 (84.3%)
44	KALBARCZYK Adriana	1713	DUCLA ACADEMY WARSZAWA	K 30	3	Duklanowski Team	00:00:03	00:08:16	00:17:28.35	00:17:31.80	+00:02:44 (15.7%)	3:29	17.2 (84.3%)
45	DŁUGOSZ Jacek	239		M 40	5		00:00:02	00:07:59	00:17:30.25	00:17:32.90	+00:02:46 (15.8%)	3:30	17.1 (83.8%)
46	TRUSIAK Artur	1468	BIEGAJĄCE ZĄBKI	M 50	3		00:00:02	00:08:11	00:17:30.75	00:17:33.05	+00:02:46 (15.9%)	3:30	17.1 (83.8%)
47	HOROSZKO Michał	435		M 30	22		00:00:06	00:08:24	00:17:28.80	00:17:34.80	+00:02:45 (15.7%)	3:29	17.2 (84.3%)
48	WITUSOWSKI Piotr	1555	VEGE RUNNERS	M 40	6	Vege Runners Ursynów	00:00:04	00:08:15	00:17:30.55	00:17:35.35	+00:02:46 (15.9%)	3:30	17.1 (83.8%)
49	MIERZLIKIN Natalia	1860		K 30	4		00:00:02	00:08:12	00:17:34.70	00:17:37.30	+00:02:50 (16.2%)	3:30	17.1 (83.8%)
50	ZYCH Mariusz	1659	BIEGAJ POD OKIEM TRENERA	M 40	7	Biegaj Pod Okiem Trenera	00:00:04	00:07:58	00:17:32.95	00:17:37.40	+00:02:49 (16.1%)	3:30	17.1 (83.8%)
51	NIEDŹWIADEK Kamil	1880	NIEDŹWIADKI TEAM	M 30	19		00:00:17	00:07:58	00:17:21.15	00:17:38.65	+00:02:37 (15.1%)	3:28	17.3 (84.8%)
52	BOCHENKO Daniel	91		M 50	2		00:00:16	00:07:55	00:17:26.30	00:17:42.30	+00:02:42 (15.5%)	3:29	17.2 (84.3%)
53	PIOTROWSKI Filip	1899	BKS WATAHA WARSZAWA	M 20	15		00:00:13	00:08:12	00:17:31.10	00:17:44.10	+00:02:47 (15.9%)	3:30	17.1 (83.8%)
54	MAŁOLEPSZY Rafał	845	ADAM DRACZYŃSKI RUNNING TEAM	M 30	27		00:00:02	00:08:11	00:17:42.40	00:17:44.90	+00:02:58 (16.8%)	3:32	16.9 (82.8%)
55	KARWOWSKI Daniel	552	KB PŁOŃSK	M 30	26		00:00:05	00:08:15	00:17:41.65	00:17:46.75	+00:02:57 (16.8%)	3:32	17 (83.3%)
56	MARYNOWSKI Wojciech	863		M 20	17		00:00:05	00:08:15	00:17:42.00	00:17:47.30	+00:02:58 (16.8%)	3:32	16.9 (82.8%)
57	STANKOWSKI Rafał	1334	SZURAMSOBIE UNIA HRUBIESZÓW	M 40	8		00:00:05	00:08:15	00:17:43.00	00:17:48.00	+00:02:59 (16.9%)	3:32	16.9 (82.8%)
58	GŁĄŻEWSKI Tomasz	364		M 30	25		00:00:07	00:08:28	00:17:41.05	00:17:48.85	+00:02:57 (16.7%)	3:32	17 (83.3%)
59	BAZUŁKA Aleksandra	1742	HOKA GARMIN TEAM	K 20	1		00:00:03	00:08:18	00:17:46.40	00:17:49.60	+00:03:02 (17.1%)	3:33	16.9 (82.8%)
60	SAJA Marcin	1231		M 30	28		00:00:03	00:08:24	00:17:47.25	00:17:50.45	+00:03:03 (17.2%)	3:33	16.9 (82.8%)
61	PODCZASI Marcin	1904	WKZ KOZIENICE BBL	M 20	16	WKZ KOZIENICE BBL	00:00:12	00:08:19	00:17:39.05	00:17:51.50	+00:02:55 (16.5%)	3:31	17 (83.3%)
62	PRIMIK Marek	1119	VEGE RUNNERS	M 40	10	Vege Runners Ursynów	00:00:04	00:08:18	00:17:51.45	00:17:55.80	+00:03:07 (17.5%)	3:34	16.8 (82.4%)
63	ŚLIWA Krzysztof	1427	KS LEMIESZ TEAM WARSZAWA	M 30	23	KS Lemiesz Team	00:00:23	00:08:13	00:17:34.10	00:17:57.25	+00:02:50 (16.2%)	3:30	17.1 (83.8%)
64	KOWAL Amadeusz	663	NAPRZÓD MŁOCINY	M 30	31	Naprzód Młociny	00:00:08	00:08:30	00:17:50.40	00:17:58.45	+00:03:06 (17.4%)	3:34	16.8 (82.4%)
65	SOLKA Maciej	1316	GÓRA BIEGA	M 30	29	Góra Biega - Dziki	00:00:11	00:08:31	00:17:47.50	00:17:58.90	+00:03:03 (17.2%)	3:33	16.9 (82.8%)
66	WOJCIECHOWSKI Sebastian	6	VEGE RUNNERS	M 40	11	Vege Runners Ursynów	00:00:04	00:08:27	00:17:55.40	00:17:59.75	+00:03:11 (17.8%)	3:35	16.7 (81.9%)
67	JUSIŃSKI Krystian	506	BRACTWO BIEGOWE BGK	M 30	24	Żórawski Team	00:00:20	00:08:09	00:17:40.55	00:18:00.80	+00:02:56 (16.7%)	3:32	17 (83.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
68	TOMCZYK Piotr	1454		M 40	9		00:00:18	00:08:08	00:17:43.50	00:18:01.50	+00:02:59 (16.9%)	3:32	16.9 (82.8%)
69	ORZEŁ Michał	1007	ADIDAS RUNNERS WARSAW	M 40	12	adidas Runners Warsaw	00:00:07	00:08:35	00:17:56.10	00:18:03.35	+00:03:12 (17.9%)	3:35	16.7 (81.9%)
70	PIASTA Dariusz	1059		M 50	4		00:00:19	00:08:10	00:17:46.00	00:18:05.50	+00:03:02 (17.1%)	3:33	16.9 (82.8%)
71	FILIPOWICZ Michał	309		M 30	30		00:00:18	00:08:23	00:17:48.40	00:18:06.40	+00:03:04 (17.3%)	3:33	16.9 (82.8%)
72	SOBCZYK Grzegorz	1940	WKZ KOZIENICE BBL	M 30	33	WKZ KOZIENICE BBL	00:00:12	00:08:25	00:17:56.85	00:18:09.30	+00:03:13 (17.9%)	3:35	16.7 (81.9%)
73	PIMPICKI Ignacy	1897	CZEMPION	M 14	1		00:00:17	00:08:24	00:17:51.70	00:18:09.50	+00:03:07 (17.5%)	3:34	16.8 (82.4%)
74	STRZELECKI Piotr	1359	KB PACE WARSZAWA	M 20	18	KB Pace Warszawa	00:00:05	00:08:37	00:18:05.20	00:18:10.80	+00:03:21 (18.6%)	3:37	16.6 (81.4%)
75	MATCZAK Mateusz	873	SH RUNNING TEAM	M 30	35		00:00:05	00:08:24	00:18:05.15	00:18:10.95	+00:03:21 (18.6%)	3:37	16.6 (81.4%)
76	MOKRZAŃSKI Michał	920	WARSZAWIACY	M 40	14		00:00:06	00:08:35	00:18:05.70	00:18:12.05	+00:03:21 (18.6%)	3:37	16.6 (81.4%)
77	SALAK Michał	1716	PKO BP	M 40	16		00:00:07	00:08:34	00:18:07.25	00:18:14.70	+00:03:23 (18.7%)	3:37	16.6 (81.4%)
78	MARCINISZYN Grzegorz	1855	DUKLANOWSKI TEAM	M 30	38	Duklanowski Team	00:00:02	00:08:17	00:18:16.20	00:18:19.15	+00:03:32 (19.4%)	3:39	16.4 (80.4%)
79	DAWIDEK Bartek	1696	REPREZENTACJA DZIENNIKARZY	M 30	37		00:00:04	00:08:33	00:18:14.95	00:18:19.80	+00:03:31 (19.3%)	3:38	16.5 (80.9%)
80	ŁOJEWSKI Marcin	1021	BIEGOWY WARIAT RUNNING TEAM	M 30	36	Biegowy Wariat Running Team	00:00:10	00:08:46	00:18:09.75	00:18:20.10	+00:03:25 (18.9%)	3:37	16.5 (80.9%)
81	WOŹNIAK Przemysław	1583	WIELISZEW HERON TEAM	M 30	32	Wieliszew Heron Team	00:00:26	00:08:16	00:17:54.40	00:18:20.85	+00:03:10 (17.7%)	3:34	16.8 (82.4%)
82	BURDACH Dariusz	138	JACK TEAM/TEAM PARCZYŃSKICH	M 40	19		00:00:06	00:08:40	00:18:16.20	00:18:22.40	+00:03:32 (19.4%)	3:39	16.4 (80.4%)
83	WYSOCKI Michał	1599	ŁÓDŹ KOCHA SPORT	M 40	17	Łódź Kocha Sport	00:00:08	00:08:34	00:18:14.45	00:18:23.10	+00:03:30 (19.2%)	3:38	16.5 (80.9%)
84	KAMIŃSKI Paweł	541	PASSION FIRST	M 40	18	adidas Runners Warsaw	00:00:08	00:08:37	00:18:15.30	00:18:23.35	+00:03:31 (19.3%)	3:39	16.4 (80.4%)
85	WYSOKIŃSKI Konrad	2132	RUN INTO THE WILD / BARUNOWCE	M 40	15	Barunowce	00:00:19	00:08:24	00:18:06.15	00:18:25.15	+00:03:22 (18.6%)	3:37	16.6 (81.4%)
86	KWIATKOWSKI Mateusz	755	WIELISZEW HERON TEAM	M 30	34		00:00:26	00:08:16	00:17:59.05	00:18:25.80	+00:03:15 (18.1%)	3:35	16.7 (81.9%)
87	TRONIARZ Paweł	1466	T&T BRO	M 40	20		00:00:08	00:08:34	00:18:17.40	00:18:26.05	+00:03:33 (19.5%)	3:39	16.4 (80.4%)
88	WASIEWICZ Adam	1509	NIE MÓJ CYRK, MOJE MAŁPY	M 40	13		00:00:22	00:08:22	00:18:04.30	00:18:26.60	+00:03:20 (18.5%)	3:36	16.6 (81.4%)
89	GOLONKA Przemysław	1791		M 20	20		00:00:15	00:08:28	00:18:11.95	00:18:26.95	+00:03:28 (19.1%)	3:38	16.5 (80.9%)
90	RUPIŃSKI Krzysztof	1685		M 30	39		00:00:09	00:08:33	00:18:17.65	00:18:27.40	+00:03:33 (19.5%)	3:39	16.4 (80.4%)
91	KRYWCZUK Tomasz	707	ADIDAS RUNNERS WARSAW	M 20	19	adidas Runners Warsaw	00:00:20	00:08:16	00:18:08.20	00:18:28.45	+00:03:24 (18.8%)	3:37	16.5 (80.9%)
92	KLIMEK Marek	597	ADIDAS RUNNER WARSAW	M 30	41	adidas Runners Warsaw	00:00:08	00:08:35	00:18:20.90	00:18:29.55	+00:03:37 (19.7%)	3:40	16.4 (80.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							2.5km	5km	5km				
93	ZASĘPA Sebastian	1629	TEAM ZABIEGANEDNI	M 40	21	Team ZabieganeDni #1	00:00:04	00:08:26	00:18:25.05	00:18:29.60	+00:03:41 (20.0%)	3:41	16.3 (79.9%)
94	MARCINIAK Grzegorz	850	BIEGOWY WARIAT RUNNING TEAM	M 50	5	Biegowy Wariat Running Team	00:00:24	00:08:20	00:18:11.20	00:18:35.75	+00:03:27 (19.0%)	3:38	16.5 (80.9%)
95	GREWIŃSKI Tomasz	406	LIPIEC RUNNING TEAM	M 50	7	Lipiec Running Team	00:00:08	00:08:49	00:18:33.80	00:18:41.95	+00:03:50 (20.7%)	3:42	16.2 (79.4%)
96	NOWAK Marcin	973		M 40	23		00:00:13	00:08:47	00:18:29.30	00:18:42.30	+00:03:45 (20.3%)	3:41	16.2 (79.4%)
97	GARTKIEWICZ Adam	340	DUKLANOWSKI TEAM	M 50	8		00:00:05	00:08:55	00:18:36.95	00:18:42.60	+00:03:53 (20.9%)	3:43	16.1 (78.9%)
98	GAJEK Ireneusz	332	ASFALTLOVE DZIKI	M 40	24		00:00:13	00:08:47	00:18:30.55	00:18:43.55	+00:03:46 (20.4%)	3:42	16.2 (79.4%)
99	GÓRZYŃSKI Maciej	396	WOODRUN	M 50	6		00:00:10	00:08:46	00:18:33.25	00:18:43.75	+00:03:49 (20.6%)	3:42	16.2 (79.4%)
100	KOWALCZYK Alicja	667		K 30	6		00:00:08	00:08:35	00:18:35.25	00:18:43.80	+00:03:51 (20.8%)	3:43	16.1 (78.9%)
101	GLINKA Elżbieta	1790	ADIDAS RUNNERS WARSAW	K 30	5	adidas Runners Warsaw	00:00:30	00:08:36	00:18:15.30	00:18:46.10	+00:03:31 (19.3%)	3:39	16.4 (80.4%)
102	ŚLIWIAK Jakub	1428	BIEGOWY WARIAT RUNNING TEAM	M 30	40	Biegowy Wariat Running Team	00:00:25	00:08:42	00:18:18.75	00:18:44.70	+00:03:34 (19.6%)	3:39	16.4 (80.4%)
103	PAGACZ Bartosz	1026		M 40	22		00:00:28	00:08:39	00:18:28.95	00:18:57.05	+00:03:45 (20.3%)	3:41	16.2 (79.4%)
104	PILIPCZUK Jakub	1076		M 20	21		00:00:31	00:08:30	00:18:29.85	00:19:01.35	+00:03:46 (20.4%)	3:41	16.2 (79.4%)
105	STARKO Krzysztof	1336	TEAM ZABIEGANEDNI	M 30	42	Team ZabieganeDni #2	00:00:24	00:08:23	00:18:30.95	00:18:55.70	+00:03:47 (20.4%)	3:42	16.2 (79.4%)
106	KOŻŁOWSKI Włodzimierz	1721	KS START PUŁASKI	M 40	25		00:00:12	00:08:47	00:18:33.00	00:18:45.20	+00:03:49 (20.6%)	3:42	16.2 (79.4%)
107	REGULSKI Paweł	1174	GÓRA BIEGA	M 20	22	Góra Biega - Dzikie	00:00:27	00:08:39	00:18:33.15	00:19:01.05	+00:03:49 (20.6%)	3:42	16.2 (79.4%)
108	POTENTAS Paweł	1909		M 30	43		00:00:10	00:08:56	00:18:37.10	00:18:47.10	+00:03:53 (20.9%)	3:43	16.1 (78.9%)
109	WOJTASIAK Tomasz	1694	LIPIEC RUNNING TEAM	M 40	26	Lipiec Running Team	00:00:23	00:08:35	00:18:37.55	00:19:01.20	+00:03:53 (20.9%)	3:43	16.1 (78.9%)
110	OŻÓG Paweł	1023	ZABIEGANI W KIELCACH	M 30	44		00:00:23	00:08:21	00:18:38.40	00:19:02.10	+00:03:54 (21.0%)	3:43	16.1 (78.9%)
111	SZEWCZYK Rafał	1393	CWCR/DEPARTAMENT BIEGÓW	M 40	27	CWCR/DEPARTAMENT BIEGÓW	00:00:07	00:08:35	00:18:38.85	00:18:46.65	+00:03:55 (21.0%)	3:43	16.1 (78.9%)
112	LACIAK Marcin	1684	BARUNOWCE	M 40	28		00:00:08	00:08:43	00:18:40.25	00:18:49.10	+00:03:56 (21.1%)	3:44	16.1 (78.9%)
113	POTKAJ Przemysław	1113	DĄBROWSKI TEAM	M 20	23	Dąbrowski Team	00:00:10	00:08:52	00:18:40.65	00:18:50.65	+00:03:56 (21.1%)	3:44	16.1 (78.9%)
114	LEJA Marcin	769	TEAM ZABIEGANEDNI	M 30	45	Team ZabieganeDni #1	00:00:27	00:08:39	00:18:41.60	00:19:09.10	+00:03:57 (21.2%)	3:44	16.1 (78.9%)
115	JAMBOR Michał	458	ŻÓRAWSKI TEAM	M 40	29	Żórawski Team	00:00:16		00:18:42.15	00:18:58.65	+00:03:58 (21.2%)	3:44	16 (78.4%)
116	MADEJEK Kamil	824	VEGE RUNNERS	M 30	46	Vege Runners Ursynów	00:00:09	00:08:51	00:18:42.50	00:18:51.95	+00:03:58 (21.3%)	3:44	16 (78.4%)
117	BUBEŁA Magda	1753	LIPIEC RUNNING TEAM	K 40	2	Lipiec Running Team	00:00:16	00:08:47	00:18:43.50	00:18:59.50	+00:03:59 (21.3%)	3:44	16 (78.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
118	VEREMCHUK Yuliia	1499	YULIANKA BIEGNIĘ BO LUBI	K 30	7		00:00:12	00:08:55	00:18:43.55	00:18:56.15	+00:03:59 (21.3%)	3:44	16 (78.4%)
119	ŻURAWSKI Sławomir	1672	BARUNOWCE	M 40	30		00:00:13	00:08:53	00:18:44.05	00:18:57.90	+00:04:00 (21.4%)	3:44	16 (78.4%)
120	KUPA Bartosz	276	KLUB BIEGACZY JYSK	M 30	47		00:00:04	00:08:38	00:18:44.10	00:18:48.15	+00:04:00 (21.4%)	3:44	16 (78.4%)
121	ŁUCKA Dariusz	1710		M 30	48		00:00:10	00:08:48	00:18:44.25	00:18:54.80	+00:04:00 (21.4%)	3:44	16 (78.4%)
122	OLSZAŃSKI Paweł	999	KB PACE WARSZAWA	M 20	24	KB Pace Warszawa	00:00:03	00:08:13	00:18:44.45	00:18:47.60	+00:04:00 (21.4%)	3:44	16 (78.4%)
123	MAKULEC Marcin	832	SANTANDER RUNNING CLUB	M 40	31		00:00:11	00:08:48	00:18:45.45	00:18:56.45	+00:04:01 (21.5%)	3:45	16 (78.4%)
124	REBELLO Felipe	1168		M 30	49		00:00:11	00:09:02	00:18:46.65	00:18:58.35	+00:04:02 (21.6%)	3:45	16 (78.4%)
125	DRAŻEK Justyna	258	ICHEM-VITADIET	K 20	2		00:00:06	00:08:56	00:18:48.45	00:18:55.10	+00:04:04 (21.7%)	3:45	16 (78.4%)
126	KALIŃSKI Franciszek	526		M 20	25		00:00:13	00:08:53	00:18:48.95	00:19:02.60	+00:04:05 (21.7%)	3:45	16 (78.4%)
127	FRAŹCYK Paweł	318		M 30	50		00:00:24	00:08:37	00:18:49.05	00:19:13.95	+00:04:05 (21.7%)	3:45	15.9 (77.9%)
128	CZARNOCKI Wojciech	202	ADIDAS RUNNERS WARSAW	M 20	26	adidas Runners Warsaw	00:00:15	00:08:54	00:18:49.70	00:19:05.25	+00:04:05 (21.8%)	3:45	15.9 (77.9%)
129	LEWDOROWICZ Wojciech	779	SAM SOBIE KLUBEM	M 40	32		00:00:25	00:08:23	00:18:50.35	00:19:15.55	+00:04:06 (21.8%)	3:46	15.9 (77.9%)
130	FILIPIAK Adam	307	ŁÓDŹ KOCHA SPORT	M 30	51	Łódź Kocha Sport	00:00:11	00:08:48	00:18:51.05	00:19:02.50	+00:04:07 (21.9%)	3:46	15.9 (77.9%)
131	KASPRZYK Kacper	2041		M 16	2		00:00:24	00:08:17	00:18:51.45	00:19:16.20	+00:04:07 (21.9%)	3:46	15.9 (77.9%)
132	BIELECKI Jakub	74		M 30	52		00:00:18	00:08:57	00:18:53.25	00:19:12.10	+00:04:09 (22.0%)	3:46	15.9 (77.9%)
133	BELŹ Daniel	66		M 30	53		00:00:35	00:09:06	00:18:56.55	00:19:32.10	+00:04:12 (22.2%)	3:47	15.8 (77.5%)
134	RUSZNIK Piotr	1209	LIPIEC RUNNING TEAM	M 40	33	Lipiec Running Team	00:00:06	00:08:59	00:18:56.60	00:19:03.45	+00:04:12 (22.2%)	3:47	15.8 (77.5%)
135	GÓRECKI Rafał	388		M 40	34	adidas Runners Warsaw	00:00:10	00:08:43	00:18:56.90	00:19:07.40	+00:04:13 (22.3%)	3:47	15.8 (77.5%)
136	ZIELIŃSKI Łukasz	1649	GÓRA BIEGA	M 30	54	Góra Biega - Dzik	00:00:12	00:08:54	00:18:57.25	00:19:09.70	+00:04:13 (22.3%)	3:47	15.8 (77.5%)
137	OWCZAREK Kacper	2072	ŁÓDŹ KOCHA SPORT	M 14	2	Łódź Kocha Sport	00:00:29	00:08:47	00:18:57.95	00:19:27.60	+00:04:14 (22.3%)	3:47	15.8 (77.5%)
138	KUKLA-KUKLEWICZ Michał	734		M 20	27		00:00:39	00:08:57	00:18:59.95	00:19:39.50	+00:04:16 (22.5%)	3:47	15.8 (77.5%)
139	OCHMAN Michał	981	BEC POLAND	M 40	35		00:00:38	00:09:03	00:19:02.50	00:19:41.45	+00:04:18 (22.6%)	3:48	15.8 (77.5%)
140	ZHENG Haishan	1647		M 40	36		00:00:32	00:08:59	00:19:03.05	00:19:35.75	+00:04:19 (22.7%)	3:48	15.7 (77.0%)
141	TELEON Piotr	1441	JACEKBIEGA RUNNING TEAM	M 40	37	JacekBiega Running Team	00:00:13	00:08:46	00:19:03.75	00:19:17.65	+00:04:19 (22.7%)	3:48	15.7 (77.0%)
142	OLCZAK Janusz	989	BIEGANIE 50+	M 50	9		00:00:10	00:09:12	00:19:03.95	00:19:14.55	+00:04:20 (22.7%)	3:48	15.7 (77.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
							startu	2.5km					
143	PIATKA Tomasz	1060	ADIDAS RUNNERS WARSAW	M 30	55	adidas Runners Warsaw	00:00:09	00:09:06	00:19:05.55	00:19:15.40	+00:04:21 (22.8%)	3:49	15.7 (77.0%)
144	KALINOWSKI Bartosz	2038	KONDYCJA	M 16	3		00:00:09	00:08:57	00:19:07.90	00:19:17.05	+00:04:24 (23.0%)	3:49	15.7 (77.0%)
145	DUDELA Adrian	1778	KAZIKI	M 40	38	Kaziki	00:00:26	00:08:42	00:19:08.05	00:19:34.85	+00:04:24 (23.0%)	3:49	15.7 (77.0%)
146	KNAP Czarek	607	HOŻA TEAM SKYRUNNERS	M 50	10		00:00:15	00:09:05	00:19:09.90	00:19:24.90	+00:04:26 (23.1%)	3:49	15.7 (77.0%)
147	ŚWIĘCICKI Tomasz	1434	ACCELERATING POLAND	M 40	39	Accelerating Poland	00:00:18	00:08:27	00:19:10.30	00:19:29.20	+00:04:26 (23.2%)	3:50	15.7 (77.0%)
148	CYGLER Sławek	195	WKS WAWEL	M 30	56	WKS Wawel Kraków	00:00:36	00:09:06	00:19:10.95	00:19:46.95	+00:04:27 (23.2%)	3:50	15.7 (77.0%)
149	STOLARSKI Krzysztof	1945	BIEGAJĄCE ZĄBKI	M 50	11		00:00:13	00:08:58	00:19:11.15	00:19:24.90	+00:04:27 (23.2%)	3:50	15.6 (76.5%)
150	WASILEWSKI Kuba	1511		M 30	57		00:00:26	00:08:45	00:19:11.30	00:19:38.20	+00:04:27 (23.2%)	3:50	15.6 (76.5%)
151	SZYMAŃCZYK Igor	1412		M 30	58		00:00:38	00:09:07	00:19:11.60	00:19:50.00	+00:04:27 (23.3%)	3:50	15.6 (76.5%)
152	DABROWA Kamil	216	LIPIEC RUNNING TEAM	M 50	12	Lipiec Running Team	00:00:08	00:08:58	00:19:12.15	00:19:20.50	+00:04:28 (23.3%)	3:50	15.6 (76.5%)
153	GASZEWSKA Małgorzata	343	ZA LINIĄ METY	K 20	3		00:00:11	00:08:56	00:19:13.20	00:19:24.45	+00:04:29 (23.4%)	3:50	15.6 (76.5%)
154	KOBUSZEWSKI Artur	611	BIEGOWY WARIAT RUNNING TEAM	M 40	40	Biegowy Wariat Running Team	00:00:25	00:08:47	00:19:15.35	00:19:40.85	+00:04:31 (23.5%)	3:51	15.6 (76.5%)
155	SZYMAŃSKI Bartłomiej	1419	ADIDAS RUNNERS WARSAW	M 40	41	adidas Runners Warsaw	00:00:15	00:09:10	00:19:15.90	00:19:30.95	+00:04:32 (23.5%)	3:51	15.6 (76.5%)
156	PIKUS Przemek	1074	LIPIEC RUNNING TEAM	M 40	42	Lipiec Running Team	00:00:08	00:08:50	00:19:15.95	00:19:24.30	+00:04:32 (23.5%)	3:51	15.6 (76.5%)
157	DOBROŁĘCKI Jacek	243	KONRAD NOSARZEWSKI BADANIA DIETA TRENING	M 20	28		00:00:03	00:08:14	00:19:16.10	00:19:20.00	+00:04:32 (23.6%)	3:51	15.6 (76.5%)
158	WOJTKOWIAK Marta	1573	PAWKO RUNNER TEAM	K 30	8	Pawko Runner Team	00:00:28	00:08:58	00:19:16.90	00:19:45.45	+00:04:33 (23.6%)	3:51	15.6 (76.5%)
159	WIELOGÓRSKI Ignacy	2103		M 16	4		00:00:21	00:08:33	00:19:18.20	00:19:39.40	+00:04:34 (23.7%)	3:51	15.5 (76.0%)
160	ZDEB Przemek	1642	ADIDAS RUNNERS WARSAW	M 40	43	adidas Runners Warsaw	00:00:14	00:09:03	00:19:18.90	00:19:33.55	+00:04:35 (23.7%)	3:51	15.5 (76.0%)
161	SYGUŁA Mateusz	1372	KOLARSKI.EU TEAM	M 40	44		00:00:02	00:08:38	00:19:20.70	00:19:23.00	+00:04:36 (23.9%)	3:52	15.5 (76.0%)
162	SZYMAŃSKI Hubert	1415	BIEGOWY WARIAT RUNNING TEAM	M 40	45	Biegowy Wariat Running Team	00:00:22	00:09:14	00:19:22.10	00:19:44.50	+00:04:38 (23.9%)	3:52	15.5 (76.0%)
163	CZUB Daniel	211		M 30	59		00:00:43	00:08:59	00:19:22.55	00:20:05.75	+00:04:38 (24.0%)	3:52	15.5 (76.0%)
164	BANASIUK Maciej	47		M 50	13		00:00:12	00:08:55	00:19:23.15	00:19:35.95	+00:04:39 (24.0%)	3:52	15.5 (76.0%)
165	CHEŁMICKI Grzegorz	156	LIPIEC RUNNING TEAM	M 50	14	Lipiec Running Team	00:00:27	00:09:00	00:19:23.65	00:19:50.65	+00:04:39 (24.0%)	3:52	15.5 (76.0%)
166	KARWACZ Jakub	551		M 30	60		00:00:16	00:09:25	00:19:24.40	00:19:41.15	+00:04:40 (24.1%)	3:52	15.5 (76.0%)
167	MIKULSKI Jacek	907	ADIDAS RUNNERS WARSAW	M 50	15	adidas Runners Warsaw	00:00:16	00:09:10	00:19:25.15	00:19:41.25	+00:04:41 (24.1%)	3:53	15.5 (76.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
168	FAJKOWSKI Piotr	293	ADIDAS RUNNERS WARSAW	M 30	61	adidas Runners Warsaw	00:00:14	00:08:56	00:19:25.50	00:19:39.85	+00:04:41 (24.2%)	3:53	15.5 (76.0%)
169	SOFUL Tomasz	1308		M 40	46		00:00:06	00:09:00	00:19:25.75	00:19:32.40	+00:04:41 (24.2%)	3:53	15.5 (76.0%)
170	RYDZ-MOŚCICKI Robert	1221		M 40	47		00:00:03	00:09:08	00:19:25.80	00:19:29.75	+00:04:42 (24.2%)	3:53	15.5 (76.0%)
171	KLIMEK Jakub	2044		M 16	5		00:00:17	00:09:25	00:19:26.00	00:19:43.20	+00:04:42 (24.2%)	3:53	15.4 (75.5%)
172	WRONOWSKI Marcin	1590	JEDNOOSOBOWY KLUB MYSZKA MISIO MILUSIA	M 20	29		00:00:37	00:09:05	00:19:26.45	00:20:04.15	+00:04:42 (24.2%)	3:53	15.4 (75.5%)
173	WOROBIEW Magdalena	37	LIPIEC RUNNING TEAM	K 30	9		00:00:10	00:09:18	00:19:26.65	00:19:36.70	+00:04:42 (24.2%)	3:53	15.4 (75.5%)
174	STAEVEN Krzysztof	1326	TEAM ZABIEGANEDNI	M 40	48	Team ZabieganeDni #2	00:00:38	00:09:10	00:19:27.00	00:20:05.45	+00:04:43 (24.3%)	3:53	15.4 (75.5%)
175	MISSALA Magda	2143		K 16	1		00:00:37	00:09:00	00:19:28.45	00:20:06.35	+00:04:44 (24.4%)	3:53	15.4 (75.5%)
176	KACPRZYK Alex	511	RP RUNNERS	M 50	16		00:00:17	00:09:24	00:19:28.55	00:19:45.75	+00:04:44 (24.4%)	3:53	15.4 (75.5%)
177	SŁAWIŃSKI Piotr	1286		M 40	49		00:00:43	00:08:57	00:19:29.20	00:20:12.50	+00:04:45 (24.4%)	3:53	15.4 (75.5%)
178	CIESIELSKI Marcin	1760	WARSAW RUN CLUB	M 40	50	Warsaw Run Club	00:00:17	00:09:23	00:19:30.15	00:19:47.65	+00:04:46 (24.5%)	3:54	15.4 (75.5%)
179	MARCHEWKA Jan	1854	SZKOŁA FUNDACJA PRIMUS ZOLTANA BALO	M 60	1		00:00:17	00:09:14	00:19:30.35	00:19:47.65	+00:04:46 (24.5%)	3:54	15.4 (75.5%)
180	KŁYS Mateusz	606		M 30	62		00:00:23	00:09:26	00:19:32.60	00:19:56.30	+00:04:48 (24.6%)	3:54	15.4 (75.5%)
181	JASKÓLSKI Bartłomiej	478		M 20	30		00:00:19	00:09:23	00:19:33.00	00:19:52.50	+00:04:49 (24.7%)	3:54	15.3 (75.0%)
182	PLUTA Patryk	1092		M 20	31		00:00:13	00:08:57	00:19:33.05	00:19:47.00	+00:04:49 (24.7%)	3:54	15.3 (75.0%)
183	MARON Jacek	860	ADIDAS RUNNERS WARSAW	M 50	17	adidas Runners Warsaw	00:00:15	00:08:52	00:19:33.40	00:19:48.80	+00:04:49 (24.7%)	3:54	15.3 (75.0%)
184	OKHOTNIKOV Mykhailo	984		M 20	32		00:00:14	00:09:00	00:19:34.10	00:19:48.35	+00:04:50 (24.7%)	3:54	15.3 (75.0%)
185	WOŁOSEWICZ Kamil	1578	TEAM ZABIEGANEDNI	M 40	51	Team ZabieganeDni	00:00:15	00:09:22	00:19:34.95	00:19:50.70	+00:04:51 (24.8%)	3:54	15.3 (75.0%)
186	BOCZARSKI Paweł	93		M 30	63		00:00:17	00:09:15	00:19:35.30	00:19:52.80	+00:04:51 (24.8%)	3:55	15.3 (75.0%)
187	KOSIERADZKI Tomasz	656	KS STASZEWSCY	M 30	64	KS Staszewscy	00:00:22	00:09:21	00:19:36.10	00:19:58.65	+00:04:52 (24.9%)	3:55	15.3 (75.0%)
188	SZTYLKO Michał	1401		M 40	52		00:00:42	00:09:15	00:19:37.10	00:20:19.30	+00:04:53 (24.9%)	3:55	15.3 (75.0%)
189	BARTOSZEK Konrad	56		M 40	53	adidas Runners Warsaw	00:00:18	00:09:25	00:19:37.15	00:19:55.70	+00:04:53 (24.9%)	3:55	15.3 (75.0%)
189	JASIŃSKI Łukasz	476		M 40	54		00:00:18	00:09:29	00:19:37.15	00:19:55.15	+00:04:53 (24.9%)	3:55	15.3 (75.0%)
191	SOBCZAK Grzegorz	1300		M 40	55		00:00:18	00:09:25	00:19:37.40	00:19:55.50	+00:04:53 (24.9%)	3:55	15.3 (75.0%)
192	CIERNIEWSKI Maciej	183	ARTUR KOZŁOWSKI TEAM (PLANBIEGANIE.PL)	M 30	65	Artur Kozłowski Team (Planbieganie.pl)	00:00:16	00:09:22	00:19:38.80	00:19:55.15	+00:04:55 (25.0%)	3:55	15.3 (75.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
							startu	2.5km					
193	STĘPIEŃ Andrzej	1078	EXOTEAM	M 40	56	Exoteam	00:00:32	00:08:56	00:19:39.05	00:20:11.05	+00:04:55 (25.0%)	3:55	15.3 (75.0%)
194	TOMCZAK Joanna	1452		K 30	10		00:00:14	00:09:08	00:19:39.20	00:19:53.25	+00:04:55 (25.1%)	3:55	15.3 (75.0%)
194	MAZUR Marek	888		M 50	18		00:00:13	00:09:14	00:19:39.20	00:19:52.45	+00:04:55 (25.1%)	3:55	15.3 (75.0%)
196	MARZEC Zbigniew	864	PIASECZYŃSKI BIEGACZ	M 30	66		00:00:02	00:09:06	00:19:40.35	00:19:43.20	+00:04:56 (25.1%)	3:56	15.3 (75.0%)
197	JURSKI Szymon	505	KAZIKI	M 30	67	Kaziki	00:00:13	00:09:28	00:19:40.55	00:19:54.40	+00:04:56 (25.1%)	3:56	15.3 (75.0%)
198	RELUGA Grzegorz	1178	CZARNECKI RUN TEAM	M 50	19	Czarnecki run team	00:00:30	00:08:53	00:19:41.60	00:20:11.85	+00:04:57 (25.2%)	3:56	15.2 (74.5%)
199	PRUCHNIAK Robert	1125	LIPIEC RUNNING TEAM	M 50	20	Lipiec Running Team	00:00:09	00:09:20	00:19:42.65	00:19:52.60	+00:04:58 (25.3%)	3:56	15.2 (74.5%)
200	CZEREWACZ Andrzej	1767		M 20	33		00:00:18	00:09:24	00:19:44.30	00:20:02.30	+00:05:00 (25.4%)	3:56	15.2 (74.5%)
201	GÓRSKI Patryk	2028	UKS OSIR GÓRA KALWARIA	M 16	6		00:00:29	00:08:37	00:19:44.35	00:20:14.10	+00:05:00 (25.4%)	3:56	15.2 (74.5%)
202	MACIEJOWICZ Michał	817	VEGERUNNERS	M 30	68		00:00:08	00:08:39	00:19:44.60	00:19:53.15	+00:05:00 (25.4%)	3:56	15.2 (74.5%)
203	KOŁODZIEJSKI Michał	621	LIPIEC RUNNING TEAM	M 40	57	Lipiec Running Team	00:00:09	00:09:21	00:19:44.95	00:19:54.60	+00:05:01 (25.4%)	3:56	15.2 (74.5%)
204	WAŚNIEWSKI Paweł	1981		M 20	34		00:00:14	00:09:01	00:19:45.20	00:19:59.55	+00:05:01 (25.4%)	3:57	15.2 (74.5%)
204	ŻUREK Kazimierz	1675	M.I.L.A.	M 30	69		00:00:18	00:09:24	00:19:45.20	00:20:03.30	+00:05:01 (25.4%)	3:57	15.2 (74.5%)
206	WOLSKI Krzysztof	1576		M 40	58		00:00:39	00:09:05	00:19:45.45	00:20:25.30	+00:05:01 (25.4%)	3:57	15.2 (74.5%)
207	SOBOLEWSKI Mateusz	1303	ŻÓRAWSKI TEAM	M 20	35	Żórawski Team	00:00:12	00:09:05	00:19:45.50	00:19:57.65	+00:05:01 (25.4%)	3:57	15.2 (74.5%)
208	WIERZCHOŁOWSKI Marcin	1529		M 40	59		00:00:23	00:09:24	00:19:46.05	00:20:09.80	+00:05:02 (25.5%)	3:57	15.2 (74.5%)
209	PISKAŁA Daniel	1731	POWER TRAINING	M 40	60		00:00:19	00:09:17	00:19:46.40	00:20:06.35	+00:05:02 (25.5%)	3:57	15.2 (74.5%)
210	ANDERS Daniel	23		M 40	61		00:00:08	00:09:06	00:19:47.50	00:19:56.15	+00:05:03 (25.6%)	3:57	15.2 (74.5%)
211	STROJKOWSKI Bartosz	1352	ŁÓDŹ KOCHA SPORT	M 40	62	Łódź Kocha Sport	00:00:34	00:08:51	00:19:47.60	00:20:21.80	+00:05:03 (25.6%)	3:57	15.2 (74.5%)
211	MATEJEK Rafał	874	STOMILEX	M 30	70		00:00:11	00:09:14	00:19:47.60	00:19:59.30	+00:05:03 (25.6%)	3:57	15.2 (74.5%)
213	UMIASTOWSKI Bartosz	1492		M 20	36		00:00:23	00:09:24	00:19:48.85	00:20:12.55	+00:05:05 (25.7%)	3:57	15.2 (74.5%)
214	ŁUKOMSKI Janusz	809	PKO BANK POLSKI	M 40	63		00:00:16	00:09:24	00:19:48.95	00:20:05.75	+00:05:05 (25.7%)	3:57	15.2 (74.5%)
215	ŁOCZEWSKI Paweł	801		M 60	2		00:00:33	00:09:07	00:19:51.10	00:20:24.70	+00:05:07 (25.8%)	3:58	15.1 (74.0%)
215	SZYMAŃSKI Andrzej	1417		M 40	64		00:00:19	00:09:24	00:19:51.10	00:20:10.75	+00:05:07 (25.8%)	3:58	15.1 (74.0%)
215	NIEMIRA Michał	959	MPK WYBIEGANIE	M 30	71		00:00:16	00:09:26	00:19:51.10	00:20:07.10	+00:05:07 (25.8%)	3:58	15.1 (74.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
218	KAWAŁOWSKI Marcin	564		M 40	65		00:00:24	00:09:26	00:19:51.25	00:20:15.50	+00:05:07 (25.8%)	3:58	15.1 (74.0%)
219	GAŁĄZKA Tomasz	1787		M 40	66		00:00:23	00:09:12	00:19:51.45	00:20:15.20	+00:05:07 (25.8%)	3:58	15.1 (74.0%)
220	ROSZKOWSKI Wojciech	1198		M 60	3		00:00:25	00:09:19	00:19:51.75	00:20:16.90	+00:05:07 (25.8%)	3:58	15.1 (74.0%)
221	PIOTROWSKI Tomasz	1901		M 50	21		00:00:31	00:08:57	00:19:52.10	00:20:23.90	+00:05:08 (25.9%)	3:58	15.1 (74.0%)
222	FABISIAK Marcin	291	TEAM ZABIEGANEDNI	M 40	67	Team ZabieganeDni #4	00:00:17	00:09:24	00:19:53.40	00:20:10.80	+00:05:09 (25.9%)	3:58	15.1 (74.0%)
223	DUDEK Igor	269		M 20	37		00:00:15	00:09:19	00:19:54.15	00:20:09.40	+00:05:10 (26.0%)	3:58	15.1 (74.0%)
224	GREDA Piotr	405		M 30	72		00:00:20	00:09:23	00:19:55.00	00:20:15.35	+00:05:11 (26.0%)	3:59	15.1 (74.0%)
225	KOZIOŁ Krzysztof	683		M 30	73		00:00:15	00:09:35	00:19:55.35	00:20:11.20	+00:05:11 (26.1%)	3:59	15.1 (74.0%)
226	BISOWSKI Mariusz	87	MARUDY Z KOBYŁKI	M 40	68	Marudy z Kobyłki	00:00:17	00:09:29	00:19:55.95	00:20:13.90	+00:05:12 (26.1%)	3:59	15.1 (74.0%)
227	SMOLIŃSKI Michał	1295		M 40	69		00:00:18	00:09:20	00:19:57.55	00:20:16.35	+00:05:13 (26.2%)	3:59	15 (73.5%)
228	SMOLEŃ Paweł	1293		M 30	74		00:00:20	00:09:23	00:19:58.70	00:20:18.75	+00:05:14 (26.3%)	3:59	15 (73.5%)
229	MAŁEK Łukasz	842	KARDIOLOGSPORTOWY.PL	M 40	70		00:00:24	00:09:21	00:19:58.75	00:20:23.70	+00:05:14 (26.3%)	3:59	15 (73.5%)
230	MIKA Jarosław	1861	KONDYCJA PIASECZNO	M 40	71		00:00:21	00:09:22	00:19:59.85	00:20:21.10	+00:05:16 (26.3%)	3:59	15 (73.5%)
231	PĘKALSKI Marek	1054	TRIZARZA	M 40	72		00:00:28	00:09:14	00:19:59.95	00:20:28.90	+00:05:16 (26.3%)	3:59	15 (73.5%)
232	KONDRAT Miron	2048		M 16	7		00:00:22	00:09:26	00:20:00.95	00:20:23.05	+00:05:17 (26.4%)	4:00	15 (73.5%)
233	MATVEYENKA Dzianis	879		M 30	75		00:00:19	00:09:25	00:20:01.05	00:20:20.80	+00:05:17 (26.4%)	4:00	15 (73.5%)
234	PUSEK Mikołaj	1148	FPL TEAM	M 20	38		00:00:20	00:09:21	00:20:01.55	00:20:22.15	+00:05:17 (26.4%)	4:00	15 (73.5%)
235	PACIOREK Ewa	250	KOBIETA BIEGA	K 30	11		00:00:15	00:09:21	00:20:01.60	00:20:17.00	+00:05:17 (26.4%)	4:00	15 (73.5%)
236	MACIEJCZYK Piotr	816	MCSP	M 40	73		00:00:16	00:09:04	00:20:02.85	00:20:19.75	+00:05:19 (26.5%)	4:00	15 (73.5%)
237	MUSIAŁ Anna	939		K 20	4		00:00:23	00:09:24	00:20:03.05	00:20:26.60	+00:05:19 (26.5%)	4:00	15 (73.5%)
238	PIKUL Piotr	1073		M 40	74		00:00:17	00:09:26	00:20:04.95	00:20:22.00	+00:05:21 (26.7%)	4:00	15 (73.5%)
239	ŚLIWOWSKA Justyna	1962	#PLANBIEGANIE	K 30	12	#planbieganie	00:00:22	00:09:34	00:20:05.45	00:20:28.05	+00:05:21 (26.7%)	4:01	14.9 (73.0%)
240	CZARNECKI Sławomir	1765		M 30	76		00:00:23	00:08:54	00:20:05.55	00:20:28.85	+00:05:21 (26.7%)	4:01	14.9 (73.0%)
241	KORYCIŃSKI Andrzej	650		M 30	77		00:00:20	00:09:28	00:20:05.70	00:20:26.10	+00:05:21 (26.7%)	4:01	14.9 (73.0%)
242	RYBAK Adam	1923	KONDYCJA PIASECZNO	M 40	75		00:00:21	00:09:21	00:20:05.90	00:20:27.15	+00:05:22 (26.7%)	4:01	14.9 (73.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
243	BIELECKI Bartosz	561	ŁÓDŹ KOCHA SPORT	M 30	78		00:00:21	00:09:27	00:20:05.95	00:20:27.60	+00:05:22 (26.7%)	4:01	14.9 (73.0%)
244	PRZEWOZNIAK Jan	1136		M 40	76		00:00:21	00:09:20	00:20:06.65	00:20:28.50	+00:05:22 (26.8%)	4:01	14.9 (73.0%)
245	ULICZNY Paweł	1487	REMBERTÓW TEAM	M 40	77	Rembertów Team	00:00:18	00:09:26	00:20:08.50	00:20:26.85	+00:05:24 (26.9%)	4:01	14.9 (73.0%)
246	JAKUBIAK Wojciech	456		M 20	39		00:00:19	00:09:21	00:20:08.55	00:20:27.65	+00:05:24 (26.9%)	4:01	14.9 (73.0%)
247	ZYGOŃ Krzysztof	1660		M 30	79		00:00:38	00:09:03	00:20:10.80	00:20:49.60	+00:05:27 (27.0%)	4:02	14.9 (73.0%)
248	PIOTROWSKI Stanisław	1900	AZS AWF WARSZAWA	M 14	3		00:00:13	00:09:16	00:20:11.30	00:20:24.65	+00:05:27 (27.0%)	4:02	14.9 (73.0%)
249	KRAWCZYŃSKI Przemysław	808		M 40	78		00:00:44	00:09:13	00:20:11.75	00:20:55.75	+00:05:27 (27.1%)	4:02	14.9 (73.0%)
250	RATYŃSKI Paweł	1165		M 30	80		00:00:05	00:09:21	00:20:13.60	00:20:19.50	+00:05:29 (27.2%)	4:02	14.8 (72.5%)
250	MANCZENKO Eugeniusz	848	MARKOWI BIEGACZE	M 40	79	Markowi Biegacze	00:00:17	00:09:25	00:20:13.60	00:20:30.80	+00:05:29 (27.2%)	4:02	14.8 (72.5%)
252	CHRUŚCIEL Lucyna	174	ADIDAS RUNNERS WARSAW	K 30	13	adidas Runners Warsaw	00:00:27	00:09:37	00:20:14.55	00:20:42.05	+00:05:30 (27.2%)	4:02	14.8 (72.5%)
253	ŚLIMKO Daniel	1426		M 30	81		00:00:36	00:09:21	00:20:15.50	00:20:51.55	+00:05:31 (27.3%)	4:03	14.8 (72.5%)
