



Pałac Kultury i Nauki Warszawa

III BIEG IM. STANISŁAWA TYMA O PUCHAR PREZYDENTA MIASTA ST. WARSZAWY

B4SPORT

Wydarzenie: III BIEG IM. STANISŁAWA TYMA O PUCHAR PREZYDENTA MIASTA ST. WARSZAWY
Organizator: Zarząd Pałacu Kultury i Nauki sp. z o.o. oraz Miasto Stołeczne Warszawa
Data: 2017-07-01
Miejsce: Warszawa
Dystans: 0.4 km



Klasyfikacja: M-OPEN

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 0.5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|------------------------------------|-----------|------|--------------------|-------------------|--------------|-------------|
| 1 | ŁOBODZIŃSKI Piotr | 2 | ADIDAS RUNNERS WARSAW | M-OPEN | 1 | 00:03:16.65 | | 6:34 | 9.1 (100%) |
| 2 | KARBOWY Arek | 133 | | M-OPEN | 2 | 00:03:30.55 | +00:00:13 (6.6%) | 7:00 | 8.6 (94.5%) |
| 3 | GALICZ Karol | 35 | BKS WATAHA WARSZAWA | M-OPEN | 3 | 00:03:31.70 | +00:00:15 (7.1%) | 7:02 | 8.5 (93.4%) |
| 4 | PAWSKI Wawrzyniec | 334 | T.G. SOKÓŁ ZAKOPANE | M-OPEN | 4 | 00:03:40.00 | +00:00:23 (10.6%) | 7:20 | 8.2 (90.1%) |
| 5 | ZAKOWICZ Paweł | 138 | RETRO BIKEACADEMY.PL | M-OPEN | 5 | 00:03:42.60 | +00:00:25 (11.7%) | 7:24 | 8.1 (89.0%) |
| 6 | TUZEL Szymon | 317 | BANANA EATERZ | M-OPEN | 6 | 00:03:46.35 | +00:00:29 (13.1%) | 7:34 | 7.9 (86.8%) |
| 7 | KAROLKIEWICZ Daniel | 42 | ENTRE.PL TEAM | M-OPEN | 7 | 00:03:48.45 | +00:00:31 (13.9%) | 7:36 | 7.9 (86.8%) |
| 8 | MIKIELSKI Daniel | 295 | | M-OPEN | 8 | 00:03:50.40 | +00:00:33 (14.6%) | 7:42 | 7.8 (85.7%) |
| 9 | BURZYŃSKI Aleksander | 214 | STOPA SŁUPSK | M-OPEN | 9 | 00:03:51.45 | +00:00:34 (15.0%) | 7:42 | 7.8 (85.7%) |
| 10 | JENDRYCH Marek | 392 | AKL | M-OPEN | 10 | 00:03:55.10 | +00:00:38 (16.4%) | 7:52 | 7.6 (83.5%) |
| 11 | SZYMANIAK Kamil | 356 | RUN TEAM PEŁCH | M-OPEN | 11 | 00:03:56.20 | +00:00:39 (16.7%) | 7:52 | 7.6 (83.5%) |
| 12 | MIKULSKI Tomasz | 324 | | M-OPEN | 12 | 00:03:56.75 | +00:00:40 (16.9%) | 7:54 | 7.6 (83.5%) |
| 13 | HAZAN Rafał | 111 | KLUB SYMPATYKÓW SIECI BAYESOWSKICH | M-OPEN | 13 | 00:03:56.95 | +00:00:40 (17.0%) | 7:54 | 7.6 (83.5%) |
| 14 | WESOŁOWSKI Grzegorz | 105 | ESKADRA PILCZYCE | M-OPEN | 14 | 00:03:58.40 | +00:00:41 (17.5%) | 7:56 | 7.6 (83.5%) |
| 15 | SZMULKOWSKI Adam | 384 | PUKS MŁODE ORŁY N.D.M | M-OPEN | 15 | 00:04:00.95 | +00:00:44 (18.4%) | 8:02 | 7.5 (82.4%) |
| 16 | RYBKA Patryk | 224 | | M-OPEN | 16 | 00:04:01.35 | +00:00:44 (18.5%) | 8:02 | 7.5 (82.4%) |
| 17 | CHMIELEWSKI Artur | 283 | | M-OPEN | 17 | 00:04:04.40 | +00:00:47 (19.5%) | 8:08 | 7.4 (81.3%) |
| 18 | ZĄBCZYŃSKI Adam | 326 | | M-OPEN | 18 | 00:04:07.35 | +00:00:50 (20.5%) | 8:14 | 7.3 (80.2%) |
| 19 | WOŁOSZYŃSKI Piotr | 152 | | M-OPEN | 19 | 00:04:12.15 | +00:00:55 (22.0%) | 8:24 | 7.1 (78.0%) |
| 20 | GARDENER Jacek | 299 | JACEKBIEGA RUNNING TEAM | M-OPEN | 20 | 00:04:13.75 | +00:00:57 (22.5%) | 8:28 | 7.1 (78.0%) |
| 21 | ŁUSZCZ Piotr | 312 | BRAVEHEARTS LEGIONOWO | M-OPEN | 21 | 00:04:14.60 | +00:00:57 (22.8%) | 8:28 | 7.1 (78.0%) |
| 22 | SAŁAMACHA Jarosław | 373 | ŻÓRAWSKI TEAM | M-OPEN | 22 | 00:04:15.40 | +00:00:58 (23.0%) | 8:32 | 7 (76.9%) |
| 23 | DZIERGA Tomasz | 102 | PKIN.ORG TEAM | M-OPEN | 23 | 00:04:17.70 | +00:01:01 (23.7%) | 8:34 | 7 (76.9%) |
