

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

Klasyfikacja: M 30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	SZYMANIAK Kamil	1088	K2 RUNNING TEAM	M 30	1	00:00:01		00:15:13.50	00:15:14.80		3:02	19.7 (100%)
2	WASIEWICZ Krzysztof	1180	KONDYCJA	M 30	2	00:00:01	00:07:39	00:15:25.05	00:15:26.60	+00:00:11 (1.2%)	3:05	19.5 (99.0%)
3	SKIBIŃSKI Mikołaj	1345	DUCLA ACADEMY	M 30	3	00:00:01	00:07:46	00:15:53.85	00:15:55.00	+00:00:40 (4.2%)	3:10	18.9 (95.9%)
4	KWARTA Maciej	592	ŻORAWSKI TEAM /MACIEJKWARTA	M 30	4	00:00:01	00:07:49	00:15:59.50	00:16:01.30	+00:00:46 (4.8%)	3:11	18.8 (95.4%)
5	KUBICKI Adam	576		M 30	5	00:00:01	00:08:00	00:16:12.60	00:16:14.40	+00:00:59 (6.1%)	3:14	18.5 (93.9%)
6	DZIADZISHCHAU Aliaksei	224	CLUB ANONYMOUS RUNNERS N.A. CABALO BLANKO	M 30	6	00:00:02	00:08:02	00:16:13.50	00:16:15.55	+00:01:00 (6.2%)	3:14	18.5 (93.9%)
7	WYSOCKI Marcin	1255	WARSZAWIAKY	M 30	7	00:00:02	00:08:22	00:16:51.50	00:16:53.60	+00:01:38 (9.7%)	3:22	17.8 (90.4%)
8	ŁABĘDZKI Konrad	622	DUKLANOWSKI TEAM	M 30	8	00:00:02	00:08:13	00:16:53.95	00:16:56.90	+00:01:40 (9.9%)	3:22	17.8 (90.4%)
9	STASIOWSKI Piotr	1028	NOWOSARZYŃSKA GRUPA BIEGOWA	M 30	9	00:00:01	00:08:04	00:16:57.45	00:16:59.00	+00:01:43 (10.2%)	3:23	17.7 (89.8%)
10	KOWALCZYK Mateusz	520	MOCNA GRUPA CEZARA	M 30	10	00:00:02	00:08:29	00:17:12.25	00:17:14.50	+00:01:58 (11.5%)	3:26	17.4 (88.3%)
11	KOZIELSKI Michał	539	CTS	M 30	11	00:00:06	00:08:48	00:17:28.00	00:17:34.00	+00:02:14 (12.8%)	3:29	17.2 (87.3%)
12	KARWOWSKI Daniel	432	KB PŁOŃSK	M 30	12	00:00:02	00:08:36	00:17:30.95	00:17:33.45	+00:02:17 (13.1%)	3:30	17.1 (86.8%)
13	RYBCZAK Paweł	1589	KUŹNIA TRATHLONU	M 30	13	00:00:04	00:08:51	00:17:31.05	00:17:35.65	+00:02:17 (13.1%)	3:30	17.1 (86.8%)
14	JUSIŃSKI Krystian	405	BRACTWO BIEGOWE BGK	M 30	14	00:00:03	00:08:35	00:17:31.60	00:17:35.55	+00:02:18 (13.1%)	3:30	17.1 (86.8%)
15	MICHAŁOWSKI Maciek	715	ITMBW KRAKÓW	M 30	15	00:00:03	00:08:39	00:17:41.25	00:17:44.50	+00:02:27 (13.9%)	3:32	17 (86.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
16	MAJCHRZAK Julian	660	TEAM ZABIEGANEDNI	M 30	16	00:00:02	00:08:48	00:17:43.60	00:17:46.40	+00:02:30 (14.1%)	3:32	16.9 (85.8%)
17	GŁODOWSKI Michał	283	ŻÓRAWSKI TEAM	M 30	17	00:00:01	00:08:51	00:17:50.10	00:17:51.90	+00:02:36 (14.6%)	3:34	16.8 (85.3%)
18	LEWIAK Michał	612	TRUCHT.COM	M 30	18	00:00:02	00:08:38	00:17:51.10	00:17:54.05	+00:02:37 (14.7%)	3:34	16.8 (85.3%)
19	NACZAS Łukasz	756		M 30	19	00:00:05	00:08:55	00:17:56.90	00:18:02.60	+00:02:43 (15.2%)	3:35	16.7 (84.8%)
20	NIEMIRA Michał	770	MPK WYBIEGANIE	M 30	20	00:00:03	00:08:58	00:17:56.90	00:18:00.65	+00:02:43 (15.2%)	3:35	16.7 (84.8%)
21	KRYŚCIAK Jacek	1465		M 30	21	00:00:05	00:08:56	00:17:58.30	00:18:03.90	+00:02:44 (15.3%)	3:35	16.7 (84.8%)
22	ŚLIWA Krzysztof	1109	KS LEMIESZ TEAM WARSZAWA	M 30	22	00:00:03	00:08:57	00:18:02.10	00:18:05.80	+00:02:48 (15.6%)	3:36	16.6 (84.3%)
23	ŁOJEWSKI Marcin	635	BIEGOWY WARIAT RUNNING TEAM	M 30	23	00:00:03	00:09:04	00:18:05.70	00:18:09.00	+00:02:52 (15.9%)	3:37	16.6 (84.3%)
24	STOCHMALSKI Marcin	1034	ADIDAS RUNNERS WARSAW	M 30	24	00:00:05	00:09:05	00:18:06.00	00:18:11.60	+00:02:52 (15.9%)	3:37	16.6 (84.3%)
25	CIESIELSKI Mariusz	146		M 30	25	00:00:00	00:09:03	00:18:21.65	00:18:21.65	+00:03:08 (17.1%)	3:40	16.3 (82.7%)
26	JAGODZIŃSKI Karol	1339	POWER POGROM	M 30	26	00:00:09	00:09:19	00:18:39.00	00:18:48.40	+00:03:25 (18.4%)	3:43	16.1 (81.7%)
