



BIEG WEGAŃSKI 10 KM

B4SPORT

Wydarzenie: 13. Bieg Wegański
Organizator: Fundacja Run Vegan
Data: 2022-06-04
Miejsce: Warszawa
Dystans: 10 km

B4SPORT
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	WASIEWICZ Krzysztof	248	KONDYCJA PIASECZNO	M30-49	1	00:17:05	00:34:08.60	00:34:11.10		3:24	17.6 (100%)
2	MIKULSKI Tomasz	128	UKS FILIPIDES TERESIN	M1-29	1	00:17:14	00:34:43.15	00:34:45.75	+00:00:34 (1.7%)	3:28	17.3 (98.3%)
3	WRONOWSKI Rafał	224	WRONOWSKI TEAM	M30-49	2	00:18:27	00:37:48.65	00:37:51.55	+00:03:40 (9.7%)	3:46	15.9 (90.3%)
4	PRIMIK Marek	157	VEGE RUNNERS	M30-49	3	00:18:40	00:38:28.00	00:38:30.60	+00:04:19 (11.2%)	3:50	15.6 (88.6%)
5	BŁASZCZYK Artur	16	BIEGAJĄCE ZĄBKI	M30-49	4	00:19:13	00:38:59.00	00:39:01.85	+00:04:50 (12.4%)	3:53	15.4 (87.5%)
6	SALACIŃSKI Daniel	177	DJ SIKU	M30-49	5	00:19:49	00:40:38.20	00:40:41.60	+00:06:30 (16.0%)	4:03	14.8 (84.1%)
7	KRASZPULSKA Maggie	95	ŻÓRAWSKI TEAM	K30-49	1	00:19:58	00:40:45.10	00:40:47.95	+00:06:36 (16.2%)	4:04	14.7 (83.5%)
8	CHRABAŁOWSKI Jarosław	21		M30-49	6	00:19:58	00:40:53.75	00:40:56.10	+00:06:45 (16.5%)	4:05	14.7 (83.5%)
9	FAJKOWSKI Piotr	37	ADIDAS RUNNERS WARSAW	M30-49	7	00:20:12	00:41:24.85	00:41:27.95	+00:07:16 (17.6%)	4:08	14.5 (82.4%)
10	MAZUR Marek	122		M50+	1	00:20:36	00:42:07.70	00:42:11.00	+00:07:59 (19.0%)	4:12	14.2 (80.7%)
11	RUTKOWSKI Piotr	174	STÓJ HALINA	M30-49	8	00:21:12	00:43:01.85	00:43:05.50	+00:08:54 (20.7%)	4:18	13.9 (79.0%)
12	RADKOWSKA Małgorzata	163	TEAM PARSZYŃSKICH/ADIDAS RUNNERS WARSAW	K30-49	2	00:21:38	00:43:07.95	00:43:11.20	+00:09:00 (20.8%)	4:18	13.9 (79.0%)
13	KRAJEWSKA Klaudia	36		K1-29	1	00:21:22	00:43:09.00	00:43:12.00	+00:09:00 (20.9%)	4:18	13.9 (79.0%)
14	MICHALAK Maja	126	MM TEAM	K1-29	2	00:21:22	00:43:11.00	00:43:14.30	+00:09:03 (20.9%)	4:19	13.9 (79.0%)
15	BIEGAJSKI Michał	11	ICC	M30-49	9	00:21:32	00:43:16.60	00:43:22.20	+00:09:11 (21.2%)	4:19	13.9 (79.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	WIĘCŁAWSKI Adrian	217	BLACK HAT TEAM	M30-49	10	00:21:55	00:43:36.65	00:43:41.90	+00:09:30 (21.8%)	4:21	13.8 (78.4%)
17	GRZYBOWSKI Mariusz	55		M50+	2	00:21:33	00:44:23.95	00:44:27.45	+00:10:16 (23.1%)	4:26	13.5 (76.7%)
18	PLUSZKA Adam	153	VEGE RUNNERS	M30-49	11	00:22:09	00:44:39.60	00:44:45.35	+00:10:34 (23.6%)	4:27	13.4 (76.1%)
19	MADEJEK Kamil	110	VEGE RUNNERS	M30-49	12	00:22:09	00:44:39.60	00:44:45.65	+00:10:34 (23.6%)	4:27	13.4 (76.1%)
20	WIELGOSZ Szymon	216		M1-29	2	00:21:21	00:44:46.15	00:44:50.20	+00:10:39 (23.8%)	4:28	13.4 (76.1%)
21	GÓRSKI Wojciech	51		M1-29	3	00:21:25	00:45:23.45	00:45:25.70	+00:11:14 (24.7%)	4:32	13.2 (75.0%)
22	PSZENICZNA Joanna	160	VEGE RUNNERS	K30-49	3	00:22:55	00:45:58.20	00:46:04.20	+00:11:53 (25.8%)	4:35	13.1 (74.4%)
