

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

Klasyfikacja: M Open

| Msc | Zawodnik               | Numer | Klub                                      | Kategoria | Mkat | Czas startu | 2.5km    | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h   |
|-----|------------------------|-------|-------------------------------------------|-----------|------|-------------|----------|----------------|-----------------|-------------------|--------------|--------------|
| 1   | GOS Mateusz            | 1576  | OPTIMA RADOM                              | M 20      | 1    | 00:00:01    | 00:07:25 | 00:14:53.80    | 00:14:54.95     |                   | 2:58         | 20.2 (100%)  |
| 2   | SZYMANIAK Kamil        | 1088  | K2 RUNNING TEAM                           | M 30      | 1    | 00:00:01    |          | 00:15:13.50    | 00:15:14.80     | +00:00:19 (2.2%)  | 3:02         | 19.7 (97.5%) |
| 3   | WASIEWICZ Krzysztof    | 1180  | KONDYCJA                                  | M 30      | 2    | 00:00:01    | 00:07:39 | 00:15:25.05    | 00:15:26.60     | +00:00:31 (3.4%)  | 3:05         | 19.5 (96.5%) |
| 4   | DAMENTKA Kamil         | 175   | CTS                                       | M 20      | 2    | 00:00:01    | 00:07:39 | 00:15:31.30    | 00:15:33.10     | +00:00:37 (4.0%)  | 3:06         | 19.3 (95.5%) |
| 5   | SKIBIŃSKI Mikołaj      | 1345  | DUCLA ACADEMY                             | M 30      | 3    | 00:00:01    | 00:07:46 | 00:15:53.85    | 00:15:55.00     | +00:01:00 (6.3%)  | 3:10         | 18.9 (93.6%) |
| 6   | KWARTA Maciej          | 592   | ŻORAWSKI TEAM /MACIEJKWARTA               | M 30      | 4    | 00:00:01    | 00:07:49 | 00:15:59.50    | 00:16:01.30     | +00:01:05 (6.8%)  | 3:11         | 18.8 (93.1%) |
| 7   | KUBICKI Adam           | 576   |                                           | M 30      | 5    | 00:00:01    | 00:08:00 | 00:16:12.60    | 00:16:14.40     | +00:01:18 (8.1%)  | 3:14         | 18.5 (91.6%) |
| 8   | TRĘBICKI Ignacy        | 1141  | OKS SKRA WARSZAWA                         | M 20      | 4    | 00:00:02    | 00:07:59 | 00:16:12.40    | 00:16:14.45     | +00:01:18 (8.1%)  | 3:14         | 18.5 (91.6%) |
| 9   | TOKARSKI Piotr         | 1128  |                                           | M 20      | 3    | 00:00:02    | 00:07:58 | 00:16:12.25    | 00:16:14.50     | +00:01:18 (8.1%)  | 3:14         | 18.5 (91.6%) |
| 10  | 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     | +00:01:19 (8.2%)  | 3:14         | 18.5 (91.6%) |
| 11  | WAMKA Mateusz          | 1178  | SSP ORKA IŁAWA/CTS                        | M 20      | 6    | 00:00:02    | 00:08:03 | 00:16:26.25    | 00:16:28.35     | +00:01:32 (9.4%)  | 3:17         | 18.3 (90.6%) |
| 12  | GŁADECKI Dawid         | 1482  | UKS OSIR GÓRA KALWARIA                    | M 20      | 5    | 00:00:04    | 00:08:12 | 00:16:25.70    | 00:16:29.95     | +00:01:31 (9.3%)  | 3:17         | 18.3 (90.6%) |
| 13  | ŚMIETANA Stanisław     | 1111  |                                           | M 20      | 7    | 00:00:02    | 00:08:12 | 00:16:33.95    | 00:16:36.75     | +00:01:40 (10.1%) | 3:18         | 18.1 (89.6%) |
| 14  | WYSOCKI Marcin         | 1255  | WARSZAWIAKY                               | M 30      | 7    | 00:00:02    | 00:08:22 | 00:16:51.50    | 00:16:53.60     | +00:01:57 (11.6%) | 3:22         | 17.8 (88.1%) |
| 15  | ŁABĘDZKI Konrad        | 622   | DUKLANOWSKI TEAM                          | M 30      | 8    | 00:00:02    | 00:08:13 | 00:16:53.95    | 00:16:56.90     | +00:02:00 (11.8%) | 3:22         | 17.8 (88.1%) |

| Msc | Zawodnik            | Numer | Klub                         | Kategoria | Mkat | Czas startu | 2.5km    | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h   |
|-----|---------------------|-------|------------------------------|-----------|------|-------------|----------|----------------|-----------------|-------------------|--------------|--------------|
| 16  | GRABOWIEC Arkadiusz | 1457  | POWER TRAINING               | M 20      | 8    | 00:00:03    | 00:08:21 | 00:16:53.85    | 00:16:57.15     | +00:02:00 (11.8%) | 3:22         | 17.8 (88.1%) |
| 17  | STASIEWSKI Piotr    | 1028  | NOWOSARZYŃSKA GRUPA BIEGOWA  | M 30      | 9    | 00:00:01    | 00:08:04 | 00:16:57.45    | 00:16:59.00     | +00:02:03 (12.2%) | 3:23         | 17.7 (87.6%) |
| 18  | KOBYŁECKI Mateusz   | 474   | DOKĄD NOCĄ TUPTA JEŻ?        | M 20      | 9    | 00:00:02    | 00:08:28 | 00:16:56.90    | 00:16:59.45     | +00:02:03 (12.1%) | 3:23         | 17.7 (87.6%) |
| 19  | ŻYŁA Arkadiusz      | 1306  | TEAM KOPEĆ                   | M 20      | 10   | 00:00:02    | 00:08:28 | 00:16:57.85    | 00:17:00.20     | +00:02:04 (12.2%) | 3:23         | 17.7 (87.6%) |
| 20  | OMIELAN Wojciech    | 799   |                              | M 20      | 11   | 00:00:01    | 00:08:22 | 00:17:03.70    | 00:17:05.20     | +00:02:09 (12.7%) | 3:24         | 17.6 (87.1%) |
| 21  | KOWALCZYK Mateusz   | 520   | MOCNA GRUPA CEZARA           | M 30      | 10   | 00:00:02    | 00:08:29 | 00:17:12.25    | 00:17:14.50     | +00:02:18 (13.4%) | 3:26         | 17.4 (86.1%) |
| 22  | TKACZYK Mateusz     | 1124  |                              | M 20      | 12   | 00:00:04    | 00:08:43 | 00:17:19.60    | 00:17:24.10     | +00:02:25 (14.0%) | 3:27         | 17.3 (85.6%) |
| 23  | KLECZEWSKI Piotr    | 456   | UKS FILIPIDES                | M 16      | 1    | 00:00:02    | 00:08:36 | 00:17:23.20    | 00:17:25.70     | +00:02:29 (14.3%) | 3:28         | 17.3 (85.6%) |
| 24  | ZYCH Mariusz        | 1294  | BIEGAJ POD OKIEM TRENERA     | M 40      | 1    | 00:00:02    | 00:08:28 | 00:17:26.85    | 00:17:29.25     | +00:02:33 (14.6%) | 3:29         | 17.2 (85.1%) |
| 25  | KARWOWSKI Daniel    | 432   | KB PŁOŃSK                    | M 30      | 12   | 00:00:02    | 00:08:36 | 00:17:30.95    | 00:17:33.45     | +00:02:37 (15.0%) | 3:30         | 17.1 (84.7%) |
| 26  | JASTRZĘBSKI Paweł   | 391   | YULO RUN TEAM SIEDLCE        | M 40      | 2    | 00:00:01    | 00:08:30 | 00:17:31.70    | 00:17:33.60     | +00:02:37 (15.0%) | 3:30         | 17.1 (84.7%) |
| 27  | KOZIELSKI Michał    | 539   | CTS                          | M 30      | 11   | 00:00:06    | 00:08:48 | 00:17:28.00    | 00:17:34.00     | +00:02:34 (14.7%) | 3:29         | 17.2 (85.1%) |
| 28  | JUSIŃSKI Krystian   | 405   | BRACTWO BIEGOWE BGK          | M 30      | 14   | 00:00:03    | 00:08:35 | 00:17:31.60    | 00:17:35.55     | +00:02:37 (15.0%) | 3:30         | 17.1 (84.7%) |
| 29  | RYBCZAK Paweł       | 1589  | KUŹNIA TRATHLONU             | M 30      | 13   | 00:00:04    | 00:08:51 | 00:17:31.05    | 00:17:35.65     | +00:02:37 (15.0%) | 3:30         | 17.1 (84.7%) |
| 30  | KOWALCZYK Piotr     | 522   | KAZIKI                       | M 40      | 3    | 00:00:03    | 00:08:44 | 00:17:34.40    | 00:17:38.25     | +00:02:40 (15.2%) | 3:30         | 17.1 (84.7%) |
| 31  | WITUSOWSKI Piotr    | 1218  | VEGE RUNNERS                 | M 40      | 4    | 00:00:03    | 00:08:45 | 00:17:37.85    | 00:17:41.15     | +00:02:44 (15.5%) | 3:31         | 17 (84.2%)   |
| 32  | PRIMIK Marek        | 890   | VEGE RUNNERS                 | M 40      | 5    | 00:00:03    | 00:08:45 | 00:17:37.90    | 00:17:41.55     | +00:02:44 (15.5%) | 3:31         | 17 (84.2%)   |
| 33  | MICHAŁOWSKI Maciek  | 715   | ITMBW KRAKÓW                 | M 30      | 15   | 00:00:03    | 00:08:39 | 00:17:41.25    | 00:17:44.50     | +00:02:47 (15.8%) | 3:32         | 17 (84.2%)   |
| 34  | MAŁOLEPSZY Rafał    | 670   | ADAM DRACZYŃSKI RUNNING TEAM | M 20      | 13   | 00:00:03    | 00:08:50 | 00:17:43.10    | 00:17:46.10     | +00:02:49 (15.9%) | 3:32         | 16.9 (83.7%) |
| 35  | MAJCHRZAK Julian    | 660   | TEAM ZABIEGANEDNI            | M 30      | 16   | 00:00:02    | 00:08:48 | 00:17:43.60    | 00:17:46.40     | +00:02:49 (16.0%) | 3:32         | 16.9 (83.7%) |
| 36  | GŁODOWSKI Michał    | 283   | ŻÓRAWSKI TEAM                | M 30      | 17   | 00:00:01    | 00:08:51 | 00:17:50.10    | 00:17:51.90     | +00:02:56 (16.5%) | 3:34         | 16.8 (83.2%) |
| 37  | LEWIAK Michał       | 612   | TRUCHT.COM                   | M 30      | 18   | 00:00:02    | 00:08:38 | 00:17:51.10    | 00:17:54.05     | +00:02:57 (16.6%) | 3:34         | 16.8 (83.2%) |
| 38  | SYGUŁA Aleksander   | 1046  | KOLARSKI.EU TEAM             | M 12      | 1    | 00:00:02    | 00:08:51 | 00:17:54.05    | 00:17:56.10     | +00:03:00 (16.8%) | 3:34         | 16.8 (83.2%) |

| Msc | Zawodnik             | Numer | Klub                         | Kategoria | Mkat | Czas startu | 2.5km    | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h   |
|-----|----------------------|-------|------------------------------|-----------|------|-------------|----------|----------------|-----------------|-------------------|--------------|--------------|
| 39  | GRUZA Marek          | 319   | BIEGANIEPO40.PL              | M 40      | 6    | 00:00:00    | 00:08:49 | 00:17:59.45    | 00:17:59.45     | +00:03:05 (17.2%) | 3:35         | 16.7 (82.7%) |
| 40  | NIEMIRA Michał       | 770   | MPK WYBIEGANIE               | M 30      | 20   | 00:00:03    | 00:08:58 | 00:17:56.90    | 00:18:00.65     | +00:03:03 (17.0%) | 3:35         | 16.7 (82.7%) |
| 41  | FURMAN Tomasz        | 259   | KS STASZEWSKY                | M 50      | 1    | 00:00:06    | 00:08:48 | 00:17:56.00    | 00:18:02.50     | +00:03:02 (16.9%) | 3:35         | 16.7 (82.7%) |
| 42  | NACZAS Łukasz        | 756   |                              | M 30      | 19   | 00:00:05    | 00:08:55 | 00:17:56.90    | 00:18:02.60     | +00:03:03 (17.0%) | 3:35         | 16.7 (82.7%) |
| 43  | KRYŚCIAK Jacek       | 1465  |                              | M 30      | 21   | 00:00:05    | 00:08:56 | 00:17:58.30    | 00:18:03.90     | +00:03:04 (17.1%) | 3:35         | 16.7 (82.7%) |
| 44  | ŚLIWA Krzysztof      | 1109  | KS LEMIESZ TEAM WARSZAWA     | M 30      | 22   | 00:00:03    | 00:08:57 | 00:18:02.10    | 00:18:05.80     | +00:03:08 (17.4%) | 3:36         | 16.6 (82.2%) |
| 45  | PIOTROWSKI Mariusz   | 862   | MKB DREPTAK                  | M 40      | 7    | 00:00:02    | 00:08:59 | 00:18:04.70    | 00:18:07.35     | +00:03:10 (17.6%) | 3:36         | 16.6 (82.2%) |
| 46  | SZYMCZAK Bartłomiej  | 1099  |                              | M 16      | 2    | 00:00:03    | 00:08:54 | 00:18:05.10    | 00:18:09.00     | +00:03:11 (17.6%) | 3:37         | 16.6 (82.2%) |
| 46  | ŁOJEWSKI Marcin      | 635   | BIEGOWY WARIAT RUNNING TEAM  | M 30      | 23   | 00:00:03    | 00:09:04 | 00:18:05.70    | 00:18:09.00     | +00:03:11 (17.7%) | 3:37         | 16.6 (82.2%) |
| 48  | KORZENIOWSKI Dariusz | 504   | ACCELERATIN POLAND           | M 40      | 9    | 00:00:03    | 00:08:51 | 00:18:06.55    | 00:18:09.70     | +00:03:12 (17.7%) | 3:37         | 16.6 (82.2%) |
| 49  | GÓŹDŹ Michał         | 302   |                              | M 40      | 8    | 00:00:04    | 00:08:59 | 00:18:05.70    | 00:18:10.00     | +00:03:11 (17.7%) | 3:37         | 16.6 (82.2%) |
| 50  | STOCHMALSKI Marcin   | 1034  | ADIDAS RUNNERS WARSAW        | M 30      | 24   | 00:00:05    | 00:09:05 | 00:18:06.00    | 00:18:11.60     | +00:03:12 (17.7%) | 3:37         | 16.6 (82.2%) |
| 51  | ŚCISŁOWSKI Norbert   | 1106  | KS START PUŁASKI WARKA       | M 40      | 10   | 00:00:03    | 00:08:59 | 00:18:08.95    | 00:18:12.20     | +00:03:15 (17.9%) | 3:37         | 16.5 (81.7%) |
| 52  | ZASĘPA Sebastian     | 1274  | TEAM ZABIEGANEDNI            | M 40      | 11   | 00:00:02    | 00:08:54 | 00:18:19.25    | 00:18:21.65     | +00:03:25 (18.7%) | 3:39         | 16.4 (81.2%) |
| 52  | CIESIELSKI Mariusz   | 146   |                              | M 30      | 25   | 00:00:00    | 00:09:03 | 00:18:21.65    | 00:18:21.65     | +00:03:27 (18.9%) | 3:40         | 16.3 (80.7%) |
| 54  | OWCZARZAK Rafał      | 812   | BIEGOWY WARIAT RUNNING TEAM  | M 40      | 12   | 00:00:03    | 00:09:07 | 00:18:20.95    | 00:18:24.30     | +00:03:27 (18.8%) | 3:40         | 16.4 (81.2%) |
| 55  | ZYCH Paweł           | 1338  | ALLIANZ RUNNING TEAM         | M 40      | 13   | 00:00:03    | 00:08:59 | 00:18:29.05    | 00:18:32.50     | +00:03:35 (19.4%) | 3:41         | 16.2 (80.2%) |
| 56  | GREWIŃSKI Tomasz     | 1433  | LIPIEC RUNNING TEAM          | M 50      | 2    | 00:00:06    | 00:09:13 | 00:18:27.10    | 00:18:33.55     | +00:03:33 (19.3%) | 3:41         | 16.3 (80.7%) |
| 57  | NIEDZIAŁEK Michał    | 765   | AZS SZKOŁA GŁÓWNA HANDLOWA   | M 20      | 14   | 00:00:05    | 00:08:56 | 00:18:31.60    | 00:18:36.80     | +00:03:37 (19.6%) | 3:42         | 16.2 (80.2%) |
| 58  | BURDACH Dariusz      | 114   | JAKCTEAM/TEAM PARSZCZYŃSKICH | M 40      | 14   | 00:00:04    | 00:09:09 | 00:18:32.80    | 00:18:37.50     | +00:03:39 (19.7%) | 3:42         | 16.2 (80.2%) |
| 59  | KOBUSZEWSKI Artur    | 471   | BIEGOWY WARIAT RUNNING TEAM  | M 40      | 15   | 00:00:02    | 00:09:09 | 00:18:35.90    | 00:18:38.40     | +00:03:42 (19.9%) | 3:43         | 16.1 (79.7%) |
| 60  | KRÓL Kamil           | 557   |                              | M 20      | 15   | 00:00:07    | 00:09:16 | 00:18:36.10    | 00:18:43.20     | +00:03:42 (19.9%) | 3:43         | 16.1 (79.7%) |
| 61  | FAJKOWSKI Piotr      | 238   | ADIDAS RUNNERS WARSAW        | M 30      | 27   | 00:00:06    | 00:09:12 | 00:18:40.75    | 00:18:46.75     | +00:03:46 (20.2%) | 3:44         | 16.1 (79.7%) |

| Msc | Zawodnik               | Numer | Klub                   | Kategoria | Mkat | Czas startu | 2.5km    | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h   |
|-----|------------------------|-------|------------------------|-----------|------|-------------|----------|----------------|-----------------|-------------------|--------------|--------------|
| 62  | TRONIARZ Paweł         | 1145  | T&T BRO                | M 40      | 16   | 00:00:05    | 00:09:14 | 00:18:41.20    | 00:18:46.90     | +00:03:47 (20.3%) | 3:44         | 16.1 (79.7%) |
| 63  | CŁAPIŃSKI Bruno        | 153   |                        | M 16      | 3    | 00:00:07    | 00:09:22 | 00:18:40.50    | 00:18:48.05     | +00:03:46 (20.2%) | 3:44         | 16.1 (79.7%) |
| 64  | NIEDZIÓŁKA Jakub       | 768   | TEAM KOPEĆ             | M 20      | 16   | 00:00:05    | 00:09:11 | 00:18:42.30    | 00:18:48.10     | +00:03:48 (20.4%) | 3:44         | 16 (79.2%)   |
| 65  | JAGODZIŃSKI Karol      | 1339  | POWER POGROM           | M 30      | 26   | 00:00:09    | 00:09:19 | 00:18:39.00    | 00:18:48.40     | +00:03:45 (20.1%) | 3:43         | 16.1 (79.7%) |
| 66  | ZHENG Haishan          | 1283  |                        | M 40      | 17   | 00:00:10    | 00:09:22 | 00:18:41.35    | 00:18:51.50     | +00:03:47 (20.3%) | 3:44         | 16.1 (79.7%) |
| 67  | GÓRSKI Patryk          | 299   | UKS OSIR GÓRA KALWARIA | M 16      | 4    | 00:00:00    | 00:09:31 | 00:18:51.85    | 00:18:51.85     | +00:03:58 (21.0%) | 3:46         | 15.9 (78.7%) |
| 68  | SZEWCZYK Rafał         | 1072  |                        | M 40      | 18   | 00:00:04    | 00:09:05 | 00:18:47.10    | 00:18:51.90     | +00:03:53 (20.7%) | 3:45         | 16 (79.2%)   |
| 69  | SYGUŁA Mateusz         | 1047  |                        | M 40      | 20   | 00:00:02    | 00:09:12 | 00:18:50.75    | 00:18:52.95     | +00:03:56 (21.0%) | 3:46         | 15.9 (78.7%) |
| 70  | SKWARCZEK Olek         | 994   |                        | M 30      | 28   | 00:00:08    | 00:09:22 | 00:18:47.80    | 00:18:56.30     | +00:03:54 (20.7%) | 3:45         | 16 (79.2%)   |
| 71  | ZDEB Przemek           | 1280  | ADIDAS RUNNERS WARSAW  | M 40      | 19   | 00:00:08    | 00:09:21 | 00:18:50.65    | 00:18:59.00     | +00:03:56 (20.9%) | 3:46         | 15.9 (78.7%) |
| 72  | GARDZIEL Jerzy         | 266   | KONDYCJA PIASECZNO     | M 40      | 21   | 00:00:06    | 00:09:12 | 00:18:54.50    | 00:19:00.95     | +00:04:00 (21.2%) | 3:46         | 15.9 (78.7%) |
| 73  | KOWALCZYK Marcin       | 521   | TRIMASTERS WARSZAWA    | M 30      | 30   | 00:00:07    | 00:09:17 | 00:18:56.85    | 00:19:04.40     | +00:04:03 (21.4%) | 3:47         | 15.8 (78.2%) |
| 74  | CHRAPEK Janusz         | 136   | ROSSMANN               | M 40      | 23   | 00:00:08    | 00:09:21 | 00:18:57.05    | 00:19:05.55     | +00:04:03 (21.4%) | 3:47         | 15.8 (78.2%) |
| 75  | SZAŁADZIŃSKI Sebastian | 1432  | HARPAGONS              | M 40      | 22   | 00:00:09    | 00:09:30 | 00:18:56.50    | 00:19:05.60     | +00:04:02 (21.4%) | 3:47         | 15.8 (78.2%) |
| 76  | BOGUCKI Marcin         | 76    | TRINERGY               | M 30      | 29   | 00:00:10    | 00:09:20 | 00:18:55.90    | 00:19:06.10     | +00:04:02 (21.3%) | 3:47         | 15.9 (78.7%) |
| 77  | PIKUS Przemek          | 1391  | LIPIEC RUNNING TEAM    | M 40      | 24   | 00:00:06    | 00:09:22 | 00:19:02.35    | 00:19:08.70     | +00:04:08 (21.8%) | 3:48         | 15.8 (78.2%) |
| 78  | MIKOŁAJCZYK Maciej     | 719   | MOCNO GROCHÓW          | M 40      | 25   | 00:00:07    | 00:09:17 | 00:19:02.90    | 00:19:10.35     | +00:04:09 (21.8%) | 3:48         | 15.8 (78.2%) |
| 79  | MARZEC Marcin          | 1413  | DUKLANOWSKI TEAM       | M 40      | 28   | 00:00:04    | 00:09:26 | 00:19:06.05    | 00:19:10.45     | +00:04:12 (22.0%) | 3:49         | 15.7 (77.7%) |
| 80  | DOROCIAK Kamil         | 200   |                        | M 40      | 26   | 00:00:09    | 00:09:22 | 00:19:03.20    | 00:19:12.60     | +00:04:09 (21.8%) | 3:48         | 15.7 (77.7%) |
| 81  | WOJCIECHOWSKI Michał   | 1232  |                        | M 40      | 27   | 00:00:08    | 00:09:23 | 00:19:05.90    | 00:19:14.05     | +00:04:12 (22.0%) | 3:49         | 15.7 (77.7%) |
| 82  | STASZEWSKI Wojciech    | 1030  | KS STASZEWSCY          | M 50      | 3    | 00:00:07    | 00:09:25 | 00:19:06.85    | 00:19:14.10     | +00:04:13 (22.1%) | 3:49         | 15.7 (77.7%) |
| 83  | ŁUCKA Dariusz          | 642   |                        | M 30      | 32   | 00:00:08    | 00:09:21 | 00:19:06.00    | 00:19:14.25     | +00:04:12 (22.0%) | 3:49         | 15.7 (77.7%) |
| 84  | ZIORKIEWICZ Blazej     | 1325  | RK ATHLETICS           | M 16      | 5    | 00:00:09    | 00:09:22 | 00:19:05.50    | 00:19:15.20     | +00:04:11 (22.0%) | 3:49         | 15.7 (77.7%) |

| Msc | Zawodnik             | Numer | Klub                                   | Kategoria | Mkat | Czas startu | 2.5km    | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h   |
|-----|----------------------|-------|----------------------------------------|-----------|------|-------------|----------|----------------|-----------------|-------------------|--------------|--------------|
| 84  | RUSZNIAK Piotr       | 940   | LIPIEC RUNNING TEAM                    | M 40      | 29   | 00:00:05    | 00:09:27 | 00:19:09.80    | 00:19:15.20     | +00:04:16 (22.3%) | 3:49         | 15.7 (77.7%) |
| 86  | PIATKA Tomasz        | 845   | ADIDAS RUNNERS WARSAW                  | M 30      | 31   | 00:00:10    | 00:09:27 | 00:19:04.35    | 00:19:15.30     | +00:04:10 (21.9%) | 3:48         | 15.7 (77.7%) |
| 87  | KOWALCZYK Wojciech   | 518   | UKS ORZĘŁKI WARSZAWA                   | M 16      | 6    | 00:00:05    | 00:09:17 | 00:19:12.10    | 00:19:17.20     | +00:04:18 (22.4%) | 3:50         | 15.6 (77.2%) |
| 88  | KRYSTIAN Jargiło     | 1531  |                                        | M 20      | 17   | 00:00:08    | 00:09:23 | 00:19:10.10    | 00:19:18.55     | +00:04:16 (22.3%) | 3:50         | 15.7 (77.7%) |
| 88  | ASŁANOWICZ Marcin    | 28    | ŻÓRAWSKI TEAM                          | M 40      | 30   | 00:00:08    | 00:09:23 | 00:19:09.95    | 00:19:18.55     | +00:04:16 (22.3%) | 3:49         | 15.7 (77.7%) |
| 90  | SZELIGOWSKI Kamil    | 1543  |                                        | M 30      | 33   | 00:00:09    | 00:09:24 | 00:19:10.45    | 00:19:19.85     | +00:04:16 (22.3%) | 3:50         | 15.7 (77.7%) |
| 91  | GRZybowski Mariusz   | 329   |                                        | M 50      | 4    | 00:00:05    | 00:09:19 | 00:19:14.95    | 00:19:19.95     | +00:04:21 (22.6%) | 3:50         | 15.6 (77.2%) |
| 92  | URBANIAK Aleksander  | 1166  |                                        | M 40      | 31   | 00:00:11    | 00:09:29 | 00:19:12.45    | 00:19:23.45     | +00:04:18 (22.4%) | 3:50         | 15.6 (77.2%) |
| 93  | KNAP Czarek          | 468   | HOŻA TEAM SKYRUNNERS                   | M 50      | 5    | 00:00:07    | 00:09:32 | 00:19:15.80    | 00:19:23.70     | +00:04:22 (22.7%) | 3:51         | 15.6 (77.2%) |
| 94  | 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     | +00:04:22 (22.7%) | 3:51         | 15.6 (77.2%) |
| 95  | WALENCIK Marcin      | 1176  |                                        | M 30      | 35   | 00:00:09    | 00:09:44 | 00:19:18.30    | 00:19:27.90     | +00:04:24 (22.8%) | 3:51         | 15.5 (76.7%) |
| 96  | BUKAŁA Marcin        | 111   | VEGE RUNNERS                           | M 20      | 18   | 00:00:10    | 00:09:36 | 00:19:22.25    | 00:19:32.85     | +00:04:28 (23.1%) | 3:52         | 15.5 (76.7%) |
| 97  | ZIELIŃSKI Bartłomiej | 1289  |                                        | M 20      | 19   | 00:00:09    | 00:09:25 | 00:19:22.30    | 00:19:31.70     | +00:04:28 (23.1%) | 3:52         | 15.5 (76.7%) |
| 98  | JANOWSKI Jacek       | 379   |                                        | M 40      | 32   | 00:00:16    | 00:09:16 | 00:19:22.45    | 00:19:39.05     | +00:04:28 (23.1%) | 3:52         | 15.5 (76.7%) |
| 99  | MAĆKOWSKI Daniel     | 657   | ZABIEGANY WOŁOMIN                      | M 40      | 33   | 00:00:10    | 00:09:25 | 00:19:24.65    | 00:19:34.65     | +00:04:30 (23.3%) | 3:52         | 15.5 (76.7%) |
| 100 | JAKUBCZAK Włodek     | 366   | 7N POLSKA                              | M 40      | 34   | 00:00:06    | 00:09:27 | 00:19:24.90    | 00:19:31.10     | +00:04:31 (23.3%) | 3:52         | 15.5 (76.7%) |
| 101 | DABROWA Kamil        | 1330  | GRUPA BIEGOWA UM. ST. WARSZAWY         | M 40      | 35   | 00:00:06    | 00:09:29 | 00:19:25.05    | 00:19:31.20     | +00:04:31 (23.3%) | 3:53         | 15.5 (76.7%) |
| 102 | KARPIŃSKI Radosław   | 429   | STARE BABICE BIEGAJĄ                   | M 40      | 36   | 00:00:12    | 00:09:44 | 00:19:25.40    | 00:19:37.55     | +00:04:31 (23.3%) | 3:53         | 15.5 (76.7%) |
| 102 | KACPRZYK Alex        | 408   | RP RUNNERS                             | M 50      | 6    | 00:00:13    |          | 00:19:25.40    | 00:19:39.30     | +00:04:31 (23.3%) | 3:53         | 15.5 (76.7%) |
| 104 | STOKOWSKI Dariusz    | 1036  |                                        | M 30      | 36   | 00:00:00    | 00:09:31 | 00:19:26.30    | 00:19:26.30     | +00:04:32 (23.4%) | 3:53         | 15.4 (76.2%) |
| 105 | JASZCZYŃSKI Andrzej  | 1505  | INFINITUS ATHLETICS                    | M 30      | 37   | 00:00:11    | 00:09:46 | 00:19:27.70    | 00:19:39.60     | +00:04:33 (23.5%) | 3:53         | 15.4 (76.2%) |
| 106 | LETKOWSKI Dariusz    | 1522  | GAPMONT RUNNING TEAM                   | M 40      | 37   | 00:00:03    | 00:09:25 | 00:19:28.05    | 00:19:31.65     | +00:04:34 (23.5%) | 3:53         | 15.4 (76.2%) |
| 107 | BISOWSKI Mariusz     | 69    |                                        | M 40      | 38   | 00:00:08    | 00:09:23 | 00:19:28.75    | 00:19:37.55     | +00:04:34 (23.5%) | 3:53         | 15.4 (76.2%) |

