

BIAŁOŁĘCKI BIEG WOLNOŚCI

B4SPORT

Organizator: Urząd Dzielnicy Białołęka m.st. Warszawa
Data: 2021-12-12
Miejsce: Warszawa
Dystans: 13 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN Mężczyźni

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
1	FALKOWSKI Bartłomiej	459	PIEKIELNI WARSZAWA	M2 30-39 lat	1	00:00:01	00:17:14	00:34:14	00:51:19.70	00:51:21.15		3:56	15.2 (100%)
2	DEMBOWSKI Mariusz	93	H+H POLSKA	M2 30-39 lat	2	00:00:01	00:17:15	00:34:14	00:51:33.85	00:51:35.40	+00:00:14 (0.5%)	3:57	15.1 (99.3%)
3	KUŚMIERZ Sylwester	214	MARKOWI BIEGACZE	M3 40-49 lat	1	00:00:01	00:17:17	00:34:46	00:52:44.90	00:52:46.45	+00:01:25 (2.7%)	4:03	14.8 (97.4%)
4	MARSZAŁ Mariusz	231	PRL TRANSPORT	M2 30-39 lat	3	00:00:02	00:17:43	00:35:53	00:54:17.75	00:54:20.05	+00:02:58 (5.5%)	4:10	14.4 (94.7%)
5	KRZEMPEK Aleksander	205	BIEGANIEPO40.PL	M3 40-49 lat	2	00:00:02	00:17:46	00:36:07	00:54:41.15	00:54:43.15	+00:03:21 (6.1%)	4:12	14.3 (94.1%)
6	SKWARCZ Paweł	336		M2 30-39 lat	4	00:00:02	00:18:04	00:36:47	00:55:16.35	00:55:18.85	+00:03:56 (7.1%)	4:15	14.1 (92.8%)
7	DUTKIEWICZ Maciej	483		M2 30-39 lat	5	00:00:03	00:17:41	00:35:59	00:55:35.50	00:55:39.00	+00:04:15 (7.7%)	4:16	14 (92.1%)
8	BAŁAJ Krzysztof	24	DECATHLON	M1 < 29 lat	1	00:00:04	00:18:30	00:37:10	00:55:55.35	00:55:59.90	+00:04:35 (8.2%)	4:18	13.9 (91.4%)
9	ŁABĘDZKI Konrad	222	DUKLANOWSKI TEAM	M2 30-39 lat	6	00:00:02	00:18:49	00:37:42	00:56:09.10	00:56:11.40	+00:04:49 (8.6%)	4:19	13.9 (91.4%)
10	MIEDZIEJSKI Andrzej	242	RATE MY TRAIL TEAM PRO	M2 30-39 lat	7	00:00:02	00:18:20	00:37:23	00:56:44.85	00:56:47.45	+00:05:25 (9.5%)	4:21	13.7 (90.1%)
11	GOZDEK Radek	135	BIEGANIEPO40.PL	M3 40-49 lat	3	00:00:02	00:18:48	00:37:41	00:57:01.65	00:57:03.70	+00:05:41 (10.0%)	4:23	13.7 (90.1%)
12	ABU NAHIA Karim	11	NADAKTYWNI TORUŃ	M1 < 29 lat	2	00:00:02	00:18:48	00:37:42	00:57:13.30	00:57:16.10	+00:05:53 (10.3%)	4:24	13.6 (89.5%)
13	WASILEWSKI Adam	387		M2 30-39 lat	8	00:00:03	00:18:26	00:37:51	00:57:32.75	00:57:36.40	+00:06:13 (10.8%)	4:25	13.6 (89.5%)
14	GRYGO Paweł	143	GRYGO TEAM	M3 40-49 lat	4	00:00:03	00:18:48	00:38:00	00:57:34.40	00:57:37.80	+00:06:14 (10.8%)	4:25	13.5 (88.8%)
15	GAŁUSZKA Filip	121	KOKOSZKA36TEAM	M2 30-39 lat	9	00:00:08	00:19:41	00:38:57	00:58:14.65	00:58:23.15	+00:06:54 (11.9%)	4:28	13.4 (88.2%)
16	GORTAT Igor	134	KB TKKF PROMYK CIECHANÓW	M2 30-39 lat	10	00:00:04	00:19:28	00:39:00	00:58:34.90	00:58:39.05	+00:07:15 (12.4%)	4:30	13.3 (87.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
17	WÓJCIK Dariusz	435	OK!SPORT	M4 50-59	1	00:00:04	00:18:59	00:38:32	00:58:41.40	00:58:45.85	+00:07:21 (12.5%)	4:30	13.3 (87.5%)
18	KLECZEWSKI Piotr	455	UKS FILIPIDES TERESIN	M1 < 29 lat	3	00:00:03	00:18:59	00:38:58	00:58:45.15	00:58:48.20	+00:07:25 (12.6%)	4:31	13.3 (87.5%)
19	MIOTK Marcin	252	MIOTK.PL	M3 40-49 lat	6	00:00:02	00:19:00	00:39:00	00:59:14.15	00:59:16.35	+00:07:54 (13.3%)	4:33	13.2 (86.8%)
20	ANUSIEWICZ Robert	17	-	M3 40-49 lat	5	00:00:27	00:19:24	00:38:50	00:58:57.80	00:59:25.50	+00:07:38 (12.9%)	4:32	13.2 (86.8%)
21	MIELCZAREK Krzysztof	468	BIEGAM NA TARCHOMINIE	M3 40-49 lat	7	00:00:03	00:19:22	00:39:18	00:59:50.50	00:59:53.50	+00:08:30 (14.2%)	4:36	13 (85.5%)
22	RADZIKOWSKI Andrzej	304		M3 40-49 lat	8	00:00:04	00:19:59	00:39:51	01:00:19.45	01:00:23.45	+00:08:59 (14.9%)	4:38	12.9 (84.9%)
23	ZYCH Mariusz	426	BIEGAJ POD OKIEM TRENERA	M3 40-49 lat	9	00:00:04	00:19:25	00:39:44	01:00:19.95	01:00:24.40	+00:09:00 (14.9%)	4:38	12.9 (84.9%)
24	FIEDOROW Tomasz	111	ZK BARCZEWO	M2 30-39 lat	11	00:00:02	00:19:45	00:40:02	01:00:36.25	01:00:39.15	+00:09:16 (15.3%)	4:39	12.9 (84.9%)
25	KAMIŃSKI Paweł	447	BIEGANIEPO40.PL	M3 40-49 lat	10	00:00:06	00:19:57	00:40:22	01:00:49.45	01:00:56.00	+00:09:29 (15.6%)	4:40	12.8 (84.2%)
26	SZYBALSKI Michał	362	AKTYWNA WARSZAWA	M2 30-39 lat	12	00:00:02	00:19:44	00:40:43	01:01:02.70	01:01:04.70	+00:09:43 (15.9%)	4:41	12.8 (84.2%)
27	BISOWSKI Mariusz	46	A NA CO TO KOMU POTRZEBNE	M3 40-49 lat	11	00:00:07	00:20:14	00:40:49	01:01:05.35	01:01:13.20	+00:09:45 (16.0%)	4:41	12.8 (84.2%)
28	ZIÓŁKOWSKI Jacek	421		M4 50-59	2	00:00:02	00:20:17	00:40:49	01:01:13.15	01:01:15.55	+00:09:53 (16.2%)	4:42	12.7 (83.6%)
29	BIAŁEK Piotr	39	3BRO - ZK BARCZEWO	M3 40-49 lat	12	00:00:03	00:20:15	00:40:37	01:01:14.40	01:01:18.30	+00:09:54 (16.2%)	4:42	12.7 (83.6%)
30	CHRAPEK Janusz	70	ROSSMANN	M3 40-49 lat	13	00:00:06	00:20:48	00:41:32	01:02:12.60	01:02:18.90	+00:10:52 (17.5%)	4:47	12.5 (82.2%)
31	GAJEK Ireneusz	118		M3 40-49 lat	14	00:00:05	00:21:06	00:41:54	01:02:41.60	01:02:47.55	+00:11:21 (18.1%)	4:49	12.4 (81.6%)
32	STRADOMSKI Artur	350	MARKOWI BIEGACZE	M3 40-49 lat	15	00:00:05	00:20:45	00:41:46	01:02:54.40	01:02:59.50	+00:11:34 (18.4%)	4:50	12.4 (81.6%)
33	KOWALIK Filip	198		M1 < 29 lat	4	00:00:04	00:19:44	00:40:37	01:03:23.80	01:03:28.65	+00:12:04 (19.0%)	4:52	12.3 (80.9%)
