



5 MIL – BIEG DZIELNICY WŁOCHY

B4SPORT

Organizator: Urząd Dzielnicy Warszawa – Włochy
Data: 2022-11-06
Miejsce: Warszawa
Dystans: 8 km

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: [Wszyscy](#)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
1	ŻOCHOWSKI Daniel	386	ŻÓRAWSKI TEAM	M 20-29 lat	1	00:00:01	00:25:15.65	00:25:17.25		3:09	19
2	KLECZEWSKI Piotr	145		M 15-19 lat	1	00:00:01	00:27:28.50	00:27:29.95	+00:02:12	3:26	17.5
3	PYRZAK Paweł	276	BIEGANIEPO40.PL	M 30-39 lat	1	00:00:02	00:27:33.50	00:27:35.85	+00:02:17	3:26	17.4
4	ABU NAHIA Karim	10	NADAKTYWNI TORUŃ	M 30-39 lat	2	00:00:02	00:27:50.40	00:27:52.45	+00:02:34	3:28	17.2
5	KALIŃSKI Przemysław	128	BIEGAJ Z URSUSEM	M 40-49 lat	1	00:00:01	00:28:00.30	00:28:02.10	+00:02:44	3:30	17.1
6	ZYCH Mariusz	383	BIEGAJ POD OKIEM TRENERA	M 40-49 lat	2	00:00:02	00:28:10.15	00:28:13.00	+00:02:54	3:31	17
7	MIROWSKI Jarosław	223		M 40-49 lat	3	00:00:03	00:28:55.55	00:28:59.00	+00:03:39	3:36	16.6
8	MURAWSKI Tomasz	226	PAWKO RUNNER TEAM	M 30-39 lat	3	00:00:02	00:28:59.85	00:29:02.05	+00:03:44	3:37	16.6
9	KAŁDOWSKI Łukasz	129	KAROMET TEAM	M 20-29 lat	2	00:00:02	00:29:08.50	00:29:10.85	+00:03:52	3:38	16.5
10	KAŻMIERCZAK Marta	137	DREAM RUN	K 40-49 lat	1	00:00:02	00:29:09.95	00:29:12.05	+00:03:54	3:38	16.5
11	GAJEWSKI Marek	75	ADIDAS RUNNERS WARSAW	M 30-39 lat	4	00:00:03	00:29:10.20	00:29:13.30	+00:03:54	3:38	16.5
12	CHRAPEK Janusz	40	ROSSMANN	M 40-49 lat	4	00:00:03	00:29:25.45	00:29:29.20	+00:04:09	3:40	16.3
13	WOŹNIAK Przemysław	365	WELISZEW HERON TEAM	M 30-39 lat	5	00:00:04	00:29:26.80	00:29:31.65	+00:04:11	3:40	16.3
14	GROCHOWSKI Maciej	96		M 30-39 lat	6	00:00:03	00:29:30.95	00:29:34.20	+00:04:15	3:41	16.3
15	STROIŃSKI Daniel	590	ATTIQ TEAM	M 40-49 lat	5	00:00:02	00:29:33.60	00:29:36.30	+00:04:17	3:41	16.2
16	MAMCARZ Bartłomiej	206	LUBELSKIBIEGACZTEAM.PL	M 20-29 lat	3	00:00:02	00:29:34.40	00:29:36.90	+00:04:18	3:41	16.2
17	PIATKA Tomasz	260	ADIDAS RUNNERS WARSAW	M 30-39 lat	7	00:00:02	00:29:41.80	00:29:44.50	+00:04:26	3:42	16.2
18	DRAB Michał	60	EDC RUNNERS	M 40-49 lat	6	00:00:02	00:29:47.75	00:29:49.80	+00:04:32	3:43	16.1
19	CYBULA Sylwester	48	LUBELSKIBIEGACZTEAM.PL	M 15-19 lat	2	00:00:02	00:29:53.20	00:29:55.60	+00:04:37	3:44	16.1
20	KWIATEK Tomasz	186		M 40-49 lat	7	00:00:01	00:30:00.15	00:30:01.15	+00:04:44	3:45	16
21	MAŁEK Mariusz	204	KB V MAX ADAMÓW	M 40-49 lat	8	00:00:02	00:30:07.30	00:30:10.15	+00:04:51	3:45	15.9
22	STYCZYŃSKI Grzegorz	398	SP 94	M 40-49 lat	9	00:00:03	00:30:14.60	00:30:18.20	+00:04:58	3:46	15.9
23	BYTNER-KWIATKOWSKA Monika	37	KS PREFBET SONAROL	K 30-39 lat	1	00:00:02	00:30:17.65	00:30:19.70	+00:05:02	3:47	15.9
24	MARCZAK Krzysztof	208	STARE BABICE BIEGAJĄ	M 20-29 lat	4	00:00:03	00:30:20.65	00:30:23.65	+00:05:05	3:47	15.8
25	MAKULEC Marcin	203	SANTANDER RUNNERS CLUB	M 40-49 lat	10	00:00:04	00:30:26.05	00:30:30.45	+00:05:10	3:48	15.8
26	SERAFIN Piotr	411		M 30-39 lat	8	00:00:03	00:30:33.50	00:30:37.40	+00:05:17	3:49	15.7
27	MICHLEWICZ Krzysztof	219		M 30-39 lat	9	00:00:05	00:30:36.35	00:30:41.60	+00:05:20	3:49	15.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
28	PARASZKA Łukasz	253	MINIONS SPEED TEAM	M 30-39 lat	10	00:00:05	00:30:40.30	00:30:45.40	+00:05:24	3:50	15.7
29	WALENCIK Marcin	352		M 30-39 lat	11	00:00:04	00:30:50.40	00:30:55.00	+00:05:34	3:51	15.6
30	MICHALAK Mariusz	217	MM TEAM	M 50-59 lat	1	00:00:03	00:30:55.05	00:30:58.60	+00:05:39	3:51	15.5
31	GÓRKA Maja	89	MM TEAM	K 20-29 lat	1	00:00:03	00:30:55.60	00:30:59.25	+00:05:39	3:51	15.5
32	STRYKOWSKI Daniel	313		M 40-49 lat	11	00:00:03	00:30:57.30	00:31:00.65	+00:05:41	3:52	15.5
33	KĄTNIAK Paweł	138		M 30-39 lat	12	00:00:02	00:31:00.80	00:31:03.20	+00:05:45	3:52	15.5
34	LEWDOROWICZ Wojciech	193	SAM SOBIE KLUBEM	M 40-49 lat	12	00:00:07	00:30:58.00	00:31:05.25	+00:05:42	3:52	15.5
35	WNUK Tomasz	360		M 40-49 lat	13	00:00:03	00:31:09.80	00:31:13.20	+00:05:54	3:53	15.4
36	KACZOROWSKI Daniel	591	1BLTR	M 20-29 lat	5	00:00:01	00:31:29.60	00:31:31.50	+00:06:13	3:56	15.2
37	TRYBUSZKIEWICZ Wojciech	445	GENERALI TEAM	M 50-59 lat	2	00:00:02	00:31:35.20	00:31:37.55	+00:06:19	3:56	15.2
38	MACIEJOWICZ Michał	201		M 30-39 lat	13	00:00:06	00:31:33.45	00:31:39.80	+00:06:17	3:56	15.2
39	ABRAMCZYK Rafał	391		M 40-49 lat	14	00:00:04	00:31:40.80	00:31:45.00	+00:06:25	3:57	15.2
40	FALANDYSZ Janusz	69	WPRUNNING PRUSZKÓW	M 60+	1	00:00:03	00:31:43.05	00:31:46.35	+00:06:27	3:57	15.1
41	GÓRECKI Rafał	88	UKS MELO BŁONIE	M 40-49 lat	15	00:00:02	00:31:50.65	00:31:53.45	+00:06:35	3:58	15.1
42	WYDRA Mariusz	410	STARE BABICE BIEGAJĄ	M 50-59 lat	3	00:00:08	00:31:48.75	00:31:57.55	+00:06:33	3:58	15.1
43	KUCHARCZYK Paweł	177	ROZBIEGANE MICHAŁOWCE	M 50-59 lat	4	00:00:03	00:31:55.35	00:31:59.10	+00:06:39	3:59	15
44	TUREK Łukasz	349	LATAJĄCE HO(L)ENDRY/MORDOWNIK	M 30-39 lat	14	00:00:06	00:32:09.25	00:32:16.20	+00:06:53	4:01	14.9
45	KARBOWIAK Marcelina	133		K 30-39 lat	2	00:00:03	00:32:17.85	00:32:21.10	+00:07:02	4:02	14.9
46	KRASZPULSKA Maggie	169	ŻÓRAWSKI TEAM	K 30-39 lat	3	00:00:02	00:32:20.45	00:32:23.15	+00:07:04	4:02	14.8
47	LENDZION Marcin	190	GRUPA BIEGOWA UM W-WA	M 15-19 lat	3	00:00:05	00:32:21.65	00:32:27.05	+00:07:06	4:02	14.8
48	BIAŁECKI Piotr	21	ORANG	M 30-39 lat	15	00:00:12	00:32:17.35	00:32:29.50	+00:07:01	4:02	14.9
49	MIELCZARSKI Bartosz	430		M 30-39 lat	16	00:00:04	00:32:28.85	00:32:33.70	+00:07:13	4:03	14.8
50	KOCHMAŃSKI Tomasz	151		M 40-49 lat	16	00:00:17	00:32:24.75	00:32:41.80	+00:07:09	4:03	14.8
51	GOLABOWSKI Maciej	80		M 30-39 lat	17	00:00:05	00:32:40.85	00:32:46.70	+00:07:25	4:05	14.7
52	PIKUL Piotr	263		M 40-49 lat	17	00:00:04	00:32:48.15	00:32:52.45	+00:07:32	4:06	14.6
