5 MIL – BIEG DZIELNICY WŁOCHY

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

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN Mężczyźni

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 (100%)
2	**KLECZEWSKI Piotr**	**145**		M 15-19 lat	1	00:00:01	**00:27:28.50**	**00:27:29.95**	+00:02:12 (8.1%)	3:26	17.5 (92.1%)
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 (8.3%)	3:26	17.4 (91.6%)
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 (9.3%)	3:28	17.2 (90.5%)
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 (9.8%)	3:30	17.1 (90.0%)
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 (10.3%)	3:31	17 (89.5%)
7	**MIROWSKI Jarosław**	**223**		M 40-49 lat	3	00:00:03	**00:28:55.55**	**00:28:59.00**	+00:03:39 (12.7%)	3:36	16.6 (87.4%)
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 (12.9%)	3:37	16.6 (87.4%)
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 (13.3%)	3:38	16.5 (86.8%)
10	**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 (13.4%)	3:38	16.5 (86.8%)
11	**CHRAPEK Janusz**	**40**	ROSSMANN	M 40-49 lat	4	00:00:03	**00:29:25.45**	**00:29:29.20**	+00:04:09 (14.1%)	3:40	16.3 (85.8%)
12	**WOŹNIAK Przemysław**	**365**	WIELISZEW HERON TEAM	M 30-39 lat	5	00:00:04	**00:29:26.80**	**00:29:31.65**	+00:04:11 (14.2%)	3:40	16.3 (85.8%)
13	**GROCHOWSKI Maciej**	**96**		M 30-39 lat	6	00:00:03	**00:29:30.95**	**00:29:34.20**	+00:04:15 (14.4%)	3:41	16.3 (85.8%)
14	**STROIŃSKI Daniel**	**590**	ATTIQ TEAM	M 40-49 lat	5	00:00:02	**00:29:33.60**	**00:29:36.30**	+00:04:17 (14.5%)	3:41	16.2 (85.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
15	**MAMCARZ Bartłomiej**	**206**	LUBELSKIBIEGACZTEAM.PL	M 20-29 lat	3	00:00:02	**00:29:34.40**	**00:29:36.90**	+00:04:18 (14.6%)	3:41	16.2 (85.3%)
16	**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 (14.9%)	3:42	16.2 (85.3%)
17	**DRAB Michał**	**60**	EDC RUNNERS	M 40-49 lat	6	00:00:02	**00:29:47.75**	**00:29:49.80**	+00:04:32 (15.2%)	3:43	16.1 (84.7%)
18	**CYBULA Sylwester**	**48**	LUBELSKIBIEGACZTEAM.PL	M 15-19 lat	2	00:00:02	**00:29:53.20**	**00:29:55.60**	+00:04:37 (15.5%)	3:44	16.1 (84.7%)
19	**KWIATEK Tomasz**	**186**		M 40-49 lat	7	00:00:01	**00:30:00.15**	**00:30:01.15**	+00:04:44 (15.8%)	3:45	16 (84.2%)
20	**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 (16.1%)	3:45	15.9 (83.7%)
21	**STYCZYŃSKI Grzegorz**	**398**	SP 94	M 40-49 lat	9	00:00:03	**00:30:14.60**	**00:30:18.20**	+00:04:58 (16.5%)	3:46	15.9 (83.7%)
22	**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 (16.8%)	3:47	15.8 (83.2%)
23	**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 (17.0%)	3:48	15.8 (83.2%)
24	**SERAFIN Piotr**	**411**		M 30-39 lat	8	00:00:03	**00:30:33.50**	**00:30:37.40**	+00:05:17 (17.3%)	3:49	15.7 (82.6%)
25	**MICHLEWICZ Krzysztof**	**219**		M 30-39 lat	9	00:00:05	**00:30:36.35**	**00:30:41.60**	+00:05:20 (17.5%)	3:49	15.7 (82.6%)
26	**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 (17.6%)	3:50	15.7 (82.6%)
27	**WALENCIK Marcin**	**352**		M 30-39 lat	11	00:00:04	**00:30:50.40**	**00:30:55.00**	+00:05:34 (18.1%)	3:51	15.6 (82.1%)
28	**MICHALAK Mariusz**	**217**	MM TEAM	M 50-59 lat	1	00:00:03	**00:30:55.05**	**00:30:58.60**	+00:05:39 (18.3%)	3:51	15.5 (81.6%)
29	**STRYKOWSKI Daniel**	**313**		M 40-49 lat	11	00:00:03	**00:30:57.30**	**00:31:00.65**	+00:05:41 (18.4%)	3:52	15.5 (81.6%)
30	**KĄTNIAK Paweł**	**138**		M 30-39 lat	12	00:00:02	**00:31:00.80**	**00:31:03.20**	+00:05:45 (18.5%)	3:52	15.5 (81.6%)
31	**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 (18.4%)	3:52	15.5 (81.6%)
32	**WNUK Tomasz**	**360**		M 40-49 lat	13	00:00:03	**00:31:09.80**	**00:31:13.20**	+00:05:54 (18.9%)	3:53	15.4 (81.1%)
33	**KACZOROWSKI Daniel**	**591**	1BLTR	M 20-29 lat	5	00:00:01	**00:31:29.60**	**00:31:31.50**	+00:06:13 (19.8%)	3:56	15.2 (80.0%)
34	**TRYBUSZKIEWICZ Wojciech**	**445**	GENERALI TEAM	M 50-59 lat	2	00:00:02	**00:31:35.20**	**00:31:37.55**	+00:06:19 (20.0%)	3:56	15.2 (80.0%)
35	**MACIEJOWICZ Michał**	**201**		M 30-39 lat	13	00:00:06	**00:31:33.45**	**00:31:39.80**	+00:06:17 (20.0%)	3:56	15.2 (80.0%)
36	**ABRAMCZYK Rafał**	**391**		M 40-49 lat	14	00:00:04	**00:31:40.80**	**00:31:45.00**	+00:06:25 (20.3%)	3:57	15.2 (80.0%)
37	**FALANDYSZ Janusz**	**69**	WPRUNNING PRUSZKÓW	M 60+	1	00:00:03	**00:31:43.05**	**00:31:46.35**	+00:06:27 (20.4%)	3:57	15.1 (79.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
38	**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 (20.7%)	3:58	15.1 (79.5%)
39	**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 (20.6%)	3:58	15.1 (79.5%)
40	**KUCHARCZYK Paweł**	**177**	ROZBIEGANE MICHAŁOWICE	M 50-59 lat	4	00:00:03	**00:31:55.35**	**00:31:59.10**	+00:06:39 (20.9%)	3:59	15 (78.9%)
41	**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 (21.4%)	4:01	14.9 (78.4%)
42	**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 (21.9%)	4:02	14.8 (77.9%)