34	ZELENT Arkadiusz	415	SĄD REJONOWY W MIŃSKU MAZOWIECKIM	M3 40-49 lat	16	00:00:05	00:21:10	00:42:06	01:03:25.80	01:03:30.85	+00:12:06 (19.1%)	4:52	12.3 (80.9%)
35	BRALEWSKI Tomasz	52	BOCIAN KRIS BRAŃSZCZYK	M4 50-59	3	00:00:22	00:21:37	00:42:41	01:03:25.30	01:03:48.10	+00:12:05 (19.1%)	4:52	12.3 (80.9%)
36	BARANOWSKI Jacek	482		M3 40-49 lat	17	00:00:03	00:20:33	00:41:57	01:03:47.45	01:03:50.95	+00:12:27 (19.5%)	4:54	12.2 (80.3%)
37	KĄTNIAK Paweł	178		M2 30-39 lat	13	00:00:03	00:21:07	00:42:36	01:04:20.55	01:04:24.35	+00:13:00 (20.2%)	4:56	12.1 (79.6%)
38	SOBOLEWSKI Jakub	465	BRACTWO BIEGOWE BGK	M3 40-49 lat	18	00:00:20	00:21:17	00:43:03	01:04:24.10	01:04:45.05	+00:13:04 (20.3%)	4:57	12.1 (79.6%)
39	WILMOWICZ Michał	393	ZK BARCZEWO	M2 30-39 lat	14	00:00:04	00:21:12	00:43:03	01:04:41.90	01:04:45.90	+00:13:22 (20.7%)	4:58	12.1 (79.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
40	NOWOCIEŃ Jacek	269	UCZNIOWSKI KLUB SPORTOWY RUSIEC	M5 60+	1	00:00:02	00:21:10	00:43:10	01:05:08.40	01:05:11.30	+00:13:48 (21.2%)	5:00	12 (78.9%)
41	TOMASZEK Robert	373		M3 40-49 lat	20	00:00:04	00:21:10	00:43:00	01:05:45.75	01:05:49.75	+00:14:26 (21.9%)	5:03	11.9 (78.3%)
42	OSTAPIŃSKI Wojtek	283	OSTRESROKI	M3 40-49 lat	19	00:00:12	00:22:25	00:44:14	01:05:37.95	01:05:50.65	+00:14:18 (21.8%)	5:02	11.9 (78.3%)
43	STĘPIEŃ Adam	347	ANANASY	M3 40-49 lat	21	00:00:05	00:21:29	00:43:17	01:05:48.40	01:05:54.10	+00:14:28 (22.0%)	5:03	11.9 (78.3%)
44	JUTKIEWICZ Marcin	168	OBIEGANIU.PL	M3 40-49 lat	22	00:00:12	00:22:25	00:44:05	01:06:20.20	01:06:32.90	+00:15:00 (22.6%)	5:06	11.8 (77.6%)
45	MANELSKI Artur	80	DKŻ	M3 40-49 lat	23	00:00:28	00:23:21	00:45:17	01:06:44.45	01:07:13.40	+00:15:24 (23.1%)	5:08	11.7 (77.0%)
46	BORKOV Sergii	438		M2 30-39 lat	15	00:00:24	00:22:32	00:44:36	01:06:52.45	01:07:16.85	+00:15:32 (23.2%)	5:08	11.7 (77.0%)
47	WIECZOREK Michał	390		M4 50-59	4	00:00:32	00:22:28	00:44:37	01:06:47.95	01:07:20.05	+00:15:28 (23.2%)	5:08	11.7 (77.0%)
48	DOMAŃSKI Błażej	464	TRICLUB	M3 40-49 lat	24	00:00:09	00:22:52	00:45:00	01:07:11.00	01:07:20.70	+00:15:51 (23.6%)	5:10	11.6 (76.3%)
49	MIELCZAREK Marek	476		M3 40-49 lat	25	00:00:05	00:22:31	00:44:50	01:07:29.20	01:07:35.00	+00:16:09 (23.9%)	5:11	11.6 (76.3%)
50	TOMCZAK Marcin	375		M3 40-49 lat	26	00:00:05	00:22:27	00:44:53	01:07:31.70	01:07:36.75	+00:16:12 (24.0%)	5:11	11.6 (76.3%)
51	FALANDYSZ Janusz	109	WPRUNNING PRUSZKÓW	M5 60+	2	00:00:03	00:22:30	00:45:06	01:08:08.45	01:08:11.45	+00:16:48 (24.7%)	5:14	11.4 (75.0%)
52	CZERWIEC Andrzej	87		M3 40-49 lat	27	00:00:21	00:22:11	00:44:26	01:08:16.30	01:08:37.60	+00:16:56 (24.8%)	5:15	11.4 (75.0%)
53	KŁĄB Jacek	182		M3 40-49 lat	28	00:00:14	00:23:04	00:45:39	01:08:27.65	01:08:42.60	+00:17:07 (25.0%)	5:15	11.4 (75.0%)
54	BARTCZAK Robert	30		M4 50-59	5	00:00:13	00:23:04	00:45:40	01:08:31.40	01:08:44.70	+00:17:11 (25.1%)	5:16	11.4 (75.0%)
55	KODA Eugeniusz	185	TEAM ZABIEGANEDNI	M5 60+	3	00:00:04	00:21:52	00:45:08	01:08:36.00	01:08:40.30	+00:17:16 (25.2%)	5:16	11.4 (75.0%)
56	KANIA Paweł	173	BIEGAM NA TARCHOMINIE	M4 50-59	6	00:00:40	00:22:56	00:45:51	01:08:40.80	01:09:21.40	+00:17:21 (25.3%)	5:16	11.4 (75.0%)
57	MICHAŁSKI Robert	486		M2 30-39 lat	16	00:00:10	00:22:43	00:45:52	01:08:41.50	01:08:52.35	+00:17:21 (25.3%)	5:17	11.4 (75.0%)
58	BIEDKA Robert	472		M3 40-49 lat	29	00:00:27	00:23:43	00:46:16	01:08:45.50	01:09:12.70	+00:17:25 (25.3%)	5:17	11.3 (74.3%)
59	KACZUR Marcin	487		M3 40-49 lat	30	00:01:02	00:23:44	00:46:04	01:08:48.25	01:09:50.90	+00:17:28 (25.4%)	5:17	11.3 (74.3%)
60	ZIOMEK Marek	420		M3 40-49 lat	31	00:00:07	00:21:52	00:44:58	01:09:02.35	01:09:09.85	+00:17:42 (25.7%)	5:18	11.3 (74.3%)
61	ZDUNEK Michał	413		M3 40-49 lat	32	00:00:14	00:22:54	00:46:09	01:09:10.45	01:09:24.95	+00:17:50 (25.8%)	5:19	11.3 (74.3%)
62	PĘDZISZ Michał	291	AKTYWNA WARSZAWA	M3 40-49 lat	33	00:00:23	00:23:34	00:46:22	01:09:19.65	01:09:43.45	+00:17:59 (26.0%)	5:19	11.3 (74.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
63	MIELCZARSKI Bartosz	243		M2 30-39 lat	17	00:00:15	00:23:43	00:46:31	01:09:21.20	01:09:37.15	+00:18:01 (26.0%)	5:20	11.2 (73.7%)
64	ŚWIERCZ Jacek	369	BYLEDOBIEC ANIN	M4 50-59	7	00:00:24	00:23:04	00:46:18	01:09:39.05	01:10:03.15	+00:18:19 (26.3%)	5:21	11.2 (73.7%)
65	SOBOTA Artur	339	DECOARTY.PL	M3 40-49 lat	34	00:00:31	00:23:11	00:46:15	01:09:48.30	01:10:19.95	+00:18:28 (26.5%)	5:22	11.2 (73.7%)
66	WOŹNIAK Tomasz	440	ŻOLIBER	M3 40-49 lat	35	00:00:06	00:22:08	00:45:36	01:09:53.55	01:10:00.10	+00:18:33 (26.6%)	5:22	11.2 (73.7%)
67	JAWORSKI Piotr	2	MARKOWI BIEGACZE	M3 40-49 lat	36	00:00:07	00:22:27	00:45:56	01:09:53.75	01:10:01.30	+00:18:34 (26.6%)	5:22	11.2 (73.7%)
68	MIODUSZEWSKI Marcin	251	AR / UM	M2 30-39 lat	18	00:01:11	00:24:11	00:47:17	01:09:57.65	01:11:09.35	+00:18:37 (26.6%)	5:22	11.2 (73.7%)
