



# CROSS KAMPINOS | PÓŁMARATON LEŚNE OCZKO 21KM

B4SPORT

**Event:** III Cross Kampinos  
**Organiser:** FUNDACJA W PODSKOKACH  
**Date:** 2024-05-26  
**Place:** Laski  
**Distance:** 21 km

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Classification: OPEN M

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
1	URBANEK Tomek	519	SWORDS ATHLETICS	M30	1	Swords Athletics	01:34:48.55	01:34:51.10		4:30	13.3 (100%)
2	KOGUT Bartłomiej	321		M30	2		01:35:35.50	01:35:48.05	+00:00:56 (1.0%)	4:33	13.2 (99.2%)
3	ŻUKOWSKI Paweł	549	VEGE RUNNERS	M40	1	Vege Runners	01:36:30.75	01:36:34.50	+00:01:43 (1.8%)	4:35	13.1 (98.5%)
4	MARCHUK Valery	386	UNTS WARSZAWA	M30	3		01:38:16.65	01:38:25.20	+00:03:34 (3.6%)	4:40	12.8 (96.2%)
5	SOBCZAK Grzegorz	473		M40	2		02:06:36.95	02:06:43.20	+00:31:52 (25.1%)	6:01	10 (75.2%)
6	MITROWSKI Dawid	400		M30	4		02:06:39.90	02:06:45.30	+00:31:54 (25.2%)	6:01	9.9 (74.4%)
7	DECRESSAC Stephane	532		M40	3		02:08:05.05	02:08:07.50	+00:33:16 (26.0%)	6:05	9.8 (73.7%)
8	STASZEWSKI Piotr	483	ANPHARM RUN TEAM	M50	1		02:09:03.15	02:09:26.40	+00:34:35 (26.7%)	6:08	9.8 (73.7%)
9	UZNAŃSKI Patryk	522	SIÓDME POTY	M30	5	Siódme Poty	02:09:50.45	02:09:53.75	+00:35:02 (27.0%)	6:10	9.7 (72.9%)
10	JANOWIAK Wojciech	288		M40	4		02:10:09.10	02:10:14.95	+00:35:23 (27.2%)	6:11	9.7 (72.9%)
11	PILECKI Paweł	436	RUNTASTIC	M40	5	Runtastic	02:10:11.65	02:11:49.30	+00:36:58 (28.0%)	6:11	9.7 (72.9%)
12	JURKOWSKI Bartosz	296		M30	6		02:11:46.60	02:11:52.05	+00:37:00 (28.1%)	6:16	9.6 (72.2%)
13	LUBERECKI Kamil	361	RUNTASTIC	M40	6	Runtastic	02:10:19.50	02:11:56.05	+00:37:04 (28.1%)	6:12	9.7 (72.9%)
14	ŁACH Szczepan	364	SZOK	M30	7		02:11:46.80	02:11:59.90	+00:37:08 (28.1%)	6:16	9.6 (72.2%)

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
15	<b>OPAŁKA Damian</b>	<b>422</b>	MYRACE	M30	8		<b>02:11:59.65</b>	<b>02:12:09.65</b>	+00:37:18 (28.2%)	6:17	9.5 (71.4%)
16	<b>CORBI Mathieu</b>	<b>231</b>		M40	7		<b>02:12:17.40</b>	<b>02:12:39.75</b>	+00:37:48 (28.5%)	6:17	9.5 (71.4%)
17	<b>MANISZEWSKI Mateusz</b>	<b>384</b>		M40	8		<b>02:12:31.60</b>	<b>02:12:52.60</b>	+00:38:01 (28.6%)	6:18	9.5 (71.4%)
18	<b>ŚLIWERSKI Jacek</b>	<b>505</b>		M40	9		<b>02:12:40.10</b>	<b>02:12:59.30</b>	+00:38:08 (28.7%)	6:19	9.5 (71.4%)
19	<b>CHUDZIK Filip</b>	<b>227</b>	CHUDE DZIKI	M20	1		<b>02:13:06.95</b>	<b>02:13:48.20</b>	+00:38:57 (29.1%)	6:20	9.5 (71.4%)
19	<b>TŁOMAK Andrzej</b>	<b>509</b>		M20	1		<b>02:13:06.80</b>	<b>02:13:48.20</b>	+00:38:57 (29.1%)	6:20	9.5 (71.4%)
21	<b>CHUDZIK Sławomir</b>	<b>228</b>	CHUDE DZIKI	M50	2		<b>02:13:28.35</b>	<b>02:14:14.25</b>	+00:39:23 (29.3%)	6:21	9.4 (70.7%)
22	<b>MALINOWSKI Antoni</b>	<b>382</b>		M20	3		<b>02:14:41.90</b>	<b>02:14:55.90</b>	+00:40:04 (29.7%)	6:24	9.4 (70.7%)
23	<b>KAŁOWSKI Tomasz</b>	<b>304</b>		M60	1		<b>02:14:50.05</b>	<b>02:15:02.50</b>	+00:40:11 (29.8%)	6:25	9.3 (69.9%)
24	<b>BRZUSZKIEWICZ Mateusz</b>	<b>220</b>		M30	9		<b>02:14:50.60</b>	<b>02:15:07.55</b>	+00:40:16 (29.8%)	6:25	9.3 (69.9%)
25	<b>FIRST Tomasz</b>	<b>256</b>		M30	10		<b>02:14:50.95</b>	<b>02:15:07.70</b>	+00:40:16 (29.8%)	6:25	9.3 (69.9%)
26	<b>RZEMEK Jakub</b>	<b>459</b>		M20	4		<b>02:15:12.10</b>	<b>02:15:48.00</b>	+00:40:56 (30.2%)	6:26	9.3 (69.9%)
27	<b>GROMKOWSKI Maciej</b>	<b>277</b>		M30	11	Swords Athletics	<b>02:15:35.50</b>	<b>02:15:51.75</b>	+00:41:00 (30.2%)	6:27	9.3 (69.9%)
28	<b>KRUPIŃSKI Aldur</b>	<b>337</b>		M50	3		<b>02:16:12.45</b>	<b>02:16:15.55</b>	+00:41:24 (30.4%)	6:29	9.3 (69.9%)
29	<b>WALEWSKI Andrzej</b>	<b>524</b>		M40	10		<b>02:16:08.90</b>	<b>02:16:30.25</b>	+00:41:39 (30.5%)	6:28	9.3 (69.9%)
30	<b>LATA Michał</b>	<b>351</b>		M20	5		<b>02:16:57.50</b>	<b>02:16:59.75</b>	+00:42:08 (30.8%)	6:31	9.2 (69.2%)
31	<b>KŁUSEK Filip</b>	<b>320</b>	SWORDS ATHLETICS	M20	6		<b>02:16:44.55</b>	<b>02:16:59.85</b>	+00:42:08 (30.8%)	6:30	9.2 (69.2%)
31	<b>MALESA Michał</b>	<b>378</b>	SWORDS ATHLETICS	M20	6		<b>02:16:43.95</b>	<b>02:16:59.85</b>	+00:42:08 (30.8%)	6:30	9.2 (69.2%)
33	<b>LAZUR Rafal</b>	<b>353</b>		M30	12		<b>02:16:55.50</b>	<b>02:17:01.55</b>	+00:42:10 (30.8%)	6:31	9.2 (69.2%)
34	<b>LIPIAK Konrad</b>	<b>358</b>		M20	8		<b>02:16:32.75</b>	<b>02:17:03.55</b>	+00:42:12 (30.8%)	6:30	9.2 (69.2%)
35	<b>KOSNO Bartosz</b>	<b>325</b>		M20	9		<b>02:17:22.80</b>	<b>02:17:28.90</b>	+00:42:37 (31.0%)	6:32	9.2 (69.2%)
36	<b>BACZEWSKI Mateusz</b>	<b>206</b>		M30	13		<b>02:17:23.60</b>	<b>02:17:35.65</b>	+00:42:44 (31.1%)	6:32	9.2 (69.2%)
37	<b>GODYN Karol</b>	<b>269</b>		M30	14		<b>02:17:21.65</b>	<b>02:17:55.20</b>	+00:43:04 (31.2%)	6:32	9.2 (69.2%)