23	KLAWIKOWSKI Mateusz	85	JACEKBIEGA RUNNING TEAM	M1-29	4	00:22:53	00:46:12.95	00:46:29.25	+00:12:18 (26.5%)	4:37	13 (73.9%)
24	MAJER Bogusława	112	VEGE RUNNERS	K30-49	4	00:22:55	00:46:25.20	00:46:31.55	+00:12:20 (26.5%)	4:38	12.9 (73.3%)
25	OLSZAK Zenon	140	OŻARÓW BIEGA	M50+	3	00:23:16	00:46:28.65	00:46:33.00	+00:12:21 (26.6%)	4:38	12.9 (73.3%)
26	KWIETNIEWSKI Michał	103		M30-49	13	00:22:42	00:46:27.70	00:46:34.85	+00:12:23 (26.6%)	4:38	12.9 (73.3%)
27	JAKUBOWSKI Dariusz	65	BIEGAM SOBIE	M50+	4	00:22:55	00:46:42.45	00:46:47.90	+00:12:36 (27.0%)	4:40	12.8 (72.7%)
28	ROMAŃSKI Tomasz	168		M30-49	14	00:23:50	00:46:46.00	00:46:50.95	+00:12:39 (27.0%)	4:40	12.8 (72.7%)
29	BEDNAREK Anna	7	SPARTAN TRAINING GROUP WARSZAWA	K30-49	5	00:23:34	00:46:52.25	00:46:59.70	+00:12:48 (27.3%)	4:41	12.8 (72.7%)
30	KRÓLICKI Konrad	99	STG WARSZAWA	M30-49	15	00:22:26	00:47:17.45	00:47:25.20	+00:13:14 (27.9%)	4:43	12.7 (72.2%)
31	TELEŚNICKI Grzegorz	206	BBL_GROTY	M50+	5	00:23:56	00:47:45.95	00:47:56.75	+00:13:45 (28.7%)	4:46	12.6 (71.6%)
32	KOWALSKA Joanna	93	12TRI.PL	K30-49	6	00:23:47	00:48:06.05	00:48:09.35	+00:13:58 (29.0%)	4:48	12.5 (71.0%)
33	RUDNIK Marzena	171	BESTIE OCR LEGIONOWO	K30-49	7	00:24:14	00:48:20.45	00:48:28.15	+00:14:17 (29.5%)	4:50	12.4 (70.5%)
34	ZAPOROWSKI Marcin	229	THE ART OF DISTANCE - STELMACH TEAM	M30-49	16	00:23:54	00:48:28.80	00:48:32.55	+00:14:21 (29.6%)	4:50	12.4 (70.5%)
35	STEPOWICZ Marek	191	VEGE RUNNERS	M50+	6	00:23:41	00:48:26.30	00:48:33.85	+00:14:22 (29.6%)	4:50	12.4 (70.5%)
36	RUTKOWSKA Agnieszka	173		K30-49	8	00:24:07	00:48:32.50	00:48:37.00	+00:14:25 (29.7%)	4:51	12.4 (70.5%)
37	RUMIŃSKI Bartosz	172		M30-49	17	00:23:19	00:48:34.80	00:48:39.30	+00:14:28 (29.7%)	4:51	12.4 (70.5%)
38	KOWALIK Natalia	92	WAT WARSZAWA	K1-29	3	00:23:22	00:49:06.70	00:49:10.55	+00:14:59 (30.5%)	4:54	12.2 (69.3%)

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39	DOROKHOVA Yevheniia	33		K1-29	4	00:24:06	00:49:04.60	00:49:11.25	+00:15:00 (30.5%)	4:54	12.2 (69.3%)
40	MIJAL Paulina	127		K1-29	5	00:24:42	00:49:30.95	00:49:37.15	+00:15:26 (31.1%)	4:57	12.1 (68.8%)
41	JAKUBIK Kamil	64		M30-49	18	00:23:52	00:49:33.35	00:49:40.75	+00:15:29 (31.2%)	4:57	12.1 (68.8%)
42	RZEPECKA-GONTAR Anna	175		K30-49	9	00:24:25	00:49:46.40	00:49:52.00	+00:15:40 (31.4%)	4:58	12.1 (68.8%)
43	JELEŃ-KOTLAREK Agnieszka	70	VEGE RUNNERS	K30-49	10	00:24:01	00:49:48.90	00:49:59.45	+00:15:48 (31.6%)	4:58	12 (68.2%)
44	BABIUCH Marek	3				00:24:24	00:50:22.25	00:50:37.30	+00:16:26 (32.5%)	5:02	11.9 (67.6%)
45	PRZYBYŁOWICZ Adam	158		M1-29	5	00:24:01	00:50:35.45	00:50:45.30	+00:16:34 (32.6%)	5:03	11.9 (67.6%)
46	KEMPKA Tomasz	81		M30-49	19	00:24:42	00:50:40.10	00:50:53.05	+00:16:41 (32.8%)	5:04	11.8 (67.0%)
47	OLCZAK Łukasz	139		M1-29	6	00:25:39	00:51:23.25	00:51:26.15	+00:17:15 (33.5%)	5:08	11.7 (66.5%)
