

# BIEGIEM DO KOSZAR

B4SPORT  
INTELEGENTNE ZAWODY SPORTOWE

**Organizator:** Modlin sp. z o. o.  
**Data:** 2019-05-17  
**Miejsce:** Modlin  
**Dystans:** 5 km

**B4SPORT**  
INTELEGENTNE 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>WŁODARCZYK Dawid</b>	<b>409</b>		Mężczyźni Open	1	00:13:01	<b>00:22:36.80</b>	<b>00:35:38.40</b>		4:31	13.3 (100%)
2	<b>PODWYSOCKI Paweł</b>	<b>120</b>	LS WORLD RUN	Mężczyźni Open	2	00:03:14	<b>00:22:37.70</b>	<b>00:25:52.05</b>	+00:00:00 (0.1%)	4:31	13.3 (100%)
3	<b>KMIECIAK Piotr</b>	<b>54</b>	DROGA DO ULTRA	Mężczyźni Open	3	00:01:31	<b>00:22:57.70</b>	<b>00:24:29.00</b>	+00:00:20 (1.5%)	4:35	13.1 (98.5%)
4	<b>BIELEC Karol</b>	<b>93</b>	LORAK	Mężczyźni Open	4	00:02:41	<b>00:23:03.80</b>	<b>00:25:45.60</b>	+00:00:27 (2.0%)	4:36	13 (97.7%)
5	<b>GOLLNIK Adam</b>	<b>95</b>	LORAK	Mężczyźni Open	5	00:02:42	<b>00:23:05.40</b>	<b>00:25:48.05</b>	+00:00:28 (2.1%)	4:37	13 (97.7%)
6	<b>BEDNAREK Piotr</b>	<b>197</b>		Mężczyźni Open	6	00:05:51	<b>00:23:16.15</b>	<b>00:29:07.60</b>	+00:00:39 (2.8%)	4:39	12.9 (97.0%)
7	<b>MICHALSKI Robert</b>	<b>128</b>	NOCNE PIŁOWANIE AGRYKOLI	Mężczyźni Open	7	00:03:31	<b>00:23:27.00</b>	<b>00:26:58.15</b>	+00:00:50 (3.6%)	4:41	12.8 (96.2%)
8	<b>OLEJNIK Rafał</b>	<b>163</b>	WATAHA TEAM	Mężczyźni Open	8	00:04:51	<b>00:23:40.70</b>	<b>00:28:32.40</b>	+00:01:03 (4.5%)	4:44	12.7 (95.5%)
9	<b>KISIEL Dominik</b>	<b>146</b>	STRAŻ JRG 11	Mężczyźni Open	9	00:04:11	<b>00:23:52.55</b>	<b>00:28:03.70</b>	+00:01:15 (5.3%)	4:46	12.6 (94.7%)
10	<b>MOLSA Konrad</b>	<b>19</b>	6 MBOT, 65 BATALION LEKKIEJ PIECHOTY W POMIECHÓWKU	Mężczyźni Open	10	00:00:32	<b>00:23:53.90</b>	<b>00:24:26.25</b>	+00:01:17 (5.4%)	4:46	12.6 (94.7%)
11	<b>TOMCZAK Marcin</b>	<b>390</b>		Mężczyźni Open	11	00:12:21	<b>00:23:57.95</b>	<b>00:36:19.55</b>	+00:01:21 (5.6%)	4:47	12.5 (94.0%)
12	<b>SUCHAŃSKI Michał</b>	<b>147</b>	STRAŻ JRG 11	Mężczyźni Open	12	00:04:10	<b>00:24:23.20</b>	<b>00:28:34.05</b>	+00:01:46 (7.3%)	4:52	12.3 (92.5%)
13	<b>ZDUNEK Michał</b>	<b>62</b>	EUROSOFT TEAM / WKURW_TEAM	Mężczyźni Open	13	00:01:51	<b>00:24:33.50</b>	<b>00:26:24.95</b>	+00:01:56 (7.9%)	4:54	12.2 (91.7%)
14	<b>GRYZ Jacek</b>	<b>42</b>	BRAVEHEARTS LEGIONOWO	Mężczyźni Open	14	00:01:13	<b>00:24:38.30</b>	<b>00:25:51.35</b>	+00:02:01 (8.2%)	4:55	12.2 (91.7%)
15	<b>GASINSKI Krzysztof</b>	<b>130</b>	PIEKNI I BESTIE	Mężczyźni Open	15	00:03:31	<b>00:25:06.90</b>	<b>00:28:38.80</b>	+00:02:30 (10.0%)	5:01	11.9 (89.5%)
16	<b>SZAFRAŃSKA Aleksandra</b>	<b>187</b>	WKURW_TEAM	Kobiety Open	1	00:05:31	<b>00:25:16.95</b>	<b>00:30:48.85</b>	+00:02:40 (10.6%)	5:03	11.9 (89.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
17	<b>ROGOZIŃSKI Tomasz</b>	<b>359</b>		Mężczyźni Open	16	00:11:22	<b>00:25:19.85</b>	<b>00:36:42.10</b>	+00:02:43 (10.7%)	5:04	11.8 (88.7%)
18	<b>RÓŻYCKI Jarek</b>	<b>30</b>	RUNNERB	Mężczyźni Open	17	00:00:45	<b>00:25:35.95</b>	<b>00:26:21.20</b>	+00:02:59 (11.7%)	5:07	11.7 (88.0%)
19	<b>TAPEREK Mariusz</b>	<b>84</b>	HUSARIA RACE TEAM	Mężczyźni Open	18	00:02:24	<b>00:25:38.35</b>	<b>00:28:02.50</b>	+00:03:01 (11.8%)	5:07	11.7 (88.0%)
20	<b>KWIATKOWSKI Kajetan</b>	<b>55</b>	DRUNK WARRIORS	Mężczyźni Open	19	00:01:31	<b>00:25:38.50</b>	<b>00:27:10.40</b>	+00:03:01 (11.8%)	5:07	11.7 (88.0%)
21	<b>JAKUBIK Michał</b>	<b>246</b>		Mężczyźni Open	20	00:07:31	<b>00:25:41.75</b>	<b>00:33:13.05</b>	+00:03:04 (12.0%)	5:08	11.7 (88.0%)
22	<b>NOWAK Daniel</b>	<b>144</b>	ROZBIEGAMY NOWY DWOR	Mężczyźni Open	21	00:04:10	<b>00:25:43.70</b>	<b>00:29:54.60</b>	+00:03:06 (12.1%)	5:08	11.7 (88.0%)
23	<b>JAKUBIK Filip</b>	<b>247</b>		Mężczyźni Open	22	00:07:31	<b>00:25:50.65</b>	<b>00:33:21.90</b>	+00:03:13 (12.5%)	5:10	11.6 (87.2%)
24	<b>GĘCA Piotr</b>	<b>229</b>		Mężczyźni Open	23	00:06:51	<b>00:25:50.75</b>	<b>00:32:42.40</b>	+00:03:13 (12.5%)	5:10	11.6 (87.2%)
25	<b>IWASZKIEWICZ Michał</b>	<b>25</b>	RUNNERB	Mężczyźni Open	24	00:00:45	<b>00:25:52.55</b>	<b>00:26:37.80</b>	+00:03:15 (12.6%)	5:10	11.6 (87.2%)
26	<b>ZAJĄC Piotr</b>	<b>115</b>	LS WORLD RUN	Mężczyźni Open	25	00:03:15	<b>00:25:53.55</b>	<b>00:29:08.70</b>	+00:03:16 (12.7%)	5:10	11.6 (87.2%)
27	<b>LIPSKI Maciek</b>	<b>295</b>		Mężczyźni Open	26	00:09:11	<b>00:25:54.25</b>	<b>00:35:05.50</b>	+00:03:17 (12.7%)	5:10	11.6 (87.2%)
28	<b>OWCZAREK Katarzyna</b>	<b>98</b>	LORAK	Kobiety Open	2	00:02:41	<b>00:25:57.65</b>	<b>00:28:39.60</b>	+00:03:20 (12.9%)	5:11	11.6 (87.2%)
29	<b>RAPINCZUK Jan</b>	<b>38</b>	BDSUOT WARSZAWA	Mężczyźni Open	27	00:01:02	<b>00:26:01.80</b>	<b>00:27:04.45</b>	+00:03:25 (13.1%)	5:12	11.5 (86.5%)
30	<b>ZIMNY Mateusz</b>	<b>148</b>	STRAŻ JRG 11	Mężczyźni Open	28	00:04:11	<b>00:26:04.70</b>	<b>00:30:15.85</b>	+00:03:27 (13.3%)	5:12	11.5 (86.5%)
31	<b>TETKOWSKI Michał</b>	<b>85</b>	HUSARIA RACE TEAM	Mężczyźni Open	29	00:02:22	<b>00:26:07.55</b>	<b>00:28:30.40</b>	+00:03:30 (13.4%)	5:13	11.5 (86.5%)
32	<b>SZARSZEWSKI Marcin</b>	<b>126</b>	NASIELSK BASZTA TEAM	Mężczyźni Open	30	00:03:32	<b>00:26:12.95</b>	<b>00:29:44.95</b>	+00:03:36 (13.7%)	5:14	11.5 (86.5%)
33	<b>SALAK Bartłomiej</b>	<b>365</b>		Mężczyźni Open	31	00:11:42	<b>00:26:20.80</b>	<b>00:38:03.55</b>	+00:03:44 (14.2%)	5:16	11.4 (85.7%)
34	<b>GADOMSKI Łukasz</b>	<b>224</b>		Mężczyźni Open	32	00:06:51	<b>00:26:22.00</b>	<b>00:33:13.55</b>	+00:03:45 (14.2%)	5:16	11.4 (85.7%)
35	<b>BUDNIAK Przemysław</b>	<b>59</b>	ENEA ZBIERAMY BIEGAMY POMAGAMY	Mężczyźni Open	33	00:01:31	<b>00:26:34.60</b>	<b>00:28:05.65</b>	+00:03:57 (14.9%)	5:18	11.3 (85.0%)
36	<b>KRYSTKIEWICZ Piotr</b>	<b>287</b>		Mężczyźni Open	34	00:08:51	<b>00:26:40.80</b>	<b>00:35:32.05</b>	+00:04:04 (15.2%)	5:20	11.2 (84.2%)
37	<b>KRYSIŃSKI Wojciech</b>	<b>176</b>		Mężczyźni Open	35	00:05:12	<b>00:26:42.35</b>	<b>00:31:55.10</b>	+00:04:05 (15.3%)	5:20	11.2 (84.2%)
38	<b>BARANOWSKI Jarosław</b>	<b>172</b>		Mężczyźni Open	36	00:05:12	<b>00:26:45.85</b>	<b>00:31:58.20</b>	+00:04:09 (15.5%)	5:21	11.2 (84.2%)
39	<b>LITWINEK Paweł</b>	<b>296</b>		Mężczyźni Open	37	00:09:12	<b>00:26:46.70</b>	<b>00:35:58.70</b>	+00:04:09 (15.6%)	5:21	11.2 (84.2%)

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40	TROJANOWSKI Maciej	31	RUNNERB	Mężczyźni Open	38	00:01:00	00:26:46.85	00:27:47.75	+00:04:10 (15.6%)	5:21	11.2 (84.2%)
41	TEODORCZYK Michał	386		Mężczyźni Open	39	00:12:21	00:26:47.25	00:39:08.95	+00:04:10 (15.6%)	5:21	11.2 (84.2%)
42	DANA Artur	215		Mężczyźni Open	40	00:06:31	00:26:51.25	00:33:22.50	+00:04:14 (15.8%)	5:22	11.2 (84.2%)
43	NIKOŁAJUK Julia	323		Kobiety Open	3	00:10:11	00:27:01.95	00:37:13.70	+00:04:25 (16.3%)	5:24	11.1 (83.5%)
44	ADAMKIEWICZ Mirosław	89	KM AKTYWNI SOCHACZEW	Mężczyźni Open	41	00:02:25	00:27:02.85	00:29:28.25	+00:04:26 (16.4%)	5:24	11.1 (83.5%)
