



Event:
Organiser:
Date:
Place:
Distance:

XXV BIEG NIEPODLEGŁOŚCI - Białoteka 2022
Urząd Dzielnicy Warszawa – Białoteka
2022-11-11
Warszawa
5.0 km

12. OPEN KOBIET I MĘŻCZYZN

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	MCat	Mieszkaniec Białoteki	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	BIERNACKI Michał	723		Mężczyźni 1		Tak	00:17:51.65	00:17:52.95		3:34	16.8 (100%)
2	CENTKOWSKI Łukasz	1125	LKS OSUCHÓW	Mężczyźni 2			00:17:57.60	00:17:58.90	+00:00:05 (0.6%)	3:35	16.7 (99.4%)
3	KOBYŁECKI Mateusz	827	SZYMANOWSKI TRIATHLON TEAM	Mężczyźni 3			00:18:17.30	00:18:18.90	+00:00:25 (2.4%)	3:39	16.4 (97.6%)
4	KUREK Jarosław	854	WOJSKOWA AKADEMIA TECHNICZNA	Mężczyźni 4		Tak	00:18:27.55	00:18:29.00	+00:00:36 (3.3%)	3:41	16.3 (97.0%)
5	HILDEBRAND Marcin	786	BIEGAM NA TARCHOMINIE	Mężczyźni 5		Tak	00:18:31.45	00:18:33.55	+00:00:40 (3.6%)	3:42	16.2 (96.4%)
6	MIOTK Marcin	909	MIOTK.PL	Mężczyźni 6		Tak	00:18:36.25	00:18:38.05	+00:00:45 (4.0%)	3:43	16.1 (95.8%)
7	SKWARCZ Paweł	984		Mężczyźni 7		Tak	00:18:47.95	00:18:49.45	+00:00:56 (5.0%)	3:45	16 (95.2%)
8	PYRZAK Paweł	963	BIEGANIEPO40.PL	Mężczyźni 8		Tak	00:18:56.50	00:18:56.50	+00:01:03 (5.6%)	3:47	15.8 (94.0%)
9	STYRNIK Krystian	1004		Mężczyźni 9			00:19:10.50	00:19:11.80	+00:01:18 (6.8%)	3:50	15.7 (93.5%)
10	TKACZYK Adam	1032	ADAM TKACZYK	Mężczyźni 10			00:19:44.90	00:19:46.65	+00:01:53 (9.6%)	3:56	15.2 (90.5%)
11	MIELCZAREK Krzysztof	904	BIEGAM NA TARCHOMINIE	Mężczyźni 11		Tak	00:20:20.40	00:20:22.70	+00:02:29 (12.2%)	4:04	14.8 (88.1%)
12	ZARODKIEWICZ Dawid	1066	ZASUWAJ	Mężczyźni 12			00:20:20.75	00:20:23.00	+00:02:30 (12.3%)	4:04	14.8 (88.1%)
13	GOZDEK Radek	777	BIEGANIEPO40.PL	Mężczyźni 13		Tak	00:20:23.50	00:20:25.10	+00:02:32 (12.4%)	4:04	14.7 (87.5%)
14	LEWIŃSKI Andrzej	868		Mężczyźni 14			00:20:26.85	00:20:29.40	+00:02:36 (12.7%)	4:05	14.7 (87.5%)
15	ŚLUSARCZYK Katarzyna	1025	OK!SPORT	Kobiety 1			00:20:33.25	00:20:35.90	+00:02:42 (13.2%)	4:06	14.6 (86.9%)

Place	Participant	Number	Club	Category	MCat	Mieszkaniec Białoleęki	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
16	SZMIGIELSKI Mateusz	1014		Mężczyźni	15		00:20:42.20	00:20:44.85	+00:02:51 (13.8%)	4:08	14.5 (86.3%)
17	MICHALCZYK Bartek	901	BRAK	Mężczyźni	16	Tak	00:20:31.95	00:20:46.10	+00:02:53 (13.9%)	4:06	14.6 (86.9%)
18	CZERWIŃSKA Katarzyna	747		Kobiety	2		00:20:48.50	00:20:50.70	+00:02:57 (14.2%)	4:09	14.4 (85.7%)
19	SZYMAŃSKI Andrzej	1019		Mężczyźni	17	Tak	00:20:54.60	00:21:00.30	+00:03:07 (14.9%)	4:10	14.4 (85.7%)
20	MŁYNARCZYK Marcin	912	SP257/CROSSFIT ELEKTROMOC	Mężczyźni	18		00:21:03.25	00:21:07.60	+00:03:14 (15.4%)	4:12	14.3 (85.1%)
21	BIELECKI Jakub	722		Mężczyźni	19		00:21:13.95	00:21:17.90	+00:03:24 (16.0%)	4:14	14.1 (83.9%)
22	KWIETNIEWSKI Mariusz	861	NAPRZÓD MŁOCINY	Mężczyźni	20		00:21:17.40	00:21:20.55	+00:03:27 (16.2%)	4:15	14.1 (83.9%)
23	ŚLIMKO Daniel	1024		Mężczyźni	21	Tak	00:21:26.60	00:21:34.05	+00:03:41 (17.1%)	4:17	14 (83.3%)
24	KARBOWIAK Marcelina	811		Kobiety	3	Tak	00:21:47.40	00:21:49.80	+00:03:56 (18.1%)	4:21	13.8 (82.1%)
25	NOWOCIEŃ Jacek	926	UCZNIOWSKI KLUB SPORTOWY RUSIEC	M60+	1		00:21:47.20	00:21:52.25	+00:03:59 (18.2%)	4:21	13.8 (82.1%)
26	JAWORSKI Piotr	11	MARKOWI BIEGACZE	Mężczyźni	22		00:22:08.80	00:22:12.15	+00:04:19 (19.5%)	4:25	13.6 (81.0%)
27	BALCEK Mariusz	950		Mężczyźni	23	Tak	00:22:10.85	00:22:13.70	+00:04:20 (19.6%)	4:26	13.5 (80.4%)
28	KOZAKOWSKI Marcin	838	KOZAKI	Mężczyźni	24		00:22:13.45	00:22:17.60	+00:04:24 (19.8%)	4:26	13.5 (80.4%)
29	PRĘDOTA Krzysztof	958	TARCHOMIN TRIATHLON TEAM	Mężczyźni	25	Tak	00:22:13.15	00:22:17.90	+00:04:24 (19.8%)	4:26	13.5 (80.4%)
30	PAWŁOWSKI Artur	939		Mężczyźni	26		00:22:15.70	00:22:19.25	+00:04:26 (19.9%)	4:27	13.5 (80.4%)
31	MOSTOWSKI Artur	915	TRI LYNX	Mężczyźni	27		00:22:14.80	00:22:19.95	+00:04:27 (19.9%)	4:26	13.5 (80.4%)
32	WŁODKOWSKI Robert	1057		Mężczyźni	28	Tak	00:22:13.95	00:22:21.75	+00:04:28 (20.0%)	4:26	13.5 (80.4%)
33	KOŁODZIEJ Mirosław	831	WOLNY KRAFT	Mężczyźni	29		00:22:15.75	00:22:21.95	+00:04:29 (20.0%)	4:27	13.5 (80.4%)
34	MICHNOWSKI Sebastian	903	BIEGAM NA TARCHOMINIE	Mężczyźni	30	Tak	00:22:23.05	00:22:28.05	+00:04:35 (20.4%)	4:28	13.4 (79.8%)
35	MIRKIEWICZ Andrzej	910	PARKRUN PRUSZKÓW	M60+	2		00:22:34.35	00:22:36.35	+00:04:43 (20.9%)	4:30	13.3 (79.2%)
36	SKRZYPEK Michał	983		Mężczyźni	31		00:22:36.65	00:22:40.20	+00:04:47 (21.1%)	4:31	13.3 (79.2%)
37	ŁATKOWSKI Łukasz	876	GRUPA BIEGOWA CHTMO	Mężczyźni	32		00:22:22.05	00:22:40.25	+00:04:47 (21.1%)	4:28	13.4 (79.8%)
38	MAŁECKI Piotr	891	LEMIESZ TEAM	Mężczyźni	33		00:22:47.15	00:22:50.60	+00:04:57 (21.7%)	4:33	13.2 (78.6%)