53	BORKOWSKI Mariusz	431		M 40-49 lat	18	00:00:04	00:32:56.80	00:33:00.80	+00:07:41	4:07	14.6
54	KUŹDUB Piotr	184		M 30-39 lat	18	00:00:06	00:33:01.05	00:33:07.40	+00:07:45	4:07	14.5
55	HALAT Andrzej	102	POSMAKUJ RUN TEAM	M 40-49 lat	19	00:00:06	00:33:08.10	00:33:15.05	+00:07:52	4:08	14.5
56	KOWALSKI Jarosław	168	AR	M 40-49 lat	21	00:00:14	00:33:09.10	00:33:23.10	+00:07:53	4:08	14.5
57	FELIGA Mariusz	70	ADIDAS RUNNERS WARSAW	M 40-49 lat	20	00:00:14	00:33:08.80	00:33:23.20	+00:07:53	4:08	14.5
58	WESOŁOWSKA Katarzyna	356	ORANGE POLSKA	K 40-49 lat	2	00:00:04	00:33:39.45	00:33:43.95	+00:08:23	4:12	14.3
59	KOŁODZIEJ Mirosław	152	WOLNY KRAFT	M 30-39 lat	20	00:00:02	00:33:43.85	00:33:46.35	+00:08:28	4:12	14.2
60	ŚCIBIOREK Bartosz	334		M 30-39 lat	19	00:00:06	00:33:42.00	00:33:48.50	+00:08:26	4:12	14.2
61	KŁYS Mateusz	147		M 20-29 lat	6	00:00:35	00:33:14.70	00:33:49.90	+00:07:59	4:09	14.4
62	STOBNICKI Mateusz	312	GĄBIN BIEGA/ PARKRUN PRUSZKÓW	M 20-29 lat	7	00:00:15	00:33:42.20	00:33:57.40	+00:08:26	4:12	14.2
63	AUGUSTYNIAK Mariusz	12		M 50-59 lat	5	00:00:18	00:33:42.85	00:34:01.00	+00:08:27	4:12	14.2
64	PRĘDOTA Krzysztof	271	TARCHOMIN TRIATHLON TEAM	M 50-59 lat	6	00:00:05	00:33:59.00	00:34:04.90	+00:08:43	4:14	14.1
65	SZYJKA Krzysztof	329		M 40-49 lat	22	00:00:21	00:33:51.70	00:34:13.65	+00:08:36	4:13	14.2
66	DĘBSKI Andrzej	57		M 40-49 lat	24	00:00:17	00:34:18.25	00:34:36.20	+00:09:02	4:17	14
67	BRYGOŁA Tomasz	472	PARKRUN POLE MOKOTOWSKIE	M 40-49 lat	23	00:00:21	00:34:15.25	00:34:36.70	+00:08:59	4:16	14
68	IWANIUK Tomasz	113	ŻYWCEM ZABIEGANI	M 30-39 lat	21	00:00:34	00:34:03.95	00:34:38.40	+00:08:48	4:15	14.1
69	CHOJNACKI Mikołaj	39	WARSAW RUN CLUB	M 40-49 lat	25	00:00:15	00:34:23.15	00:34:38.65	+00:09:07	4:17	14
70	PERZANOWSKI Jakub	257		M 30-39 lat	22	00:00:10	00:34:29.90	00:34:40.20	+00:09:14	4:18	13.9
71	MACKIEWICZ Wojciech	588		M 40-49 lat	27	00:00:04	00:34:36.35	00:34:40.65	+00:09:20	4:19	13.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
72	WOJEWÓDZKI Marcin	364	WOJEWÓDZ CY TEAM	M 20-29 lat	8	00:00:27	00:34:13.70	00:34:41.60	+00:08:58	4:16	14
73	BUCZKOWSKI Piotr	32		M 40-49 lat	26	00:00:06	00:34:34.75	00:34:41.70	+00:09:19	4:19	13.9
74	RABIEJ Wojciech	455	DUCLA ACADEMY	M 40-49 lat	28	00:00:06	00:34:42.25	00:34:49.00	+00:09:26	4:20	13.8
75	KADŁUBOWSKA Anna	127		K 20-29 lat	2	00:00:03	00:34:46.75	00:34:50.40	+00:09:31	4:20	13.8
76	SZCZEPAŃSKI Bogdan	318	JW2370	M 50-59 lat	7	00:00:04	00:34:47.10	00:34:52.00	+00:09:31	4:20	13.8
77	MAJEWSKA Edyta	441	WIDŁOROGI/ ZABIEGANY WOŁOMIN	K 30-39 lat	4	00:00:05	00:34:52.65	00:34:58.25	+00:09:37	4:21	13.8
78	JANKOWSKI Jakub	118		M 30-39 lat	23	00:00:17	00:34:45.95	00:35:03.30	+00:09:30	4:20	13.8
79	KABZIŃSKI Tomasz	595		M 15-19 lat	4	00:00:09	00:34:54.85	00:35:04.65	+00:09:39	4:21	13.8
80	GOLEDZINOWSKI Tomasz	82	NEON TEAM	M 50-59 lat	8	00:00:04	00:35:00.60	00:35:05.30	+00:09:44	4:22	13.7
81	DUKACZEWSKI Michal	63		M 40-49 lat	29	00:00:12	00:35:00.45	00:35:13.20	+00:09:44	4:22	13.7
82	MACHOŃ Paweł	199	GRUPA BIEGOWA UM W-WA	M 40-49 lat	30	00:00:12	00:35:03.85	00:35:16.30	+00:09:48	4:22	13.7
83	WRZESZCZ Łukasz	370	BIEGOWY WARIAT RUNNING TEAM	M 30-39 lat	25	00:00:07	00:35:13.20	00:35:20.65	+00:09:57	4:24	13.6
84	ZWARDOŃ Ewa	382	BUXIDA TEAM	K 40-49 lat	3	00:00:11	00:35:18.05	00:35:29.15	+00:10:02	4:24	13.6
85	NIEDŹWIADEK Czesław	232	NIEDŹWADKI RUNNING TEAM	M 60+	2	00:00:08	00:35:23.45	00:35:32.25	+00:10:07	4:25	13.6
86	JAKUBOWSKI Dariusz	390	BIEGAM SOBIE	M 50-59 lat	9	00:00:22	00:35:10.50	00:35:33.10	+00:09:54	4:23	13.6
87	LIPSKI Jarek	196		M 50-59 lat	10	00:00:08	00:35:25.80	00:35:34.30	+00:10:10	4:25	13.6
88	BIERNAT Dawid	24		M 20-29 lat	9	00:00:19	00:35:17.55	00:35:37.35	+00:10:01	4:24	13.6
89	ZAŁĘCKI Michał	375	PSIEJAK TEAM	M 40-49 lat	31	00:00:13	00:35:34.10	00:35:47.75	+00:10:18	4:26	13.5
90	MACIEJEWSKI Stanisław	200	WPRUNNING	M 50-59 lat	11	00:00:06	00:35:43.30	00:35:49.75	+00:10:27	4:27	13.4
91	KRÓLICKI Konrad	173	STG WARSZAWA	M 40-49 lat	32	00:00:13	00:35:36.65	00:35:50.45	+00:10:21	4:27	13.5
92	CIEĆWIERZ Michał	45		M 30-39 lat	26	00:00:08	00:35:42.35	00:35:51.10	+00:10:26	4:27	13.4
93	NAWROCKI Piotr	230		M 20-29 lat	10	00:00:11	00:35:40.20	00:35:52.10	+00:10:24	4:27	13.5
94	MARTSENIUK Volodymyr	212		M 20-29 lat	11	00:00:11	00:35:40.65	00:35:52.20	+00:10:25	4:27	13.5
95	SZLASA Marek	323		M 30-39 lat	24	00:00:46	00:35:09.60	00:35:56.45	+00:09:53	4:23	13.7
96	DĄBAL Marcin	407	BIEGIEM RADOM!	M 40-49 lat	34	00:00:08	00:35:50.10	00:35:58.70	+00:10:34	4:28	13.4
97	PRUSZYŃSKI Edward	273	KB OŻARÓW MAZOWECKI BIEGA	M 50-59 lat	12	00:00:09	00:35:51.75	00:36:01.65	+00:10:36	4:28	13.4
98	GRYGIERCZYK Anna	471	PARKRUN PRUSZKÓW	K 40-49 lat	4	00:00:10	00:35:56.75	00:36:06.75	+00:10:41	4:29	13.4
98	GÓRKA Krzysztof	90		M 40-49 lat	33	00:00:18	00:35:48.10	00:36:06.75	+00:10:32	4:28	13.4
100	SZYMANIK Anna	331		K 15-19 lat	1	00:00:09	00:35:58.75	00:36:08.55	+00:10:43	4:29	13.3
101	KOWALSKI Mariusz	166		M 40-49 lat	35	00:00:16	00:35:51.95	00:36:08.55	+00:10:36	4:28	13.4
102	TRACZYK Przemysław	346	ASFALTOVE DZIKI	M 30-39 lat	27	00:00:12	00:35:59.60	00:36:12.25	+00:10:43	4:29	13.3
103	MARSZAŁEK Marcin	211		M 30-39 lat	28	00:00:39	00:36:00.30	00:36:40.20	+00:10:44	4:30	13.3
104	SIDOROWICZ Grzegorz	456	UNIQA RUNNING TEAM	M 50-59 lat	13	00:00:06	00:36:04.35	00:36:10.70	+00:10:48	4:30	13.3
105	OSOWSKI Andrzej	243		M 40-49 lat	36	00:00:05	00:36:06.20	00:36:11.50	+00:10:50	4:30	13.3
106	WOJCIECHOWSKA-ZAJĄC Małgorzata	361	PAWKO RUNNER TEAM	K 30-39 lat	5	00:00:12	00:36:07.50	00:36:19.65	+00:10:51	4:30	13.3
107	SKOCZYPIEC Antoni	413		M 20-29 lat	12	00:00:17	00:36:12.15	00:36:29.50	+00:10:56	4:31	13.3