27	FAJKOWSKI Piotr	238	ADIDAS RUNNERS WARSAW	M 30	27	00:00:06	00:09:12	00:18:40.75	00:18:46.75	+00:03:27 (18.5%)	3:44	16.1 (81.7%)
28	SKWARCZEK Olek	994		M 30	28	00:00:08	00:09:22	00:18:47.80	00:18:56.30	+00:03:34 (19.0%)	3:45	16 (81.2%)
29	BOGUCKI Marcin	76	TRINERGY	M 30	29	00:00:10	00:09:20	00:18:55.90	00:19:06.10	+00:03:42 (19.6%)	3:47	15.9 (80.7%)
30	KOWALCZYK Marcin	521	TRIMASTERS WARSZAWA	M 30	30	00:00:07	00:09:17	00:18:56.85	00:19:04.40	+00:03:43 (19.6%)	3:47	15.8 (80.2%)
31	PIATKA Tomasz	845	ADIDAS RUNNERS WARSAW	M 30	31	00:00:10	00:09:27	00:19:04.35	00:19:15.30	+00:03:50 (20.2%)	3:48	15.7 (79.7%)
32	ŁUCKA Dariusz	642		M 30	32	00:00:08	00:09:21	00:19:06.00	00:19:14.25	+00:03:52 (20.3%)	3:49	15.7 (79.7%)
33	SZELIGOWSKI Kamil	1543		M 30	33	00:00:09	00:09:24	00:19:10.45	00:19:19.85	+00:03:56 (20.6%)	3:50	15.7 (79.7%)
34	CIERNIEWSKI Maciej	145	ARTUR KOZŁOWSKI TEAM (PLANBIEGANIE.PL)	M 30	34	00:00:10	00:09:27	00:19:16.60	00:19:26.90	+00:04:03 (21.0%)	3:51	15.6 (79.2%)
35	WALENCIK Marcin	1176		M 30	35	00:00:09	00:09:44	00:19:18.30	00:19:27.90	+00:04:04 (21.1%)	3:51	15.5 (78.7%)
36	STOKOWSKI Dariusz	1036		M 30	36	00:00:00	00:09:31	00:19:26.30	00:19:26.30	+00:04:12 (21.7%)	3:53	15.4 (78.2%)
37	JASZCZYŃSKI Andrzej	1505	INFINITUS ATHLETICS	M 30	37	00:00:11	00:09:46	00:19:27.70	00:19:39.60	+00:04:14 (21.8%)	3:53	15.4 (78.2%)
38	SZYMAŃSKI Hubert	1092		M 30	38	00:00:23	00:09:39	00:19:32.20	00:19:55.35	+00:04:18 (22.1%)	3:54	15.4 (78.2%)

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39	LISZKA Krzysztof	617	KAZIKI	M 30	39	00:00:05	00:09:32	00:19:36.90	00:19:42.60	+00:04:23 (22.4%)	3:55	15.3 (77.7%)
40	RUPIŃSKI Krzysztof	939		M 30	40	00:00:09	00:09:28	00:19:47.60	00:19:57.00	+00:04:34 (23.1%)	3:57	15.2 (77.2%)
41	LUTYŃSKI Jakub	621		M 30	41	00:00:10	00:09:46	00:19:48.25	00:19:58.55	+00:04:34 (23.1%)	3:57	15.2 (77.2%)
42	BRACHACZEK Bartosz	91	POWER TRAINING	M 30	42	00:00:10	00:09:50	00:19:53.10	00:20:03.25	+00:04:39 (23.4%)	3:58	15.1 (76.6%)
43	BIELECKI Jakub	61	SPOCENI W LODUFCE	M 30	43	00:00:22	00:10:02	00:20:00.00	00:20:22.15	+00:04:46 (23.9%)	4:00	15 (76.1%)
44	SYNOWCZYK Maciej	1049		M 30	44	00:00:16	00:09:41	00:20:01.15	00:20:17.30	+00:04:47 (23.9%)	4:00	15 (76.1%)
45	WODZIŃSKI Michał	1228		M 30	45	00:00:17	00:10:02	00:20:06.85	00:20:23.90	+00:04:53 (24.3%)	4:01	14.9 (75.6%)
46	CHOIŃSKI Paweł	132	SMASHING PĄPKINS	M 30	46	00:00:12	00:09:58	00:20:09.65	00:20:22.55	+00:04:56 (24.5%)	4:01	14.9 (75.6%)
47	MARZEC Zbigniew	683	BIEGAJACY KUCHARZ	M 30	47	00:00:02	00:09:43	00:20:14.20	00:20:17.00	+00:05:00 (24.8%)	4:02	14.8 (75.1%)
48	ŚLIMKO Daniel	1108	OLEJ RUNNING TEAM	M 30	48	00:00:17	00:10:11	00:20:14.30	00:20:31.95	+00:05:00 (24.8%)	4:02	14.8 (75.1%)
49	KRUPKA Marcin	560	STAJNIAK TEAM	M 30	49	00:00:10	00:09:54	00:20:23.20	00:20:33.50	+00:05:09 (25.3%)	4:04	14.7 (74.6%)
50	PIENIAŻEK Kamil	850		M 30	50	00:00:12	00:09:45	00:20:26.80	00:20:39.60	+00:05:13 (25.5%)	4:05	14.7 (74.6%)
51	SOBOLEWSKI Piotr	1010		M 30	51	00:00:13	00:09:55	00:20:29.90	00:20:43.25	+00:05:16 (25.7%)	4:05	14.6 (74.1%)
52	SNARSKI Piotr	1005	ADIDAS RUNNERS WARSAW	M 30	52	00:00:09	00:09:45	00:20:33.05	00:20:42.50	+00:05:19 (25.9%)	4:06	14.6 (74.1%)
53	DEMBIŃSKI Maciej	183	KNP	M 30	53	00:00:22	00:10:01	00:20:39.25	00:21:02.10	+00:05:25 (26.3%)	4:07	14.5 (73.6%)
54	MARCZAK Kamil	678	PAWKO RUNNER TEAM	M 30	54	00:00:00	00:10:18	00:20:47.85	00:20:47.85	+00:05:34 (26.8%)	4:09	14.4 (73.1%)
55	ZYGOŃ Krzysztof	1295		M 30	55	00:00:35	00:10:29	00:20:49.05	00:21:24.55	+00:05:35 (26.9%)	4:09	14.4 (73.1%)