43	**BIAŁECKI Piotr**	**21**	ORANG	M 30-39 lat	15	00:00:12	**00:32:17.35**	**00:32:29.50**	+00:07:01 (21.8%)	4:02	14.9 (78.4%)
44	**MIELCZARSKI Bartosz**	**430**		M 30-39 lat	16	00:00:04	**00:32:28.85**	**00:32:33.70**	+00:07:13 (22.2%)	4:03	14.8 (77.9%)
45	**KOCHMAŃSKI Tomasz**	**151**		M 40-49 lat	16	00:00:17	**00:32:24.75**	**00:32:41.80**	+00:07:09 (22.1%)	4:03	14.8 (77.9%)
46	**GOLABOWSKI Maciej**	**80**		M 30-39 lat	17	00:00:05	**00:32:40.85**	**00:32:46.70**	+00:07:25 (22.7%)	4:05	14.7 (77.4%)
47	**PIKUL Piotr**	**263**		M 40-49 lat	17	00:00:04	**00:32:48.15**	**00:32:52.45**	+00:07:32 (23.0%)	4:06	14.6 (76.8%)
48	**BORKOWSKI Mariusz**	**431**		M 40-49 lat	18	00:00:04	**00:32:56.80**	**00:33:00.80**	+00:07:41 (23.3%)	4:07	14.6 (76.8%)
49	**KUŹDUB Piotr**	**184**		M 30-39 lat	18	00:00:06	**00:33:01.05**	**00:33:07.40**	+00:07:45 (23.5%)	4:07	14.5 (76.3%)
50	**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 (23.8%)	4:08	14.5 (76.3%)
51	**KOWALSKI Jarosław**	**168**	AR	M 40-49 lat	21	00:00:14	**00:33:09.10**	**00:33:23.10**	+00:07:53 (23.8%)	4:08	14.5 (76.3%)
52	**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 (23.8%)	4:08	14.5 (76.3%)
53	**KOŁODZIEJ Mirosław**	**152**	WOLNY KRAFT	M 30-39 lat	20	00:00:02	**00:33:43.85**	**00:33:46.35**	+00:08:28 (25.1%)	4:12	14.2 (74.7%)
54	**ŚCIBIOREK Bartosz**	**334**		M 30-39 lat	19	00:00:06	**00:33:42.00**	**00:33:48.50**	+00:08:26 (25.0%)	4:12	14.2 (74.7%)
55	**KŁYS Mateusz**	**147**		M 20-29 lat	6	00:00:35	**00:33:14.70**	**00:33:49.90**	+00:07:59 (24.0%)	4:09	14.4 (75.8%)
56	**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 (25.0%)	4:12	14.2 (74.7%)
57	**AUGUSTYNIAK Mariusz**	**12**		M 50-59 lat	5	00:00:18	**00:33:42.85**	**00:34:01.00**	+00:08:27 (25.1%)	4:12	14.2 (74.7%)
58	**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 (25.7%)	4:14	14.1 (74.2%)
59	**SZYJKA Krzysztof**	**329**		M 40-49 lat	22	00:00:21	**00:33:51.70**	**00:34:13.65**	+00:08:36 (25.4%)	4:13	14.2 (74.7%)
60	**DĘBSKI Andrzej**	**57**		M 40-49 lat	24	00:00:17	**00:34:18.25**	**00:34:36.20**	+00:09:02 (26.4%)	4:17	14 (73.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
61	**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 (26.3%)	4:16	14 (73.7%)
62	**IWANIUK Tomasz**	**113**	ŻYWCEM ZABIEGANI	M 30-39 lat	21	00:00:34	**00:34:03.95**	**00:34:38.40**	+00:08:48 (25.8%)	4:15	14.1 (74.2%)
63	**CHOJNACKI Mikolaj**	**39**	WARSAW RUN CLUB	M 40-49 lat	25	00:00:15	**00:34:23.15**	**00:34:38.65**	+00:09:07 (26.5%)	4:17	14 (73.7%)
64	**PERZANOWSKI Jakub**	**257**		M 30-39 lat	22	00:00:10	**00:34:29.90**	**00:34:40.20**	+00:09:14 (26.8%)	4:18	13.9 (73.2%)
65	**MACKIEWICZ Wojciech**	**588**		M 40-49 lat	27	00:00:04	**00:34:36.35**	**00:34:40.65**	+00:09:20 (27.0%)	4:19	13.9 (73.2%)
66	**WOJEWÓDZKI Marcin**	**364**	WOJEWÓDZCY TEAM	M 20-29 lat	8	00:00:27	**00:34:13.70**	**00:34:41.60**	+00:08:58 (26.2%)	4:16	14 (73.7%)
67	**BUCZKOWSKI Piotr**	**32**		M 40-49 lat	26	00:00:06	**00:34:34.75**	**00:34:41.70**	+00:09:19 (26.9%)	4:19	13.9 (73.2%)
68	**RABIEJ Wojciech**	**455**	DUCLA ACADEMY	M 40-49 lat	28	00:00:06	**00:34:42.25**	**00:34:49.00**	+00:09:26 (27.2%)	4:20	13.8 (72.6%)
69	**SZCZEPAŃSKI Bogdan**	**318**	JW2370	M 50-59 lat	7	00:00:04	**00:34:47.10**	**00:34:52.00**	+00:09:31 (27.4%)	4:20	13.8 (72.6%)
70	**JANKOWSKI Jakub**	**118**		M 30-39 lat	23	00:00:17	**00:34:45.95**	**00:35:03.30**	+00:09:30 (27.3%)	4:20	13.8 (72.6%)
71	**KABZIŃSKI Tomasz**	**595**		M 15-19 lat	4	00:00:09	**00:34:54.85**	**00:35:04.65**	+00:09:39 (27.6%)	4:21	13.8 (72.6%)
72	**GOLĘDZINOWSKI Tomasz**	**82**	NEON TEAM	M 50-59 lat	8	00:00:04	**00:35:00.60**	**00:35:05.30**	+00:09:44 (27.8%)	4:22	13.7 (72.1%)
73	**DUKACZEWSKI Michal**	**63**		M 40-49 lat	29	00:00:12	**00:35:00.45**	**00:35:13.20**	+00:09:44 (27.8%)	4:22	13.7 (72.1%)
74	**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 (28.0%)	4:22	13.7 (72.1%)
75	**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 (28.3%)	4:24	13.6 (71.6%)
76	**NIEDŹWIADEK Czesław**	**232**	NIEDŹWIADKI RUNNING TEAM	M 60+	2	00:00:08	**00:35:23.45**	**00:35:32.25**	+00:10:07 (28.6%)	4:25	13.6 (71.6%)
77	**JAKUBOWSKI Dariusz**	**390**	BIEGAM SOBIE	M 50-59 lat	9	00:00:22	**00:35:10.50**	**00:35:33.10**	+00:09:54 (28.2%)	4:23	13.6 (71.6%)
78	**LIPSKI Jarek**	**196**		M 50-59 lat	10	00:00:08	**00:35:25.80**	**00:35:34.30**	+00:10:10 (28.7%)	4:25	13.6 (71.6%)
79	**BIERNAT Dawid**	**24**		M 20-29 lat	9	00:00:19	**00:35:17.55**	**00:35:37.35**	+00:10:01 (28.4%)	4:24	13.6 (71.6%)
80	**ZAŁĘCKI Michał**	**375**	PSIEJAK TEAM	M 40-49 lat	31	00:00:13	**00:35:34.10**	**00:35:47.75**	+00:10:18 (29.0%)	4:26	13.5 (71.1%)
81	**MACIEJEWSKI Stanisław**	**200**	WPRUNNING	M 50-59 lat	11	00:00:06	**00:35:43.30**	**00:35:49.75**	+00:10:27 (29.3%)	4:27	13.4 (70.5%)
82	**KRÓLICKI Konrad**	**173**	STG WARSZAWA	M 40-49 lat	32	00:00:13	**00:35:36.65**	**00:35:50.45**	+00:10:21 (29.1%)	4:27	13.5 (71.1%)