Place	Participant	Number	Club	Category	MCat	Mieszkaniec Białoleki	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
39	ZIELIŃSKI Tomek	1071		Mężczyźni	34	Tak	00:22:44.45	00:22:54.65	+00:05:01 (21.9%)	4:32	13.2 (78.6%)
40	ŻEBROWSKI Wiktor	1073		Mężczyźni	35		00:23:03.25	00:23:05.00	+00:05:12 (22.5%)	4:36	13 (77.4%)
41	KODA Eugeniusz	828	TEAM ZABIEGANEDNI	M60+	3		00:23:10.05	00:23:16.70	+00:05:23 (23.2%)	4:38	12.9 (76.8%)
42	ZDUNEK Michał	1068		Mężczyźni	36	Tak	00:23:18.10	00:23:23.40	+00:05:30 (23.5%)	4:39	12.9 (76.8%)
43	KUCHAREK Paweł	848		Mężczyźni	37	Tak	00:23:17.55	00:23:24.75	+00:05:31 (23.6%)	4:39	12.9 (76.8%)
44	FELIŃSKI Daniel	761		Mężczyźni	38		00:23:05.50	00:23:26.15	+00:05:33 (23.7%)	4:37	13 (77.4%)
45	SKOWROŃSKI Bartosz	981		Mężczyźni	39		00:23:06.65	00:23:28.65	+00:05:35 (23.8%)	4:37	13 (77.4%)
46	ŚLUSARCZYK Anna	1026	PURKRUN PRUSZKÓW	Kobiety	4		00:23:29.35	00:23:33.30	+00:05:40 (24.1%)	4:41	12.8 (76.2%)
47	KOZERSKA Weronika	210		Kobiety	5		00:23:29.35	00:23:38.60	+00:05:45 (24.4%)	4:41	12.8 (76.2%)
48	MAMLA Zbigniew	892	BIEGIEM NA KAWĘ	Mężczyźni	40	Tak	00:23:38.20	00:23:42.45	+00:05:49 (24.6%)	4:43	12.7 (75.6%)
49	SADOWSKA Marzena	972	SADOSZCZAKI	Kobiety	6	Tak	00:23:38.80	00:23:44.70	+00:05:51 (24.7%)	4:43	12.7 (75.6%)
50	GRZESIK Marcin	782	GRUPA BIEGOWA CHTMO	Mężczyźni	41		00:23:35.05	00:23:46.90	+00:05:53 (24.8%)	4:43	12.7 (75.6%)
51	KISZKOWIAK Łukasz	823	WAT	Mężczyźni	42		00:23:47.85	00:23:54.80	+00:06:01 (25.2%)	4:45	12.6 (75.0%)
52	PRZYBYSZ Tomasz	961		Mężczyźni	43	Tak	00:23:38.15	00:23:56.60	+00:06:03 (25.3%)	4:43	12.7 (75.6%)
53	FRONCZAK Paweł	769		Mężczyźni	44		00:23:54.90	00:23:57.75	+00:06:04 (25.4%)	4:46	12.6 (75.0%)
54	KANIA Paweł	810	BIEGAM NA TARCHOMINIE	Mężczyźni	45	Tak	00:23:27.85	00:24:00.65	+00:06:07 (25.5%)	4:41	12.8 (76.2%)
55	CHODNIEWICZ Michał	735		Mężczyźni	46		00:23:59.15	00:24:03.95	+00:06:11 (25.7%)	4:47	12.5 (74.4%)
56	AUGUSTYŃSKA-ŚMIETAŁO Iwona	702	BIEGAM NA TARCHOMINIE	Kobiety	7	Tak	00:23:53.70	00:24:04.05	+00:06:11 (25.7%)	4:46	12.6 (75.0%)
57	PRZYBYSZ Andrzej	960		Mężczyźni	47		00:24:02.05	00:24:06.40	+00:06:13 (25.8%)	4:48	12.5 (74.4%)
58	BĘBENEK Tomasz	717		Mężczyźni	48	Tak	00:23:59.20	00:24:07.65	+00:06:14 (25.9%)	4:47	12.5 (74.4%)
59	STRZELECKI Piotr	1077	MARKOWI BIEGACZE	Mężczyźni	49		00:24:13.05	00:24:17.10	+00:06:24 (26.4%)	4:50	12.4 (73.8%)
60	SZYSZKO Ewa	1021	MARKOWI BIEGACZE	Kobiety	8		00:24:15.75	00:24:21.40	+00:06:28 (26.6%)	4:51	12.4 (73.8%)
61	KOZERSKI Łukasz	217		Mężczyźni	50		00:24:24.80	00:24:34.20	+00:06:41 (27.2%)	4:52	12.3 (73.2%)

Place	Participant	Number	Club	Category	MCat	Mieszkaniec Białoleęki	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
62	ŚNIEG Mariusz	1027		Mężczyźni	51		00:24:33.40	00:24:39.60	+00:06:46 (27.5%)	4:54	12.2 (72.6%)
63	PRĘDKI Marcin	957		Mężczyźni	52	Tak	00:24:31.40	00:24:44.95	+00:06:52 (27.7%)	4:54	12.2 (72.6%)
64	FALKOWSKI Łukasz	760		Mężczyźni	53		00:24:37.65	00:24:46.75	+00:06:53 (27.8%)	4:55	12.2 (72.6%)
65	SZWARC Radosław	1016		Mężczyźni	54		00:24:46.50	00:24:49.65	+00:06:56 (28.0%)	4:57	12.1 (72.0%)
66	KARPIŃSKI Marcin	814		Mężczyźni	55	Tak	00:24:41.45	00:24:50.15	+00:06:57 (28.0%)	4:56	12.2 (72.6%)
67	ŚCIBOR Marcin	1022	RUCH IZBICA	Mężczyźni	56		00:24:39.00	00:24:53.05	+00:07:00 (28.1%)	4:55	12.2 (72.6%)
68	GIEGIEL Łukasz	772		Mężczyźni	57		00:24:58.35	00:25:01.00	+00:07:08 (28.5%)	4:59	12 (71.4%)
69	OWOC Tomasz	935	PKO BANK POLSKI / NEW BALANCE RUN CLUB	Mężczyźni	58		00:24:47.30	00:25:01.25	+00:07:08 (28.5%)	4:57	12.1 (72.0%)
70	WIECHETEK Artur	1046	STG WARSZAWA	Mężczyźni	59		00:24:36.10	00:25:04.35	+00:07:11 (28.7%)	4:55	12.2 (72.6%)
71	NAZIMEK Mariusz	919	PRZYBYSZE Z MATPLANETY	Mężczyźni	60		00:24:30.15	00:25:10.90	+00:07:17 (29.0%)	4:54	12.2 (72.6%)
72	OLEKSIAK Piotr	928		Mężczyźni	61	Tak	00:25:00.25	00:25:13.80	+00:07:20 (29.1%)	5:00	12 (71.4%)
73	KOBYLEC Artur	826		Mężczyźni	62		00:24:47.95	00:25:14.95	+00:07:22 (29.2%)	4:57	12.1 (72.0%)
74	OSUCH Dariusz	934		Mężczyźni	63		00:25:00.10	00:25:17.30	+00:07:24 (29.3%)	5:00	12 (71.4%)
75	PÓŁKOSZEK Tomasz	956		Mężczyźni	64	Tak	00:25:05.30	00:25:25.90	+00:07:32 (29.7%)	5:01	12 (71.4%)
76	BABULA Jarosław	704		Mężczyźni	65		00:25:22.75	00:25:26.50	+00:07:33 (29.7%)	5:04	11.8 (70.2%)
77	WOLNY Michał	1058		Mężczyźni	66	Tak	00:25:23.20	00:25:26.70	+00:07:33 (29.7%)	5:04	11.8 (70.2%)
78	FILIPKOWSKI Adam	1102		Mężczyźni	67		00:25:21.90	00:25:30.55	+00:07:37 (29.9%)	5:04	11.8 (70.2%)
79	MATHEA Jacek	894		Mężczyźni	68	Tak	00:24:45.60	00:25:35.65	+00:07:42 (30.1%)	4:57	12.1 (72.0%)
80	KUSY Marcin	857		Mężczyźni	69		00:25:28.40	00:25:39.25	+00:07:46 (30.3%)	5:05	11.8 (70.2%)
81	ZGÓRZAK Adam	1096		Mężczyźni	70	Tak	00:25:40.20	00:25:44.10	+00:07:51 (30.5%)	5:08	11.7 (69.6%)
82	LEWANDOWSKI Piotr	867		Mężczyźni	71	Tak	00:25:29.70	00:25:44.30	+00:07:51 (30.5%)	5:05	11.8 (70.2%)
83	SZEWczyk Tomasz	1013		Mężczyźni	72	Tak	00:25:39.45	00:25:44.90	+00:07:51 (30.5%)	5:07	11.7 (69.6%)
84	MOKWIŃSKI Piotr	914		Mężczyźni	73		00:25:41.40	00:25:47.75	+00:07:54 (30.7%)	5:08	11.7 (69.6%)