108	RZYMOWSKA Krystyna	288		K 50-59 lat	1	00:00:10	00:36:18.15	00:36:28.25	+00:11:02	4:32	13.2
109	REMISZ Łukasz	279		M 30-39 lat	29	00:00:19	00:36:20.65	00:36:39.95	+00:11:05	4:32	13.2
110	WARZOCZA Michal	354	SFS RUNNING	M 40-49 lat	37	00:00:19	00:36:30.60	00:36:50.45	+00:11:14	4:33	13.2
111	PIOTRAK Marcin	264		M 40-49 lat	38	00:00:11	00:36:30.65	00:36:42.25	+00:11:15	4:33	13.2
112	SOŁTYSIAK Paweł	305	KS POLONIA W-WA	M 40-49 lat	39	00:00:04	00:36:31.35	00:36:35.55	+00:11:15	4:33	13.1
113	SZWACIŃSKI Andrzej	429		M 30-39 lat	30	00:00:19	00:36:33.90	00:36:53.40	+00:11:18	4:34	13.1
114	LENDZION Jarosław	189	GRUPA BIEGOWA UM W-WA	M 40-49 lat	40	00:00:08	00:36:34.10	00:36:43.00	+00:11:18	4:34	13.1
115	SIEJKA Mateusz	293		M 40-49 lat	41	00:00:20	00:36:35.40	00:36:55.40	+00:11:19	4:34	13.1

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116	WIŚNIEWSKA Ewa	397		K 50-59 lat	2	00:00:09	00:36:36.10	00:36:45.25	+00:11:20	4:34	13.1
117	KĘDRA Mateusz	394		M 30-39 lat	31	00:00:17	00:36:38.15	00:36:55.65	+00:11:22	4:34	13.1
118	SPRAWKA Marta	308		K 20-29 lat	3	00:00:08	00:36:41.35	00:36:49.85	+00:11:25	4:35	13.1
119	MIKINA Artur	396	GUNS N' ROSES RUN TEAM	M 60+	3	00:00:09	00:36:44.90	00:36:54.70	+00:11:29	4:35	13.1
120	SZCZERBA Łukasz	439		M 30-39 lat	32	00:00:38	00:36:44.95	00:37:23.00	+00:11:29	4:35	13.1
121	IWAŃCZYK Grzegorz	114		M 40-49 lat	42	00:00:09	00:36:53.00	00:37:02.30	+00:11:37	4:36	13
122	TERESZCZUK Julia	340		K 15-19 lat	2	00:00:02	00:36:53.20	00:36:56.15	+00:11:37	4:36	13
123	OSTROWSKI Krzysztof	246		M 20-29 lat	13	00:00:06	00:36:59.10	00:37:05.55	+00:11:43	4:37	13
124	JAŁOSZYŃSKA Anna	116	HACHI JUDO	K 20-29 lat	4	00:00:06	00:36:59.50	00:37:05.55	+00:11:43	4:37	13
125	KWIATKOWSKA Renata	187	KB OŻARÓW MAZOWECKI BIEGA	K 50-59 lat	3	00:00:06	00:37:01.60	00:37:08.25	+00:11:45	4:37	13
126	GÓRSKI Marcin	460		M 40-49 lat	43	00:00:27	00:37:02.45	00:37:29.90	+00:11:46	4:37	13
127	CHRZANOWSKI Wojciech	41		M 30-39 lat	33	00:00:05	00:37:03.20	00:37:08.70	+00:11:47	4:37	13
128	OWOC Tomasz	248	PKO BANK POLSKI / NEW BALANCE RUN CLUB	M 50-59 lat	14	00:00:16	00:37:06.40	00:37:23.00	+00:11:50	4:38	12.9
129	LEŚNIEWICZ-PARASZKA Danuta	191	MINIONS SPEED TEAM	K 30-39 lat	6	00:00:04	00:37:09.85	00:37:14.75	+00:11:54	4:38	12.9
130	SANTAREK Wojciech	292		M 40-49 lat	44	00:00:23	00:37:14.40	00:37:37.45	+00:11:58	4:39	12.9
131	PTASZNIK Maciej	275	DOGOŃ GRODZISK MAZOWECKI	M 40-49 lat	45	00:00:03	00:37:15.45	00:37:19.40	+00:11:59	4:39	12.9
132	MATYSZCZAK Krzysztof	216	KENKO	M 40-49 lat	46	00:00:35	00:37:17.65	00:37:53.15	+00:12:02	4:39	12.9
133	PNIEWSKA Edyta	462	LUX MED	K 40-49 lat	5	00:00:28	00:37:20.90	00:37:48.95	+00:12:05	4:40	12.9
134	BEREDA Krzysztof	19	KAZIKI	M 50-59 lat	15	00:00:30	00:37:21.30	00:37:52.00	+00:12:05	4:40	12.9
135	ORABCZYK Szymon	597		M 60+	4	00:00:05	00:37:21.65	00:37:27.55	+00:12:06	4:40	12.9
136	STRZELCZYK Marta	314		K 30-39 lat	7	00:00:15	00:37:23.15	00:37:38.15	+00:12:07	4:40	12.8
137	APANOWICZ Angelika	11		K 40-49 lat	6	00:00:14	00:37:23.40	00:37:37.70	+00:12:07	4:40	12.8
138	GONCERZEWICZ Anna	85	STARE BABICE BIEGAJĄ	K 30-39 lat	8	00:00:12	00:37:24.80	00:37:37.55	+00:12:09	4:40	12.8
139	JODŁOWSKI Grzegorz	124		M 40-49 lat	47	00:00:11	00:37:25.40	00:37:37.25	+00:12:09	4:40	12.8
140	TOMASIAK Cezary	344	BEMOWOBIEGA	M 50-59 lat	16	00:00:09	00:37:26.15	00:37:35.85	+00:12:10	4:40	12.8
141	GOLEBIEWSKI Michał	81	TEAM ZABIEGANEDNI	M 40-49 lat	48	00:00:34	00:37:30.60	00:38:04.65	+00:12:14	4:41	12.8
142	GRYMUZA Jacek	98	CRAZY HORNET	M 30-39 lat	34	00:00:10	00:37:31.75	00:37:42.65	+00:12:16	4:41	12.8
142	WILK Daniel	358	GRUPA BIEGOWA UM W-WA	M 30-39 lat	35	00:00:31	00:37:31.75	00:38:03.15	+00:12:16	4:41	12.8
144	SZUMSKI Maciej	328	JW2414	M 30-39 lat	36	00:00:41	00:37:36.20	00:38:17.40	+00:12:20	4:42	12.8
145	SPRAWKA Joanna	307	PCH_RUN	K 30-39 lat	9	00:00:26	00:37:37.50	00:38:04.35	+00:12:21	4:42	12.8
146	TULIK Przemysław	348		M 50-59 lat	17	00:00:12	00:37:43.75	00:37:55.90	+00:12:28	4:42	12.7
147	DĘBSKI Andrzej	56		M 40-49 lat	49	00:00:07	00:37:45.60	00:37:52.90	+00:12:29	4:43	12.7
148	SOLIWODA Mirosław	304		M 40-49 lat	50	00:00:12	00:37:45.90	00:37:58.65	+00:12:30	4:43	12.7
149	DRZEWIECKI Marek	61		M 40-49 lat	51	00:00:04	00:37:49.40	00:37:54.25	+00:12:33	4:43	12.7
150	SZEWczyk Jacek	322		M 40-49 lat	52	00:00:25	00:37:52.05	00:38:17.25	+00:12:36	4:44	12.7
151	ROSTKOWSKI Bartosz	283		M 40-49 lat	53	00:00:13	00:37:53.95	00:38:07.20	+00:12:38	4:44	12.7
152	ZGIERUN Paweł	378		M 30-39 lat	37	00:00:17	00:37:58.25	00:38:15.75	+00:12:42	4:44	12.6
153	SZEWczyk Szymon	583		M 20-29 lat	14	00:00:35	00:37:59.05	00:38:34.35	+00:12:43	4:44	12.6
154	GUZOWSKI Tomasz	100	OX2	M 40-49 lat	54	00:00:14	00:37:59.35	00:38:13.75	+00:12:43	4:44	12.6
155	OSTROWSKI Kacper	245		M 30-39 lat	38	00:00:31	00:37:59.80	00:38:31.35	+00:12:44	4:44	12.6
156	GOŁOWSKI Cezary	389	GRUPA BIEGOWA UM W-WA	M 40-49 lat	55	00:00:08	00:38:01.85	00:38:09.90	+00:12:46	4:45	12.6
157	GDAŃSKI Michał	425		M 30-39 lat	39	00:00:08	00:38:02.05	00:38:10.25	+00:12:46	4:45	12.6
158	CLAJOT Fabian	47	FC GRABOWA	M 20-29 lat	15	00:00:23	00:38:04.75	00:38:28.05	+00:12:49	4:45	12.6
159	BIAŁECKA Urszula	452	UNIQA RUNNING TEAM	K 30-39 lat	10	00:00:06	00:38:10.75	00:38:16.80	+00:12:55	4:46	12.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
160	OSTASZEWSKI Jakub	244		M 50-59 lat	18	00:00:14	00:38:11.15	00:38:25.55	+00:12:55	4:46	12.6
161	ŚWINIARSKI Mariusz	337	FITERROR TEAM	M 40-49 lat	56	00:00:38	00:38:11.35	00:38:50.10	+00:12:55	4:46	12.6
162	PARZNIIEWSKI Maciej	254	TOWARZYSTWO TURYSTYCZNE AKS POLONIA WARSZAWA	M 30-39 lat	40	00:00:23	00:38:14.50	00:38:38.00	+00:12:58	4:46	12.6