254	JAMBOR Maciej	459		M 30	82		00:00:19	00:09:30	00:20:15.80	00:20:35.15	+00:05:32 (27.3%)	4:03	14.8 (72.5%)
255	WŁAZAŁEK Natalia	1557	ADIDASRUNNERSWARSAW	K 20	5	adidas Runners Warsaw	00:00:14	00:09:12	00:20:16.75	00:20:31.20	+00:05:32 (27.4%)	4:03	14.8 (72.5%)
256	LEWANDOWSKI Michał	1836	ADIDAS RUNNERS WARSAW	M 20	40	adidas Runners Warsaw	00:00:16	00:09:17	00:20:18.15	00:20:34.35	+00:05:34 (27.4%)	4:03	14.8 (72.5%)
257	MACIOŁEK Darek	818	BNP PARIBAS RUNNING TEAM	M 40	80	BNP Paribas Running Team	00:00:37	00:09:12	00:20:18.65	00:20:56.20	+00:05:34 (27.5%)	4:03	14.8 (72.5%)
258	ZUBRZYCKI Janusz	1658	OLDSKULL	M 40	81		00:00:19	00:09:23	00:20:18.75	00:20:38.10	+00:05:34 (27.5%)	4:03	14.8 (72.5%)
259	MULAK Michał	936	TEAM ZABIEGANEDNI	M 40	82	Team ZabieganeDni #3	00:00:47	00:09:34	00:20:20.50	00:21:08.30	+00:05:36 (27.6%)	4:04	14.8 (72.5%)
260	MARCZUK Robert	857		M 40	83		00:00:34	00:09:15	00:20:22.55	00:20:57.50	+00:05:38 (27.7%)	4:04	14.7 (72.1%)
261	LETKOWSKI Dariusz	776	GAPMONT RUNNING TEAM	M 40	84		00:00:14	00:09:25	00:20:23.05	00:20:37.10	+00:05:39 (27.7%)	4:04	14.7 (72.1%)
262	NURZYŃSKI Marcin	978	TEAM ZABIEGANEDNI	M 40	85	Team ZabieganeDni #2	00:00:15	00:09:27	00:20:23.40	00:20:38.50	+00:05:39 (27.8%)	4:04	14.7 (72.1%)
263	TRONIARZ Oskar	1467	T&T BRO	M 16	8		00:00:13	00:09:23	00:20:23.50	00:20:37.10	+00:05:39 (27.8%)	4:04	14.7 (72.1%)
264	RĘKAWEK Paulina	1915	TEAM ZABIEGANEDNI	K 30	14	Team ZabieganeDni	00:00:30	00:09:32	00:20:24.65	00:20:54.80	+00:05:40 (27.8%)	4:04	14.7 (72.1%)
265	SMOLIŃSKI Mateusz	1296		M 30	83		00:00:14	00:09:21	00:20:25.55	00:20:39.90	+00:05:41 (27.9%)	4:05	14.7 (72.1%)
266	LACHOWSKI Tomasz	757		M 40	86		00:00:14	00:09:29	00:20:26.60	00:20:41.45	+00:05:42 (27.9%)	4:05	14.7 (72.1%)
267	ŻURAWSKI Marcin	1673	ADIDAS RUNNERS WARSAW/ DRUŻYNABLONDYNA	M 40	87	adidas Runners Warsaw	00:00:40	00:09:21	00:20:27.10	00:21:08.00	+00:05:43 (28.0%)	4:05	14.7 (72.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
268	GÓRSKI Maciej	392		M 50	22		00:00:23	00:09:37	00:20:27.45	00:20:51.15	+00:05:43 (28.0%)	4:05	14.7 (72.1%)
269	CZAPSKI Kacper	200	EMILKRÓLTEAM	M 20	41		00:00:16	00:09:27	00:20:27.80	00:20:43.90	+00:05:44 (28.0%)	4:05	14.7 (72.1%)
270	LENDZION Marcin	774	GRUPA BIEGOWA UM W-WA	M 16	9	Grupa Biegowa UM W-wa	00:00:31	00:09:39	00:20:27.85	00:20:58.95	+00:05:44 (28.0%)	4:05	14.7 (72.1%)
271	KUCHARSKI Maciej	721	KS STASZEWSCY	M 30	84	KS Staszewscy	00:00:35	00:09:11	00:20:30.10	00:21:05.10	+00:05:46 (28.2%)	4:06	14.6 (71.6%)
272	RUZIK Rafał	1920	RURA TEAM	M 40	88		00:00:30	00:09:48	00:20:31.05	00:21:01.80	+00:05:47 (28.2%)	4:06	14.6 (71.6%)
273	CIEĆWIERZ Michał	181		M 30	85		00:00:24	00:09:27	00:20:31.70	00:20:55.95	+00:05:47 (28.2%)	4:06	14.6 (71.6%)
274	JASKÓLSKA Magda	477	VEGE RUNNERS	K 30	15	Vege Runners Ursynów	00:00:16	00:09:37	00:20:31.95	00:20:48.25	+00:05:48 (28.3%)	4:06	14.6 (71.6%)
275	SKROBEK Łukasz	1931		M 30	86		00:00:18	00:09:33	00:20:32.10	00:20:50.95	+00:05:48 (28.3%)	4:06	14.6 (71.6%)
276	ALFUT Grzegorz	20	VELO SIERPC	M 60	4		00:00:45	00:09:36	00:20:32.20	00:21:17.90	+00:05:48 (28.3%)	4:06	14.6 (71.6%)
276	OWCZAREK Bartłomiej	1018	ŁÓDŹ KOCHA SPORT	M 30	87	Łódź Kocha Sport	00:00:31	00:09:46	00:20:32.20	00:21:03.80	+00:05:48 (28.3%)	4:06	14.6 (71.6%)
278	PROSTKO Dariusz	1123	KB PACE WARSZAWA	M 30	88	KB PACE Warszawa 2	00:00:24	00:09:27	00:20:32.45	00:20:57.00	+00:05:48 (28.3%)	4:06	14.6 (71.6%)
279	GMURZYŃSKI Tomasz	368		M 30	89		00:00:34	00:09:53	00:20:33.30	00:21:07.55	+00:05:49 (28.3%)	4:06	14.6 (71.6%)
280	ZAROŃ Bartłomiej	2129	AMT...	M 40	89		00:00:49	00:09:23	00:20:34.10	00:21:23.65	+00:05:50 (28.4%)	4:06	14.6 (71.6%)
281	KURNICKI Michał	746		M 20	42		00:00:46	00:09:37	00:20:34.85	00:21:21.25	+00:05:51 (28.4%)	4:06	14.6 (71.6%)
282	KUZIEMSKI Marcin	748		M 40	90		00:00:21	00:09:26	00:20:36.60	00:20:58.25	+00:05:52 (28.5%)	4:07	14.6 (71.6%)
283	KUCHARSKI Piotr	720	12TRI.PL	M 50	23	12tri.pl	00:00:20	00:09:28	00:20:36.95	00:20:57.85	+00:05:53 (28.6%)	4:07	14.6 (71.6%)
284	KOSMALA Antoni	2119		M 16	10		00:00:26	00:09:41	00:20:37.50	00:21:03.90	+00:05:53 (28.6%)	4:07	14.6 (71.6%)
285	CHLAŚCIAK Adam	159		M 30	90		00:00:17	00:09:32	00:20:37.70	00:20:55.50	+00:05:53 (28.6%)	4:07	14.6 (71.6%)
286	KULESZA Damian	735	ADIDAS RUNNERS WARSAW	M 30	91	adidas Runners Warsaw	00:00:45	00:09:35	00:20:38.10	00:21:23.15	+00:05:54 (28.6%)	4:07	14.5 (71.1%)
287	MALYSHKA Andrei	841		M 30	92		00:00:30	00:09:54	00:20:38.45	00:21:08.60	+00:05:54 (28.6%)	4:07	14.5 (71.1%)
288	BUDNICKI Michal	126		M 40	91		00:00:18	00:09:26	00:20:38.50	00:20:56.50	+00:05:54 (28.6%)	4:07	14.5 (71.1%)
289	SOKOŁOWSKI Konrad	1312	WPRUNNING	M 40	92		00:00:36	00:09:48	00:20:38.95	00:21:15.60	+00:05:55 (28.7%)	4:07	14.5 (71.1%)
290	ZYZAŃSKI Mikołaj	1664		M 20	43		00:00:55	00:09:36	00:20:41.35	00:21:36.90	+00:05:57 (28.8%)	4:08	14.5 (71.1%)
291	RUZIK Antoni	1921	RURA TEAM	M 14	4		00:00:35	00:09:42	00:20:41.85	00:21:16.90	+00:05:58 (28.8%)	4:08	14.5 (71.1%)
292	FONGANG Patrick	316		M 16	11		00:00:18	00:09:29	00:20:41.95	00:21:00.70	+00:05:58 (28.8%)	4:08	14.5 (71.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
							startu	2.5km					
293	GRABOWSKI Michał	398	MORDERCZE OPONKI	M 30	93	Mordercze Oponki	00:00:24	00:09:21	00:20:42.10	00:21:06.65	+00:05:58 (28.8%)	4:08	14.5 (71.1%)
294	SZYBALSKI Michał	1407		M 30	94		00:00:44	00:09:39	00:20:42.15	00:21:26.45	+00:05:58 (28.8%)	4:08	14.5 (71.1%)
295	LEWIŃSKI Bartłomiej	780	TEAM ZABIEGANEDNI	M 40	93	Team ZabieganeDni	00:00:16	00:09:26	00:20:43.00	00:20:59.80	+00:05:59 (28.9%)	4:08	14.5 (71.1%)
296	DOMAGAŁA Jarosław	1730	AKTYWNA WARSZAWA	M 50	24	Aktywna Warszawa	00:00:31	00:09:47	00:20:43.70	00:21:15.15	+00:05:59 (28.9%)	4:08	14.5 (71.1%)
297	STOBNICKI Mateusz	1944	GĄBIN BIEGA	M 30	95		00:00:29	00:09:49	00:20:43.80	00:21:12.85	+00:06:00 (28.9%)	4:08	14.5 (71.1%)
298	KRZTOŃ Krzysztof	710		M 30	96		00:00:29	00:09:53	00:20:44.15	00:21:14.10	+00:06:00 (29.0%)	4:08	14.5 (71.1%)
299	WITKOWSKI Mirosław	1989	PKS MOCZYMORDY	M 30	97		00:00:00		00:20:44.40	00:20:44.40	+00:06:00 (29.0%)	4:08	14.5 (71.1%)
300	URBAŃSKI Mirosław	1497		M 50	25		00:00:47	00:09:37	00:20:45.20	00:21:32.70	+00:06:01 (29.0%)	4:09	14.5 (71.1%)
301	MAJEWSKA Ewa	829		K 40	3		00:00:19	00:09:36	00:20:46.05	00:21:06.00	+00:06:02 (29.1%)	4:09	14.4 (70.6%)
302	BODZIOCH Artur	96	ŚLĘZAK TEAM	M 30	98		00:00:33	00:09:57	00:20:46.15	00:21:19.90	+00:06:02 (29.1%)	4:09	14.4 (70.6%)
303	KURIATA Kamil	745		M 40	94		00:00:47	00:09:36	00:20:46.20	00:21:33.50	+00:06:02 (29.1%)	4:09	14.4 (70.6%)
304	TROINSKI Jacek	1463	BIKE SALON TEAM	M 40	95		00:00:29	00:09:55	00:20:47.95	00:21:17.90	+00:06:04 (29.2%)	4:09	14.4 (70.6%)
305	FREJ Damian	1723		M 30	99		00:00:28	00:09:57	00:20:48.35	00:21:16.40	+00:06:04 (29.2%)	4:09	14.4 (70.6%)
306	THIEL Aleksander	1965		M 14	5		00:00:27	00:09:23	00:20:48.70	00:21:15.70	+00:06:04 (29.2%)	4:09	14.4 (70.6%)
306	AUGUSTYNIAK Mariusz	39		M 50	26		00:00:47	00:09:43	00:20:48.70	00:21:36.40	+00:06:04 (29.2%)	4:09	14.4 (70.6%)
308	BARAŃSKI Piotr	50		M 40	96		00:00:20	00:09:40	00:20:50.20	00:21:10.55	+00:06:06 (29.3%)	4:10	14.4 (70.6%)
309	FELIGA Mariusz	299		M 40	97		00:00:42	00:09:31	00:20:50.70	00:21:33.20	+00:06:06 (29.3%)	4:10	14.4 (70.6%)
310	PAZDAN Mateusz	1049		M 40	98		00:00:15	00:09:43	00:20:50.80	00:21:06.00	+00:06:07 (29.3%)	4:10	14.4 (70.6%)
311	NOWOCIEŃ Jacek	975	UKS RUSIEC	M 60	5		00:00:20	00:09:35	00:20:50.90	00:21:11.30	+00:06:07 (29.3%)	4:10	14.4 (70.6%)
312	STRUZIK Anna	1354	KRZYSIO TEAM	K 40	4		00:00:22	00:09:40	00:20:51.10	00:21:13.10	+00:06:07 (29.4%)	4:10	14.4 (70.6%)
313	GASIOROWSKA Alicja	342		K 40	5	Żórawski Team	00:00:28	00:09:39	00:20:51.35	00:21:20.00	+00:06:07 (29.4%)	4:10	14.4 (70.6%)
314	KOSESKI Maciej	654		M 30	100		00:00:34	00:09:40	00:20:51.40	00:21:25.75	+00:06:07 (29.4%)	4:10	14.4 (70.6%)
315	KAMIŃSKI Tomasz	534		M 30	101		00:00:40	00:09:18	00:20:51.85	00:21:32.35	+00:06:08 (29.4%)	4:10	14.4 (70.6%)
316	MAJ Grzegorz	826		M 30	102		00:00:48	00:09:36	00:20:52.00	00:21:40.50	+00:06:08 (29.4%)	4:10	14.4 (70.6%)
317	GONCHAROV Michael	381	KS LEMIESZ TEAM	M 30	103	KS Lemiesz Team	00:00:23	00:09:54	00:20:53.40	00:21:17.25	+00:06:09 (29.5%)	4:10	14.4 (70.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
							startu	2.5km					
318	PIECYK Kacper	1894		M 16	12		00:00:31	00:09:34	00:20:53.65	00:21:25.30	+00:06:09 (29.5%)	4:10	14.4 (70.6%)
319	PYSZEL Zuzanna	1153		K 20	6		00:00:28	00:09:56	00:20:54.00	00:21:22.20	+00:06:10 (29.5%)	4:10	14.4 (70.6%)
320	GRYZ Jacek	417	SUNFIT STUDIO	M 40	99		00:00:33	00:09:54	00:20:55.25	00:21:28.35	+00:06:11 (29.6%)	4:11	14.3 (70.1%)
321	GIEGIEL Lukasz	354		M 30	104		00:00:22	00:09:34	00:20:56.25	00:21:19.15	+00:06:12 (29.6%)	4:11	14.3 (70.1%)
322	GOŁĘBIEWSKI Łukasz	380		M 40	100		00:00:15	00:09:37	00:20:56.50	00:21:11.70	+00:06:12 (29.7%)	4:11	14.3 (70.1%)
323	GÓRCZYŃSKI Michał	387	KSSTASZEWCY	M 40	101	KS Staszewscy	00:00:23	00:09:36	00:20:56.80	00:21:19.80	+00:06:13 (29.7%)	4:11	14.3 (70.1%)
324	SZYMAŃSKA Agnieszka	1413	BIEGOWY WARIAT RUNNING TEAM	K 40	6	Biegowy Wariat Running Team	00:00:22	00:09:38	00:20:57.10	00:21:19.50	+00:06:13 (29.7%)	4:11	14.3 (70.1%)
325	DWORAK Łukasz	273		M 16	13		00:00:30	00:09:51	00:20:57.15	00:21:27.50	+00:06:13 (29.7%)	4:11	14.3 (70.1%)
326	TRONIARZ Marcin	1465		M 40	102		00:00:38	00:09:57	00:20:58.60	00:21:37.05	+00:06:14 (29.8%)	4:11	14.3 (70.1%)
326	GRUBKA Marcin	2142		M 40	103		00:00:34	00:10:08	00:20:58.60	00:21:32.75	+00:06:14 (29.8%)	4:11	14.3 (70.1%)
328	URBANIAK Robert	1494	ORANGE POLSKA	M 40	104		00:00:19	00:09:24	00:20:59.85	00:21:19.80	+00:06:16 (29.8%)	4:11	14.3 (70.1%)
329	RĄBALSKI Marcin	1167		M 30	105	adidas Runners Warsaw	00:00:45	00:09:35	00:21:00.20	00:21:45.60	+00:06:16 (29.9%)	4:12	14.3 (70.1%)
330	ŁATKOWSKI Łukasz	797	GRUPA BIEGOWA CHTMO	M 40	105		00:01:07	00:10:01	00:21:01.10	00:22:08.20	+00:06:17 (29.9%)	4:12	14.3 (70.1%)
331	ZAWODZIAN Piotr	1638		M 30	106		00:00:45	00:09:38	00:21:01.70	00:21:47.15	+00:06:17 (30.0%)	4:12	14.3 (70.1%)
332	OLSZAK Zenon	998	KG OŻARÓW MAZOWIECKI BIEGA	M 50	27	Warsaw Run Club	00:00:35	00:09:20	00:21:03.15	00:21:38.90	+00:06:19 (30.0%)	4:12	14.3 (70.1%)
333	KULIGOWSKI Adrian	1829		M 20	44		00:00:50	00:09:48	00:21:03.45	00:21:54.40	+00:06:19 (30.0%)	4:12	14.3 (70.1%)
334	SZORTYKA Marcin	1396		M 40	106		00:00:24	00:09:34	00:21:03.65	00:21:28.20	+00:06:19 (30.1%)	4:12	14.3 (70.1%)
335	KNYCHAS Darek	609	PZU SPORT TEAM	M 50	28	PZU Sport Team	00:00:32	00:09:59	00:21:03.80	00:21:36.60	+00:06:20 (30.1%)	4:12	14.3 (70.1%)
336	ZAWADZKA Katarzyna	1633		K 40	7		00:00:23	00:09:54	00:21:05.50	00:21:29.15	+00:06:21 (30.2%)	4:13	14.2 (69.6%)
337	KUNOWSKI Mateusz	743		M 20	45		00:00:30	00:09:46	00:21:05.95	00:21:36.60	+00:06:22 (30.2%)	4:13	14.2 (69.6%)
338	TYM Joanna	1483	LIPIEC RUNNING TEAM	K 40	8	Lipiec Running Team	00:00:10	00:09:46	00:21:06.50	00:21:16.55	+00:06:22 (30.2%)	4:13	14.2 (69.6%)
339	ADAMCZYK Przemysław	12	ADIDAS RUNNERS WARSAW / RYKOWISKO TEAM	M 40	107	adidas Runners Warsaw	00:01:02	00:10:11	00:21:06.90	00:22:09.20	+00:06:23 (30.2%)	4:13	14.2 (69.6%)
340	CHOŁUJ Anna	1755	WKZ KOZIENICE BBL	K 30	16	WKZ KOZIENICE BBL	00:00:52	00:09:47	00:21:07.95	00:22:00.05	+00:06:24 (30.3%)	4:13	14.2 (69.6%)
341	KLIBISZ Sławomir	594		M 50	29		00:00:29	00:09:54	00:21:08.75	00:21:38.10	+00:06:24 (30.3%)	4:13	14.2 (69.6%)
342	PRUCHNIEWSKI Sławomir	1128	WP	M 40	108		00:00:24	00:09:55	00:21:08.80	00:21:33.75	+00:06:25 (30.3%)	4:13	14.2 (69.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
343	TOLAK Piotr	1449	ADIDAS RUNNERS WARSAW	M 30	107	adidas Runners Warsaw	00:00:42	00:09:32	00:21:09.00	00:21:51.00	+00:06:25 (30.4%)	4:13	14.2 (69.6%)
344	KOWALSKI Jarosław	680		M 40	109		00:00:24	00:09:49	00:21:09.05	00:21:33.20	+00:06:25 (30.4%)	4:13	14.2 (69.6%)
344	ROMANOWSKI Filip	2083		M 16	14		00:01:03	00:10:11	00:21:09.05	00:22:12.75	+00:06:25 (30.4%)	4:13	14.2 (69.6%)
346	KWIATKOWSKI Mateusz	1833	ROZBIEGANY PIASTÓW	M 30	108	Pawko Runner Team	00:00:32	00:09:59	00:21:09.90	00:21:42.75	+00:06:26 (30.4%)	4:13	14.2 (69.6%)
347	DANIELAK Łukasz	1719		M 30	109		00:00:38	00:09:19	00:21:10.10	00:21:48.10	+00:06:26 (30.4%)	4:14	14.2 (69.6%)
348	SADOWSKA Monika	1228		K 40	9		00:00:23	00:09:54	00:21:10.55	00:21:33.55	+00:06:26 (30.4%)	4:14	14.2 (69.6%)
349	BIELIŃSKI Łukasz	75		M 40	110		00:00:53	00:09:33	00:21:10.60	00:22:04.35	+00:06:26 (30.4%)	4:14	14.2 (69.6%)
350	BUDKOWSKI Patryk	124		M 30	110		00:00:18	00:09:30	00:21:11.30	00:21:30.25	+00:06:27 (30.5%)	4:14	14.2 (69.6%)
351	KONDRAT Oskar	2049		M 16	15		00:00:39	00:09:09	00:21:11.70	00:21:51.25	+00:06:27 (30.5%)	4:14	14.2 (69.6%)
352	MALESZKA Paweł	835		M 60	6		00:00:31	00:09:53	00:21:11.85	00:21:43.00	+00:06:28 (30.5%)	4:14	14.2 (69.6%)
353	GOLI Leszek	374	MOVADO RUNNERS	M 40	111		00:01:06	00:10:02	00:21:11.95	00:22:17.95	+00:06:28 (30.5%)	4:14	14.2 (69.6%)
354	DUDZIK Bartłomiej	270		M 20	46		00:00:37	00:09:48	00:21:12.00	00:21:49.70	+00:06:28 (30.5%)	4:14	14.2 (69.6%)
355	SUŁKOWSKI Tymon	1949		M 14	6		00:00:32	00:09:39	00:21:12.35	00:21:45.30	+00:06:28 (30.5%)	4:14	14.2 (69.6%)
356	ROSINSKI Krzysztof	1194		M 50	30		00:00:39	00:09:47	00:21:13.05	00:21:52.10	+00:06:29 (30.6%)	4:14	14.1 (69.1%)
357	KWAŚNIEWSKI Krzysztof	753		M 50	31		00:00:58	00:10:08	00:21:13.35	00:22:12.20	+00:06:29 (30.6%)	4:14	14.1 (69.1%)
358	ROŻEJ Damian	1199	SPACE CAR AUTOMOTIVE	M 30	111		00:00:47	00:09:56	00:21:14.80	00:22:02.60	+00:06:31 (30.7%)	4:14	14.1 (69.1%)
359	KIBITLEWSKA Emilia	572		K 30	17		00:00:24	00:09:49	00:21:15.00	00:21:39.45	+00:06:31 (30.7%)	4:15	14.1 (69.1%)
360	NIEMCZYK Damian	1717	DREAM RUN	M 40	112		00:00:24	00:09:33	00:21:16.35	00:21:41.05	+00:06:32 (30.8%)	4:15	14.1 (69.1%)
361	ŚWISTAK Rafał	1435	WARSZAWA ANIN	M 50	32		00:00:31	00:09:53	00:21:16.55	00:21:47.95	+00:06:32 (30.8%)	4:15	14.1 (69.1%)
362	JAKUBCZAK Wojciech	455		M 30	112		00:01:00	00:10:03	00:21:16.85	00:22:16.90	+00:06:33 (30.8%)	4:15	14.1 (69.1%)
363	MYŚLIŃSKI Mateusz	944		M 20	47		00:00:25	00:09:45	00:21:16.90	00:21:41.95	+00:06:33 (30.8%)	4:15	14.1 (69.1%)
364	OBUKOWICZ Michał	980	EMILIA ANKIEWICZ TEAM	M 30	113		00:00:18	00:09:55	00:21:17.20	00:21:35.75	+00:06:33 (30.8%)	4:15	14.1 (69.1%)
365	WOŹNICKI Paweł	1994		M 20	48		00:00:31	00:09:55	00:21:18.15	00:21:49.15	+00:06:34 (30.9%)	4:15	14.1 (69.1%)
366	MIERZEJEWSKI Rafał	901	BIEGAJ W MŁAWIE	M 20	49		00:00:47	00:10:33	00:21:18.70	00:22:06.05	+00:06:34 (30.9%)	4:15	14.1 (69.1%)
367	STAŃSKI Sławomir	2140		M 60	7		00:00:34	00:10:11	00:21:20.35	00:21:54.80	+00:06:36 (31.0%)	4:16	14.1 (69.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
368	TRUSZKOWSKI Kamil	1469		M 30	114		00:00:21	00:09:56	00:21:20.45	00:21:42.25	+00:06:36 (31.0%)	4:16	14.1 (69.1%)
369	OSIAL Mariusz	1010	KB IM. PIOTRA SĘKOWSKIEGO	M 40	113		00:00:31	00:09:51	00:21:20.50	00:21:52.10	+00:06:36 (31.0%)	4:16	14.1 (69.1%)
370	KAMIŃSKI Łukasz	539	PZU SPORT TEAM	M 30	115		00:00:43	00:09:38	00:21:21.30	00:22:05.25	+00:06:37 (31.0%)	4:16	14.1 (69.1%)
371	REMISZ Łukasz	1181		M 30	116		00:00:30	00:09:48	00:21:21.35	00:21:52.00	+00:06:37 (31.0%)	4:16	14.1 (69.1%)
372	MOTYKA Piotr	930	GÓRA BIEGA	M 40	114	Góra Biega	00:00:32	00:10:12	00:21:21.85	00:21:54.80	+00:06:38 (31.1%)	4:16	14.1 (69.1%)
373	DOŁĘGOWSKA Jakub	2016	FUNDACJA MORSY WOŁOMIN KOBYŁKA	M 16	16		00:00:45	00:10:29	00:21:21.95	00:22:07.00	+00:06:38 (31.1%)	4:16	14.1 (69.1%)
374	FIRADZA Michał	311		M 40	115		00:00:29	00:09:55	00:21:22.20	00:21:51.35	+00:06:38 (31.1%)	4:16	14 (68.6%)
374	MACHALSKI Mateusz	813	ASP HOOLIGANS	M 30	117		00:00:17	00:10:10	00:21:22.20	00:21:39.55	+00:06:38 (31.1%)	4:16	14 (68.6%)
376	STRYJEWSKI Sebastian	1355		M 30	118		00:00:56	00:10:01	00:21:22.55	00:22:19.25	+00:06:38 (31.1%)	4:16	14 (68.6%)
377	SZAŁAŃSKI Przemysław	1383		M 30	119		00:00:33	00:09:59	00:21:22.90	00:21:56.45	+00:06:39 (31.1%)	4:16	14 (68.6%)
377	SKUBISZEWSKI Piotr	1935		M 40	116		00:00:59	00:10:01	00:21:22.90	00:22:22.65	+00:06:39 (31.1%)	4:16	14 (68.6%)
379	NIKIEL Szymon	1881		M 30	120		00:00:25	00:09:48	00:21:23.35	00:21:49.15	+00:06:39 (31.1%)	4:16	14 (68.6%)
380	NALEPA Szymon	949		M 30	121		00:01:01	00:10:06	00:21:24.60	00:22:26.40	+00:06:40 (31.2%)	4:16	14 (68.6%)
381	FILOCHOWSKI Daniel	310	BIEGOWY WARIAT RUNNING TEAM	M 40	117	Biegowy Wariat Running Team	00:01:02	00:10:06	00:21:24.75	00:22:26.75	+00:06:40 (31.2%)	4:16	14 (68.6%)
382	MARSZAŁEK Marcin	861		M 30	122		00:00:20	00:09:58	00:21:24.95	00:21:45.60	+00:06:41 (31.2%)	4:16	14 (68.6%)
383	REMBELSKA Dominika	1179		K 50	1		00:00:09	00:09:53	00:21:25.35	00:21:34.60	+00:06:41 (31.2%)	4:17	14 (68.6%)
384	MILCZARCZYK Dariusz	1862	WKZ KOZIENICE BBL	M 30	123	WKZ KOZIENICE BBL	00:00:33	00:10:07	00:21:26.00	00:21:59.80	+00:06:42 (31.3%)	4:17	14 (68.6%)
385	WIŚNIEWSKI Maciek	1550		M 40	118		00:00:50	00:09:59	00:21:26.50	00:22:16.80	+00:06:42 (31.3%)	4:17	14 (68.6%)
386	SYLWESTROWICZ Wojciech	1952	ŁÓDŹ KOCHA SPORT	M 40	119	Łódź Kocha Sport	00:00:31	00:10:00	00:21:26.85	00:21:58.80	+00:06:43 (31.3%)	4:17	14 (68.6%)
387	SZAREK Gustaw	1955		M 30	124	Valentino Ultras	00:00:45	00:10:20	00:21:27.25	00:22:12.80	+00:06:43 (31.3%)	4:17	14 (68.6%)
388	BAS Michał	57		M 30	125		00:00:33	00:10:03	00:21:27.75	00:22:00.85	+00:06:43 (31.4%)	4:17	14 (68.6%)
389	IWANIUK Tomasz	443	ŻYWCEM ZABIEGANI	M 40	120		00:00:29	00:10:03	00:21:27.80	00:21:57.40	+00:06:44 (31.4%)	4:17	14 (68.6%)
390	OKRASA Michał	985		M 20	50		00:00:36	00:09:47	00:21:28.00	00:22:04.20	+00:06:44 (31.4%)	4:17	14 (68.6%)
391	KOPEĆ Tomasz	1821		M 40	121		00:00:51	00:10:16	00:21:28.35	00:22:20.25	+00:06:44 (31.4%)	4:17	14 (68.6%)
392	STRZELECKI Piotr	1360		M 40	122		00:00:29	00:09:59	00:21:28.45	00:21:57.90	+00:06:44 (31.4%)	4:17	14 (68.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
393	KALBARCZYK Wojtek	520	ADIDAS RUNNERS WARSAW	M 30	126	adidas Runners Warsaw	00:00:27	00:09:56	00:21:28.85	00:21:56.75	+00:06:45 (31.4%)	4:17	14 (68.6%)
394	GRYCNER Paweł	414	CTS	M 30	127		00:00:24	00:09:54	00:21:29.00	00:21:53.45	+00:06:45 (31.4%)	4:17	14 (68.6%)
395	KOWALSKI Robert	676	NEW BALANCE RUN CLUB	M 60	8		00:00:51	00:09:58	00:21:29.85	00:22:21.00	+00:06:46 (31.5%)	4:17	14 (68.6%)
396	PRZYWARA Michał	1141		M 40	123		00:00:09	00:10:12	00:21:30.10	00:21:39.85	+00:06:46 (31.5%)	4:18	14 (68.6%)
397	BAZYLUK Andrzej	1743		M 50	33		00:00:50	00:09:38	00:21:30.60	00:22:21.50	+00:06:46 (31.5%)	4:18	14 (68.6%)
398	CHMIELEWSKI Maciej	162		M 40	124		00:00:44	00:10:30	00:21:31.40	00:22:15.75	+00:06:47 (31.6%)	4:18	13.9 (68.1%)
399	TELEŚNICKI Grzegorz	1963	BBL_GROTY	M 50	34		00:00:45	00:10:14	00:21:32.00	00:22:17.95	+00:06:48 (31.6%)	4:18	13.9 (68.1%)
399	FALBA Zbigniew	296	BIEGNIJ Z PROSERVICE	M 50	35	Biegnij z Proservice	00:00:46	00:10:26	00:21:32.00	00:22:18.95	+00:06:48 (31.6%)	4:18	13.9 (68.1%)
401	NOWAKOWSKA Katarzyna	969	ADIDAS RUNNERS WARSAW	K 40	10	adidas Runners Warsaw	00:00:46	00:09:52	00:21:33.65	00:22:20.05	+00:06:49 (31.7%)	4:18	13.9 (68.1%)
402	GWIAZDA Marcin	423		M 30	128		00:00:48	00:10:28	00:21:33.85	00:22:22.10	+00:06:50 (31.7%)	4:18	13.9 (68.1%)
403	KUBICKI Jakub	716	ESSA	M 20	51	ESSA	00:01:02	00:10:14	00:21:35.10	00:22:37.40	+00:06:51 (31.8%)	4:19	13.9 (68.1%)
404	POŁCZYŃSKI Maciej	1906		M 20	52		00:01:50	00:10:29	00:21:35.55	00:23:25.75	+00:06:51 (31.8%)	4:19	13.9 (68.1%)
405	MACHOŃ Paweł	814	GRUPA BIEGOWA UM W-WA	M 40	125	Grupa Biegowa UM W-wa	00:00:36	00:10:26	00:21:35.95	00:22:12.00	+00:06:52 (31.8%)	4:19	13.9 (68.1%)
406	RUDNIK Marcin	1205		M 40	126		00:00:27	00:10:11	00:21:38.20	00:22:06.00	+00:06:54 (31.9%)	4:19	13.9 (68.1%)
407	PALUCH Kamil	1029		M 30	129		00:01:02	00:10:07	00:21:38.90	00:22:41.60	+00:06:55 (32.0%)	4:19	13.9 (68.1%)
408	KORAL Jakub	637		M 30	130		00:00:26	00:09:59	00:21:39.95	00:22:06.35	+00:06:56 (32.0%)	4:19	13.9 (68.1%)
409	ZENTARA Zbigniew	1644		M 40	127		00:00:20	00:09:27	00:21:40.00	00:22:00.30	+00:06:56 (32.0%)	4:20	13.8 (67.6%)
410	RAKOMSIN Yury	1912		M 40	128		00:00:28	00:09:55	00:21:40.20	00:22:09.15	+00:06:56 (32.0%)	4:20	13.8 (67.6%)
411	ZENTARA Mateusz	1645		M 16	17		00:00:20	00:09:28	00:21:40.50	00:22:00.60	+00:06:56 (32.0%)	4:20	13.8 (67.6%)
412	JARZYŃSKI Kamil	474		M 30	131		00:00:47	00:10:28	00:21:41.15	00:22:28.85	+00:06:57 (32.1%)	4:20	13.8 (67.6%)
413	WNUK Tomasz	1563		M 40	129		00:01:01	00:10:11	00:21:41.60	00:22:43.55	+00:06:57 (32.1%)	4:20	13.8 (67.6%)
414	BUKAŁA Oktawia	134	VEGE RUNNERS	K 30	18	Vege Runners Reszta Świata	00:01:06	00:10:14	00:21:44.10	00:22:50.35	+00:07:00 (32.2%)	4:20	13.8 (67.6%)
415	PROBOSZ Stanisław	2080		M 16	18		00:00:18	00:10:23	00:21:45.30	00:22:03.45	+00:07:01 (32.3%)	4:21	13.8 (67.6%)
416	SAJKOWSKI Andrzej	1232	METRO WARSZAWSKIE	M 70	1		00:00:23	00:09:55	00:21:45.50	00:22:08.50	+00:07:01 (32.3%)	4:21	13.8 (67.6%)
417	POMASKI Paweł	1104	WARSAW RUN CLUB	M 50	36	Warsaw Run Club	00:00:54	00:10:12	00:21:45.70	00:22:40.05	+00:07:01 (32.3%)	4:21	13.8 (67.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
418	JEDNACHOWSKI Marcin	485		M 30	132		00:00:46	00:10:29	00:21:46.75	00:22:33.00	+00:07:02 (32.4%)	4:21	13.8 (67.6%)
419	MACKENTHUN Tomasz	2056		M 16	19		00:00:18	00:09:47	00:21:48.30	00:22:06.40	+00:07:04 (32.4%)	4:21	13.8 (67.6%)
420	BOJARSKI Marek	69		M 30	133		00:00:14	00:09:51	00:21:49.15	00:22:03.50	+00:07:05 (32.5%)	4:21	13.8 (67.6%)
421	TROJDAN Sebastian	1464	TEAM ZABIEGANEDNI	M 40	130	Team ZabieganeDni	00:00:35	00:10:19	00:21:49.20	00:22:24.75	+00:07:05 (32.5%)	4:21	13.8 (67.6%)
422	BUKOWIŃSKI Damian	135		M 30	134		00:01:43	00:10:47	00:21:49.85	00:23:33.80	+00:07:06 (32.5%)	4:21	13.8 (67.6%)
423	WOJTASZKO Justyna	1572		K 20	7		00:01:01		00:21:50.00	00:22:51.65	+00:07:06 (32.5%)	4:22	13.7 (67.2%)
424	PIASECKI Tomasz	1056		M 40	131		00:00:49	00:10:08	00:21:51.60	00:22:41.40	+00:07:07 (32.6%)	4:22	13.7 (67.2%)
425	DRAGAN Radosław	257		M 40	132		00:00:25	00:10:15	00:21:51.90	00:22:17.20	+00:07:08 (32.6%)	4:22	13.7 (67.2%)
426	BURZYKOWSKI Jakub	141		M 20	53		00:01:15	00:10:32	00:21:53.20	00:23:09.15	+00:07:09 (32.7%)	4:22	13.7 (67.2%)
427	GAŁECKI Michał	337	ADIDAS RUNNERS WARSAW	M 50	37	adidas Runners Warsaw	00:00:31	00:09:51	00:21:53.40	00:22:25.30	+00:07:09 (32.7%)	4:22	13.7 (67.2%)
428	KOŁOSOWSKI Piotr	1818		M 40	133		00:00:44	00:10:29	00:21:53.50	00:22:38.00	+00:07:09 (32.7%)	4:22	13.7 (67.2%)
429	KLAMBOROWSKI Artur	590	KB PACE WARSZAWA	M 30	135	KB Pace Warszawa	00:00:46	00:10:32	00:21:53.65	00:22:40.10	+00:07:09 (32.7%)	4:22	13.7 (67.2%)
430	CIOK Przemek	190	KS STASZEWCY	M 40	134	KS Staszewscy	00:00:11	00:10:00	00:21:54.45	00:22:06.30	+00:07:10 (32.8%)	4:22	13.7 (67.2%)
431	SIESTRZYKOWSKA Katarzyna	1254		K 30	19		00:00:29	00:09:58	00:21:54.75	00:22:23.90	+00:07:10 (32.8%)	4:22	13.7 (67.2%)
432	RELUGA Małgorzata	1177	CZARNECKI RUN TEAM	K 50	2	Czarnecki run team	00:00:17	00:10:22	00:21:55.55	00:22:13.05	+00:07:11 (32.8%)	4:23	13.7 (67.2%)
432	DĄBROWSKI Leonard	2014		M 12	1		00:01:00	00:10:30	00:21:55.55	00:22:55.80	+00:07:11 (32.8%)	4:23	13.7 (67.2%)
434	SAPIGÓRSKI Rafał	1233		M 40	135		00:01:03	00:10:40	00:21:55.85	00:22:59.10	+00:07:12 (32.8%)	4:23	13.7 (67.2%)
435	PILNIAK Mariusz	1077	AKTYWNA WARSZAWA	M 40	136	Aktywna Warszawa	00:00:44	00:10:29	00:21:56.00	00:22:40.85	+00:07:12 (32.8%)	4:23	13.7 (67.2%)
436	GOLEC Tomasz	373		M 50	38		00:00:36	00:10:08	00:21:56.80	00:22:33.00	+00:07:13 (32.9%)	4:23	13.7 (67.2%)
436	ŁANDWIJT Marcin	794		M 50	39		00:00:44	00:10:34	00:21:56.80	00:22:41.25	+00:07:13 (32.9%)	4:23	13.7 (67.2%)
438	STRZYŻEWSKI Arkadiusz	1361	GÓRA BIEGA	M 40	137		00:01:08	00:10:12	00:21:56.85	00:23:04.85	+00:07:13 (32.9%)	4:23	13.7 (67.2%)
439	GRZYWACZ Marcin	421		M 40	138		00:00:37	00:10:30	00:21:57.90	00:22:35.50	+00:07:14 (32.9%)	4:23	13.7 (67.2%)
440	KUCIŃSKI Hubert	728	ONSLow - SEKCJA DZIADKÓW	M 40	139		00:01:11	00:10:11	00:21:58.00	00:23:09.10	+00:07:14 (32.9%)	4:23	13.7 (67.2%)
441	ZALASA Wojciech	1617		M 50	40	Łódź Kocha Sport	00:00:31	00:10:12	00:21:59.35	00:22:31.25	+00:07:15 (33.0%)	4:23	13.6 (66.7%)
442	RUTKOWSKI Michał	1211		M 40	140		00:01:04	00:10:15	00:21:59.40	00:23:03.45	+00:07:15 (33.0%)	4:23	13.6 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							2.5km	5km	5km				
443	CICHOCKI Mariusz	178	WARSAW RUN CLUB	M 30	136	Warsaw Run Club	00:00:32	00:10:18	00:21:59.90	00:22:32.10	+00:07:16 (33.0%)	4:23	13.6 (66.7%)
444	BAK Oskar	61	MADMAN TEAM	M 20	54		00:00:45	00:10:27	00:22:00.30	00:22:45.65	+00:07:16 (33.1%)	4:24	13.6 (66.7%)
445	ZGODA Mateusz	1646		M 30	137	Naprzód Młociny	00:00:43	00:10:31	00:22:00.40	00:22:43.70	+00:07:16 (33.1%)	4:24	13.6 (66.7%)
446	NIEDŹWIADEK Czesław	958	NIEDŹWIADKI RUNNING TEAM	M 60	9		00:00:44	00:10:09	00:22:02.40	00:22:47.30	+00:07:18 (33.2%)	4:24	13.6 (66.7%)
447	WITKOWSKI Michał	16		M 40	141		00:00:31	00:10:06	00:22:02.50	00:22:33.55	+00:07:18 (33.2%)	4:24	13.6 (66.7%)
448	BUCZKOWSKI Piotr	121		M 40	142		00:00:27	00:10:16	00:22:02.55	00:22:30.45	+00:07:18 (33.2%)	4:24	13.6 (66.7%)
449	SPRAWKA Magdalena	1325		K 20	8		00:00:25	00:10:18	00:22:02.95	00:22:28.30	+00:07:19 (33.2%)	4:24	13.6 (66.7%)
450	BIEŃKOWSKI Daniel	79		M 30	138		00:01:30	00:10:21	00:22:03.70	00:23:34.35	+00:07:19 (33.2%)	4:24	13.6 (66.7%)
451	HUCAŁ Grzegorz	439	RCI WARSZAWA	M 30	139		00:00:18	00:10:19	00:22:04.05	00:22:22.20	+00:07:20 (33.3%)	4:24	13.6 (66.7%)
452	TURSKI Krystian	1973		M 30	140		00:00:38	00:10:36	00:22:04.70	00:22:42.75	+00:07:20 (33.3%)	4:24	13.6 (66.7%)
453	BOROVKOV Sergii	101	ADIDAS RANNERS WARSZAW	M 40	143	adidas Runners Warsaw	00:00:31	00:10:11	00:22:05.90	00:22:37.80	+00:07:22 (33.3%)	4:25	13.6 (66.7%)
454	SZTARBAŁA Ewa	1400	LIPIEC RUNNING TEAM	K 40	11		00:00:32	00:10:14	00:22:05.95	00:22:38.15	+00:07:22 (33.3%)	4:25	13.6 (66.7%)
455	BUDZIK Dariusz	128		M 50	41		00:01:04	00:10:21	00:22:06.15	00:23:10.20	+00:07:22 (33.4%)	4:25	13.6 (66.7%)
456	GADOMSKA Anna	326	PZU SPORT TEAM	K 40	12	PZU Sport Team	00:01:20	00:10:24	00:22:06.85	00:23:27.40	+00:07:23 (33.4%)	4:25	13.6 (66.7%)
457	MASALSKI Maciej	866		M 16	20		00:00:46	00:10:27	00:22:08.15	00:22:54.25	+00:07:24 (33.5%)	4:25	13.6 (66.7%)
458	WRÓBLEWSKI Jacek	1592		M 40	144		00:00:44	00:10:30	00:22:08.95	00:22:53.20	+00:07:25 (33.5%)	4:25	13.6 (66.7%)
459	GŁODOWSKA Marta	366	ŻÓRAWSKI TEAM	K 30	20	Żórawski Team	00:00:36		00:22:09.00	00:22:45.00	+00:07:25 (33.5%)	4:25	13.5 (66.2%)
460	WITKOWSKI Michał	1554		M 40	145		00:00:43	00:10:31	00:22:09.40	00:22:53.05	+00:07:25 (33.5%)	4:25	13.5 (66.2%)
461	KLUIJ Bogusław	602	BIEGAM DLA SANDRY I ROBERTA	M 60	10		00:00:46	00:10:31	00:22:10.85	00:22:57.75	+00:07:27 (33.6%)	4:26	13.5 (66.2%)
462	WYRZYKOWSKI Antoni	2110		M 16	21		00:01:15	00:10:31	00:22:11.15	00:23:26.70	+00:07:27 (33.6%)	4:26	13.5 (66.2%)
463	PAPROWICZ Tymon	2076		M 14	7	Chłopaki z KEN	00:01:23	00:10:42	00:22:13.05	00:23:36.20	+00:07:29 (33.7%)	4:26	13.5 (66.2%)
464	SOŁOWIOW Marcin	1317	BIEGOWY WARIAT RUNNING TEAM	M 40	146	Biegowy Wariat Running Team	00:00:22	00:10:05	00:22:13.55	00:22:36.15	+00:07:29 (33.7%)	4:26	13.5 (66.2%)
465	KASHIVSKYY Oleh	554	DUCLA ACADEMY	M 50	42		00:00:29	00:10:20	00:22:14.00	00:22:43.65	+00:07:30 (33.7%)	4:26	13.5 (66.2%)
465	PAŚ Szymon	60		M 30	141		00:00:48	00:10:32	00:22:14.00	00:23:02.90	+00:07:30 (33.7%)	4:26	13.5 (66.2%)
467	WOJTAS Janusz	1571		M 50	43		00:01:20	00:10:32	00:22:15.00	00:23:35.40	+00:07:31 (33.8%)	4:27	13.5 (66.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
							startu	2.5km					
468	RZYMOWSKA Krystyna	1223		K 50	3		00:00:44	00:10:28	00:22:15.05	00:22:59.60	+00:07:31 (33.8%)	4:27	13.5 (66.2%)
469	CHEŁCHOWSKI Michał	155	PAWKO RUNNER TEAM	M 20	55	Pawko Runner Team	00:00:32		00:22:15.15	00:22:47.95	+00:07:31 (33.8%)	4:27	13.5 (66.2%)
470	SZOT Franciszek	2098		M 14	8		00:00:59	00:10:28	00:22:15.60	00:23:14.90	+00:07:31 (33.8%)	4:27	13.5 (66.2%)
471	ORZESZEK Piotr	1008	TRIWAWA	M 30	142		00:00:39	00:09:58	00:22:17.10	00:22:56.70	+00:07:33 (33.9%)	4:27	13.5 (66.2%)
472	KOWALSKI Mariusz	678		M 40	147		00:01:41	00:10:46	00:22:18.95	00:24:00.35	+00:07:35 (34.0%)	4:27	13.5 (66.2%)