48	FILIPOWICZ Natalia	42		K30-49	11	00:24:51	00:51:44.35	00:51:48.70	+00:17:37 (34.0%)	5:10	11.6 (65.9%)
49	PIĘKOŚ Magdalena	152		K30-49	12	00:25:23	00:51:43.25	00:51:56.80	+00:17:45 (34.2%)	5:10	11.6 (65.9%)
50	SADOWSKA Natalia	176		K30-49	13	00:26:02	00:52:03.60	00:52:07.75	+00:17:56 (34.4%)	5:12	11.5 (65.3%)
51	BEDNORZ Leszek	8		M30-49	20	00:26:21	00:52:06.75	00:52:31.65	+00:18:20 (34.9%)	5:12	11.5 (65.3%)
52	KRASUSKI Marcin	94		M30-49	21	00:25:39	00:52:25.05	00:52:37.65	+00:18:26 (35.0%)	5:14	11.4 (64.8%)
53	KOŁODZIEJCZYK Robert	86		M30-49	22	00:25:39	00:52:25.00	00:52:37.75	+00:18:26 (35.0%)	5:14	11.4 (64.8%)
54	LEDWOLORZ Anna	106	VEGE RUNNERS	K30-49	14	00:25:42	00:52:33.55	00:52:41.30	+00:18:30 (35.1%)	5:15	11.4 (64.8%)
55	WOJNAR Radek	222		M30-49	23	00:26:32	00:52:42.15	00:52:47.50	+00:18:36 (35.2%)	5:16	11.4 (64.8%)
56	WOJNOWSKI Łukasz	223		M30-49	24	00:25:26	00:52:30.00	00:52:54.45	+00:18:43 (35.4%)	5:15	11.4 (64.8%)
57	ZAKRZEWSKI Jarosław	227	RUNVEGAN	M30-49	25	00:26:28	00:52:44.50	00:52:55.60	+00:18:44 (35.4%)	5:16	11.4 (64.8%)
58	KACPROWSKI Tadeusz	73		M50+	7	00:25:11	00:52:41.60	00:52:59.30	+00:18:48 (35.5%)	5:16	11.4 (64.8%)
59	MAMAJ Adam	114	WARSZAWABIEGA	M50+	8	00:26:24	00:53:33.75	00:53:44.85	+00:19:33 (36.4%)	5:21	11.2 (63.6%)
60	SKELTON-WITKOWSKA Sarah	180	VEGE RUNNERS	K30-49	15	00:26:12	00:53:42.90	00:53:51.25	+00:19:40 (36.5%)	5:22	11.2 (63.6%)
61	KISZCZYC Artur	84		M50+	9	00:26:02	00:53:48.30	00:54:01.95	+00:19:50 (36.7%)	5:22	11.2 (63.6%)

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62	PALMER Sean	143		M30-49	26	00:26:47	00:53:52.05	00:54:11.40	+00:20:00 (36.9%)	5:23	11.1 (63.1%)
63	KAŁUZIŃSKI Dominik	77		M30-49	27	00:26:46	00:54:12.45	00:54:17.10	+00:20:06 (37.0%)	5:25	11.1 (63.1%)
64	ROJEK Rafał	167		M30-49	28	00:26:57	00:54:34.30	00:54:45.70	+00:20:34 (37.6%)	5:27	11 (62.5%)
65	KROSZKIN Aleksander	98		M30-49	29	00:26:45	00:55:09.40	00:55:21.60	+00:21:10 (38.2%)	5:30	10.9 (61.9%)
66	RÓŻAŃSKA Magdalena	170		K30-49	16	00:27:07	00:55:34.15	00:55:43.30	+00:21:32 (38.7%)	5:33	10.8 (61.4%)
67	TOMCZYK Beata	208	VEGE RUNNERS	K30-49	17	00:27:22	00:55:40.50	00:55:57.60	+00:21:46 (38.9%)	5:34	10.8 (61.4%)
68	DZIAMENTSZEVA Viyaleta	35	SCHRONISKO NA PALUCHU/JACEKBIEGA RUNNING TEAM			00:27:22	00:55:47.05	00:56:11.05	+00:21:59 (39.2%)	5:34	10.8 (61.4%)
69	CIEŚLAR Rafał	22		M30-49	30	00:28:00	00:55:57.70	00:56:15.50	+00:22:04 (39.2%)	5:35	10.7 (60.8%)
70	JACHYMSKI Grzegorz	63	VEGE RUNNERS	M1-29	7	00:27:39	00:56:01.15	00:56:18.55	+00:22:07 (39.3%)	5:36	10.7 (60.8%)
71	JACHYMSKI Krzysztof	62	VEGE RUNNERS	M30-49	31	00:27:40	00:56:02.00	00:56:18.95	+00:22:07 (39.3%)	5:36	10.7 (60.8%)
72	KANTARSKA-BRYŁA Marta	78		K30-49	18	00:28:48	00:56:26.95	00:56:33.65	+00:22:22 (39.6%)	5:38	10.6 (60.2%)
