



# BIEG WEGAŃSKI 5 KM

B4SPORT

**Wydarzenie:** Bieg Wegański  
**Organizator:** Fundacja Run Vegan  
**Data:** 2019-05-19  
**Miejsce:** Warszawa  
**Dystans:** 5 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>WNOROWSKI Stefan</b>	<b>372</b>	GREY	Bieg z psem Mężczyźni	1	00:00:02	<b>00:17:33.15</b>	<b>00:17:35.25</b>		3:30	17.1 (100%)
2	<b>GREGORCZYK Łukasz</b>	<b>97</b>	COMPASSION POLSKA	M30-49	1	00:03:16	<b>00:17:38.00</b>	<b>00:20:54.35</b>	+00:00:04 (0.5%)	3:31	17 (99.4%)
3	<b>SŁUPIK Tomasz</b>	<b>305</b>	-	M1-29	1	00:03:16	<b>00:17:52.30</b>	<b>00:21:08.30</b>	+00:00:19 (1.8%)	3:34	16.8 (98.2%)
4	<b>SKORY Wojciech</b>	<b>301</b>	KRÓLEWSKI KLUB BIEGOWY	M30-49	2	00:03:16	<b>00:18:00.35</b>	<b>00:21:16.40</b>	+00:00:27 (2.5%)	3:36	16.7 (97.7%)
5	<b>GRZYBOWSKI Mariusz</b>	<b>101</b>		M50+	1	00:03:16	<b>00:19:10.30</b>	<b>00:22:26.50</b>	+00:01:37 (8.4%)	3:50	15.7 (91.8%)
6	<b>SUCHY Robert</b>	<b>326</b>	ADIDAS RUNNERS WARSAW	M30-49	3	00:03:16	<b>00:19:34.45</b>	<b>00:22:51.05</b>	+00:02:01 (10.3%)	3:55	15.3 (89.5%)
7	<b>ZYCH Łukasz</b>	<b>401</b>	GRZYBKI TEAM	M30-49	4	00:03:16	<b>00:19:41.30</b>	<b>00:22:57.80</b>	+00:02:08 (10.8%)	3:56	15.2 (88.9%)
8	<b>BORAWSKI Juliusz</b>	<b>32</b>	COMPASSION POLSKA	M30-49	5	00:03:16	<b>00:20:21.40</b>	<b>00:23:37.90</b>	+00:02:48 (13.8%)	4:04	14.7 (86.0%)
9	<b>BUBEL Robert</b>	<b>40</b>		M30-49	6	00:03:16	<b>00:20:28.80</b>	<b>00:23:45.45</b>	+00:02:55 (14.3%)	4:05	14.6 (85.4%)
10	<b>NOWACKA Oktawia</b>	<b>211</b>	ON WŁĄCZ SIEBIE	K1-29	1	00:03:16	<b>00:20:29.15</b>	<b>00:23:45.30</b>	+00:02:56 (14.3%)	4:05	14.6 (85.4%)
11	<b>KORDASIEWICZ Stanisław</b>	<b>156</b>		M30-49	7	00:03:17	<b>00:20:47.90</b>	<b>00:24:05.45</b>	+00:03:14 (15.6%)	4:09	14.4 (84.2%)
12	<b>ZDANOWSKI Dariusz</b>	<b>392</b>	KOSTRZYŃSKA GRUPA BIEGOWA	M30-49	8	00:03:15	<b>00:21:04.75</b>	<b>00:24:20.65</b>	+00:03:31 (16.7%)	4:13	14.2 (83.0%)
13	<b>PANASIUK Artur</b>	<b>234</b>		M30-49	9	00:03:20	<b>00:21:08.25</b>	<b>00:24:29.05</b>	+00:03:35 (17.0%)	4:13	14.2 (83.0%)
14	<b>JARMOSZKO Marian</b>	<b>117</b>	TRIWAWA	M30-49	10	00:03:20	<b>00:21:10.20</b>	<b>00:24:31.10</b>	+00:03:37 (17.1%)	4:14	14.2 (83.0%)
15	<b>SŁOWIŃSKI Michał</b>	<b>427</b>	SBRT ŻOLIBORZ	Bieg z psem Mężczyźni	2	00:00:02	<b>00:21:29.20</b>	<b>00:21:32.15</b>	+00:03:56 (18.3%)	4:18	14 (81.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
16	<b>ROSIŃSKI Patryk</b>	<b>282</b>		M1-29	2	00:03:16	<b>00:21:33.50</b>	<b>00:24:49.80</b>	+00:04:00 (18.6%)	4:18	13.9 (81.3%)
17	<b>KORSAKOV Konstantyn</b>	<b>433</b>		M30-49	11	00:03:23	<b>00:21:37.15</b>	<b>00:25:00.25</b>	+00:04:04 (18.8%)	4:19	13.9 (81.3%)
18	<b>FALKOWSKI Bartek</b>	<b>70</b>	WILKI Z PALUCHA	Bieg z psem Mężczyźni	3	00:00:03	<b>00:21:39.25</b>	<b>00:21:42.25</b>	+00:04:06 (18.9%)	4:19	13.9 (81.3%)
19	<b>ZAPALSKI Michał</b>	<b>388</b>	WILKI Z PALUCHA	Bieg z psem Mężczyźni	4	00:00:03	<b>00:22:05.70</b>	<b>00:22:09.25</b>	+00:04:32 (20.6%)	4:25	13.6 (79.5%)
20	<b>ZIĘBAKOWSKI Mikołaj</b>	<b>396</b>		M1-29	3	00:03:16	<b>00:22:13.15</b>	<b>00:25:29.45</b>	+00:04:40 (21.0%)	4:26	13.5 (78.9%)
21	<b>KOŚLA Arkadiusz</b>	<b>429</b>		M30-49	12	00:03:30	<b>00:22:35.75</b>	<b>00:26:06.55</b>	+00:05:02 (22.3%)	4:31	13.3 (77.8%)
22	<b>BORKOWSKI Mariusz</b>	<b>33</b>		M30-49	13	00:03:20	<b>00:22:43.80</b>	<b>00:26:03.85</b>	+00:05:10 (22.8%)	4:32	13.2 (77.2%)
23	<b>TYM Joanna</b>	<b>355</b>		K30-49	1	00:03:16	<b>00:22:57.25</b>	<b>00:26:14.20</b>	+00:05:24 (23.5%)	4:35	13.1 (76.6%)
24	<b>KRZESZOWSKI Dariusz</b>	<b>170</b>	VEGE RUNNERS	M30-49	14	00:03:16	<b>00:22:58.55</b>	<b>00:26:15.20</b>	+00:05:25 (23.6%)	4:35	13.1 (76.6%)
25	<b>KAŻUCH Olaf</b>	<b>144</b>		M1-29	4	00:03:19	<b>00:22:58.90</b>	<b>00:26:18.65</b>	+00:05:25 (23.6%)	4:35	13.1 (76.6%)
26	<b>PERCHALUK Magdalena</b>	<b>241</b>	RUNFOTO TEAM	Biegi z psem Kobiety	1	00:00:02	<b>00:23:12.70</b>	<b>00:23:14.95</b>	+00:05:39 (24.4%)	4:38	12.9 (75.4%)
27	<b>JANECZKO Małgorzata</b>	<b>114</b>		K30-49	2	00:03:17	<b>00:23:24.65</b>	<b>00:26:42.55</b>	+00:05:51 (25.0%)	4:41	12.8 (74.9%)
28	<b>KORYCIŃSKA Sylwia</b>	<b>157</b>		K30-49	3	00:03:23	<b>00:23:58.40</b>	<b>00:27:21.50</b>	+00:06:25 (26.8%)	4:47	12.5 (73.1%)
29	<b>SWORSKI Roman</b>	<b>327</b>	VEGAN & VEGE RUNNERS / KASTYO	M30-49	15	00:03:16	<b>00:24:00.20</b>	<b>00:27:16.95</b>	+00:06:27 (26.9%)	4:48	12.5 (73.1%)
30	<b>IDSARDI Jasmine</b>	<b>107</b>		K1-29	2	00:03:17	<b>00:24:02.15</b>	<b>00:27:19.50</b>	+00:06:29 (27.0%)	4:48	12.5 (73.1%)
31	<b>CZAPIEWSKI Krzysztof</b>	<b>414</b>		M30-49	16	00:03:19	<b>00:24:03.15</b>	<b>00:27:22.40</b>	+00:06:30 (27.0%)	4:48	12.5 (73.1%)
32	<b>IWAŃCZYK Grzegorz</b>	<b>109</b>		M30-49	17	00:03:16	<b>00:24:05.05</b>	<b>00:27:21.05</b>	+00:06:31 (27.1%)	4:49	12.5 (73.1%)
33	<b>BIENIECKI Mirek</b>	<b>407</b>		M30-49	18	00:03:17	<b>00:24:41.70</b>	<b>00:27:59.15</b>	+00:07:08 (28.9%)	4:56	12.1 (70.8%)
34	<b>PAKULSKI Piotr</b>	<b>230</b>	HARD BOX	M30-49	19	00:03:17	<b>00:24:51.30</b>	<b>00:28:08.30</b>	+00:07:18 (29.4%)	4:58	12.1 (70.8%)
35	<b>PIWNICKI Mateusz</b>	<b>254</b>		M1-29	5	00:03:21	<b>00:24:58.65</b>	<b>00:28:19.75</b>	+00:07:25 (29.7%)	4:59	12 (70.2%)
36	<b>MATYSIAK Juliusz</b>	<b>194</b>		M1-29	6	00:03:16	<b>00:25:22.25</b>	<b>00:28:39.10</b>	+00:07:49 (30.8%)	5:04	11.8 (69.0%)
37	<b>ROSIAK Jacek</b>	<b>280</b>		M30-49	20	00:03:20	<b>00:25:22.50</b>	<b>00:28:42.85</b>	+00:07:49 (30.8%)	5:04	11.8 (69.0%)
38	<b>PALMER Sean</b>	<b>231</b>		M30-49	21	00:03:40	<b>00:25:27.60</b>	<b>00:29:08.50</b>	+00:07:54 (31.1%)	5:05	11.8 (69.0%)

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39	<b>KAŻUCH Sławomir</b>	<b>143</b>		M30-49	22	00:03:19	<b>00:25:33.35</b>	<b>00:28:52.55</b>	+00:08:00 (31.3%)	5:06	11.7 (68.4%)
40	<b>OSIAK Jan</b>	<b>225</b>		M1-29	7	00:03:18	<b>00:25:35.30</b>	<b>00:28:53.80</b>	+00:08:02 (31.4%)	5:07	11.7 (68.4%)
41	<b>GESZPRYCH Marek</b>	<b>86</b>	DRUŻYNA BLANECZKI	M30-49	23	00:03:38	<b>00:25:36.45</b>	<b>00:29:15.40</b>	+00:08:03 (31.5%)	5:07	11.7 (68.4%)
42	<b>BERNAT Paweł</b>	<b>19</b>		M30-49	24	00:03:17	<b>00:25:38.60</b>	<b>00:28:56.15</b>	+00:08:05 (31.6%)	5:07	11.7 (68.4%)
43	<b>KORCZYŃSKA Bożena</b>	<b>155</b>		K30-49	4	00:03:28	<b>00:25:48.70</b>	<b>00:29:17.55</b>	+00:08:15 (32.0%)	5:09	11.6 (67.8%)
44	<b>SADOWSKI Mateusz</b>	<b>288</b>		M1-29	8	00:03:21	<b>00:25:51.85</b>	<b>00:29:13.05</b>	+00:08:18 (32.1%)	5:10	11.6 (67.8%)