| 24 | BUKAŁA Marcin | 320 | VEGE RUNNERS | M-OPEN | 24 | 00:04:18.80 | +00:01:02 (24.0%) | 8:38 | 6.9 (75.8%) |
| 24 | SZCZEPAŃSKI Paweł | 337 | KONDYCJA | M-OPEN | 25 | 00:04:18.80 | +00:01:02 (24.0%) | 8:38 | 6.9 (75.8%) |
| 26 | PIETRZAK Wojciech | 301 | KLUB BOKSERSKI LEGIA | M-OPEN | 26 | 00:04:19.15 | +00:01:02 (24.1%) | 8:38 | 6.9 (75.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto | | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|--------------------------------------|-----------|------|--------------------|-------------------|--------------|-------------|
| | | | | | | 0.5km | Różn | | |
| 27 | PIERZCHALSKI Sebastian | 250 | BIEGACZE W RADOMSKU | M-OPEN | 27 | 00:04:20.25 | +00:01:03 (24.4%) | 8:40 | 6.9 (75.8%) |
| 28 | POLSAKOV Ilya | 296 | | M-OPEN | 28 | 00:04:22.45 | +00:01:05 (25.1%) | 8:44 | 6.9 (75.8%) |
| 29 | SMOGOROWSKI Łukasz | 243 | FUNDACJA ROZWOJU SYSTEMU EDUKACJI | M-OPEN | 29 | 00:04:23.10 | +00:01:06 (25.3%) | 8:46 | 6.8 (74.7%) |
| 30 | WITKOWSKI Piotr | 124 | VEGE RUNNERS | M-OPEN | 30 | 00:04:29.30 | +00:01:12 (27.0%) | 8:58 | 6.7 (73.6%) |
| 31 | PIĄTKOWSKI Piotr | 328 | KONDYCJA | M-OPEN | 31 | 00:04:30.25 | +00:01:13 (27.2%) | 9:00 | 6.7 (73.6%) |
| 32 | MIODUSZEWSKI Paweł | 178 | JACEKBIEGA RUNNING TEAM | M-OPEN | 32 | 00:04:33.40 | +00:01:16 (28.1%) | 9:06 | 6.6 (72.5%) |
| 33 | OLCHOWIK Marcin | 30 | UM W-WA | M-OPEN | 33 | 00:04:40.80 | +00:01:24 (30.0%) | 9:22 | 6.4 (70.3%) |
| 34 | MALUCHNIK Marek | 197 | NASIELSK BASZTA TEAM | M-OPEN | 34 | 00:04:41.25 | +00:01:24 (30.1%) | 9:22 | 6.4 (70.3%) |
| 35 | ZGODA Mateusz | 121 | NAPRZÓD MŁOCINY | M-OPEN | 35 | 00:04:41.55 | +00:01:24 (30.2%) | 9:22 | 6.4 (70.3%) |
| 36 | TROINSKI Jacek | 394 | | M-OPEN | 36 | 00:04:41.75 | +00:01:25 (30.2%) | 9:22 | 6.4 (70.3%) |
| 37 | GÓRSKI Jan | 5 | | M-OPEN | 37 | 00:04:42.30 | +00:01:25 (30.3%) | 9:24 | 6.4 (70.3%) |
| 38 | WRÓBEL Łukasz | 41 | KS 'WOLNI' | M-OPEN | 38 | 00:04:43.60 | +00:01:26 (30.7%) | 9:26 | 6.4 (70.3%) |
| 39 | WOJEWÓDZKI Marcin | 229 | WOJEWÓDZCY TEAM | M-OPEN | 39 | 00:04:43.95 | +00:01:27 (30.7%) | 9:26 | 6.4 (70.3%) |
| 40 | MICHALSKI Robert | 191 | 12TRI.PL | M-OPEN | 40 | 00:04:44.15 | +00:01:27 (30.8%) | 9:28 | 6.3 (69.2%) |
| 41 | ŁUKIANOW Artur | 148 | | M-OPEN | 41 | 00:04:44.35 | +00:01:27 (30.8%) | 9:30 | 6.3 (69.2%) |
| 42 | FILIPCZAK Arkadiusz | 265 | | M-OPEN | 42 | 00:04:44.90 | +00:01:28 (31.0%) | 9:30 | 6.3 (69.2%) |
| 43 | STUPNOWICZ Przemek | 129 | EPOKA NORDICA ŁÓDŹ | M-OPEN | 43 | 00:04:44.95 | +00:01:28 (31.0%) | 9:30 | 6.3 (69.2%) |
| 44 | BADOWSKI Aleksander | 353 | MARCIN ŚWIERC TEAM | M-OPEN | 44 | 00:04:46.95 | +00:01:30 (31.5%) | 9:32 | 6.3 (69.2%) |
| 45 | CIEPIAK Kamil | 390 | | M-OPEN | 45 | 00:04:49.45 | +00:01:32 (32.1%) | 9:38 | 6.2 (68.1%) |
| 46 | WRZESZCZ Łukasz | 232 | | M-OPEN | 46 | 00:04:52.20 | +00:01:35 (32.7%) | 9:44 | 6.2 (68.1%) |
| 47 | MARZEC Zbigniew | 285 | DREAM RUN | M-OPEN | 47 | 00:04:53.45 | +00:01:36 (33.0%) | 9:46 | 6.1 (67.0%) |
| 48 | SZCZEKUTOWICZ Adrian | 258 | HUSARIA RACE TEAM | M-OPEN | 48 | 00:04:53.75 | +00:01:37 (33.1%) | 9:48 | 6.1 (67.0%) |
| 49 | CHODNIEWICZ Michał | 142 | | M-OPEN | 49 | 00:04:54.10 | +00:01:37 (33.1%) | 9:48 | 6.1 (67.0%) |