473	SZAFRAN Mariusz	1378		M 40	148		00:01:19	00:10:45	00:22:19.45	00:23:38.80	+00:07:35 (34.0%)	4:27	13.4 (65.7%)
474	PASIŃSKI Daniel	1038	GRUPA BIEGOWA UM W-WA	M 40	149	Grupa Biegowa UM W-wa	00:01:06	00:10:50	00:22:19.60	00:23:25.90	+00:07:35 (34.0%)	4:27	13.4 (65.7%)
475	MNICH Zbigniew	1865		M 40	150		00:00:30	00:10:05	00:22:20.00	00:22:50.35	+00:07:36 (34.0%)	4:28	13.4 (65.7%)
476	BUDNICKA Joanna	125		K 40	13		00:00:10	00:09:58	00:22:20.15	00:22:30.95	+00:07:36 (34.1%)	4:28	13.4 (65.7%)
477	MATOWICKI Michał	877		M 30	143		00:00:57	00:10:49	00:22:21.45	00:23:18.45	+00:07:37 (34.1%)	4:28	13.4 (65.7%)
478	KALINOWSKI Patryk	523	PENDZONCY JELEŃ	M 30	144		00:01:09	00:10:14	00:22:21.55	00:23:31.10	+00:07:37 (34.1%)	4:28	13.4 (65.7%)
479	PUCHALSKI Jan	1142		M 20	56		00:00:56	00:10:50	00:22:23.45	00:23:19.90	+00:07:39 (34.2%)	4:28	13.4 (65.7%)
480	STANKIEWICZ Piotr	1333		M 30	145		00:01:02	00:10:17	00:22:24.00	00:23:26.10	+00:07:40 (34.2%)	4:28	13.4 (65.7%)
481	PACEK Gerard	2073		M 16	22		00:00:58	00:10:16	00:22:24.20	00:23:23.05	+00:07:40 (34.3%)	4:28	13.4 (65.7%)
482	KOPCZEWSKI Michał	629	ROYAL GOLF CLUB WILANÓW	M 50	44	Royal Golf Club Wilanów	00:00:50	00:10:33	00:22:24.25	00:23:15.10	+00:07:40 (34.3%)	4:28	13.4 (65.7%)
483	DZIERŻANOWSKI Kajetan	283	MORSY SHARK TEAM	M 30	146		00:00:48	00:10:32	00:22:25.60	00:23:14.50	+00:07:41 (34.3%)	4:29	13.4 (65.7%)
484	ŻEBROWSKI Dariusz	1665		M 40	151		00:00:47	00:10:26	00:22:25.70	00:23:12.70	+00:07:41 (34.3%)	4:29	13.4 (65.7%)
485	GRZĄDZIEL Paweł	418	ADIDAS RUNNERS WARSAW	M 50	45	adidas Runners Warsaw	00:00:52	00:10:31	00:22:26.35	00:23:18.80	+00:07:42 (34.4%)	4:29	13.4 (65.7%)
486	MONASTYRSKI Mikołaj	923		M 30	147		00:01:14	00:10:39	00:22:26.60	00:23:41.45	+00:07:42 (34.4%)	4:29	13.4 (65.7%)
487	RÓŻYCKI Grzegorz	1201		M 60	11		00:00:29	00:10:12	00:22:26.90	00:22:56.20	+00:07:43 (34.4%)	4:29	13.4 (65.7%)
488	DOBROCZYŃSKI Lech	104		M 50	46		00:00:24		00:22:27.00	00:22:51.00	+00:07:43 (34.4%)	4:29	13.4 (65.7%)
489	KOWALSKI Mateusz	675		M 40	152		00:00:47	00:10:36	00:22:27.15	00:23:14.35	+00:07:43 (34.4%)	4:29	13.4 (65.7%)
490	WASILEWSKI Robert	1512	COP - DKP	M 50	47		00:01:08	00:10:35	00:22:28.00	00:23:36.30	+00:07:44 (34.4%)	4:29	13.4 (65.7%)
491	CISOŃ Dominik	192		M 40	153		00:00:58	00:10:23	00:22:29.10	00:23:27.40	+00:07:45 (34.5%)	4:29	13.3 (65.2%)
492	OWOC Tomasz	1022	ADIDAS RUNNERS WARSAW / PKO BANK POLSKI	M 50	48	adidas Runners Warsaw	00:00:45	00:10:30	00:22:29.70	00:23:15.50	+00:07:45 (34.5%)	4:29	13.3 (65.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
							startu	2.5km					
493	WIRKUS Tymoteusz	1546		M 30	148		00:00:53	00:11:01	00:22:29.80	00:23:23.75	+00:07:46 (34.5%)	4:29	13.3 (65.2%)
494	WOJEWÓDZKI Marcin	1570	WOJEWÓDZCY TEAM	M 30	149		00:01:04	00:10:48	00:22:29.85	00:23:34.50	+00:07:46 (34.5%)	4:29	13.3 (65.2%)
495	KUCHTA Paweł	725		M 40	154		00:00:45		00:22:30.10	00:23:16.05	+00:07:46 (34.5%)	4:30	13.3 (65.2%)
496	LIPSZYC Aleksander	1708		M 20	57		00:00:27	00:09:46	00:22:30.60	00:22:57.80	+00:07:46 (34.6%)	4:30	13.3 (65.2%)
497	PRZYDALSKI Wojtek	1140		M 30	150		00:00:47	00:10:33	00:22:30.95	00:23:18.15	+00:07:47 (34.6%)	4:30	13.3 (65.2%)
498	RENKIEWICZ Maksymilian	1182		M 30	151		00:01:27	00:10:41	00:22:31.05	00:23:59.00	+00:07:47 (34.6%)	4:30	13.3 (65.2%)
499	TRACZEWSKI Jan	1458		M 20	58		00:00:45	00:09:55	00:22:31.30	00:23:16.35	+00:07:47 (34.6%)	4:30	13.3 (65.2%)
500	KASZA Marcin	560	GALOPUJĄCY ŻÓŁW	M 40	155		00:00:57	00:10:55	00:22:32.80	00:23:29.80	+00:07:49 (34.7%)	4:30	13.3 (65.2%)
501	ZAWADA Konrad	2130		M 30	152		00:03:20	00:11:16	00:22:33.15	00:25:53.25	+00:07:49 (34.7%)	4:30	13.3 (65.2%)
502	GRYGOWSKI Kryspin	2029		M 14	9		00:01:07	00:10:51	00:22:33.55	00:23:40.70	+00:07:49 (34.7%)	4:30	13.3 (65.2%)
503	WIĘCZKOWSKI Wojciech	1537		M 40	156		00:01:18	00:10:43	00:22:33.90	00:23:52.75	+00:07:50 (34.7%)	4:30	13.3 (65.2%)
504	ŚLEPOWROŃSKI Jakub	1424	PZU SPORT TEAM	M 30	153	PZU Sport Team	00:00:57	00:10:57	00:22:34.05	00:23:32.00	+00:07:50 (34.7%)	4:30	13.3 (65.2%)
505	WOJCIECHOWSKI Andrzej	1568		M 30	154		00:00:56	00:10:57	00:22:34.40	00:23:30.90	+00:07:50 (34.7%)	4:30	13.3 (65.2%)
506	CZERNIEWSKI Marek	1769		M 40	157		00:01:14	00:10:39	00:22:36.00	00:23:50.30	+00:07:52 (34.8%)	4:31	13.3 (65.2%)
507	S Konstantyn	1224		M 30	155		00:00:06	00:10:15	00:22:36.35	00:22:42.75	+00:07:52 (34.8%)	4:31	13.3 (65.2%)
507	SKRZYPEK Michał	1280	SASKŁACZ TEAM	M 30	156		00:01:50	00:10:39	00:22:36.35	00:24:26.75	+00:07:52 (34.8%)	4:31	13.3 (65.2%)
509	SŁOMKA Dominika	1288	TEAM ZABIEGANEDNI	K 30	21	Team ZabieganeDni #1	00:00:45	00:10:29	00:22:37.00	00:23:22.10	+00:07:53 (34.9%)	4:31	13.3 (65.2%)
510	PIECHOTA Piotr	1893		M 16	23		00:00:12	00:10:11	00:22:37.05	00:22:49.80	+00:07:53 (34.9%)	4:31	13.3 (65.2%)
511	SOKOŁOWSKI Franek	2090		M 16	24		00:01:14	00:10:36	00:22:38.10	00:23:52.70	+00:07:54 (34.9%)	4:31	13.3 (65.2%)
512	SZCZEPANIAK Paweł	1386	SPORTOHOLIK	M 40	158		00:01:07	00:10:12	00:22:39.20	00:23:46.50	+00:07:55 (35.0%)	4:31	13.2 (64.7%)
513	WITOŃ Tomasz	1990	BIEGANIE POD SOKOLIM OKIEM	M 40	159		00:00:50	00:10:35	00:22:40.45	00:23:31.10	+00:07:56 (35.0%)	4:32	13.2 (64.7%)
514	MAGNUSKI Piotr	825		M 40	160		00:00:29	00:10:20	00:22:40.85	00:23:10.30	+00:07:57 (35.1%)	4:32	13.2 (64.7%)
515	TRACZ Jakub	1457	CSWP RUNNING TEAM	M 30	157	CSWP Running Team	00:00:57	00:10:43	00:22:41.35	00:23:39.05	+00:07:57 (35.1%)	4:32	13.2 (64.7%)
516	ZAJĄC Dawid	1614		M 20	59		00:01:23	00:10:54	00:22:41.90	00:24:05.70	+00:07:58 (35.1%)	4:32	13.2 (64.7%)
517	LEŚNIAK Barbara	2055	LEŚNIAKTEAM	K 12	1		00:01:03	00:11:02	00:22:42.05	00:23:45.90	+00:07:58 (35.1%)	4:32	13.2 (64.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
518	MACANDER Jakub	812		M 20	60		00:00:34	00:10:36	00:22:42.45	00:23:17.20	+00:07:58 (35.1%)	4:32	13.2 (64.7%)
519	MATYSZCZAK Krzysztof	883	KENKO	M 40	161	KENKO	00:01:08	00:10:55	00:22:42.75	00:23:51.05	+00:07:58 (35.1%)	4:32	13.2 (64.7%)
520	GWÓZDŹ Maciej	2030		M 14	10	SP nr 9 STO	00:00:55	00:10:58	00:22:42.90	00:23:37.95	+00:07:59 (35.2%)	4:32	13.2 (64.7%)
520	ZIEMKOWSKI Tobiasz	1651	KSSTASZEWSKY	M 30	158	KS Staszewscy	00:00:54		00:22:42.90	00:23:37.80	+00:07:59 (35.2%)	4:32	13.2 (64.7%)
522	SOCHA Jan	1305		M 60	12		00:00:34		00:22:43.00	00:23:17.00	+00:07:59 (35.2%)	4:32	13.2 (64.7%)
523	WALCZAK Mateusz	1505		M 30	159		00:00:55	00:10:50	00:22:43.05	00:23:38.25	+00:07:59 (35.2%)	4:32	13.2 (64.7%)
524	PIENIĄŻEK Leszek	1895	AKTYWNA WARSZAWA	M 60	13	Aktywna Warszawa	00:01:18	00:11:00	00:22:43.50	00:24:01.90	+00:07:59 (35.2%)	4:32	13.2 (64.7%)
525	KOLASZT Wojtek	1817	RACEFIGTER JUNIOR	M 14	11		00:01:00	00:10:23	00:22:43.75	00:23:44.45	+00:07:59 (35.2%)	4:32	13.2 (64.7%)
525	SZWEDA-LEWANDOWSKA Zofia	1406		K 40	14		00:01:28	00:10:46	00:22:43.75	00:24:11.95	+00:07:59 (35.2%)	4:32	13.2 (64.7%)
527	SOBIESZEK Piotr	1301		M 40	162		00:00:50	00:10:44	00:22:44.40	00:23:34.40	+00:08:00 (35.2%)	4:32	13.2 (64.7%)
528	WOSZTYL Tomasz	1580		M 30	160		00:00:48	00:09:51	00:22:44.60	00:23:32.90	+00:08:00 (35.2%)	4:32	13.2 (64.7%)
529	ZBOROCH Robert	1640		M 30	161		00:00:47	00:11:04	00:22:44.70	00:23:32.00	+00:08:00 (35.2%)	4:32	13.2 (64.7%)
530	TASZYCKI Wiesław	1439		M 50	49		00:01:33	00:10:36	00:22:44.80	00:24:17.85	+00:08:01 (35.2%)	4:32	13.2 (64.7%)
531	JERECZEK Ada	488	AKTYWNA WARSZAWA	K 20	9	Aktywna Warszawa	00:00:58	00:10:55	00:22:44.90	00:23:43.10	+00:08:01 (35.2%)	4:32	13.2 (64.7%)
532	MATEUSZ Duch	876	GÓRA BIEGA	M 30	162		00:00:51	00:10:22	00:22:45.75	00:23:36.75	+00:08:01 (35.3%)	4:33	13.2 (64.7%)
533	SUŁKOWSKI Rafał	1948		M 50	50		00:00:53	00:10:26	00:22:45.95	00:23:39.65	+00:08:02 (35.3%)	4:33	13.2 (64.7%)
534	PODKAŃSKI Paweł	1097		M 30	163		00:00:34	00:10:32	00:22:46.15	00:23:20.20	+00:08:02 (35.3%)	4:33	13.2 (64.7%)
535	JAROSIŃSKI Łukasz	472	TAŃCZĄCE MUCHOMORKI	M 40	163		00:00:57	00:10:21	00:22:46.70	00:23:44.20	+00:08:02 (35.3%)	4:33	13.2 (64.7%)
536	SKIERCZYŃSKI Grzegorz	1273		M 40	164		00:00:55	00:11:00	00:22:47.00	00:23:42.50	+00:08:03 (35.3%)	4:33	13.2 (64.7%)
537	SELWESIUK Bartosz	1239		M 20	61		00:01:04	00:11:00	00:22:47.15	00:23:51.30	+00:08:03 (35.4%)	4:33	13.2 (64.7%)
538	KOPER Sebastian	634	CARREFOUR RUNNING TEAM	M 40	165		00:00:21	00:10:25	00:22:47.50	00:23:09.30	+00:08:03 (35.4%)	4:33	13.2 (64.7%)
539	MAZUR Anna	887	G8 BIELANY	K 20	10		00:00:44	00:09:39	00:22:48.15	00:23:32.60	+00:08:04 (35.4%)	4:33	13.2 (64.7%)
540	KOŁDRA Robert	618		M 40	166		00:01:12	00:10:33	00:22:50.70	00:24:02.80	+00:08:06 (35.5%)	4:34	13.1 (64.2%)
541	MASTALERZ Andrzej	870		M 50	51		00:01:09	00:10:45	00:22:50.95	00:24:00.35	+00:08:07 (35.5%)	4:34	13.1 (64.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
542	JASZCZERSKA Grażyna	479	AKADEMIA BIEGANIA GRUDZIĄDZ	K 50	4		00:00:44	00:10:44	00:22:52.50	00:23:37.30	+00:08:08 (35.6%)	4:34	13.1 (64.2%)
542	MAJEWSKA Zuzanna	828	AZS SGGW	K 16	2		00:00:58	00:10:47	00:22:52.50	00:23:50.70	+00:08:08 (35.6%)	4:34	13.1 (64.2%)
544	STOLARCZYK Piotr	1349	ESSA	M 20	62	ESSA	00:01:02	00:10:15	00:22:52.60	00:23:55.00	+00:08:08 (35.6%)	4:34	13.1 (64.2%)
545	ZAWADKA Jakub	2112		M 12	2		00:00:34	00:10:53	00:22:53.60	00:23:28.25	+00:08:09 (35.7%)	4:34	13.1 (64.2%)
546	KOWALCZYK Piotr	668		M 50	52		00:00:57	00:10:48	00:22:53.70	00:23:51.30	+00:08:09 (35.7%)	4:34	13.1 (64.2%)
547	GRYSZPANOWICZ Sebastian	416		M 40	167		00:00:23	00:10:20	00:22:53.90	00:23:17.20	+00:08:10 (35.7%)	4:34	13.1 (64.2%)
548	GAÁL Daniel	323		M 40	168		00:00:59	00:11:09	00:22:54.00	00:23:53.40	+00:08:10 (35.7%)	4:34	13.1 (64.2%)
549	WIĘTCZAK Michał	1538		M 30	164		00:00:26	00:10:24	00:22:54.05	00:23:20.75	+00:08:10 (35.7%)	4:34	13.1 (64.2%)
550	CHRABAŁOWSKI Jarosław	171	EXORIGO-UPOS S.A.	M 30	165		00:00:52	00:10:37	00:22:54.20	00:23:46.90	+00:08:10 (35.7%)	4:34	13.1 (64.2%)
551	MARTSENIUK Volodymyr	862		M 20	63	ITMRun	00:00:56	00:10:52	00:22:55.00	00:23:51.75	+00:08:11 (35.7%)	4:35	13.1 (64.2%)
552	PIOTROWSKI Mateusz	1083		M 30	166		00:01:28	00:11:07	00:22:55.45	00:24:24.40	+00:08:11 (35.7%)	4:35	13.1 (64.2%)
553	DĘBSKI Andrzej	235		M 40	169		00:01:08	00:10:38	00:22:56.20	00:24:04.80	+00:08:12 (35.8%)	4:35	13.1 (64.2%)
554	KRASUCKI Michał	688		M 20	64		00:01:37	00:10:58	00:22:56.25	00:24:33.80	+00:08:12 (35.8%)	4:35	13.1 (64.2%)
555	ZAPOROWSKI Marcin	1623		M 40	170	adidas Runners Warsaw	00:00:29	00:10:49	00:22:56.85	00:23:26.60	+00:08:13 (35.8%)	4:35	13.1 (64.2%)
556	STANISZEWSKI Rafał	1332	BIEGAJ POD OKIEM TRENERA	M 40	171	Biegaj Pod Okiem Trenera	00:00:30	00:10:51	00:22:57.10	00:23:27.85	+00:08:13 (35.8%)	4:35	13.1 (64.2%)
557	SKWARCZ Paweł	1284		M 30	167		00:00:54	00:10:58	00:22:57.20	00:23:52.05	+00:08:13 (35.8%)	4:35	13.1 (64.2%)
558	RUTKOWSKI Paweł	1213	ADIDAS RUNNERS WARSAW	M 30	168	adidas Runners Warsaw	00:00:45	00:10:36	00:22:58.25	00:23:43.80	+00:08:14 (35.9%)	4:35	13.1 (64.2%)
559	ROMANOWSKI Norbert	1192	BRAK	M 40	172		00:00:45	00:10:32	00:22:59.25	00:23:45.05	+00:08:15 (35.9%)	4:35	13.1 (64.2%)
560	JAGIELSKA Magdalena	450	POŁAWIACZKI PEREŁ, KS STASZEWSCY	K 50	5	KS Staszewscy	00:00:52	00:10:35	00:22:59.75	00:23:52.45	+00:08:15 (35.9%)	4:35	13.1 (64.2%)
561	FORNALIK Adam	1783	WITC	M 40	173		00:01:07	00:10:22	00:22:59.85	00:24:07.30	+00:08:16 (35.9%)	4:35	13.1 (64.2%)
562	MIERZEJEWSKI Grzegorz	902	TEAM SPIRIT	M 20	65		00:00:24	00:10:04	00:23:00.60	00:23:25.30	+00:08:16 (36.0%)	4:36	13 (63.7%)
563	BAL Łukasz	1738	CWKS AUDYTY	M 30	169		00:00:45	00:10:39	00:23:00.65	00:23:46.50	+00:08:16 (36.0%)	4:36	13 (63.7%)
564	RÓŻYCKI Krzysztof	1202	VEGE RUNNERS	M 40	174	Vege Runners Ursynów	00:00:29	00:10:14	00:23:00.80	00:23:29.95	+00:08:17 (36.0%)	4:36	13 (63.7%)
565	WITZKE Artur	1556		M 40	175		00:01:24	00:11:01	00:23:01.20	00:24:25.60	+00:08:17 (36.0%)	4:36	13 (63.7%)
566	KALUŻNY Jan	2039		M 12	3		00:01:34	00:10:47	00:23:01.60	00:24:35.95	+00:08:17 (36.0%)	4:36	13 (63.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
567	PAŃCZYK Wojtek	1033	THE PAŃCZYX	M 40	176		00:01:00	00:10:53	00:23:02.75	00:24:03.00	+00:08:18 (36.1%)	4:36	13 (63.7%)
568	KOWALSKI Paweł	677		M 40	177		00:00:28	00:10:46	00:23:03.20	00:23:31.55	+00:08:19 (36.1%)	4:36	13 (63.7%)
569	RACZYŃSKI Sebastian	1156	ORACLE RED BULL RACING	M 30	170		00:00:58	00:10:20	00:23:03.50	00:24:02.30	+00:08:19 (36.1%)	4:36	13 (63.7%)
570	ZALEWSKI Rafal	1620	SEMP URSYNOW	M 40	178	SEMP Ursynow	00:01:31	00:10:41	00:23:05.95	00:24:37.40	+00:08:22 (36.2%)	4:37	13 (63.7%)
571	TURZYŃSKI Piotr	1706	DECATHLON PIASECZNO	M 20	66	Decathlon	00:01:23	00:10:54	00:23:06.80	00:24:30.60	+00:08:23 (36.3%)	4:37	13 (63.7%)
572	JACKIEWICZ Adam	449		M 40	179		00:01:23	00:10:46	00:23:07.30	00:24:30.75	+00:08:23 (36.3%)	4:37	13 (63.7%)
573	WRZESZCZ Łukasz	1593	BIEGOWY WARIAT RUNNING TEAM	M 30	171		00:01:11	00:11:09	00:23:08.80	00:24:20.75	+00:08:25 (36.4%)	4:37	13 (63.7%)
574	WIEWIURA Agnieszka	1533	GÓRA BIEGA	K 30	22	Góra Biega - Dzik	00:00:57	00:10:57	00:23:09.40	00:24:06.80	+00:08:25 (36.4%)	4:37	13 (63.7%)
575	ŻYWIĘŃ Marek	1676	ONLY SPEEDWAY	M 50	53		00:00:51	00:10:42	00:23:10.50	00:24:01.50	+00:08:26 (36.4%)	4:38	12.9 (63.2%)
575	FRUNZE-PROCHOREC Katarzyna	321	ARKADIUSZ GARDZIELEWSKI RUNNING TEAM	K 50	6		00:00:59	00:10:57	00:23:10.50	00:24:10.35	+00:08:26 (36.4%)	4:38	12.9 (63.2%)
577	MAŚLANKA Piotr	1727		M 50	54		00:01:33		00:23:11.45	00:24:44.85	+00:08:27 (36.5%)	4:38	12.9 (63.2%)
578	KALINOWSKI Bartłomiej	522	DSV	M 30	172	DSV ISS	00:01:34	00:10:27	00:23:11.65	00:24:45.80	+00:08:27 (36.5%)	4:38	12.9 (63.2%)
579	PAWLICKI Tomasz	1046	VEGERUNNERS	M 40	180	Vege Runners Reszta Świata	00:01:12	00:11:02	00:23:12.05	00:24:24.50	+00:08:28 (36.5%)	4:38	12.9 (63.2%)
580	ŚWIEŻAK Paweł	1433		M 40	181		00:01:15	00:10:43	00:23:12.70	00:24:28.35	+00:08:28 (36.5%)	4:38	12.9 (63.2%)
581	CABAJ Marek	144		M 40	182		00:01:05	00:11:12	00:23:13.35	00:24:18.60	+00:08:29 (36.6%)	4:38	12.9 (63.2%)
582	SZCZYPA Grzegorz	1391		M 40	183	Royal Golf Club Wilanów	00:01:45	00:11:28	00:23:13.45	00:24:58.45	+00:08:29 (36.6%)	4:38	12.9 (63.2%)
583	MISIORNY Maciej	910		M 50	55		00:01:59	00:10:44	00:23:14.15	00:25:13.85	+00:08:30 (36.6%)	4:38	12.9 (63.2%)
584	GRUSZCZYŃSKI Wojciech	412		M 30	173		00:01:20	00:11:25	00:23:14.50	00:24:35.45	+00:08:30 (36.6%)	4:38	12.9 (63.2%)
585	PONIATOWSKI Krzysztof	1105	TEAM ZABIEGANEDNI	M 40	184	Team ZabieganeDni #3	00:00:49	00:10:50	00:23:14.60	00:24:04.00	+00:08:30 (36.6%)	4:38	12.9 (63.2%)
586	TEJEDA Héctor	1440		M 40	185		00:01:08	00:11:09	00:23:15.50	00:24:24.15	+00:08:31 (36.7%)	4:39	12.9 (63.2%)
587	GOGACZ Magdalena	372	URZĄD DZIELNICY URSYNÓW	K 40	15		00:00:54	00:10:46	00:23:15.55	00:24:09.90	+00:08:31 (36.7%)	4:39	12.9 (63.2%)
588	KARCZEWSKI Przemysław	544	TRICLUB	M 40	186		00:00:52	00:10:56	00:23:17.35	00:24:09.75	+00:08:33 (36.8%)	4:39	12.9 (63.2%)
589	CZUJKOWSKI Piotr	1772		M 30	174		00:03:18	00:11:18	00:23:18.25	00:26:36.70	+00:08:34 (36.8%)	4:39	12.9 (63.2%)
590	CHODNIEWICZ Michał	164		M 40	187		00:01:00	00:10:52	00:23:18.75	00:24:18.75	+00:08:34 (36.8%)	4:39	12.9 (63.2%)

Msc	Zawodnik	Numer		Klub	Kategoria	Mkat	Drużyna 1	Czas		Różn	Tempo min/km	Tempo km/h		
								startu	2.5km				netto 5km	brutto 5km
591	MAŚLANKO Przemysław	871	M		M 60	14		00:00:50	00:10:40	00:23:18.80	00:24:08.90	+00:08:35 (36.8%)	4:39	12.9 (63.2%)
592	KĘPKA Krzysztof	571	TRIWAWA		M 40	188	TRIWAWA	00:01:20	00:11:20	00:23:19.30	00:24:39.30	+00:08:35 (36.8%)	4:39	12.9 (63.2%)
593	KAPUŚCIAREK Ela	543			K 40	16		00:01:05	00:10:33	00:23:19.35	00:24:25.10	+00:08:35 (36.8%)	4:39	12.9 (63.2%)
594	KRYCZEK Piotr	704			M 60	15		00:01:19	00:11:11	00:23:19.45	00:24:38.45	+00:08:35 (36.8%)	4:39	12.9 (63.2%)
595	JANOWSKI Rafał	467			M 50	56		00:01:13	00:11:07	00:23:19.60	00:24:32.95	+00:08:35 (36.9%)	4:39	12.9 (63.2%)
596	MÓRAWSKI Maciej	931			M 30	175		00:01:03	00:11:19	00:23:19.65	00:24:23.35	+00:08:35 (36.9%)	4:39	12.9 (63.2%)
597	BURY Oskar	140			M 30	176		00:01:11	00:10:45	00:23:20.80	00:24:31.95	+00:08:37 (36.9%)	4:40	12.9 (63.2%)
598	KRÓL Łukasz	700	PZU SPORT TEAM		M 30	177	PZU Sport Team	00:01:00	00:10:55	00:23:21.60	00:24:22.25	+00:08:37 (36.9%)	4:40	12.8 (62.7%)
599	RAFAŁKO Grzegorz	1161			M 40	189		00:01:01	00:11:01	00:23:21.90	00:24:23.75	+00:08:38 (37.0%)	4:40	12.8 (62.7%)
600	OLEJNICZAK Leon	2070			M 16	25		00:00:55	00:11:02	00:23:22.35	00:24:17.80	+00:08:38 (37.0%)	4:40	12.8 (62.7%)
601	KOSTACIŃSKA Maria	1823	ADIDAS RUNNERS WARSAW		K 30	23	adidas Runners Warsaw	00:01:03	00:11:14	00:23:22.75	00:24:26.45	+00:08:38 (37.0%)	4:40	12.8 (62.7%)
602	KRAWCZYK Łukasz	693			M 30	178		00:01:13	00:10:59	00:23:23.00	00:24:36.20	+00:08:39 (37.0%)	4:40	12.8 (62.7%)
603	NOWACZYŃSKA Katarzyna	965	TEAM ZABIEGANEDNI		K 40	17	Team ZabieganeDni	00:01:03	00:11:15	00:23:23.15	00:24:26.30	+00:08:39 (37.0%)	4:40	12.8 (62.7%)
604	PLUTA Ireneusz	1091			M 60	16		00:00:35	00:10:54	00:23:23.50	00:23:59.40	+00:08:39 (37.0%)	4:40	12.8 (62.7%)
605	KEMPA Jakub	25			M 20	67		00:00:50	00:10:26	00:23:23.65	00:24:13.90	+00:08:39 (37.0%)	4:40	12.8 (62.7%)
606	TYLUS Paweł	1482			M 50	57		00:00:53	00:10:52	00:23:23.95	00:24:17.30	+00:08:40 (37.0%)	4:40	12.8 (62.7%)
607	PAKUŁA Błażej	1027			M 30	179		00:01:05	00:10:19	00:23:24.15	00:24:30.00	+00:08:40 (37.1%)	4:40	12.8 (62.7%)
608	CYWIŃSKI Marcin	198	MARCYS_RUNNER		M 30	180		00:01:11	00:11:01	00:23:24.60	00:24:35.95	+00:08:40 (37.1%)	4:40	12.8 (62.7%)
609	ADAMIEC Karol	15			M 20	68		00:00:50	00:11:18	00:23:24.95	00:24:15.50	+00:08:41 (37.1%)	4:40	12.8 (62.7%)
609	SROKA Szymon	2092	KS GROM		M 12	4		00:01:54	00:11:53	00:23:24.95	00:25:19.20	+00:08:41 (37.1%)	4:40	12.8 (62.7%)
611	BILEWICZ Mateusz	83	ACCENTURE		M 30	181		00:01:21	00:10:48	00:23:26.95	00:24:48.50	+00:08:43 (37.2%)	4:41	12.8 (62.7%)
612	MALISZEWSKI Cezary	840			M 60	17		00:00:24	00:10:52	00:23:27.55	00:23:52.50	+00:08:43 (37.2%)	4:41	12.8 (62.7%)
613	POGOCKI Maciej	1101			M 40	190		00:01:24	00:11:21	00:23:29.10	00:24:53.20	+00:08:45 (37.3%)	4:41	12.8 (62.7%)
614	JAREK Zuzanna	2033	RACE FIGHTER JUNIOR		K 14	1		00:01:00	00:10:37	00:23:30.45	00:24:30.85	+00:08:46 (37.3%)	4:42	12.8 (62.7%)
615	KIM Minju	585			M 30	182		00:00:48	00:11:16	00:23:30.55	00:24:18.95	+00:08:46 (37.3%)	4:42	12.8 (62.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
							startu	2.5km					
616	BRĄGOSZEWSKI Paweł	109		M 40	191		00:01:17	00:11:20	00:23:30.60	00:24:48.40	+00:08:46 (37.3%)	4:42	12.8 (62.7%)
617	DUCHNOWSKA Natalia	265		K 20	11		00:01:18	00:10:59	00:23:30.90	00:24:49.15	+00:08:47 (37.4%)	4:42	12.8 (62.7%)
618	WŁODARSKI Jakub	1562		M 30	183		00:00:52	00:11:04	00:23:31.60	00:24:24.50	+00:08:47 (37.4%)	4:42	12.8 (62.7%)
619	KACZOR Konrad	1809		M 30	184		00:01:04	00:11:17	00:23:32.05	00:24:36.35	+00:08:48 (37.4%)	4:42	12.7 (62.3%)
620	POLAK Lechośław	424	ADIDAS RUNNERS WARSAW	M 60	18	adidas Runners Warsaw	00:00:55	00:10:59	00:23:32.25	00:24:27.40	+00:08:48 (37.4%)	4:42	12.7 (62.3%)
621	BEDNORZ Leszek	64		M 40	192		00:01:17	00:11:23	00:23:33.20	00:24:50.20	+00:08:49 (37.5%)	4:42	12.7 (62.3%)
622	BOGUSZ Sebastian	1748	PZU SPORT TEAM	M 30	185		00:02:23	00:11:08	00:23:33.30	00:25:56.85	+00:08:49 (37.5%)	4:42	12.7 (62.3%)
623	SKARŻYŃSKI Adam	1270	GRUPA BIEGOWA UM W-WA	M 40	193		00:00:58	00:10:58	00:23:34.15	00:24:32.50	+00:08:50 (37.5%)	4:42	12.7 (62.3%)
624	MAŁYSA Piotr	846		M 30	186		00:00:56	00:11:00	00:23:34.55	00:24:31.40	+00:08:50 (37.5%)	4:42	12.7 (62.3%)
625	BELKIEWICZ Rafał	2137	TEAM ZABIEGANEDNI	M 40	194	Team ZabieganeDni	00:01:02	00:11:15	00:23:34.80	00:24:37.70	+00:08:51 (37.5%)	4:42	12.7 (62.3%)
626	DREWNIK Robert	259	BIEGNIJ Z PROSERVICE	M 40	195	Biegnij z Proservice	00:00:48	00:10:47	00:23:35.20	00:24:24.00	+00:08:51 (37.5%)	4:43	12.7 (62.3%)
627	LOZOVIKOV Pavlo	789		M 30	187		00:02:07	00:11:59	00:23:35.40	00:25:42.90	+00:08:51 (37.6%)	4:43	12.7 (62.3%)
628	JAŃCZAK Mariusz	469		M 40	196		00:00:54	00:11:00	00:23:35.50	00:24:29.90	+00:08:51 (37.6%)	4:43	12.7 (62.3%)
629	FRANCZEK Aleksy	2024		M 14	12		00:00:04	00:11:05	00:23:36.00	00:23:40.45	+00:08:52 (37.6%)	4:43	12.7 (62.3%)
630	SNOPEK Stanisław	1299	TVP SPORT	M 60	19		00:01:05	00:10:52	00:23:36.25	00:24:41.70	+00:08:52 (37.6%)	4:43	12.7 (62.3%)
631	MACIEJEC Dorota	1850		K 40	18		00:00:35	00:10:33	00:23:36.45	00:24:11.70	+00:08:52 (37.6%)	4:43	12.7 (62.3%)
632	CZYŻ Monika	214		K 30	24		00:01:08	00:11:06	00:23:36.55	00:24:45.00	+00:08:52 (37.6%)	4:43	12.7 (62.3%)
633	COUKNAS Constantine	1761		M 14	13		00:00:14	00:10:12	00:23:37.85	00:23:52.30	+00:08:54 (37.7%)	4:43	12.7 (62.3%)
634	KUBRAK Michał	718		M 30	188		00:01:19	00:11:21	00:23:38.60	00:24:57.90	+00:08:54 (37.7%)	4:43	12.7 (62.3%)
635	BARGŁOWSKI Kamil	51		M 16	26		00:00:56	00:11:17	00:23:38.85	00:24:35.65	+00:08:55 (37.7%)	4:43	12.7 (62.3%)
636	RATYŃSKI Michał	1164	BIEGOWY WARIAT RUNNING TEAM	M 40	197	Biegowy Wariat Running Team	00:01:35	00:10:43	00:23:38.90	00:25:14.00	+00:08:55 (37.7%)	4:43	12.7 (62.3%)
637	ARAŻNY Zbigniew	34	KRAV MAGA WARSZAWA	M 50	58		00:01:35	00:11:03	00:23:38.95	00:25:14.80	+00:08:55 (37.7%)	4:43	12.7 (62.3%)
638	PRUS Marcin	1129		M 40	198		00:01:30	00:11:09	00:23:39.40	00:25:10.25	+00:08:55 (37.7%)	4:43	12.7 (62.3%)
639	ZAKRZEWSKI Michał	1615	KLUB BIEGACZA RTV EURO AGD	M 40	199		00:00:50	00:11:08	00:23:39.50	00:24:29.50	+00:08:55 (37.7%)	4:43	12.7 (62.3%)
640	SOKÓŁ Ryszard	2091		M 14	14		00:01:00	00:11:12	00:23:40.65	00:24:41.10	+00:08:56 (37.8%)	4:44	12.7 (62.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
641	GORYSZEWSKI Piotr	385		M 30	189		00:00:51	00:11:26	00:23:41.70	00:24:33.05	+00:08:57 (37.8%)	4:44	12.7 (62.3%)
642	KISZCZYC Artur	588		M 50	59		00:01:19	00:11:19	00:23:42.35	00:25:01.65	+00:08:58 (37.9%)	4:44	12.7 (62.3%)
643	HRYNKIEWICZ Maciej	438		M 50	60		00:01:16	00:11:16	00:23:42.65	00:24:59.60	+00:08:58 (37.9%)	4:44	12.7 (62.3%)
644	RYŻYŃSKI Michał	1925	PAWKORUNNERTEAM	M 20	69	Pawko Runner Team	00:00:35	00:10:39	00:23:42.85	00:24:18.20	+00:08:59 (37.9%)	4:44	12.7 (62.3%)
645	CISZEWSKI Grzegorz	193		M 40	200		00:01:23	00:11:36	00:23:42.90	00:25:06.80	+00:08:59 (37.9%)	4:44	12.7 (62.3%)
646	SYGUDA Katarzyna	1371	TEAM PARSZCZYŃSKICH	K 20	12		00:01:05	00:11:15	00:23:43.10	00:24:48.70	+00:08:59 (37.9%)	4:44	12.6 (61.8%)
647	KOZAK Mikołaj	682		M 30	190		00:00:43	00:10:41	00:23:43.90	00:24:27.50	+00:09:00 (37.9%)	4:44	12.6 (61.8%)
648	KUCIŃSKI Łukasz	727	TI HEALTH CLUB	M 30	191	TI Health Club	00:01:44	00:11:55	00:23:45.35	00:25:29.50	+00:09:01 (38.0%)	4:45	12.6 (61.8%)
649	SMOLIŃSKI Krzysztof	1297		M 40	201		00:00:48	00:10:40	00:23:45.90	00:24:34.65	+00:09:02 (38.0%)	4:45	12.6 (61.8%)
650	WRÓBLEWSKI Tomasz	2128		M 20	70		00:01:43	00:11:08	00:23:46.20	00:25:29.45	+00:09:02 (38.0%)	4:45	12.6 (61.8%)
651	KOPEĆ Marcin	633		M 30	192		00:01:49	00:12:32	00:23:46.30	00:25:35.95	+00:09:02 (38.0%)	4:45	12.6 (61.8%)
652	DUDEK Jakub	267		M 20	71		00:01:18	00:10:36	00:23:46.50	00:25:04.90	+00:09:02 (38.0%)	4:45	12.6 (61.8%)
653	OCHREMIAK Jędrzej	983	OBOZYBIEGOWE.PL	M 30	193		00:00:58	00:10:57	00:23:46.55	00:24:45.20	+00:09:02 (38.0%)	4:45	12.6 (61.8%)
654	PODBIELSKI Paweł	1903	AKL URSYNÓW WARSZAWA	M 14	15		00:01:07	00:11:34	00:23:47.25	00:24:54.65	+00:09:03 (38.1%)	4:45	12.6 (61.8%)
655	BISOWSKA Amelia	85	MARUDY Z KOBYŁKI	K 16	3	Marudy z Kobyłki	00:01:24	00:11:57	00:23:47.40	00:25:11.60	+00:09:03 (38.1%)	4:45	12.6 (61.8%)
656	DYRLA Mariusz	1782		M 40	202		00:00:48	00:11:23	00:23:47.90	00:24:36.30	+00:09:04 (38.1%)	4:45	12.6 (61.8%)
657	JAWORSKA Joanna	481	TEAM ZABIEGANEDNI	K 40	19	Team ZabieganeDni #3	00:01:18	00:11:32	00:23:48.65	00:25:06.75	+00:09:04 (38.1%)	4:45	12.6 (61.8%)
658	MATEJEK Błażej	875		M 20	72		00:02:11	00:11:36	00:23:48.90	00:26:00.20	+00:09:05 (38.1%)	4:45	12.6 (61.8%)
659	MAŁĄŻEWSKI Bartosz	1	GARDA	M 30	194		00:01:16	00:10:42	00:23:49.30	00:25:05.30	+00:09:05 (38.2%)	4:45	12.6 (61.8%)
660	BUJNOWSKI Rafał	132		M 40	203		00:00:53	00:11:02	00:23:49.50	00:24:42.80	+00:09:05 (38.2%)	4:45	12.6 (61.8%)
661	PATYK Mateusz	1042		M 30	195		00:01:03	00:11:15	00:23:49.70	00:24:53.45	+00:09:05 (38.2%)	4:45	12.6 (61.8%)
661	ANGEŁOW Christian	24		M 40	204		00:03:03	00:11:33	00:23:49.70	00:26:53.05	+00:09:05 (38.2%)	4:45	12.6 (61.8%)
663	BUJNOWSKA Eliza	131	VEGE RUNNERS	K 40	20	Vege Runners Ursynów	00:00:53	00:11:03	00:23:49.80	00:24:43.00	+00:09:06 (38.2%)	4:45	12.6 (61.8%)
664	ZYŚK Sławomir	1661		M 30	196		00:00:47	00:11:02	00:23:51.55	00:24:38.75	+00:09:07 (38.3%)	4:46	12.6 (61.8%)
665	CZEKALSKI Jacek	206		M 50	61		00:01:31	00:10:55	00:23:54.25	00:25:25.35	+00:09:10 (38.4%)	4:46	12.6 (61.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
666	LE QUANG Oskar	1840		M 16	27		00:00:12	00:10:32	00:23:54.35	00:24:06.35	+00:09:10 (38.4%)	4:46	12.6 (61.8%)
667	BASINSKI Jerzy	58		M 50	62		00:01:02	00:11:01	00:23:54.95	00:24:57.30	+00:09:11 (38.4%)	4:46	12.6 (61.8%)
668	WEJMAN Tomasz	1519	TEAM ZABIEGANEDNI	M 30	197	Team ZabieganeDni	00:01:11	00:11:29	00:23:55.00	00:25:06.75	+00:09:11 (38.4%)	4:47	12.5 (61.3%)
669	KAŻMIERSKI Adrian	566		M 30	198		00:01:10	00:11:07	00:23:55.70	00:25:06.15	+00:09:11 (38.4%)	4:47	12.5 (61.3%)
670	KROPIAK Katarzyna	696	VEGE RUNNERS	K 30	25	Vege Runners Reszta Świata	00:00:54	00:11:00	00:23:55.75	00:24:50.10	+00:09:11 (38.4%)	4:47	12.5 (61.3%)
671	GROŃSKI Jan	410	BIEGACZ ŚWIĘTOKRZYSKI	M 70	2		00:01:35	00:11:07	00:23:56.50	00:25:31.55	+00:09:12 (38.5%)	4:47	12.5 (61.3%)
672	STĘPNIEWSKI Dominik	1347		M 20	73		00:01:03	00:11:14	00:23:56.80	00:25:00.65	+00:09:13 (38.5%)	4:47	12.5 (61.3%)
673	JÓŻWIK Grzegorz	496		M 50	63		00:00:36	00:11:11	00:23:57.00	00:24:33.65	+00:09:13 (38.5%)	4:47	12.5 (61.3%)
674	WILK Daniel	2105		M 16	28		00:01:43	00:12:05	00:23:58.80	00:25:41.85	+00:09:15 (38.6%)	4:47	12.5 (61.3%)
675	DĄBROWSKI Adam	225	BRACTWO BIEGOWE BGK	M 30	199	Bractwo Biegowe BGK	00:00:50	00:11:08	00:24:01.55	00:24:52.40	+00:09:17 (38.7%)	4:48	12.5 (61.3%)
676	KOŁODZIEJSKI Rafał	622		M 40	205		00:01:02	00:11:20	00:24:01.80	00:25:04.65	+00:09:18 (38.7%)	4:48	12.5 (61.3%)
677	TRIGO Adrián	1462		M 30	200		00:00:49	00:10:31	00:24:02.30	00:24:52.00	+00:09:18 (38.7%)	4:48	12.5 (61.3%)
678	JURCZAK Grzegorz	500		M 30	201		00:01:09	00:10:47	00:24:02.75	00:25:12.65	+00:09:18 (38.7%)	4:48	12.5 (61.3%)
679	ŁOZIŃSKI Piotr	803	BRACTWO BIEGOWE BGK	M 40	206	Bractwo Biegowe BGK	00:01:39	00:11:38	00:24:02.80	00:25:42.10	+00:09:19 (38.7%)	4:48	12.5 (61.3%)
680	KAMIŃSKI Andrzej	2040		M 12	5		00:00:00	00:11:53	00:24:03.15	00:24:03.15	+00:09:19 (38.8%)	4:48	12.5 (61.3%)
681	HORDIENKO Natalia	434	UKRAINE	K 30	26		00:01:05	00:11:02	00:24:03.35	00:25:09.20	+00:09:19 (38.8%)	4:48	12.5 (61.3%)
682	KATNER Wiktor	2042		M 12	6		00:01:30	00:11:40	00:24:04.05	00:25:34.15	+00:09:20 (38.8%)	4:48	12.5 (61.3%)
683	BELOWSKI Leszek	65	AD BLUE NOXY PUŁAWY	M 70	3		00:01:18	00:11:14	00:24:04.55	00:25:23.30	+00:09:20 (38.8%)	4:48	12.5 (61.3%)
684	DMUCHOWSKI Jakub	241		M 20	74		00:01:06	00:11:19	00:24:04.60	00:25:11.15	+00:09:20 (38.8%)	4:48	12.5 (61.3%)
685	TOMCZYŃSKI Michał	1455		M 30	202		00:01:18	00:11:25	00:24:04.65	00:25:23.20	+00:09:20 (38.8%)	4:48	12.5 (61.3%)
686	CHORAŻEWICZ Bartłomiej	169		M 30	203		00:01:34	00:11:14	00:24:04.75	00:25:39.05	+00:09:20 (38.8%)	4:48	12.5 (61.3%)
687	WĘGLIŃSKI Jacek	1984		M 50	64		00:01:41	00:11:34	00:24:05.80	00:25:47.20	+00:09:22 (38.9%)	4:49	12.5 (61.3%)
688	KULESZA Marcin	736	QLESH RACING TEAM/WK_RW TEAM	M 40	207		00:00:53	00:11:01	00:24:06.45	00:25:00.40	+00:09:22 (38.9%)	4:49	12.4 (60.8%)
689	MUZYCHENKO Dmytro	940	TEAM ZABIEGANEDNI	M 20	75		00:01:17	00:11:26	00:24:06.50	00:25:23.50	+00:09:22 (38.9%)	4:49	12.4 (60.8%)
690	CIEŚLAR Rafał	187		M 30	204		00:01:11	00:11:29	00:24:07.05	00:25:19.00	+00:09:23 (38.9%)	4:49	12.4 (60.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
							startu	2.5km					
691	PONOMARÓW Tomasz	1908		M 30	205		00:01:02	00:10:34	00:24:07.75	00:25:10.05	+00:09:23 (39.0%)	4:49	12.4 (60.8%)
692	KRUPNIEWSKA Joanna	1828	RUN OTWOCK	K 50	7		00:01:04	00:11:26	00:24:08.40	00:25:13.05	+00:09:24 (39.0%)	4:49	12.4 (60.8%)
693	POPŁAWSKI Adam	1110		M 30	206		00:02:57	00:11:03	00:24:08.45	00:27:05.70	+00:09:24 (39.0%)	4:49	12.4 (60.8%)