45	<b>MIEDŹWIEDŹ Łukasz</b>	<b>199</b>		M30-49	25	00:03:28	<b>00:25:52.45</b>	<b>00:29:21.30</b>	+00:08:19 (32.2%)	5:10	11.6 (67.8%)
46	<b>WRÓBLEWSKA Olga</b>	<b>380</b>	VEGE RUNNERS	K30-49	5	00:03:21	<b>00:25:55.25</b>	<b>00:29:16.95</b>	+00:08:22 (32.3%)	5:11	11.6 (67.8%)
47	<b>KALINOWSKA Ula</b>	<b>132</b>		K1-29	3	00:03:24	<b>00:25:55.65</b>	<b>00:29:19.75</b>	+00:08:22 (32.3%)	5:11	11.6 (67.8%)
48	<b>NAPIERSKA Dominika</b>	<b>208</b>	VEGE RUNNERS	K30-49	6	00:03:21	<b>00:25:56.25</b>	<b>00:29:17.95</b>	+00:08:23 (32.3%)	5:11	11.6 (67.8%)
49	<b>FARAT Magdalena</b>	<b>71</b>		K30-49	7	00:03:25	<b>00:26:03.35</b>	<b>00:29:29.15</b>	+00:08:30 (32.6%)	5:12	11.5 (67.3%)
50	<b>KŁOK Emil</b>	<b>149</b>		M1-29	9	00:03:21	<b>00:26:19.80</b>	<b>00:29:41.30</b>	+00:08:46 (33.3%)	5:16	11.4 (66.7%)
51	<b>ŚWIĆ Małgorzata</b>	<b>345</b>	ROZPĘDZONA	K30-49	8	00:03:23	<b>00:27:00.80</b>	<b>00:30:23.80</b>	+00:09:27 (35.0%)	5:24	11.1 (64.9%)
52	<b>ANTOSZKIEWICZ Dobrawa</b>	<b>8</b>		K30-49	9	00:03:18	<b>00:27:00.90</b>	<b>00:30:19.05</b>	+00:09:27 (35.0%)	5:24	11.1 (64.9%)
53	<b>KACPRZAK Paulina</b>	<b>128</b>		K30-49	10	00:03:20	<b>00:27:16.15</b>	<b>00:30:36.25</b>	+00:09:43 (35.6%)	5:27	11 (64.3%)
54	<b>DZIEMBA Tomasz</b>	<b>66</b>		M1-29	10	00:03:44	<b>00:27:21.20</b>	<b>00:31:05.25</b>	+00:09:48 (35.8%)	5:28	11 (64.3%)
55	<b>ZALEWSKA Zofia</b>	<b>385</b>		Biegi z psem Kobiety	2	00:00:03	<b>00:27:43.05</b>	<b>00:27:46.05</b>	+00:10:09 (36.7%)	5:32	10.8 (63.2%)
56	<b>MOKRZANOWSKA Anna</b>	<b>202</b>		K1-29	4	00:03:25	<b>00:27:43.65</b>	<b>00:31:09.45</b>	+00:10:10 (36.7%)	5:32	10.8 (63.2%)
57	<b>ROCKA Małgorzata</b>	<b>692</b>		K30-49	11	00:03:43	<b>00:28:01.05</b>	<b>00:31:44.50</b>	+00:10:27 (37.4%)	5:36	10.7 (62.6%)
58	<b>PTAK Marcin</b>	<b>267</b>		M30-49	26	00:03:36	<b>00:28:03.55</b>	<b>00:31:40.40</b>	+00:10:30 (37.4%)	5:36	10.7 (62.6%)
59	<b>ANIOŁKOWSKI Krzysztof</b>	<b>6</b>		M30-49	27	00:03:27	<b>00:28:06.65</b>	<b>00:31:34.10</b>	+00:10:33 (37.6%)	5:37	10.7 (62.6%)
60	<b>PIEJAK Tomasz</b>	<b>418</b>		M1-29	11	00:03:44	<b>00:28:08.00</b>	<b>00:31:52.35</b>	+00:10:34 (37.6%)	5:37	10.7 (62.6%)
61	<b>KOT Aleksandra</b>	<b>160</b>		K1-29	5	00:03:20	<b>00:28:17.80</b>	<b>00:31:38.40</b>	+00:10:44 (38.0%)	5:39	10.6 (62.0%)

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62	<b>DŁUGOSZ Daniel</b>	<b>56</b>	WILKI Z PALUCHA	Bieg z psem Mężczyźni	5	00:00:26	<b>00:28:23.60</b>	<b>00:28:50.50</b>	+00:10:50 (38.2%)	5:40	10.6 (62.0%)
63	<b>AKERMAN Adrian</b>	<b>4</b>		M1-29	12	00:03:39	<b>00:28:25.20</b>	<b>00:32:04.45</b>	+00:10:52 (38.2%)	5:41	10.6 (62.0%)
64	<b>SENKOWSKI Gustaw</b>	<b>292</b>	TRAWOŻERCY	M1-29	13	00:03:52	<b>00:28:27.55</b>	<b>00:32:20.25</b>	+00:10:54 (38.3%)	5:41	10.5 (61.4%)
65	<b>PARTYKA Justyna</b>	<b>238</b>		K1-29	6	00:03:18	<b>00:28:28.15</b>	<b>00:31:46.25</b>	+00:10:55 (38.3%)	5:41	10.5 (61.4%)
66	<b>CZERNAWSKI Bartosz</b>	<b>49</b>		M1-29	14	00:03:52	<b>00:28:31.95</b>	<b>00:32:24.40</b>	+00:10:58 (38.5%)	5:42	10.5 (61.4%)
67	<b>GÓRECKI Michał</b>	<b>94</b>		M30-49	28	00:03:21	<b>00:28:42.80</b>	<b>00:32:04.65</b>	+00:11:09 (38.9%)	5:44	10.4 (60.8%)
68	<b>CZAPLEWSKA Weronika</b>	<b>423</b>		K1-29	7	00:03:23	<b>00:28:46.20</b>	<b>00:32:09.25</b>	+00:11:13 (39.0%)	5:45	10.4 (60.8%)
69	<b>SIEDLECKI Edyta</b>	<b>294</b>		K30-49	12	00:03:27	<b>00:28:46.45</b>	<b>00:32:14.40</b>	+00:11:13 (39.0%)	5:45	10.4 (60.8%)
70	<b>SUCHODOŁA Justyna</b>	<b>325</b>		K30-49	13	00:03:27	<b>00:28:50.20</b>	<b>00:32:17.40</b>	+00:11:17 (39.1%)	5:46	10.4 (60.8%)
71	<b>BARTCZAK Maciej</b>	<b>426</b>		M1-29	15	00:03:22	<b>00:28:50.25</b>	<b>00:32:12.75</b>	+00:11:17 (39.1%)	5:46	10.4 (60.8%)
72	<b>PONIEWIERSKI Rafał</b>	<b>261</b>	TRICLUB	Bieg z psem Mężczyźni	6	00:00:05	<b>00:28:56.05</b>	<b>00:29:01.90</b>	+00:11:22 (39.3%)	5:47	10.4 (60.8%)
73	<b>ZIELIŃSKI Piotr</b>	<b>394</b>		M30-49	29	00:03:55	<b>00:28:57.80</b>	<b>00:32:53.35</b>	+00:11:24 (39.4%)	5:47	10.4 (60.8%)
74	<b>DREWNOWSKA Olga</b>	<b>59</b>		Biegi z psem Kobiety	3	00:00:02	<b>00:28:57.95</b>	<b>00:29:00.10</b>	+00:11:24 (39.4%)	5:47	10.4 (60.8%)
75	<b>GUZEWICZ Pola</b>	<b>103</b>	SCHRONISKO NA PALUCHU	Biegi z psem Kobiety	4	00:00:04	<b>00:28:58.05</b>	<b>00:29:02.20</b>	+00:11:24 (39.4%)	5:47	10.4 (60.8%)
76	<b>GUZEK Monika</b>	<b>102</b>		K30-49	14	00:03:43	<b>00:28:58.55</b>	<b>00:32:42.20</b>	+00:11:25 (39.4%)	5:47	10.4 (60.8%)
77	<b>SNARSKI Piotr</b>	<b>309</b>		Bieg z psem Mężczyźni	7	00:00:12	<b>00:29:03.00</b>	<b>00:29:15.75</b>	+00:11:29 (39.6%)	5:48	10.3 (60.2%)
78	<b>WRÓBLEWSKA Martyna</b>	<b>379</b>	-	K30-49	15	00:00:11	<b>00:29:04.15</b>	<b>00:29:16.00</b>	+00:11:31 (39.6%)	5:49	10.3 (60.2%)
79	<b>KOBUS Karina</b>	<b>150</b>	SRS KONDYCJA	K1-29	8	00:03:38	<b>00:29:04.95</b>	<b>00:32:43.35</b>	+00:11:31 (39.6%)	5:49	10.3 (60.2%)
80	<b>PAKULSKA Ewelina</b>	<b>229</b>	GRAŻYŃKI OCR	K30-49	16	00:03:22	<b>00:29:06.45</b>	<b>00:32:28.50</b>	+00:11:33 (39.7%)	5:49	10.3 (60.2%)
81	<b>STACHURSKI Przemysław</b>	<b>317</b>	BIEGNIJ Z PROSERVICE	M30-49	30	00:03:32	<b>00:29:11.25</b>	<b>00:32:43.30</b>	+00:11:38 (39.9%)	5:50	10.3 (60.2%)
82	<b>KOSMĘDA Aleksandra</b>	<b>159</b>		K30-49	17	00:00:02	<b>00:29:12.00</b>	<b>00:29:14.00</b>	+00:11:38 (39.9%)	5:50	10.3 (60.2%)
83	<b>HEREĆ-OLEJNIK Ewa</b>	<b>104</b>	RUN OLEY/ŁOMIANKOWSKA GRUPA BIEGOWA	K30-49	18	00:03:39	<b>00:29:20.15</b>	<b>00:33:00.00</b>	+00:11:47 (40.2%)	5:52	10.2 (59.6%)
84	<b>NAPIERSKI Łukasz</b>	<b>209</b>		M30-49	31	00:03:22	<b>00:29:20.35</b>	<b>00:32:42.90</b>	+00:11:47 (40.2%)	5:52	10.2 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
85	<b>DĄBROWSKA Anna</b>	<b>53</b>		K30-49	19	00:03:40	<b>00:29:26.60</b>	<b>00:33:06.60</b>	+00:11:53 (40.4%)	5:53	10.2 (59.6%)
86	<b>KALISZ Małgorzata</b>	<b>135</b>		K30-49	20	00:03:42	<b>00:29:27.10</b>	<b>00:33:09.35</b>	+00:11:53 (40.4%)	5:53	10.2 (59.6%)
87	<b>ADAMIEC Monika</b>	<b>3</b>		K30-49	21	00:03:42	<b>00:29:27.85</b>	<b>00:33:10.00</b>	+00:11:54 (40.4%)	5:53	10.2 (59.6%)
88	<b>CIERLAK Patrycja</b>	<b>46</b>		K1-29	9	00:03:37	<b>00:29:30.30</b>	<b>00:33:07.65</b>	+00:11:57 (40.5%)	5:54	10.2 (59.6%)
89	<b>WYRWICZ Marek</b>	<b>383</b>		M30-49	32	00:03:48	<b>00:29:38.70</b>	<b>00:33:27.45</b>	+00:12:05 (40.8%)	5:55	10.1 (59.1%)
