

Organizator: Urząd Dzielnicy Białołęka m.st. Warszawa
Data: 2022-12-11
Miejsce: Warszawa
Dystans: 13 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkańcy Białołęki	Pracownicy Służby Więziennej	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
1	KUŚMIERZ Sylwester	252	MARKOWI BIEGACZE	M3 40-49 lat	1			00:00:18	00:15:28	00:30:47	00:46:10.05	00:46:10.05		3:33	16.9
2	RYDZ Artur	375	ŚWIĘTOKRZYSZY KURATORZY	M2 30-39 lat	1		Tak	00:00:19	00:16:23	00:32:31	00:48:28.45	00:48:28.45	+00:02:18	3:43	16.1
3	ŁABĘDZKI Konrad	264	DUKLANOWSKI TEAM	M2 30-39 lat	2			00:00:22	00:16:22	00:32:32	00:48:39.45	00:48:39.45	+00:02:29	3:44	16
4	MIOTK Marcin	302	MIOTK.PL EVEREST MOTYWACJI	M3 40-49 lat	2	Tak		00:00:21	00:16:31	00:33:05	00:49:52.30	00:49:52.30	+00:03:42	3:50	15.6
5	KUREK Jarosław	249	WOJSKOWA AKADEMIA TECHNICZNA	M2 30-39 lat	3	Tak		00:00:19	00:16:20	00:33:10	00:50:11.65	00:50:11.65	+00:04:01	3:51	15.5
6	KAŹMIERCZAK Marta	197	DREAM RUN	K3 40-49 lat	1			00:00:21	00:17:13	00:34:16	00:51:21.30	00:51:21.30	+00:05:11	3:57	15.2
7	HILDEBRAND Marcin	139		M2 30-39 lat	4	Tak		00:00:21	00:17:14	00:34:19	00:51:22.45	00:51:22.45	+00:05:12	3:57	15.2
8	SKWARCZ Paweł	399		M2 30-39 lat	5	Tak		00:00:21	00:17:18	00:34:37	00:51:30.85	00:51:30.85	+00:05:20	3:57	15.1
9	GOZDEK Radek	120	BIEGANIEPO40.PL	M3 40-49 lat	3	Tak		00:00:21	00:17:25	00:34:47	00:51:41.95	00:51:41.95	+00:05:31	3:58	15.1
10	URMANOWSKI Daniel	472	DREAM RUN	M2 30-39 lat	6	Tak		00:00:21	00:17:02	00:34:27	00:51:46.90	00:51:46.90	+00:05:36	3:58	15.1
11	MIELCZAREK Krzysztof	296	BIEGAM NA TARCHOMINIE	M3 40-49 lat	4	Tak		00:00:21	00:17:26	00:34:49	00:52:23.10	00:52:23.10	+00:06:13	4:01	14.9
12	JUSIŃSKI Krystian	168	BRACTWO BIEGOWE BGK	M2 30-39 lat	7			00:00:21	00:17:13	00:34:54	00:52:42.25	00:52:42.25	+00:06:32	4:03	14.8
13	SZYBALSKI Michał	443		M2 30-39 lat	8			00:00:20	00:17:25	00:35:19	00:53:02.85	00:53:02.85	+00:06:52	4:04	14.7
14	WOŹNIAK Przemysław	495	WIELISZEW HERON TEAM	M2 30-39 lat	9			00:00:52	00:18:13	00:35:38	00:53:02.90	00:53:02.90	+00:06:52	4:04	14.7
15	SIEPIETOWSKI Piotr	387	LS AIRPORT RUN WARSZAWA	M4 50-59	1			00:00:23	00:18:01	00:35:51	00:53:34.85	00:53:34.85	+00:07:24	4:07	14.6
16	CHRAPEK Janusz	64	ROSSMANN	M3 40-49 lat	5			00:00:26	00:18:12	00:36:05	00:54:00.55	00:54:00.55	+00:07:50	4:09	14.4
17	ANUSIEWICZ Robert	16	-	M3 40-49 lat	6	Tak		00:00:24	00:18:17	00:36:10	00:54:14.05	00:54:14.05	+00:08:04	4:10	14.4
18	ŚLUSARCZYK Katarzyna	451	OK!SPORT	K2 30-39 lat	1			00:00:22	00:18:01	00:36:15	00:54:51.50	00:54:51.50	+00:08:41	4:13	14.2
19	KRAJEWSKA Klaudia	544		K1 < 29 lat	1			00:00:23	00:18:43	00:37:32	00:55:46.95	00:55:46.95	+00:09:36	4:17	14

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy		0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						Mieszkańcy Białołęki	Służby Więziennej								
20	GAJEK Ireneusz	100	ASFALTLOVE DZIKI	M3 40-49 lat	7			00:00:23	00:18:25	00:37:04	00:55:51.65	00:55:51.65	+00:09:41	4:17	14
21	KOŚCIK Jakub	225		M2 30-39 lat	10			00:00:36	00:18:57	00:37:20	00:55:56.25	00:55:56.25	+00:09:46	4:18	13.9
22	GAWĘŁ Piotr	106		M3 40-49 lat	8			00:00:30	00:18:00	00:36:50	00:56:04.25	00:56:04.25	+00:09:54	4:18	13.9
23	TKACZYK Adam	458		M2 30-39 lat	11			00:00:24	00:19:13	00:37:36	00:56:08.55	00:56:08.55	+00:09:58	4:19	13.9
24	CZERWIŃSKA Katarzyna	75		K2 30-39 lat	2			00:00:24	00:19:13	00:37:38	00:56:23.65	00:56:23.65	+00:10:13	4:20	13.8
25	KOWALSKI Sebastian	233		M3 40-49 lat	9			00:00:31	00:19:25	00:38:03	00:56:31.15	00:56:31.15	+00:10:21	4:20	13.8
26	SZAŁKOWSKI Dawid	434	MARKOWI BIEGACZE	M3 40-49 lat	10			00:00:25	00:18:47	00:37:44	00:56:37.85	00:56:37.85	+00:10:27	4:21	13.8
27	POTOROKA Vitalii	356	ROZBIEGANY PIASTÓW	M1 < 29 lat	1			00:00:25	00:18:52	00:38:06	00:56:56.95	00:56:56.95	+00:10:46	4:22	13.7
28	CIESIELSKI Marcin	68	WARSAW RUN CLUB	M3 40-49 lat	11			00:00:23	00:19:19	00:38:24	00:56:58.20	00:56:58.20	+00:10:48	4:22	13.7
29	MAJCHRZAK Sławomir	277	UKS TYCHÓW STARY	M4 50-59	2			00:00:26	00:18:46	00:37:53	00:57:10.65	00:57:10.65	+00:11:00	4:23	13.6
30	FALANDYSZ Janusz	93	WPRUNNING PRUSZKÓW	M5 60+	1			00:00:25	00:19:07	00:38:08	00:57:20.70	00:57:20.70	+00:11:10	4:24	13.6
31	MICHALSKI Robert	293	ZABIEGANY WOŁOMIN	M3 40-49 lat	12			00:00:25	00:19:21	00:38:41	00:57:34.60	00:57:34.60	+00:11:24	4:25	13.5
32	KARBOWIAK Marcelina	189		K2 30-39 lat	3	Tak		00:00:22	00:19:00	00:38:16	00:57:44.65	00:57:44.65	+00:11:34	4:26	13.5
33	NOWOCIEŃ Jacek	320	UCZNIOWSKI KLUB SPORTOWY RUSIEC	M5 60+	2			00:00:25	00:19:11	00:38:33	00:57:46.30	00:57:46.30	+00:11:36	4:26	13.5
34	SZMIGIELSKI Mateusz	438		M2 30-39 lat	12			00:00:43	00:19:42	00:39:00	00:58:03.50	00:58:03.50	+00:11:53	4:27	13.4
35	GAŁUSZKA Filip	105	KOKOSZKA36TEAM	M2 30-39 lat	13			00:00:54	00:20:04	00:39:23	00:58:05.15	00:58:05.15	+00:11:55	4:28	13.4
36	ŚLIMKO Daniel	506		M2 30-39 lat	14			00:00:28	00:19:22	00:38:37	00:58:16.45	00:58:16.45	+00:12:06	4:28	13.4
37	ŁYSIAK Michał	273	SZWAGRY DWA	M3 40-49 lat	13	Tak		00:00:28	00:19:22	00:38:51	00:58:20.80	00:58:20.80	+00:12:10	4:29	13.4
38	BUDNICKI Michał	235		M3 40-49 lat	14	Tak		00:00:27	00:19:53	00:39:32	00:58:31.90	00:58:31.90	+00:12:21	4:30	13.3
39	KRÓL Maciej	237	BIEGAM NA TARCHOMINIE	M2 30-39 lat	15			00:00:30	00:19:22	00:39:13	00:58:37.85	00:58:37.85	+00:12:27	4:30	13.3
40	BODZIACHOWSKI Marcin	47	JACEKBIEGA RUNNING TEAM / ERACENT RUNNING TEAM	M3 40-49 lat	15			00:00:23	00:19:05	00:39:01	00:58:56.15	00:58:56.15	+00:12:46	4:32	13.2
41	JAWORSKI Piotr	41	MARKOWI BIEGACZE	M3 40-49 lat	16	Tak		00:00:26	00:19:21	00:39:01	00:58:58.75	00:58:58.75	+00:12:48	4:32	13.2
42	KORKOSZ Andrzej	219		M3 40-49 lat	17			00:00:38	00:20:10	00:39:37	00:59:00.45	00:59:00.45	+00:12:50	4:32	13.2
43	MICHNOWSKI Sebastian	295	BIEGAM NA TARCHOMINIE	M3 40-49 lat	18	Tak		00:00:45	00:20:12	00:39:48	00:59:08.90	00:59:08.90	+00:12:58	4:32	13.2
44	JUTKIEWICZ Marcin	170	OBIEGANIU.PL	M3 40-49 lat	19	Tak		00:00:25	00:19:41	00:39:21	00:59:12.85	00:59:12.85	+00:13:02	4:33	13.2
45	TERESZCZUK Julia	457	AZS AWF	K1 < 29 lat	2			00:00:30	00:20:10	00:39:57	00:59:21.35	00:59:21.35	+00:13:11	4:33	13.1
46	GLINKA Karol	115		M2 30-39 lat	16	Tak		00:00:43	00:20:06	00:39:48	00:59:32.35	00:59:32.35	+00:13:22	4:34	13.1

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						Mieszkańcy Białołęki	Służby Więziennej								
47	MOKRZEWSKI Maciej	305		M2 30-39 lat	17			00:00:54	00:20:23	00:40:02	00:59:34.00	00:59:34.00	+00:13:23	4:34	13.1
48	WŁODKOWSKI Robert	490		M3 40-49 lat	20	Tak		00:00:26	00:20:01	00:40:03	00:59:50.90	00:59:50.90	+00:13:40	4:36	13
49	SZYMAŃSKI Andrzej	446		M3 40-49 lat	21	Tak		00:00:25	00:19:11	00:38:56	00:59:51.55	00:59:51.55	+00:13:41	4:36	13