83	**CIEĆWIERZ Michał**	**45**		M 30-39 lat	26	00:00:08	**00:35:42.35**	**00:35:51.10**	+00:10:26 (29.3%)	4:27	13.4 (70.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
84	**NAWROCKI Piotr**	**230**		M 20-29 lat	10	00:00:11	**00:35:40.20**	**00:35:52.10**	+00:10:24 (29.2%)	4:27	13.5 (71.1%)
85	**MARTSENIUK Volodymyr**	**212**		M 20-29 lat	11	00:00:11	**00:35:40.65**	**00:35:52.20**	+00:10:25 (29.2%)	4:27	13.5 (71.1%)
86	**SZLASA Marek**	**323**		M 30-39 lat	24	00:00:46	**00:35:09.60**	**00:35:56.45**	+00:09:53 (28.2%)	4:23	13.7 (72.1%)
87	**DĄBAL Marcin**	**407**	BIEGIEM RADOM!	M 40-49 lat	34	00:00:08	**00:35:50.10**	**00:35:58.70**	+00:10:34 (29.5%)	4:28	13.4 (70.5%)
88	**PRUSZYŃSKI Edward**	**273**	KB OŻARÓW MAZOWIECKI BIEGA	M 50-59 lat	12	00:00:09	**00:35:51.75**	**00:36:01.65**	+00:10:36 (29.6%)	4:28	13.4 (70.5%)
89	**GÓRKA Krzysztof**	**90**		M 40-49 lat	33	00:00:18	**00:35:48.10**	**00:36:06.75**	+00:10:32 (29.4%)	4:28	13.4 (70.5%)
90	**KOWALSKI Mariusz**	**166**		M 40-49 lat	35	00:00:16	**00:35:51.95**	**00:36:08.55**	+00:10:36 (29.6%)	4:28	13.4 (70.5%)
91	**TRACZYK Przemysław**	**346**	ASFALTLOVE DZIKI	M 30-39 lat	27	00:00:12	**00:35:59.60**	**00:36:12.25**	+00:10:43 (29.8%)	4:29	13.3 (70.0%)
92	**MARSZAŁEK Marcin**	**211**		M 30-39 lat	28	00:00:39	**00:36:00.30**	**00:36:40.20**	+00:10:44 (29.8%)	4:30	13.3 (70.0%)
93	**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 (30.0%)	4:30	13.3 (70.0%)
94	**OSOWSKI Andrzej**	**243**		M 40-49 lat	36	00:00:05	**00:36:06.20**	**00:36:11.50**	+00:10:50 (30.0%)	4:30	13.3 (70.0%)
95	**SKOCZYPIEC Antoni**	**413**		M 20-29 lat	12	00:00:17	**00:36:12.15**	**00:36:29.50**	+00:10:56 (30.2%)	4:31	13.3 (70.0%)
96	**REMISZ Łukasz**	**279**		M 30-39 lat	29	00:00:19	**00:36:20.65**	**00:36:39.95**	+00:11:05 (30.5%)	4:32	13.2 (69.5%)
97	**WARZOCHA Michal**	**354**	SFS RUNNING	M 40-49 lat	37	00:00:19	**00:36:30.60**	**00:36:50.45**	+00:11:14 (30.8%)	4:33	13.2 (69.5%)
98	**PIOTRAK Marcin**	**264**		M 40-49 lat	38	00:00:11	**00:36:30.65**	**00:36:42.25**	+00:11:15 (30.8%)	4:33	13.2 (69.5%)
99	**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 (30.8%)	4:33	13.1 (68.9%)
100	**SZWACIŃSKI Andrzej**	**429**		M 30-39 lat	30	00:00:19	**00:36:33.90**	**00:36:53.40**	+00:11:18 (30.9%)	4:34	13.1 (68.9%)
101	**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 (30.9%)	4:34	13.1 (68.9%)
102	**SIEJKA Mateusz**	**293**		M 40-49 lat	41	00:00:20	**00:36:35.40**	**00:36:55.40**	+00:11:19 (31.0%)	4:34	13.1 (68.9%)
103	**KĘDRA Mateusz**	**394**		M 30-39 lat	31	00:00:17	**00:36:38.15**	**00:36:55.65**	+00:11:22 (31.0%)	4:34	13.1 (68.9%)
104	**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 (31.3%)	4:35	13.1 (68.9%)
105	**SZCZERBA Łukasz**	**439**		M 30-39 lat	32	00:00:38	**00:36:44.95**	**00:37:23.00**	+00:11:29 (31.3%)	4:35	13.1 (68.9%)
106	**IWAŃCZYK Grzegorz**	**114**		M 40-49 lat	42	00:00:09	**00:36:53.00**	**00:37:02.30**	+00:11:37 (31.5%)	4:36	13 (68.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
107	**OSTROWSKI Krzysztof**	**246**		M 20-29 lat	13	00:00:06	**00:36:59.10**	**00:37:05.55**	+00:11:43 (31.7%)	4:37	13 (68.4%)
108	**GÓRSKI Marcin**	**460**		M 40-49 lat	43	00:00:27	**00:37:02.45**	**00:37:29.90**	+00:11:46 (31.8%)	4:37	13 (68.4%)
109	**CHRZANOWSKI Wojciech**	**41**		M 30-39 lat	33	00:00:05	**00:37:03.20**	**00:37:08.70**	+00:11:47 (31.8%)	4:37	13 (68.4%)
110	**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 (31.9%)	4:38	12.9 (67.9%)
111	**SANTAREK Wojciech**	**292**		M 40-49 lat	44	00:00:23	**00:37:14.40**	**00:37:37.45**	+00:11:58 (32.2%)	4:39	12.9 (67.9%)
112	**PTASZNIK Maciej**	**275**	DOGOŃ GRODZISK MAZOWIECKI	M 40-49 lat	45	00:00:03	**00:37:15.45**	**00:37:19.40**	+00:11:59 (32.2%)	4:39	12.9 (67.9%)
113	**MATYSZCZAK Krzysztof**	**216**	KENKO	M 40-49 lat	46	00:00:35	**00:37:17.65**	**00:37:53.15**	+00:12:02 (32.3%)	4:39	12.9 (67.9%)
114	**BEREDA Krzysztof**	**19**	KAZIKI	M 50-59 lat	15	00:00:30	**00:37:21.30**	**00:37:52.00**	+00:12:05 (32.4%)	4:40	12.9 (67.9%)
115	**ORABCZYK Szymon**	**597**		M 60+	4	00:00:05	**00:37:21.65**	**00:37:27.55**	+00:12:06 (32.4%)	4:40	12.9 (67.9%)
116	**JODŁOWSKI Grzegorz**	**124**		M 40-49 lat	47	00:00:11	**00:37:25.40**	**00:37:37.25**	+00:12:09 (32.5%)	4:40	12.8 (67.4%)
117	**TOMASIAK Cezary**	**344**	BEMOWOBIEGA	M 50-59 lat	16	00:00:09	**00:37:26.15**	**00:37:35.85**	+00:12:10 (32.5%)	4:40	12.8 (67.4%)
118	**GOLEBIOWSKI Michal**	**81**	TEAM ZABIEGANEDNI	M 40-49 lat	48	00:00:34	**00:37:30.60**	**00:38:04.65**	+00:12:14 (32.7%)	4:41	12.8 (67.4%)
119	**GRYMUZA Jacek**	**98**	CRAZY HORNET	M 30-39 lat	34	00:00:10	**00:37:31.75**	**00:37:42.65**	+00:12:16 (32.7%)	4:41	12.8 (67.4%)
119	**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 (32.7%)	4:41	12.8 (67.4%)
121	**SZUMSKI Maciej**	**328**	JW2414	M 30-39 lat	36	00:00:41	**00:37:36.20**	**00:38:17.40**	+00:12:20 (32.8%)	4:42	12.8 (67.4%)