Place	Participant	Number	Club	Category	MCat	Mieszkaniec Białołęki	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
85	FILIPKOWSKI Filip	1103		Mężczyźni	74		00:25:44.90	00:25:53.55	+00:08:00 (30.9%)	5:08	11.7 (69.6%)
86	DZYRUK Maciej	758		Mężczyźni	75		00:25:48.00	00:25:55.55	+00:08:02 (31.0%)	5:09	11.6 (69.0%)
87	FLORCZUK Martyna	766	FOREVER TEAM	Kobiety	9		00:25:49.85	00:25:56.75	+00:08:03 (31.1%)	5:09	11.6 (69.0%)
88	CIEĆWIERZ Adam	740		Mężczyźni	76		00:25:37.30	00:25:57.35	+00:08:04 (31.1%)	5:07	11.7 (69.6%)
89	CHODUN Paweł	736		Mężczyźni	77		00:25:52.80	00:25:59.50	+00:08:06 (31.2%)	5:10	11.6 (69.0%)
90	KOT Mikołaj	834		Mężczyźni	78	Tak	00:25:49.20	00:26:06.55	+00:08:13 (31.5%)	5:09	11.6 (69.0%)
91	BARDZIŃSKI Łukasz	714		Mężczyźni	79		00:25:57.20	00:26:06.75	+00:08:13 (31.5%)	5:11	11.6 (69.0%)
92	TARCHAŁA Dariusz	1029		Mężczyźni	80	Tak	00:25:42.05	00:26:08.15	+00:08:15 (31.6%)	5:08	11.7 (69.6%)
93	FLORCZUK Piotr	1101	FOREVER TEAM	Mężczyźni	81		00:25:54.90	00:26:08.75	+00:08:15 (31.6%)	5:10	11.6 (69.0%)
94	WRONIEWSKI Grzegorz	1062		Mężczyźni	82		00:25:54.25	00:26:16.65	+00:08:23 (31.9%)	5:10	11.6 (69.0%)
95	ŁUKOMSKI Karol	879		Mężczyźni	83		00:26:13.50	00:26:18.95	+00:08:26 (32.0%)	5:14	11.4 (67.9%)
96	SZELWACHOWSKI Dariusz	1011		Mężczyźni	84		00:26:18.30	00:26:22.55	+00:08:29 (32.2%)	5:15	11.4 (67.9%)
97	ŻELEZIK-WOŹNICKA Katarzyna	1074	AIR INVEST TEAM	Kobiety	10		00:25:58.80	00:26:23.45	+00:08:30 (32.2%)	5:11	11.6 (69.0%)
98	JEZIERSKI Lukasz	798		Mężczyźni	85		00:26:07.70	00:26:25.30	+00:08:32 (32.3%)	5:13	11.5 (68.5%)
99	ŁATKOWSKA Monika	875		Kobiety	11		00:26:05.30	00:26:27.10	+00:08:34 (32.4%)	5:13	11.5 (68.5%)
100	PTASZNIK Maciej	222	DOGOŃ GRODZISK MAZOWIECKI	Mężczyźni	86		00:26:24.95	00:26:27.20	+00:08:34 (32.4%)	5:16	11.4 (67.9%)
101	JEŻEWSKI Michał	799	KYOKO WARSZAWA	Mężczyźni	87		00:26:15.90	00:26:34.65	+00:08:41 (32.7%)	5:15	11.4 (67.9%)
102	GÓRALCZYK Maciej	1115		Mężczyźni	88	Tak	00:25:48.85	00:26:34.85	+00:08:41 (32.7%)	5:09	11.6 (69.0%)
103	WIERBIŁOWICZ Dariusz	1047		Mężczyźni	89		00:26:31.00	00:26:38.50	+00:08:45 (32.9%)	5:18	11.3 (67.3%)
104	WOŹNICKI Rafał	1061	AIR INVEST TEAM	Mężczyźni	90		00:26:19.10	00:26:43.25	+00:08:50 (33.1%)	5:15	11.4 (67.9%)
105	FIEJTEK Piotr	763		Mężczyźni	91	Tak	00:26:33.65	00:26:46.45	+00:08:53 (33.2%)	5:18	11.3 (67.3%)
106	BUCHALSKA Ewa	731	EKOBIEGI	Kobiety	12		00:26:31.80	00:26:47.50	+00:08:54 (33.3%)	5:18	11.3 (67.3%)
107	KUREK Jacek	855		Mężczyźni	92		00:26:21.45	00:26:47.95	+00:08:55 (33.3%)	5:16	11.4 (67.9%)

Place	Participant	Number	Club	Category	MCat	Mieszkaniec Białoleęki	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
108	ORZYŁOWSKA Katarzyna	930		Kobiety	13		00:26:38.10	00:26:48.30	+00:08:55 (33.3%)	5:19	11.3 (67.3%)
109	KRAWCZYK Wojciech	842	BIEGAM NA TARCHOMINIE	Mężczyźni	93	Tak	00:26:24.95	00:26:48.60	+00:08:55 (33.3%)	5:16	11.4 (67.9%)
110	DOBOSZ Piotr	752	WŚCIEKŁE PIĘŚCI WĘŻA	Mężczyźni	94	Tak	00:26:27.75	00:26:50.55	+00:08:57 (33.4%)	5:17	11.3 (67.3%)
111	SABAJ Kamil	971		Mężczyźni	95		00:26:45.70	00:26:52.10	+00:08:59 (33.4%)	5:21	11.2 (66.7%)
112	WILEŃSKI Zbigniew	1050	GRUPA BIEGOWA CHTMO	Mężczyźni	96		00:26:32.60	00:26:53.20	+00:09:00 (33.5%)	5:18	11.3 (67.3%)
113	WIERNIK Daniel	1048		Mężczyźni	97	Tak	00:26:46.60	00:26:54.00	+00:09:01 (33.5%)	5:21	11.2 (66.7%)
114	KRYPA Jan	844		M60+	4		00:26:48.15	00:26:58.20	+00:09:05 (33.7%)	5:21	11.2 (66.7%)
115	KOKOSIŃSKI Tomek	829		Mężczyźni	98		00:26:50.45	00:27:01.85	+00:09:08 (33.8%)	5:22	11.2 (66.7%)
116	DOMINIAK Zbigniew	753	ORANGE POLSKA	Mężczyźni	99	Tak	00:26:52.60	00:27:04.05	+00:09:11 (33.9%)	5:22	11.2 (66.7%)
117	KEMPA Piotr	821		Mężczyźni	100		00:26:52.60	00:27:04.95	+00:09:12 (34.0%)	5:22	11.2 (66.7%)
118	PAZIEWSKI Andrzej	940	BIEGAM NA TARCHOMINIE	Mężczyźni	101	Tak	00:26:52.90	00:27:07.05	+00:09:14 (34.1%)	5:22	11.2 (66.7%)
119	MIŁOSZ Marek	906		Mężczyźni	102	Tak	00:26:49.10	00:27:07.25	+00:09:14 (34.1%)	5:21	11.2 (66.7%)
120	CZERNIGOWSKI Szymon	746		Mężczyźni	103		00:26:49.30	00:27:10.55	+00:09:17 (34.2%)	5:21	11.2 (66.7%)
121	NOWAK Jerzy	1129	PWPW	Mężczyźni	104	Tak	00:26:51.20	00:27:19.00	+00:09:26 (34.5%)	5:22	11.2 (66.7%)
122	JUREK Grzegorz	803	ACONTIS	Mężczyźni	105	Tak	00:27:01.65	00:27:20.05	+00:09:27 (34.6%)	5:24	11.1 (66.1%)
123	TARCHAŁA Michał	1030		Mężczyźni	106	Tak	00:27:10.80	00:27:35.85	+00:09:42 (35.2%)	5:26	11 (65.5%)
124	POLIŃSKI Paweł	953		Mężczyźni	107		00:27:31.70	00:27:37.00	+00:09:44 (35.2%)	5:30	10.9 (64.9%)
125	FREITES Luis	1111	WOLNAWENEZUELA	M60+	5		00:27:07.05	00:27:37.80	+00:09:44 (35.3%)	5:25	11.1 (66.1%)
126	BITOWSKI Hubert	724		Mężczyźni	108		00:27:04.30	00:27:39.45	+00:09:46 (35.3%)	5:24	11.1 (66.1%)
127	KOT Tomasz	835		Mężczyźni	109	Tak	00:27:25.80	00:27:40.75	+00:09:47 (35.4%)	5:29	10.9 (64.9%)
128	GAWLIK Arkadiusz	771	BIEGAM NA TARCHOMINIE	Mężczyźni	110	Tak	00:27:25.60	00:27:43.25	+00:09:50 (35.5%)	5:29	10.9 (64.9%)
129	BAJDAŁA Robert	706		Mężczyźni	111		00:27:11.25	00:27:43.60	+00:09:50 (35.5%)	5:26	11 (65.5%)
130	ISASI-KURAN Agata	788	MARKOWI BIEGACZE	Kobiety	14		00:27:10.90	00:27:44.40	+00:09:51 (35.5%)	5:26	11 (65.5%)