694	DORS Marek	253	KABEX PODKOWA JANÓW	M 20	76		00:01:28	00:11:42	00:24:09.75	00:25:38.00	+00:09:25 (39.0%)	4:49	12.4 (60.8%)
695	ATAMANOV Mykyta	36	RUN FOR PEACE	M 20	77		00:01:34	00:11:41	00:24:10.65	00:25:45.25	+00:09:26 (39.1%)	4:50	12.4 (60.8%)
696	CZERWIŃSKI Radosław	209		M 40	208		00:01:15	00:11:16	00:24:11.05	00:25:26.80	+00:09:27 (39.1%)	4:50	12.4 (60.8%)
697	BUCZEK Robert	120		M 50	65		00:01:34	00:11:43	00:24:11.80	00:25:46.25	+00:09:28 (39.1%)	4:50	12.4 (60.8%)
698	WOJTAL Tomasz	1992		M 40	209		00:00:45	00:11:31	00:24:12.10	00:24:57.65	+00:09:28 (39.1%)	4:50	12.4 (60.8%)
699	JAREK Katarzyna	470		K 40	21		00:01:01	00:11:01	00:24:12.75	00:25:14.40	+00:09:28 (39.2%)	4:50	12.4 (60.8%)
699	SZCZERBIŃSKI Arkadiusz	1389	KATAREK	M 30	207		00:02:06	00:11:50	00:24:12.75	00:26:19.15	+00:09:28 (39.2%)	4:50	12.4 (60.8%)
701	GOCH Dominik	370		M 40	210		00:01:38	00:11:28	00:24:13.25	00:25:51.35	+00:09:29 (39.2%)	4:50	12.4 (60.8%)
702	KIERASIŃSKA Dorota	578	TEAM ZABIEGANEDNI	K 40	22	Team ZabieganeDni	00:01:27	00:11:48	00:24:13.70	00:25:41.55	+00:09:29 (39.2%)	4:50	12.4 (60.8%)
703	WOLSZCZAK Ryszard	1993	WKZ KOZIENICE BBL	M 60	20	WKZ KOZIENICE BBL	00:00:50	00:11:25	00:24:13.75	00:25:03.90	+00:09:29 (39.2%)	4:50	12.4 (60.8%)
704	MATUSIAK Marcin	2062		M 14	16		00:00:59	00:11:19	00:24:13.85	00:25:13.80	+00:09:30 (39.2%)	4:50	12.4 (60.8%)
705	ZAWADZKI Wojciech	1634	TATA BIEGA	M 30	208		00:00:44	00:10:35	00:24:14.55	00:24:59.35	+00:09:30 (39.2%)	4:50	12.4 (60.8%)
706	ZIĘDALSKI Remigiusz	1653		M 40	211		00:00:52	00:11:48	00:24:14.85	00:25:07.30	+00:09:31 (39.3%)	4:50	12.4 (60.8%)
707	LIDAK Krzysztof	1841	KS GROM PRO WARSZAWA	M 12	7		00:00:22	00:11:09	00:24:15.15	00:24:37.70	+00:09:31 (39.3%)	4:51	12.4 (60.8%)
708	PAPROWICZ Wojciech	1050	NOA	M 40	212	Chłopaki z KEN	00:01:24	00:11:20	00:24:16.80	00:25:41.00	+00:09:33 (39.3%)	4:51	12.4 (60.8%)
709	WYSOCKA Magda	1598		K 30	27		00:01:27	00:11:45	00:24:16.85	00:25:44.80	+00:09:33 (39.3%)	4:51	12.4 (60.8%)
710	BANASIK Marcin	46	MARATOŃCZYCY	M 20	78	Maratończycy	00:01:38	00:11:36	00:24:18.10	00:25:57.00	+00:09:34 (39.4%)	4:51	12.3 (60.3%)
710	SMACHA Łukasz	1291		M 40	213		00:01:34	00:11:42	00:24:18.10	00:25:53.05	+00:09:34 (39.4%)	4:51	12.3 (60.3%)
712	KASHIVSKA Oksana	553		K 50	8		00:01:07	00:11:13	00:24:19.25	00:25:26.65	+00:09:35 (39.4%)	4:51	12.3 (60.3%)
713	JUŚKO Rafał	508	KTOŚ	M 40	214		00:00:58	00:11:38	00:24:19.45	00:25:18.25	+00:09:35 (39.4%)	4:51	12.3 (60.3%)
714	MACIASZCZYK Adam	815		M 50	66		00:01:18	00:11:44	00:24:19.55	00:25:38.30	+00:09:35 (39.4%)	4:51	12.3 (60.3%)
715	CHRAPEK Janusz	1700	ROSSMANN	M 40	215		00:01:49	00:11:25	00:24:19.95	00:26:09.55	+00:09:36 (39.5%)	4:51	12.3 (60.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
716	GROCHOWSKI Paweł	409	PZU SPORT TEAM	M 40	216	PZU Sport Team	00:01:01	00:10:54	00:24:20.00	00:25:21.10	+00:09:36 (39.5%)	4:52	12.3 (60.3%)
717	BARYŁA Krzysztof	2		M 40	217		00:01:23	00:11:46	00:24:20.20	00:25:43.65	+00:09:36 (39.5%)	4:52	12.3 (60.3%)
718	LECH Maciej	1834		M 30	209		00:01:10	00:10:59	00:24:21.30	00:25:32.15	+00:09:37 (39.5%)	4:52	12.3 (60.3%)
719	WOJDALSKI Michał	1569		M 30	210		00:01:46	00:12:04	00:24:21.70	00:26:08.10	+00:09:37 (39.5%)	4:52	12.3 (60.3%)
720	ROGOWSKI Michał	1917		M 40	218		00:01:39	00:11:26	00:24:21.90	00:26:01.10	+00:09:38 (39.5%)	4:52	12.3 (60.3%)
721	BISOWSKI Szymon	2004	MARUDY Z KOBYŁKI	M 14	17	Marudy z Kobyłki	00:01:24	00:11:57	00:24:22.05	00:25:46.10	+00:09:38 (39.6%)	4:52	12.3 (60.3%)
722	CHEŁMIŃSKI Maciej	157		M 40	219		00:00:51	00:10:25	00:24:22.40	00:25:13.55	+00:09:38 (39.6%)	4:52	12.3 (60.3%)
723	ROMANIK Klaudia	1190		K 30	28		00:00:48	00:11:07	00:24:22.60	00:25:11.20	+00:09:38 (39.6%)	4:52	12.3 (60.3%)
724	BŁACHNIO Robert	90	PAWKO RUNNER TEAM	M 30	211	Pawko Runner Team	00:01:10	00:11:16	00:24:22.85	00:25:33.00	+00:09:39 (39.6%)	4:52	12.3 (60.3%)
725	MARCZEWSKI Marcin	855	RESILIA BEMOWO	M 40	220		00:00:33	00:11:06	00:24:23.10	00:24:56.75	+00:09:39 (39.6%)	4:52	12.3 (60.3%)
726	WIERNIK Daniel	1986		M 30	212		00:01:21	00:11:22	00:24:23.40	00:25:45.00	+00:09:39 (39.6%)	4:52	12.3 (60.3%)
727	BĘTKOWSKI Piotr	70		M 20	79		00:01:39	00:11:01	00:24:23.75	00:26:03.25	+00:09:39 (39.6%)	4:52	12.3 (60.3%)
728	IWONIN Jurek	447		M 40	221		00:01:17	00:11:25	00:24:24.55	00:25:41.55	+00:09:40 (39.7%)	4:52	12.3 (60.3%)
729	PODOBINSKI Piotr	1099		M 50	67		00:01:21	00:11:53	00:24:25.45	00:25:47.10	+00:09:41 (39.7%)	4:53	12.3 (60.3%)
730	POKAROWSKI Wojciech	2079		M 16	29		00:01:35	00:11:09	00:24:25.70	00:26:00.80	+00:09:41 (39.7%)	4:53	12.3 (60.3%)
731	OLMA Władysław	997	FORMA BIEGANIA - JASTRZĘBIE	M 50	68		00:00:33	00:11:36	00:24:27.85	00:25:01.15	+00:09:44 (39.8%)	4:53	12.3 (60.3%)
732	BARSZCZ Michał	1741		M 30	213		00:01:43	00:11:52	00:24:27.95	00:26:11.45	+00:09:44 (39.8%)	4:53	12.3 (60.3%)
733	KOSTRUBIEC Grzegorz	661		M 30	214		00:00:33	00:11:14	00:24:28.40	00:25:02.35	+00:09:44 (39.8%)	4:53	12.3 (60.3%)
734	HORBATY Jerzy	433	GIM92	M 50	69		00:01:24	00:11:48	00:24:28.55	00:25:53.20	+00:09:44 (39.8%)	4:53	12.3 (60.3%)
735	DYLEWSKI Tomasz	277		M 40	222		00:00:49	00:11:07	00:24:29.80	00:25:19.75	+00:09:46 (39.9%)	4:53	12.3 (60.3%)
736	NAWROCKA Roma	953	GRUPA BIEGOWA UM W-WA	K 40	23	Grupa Biegowa UM W-wa	00:00:36	00:11:31	00:24:29.85	00:25:06.40	+00:09:46 (39.9%)	4:53	12.3 (60.3%)
737	DABROWSKI Luka	1773		M 50	70		00:00:36	00:11:41	00:24:30.10	00:25:06.40	+00:09:46 (39.9%)	4:54	12.2 (59.8%)
738	KSYNA Bogusław	712		M 60	21		00:00:34	00:11:33	00:24:30.30	00:25:04.55	+00:09:46 (39.9%)	4:54	12.2 (59.8%)
739	KUKLA Marcin	733	RYSIK RUNNERS	M 50	71		00:00:50	00:11:31	00:24:30.85	00:25:21.30	+00:09:47 (39.9%)	4:54	12.2 (59.8%)
740	ROSTKOWSKI Bartosz	1197		M 40	223		00:01:37	00:11:39	00:24:31.00	00:26:08.10	+00:09:47 (39.9%)	4:54	12.2 (59.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
							startu	2.5km					
741	KRAUZ Paweł	690	KS STASZEWSKY / KPP W PIASECZNIKU	M 40	224	KS Staszewscy	00:01:28	00:11:18	00:24:32.25	00:26:00.45	+00:09:48 (40.0%)	4:54	12.2 (59.8%)
742	SARNOWSKI Wojciech	1234		M 40	225		00:01:53	00:10:58	00:24:34.00	00:26:27.35	+00:09:50 (40.0%)	4:54	12.2 (59.8%)
743	DOLIŃSKA Agnieszka	246	WARSAW RUN CLUB	K 40	24	Warsaw Run Club	00:01:20	00:11:43	00:24:34.45	00:25:55.10	+00:09:50 (40.1%)	4:54	12.2 (59.8%)
744	SZCZERBICKI Rafał	1388	WARSAW RUN CLUB	M 40	226	Warsaw Run Club	00:01:20	00:11:44	00:24:34.55	00:25:54.65	+00:09:50 (40.1%)	4:54	12.2 (59.8%)
745	DĄBROWSKI Tobiasz	2013		M 16	30		00:01:00	00:10:30	00:24:34.90	00:25:35.00	+00:09:51 (40.1%)	4:54	12.2 (59.8%)
746	CIERECH Bogusław	182		M 70	4		00:01:19	00:11:10	00:24:35.15	00:25:54.30	+00:09:51 (40.1%)	4:55	12.2 (59.8%)
746	IWKIEWICZ Tomasz	446		M 60	22		00:00:35	00:11:29	00:24:35.15	00:25:10.30	+00:09:51 (40.1%)	4:55	12.2 (59.8%)
748	MRÓZ Gabriela	934	PAWKO RUNNER TEAM	K 30	29	Pawko Runner Team	00:01:09	00:11:20	00:24:35.20	00:25:44.70	+00:09:51 (40.1%)	4:55	12.2 (59.8%)
749	SMYL Jacek	1939		M 30	215		00:00:16	00:11:00	00:24:35.75	00:24:52.65	+00:09:51 (40.1%)	4:55	12.2 (59.8%)
750	BŁASZCZAK Wojciech	1747	CHWILAMOMENTTEAM	M 40	227		00:01:17	00:12:00	00:24:35.80	00:25:53.35	+00:09:52 (40.1%)	4:55	12.2 (59.8%)
751	STĘPIEŃ Mikołaj	2095		M 14	18		00:01:21	00:11:53	00:24:36.40	00:25:57.95	+00:09:52 (40.1%)	4:55	12.2 (59.8%)
752	KONDRYSZYN Kacper	1819		M 20	80		00:01:38	00:11:51	00:24:36.70	00:26:15.30	+00:09:52 (40.2%)	4:55	12.2 (59.8%)
753	PADEREWSKA Olga	1886	PAWKO RUNNER TEAM	K 40	25	Pawko Runner Team	00:01:03	00:11:15	00:24:37.05	00:25:40.45	+00:09:53 (40.2%)	4:55	12.2 (59.8%)
753	ORLIŃSKA Edyta	1003	TEAM BALANS	K 30	30		00:01:10	00:11:31	00:24:37.05	00:25:47.40	+00:09:53 (40.2%)	4:55	12.2 (59.8%)
755	SOKOŁOWSKA Magdalena	1310		K 30	31		00:00:48	00:11:20	00:24:37.20	00:25:25.60	+00:09:53 (40.2%)	4:55	12.2 (59.8%)
756	BUKOWSKA Martyna	136		K 30	32		00:00:11	00:10:19	00:24:37.35	00:24:48.90	+00:09:53 (40.2%)	4:55	12.2 (59.8%)
756	FABISIAK Anna	290	TEAM ZABIEGANEDNI	K 40	26	Team ZabieganeDni #3	00:01:18	00:11:41	00:24:37.35	00:25:55.45	+00:09:53 (40.2%)	4:55	12.2 (59.8%)
758	JURKOWSKI Artur	504		M 30	216		00:01:33	00:11:43	00:24:37.40	00:26:10.55	+00:09:53 (40.2%)	4:55	12.2 (59.8%)
759	LIS-MAJER Anna	788	BIEGOWY WARIAT RUNNING TEAM	K 30	33	Biegowy Wariat Running Team	00:01:20	00:11:30	00:24:38.55	00:25:58.90	+00:09:54 (40.2%)	4:55	12.2 (59.8%)
760	MACZEWSKA Weronika	889		K 20	13		00:01:16	00:11:23	00:24:38.85	00:25:55.15	+00:09:55 (40.2%)	4:55	12.2 (59.8%)
761	DRABAREK Romuald	255		M 60	23		00:01:18	00:11:27	00:24:39.80	00:25:58.50	+00:09:56 (40.3%)	4:55	12.2 (59.8%)
762	WIETRZYCKI Marcin	1596	REBELLION OF FREE RUNNERS	M 40	228		00:00:58	00:11:00	00:24:39.85	00:25:38.55	+00:09:56 (40.3%)	4:55	12.2 (59.8%)
763	RZEPECKI Łukasz	1926		M 40	229		00:01:29	00:11:47	00:24:41.45	00:26:10.60	+00:09:57 (40.3%)	4:56	12.2 (59.8%)
764	WIKTOROWICZ Tomasz	1987		M 40	230		00:01:56	00:12:03	00:24:41.60	00:26:37.75	+00:09:57 (40.3%)	4:56	12.2 (59.8%)
765	MIASTOWSKI Rafał	18	SŁOŃ B	M 50	72		00:01:14	00:11:17	00:24:41.90	00:25:56.00	+00:09:58 (40.4%)	4:56	12.2 (59.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
766	KORBA Michał	1822		M 40	231		00:01:50	00:11:23	00:24:43.00	00:26:33.90	+00:09:59 (40.4%)	4:56	12.1 (59.3%)
767	MYŚLIŃSKI Zdzisław	945		M 40	232		00:00:25	00:11:17	00:24:43.15	00:25:08.50	+00:09:59 (40.4%)	4:56	12.1 (59.3%)
768	WAJS Sławomir	1977		M 30	217		00:01:22	00:11:52	00:24:43.30	00:26:05.55	+00:09:59 (40.4%)	4:56	12.1 (59.3%)
769	JÓZEFOWICZ Maciej	495	VEGE RUNNERS	M 30	218	Vege Runners Reszta Świata	00:01:29	00:11:32	00:24:43.50	00:26:13.10	+00:09:59 (40.4%)	4:56	12.1 (59.3%)
770	MURANOWICZ Marek	1869		M 50	73		00:01:41	00:11:57	00:24:43.65	00:26:24.75	+00:09:59 (40.4%)	4:56	12.1 (59.3%)
771	WIRASZKA Barbara	1988		K 50	9		00:01:18	00:11:34	00:24:43.75	00:26:02.50	+00:09:59 (40.4%)	4:56	12.1 (59.3%)
772	GÓRSKI Arkadiusz	394	GÓRA BIEGA	M 40	233	Góra Biega	00:01:31	00:11:40	00:24:44.15	00:26:15.90	+00:10:00 (40.5%)	4:56	12.1 (59.3%)
773	SŁOWIK Paweł	1289	PARÓWY WWA	M 30	219		00:00:56	00:11:43	00:24:44.20	00:25:41.05	+00:10:00 (40.5%)	4:56	12.1 (59.3%)
774	FILIPOWICZ Arkadiusz	308		M 40	234		00:00:40	00:11:18	00:24:44.65	00:25:24.80	+00:10:00 (40.5%)	4:56	12.1 (59.3%)
775	KOWALCZYK Robert	665		M 40	235		00:00:56	00:11:44	00:24:44.95	00:25:41.45	+00:10:01 (40.5%)	4:56	12.1 (59.3%)
776	TOMALAK Maciej	1450		M 40	236		00:01:36	00:11:20	00:24:45.15	00:26:21.40	+00:10:01 (40.5%)	4:57	12.1 (59.3%)
777	JACNIACKI Krzysztof	1801		M 14	19		00:01:17	00:11:27	00:24:45.35	00:26:02.90	+00:10:01 (40.5%)	4:57	12.1 (59.3%)
778	ŻUŁAWSKI Maciej	2135		M 40	237		00:01:19	00:11:35	00:24:45.65	00:26:05.15	+00:10:01 (40.5%)	4:57	12.1 (59.3%)
779	FLOREK Małgorzata	313	LEBIODA TEAM	K 30	34		00:00:00	00:11:59	00:24:46.10	00:24:46.10	+00:10:02 (40.5%)	4:57	12.1 (59.3%)
780	WAWER Hubert	1516		M 30	220	CBRE	00:00:56	00:11:10	00:24:46.95	00:25:43.45	+00:10:03 (40.6%)	4:57	12.1 (59.3%)
781	PIOTROWSKA Edyta	1081	BRACTWO BIEGOWE BGK	K 40	27	Bractwo Biegowe BGK	00:01:39	00:11:38	00:24:47.35	00:26:26.40	+00:10:03 (40.6%)	4:57	12.1 (59.3%)
782	GAŁCZYŃSKI Wojciech	336		M 50	74		00:01:58	00:12:26	00:24:47.85	00:26:46.30	+00:10:04 (40.6%)	4:57	12.1 (59.3%)
783	PARTYKA Agnieszka	1037	TEAM ZABIEGANEDNI	K 50	10	Team ZabieganeDni	00:01:21	00:11:38	00:24:48.25	00:26:09.30	+00:10:04 (40.6%)	4:57	12.1 (59.3%)
784	KOWALSKI Tomasz	681	KB PACE WARSZAWA	M 40	238	KB PACE Warszawa 2	00:01:40	00:12:17	00:24:48.85	00:26:29.40	+00:10:05 (40.6%)	4:57	12.1 (59.3%)
785	TRZECIAKOWSKI Paweł	1473		M 40	239		00:01:29	00:11:48	00:24:49.35	00:26:18.45	+00:10:05 (40.7%)	4:57	12.1 (59.3%)
785	BRODZIK Jakub	1751		M 20	81		00:01:29	00:11:49	00:24:49.35	00:26:18.45	+00:10:05 (40.7%)	4:57	12.1 (59.3%)
785	SIDORCZUK-KUMOSA Dorota	1245	TEAM ZABIEGANEDNI	K 40	28	Team ZabieganeDni	00:01:27	00:11:50	00:24:49.35	00:26:17.00	+00:10:05 (40.7%)	4:57	12.1 (59.3%)
788	RYBARCZYK Robert	1216	ORANGE POLSKA	M 40	240		00:01:26	00:11:29	00:24:49.60	00:26:16.55	+00:10:05 (40.7%)	4:57	12.1 (59.3%)
789	SZABŁOWSKI Marcin	1953		M 30	221		00:01:25	00:11:35	00:24:50.45	00:26:16.05	+00:10:06 (40.7%)	4:58	12.1 (59.3%)
790	KALBARCZYK Igor	519		M 30	222		00:01:57	00:12:08	00:24:50.55	00:26:47.90	+00:10:06 (40.7%)	4:58	12.1 (59.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
791	PIETRUSZEWSKI Krzysztof	1069		M 40	241		00:01:21	00:11:20	00:24:51.05	00:26:12.55	+00:10:07 (40.7%)	4:58	12.1 (59.3%)
792	SZELWACHOWSKI Dariusz	1392		M 50	75		00:01:02	00:11:15	00:24:52.05	00:25:54.40	+00:10:08 (40.8%)	4:58	12.1 (59.3%)
793	LEWANDOWSKI Wojciech	1837		M 30	223		00:01:14	00:11:29	00:24:52.25	00:26:06.75	+00:10:08 (40.8%)	4:58	12.1 (59.3%)
794	DAMPC Mariusz	1735		M 30	224		00:01:35	00:11:49	00:24:52.70	00:26:28.50	+00:10:08 (40.8%)	4:58	12.1 (59.3%)
795	PIWOWAREK Robert	1088		M 20	82		00:01:27	00:11:50	00:24:53.20	00:26:21.05	+00:10:09 (40.8%)	4:58	12.1 (59.3%)
796	BŁACH Piotr	89		M 20	83		00:01:31	00:11:45	00:24:53.25	00:26:25.10	+00:10:09 (40.8%)	4:58	12.1 (59.3%)
797	DERESZEWSKI Piotr	231	ZABIEGANY WOŁOMIN	M 40	242		00:01:38	00:11:53	00:24:53.60	00:26:32.00	+00:10:09 (40.8%)	4:58	12.1 (59.3%)
798	POPŁAWSKI Michael	1109		M 30	225		00:01:47	00:12:10	00:24:54.20	00:26:42.05	+00:10:10 (40.9%)	4:58	12 (58.8%)
799	KOWALSKA Kasia	672	TEAM ZABIEGANEDNI	K 40	29	Team ZabieganeDni #4	00:01:44	00:11:53	00:24:55.70	00:26:40.55	+00:10:11 (40.9%)	4:59	12 (58.8%)
800	WOSINSKA Magdalena	1579	ULTRA LASKI	K 40	30		00:01:08	00:11:30	00:24:56.05	00:26:04.55	+00:10:12 (40.9%)	4:59	12 (58.8%)
801	OSTROWSKI Sławomir	1014		M 40	243		00:01:48	00:12:04	00:24:56.20	00:26:44.25	+00:10:12 (40.9%)	4:59	12 (58.8%)
802	ZABIELSKI Grzegorz	1602		M 50	76		00:01:08	00:11:31	00:24:56.85	00:26:04.85	+00:10:13 (41.0%)	4:59	12 (58.8%)
803	SAWICKI Adrian	1236		M 30	226		00:01:36	00:11:54	00:24:57.15	00:26:33.60	+00:10:13 (41.0%)	4:59	12 (58.8%)
804	WŁODARCZYK Tomasz	1560	-	M 30	227		00:01:17	00:11:30	00:24:57.25	00:26:14.60	+00:10:13 (41.0%)	4:59	12 (58.8%)
805	GIEZ Marcin	358		M 40	244		00:01:57	00:12:20	00:24:57.50	00:26:54.75	+00:10:13 (41.0%)	4:59	12 (58.8%)
806	DĘBSKI Karol	236		M 30	228		00:01:41	00:11:34	00:24:58.55	00:26:40.40	+00:10:14 (41.0%)	4:59	12 (58.8%)
807	PŁOCHOWSKI Arkadiusz	1095		M 40	245		00:01:02	00:11:28	00:24:59.00	00:26:01.05	+00:10:15 (41.0%)	4:59	12 (58.8%)
808	KLIMKIEWICZ Beata	599		K 40	31		00:00:22	00:11:24	00:24:59.85	00:25:22.65	+00:10:16 (41.1%)	4:59	12 (58.8%)
809	SZADKOWSKI Błażej	1377		M 40	246		00:01:38	00:11:49	00:25:00.50	00:26:39.10	+00:10:16 (41.1%)	5:00	12 (58.8%)
810	CIOSEK Marcin	191		M 40	247		00:01:23	00:11:54	00:25:01.55	00:26:25.45	+00:10:17 (41.1%)	5:00	12 (58.8%)
811	KUCHER Pavlo	724		M 20	84		00:01:57	00:12:35	00:25:03.00	00:27:00.30	+00:10:19 (41.2%)	5:00	12 (58.8%)
812	KUCHARSKI Michał	722		M 20	85		00:01:10	00:10:59	00:25:03.30	00:26:14.05	+00:10:19 (41.2%)	5:00	12 (58.8%)
813	KOŁODZIEJSKA Iwona	620		K 40	32		00:01:35	00:11:54	00:25:03.45	00:26:39.05	+00:10:19 (41.2%)	5:00	12 (58.8%)
814	DUBAN Elżbieta	262		K 50	11		00:01:29	00:11:56	00:25:05.20	00:26:34.50	+00:10:21 (41.3%)	5:01	12 (58.8%)
814	WIECZOREK Miłosz	2120		M 16	31		00:01:12	00:12:13	00:25:05.20	00:26:18.10	+00:10:21 (41.3%)	5:01	12 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
816	ORŁOWSKI Kacper	1885		M 30	229		00:01:10	00:11:35	00:25:05.55	00:26:16.50	+00:10:21 (41.3%)	5:01	12 (58.8%)
817	WOŹNIAK Przemysław	1584		M 30	230		00:01:56	00:11:39	00:25:05.60	00:27:01.80	+00:10:21 (41.3%)	5:01	12 (58.8%)
818	KOPACZEL Paweł	628	LEGIA RUN CLUB WARSZAWA	M 40	248		00:00:44	00:11:47	00:25:05.75	00:25:50.20	+00:10:21 (41.3%)	5:01	12 (58.8%)
819	CZUBASZEK Krzysztof	212		M 40	249		00:01:08	00:11:30	00:25:07.05	00:26:15.20	+00:10:23 (41.4%)	5:01	11.9 (58.3%)
820	MALINOWSKI Radek	838		M 40	250		00:01:11	00:12:42	00:25:07.55	00:26:19.00	+00:10:23 (41.4%)	5:01	11.9 (58.3%)
821	DRACHAL Agata	256		K 30	35		00:01:26	00:12:06	00:25:08.00	00:26:34.35	+00:10:24 (41.4%)	5:01	11.9 (58.3%)
822	ORNOWSKA Joanna	1004		K 20	14		00:01:16	00:11:24	00:25:08.05	00:26:24.40	+00:10:24 (41.4%)	5:01	11.9 (58.3%)
823	LISEWSKI Dominik	787		M 30	231		00:02:44	00:12:23	00:25:08.55	00:27:52.70	+00:10:24 (41.4%)	5:01	11.9 (58.3%)
824	LEWANDOWSKI Przemysław	778		M 30	232		00:01:37	00:11:54	00:25:09.15	00:26:47.10	+00:10:25 (41.4%)	5:01	11.9 (58.3%)
825	CHAZAN Bernard	153		M 50	77		00:01:22	00:11:47	00:25:09.25	00:26:31.45	+00:10:25 (41.4%)	5:01	11.9 (58.3%)
826	MACUTKIEWICZ Adam	820	MARATOŃCZYCY	M 20	86	Maratończycy	00:01:43	00:12:41	00:25:10.05	00:26:53.55	+00:10:26 (41.5%)	5:02	11.9 (58.3%)
827	CIEŚLAK Radek	186		M 30	233		00:00:47	00:11:44	00:25:10.10	00:25:57.60	+00:10:26 (41.5%)	5:02	11.9 (58.3%)
828	DĄBROWSKI Jarosław	227		M 40	251		00:01:01	00:11:37	00:25:10.30	00:26:11.35	+00:10:26 (41.5%)	5:02	11.9 (58.3%)
829	SIERY Artur	1252		M 60	24		00:01:31	00:11:46	00:25:11.35	00:26:42.35	+00:10:27 (41.5%)	5:02	11.9 (58.3%)
830	BUJALSKI Konrad	130	ETV ULUBIONA WARSZAWA	M 20	87		00:01:55	00:12:10	00:25:12.15	00:27:07.55	+00:10:28 (41.6%)	5:02	11.9 (58.3%)
831	CHRZANOWSKI Michał	175		M 40	252		00:01:39	00:12:46	00:25:12.25	00:26:51.75	+00:10:28 (41.6%)	5:02	11.9 (58.3%)
832	GWÓŹDŹ Paweł	1799		M 40	253		00:00:51	00:11:34	00:25:13.05	00:26:04.05	+00:10:29 (41.6%)	5:02	11.9 (58.3%)
833	JUSZCZAK Leszek	1806	GOĆLAWSKIE KOTY Z NIEZALEŻNYM CYRYLEM NA CZELE	M 60	25		00:01:06	00:11:41	00:25:13.20	00:26:19.35	+00:10:29 (41.6%)	5:02	11.9 (58.3%)
834	MATYSIAK Aleksandra	2148		K 14	2		00:01:31	00:12:04	00:25:13.30	00:26:44.65	+00:10:29 (41.6%)	5:02	11.9 (58.3%)
835	DĄBROWSKI Paweł	1763	STADO PĘDZĄCYCH IMADEŁ	M 40	254	Stado Pędzących Imadeł	00:01:06	00:11:43	00:25:13.65	00:26:19.90	+00:10:29 (41.6%)	5:02	11.9 (58.3%)
836	KOŚLACZ Ireneusz	1732		M 40	255		00:01:40	00:12:02	00:25:14.65	00:26:54.90	+00:10:30 (41.6%)	5:02	11.9 (58.3%)
836	LENDZION Jarosław	773	GRUPA BIEGOWA UM W-WA	M 40	256	Grupa Biegowa UM W-wa	00:01:22	00:12:33	00:25:14.65	00:26:36.85	+00:10:30 (41.6%)	5:02	11.9 (58.3%)
838	TYC Piotr	1479		M 20	88		00:01:49	00:12:23	00:25:15.80	00:27:04.80	+00:10:32 (41.7%)	5:03	11.9 (58.3%)
839	ZAMYŁKO Lidia	1622		K 40	33		00:03:19	00:12:04	00:25:16.25	00:28:35.90	+00:10:32 (41.7%)	5:03	11.9 (58.3%)
840	SZYMCZYK Michał	1422	NASTĘPNY KROK TEAM	M 30	234		00:01:17	00:11:22	00:25:16.30	00:26:33.30	+00:10:32 (41.7%)	5:03	11.9 (58.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
							startu	2.5km					
841	KEMPA Piotr	568		M 30	235		00:01:17	00:11:59	00:25:16.35	00:26:33.35	+00:10:32 (41.7%)	5:03	11.9 (58.3%)
842	WÓJCIK Agnieszka	1996		K 30	36		00:01:03	00:11:38	00:25:17.50	00:26:20.80	+00:10:33 (41.8%)	5:03	11.9 (58.3%)
843	KORNOWICZ Arkadiusz	645		M 40	257		00:01:29	00:11:46	00:25:17.70	00:26:47.30	+00:10:33 (41.8%)	5:03	11.9 (58.3%)
844	KORDA Sebastian	2144		M 14	20		00:01:45	00:12:26	00:25:18.35	00:27:03.55	+00:10:34 (41.8%)	5:03	11.9 (58.3%)
845	TULA Renata	1475		K 70	1		00:01:29	00:11:54	00:25:18.50	00:26:47.90	+00:10:34 (41.8%)	5:03	11.9 (58.3%)
846	BORETA Marzena	1749	BIEGOWY WARIAT RUNNING TEAM	K 40	34		00:00:58	00:11:33	00:25:18.60	00:26:16.65	+00:10:34 (41.8%)	5:03	11.9 (58.3%)
847	PUCZYŃSKA Renata	1144		K 40	35		00:00:49	00:11:16	00:25:18.85	00:26:08.50	+00:10:35 (41.8%)	5:03	11.9 (58.3%)
848	SAS Szymon	1235		M 30	236		00:01:41	00:12:05	00:25:19.60	00:27:01.15	+00:10:35 (41.8%)	5:03	11.8 (57.8%)
849	SZYKUŁA Kacper	1957		M 30	237		00:01:43	00:11:53	00:25:20.90	00:27:04.50	+00:10:37 (41.9%)	5:04	11.8 (57.8%)
850	BODAK Kajetan	95		M 40	258		00:01:47	00:12:17	00:25:21.45	00:27:09.20	+00:10:37 (41.9%)	5:04	11.8 (57.8%)
851	RUSIECKI Przemysław	1919		M 40	259		00:01:26	00:11:49	00:25:22.00	00:26:48.65	+00:10:38 (41.9%)	5:04	11.8 (57.8%)
852	PIASECZYŃSKA-JAMBOR Agata	1058	ŻÓRAWSKI TEAM	K 40	36	Żórawski Team	00:00:50	00:11:42	00:25:22.35	00:26:12.70	+00:10:38 (41.9%)	5:04	11.8 (57.8%)
853	GOŹDZIAK Krzysztof	189		M 20	89		00:02:47	00:12:51	00:25:23.95	00:28:11.10	+00:10:40 (42.0%)	5:04	11.8 (57.8%)
854	MŁYNARCZYK Darek	916	***** ***	M 40	260		00:01:29	00:11:50	00:25:24.60	00:26:54.45	+00:10:40 (42.0%)	5:04	11.8 (57.8%)
855	BOHDZIEWICZ Paweł	99		M 40	261		00:01:29	00:11:57	00:25:24.85	00:26:54.15	+00:10:41 (42.0%)	5:04	11.8 (57.8%)
856	OSYRA Tomasz	1016		M 40	262		00:01:49	00:11:56	00:25:24.90	00:27:13.90	+00:10:41 (42.0%)	5:04	11.8 (57.8%)
857	BIERNACKI Mateusz	1746		M 20	90		00:01:42	00:12:13	00:25:27.10	00:27:09.80	+00:10:43 (42.1%)	5:05	11.8 (57.8%)
858	KACPROWSKI Tadeusz	1808		M 70	5		00:01:30	00:11:56	00:25:27.35	00:26:57.80	+00:10:43 (42.1%)	5:05	11.8 (57.8%)
859	STĘPNIEWSKI Jakub	1348		M 20	91		00:01:16	00:11:31	00:25:27.60	00:26:43.90	+00:10:43 (42.1%)	5:05	11.8 (57.8%)
860	SUŁKOWSKI Michał	1950		M 30	238		00:01:35	00:12:13	00:25:27.75	00:27:03.30	+00:10:43 (42.2%)	5:05	11.8 (57.8%)
861	MANART Mateusz	847		M 30	239	ITMRun	00:00:57	00:11:35	00:25:28.75	00:26:26.20	+00:10:44 (42.2%)	5:05	11.8 (57.8%)
862	ŻAKOWICZ Franek	2113		M 16	32		00:00:58	00:11:05	00:25:28.85	00:26:27.70	+00:10:45 (42.2%)	5:05	11.8 (57.8%)
863	SUŁKOWSKA Magdalena	1947		K 30	37		00:01:34	00:12:14	00:25:29.20	00:27:03.25	+00:10:45 (42.2%)	5:05	11.8 (57.8%)
864	GARBIEC Bogdan	338		M 50	78		00:01:19	00:11:23	00:25:29.80	00:26:49.15	+00:10:46 (42.2%)	5:05	11.8 (57.8%)
865	KOCIĘCKA Edyta	612		K 20	15		00:01:36	00:12:01	00:25:30.20	00:27:06.95	+00:10:46 (42.2%)	5:06	11.8 (57.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
866	DYCHA Marcin	275	NEW BALANCE RUN CLUB	M 50	79		00:01:36	00:12:16	00:25:31.40	00:27:08.15	+00:10:47 (42.3%)	5:06	11.8 (57.8%)
867	BUGAJ Przemysław	129		M 30	240		00:01:40	00:12:10	00:25:31.95	00:27:12.45	+00:10:48 (42.3%)	5:06	11.8 (57.8%)
868	DYBEK Paweł	1780	PGE ENERGETIC RUNNING	M 40	263		00:01:51		00:25:32.00	00:27:23.00	+00:10:48 (42.3%)	5:06	11.7 (57.4%)
869	WILK Łukasz	1540		M 40	264		00:02:08	00:13:07	00:25:33.30	00:27:41.30	+00:10:49 (42.4%)	5:06	11.7 (57.4%)
870	MICHALCZUK Jarek	899		M 30	241		00:02:27	00:12:59	00:25:33.55	00:28:01.10	+00:10:49 (42.4%)	5:06	11.7 (57.4%)
871	NAGIEL Bartosz	947		M 30	242		00:01:54	00:12:31	00:25:34.40	00:27:29.05	+00:10:50 (42.4%)	5:06	11.7 (57.4%)
872	PRUSAK Marta	1130	TEAM ZABIEGANEDNI	K 40	37	Team ZabieganeDni #2	00:01:45	00:12:23	00:25:35.00	00:27:20.05	+00:10:51 (42.4%)	5:07	11.7 (57.4%)
873	RÓŻAK-RUKUSZEWICZ Magdalena	1200	DZIKIE GRUBASY SZATANA	K 40	38		00:01:31	00:11:55	00:25:35.10	00:27:06.55	+00:10:51 (42.4%)	5:07	11.7 (57.4%)
873	KOŚNIK Alicja	662		K 20	16		00:01:53	00:12:21	00:25:35.10	00:27:28.95	+00:10:51 (42.4%)	5:07	11.7 (57.4%)
873	CHARKO Elżbieta	151	GÓRA BIEGA	K 30	38	Góra Biega	00:01:33	00:12:26	00:25:35.10	00:27:08.25	+00:10:51 (42.4%)	5:07	11.7 (57.4%)
876	SIWCZAK Agnieszka	1264	MORDERCZE OPONKI	K 30	39	Mordercze Oponki	00:01:51	00:12:23	00:25:35.60	00:27:26.60	+00:10:51 (42.4%)	5:07	11.7 (57.4%)
877	STALICA Wojciech	1327		M 50	80		00:02:06	00:12:04	00:25:35.75	00:27:42.20	+00:10:51 (42.5%)	5:07	11.7 (57.4%)
878	PISARSKI Michał	1085		M 40	265		00:01:41	00:12:41	00:25:36.45	00:27:17.60	+00:10:52 (42.5%)	5:07	11.7 (57.4%)
879	FIEDOROWICZ Ewa	303		K 40	39	Pracująca Trójka	00:01:14	00:11:57	00:25:37.30	00:26:51.45	+00:10:53 (42.5%)	5:07	11.7 (57.4%)
880	FIGAT Krzysztof	304		M 40	266		00:01:51	00:12:29	00:25:37.35	00:27:28.50	+00:10:53 (42.5%)	5:07	11.7 (57.4%)
881	SOSIŃSKI Hubert	1319	RUNFORRESTRUN	M 30	243		00:01:58	00:12:21	00:25:38.00	00:27:36.05	+00:10:54 (42.5%)	5:07	11.7 (57.4%)
882	WELSZYNG Piotr	1521		M 40	267		00:01:16	00:11:56	00:25:38.25	00:26:55.00	+00:10:54 (42.5%)	5:07	11.7 (57.4%)
883	SĘDEK Piotr	1240		M 50	81		00:01:52	00:12:32	00:25:38.45	00:27:31.40	+00:10:54 (42.6%)	5:07	11.7 (57.4%)
884	PYZARA Tomasz	1154		M 40	268		00:01:02	00:11:42	00:25:39.30	00:26:42.25	+00:10:55 (42.6%)	5:07	11.7 (57.4%)
885	SHKURENKO Maksym	1929	PEREMOHA	M 40	269		00:01:31	00:11:13	00:25:41.15	00:27:13.10	+00:10:57 (42.7%)	5:08	11.7 (57.4%)
886	LEWANDOWSKA Joanna	777		K 50	12		00:01:49	00:12:08	00:25:41.30	00:27:31.25	+00:10:57 (42.7%)	5:08	11.7 (57.4%)
887	ŻÓŁKOWSKI Marek	1668	TEAM ZABIEGANEDNI	M 60	26	Team ZabieganeDni	00:01:43	00:12:14	00:25:42.00	00:27:25.15	+00:10:58 (42.7%)	5:08	11.7 (57.4%)
888	ZAWIŚLAK Paweł	1637		M 16	33		00:01:25	00:12:41	00:25:42.90	00:27:08.85	+00:10:59 (42.7%)	5:08	11.7 (57.4%)
889	JAŃCZYK Wojciech	1802		M 40	270		00:01:56	00:12:27	00:25:43.10	00:27:39.85	+00:10:59 (42.7%)	5:08	11.7 (57.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
							startu	2.5km					
890	ZAWADKA Marta	1631		K 30	40		00:01:38	00:12:21	00:25:43.95	00:27:22.90	+00:11:00 (42.8%)	5:08	11.7 (57.4%)
891	SZYMAŃSKI Robert	1960	KREWKI URSYNÓW HDK	M 40	271		00:01:49	00:12:21	00:25:44.05	00:27:33.05	+00:11:00 (42.8%)	5:08	11.7 (57.4%)
892	KOSTECKI Hubert	659		M 30	244		00:01:46	00:12:20	00:25:44.60	00:27:31.45	+00:11:00 (42.8%)	5:08	11.7 (57.4%)
893	DUDZIŃSKI Wojciech	600		M 50	82		00:01:50	00:12:03	00:25:44.90	00:27:35.40	+00:11:01 (42.8%)	5:08	11.7 (57.4%)
894	GRECKI Michał	403	PWPW SA	M 30	245		00:01:22	00:12:45	00:25:45.00	00:27:07.50	+00:11:01 (42.8%)	5:09	11.7 (57.4%)
895	TROJANOWSKA Karolina	1969		K 30	41		00:02:34	00:12:18	00:25:45.75	00:28:20.55	+00:11:01 (42.8%)	5:09	11.7 (57.4%)
896	ŁADNY Kacper	1845		M 12	8		00:01:38	00:12:23	00:25:46.15	00:27:24.20	+00:11:02 (42.8%)	5:09	11.6 (56.9%)
897	CHWASTEK Ryszard	177	RATUJMYRYSIE	M 60	27		00:02:05	00:12:21	00:25:46.65	00:27:51.95	+00:11:02 (42.9%)	5:09	11.6 (56.9%)
898	SZYDLIK Mateusz	1956		M 30	246		00:01:36	00:11:48	00:25:46.95	00:27:23.60	+00:11:03 (42.9%)	5:09	11.6 (56.9%)
899	ŚWINIARSKI Adam	1951		M 20	92		00:01:43	00:12:10	00:25:47.30	00:27:30.95	+00:11:03 (42.9%)	5:09	11.6 (56.9%)
900	MASKIEWICZ Arkadiusz	867	ERA RUNNING TEAM	M 50	83		00:01:42	00:12:21	00:25:47.55	00:27:29.60	+00:11:03 (42.9%)	5:09	11.6 (56.9%)
901	JÓŹWIAK Agnieszka	2138		K 40	40		00:00:59	00:11:52	00:25:47.65	00:26:47.40	+00:11:03 (42.9%)	5:09	11.6 (56.9%)
902	GĄTOWSKI Artur	351		M 30	247		00:01:23	00:11:55	00:25:47.85	00:27:11.30	+00:11:04 (42.9%)	5:09	11.6 (56.9%)
903	MARKOWSKA Oktawia	859	BIEGAJ Z DYMKIEM	K 40	41		00:01:28	00:12:07	00:25:48.00	00:27:16.20	+00:11:04 (42.9%)	5:09	11.6 (56.9%)
904	GÓRSKI Hubert	393		M 30	248		00:01:30	00:12:08	00:25:49.20	00:27:19.95	+00:11:05 (43.0%)	5:09	11.6 (56.9%)
905	DĄBROWSKA Katarzyna	1774	WARSAW RUN CLUB	K 50	13	Aktywna Warszawa	00:01:50	00:12:20	00:25:49.25	00:27:39.45	+00:11:05 (43.0%)	5:09	11.6 (56.9%)
906	MIKULSKI Damian	906	TEAM ZABIEGANEDNI	M 40	272	Team ZabieganeDni #4	00:01:49	00:12:32	00:25:49.75	00:27:38.85	+00:11:05 (43.0%)	5:09	11.6 (56.9%)
907	STRZELCZYK Kamil	1357	TEAM ZABIEGANEDNI	M 40	273	Team ZabieganeDni	00:01:47	00:12:23	00:25:49.80	00:27:37.40	+00:11:06 (43.0%)	5:09	11.6 (56.9%)
908	SZYMOR Joanna	1423	SERWIS POJAZDÓW ADAM WOŁKOWYCKI	K 30	42		00:01:48	00:12:23	00:25:50.30	00:27:38.35	+00:11:06 (43.0%)	5:10	11.6 (56.9%)
909	GĄSKA Agnieszka	348	TEAM ZABIEGANEDNI	K 20	17	Team ZabieganeDni	00:01:45	00:12:26	00:25:50.45	00:27:35.75	+00:11:06 (43.0%)	5:10	11.6 (56.9%)
910	NOWICKI Piotr	974		M 40	274		00:01:48	00:12:34	00:25:50.60	00:27:39.40	+00:11:06 (43.0%)	5:10	11.6 (56.9%)
911	BOŻEK Mariusz	108	ORSOME RUNNERS	M 30	249		00:01:50	00:12:21	00:25:51.45	00:27:41.50	+00:11:07 (43.0%)	5:10	11.6 (56.9%)
912	GABRYSZEWSKI Radosław	324		M 30	250		00:01:07	00:12:26	00:25:52.50	00:27:00.20	+00:11:08 (43.1%)	5:10	11.6 (56.9%)
913	KAMIŃSKI Tomasz	535	MARATOŃCZYCY	M 20	93	Maratończycy	00:01:42	00:12:04	00:25:52.60	00:27:35.55	+00:11:08 (43.1%)	5:10	11.6 (56.9%)
914	ŁASZCZYCH Małgorzata	796		K 30	43		00:01:18	00:11:57	00:25:53.10	00:27:11.80	+00:11:09 (43.1%)	5:10	11.6 (56.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
							startu	2.5km					
915	KALINOWSKI Karol	525	KS LEMIESZ TEAM	M 40	275		00:01:22	00:11:52	00:25:53.15	00:27:15.45	+00:11:09 (43.1%)	5:10	11.6 (56.9%)
916	KARPIŃSKA-GROMEK Monika	550	KS LEMIESZ TEAM	K 40	42		00:01:22	00:11:52	00:25:53.55	00:27:16.35	+00:11:09 (43.1%)	5:10	11.6 (56.9%)