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
38	FALKIEWICZ Jacek	250		M50	4		02:17:46.70	02:18:04.55	+00:43:13 (31.3%)	6:33	9.1 (68.4%)
39	TYL Karol	515		M30	15		02:18:12.15	02:18:23.50	+00:43:32 (31.5%)	6:34	9.1 (68.4%)
40	SIERZPUTOWSKI Piotr	464		M30	16		02:18:08.50	02:18:28.05	+00:43:36 (31.5%)	6:34	9.1 (68.4%)
41	KOSOWICZ Jerzy	326		M50	5		02:18:14.95	02:18:39.20	+00:43:48 (31.6%)	6:34	9.1 (68.4%)
42	ZAMBROWSKI Sławomir	542		M40	11		02:18:13.60	02:18:48.20	+00:43:57 (31.7%)	6:34	9.1 (68.4%)
43	SZYSZKA Michał	504		M40	12		02:18:33.45	02:18:51.00	+00:43:59 (31.7%)	6:35	9.1 (68.4%)
44	MIZERA Marcin	401	BEST WEEKEND EVER	M40	13	Best Weekend Ever	02:18:13.60	02:18:52.65	+00:44:01 (31.7%)	6:34	9.1 (68.4%)
44	CZERNIC Piotr	235	BEST WEEKEND EVER	M40	13	Best Weekend Ever	02:18:14.05	02:18:52.65	+00:44:01 (31.7%)	6:34	9.1 (68.4%)
46	KUBASIK Mateusz	340		M20	10		02:18:39.05	02:18:54.85	+00:44:03 (31.7%)	6:36	9.1 (68.4%)
47	TROJANOWSKI Paweł	513		M20	11		02:18:14.40	02:18:56.60	+00:44:05 (31.7%)	6:34	9.1 (68.4%)
48	KUŚMIEREK Dariusz	347		M40	15		02:18:32.95	02:19:01.95	+00:44:10 (31.8%)	6:35	9.1 (68.4%)
49	SZELIGOWSKI Daniel	499		M30	17		02:18:50.60	02:19:02.15	+00:44:11 (31.8%)	6:36	9.1 (68.4%)
50	MAKSYMOWICZ Maksym	376	ØRSTED WARSAW RUNNERS	M30	18		02:18:59.50	02:19:12.90	+00:44:21 (31.9%)	6:37	9.1 (68.4%)
51	WÓJCICKI Bartosz	537		M40	16		02:19:10.80	02:19:21.75	+00:44:30 (31.9%)	6:37	9.1 (68.4%)
52	WONCHOCKI Przemysław	535	32DROP	M40	17		02:19:07.45	02:19:23.70	+00:44:32 (32.0%)	6:37	9.1 (68.4%)
53	JACHIMCZUK Mariusz	284		M50	6		02:18:41.50	02:19:39.55	+00:44:48 (32.1%)	6:36	9.1 (68.4%)
54	KRYSIEWICZ Marcin	339		M40	18		02:19:50.40	02:20:00.10	+00:45:09 (32.2%)	6:39	9 (67.7%)
55	KRAJEWSKI Piotr	336		M30	19		02:19:40.40	02:20:01.40	+00:45:10 (32.3%)	6:39	9 (67.7%)
56	PIERRE-JEAN Marchand	432	FRANCE	M50	7		02:19:41.20	02:20:01.75	+00:45:10 (32.3%)	6:39	9 (67.7%)
57	SZABŁOWSKI Jakub	497		M20	12		02:20:02.45	02:20:07.95	+00:45:16 (32.3%)	6:40	9 (67.7%)
58	ŁUSZCZYKIEWICZ Michał	368	DELOITTE ADVENTURE TEAM	M20	13		02:19:33.25	02:20:12.30	+00:45:21 (32.3%)	6:38	9 (67.7%)
59	STOPKA Kordian	487	STOPKIRUN	M20	14	StopkiRun	02:20:38.55	02:20:44.30	+00:45:53 (32.6%)	6:41	9 (67.7%)
60	DOMAGAŁA Grzegorz	244		M40	19		02:20:38.15	02:20:50.00	+00:45:58 (32.6%)	6:41	9 (67.7%)