56	FIGURSKI Adam	246		M 30	56	00:01:24	00:10:34	00:21:00.10	00:22:24.15	+00:05:46 (27.5%)	4:12	14.3 (72.6%)
57	WITKOWSKI-SKELTON Piotr	1217	VEGE RUNNERS	M 30	57	00:00:11	00:10:19	00:21:08.00	00:21:19.25	+00:05:54 (28.0%)	4:13	14.2 (72.1%)
58	PACHNIK Karol	815		M 30	58	00:00:32	00:10:30	00:21:08.75	00:21:41.40	+00:05:55 (28.0%)	4:13	14.2 (72.1%)
59	KNAPIK Michał	470	NEW BALANCE RUN CLUB	M 30	59	00:00:16	00:10:23	00:21:10.10	00:21:26.95	+00:05:56 (28.1%)	4:14	14.2 (72.1%)
60	KRÓL Paweł	1436	DENTALKING.EU	M 30	60	00:00:18	00:10:21	00:21:11.95	00:21:30.10	+00:05:58 (28.2%)	4:14	14.2 (72.1%)
61	BOCZARSKI Paweł	74		M 30	61	00:00:25	00:10:11	00:21:12.55	00:21:38.15	+00:05:59 (28.2%)	4:14	14.2 (72.1%)

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62	CICHOCKI Mariusz	141	WARSAW RUN CLUB	M 30	62	00:00:21	00:10:30	00:21:14.55	00:21:36.50	+00:06:01 (28.3%)	4:14	14.1 (71.6%)
63	KANIEWSKI Jarosław	418	SUSHI FLOW	M 30	63	00:00:26	00:10:12	00:21:19.05	00:21:45.10	+00:06:05 (28.6%)	4:15	14.1 (71.6%)
64	WIETESKA Łukasz	1198	NBRC	M 30	64	00:00:32	00:10:29	00:21:20.20	00:21:52.60	+00:06:06 (28.6%)	4:16	14.1 (71.6%)
65	IWANIUK Tomasz	359	ŻYWCEM ZABIEGANI	M 30	65	00:00:11	00:10:21	00:21:20.85	00:21:32.10	+00:06:07 (28.7%)	4:16	14.1 (71.6%)
66	ZARODKIEWICZ Dawid	1570		M 30	66	00:00:17	00:10:29	00:21:21.60	00:21:38.85	+00:06:08 (28.7%)	4:16	14.1 (71.6%)
67	KOSIŃSKI Rafał	508	BIEGNIJ Z PROSERVICE	M 30	67	00:00:29	00:10:36	00:21:32.20	00:22:01.85	+00:06:18 (29.3%)	4:18	13.9 (70.6%)
68	CATOIRE Tanguy	120		M 30	68	00:00:13	00:10:18	00:21:33.25	00:21:46.45	+00:06:19 (29.4%)	4:18	13.9 (70.6%)
69	ZUKOWSKI Piotr	1552		M 30	69	00:00:15	00:10:26	00:21:37.00	00:21:52.50	+00:06:23 (29.6%)	4:19	13.9 (70.6%)
70	CHĘC Tomasz	126		M 30	70	00:00:25	00:10:43	00:21:37.10	00:22:02.40	+00:06:23 (29.6%)	4:19	13.9 (70.6%)
71	BAL Łukasz	1536		M 30	71	00:00:30	00:10:36	00:21:38.65	00:22:09.45	+00:06:25 (29.7%)	4:19	13.9 (70.6%)
72	GRUSZCZYŃSKI Wojciech	316		M 30	72	00:00:29	00:10:36	00:21:40.75	00:22:10.35	+00:06:27 (29.8%)	4:20	13.8 (70.1%)
73	KOŚLA Paweł	514	RUN DE GIRARD	M 30	73	00:00:29	00:10:41	00:21:44.30	00:22:13.70	+00:06:30 (30.0%)	4:20	13.8 (70.1%)
74	JAMBOR Maciej	371		M 30	74	00:00:31	00:10:41	00:21:47.05	00:22:18.25	+00:06:33 (30.1%)	4:21	13.8 (70.1%)
75	KUBIAK Sebastian	575	CKR KONSTANCIN	M 30	75	00:00:46	00:10:43	00:21:49.25	00:22:35.35	+00:06:35 (30.2%)	4:21	13.8 (70.1%)
76	KAMIŃSKI Łukasz	415	PZU SPORT TEAM	M 30	76	00:00:21	00:10:44	00:21:52.00	00:22:13.40	+00:06:38 (30.4%)	4:22	13.7 (69.5%)
77	WOJTKOWSKI Maciej	1496	INFINITUS ATHLETICS	M 30	77	00:00:13	00:10:37	00:21:52.15	00:22:05.80	+00:06:38 (30.4%)	4:22	13.7 (69.5%)
78	DUCH Mateusz	211	GÓRA BIEGA	M 30	78	00:00:32	00:10:42	00:21:52.35	00:22:24.70	+00:06:38 (30.4%)	4:22	13.7 (69.5%)
79	MOTRENKO Piotr	740		M 30	79	00:00:28	00:10:48	00:22:11.55	00:22:40.20	+00:06:58 (31.4%)	4:26	13.5 (68.5%)
80	MIODUSZEWSKI Adrian	1547		M 30	80	00:00:49	00:11:11	00:22:11.70	00:23:01.30	+00:06:58 (31.4%)	4:26	13.5 (68.5%)
81	SKRZYPEK Michał	992		M 30	81	00:00:45	00:10:48	00:22:16.45	00:23:02.35	+00:07:02 (31.6%)	4:27	13.5 (68.5%)
82	DUSZYŃSKI Bartosz	218		M 30	82	00:00:31	00:10:43	00:22:17.00	00:22:48.10	+00:07:03 (31.7%)	4:27	13.5 (68.5%)
83	HUCAŁ Grzegorz	351	RCI WARSZAWA	M 30	83	00:00:30	00:11:01	00:22:20.75	00:22:51.25	+00:07:07 (31.9%)	4:28	13.4 (68.0%)
84	KOZAK Mikołaj	534		M 30	84	00:00:28	00:10:46	00:22:21.65	00:22:50.30	+00:07:08 (31.9%)	4:28	13.4 (68.0%)