69	GLINKA Karol	128		M2 30-39 lat	19	00:00:45	00:24:10	00:47:20	01:10:07.05	01:10:52.65	+00:18:47 (26.8%)	5:23	11.1 (73.0%)
70	SZYMANIK Paweł	364		M3 40-49 lat	37	00:00:23	00:23:14	00:46:14	01:10:07.95	01:10:31.65	+00:18:48 (26.8%)	5:23	11.1 (73.0%)
71	PUSEK Mikołaj	300		M1 < 29 lat	5	00:01:03	00:24:50	00:47:39	01:10:24.95	01:11:28.40	+00:19:05 (27.1%)	5:24	11.1 (73.0%)
72	BECZ Karol	36	SW - AŚ GRÓJEC	M2 30-39 lat	20	00:00:18	00:22:58	00:46:27	01:10:49.85	01:11:08.10	+00:19:30 (27.5%)	5:26	11 (72.4%)
73	SZPANOWSKI Marek	359	KAJ TA META TEAM	M4 50-59	8	00:00:32	00:24:02	00:47:27	01:10:57.10	01:11:29.35	+00:19:37 (27.7%)	5:27	11 (72.4%)
74	NACHAJ Krzysztof	260		M3 40-49 lat	38	00:00:58	00:24:44	00:47:57	01:11:08.80	01:12:06.80	+00:19:49 (27.9%)	5:28	11 (72.4%)
75	CHODKOWSKI Krzysztof	65		M3 40-49 lat	39	00:00:39	00:25:17	00:48:35	01:11:12.75	01:11:51.80	+00:19:53 (27.9%)	5:28	11 (72.4%)
76	SENATOR Artur	325		M2 30-39 lat	21	00:00:10	00:24:00	00:47:48	01:11:16.85	01:11:27.20	+00:19:57 (28.0%)	5:28	10.9 (71.7%)
77	PRZEPIÓRA Łukasz	296	SW - AŚ GRÓJEC	M2 30-39 lat	22	00:00:00	00:23:16	00:46:53	01:11:18.05	01:11:18.05	+00:19:58 (28.0%)	5:29	10.9 (71.7%)
78	KISIEL Artur	180		M3 40-49 lat	40	00:00:38	00:23:50	00:47:29	01:11:37.60	01:12:16.10	+00:20:17 (28.3%)	5:30	10.9 (71.7%)
79	MICHALCZYK Artur	240		M4 50-59	9	00:00:11	00:23:27	00:47:40	01:11:47.95	01:11:59.90	+00:20:28 (28.5%)	5:31	10.9 (71.7%)
80	TARNOWSKI Witold	371	KB TKKF PROMYK CIECHANÓW	M5 60+	4	00:00:06	00:22:58	00:46:53	01:11:48.10	01:11:54.70	+00:20:28 (28.5%)	5:31	10.9 (71.7%)
81	KUCHAREK Paweł	207		M2 30-39 lat	23	00:00:13	00:24:05	00:47:56	01:12:20.05	01:12:33.95	+00:21:00 (29.0%)	5:33	10.8 (71.1%)
82	ŁUBIAN Michał	431	BLUESOFT	M3 40-49 lat	41	00:00:18	00:23:43	00:47:50	01:12:20.30	01:12:38.80	+00:21:00 (29.0%)	5:33	10.8 (71.1%)
83	FILIPCZUK Dariusz	112		M4 50-59	10	00:00:25	00:24:32	00:48:27	01:12:24.75	01:12:50.35	+00:21:05 (29.1%)	5:34	10.8 (71.1%)
84	SZELAĞ Tomasz	356	MKB DREPTAK	M4 50-59	11	00:00:21	00:23:19	00:47:26	01:12:25.10	01:12:46.10	+00:21:05 (29.1%)	5:34	10.8 (71.1%)
85	BAZYDŁO Jakub	33		M1 < 29 lat	6	00:00:19	00:24:46	00:48:45	01:12:29.10	01:12:48.30	+00:21:09 (29.2%)	5:34	10.8 (71.1%)

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86	CNOTA Maciej	456		M3 40-49 lat	42	00:01:46	00:25:05	00:48:52	01:12:42.50	01:14:29.10	+00:21:22 (29.4%)	5:35	10.7 (70.4%)
87	WIDERA Tomasz	389	KOKOSZKA36TEAM	M2 30-39 lat	24	00:00:21	00:24:16	00:48:44	01:12:54.25	01:13:15.70	+00:21:34 (29.6%)	5:36	10.7 (70.4%)
88	CHĘC Tomasz	61		M2 30-39 lat	25	00:00:55	00:25:09	00:49:16	01:12:55.10	01:13:51.00	+00:21:35 (29.6%)	5:36	10.7 (70.4%)
89	SOBOLEWSKI Mateusz	467	ŻÓRAWSKI TEAM	M1 < 29 lat	7	00:00:00	00:23:32	00:47:50	01:12:56.00	01:12:56.00	+00:21:36 (29.6%)	5:36	10.7 (70.4%)
90	RUSZCZAK Tomasz	498	LEVEL X	M3 40-49 lat	43	00:01:06	00:25:41	00:50:01	01:13:18.95	01:14:25.80	+00:21:59 (30.0%)	5:38	10.6 (69.7%)
91	ORŁOWSKI Krzysztof	279	WARSZAWA PARKRUN BRÓDNO	M3 40-49 lat	44	00:00:06	00:24:11	00:48:40	01:13:19.05	01:13:25.95	+00:21:59 (30.0%)	5:38	10.6 (69.7%)
92	PROKOPIUK Grzegorz	295	SZWAGRY DWA	M3 40-49 lat	45	00:00:52	00:24:42	00:49:01	01:13:22.25	01:14:14.80	+00:22:02 (30.0%)	5:38	10.6 (69.7%)
93	POTOROKA Vitalii	430	ROZBIEGANY PIASTOW	M1 < 29 lat	8	00:00:38	00:24:21	00:48:39	01:13:25.70	01:14:04.65	+00:22:06 (30.1%)	5:38	10.6 (69.7%)
94	IWANIUK Tomasz	450	ŻYWCEM ZABIEGANI	M2 30-39 lat	26	00:00:07	00:22:36	00:46:56	01:13:26.45	01:13:34.05	+00:22:06 (30.1%)	5:38	10.6 (69.7%)
95	KAZIMIERCZAK Grzegorz	495		M3 40-49 lat	46	00:01:06	00:25:41	00:50:01	01:13:27.10	01:14:33.70	+00:22:07 (30.1%)	5:39	10.6 (69.7%)
96	BIESZCZAD Łukasz	43	SĄD REJONOWY W ROPCZYCACH	M2 30-39 lat	27	00:00:27	00:24:28	00:48:41	01:13:31.60	01:13:58.65	+00:22:11 (30.2%)	5:39	10.6 (69.7%)
97	CIESIELSKI Marcin	441	WARSAW RUN CLUB	M3 40-49 lat	47	00:00:07	00:24:20	00:48:43	01:13:37.25	01:13:44.30	+00:22:17 (30.3%)	5:39	10.6 (69.7%)
98	UGRYN Maciej	448	#WŁĄCZYŁTURBO	M2 30-39 lat	28	00:00:48	00:25:45	00:49:47	01:13:39.45	01:14:27.90	+00:22:19 (30.3%)	5:39	10.6 (69.7%)
99	DĄBROWSKI Daniel	92	TARCHOŚFIRY	M1 < 29 lat	9	00:01:22	00:26:16	00:50:33	01:13:55.05	01:15:17.15	+00:22:35 (30.6%)	5:41	10.6 (69.7%)
100	LENDZION Jarosław	218	GRUPA BIEGOWA UM W-WA	M3 40-49 lat	48	00:01:04	00:25:28	00:50:03	01:13:55.90	01:14:59.95	+00:22:36 (30.6%)	5:41	10.6 (69.7%)
101	KORKOSZ Andrzej	192		M3 40-49 lat	49	00:00:10	00:24:17	00:49:28	01:14:02.05	01:14:12.75	+00:22:42 (30.7%)	5:41	10.5 (69.1%)
102	RUDNIK Jarosław	314		M3 40-49 lat	50	00:00:19	00:24:45	00:49:07	01:14:02.25	01:14:22.05	+00:22:42 (30.7%)	5:41	10.5 (69.1%)
103	SOSZYŃSKI Piotr	342	INDOORY URSUS	M3 40-49 lat	51	00:00:10	00:24:28	00:49:34	01:14:16.85	01:14:26.95	+00:22:57 (30.9%)	5:42	10.5 (69.1%)