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61	PANEK Jarosław	427		M30	20		02:20:37.90	02:20:50.35	+00:45:59 (32.7%)	6:41	9 (67.7%)
62	SIENKIEWICZ Piotr	463		M40	20		02:20:19.70	02:21:04.55	+00:46:13 (32.8%)	6:40	9 (67.7%)
63	FRYCZ Michał	257		M50	8		02:20:53.80	02:21:13.05	+00:46:21 (32.8%)	6:42	8.9 (66.9%)
64	KAZIMIERUK Bartłomiej	315		M20	15		02:18:53.85	02:21:22.95	+00:46:31 (32.9%)	6:36	9.1 (68.4%)
65	KACHNIARZ Tomasz	297	SPORT GENERATION	M30	21		02:21:10.85	02:21:54.80	+00:47:03 (33.2%)	6:43	8.9 (66.9%)
66	KACZANOWSKI Michał	299		M20	16		02:21:57.70	02:22:01.95	+00:47:10 (33.2%)	6:45	8.9 (66.9%)
67	ABRAMCZUK Michał	200		M20	17		02:21:38.00	02:22:03.00	+00:47:11 (33.2%)	6:44	8.9 (66.9%)
68	GAWRYLUK Łukasz	266		M30	22		02:21:36.75	02:22:04.30	+00:47:13 (33.2%)	6:44	8.9 (66.9%)
69	ŁABĘDZKI Piotr	363	PIO-RUN	M50	9		02:22:07.00	02:22:11.95	+00:47:20 (33.3%)	6:46	8.9 (66.9%)
70	KULESZA Paweł	344		M30	23		02:22:16.65	02:22:32.30	+00:47:41 (33.5%)	6:46	8.9 (66.9%)
71	MORELLI Federico	404		M30	24		02:22:16.15	02:22:42.20	+00:47:51 (33.5%)	6:46	8.9 (66.9%)
72	MATERA Rafał	390		M40	21		02:22:21.75	02:23:07.25	+00:48:16 (33.7%)	6:46	8.9 (66.9%)
73	DUDOJC Karol	249		M30	25		02:23:12.40	02:23:27.80	+00:48:36 (33.9%)	6:49	8.8 (66.2%)
74	MARCZUK Aleks	387		M20	18		02:23:12.55	02:23:29.00	+00:48:37 (33.9%)	6:49	8.8 (66.2%)
75	GAWLAS Mateusz	265	WÓLKAN WÓLKA	M40	22		02:23:24.05	02:23:31.60	+00:48:40 (33.9%)	6:49	8.8 (66.2%)
76	MOŚCICKI Piotr	405	POLONIA WARSZAWA	M30	26	Towarzystwo Turystyczne AKS Polonia Warszawa	02:23:21.70	02:23:38.15	+00:48:47 (34.0%)	6:49	8.8 (66.2%)
77	JASTRZĄB Krzysztof	290		M30	27		02:23:24.30	02:23:43.05	+00:48:51 (34.0%)	6:49	8.8 (66.2%)
78	SZYMCZYK Mateusz	503		M20	19		02:23:41.40	02:23:50.80	+00:48:59 (34.1%)	6:50	8.8 (66.2%)
79	MAZUR Artur	392		M40	23		02:23:41.15	02:23:51.30	+00:49:00 (34.1%)	6:50	8.8 (66.2%)
80	MAJEWSKI Michał	375		M30	28		02:23:33.90	02:23:52.85	+00:49:01 (34.1%)	6:50	8.8 (66.2%)
81	SOSIŃSKI Hubert	478	OTTERS	M30	29		02:23:41.00	02:24:06.65	+00:49:15 (34.2%)	6:50	8.8 (66.2%)
82	ZASŁONKA Paweł	543	ASICSFRONTRUNNER POLAND	M30	30		02:23:58.80	02:24:08.70	+00:49:17 (34.2%)	6:51	8.8 (66.2%)
83	ŚMIETANKA Piotr	506	ESPOKO	M50	10	eSpoko	02:24:24.55	02:24:33.65	+00:49:42 (34.4%)	6:52	8.7 (65.4%)