| Msc | Zawodnik            | Numer | Klub                   | Kategoria | Mkat | Czas startu | 2.5km    | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h   |
|-----|---------------------|-------|------------------------|-----------|------|-------------|----------|----------------|-----------------|-------------------|--------------|--------------|
| 108 | LENDZION Marcin     | 603   | GRUPA BIEGOWA UM W-WA  | M 16      | 7    | 00:00:06    | 00:09:27 | 00:19:29.35    | 00:19:36.30     | +00:04:35 (23.6%) | 3:53         | 15.4 (76.2%) |
| 109 | PODWORSKI Kacper    | 1474  | UKS OSIR GÓRA KALWARIA | M 16      | 8    | 00:00:11    | 00:09:45 | 00:19:31.40    | 00:19:42.65     | +00:04:37 (23.7%) | 3:54         | 15.4 (76.2%) |
| 110 | SZYMAŃSKI Hubert    | 1092  |                        | M 30      | 38   | 00:00:23    | 00:09:39 | 00:19:32.20    | 00:19:55.35     | +00:04:38 (23.8%) | 3:54         | 15.4 (76.2%) |
| 111 | STEFAŃSKI Michał    | 1366  | RK ATHLETICS           | M 12      | 2    | 00:00:09    | 00:09:24 | 00:19:33.30    | 00:19:42.40     | +00:04:39 (23.8%) | 3:54         | 15.3 (75.7%) |
| 112 | REGULSKI Paweł      | 919   | GÓRA BIEGA             | M 20      | 20   | 00:00:12    | 00:09:44 | 00:19:34.40    | 00:19:47.35     | +00:04:40 (23.9%) | 3:54         | 15.3 (75.7%) |
| 113 | KUCHARCZYK Paweł    | 579   | ROZBIEGANE MICHAŁOWICE | M 50      | 7    | 00:00:06    | 00:09:33 | 00:19:35.15    | 00:19:42.10     | +00:04:41 (23.9%) | 3:55         | 15.3 (75.7%) |
| 114 | SZCZYGIELSKI Hubert | 1067  | GÓRA BIEGA             | M 40      | 39   | 00:00:11    | 00:09:44 | 00:19:35.75    | 00:19:47.60     | +00:04:41 (24.0%) | 3:55         | 15.3 (75.7%) |
| 115 | ŻWIRUK Karol        | 1305  | SZYBKIE KOPYTO ULTRA   | M 40      | 40   | 00:00:03    | 00:09:41 | 00:19:36.10    | 00:19:39.55     | +00:04:42 (24.0%) | 3:55         | 15.3 (75.7%) |
| 116 | PLUSZKA Adam        | 870   | VEGE RUNNERS           | M 40      | 41   | 00:00:10    | 00:09:42 | 00:19:36.35    | 00:19:47.05     | +00:04:42 (24.0%) | 3:55         | 15.3 (75.7%) |
| 117 | MICHALAK Mariusz    | 707   | MM TEAM                | M 50      | 8    | 00:00:10    | 00:09:41 | 00:19:36.45    | 00:19:47.20     | +00:04:42 (24.0%) | 3:55         | 15.3 (75.7%) |
| 118 | LISZKA Krzysztof    | 617   | KAZIKI                 | M 30      | 39   | 00:00:05    | 00:09:32 | 00:19:36.90    | 00:19:42.60     | +00:04:43 (24.1%) | 3:55         | 15.3 (75.7%) |
| 119 | MACIĄG Przemysław   | 653   |                        | M 40      | 42   | 00:00:14    | 00:09:43 | 00:19:39.25    | 00:19:53.35     | +00:04:45 (24.2%) | 3:55         | 15.3 (75.7%) |
| 120 | KOŻŁOWSKI Patryk    | 540   | GÓRA BIEGA             | M 40      | 43   | 00:00:11    | 00:09:45 | 00:19:40.10    | 00:19:51.35     | +00:04:46 (24.3%) | 3:56         | 15.3 (75.7%) |
| 121 | CIECIELĄG Adam      | 143   | KS PEGAZ               | M 16      | 9    | 00:00:08    | 00:09:27 | 00:19:40.25    | 00:19:49.10     | +00:04:46 (24.3%) | 3:56         | 15.3 (75.7%) |
| 122 | POTOROKA Vitalii    | 1362  | ROZBIEGANY PIASTÓW     | M 20      | 21   | 00:00:01    |          | 00:19:45.00    | 00:19:46.00     | +00:04:51 (24.6%) | 3:57         | 15.2 (75.2%) |
| 123 | DESKA Leszek        | 1442  |                        | M 40      | 44   | 00:00:14    | 00:09:30 | 00:19:45.50    | 00:19:59.70     | +00:04:51 (24.6%) | 3:57         | 15.2 (75.2%) |
| 124 | RUPIŃSKI Krzysztof  | 939   |                        | M 30      | 40   | 00:00:09    | 00:09:28 | 00:19:47.60    | 00:19:57.00     | +00:04:53 (24.7%) | 3:57         | 15.2 (75.2%) |
| 124 | BAR Wiesław         | 34    |                        | M 50      | 9    | 00:00:10    | 00:09:46 | 00:19:47.60    | 00:19:58.55     | +00:04:53 (24.7%) | 3:57         | 15.2 (75.2%) |
| 126 | KRZYŻANOWSKI Jan    | 569   |                        | M 16      | 10   | 00:00:14    | 00:09:44 | 00:19:47.90    | 00:20:01.95     | +00:04:54 (24.8%) | 3:57         | 15.2 (75.2%) |
| 127 | KANIA Przemysław    | 417   |                        | M 50      | 10   | 00:00:12    | 00:09:45 | 00:19:48.15    | 00:20:00.30     | +00:04:54 (24.8%) | 3:57         | 15.2 (75.2%) |
| 128 | LUTYŃSKI Jakub      | 621   |                        | M 30      | 41   | 00:00:10    | 00:09:46 | 00:19:48.25    | 00:19:58.55     | +00:04:54 (24.8%) | 3:57         | 15.2 (75.2%) |
| 129 | KONDRAT Miron       | 489   |                        | M 14      | 1    | 00:00:13    | 00:09:44 | 00:19:49.65    | 00:20:02.75     | +00:04:55 (24.9%) | 3:57         | 15.1 (74.8%) |
| 130 | SŁAWIŃSKI Piotr     | 995   |                        | M 40      | 45   | 00:00:26    | 00:09:41 | 00:19:50.70    | 00:20:17.40     | +00:04:56 (24.9%) | 3:58         | 15.1 (74.8%) |

| Msc | Zawodnik            | Numer | Klub                 | Kategoria | Mkat | Czas     |          | Czas netto<br>5km | Czas brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|---------------------|-------|----------------------|-----------|------|----------|----------|-------------------|--------------------|----------------------|-----------------|-----------------|
|     |                     |       |                      |           |      | startu   | 2.5km    |                   |                    |                      |                 |                 |
| 131 | BRACHACZEK Bartosz  | 91    | POWER TRAINING       | M 30      | 42   | 00:00:10 | 00:09:50 | 00:19:53.10       | 00:20:03.25        | +00:04:59<br>(25.1%) | 3:58            | 15.1<br>(74.8%) |
| 132 | KUZIEMSKI Marcin    | 591   |                      | M 40      | 46   | 00:00:23 | 00:10:02 | 00:19:57.50       | 00:20:20.80        | +00:05:03<br>(25.4%) | 3:59            | 15<br>(74.3%)   |
| 133 | SMOLIŃSKI Rafał     | 1003  | GUMISIE              | M 40      | 47   | 00:00:07 | 00:09:28 | 00:19:57.55       | 00:20:04.95        | +00:05:03<br>(25.4%) | 3:59            | 15<br>(74.3%)   |
| 134 | PAZDAN Mateusz      | 839   |                      | M 40      | 48   | 00:00:07 | 00:09:46 | 00:19:57.90       | 00:20:04.90        | +00:05:04<br>(25.4%) | 3:59            | 15<br>(74.3%)   |
| 135 | BOCIAN Michał       | 1353  | TEAM ZABIEGANEDNI    | M 40      | 49   | 00:00:18 | 00:09:53 | 00:19:59.10       | 00:20:17.75        | +00:05:05<br>(25.5%) | 3:59            | 15<br>(74.3%)   |
| 136 | BIELECKI Jakub      | 61    | SPOCENI W LODUFCE    | M 30      | 43   | 00:00:22 | 00:10:02 | 00:20:00.00       | 00:20:22.15        | +00:05:06<br>(25.5%) | 4:00            | 15<br>(74.3%)   |
| 137 | UMIASTOWSKI Bartosz | 1165  |                      | M 20      | 22   | 00:00:14 | 00:09:47 | 00:20:00.25       | 00:20:14.45        | +00:05:06<br>(25.5%) | 4:00            | 15<br>(74.3%)   |
| 138 | TELEON Piotr        | 1122  | PIOTR TELEON         | M 40      | 50   | 00:00:12 | 00:09:37 | 00:20:00.30       | 00:20:12.30        | +00:05:06<br>(25.5%) | 4:00            | 15<br>(74.3%)   |
| 139 | SYNOWCZYK Maciej    | 1049  |                      | M 30      | 44   | 00:00:16 | 00:09:41 | 00:20:01.15       | 00:20:17.30        | +00:05:07<br>(25.6%) | 4:00            | 15<br>(74.3%)   |
| 140 | PRZEWOZNIAK Jan     | 898   |                      | M 40      | 51   | 00:00:20 | 00:09:50 | 00:20:01.65       | 00:20:22.25        | +00:05:07<br>(25.6%) | 4:00            | 15<br>(74.3%)   |
| 141 | KOŁODZIEJSKI Michał | 481   | LIPIEC RUNNING TEAM  | M 40      | 52   | 00:00:06 | 00:09:51 | 00:20:02.95       | 00:20:09.70        | +00:05:09<br>(25.7%) | 4:00            | 15<br>(74.3%)   |
| 142 | ZAJĄC Marcin        | 1542  |                      | M 20      | 23   | 00:00:17 | 00:09:46 | 00:20:03.20       | 00:20:20.60        | +00:05:09<br>(25.7%) | 4:00            | 15<br>(74.3%)   |
| 143 | GRUBA Remigiusz     | 315   |                      | M 40      | 53   | 00:00:00 | 00:09:58 | 00:20:04.95       | 00:20:04.95        | +00:05:11<br>(25.8%) | 4:00            | 15<br>(74.3%)   |
| 144 | WODZIŃSKI Michał    | 1228  |                      | M 30      | 45   | 00:00:17 | 00:10:02 | 00:20:06.85       | 00:20:23.90        | +00:05:13<br>(25.9%) | 4:01            | 14.9<br>(73.8%) |
| 145 | DOBROWOLSKI Sławek  | 194   | NAPRZÓD MŁOCINY/NBRC | M 50      | 11   | 00:00:15 | 00:09:58 | 00:20:08.15       | 00:20:23.25        | +00:05:14<br>(26.0%) | 4:01            | 14.9<br>(73.8%) |
| 146 | SMOLIŃSKI Michał    | 1002  |                      | M 40      | 54   | 00:00:14 | 00:09:43 | 00:20:09.40       | 00:20:24.10        | +00:05:15<br>(26.1%) | 4:01            | 14.9<br>(73.8%) |
| 147 | CHOIŃSKI Paweł      | 132   | SMASHING PĄPKINS     | M 30      | 46   | 00:00:12 | 00:09:58 | 00:20:09.65       | 00:20:22.55        | +00:05:15<br>(26.1%) | 4:01            | 14.9<br>(73.8%) |
| 148 | KALINOWSKI Bartosz  | 1546  | KONDYCJA             | M 16      | 11   | 00:00:09 | 00:09:26 | 00:20:13.75       | 00:20:23.45        | +00:05:19<br>(26.4%) | 4:02            | 14.8<br>(73.3%) |
| 149 | PRZYBYSZ Andrzej    | 900   |                      | M 40      | 55   | 00:00:15 | 00:09:47 | 00:20:14.00       | 00:20:29.65        | +00:05:20<br>(26.4%) | 4:02            | 14.8<br>(73.3%) |
| 150 | MARZEC Zbigniew     | 683   | BIEGAJACY KUCHARZ    | M 30      | 47   | 00:00:02 | 00:09:43 | 00:20:14.20       | 00:20:17.00        | +00:05:20<br>(26.4%) | 4:02            | 14.8<br>(73.3%) |
| 151 | ŚLIMKO Daniel       | 1108  | OLEJ RUNNING TEAM    | M 30      | 48   | 00:00:17 | 00:10:11 | 00:20:14.30       | 00:20:31.95        | +00:05:20<br>(26.4%) | 4:02            | 14.8<br>(73.3%) |
| 152 | JAROSIŃSKI Łukasz   | 387   | TAŃCZĄCE MUCHOMORKI  | M 40      | 56   | 00:00:21 | 00:09:59 | 00:20:14.45       | 00:20:36.40        | +00:05:20<br>(26.4%) | 4:02            | 14.8<br>(73.3%) |
| 153 | GANCZEWSKI Paweł    | 265   |                      | M 50      | 12   | 00:00:15 | 00:10:09 | 00:20:15.85       | 00:20:31.75        | +00:05:22<br>(26.5%) | 4:03            | 14.8<br>(73.3%) |

| Msc | Zawodnik             | Numer | Klub                       | Kategoria | Mkat | Czas startu | 2.5km    | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h   |
|-----|----------------------|-------|----------------------------|-----------|------|-------------|----------|----------------|-----------------|-------------------|--------------|--------------|
| 154 | GARTKIEWICZ Adam     | 267   | DUKLANOWSKI TEAM           | M 50      | 13   | 00:00:08    | 00:09:46 | 00:20:15.90    | 00:20:24.65     | +00:05:22 (26.5%) | 4:03         | 14.8 (73.3%) |
| 155 | OLSZAK Zenon         | 797   | KB OŻARÓW MAZOWIECKI BIEGA | M 50      | 14   | 00:00:13    | 00:09:45 | 00:20:16.00    | 00:20:29.70     | +00:05:22 (26.5%) | 4:03         | 14.8 (73.3%) |
| 156 | DĘBECKI Michał       | 187   | KONDYCJA                   | M 50      | 15   | 00:00:15    | 00:10:07 | 00:20:19.45    | 00:20:35.05     | +00:05:25 (26.7%) | 4:03         | 14.8 (73.3%) |
| 157 | KILJANCZYK Dominik   | 451   |                            | M 20      | 24   | 00:00:14    | 00:09:59 | 00:20:20.25    | 00:20:34.55     | +00:05:26 (26.8%) | 4:04         | 14.8 (73.3%) |
| 157 | SITKIEWICZ Jacek     | 978   |                            | M 40      | 57   | 00:00:27    | 00:09:59 | 00:20:20.25    | 00:20:47.40     | +00:05:26 (26.8%) | 4:04         | 14.8 (73.3%) |
| 159 | WOLSKI Krzysztof     | 1239  | WWW.LAMPYNAOWADY.EU        | M 40      | 58   | 00:00:14    | 00:09:44 | 00:20:21.25    | 00:20:35.85     | +00:05:27 (26.8%) | 4:04         | 14.7 (72.8%) |
| 160 | KRUPKA Marcin        | 560   | STAJNIAK TEAM              | M 30      | 49   | 00:00:10    | 00:09:54 | 00:20:23.20    | 00:20:33.50     | +00:05:29 (26.9%) | 4:04         | 14.7 (72.8%) |
| 161 | KONDRAT Oskar        | 488   |                            | M 14      | 2    | 00:00:12    | 00:09:45 | 00:20:23.65    | 00:20:36.45     | +00:05:29 (27.0%) | 4:04         | 14.7 (72.8%) |
| 162 | DROZD Maciej         | 205   |                            | M 40      | 59   | 00:00:13    | 00:09:53 | 00:20:24.10    | 00:20:37.80     | +00:05:30 (27.0%) | 4:04         | 14.7 (72.8%) |
| 163 | SZYMCZAK Kamil       | 1101  |                            | M 20      | 25   | 00:00:12    | 00:09:48 | 00:20:25.05    | 00:20:37.85     | +00:05:31 (27.0%) | 4:05         | 14.7 (72.8%) |
| 164 | PILIPCZUK Jakub      | 857   |                            | M 20      | 26   | 00:00:11    | 00:09:58 | 00:20:25.30    | 00:20:36.40     | +00:05:31 (27.1%) | 4:05         | 14.7 (72.8%) |
| 165 | ZIELIŃSKI Łukasz     | 1287  | GÓRA BIEGA                 | M 20      | 27   | 00:00:12    | 00:09:48 | 00:20:25.55    | 00:20:38.20     | +00:05:31 (27.1%) | 4:05         | 14.7 (72.8%) |
| 165 | PĄPROWICZ Wojciech   | 840   |                            | M 40      | 60   | 00:00:08    | 00:09:51 | 00:20:25.55    | 00:20:33.60     | +00:05:31 (27.1%) | 4:05         | 14.7 (72.8%) |
| 167 | ŁĘCKI Tomasz         | 631   | BW RUNNING TEAM            | M 40      | 61   | 00:00:08    | 00:09:49 | 00:20:26.30    | 00:20:34.75     | +00:05:32 (27.1%) | 4:05         | 14.7 (72.8%) |
| 168 | PIENIĄŻEK Kamil      | 850   |                            | M 30      | 50   | 00:00:12    | 00:09:45 | 00:20:26.80    | 00:20:39.60     | +00:05:33 (27.1%) | 4:05         | 14.7 (72.8%) |
| 169 | FILIPOWICZ Wojciech  | 1365  |                            | M 40      | 62   | 00:00:14    | 00:09:58 | 00:20:29.40    | 00:20:44.30     | +00:05:35 (27.3%) | 4:05         | 14.6 (72.3%) |
| 170 | SOBOLEWSKI Piotr     | 1010  |                            | M 30      | 51   | 00:00:13    | 00:09:55 | 00:20:29.90    | 00:20:43.25     | +00:05:36 (27.3%) | 4:05         | 14.6 (72.3%) |
| 171 | PAGACZ Bartosz       | 816   |                            | M 40      | 63   | 00:00:13    | 00:10:17 | 00:20:31.00    | 00:20:44.70     | +00:05:37 (27.4%) | 4:06         | 14.6 (72.3%) |
| 172 | JAKUBIK Filip        | 370   |                            | M 20      | 28   | 00:00:53    | 00:10:45 | 00:20:31.80    | 00:21:25.55     | +00:05:38 (27.4%) | 4:06         | 14.6 (72.3%) |
| 173 | SNARSKI Piotr        | 1005  | ADIDAS RUNNERS WARSAW      | M 30      | 52   | 00:00:09    | 00:09:45 | 00:20:33.05    | 00:20:42.50     | +00:05:39 (27.5%) | 4:06         | 14.6 (72.3%) |
| 174 | RUDNIK Marcin        | 1502  |                            | M 40      | 64   | 00:00:07    | 00:10:03 | 00:20:33.30    | 00:20:40.90     | +00:05:39 (27.5%) | 4:06         | 14.6 (72.3%) |
| 175 | PIOTROWSKI Tomasz    | 863   |                            | M 50      | 16   | 00:00:10    | 00:09:53 | 00:20:34.65    | 00:20:44.75     | +00:05:40 (27.6%) | 4:06         | 14.6 (72.3%) |
| 175 | PIOTROWSKI Stanislaw | 864   | AZS AWF WARSZAWA           | M 12      | 3    | 00:00:10    | 00:09:53 | 00:20:34.65    | 00:20:44.65     | +00:05:40 (27.6%) | 4:06         | 14.6 (72.3%) |

| Msc | Zawodnik              | Numer | Klub                                   | Kategoria | Mkat | Czas startu | 2.5km    | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h   |
|-----|-----------------------|-------|----------------------------------------|-----------|------|-------------|----------|----------------|-----------------|-------------------|--------------|--------------|
| 177 | WIATROWSKI Błażej     | 1191  |                                        | M 40      | 65   | 00:00:16    | 00:09:58 | 00:20:35.70    | 00:20:52.00     | +00:05:41 (27.7%) | 4:07         | 14.6 (72.3%) |
| 178 | TORZEWSKI Janusz      | 1140  |                                        | M 40      | 66   | 00:00:12    | 00:09:55 | 00:20:36.45    | 00:20:49.20     | +00:05:42 (27.7%) | 4:07         | 14.6 (72.3%) |
| 179 | ŻURAWSKI Marcin       | 1301  | ADIDAS RUNNERS WARSAW/DRUŻYNABLONDYNA  | M 40      | 67   | 00:00:19    | 00:10:10 | 00:20:39.00    | 00:20:58.50     | +00:05:45 (27.9%) | 4:07         | 14.5 (71.8%) |
| 180 | DEMBIŃSKI Maciej      | 183   | KNP                                    | M 30      | 53   | 00:00:22    | 00:10:01 | 00:20:39.25    | 00:21:02.10     | +00:05:45 (27.9%) | 4:07         | 14.5 (71.8%) |
| 181 | KOWALSKI Mateusz      | 531   |                                        | M 40      | 68   | 00:00:21    | 00:10:16 | 00:20:41.40    | 00:21:03.15     | +00:05:47 (28.0%) | 4:08         | 14.5 (71.8%) |
| 182 | MARCZAK Kamil         | 678   | PAWKO RUNNER TEAM                      | M 30      | 54   | 00:00:00    | 00:10:18 | 00:20:47.85    | 00:20:47.85     | +00:05:54 (28.4%) | 4:09         | 14.4 (71.3%) |
| 183 | ZYGOŃ Krzysztof       | 1295  |                                        | M 30      | 55   | 00:00:35    | 00:10:29 | 00:20:49.05    | 00:21:24.55     | +00:05:55 (28.4%) | 4:09         | 14.4 (71.3%) |
| 184 | RYBAK Adam            | 946   | KONDYCJA PIASECZNO                     | M 40      | 69   | 00:00:15    | 00:10:15 | 00:20:49.75    | 00:21:05.25     | +00:05:55 (28.5%) | 4:09         | 14.4 (71.3%) |
| 185 | KRZEPKOWSKI Radosław  | 567   | ADIDAS RUNNERS WARSAW                  | M 40      | 70   | 00:00:16    | 00:10:07 | 00:20:50.15    | 00:21:07.00     | +00:05:56 (28.5%) | 4:10         | 14.4 (71.3%) |
| 186 | WIERZCHOŁOWSKI Marcin | 1197  |                                        | M 40      | 71   | 00:00:24    | 00:10:18 | 00:20:50.55    | 00:21:15.05     | +00:05:56 (28.5%) | 4:10         | 14.4 (71.3%) |
| 187 | FRĄCZYK Piotr         | 254   | PWPW RUNNING TEAM                      | M 40      | 72   | 00:00:22    | 00:10:04 | 00:20:53.15    | 00:21:16.00     | +00:05:59 (28.7%) | 4:10         | 14.4 (71.3%) |
| 188 | KULIŃSKI Szymon       | 1467  | KLUB BIEGOWY DOKOTRA PAI-HI-VO         | M 40      | 73   | 00:00:19    | 00:10:10 | 00:20:53.75    | 00:21:12.95     | +00:05:59 (28.7%) | 4:10         | 14.4 (71.3%) |
| 189 | ADAMCZYK Przemysław   | 13    | ADIDAS RUNNERS WARSAW / RYKOWISKO TEAM | M 40      | 74   | 00:00:28    | 00:10:35 | 00:20:53.85    | 00:21:22.60     | +00:06:00 (28.7%) | 4:10         | 14.4 (71.3%) |
| 190 | KORNIENKO Serhii      | 499   |                                        | M 40      | 75   | 00:00:16    | 00:09:59 | 00:20:57.10    | 00:21:13.40     | +00:06:03 (28.9%) | 4:11         | 14.3 (70.8%) |
| 191 | RYŻKOWSKI Mariusz     | 951   | YULO RUN TEAM SIEDLCE                  | M 40      | 76   | 00:00:15    | 00:10:08 | 00:20:57.55    | 00:21:12.95     | +00:06:03 (28.9%) | 4:11         | 14.3 (70.8%) |
| 192 | POPLAWSKI Michał      | 885   | KUŹNIA TRIATHLONU                      | M 40      | 77   | 00:00:20    | 00:10:09 | 00:20:57.80    | 00:21:17.90     | +00:06:04 (28.9%) | 4:11         | 14.3 (70.8%) |
| 193 | GÓRSKI Maciej         | 300   |                                        | M 40      | 78   | 00:00:22    | 00:10:21 | 00:20:58.55    | 00:21:21.30     | +00:06:04 (29.0%) | 4:11         | 14.3 (70.8%) |
| 194 | FIGURSKI Adam         | 246   |                                        | M 30      | 56   | 00:01:24    | 00:10:34 | 00:21:00.10    | 00:22:24.15     | +00:06:06 (29.1%) | 4:12         | 14.3 (70.8%) |
| 195 | STANISZEWSKI Rafał    | 1024  | TURBODZIKI                             | M 40      | 79   | 00:00:12    | 00:10:12 | 00:21:00.15    | 00:21:12.65     | +00:06:06 (29.1%) | 4:12         | 14.3 (70.8%) |
| 196 | BZURA Jacek           | 116   | ENDUHUB RUNNING TEAM                   | M 40      | 80   | 00:00:21    | 00:10:21 | 00:21:02.20    | 00:21:23.85     | +00:06:08 (29.2%) | 4:12         | 14.3 (70.8%) |
| 197 | DALGIEWICZ Dariusz    | 174   |                                        | M 60      | 1    | 00:00:16    | 00:10:16 | 00:21:04.65    | 00:21:20.95     | +00:06:10 (29.3%) | 4:12         | 14.2 (70.3%) |
| 198 | KOBYLINSKI Krzysztof  | 1521  |                                        | M 20      | 29   | 00:00:20    | 00:09:54 | 00:21:05.15    | 00:21:25.70     | +00:06:11 (29.4%) | 4:13         | 14.2 (70.3%) |
| 199 | KWAŚNIEWSKI Krzysztof | 593   | TRENER FOREST                          | M 50      | 17   | 00:00:18    | 00:10:36 | 00:21:06.15    | 00:21:24.25     | +00:06:12 (29.4%) | 4:13         | 14.2 (70.3%) |