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85	ŚLIWCZYŃSKI Jarosław	1110	RAZEM Z ANIĄ PO ŻYCIÓWKĘ!	M 30	85	00:00:32	00:11:06	00:22:24.85	00:22:57.80	+00:07:11 (32.1%)	4:28	13.4 (68.0%)
86	TUTAJ Marcin	1497		M 30	86	00:00:27	00:10:50	00:22:28.15	00:22:56.10	+00:07:14 (32.2%)	4:29	13.4 (68.0%)
87	CIEĆWIERZ Michał	144		M 30	87	00:00:30	00:10:50	00:22:30.90	00:23:01.40	+00:07:17 (32.4%)	4:30	13.3 (67.5%)
88	MARSZAŁEK Marcin	681		M 30	88	00:00:38	00:11:18	00:22:34.55	00:23:13.40	+00:07:21 (32.6%)	4:30	13.3 (67.5%)
89	GAJEWSKI Tomasz	262		M 30	89	00:01:01	00:11:33	00:22:41.15	00:23:42.25	+00:07:27 (32.9%)	4:32	13.2 (67.0%)
90	TOLAK Piotr	1129	TEAM TOLAK	M 30	90	00:00:29	00:10:55	00:22:41.20	00:23:11.10	+00:07:27 (32.9%)	4:32	13.2 (67.0%)
91	SUJAK Michał	1040		M 30	91	00:00:34	00:11:01	00:22:49.50	00:23:23.75	+00:07:36 (33.3%)	4:33	13.1 (66.5%)
92	SMOLIŃSKI Mateusz	1001		M 30	92	00:00:15	00:10:08	00:22:52.80	00:23:07.80	+00:07:39 (33.5%)	4:34	13.1 (66.5%)
93	KALINOWSKI Bartłomiej	411		M 30	93	00:00:48	00:11:47	00:22:57.40	00:23:45.95	+00:07:43 (33.7%)	4:35	13.1 (66.5%)
94	KĘDRA Mateusz	441		M 30	94	00:00:48	00:11:33	00:22:58.80	00:23:47.40	+00:07:45 (33.7%)	4:35	13.1 (66.5%)
95	ŚWIERŻYŃSKI Michał	1116		M 30	95	00:00:31	00:10:44	00:22:59.65	00:23:31.40	+00:07:46 (33.8%)	4:35	13.1 (66.5%)
96	PAKUŁA Błażej	817		M 30	96	00:00:36	00:11:21	00:23:04.40	00:23:41.10	+00:07:50 (34.0%)	4:36	13 (66.0%)
97	PAWELEC Kamil	832	PZU SPORT TEAM	M 30	97	00:00:45	00:11:28	00:23:08.65	00:23:53.90	+00:07:55 (34.2%)	4:37	13 (66.0%)
98	PARZNIEWSKI Maciej	1355	TOWARZYSTWO TURYSTYCZNE AKS POLONIA WARSZAWA	M 30	98	00:00:41	00:11:12	00:23:12.50	00:23:53.70	+00:07:59 (34.4%)	4:38	12.9 (65.5%)
99	ESSI-EZINH Aleksander	234	SFORA BMK	M 30	99	00:00:46	00:11:22	00:23:15.20	00:24:01.70	+00:08:01 (34.5%)	4:39	12.9 (65.5%)
100	OCHREMIAK Jędrzej	785		M 30	100	00:00:35	00:11:27	00:23:21.55	00:23:57.15	+00:08:08 (34.8%)	4:40	12.8 (65.0%)
101	SOJDA Mateusz	1014	ROADBIKE IRON TEAM	M 30	101	00:01:04	00:11:37	00:23:23.30	00:24:28.25	+00:08:09 (34.9%)	4:40	12.8 (65.0%)
102	BAREJ Paweł	1394		M 30	102	00:00:42	00:11:44	00:23:28.75	00:24:11.55	+00:08:15 (35.2%)	4:41	12.8 (65.0%)
103	DZIĘCIOŁOWSKI Filip	227	FOOTBALL TALENTS	M 30	103	00:01:00	00:11:38	00:23:31.05	00:24:31.45	+00:08:17 (35.3%)	4:42	12.8 (65.0%)
104	PRZYBOROWSKI Adam	899		M 30	104	00:00:49	00:11:50	00:23:41.50	00:24:30.50	+00:08:28 (35.7%)	4:44	12.7 (64.5%)
105	JAKUBIAK Szymon	368		M 30	105	00:00:51	00:12:01	00:23:46.25	00:24:38.20	+00:08:32 (36.0%)	4:45	12.6 (64.0%)
106	SIERZYCKI Hubert	975		M 30	106	00:00:59	00:12:09	00:23:48.25	00:24:47.60	+00:08:34 (36.0%)	4:45	12.6 (64.0%)
107	MIELNICZUK Tomasz	1559		M 30	107	00:00:24	00:11:52	00:23:49.85	00:24:14.55	+00:08:36 (36.1%)	4:45	12.6 (64.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
108	RÓŻYCKI Krzysztof	936	VEGE RUNNERS	M 30	108	00:00:20	00:11:24	00:23:51.60	00:24:12.50	+00:08:38 (36.2%)	4:46	12.6 (64.0%)
109	KARWOWSKI Rafał	431		M 30	109	00:01:20	00:12:19	00:23:52.25	00:25:12.75	+00:08:38 (36.2%)	4:46	12.6 (64.0%)
110	SZYMCZYK Michał	1102	NASTĘPNY KROK	M 30	110	00:00:49	00:11:49	00:23:53.15	00:24:42.90	+00:08:39 (36.3%)	4:46	12.6 (64.0%)
111	OPALA Marcin	1422		M 30	111	00:00:34	00:11:36	00:23:57.30	00:24:31.85	+00:08:43 (36.4%)	4:47	12.5 (63.5%)
112	NAZARUK Bartosz	1533		M 30	112	00:00:34	00:11:49	00:23:59.85	00:24:34.70	+00:08:46 (36.6%)	4:47	12.5 (63.5%)
113	BILEWICZ Mateusz	66		M 30	113	00:00:41	00:11:57	00:24:02.40	00:24:44.30	+00:08:48 (36.7%)	4:48	12.5 (63.5%)