917	MOLSKI Andrzej	922		M 50	84		00:01:28	00:11:58	00:25:53.65	00:27:21.85	+00:11:09 (43.1%)	5:10	11.6 (56.9%)
918	OWCZARCZYK Michał	1017		M 40	276		00:01:36	00:11:34	00:25:53.95	00:27:30.70	+00:11:10 (43.1%)	5:10	11.6 (56.9%)
919	UKRAINIEC Bogdan	1975	SC ULTRA	M 60	28		00:01:35	00:12:14	00:25:54.15	00:27:29.25	+00:11:10 (43.1%)	5:10	11.6 (56.9%)
920	BOROWSKI Mikołaj	103		M 30	251		00:01:51	00:12:33	00:25:54.45	00:27:46.40	+00:11:10 (43.1%)	5:10	11.6 (56.9%)
921	KALUZNY Karol	531		M 40	277		00:01:36	00:12:42	00:25:55.55	00:27:31.70	+00:11:11 (43.2%)	5:11	11.6 (56.9%)
922	KALUZNA Justyna	530		K 40	43		00:01:35	00:12:42	00:25:55.95	00:27:31.85	+00:11:12 (43.2%)	5:11	11.6 (56.9%)
923	BORUTA Kamil	106		M 30	252		00:01:52	00:12:23	00:25:56.35	00:27:49.10	+00:11:12 (43.2%)	5:11	11.6 (56.9%)
923	DŁUGOSZ Marta	240		K 30	44		00:01:51	00:12:31	00:25:56.35	00:27:47.55	+00:11:12 (43.2%)	5:11	11.6 (56.9%)
925	PROCHWICZ Jakub	1120	X FIGHT PIASECZNO	M 30	253		00:01:50	00:12:33	00:25:56.40	00:27:46.45	+00:11:12 (43.2%)	5:11	11.6 (56.9%)
926	OCHNIK Kamila	982					00:01:52	00:12:22	00:25:57.05	00:27:49.60	+00:11:13 (43.2%)	5:11	11.6 (56.9%)
927	FABROWICZ Katarzyna	292		K 40	44		00:01:29	00:11:50	00:25:58.20	00:27:27.35	+00:11:14 (43.3%)	5:11	11.6 (56.9%)
928	HAWRYLUK-STASIAK Ewa	427	BIEGUNI 2022	K 60	1		00:01:48	00:12:18	00:25:58.60	00:27:47.05	+00:11:14 (43.3%)	5:11	11.6 (56.9%)
929	WĄSOWSKI Piotr	1518		M 50	85		00:01:29	00:12:07	00:25:58.70	00:27:28.10	+00:11:14 (43.3%)	5:11	11.6 (56.9%)
930	KRATOK Dmitry	689	RUN_WAWA_RUN	M 30	254		00:01:35	00:12:30	00:25:58.85	00:27:34.40	+00:11:15 (43.3%)	5:11	11.6 (56.9%)
931	PAŃCZYK Joanna	1034	THE PAŃCZYKS	K 40	45		00:01:21	00:12:15	00:25:59.55	00:27:21.30	+00:11:15 (43.3%)	5:11	11.5 (56.4%)
932	ULICZNY Michał	1488		M 20	94		00:01:39	00:12:40	00:25:59.70	00:27:39.40	+00:11:15 (43.3%)	5:11	11.5 (56.4%)
933	MYSTKOWSKA Marta	1870		K 30	45		00:02:25	00:11:59	00:25:59.80	00:28:25.25	+00:11:16 (43.3%)	5:11	11.5 (56.4%)
934	ROJEWSKI Mateusz	1189		M 20	95		00:01:30	00:11:47	00:26:00.50	00:27:31.15	+00:11:16 (43.4%)	5:12	11.5 (56.4%)
935	KLUCZYK Antoni	2045	KS GROM	M 12	9		00:01:35	00:11:59	00:26:00.65	00:27:36.35	+00:11:16 (43.4%)	5:12	11.5 (56.4%)
936	STĘPIEŃ Radosław	1345		M 40	278		00:01:21	00:11:53	00:26:01.00	00:27:22.90	+00:11:17 (43.4%)	5:12	11.5 (56.4%)
937	WYBRANIEC Michał	1595		M 40	279		00:01:40	00:12:12	00:26:01.35	00:27:42.05	+00:11:17 (43.4%)	5:12	11.5 (56.4%)
938	ŚLASKA Maria	1285		K 20	18		00:01:30	00:11:29	00:26:01.60	00:27:32.30	+00:11:17 (43.4%)	5:12	11.5 (56.4%)
939	SIRODZKI Zbigniew	1260		M 50	86		00:03:02	00:11:58	00:26:01.65	00:29:03.70	+00:11:17 (43.4%)	5:12	11.5 (56.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
							startu	2.5km					
940	GNIADZIK Rafal	369	DEAF RUNNING	M 40	280	Deaf Running	00:00:59	00:12:23	00:26:01.75	00:27:01.30	+00:11:17 (43.4%)	5:12	11.5 (56.4%)
941	WOLKOWYCKI Adam	1575	SERWIS POJAZDÓW ADAM WOŁKOWYCKI	M 40	281		00:02:01	00:12:26	00:26:02.20	00:28:03.50	+00:11:18 (43.4%)	5:12	11.5 (56.4%)
942	LACHOWICZ Tomasz	756	WITC	M 20	96		00:00:18	00:11:37	00:26:03.30	00:26:22.05	+00:11:19 (43.5%)	5:12	11.5 (56.4%)
943	KRÓL Patryk	701		M 30	255		00:02:17	00:11:57	00:26:03.35	00:28:21.20	+00:11:19 (43.5%)	5:12	11.5 (56.4%)
944	ZARZYCKA Ola	1627		K 40	46		00:00:32	00:12:00	00:26:04.40	00:26:36.70	+00:11:20 (43.5%)	5:12	11.5 (56.4%)
944	KROSZKA Beata	697	TEAM ZABIEGANEDNI	K 50	14	Team ZabieganeDni	00:01:49	00:12:26	00:26:04.40	00:27:54.00	+00:11:20 (43.5%)	5:12	11.5 (56.4%)
946	ZAKRZEWSKI Mateusz	163		M 20	97		00:02:49	00:11:47	00:26:04.55	00:28:54.15	+00:11:20 (43.5%)	5:12	11.5 (56.4%)
947	NIEDZIÓŁKA Jacek	2141		M 50	87		00:01:28	00:12:45	00:26:05.75	00:27:33.95	+00:11:21 (43.6%)	5:13	11.5 (56.4%)
948	PATEJ Maciej	1720		M 20	98		00:01:33	00:12:43	00:26:06.55	00:27:39.60	+00:11:22 (43.6%)	5:13	11.5 (56.4%)
949	PRZYBYSZ Mateusz	1139		M 20	99		00:01:41	00:12:32	00:26:06.70	00:27:48.05	+00:11:22 (43.6%)	5:13	11.5 (56.4%)
950	FRANCZYK Monika	1785		K 30	46		00:01:57	00:12:08	00:26:07.10	00:28:04.65	+00:11:23 (43.6%)	5:13	11.5 (56.4%)
951	LIAKH Aliaksandr	782		M 30	256		00:01:59	00:12:06	00:26:08.55	00:28:08.25	+00:11:24 (43.7%)	5:13	11.5 (56.4%)
952	JAZNICKI Tomek	483	KS ZNICZ - POWĄZKI	M 50	88		00:01:56	00:12:28	00:26:08.95	00:28:05.90	+00:11:25 (43.7%)	5:13	11.5 (56.4%)
953	BRZOZOWSKI Ernest	118	KS STASZEWSKY	M 40	282	KS Staszewscy	00:01:13	00:12:03	00:26:09.05	00:27:22.70	+00:11:25 (43.7%)	5:13	11.5 (56.4%)
953	SZULC Kasia	1403		K 50	15		00:01:26	00:12:20	00:26:09.05	00:27:35.40	+00:11:25 (43.7%)	5:13	11.5 (56.4%)
955	MARCINKOWSKI Dariusz	853		M 60	29		00:01:57	00:12:32	00:26:09.40	00:28:07.15	+00:11:25 (43.7%)	5:13	11.5 (56.4%)
956	SIWEK Anna	1265		K 40	47		00:01:27	00:11:48	00:26:10.65	00:27:37.90	+00:11:26 (43.7%)	5:14	11.5 (56.4%)
957	LEŚNIAK Krzysztof	775	LEŚNIAKTEAM	M 40	283		00:01:04	00:12:04	00:26:11.05	00:27:15.05	+00:11:27 (43.7%)	5:14	11.5 (56.4%)
958	KOSZUT Wojciech	1824		M 40	284		00:01:56	00:12:37	00:26:11.20	00:28:07.35	+00:11:27 (43.8%)	5:14	11.5 (56.4%)
959	GRUSZKA Jakub	413	TN BIEGÓWKI WESOŁA	M 30	257		00:01:17	00:11:29	00:26:12.05	00:27:29.85	+00:11:28 (43.8%)	5:14	11.5 (56.4%)
960	BRAMSON Piotr	1750		M 40	285		00:00:27	00:11:46	00:26:13.05	00:26:40.25	+00:11:29 (43.8%)	5:14	11.4 (55.9%)
961	JURDECZKA Mirosław	501		M 30	258		00:01:54	00:12:11	00:26:13.35	00:28:08.15	+00:11:29 (43.8%)	5:14	11.4 (55.9%)
962	ZAIDLEWICZ Marek	1612		M 40	286		00:03:19	00:12:39	00:26:13.40	00:29:33.35	+00:11:29 (43.8%)	5:14	11.4 (55.9%)
962	CYBULSKI Dawid	1762		M 20	100		00:02:36	00:12:44	00:26:13.40	00:28:50.10	+00:11:29 (43.8%)	5:14	11.4 (55.9%)
964	MURAWSKA Małgorzata	938	TEAM ZABIEGANEDNI	K 50	16	Team ZabieganeDni	00:01:44	00:12:28	00:26:15.55	00:27:59.75	+00:11:31 (43.9%)	5:15	11.4 (55.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
							startu	2.5km					
965	JĘDRZEJSKA Laura	1805		K 20	19		00:01:44	00:12:19	00:26:15.60	00:28:00.50	+00:11:31 (43.9%)	5:15	11.4 (55.9%)
966	GUTOWSKI Piotr	422		M 20	101		00:01:44	00:12:34	00:26:16.65	00:28:01.35	+00:11:32 (43.9%)	5:15	11.4 (55.9%)
967	GOLISZ Adam	377		M 50	89		00:01:26	00:12:41	00:26:17.05	00:27:43.10	+00:11:33 (44.0%)	5:15	11.4 (55.9%)
968	ZACHUTA Piotr	1606		M 30	259		00:01:56	00:12:22	00:26:18.00	00:28:14.90	+00:11:34 (44.0%)	5:15	11.4 (55.9%)
969	OWCZARCZYK Janek	2071		M 14	21		00:01:12	00:11:59	00:26:18.05	00:27:30.50	+00:11:34 (44.0%)	5:15	11.4 (55.9%)
970	PINDAKIEWICZ Michał	1079		M 50	90		00:01:42	00:12:16	00:26:18.30	00:28:00.70	+00:11:34 (44.0%)	5:15	11.4 (55.9%)
971	GIERSZEWSKI Mariusz	357		M 30	260		00:01:33	00:11:56	00:26:18.40	00:27:52.10	+00:11:34 (44.0%)	5:15	11.4 (55.9%)
972	MAKOWSKI Juliusz	1852		M 30	261		00:01:12	00:12:07	00:26:19.85	00:27:32.45	+00:11:36 (44.1%)	5:15	11.4 (55.9%)
973	ŚWIDERSKI Dariusz	1431	POLYPHARM	M 50	91		00:01:19	00:12:12	00:26:20.65	00:27:40.60	+00:11:36 (44.1%)	5:16	11.4 (55.9%)
974	KIETLIŃSKI Szymon	1814		M 12	10		00:03:08	00:13:12	00:26:20.80	00:29:28.90	+00:11:37 (44.1%)	5:16	11.4 (55.9%)
975	MARCINKOWSKI Krzysztof	1856		M 40	287		00:01:37	00:12:14	00:26:21.25	00:27:58.40	+00:11:37 (44.1%)	5:16	11.4 (55.9%)
976	SKUP Kacper	1281		M 30	262		00:00:46	00:11:18	00:26:21.30	00:27:07.55	+00:11:37 (44.1%)	5:16	11.4 (55.9%)
977	ZABLOCKI Wojciech	1603		M 30	263		00:01:08	00:11:58	00:26:21.65	00:27:29.70	+00:11:37 (44.1%)	5:16	11.4 (55.9%)
978	ROJEWSKA Paulina	1188		K 20	20		00:01:07	00:11:59	00:26:22.10	00:27:29.85	+00:11:38 (44.1%)	5:16	11.4 (55.9%)
979	DĄBROWSKI Daniel	1724		M 40	288		00:01:49	00:12:26	00:26:22.75	00:28:12.65	+00:11:38 (44.2%)	5:16	11.4 (55.9%)
980	AUGUSTYN Łukasz	38	CBRE	M 30	264		00:00:07	00:12:10	00:26:22.90	00:26:30.60	+00:11:39 (44.2%)	5:16	11.4 (55.9%)
981	GIEFERT Sylwia	1788		K 20	21		00:01:45	00:12:19	00:26:23.15	00:28:08.50	+00:11:39 (44.2%)	5:16	11.4 (55.9%)
982	MOTYKA Aleksandra	2068	GÓRA BIEGA	K 14	3	Dragonflies	00:01:31	00:12:04	00:26:23.25	00:27:54.70	+00:11:39 (44.2%)	5:16	11.4 (55.9%)
983	ANTKIEWICZ Weronika	29		K 20	22		00:01:20	00:12:02	00:26:23.40	00:27:43.80	+00:11:39 (44.2%)	5:16	11.4 (55.9%)
984	GRABEK Radosław	1796		M 40	289		00:01:32	00:12:35	00:26:24.05	00:27:56.65	+00:11:40 (44.2%)	5:16	11.4 (55.9%)
985	KOZŁOWSKI Patryk	685	GÓRA BIEGA	M 40	290	Góra Biega	00:01:31	00:12:04	00:26:24.40	00:27:55.65	+00:11:40 (44.2%)	5:16	11.4 (55.9%)
986	TRZASKO Ania	1472	ADIDAS RUNNERS WARSAW	K 30	47		00:01:37	00:12:29	00:26:24.85	00:28:02.60	+00:11:41 (44.2%)	5:16	11.4 (55.9%)
987	BIEDROŃ Dariusz	73	ALUNIO TEAM	M 40	291		00:01:36	00:12:44	00:26:25.10	00:28:01.85	+00:11:41 (44.2%)	5:17	11.4 (55.9%)
988	DZIUBIŃSKI Piotr	288	KDPS	M 30	265		00:01:55	00:12:27	00:26:25.95	00:28:21.70	+00:11:42 (44.3%)	5:17	11.4 (55.9%)
989	KARNEY Krzysztof	548		M 40	292		00:02:48	00:12:45	00:26:26.40	00:29:15.00	+00:11:42 (44.3%)	5:17	11.3 (55.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
							startu	2.5km					
990	MOŚ Tomasz	1867		M 40	293		00:01:52	00:12:42	00:26:27.35	00:28:19.70	+00:11:43 (44.3%)	5:17	11.3 (55.4%)
990	OSTROWSKI Marcin	1013		M 40	294		00:01:37	00:12:51	00:26:27.35	00:28:05.10	+00:11:43 (44.3%)	5:17	11.3 (55.4%)
992	GIECKO Anna	353		K 50	17		00:00:19	00:12:12	00:26:27.75	00:26:47.10	+00:11:43 (44.3%)	5:17	11.3 (55.4%)
993	KRZECZEWSKI Piotr	709		M 30	266		00:02:39	00:12:25	00:26:27.80	00:29:07.05	+00:11:44 (44.3%)	5:17	11.3 (55.4%)
994	CIEŚLIK Emil	2011	ŁÓDŹ KOCHA SPORT	M 16	34	Łódź Kocha Sport	00:02:51	00:13:17	00:26:27.95	00:29:19.30	+00:11:44 (44.3%)	5:17	11.3 (55.4%)
995	MACUTKIEWICZ Izabela	819		K 30	48		00:01:30	00:12:23	00:26:28.05	00:27:58.40	+00:11:44 (44.3%)	5:17	11.3 (55.4%)
996	BRODZKI Jan	112		M 30	267		00:00:59	00:11:43	00:26:29.05	00:27:28.65	+00:11:45 (44.4%)	5:17	11.3 (55.4%)
996	BOGUSZEWSKI Piotr	98		M 40	295		00:03:44	00:12:36	00:26:29.05	00:30:13.75	+00:11:45 (44.4%)	5:17	11.3 (55.4%)
998	SUCHOCKI Konrad	1364		M 30	268		00:02:13	00:12:38	00:26:29.15	00:28:43.05	+00:11:45 (44.4%)	5:17	11.3 (55.4%)
999	WÓJCIK Artur	1587		M 40	296		00:01:24	00:12:03	00:26:29.35	00:27:53.85	+00:11:45 (44.4%)	5:17	11.3 (55.4%)
1000	SOWIAK Grzegorz	1322		M 30	269		00:01:21	00:12:16	00:26:29.40	00:27:50.55	+00:11:45 (44.4%)	5:17	11.3 (55.4%)
1001	CHARCHUŁA Marta	148		K 30	49		00:02:17	00:12:50	00:26:29.95	00:28:47.40	+00:11:46 (44.4%)	5:17	11.3 (55.4%)
1002	FRENKEL Marek	319		M 50	92		00:03:29	00:12:14	00:26:30.20	00:29:59.25	+00:11:46 (44.4%)	5:18	11.3 (55.4%)
1003	JAGUŚ Piotrek	453		M 30	270		00:01:55	00:11:56	00:26:31.05	00:28:26.45	+00:11:47 (44.5%)	5:18	11.3 (55.4%)
1004	PIECZONKA Marcin	1064		M 30	271		00:02:46	00:11:46	00:26:31.30	00:29:17.80	+00:11:47 (44.5%)	5:18	11.3 (55.4%)
1005	JAKÓBCZAK Michał	454		M 20	102		00:01:54	00:12:08	00:26:31.55	00:28:25.75	+00:11:47 (44.5%)	5:18	11.3 (55.4%)
1006	GAJOWNICZEK Artur	333		M 40	297		00:01:05	00:12:30	00:26:32.05	00:27:37.80	+00:11:48 (44.5%)	5:18	11.3 (55.4%)
1007	DUBAN Magdalena	2020		K 14	4		00:01:28		00:26:33.15	00:28:01.95	+00:11:49 (44.5%)	5:18	11.3 (55.4%)
1008	GOLISZ Ewa	376		K 50	18		00:01:25	00:12:32	00:26:33.35	00:27:58.55	+00:11:49 (44.5%)	5:18	11.3 (55.4%)
1009	ŁYSIAK Krzysztof	811	KOTLET POWER TEAM	M 40	298		00:02:13	00:12:14	00:26:34.40	00:28:48.15	+00:11:50 (44.6%)	5:18	11.3 (55.4%)
1010	PODGÓRSKA Aleksandra	67		K 30	50		00:01:35	00:12:01	00:26:34.70	00:28:10.10	+00:11:50 (44.6%)	5:18	11.3 (55.4%)
1011	KALINOWSKI Piotr	524		M 40	299		00:01:40	00:13:00	00:26:34.75	00:28:15.35	+00:11:50 (44.6%)	5:18	11.3 (55.4%)
1012	KNAP Maciej	2046		M 16	35		00:02:41	00:13:52	00:26:35.45	00:29:16.50	+00:11:51 (44.6%)	5:19	11.3 (55.4%)
1013	BANACH Mateusz	44		M 30	272		00:00:50	00:12:31	00:26:35.55	00:27:25.70	+00:11:51 (44.6%)	5:19	11.3 (55.4%)
1014	CHUDECKI Łukasz	176		M 30	273		00:01:05	00:12:30	00:26:36.15	00:27:41.90	+00:11:52 (44.6%)	5:19	11.3 (55.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1015	GIL Wojciech	359	TEAM ZABIEGANEDNI	M 50	93	Team ZabieganeDni	00:00:47	00:12:50	00:26:36.30	00:27:24.25	+00:11:52 (44.6%)	5:19	11.3 (55.4%)
1016	MOKRZANOWSKA Anna	919		K 30	51		00:01:32	00:12:21	00:26:37.30	00:28:10.20	+00:11:53 (44.7%)	5:19	11.3 (55.4%)
1017	RUKUSZEWICZ Wawrzyniec	1206	DZIKIE GRUBASY SZATANA	M 40	300		00:01:32	00:12:36	00:26:37.85	00:28:10.00	+00:11:54 (44.7%)	5:19	11.3 (55.4%)
1018	FRITZ Tomasz	1786		M 40	301		00:01:39	00:12:24	00:26:38.10	00:28:17.90	+00:11:54 (44.7%)	5:19	11.3 (55.4%)
1019	BUDNICKI Grzegorz	127		M 60	30		00:01:11	00:12:28	00:26:38.35	00:27:49.60	+00:11:54 (44.7%)	5:19	11.3 (55.4%)
1020	CHMIELEWSKI Tomasz	160		M 40	302		00:02:39	00:13:10	00:26:38.50	00:29:17.85	+00:11:54 (44.7%)	5:19	11.3 (55.4%)
1021	KUKLA Elzbieta	732	RYSIK RUNNERS	K 50	19		00:01:41	00:12:26	00:26:38.65	00:28:20.00	+00:11:54 (44.7%)	5:19	11.3 (55.4%)
1022	ROGALSKA Justyna	1186		K 30	52		00:02:18	00:12:41	00:26:39.80	00:28:58.15	+00:11:56 (44.8%)	5:19	11.3 (55.4%)
1023	CYNKIER Mieszko	197	TEAM ENVOL POLAND	M 40	303		00:01:53	00:12:49	00:26:42.40	00:28:35.80	+00:11:58 (44.8%)	5:20	11.2 (54.9%)
1024	ANIOŁKOWSKI Krzysztof	27	GRUPA BIEGOWA UM W-WA	M 40	304	Aktywna Warszawa	00:02:40	00:13:15	00:26:42.60	00:29:23.40	+00:11:58 (44.9%)	5:20	11.2 (54.9%)
1025	REGUCKI Fabian	1173		M 16	36		00:02:27	00:12:27	00:26:43.20	00:29:10.30	+00:11:59 (44.9%)	5:20	11.2 (54.9%)
1026	PASZKIEWICZ Alicja	1703		K 20	23		00:01:39	00:12:33	00:26:43.85	00:28:23.65	+00:12:00 (44.9%)	5:20	11.2 (54.9%)
1027	CIEŚLIK Mariusz	188	ŁÓDŹ KOCHA SPORT	M 40	305	Łódź Kocha Sport	00:02:50	00:13:17	00:26:43.95	00:29:34.30	+00:12:00 (44.9%)	5:20	11.2 (54.9%)
1028	SZYMAŃSKA Maja	1414		K 16	4		00:01:48	00:12:24	00:26:44.00	00:28:32.35	+00:12:00 (44.9%)	5:20	11.2 (54.9%)
1029	WINNICKA-MACKENTHUN Agnieszka	1545		K 40	48		00:01:32	00:12:54	00:26:44.30	00:28:16.75	+00:12:00 (44.9%)	5:20	11.2 (54.9%)
1030	CZERNIAWSKA Joanna	1768		K 40	49		00:01:42	00:12:22	00:26:44.35	00:28:26.60	+00:12:00 (44.9%)	5:20	11.2 (54.9%)
1031	KWIATKOWSKA Izabela	754		K 30	53		00:01:49	00:12:36	00:26:44.90	00:28:34.55	+00:12:01 (44.9%)	5:20	11.2 (54.9%)
1032	BIENIAK Ewelina	77		K 30	54		00:01:53	00:12:42	00:26:45.55	00:28:38.90	+00:12:01 (45.0%)	5:21	11.2 (54.9%)
1033	PATER Agnieszka	1891	THE GREEN RUNNERS	K 40	50		00:02:14	00:12:25	00:26:46.50	00:29:00.55	+00:12:02 (45.0%)	5:21	11.2 (54.9%)
1033	CHARMUSZKO Monika	152		K 40	51		00:01:41	00:12:47	00:26:46.50	00:28:27.65	+00:12:02 (45.0%)	5:21	11.2 (54.9%)
1035	CYGAN Anna	194	PATRYCJA DETTLAFF I BLACK HAT ULTRA	K 50	20		00:01:00	00:12:11	00:26:46.80	00:27:47.20	+00:12:03 (45.0%)	5:21	11.2 (54.9%)
1036	PRUSIK Jan	1131		M 30	274		00:02:29	00:12:52	00:26:47.35	00:29:16.80	+00:12:03 (45.0%)	5:21	11.2 (54.9%)
1037	KURZACZ Katarzyna	747	ADIDAS RUNNERS WARSAW	K 50	21	adidas Runners Warsaw	00:01:54	00:12:34	00:26:47.90	00:28:42.70	+00:12:04 (45.0%)	5:21	11.2 (54.9%)
1038	TEMPLER Marek	1443	TEAM ZABIEGANEDNI	M 40	306		00:01:54	00:12:30	00:26:48.05	00:28:42.10	+00:12:04 (45.0%)	5:21	11.2 (54.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1039	GERULA Jakub	352		M 20	103		00:00:11	00:12:26	00:26:48.45	00:27:00.00	+00:12:04 (45.1%)	5:21	11.2 (54.9%)
1039	KWACZYŃSKA Marzena	1832	PZU SPORT TEAM	K 50	22	PZU Sport Team	00:01:55	00:12:41	00:26:48.45	00:28:44.20	+00:12:04 (45.1%)	5:21	11.2 (54.9%)
1041	KRYSIUK Karolina	705		K 20	24		00:01:50	00:12:42	00:26:48.65	00:28:39.15	+00:12:04 (45.1%)	5:21	11.2 (54.9%)
1041	PRASEK Łukasz	1117		M 40	307		00:02:03	00:12:49	00:26:48.65	00:28:52.10	+00:12:04 (45.1%)	5:21	11.2 (54.9%)
1043	PRASEK Agata	1118		K 40	52		00:02:03	00:12:50	00:26:48.80	00:28:51.90	+00:12:05 (45.1%)	5:21	11.2 (54.9%)
1044	STEMPEL Tomasz	1343	MARYSIN WAWERSKI BIEGA	M 40	308		00:01:49	00:12:26	00:26:49.20	00:28:38.50	+00:12:05 (45.1%)	5:21	11.2 (54.9%)
1045	KIETLIŃSKI Maciej	580		M 50	94		00:02:42	00:13:37	00:26:49.30	00:29:32.10	+00:12:05 (45.1%)	5:21	11.2 (54.9%)
1046	TREVOR Arron	1461		M 50	95		00:01:40	00:12:54	00:26:49.40	00:28:29.90	+00:12:05 (45.1%)	5:21	11.2 (54.9%)
1047	OLSZEWSKA Dorota	1000	BRACTWO BIEGOWE BGK	K 40	53	Bractwo Biegowe BGK	00:01:38	00:12:26	00:26:50.70	00:28:29.60	+00:12:06 (45.1%)	5:22	11.2 (54.9%)
1048	KIELISZEK-MĘDREK Monika	577		K 30	55		00:02:55	00:13:51	00:26:51.30	00:29:46.55	+00:12:07 (45.1%)	5:22	11.2 (54.9%)
1049	WOZIŃSKI Patryk	1581		M 30	275		00:02:10	00:13:11	00:26:51.50	00:29:01.60	+00:12:07 (45.2%)	5:22	11.2 (54.9%)
1050	ŚWIDRAK Bartosz	1432		M 30	276		00:01:30	00:12:03	00:26:51.85	00:28:21.90	+00:12:08 (45.2%)	5:22	11.2 (54.9%)
1050	SZYDŁOWSKI Jerzy	1408		M 60	31		00:01:15	00:12:17	00:26:51.85	00:28:07.70	+00:12:08 (45.2%)	5:22	11.2 (54.9%)
1052	GADZIŃSKI Marcin	328		M 20	104		00:02:41	00:12:38	00:26:52.95	00:29:34.30	+00:12:09 (45.2%)	5:22	11.2 (54.9%)
1053	BAK Agata	63		K 30	56		00:02:17	00:12:50	00:26:53.15	00:29:10.35	+00:12:09 (45.2%)	5:22	11.2 (54.9%)
1054	OLSZEWSKI Andrzej	1001	KS STASZEWSCY	M 50	96	KS Staszewscy	00:01:28	00:11:56	00:26:54.20	00:28:22.45	+00:12:10 (45.2%)	5:22	11.2 (54.9%)
1055	KRAWCZYK Juliusz	692		M 20	105		00:01:56	00:12:52	00:26:55.10	00:28:51.70	+00:12:11 (45.3%)	5:23	11.1 (54.4%)
1056	JEMIENIAK Marta	487		K 16	5		00:02:12	00:13:07	00:26:55.25	00:29:07.75	+00:12:11 (45.3%)	5:23	11.1 (54.4%)
1057	SKWIRA Piotr	1936	CHWILAMOMENTTEAM	M 40	309	ChwilaMomentTeam	00:01:17	00:12:17	00:26:55.75	00:28:13.20	+00:12:11 (45.3%)	5:23	11.1 (54.4%)
1058	STOLARSKI Janusz	1351	PARKRUN SŁODOWO WŁOCŁAWEK	M 60	32		00:02:11	00:13:06	00:26:56.10	00:29:07.75	+00:12:12 (45.3%)	5:23	11.1 (54.4%)
1059	MASTALEREK Arkadiusz	869		M 40	310		00:02:33	00:13:26	00:26:57.20	00:29:30.40	+00:12:13 (45.3%)	5:23	11.1 (54.4%)
1060	DZIDA Barbara	281	TEAM ZABIEGANE DNI	K 40	54		00:01:44	00:12:25	00:26:57.70	00:28:42.25	+00:12:13 (45.4%)	5:23	11.1 (54.4%)
1061	PRZEPIÓRA Jacek	1133	ATOMOWE KRASNALE	M 40	311		00:01:40	00:12:07	00:26:58.00	00:28:38.15	+00:12:14 (45.4%)	5:23	11.1 (54.4%)
1062	POMIERNY Dominik	1907	#KUCIAPSKI TEAM	M 40	312	adidas Runners Warsaw	00:00:51	00:12:38	00:26:58.05	00:27:49.05	+00:12:14 (45.4%)	5:23	11.1 (54.4%)
1063	CHRABAŁOWSKI Łukasz	172		M 40	313		00:01:45	00:12:34	00:26:58.20	00:28:44.15	+00:12:14 (45.4%)	5:23	11.1 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
							startu	2.5km					
1064	RYBCHUK Iaroslav	1217		M 20	106	CBRE	00:02:07	00:12:47	00:26:58.65	00:29:06.50	+00:12:14 (45.4%)	5:23	11.1 (54.4%)
1065	GŁADECKA Marzena	363	GÓRA BIEGA	K 40	55	Góra Biega	00:02:10	00:12:51	00:26:59.45	00:29:10.35	+00:12:15 (45.4%)	5:23	11.1 (54.4%)
1066	LECHAŃSKA Aleksandra	1835		K 30	57		00:01:20		00:27:00.25	00:28:20.90	+00:12:16 (45.5%)	5:24	11.1 (54.4%)
1067	BARTOSIAK Beata	53		K 40	56		00:01:44	00:12:36	00:27:01.00	00:28:45.60	+00:12:17 (45.5%)	5:24	11.1 (54.4%)
1068	WIECZOREK Wiktor	1985	BIEGOWY WARIAT RUNNING TEAM	M 14	22	Biegowy Wariat Running Team	00:01:52	00:13:10	00:27:02.60	00:28:54.85	+00:12:18 (45.5%)	5:24	11.1 (54.4%)
1069	WILK Asia	1541		K 16	6		00:02:08	00:13:12	00:27:02.65	00:29:10.70	+00:12:18 (45.5%)	5:24	11.1 (54.4%)
1070	DĘBOWSKA Kinga	234	PAWKO RUNNER TEAM	K 20	25	Pawko Runner Team	00:01:34	00:12:46	00:27:02.85	00:28:37.75	+00:12:19 (45.5%)	5:24	11.1 (54.4%)
1071	FORNALIK Iwona	1784	WITC	K 40	57		00:00:30	00:12:41	00:27:03.55	00:27:34.00	+00:12:19 (45.6%)	5:24	11.1 (54.4%)
1072	BZURA Emilia	143		K 40	58		00:01:49	00:12:29	00:27:03.75	00:28:53.65	+00:12:19 (45.6%)	5:24	11.1 (54.4%)
1073	RYSZKA Bogusław	1924		M 50	97		00:01:37	00:12:37	00:27:03.85	00:28:41.10	+00:12:20 (45.6%)	5:24	11.1 (54.4%)
1074	ŻURAWSKI Paweł	1674	LENIWCE TEAM	M 40	314		00:01:52	00:12:56	00:27:05.20	00:28:57.85	+00:12:21 (45.6%)	5:25	11.1 (54.4%)
1075	GĄSOWSKA-ŚLIWIŃSKA Renata	349	DREAM RUN	K 40	59	Dream Run	00:03:11	00:12:52	00:27:05.75	00:30:16.95	+00:12:21 (45.6%)	5:25	11.1 (54.4%)
1076	WAWRZYNOWSKI Michał	1517		M 30	277		00:01:45	00:12:28	00:27:05.80	00:28:51.25	+00:12:22 (45.6%)	5:25	11.1 (54.4%)
1077	SIARNIEWICZ Łukasz	1244		M 20	107		00:02:15	00:12:30	00:27:05.90	00:29:20.90	+00:12:22 (45.6%)	5:25	11.1 (54.4%)
1077	PRZYBYSZ Krzysztof	82		M 50	98		00:01:35	00:12:54	00:27:05.90	00:28:41.75	+00:12:22 (45.6%)	5:25	11.1 (54.4%)
1079	STEFANKOWSKI Robert	1340		M 30	278		00:02:11	00:13:01	00:27:06.25	00:29:17.30	+00:12:22 (45.7%)	5:25	11.1 (54.4%)
1080	GÓRSKA Sylwia	390	GÓRA BIEGA	K 40	60	Góra Biega	00:02:11	00:12:51	00:27:06.30	00:29:17.30	+00:12:22 (45.7%)	5:25	11.1 (54.4%)
1081	CZERESNIOWSKA Anna	207	ADIDAS RUNNERS WARSAW	K 30	58	adidas Runners Warsaw	00:01:51	00:12:14	00:27:07.85	00:28:59.80	+00:12:24 (45.7%)	5:25	11.1 (54.4%)
1082	DWORAK Marcin	1680		M 50	99		00:02:18	00:13:02	00:27:08.65	00:29:27.60	+00:12:24 (45.7%)	5:25	11.1 (54.4%)
1083	ZABOJSZCZ Tomasz	2123		M 50	100		00:03:29	00:12:33	00:27:09.20	00:30:38.35	+00:12:25 (45.8%)	5:25	11 (53.9%)
1084	KŁĘK Magdalena	603	BEZLITOŚNI	K 40	61		00:02:19	00:12:44	00:27:10.65	00:29:30.10	+00:12:26 (45.8%)	5:26	11 (53.9%)
1085	BOCZARSKI Piotr	94		M 30	279		00:02:06	00:12:52	00:27:10.80	00:29:17.70	+00:12:27 (45.8%)	5:26	11 (53.9%)
1086	SOKOŁOWSKA Aleksandra	2089		K 16	7		00:00:25	00:12:24	00:27:11.70	00:27:37.60	+00:12:27 (45.8%)	5:26	11 (53.9%)
1087	SOKOŁOWSKI Jarosław	1314		M 40	315		00:00:25	00:12:24	00:27:11.75	00:27:37.60	+00:12:27 (45.8%)	5:26	11 (53.9%)
1088	NOWAKOWSKI Rafał	971		M 20	108		00:02:13	00:13:04	00:27:12.10	00:29:26.05	+00:12:28 (45.8%)	5:26	11 (53.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
							startu	2.5km					
1089	WRONA Milena	1997		K 40	62		00:01:52	00:12:43	00:27:12.15	00:29:04.50	+00:12:28 (45.9%)	5:26	11 (53.9%)
1090	KONDRAT Piotr	625		M 60	33		00:01:48	00:12:23	00:27:12.85	00:29:01.10	+00:12:29 (45.9%)	5:26	11 (53.9%)
1091	MĘKARSKI Tomasz	2064		M 16	37		00:02:05	00:13:14	00:27:13.20	00:29:18.20	+00:12:29 (45.9%)	5:26	11 (53.9%)
1092	ZBOCH Joanna	1639		K 50	23		00:01:54	00:13:09	00:27:13.35	00:29:07.85	+00:12:29 (45.9%)	5:26	11 (53.9%)
1093	SKALSKI Marek	1697		M 50	101		00:01:42	00:12:34	00:27:14.00	00:28:56.55	+00:12:30 (45.9%)	5:26	11 (53.9%)
1093	PIECHOCKA Katarzyna	1061	BIEGOWY WARIAT RUNNING TEAM	K 40	63	Biegowy Wariat Running Team	00:01:40	00:12:55	00:27:14.00	00:28:54.85	+00:12:30 (45.9%)	5:26	11 (53.9%)
1095	JEDRKIEWICZ Klara	2035		K 16	8		00:00:27		00:27:14.20	00:27:41.70	+00:12:30 (45.9%)	5:26	11 (53.9%)
1096	DOBRUCH Hanna	245		K 50	24		00:01:09	00:12:31	00:27:14.35	00:28:24.20	+00:12:30 (45.9%)	5:26	11 (53.9%)
1097	TYLUS Jolanta	1481		K 50	25		00:01:09	00:12:43	00:27:15.30	00:28:24.80	+00:12:31 (46.0%)	5:27	11 (53.9%)
1098	PAWLISZ Marcin	1047		M 50	102		00:01:47	00:12:30	00:27:15.90	00:29:03.25	+00:12:32 (46.0%)	5:27	11 (53.9%)
1099	GOLIŃSKI Radosław	375		M 30	280		00:02:06	00:13:15	00:27:16.35	00:29:23.20	+00:12:32 (46.0%)	5:27	11 (53.9%)
1100	HARABIN Kinga	425	RUN CZARNÓW	K 30	59		00:02:16	00:12:35	00:27:16.95	00:29:33.75	+00:12:33 (46.0%)	5:27	11 (53.9%)
1101	REICH Tomasz	1914		M 40	316	NowaWarszawa	00:01:57	00:12:46	00:27:19.10	00:29:16.65	+00:12:35 (46.1%)	5:27	11 (53.9%)
1102	TULEJ Bożena	1476	MKB DREPTAK	K 60	2		00:01:57	00:13:06	00:27:19.15	00:29:17.05	+00:12:35 (46.1%)	5:27	11 (53.9%)
1103	PINKWART Wiktor	1080		M 20	109		00:02:10	00:13:12	00:27:19.20	00:29:29.90	+00:12:35 (46.1%)	5:27	11 (53.9%)
1104	ZACZYK Alicja	1607	MAMA W MARATONIE	K 40	64		00:03:11	00:13:05	00:27:19.25	00:30:31.00	+00:12:35 (46.1%)	5:27	11 (53.9%)
1105	GORAL Piotr	383		M 60	34		00:01:49	00:12:30	00:27:19.60	00:29:09.05	+00:12:35 (46.1%)	5:27	11 (53.9%)
1105	SKROBEK Piotr	1277		M 30	281		00:02:58	00:13:37	00:27:19.60	00:30:17.75	+00:12:35 (46.1%)	5:27	11 (53.9%)
1107	SIKORA Zuzanna	1255	PZU SPORT TEAM	K 40	65	PZU Sport Team	00:01:55	00:12:42	00:27:19.95	00:29:15.55	+00:12:36 (46.1%)	5:27	11 (53.9%)
1108	PASZEWSKA Kornelia	1889		K 20	26		00:02:35	00:12:54	00:27:20.25	00:29:55.65	+00:12:36 (46.1%)	5:28	11 (53.9%)
1109	KORNILUK Piotr	644		M 40	317		00:01:24	00:12:36	00:27:20.60	00:28:45.50	+00:12:36 (46.1%)	5:28	11 (53.9%)
1110	CZECHOWSKI Tomasz	205		M 20	110		00:02:59	00:15:03	00:27:20.75	00:30:20.65	+00:12:36 (46.1%)	5:28	11 (53.9%)
1111	KATNER Tomasz	562		M 40	318		00:01:30	00:12:27	00:27:21.45	00:28:51.75	+00:12:37 (46.2%)	5:28	11 (53.9%)
1112	WNUK Piotr	1564	ROYAL GOLF CLUB WILANÓW	M 50	103	Royal Golf Club Wilanów	00:01:45	00:12:45	00:27:21.50	00:29:06.50	+00:12:37 (46.2%)	5:28	11 (53.9%)
1113	TARNAWSKA Dorota	1438		K 40	66		00:01:04	00:12:29	00:27:22.05	00:28:26.80	+00:12:38 (46.2%)	5:28	11 (53.9%)

Msc	Zawodnik	Numer		Klub	Kategoria	Mkat	Drużyna 1	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
								startu	2.5km					
1114	BRZOZOWSKI Andrzej	119	WKZ		M 60	35		00:02:14	00:13:12	00:27:22.10	00:29:36.75	+00:12:38 (46.2%)	5:28	11 (53.9%)
1115	KLIMEK Marta	596			K 30	60		00:01:10	00:12:25	00:27:22.75	00:28:33.50	+00:12:38 (46.2%)	5:28	11 (53.9%)
1116	OSTRYSZ Magdalena	1015			K 30	61		00:01:59	00:13:09	00:27:23.45	00:29:23.30	+00:12:39 (46.2%)	5:28	11 (53.9%)
1117	TOMASZEWSKI Maciej	1451			M 20	111		00:02:09	00:13:19	00:27:23.70	00:29:33.15	+00:12:39 (46.2%)	5:28	11 (53.9%)
1118	NOWOSIELSKI Bartłomiej	977	LAUBNITZ		M 20	112		00:02:24	00:13:07	00:27:23.75	00:29:47.90	+00:12:39 (46.2%)	5:28	11 (53.9%)
1118	MULARZUK Natalia	937			K 30	62		00:02:09	00:13:11	00:27:23.75	00:29:33.65	+00:12:39 (46.2%)	5:28	11 (53.9%)
1120	ŁAKOMY Katarzyna	793			K 30	63		00:01:24	00:13:00	00:27:24.35	00:28:48.95	+00:12:40 (46.3%)	5:28	10.9 (53.4%)
1121	KASICA Robert	557			M 40	319		00:01:37	00:12:33	00:27:24.40	00:29:01.90	+00:12:40 (46.3%)	5:28	10.9 (53.4%)
1122	GROTEK Karol	411			M 20	113		00:01:18	00:11:41	00:27:24.65	00:28:42.75	+00:12:40 (46.3%)	5:28	10.9 (53.4%)
1123	KOPEĆ Piotr	632			M 40	320		00:02:43	00:13:12	00:27:25.15	00:30:08.60	+00:12:41 (46.3%)	5:29	10.9 (53.4%)
1124	MALANOWSKA Julia	833			K 30	64		00:01:22	00:12:50	00:27:25.35	00:28:47.70	+00:12:41 (46.3%)	5:29	10.9 (53.4%)
1125	ŻÓŁCIŃSKI Waldemar	1667	GRUPA BIEGOWA UM W-WA		M 60	36	Grupa Biegowa UM W-wa	00:01:44	00:13:12	00:27:25.70	00:29:09.85	+00:12:41 (46.3%)	5:29	10.9 (53.4%)
1126	KOWALSKA Katarzyna	1827			K 30	65		00:01:22	00:12:40	00:27:25.75	00:28:48.20	+00:12:41 (46.3%)	5:29	10.9 (53.4%)
1127	CZOPEK Mateusz	1771	BIEGAM, BO MUSZĘ		M 30	282		00:02:10	00:12:55	00:27:25.90	00:29:36.10	+00:12:42 (46.3%)	5:29	10.9 (53.4%)
1128	WÓJTOWICZ Michał	1589			M 20	114		00:02:01	00:13:26	00:27:26.40	00:29:28.30	+00:12:42 (46.3%)	5:29	10.9 (53.4%)
1129	PRYBYSH Dmitri	1132			M 30	283		00:02:20	00:13:31	00:27:26.75	00:29:47.05	+00:12:42 (46.3%)	5:29	10.9 (53.4%)
1130	KOSTRUBAŁA Kacper	660			M 40	321		00:01:57	00:13:11	00:27:28.15	00:29:25.20	+00:12:44 (46.4%)	5:29	10.9 (53.4%)
1131	KRÓL Monika	699	TEAM ZABIEGANEDNI		K 40	67	Team ZabieganeDni #4	00:01:49	00:12:39	00:27:28.70	00:29:17.85	+00:12:44 (46.4%)	5:29	10.9 (53.4%)
1132	KOSTRUBAŁA Lidia	2050			K 14	5		00:01:56	00:13:11	00:27:28.85	00:29:25.25	+00:12:45 (46.4%)	5:29	10.9 (53.4%)
1133	WIECZOREK Michał	1726	BIEGOWY WARIAT RUNNING TEAM		M 40	322	Biegowy Wariat Running Team	00:01:52	00:12:31	00:27:29.10	00:29:21.65	+00:12:45 (46.4%)	5:29	10.9 (53.4%)
1134	SIRY Roman	1262			M 30	284		00:02:17	00:13:17	00:27:31.40	00:29:49.10	+00:12:47 (46.5%)	5:30	10.9 (53.4%)
1135	ZADROŻNY Cyprian	1610			M 40	323		00:01:53	00:12:40	00:27:31.80	00:29:25.75	+00:12:48 (46.5%)	5:30	10.9 (53.4%)
1136	BRODECKI Krzysiek	110			M 40	324		00:02:05	00:13:20	00:27:32.05	00:29:37.90	+00:12:48 (46.5%)	5:30	10.9 (53.4%)
1137	THIEL Monika	1966			K 30	66		00:02:15	00:12:43	00:27:32.50	00:29:48.20	+00:12:48 (46.5%)	5:30	10.9 (53.4%)
1138	FARRALES Ronaldo	1698	PINOYSINPOLAND					00:01:06	00:12:02	00:27:33.40	00:28:39.60	+00:12:49 (46.5%)	5:30	10.9 (53.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1139	CZERWIŃSKA-BLOK Iwona	208		K 30	67		00:02:10	00:13:08	00:27:33.60	00:29:44.15	+00:12:49 (46.6%)	5:30	10.9 (53.4%)
1140	CZERWONKA-KITA Marta	210		K 40	68		00:02:12	00:13:08	00:27:34.25	00:29:46.85	+00:12:50 (46.6%)	5:30	10.9 (53.4%)
1141	ŁAPIŃSKA Patrycja	1846		K 20	27		00:02:05	00:13:18	00:27:34.40	00:29:39.70	+00:12:50 (46.6%)	5:30	10.9 (53.4%)
1142	MALINOWSKI Łukasz	837		M 40	325		00:01:56	00:12:35	00:27:34.45	00:29:31.35	+00:12:50 (46.6%)	5:30	10.9 (53.4%)