45	KUNA Sebastian	124	LS WORLD RUN	Mężczyźni Open	42	00:03:31	00:27:12.90	00:30:44.20	+00:04:36 (16.9%)	5:26	11 (82.7%)
46	STOLARCZYK Gosia	121	LS WORLD RUN	Kobiety Open	4	00:03:31	00:27:13.45	00:30:44.80	+00:04:36 (16.9%)	5:26	11 (82.7%)
47	TROSKA Mateusz	392		Mężczyźni Open	43	00:12:42	00:27:15.20	00:39:57.65	+00:04:38 (17.0%)	5:27	11 (82.7%)
48	TUSZYŃSKI Dariusz	396		Mężczyźni Open	44	00:12:41	00:27:16.20	00:39:57.75	+00:04:39 (17.1%)	5:27	11 (82.7%)
49	KRAJEWSKI Marek.	83	HUSARIA RACE TEAM	Mężczyźni Open	45	00:02:25	00:27:16.35	00:29:41.55	+00:04:39 (17.1%)	5:27	11 (82.7%)
50	JĘDRZEJEWSKI Paweł	255		Mężczyźni Open	46	00:07:51	00:27:17.20	00:35:08.70	+00:04:40 (17.1%)	5:27	11 (82.7%)
51	WOŹNY Michał	111	LS WORLD RUN	Mężczyźni Open	47	00:03:15	00:27:28.90	00:30:44.15	+00:04:52 (17.7%)	5:29	10.9 (82.0%)
52	ANUSZEWSKI Krzysztof	117	LS WORLD RUN	Mężczyźni Open	48	00:03:14	00:27:31.60	00:30:46.55	+00:04:54 (17.8%)	5:30	10.9 (82.0%)
53	WOJTYRA Jarosław	168	ZWIERZENTA	Mężczyźni Open	49	00:04:52	00:27:37.70	00:32:29.70	+00:05:00 (18.2%)	5:31	10.9 (82.0%)
54	OLENDER Marcin	326		Mężczyźni Open	50	00:10:12	00:27:41.75	00:37:54.40	+00:05:04 (18.4%)	5:32	10.8 (81.2%)
55	KĄDZIELAWA Mateusz	112	LS WORLD RUN	Mężczyźni Open	51	00:03:14	00:27:43.25	00:30:57.40	+00:05:06 (18.4%)	5:32	10.8 (81.2%)
56	JACHIMOWSKI Michał	189		Mężczyźni Open	52	00:05:32	00:27:43.75	00:33:16.40	+00:05:06 (18.4%)	5:32	10.8 (81.2%)
57	KOCHANOWSKI Sebastian	100	LORAK	Mężczyźni Open	53	00:02:42	00:27:44.40	00:30:26.75	+00:05:07 (18.5%)	5:32	10.8 (81.2%)
58	KAMIŃSKI Piotr	97	LORAK	Mężczyźni Open	54	00:02:42	00:27:44.80	00:30:27.00	+00:05:08 (18.5%)	5:33	10.8 (81.2%)
59	JAWOREK Anna	96	LORAK	Kobiety Open	5	00:02:41	00:27:45.05	00:30:26.85	+00:05:08 (18.5%)	5:33	10.8 (81.2%)
60	BUDZIK Jacek	181	WKURW_TEAM	Mężczyźni Open	55	00:05:31	00:27:45.95	00:33:17.80	+00:05:09 (18.6%)	5:33	10.8 (81.2%)
61	PYRKA Szymon	348		Mężczyźni Open	56	00:10:53	00:27:47.25	00:38:40.55	+00:05:10 (18.6%)	5:33	10.8 (81.2%)
62	KURKOWSKI Jarosław	27	RUNNERB	Mężczyźni Open	57	00:00:45	00:27:50.85	00:28:36.00	+00:05:14 (18.8%)	5:34	10.8 (81.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
63	<b>DĄBROWSKI Krystian</b>	<b>218</b>		Mężczyźni Open	58	00:06:31	<b>00:27:53.00</b>	<b>00:34:24.00</b>	+00:05:16 (18.9%)	5:34	10.8 (81.2%)
64	<b>JACOSZEK Wojciech</b>	<b>244</b>		Mężczyźni Open	59	00:07:31	<b>00:27:57.40</b>	<b>00:35:28.90</b>	+00:05:20 (19.1%)	5:35	10.7 (80.5%)
65	<b>KALEJA Kamil</b>	<b>80</b>	KLUB EKWADOR	Mężczyźni Open	60	00:02:11	<b>00:28:05.50</b>	<b>00:30:16.75</b>	+00:05:28 (19.5%)	5:37	10.7 (80.5%)
66	<b>PŁACZKIEWICZ Robert</b>	<b>139</b>	SOL3 SQUADRUN	Mężczyźni Open	61	00:03:52	<b>00:28:12.45</b>	<b>00:32:04.80</b>	+00:05:35 (19.8%)	5:38	10.6 (79.7%)
67	<b>KRZEMIEŃ Krzysztof</b>	<b>60</b>	RUN FLINT RUN	Mężczyźni Open	62	00:01:31	<b>00:28:12.80</b>	<b>00:29:44.45</b>	+00:05:36 (19.8%)	5:38	10.6 (79.7%)
68	<b>FABIAŃSKI Grzegorz</b>	<b>419</b>		Mężczyźni Open	63	00:13:24	<b>00:28:17.95</b>	<b>00:41:42.05</b>	+00:05:41 (20.1%)	5:39	10.6 (79.7%)
69	<b>GAWROŃSKI Michał</b>	<b>77</b>	ISERWIS.NET.PL	Mężczyźni Open	64	00:02:12	<b>00:28:19.25</b>	<b>00:30:31.25</b>	+00:05:42 (20.2%)	5:39	10.6 (79.7%)
70	<b>NOWAK Łukasz</b>	<b>325</b>		Mężczyźni Open	65	00:10:12	<b>00:28:19.30</b>	<b>00:38:31.75</b>	+00:05:42 (20.2%)	5:39	10.6 (79.7%)
71	<b>OSTROWSKI Rafał</b>	<b>329</b>		Mężczyźni Open	66	00:10:12	<b>00:28:19.85</b>	<b>00:38:32.45</b>	+00:05:43 (20.2%)	5:40	10.6 (79.7%)
72	<b>RADZIKOWSKI Karol</b>	<b>352</b>		Mężczyźni Open	67	00:11:21	<b>00:28:29.50</b>	<b>00:39:51.10</b>	+00:05:52 (20.6%)	5:42	10.5 (78.9%)
73	<b>DOBROWOLSKA Ania</b>	<b>173</b>		Kobiety Open	6	00:05:12	<b>00:28:30.40</b>	<b>00:33:42.55</b>	+00:05:53 (20.7%)	5:42	10.5 (78.9%)
74	<b>KRÓL Tomasz</b>	<b>79</b>	ISERWIS.NET.PL	Mężczyźni Open	68	00:02:12	<b>00:28:30.90</b>	<b>00:30:43.65</b>	+00:05:54 (20.7%)	5:42	10.5 (78.9%)
75	<b>BRATKOWSKI Kamil</b>	<b>207</b>		Mężczyźni Open	69	00:06:12	<b>00:28:37.45</b>	<b>00:34:49.50</b>	+00:06:00 (21.0%)	5:43	10.5 (78.9%)
76	<b>MALCZYK Jacek</b>	<b>305</b>		Mężczyźni Open	70	00:09:32	<b>00:28:38.45</b>	<b>00:38:10.45</b>	+00:06:01 (21.0%)	5:43	10.5 (78.9%)
77	<b>LEMAŃSKI Marcin</b>	<b>114</b>	LS WORLD RUN	Mężczyźni Open	71	00:03:14	<b>00:28:40.85</b>	<b>00:31:55.50</b>	+00:06:04 (21.2%)	5:44	10.5 (78.9%)
78	<b>KOŁCIUK Wojciech</b>	<b>184</b>	WKURW_TEAM	Mężczyźni Open	72	00:05:32	<b>00:28:41.45</b>	<b>00:34:13.65</b>	+00:06:04 (21.2%)	5:44	10.5 (78.9%)
79	<b>BILIŃSKA Joanna</b>	<b>22</b>	RUNNERB	Kobiety Open	7	00:00:45	<b>00:28:41.95</b>	<b>00:29:27.65</b>	+00:06:05 (21.2%)	5:44	10.5 (78.9%)
80	<b>TKACZ Patryk</b>	<b>387</b>		Mężczyźni Open	73	00:12:22	<b>00:28:48.80</b>	<b>00:41:10.90</b>	+00:06:12 (21.5%)	5:45	10.4 (78.2%)
81	<b>OWCZARCZYK Paweł</b>	<b>330</b>		Mężczyźni Open	74	00:10:12	<b>00:28:49.15</b>	<b>00:39:01.30</b>	+00:06:12 (21.5%)	5:45	10.4 (78.2%)
82	<b>SMOGORZEWSKI Michał</b>	<b>186</b>	WKURW_TEAM	Mężczyźni Open	75	00:05:32	<b>00:28:51.35</b>	<b>00:34:23.55</b>	+00:06:14 (21.6%)	5:46	10.4 (78.2%)
83	<b>MATEŃKA Piotr</b>	<b>311</b>		Mężczyźni Open	76	00:09:51	<b>00:28:52.30</b>	<b>00:38:43.95</b>	+00:06:15 (21.7%)	5:46	10.4 (78.2%)
84	<b>MEKS Paweł</b>	<b>312</b>		Mężczyźni Open	77	00:09:51	<b>00:28:54.65</b>	<b>00:38:45.95</b>	+00:06:17 (21.8%)	5:46	10.4 (78.2%)
85	<b>PYSIEWICZ Filip</b>	<b>349</b>		Mężczyźni Open	78	00:10:53	<b>00:28:55.00</b>	<b>00:39:48.00</b>	+00:06:18 (21.8%)	5:47	10.4 (78.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
86	<b>PODLASIŃSKI Wojciech</b>	<b>182</b>	WKURW_TEAM	Mężczyźni Open	79	00:05:32	<b>00:28:57.70</b>	<b>00:34:29.75</b>	+00:06:20 (21.9%)	5:47	10.4 (78.2%)
87	<b>FILOCHOWSKA Marta</b>	<b>220</b>		Kobiety Open	8	00:06:31	<b>00:29:04.35</b>	<b>00:35:35.70</b>	+00:06:27 (22.2%)	5:48	10.3 (77.4%)
88	<b>PRACZ Wiktoria</b>	<b>155</b>	SGSP	Kobiety Open	9	00:04:30	<b>00:29:12.80</b>	<b>00:33:43.60</b>	+00:06:36 (22.6%)	5:50	10.3 (77.4%)
89	<b>MAŚLANIK Dawid</b>	<b>310</b>		Mężczyźni Open	80	00:09:31	<b>00:29:14.40</b>	<b>00:38:45.95</b>	+00:06:37 (22.7%)	5:50	10.3 (77.4%)
90	<b>MISZCZAK Maciej</b>	<b>61</b>	E-POINT S.A.	Mężczyźni Open	81	00:01:52	<b>00:29:15.30</b>	<b>00:31:07.30</b>	+00:06:38 (22.7%)	5:51	10.3 (77.4%)
91	<b>PASTUSZKA Anna</b>	<b>332</b>		Kobiety Open	10	00:10:31	<b>00:29:21.60</b>	<b>00:39:53.20</b>	+00:06:44 (23.0%)	5:52	10.2 (76.7%)
92	<b>URYŃ Łukasz</b>	<b>402</b>		Mężczyźni Open	82	00:13:02	<b>00:29:24.60</b>	<b>00:42:27.50</b>	+00:06:47 (23.1%)	5:53	10.2 (76.7%)
93	<b>PIASECKI Michał</b>	<b>338</b>		Mężczyźni Open	83	00:10:31	<b>00:29:25.00</b>	<b>00:39:56.10</b>	+00:06:48 (23.1%)	5:53	10.2 (76.7%)
