

BIEG PRZEZ MOST 2019

B4SPORT
INTELLIGENTNE ZAWODY SPORTOWE

Organizator: Urząd Dzielnicy Warszawa - Białoleka
Data: 2019-09-22
Miejsce: Warszawa
Dystans: 10 km

B4SPORT
INTELLIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	JASTRZĘBSKI Kamil	284	DUKLANOWSKITEAM/SKB KRAŚNIK	M 1-29	1	00:00:01	00:19:56	00:27:17	00:30:46.85	00:30:48.00		3:04	19.5 (100%)
2	WASIEWICZ Krzysztof	835		M 1-29	2	00:00:02	00:20:15	00:27:56	00:31:41.90	00:31:44.00	+00:00:55 (2.9%)	3:10	18.9 (96.9%)
3	PARSZCZYŃSKI Łukasz	599	TEAM PARSZCZYŃSKICH	M 30-39	1	00:00:02	00:20:26	00:28:15	00:32:08.60	00:32:11.00	+00:01:21 (4.2%)	3:12	18.7 (95.9%)
4	PYSZEL Florian	651	PAN MATEMATYKA	M 1-29	3	00:00:00	00:20:50	00:28:37	00:32:34.55	00:32:35.40	+00:01:47 (5.5%)	3:15	18.4 (94.4%)
5	ŚWIRGOŃ Adam	800	TRENERBIEGANIA.PL	M 1-29	4	00:00:01	00:21:20	00:29:18	00:33:20.90	00:33:22.55	+00:02:34 (7.7%)	3:20	18 (92.3%)
6	PRZESTRZELSKI Kajetan	980		M 1-29	5	00:00:00	00:21:33	00:29:33	00:33:43.90	00:33:44.60	+00:02:57 (8.7%)	3:22	17.8 (91.3%)
7	GAWRON Paweł	193	@ARKENYA_TEAM	M 1-29	6	00:00:02	00:21:38	00:29:54	00:33:55.15	00:33:57.20	+00:03:08 (9.3%)	3:23	17.7 (90.8%)
8	SKIBIŃSKI Mikołaj	714	DUKLANOWSKI TEAM / ADIDAS WARSAW RUNNERS / @ARKENYA_TEAM	M 30-39	2	00:00:01	00:22:07	00:30:20	00:34:19.55	00:34:21.50	+00:03:32 (10.3%)	3:26	17.5 (89.7%)
9	ORZEŁ Michał	1014		M 30-39	3	00:00:02	00:22:17	00:30:10	00:34:26.75	00:34:29.25	+00:03:39 (10.6%)	3:26	17.4 (89.2%)
10	MACHOWSKI Paweł	478	WARSZAWSKIE SANKT MORITZ	M 1-29	7	00:00:02	00:22:13	00:30:30	00:34:35.70	00:34:37.95	+00:03:48 (11.0%)	3:27	17.3 (88.7%)
11	MICHAŁSKI Piotr	524		M 30-39	4	00:00:03	00:22:04	00:30:30	00:34:42.95	00:34:46.25	+00:03:56 (11.3%)	3:28	17.3 (88.7%)
12	OMIELAN Wojciech	582		M 1-29	8	00:00:02	00:22:40	00:31:21	00:35:33.75	00:35:36.10	+00:04:46 (13.4%)	3:33	16.9 (86.7%)
13	JOSYPENKO Jędrzej	924	DREAM RUN	M 30-39	5	00:00:03	00:22:40	00:31:23	00:35:44.00	00:35:47.40	+00:04:57 (13.9%)	3:34	16.8 (86.2%)
14	WYSOCKI Marcin	881	WARSZAWIAKY	M 30-39	6	00:00:03	00:23:21	00:31:47	00:35:54.50	00:35:58.20	+00:05:07 (14.3%)	3:35	16.7 (85.6%)
15	GOZDEK Radek	214	BIEGANIEPO40.PL TRUCHT TARCHOMIN TEAM	M 40-49	1	00:00:01	00:23:09	00:31:51	00:36:04.25	00:36:06.15	+00:05:17 (14.7%)	3:36	16.6 (85.1%)
16	KLAŚ Łukasz	348	NUDNE PIĄTKI	M 40-49	2	00:00:01	00:23:09	00:31:51	00:36:14.55	00:36:16.00	+00:05:27 (15.1%)	3:37	16.6 (85.1%)