122	**TULIK Przemysław**	**348**		M 50-59 lat	17	00:00:12	**00:37:43.75**	**00:37:55.90**	+00:12:28 (33.0%)	4:42	12.7 (66.8%)
123	**DĘBSKI Andrzej**	**56**		M 40-49 lat	49	00:00:07	**00:37:45.60**	**00:37:52.90**	+00:12:29 (33.1%)	4:43	12.7 (66.8%)
124	**SOLIWODA Miroslaw**	**304**		M 40-49 lat	50	00:00:12	**00:37:45.90**	**00:37:58.65**	+00:12:30 (33.1%)	4:43	12.7 (66.8%)
125	**DRZEWIECKI Marek**	**61**		M 40-49 lat	51	00:00:04	**00:37:49.40**	**00:37:54.25**	+00:12:33 (33.2%)	4:43	12.7 (66.8%)
126	**SZEWCZYK Jacek**	**322**		M 40-49 lat	52	00:00:25	**00:37:52.05**	**00:38:17.25**	+00:12:36 (33.3%)	4:44	12.7 (66.8%)
127	**ROSTKOWSKI Bartosz**	**283**		M 40-49 lat	53	00:00:13	**00:37:53.95**	**00:38:07.20**	+00:12:38 (33.3%)	4:44	12.7 (66.8%)
128	**ZGIERUN Paweł**	**378**		M 30-39 lat	37	00:00:17	**00:37:58.25**	**00:38:15.75**	+00:12:42 (33.5%)	4:44	12.6 (66.3%)
129	**SZEWCZUK Szymon**	**583**		M 20-29 lat	14	00:00:35	**00:37:59.05**	**00:38:34.35**	+00:12:43 (33.5%)	4:44	12.6 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
130	**GUZOWSKI Tomasz**	**100**	OX2	M 40-49 lat	54	00:00:14	**00:37:59.35**	**00:38:13.75**	+00:12:43 (33.5%)	4:44	12.6 (66.3%)
131	**OSTROWSKI Kacper**	**245**		M 30-39 lat	38	00:00:31	**00:37:59.80**	**00:38:31.35**	+00:12:44 (33.5%)	4:44	12.6 (66.3%)
132	**GOCŁOWSKI 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 (33.6%)	4:45	12.6 (66.3%)
133	**GDAŃSKI Michał**	**425**		M 30-39 lat	39	00:00:08	**00:38:02.05**	**00:38:10.25**	+00:12:46 (33.6%)	4:45	12.6 (66.3%)
134	**CLAJOT Fabian**	**47**	FC GRABOWA	M 20-29 lat	15	00:00:23	**00:38:04.75**	**00:38:28.05**	+00:12:49 (33.7%)	4:45	12.6 (66.3%)
135	**OSTASZEWSKI Jakub**	**244**		M 50-59 lat	18	00:00:14	**00:38:11.15**	**00:38:25.55**	+00:12:55 (33.8%)	4:46	12.6 (66.3%)
136	**ŚWINIARSKI Mariusz**	**337**	FITTERROR TEAM	M 40-49 lat	56	00:00:38	**00:38:11.35**	**00:38:50.10**	+00:12:55 (33.9%)	4:46	12.6 (66.3%)
137	**PARZNIEWSKI 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 (33.9%)	4:46	12.6 (66.3%)
138	**SIESS Jarosław**	**298**		M 60+	5	00:00:11	**00:38:14.65**	**00:38:26.20**	+00:12:59 (33.9%)	4:46	12.6 (66.3%)
139	**SZADKOWSKI Piotr**	**317**		M 40-49 lat	57	00:00:19	**00:38:16.00**	**00:38:35.55**	+00:13:00 (34.0%)	4:47	12.5 (65.8%)
140	**LIPSKI Maciej**	**195**		M 30-39 lat	41	00:00:17	**00:38:16.05**	**00:38:33.45**	+00:13:00 (34.0%)	4:47	12.5 (65.8%)
141	**PIETRUSZEWSKI Krystian**	**262**		M 20-29 lat	16	00:00:21	**00:38:19.40**	**00:38:40.75**	+00:13:03 (34.1%)	4:47	12.5 (65.8%)
142	**PLIŃSKI Maciej**	**403**		M 40-49 lat	58	00:00:44	**00:38:19.95**	**00:39:04.35**	+00:13:04 (34.1%)	4:47	12.5 (65.8%)
143	**TOMASZEWSKI Ryszard**	**345**		M 30-39 lat	42	00:00:09	**00:38:24.65**	**00:38:33.75**	+00:13:09 (34.2%)	4:48	12.5 (65.8%)
144	**GRYCNER Paweł**	**97**		M 30-39 lat	43	00:00:15	**00:38:27.40**	**00:38:43.30**	+00:13:11 (34.3%)	4:48	12.5 (65.8%)
145	**KUSY Marcin**	**183**		M 40-49 lat	59	00:00:06	**00:38:30.10**	**00:38:36.85**	+00:13:14 (34.4%)	4:48	12.5 (65.8%)
146	**GÒRAL Tadeusz**	**86**	KKB	M 50-59 lat	19	00:00:06	**00:38:32.90**	**00:38:39.05**	+00:13:17 (34.5%)	4:49	12.5 (65.8%)
147	**JABŁONKA Radek**	**115**	DZIADY OCR	M 40-49 lat	60	00:00:12	**00:38:33.75**	**00:38:45.95**	+00:13:18 (34.5%)	4:49	12.5 (65.8%)
148	**KOWALSKI Tomasz**	**167**	12TRI.PL	M 40-49 lat	61	00:00:15	**00:38:42.25**	**00:38:57.75**	+00:13:26 (34.7%)	4:50	12.4 (65.3%)
149	**KOTAS Wojciech**	**427**	EDC RUNNERS	M 40-49 lat	62	00:00:20	**00:38:45.25**	**00:39:05.65**	+00:13:29 (34.8%)	4:50	12.4 (65.3%)
150	**KUBISA Michał**	**176**		M 20-29 lat	17	00:00:10	**00:38:56.60**	**00:39:06.80**	+00:13:40 (35.1%)	4:52	12.3 (64.7%)
151	**DZIARNOWSKI Włodek**	**67**	BIEGAMPŁOCK TEAM	M 60+	6	00:00:11	**00:38:56.75**	**00:39:08.60**	+00:13:41 (35.1%)	4:52	12.3 (64.7%)
152	**STASZEWSKI Jarosław**	**309**		M 30-39 lat	44	00:00:10	**00:38:59.60**	**00:39:09.90**	+00:13:43 (35.2%)	4:52	12.3 (64.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
153	**KLIMEK Arkadiusz**	**146**		M 50-59 lat	20	00:00:30	**00:39:03.40**	**00:39:33.60**	+00:13:47 (35.3%)	4:52	12.3 (64.7%)
154	**KOŃSKI Mariusz**	**157**	PALESTRA	M 30-39 lat	45	00:00:16	**00:39:04.10**	**00:39:20.85**	+00:13:48 (35.3%)	4:53	12.3 (64.7%)
155	**KOWALCZYK Krzysztof**	**162**		M 40-49 lat	63	00:00:10	**00:39:09.10**	**00:39:19.85**	+00:13:53 (35.5%)	4:53	12.3 (64.7%)
156	**PRĘGOWSKI Bartosz**	**272**		M 20-29 lat	18	00:00:12	**00:39:13.30**	**00:39:26.20**	+00:13:57 (35.6%)	4:54	12.2 (64.2%)
157	**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 (35.6%)	4:54	12.2 (64.2%)
158	**HABDAS Damian**	**101**		M 30-39 lat	46	00:00:41	**00:39:15.05**	**00:39:56.70**	+00:13:59 (35.6%)	4:54	12.2 (64.2%)
159	**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 (35.7%)	4:54	12.2 (64.2%)
160	**WĘCŁAWSKI Grzegorz**	**357**		M 50-59 lat	21	00:00:31	**00:39:19.55**	**00:39:51.35**	+00:14:03 (35.8%)	4:54	12.2 (64.2%)