104	MIĄSKO Wojciech	239	12TRI.PL	M4 50-59	12	00:01:41	00:25:55	00:50:24	01:14:16.95	01:15:58.10	+00:22:57 (30.9%)	5:42	10.5 (69.1%)
105	KUCHTA Pawel	208		M3 40-49 lat	52	00:00:37	00:25:42	00:50:01	01:14:52.00	01:15:29.00	+00:23:32 (31.4%)	5:45	10.4 (68.4%)
106	DROŹDZIEL Mariusz	98		M3 40-49 lat	53	00:00:25	00:25:01	00:50:01	01:15:09.95	01:15:35.55	+00:23:50 (31.7%)	5:46	10.4 (68.4%)
107	BOGUCKI Michał	48		M2 30-39 lat	29	00:01:16	00:25:11	00:50:08	01:15:34.20	01:16:50.50	+00:24:14 (32.1%)	5:48	10.3 (67.8%)
108	OLSZANKA Arkadiusz	277		M3 40-49 lat	54	00:01:11	00:25:24	00:50:43	01:15:39.90	01:16:51.65	+00:24:20 (32.2%)	5:49	10.3 (67.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
109	GUMUŁA Jakub	147	KSZO OSTROWIEC	M2 30-39 lat	30	00:01:03	00:25:42	00:50:58	01:15:48.70	01:16:52.50	+00:24:29 (32.3%)	5:49	10.3 (67.8%)
110	SIEDLECKI Łukasz	328	BIEGANIEPO40.PL	M2 30-39 lat	31	00:01:05	00:27:57	00:52:02	01:16:04.00	01:17:09.60	+00:24:44 (32.5%)	5:51	10.3 (67.8%)
111	MIKINA Artur	246	PWPW SA	M5 60+	5	00:00:12	00:25:34	00:50:53	01:16:06.50	01:16:19.00	+00:24:46 (32.6%)	5:51	10.2 (67.1%)
112	GAJEWSKI Mariusz	119		M3 40-49 lat	55	00:00:51	00:25:39	00:51:17	01:16:24.65	01:17:16.25	+00:25:04 (32.8%)	5:52	10.2 (67.1%)
113	KOĆ Marcin	184	BIEGAM NA TARCHOMINIE	M3 40-49 lat	56	00:00:42	00:26:03	00:51:13	01:16:25.15	01:17:07.20	+00:25:05 (32.8%)	5:52	10.2 (67.1%)
114	TROJANOWSKI Rafał	378	BIEGAM BO LUBIĘ ZĄBKI TEAM	M2 30-39 lat	32	00:00:29	00:25:37	00:51:35	01:16:31.85	01:17:01.35	+00:25:12 (32.9%)	5:53	10.2 (67.1%)
115	TRACZYK Przemysław	470	ASFALTLOVE DZIKI	M2 30-39 lat	33	00:00:07	00:25:03	00:50:59	01:16:41.40	01:16:48.45	+00:25:21 (33.1%)	5:53	10.2 (67.1%)
116	ZAMBROWSKI Sławomir	409		M3 40-49 lat	57	00:01:15	00:27:19	00:52:02	01:16:55.30	01:18:10.70	+00:25:35 (33.3%)	5:55	10.1 (66.4%)
117	BIERNAT Dawid	42		M1 < 29 lat	10	00:00:54	00:25:09	00:51:07	01:16:55.75	01:17:50.35	+00:25:36 (33.3%)	5:55	10.1 (66.4%)
118	BARTOSZUK Sławomir	32		M4 50-59	13	00:01:10	00:26:12	00:51:22	01:17:00.65	01:18:11.60	+00:25:40 (33.3%)	5:55	10.1 (66.4%)
119	GAWLIK Arkadiusz	123	BIEGAM NA TARCHOMINIE	M3 40-49 lat	58	00:00:35	00:25:42	00:51:31	01:17:04.20	01:17:39.40	+00:25:44 (33.4%)	5:55	10.1 (66.4%)
120	WILEŃSKI Zbigniew	392	GRUPA BIEGOWA UM W-WA	M4 50-59	14	00:00:49	00:26:04	00:51:23	01:17:10.45	01:18:00.40	+00:25:50 (33.5%)	5:56	10.1 (66.4%)
120	FIRYSIUK Tomasz	114		M3 40-49 lat	59	00:00:22	00:26:02	00:51:46	01:17:10.45	01:17:33.40	+00:25:50 (33.5%)	5:56	10.1 (66.4%)
122	OLBRYŚ Stanisław Adam	275	KB LEGIONOWO	M4 50-59	15	00:00:04	00:24:33	00:51:25	01:17:18.25	01:17:22.70	+00:25:58 (33.6%)	5:56	10.1 (66.4%)
123	FRĄCKIEWICZ Dariusz	116	BIEGAM NA TARCHOMINIE	M3 40-49 lat	60	00:00:35	00:24:59	00:50:34	01:17:19.25	01:17:54.85	+00:25:59 (33.6%)	5:56	10.1 (66.4%)
124	GRZEJDAK Igor	145	NAPRZÓD MŁOCINY	M3 40-49 lat	61	00:00:37	00:25:24	00:51:08	01:17:30.80	01:18:08.55	+00:26:11 (33.8%)	5:57	10.1 (66.4%)
125	PAZIEWSKI Andrzej	290	BIEGAM NA TARCHOMINIE	M3 40-49 lat	62	00:00:41	00:26:05	00:51:40	01:17:37.00	01:18:18.75	+00:26:17 (33.9%)	5:58	10 (65.8%)
126	KULIK Tomasz	212		M3 40-49 lat	63	00:01:21	00:27:47	00:52:51	01:17:56.15	01:19:18.00	+00:26:36 (34.1%)	5:59	10 (65.8%)
127	BINIEK Adam	44	MORSY ZIELONKA	M3 40-49 lat	64	00:01:18	00:27:56	00:52:58	01:17:56.95	01:19:15.20	+00:26:37 (34.2%)	5:59	10 (65.8%)
128	KOSMAŁA Dariusz	194		M4 50-59	16	00:00:22	00:26:12	00:52:09	01:17:59.15	01:18:22.00	+00:26:39 (34.2%)	5:59	10 (65.8%)
129	STASIAK Piotr	345		M2 30-39 lat	34	00:00:35	00:26:21	00:51:52	01:18:07.30	01:18:42.35	+00:26:47 (34.3%)	6:00	10 (65.8%)
130	NOGAL Robert	266	INDOORY URSUS	M3 40-49 lat	65	00:00:10	00:25:39	00:51:47	01:18:16.55	01:18:26.80	+00:26:56 (34.4%)	6:01	10 (65.8%)
131	KOSINSKI Olek	193		M2 30-39 lat	35	00:00:29	00:26:08	00:51:55	01:18:17.60	01:18:46.80	+00:26:57 (34.4%)	6:01	10 (65.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
132	SZYMAŃSKI Arkadiusz	365		M3 40-49 lat	66	00:01:23	00:29:53	00:54:35	01:18:18.00	01:19:41.20	+00:26:58 (34.4%)	6:01	10 (65.8%)
133	BORUSZEWSKI Maciej	51		M3 40-49 lat	67	00:00:08	00:26:09	00:52:05	01:18:22.05	01:18:30.85	+00:27:02 (34.5%)	6:01	10 (65.8%)
134	KOLASA Andrzej	187	KLUB J.SŁOWACKIEGO	M5 60+	6	00:00:02	00:25:49	00:51:44	01:18:24.90	01:18:27.70	+00:27:05 (34.5%)	6:01	9.9 (65.1%)
135	CELIŃSKI Tomasz	59	TUPTUŚ OTWOCK	M4 50-59	17	00:00:18	00:29:09	00:54:29	01:18:25.55	01:18:44.10	+00:27:05 (34.6%)	6:01	9.9 (65.1%)
136	KONIECKI Tomasz	189		M4 50-59	18	00:00:15	00:25:43	00:51:54	01:18:30.65	01:18:45.65	+00:27:10 (34.6%)	6:02	9.9 (65.1%)
137	WINIARCZYK Adrian	432		M2 30-39 lat	36	00:00:18	00:26:23	00:53:05	01:18:32.15	01:18:50.45	+00:27:12 (34.6%)	6:02	9.9 (65.1%)