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84	<b>FILIPEK Jan</b>	<b>255</b>		M30	31		<b>02:25:12.35</b>	<b>02:25:15.65</b>	+00:50:24 (34.7%)	6:54	8.7 (65.4%)
85	<b>CZUPA Bartosz</b>	<b>237</b>	ANPHARM RUN	M50	11		<b>02:25:51.85</b>	<b>02:26:15.35</b>	+00:51:24 (35.1%)	6:56	8.6 (64.7%)
86	<b>ŚWIŚ Cyprian</b>	<b>508</b>	GRUPA BIEGOWA UM W-WA	M30	32		<b>02:25:53.40</b>	<b>02:26:20.75</b>	+00:51:29 (35.2%)	6:56	8.6 (64.7%)
87	<b>PARZNIIEWSKI Maciej</b>	<b>428</b>	TOWARZYSTWO TURYSTYCZNE AKS POLONIA WARSZAWA	M40	24	Towarzystwo Turystyczne AKS Polonia Warszawa	<b>02:26:18.00</b>	<b>02:26:33.00</b>	+00:51:41 (35.3%)	6:58	8.6 (64.7%)
88	<b>SUSKI Bartosz</b>	<b>495</b>		M30	33		<b>02:26:13.50</b>	<b>02:26:45.35</b>	+00:51:54 (35.4%)	6:57	8.6 (64.7%)
89	<b>KARWACKI Sebastian</b>	<b>311</b>	#HAPPYRUNNERS	M40	25		<b>02:26:43.20</b>	<b>02:27:05.25</b>	+00:52:14 (35.5%)	6:59	8.6 (64.7%)
90	<b>KOZŁOWSKI Artur</b>	<b>334</b>	TEAMZABIEGANEDNI	M30	34		<b>02:26:49.85</b>	<b>02:27:16.15</b>	+00:52:25 (35.6%)	6:59	8.6 (64.7%)
91	<b>CHOIŃSKI Paweł</b>	<b>225</b>	SMASHING PĄPKINS	M40	26	Smashing pApkins	<b>02:27:16.50</b>	<b>02:27:27.45</b>	+00:52:36 (35.7%)	7:00	8.6 (64.7%)
92	<b>OSIECKI Łukasz</b>	<b>424</b>		M30	35		<b>02:27:27.65</b>	<b>02:27:30.00</b>	+00:52:38 (35.7%)	7:01	8.5 (63.9%)
93	<b>KASZUBSKI Łukasz</b>	<b>313</b>		M20	20		<b>02:27:27.90</b>	<b>02:27:36.15</b>	+00:52:45 (35.7%)	7:01	8.5 (63.9%)
94	<b>KULMA Krzysztof</b>	<b>345</b>		M30	36		<b>02:27:31.00</b>	<b>02:27:44.50</b>	+00:52:53 (35.8%)	7:01	8.5 (63.9%)
95	<b>ADAMKIEWICZ Michał</b>	<b>202</b>	KM AKTYWNI SOCHACZEW	M20	21		<b>02:27:39.20</b>	<b>02:27:54.90</b>	+00:53:03 (35.9%)	7:01	8.5 (63.9%)
96	<b>KĘPKA Paweł</b>	<b>316</b>		M40	27		<b>02:27:36.65</b>	<b>02:28:05.95</b>	+00:53:14 (36.0%)	7:01	8.5 (63.9%)
97	<b>KANTON Michał</b>	<b>306</b>		M40	28		<b>02:27:49.30</b>	<b>02:28:17.65</b>	+00:53:26 (36.0%)	7:02	8.5 (63.9%)
98	<b>RAJEWSKI Daniel</b>	<b>450</b>		M40	29		<b>02:27:57.45</b>	<b>02:28:29.85</b>	+00:53:38 (36.1%)	7:02	8.5 (63.9%)
99	<b>PIKUS Dariusz</b>	<b>435</b>		M30	37		<b>02:28:29.65</b>	<b>02:28:35.75</b>	+00:53:44 (36.2%)	7:04	8.5 (63.9%)
100	<b>RUTKOWSKI Michał</b>	<b>457</b>	TEAM ZABIEGANEDNI	M40	30	Team ZabieganeDni	<b>02:27:57.10</b>	<b>02:28:39.55</b>	+00:53:48 (36.2%)	7:02	8.5 (63.9%)
101	<b>KOZAK Kacper</b>	<b>332</b>		M20	22		<b>02:28:07.60</b>	<b>02:28:43.00</b>	+00:53:51 (36.2%)	7:03	8.5 (63.9%)
102	<b>BORUSZAK Piotr</b>	<b>219</b>		M20	23		<b>02:28:16.95</b>	<b>02:28:52.35</b>	+00:54:01 (36.3%)	7:03	8.5 (63.9%)
103	<b>ZIELIŃSKI Paweł</b>	<b>547</b>	ŚWIĘTE ŚWIRY	M30	38		<b>02:28:49.15</b>	<b>02:28:55.70</b>	+00:54:04 (36.3%)	7:05	8.5 (63.9%)
104	<b>PIOTROWSKI Andrzej</b>	<b>438</b>		M40	31		<b>02:28:39.10</b>	<b>02:28:57.75</b>	+00:54:06 (36.3%)	7:04	8.5 (63.9%)
105	<b>MACIEJCZYK Andrzej</b>	<b>370</b>	BEST WEEKEND EVER	M40	32	Best Weekend Ever	<b>02:28:21.65</b>	<b>02:29:00.60</b>	+00:54:09 (36.3%)	7:03	8.5 (63.9%)
106	<b>HOLEWIŃSKI Igor</b>	<b>280</b>		M30	39		<b>02:28:26.90</b>	<b>02:29:03.05</b>	+00:54:11 (36.4%)	7:04	8.5 (63.9%)