| Msc | Zawodnik                | Numer | Klub                 | Kategoria | Mkat | Czas startu | 2.5km    | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h   |
|-----|-------------------------|-------|----------------------|-----------|------|-------------|----------|----------------|-----------------|-------------------|--------------|--------------|
| 200 | WITKOWSKI-SKELTON Piotr | 1217  | VEGE RUNNERS         | M 30      | 57   | 00:00:11    | 00:10:19 | 00:21:08.00    | 00:21:19.25     | +00:06:14 (29.5%) | 4:13         | 14.2 (70.3%) |
| 201 | PACHNIK Karol           | 815   |                      | M 30      | 58   | 00:00:32    | 00:10:30 | 00:21:08.75    | 00:21:41.40     | +00:06:14 (29.6%) | 4:13         | 14.2 (70.3%) |
| 202 | MIODUSZEWSKI Marcin     | 727   | UM / ARW             | M 40      | 81   | 00:00:57    | 00:10:39 | 00:21:09.85    | 00:22:07.30     | +00:06:16 (29.6%) | 4:13         | 14.2 (70.3%) |
| 203 | KNAPIK Michał           | 470   | NEW BALANCE RUN CLUB | M 30      | 59   | 00:00:16    | 00:10:23 | 00:21:10.10    | 00:21:26.95     | +00:06:16 (29.6%) | 4:14         | 14.2 (70.3%) |
| 204 | KRÓL Paweł              | 1436  | DENTALKING.EU        | M 30      | 60   | 00:00:18    | 00:10:21 | 00:21:11.95    | 00:21:30.10     | +00:06:18 (29.7%) | 4:14         | 14.2 (70.3%) |
| 205 | BOCZARSKI Paweł         | 74    |                      | M 30      | 61   | 00:00:25    | 00:10:11 | 00:21:12.55    | 00:21:38.15     | +00:06:18 (29.8%) | 4:14         | 14.2 (70.3%) |
| 206 | SKOWRONEK Marcin        | 1327  |                      | M 40      | 82   | 00:00:34    | 00:10:40 | 00:21:12.80    | 00:21:46.80     | +00:06:19 (29.8%) | 4:14         | 14.2 (70.3%) |
| 207 | BABIARZ Andrzej         | 29    |                      | M 40      | 83   | 00:00:35    | 00:10:38 | 00:21:13.00    | 00:21:48.10     | +00:06:19 (29.8%) | 4:14         | 14.1 (69.8%) |
| 208 | CICHOCKI Mariusz        | 141   | WARSAW RUN CLUB      | M 30      | 62   | 00:00:21    | 00:10:30 | 00:21:14.55    | 00:21:36.50     | +00:06:20 (29.9%) | 4:14         | 14.1 (69.8%) |
| 209 | KISIEL Artur            | 455   |                      | M 40      | 84   | 00:00:33    | 00:10:30 | 00:21:14.75    | 00:21:48.35     | +00:06:20 (29.9%) | 4:14         | 14.1 (69.8%) |
| 210 | KOWALSKI Jarosław       | 530   | AR                   | M 40      | 85   | 00:00:18    | 00:10:29 | 00:21:16.20    | 00:21:34.60     | +00:06:22 (30.0%) | 4:15         | 14.1 (69.8%) |
| 211 | WŁODARSKI Mateusz       | 1225  |                      | M 20      | 30   | 00:00:22    | 00:10:30 | 00:21:17.45    | 00:21:40.30     | +00:06:23 (30.0%) | 4:15         | 14.1 (69.8%) |
| 212 | WIECZOREK Michał        | 1193  |                      | M 50      | 18   | 00:00:25    | 00:10:33 | 00:21:18.80    | 00:21:44.50     | +00:06:25 (30.1%) | 4:15         | 14.1 (69.8%) |
| 213 | KANIEWSKI Jarosław      | 418   | SUSHI FLOW           | M 30      | 63   | 00:00:26    | 00:10:12 | 00:21:19.05    | 00:21:45.10     | +00:06:25 (30.1%) | 4:15         | 14.1 (69.8%) |
| 214 | WIETESKA Łukasz         | 1198  | NBRC                 | M 30      | 64   | 00:00:32    | 00:10:29 | 00:21:20.20    | 00:21:52.60     | +00:06:26 (30.2%) | 4:16         | 14.1 (69.8%) |
| 215 | IWANIUK Tomasz          | 359   | ŻYWCEM ZABIEGANI     | M 30      | 65   | 00:00:11    | 00:10:21 | 00:21:20.85    | 00:21:32.10     | +00:06:27 (30.2%) | 4:16         | 14.1 (69.8%) |
| 216 | TROINSKI Jacek          | 1142  | BIKE SALON TEAM      | M 40      | 86   | 00:00:26    | 00:10:40 | 00:21:21.35    | 00:21:47.70     | +00:06:27 (30.2%) | 4:16         | 14.1 (69.8%) |
| 217 | ZARODKIEWICZ Dawid      | 1570  |                      | M 30      | 66   | 00:00:17    | 00:10:29 | 00:21:21.60    | 00:21:38.85     | +00:06:27 (30.3%) | 4:16         | 14.1 (69.8%) |
| 218 | KLIBISZ Sławomir        | 458   |                      | M 50      | 19   | 00:00:19    | 00:10:28 | 00:21:22.15    | 00:21:42.05     | +00:06:28 (30.3%) | 4:16         | 14 (69.3%)   |
| 219 | PIERZAK Olaf            | 852   |                      | M 40      | 87   | 00:00:16    | 00:10:30 | 00:21:23.70    | 00:21:40.20     | +00:06:29 (30.4%) | 4:16         | 14 (69.3%)   |
| 220 | LEWIŃSKI Bartłomiej     | 613   | TEAM ZABIEGANEDNI    | M 40      | 88   | 00:00:19    | 00:10:23 | 00:21:25.00    | 00:21:44.50     | +00:06:31 (30.4%) | 4:17         | 14 (69.3%)   |
| 221 | BARTNIAK Kamil          | 42    |                      | M 40      | 89   | 00:00:29    | 00:10:35 | 00:21:26.90    | 00:21:56.20     | +00:06:33 (30.5%) | 4:17         | 14 (69.3%)   |
| 222 | GRABOWSKI Marcin        | 307   |                      | M 40      | 90   | 00:00:23    | 00:10:30 | 00:21:27.80    | 00:21:51.05     | +00:06:34 (30.6%) | 4:17         | 14 (69.3%)   |

| Msc | Zawodnik              | Numer | Klub                 | Kategoria | Mkat | Czas startu | 2.5km    | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h   |
|-----|-----------------------|-------|----------------------|-----------|------|-------------|----------|----------------|-----------------|-------------------|--------------|--------------|
| 223 | TURLEJ Dariusz        | 1512  | BEZ KONDYCJI         | M 60      | 2    | 00:00:21    | 00:10:40 | 00:21:31.80    | 00:21:53.00     | +00:06:38 (30.8%) | 4:18         | 13.9 (68.8%) |
| 224 | KOSIŃSKI Rafał        | 508   | BIEGNIJ Z PROSERVICE | M 30      | 67   | 00:00:29    | 00:10:36 | 00:21:32.20    | 00:22:01.85     | +00:06:38 (30.8%) | 4:18         | 13.9 (68.8%) |
| 225 | DRAGAN Radosław       | 203   |                      | M 40      | 91   | 00:00:12    | 00:10:25 | 00:21:32.60    | 00:21:45.10     | +00:06:38 (30.9%) | 4:18         | 13.9 (68.8%) |
| 226 | ŻEBROWSKI Dariusz     | 1297  |                      | M 40      | 92   | 00:00:23    | 00:10:39 | 00:21:32.75    | 00:21:55.95     | +00:06:38 (30.9%) | 4:18         | 13.9 (68.8%) |
| 227 | LULA Mariusz          | 1445  | Longbridge Team      | M 40      | 93   | 00:00:30    | 00:10:37 | 00:21:33.20    | 00:22:03.40     | +00:06:39 (30.9%) | 4:18         | 13.9 (68.8%) |
| 228 | CATOIRE Tanguy        | 120   |                      | M 30      | 68   | 00:00:13    | 00:10:18 | 00:21:33.25    | 00:21:46.45     | +00:06:39 (30.9%) | 4:18         | 13.9 (68.8%) |
| 229 | KROL Michał           | 552   | LIPIEC RUNNING TEAM  | M 40      | 94   | 00:00:20    | 00:10:41 | 00:21:33.30    | 00:21:54.00     | +00:06:39 (30.9%) | 4:18         | 13.9 (68.8%) |
| 230 | JANOWIAK Wojciech     | 377   |                      | M 40      | 95   | 00:00:17    | 00:10:43 | 00:21:33.35    | 00:21:51.00     | +00:06:39 (30.9%) | 4:18         | 13.9 (68.8%) |
| 231 | TRONIARZ Marcin       | 1146  |                      | M 40      | 96   | 00:00:18    | 00:10:47 | 00:21:35.90    | 00:21:54.30     | +00:06:42 (31.0%) | 4:19         | 13.9 (68.8%) |
| 232 | ZUKOWSKI Piotr        | 1552  |                      | M 30      | 69   | 00:00:15    | 00:10:26 | 00:21:37.00    | 00:21:52.50     | +00:06:43 (31.1%) | 4:19         | 13.9 (68.8%) |
| 233 | CHĘC Tomasz           | 126   |                      | M 30      | 70   | 00:00:25    | 00:10:43 | 00:21:37.10    | 00:22:02.40     | +00:06:43 (31.1%) | 4:19         | 13.9 (68.8%) |
| 234 | WOŹNICKI Paweł        | 1243  | NBRC Warszawa        | M 20      | 31   | 00:00:30    | 00:10:36 | 00:21:38.05    | 00:22:08.70     | +00:06:44 (31.1%) | 4:19         | 13.9 (68.8%) |
| 235 | BAL Łukasz            | 1536  |                      | M 30      | 71   | 00:00:30    | 00:10:36 | 00:21:38.65    | 00:22:09.45     | +00:06:44 (31.2%) | 4:19         | 13.9 (68.8%) |
| 236 | NIEKE Bartłomiej      | 1456  | URSINY               | M 20      | 32   | 00:00:23    | 00:10:43 | 00:21:38.85    | 00:22:02.60     | +00:06:45 (31.2%) | 4:19         | 13.9 (68.8%) |
| 237 | KURZELA Mateusz       | 590   |                      | M 20      | 33   | 00:00:35    | 00:10:37 | 00:21:39.00    | 00:22:14.90     | +00:06:45 (31.2%) | 4:19         | 13.9 (68.8%) |
| 238 | GRUSZCZYŃSKI Wojciech | 316   |                      | M 30      | 72   | 00:00:29    | 00:10:36 | 00:21:40.75    | 00:22:10.35     | +00:06:46 (31.3%) | 4:20         | 13.8 (68.3%) |
| 239 | RAPCZYŃSKI Witold     | 1598  | SKARYSZÓWSKIE CIACHA | M 50      | 20   | 00:00:32    | 00:10:51 | 00:21:41.05    | 00:22:13.10     | +00:06:47 (31.3%) | 4:20         | 13.8 (68.3%) |
| 240 | GWIAZDA Marcin        | 334   |                      | M 20      | 34   | 00:00:19    | 00:10:45 | 00:21:41.45    | 00:22:00.55     | +00:06:47 (31.3%) | 4:20         | 13.8 (68.3%) |
| 241 | SZORTYKA Marcin       | 1428  |                      | M 40      | 97   | 00:00:29    | 00:10:44 | 00:21:43.35    | 00:22:12.75     | +00:06:49 (31.4%) | 4:20         | 13.8 (68.3%) |
| 242 | MCGIVERN Colm         | 702   | WITC                 | M 50      | 21   | 00:00:22    | 00:10:52 | 00:21:44.15    | 00:22:06.75     | +00:06:50 (31.5%) | 4:20         | 13.8 (68.3%) |
| 243 | KOŚLA Paweł           | 514   | RUN DE GIRARD        | M 30      | 73   | 00:00:29    | 00:10:41 | 00:21:44.30    | 00:22:13.70     | +00:06:50 (31.5%) | 4:20         | 13.8 (68.3%) |
| 244 | OPALSKI Szymon        | 1397  |                      | M 16      | 12   | 00:00:07    | 00:10:27 | 00:21:46.65    | 00:21:54.20     | +00:06:52 (31.6%) | 4:21         | 13.8 (68.3%) |
| 245 | GOŁĘBIEWSKI Łukasz    | 291   |                      | M 40      | 98   | 00:00:21    | 00:10:43 | 00:21:46.90    | 00:22:08.30     | +00:06:53 (31.6%) | 4:21         | 13.8 (68.3%) |

| Msc | Zawodnik             | Numer | Klub                 | Kategoria | Mkat | Czas     |          | Czas netto<br>5km | Czas brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|----------------------|-------|----------------------|-----------|------|----------|----------|-------------------|--------------------|----------------------|-----------------|-----------------|
|     |                      |       |                      |           |      | startu   | 2.5km    |                   |                    |                      |                 |                 |
| 246 | JAMBOR Maciej        | 371   |                      | M 30      | 74   | 00:00:31 | 00:10:41 | 00:21:47.05       | 00:22:18.25        | +00:06:53<br>(31.6%) | 4:21            | 13.8<br>(68.3%) |
| 247 | ŚCISŁOWICZ Krzysztof | 1105  |                      | M 40      | 99   | 00:00:27 | 00:10:40 | 00:21:47.70       | 00:22:15.30        | +00:06:53<br>(31.7%) | 4:21            | 13.8<br>(68.3%) |
| 248 | KUBIAK Sebastian     | 575   | CKR KONSTANCIN       | M 30      | 75   | 00:00:46 | 00:10:43 | 00:21:49.25       | 00:22:35.35        | +00:06:55<br>(31.7%) | 4:21            | 13.8<br>(68.3%) |
| 249 | DOMAGAŁA Jarosław    | 198   | AKTYWNA WARSZAWA     | M 50      | 22   | 00:00:34 | 00:10:36 | 00:21:50.65       | 00:22:24.90        | +00:06:56<br>(31.8%) | 4:22            | 13.7<br>(67.8%) |
| 250 | KAMIŃSKI Łukasz      | 415   | PZU SPORT TEAM       | M 30      | 76   | 00:00:21 | 00:10:44 | 00:21:52.00       | 00:22:13.40        | +00:06:58<br>(31.9%) | 4:22            | 13.7<br>(67.8%) |
| 251 | FALBA Zbigniew       | 239   | BIEGNIJ Z PROSERVICE | M 50      | 23   | 00:00:28 | 00:10:37 | 00:21:52.10       | 00:22:20.95        | +00:06:58<br>(31.9%) | 4:22            | 13.7<br>(67.8%) |
| 252 | WOJTKOWSKI Maciej    | 1496  | INFINITUS ATHLETICS  | M 30      | 77   | 00:00:13 | 00:10:37 | 00:21:52.15       | 00:22:05.80        | +00:06:58<br>(31.9%) | 4:22            | 13.7<br>(67.8%) |
| 253 | DUCH Mateusz         | 211   | GÓRA BIEGA           | M 30      | 78   | 00:00:32 | 00:10:42 | 00:21:52.35       | 00:22:24.70        | +00:06:58<br>(31.9%) | 4:22            | 13.7<br>(67.8%) |
| 254 | BUCZEK Robert        | 104   | 3RUNPL               | M 50      | 24   | 00:00:28 | 00:10:39 | 00:21:55.00       | 00:22:23.20        | +00:07:01<br>(32.0%) | 4:23            | 13.7<br>(67.8%) |
| 255 | WIŚNIEWSKI Maciek    | 1212  |                      | M 40      | 100  | 00:00:42 | 00:10:48 | 00:21:55.40       | 00:22:37.40        | +00:07:01<br>(32.1%) | 4:23            | 13.7<br>(67.8%) |
| 256 | WASILEWSKI Mariusz   | 1182  | GÓRA BIEGA           | M 40      | 101  | 00:00:31 | 00:10:43 | 00:21:56.00       | 00:22:27.40        | +00:07:02<br>(32.1%) | 4:23            | 13.7<br>(67.8%) |
| 257 | GORALSKI Roman       | 292   | STARE BABICE BIEGAJA | M 50      | 25   | 00:00:32 | 00:11:00 | 00:21:56.10       | 00:22:29.05        | +00:07:02<br>(32.1%) | 4:23            | 13.7<br>(67.8%) |
| 258 | KUKLA Marcin         | 585   | RYSIK RUNNERS        | M 50      | 26   | 00:00:32 | 00:10:58 | 00:21:56.30       | 00:22:28.95        | +00:07:02<br>(32.1%) | 4:23            | 13.7<br>(67.8%) |
| 259 | MYŚLIŃSKI Mateusz    | 752   |                      | M 16      | 13   | 00:00:18 | 00:10:28 | 00:21:57.05       | 00:22:15.35        | +00:07:03<br>(32.1%) | 4:23            | 13.7<br>(67.8%) |
| 260 | BIENIAK Krzysztof    | 62    | KRAV MAGA WARSZAWA   | M 50      | 27   | 00:00:27 | 00:10:38 | 00:21:57.40       | 00:22:25.05        | +00:07:03<br>(32.2%) | 4:23            | 13.7<br>(67.8%) |
| 261 | WNUK Tomasz          | 1227  | NAPRZÓD MŁOCINY      | M 40      | 102  | 00:00:28 | 00:10:38 | 00:21:57.95       | 00:22:26.00        | +00:07:04<br>(32.2%) | 4:23            | 13.7<br>(67.8%) |
| 262 | IL Adam              | 356   |                      | M 20      | 35   | 00:00:00 |          | 00:22:00.95       | 00:22:00.95        | +00:07:07<br>(32.3%) | 4:24            | 13.6<br>(67.3%) |
| 263 | ZALEWSKI Rafal       | 1267  |                      | M 40      | 103  | 00:00:49 | 00:10:54 | 00:22:02.30       | 00:22:51.65        | +00:07:08<br>(32.4%) | 4:24            | 13.6<br>(67.3%) |
| 264 | WITKOWSKI Daniel     | 1216  |                      | M 40      | 104  | 00:00:22 | 00:10:44 | 00:22:02.80       | 00:22:25.05        | +00:07:09<br>(32.4%) | 4:24            | 13.6<br>(67.3%) |
| 265 | ROMAŃSKI Jan         | 1501  | WCH OBIEGUWKA        | M 40      | 105  | 00:00:31 | 00:10:44 | 00:22:04.70       | 00:22:35.90        | +00:07:10<br>(32.5%) | 4:24            | 13.6<br>(67.3%) |
| 266 | CLARE Simon          | 151   |                      | M 50      | 28   | 00:00:12 | 00:10:51 | 00:22:05.90       | 00:22:18.10        | +00:07:12<br>(32.6%) | 4:25            | 13.6<br>(67.3%) |
| 267 | TROJDAN Sebastian    | 1144  |                      | M 40      | 106  | 00:00:34 | 00:10:38 | 00:22:06.25       | 00:22:40.60        | +00:07:12<br>(32.6%) | 4:25            | 13.6<br>(67.3%) |
| 268 | GÓRSKI Marcin        | 298   |                      | M 40      | 107  | 00:00:30 | 00:10:35 | 00:22:10.45       | 00:22:41.40        | +00:07:16<br>(32.8%) | 4:26            | 13.5<br>(66.8%) |

| Msc | Zawodnik              | Numer | Klub                       | Kategoria | Mkat | Czas     |          | Czas netto<br>5km | Czas brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|-----------------------|-------|----------------------------|-----------|------|----------|----------|-------------------|--------------------|----------------------|-----------------|-----------------|
|     |                       |       |                            |           |      | startu   | 2.5km    |                   |                    |                      |                 |                 |
| 269 | SAPIGÓRSKI Rafał      | 961   |                            | M 40      | 108  | 00:00:50 | 00:11:15 | 00:22:10.55       | 00:23:01.25        | +00:07:16<br>(32.8%) | 4:26            | 13.5<br>(66.8%) |
| 270 | MOTRENKO Piotr        | 740   |                            | M 30      | 79   | 00:00:28 | 00:10:48 | 00:22:11.55       | 00:22:40.20        | +00:07:17<br>(32.9%) | 4:26            | 13.5<br>(66.8%) |
| 271 | MIODUSZEWSKI Adrian   | 1547  |                            | M 30      | 80   | 00:00:49 | 00:11:11 | 00:22:11.70       | 00:23:01.30        | +00:07:17<br>(32.9%) | 4:26            | 13.5<br>(66.8%) |
| 272 | MARTSENIUK Volodymyr  | 682   |                            | M 20      | 36   | 00:00:55 | 00:10:54 | 00:22:14.20       | 00:23:09.25        | +00:07:20<br>(33.0%) | 4:26            | 13.5<br>(66.8%) |
| 273 | SKRZYPEK Michał       | 992   |                            | M 30      | 81   | 00:00:45 | 00:10:48 | 00:22:16.45       | 00:23:02.35        | +00:07:22<br>(33.1%) | 4:27            | 13.5<br>(66.8%) |
| 274 | DUSZYŃSKI Bartosz     | 218   |                            | M 30      | 82   | 00:00:31 | 00:10:43 | 00:22:17.00       | 00:22:48.10        | +00:07:23<br>(33.1%) | 4:27            | 13.5<br>(66.8%) |
| 275 | NAPURKA Artur         | 759   | KLUB BIEGACZA RTV EURO AGD | M 40      | 109  | 00:00:48 | 00:11:25 | 00:22:19.55       | 00:23:07.95        | +00:07:25<br>(33.3%) | 4:27            | 13.4<br>(66.3%) |
| 276 | HUCAŁ Grzegorz        | 351   | RCI WARSZAWA               | M 30      | 83   | 00:00:30 | 00:11:01 | 00:22:20.75       | 00:22:51.25        | +00:07:26<br>(33.3%) | 4:28            | 13.4<br>(66.3%) |
| 277 | KOZAK Mikołaj         | 534   |                            | M 30      | 84   | 00:00:28 | 00:10:46 | 00:22:21.65       | 00:22:50.30        | +00:07:27<br>(33.4%) | 4:28            | 13.4<br>(66.3%) |
| 278 | PLUTA Ireneusz        | 1382  |                            | M 60      | 3    | 00:00:31 | 00:10:56 | 00:22:21.75       | 00:22:53.05        | +00:07:27<br>(33.4%) | 4:28            | 13.4<br>(66.3%) |
| 279 | KARCZEWSKI Przemysław | 423   | SPARTANIE DZIECIOM         | M 40      | 110  | 00:00:17 | 00:10:47 | 00:22:22.40       | 00:22:40.05        | +00:07:28<br>(33.4%) | 4:28            | 13.4<br>(66.3%) |
| 280 | CHODNIEWICZ Michał    | 131   |                            | M 40      | 111  | 00:00:29 | 00:10:42 | 00:22:23.40       | 00:22:53.10        | +00:07:29<br>(33.5%) | 4:28            | 13.4<br>(66.3%) |
| 281 | KUCIŃSKI Hubert       | 582   | ONSLOW - SEKCJA DZIADKÓW   | M 40      | 112  | 00:00:17 | 00:10:47 | 00:22:23.50       | 00:22:40.90        | +00:07:29<br>(33.5%) | 4:28            | 13.4<br>(66.3%) |
| 282 | MAŁKOWSKI Marcin      | 669   | OBI                        | M 40      | 113  | 00:00:31 | 00:11:16 | 00:22:24.65       | 00:22:56.45        | +00:07:30<br>(33.5%) | 4:28            | 13.4<br>(66.3%) |
| 283 | 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        | +00:07:31<br>(33.5%) | 4:28            | 13.4<br>(66.3%) |
| 284 | WIATROWSKI Hubert     | 1192  | KS WILANÓW                 | M 16      | 14   | 00:00:17 | 00:11:07 | 00:22:26.40       | 00:22:43.50        | +00:07:32<br>(33.6%) | 4:29            | 13.4<br>(66.3%) |
| 285 | TUTAJ Marcin          | 1497  |                            | M 30      | 86   | 00:00:27 | 00:10:50 | 00:22:28.15       | 00:22:56.10        | +00:07:34<br>(33.7%) | 4:29            | 13.4<br>(66.3%) |
| 286 | RODAK Antoni          | 924   |                            | M 12      | 4    | 00:01:25 | 00:10:54 | 00:22:29.30       | 00:23:54.90        | +00:07:35<br>(33.8%) | 4:29            | 13.3<br>(65.8%) |
| 287 | MICHALAK Miłosz       | 711   | MM TEAM                    | M 20      | 37   | 00:00:36 | 00:10:54 | 00:22:29.80       | 00:23:06.20        | +00:07:36<br>(33.8%) | 4:29            | 13.3<br>(65.8%) |
| 288 | CIEĆWIERZ Michał      | 144   |                            | M 30      | 87   | 00:00:30 | 00:10:50 | 00:22:30.90       | 00:23:01.40        | +00:07:37<br>(33.8%) | 4:30            | 13.3<br>(65.8%) |
| 289 | GRZYWACZ Marcin       | 330   |                            | M 40      | 114  | 00:01:09 | 00:11:03 | 00:22:32.00       | 00:23:41.05        | +00:07:38<br>(33.9%) | 4:30            | 13.3<br>(65.8%) |
| 290 | HEĆMAN Marcin         | 341   |                            | M 40      | 115  | 00:00:28 | 00:10:58 | 00:22:32.65       | 00:23:01.00        | +00:07:38<br>(33.9%) | 4:30            | 13.3<br>(65.8%) |
| 291 | MARSZAŁEK Marcin      | 681   |                            | M 30      | 88   | 00:00:38 | 00:11:18 | 00:22:34.55       | 00:23:13.40        | +00:07:40<br>(34.0%) | 4:30            | 13.3<br>(65.8%) |

| Msc | Zawodnik               | Numer | Klub                          | Kategoria | Mkat | Czas startu | 2.5km    | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h   |
|-----|------------------------|-------|-------------------------------|-----------|------|-------------|----------|----------------|-----------------|-------------------|--------------|--------------|
| 292 | BŁAŻEJCZYK Maksymilian | 71    |                               | M 40      | 116  | 00:01:28    | 00:11:09 | 00:22:37.05    | 00:24:05.10     | +00:07:43 (34.1%) | 4:31         | 13.3 (65.8%) |
| 293 | CODDINGTON Marek       | 154   | GS HUSKY                      | M 16      | 15   | 00:01:13    | 00:11:13 | 00:22:38.35    | 00:23:52.30     | +00:07:44 (34.2%) | 4:31         | 13.3 (65.8%) |
| 294 | KOPCZYK Marcin         | 493   | NEW BALANCE RUN CLUB WARSZAWA | M 40      | 117  | 00:00:33    | 00:10:59 | 00:22:38.45    | 00:23:12.05     | +00:07:44 (34.2%) | 4:31         | 13.3 (65.8%) |
| 295 | WASILEWSKI Antoni      | 1183  | UKS OSIR GÓRA KALWARIA        | M 14      | 3    | 00:00:51    | 00:11:17 | 00:22:38.55    | 00:23:29.85     | +00:07:44 (34.2%) | 4:31         | 13.3 (65.8%) |
| 296 | GRĘDA Dominik          | 1449  | NEW BALANCE RUN CLUB          | M 20      | 38   | 00:00:38    | 00:10:27 | 00:22:40.40    | 00:23:18.55     | +00:07:46 (34.3%) | 4:32         | 13.2 (65.3%) |
| 297 | KOZERSKI Łukasz        | 537   |                               | M 40      | 118  | 00:00:18    |          | 00:22:41.10    | 00:22:59.75     | +00:07:47 (34.3%) | 4:32         | 13.2 (65.3%) |
| 298 | GAJEWSKI Tomasz        | 262   |                               | M 30      | 89   | 00:01:01    | 00:11:33 | 00:22:41.15    | 00:23:42.25     | +00:07:47 (34.3%) | 4:32         | 13.2 (65.3%) |
| 299 | TOLAK Piotr            | 1129  | TEAM TOLAK                    | M 30      | 90   | 00:00:29    | 00:10:55 | 00:22:41.20    | 00:23:11.10     | +00:07:47 (34.3%) | 4:32         | 13.2 (65.3%) |
| 300 | MELER Krzysztof        | 704   |                               | M 40      | 119  | 00:00:21    | 00:10:53 | 00:22:42.65    | 00:23:04.05     | +00:07:48 (34.4%) | 4:32         | 13.2 (65.3%) |
| 301 | PAWŁOWSKI Piotr        | 838   | BBL WYDMINY                   | M 50      | 29   | 00:00:34    | 00:11:06 | 00:22:43.25    | 00:23:17.40     | +00:07:49 (34.4%) | 4:32         | 13.2 (65.3%) |
| 302 | SAJKOWSKI Andrzej      | 956   | METRO WARSZAWA                | M 70      | 1    | 00:00:03    | 00:10:58 | 00:22:43.35    | 00:22:47.00     | +00:07:49 (34.4%) | 4:32         | 13.2 (65.3%) |
| 303 | ŁANDWIJT Marcin        | 1504  |                               | M 40      | 120  | 00:00:20    | 00:11:26 | 00:22:43.80    | 00:23:04.65     | +00:07:50 (34.5%) | 4:32         | 13.2 (65.3%) |
| 304 | CISOŃ Dominik          | 150   |                               | M 40      | 121  | 00:00:33    | 00:11:10 | 00:22:44.95    | 00:23:18.40     | +00:07:51 (34.5%) | 4:32         | 13.2 (65.3%) |
| 305 | OSOWSKI Andrzej        | 807   |                               | M 40      | 122  | 00:00:28    | 00:10:51 | 00:22:45.20    | 00:23:13.65     | +00:07:51 (34.5%) | 4:33         | 13.2 (65.3%) |
| 306 | BARAŃSKI Piotr         | 37    |                               | M 40      | 123  | 00:00:35    | 00:11:12 | 00:22:46.90    | 00:23:22.30     | +00:07:53 (34.6%) | 4:33         | 13.2 (65.3%) |
| 307 | SUJAK Michał           | 1040  |                               | M 30      | 91   | 00:00:34    | 00:11:01 | 00:22:49.50    | 00:23:23.75     | +00:07:55 (34.7%) | 4:33         | 13.1 (64.9%) |
| 307 | MIKULSKI Damian        | 721   | TEAM ZABIEGANEDNI             | M 40      | 124  | 00:00:30    | 00:11:12 | 00:22:49.50    | 00:23:19.70     | +00:07:55 (34.7%) | 4:33         | 13.1 (64.9%) |
| 309 | ŁAZICKI Aleksnader     | 629   |                               | M 16      | 16   | 00:01:00    | 00:11:18 | 00:22:50.45    | 00:23:50.75     | +00:07:56 (34.8%) | 4:34         | 13.1 (64.9%) |
| 310 | MIKINA Artur           | 718   | PWPW SA                       | M 60      | 4    | 00:00:13    | 00:11:16 | 00:22:52.55    | 00:23:05.95     | +00:07:58 (34.9%) | 4:34         | 13.1 (64.9%) |
| 311 | SMOLIŃSKI Mateusz      | 1001  |                               | M 30      | 92   | 00:00:15    | 00:10:08 | 00:22:52.80    | 00:23:07.80     | +00:07:59 (34.9%) | 4:34         | 13.1 (64.9%) |
| 312 | BIEŃKOWSKI Jarosław    | 1331  |                               | M 20      | 39   | 00:00:42    | 00:11:25 | 00:22:53.65    | 00:23:35.90     | +00:07:59 (34.9%) | 4:34         | 13.1 (64.9%) |
| 313 | MOSKWA Michał          | 1560  |                               | M 20      | 40   | 00:00:35    | 00:11:10 | 00:22:54.30    | 00:23:29.40     | +00:08:00 (35.0%) | 4:34         | 13.1 (64.9%) |
| 314 | KRYCZEK Piotr          | 562   |                               | M 50      | 30   | 00:00:40    | 00:11:15 | 00:22:56.00    | 00:23:36.10     | +00:08:02 (35.0%) | 4:35         | 13.1 (64.9%) |