94	<b>CZERNECKI Piotr</b>	<b>136</b>	RESCUE TEAM	Mężczyźni Open	84	00:03:52	<b>00:29:25.40</b>	<b>00:33:18.00</b>	+00:06:48 (23.1%)	5:53	10.2 (76.7%)
95	<b>FOLGA Tomasz</b>	<b>222</b>		Mężczyźni Open	85	00:06:52	<b>00:29:28.20</b>	<b>00:36:20.45</b>	+00:06:51 (23.3%)	5:53	10.2 (76.7%)
96	<b>IRZYK Piotr</b>	<b>140</b>	SPORTOWY WYSZOGRÓD	Mężczyźni Open	86	00:03:52	<b>00:29:30.70</b>	<b>00:33:22.80</b>	+00:06:53 (23.4%)	5:54	10.2 (76.7%)
97	<b>RYBICKI Tomasz</b>	<b>46</b>	BRAVEHEARTS LEGIONOWO	Mężczyźni Open	87	00:01:13	<b>00:29:31.55</b>	<b>00:30:44.95</b>	+00:06:54 (23.4%)	5:54	10.2 (76.7%)
98	<b>GOSZCZYŃSKA Wiola</b>	<b>430</b>	HUSARIA RACE TEAM	Kobiety Open	11	00:13:41	<b>00:29:32.55</b>	<b>00:43:14.15</b>	+00:06:55 (23.5%)	5:54	10.2 (76.7%)
99	<b>TOMASZEK Przemysław</b>	<b>389</b>		Mężczyźni Open	88	00:02:42	<b>00:29:39.40</b>	<b>00:32:21.80</b>	+00:07:02 (23.7%)	5:55	10.1 (75.9%)
100	<b>MUNIAK Rafał</b>	<b>318</b>		Mężczyźni Open	89	00:09:51	<b>00:29:44.15</b>	<b>00:39:36.00</b>	+00:07:07 (24.0%)	5:57	10.1 (75.9%)
101	<b>ABRAMCZYK Marta</b>	<b>81</b>	HUSARIA RACE TEAM	Kobiety Open	12	00:02:25	<b>00:29:53.60</b>	<b>00:32:18.65</b>	+00:07:16 (24.4%)	5:58	10 (75.2%)
102	<b>SZULC Katarzyna</b>	<b>381</b>		Kobiety Open	13	00:12:22	<b>00:30:00.50</b>	<b>00:42:22.60</b>	+00:07:23 (24.6%)	6:00	10 (75.2%)
103	<b>WACHOL Paweł</b>	<b>403</b>		Mężczyźni Open	90	00:13:02	<b>00:30:00.70</b>	<b>00:43:02.75</b>	+00:07:23 (24.7%)	6:00	10 (75.2%)
104	<b>ZAREMBA Grzegorz</b>	<b>415</b>		Mężczyźni Open	91	00:13:23	<b>00:30:02.75</b>	<b>00:43:26.35</b>	+00:07:25 (24.7%)	6:00	10 (75.2%)
105	<b>BIELSKA Katarzyna</b>	<b>199</b>		Kobiety Open	14	00:05:51	<b>00:30:05.80</b>	<b>00:35:57.25</b>	+00:07:29 (24.9%)	6:01	10 (75.2%)
106	<b>BODEK Katarzyna</b>	<b>201</b>		Kobiety Open	15	00:06:11	<b>00:30:07.65</b>	<b>00:36:18.80</b>	+00:07:30 (24.9%)	6:01	10 (75.2%)
107	<b>PATORA Jacek</b>	<b>333</b>		Mężczyźni Open	92	00:10:31	<b>00:30:07.70</b>	<b>00:40:38.80</b>	+00:07:30 (24.9%)	6:01	10 (75.2%)
108	<b>JASKÓŁA Joanna</b>	<b>250</b>		Kobiety Open	16	00:05:52	<b>00:30:10.15</b>	<b>00:36:02.15</b>	+00:07:33 (25.0%)	6:02	9.9 (74.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
109	<b>PACIOREK Paweł</b>	<b>41</b>	BIEGAJ POD OKIEM TRENERA	Mężczyźni Open	93	00:01:14	<b>00:30:13.30</b>	<b>00:31:27.60</b>	+00:07:36 (25.2%)	6:02	9.9 (74.4%)
110	<b>NOWAK Agnieszka</b>	<b>3</b>		Kobiety Open	17	00:00:03	<b>00:30:21.65</b>	<b>00:30:24.80</b>	+00:07:44 (25.5%)	6:04	9.9 (74.4%)
111	<b>BRZĘCZKOWSKI Piotr</b>	<b>427</b>		Mężczyźni Open	94	00:13:42	<b>00:30:21.90</b>	<b>00:44:04.05</b>	+00:07:45 (25.5%)	6:04	9.9 (74.4%)
112	<b>WINIARCZYK Bartłomiej</b>	<b>408</b>		Mężczyźni Open	95	00:13:01	<b>00:30:25.70</b>	<b>00:43:27.25</b>	+00:07:48 (25.7%)	6:05	9.9 (74.4%)
113	<b>ZIĘTARA Rajmund</b>	<b>14</b>	2 RBLOG SKŁAD ZEGRZE	Mężczyźni Open	96	00:00:31	<b>00:30:30.65</b>	<b>00:31:02.40</b>	+00:07:53 (25.9%)	6:06	9.8 (73.7%)
114	<b>DZIEPAK Piotr</b>	<b>12</b>	1 BLTR	Mężczyźni Open	97	00:00:31	<b>00:30:31.40</b>	<b>00:31:02.90</b>	+00:07:54 (25.9%)	6:06	9.8 (73.7%)
115	<b>KRÓL Magdalena</b>	<b>78</b>	ISERWIS.NET.PL	Kobiety Open	18	00:02:12	<b>00:30:31.70</b>	<b>00:32:44.10</b>	+00:07:54 (25.9%)	6:06	9.8 (73.7%)
116	<b>WYSOCKI Przemysław</b>	<b>410</b>		Mężczyźni Open	98	00:13:02	<b>00:30:32.40</b>	<b>00:43:34.55</b>	+00:07:55 (26.0%)	6:06	9.8 (73.7%)
117	<b>MAŁECKI Dariusz</b>	<b>17</b>	6 MBOT, 64 BATALION LEKKIEJ PIECHOTY W PŁOCKU	Mężczyźni Open	99	00:00:31	<b>00:30:33.10</b>	<b>00:31:04.60</b>	+00:07:56 (26.0%)	6:06	9.8 (73.7%)
118	<b>ŁOBODA Piotr</b>	<b>299</b>		Mężczyźni Open	100	00:09:10	<b>00:30:38.50</b>	<b>00:39:49.45</b>	+00:08:01 (26.2%)	6:07	9.8 (73.7%)
119	<b>LACZKOWSKI Grzegorz</b>	<b>292</b>		Mężczyźni Open	101	00:14:05	<b>00:30:39.40</b>	<b>00:44:45.35</b>	+00:08:02 (26.2%)	6:08	9.8 (73.7%)
120	<b>WALCZAK Piotr</b>	<b>404</b>		Mężczyźni Open	102	00:13:02	<b>00:30:39.55</b>	<b>00:43:41.75</b>	+00:08:02 (26.2%)	6:07	9.8 (73.7%)
121	<b>TROJANOWSKI Maciej</b>	<b>391</b>		Mężczyźni Open	103	00:12:42	<b>00:30:53.00</b>	<b>00:43:35.15</b>	+00:08:16 (26.8%)	6:10	9.7 (72.9%)
122	<b>LENDZISZEWSKI Tomasz</b>	<b>177</b>		Mężczyźni Open	104	00:05:13	<b>00:30:53.15</b>	<b>00:36:06.40</b>	+00:08:16 (26.8%)	6:10	9.7 (72.9%)
123	<b>LECH Mateusz</b>	<b>75</b>	HARDCOROWE WYCHYLYLYBYMY	Mężczyźni Open	105	00:02:12	<b>00:30:54.30</b>	<b>00:33:07.05</b>	+00:08:17 (26.8%)	6:11	9.7 (72.9%)
124	<b>LISZEWSKI Paweł</b>	<b>122</b>	LS WORLD RUN	Mężczyźni Open	106	00:03:31	<b>00:30:54.35</b>	<b>00:34:26.10</b>	+00:08:17 (26.8%)	6:11	9.7 (72.9%)
125	<b>CHMIELEWSKI Mateusz</b>	<b>74</b>	HARDCOROWE WYCHYLYLYBYMY	Mężczyźni Open	107	00:02:12	<b>00:30:54.55</b>	<b>00:33:06.85</b>	+00:08:17 (26.8%)	6:10	9.7 (72.9%)
126	<b>AJZAK Elżbieta</b>	<b>72</b>	HARDCOROWE WYCHYLYLYBYMY	Kobiety Open	19	00:02:12	<b>00:30:54.90</b>	<b>00:33:07.05</b>	+00:08:18 (26.9%)	6:11	9.7 (72.9%)
127	<b>GOLLNIK Daria</b>	<b>94</b>	LORAK	Kobiety Open	20	00:02:42	<b>00:30:55.00</b>	<b>00:33:37.10</b>	+00:08:18 (26.9%)	6:11	9.7 (72.9%)
128	<b>JARZYŃKA Bartosz</b>	<b>11</b>	"SKY ZA WODĄ" PONIATOWO	Mężczyźni Open	108	00:00:32	<b>00:30:55.10</b>	<b>00:31:27.25</b>	+00:08:18 (26.9%)	6:11	9.7 (72.9%)
129	<b>JUKIEWICZ Krzysztof</b>	<b>13</b>	KOZIOROŻEC / WKURW_TEAM	Mężczyźni Open	109	00:00:31	<b>00:30:55.50</b>	<b>00:31:27.35</b>	+00:08:18 (26.9%)	6:11	9.7 (72.9%)
130	<b>ŁĄCKI Łukasz</b>	<b>73</b>	HARDCOROWE WYCHYLYLYBYMY	Mężczyźni Open	110	00:02:11	<b>00:30:55.60</b>	<b>00:33:07.05</b>	+00:08:18 (26.9%)	6:11	9.7 (72.9%)
131	<b>SOKOŁOWSKI Darek</b>	<b>36</b>	AZS WARSZAWA	Mężczyźni Open	111	00:01:01	<b>00:30:55.85</b>	<b>00:31:57.30</b>	+00:08:19 (26.9%)	6:11	9.7 (72.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
132	<b>BRYŁA Kamil</b>	<b>208</b>		Mężczyźni Open	112	00:06:11	<b>00:30:56.15</b>	<b>00:37:07.50</b>	+00:08:19 (26.9%)	6:11	9.7 (72.9%)
133	<b>REY Patryk</b>	<b>354</b>		Mężczyźni Open	113	00:11:21	<b>00:30:57.50</b>	<b>00:42:19.35</b>	+00:08:20 (27.0%)	6:11	9.7 (72.9%)
134	<b>KRYSIŃSKI Andrzej</b>	<b>175</b>		Mężczyźni Open	114	00:05:12	<b>00:31:00.15</b>	<b>00:36:13.05</b>	+00:08:23 (27.1%)	6:12	9.7 (72.9%)
135	<b>KOPYTKO Małgorzata</b>	<b>160</b>	WAT	Kobiety Open	21	00:04:31	<b>00:31:01.35</b>	<b>00:35:32.60</b>	+00:08:24 (27.1%)	6:12	9.7 (72.9%)
136	<b>BAGNICKI Dariusz</b>	<b>141</b>	ROZBIEAMY NOWY DWÓR	Mężczyźni Open	115	00:04:10	<b>00:31:01.50</b>	<b>00:35:12.35</b>	+00:08:24 (27.1%)	6:12	9.7 (72.9%)
137	<b>GAJOS Pawel</b>	<b>225</b>		Mężczyźni Open	116	00:06:51	<b>00:31:02.70</b>	<b>00:37:53.95</b>	+00:08:25 (27.2%)	6:12	9.7 (72.9%)
138	<b>SAPAŁA Krzysztof</b>	<b>428</b>		Mężczyźni Open	117	00:13:41	<b>00:31:03.40</b>	<b>00:44:44.65</b>	+00:08:26 (27.2%)	6:12	9.7 (72.9%)