| 50 | ZARODKIEWICZ Dawid | 196 | NAPRZÓD MŁOCINY | M-OPEN | 50 | 00:04:54.45 | +00:01:37 (33.2%) | 9:48 | 6.1 (67.0%) |
| 51 | SIECHOWICZ Mariusz | 388 | WESTHILL | M-OPEN | 51 | 00:04:55.20 | +00:01:38 (33.4%) | 9:50 | 6.1 (67.0%) |
| 52 | ZWIERZ Marcin | 342 | | M-OPEN | 52 | 00:04:55.40 | +00:01:38 (33.4%) | 9:52 | 6.1 (67.0%) |
| 53 | TULIBACKI Bartosz | 335 | STARE BEMOWO | M-OPEN | 53 | 00:04:55.70 | +00:01:39 (33.5%) | 9:52 | 6.1 (67.0%) |
| 54 | MUNDZIK Mateusz | 276 | OSP KSRG WIERZBICA | M-OPEN | 54 | 00:04:56.55 | +00:01:39 (33.7%) | 9:54 | 6.1 (67.0%) |
| 55 | JEDNOROWSKI Michał | 192 | JASIENICA TEAM | M-OPEN | 55 | 00:04:56.70 | +00:01:40 (33.7%) | 9:54 | 6.1 (67.0%) |
| 56 | PIECHOTA Jarosław | 284 | | M-OPEN | 56 | 00:04:57.30 | +00:01:40 (33.9%) | 9:54 | 6.1 (67.0%) |
| 57 | KRAJNIK Jonatan | 146 | BRWINÓW BIEGA | M-OPEN | 57 | 00:04:58.10 | +00:01:41 (34.0%) | 9:58 | 6 (65.9%) |
| 58 | GAJEWSKI Łukasz | 6 | | M-OPEN | 58 | 00:05:00.20 | +00:01:43 (34.5%) | 10:00 | 6 (65.9%) |
| 58 | STAJNIAK Michał | 139 | SMASHING PĄPKINS | M-OPEN | 59 | 00:05:00.20 | +00:01:43 (34.5%) | 10:00 | 6 (65.9%) |
| 60 | MOLENDĄ Mateusz | 135 | TRENER24H.COM.PL | M-OPEN | 60 | 00:05:02.20 | +00:01:45 (34.9%) | 10:04 | 6 (65.9%) |
| 61 | SKOLIMOWSKI Mateusz | 226 | PORADNIA DIETETYCZNA W DOBREJ FORMIE | M-OPEN | 61 | 00:05:02.60 | +00:01:45 (35.0%) | 10:04 | 6 (65.9%) |
| 62 | GIEBUŁTOWICZ Marek | 161 | | M-OPEN | 62 | 00:05:03.60 | +00:01:46 (35.2%) | 10:06 | 5.9 (64.8%) |
| 63 | JAKÓBCZYK Ireneusz | 38 | KS 'WOLNI' | M-OPEN | 63 | 00:05:04.00 | +00:01:47 (35.3%) | 10:08 | 5.9 (64.8%) |
| 64 | JONAK Mateusz | 242 | | M-OPEN | 64 | 00:05:05.90 | +00:01:49 (35.7%) | 10:12 | 5.9 (64.8%) |
| 65 | GRABOWSKI Michał | 233 | | M-OPEN | 65 | 00:05:08.85 | +00:01:52 (36.3%) | 10:18 | 5.8 (63.7%) |
| 66 | SZYMKIEWICZ Filip | 365 | PROJEKT ŚWIĘTOKRZYSKIE | M-OPEN | 66 | 00:05:09.30 | +00:01:52 (36.4%) | 10:20 | 5.8 (63.7%) |
| 67 | ZWOLIŃSKI Piotr | 126 | | M-OPEN | 67 | 00:05:10.55 | +00:01:53 (36.7%) | 10:22 | 5.8 (63.7%) |
| 68 | ZARĘBA Marian | 186 | | M-OPEN | 68 | 00:05:11.20 | +00:01:54 (36.8%) | 10:24 | 5.8 (63.7%) |
| 69 | KĄDZIOŁA Mariusz | 378 | | M-OPEN | 69 | 00:05:12.40 | +00:01:55 (37.1%) | 10:24 | 5.8 (63.7%) |
| 70 | KIETLIŃSKI Maciej | 185 | | M-OPEN | 70 | 00:05:13.55 | +00:01:56 (37.3%) | 10:26 | 5.8 (63.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto | | Tempo min/km | Tempo km/h |
|-----|--------------------------------|------------|--------------------------------------|-----------|------|--------------------|-------------------|--------------|-------------|
| | | | | | | 0.5km | Różn | | |
| 71 | PYRA Marcin | 147 | | M-OPEN | 71 | 00:05:14.15 | +00:01:57 (37.4%) | 10:28 | 5.7 (62.6%) |
| 72 | KOCZOROWSKI Marcin | 23 | ZPKIN | M-OPEN | 72 | 00:05:14.35 | +00:01:57 (37.4%) | 10:28 | 5.7 (62.6%) |
| 73 | NIEMYJSKI Przemysław | 391 | | M-OPEN | 73 | 00:05:15.20 | +00:01:58 (37.6%) | 10:30 | 5.7 (62.6%) |
| 74 | KĘDZIORA Mariusz | 216 | PGB SPORTOWA PACZKA | M-OPEN | 74 | 00:05:15.60 | +00:01:58 (37.7%) | 10:32 | 5.7 (62.6%) |
| 75 | ZBOJNA Mariusz | 106 | KIEDYŚ WYGRAMY | M-OPEN | 75 | 00:05:17.70 | +00:02:01 (38.1%) | 10:34 | 5.7 (62.6%) |