17	PRZYBYŁA Krzysztof	641	ADIDAS RUNNERS WARSAW	M 30-39	7	00:00:02	00:23:36	00:32:08	00:36:21.60	00:36:24.55	+00:05:34 (15.3%)	3:38	16.5 (84.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
18	ZARODKIEWICZ Dawid	891	#TZD	M 30-39	8	00:00:04	00:23:33	00:32:13	00:36:35.95	00:36:40.30	+00:05:49 (15.9%)	3:39	16.4 (84.1%)
19	BRZAŃKALSKI Krzysiek	73	@ARKENYA_TEAM	M 1-29	9	00:00:04	00:23:36	00:32:25	00:36:40.10	00:36:44.40	+00:05:53 (16.1%)	3:40	16.4 (84.1%)
20	ŁAPIŃSKA Anna	459	KS WARSZAWIANKA/ADRUNALINE	K 30-39	1	00:00:02	00:23:39	00:32:35	00:37:08.35	00:37:11.00	+00:06:21 (17.1%)	3:42	16.2 (83.1%)
21	MLĄCKI Alan	538	TEAM KOPEĆ	M 1-29	10	00:00:02	00:23:50	00:32:50	00:37:21.20	00:37:24.05	+00:06:34 (17.6%)	3:44	16.1 (82.6%)
22	KLIMKIEWICZ Michał	353		M 1-29	11	00:00:06	00:23:58	00:32:52	00:37:21.90	00:37:28.85	+00:06:35 (17.6%)	3:44	16.1 (82.6%)
23	HILDEBRAND Marcin	249	OUTLETBIEGOWY /BIEGAM NA TARCHOMINIE	M 30-39	9	00:00:02	00:23:56	00:33:08	00:37:37.20	00:37:39.25	+00:06:50 (18.2%)	3:45	16 (82.1%)
24	ŁABĘDZKI Konrad	457	ADIDAS RUNNERS WARSAW	M 30-39	10	00:00:03	00:24:16	00:33:23	00:37:49.90	00:37:53.50	+00:07:03 (18.6%)	3:47	15.9 (81.5%)
25	ŁOBACZ Michał	464		M 30-39	11	00:00:04	00:24:29	00:33:38	00:37:54.50	00:37:58.50	+00:07:07 (18.8%)	3:47	15.8 (81.0%)
26	SAŁATKA Krzysztof	692	TRIATHLON SERWIS	M 40-49	3	00:00:07	00:24:30	00:33:31	00:37:51.55	00:37:58.95	+00:07:04 (18.7%)	3:47	15.9 (81.5%)
27	TRZASKOWSKI Dariusz	815	TRUCHT TARCHOMIN TEAM	M 40-49	4	00:00:05	00:24:26	00:33:36	00:38:06.25	00:38:11.35	+00:07:19 (19.2%)	3:48	15.7 (80.5%)
28	PARSZCZYŃSKA Izabela	598	TEAM PARSZCZYŃSKICH	K 30-39	2	00:00:01	00:24:21	00:33:36	00:38:11.50	00:38:13.00	+00:07:24 (19.4%)	3:49	15.7 (80.5%)
29	GRZYBOWSKI Mariusz	237		M 50-59	1	00:00:03	00:24:34	00:33:34	00:38:12.65	00:38:16.30	+00:07:25 (19.4%)	3:49	15.7 (80.5%)
30	BOMBA Tomek	57		M 1-29	12	00:00:03	00:24:52	00:34:02	00:38:21.80	00:38:25.40	+00:07:34 (19.8%)	3:50	15.6 (80.0%)
31	ŁĘGOCKI Marcin	463	PIETRZYK RUNNING TEAM / WSEWS WARSZAWA	M 30-39	12	00:00:07	00:24:57	00:33:55	00:38:19.90	00:38:27.55	+00:07:33 (19.7%)	3:50	15.7 (80.5%)
32	KUBERA Piotr	981		M 40-49	5	00:00:06	00:24:59	00:34:01	00:38:21.10	00:38:28.05	+00:07:34 (19.7%)	3:50	15.6 (80.0%)