90	<b>BOROWIK Aleksandra</b>	<b>428</b>		K30-49	22	00:03:36	<b>00:29:39.45</b>	<b>00:33:16.20</b>	+00:12:06 (40.8%)	5:56	10.1 (59.1%)
91	<b>OLSZOWSKI Michał</b>	<b>219</b>		M30-49	33	00:03:22	<b>00:29:40.20</b>	<b>00:33:02.75</b>	+00:12:07 (40.8%)	5:56	10.1 (59.1%)
92	<b>MŁOCEK Piotr</b>	<b>201</b>		M1-29	16	00:03:25	<b>00:29:41.65</b>	<b>00:33:07.20</b>	+00:12:08 (40.9%)	5:56	10.1 (59.1%)
93	<b>DZIEKONSKA Joanna A.</b>	<b>65</b>		K30-49	23	00:03:22	<b>00:29:43.25</b>	<b>00:33:05.60</b>	+00:12:10 (40.9%)	5:56	10.1 (59.1%)
94	<b>SZTYLKO Michał</b>	<b>333</b>		M30-49	34	00:03:49	<b>00:29:43.55</b>	<b>00:33:33.45</b>	+00:12:10 (41.0%)	5:56	10.1 (59.1%)
95	<b>SIWEK Anna</b>	<b>299</b>		K30-49	24	00:03:49	<b>00:29:43.80</b>	<b>00:33:33.25</b>	+00:12:10 (41.0%)	5:56	10.1 (59.1%)
96	<b>KAZANOWSKA Ewa</b>	<b>142</b>		K30-49	25	00:03:20	<b>00:29:44.55</b>	<b>00:33:04.90</b>	+00:12:11 (41.0%)	5:56	10.1 (59.1%)
97	<b>TADIR Hanna</b>	<b>346</b>		K30-49	26	00:03:24	<b>00:29:44.90</b>	<b>00:33:09.65</b>	+00:12:11 (41.0%)	5:57	10.1 (59.1%)
98	<b>JAROS Arkadiusz</b>	<b>118</b>		M50+	2	00:03:19	<b>00:29:46.75</b>	<b>00:33:06.45</b>	+00:12:13 (41.1%)	5:57	10.1 (59.1%)
99	<b>ROSIAK Zuzanna</b>	<b>281</b>		K30-49	27	00:03:21	<b>00:29:48.05</b>	<b>00:33:09.15</b>	+00:12:14 (41.1%)	5:57	10.1 (59.1%)
100	<b>BYCZEWSKA Magdalena</b>	<b>42</b>		K30-49	28	00:03:20	<b>00:29:48.40</b>	<b>00:33:08.45</b>	+00:12:15 (41.1%)	5:57	10.1 (59.1%)
101	<b>BIĘNKOWSKI Mateusz</b>	<b>22</b>		M30-49	35	00:03:18	<b>00:29:48.60</b>	<b>00:33:07.15</b>	+00:12:15 (41.1%)	5:57	10.1 (59.1%)
102	<b>BOCIAN Katarzyna</b>	<b>28</b>	COMPASSION POLSKA	K1-29	10	00:03:19	<b>00:29:51.40</b>	<b>00:33:11.10</b>	+00:12:18 (41.2%)	5:58	10 (58.5%)
103	<b>KOZIŃSKA Kamila</b>	<b>163</b>	DRUŻYNA BLANECZKI	K30-49	29	00:03:36	<b>00:29:57.60</b>	<b>00:33:34.15</b>	+00:12:24 (41.4%)	5:59	10 (58.5%)
104	<b>PIĘKOŚ Magdalena</b>	<b>248</b>		K30-49	30	00:03:29	<b>00:30:04.60</b>	<b>00:33:34.55</b>	+00:12:31 (41.6%)	6:01	10 (58.5%)
105	<b>RYNKOWSKA Katarzyna</b>	<b>286</b>		K30-49	31	00:03:31	<b>00:30:06.80</b>	<b>00:33:38.65</b>	+00:12:33 (41.7%)	6:01	10 (58.5%)
106	<b>ZALEWSKA Adrianna</b>	<b>386</b>		K1-29	11	00:03:21	<b>00:30:17.05</b>	<b>00:33:38.95</b>	+00:12:43 (42.0%)	6:03	9.9 (57.9%)
107	<b>PIWOWARCZYK Agata</b>	<b>255</b>		K1-29	12	00:05:04	<b>00:30:18.75</b>	<b>00:35:23.20</b>	+00:12:45 (42.1%)	6:03	9.9 (57.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
108	<b>CEROWSKI Steve</b>	<b>43</b>		M50+	3	00:03:53	<b>00:30:19.60</b>	<b>00:34:13.15</b>	+00:12:46 (42.1%)	6:04	9.9 (57.9%)
109	<b>CIEŚLAK Agnieszka</b>	<b>47</b>		K30-49	32	00:03:18	<b>00:30:26.55</b>	<b>00:33:45.25</b>	+00:12:53 (42.3%)	6:05	9.9 (57.9%)
110	<b>SNAKOWSKA Patrycja</b>	<b>308</b>	BIEGAJĄCE WĘŻE	K30-49	33	00:03:33	<b>00:30:27.00</b>	<b>00:34:00.40</b>	+00:12:53 (42.4%)	6:05	9.9 (57.9%)
111	<b>ŻUŁAWIŃSKA Magdalena</b>	<b>405</b>		K1-29	13	00:05:04	<b>00:30:35.30</b>	<b>00:35:40.25</b>	+00:13:02 (42.6%)	6:07	9.8 (57.3%)
112	<b>KUDER Anna</b>	<b>172</b>		Biegi z psem Kobiety	5	00:00:05	<b>00:30:35.45</b>	<b>00:30:41.15</b>	+00:13:02 (42.6%)	6:07	9.8 (57.3%)
113	<b>STĘPIEŃ Lena</b>	<b>322</b>		K1-29	14	00:03:28	<b>00:30:35.55</b>	<b>00:34:03.75</b>	+00:13:02 (42.6%)	6:07	9.8 (57.3%)
114	<b>GAJEWSKA Karolina</b>	<b>83</b>	ADIDAS RUNNERS WARSAW	K30-49	34	00:03:47	<b>00:30:37.60</b>	<b>00:34:25.45</b>	+00:13:04 (42.7%)	6:07	9.8 (57.3%)
115	<b>LIBERA Paweł</b>	<b>179</b>	GRUPA BIEGOWA UM-WWA	M30-49	36	00:03:49	<b>00:30:38.90</b>	<b>00:34:28.85</b>	+00:13:05 (42.7%)	6:07	9.8 (57.3%)
116	<b>ŻÓŁCIŃSKI Waldemar</b>	<b>404</b>	GRUPA BIEGOWA UM W-WA	M50+	4	00:03:50	<b>00:30:40.70</b>	<b>00:34:31.55</b>	+00:13:07 (42.8%)	6:08	9.8 (57.3%)
117	<b>PAŁAMAR Krzysztof</b>	<b>232</b>		M50+	5	00:03:22	<b>00:30:43.90</b>	<b>00:34:06.10</b>	+00:13:10 (42.9%)	6:08	9.8 (57.3%)
118	<b>MAJEWSKI Marek</b>	<b>189</b>	WILANÓW-ZAWADY	M50+	6	00:03:26	<b>00:30:47.50</b>	<b>00:34:13.85</b>	+00:13:14 (43.0%)	6:09	9.7 (56.7%)
119	<b>ORDAK Beata</b>	<b>220</b>		K30-49	35	00:03:26	<b>00:30:48.10</b>	<b>00:34:14.95</b>	+00:13:14 (43.0%)	6:09	9.7 (56.7%)
120	<b>SZLOSER Piotr</b>	<b>330</b>		M30-49	37	00:00:11	<b>00:30:53.90</b>	<b>00:31:05.05</b>	+00:13:20 (43.2%)	6:10	9.7 (56.7%)
121	<b>SZAŁAŃSKA Agata</b>	<b>329</b>		Biegi z psem Kobiety	6	00:00:08	<b>00:30:57.25</b>	<b>00:31:05.50</b>	+00:13:24 (43.3%)	6:11	9.7 (56.7%)
122	<b>ŚLIWA Lilka</b>	<b>341</b>	BEHAVEDOG	Biegi z psem Kobiety	7	00:00:44	<b>00:30:58.00</b>	<b>00:31:42.75</b>	+00:13:24 (43.3%)	6:11	9.7 (56.7%)
123	<b>WEJTKO Ela</b>	<b>363</b>		K50+	1	00:03:22	<b>00:30:59.70</b>	<b>00:34:22.40</b>	+00:13:26 (43.4%)	6:12	9.7 (56.7%)
124	<b>MROCZEK Magdalena</b>	<b>203</b>		K30-49	36	00:03:30	<b>00:31:04.80</b>	<b>00:34:35.60</b>	+00:13:31 (43.5%)	6:13	9.7 (56.7%)
125	<b>BRZEWIŃSKA Natalia</b>	<b>39</b>	BEHAVEDOG	Biegi z psem Kobiety	8	00:00:43	<b>00:31:05.45</b>	<b>00:31:48.45</b>	+00:13:32 (43.5%)	6:13	9.7 (56.7%)
126	<b>DZIAMENTSZEVA Vijaleta</b>	<b>63</b>		Biegi z psem Kobiety	9	00:00:37	<b>00:31:05.60</b>	<b>00:31:42.65</b>	+00:13:32 (43.5%)	6:13	9.7 (56.7%)
127	<b>KWIECIŃSKA Alicja</b>	<b>176</b>		K30-49	37	00:03:23	<b>00:31:07.35</b>	<b>00:34:31.15</b>	+00:13:34 (43.6%)	6:13	9.6 (56.1%)
127	<b>WÓJCIK Rafał</b>	<b>377</b>		M30-49	38	00:03:30	<b>00:31:07.35</b>	<b>00:34:38.05</b>	+00:13:34 (43.6%)	6:13	9.6 (56.1%)
129	<b>MRÓZ Sebastian</b>	<b>206</b>		M30-49	39	00:03:20	<b>00:31:08.40</b>	<b>00:34:28.50</b>	+00:13:35 (43.6%)	6:13	9.6 (56.1%)
130	<b>SERAFIN Katarzyna</b>	<b>415</b>		K30-49	38	00:03:30	<b>00:31:13.95</b>	<b>00:34:44.65</b>	+00:13:40 (43.8%)	6:14	9.6 (56.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
131	<b>STARUCH Andrzej</b>	<b>320</b>		M50+	7	00:03:33	<b>00:31:18.05</b>	<b>00:34:51.10</b>	+00:13:44 (43.9%)	6:15	9.6 (56.1%)
132	<b>SOBOTA Kamila</b>	<b>311</b>	WILKI Z PALUCHA	Biegi z psem Kobiety	10	00:00:25	<b>00:31:22.20</b>	<b>00:31:47.60</b>	+00:13:49 (44.0%)	6:16	9.6 (56.1%)
133	<b>SIKORSKA Marysia</b>	<b>296</b>		K1-29	15	00:03:17	<b>00:31:23.15</b>	<b>00:34:40.30</b>	+00:13:50 (44.1%)	6:16	9.6 (56.1%)
134	<b>RAFIŃSKA Agnieszka</b>	<b>273</b>		K30-49	39	00:03:18	<b>00:31:24.00</b>	<b>00:34:42.65</b>	+00:13:50 (44.1%)	6:16	9.6 (56.1%)
135	<b>GRAF Magda</b>	<b>96</b>		K30-49	40	00:03:35	<b>00:31:24.65</b>	<b>00:35:00.30</b>	+00:13:51 (44.1%)	6:17	9.5 (55.6%)