161	**SZCZEPAŃSKI Adam**	**319**		M 20-29 lat	20	00:00:21	**00:39:25.10**	**00:39:46.10**	+00:14:09 (35.9%)	4:55	12.2 (64.2%)
162	**POPIEC Antoni**	**593**		M 15-19 lat	5	00:00:37	**00:39:28.85**	**00:40:05.90**	+00:14:13 (36.0%)	4:56	12.2 (64.2%)
163	**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 (36.1%)	4:56	12.2 (64.2%)
164	**WĄDOŁOWSKI Sylwestet**	**409**		M 40-49 lat	65	00:00:26	**00:39:32.70**	**00:39:58.70**	+00:14:17 (36.1%)	4:56	12.1 (63.7%)
165	**PRZYCHODZEŃ Karol**	**274**		M 30-39 lat	47	00:00:23	**00:39:33.75**	**00:39:56.90**	+00:14:18 (36.1%)	4:56	12.1 (63.7%)
166	**KOSMALA Dariusz**	**160**		M 50-59 lat	22	00:00:05	**00:39:35.80**	**00:39:41.35**	+00:14:20 (36.2%)	4:56	12.1 (63.7%)
167	**PASZKOWSKI Konrad**	**255**	SOLANIN	M 30-39 lat	48	00:00:21	**00:39:36.65**	**00:39:58.00**	+00:14:21 (36.2%)	4:57	12.1 (63.7%)
168	**RESIAK Maciej**	**280**		M 30-39 lat	49	00:00:07	**00:39:37.20**	**00:39:44.90**	+00:14:21 (36.2%)	4:57	12.1 (63.7%)
169	**ŁYSIAK Mateusz**	**197**		M 20-29 lat	21	00:00:12	**00:39:45.30**	**00:39:57.90**	+00:14:29 (36.5%)	4:58	12.1 (63.7%)
170	**DĄBROWSKI Marcin**	**54**		M 30-39 lat	50	00:00:22	**00:39:46.45**	**00:40:08.75**	+00:14:30 (36.5%)	4:58	12.1 (63.7%)
171	**SCHWOCH Daniel**	**468**		M 40-49 lat	66	00:00:09	**00:39:48.60**	**00:39:58.20**	+00:14:32 (36.5%)	4:58	12.1 (63.7%)
172	**SIENKIEWICZ Piotr**	**297**		M 40-49 lat	67	00:00:42	**00:39:56.85**	**00:40:39.00**	+00:14:41 (36.8%)	4:59	12 (63.2%)
173	**RUDNIK Jarosław**	**284**		M 40-49 lat	68	00:00:24	**00:39:56.90**	**00:40:21.35**	+00:14:41 (36.8%)	4:59	12 (63.2%)
174	**RADZIKOWSKI Franek**	**277**		M 50-59 lat	23	00:00:31	**00:39:57.25**	**00:40:28.65**	+00:14:41 (36.8%)	4:59	12 (63.2%)
175	**ZAKRZEWSKI Michał**	**400**		M 30-39 lat	51	00:00:28	**00:39:58.65**	**00:40:27.00**	+00:14:43 (36.8%)	4:59	12 (63.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
176	**GROCHOWSKI Andrzej**	**408**	KP PIASTÓW	M 40-49 lat	69	00:00:25	**00:39:59.60**	**00:40:25.20**	+00:14:43 (36.8%)	4:59	12 (63.2%)
177	**PASZKOWSKI Michal**	**404**	SOLANIN FILM FESTIWAL	M 30-39 lat	52	00:00:21	**00:40:11.75**	**00:40:33.55**	+00:14:56 (37.2%)	5:01	11.9 (62.6%)
178	**PIASECKI Rafał**	**259**	PARÓWY WWA	M 30-39 lat	53	00:00:30	**00:40:21.30**	**00:40:51.95**	+00:15:05 (37.4%)	5:02	11.9 (62.6%)
179	**SŁOWIK Paweł**	**300**	PARÓWY WWA	M 30-39 lat	54	00:00:30	**00:40:21.35**	**00:40:52.30**	+00:15:05 (37.4%)	5:02	11.9 (62.6%)
180	**FREITYS Luis**	**555**	WOLNA WENEZUELA	M 60+	8	00:00:18	**00:40:23.80**	**00:40:42.15**	+00:15:08 (37.5%)	5:02	11.9 (62.6%)
181	**WRÓBLEWSKI Kacper**	**369**		M 20-29 lat	22	00:00:43	**00:40:27.70**	**00:41:10.75**	+00:15:12 (37.6%)	5:03	11.9 (62.6%)
182	**GNIADZIK Rafał**	**79**	KOMENDA STOŁECZNA POLICJI W WARSZAWIE	M 40-49 lat	70	00:00:22	**00:40:36.65**	**00:40:58.75**	+00:15:21 (37.8%)	5:04	11.8 (62.1%)
183	**HOROŚ Łukasz**	**108**		M 20-29 lat	23	00:00:22	**00:40:40.45**	**00:41:03.30**	+00:15:24 (37.9%)	5:05	11.8 (62.1%)
184	**SIEMBAB Paweł**	**294**		M 20-29 lat	24	00:00:40	**00:40:51.25**	**00:41:31.55**	+00:15:35 (38.2%)	5:06	11.8 (62.1%)
185	**JAWORSKI Łukasz**	**122**		M 30-39 lat	55	00:00:09	**00:40:52.00**	**00:41:01.40**	+00:15:36 (38.2%)	5:06	11.7 (61.6%)
186	**KNAPIK Paweł**	**149**		M 40-49 lat	71	00:00:28	**00:41:02.65**	**00:41:31.15**	+00:15:47 (38.5%)	5:07	11.7 (61.6%)
187	**KOŁUCKI Stefan**	**156**	SFORA BMK	M 30-39 lat	56	00:00:33	**00:41:04.00**	**00:41:37.30**	+00:15:48 (38.5%)	5:08	11.7 (61.6%)
188	**DĄBROWSKI Emil**	**52**		M 30-39 lat	57	00:00:36	**00:41:04.40**	**00:41:41.35**	+00:15:48 (38.5%)	5:08	11.7 (61.6%)
189	**KISZCZYC Artur**	**141**		M 50-59 lat	24	00:00:29	**00:41:05.75**	**00:41:34.80**	+00:15:50 (38.5%)	5:08	11.7 (61.6%)
190	**LAMPARSKI Łukasz**	**454**	UNIQA RUNING TEAM	M 30-39 lat	58	00:00:29	**00:41:09.20**	**00:41:38.80**	+00:15:53 (38.6%)	5:08	11.7 (61.6%)
191	**BORUSZEWSKI Maciej**	**25**		M 40-49 lat	72	00:00:30	**00:41:13.30**	**00:41:43.30**	+00:15:57 (38.7%)	5:09	11.6 (61.1%)
192	**JAWOREK Krzysztof**	**121**		M 30-39 lat	59	00:00:37	**00:41:16.10**	**00:41:53.50**	+00:16:00 (38.8%)	5:09	11.6 (61.1%)
193	**KACZMARSKI Mateusz**	**447**		M 20-29 lat	25	00:00:39	**00:41:16.90**	**00:41:56.70**	+00:16:01 (38.8%)	5:09	11.6 (61.1%)
194	**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 (38.9%)	5:09	11.6 (61.1%)
195	**SANIEWSKI Sebastian**	**291**		M 30-39 lat	60	00:00:38	**00:41:23.65**	**00:42:01.65**	+00:16:08 (39.0%)	5:10	11.6 (61.1%)
196	**FIJAŁEK Kamil**	**428**		M 30-39 lat	61	00:00:32	**00:41:24.75**	**00:41:57.15**	+00:16:09 (39.0%)	5:10	11.6 (61.1%)
197	**NIEWIŃSKI Jan**	**421**	FITTERROR TEAM	M 40-49 lat	74	00:00:39	**00:41:25.20**	**00:42:04.40**	+00:16:09 (39.0%)	5:10	11.6 (61.1%)
198	**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 (39.0%)	5:10	11.6 (61.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