114	JEWULSKI Damian	1478		M 30	114	00:00:34	00:11:52	00:24:04.15	00:24:38.35	+00:08:50 (36.7%)	4:48	12.5 (63.5%)
115	DUMARA Jakub	217		M 30	115	00:00:56	00:12:06	00:24:04.65	00:25:00.70	+00:08:51 (36.8%)	4:48	12.5 (63.5%)
116	BIAŁAS Karol	57		M 30	116	00:00:16	00:11:34	00:24:04.75	00:24:20.75	+00:08:51 (36.8%)	4:48	12.5 (63.5%)
117	MILIK Marek	1348		M 30	117	00:01:16	00:12:10	00:24:15.30	00:25:32.15	+00:09:01 (37.2%)	4:51	12.4 (62.9%)
118	ŚLEPOWROŃSKI Jakub	1107	PZU SPORT TEAM	M 30	118	00:00:58	00:12:18	00:24:16.25	00:25:14.80	+00:09:02 (37.3%)	4:51	12.4 (62.9%)
119	KRÓL Łukasz	554	PZU SPORT TEAM	M 30	119	00:01:09	00:12:10	00:24:16.80	00:25:26.20	+00:09:03 (37.3%)	4:51	12.4 (62.9%)
120	MAŁYSA Piotr	672		M 30	120	00:00:56	00:11:58	00:24:18.40	00:25:14.50	+00:09:04 (37.4%)	4:51	12.3 (62.4%)
121	PIOTROWSKI Mateusz	860		M 30	121	00:01:16	00:12:29	00:24:18.80	00:25:35.50	+00:09:05 (37.4%)	4:51	12.3 (62.4%)
122	GRUSZKA Jakub	317		M 30	122	00:00:50	00:11:49	00:24:20.10	00:25:10.25	+00:09:06 (37.4%)	4:52	12.3 (62.4%)
123	SACHMATA Jacek	1459	Y-JACK	M 30	123	00:00:36	00:12:00	00:24:20.90	00:24:57.40	+00:09:07 (37.5%)	4:52	12.3 (62.4%)
124	KOZAKOWSKI Sebastian	535		M 30	124	00:01:10	00:12:08	00:24:23.80	00:25:34.20	+00:09:10 (37.6%)	4:52	12.3 (62.4%)
125	MATYSIAK Jakub	1367	STG WARSZAWA	M 30	125	00:00:52	00:11:36	00:24:23.95	00:25:16.50	+00:09:10 (37.6%)	4:52	12.3 (62.4%)
126	KĄKOL Tomasz	437		M 30	126	00:00:45	00:11:53	00:24:26.45	00:25:11.70	+00:09:12 (37.7%)	4:53	12.3 (62.4%)
127	TRZECIAKOWSKI Paweł	1151	PAWEŁ TRZECIAKOWSKI	M 30	127	00:00:58	00:11:50	00:24:26.65	00:25:24.70	+00:09:13 (37.7%)	4:53	12.3 (62.4%)
128	WŁODARCZYK Tomasz	1222		M 30	128	00:00:51	00:11:59	00:24:27.45	00:25:19.25	+00:09:13 (37.7%)	4:53	12.3 (62.4%)
129	MAZUR Daniel	700		M 30	129	00:00:31	00:11:50	00:24:33.80	00:25:04.80	+00:09:20 (38.0%)	4:54	12.2 (61.9%)
130	NALEPA Szymon	758		M 30	130	00:01:11	00:12:33	00:24:36.40	00:25:48.05	+00:09:22 (38.1%)	4:55	12.2 (61.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
131	IGNATIUK Bartosz	1471		M 30	131	00:01:05	00:12:10	00:24:36.60	00:25:42.20	+00:09:23 (38.1%)	4:55	12.2 (61.9%)
132	CHMIELEWSKI Kamil	130		M 30	132	00:00:51	00:11:54	00:24:37.65	00:25:28.85	+00:09:24 (38.2%)	4:55	12.2 (61.9%)
133	KRASNOWSKI Marcin	546		M 30	133	00:00:57	00:12:03	00:24:37.80	00:25:35.25	+00:09:24 (38.2%)	4:55	12.2 (61.9%)
134	KUCABA Mateusz	577		M 30	134	00:01:18	00:12:16	00:24:41.40	00:25:59.40	+00:09:27 (38.3%)	4:56	12.2 (61.9%)
135	KAPLIŃSKI Paweł	420		M 30	135	00:00:09	00:11:43	00:24:41.50	00:24:51.20	+00:09:28 (38.3%)	4:56	12.2 (61.9%)
136	YARMALOVICH Aliaksandr	1257		M 30	136	00:01:05	00:12:15	00:24:42.10	00:25:47.90	+00:09:28 (38.4%)	4:56	12.1 (61.4%)
137	ZAKRZEWSKI Michał	1264		M 30	137	00:00:35	00:12:04	00:24:43.45	00:25:19.30	+00:09:29 (38.4%)	4:56	12.1 (61.4%)
138	KEMPA Piotr	438		M 30	138	00:00:39	00:12:01	00:24:43.70	00:25:22.80	+00:09:30 (38.4%)	4:56	12.1 (61.4%)
139	MULIK Piotr	747	RAZEM TRENUJEMY SPORT	M 30	139	00:00:47	00:12:12	00:24:44.65	00:25:32.35	+00:09:31 (38.5%)	4:56	12.1 (61.4%)
140	REJDYCH Aleksander	920		M 30	140	00:00:55	00:12:21	00:24:49.60	00:25:44.60	+00:09:36 (38.7%)	4:57	12.1 (61.4%)
141	PIWOWAREK Grzegorz	866		M 30	141	00:00:41	00:12:39	00:24:51.30	00:25:32.50	+00:09:37 (38.7%)	4:58	12.1 (61.4%)
142	KALBARCZYK Igor	409		M 30	142	00:01:08	00:12:27	00:24:52.25	00:26:00.70	+00:09:38 (38.8%)	4:58	12.1 (61.4%)