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
107	<b>GASIŃSKI Łukasz</b>	<b>263</b>		M40	33		<b>02:28:46.85</b>	<b>02:29:04.65</b>	+00:54:13 (36.4%)	7:05	8.5 (63.9%)
108	<b>GARDZIŃSKI Rajmund</b>	<b>262</b>		M50	12		<b>02:29:08.00</b>	<b>02:29:19.85</b>	+00:54:28 (36.5%)	7:06	8.4 (63.2%)
109	<b>TRZASKOWSKI Rafał</b>	<b>514</b>		M30	40		<b>02:29:14.10</b>	<b>02:29:23.20</b>	+00:54:32 (36.5%)	7:06	8.4 (63.2%)
110	<b>WEŻYK Maciej</b>	<b>528</b>		M30	41		<b>02:29:05.85</b>	<b>02:29:26.45</b>	+00:54:35 (36.5%)	7:05	8.5 (63.9%)
111	<b>HARTWIG Aleksander</b>	<b>279</b>		M20	24		<b>02:29:29.60</b>	<b>02:29:39.20</b>	+00:54:48 (36.6%)	7:07	8.4 (63.2%)
112	<b>MACIEJEWSKI Krystian</b>	<b>371</b>	BESTIE OCR LEGIONOWO	M30	42	Bestie OCR Legionowo	<b>02:29:29.30</b>	<b>02:29:44.90</b>	+00:54:53 (36.7%)	7:07	8.4 (63.2%)
113	<b>KOSIŃSKI Marcin</b>	<b>324</b>		M40	34		<b>02:30:12.75</b>	<b>02:30:20.00</b>	+00:55:28 (36.9%)	7:09	8.4 (63.2%)
114	<b>KANTON Jakub</b>	<b>307</b>		M20	25		<b>02:30:01.10</b>	<b>02:30:29.75</b>	+00:55:38 (37.0%)	7:08	8.4 (63.2%)
115	<b>KAJCIŃSKI Grzegorz</b>	<b>300</b>		M40	35		<b>02:30:37.40</b>	<b>02:30:57.35</b>	+00:56:06 (37.2%)	7:10	8.4 (63.2%)
116	<b>ZYBURA Mateusz</b>	<b>548</b>		M30	43		<b>02:31:05.95</b>	<b>02:31:08.15</b>	+00:56:17 (37.2%)	7:11	8.3 (62.4%)
117	<b>KOWALSKI Łukasz</b>	<b>331</b>	AMDG	M40	36		<b>02:29:56.70</b>	<b>02:31:11.00</b>	+00:56:19 (37.3%)	7:08	8.4 (63.2%)
118	<b>MARKOWSKI Łukasz</b>	<b>388</b>		M40	37		<b>02:31:10.75</b>	<b>02:31:27.95</b>	+00:56:36 (37.4%)	7:11	8.3 (62.4%)
119	<b>MITORAJ Piotr</b>	<b>399</b>		M20	26		<b>02:31:31.40</b>	<b>02:31:33.75</b>	+00:56:42 (37.4%)	7:12	8.3 (62.4%)
120	<b>PLEŚNIAK Michał</b>	<b>439</b>		M30	44		<b>02:31:22.65</b>	<b>02:31:47.50</b>	+00:56:56 (37.5%)	7:12	8.3 (62.4%)
121	<b>KOZUB Paweł</b>	<b>335</b>		M40	38		<b>02:31:50.15</b>	<b>02:31:55.35</b>	+00:57:04 (37.6%)	7:13	8.3 (62.4%)
122	<b>KAMIŃSKI Michał</b>	<b>305</b>		M40	39		<b>02:31:48.95</b>	<b>02:32:00.70</b>	+00:57:09 (37.6%)	7:13	8.3 (62.4%)
123	<b>KARAŚ Michał</b>	<b>309</b>		M30	45		<b>02:31:33.10</b>	<b>02:32:21.45</b>	+00:57:30 (37.7%)	7:13	8.3 (62.4%)
124	<b>KUCHARSKI Maciej</b>	<b>341</b>	KS STASZEWSKY	M30	46	KS STASZEWSKY	<b>02:32:24.00</b>	<b>02:32:29.45</b>	+00:57:38 (37.8%)	7:15	8.3 (62.4%)
125	<b>GLIWIŃSKI Zbigniew</b>	<b>267</b>		M40	40		<b>02:32:08.05</b>	<b>02:32:41.20</b>	+00:57:50 (37.9%)	7:14	8.3 (62.4%)
126	<b>BARTKÓW Paweł</b>	<b>210</b>		M40	41		<b>02:32:26.50</b>	<b>02:32:43.55</b>	+00:57:52 (37.9%)	7:15	8.3 (62.4%)
127	<b>BURZYKOWSKI Stanisław</b>	<b>223</b>		M60	2		<b>02:32:26.75</b>	<b>02:32:59.50</b>	+00:58:08 (38.0%)	7:15	8.3 (62.4%)
128	<b>JĘDRYCH Adam</b>	<b>293</b>		M20	27		<b>02:32:45.95</b>	<b>02:33:00.55</b>	+00:58:09 (38.0%)	7:16	8.2 (61.7%)
129	<b>GROTEK Kamil</b>	<b>278</b>		M20	28		<b>02:32:52.85</b>	<b>02:33:21.65</b>	+00:58:30 (38.2%)	7:16	8.2 (61.7%)