199	**MACIAK Andrzej**	**415**		M 40-49 lat	76	00:00:13	**00:41:27.45**	**00:41:40.90**	+00:16:11 (39.1%)	5:10	11.6 (61.1%)
200	**HANSDORFER Franciszek**	**423**		M 15-19 lat	6	00:00:32	**00:41:35.40**	**00:42:08.25**	+00:16:19 (39.3%)	5:11	11.5 (60.5%)
201	**GÓRKA Krzysztof**	**419**		M 30-39 lat	62	00:00:22	**00:41:45.80**	**00:42:08.35**	+00:16:30 (39.5%)	5:13	11.5 (60.5%)
202	**SZELWACHOWSKI Dariusz**	**321**		M 50-59 lat	25	00:00:08	**00:41:50.70**	**00:41:59.25**	+00:16:35 (39.6%)	5:13	11.5 (60.5%)
203	**PETRYKA Wojciech**	**258**		M 50-59 lat	26	00:00:11	**00:41:51.00**	**00:42:02.10**	+00:16:35 (39.6%)	5:13	11.5 (60.5%)
204	**TAUSZYŃSKI Tomasz**	**338**		M 50-59 lat	27	00:00:29	**00:41:55.75**	**00:42:25.30**	+00:16:40 (39.8%)	5:14	11.5 (60.5%)
205	**KORDALSKI Emil**	**159**		M 30-39 lat	63	00:00:23	**00:41:57.90**	**00:42:20.95**	+00:16:42 (39.8%)	5:14	11.4 (60.0%)
206	**SADOWY Emilian**	**290**	SADOWY	M 20-29 lat	26	00:00:16	**00:41:59.05**	**00:42:15.95**	+00:16:43 (39.8%)	5:14	11.4 (60.0%)
207	**NOWACZEK Grzegorz**	**233**	ROZBIEGANY SULEJÓWEK	M 50-59 lat	28	00:00:26	**00:42:06.65**	**00:42:33.25**	+00:16:51 (40.0%)	5:15	11.4 (60.0%)
208	**KUNKA Andrzej**	**180**		M 30-39 lat	64	00:00:17	**00:42:09.50**	**00:42:26.55**	+00:16:53 (40.1%)	5:16	11.4 (60.0%)
209	**WCISŁO Marcin**	**355**		M 40-49 lat	77	00:00:09	**00:42:16.55**	**00:42:25.95**	+00:17:00 (40.2%)	5:17	11.4 (60.0%)
210	**LEKI Robert**	**406**	BEMOWO BIEGA	M 40-49 lat	78	00:00:25	**00:42:17.50**	**00:42:43.10**	+00:17:01 (40.3%)	5:17	11.4 (60.0%)
211	**TRZCIŃSKI Marcin**	**457**	LUXMED	M 40-49 lat	79	00:00:28	**00:42:21.70**	**00:42:50.35**	+00:17:06 (40.4%)	5:17	11.3 (59.5%)
212	**SOBOLEWSKI Bartosz**	**463**		M 40-49 lat	80	00:00:25	**00:42:34.45**	**00:42:59.65**	+00:17:18 (40.7%)	5:19	11.3 (59.5%)
213	**KOŁODZIEJSKI Rafał**	**154**		M 40-49 lat	81	00:00:21	**00:42:37.05**	**00:42:58.85**	+00:17:21 (40.7%)	5:19	11.3 (59.5%)
214	**MAKOWSKI Marek**	**202**	WTP	M 30-39 lat	65	00:00:25	**00:42:40.40**	**00:43:05.50**	+00:17:24 (40.8%)	5:20	11.3 (59.5%)
215	**MARKIEWICZ Tomasz**	**209**		M 40-49 lat	82	00:00:55	**00:42:48.20**	**00:43:43.80**	+00:17:32 (41.0%)	5:21	11.2 (58.9%)
216	**SZCZĘSNY Aleksander**	**320**		M 30-39 lat	66	00:00:15	**00:42:49.70**	**00:43:05.35**	+00:17:34 (41.0%)	5:21	11.2 (58.9%)
217	**WOJCIECHOWSKI Łukasz**	**363**		M 30-39 lat	67	00:00:13	**00:42:56.95**	**00:43:10.80**	+00:17:41 (41.2%)	5:22	11.2 (58.9%)
218	**HANSDORFER Pawel**	**420**		M 50-59 lat	29	00:00:32	**00:43:08.35**	**00:43:40.80**	+00:17:52 (41.4%)	5:23	11.1 (58.4%)
219	**KRÓL Radosław**	**172**		M 40-49 lat	83	00:00:20	**00:43:12.00**	**00:43:32.90**	+00:17:56 (41.5%)	5:24	11.1 (58.4%)
220	**ZIELINSKI Filip**	**380**	PRZEGLĄD SPORTOWY	M 20-29 lat	27	00:00:14	**00:43:15.65**	**00:43:30.25**	+00:18:00 (41.6%)	5:24	11.1 (58.4%)
221	**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 (41.9%)	5:25	11.1 (58.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
222	**OSIŃSKI Stanisław**	**242**		70+	2	00:00:07	**00:43:29.00**	**00:43:36.55**	+00:18:13 (41.9%)	5:26	11 (57.9%)
223	**JÓZEFOWICZ Maciej**	**125**	VEGE RUNNERS	M 30-39 lat	68	00:00:13	**00:43:31.30**	**00:43:45.15**	+00:18:15 (42.0%)	5:26	11 (57.9%)
224	**MUSIAŁ Krzysztof**	**473**		M 30-39 lat	69	00:00:24	**00:43:34.40**	**00:43:58.45**	+00:18:18 (42.0%)	5:26	11 (57.9%)
225	**KLAMBOROWSKI Artur**	**144**		M 30-39 lat	70	00:00:27	**00:43:41.95**	**00:44:09.40**	+00:18:26 (42.2%)	5:27	11 (57.9%)
226	**CABAJ Marek**	**466**	LUXMED	M 40-49 lat	85	00:00:43	**00:43:49.05**	**00:44:32.70**	+00:18:33 (42.3%)	5:28	11 (57.9%)
227	**CHMIELEWSKI Kamil**	**38**	ZABIEGANY TATA	M 30-39 lat	71	00:00:26	**00:43:52.00**	**00:44:18.20**	+00:18:36 (42.4%)	5:29	10.9 (57.4%)
228	**KISIEL Wincentt**	**584**	WIDŁOROGI	70+	3	00:00:10	**00:43:55.65**	**00:44:05.65**	+00:18:40 (42.5%)	5:29	10.9 (57.4%)
229	**SMUŁEK Rafał**	**301**		M 30-39 lat	72	00:00:29	**00:43:59.25**	**00:44:28.70**	+00:18:43 (42.6%)	5:29	10.9 (57.4%)
230	**BARANOWSKI Łukasz**	**16**		M 30-39 lat	73	00:00:12	**00:44:00.75**	**00:44:13.20**	+00:18:45 (42.6%)	5:30	10.9 (57.4%)
231	**CIEPIELA Roman**	**46**		M 30-39 lat	74	00:00:21	**00:44:03.00**	**00:44:24.00**	+00:18:47 (42.7%)	5:30	10.9 (57.4%)
232	**TCHEISHVILI Teimuraz**	**339**	TORPEDO	M 40-49 lat	86	00:00:32	**00:44:07.75**	**00:44:40.10**	+00:18:52 (42.8%)	5:30	10.9 (57.4%)
233	**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 (43.0%)	5:32	10.8 (56.8%)
234	**ZAKRZEWSKI Grzegorz**	**374**	STG WARSZAWA	M 60+	9	00:00:32	**00:44:21.70**	**00:44:54.65**	+00:19:06 (43.1%)	5:32	10.8 (56.8%)
235	**RUDOLF Marcin**	**285**		M 40-49 lat	87	00:00:24	**00:44:22.35**	**00:44:46.45**	+00:19:06 (43.1%)	5:32	10.8 (56.8%)
236	**DUDZIŃSKI Mateusz**	**402**		M 30-39 lat	75	00:00:33	**00:44:28.70**	**00:45:02.45**	+00:19:13 (43.2%)	5:33	10.8 (56.8%)