50	ŁATKOWSKI Łukasz	266	GRUPA BIEGOWA CHTMO	M3 40-49 lat	22			00:00:31	00:20:31	00:40:40	01:00:10.55	01:00:10.55	+00:14:00	4:37	13
51	ZIOMEK Marek	515	MARKOWI BIEGACZE	M3 40-49 lat	23	Tak		00:00:48	00:20:42	00:40:39	01:00:23.55	01:00:23.55	+00:14:13	4:38	12.9
52	MOŁODKIEWICZ Zbigniew	307	BIEGAM NA TARCHOMINIE	M3 40-49 lat	24	Tak		00:00:28	00:20:28	00:40:18	01:00:31.25	01:00:31.25	+00:14:21	4:39	12.9
53	JANECKI Przemysław	151	PROJEKT MARATON EUROPA PLUS (AŚ WARSZAWA GROCHÓW)	M3 40-49 lat	25		Tak	00:00:39	00:20:13	00:40:30	01:00:37.65	01:00:37.65	+00:14:27	4:39	12.9
54	MANCZENKO Eugeniusz	282	LEŚNE SZYCHY	M3 40-49 lat	26			00:00:43	00:20:26	00:40:56	01:00:56.65	01:00:56.65	+00:14:46	4:41	12.8
55	BAZYDŁO Jakub	31		M1 < 29 lat	2			00:00:41	00:20:47	00:41:16	01:00:57.10	01:00:57.10	+00:14:47	4:41	12.8
56	BIEDKA Robert	44	RUN CREW OSTROŁĘKA	M3 40-49 lat	27		Tak	00:00:35	00:20:39	00:40:58	01:01:00.30	01:01:00.30	+00:14:50	4:41	12.8
57	GRZESIK Marcin	131	GRUPA BIEGOWA CHTMO	M3 40-49 lat	28			00:00:32	00:20:31	00:40:53	01:01:02.90	01:01:02.90	+00:14:52	4:41	12.8
58	DALGIEWICZ Dariusz	78		M5 60+	3			00:00:26	00:20:15	00:40:37	01:01:06.05	01:01:06.05	+00:14:56	4:42	12.8
59	SADOWSKA Marzena	379	PKP S.A.	K2 30-39 lat	4	Tak		00:00:26	00:20:20	00:40:45	01:01:07.80	01:01:07.80	+00:14:57	4:42	12.8
60	KALINOWSKI Kamil	176		M2 30-39 lat	18	Tak		00:00:30	00:20:35	00:40:59	01:01:10.05	01:01:10.05	+00:15:00	4:42	12.8
61	HAUDEK Paweł	136		M2 30-39 lat	19	Tak		00:00:44	00:20:32	00:40:55	01:01:19.10	01:01:19.10	+00:15:09	4:43	12.7
62	ŻEBROWSKI Wiktor	519		M1 < 29 lat	3			00:00:28	00:19:18	00:40:04	01:01:22.40	01:01:22.40	+00:15:12	4:43	12.7
63	GRYZ Jacek	130	SUNFIT STUDIO	M3 40-49 lat	29			00:00:37	00:20:55	00:41:08	01:01:25.00	01:01:25.00	+00:15:14	4:43	12.7
64	TYM Joanna	471	LIPIEC RUNNING TEAM	K3 40-49 lat	2			00:00:28	00:20:29	00:41:10	01:01:44.00	01:01:44.00	+00:15:33	4:44	12.6
65	SZCZEPANOWSKI Mikołaj	435		M2 30-39 lat	20			00:00:43	00:20:58	00:41:20	01:01:44.50	01:01:44.50	+00:15:34	4:44	12.6
66	KUCHAREK Paweł	242		M2 30-39 lat	21	Tak	Tak	00:00:43	00:21:09	00:41:32	01:01:52.15	01:01:52.15	+00:15:42	4:45	12.6
67	PLUTA Ireneusz	350		M5 60+	4	Tak		00:00:24	00:20:19	00:41:20	01:01:56.55	01:01:56.55	+00:15:46	4:45	12.6
68	CISKI Piotr	71		M3 40-49 lat	30	Tak		00:00:47	00:21:08	00:41:36	01:01:56.90	01:01:56.90	+00:15:46	4:45	12.6
69	MAZUREK Marcin	288		M3 40-49 lat	31	Tak		00:00:38	00:21:01	00:41:41	01:01:57.90	01:01:57.90	+00:15:47	4:45	12.6
70	ŚWIERCZ Jacek	455	BYLEDOBIEC ANIN	M4 50-59	3			00:00:33	00:20:39	00:41:28	01:02:01.60	01:02:01.60	+00:15:51	4:46	12.6
71	TRACZYK Przemysław	463	ASFALTLOVE DZIKI	M2 30-39 lat	22			00:00:23	00:20:34	00:41:18	01:02:05.40	01:02:05.40	+00:15:55	4:46	12.6
72	OSTAPIŃSKI Wojtek	335	OSTRESROKI	M4 50-59	4			00:00:58	00:21:44	00:42:01	01:02:06.30	01:02:06.30	+00:15:56	4:46	12.6
73	TOMASZEK Robert	459		M3 40-49 lat	32	Tak		00:00:30	00:19:54	00:40:44	01:02:16.20	01:02:16.20	+00:16:06	4:47	12.5

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						Białołęki	Więziennej	0.2km	4.4km	8.7km						
74	SERAFIN-GORSZKOWSKA Paulina	385	140MINUT.PL	K3 40-49 lat	3			Tak	00:00:35	00:21:15	00:42:00	01:02:36.50	01:02:36.50	+00:16:26	4:48	12.5
75	MACIEJEWSKI Stanisław	275	WPRUNNING	M4 50-59	5				00:00:26	00:20:45	00:41:39	01:02:43.35	01:02:43.35	+00:16:33	4:49	12.4
76	JAKUBOWSKI Dariusz	148	BIEGAM SOBIE	M4 50-59	6				00:00:31	00:20:39	00:41:41	01:02:46.10	01:02:46.10	+00:16:36	4:49	12.4
77	KOWALIKOWSKA Renata	229	BIEGAM NA TARCHOMINIE	K3 40-49 lat	4	Tak			00:00:28	00:20:31	00:41:38	01:02:53.00	01:02:53.00	+00:16:42	4:50	12.4
78	KRUPIŃSKI Marek	548		M1 < 29 lat	4	Tak	Tak		00:00:21	00:19:51	00:41:17	01:03:23.35	01:03:23.35	+00:17:13	4:52	12.3
79	KODA Eugeniusz	210	TEAM ZABIEGANEDNI	M5 60+	5				00:00:26	00:20:30	00:41:52	01:03:24.25	01:03:24.25	+00:17:14	4:52	12.3
80	GEŚSIARZ Szymon	110		M2 30-39 lat	23				00:00:36	00:20:50	00:42:00	01:03:27.70	01:03:27.70	+00:17:17	4:52	12.3
81	MATHEA Jacek	285		M2 30-39 lat	24	Tak			00:01:29	00:22:31	00:43:16	01:03:33.90	01:03:33.90	+00:17:23	4:53	12.3
81	KOŁODZIEJ Mirosław	211	WOLNY KRAFT	M2 30-39 lat	24				00:01:16	00:23:00	00:43:46	01:03:33.90	01:03:33.90	+00:17:23	4:53	12.3
83	NOSKOWICZ Paweł	317		M1 < 29 lat	5				00:00:30	00:20:31	00:41:37	01:03:35.05	01:03:35.05	+00:17:25	4:53	12.3
84	ŚCIBOR Marcin	449	RUCH IZBICA	M2 30-39 lat	26				00:00:55	00:21:19	00:42:25	01:03:40.70	01:03:40.70	+00:17:30	4:53	12.3
85	WOTLIŃSKI Andrzej	494	UKSM EKIPA MBIELACHY KIELCE	M5 60+	6				00:00:34	00:21:01	00:42:17	01:03:46.85	01:03:46.85	+00:17:36	4:54	12.2
86	SIKORSKI Paweł	391	KIP RUNNING	M3 40-49 lat	33				00:00:34	00:21:10	00:42:18	01:03:46.95	01:03:46.95	+00:17:36	4:54	12.2
87	ŚMIETAŃSKI Piotr	452	NASIELSK BASZTA TEAM	M3 40-49 lat	34				00:01:08	00:22:22	00:43:08	01:04:01.30	01:04:01.30	+00:17:51	4:55	12.2
88	WÓJCIK Monika	498	ADIDAS RUNNERS WARSAW	K3 40-49 lat	5	Tak			00:00:45	00:22:16	00:43:18	01:04:08.40	01:04:08.40	+00:17:58	4:56	12.2
89	KAKOLECKI Michał	174		M4 50-59	7	Yes			00:01:02	00:22:30	00:43:34	01:04:09.00	01:04:09.00	+00:17:58	4:56	12.2
90	SZYSZKO Ewa	448	MARKOWI BIEGACZE	K3 40-49 lat	6				00:00:29	00:21:03	00:42:29	01:04:21.95	01:04:21.95	+00:18:11	4:57	12.1
91	MIĘTEK Artur	297		M3 40-49 lat	35		Tak		00:00:41	00:21:43	00:43:00	01:04:27.85	01:04:27.85	+00:18:17	4:57	12.1
92	RYMKIEWICZ Zbigniew	376		M3 40-49 lat	36				00:01:00	00:21:55	00:43:40	01:04:29.85	01:04:29.85	+00:18:19	4:57	12.1
93	SADZA Anna	380	EKIPA BIELACHY	K2 30-39 lat	5				00:00:34	00:21:26	00:42:46	01:04:33.10	01:04:33.10	+00:18:23	4:57	12.1
94	ŚWIERCZ Iwona	454	BYLEDOBIEC ANIN	K4 50-59 lat	1				00:00:33	00:21:36	00:43:11	01:04:37.90	01:04:37.90	+00:18:27	4:58	12.1
95	CIBORSKI Jakub	66		M3 40-49 lat	37				00:00:55	00:22:01	00:43:26	01:04:40.85	01:04:40.85	+00:18:30	4:58	12.1
96	JARMUŻEWSKI Adam	153	TIA	M3 40-49 lat	38	Tak			00:00:58	00:21:59	00:43:16	01:04:51.35	01:04:51.35	+00:18:41	4:59	12
97	WASIAK Maciej	478		M3 40-49 lat	39		Tak		00:00:46	00:21:32	00:43:09	01:04:57.00	01:04:57.00	+00:18:46	4:59	12
98	DOMŻAŁSKI Artur	87		M3 40-49 lat	40	Tak			00:00:55	00:22:01	00:43:27	01:05:05.85	01:05:05.85	+00:18:55	5:00	12
99	KOWALSKI Mariusz	232		M3 40-49 lat	41				00:01:08	00:23:00	00:44:23	01:05:17.50	01:05:17.50	+00:19:07	5:01	11.9
100	KALICZYŃSKA Wioletta	175	PROJEKT1000UP	K3 40-49 lat	7		Tak		00:00:36	00:21:20	00:43:17	01:05:20.15	01:05:20.15	+00:19:10	5:01	11.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy		0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						Mieszkańcy Białołęki	Służby Więziennej								
