



# BIEG WEGAŃSKI 10 KM

B4SPORT

**Wydarzenie:** Bieg Wegański  
**Organizator:** Fundacja Run Vegan  
**Data:** 2019-05-19  
**Miejsce:** Warszawa  
**Dystans:** 10 km

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>CHRABAŁOWSKI Jarosław</b>	<b>536</b>	WARSZAWIAKY	M30-49	1	00:00:07	00:19:54	<b>00:39:58.85</b>	<b>00:40:06.50</b>		3:59	15 (100%)
2	<b>PARSZCZYŃSKA Izabela</b>	<b>668</b>	TEAM PARSZCZYŃSKICH	K30-49	1	00:00:06	00:19:58	<b>00:39:59.90</b>	<b>00:40:06.85</b>	+00:00:01 (0.0%)	4:00	15 (100%)
3	<b>KOŚCIK Jakub</b>	<b>607</b>		M30-49	2	00:00:08	00:19:56	<b>00:40:33.90</b>	<b>00:40:42.20</b>	+00:00:35 (1.4%)	4:03	14.8 (98.7%)
4	<b>MADEJEK Kamil</b>	<b>634</b>	VEGE RUNNERS	M30-49	3	00:00:07	00:20:51	<b>00:41:46.70</b>	<b>00:41:54.05</b>	+00:01:47 (4.3%)	4:10	14.4 (96.0%)
5	<b>GOLEC Tomasz</b>	<b>569</b>		M30-49	4	00:00:07	00:20:59	<b>00:42:23.55</b>	<b>00:42:30.60</b>	+00:02:24 (5.7%)	4:14	14.2 (94.7%)
6	<b>PIATKA Tomasz</b>	<b>673</b>	ADIDAS RUNNERS WARSAW	M30-49	5	00:00:07	00:22:08	<b>00:43:06.90</b>	<b>00:43:14.40</b>	+00:03:08 (7.3%)	4:18	13.9 (92.7%)
7	<b>STEFAŃSKI Stefan</b>	<b>784</b>		M50+	1	00:00:07	00:21:17	<b>00:43:18.40</b>	<b>00:43:25.90</b>	+00:03:19 (7.7%)	4:19	13.9 (92.7%)
8	<b>RUSZCZEWSKI Andrzej</b>	<b>697</b>	VEGE RUNNERS	M30-49	6	00:00:06	00:21:22	<b>00:43:33.80</b>	<b>00:43:40.75</b>	+00:03:34 (8.2%)	4:21	13.8 (92.0%)
9	<b>PLUSZKA Adam</b>	<b>676</b>	VEGE RUNNERS	M30-49	7	00:00:07	00:21:21	<b>00:43:37.25</b>	<b>00:43:44.60</b>	+00:03:38 (8.3%)	4:21	13.8 (92.0%)
10	<b>DANAK Przemek</b>	<b>541</b>	KGB - KOSTRZYŃSKA GRUPA BIEGOWA	M30-49	8	00:00:13	00:21:56	<b>00:44:10.35</b>	<b>00:44:23.35</b>	+00:04:11 (9.5%)	4:25	13.6 (90.7%)
11	<b>DĄBROWA Kamil</b>	<b>52</b>		M30-49	9	00:00:08	00:23:26	<b>00:45:38.55</b>	<b>00:45:46.85</b>	+00:05:39 (12.4%)	4:33	13.1 (87.3%)
12	<b>POROWSKI Waldek</b>	<b>679</b>	TRUCHT TARCHOMIN TEAM	M30-49	10	00:00:21	00:22:44	<b>00:45:39.00</b>	<b>00:46:00.95</b>	+00:05:40 (12.4%)	4:33	13.1 (87.3%)
13	<b>SZCZECIŃSKI Maciej</b>	<b>731</b>		M1-29	1	00:00:13	00:23:20	<b>00:45:42.90</b>	<b>00:45:56.60</b>	+00:05:44 (12.5%)	4:34	13.1 (87.3%)
14	<b>STĘPIEŃ Adam</b>	<b>722</b>	ANANASY	M30-49	11	00:00:08	00:23:26	<b>00:45:43.00</b>	<b>00:45:51.55</b>	+00:05:44 (12.5%)	4:34	13.1 (87.3%)
15	<b>KOSSOWSKI Maciej</b>	<b>605</b>	SOCIETY OF MISERY AND REGRETS	M30-49	12	00:00:10	00:23:25	<b>00:45:48.10</b>	<b>00:45:58.20</b>	+00:05:49 (12.7%)	4:34	13.1 (87.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	<b>MŁODZIŃSKI Dariusz</b>	<b>654</b>		M50+	2	00:00:17	00:23:14	<b>00:46:13.25</b>	<b>00:46:30.60</b>	+00:06:14 (13.5%)	4:37	13 (86.7%)
17	<b>ŁUKIANOW Artur</b>	<b>631</b>		M30-49	13	00:00:07	00:22:43	<b>00:46:54.30</b>	<b>00:47:01.65</b>	+00:06:55 (14.8%)	4:41	12.8 (85.3%)
18	<b>KASHIVSKIY Oleh</b>	<b>783</b>		M30-49	14	00:00:08	00:23:14	<b>00:47:15.90</b>	<b>00:47:24.35</b>	+00:07:17 (15.4%)	4:43	12.7 (84.7%)
19	<b>RADKOWSKA Małgorzata</b>	<b>687</b>	DZIOBAKI I NOSIAKI	K30-49	2	00:00:10	00:24:12	<b>00:48:30.40</b>	<b>00:48:41.10</b>	+00:08:31 (17.6%)	4:51	12.4 (82.7%)
20	<b>SZYMANIK Paweł</b>	<b>786</b>	AKTYWNA WARSZAWA	M30-49	15	00:00:11	00:23:26	<b>00:48:37.05</b>	<b>00:48:48.65</b>	+00:08:38 (17.8%)	4:51	12.3 (82.0%)
21	<b>JASKÓLSKA Magda</b>	<b>580</b>	VEGE RUNNERS	K1-29	1	00:00:07	00:24:32	<b>00:49:38.65</b>	<b>00:49:46.45</b>	+00:09:39 (19.5%)	4:57	12.1 (80.7%)
22	<b>SEKŚCIŃSKA Magda</b>	<b>703</b>		K30-49	3	00:00:13	00:25:10	<b>00:50:27.80</b>	<b>00:50:41.60</b>	+00:10:28 (20.8%)	5:02	11.9 (79.3%)
23	<b>ROJEK Rafał</b>	<b>693</b>	VEGE RUNNERS	M30-49	16	00:00:10	00:25:08	<b>00:50:28.10</b>	<b>00:50:38.65</b>	+00:10:29 (20.8%)	5:02	11.9 (79.3%)
24	<b>POROWSKI Adrian</b>	<b>777</b>		M30-49	17	00:00:25	00:25:43	<b>00:50:56.65</b>	<b>00:51:21.75</b>	+00:10:57 (21.5%)	5:05	11.8 (78.7%)
25	<b>REWERA Robert</b>	<b>691</b>	PKO BANK POLSKI SA	M30-49	18	00:00:23	00:26:26	<b>00:51:00.30</b>	<b>00:51:23.95</b>	+00:11:01 (21.6%)	5:06	11.8 (78.7%)
26	<b>MODRZEJEWSKI Piotr</b>	<b>655</b>		M1-29	2	00:00:22	00:25:14	<b>00:51:08.65</b>	<b>00:51:30.75</b>	+00:11:09 (21.8%)	5:06	11.7 (78.0%)
27	<b>BOLEWSLA Maria</b>	<b>780</b>		K1-29	2	00:00:15	00:25:45	<b>00:51:13.10</b>	<b>00:51:28.50</b>	+00:11:14 (21.9%)	5:07	11.7 (78.0%)
28	<b>GODZEWSKI Maciej</b>	<b>781</b>		M30-49	19	00:00:15	00:25:45	<b>00:51:13.35</b>	<b>00:51:28.70</b>	+00:11:14 (21.9%)	5:07	11.7 (78.0%)