139	<b>MASKIEWICZ Magdalena</b>	<b>137</b>	RUNNERS TEAM JABŁONNA	Kobiety Open	22	00:03:52	<b>00:31:07.30</b>	<b>00:34:59.40</b>	+00:08:30 (27.3%)	6:13	9.6 (72.2%)
140	<b>GALIŃSKA Magdalena</b>	<b>161</b>	WARSZAWSKI ZAUŁEK	Kobiety Open	23	00:04:52	<b>00:31:07.95</b>	<b>00:36:00.70</b>	+00:08:31 (27.4%)	6:13	9.6 (72.2%)
141	<b>SMOCZYK Hubert</b>	<b>162</b>	WARSZAWSKI ZAUŁEK	Mężczyźni Open	118	00:04:52	<b>00:31:08.45</b>	<b>00:36:01.20</b>	+00:08:31 (27.4%)	6:13	9.6 (72.2%)
142	<b>MAŁKOWSKI Arek</b>	<b>308</b>		Mężczyźni Open	119	00:09:31	<b>00:31:08.70</b>	<b>00:40:40.05</b>	+00:08:31 (27.4%)	6:13	9.6 (72.2%)
143	<b>RÓŻAŁSKA Ewa</b>	<b>361</b>		Kobiety Open	24	00:11:43	<b>00:31:12.70</b>	<b>00:42:56.10</b>	+00:08:35 (27.5%)	6:14	9.6 (72.2%)
144	<b>SZAFRAŃSKA Justyna</b>	<b>426</b>		Kobiety Open	25	00:13:43	<b>00:31:17.50</b>	<b>00:45:00.75</b>	+00:08:40 (27.7%)	6:15	9.6 (72.2%)
145	<b>GRAMSZ Miłosz</b>	<b>150</b>	SZKOŁA PODSTAWOWA NR 13 PABIANICE	Mężczyźni Open	120	00:04:10	<b>00:31:17.70</b>	<b>00:35:28.25</b>	+00:08:40 (27.7%)	6:15	9.6 (72.2%)
146	<b>GÓRNAŚ Tomasz</b>	<b>178</b>		Mężczyźni Open	121	00:05:12	<b>00:31:19.25</b>	<b>00:36:31.35</b>	+00:08:42 (27.8%)	6:15	9.6 (72.2%)
147	<b>NIEWĘGŁOWSKI Marcin</b>	<b>53</b>	DOPING BORKI	Mężczyźni Open	122	00:01:31	<b>00:31:19.45</b>	<b>00:32:51.05</b>	+00:08:42 (27.8%)	6:16	9.6 (72.2%)
148	<b>GÓRNAŚ Zofia</b>	<b>179</b>		Kobiety Open	26	00:05:12	<b>00:31:19.55</b>	<b>00:36:31.95</b>	+00:08:42 (27.8%)	6:15	9.6 (72.2%)
149	<b>SZLEZAK-RZEPECKA Mariola</b>	<b>380</b>		Kobiety Open	27	00:12:01	<b>00:31:21.10</b>	<b>00:43:22.65</b>	+00:08:44 (27.9%)	6:16	9.6 (72.2%)
150	<b>DUBAS Bartosz</b>	<b>134</b>	OTCHŁAŃ HADESU	Mężczyźni Open	123	00:03:52	<b>00:31:23.00</b>	<b>00:35:15.00</b>	+00:08:46 (27.9%)	6:16	9.6 (72.2%)
151	<b>KUBJATKO Michal</b>	<b>135</b>	OTCHŁAŃ HADESU	Mężczyźni Open	124	00:03:52	<b>00:31:27.00</b>	<b>00:35:19.00</b>	+00:08:50 (28.1%)	6:17	9.5 (71.4%)
152	<b>DARCZYŃSKA Kinga</b>	<b>216</b>		Kobiety Open	28	00:06:31	<b>00:31:29.10</b>	<b>00:38:00.50</b>	+00:08:52 (28.2%)	6:17	9.5 (71.4%)
153	<b>GRALA Dominik</b>	<b>235</b>		Mężczyźni Open	125	00:07:12	<b>00:31:30.05</b>	<b>00:38:42.10</b>	+00:08:53 (28.2%)	6:18	9.5 (71.4%)
153	<b>MALICKI Kamil</b>	<b>307</b>		Mężczyźni Open	126	00:09:53	<b>00:31:30.05</b>	<b>00:41:23.05</b>	+00:08:53 (28.2%)	6:18	9.5 (71.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
155	<b>PIERŚCIENIAK Łukasz</b>	<b>341</b>		Mężczyźni Open	127	00:10:53	<b>00:31:31.20</b>	<b>00:42:24.50</b>	+00:08:54 (28.3%)	6:18	9.5 (71.4%)
156	<b>ZAGÓRSKA Aleksandra</b>	<b>87</b>	KASZTANY	Kobiety Open	29	00:02:25	<b>00:31:33.00</b>	<b>00:33:58.10</b>	+00:08:56 (28.3%)	6:18	9.5 (71.4%)
157	<b>LUS Tomasz</b>	<b>297</b>		Mężczyźni Open	128	00:09:11	<b>00:31:33.85</b>	<b>00:40:45.05</b>	+00:08:57 (28.4%)	6:18	9.5 (71.4%)
158	<b>GROBEREK Monika</b>	<b>238</b>		Kobiety Open	30	00:07:11	<b>00:31:34.25</b>	<b>00:38:45.90</b>	+00:08:57 (28.4%)	6:18	9.5 (71.4%)
159	<b>DALECKI Łukasz</b>	<b>214</b>		Mężczyźni Open	129	00:06:32	<b>00:31:37.95</b>	<b>00:38:10.00</b>	+00:09:01 (28.5%)	6:19	9.5 (71.4%)
160	<b>WASIAK Rafał</b>	<b>2</b>		Mężczyźni Open	130	00:00:02	<b>00:31:39.05</b>	<b>00:31:41.85</b>	+00:09:02 (28.6%)	6:19	9.5 (71.4%)
161	<b>KĘDZIERSKI Mieczysław</b>	<b>270</b>		Mężczyźni Open	131	00:08:12	<b>00:31:40.35</b>	<b>00:39:52.60</b>	+00:09:03 (28.6%)	6:20	9.5 (71.4%)
162	<b>GONTARZ Marek</b>	<b>65</b>	GAJM	Mężczyźni Open	132	00:01:53	<b>00:31:44.30</b>	<b>00:33:37.55</b>	+00:09:07 (28.8%)	6:20	9.5 (71.4%)
163	<b>BUDNICKA Katarzyna</b>	<b>210</b>		Kobiety Open	31	00:06:11	<b>00:31:45.45</b>	<b>00:37:57.35</b>	+00:09:08 (28.8%)	6:21	9.4 (70.7%)
164	<b>TUCZYŃSKI Robert</b>	<b>133</b>	ORT ŁOMIANKI	Mężczyźni Open	133	00:03:52	<b>00:31:46.30</b>	<b>00:35:39.00</b>	+00:09:09 (28.8%)	6:21	9.4 (70.7%)
165	<b>NERC Zuzanna</b>	<b>322</b>		Kobiety Open	32	00:10:11	<b>00:31:49.50</b>	<b>00:42:01.35</b>	+00:09:12 (28.9%)	6:22	9.4 (70.7%)
166	<b>LEWANDOWSKI Paweł</b>	<b>293</b>		Mężczyźni Open	134	00:09:10	<b>00:31:55.35</b>	<b>00:41:06.30</b>	+00:09:18 (29.2%)	6:23	9.4 (70.7%)
167	<b>ŻAGLEWSKI Dariusz</b>	<b>34</b>	RUNNERB	Mężczyźni Open	135	00:01:01	<b>00:31:57.65</b>	<b>00:32:59.10</b>	+00:09:20 (29.2%)	6:23	9.4 (70.7%)
168	<b>KIEŁBASA Dominik</b>	<b>271</b>		Mężczyźni Open	136	00:08:31	<b>00:31:59.55</b>	<b>00:40:30.60</b>	+00:09:22 (29.3%)	6:23	9.4 (70.7%)
169	<b>WITKOWSKI Adam</b>	<b>420</b>		Mężczyźni Open	137	00:13:23	<b>00:32:01.15</b>	<b>00:45:25.05</b>	+00:09:24 (29.4%)	6:24	9.4 (70.7%)
170	<b>KOPEC Anna</b>	<b>278</b>		Kobiety Open	33	00:08:32	<b>00:32:01.65</b>	<b>00:40:33.80</b>	+00:09:24 (29.4%)	6:24	9.4 (70.7%)
171	<b>ŻAGLEWSKA Jolanta</b>	<b>33</b>	RUNNERB	Kobiety Open	34	00:01:01	<b>00:32:04.20</b>	<b>00:33:05.40</b>	+00:09:27 (29.5%)	6:24	9.4 (70.7%)
172	<b>BOJKO Agnieszka</b>	<b>204</b>		Kobiety Open	35	00:06:11	<b>00:32:04.35</b>	<b>00:38:15.50</b>	+00:09:27 (29.5%)	6:24	9.4 (70.7%)
173	<b>BORKOWSKI Jacek</b>	<b>206</b>		Mężczyźni Open	138	00:06:11	<b>00:32:04.65</b>	<b>00:38:16.25</b>	+00:09:27 (29.5%)	6:25	9.4 (70.7%)
174	<b>POPIS Katarzyna</b>	<b>345</b>		Kobiety Open	36	00:10:53	<b>00:32:04.80</b>	<b>00:42:58.10</b>	+00:09:28 (29.5%)	6:25	9.4 (70.7%)
175	<b>PISZCZAKO Tomasz</b>	<b>102</b>	LIRENE RANNING TEAM	Mężczyźni Open	139	00:02:53	<b>00:32:05.45</b>	<b>00:34:58.65</b>	+00:09:28 (29.5%)	6:25	9.4 (70.7%)
176	<b>BOJAR Paweł</b>	<b>203</b>		Mężczyźni Open	140	00:06:11	<b>00:32:07.50</b>	<b>00:38:19.05</b>	+00:09:30 (29.6%)	6:25	9.3 (69.9%)
177	<b>JASTRZĘBSKA Aleksandra</b>	<b>251</b>		Kobiety Open	37	00:07:51	<b>00:32:07.55</b>	<b>00:39:59.05</b>	+00:09:30 (29.6%)	6:25	9.3 (69.9%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
178	ZAREMBA Wojciech	49	CROSFIT URSUS	Mężczyźni Open	141	00:01:12	00:32:08.40	00:33:21.30	+00:09:31 (29.6%)	6:25	9.3 (69.9%)
179	SKOLIK Andrzej	169		Mężczyźni Open	142	00:04:52	00:32:09.90	00:37:01.95	+00:09:33 (29.7%)	6:25	9.3 (69.9%)
180	MRÓZ Paulina	317		Kobiety Open	38	00:09:52	00:32:15.00	00:42:07.00	+00:09:38 (29.9%)	6:27	9.3 (69.9%)
181	SOBIESZEK Natalia	371		Kobiety Open	39	00:04:11	00:32:21.70	00:36:33.15	+00:09:44 (30.1%)	6:28	9.3 (69.9%)
182	ZMYSŁOWSKA Martyna	417		Kobiety Open	40	00:13:23	00:32:30.10	00:45:53.40	+00:09:53 (30.4%)	6:30	9.2 (69.2%)
183	MRÓZ Sebastian	316		Mężczyźni Open	143	00:09:52	00:32:32.50	00:42:24.50	+00:09:55 (30.5%)	6:30	9.2 (69.2%)
184	RĘAKS Łukasz	356		Mężczyźni Open	144	00:11:21	00:32:33.85	00:43:55.80	+00:09:57 (30.6%)	6:30	9.2 (69.2%)
185	URBAN Sylwia	400		Kobiety Open	41	00:12:41	00:32:34.90	00:45:16.75	+00:09:58 (30.6%)	6:31	9.2 (69.2%)
186	CHOŁUJ Jacek	211		Mężczyźni Open	145	00:06:32	00:32:37.45	00:39:09.65	+00:10:00 (30.7%)	6:31	9.2 (69.2%)