163	SIESS Jarosław	298		M 60+	5	00:00:11	00:38:14.65	00:38:26.20	+00:12:59	4:46	12.6
164	GRABOWIEC-ALIKOWSKA Renata	91		K 40-49 lat	7	00:00:08	00:38:15.80	00:38:24.35	+00:13:00	4:46	12.5
165	SZADKOWSKI Piotr	317		M 40-49 lat	57	00:00:19	00:38:16.00	00:38:35.55	+00:13:00	4:47	12.5
166	LIPSKI Maciej	195		M 30-39 lat	41	00:00:17	00:38:16.05	00:38:33.45	+00:13:00	4:47	12.5
167	PIETRUSZEWSKI Krystian	262		M 20-29 lat	16	00:00:21	00:38:19.40	00:38:40.75	+00:13:03	4:47	12.5
168	PLIŃSKI Maciej	403		M 40-49 lat	58	00:00:44	00:38:19.95	00:39:04.35	+00:13:04	4:47	12.5
169	TOMASZEWSKI Ryszard	345		M 30-39 lat	42	00:00:09	00:38:24.65	00:38:33.75	+00:13:09	4:48	12.5
170	GRYCNER Paweł	97		M 30-39 lat	43	00:00:15	00:38:27.40	00:38:43.30	+00:13:11	4:48	12.5
171	KUSY Marcin	183		M 40-49 lat	59	00:00:06	00:38:30.10	00:38:36.85	+00:13:14	4:48	12.5
172	TERESZCZUK Joanna	470		K 40-49 lat	8	00:00:10	00:38:30.30	00:38:40.75	+00:13:14	4:48	12.5
173	GÓRAL Tadeusz	86	KKB	M 50-59 lat	19	00:00:06	00:38:32.90	00:38:39.05	+00:13:17	4:49	12.5
174	JABŁONKA Radek	115	DZIADY OCR	M 40-49 lat	60	00:00:12	00:38:33.75	00:38:45.95	+00:13:18	4:49	12.5
175	KOWALSKI Tomasz	167	12TRI.PL	M 40-49 lat	61	00:00:15	00:38:42.25	00:38:57.75	+00:13:26	4:50	12.4
176	BUJALSKA Agata	443		K 30-39 lat	11	00:00:14	00:38:45.20	00:38:59.40	+00:13:29	4:50	12.4
177	KOTAS Wojciech	427	EDC RUNNERS	M 40-49 lat	62	00:00:20	00:38:45.25	00:39:05.65	+00:13:29	4:50	12.4
178	FILIPOWICZ Natalia	72		K 30-39 lat	12	00:00:07	00:38:52.80	00:38:59.95	+00:13:37	4:51	12.3
179	KUBISA Michał	176		M 20-29 lat	17	00:00:10	00:38:56.60	00:39:06.80	+00:13:40	4:52	12.3
180	DZIARNOWSKI Włodek	67	BIEGAMPŁOCK TEAM	M 60+	6	00:00:11	00:38:56.75	00:39:08.60	+00:13:41	4:52	12.3
181	TULA Renata	347		70+	1	00:00:10	00:38:57.00	00:39:07.30	+00:13:41	4:52	12.3
182	STASZEWSKI Jarosław	309		M 30-39 lat	44	00:00:10	00:38:59.60	00:39:09.90	+00:13:43	4:52	12.3
183	KLIMEK Arkadiusz	146		M 50-59 lat	20	00:00:30	00:39:03.40	00:39:33.60	+00:13:47	4:52	12.3
184	MATEJAK Katarzyna	213		K 40-49 lat	9	00:00:08	00:39:03.60	00:39:11.65	+00:13:47	4:52	12.3
185	KOŃSKI Mariusz	157	PALESTRA	M 30-39 lat	45	00:00:16	00:39:04.10	00:39:20.85	+00:13:48	4:53	12.3
186	KOWALCZYK Krzysztof	162		M 40-49 lat	63	00:00:10	00:39:09.10	00:39:19.85	+00:13:53	4:53	12.3
187	PIOTROWSKA Edyta	266	BRACHTWO BIEGOWE BGK	K 40-49 lat	10	00:00:34	00:39:11.60	00:39:46.10	+00:13:55	4:53	12.3
188	STĘPKA Sylwia	311		K 30-39 lat	13	00:00:12	00:39:12.00	00:39:24.65	+00:13:56	4:54	12.2
189	PRĘGOWSKI Bartosz	272		M 20-29 lat	18	00:00:12	00:39:13.30	00:39:26.20	+00:13:57	4:54	12.2
190	SZYMANSKI Irek	332	TOGETHER WITH YOU RUN TEAM	M 60+	7	00:00:09	00:39:14.20	00:39:23.30	+00:13:58	4:54	12.2
191	HABDAS Damian	101		M 30-39 lat	46	00:00:41	00:39:15.05	00:39:56.70	+00:13:59	4:54	12.2
192	GORSKA Malgorzata	444		K 30-39 lat	14	00:00:12	00:39:15.80	00:39:28.00	+00:14:00	4:54	12.2
193	NAWROCKA Roma	229	GRUPA BIEGOWA UM W-WA	K 40-49 lat	11	00:00:11	00:39:15.90	00:39:27.30	+00:14:00	4:54	12.2
194	ŚWIĘTOCHOWSKI Jarosław	336	BESTIE OCR LEGIONOWO	M 20-29 lat	19	00:00:11	00:39:16.00	00:39:27.40	+00:14:00	4:54	12.2
195	WĘCŁAWSKI Grzegorz	357		M 50-59 lat	21	00:00:31	00:39:19.55	00:39:51.35	+00:14:03	4:54	12.2
196	LIBERADZKA Magdalena	194		K 40-49 lat	12	00:00:35	00:39:21.15	00:39:56.25	+00:14:05	4:55	12.2
197	SZCZEPAŃSKI Adam	319		M 20-29 lat	20	00:00:21	00:39:25.10	00:39:46.10	+00:14:09	4:55	12.2
198	DEJKO Wiktoria	422	LUBELSKIBIEACZ.PLTEAM	K 15-19 lat	3	00:00:16	00:39:28.25	00:39:44.70	+00:14:12	4:56	12.2
199	POPIEC Antoni	593		M 15-19 lat	5	00:00:37	00:39:28.85	00:40:05.90	+00:14:13	4:56	12.2
200	NABIAŁCZYK Sylwester	405	JAJA KÓŻE Z WOLNEGO WYBIEGÓ	M 40-49 lat	64	00:00:15	00:39:30.65	00:39:46.30	+00:14:15	4:56	12.2
201	WĄDOŁOWSKI Sylwestet	409		M 40-49 lat	65	00:00:26	00:39:32.70	00:39:58.70	+00:14:17	4:56	12.1
202	PRZYCHODZEŃ Karol	274		M 30-39 lat	47	00:00:23	00:39:33.75	00:39:56.90	+00:14:18	4:56	12.1
203	KOSMALA Dariusz	160		M 50-59 lat	22	00:00:05	00:39:35.80	00:39:41.35	+00:14:20	4:56	12.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
204	GALA Kamila	76	NAPRZÓD MŁOCINY	K 40-49 lat	13	00:00:18	00:39:36.00	00:39:54.45	+00:14:20	4:57	12.1
205	PASZKOWSKI Konrad	255	SOLANIN	M 30-39 lat	48	00:00:21	00:39:36.65	00:39:58.00	+00:14:21	4:57	12.1
206	RESIAK Maciej	280		M 30-39 lat	49	00:00:07	00:39:37.20	00:39:44.90	+00:14:21	4:57	12.1
207	ŁYSIAK Mateusz	197		M 20-29 lat	21	00:00:12	00:39:45.30	00:39:57.90	+00:14:29	4:58	12.1
208	BALICKA Aneta	14	DHL	K 40-49 lat	14	00:00:20	00:39:45.35	00:40:05.65	+00:14:29	4:58	12.1
209	SUJKOWSKA Paulina	315		K 30-39 lat	15	00:00:24	00:39:45.75	00:40:10.45	+00:14:30	4:58	12.1
210	DĄBROWSKI Marcin	54		M 30-39 lat	50	00:00:22	00:39:46.45	00:40:08.75	+00:14:30	4:58	12.1
211	KARASIEWICZ Katarzyna	132		K 50-59 lat	4	00:00:05	00:39:46.65	00:39:52.55	+00:14:31	4:58	12.1
212	CHRZAŚTOWSKA Kamila	42		K 30-39 lat	16	00:00:13	00:39:47.85	00:40:00.95	+00:14:32	4:58	12.1
213	SCHWOCH Daniel	468		M 40-49 lat	66	00:00:09	00:39:48.60	00:39:58.20	+00:14:32	4:58	12.1
214	DZIARNOWSKA Magda	66	MECHANIKA ZDROWIA	K 30-39 lat	17	00:00:11	00:39:55.40	00:40:07.10	+00:14:39	4:59	12
215	SIENKIEWICZ Piotr	297		M 40-49 lat	67	00:00:42	00:39:56.85	00:40:39.00	+00:14:41	4:59	12
216	RUDNIK Jarosław	284		M 40-49 lat	68	00:00:24	00:39:56.90	00:40:21.35	+00:14:41	4:59	12
217	RADZIKOWSKI Franek	277		M 50-59 lat	23	00:00:31	00:39:57.25	00:40:28.65	+00:14:41	4:59	12
218	ZAKRZEWSKI Michał	400		M 30-39 lat	51	00:00:28	00:39:58.65	00:40:27.00	+00:14:43	4:59	12
219	GROCHOWSKI Andrzej	408	KP PIASTÓW	M 40-49 lat	69	00:00:25	00:39:59.60	00:40:25.20	+00:14:43	4:59	12