101	OSIAL Mariusz	330	KB IM. PIOTRA SĘKOWSKIEGO	M3 40-49 lat	42			00:00:54	00:22:36	00:43:54	01:05:21.90	01:05:21.90	+00:19:11	5:01	11.9
102	KNOP Damian	206	TRUCHCIKIEM_PO_POLSCE	M2 30-39 lat	27			00:01:18	00:22:36	00:43:54	01:05:21.95	01:05:21.95	+00:19:11	5:01	11.9
103	KOBYLEC Artur	207		M3 40-49 lat	43	Tak		00:01:29	00:22:33	00:43:51	01:05:43.15	01:05:43.15	+00:19:33	5:03	11.9
104	WRONIEWSKI Grzegorz	499		M2 30-39 lat	28			00:00:59	00:22:35	00:44:36	01:05:50.60	01:05:50.60	+00:19:40	5:03	11.8
105	BABIUCH Marek	20	RUN LOG	M5 60+	7	Tak	Tak	00:00:43	00:21:42	00:43:44	01:05:55.20	01:05:55.20	+00:19:45	5:04	11.8
106	KUREK Jacek	250		M2 30-39 lat	29			00:01:01	00:22:36	00:44:38	01:06:00.20	01:06:00.20	+00:19:50	5:04	11.8
107	KULIK Tomasz	246		M3 40-49 lat	44			00:00:55	00:22:19	00:44:02	01:06:03.30	01:06:03.30	+00:19:53	5:04	11.8
108	FILIPOWICZ Natalia	98		K2 30-39 lat	6			00:00:28	00:21:22	00:43:25	01:06:12.85	01:06:12.85	+00:20:02	5:05	11.8
109	CHARLEJ Ireneusz	60		M4 50-59	8			00:00:36	00:22:22	00:44:29	01:06:19.70	01:06:19.70	+00:20:09	5:06	11.8
110	CHĘC Tomasz	61		M2 30-39 lat	30			00:01:04	00:22:36	00:44:34	01:06:20.25	01:06:20.25	+00:20:10	5:06	11.8
111	WRONIEWSKI Mariusz	500		M3 40-49 lat	45			00:01:01	00:22:32	00:44:34	01:06:24.10	01:06:24.10	+00:20:14	5:06	11.7
112	ŻURANIEWSKA Agnieszka	521		K3 40-49 lat	8	Tak		00:00:49	00:22:20	00:44:20	01:06:24.90	01:06:24.90	+00:20:14	5:06	11.7
113	KOŁODZIEJCZYK Krzysztof	212	NASIELSK BASZTA TEAM	M3 40-49 lat	46			00:01:13	00:22:31	00:44:50	01:06:32.35	01:06:32.35	+00:20:22	5:07	11.7
114	GAWLIK Arkadiusz	108	BIEGAM NA TARCHOMINIE	M3 40-49 lat	47	Tak		00:00:49	00:22:50	00:44:58	01:06:42.65	01:06:42.65	+00:20:32	5:07	11.7
115	RAPCZYŃSKI Witold	547		M4 50-59	9			00:00:53	00:22:28	00:44:37	01:06:43.55	01:06:43.55	+00:20:33	5:07	11.7
116	OWOC Tomasz	338	PKO BANK POLSKI / NEW BALANCE RUN CLUB	M4 50-59	10			00:00:43	00:22:09	00:44:24	01:06:47.70	01:06:47.70	+00:20:37	5:08	11.7
117	MIŚTA Grzegorz	303		M3 40-49 lat	48		Tak	00:00:43	00:22:54	00:45:06	01:06:49.25	01:06:49.25	+00:20:39	5:08	11.7
118	JAKIMIUK Aleksandra	147	TEAM ZABIEGANEDNI	K1 < 29 lat	3			00:00:30	00:21:58	00:44:36	01:06:51.25	01:06:51.25	+00:20:41	5:08	11.7
119	STĘPNOWSKI Jakub	423		M2 30-39 lat	31			00:00:35	00:21:30	00:43:43	01:06:52.35	01:06:52.35	+00:20:42	5:08	11.7
120	RZYMOWSKA Krystyna	377		K4 50-59 lat	2			00:00:38	00:22:22	00:45:04	01:06:57.05	01:06:57.05	+00:20:47	5:09	11.7
121	WIERNIK Daniel	484		M2 30-39 lat	32	Tak		00:00:41	00:22:25	00:44:46	01:07:04.15	01:07:04.15	+00:20:54	5:09	11.6
122	POTRZEBOWSKI Dominik	357	MARKOWI BIEGACZE	M3 40-49 lat	49			00:00:42	00:21:45	00:44:05	01:07:06.70	01:07:06.70	+00:20:56	5:09	11.6
123	GAJEWSKI Mariusz	102		M3 40-49 lat	50		Tak	00:00:45	00:21:41	00:43:56	01:07:08.55	01:07:08.55	+00:20:58	5:09	11.6
124	SEBASTIAN Kręgiel	384	SZCZYT ZA SZCZYTEM	M3 40-49 lat	51			00:00:36	00:21:58	00:44:29	01:07:27.65	01:07:27.65	+00:21:17	5:11	11.6
125	KAPUŚCIAREK Elżbieta	184		K3 40-49 lat	9			00:00:46	00:22:40	00:45:12	01:07:34.25	01:07:34.25	+00:21:24	5:11	11.5
126	SIEWRUK Katarzyna	389	WARSAW RUN CLUB	K3 40-49 lat	10			00:00:51	00:22:48	00:45:03	01:07:42.90	01:07:42.90	+00:21:32	5:12	11.5
127	GRAD Tomasz	126	MARKOWI BIEGACZE	M3 40-49 lat	52	Tak		00:00:51	00:23:18	00:45:39	01:07:45.30	01:07:45.30	+00:21:35	5:12	11.5
128	PRĘDKI Marcin	358		M3 40-49 lat	53	Tak		00:01:13	00:23:54	00:45:48	01:07:49.85	01:07:49.85	+00:21:39	5:13	11.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy		0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						Mieszkańcy Białołęki	Służby Więziennej								
129	ZBIŃKOWSKA Dorota	507	KPLA PIOTR KOSTRZEWSKI	K4 50-59 lat	3			00:01:29	00:30:33	01:00:22	01:07:51.75	01:07:51.75	+00:21:41	5:13	11.5
130	KANIA Paweł	182	BIEGAM NA TARCHOMINIE	M4 50-59	11	Tak		00:01:08	00:23:04	00:45:19	01:07:56.35	01:07:56.35	+00:21:46	5:13	11.5
131	GRALA Grzegorz	127		M3 40-49 lat	54	Tak		00:01:10	00:23:43	00:46:17	01:07:56.60	01:07:56.60	+00:21:46	5:13	11.5
132	CELIŃSKI Tomasz	236		M4 50-59	12			00:00:49	00:23:40	00:46:18	01:08:00.75	01:08:00.75	+00:21:50	5:13	11.5
133	DZIACZKOWSKA Monika	91		K2 30-39 lat	7			00:00:41	00:22:45	00:45:03	01:08:15.30	01:08:15.30	+00:22:05	5:15	11.4
134	RODAK Zbigniew	367		M4 50-59	13			00:01:29	00:24:51	00:46:51	01:08:15.50	01:08:15.50	+00:22:05	5:15	11.4
135	LEWANDOWSKI Piotr	261		M3 40-49 lat	55	Tak		00:00:39	00:21:49	00:44:39	01:08:18.55	01:08:18.55	+00:22:08	5:15	11.4
136	DOBOSZ Piotr	83	WŚCIEKŁE PIĘŚCI WĘŻA	M2 30-39 lat	33	Tak		00:01:17	00:23:47	00:46:13	01:08:18.90	01:08:18.90	+00:22:08	5:15	11.4
137	OLEKSIAK Piotr	324		M3 40-49 lat	56	Tak		00:00:56	00:23:51	00:46:17	01:08:25.05	01:08:25.05	+00:22:15	5:15	11.4
138	GRADOMSKI Łukasz	545		M2 30-39 lat	34			00:01:17	00:23:55	00:45:55	01:08:38.00	01:08:38.00	+00:22:27	5:16	11.4
139	SIEPIETOWSKI Tomasz	386	ANPHARM RUN TEAM	M3 40-49 lat	57			00:00:50	00:23:43	00:46:22	01:08:43.95	01:08:43.95	+00:22:33	5:17	11.4
140	SPYCHAŁA Piotr	413		M3 40-49 lat	58	Tak		00:00:30	00:22:51	00:45:59	01:08:53.00	01:08:53.00	+00:22:42	5:17	11.3
141	GAJOWNICZEK Jarosław	103	BESTIE OCR LEGIONOWO	M3 40-49 lat	59	Tak		00:00:57	00:23:19	00:46:11	01:09:06.35	01:09:06.35	+00:22:56	5:18	11.3
142	SOBCZYK Ewa	405	TRIATHLETIC TEAM	K2 30-39 lat	8	Tak		00:00:36	00:23:57	00:46:28	01:09:09.75	01:09:09.75	+00:22:59	5:19	11.3
143	TROJANOWSKI Rafał	465		M2 30-39 lat	35			00:01:06	00:23:13	00:46:40	01:09:17.40	01:09:17.40	+00:23:07	5:19	11.3
144	GÓRSKA Małgorzata	124		K2 30-39 lat	9	Tak		00:00:50	00:23:38	00:46:31	01:09:18.65	01:09:18.65	+00:23:08	5:19	11.3
145	GWIZDAŁA Cezary	135		M4 50-59	14	Tak		00:00:30	00:22:50	00:46:01	01:09:19.30	01:09:19.30	+00:23:09	5:19	11.3
146	ROGUSKI Michał	368		M2 30-39 lat	36			00:01:07	00:24:09	00:46:49	01:09:20.75	01:09:20.75	+00:23:10	5:20	11.3
147	WALIGÓRSKI Krzysztof	477	MARKOWI BIEGACZE	M4 50-59	15			00:00:51	00:24:13	00:47:01	01:09:25.05	01:09:25.05	+00:23:15	5:20	11.2
148	SZADURA Małgorzata	433	WIELISZEW HERON TEAM	K4 50-59 lat	4			00:00:41	00:23:07	00:46:06	01:09:27.75	01:09:27.75	+00:23:17	5:20	11.2
149	SOCHACKI Mariusz	409		M3 40-49 lat	60			00:01:00	00:24:26	00:47:07	01:09:28.50	01:09:28.50	+00:23:18	5:20	11.2
150	FURMANIAK-PAN CZAK Joanna	99	TEAM PARSZCZYŃSKICH	K2 30-39 lat	10	Tak		00:00:44	00:22:49	00:45:56	01:09:29.75	01:09:29.75	+00:23:19	5:20	11.2
151	GĘSIARZ Monika	111		K2 30-39 lat	11			00:00:43	00:23:23	00:46:38	01:09:35.10	01:09:35.10	+00:23:25	5:21	11.2
152	BORGON Piotr	51		M2 30-39 lat	37	Tak		00:01:16	00:23:48	00:46:55	01:09:52.15	01:09:52.15	+00:23:42	5:22	11.2