| Msc | Zawodnik              | Numer | Klub                                         | Kategoria | Mkat | Czas     |          | Czas netto<br>5km | Czas brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|-----------------------|-------|----------------------------------------------|-----------|------|----------|----------|-------------------|--------------------|----------------------|-----------------|-----------------|
|     |                       |       |                                              |           |      | startu   | 2.5km    |                   |                    |                      |                 |                 |
| 315 | KALINOWSKI Bartłomiej | 411   |                                              | M 30      | 93   | 00:00:48 | 00:11:47 | 00:22:57.40       | 00:23:45.95        | +00:08:03<br>(35.1%) | 4:35            | 13.1<br>(64.9%) |
| 316 | KĘDRA Mateusz         | 441   |                                              | M 30      | 94   | 00:00:48 | 00:11:33 | 00:22:58.80       | 00:23:47.40        | +00:08:05<br>(35.2%) | 4:35            | 13.1<br>(64.9%) |
| 317 | PONIATOWSKI Krzysztof | 882   |                                              | M 40      | 125  | 00:00:34 | 00:11:15 | 00:22:58.85       | 00:23:33.05        | +00:08:05<br>(35.2%) | 4:35            | 13.1<br>(64.9%) |
| 318 | CHMIEL Filip          | 1587  | STREFA PODIUM                                | M 20      | 41   | 00:00:09 | 00:10:37 | 00:22:58.90       | 00:23:08.60        | +00:08:05<br>(35.2%) | 4:35            | 13.1<br>(64.9%) |
| 319 | ŚWIERŻYŃSKI Michał    | 1116  |                                              | M 30      | 95   | 00:00:31 | 00:10:44 | 00:22:59.65       | 00:23:31.40        | +00:08:05<br>(35.2%) | 4:35            | 13.1<br>(64.9%) |
| 320 | TOBIASZ Karol         | 1425  |                                              | M 20      | 42   | 00:00:40 | 00:11:23 | 00:23:00.90       | 00:23:41.35        | +00:08:07<br>(35.3%) | 4:36            | 13<br>(64.4%)   |
| 321 | ROLLA Adrian          | 927   |                                              | M 20      | 43   | 00:01:24 | 00:11:07 | 00:23:00.95       | 00:24:25.60        | +00:08:07<br>(35.3%) | 4:36            | 13<br>(64.4%)   |
| 322 | PAŃCZYK Wojtek        | 823   | THE PAŃCZYX                                  | M 40      | 126  | 00:00:50 | 00:11:29 | 00:23:01.90       | 00:23:52.40        | +00:08:08<br>(35.3%) | 4:36            | 13<br>(64.4%)   |
| 323 | SOBIECKI Dominik      | 932   | VEGELOVE                                     | M 60      | 5    | 00:00:52 | 00:11:40 | 00:23:02.70       | 00:23:55.25        | +00:08:08<br>(35.4%) | 4:36            | 13<br>(64.4%)   |
| 324 | MOSAKOWSKI Adrian     | 736   | ZESPÓŁ SZKÓŁ LICEALNYCH I TECHNICZNYCH NR 1  | M 16      | 17   | 00:01:35 | 00:11:20 | 00:23:03.80       | 00:24:39.30        | +00:08:10<br>(35.4%) | 4:36            | 13<br>(64.4%)   |
| 325 | STEC Kamil            | 1363  | FC GRABÓW                                    | M 20      | 44   | 00:00:51 | 00:11:11 | 00:23:04.30       | 00:23:55.50        | +00:08:10<br>(35.4%) | 4:36            | 13<br>(64.4%)   |
| 326 | SKUBISZEWSKI Piotr    | 1563  |                                              | M 40      | 127  | 00:00:52 | 00:11:33 | 00:23:04.35       | 00:23:56.70        | +00:08:10<br>(35.4%) | 4:36            | 13<br>(64.4%)   |
| 327 | PAKUŁA Błażej         | 817   |                                              | M 30      | 96   | 00:00:36 | 00:11:21 | 00:23:04.40       | 00:23:41.10        | +00:08:10<br>(35.4%) | 4:36            | 13<br>(64.4%)   |
| 328 | MAGNUSKI Piotr        | 659   |                                              | M 40      | 128  | 00:00:31 | 00:11:11 | 00:23:06.55       | 00:23:37.65        | +00:08:12<br>(35.5%) | 4:37            | 13<br>(64.4%)   |
| 329 | PAWELEC Kamil         | 832   | PZU SPORT TEAM                               | M 30      | 97   | 00:00:45 | 00:11:28 | 00:23:08.65       | 00:23:53.90        | +00:08:14<br>(35.6%) | 4:37            | 13<br>(64.4%)   |
| 330 | KOSMAŁA Antoni        | 1557  |                                              | M 16      | 18   | 00:01:40 | 00:11:38 | 00:23:09.10       | 00:24:49.65        | +00:08:15<br>(35.7%) | 4:37            | 13<br>(64.4%)   |
| 331 | SARNOWSKI Wojciech    | 1509  |                                              | M 40      | 129  | 00:00:42 | 00:11:09 | 00:23:09.55       | 00:23:51.80        | +00:08:15<br>(35.7%) | 4:37            | 13<br>(64.4%)   |
| 332 | WITZKE Artur          | 1219  |                                              | M 40      | 130  | 00:00:53 | 00:11:27 | 00:23:10.40       | 00:24:03.40        | +00:08:16<br>(35.7%) | 4:38            | 12.9<br>(63.9%) |
| 333 | 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        | +00:08:18<br>(35.8%) | 4:38            | 12.9<br>(63.9%) |
| 334 | JĘDRZEJEK Mateusz     | 1340  | RK ATHLETICS                                 | M 12      | 5    | 00:00:48 | 00:11:50 | 00:23:12.75       | 00:24:01.50        | +00:08:18<br>(35.8%) | 4:38            | 12.9<br>(63.9%) |
| 335 | GWÓŹDŹ Maciej         | 335   | RKATLETICS                                   | M 12      | 6    | 00:00:48 | 00:11:51 | 00:23:13.05       | 00:24:01.45        | +00:08:19<br>(35.8%) | 4:38            | 12.9<br>(63.9%) |
| 336 | OWOC Tomasz           | 813   | PKO BANK POLSKI / NEW BALANCE RUN CLUB       | M 50      | 31   | 00:00:48 | 00:11:38 | 00:23:13.20       | 00:24:01.90        | +00:08:19<br>(35.8%) | 4:38            | 12.9<br>(63.9%) |
| 337 | LENDZION Jarosław     | 604   | GRUPA BIEGOWA UM W-WA                        | M 40      | 131  | 00:00:56 | 00:11:44 | 00:23:13.55       | 00:24:09.55        | +00:08:19<br>(35.9%) | 4:38            | 12.9<br>(63.9%) |

| Msc | Zawodnik               | Numer | Klub               | Kategoria | Mkat | Czas startu | 2.5km    | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h   |
|-----|------------------------|-------|--------------------|-----------|------|-------------|----------|----------------|-----------------|-------------------|--------------|--------------|
| 338 | WÓJCIK Grzegorz        | 1245  |                    | M 40      | 132  | 00:01:02    | 00:11:48 | 00:23:14.85    | 00:24:17.50     | +00:08:21 (35.9%) | 4:38         | 12.9 (63.9%) |
| 339 | ESSI-EZINH Aleksander  | 234   | SFORA BMK          | M 30      | 99   | 00:00:46    | 00:11:22 | 00:23:15.20    | 00:24:01.70     | +00:08:21 (35.9%) | 4:39         | 12.9 (63.9%) |
| 340 | JANOWSKI Rafał         | 378   |                    | M 50      | 32   | 00:00:44    | 00:11:23 | 00:23:15.50    | 00:23:59.85     | +00:08:21 (36.0%) | 4:39         | 12.9 (63.9%) |
| 341 | KOSMAŁA Michał         | 1426  |                    | M 40      | 133  | 00:01:03    | 00:12:03 | 00:23:16.60    | 00:24:20.30     | +00:08:22 (36.0%) | 4:39         | 12.9 (63.9%) |
| 342 | PAWLIMAK Mariusz       | 1564  |                    | M 20      | 45   | 00:01:06    | 00:11:34 | 00:23:17.45    | 00:24:23.75     | +00:08:23 (36.0%) | 4:39         | 12.9 (63.9%) |
| 343 | ŻYWIEN Marek           | 1307  | ONLY SPEEDWAY      | M 50      | 33   | 00:00:23    | 00:11:18 | 00:23:20.35    | 00:23:44.25     | +00:08:26 (36.2%) | 4:40         | 12.9 (63.9%) |
| 344 | OCHREMIAK Jędrzej      | 785   |                    | M 30      | 100  | 00:00:35    | 00:11:27 | 00:23:21.55    | 00:23:57.15     | +00:08:27 (36.2%) | 4:40         | 12.8 (63.4%) |
| 345 | BISOWSKI Szymon        | 68    |                    | M 14      | 4    | 00:00:55    | 00:11:44 | 00:23:22.55    | 00:24:17.85     | +00:08:28 (36.3%) | 4:40         | 12.8 (63.4%) |
| 346 | SOJDA Mateusz          | 1014  | ROADBIKE IRON TEAM | M 30      | 101  | 00:01:04    | 00:11:37 | 00:23:23.30    | 00:24:28.25     | +00:08:29 (36.3%) | 4:40         | 12.8 (63.4%) |
| 347 | KONKA Tomasz           | 491   |                    | M 50      | 34   | 00:00:44    | 00:11:36 | 00:23:24.75    | 00:24:09.20     | +00:08:30 (36.4%) | 4:40         | 12.8 (63.4%) |
| 347 | PIENIAŻEK Mateusz      | 851   |                    | M 20      | 46   | 00:00:50    | 00:11:42 | 00:23:24.75    | 00:24:15.65     | +00:08:30 (36.4%) | 4:40         | 12.8 (63.4%) |
| 349 | OKRASA Michał          | 788   |                    | M 20      | 47   | 00:00:35    | 00:11:13 | 00:23:24.90    | 00:24:00.20     | +00:08:31 (36.4%) | 4:40         | 12.8 (63.4%) |
| 350 | KOSTYRA Krzysztof      | 1324  | BIEGUSIEM.PL       | M 50      | 35   | 00:00:32    | 00:11:27 | 00:23:27.75    | 00:23:59.85     | +00:08:33 (36.5%) | 4:41         | 12.8 (63.4%) |
| 351 | BAREJ Paweł            | 1394  |                    | M 30      | 102  | 00:00:42    | 00:11:44 | 00:23:28.75    | 00:24:11.55     | +00:08:34 (36.6%) | 4:41         | 12.8 (63.4%) |
| 352 | SZEWCZYK Łukasz        | 1073  |                    | M 40      | 134  | 00:00:30    | 00:10:50 | 00:23:29.25    | 00:23:59.75     | +00:08:35 (36.6%) | 4:41         | 12.8 (63.4%) |
| 353 | DZIĘCIOŁOWSKI Filip    | 227   | FOOTBALL TALENTS   | M 30      | 103  | 00:01:00    | 00:11:38 | 00:23:31.05    | 00:24:31.45     | +00:08:37 (36.7%) | 4:42         | 12.8 (63.4%) |
| 354 | GALA Piotr             | 1463  |                    | M 20      | 48   | 00:02:12    | 00:11:27 | 00:23:31.60    | 00:25:43.75     | +00:08:37 (36.7%) | 4:42         | 12.8 (63.4%) |
| 355 | MARCIN Cendrowski      | 1535  |                    | M 50      | 36   | 00:01:07    | 00:11:34 | 00:23:32.85    | 00:24:39.90     | +00:08:39 (36.7%) | 4:42         | 12.7 (62.9%) |
| 356 | JAROSZKIEWICZ Grzegorz | 389   |                    | M 40      | 135  | 00:00:39    | 00:11:42 | 00:23:33.60    | 00:24:12.80     | +00:08:39 (36.8%) | 4:42         | 12.7 (62.9%) |
| 357 | DOMINIAK Bartosz       | 1369  | #BARTEKBIEGA       | M 40      | 136  | 00:00:48    | 00:11:50 | 00:23:34.20    | 00:24:22.45     | +00:08:40 (36.8%) | 4:42         | 12.7 (62.9%) |
| 358 | CHARLEJ Ireneusz       | 123   |                    | M 50      | 37   | 00:00:41    | 00:11:43 | 00:23:35.75    | 00:24:17.45     | +00:08:41 (36.9%) | 4:43         | 12.7 (62.9%) |
| 359 | JANUCHTA Tomasz        | 1346  |                    | M 40      | 137  | 00:01:00    | 00:11:36 | 00:23:36.45    | 00:24:36.95     | +00:08:42 (36.9%) | 4:43         | 12.7 (62.9%) |
| 360 | BIGAJSKI Rafał         | 65    | NIEZŁY BIGOS       | M 40      | 138  | 00:00:43    | 00:11:38 | 00:23:37.30    | 00:24:20.80     | +00:08:43 (36.9%) | 4:43         | 12.7 (62.9%) |

| Msc | Zawodnik              | Numer | Klub                       | Kategoria | Mkat | Czas startu | 2.5km    | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h   |
|-----|-----------------------|-------|----------------------------|-----------|------|-------------|----------|----------------|-----------------|-------------------|--------------|--------------|
| 361 | DOBEL Mateusz         | 191   |                            | M 20      | 49   | 00:00:38    | 00:11:58 | 00:23:37.75    | 00:24:16.20     | +00:08:43 (37.0%) | 4:43         | 12.7 (62.9%) |
| 362 | JAKUBCZAK Krzysztof   | 1402  | ADIDAS RUNNERS WARSAW      | M 60      | 6    | 00:00:36    | 00:11:44 | 00:23:38.50    | 00:24:14.50     | +00:08:44 (37.0%) | 4:43         | 12.7 (62.9%) |
| 363 | MAŁYSIAK Axel         | 1473  |                            | M 20      | 50   | 00:01:05    | 00:11:42 | 00:23:38.60    | 00:24:44.05     | +00:08:44 (37.0%) | 4:43         | 12.7 (62.9%) |
| 364 | SZOT Franciszek       | 1423  |                            | M 12      | 7    | 00:00:54    | 00:11:57 | 00:23:41.35    | 00:24:35.40     | +00:08:47 (37.1%) | 4:44         | 12.7 (62.9%) |
| 365 | PRZYBOROWSKI Adam     | 899   |                            | M 30      | 104  | 00:00:49    | 00:11:50 | 00:23:41.50    | 00:24:30.50     | +00:08:47 (37.1%) | 4:44         | 12.7 (62.9%) |
| 366 | GÓRAL Tadeusz         | 1581  |                            | M 50      | 38   | 00:00:11    | 00:11:52 | 00:23:45.15    | 00:23:57.00     | +00:08:51 (37.3%) | 4:45         | 12.6 (62.4%) |
| 367 | MAŚLANKA Piotr        | 687   |                            | M 50      | 39   | 00:01:08    | 00:11:52 | 00:23:45.50    | 00:24:54.40     | +00:08:51 (37.3%) | 4:45         | 12.6 (62.4%) |
| 368 | JAKUBIAK Szymon       | 368   |                            | M 30      | 105  | 00:00:51    | 00:12:01 | 00:23:46.25    | 00:24:38.20     | +00:08:52 (37.3%) | 4:45         | 12.6 (62.4%) |
| 369 | DRABAREK Romuald      | 201   |                            | M 60      | 7    | 00:00:42    | 00:11:47 | 00:23:47.80    | 00:24:30.05     | +00:08:54 (37.4%) | 4:45         | 12.6 (62.4%) |
| 370 | DREWNIK Robert        | 204   | BIEGNIJ Z PROSERVICE       | M 40      | 139  | 00:00:29    | 00:11:44 | 00:23:48.10    | 00:24:17.25     | +00:08:54 (37.4%) | 4:45         | 12.6 (62.4%) |
| 371 | ZORAWSKI Marcin       | 1374  |                            | M 40      | 140  | 00:01:05    | 00:11:47 | 00:23:48.25    | 00:24:53.85     | +00:08:54 (37.4%) | 4:45         | 12.6 (62.4%) |
| 371 | SIERZYCKI Hubert      | 975   |                            | M 30      | 106  | 00:00:59    | 00:12:09 | 00:23:48.25    | 00:24:47.60     | +00:08:54 (37.4%) | 4:45         | 12.6 (62.4%) |
| 373 | SZUFLICKI Tymon       | 1080  |                            | M 12      | 8    | 00:00:38    | 00:12:00 | 00:23:49.15    | 00:24:27.15     | +00:08:55 (37.5%) | 4:45         | 12.6 (62.4%) |
| 374 | MIELNICZUK Tomasz     | 1559  |                            | M 30      | 107  | 00:00:24    | 00:11:52 | 00:23:49.85    | 00:24:14.55     | +00:08:56 (37.5%) | 4:45         | 12.6 (62.4%) |
| 375 | LACHOWICZ Tomasz      | 595   |                            | M 20      | 51   | 00:00:03    | 00:10:59 | 00:23:49.90    | 00:23:53.50     | +00:08:56 (37.5%) | 4:45         | 12.6 (62.4%) |
| 375 | SMOLARCZYK Aleksander | 1000  | 1                          | M 16      | 19   | 00:01:28    | 00:12:19 | 00:23:49.90    | 00:25:18.10     | +00:08:56 (37.5%) | 4:45         | 12.6 (62.4%) |
| 377 | RÓŻYCKI Krzysztof     | 936   | VEGE RUNNERS               | M 30      | 108  | 00:00:20    | 00:11:24 | 00:23:51.60    | 00:24:12.50     | +00:08:57 (37.6%) | 4:46         | 12.6 (62.4%) |
| 378 | KARWOWSKI Rafał       | 431   |                            | M 30      | 109  | 00:01:20    | 00:12:19 | 00:23:52.25    | 00:25:12.75     | +00:08:58 (37.6%) | 4:46         | 12.6 (62.4%) |
| 379 | KRÓL Radosław         | 556   | KLUB BIEGACZA RTV EURO AGD | M 20      | 52   | 00:00:41    | 00:11:56 | 00:23:52.35    | 00:24:33.35     | +00:08:58 (37.6%) | 4:46         | 12.6 (62.4%) |
| 380 | SZYMCZYK Michał       | 1102  | NASTĘPNY KROK              | M 30      | 110  | 00:00:49    | 00:11:49 | 00:23:53.15    | 00:24:42.90     | +00:08:59 (37.6%) | 4:46         | 12.6 (62.4%) |
| 381 | SIEBYŁA Karol         | 969   | BIEGNIJ Z PROSERVICE       | M 40      | 141  | 00:00:35    | 00:11:32 | 00:23:56.50    | 00:24:32.10     | +00:09:02 (37.8%) | 4:47         | 12.5 (61.9%) |
| 382 | ZALIŃSKI Marek        | 1269  |                            | M 40      | 142  | 00:00:57    | 00:12:07 | 00:23:56.75    | 00:24:54.20     | +00:09:02 (37.8%) | 4:47         | 12.5 (61.9%) |
| 383 | OPALA Marcin          | 1422  |                            | M 30      | 111  | 00:00:34    | 00:11:36 | 00:23:57.30    | 00:24:31.85     | +00:09:03 (37.8%) | 4:47         | 12.5 (61.9%) |

| Msc | Zawodnik           | Numer | Klub              | Kategoria | Mkat | Czas startu | 2.5km    | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h   |
|-----|--------------------|-------|-------------------|-----------|------|-------------|----------|----------------|-----------------|-------------------|--------------|--------------|
| 384 | JAGIELLO Piotr     | 365   |                   | M 40      | 143  | 00:01:18    | 00:11:47 | 00:23:58.05    | 00:25:16.60     | +00:09:04 (37.8%) | 4:47         | 12.5 (61.9%) |
| 385 | RUTKOWSKI Michał   | 945   |                   | M 40      | 144  | 00:00:20    | 00:11:32 | 00:23:58.60    | 00:24:18.85     | +00:09:04 (37.9%) | 4:47         | 12.5 (61.9%) |
| 386 | ARAŻNY Zbigniew    | 27    |                   | M 50      | 40   | 00:00:47    | 00:11:50 | 00:23:59.70    | 00:24:47.55     | +00:09:05 (37.9%) | 4:47         | 12.5 (61.9%) |
| 387 | NAZARUK Bartosz    | 1533  |                   | M 30      | 112  | 00:00:34    | 00:11:49 | 00:23:59.85    | 00:24:34.70     | +00:09:06 (37.9%) | 4:47         | 12.5 (61.9%) |
| 388 | KUCHARSKI Michał   | 580   |                   | M 20      | 53   | 00:01:11    | 00:12:06 | 00:24:00.80    | 00:25:12.05     | +00:09:07 (38.0%) | 4:48         | 12.5 (61.9%) |
| 389 | BILEWICZ Mateusz   | 66    |                   | M 30      | 113  | 00:00:41    | 00:11:57 | 00:24:02.40    | 00:24:44.30     | +00:09:08 (38.0%) | 4:48         | 12.5 (61.9%) |
| 390 | SZERSZEŃ Janusz    | 1070  | PIASECZNO RUNNING | M 40      | 145  | 00:00:44    | 00:11:40 | 00:24:03.15    | 00:24:47.95     | +00:09:09 (38.1%) | 4:48         | 12.5 (61.9%) |
| 391 | BONDAR Witold      | 79    |                   | M 40      | 146  | 00:01:04    | 00:11:55 | 00:24:03.85    | 00:25:08.60     | +00:09:10 (38.1%) | 4:48         | 12.5 (61.9%) |
| 392 | JEWULSKI Damian    | 1478  |                   | M 30      | 114  | 00:00:34    | 00:11:52 | 00:24:04.15    | 00:24:38.35     | +00:09:10 (38.1%) | 4:48         | 12.5 (61.9%) |
| 393 | ŁAZICKI Tomasz     | 630   |                   | M 50      | 41   | 00:01:00    | 00:11:35 | 00:24:04.45    | 00:25:04.95     | +00:09:10 (38.1%) | 4:48         | 12.5 (61.9%) |
| 394 | STEMPIN Jacek      | 792   |                   | M 40      | 147  | 00:00:51    | 00:12:01 | 00:24:04.60    | 00:24:56.10     | +00:09:10 (38.1%) | 4:48         | 12.5 (61.9%) |
| 395 | DUMARA Jakub       | 217   |                   | M 30      | 115  | 00:00:56    | 00:12:06 | 00:24:04.65    | 00:25:00.70     | +00:09:10 (38.1%) | 4:48         | 12.5 (61.9%) |
| 396 | BIAŁAS Karol       | 57    |                   | M 30      | 116  | 00:00:16    | 00:11:34 | 00:24:04.75    | 00:24:20.75     | +00:09:10 (38.1%) | 4:48         | 12.5 (61.9%) |
| 397 | WYCECH Marek       | 1251  |                   | M 20      | 54   | 00:00:53    | 00:11:44 | 00:24:05.15    | 00:24:58.60     | +00:09:11 (38.2%) | 4:49         | 12.5 (61.9%) |
| 398 | TABAK Andrzej      | 1117  |                   | M 60      | 8    | 00:00:56    | 00:12:10 | 00:24:09.10    | 00:25:05.30     | +00:09:15 (38.3%) | 4:49         | 12.4 (61.4%) |
| 399 | OSTROWSKI Ryszard  | 808   | ŻYWCEM ZABIEGANI  | M 50      | 42   | 00:00:35    | 00:11:40 | 00:24:11.00    | 00:24:46.10     | +00:09:17 (38.4%) | 4:50         | 12.4 (61.4%) |
| 400 | KACZOREK Marcin    | 1476  |                   | M 40      | 148  | 00:00:21    | 00:11:49 | 00:24:11.50    | 00:24:33.30     | +00:09:17 (38.4%) | 4:50         | 12.4 (61.4%) |
| 401 | MELLIN Darek       | 705   |                   | M 40      | 149  | 00:02:07    | 00:11:54 | 00:24:14.20    | 00:26:21.30     | +00:09:20 (38.5%) | 4:50         | 12.4 (61.4%) |
| 402 | MILIK Marek        | 1348  |                   | M 30      | 117  | 00:01:16    | 00:12:10 | 00:24:15.30    | 00:25:32.15     | +00:09:21 (38.6%) | 4:51         | 12.4 (61.4%) |
| 403 | ŚLEPOWROŃSKI Jakub | 1107  | PZU SPORT TEAM    | M 30      | 118  | 00:00:58    | 00:12:18 | 00:24:16.25    | 00:25:14.80     | +00:09:22 (38.6%) | 4:51         | 12.4 (61.4%) |
| 404 | KRÓL Łukasz        | 554   | PZU SPORT TEAM    | M 30      | 119  | 00:01:09    | 00:12:10 | 00:24:16.80    | 00:25:26.20     | +00:09:23 (38.6%) | 4:51         | 12.4 (61.4%) |
| 405 | GOLISZ Adam        | 288   |                   | M 50      | 43   | 00:00:24    | 00:12:00 | 00:24:17.05    | 00:24:41.65     | +00:09:23 (38.7%) | 4:51         | 12.4 (61.4%) |
| 406 | IWONIN Jurek       | 362   |                   | M 40      | 150  | 00:00:56    | 00:12:20 | 00:24:18.30    | 00:25:14.90     | +00:09:24 (38.7%) | 4:51         | 12.3 (60.9%) |

| Msc | Zawodnik              | Numer | Klub                | Kategoria | Mkat | Czas startu | 2.5km    | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h   |
|-----|-----------------------|-------|---------------------|-----------|------|-------------|----------|----------------|-----------------|-------------------|--------------|--------------|
| 407 | MAŁYSA Piotr          | 672   |                     | M 30      | 120  | 00:00:56    | 00:11:58 | 00:24:18.40    | 00:25:14.50     | +00:09:24 (38.7%) | 4:51         | 12.3 (60.9%) |
| 408 | LESIAK Radosław       | 1525  |                     | M 60      | 9    | 00:00:40    | 00:11:59 | 00:24:18.65    | 00:24:58.95     | +00:09:24 (38.7%) | 4:51         | 12.3 (60.9%) |
| 409 | PIOTROWSKI Mateusz    | 860   |                     | M 30      | 121  | 00:01:16    | 00:12:29 | 00:24:18.80    | 00:25:35.50     | +00:09:25 (38.7%) | 4:51         | 12.3 (60.9%) |
| 410 | MALINOWSKI Konrad     | 666   | PACZKA SZLUGÓW      | M 40      | 151  | 00:00:12    | 00:11:39 | 00:24:19.10    | 00:24:31.85     | +00:09:25 (38.7%) | 4:51         | 12.3 (60.9%) |
| 411 | GOGACZ Tymoteusz      | 287   | REAL VARSOVIA F.C   | M 12      | 9    | 00:00:53    | 00:12:01 | 00:24:19.55    | 00:25:13.20     | +00:09:25 (38.8%) | 4:51         | 12.3 (60.9%) |
| 412 | GRUSZKA Jakub         | 317   |                     | M 30      | 122  | 00:00:50    | 00:11:49 | 00:24:20.10    | 00:25:10.25     | +00:09:26 (38.8%) | 4:52         | 12.3 (60.9%) |
| 413 | SACHMATA Jacek        | 1459  | Y-JACK              | M 30      | 123  | 00:00:36    | 00:12:00 | 00:24:20.90    | 00:24:57.40     | +00:09:27 (38.8%) | 4:52         | 12.3 (60.9%) |
| 414 | GAŁECKI Tomasz        | 264   |                     | M 50      | 44   | 00:00:52    | 00:11:49 | 00:24:22.30    | 00:25:14.35     | +00:09:28 (38.9%) | 4:52         | 12.3 (60.9%) |
| 415 | CENTKOWSKI Mateusz    | 1316  |                     | M 16      | 20   | 00:00:11    | 00:12:02 | 00:24:23.65    | 00:24:34.90     | +00:09:29 (38.9%) | 4:52         | 12.3 (60.9%) |
| 416 | KOZAKOWSKI Sebastian  | 535   |                     | M 30      | 124  | 00:01:10    | 00:12:08 | 00:24:23.80    | 00:25:34.20     | +00:09:30 (38.9%) | 4:52         | 12.3 (60.9%) |
| 417 | MATYSIAK Jakub        | 1367  | STG WARSZAWA        | M 30      | 125  | 00:00:52    | 00:11:36 | 00:24:23.95    | 00:25:16.50     | +00:09:30 (38.9%) | 4:52         | 12.3 (60.9%) |
| 418 | STĘPNIAK Mariusz      | 1033  |                     | M 50      | 45   | 00:01:05    | 00:12:17 | 00:24:24.35    | 00:25:29.40     | +00:09:30 (39.0%) | 4:52         | 12.3 (60.9%) |
| 419 | ROSTKOWSKI Bartosz    | 933   |                     | M 40      | 152  | 00:00:46    | 00:12:15 | 00:24:25.15    | 00:25:11.55     | +00:09:31 (39.0%) | 4:53         | 12.3 (60.9%) |
| 420 | SNOPEK Stanisław      | 1007  | TVP SPORT           | M 50      | 46   | 00:00:37    | 00:11:49 | 00:24:26.45    | 00:25:03.85     | +00:09:32 (39.1%) | 4:53         | 12.3 (60.9%) |
| 420 | KĄKOL Tomasz          | 437   |                     | M 30      | 126  | 00:00:45    | 00:11:53 | 00:24:26.45    | 00:25:11.70     | +00:09:32 (39.1%) | 4:53         | 12.3 (60.9%) |
| 422 | TRZECIAKOWSKI Paweł   | 1151  | PAWEŁ TRZECIAKOWSKI | M 30      | 127  | 00:00:58    | 00:11:50 | 00:24:26.65    | 00:25:24.70     | +00:09:32 (39.1%) | 4:53         | 12.3 (60.9%) |
| 423 | WŁODARCZYK Tomasz     | 1222  |                     | M 30      | 128  | 00:00:51    | 00:11:59 | 00:24:27.45    | 00:25:19.25     | +00:09:33 (39.1%) | 4:53         | 12.3 (60.9%) |
| 424 | KRUSIEWICZ Tomasz     | 561   |                     | M 40      | 153  | 00:01:07    | 00:12:08 | 00:24:28.85    | 00:25:36.75     | +00:09:35 (39.1%) | 4:53         | 12.3 (60.9%) |
| 425 | SZYMAŃSKI Krzysztof   | 1093  | KINGS OF LEMON      | M 40      | 154  | 00:00:58    | 00:12:16 | 00:24:29.15    | 00:25:27.20     | +00:09:35 (39.2%) | 4:53         | 12.3 (60.9%) |
| 426 | RZEPECKI Łukasz       | 952   |                     | M 40      | 155  | 00:01:12    | 00:12:24 | 00:24:29.30    | 00:25:41.75     | +00:09:35 (39.2%) | 4:53         | 12.3 (60.9%) |
| 427 | GRUSZYŃSKI Franciszek | 1558  |                     | M 16      | 21   | 00:01:41    | 00:12:56 | 00:24:30.95    | 00:26:12.20     | +00:09:37 (39.2%) | 4:54         | 12.2 (60.4%) |
| 428 | SIERY Artur           | 972   |                     | M 60      | 10   | 00:01:00    | 00:12:17 | 00:24:31.95    | 00:25:32.50     | +00:09:38 (39.3%) | 4:54         | 12.2 (60.4%) |
| 429 | KACPROWSKI Tadeusz    | 1379  |                     | M 70      | 2    | 00:01:06    | 00:12:03 | 00:24:32.00    | 00:25:38.75     | +00:09:38 (39.3%) | 4:54         | 12.2 (60.4%) |