1143	KORNAS Agata	641	CSWP RUNNING TEAM	K 20	28	CSWP Running Team	00:01:23	00:12:46	00:27:34.50	00:28:58.15	+00:12:50 (46.6%)	5:30	10.9 (53.4%)
1143	RACZYŃSKI Dominik	1157		M 20	115		00:03:13	00:12:48	00:27:34.50	00:30:47.50	+00:12:50 (46.6%)	5:30	10.9 (53.4%)
1145	SZACKI Wojciech	1375		M 40	326		00:01:07	00:12:24	00:27:35.05	00:28:42.10	+00:12:51 (46.6%)	5:31	10.9 (53.4%)
1146	PATALAS Agnieszka	1890		K 40	69		00:02:29	00:12:49	00:27:35.30	00:30:04.70	+00:12:51 (46.6%)	5:31	10.9 (53.4%)
1147	PROUTY Matthew	1124		M 50	104		00:02:26	00:13:32	00:27:36.20	00:30:02.25	+00:12:52 (46.6%)	5:31	10.9 (53.4%)
1148	PRZEWODOWSKI Sebastian	1135		M 40	327		00:02:09	00:13:22	00:27:36.50	00:29:46.10	+00:12:52 (46.6%)	5:31	10.9 (53.4%)
1149	KILJAŃSKI Radosław	583		M 30	285		00:02:30	00:13:07	00:27:36.55	00:30:07.10	+00:12:52 (46.6%)	5:31	10.9 (53.4%)
1150	ŁASKA Jakub	795		M 20	116		00:02:12	00:13:10	00:27:36.90	00:29:49.20	+00:12:53 (46.7%)	5:31	10.9 (53.4%)
1151	REDA Sławomir	1170	TEAM ZABIEGANEDNI	M 60	37	Team ZabieganeDni	00:02:15	00:13:17	00:27:37.00	00:29:52.90	+00:12:53 (46.7%)	5:31	10.9 (53.4%)
1152	OLKOWSKI Robert	996		M 50	105		00:01:19	00:12:20	00:27:38.20	00:28:57.25	+00:12:54 (46.7%)	5:31	10.9 (53.4%)
1153	DUDEK Mikołaj	268		M 20	117	CBRE	00:02:40	00:13:34	00:27:38.45	00:30:19.10	+00:12:54 (46.7%)	5:31	10.9 (53.4%)
1154	BATOR Zbigniew	59		M 60	38		00:01:37	00:12:57	00:27:38.55	00:29:15.60	+00:12:54 (46.7%)	5:31	10.9 (53.4%)
1155	OSTROWSKA Patrycja	1012		K 20	29		00:01:24	00:12:03	00:27:39.05	00:29:03.75	+00:12:55 (46.7%)	5:31	10.8 (52.9%)
1156	WIECZOREK Iza	1526		K 40	70		00:02:53	00:12:35	00:27:39.20	00:30:32.60	+00:12:55 (46.7%)	5:31	10.8 (52.9%)
1157	REKUS Łukasz	1176		M 30	286		00:01:57	00:13:12	00:27:40.55	00:29:38.20	+00:12:56 (46.8%)	5:32	10.8 (52.9%)
1158	THEODOULOU Nicci	1964		K 50	26		00:01:52	00:12:48	00:27:41.35	00:29:33.80	+00:12:57 (46.8%)	5:32	10.8 (52.9%)
1159	KŁOPOCKI Rafał	605		M 50	106		00:02:44	00:13:26	00:27:42.20	00:30:26.30	+00:12:58 (46.8%)	5:32	10.8 (52.9%)
1160	RUTKOWSKI Tomasz	1212		M 40	328		00:02:40	00:12:55	00:27:43.75	00:30:24.40	+00:12:59 (46.9%)	5:32	10.8 (52.9%)
1161	ZACZYK Jakub	1608		M 40	329		00:02:47	00:13:30	00:27:44.65	00:30:31.85	+00:13:00 (46.9%)	5:32	10.8 (52.9%)
1162	WIERZCHOWIECKI Michał	1530		M 50	107		00:01:55	00:13:00	00:27:44.70	00:29:40.15	+00:13:00 (46.9%)	5:32	10.8 (52.9%)
1163	RYBICKI Marek	1218		M 50	108		00:02:05	00:13:16	00:27:45.20	00:29:50.70	+00:13:01 (46.9%)	5:33	10.8 (52.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1164	KOPEĆ Patrycja	631		K 40	71		00:02:26	00:13:10	00:27:45.25	00:30:11.55	+00:13:01 (46.9%)	5:33	10.8 (52.9%)
1165	HULANICKI Andrzej	441	POLCARD FROM FISERV	M 60	39		00:01:04	00:13:11	00:27:46.40	00:28:51.15	+00:13:02 (47.0%)	5:33	10.8 (52.9%)
1165	WACKO Krzysztof	1502		M 30	287		00:02:48	00:13:11	00:27:46.40	00:30:34.70	+00:13:02 (47.0%)	5:33	10.8 (52.9%)
1167	ZAMORSKI Aleksander	2121		M 14	23		00:02:40	00:11:54	00:27:46.95	00:30:27.60	+00:13:03 (47.0%)	5:33	10.8 (52.9%)
1168	PAWIŃSKI Łukasz	1043		M 30	288		00:01:39	00:13:14	00:27:48.80	00:29:28.65	+00:13:05 (47.0%)	5:33	10.8 (52.9%)
1169	GRABEK Anna	1795	CLV LO	K 40	72		00:01:52	00:13:21	00:27:49.15	00:29:41.55	+00:13:05 (47.1%)	5:33	10.8 (52.9%)
1170	MATYSIAK Agnieszka	881		K 40	73		00:02:04	00:13:17	00:27:49.20	00:29:53.65	+00:13:05 (47.1%)	5:33	10.8 (52.9%)
1171	SIRKO Krzysztof	1259		M 30	289		00:01:44	00:12:37	00:27:49.60	00:29:33.80	+00:13:05 (47.1%)	5:33	10.8 (52.9%)
1172	MISTAK Jacek	1863	REMBERTÓW TEAM	M 40	330		00:02:10	00:13:12	00:27:49.85	00:30:00.30	+00:13:06 (47.1%)	5:33	10.8 (52.9%)
1173	FOK Tomasz	314	ADIDAS RUNNERS WARSAW	M 30	290	adidas Runners Warsaw	00:02:56	00:13:42	00:27:50.05	00:30:46.90	+00:13:06 (47.1%)	5:34	10.8 (52.9%)
1174	ZAJĄC Tomasz	1613		M 30	291		00:02:51	00:13:54	00:27:50.10	00:30:41.90	+00:13:06 (47.1%)	5:34	10.8 (52.9%)
1175	SIERPINSKA Marta	1251		K 50	27		00:00:34	00:12:43	00:27:50.25	00:28:24.50	+00:13:06 (47.1%)	5:34	10.8 (52.9%)
1176	LECHOWICZ Katarzyna	765		K 40	74		00:02:00	00:13:21	00:27:50.40	00:29:51.30	+00:13:06 (47.1%)	5:34	10.8 (52.9%)
1177	WINIARCZYK Łukasz	1542		M 40	331		00:02:15	00:13:11	00:27:51.25	00:30:06.35	+00:13:07 (47.1%)	5:34	10.8 (52.9%)
1178	PATEREK Lena	2075		K 14	6		00:02:04	00:13:18	00:27:51.55	00:29:55.80	+00:13:07 (47.1%)	5:34	10.8 (52.9%)
1179	PATEREK Ada	1041	12TRI.PL	K 40	75		00:02:04	00:13:18	00:27:51.60	00:29:55.85	+00:13:07 (47.1%)	5:34	10.8 (52.9%)
1180	ADAMIAK Dawid	2000		M 14	24		00:01:50	00:12:44	00:27:51.70	00:29:42.35	+00:13:07 (47.1%)	5:34	10.8 (52.9%)
1180	PAŁASIEWICZ Grzegorz	1031		M 60	40		00:01:52	00:13:07	00:27:51.70	00:29:43.80	+00:13:07 (47.1%)	5:34	10.8 (52.9%)
1182	DESKA Leszek	233		M 40	332		00:01:51	00:13:14	00:27:52.00	00:29:43.80	+00:13:08 (47.1%)	5:34	10.8 (52.9%)
1183	KRYSZEWSKA Kaja	706		K 20	30		00:02:10	00:13:15	00:27:52.50	00:30:02.60	+00:13:08 (47.2%)	5:34	10.8 (52.9%)
1184	DESKA Karolina	232		K 40	76		00:01:51	00:13:15	00:27:53.15	00:29:44.65	+00:13:09 (47.2%)	5:34	10.8 (52.9%)
1185	STAROMŁYŃSKI Łukasz	1734		M 40	333		00:02:18	00:13:37	00:27:53.25	00:30:11.50	+00:13:09 (47.2%)	5:34	10.8 (52.9%)
1186	BARNAS Ilona	52		K 40	77		00:02:52	00:13:12	00:27:53.85	00:30:46.50	+00:13:10 (47.2%)	5:34	10.8 (52.9%)
1187	HARABIN Justyna	426		K 30	68		00:02:17	00:13:07	00:27:53.90	00:30:11.05	+00:13:10 (47.2%)	5:34	10.8 (52.9%)
1188	KLAMBOROWSKA Magdalena	589	KB PACE WARSZAWA	K 30	69	KB PACE Warszawa 2	00:01:40	00:12:44	00:27:54.30	00:29:34.70	+00:13:10 (47.2%)	5:34	10.8 (52.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1189	ZATORSKA Agnieszka	1630	KB PACE WARSZAWA	K 20	31	KB PACE Warszawa 2	00:02:34	00:13:31	00:27:54.60	00:30:28.90	+00:13:10 (47.2%)	5:34	10.8 (52.9%)
1190	SOKOŁOWSKA Anna	1311		K 40	78		00:02:05	00:13:06	00:27:54.95	00:30:00.75	+00:13:11 (47.2%)	5:34	10.8 (52.9%)
1191	WÓJCIK Robert	1586		M 40	334		00:02:04	00:13:17	00:27:55.20	00:29:59.35	+00:13:11 (47.2%)	5:35	10.7 (52.5%)
1191	WITKOWSKA Magda	1552		K 40	79		00:03:19	00:13:19	00:27:55.20	00:31:14.25	+00:13:11 (47.2%)	5:35	10.7 (52.5%)
1193	PAŁASIEWICZ Krzysztof	1030		M 40	335		00:02:06	00:13:17	00:27:55.50	00:30:01.65	+00:13:11 (47.3%)	5:35	10.7 (52.5%)
1194	RANKOWSKI Bartosz	1163		M 40	336		00:02:08	00:13:07	00:27:55.95	00:30:04.50	+00:13:12 (47.3%)	5:35	10.7 (52.5%)
1195	ROGAŁA Grzegorz	1916		M 50	109		00:01:46	00:13:03	00:27:56.05	00:29:42.15	+00:13:12 (47.3%)	5:35	10.7 (52.5%)
1196	APANOWICZ Angelika	31		K 40	80		00:02:03	00:13:17	00:27:56.55	00:30:00.30	+00:13:12 (47.3%)	5:35	10.7 (52.5%)
1197	SADŁOWSKA Aleksandra	1225		K 20	32		00:03:04	00:13:04	00:27:57.00	00:31:01.15	+00:13:13 (47.3%)	5:35	10.7 (52.5%)
1198	CIESIELSKI Mateusz	184		M 30	292		00:02:04	00:13:19	00:27:57.05	00:30:01.50	+00:13:13 (47.3%)	5:35	10.7 (52.5%)
1199	PAŚNIK Joanna	1040	JĄCWIĘŻ	K 40	81		00:02:05		00:27:57.10	00:30:02.95	+00:13:13 (47.3%)	5:35	10.7 (52.5%)
1200	JANISZEWSKI Piotr	465		M 40	337		00:02:05	00:13:06	00:27:58.40	00:30:04.20	+00:13:14 (47.3%)	5:35	10.7 (52.5%)
1201	ŻYWIÓŁOWSKA Dorota	1677	BRAK	K 30	70		00:02:42	00:13:21	00:27:59.15	00:30:41.95	+00:13:15 (47.4%)	5:35	10.7 (52.5%)
1202	ROSENBAUM Olga	1193		K 30	71		00:02:11	00:13:09	00:27:59.60	00:30:10.75	+00:13:15 (47.4%)	5:35	10.7 (52.5%)
1203	BUKOWSKI Janusz	137		M 60	41		00:00:25	00:12:56	00:27:59.80	00:28:25.15	+00:13:16 (47.4%)	5:35	10.7 (52.5%)
1204	WAJDA Paweł	1976		M 40	338		00:01:58	00:13:18	00:28:00.25	00:29:58.30	+00:13:16 (47.4%)	5:36	10.7 (52.5%)
1205	MASALSKI Michał	865		M 40	339		00:02:05	00:13:21	00:28:00.90	00:30:06.45	+00:13:17 (47.4%)	5:36	10.7 (52.5%)
1206	REGUŁA Maja	1175		K 40	82		00:00:59	00:13:27	00:28:03.15	00:29:02.30	+00:13:19 (47.5%)	5:36	10.7 (52.5%)
1207	NARTOWSKI Jan	950	MORT!	M 60	42		00:02:43	00:13:10	00:28:03.20	00:30:46.40	+00:13:19 (47.5%)	5:36	10.7 (52.5%)
1208	IWANIUK Marcin	444		M 40	340		00:01:39	00:13:08	00:28:03.55	00:29:43.50	+00:13:19 (47.5%)	5:36	10.7 (52.5%)
1209	DABROWSKI Kuba	217		M 30	293		00:02:36	00:13:51	00:28:03.95	00:30:40.10	+00:13:20 (47.5%)	5:36	10.7 (52.5%)
1210	SOWIŃSKI Edmund	1942	TKKF PŁOCK	M 70	6		00:02:11	00:13:20	00:28:04.05	00:30:16.00	+00:13:20 (47.5%)	5:36	10.7 (52.5%)
1211	MALER Władysław	834	NEW BALANCE RUN CLUB	M 70	7		00:01:50	00:13:26	00:28:06.15	00:29:57.10	+00:13:22 (47.6%)	5:37	10.7 (52.5%)
1212	ŻÓŁKOWSKI Rafał	2134	RUN % FUN	M 30	294	Run % Fun	00:03:02	00:13:09	00:28:07.35	00:31:09.80	+00:13:23 (47.6%)	5:37	10.7 (52.5%)
1213	MADEJ Grzegorz	823	GÓRA BIEGA	M 40	341	Dragonflies	00:03:10	00:12:58	00:28:08.25	00:31:18.35	+00:13:24 (47.6%)	5:37	10.7 (52.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1214	MOSTOWSKI Grzegorz	927		M 30	295		00:01:43		00:28:08.35	00:29:52.25	+00:13:24 (47.7%)	5:37	10.7 (52.5%)
1215	CHRÓST Patrycja	1756		K 20	33		00:02:07	00:12:31	00:28:10.35	00:30:17.40	+00:13:26 (47.7%)	5:38	10.7 (52.5%)
1216	MĘKARSKA Marta	895		K 20	34		00:02:05	00:13:15	00:28:10.85	00:30:15.85	+00:13:27 (47.7%)	5:38	10.7 (52.5%)
1217	DUDKIEWICZ Katarzyna	1779	MAGO	K 30	72		00:03:13	00:12:36	00:28:11.30	00:31:24.45	+00:13:27 (47.7%)	5:38	10.6 (52.0%)
1217	POTOCZNA Ewa	1910		K 30	73		00:03:13	00:12:36	00:28:11.30	00:31:24.45	+00:13:27 (47.7%)	5:38	10.6 (52.0%)
1219	KLIMAS Marcin	595		M 50	110		00:01:55	00:12:54	00:28:12.20	00:30:07.45	+00:13:28 (47.8%)	5:38	10.6 (52.0%)
1220	RADECKA Zofia	2082		K 12	2		00:03:39	00:13:16	00:28:12.75	00:31:51.90	+00:13:28 (47.8%)	5:38	10.6 (52.0%)
1221	TOMCZAK Karol	1453		M 20	118		00:02:46	00:13:36	00:28:14.20	00:31:00.60	+00:13:30 (47.8%)	5:38	10.6 (52.0%)
1222	MĘDEL Marta	894		K 40	83		00:02:45	00:13:16	00:28:14.30	00:31:00.05	+00:13:30 (47.8%)	5:38	10.6 (52.0%)
1223	GRZYBOWSKI Bartosz	1707	DECATHLON	M 20	119	Decathlon	00:02:13	00:13:15	00:28:14.55	00:30:28.30	+00:13:30 (47.8%)	5:38	10.6 (52.0%)
1224	NOWAKOWSKI Kamil	972	CBRE	M 30	296		00:02:43	00:13:23	00:28:14.80	00:30:57.90	+00:13:31 (47.9%)	5:38	10.6 (52.0%)
1225	LEGAN Martyna	766	CBRE	K 30	74		00:02:48	00:13:26	00:28:16.75	00:31:04.95	+00:13:32 (47.9%)	5:39	10.6 (52.0%)
1226	MĘŻYŃSKI Grzegorz	896		M 40	342		00:02:58	00:13:35	00:28:17.05	00:31:15.90	+00:13:33 (47.9%)	5:39	10.6 (52.0%)
1227	SKONIECZNY Andrzej	1276		M 50	111		00:00:57	00:12:48	00:28:17.55	00:29:15.15	+00:13:33 (47.9%)	5:39	10.6 (52.0%)
1228	WELTER Szymon	1982		M 20	120		00:03:00	00:12:31	00:28:20.15	00:31:20.85	+00:13:36 (48.0%)	5:40	10.6 (52.0%)
1229	DYMEL Andrzej	278	MARKOWI BIEGACZE	M 70	8		00:00:15	00:12:32	00:28:20.25	00:28:35.50	+00:13:36 (48.0%)	5:40	10.6 (52.0%)
1230	SMOLOKOWSKA Iza	1298		K 50	28		00:02:53	00:13:18	00:28:20.45	00:31:13.50	+00:13:36 (48.0%)	5:40	10.6 (52.0%)
1231	KLEMENSOWICZ Paweł	593		M 20	121		00:02:36	00:13:47	00:28:20.60	00:30:56.70	+00:13:36 (48.0%)	5:40	10.6 (52.0%)
1232	WYSOCKA Magdalena	1597		K 30	75		00:02:00	00:13:04	00:28:20.65	00:30:20.80	+00:13:36 (48.0%)	5:40	10.6 (52.0%)
1233	BOROWIŃSKA Aleksandra	102		K 20	35		00:02:09	00:13:19	00:28:21.25	00:30:31.20	+00:13:37 (48.0%)	5:40	10.6 (52.0%)
1234	SOCHA Paweł	1306	12TRI.PL	M 30	297		00:02:57	00:13:34	00:28:21.95	00:31:18.95	+00:13:38 (48.1%)	5:40	10.6 (52.0%)
1235	ZDANOWICZ Paweł	1641		M 40	343		00:02:07	00:13:22	00:28:22.25	00:30:29.90	+00:13:38 (48.1%)	5:40	10.6 (52.0%)
1236	GARGAS-MARUT Małgorzata	339	PZU SPORT TEAM	K 40	84		00:02:08	00:13:10	00:28:22.35	00:30:30.70	+00:13:38 (48.1%)	5:40	10.6 (52.0%)
1237	BANASZKIEWICZ Jakub	49	YUMMY BANANA	M 20	122	yummy banana	00:02:23	00:13:40	00:28:22.45	00:30:45.80	+00:13:38 (48.1%)	5:40	10.6 (52.0%)
1238	SKRZYPCZAK Błażej	1934		M 20	123		00:02:27	00:14:49	00:28:22.65	00:30:50.45	+00:13:38 (48.1%)	5:40	10.6 (52.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
							startu	2.5km					
1239	WUJEC Paweł	1594		M 50	112		00:02:15	00:13:40	00:28:22.95	00:30:38.85	+00:13:39 (48.1%)	5:40	10.6 (52.0%)
1240	GÓRZYŃSKA Anna	395		K 40	85		00:01:21	00:12:46	00:28:23.05	00:29:44.40	+00:13:39 (48.1%)	5:40	10.6 (52.0%)
1240	MILLER Gabriela	908	YUMMY BANANA			yummy banana	00:02:23	00:13:41	00:28:23.05	00:30:46.30	+00:13:39 (48.1%)	5:40	10.6 (52.0%)
1242	SULEJ Anna	1367	PZU SPORT TEAM	K 30	76		00:02:08	00:13:10	00:28:23.10	00:30:31.85	+00:13:39 (48.1%)	5:40	10.6 (52.0%)
1243	DZIĘCIOŁ Artur	285		M 20	124	CBRE	00:02:58	00:13:32	00:28:23.90	00:31:22.50	+00:13:40 (48.1%)	5:40	10.6 (52.0%)
1244	ADAMUS Katarzyna	17	DECATHLON	K 40	86	Decathlon	00:02:12	00:13:16	00:28:24.30	00:30:36.90	+00:13:40 (48.1%)	5:40	10.6 (52.0%)
1245	MAZUR Paweł	885		M 40	344		00:02:43	00:13:47	00:28:25.15	00:31:09.05	+00:13:41 (48.2%)	5:41	10.6 (52.0%)
1246	SIENKIEWICZ Dominik	1701		M 12	11		00:00:35	00:13:49	00:28:26.10	00:29:01.65	+00:13:42 (48.2%)	5:41	10.6 (52.0%)
1247	HULANICKA Irina	440	POLCARD FROM FISERV	K 60	3		00:01:05	00:13:16	00:28:26.50	00:29:31.50	+00:13:42 (48.2%)	5:41	10.6 (52.0%)
1248	OLIWQ Kamil	994	ARENA				00:02:01	00:12:53	00:28:26.55	00:30:28.15	+00:13:42 (48.2%)	5:41	10.6 (52.0%)
1249	SZAFRAN Czesław	1379		M 70	9		00:01:45	00:13:13	00:28:27.25	00:30:13.00	+00:13:43 (48.2%)	5:41	10.5 (51.5%)
1250	LASZCZKA Renata	762	ADIDAS RUNNERS WARSAW	K 40	87	adidas Runners Warsaw	00:02:15	00:13:21	00:28:27.45	00:30:42.80	+00:13:43 (48.2%)	5:41	10.5 (51.5%)
1250	MISIORNY Magdalena	911		K 40	88		00:02:37	00:13:48	00:28:27.45	00:31:05.25	+00:13:43 (48.2%)	5:41	10.5 (51.5%)
1252	GŁOWACKA Patrycja	2026		K 16	9		00:01:50	00:13:28	00:28:28.20	00:30:18.70	+00:13:44 (48.3%)	5:41	10.5 (51.5%)
1253	SZEWczyk Zuzanna	2097		K 16	10		00:01:50	00:13:28	00:28:28.30	00:30:18.65	+00:13:44 (48.3%)	5:41	10.5 (51.5%)
1254	PERLAN Robert	1052	LESZNO TEAM	M 40	345	Leszno Team	00:02:38	00:13:53	00:28:29.25	00:31:07.35	+00:13:45 (48.3%)	5:41	10.5 (51.5%)
1255	KUBASZCZYK Agnieszka	714		K 30	77		00:02:35	00:12:52	00:28:30.25	00:31:06.10	+00:13:46 (48.3%)	5:42	10.5 (51.5%)
1256	BAGLAJ Magdalena	40		K 30	78		00:01:31	00:13:07	00:28:30.30	00:30:02.15	+00:13:46 (48.3%)	5:42	10.5 (51.5%)
1257	ŚWIDERSKA Dorota	1430		K 30	79		00:02:07	00:13:16	00:28:30.50	00:30:38.35	+00:13:46 (48.3%)	5:42	10.5 (51.5%)
1258	KHAMUTOU Pavel	1807		M 20	125		00:01:31	00:13:03	00:28:30.55	00:30:02.20	+00:13:46 (48.3%)	5:42	10.5 (51.5%)
1259	ORDAK Małgorzata	1002		K 30	80		00:02:46	00:13:34	00:28:31.00	00:31:17.35	+00:13:47 (48.3%)	5:42	10.5 (51.5%)
1260	WIERZEJSKI Piotr	145		M 40	346		00:01:38	00:12:16	00:28:31.05	00:30:09.15	+00:13:47 (48.3%)	5:42	10.5 (51.5%)
1261	ŻURAWSKI Dominik	2136		M 40	347		00:02:38	00:13:32	00:28:31.35	00:31:09.90	+00:13:47 (48.4%)	5:42	10.5 (51.5%)
1262	KONATOWICZ Iwona	624	ADIDAS RUNNERS WARSAW	K 40	89	adidas Runners Warsaw	00:02:09	00:13:08	00:28:31.50	00:30:41.40	+00:13:47 (48.4%)	5:42	10.5 (51.5%)
1263	WASIULEWSKI Wojciech	1513		M 30	298		00:02:24	00:13:51	00:28:32.60	00:30:57.35	+00:13:48 (48.4%)	5:42	10.5 (51.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
							startu	2.5km					
1264	CZUK Przemyslaw	213		M 40	348		00:02:38	00:13:38	00:28:33.45	00:31:12.05	+00:13:49 (48.4%)	5:42	10.5 (51.5%)
1265	KONKOWSKA Joanna	627	TEAM ZABIEGANEDNI	K 50	29		00:01:50	00:13:27	00:28:33.90	00:30:24.75	+00:13:50 (48.4%)	5:42	10.5 (51.5%)
1266	CZUK Maksymilian	2012		M 12	12		00:02:38	00:13:38	00:28:34.40	00:31:12.90	+00:13:50 (48.4%)	5:42	10.5 (51.5%)
1267	OKULANIS Mateusz	988		M 20	126		00:02:33	00:13:56	00:28:34.50	00:31:08.45	+00:13:50 (48.5%)	5:42	10.5 (51.5%)
1268	SZANIAWSKI Michał	1384	#TEAMSZANIA	M 40	349		00:02:09	00:13:37	00:28:35.20	00:30:44.65	+00:13:51 (48.5%)	5:43	10.5 (51.5%)
1269	PUDŁOWSKA Iwona	1145		K 30	81		00:01:16	00:13:12	00:28:35.35	00:29:52.20	+00:13:51 (48.5%)	5:43	10.5 (51.5%)
1270	XU Yiwei	1709		M 30	299		00:00:59	00:11:59	00:28:35.40	00:29:34.90	+00:13:51 (48.5%)	5:43	10.5 (51.5%)
1271	KALITA Jakub	527		M 20	127		00:01:17	00:12:09	00:28:36.75	00:29:54.40	+00:13:52 (48.5%)	5:43	10.5 (51.5%)
1272	TALAJKO Dorota	1437		K 40	90		00:00:35	00:13:18	00:28:36.90	00:29:12.80	+00:13:53 (48.5%)	5:43	10.5 (51.5%)
1272	MĘŻYŃSKI Mateusz	2065		M 12	13		00:02:34	00:13:59	00:28:36.90	00:31:11.75	+00:13:53 (48.5%)	5:43	10.5 (51.5%)
1274	CZEKAJ Tomasz	1766		M 40	350		00:02:13	00:13:17	00:28:37.10	00:30:50.30	+00:13:53 (48.5%)	5:43	10.5 (51.5%)
1275	LASKUS Anna	761		K 40	91		00:01:24	00:13:14	00:28:37.25	00:30:01.45	+00:13:53 (48.5%)	5:43	10.5 (51.5%)
1276	WASZKIEWICZ Wojtek	1514		M 30	300		00:02:50	00:14:35	00:28:37.95	00:31:28.10	+00:13:54 (48.6%)	5:43	10.5 (51.5%)
1277	MARCZEWSKI Stanisław	856	STEGNY POŁUDNIE	M 40	351		00:01:37	00:12:37	00:28:38.70	00:30:16.20	+00:13:54 (48.6%)	5:43	10.5 (51.5%)
1278	DĄBROWSKI Jacek	224	BIEGOWY WARIAT RUNNING TEAM	M 50	113		00:01:41	00:13:02	00:28:39.65	00:30:21.00	+00:13:55 (48.6%)	5:43	10.5 (51.5%)
1279	SIWEK Agnieszka	1266	BIEGAJĄCE ZĄBKI	K 30	82		00:02:29	00:12:54	00:28:40.70	00:31:09.90	+00:13:56 (48.6%)	5:44	10.5 (51.5%)
1280	SZULAWSKI Robert	1402	GSD.RUNNERS	M 50	114		00:00:51	00:12:15	00:28:40.80	00:29:32.60	+00:13:57 (48.6%)	5:44	10.5 (51.5%)
1281	KNAP Jakub	2047		M 12	14		00:02:40	00:13:59	00:28:41.10	00:31:21.85	+00:13:57 (48.6%)	5:44	10.5 (51.5%)
1282	KNAP Radoslaw	608		M 40	352		00:02:40	00:13:59	00:28:41.50	00:31:21.60	+00:13:57 (48.7%)	5:44	10.5 (51.5%)
1283	MĘDEL Cezary	893		M 50	115		00:02:18	00:13:43	00:28:41.60	00:31:00.05	+00:13:57 (48.7%)	5:44	10.5 (51.5%)
1284	CHOJNOWSKI Andrzej	166	BIEGAM NA TARCHOMINIE	M 40	353		00:01:51	00:13:05	00:28:41.65	00:30:33.20	+00:13:57 (48.7%)	5:44	10.5 (51.5%)
1285	RUCYK Justyna	1203		K 40	92	Biegam Dobrze dla Fundacji SYNAPSIS	00:02:03	00:13:18	00:28:42.35	00:30:46.30	+00:13:58 (48.7%)	5:44	10.5 (51.5%)
1286	GŁODEK Adam	365	AIOA	M 30	301		00:02:46	00:13:57	00:28:43.40	00:31:29.70	+00:13:59 (48.7%)	5:44	10.4 (51.0%)
1287	DOLATA Ewa	1777		K 20	36		00:02:37	00:12:54	00:28:43.45	00:31:20.90	+00:13:59 (48.7%)	5:44	10.4 (51.0%)
1288	GRZESZAK Weronika	10	-	K 30	83		00:01:49	00:13:01	00:28:44.65	00:30:33.95	+00:14:00 (48.8%)	5:44	10.4 (51.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
							startu	2.5km					
1289	ANKIEWICZ Wojtek	28		M 40	354		00:03:26	00:12:40	00:28:45.00	00:32:11.10	+00:14:01 (48.8%)	5:45	10.4 (51.0%)
1290	KLUCZYK Piotr	601	KS GROM	M 30	302		00:01:36	00:13:25	00:28:46.20	00:30:22.55	+00:14:02 (48.8%)	5:45	10.4 (51.0%)
1291	KARCZEWSKA Marta	1873	KS ATAK AGRYKOLA	K 14	7		00:01:54	00:13:17	00:28:47.10	00:30:41.10	+00:14:03 (48.8%)	5:45	10.4 (51.0%)
1292	KĘDZIA-STĘPKOWSKI Piotr	569		M 50	116		00:02:13	00:14:10	00:28:47.15	00:31:00.30	+00:14:03 (48.8%)	5:45	10.4 (51.0%)
1293	DUBEK Michał	264		M 40	355		00:02:54	00:13:50	00:28:47.70	00:31:42.20	+00:14:03 (48.8%)	5:45	10.4 (51.0%)
1294	URBAŃSKA-STĄNCZUK Maria	1495		K 20	37		00:02:47	00:13:16	00:28:48.10	00:31:35.80	+00:14:04 (48.9%)	5:45	10.4 (51.0%)
1295	WASILEWSKA Małgorzata	1979		K 40	93		00:03:00	00:13:17	00:28:49.50	00:31:50.15	+00:14:05 (48.9%)	5:45	10.4 (51.0%)
1296	DOMŻAŁA Katarzyna	252	TEAM ZABIEGANEDNI	K 20	38		00:01:46	00:12:34	00:28:49.70	00:30:36.25	+00:14:05 (48.9%)	5:45	10.4 (51.0%)
1297	WIŚNIEWSKA Magdalena	1548		K 40	94		00:02:35	00:13:59	00:28:49.85	00:31:25.45	+00:14:06 (48.9%)	5:45	10.4 (51.0%)
1298	KŁOPOCKA Anna	604		K 50	30		00:02:44	00:13:26	00:28:50.70	00:31:35.10	+00:14:06 (48.9%)	5:46	10.4 (51.0%)
1299	OLKOWSKA Zofia	995		K 30	84		00:02:36	00:13:55	00:28:51.25	00:31:27.35	+00:14:07 (49.0%)	5:46	10.4 (51.0%)
1300	SKRZYŃSKA Emilia	1279		K 30	85		00:02:02	00:13:31	00:28:51.50	00:30:54.45	+00:14:07 (49.0%)	5:46	10.4 (51.0%)
1301	KORYCKA Klaudia	651		K 20	39		00:01:42	00:12:48	00:28:51.85	00:30:34.55	+00:14:08 (49.0%)	5:46	10.4 (51.0%)
1302	MAREK Michał	858		M 30	303		00:02:43	00:13:48	00:28:52.25	00:31:35.40	+00:14:08 (49.0%)	5:46	10.4 (51.0%)
1303	JESIONOWSKI Marcin	489		M 40	356		00:01:14	00:12:04	00:28:53.10	00:30:07.95	+00:14:09 (49.0%)	5:46	10.4 (51.0%)
1304	KRULAK Gabrysia	2051	KRULACZKI TEAM	K 12	3		00:01:30	00:12:53	00:28:53.45	00:30:23.60	+00:14:09 (49.0%)	5:46	10.4 (51.0%)
1305	STASZEWSKI Janusz	1339		M 50	117		00:03:13	00:13:35	00:28:54.70	00:32:08.05	+00:14:10 (49.1%)	5:46	10.4 (51.0%)
1306	DOSTOJEWSKI Piotr	254		M 40	357		00:01:56	00:12:53	00:28:54.85	00:30:51.80	+00:14:11 (49.1%)	5:46	10.4 (51.0%)
1307	FROM Konrad	320	WARSAW RUN CLUB	M 40	358		00:02:08	00:13:19	00:28:55.05	00:31:03.05	+00:14:11 (49.1%)	5:47	10.4 (51.0%)
1308	SOBONSKA Katarzyna	1304	CBRE	K 30	86		00:02:43	00:13:44	00:28:55.20	00:31:38.70	+00:14:11 (49.1%)	5:47	10.4 (51.0%)
1309	MARCINKIEWICZ Wojciech	852	BIEGUSTATORZY	M 30	304		00:02:36	00:13:54	00:28:55.50	00:31:31.90	+00:14:11 (49.1%)	5:47	10.4 (51.0%)
1310	GRECZEK Anna	404		K 30	87		00:02:46	00:13:27	00:28:55.70	00:31:41.85	+00:14:11 (49.1%)	5:47	10.4 (51.0%)
1310	NIKLIŃSKI Dominik	150		M 40	359		00:02:16	00:13:38	00:28:55.70	00:31:11.75	+00:14:11 (49.1%)	5:47	10.4 (51.0%)
1312	JODŁOWSKI Rafał	494	MYSZORY	M 30	305		00:01:42	00:13:45	00:28:56.80	00:30:38.95	+00:14:13 (49.1%)	5:47	10.4 (51.0%)
1313	WITEK Szymon	2107		M 14	25		00:02:12	00:14:08	00:28:56.90	00:31:08.95	+00:14:13 (49.1%)	5:47	10.4 (51.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
							startu	2.5km					
1314	TLAK Tomasz	1445		M 40	360		00:01:32	00:12:51	00:28:57.10	00:30:29.65	+00:14:13 (49.1%)	5:47	10.4 (51.0%)
1315	JODŁOWSKA Anna	493	MYSZORY	K 50	31		00:01:41	00:13:45	00:28:57.40	00:30:39.15	+00:14:13 (49.1%)	5:47	10.4 (51.0%)
1316	KARCZMARCZYK Paweł	545		M 30	306		00:01:46	00:13:17	00:28:57.85	00:30:44.10	+00:14:14 (49.1%)	5:47	10.4 (51.0%)
1317	BOGUSZ Weronika	97		K 20	40		00:02:09	00:13:12	00:28:58.00	00:31:07.15	+00:14:14 (49.1%)	5:47	10.4 (51.0%)
1318	ŚWISTAK Ania	2100		K 16	11		00:02:59	00:13:35	00:28:59.85	00:31:59.00	+00:14:16 (49.2%)	5:47	10.4 (51.0%)
1319	PODGRODZKI Paweł	1096		M 40	361		00:01:37	00:13:14	00:29:00.05	00:30:37.20	+00:14:16 (49.2%)	5:48	10.3 (50.5%)
1320	SŁĄBA Paulina	1287		K 30	88		00:02:59	00:13:46	00:29:00.20	00:31:59.90	+00:14:16 (49.2%)	5:48	10.3 (50.5%)
1321	JANCAK Katarzyna	462		K 30	89		00:01:36	00:13:14	00:29:00.30	00:30:37.05	+00:14:16 (49.2%)	5:48	10.3 (50.5%)
1322	JAGODZIŃSKI Kamil	452		M 30	307		00:01:43	00:13:02	00:29:00.90	00:30:44.35	+00:14:17 (49.2%)	5:48	10.3 (50.5%)
1323	KNYZIAK Jakub	2017	FUNDACJA MORSY WOŁOMIN KOBYŁKA	M 12	15		00:01:03	00:12:59	00:29:01.60	00:30:04.90	+00:14:17 (49.3%)	5:48	10.3 (50.5%)
1324	ADAMCZYK Julia	13	RUNS IN THE FAMILY	K 20	41		00:02:08	00:13:59	00:29:01.95	00:31:10.50	+00:14:18 (49.3%)	5:48	10.3 (50.5%)
1325	FONGANG Simon	317		M 20	128		00:02:50	00:13:35	00:29:03.30	00:31:54.05	+00:14:19 (49.3%)	5:48	10.3 (50.5%)
1326	HOLDENMAJER Cezary	1800		M 50	118		00:02:30	00:14:12	00:29:03.60	00:31:33.70	+00:14:19 (49.3%)	5:48	10.3 (50.5%)
1327	WASILEWSKA-CICHOPEK Karolina	1510		K 30	90		00:01:58	00:13:27	00:29:04.25	00:31:03.00	+00:14:20 (49.3%)	5:48	10.3 (50.5%)
1328	SOKHAN Olena	1309		K 20	42	ITMRun	00:01:19	00:12:58	00:29:04.55	00:30:24.50	+00:14:20 (49.3%)	5:48	10.3 (50.5%)
1329	GAWRYSZEWSKI Grzegorz	345		M 30	308		00:02:20	00:13:46	00:29:04.75	00:31:25.40	+00:14:20 (49.3%)	5:48	10.3 (50.5%)
1330	SAHAJDAK Iwona	1230		K 30	91		00:02:19	00:13:46	00:29:05.30	00:31:25.25	+00:14:21 (49.4%)	5:49	10.3 (50.5%)
1331	SZYMAŃCZAK Magdalena	1959		K 40	95		00:01:01	00:13:08	00:29:06.95	00:30:08.40	+00:14:23 (49.4%)	5:49	10.3 (50.5%)
1332	SEGIET Rafał	1237		M 30	309		00:02:59	00:13:43	00:29:08.55	00:32:08.05	+00:14:24 (49.5%)	5:49	10.3 (50.5%)
1333	ŚWINIARSKI Emil	1729		M 20	129		00:02:06	00:13:07	00:29:08.70	00:31:14.80	+00:14:24 (49.5%)	5:49	10.3 (50.5%)
1334	MICOREK Maja	1859	PARASPORTOWI	K 20	43	ParaSportowi	00:02:41	00:14:21	00:29:08.75	00:31:50.40	+00:14:24 (49.5%)	5:49	10.3 (50.5%)
1335	STAŃCZAK Dominika	1335	TEAM ZABIEGANEDNI	K 40	96	Team ZabieganeDni	00:02:41	00:14:22	00:29:08.95	00:31:50.65	+00:14:25 (49.5%)	5:49	10.3 (50.5%)
1336	CZARKOWSKI Dariusz	201		M 40	362	Pracująca Trójka	00:01:20	00:13:09	00:29:09.15	00:30:29.55	+00:14:25 (49.5%)	5:49	10.3 (50.5%)
1337	KOWALSKA Paulina	673		K 40	97		00:01:25	00:13:19	00:29:09.35	00:30:35.30	+00:14:25 (49.5%)	5:49	10.3 (50.5%)
1338	GÓRAL Tadeusz	384	KKB	M 50	119		00:01:02	00:14:10	00:29:09.80	00:30:12.40	+00:14:26 (49.5%)	5:49	10.3 (50.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
							startu	2.5km					
1339	KRULAK Marzena	703	KRULACZKI TEAM	K 40	98		00:02:50	00:13:59	00:29:10.05	00:32:00.50	+00:14:26 (49.5%)	5:50	10.3 (50.5%)
1340	WITEK Lena	2106		K 16	12		00:02:11	00:13:49	00:29:10.40	00:31:21.60	+00:14:26 (49.5%)	5:50	10.3 (50.5%)
1341	GROCHOWSKA Magdalena	408		K 30	92		00:02:21	00:14:22	00:29:10.90	00:31:32.35	+00:14:27 (49.5%)	5:50	10.3 (50.5%)
1342	LULA Radosław	1844	RUN VEGAN	M 40	363		00:03:32	00:15:10	00:29:10.95	00:32:43.70	+00:14:27 (49.5%)	5:50	10.3 (50.5%)
1343	WIERZBICKI Ireneusz	1528		M 50	120		00:02:26	00:13:56	00:29:11.15	00:31:37.75	+00:14:27 (49.5%)	5:50	10.3 (50.5%)
1344	VIARBITSKAYA Tatsiana	1500		K 40	99	ITMRun	00:03:21	00:13:28	00:29:13.20	00:32:34.35	+00:14:29 (49.6%)	5:50	10.3 (50.5%)
1345	HRYMAK Anka	437		K 40	100		00:02:08	00:13:18	00:29:14.40	00:31:22.70	+00:14:30 (49.6%)	5:50	10.3 (50.5%)
1345	BIERNAT Michał	80		M 60	43		00:02:08	00:13:57	00:29:14.40	00:31:23.25	+00:14:30 (49.6%)	5:50	10.3 (50.5%)
1347	KORNAUS Joanna	643		K 30	93		00:03:02	00:14:02	00:29:14.45	00:32:16.80	+00:14:30 (49.6%)	5:50	10.3 (50.5%)
1348	BIERNAT Dorota	81	DMMM TEAM ŁÓDŹ	K 60	4		00:02:08	00:13:57	00:29:14.55	00:31:23.25	+00:14:30 (49.6%)	5:50	10.3 (50.5%)
1348	DUBEK Aleksandra	2021		K 12	4		00:02:26	00:14:18	00:29:14.55	00:31:41.20	+00:14:30 (49.6%)	5:50	10.3 (50.5%)
1350	PRZEWODOWSKA Agnieszka	1134		K 40	101		00:02:10	00:13:57	00:29:14.60	00:31:24.80	+00:14:30 (49.6%)	5:50	10.3 (50.5%)
1351	CHRZANOWSKA Małgorzata	1758		K 40	102		00:01:05	00:12:41	00:29:14.85	00:30:20.25	+00:14:31 (49.6%)	5:50	10.3 (50.5%)
1352	ANTOS Sławomir	30		M 40	364		00:02:28	00:14:02	00:29:15.30	00:31:43.85	+00:14:31 (49.6%)	5:51	10.3 (50.5%)
1353	PALENIK Paweł	1888		M 12	16		00:03:01	00:14:08	00:29:16.35	00:32:17.50	+00:14:32 (49.7%)	5:51	10.3 (50.5%)
1354	NIEWIADOMSKI Zdzisław	960		M 70	10		00:02:40	00:13:24	00:29:18.20	00:31:58.70	+00:14:34 (49.7%)	5:51	10.2 (50.0%)
1355	SZOT Paweł	1398		M 40	365		00:02:35	00:14:04	00:29:19.35	00:31:55.10	+00:14:35 (49.8%)	5:51	10.2 (50.0%)
1356	PIWOWAREK Grzegorz	1087	PRZEPIÓRKI WIKTORA	M 30	310		00:02:34	00:14:11	00:29:19.60	00:31:53.85	+00:14:35 (49.8%)	5:51	10.2 (50.0%)
1357	POŁCZYŃSKI Paweł	1905		M 30	311		00:01:30	00:11:46	00:29:20.00	00:30:50.75	+00:14:36 (49.8%)	5:52	10.2 (50.0%)
1358	SZEJTUS Beata	196		K 40	103		00:03:13	00:13:49	00:29:20.30	00:32:33.75	+00:14:36 (49.8%)	5:52	10.2 (50.0%)
1359	WITEK Dagmara	1551		K 40	104		00:02:11	00:13:48	00:29:20.75	00:31:32.25	+00:14:36 (49.8%)	5:52	10.2 (50.0%)
1360	STĘPIEŃ Sylwia	1346		K 40	105		00:01:21	00:13:37	00:29:21.15	00:30:43.10	+00:14:37 (49.8%)	5:52	10.2 (50.0%)
1360	ROSZCZYK Kamila	2084	UKS G8 BIELANY	K 12	5		00:02:37	00:14:19	00:29:21.15	00:31:58.20	+00:14:37 (49.8%)	5:52	10.2 (50.0%)
1362	SZYMANEK Łukasz	1409		M 40	366		00:02:41	00:13:35	00:29:21.85	00:32:02.85	+00:14:38 (49.8%)	5:52	10.2 (50.0%)
1363	JASINOWSKA Emilia	475		K 70	2		00:01:37	00:13:29	00:29:21.90	00:30:59.65	+00:14:38 (49.8%)	5:52	10.2 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1364	GŁOWACKA Elżbieta	367	TEAM ZABIEGANEDNI	K 60	5	Team ZabieganeDni	00:00:37	00:10:24	00:29:22.60	00:30:00.00	+00:14:38 (49.9%)	5:52	10.2 (50.0%)
1365	REGUCKI Artur	1172		M 50	121		00:02:09	00:13:11	00:29:22.90	00:31:32.05	+00:14:39 (49.9%)	5:52	10.2 (50.0%)
1366	ULBIN Karolina	1486		K 20	44		00:02:08	00:13:22	00:29:23.20	00:31:31.55	+00:14:39 (49.9%)	5:52	10.2 (50.0%)
1367	SZYMANEK Aleksandra	1410		K 30	94		00:02:39	00:13:36	00:29:23.25	00:32:02.90	+00:14:39 (49.9%)	5:52	10.2 (50.0%)
1368	DUBEK Katarzyna	263		K 40	106		00:02:26	00:14:17	00:29:23.30	00:31:49.75	+00:14:39 (49.9%)	5:52	10.2 (50.0%)
1369	SOŁOWIOW Marzena	1318		K 40	107		00:02:39	00:14:02	00:29:23.85	00:32:03.40	+00:14:40 (49.9%)	5:52	10.2 (50.0%)
1370	GRYGOWSKA Beata	415		K 40	108		00:01:07	00:13:24	00:29:24.15	00:30:31.90	+00:14:40 (49.9%)	5:52	10.2 (50.0%)