153	SKRZYPEK Michał	398		M2 30-39 lat	38			00:00:36	00:20:40	00:44:01	01:10:03.15	01:10:03.15	+00:23:53	5:23	11.1
154	KACZOR Mariusz	172		M3 40-49 lat	61			00:00:45	00:23:20	00:46:30	01:10:03.30	01:10:03.30	+00:23:53	5:23	11.1
155	STRÓŻYK Piotrek	425		M3 40-49 lat	62			00:01:12	00:24:47	00:47:34	01:10:08.00	01:10:08.00	+00:23:57	5:23	11.1
156	KARASIEWICZ Katarzyna	186		K4 50-59 lat	5			00:00:50	00:23:43	00:46:51	01:10:08.65	01:10:08.65	+00:23:58	5:23	11.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy		0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						Mieszkańcy Białołęki	Służby Więziennej								
157	RASIŃSKA Agnieszka	365	NASIELSK BASZTA TEAM	K3 40-49 lat	11			00:01:11	00:24:10	00:47:16	01:10:11.15	01:10:11.15	+00:24:01	5:23	11.1
158	WOJAS Tadeusz	491	ROZBIEGANY PIASTÓW	70+	1			00:00:55	00:24:13	00:47:20	01:10:11.40	01:10:11.40	+00:24:01	5:23	11.1
159	JABŁONKA Radek	144	DZIADY OCR	M3 40-49 lat	63			00:00:55	00:24:31	00:47:46	01:10:11.45	01:10:11.45	+00:24:01	5:23	11.1
160	BUCHALSKA Ewa	56	EKOBIEGI	K4 50-59 lat	6	Tak		00:00:53	00:23:29	00:46:47	01:10:19.05	01:10:19.05	+00:24:09	5:24	11.1
161	MAJEWSKA Hanna	279	BIEGAM NA TARCHOMINIE	K2 30-39 lat	12	Tak		00:00:49	00:23:33	00:47:02	01:10:19.50	01:10:19.50	+00:24:09	5:24	11.1
162	GUSZCZA Ewa	132	MARKOWI BIEGACZE	K3 40-49 lat	12			00:00:51	00:23:21	00:46:57	01:10:47.65	01:10:47.65	+00:24:37	5:26	11
163	ZDUNIAK Marcin	509	BIEGAM NA TARCHOMINIE	M3 40-49 lat	64	Tak		00:01:12	00:25:08	00:48:42	01:10:54.60	01:10:54.60	+00:24:44	5:27	11
164	ŁOZIŃSKI Piotr	267	BRACTWO BIEGOWE BGK	M3 40-49 lat	65	Tak		00:00:58	00:24:11	00:47:33	01:11:02.20	01:11:02.20	+00:24:52	5:27	11
165	KARASZ-GMITRZUK Marzena	188	BESTIE OCR LEGIONOWO	K3 40-49 lat	13		Tak	00:00:58	00:24:23	00:47:38	01:11:05.85	01:11:05.85	+00:24:55	5:28	11
166	BIAŁOKOS Kamil	43	GRUPA BIEGOWA CHTMO	M3 40-49 lat	66	Tak		00:00:59	00:25:31	00:47:38	01:11:06.15	01:11:06.15	+00:24:56	5:28	11
167	GMITRZUK Paweł	117	BESTIE OCR LEGIONOWO	M3 40-49 lat	67			00:00:59	00:24:24	00:47:41	01:11:06.90	01:11:06.90	+00:24:56	5:28	11
168	STAROŃSKA Magdalena	417	BIEGAM NA TARCHOMINIE	K3 40-49 lat	14	Tak		00:00:58	00:24:23	00:47:38	01:11:07.10	01:11:07.10	+00:24:57	5:28	11
169	JASKÓLSKI Marcin	161	BESTIE OCR LEGIONOWO	M3 40-49 lat	68			00:01:01	00:24:25	00:47:38	01:11:07.20	01:11:07.20	+00:24:57	5:28	11
169	ŁATKOWSKA Monika	265	GRUPA BIEGOWA CHTMO	K3 40-49 lat	15			00:00:59	00:24:25	00:47:38	01:11:07.20	01:11:07.20	+00:24:57	5:28	11
171	PTASIŃSKI Piotr	362		M4 50-59	16			00:00:47	00:24:02	00:47:51	01:11:07.50	01:11:07.50	+00:24:57	5:28	11
172	KOSINSKI Olek	222		M2 30-39 lat	39			00:00:55	00:24:07	00:47:26	01:11:08.15	01:11:08.15	+00:24:58	5:28	11
173	SOBCZAK Bogusław	404	M.I.L.A.	M4 50-59	17			00:00:56	00:24:04	00:47:07	01:11:09.00	01:11:09.00	+00:24:58	5:28	11
174	LAUR Mirosław	256	MILWAUKEE POLSKA	M2 30-39 lat	40			00:00:34	00:23:43	00:47:27	01:11:13.80	01:11:13.80	+00:25:03	5:28	11
175	WIERBIŁOWICZ Dariusz	483		M3 40-49 lat	69			00:00:53	00:23:29	00:46:59	01:11:15.15	01:11:15.15	+00:25:05	5:28	10.9
176	JARMUŻEWSKA Teresa	152	TIA	K4 50-59 lat	7	Tak		00:00:59	00:24:30	00:48:10	01:11:18.45	01:11:18.45	+00:25:08	5:29	10.9
177	SŁOWIAK Klaudia	401		K2 30-39 lat	13			00:00:47	00:23:53	00:47:44	01:11:35.35	01:11:35.35	+00:25:25	5:30	10.9
178	GIL Wojciech	114	TEAM ZABIEGANEDNI	M4 50-59	18			00:00:36	00:23:06	00:46:48	01:11:38.40	01:11:38.40	+00:25:28	5:30	10.9
179	GÓRAL Tadeusz	119	KKB	M4 50-59	19			00:00:31	00:24:50	00:48:20	01:11:44.00	01:11:44.00	+00:25:33	5:31	10.9
180	MICHALSKI Ryszard	292	BEMOWO BIEGA	M3 40-49 lat	70			00:00:53	00:23:42	00:47:48	01:11:46.65	01:11:46.65	+00:25:36	5:31	10.9
181	BARTNIK Rafał	29	ZABIEGANY WOŁOMIN	M3 40-49 lat	71			00:01:02	00:24:35	00:48:16	01:11:49.05	01:11:49.05	+00:25:39	5:31	10.9
182	RÓŻAŃSKA Magdalena	370		K3 40-49 lat	16			00:00:35	00:24:00	00:48:03	01:11:54.90	01:11:54.90	+00:25:44	5:31	10.8
183	DOMINIAK Zbigniew	508		M3 40-49 lat	72	Tak		00:00:45	00:24:11	00:48:06	01:11:55.75	01:11:55.75	+00:25:45	5:31	10.8
184	WIŚNIEWSKI Tomasz	488		M4 50-59	20			00:01:09	00:25:27	00:49:02	01:12:02.70	01:12:02.70	+00:25:52	5:32	10.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy		0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						Mieszkańcy Białołęki	Służby Więziennej								
185	KOPER Sebastian	217	CARREFOUR RUNNING TEAM	M3 40-49 lat	73			00:00:50	00:23:36	00:47:30	01:12:04.45	01:12:04.45	+00:25:54	5:32	10.8
186	PIASECKI Rafał	343	PARÓWY WWA	M2 30-39 lat	41	Tak		00:00:53	00:25:10	00:48:48	01:12:08.10	01:12:08.10	+00:25:58	5:32	10.8
187	SŁOWIK Paweł	402	PARÓWY WWA	M2 30-39 lat	42			00:00:53	00:25:10	00:48:48	01:12:09.35	01:12:09.35	+00:25:59	5:33	10.8
188	NOGAL Robert	314	INDOORY URSUS	M3 40-49 lat	74			00:01:24	00:24:55	00:48:39	01:12:15.20	01:12:15.20	+00:26:05	5:33	10.8
189	KORDALSKI Emil	218	DWSZDR	M2 30-39 lat	43			00:00:33	00:23:05	00:47:24	01:12:16.95	01:12:16.95	+00:26:06	5:33	10.8
190	PROKOPIUK Grzegorz	360	SZWAGRY DWA	M3 40-49 lat	75	Tak		00:00:34	00:24:46	00:48:15	01:12:18.90	01:12:18.90	+00:26:08	5:33	10.8
191	BARANOWSKI Łukasz	25		M2 30-39 lat	44			00:00:55	00:24:31	00:47:46	01:12:24.90	01:12:24.90	+00:26:14	5:34	10.8
192	BORUSZEWSKI Maciej	52		M3 40-49 lat	76			00:01:02	00:24:34	00:48:51	01:12:29.65	01:12:29.65	+00:26:19	5:34	10.8
193	TURCZYŃSKA Monika	447		K3 40-49 lat	17			00:00:40	00:23:52	00:48:01	01:12:30.95	01:12:30.95	+00:26:20	5:34	10.8
194	MATYSZCZAK Krzysztof	287	KENKO	M3 40-49 lat	77			00:01:03	00:27:54	00:50:57	01:12:37.85	01:12:37.85	+00:26:27	5:35	10.7
195	TULA Renata	469		70+	2			00:00:49	00:24:26	00:48:31	01:12:39.00	01:12:39.00	+00:26:28	5:35	10.7
196	JONKO Marcin	165		M3 40-49 lat	78			00:01:08	00:25:45	00:49:28	01:12:42.70	01:12:42.70	+00:26:32	5:35	10.7
197	KOŁOSOWSKI Piotr	213		M3 40-49 lat	79			00:00:56	00:25:35	00:50:15	01:12:42.75	01:12:42.75	+00:26:32	5:35	10.7
198	CIMOCHOWSKA-ŚWITALSKA Magdalena	70	BIEGAM NA TARCHOMINIE	K3 40-49 lat	18	Tak		00:01:04	00:24:56	00:48:58	01:12:50.10	01:12:50.10	+00:26:40	5:36	10.7
199	KARASIEWICZ Łukasz	187	SZURAM KILOMETRY / KB OŻARÓW MAZOWIECKI BIEGA	M2 30-39 lat	45			00:01:06	00:24:27	00:48:43	01:12:56.15	01:12:56.15	+00:26:46	5:36	10.7
200	STEMPEL Tomasz	419		M3 40-49 lat	80			00:01:28	00:25:53	00:49:33	01:12:59.45	01:12:59.45	+00:26:49	5:36	10.7
201	MILCZAREK Tomasz	300		M2 30-39 lat	46	Tak		00:01:23	00:24:55	00:48:39	01:13:00.10	01:13:00.10	+00:26:50	5:36	10.7
202	GRUBKAJTYS Henryk	128		M1 < 29 lat	6	Tak		00:00:31	00:22:44	00:46:47	01:13:06.40	01:13:06.40	+00:26:56	5:37	10.7
203	NOSARZEWSKI Mariusz	315	GB PRESS	M3 40-49 lat	81			00:01:06	00:24:26	00:48:41	01:13:15.10	01:13:15.10	+00:27:05	5:38	10.6