73	GABLER Angelika	43		K30-49	19	00:25:48	00:56:34.45	00:56:38.30	+00:22:27 (39.6%)	5:39	10.6 (60.2%)
74	WĘGLARZ Agnieszka	214		K30-49	20	00:28:57	00:56:30.95	00:56:45.45	+00:22:34 (39.8%)	5:39	10.6 (60.2%)
75	GUNIA Marek	56		M30-49	32	00:28:57	00:56:35.00	00:56:49.15	+00:22:38 (39.8%)	5:39	10.6 (60.2%)
76	MATYSIAK Jakub	116	STG WARSZAWA	K30-49	21	00:28:11	00:56:51.80	00:56:58.60	+00:22:47 (40.0%)	5:41	10.6 (60.2%)
77	CZARNOCKI Wojciech	25	ADIDAS RUNNERS WARSAW	M1-29	8	00:34:54	00:56:41.80	00:57:03.05	+00:22:51 (40.1%)	5:40	10.6 (60.2%)
78	HEBA Grzegorz	58		M50+	10	00:28:14	00:56:53.15	00:57:09.30	+00:22:58 (40.2%)	5:41	10.5 (59.7%)
79	WARAKSA Tomasz	213	VEGE RUNNERS	M30-49	33	00:28:25	00:56:56.90	00:57:14.40	+00:23:03 (40.3%)	5:41	10.5 (59.7%)
80	PAŚKA Marek	149	RUNNING MOOSE	M30-49	34	00:28:43	00:57:18.90	00:57:31.65	+00:23:20 (40.6%)	5:43	10.5 (59.7%)
81	MŁOCKA-GORCZYŃSKA Matylda	130		K30-49	22	00:27:31	00:57:31.75	00:57:36.70	+00:23:25 (40.7%)	5:45	10.4 (59.1%)
82	MAJER Krzysztof	111		M50+	11	00:27:34	00:57:29.25	00:57:42.80	+00:23:31 (40.8%)	5:44	10.4 (59.1%)
83	TSYMANOVICH Iryna	211		K30-49	23	00:29:39	00:57:35.95	00:57:47.95	+00:23:36 (40.9%)	5:45	10.4 (59.1%)
84	FESOŁOWICZ Sławomir	39		M30-49	35	00:29:46	00:57:44.30	00:58:07.20	+00:23:56 (41.2%)	5:46	10.4 (59.1%)

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85	GINALSKI Artur	46		M30-49	36	00:25:52	00:57:53.50	00:58:14.15	+00:24:03 (41.3%)	5:47	10.4 (59.1%)
86	CZAPSKI Piotr	24		M50+	12	00:27:58	00:58:12.40	00:58:21.55	+00:24:10 (41.4%)	5:49	10.3 (58.5%)
87	CYGAN Anna	23	BLACK HAT ULTRA	K50+	1	00:29:19	00:58:50.30	00:58:55.15	+00:24:44 (42.0%)	5:53	10.2 (58.0%)
88	TAUSZYNSKI Tomasz	205		M50+	13	00:29:45	00:58:58.65	00:59:08.80	+00:24:57 (42.2%)	5:53	10.2 (58.0%)
89	FIGURSKA Weronika	40		K30-49	24	00:28:50	00:59:08.15	00:59:15.55	+00:25:04 (42.3%)	5:54	10.1 (57.4%)
90	JĘDREJ Emilia	71		K30-49	25	00:29:12	00:59:13.15	00:59:28.70	+00:25:17 (42.5%)	5:55	10.1 (57.4%)
91	WRZOS Joanna	225		K1-29	6	00:30:15	00:59:27.75	00:59:39.15	+00:25:28 (42.7%)	5:56	10.1 (57.4%)
92	KADOVRY Sarmat	246		M30-49	37	00:29:13	00:59:37.20	00:59:47.20	+00:25:36 (42.8%)	5:57	10.1 (57.4%)
93	KOŁOWIECKA-WILKOS Angela	87	VEGERUNNERS	K30-49	26	00:30:46	00:59:48.65	01:00:07.25	+00:25:56 (43.1%)	5:58	10 (56.8%)
94	BOBROWSKI Marcin	17		M50+	14	00:30:45	00:59:48.35	01:00:07.50	+00:25:56 (43.1%)	5:58	10 (56.8%)
95	ŁUCZAK Małgorzata	107	RUNNERSI	K30-49	27	00:27:56	01:00:02.55	01:00:08.55	+00:25:57 (43.2%)	6:00	10 (56.8%)
96	ŁUCZAK Piotr	108	PKO BANK POLSKI	M30-49	38	00:27:56	01:00:01.95	01:00:08.75	+00:25:57 (43.2%)	6:00	10 (56.8%)
97	PAWELEC Krystyna	151	DOGOŃ GRODZISK MAZ	K50+	2	00:29:31	01:00:07.00	01:00:26.15	+00:26:15 (43.4%)	6:00	10 (56.8%)