237	**MARSZAŁEK Marcin**	**210**		M 40-49 lat	88	00:00:29	**00:44:30.40**	**00:45:00.30**	+00:19:14 (43.2%)	5:33	10.8 (56.8%)
238	**GRECKI Michał**	**94**	PWPW SA	M 30-39 lat	76	00:00:20	**00:44:31.50**	**00:44:51.60**	+00:19:15 (43.3%)	5:33	10.8 (56.8%)
239	**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 (43.4%)	5:34	10.8 (56.8%)
240	**ZARĘBA Piotr**	**392**		M 30-39 lat	77	00:00:37	**00:44:36.55**	**00:45:13.85**	+00:19:20 (43.4%)	5:34	10.8 (56.8%)
241	**CZEREPAK Wojciech**	**51**	JW2414	M 30-39 lat	78	00:00:41	**00:44:48.25**	**00:45:29.30**	+00:19:32 (43.6%)	5:36	10.7 (56.3%)
242	**SOCHOCKI Wojciech**	**302**		M 30-39 lat	79	00:00:33	**00:44:53.75**	**00:45:27.00**	+00:19:38 (43.7%)	5:36	10.7 (56.3%)
243	**POŁOWIANIUK Marek**	**269**		M 40-49 lat	89	00:00:42	**00:44:59.75**	**00:45:42.05**	+00:19:44 (43.9%)	5:37	10.7 (56.3%)
244	**JACHOWSKI Patryk**	**399**		M 30-39 lat	80	00:00:24	**00:45:19.80**	**00:45:44.25**	+00:20:04 (44.3%)	5:39	10.6 (55.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
245	**KITA Grzegorz**	**142**		M 50-59 lat	31	00:00:12	**00:45:21.45**	**00:45:33.60**	+00:20:05 (44.3%)	5:40	10.6 (55.8%)
246	**MICHALAK Tomek**	**218**		M 30-39 lat	81	00:00:36	**00:45:22.00**	**00:45:58.00**	+00:20:06 (44.3%)	5:40	10.6 (55.8%)
247	**BUDZEWSKI Marcin**	**33**		M 50-59 lat	32	00:00:35	**00:45:24.35**	**00:45:59.95**	+00:20:08 (44.4%)	5:40	10.6 (55.8%)
248	**SUWALD Andrzej**	**585**	JACEK BIEGA RUNNING TEAM	M 60+	11	00:00:44	**00:45:28.40**	**00:46:13.15**	+00:20:12 (44.4%)	5:41	10.6 (55.8%)
249	**KATNER Tomasz**	**136**		M 40-49 lat	90	00:00:30	**00:45:35.80**	**00:46:06.60**	+00:20:20 (44.6%)	5:41	10.5 (55.3%)
250	**NOWAKOWSKI Czesław**	**234**	DUCLA ACADEMY WARSZAWA	70+	4	00:00:35	**00:45:36.90**	**00:46:12.70**	+00:20:21 (44.6%)	5:42	10.5 (55.3%)
251	**BRZEZIK Piotr**	**30**		M 30-39 lat	82	00:00:26	**00:45:38.45**	**00:46:04.80**	+00:20:22 (44.7%)	5:42	10.5 (55.3%)
252	**HULANICKI Andrzej**	**110**		M 60+	12	00:00:22	**00:45:43.15**	**00:46:05.60**	+00:20:27 (44.7%)	5:42	10.5 (55.3%)
253	**KWIECIŃSKI Radosław**	**464**		M 40-49 lat	91	00:00:23	**00:45:43.90**	**00:46:07.50**	+00:20:28 (44.8%)	5:42	10.5 (55.3%)
254	**BEDNARZAK Tadeusz**	**18**		M 60+	13	00:00:41	**00:45:45.90**	**00:46:27.80**	+00:20:30 (44.8%)	5:43	10.5 (55.3%)
255	**LESZCZYŃSKI Roman**	**388**		70+	5	00:00:17	**00:45:48.20**	**00:46:05.40**	+00:20:32 (44.8%)	5:43	10.5 (55.3%)
256	**CZECHLEWSKI Adam**	**50**		M 40-49 lat	92	00:00:40	**00:45:49.55**	**00:46:30.45**	+00:20:33 (44.9%)	5:43	10.5 (55.3%)
257	**JURKOWSKI Ernest**	**459**		M 40-49 lat	93	00:00:56	**00:45:55.25**	**00:46:52.10**	+00:20:39 (45.0%)	5:44	10.5 (55.3%)
258	**CZACHERSKI Kamil**	**49**		M 30-39 lat	83	00:00:17	**00:46:28.75**	**00:46:46.70**	+00:21:13 (45.7%)	5:48	10.3 (54.2%)
259	**BIELECKI Jacek**	**23**	RUN CZARNÓW	M 50-59 lat	33	00:00:32	**00:46:30.60**	**00:47:03.05**	+00:21:14 (45.7%)	5:48	10.3 (54.2%)
260	**KOTYNIA Konrad**	**161**		M 40-49 lat	94	00:00:31	**00:46:37.45**	**00:47:08.75**	+00:21:21 (45.8%)	5:49	10.3 (54.2%)
261	**GORAL Piotr**	**450**		M 60+	14	00:00:17	**00:46:42.45**	**00:47:00.30**	+00:21:26 (45.9%)	5:50	10.3 (54.2%)
262	**CHĘĆ Adam**	**451**		M 40-49 lat	95	00:00:23	**00:46:50.10**	**00:47:13.95**	+00:21:34 (46.1%)	5:51	10.2 (53.7%)
263	**DUCH Emil**	**465**		M 30-39 lat	84	00:00:18	**00:46:52.70**	**00:47:11.65**	+00:21:37 (46.1%)	5:51	10.2 (53.7%)
264	**DOBROŁOWICZ Michał**	**58**	MICHAŁ DOBROŁOWICZ	M 30-39 lat	85	00:00:15	**00:46:57.40**	**00:47:12.50**	+00:21:41 (46.2%)	5:52	10.2 (53.7%)
265	**GOŁEK Miłosz**	**84**		M 30-39 lat	86	00:00:16	**00:46:59.10**	**00:47:15.55**	+00:21:43 (46.2%)	5:52	10.2 (53.7%)
266	**ZYGADŁO Piotr**	**385**		M 40-49 lat	96	00:00:07	**00:46:59.70**	**00:47:07.25**	+00:21:44 (46.2%)	5:52	10.2 (53.7%)
267	**BUJALSKI Konrad**	**34**		M 20-29 lat	28	00:00:19	**00:47:01.35**	**00:47:20.85**	+00:21:45 (46.3%)	5:52	10.2 (53.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
268	**JESIONOWSKI Marcin**	**123**		M 40-49 lat	97	00:00:18	**00:47:02.10**	**00:47:21.00**	+00:21:46 (46.3%)	5:52	10.2 (53.7%)
269	**KAPUSCINSKI Marcin**	**436**		M 40-49 lat	98	00:00:25	**00:47:03.15**	**00:47:28.75**	+00:21:47 (46.3%)	5:52	10.2 (53.7%)
270	**SOWA Andrzej**	**306**		M 40-49 lat	99	00:00:06	**00:47:14.85**	**00:47:20.95**	+00:21:59 (46.5%)	5:54	10.2 (53.7%)
271	**KUREK Krzysztof**	**181**		M 40-49 lat	100	00:00:28	**00:47:16.90**	**00:47:45.30**	+00:22:01 (46.6%)	5:54	10.2 (53.7%)
272	**BRONISZEWSKI Jakub**	**29**		M 40-49 lat	101	00:00:39	**00:47:39.25**	**00:48:18.90**	+00:22:23 (47.0%)	5:57	10.1 (53.2%)
273	**MAŁYSA Michał**	**205**	PGR MYSŁAKI	M 20-29 lat	29	00:00:43	**00:47:45.65**	**00:48:29.20**	+00:22:30 (47.1%)	5:58	10.1 (53.2%)
274	**CHUDOBINSKI Tomasz**	**43**		M 20-29 lat	30	00:00:19	**00:47:47.15**	**00:48:06.35**	+00:22:31 (47.1%)	5:58	10 (52.6%)