33	SIERADZKI Krzysztof	700		M 30-39	13	00:00:03	00:24:28	00:33:42	00:38:31.35	00:38:34.70	+00:07:44 (20.1%)	3:51	15.6 (80.0%)
34	KRUPA Paweł	408	STALOWOWOLSKI KLUB BIEGACZA	M 40-49	6	00:00:03	00:24:50	00:34:19	00:38:53.60	00:38:56.90	+00:08:06 (20.9%)	3:53	15.4 (79.0%)
35	GRUZA Marek	228	BIEGANIEPO40.PL	M 40-49	7	00:00:05	00:24:56	00:34:24	00:39:04.25	00:39:10.05	+00:08:17 (21.2%)	3:54	15.4 (79.0%)
36	FELUCH Krzysztof	167	JACEK BIEGA RUNNING TEAM	M 40-49	8	00:00:04	00:25:13	00:34:33	00:39:12.80	00:39:17.50	+00:08:25 (21.5%)	3:55	15.3 (78.5%)
37	JACKOWICZ Paweł	261		M 30-39	14	00:00:04	00:24:47	00:34:29	00:39:20.90	00:39:25.10	+00:08:34 (21.8%)	3:56	15.2 (77.9%)
38	JUSIŃSKI Krystian	306	BRACTWO BIEGOWE BGK	M 30-39	15	00:00:06	00:25:46	00:34:53	00:39:28.15	00:39:34.80	+00:08:41 (22.0%)	3:56	15.2 (77.9%)
39	VASHKEVICH Vital	826		M 30-39	16	00:00:05	00:25:21	00:34:47	00:39:30.90	00:39:36.00	+00:08:44 (22.1%)	3:57	15.2 (77.9%)
40	ŁOZOWSKI Olaf	468		M 30-39	17	00:00:07	00:25:46	00:34:56	00:39:31.45	00:39:38.90	+00:08:44 (22.1%)	3:57	15.2 (77.9%)
41	GRZEGORCZYK Natalia	995	WANDA PANFIL TEAM / AZS AWF WARSZAWA	K 1-29	1	00:00:02	00:25:12	00:34:54	00:39:39.50	00:39:42.00	+00:08:52 (22.4%)	3:58	15.1 (77.4%)

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42	STYRNIK Krystian	757	AZS UP LUBLIN	M 1-29	13	00:00:09	00:25:02	00:34:55	00:39:34.55	00:39:43.95	+00:08:47 (22.2%)	3:57	15.2 (77.9%)
43	KACZYŃSKI Grzegorz	320	KB WYSZKÓW	M 40-49	9	00:00:05	00:25:32	00:34:56	00:39:40.95	00:39:46.70	+00:08:54 (22.4%)	3:58	15.1 (77.4%)
44	JERUĆ Łukasz	292	BIEGAM NA TARCHOMINIE	M 40-49	10	00:00:05	00:25:50	00:35:12	00:39:42.50	00:39:47.95	+00:08:55 (22.5%)	3:58	15.1 (77.4%)
45	GŁOWACKI Paweł	205	SEROCK BIEGA Z HOTELEM NARVIL	M 30-39	18	00:00:07	00:25:53	00:35:18	00:39:41.80	00:39:48.90	+00:08:54 (22.5%)	3:58	15.1 (77.4%)
46	LEWANDOWSKI Mateusz	446		M 1-29	14	00:00:06	00:25:26	00:35:04	00:39:44.35	00:39:50.70	+00:08:57 (22.5%)	3:58	15.1 (77.4%)
47	MARSZAŁ Mariusz	503	PSYCHOPATA BIEGOWY	M 30-39	19	00:00:04	00:25:53	00:35:00	00:39:48.95	00:39:53.15	+00:09:02 (22.7%)	3:58	15.1 (77.4%)
48	PIATKA Tomasz	615	ENEL-SPORT RUNNERS TEAM	M 30-39	20	00:00:07	00:25:53	00:35:24	00:39:58.10	00:40:05.35	+00:09:11 (23.0%)	3:59	15 (76.9%)
49	ZALEWSKI Dominik	886		M 1-29	15	00:00:04	00:25:40	00:35:29	00:40:07.40	00:40:11.90	+00:09:20 (23.3%)	4:00	15 (76.9%)