220	FLOREK Małgorzata	73		K 30-39 lat	18	00:00:33	00:40:00.55	00:40:34.10	+00:14:44	5:00	12
221	BANASIK-URBANOWSKA Katarzyna	15	GRUPA BIEGOWA UM W-WA	K 30-39 lat	19	00:00:30	00:40:06.00	00:40:36.90	+00:14:50	5:00	12
222	PASZKOWSKI Michał	404	SOLANIN FILM FESTIWAL	M 30-39 lat	52	00:00:21	00:40:11.75	00:40:33.55	+00:14:56	5:01	11.9
223	ORNOWSKA Joanna	241		K 20-29 lat	5	00:00:15	00:40:12.00	00:40:27.90	+00:14:56	5:01	11.9
224	PIASECKI Rafał	259	PARÓWY WWA	M 30-39 lat	53	00:00:30	00:40:21.30	00:40:51.95	+00:15:05	5:02	11.9
225	SŁOWIK Paweł	300	PARÓWY WWA	M 30-39 lat	54	00:00:30	00:40:21.35	00:40:52.30	+00:15:05	5:02	11.9
226	FREITYS Luis	555	WOLNA WENEZUELA	M 60+	8	00:00:18	00:40:23.80	00:40:42.15	+00:15:08	5:02	11.9
227	WRÓBLEWSKI Kacper	369		M 20-29 lat	22	00:00:43	00:40:27.70	00:41:10.75	+00:15:12	5:03	11.9
228	GNIADZIK Rafał	79	KOMENDA STOLECZNA POLICJI W WARSZAWIE	M 40-49 lat	70	00:00:22	00:40:36.65	00:40:58.75	+00:15:21	5:04	11.8
229	HOROŚ Łukasz	108		M 20-29 lat	23	00:00:22	00:40:40.45	00:41:03.30	+00:15:24	5:05	11.8
230	MASENEK Aneta	440		K 30-39 lat	20	00:00:25	00:40:50.45	00:41:16.05	+00:15:34	5:06	11.8
231	SIEMBAB Paweł	294		M 20-29 lat	24	00:00:40	00:40:51.25	00:41:31.55	+00:15:35	5:06	11.8
232	JAWORSKI Łukasz	122		M 30-39 lat	55	00:00:09	00:40:52.00	00:41:01.40	+00:15:36	5:06	11.7
233	KNAPIK Paweł	149		M 40-49 lat	71	00:00:28	00:41:02.65	00:41:31.15	+00:15:47	5:07	11.7
234	KOŁUCKI Stefan	156	SFORA BMK	M 30-39 lat	56	00:00:33	00:41:04.00	00:41:37.30	+00:15:48	5:08	11.7
235	DĄBROWSKI Emil	52		M 30-39 lat	57	00:00:36	00:41:04.40	00:41:41.35	+00:15:48	5:08	11.7
236	KISZCZYC Artur	141		M 50-59 lat	24	00:00:29	00:41:05.75	00:41:34.80	+00:15:50	5:08	11.7
237	SYNOWIEC Dorota	316		K 40-49 lat	15	00:00:38	00:41:07.95	00:41:46.85	+00:15:52	5:08	11.7
238	LAMPARSKI Łukasz	454	UNIQA RUNNING TEAM	M 30-39 lat	58	00:00:29	00:41:09.20	00:41:38.80	+00:15:53	5:08	11.7
239	AUGUSTYNIAK Ewelina	13		K 30-39 lat	21	00:00:29	00:41:12.40	00:41:41.45	+00:15:56	5:09	11.7
240	BORUSZEWSKI Maciej	25		M 40-49 lat	72	00:00:30	00:41:13.30	00:41:43.30	+00:15:57	5:09	11.6
241	JAWOREK Krzysztof	121		M 30-39 lat	59	00:00:37	00:41:16.10	00:41:53.50	+00:16:00	5:09	11.6
242	KACZMARSKI Mateusz	447		M 20-29 lat	25	00:00:39	00:41:16.90	00:41:56.70	+00:16:01	5:09	11.6
243	KUCHTA Zuzanna	178		K 15-19 lat	4	00:00:15	00:41:18.50	00:41:33.80	+00:16:02	5:09	11.6
244	TOKARSKA Weronika	343		K 15-19 lat	5	00:00:14	00:41:19.05	00:41:33.85	+00:16:03	5:09	11.6
245	FIJĄŁKOWSKA Aleksandra	594	BESTIE OCR LEGIONOWO	K 30-39 lat	22	00:00:10	00:41:19.15	00:41:30.05	+00:16:03	5:09	11.6
246	MATEŃKA Piotr	214	DYSPOZYCJA DNIA TEAM	M 40-49 lat	73	00:00:09	00:41:19.85	00:41:29.25	+00:16:04	5:09	11.6
247	UZIEMBŁO Katarzyna	351		K 30-39 lat	23	00:00:26	00:41:23.00	00:41:49.55	+00:16:07	5:10	11.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 8km	brutto 8km			
248	SANIEWSKI Sebastian	291		M 30-39 lat	60	00:00:38	00:41:23.65	00:42:01.65	+00:16:08	5:10	11.6
249	FIJĄŁEK Kamil	428		M 30-39 lat	61	00:00:32	00:41:24.75	00:41:57.15	+00:16:09	5:10	11.6
250	NIEWIŃSKI Jan	421	FITTERROR TEAM	M 40-49 lat	74	00:00:39	00:41:25.20	00:42:04.40	+00:16:09	5:10	11.6
251	WRZESIEŃ Kamil	467	SOFTBLUE RUN CLUB	M 40-49 lat	75	00:00:19	00:41:25.75	00:41:45.60	+00:16:10	5:10	11.6
252	MACIAK Andrzej	415		M 40-49 lat	76	00:00:13	00:41:27.45	00:41:40.90	+00:16:11	5:10	11.6
253	HANSDORFER Franciszek	423		M 15-19 lat	6	00:00:32	00:41:35.40	00:42:08.25	+00:16:19	5:11	11.5
254	GUZIK Justyna	99		K 30-39 lat	24	00:00:24	00:41:38.70	00:42:03.20	+00:16:23	5:12	11.5
255	CIBORSKA Agnieszka	44		K 40-49 lat	16	00:00:10	00:41:40.50	00:41:51.25	+00:16:24	5:12	11.5
256	HARABIN Justyna	103		K 30-39 lat	25	00:00:31	00:41:42.10	00:42:13.70	+00:16:26	5:12	11.5
257	KOŁODZIEJSKA Iwona	153		K 40-49 lat	17	00:00:22	00:41:44.15	00:42:06.60	+00:16:28	5:13	11.5
258	BORYSZKOWSKA Iwona	26	12TRI	K 40-49 lat	18	00:00:07	00:41:45.40	00:41:53.00	+00:16:29	5:13	11.5
259	GÓRKA Krzysztof	419		M 30-39 lat	62	00:00:22	00:41:45.80	00:42:08.35	+00:16:30	5:13	11.5
260	SZYMANIK Lidia	330		K 40-49 lat	19	00:00:27	00:41:50.00	00:42:17.45	+00:16:34	5:13	11.5
261	SZELWACHOWSKI Dariusz	321		M 50-59 lat	25	00:00:08	00:41:50.70	00:41:59.25	+00:16:35	5:13	11.5
262	PETRYKA Wojciech	258		M 50-59 lat	26	00:00:11	00:41:51.00	00:42:02.10	+00:16:35	5:13	11.5
263	ŚWIĄTEK Paulina	335		K 20-29 lat	6	00:00:33	00:41:55.50	00:42:28.65	+00:16:39	5:14	11.5
264	TAUSZYŃSKI Tomasz	338		M 50-59 lat	27	00:00:29	00:41:55.75	00:42:25.30	+00:16:40	5:14	11.5
265	KORDALSKI Emil	159		M 30-39 lat	63	00:00:23	00:41:57.90	00:42:20.95	+00:16:42	5:14	11.4
266	SADOWY Emilian	290	SADOWY	M 20-29 lat	26	00:00:16	00:41:59.05	00:42:15.95	+00:16:43	5:14	11.4
267	KUŹNIAK Martyna	185		K 40-49 lat	20	00:00:27	00:41:59.85	00:42:26.85	+00:16:44	5:14	11.4
268	KARPIŃSKA Hanna	426		K 30-39 lat	26	00:00:36	00:42:05.40	00:42:42.00	+00:16:49	5:15	11.4
269	NOWACZEK Grzegorz	233	ROZBIEGANY SULEJÓWEK	M 50-59 lat	28	00:00:26	00:42:06.65	00:42:33.25	+00:16:51	5:15	11.4
270	KUNKA Andrzej	180		M 30-39 lat	64	00:00:17	00:42:09.50	00:42:26.55	+00:16:53	5:16	11.4
271	LEWANDOWSKA Joanna	192		K 50-59 lat	5	00:00:29	00:42:15.55	00:42:44.80	+00:16:59	5:16	11.4
272	WCISŁO Marcin	355		M 40-49 lat	77	00:00:09	00:42:16.55	00:42:25.95	+00:17:00	5:17	11.4
273	LEKI Robert	406	BEMOWO BIEGA	M 40-49 lat	78	00:00:25	00:42:17.50	00:42:43.10	+00:17:01	5:17	11.4
274	DZWONKOWSKA-SMOŁKO Sylwia	437		K 40-49 lat	21	00:00:03	00:42:20.70	00:42:23.95	+00:17:05	5:17	11.3
275	TRZCIŃSKI Marcin	457	LUXMED	M 40-49 lat	79	00:00:28	00:42:21.70	00:42:50.35	+00:17:06	5:17	11.3
276	BRODZIUK Anna	27	GRUPA BIEGOWA UM W-WA	K 40-49 lat	22	00:00:20	00:42:23.15	00:42:43.65	+00:17:07	5:17	11.3