143	PLATE Piotr	868		M 30	143	00:00:00		00:24:53.90	00:24:53.90	+00:09:40 (38.9%)	4:58	12.1 (61.4%)
144	JURCZAK Grzegorz	402		M 30	144	00:00:53	00:12:24	00:24:56.75	00:25:49.80	+00:09:43 (39.0%)	4:59	12 (60.9%)
145	KĘPKA Krzysztof	442		M 30	145	00:01:00	00:12:17	00:25:06.10	00:26:06.10	+00:09:52 (39.3%)	5:01	12 (60.9%)
146	WITEK Sebastian	1215		M 30	146	00:00:39	00:12:34	00:25:11.95	00:25:51.15	+00:09:58 (39.6%)	5:02	11.9 (60.4%)
147	RYNKOWSKI Michał	948	POLADA	M 30	147	00:01:04	00:13:12	00:25:12.35	00:26:16.80	+00:09:58 (39.6%)	5:02	11.9 (60.4%)
148	DERESZ Wiktor	184	ADIDAS RUNNERS WARSAW	M 30	148	00:00:57	00:12:19	00:25:15.95	00:26:13.25	+00:10:02 (39.7%)	5:03	11.9 (60.4%)
149	URYNOWICZ Piotrek	1168		M 30	149	00:00:54	00:12:03	00:25:17.60	00:26:11.95	+00:10:04 (39.8%)	5:03	11.9 (60.4%)
150	KOŁUCKI Stefan	483	SFORA BMK	M 30	150	00:00:46	00:11:52	00:25:18.00	00:26:04.00	+00:10:04 (39.8%)	5:03	11.9 (60.4%)
151	CZERNIAK Adam	164		M 30	151	00:01:12	00:12:27	00:25:30.10	00:26:42.35	+00:10:16 (40.3%)	5:06	11.8 (59.9%)
152	DĄBROWSKI Emil	180		M 30	152	00:01:24	00:12:47	00:25:33.55	00:26:57.80	+00:10:20 (40.4%)	5:06	11.7 (59.4%)
153	MROZIŃSKI Mikołaj	1431	AGREGATY RUN CLUB	M 30	153	00:01:02	00:12:19	00:25:35.45	00:26:37.50	+00:10:21 (40.5%)	5:07	11.7 (59.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
154	TEMPLER Marek	1123	TEAMZABIEGANEDNI	M 30	154	00:00:59	00:12:18	00:25:35.80	00:26:35.70	+00:10:22 (40.5%)	5:07	11.7 (59.4%)
155	POLESKI Radosław	879		M 30	155	00:00:58	00:12:33	00:25:39.60	00:26:37.85	+00:10:26 (40.7%)	5:07	11.7 (59.4%)
156	GOŁOŚ Artur	1451		M 30	156	00:00:38	00:12:04	00:25:41.40	00:26:20.15	+00:10:27 (40.7%)	5:08	11.7 (59.4%)
157	ADAMSKI Marcin	1323		M 30	157	00:00:43	00:12:30	00:26:00.50	00:26:43.85	+00:10:47 (41.5%)	5:12	11.5 (58.4%)
158	BULZACKI Michał	113		M 30	158	00:00:58	00:12:23	00:26:13.55	00:27:12.35	+00:11:00 (41.9%)	5:14	11.4 (57.9%)
159	STASIAK Łukasz	1026	FOOTBALL TALENTS	M 30	159	00:01:01	00:12:51	00:26:20.65	00:27:22.20	+00:11:07 (42.2%)	5:16	11.4 (57.9%)
160	MILLER Tomasz	723	BIEGAM BO LUBIĘ ZĄBKİ TEAM	M 30	160	00:01:25	00:12:56	00:26:21.80	00:27:46.90	+00:11:08 (42.2%)	5:16	11.4 (57.9%)
161	MULARZ Kajetan	746	BLACK BULLDOG	M 30	161	00:01:21	00:12:34	00:26:26.00	00:27:47.60	+00:11:12 (42.4%)	5:17	11.3 (57.4%)
162	GRADZIUK Jakub	1336		M 30	162	00:01:13	00:12:56	00:26:27.60	00:27:40.70	+00:11:14 (42.5%)	5:17	11.3 (57.4%)
163	LIAKH Aliaksandr	1468		M 30	163	00:02:06	00:13:32	00:26:34.65	00:28:41.45	+00:11:21 (42.7%)	5:18	11.3 (57.4%)
164	ĆWIEK Paweł	172		M 30	164	00:00:00	00:13:15	00:26:36.30	00:26:36.30	+00:11:22 (42.8%)	5:19	11.3 (57.4%)
165	WĄSIEWICZ Piotr	1185	PZU SPORT TEAM	M 30	165	00:01:50	00:14:11	00:26:40.20	00:28:30.35	+00:11:26 (42.9%)	5:20	11.3 (57.4%)
166	HALL Travis	339		M 30	166	00:01:34	00:13:19	00:26:47.20	00:28:21.50	+00:11:33 (43.2%)	5:21	11.2 (56.9%)
167	MALESA Krystian	1357	RADA DZIELNICY URSYNÓW	M 30	167	00:02:01	00:13:10	00:26:54.35	00:28:56.10	+00:11:40 (43.4%)	5:22	11.2 (56.9%)
168	JÓZEFOWICZ Maciej	400	VEGE RUNNERS	M 30	168	00:01:16	00:12:47	00:26:54.90	00:28:11.60	+00:11:41 (43.4%)	5:22	11.2 (56.9%)
169	ŚCIBIOREK Arkadiusz	1103		M 30	169	00:00:06	00:12:54	00:26:57.75	00:27:04.70	+00:11:44 (43.5%)	5:23	11.1 (56.3%)
170	DYMEL Jan	1351	PAN	M 30	170	00:00:10	00:13:01	00:27:02.40	00:27:12.40	+00:11:48 (43.7%)	5:24	11.1 (56.3%)
171	WERNER Jacek	1392	ORANGE POLSKA	M 30	171	00:01:55	00:13:43	00:27:03.65	00:28:59.50	+00:11:50 (43.7%)	5:24	11.1 (56.3%)