| Msc | Zawodnik               | Numer | Klub                  | Kategoria | Mkat | Czas startu | 2.5km    | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h   |
|-----|------------------------|-------|-----------------------|-----------|------|-------------|----------|----------------|-----------------|-------------------|--------------|--------------|
| 430 | GRYNKIEWICZ Grzegorz   | 322   |                       | M 12      | 10   | 00:01:06    | 00:12:17 | 00:24:33.75    | 00:25:40.15     | +00:09:39 (39.4%) | 4:54         | 12.2 (60.4%) |
| 431 | MAZUR Daniel           | 700   |                       | M 30      | 129  | 00:00:31    | 00:11:50 | 00:24:33.80    | 00:25:04.80     | +00:09:40 (39.4%) | 4:54         | 12.2 (60.4%) |
| 432 | MARCZEWSKI Marcin      | 679   | RESILIA BEMOWO        | M 40      | 156  | 00:00:17    | 00:11:34 | 00:24:34.55    | 00:24:52.50     | +00:09:40 (39.4%) | 4:54         | 12.2 (60.4%) |
| 433 | TRZECIAKIEWICZ Marcin  | 1481  | SMASHING PĄPKINS      | M 40      | 157  | 00:01:04    | 00:12:30 | 00:24:35.20    | 00:25:40.00     | +00:09:41 (39.4%) | 4:55         | 12.2 (60.4%) |
| 434 | KOWALCZYK Robert       | 515   |                       | M 40      | 158  | 00:00:11    | 00:12:07 | 00:24:35.40    | 00:24:47.05     | +00:09:41 (39.4%) | 4:55         | 12.2 (60.4%) |
| 435 | NALEPA Szymon          | 758   |                       | M 30      | 130  | 00:01:11    | 00:12:33 | 00:24:36.40    | 00:25:48.05     | +00:09:42 (39.5%) | 4:55         | 12.2 (60.4%) |
| 436 | IGNATIUK Bartosz       | 1471  |                       | M 30      | 131  | 00:01:05    | 00:12:10 | 00:24:36.60    | 00:25:42.20     | +00:09:42 (39.5%) | 4:55         | 12.2 (60.4%) |
| 437 | GRYNKIEWICZ Tomasz     | 320   |                       | M 40      | 159  | 00:01:06    | 00:12:16 | 00:24:37.05    | 00:25:43.50     | +00:09:43 (39.5%) | 4:55         | 12.2 (60.4%) |
| 438 | ADAMOWICZ Konrad       | 16    | ODDAWAJ KREW          | M 40      | 160  | 00:00:37    | 00:11:52 | 00:24:37.40    | 00:25:14.45     | +00:09:43 (39.5%) | 4:55         | 12.2 (60.4%) |
| 439 | CHMIELEWSKI Kamil      | 130   |                       | M 30      | 132  | 00:00:51    | 00:11:54 | 00:24:37.65    | 00:25:28.85     | +00:09:43 (39.5%) | 4:55         | 12.2 (60.4%) |
| 440 | KRASNOWSKI Marcin      | 546   |                       | M 30      | 133  | 00:00:57    | 00:12:03 | 00:24:37.80    | 00:25:35.25     | +00:09:44 (39.5%) | 4:55         | 12.2 (60.4%) |
| 441 | PIWOWAREK Robert       | 867   |                       | M 20      | 55   | 00:00:55    | 00:12:22 | 00:24:38.90    | 00:25:33.90     | +00:09:45 (39.6%) | 4:55         | 12.2 (60.4%) |
| 442 | BORYS Michał           | 88    |                       | M 16      | 22   | 00:01:18    | 00:12:10 | 00:24:41.05    | 00:25:59.60     | +00:09:47 (39.7%) | 4:56         | 12.2 (60.4%) |
| 443 | KUCABA Mateusz         | 577   |                       | M 30      | 134  | 00:01:18    | 00:12:16 | 00:24:41.40    | 00:25:59.40     | +00:09:47 (39.7%) | 4:56         | 12.2 (60.4%) |
| 444 | KAPLIŃSKI Paweł        | 420   |                       | M 30      | 135  | 00:00:09    | 00:11:43 | 00:24:41.50    | 00:24:51.20     | +00:09:47 (39.7%) | 4:56         | 12.2 (60.4%) |
| 445 | YARMALOVICH Aliaksandr | 1257  |                       | M 30      | 136  | 00:01:05    | 00:12:15 | 00:24:42.10    | 00:25:47.90     | +00:09:48 (39.7%) | 4:56         | 12.1 (59.9%) |
| 446 | GÓRSKI Seweryn         | 1583  |                       | M 12      | 11   | 00:00:50    | 00:12:06 | 00:24:43.00    | 00:25:33.50     | +00:09:49 (39.7%) | 4:56         | 12.1 (59.9%) |
| 447 | ZAKRZEWSKI Michał      | 1264  |                       | M 30      | 137  | 00:00:35    | 00:12:04 | 00:24:43.45    | 00:25:19.30     | +00:09:49 (39.7%) | 4:56         | 12.1 (59.9%) |
| 448 | KEMPA Piotr            | 438   |                       | M 30      | 138  | 00:00:39    | 00:12:01 | 00:24:43.70    | 00:25:22.80     | +00:09:49 (39.8%) | 4:56         | 12.1 (59.9%) |
| 449 | MULIK Piotr            | 747   | RAZEM TRENUJEMY SPORT | M 30      | 139  | 00:00:47    | 00:12:12 | 00:24:44.65    | 00:25:32.35     | +00:09:50 (39.8%) | 4:56         | 12.1 (59.9%) |
| 450 | OWCZARCZYK Michał      | 810   |                       | M 40      | 161  | 00:01:08    | 00:12:27 | 00:24:45.95    | 00:25:54.10     | +00:09:52 (39.8%) | 4:57         | 12.1 (59.9%) |
| 451 | OWCZARCZYK Jan         | 811   |                       | M 14      | 5    | 00:01:08    | 00:12:27 | 00:24:46.00    | 00:25:54.65     | +00:09:52 (39.9%) | 4:57         | 12.1 (59.9%) |
| 452 | CABAJ Marek            | 117   |                       | M 40      | 162  | 00:01:23    | 00:12:37 | 00:24:48.40    | 00:26:12.30     | +00:09:54 (39.9%) | 4:57         | 12.1 (59.9%) |

| Msc | Zawodnik                | Numer | Klub                                    | Kategoria | Mkat | Czas startu | 2.5km    | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h   |
|-----|-------------------------|-------|-----------------------------------------|-----------|------|-------------|----------|----------------|-----------------|-------------------|--------------|--------------|
| 453 | REJDYCH Aleksander      | 920   |                                         | M 30      | 140  | 00:00:55    | 00:12:21 | 00:24:49.60    | 00:25:44.60     | +00:09:55 (40.0%) | 4:57         | 12.1 (59.9%) |
| 454 | KOSECKI Jakub           | 505   |                                         | M 40      | 163  | 00:02:20    | 00:12:27 | 00:24:49.80    | 00:27:10.75     | +00:09:56 (40.0%) | 4:57         | 12.1 (59.9%) |
| 455 | RADZIKOWSKI Franciszek  | 913   |                                         | M 50      | 47   | 00:00:53    | 00:12:15 | 00:24:50.10    | 00:25:43.70     | +00:09:56 (40.0%) | 4:58         | 12.1 (59.9%) |
| 456 | KOSSECKI Dominik        | 1437  |                                         | M 40      | 164  | 00:00:51    | 00:12:06 | 00:24:50.30    | 00:25:42.00     | +00:09:56 (40.0%) | 4:58         | 12.1 (59.9%) |
| 457 | ADAMCZYK Mirosław       | 1491  | HARPAGONS                               | M 60      | 11   | 00:01:14    | 00:12:10 | 00:24:50.75    | 00:26:05.35     | +00:09:56 (40.0%) | 4:58         | 12.1 (59.9%) |
| 458 | CZUBASZEK Krzysztof     | 168   |                                         | M 40      | 165  | 00:00:13    | 00:11:59 | 00:24:50.80    | 00:25:03.90     | +00:09:57 (40.0%) | 4:58         | 12.1 (59.9%) |
| 459 | PIWOWAREK Grzegorz      | 866   |                                         | M 30      | 141  | 00:00:41    | 00:12:39 | 00:24:51.30    | 00:25:32.50     | +00:09:57 (40.1%) | 4:58         | 12.1 (59.9%) |
| 460 | KOSZUT Wiktor           | 513   | SYNOPSIS CONSULTING WOJCIECH KOSZUT     | M 12      | 12   | 00:01:52    | 00:12:50 | 00:24:51.80    | 00:26:44.00     | +00:09:58 (40.1%) | 4:58         | 12.1 (59.9%) |
| 461 | GRYSZPANOWICZ Sebastian | 323   | SEBASTIAN GRYSZPANOWICZ - REHABILITACJA | M 40      | 166  | 00:01:12    | 00:12:28 | 00:24:51.90    | 00:26:04.00     | +00:09:58 (40.1%) | 4:58         | 12.1 (59.9%) |
| 462 | KALBARCZYK Igor         | 409   |                                         | M 30      | 142  | 00:01:08    | 00:12:27 | 00:24:52.25    | 00:26:00.70     | +00:09:58 (40.1%) | 4:58         | 12.1 (59.9%) |
| 463 | MYŚLIŃSKI Zdzisław      | 753   |                                         | M 40      | 167  | 00:00:18    | 00:12:01 | 00:24:52.95    | 00:25:11.60     | +00:09:59 (40.1%) | 4:58         | 12.1 (59.9%) |
| 464 | PLATE Piotr             | 868   |                                         | M 30      | 143  | 00:00:00    |          | 00:24:53.90    | 00:24:53.90     | +00:10:00 (40.2%) | 4:58         | 12.1 (59.9%) |
| 465 | KORSAKOV Kostiantyn     | 1590  | NW CZŁAPSKI TEAM                        | M 50      | 48   | 00:02:10    | 00:12:57 | 00:24:55.55    | 00:27:06.10     | +00:10:01 (40.2%) | 4:59         | 12 (59.4%)   |
| 466 | JURCZAK Grzegorz        | 402   |                                         | M 30      | 144  | 00:00:53    | 00:12:24 | 00:24:56.75    | 00:25:49.80     | +00:10:02 (40.3%) | 4:59         | 12 (59.4%)   |
| 467 | CZERNIGOWSKI Szymon     | 165   |                                         | M 20      | 56   | 00:00:53    | 00:11:57 | 00:24:58.05    | 00:25:51.50     | +00:10:04 (40.3%) | 4:59         | 12 (59.4%)   |
| 468 | DĘBIŃSKI Michał         | 189   |                                         | M 40      | 168  | 00:00:59    | 00:12:19 | 00:24:58.40    | 00:25:57.75     | +00:10:04 (40.3%) | 4:59         | 12 (59.4%)   |
| 469 | KĘSKA Wiktor            | 1574  |                                         | M 20      | 57   | 00:01:30    | 00:12:12 | 00:25:00.45    | 00:26:31.30     | +00:10:06 (40.4%) | 5:00         | 12 (59.4%)   |
| 470 | IWASYSZYN Michał        | 361   |                                         | M 40      | 169  | 00:00:55    | 00:12:21 | 00:25:00.65    | 00:25:56.30     | +00:10:06 (40.4%) | 5:00         | 12 (59.4%)   |
| 471 | ULITKO Wojciech         | 1163  |                                         | M 40      | 170  | 00:00:00    | 00:12:35 | 00:25:05.40    | 00:25:05.40     | +00:10:11 (40.6%) | 5:01         | 12 (59.4%)   |
| 472 | BERDYŃSKI Jarosław      | 55    | RUNJAR                                  | M 40      | 171  | 00:00:58    | 00:11:56 | 00:25:05.55    | 00:26:04.40     | +00:10:11 (40.6%) | 5:01         | 12 (59.4%)   |
| 473 | KĘPKA Krzysztof         | 442   |                                         | M 30      | 145  | 00:01:00    | 00:12:17 | 00:25:06.10    | 00:26:06.10     | +00:10:12 (40.7%) | 5:01         | 12 (59.4%)   |
| 474 | PASTUSZAK Piotr         | 828   |                                         | M 40      | 172  | 00:00:50    | 00:12:01 | 00:25:06.55    | 00:25:57.45     | +00:10:12 (40.7%) | 5:01         | 12 (59.4%)   |
| 475 | CHWASTEK Ryszard        | 139   | RATUJMYRYSIE                            | M 60      | 12   | 00:02:18    | 00:12:31 | 00:25:08.35    | 00:27:26.55     | +00:10:14 (40.7%) | 5:01         | 11.9 (58.9%) |

| Msc | Zawodnik             | Numer | Klub                   | Kategoria | Mkat | Czas startu | 2.5km    | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h   |
|-----|----------------------|-------|------------------------|-----------|------|-------------|----------|----------------|-----------------|-------------------|--------------|--------------|
| 476 | KOPER Sebastian      | 495   | CARREFOUR RUNNING TEAM | M 40      | 173  | 00:00:26    | 00:12:10 | 00:25:09.05    | 00:25:35.25     | +00:10:15 (40.8%) | 5:01         | 11.9 (58.9%) |
| 477 | WITEK Sebastian      | 1215  |                        | M 30      | 146  | 00:00:39    | 00:12:34 | 00:25:11.95    | 00:25:51.15     | +00:10:18 (40.9%) | 5:02         | 11.9 (58.9%) |
| 478 | MIELNICZUK Bogusław  | 716   |                        | M 40      | 174  | 00:01:43    | 00:13:01 | 00:25:12.15    | 00:26:55.35     | +00:10:18 (40.9%) | 5:02         | 11.9 (58.9%) |
| 479 | RYNKOWSKI Michał     | 948   | POLADA                 | M 30      | 147  | 00:01:04    | 00:13:12 | 00:25:12.35    | 00:26:16.80     | +00:10:18 (40.9%) | 5:02         | 11.9 (58.9%) |
| 480 | GROCHOWSKI Marcin    | 312   |                        | M 40      | 175  | 00:01:03    | 00:12:29 | 00:25:13.20    | 00:26:16.65     | +00:10:19 (40.9%) | 5:02         | 11.9 (58.9%) |
| 481 | RACZYŃSKI Paweł      | 910   |                        | M 40      | 176  | 00:01:03    | 00:12:14 | 00:25:13.30    | 00:26:17.15     | +00:10:19 (40.9%) | 5:02         | 11.9 (58.9%) |
| 482 | BARYŁA Krzysztof     | 1492  |                        | M 40      | 177  | 00:01:17    | 00:12:30 | 00:25:13.55    | 00:26:31.20     | +00:10:19 (40.9%) | 5:02         | 11.9 (58.9%) |
| 483 | DERESZ Wiktor        | 184   | ADIDAS RUNNERS WARSAW  | M 30      | 148  | 00:00:57    | 00:12:19 | 00:25:15.95    | 00:26:13.25     | +00:10:22 (41.0%) | 5:03         | 11.9 (58.9%) |
| 484 | CZECHOWSKI Tomasz    | 161   |                        | M 20      | 58   | 00:01:03    | 00:13:53 | 00:25:16.30    | 00:26:20.15     | +00:10:22 (41.1%) | 5:03         | 11.9 (58.9%) |
| 485 | NOWAKOWSKI Czesław   | 1572  | DUCLA ACADEMY WARSZAWA | M 70      | 3    | 00:01:19    | 00:12:14 | 00:25:16.95    | 00:26:36.00     | +00:10:23 (41.1%) | 5:03         | 11.9 (58.9%) |
| 486 | GRYNKIEWICZ Roman    | 321   |                        | M 14      | 6    | 00:01:07    | 00:11:55 | 00:25:17.45    | 00:26:24.85     | +00:10:23 (41.1%) | 5:03         | 11.9 (58.9%) |
| 487 | URYNOWICZ Piotrek    | 1168  |                        | M 30      | 149  | 00:00:54    | 00:12:03 | 00:25:17.60    | 00:26:11.95     | +00:10:23 (41.1%) | 5:03         | 11.9 (58.9%) |
| 488 | KOŁUCKI Stefan       | 483   | SFORA BMK              | M 30      | 150  | 00:00:46    | 00:11:52 | 00:25:18.00    | 00:26:04.00     | +00:10:24 (41.1%) | 5:03         | 11.9 (58.9%) |
| 489 | ŁYSIAK Krzysztof     | 651   |                        | M 40      | 178  | 00:01:36    | 00:12:18 | 00:25:18.95    | 00:26:55.35     | +00:10:25 (41.2%) | 5:03         | 11.9 (58.9%) |
| 490 | DŹUCHIL Mateusz      | 232   | FOOTBALL TALENTS       | M 20      | 59   | 00:01:09    | 00:12:35 | 00:25:19.90    | 00:26:29.85     | +00:10:26 (41.2%) | 5:03         | 11.8 (58.4%) |
| 491 | GALA Tomasz          | 1444  |                        | M 40      | 179  | 00:02:12    | 00:12:36 | 00:25:21.35    | 00:27:33.50     | +00:10:27 (41.2%) | 5:04         | 11.8 (58.4%) |
| 492 | CIOSEK Marcin        | 149   |                        | M 40      | 180  | 00:01:05    | 00:12:26 | 00:25:22.40    | 00:26:28.15     | +00:10:28 (41.3%) | 5:04         | 11.8 (58.4%) |
| 492 | WIERBIŁOWICZ Dariusz | 1196  |                        | M 40      | 181  | 00:00:00    | 00:12:54 | 00:25:22.40    | 00:25:22.40     | +00:10:28 (41.3%) | 5:04         | 11.8 (58.4%) |
| 494 | GIL Michał           | 279   |                        | M 20      | 60   | 00:01:02    | 00:13:04 | 00:25:22.70    | 00:26:25.15     | +00:10:28 (41.3%) | 5:04         | 11.8 (58.4%) |
| 495 | ZAMOJSKI Mariusz     | 1452  |                        | M 40      | 182  | 00:00:34    | 00:12:04 | 00:25:24.25    | 00:25:59.05     | +00:10:30 (41.4%) | 5:04         | 11.8 (58.4%) |
| 496 | GROCHOWSKI Paweł     | 311   | PZU SPORT TEAM         | M 40      | 183  | 00:01:09    | 00:12:05 | 00:25:25.20    | 00:26:34.45     | +00:10:31 (41.4%) | 5:05         | 11.8 (58.4%) |
| 497 | KALINOWSKI Piotr     | 1448  |                        | M 40      | 184  | 00:00:35    | 00:12:39 | 00:25:25.25    | 00:26:00.95     | +00:10:31 (41.4%) | 5:05         | 11.8 (58.4%) |
| 498 | MACKENTHUN Tomasz    | 656   |                        | M 16      | 23   | 00:00:00    | 00:13:25 | 00:25:25.65    | 00:25:25.65     | +00:10:31 (41.4%) | 5:05         | 11.8 (58.4%) |

| Msc | Zawodnik             | Numer | Klub              | Kategoria | Mkat | Czas startu | 2.5km    | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h   |
|-----|----------------------|-------|-------------------|-----------|------|-------------|----------|----------------|-----------------|-------------------|--------------|--------------|
| 499 | KOKOCIŃSKI Piotr     | 1450  |                   | M 50      | 49   | 00:01:04    | 00:12:54 | 00:25:28.20    | 00:26:32.35     | +00:10:34 (41.5%) | 5:05         | 11.8 (58.4%) |
| 500 | MATUSIAK Marek       | 690   |                   | M 40      | 185  | 00:02:19    | 00:12:46 | 00:25:28.35    | 00:27:47.80     | +00:10:34 (41.5%) | 5:05         | 11.8 (58.4%) |
| 501 | ŁOWKIS Marek         | 638   |                   | M 40      | 186  | 00:00:52    | 00:12:20 | 00:25:28.75    | 00:26:21.30     | +00:10:34 (41.5%) | 5:05         | 11.8 (58.4%) |
| 502 | WRÓBLEWSKI Kacper    | 1248  |                   | M 20      | 61   | 00:01:17    | 00:12:46 | 00:25:29.45    | 00:26:46.85     | +00:10:35 (41.6%) | 5:05         | 11.8 (58.4%) |
| 503 | ŁUCZAK Piotr         | 643   | PKO BANK POLSKI   | M 40      | 187  | 00:01:01    | 00:12:25 | 00:25:29.55    | 00:26:30.95     | +00:10:35 (41.6%) | 5:05         | 11.8 (58.4%) |
| 504 | SZCZERBICKI Rafał    | 1065  | WARSAW RUN CLUB   | M 40      | 188  | 00:00:24    | 00:11:31 | 00:25:30.00    | 00:25:54.50     | +00:10:36 (41.6%) | 5:06         | 11.8 (58.4%) |
| 505 | CZERNIAK Adam        | 164   |                   | M 30      | 151  | 00:01:12    | 00:12:27 | 00:25:30.10    | 00:26:42.35     | +00:10:36 (41.6%) | 5:06         | 11.8 (58.4%) |
| 506 | BITOWSKI Hubert      | 70    |                   | M 40      | 189  | 00:01:07    | 00:12:38 | 00:25:32.95    | 00:26:40.50     | +00:10:39 (41.7%) | 5:06         | 11.7 (57.9%) |
| 507 | DĄBROWSKI Emil       | 180   |                   | M 30      | 152  | 00:01:24    | 00:12:47 | 00:25:33.55    | 00:26:57.80     | +00:10:39 (41.7%) | 5:06         | 11.7 (57.9%) |
| 508 | MROZIŃSKI Mikołaj    | 1431  | AGREGATY RUN CLUB | M 30      | 153  | 00:01:02    | 00:12:19 | 00:25:35.45    | 00:26:37.50     | +00:10:41 (41.8%) | 5:07         | 11.7 (57.9%) |
| 509 | KRAJEWSKI Przemysław | 544   | 12TRI             | M 40      | 190  | 00:01:10    | 00:12:23 | 00:25:35.50    | 00:26:45.80     | +00:10:41 (41.8%) | 5:07         | 11.7 (57.9%) |
| 510 | TEMPLER Marek        | 1123  | TEAMZABIEGANEDNI  | M 30      | 154  | 00:00:59    | 00:12:18 | 00:25:35.80    | 00:26:35.70     | +00:10:42 (41.8%) | 5:07         | 11.7 (57.9%) |
| 511 | SZTYLKO Michał       | 1078  |                   | M 40      | 191  | 00:00:40    | 00:12:25 | 00:25:36.50    | 00:26:16.60     | +00:10:42 (41.8%) | 5:07         | 11.7 (57.9%) |
| 512 | JARGIŁO Dawid        | 385   |                   | M 20      | 62   | 00:01:13    | 00:12:56 | 00:25:36.70    | 00:26:50.10     | +00:10:42 (41.8%) | 5:07         | 11.7 (57.9%) |
| 513 | KIETLIŃSKI Maciej    | 448   |                   | M 50      | 50   | 00:01:40    | 00:12:58 | 00:25:37.15    | 00:27:17.60     | +00:10:43 (41.9%) | 5:07         | 11.7 (57.9%) |
| 514 | KALINOWSKI Piotr     | 1545  |                   | M 40      | 192  | 00:01:07    | 00:12:56 | 00:25:37.65    | 00:26:45.50     | +00:10:43 (41.9%) | 5:07         | 11.7 (57.9%) |
| 515 | ZIELIŃSKI Krzysztof  | 1288  |                   | M 40      | 193  | 00:00:08    | 00:11:38 | 00:25:37.85    | 00:25:46.35     | +00:10:44 (41.9%) | 5:07         | 11.7 (57.9%) |
| 516 | ZAMOJSKI Łukasz      | 1403  |                   | M 40      | 194  | 00:02:25    | 00:12:15 | 00:25:39.45    | 00:28:05.35     | +00:10:45 (41.9%) | 5:07         | 11.7 (57.9%) |
| 517 | POLESKI Radosław     | 879   |                   | M 30      | 155  | 00:00:58    | 00:12:33 | 00:25:39.60    | 00:26:37.85     | +00:10:45 (41.9%) | 5:07         | 11.7 (57.9%) |
| 518 | GOŁOŚ Artur          | 1451  |                   | M 30      | 156  | 00:00:38    | 00:12:04 | 00:25:41.40    | 00:26:20.15     | +00:10:47 (42.0%) | 5:08         | 11.7 (57.9%) |
| 519 | KRAUZ Paweł          | 548   | KPP W PIASECZNIE  | M 40      | 195  | 00:01:42    | 00:12:38 | 00:25:41.85    | 00:27:23.95     | +00:10:48 (42.0%) | 5:08         | 11.7 (57.9%) |
| 520 | OBUCHOWICZ Filip     | 784   |                   | M 16      | 24   | 00:01:16    | 00:12:49 | 00:25:42.05    | 00:26:58.35     | +00:10:48 (42.0%) | 5:08         | 11.7 (57.9%) |
| 521 | PIETRZAK Mariusz     | 855   |                   | M 40      | 196  | 00:00:53    | 00:12:27 | 00:25:42.95    | 00:26:36.00     | +00:10:49 (42.1%) | 5:08         | 11.7 (57.9%) |