				Mieszkaniec Białoleki			Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
Place	Participant	Number	Club	Category	MCat						
131	PNIEWSKI Rafał	948	BIEGAM NA TARCHOMINIE	Mężczyźni	112		00:27:35.75	00:27:49.10	+00:09:56 (35.7%)	5:31	10.9 (64.9%)
132	FRANECKI Jarosław	767		M60+	6	Tak	00:27:42.05	00:27:49.45	+00:09:56 (35.7%)	5:32	10.8 (64.3%)
133	FRĄCKIEWICZ Dariusz	768	BIEGAM NA TARCHOMINIE	Mężczyźni	113	Tak	00:27:32.80	00:27:50.35	+00:09:57 (35.8%)	5:30	10.9 (64.9%)
134	NITAK Łukasz	1097		Mężczyźni	114		00:27:47.90	00:27:53.20	+00:10:00 (35.9%)	5:33	10.8 (64.3%)
135	KOLIBABSKI Radosław	830		Mężczyźni	115	Tak	00:27:17.95	00:27:59.15	+00:10:06 (36.1%)	5:27	11 (65.5%)
136	ŚLEDZIEWSKA Dominika	1023		Kobiety	15		00:27:47.60	00:27:59.20	+00:10:06 (36.1%)	5:33	10.8 (64.3%)
137	GUT Sebastian	784	T-MOBILE SPORT TEAM	Mężczyźni	116	Tak	00:27:37.95	00:28:00.35	+00:10:07 (36.1%)	5:31	10.9 (64.9%)
138	DRASZAWKA Łukasz	754	POWER TRAINING	Mężczyźni	117		00:27:33.55	00:28:00.55	+00:10:07 (36.2%)	5:30	10.9 (64.9%)
139	WIŚNIEWSKA Aneta	1053		Kobiety	16	Tak	00:27:51.05	00:28:02.80	+00:10:09 (36.2%)	5:34	10.8 (64.3%)
140	ŚWIDERSKI Darek	1028	POLYPHARM	Mężczyźni	118		00:27:53.05	00:28:03.90	+00:10:10 (36.3%)	5:34	10.8 (64.3%)
140	TRUSZKOWSKA Marta	1039	BESTIE OCR LEGIONOWO	Kobiety	17		00:27:48.70	00:28:03.90	+00:10:10 (36.3%)	5:33	10.8 (64.3%)
142	SKOWROŃSKI Wojciech	105		Mężczyźni	119		00:27:46.60	00:28:04.40	+00:10:11 (36.3%)	5:33	10.8 (64.3%)
143	HRYCIUK Katarzyna	787		Kobiety	18		00:27:46.10	00:28:04.60	+00:10:11 (36.3%)	5:33	10.8 (64.3%)
144	BAK Łukasz	716	BIEGIEM DO AGD SEROCK	Mężczyźni	120		00:27:32.05	00:28:06.35	+00:10:13 (36.4%)	5:30	10.9 (64.9%)
145	LUGE Maksymilian	874	-	Mężczyźni	121		00:27:47.30	00:28:08.80	+00:10:15 (36.5%)	5:33	10.8 (64.3%)
146	WACH Michał	1044	BIEGAM NA TARCHOMINIE	Mężczyźni	122	Tak	00:27:57.30	00:28:08.85	+00:10:15 (36.5%)	5:35	10.7 (63.7%)
147	KRUPIŃSKA Wioletta	843		Kobiety	19		00:27:51.10	00:28:13.20	+00:10:20 (36.6%)	5:34	10.8 (64.3%)
148	SZCZYGIEŁ Piotr	1010	SZCZYGIEŁ NA KRUPNIKU	Mężczyźni	123		00:27:50.95	00:28:13.50	+00:10:20 (36.6%)	5:34	10.8 (64.3%)
149	JANKOWSKA Wioletta	790		Kobiety	20		00:28:12.00	00:28:18.90	+00:10:25 (36.8%)	5:38	10.6 (63.1%)
150	BŁASZCZYŃSKI Witold	725		Mężczyźni	124	Tak	00:27:49.50	00:28:19.05	+00:10:26 (36.9%)	5:33	10.8 (64.3%)
151	DUDZIŃSKI Przemysław	757		Mężczyźni	125		00:27:56.60	00:28:19.20	+00:10:26 (36.9%)	5:35	10.7 (63.7%)
152	BRODECKI Krzysiek	729		Mężczyźni	126		00:28:07.40	00:28:23.25	+00:10:30 (37.0%)	5:37	10.7 (63.7%)
153	LEZNER Karolina	869		Kobiety	21		00:28:17.00	00:28:24.80	+00:10:31 (37.1%)	5:39	10.6 (63.1%)

					Mieszkaniec Białoleęki	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
Place	Participant	Number	Club	Category	MCat					
154	CIEŚLIKOWSKA Dominika	741		Kobiety	22		00:28:15.95	00:28:27.50	+00:10:34 (37.2%)	5:39 10.6 (63.1%)
155	JEZIERSKI Jan	797		M60+	7		00:28:11.45	00:28:27.80	+00:10:34 (37.2%)	5:38 10.6 (63.1%)
156	MALANOWICZ Michał	889		Mężczyźni	127		00:27:57.55	00:28:30.35	+00:10:37 (37.3%)	5:35 10.7 (63.7%)
157	RASIŃSKA Agnieszka	964		Kobiety	23		00:28:07.25	00:28:32.30	+00:10:39 (37.3%)	5:37 10.7 (63.7%)
158	SKOROPADYK Yulan	979	SKOLIAN	Mężczyźni	128		00:28:10.10	00:28:35.55	+00:10:42 (37.5%)	5:38 10.7 (63.7%)
159	BIAŁORUCKI Piotr	718		Mężczyźni	129		00:28:27.45	00:28:36.20	+00:10:43 (37.5%)	5:41 10.5 (62.5%)
160	SZABRAŃSKI Piotr	1008	64 BATALION LEKKIEJ PIECHOTY W POMIECHÓWKU	Mężczyźni	130		00:28:28.65	00:28:36.60	+00:10:43 (37.5%)	5:41 10.5 (62.5%)
161	KUŚMIREK-KOWAL Joanna	858	BIEGAM NA TARCHOMINIE	Kobiety	24		00:28:20.60	00:28:36.95	+00:10:44 (37.5%)	5:40 10.6 (63.1%)
162	TOMASZEWSKA Krystyna	1035	PARKRUN PRUSZKÓW	K60+	1		00:28:34.80	00:28:38.25	+00:10:45 (37.6%)	5:42 10.5 (62.5%)
163	BAKUŁA Wiesław	708	WAMPIR	Mężczyźni	131		00:28:25.65	00:28:42.45	+00:10:49 (37.7%)	5:41 10.6 (63.1%)
164	BRUDNY Arkadiusz	1099	PRZYBYSZE Z MATPLANETY	Mężczyźni	132		00:28:04.70	00:28:46.45	+00:10:53 (37.9%)	5:36 10.7 (63.7%)
165	KACZMAREK Katarzyna	806	MARKOWI BIEGACZE	Kobiety	25		00:28:19.85	00:28:47.45	+00:10:54 (37.9%)	5:39 10.6 (63.1%)
166	OSIŃSKI Stanisław	933		70+	1		00:28:55.85	00:28:58.80	+00:11:05 (38.3%)	5:47 10.4 (61.9%)
167	SIEWERT Marcin	974		Mężczyźni	133		00:28:51.60	00:28:59.85	+00:11:06 (38.3%)	5:46 10.4 (61.9%)
168	KATNER Tomasz	819		Mężczyźni	134		00:28:38.45	00:29:02.40	+00:11:09 (38.4%)	5:43 10.5 (62.5%)
169	GÓRALCZUK Mateusz	778		Mężczyźni	135		00:28:17.85	00:29:04.70	+00:11:11 (38.5%)	5:39 10.6 (63.1%)
170	FLORCZUK Agnieszka	765	FOREVER TEAM	Kobiety	26		00:28:53.15	00:29:05.45	+00:11:12 (38.5%)	5:46 10.4 (61.9%)
171	KUCIŃSKA Magdalena	852		Kobiety	27		00:28:31.35	00:29:10.30	+00:11:17 (38.7%)	5:42 10.5 (62.5%)
172	SZYMAŃSKA Kamila	1017		Kobiety	28		00:28:59.50	00:29:11.60	+00:11:18 (38.7%)	5:47 10.4 (61.9%)
173	CYGANIAK Wiesław	744		M60+	8		00:28:58.95	00:29:11.75	+00:11:18 (38.7%)	5:47 10.4 (61.9%)
174	KURJANOWICZ Dominika	856		Kobiety	29		00:29:09.55	00:29:13.30	+00:11:20 (38.8%)	5:49 10.3 (61.3%)
175	MUSZYŃSKI Sebastian	917	PRZYBYSZE Z MATPLANETY	Mężczyźni	136		00:28:37.35	00:29:20.05	+00:11:27 (39.0%)	5:43 10.5 (62.5%)
176	MACURA Wiktor	885		Mężczyźni	137		00:28:41.30	00:29:21.35	+00:11:28 (39.1%)	5:44 10.5 (62.5%)