29	<b>CHARLEJ Ireneusz</b>	<b>534</b>	WIECZORNE BIEGANIE W SZCZECINIE	M30-49	20	00:00:08	00:24:34	<b>00:51:17.75</b>	<b>00:51:26.65</b>	+00:11:18 (22.1%)	5:07	11.7 (78.0%)
30	<b>BUCZYŃSKI Rafał</b>	<b>527</b>	ADIDAS RUNNERS	M30-49	21	00:00:20	00:25:02	<b>00:51:26.25</b>	<b>00:51:46.85</b>	+00:11:27 (22.3%)	5:08	11.7 (78.0%)
31	<b>POLAK Lechosław</b>	<b>677</b>		M50+	3	00:00:21	00:25:18	<b>00:51:32.80</b>	<b>00:51:54.30</b>	+00:11:33 (22.4%)	5:09	11.6 (77.3%)
32	<b>ŻYWIŃ Marek</b>	<b>773</b>		M50+	4	00:00:10	00:25:33	<b>00:51:49.85</b>	<b>00:52:00.55</b>	+00:11:51 (22.9%)	5:11	11.6 (77.3%)
33	<b>FISZER Agnieszka</b>	<b>555</b>		K30-49	4	00:00:15	00:26:04	<b>00:52:24.25</b>	<b>00:52:40.10</b>	+00:12:25 (23.7%)	5:14	11.4 (76.0%)
34	<b>MAŃK Michalina</b>	<b>637</b>		K1-29	3	00:00:20	00:26:26	<b>00:52:33.45</b>	<b>00:52:54.20</b>	+00:12:34 (23.9%)	5:15	11.4 (76.0%)
35	<b>WOLAK Paweł</b>	<b>758</b>	VEGE RUNNERS	M1-29	3	00:00:30	00:25:50	<b>00:52:33.60</b>	<b>00:53:03.85</b>	+00:12:34 (23.9%)	5:15	11.4 (76.0%)
36	<b>ZARĘBSKA Julia</b>	<b>764</b>		K1-29	4	00:00:17	00:25:51	<b>00:52:37.45</b>	<b>00:52:55.35</b>	+00:12:38 (24.0%)	5:15	11.4 (76.0%)
37	<b>GODZIMIRSKI Tomasz</b>	<b>568</b>		M1-29	4	00:00:18	00:25:49	<b>00:52:37.55</b>	<b>00:52:55.60</b>	+00:12:38 (24.0%)	5:15	11.4 (76.0%)
38	<b>DUDA Jacek</b>	<b>548</b>		M30-49	22	00:00:17	00:25:43	<b>00:52:38.45</b>	<b>00:52:55.85</b>	+00:12:39 (24.0%)	5:15	11.4 (76.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
39	<b>GALIMSKI Marcin</b>	<b>558</b>		M1-29	5	00:00:17	00:26:35	<b>00:52:40.55</b>	<b>00:52:57.70</b>	+00:12:41 (24.1%)	5:16	11.4 (76.0%)
40	<b>SUROWKA Karol</b>	<b>728</b>		M1-29	6	00:00:21	00:25:37	<b>00:52:43.60</b>	<b>00:53:04.65</b>	+00:12:44 (24.2%)	5:16	11.4 (76.0%)
41	<b>WÓJCIK Monika</b>	<b>759</b>	ROZPĘDZONA	K30-49	5	00:00:15	00:26:07	<b>00:52:47.60</b>	<b>00:53:03.30</b>	+00:12:48 (24.3%)	5:16	11.4 (76.0%)
42	<b>PASTUSZKA Anna</b>	<b>669</b>	ROZPĘDZONA	K30-49	6	00:00:16	00:26:12	<b>00:52:47.65</b>	<b>00:53:03.85</b>	+00:12:48 (24.3%)	5:16	11.4 (76.0%)
43	<b>KOTZ Dorota</b>	<b>609</b>		K1-29	5	00:00:23	00:26:54	<b>00:52:48.35</b>	<b>00:53:11.50</b>	+00:12:49 (24.3%)	5:16	11.4 (76.0%)
44	<b>JĘDRZEJEWSKA Daria</b>	<b>585</b>		K1-29	6	00:00:12	00:25:56	<b>00:52:55.30</b>	<b>00:53:08.20</b>	+00:12:56 (24.5%)	5:17	11.3 (75.3%)
45	<b>BATOR Weronika</b>	<b>513</b>		K1-29	7	00:00:25	00:26:47	<b>00:52:55.85</b>	<b>00:53:21.60</b>	+00:12:57 (24.5%)	5:17	11.3 (75.3%)
46	<b>WDOWIAK Piotr</b>	<b>756</b>		M30-49	23	00:00:11	00:25:10	<b>00:52:56.00</b>	<b>00:53:07.05</b>	+00:12:57 (24.5%)	5:17	11.3 (75.3%)
47	<b>BARON Arkadiusz</b>	<b>510</b>		M50+	5	00:00:24	00:27:06	<b>00:53:00.50</b>	<b>00:53:25.00</b>	+00:13:01 (24.6%)	5:18	11.3 (75.3%)
48	<b>SKOWROŃSKI Wojciech</b>	<b>709</b>	SANTANDER RUNNERS TEAM	M50+	6	00:00:25	00:26:49	<b>00:53:03.50</b>	<b>00:53:28.50</b>	+00:13:04 (24.6%)	5:18	11.3 (75.3%)
49	<b>DARMAS Hania</b>	<b>543</b>	MILABO	K30-49	7	00:00:21	00:26:39	<b>00:53:10.70</b>	<b>00:53:32.35</b>	+00:13:11 (24.8%)	5:19	11.3 (75.3%)
50	<b>OLESIŃSKI Piotr</b>	<b>663</b>	BELVEDERE ŻYRARDÓW	M30-49	24	00:00:21	00:25:52	<b>00:53:20.50</b>	<b>00:53:41.55</b>	+00:13:21 (25.0%)	5:20	11.3 (75.3%)
51	<b>ALEKSANDROVA Nadezhda</b>	<b>501</b>		K1-29	8	00:00:16	00:25:50	<b>00:53:33.25</b>	<b>00:53:50.00</b>	+00:13:34 (25.3%)	5:21	11.2 (74.7%)
52	<b>KNÓŁ Tomasz</b>	<b>776</b>		M30-49	25	00:00:11	00:25:39	<b>00:53:34.55</b>	<b>00:53:46.45</b>	+00:13:35 (25.4%)	5:21	11.2 (74.7%)
53	<b>ŻUCHOWSKA Magdalena</b>	<b>771</b>		K30-49	8	00:00:18	00:26:52	<b>00:53:36.90</b>	<b>00:53:55.05</b>	+00:13:38 (25.4%)	5:21	11.2 (74.7%)
54	<b>JÓŻWIK Grzegorz</b>	<b>779</b>		M30-49	26	00:00:18	00:26:40	<b>00:54:05.75</b>	<b>00:54:24.10</b>	+00:14:06 (26.1%)	5:24	11.1 (74.0%)
55	<b>SZNEL Monika</b>	<b>733</b>		K1-29	9	00:00:14	00:26:37	<b>00:54:15.40</b>	<b>00:54:30.20</b>	+00:14:16 (26.3%)	5:25	11.1 (74.0%)
56	<b>BRZOSKA Małgorzata</b>	<b>525</b>	BANK GOSPODARSTWA KRAJOWEGO	K30-49	9	00:00:12	00:26:41	<b>00:54:15.65</b>	<b>00:54:28.55</b>	+00:14:16 (26.3%)	5:25	11.1 (74.0%)
57	<b>VORONKOVA Elena</b>	<b>752</b>		K1-29	10	00:00:14	00:26:23	<b>00:54:33.70</b>	<b>00:54:48.40</b>	+00:14:34 (26.7%)	5:27	11 (73.3%)
58	<b>FALKOWSKI Piotr</b>	<b>797</b>	PEGAZ PIASECZNO	M50+	7	00:00:24	00:26:53	<b>00:54:35.40</b>	<b>00:54:59.80</b>	+00:14:36 (26.8%)	5:27	11 (73.3%)
59	<b>SIERADZKA Agnieszka</b>	<b>704</b>		K1-29	11	00:00:22	00:27:07	<b>00:54:35.65</b>	<b>00:54:58.15</b>	+00:14:36 (26.8%)	5:27	11 (73.3%)