138	WÓJCICKI Bartosz	406		M2 30-39 lat	37	00:00:16	00:25:55	00:51:54	01:18:33.75	01:18:49.80	+00:27:14 (34.7%)	6:02	9.9 (65.1%)
139	WYRWAS Tadeusz	408	PGB SPORTOWA PACZKA	M5 60+	7	00:00:22	00:27:07	00:53:19	01:18:44.15	01:19:06.65	+00:27:24 (34.8%)	6:03	9.9 (65.1%)
140	CIBORSKI Jakub	461		M3 40-49 lat	68	00:00:43	00:25:21	00:51:27	01:18:50.00	01:19:33.55	+00:27:30 (34.9%)	6:03	9.9 (65.1%)
141	KOPER Sebastian	190	CARREFOUR RUNNING TEAM	M3 40-49 lat	69	00:00:31	00:25:32	00:52:01	01:19:14.35	01:19:45.45	+00:27:54 (35.2%)	6:05	9.8 (64.5%)
142	TYSZKO Piotr	382		M2 30-39 lat	38	00:00:44	00:26:10	00:52:25	01:19:24.85	01:20:09.30	+00:28:05 (35.4%)	6:06	9.8 (64.5%)
143	POTRZEBOWSKI Dominik	293	MARKOWI BIEGACZE	M3 40-49 lat	70	00:00:16	00:25:33	00:52:12	01:20:06.15	01:20:22.20	+00:28:46 (35.9%)	6:09	9.7 (63.8%)
144	STRÓŻYK Piotrek	351		M3 40-49 lat	71	00:01:18	00:29:52	00:55:16	01:20:20.90	01:21:39.75	+00:29:01 (36.1%)	6:10	9.7 (63.8%)
145	KRĘGIEL Sebastian	324		M3 40-49 lat	72	00:00:00	00:26:50	00:53:40	01:20:30.00	01:20:30.00	+00:29:10 (36.2%)	6:11	9.7 (63.8%)
146	SZPADZIK Jarosław	358	BIEGACZE MF	M2 30-39 lat	39	00:01:49	00:27:40	00:53:54	01:20:36.65	01:22:25.70	+00:29:16 (36.3%)	6:12	9.7 (63.8%)
147	BARTNIK Rafał	31	ZABIEGANY WOŁOMIN	M3 40-49 lat	73	00:01:08	00:27:23	00:53:40	01:20:55.25	01:22:04.00	+00:29:35 (36.6%)	6:13	9.6 (63.2%)
148	RADZIKOWSKI Franek	303		M4 50-59	19	00:00:24	00:25:35	00:51:20	01:21:16.90	01:21:41.80	+00:29:57 (36.9%)	6:15	9.6 (63.2%)
149	GRYCNER Paweł	142	CTS	M2 30-39 lat	40	00:00:52	00:28:37	00:55:10	01:21:22.95	01:22:15.25	+00:30:03 (36.9%)	6:15	9.6 (63.2%)
150	GRAD Tomasz	139	MARKOWI BIEGACZE	M3 40-49 lat	74	00:00:31	00:27:28	00:54:14	01:21:25.30	01:21:57.10	+00:30:05 (37.0%)	6:15	9.6 (63.2%)
151	BAKUŁA Wiesław	22	WAMPIR	M4 50-59	20	00:00:42	00:26:35	00:53:17	01:21:30.10	01:22:12.30	+00:30:10 (37.0%)	6:16	9.6 (63.2%)
152	CHODNIEWICZ Michał	66		M2 30-39 lat	41	00:00:09	00:24:54	00:51:51	01:21:30.75	01:21:40.70	+00:30:11 (37.0%)	6:16	9.6 (63.2%)
153	KORDEK Dariusz	191		M4 50-59	21	00:00:44	00:27:51	00:54:51	01:21:38.65	01:22:23.30	+00:30:18 (37.1%)	6:16	9.6 (63.2%)
154	DALGIEWICZ Dariusz	434		M5 60+	8	00:00:47	00:28:40	00:55:37	01:21:41.45	01:22:28.55	+00:30:21 (37.2%)	6:17	9.5 (62.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
155	... Rafał	477		M2 30-39 lat	42	00:01:16	00:29:51	00:55:51	01:22:06.55	01:23:23.40	+00:30:46 (37.5%)	6:18	9.5 (62.5%)
156	GÓRAL Tadeusz	133	KKB	M4 50-59	22	00:00:22	00:28:21	00:56:00	01:22:11.50	01:22:33.65	+00:30:51 (37.6%)	6:19	9.5 (62.5%)
157	SUWALD Andrzej	353	JACEKBIEGA RUNNING TEAM	M5 60+	9	00:00:48	00:26:37	00:54:31	01:22:15.55	01:23:04.00	+00:30:55 (37.6%)	6:19	9.5 (62.5%)
158	DOMINIAK Zbigniew	96	BEZPRĄDOWY KLUB BIEGOWY	M3 40-49 lat	75	00:00:16	00:26:19	00:54:00	01:22:20.00	01:22:36.65	+00:31:00 (37.7%)	6:20	9.5 (62.5%)
159	DZIEWULSKI Tomasz	107	ZIELONKA BIEGA	M3 40-49 lat	76	00:00:20	00:26:28	00:53:36	01:22:22.60	01:22:43.35	+00:31:02 (37.7%)	6:20	9.5 (62.5%)
160	KAMIŃSKI Michał	471		M2 30-39 lat	43	00:01:35	00:32:04	00:57:46	01:22:35.75	01:24:10.80	+00:31:16 (37.9%)	6:21	9.4 (61.8%)
161	SKLEPOWICZ Jacek	333		M3 40-49 lat	77	00:00:37	00:29:27	00:56:20	01:22:36.50	01:23:13.80	+00:31:16 (37.9%)	6:21	9.4 (61.8%)
162	JÓZWIK Robert	166	HARX TEAM	M3 40-49 lat	78	00:00:22	00:27:21	00:55:01	01:22:38.05	01:23:00.65	+00:31:18 (37.9%)	6:21	9.4 (61.8%)
163	BURMISTROV Vadym	57		M1 < 29 lat	11	00:00:45	00:27:45	00:55:08	01:22:51.40	01:23:36.90	+00:31:31 (38.1%)	6:22	9.4 (61.8%)
164	BANASIAK Mirosław	25		M3 40-49 lat	79	00:00:56	00:27:51	00:55:28	01:23:04.00	01:24:00.70	+00:31:44 (38.2%)	6:23	9.4 (61.8%)
165	WALIGÓRSKI Krzysztof	386	MARKOWI BIEGACZE	M4 50-59	23	00:00:28	00:28:02	00:55:53	01:23:05.90	01:23:34.70	+00:31:46 (38.2%)	6:23	9.4 (61.8%)
166	SZCZERBICKI Rafał	355	WARSAW RUN CLUB	M3 40-49 lat	80	00:01:06	00:29:48	00:57:08	01:23:09.15	01:24:15.95	+00:31:49 (38.3%)	6:23	9.4 (61.8%)
167	SOCHACKI Mariusz	340		M3 40-49 lat	81	00:00:15	00:26:34	00:54:23	01:23:18.20	01:23:34.15	+00:31:58 (38.4%)	6:24	9.4 (61.8%)
168	GRZESZCZYK Michał	146	EKOBIEGI	M3 40-49 lat	82	00:01:24	00:28:41	00:55:50	01:23:22.05	01:24:47.00	+00:32:02 (38.4%)	6:24	9.4 (61.8%)
169	MIKOŁAJCZYK Andrzej	247		M2 30-39 lat	44	00:01:17	00:30:06	00:57:22	01:23:23.05	01:24:40.75	+00:32:03 (38.4%)	6:24	9.4 (61.8%)
170	BARG Karol	466		M2 30-39 lat	45	00:00:42	00:26:10	00:53:28	01:23:45.50	01:24:28.20	+00:32:25 (38.7%)	6:26	9.3 (61.2%)
171	WALESIUK Piotr	385		M3 40-49 lat	83	00:00:50	00:30:27	00:58:48	01:23:54.60	01:24:45.00	+00:32:34 (38.8%)	6:27	9.3 (61.2%)
172	ZDUŃSKI Jarosław	414	TAK SOBIE DREPCZĘ	M4 50-59	24	00:00:44	00:27:35	00:55:31	01:23:57.30	01:24:41.45	+00:32:37 (38.9%)	6:27	9.3 (61.2%)
173	ZRAZEK Piotr	422		M3 40-49 lat	84	00:00:45	00:27:44	00:55:00	01:24:00.60	01:24:46.30	+00:32:40 (38.9%)	6:27	9.3 (61.2%)