136	<b>KWACZYŃSKA Marzena</b>	<b>417</b>		K50+	2	00:03:29	<b>00:31:26.00</b>	<b>00:34:55.40</b>	+00:13:52 (44.2%)	6:17	9.5 (55.6%)
137	<b>POLIŃSKA Ania</b>	<b>259</b>	VEGE RUNNERS	K50+	3	00:03:28	<b>00:31:26.50</b>	<b>00:34:55.15</b>	+00:13:53 (44.2%)	6:17	9.5 (55.6%)
138	<b>OSIAK Magdalena</b>	<b>224</b>		K30-49	41	00:03:19	<b>00:31:27.30</b>	<b>00:34:46.60</b>	+00:13:54 (44.2%)	6:17	9.5 (55.6%)
139	<b>PAC Bartosz</b>	<b>228</b>		M30-49	40	00:03:32	<b>00:31:27.60</b>	<b>00:35:00.30</b>	+00:13:54 (44.2%)	6:17	9.5 (55.6%)
140	<b>ORZECOWSKA Aleksandra</b>	<b>223</b>		K1-29	16	00:03:25	<b>00:31:33.65</b>	<b>00:34:58.70</b>	+00:14:00 (44.4%)	6:18	9.5 (55.6%)
141	<b>ZIOLKOWSKI Izabela</b>	<b>397</b>	VEGAN RUNNERS	K30-49	42	00:03:39	<b>00:31:33.95</b>	<b>00:35:13.80</b>	+00:14:00 (44.4%)	6:18	9.5 (55.6%)
142	<b>ORZECOWSKA Alicja</b>	<b>222</b>		K1-29	17	00:03:24	<b>00:31:34.15</b>	<b>00:34:59.05</b>	+00:14:01 (44.4%)	6:19	9.5 (55.6%)
143	<b>STANISZEWSKA Paulina</b>	<b>319</b>	NESSI TEAM	K1-29	18	00:03:20	<b>00:31:37.65</b>	<b>00:34:58.25</b>	+00:14:04 (44.5%)	6:19	9.5 (55.6%)
144	<b>WDOWIAK Pola</b>	<b>362</b>		K1-29	19	00:03:27	<b>00:31:38.20</b>	<b>00:35:05.55</b>	+00:14:05 (44.5%)	6:19	9.5 (55.6%)
145	<b>KASZYŃSKA Karolina</b>	<b>140</b>		K30-49	43	00:03:18	<b>00:31:39.10</b>	<b>00:34:57.75</b>	+00:14:05 (44.5%)	6:19	9.5 (55.6%)
146	<b>DICKHARDT Jagoda</b>	<b>55</b>		K1-29	20	00:03:24	<b>00:31:42.65</b>	<b>00:35:06.75</b>	+00:14:09 (44.6%)	6:20	9.5 (55.6%)
146	<b>BASIŃSKI Dawid</b>	<b>15</b>		M1-29	17	00:03:24	<b>00:31:42.65</b>	<b>00:35:07.05</b>	+00:14:09 (44.6%)	6:20	9.5 (55.6%)
148	<b>BIELEC Zuzanna Magdalena</b>	<b>808</b>		K1-29	21	00:04:18	<b>00:31:44.10</b>	<b>00:36:02.65</b>	+00:14:10 (44.7%)	6:20	9.5 (55.6%)
149	<b>BIELAWSKA Monika</b>	<b>20</b>		K30-49	44	00:03:17	<b>00:31:47.70</b>	<b>00:35:05.05</b>	+00:14:14 (44.8%)	6:21	9.4 (55.0%)
150	<b>MRÓZ Mateusz</b>	<b>207</b>		M1-29	18	00:03:20	<b>00:31:52.10</b>	<b>00:35:12.65</b>	+00:14:18 (44.9%)	6:22	9.4 (55.0%)
151	<b>BIELEC Karolina</b>	<b>21</b>	MORSY ZIELONKA	K30-49	45	00:03:37	<b>00:31:56.20</b>	<b>00:35:33.35</b>	+00:14:23 (45.0%)	6:23	9.4 (55.0%)
152	<b>BRONSZEWSKA Marta</b>	<b>37</b>		Biegi z psem Kobiety	11	00:00:03	<b>00:31:58.90</b>	<b>00:32:02.75</b>	+00:14:25 (45.1%)	6:23	9.4 (55.0%)
152	<b>MAŁEK Aleksandra</b>	<b>191</b>	RUN BABYS	Biegi z psem Kobiety	11	00:03:35	<b>00:31:58.90</b>	<b>00:35:34.30</b>	+00:14:25 (45.1%)	6:23	9.4 (55.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
154	<b>GAJDA Maja</b>	<b>80</b>		K1-29	22	00:03:34	<b>00:32:00.50</b>	<b>00:35:35.00</b>	+00:14:27 (45.2%)	6:24	9.4 (55.0%)
155	<b>KOZIK Joanna</b>	<b>422</b>		K1-29	23	00:03:34	<b>00:32:00.80</b>	<b>00:35:35.05</b>	+00:14:27 (45.2%)	6:24	9.4 (55.0%)
156	<b>SIWEK Aleksandra</b>	<b>300</b>		K1-29	24	00:03:48	<b>00:32:04.70</b>	<b>00:35:53.65</b>	+00:14:31 (45.3%)	6:25	9.4 (55.0%)
157	<b>SILSKA Magdalena</b>	<b>297</b>		K30-49	46	00:03:18	<b>00:32:11.20</b>	<b>00:35:30.00</b>	+00:14:38 (45.5%)	6:26	9.3 (54.4%)
158	<b>ZIOŁO Katarzyna</b>	<b>399</b>	-	K30-49	47	00:03:39	<b>00:32:17.30</b>	<b>00:35:56.75</b>	+00:14:44 (45.6%)	6:27	9.3 (54.4%)
159	<b>ZIOŁO Julia</b>	<b>398</b>		K1-29	25	00:03:39	<b>00:32:17.50</b>	<b>00:35:56.75</b>	+00:14:44 (45.6%)	6:27	9.3 (54.4%)
160	<b>LASKOWSKA Izabela</b>	<b>421</b>		K30-49	48	00:03:36	<b>00:32:20.10</b>	<b>00:35:56.55</b>	+00:14:46 (45.7%)	6:28	9.3 (54.4%)
161	<b>TRATSIK Volha</b>	<b>353</b>		K30-49	49	00:03:31	<b>00:32:23.75</b>	<b>00:35:54.75</b>	+00:14:50 (45.8%)	6:28	9.3 (54.4%)
162	<b>GRABOWSKI Jerzy</b>	<b>95</b>	NIEZRZESZONY	M50+	8	00:03:34	<b>00:32:24.35</b>	<b>00:35:58.90</b>	+00:14:51 (45.8%)	6:28	9.3 (54.4%)
163	<b>ZIELIŃSKA Magdalena</b>	<b>395</b>		K30-49	50	00:03:23	<b>00:32:35.75</b>	<b>00:35:59.70</b>	+00:15:02 (46.2%)	6:31	9.2 (53.8%)
164	<b>JÓŻWIK-ŁUPIŃSKA Katarzyna</b>	<b>420</b>		K30-49	51	00:00:02	<b>00:32:38.10</b>	<b>00:32:40.30</b>	+00:15:04 (46.2%)	6:31	9.2 (53.8%)
165	<b>ROSTOCKA Natasza</b>	<b>283</b>		Biegi z psem Kobiety	13	00:00:08	<b>00:32:41.95</b>	<b>00:32:50.15</b>	+00:15:08 (46.3%)	6:32	9.2 (53.8%)
166	<b>MIAKOTA Joanna</b>	<b>197</b>		K30-49	52	00:03:31	<b>00:32:46.60</b>	<b>00:36:18.45</b>	+00:15:13 (46.4%)	6:33	9.2 (53.8%)
167	<b>UCHROŃSKA Justyna</b>	<b>358</b>	ROZPĘDZONA	K30-49	53	00:03:37	<b>00:32:47.55</b>	<b>00:36:24.60</b>	+00:15:14 (46.5%)	6:33	9.2 (53.8%)
168	<b>GOŁAŚ Magdalena</b>	<b>92</b>		K1-29	26	00:03:19	<b>00:32:47.80</b>	<b>00:36:07.10</b>	+00:15:14 (46.5%)	6:33	9.1 (53.2%)
169	<b>DYMEK Justyna</b>	<b>62</b>		K30-49	54	00:03:35	<b>00:32:48.95</b>	<b>00:36:24.85</b>	+00:15:15 (46.5%)	6:33	9.1 (53.2%)
170	<b>GŁOWACKA Aleksandra</b>	<b>88</b>	MŁODY VS STARY	Biegi z psem Kobiety	14	00:00:04	<b>00:32:49.90</b>	<b>00:32:54.75</b>	+00:15:16 (46.5%)	6:34	9.1 (53.2%)
171	<b>GRONCZEWSKA Karolina</b>	<b>99</b>	SCHRONISKO NA PALUCHU	Biegi z psem Kobiety	15	00:00:05	<b>00:32:56.60</b>	<b>00:33:02.05</b>	+00:15:23 (46.7%)	6:35	9.1 (53.2%)
172	<b>KĄKOWSKA Julia</b>	<b>145</b>		Biegi z psem Kobiety	16	00:00:07	<b>00:32:58.25</b>	<b>00:33:06.15</b>	+00:15:25 (46.8%)	6:35	9.1 (53.2%)
173	<b>OLBORSKA Monika</b>	<b>218</b>		K30-49	55	00:03:25	<b>00:32:58.70</b>	<b>00:36:24.05</b>	+00:15:25 (46.8%)	6:35	9.1 (53.2%)
174	<b>ZŁOTNICKI Adam</b>	<b>400</b>	STOWARZYSZENIE EMPATIA	Bieg z psem Mężczyźni	8	00:00:04	<b>00:32:59.35</b>	<b>00:33:03.90</b>	+00:15:26 (46.8%)	6:35	9.1 (53.2%)
175	<b>JACNIAK Paulina</b>	<b>406</b>		K30-49	56	00:03:23	<b>00:32:59.45</b>	<b>00:36:22.75</b>	+00:15:26 (46.8%)	6:35	9.1 (53.2%)
176	<b>PYTLAS - SIERADZKA Dominika</b>	<b>271</b>		Biegi z psem Kobiety	17	00:00:03	<b>00:33:01.35</b>	<b>00:33:05.30</b>	+00:15:28 (46.8%)	6:36	9.1 (53.2%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
177	<b>PIERZYŃSKA Irina</b>	<b>247</b>		K30-49	57	00:03:29	<b>00:33:06.05</b>	<b>00:36:35.45</b>	+00:15:32 (47.0%)	6:37	9.1 (53.2%)
178	<b>PAŁAMAR Anna</b>	<b>233</b>		K1-29	27	00:03:21	<b>00:33:06.25</b>	<b>00:36:27.70</b>	+00:15:33 (47.0%)	6:37	9.1 (53.2%)
179	<b>IMIELA Maciel</b>	<b>108</b>	-	M1-29	19	00:03:19	<b>00:33:07.35</b>	<b>00:36:26.80</b>	+00:15:34 (47.0%)	6:37	9.1 (53.2%)
180	<b>ZAPAŚNIK Katarzyna</b>	<b>389</b>		K1-29	28	00:03:28	<b>00:33:08.35</b>	<b>00:36:37.00</b>	+00:15:35 (47.0%)	6:37	9 (52.6%)