60	<b>MASTALERZ Oliwer</b>	<b>640</b>		M1-29	7	00:00:35	00:28:55	<b>00:54:37.00</b>	<b>00:55:12.20</b>	+00:14:38 (26.8%)	5:27	11 (73.3%)
61	<b>KRZYSZEK Ignacy</b>	<b>788</b>	AKTYWNA WARSZAWA	M1-29	8	00:00:15	00:26:44	<b>00:54:50.15</b>	<b>00:55:05.35</b>	+00:14:51 (27.1%)	5:29	10.9 (72.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
62	<b>Ó PROINSIAS Keith</b>	<b>665</b>		M30-49	27	00:00:09	00:26:42	<b>00:54:51.35</b>	<b>00:55:00.85</b>	+00:14:52 (27.1%)	5:29	10.9 (72.7%)
63	<b>ŚWIDZIKOWSKI Michał</b>	<b>741</b>		M30-49	28	00:00:39	00:27:43	<b>00:54:54.60</b>	<b>00:55:33.60</b>	+00:14:55 (27.2%)	5:29	10.9 (72.7%)
64	<b>KNAPP Anna</b>	<b>598</b>		K30-49	10	00:00:26	00:27:14	<b>00:55:06.10</b>	<b>00:55:32.85</b>	+00:15:07 (27.4%)	5:30	10.9 (72.7%)
65	<b>STOKŁOSA Jolanta</b>	<b>725</b>	KOMENDA GŁÓWNA POLICJI	K1-29	12	00:00:10	00:27:10	<b>00:55:16.45</b>	<b>00:55:26.70</b>	+00:15:17 (27.7%)	5:31	10.9 (72.7%)
66	<b>SZABLICKA Iwona</b>	<b>729</b>		K1-29	13	00:02:00	00:27:07	<b>00:55:19.50</b>	<b>00:57:20.25</b>	+00:15:20 (27.7%)	5:32	10.8 (72.0%)
67	<b>FRONC Michał</b>	<b>556</b>		M1-29	9	00:02:00	00:27:10	<b>00:55:19.60</b>	<b>00:57:20.35</b>	+00:15:20 (27.7%)	5:32	10.8 (72.0%)
68	<b>SOKULSKI Marcin</b>	<b>720</b>	KASZANKI	M30-49	29	00:00:11	00:27:19	<b>00:55:23.00</b>	<b>00:55:34.50</b>	+00:15:24 (27.8%)	5:32	10.8 (72.0%)
69	<b>GĄTKIEWICZ Mikołaj</b>	<b>563</b>		M1-29	10	00:00:27	00:27:08	<b>00:55:33.45</b>	<b>00:56:01.35</b>	+00:15:34 (28.0%)	5:33	10.8 (72.0%)
70	<b>PRĘGOWSKI Michał</b>	<b>683</b>		M30-49	30	00:00:38	00:27:32	<b>00:55:37.90</b>	<b>00:56:16.35</b>	+00:15:39 (28.1%)	5:33	10.8 (72.0%)
71	<b>GURNIAK Krzysztof</b>	<b>573</b>		M1-29	11	00:00:26	00:27:49	<b>00:55:52.50</b>	<b>00:56:19.45</b>	+00:15:53 (28.4%)	5:35	10.7 (71.3%)
72	<b>MAUS Cyprian</b>	<b>642</b>		M30-49	31	00:00:20	00:28:02	<b>00:55:53.35</b>	<b>00:56:14.25</b>	+00:15:54 (28.5%)	5:35	10.7 (71.3%)
73	<b>BEDNAREK Paweł</b>	<b>514</b>		M30-49	32	00:00:25	00:27:10	<b>00:55:58.15</b>	<b>00:56:23.35</b>	+00:15:59 (28.6%)	5:35	10.7 (71.3%)
74	<b>JAROSZ-CZERWIŃSKA Kasia</b>	<b>578</b>	KONDYCJA PIASECZNO	K30-49	11	00:00:19	00:28:04	<b>00:56:12.35</b>	<b>00:56:32.05</b>	+00:16:13 (28.9%)	5:37	10.7 (71.3%)
75	<b>KRAWCZYK Marta</b>	<b>612</b>	KOSTRZYŃSKA GRUPA BIEGOWA	K30-49	12	00:00:13	00:27:50	<b>00:56:13.70</b>	<b>00:56:27.05</b>	+00:16:14 (28.9%)	5:37	10.7 (71.3%)
76	<b>BARANOWSKI Lech</b>	<b>509</b>		M30-49	33	00:00:11	00:26:36	<b>00:56:17.45</b>	<b>00:56:28.55</b>	+00:16:18 (29.0%)	5:37	10.7 (71.3%)
77	<b>URBANIK Katarzyna</b>	<b>787</b>	AKTYWNA WARSZAWA	K1-29	14	00:00:13	00:27:52	<b>00:56:19.90</b>	<b>00:56:33.55</b>	+00:16:21 (29.0%)	5:38	10.7 (71.3%)
78	<b>PANASZEWSKI Przemysław</b>	<b>667</b>	PALESTRA K-1 & MUAY THAI TEAM	M1-29	12	00:00:21	00:27:40	<b>00:56:34.95</b>	<b>00:56:56.60</b>	+00:16:36 (29.3%)	5:39	10.6 (70.7%)
79	<b>DANIELSKI Jacek</b>	<b>542</b>	PZU SPORT TEAM	M30-49	34	00:00:24	00:28:04	<b>00:56:36.25</b>	<b>00:57:00.45</b>	+00:16:37 (29.4%)	5:39	10.6 (70.7%)
80	<b>SCHWERTNER Janusz</b>	<b>702</b>		M1-29	13	00:00:44	00:30:17	<b>00:57:11.65</b>	<b>00:57:56.40</b>	+00:17:12 (30.1%)	5:43	10.5 (70.0%)
81	<b>PIOTROWSKI Jan</b>	<b>778</b>	GRUPA BIEGOWA UM W-WA	M30-49	35	00:00:25	00:29:09	<b>00:57:11.95</b>	<b>00:57:37.05</b>	+00:17:13 (30.1%)	5:43	10.5 (70.0%)
82	<b>SCHWERTNER Tomasz</b>	<b>701</b>		M30-49	36	00:00:44	00:30:17	<b>00:57:12.45</b>	<b>00:57:57.35</b>	+00:17:13 (30.1%)	5:43	10.5 (70.0%)
83	<b>SCHWERTNER Emilia</b>	<b>700</b>	VEGE RUNNERS	K30-49	13	00:00:44	00:30:17	<b>00:57:12.60</b>	<b>00:57:57.10</b>	+00:17:13 (30.1%)	5:43	10.5 (70.0%)
84	<b>ZAMIAR Marcin</b>	<b>763</b>		M30-49	37	00:00:08	00:28:29	<b>00:57:21.45</b>	<b>00:57:29.65</b>	+00:17:22 (30.3%)	5:44	10.5 (70.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
85	<b>SZTUBECKI Rafał</b>	<b>735</b>		M30-49	38	00:00:20	00:28:23	<b>00:57:27.20</b>	<b>00:57:47.35</b>	+00:17:28 (30.4%)	5:44	10.4 (69.3%)
86	<b>SKOWROŃSKI Marcin</b>	<b>708</b>	VEGE RUNNERS	M30-49	39	00:00:19	00:28:24	<b>00:57:28.50</b>	<b>00:57:47.55</b>	+00:17:29 (30.4%)	5:44	10.4 (69.3%)
87	<b>PUCZYŃSKA Renata</b>	<b>686</b>		K30-49	14	00:00:24	00:28:56	<b>00:57:32.25</b>	<b>00:57:56.80</b>	+00:17:33 (30.5%)	5:45	10.4 (69.3%)
88	<b>GRABOWSKI Przemysław</b>	<b>571</b>	-	M30-49	40	00:00:34	00:28:57	<b>00:57:36.80</b>	<b>00:58:10.95</b>	+00:17:37 (30.6%)	5:45	10.4 (69.3%)
89	<b>DAŁEK Dominik</b>	<b>540</b>		M30-49	41	00:00:23	00:27:57	<b>00:57:56.65</b>	<b>00:58:20.50</b>	+00:17:57 (31.0%)	5:47	10.4 (69.3%)