187	TUROWSKI Artur	394		Mężczyźni Open	146	00:12:42	00:32:38.90	00:45:21.20	+00:10:02 (30.7%)	6:31	9.2 (69.2%)
188	MALCZEWSKI Hubert	125	MOCZYMORDKI	Mężczyźni Open	147	00:03:32	00:32:40.30	00:36:12.70	+00:10:03 (30.8%)	6:32	9.2 (69.2%)
189	WANOWSKI Andrzej	327		Mężczyźni Open	148	00:10:12	00:32:40.80	00:42:53.05	+00:10:04 (30.8%)	6:32	9.2 (69.2%)
190	PACHOLCZYK Mariusz	331		Mężczyźni Open	149	00:10:31	00:32:42.80	00:43:14.15	+00:10:06 (30.9%)	6:32	9.2 (69.2%)
191	KROK Krzysztof	127	NIEZRZESZONY	Mężczyźni Open	150	00:03:31	00:32:57.25	00:36:29.00	+00:10:20 (31.4%)	6:35	9.1 (68.4%)
192	GROCHAŁA Sebastian	113	LS WORLD RUN	Mężczyźni Open	151	00:03:14	00:32:58.70	00:36:13.35	+00:10:21 (31.4%)	6:35	9.1 (68.4%)
193	KARASIEWICZ Katarzyna	265		Kobiety Open	42	00:08:12	00:33:00.60	00:41:12.65	+00:10:23 (31.5%)	6:36	9.1 (68.4%)
194	KOSZNIRUK Elżbieta	431		Kobiety Open	43	00:13:41	00:33:09.70	00:46:51.65	+00:10:32 (31.8%)	6:38	9 (67.7%)
195	GRZESZCZYK Malwina	240		Kobiety Open	44	00:07:11	00:33:15.45	00:40:27.20	+00:10:38 (32.0%)	6:39	9 (67.7%)
196	RZEPCZYŃSKI Krzysztof	363		Mężczyźni Open	152	00:11:43	00:33:16.10	00:44:59.55	+00:10:39 (32.0%)	6:39	9 (67.7%)
197	NIKOŁAJÓW Adam	4	ODDZIAŁ ZABEZPIECZENIA	Mężczyźni Open	153	00:00:02	00:33:16.20	00:33:18.50	+00:10:39 (32.0%)	6:39	9 (67.7%)
198	IMIELSKA Izabela	5	ODDZIAŁ ZABEZPIECZENIA GST	Kobiety Open	45	00:00:02	00:33:16.30	00:33:18.40	+00:10:39 (32.0%)	6:39	9 (67.7%)
199	KARCZEWSKA Iwona	267		Kobiety Open	46	00:12:42	00:33:19.20	00:46:01.80	+00:10:42 (32.1%)	6:39	9 (67.7%)
200	PIEKUT Agata	339		Kobiety Open	47	00:10:31	00:33:22.90	00:43:54.65	+00:10:46 (32.3%)	6:40	9 (67.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
201	LIPOWSKI Maciej	294		Mężczyźni Open	154	00:09:11	00:33:23.30	00:42:35.25	+00:10:46 (32.3%)	6:40	9 (67.7%)
202	UCHROŃSKI Grzegorz	399		Mężczyźni Open	155	00:12:42	00:33:23.40	00:46:06.25	+00:10:46 (32.3%)	6:40	9 (67.7%)
203	MAJEWSKI Łukasz	303		Mężczyźni Open	156	00:02:42	00:33:24.55	00:36:07.50	+00:10:47 (32.3%)	6:41	9 (67.7%)
204	KLIMEK-MAJEWSKA Magdalena	143	ROZBIEGAMY NOWY DWOR	Kobiety Open	48	00:02:42	00:33:24.80	00:36:07.30	+00:10:48 (32.3%)	6:41	9 (67.7%)
205	UCHRONSKA Marzena	398		Kobiety Open	49	00:12:42	00:33:34.60	00:46:17.25	+00:10:57 (32.7%)	6:43	8.9 (66.9%)
206	STRADZA Katarzyna	99	LORAK	Kobiety Open	50	00:02:42	00:33:38.55	00:36:20.85	+00:11:01 (32.8%)	6:43	8.9 (66.9%)
207	PYSIEWICZ Mateusz	350		Mężczyźni Open	157	00:10:54	00:33:43.45	00:44:37.65	+00:11:06 (32.9%)	6:44	8.9 (66.9%)
208	SKÓRA Sylwia	370		Kobiety Open	51	00:11:43	00:33:44.85	00:45:28.50	+00:11:08 (33.0%)	6:45	8.9 (66.9%)
209	ARNOLD Aldona	192		Kobiety Open	52	00:05:51	00:33:49.95	00:39:41.85	+00:11:13 (33.2%)	6:46	8.9 (66.9%)
210	PIOTROWSKI Grzegorz	28	RUNNERB	Mężczyźni Open	158	00:00:46	00:33:51.05	00:34:37.45	+00:11:14 (33.2%)	6:46	8.9 (66.9%)
211	KORZEŃ Adam	145	ROZBIEGAMY NOWY DWÓR	Mężczyźni Open	159	00:04:10	00:33:51.10	00:38:02.05	+00:11:14 (33.2%)	6:46	8.9 (66.9%)
212	TELAKOWSKA Anita	385		Kobiety Open	53	00:12:22	00:33:51.75	00:46:13.80	+00:11:14 (33.2%)	6:46	8.9 (66.9%)
213	KACZERSKI Kamil	260		Mężczyźni Open	160	00:07:52	00:33:52.25	00:41:44.80	+00:11:15 (33.2%)	6:46	8.9 (66.9%)
214	KOPCZYŃSKI Michał	277		Mężczyźni Open	161	00:08:31	00:33:52.80	00:42:24.05	+00:11:16 (33.3%)	6:46	8.9 (66.9%)
215	INOROWICZ Joanna	243		Kobiety Open	54	00:07:31	00:33:53.65	00:41:25.20	+00:11:16 (33.3%)	6:46	8.8 (66.2%)
216	JOBDA Marta	256		Kobiety Open	55	00:07:51	00:33:56.20	00:41:48.05	+00:11:19 (33.4%)	6:47	8.8 (66.2%)
217	SŁONECKA Anna	47	BRAVEHEARTS LEGIONOWO	Kobiety Open	56	00:01:13	00:33:57.20	00:35:10.90	+00:11:20 (33.4%)	6:47	8.8 (66.2%)
217	GAWROŃSKA Agata	45	BRAVEHEARTS LEGIONOWO	Kobiety Open	57	00:01:13	00:33:57.20	00:35:10.90	+00:11:20 (33.4%)	6:47	8.8 (66.2%)
219	CZARNOTA Dorota	43	BRAVEHEARTS LEGIONOWO	Kobiety Open	58	00:01:13	00:33:57.55	00:35:11.00	+00:11:20 (33.4%)	6:47	8.8 (66.2%)
220	KABATA Paweł	258		Mężczyźni Open	162	00:07:51	00:34:13.00	00:42:04.00	+00:11:36 (33.9%)	6:50	8.8 (66.2%)
221	SAPAŁA Agnieszka	429		Kobiety Open	59	00:13:41	00:34:15.70	00:47:57.25	+00:11:38 (34.0%)	6:51	8.8 (66.2%)
222	AUGUSTYNIAK Tomasz	193		Mężczyźni Open	163	00:05:51	00:34:18.20	00:40:10.05	+00:11:41 (34.1%)	6:51	8.7 (65.4%)
223	BOGDAN Marcin	202		Mężczyźni Open	164	00:06:11	00:34:21.25	00:40:32.90	+00:11:44 (34.2%)	6:52	8.7 (65.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
224	<b>KLIMKIEWICZ Beata</b>	<b>90</b>	KONTENER FORMY	Kobiety Open	60	00:02:24	<b>00:34:22.70</b>	<b>00:36:47.40</b>	+00:11:45 (34.2%)	6:52	8.7 (65.4%)
225	<b>SKIBNIEWSKI Grzegorz</b>	<b>369</b>		Mężczyźni Open	165	00:11:42	<b>00:34:25.00</b>	<b>00:46:07.85</b>	+00:11:48 (34.3%)	6:53	8.7 (65.4%)
226	<b>WILCZEK Marta</b>	<b>32</b>	RUNNERB	Kobiety Open	61	00:01:00	<b>00:34:29.90</b>	<b>00:35:30.85</b>	+00:11:53 (34.5%)	6:54	8.7 (65.4%)
227	<b>NOWECKI Michał</b>	<b>88</b>	KASZTANY	Mężczyźni Open	166	00:02:24	<b>00:34:30.25</b>	<b>00:36:54.55</b>	+00:11:53 (34.5%)	6:54	8.7 (65.4%)
228	<b>KŁĘCZAJ Katarzyna</b>	<b>273</b>		Kobiety Open	62	00:08:31	<b>00:34:33.15</b>	<b>00:43:04.55</b>	+00:11:56 (34.6%)	6:54	8.7 (65.4%)
229	<b>JASTRZĘBSKI Adam</b>	<b>252</b>		Mężczyźni Open	167	00:07:51	<b>00:34:33.70</b>	<b>00:42:25.65</b>	+00:11:56 (34.6%)	6:54	8.7 (65.4%)
230	<b>TARGASZEWSKI Piotr</b>	<b>384</b>		Mężczyźni Open	168	00:12:21	<b>00:34:38.40</b>	<b>00:47:00.35</b>	+00:12:01 (34.7%)	6:55	8.7 (65.4%)
231	<b>KŁOS Sebastian</b>	<b>171</b>		Mężczyźni Open	169	00:05:14	<b>00:34:41.95</b>	<b>00:39:56.60</b>	+00:12:05 (34.8%)	6:56	8.6 (64.7%)
232	<b>RAUFLAJSZ Bartosz</b>	<b>353</b>		Mężczyźni Open	170	00:11:22	<b>00:34:42.20</b>	<b>00:46:04.35</b>	+00:12:05 (34.8%)	6:56	8.6 (64.7%)
233	<b>ADAMCZYK Kinga</b>	<b>191</b>		Kobiety Open	63	00:05:51	<b>00:34:43.70</b>	<b>00:40:35.00</b>	+00:12:06 (34.9%)	6:56	8.6 (64.7%)
234	<b>JOBDA Maciej</b>	<b>257</b>		Mężczyźni Open	171	00:07:51	<b>00:34:48.20</b>	<b>00:42:39.55</b>	+00:12:11 (35.0%)	6:57	8.6 (64.7%)
235	<b>TIMOSZUK Łukasz</b>	<b>103</b>	LOST IN SPORT	Mężczyźni Open	172	00:02:53	<b>00:34:49.75</b>	<b>00:37:42.85</b>	+00:12:12 (35.1%)	6:57	8.6 (64.7%)
236	<b>WOSK Jacek</b>	<b>105</b>	LOST IN SPORT/BSW	Mężczyźni Open	173	00:02:52	<b>00:34:50.00</b>	<b>00:37:42.65</b>	+00:12:13 (35.1%)	6:58	8.6 (64.7%)
237	<b>TIMOSZUK Dagmara</b>	<b>104</b>	LOST IN SPORT	Kobiety Open	64	00:02:52	<b>00:34:50.25</b>	<b>00:37:42.55</b>	+00:12:13 (35.1%)	6:58	8.6 (64.7%)
238	<b>BLICHARSKA Barbara</b>	<b>86</b>	KASZTANY	Kobiety Open	65	00:02:25	<b>00:34:55.85</b>	<b>00:37:20.85</b>	+00:12:19 (35.3%)	6:59	8.6 (64.7%)
239	<b>RÓŻYCKA Magdalena</b>	<b>167</b>	WUJEK SEBASTIAN	Kobiety Open	66	00:04:52	<b>00:34:58.15</b>	<b>00:39:50.25</b>	+00:12:21 (35.3%)	6:59	8.6 (64.7%)