| 76 | ANDRZEJEWSKI Piotr | 168 | FND | M-OPEN | 76 | 00:05:17.85 | +00:02:01 (38.1%) | 10:34 | 5.7 (62.6%) |
| 77 | BARAŃSKI Krzysztof | 231 | MANHATTAN | M-OPEN | 77 | 00:05:19.45 | +00:02:02 (38.4%) | 10:38 | 5.6 (61.5%) |
| 78 | ZBRZEŹNIAK Igor | 270 | | M-OPEN | 78 | 00:05:20.00 | +00:02:03 (38.5%) | 10:40 | 5.6 (61.5%) |
| 79 | SZYMKIEWICZ Tomasz | 194 | PROJEKT ŚWIĘTOKRZYSKIE | M-OPEN | 79 | 00:05:20.05 | +00:02:03 (38.6%) | 10:40 | 5.6 (61.5%) |
| 80 | FARBISZEWSKI Marek | 273 | ORANGE POLSKA | M-OPEN | 80 | 00:05:20.60 | +00:02:03 (38.7%) | 10:40 | 5.6 (61.5%) |
| 81 | KOLEŚNIK Roman | 153 | | M-OPEN | 81 | 00:05:21.70 | +00:02:05 (38.9%) | 10:44 | 5.6 (61.5%) |
| 82 | FORNALCZYK Łukasz | 331 | | M-OPEN | 82 | 00:05:23.15 | +00:02:06 (39.1%) | 10:46 | 5.6 (61.5%) |
| 83 | ŁACHETA Konrad | 184 | CSŁII | M-OPEN | 83 | 00:05:24.50 | +00:02:07 (39.4%) | 10:50 | 5.5 (60.4%) |
| 84 | HERMAN Rafał | 268 | | M-OPEN | 84 | 00:05:24.80 | +00:02:08 (39.5%) | 10:50 | 5.5 (60.4%) |
| 85 | RUTKOWSKI Sławomir | 113 | | M-OPEN | 85 | 00:05:27.10 | +00:02:10 (39.9%) | 10:54 | 5.5 (60.4%) |
| 86 | MADEJEK Kamil | 374 | RUNNERSCLUB.PL WARSZAWA | M-OPEN | 86 | 00:05:27.30 | +00:02:10 (39.9%) | 10:56 | 5.5 (60.4%) |
| 87 | GRZELAK Patryk | 310 | | M-OPEN | 87 | 00:05:27.55 | +00:02:10 (40.0%) | 10:56 | 5.5 (60.4%) |
| 88 | KOWALSKI Kuba | 316 | | M-OPEN | 88 | 00:05:31.45 | +00:02:14 (40.7%) | 11:02 | 5.4 (59.3%) |
| 89 | DANIEL Michał | 323 | | M-OPEN | 89 | 00:05:32.30 | +00:02:15 (40.8%) | 11:06 | 5.4 (59.3%) |
| 90 | KRZEWICKI Łukasz | 377 | | M-OPEN | 90 | 00:05:33.30 | +00:02:16 (41.0%) | 11:06 | 5.4 (59.3%) |
| 91 | MADEJ Marcin | 368 | | M-OPEN | 91 | 00:05:33.45 | +00:02:16 (41.0%) | 11:08 | 5.4 (59.3%) |
| 92 | MYŚLIŃSKI Zdzisław | 322 | | M-OPEN | 92 | 00:05:34.05 | +00:02:17 (41.1%) | 11:08 | 5.4 (59.3%) |
| 93 | SZYSZKOWSKI Włodzimierz | 318 | | M-OPEN | 93 | 00:05:34.75 | +00:02:18 (41.3%) | 11:08 | 5.4 (59.3%) |
| 94 | JELEŃ Tomasz | 344 | | M-OPEN | 94 | 00:05:34.80 | +00:02:18 (41.3%) | 11:10 | 5.4 (59.3%) |
| 95 | KOWALCZYK Zdzisław | 383 | JW 2189 | M-OPEN | 95 | 00:05:35.55 | +00:02:18 (41.4%) | 11:10 | 5.4 (59.3%) |
| 96 | WROŃSKI Wojciech | 360 | ORANGE POLSKA | M-OPEN | 96 | 00:05:35.75 | +00:02:19 (41.4%) | 11:10 | 5.4 (59.3%) |
| 97 | KORKOSZ Andrzej | 362 | | M-OPEN | 97 | 00:05:35.95 | +00:02:19 (41.5%) | 11:10 | 5.4 (59.3%) |
| 98 | SYPEK Arkadiusz | 118 | | M-OPEN | 98 | 00:05:36.30 | +00:02:19 (41.5%) | 11:14 | 5.3 (58.2%) |
| 99 | SZYMAŃSKI Michał | 257 | | M-OPEN | 99 | 00:05:36.45 | +00:02:19 (41.6%) | 11:12 | 5.4 (59.3%) |
| 100 | PRZYBYSZ Andrzej | 215 | | M-OPEN | 100 | 00:05:36.60 | +00:02:19 (41.6%) | 11:12 | 5.4 (59.3%) |
| 100 | KACPURA Paweł | 385 | | M-OPEN | 101 | 00:05:36.60 | +00:02:19 (41.6%) | 11:12 | 5.4 (59.3%) |
| 102 | SOBOŃ Marcin | 120 | | M-OPEN | 102 | 00:05:36.95 | +00:02:20 (41.6%) | 11:14 | 5.3 (58.2%) |
| 103 | FARYŃSKI Piotr | 389 | | M-OPEN | 103 | 00:05:37.60 | +00:02:20 (41.8%) | 11:14 | 5.3 (58.2%) |
| 104 | STASIUK Arkadiusz | 341 | HUSARIA RACE TEAM | M-OPEN | 104 | 00:05:37.85 | +00:02:21 (41.8%) | 11:16 | 5.3 (58.2%) |