204	MIKINA Artur	298	GUNS N' ROSES RUN TEAM	M5 60+	8			00:00:40	00:24:41	00:48:50	01:13:22.60	01:13:22.60	+00:27:12	5:38	10.6
205	BARDZIŃSKI Łukasz	26		M2 30-39 lat	47	Tak		00:01:30	00:24:48	00:48:51	01:13:39.55	01:13:39.55	+00:27:29	5:39	10.6
206	GOZDZIKIEWICZ Błażej	121	BIEGAM NA TARCHOMINIE	M3 40-49 lat	82	Tak		00:00:50	00:24:54	00:49:43	01:13:43.05	01:13:43.05	+00:27:33	5:40	10.6
207	DZYRUK Maciej	92		M2 30-39 lat	48			00:01:13	00:25:44	00:49:57	01:13:49.25	01:13:49.25	+00:27:39	5:40	10.6
208	WALCZUK Magda	475	BRAK	K2 30-39 lat	14	Tak		00:00:39	00:24:27	00:48:52	01:14:01.85	01:14:01.85	+00:27:51	5:41	10.5
209	KOĆ Marcin	209	BIEGAM NA TARCHOMINIE	M3 40-49 lat	83			00:01:09	00:25:18	00:49:39	01:14:02.35	01:14:02.35	+00:27:52	5:41	10.5
210	ADAMCZUK Agnieszka	12	MARKOWI BIEGACZE	K3 40-49 lat	19			00:00:50	00:24:24	00:49:46	01:14:03.80	01:14:03.80	+00:27:53	5:41	10.5
211	WYRWAS Tadeusz	504	PGP SPORTOWA PACZKA	M5 60+	9			00:01:03	00:25:53	00:50:17	01:14:04.55	01:14:04.55	+00:27:54	5:41	10.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy		0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						Mieszkańcy Białoleki	Służby Więziennej								
212	DWOJAK Piotr	437		M2 30-39 lat	49			00:00:41	00:24:02	00:48:46	01:14:09.55	01:14:09.55	+00:27:59	5:42	10.5
213	KOSMALA Dariusz	223		M4 50-59	21			00:00:45	00:24:54	00:49:29	01:14:12.45	01:14:12.45	+00:28:02	5:42	10.5
214	MICHALIK Katarzyna	428	TO NATURALNE	K2 30-39 lat	15	Tak		00:01:09	00:24:56	00:49:26	01:14:17.70	01:14:17.70	+00:28:07	5:42	10.5
215	WCISŁO Marcin	480		M3 40-49 lat	84			00:01:08	00:24:57	00:49:27	01:14:19.45	01:14:19.45	+00:28:09	5:43	10.5
215	BITOWSKI Hubert	46		M3 40-49 lat	84			00:01:10	00:25:27	00:50:12	01:14:19.45	01:14:19.45	+00:28:09	5:43	10.5
217	KOSECKI Jakub	415		M3 40-49 lat	86			00:01:30	00:27:56	00:51:24	01:14:20.65	01:14:20.65	+00:28:10	5:43	10.5
218	ISASI-KURAN Agata	143	MARKOWI BIEGACZE	K3 40-49 lat	20			00:01:03	00:26:09	00:50:29	01:14:28.95	01:14:28.95	+00:28:18	5:43	10.5
219	TRZASKO Ania	466		K2 30-39 lat	16			00:00:43	00:24:58	00:49:52	01:14:39.70	01:14:39.70	+00:28:29	5:44	10.4
220	ORNOWSKA Joanna	329		K1 < 29 lat	4			00:00:42	00:23:33	00:49:04	01:14:41.75	01:14:41.75	+00:28:31	5:44	10.4
221	KARWECKI Patryk	194		M2 30-39 lat	50	Tak		00:01:03	00:24:33	00:49:06	01:14:41.90	01:14:41.90	+00:28:31	5:44	10.4
222	MYŚLIŃSKA Anna	123	BIAŁOLEKA JEST KOBIETĄ	K3 40-49 lat	21	Tak	Tak	00:00:56	00:25:12	00:50:00	01:14:42.80	01:14:42.80	+00:28:32	5:44	10.4
223	ZUBELEWICZ-JERUZALSKA Anna	516		K2 30-39 lat	17	Tak		00:00:51	00:24:52	00:49:56	01:14:44.10	01:14:44.10	+00:28:34	5:44	10.4
224	MACURA Michał	276		M3 40-49 lat	87	Tak		00:00:55	00:25:19	00:50:15	01:15:04.20	01:15:04.20	+00:28:54	5:46	10.4
225	TRZCIŃSKI Michał	468		M1 < 29 lat	7			00:01:12	00:26:04	00:50:45	01:15:05.75	01:15:05.75	+00:28:55	5:46	10.4
226	ŚWIDERSKI Darek	453	POLYPHARM	M4 50-59	22			00:00:49	00:24:18	00:48:39	01:15:06.90	01:15:06.90	+00:28:56	5:46	10.4
227	MIŁOSZ Marek	301		M4 50-59	23	Tak		00:01:25	00:25:53	00:50:25	01:15:09.40	01:15:09.40	+00:28:59	5:46	10.4
228	CZAJKOWSKI Rafał	73	EKOBIEGI	M3 40-49 lat	88	Tak		00:01:04	00:28:21	00:51:52	01:15:16.40	01:15:16.40	+00:29:06	5:47	10.4
228	HRYCIUK Katarzyna	141	EKOBIEGI	K3 40-49 lat	22			00:01:02	00:27:54	00:51:52	01:15:16.40	01:15:16.40	+00:29:06	5:47	10.4
230	LODOWSKA Ilona	263		K3 40-49 lat	23			00:00:53	00:25:03	00:50:16	01:15:28.60	01:15:28.60	+00:29:18	5:48	10.3
231	PIKULIŃSKA Iwona	345		K2 30-39 lat	18	Tak		00:01:18	00:25:56	00:50:46	01:15:31.05	01:15:31.05	+00:29:21	5:48	10.3
232	ZAKRZEWSKI Marek	439		M4 50-59	24			00:01:03	00:28:15	00:52:02	01:15:33.45	01:15:33.45	+00:29:23	5:48	10.3
233	SUCHODOLSKI Mariusz	426	BIEGIEM NA KAWĘ	M4 50-59	25	Tak		00:01:27	00:26:45	00:51:43	01:15:35.70	01:15:35.70	+00:29:25	5:48	10.3
234	KURZACZ Katarzyna	251	12TRI.PL	K4 50-59 lat	8			00:00:47	00:25:51	00:50:40	01:15:36.60	01:15:36.60	+00:29:26	5:48	10.3
235	WOSIK Jerzy	493	DANIEL WOSIK TERVEL MOUNTAIN RUNNER	M3 40-49 lat	89			00:01:24	00:27:53	00:51:40	01:15:40.55	01:15:40.55	+00:29:30	5:49	10.3
236	OGRODNICZUK Józef	323		M5 60+	10			00:01:11	00:26:06	00:50:47	01:15:48.05	01:15:48.05	+00:29:38	5:49	10.3
237	SZCZYGIEŁ Piotr	436		M3 40-49 lat	90			00:00:40	00:24:23	00:50:43	01:15:59.85	01:15:59.85	+00:29:49	5:50	10.3
237	KRUPIŃSKA-SZCZYGIEŁ Wiola	239		K1 < 29 lat	5			00:00:39	00:24:25	00:50:42	01:15:59.85	01:15:59.85	+00:29:49	5:50	10.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy		0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						Mieszkańcy Białołęki	Służby Więziennej								
239	SYNOWIEC Dorota	432		K3 40-49 lat	24			00:01:04	00:25:55	00:51:01	01:16:02.75	01:16:02.75	+00:29:52	5:50	10.3
240	WIECZOREK Dariusz	482		M4 50-59	26			00:03:26	00:28:14	00:52:42	01:16:05.95	01:16:05.95	+00:29:55	5:51	10.3
241	BUJNICKI Kazimierz	58	MORSY ZIELONKA	M4 50-59	27			00:00:50	00:25:52	00:51:32	01:16:10.95	01:16:10.95	+00:30:00	5:51	10.2
242	OSTAPIŃSKA Magda	334	OSTRESROKI	K4 50-59 lat	9			00:01:01	00:26:28	00:51:29	01:16:12.85	01:16:12.85	+00:30:02	5:51	10.2
243	BAKUŁA Wiesław	23	WAMPIR	M4 50-59	28	Tak		00:00:32	00:24:46	00:50:13	01:16:26.25	01:16:26.25	+00:30:16	5:52	10.2
244	BAJDAŁA Robert	21		M2 30-39 lat	51			00:01:13	00:27:41	00:52:26	01:16:38.05	01:16:38.05	+00:30:28	5:53	10.2
245	MALANOWICZ Michał	280		M2 30-39 lat	52			00:01:13	00:27:41	00:52:26	01:16:39.20	01:16:39.20	+00:30:29	5:53	10.2
246	RUBIN-SZYMAŃSKI Łukasz Ryszard	371	ŁOMIANKOWSKS GRUPA BIEGOWA/ OSP ŁOMIANKI	M2 30-39 lat	53			00:01:20	00:23:42	00:48:29	01:16:42.25	01:16:42.25	+00:30:32	5:54	10.2
247	DOBOSZ Aneta	82	WŚCIEKŁE PIĘŚCI WĘŻA	K2 30-39 lat	19	Tak		00:01:22	00:26:34	00:51:21	01:16:45.10	01:16:45.10	+00:30:35	5:54	10.2
248	GUZIŃSKA Ola	134		K3 40-49 lat	25			00:00:49	00:25:50	00:51:08	01:16:52.25	01:16:52.25	+00:30:42	5:54	10.1
249	NOBERT Marta	313		K3 40-49 lat	26	Tak		00:00:45	00:25:50	00:51:47	01:16:52.30	01:16:52.30	+00:30:42	5:54	10.1
250	STANISZEWSKI Rafał	416	TURBODZIKI	M3 40-49 lat	91	Tak		00:00:47	00:26:34	00:51:53	01:16:53.40	01:16:53.40	+00:30:43	5:54	10.1
251	WĄSIK Izabela	479	BEMOWO BIEGA	K4 50-59 lat	10			00:00:50	00:25:50	00:51:07	01:16:53.70	01:16:53.70	+00:30:43	5:54	10.1
252	TELEGA Janusz	456	WAT	M5 60+	11			00:01:07	00:26:10	00:51:24	01:16:57.75	01:16:57.75	+00:30:47	5:55	10.1
253	KATNER Tomasz	195		M3 40-49 lat	92			00:00:58	00:26:06	00:51:51	01:17:01.70	01:17:01.70	+00:30:51	5:55	10.1
254	KUCIŃSKI Łukasz	244		M3 40-49 lat	93			00:00:52	00:25:04	00:50:36	01:17:17.25	01:17:17.25	+00:31:07	5:56	10.1