240	<b>GAŁADYK Agnieszka</b>	<b>226</b>		Kobiety Open	67	00:06:51	<b>00:35:03.85</b>	<b>00:41:55.50</b>	+00:12:27 (35.5%)	7:00	8.6 (64.7%)
241	<b>KAMIŃSKA Marta</b>	<b>91</b>	LORAK	Kobiety Open	68	00:01:01	<b>00:35:07.90</b>	<b>00:36:09.65</b>	+00:12:31 (35.6%)	7:01	8.5 (63.9%)
242	<b>POMASKI Bartłomiej</b>	<b>154</b>	SGSP	Mężczyźni Open	174	00:04:36	<b>00:35:10.80</b>	<b>00:39:47.50</b>	+00:12:34 (35.7%)	7:02	8.5 (63.9%)
243	<b>ŚWIEŻEWSKA Klementyna</b>	<b>382</b>		Kobiety Open	69	00:12:22	<b>00:35:13.05</b>	<b>00:47:35.70</b>	+00:12:36 (35.8%)	7:02	8.5 (63.9%)
244	<b>MIOTK Andrzej</b>	<b>153</b>	SGSP	Mężczyźni Open	175	00:04:31	<b>00:35:15.40</b>	<b>00:39:46.95</b>	+00:12:38 (35.9%)	7:03	8.5 (63.9%)
245	<b>KORGA Przemysław</b>	<b>151</b>	SGSP	Mężczyźni Open	176	00:04:31	<b>00:35:15.70</b>	<b>00:39:46.90</b>	+00:12:38 (35.9%)	7:03	8.5 (63.9%)
246	<b>ŻOŁNACZ Szymon</b>	<b>156</b>	SGSP	Mężczyźni Open	177	00:04:31	<b>00:35:15.80</b>	<b>00:39:46.90</b>	+00:12:39 (35.9%)	7:03	8.5 (63.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
247	<b>STUDZIŃSKI Tomasz</b>	<b>377</b>		Mężczyźni Open	178	00:12:01	<b>00:35:15.90</b>	<b>00:47:17.75</b>	+00:12:39 (35.9%)	7:03	8.5 (63.9%)
248	<b>SURMACZ Jakub</b>	<b>157</b>	SGSP	Mężczyźni Open	179	00:04:30	<b>00:35:16.25</b>	<b>00:39:47.05</b>	+00:12:39 (35.9%)	7:03	8.5 (63.9%)
249	<b>MAJEK Michał</b>	<b>152</b>	SGSP	Mężczyźni Open	180	00:04:31	<b>00:35:16.35</b>	<b>00:39:47.50</b>	+00:12:39 (35.9%)	7:03	8.5 (63.9%)
250	<b>RYBAK Piotr</b>	<b>362</b>		Mężczyźni Open	181	00:11:43	<b>00:35:17.50</b>	<b>00:47:00.60</b>	+00:12:40 (35.9%)	7:03	8.5 (63.9%)
251	<b>SABAJ Olga</b>	<b>364</b>		Kobiety Open	70	00:11:42	<b>00:35:18.95</b>	<b>00:47:01.90</b>	+00:12:42 (36.0%)	7:03	8.5 (63.9%)
252	<b>NOSKO Adrian</b>	<b>324</b>		Mężczyźni Open	182	00:10:12	<b>00:35:26.40</b>	<b>00:45:39.15</b>	+00:12:49 (36.2%)	7:05	8.5 (63.9%)
253	<b>CHMIELEWSKA Kinga</b>	<b>23</b>	RUNNERB	Kobiety Open	71	00:00:45	<b>00:35:27.00</b>	<b>00:36:12.35</b>	+00:12:50 (36.2%)	7:05	8.5 (63.9%)
254	<b>ZAKRZEWSKI Tomasz</b>	<b>413</b>		Mężczyźni Open	183	00:13:23	<b>00:35:27.40</b>	<b>00:48:51.00</b>	+00:12:50 (36.2%)	7:05	8.5 (63.9%)
255	<b>FRĄCZAK Piotr</b>	<b>223</b>		Mężczyźni Open	184	00:06:51	<b>00:35:30.40</b>	<b>00:42:21.45</b>	+00:12:53 (36.3%)	7:06	8.5 (63.9%)
256	<b>DĄBROWSKA Karolina</b>	<b>217</b>		Kobiety Open	72	00:06:31	<b>00:36:03.80</b>	<b>00:42:35.05</b>	+00:13:27 (37.3%)	7:12	8.3 (62.4%)
257	<b>GODLEWSKA Renata</b>	<b>231</b>		Kobiety Open	73	00:07:12	<b>00:36:04.00</b>	<b>00:43:16.10</b>	+00:13:27 (37.3%)	7:12	8.3 (62.4%)
258	<b>PENKALSKA Magdalena</b>	<b>164</b>	WIELISZEW HERON TEAM	Kobiety Open	74	00:04:52	<b>00:36:06.05</b>	<b>00:40:58.20</b>	+00:13:29 (37.4%)	7:13	8.3 (62.4%)
259	<b>FIRA Karolina</b>	<b>221</b>		Kobiety Open	75	00:06:51	<b>00:36:06.35</b>	<b>00:42:58.05</b>	+00:13:29 (37.4%)	7:13	8.3 (62.4%)
260	<b>JABŁONKA Radosław</b>	<b>58</b>	DZIADY OCR	Mężczyźni Open	185	00:01:41	<b>00:36:08.25</b>	<b>00:37:49.55</b>	+00:13:31 (37.4%)	7:13	8.3 (62.4%)
261	<b>PIOTROWSKI Jerzy</b>	<b>57</b>	DZIADY OCR	Mężczyźni Open	186	00:01:34	<b>00:36:14.70</b>	<b>00:37:49.35</b>	+00:13:37 (37.6%)	7:15	8.3 (62.4%)
262	<b>KOZŁOWSKA Sylwia</b>	<b>422</b>		Kobiety Open	76	00:13:41	<b>00:36:15.25</b>	<b>00:49:56.90</b>	+00:13:38 (37.6%)	7:15	8.3 (62.4%)
263	<b>GRZYBIŃSKI Dawid</b>	<b>421</b>		Mężczyźni Open	187	00:13:41	<b>00:36:15.30</b>	<b>00:49:56.95</b>	+00:13:38 (37.6%)	7:15	8.3 (62.4%)
264	<b>URYŃ Iwona</b>	<b>401</b>		Kobiety Open	77	00:13:02	<b>00:36:16.45</b>	<b>00:49:19.20</b>	+00:13:39 (37.7%)	7:15	8.3 (62.4%)
265	<b>BRYŃSKA-NOWAK Anna</b>	<b>209</b>		Kobiety Open	78	00:06:11	<b>00:36:16.85</b>	<b>00:42:28.60</b>	+00:13:40 (37.7%)	7:15	8.3 (62.4%)
266	<b>PIEKARSKI Paweł</b>	<b>44</b>	BRAVEHEARTS LEGIONOWO	Mężczyźni Open	188	00:01:13	<b>00:36:19.45</b>	<b>00:37:33.25</b>	+00:13:42 (37.7%)	7:16	8.3 (62.4%)
267	<b>MUCHA Robert</b>	<b>92</b>	LORAK	Mężczyźni Open	189	00:02:42	<b>00:36:20.25</b>	<b>00:39:02.95</b>	+00:13:43 (37.8%)	7:16	8.3 (62.4%)
268	<b>TARCZYNSKI Marcin</b>	<b>383</b>		Mężczyźni Open	190	00:12:21	<b>00:36:22.35</b>	<b>00:48:44.15</b>	+00:13:45 (37.8%)	7:16	8.2 (61.7%)
269	<b>KWIATKOWSKA Maja</b>	<b>291</b>		Kobiety Open	79	00:09:11	<b>00:36:26.95</b>	<b>00:45:38.75</b>	+00:13:50 (38.0%)	7:17	8.2 (61.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
270	WAWRZEŃCZYK Sylwia	406		Kobiety Open	80	00:13:02	00:36:27.70	00:49:29.85	+00:13:50 (38.0%)	7:17	8.2 (61.7%)
271	STACHNIK Mirosław	374		Mężczyźni Open	191	00:12:02	00:36:28.05	00:48:30.35	+00:13:51 (38.0%)	7:17	8.2 (61.7%)
272	KOCHAŃSKA Joanna	274		Kobiety Open	81	00:08:31	00:36:30.15	00:45:01.95	+00:13:53 (38.0%)	7:18	8.2 (61.7%)
273	GIELNIEWSKA Marlena	230		Kobiety Open	82	00:06:51	00:36:30.65	00:43:22.45	+00:13:53 (38.1%)	7:18	8.2 (61.7%)
273	KOCHAŃSKI Rafał	275		Mężczyźni Open	192	00:08:31	00:36:30.65	00:45:02.25	+00:13:53 (38.1%)	7:18	8.2 (61.7%)
275	KOŚCIELAK Urszula	280		Kobiety Open	83	00:08:31	00:36:32.95	00:45:04.75	+00:13:56 (38.1%)	7:18	8.2 (61.7%)
276	RÓŻYCKI Grzegorz	165	WUJEK SEBASTIAN	Mężczyźni Open	193	00:04:52	00:36:33.00	00:41:25.30	+00:13:56 (38.1%)	7:18	8.2 (61.7%)
277	WNUKOWSKA Natalia	166	WUJEK SEBASTIAN	Kobiety Open	84	00:04:52	00:36:33.60	00:41:25.60	+00:13:56 (38.1%)	7:18	8.2 (61.7%)
278	KOZŁOWSKI Piotr	286		Mężczyźni Open	194	00:08:51	00:36:33.65	00:45:25.15	+00:13:56 (38.1%)	7:18	8.2 (61.7%)
279	TUROWSKA Anna	393		Kobiety Open	85	00:12:41	00:36:38.50	00:49:20.35	+00:14:01 (38.3%)	7:19	8.2 (61.7%)
280	PRUSINOWSKI Bartosz	346		Mężczyźni Open	195	00:10:32	00:36:41.70	00:47:14.50	+00:14:04 (38.4%)	7:20	8.2 (61.7%)
281	SAŁDAN Marta	366		Kobiety Open	86	00:11:43	00:36:46.35	00:48:29.75	+00:14:09 (38.5%)	7:21	8.2 (61.7%)
282	KOŁACZ Anna	276		Kobiety Open	87	00:08:30	00:36:51.95	00:45:22.70	+00:14:15 (38.7%)	7:22	8.1 (60.9%)
283	PIERSA Malgorzata	340		Kobiety Open	88	00:10:32	00:36:57.40	00:47:29.85	+00:14:20 (38.8%)	7:23	8.1 (60.9%)
284	KWIATKOWSKA Alicja	56	DRUNK WARRIORS	Kobiety Open	89	00:01:33	00:37:11.75	00:38:44.80	+00:14:34 (39.2%)	7:26	8.1 (60.9%)
285	ROCHALSKA Ania	357		Kobiety Open	90	00:11:22	00:37:19.75	00:48:42.40	+00:14:42 (39.4%)	7:28	8 (60.2%)
286	MOSAKOWSKI Piotr	314		Mężczyźni Open	196	00:09:52	00:37:21.05	00:47:13.90	+00:14:44 (39.5%)	7:28	8 (60.2%)
287	GOLISZ Magdalena	233		Kobiety Open	91	00:07:11	00:37:26.90	00:44:38.55	+00:14:50 (39.6%)	7:29	8 (60.2%)
288	GOLISZ Marcin	232		Mężczyźni Open	197	00:07:11	00:37:27.00	00:44:38.80	+00:14:50 (39.6%)	7:29	8 (60.2%)
289	HUBAR Tomasz	20	7DLOT	Mężczyźni Open	198	00:00:33	00:37:27.30	00:38:00.35	+00:14:50 (39.6%)	7:29	8 (60.2%)