277	KOZAK Maryla	461	ROZBIEGANY LUX MED	K 40-49 lat	23	00:00:29	00:42:24.20	00:42:54.10	+00:17:08	5:18	11.3
278	SOBOLEWSKI Bartosz	463		M 40-49 lat	80	00:00:25	00:42:34.45	00:42:59.65	+00:17:18	5:19	11.3
279	KOŁODZIEJSKI Rafał	154		M 40-49 lat	81	00:00:21	00:42:37.05	00:42:58.85	+00:17:21	5:19	11.3
280	GADOMSKA Małgorzata	74		K 50-59 lat	6	00:00:16	00:42:37.50	00:42:53.65	+00:17:21	5:19	11.3
281	MAKOWSKI Marek	202	WTP	M 30-39 lat	65	00:00:25	00:42:40.40	00:43:05.50	+00:17:24	5:20	11.3
282	MARCZAK Grażyna	207	LECZO TEAM	K 60+	1	00:00:16	00:42:45.25	00:43:01.45	+00:17:29	5:20	11.2
283	MARKIEWICZ Tomasz	209		M 40-49 lat	82	00:00:55	00:42:48.20	00:43:43.80	+00:17:32	5:21	11.2
284	SZCZĘSNY Aleksander	320		M 30-39 lat	66	00:00:15	00:42:49.70	00:43:05.35	+00:17:34	5:21	11.2
285	HAWRYLUK-STASIAK Ewa	105	BIEGUNI 2022	K 50-59 lat	7	00:00:10	00:42:49.85	00:43:00.55	+00:17:34	5:21	11.2
286	WOJCIECHOWSKI Łukasz	363		M 30-39 lat	67	00:00:13	00:42:56.95	00:43:10.80	+00:17:41	5:22	11.2
287	MADEJAK Aleksandra	401		K 30-39 lat	27	00:00:31	00:42:58.75	00:43:29.85	+00:17:43	5:22	11.2
288	HANSDORFER Pawel	420		M 50-59 lat	29	00:00:32	00:43:08.35	00:43:40.80	+00:17:52	5:23	11.1
289	MATUSZEWSKA Julia	215		K 40-49 lat	24	00:00:08	00:43:08.95	00:43:17.30	+00:17:53	5:23	11.1
290	KRÓL Radosław	172		M 40-49 lat	83	00:00:20	00:43:12.00	00:43:32.90	+00:17:56	5:24	11.1
291	ZIELINSKI Filip	380	PRZEGLĄD SPORTOWY	M 20-29 lat	27	00:00:14	00:43:15.65	00:43:30.25	+00:18:00	5:24	11.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
292	WARDZIŃSKI Paweł	353	RUN AND GUN	M 40-49 lat	84	00:00:22	00:43:26.75	00:43:48.85	+00:18:11	5:25	11.1
293	OSIŃSKI Stanisław	242		70+	2	00:00:07	00:43:29.00	00:43:36.55	+00:18:13	5:26	11
294	JÓZEFOWICZ Maciej	125	VEGE RUNNERS	M 30-39 lat	68	00:00:13	00:43:31.30	00:43:45.15	+00:18:15	5:26	11
295	MUSIAŁ Krzysztof	473		M 30-39 lat	69	00:00:24	00:43:34.40	00:43:58.45	+00:18:18	5:26	11
296	KLAMBOROWSKI Artur	144		M 30-39 lat	70	00:00:27	00:43:41.95	00:44:09.40	+00:18:26	5:27	11
297	FICOŃ Monika	71		K 50-59 lat	8	00:00:28	00:43:43.75	00:44:12.45	+00:18:28	5:27	11
298	CABAJ Marek	466	LUXMED	M 40-49 lat	85	00:00:43	00:43:49.05	00:44:32.70	+00:18:33	5:28	11
299	CHMIELEWSKI Kamil	38	ZABIEGANY TATA	M 30-39 lat	71	00:00:26	00:43:52.00	00:44:18.20	+00:18:36	5:29	10.9
300	KISIEL Wincentt	584	WDŁOROGI	70+	3	00:00:10	00:43:55.65	00:44:05.65	+00:18:40	5:29	10.9
301	SMUŁEK Rafał	301		M 30-39 lat	72	00:00:29	00:43:59.25	00:44:28.70	+00:18:43	5:29	10.9
302	BARANOWSKI Łukasz	16		M 30-39 lat	73	00:00:12	00:44:00.75	00:44:13.20	+00:18:45	5:30	10.9
303	SOLCZAK Marta	424	PAWKO RUNNER TEAM, BIEGAJ Z URSUSEM	K 40-49 lat	25	00:00:20	00:44:01.70	00:44:22.60	+00:18:46	5:30	10.9
304	CIEPIELA Roman	46		M 30-39 lat	74	00:00:21	00:44:03.00	00:44:24.00	+00:18:47	5:30	10.9
305	ZYCH Kasia	384	NEW BALANS CLUB	K 30-39 lat	28	00:00:08	00:44:05.75	00:44:13.90	+00:18:50	5:30	10.9
306	TCHEISHVILI Teimuraz	339	TORPEDO	M 40-49 lat	86	00:00:32	00:44:07.75	00:44:40.10	+00:18:52	5:30	10.9
307	MIELNICZEK Magdalena	220		K 50-59 lat	9	00:00:13	00:44:08.00	00:44:21.80	+00:18:52	5:31	10.9
308	GRABOWSKI Leszek	92	STARE BABICE BIEGAJĄ	M 50-59 lat	30	00:00:28	00:44:21.35	00:44:49.60	+00:19:05	5:32	10.8
309	ZAKRZEWSKI Grzegorz	374	STG WARSZAWA	M 60+	9	00:00:32	00:44:21.70	00:44:54.65	+00:19:06	5:32	10.8
310	RUDOLF Marcin	285		M 40-49 lat	87	00:00:24	00:44:22.35	00:44:46.45	+00:19:06	5:32	10.8
311	DUDZIŃSKI Mateusz	402		M 30-39 lat	75	00:00:33	00:44:28.70	00:45:02.45	+00:19:13	5:33	10.8
312	MARSZAŁEK Marcin	210		M 40-49 lat	88	00:00:29	00:44:30.40	00:45:00.30	+00:19:14	5:33	10.8
313	DORF Weronika	59		K 20-29 lat	7	00:00:22	00:44:30.55	00:44:53.40	+00:19:14	5:33	10.8
314	GRECKI Michał	94	PWPW SA	M 30-39 lat	76	00:00:20	00:44:31.50	00:44:51.60	+00:19:15	5:33	10.8
315	ŻÓŁCIŃSKI Waldemar	387	GRUPA BIEGOWA UM W-WA	M 60+	10	00:00:37	00:44:35.90	00:45:13.55	+00:19:20	5:34	10.8
316	ZARĘBA Piotr	392		M 30-39 lat	77	00:00:37	00:44:36.55	00:45:13.85	+00:19:20	5:34	10.8
317	PIECHOCKA Katarzyna	261	BIEGOWY WARIAT RUNNING TEAM	K 40-49 lat	26	00:00:29	00:44:42.50	00:45:12.10	+00:19:26	5:35	10.7
318	INOROWICZ Joanna	111		K 40-49 lat	27	00:00:38	00:44:45.85	00:45:24.75	+00:19:30	5:35	10.7
319	CZEREPAK Wojciech	51	JW2414	M 30-39 lat	78	00:00:41	00:44:48.25	00:45:29.30	+00:19:32	5:36	10.7
320	SOCHOCKI Wojciech	302		M 30-39 lat	79	00:00:33	00:44:53.75	00:45:27.00	+00:19:38	5:36	10.7
321	POŁOWIANIUK Marek	269		M 40-49 lat	89	00:00:42	00:44:59.75	00:45:42.05	+00:19:44	5:37	10.7
322	THEODOULOU Nicci	341	TBS	K 40-49 lat	28	00:00:39	00:45:10.30	00:45:50.00	+00:19:54	5:38	10.6
323	DWORAK Paulina	65		K 20-29 lat	8	00:00:30	00:45:18.20	00:45:48.40	+00:20:02	5:39	10.6
324	JACHOWSKI Patryk	399		M 30-39 lat	80	00:00:24	00:45:19.80	00:45:44.25	+00:20:04	5:39	10.6
325	KITA Grzegorz	142		M 50-59 lat	31	00:00:12	00:45:21.45	00:45:33.60	+00:20:05	5:40	10.6
326	MICHALAK Tomek	218		M 30-39 lat	81	00:00:36	00:45:22.00	00:45:58.00	+00:20:06	5:40	10.6
327	STELMACH Paulina	310		K 30-39 lat	29	00:00:39	00:45:24.15	00:46:03.85	+00:20:08	5:40	10.6
328	BUDZEWSKI Marcin	33		M 50-59 lat	32	00:00:35	00:45:24.35	00:45:59.95	+00:20:08	5:40	10.6
329	SUWALD Andrzej	585	JACEK BIEGA RUNNING TEAM	M 60+	11	00:00:44	00:45:28.40	00:46:13.15	+00:20:12	5:41	10.6
330	WÓJCICKA Ewa	600		K 40-49 lat	29	00:00:13	00:45:32.90	00:45:46.40	+00:20:17	5:41	10.5
331	KATNER Tomasz	136		M 40-49 lat	90	00:00:30	00:45:35.80	00:46:06.60	+00:20:20	5:41	10.5
332	NOWAKOWSKI Czesław	234	DUCLA ACADEMY WARSZAWA	70+	4	00:00:35	00:45:36.90	00:46:12.70	+00:20:21	5:42	10.5
333	BRZEZIK Piotr	30		M 30-39 lat	82	00:00:26	00:45:38.45	00:46:04.80	+00:20:22	5:42	10.5