255	BAK Hubert	33	BRACTWO BIEGOWE BGK	M2 30-39 lat	54	Tak		00:00:59	00:25:12	00:50:38	01:17:17.55	01:17:17.55	+00:31:07	5:56	10.1
256	BAK Andrzej	34		M4 50-59	29			00:00:57	00:25:12	00:50:41	01:17:18.55	01:17:18.55	+00:31:08	5:56	10.1
257	KACZMAREK Katarzyna	171	MARKOWI BIEGACZE	K2 30-39 lat	20			00:01:04	00:26:44	00:52:10	01:17:31.00	01:17:31.00	+00:31:20	5:57	10.1
258	MUCHA Grzegorz	310		M5 60+	12	Tak		00:01:02	00:26:28	00:51:36	01:17:47.70	01:17:47.70	+00:31:37	5:59	10
259	LEZNER Karolina	262		K2 30-39 lat	21	Tak		00:00:40	00:26:02	00:51:51	01:17:55.15	01:17:55.15	+00:31:45	5:59	10
260	CHOJNOWSKI Andrzej	63	BIEGAM NA TARCHOMINIE	M3 40-49 lat	94	Tak		00:01:08	00:27:15	00:52:47	01:18:13.40	01:18:13.40	+00:32:03	6:01	10
261	SROCZYŃSKA Emilia	414		K2 30-39 lat	22	Tak		00:00:46	00:26:15	00:52:28	01:18:26.05	01:18:26.05	+00:32:16	6:02	9.9
262	GAWEŁ Dorota	107		K3 40-49 lat	27			00:01:06	00:26:21	00:52:12	01:18:31.35	01:18:31.35	+00:32:21	6:02	9.9
263	KUJAWA Agnieszka	245		K3 40-49 lat	28			00:00:47	00:26:20	00:52:32	01:18:33.70	01:18:33.70	+00:32:23	6:02	9.9
264	STEPANIUK Robert	420		M2 30-39 lat	55			00:00:42	00:25:48	00:52:11	01:18:38.75	01:18:38.75	+00:32:28	6:02	9.9
265	GALIŃSKA Magdalena	104		K2 30-39 lat	23			00:00:33	00:25:49	00:51:50	01:18:46.55	01:18:46.55	+00:32:36	6:03	9.9
266	WITEK Małgorzata	489		K3 40-49 lat	29	Tak		00:00:46	00:26:15	00:52:29	01:18:59.50	01:18:59.50	+00:32:49	6:04	9.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy		0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						Mieszkańcy Białołęki	Służby Więziennej								
267	MAREK Roman	284	GUNS & ROSES RUN TEAM	M5 60+	13			00:00:44	00:25:57	00:52:31	01:19:00.85	01:19:00.85	+00:32:50	6:04	9.9
268	ADAMKIEWICZ Marcin	14		M3 40-49 lat	95	Tak		00:00:33	00:25:29	00:51:09	01:19:09.05	01:19:09.05	+00:32:59	6:05	9.9
269	ZYGADŁO Piotr	518		M3 40-49 lat	96			00:00:46	00:27:43	00:53:47	01:19:20.95	01:19:20.95	+00:33:10	6:06	9.8
270	NOWAK Marcin	318		M3 40-49 lat	97	Tak		00:01:26	00:27:39	00:53:40	01:19:22.75	01:19:22.75	+00:33:12	6:06	9.8
271	CZARTORYSKA Anna	407		K3 40-49 lat	30	Tak		00:00:45	00:25:35	00:52:23	01:19:24.35	01:19:24.35	+00:33:14	6:06	9.8
272	OWOC Magdalena	339	BIEGAJ POD OKIEM TRENERA	K2 30-39 lat	24	Tak		00:00:46	00:26:14	00:52:24	01:19:24.50	01:19:24.50	+00:33:14	6:06	9.8
273	KOWALCZYK Mateusz	228		M1 < 29 lat	8			00:01:25	00:27:12	00:52:57	01:19:27.45	01:19:27.45	+00:33:17	6:06	9.8
274	MŁYŃCZYK Adriana	304		K3 40-49 lat	31	Tak		00:00:37	00:26:02	00:52:25	01:19:27.55	01:19:27.55	+00:33:17	6:06	9.8
275	OSIŃSKI Zbigniew	333	BIEGAM BO LUBIĘ	M3 40-49 lat	98	Tak		00:00:37	00:26:01	00:52:25	01:19:27.85	01:19:27.85	+00:33:17	6:06	9.8
276	KOCIK Elżbieta	4		K3 40-49 lat	32	Tak		00:01:22	00:28:08	00:54:01	01:19:32.60	01:19:32.60	+00:33:22	6:07	9.8
277	SIERZPUTOWSKA Ewa	388	GUNS & ROSES RUN TEAM	K4 50-59 lat	11			00:00:43	00:26:26	00:52:39	01:19:39.15	01:19:39.15	+00:33:29	6:07	9.8
278	MARCZAK Grażyna	283	LECZO TEAM	K5 60 +	1			00:00:40	00:26:30	00:52:41	01:19:43.55	01:19:43.55	+00:33:33	6:07	9.8
279	TUMIŃSKI Artur	470		M3 40-49 lat	99	Tak		00:01:07	00:26:36	00:52:32	01:19:44.60	01:19:44.60	+00:33:34	6:08	9.8
280	OSIŃSKI Stanisław	332		70+	3			00:00:48	00:27:30	00:54:03	01:19:55.80	01:19:55.80	+00:33:45	6:08	9.8
281	STROMECKI Marcin	424	BFM	M2 30-39 lat	56	Tak		00:01:39	00:28:26	00:55:10	01:19:59.95	01:19:59.95	+00:33:49	6:09	9.8
282	CYBULSKI Adam	72	RWKLL	M5 60+	14			00:00:48	00:25:39	00:51:46	01:20:04.50	01:20:04.50	+00:33:54	6:09	9.7
283	ORŁOWSKI Tomasz	328		M2 30-39 lat	57			00:01:17	00:28:21	00:54:45	01:20:18.80	01:20:18.80	+00:34:08	6:10	9.7
284	ŁUCZAK Piotr	271	PKO BANK POLSKI	M3 40-49 lat	100	Tak		00:00:54	00:25:40	00:52:37	01:20:28.20	01:20:28.20	+00:34:18	6:11	9.7
285	ŁUCZAK Małgorzata	270	RUNNERSI ZE SKARBKA	K3 40-49 lat	33	Tak		00:00:53	00:25:52	00:52:44	01:20:28.40	01:20:28.40	+00:34:18	6:11	9.7
286	TORZEWSKI Janusz	462	BEMOWO BIEGA	M3 40-49 lat	101			00:01:07	00:27:51	00:54:47	01:20:57.50	01:20:57.50	+00:34:47	6:13	9.6
287	TORZEWSKA Agnieszka	461		K3 40-49 lat	34			00:01:07	00:27:51	00:54:48	01:20:57.65	01:20:57.65	+00:34:47	6:13	9.6
288	SZULAWSKI Robert	440	GSD.RUNNERS.	M4 50-59	30			00:00:57	00:27:09	00:55:01	01:21:14.30	01:21:14.30	+00:35:04	6:14	9.6
289	NOSKIEWICZ Krzysztof	316		M3 40-49 lat	102			00:00:57	00:27:10	00:54:25	01:21:14.80	01:21:14.80	+00:35:04	6:14	9.6
290	KOSEWSKA Dorota	220	BIEGAM NA TARCHOMINIE	K4 50-59 lat	12	Tak		00:01:09	00:27:33	00:54:26	01:21:46.90	01:21:46.90	+00:35:36	6:17	9.5
291	KOSTRZEWSKI Piotr	224		M4 50-59	31			00:01:29	00:27:55	00:54:42	01:22:01.80	01:22:01.80	+00:35:51	6:18	9.5
292	SUWALD Andrzej	429		M5 60+	15			00:01:16	00:28:20	00:55:42	01:22:57.25	01:22:57.25	+00:36:47	6:22	9.4
293	KACZYŃSKA Paula	173		K1 < 29 lat	6	Tak		00:01:07	00:28:22	00:55:43	01:23:04.25	01:23:04.25	+00:36:54	6:23	9.4
294	JOŃCZYK Stanisław	166		M4 50-59	32			00:01:10	00:28:21	00:55:43	01:23:07.25	01:23:07.25	+00:36:57	6:23	9.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy		0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						Mieszkańcy	Służby								
295	ZYBULA Maciej Leonard	517	BEES & HONEY	M2 30-39 lat	58	Tak		00:00:26	00:26:37	00:54:36	01:23:47.75	01:23:47.75	+00:37:37	6:26	9.3
296	CZUPTA Hirek	76	KLUB ROGATEGO MORSA	M3 40-49 lat	103			00:00:53	00:28:00	00:56:15	01:23:48.80	01:23:48.80	+00:37:38	6:26	9.3
297	MIASTOWSKI Rafał	18	SŁOŃ B	M4 50-59	33			00:01:23	00:29:21	00:57:17	01:23:56.45	01:23:56.45	+00:37:46	6:27	9.3
298	BEBNOWICZ Andrzej	37		M5 60+	16			00:01:24	00:28:25	00:56:14	01:24:01.75	01:24:01.75	+00:37:51	6:27	9.3
299	SIKORSKA Agnieszka	390	EKOBIEGI	K3 40-49 lat	35	Tak		00:01:03	00:28:00	00:55:35	01:24:22.10	01:24:22.10	+00:38:12	6:29	9.2
300	TRZCIŃSKA Iwona	467		K4 50-59 lat	13			00:01:12	00:28:45	00:56:10	01:24:24.85	01:24:24.85	+00:38:14	6:29	9.2
301	SUCHORZEWSKI Norbert	427		M3 40-49 lat	104			00:01:28	00:28:15	00:55:34	01:24:24.95	01:24:24.95	+00:38:14	6:29	9.2
302	SOWA Andrzej	412		M3 40-49 lat	105			00:00:49	00:27:55	00:56:08	01:24:27.90	01:24:27.90	+00:38:17	6:29	9.2
303	HEBDA Bartłomiej	138		M3 40-49 lat	106			00:01:33	00:30:10	00:57:07	01:24:29.85	01:24:29.85	+00:38:19	6:29	9.2
304	HEBDA Agata	137		K3 40-49 lat	36			00:01:18	00:29:12	00:57:12	01:24:38.45	01:24:38.45	+00:38:28	6:30	9.2
305	KAMIŃSKA Anna	177		K3 40-49 lat	37		Tak	00:01:16	00:29:06	00:57:03	01:24:50.05	01:24:50.05	+00:38:40	6:31	9.2
306	KAMIŃSKI Marcin	178		M3 40-49 lat	107			00:01:16	00:29:06	00:57:03	01:24:50.35	01:24:50.35	+00:38:40	6:31	9.2
307	ŁOZOWSKI Robert	269		M3 40-49 lat	108	Tak		00:00:44	00:27:31	00:55:55	01:25:01.45	01:25:01.45	+00:38:51	6:32	9.2