172	WŁOSZCZEWSKI Jakub	1226		M 30	172	00:01:48	00:12:52	00:27:09.90	00:28:58.00	+00:11:56 (44.0%)	5:25	11 (55.8%)
173	STEFANKOWSKI Robert	1031		M 30	173	00:01:32	00:13:50	00:27:11.40	00:28:43.60	+00:11:57 (44.0%)	5:26	11 (55.8%)
174	OLIK Arek	795		M 30	174	00:01:14	00:13:21	00:27:17.40	00:28:31.80	+00:12:03 (44.2%)	5:27	11 (55.8%)
175	KASKA Krzysztof	434		M 30	175	00:01:59	00:14:12	00:27:21.45	00:29:21.30	+00:12:07 (44.3%)	5:28	11 (55.8%)
176	PAŁASIEWICZ Krzysztof	819		M 30	176	00:01:21	00:13:36	00:27:24.05	00:28:45.05	+00:12:10 (44.4%)	5:28	10.9 (55.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
177	PIORUN Kacper	1466		M 30	177	00:01:40	00:13:31	00:27:28.35	00:29:08.45	+00:12:14 (44.6%)	5:29	10.9 (55.3%)
178	DZIUBIŃSKI Piotr	228	KDPS	M 30	178	00:00:58		00:27:32.70	00:28:31.10	+00:12:19 (44.7%)	5:30	10.9 (55.3%)
179	JĘDRAŚ Łukasz	1370		M 30	179	00:01:32	00:13:49	00:27:39.35	00:29:12.30	+00:12:25 (44.9%)	5:31	10.8 (54.8%)
180	JANIK Mateusz	1477		M 30	180	00:02:26	00:13:53	00:27:41.75	00:30:08.20	+00:12:28 (45.0%)	5:32	10.8 (54.8%)
181	FUTYMA Karol	1460		M 30	181	00:00:10	00:13:01	00:27:43.55	00:27:54.05	+00:12:30 (45.1%)	5:32	10.8 (54.8%)
182	SEGIET Rafał	964	SEGIETEAM	M 30	182	00:01:56	00:13:47	00:27:48.90	00:29:45.80	+00:12:35 (45.3%)	5:33	10.8 (54.8%)
183	ŚWIDRAK Bartosz	1113		M 30	183	00:01:35	00:13:35	00:27:52.40	00:29:27.85	+00:12:38 (45.4%)	5:34	10.8 (54.8%)
184	DĄBROWSKI Marcin	182		M 30	184	00:01:33	00:13:59	00:28:08.75	00:29:42.60	+00:12:55 (45.9%)	5:37	10.7 (54.3%)
185	WIELICZKO Łukasz	1195		M 30	185	00:01:43	00:13:22	00:28:10.35	00:29:53.45	+00:12:56 (46.0%)	5:38	10.7 (54.3%)
186	WALCZUK Łukasz	1386		M 30	186	00:01:51	00:14:24	00:28:18.20	00:30:09.40	+00:13:04 (46.2%)	5:39	10.6 (53.8%)
187	PIETRZYK Paweł	856		M 30	187	00:01:18	00:13:25	00:28:18.65	00:29:37.55	+00:13:05 (46.2%)	5:39	10.6 (53.8%)
188	SZYMAŃSKI Łukasz	1095		M 30	188	00:01:31	00:13:52	00:28:23.70	00:29:55.15	+00:13:10 (46.4%)	5:40	10.6 (53.8%)
189	TRZAŚKI Filip	1150	GS HUSKY	M 30	189	00:01:22	00:14:06	00:28:30.50	00:29:53.20	+00:13:17 (46.6%)	5:42	10.5 (53.3%)
190	CIESIELSKI Grzegorz	147	LKS PERŁA ZŁOTOKŁOS	M 30	190	00:02:14	00:14:30	00:28:32.40	00:30:46.95	+00:13:18 (46.7%)	5:42	10.5 (53.3%)
191	SMUŁEK Rafał	1004		M 30	191	00:01:52	00:15:23	00:28:33.35	00:30:26.25	+00:13:19 (46.7%)	5:42	10.5 (53.3%)
192	GRECKI Michał	1550		M 30	192	00:00:27	00:14:58	00:28:37.90	00:29:05.65	+00:13:24 (46.8%)	5:43	10.5 (53.3%)
193	KAMINSKI Marcin	412	MELAMBIINA	M 30	193	00:02:00	00:14:12	00:28:39.05	00:30:39.90	+00:13:25 (46.9%)	5:43	10.5 (53.3%)
194	SOCHOCKI Wojciech	1013		M 30	194	00:01:52	00:15:24	00:28:41.65	00:30:34.35	+00:13:28 (46.9%)	5:44	10.5 (53.3%)
195	ZDROJEWSKI Szymon	1281		M 30	195	00:01:29	00:14:20	00:28:42.95	00:30:12.70	+00:13:29 (47.0%)	5:44	10.5 (53.3%)
196	MARCINKIEWICZ Wojciech	675	BIEGUSTATORZY	M 30	196	00:01:38	00:14:31	00:28:49.10	00:30:27.25	+00:13:35 (47.2%)	5:45	10.4 (52.8%)
197	KLUCZYK Piotr	1368	KS GROM PRO	M 30	197	00:01:44	00:14:21	00:28:55.30	00:30:39.45	+00:13:41 (47.4%)	5:47	10.4 (52.8%)
198	KOSOWICZ Pawel	509		M 30	198	00:00:00	00:15:16	00:28:56.05	00:28:56.05	+00:13:42 (47.4%)	5:47	10.4 (52.8%)
199	GOŁDYN Łukasz	290	-	M 30	199	00:01:13	00:14:58	00:28:56.55	00:30:09.60	+00:13:43 (47.4%)	5:47	10.4 (52.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
200	KMIEĆ Kamil	467		M 30	200	00:00:47	00:14:12	00:28:59.85	00:29:47.00	+00:13:46 (47.5%)	5:47	10.4 (52.8%)