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
130	<b>ŁUŻYŃSKI Wojciech</b>	<b>369</b>		M40	42		<b>02:33:22.75</b>	<b>02:33:51.75</b>	+00:59:00 (38.4%)	7:18	8.2 (61.7%)
131	<b>BĘBEN Patryk</b>	<b>215</b>	HAMUJ PIĘTĄ	M40	43		<b>02:33:49.55</b>	<b>02:33:54.65</b>	+00:59:03 (38.4%)	7:19	8.2 (61.7%)
132	<b>KOWALIK Sławomir</b>	<b>328</b>	HAMUJ PIĘTĄ	M40	44		<b>02:33:49.70</b>	<b>02:33:54.85</b>	+00:59:03 (38.4%)	7:19	8.2 (61.7%)
133	<b>STOŹEK Grzegorz</b>	<b>488</b>		M40	45		<b>02:33:55.75</b>	<b>02:33:59.55</b>	+00:59:08 (38.4%)	7:19	8.2 (61.7%)
134	<b>ONUFROWICZ Michał</b>	<b>421</b>	ALE TEMPO	M40	46		<b>02:33:51.05</b>	<b>02:34:09.15</b>	+00:59:18 (38.5%)	7:19	8.2 (61.7%)
135	<b>DĄBROWSKI Emil</b>	<b>239</b>		M30	47		<b>02:34:54.55</b>	<b>02:35:14.55</b>	+01:00:23 (38.9%)	7:22	8.1 (60.9%)
136	<b>KOTKO Damian</b>	<b>327</b>		M30	48		<b>02:35:04.65</b>	<b>02:35:18.40</b>	+01:00:27 (38.9%)	7:23	8.1 (60.9%)
137	<b>NOWIŃSKI Artur</b>	<b>413</b>		M30	49		<b>02:35:20.15</b>	<b>02:35:37.00</b>	+01:00:45 (39.0%)	7:23	8.1 (60.9%)
138	<b>MAZGAJSKI Michał</b>	<b>391</b>		M40	47		<b>02:35:34.35</b>	<b>02:35:48.05</b>	+01:00:56 (39.1%)	7:24	8.1 (60.9%)
139	<b>STACHURA Antoni</b>	<b>481</b>		M20	29		<b>02:35:59.30</b>	<b>02:36:16.35</b>	+01:01:25 (39.3%)	7:25	8.1 (60.9%)
140	<b>BANDOSZ Bartłomiej</b>	<b>208</b>	BIESIADNICZO BIEGOWY KS ŁAWECZKA WILANÓW	M40	48		<b>02:36:08.60</b>	<b>02:36:22.80</b>	+01:01:31 (39.3%)	7:26	8.1 (60.9%)
141	<b>BECEK Jakub</b>	<b>212</b>	BBKS "ŁAWECZKA" WILANÓW	M40	49	BBKS"Ławeczka" Wilanów	<b>02:36:09.20</b>	<b>02:36:23.50</b>	+01:01:32 (39.3%)	7:26	8.1 (60.9%)
142	<b>MARCHEWKA Wojciech</b>	<b>385</b>		M50	13		<b>02:36:18.10</b>	<b>02:36:42.30</b>	+01:01:51 (39.5%)	7:26	8.1 (60.9%)
143	<b>STOPKA Seweryn</b>	<b>485</b>	STOPKIRUN	M20	30		<b>02:36:37.45</b>	<b>02:36:44.00</b>	+01:01:52 (39.5%)	7:27	8 (60.2%)
144	<b>BAŃKOWSKI Daniel</b>	<b>209</b>		M40	50		<b>02:36:43.90</b>	<b>02:36:57.00</b>	+01:02:05 (39.6%)	7:27	8 (60.2%)
145	<b>URBANIAK Paweł</b>	<b>520</b>		M40	51		<b>02:37:11.70</b>	<b>02:37:30.35</b>	+01:02:39 (39.8%)	7:29	8 (60.2%)
146	<b>RYŁKO Robert</b>	<b>458</b>		M20	31		<b>02:37:41.05</b>	<b>02:37:45.60</b>	+01:02:54 (39.9%)	7:30	8 (60.2%)
147	<b>COTELNIC Michał</b>	<b>232</b>		M30	50		<b>02:37:48.10</b>	<b>02:37:56.75</b>	+01:03:05 (39.9%)	7:30	8 (60.2%)
148	<b>POHL Arkadiusz</b>	<b>444</b>		M40	52		<b>02:37:29.60</b>	<b>02:38:09.60</b>	+01:03:18 (40.0%)	7:29	8 (60.2%)
149	<b>ŁEMPICKI Michał</b>	<b>367</b>	TBD GRUPA BIEGOWA ŚW. JÓZEFA	M40	53		<b>02:37:54.65</b>	<b>02:38:12.10</b>	+01:03:21 (40.0%)	7:31	8 (60.2%)
150	<b>ATYS Bartłomiej</b>	<b>204</b>		M40	54		<b>02:37:58.30</b>	<b>02:38:23.30</b>	+01:03:32 (40.1%)	7:31	8 (60.2%)
151	<b>WRÓBLEWSKI Tomasz</b>	<b>538</b>		M40	55		<b>02:38:35.95</b>	<b>02:38:45.10</b>	+01:03:54 (40.3%)	7:33	7.9 (59.4%)
152	<b>FALKIEWICZ Miłosz</b>	<b>251</b>		M20	32		<b>02:38:20.30</b>	<b>02:38:47.05</b>	+01:03:55 (40.3%)	7:32	8 (60.2%)