174	MIŁOSZ Marek	250		M4 50-59	25	00:00:15	00:26:21	00:54:15	01:24:04.55	01:24:19.80	+00:32:44 (38.9%)	6:28	9.3 (61.2%)
175	FIEJTEK Piotr	110		M2 30-39 lat	46	00:01:14	00:28:42	00:55:41	01:24:30.45	01:25:45.00	+00:33:10 (39.3%)	6:30	9.2 (60.5%)
176	DERESZEWSKI Piotr	94	ZABIEGANY WOŁOMIN	M3 40-49 lat	85	00:01:09	00:29:56	00:56:34	01:24:36.10	01:25:45.85	+00:33:16 (39.3%)	6:30	9.2 (60.5%)
177	STANISZEWSKI Rafał	344	TURBODZIKI	M3 40-49 lat	86	00:01:22	00:30:18	00:58:24	01:24:59.30	01:26:21.90	+00:33:39 (39.6%)	6:32	9.2 (60.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
178	KOLCZYŃSKI Michał	437	TRUCHTACZ	M5 60+	10	00:00:29	00:27:00	00:55:22	01:25:11.15	01:25:40.95	+00:33:51 (39.7%)	6:33	9.2 (60.5%)
179	BARANOWSKI Łukasz	28		M2 30-39 lat	47	00:00:39	00:28:05	00:56:35	01:25:15.70	01:25:54.75	+00:33:56 (39.8%)	6:33	9.1 (59.9%)
180	NOWAKOWSKI Piotr	499		M1 < 29 lat	12	00:00:25	00:26:50	00:55:15	01:25:16.25	01:25:42.15	+00:33:56 (39.8%)	6:33	9.1 (59.9%)
181	JABŁONKA Radosław	157	DZIADY OCR	M3 40-49 lat	87	00:00:39	00:28:05	00:56:35	01:25:17.30	01:25:56.60	+00:33:57 (39.8%)	6:33	9.1 (59.9%)
182	GARBACZEWSKI Zbigniew	122		M3 40-49 lat	88	00:00:50	00:28:22	00:56:22	01:25:32.30	01:26:22.60	+00:34:12 (40.0%)	6:34	9.1 (59.9%)
183	ANIOŁKOWSKI Krzysztof	15	AKTYWNA WARSZAWA	M2 30-39 lat	48	00:01:01	00:29:11	00:56:34	01:25:52.40	01:26:53.70	+00:34:32 (40.2%)	6:36	9.1 (59.9%)
184	ROZUM Janusz	312	-	M5 60+	11	00:01:02	00:28:40	00:56:52	01:26:10.00	01:27:12.05	+00:34:50 (40.4%)	6:37	9.1 (59.9%)
185	NOSARZEWSKI Mariusz	267	GB PRESS TEAM	M3 40-49 lat	89	00:00:55	00:28:34	00:56:55	01:26:13.50	01:27:08.70	+00:34:53 (40.5%)	6:37	9 (59.2%)
186	OWOC Tomasz	285	PKO BANK POLSKI / NEW BALANCE RUN CLUB	M4 50-59	26	00:00:33	00:27:14	00:55:31	01:26:13.75	01:26:47.30	+00:34:54 (40.5%)	6:37	9 (59.2%)
187	CYBULSKI Grzegorz	78	NAJWIĘKSZA ARMIA ŚWIATA	M3 40-49 lat	90	00:01:00	00:29:43	00:58:03	01:26:17.45	01:27:18.15	+00:34:57 (40.5%)	6:38	9 (59.2%)
188	PAWEŁEK Krzysztof	287	MARKOWI BIEGACZE	M3 40-49 lat	91	00:00:32	00:29:13	00:57:33	01:26:53.45	01:27:26.30	+00:35:33 (40.9%)	6:41	9 (59.2%)
189	NADOBNIK Konrad	261	BIEGAM BO LUBIĘ ZĄBKI TEAM	M3 40-49 lat	92	00:01:15	00:31:22	00:59:30	01:27:13.25	01:28:28.90	+00:35:53 (41.2%)	6:42	8.9 (58.6%)
190	RODAK Zbigniew	309		M4 50-59	27	00:01:31	00:32:34	01:00:24	01:27:19.95	01:28:51.20	+00:36:00 (41.2%)	6:43	8.9 (58.6%)
191	JĘDRASZCZYK Maciej	164		M3 40-49 lat	93	00:00:53	00:30:24	00:58:40	01:27:55.75	01:28:48.80	+00:36:36 (41.6%)	6:45	8.9 (58.6%)
192	MICHAŁSKI Maciej	439	ALBERCIK TEAM	M3 40-49 lat	94	00:01:27	00:31:59	00:59:36	01:28:02.65	01:29:30.00	+00:36:42 (41.7%)	6:46	8.9 (58.6%)
193	JARMUŻEWSKI Adam	161	TIA	M3 40-49 lat	95	00:01:31	00:32:35	01:00:37	01:28:24.70	01:29:56.45	+00:37:05 (41.9%)	6:48	8.8 (57.9%)
194	WIŚNIEWSKI Tomasz	400		M4 50-59	28	00:01:26	00:32:17	01:00:55	01:28:28.25	01:29:54.35	+00:37:08 (42.0%)	6:48	8.8 (57.9%)
195	KOWALIK Tomasz	199		M3 40-49 lat	96	00:00:08	00:27:52	00:57:48	01:28:44.15	01:28:52.30	+00:37:24 (42.2%)	6:49	8.8 (57.9%)
196	OSIŃSKI Stanisław	281		M5 60+	12	00:00:41	00:30:22	00:59:11	01:28:50.75	01:29:31.85	+00:37:31 (42.2%)	6:50	8.8 (57.9%)
197	JAROŃ Jarosław	162	RUN DE GIRARD	M3 40-49 lat	97	00:00:26	00:29:46	00:58:25	01:29:02.25	01:29:28.85	+00:37:42 (42.4%)	6:50	8.8 (57.9%)
198	MYSŁOWSKI Mieczysław	475		M4 50-59	29	00:01:10	00:29:46	00:59:46	01:29:24.05	01:30:34.70	+00:38:04 (42.6%)	6:52	8.7 (57.2%)
199	PŁATEK Emil	292	ALIOR RUNNING TEAM	M2 30-39 lat	49	00:01:36	00:32:32	01:01:04	01:29:43.05	01:31:19.20	+00:38:23 (42.8%)	6:54	8.7 (57.2%)
200	NOWAKOWSKI Czesław	268	DUCLA ACADEMY WARSZAWA	M5 60+	13	00:00:32	00:29:59	00:59:46	01:29:49.00	01:30:21.55	+00:38:29 (42.9%)	6:54	8.7 (57.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
201	MUSIAŁ Marcin	259		M2 30-39 lat	50	00:00:51	00:30:37	00:59:48	01:30:05.40	01:30:57.30	+00:38:45 (43.0%)	6:55	8.7 (57.2%)
202	KOSTRZEWSKI Piotr	195	KPLA PIOTR KOSTRZEWSKI	M4 50-59	30	00:00:50	00:30:24	00:59:00	01:30:08.85	01:30:59.55	+00:38:49 (43.1%)	6:56	8.7 (57.2%)
203	WITKOWSKI Piotr	401	VEGE RUNNERS	M2 30-39 lat	51	00:01:13	00:32:07	01:01:41	01:30:11.05	01:31:24.55	+00:38:51 (43.1%)	6:56	8.6 (56.6%)
204	WOJDAK Piotr	404	STOMILEX	M4 50-59	31	00:00:57	00:32:04	01:00:49	01:30:33.30	01:31:31.25	+00:39:13 (43.3%)	6:57	8.6 (56.6%)
205	KACZOROWSKI Robert	170		M4 50-59	32	00:01:09	00:30:11	00:59:43	01:30:51.60	01:32:01.30	+00:39:31 (43.5%)	6:59	8.6 (56.6%)
206	WOLFF Tomasz	405	BIEGAM BO LUBIĘ ZĄBKI TEAM	M2 30-39 lat	52	00:01:02	00:31:51	01:00:05	01:30:55.60	01:31:58.00	+00:39:35 (43.5%)	6:59	8.6 (56.6%)
207	ZAKRZEWSKI Marek	485		M4 50-59	33	00:01:25	00:33:03	01:02:02	01:31:02.15	01:32:27.35	+00:39:42 (43.6%)	7:00	8.6 (56.6%)
208	CZAJKOWSKI Rafał	83	EKOBIEGI	M3 40-49 lat	98	00:01:24	00:33:04	01:01:57	01:31:02.35	01:32:26.45	+00:39:42 (43.6%)	7:00	8.6 (56.6%)