| 105 | ZDUNEK Michał | 203 | | M-OPEN | 105 | 00:05:38.05 | +00:02:21 (41.8%) | 11:16 | 5.3 (58.2%) |
| 106 | MAJEWSKI Sebastian | 247 | ODROBINĘ BLIŻEJ NIEBA - MAJKI RUNNER | M-OPEN | 106 | 00:05:38.95 | +00:02:22 (42.0%) | 11:18 | 5.3 (58.2%) |
| 107 | GEMZAŁA Wojtek | 386 | | M-OPEN | 107 | 00:05:39.00 | +00:02:22 (42.0%) | 11:18 | 5.3 (58.2%) |
| 108 | SZCZYGIEL Michał | 379 | | M-OPEN | 108 | 00:05:40.05 | +00:02:23 (42.2%) | 11:20 | 5.3 (58.2%) |
| 109 | STAROŚCIAK Mariusz | 123 | AKS POLONIA WARSZAWA | M-OPEN | 109 | 00:05:40.90 | +00:02:24 (42.3%) | 11:22 | 5.3 (58.2%) |
| 110 | GŁOWIŃSKI Adam | 225 | | M-OPEN | 110 | 00:05:41.05 | +00:02:24 (42.3%) | 11:22 | 5.3 (58.2%) |
| 111 | SOSNOWSKI Radosław | 370 | | M-OPEN | 111 | 00:05:41.15 | +00:02:24 (42.4%) | 11:22 | 5.3 (58.2%) |
| 112 | GRONCZEWSKI Artur | 245 | FMW RUNNERS | M-OPEN | 112 | 00:05:42.65 | +00:02:26 (42.6%) | 11:26 | 5.2 (57.1%) |
| 113 | KANIEWSKI Paweł | 218 | | M-OPEN | 113 | 00:05:45.00 | +00:02:28 (43.0%) | 11:30 | 5.2 (57.1%) |
| 114 | ZASŁONA Marek | 333 | | M-OPEN | 114 | 00:05:46.45 | +00:02:29 (43.2%) | 11:32 | 5.2 (57.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto | | Tempo min/km | Tempo km/h |
|-----|----------------------|-------|----------------------------|-----------|------|-------------|-------------------|--------------|-------------|
| | | | | | | 0.5km | Różn | | |
| 115 | JÓZWIAK Jarosław | 1 | | M-OPEN | 115 | 00:05:46.90 | +00:02:30 (43.3%) | 11:34 | 5.2 (57.1%) |
| 116 | BŁAŻEJEWSKI Bartosz | 309 | | M-OPEN | 116 | 00:05:46.95 | +00:02:30 (43.3%) | 11:34 | 5.2 (57.1%) |
| 117 | JĘDRZEJEWSKI Paweł | 291 | PGR BEMOWO | M-OPEN | 117 | 00:05:47.80 | +00:02:31 (43.5%) | 11:36 | 5.2 (57.1%) |
| 118 | OBUCHOWICZ Wojciech | 358 | | M-OPEN | 118 | 00:05:48.10 | +00:02:31 (43.5%) | 11:36 | 5.2 (57.1%) |
| 119 | KOWARZYK Tomasz | 171 | | M-OPEN | 119 | 00:05:48.60 | +00:02:31 (43.6%) | 11:36 | 5.2 (57.1%) |
| 120 | ZALEWSKI Hubert | 24 | ZPKIN | M-OPEN | 120 | 00:05:49.00 | +00:02:32 (43.7%) | 11:38 | 5.2 (57.1%) |
| 121 | MINKINA Mirosław | 177 | | M-OPEN | 121 | 00:05:50.35 | +00:02:33 (43.9%) | 11:40 | 5.1 (56.0%) |
| 122 | MALINOWSKI Konrad | 228 | TIME4RUNNING | M-OPEN | 122 | 00:05:50.50 | +00:02:33 (43.9%) | 11:42 | 5.1 (56.0%) |
| 123 | GAŚIOR Łukasz | 201 | GREENPOWERTEAM | M-OPEN | 123 | 00:05:50.55 | +00:02:33 (43.9%) | 11:40 | 5.1 (56.0%) |
| 124 | LENART Bernard | 188 | | M-OPEN | 124 | 00:05:50.75 | +00:02:34 (43.9%) | 11:42 | 5.1 (56.0%) |
| 125 | GÓRAL Tadeusz | 396 | KBB | M-OPEN | 125 | 00:05:50.85 | +00:02:34 (44.0%) | 11:42 | 5.1 (56.0%) |
| 126 | STRYJEWSKI Krzysztof | 40 | KS 'WOLNI' | M-OPEN | 126 | 00:05:51.70 | +00:02:35 (44.1%) | 11:44 | 5.1 (56.0%) |
| 127 | BIERNAT Michał | 189 | DMMM TEAM ŁÓDŹ | M-OPEN | 127 | 00:05:53.85 | +00:02:37 (44.4%) | 11:46 | 5.1 (56.0%) |
| 128 | KOTAŃSKI Stefan | 212 | | M-OPEN | 128 | 00:05:56.00 | +00:02:39 (44.8%) | 11:52 | 5.1 (56.0%) |
| 129 | SZMITOWICZ Kamil | 293 | PGR BEMOWO | M-OPEN | 129 | 00:05:56.70 | +00:02:40 (44.9%) | 11:52 | 5.1 (56.0%) |
| 130 | PODCZASKI Piotrek | 349 | | M-OPEN | 130 | 00:05:57.80 | +00:02:41 (45.0%) | 11:56 | 5 (54.9%) |