| Msc | Zawodnik                | Numer | Klub                             | Kategoria | Mkat | Czas startu | 2.5km    | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h   |
|-----|-------------------------|-------|----------------------------------|-----------|------|-------------|----------|----------------|-----------------|-------------------|--------------|--------------|
| 522 | SZADKOWSKI Błażej       | 1055  | ALUNIO TEAM                      | M 40      | 197  | 00:01:04    | 00:13:02 | 00:25:44.35    | 00:26:48.90     | +00:10:50 (42.1%) | 5:08         | 11.7 (57.9%) |
| 523 | SKIBNIEWSKI Karol       | 984   |                                  | M 20      | 63   | 00:02:05    | 00:13:24 | 00:25:45.90    | 00:27:51.00     | +00:10:52 (42.2%) | 5:09         | 11.7 (57.9%) |
| 524 | BIEDROŃ Dariusz         | 59    |                                  | M 40      | 198  | 00:01:22    | 00:13:10 | 00:25:46.75    | 00:27:09.60     | +00:10:52 (42.2%) | 5:09         | 11.6 (57.4%) |
| 525 | SZULC Mateusz           | 1396  |                                  | M 14      | 7    | 00:00:09    | 00:11:43 | 00:25:46.80    | 00:25:55.95     | +00:10:53 (42.2%) | 5:09         | 11.6 (57.4%) |
| 526 | SKOWROŃSKI Wojciech     | 990   |                                  | M 50      | 51   | 00:01:43    | 00:12:40 | 00:25:48.25    | 00:27:31.30     | +00:10:54 (42.3%) | 5:09         | 11.6 (57.4%) |
| 527 | TERCZYŃSKI Aleksander   | 1527  | BRP                              | M 14      | 8    | 00:01:21    | 00:13:48 | 00:25:48.40    | 00:27:09.70     | +00:10:54 (42.3%) | 5:09         | 11.6 (57.4%) |
| 528 | MAREK Roman             | 680   |                                  | M 60      | 13   | 00:01:08    | 00:12:37 | 00:25:48.50    | 00:26:56.95     | +00:10:54 (42.3%) | 5:09         | 11.6 (57.4%) |
| 529 | PIETRUSZEWSKI Krzysztof | 854   |                                  | M 40      | 199  | 00:00:41    | 00:12:15 | 00:25:49.30    | 00:26:30.70     | +00:10:55 (42.3%) | 5:09         | 11.6 (57.4%) |
| 530 | MASTALERZ Andrzej       | 686   |                                  | M 50      | 52   | 00:01:11    | 00:13:02 | 00:25:51.15    | 00:27:02.45     | +00:10:57 (42.4%) | 5:10         | 11.6 (57.4%) |
| 531 | ŻERKOWSKI Łukasz        | 1298  |                                  | M 40      | 200  | 00:00:11    | 00:12:04 | 00:25:51.20    | 00:26:02.20     | +00:10:57 (42.4%) | 5:10         | 11.6 (57.4%) |
| 532 | KUCZA Piotr             | 1571  |                                  | M 40      | 201  | 00:00:49    | 00:12:11 | 00:25:55.40    | 00:26:44.90     | +00:11:01 (42.5%) | 5:11         | 11.6 (57.4%) |
| 532 | MALINOWSKI Radek        | 667   |                                  | M 40      | 202  | 00:00:32    | 00:13:53 | 00:25:55.40    | 00:26:28.25     | +00:11:01 (42.5%) | 5:11         | 11.6 (57.4%) |
| 534 | WOJDALSKI Krzysztof     | 1234  |                                  | M 40      | 203  | 00:01:21    | 00:12:53 | 00:25:56.15    | 00:27:17.45     | +00:11:02 (42.6%) | 5:11         | 11.6 (57.4%) |
| 535 | PETRYKA Wojciech        | 1532  |                                  | M 50      | 53   | 00:01:09    | 00:12:38 | 00:25:57.00    | 00:27:06.05     | +00:11:03 (42.6%) | 5:11         | 11.6 (57.4%) |
| 536 | KEMPA Jakub             | 24    |                                  | M 20      | 64   | 00:02:05    | 00:12:26 | 00:25:59.15    | 00:28:04.90     | +00:11:05 (42.7%) | 5:11         | 11.5 (56.9%) |
| 537 | TŁACZAŁA Piotr          | 1126  |                                  | M 40      | 204  | 00:00:55    | 00:12:31 | 00:25:59.85    | 00:26:55.20     | +00:11:06 (42.7%) | 5:11         | 11.5 (56.9%) |
| 538 | ADAMSKI Marcin          | 1323  |                                  | M 30      | 157  | 00:00:43    | 00:12:30 | 00:26:00.50    | 00:26:43.85     | +00:11:06 (42.7%) | 5:12         | 11.5 (56.9%) |
| 539 | WINIARCZYK Łukasz       | 1206  |                                  | M 40      | 205  | 00:00:36    | 00:12:28 | 00:26:01.15    | 00:26:37.45     | +00:11:07 (42.7%) | 5:12         | 11.5 (56.9%) |
| 539 | TYSZKA Dariusz          | 1159  |                                  | M 40      | 206  | 00:01:12    | 00:12:51 | 00:26:01.15    | 00:27:13.45     | +00:11:07 (42.7%) | 5:12         | 11.5 (56.9%) |
| 541 | SZCZESNY Marcin         | 1066  |                                  | M 40      | 207  | 00:01:51    | 00:13:03 | 00:26:02.20    | 00:27:53.90     | +00:11:08 (42.8%) | 5:12         | 11.5 (56.9%) |
| 541 | JÓŻWIK Artur            | 1312  | TEAM ZABIEGANEDNI / KABATY ULTRA | M 40      | 208  | 00:01:21    | 00:13:16 | 00:26:02.20    | 00:27:23.50     | +00:11:08 (42.8%) | 5:12         | 11.5 (56.9%) |
| 543 | BOJARSKI Patryk         | 78    |                                  | M 20      | 65   | 00:01:02    | 00:12:59 | 00:26:02.50    | 00:27:04.85     | +00:11:08 (42.8%) | 5:12         | 11.5 (56.9%) |
| 544 | BELKIEWICZ Rafał        | 52    |                                  | M 40      | 209  | 00:01:11    | 00:12:52 | 00:26:02.75    | 00:27:14.25     | +00:11:08 (42.8%) | 5:12         | 11.5 (56.9%) |

| Msc | Zawodnik           | Numer | Klub                       | Kategoria | Mkat | Czas startu | 2.5km    | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h   |
|-----|--------------------|-------|----------------------------|-----------|------|-------------|----------|----------------|-----------------|-------------------|--------------|--------------|
| 545 | MATYKIEWICZ Łukasz | 694   |                            | M 40      | 210  | 00:00:15    | 00:12:52 | 00:26:08.90    | 00:26:24.80     | +00:11:15 (43.0%) | 5:13         | 11.5 (56.9%) |
| 546 | STASIŁA Radosław   | 1027  |                            | M 40      | 211  | 00:01:34    | 00:13:01 | 00:26:11.80    | 00:27:45.80     | +00:11:18 (43.1%) | 5:14         | 11.5 (56.9%) |
| 547 | BRZOST Krzysztof   | 99    |                            | M 20      | 66   | 00:01:50    | 00:12:54 | 00:26:12.80    | 00:28:03.60     | +00:11:19 (43.2%) | 5:14         | 11.5 (56.9%) |
| 548 | PRZYBYSZ Krzysztof | 1556  |                            | M 50      | 54   | 00:00:14    | 00:12:32 | 00:26:13.20    | 00:26:27.30     | +00:11:19 (43.2%) | 5:14         | 11.4 (56.4%) |
| 549 | CHMIELEWSKI Adam   | 1419  |                            | M 50      | 55   | 00:00:37    | 00:12:33 | 00:26:13.25    | 00:26:50.60     | +00:11:19 (43.2%) | 5:14         | 11.4 (56.4%) |
| 550 | BULZACKI Michał    | 113   |                            | M 30      | 158  | 00:00:58    | 00:12:23 | 00:26:13.55    | 00:27:12.35     | +00:11:19 (43.2%) | 5:14         | 11.4 (56.4%) |
| 551 | FREJTES Luis       | 1551  |                            | M 60      | 14   | 00:00:25    | 00:12:44 | 00:26:13.85    | 00:26:38.90     | +00:11:20 (43.2%) | 5:14         | 11.4 (56.4%) |
| 552 | MILLER Franciszek  | 724   | BIEGAM BO LUBIĘ ZĄBKI TEAM | M 14      | 9    | 00:01:25    | 00:12:54 | 00:26:14.55    | 00:27:39.55     | +00:11:20 (43.2%) | 5:14         | 11.4 (56.4%) |
| 553 | ŁOŚ Krzysztof      | 636   | SBRT/BIEGUNIE 2022         | M 60      | 15   | 00:00:45    | 00:12:53 | 00:26:16.30    | 00:27:01.50     | +00:11:22 (43.3%) | 5:15         | 11.4 (56.4%) |
| 554 | WĄCHOCKI Paweł     | 1184  |                            | M 40      | 212  | 00:02:26    | 00:13:13 | 00:26:18.90    | 00:28:45.80     | +00:11:25 (43.4%) | 5:15         | 11.4 (56.4%) |
| 555 | STASIAK Łukasz     | 1026  | FOOTBALL TALENTS           | M 30      | 159  | 00:01:01    | 00:12:51 | 00:26:20.65    | 00:27:22.20     | +00:11:26 (43.5%) | 5:16         | 11.4 (56.4%) |
| 556 | JANUCHTA Stanisław | 1354  |                            | M 16      | 25   | 00:01:39    | 00:13:05 | 00:26:21.00    | 00:28:00.40     | +00:11:27 (43.5%) | 5:16         | 11.4 (56.4%) |
| 557 | MILLER Tomasz      | 723   | BIEGAM BO LUBIĘ ZĄBKI TEAM | M 30      | 160  | 00:01:25    | 00:12:56 | 00:26:21.80    | 00:27:46.90     | +00:11:28 (43.5%) | 5:16         | 11.4 (56.4%) |
| 558 | BRODECKI Krzysztof | 1399  |                            | M 40      | 213  | 00:01:29    | 00:13:05 | 00:26:22.90    | 00:27:52.60     | +00:11:29 (43.5%) | 5:16         | 11.4 (56.4%) |
| 559 | KUPSC Andrzej      | 1376  |                            | M 50      | 56   | 00:01:13    | 00:12:58 | 00:26:23.25    | 00:27:36.30     | +00:11:29 (43.5%) | 5:16         | 11.4 (56.4%) |
| 560 | BATOR Zbigniew     | 48    |                            | M 60      | 16   | 00:00:49    | 00:13:06 | 00:26:25.25    | 00:27:15.10     | +00:11:31 (43.6%) | 5:17         | 11.4 (56.4%) |
| 561 | MULARZ Kajetan     | 746   | BLACK BULLDOG              | M 30      | 161  | 00:01:21    | 00:12:34 | 00:26:26.00    | 00:27:47.60     | +00:11:32 (43.6%) | 5:17         | 11.3 (55.9%) |
| 562 | MIKUSEK Ryszard    | 722   |                            | M 40      | 214  | 00:01:21    | 00:12:34 | 00:26:26.25    | 00:27:47.55     | +00:11:32 (43.7%) | 5:17         | 11.3 (55.9%) |
| 563 | REGUCKI Fabian     | 918   |                            | M 16      | 26   | 00:04:27    | 00:12:07 | 00:26:26.55    | 00:30:54.25     | +00:11:32 (43.7%) | 5:17         | 11.3 (55.9%) |
| 564 | GRADZIUK Jakub     | 1336  |                            | M 30      | 162  | 00:01:13    | 00:12:56 | 00:26:27.60    | 00:27:40.70     | +00:11:33 (43.7%) | 5:17         | 11.3 (55.9%) |
| 565 | RUTKOWSKI Maciej   | 944   |                            | M 40      | 215  | 00:00:40    | 00:12:30 | 00:26:29.00    | 00:27:09.10     | +00:11:35 (43.8%) | 5:17         | 11.3 (55.9%) |
| 566 | WEŁNA Mariusz      | 1188  |                            | M 40      | 216  | 00:00:40    | 00:12:41 | 00:26:29.20    | 00:27:09.30     | +00:11:35 (43.8%) | 5:17         | 11.3 (55.9%) |
| 567 | SYTA Rafał         | 1051  |                            | M 40      | 217  | 00:01:10    | 00:13:14 | 00:26:29.30    | 00:27:39.30     | +00:11:35 (43.8%) | 5:17         | 11.3 (55.9%) |

| Msc | Zawodnik             | Numer | Klub                   | Kategoria | Mkat | Czas startu | 2.5km    | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h   |
|-----|----------------------|-------|------------------------|-----------|------|-------------|----------|----------------|-----------------|-------------------|--------------|--------------|
| 568 | KĘCIK Janusz         | 440   | SPARTANIE DZIECIOM     | M 70      | 4    | 00:01:27    | 00:13:14 | 00:26:30.00    | 00:27:57.10     | +00:11:36 (43.8%) | 5:18         | 11.3 (55.9%) |
| 569 | JĘDRZEJEWSKI Robert  | 397   |                        | M 40      | 218  | 00:01:16    | 00:12:51 | 00:26:31.50    | 00:27:47.60     | +00:11:37 (43.8%) | 5:18         | 11.3 (55.9%) |
| 570 | SZUTKO Michał        | 1084  |                        | M 20      | 67   | 00:00:57    | 00:12:45 | 00:26:31.60    | 00:27:28.60     | +00:11:37 (43.8%) | 5:18         | 11.3 (55.9%) |
| 570 | SZACKI Wojciech      | 1053  |                        | M 40      | 219  | 00:01:34    | 00:13:07 | 00:26:31.60    | 00:28:06.35     | +00:11:37 (43.8%) | 5:18         | 11.3 (55.9%) |
| 572 | SZOT Paweł           | 1361  |                        | M 40      | 220  | 00:01:00    | 00:12:49 | 00:26:32.05    | 00:27:32.85     | +00:11:38 (43.9%) | 5:18         | 11.3 (55.9%) |
| 573 | BAJDO Bartek         | 30    |                        | M 40      | 221  | 00:01:21    | 00:13:26 | 00:26:32.65    | 00:27:54.25     | +00:11:38 (43.9%) | 5:18         | 11.3 (55.9%) |
| 574 | LIAKH Aliaksandr     | 1468  |                        | M 30      | 163  | 00:02:06    | 00:13:32 | 00:26:34.65    | 00:28:41.45     | +00:11:40 (44.0%) | 5:18         | 11.3 (55.9%) |
| 575 | TYBURC Paweł         | 1156  | ZERWANY ACHILLES       | M 40      | 222  | 00:00:12    | 00:12:47 | 00:26:36.20    | 00:26:48.35     | +00:11:42 (44.0%) | 5:19         | 11.3 (55.9%) |
| 576 | ĆWIEK Paweł          | 172   |                        | M 30      | 164  | 00:00:00    | 00:13:15 | 00:26:36.30    | 00:26:36.30     | +00:11:42 (44.0%) | 5:19         | 11.3 (55.9%) |
| 577 | FIJOREK Rafał        | 247   |                        | M 40      | 223  | 00:00:07    | 00:12:41 | 00:26:37.55    | 00:26:45.15     | +00:11:43 (44.1%) | 5:19         | 11.3 (55.9%) |
| 578 | ZHYLTSOV Dmitry      | 1284  |                        | M 40      | 224  | 00:01:25    | 00:13:12 | 00:26:38.10    | 00:28:03.75     | +00:11:44 (44.1%) | 5:19         | 11.3 (55.9%) |
| 579 | WĄSIEWICZ Piotr      | 1185  | PZU SPORT TEAM         | M 30      | 165  | 00:01:50    | 00:14:11 | 00:26:40.20    | 00:28:30.35     | +00:11:46 (44.1%) | 5:20         | 11.3 (55.9%) |
| 580 | SZEWCZAK Kacper      | 1071  |                        | M 20      | 68   | 00:00:16    | 00:12:44 | 00:26:42.85    | 00:26:59.60     | +00:11:49 (44.2%) | 5:20         | 11.2 (55.4%) |
| 581 | FAŁEK Jacek          | 240   | NIE DOTYCZY            | M 40      | 225  | 00:01:10    | 00:13:17 | 00:26:42.95    | 00:27:53.60     | +00:11:49 (44.2%) | 5:20         | 11.2 (55.4%) |
| 582 | PAŁASIEWICZ Grzegorz | 820   |                        | M 60      | 17   | 00:01:20    | 00:13:12 | 00:26:43.50    | 00:28:03.85     | +00:11:49 (44.3%) | 5:20         | 11.2 (55.4%) |
| 583 | TŁUCHOWSKI Rafał     | 1485  |                        | M 40      | 226  | 00:01:18    | 00:13:13 | 00:26:45.35    | 00:28:03.40     | +00:11:51 (44.3%) | 5:21         | 11.2 (55.4%) |
| 584 | SZAJGIN Adam         | 1060  |                        | M 20      | 69   | 00:01:28    | 00:13:51 | 00:26:45.55    | 00:28:14.50     | +00:11:51 (44.3%) | 5:21         | 11.2 (55.4%) |
| 585 | HALL Travis          | 339   |                        | M 30      | 166  | 00:01:34    | 00:13:19 | 00:26:47.20    | 00:28:21.50     | +00:11:53 (44.4%) | 5:21         | 11.2 (55.4%) |
| 586 | FILIPOWICZ Arkadiusz | 248   |                        | M 40      | 227  | 00:00:53    | 00:12:47 | 00:26:49.30    | 00:27:42.60     | +00:11:55 (44.5%) | 5:21         | 11.2 (55.4%) |
| 587 | ZADROŻNY Cyprian     | 1262  |                        | M 40      | 228  | 00:00:58    | 00:12:45 | 00:26:52.05    | 00:27:50.45     | +00:11:58 (44.6%) | 5:22         | 11.2 (55.4%) |
| 588 | MALESA Krystian      | 1357  | RADA DZIELNICY URSYNÓW | M 30      | 167  | 00:02:01    | 00:13:10 | 00:26:54.35    | 00:28:56.10     | +00:12:00 (44.6%) | 5:22         | 11.2 (55.4%) |
| 589 | JÓZEFOWICZ Maciej    | 400   | VEGE RUNNERS           | M 30      | 168  | 00:01:16    | 00:12:47 | 00:26:54.90    | 00:28:11.60     | +00:12:01 (44.7%) | 5:22         | 11.2 (55.4%) |
| 590 | KUBACKI Dariusz      | 573   |                        | M 40      | 229  | 00:01:24    | 00:12:23 | 00:26:55.35    | 00:28:19.70     | +00:12:01 (44.7%) | 5:23         | 11.1 (55.0%) |

| Msc | Zawodnik               | Numer | Klub                 | Kategoria | Mkat | Czas startu | 2.5km    | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h   |
|-----|------------------------|-------|----------------------|-----------|------|-------------|----------|----------------|-----------------|-------------------|--------------|--------------|
| 591 | KATNER Tomasz          | 435   |                      | M 40      | 230  | 00:01:14    | 00:12:59 | 00:26:57.05    | 00:28:11.30     | +00:12:03 (44.7%) | 5:23         | 11.1 (55.0%) |
| 592 | ŚCIBIOREK Arkadiusz    | 1103  |                      | M 30      | 169  | 00:00:06    | 00:12:54 | 00:26:57.75    | 00:27:04.70     | +00:12:03 (44.8%) | 5:23         | 11.1 (55.0%) |
| 593 | ŁUBIŃSKI Paweł         | 640   |                      | M 40      | 231  | 00:00:54    | 00:13:20 | 00:26:58.25    | 00:27:52.75     | +00:12:04 (44.8%) | 5:23         | 11.1 (55.0%) |
| 594 | SOWIŃSKI Edmund        | 1021  | TKKFPŁOCK            | M 70      | 5    | 00:00:27    | 00:13:22 | 00:26:58.40    | 00:27:26.05     | +00:12:04 (44.8%) | 5:23         | 11.1 (55.0%) |
| 595 | WIKTOROWICZ Tomasz     | 1200  |                      | M 40      | 232  | 00:01:53    | 00:13:43 | 00:26:59.40    | 00:28:53.00     | +00:12:05 (44.8%) | 5:23         | 11.1 (55.0%) |
| 596 | AJZYK Michał           | 19    |                      | M 20      | 70   | 00:01:29    | 00:13:28 | 00:26:59.60    | 00:28:28.60     | +00:12:05 (44.8%) | 5:23         | 11.1 (55.0%) |
| 597 | TOMALAK Maciej         | 1131  |                      | M 40      | 233  | 00:01:58    | 00:13:40 | 00:27:00.80    | 00:28:59.25     | +00:12:07 (44.9%) | 5:24         | 11.1 (55.0%) |
| 598 | DĄBROWSKI Andrzej      | 181   |                      | M 60      | 18   | 00:00:57    | 00:13:07 | 00:27:02.30    | 00:28:00.10     | +00:12:08 (44.9%) | 5:24         | 11.1 (55.0%) |
| 599 | DYMEL Jan              | 1351  | PAN                  | M 30      | 170  | 00:00:10    | 00:13:01 | 00:27:02.40    | 00:27:12.40     | +00:12:08 (44.9%) | 5:24         | 11.1 (55.0%) |
| 600 | WERNER Jacek           | 1392  | ORANGE POLSKA        | M 30      | 171  | 00:01:55    | 00:13:43 | 00:27:03.65    | 00:28:59.50     | +00:12:09 (45.0%) | 5:24         | 11.1 (55.0%) |
| 601 | KOŹDOŃ Marek           | 541   |                      | M 40      | 234  | 00:01:03    | 00:13:34 | 00:27:03.75    | 00:28:06.90     | +00:12:09 (45.0%) | 5:24         | 11.1 (55.0%) |
| 602 | KRAWCZYK Piotr         | 550   |                      | M 40      | 235  | 00:01:36    | 00:13:35 | 00:27:03.95    | 00:28:39.95     | +00:12:10 (45.0%) | 5:24         | 11.1 (55.0%) |
| 603 | DYCHA Marcin           | 220   | NEW BALANCE RUN CLUB | M 50      | 57   | 00:01:23    | 00:13:35 | 00:27:08.85    | 00:28:31.85     | +00:12:15 (45.1%) | 5:25         | 11.1 (55.0%) |
| 604 | WŁOSZCZEWSKI Jakub     | 1226  |                      | M 30      | 172  | 00:01:48    | 00:12:52 | 00:27:09.90    | 00:28:58.00     | +00:12:16 (45.2%) | 5:25         | 11 (54.5%)   |
| 605 | STEFANKOWSKI Robert    | 1031  |                      | M 30      | 173  | 00:01:32    | 00:13:50 | 00:27:11.40    | 00:28:43.60     | +00:12:17 (45.2%) | 5:26         | 11 (54.5%)   |
| 606 | CZERSKI Maciej         | 166   |                      | M 50      | 58   | 00:01:18    | 00:13:07 | 00:27:11.65    | 00:28:30.50     | +00:12:17 (45.2%) | 5:26         | 11 (54.5%)   |
| 607 | NOWOSIELSKI Bartłomiej | 1388  |                      | M 20      | 71   | 00:01:22    | 00:13:30 | 00:27:14.80    | 00:28:37.10     | +00:12:21 (45.3%) | 5:26         | 11 (54.5%)   |
| 608 | PRZYBYSZ Mateusz       | 902   |                      | M 20      | 72   | 00:01:14    | 00:13:18 | 00:27:16.55    | 00:28:30.80     | +00:12:22 (45.4%) | 5:27         | 11 (54.5%)   |
| 609 | POPŁAWSKI Michael      | 886   |                      | M 20      | 73   | 00:01:30    | 00:13:50 | 00:27:17.30    | 00:28:47.85     | +00:12:23 (45.4%) | 5:27         | 11 (54.5%)   |
| 610 | OLIK Arek              | 795   |                      | M 30      | 174  | 00:01:14    | 00:13:21 | 00:27:17.40    | 00:28:31.80     | +00:12:23 (45.4%) | 5:27         | 11 (54.5%)   |
| 611 | KITA Grzegorz          | 1373  |                      | M 50      | 59   | 00:00:54    | 00:13:19 | 00:27:18.45    | 00:28:12.80     | +00:12:24 (45.4%) | 5:27         | 11 (54.5%)   |
| 612 | MATUSIEWICZ Jarosław   | 692   |                      | M 50      | 60   | 00:01:27    | 00:13:53 | 00:27:18.60    | 00:28:46.30     | +00:12:24 (45.5%) | 5:27         | 11 (54.5%)   |
| 613 | BALIŃSKI Robert        | 1400  |                      | M 40      | 236  | 00:01:56    | 00:13:42 | 00:27:19.40    | 00:29:15.55     | +00:12:25 (45.5%) | 5:27         | 11 (54.5%)   |

| Msc | Zawodnik                | Numer | Klub             | Kategoria | Mkat | Czas startu | 2.5km    | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h   |
|-----|-------------------------|-------|------------------|-----------|------|-------------|----------|----------------|-----------------|-------------------|--------------|--------------|
| 614 | KIEWRA Grzegorz         | 449   | AZS AWF WARSZAWA | M 12      | 13   | 00:00:56    | 00:12:56 | 00:27:20.35    | 00:28:16.55     | +00:12:26 (45.5%) | 5:28         | 11 (54.5%)   |
| 615 | BOBROWSKI Marcin        | 72    | BEZKLUBIE        | M 50      | 61   | 00:01:44    | 00:14:20 | 00:27:20.75    | 00:29:05.65     | +00:12:26 (45.5%) | 5:28         | 11 (54.5%)   |
| 616 | SZUBRYT Michał          | 1079  |                  | M 40      | 237  | 00:00:32    | 00:13:18 | 00:27:20.95    | 00:27:53.90     | +00:12:27 (45.5%) | 5:28         | 11 (54.5%)   |
| 617 | KASKA Krzysztof         | 434   |                  | M 30      | 175  | 00:01:59    | 00:14:12 | 00:27:21.45    | 00:29:21.30     | +00:12:27 (45.5%) | 5:28         | 11 (54.5%)   |
| 618 | BRZOZOWSKI Ernest       | 1359  | RUNNING PHOTONS  | M 40      | 238  | 00:01:30    | 00:13:40 | 00:27:22.40    | 00:28:52.75     | +00:12:28 (45.6%) | 5:28         | 11 (54.5%)   |
| 619 | KOSZUT Wojciech         | 512   |                  | M 40      | 239  | 00:01:53    | 00:14:05 | 00:27:23.45    | 00:29:16.70     | +00:12:29 (45.6%) | 5:28         | 11 (54.5%)   |
| 620 | PAŁASIEWICZ Krzysztof   | 819   |                  | M 30      | 176  | 00:01:21    | 00:13:36 | 00:27:24.05    | 00:28:45.05     | +00:12:30 (45.6%) | 5:28         | 10.9 (54.0%) |
| 621 | GORCZYCKI Dominik       | 293   |                  | M 20      | 74   | 00:01:13    | 00:13:01 | 00:27:26.20    | 00:28:39.85     | +00:12:32 (45.7%) | 5:29         | 10.9 (54.0%) |
| 622 | PIORUN Kacper           | 1466  |                  | M 30      | 177  | 00:01:40    | 00:13:31 | 00:27:28.35    | 00:29:08.45     | +00:12:34 (45.8%) | 5:29         | 10.9 (54.0%) |
| 623 | CHĘĆ Adam               | 127   |                  | M 40      | 240  | 00:01:23    | 00:13:16 | 00:27:29.10    | 00:28:52.85     | +00:12:35 (45.8%) | 5:29         | 10.9 (54.0%) |
| 624 | KNAP Maciej             | 1537  |                  | M 14      | 10   | 00:01:43    | 00:14:27 | 00:27:30.00    | 00:29:13.35     | +00:12:36 (45.8%) | 5:30         | 10.9 (54.0%) |
| 625 | SZADKOWSKI Piotr        | 1056  | BRAK             | M 40      | 241  | 00:00:09    | 00:12:44 | 00:27:30.30    | 00:27:39.70     | +00:12:36 (45.8%) | 5:30         | 10.9 (54.0%) |
| 626 | PROUTY Matthew          | 891   |                  | M 50      | 62   | 00:01:24    | 00:13:44 | 00:27:30.65    | 00:28:55.60     | +00:12:36 (45.9%) | 5:30         | 10.9 (54.0%) |
| 627 | DZIUBIŃSKI Piotr        | 228   | KDPS             | M 30      | 178  | 00:00:58    |          | 00:27:32.70    | 00:28:31.10     | +00:12:38 (45.9%) | 5:30         | 10.9 (54.0%) |
| 628 | LASKUS-KUCZYŃSKI Lesław | 596   | ***** ***        | M 40      | 242  | 00:01:56    | 00:13:20 | 00:27:33.45    | 00:29:29.60     | +00:12:39 (45.9%) | 5:30         | 10.9 (54.0%) |
| 629 | TERCZYŃSKI Paweł        | 1528  |                  | M 40      | 243  | 00:01:20    | 00:13:48 | 00:27:33.70    | 00:28:54.60     | +00:12:39 (46.0%) | 5:30         | 10.9 (54.0%) |
| 630 | LEŚNIAK Krzysztof       | 608   |                  | M 40      | 244  | 00:00:25    | 00:13:29 | 00:27:34.45    | 00:27:59.75     | +00:12:40 (46.0%) | 5:30         | 10.9 (54.0%) |
| 631 | KNAP Radosław           | 469   |                  | M 40      | 245  | 00:01:42    | 00:14:28 | 00:27:37.05    | 00:29:19.90     | +00:12:43 (46.1%) | 5:31         | 10.9 (54.0%) |
| 632 | KUCHARSKI Adam          | 1344  |                  | M 40      | 246  | 00:01:19    | 00:13:32 | 00:27:37.80    | 00:28:57.25     | +00:12:44 (46.1%) | 5:31         | 10.9 (54.0%) |
| 633 | JĘDRAŚ Łukasz           | 1370  |                  | M 30      | 179  | 00:01:32    | 00:13:49 | 00:27:39.35    | 00:29:12.30     | +00:12:45 (46.1%) | 5:31         | 10.8 (53.5%) |
| 634 | KOWALSKI Robert         | 533   | NBRC             | M 50      | 63   | 00:00:55    | 00:13:16 | 00:27:40.10    | 00:28:35.60     | +00:12:46 (46.2%) | 5:32         | 10.8 (53.5%) |
| 635 | BUJNOWSKI Igor          | 110   |                  | M 16      | 27   | 00:01:30    | 00:13:52 | 00:27:40.30    | 00:29:10.60     | +00:12:46 (46.2%) | 5:32         | 10.8 (53.5%) |
| 636 | SŁOWIK Jerzy            | 998   |                  | M 60      | 19   | 00:01:25    | 00:13:20 | 00:27:41.70    | 00:29:07.40     | +00:12:47 (46.2%) | 5:32         | 10.8 (53.5%) |