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
153	<b>SALCZAK-BEREDA Grzegorz</b>	<b>461</b>	RUN DE GIRARD	M40	56		<b>02:38:39.40</b>	<b>02:38:47.15</b>	+01:03:56 (40.3%)	7:33	7.9 (59.4%)
154	<b>ZAGÓRSKI Ludwik</b>	<b>539</b>	NIEDZIELNE SPOTKANIA SPARINGOWE	M20	33		<b>02:38:39.90</b>	<b>02:38:54.80</b>	+01:04:03 (40.3%)	7:33	7.9 (59.4%)
155	<b>TOMASZKIEWICZ Marek</b>	<b>511</b>		M50	14		<b>02:39:03.55</b>	<b>02:39:18.15</b>	+01:04:27 (40.5%)	7:34	7.9 (59.4%)
156	<b>STRACHOWSKI Jakub</b>	<b>489</b>		M20	34		<b>02:39:04.10</b>	<b>02:39:21.75</b>	+01:04:30 (40.5%)	7:34	7.9 (59.4%)
157	<b>RAZMUS Paweł</b>	<b>452</b>		M20	35		<b>02:39:00.70</b>	<b>02:39:26.60</b>	+01:04:35 (40.5%)	7:34	7.9 (59.4%)
158	<b>WOLNY Wojciech</b>	<b>534</b>	TRI AMO	M40	57		<b>02:39:11.40</b>	<b>02:39:36.70</b>	+01:04:45 (40.6%)	7:34	7.9 (59.4%)
159	<b>ATYS Karol</b>	<b>205</b>		M20	36		<b>02:40:11.05</b>	<b>02:40:36.35</b>	+01:05:45 (40.9%)	7:37	7.9 (59.4%)
160	<b>JASIŃSKI Kacper</b>	<b>289</b>		M20	37		<b>02:40:05.65</b>	<b>02:40:47.60</b>	+01:05:56 (41.0%)	7:37	7.9 (59.4%)
161	<b>GOŁĘBIOWSKI Maciej</b>	<b>271</b>		M50	15		<b>02:40:36.85</b>	<b>02:40:48.20</b>	+01:05:57 (41.0%)	7:38	7.8 (58.6%)
162	<b>KRUPOWICZ Adrian</b>	<b>338</b>	UNITRA	M30	51		<b>02:40:48.20</b>	<b>02:41:01.05</b>	+01:06:09 (41.1%)	7:39	7.8 (58.6%)
163	<b>MALINOWSKI Arkadiusz</b>	<b>381</b>	COPACABANA	M30	52		<b>02:40:28.95</b>	<b>02:41:01.80</b>	+01:06:10 (41.1%)	7:38	7.9 (59.4%)
164	<b>PORĘBSKI Łukasz</b>	<b>445</b>		M40	58		<b>02:40:51.85</b>	<b>02:41:21.55</b>	+01:06:30 (41.2%)	7:39	7.8 (58.6%)
165	<b>SIKORSKI Igor</b>	<b>465</b>		M30	53		<b>02:41:26.45</b>	<b>02:41:35.70</b>	+01:06:44 (41.3%)	7:41	7.8 (58.6%)
166	<b>KARAŚ Paweł</b>	<b>308</b>		M40	59		<b>02:41:55.20</b>	<b>02:42:08.60</b>	+01:07:17 (41.5%)	7:42	7.8 (58.6%)
167	<b>DOMAŃSKI Piotr</b>	<b>246</b>	RUN DE GIRARD	M40	60		<b>02:42:21.35</b>	<b>02:42:28.90</b>	+01:07:37 (41.6%)	7:43	7.8 (58.6%)
168	<b>MALINOWSKI Robert</b>	<b>380</b>	KAMIONRUN	M40	61		<b>02:43:12.90</b>	<b>02:43:31.65</b>	+01:08:40 (42.0%)	7:46	7.7 (57.9%)
169	<b>WASILEWSKI Damian</b>	<b>526</b>	FANI MARYLI RODOWICZ	M30	54		<b>02:43:23.50</b>	<b>02:43:45.25</b>	+01:08:54 (42.1%)	7:46	7.7 (57.9%)
170	<b>CZARNOCKI Łukasz</b>	<b>233</b>		M30	55		<b>02:44:06.00</b>	<b>02:44:14.55</b>	+01:09:23 (42.2%)	7:48	7.7 (57.9%)
171	<b>MODZELEWSKI Dariusz</b>	<b>403</b>	GEODAR	M60	3		<b>02:44:12.75</b>	<b>02:44:19.40</b>	+01:09:28 (42.3%)	7:49	7.7 (57.9%)
172	<b>LIS Tomasz</b>	<b>360</b>		M30	56		<b>02:44:19.85</b>	<b>02:44:28.10</b>	+01:09:37 (42.3%)	7:49	7.7 (57.9%)
173	<b>BUDEK Tomasz</b>	<b>221</b>		M30	57		<b>02:44:08.45</b>	<b>02:44:43.25</b>	+01:09:52 (42.4%)	7:48	7.7 (57.9%)
174	<b>KUŁAK Michał</b>	<b>346</b>		M30	58		<b>02:45:10.95</b>	<b>02:45:27.40</b>	+01:10:36 (42.7%)	7:51	7.6 (57.1%)
175	<b>KIEŁBOWICZ Stanisław</b>	<b>317</b>		M30	59		<b>02:45:32.05</b>	<b>02:45:58.55</b>	+01:11:07 (42.9%)	7:52	7.6 (57.1%)