1371	DRZYNICKI Damian	261	SEMP URSYNOW	M 40	367	SEMP Ursynow	00:02:04	00:13:18	00:29:25.15	00:31:30.10	+00:14:41 (49.9%)	5:53	10.2 (50.0%)
1372	GOŁĘBIEWSKI Karol	379		M 30	312	DSV ISS	00:02:44	00:13:45	00:29:25.85	00:32:10.40	+00:14:42 (50.0%)	5:53	10.2 (50.0%)
1372	KOWALSKA Kinga	674	KB PACE WARSZAWA	K 40	109	KB Pace Warszawa	00:02:25	00:13:59	00:29:25.85	00:31:51.40	+00:14:42 (50.0%)	5:53	10.2 (50.0%)
1374	BUDA Arkadiusz	122		M 30	313	DSV ISS	00:02:44	00:13:45	00:29:26.05	00:32:10.60	+00:14:42 (50.0%)	5:53	10.2 (50.0%)
1375	KUZNETSOVA Svitlana	749		K 40	110		00:02:14	00:13:52	00:29:26.10	00:31:40.60	+00:14:42 (50.0%)	5:53	10.2 (50.0%)
1376	PALENIK Marcin	1887		M 40	368		00:03:00	00:14:09	00:29:26.25	00:32:27.15	+00:14:42 (50.0%)	5:53	10.2 (50.0%)
1377	PĄPROWICZ Adam	2077		M 12	17	Chłopaki z KEN	00:01:24	00:13:22	00:29:27.40	00:30:51.60	+00:14:43 (50.0%)	5:53	10.2 (50.0%)
1378	TYLMAN Radosław	1480		M 30	314		00:02:09	00:13:20	00:29:28.15	00:31:37.50	+00:14:44 (50.0%)	5:53	10.2 (50.0%)
1379	MIKOSZA Anna	1702		K 30	95		00:01:30	00:13:33	00:29:28.60	00:30:59.10	+00:14:44 (50.0%)	5:53	10.2 (50.0%)
1380	LULA Izabela	1872	RUN VEGAN	K 14	8		00:03:05	00:15:37	00:29:28.70	00:32:34.00	+00:14:44 (50.0%)	5:53	10.2 (50.0%)
1381	KOLASZT Ula	614	RACEFIGHTER GOSIR DĘBE WIELKIE	K 16	13		00:02:00	00:13:54	00:29:28.95	00:31:29.55	+00:14:45 (50.0%)	5:53	10.2 (50.0%)
1382	MADEJ Joanna	2057		K 16	14		00:02:00	00:13:54	00:29:29.05	00:31:29.70	+00:14:45 (50.0%)	5:53	10.2 (50.0%)
1383	BALCERZAK Tomasz	1722		M 40	369		00:01:51	00:13:28	00:29:29.20	00:31:20.40	+00:14:45 (50.0%)	5:53	10.2 (50.0%)
1384	KOSIOR Konrad	658		M 30	315		00:03:00	00:15:03	00:29:29.35	00:32:29.65	+00:14:45 (50.0%)	5:53	10.2 (50.0%)
1385	RYBAK Mateusz	1922		M 20	130		00:01:41	00:13:43	00:29:29.85	00:31:11.60	+00:14:46 (50.1%)	5:53	10.2 (50.0%)
1386	MADEJ Jakub	2059	GÓRA BIEGA	M 14	26	Dragonflies	00:02:38	00:14:15	00:29:30.30	00:32:08.70	+00:14:46 (50.1%)	5:54	10.2 (50.0%)
1387	KOŁAKOWSKA Aneta	617		K 30	96		00:00:52	00:13:34	00:29:30.90	00:30:23.00	+00:14:47 (50.1%)	5:54	10.2 (50.0%)
1388	KUBOWICZ Maciej	717		M 40	370		00:01:59	00:14:08	00:29:31.35	00:31:30.60	+00:14:47 (50.1%)	5:54	10.2 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1389	ŻURALSKA Aleksandra	2139		K 40	111		00:01:19	00:13:20	00:29:31.60	00:30:51.25	+00:14:47 (50.1%)	5:54	10.2 (50.0%)
1390	UŁANEK Kamila	1491		K 40	112		00:02:34	00:13:59	00:29:33.15	00:32:07.30	+00:14:49 (50.2%)	5:54	10.2 (50.0%)
1391	WOŁCZAK Bartłomiej	1577		M 20	131		00:01:37	00:14:08	00:29:33.35	00:31:10.80	+00:14:49 (50.2%)	5:54	10.2 (50.0%)
1392	SZYMCZAK Agnieszka	1421		K 30	97		00:01:45	00:13:40	00:29:34.25	00:31:19.75	+00:14:50 (50.2%)	5:54	10.1 (49.5%)
1393	CHMIELEWSKA Joanna	626		K 20	45		00:02:47	00:14:03	00:29:36.00	00:32:23.60	+00:14:52 (50.2%)	5:55	10.1 (49.5%)
1394	KACZOR Renata	515		K 50	32		00:02:45	00:13:21	00:29:36.10	00:32:21.30	+00:14:52 (50.2%)	5:55	10.1 (49.5%)
1395	KALINOWSKA Aleksandra	521		K 30	98		00:02:47	00:14:04	00:29:36.45	00:32:23.60	+00:14:52 (50.2%)	5:55	10.1 (49.5%)
1396	WINIARSKA-CZARNOTA Katarzyna	1543		K 30	99		00:02:29	00:14:13	00:29:36.60	00:32:05.65	+00:14:52 (50.3%)	5:55	10.1 (49.5%)
1397	KINGA Ber	586		K 30	100		00:02:29	00:14:13	00:29:38.60	00:32:07.65	+00:14:54 (50.3%)	5:55	10.1 (49.5%)
1398	GÓRECKA Katarzyna	1794		K 40	113		00:01:13	00:13:26	00:29:38.95	00:30:52.25	+00:14:55 (50.3%)	5:55	10.1 (49.5%)
1399	NIKLEWICZ Konrad	961		M 40	371		00:02:59	00:14:20	00:29:39.75	00:32:39.25	+00:14:55 (50.3%)	5:55	10.1 (49.5%)
1400	PIETRZYK Paweł	1070		M 40	372		00:01:38	00:12:50	00:29:39.80	00:31:18.20	+00:14:56 (50.3%)	5:55	10.1 (49.5%)
1401	WÓJCIK Małgorzata	1736		K 20	46		00:02:52	00:13:59	00:29:42.40	00:32:34.70	+00:14:58 (50.4%)	5:56	10.1 (49.5%)
1402	JANCZEWSKA Ewa	463		K 40	114		00:02:21	00:14:04	00:29:42.95	00:32:04.05	+00:14:59 (50.4%)	5:56	10.1 (49.5%)
1403	BINDER Marta	84		K 40	115		00:02:57	00:14:12	00:29:43.20	00:32:40.80	+00:14:59 (50.4%)	5:56	10.1 (49.5%)
1404	BRZĘCZEK Izabela	115		K 50	33		00:02:04	00:13:42	00:29:44.15	00:31:49.05	+00:15:00 (50.5%)	5:56	10.1 (49.5%)
1405	DOBRUCH Robert	244		M 50	122		00:01:10	00:13:24	00:29:44.20	00:30:54.40	+00:15:00 (50.5%)	5:56	10.1 (49.5%)
1406	STRZABALA Grzegorz	1356		M 40	373		00:02:20	00:14:12	00:29:44.40	00:32:05.20	+00:15:00 (50.5%)	5:56	10.1 (49.5%)
1407	PIEKARSKA Gosia	1065		K 40	116		00:00:32	00:13:40	00:29:45.05	00:30:17.10	+00:15:01 (50.5%)	5:57	10.1 (49.5%)
1408	KUNKA Piotr	741	TEAM ZABIEGANEDNI	M 40	374	Team ZabieganeDni	00:02:58	00:13:34	00:29:45.30	00:32:43.50	+00:15:01 (50.5%)	5:57	10.1 (49.5%)
1409	ZUBRZYCKA Aleksandra	1657		K 30	101		00:02:41	00:13:52	00:29:45.50	00:32:26.55	+00:15:01 (50.5%)	5:57	10.1 (49.5%)
1410	WIECZOREK Piotr	1527		M 40	375		00:03:23	00:14:32	00:29:45.95	00:33:09.70	+00:15:02 (50.5%)	5:57	10.1 (49.5%)
1411	SKALSKA Karolina	1267		K 40	117		00:02:19	00:14:08	00:29:47.65	00:32:06.90	+00:15:03 (50.6%)	5:57	10.1 (49.5%)
1412	DYMEL Piotr	279		M 70	11		00:02:11	00:13:52	00:29:47.70	00:31:59.50	+00:15:03 (50.6%)	5:57	10.1 (49.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
							startu	2.5km					
1412	RACZYŃSKI Patryk	1155	RKS ZERZEŃ	M 40	376		00:03:14	00:14:06	00:29:47.70	00:33:01.75	+00:15:03 (50.6%)	5:57	10.1 (49.5%)
1414	IWASZKO Paweł	445		M 40	377		00:01:31	00:13:19	00:29:48.15	00:31:20.10	+00:15:04 (50.6%)	5:57	10.1 (49.5%)
1415	TOLAK Marcin	203	TEAM TOLAK	M 40	378	TEAM TOLAK	00:02:48	00:14:02	00:29:48.70	00:32:37.30	+00:15:04 (50.6%)	5:57	10.1 (49.5%)
1416	MAŁEK Karolina	843		K 40	118		00:03:18	00:13:59	00:29:48.75	00:33:07.40	+00:15:04 (50.6%)	5:57	10.1 (49.5%)
1417	NOWAK Wiktor	966	SPARTANIE DZIECIOM	M 60	44		00:03:15	00:13:37	00:29:50.65	00:33:06.40	+00:15:06 (50.6%)	5:58	10.1 (49.5%)
1418	LUKOWSKA Hanna	791	TEAM ZABIEGANEDNI	K 60	6		00:02:35	00:14:05	00:29:51.05	00:32:26.05	+00:15:07 (50.7%)	5:58	10.1 (49.5%)
1419	CHOŁUJ Michalina	2010	GÓRA BIEGA	K 14	9	Góra Biega	00:02:37	00:14:25	00:29:51.70	00:32:29.35	+00:15:07 (50.7%)	5:58	10.1 (49.5%)
1420	MADEJ Wiktoria	2058	GÓRA BIEGA	K 16	15	Dragonflies	00:02:38	00:14:24	00:29:52.65	00:32:30.95	+00:15:08 (50.7%)	5:58	10 (49.0%)
1421	MAŁEK Hanna	2060		K 16	16		00:02:51	00:14:26	00:29:54.10	00:32:45.95	+00:15:10 (50.7%)	5:58	10 (49.0%)
1422	NOGAL Józef	963	ALBATROS	M 60	45		00:01:53	00:13:27	00:29:54.35	00:31:47.40	+00:15:10 (50.7%)	5:58	10 (49.0%)
1423	MASTALERZ Dawid	1858		M 20	132		00:01:42	00:13:02	00:29:54.60	00:31:37.45	+00:15:10 (50.8%)	5:58	10 (49.0%)
1424	DI FOLCO Veronica	237	TI HEALTH CLUB	K 40	119	TI Health Club	00:01:44	00:14:18	00:29:56.50	00:31:40.70	+00:15:12 (50.8%)	5:59	10 (49.0%)
1425	MATYSIAK Krysia	2063		K 14	10		00:01:40	00:14:17	00:29:58.25	00:31:38.35	+00:15:14 (50.9%)	5:59	10 (49.0%)
1426	PIOTROWSKA Ewa	1898		K 40	120		00:00:05	00:13:28	00:29:58.85	00:30:03.90	+00:15:15 (50.9%)	5:59	10 (49.0%)
1426	KORONA Tatiana	647	TEAM KARAŚ	K 50	34	Team Karaś	00:02:44	00:14:22	00:29:58.85	00:32:43.50	+00:15:15 (50.9%)	5:59	10 (49.0%)
1428	ADAMIAK Paweł	14		M 50	123		00:03:06	00:13:46	00:30:00.15	00:33:06.95	+00:15:16 (50.9%)	6:00	10 (49.0%)
1429	JUŚKO Elwira	509	KWADRANS TEAM	K 40	121		00:02:10	00:13:54	00:30:01.70	00:32:12.45	+00:15:17 (50.9%)	6:00	10 (49.0%)
1430	BRZOZOWSKA Magdalena	117	BIEGUSTATORZY	K 40	122		00:02:33	00:14:00	00:30:04.35	00:32:38.05	+00:15:20 (51.0%)	6:00	10 (49.0%)
1431	GODLEWSKI Piotr	371		M 30	316		00:02:42	00:13:49	00:30:05.20	00:32:48.05	+00:15:21 (51.0%)	6:01	10 (49.0%)
1432	INCI Marta	442		K 40	123		00:02:51	00:13:47	00:30:05.85	00:32:57.60	+00:15:22 (51.1%)	6:01	10 (49.0%)
1433	KRZECZEWSKI Jacek	708		M 50	124		00:02:13	00:13:50	00:30:06.55	00:32:19.70	+00:15:22 (51.1%)	6:01	10 (49.0%)
1434	SZYMCZAK Mirosław	1420	TRIWAWA	M 70	12		00:02:56	00:14:05	00:30:07.25	00:33:04.00	+00:15:23 (51.1%)	6:01	10 (49.0%)
1435	WALOS Jan	1508		M 60	46		00:01:40	00:13:19	00:30:08.00	00:31:48.50	+00:15:24 (51.1%)	6:01	10 (49.0%)
1436	FIL Tetiana	305		K 16	17		00:00:11	00:13:12	00:30:09.40	00:30:20.40	+00:15:25 (51.2%)	6:01	10 (49.0%)
1437	LAMPARSKA Patrycja	758		K 30	102		00:02:26	00:14:28	00:30:09.50	00:32:35.50	+00:15:25 (51.2%)	6:01	10 (49.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
							startu	2.5km					
1438	SMAGIEŁ Tomasz	1292	STS SMAGIEŁ	M 50	125		00:03:05	00:14:12	00:30:10.25	00:33:15.90	+00:15:26 (51.2%)	6:02	9.9 (48.5%)
1439	LASZUK Katarzyna	1699		K 40	124		00:02:19	00:14:12	00:30:10.50	00:32:29.60	+00:15:26 (51.2%)	6:02	9.9 (48.5%)
1440	ZAWICKA Angelina	1636		K 40	125		00:02:21	00:14:47	00:30:10.75	00:32:32.35	+00:15:26 (51.2%)	6:02	9.9 (48.5%)
1441	KUSIŃSKA Dorota	1683		K 30	103		00:02:18	00:14:11	00:30:10.80	00:32:29.75	+00:15:27 (51.2%)	6:02	9.9 (48.5%)
1442	BALCERZAK Karolina	42		K 20	47		00:01:33	00:13:57	00:30:11.10	00:31:44.95	+00:15:27 (51.2%)	6:02	9.9 (48.5%)
1443	MOLSA Natalia	921		K 30	104		00:02:40	00:14:28	00:30:11.70	00:32:51.85	+00:15:27 (51.2%)	6:02	9.9 (48.5%)
1444	SKOMOROWSKA Monika	1275		K 40	126		00:01:22	00:13:40	00:30:14.60	00:31:37.35	+00:15:30 (51.3%)	6:02	9.9 (48.5%)
1445	WEKA Krzysztof	1520	BIAŁYSTOK BIEGA TEAM			Vege Runners Reszta Świata	00:00:59	00:13:29	00:30:15.00	00:31:14.75	+00:15:31 (51.3%)	6:03	9.9 (48.5%)
1445	RYŃSKI Andrzej	1222		M 50	126		00:01:22	00:13:41	00:30:15.00	00:31:37.35	+00:15:31 (51.3%)	6:03	9.9 (48.5%)
1447	SZAJEWSKA Agnieszka	1381	TEAM ZABIEGANEDNI	K 40	127	Team ZabieganeDni	00:02:22	00:14:04	00:30:15.35	00:32:38.15	+00:15:31 (51.3%)	6:03	9.9 (48.5%)
1448	NIEDZIELA Michał	957		M 40	379		00:01:38	00:13:59	00:30:15.45	00:31:54.35	+00:15:31 (51.3%)	6:03	9.9 (48.5%)
1449	TORZEWSKA Agnieszka	1456	BEMOWO BIEGA	K 40	128		00:02:15	00:13:57	00:30:15.90	00:32:31.05	+00:15:32 (51.3%)	6:03	9.9 (48.5%)
1450	BROZE Oliwia	114		K 16	18		00:02:39	00:13:41	00:30:16.60	00:32:56.10	+00:15:32 (51.3%)	6:03	9.9 (48.5%)
1451	KOZŁOWSKA Sylwia	684		K 20	48		00:02:48	00:14:05	00:30:17.60	00:33:06.10	+00:15:33 (51.4%)	6:03	9.9 (48.5%)
1452	STOŁECKA Paulina	1946		K 30	105		00:02:32	00:13:21	00:30:18.10	00:32:50.15	+00:15:34 (51.4%)	6:03	9.9 (48.5%)
1453	GAŁADYK Joanna	334	B&B	K 30	106		00:02:19	00:14:22	00:30:18.20	00:32:37.25	+00:15:34 (51.4%)	6:03	9.9 (48.5%)
1454	BUREK Kasia	139		K 40	129		00:02:05	00:14:10	00:30:19.55	00:32:25.05	+00:15:35 (51.4%)	6:03	9.9 (48.5%)
1455	BARAŃSKA Danuta	1739		K 50	35		00:02:23	00:14:14	00:30:19.60	00:32:42.85	+00:15:35 (51.4%)	6:03	9.9 (48.5%)
1456	LEWANDOWSKI Piotr	1838		M 50	127		00:01:49	00:14:12	00:30:21.15	00:32:10.90	+00:15:37 (51.5%)	6:04	9.9 (48.5%)
1457	FLASZCZYŃSKI Michał	312		M 30	317		00:02:57	00:14:25	00:30:25.90	00:33:23.10	+00:15:42 (51.6%)	6:05	9.9 (48.5%)
1458	GOSIEWSKA Renata	386		K 50	36		00:02:08	00:13:39	00:30:27.25	00:32:35.70	+00:15:43 (51.6%)	6:05	9.9 (48.5%)
1459	CHOROŚ Sylwia	170		K 30	107		00:02:10	00:14:17	00:30:28.00	00:32:38.20	+00:15:44 (51.7%)	6:05	9.8 (48.0%)
1460	POGOCKA Alicja	2078		K 14	11		00:02:25	00:14:36	00:30:28.95	00:32:54.10	+00:15:45 (51.7%)	6:05	9.8 (48.0%)
1461	PROCHWICZ Szymon	1121		M 20	133		00:02:43	00:14:04	00:30:29.05	00:33:12.35	+00:15:45 (51.7%)	6:05	9.8 (48.0%)
1462	JÓZWIK Artur	497	BBB	M 40	380		00:02:38	00:14:12	00:30:30.40	00:33:08.65	+00:15:46 (51.7%)	6:06	9.8 (48.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
							startu	2.5km					
1463	ROGUSKI Michał	1187		M 30	318		00:02:19	00:14:02	00:30:30.70	00:32:50.15	+00:15:46 (51.7%)	6:06	9.8 (48.0%)
1464	KOWALIK Marta	1826		K 20	49		00:00:37	00:13:31	00:30:31.45	00:31:08.75	+00:15:47 (51.7%)	6:06	9.8 (48.0%)
1465	TRYFON Paweł	1970		M 20	134		00:02:50	00:14:09	00:30:31.55	00:33:22.50	+00:15:47 (51.7%)	6:06	9.8 (48.0%)
1466	MALICZOWSKA Ewa	836		K 30	108		00:02:33	00:13:34	00:30:31.80	00:33:05.60	+00:15:48 (51.8%)	6:06	9.8 (48.0%)
1467	PROUTY Anthony	2081		M 16	38		00:02:24	00:14:07	00:30:31.85	00:32:56.20	+00:15:48 (51.8%)	6:06	9.8 (48.0%)
1468	BEDNAREK Krzysztof	1744		M 20	135		00:02:07	00:14:00	00:30:32.00	00:32:39.20	+00:15:48 (51.8%)	6:06	9.8 (48.0%)
1469	TROJANOWSKA Nina	1968	ADIDAS RUNNERS	K 20	50		00:02:50	00:14:10	00:30:32.40	00:33:22.60	+00:15:48 (51.8%)	6:06	9.8 (48.0%)
1470	GONTAREK Emanuela	1793		K 20	51		00:01:25	00:14:02	00:30:33.40	00:31:58.50	+00:15:49 (51.8%)	6:06	9.8 (48.0%)
1471	WŁODARCZYK Agnieszka	1559		K 30	109		00:02:56	00:14:14	00:30:33.60	00:33:30.45	+00:15:49 (51.8%)	6:06	9.8 (48.0%)
1472	LIPIŃSKA Adrianna	786		K 20	52		00:03:17	00:15:01	00:30:34.35	00:33:51.70	+00:15:50 (51.8%)	6:06	9.8 (48.0%)
1473	ARCHACKA Iwona	35		K 30	110		00:03:03	00:14:03	00:30:35.40	00:33:38.40	+00:15:51 (51.8%)	6:07	9.8 (48.0%)
1474	KORONA Marcin	648	TEAM KARAS	M 20	136	Team Karaś	00:02:37	00:14:25	00:30:35.95	00:33:12.95	+00:15:52 (51.9%)	6:07	9.8 (48.0%)
1475	WOLAK Katarzyna	1574		K 30	111	CBRE	00:03:07	00:14:01	00:30:38.85	00:33:46.40	+00:15:55 (51.9%)	6:07	9.8 (48.0%)
1476	TRYBULEC Justyna	1470		K 30	112		00:00:49	00:14:10	00:30:39.10	00:31:28.95	+00:15:55 (51.9%)	6:07	9.8 (48.0%)
1477	CHOŁUJ Marta	167		K 30	113		00:02:30	00:14:15	00:30:41.85	00:33:12.10	+00:15:58 (52.0%)	6:08	9.8 (48.0%)
1478	GAWIN Mariusz	344		M 20	137		00:02:13	00:14:07	00:30:43.40	00:32:56.45	+00:15:59 (52.1%)	6:08	9.8 (48.0%)
1479	GRECKA Anna	402		K 30	114		00:01:21	00:13:59	00:30:44.10	00:32:05.55	+00:16:00 (52.1%)	6:08	9.8 (48.0%)
1480	FALACIŃSKA Monika	294		K 40	130		00:03:08	00:14:42	00:30:46.70	00:33:55.30	+00:16:02 (52.1%)	6:09	9.8 (48.0%)
1481	ZIETEK Marcin	1652		M 40	381		00:03:17	00:14:47	00:30:46.90	00:34:04.15	+00:16:03 (52.1%)	6:09	9.8 (48.0%)
1482	LISZEWSKA Dominika	1843		K 40	131		00:02:38	00:14:46	00:30:47.25	00:33:25.90	+00:16:03 (52.2%)	6:09	9.7 (47.5%)
1483	MARCINIAK Rafal	851		M 30	319		00:01:58	00:13:45	00:30:47.60	00:32:46.25	+00:16:03 (52.2%)	6:09	9.7 (47.5%)
1484	ORZECHOWSKI Daniel	1006		M 40	382		00:03:21	00:14:16	00:30:47.95	00:34:09.35	+00:16:04 (52.2%)	6:09	9.7 (47.5%)
1485	PETRYCKI Marcin	1053	PUMP!T	M 40	383		00:01:04	00:14:22	00:30:49.30	00:31:53.90	+00:16:05 (52.2%)	6:09	9.7 (47.5%)
1486	DUSIŃSKA Dominika	271		K 20	53		00:02:37	00:13:58	00:30:49.75	00:33:27.40	+00:16:05 (52.2%)	6:09	9.7 (47.5%)
1487	TYSZKA Rafał	2102		M 16	39		00:01:55	00:13:41	00:30:49.80	00:32:45.10	+00:16:06 (52.2%)	6:09	9.7 (47.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
							startu	2.5km					
1488	TYRANKIEWICZ Kamila	1484		K 40	132		00:01:24	00:14:19	00:30:50.65	00:32:14.85	+00:16:06 (52.2%)	6:10	9.7 (47.5%)
1489	DRÓZDŹ Renata	260		K 40	133		00:01:56	00:14:22	00:30:51.10	00:32:47.80	+00:16:07 (52.3%)	6:10	9.7 (47.5%)
1490	LIGOWSKI Krzysztof	784		M 40	384		00:02:22	00:13:11	00:30:53.25	00:33:15.45	+00:16:09 (52.3%)	6:10	9.7 (47.5%)
1491	MATUSIAK Anna	878		K 30	115		00:02:43	00:14:27	00:30:53.40	00:33:36.50	+00:16:09 (52.3%)	6:10	9.7 (47.5%)
1492	DĄBROWSKI Andrzej	226		M 60	47		00:03:10	00:13:45	00:30:54.75	00:34:05.15	+00:16:10 (52.3%)	6:10	9.7 (47.5%)
1493	JUNEVIČIUS Andrius	498		M 20	138		00:02:16	00:15:07	00:30:54.90	00:33:11.60	+00:16:11 (52.4%)	6:10	9.7 (47.5%)
1494	ŻURAWSKI Filip	2115		M 14	27		00:02:50	00:13:43	00:30:55.35	00:33:46.10	+00:16:11 (52.4%)	6:11	9.7 (47.5%)
1495	OKRASA Maciej	986	WARSZAWIACY	M 40	385		00:02:21	00:13:52	00:30:55.40	00:33:17.00	+00:16:11 (52.4%)	6:11	9.7 (47.5%)
1496	STASIAK Marcin	1338		M 50	128		00:01:31	00:15:38	00:30:55.75	00:32:27.00	+00:16:11 (52.4%)	6:11	9.7 (47.5%)
1497	PURZYCKA Dominika	1147		K 20	54		00:02:15	00:15:07	00:30:56.00	00:33:11.65	+00:16:12 (52.4%)	6:11	9.7 (47.5%)
1498	KASICA Jacek	556	BIEGAM, BO BIEGAM :)	M 40	386		00:02:11	00:14:39	00:30:57.05	00:33:08.80	+00:16:13 (52.4%)	6:11	9.7 (47.5%)
1499	KOWALCZYK Bogdan	664	WARSZAWA-BRÓDNO	M 60	48		00:02:42	00:14:04	00:30:57.30	00:33:40.05	+00:16:13 (52.4%)	6:11	9.7 (47.5%)
1500	BODALSKI Jacek	1689	AKTYWNA WARSZAWA	M 50	129	Aktywna Warszawa	00:02:36	00:13:59	00:30:57.45	00:33:33.65	+00:16:13 (52.4%)	6:11	9.7 (47.5%)
1501	DŁUGOSZ Patryk	238		M 30	320		00:02:55	00:14:12	00:30:58.80	00:33:54.00	+00:16:15 (52.5%)	6:11	9.7 (47.5%)
1501	WIĘCKOWSKA Violetta	1535	KS START PUŁASKI	K 50	37		00:02:48	00:14:34	00:30:58.80	00:33:47.00	+00:16:15 (52.5%)	6:11	9.7 (47.5%)
1503	ZAWADKA Agnieszka	1632		K 50	38		00:03:08	00:14:43	00:30:59.05	00:34:07.10	+00:16:15 (52.5%)	6:11	9.7 (47.5%)
1504	STEFAŃSKA Joanna	1341		K 40	134		00:02:53	00:14:02	00:30:59.60	00:33:52.80	+00:16:15 (52.5%)	6:11	9.7 (47.5%)
1505	GIERKOWSKA Agnieszka	356		K 40	135		00:02:51	00:13:41	00:31:00.10	00:33:51.55	+00:16:16 (52.5%)	6:12	9.7 (47.5%)
1506	KUMÓR Sebastian	740		M 30	321		00:01:08	00:13:55	00:31:00.40	00:32:09.35	+00:16:16 (52.5%)	6:12	9.7 (47.5%)
1507	CIEŚLAK Adriana	185		K 30	116		00:02:37	00:14:14	00:31:01.35	00:33:39.10	+00:16:17 (52.5%)	6:12	9.7 (47.5%)
1508	KOBUS Karina	610		K 20	55		00:02:46	00:14:38	00:31:03.45	00:33:49.70	+00:16:19 (52.6%)	6:12	9.7 (47.5%)
1509	JACHEĆ Kornela	448		K 20	56		00:02:58	00:14:43	00:31:06.35	00:34:05.05	+00:16:22 (52.6%)	6:13	9.6 (47.1%)
1510	BITOWSKI Hubert	88		M 40	387		00:02:56	00:14:30	00:31:06.50	00:34:02.55	+00:16:22 (52.6%)	6:13	9.6 (47.1%)
1511	MAKAVEYEU Anton	831		M 30	322		00:03:23	00:14:31	00:31:07.15	00:34:30.40	+00:16:23 (52.7%)	6:13	9.6 (47.1%)
1512	SMOLEŃSKA Małgorzata	1294		K 40	136		00:02:46	00:13:50	00:31:11.25	00:33:57.85	+00:16:27 (52.8%)	6:14	9.6 (47.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1513	LENARCZYK Paweł	4		M 40	388		00:02:38	00:13:51	00:31:12.80	00:33:51.05	+00:16:29 (52.8%)	6:14	9.6 (47.1%)
1514	ORZECHOWSKA Karolina	1005		K 40	137		00:02:54	00:14:43	00:31:14.85	00:34:08.85	+00:16:31 (52.9%)	6:14	9.6 (47.1%)
1515	PLUTA Monika	1093		K 30	117		00:02:49	00:13:54	00:31:15.05	00:34:04.15	+00:16:31 (52.9%)	6:15	9.6 (47.1%)
1516	KUDLAK Monika	730	GUTEK TEAM	K 50	39		00:02:47	00:14:08	00:31:15.60	00:34:03.10	+00:16:31 (52.9%)	6:15	9.6 (47.1%)
1517	DZIEDZIC Ewa	282	TEAM ZABIEGANEDNI	K 50	40	Team ZabieganeDni	00:01:57	00:14:16	00:31:15.70	00:33:13.65	+00:16:31 (52.9%)	6:15	9.6 (47.1%)
1518	ŚMIERCIAK Kasia	1429		K 30	118		00:02:28	00:14:45	00:31:16.10	00:33:44.25	+00:16:32 (52.9%)	6:15	9.6 (47.1%)
1519	ŻÓŁTOWSKI Bartłomiej	1670		M 40	389		00:02:44	00:13:48	00:31:17.50	00:34:01.60	+00:16:33 (52.9%)	6:15	9.6 (47.1%)
1520	GIL Elżbieta	1789		K 40	138		00:01:57	00:13:49	00:31:18.15	00:33:15.50	+00:16:34 (52.9%)	6:15	9.6 (47.1%)
1521	ZAWADZKI Ksawery	1635		M 30	323		00:02:45	00:15:03	00:31:21.50	00:34:06.65	+00:16:37 (53.0%)	6:16	9.6 (47.1%)
1522	MIKULSKA Sylwia	905		K 40	139		00:02:28	00:13:43	00:31:22.85	00:33:51.65	+00:16:39 (53.1%)	6:16	9.6 (47.1%)
1523	LIPKA-ZALEWSKA Grażyna	1842		K 50	41		00:02:53	00:15:14	00:31:23.70	00:34:17.10	+00:16:39 (53.1%)	6:16	9.6 (47.1%)
1524	HOŁDAŚ Mariusz	429		M 50	130		00:01:31	00:12:43	00:31:24.45	00:32:55.75	+00:16:40 (53.1%)	6:16	9.6 (47.1%)
1525	WINIARZ Natalia	1544		K 30	119		00:02:35	00:14:48	00:31:24.90	00:34:00.50	+00:16:41 (53.1%)	6:16	9.6 (47.1%)
1526	KARŁOWICZ Anna	547	PARTIA WOLNYCH BIEGACZY	K 70	3		00:02:51	00:14:27	00:31:25.45	00:34:16.50	+00:16:41 (53.1%)	6:17	9.5 (46.6%)
1527	MODZELEWSKA-SOKÓŁ Barbara	918		K 60	7		00:01:01	00:14:12	00:31:26.70	00:32:27.80	+00:16:42 (53.2%)	6:17	9.5 (46.6%)
1528	JAGLIŃSKA Anna	451		K 40	140		00:02:36	00:14:00	00:31:26.95	00:34:03.50	+00:16:43 (53.2%)	6:17	9.5 (46.6%)
1529	BIDZIŃSKA Alicja	72		K 30	120		00:02:44	00:14:39	00:31:27.20	00:34:11.35	+00:16:43 (53.2%)	6:17	9.5 (46.6%)
1530	KOŁPACZYŃSKA Anna	1728		K 30	121		00:02:06	00:14:10	00:31:27.25	00:33:33.55	+00:16:43 (53.2%)	6:17	9.5 (46.6%)
1531	KOWALCZYK Kamila	1825		K 30	122		00:01:23	00:14:16	00:31:27.70	00:32:51.00	+00:16:43 (53.2%)	6:17	9.5 (46.6%)
1532	STOLARSKA Danuta	1350	PARKRUN SŁODOWO WŁOCLAWEK	K 60	8		00:02:48	00:14:43	00:31:27.95	00:34:15.95	+00:16:44 (53.2%)	6:17	9.5 (46.6%)
1533	JANEK Katarzyna	464	KATAREK	K 30	123		00:02:05	00:14:32	00:31:29.65	00:33:35.60	+00:16:45 (53.2%)	6:17	9.5 (46.6%)
1534	HERNIK Weronika	428		K 30	124		00:02:11	00:14:28	00:31:30.10	00:33:41.15	+00:16:46 (53.2%)	6:18	9.5 (46.6%)
1535	KĄDZIELAWA Marek	567	CWCR	M 50	131		00:01:51	00:14:12	00:31:31.00	00:33:22.30	+00:16:47 (53.3%)	6:18	9.5 (46.6%)
1536	JAROSINSKA Anna	471		K 30	125		00:02:24	00:14:14	00:31:31.05	00:33:55.60	+00:16:47 (53.3%)	6:18	9.5 (46.6%)
1537	ZALEWSKI Piotr	2124		M 50	132		00:02:53	00:15:14	00:31:31.25	00:34:24.50	+00:16:47 (53.3%)	6:18	9.5 (46.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
							startu	2.5km					
1538	GLASSER Marek	360		M 70	13		00:02:25	00:14:53	00:31:33.30	00:33:58.70	+00:16:49 (53.3%)	6:18	9.5 (46.6%)
1539	DĄBROWSKI Paweł	223		M 30	324		00:00:14	00:13:59	00:31:34.50	00:31:49.25	+00:16:50 (53.3%)	6:18	9.5 (46.6%)
1540	KARTOWICZ Aldona	1149		K 30	126		00:02:34	00:14:25	00:31:34.80	00:34:09.65	+00:16:51 (53.4%)	6:18	9.5 (46.6%)
1541	ZAMIELA Ewa	1621		K 50	42		00:01:09	00:14:56	00:31:36.65	00:32:46.60	+00:16:52 (53.4%)	6:19	9.5 (46.6%)
1542	LAZAREVA Svetlana	1711		K 40	141		00:02:22	00:14:49	00:31:37.70	00:34:00.60	+00:16:53 (53.4%)	6:19	9.5 (46.6%)
1543	MITURA Anna	915		K 40	142		00:02:44	00:14:34	00:31:37.75	00:34:22.70	+00:16:53 (53.4%)	6:19	9.5 (46.6%)
1544	MAJEK Jakub	1851		M 20	139		00:03:18	00:14:38	00:31:38.05	00:34:56.90	+00:16:54 (53.4%)	6:19	9.5 (46.6%)
1545	BUSZMAN Zuzanna	142		K 20	57		00:03:06	00:15:10	00:31:38.30	00:34:45.25	+00:16:54 (53.4%)	6:19	9.5 (46.6%)
1546	KACZMARSKA Alicja	514	TI HEALTH CLUB	K 40	143	TI Health Club	00:02:07	00:14:47	00:31:38.90	00:33:46.05	+00:16:55 (53.5%)	6:19	9.5 (46.6%)
1547	OLSZEWSKA Katarzyna Bernadetta	2147		K 40	144		00:03:03	00:15:26	00:31:40.75	00:34:43.75	+00:16:56 (53.5%)	6:20	9.5 (46.6%)
1548	KENIG Wiktor	2116		M 16	40		00:03:17	00:14:37	00:31:41.05	00:34:58.50	+00:16:57 (53.5%)	6:20	9.5 (46.6%)
1549	BEDNARSKA Liwia	1745		K 30	127		00:00:15	00:14:53	00:31:41.70	00:31:57.40	+00:16:57 (53.5%)	6:20	9.5 (46.6%)
1550	KENIG Paweł	1682		M 50	133		00:03:17	00:14:36	00:31:41.90	00:34:59.05	+00:16:58 (53.5%)	6:20	9.5 (46.6%)
1551	SZATKOWSKA Marta	1385		K 20	58		00:02:16	00:14:14	00:31:42.45	00:33:58.70	+00:16:58 (53.5%)	6:20	9.5 (46.6%)
1552	ŻÓŁTOWSKA Dominika	1669	NAPRZÓD MŁOCINY	K 40	145		00:02:17	00:14:14	00:31:43.70	00:34:01.60	+00:16:59 (53.6%)	6:20	9.5 (46.6%)
1553	DOMŻAŁA Jan	2018		M 12	18		00:02:22	00:13:54	00:31:43.80	00:34:06.20	+00:17:00 (53.6%)	6:20	9.5 (46.6%)
1554	ORZOŁ Sylwia	147		K 30	128		00:02:15	00:14:22	00:31:51.95	00:34:07.55	+00:17:08 (53.8%)	6:22	9.4 (46.1%)
1555	HAWRYLUK Emilia	2032		K 16	19		00:03:21	00:15:02	00:31:52.05	00:35:13.80	+00:17:08 (53.8%)	6:22	9.4 (46.1%)
1556	MŁYNARCZYK Mikołaj	917		M 20	140		00:02:18	00:13:47	00:31:52.55	00:34:10.80	+00:17:08 (53.8%)	6:22	9.4 (46.1%)
1557	LIPIEC Kazimiera	785		K 40	146		00:03:11	00:14:19	00:31:53.75	00:35:04.85	+00:17:09 (53.8%)	6:22	9.4 (46.1%)
1558	BALCERZAK Monika	43		K 40	147		00:01:34	00:14:04	00:31:54.80	00:33:28.80	+00:17:11 (53.8%)	6:22	9.4 (46.1%)
1559	BŁOŃSKI Robert	1693		M 50	134		00:01:52	00:14:37	00:31:56.65	00:33:48.70	+00:17:12 (53.9%)	6:23	9.4 (46.1%)
1559	FERLAS Helena	2023		K 12	6		00:02:56	00:15:20	00:31:56.65	00:34:52.70	+00:17:12 (53.9%)	6:23	9.4 (46.1%)
1561	BANASIAK Piotr	45		M 30	325		00:02:58	00:14:54	00:31:56.85	00:34:55.25	+00:17:13 (53.9%)	6:23	9.4 (46.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1562	FERLAS Michał	300		M 50	135		00:02:55	00:15:21	00:31:57.75	00:34:53.30	+00:17:13 (53.9%)	6:23	9.4 (46.1%)
1563	MICHAŁEK-PENDOWSKA Barbara	900		K 40	148		00:01:54	00:14:46	00:31:58.70	00:33:53.20	+00:17:14 (53.9%)	6:23	9.4 (46.1%)
1564	MICHALAK Jerzy	898	KB IM. P.SĘKOWSKIEGO	M 70	14		00:02:39	00:14:45	00:32:00.05	00:34:39.20	+00:17:16 (54.0%)	6:24	9.4 (46.1%)
1565	SIRODZKI Michał	1261		M 20	141		00:02:37	00:14:08	00:32:00.45	00:34:37.80	+00:17:16 (54.0%)	6:24	9.4 (46.1%)
1566	PYRZAK Piotr	1151		M 40	390		00:02:28	00:14:21	00:32:01.00	00:34:29.95	+00:17:17 (54.0%)	6:24	9.4 (46.1%)
1567	PUCHAŁA Tomasz	1143	MYSZORY	M 40	391		00:01:42	00:14:53	00:32:01.35	00:33:43.40	+00:17:17 (54.0%)	6:24	9.4 (46.1%)
1568	FATLA Katarzyna	298		K 30	129	Aktywna Warszawa	00:02:15	00:14:52	00:32:02.70	00:34:17.70	+00:17:18 (54.0%)	6:24	9.4 (46.1%)
1569	JANKOWSKI Remigiusz	466		M 50	136		00:02:47	00:14:49	00:32:04.50	00:34:52.35	+00:17:20 (54.1%)	6:24	9.4 (46.1%)
1570	GRABOWSKI Jerzy	399	NIEZRZESZONY	M 70	15		00:02:42	00:15:07	00:32:04.70	00:34:47.20	+00:17:20 (54.1%)	6:24	9.4 (46.1%)
1571	SOKOŁOWSKI Marian	1313	SAMOTNY WILK	M 70	16		00:01:43	00:14:33	00:32:05.15	00:33:48.30	+00:17:21 (54.1%)	6:25	9.4 (46.1%)
1572	KUCHARSKI Krzysztof	723		M 60	49		00:01:54	00:14:53	00:32:07.20	00:34:02.00	+00:17:23 (54.1%)	6:25	9.3 (45.6%)
1573	PREKOWSKI Grzegorz	54		M 50	137		00:02:43	00:14:36	00:32:09.90	00:34:52.90	+00:17:26 (54.2%)	6:25	9.3 (45.6%)
1574	SURMACZ Iza	1370	POLINEZJA	K 20	59		00:02:47	00:14:26	00:32:10.45	00:34:57.90	+00:17:26 (54.2%)	6:26	9.3 (45.6%)
1575	ANGERHOEFER Monika	26		K 30	130		00:03:05	00:16:00	00:32:11.30	00:35:17.05	+00:17:27 (54.2%)	6:26	9.3 (45.6%)
1576	WOŹNIAK Katarzyna	1585		K 50	43		00:02:37	00:14:19	00:32:12.45	00:34:49.65	+00:17:28 (54.3%)	6:26	9.3 (45.6%)
1577	STĘPNIAK Julia	1878		K 16	20		00:03:10	00:14:56	00:32:13.65	00:35:24.40	+00:17:29 (54.3%)	6:26	9.3 (45.6%)
1578	WITEK Adam	2108		M 12	19		00:02:22	00:14:12	00:32:14.55	00:34:36.55	+00:17:30 (54.3%)	6:26	9.3 (45.6%)
1579	KRIEWS Konrad	694		M 40	392		00:03:18	00:15:45	00:32:16.40	00:35:34.85	+00:17:32 (54.4%)	6:27	9.3 (45.6%)
1580	BEDNARZAK Tadeusz	1678	YULO RUN TEAM SIEDLCE	M 60	50		00:03:10	00:15:46	00:32:16.50	00:35:26.50	+00:17:32 (54.4%)	6:27	9.3 (45.6%)
1581	GRZESZAK Danuta	9		K 70	4		00:02:39	00:15:05	00:32:20.60	00:35:00.15	+00:17:36 (54.5%)	6:28	9.3 (45.6%)
1582	ZABIELSKI Jarosław	1601		M 50	138		00:02:20	00:15:11	00:32:22.15	00:34:42.40	+00:17:38 (54.5%)	6:28	9.3 (45.6%)
1583	FONGANG Aleksandra	315		K 40	149		00:02:50	00:15:14	00:32:25.50	00:35:16.40	+00:17:41 (54.6%)	6:29	9.3 (45.6%)
1584	ULMA Klaudia	1490		K 20	60		00:02:58	00:15:20	00:32:26.85	00:35:25.10	+00:17:43 (54.6%)	6:29	9.2 (45.1%)
1585	ULMA Dawid	1489		M 30	326		00:02:58	00:15:20	00:32:27.00	00:35:25.10	+00:17:43 (54.6%)	6:29	9.2 (45.1%)

Msc	Zawodnik	Numer		Klub	Kategoria	Mkat	Drużyna 1	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
								startu	2.5km					
1586	MATYSZCZAK Monika	882	KENKO		K 40	150	KENKO	00:02:59	00:15:48	00:32:32.90	00:35:32.35	+00:17:49 (54.7%)	6:30	9.2 (45.1%)
1587	GAŚSIOROWSKA Dorota	347			K 50	44		00:03:27	00:16:08	00:32:33.10	00:36:00.75	+00:17:49 (54.7%)	6:30	9.2 (45.1%)
1588	SZYMAŃCZAK Zbigniew	1958			M 60	51		00:01:01	00:15:01	00:32:33.30	00:33:34.85	+00:17:49 (54.8%)	6:30	9.2 (45.1%)
1589	SZANDECKI Mariusz	1954			M 40	393		00:00:00	00:16:38	00:32:33.60	00:32:33.60	+00:17:49 (54.8%)	6:30	9.2 (45.1%)
1590	SYTY Adam	1374			M 40	394		00:02:45	00:14:00	00:32:33.95	00:35:19.70	+00:17:50 (54.8%)	6:30	9.2 (45.1%)
1591	SKARZYŃSKA Katarzyna	1269			K 40	151		00:03:05	00:15:48	00:32:34.95	00:35:40.35	+00:17:51 (54.8%)	6:30	9.2 (45.1%)
1592	SZMIGIELSKI Maciej	1394			M 40	395		00:03:05	00:15:48	00:32:35.10	00:35:40.25	+00:17:51 (54.8%)	6:31	9.2 (45.1%)
1593	SHIPOVSKAYA Larisa	1242			K 50	45		00:02:52	00:15:02	00:32:35.15	00:35:27.20	+00:17:51 (54.8%)	6:31	9.2 (45.1%)
1594	KALMAN Anita	528			K 40	152		00:02:54	00:15:27	00:32:36.10	00:35:30.70	+00:17:52 (54.8%)	6:31	9.2 (45.1%)
1595	SZAFRAN Beata	1380	PUMP!T		K 40	153		00:01:11	00:15:20	00:32:38.25	00:33:50.20	+00:17:54 (54.9%)	6:31	9.2 (45.1%)
1596	MUZYKA Polina	941			K 16	21		00:01:38	00:14:27	00:32:38.55	00:34:16.80	+00:17:54 (54.9%)	6:31	9.2 (45.1%)
1597	GLEŃSK Anna	362	VEGE RUNNERS		K 30	131	Vege Runners Reszta Świata	00:02:48	00:14:34	00:32:38.80	00:35:27.45	+00:17:55 (54.9%)	6:31	9.2 (45.1%)
1598	ROBACZEWSKA Marta	1184			K 30	132		00:02:57	00:15:24	00:32:41.25	00:35:39.10	+00:17:57 (54.9%)	6:32	9.2 (45.1%)
1599	KARPECHENKO Artem	549			M 30	327		00:02:55	00:17:57	00:32:42.75	00:35:38.30	+00:17:58 (55.0%)	6:32	9.2 (45.1%)
1600	BUDA Artur	2007			M 14	28		00:02:17	00:14:36	00:32:43.10	00:35:00.25	+00:17:59 (55.0%)	6:32	9.2 (45.1%)