						Mieszkaniec Białoleki	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
Place	Participant	Number	Club	Category	MCat						
177	STROMECKI Marcin	1003	BFM	Mężczyźni	138	Tak	00:28:18.60	00:29:22.15	+00:11:29 (39.1%)	5:39	10.6 (63.1%)
178	PIKULIŃSKA Iwona	946		Kobiety	30		00:29:00.30	00:29:25.60	+00:11:32 (39.2%)	5:48	10.3 (61.3%)
179	PIEKARCZYK Mirek	941		Mężczyźni	139		00:28:58.95	00:29:26.75	+00:11:33 (39.3%)	5:47	10.4 (61.9%)
180	LISIAK Mateusz	872	DAFTEAM	Mężczyźni	140		00:28:42.00	00:29:27.95	+00:11:35 (39.3%)	5:44	10.5 (62.5%)
181	POBIERZYN Sebastian	949	DECATHLON DAF	Mężczyźni	141		00:28:44.10	00:29:30.15	+00:11:37 (39.4%)	5:44	10.4 (61.9%)
182	KMIECIŃSKI Artur	825	QMS	Mężczyźni	142		00:29:12.80	00:29:32.05	+00:11:39 (39.5%)	5:50	10.3 (61.3%)
183	CIMOCHOWSKA-ŚWITALSKA Magdalena	743	BIEGAM NA TARCHOMINIE	Kobiety	31	Tak	00:29:15.70	00:29:32.60	+00:11:39 (39.5%)	5:51	10.3 (61.3%)
184	GOCH Wojtek	775		Mężczyźni	143	Tak	00:29:13.20	00:29:32.75	+00:11:39 (39.5%)	5:50	10.3 (61.3%)
185	MACURA Michał	884		Mężczyźni	144		00:28:59.00	00:29:39.65	+00:11:46 (39.7%)	5:47	10.4 (61.9%)
186	TRZASKO Ania	1040	NEWBALANCERUNCLUB	Kobiety	32		00:29:29.15	00:29:42.60	+00:11:49 (39.8%)	5:53	10.2 (60.7%)
187	ROGUSKI Michał	967		Mężczyźni	145		00:29:14.70	00:29:43.85	+00:11:50 (39.9%)	5:50	10.3 (61.3%)
188	BRALSKI Piotr	728		Mężczyźni	146	Yes	00:29:13.65	00:29:46.60	+00:11:53 (39.9%)	5:50	10.3 (61.3%)
189	PIETRZAK Olaf	944		Mężczyźni	147		00:29:33.25	00:29:47.70	+00:11:54 (40.0%)	5:54	10.2 (60.7%)
190	LAUR Mirosław	863		Mężczyźni	148		00:29:12.55	00:29:51.80	+00:11:58 (40.1%)	5:50	10.3 (61.3%)
191	LEWANDOWSKA Joanna	866		Kobiety	33		00:29:26.15	00:29:52.90	+00:11:59 (40.2%)	5:53	10.2 (60.7%)
192	SUCHODOLSKI Mariusz	1005	DZIKI BIEG	Mężczyźni	149	Tak	00:29:21.55	00:29:56.80	+00:12:03 (40.3%)	5:52	10.2 (60.7%)
193	SUWALD Andrzej	1076	JACEKBIEGA RUNNING TEAM	M60+	9		00:29:28.15	00:29:57.90	+00:12:04 (40.3%)	5:53	10.2 (60.7%)
194	MAZURUK Piotr	900	DAF	Mężczyźni	150		00:29:15.00	00:30:00.05	+00:12:07 (40.4%)	5:51	10.3 (61.3%)
195	KARELIN Bartłomiej	812		Mężczyźni	151		00:29:50.35	00:30:11.25	+00:12:18 (40.8%)	5:58	10.1 (60.1%)
196	SŁOWIAK Klaudia	986		Kobiety	34		00:30:10.35	00:30:21.25	+00:12:28 (41.1%)	6:02	9.9 (58.9%)
197	SROCZYŃSKA Emilia	993		Kobiety	35		00:29:46.30	00:30:22.35	+00:12:29 (41.1%)	5:57	10.1 (60.1%)
198	RÓŻAŃSKA Renata	970	BIEGAM NA BIAŁOLECIE	Kobiety	36	Tak	00:30:27.15	00:30:32.15	+00:12:39 (41.4%)	6:05	9.9 (58.9%)
199	LEWANDOWSKA Monika	865		Kobiety	37		00:30:32.25	00:30:36.80	+00:12:43 (41.6%)	6:06	9.8 (58.3%)

Place	Participant	Number	Club	Category	MCat	Mieszkaniec Białoleęki	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
200	SOŁDECKA Anna	990	SLOW JOGGING BIAŁOLEKA	Kobiety	38		00:30:26.05	00:30:40.70	+00:12:47 (41.7%)	6:05	9.9 (58.9%)
201	MIODUSZEWSKA Karolina	908		Kobiety	39		00:30:06.70	00:30:41.95	+00:12:49 (41.7%)	6:01	10 (59.5%)
202	MŁYŃCZYK Adriana	913		Kobiety	40	Tak	00:30:30.40	00:30:42.75	+00:12:49 (41.8%)	6:06	9.8 (58.3%)
203	PIĘNKOSZ Monika	943		Kobiety	41	Tak	00:30:31.10	00:30:44.75	+00:12:51 (41.8%)	6:06	9.8 (58.3%)
204	KRASNODEBSKA Ewelina	841		Kobiety	42	Tak	00:30:40.90	00:30:46.50	+00:12:53 (41.9%)	6:08	9.8 (58.3%)
205	CHOJNOWSKI Andrzej	737	BIEGAM NA TARCHOMINIE	Mężczyźni	152	Tak	00:30:30.30	00:30:49.45	+00:12:56 (42.0%)	6:06	9.8 (58.3%)
206	DOBOSZ Aneta	751	WŚCIEKŁE PIĘŚCI WĘŻA	Kobiety	43	Tak	00:30:27.90	00:30:51.10	+00:12:58 (42.0%)	6:05	9.9 (58.9%)
207	BIEGUSZEWSKI Patryk	720	PRZYBYSZE Z MATPLANETY	Mężczyźni	153		00:30:13.35	00:30:55.70	+00:13:02 (42.2%)	6:02	9.9 (58.9%)
208	CIEŚLIKOWSKA Grażyna	742		Kobiety	44		00:30:48.55	00:30:59.10	+00:13:06 (42.3%)	6:09	9.7 (57.7%)
209	POTYŃSKA Anna	954	RUN-LOG.COM	Kobiety	45		00:30:47.95	00:30:59.55	+00:13:06 (42.3%)	6:09	9.7 (57.7%)
210	SZWARC Anna	1015		Kobiety	46		00:30:54.70	00:31:00.15	+00:13:07 (42.3%)	6:10	9.7 (57.7%)
211	GRUSZECKI Marek	780		Mężczyźni	154	Tak	00:30:36.35	00:31:02.10	+00:13:09 (42.4%)	6:07	9.8 (58.3%)
212	NOWICKI Adrian	165		Mężczyźni	155		00:30:46.15	00:31:09.75	+00:13:16 (42.6%)	6:09	9.8 (58.3%)
213	WALĘDZIK Edyta	1045		Kobiety	47		00:30:38.85	00:31:10.45	+00:13:17 (42.6%)	6:07	9.8 (58.3%)
214	DĄBROWSKI Andrzej	750		M60+	10		00:30:50.05	00:31:10.80	+00:13:17 (42.6%)	6:10	9.7 (57.7%)
215	WITEK Małgorzata	1055		Kobiety	48		00:30:42.80	00:31:20.85	+00:13:27 (43.0%)	6:08	9.8 (58.3%)
216	KARWOWSKI Mariusz	816	GRUPA BIEGOWA CHTMO	Mężczyźni	156		00:31:01.65	00:31:22.90	+00:13:29 (43.0%)	6:12	9.7 (57.7%)
217	MADEJ Robert	886		Mężczyźni	157	Tak	00:31:02.05	00:31:26.90	+00:13:33 (43.1%)	6:12	9.7 (57.7%)
218	ZOUABI Dorita	1072		Kobiety	49		00:31:07.35	00:31:30.35	+00:13:37 (43.2%)	6:13	9.6 (57.1%)
219	CYRNY Rafał	745		Mężczyźni	158	Tak	00:31:02.90	00:31:35.10	+00:13:42 (43.4%)	6:12	9.7 (57.7%)
220	WIĘCKOWSKA Aneta	1049		Kobiety	50		00:31:08.80	00:31:36.40	+00:13:43 (43.4%)	6:13	9.6 (57.1%)
221	GONET Katarzyna	776	BIEGOWE WTORKI NA TARCHOMINIE	Kobiety	51	Tak	00:31:07.90	00:31:38.15	+00:13:45 (43.5%)	6:13	9.6 (57.1%)
222	ROTTER Małgorzata	968	MARKOWI BIEGACZE	Kobiety	52		00:31:22.55	00:31:52.20	+00:13:59 (43.9%)	6:16	9.6 (57.1%)

						Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
Place	Participant	Number	Club	Category	MCat	Mieszkaniec Białoleęki				
223	BALCERZAK-JAŁTUSZEWSKA Katarzyna	711	MARKOWI BIEGACZE	Kobiety	53		00:31:23.10	00:31:52.60	+00:13:59 (43.9%)	6:16 9.6 (57.1%)
224	BUCHALSKA Barbara	732		Kobiety	54	Tak	00:31:30.30	00:31:52.85	+00:13:59 (43.9%)	6:18 9.5 (56.5%)
225	MACIEJEWSKI Wojciech	882		Mężczyźni	159		00:31:06.10	00:31:53.45	+00:14:00 (43.9%)	6:13 9.6 (57.1%)
226	BABULA Beata	703		Kobiety	55		00:31:38.15	00:31:57.70	+00:14:04 (44.1%)	6:19 9.5 (56.5%)
227	BUJAŁSKI Konrad	733		Mężczyźni	160		00:31:46.45	00:31:57.75	+00:14:04 (44.1%)	6:21 9.4 (56.0%)
228	KOSEWSKA Dorota	833	BIEGAM NA TARCHOMINIE	Kobiety	56	Tak	00:31:34.70	00:31:59.25	+00:14:06 (44.1%)	6:18 9.5 (56.5%)
229	KIRSZ Ewa	822		Kobiety	57	Tak	00:31:45.45	00:32:01.15	+00:14:08 (44.2%)	6:21 9.4 (56.0%)
230	TROCHIMIAK Kamil	1038		Mężczyźni	161	Tak	00:31:31.40	00:32:09.85	+00:14:16 (44.4%)	6:18 9.5 (56.5%)
231	BRALSKA Katarzyna	727		Kobiety	58		00:31:36.40	00:32:10.00	+00:14:17 (44.4%)	6:19 9.5 (56.5%)
232	KURDEJ Łukasz	853		Mężczyźni	162		00:32:05.90	00:32:10.25	+00:14:17 (44.4%)	6:25 9.4 (56.0%)
233	BALCERZAK Tomasz	710		Mężczyźni	163		00:31:51.05	00:32:13.30	+00:14:20 (44.5%)	6:22 9.4 (56.0%)
234	MINDA Marcin	907		Mężczyźni	164		00:31:47.50	00:32:13.70	+00:14:20 (44.5%)	6:21 9.4 (56.0%)
235	CICHECKA Aneta	739		Kobiety	59		00:31:56.15	00:32:14.00	+00:14:21 (44.5%)	6:23 9.4 (56.0%)
236	MARKOWSKA Natalia	893	BRAK	Kobiety	60		00:31:35.95	00:32:14.40	+00:14:21 (44.5%)	6:19 9.5 (56.5%)
237	ZIARKO Joanna	1069		Kobiety	61		00:31:55.20	00:32:16.20	+00:14:23 (44.6%)	6:23 9.4 (56.0%)
238	KASPRZAK Marcin	818		Mężczyźni	165	Tak	00:31:43.60	00:32:18.25	+00:14:25 (44.6%)	6:20 9.5 (56.5%)
239	KOCIK Elżbieta	2		Kobiety	62	Tak	00:31:46.25	00:32:24.15	+00:14:31 (44.8%)	6:21 9.4 (56.0%)
240	MYŚLIŃSKA Anna	123		Kobiety	63	Tak	00:31:49.25	00:32:24.20	+00:14:31 (44.8%)	6:21 9.4 (56.0%)
241	KUCA Grzegorz	13		Mężczyźni	166		00:31:47.50	00:32:24.30	+00:14:31 (44.8%)	6:21 9.4 (56.0%)
242	PASZEK Krystyna	937	WOLNI BIEGACZE GRODZISK MAZ	K60+	2		00:31:57.45	00:32:37.65	+00:14:44 (45.2%)	6:23 9.4 (56.0%)
243	ZAWADZKA-NAZIMEK Joanna	1067	PRZYBYSZE Z MATPLANETY	Kobiety	64		00:32:00.05	00:32:40.20	+00:14:47 (45.3%)	6:24 9.4 (56.0%)
243	KUCICKI Krzysztof	851		Mężczyźni	167	Tak	00:32:01.90	00:32:40.20	+00:14:47 (45.3%)	6:24 9.4 (56.0%)
245	LESIUK Aneta	864		Kobiety	65		00:32:08.00	00:32:41.50	+00:14:48 (45.3%)	6:25 9.3 (55.4%)