98	KASPROWICZ Dominik	80		M30-49	39	00:30:36	01:00:20.25	01:00:29.20	+00:26:18 (43.5%)	6:02	9.9 (56.3%)
99	JUDEK Krzysztof	72		M50+	15	00:29:01	01:00:23.35	01:00:38.85	+00:26:27 (43.6%)	6:02	9.9 (56.3%)
100	KRZTOŃ Marlena	101	BESTIE OCR LEGIONOWO	K30-49	28	00:30:09	01:00:30.40	01:00:44.65	+00:26:33 (43.7%)	6:03	9.9 (56.3%)
101	LASKOWSKA Izabela	104	EFERESOWY TEAM BIEGOWY	K30-49	29	00:30:28	01:00:32.20	01:00:47.25	+00:26:36 (43.8%)	6:03	9.9 (56.3%)
102	MARZUCHOWSKA Monika	115		K30-49	30	00:29:09	01:00:41.65	01:00:54.15	+00:26:43 (43.9%)	6:04	9.9 (56.3%)
103	WIECHA Marcin	215		M50+	16	00:29:46	01:01:19.45	01:01:30.00	+00:27:18 (44.4%)	6:07	9.8 (55.7%)
104	BANASIK-URBANOWSKA Katarzyna	5	GRUPA BIEGOWA UM W-WA	K30-49	31	00:29:46	01:01:19.45	01:01:30.55	+00:27:19 (44.4%)	6:07	9.8 (55.7%)
105	SZYMBORSKI Paweł	204		M30-49	40	00:30:32	01:01:25.70	01:01:36.15	+00:27:25 (44.5%)	6:08	9.8 (55.7%)
106	OSIŃSKI Stanisław	141		M50+	17	00:30:12	01:01:45.30	01:01:58.60	+00:27:47 (44.8%)	6:10	9.7 (55.1%)
107	JOANNA Szatkowska	245		K30-49	32	00:30:24	01:01:47.75	01:02:09.55	+00:27:58 (45.0%)	6:10	9.7 (55.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
108	JANCZEWSKA Ewa	66		K30-49	33	00:30:00	01:02:26.15	01:02:35.45	+00:28:24 (45.4%)	6:14	9.6 (54.5%)
109	MIASKOWSKA Ewa	125		K50+	3	00:30:16	01:03:06.90	01:03:20.15	+00:29:09 (46.0%)	6:18	9.5 (54.0%)
110	KOWALCZYK Anna Kowalczyk	91	DOGOŃ GRODZISK MAZOWIECKI	K30-49	34	00:30:45	01:03:01.50	01:03:23.45	+00:29:12 (46.1%)	6:18	9.5 (54.0%)
111	CZYŻEWSKI Robert	28		M30-49	41	00:31:36	01:03:17.60	01:03:33.60	+00:29:22 (46.2%)	6:19	9.5 (54.0%)
112	ZDZIARSKI Arkadiusz	230		M30-49	42	00:31:34	01:03:46.00	01:03:58.90	+00:29:47 (46.6%)	6:22	9.4 (53.4%)
113	SIEMIŃSKA Katarzyna	178	BEMOWO BIEGA	K30-49	35	00:32:16	01:03:50.65	01:03:59.80	+00:29:48 (46.6%)	6:23	9.4 (53.4%)
114	KOSSAKOWSKA Natalia	90		K1-29	7	00:31:35	01:04:01.15	01:04:09.35	+00:29:58 (46.7%)	6:24	9.4 (53.4%)
115	KĘDZIOR Katarzyna	82		K30-49	36	00:30:34	01:04:13.05	01:04:19.35	+00:30:08 (46.9%)	6:25	9.3 (52.8%)
116	DUDEK Marcin	34	LEŚNA BIEGUNKA	M30-49	43	00:30:34	01:04:12.55	01:04:19.55	+00:30:08 (46.9%)	6:25	9.3 (52.8%)
117	DAWIDOWSKA Joanna	29		K30-49	37	00:31:56	01:04:47.15	01:04:55.45	+00:30:44 (47.3%)	6:28	9.3 (52.8%)
118	SZCZĘCH Jagoda	241		K30-49	38	00:31:25	01:04:55.75	01:05:10.40	+00:30:59 (47.5%)	6:29	9.2 (52.3%)
119	TERPITOWSKA Agnieszka	236		K30-49	39	00:30:46	01:05:15.45	01:05:22.55	+00:31:11 (47.7%)	6:31	9.2 (52.3%)
120	BUJALSKI Konrad	20		M1-29	9	00:31:43	01:05:33.35	01:05:39.55	+00:31:28 (47.9%)	6:33	9.2 (52.3%)
121	MAZUR Kamil	121		M30-49	44	00:31:37	01:05:22.85	01:05:40.05	+00:31:28 (47.9%)	6:32	9.2 (52.3%)
122	WYCECH Agnieszka	238		K50+	4	00:30:41	01:05:19.50	01:05:41.90	+00:31:30 (48.0%)	6:31	9.2 (52.3%)