181	<b>POPŁAWSKA Magda</b>	<b>262</b>		K30-49	58	00:00:04	<b>00:33:09.05</b>	<b>00:33:13.20</b>	+00:15:35 (47.1%)	6:37	9 (52.6%)
182	<b>KOWALSKA Joanna</b>	<b>161</b>		K30-49	59	00:03:21	<b>00:33:13.85</b>	<b>00:36:35.35</b>	+00:15:40 (47.2%)	6:38	9 (52.6%)
183	<b>TYRYŁŁO Karla</b>	<b>357</b>		K1-29	29	00:03:23	<b>00:33:17.60</b>	<b>00:36:40.90</b>	+00:15:44 (47.3%)	6:39	9 (52.6%)
184	<b>PIRÓG Aleksandra</b>	<b>252</b>	WILKI Z PALUCHA	Biegi z psem Kobiety	18	00:04:32	<b>00:33:20.10</b>	<b>00:37:52.55</b>	+00:15:46 (47.3%)	6:40	9 (52.6%)
185	<b>BAĆMAGA-ZAPALSKA Anna</b>	<b>10</b>	WILKI Z PALUCHA	Biegi z psem Kobiety	19	00:00:06	<b>00:33:23.15</b>	<b>00:33:29.95</b>	+00:15:50 (47.4%)	6:40	9 (52.6%)
186	<b>ŚWICARZ Jolanta</b>	<b>344</b>		Biegi z psem Kobiety	20	00:00:07	<b>00:33:24.25</b>	<b>00:33:32.15</b>	+00:15:51 (47.5%)	6:41	9 (52.6%)
187		<b>432</b>				00:03:38	<b>00:33:24.30</b>	<b>00:37:03.05</b>	+00:15:51 (47.5%)	6:41	9 (52.6%)
188	<b>MAGNOWSKA Karolina</b>	<b>188</b>		K1-29	30	00:03:38	<b>00:33:24.75</b>	<b>00:37:03.15</b>	+00:15:51 (47.5%)	6:41	9 (52.6%)
189	<b>HOŁOWACZ Tomasz</b>	<b>105</b>	KONDYCJA	M50+	9	00:03:47	<b>00:33:28.80</b>	<b>00:37:16.05</b>	+00:15:55 (47.6%)	6:41	9 (52.6%)
190	<b>ANTONÓW Piotr</b>	<b>7</b>	WILKI Z PALUCHA	Bieg z psem Mężczyźni	9	00:04:28	<b>00:33:29.90</b>	<b>00:37:58.35</b>	+00:15:56 (47.6%)	6:42	9 (52.6%)
191	<b>KWIATKOWSKA Maja</b>	<b>175</b>		K1-29	31	00:03:20	<b>00:33:30.95</b>	<b>00:36:51.60</b>	+00:15:57 (47.6%)	6:42	9 (52.6%)
192	<b>JEZNACH Andrzej</b>	<b>122</b>		Bieg z psem Mężczyźni	10	00:00:13	<b>00:33:39.35</b>	<b>00:33:52.85</b>	+00:16:06 (47.8%)	6:43	8.9 (52.0%)
193	<b>JEZNACH Mikołaj</b>	<b>121</b>		Bieg z psem Mężczyźni	11	00:00:12	<b>00:33:40.05</b>	<b>00:33:52.65</b>	+00:16:06 (47.9%)	6:44	8.9 (52.0%)
194	<b>ŻAK Anna</b>	<b>402</b>		K50+	4	00:03:24	<b>00:33:46.25</b>	<b>00:37:10.35</b>	+00:16:13 (48.0%)	6:45	8.9 (52.0%)
195	<b>WITEK-STACHURSKA Adriana</b>	<b>369</b>		K30-49	60	00:03:31	<b>00:33:49.55</b>	<b>00:37:21.05</b>	+00:16:16 (48.1%)	6:46	8.9 (52.0%)
196	<b>GLEBA Jeanette</b>	<b>87</b>		K30-49	61	00:03:43	<b>00:33:51.50</b>	<b>00:37:34.55</b>	+00:16:18 (48.2%)	6:46	8.9 (52.0%)
197	<b>SHPAK Maryia</b>	<b>293</b>		K1-29	32	00:04:05	<b>00:33:52.80</b>	<b>00:37:58.20</b>	+00:16:19 (48.2%)	6:46	8.9 (52.0%)
198	<b>KWOLEK Zofia</b>	<b>177</b>	WILKI Z PALUCHA	Biegi z psem Kobiety	21	00:04:11	<b>00:33:54.55</b>	<b>00:38:06.00</b>	+00:16:21 (48.2%)	6:47	8.8 (51.5%)
199	<b>BURCZ Karolina</b>	<b>410</b>	DANONE	K1-29	33	00:03:25	<b>00:33:55.60</b>	<b>00:37:20.85</b>	+00:16:22 (48.3%)	6:47	8.8 (51.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
200	<b>PŁOŃSKA Agnieszka</b>	<b>258</b>	ROZPĘDZONA	K30-49	62	00:03:48	<b>00:33:56.25</b>	<b>00:37:44.60</b>	+00:16:23 (48.3%)	6:47	8.8 (51.5%)
201	<b>SKUBISZ Marta</b>	<b>303</b>		K30-49	63	00:03:45	<b>00:33:56.55</b>	<b>00:37:42.15</b>	+00:16:23 (48.3%)	6:47	8.8 (51.5%)
202	<b>WIĄCEK Izabela</b>	<b>364</b>	ROZPĘDZONA	K30-49	64	00:03:47	<b>00:33:56.65</b>	<b>00:37:44.60</b>	+00:16:23 (48.3%)	6:47	8.8 (51.5%)
203	<b>MAKOSA Daniel</b>	<b>196</b>		M1-29	20	00:03:24	<b>00:34:00.65</b>	<b>00:37:25.40</b>	+00:16:27 (48.4%)	6:48	8.8 (51.5%)
204	<b>KŁODZIŃSKA Sandra</b>	<b>148</b>		K30-49	65	00:03:24	<b>00:34:01.05</b>	<b>00:37:25.45</b>	+00:16:27 (48.4%)	6:48	8.8 (51.5%)
205	<b>DZIARNOWSKA Magda</b>	<b>64</b>	MECHANIKA ZDROWIA	K30-49	66	00:03:39	<b>00:34:03.65</b>	<b>00:37:43.50</b>	+00:16:30 (48.5%)	6:48	8.8 (51.5%)
206	<b>BYCHOWSKA Agnieszka</b>	<b>813</b>		K30-49	67	00:03:18	<b>00:34:03.90</b>	<b>00:37:22.55</b>	+00:16:30 (48.5%)	6:48	8.8 (51.5%)
207	<b>KWOLEK Grzegorz</b>	<b>178</b>	WILKI Z PALUCHA	Bieg z psem Mężczyźni	12	00:04:13	<b>00:34:05.60</b>	<b>00:38:18.65</b>	+00:16:32 (48.5%)	6:49	8.8 (51.5%)
208	<b>SZUSTAK Małgorzata</b>	<b>334</b>		K1-29	34	00:03:35	<b>00:34:05.90</b>	<b>00:37:41.00</b>	+00:16:32 (48.5%)	6:49	8.8 (51.5%)
209	<b>DELIMAT Joanna</b>	<b>54</b>		K30-49	68	00:03:31	<b>00:34:08.00</b>	<b>00:37:39.60</b>	+00:16:34 (48.6%)	6:49	8.8 (51.5%)
210	<b>PANEK Dominika</b>	<b>237</b>		K1-29	35	00:03:18	<b>00:34:10.80</b>	<b>00:37:29.20</b>	+00:16:37 (48.6%)	6:50	8.8 (51.5%)
211	<b>JARMOSZKO Anna</b>	<b>116</b>		K30-49	69	00:04:05	<b>00:34:10.85</b>	<b>00:38:16.60</b>	+00:16:37 (48.6%)	6:50	8.8 (51.5%)
212	<b>KOPYT Antonina</b>	<b>154</b>		K30-49	70	00:03:54	<b>00:34:23.05</b>	<b>00:38:17.55</b>	+00:16:49 (49.0%)	6:52	8.7 (50.9%)
213	<b>SĄLKIEWICZ Paulina</b>	<b>291</b>		K30-49	71	00:03:45	<b>00:34:24.40</b>	<b>00:38:10.15</b>	+00:16:51 (49.0%)	6:53	8.7 (50.9%)
214	<b>WOLSZTYNIAK Adam</b>	<b>376</b>		Bieg z psem Mężczyźni	13	00:00:05	<b>00:34:24.50</b>	<b>00:34:29.95</b>	+00:16:51 (49.0%)	6:52	8.7 (50.9%)
215	- -	<b>29</b>	-	Biegi z psem Kobiety	22	00:00:04	<b>00:34:26.10</b>	<b>00:34:30.35</b>	+00:16:52 (49.0%)	6:53	8.7 (50.9%)
216	<b>ROSA Anna</b>	<b>279</b>		K30-49	72	00:03:47	<b>00:34:31.00</b>	<b>00:38:18.65</b>	+00:16:57 (49.1%)	6:54	8.7 (50.9%)
217	<b>BARTOSIK Wojtek</b>	<b>13</b>		M30-49	41	00:03:47	<b>00:34:31.20</b>	<b>00:38:18.65</b>	+00:16:58 (49.2%)	6:54	8.7 (50.9%)
218	<b>WALENDZIK Anna</b>	<b>359</b>		K30-49	73	00:03:25	<b>00:34:36.85</b>	<b>00:38:02.35</b>	+00:17:03 (49.3%)	6:55	8.7 (50.9%)
219	<b>GROMADA Karolina</b>	<b>98</b>		K1-29	36	00:03:34	<b>00:34:37.70</b>	<b>00:38:12.05</b>	+00:17:04 (49.3%)	6:55	8.7 (50.9%)
220	<b>KOCHAŃCZYK Paweł</b>	<b>151</b>		M30-49	42	00:03:28	<b>00:34:43.05</b>	<b>00:38:11.05</b>	+00:17:09 (49.4%)	6:56	8.6 (50.3%)
221	<b>MATYSIAK Krzysztof</b>	<b>193</b>	POLSOJA	M30-49	43	00:03:27	<b>00:34:44.00</b>	<b>00:38:11.55</b>	+00:17:10 (49.5%)	6:56	8.6 (50.3%)
222	<b>KALINOWSKI Adam</b>	<b>134</b>	1976	M30-49	44	00:03:37	<b>00:34:45.10</b>	<b>00:38:22.85</b>	+00:17:11 (49.5%)	6:57	8.6 (50.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
223	<b>KACZOCHA Agnieszka</b>	<b>130</b>		K30-49	74	00:03:21	<b>00:34:45.80</b>	<b>00:38:07.55</b>	+00:17:12 (49.5%)	6:57	8.6 (50.3%)
224	<b>NIEPORĘCKA Sylwia</b>	<b>424</b>		K30-49	75	00:03:18	<b>00:34:47.65</b>	<b>00:38:06.55</b>	+00:17:14 (49.6%)	6:57	8.6 (50.3%)
225	<b>POŚNIK Łukasz</b>	<b>264</b>		Bieg z psem Mężczyźni	14	00:03:27	<b>00:34:54.40</b>	<b>00:38:21.60</b>	+00:17:21 (49.7%)	6:58	8.6 (50.3%)
226	<b>PUZIO Aleksandra</b>	<b>268</b>		Biegi z psem Kobiety	23	00:03:25	<b>00:34:56.55</b>	<b>00:38:21.75</b>	+00:17:23 (49.8%)	6:59	8.6 (50.3%)