90	<b>DROSIO Klaudia</b>	<b>547</b>		K30-49	15	00:00:11	00:28:05	<b>00:58:03.10</b>	<b>00:58:14.45</b>	+00:18:04 (31.1%)	5:48	10.3 (68.7%)
91	<b>SADOWSKI Bartłomiej</b>	<b>699</b>	ZAWSZE GOTOWI ZAWSZE BLISKO	M30-49	42	00:00:26	00:28:53	<b>00:58:04.45</b>	<b>00:58:30.65</b>	+00:18:05 (31.2%)	5:48	10.3 (68.7%)
92	<b>GĄTKIEWICZ Arkadiusz</b>	<b>562</b>		M50+	8	00:00:25	00:29:00	<b>00:58:17.25</b>	<b>00:58:42.45</b>	+00:18:18 (31.4%)	5:49	10.3 (68.7%)
93	<b>KNÓŁ Magdalena</b>	<b>775</b>		K30-49	16	00:00:12	00:29:03	<b>00:58:17.70</b>	<b>00:58:30.30</b>	+00:18:18 (31.4%)	5:49	10.3 (68.7%)
94	<b>KACZMAREK Katarzyna</b>	<b>590</b>	ROZPĘDZONA	K30-49	17	00:00:16	00:28:21	<b>00:58:21.75</b>	<b>00:58:38.05</b>	+00:18:22 (31.5%)	5:50	10.3 (68.7%)
95	<b>SZULAWSKI Robert</b>	<b>736</b>	GSDŻOLIBORZ	M50+	9	00:00:17	00:27:44	<b>00:58:28.35</b>	<b>00:58:45.95</b>	+00:18:29 (31.6%)	5:50	10.3 (68.7%)
96	<b>KOMARNITSKAYA Natalia</b>	<b>603</b>		K30-49	18	00:00:25	00:28:30	<b>00:58:28.50</b>	<b>00:58:54.20</b>	+00:18:29 (31.6%)	5:50	10.3 (68.7%)
97	<b>SILSKI Rafał</b>	<b>705</b>		M30-49	43	00:00:23	00:29:13	<b>00:58:38.85</b>	<b>00:59:02.70</b>	+00:18:40 (31.8%)	5:51	10.2 (68.0%)
98	<b>RUDNIK Katarzyna</b>	<b>696</b>		K30-49	19	00:00:30	00:29:06	<b>00:58:45.65</b>	<b>00:59:15.75</b>	+00:18:46 (32.0%)	5:52	10.2 (68.0%)
99	<b>BIERNACKA Danuta</b>	<b>518</b>		K30-49	20	00:00:28	00:28:58	<b>00:58:46.45</b>	<b>00:59:14.45</b>	+00:18:47 (32.0%)	5:52	10.2 (68.0%)
100	<b>JENCZ-GRYZEL Katarzyna</b>	<b>583</b>		K30-49	21	00:00:29	00:28:52	<b>00:58:53.75</b>	<b>00:59:22.90</b>	+00:18:54 (32.1%)	5:53	10.2 (68.0%)
101	<b>POPIELSKI Błażej</b>	<b>678</b>		M30-49	44	00:00:30	00:29:15	<b>00:58:55.65</b>	<b>00:59:26.35</b>	+00:18:56 (32.2%)	5:53	10.2 (68.0%)
102	<b>JASIŃSKA Agnieszka</b>	<b>579</b>		K30-49	22	00:00:12	00:29:31	<b>00:59:08.25</b>	<b>00:59:20.35</b>	+00:19:09 (32.4%)	5:54	10.1 (67.3%)
103	<b>TRZEŚNIEWSKI Krzysztof</b>	<b>749</b>	VEGE RUNNERS	M30-49	45	00:00:18	00:28:20	<b>00:59:09.60</b>	<b>00:59:28.10</b>	+00:19:10 (32.4%)	5:55	10.1 (67.3%)
104	<b>TRYNISZEWSKA Anna</b>	<b>748</b>	DREAM TEAM RUNNERS	K30-49	23	00:00:19	00:29:25	<b>00:59:10.05</b>	<b>00:59:29.85</b>	+00:19:11 (32.4%)	5:55	10.1 (67.3%)
105	<b>ZAK Monika</b>	<b>762</b>		K30-49	24	00:00:29	00:29:55	<b>00:59:11.20</b>	<b>00:59:40.60</b>	+00:19:12 (32.4%)	5:55	10.1 (67.3%)
106	<b>MALER Władysław</b>	<b>635</b>		M50+	10	00:00:15	00:27:58	<b>00:59:18.30</b>	<b>00:59:33.50</b>	+00:19:19 (32.6%)	5:55	10.1 (67.3%)
107	<b>MAZUR Jowita</b>	<b>647</b>	ROZPĘDZONA	K30-49	25	00:00:16	00:29:18	<b>00:59:22.70</b>	<b>00:59:38.85</b>	+00:19:23 (32.7%)	5:56	10.1 (67.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
108	<b>SŁOMKA Amelia</b>	<b>715</b>		K1-29	15	00:00:20	00:27:54	<b>00:59:30.35</b>	<b>00:59:50.75</b>	+00:19:31 (32.8%)	5:57	10.1 (67.3%)
109	<b>PAWELEC Krystyna</b>	<b>671</b>	DOGOŃ GRODZISK MAZOWIECKI	K50+	1	00:00:43	00:30:10	<b>00:59:41.15</b>	<b>01:00:24.60</b>	+00:19:42 (33.0%)	5:58	10.1 (67.3%)
110	<b>ŚWIĄTKOWSKI-OKOŃSKI Marek</b>	<b>740</b>		M30-49	46	00:00:22	00:29:41	<b>00:59:44.60</b>	<b>01:00:07.45</b>	+00:19:45 (33.1%)	5:58	10 (66.7%)
111	<b>RADZIKOWSKA Sylwia</b>	<b>689</b>		K30-49	26	00:00:12	00:29:31	<b>00:59:46.15</b>	<b>00:59:58.55</b>	+00:19:47 (33.1%)	5:58	10 (66.7%)
112	<b>TERZONI Karina</b>	<b>799</b>		K30-49	27	00:00:20	00:28:57	<b>00:59:48.85</b>	<b>01:00:09.45</b>	+00:19:50 (33.2%)	5:58	10 (66.7%)
113	<b>MAZUR Tomasz</b>	<b>643</b>		M30-49	47	00:00:31	00:30:21	<b>00:59:51.10</b>	<b>01:00:22.40</b>	+00:19:52 (33.2%)	5:59	10 (66.7%)
114	<b>ŁUKOMSKI Tomasz</b>	<b>633</b>		M30-49	48	00:00:25	00:30:33	<b>00:59:54.35</b>	<b>01:00:20.05</b>	+00:19:55 (33.3%)	5:59	10 (66.7%)
115	<b>ŁUKOMSKA Agata</b>	<b>632</b>		K30-49	28	00:00:25	00:30:33	<b>00:59:54.55</b>	<b>01:00:20.10</b>	+00:19:55 (33.3%)	5:59	10 (66.7%)
116	<b>MIŁOSZ Bartłomiej</b>	<b>652</b>	KASZANKI	M50+	11	00:00:31	00:31:12	<b>01:00:04.95</b>	<b>01:00:36.25</b>	+00:20:06 (33.5%)	6:00	10 (66.7%)
117	<b>SOCHA Justyna</b>	<b>719</b>		K1-29	16	00:00:17	00:29:27	<b>01:00:07.90</b>	<b>01:00:25.25</b>	+00:20:09 (33.5%)	6:00	10 (66.7%)
118	<b>GĄSIEWSKA Magdalena</b>	<b>560</b>		K30-49	29	00:00:21	00:29:27	<b>01:00:40.20</b>	<b>01:01:01.75</b>	+00:20:41 (34.1%)	6:04	9.9 (66.0%)
119	<b>JÓZWIK Robert</b>	<b>587</b>	ARSUN	M30-49	49	00:00:17	00:29:33	<b>01:00:43.65</b>	<b>01:01:00.95</b>	+00:20:44 (34.2%)	6:04	9.9 (66.0%)