201	KARCZMARCZYK Paweł	424		M 30	201	00:01:22	00:14:09	00:28:59.95	00:30:22.25	+00:13:46 (47.5%)	5:47	10.4 (52.8%)
202	ZARĘBSKI Szczepan	1270		M 30	202	00:01:47	00:14:37	00:29:21.30	00:31:08.30	+00:14:07 (48.1%)	5:52	10.2 (51.8%)
203	ROSTKOWSKI Łukasz	934		M 30	203	00:00:00	00:15:30	00:29:33.05	00:29:33.05	+00:14:19 (48.5%)	5:54	10.2 (51.8%)
204	PUCHAŁA Tomasz	904	MYSZORY	M 30	204	00:01:17	00:14:23	00:29:35.95	00:30:53.60	+00:14:22 (48.6%)	5:55	10.1 (51.3%)
205	PAWŁOWSKI Krystian	837	LKS PERŁA ZŁOTOKŁOS	M 30	205	00:02:14	00:14:28	00:29:42.70	00:31:57.40	+00:14:29 (48.8%)	5:56	10.1 (51.3%)
206	BUDZIANOWSKI Mateusz	107		M 30	206	00:01:56	00:15:41	00:29:51.50	00:31:48.30	+00:14:38 (49.0%)	5:58	10.1 (51.3%)
207	LESIAKOWSKI Pawel	606		M 30	207	00:01:45	00:14:28	00:29:59.50	00:31:45.05	+00:14:46 (49.2%)	5:59	10 (50.8%)
208	SZYMAŃSKI Dominik	1094		M 30	208	00:02:15	00:14:40	00:30:02.70	00:32:18.05	+00:14:49 (49.3%)	6:00	10 (50.8%)
209	KOWALCZYK Kamil	519		M 30	209	00:00:56	00:14:11	00:30:05.50	00:31:02.00	+00:14:52 (49.4%)	6:01	10 (50.8%)
210	ZIELIŃSKI Mateusz	1548		M 30	210	00:01:15	00:14:37	00:30:13.35	00:31:28.90	+00:14:59 (49.6%)	6:02	9.9 (50.3%)
211	SKROBEK Piotr	991		M 30	211	00:02:17	00:15:01	00:30:16.00	00:32:33.60	+00:15:02 (49.7%)	6:03	9.9 (50.3%)
212	WOJCIECHOWSKI Tomasz	1231		M 30	212	00:02:02	00:15:35	00:30:35.20	00:32:37.70	+00:15:21 (50.2%)	6:07	9.8 (49.7%)
213	TULIN Michał	1154		M 30	213	00:00:01		00:30:40.00	00:30:41.00	+00:15:26 (50.4%)	6:08	9.8 (49.7%)
214	BRZEZIK Piotr	97		M 30	214	00:01:02	00:14:24	00:31:08.25	00:32:10.60	+00:15:54 (51.1%)	6:13	9.6 (48.7%)
215	BARCZYK Tomasz	38		M 30	215	00:02:00	00:15:51	00:31:25.45	00:33:25.45	+00:16:11 (51.6%)	6:17	9.5 (48.2%)
216	WĘCŁAWIK Piotr	1190		M 30	216	00:01:52	00:14:58	00:31:38.90	00:33:31.10	+00:16:25 (51.9%)	6:19	9.5 (48.2%)
217	KOPER Adam	494		M 30	217	00:00:00		00:32:11.30	00:32:11.30	+00:16:57 (52.7%)	6:26	9.3 (47.2%)
218	NIEDZIELA Michał	766		M 30	218	00:01:19	00:15:41	00:32:18.60	00:33:37.60	+00:17:05 (52.9%)	6:27	9.3 (47.2%)
219	SIERANT Wojciech	970		M 30	219	00:02:03	00:16:31	00:32:23.95	00:34:27.35	+00:17:10 (53.0%)	6:28	9.3 (47.2%)
220	WERPACHOWSKI Mateusz	1189		M 30	220	00:01:54	00:15:49	00:32:39.40	00:34:33.75	+00:17:25 (53.4%)	6:31	9.2 (46.7%)
221	GROCHÓLSKI Paweł	313		M 30	221	00:00:26	00:16:21	00:33:01.80	00:33:28.65	+00:17:48 (53.9%)	6:36	9.1 (46.2%)
222	KRUKOWSKI Michał	559		M 30	222	00:01:54	00:15:11	00:33:09.00	00:35:03.70	+00:17:55 (54.1%)	6:37	9 (45.7%)

Msc	Zawodnik	Numer		Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
223	KALETA Piotr	410			M 30	223	00:01:55	00:15:50	00:33:32.15	00:35:27.25	+00:18:18 (54.6%)	6:42	8.9 (45.2%)
224	CZAPIEWSKI Krzysztof	158	TRIPASSION		M 30	224	00:01:58	00:16:36	00:34:08.55	00:36:07.30	+00:18:55 (55.4%)	6:49	8.8 (44.7%)
225	CZYŻ Michał	1506			M 30	225	00:00:17	00:15:51	00:34:26.90	00:34:44.10	+00:19:13 (55.8%)	6:53	8.7 (44.2%)
226	MATELA Jacek	689			M 30	226	00:02:17	00:17:12	00:34:56.95	00:37:14.00	+00:19:43 (56.4%)	6:59	8.6 (43.7%)
227	KARBOWNIK Michał	422			M 30	227	00:00:20	00:16:37	00:36:22.15	00:36:42.40	+00:21:08 (58.1%)	7:16	8.2 (41.6%)
228	PLUTA Alek	872			M 30	228	00:02:24	00:18:14	00:37:42.05	00:40:07.00	+00:22:28 (59.6%)	7:32	8 (40.6%)
229	MIŚCIOR Tomasz	730			M 30	229	00:00:00		00:40:35.20	00:40:35.20	+00:25:21 (62.5%)	8:07	7.4 (37.6%)
230	ŁOWCZAK Jacek	637	TEAM ZABIEGANEDNI		M 30	230	00:02:22	00:18:20	00:40:48.30	00:43:10.90	+00:25:34 (62.7%)	8:09	7.4 (37.6%)

Znaleziono 230 wynik(ów)