123	SOWA Andrzej	188		M30-49	45	00:31:43	01:05:36.45	01:05:42.20	+00:31:31 (48.0%)	6:33	9.1 (51.7%)
124	JESIONOWSKI Marcin	242		M30-49	46	00:31:44	01:05:45.60	01:05:51.05	+00:31:39 (48.1%)	6:34	9.1 (51.7%)
125	MILCZAREK Eva	129		K30-49	40	00:32:18	01:06:56.65	01:07:02.30	+00:32:51 (49.0%)	6:41	9 (51.1%)
126	ZIELIŃSKA Małgorzata	231		K30-49	41	00:32:53	01:07:23.55	01:07:46.15	+00:33:35 (49.6%)	6:44	8.9 (50.6%)
127	SZYLKIN Agnieszka	203		K30-49	42	00:32:53	01:07:23.90	01:07:46.30	+00:33:35 (49.6%)	6:44	8.9 (50.6%)
128	KALBARCZYK Izabella	75		K30-49	43	00:32:57	01:07:38.60	01:07:58.55	+00:33:47 (49.7%)	6:45	8.9 (50.6%)
129	JABŁONOWSKI Janusz	61	RĄCZE ŚLIMAKI	M50+	18	00:32:35	01:07:58.55	01:08:20.20	+00:34:09 (50.0%)	6:47	8.8 (50.0%)
130	WYKRĘT Krzysztof	226		M50+	19	00:31:31	01:08:11.65	01:08:28.55	+00:34:17 (50.1%)	6:49	8.8 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
131	ŻUROWSKA Nina	235		K30-49	44	00:33:04	01:08:13.45	01:08:28.80	+00:34:17 (50.1%)	6:49	8.8 (50.0%)
132	KARŁOWICZ Anna	79	PARTIA WOLNYCH BIEGACZY	K50+	5	00:33:44	01:08:59.35	01:09:23.55	+00:35:12 (50.7%)	6:53	8.7 (49.4%)
133	PACZYŃSKA Katarzyna	142		K30-49	45	00:33:23	01:09:54.40	01:10:14.55	+00:36:03 (51.3%)	6:59	8.6 (48.9%)
134	GÓRECKA Anna	50	MOTOBABINIEC	K30-49	46	00:33:27	01:10:15.45	01:10:19.50	+00:36:08 (51.4%)	7:01	8.5 (48.3%)
135	PTAK Marcin	161	CHYŻE JEŻE Z DYSMÓZGIĄ	M30-49	47	00:33:43	01:10:04.15	01:10:22.85	+00:36:11 (51.4%)	7:00	8.6 (48.9%)
136	PRZYBYSZ Małgorzata	159	CHYŻE JEŻE Z DYSMÓZGIĄ	K1-29	8	00:33:43	01:10:04.00	01:10:23.10	+00:36:12 (51.4%)	7:00	8.6 (48.9%)
137	GŁOWACKA Malwina	48	MŁODY VS STARY			00:36:26	01:10:11.45	01:10:39.05	+00:36:27 (51.6%)	7:01	8.5 (48.3%)
138	KRAWCZYK Maciej	97		M30-49	48	00:37:25	01:11:08.90	01:11:34.95	+00:37:23 (52.2%)	7:06	8.4 (47.7%)
139	KRAWCZYK Małgorzata	96		K30-49	47	00:37:24	01:11:08.90	01:11:35.25	+00:37:24 (52.2%)	7:06	8.4 (47.7%)
140	ZAPALSKA Magdalena	228		K1-29	9	00:32:34	01:12:05.70	01:12:12.50	+00:38:01 (52.7%)	7:12	8.3 (47.2%)
141	BIERNACKI Adam	15		M50+	20	00:34:42	01:12:02.00	01:12:13.55	+00:38:02 (52.7%)	7:12	8.3 (47.2%)
142	MĘŻYDŁO Aleksandra	124		K30-49	48	00:37:35	01:12:20.70	01:12:36.80	+00:38:25 (52.9%)	7:14	8.3 (47.2%)
143	GNATOWSKA Elżbieta	49	WOLNI BIEGACZE SLOW JOGGING GRODZISK MAZ. / ŚMIGAM PO 50-TCE	K50+	6	00:35:57	01:13:03.60	01:13:25.10	+00:39:14 (53.4%)	7:18	8.2 (46.6%)
144	PANFIL Karolina	144		K30-49	49	00:37:50	01:14:27.15	01:14:50.75	+00:40:39 (54.3%)	7:26	8.1 (46.0%)
145	PANFIL Miłosz	145		M30-49	49	00:37:50	01:14:27.30	01:14:51.05	+00:40:39 (54.3%)	7:26	8.1 (46.0%)
146	BIERNACKA Agnieszka	14		K50+	7	00:35:50	01:16:04.15	01:16:23.80	+00:42:12 (55.3%)	7:36	7.9 (44.9%)
147	KALATA-ZAWŁOCKA Aleksandra	74		K30-49	50	00:35:50	01:16:04.65	01:16:24.10	+00:42:13 (55.3%)	7:36	7.9 (44.9%)