| Msc | Zawodnik            | Numer | Klub              | Kategoria | Mkat | Czas startu | 2.5km    | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h   |
|-----|---------------------|-------|-------------------|-----------|------|-------------|----------|----------------|-----------------|-------------------|--------------|--------------|
| 637 | JANIK Mateusz       | 1477  |                   | M 30      | 180  | 00:02:26    | 00:13:53 | 00:27:41.75    | 00:30:08.20     | +00:12:47 (46.2%) | 5:32         | 10.8 (53.5%) |
| 638 | FUTYMA Karol        | 1460  |                   | M 30      | 181  | 00:00:10    | 00:13:01 | 00:27:43.55    | 00:27:54.05     | +00:12:49 (46.3%) | 5:32         | 10.8 (53.5%) |
| 639 | RUTKOWSKI Tomasz    | 943   |                   | M 40      | 247  | 00:01:42    | 00:13:35 | 00:27:43.95    | 00:29:26.35     | +00:12:50 (46.3%) | 5:32         | 10.8 (53.5%) |
| 640 | ZALEWSKI Ludomir    | 1266  |                   | M 40      | 248  | 00:02:11    | 00:13:31 | 00:27:44.65    | 00:29:56.50     | +00:12:50 (46.3%) | 5:32         | 10.8 (53.5%) |
| 641 | ŁĘCZYŃSKI Piotr     | 632   |                   | M 16      | 28   | 00:00:02    | 00:13:04 | 00:27:45.10    | 00:27:47.80     | +00:12:51 (46.3%) | 5:33         | 10.8 (53.5%) |
| 642 | KUCHER Pavlo        | 581   |                   | M 20      | 75   | 00:01:06    | 00:13:23 | 00:27:46.10    | 00:28:52.60     | +00:12:52 (46.4%) | 5:33         | 10.8 (53.5%) |
| 643 | DOLESZCZAK Marcin   | 195   |                   | M 20      | 76   | 00:00:00    |          | 00:27:48.60    | 00:27:48.60     | +00:12:54 (46.4%) | 5:33         | 10.8 (53.5%) |
| 644 | SEGIET Rafał        | 964   | SEGIETEAM         | M 30      | 182  | 00:01:56    | 00:13:47 | 00:27:48.90    | 00:29:45.80     | +00:12:55 (46.4%) | 5:33         | 10.8 (53.5%) |
| 645 | WÓJCIK Robert       | 619   |                   | M 40      | 249  | 00:01:29    | 00:13:51 | 00:27:49.70    | 00:29:19.15     | +00:12:55 (46.5%) | 5:33         | 10.8 (53.5%) |
| 646 | ŚWIDRAK Bartosz     | 1113  |                   | M 30      | 183  | 00:01:35    | 00:13:35 | 00:27:52.40    | 00:29:27.85     | +00:12:58 (46.6%) | 5:34         | 10.8 (53.5%) |
| 647 | WOŁOSZYN Szymon     | 1240  |                   | M 40      | 250  | 00:01:35    | 00:13:48 | 00:27:54.25    | 00:29:29.90     | +00:13:00 (46.6%) | 5:34         | 10.8 (53.5%) |
| 648 | DUBEK Michał        | 210   |                   | M 40      | 251  | 00:01:51    | 00:13:53 | 00:27:57.10    | 00:29:48.45     | +00:13:03 (46.7%) | 5:35         | 10.7 (53.0%) |
| 649 | HILAK Adam          | 344   |                   | M 40      | 252  | 00:01:23    | 00:13:59 | 00:27:57.40    | 00:29:21.20     | +00:13:03 (46.7%) | 5:35         | 10.7 (53.0%) |
| 650 | BARTON Milan        | 43    |                   | M 12      | 14   | 00:01:48    | 00:13:49 | 00:28:00.35    | 00:29:48.75     | +00:13:06 (46.8%) | 5:36         | 10.7 (53.0%) |
| 651 | BUKOWSKI Janusz     | 112   |                   | M 60      | 20   | 00:00:03    | 00:14:01 | 00:28:00.85    | 00:28:04.75     | +00:13:07 (46.8%) | 5:36         | 10.7 (53.0%) |
| 652 | HULANICKI Andrzej   | 353   | GOGGLE TEAM       | M 60      | 21   | 00:01:14    | 00:13:50 | 00:28:01.00    | 00:29:15.30     | +00:13:07 (46.8%) | 5:36         | 10.7 (53.0%) |
| 653 | KOŻUCHOWSKI Iwo     | 1381  |                   | M 50      | 64   | 00:00:19    | 00:13:14 | 00:28:06.20    | 00:28:26.00     | +00:13:12 (47.0%) | 5:37         | 10.7 (53.0%) |
| 654 | KOWALSKI Bartłomiej | 529   |                   | M 40      | 253  | 00:01:19    | 00:14:07 | 00:28:06.80    | 00:29:26.65     | +00:13:13 (47.0%) | 5:37         | 10.7 (53.0%) |
| 655 | RADOMSKI Artur      | 1364  |                   | M 40      | 254  | 00:02:10    | 00:14:09 | 00:28:08.40    | 00:30:18.70     | +00:13:14 (47.1%) | 5:37         | 10.7 (53.0%) |
| 656 | DĄBROWSKI Marcin    | 182   |                   | M 30      | 184  | 00:01:33    | 00:13:59 | 00:28:08.75    | 00:29:42.60     | +00:13:14 (47.1%) | 5:37         | 10.7 (53.0%) |
| 657 | WCISŁO Marcin       | 1486  | MIEDZESZYN        | M 40      | 255  | 00:00:28    | 00:14:07 | 00:28:10.10    | 00:28:38.75     | +00:13:16 (47.1%) | 5:38         | 10.7 (53.0%) |
| 658 | WIELICZKO Łukasz    | 1195  |                   | M 30      | 185  | 00:01:43    | 00:13:22 | 00:28:10.35    | 00:29:53.45     | +00:13:16 (47.1%) | 5:38         | 10.7 (53.0%) |
| 659 | SOKÓLSKI Tomasz     | 1018  | TEAM ZABIEGANEDNI | M 50      | 65   | 00:01:36    | 00:13:54 | 00:28:13.20    | 00:29:49.85     | +00:13:19 (47.2%) | 5:38         | 10.6 (52.5%) |

| Msc | Zawodnik            | Numer | Klub            | Kategoria | Mkat | Czas startu | 2.5km    | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h   |
|-----|---------------------|-------|-----------------|-----------|------|-------------|----------|----------------|-----------------|-------------------|--------------|--------------|
| 660 | HOMICKI Robert      | 347   |                 | M 50      | 66   | 00:02:19    | 00:13:44 | 00:28:15.65    | 00:30:34.90     | +00:13:21 (47.3%) | 5:39         | 10.6 (52.5%) |
| 661 | DUDEK Damian        | 215   |                 | M 14      | 11   | 00:01:26    | 00:13:59 | 00:28:16.05    | 00:29:42.55     | +00:13:22 (47.3%) | 5:39         | 10.6 (52.5%) |
| 662 | RANKOWSKI Bartosz   | 915   |                 | M 40      | 256  | 00:01:29    | 00:13:59 | 00:28:17.60    | 00:29:46.85     | +00:13:23 (47.3%) | 5:39         | 10.6 (52.5%) |
| 663 | SKONIECZNY Andrzej  | 989   |                 | M 50      | 67   | 00:01:16    | 00:13:50 | 00:28:18.00    | 00:29:34.45     | +00:13:24 (47.4%) | 5:39         | 10.6 (52.5%) |
| 664 | WALCZUK Łukasz      | 1386  |                 | M 30      | 186  | 00:01:51    | 00:14:24 | 00:28:18.20    | 00:30:09.40     | +00:13:24 (47.4%) | 5:39         | 10.6 (52.5%) |
| 665 | PIETRZYK Paweł      | 856   |                 | M 30      | 187  | 00:01:18    | 00:13:25 | 00:28:18.65    | 00:29:37.55     | +00:13:24 (47.4%) | 5:39         | 10.6 (52.5%) |
| 666 | POPIOŁEK Jacek      | 884   |                 | M 50      | 68   | 00:00:50    | 00:13:25 | 00:28:18.80    | 00:29:09.10     | +00:13:25 (47.4%) | 5:39         | 10.6 (52.5%) |
| 667 | SKROK Mateusz       | 1342  |                 | M 20      | 77   | 00:00:14    | 00:13:04 | 00:28:19.05    | 00:28:33.55     | +00:13:25 (47.4%) | 5:39         | 10.6 (52.5%) |
| 668 | SZCZEPAŃSKA Mateusz | 1064  |                 | M 12      | 15   | 00:01:01    | 00:13:54 | 00:28:19.30    | 00:29:20.40     | +00:13:25 (47.4%) | 5:39         | 10.6 (52.5%) |
| 669 | KAMIŃSKI Andrzej    | 416   |                 | M 12      | 16   | 00:02:08    | 00:15:33 | 00:28:20.40    | 00:30:28.60     | +00:13:26 (47.4%) | 5:40         | 10.6 (52.5%) |
| 670 | PROUTY Anthony      | 892   |                 | M 16      | 29   | 00:00:00    |          | 00:28:21.50    | 00:28:21.50     | +00:13:27 (47.5%) | 5:40         | 10.6 (52.5%) |
| 671 | ZACZEK Przemysław   | 1260  |                 | M 40      | 257  | 00:01:47    | 00:14:23 | 00:28:21.60    | 00:30:09.35     | +00:13:27 (47.5%) | 5:40         | 10.6 (52.5%) |
| 672 | MIASTOWSKI Rafał    | 18    | SŁOŃ B          | M 50      | 69   | 00:01:18    | 00:13:47 | 00:28:22.05    | 00:29:40.80     | +00:13:28 (47.5%) | 5:40         | 10.6 (52.5%) |
| 673 | SZYMAŃSKI Łukasz    | 1095  |                 | M 30      | 188  | 00:01:31    | 00:13:52 | 00:28:23.70    | 00:29:55.15     | +00:13:29 (47.5%) | 5:40         | 10.6 (52.5%) |
| 674 | CHMIELEWSKI Antoni  | 129   |                 | M 70      | 6    | 00:01:37    | 00:14:31 | 00:28:23.80    | 00:30:01.20     | +00:13:30 (47.5%) | 5:40         | 10.6 (52.5%) |
| 675 | KONDRAT Piotr       | 487   |                 | M 50      | 70   | 00:00:56    | 00:13:27 | 00:28:25.75    | 00:29:21.80     | +00:13:31 (47.6%) | 5:41         | 10.6 (52.5%) |
| 675 | BĘTKOWSKI Tomasz    | 1601  |                 | M 40      | 258  | 00:01:32    | 00:13:57 | 00:28:25.75    | 00:29:58.70     | +00:13:31 (47.6%) | 5:41         | 10.6 (52.5%) |
| 677 | PIROGOW Tomek       | 865   |                 | M 40      | 259  | 00:02:00    | 00:14:10 | 00:28:26.65    | 00:30:27.30     | +00:13:32 (47.6%) | 5:41         | 10.6 (52.5%) |
| 678 | FIGAT Krzysztof     | 245   | KRZYSZTOF FIGAT | M 40      | 260  | 00:01:42    | 00:14:28 | 00:28:26.95    | 00:30:09.35     | +00:13:33 (47.6%) | 5:41         | 10.6 (52.5%) |
| 679 | PRZENIOSŁO Paweł    | 896   |                 | M 40      | 261  | 00:00:38    | 00:13:30 | 00:28:27.15    | 00:29:05.35     | +00:13:33 (47.6%) | 5:41         | 10.5 (52.0%) |
| 680 | OKUŃ Marcin         | 1513  |                 | M 40      | 262  | 00:00:27    | 00:14:08 | 00:28:29.60    | 00:28:57.40     | +00:13:35 (47.7%) | 5:41         | 10.5 (52.0%) |
| 681 | BRZOZOWSKI Mikołaj  | 102   |                 | M 20      | 78   | 00:01:02    | 00:13:23 | 00:28:29.90    | 00:29:32.55     | +00:13:36 (47.7%) | 5:41         | 10.5 (52.0%) |
| 682 | TRZĄSKI Filip       | 1150  | GS HUSKY        | M 30      | 189  | 00:01:22    | 00:14:06 | 00:28:30.50    | 00:29:53.20     | +00:13:36 (47.7%) | 5:42         | 10.5 (52.0%) |

| Msc | Zawodnik               | Numer | Klub                        | Kategoria | Mkat | Czas startu | 2.5km    | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h   |
|-----|------------------------|-------|-----------------------------|-----------|------|-------------|----------|----------------|-----------------|-------------------|--------------|--------------|
| 683 | CIESIELSKI Grzegorz    | 147   | LKS PERŁA ZŁOTOKŁOS         | M 30      | 190  | 00:02:14    | 00:14:30 | 00:28:32.40    | 00:30:46.95     | +00:13:38 (47.8%) | 5:42         | 10.5 (52.0%) |
| 684 | WŁODARCZYK Mirosław    | 1224  | I LO UKS KOŚCIUSZKO WŁODAWA | M 40      | 263  | 00:01:26    | 00:14:02 | 00:28:33.30    | 00:29:59.55     | +00:13:39 (47.8%) | 5:42         | 10.5 (52.0%) |
| 685 | SIRODZKI Zbigniew      | 1347  |                             | M 50      | 71   | 00:00:17    | 00:13:08 | 00:28:33.35    | 00:28:51.20     | +00:13:39 (47.8%) | 5:42         | 10.5 (52.0%) |
| 685 | SMUŁEK Rafał           | 1004  |                             | M 30      | 191  | 00:01:52    | 00:15:23 | 00:28:33.35    | 00:30:26.25     | +00:13:39 (47.8%) | 5:42         | 10.5 (52.0%) |
| 687 | PAMUŁA Paweł           | 821   |                             | M 50      | 72   | 00:02:06    | 00:14:22 | 00:28:37.80    | 00:30:44.15     | +00:13:44 (48.0%) | 5:43         | 10.5 (52.0%) |
| 688 | GRECKI Michał          | 1550  |                             | M 30      | 192  | 00:00:27    | 00:14:58 | 00:28:37.90    | 00:29:05.65     | +00:13:44 (48.0%) | 5:43         | 10.5 (52.0%) |
| 689 | KAMINSKI Marcin        | 412   | MELAMBIINA                  | M 30      | 193  | 00:02:00    | 00:14:12 | 00:28:39.05    | 00:30:39.90     | +00:13:45 (48.0%) | 5:43         | 10.5 (52.0%) |
| 690 | VOVCHANSKY Y Nazar     | 1173  |                             | M 20      | 79   | 00:00:21    | 00:13:55 | 00:28:39.85    | 00:29:01.05     | +00:13:46 (48.0%) | 5:43         | 10.5 (52.0%) |
| 691 | ŻÓŁTOWSKI Bartłomiej   | 1300  |                             | M 40      | 264  | 00:01:37    | 00:13:46 | 00:28:40.05    | 00:30:17.70     | +00:13:46 (48.0%) | 5:44         | 10.5 (52.0%) |
| 692 | DYMEL Piotr            | 223   |                             | M 70      | 7    | 00:00:42    | 00:13:42 | 00:28:40.35    | 00:29:23.30     | +00:13:46 (48.0%) | 5:44         | 10.5 (52.0%) |
| 693 | SZYDŁOWSKI Artur       | 1085  |                             | M 40      | 265  | 00:01:24    | 00:13:55 | 00:28:41.60    | 00:30:06.10     | +00:13:47 (48.1%) | 5:44         | 10.5 (52.0%) |
| 694 | SOCHOCKI Wojciech      | 1013  |                             | M 30      | 194  | 00:01:52    | 00:15:24 | 00:28:41.65    | 00:30:34.35     | +00:13:47 (48.1%) | 5:44         | 10.5 (52.0%) |
| 695 | HOLDENMAJER Cezary     | 1341  |                             | M 50      | 73   | 00:01:55    | 00:13:53 | 00:28:42.65    | 00:30:37.90     | +00:13:48 (48.1%) | 5:44         | 10.5 (52.0%) |
| 696 | ZDROJEWSKI Szymon      | 1281  |                             | M 30      | 195  | 00:01:29    | 00:14:20 | 00:28:42.95    | 00:30:12.70     | +00:13:49 (48.1%) | 5:44         | 10.5 (52.0%) |
| 697 | PAWLISZ Marcin         | 834   |                             | M 50      | 74   | 00:00:41    | 00:14:00 | 00:28:44.80    | 00:29:26.40     | +00:13:51 (48.2%) | 5:44         | 10.4 (51.5%) |
| 698 | MALER Władysław        | 664   | NEW BALANCE RUN CLUB        | M 70      | 8    | 00:01:26    | 00:14:27 | 00:28:44.90    | 00:30:11.15     | +00:13:51 (48.2%) | 5:44         | 10.4 (51.5%) |
| 699 | MARCINKIEWICZ Wojciech | 675   | BIEGUSTATORZY               | M 30      | 196  | 00:01:38    | 00:14:31 | 00:28:49.10    | 00:30:27.25     | +00:13:55 (48.3%) | 5:45         | 10.4 (51.5%) |
| 700 | BODALSKI Jacek         | 75    | AKTYWNA WARSZAWA            | M 50      | 75   | 00:01:45    | 00:14:25 | 00:28:53.95    | 00:30:39.50     | +00:14:00 (48.5%) | 5:46         | 10.4 (51.5%) |
| 701 | JANISZEWSKI Piotr      | 374   |                             | M 40      | 266  | 00:02:23    | 00:14:29 | 00:28:54.70    | 00:31:18.10     | +00:14:00 (48.5%) | 5:46         | 10.4 (51.5%) |
| 702 | KLUCZYK Piotr          | 1368  | KS GROM PRO                 | M 30      | 197  | 00:01:44    | 00:14:21 | 00:28:55.30    | 00:30:39.45     | +00:14:01 (48.5%) | 5:47         | 10.4 (51.5%) |
| 703 | KOSOWICZ Paweł         | 509   |                             | M 30      | 198  | 00:00:00    | 00:15:16 | 00:28:56.05    | 00:28:56.05     | +00:14:02 (48.5%) | 5:47         | 10.4 (51.5%) |
| 704 | GOŁDYN Łukasz          | 290   | -                           | M 30      | 199  | 00:01:13    | 00:14:58 | 00:28:56.55    | 00:30:09.60     | +00:14:02 (48.5%) | 5:47         | 10.4 (51.5%) |
| 705 | FROM Konrad            | 255   | WARSAW RUN CLUB             | M 40      | 267  | 00:01:40    | 00:14:29 | 00:28:59.00    | 00:30:39.60     | +00:14:05 (48.6%) | 5:47         | 10.4 (51.5%) |

| Msc | Zawodnik           | Numer | Klub                           | Kategoria | Mkat | Czas     |          | Czas netto<br>5km | Czas brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|--------------------|-------|--------------------------------|-----------|------|----------|----------|-------------------|--------------------|----------------------|-----------------|-----------------|
|     |                    |       |                                |           |      | startu   | 2.5km    |                   |                    |                      |                 |                 |
| 706 | KMIEĆ Kamil        | 467   |                                | M 30      | 200  | 00:00:47 | 00:14:12 | 00:28:59.85       | 00:29:47.00        | +00:14:06<br>(48.6%) | 5:47            | 10.4<br>(51.5%) |
| 707 | KARCZMARCZYK Paweł | 424   |                                | M 30      | 201  | 00:01:22 | 00:14:09 | 00:28:59.95       | 00:30:22.25        | +00:14:06<br>(48.6%) | 5:47            | 10.4<br>(51.5%) |
| 708 | ZALEWSKI Piotr     | 1328  |                                | M 50      | 76   | 00:02:05 | 00:14:29 | 00:29:00.20       | 00:31:05.45        | +00:14:06<br>(48.6%) | 5:48            | 10.3<br>(51.0%) |
| 709 | ŻUK Łukasz         | 1469  |                                | M 40      | 268  | 00:01:43 | 00:14:06 | 00:29:01.05       | 00:30:44.45        | +00:14:07<br>(48.7%) | 5:48            | 10.3<br>(51.0%) |
| 710 | ZALEWSKI Krzysztof | 1268  |                                | M 60      | 22   | 00:01:45 | 00:14:21 | 00:29:03.95       | 00:30:49.10        | +00:14:10<br>(48.7%) | 5:48            | 10.3<br>(51.0%) |
| 711 | NGUYEN Jakub       | 764   |                                | M 20      | 80   | 00:00:17 | 00:13:07 | 00:29:04.50       | 00:29:21.55        | +00:14:10<br>(48.8%) | 5:48            | 10.3<br>(51.0%) |
| 712 | BRONISZEWSKI Jakub | 95    |                                | M 40      | 269  | 00:01:44 | 00:14:22 | 00:29:09.80       | 00:30:54.35        | +00:14:16<br>(48.9%) | 5:49            | 10.3<br>(51.0%) |
| 713 | WALKIEWICZ Mariusz | 1317  | SDS REPREZENTACJA DZIENNIKARZY | M 50      | 77   | 00:01:32 | 00:13:55 | 00:29:10.00       | 00:30:42.15        | +00:14:16<br>(48.9%) | 5:50            | 10.3<br>(51.0%) |
| 714 | GRONKIEWICZ Maciej | 314   | -                              | M 16      | 30   | 00:01:23 | 00:14:08 | 00:29:10.35       | 00:30:33.50        | +00:14:16<br>(48.9%) | 5:50            | 10.3<br>(51.0%) |
| 715 | MĘKARSKI Piotr     | 1408  |                                | M 40      | 270  | 00:01:35 | 00:14:52 | 00:29:10.70       | 00:30:46.20        | +00:14:16<br>(48.9%) | 5:50            | 10.3<br>(51.0%) |
| 716 | KORONA Krzysztof   | 501   |                                | M 50      | 78   | 00:01:20 | 00:14:08 | 00:29:11.20       | 00:30:31.75        | +00:14:17<br>(49.0%) | 5:50            | 10.3<br>(51.0%) |
| 717 | GAWLIK Beniamin    | 272   |                                | M 50      | 79   | 00:02:19 | 00:14:34 | 00:29:11.45       | 00:31:30.70        | +00:14:17<br>(49.0%) | 5:50            | 10.3<br>(51.0%) |
| 718 | OLESZEK Maciej     | 793   |                                | M 20      | 81   | 00:01:30 | 00:13:31 | 00:29:12.10       | 00:30:42.95        | +00:14:18<br>(49.0%) | 5:50            | 10.3<br>(51.0%) |
| 719 | KLOPOCKI Rafał     | 462   |                                | M 50      | 80   | 00:01:52 | 00:14:38 | 00:29:15.10       | 00:31:08.00        | +00:14:21<br>(49.1%) | 5:51            | 10.3<br>(51.0%) |
| 720 | MAKOSA Witold      | 1561  |                                | M 60      | 23   | 00:01:46 | 00:14:30 | 00:29:17.40       | 00:31:03.60        | +00:14:23<br>(49.1%) | 5:51            | 10.2<br>(50.5%) |
| 721 | CHUDOBIŃSKI Tomasz | 138   |                                | M 20      | 82   | 00:01:30 | 00:13:58 | 00:29:18.05       | 00:30:48.90        | +00:14:24<br>(49.2%) | 5:51            | 10.2<br>(50.5%) |
| 722 | WIŚNIEWSKI Janusz  | 1213  | PARKRUN PRUSZKÓW 70+           | M 70      | 9    | 00:00:28 | 00:14:39 | 00:29:18.80       | 00:29:46.85        | +00:14:25<br>(49.2%) | 5:51            | 10.2<br>(50.5%) |
| 723 | PRASEK Łukasz      | 887   |                                | M 40      | 271  | 00:01:22 | 00:14:22 | 00:29:19.25       | 00:30:41.45        | +00:14:25<br>(49.2%) | 5:51            | 10.2<br>(50.5%) |
| 724 | GAWIN Mariusz      | 271   |                                | M 16      | 31   | 00:01:50 | 00:14:01 | 00:29:20.30       | 00:31:11.15        | +00:14:26<br>(49.2%) | 5:52            | 10.2<br>(50.5%) |
| 725 | ZARĘBSKI Szczepan  | 1270  |                                | M 30      | 202  | 00:01:47 | 00:14:37 | 00:29:21.30       | 00:31:08.30        | +00:14:27<br>(49.3%) | 5:52            | 10.2<br>(50.5%) |
| 726 | WALOS Jan          | 1177  |                                | M 60      | 24   | 00:01:26 | 00:14:27 | 00:29:24.60       | 00:30:50.70        | +00:14:30<br>(49.3%) | 5:52            | 10.2<br>(50.5%) |
| 727 | TYSZKA Rafał       | 1161  |                                | M 14      | 12   | 00:01:12 | 00:13:44 | 00:29:31.80       | 00:30:44.40        | +00:14:38<br>(49.6%) | 5:54            | 10.2<br>(50.5%) |
| 728 | ROSTKOWSKI Łukasz  | 934   |                                | M 30      | 203  | 00:00:00 | 00:15:30 | 00:29:33.05       | 00:29:33.05        | +00:14:39<br>(49.6%) | 5:54            | 10.2<br>(50.5%) |

| Msc | Zawodnik              | Numer | Klub                | Kategoria | Mkat | Czas startu | 2.5km    | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h   |
|-----|-----------------------|-------|---------------------|-----------|------|-------------|----------|----------------|-----------------|-------------------|--------------|--------------|
| 729 | PAC Bartosz           | 814   |                     | M 40      | 272  | 00:02:03    | 00:14:28 | 00:29:34.55    | 00:31:38.50     | +00:14:40 (49.6%) | 5:54         | 10.1 (50.0%) |
| 730 | KOZIEJ Andrzej        | 538   |                     | M 40      | 273  | 00:01:15    | 00:14:29 | 00:29:35.05    | 00:30:50.95     | +00:14:41 (49.6%) | 5:55         | 10.1 (50.0%) |
| 731 | PUCHAŁA Tomasz        | 904   | MYSZORY             | M 30      | 204  | 00:01:17    | 00:14:23 | 00:29:35.95    | 00:30:53.60     | +00:14:42 (49.7%) | 5:55         | 10.1 (50.0%) |
| 732 | PICEWICZ Paweł        | 1415  |                     | M 40      | 274  | 00:02:14    | 00:15:50 | 00:29:39.40    | 00:31:54.05     | +00:14:45 (49.8%) | 5:55         | 10.1 (50.0%) |
| 733 | NOWACKI Julian        | 775   | TO NATURALNE        | M 70      | 10   | 00:00:33    | 00:14:33 | 00:29:39.55    | 00:30:13.40     | +00:14:45 (49.8%) | 5:55         | 10.1 (50.0%) |
| 734 | BARANOWSKI Krzysztof  | 1494  |                     | M 50      | 81   | 00:00:33    | 00:14:34 | 00:29:40.65    | 00:30:13.80     | +00:14:46 (49.8%) | 5:56         | 10.1 (50.0%) |
| 735 | STAŃSKI Sławomir      | 1493  |                     | M 60      | 25   | 00:00:33    | 00:14:33 | 00:29:40.75    | 00:30:14.05     | +00:14:46 (49.8%) | 5:56         | 10.1 (50.0%) |
| 736 | KOSIACKI Karol        | 506   |                     | M 40      | 275  | 00:02:22    | 00:14:47 | 00:29:41.60    | 00:32:04.40     | +00:14:47 (49.8%) | 5:56         | 10.1 (50.0%) |
| 737 | PAWŁOWSKI Krystian    | 837   | LKS PERŁA ZŁOTOKŁOS | M 30      | 205  | 00:02:14    | 00:14:28 | 00:29:42.70    | 00:31:57.40     | +00:14:48 (49.9%) | 5:56         | 10.1 (50.0%) |
| 738 | SZYMANEK Łukasz       | 1086  |                     | M 40      | 276  | 00:02:16    | 00:14:56 | 00:29:49.10    | 00:32:05.90     | +00:14:55 (50.0%) | 5:57         | 10.1 (50.0%) |
| 739 | BUDZIANOWSKI Mateusz  | 107   |                     | M 30      | 206  | 00:01:56    | 00:15:41 | 00:29:51.50    | 00:31:48.30     | +00:14:57 (50.1%) | 5:58         | 10.1 (50.0%) |
| 740 | SOKOŁOWSKI Marian     | 1015  | SAMOTNY WILK        | M 70      | 11   | 00:00:29    | 00:14:23 | 00:29:51.85    | 00:30:20.85     | +00:14:58 (50.1%) | 5:58         | 10.1 (50.0%) |
| 741 | NIEWIADOMSKI Zdzisław | 772   |                     | M 70      | 12   | 00:01:37    | 00:14:52 | 00:29:59.30    | 00:31:37.10     | +00:15:05 (50.3%) | 5:59         | 10 (49.5%)   |
| 742 | LESIAKOWSKI Paweł     | 606   |                     | M 30      | 207  | 00:01:45    | 00:14:28 | 00:29:59.50    | 00:31:45.05     | +00:15:05 (50.3%) | 5:59         | 10 (49.5%)   |
| 743 | SZYMAŃSKI Dominik     | 1094  |                     | M 30      | 208  | 00:02:15    | 00:14:40 | 00:30:02.70    | 00:32:18.05     | +00:15:08 (50.4%) | 6:00         | 10 (49.5%)   |
| 744 | KOWALCZYK Kamil       | 519   |                     | M 30      | 209  | 00:00:56    | 00:14:11 | 00:30:05.50    | 00:31:02.00     | +00:15:11 (50.5%) | 6:01         | 10 (49.5%)   |
| 744 | ROJEWSKI Mateusz      | 926   | BACKSIDE TEAM       | M 20      | 83   | 00:00:00    |          | 00:30:05.50    | 00:30:05.50     | +00:15:11 (50.5%) | 6:01         | 10 (49.5%)   |
| 746 | OLKOWSKI Robert       | 796   |                     | M 50      | 82   | 00:01:35    | 00:14:15 | 00:30:08.00    | 00:31:43.45     | +00:15:14 (50.6%) | 6:01         | 10 (49.5%)   |
| 747 | KUCHTA Jan-Markus     | 1489  |                     | M 14      | 13   | 00:01:57    | 00:14:39 | 00:30:08.65    | 00:32:06.45     | +00:15:14 (50.6%) | 6:01         | 10 (49.5%)   |
| 748 | ZIELIŃSKI Mateusz     | 1548  |                     | M 30      | 210  | 00:01:15    | 00:14:37 | 00:30:13.35    | 00:31:28.90     | +00:15:19 (50.7%) | 6:02         | 9.9 (49.0%)  |
| 749 | KOZAK Jakub           | 1407  |                     | M 40      | 277  | 00:01:44    | 00:15:40 | 00:30:14.95    | 00:31:59.40     | +00:15:21 (50.8%) | 6:02         | 9.9 (49.0%)  |
| 750 | SKROBEK Piotr         | 991   |                     | M 30      | 211  | 00:02:17    | 00:15:01 | 00:30:16.00    | 00:32:33.60     | +00:15:22 (50.8%) | 6:03         | 9.9 (49.0%)  |
| 751 | ADAMIAK Paweł         | 14    |                     | M 50      | 83   | 00:01:48    | 00:14:28 | 00:30:16.40    | 00:32:05.35     | +00:15:22 (50.8%) | 6:03         | 9.9 (49.0%)  |