227	<b>RUTKA Barbara</b>	<b>425</b>		K30-49	76	00:03:32	<b>00:34:57.95</b>	<b>00:38:30.85</b>	+00:17:24 (49.8%)	6:59	8.6 (50.3%)
228	<b>POTEMPSKI Paweł</b>	<b>265</b>		M30-49	45	00:04:04	<b>00:34:59.90</b>	<b>00:39:04.15</b>	+00:17:26 (49.8%)	7:00	8.6 (50.3%)
229	<b>SZYMANI-WOLIŃSKA Gabi</b>	<b>336</b>		K30-49	77	00:03:45	<b>00:35:01.45</b>	<b>00:38:46.80</b>	+00:17:28 (49.9%)	7:00	8.6 (50.3%)
230	<b>PISKORZ Izabela</b>	<b>253</b>		K1-29	37	00:03:30	<b>00:35:01.90</b>	<b>00:38:32.00</b>	+00:17:28 (49.9%)	7:00	8.6 (50.3%)
231	<b>ORTA—KORZENIEWSKA Edyta</b>	<b>221</b>		K30-49	78	00:03:43	<b>00:35:02.25</b>	<b>00:38:45.85</b>	+00:17:29 (49.9%)	7:00	8.6 (50.3%)
232	<b>GAGATEK Marita</b>	<b>78</b>	NAJGORSZY SORT BIEGOWY	K1-29	38	00:03:39	<b>00:35:04.30</b>	<b>00:38:43.55</b>	+00:17:31 (50.0%)	7:00	8.6 (50.3%)
233	<b>BRONISZEWSKA Marta</b>	<b>36</b>		K1-29	39	00:03:33	<b>00:35:09.70</b>	<b>00:38:43.40</b>	+00:17:36 (50.1%)	7:02	8.5 (49.7%)
234	<b>PANASIUK Monika</b>	<b>235</b>		K30-49	79	00:03:54	<b>00:35:09.95</b>	<b>00:39:04.55</b>	+00:17:36 (50.1%)	7:02	8.5 (49.7%)
235	<b>ŁUKASIK Karina</b>	<b>187</b>	RUNGIRL	K30-49	80	00:03:28	<b>00:35:10.20</b>	<b>00:38:39.00</b>	+00:17:37 (50.1%)	7:02	8.5 (49.7%)
236	<b>ŚCIBOR Katarzyna</b>	<b>340</b>		K30-49	81	00:03:47	<b>00:35:11.50</b>	<b>00:38:59.05</b>	+00:17:38 (50.1%)	7:02	8.5 (49.7%)
237	<b>PIEC Dagmara</b>	<b>246</b>		K30-49	82	00:03:37	<b>00:35:16.95</b>	<b>00:38:54.55</b>	+00:17:43 (50.3%)	7:03	8.5 (49.7%)
238	<b>KIERKOWSKA Olga</b>	<b>147</b>	VEGE RUNNERS	K30-49	83	00:03:41	<b>00:35:21.95</b>	<b>00:39:03.40</b>	+00:17:48 (50.4%)	7:04	8.5 (49.7%)
239	<b>SZYMOCHA Marta</b>	<b>338</b>		K30-49	84	00:03:45	<b>00:35:25.15</b>	<b>00:39:10.75</b>	+00:17:52 (50.4%)	7:05	8.5 (49.7%)
240	<b>PIOTROWSKA-KRZAK Elżbieta</b>	<b>251</b>		K30-49	85	00:03:29	<b>00:35:26.10</b>	<b>00:38:56.05</b>	+00:17:52 (50.5%)	7:05	8.5 (49.7%)
241	<b>TOMASZEWSKA Agnieszka</b>	<b>349</b>		K30-49	86	00:03:37	<b>00:35:26.65</b>	<b>00:39:04.40</b>	+00:17:53 (50.5%)	7:05	8.5 (49.7%)
242	<b>JAKIMOWICZ Ewa</b>	<b>411</b>	DANONE	K1-29	40	00:03:26	<b>00:35:27.60</b>	<b>00:38:53.70</b>	+00:17:54 (50.5%)	7:05	8.5 (49.7%)
243	<b>BIERNAT Justyna</b>	<b>24</b>	-	K30-49	87	00:03:32	<b>00:35:30.90</b>	<b>00:39:03.65</b>	+00:17:57 (50.6%)	7:06	8.4 (49.1%)
244	<b>PIOŁUNOWICZ Maciej</b>	<b>250</b>	BRACTWO BIEGOWE BGK	M30-49	46	00:03:32	<b>00:35:31.25</b>	<b>00:39:03.55</b>	+00:17:58 (50.6%)	7:06	8.4 (49.1%)
245	<b>ROKICKA Małgorzata</b>	<b>278</b>		K30-49	88	00:03:32	<b>00:35:31.65</b>	<b>00:39:04.10</b>	+00:17:58 (50.6%)	7:06	8.4 (49.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
246	<b>SŁONIEWSKA Monika</b>	<b>304</b>		K50+	5	00:03:20	<b>00:35:40.55</b>	<b>00:39:00.80</b>	+00:18:07 (50.8%)	7:08	8.4 (49.1%)
247	<b>STELMASZCZYK Martyna</b>	<b>413</b>		K1-29	41	00:03:26	<b>00:35:41.30</b>	<b>00:39:07.95</b>	+00:18:08 (50.8%)	7:08	8.4 (49.1%)
247	<b>PERZ Michal</b>	<b>242</b>	FC PERZOWO	M50+	10	00:03:42	<b>00:35:41.30</b>	<b>00:39:24.00</b>	+00:18:08 (50.8%)	7:08	8.4 (49.1%)
249	<b>TYM Aleksandra</b>	<b>356</b>		Biegi z psem Kobiety	24	00:03:17	<b>00:35:43.95</b>	<b>00:39:01.90</b>	+00:18:10 (50.9%)	7:08	8.4 (49.1%)
250	<b>SALAMOŃCZYK Anna</b>	<b>290</b>		K30-49	89	00:03:35	<b>00:35:45.05</b>	<b>00:39:20.85</b>	+00:18:11 (50.9%)	7:09	8.4 (49.1%)
251	<b>POROMBKA Sylwia</b>	<b>263</b>		K30-49	90	00:04:07	<b>00:35:51.95</b>	<b>00:39:59.35</b>	+00:18:18 (51.1%)	7:10	8.4 (49.1%)
252	<b>KRAIŃSKI Antoni</b>	<b>164</b>	NIEZRZESZONY	M50+	11	00:03:35	<b>00:35:52.55</b>	<b>00:39:27.85</b>	+00:18:19 (51.1%)	7:10	8.4 (49.1%)
253	<b>SZTEJNERT Jakub</b>	<b>331</b>		M30-49	47	00:03:51	<b>00:35:54.10</b>	<b>00:39:45.90</b>	+00:18:20 (51.1%)	7:10	8.4 (49.1%)
254	<b>WITON Ola</b>	<b>370</b>		K1-29	42	00:03:26	<b>00:35:55.10</b>	<b>00:39:21.40</b>	+00:18:21 (51.1%)	7:11	8.4 (49.1%)
255	<b>RACZYŃSKA Agnieszka</b>	<b>272</b>		K30-49	91	00:03:23	<b>00:35:55.45</b>	<b>00:39:19.05</b>	+00:18:22 (51.1%)	7:11	8.3 (48.5%)
256	<b>JAKÓBOWSKA Karolina</b>	<b>112</b>		K30-49	92	00:03:23	<b>00:35:55.65</b>	<b>00:39:19.00</b>	+00:18:22 (51.1%)	7:11	8.3 (48.5%)
257	<b>POŁOWIANIUK Olga</b>	<b>260</b>	DZIKIE ŻYCIE RUN TEAM	Biegi z psem Kobiety	25	00:00:38	<b>00:35:59.10</b>	<b>00:36:37.20</b>	+00:18:25 (51.2%)	7:11	8.3 (48.5%)
258	<b>KACPRZAK Monika</b>	<b>129</b>		K30-49	93	00:03:17	<b>00:36:04.55</b>	<b>00:39:22.30</b>	+00:18:31 (51.3%)	7:13	8.3 (48.5%)
259	<b>GÓRECKA Anna</b>	<b>93</b>		K30-49	94	00:03:37	<b>00:36:06.05</b>	<b>00:39:43.20</b>	+00:18:32 (51.4%)	7:13	8.3 (48.5%)
260	<b>WASIAK Iwona</b>	<b>360</b>		K30-49	95	00:03:43	<b>00:36:10.65</b>	<b>00:39:54.55</b>	+00:18:37 (51.5%)	7:14	8.3 (48.5%)
261	<b>LLKA Jadziu</b>	<b>184</b>		K1-29	43	00:03:17	<b>00:36:17.05</b>	<b>00:39:34.60</b>	+00:18:43 (51.6%)	7:15	8.3 (48.5%)
262	<b>PLUTA Daniel</b>	<b>256</b>		M30-49	48	00:03:17	<b>00:36:21.35</b>	<b>00:39:38.90</b>	+00:18:48 (51.7%)	7:16	8.3 (48.5%)
263	<b>RYNKOWSKA Magdalena</b>	<b>287</b>		K30-49	96	00:03:31	<b>00:36:29.90</b>	<b>00:40:01.05</b>	+00:18:56 (51.9%)	7:18	8.2 (48.0%)
264	<b>JANUSZEWSKA Ola</b>	<b>115</b>		K1-29	44	00:03:40	<b>00:36:31.65</b>	<b>00:40:12.55</b>	+00:18:58 (51.9%)	7:18	8.2 (48.0%)
265	<b>WAWRZONEK Karolina</b>	<b>361</b>		K30-49	97	00:04:05	<b>00:36:35.80</b>	<b>00:40:40.80</b>	+00:19:02 (52.0%)	7:19	8.2 (48.0%)
266	<b>FIJAŁKOWSKA Jolanta</b>	<b>74</b>	FITBODY24	K50+	6	00:03:33	<b>00:36:44.80</b>	<b>00:40:18.55</b>	+00:19:11 (52.2%)	7:21	8.2 (48.0%)
267	<b>JIN Dan</b>	<b>123</b>		K30-49	98	00:03:38	<b>00:36:49.95</b>	<b>00:40:28.00</b>	+00:19:16 (52.3%)	7:22	8.1 (47.4%)
268	<b>ADAMCZYK Elżbieta</b>	<b>1</b>	AMATORKA BIEGANIA	K50+	7	00:03:25	<b>00:37:06.85</b>	<b>00:40:32.65</b>	+00:19:33 (52.7%)	7:25	8.1 (47.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
269	<b>KRZESZOWSKI Piotr</b>	<b>169</b>		M1-29	21	00:03:30	<b>00:37:16.75</b>	<b>00:40:47.15</b>	+00:19:43 (52.9%)	7:27	8 (46.8%)
270	<b>PIASECKA Weronika</b>	<b>245</b>		K30-49	99	00:03:42	<b>00:37:17.40</b>	<b>00:41:00.25</b>	+00:19:44 (52.9%)	7:27	8 (46.8%)
271	<b>KRZESZOWSKA Jagoda</b>	<b>167</b>		K1-29	45	00:03:29	<b>00:37:18.80</b>	<b>00:40:48.20</b>	+00:19:45 (53.0%)	7:27	8 (46.8%)