308	ZIARKO Joanna	513		K3 40-49 lat	38			00:00:56	00:27:49	00:55:56	01:25:12.35	01:25:12.35	+00:39:02	6:33	9.2
309	RUCYK Justyna	372		K3 40-49 lat	39			00:01:17	00:28:07	00:56:06	01:25:13.90	01:25:13.90	+00:39:03	6:33	9.2
310	JUSZCZAK Kamil	169		M1 < 29 lat	9			00:01:13	00:29:50	00:58:00	01:25:17.00	01:25:17.00	+00:39:06	6:33	9.1
311	TYBURC Paweł	69	RADA DZIELNICY BIAŁOŁĘKA	M3 40-49 lat	109	Tak		00:01:21	00:28:08	00:56:06	01:25:25.80	01:25:25.80	+00:39:15	6:34	9.1
312	DRZEWIECKA Joanna	89		K4 50-59 lat	14			00:01:14	00:29:37	00:57:55	01:25:34.90	01:25:34.90	+00:39:24	6:34	9.1
313	SIEWK Ewa	540		K4 50-59 lat	15			00:01:09	00:29:38	00:57:20	01:25:41.50	01:25:41.50	+00:39:31	6:35	9.1
314	PRĘGOWSKI Grzegorz	359	EKOBIEGI	M4 50-59	34			00:00:57	00:28:01	00:56:23	01:25:42.05	01:25:42.05	+00:39:32	6:35	9.1
315	KWIECIEŃ Agata	253		K4 50-59 lat	16	Tak		00:01:15	00:29:20	00:58:00	01:26:05.00	01:26:05.00	+00:39:54	6:37	9.1
316	LEŚKO Jarek	258		M3 40-49 lat	110	Tak		00:01:25	00:29:22	00:56:58	01:26:17.25	01:26:17.25	+00:40:07	6:38	9
317	KONFEDERAK Agnieszka	215	MARKOWI BIEGACZE	K3 40-49 lat	40			00:01:04	00:27:50	00:56:03	01:26:25.05	01:26:25.05	+00:40:15	6:38	9
318	SOŁDECKA Anna	411	SLOW JOGGING BIAŁOŁĘKA	K4 50-59 lat	17	Tak		00:01:37	00:31:07	00:59:10	01:26:48.20	01:26:48.20	+00:40:38	6:40	9
319	JERZAK Eryk	162		M5 60+	17			00:01:22	00:28:25	00:56:14	01:26:54.15	01:26:54.15	+00:40:44	6:41	9
320	LEWANDOWSKA Monika	259	BIEGAM NA BIAŁOŁĘCE	K3 40-49 lat	41	Tak		00:00:40	00:28:07	00:57:25	01:26:55.35	01:26:55.35	+00:40:45	6:41	9
321	ŁOZOWSKA Dorota	268		K3 40-49 lat	42	Tak		00:00:44	00:28:40	00:57:32	01:27:04.10	01:27:04.10	+00:40:54	6:41	9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy		0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						Mieszkańcy	Służby								
322	WINIARSKA Izabela	7	IZAGÓRĄ	K3 40-49 lat	43	Tak		00:01:23	00:29:09	00:57:25	01:27:05.55	01:27:05.55	+00:40:55	6:41	9
323	SZWARC Anna	442		K3 40-49 lat	44	Tak		00:00:41	00:28:07	00:57:25	01:27:12.30	01:27:12.30	+00:41:02	6:42	8.9
324	RUSIN Bartosz	374		M3 40-49 lat	111			00:01:25	00:29:25	00:57:58	01:27:13.50	01:27:13.50	+00:41:03	6:42	8.9
325	BERNAT Sebastian	40	STARE WILKI	M3 40-49 lat	112			00:01:14	00:30:14	00:57:54	01:28:00.75	01:28:00.75	+00:41:50	6:46	8.9
326	PIĘNKOSZ Monika	344		K1 < 29 lat	7	Tak		00:01:08	00:29:58	00:58:06	01:28:05.80	01:28:05.80	+00:41:55	6:46	8.9
327	GRYGOWSKA Beata	129		K3 40-49 lat	45			00:00:45	00:27:54	00:58:01	01:28:18.55	01:28:18.55	+00:42:08	6:47	8.8
328	TOMASZEWSKA Mariola	460	BIEGAM DLA SIEBIE	K4 50-59 lat	18			00:01:06	00:30:55	00:59:21	01:28:18.85	01:28:18.85	+00:42:08	6:47	8.8
329	JAROSZEWSKI Łukasz	160		M1 < 29 lat	10			00:01:10	00:28:33	00:58:33	01:29:30.95	01:29:30.95	+00:43:20	6:53	8.7
330	JAROSZEWSKI Konrad	159		M2 30-39 lat	59			00:01:10	00:28:32	00:58:33	01:29:31.90	01:29:31.90	+00:43:21	6:53	8.7
331	JEŻMAŃSKI Sławek	164		M3 40-49 lat	113	Tak		00:01:27	00:30:57	01:00:28	01:30:08.55	01:30:08.55	+00:43:58	6:56	8.7
332	ŻUCHOWSKI Artur	520	MY MIESZKAŃCY LEGIONOWO	M3 40-49 lat	114			00:01:19	00:29:36	00:59:10	01:30:09.70	01:30:09.70	+00:43:59	6:56	8.7
333	CICHECKA Aneta	67		K3 40-49 lat	46			00:01:23	00:31:09	01:00:29	01:30:30.80	01:30:30.80	+00:44:20	6:57	8.6
334	BĄCZEK Anna	32		K3 40-49 lat	47		Tak	00:00:51	00:29:32	00:59:41	01:31:03.35	01:31:03.35	+00:44:53	7:00	8.6
335	WOŹNIAK Marcin	496		M3 40-49 lat	115			00:01:28	00:31:19	01:01:50	01:32:04.85	01:32:04.85	+00:45:54	7:04	8.5
336	FERUŚ Ula	95		K2 30-39 lat	25	Tak		00:00:58	00:30:15	01:01:26	01:32:35.85	01:32:35.85	+00:46:25	7:07	8.4
337	BEDNARZAK Tadeusz	38	YULO RUN TEAM SIEDLCE	M5 60+	18			00:01:23	00:31:16	01:02:00	01:32:53.60	01:32:53.60	+00:46:43	7:08	8.4
338	SIMIŃSKA Marta	392		K3 40-49 lat	48			00:01:20	00:31:30	01:01:48	01:32:56.85	01:32:56.85	+00:46:46	7:08	8.4
339	POPENDA Dagmara	355		K3 40-49 lat	49			00:01:21	00:31:30	01:01:49	01:32:57.00	01:32:57.00	+00:46:46	7:09	8.4
340	WINDER Agnieszka	486		K3 40-49 lat	50	Tak		00:01:06	00:30:28	01:00:51	01:33:21.55	01:33:21.55	+00:47:11	7:10	8.4
341	KAWKA Andrzej	196		M5 60+	19			00:01:28	00:31:23	01:02:34	01:34:49.50	01:34:49.50	+00:48:39	7:17	8.2
342	KARCZMAREK Zuzanna	190		K1 < 29 lat	8			00:01:26	00:31:42	01:03:10	01:35:53.60	01:35:53.60	+00:49:43	7:22	8.1
343	FIEDOSIUK Michał	96		M3 40-49 lat	116	Tak		00:01:10	00:32:25	01:03:42	01:36:42.75	01:36:42.75	+00:50:32	7:26	8.1
344	GROCHOWSKA Joanna	444		K4 50-59 lat	19			00:01:23	00:31:16	01:03:14	01:37:29.30	01:37:29.30	+00:51:19	7:29	8
345	SZOSTAKOWSKI Jarosław	2		M4 50-59	35			00:01:22	00:31:26	01:03:15	01:37:29.40	01:37:29.40	+00:51:19	7:29	8
346	JAROS Arkadiusz	158	VEGE RUNNERS	M5 60+	20			00:01:06	00:31:59	01:03:51	01:37:53.45	01:37:53.45	+00:51:43	7:31	8
347	PRZYBYŁAK Wanda	361	ROZBIEGANY PIASTÓW	K5 60 +	2			00:01:06	00:31:59	01:03:51	01:38:14.60	01:38:14.60	+00:52:04	7:33	7.9
348	ŁUKASIEWICZ Robert	272	KOKOSZKA36TEAM	M3 40-49 lat	117	Tak		00:01:00	00:30:46	01:04:12	01:38:44.40	01:38:44.40	+00:52:34	7:35	7.9
349	GIERANOWSKI Marcin	113	ZALATANI	M3 40-49 lat	118			00:01:04	00:32:15	01:05:44	01:40:52.90	01:40:52.90	+00:54:42	7:45	7.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy			0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						Mieszkańcy	Służby	Więziennej								
350	ORZEWIECKI Tomasz	542		M1 < 29 lat	11				00:01:14	00:34:24	01:07:30	01:41:07.15	01:41:07.15	+00:54:57	7:46	7.7
351	NASKRĘT Mariusz	312		M3 40-49 lat	119				00:01:01	00:32:31	01:06:38	01:42:09.80	01:42:09.80	+00:55:59	7:51	7.6
352	ŻYŁA-ZDZIECH Sylwia	522		K3 40-49 lat	51	Tak			00:00:41	00:34:20	01:07:58	01:43:40.10	01:43:40.10	+00:57:30	7:58	7.5
353	REMBERK Danuta	366		70+	4				00:01:27	00:34:43	01:08:58	01:44:08.65	01:44:08.65	+00:57:58	8:00	7.5
354	WTOREK Mirosław	501		M5 60+	21	Tak			00:00:43	00:34:46	01:10:40	01:46:02.05	01:46:02.05	+00:59:52	8:09	7.4
	SOBOTA Artur	408	DECOARTY.PL	M3 40-49 lat					00:00:42 DNF	00:21:38 DNF	00:43:39 DNF	DNF	DNF	-	-	-
	CABAŃSKA Dorota	59		K3 40-49 lat		Tak			00:00:36 DNF	00:22:46 DNF	00:46:11 DNF	DNF	DNF	-	-	-
	FALKOWSKI Łukasz	94		M2 30-39 lat					00:01:17 DNF	00:25:15 DNF	00:48:22 DNF	DNF	DNF	-	-	-
	KEMPA Piotr	198		M2 30-39 lat		Tak			00:00:54 DNF	00:24:42 DNF	00:49:38 DNF	DNF	DNF	-	-	-
	PIOTROWSKI Piotr	346		M3 40-49 lat					00:01:12 DNF	00:25:22 DNF	00:50:13 DNF	DNF	DNF	-	-	-
	NADOBNIK Konrad	311		M3 40-49 lat					00:00:52 DNF	00:25:14 DNF	00:50:19 DNF	DNF	DNF	-	-	-
	WACH Michał	474	BIEGAM NA TARCHOMINIE	M3 40-49 lat		Tak			00:01:10 DNF	00:27:13 DNF	00:52:46 DNF	DNF	DNF	-	-	-
	MĘDEL Cezary	290		M3 40-49 lat					00:01:13 DNF	00:29:16 DNF	00:57:16 DNF	DNF	DNF	-	-	-