334	WASOWSKA Jagoda	586	KS PEGAZ PIASECZNO	K 50-59 lat	10	00:00:30	00:45:41.20	00:46:11.90	+00:20:25	5:42	10.5
335	HULANICKI Andrzej	110		M 60+	12	00:00:22	00:45:43.15	00:46:05.60	+00:20:27	5:42	10.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
336	KWIECIŃSKI Radosław	464		M 40-49 lat	91	00:00:23	00:45:43.90	00:46:07.50	+00:20:28	5:42	10.5
337	KUNKA Monika	179		K 30-39 lat	30	00:00:16	00:45:45.35	00:46:01.95	+00:20:29	5:43	10.5
338	BEDNARZAK Tadeusz	18		M 60+	13	00:00:41	00:45:45.90	00:46:27.80	+00:20:30	5:43	10.5
339	LESZCZYŃSKI Roman	388		70+	5	00:00:17	00:45:48.20	00:46:05.40	+00:20:32	5:43	10.5
340	HULANICKA Irina	109		K 60+	2	00:00:21	00:45:49.35	00:46:11.30	+00:20:33	5:43	10.5
341	CZECHLEWSKI Adam	50		M 40-49 lat	92	00:00:40	00:45:49.55	00:46:30.45	+00:20:33	5:43	10.5
342	JURKOWSKI Ernest	459		M 40-49 lat	93	00:00:56	00:45:55.25	00:46:52.10	+00:20:39	5:44	10.5
343	KARPOWICZ Zofia	135		K 30-39 lat	31	00:00:07	00:46:02.50	00:46:09.75	+00:20:46	5:45	10.4
344	BEREDA Agnieszka	20		K 40-49 lat	30	00:00:34	00:46:21.45	00:46:56.15	+00:21:05	5:47	10.4
345	CZACHERSKI Kamil	49		M 30-39 lat	83	00:00:17	00:46:28.75	00:46:46.70	+00:21:13	5:48	10.3
346	BIELECKI Jacek	23	RUN CZARNÓW	M 50-59 lat	33	00:00:32	00:46:30.60	00:47:03.05	+00:21:14	5:48	10.3
347	PAJĄK Marta	250	VEGE RUNNERS	K 40-49 lat	31	00:00:37	00:46:36.15	00:47:13.90	+00:21:20	5:49	10.3
348	KOTYNIA Konrad	161		M 40-49 lat	94	00:00:31	00:46:37.45	00:47:08.75	+00:21:21	5:49	10.3
349	GORAL Piotr	450		M 60+	14	00:00:17	00:46:42.45	00:47:00.30	+00:21:26	5:50	10.3
350	CHĘĆ Adam	451		M 40-49 lat	95	00:00:23	00:46:50.10	00:47:13.95	+00:21:34	5:51	10.2
351	ROMANOWSKA Ewa	282		K 30-39 lat	32	00:00:18	00:46:52.35	00:47:10.75	+00:21:36	5:51	10.2
352	DUCH Emil	465		M 30-39 lat	84	00:00:18	00:46:52.70	00:47:11.65	+00:21:37	5:51	10.2
353	DOBROŁOWICZ Michał	58	MICHAŁ DOBROŁOWICZ	M 30-39 lat	85	00:00:15	00:46:57.40	00:47:12.50	+00:21:41	5:52	10.2
354	GOŁEK Miłosz	84		M 30-39 lat	86	00:00:16	00:46:59.10	00:47:15.55	+00:21:43	5:52	10.2
355	ZYGADŁO Piotr	385		M 40-49 lat	96	00:00:07	00:46:59.70	00:47:07.25	+00:21:44	5:52	10.2
356	BUJALSKI Konrad	34		M 20-29 lat	28	00:00:19	00:47:01.35	00:47:20.85	+00:21:45	5:52	10.2
357	JESIONOWSKI Marcin	123		M 40-49 lat	97	00:00:18	00:47:02.10	00:47:21.00	+00:21:46	5:52	10.2
358	KAPUSCINSKI Marcin	436		M 40-49 lat	98	00:00:25	00:47:03.15	00:47:28.75	+00:21:47	5:52	10.2
359	KNOBLOCH Ewa	150		K 40-49 lat	32	00:00:14	00:47:08.40	00:47:23.00	+00:21:52	5:53	10.2
360	ZIARKO Joanna	379		K 40-49 lat	33	00:00:16	00:47:11.00	00:47:27.85	+00:21:55	5:53	10.2
361	SOWA Andrzej	306		M 40-49 lat	99	00:00:06	00:47:14.85	00:47:20.95	+00:21:59	5:54	10.2
362	KUREK Krzysztof	181		M 40-49 lat	100	00:00:28	00:47:16.90	00:47:45.30	+00:22:01	5:54	10.2
363	KLAMBOROWSKA Magdalena	143		K 30-39 lat	33	00:00:25	00:47:29.80	00:47:55.55	+00:22:14	5:56	10.1
364	OSTRYSZ Magdalena	247		K 30-39 lat	34	00:00:38	00:47:31.15	00:48:09.90	+00:22:15	5:56	10.1
365	SADŁOWSKA Aleksandra	289		K 20-29 lat	9	00:00:35	00:47:32.60	00:48:07.90	+00:22:16	5:56	10.1
366	BRONISZEWSKI Jakub	29		M 40-49 lat	101	00:00:39	00:47:39.25	00:48:18.90	+00:22:23	5:57	10.1
367	BUREK Katarzyna	35		K 40-49 lat	34	00:00:21	00:47:39.45	00:48:00.60	+00:22:23	5:57	10.1
368	BRONISZEWSKA Natalia	28		K 15-19 lat	6	00:00:39	00:47:39.75	00:48:18.95	+00:22:24	5:57	10.1
369	MAŁYSA Michał	205	PGR MYSŁAKI	M 20-29 lat	29	00:00:43	00:47:45.65	00:48:29.20	+00:22:30	5:58	10.1
370	CHUDOBINSKI Tomasz	43		M 20-29 lat	30	00:00:19	00:47:47.15	00:48:06.35	+00:22:31	5:58	10
371	ENDER Małgorzata	68		K 30-39 lat	35	00:00:25	00:47:47.70	00:48:12.70	+00:22:32	5:58	10
372	OLSZEWSKI Tomasz	239		M 30-39 lat	87	00:00:21	00:47:57.85	00:48:19.05	+00:22:42	5:59	10
373	OLCZAK Witold	238	UMCS BIEGA	M 60+	15	00:00:41	00:47:57.90	00:48:39.40	+00:22:42	5:59	10
374	DERECZ Monika	55		K 40-49 lat	35	00:00:20	00:47:58.05	00:48:18.45	+00:22:42	5:59	10
375	KURT Ali	182		M 20-29 lat	31	00:00:15	00:47:58.55	00:48:14.35	+00:22:42	5:59	10
376	PADUCH Katka	249		K 40-49 lat	36	00:00:42	00:48:10.05	00:48:52.20	+00:22:54	6:01	10
377	NASKRĘT Arkadiusz	228		M 50-59 lat	34	00:00:40	00:48:10.30	00:48:51.10	+00:22:54	6:01	10
378	DUDEK Beata	62		K 40-49 lat	37	00:00:26	00:48:15.40	00:48:42.10	+00:22:59	6:01	9.9
379	KOŁCZYK Małgorzata	596	W POGONI ZA DUCHEM	K 30-39 lat	36	00:00:37	00:48:16.35	00:48:54.10	+00:23:00	6:02	9.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
380	KOWALEWSKA Katarzyna	164	12TRI.PL	K 40-49 lat	38	00:00:25	00:48:17.75	00:48:43.65	+00:23:02	6:02	9.9
381	SIKORA Mateusz	299		M 30-39 lat	88	00:00:43	00:48:19.80	00:49:02.85	+00:23:04	6:02	9.9
382	HEBDA Bartłomiej	106		M 40-49 lat	102	00:00:45	00:48:25.25	00:49:11.05	+00:23:09	6:03	9.9
383	MŁYNARCZYK Wojciech	442		M 40-49 lat	103	00:00:10	00:48:26.35	00:48:36.95	+00:23:10	6:03	9.9
384	GŁUCHOWSKA Daria	434		K 20-29 lat	10	00:00:18	00:48:26.45	00:48:44.85	+00:23:10	6:03	9.9
385	TORBUS Adam	589		M 30-39 lat	89	00:00:47	00:48:36.00	00:49:23.40	+00:23:20	6:04	9.9
386	KERNER Agnieszka	139	GRUPA BIEGOWA UM W-WA	K 50-59 lat	11	00:00:37	00:48:39.10	00:49:16.75	+00:23:23	6:04	9.9
387	KOWALSKA Kinga	165	12TRI.PL	K 40-49 lat	39	00:00:25	00:48:40.95	00:49:06.25	+00:23:25	6:05	9.9
388	KORCZYNSKA-PISARSKA Olga	158		K 40-49 lat	40	00:00:23	00:48:44.50	00:49:07.70	+00:23:28	6:05	9.8
389	BARBUCHA Piotr	17		M 30-39 lat	90	00:00:34	00:48:44.90	00:49:19.10	+00:23:29	6:05	9.8
390	PISARSKI Marcin	267		M 40-49 lat	104	00:00:22	00:48:45.65	00:49:08.50	+00:23:30	6:05	9.8
391	GABRYLEWICZ Katarzyna	453	UNIQA RUNNING TEAM	K 40-49 lat	41	00:00:24	00:48:47.70	00:49:12.15	+00:23:32	6:05	9.8