| Msc | Zawodnik             | Numer | Klub               | Kategoria | Mkat | Czas startu | 2.5km    | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h  |
|-----|----------------------|-------|--------------------|-----------|------|-------------|----------|----------------|-----------------|-------------------|--------------|-------------|
| 752 | MASTALEREK Arkadiusz | 685   |                    | M 40      | 278  | 00:00:01    |          | 00:30:24.00    | 00:30:25.00     | +00:15:30 (51.0%) | 6:04         | 9.9 (49.0%) |
| 753 | VUCO Ivo             | 1174  | HULTAJ LITERACKI   | M 40      | 279  | 00:01:48    | 00:15:07 | 00:30:24.30    | 00:32:13.25     | +00:15:30 (51.0%) | 6:04         | 9.9 (49.0%) |
| 754 | GÓRAL Piotr          | 1586  |                    | M 60      | 26   | 00:01:35    | 00:14:34 | 00:30:27.50    | 00:32:02.55     | +00:15:33 (51.1%) | 6:05         | 9.9 (49.0%) |
| 755 | WRÓBLEWSKI Rafał     | 1565  |                    | M 20      | 84   | 00:01:51    | 00:14:37 | 00:30:32.65    | 00:32:24.60     | +00:15:38 (51.2%) | 6:06         | 9.8 (48.5%) |
| 756 | TOLAK Marcin         | 1130  |                    | M 40      | 280  | 00:01:46    | 00:14:24 | 00:30:33.55    | 00:32:19.55     | +00:15:39 (51.3%) | 6:06         | 9.8 (48.5%) |
| 757 | WOJCIECHOWSKI Tomasz | 1231  |                    | M 30      | 212  | 00:02:02    | 00:15:35 | 00:30:35.20    | 00:32:37.70     | +00:15:41 (51.3%) | 6:07         | 9.8 (48.5%) |
| 758 | TULIN Michał         | 1154  |                    | M 30      | 213  | 00:00:01    |          | 00:30:40.00    | 00:30:41.00     | +00:15:46 (51.4%) | 6:08         | 9.8 (48.5%) |
| 759 | NEJMAN Andrzej       | 1313  |                    | M 40      | 281  | 00:01:46    | 00:14:54 | 00:30:40.60    | 00:32:27.40     | +00:15:46 (51.4%) | 6:08         | 9.8 (48.5%) |
| 760 | PIOTROWSKI Norbert   | 1446  |                    | M 14      | 14   | 00:00:18    | 00:10:11 | 00:30:49.05    | 00:31:07.95     | +00:15:55 (51.7%) | 6:09         | 9.7 (48.0%) |
| 761 | LENARCZYK Paweł      | 602   |                    | M 40      | 282  | 00:01:54    | 00:14:34 | 00:30:55.05    | 00:32:49.10     | +00:16:01 (51.8%) | 6:11         | 9.7 (48.0%) |
| 762 | BORYS Piotr          | 87    |                    | M 50      | 84   | 00:01:39    | 00:14:31 | 00:30:57.10    | 00:32:36.30     | +00:16:03 (51.9%) | 6:11         | 9.7 (48.0%) |
| 763 | BRZEZIK Piotr        | 97    |                    | M 30      | 214  | 00:01:02    | 00:14:24 | 00:31:08.25    | 00:32:10.60     | +00:16:14 (52.2%) | 6:13         | 9.6 (47.5%) |
| 764 | KIELEWICZ Kazimierz  | 445   |                    | M 70      | 13   | 00:01:41    | 00:15:02 | 00:31:08.60    | 00:32:50.50     | +00:16:14 (52.2%) | 6:13         | 9.6 (47.5%) |
| 765 | SZYMCZAK Mirosław    | 1098  | TRIWAWA            | M 70      | 14   | 00:02:08    | 00:15:03 | 00:31:13.70    | 00:33:22.20     | +00:16:19 (52.3%) | 6:14         | 9.6 (47.5%) |
| 766 | SOKOŁOWSKI Wojciech  | 1016  |                    | M 50      | 85   | 00:01:06    | 00:14:41 | 00:31:18.25    | 00:32:24.25     | +00:16:24 (52.4%) | 6:15         | 9.6 (47.5%) |
| 767 | BARCZYK Tomasz       | 38    |                    | M 30      | 215  | 00:02:00    | 00:15:51 | 00:31:25.45    | 00:33:25.45     | +00:16:31 (52.6%) | 6:17         | 9.5 (47.0%) |
| 768 | JAŃCZAK Mariusz      | 382   |                    | M 40      | 283  | 00:00:33    | 00:14:55 | 00:31:27.55    | 00:32:00.70     | +00:16:33 (52.6%) | 6:17         | 9.5 (47.0%) |
| 769 | REGUCKI Artur        | 917   |                    | M 50      | 86   | 00:04:28    | 00:14:55 | 00:31:28.15    | 00:35:56.40     | +00:16:34 (52.7%) | 6:17         | 9.5 (47.0%) |
| 770 | ORZECHOWSKI Daniel   | 804   |                    | M 40      | 284  | 00:02:03    | 00:15:35 | 00:31:31.00    | 00:33:34.20     | +00:16:37 (52.7%) | 6:18         | 9.5 (47.0%) |
| 771 | MARCIŃSKI Kuba       | 676   | PROJEKT AIK        | M 40      | 285  | 00:02:15    | 00:15:25 | 00:31:32.55    | 00:33:48.00     | +00:16:38 (52.8%) | 6:18         | 9.5 (47.0%) |
| 772 | MICHALAK Jerzy       | 709   | KBIM.P.SĘKOWSKIEGO | M 70      | 15   | 00:01:48    | 00:15:08 | 00:31:35.90    | 00:33:24.60     | +00:16:42 (52.9%) | 6:19         | 9.5 (47.0%) |
| 773 | GRUDZIŃSKI Bartosz   | 1484  |                    | M 12      | 17   | 00:01:52    | 00:14:52 | 00:31:36.25    | 00:33:28.65     | +00:16:42 (52.9%) | 6:19         | 9.5 (47.0%) |
| 774 | WĘCŁAWIK Piotr       | 1190  |                    | M 30      | 216  | 00:01:52    | 00:14:58 | 00:31:38.90    | 00:33:31.10     | +00:16:45 (52.9%) | 6:19         | 9.5 (47.0%) |

| Msc | Zawodnik             | Numer | Klub                 | Kategoria | Mkat | Czas startu | 2.5km    | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h  |
|-----|----------------------|-------|----------------------|-----------|------|-------------|----------|----------------|-----------------|-------------------|--------------|-------------|
| 775 | KŁYS Mateusz         | 465   |                      | M 20      | 85   | 00:01:55    | 00:15:57 | 00:31:40.40    | 00:33:36.00     | +00:16:46 (53.0%) | 6:20         | 9.5 (47.0%) |
| 776 | JANCZ Bartosz        | 1480  |                      | M 40      | 286  | 00:02:02    | 00:15:47 | 00:31:42.55    | 00:33:45.35     | +00:16:48 (53.0%) | 6:20         | 9.5 (47.0%) |
| 777 | MOSKAŁA Bogusław     | 737   |                      | M 60      | 27   | 00:02:01    | 00:15:47 | 00:31:58.00    | 00:33:59.80     | +00:17:04 (53.4%) | 6:23         | 9.4 (46.5%) |
| 778 | TABOR Tomasz         | 1118  |                      | M 50      | 87   | 00:01:48    | 00:15:49 | 00:32:06.60    | 00:33:55.00     | +00:17:12 (53.6%) | 6:25         | 9.3 (46.0%) |
| 779 | HOŁOWACZ Tomasz      | 346   | KONDYCJA             | M 70      | 16   | 00:01:54    | 00:16:03 | 00:32:10.15    | 00:34:04.70     | +00:17:16 (53.7%) | 6:26         | 9.3 (46.0%) |
| 780 | KOPER Adam           | 494   |                      | M 30      | 217  | 00:00:00    |          | 00:32:11.30    | 00:32:11.30     | +00:17:17 (53.7%) | 6:26         | 9.3 (46.0%) |
| 781 | NAKWASKI Bartek      | 757   |                      | M 40      | 287  | 00:00:33    | 00:15:14 | 00:32:17.90    | 00:32:51.00     | +00:17:24 (53.9%) | 6:27         | 9.3 (46.0%) |
| 782 | SYTY Adam            | 1052  |                      | M 40      | 288  | 00:01:58    | 00:15:46 | 00:32:18.05    | 00:34:16.20     | +00:17:24 (53.9%) | 6:27         | 9.3 (46.0%) |
| 783 | NIEDZIELA Michał     | 766   |                      | M 30      | 218  | 00:01:19    | 00:15:41 | 00:32:18.60    | 00:33:37.60     | +00:17:24 (53.9%) | 6:27         | 9.3 (46.0%) |
| 784 | WITEK Szymon         | 1579  |                      | M 12      | 18   | 00:01:59    | 00:16:16 | 00:32:22.75    | 00:34:22.50     | +00:17:28 (54.0%) | 6:28         | 9.3 (46.0%) |
| 785 | SIERANT Wojciech     | 970   |                      | M 30      | 219  | 00:02:03    | 00:16:31 | 00:32:23.95    | 00:34:27.35     | +00:17:30 (54.0%) | 6:28         | 9.3 (46.0%) |
| 786 | RYŃSKI Andrzej       | 949   |                      | M 50      | 88   | 00:01:15    | 00:15:08 | 00:32:27.55    | 00:33:42.60     | +00:17:33 (54.1%) | 6:29         | 9.2 (45.5%) |
| 787 | ADAMCZYK Jacek       | 1439  | WYKLĘCI TV           | M 50      | 89   | 00:01:55    | 00:15:49 | 00:32:31.20    | 00:34:26.60     | +00:17:37 (54.2%) | 6:30         | 9.2 (45.5%) |
| 788 | WERPACHOWSKI Mateusz | 1189  |                      | M 30      | 220  | 00:01:54    | 00:15:49 | 00:32:39.40    | 00:34:33.75     | +00:17:45 (54.4%) | 6:31         | 9.2 (45.5%) |
| 789 | ZAWACKI Andrzej      | 1277  |                      | M 50      | 90   | 00:01:54    | 00:15:49 | 00:32:40.80    | 00:34:34.85     | +00:17:47 (54.4%) | 6:32         | 9.2 (45.5%) |
| 790 | DRZEWIECKI Janusz    | 1372  | KLUB MSM             | M 60      | 28   | 00:01:49    | 00:16:18 | 00:32:42.25    | 00:34:31.70     | +00:17:48 (54.5%) | 6:32         | 9.2 (45.5%) |
| 791 | PYREK Artur          | 906   |                      | M 40      | 289  | 00:01:59    | 00:16:04 | 00:32:54.15    | 00:34:54.00     | +00:18:00 (54.7%) | 6:34         | 9.1 (45.0%) |
| 792 | PISAREK Jacek        | 1349  | AKS POLONIA WARSZAWA | M 50      | 91   | 00:02:05    | 00:16:35 | 00:32:56.40    | 00:35:02.25     | +00:18:02 (54.8%) | 6:35         | 9.1 (45.0%) |
| 793 | GROCHÓLSKI Paweł     | 313   |                      | M 30      | 221  | 00:00:26    | 00:16:21 | 00:33:01.80    | 00:33:28.65     | +00:18:08 (54.9%) | 6:36         | 9.1 (45.0%) |
| 794 | OLCZAK Witold        | 790   | UMCS BIEGA           | M 60      | 29   | 00:02:09    | 00:16:07 | 00:33:02.00    | 00:35:11.65     | +00:18:08 (54.9%) | 6:36         | 9.1 (45.0%) |
| 795 | MATEJKA Mateusz      | 688   |                      | M 12      | 19   | 00:01:36    | 00:15:13 | 00:33:03.65    | 00:34:39.95     | +00:18:09 (54.9%) | 6:36         | 9.1 (45.0%) |
| 796 | ORZEŁ Paweł          | 806   |                      | M 20      | 86   | 00:02:07    | 00:16:37 | 00:33:05.70    | 00:35:13.20     | +00:18:11 (55.0%) | 6:37         | 9.1 (45.0%) |
| 797 | CZEKAJ Tomasz        | 1430  |                      | M 40      | 290  | 00:02:13    | 00:17:14 | 00:33:08.80    | 00:35:22.25     | +00:18:15 (55.1%) | 6:37         | 9.1 (45.0%) |

| Msc | Zawodnik             | Numer | Klub                         | Kategoria | Mkat | Czas startu | 2.5km    | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h  |
|-----|----------------------|-------|------------------------------|-----------|------|-------------|----------|----------------|-----------------|-------------------|--------------|-------------|
| 798 | KRUKOWSKI Michał     | 559   |                              | M 30      | 222  | 00:01:54    | 00:15:11 | 00:33:09.00    | 00:35:03.70     | +00:18:15 (55.1%) | 6:37         | 9 (44.6%)   |
| 799 | JEŻMAŃSKI Sławek     | 393   |                              | M 40      | 291  | 00:02:11    | 00:17:15 | 00:33:12.50    | 00:35:23.75     | +00:18:18 (55.1%) | 6:38         | 9 (44.6%)   |
| 800 | SZYMAŃCZAK Zbigniew  | 1089  |                              | M 60      | 30   | 00:01:59    | 00:16:52 | 00:33:23.75    | 00:35:22.85     | +00:18:29 (55.4%) | 6:40         | 9 (44.6%)   |
| 801 | DRUZIŁ Mikita        | 207   |                              | M 20      | 87   | 00:01:23    | 00:15:33 | 00:33:24.50    | 00:34:47.95     | +00:18:30 (55.4%) | 6:40         | 9 (44.6%)   |
| 802 | SZYMAŃSKI Mirosław   | 1096  | COMAMEDIA MIROSŁAW SZYMAŃSKI | M 40      | 292  | 00:01:53    | 00:16:20 | 00:33:27.35    | 00:35:20.90     | +00:18:33 (55.5%) | 6:41         | 9 (44.6%)   |
| 803 | NASKRĘT Mariusz      | 761   |                              | M 40      | 293  | 00:01:47    | 00:16:18 | 00:33:30.40    | 00:35:18.00     | +00:18:36 (55.5%) | 6:42         | 9 (44.6%)   |
| 804 | ANIOŁ Zygmunt        | 21    | ZYGMUNT ANIOŁ                | M 50      | 92   | 00:01:26    | 00:16:39 | 00:33:31.80    | 00:34:58.75     | +00:18:38 (55.6%) | 6:42         | 9 (44.6%)   |
| 805 | KALETA Piotr         | 410   |                              | M 30      | 223  | 00:01:55    | 00:15:50 | 00:33:32.15    | 00:35:27.25     | +00:18:38 (55.6%) | 6:42         | 8.9 (44.1%) |
| 806 | BAJOREK Jacek        | 31    |                              | M 40      | 294  | 00:02:11    | 00:16:04 | 00:33:36.20    | 00:35:47.85     | +00:18:42 (55.7%) | 6:43         | 8.9 (44.1%) |
| 807 | BACIŃSKI Arkadiusz   | 1539  |                              | M 40      | 295  | 00:00:00    | 00:17:41 | 00:33:39.05    | 00:33:39.05     | +00:18:45 (55.7%) | 6:43         | 8.9 (44.1%) |
| 808 | SAMEL Janusz         | 1500  |                              | M 40      | 296  | 00:01:42    | 00:15:48 | 00:33:47.95    | 00:35:30.35     | +00:18:54 (55.9%) | 6:45         | 8.9 (44.1%) |
| 809 | NASTALEK Piotr       | 762   |                              | M 40      | 297  | 00:02:00    | 00:17:03 | 00:33:52.55    | 00:35:53.15     | +00:18:58 (56.0%) | 6:46         | 8.9 (44.1%) |
| 810 | WOJTOWICZ Jerzy      | 1238  |                              | M 70      | 17   | 00:02:01    | 00:16:41 | 00:34:03.50    | 00:36:05.10     | +00:19:09 (56.3%) | 6:48         | 8.8 (43.6%) |
| 811 | MAMAK Andrzej        | 673   |                              | M 60      | 31   | 00:00:32    | 00:15:39 | 00:34:06.75    | 00:34:39.70     | +00:19:12 (56.3%) | 6:49         | 8.8 (43.6%) |
| 812 | CZAPIEWSKI Krzysztof | 158   | TRIPASSION                   | M 30      | 224  | 00:01:58    | 00:16:36 | 00:34:08.55    | 00:36:07.30     | +00:19:14 (56.4%) | 6:49         | 8.8 (43.6%) |
| 813 | PATURA Przemysław    | 1398  | Longbridge Team              | M 40      | 298  | 00:01:28    | 00:15:32 | 00:34:19.15    | 00:35:47.60     | +00:19:25 (56.6%) | 6:51         | 8.7 (43.1%) |
| 814 | CZYŻ Michał          | 1506  |                              | M 30      | 225  | 00:00:17    | 00:15:51 | 00:34:26.90    | 00:34:44.10     | +00:19:33 (56.8%) | 6:53         | 8.7 (43.1%) |
| 815 | ŻURAWSKI Filip       | 1303  |                              | M 14      | 15   | 00:01:51    | 00:16:21 | 00:34:26.95    | 00:36:18.00     | +00:19:33 (56.8%) | 6:53         | 8.7 (43.1%) |
| 816 | GLASSER Marek        | 280   |                              | M 70      | 18   | 00:02:06    | 00:17:22 | 00:34:27.65    | 00:36:34.20     | +00:19:33 (56.8%) | 6:53         | 8.7 (43.1%) |
| 817 | ŻURAWSKI Sławomir    | 1302  | PGBSPORTOWAPACZKA            | M 40      | 299  | 00:01:50    | 00:16:22 | 00:34:27.85    | 00:36:18.25     | +00:19:34 (56.8%) | 6:53         | 8.7 (43.1%) |
| 818 | DWÓRZNICKI Jan       | 219   |                              | M 12      | 20   | 00:02:03    | 00:17:01 | 00:34:32.85    | 00:36:36.05     | +00:19:39 (56.9%) | 6:54         | 8.7 (43.1%) |
| 819 | BORKOWSKI Piotr      | 81    |                              | M 40      | 300  | 00:01:57    | 00:16:39 | 00:34:35.90    | 00:36:32.90     | +00:19:42 (56.9%) | 6:55         | 8.7 (43.1%) |
| 820 | MAZUR Paweł          | 699   |                              | M 40      | 301  | 00:02:05    | 00:14:34 | 00:34:40.60    | 00:36:46.25     | +00:19:46 (57.0%) | 6:56         | 8.7 (43.1%) |

| Msc | Zawodnik              | Numer | Klub                  | Kategoria | Mkat | Czas startu | 2.5km    | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h  |
|-----|-----------------------|-------|-----------------------|-----------|------|-------------|----------|----------------|-----------------|-------------------|--------------|-------------|
| 821 | CHARIZA Stefan        | 121   |                       | M 40      | 302  | 00:02:01    | 00:17:04 | 00:34:42.35    | 00:36:44.10     | +00:19:48 (57.1%) | 6:56         | 8.6 (42.6%) |
| 822 | SADURSKI Artur        | 1562  | SC FREIBURG           | M 40      | 303  | 00:01:49    | 00:15:39 | 00:34:49.05    | 00:36:38.85     | +00:19:55 (57.2%) | 6:57         | 8.6 (42.6%) |
| 823 | KIEŁBICKI Marcin      | 446   |                       | M 40      | 304  | 00:00:32    | 00:16:14 | 00:34:53.15    | 00:35:25.50     | +00:19:59 (57.3%) | 6:58         | 8.6 (42.6%) |
| 824 | KEMPA Robert          | 47    |                       | M 40      | 305  | 00:02:11    | 00:17:15 | 00:34:54.60    | 00:37:06.25     | +00:20:00 (57.3%) | 6:58         | 8.6 (42.6%) |
| 825 | MATELA Jacek          | 689   |                       | M 30      | 226  | 00:02:17    | 00:17:12 | 00:34:56.95    | 00:37:14.00     | +00:20:03 (57.4%) | 6:59         | 8.6 (42.6%) |
| 826 | SZOSTAKOWSKI Jarosław | 1077  | BIEGAMY Z OCHOTĄ      | M 50      | 93   | 00:02:07    | 00:17:18 | 00:34:58.20    | 00:37:06.00     | +00:20:04 (57.4%) | 6:59         | 8.6 (42.6%) |
| 827 | CHOJNACKI Grzegorz    | 134   |                       | M 40      | 306  | 00:02:05    | 00:16:47 | 00:34:59.00    | 00:37:04.50     | +00:20:05 (57.4%) | 6:59         | 8.6 (42.6%) |
| 828 | PASTERNAK Jerzy       | 826   | DRUŻYNA PAULINY       | M 60      | 32   | 00:02:23    | 00:17:22 | 00:35:28.90    | 00:37:52.20     | +00:20:35 (58.0%) | 7:05         | 8.5 (42.1%) |
| 829 | KUBACKI Grzegorz      | 572   |                       | M 50      | 94   | 00:01:21    | 00:16:49 | 00:36:10.05    | 00:37:31.05     | +00:21:16 (58.8%) | 7:14         | 8.3 (41.1%) |
| 830 | ĆWIEK Jarosław        | 171   |                       | M 50      | 95   | 00:02:10    | 00:17:43 | 00:36:12.50    | 00:38:22.60     | +00:21:18 (58.9%) | 7:14         | 8.3 (41.1%) |
| 831 | KARBOWNIK Michał      | 422   |                       | M 30      | 227  | 00:00:20    | 00:16:37 | 00:36:22.15    | 00:36:42.40     | +00:21:28 (59.0%) | 7:16         | 8.2 (40.6%) |
| 832 | KOSIATY Jarosław      | 507   | RÓBMY SWOJE           | M 50      | 96   | 00:01:10    | 00:16:29 | 00:36:25.60    | 00:37:36.20     | +00:21:31 (59.1%) | 7:17         | 8.2 (40.6%) |
| 833 | WOJTAS Janusz         | 1237  |                       | M 50      | 97   | 00:02:02    | 00:17:49 | 00:36:50.00    | 00:38:52.45     | +00:21:56 (59.6%) | 7:22         | 8.1 (40.1%) |
| 834 | GARWACKI Jozef        | 268   |                       | M 70      | 19   | 00:01:54    | 00:18:00 | 00:37:05.40    | 00:38:59.55     | +00:22:11 (59.8%) | 7:25         | 8.1 (40.1%) |
| 835 | PLUTA Alek            | 872   |                       | M 30      | 228  | 00:02:24    | 00:18:14 | 00:37:42.05    | 00:40:07.00     | +00:22:48 (60.5%) | 7:32         | 8 (39.6%)   |
| 836 | BORUSZEWSKI Maciej    | 85    |                       | M 40      | 307  | 00:00:19    | 00:17:27 | 00:37:53.25    | 00:38:12.50     | +00:22:59 (60.7%) | 7:34         | 7.9 (39.1%) |
| 837 | ROWICKI Jakub         | 935   |                       | M 20      | 88   | 00:01:15    | 00:18:19 | 00:38:12.40    | 00:39:27.45     | +00:23:18 (61.0%) | 7:38         | 7.9 (39.1%) |
| 838 | DZIURDŹ Jacek         | 229   | GRUPA BIEGOWA UM W-WA | M 40      | 308  | 00:01:43    | 00:18:52 | 00:38:42.00    | 00:40:25.05     | +00:23:48 (61.5%) | 7:44         | 7.8 (38.6%) |
| 839 | FARRALES Chadwick     | 243   | PINOYSINPOLAND        | M 16      | 32   | 00:00:43    | 00:18:54 | 00:38:42.35    | 00:39:25.90     | +00:23:48 (61.5%) | 7:44         | 7.8 (38.6%) |
| 840 | FARRALES Ronaldo      | 242   | PINOYS IN POLAND      | M 40      | 309  | 00:00:43    | 00:18:54 | 00:38:42.50    | 00:39:26.00     | +00:23:48 (61.5%) | 7:44         | 7.8 (38.6%) |
| 841 | MOSZKOWICZ Eugeniusz  | 739   | KONDYCJA              | M 70      | 20   | 00:01:57    | 00:18:39 | 00:39:37.50    | 00:41:35.30     | +00:24:43 (62.4%) | 7:55         | 7.6 (37.6%) |
| 842 | MIODUSZEWSKI Andrzej  | 726   |                       | M 70      | 21   | 00:00:04    | 00:19:07 | 00:39:50.10    | 00:39:54.70     | +00:24:56 (62.6%) | 7:58         | 7.5 (37.1%) |
| 843 | MIŚCIOR Tomasz        | 730   |                       | M 30      | 229  | 00:00:00    |          | 00:40:35.20    | 00:40:35.20     | +00:25:41 (63.3%) | 8:07         | 7.4 (36.6%) |

| Msc | Zawodnik          | Numer | Klub              | Kategoria | Mkat | Czas startu | 2.5km    | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h   |
|-----|-------------------|-------|-------------------|-----------|------|-------------|----------|----------------|-----------------|-------------------|--------------|--------------|
| 844 | ŁOWCZAK Jacek     | 637   | TEAM ZABIEGANEDNI | M 30      | 230  | 00:02:22    | 00:18:20 | 00:40:48.30    | 00:43:10.90     | +00:25:54 (63.5%) | 8:09         | 7.4 (36.6%)  |
| 845 | MYŚLIWIEC Piotr   | 754   | AKTYWNI PO ZAWALE | M 40      | 310  | 00:02:00    | 00:19:43 | 00:40:54.35    | 00:42:54.50     | +00:26:00 (63.6%) | 8:10         | 7.3 (36.1%)  |
| 846 | MYŚLIWIEC Szymon  | 755   |                   | M 12      | 21   | 00:02:00    | 00:19:44 | 00:40:54.40    | 00:42:54.45     | +00:26:00 (63.6%) | 8:10         | 7.3 (36.1%)  |
| 847 | BORTLISZ Tomasz   | 83    |                   | M 40      | 311  | 00:02:18    | 00:20:16 | 00:42:57.90    | 00:45:16.30     | +00:28:04 (65.3%) | 8:35         | 7 (34.7%)    |
| 848 | MIRECKI Michał    | 729   |                   | M 40      | 312  | 00:00:04    | 00:09:00 |                |                 | +00:01:35         | 3:36         | 16.7 (82.7%) |
| 849 | MAŁYSA Michał     | 671   | PGR MYSŁAKI       | M 20      | 89   | 00:01:50    | 00:14:25 |                |                 | +00:07:00         | 5:46         | 10.4 (51.5%) |
| 850 | PRĘGOWSKI Bartosz | 889   |                   | M 20      | 90   | 00:00:00    | 00:14:35 |                |                 | +                 | 5:50         | 10.3 (51.0%) |
| 851 | JANKOWSKI Kamil   | 1580  |                   | M 20      | 91   | 00:00:02    |          |                |                 |                   |              | (0.0%)       |
| 852 | KULIŃSKI Antoni   | 587   |                   | M 14      | 16   | 00:00:19    |          |                |                 |                   |              | (0.0%)       |

Znaleziono 852 wynik(ów)