275	**OLSZEWSKI Tomasz**	**239**		M 30-39 lat	87	00:00:21	**00:47:57.85**	**00:48:19.05**	+00:22:42 (47.3%)	5:59	10 (52.6%)
276	**OLCZAK Witold**	**238**	UMCS BIEGA	M 60+	15	00:00:41	**00:47:57.90**	**00:48:39.40**	+00:22:42 (47.3%)	5:59	10 (52.6%)
277	**KURT Ali**	**182**		M 20-29 lat	31	00:00:15	**00:47:58.55**	**00:48:14.35**	+00:22:42 (47.3%)	5:59	10 (52.6%)
278	**NASKRĘT Arkadiusz**	**228**		M 50-59 lat	34	00:00:40	**00:48:10.30**	**00:48:51.10**	+00:22:54 (47.6%)	6:01	10 (52.6%)
279	**SIKORA Mateusz**	**299**		M 30-39 lat	88	00:00:43	**00:48:19.80**	**00:49:02.85**	+00:23:04 (47.7%)	6:02	9.9 (52.1%)
280	**HEBDA Bartłomiej**	**106**		M 40-49 lat	102	00:00:45	**00:48:25.25**	**00:49:11.05**	+00:23:09 (47.8%)	6:03	9.9 (52.1%)
281	**MŁYNARCZYK Wojciech**	**442**		M 40-49 lat	103	00:00:10	**00:48:26.35**	**00:48:36.95**	+00:23:10 (47.9%)	6:03	9.9 (52.1%)
282	**TORBUS Adam**	**589**		M 30-39 lat	89	00:00:47	**00:48:36.00**	**00:49:23.40**	+00:23:20 (48.0%)	6:04	9.9 (52.1%)
283	**BARBUCHA Piotr**	**17**		M 30-39 lat	90	00:00:34	**00:48:44.90**	**00:49:19.10**	+00:23:29 (48.2%)	6:05	9.8 (51.6%)
284	**PISARSKI Marcin**	**267**		M 40-49 lat	104	00:00:22	**00:48:45.65**	**00:49:08.50**	+00:23:30 (48.2%)	6:05	9.8 (51.6%)
285	**ORŁOWSKI Tomasz**	**240**		M 30-39 lat	91	00:00:44	**00:49:05.30**	**00:49:49.85**	+00:23:49 (48.5%)	6:08	9.8 (51.6%)
286	**MŁYNARCZYK Andrzej**	**224**		M 30-39 lat	92	00:00:27	**00:49:16.90**	**00:49:44.40**	+00:24:01 (48.7%)	6:09	9.7 (51.1%)
287	**POPIEC Ignacy**	**592**		M 15-19 lat	7	00:00:36	**00:49:37.35**	**00:50:14.05**	+00:24:21 (49.1%)	6:12	9.7 (51.1%)
288	**JANKOWSKI Remigiusz**	**119**		M 50-59 lat	35	00:00:24	**00:49:49.15**	**00:50:13.20**	+00:24:33 (49.3%)	6:13	9.6 (50.5%)
289	**SOKOŁOWSKI Marian**	**303**	SAMOTNY WILK	70+	6	00:00:20	**00:50:08.00**	**00:50:28.50**	+00:24:52 (49.6%)	6:16	9.6 (50.5%)
290	**GLASSER Marek**	**78**		70+	7	00:00:36	**00:50:19.50**	**00:50:55.60**	+00:25:03 (49.8%)	6:17	9.5 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
291	**DUMANOWSKI Artur**	**64**	JEDENTEAM	M 30-39 lat	93	00:00:07	**00:50:36.80**	**00:50:44.70**	+00:25:21 (50.1%)	6:19	9.5 (50.0%)
292	**DĄBROWSKI Jacek**	**53**		M 50-59 lat	36	00:00:30	**00:51:32.20**	**00:52:02.60**	+00:26:16 (51.0%)	6:26	9.3 (48.9%)
293	**KOWALCZYK Michał**	**163**		M 40-49 lat	105	00:00:13	**00:51:48.60**	**00:52:01.95**	+00:26:32 (51.2%)	6:28	9.3 (48.9%)
294	**ZAŁĘSKI Mateusz**	**376**	RADNY DZIELNICY WŁOCHY	M 30-39 lat	94	00:00:35	**00:52:18.60**	**00:52:54.30**	+00:27:02 (51.7%)	6:32	9.2 (48.4%)
295	**KRAWCZYK Łukasz**	**170**		M 30-39 lat	95	00:00:46	**00:52:41.30**	**00:53:28.10**	+00:27:25 (52.1%)	6:35	9.1 (47.9%)
296	**ISMAIL Mahmoud**	**112**		M 30-39 lat	96	00:00:39	**00:53:28.55**	**00:54:08.45**	+00:28:12 (52.8%)	6:41	9 (47.4%)
297	**GAŁĄZKA Paweł**	**77**	ABNEGAT WARSZAWA	M 40-49 lat	106	00:00:07	**00:53:28.95**	**00:53:36.20**	+00:28:13 (52.8%)	6:41	9 (47.4%)
298	**DŁUGOŁĘCKI Jakub**	**412**	KS PRZAŚNIK	M 20-29 lat	32	00:00:36	**00:53:36.50**	**00:54:12.80**	+00:28:20 (52.9%)	6:42	9 (47.4%)
299	**POPOWSKI Jarosław**	**270**		M 50-59 lat	37	00:00:41	**00:53:48.40**	**00:54:29.60**	+00:28:32 (53.1%)	6:43	8.9 (46.8%)
300	**SZYMCZAK Paweł**	**333**		M 40-49 lat	107	00:00:45	**00:54:30.50**	**00:55:15.90**	+00:29:14 (53.7%)	6:48	8.8 (46.3%)
301	**HAUSMAN Michał**	**104**		M 40-49 lat	108	00:00:45	**00:54:31.00**	**00:55:16.20**	+00:29:15 (53.7%)	6:48	8.8 (46.3%)
302	**TOKARSKI Paweł**	**449**		M 40-49 lat	109	00:00:15	**00:54:46.10**	**00:55:01.30**	+00:29:30 (53.9%)	6:50	8.8 (46.3%)
303	**ZAJĄC Piotr**	**373**		M 40-49 lat	110	00:00:32	**00:54:56.85**	**00:55:29.00**	+00:29:41 (54.0%)	6:52	8.7 (45.8%)
304	**WYMYSŁOWSKI Dominik**	**371**		M 20-29 lat	33	00:00:30	**00:55:02.45**	**00:55:32.70**	+00:29:46 (54.1%)	6:52	8.7 (45.8%)
305	**SIENKIEWICZ Emil**	**296**		M 30-39 lat	97	00:00:33	**00:55:29.85**	**00:56:03.45**	+00:30:14 (54.5%)	6:56	8.7 (45.8%)
306	**KARPOWICZ Michał**	**134**		M 40-49 lat	111	00:00:32	**00:56:50.70**	**00:57:22.80**	+00:31:35 (55.6%)	7:06	8.4 (44.2%)
307	**OKRÓJ Dawid**	**236**		M 30-39 lat	98	00:00:22	**00:57:29.00**	**00:57:51.70**	+00:32:13 (56.1%)	7:11	8.4 (44.2%)
308	**PIOTROWICZ Slawomir**	**265**	DEAF	M 30-39 lat	99	00:00:23	**00:57:29.10**	**00:57:52.10**	+00:32:13 (56.1%)	7:11	8.4 (44.2%)
309	**NOWORYTA Jacek**	**235**	MĘSKA S	70+	10	00:00:29	**00:58:18.20**	**00:58:47.55**	+00:33:02 (56.7%)	7:17	8.2 (43.2%)
310	**KAMIŃSKI Mirosław**	**131**		M 40-49 lat	112	00:00:11	**01:05:19.80**	**01:05:31.50**	+00:40:04 (61.3%)	8:09	7.3 (38.4%)
311	**WÓJCIK Robert**	**367**		M 40-49 lat	113	00:00:57	**01:06:10.25**	**01:07:08.05**	+00:40:54 (61.8%)	8:16	7.3 (38.4%)
312	**SZOSTAKOWSKI Jarosław**	**324**		M 50-59 lat	38	00:00:54	**01:06:11.25**	**01:07:06.20**	+00:40:55 (61.8%)	8:16	7.3 (38.4%)
313	**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 (62.2%)	8:20	7.2 (37.9%)

Znaleziono 313 wynik(ów)