| 131 | PĘSKO Marcin | 240 | | M-OPEN | 131 | 00:05:59.85 | +00:02:43 (45.4%) | 12:00 | 5 (54.9%) |
| 132 | BUCZYŃSKI Rafał | 395 | | M-OPEN | 132 | 00:06:01.00 | +00:02:44 (45.5%) | 12:02 | 5 (54.9%) |
| 133 | DĄBROWSKI Andrzej | 371 | | M-OPEN | 133 | 00:06:01.20 | +00:02:44 (45.6%) | 12:04 | 5 (54.9%) |
| 134 | STĘPIEŃ Radosław | 213 | | M-OPEN | 134 | 00:06:02.10 | +00:02:45 (45.7%) | 12:04 | 5 (54.9%) |
| 135 | KOWALCZUK Michał | 280 | ROSOMAKI PUSTYNNO BAGIENNE | M-OPEN | 135 | 00:06:03.05 | +00:02:46 (45.8%) | 12:06 | 5 (54.9%) |
| 136 | SOSZYŃSKI Mirosław | 369 | LEGIA | M-OPEN | 136 | 00:06:06.60 | +00:02:49 (46.4%) | 12:14 | 4.9 (53.8%) |
| 137 | DYBIZBAŃSKI Mariusz | 36 | KS 'WOLNI' | M-OPEN | 137 | 00:06:07.15 | +00:02:50 (46.4%) | 12:14 | 4.9 (53.8%) |
| 138 | WALAC Jacek | 259 | | M-OPEN | 138 | 00:06:07.90 | +00:02:51 (46.5%) | 12:16 | 4.9 (53.8%) |
| 139 | DOLIŃSKI Grzegorz | 352 | BKS WATAHA WARSZAWA | M-OPEN | 139 | 00:06:08.90 | +00:02:52 (46.7%) | 12:18 | 4.9 (53.8%) |
| 140 | DĄBROWSKI Michał | 101 | | M-OPEN | 140 | 00:06:09.75 | +00:02:53 (46.8%) | 12:20 | 4.9 (53.8%) |
| 141 | MAZURKIEWICZ Adam | 37 | KS 'WOLNI' | M-OPEN | 141 | 00:06:09.90 | +00:02:53 (46.8%) | 12:20 | 4.9 (53.8%) |
| 142 | CEREGRA Piotr | 151 | TN BIEGÓWKI | M-OPEN | 142 | 00:06:11.50 | +00:02:54 (47.1%) | 12:24 | 4.8 (52.7%) |
| 143 | KŁOS Zbyszek | 140 | | M-OPEN | 143 | 00:06:12.10 | +00:02:55 (47.2%) | 12:24 | 4.8 (52.7%) |
| 144 | ŁUNIEWSKI Mateusz | 305 | | M-OPEN | 144 | 00:06:12.75 | +00:02:56 (47.2%) | 12:26 | 4.8 (52.7%) |
| 145 | MATEJAK Patryk | 117 | | M-OPEN | 145 | 00:06:13.20 | +00:02:56 (47.3%) | 12:26 | 4.8 (52.7%) |
| 146 | PIETRAK Mikołaj | 340 | | M-OPEN | 146 | 00:06:13.55 | +00:02:56 (47.4%) | 12:28 | 4.8 (52.7%) |
| 147 | ŻURAWSKI Arkadiusz | 164 | | M-OPEN | 147 | 00:06:13.65 | +00:02:57 (47.4%) | 12:28 | 4.8 (52.7%) |
| 148 | POPIS Patryk | 112 | | M-OPEN | 148 | 00:06:14.60 | +00:02:57 (47.5%) | 12:28 | 4.8 (52.7%) |
| 149 | ZAKRZEWSKI Marcin | 125 | | M-OPEN | 149 | 00:06:14.80 | +00:02:58 (47.5%) | 12:30 | 4.8 (52.7%) |
| 150 | GAJOWNICZEK Szymon | 382 | | M-OPEN | 150 | 00:06:16.15 | +00:02:59 (47.7%) | 12:32 | 4.8 (52.7%) |
| 151 | KUNC Oliver | 145 | WE RUN LX | M-OPEN | 151 | 00:06:16.20 | +00:02:59 (47.7%) | 12:34 | 4.8 (52.7%) |
| 152 | KUCHARSKI Marcin | 327 | BRYGADA PORAJÓW | M-OPEN | 152 | 00:06:17.00 | +00:03:00 (47.8%) | 12:34 | 4.8 (52.7%) |
| 153 | GOSZCZYCKI Witold | 165 | STARZYŃSKIEGO BIEGA ŁOWICZ | M-OPEN | 153 | 00:06:17.80 | +00:03:01 (47.9%) | 12:34 | 4.8 (52.7%) |
| 154 | IWASZKO Paweł | 329 | | M-OPEN | 154 | 00:06:17.95 | +00:03:01 (48.0%) | 12:36 | 4.8 (52.7%) |
| 155 | SZCZEPKOWSKI Damian | 136 | | M-OPEN | 155 | 00:06:18.20 | +00:03:01 (48.0%) | 12:36 | 4.8 (52.7%) |
| 156 | FOK Tomasz | 100 | | M-OPEN | 156 | 00:06:19.35 | +00:03:02 (48.2%) | 12:38 | 4.7 (51.6%) |
| 157 | FUJARCZUK Sławomir | 238 | | M-OPEN | 157 | 00:06:19.80 | +00:03:03 (48.2%) | 12:40 | 4.7 (51.6%) |
| 158 | DUDA Jacek | 141 | | M-OPEN | 158 | 00:06:21.00 | +00:03:04 (48.4%) | 12:42 | 4.7 (51.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto | | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|---------------------------------|-----------|------|--------------------|-------------------|--------------|-------------|