209	KOŁOMAŃSKI Marek	188		M3 40-49 lat	99	00:01:24	00:33:05	01:01:57	01:31:02.65	01:32:27.00	+00:39:42 (43.6%)	7:00	8.6 (56.6%)
210	ROSZAK Waldemar	10	BIEGAM NA ZIELONEJ BIAŁOŁĘCE	M4 50-59	34	00:01:28	00:34:35	01:03:27	01:31:23.25	01:32:51.50	+00:40:03 (43.8%)	7:01	8.5 (55.9%)
211	MATUSZEWSKI Robert	232		M3 40-49 lat	100	00:01:17	00:32:28	01:01:47	01:31:25.55	01:32:43.05	+00:40:05 (43.9%)	7:01	8.5 (55.9%)
212	OSYPOWICZ Dominik	284		M1 < 29 lat	13	00:01:13	00:32:28	01:02:12	01:31:51.90	01:33:04.90	+00:40:32 (44.1%)	7:03	8.5 (55.9%)
213	SIEDLACZEK Zbigniew	327		M5 60+	14	00:00:08	00:28:59	01:00:31	01:31:54.00	01:32:02.90	+00:40:34 (44.1%)	7:04	8.5 (55.9%)
214	BIAŁOKOS Kamil	40		M3 40-49 lat	101	00:01:07	00:32:50	01:02:16	01:32:02.15	01:33:09.85	+00:40:42 (44.2%)	7:04	8.5 (55.9%)
215	SKOWROŃSKI Wojciech	335		M4 50-59	35	00:01:02	00:32:11	01:02:15	01:32:36.05	01:33:38.75	+00:41:16 (44.6%)	7:07	8.4 (55.3%)
216	GROCHOWSKI Marcin	331		M3 40-49 lat	102	00:00:19	00:29:54	01:00:58	01:32:40.65	01:33:00.50	+00:41:20 (44.6%)	7:07	8.4 (55.3%)
217	BASIŃSKI Paweł	76		M3 40-49 lat	103	00:00:43	00:30:35	01:00:15	01:32:40.80	01:33:24.40	+00:41:21 (44.6%)	7:07	8.4 (55.3%)
218	CZARTORYSKI Krystian	85		M3 40-49 lat	104	00:01:05	00:32:52	01:01:57	01:32:54.75	01:34:00.60	+00:41:35 (44.8%)	7:08	8.4 (55.3%)
219	MYŚLIŃSKI Robert	67	RUBIN RUN	M4 50-59	36	00:00:24	00:31:13	01:01:43	01:33:07.50	01:33:32.40	+00:41:47 (44.9%)	7:09	8.4 (55.3%)
220	OKSIENIUK Marcin	274	TURBODZIKI	M2 30-39 lat	53	00:01:23	00:29:44	01:00:24	01:33:33.70	01:34:56.70	+00:42:14 (45.1%)	7:11	8.3 (54.6%)
221	RUSIN Michał	317		M1 < 29 lat	14	00:01:14	00:32:55	01:04:03	01:33:46.30	01:35:00.30	+00:42:26 (45.3%)	7:12	8.3 (54.6%)
222	BUCZEK Piotr	55		M3 40-49 lat	105	00:00:21	00:32:28	01:02:37	01:33:56.40	01:34:17.95	+00:42:36 (45.4%)	7:13	8.3 (54.6%)
223	KUNKA Piotr	213	TEAM ZABIEGANEDNI	M2 30-39 lat	54	00:01:36	00:33:23	01:04:11	01:34:22.75	01:35:59.40	+00:43:03 (45.6%)	7:15	8.3 (54.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
224	ŁUCZAK Piotr	225	PKO BANK POLSKI	M3 40-49 lat	106	00:00:39	00:30:32	01:02:12	01:34:36.65	01:35:16.55	+00:43:16 (45.7%)	7:16	8.2 (53.9%)
225	KOFALSKI Jakub	497		M2 30-39 lat	55	00:01:04	00:30:59	01:03:03	01:34:43.50	01:35:47.55	+00:43:23 (45.8%)	7:17	8.2 (53.9%)
226	BERDYCHOWSKI Zygmunt	481		M5 60+	15	00:01:29	00:31:47	01:03:01	01:35:09.10	01:36:38.70	+00:43:49 (46.1%)	7:19	8.2 (53.9%)
227	RUSIN Bartosz	316		M3 40-49 lat	107	00:01:13	00:32:56	01:04:14	01:35:42.00	01:36:55.35	+00:44:22 (46.4%)	7:21	8.2 (53.9%)
228	SMOCZYK Hubert	338	WARSZAWSKI ZAUŁEK	M2 30-39 lat	56	00:01:32	00:32:41	01:03:53	01:35:43.60	01:37:16.50	+00:44:23 (46.4%)	7:21	8.1 (53.3%)
229	PIKULSKI Marek	454	SW	M3 40-49 lat	108	00:00:20	00:30:53	01:03:25	01:36:15.45	01:36:36.40	+00:44:55 (46.7%)	7:24	8.1 (53.3%)
230	KOWALCZYK Ryszard	197	APOSTOŁOWIE TRX	M5 60+	16	00:01:08	00:33:21	01:04:38	01:36:22.05	01:37:30.05	+00:45:02 (46.7%)	7:24	8.1 (53.3%)
231	BERNAT Sebastian	38	STARE WILKI	M3 40-49 lat	109	00:01:35	00:33:29	01:04:29	01:36:45.50	01:38:20.50	+00:45:25 (47.0%)	7:26	8.1 (53.3%)
232	ŁOZOWSKI Robert	221		M3 40-49 lat	110	00:01:41	00:32:41	01:04:26	01:37:47.55	01:39:29.05	+00:46:27 (47.5%)	7:31	8 (52.6%)
233	HABIERA Robert	149		M4 50-59	37	00:00:59	00:33:13	01:05:09	01:37:49.10	01:38:49.05	+00:46:29 (47.5%)	7:31	8 (52.6%)
234	BAK Andrzej	35		M4 50-59	38	00:00:55	00:33:01	01:08:34	01:39:08.35	01:40:03.40	+00:47:48 (48.2%)	7:37	7.9 (52.0%)
235	PRZYBYŁA Karol	298	MASADA	M2 30-39 lat	57	00:00:40	00:33:14	01:05:22	01:39:11.10	01:39:51.80	+00:47:51 (48.2%)	7:37	7.9 (52.0%)
236	TYBURC Paweł	19	ACHILLES BIAŁOŁĘKA	M3 40-49 lat	111	00:00:12	00:31:03	01:03:43	01:39:20.90	01:39:33.70	+00:48:01 (48.3%)	7:38	7.9 (52.0%)
237	GÓRZYŃSKI Janusz	138	BESTIE OCR LEGIONOWO	M3 40-49 lat	112	00:01:33	00:32:22	01:03:41	01:39:36.30	01:41:09.75	+00:48:16 (48.5%)	7:39	7.8 (51.3%)
238	MUCHA Grzegorz	258		M5 60+	17	00:01:03	00:33:57	01:06:37	01:39:41.35	01:40:44.90	+00:48:21 (48.5%)	7:40	7.8 (51.3%)
239	BUKOWSKI Janusz	100	STOWARZYSZENIE DAĆ SIEBIE INNYM	M5 60+	18	00:00:04	00:33:29	01:06:18	01:39:53.55	01:39:58.30	+00:48:33 (48.6%)	7:41	7.8 (51.3%)
240	PRĘGOWSKI Grzegorz	294	EKOBIEGI	M4 50-59	39	00:01:27	00:32:51	01:05:27	01:40:26.80	01:41:53.85	+00:49:07 (48.9%)	7:43	7.8 (51.3%)
241	ZYGADŁO Piotr	427		M2 30-39 lat	58	00:01:05	00:36:08	01:08:16	01:40:32.40	01:41:37.40	+00:49:12 (48.9%)	7:44	7.8 (51.3%)
242	MAREK Roman	230		M4 50-59	40	00:00:54	00:33:02	01:08:25	01:40:45.95	01:41:40.50	+00:49:26 (49.1%)	7:45	7.7 (50.7%)
243	JANKOWSKI Tomasz	496		M3 40-49 lat	113	00:01:36	00:34:30	01:07:07	01:40:58.40	01:42:35.15	+00:49:38 (49.2%)	7:46	7.7 (50.7%)