120	<b>ZASIEWSKI Marcin</b>	<b>765</b>		M30-49	50	00:00:27	00:30:52	<b>01:00:44.65</b>	<b>01:01:12.15</b>	+00:20:45 (34.2%)	6:04	9.9 (66.0%)
121	<b>ACETI Silvia</b>	<b>500</b>	VEGAN POWER TEAM	K30-49	30	00:00:32	00:30:23	<b>01:00:50.95</b>	<b>01:01:23.30</b>	+00:20:52 (34.3%)	6:05	9.9 (66.0%)
122	<b>JURCZAK Agnieszka</b>	<b>589</b>		K1-29	17	00:00:26	00:29:45	<b>01:00:55.45</b>	<b>01:01:21.90</b>	+00:20:56 (34.4%)	6:05	9.8 (65.3%)
123	<b>KARDEL Wojciech</b>	<b>593</b>		M1-29	14	00:00:33	00:30:31	<b>01:01:01.15</b>	<b>01:01:34.85</b>	+00:21:02 (34.5%)	6:06	9.8 (65.3%)
124	<b>ZNÓJ Magda</b>	<b>770</b>		K1-29	18	00:00:33	00:30:31	<b>01:01:01.30</b>	<b>01:01:34.80</b>	+00:21:02 (34.5%)	6:06	9.8 (65.3%)
125	<b>CEŃKAR Marek</b>	<b>533</b>		M30-49	51	00:00:42	00:36:00	<b>01:01:23.55</b>	<b>01:02:06.05</b>	+00:21:24 (34.9%)	6:08	9.8 (65.3%)
126	<b>ANDRUCZYK Katarzyna</b>	<b>503</b>	REMBERTÓW TEAM	K30-49	31	00:00:21	00:30:33	<b>01:01:47.00</b>	<b>01:02:08.50</b>	+00:21:48 (35.3%)	6:10	9.7 (64.7%)
127	<b>WĄSOWSKA Anna</b>	<b>755</b>	GRUPA BIEGOWA UM W-WA	K30-49	32	00:00:27	00:30:43	<b>01:01:47.05</b>	<b>01:02:14.30</b>	+00:21:48 (35.3%)	6:10	9.7 (64.7%)
128	<b>ANDRUCZYK Arkadiusz</b>	<b>502</b>	REMBERTÓW TEAM	M30-49	52	00:00:21	00:30:35	<b>01:01:47.50</b>	<b>01:02:08.55</b>	+00:21:48 (35.3%)	6:10	9.7 (64.7%)
129	<b>KUNDZICZ Joanna</b>	<b>621</b>		K1-29	19	00:00:27	00:29:31	<b>01:01:53.50</b>	<b>01:02:21.40</b>	+00:21:54 (35.4%)	6:11	9.7 (64.7%)
130	<b>STUDNIAREK Barbara</b>	<b>727</b>		K30-49	33	00:00:23	00:30:10	<b>01:02:23.50</b>	<b>01:02:47.25</b>	+00:22:24 (35.9%)	6:14	9.6 (64.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
131	<b>BIERNACKI Adam</b>	<b>519</b>	ŁÓDŹ/WARSZAWA	M50+	12	00:00:29	00:31:52	<b>01:02:49.30</b>	<b>01:03:19.20</b>	+00:22:50 (36.4%)	6:17	9.5 (63.3%)
132	<b>SOBIESKA Aleksandra</b>	<b>718</b>		K30-49	34	00:00:33	00:30:50	<b>01:02:52.75</b>	<b>01:03:26.10</b>	+00:22:53 (36.4%)	6:17	9.5 (63.3%)
133	<b>CHARŁAMPOWICZ-KRAWCZYK Filip</b>	<b>535</b>		M30-49	53	00:00:10	00:29:32	<b>01:02:55.15</b>	<b>01:03:05.65</b>	+00:22:56 (36.5%)	6:17	9.5 (63.3%)
134	<b>STĘPIEŃ Teresa</b>	<b>723</b>		K50+	2	00:00:28	00:30:40	<b>01:02:55.80</b>	<b>01:03:24.75</b>	+00:22:56 (36.5%)	6:17	9.5 (63.3%)
135	<b>SKUDLARSKA Anna</b>	<b>713</b>	PAŚO POST PAŚO	K30-49	35	00:00:37	00:31:36	<b>01:03:03.50</b>	<b>01:03:40.60</b>	+00:23:04 (36.6%)	6:18	9.5 (63.3%)
136	<b>ŁUCZAK Małgorzata</b>	<b>629</b>	RUNNERSI ZE SKARBKA	K30-49	36	00:00:22	00:31:08	<b>01:03:04.25</b>	<b>01:03:26.55</b>	+00:23:05 (36.6%)	6:18	9.5 (63.3%)
137	<b>CARPI Federico</b>	<b>529</b>		M30-49	54	00:00:34	00:30:31	<b>01:03:08.15</b>	<b>01:03:42.45</b>	+00:23:09 (36.7%)	6:18	9.5 (63.3%)
138	<b>STRACHOCKA Anna</b>	<b>726</b>		K50+	3	00:00:27	00:31:32	<b>01:03:10.60</b>	<b>01:03:38.05</b>	+00:23:11 (36.7%)	6:19	9.5 (63.3%)
139	<b>GONET Katarzyna</b>	<b>570</b>	ROZPĘDZONA	K30-49	37	00:00:31	00:30:51	<b>01:03:11.65</b>	<b>01:03:42.65</b>	+00:23:12 (36.7%)	6:19	9.5 (63.3%)
140	<b>GLIJER Katarzyna</b>	<b>565</b>		K30-49	38	00:00:32	00:31:39	<b>01:03:11.95</b>	<b>01:03:44.70</b>	+00:23:13 (36.7%)	6:19	9.5 (63.3%)
141	<b>BANASIK Katarzyna</b>	<b>507</b>	GRUPA BIEGOWA UM W-WA	K30-49	39	00:00:43	00:32:11	<b>01:03:28.75</b>	<b>01:04:12.65</b>	+00:23:29 (37.0%)	6:20	9.5 (63.3%)
142	<b>URBAN Mariusz</b>	<b>751</b>	GRUPA BIEGOWA UM W-WA	M30-49	55	00:00:44	00:32:09	<b>01:03:29.10</b>	<b>01:04:13.25</b>	+00:23:30 (37.0%)	6:20	9.5 (63.3%)
143	<b>POTERAŁSKI Dariusz</b>	<b>682</b>	PKO BANK POLSKI SA	M30-49	56	00:00:26	00:33:02	<b>01:03:31.50</b>	<b>01:03:57.70</b>	+00:23:32 (37.1%)	6:21	9.4 (62.7%)
144	<b>JURCZAK Anna</b>	<b>588</b>	WULKANY MIŁOŚCI	K30-49	40	00:00:14	00:30:55	<b>01:03:31.60</b>	<b>01:03:46.05</b>	+00:23:32 (37.1%)	6:21	9.4 (62.7%)
145	<b>POTERAŁSKA Alina</b>	<b>681</b>		K30-49	41	00:00:26	00:33:01	<b>01:03:31.75</b>	<b>01:03:57.95</b>	+00:23:32 (37.1%)	6:21	9.4 (62.7%)
146	<b>ŻYWEK Teresa</b>	<b>772</b>	TRIPOWER	K50+	4	00:00:28	00:30:40	<b>01:03:33.15</b>	<b>01:04:01.55</b>	+00:23:34 (37.1%)	6:21	9.4 (62.7%)
147	<b>HOŁOPIAK Ewa</b>	<b>575</b>		K50+	5	00:00:27	00:31:27	<b>01:03:37.35</b>	<b>01:04:04.75</b>	+00:23:38 (37.2%)	6:21	9.4 (62.7%)
148	<b>GODLEWSKA Patrycja</b>	<b>785</b>		K1-29	20	00:00:28	00:31:22	<b>01:04:00.15</b>	<b>01:04:28.40</b>	+00:24:01 (37.5%)	6:24	9.4 (62.7%)
149	<b>MAZUR Ewa</b>	<b>644</b>		K30-49	42	00:00:32	00:32:06	<b>01:04:01.25</b>	<b>01:04:34.20</b>	+00:24:02 (37.6%)	6:24	9.4 (62.7%)