Place	Participant	Number	Club	Category	MCat	Mieszkaniec Białoleęki	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
246	PIKIEWICZ Julita	945		Kobiety	66		00:32:15.40	00:32:46.15	+00:14:53 (45.4%)	6:27	9.3 (55.4%)
247	PRĘGOWSKI Grzegorz	959	EKOBIEGI	Mężczyźni	168		00:32:33.65	00:32:53.45	+00:15:00 (45.6%)	6:30	9.2 (54.8%)
248	SROCZYŃSKI Juliusz	994		Mężczyźni	169	Tak	00:32:16.55	00:32:53.95	+00:15:01 (45.6%)	6:27	9.3 (55.4%)
249	SOWA Andrzej	992		Mężczyźni	170		00:32:44.45	00:32:54.40	+00:15:01 (45.7%)	6:32	9.2 (54.8%)
250	GRYGOWSKA Beata	781		Kobiety	67		00:32:49.95	00:32:59.30	+00:15:06 (45.8%)	6:33	9.1 (54.2%)
251	KOWALSKI Grzegorz	837		Mężczyźni	171		00:32:21.50	00:33:03.25	+00:15:10 (45.9%)	6:28	9.3 (55.4%)
252	STASZKIEWICZ Elżbieta	995		Kobiety	68	Tak	00:33:05.65	00:33:08.00	+00:15:15 (46.0%)	6:37	9.1 (54.2%)
253	NEC Paulina	920		Kobiety	69		00:32:48.10	00:33:12.45	+00:15:19 (46.1%)	6:33	9.1 (54.2%)
254	JAROŃ Alicja	793	RUN DE GIRARD	Kobiety	70		00:32:41.15	00:33:12.90	+00:15:19 (46.2%)	6:32	9.2 (54.8%)
255	WINDER Agnieszka	1051		Kobiety	71	Tak	00:32:58.75	00:33:21.95	+00:15:29 (46.4%)	6:35	9.1 (54.2%)
256	MICHNOWSKA Adriana	902		Kobiety	72		00:32:55.65	00:33:24.70	+00:15:31 (46.5%)	6:35	9.1 (54.2%)
257	PŁOCHA Rafał	947		Mężczyźni	172	Tak	00:32:46.20	00:33:26.65	+00:15:33 (46.5%)	6:33	9.2 (54.8%)
258	KLIPO Mateusz	824	DELOITTE ADVENTURE TEAM	Mężczyźni	173	Tak	00:33:28.00	00:33:28.00	+00:15:35 (46.6%)	6:41	9 (53.6%)
259	NOWICKA Urszula	924		Kobiety	73	Tak	00:33:04.80	00:33:32.00	+00:15:39 (46.7%)	6:36	9.1 (54.2%)
260	KASPRZAK Olga	817		Kobiety	74	Tak	00:33:00.15	00:33:37.65	+00:15:44 (46.8%)	6:36	9.1 (54.2%)
261	TORZEWSKA Agnieszka	1036	BEMOWO BIEGA	Kobiety	75		00:33:09.20	00:33:40.50	+00:15:47 (46.9%)	6:37	9 (53.6%)
262	TORZEWSKI Janusz	1037	BEMOWO BIEGA	Mężczyźni	174		00:33:08.40	00:33:40.60	+00:15:47 (46.9%)	6:37	9.1 (54.2%)
263	DĄBROWA Bartosz	748		Mężczyźni	175	Tak	00:33:06.90	00:33:44.15	+00:15:51 (47.0%)	6:37	9.1 (54.2%)
264	KACPRZYK Tomasz	804		Mężczyźni	176		00:33:14.15	00:33:44.20	+00:15:51 (47.0%)	6:38	9 (53.6%)
265	GŁĘBOCKA-ROSZCZYK Joanna	774	NAPRZÓD MŁOCINY	Kobiety	76		00:33:09.65	00:33:45.20	+00:15:52 (47.0%)	6:37	9 (53.6%)
266	PIEKARSKI Jacek	942	KIEDY ZAKWITNIE AGAWA?	Mężczyźni	177		00:33:18.05	00:33:46.60	+00:15:53 (47.1%)	6:39	9 (53.6%)
267	ŁĄCKA Ilona	10		Kobiety	77	Tak	00:33:22.90	00:33:54.85	+00:16:01 (47.3%)	6:40	9 (53.6%)
268	JAROŃ Jarosław	794	RUN DE GIRARD	Mężczyźni	178		00:33:27.05	00:33:58.75	+00:16:05 (47.4%)	6:41	9 (53.6%)

						Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
Place	Participant	Number	Club	Category	MCat	Mieszkaniec Białoleki				
269	MAJER Anna	887		Kobiety	78	Tak	00:34:00.75	00:34:00.75	+00:16:07 (47.4%)	6:48 8.8 (52.4%)
270	BALINSKA Justyna	712	BIEGAM NA BIAŁOLECIE	Kobiety	79		00:34:00.60	00:34:07.40	+00:16:14 (47.6%)	6:48 8.8 (52.4%)
271	SULAWA Rafał	1006		Mężczyźni	179		00:33:35.40	00:34:11.95	+00:16:19 (47.7%)	6:43 8.9 (53.0%)
272	STĘPAK Michał	1000	BIAŁOLEKA BIEGA	Mężczyźni	180		00:33:57.95	00:34:13.65	+00:16:20 (47.8%)	6:47 8.8 (52.4%)
273	STĘPAK Anna	999	BIEGAM NA BIAŁOLECIE	Kobiety	80	Tak	00:33:58.40	00:34:13.80	+00:16:20 (47.8%)	6:47 8.8 (52.4%)
274	GÓRCZYŃSKA Hanna	779		Kobiety	81		00:34:08.70	00:34:14.15	+00:16:21 (47.8%)	6:49 8.8 (52.4%)
275	JEŻMAŃSKI Sławek	800		Mężczyźni	181	Tak	00:33:34.40	00:34:14.35	+00:16:21 (47.8%)	6:42 8.9 (53.0%)
276	KACZOR Katarzyna	807	DECATHLON DAF	Kobiety	82		00:33:31.05	00:34:14.40	+00:16:21 (47.8%)	6:42 9 (53.6%)
276	STAWICKA Eliza	996	DECATHLON DAF	Kobiety	82		00:33:30.25	00:34:14.40	+00:16:21 (47.8%)	6:42 9 (53.6%)
278	MOTYCZYŃSKI Jarosław	916		Mężczyźni	182		00:34:04.55	00:34:26.05	+00:16:33 (48.1%)	6:48 8.8 (52.4%)
279	KAWKA Andrzej	820	-	M60+	11		00:33:51.60	00:34:26.25	+00:16:33 (48.1%)	6:46 8.9 (53.0%)
280	SKROBEK Piotr	982		Mężczyźni	183		00:34:07.30	00:34:27.25	+00:16:34 (48.1%)	6:49 8.8 (52.4%)
281	KALINOWSKI Dariusz	808		Mężczyźni	184	Tak	00:34:20.55	00:34:28.15	+00:16:35 (48.1%)	6:52 8.7 (51.8%)
282	STEGIENKO Karolina	998		Kobiety	84		00:34:16.45	00:34:34.30	+00:16:41 (48.3%)	6:51 8.8 (52.4%)
283	JAROS Arkadiusz	795	VEGE RUNNERS	M60+	12		00:34:07.50	00:34:35.80	+00:16:42 (48.3%)	6:49 8.8 (52.4%)
284	JANKOWSKI Remigiusz	791		Mężczyźni	185	Tak	00:34:03.10	00:34:36.05	+00:16:43 (48.3%)	6:48 8.8 (52.4%)
285	LACH Marta	862	SLOWJOGGING BIAŁOLEKA	Kobiety	85		00:34:20.65	00:34:36.15	+00:16:43 (48.3%)	6:52 8.7 (51.8%)
286	JARON Julia	792	RUN DE GIRARD	Kobiety	86		00:34:04.75	00:34:36.35	+00:16:43 (48.3%)	6:48 8.8 (52.4%)
287	DUCHNOWSKA Agnieszka	755		Kobiety	87		00:34:27.35	00:34:40.10	+00:16:47 (48.4%)	6:53 8.7 (51.8%)
287	ROZWADOWSKI Paweł	969		Mężczyźni	186		00:34:09.85	00:34:40.10	+00:16:47 (48.4%)	6:49 8.8 (52.4%)
289	KOSECKI Jakub	832		Mężczyźni	187		00:34:00.05	00:34:43.75	+00:16:50 (48.5%)	6:48 8.8 (52.4%)
290	WOŹNIAK Alicja	1059		Kobiety	88		00:34:20.25	00:34:59.35	+00:17:06 (48.9%)	6:52 8.7 (51.8%)
291	LIBERA Paweł	870	GRUPA BIEGOWA UM W-WA	Mężczyźni	188	Tak	00:34:40.55	00:35:04.50	+00:17:11 (49.0%)	6:56 8.7 (51.8%)