148	GROTNIK Ewelina	54	MOTOBABINIEC	K30-49	51	00:37:17	01:16:38.55	01:17:01.45	+00:42:50 (55.6%)	7:39	7.8 (44.3%)
149	NASKRĘT Mariusz	133		M30-49	50	00:37:16	01:16:37.20	01:17:01.75	+00:42:50 (55.6%)	7:39	7.8 (44.3%)
150	REMBERK Danuta	164		K50+	8	00:39:16	01:20:36.45	01:20:58.65	+00:46:47 (57.8%)	8:03	7.4 (42.0%)
151	GROCHOWSKA Joanna	52	BIEGAMY Z OCHOTĄ	K50+	9	00:38:58	01:21:46.55	01:22:12.00	+00:48:00 (58.4%)	8:10	7.3 (41.5%)
152	SZOSTAKOWSKI Jarosław	200	BIEGAMY Z OCHOTĄ	M50+	21	00:38:58	01:21:46.10	01:22:12.30	+00:48:01 (58.4%)	8:10	7.3 (41.5%)
153	MENDONÇA João Pedro	123		M1-29	10	00:40:34	01:24:33.80	01:24:51.20	+00:50:40 (59.7%)	8:27	7.1 (40.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
154	ALVES Lucielly	1		K1-29	10	00:40:34	01:24:34.75	01:24:51.35	+00:50:40 (59.7%)	8:27	7.1 (40.3%)
155	GŁOWACKA Aleksandra	47	MŁODY VS STARY			00:41:53	01:25:14.15	01:25:40.10	+00:51:29 (60.1%)	8:31	7 (39.8%)
156	CZECHOWSKI Jerzy	26	MZA - WARSZAWA	M50+	22	00:42:35	01:26:31.70	01:26:52.40	+00:52:41 (60.6%)	8:39	6.9 (39.2%)
157	BIEŃKOWSKI Mateusz	13				00:19:51			+00:02:43	3:58	15.1 (85.8%)
158	SWORSKI Roman	195	VEGAN RUNNERS	M30-49	51	00:19:55			+00:02:51	3:59	15.1 (85.8%)
159	HIRNY-BUDKA Jarosław	59		M30-49	52	00:23:50			+00:07:02	4:46	12.6 (71.6%)
160	SNAKOWSKI Mateusz	185	BIEGAJĄCE WĘŻE	M1-29	11	00:24:10			+00:07:14	4:50	12.4 (70.5%)
161	SNAKOWSKI Piotr	184	BIEGAJĄCE WĘŻE	M30-49	53	00:24:48			+00:07:51	4:57	12.1 (68.8%)
162	PUSZKARSKI Radosław	162	MARKOWI BIEGACZE	M30-49	54	00:27:07			+00:10:03	5:25	11.1 (63.1%)
163	MACKENTHUN Tomasz	109		M1-29	12	00:27:36			+00:10:43	5:31	10.9 (61.9%)
164	SZCZUTOWSKA Olga	198		K30-49	52	00:28:28			+00:11:35	5:41	10.5 (59.7%)
165	WINNICKA-MACKENTHUN Agnieszka	218		K30-49	53	00:28:51			+00:11:58	5:46	10.4 (59.1%)
166	NAPIERSKA Dominika	132	VEGERUNNERS	K30-49	54	00:28:55			+00:11:55	5:47	10.4 (59.1%)
167	HARABIN Justyna	57		K30-49	55	00:29:19			+00:12:30	5:51	10.2 (58.0%)
168	GROTEK Karol	53		M1-29	13	00:29:21			+00:12:22	5:52	10.2 (58.0%)
169	BIELECKI Jacek	12		M50+	23	00:29:21			+00:12:34	5:52	10.2 (58.0%)
170	NOWOBILSKI Marzena	136		K1-29	11	00:29:24			+00:12:27	5:52	10.2 (58.0%)
171	SWICARZ Jola	194				00:29:25			+00:12:17	5:53	10.2 (58.0%)
172	TOKARZ Agnieszka	207				00:29:48			+00:13:12	5:57	10.1 (57.4%)
173	ZUBELEWICZ-JERUZALSKA Anna	233		K30-49	56	00:29:57			+00:13:18	5:59	10 (56.8%)
174	PARSZCZYŃSKA Izabela	147	TEAM PARSZCZYŃSKICH			00:29:58			+00:13:18	5:59	10 (56.8%)
175	GIEFERT Sylwia	44		K1-29	12	00:29:58			+00:13:17	5:59	10 (56.8%)
176	TRATSIK Volha	210		K30-49	57	00:30:04			+00:13:10	6:00	10 (56.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
177	KĘSKA Katarzyna	243		K30-49	58	00:30:28			+00:13:26	6:05	9.8 (55.7%)
178	SKÓRNIEWSKA Magdalena	181		K30-49	59	00:30:50			+00:14:10	6:10	9.7 (55.1%)