150	<b>LESIŃSKA Magda</b>	<b>626</b>		Biegi z psem Kobiety	1	00:00:09	00:30:37	<b>01:04:09.30</b>	<b>01:04:19.15</b>	+00:24:10 (37.7%)	6:25	9.4 (62.7%)
151	<b>MISIAK Anna</b>	<b>653</b>	#TEAMZABIEGANEDNI	K30-49	43	00:00:26	00:30:15	<b>01:04:13.95</b>	<b>01:04:40.70</b>	+00:24:15 (37.8%)	6:25	9.3 (62.0%)
152	<b>SZEP CZYŃSKI Andrzej</b>	<b>732</b>	ANDRZEJ SZEP CZYŃSKI	M50+	13	00:00:44	00:32:17	<b>01:04:19.60</b>	<b>01:05:03.85</b>	+00:24:20 (37.8%)	6:25	9.3 (62.0%)
153	<b>MAZUR Tymoteusz</b>	<b>646</b>		M1-29	15	00:00:38	00:34:05	<b>01:04:20.40</b>	<b>01:04:58.55</b>	+00:24:21 (37.9%)	6:26	9.3 (62.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
154	<b>SOBIECKA Joanna</b>	<b>717</b>		K30-49	44	00:00:25	00:30:49	<b>01:04:24.55</b>	<b>01:04:49.80</b>	+00:24:25 (37.9%)	6:26	9.3 (62.0%)
155	<b>GRZYB Kasia</b>	<b>572</b>	VEGE RUNNERS	K1-29	21	00:00:30	00:31:17	<b>01:04:31.60</b>	<b>01:05:02.10</b>	+00:24:32 (38.0%)	6:27	9.3 (62.0%)
156	<b>ŚMIGOWSKI Adrian</b>	<b>739</b>		M30-49	57	00:00:28	00:31:19	<b>01:04:39.50</b>	<b>01:05:07.65</b>	+00:24:40 (38.2%)	6:27	9.3 (62.0%)
157	<b>LEGUTKO Anna</b>	<b>625</b>		K30-49	45	00:00:16	00:30:58	<b>01:04:42.10</b>	<b>01:04:58.85</b>	+00:24:43 (38.2%)	6:28	9.3 (62.0%)
158	<b>PASZEK Krystyna</b>	<b>670</b>	DOGOŃ GRODZISK MAZOWIECKI	Biegi z psem Kobiety	2	00:00:40	00:31:48	<b>01:04:49.75</b>	<b>01:05:30.50</b>	+00:24:50 (38.3%)	6:29	9.3 (62.0%)
159	<b>STOIŃSKA Barbara</b>	<b>724</b>		Biegi z psem Kobiety	3	00:00:41	00:31:31	<b>01:04:52.45</b>	<b>01:05:34.00</b>	+00:24:53 (38.4%)	6:29	9.2 (61.3%)
160	<b>CZYŻEWSKA Danuta</b>	<b>539</b>		K50+	6	00:00:33	00:32:10	<b>01:04:57.55</b>	<b>01:05:31.25</b>	+00:24:58 (38.5%)	6:29	9.2 (61.3%)
161	<b>SZYLKIN-WEJNER Agnieszka</b>	<b>789</b>		K30-49	46	00:00:14	00:32:04	<b>01:05:04.05</b>	<b>01:05:18.55</b>	+00:25:05 (38.6%)	6:30	9.2 (61.3%)
161	<b>ZIELINSKA Gosia</b>	<b>768</b>		K30-49	47	00:00:14	00:32:05	<b>01:05:04.05</b>	<b>01:05:18.65</b>	+00:25:05 (38.6%)	6:30	9.2 (61.3%)
163	<b>KWIATKOWSKA Luiza</b>	<b>623</b>		K30-49	48	00:00:11	00:30:30	<b>01:05:14.95</b>	<b>01:05:26.25</b>	+00:25:16 (38.7%)	6:31	9.2 (61.3%)
164	<b>KOT Sławomir</b>	<b>608</b>		M50+	14	00:00:43	00:32:03	<b>01:05:16.90</b>	<b>01:06:00.35</b>	+00:25:18 (38.8%)	6:31	9.2 (61.3%)
165	<b>MACEJKA Joanna</b>	<b>760</b>		K30-49	49	00:00:16	00:31:33	<b>01:05:28.00</b>	<b>01:05:44.75</b>	+00:25:29 (38.9%)	6:32	9.2 (61.3%)
166	<b>SILVA Frederico</b>	<b>706</b>		M30-49	58	00:00:39	00:33:22	<b>01:05:37.55</b>	<b>01:06:17.15</b>	+00:25:38 (39.1%)	6:33	9.1 (60.7%)
167	<b>BELCZYK Katarzyna</b>	<b>515</b>		K30-49	50	00:00:39	00:33:23	<b>01:05:37.75</b>	<b>01:06:17.45</b>	+00:25:38 (39.1%)	6:33	9.1 (60.7%)
168	<b>JACKOWSKA Anna</b>	<b>782</b>		K30-49	51	00:00:34	00:34:11	<b>01:05:46.65</b>	<b>01:06:20.95</b>	+00:25:47 (39.2%)	6:34	9.1 (60.7%)
169	<b>CEBULSKA Agnieszka</b>	<b>530</b>		K30-49	52	00:00:33	00:33:59	<b>01:05:58.55</b>	<b>01:06:31.55</b>	+00:25:59 (39.4%)	6:35	9.1 (60.7%)
170	<b>KOŁACZ Ania</b>	<b>600</b>	BABECZKI Z BIELAN	K30-49	53	00:00:31	00:32:09	<b>01:06:04.85</b>	<b>01:06:36.70</b>	+00:26:06 (39.5%)	6:36	9.1 (60.7%)
171	<b>KRZYŻANOWSKA Agnieszka</b>	<b>615</b>	KASZANKI	K30-49	54	00:00:11	00:31:59	<b>01:06:21.00</b>	<b>01:06:32.90</b>	+00:26:22 (39.7%)	6:38	9 (60.0%)
172	<b>KALBARCZYK Izabella</b>	<b>591</b>	WARSAW RUN CLUB	K30-49	55	00:00:43	00:32:49	<b>01:06:25.65</b>	<b>01:07:08.65</b>	+00:26:26 (39.8%)	6:38	9 (60.0%)
173	<b>ŁUCZAK Bartłomiej</b>	<b>630</b>	KLUB BIEGACZA RTV EURO AGD	M30-49	59	00:00:26	00:31:44	<b>01:06:26.30</b>	<b>01:06:52.75</b>	+00:26:27 (39.8%)	6:38	9 (60.0%)
174	<b>MAZUR Bartłomiej</b>	<b>645</b>		M1-29	16	00:00:39	00:31:19	<b>01:06:52.35</b>	<b>01:07:31.35</b>	+00:26:53 (40.2%)	6:41	9 (60.0%)
175	<b>KOŁOWIECKA-WILKOS Angela</b>	<b>602</b>	ANGIE_BIEGA	K30-49	56	00:00:24	00:33:31	<b>01:06:55.80</b>	<b>01:07:20.20</b>	+00:26:56 (40.3%)	6:41	9 (60.0%)
176	<b>BUCHOWIECKA Anna</b>	<b>526</b>		K30-49	57	00:00:23	00:33:31	<b>01:06:57.95</b>	<b>01:07:21.80</b>	+00:26:59 (40.3%)	6:41	9 (60.0%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
177	<b>BIELECKA Martyna</b>	<b>517</b>		K1-29	22	00:00:30	00:34:04	<b>01:07:06.50</b>	<b>01:07:37.20</b>	+00:27:07 (40.4%)	6:42	8.9 (59.3%)
178	<b>STEFAŃSKA Joanna</b>	<b>721</b>		K30-49	58	00:00:15	00:32:21	<b>01:07:23.65</b>	<b>01:07:39.60</b>	+00:27:24 (40.7%)	6:44	8.9 (59.3%)
179	<b>KRZYŻEWSKI Adam</b>	<b>616</b>		M1-29	17	00:00:29	00:31:24	<b>01:07:31.50</b>	<b>01:08:01.45</b>	+00:27:32 (40.8%)	6:45	8.9 (59.3%)