272	<b>CHUDZIK Magdalena</b>	<b>44</b>		K30-49	100	00:03:37	<b>00:37:38.20</b>	<b>00:41:15.80</b>	+00:20:05 (53.4%)	7:31	8 (46.8%)
273	<b>DUCZYŃSKI Maciej</b>	<b>61</b>	VEGE RUNNERS	M30-49	49	00:03:55	<b>00:37:40.65</b>	<b>00:41:35.85</b>	+00:20:07 (53.4%)	7:32	8 (46.8%)
274	<b>DUCZYŃSKA Karolina</b>	<b>60</b>	VEGE RUNNERS	K30-49	101	00:03:54	<b>00:37:41.70</b>	<b>00:41:36.00</b>	+00:20:08 (53.4%)	7:32	8 (46.8%)
275	<b>SZUSZKIEWICZ Marzena</b>	<b>335</b>		Biegi z psem Kobiety	26	00:03:29	<b>00:37:50.90</b>	<b>00:41:20.50</b>	+00:20:17 (53.6%)	7:34	7.9 (46.2%)
276	<b>KRZESZOWSKA Marta</b>	<b>168</b>		K30-49	102	00:03:30	<b>00:37:51.10</b>	<b>00:41:21.20</b>	+00:20:17 (53.6%)	7:34	7.9 (46.2%)
277	<b>FURMAN Dorota</b>	<b>77</b>		Biegi z psem Kobiety	27	00:00:13	<b>00:37:52.55</b>	<b>00:38:06.35</b>	+00:20:19 (53.7%)	7:34	7.9 (46.2%)
278	<b>GOŁASZEWSKA Karina</b>	<b>90</b>		K1-29	46	00:03:31	<b>00:38:01.75</b>	<b>00:41:32.95</b>	+00:20:28 (53.8%)	7:36	7.9 (46.2%)
279	<b>BURDA Katarzyna</b>	<b>41</b>	BORÓWKI	K30-49	103	00:03:36	<b>00:38:03.20</b>	<b>00:41:39.30</b>	+00:20:30 (53.9%)	7:36	7.9 (46.2%)
280	<b>GĄSOWSKA Marysia</b>	<b>85</b>		K30-49	104	00:03:40	<b>00:38:04.10</b>	<b>00:41:44.25</b>	+00:20:30 (53.9%)	7:36	7.9 (46.2%)
281	<b>GOŁACKA-PIOTOWSKA Beata</b>	<b>89</b>		K30-49	105	00:03:27	<b>00:38:04.45</b>	<b>00:41:32.40</b>	+00:20:31 (53.9%)	7:37	7.9 (46.2%)
282	<b>KIEŁBASIŃSKA Olga</b>	<b>146</b>	BIEGI GRODZISK MAZOWIECKI	K1-29	47	00:03:31	<b>00:38:05.25</b>	<b>00:41:36.70</b>	+00:20:32 (53.9%)	7:37	7.9 (46.2%)
283	<b>OSTAPOWICZ Jarosław</b>	<b>226</b>		M50+	12	00:03:27	<b>00:38:06.45</b>	<b>00:41:33.90</b>	+00:20:33 (53.9%)	7:37	7.9 (46.2%)
284	<b>TOWAREK Monika</b>	<b>352</b>		K30-49	106	00:03:27	<b>00:38:08.05</b>	<b>00:41:35.25</b>	+00:20:34 (54.0%)	7:37	7.9 (46.2%)
285	<b>KOCHAŃCZYK Ania</b>	<b>152</b>		K1-29	48	00:03:26	<b>00:38:08.60</b>	<b>00:41:35.45</b>	+00:20:35 (54.0%)	7:37	7.9 (46.2%)
286	<b>MALCZYK Magda</b>	<b>190</b>	FUNDACJA SOS DALMATYŃCZYKI	K30-49	107	00:03:38	<b>00:38:15.50</b>	<b>00:41:54.45</b>	+00:20:42 (54.1%)	7:39	7.8 (45.6%)
287	<b>FALKOWSKA Dominika</b>	<b>69</b>	WILKI Z PALUCHA	Biegi z psem Kobiety	28	00:00:10	<b>00:38:16.55</b>	<b>00:38:26.90</b>	+00:20:43 (54.1%)	7:39	7.8 (45.6%)
288	<b>GOŁASZEWSKA Lena</b>	<b>91</b>		K30-49	108	00:03:32	<b>00:38:19.70</b>	<b>00:41:52.15</b>	+00:20:46 (54.2%)	7:40	7.8 (45.6%)
289	<b>KUBRYN Agnieszka</b>	<b>171</b>		K30-49	109	00:03:41	<b>00:38:22.05</b>	<b>00:42:03.25</b>	+00:20:48 (54.3%)	7:40	7.8 (45.6%)
290	<b>OWCZAREK Izabela</b>	<b>227</b>		K30-49	110	00:03:35	<b>00:38:26.25</b>	<b>00:42:01.85</b>	+00:20:53 (54.3%)	7:41	7.8 (45.6%)
291	<b>AKIDA Miriam</b>	<b>5</b>		K1-29	49	00:03:28	<b>00:38:34.00</b>	<b>00:42:02.35</b>	+00:21:00 (54.5%)	7:42	7.8 (45.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
292	<b>DOBRYŃSKA Agnieszka</b>	<b>57</b>	DOGOŃ GRODZISK MAZOWIECKI	K30-49	111	00:03:26	<b>00:38:35.75</b>	<b>00:42:02.30</b>	+00:21:02 (54.5%)	7:43	7.8 (45.6%)
293	<b>DAWES Samantha</b>	<b>51</b>	WILKI Z PALUCHA	Biegi z psem Kobiety	29	00:00:03	<b>00:39:14.10</b>	<b>00:39:17.65</b>	+00:21:40 (55.3%)	7:50	7.6 (44.4%)
294	<b>SZYSZKOWSKA Małgorzata A.</b>	<b>339</b>		K30-49	112	00:03:42	<b>00:39:14.85</b>	<b>00:42:57.10</b>	+00:21:41 (55.3%)	7:51	7.6 (44.4%)
295	<b>MICHALAK Anna</b>	<b>198</b>		K30-49	113	00:03:49	<b>00:39:15.00</b>	<b>00:43:04.40</b>	+00:21:41 (55.3%)	7:51	7.6 (44.4%)
296	<b>SOCHACZEWSKA-GRALAK Magdalena</b>	<b>312</b>	GRALAKI5	K30-49	114	00:03:43	<b>00:39:23.70</b>	<b>00:43:06.85</b>	+00:21:50 (55.4%)	7:52	7.6 (44.4%)
297	<b>KALATA-ZAWŁOCKA Aleksandra</b>	<b>131</b>		K30-49	115	00:03:47	<b>00:39:35.70</b>	<b>00:43:23.05</b>	+00:22:02 (55.7%)	7:55	7.6 (44.4%)
298	<b>FIGIEL Wojciech</b>	<b>73</b>		M30-49	50	00:03:47	<b>00:39:35.95</b>	<b>00:43:23.20</b>	+00:22:02 (55.7%)	7:55	7.6 (44.4%)
299	<b>FABISZEWSKA Dorota</b>	<b>551</b>		K30-49	116	00:03:56	<b>00:39:48.00</b>	<b>00:43:44.00</b>	+00:22:14 (55.9%)	7:57	7.5 (43.9%)
300	<b>BEK Joanna</b>	<b>17</b>		K30-49	117	00:04:08	<b>00:39:57.90</b>	<b>00:44:06.05</b>	+00:22:24 (56.1%)	7:59	7.5 (43.9%)
301	<b>PŁOCICA Magda</b>	<b>257</b>	TRACKX	K30-49	118	00:04:08	<b>00:39:58.45</b>	<b>00:44:06.55</b>	+00:22:25 (56.1%)	7:59	7.5 (43.9%)
302	<b>NOWAKOWSKA Natalia</b>	<b>213</b>		K1-29	50	00:03:50	<b>00:40:00.40</b>	<b>00:43:50.40</b>	+00:22:27 (56.1%)	8:00	7.5 (43.9%)
303	<b>ROGINSKI Melissa</b>	<b>277</b>		K1-29	51	00:03:38	<b>00:40:15.65</b>	<b>00:43:53.85</b>	+00:22:42 (56.4%)	8:03	7.5 (43.9%)
304	<b>BARTOSIK Krystyna</b>	<b>12</b>		K50+	8	00:03:33	<b>00:40:29.60</b>	<b>00:44:03.30</b>	+00:22:56 (56.7%)	8:06	7.4 (43.3%)
305	<b>PERZAK Rami</b>	<b>244</b>		Bieg z psem Mężczyźni	15	00:04:23	<b>00:40:31.05</b>	<b>00:44:54.25</b>	+00:22:57 (56.7%)	8:06	7.4 (43.3%)
306	<b>PERZAK Katarzyna</b>	<b>243</b>		K30-49	119	00:04:21	<b>00:40:32.65</b>	<b>00:44:54.35</b>	+00:22:59 (56.7%)	8:06	7.4 (43.3%)
307	<b>GAJDA Adam</b>	<b>79</b>		M50+	13	00:03:35	<b>00:40:51.10</b>	<b>00:44:26.25</b>	+00:23:17 (57.0%)	8:10	7.3 (42.7%)
308	<b>GAJDA Magdalena</b>	<b>81</b>		K30-49	120	00:03:34	<b>00:40:51.70</b>	<b>00:44:26.50</b>	+00:23:18 (57.0%)	8:10	7.3 (42.7%)
309	<b>BEDNARSKA Jolanta</b>	<b>16</b>		K30-49	121	00:03:30	<b>00:40:53.50</b>	<b>00:44:23.65</b>	+00:23:20 (57.1%)	8:10	7.3 (42.7%)
310	<b>NOWORYTA Jacek</b>	<b>214</b>	ASA TEAM BIEGIEM PO ZDROWIE	M50+	14	00:03:40	<b>00:41:05.40</b>	<b>00:44:45.70</b>	+00:23:32 (57.3%)	8:13	7.3 (42.7%)
311	<b>JASIŃSKA Gabriela</b>	<b>119</b>	WILKI Z PALUCHA	Biegi z psem Kobiety	30	00:00:46	<b>00:41:30.05</b>	<b>00:42:17.00</b>	+00:23:56 (57.7%)	8:18	7.2 (42.1%)
312	<b>WOJCIECHOWSKA Natalia</b>	<b>373</b>		K1-29	52	00:03:52	<b>00:41:35.95</b>	<b>00:45:28.65</b>	+00:24:02 (57.8%)	8:19	7.2 (42.1%)
313	<b>KASZCZUK Magdalena</b>	<b>139</b>		K30-49	122	00:03:23	<b>00:41:54.50</b>	<b>00:45:17.80</b>	+00:24:21 (58.1%)	8:22	7.2 (42.1%)
314	<b>MAŁEK Andrzej</b>	<b>192</b>		M50+	15	00:03:36	<b>00:42:03.10</b>	<b>00:45:39.30</b>	+00:24:29 (58.3%)	8:24	7.1 (41.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
315	<b>SOCHOCKI Dariusz</b>	<b>313</b>		M50+	16	00:03:44	<b>00:42:05.55</b>	<b>00:45:50.45</b>	+00:24:32 (58.3%)	8:25	7.1 (41.5%)
316	<b>OGOŃCZYK Donata</b>	<b>217</b>		K1-29	53	00:03:44	<b>00:42:05.75</b>	<b>00:45:50.30</b>	+00:24:32 (58.3%)	8:25	7.1 (41.5%)