| | | | | | | 0.5km | Różn | | |
| 159 | ŻOLINAS Maciej | 230 | DUSK WATCH | M-OPEN | 159 | 00:06:21.10 | +00:03:04 (48.4%) | 12:42 | 4.7 (51.6%) |
| 160 | WILEŃSKI Zbigniew | 31 | UM W-WA | M-OPEN | 160 | 00:06:25.80 | +00:03:09 (49.0%) | 12:52 | 4.7 (51.6%) |
| 161 | SAWICKI Grzegorz | 311 | BRAVEHEARTS LEGIONOWO | M-OPEN | 161 | 00:06:25.85 | +00:03:09 (49.0%) | 12:52 | 4.7 (51.6%) |
| 162 | MALINOWSKI Piotr | 131 | | M-OPEN | 162 | 00:06:26.35 | +00:03:09 (49.1%) | 12:52 | 4.7 (51.6%) |
| 163 | NOWAK Daniel | 289 | PROTEMPO | M-OPEN | 163 | 00:06:27.25 | +00:03:10 (49.2%) | 12:54 | 4.7 (51.6%) |
| 164 | PAŃCZUK Maciej | 160 | CROSSFIT R99 | M-OPEN | 164 | 00:06:27.70 | +00:03:11 (49.3%) | 12:54 | 4.7 (51.6%) |
| 165 | PARZYŃSKI Łukasz | 376 | JW 2189 | M-OPEN | 165 | 00:06:28.70 | +00:03:12 (49.4%) | 12:56 | 4.6 (50.5%) |
| 166 | PELC Łukasz | 367 | MANHATTAN | M-OPEN | 166 | 00:06:30.45 | +00:03:13 (49.6%) | 13:00 | 4.6 (50.5%) |
| 167 | NIKODYM Rafał | 380 | KOCHAM OLIWKĘ | M-OPEN | 167 | 00:06:31.50 | +00:03:14 (49.8%) | 13:04 | 4.6 (50.5%) |
| 168 | STEFANOWICZ Piotr | 398 | HARDCOROWE WYCHYLLUBIMY | M-OPEN | 168 | 00:06:31.75 | +00:03:15 (49.8%) | 13:04 | 4.6 (50.5%) |
| 169 | GILEWSKI Marcin | 251 | | M-OPEN | 169 | 00:06:33.30 | +00:03:16 (50.0%) | 13:06 | 4.6 (50.5%) |
| 170 | ŚLASKI-SAWICKI Dawid | 364 | | M-OPEN | 170 | 00:06:33.35 | +00:03:16 (50.0%) | 13:06 | 4.6 (50.5%) |
| 171 | SZCZERBICKI Rafał | 154 | | M-OPEN | 171 | 00:06:34.80 | +00:03:18 (50.2%) | 13:10 | 4.6 (50.5%) |
| 172 | OSOWSKI Rafał | 207 | | M-OPEN | 172 | 00:06:37.55 | +00:03:20 (50.5%) | 13:14 | 4.5 (49.5%) |
| 173 | GORCZYCA Krzysztof | 292 | PGR BEMOWO | M-OPEN | 173 | 00:06:38.40 | +00:03:21 (50.6%) | 13:18 | 4.5 (49.5%) |
| 174 | SZCZAP Marcin | 166 | | M-OPEN | 174 | 00:06:40.15 | +00:03:23 (50.9%) | 13:20 | 4.5 (49.5%) |
| 175 | NIEWIADOMSKI Zdzisław | 345 | | M-OPEN | 175 | 00:06:40.75 | +00:03:24 (50.9%) | 13:22 | 4.5 (49.5%) |
| 176 | GROSZYK Jan | 181 | MAJA TEAM | M-OPEN | 176 | 00:06:45.30 | +00:03:28 (51.5%) | 13:32 | 4.4 (48.4%) |
| 177 | NIEZGODA Tomasz | 256 | | M-OPEN | 177 | 00:06:47.50 | +00:03:30 (51.7%) | 13:34 | 4.4 (48.4%) |
| 178 | NOWAK Paweł | 339 | | M-OPEN | 178 | 00:06:48.45 | +00:03:31 (51.9%) | 13:36 | 4.4 (48.4%) |
| 179 | NOWICKI Maciej | 278 | | M-OPEN | 179 | 00:06:52.40 | +00:03:35 (52.3%) | 13:46 | 4.4 (48.4%) |
| 180 | BUKOWSKI Janusz | 62 | STOWARZYSZENIE DAĆ SIEBIE INNYM | M-OPEN | 180 | 00:06:54.10 | +00:03:37 (52.5%) | 13:48 | 4.3 (47.3%) |
| 181 | DEAVENPORT Michael | 267 | | M-OPEN | 181 | 00:06:55.75 | +00:03:39 (52.7%) | 13:50 | 4.3 (47.3%) |
| 182 | BELTER Michał | 150 | | M-OPEN | 182 | 00:06:55.90 | +00:03:39 (52.7%) | 13:52 | 4.3 (47.3%) |
| 183 | KRYSZYŁOWICZ Jacek | 366 | AKB SZCZYTNO | M-OPEN | 183 | 00:06:57.55 | +00:03:40 (52.9%) | 13:54 | 4.3 (47.3%) |
| 184 | ZDANOWICZ Paweł | 174 | | M-OPEN | 184 | 00:06:58.40 | +00:03:41 (53.0%) | 13:58 | 4.3 (47.3%) |
| 185 | LESZCZYŃSKI Paweł | 315 | WKURW_TEAM | M-OPEN | 185 | 00:06:58.90 | +00:03:42 (53.1%) | 13:58 | 4.3 (47.3%) |