180	<b>WACHOWSKI Tomasz</b>	<b>753</b>		M30-49	60	00:00:16	00:30:59	<b>01:07:32.70</b>	<b>01:07:49.00</b>	+00:27:33 (40.8%)	6:45	8.9 (59.3%)
181	<b>NIEMIEC Emilia</b>	<b>660</b>	KOOPERATYWA DOBRZE	K1-29	23	00:00:36	00:34:10	<b>01:07:36.70</b>	<b>01:08:12.70</b>	+00:27:37 (40.9%)	6:45	8.9 (59.3%)
182	<b>DEMIANIUK Marta</b>	<b>544</b>		K1-29	24	00:00:35	00:34:12	<b>01:07:36.85</b>	<b>01:08:12.55</b>	+00:27:38 (40.9%)	6:45	8.9 (59.3%)
183	<b>RADWAN Aleksandra</b>	<b>688</b>		K1-29	25	00:00:13	00:32:32	<b>01:07:45.50</b>	<b>01:07:59.30</b>	+00:27:46 (41.0%)	6:46	8.9 (59.3%)
184	<b>KOŁODRUB Małgorzata</b>	<b>601</b>	M.I.L.A.	K30-49	59	00:00:33	00:34:01	<b>01:07:54.05</b>	<b>01:08:27.10</b>	+00:27:55 (41.1%)	6:47	8.8 (58.7%)
185	<b>KUBÓW Gosia</b>	<b>617</b>		K1-29	26	00:00:42	00:36:00	<b>01:08:01.35</b>	<b>01:08:44.10</b>	+00:28:02 (41.2%)	6:48	8.8 (58.7%)
186	<b>SMORAĞIEWICZ Marcin</b>	<b>716</b>		M30-49	61	00:00:29	00:32:47	<b>01:08:05.75</b>	<b>01:08:35.65</b>	+00:28:06 (41.3%)	6:48	8.8 (58.7%)
187	<b>KLIMECKA-AKSAMIT Iga</b>	<b>596</b>	BIEGACZE PÓŁNOCY	K30-49	60	00:00:16	00:32:51	<b>01:08:25.70</b>	<b>01:08:42.55</b>	+00:28:26 (41.6%)	6:50	8.8 (58.7%)
188	<b>MYŚLIBORSKA Olga</b>	<b>658</b>		K30-49	61	00:00:23	00:33:25	<b>01:08:27.25</b>	<b>01:08:50.25</b>	+00:28:28 (41.6%)	6:50	8.8 (58.7%)
189	<b>JAWORSKA Joanna</b>	<b>582</b>	NESSI TEAM	K30-49	62	00:00:23	00:33:31	<b>01:09:15.35</b>	<b>01:09:39.25</b>	+00:29:16 (42.3%)	6:55	8.7 (58.0%)
190	<b>MRUCZYŃSKA-PIETRUCZANIS Katarzyna</b>	<b>657</b>	WKURW_TEAM / AKTYWNI WĘGRÓW	K30-49	63	00:00:23	00:33:52	<b>01:09:23.10</b>	<b>01:09:46.75</b>	+00:29:24 (42.4%)	6:56	8.6 (57.3%)
191	<b>MIAZEK Joanna</b>	<b>648</b>	DREAM TEAM RUNNERS	K30-49	64	00:00:19	00:34:29	<b>01:09:25.35</b>	<b>01:09:45.15</b>	+00:29:26 (42.4%)	6:56	8.6 (57.3%)
192	<b>KOWALIK Ewa</b>	<b>610</b>	HABAZIE	K30-49	65	00:00:23	00:34:23	<b>01:09:26.70</b>	<b>01:09:49.70</b>	+00:29:27 (42.4%)	6:56	8.6 (57.3%)
193	<b>ŁOGWIŃSKI Konrad</b>	<b>627</b>	#KASZANIENAMOKA	M30-49	62	00:00:23	00:34:23	<b>01:09:26.85</b>	<b>01:09:50.00</b>	+00:29:28 (42.4%)	6:56	8.6 (57.3%)
194	<b>MIKOŁAJCZYK Małgorzata</b>	<b>649</b>	SLOWJOGGING BIAŁOŁĘKA	Biegi z psem Kobiety	4	00:00:19	00:34:41	<b>01:09:34.35</b>	<b>01:09:53.65</b>	+00:29:35 (42.5%)	6:57	8.6 (57.3%)
195	<b>PIETRZAK Agnieszka</b>	<b>674</b>		K30-49	66	00:00:43	00:35:45	<b>01:09:56.25</b>	<b>01:10:39.85</b>	+00:29:57 (42.8%)	6:59	8.6 (57.3%)
196	<b>OKOŃSKA-ŚWIĄTKOWSKA Lidia</b>	<b>662</b>		K30-49	67	00:00:28	00:34:32	<b>01:10:59.60</b>	<b>01:11:28.00</b>	+00:31:00 (43.7%)	7:06	8.5 (56.7%)
197	<b>PAMIĘTA Karolina</b>	<b>666</b>		K1-29	27	00:14:54	00:32:33	<b>01:11:18.10</b>	<b>01:26:12.75</b>	+00:31:19 (43.9%)	7:07	8.4 (56.0%)
197	<b>BANASZEK Łukasz</b>	<b>508</b>		M30-49	63	00:00:34	00:34:50	<b>01:11:18.10</b>	<b>01:11:52.70</b>	+00:31:19 (43.9%)	7:07	8.4 (56.0%)
199	<b>FIJAŁKOWSKA Maria</b>	<b>554</b>		K1-29	28	00:00:34	00:34:50	<b>01:11:18.60</b>	<b>01:11:52.90</b>	+00:31:19 (43.9%)	7:07	8.4 (56.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
200	ZGORZELSKA Ania	767		K30-49	68	00:00:17	00:35:21	01:11:49.75	01:12:06.80	+00:31:50 (44.3%)	7:10	8.4 (56.0%)
201	JAKUBIAK Karolina	577		K30-49	69	00:00:43	00:35:51	01:11:53.85	01:12:37.00	+00:31:55 (44.4%)	7:11	8.3 (55.3%)
202	WICHŁACZ Marzena	757		K1-29	29	00:00:32	00:33:57	01:11:54.70	01:12:26.75	+00:31:55 (44.4%)	7:11	8.3 (55.3%)
203	UCHEREK Anna	750		K30-49	70	00:00:31	00:33:58	01:11:54.90	01:12:26.70	+00:31:56 (44.4%)	7:11	8.3 (55.3%)
204	JÓZEFOWICZ Maciej	586		M30-49	64	00:00:44	00:32:46	01:12:00.15	01:12:44.85	+00:32:01 (44.5%)	7:12	8.3 (55.3%)
205	GICZAN Paulina	564		K30-49	71	00:00:29	00:35:39	01:12:12.45	01:12:42.20	+00:32:13 (44.6%)	7:13	8.3 (55.3%)
206	CHROSTOWSKI Paweł	537		M1-29	18	00:00:29	00:35:40	01:12:12.65	01:12:42.55	+00:32:13 (44.6%)	7:13	8.3 (55.3%)
207	BAGIŃSKA Berenika	505	VEGE RUNNERS	K30-49	72	00:00:35	00:33:39	01:12:13.85	01:12:49.60	+00:32:15 (44.6%)	7:13	8.3 (55.3%)
208	GĄTKIEWICZ Katarzyna	561	INDYWIDUALNIE	K50+	7	00:00:36	00:35:20	01:12:20.65	01:12:57.25	+00:32:21 (44.7%)	7:14	8.3 (55.3%)
209	MALINOWSKA Magdalena	636		K30-49	73	00:00:22	00:36:05	01:12:49.20	01:13:11.35	+00:32:50 (45.1%)	7:16	8.2 (54.7%)
210	HAPUNIK Julita	574	TANTAN-MEN Z PODWÓJNYMI DODATKAMI	K1-29	30	00:00:13	00:36:29	01:12:58.00	01:13:11.65	+00:32:59 (45.2%)	7:17	8.2 (54.7%)
211	ZAWALSKI Waldemar	766		M50+	15	00:00:44	00:36:49	01:13:17.05	01:14:01.45	+00:33:18 (45.4%)	7:19	8.2 (54.7%)