392	KOPCZYŃSKA Anna	599		K 40-49 lat	42	00:00:34	00:48:56.05	00:49:30.30	+00:23:40	6:07	9.8
393	ORŁOWSKI Tomasz	240		M 30-39 lat	91	00:00:44	00:49:05.30	00:49:49.85	+00:23:49	6:08	9.8
394	MŁYNARCZYK Andrzej	224		M 30-39 lat	92	00:00:27	00:49:16.90	00:49:44.40	+00:24:01	6:09	9.7
395	POPIEC Ignacy	592		M 15-19 lat	7	00:00:36	00:49:37.35	00:50:14.05	+00:24:21	6:12	9.7
396	JANKOWSKI Remigiusz	119		M 50-59 lat	35	00:00:24	00:49:49.15	00:50:13.20	+00:24:33	6:13	9.6
397	ZIENKIEWICZ-MACHNIK Małgorzata	381		K 30-39 lat	37	00:00:26	00:49:54.70	00:50:21.60	+00:24:39	6:14	9.6
398	KONFEDERAK Agnieszka	414	MARKOW BIEGACZE	K 40-49 lat	43	00:00:14	00:50:07.70	00:50:22.60	+00:24:52	6:15	9.6
399	SOKOŁOWSKI Marian	303	SAMOTNY WILK	70+	6	00:00:20	00:50:08.00	00:50:28.50	+00:24:52	6:16	9.6
400	GLASSER Marek	78		70+	7	00:00:36	00:50:19.50	00:50:55.60	+00:25:03	6:17	9.5
401	BIJAK Paulina	587		K 30-39 lat	38	00:00:08	00:50:35.95	00:50:44.40	+00:25:20	6:19	9.5
402	DUMANOWSKI Artur	64	JEDENTEAM	M 30-39 lat	93	00:00:07	00:50:36.80	00:50:44.70	+00:25:21	6:19	9.5
403	GÓRECKA Anna	87	MOTOBABINIEC	K 40-49 lat	44	00:00:23	00:50:49.80	00:51:13.70	+00:25:34	6:21	9.4
404	GOŁACKA-PIOTOWSKA Beata	83		K 50-59 lat	12	00:00:15	00:50:54.80	00:51:10.10	+00:25:39	6:21	9.4
405	PAMIĘTA Karolina	251	KAROLINA PAMIĘTA	K 30-39 lat	39	00:00:36	00:51:16.45	00:51:52.75	+00:26:00	6:24	9.4
406	SZULC Joanna	326		K 50-59 lat	13	00:00:23	00:51:19.20	00:51:42.80	+00:26:03	6:24	9.4
407	DĄBROWSKI Jacek	53		M 50-59 lat	36	00:00:30	00:51:32.20	00:52:02.60	+00:26:16	6:26	9.3
408	SIENKIEWICZ Joanna	295		K 30-39 lat	40	00:00:33	00:51:32.25	00:52:05.50	+00:26:16	6:26	9.3
409	KOWALCZYK Michał	163		M 40-49 lat	105	00:00:13	00:51:48.60	00:52:01.95	+00:26:32	6:28	9.3
410	KOCHMAN Iwona	417	VEGE RUNNERS	K 50-59 lat	14	00:00:27	00:52:02.80	00:52:30.25	+00:26:47	6:30	9.2
411	ZAŁĘSKI Mateusz	376	RADNY DZIELNICZY WŁOCHY	M 30-39 lat	94	00:00:35	00:52:18.60	00:52:54.30	+00:27:02	6:32	9.2
412	BANY Izabela	395		K 20-29 lat	11	00:00:27	00:52:32.75	00:52:59.75	+00:27:17	6:34	9.1
413	KRAWCZYK Łukasz	170		M 30-39 lat	95	00:00:46	00:52:41.30	00:53:28.10	+00:27:25	6:35	9.1
414	JURKOWSKA Irena	126		70+	8	00:00:27	00:53:11.60	00:53:38.90	+00:27:55	6:38	9
415	MILLER Natalia	222	BALTAZARIUSZE	K 30-39 lat	41	00:00:15	00:53:12.05	00:53:27.35	+00:27:56	6:39	9
416	BIDZIŃSKA Alicja	22		K 30-39 lat	42	00:00:11	00:53:25.90	00:53:36.90	+00:28:10	6:40	9
417	ISMAIL Mahmoud	112		M 30-39 lat	96	00:00:39	00:53:28.55	00:54:08.45	+00:28:12	6:41	9
418	GĄŁĄZKA Paweł	77	ABNEGAT WARSZAWA	M 40-49 lat	106	00:00:07	00:53:28.95	00:53:36.20	+00:28:13	6:41	9
419	SZOT Maria	325	JASIELSKIE PIORUNY	K 50-59 lat	15	00:00:27	00:53:31.25	00:53:58.90	+00:28:15	6:41	9
420	SKALSKA Kamila	416		K 20-29 lat	12	00:00:36	00:53:36.05	00:54:12.65	+00:28:20	6:42	9
421	DŁUGOŁĘCKI Jakub	412	KS PRZAŚNIK	M 20-29 lat	32	00:00:36	00:53:36.50	00:54:12.80	+00:28:20	6:42	9
422	POPOWSKI Jarosław	270		M 50-59 lat	37	00:00:41	00:53:48.40	00:54:29.60	+00:28:32	6:43	8.9
423	SZYMCZAK Paweł	333		M 40-49 lat	107	00:00:45	00:54:30.50	00:55:15.90	+00:29:14	6:48	8.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
424	HAUSMAN Michał	104		M 40-49 lat	108	00:00:45	00:54:31.00	00:55:16.20	+00:29:15	6:48	8.8
425	TOKARSKA Magda	448		K 40-49 lat	45	00:00:14	00:54:44.55	00:54:59.50	+00:29:28	6:50	8.8
426	TOKARSKI Paweł	449		M 40-49 lat	109	00:00:15	00:54:46.10	00:55:01.30	+00:29:30	6:50	8.8
427	ZAJĄC Piotr	373		M 40-49 lat	110	00:00:32	00:54:56.85	00:55:29.00	+00:29:41	6:52	8.7
428	WYMYSŁOWSKI Dominik	371		M 20-29 lat	33	00:00:30	00:55:02.45	00:55:32.70	+00:29:46	6:52	8.7
429	SZCZUBIAŁ Magdalena	469		K 30-39 lat	43	00:00:35	00:55:15.00	00:55:50.40	+00:29:59	6:54	8.7
430	PAWLAK Katarzyna	435	PAN	K 40-49 lat	46	00:00:24	00:55:26.10	00:55:50.90	+00:30:10	6:55	8.7
431	SIENKIEWICZ Emil	296		M 30-39 lat	97	00:00:33	00:55:29.85	00:56:03.45	+00:30:14	6:56	8.7
432	PANASIUK Beata	252		K 30-39 lat	44	00:00:33	00:55:30.25	00:56:03.50	+00:30:14	6:56	8.6
433	PLICHCIŃSKA Małgorzata	268	EKONOMIK MOKOTÓW	K 40-49 lat	47	00:00:26	00:56:39.40	00:57:05.60	+00:31:23	7:04	8.5
434	KARPOWICZ Michał	134		M 40-49 lat	111	00:00:32	00:56:50.70	00:57:22.80	+00:31:35	7:06	8.4
435	REMBERK Danuta	278		70+	9	00:00:35	00:57:15.90	00:57:51.10	+00:32:00	7:09	8.4
436	GRECKA Anna	93		K 20-29 lat	13	00:00:21	00:57:22.60	00:57:43.70	+00:32:06	7:10	8.4
437	OKRÓJ Dawid	236		M 30-39 lat	98	00:00:22	00:57:29.00	00:57:51.70	+00:32:13	7:11	8.4
438	PIOTROWICZ Sławomir	265	DEAF	M 30-39 lat	99	00:00:23	00:57:29.10	00:57:52.10	+00:32:13	7:11	8.4
439	EVTUSHENKO Katsiaryna	433		K 20-29 lat	14	00:00:14	00:57:49.30	00:58:03.30	+00:32:33	7:13	8.3
440	NOWORYTA Jacek	235	MĘSKA S	70+	10	00:00:29	00:58:18.20	00:58:47.55	+00:33:02	7:17	8.2
441	KILKOWSKA Joanna	140		K 50-59 lat	16	00:00:28	00:58:30.35	00:58:59.05	+00:33:14	7:18	8.2
442	KAMIŃSKA Aga	130		K 40-49 lat	48	00:00:11	01:05:18.45	01:05:30.00	+00:40:02	8:09	7.4
443	KAMIŃSKI Mirosław	131		M 40-49 lat	112	00:00:11	01:05:19.80	01:05:31.50	+00:40:04	8:09	7.3
444	OLCZAK Urszula	237	UMCS BIEGA	K 50-59 lat	17	00:00:57	01:06:05.90	01:07:03.40	+00:40:50	8:15	7.3
445	GROCHOWSKA Joanna	95	BIEGAMY Z OCHOTĄ	K 50-59 lat	18	00:00:57	01:06:08.20	01:07:05.60	+00:40:52	8:16	7.3
446	MYŚLIŃSKA Anna	227	EKOBIEGI	K 40-49 lat	49	00:00:55	01:06:10.05	01:07:06.00	+00:40:54	8:16	7.3
447	WÓJCIK Robert	367		M 40-49 lat	113	00:00:57	01:06:10.25	01:07:08.05	+00:40:54	8:16	7.3
448	SZOSTAKOWSKI Jarosław	324		M 50-59 lat	38	00:00:54	01:06:11.25	01:07:06.20	+00:40:55	8:16	7.3
449	UMOWSKI Paweł Franciszek	350	PYKAM PARKRUNY	M 20-29 lat	34	00:00:18	01:06:45.15	01:07:04.00	+00:41:29	8:20	7.2

Znaleziono 449 wynik(ów)