Place	Participant	Number	Club	Category	MCat	Drużyna 1	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
176	<b>PUCHALSKI Maciej</b>	<b>448</b>		M20	38		<b>02:45:36.50</b>	<b>02:46:06.40</b>	+01:11:15 (42.9%)	7:53	7.6 (57.1%)
177	<b>JURCZYK Paweł</b>	<b>294</b>		M30	60		<b>02:45:04.05</b>	<b>02:46:23.50</b>	+01:11:32 (43.0%)	7:51	7.6 (57.1%)
178	<b>PŁUŻAŃSKI Witold</b>	<b>441</b>	CIELAKI TEAM	M30	61		<b>02:46:26.10</b>	<b>02:46:51.00</b>	+01:11:59 (43.2%)	7:55	7.6 (57.1%)
179	<b>JURCZYK Kamil</b>	<b>295</b>		M20	39		<b>02:45:34.20</b>	<b>02:46:53.60</b>	+01:12:02 (43.2%)	7:53	7.6 (57.1%)
180	<b>KAŁOWSKI Irek</b>	<b>303</b>	K-ŁOSIE	M40	62		<b>02:47:02.80</b>	<b>02:47:29.65</b>	+01:12:38 (43.4%)	7:57	7.5 (56.4%)
181	<b>STRZELECKI Piotr</b>	<b>492</b>		M50	16		<b>02:47:38.80</b>	<b>02:48:04.40</b>	+01:13:13 (43.6%)	7:58	7.5 (56.4%)
182	<b>FELDMAN Łukasz</b>	<b>252</b>		M40	63		<b>02:47:58.55</b>	<b>02:48:09.60</b>	+01:13:18 (43.6%)	7:59	7.5 (56.4%)
183	<b>MAĆKOWIAK Tomasz</b>	<b>373</b>		M40	64		<b>02:47:34.80</b>	<b>02:48:14.80</b>	+01:13:23 (43.6%)	7:58	7.5 (56.4%)
184	<b>CHORMAŃSKI Franciszek</b>	<b>226</b>		M20	40		<b>02:48:33.05</b>	<b>02:48:37.55</b>	+01:13:46 (43.8%)	8:01	7.5 (56.4%)
185	<b>ULAS Paweł</b>	<b>518</b>		M30	62		<b>02:49:00.40</b>	<b>02:49:36.40</b>	+01:14:45 (44.1%)	8:02	7.5 (56.4%)
186	<b>ZGUDKA Radosław</b>	<b>545</b>		M30	63		<b>02:49:46.75</b>	<b>02:50:16.35</b>	+01:15:25 (44.3%)	8:05	7.4 (55.6%)
187	<b>SOBIENIAK Przemysław</b>	<b>475</b>	DORSZ	M40	65		<b>02:50:03.00</b>	<b>02:50:16.75</b>	+01:15:25 (44.3%)	8:05	7.4 (55.6%)
188	<b>JEZNACH Mikołaj</b>	<b>291</b>		M20	41		<b>02:51:13.40</b>	<b>02:51:41.45</b>	+01:16:50 (44.8%)	8:09	7.4 (55.6%)
189	<b>PAWŁOWSKI Mirosław</b>	<b>429</b>		M40	66		<b>02:51:25.65</b>	<b>02:51:55.60</b>	+01:17:04 (44.8%)	8:09	7.4 (55.6%)
190	<b>TOBOR Michał</b>	<b>510</b>	BAZALT - TOBOR THE GREAT	M40	67		<b>02:52:01.75</b>	<b>02:52:15.15</b>	+01:17:24 (44.9%)	8:11	7.3 (54.9%)
191	<b>KAZIMIERUK Mateusz</b>	<b>314</b>		M30	64		<b>02:53:49.70</b>	<b>02:55:32.65</b>	+01:20:41 (46.0%)	8:16	7.2 (54.1%)
192	<b>WOŹNIAK Paweł</b>	<b>536</b>	SIÓDME POTY	M30	65	Siódme Poty	<b>02:56:53.75</b>	<b>02:57:08.20</b>	+01:22:17 (46.5%)	8:25	7.1 (53.4%)
193	<b>STRUBLEWSKI Radosław</b>	<b>490</b>		M20	42		<b>02:59:19.90</b>	<b>02:59:50.55</b>	+01:24:59 (47.3%)	8:32	7 (52.6%)
194	<b>SKULIMOWSKI Daniel</b>	<b>470</b>		M20	43		<b>02:59:45.40</b>	<b>02:59:55.70</b>	+01:25:04 (47.3%)	8:33	7 (52.6%)
195	<b>PAWŁOWSKI Robert</b>	<b>430</b>		M60	4		<b>03:00:27.75</b>	<b>03:00:55.90</b>	+01:26:04 (47.6%)	8:35	7 (52.6%)
196	<b>FURS Dzmitry</b>	<b>258</b>		M30	66		<b>03:00:41.90</b>	<b>03:01:19.00</b>	+01:26:27 (47.7%)	8:36	7 (52.6%)
197	<b>LIPIETA Jakub</b>	<b>359</b>		M30	67		<b>03:01:35.60</b>	<b>03:02:07.85</b>	+01:27:16 (47.9%)	8:38	6.9 (51.9%)
198	<b>KIEPSKI Szymon</b>	<b>318</b>		M40	68		<b>03:30:28.75</b>	<b>03:30:52.90</b>	+01:56:01 (55.0%)	10:01	6 (45.1%)

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
199	<b>OLCZAK Witold</b>	<b>418</b>	UMCS BIEGA	M60	5		<b>03:30:54.65</b>	<b>03:31:35.85</b>	+01:56:44 (55.2%)	10:02	6 (45.1%)
200	<b>GLUCK Witold</b>	<b>268</b>		M50	17		<b>03:32:00.00</b>	<b>03:32:45.50</b>	+01:57:54 (55.4%)	10:05	5.9 (44.4%)
201	<b>SUCHENEK Karol</b>	<b>493</b>		M40	69						(0.0%)
202	<b>ŁĄCZYŃSKI Michał</b>	<b>366</b>		M20	44						(0.0%)
203	<b>MIDERA Szymon</b>	<b>396</b>		M40	70						(0.0%)
204	<b>ABRAMCZUK Mikołaj</b>	<b>201</b>		M20	45						(0.0%)
205	<b>KALUKIEWICZ Warcisław</b>	<b>302</b>		M30	68						(0.0%)

Total 205 results.