244	ZATYLNÝ Tomasz	411		M3 40-49 lat	114	00:01:30	00:33:02	01:05:30	01:42:14.80	01:43:45.00	+00:50:55 (49.8%)	7:51	7.6 (50.0%)
245	SZOSTAKOWSKI Jarosław	1	BIEGAMY Z OCHOTĄ	M4 50-59	41	00:01:29	00:35:38	01:08:24	01:43:06.05	01:44:35.60	+00:51:46 (50.2%)	7:55	7.6 (50.0%)
246	ROJEK Stanisław	310		M4 50-59	42	00:01:24	00:33:54	01:08:50	01:44:47.10	01:46:11.95	+00:53:27 (51.0%)	8:03	7.4 (48.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
247	NOWAK Jakub	71	DOBRZYŃSKI KLUB ŻEGLARSKI	M4 50-59	43	00:00:40	00:33:11	01:09:24	01:45:30.65	01:46:11.30	+00:54:10 (51.4%)	8:06	7.4 (48.7%)
248	LACH Marcin	216		M3 40-49 lat	115	00:01:30	00:34:55	01:10:29	01:48:01.00	01:49:31.15	+00:56:41 (52.5%)	8:18	7.2 (47.4%)
249	BAK Hubert	34		M2 30-39 lat	59	00:00:55	00:33:00	01:08:32	01:50:39.80	01:51:35.40	+00:59:20 (53.6%)	8:30	7 (46.1%)
250	ŁUKASIEWICZ Robert	226	KOKOSZKA36TEAM	M3 40-49 lat	116	00:00:53	00:34:02	01:11:31	01:50:41.90	01:51:35.10	+00:59:22 (53.6%)	8:30	7 (46.1%)
251	CIEŚLAK Paweł	73	SLOWJOGGING BIAŁOŁĘKA	M4 50-59	44	00:01:45	00:36:08	01:11:07	01:51:02.05	01:52:47.85	+00:59:42 (53.8%)	8:32	7 (46.1%)
252	MIKOŚ Roman	249		M4 50-59	45	00:01:39	00:35:44	01:13:16	01:51:12.20	01:52:51.70	+00:59:52 (53.8%)	8:33	7 (46.1%)
253	KOZŁOWSKI Witold	202		M3 40-49 lat	117	00:01:21	00:35:24	01:17:41	01:52:25.20	01:53:46.65	+01:01:05 (54.3%)	8:38	6.9 (45.4%)
Przekroczony limit czasu: 02:00:00													
254	KAWKA Andrzej	176		M5 60+	19	00:01:39	00:38:07	01:18:28	02:02:32.15	02:04:12.10	+01:11:12 (58.1%)	9:25	6.4 (42.1%)
255	CISZEWSKI Krzysztof	74		M3 40-49 lat	118	00:00:16	00:22:44	00:44:43			+00:10:29	5:08	11.7 (77.0%)
256	CYRUK Tomasz	79		M3 40-49 lat	119	00:00:50	00:30:27	00:58:48			+00:24:34	6:45	8.9 (58.6%)
257	DUCH Emil	99		M2 30-39 lat	60	00:00:42	00:30:06	01:00:19			+00:26:05	6:55	8.7 (57.2%)
258	OKRÓJ Dawid	273		M2 30-39 lat	61	00:00:34	00:29:41	01:00:21			+00:26:07	6:56	8.6 (56.6%)
259	GAWRON Adrian	124		M1 < 29 lat	15	00:00:27	00:30:25	01:00:57			+00:26:43	7:00	8.6 (56.6%)
260	RUPIK Piotr	315		M3 40-49 lat	120	00:00:26	00:31:23	01:02:33			+00:28:19	7:11	8.3 (54.6%)
261	ZWOLIŃSKI Grzegorz	425		M3 40-49 lat	121	00:00:05	00:29:52	01:03:03			+00:28:49	7:14	8.3 (54.6%)
262	MĘDEL Cezary	237		M3 40-49 lat	122	00:00:49	00:32:46	01:03:54			+00:29:40	7:20	8.2 (53.9%)
263	GIL Wojciech	127		M4 50-59	46	00:01:33	00:34:55	01:09:29			+00:35:15	7:59	7.5 (49.3%)
264	HEBDA Bartłomiej	150		M3 40-49 lat	123	00:00:00	00:37:06	01:11:26			+	8:12	7.3 (48.0%)
265	CHARLEJ Ireneusz	60	WIECZORNE BIEGANIE W SZCZECINIE	M3 40-49 lat	124	00:00:09	00:25:22				+00:08:08	5:45	10.4 (68.4%)
266	FRETES Luis	480		M5 60+	20	00:00:47	00:27:55				+00:10:41	6:20	9.5 (62.5%)
267	SUCHODOLSKI Mariusz	352		M3 40-49 lat	125	00:00:47	00:29:46				+00:12:32	6:45	8.9 (58.6%)
268	MRÓZ Sebastian	257		M3 40-49 lat	126	00:01:12	00:30:04				+00:12:50	6:49	8.8 (57.9%)
269	KITA Grzegorz	181	OLD GUARD OCR	M4 50-59	47	00:00:18	00:30:14				+00:13:00	6:52	8.7 (57.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
270	BISOWSKI Szymon	474		M1 < 29 lat	16	00:00:59	00:31:33				+00:14:19	7:10	8.4 (55.3%)
271	ZIELIŃSKI Paweł	418		M2 30-39 lat	62	00:00:34	00:32:00				+00:14:46	7:16	8.3 (54.6%)
272	PAWLAK Przemysław	289	R-TEAM ŁOWICZ	M1 < 29 lat	17	00:00:24	00:32:06				+00:14:52	7:17	8.2 (53.9%)
273	KAMIONOWSKI Mariusz-Jacek	172		M4 50-59	48	00:00:00	00:33:34				+	7:37	7.9 (52.0%)
274	NOWOSIELSKI Tomek	270	HERO	M5 60+	21	00:01:37	00:34:07				+00:16:53	7:45	7.7 (50.7%)
275	BAJOREK Jacek	21		M3 40-49 lat	127	00:00:47	00:34:32				+00:17:18	7:50	7.6 (50.0%)
276	SZULAWSKI Robert	360	GSD ŻOLIBORZ	M4 50-59	49	00:01:31	00:34:33				+00:17:19	7:51	7.6 (50.0%)
277	ŻÓŁCIŃSKI Waldemar	428	GRUPA BIEGOWA UM W-WA	M5 60+	22	00:01:14	00:34:50				+00:17:36	7:54	7.6 (50.0%)
278	DĄBROWA Bartosz	89	BIĄŁOŁĘKA PRZYSZŁOŚCI	M1 < 29 lat	18	00:01:38	00:35:55				+00:18:41	8:09	7.4 (48.7%)
279	ZIĘĆ Artur	419		M4 50-59	50	00:01:05	00:36:07				+00:18:53	8:12	7.3 (48.0%)
280	GIERANOWSKI Marcin	126	GIERAN	M3 40-49 lat	128	00:00:17	00:36:17				+00:19:03	8:14	7.3 (48.0%)
281	KUCICKI Krzysztof	209		M3 40-49 lat	129	00:01:27	00:36:26				+00:19:12	8:16	7.2 (47.4%)
282	NASKRĘT Mariusz	263		M3 40-49 lat	130	00:00:54	00:39:40				+00:22:26	9:00	6.7 (44.1%)
283	KRUPINIEWICZ Antoni	69	SKORPION	M4 50-59	51	00:00:32	00:42:06				+00:24:52	9:34	6.3 (41.4%)
284	CZECHOWSKI Jerzy	86	MZA WARSZAWA	M5 60+	23	00:00:57	00:44:38				+00:27:24	10:08	5.9 (38.8%)
285	NIEWCZAS Zdzisław	265		M5 60+	24	00:00:30	00:56:26				+00:39:12	12:49	4.7 (30.9%)
286	KAMIŃSKI Waldemar	9	SLOW JOGGING BIAŁOŁĘKA	M4 50-59	52	00:01:40	01:02:58				+00:45:44	14:18	4.2 (27.6%)
287	PIOTROWSKI Jan	446	GRUPA BIEGOWA UM W-WA	M2 30-39 lat	63	00:00:00	01:09:28				+	15:47	3.8 (25.0%)
288	REGUCKI Ryszard Regucki	306		M3 40-49 lat	131	00:00:00	01:36:44				+	21:59	2.7 (17.8%)

Znaleziono 288 wynik(ów)