1601	STRZELCZYK Olga	1358			K 40	154		00:02:25	00:14:53	00:32:43.15	00:35:08.55	+00:17:59 (55.0%)	6:32	9.2 (45.1%)
1602	KRAWCZAK Angelika	691			K 30	133		00:03:02	00:15:20	00:32:44.95	00:35:47.50	+00:18:01 (55.0%)	6:32	9.2 (45.1%)
1603	MODRZEJEWSKA Anna	1866			K 40	155		00:02:04	00:13:51	00:32:45.55	00:34:50.45	+00:18:01 (55.0%)	6:33	9.2 (45.1%)
1604	ŻOCHOWSKI Grzegorz	1666			M 60	52		00:03:25	00:15:13	00:32:46.00	00:36:11.70	+00:18:02 (55.0%)	6:33	9.2 (45.1%)
1605	NASIEROWSKA-SAS Martyna	951			K 30	134		00:02:22	00:14:39	00:32:48.50	00:35:11.30	+00:18:04 (55.1%)	6:33	9.1 (44.6%)
1606	KWAPISIEWICZ Katarzyna	751			K 40	156		00:03:02	00:15:21	00:32:49.60	00:35:52.05	+00:18:05 (55.1%)	6:33	9.1 (44.6%)
1607	REGIMOWICZ Tamara	1171	NEW BALANCE RUN CLUB		K 30	135		00:02:04	00:14:25	00:32:49.70	00:34:53.80	+00:18:05 (55.1%)	6:33	9.1 (44.6%)
1608	KASPRZAK Ewelina	558			K 30	136		00:02:51	00:14:30	00:32:55.70	00:35:47.20	+00:18:11 (55.3%)	6:35	9.1 (44.6%)
1609	MIERZWICKA Karolina	2066			K 12	7		00:03:12	00:14:45	00:32:56.10	00:36:08.65	+00:18:12 (55.3%)	6:35	9.1 (44.6%)
1610	MYŚLIBORSKA Olga	943			K 40	157		00:01:20	00:15:03	00:32:56.75	00:34:16.75	+00:18:12 (55.3%)	6:35	9.1 (44.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
							startu	2.5km					
1611	WALAS Zuzanna	1504		K 30	137		00:03:26	00:15:31	00:32:57.25	00:36:24.05	+00:18:13 (55.3%)	6:35	9.1 (44.6%)
1612	GĄTOWSKA Agnieszka	350		K 30	138		00:02:36	00:14:22	00:32:57.50	00:35:33.90	+00:18:13 (55.3%)	6:35	9.1 (44.6%)
1613	RADKOWSKI Michał	1160		M 40	396		00:01:32	00:15:03	00:32:57.65	00:34:29.70	+00:18:13 (55.3%)	6:35	9.1 (44.6%)
1614	PYLYPENKO Iryna	1150	CBRE	K 30	139		00:02:57	00:15:10	00:32:58.95	00:35:55.95	+00:18:15 (55.3%)	6:35	9.1 (44.6%)
1615	PERKOŁUP Paulina	1051		K 30	140		00:02:57	00:15:20	00:32:59.50	00:35:57.30	+00:18:15 (55.4%)	6:35	9.1 (44.6%)
1616	GRZYBEK Marta	420		K 20	61		00:02:14	00:14:43	00:32:59.65	00:35:14.30	+00:18:15 (55.4%)	6:35	9.1 (44.6%)
1617	ZABIEGA Łukasz	1600		M 30	328		00:02:57	00:15:20	00:33:01.10	00:35:58.75	+00:18:17 (55.4%)	6:36	9.1 (44.6%)
1618	BIBRZYCKA - DĘBSKA Magda	71		K 30	141		00:03:05	00:16:00	00:33:03.75	00:36:09.45	+00:18:19 (55.4%)	6:36	9.1 (44.6%)
1619	KUBIAK Julia	1874		K 16	22		00:01:24	00:14:37	00:33:05.45	00:34:29.65	+00:18:21 (55.5%)	6:37	9.1 (44.6%)
1620	SKRZYPCZAK Jarosław	1933		M 50	139		00:02:27	00:14:49	00:33:05.95	00:35:33.80	+00:18:22 (55.5%)	6:37	9.1 (44.6%)
1621	PIWOWARCZYK Sławomir	1086		M 50	140		00:01:02	00:14:48	00:33:06.80	00:34:08.85	+00:18:23 (55.5%)	6:37	9.1 (44.6%)
1622	WESOŁOWSKI Paweł	1983		M 40	397		00:03:08	00:16:13	00:33:06.85	00:36:15.10	+00:18:23 (55.5%)	6:37	9.1 (44.6%)
1623	KORYCIŃSKA Mariola	649		K 30	142		00:01:40	00:14:28	00:33:08.20	00:34:48.65	+00:18:24 (55.5%)	6:37	9.1 (44.6%)
1624	ZAGRAJEK Krzysiek	1611		M 30	329		00:00:00	00:19:33	00:33:08.40	00:33:08.40	+00:18:24 (55.6%)	6:37	9.1 (44.6%)
1625	CHMIELEWSKI Antoni	161	MIĘDZYRZECKA GRUPA BIEGOWA	M 70	17		00:03:09	00:15:34	00:33:08.80	00:36:18.20	+00:18:25 (55.6%)	6:37	9.1 (44.6%)
1626	WŁODARCZYK Eulalia	1558		K 40	158		00:03:19	00:15:58	00:33:08.85	00:36:28.70	+00:18:25 (55.6%)	6:37	9.1 (44.6%)
1627	FALACIŃSKI Karol	295		M 40	398		00:03:09	00:15:08	00:33:09.40	00:36:18.85	+00:18:25 (55.6%)	6:37	9 (44.1%)
1628	MĘKARSKI Piotr	1687		M 40	399		00:02:49	00:15:59	00:33:13.60	00:36:02.65	+00:18:29 (55.7%)	6:38	9 (44.1%)
1629	FRANEK Marcin	2118		M 16	41		00:02:46	00:14:31	00:33:14.45	00:36:01.25	+00:18:30 (55.7%)	6:38	9 (44.1%)
1629	BRODZIK Małgosia	111		K 40	159		00:02:14	00:14:48	00:33:14.45	00:35:28.90	+00:18:30 (55.7%)	6:38	9 (44.1%)
1631	KILJAŃSKA Anna	582		K 20	62		00:02:30	00:14:28	00:33:16.20	00:35:46.90	+00:18:32 (55.7%)	6:39	9 (44.1%)
1632	WALKIEWICZ Mariusz	1507		M 50	141		00:02:23	00:14:17	00:33:19.85	00:35:43.30	+00:18:36 (55.8%)	6:39	9 (44.1%)
1633	GOŁOS Piotr	1704		M 50	142		00:02:23	00:14:18	00:33:20.05	00:35:43.50	+00:18:36 (55.8%)	6:40	9 (44.1%)
1634	SPIEWAK Maciej	1324		M 40	400		00:02:56	00:15:45	00:33:20.10	00:36:16.10	+00:18:36 (55.8%)	6:40	9 (44.1%)
1635	ŻELAZKO Joanna	2133		K 40	160		00:01:59	00:14:35	00:33:21.80	00:35:21.50	+00:18:38 (55.8%)	6:40	9 (44.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
							startu	2.5km					
1636	KAIM-MIERZWICKA Katarzyna	517		K 40	161		00:02:45	00:15:12	00:33:23.15	00:36:08.60	+00:18:39 (55.9%)	6:40	9 (44.1%)
1637	MORAWSKA Irmina	924		K 20	63		00:02:59	00:15:45	00:33:23.20	00:36:22.80	+00:18:39 (55.9%)	6:40	9 (44.1%)
1638	MAJEWSKI Maciej	830		M 30	330		00:02:58	00:16:00	00:33:24.95	00:36:23.65	+00:18:41 (55.9%)	6:40	9 (44.1%)
1639	ZALEWSKA Agnieszka	1618		K 40	162		00:00:11	00:15:01	00:33:31.80	00:33:42.90	+00:18:48 (56.1%)	6:42	9 (44.1%)
1640	BUDEK Ewa	123		K 40	163		00:02:39	00:14:54	00:33:32.40	00:36:11.40	+00:18:48 (56.1%)	6:42	8.9 (43.6%)
1641	GAJDUK Ilona	331		K 30	143		00:03:19	00:16:26	00:33:34.30	00:36:53.80	+00:18:50 (56.1%)	6:42	8.9 (43.6%)
1642	FILIPCZYK Hanna	306		K 40	164	Pracująca Trójka	00:02:50	00:15:53	00:33:34.60	00:36:24.75	+00:18:50 (56.1%)	6:42	8.9 (43.6%)
1643	CHRZANOWSKA Agnieszka	1759		K 30	144		00:03:19	00:16:27	00:33:34.70	00:36:53.90	+00:18:50 (56.1%)	6:42	8.9 (43.6%)
1644	PRUCHNIEWICZ Michał	1126		M 30	331		00:03:19	00:16:23	00:33:34.85	00:36:54.10	+00:18:51 (56.1%)	6:42	8.9 (43.6%)
1645	CHROMIŃSKA Klara	173		K 20	64		00:03:31	00:15:54	00:33:35.75	00:37:07.55	+00:18:51 (56.2%)	6:43	8.9 (43.6%)
1646	JARZĄBEK Paulina	2034	MKS MECHANIK	K 16	23		00:01:19	00:13:32	00:33:36.45	00:34:56.25	+00:18:52 (56.2%)	6:43	8.9 (43.6%)
1647	MIERZYŃSKA Roksana	903	CBRE	K 20	65		00:03:08	00:15:53	00:33:38.25	00:36:46.45	+00:18:54 (56.2%)	6:43	8.9 (43.6%)
1648	KOWALIK Alicja	671	CBRE	K 30	145	CBRE	00:03:39	00:15:47	00:33:38.70	00:37:17.90	+00:18:54 (56.2%)	6:43	8.9 (43.6%)
1649	WÓJCICKA Agnieszka	1995	GÓRA BIEGA	K 30	146		00:02:12	00:14:58	00:33:38.85	00:35:51.05	+00:18:55 (56.2%)	6:43	8.9 (43.6%)
1650	SKROJNA Anna	1932	RUN CZARNÓW	K 30	147		00:02:17	00:15:13	00:33:40.40	00:35:58.10	+00:18:56 (56.3%)	6:44	8.9 (43.6%)
1651	STASIAK Joanna	1337		K 40	165		00:03:04	00:16:16	00:33:40.70	00:36:45.65	+00:18:56 (56.3%)	6:44	8.9 (43.6%)
1652	KILIAN Monika	1815		K 40	166		00:03:04	00:16:16	00:33:41.05	00:36:45.95	+00:18:57 (56.3%)	6:44	8.9 (43.6%)
1653	KOSIATY Jarosław	655		M 50	143		00:00:58	00:15:15	00:33:42.45	00:34:40.50	+00:18:58 (56.3%)	6:44	8.9 (43.6%)
1654	JAKUBICKA Joanna	457	TEAM ZABIEGANEDNI	K 30	148		00:03:11	00:15:08	00:33:44.55	00:36:56.15	+00:19:00 (56.3%)	6:44	8.9 (43.6%)
1655	RYCHLEWICZ Rafał	1220		M 40	401		00:03:10	00:14:53	00:33:45.35	00:36:55.35	+00:19:01 (56.4%)	6:45	8.9 (43.6%)
1656	GRYNCZEWSKI Jeremi	1798		M 12	20		00:01:20	00:13:02	00:33:47.70	00:35:08.30	+00:19:03 (56.4%)	6:45	8.9 (43.6%)
1656	WOŹNIAK Jakub	1582		M 16	42		00:03:09	00:15:18	00:33:47.70	00:36:57.15	+00:19:03 (56.4%)	6:45	8.9 (43.6%)
1658	TYSZKA Sylwia	1485		K 40	167		00:01:56	00:15:33	00:33:48.20	00:35:44.50	+00:19:04 (56.4%)	6:45	8.9 (43.6%)
1659	KALOGEROPOULOU Evgenia	529		K 30	149		00:03:22	00:16:04	00:33:49.20	00:37:11.85	+00:19:05 (56.4%)	6:45	8.9 (43.6%)
1660	KLIBER Katarzyna	1816		K 40	168		00:03:38	00:15:49	00:33:49.30	00:37:28.20	+00:19:05 (56.4%)	6:45	8.9 (43.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
							Czas startu	2.5km					
1661	ZYZANSKA Aga	1662		K 30	150		00:03:04	00:16:20	00:33:50.70	00:36:55.25	+00:19:06 (56.5%)	6:46	8.9 (43.6%)
1662	SEITARIDIS Christos	1238		M 30	332		00:03:23	00:16:04	00:33:50.85	00:37:13.85	+00:19:07 (56.5%)	6:46	8.9 (43.6%)
1663	SŁOWIK Jerzy	1290		M 60	53		00:01:20	00:13:03	00:33:52.10	00:35:12.70	+00:19:08 (56.5%)	6:46	8.9 (43.6%)
1664	KILJAN Karolina	581		K 20	66		00:02:46	00:15:37	00:33:52.85	00:36:39.15	+00:19:09 (56.5%)	6:46	8.9 (43.6%)
1665	DEREK Ewa	229		K 30	151		00:03:03	00:16:23	00:33:53.05	00:36:56.05	+00:19:09 (56.5%)	6:46	8.9 (43.6%)
1666	WILCZAK Tomasz	1686		M 30	333		00:03:09	00:17:18	00:33:53.35	00:37:02.35	+00:19:09 (56.5%)	6:46	8.9 (43.6%)
1667	DEREK Wojciech	230		M 30	334		00:03:02	00:16:23	00:33:53.50	00:36:56.05	+00:19:09 (56.5%)	6:46	8.9 (43.6%)
1668	JAŻWIŃSKI (TATA PATEREK ;-) Przemek	484		M 40	402		00:03:05	00:16:19	00:33:55.90	00:37:01.85	+00:19:12 (56.6%)	6:47	8.8 (43.1%)
1669	KONARSKA Anna	623		K 20	67		00:03:06	00:16:20	00:33:58.50	00:37:04.85	+00:19:14 (56.6%)	6:47	8.8 (43.1%)
1670	KUZNETSOVA Kateryna	750		K 20	68		00:02:13	00:14:46	00:34:00.05	00:36:13.95	+00:19:16 (56.7%)	6:48	8.8 (43.1%)
1671	PODLECKA Anna	1098		K 40	169		00:03:21	00:15:04	00:34:01.40	00:37:23.15	+00:19:17 (56.7%)	6:48	8.8 (43.1%)
1672	WIETRZYCKA Monika	1531		K 30	152		00:03:07	00:15:59	00:34:01.55	00:37:08.65	+00:19:17 (56.7%)	6:48	8.8 (43.1%)
1673	PLUTA Alek	1094		M 30	335		00:03:06	00:16:16	00:34:02.00	00:37:08.10	+00:19:18 (56.7%)	6:48	8.8 (43.1%)
1674	ŻUKOWSKA Dominika	2114		K 16	24		00:00:10	00:16:08	00:34:02.70	00:34:12.95	+00:19:18 (56.7%)	6:48	8.8 (43.1%)
1675	PAWLAK Lucyna	1045		K 60	9		00:03:09	00:15:41	00:34:04.80	00:37:14.20	+00:19:21 (56.8%)	6:48	8.8 (43.1%)
1676	KARKOS Magdalena	546		K 30	153		00:03:03	00:16:19	00:34:08.15	00:37:11.90	+00:19:24 (56.8%)	6:49	8.8 (43.1%)
1677	KASIANENKO Veronika	555		K 16	25		00:00:28	00:15:17	00:34:09.55	00:34:38.25	+00:19:25 (56.9%)	6:49	8.8 (43.1%)
1677	ZIMNY Zuzanna	1656		K 16	26		00:00:20	00:15:35	00:34:09.55	00:34:30.50	+00:19:25 (56.9%)	6:49	8.8 (43.1%)
1679	WÓJCIKOWSKA Julia	1871		K 16	27		00:00:21	00:15:35	00:34:09.75	00:34:30.80	+00:19:25 (56.9%)	6:49	8.8 (43.1%)
1680	RYCHLEWICZ Zofia	2085		K 12	8		00:02:44	00:15:18	00:34:11.65	00:36:55.80	+00:19:27 (56.9%)	6:50	8.8 (43.1%)
1681	SOWIŃSKA Ewelina	1323		K 30	154		00:03:07	00:16:19	00:34:12.00	00:37:19.40	+00:19:28 (56.9%)	6:50	8.8 (43.1%)
1682	PROKOPCZYK Aleksandra	1911		K 40	170		00:03:07	00:17:37	00:34:12.85	00:37:20.00	+00:19:29 (56.9%)	6:50	8.8 (43.1%)
1683	CZAJA Piotr	1764		M 40	403		00:01:45	00:15:35	00:34:13.55	00:35:58.85	+00:19:29 (57.0%)	6:50	8.8 (43.1%)
1684	NEJMAN Andrzej	955		M 40	404		00:03:12	00:16:08	00:34:14.15	00:37:26.45	+00:19:30 (57.0%)	6:50	8.8 (43.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
							startu	2.5km					
1685	KEMPA Robert	48		M 40	405		00:03:32	00:15:51	00:34:16.95	00:37:49.85	+00:19:33 (57.0%)	6:51	8.8 (43.1%)
1686	KOWALEWSKA Katarzyna	669		K 40	171		00:02:25	00:15:25	00:34:17.25	00:36:43.10	+00:19:33 (57.0%)	6:51	8.8 (43.1%)
1687	MASTALEREK Joanna	868		K 40	172		00:02:41	00:15:12	00:34:17.35	00:36:59.10	+00:19:33 (57.0%)	6:51	8.8 (43.1%)
1688	ZAMORSKA Monika	2126		K 40	173		00:02:42	00:15:20	00:34:19.55	00:37:01.75	+00:19:35 (57.1%)	6:51	8.7 (42.6%)
1689	SOBOLEWSKA Aleksandra	1725		K 20	69		00:01:26	00:15:49	00:34:20.15	00:35:46.50	+00:19:36 (57.1%)	6:52	8.7 (42.6%)
1690	TUREK Paweł	1971	PRIN-S	M 50	144		00:01:46	00:13:30	00:34:23.90	00:36:09.95	+00:19:40 (57.2%)	6:52	8.7 (42.6%)
1691	SZAJKOWSKA Maja	2096		K 12	9		00:01:34	00:16:12	00:34:26.60	00:36:01.20	+00:19:42 (57.2%)	6:53	8.7 (42.6%)
1692	SZAJKOWSKA Ewa	1382		K 50	46		00:01:34	00:16:12	00:34:27.25	00:36:01.70	+00:19:43 (57.2%)	6:53	8.7 (42.6%)
1693	MYSZOR-CIECIELĄG Monika	942		K 40	174		00:02:55	00:15:59	00:34:28.60	00:37:24.35	+00:19:44 (57.3%)	6:53	8.7 (42.6%)
1694	ZYZAŃSKA Julia	1663		K 20	70		00:03:04	00:16:20	00:34:32.05	00:37:36.55	+00:19:48 (57.3%)	6:54	8.7 (42.6%)
1695	DOMINIAK Bartosz	33	#BARTEKBIEGA	M 40	406	Urząd Dzielnicy Ursynów	00:02:52	00:15:45	00:34:32.75	00:37:25.45	+00:19:48 (57.4%)	6:54	8.7 (42.6%)
1696	DENKIEWICZ Adam	2015		M 12	21		00:02:22	00:14:11	00:34:34.10	00:36:56.40	+00:19:50 (57.4%)	6:54	8.7 (42.6%)
1697	PILIS Daria	1896		K 20	71		00:01:59	00:15:34	00:34:34.15	00:36:33.40	+00:19:50 (57.4%)	6:54	8.7 (42.6%)
1698	SZNAJDER Beata	1395		K 40	175		00:01:08	00:15:22	00:34:34.25	00:35:42.85	+00:19:50 (57.4%)	6:54	8.7 (42.6%)
1699	BRONISZEWSKA Natalia	2006		K 16	28		00:03:22	00:15:33	00:34:34.30	00:37:57.25	+00:19:50 (57.4%)	6:54	8.7 (42.6%)
1700	BAKALAROVA Michaela	41		K 30	155		00:02:06	00:15:00	00:34:34.95	00:36:41.85	+00:19:51 (57.4%)	6:54	8.7 (42.6%)
1701	KRZYŻEWSKA Karolina	711	PZU SPORT TEAM	K 30	156	PZU Sport Team	00:02:58	00:15:55	00:34:36.10	00:37:35.00	+00:19:52 (57.4%)	6:55	8.7 (42.6%)
1702	MOSKAŁA Bogusław	925		M 60	54		00:03:05	00:16:19	00:34:39.00	00:37:44.85	+00:19:55 (57.5%)	6:55	8.7 (42.6%)
1703	SKRUCHA Iga	1278		K 30	157		00:02:48	00:16:15	00:34:39.15	00:37:27.25	+00:19:55 (57.5%)	6:55	8.7 (42.6%)
1704	PLICHCIŃSKA Małgorzata	1089	EKONOMIK MOKOTÓW	K 40	176		00:02:58	00:16:09	00:34:41.20	00:37:39.35	+00:19:57 (57.5%)	6:56	8.6 (42.2%)
1705	JEKIMOW Joanna	486		K 40	177		00:02:17	00:15:35	00:34:42.95	00:37:00.05	+00:19:59 (57.6%)	6:56	8.6 (42.2%)
1706	BORYS Karolina	107		K 20	72		00:03:17	00:16:17	00:34:43.45	00:38:00.50	+00:19:59 (57.6%)	6:56	8.6 (42.2%)
1707	MASALSKI Mikołaj	2061		M 14	29		00:02:55	00:15:58	00:34:45.75	00:37:41.60	+00:20:01 (57.6%)	6:57	8.6 (42.2%)
1708	FRYDRYCH Katarzyna	322		K 40	178		00:03:07	00:16:21	00:34:47.10	00:37:54.55	+00:20:03 (57.7%)	6:57	8.6 (42.2%)
1709	GOŁASZEWSKA Magdalena	1792		K 30	158		00:01:30	00:15:33	00:34:54.00	00:36:24.50	+00:20:10 (57.8%)	6:58	8.6 (42.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1710	KOSIŃSKI Rafał	657	BIEGNIJ Z PROSERVICE	M 40	407	Biegnij z Proservice	00:01:57	00:15:38	00:34:56.45	00:36:53.90	+00:20:12 (57.8%)	6:59	8.6 (42.2%)
1711	SZOSTAKOWSKI Jarosław	1397	BIEGAMY Z OCHOTĄ	M 50	145		00:03:03	00:16:20	00:35:00.45	00:38:04.25	+00:20:16 (57.9%)	7:00	8.6 (42.2%)
1712	RUTKOWSKA Maria	1210		K 30	159		00:03:34	00:15:49	00:35:00.75	00:38:35.20	+00:20:16 (57.9%)	7:00	8.6 (42.2%)
1713	BRONISZEWSKI Jakub	113		M 40	408		00:02:55	00:16:01	00:35:01.25	00:37:57.20	+00:20:17 (57.9%)	7:00	8.6 (42.2%)
1714	GROCHOWSKA Joanna	407	BIEGAMY Z OCHOTĄ	K 50	47		00:03:03	00:16:21	00:35:01.60	00:38:04.60	+00:20:17 (57.9%)	7:00	8.6 (42.2%)
1715	MARCINIAK Julia	1733		K 20	73		00:02:37	00:15:20	00:35:04.20	00:37:41.35	+00:20:20 (58.0%)	7:00	8.6 (42.2%)
1716	KAMIŃSKI Maciej	538		M 40	409		00:03:12	00:16:27	00:35:04.30	00:38:17.25	+00:20:20 (58.0%)	7:00	8.6 (42.2%)
1717	SKUPIŃSKI Tomasz	1282		M 20	142		00:03:12	00:16:27	00:35:04.80	00:38:17.55	+00:20:21 (58.0%)	7:00	8.6 (42.2%)
1718	DĄBROWSKI Tomasz	222		M 40	410		00:02:53	00:15:34	00:35:07.00	00:38:00.80	+00:20:23 (58.1%)	7:01	8.5 (41.7%)
1719	BORKOWSKI Adrian	1532		M 30	336		00:02:57	00:15:53	00:35:08.30	00:38:05.65	+00:20:24 (58.1%)	7:01	8.5 (41.7%)
1720	KIELBICKI Marcin	574		M 40	411		00:03:10	00:16:15	00:35:08.35	00:38:19.10	+00:20:24 (58.1%)	7:01	8.5 (41.7%)
1721	JURKOWSKA Irena	502		K 70	5		00:01:30	00:15:54	00:35:09.95	00:36:39.95	+00:20:26 (58.1%)	7:01	8.5 (41.7%)
1722	KOGOWSKA Alicja	613		K 30	160		00:02:16	00:16:46	00:35:10.75	00:37:27.30	+00:20:26 (58.1%)	7:02	8.5 (41.7%)
1723	ŁAZARECKA Magda	799		K 40	179		00:03:04	00:16:23	00:35:15.60	00:38:20.00	+00:20:31 (58.2%)	7:03	8.5 (41.7%)
1724	LAZAREVA Vladislava	1712		K 16	29		00:02:50	00:15:22	00:35:16.35	00:38:06.35	+00:20:32 (58.2%)	7:03	8.5 (41.7%)
1725	RUDENKO Daria	1204		K 20	74		00:02:11	00:15:36	00:35:17.25	00:37:29.00	+00:20:33 (58.3%)	7:03	8.5 (41.7%)
1726	KĘDZIA-STĘPKOWSKI Antoni	570		M 20	143		00:02:14	00:15:40	00:35:17.65	00:37:31.70	+00:20:33 (58.3%)	7:03	8.5 (41.7%)
1727	MELSKA Karolina	890		K 30	161		00:02:50	00:16:17	00:35:18.15	00:38:08.35	+00:20:34 (58.3%)	7:03	8.5 (41.7%)
1728	KUC Daniel	719		M 40	412		00:03:01	00:16:20	00:35:19.60	00:38:20.75	+00:20:35 (58.3%)	7:03	8.5 (41.7%)
1729	DWURZYŃSKA Sylwia	274		K 40	180		00:02:46	00:15:42	00:35:20.40	00:38:07.35	+00:20:36 (58.3%)	7:04	8.5 (41.7%)
1730	KĘDZIA-STĘPKOWSKA Anieli	2043		K 16	30		00:02:13	00:15:40	00:35:22.70	00:37:36.65	+00:20:38 (58.4%)	7:04	8.5 (41.7%)
1731	KORNACKA Agnieszka	640		K 20	75		00:00:19	00:16:18	00:35:25.15	00:35:45.10	+00:20:41 (58.4%)	7:05	8.5 (41.7%)
1732	OLCZAK Witold	991	UMCS BIEGA	M 60	55		00:03:06	00:16:21	00:35:29.90	00:38:36.35	+00:20:46 (58.5%)	7:05	8.5 (41.7%)
1733	OLCZAK Urszula	990	UMCS BIEGA	K 50	48		00:03:05	00:16:22	00:35:30.65	00:38:36.50	+00:20:46 (58.5%)	7:06	8.5 (41.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1734	KILKOWSKA Joanna	584		K 50	49		00:03:07	00:16:19	00:35:36.15	00:38:43.40	+00:20:52 (58.6%)	7:07	8.4 (41.2%)
1735	KOPCZYŃSKA Judyta	1820	MARKOWI BIEGACZE	K 40	181		00:01:55	00:15:43	00:35:39.80	00:37:34.90	+00:20:56 (58.7%)	7:07	8.4 (41.2%)
1736	RYBARKIEWICZ Melania	1875		K 16	31		00:02:45	00:16:00	00:35:39.95	00:38:25.00	+00:20:56 (58.7%)	7:07	8.4 (41.2%)
1737	DYGA Dominik	1781		M 16	43		00:02:45	00:15:59	00:35:40.35	00:38:25.60	+00:20:56 (58.7%)	7:08	8.4 (41.2%)
1738	HOŁOPIAK Ewa	430	NEW BALANCE RUN CLUB	K 60	10		00:03:05	00:15:34	00:35:44.90	00:38:50.70	+00:21:01 (58.8%)	7:08	8.4 (41.2%)
1739	LEHMANN Karolina	768		K 20	76		00:03:16	00:16:24	00:35:52.40	00:39:09.25	+00:21:08 (58.9%)	7:10	8.4 (41.2%)
1740	SZUSTKIEWICZ Zbigniew	1404		M 50	146		00:02:50	00:16:20	00:35:53.35	00:38:43.85	+00:21:09 (59.0%)	7:10	8.4 (41.2%)
1741	SIEROCINSKA-RUDZINSKA Anna	1250		K 40	182		00:02:06	00:16:43	00:35:56.35	00:38:02.50	+00:21:12 (59.0%)	7:11	8.3 (40.7%)
1742	GAJ Bogna	329		K 50	50		00:01:59	00:16:28	00:36:07.55	00:38:07.00	+00:21:23 (59.2%)	7:13	8.3 (40.7%)
1743	TUROWSKI Krzysztof	1477		M 60	56		00:01:25	00:16:16	00:36:09.90	00:37:35.85	+00:21:26 (59.3%)	7:13	8.3 (40.7%)
1744	SOCHA Julia	1877		K 16	32		00:00:37	00:16:14	00:36:10.80	00:36:48.05	+00:21:27 (59.3%)	7:14	8.3 (40.7%)
1745	LAMPARSKI Robert	759		M 40	413		00:00:00	00:18:07	00:36:11.05	00:36:11.05	+00:21:27 (59.3%)	7:14	8.3 (40.7%)
1746	MODZELEWSKA Lena	1876		K 16	33		00:00:37	00:16:14	00:36:11.20	00:36:48.20	+00:21:27 (59.3%)	7:14	8.3 (40.7%)
1747	KACZOROWSKA Monika	516		K 50	51		00:03:18	00:17:28	00:36:11.30	00:39:29.35	+00:21:27 (59.3%)	7:14	8.3 (40.7%)
1748	MISTRZAK Marta	912		K 40	183		00:03:37	00:17:05	00:36:12.20	00:39:49.30	+00:21:28 (59.3%)	7:14	8.3 (40.7%)
1749	WIŚNIEWSKA Katarzyna	1547	INDYWIDUALISTKA	K 50	52		00:01:26	00:16:33	00:36:22.55	00:37:49.25	+00:21:38 (59.5%)	7:16	8.2 (40.2%)
1750	GIERANOWSKI Marcin	1715	ZALATANI	M 40	414		00:02:54	00:16:22	00:36:23.85	00:39:18.45	+00:21:40 (59.5%)	7:16	8.2 (40.2%)
1751	HOŁOWACZ Tomasz	431	KONDYCJA	M 70	18		00:03:02	00:17:30	00:36:26.00	00:39:28.50	+00:21:42 (59.6%)	7:17	8.2 (40.2%)
1752	JĘDRAS Jakub	492		M 40	415		00:02:56	00:16:14	00:36:33.35	00:39:30.30	+00:21:49 (59.7%)	7:18	8.2 (40.2%)
1753	ZALEWSKA Alicja	2111		K 16	34		00:00:10	00:16:08	00:36:34.75	00:36:44.80	+00:21:50 (59.7%)	7:18	8.2 (40.2%)
1754	KAMIŃSKA Kasia	533		K 16	35		00:03:11	00:16:35	00:36:36.60	00:39:48.45	+00:21:52 (59.8%)	7:19	8.2 (40.2%)
1755	SMYDA Piotr	1688		M 60	57		00:03:09	00:17:06	00:36:38.70	00:39:48.60	+00:21:54 (59.8%)	7:19	8.2 (40.2%)
1756	BISOWSKA Hanna	2003	MARUDY Z KOBYŁKI	K 12	10	Marudy z Kobylki	00:03:05	00:16:22	00:36:39.35	00:39:44.90	+00:21:55 (59.8%)	7:19	8.2 (40.2%)
1757	BISOWSKA Katarzyna	86	MARUDY Z KOBYŁKI	K 40	184	Marudy z Kobylki	00:03:05	00:16:22	00:36:39.75	00:39:45.25	+00:21:55 (59.8%)	7:19	8.2 (40.2%)
1758	ZIELINSKA Ewelina	1648		K 30	162		00:03:18	00:17:04	00:36:42.85	00:40:01.50	+00:21:59 (59.9%)	7:20	8.2 (40.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1759	RANKOWSKA Ewa	1913		K 40	185		00:03:14	00:17:09	00:36:43.95	00:39:58.70	+00:22:00 (59.9%)	7:20	8.2 (40.2%)
1760	FABISZ Jan	2022		M 12	22		00:02:53	00:17:58	00:36:44.05	00:39:38.00	+00:22:00 (59.9%)	7:20	8.2 (40.2%)
1761	MISTRZAK Marcin	913		M 40	416		00:03:02	00:17:40	00:36:46.60	00:39:49.10	+00:22:02 (59.9%)	7:21	8.2 (40.2%)
1762	BORUSZEWSKI Maciej	105		M 50	147		00:02:24	00:15:22	00:36:50.25	00:39:15.00	+00:22:06 (60.0%)	7:22	8.1 (39.7%)
1763	BORUSZEWSKA Maja	2005		K 14	12		00:02:24	00:15:21	00:36:50.40	00:39:15.05	+00:22:06 (60.0%)	7:22	8.1 (39.7%)
1764	GAJDA Agnieszka	330	-	K 40	186		00:02:54	00:16:31	00:36:51.10	00:39:45.40	+00:22:07 (60.0%)	7:22	8.1 (39.7%)
1765	NIKODEMSKA-FABISZ Małgorzata	962	PZU SPORT TEAM	K 40	187		00:02:53	00:17:58	00:36:54.15	00:39:47.70	+00:22:10 (60.1%)	7:22	8.1 (39.7%)
1766	GARWACKI Jozef	341		M 70	19		00:03:09	00:17:05	00:36:59.55	00:40:08.70	+00:22:15 (60.2%)	7:23	8.1 (39.7%)
1767	KULETA Małgorzata	737		K 40	188		00:03:25	00:16:11	00:37:04.20	00:40:29.60	+00:22:20 (60.3%)	7:24	8.1 (39.7%)
1768	CHAMERSKA Katarzyna	1754		K 40	189		00:03:00	00:16:50	00:37:06.75	00:40:07.30	+00:22:22 (60.3%)	7:25	8.1 (39.7%)
1769	UFA Jarosław	1974		M 50	148		00:03:07	00:17:36	00:37:08.55	00:40:15.90	+00:22:24 (60.3%)	7:25	8.1 (39.7%)
1770	GÓRSKA-MANCZENKO Katarzyna	391	LEŚNE SZYCHY	K 30	163	Biegam Dobrze dla Fundacji SYNAPSIS	00:00:00	00:19:24	00:37:18.05	00:37:18.05	+00:22:34 (60.5%)	7:27	8 (39.2%)
1771	JURCZAK Karolina	499		K 40	190		00:03:30	00:17:43	00:37:18.35	00:40:49.15	+00:22:34 (60.5%)	7:27	8 (39.2%)
1772	HAIUCHYK Daryna	2031		K 16	36		00:00:03	00:16:23	00:37:19.35	00:37:22.90	+00:22:35 (60.5%)	7:27	8 (39.2%)
1773	DZIUBIŃSKA Anna	287		K 30	164		00:03:19	00:17:07	00:37:20.25	00:40:39.30	+00:22:36 (60.5%)	7:28	8 (39.2%)
1774	MAZUR Kinga	886		K 40	191		00:03:04	00:16:47	00:37:22.40	00:40:26.60	+00:22:38 (60.6%)	7:28	8 (39.2%)
1775	RADECKI Michał	1159		M 40	417		00:03:11	00:16:58	00:37:22.65	00:40:33.70	+00:22:38 (60.6%)	7:28	8 (39.2%)
1776	ROSÓŁ Renata	1196		K 50	53		00:03:12	00:17:31	00:37:25.35	00:40:37.95	+00:22:41 (60.6%)	7:29	8 (39.2%)
1777	NAKWASKI Bartłomiej	948		M 40	418		00:01:31	00:15:21	00:37:35.15	00:39:06.60	+00:22:51 (60.8%)	7:31	8 (39.2%)
1778	DZIURDŹ Jacek	289	GRUPA BIEGOWA UM W-WA	M 40	419		00:02:00	00:16:42	00:37:40.55	00:39:41.15	+00:22:56 (60.9%)	7:32	8 (39.2%)
1779	SAMEL Helena	5		K 12	11		00:02:22	00:16:41	00:37:48.15	00:40:10.15	+00:23:04 (61.0%)	7:33	7.9 (38.7%)
1780	KIJANKA Patrycja	1691		K 30	165		00:03:11	00:17:13	00:37:50.95	00:41:02.55	+00:23:07 (61.1%)	7:34	7.9 (38.7%)
1781	KOŁAKOWSKI Aleksander	616		M 30	337		00:00:52	00:16:35	00:37:51.00	00:38:43.10	+00:23:07 (61.1%)	7:34	7.9 (38.7%)
1782	BRZAKAŁA Mateusz	1705		M 20	144		00:03:11	00:17:13	00:37:52.00	00:41:03.00	+00:23:08 (61.1%)	7:34	7.9 (38.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
							startu	2.5km					
1783	SAMEL Janusz	3		M 40	420		00:02:21	00:16:42	00:37:52.45	00:40:14.20	+00:23:08 (61.1%)	7:34	7.9 (38.7%)
1784	WILCZAK Joanna	1539		K 30	166		00:03:09	00:17:18	00:37:55.85	00:41:05.25	+00:23:12 (61.2%)	7:35	7.9 (38.7%)
1785	JANISZEWSKI Stanisław	1681	-	M 70	20		00:00:07	00:17:11	00:37:59.70	00:38:06.90	+00:23:15 (61.2%)	7:35	7.9 (38.7%)
1786	ROWICKI Jakub	1918		M 20	145		00:02:49	00:16:55	00:38:06.10	00:40:55.45	+00:23:22 (61.3%)	7:37	7.9 (38.7%)
1787	SYPIAŃSKA Kalina	1373		K 40	192		00:03:10	00:17:37	00:38:07.90	00:41:18.65	+00:23:24 (61.4%)	7:37	7.9 (38.7%)
1788	PIECZENIUK Dariusz	1063		M 50	149		00:03:10	00:17:38	00:38:08.40	00:41:18.70	+00:23:24 (61.4%)	7:37	7.9 (38.7%)
1789	PIOTROWSKA-KRZAK Ela	1082		K 40	193		00:02:08	00:17:30	00:38:15.65	00:40:23.80	+00:23:31 (61.5%)	7:39	7.8 (38.2%)
1790	SZCZEPŁEK Marta	1387	KOTLET POWER TEAM	K 40	194		00:03:31	00:17:30	00:38:33.85	00:42:05.35	+00:23:50 (61.8%)	7:42	7.8 (38.2%)
1791	SMNK Tania	1938		K 30	167		00:02:55	00:17:57	00:38:37.40	00:41:32.45	+00:23:53 (61.9%)	7:43	7.8 (38.2%)
1792	URBANIAK Elżbieta	1493		K 40	195		00:03:06	00:17:37	00:38:38.90	00:41:45.55	+00:23:55 (61.9%)	7:43	7.8 (38.2%)
1793	TKACZ Jacek	1444	TEAM KOPEĆ	M 40	421	Team Kopeć	00:03:21	00:18:05	00:38:44.45	00:42:05.80	+00:24:00 (62.0%)	7:44	7.7 (37.7%)
1794	PABIŚ Ewa	1024		K 50	54		00:03:12	00:17:39	00:39:08.40	00:42:21.35	+00:24:24 (62.4%)	7:49	7.7 (37.7%)
1795	SHADRYNA Darya	1241		K 20	77		00:03:08	00:17:36	00:39:18.30	00:42:26.30	+00:24:34 (62.5%)	7:51	7.6 (37.3%)
1796	ŁUCEWICZ-NAPAŁKOW Maryja	1849		K 40	196		00:03:17	00:17:45	00:39:24.25	00:42:41.60	+00:24:40 (62.6%)	7:52	7.6 (37.3%)
1797	ZIMNY Maria	1655		K 40	197		00:03:12	00:18:24	00:39:38.05	00:42:51.00	+00:24:54 (62.8%)	7:55	7.6 (37.3%)
1798	KARPIŃSKA Nina	844		K 40	198		00:02:35	00:17:45	00:39:52.75	00:42:28.35	+00:25:08 (63.1%)	7:58	7.5 (36.8%)
1799	BARTOSIK Krystyna	55		K 60	11		00:03:17	00:18:49	00:39:59.25	00:43:16.90	+00:25:15 (63.2%)	7:59	7.5 (36.8%)
1800	PRZYBYSZ Krzysztof	1138		M 20	146		00:02:48	00:18:31	00:40:00.10	00:42:48.55	+00:25:16 (63.2%)	8:00	7.5 (36.8%)
1801	PIĘTKA Iwona	1072		K 30	168		00:02:48	00:18:33	00:40:00.15	00:42:48.45	+00:25:16 (63.2%)	8:00	7.5 (36.8%)
1802	OLEKSIAK Hubert	993		M 30	338		00:03:06	00:18:07	00:40:03.80	00:43:10.45	+00:25:20 (63.2%)	8:00	7.5 (36.8%)
1803	LECH Michalina	2053		K 16	37		00:03:31	00:17:51	00:40:10.25	00:43:42.05	+00:25:26 (63.3%)	8:02	7.5 (36.8%)
1804	ZAROSIŃSKA Paulina	1626		K 20	78		00:03:19	00:18:40	00:40:33.15	00:43:52.85	+00:25:49 (63.7%)	8:06	7.4 (36.3%)
1805	LECH Pawel Lech	764		M 50	150	Urząd Dzielnicy Ursynów	00:03:05	00:18:17	00:40:40.75	00:43:45.95	+00:25:56 (63.8%)	8:08	7.4 (36.3%)
1806	NOWAKOWSKA Anna	968		K 40	199		00:03:11	00:18:21	00:40:41.95	00:43:53.50	+00:25:58 (63.8%)	8:08	7.4 (36.3%)
1807	MOSZKOWICZ Eugeniusz	928	KONDYCJA	M 70	21		00:03:01	00:18:07	00:41:02.40	00:44:04.05	+00:26:18 (64.1%)	8:12	7.3 (35.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1808	REMISIEWICZ Malgorzata	1180		K 40	200		00:01:59	00:17:40	00:41:03.95	00:43:03.50	+00:26:20 (64.1%)	8:12	7.3 (35.8%)
1809	JĘDRAS Katarzyna	491		K 40	201		00:03:10	00:18:55	00:41:28.35	00:44:39.10	+00:26:44 (64.5%)	8:17	7.2 (35.3%)
1810	SKOLIMOWSKA Agnieszka	1274		K 40	202		00:03:18	00:18:45	00:41:40.30	00:44:58.75	+00:26:56 (64.7%)	8:20	7.2 (35.3%)
1811	TRYLSKA Eliza	1471		K 40	203		00:03:18	00:18:46	00:41:41.00	00:44:59.10	+00:26:57 (64.7%)	8:20	7.2 (35.3%)
1812	WRÓBLEWSKA Joanna	1591	LAS NA ZAWSZE	K 60	12		00:03:28	00:19:13	00:41:43.05	00:45:11.30	+00:26:59 (64.7%)	8:20	7.2 (35.3%)
1813	STANASZEK Anna	1943		K 40	204		00:03:28	00:21:36	00:41:58.35	00:45:26.70	+00:27:14 (64.9%)	8:23	7.1 (34.8%)
1814	REDA Alicja	1169	TEAM ZABIEGANEDNI	K 60	13	Team ZabieganeDni	00:00:26	00:19:31	00:42:03.15	00:42:29.85	+00:27:19 (65.0%)	8:24	7.1 (34.8%)
1815	SIERPIŃSKI Dominik	636		M 16	44		00:00:35	00:17:32	00:42:18.45	00:42:54.35	+00:27:34 (65.2%)	8:27	7.1 (34.8%)
1816	CZECHOWSKI Jerzy	204	MZA - WARSZAWA	M 70	22		00:02:12	00:19:38	00:42:39.05	00:44:51.40	+00:27:55 (65.5%)	8:31	7 (34.3%)
Przekroczony limit czasu: 00:45:00													
1817	DZIKI Marzenna	286	ALETEMPO	K 70	6		00:03:18	00:20:43	00:45:19.15	00:48:37.30	+00:30:35 (67.5%)	9:03	6.6 (32.4%)
1818	BAK Mirosław	62		M 70	23		00:01:35	00:21:08	00:46:42.05	00:48:17.60	+00:31:58 (68.5%)	9:20	6.4 (31.4%)
1819	TAN Roger Tan	2101		M 14	30		00:00:00	00:27:30	00:47:21.85	00:47:21.85	+00:32:38 (68.9%)	9:28	6.3 (30.9%)
1820	BRZEZOWSKA Beata	1752		K 50	55		00:03:30	00:21:36	00:47:41.25	00:51:11.25	+00:32:57 (69.1%)	9:32	6.3 (30.9%)
1821	DOMANSKI Jacek Expedyt	249	WKB META LUBLINIEC	M 70	24		00:01:42	00:23:24	00:49:28.25	00:51:10.85	+00:34:44 (70.2%)	9:53	6.1 (29.9%)
1822	TUKENDORF Barbara	1474	TEAM ZABIEGANEDNI	K 70	7	Team ZabieganeDni	00:01:07	00:24:00	00:50:02.50	00:51:10.30	+00:35:18 (70.6%)	10:00	6 (29.4%)
1823	OLEJNIK Franciszek	1882	INŻYNIERIA BIEGANIA TEAM	M 20	147		00:00:02	00:08:08			+00:01:21	3:15	18.4 (90.2%)
1824	KOPKA Marcelina	635	ADIDAS RUNNERS WARSAW	K 20	79	adidas Runners Warsaw	00:00:14	00:09:03			+00:02:16	3:37	16.6 (81.4%)
1825	JASZCZYŃSKI Andrzej	1804		M 30	339		00:00:17	00:09:23			+00:02:36	3:45	16 (78.4%)
1826	BUJWID Krzysztof	133		M 30	340		00:00:28	00:09:54			+00:03:07	3:57	15.2 (74.5%)
1827	LASKUS Kamila	2052	AKL URSYNÓW	K 12	12		00:01:23	00:12:14			+00:05:27	4:53	12.3 (60.3%)
1828	WIĘCEK Łukasz	1534		M 30	341		00:01:33	00:12:27			+00:05:40	4:58	12 (58.8%)
1829	ZIMNY Steffen	1654		M 40	422		00:03:12	00:19:04			+00:12:17	7:37	7.9 (38.7%)
1830	WIECZOREK Agata	1525		K 30	169		00:00:00	00:19:16			+	7:42	7.8 (38.2%)
1831	STANIAK Katarzyna	1331		K 40	205		00:00:00	00:22:44			+	9:05	6.6 (32.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1832	STANIAK Julia	2094		K 16	38		00:00:00	00:22:48			+	9:07	6.6 (32.4%)
1833	ŚLEZAK Karolina	1425		K 20	80		00:00:12						(0.0%)
1834	ZAMARRIPA Karolina	2125	CTS	K 20	81		00:00:46						(0.0%)

Znaleziono 1834 wynik(ów)