| 186 | TARCZYŃSKI Marcin | 209 | TARCZA BIEGA | M-OPEN | 186 | 00:06:59.25 | +00:03:42 (53.1%) | 13:58 | 4.3 (47.3%) |
| 187 | NASIEROWSKI Michał | 236 | | M-OPEN | 187 | 00:07:00.30 | +00:03:43 (53.2%) | 14:00 | 4.3 (47.3%) |
| 188 | BADZYŃSKI Paweł | 239 | | M-OPEN | 188 | 00:07:02.80 | +00:03:46 (53.5%) | 14:06 | 4.3 (47.3%) |
| 189 | ZIELINSKI Krzysztof | 205 | M42195 | M-OPEN | 189 | 00:07:09.20 | +00:03:52 (54.2%) | 14:18 | 4.2 (46.2%) |
| 190 | DOMAGAŁA Dominik | 351 | BKS WATAHA WARSZAWA | M-OPEN | 190 | 00:07:13.15 | +00:03:56 (54.6%) | 14:26 | 4.2 (46.2%) |
| 191 | ŻOCHOWSKI Artur | 275 | | M-OPEN | 191 | 00:07:16.00 | +00:03:59 (54.9%) | 14:32 | 4.1 (45.1%) |
| 192 | WOLSKI Adam | 343 | GREENPOWERTEAM | M-OPEN | 192 | 00:07:16.25 | +00:03:59 (54.9%) | 14:32 | 4.1 (45.1%) |
| 193 | DOMAŃSKI Jacek | 190 | WKB META LUBLINIEC | M-OPEN | 193 | 00:07:23.15 | +00:04:06 (55.6%) | 14:46 | 4.1 (45.1%) |
| 194 | ZEMSKI Marek | 249 | | M-OPEN | 194 | 00:07:23.80 | +00:04:07 (55.7%) | 14:46 | 4.1 (45.1%) |
| 195 | DANIEL Damian | 332 | | M-OPEN | 195 | 00:07:27.65 | +00:04:11 (56.1%) | 14:54 | 4 (44.0%) |
| 196 | PIEKUT Robert | 169 | | M-OPEN | 196 | 00:07:28.25 | +00:04:11 (56.1%) | 14:56 | 4 (44.0%) |
| 197 | KRZYSIK Łukasz | 149 | | M-OPEN | 197 | 00:07:31.80 | +00:04:15 (56.5%) | 15:04 | 4 (44.0%) |
| 198 | KORNILUK Bartosz | 298 | | M-OPEN | 198 | 00:07:42.50 | +00:04:25 (57.5%) | 15:26 | 3.9 (42.9%) |
| 199 | KACZMARSKI Michał | 255 | | M-OPEN | 199 | 00:07:48.30 | +00:04:31 (58.0%) | 15:36 | 3.8 (41.8%) |
| 200 | KORCZUCKI Dariusz | 393 | KS TĘCZA | M-OPEN | 200 | 00:07:50.45 | +00:04:33 (58.2%) | 15:40 | 3.8 (41.8%) |
| 201 | CZARNY Mariusz | 69 | ZPKIN | M-OPEN | 201 | 00:07:50.95 | +00:04:34 (58.2%) | 15:42 | 3.8 (41.8%) |
| 202 | DREWNIAK Marcin | 274 | | M-OPEN | 202 | 00:08:00.05 | +00:04:43 (59.0%) | 16:00 | 3.8 (41.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 0.5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|--------------------|-----------|------|--------------------|-------------------|--------------|-------------|
| 203 | NIEDBAŁKA Marcin | 157 | BIEGAM W JÓZEFOWIE | M-OPEN | 203 | 00:08:00.45 | +00:04:43 (59.1%) | 16:02 | 3.7 (40.7%) |
| 204 | TRUSZKOWSKI Jacek | 354 | | M-OPEN | 204 | 00:08:05.10 | +00:04:48 (59.5%) | 16:10 | 3.7 (40.7%) |
| 205 | CZECHOWSKI Jerzy | 277 | MZA-WARSZAWA | M-OPEN | 205 | 00:08:06.45 | +00:04:49 (59.6%) | 16:14 | 3.7 (40.7%) |
| 206 | DYMEL Andrzej | 183 | MARKOWI BIEGACZE | M-OPEN | 206 | 00:08:18.95 | +00:05:02 (60.6%) | 16:38 | 3.6 (39.6%) |
| 207 | KOSIERADZKI Eryk | 330 | TOFINKOWO | M-OPEN | 207 | 00:08:20.10 | +00:05:03 (60.7%) | 16:40 | 3.6 (39.6%) |
| 208 | RADKOWSKI Michał | 325 | | M-OPEN | 208 | 00:08:31.85 | +00:05:15 (61.6%) | 17:04 | 3.5 (38.5%) |
| 209 | SZOSTAKOWSKI Jarosław | 3 | BIEGAMY Z OCHOTĄ | M-OPEN | 209 | 00:08:33.10 | +00:05:16 (61.7%) | 17:06 | 3.5 (38.5%) |
| 210 | KLICH Piotr | 103 | | M-OPEN | 210 | 00:08:41.70 | +00:05:25 (62.3%) | 17:24 | 3.4 (37.4%) |
| 211 | TOMASZEWSKI Sławomir | 200 | | M-OPEN | 211 | 00:09:05.85 | +00:05:49 (64.0%) | 18:10 | 3.3 (36.3%) |
| 212 | KOPYTOWSKI Jerzy | 22 | ZPKIN | M-OPEN | 212 | 00:12:33.10 | +00:09:16 (73.9%) | 25:06 | 2.4 (26.4%) |

Znaleziono 212 wynik(ów)