Place		Participant	Number	Club	Category	MCat	Mieszkaniec Białoleęki	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
292		KOWALCZYK Marcin	836		Mężczyźni	189		00:34:27.80	00:35:10.90	+00:17:17 (49.2%)	6:53	8.7 (51.8%)
293		KARPIŃSKA Izabela	813		Kobiety	89		00:35:02.30	00:35:12.80	+00:17:19 (49.2%)	7:00	8.6 (51.2%)
294		BORUC Arkadiusz	726		Mężczyźni	190	Tak	00:34:39.05	00:35:13.10	+00:17:20 (49.2%)	6:55	8.7 (51.8%)
295		LUGE Remigiusz	873		Mężczyźni	191		00:34:57.25	00:35:14.65	+00:17:21 (49.3%)	6:59	8.6 (51.2%)
296		FIEDOSIUK Michał	762		Mężczyźni	192	Tak	00:35:14.95	00:35:28.80	+00:17:35 (49.6%)	7:02	8.5 (50.6%)
297		ARTYMIUK Olaf	701		Mężczyźni	193		00:35:18.10	00:35:33.60	+00:17:40 (49.7%)	7:03	8.5 (50.6%)
298		KOZYRA Adriana	839	MACURKI	Kobiety	90		00:34:55.45	00:35:34.20	+00:17:41 (49.7%)	6:59	8.6 (51.2%)
299		SKOWROŃSKA Marta	980		Kobiety	91		00:35:14.50	00:35:36.35	+00:17:43 (49.8%)	7:02	8.5 (50.6%)
300		BRZÓZKA Magda	730		Kobiety	92		00:35:19.05	00:35:43.60	+00:17:50 (49.9%)	7:03	8.5 (50.6%)
301		ROCHALSKA Aleksandra	966		Kobiety	93	Tak	00:35:19.10	00:35:43.65	+00:17:50 (49.9%)	7:03	8.5 (50.6%)
302		POWAŁKA Nikola	955		Kobiety	94		00:35:26.30	00:36:05.05	+00:18:12 (50.4%)	7:05	8.5 (50.6%)
303		SIKORSKI Paweł	977	KIP RUNNING	Mężczyźni	194		00:35:29.90	00:36:11.90	+00:18:18 (50.6%)	7:05	8.5 (50.6%)
304		SIKORSKA Karolina	976	KIP RUNNING	Kobiety	95		00:35:30.15	00:36:12.00	+00:18:19 (50.6%)	7:06	8.5 (50.6%)
305		ROBAKIEWICZ-MOKWIŃSKA Sylwia	965		Kobiety	96		00:36:07.65	00:36:13.35	+00:18:20 (50.6%)	7:13	8.3 (49.4%)
306		BALCEROWSKI Bogusław	709		Mężczyźni	195		00:35:55.30	00:36:15.10	+00:18:22 (50.7%)	7:11	8.4 (50.0%)
307		MALISZEWSKI Jerzy	890		Mężczyźni	196		00:36:02.35	00:36:16.80	+00:18:23 (50.7%)	7:12	8.3 (49.4%)
308		ŁUKASIEWICZ Robert	878	KOKOSZKA36TEAM	Mężczyźni	197	Tak	00:35:42.60	00:36:18.55	+00:18:25 (50.7%)	7:08	8.4 (50.0%)
309		VUCO Ivo	1043	HULTAJ LITERACKI	Mężczyźni	198		00:35:34.65	00:36:19.05	+00:18:26 (50.8%)	7:06	8.4 (50.0%)
310		HEINE Krzysztof	785		Mężczyźni	199		00:35:39.35	00:36:24.70	+00:18:31 (50.9%)	7:07	8.4 (50.0%)
311		NOWICKI Dariusz	925		Mężczyźni	200	Tak	00:35:55.45	00:36:25.50	+00:18:32 (50.9%)	7:11	8.4 (50.0%)
312		STOKŁOSA-SABAJ Karolina	1002		Kobiety	97		00:36:15.85	00:36:26.20	+00:18:33 (50.9%)	7:15	8.3 (49.4%)
313		SZYMAŃSKA Agnieszka	1018		Kobiety	98		00:36:07.65	00:36:33.10	+00:18:40 (51.1%)	7:13	8.3 (49.4%)
314		JANIEC Katarzyna	789		Kobiety	99		00:36:58.15	00:37:17.20	+00:19:24 (52.0%)	7:23	8.1 (48.2%)

					Mieszkaniec Białoleki		Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
Place	Participant	Number	Club	Category	MCat						
315	BABULA Edyta	705		Kobiety	100		00:37:16.10	00:37:35.60	+00:19:42 (52.4%)	7:27	8.1 (48.2%)
316	MILIK Tomasz	905		Mężczyźni	201		00:37:27.05	00:37:42.10	+00:19:49 (52.6%)	7:29	8 (47.6%)
317	WYSOCKA Paulina	1064		Kobiety	101		00:37:27.00	00:37:50.05	+00:19:57 (52.7%)	7:29	8 (47.6%)
318	WYSOCKA Aleksandra	1063		Kobiety	102	Tak	00:37:57.00	00:38:06.85	+00:20:13 (53.1%)	7:35	7.9 (47.0%)
319	KARPIUK Aneta	815		Kobiety	103	Tak	00:37:58.70	00:38:08.55	+00:20:15 (53.1%)	7:35	7.9 (47.0%)
320	MAZUREK Grzegorz	899		Mężczyźni	202		00:37:31.25	00:38:18.90	+00:20:25 (53.3%)	7:30	8 (47.6%)
321	STEFAŃSKA Joanna	997		Kobiety	104		00:38:24.70	00:38:41.20	+00:20:48 (53.8%)	7:40	7.8 (46.4%)
322	MAZUREK Dorota	898		Kobiety	105		00:38:35.20	00:38:59.25	+00:21:06 (54.1%)	7:43	7.8 (46.4%)
323	DOBRZEWSKA Edyta	1128		Kobiety	106		00:38:52.05	00:39:18.15	+00:21:25 (54.5%)	7:46	7.7 (45.8%)
324	ŁACKA Małgorzata	877		Kobiety	107		00:38:47.20	00:39:19.70	+00:21:26 (54.5%)	7:45	7.7 (45.8%)
325	MATUSZEWICZ Dorota	896		K60+	3		00:40:15.55	00:40:52.95	+00:23:00 (56.3%)	8:03	7.5 (44.6%)
326	MATUSZEWICZ Arek	895		M60+	13		00:40:16.80	00:40:54.50	+00:23:01 (56.3%)	8:03	7.5 (44.6%)
327	OBWIOSŁO Joanna	927		Kobiety	108		00:41:03.00	00:41:39.80	+00:23:46 (57.1%)	8:12	7.3 (43.5%)
328	GIERANOWSKI Marcin	773	STRUŚ	Mężczyźni	203	Tak	00:41:47.05	00:42:03.05	+00:24:10 (57.5%)	8:21	7.2 (42.9%)
329	ŻYŁA-ZDZIECH Sylwia	1075		Kobiety	109	Tak	00:41:40.30	00:42:16.75	+00:24:23 (57.7%)	8:20	7.2 (42.9%)
330	SYLWANOWICZ Monika	1007	LOŻA SZYDERCÓW	Kobiety	110		00:41:44.50	00:42:20.15	+00:24:27 (57.8%)	8:20	7.2 (42.9%)
330	TOMASZEWSKA Mariola	1034	BIEGAM DLA SIEBIE	Kobiety	110		00:41:39.10	00:42:20.15	+00:24:27 (57.8%)	8:19	7.2 (42.9%)
332	BAJOREK Jacek	707		Mężczyźni	204		00:41:36.45	00:42:20.30	+00:24:27 (57.8%)	8:19	7.2 (42.9%)
333	KRZYŻANOWSKA Zoja	846	VEGE RUNNERS	Kobiety	112		00:42:26.40	00:42:52.80	+00:24:59 (58.3%)	8:29	7.1 (42.3%)
334	WIŚNIEWSKA Ewelina	1054		Kobiety	113	Tak	00:42:26.00	00:43:02.90	+00:25:09 (58.5%)	8:29	7.1 (42.3%)
335	SŁOTA Beata	985		Kobiety	114	Tak	00:43:55.30	00:44:11.60	+00:26:18 (59.5%)	8:47	6.8 (40.5%)
336	GROCHOWSKA Joanna	444		Kobiety	115		00:43:38.15	00:44:22.30	+00:26:29 (59.7%)	8:43	6.9 (41.1%)
337	SZOSTAKOWSKI Jarosław	1	BIEGAMY Z OCHOTĄ	Mężczyźni	205		00:43:36.50	00:44:22.75	+00:26:29 (59.7%)	8:43	6.9 (41.1%)

Place	Participant	Number	Club	Category	MCat	Mieszkaniec Białołęki	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
338	KUCHCIŃSKA Monika	850		Kobiety	116		00:43:51.60	00:44:25.10	+00:26:32 (59.7%)	8:46	6.8 (40.5%)
339	MAKUCH Eliza	888		Kobiety	117		00:43:55.35	00:44:28.15	+00:26:35 (59.8%)	8:47	6.8 (40.5%)
Przekroczony limit czasu: 00:45:00											
340	NASKRĘT Mariusz	918		Mężczyźni	206		00:45:12.80	00:45:58.05	+00:28:05 (61.1%)	9:02	6.6 (39.3%)
341	BANASZEK Urszula	713		Kobiety	118		00:45:56.95	00:46:13.90	+00:28:20 (61.3%)	9:11	6.5 (38.7%)
342	WOŹNIAK Agnieszka	1060		Kobiety	119		00:46:17.55	00:46:23.90	+00:28:30 (61.5%)	9:15	6.5 (38.7%)
343	NERŁO Kaja	922		Kobiety	120		00:45:44.80	00:46:27.75	+00:28:34 (61.5%)	9:08	6.6 (39.3%)
344	NERŁO Maciej	921		Mężczyźni	207		00:45:45.60	00:46:28.25	+00:28:35 (61.5%)	9:09	6.6 (39.3%)

Total 344 results.