290	POSIEWKA Jacek	29	RUNNERB	Mężczyźni Open	199	00:00:46	00:37:30.45	00:38:16.75	+00:14:53 (39.7%)	7:30	8 (60.2%)
291	WASILEWSKA Małgorzata	405		Kobiety Open	92	00:13:01	00:37:30.55	00:50:31.90	+00:14:53 (39.7%)	7:30	8 (60.2%)
292	PODOLAK Ewelina	69	INS	Kobiety Open	93	00:01:52	00:37:45.10	00:39:37.75	+00:15:08 (40.1%)	7:33	7.9 (59.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
293	<b>JAKÓBCZAK Karolina</b>	<b>245</b>		Kobiety Open	94	00:07:31	<b>00:37:46.00</b>	<b>00:45:17.00</b>	+00:15:09 (40.1%)	7:33	7.9 (59.4%)
294	<b>KACZOROWSKI Paweł</b>	<b>26</b>	RUNNERB	Mężczyźni Open	200	00:00:45	<b>00:37:47.05</b>	<b>00:38:32.85</b>	+00:15:10 (40.2%)	7:33	7.9 (59.4%)
295	<b>BUGAJSKI Paweł</b>	<b>118</b>	LS WORLD RUN	Mężczyźni Open	201	00:03:15	<b>00:37:47.80</b>	<b>00:41:02.95</b>	+00:15:11 (40.2%)	7:33	7.9 (59.4%)
296	<b>ROSAK Ewa</b>	<b>360</b>		Kobiety Open	95	00:11:21	<b>00:37:50.40</b>	<b>00:49:12.10</b>	+00:15:13 (40.2%)	7:34	7.9 (59.4%)
297	<b>KALETA Piotr</b>	<b>63</b>	FC FANGA	Mężczyźni Open	202	00:01:51	<b>00:37:54.10</b>	<b>00:39:45.75</b>	+00:15:17 (40.3%)	7:34	7.9 (59.4%)
298	<b>SZOPA Bartosz</b>	<b>48</b>	CIABATEROS	Mężczyźni Open	203	00:01:14	<b>00:37:56.90</b>	<b>00:39:11.20</b>	+00:15:20 (40.4%)	7:35	7.9 (59.4%)
299	<b>WOJTOWICZ Krzysztof</b>	<b>50</b>	DELOITTE ADVENTURE TEAM	Mężczyźni Open	204	00:01:13	<b>00:37:57.55</b>	<b>00:39:11.25</b>	+00:15:20 (40.4%)	7:35	7.9 (59.4%)
300	<b>PRZYBYLSKI Marcin</b>	<b>347</b>		Mężczyźni Open	205	00:10:53	<b>00:37:58.65</b>	<b>00:48:52.55</b>	+00:15:21 (40.5%)	7:35	7.9 (59.4%)
301	<b>CHYŁA Kinga</b>	<b>212</b>		Kobiety Open	96	00:06:31	<b>00:38:05.05</b>	<b>00:44:36.40</b>	+00:15:28 (40.6%)	7:37	7.9 (59.4%)
302	<b>KOWALCZYK Marlena</b>	<b>283</b>		Kobiety Open	97	00:08:51	<b>00:38:08.95</b>	<b>00:47:00.55</b>	+00:15:32 (40.7%)	7:37	7.9 (59.4%)
303	<b>ZYGMUNT Natalia</b>	<b>418</b>		Kobiety Open	98	00:13:23	<b>00:38:10.00</b>	<b>00:51:33.35</b>	+00:15:33 (40.8%)	7:38	7.9 (59.4%)
304	<b>RYDZ Adrian</b>	<b>51</b>	DOCZŁAPIĘ DO METY	Mężczyźni Open	206	00:01:32	<b>00:38:10.30</b>	<b>00:39:42.35</b>	+00:15:33 (40.8%)	7:38	7.9 (59.4%)
305	<b>ZAWIDZKA Kasia</b>	<b>416</b>		Kobiety Open	99	00:13:23	<b>00:38:13.50</b>	<b>00:51:37.25</b>	+00:15:36 (40.8%)	7:38	7.8 (58.6%)
306	<b>KOWNACKI Mariusz</b>	<b>285</b>		Mężczyźni Open	207	00:08:51	<b>00:38:16.35</b>	<b>00:47:08.20</b>	+00:15:39 (40.9%)	7:39	7.8 (58.6%)
307	<b>GRZYBOWSKA Paulina</b>	<b>241</b>		Kobiety Open	100	00:07:31	<b>00:38:16.80</b>	<b>00:45:48.15</b>	+00:15:40 (40.9%)	7:39	7.8 (58.6%)
308	<b>KOWNACKA Olga</b>	<b>284</b>		Kobiety Open	101	00:08:51	<b>00:38:16.85</b>	<b>00:47:08.50</b>	+00:15:40 (40.9%)	7:39	7.8 (58.6%)
309	<b>KLECZKOWSKA Katarzyna</b>	<b>272</b>		Kobiety Open	102	00:08:31	<b>00:38:19.25</b>	<b>00:46:51.15</b>	+00:15:42 (41.0%)	7:40	7.8 (58.6%)
310	<b>GAUDYN Marcin</b>	<b>228</b>		Mężczyźni Open	208	00:06:52	<b>00:38:24.25</b>	<b>00:45:16.40</b>	+00:15:47 (41.1%)	7:40	7.8 (58.6%)
311	<b>DZIERŻAWSKI Jan</b>	<b>6</b>	C&F	Mężczyźni Open	209	00:00:02	<b>00:38:34.15</b>	<b>00:38:37.00</b>	+00:15:57 (41.4%)	7:43	7.8 (58.6%)
312	<b>KOT Agnieszka</b>	<b>281</b>		Kobiety Open	103	00:10:53	<b>00:38:35.80</b>	<b>00:49:29.60</b>	+00:15:59 (41.4%)	7:43	7.8 (58.6%)
313	<b>KORAL Justyna</b>	<b>425</b>		Kobiety Open	104	00:13:41	<b>00:38:39.35</b>	<b>00:52:20.95</b>	+00:16:02 (41.5%)	7:43	7.8 (58.6%)
314	<b>TKACZYK Anna</b>	<b>388</b>		Kobiety Open	105	00:12:22	<b>00:38:40.10</b>	<b>00:51:02.55</b>	+00:16:03 (41.5%)	7:44	7.8 (58.6%)
315	<b>ARBASZEWSKI Marcin</b>	<b>21</b>	RUNNERB	Mężczyźni Open	210	00:00:46	<b>00:38:41.50</b>	<b>00:39:27.95</b>	+00:16:04 (41.6%)	7:44	7.8 (58.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
316	<b>SOBOWIEC Mariusz</b>	<b>10</b>	C&F RUNNING TEAM	Mężczyźni Open	211	00:00:03	<b>00:38:49.05</b>	<b>00:38:53.00</b>	+00:16:12 (41.7%)	7:46	7.7 (57.9%)
317	<b>KOTYNSKA Barbara</b>	<b>282</b>		Kobiety Open	106	00:08:52	<b>00:38:49.65</b>	<b>00:47:41.80</b>	+00:16:12 (41.8%)	7:45	7.7 (57.9%)
318	<b>ZIELIŃSKI Tomasz</b>	<b>35</b>	ALWAYS HAPPY	Mężczyźni Open	212	00:01:01	<b>00:38:50.45</b>	<b>00:39:52.10</b>	+00:16:13 (41.8%)	7:46	7.7 (57.9%)
319	<b>WILIŃSKA Olga</b>	<b>407</b>		Kobiety Open	107	00:13:03	<b>00:39:20.20</b>	<b>00:52:23.50</b>	+00:16:43 (42.5%)	7:52	7.6 (57.1%)
320	<b>POLITAJ Adrian</b>	<b>344</b>		Mężczyźni Open	213	00:10:54	<b>00:39:28.60</b>	<b>00:50:23.05</b>	+00:16:51 (42.7%)	7:53	7.6 (57.1%)
321	<b>DUDCZAK Aleksandra</b>	<b>24</b>	RUNNERB	Kobiety Open	108	00:00:45	<b>00:39:36.05</b>	<b>00:40:21.70</b>	+00:16:59 (42.9%)	7:55	7.6 (57.1%)
322	<b>MUSIELAK Paulina</b>	<b>319</b>		Kobiety Open	109	00:09:51	<b>00:39:47.45</b>	<b>00:49:38.75</b>	+00:17:10 (43.2%)	7:57	7.5 (56.4%)
323	<b>SZAROW Paulina</b>	<b>40</b>	BESTIE OCR LEGIONOWO	Kobiety Open	110	00:01:02	<b>00:39:49.00</b>	<b>00:40:51.05</b>	+00:17:12 (43.2%)	7:57	7.5 (56.4%)
324	<b>MICHALSKA Karolina</b>	<b>119</b>	LS WORLD RUN	Kobiety Open	111	00:03:14	<b>00:40:04.10</b>	<b>00:43:18.55</b>	+00:17:27 (43.6%)	8:00	7.5 (56.4%)
325	<b>MAJBOUR Karolina</b>	<b>301</b>		Kobiety Open	112	00:09:31	<b>00:40:08.30</b>	<b>00:49:39.30</b>	+00:17:31 (43.7%)	8:01	7.5 (56.4%)
326	<b>MAJKA Grzegorz</b>	<b>304</b>		Mężczyźni Open	214	00:09:32	<b>00:40:11.80</b>	<b>00:49:43.95</b>	+00:17:35 (43.7%)	8:02	7.5 (56.4%)
327	<b>SMOGORZEWSKA Marta</b>	<b>185</b>	WKURW_TEAM	Kobiety Open	113	00:05:32	<b>00:40:16.50</b>	<b>00:45:48.70</b>	+00:17:39 (43.9%)	8:03	7.5 (56.4%)
328	<b>ŻYWEK Sylwia</b>	<b>71</b>	HARDCOROWE WYCHYLYLYBYMY	Kobiety Open	114	00:02:11	<b>00:40:18.85</b>	<b>00:42:30.80</b>	+00:17:42 (43.9%)	8:03	7.4 (55.6%)
329	<b>MAJSZCZYK Paulina</b>	<b>76</b>	HARDCOROWE WYCHYLYLYBYMY	Kobiety Open	115	00:02:12	<b>00:40:19.55</b>	<b>00:42:31.55</b>	+00:17:42 (43.9%)	8:03	7.4 (55.6%)
330	<b>SZCZEBLOWSKA Katarzyna</b>	<b>379</b>		Kobiety Open	116	00:12:02	<b>00:40:22.25</b>	<b>00:52:24.45</b>	+00:17:45 (44.0%)	8:04	7.4 (55.6%)
331	<b>SOCHACZEWSKA Joanna</b>	<b>372</b>		Kobiety Open	117	00:12:01	<b>00:40:23.35</b>	<b>00:52:25.30</b>	+00:17:46 (44.0%)	8:04	7.4 (55.6%)
332	<b>SZCZEPAŃSKI Michał</b>	<b>39</b>	BESTIE OCR LEGIONOWO	Mężczyźni Open	215	00:01:01	<b>00:40:26.60</b>	<b>00:41:28.25</b>	+00:17:49 (44.1%)	8:05	7.4 (55.6%)
333	<b>RADWAN-PYTLEWSKI Paweł</b>	<b>64</b>	FUNDACJA MORSY WOŁOMIN-KOBYŁKA	Mężczyźni Open	216	00:01:53	<b>00:40:30.50</b>	<b>00:42:23.75</b>	+00:17:53 (44.2%)	8:06	7.4 (55.6%)
334	<b>GAŁEK Katarzyna</b>	<b>227</b>		Kobiety Open	118	00:06:51	<b>00:40:55.00</b>	<b>00:47:46.65</b>	+00:18:18 (44.7%)	8:11	7.3 (54.9%)
335	<b>ORLICKA Anetta</b>	<b>68</b>	HOMOhibernatus	Kobiety Open	119	00:01:53	<b>00:40:55.50</b>	<b>00:42:48.60</b>	+00:18:18 (44.7%)	8:11	7.3 (54.9%)