	MĘDEL Marta	291		K3 40-49 lat					00:01:11 DNF	00:29:17 DNF	00:57:16 DNF	DNF	DNF	-	-	-
	OSTASZEWSKI Wojtek	337	WERKUS RUNNERS	M3 40-49 lat		Tak			00:01:14 DNF	00:29:57 DNF	00:57:27 DNF	DNF	DNF	-	-	-
	OSTASZEWSKI Marcin	336	PACIAK RUNNING CLUB	M2 30-39 lat		Tak			00:01:14 DNF	00:29:57 DNF	00:57:45 DNF	DNF	DNF	-	-	-
	KUCICKI Krzysztof	243		M3 40-49 lat		Tak			00:01:17 DNF	00:29:23 DNF	00:58:40 DNF	DNF	DNF	-	-	-
	DĄBROWA Bartosz	30		M1 < 29 lat		Tak			00:01:21 DNF	00:29:40 DNF	00:59:01 DNF	DNF	DNF	-	-	-
	SOKOŁOWSKI Marian	410	SAMOTNY WILK	70+					00:00:43 DNF	00:28:44 DNF	01:00:03 DNF	DNF	DNF	-	-	-
	VUCO Ivo	473	HULTAJ LITERACKI	M3 40-49 lat					00:01:28 DNF	00:30:25 DNF	01:00:14 DNF	DNF	DNF	-	-	-
	JAROŃ Julia	157	RUN DE GIRARD	K1 < 29 lat					00:00:42 DNF	00:27:47 DNF	01:00:47 DNF	DNF	DNF	-	-	-
	JAROŃ Alicja	156	RUN DE GIRARD	K1 < 29 lat					00:00:42 DNF	00:27:47 DNF	01:00:48 DNF	DNF	DNF	-	-	-
	MICHNOWSKA Adriana	294	BIEGOWE WTORKI NA TARCHOMINIE	K3 40-49 lat		Tak			00:01:15 DNF	00:31:54 DNF	01:01:22 DNF	DNF	DNF	-	-	-
	PAC Bartosz	340		M3 40-49 lat					00:01:19 DNF	00:30:06 DNF	01:02:18 DNF	DNF	DNF	-	-	-
	NOWOSIELSKI Tomasz	322	HERO	M5 60+					00:01:25 DNF	00:31:18 DNF	01:02:36 DNF	DNF	DNF	-	-	-
	MRÓZ Joanna	309		K2 30-39 lat					00:01:06 DNF	00:30:28 DNF	01:03:48 DNF	DNF	DNF	-	-	-
	LACH Marta	255	SLOWJOGGING BIAŁOLEKA	K3 40-49 lat		Tak			00:01:37 DNF	00:32:14 DNF	01:03:57 DNF	DNF	DNF	-	-	-

Msc	Zawodnik	Numer	Klub	Kategoria Mkat	Pracownicy			0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
					Mieszkańcy Białołęki	Służby Więziennej									
	SALAMON Kinga	382		K2 30-39 lat	Tak			00:01:19 DNF	00:30:53 DNF	01:04:00 DNF	DNF	DNF	-	-	
	SOBCZAK Anna	403	M.I.L.A.	K4 50-59 lat				00:01:02 DNF	00:32:14 DNF	01:05:15 DNF	DNF	DNF	-	-	
	PLICHCIŃSKA Małgorzata	348	EKONOMIK MOKOTÓW	K3 40-49 lat				00:01:18 DNF	00:33:08 DNF	01:05:55 DNF	DNF	DNF	-	-	
	BEM Justyna	39		K3 40-49 lat				00:01:31 DNF	00:36:16 DNF	01:11:02 DNF	DNF	DNF	-	-	
	DĘBSKI Andrzej	81		M3 40-49 lat				00:00:51 DNF	00:22:44 DNF	DNF	DNF	DNF	-	-	
	PAWIŃSKI Artur	342	ADIDAS RUNNERS WARSAW	M3 40-49 lat				DNF	00:23:47 DNF	DNF	DNF	DNF	-	-	
	KLIPO Mateusz	205	DELOITTE ADVENTURE TEAM	M1 < 29 lat	Tak			00:01:04 DNF	00:24:18 DNF	DNF	DNF	DNF	-	-	
	CZERNICOWSKI Szymon	274	BIEGAJĄCY BIBLIOTEKARZ	M1 < 29 lat				00:01:06 DNF	00:24:32 DNF	DNF	DNF	DNF	-	-	
	FREITES Luis	543		M5 60+				00:00:30 DNF	00:24:56 DNF	DNF	DNF	DNF	-	-	
	WALĘDZIK Edyta	476		K1 < 29 lat	Tak			00:00:43 DNF	00:25:39 DNF	DNF	DNF	DNF	-	-	
	DUDZIŃSKI Przemysław	260		M2 30-39 lat	Tak			00:01:11 DNF	00:25:47 DNF	DNF	DNF	DNF	-	-	
	BUJALSKI Konrad	57		M1 < 29 lat				00:00:47 DNF	00:26:02 DNF	DNF	DNF	DNF	-	-	
	CHODUN Paweł	523		M2 30-39 lat				00:01:18 DNF	00:26:33 DNF	DNF	DNF	DNF	-	-	
	GONET Katarzyna	118	BIEGOWE WTORKI NA TARCHOMINIE	K3 40-49 lat	Tak			00:01:03 DNF	00:26:43 DNF	DNF	DNF	DNF	-	-	
	JAROŃ Jarosław	155	RUN DE GIRARD	M3 40-49 lat				00:00:43 DNF	00:27:48 DNF	DNF	DNF	DNF	-	-	
	KOZICKA Barbara	234	AKS ZŁY	K1 < 29 lat				00:01:21 DNF	00:28:11 DNF	DNF	DNF	DNF	-	-	
	GRABOWSKA Marta	418		K2 30-39 lat				00:01:06 DNF	00:28:12 DNF	DNF	DNF	DNF	-	-	
	KLESZCZ Anna	204	AKS ZŁY	K2 30-39 lat				00:01:20 DNF	00:28:13 DNF	DNF	DNF	DNF	-	-	
	KUNKA Piotr	247	TEAM ZABIEGANEDNI	M2 30-39 lat				00:01:25 DNF	00:28:21 DNF	DNF	DNF	DNF	-	-	
	OLKOWSKI Robert	326		M4 50-59				00:01:19 DNF	00:28:22 DNF	DNF	DNF	DNF	-	-	
	BOHDZIEWICZ Paweł	48	BRAVEHEARTS LEGIONOWO	M3 40-49 lat				00:00:47 DNF	00:29:11 DNF	DNF	DNF	DNF	-	-	
	DRZAŁ Daniel	524		M2 30-39 lat	Tak			00:01:09 DNF	00:29:20 DNF	DNF	DNF	DNF	-	-	
	KOMOŃ Maciej	214		M3 40-49 lat				00:01:15 DNF	00:30:09 DNF	DNF	DNF	DNF	-	-	
	KOSIATY Jarosław	221	RÓBMY SWOJE	M4 50-59				00:00:55 DNF	00:30:32 DNF	DNF	DNF	DNF	-	-	
	SKROBEK Piotr	397		M2 30-39 lat				00:01:26 DNF	00:30:41 DNF	DNF	DNF	DNF	-	-	
	ARTYMIUK Olaf	19		M2 30-39 lat				00:01:15 DNF	00:30:44 DNF	DNF	DNF	DNF	-	-	
	ZATYLNY Tomasz	505		M3 40-49 lat	Tak			00:00:48 DNF	00:30:46 DNF	DNF	DNF	DNF	-	-	

Msc	Zawodnik	Numer	Klub	Kategoria Mkat	Pracownicy		0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
					Mieszkańcy	Służby								
	BAJOREK Jacek	22		M3 40-49 lat			00:01:06 DNF	00:30:54 DNF	DNF	DNF	DNF		-	-
	MIŁEK MATYSIAK Kamila	541		K3 40-49 lat			00:01:06 DNF	00:30:55 DNF	DNF	DNF	DNF		-	-
	STĘPNIK Marcin	422		M3 40-49 lat		Tak	00:00:32 DNF	00:31:02 DNF	DNF	DNF	DNF		-	-
	KARPIŃSKA Izabela	191		K3 40-49 lat	Tak		00:01:19 DNF	00:31:55 DNF	DNF	DNF	DNF		-	-
	KARPIŃSKI Marcin	193		M2 30-39 lat	Tak		00:01:19 DNF	00:31:56 DNF	DNF	DNF	DNF		-	-
	NOWICKI Dariusz	319		M3 40-49 lat	Tak		00:01:15 DNF	00:32:03 DNF	DNF	DNF	DNF		-	-
	RÓŻAŃSKI Robert	421		M4 50-59	Tak		00:00:57 DNF	00:33:09 DNF	DNF	DNF	DNF		-	-
	TRENTOWSKI Piotr	464		M3 40-49 lat	Tak		00:01:20 DNF	00:33:16 DNF	DNF	DNF	DNF		-	-
	DOBRZELEWSKA Edyta	84		K3 40-49 lat			00:01:17 DNF	00:33:25 DNF	DNF	DNF	DNF		-	-
	SAJEWSKA Karolina	381		K2 30-39 lat			00:01:01 DNF	00:34:14 DNF	DNF	DNF	DNF		-	-
	KOWALSKI Michał	230	SKARYMAKERSI	M2 30-39 lat			00:01:01 DNF	00:34:15 DNF	DNF	DNF	DNF		-	-
	SYLWANOWICZ Monika	431	SKARYMAKERSI	K3 40-49 lat			00:01:01 DNF	00:34:15 DNF	DNF	DNF	DNF		-	-
	MATYSIAK Agnieszka	286		K3 40-49 lat			00:01:01 DNF	00:34:16 DNF	DNF	DNF	DNF		-	-
	WOJCIECHOWSKI Maciej	492		M2 30-39 lat			00:00:46 DNF	00:35:37 DNF	DNF	DNF	DNF		-	-
	CZECHOWSKI Jerzy	74	MZA - WARSZAWA	70+			00:00:53 DNF	00:38:34 DNF	DNF	DNF	DNF		-	-
	SYDOR- SĘDEK Małgorzata	430		K3 40-49 lat		Tak	00:00:53 DNF	00:40:39 DNF	DNF	DNF	DNF		-	-
	KUPIEC Robert	248	ŚWIĘTOKRZYSKY KURATORZY	M4 50-59		Tak	00:00:53 DNF	00:40:41 DNF	DNF	DNF	DNF		-	-
	GAJEWSKA Dominika	101		K2 30-39 lat			00:00:51 DNF	00:40:52 DNF	DNF	DNF	DNF		-	-
	KUBICKA Małgorzata	241		K3 40-49 lat		Tak	00:00:51 DNF	00:40:52 DNF	DNF	DNF	DNF		-	-
	HOFFMAN-LACHOWSKA Katarzyna	140		K4 50-59 lat		Tak	00:00:53 DNF	00:40:52 DNF	DNF	DNF	DNF		-	-
	SŁOTWIŃSKA Martyna	400		K1 < 29 lat			00:01:30 DNF	00:41:33 DNF	DNF	DNF	DNF		-	-
	KRUPINIEWICZ Antoni	238		M4 50-59			00:01:30 DNF	00:41:35 DNF	DNF	DNF	DNF		-	-
	NIEWCZAS Zdzisław	525		70+	Tak		00:01:34 DNF	00:42:59 DNF	DNF	DNF	DNF		-	-
	KAMIŃSKI Waldemar	179	SLOW JOGGING BIAŁOŁĘKA	M4 50-59	Tak		00:01:41 DNF	00:44:02 DNF	DNF	DNF	DNF		-	-
	BRZAKAŁA Renata	54	SLOW JOGGING BIAŁOŁĘKA	K4 50-59 lat			00:01:41 DNF	00:44:02 DNF	DNF	DNF	DNF		-	-
	WILCZYŃSKA Małgorzata	485		K3 40-49 lat			00:01:00 DNF	00:45:27 DNF	DNF	DNF	DNF		-	-

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkańcy Białołęki	Pracownicy Służby Więziennej	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
	KOŁACZ Jakub	497		M3 40-49 lat				00:01:16 DNF	DNF	DNF	DNF	DNF		-	-

Znaleziono 430 wynik(ów)