212	FRYBES Agnieszka	557	FUNDACJA KIERUNEK ULTRA	K30-49	74	00:00:41	00:36:52	01:13:19.45	01:14:01.15	+00:33:20 (45.5%)	7:20	8.2 (54.7%)
213	SZOT Patrycja	734		K30-49	75	00:00:08	00:31:39	01:13:31.55	01:13:40.35	+00:33:32 (45.6%)	7:21	8.2 (54.7%)
214	SKÓRNIIEWSKA Katarzyna	711		K1-29	31	00:00:34	00:34:31	01:13:38.40	01:14:13.30	+00:33:39 (45.7%)	7:21	8.1 (54.0%)
215	SKÓRNIIEWSKA Magdalena	710		K30-49	76	00:00:34	00:34:31	01:13:39.10	01:14:13.75	+00:33:40 (45.7%)	7:21	8.1 (54.0%)
216	BĘBENEK Piotr	516		M30-49	65	00:00:38	00:37:46	01:14:04.65	01:14:43.00	+00:34:05 (46.0%)	7:24	8.1 (54.0%)
217	KONOTOPSKI Łukasz	604		M30-49	66	00:00:39	00:37:51	01:14:05.65	01:14:44.65	+00:34:06 (46.0%)	7:24	8.1 (54.0%)
218	KIESZEK Kasia	595		K30-49	77	00:00:37	00:37:49	01:14:06.05	01:14:43.80	+00:34:07 (46.0%)	7:24	8.1 (54.0%)
218	PUCHŁOWSKA Natalia	685	CIAŁO I ZDROWO	K30-49	78	00:00:36	00:37:50	01:14:06.05	01:14:42.95	+00:34:07 (46.0%)	7:24	8.1 (54.0%)
220	LASOTA Rafał	624		M30-49	67	00:00:37	00:37:49	01:14:06.15	01:14:43.25	+00:34:07 (46.0%)	7:24	8.1 (54.0%)
221	KIEŁBASA Joanna	594		K1-29	32	00:00:37	00:37:48	01:14:06.25	01:14:43.35	+00:34:07 (46.0%)	7:24	8.1 (54.0%)
222	KUDŁACZYK Michał	620	AKADEMIA PANA KETTLA BIEGA	M30-49	68	00:00:36	00:37:53	01:14:06.85	01:14:43.35	+00:34:08 (46.1%)	7:24	8.1 (54.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
223	<b>MRÓZ Anna</b>	<b>656</b>		K30-49	79	00:00:37	00:37:52	<b>01:14:06.90</b>	<b>01:14:44.00</b>	+00:34:08 (46.1%)	7:24	8.1 (54.0%)
224	<b>NOWAK Edyta</b>	<b>661</b>	ALLIANZ RUNNING TEAM	K30-49	80	00:00:36	00:37:50	<b>01:14:07.20</b>	<b>01:14:43.50</b>	+00:34:08 (46.1%)	7:24	8.1 (54.0%)
225	<b>JEZOWSKA Kamila</b>	<b>584</b>		K30-49	81	00:00:40	00:36:16	<b>01:14:32.60</b>	<b>01:15:12.80</b>	+00:34:33 (46.4%)	7:27	8.1 (54.0%)
226	<b>BARTOSIAK Ksenia</b>	<b>511</b>		K30-49	82	00:00:37	00:37:56	<b>01:15:33.20</b>	<b>01:16:10.85</b>	+00:35:34 (47.1%)	7:33	7.9 (52.7%)
227	<b>CIOZDA Łukasz</b>	<b>538</b>		M30-49	69	00:00:45	00:37:01	<b>01:16:53.40</b>	<b>01:17:39.05</b>	+00:36:54 (48.0%)	7:41	7.8 (52.0%)
228	<b>MIKULICKA Joanna</b>	<b>650</b>		K30-49	83	00:00:12	00:37:01	<b>01:17:46.00</b>	<b>01:17:58.60</b>	+00:37:47 (48.6%)	7:46	7.7 (51.3%)
229	<b>REMBERK Danuta</b>	<b>690</b>		K50+	8	00:00:39	00:37:38	<b>01:17:57.90</b>	<b>01:18:37.65</b>	+00:37:59 (48.7%)	7:47	7.7 (51.3%)
230	<b>ŚWIĘCICKA Martyna</b>	<b>742</b>		K1-29	33	00:00:37	00:38:32	<b>01:18:57.00</b>	<b>01:19:34.95</b>	+00:38:58 (49.4%)	7:53	7.6 (50.7%)
231	<b>DOKTÓR Dobromiła</b>	<b>546</b>		K30-49	84	00:00:22	00:39:19	<b>01:19:25.10</b>	<b>01:19:47.85</b>	+00:39:26 (49.7%)	7:56	7.6 (50.7%)
232	<b>TOŁŚCIUK Weronika</b>	<b>746</b>	VEGE RUNNERS	K1-29	34	00:00:41	00:37:54	<b>01:20:54.30</b>	<b>01:21:36.20</b>	+00:40:55 (50.6%)	8:05	7.4 (49.3%)
233	<b>TCHOREK Rozalia</b>	<b>745</b>		K30-49	85	00:00:38	00:39:05	<b>01:20:55.35</b>	<b>01:21:33.80</b>	+00:40:56 (50.6%)	8:05	7.4 (49.3%)
234	<b>TCHOREK Filip</b>	<b>744</b>	FILIP TCHOREK	M30-49	70	00:00:37	00:39:06	<b>01:20:57.85</b>	<b>01:21:35.70</b>	+00:40:59 (50.6%)	8:05	7.4 (49.3%)
235	<b>RUCIŃSKA Anna</b>	<b>695</b>	OTWARTE KLATKI	K1-29	35	00:00:42	00:39:57	<b>01:22:15.20</b>	<b>01:22:57.40</b>	+00:42:16 (51.4%)	8:13	7.3 (48.7%)
236	<b>APOLINARZAK Justyna</b>	<b>504</b>	VEGE RUNNERS	K30-49	86	00:00:35	00:40:24	<b>01:26:06.15</b>	<b>01:26:41.85</b>	+00:46:07 (53.6%)	8:36	7 (46.7%)
237	<b>BOROWIAK Jacek</b>	<b>523</b>	SLOW JOGGIN POLSKA	M50+	16	00:00:20	00:42:50	<b>01:27:33.60</b>	<b>01:27:53.70</b>	+00:47:34 (54.3%)	8:45	6.9 (46.0%)
238	<b>BOROWIAK Jolanta</b>	<b>524</b>	SLOW JOGGING POLSKA	K50+	9	00:00:19	00:42:51	<b>01:27:34.15</b>	<b>01:27:53.95</b>	+00:47:35 (54.3%)	8:45	6.9 (46.0%)
239	<b>BORAWSKA Marta</b>	<b>522</b>		K30-49	87	00:00:02	00:46:05	<b>01:33:20.30</b>	<b>01:33:22.30</b>	+00:53:21 (57.2%)	9:20	6.4 (42.7%)
240	<b>MAUL Małgorzata</b>	<b>641</b>		K1-29	36	00:00:48	00:56:23	<b>01:54:27.00</b>	<b>01:55:15.65</b>	+01:14:28 (65.1%)	11:26	5.2 (34.7%)
241	<b>KOŚCIELSKA Katarzyna</b>	<b>606</b>		K30-49	88	00:00:48	00:56:22	<b>01:54:28.70</b>	<b>01:55:17.45</b>	+01:14:29 (65.1%)	11:26	5.2 (34.7%)
242	<b>HOŁOWNIA Agata</b>	<b>576</b>	GRUPA BIEGOWA UM W-WA	K30-49	89	02:00:33	00:33:43			+00:13:49	6:44	8.9 (59.3%)
243	<b>PRUSAK Michał</b>	<b>684</b>	WARSZAWSKI BOKS KB LEGIA	M30-49	71	00:00:02	00:47:56			+00:28:03	9:35	6.3 (42.0%)
244	<b>OWERKO Krzysztof</b>	<b>664</b>	VEGAN POWER !	M30-49	72	00:00:02	00:48:31			+00:28:38	9:42	6.2 (41.3%)