336	<b>PIOTROWICZ Sylwia</b>	<b>342</b>		Kobiety Open	120	00:08:52	<b>00:40:59.05</b>	<b>00:49:51.10</b>	+00:18:22 (44.8%)	8:11	7.3 (54.9%)
337	<b>KUPIŃSKI Krzysztof</b>	<b>288</b>		Mężczyźni Open	217	00:08:52	<b>00:41:00.60</b>	<b>00:49:53.30</b>	+00:18:23 (44.9%)	8:12	7.3 (54.9%)
338	<b>BIŃKOWSKI Radosław</b>	<b>200</b>		Mężczyźni Open	218	00:05:51	<b>00:41:11.30</b>	<b>00:47:02.30</b>	+00:18:34 (45.1%)	8:14	7.3 (54.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
339	<b>GROMADA Radosław</b>	<b>239</b>		Mężczyźni Open	219	00:07:12	<b>00:41:13.20</b>	<b>00:48:25.35</b>	+00:18:36 (45.1%)	8:14	7.3 (54.9%)
340	<b>GRAMSZ Mateusz</b>	<b>236</b>		Mężczyźni Open	220	00:07:11	<b>00:41:21.35</b>	<b>00:48:32.70</b>	+00:18:44 (45.3%)	8:16	7.3 (54.9%)
341	<b>GRAMSZ Tomasz</b>	<b>237</b>		Mężczyźni Open	221	00:07:11	<b>00:41:21.40</b>	<b>00:48:32.70</b>	+00:18:44 (45.3%)	8:16	7.3 (54.9%)
342	<b>KUŚMIERKIEWICZ Maciej</b>	<b>138</b>	SOCHACZEWSKIE CENTRUM SPORTÓW WALKI	Mężczyźni Open	222	00:03:51	<b>00:41:36.45</b>	<b>00:45:28.40</b>	+00:18:59 (45.7%)	8:19	7.2 (54.1%)
343	<b>DUDZIŃSKA Sabina</b>	<b>52</b>	DOGOŃ GRODZISK MAZOWIECKI	Kobiety Open	121	00:01:52	<b>00:42:02.15</b>	<b>00:43:54.80</b>	+00:19:25 (46.2%)	8:24	7.1 (53.4%)
344	<b>REY Andrzej</b>	<b>355</b>		Mężczyźni Open	223	00:11:21	<b>00:42:17.25</b>	<b>00:53:38.90</b>	+00:19:40 (46.5%)	8:27	7.1 (53.4%)
345	<b>MAGDALIŃSKA Żaneta</b>	<b>300</b>		Kobiety Open	122	00:09:11	<b>00:42:25.50</b>	<b>00:51:37.30</b>	+00:19:48 (46.7%)	8:29	7.1 (53.4%)
346	<b>PODLASIŃSKI Rafał</b>	<b>190</b>		Mężczyźni Open	224	00:04:32	<b>00:42:28.30</b>	<b>00:47:00.60</b>	+00:19:51 (46.8%)	8:29	7.1 (53.4%)
347	<b>KOSZUTSKA Katarzyna</b>	<b>279</b>		Kobiety Open	123	00:08:30	<b>00:42:33.20</b>	<b>00:51:04.15</b>	+00:19:56 (46.9%)	8:30	7 (52.6%)
348	<b>TUSZYŃSKA Monika</b>	<b>395</b>		Kobiety Open	124	00:12:41	<b>00:42:38.40</b>	<b>00:55:20.25</b>	+00:20:01 (47.0%)	8:31	7 (52.6%)
349	<b>JEŻEWSKA Angelika</b>	<b>254</b>		Kobiety Open	125	00:07:51	<b>00:42:40.65</b>	<b>00:50:31.90</b>	+00:20:03 (47.0%)	8:32	7 (52.6%)
350	<b>KACZYŃSKA Dorota</b>	<b>262</b>		Kobiety Open	126	00:08:11	<b>00:42:43.35</b>	<b>00:50:54.85</b>	+00:20:06 (47.1%)	8:32	7 (52.6%)
351	<b>KAMIENIECKI Tomasz</b>	<b>180</b>		Mężczyźni Open	225	00:05:13	<b>00:42:54.30</b>	<b>00:48:07.50</b>	+00:20:17 (47.3%)	8:34	7 (52.6%)
352	<b>ORZECZOWSKA Aleksandra</b>	<b>328</b>		Kobiety Open	127	00:10:12	<b>00:43:02.40</b>	<b>00:53:15.30</b>	+00:20:25 (47.5%)	8:36	7 (52.6%)
353	<b>PĘKACKA Magdalena</b>	<b>337</b>		Kobiety Open	128	00:10:31	<b>00:43:13.05</b>	<b>00:53:44.05</b>	+00:20:36 (47.7%)	8:38	6.9 (51.9%)
354	<b>PATRZYK Maciej</b>	<b>334</b>		Mężczyźni Open	226	00:10:32	<b>00:43:15.75</b>	<b>00:53:47.80</b>	+00:20:38 (47.7%)	8:39	6.9 (51.9%)
355	<b>PATRZYK Monika</b>	<b>335</b>		Kobiety Open	129	00:10:31	<b>00:43:16.10</b>	<b>00:53:48.05</b>	+00:20:39 (47.7%)	8:39	6.9 (51.9%)
356	<b>CZERNICHOWSKA Ewelina</b>	<b>213</b>		Kobiety Open	130	00:06:31	<b>00:43:28.80</b>	<b>00:50:00.20</b>	+00:20:52 (48.0%)	8:41	6.9 (51.9%)
357	<b>MALICKA Emilia</b>	<b>306</b>		Kobiety Open	131	00:09:52	<b>00:43:48.95</b>	<b>00:53:41.80</b>	+00:21:12 (48.4%)	8:45	6.8 (51.1%)
358	<b>PAWŁOWSKA- LIS Maria</b>	<b>336</b>		Kobiety Open	132	00:10:31	<b>00:43:55.70</b>	<b>00:54:26.80</b>	+00:21:18 (48.5%)	8:47	6.8 (51.1%)
359	<b>BIELIŃSKA Iwona</b>	<b>198</b>		Kobiety Open	133	00:05:52	<b>00:43:58.15</b>	<b>00:49:50.15</b>	+00:21:21 (48.6%)	8:47	6.8 (51.1%)
360	<b>TYBOR Przemysław</b>	<b>397</b>		Mężczyźni Open	227	00:12:42	<b>00:44:14.65</b>	<b>00:56:57.55</b>	+00:21:37 (48.9%)	8:51	6.8 (51.1%)
361	<b>NASKRĘT Mariusz</b>	<b>320</b>		Mężczyźni Open	228	00:09:51	<b>00:44:35.30</b>	<b>00:54:26.85</b>	+00:21:58 (49.3%)	8:55	6.7 (50.4%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
362	<b>KEMPIŃSKA Izabela</b>	<b>269</b>		Kobiety Open	134	00:08:12	<b>00:45:26.65</b>	<b>00:53:38.85</b>	+00:22:49 (50.2%)	9:05	6.6 (49.6%)
363	<b>KEMPIŃSKA Magdalena</b>	<b>268</b>		Kobiety Open	135	00:08:12	<b>00:45:26.90</b>	<b>00:53:38.95</b>	+00:22:50 (50.2%)	9:05	6.6 (49.6%)
364	<b>KACPRZAK Maja</b>	<b>149</b>	STRONG AF	Kobiety Open	136	00:04:11	<b>00:45:55.05</b>	<b>00:50:06.35</b>	+00:23:18 (50.8%)	9:11	6.5 (48.9%)
365	<b>PAWLIK Mateusz</b>	<b>106</b>	MAŁPKI	Mężczyźni Open	229	00:02:52	<b>00:46:20.85</b>	<b>00:49:13.00</b>	+00:23:44 (51.2%)	9:16	6.5 (48.9%)
366	<b>ZAWIŚLAK Tomasz</b>	<b>108</b>	MAŁPKI	Mężczyźni Open	230	00:02:52	<b>00:46:22.15</b>	<b>00:49:14.60</b>	+00:23:45 (51.2%)	9:16	6.5 (48.9%)
367	<b>ZAWIŚLAK Aleksandra</b>	<b>107</b>	MAŁPKI	Kobiety Open	137	00:02:52	<b>00:46:22.20</b>	<b>00:49:14.50</b>	+00:23:45 (51.2%)	9:16	6.5 (48.9%)
368	<b>JAWORSKA Justyna</b>	<b>253</b>		Kobiety Open	138	00:07:52	<b>00:46:34.95</b>	<b>00:54:27.05</b>	+00:23:58 (51.5%)	9:19	6.4 (48.1%)
369	<b>NAWROZIDIS Sław</b>	<b>321</b>		Mężczyźni Open	231	00:10:11	<b>00:46:37.40</b>	<b>00:56:49.35</b>	+00:24:00 (51.5%)	9:19	6.4 (48.1%)
370	<b>JASIUL Mariola</b>	<b>249</b>		Kobiety Open	139	00:07:32	<b>00:46:55.05</b>	<b>00:54:27.05</b>	+00:24:18 (51.8%)	9:23	6.4 (48.1%)
371	<b>BORYS Marcin</b>	<b>15</b>	52 BATALION LEKKIEJ PIECHOTY	Mężczyźni Open	232	00:00:31	<b>00:47:15.15</b>	<b>00:47:46.85</b>	+00:24:38 (52.1%)	9:27	6.3 (47.4%)
372	<b>MANTORSKA Ewelina</b>	<b>309</b>		Kobiety Open	140	00:09:31	<b>00:47:18.20</b>	<b>00:56:49.20</b>	+00:24:41 (52.2%)	9:27	6.3 (47.4%)
373	<b>WALCZAK Marek</b>	<b>66</b>	GOODSHOT	Mężczyźni Open	233	00:01:52	<b>00:47:47.60</b>	<b>00:49:40.00</b>	+00:25:10 (52.7%)	9:33	6.3 (47.4%)
374	<b>SZYDŁOWSKI Jarosław</b>	<b>16</b>	5MBOT	Mężczyźni Open	234	00:00:32	<b>00:47:51.10</b>	<b>00:48:23.55</b>	+00:25:14 (52.7%)	9:34	6.3 (47.4%)
375	<b>MROWIEC Katarzyna</b>	<b>315</b>		Kobiety Open	141	00:09:51	<b>00:48:19.85</b>	<b>00:58:10.85</b>	+00:25:43 (53.2%)	9:39	6.2 (46.6%)
376	<b>ZARZYCKI Piotr</b>	<b>1</b>		Mężczyźni Open	235	00:00:02	<b>00:48:22.45</b>	<b>00:48:25.05</b>	+00:25:45 (53.3%)	9:40	6.2 (46.6%)
377	<b>KALBARCZYK Regina</b>	<b>263</b>		Kobiety Open	142	00:08:11	<b>00:48:49.30</b>	<b>00:57:01.25</b>	+00:26:12 (53.7%)	9:46	6.1 (45.9%)
378	<b>STYŚ Maciej</b>	<b>378</b>		Mężczyźni Open	236	00:03:52	<b>00:50:04.10</b>	<b>00:53:57.05</b>	+00:27:27 (54.8%)	10:01	6 (45.1%)
379	<b>DEJNEKA Katarzyna</b>	<b>183</b>	WKURW_TEAM	Kobiety Open	143	00:05:32	<b>00:51:25.75</b>	<b>00:56:57.75</b>	+00:28:48 (56.0%)	10:17	5.8 (43.6%)
380	<b>GAWRYŁO Joanna</b>	<b>67</b>	GRUPA PO-SUV-IŚCI	Kobiety Open	144	00:01:51	<b>00:52:04.85</b>	<b>00:53:56.80</b>	+00:29:28 (56.6%)	10:25	5.8 (43.6%)
381	<b>SIECZKOWSKA Małgorzata</b>	<b>70</b>	KLUB BIEGACZA RTV EURO AGD	Kobiety Open	145	00:01:53	<b>00:55:44.00</b>	<b>00:57:37.85</b>	+00:33:07 (59.4%)	11:08	5.4 (40.6%)

Znaleziono 381 wynik(ów)