317	<b>BOGUSZ Honorata</b>	<b>30</b>		K1-29	54	00:03:33	<b>00:42:14.00</b>	<b>00:45:47.50</b>	+00:24:40 (58.4%)	8:26	7.1 (41.5%)
318	<b>NOWAKOWSKA Anna</b>	<b>212</b>	TEAM VINARIAMS	K30-49	123	00:03:43	<b>00:42:57.85</b>	<b>00:46:41.15</b>	+00:25:24 (59.1%)	8:35	7 (40.9%)
319	<b>JOB Marika</b>	<b>124</b>		Biegi z psem Kobiety	31	00:04:15	<b>00:43:18.65</b>	<b>00:47:34.05</b>	+00:25:45 (59.5%)	8:39	6.9 (40.4%)
320	<b>CYGAN Dariusz</b>	<b>48</b>		M1-29	22	00:04:15	<b>00:43:19.05</b>	<b>00:47:34.40</b>	+00:25:45 (59.5%)	8:39	6.9 (40.4%)
321	<b>FRYBES Agnieszka</b>	<b>444</b>		K30-49	124	00:04:09	<b>00:43:19.95</b>	<b>00:47:29.55</b>	+00:25:46 (59.5%)	8:40	6.9 (40.4%)
322	<b>STOKOWSKA Kinga</b>	<b>323</b>		K30-49	125	00:03:35	<b>00:43:23.10</b>	<b>00:46:59.00</b>	+00:25:49 (59.5%)	8:40	6.9 (40.4%)
323	<b>BARANOWSKA Ewelina</b>	<b>416</b>		K30-49	126	00:04:08	<b>00:43:38.35</b>	<b>00:47:47.25</b>	+00:26:05 (59.8%)	8:43	6.9 (40.4%)
324	<b>ZAWALSKA Anna</b>	<b>391</b>		K50+	9	00:03:50	<b>00:43:39.10</b>	<b>00:47:29.65</b>	+00:26:05 (59.8%)	8:43	6.9 (40.4%)
325	<b>BEREZA Anna</b>	<b>18</b>		K30-49	127	00:03:48	<b>00:43:54.05</b>	<b>00:47:42.70</b>	+00:26:20 (60.0%)	8:46	6.8 (39.8%)
326	<b>SZTORC Joanna</b>	<b>332</b>		K30-49	128	00:03:48	<b>00:43:54.35</b>	<b>00:47:42.85</b>	+00:26:21 (60.0%)	8:46	6.8 (39.8%)
327	<b>JOB Iwona</b>	<b>126</b>		K50+	10	00:03:20	<b>00:44:51.50</b>	<b>00:48:11.55</b>	+00:27:18 (60.9%)	8:58	6.7 (39.2%)
328	<b>KRAWCZYK Małgorzata</b>	<b>14</b>		K30-49	129	00:03:40	<b>00:44:55.15</b>	<b>00:48:35.95</b>	+00:27:22 (60.9%)	8:59	6.7 (39.2%)
329	<b>KOWALSKA-NOWAK Joanna</b>	<b>162</b>	NUTRILITE TEEM	K50+	11	00:03:46	<b>00:44:55.20</b>	<b>00:48:41.85</b>	+00:27:22 (60.9%)	8:59	6.7 (39.2%)
330	<b>SOJKA Joanna</b>	<b>314</b>	ZLOT ABSOLWENTÓW	K30-49	130	00:03:40	<b>00:44:55.35</b>	<b>00:48:36.10</b>	+00:27:22 (60.9%)	8:59	6.7 (39.2%)
331	<b>KASIERSKA Ewa Katarzyna</b>	<b>138</b>	WKB META LUBLINIEC	K50+	12	00:03:44	<b>00:44:56.10</b>	<b>00:48:40.80</b>	+00:27:22 (60.9%)	8:59	6.7 (39.2%)
332	<b>WŁODARZ Aleksander</b>	<b>371</b>	WILKI Z PALUCHA	Bieg z psem Mężczyźni	16	00:00:54	<b>00:44:56.70</b>	<b>00:45:51.30</b>	+00:27:23 (60.9%)	8:59	6.7 (39.2%)
333	<b>RATAJCZAK Anna</b>	<b>274</b>	WILKI Z PALUCHA	Biegi z psem Kobiety	32	00:00:52	<b>00:44:59.80</b>	<b>00:45:52.50</b>	+00:27:26 (61.0%)	9:00	6.7 (39.2%)
334	<b>PANASIUK Stefan</b>	<b>236</b>		M50+	17	00:03:50	<b>00:46:46.90</b>	<b>00:50:37.35</b>	+00:29:13 (62.5%)	9:21	6.4 (37.4%)
335	<b>BANDURSKA Ewa</b>	<b>11</b>		K30-49	131	00:03:45	<b>00:46:51.10</b>	<b>00:50:36.10</b>	+00:29:17 (62.5%)	9:22	6.4 (37.4%)
336	<b>BLICHARZ Anna</b>	<b>27</b>		K30-49	132	00:03:32	<b>00:48:16.30</b>	<b>00:51:49.20</b>	+00:30:43 (63.6%)	9:39	6.2 (36.3%)
337	<b>LIPOV Marina</b>	<b>180</b>		K1-29	55	00:04:10	<b>00:48:39.45</b>	<b>00:52:50.25</b>	+00:31:06 (63.9%)	9:44	6.2 (36.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
338	<b>LIPOV Kalina</b>	<b>181</b>		K1-29	56	00:04:10	<b>00:48:40.10</b>	<b>00:52:50.15</b>	+00:31:06 (63.9%)	9:44	6.2 (36.3%)
339	<b>KOŁECZEK Aleksandra</b>	<b>153</b>		K30-49	133	00:03:49	<b>00:48:56.65</b>	<b>00:52:46.10</b>	+00:31:23 (64.1%)	9:47	6.1 (35.7%)
340	<b>SMOCZYK Mirosława</b>	<b>306</b>		K30-49	134	00:03:57	<b>00:50:11.90</b>	<b>00:54:09.05</b>	+00:32:38 (65.0%)	10:02	6 (35.1%)
341	<b>MROCZKOWSKA Teresa</b>	<b>204</b>		K50+	13	00:03:56	<b>00:50:13.20</b>	<b>00:54:09.70</b>	+00:32:40 (65.0%)	10:02	6 (35.1%)
342	<b>MROCZKOWSKI Zdzisław</b>	<b>205</b>		M50+	18	00:03:55	<b>00:50:14.15</b>	<b>00:54:09.85</b>	+00:32:41 (65.1%)	10:02	6 (35.1%)
343	<b>KRAWCZYK Monika</b>	<b>165</b>	WILKI Z PALUCHA	Biegi z psem Kobiety	33	00:04:33	<b>00:50:27.90</b>	<b>00:55:00.90</b>	+00:32:54 (65.2%)	10:05	5.9 (34.5%)
344	<b>KRYWULT Oliwia</b>	<b>166</b>	WILKI Z PALUCHA	Biegi z psem Kobiety	34	00:03:53	<b>00:51:06.90</b>	<b>00:55:00.05</b>	+00:33:33 (65.7%)	10:13	5.9 (34.5%)
345	<b>JASIŃSKA Wanda</b>	<b>120</b>	WILKI Z PALUCHA	Biegi z psem Kobiety	35	00:00:49	<b>00:52:37.60</b>	<b>00:53:27.50</b>	+00:35:04 (66.6%)	10:31	5.7 (33.3%)
346	<b>FILIPOWCZ Patrycja</b>	<b>75</b>	WILKI Z PALUCHA	Biegi z psem Kobiety	36	00:00:48	<b>00:52:38.80</b>	<b>00:53:27.65</b>	+00:35:05 (66.7%)	10:31	5.7 (33.3%)
347	<b>LIPOV Lubka</b>	<b>183</b>		K1-29	57	00:04:11	<b>00:55:09.70</b>	<b>00:59:20.70</b>	+00:37:36 (68.2%)	11:01	5.4 (31.6%)
348	<b>LIPOV Beata</b>	<b>182</b>		K30-49	135	00:04:10	<b>00:56:22.05</b>	<b>01:00:32.55</b>	+00:38:48 (68.9%)	11:16	5.3 (31.0%)
349	<b>SMOLIŃSKA Marzena</b>	<b>307</b>	SLOW JOGGING WARSZAWA	K30-49	136	00:04:09	<b>00:56:23.70</b>	<b>01:00:32.95</b>	+00:38:50 (68.9%)	11:16	5.3 (31.0%)
350	<b>BRZAKAŁA Renata</b>	<b>38</b>		K30-49	137	00:04:08	<b>00:56:26.85</b>	<b>01:00:35.50</b>	+00:38:53 (68.9%)	11:17	5.3 (31.0%)
351	<b>WUS Beata</b>	<b>382</b>	SLOW JOGGING WARSZAWA	K50+	14	00:04:07	<b>00:56:27.20</b>	<b>01:00:34.85</b>	+00:38:54 (68.9%)	11:17	5.3 (31.0%)
352	<b>BRZEJWAK Iwona</b>	<b>431</b>		K50+	15	00:04:08	<b>00:56:28.05</b>	<b>01:00:36.65</b>	+00:38:54 (68.9%)	11:17	5.3 (31.0%)
353	<b>KAMIŃSKI Waldemar</b>	<b>137</b>	SLOW JOGGING WARSZAWA	M50+	19	00:04:09	<b>00:56:29.05</b>	<b>01:00:38.40</b>	+00:38:55 (68.9%)	11:17	5.3 (31.0%)
354	<b>CICHOCKA Renata</b>	<b>45</b>		K30-49	138	00:04:04	<b>00:56:30.85</b>	<b>01:00:35.50</b>	+00:38:57 (68.9%)	11:18	5.3 (31.0%)
355	<b>WUS Zenon</b>	<b>381</b>		M50+	20	00:04:04	<b>00:56:30.90</b>	<b>01:00:35.30</b>	+00:38:57 (68.9%)	11:18	5.3 (31.0%)
356	<b>BREJKOL Wojciech</b>	<b>430</b>	SLOW JOGGING BIAŁOŁĘKA	M50+	21	00:04:08	<b>00:56:31.25</b>	<b>01:00:39.25</b>	+00:38:58 (68.9%)	11:18	5.3 (31.0%)
357	<b>SKRZYDŁOWSKA-KALUKIN Katarzyna</b>	<b>302</b>	SLOW JOGGING BIAŁOŁĘKA	K50+	16	00:04:04	<b>00:56:33.20</b>	<b>01:00:37.55</b>	+00:39:00 (69.0%)	11:18	5.3 (31.0%)
358	<b>CIOK Katarzyna</b>	<b>412</b>		K1-29	58	00:05:58					(0.0%)
359		<b>438</b>				00:15:10					(0.0%)
	<b>JANCZ Maciej</b>	<b>113</b>		Bieg z psem Mężczyźni		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>BIRSKI Piotr</b>	<b>26</b>		M30-49		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>TYLMANN Monika</b>	<b>354</b>	SCHRONISKO WILKI	Biegi z psem Kobiety		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
	<b>SIENKIEWICZ Piotr</b>	<b>295</b>		M30-49		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 363 wynik(ów)