179	ZŁOTNICKI Adam	232	GOLDTEAM			00:31:06			+00:14:12	6:13	9.6 (54.5%)
180	RĘBIEJEWSKA Katarzyna	165	LIRENE RINNING TEAM	K50+	10	00:31:11			+00:14:07	6:14	9.6 (54.5%)
181	KOPCZYŃSKA Judyta	88	MARKOWI BIEGACZE	K30-49	60	00:32:47			+00:15:54	6:33	9.2 (52.3%)
182	GINALSKA Aneta	45		K30-49	61	00:32:52			+00:16:07	6:34	9.1 (51.7%)
183	PAŚNIK Piotr	150	SCHRONISKO NA PLAUCHU			00:32:52			+00:16:20	6:34	9.1 (51.7%)
184	MALER Władysław	113	NEW BALANCE RUN CLUB	M50+	24	00:32:57			+00:15:59	6:35	9.1 (51.7%)
185	POGONOWSKI Michał	154		M1-29	14	00:33:11			+00:16:12	6:38	9 (51.1%)
186	WIŚNIEWSKA-DUDA Anna	219		K30-49	62	00:33:19			+00:16:16	6:39	9 (51.1%)
187	STASIAK Gabriela	190		K1-29	13	00:33:26			+00:16:30	6:41	9 (51.1%)
188	TERZONI Karina	239		K30-49	63	00:33:47			+00:16:52	6:45	8.9 (50.6%)
189	SZLOSER Piotr	199				00:33:47			+00:17:11	6:45	8.9 (50.6%)
190	SZAŁAŃSKA Agata	196				00:33:48			+00:17:11	6:45	8.9 (50.6%)
191	CZYREK Maria	27	ADIDAS RUNNERS WARSAW	K1-29	14	00:34:17			+00:17:29	6:51	8.8 (50.0%)
192	SKRZYPKOWSKI Tadeusz	183	TLUMACZONLINE.COM	M30-49	55	00:35:29			+00:18:28	7:05	8.5 (48.3%)
193	FALATOWICZ Ryszard	38		M50+	25	00:35:47			+00:19:00	7:09	8.4 (47.7%)
194	NIERODA Agnieszka	134		K30-49	64	00:35:47			+00:19:00	7:09	8.4 (47.7%)
195	ŻELECHOWSKI Franciszek	234		M1-29	15	00:35:59			+00:18:59	7:11	8.3 (47.2%)
196	MAZUR Emanuela	119		K1-29	15	00:36:28			+00:19:49	7:17	8.2 (46.6%)
197	BOGUS Magdalena	18	SCHRONISKO NA PALUCHU			00:36:37			+00:20:03	7:19	8.2 (46.6%)
198	MYŚLIBORSKA Olga	131		K30-49	65	00:36:50			+00:19:50	7:22	8.1 (46.0%)
199	WŁOSIK Milena	220				00:37:16			+00:20:18	7:27	8.1 (46.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
200	SOBOTA Kamila	186	SCHRONISKO NA PALUCHU			00:38:34			+00:21:56	7:42	7.8 (44.3%)
201	SKÓRNIEWSKA Katarzyna	182		K1-29	16	00:38:52			+00:22:12	7:46	7.7 (43.8%)
202	FIJAŁKOWSKA Jolanta	41		K50+	11	00:38:55			+00:21:59	7:47	7.7 (43.8%)
203	DUDZIŃSKI Wiktor	237		M1-29	16	00:39:41			+00:23:09	7:56	7.6 (43.2%)
204	MAZUR Ewa	120				00:40:11			+00:23:32	8:02	7.5 (42.6%)
205	ROGINSKI Melissa	244		K30-49	66	00:41:01			+00:24:09	8:12	7.3 (41.5%)
206	SZOSTAK Kamil	202		M30-49	56	00:41:47			+00:24:48	8:21	7.2 (40.9%)
207	SZOSTAK Marta	201		K1-29	17	00:41:48			+00:24:48	8:21	7.2 (40.9%)
208	NOWAKOWSKA Anna	135		K30-49	67	00:41:48			+00:24:49	8:21	7.2 (40.9%)
209	MAZUR Shin	117		K1-29	18	00:42:10			+00:25:30	8:26	7.1 (40.3%)
210	KALINOWSKA Magdalena	76		K50+	12	00:42:27			+00:25:34	8:29	7.1 (40.3%)
211	BARANOWSKA Ewelina	6	RUN VEGAN WOLONTARIAT :)	K30-49	68	00:43:10			+00:27:18	8:38	6.9 (39.2%)
212	PORAYSKA Joanna	156		K1-29	19	00:47:20			+00:30:30	9:28	6.3 (35.8%)
213	KORCZAK Maciej	89		M30-49	57	00:47:20			+00:30:30	9:28	6.3 (35.8%)

Znaleziono 213 wynik(ów)