50	SZCZEPKOWSKI Bartłomiej	773		M 30-39	22	00:00:05	00:25:53	00:35:19	00:40:10.90	00:40:16.35	+00:09:24 (23.4%)	4:01	14.9 (76.4%)
51	WERNER Kamil	842	BIEGAM NA TARCHOMINIE	M 30-39	21	00:00:34	00:25:57	00:35:32	00:40:07.40	00:40:41.90	+00:09:20 (23.3%)	4:00	15 (76.9%)
52	NIEGOWSKI Robert	559	STARE BABICE BIEGAJĄ	M 30-39	23	00:00:06	00:25:53	00:35:27	00:40:17.05	00:40:23.15	+00:09:30 (23.6%)	4:01	14.9 (76.4%)
53	KOSTRZEWSKA Justyna	383	ADIDAS RUNNERS WARSAW	K 30-39	3	00:00:06	00:25:59	00:35:29	00:40:23.35	00:40:29.70	+00:09:36 (23.8%)	4:02	14.9 (76.4%)
54	MICHAŁSKI Damian	523	ALIOR RUNNING TEAM	M 40-49	11	00:00:06	00:25:34	00:35:22	00:40:31.00	00:40:37.05	+00:09:44 (24.0%)	4:03	14.8 (75.9%)
55	TOMASZEK Robert	810		M 40-49	12	00:00:03	00:25:53	00:35:44	00:40:33.70	00:40:37.65	+00:09:46 (24.1%)	4:03	14.8 (75.9%)
56	KŁÓDKIEWICZ Waldemar	356		M 40-49	13	00:00:25	00:25:45	00:35:42	00:40:35.50	00:41:00.50	+00:09:48 (24.2%)	4:03	14.8 (75.9%)
57	MARYNOWSKI Wojciech	505	LUDZIE SZTOSY	M 1-29	16	00:00:06	00:25:56	00:35:45	00:40:37.55	00:40:43.70	+00:09:50 (24.2%)	4:03	14.8 (75.9%)
58	ZHENG Haishan	902		M 30-39	24	00:00:06	00:26:04	00:36:05	00:40:50.65	00:40:57.50	+00:10:03 (24.6%)	4:05	14.7 (75.4%)
59	BURZA Paweł	84		M 30-39	25	00:00:04	00:26:02	00:35:59	00:40:54.65	00:40:59.45	+00:10:07 (24.8%)	4:05	14.7 (75.4%)
60	JUTKIEWICZ Marcin	993		M 30-39	26	00:00:11	00:26:24	00:36:07	00:40:59.00	00:41:10.85	+00:10:12 (24.9%)	4:05	14.6 (74.9%)
61	KNYCHAS Darek	358	PZU SPORT TEAM	M 40-49	14	00:00:13	00:26:45	00:36:20	00:41:01.25	00:41:15.05	+00:10:14 (25.0%)	4:06	14.6 (74.9%)
62	GRYSZPANOWICZ Piotr	234	SĄSIADY LATAJĄ RAZEM	M 40-49	15	00:00:08	00:26:17	00:36:10	00:41:08.25	00:41:16.40	+00:10:21 (25.2%)	4:06	14.6 (74.9%)
63	KORSAKAS Emilis	925	NA, PAGAUKI	M 50-59	2	00:00:06	00:26:14	00:36:16	00:41:13.00	00:41:19.10	+00:10:26 (25.3%)	4:07	14.6 (74.9%)
64	KORSAKOV Kostiantyn	376	-	M 40-49	16	00:00:10	00:26:28	00:36:26	00:41:19.40	00:41:29.40	+00:10:32 (25.5%)	4:07	14.5 (74.4%)
65	SIEGIEDA Michał	699	ADIDAS RUNNERS	M 30-39	27	00:00:05	00:26:21	00:36:33	00:41:20.65	00:41:26.10	+00:10:33 (25.5%)	4:08	14.5 (74.4%)

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66	NOWOCIEŃ Jacek	570	UKS RUSIEC	M 60+	1	00:00:03	00:26:45	00:36:36	00:41:29.05	00:41:32.95	+00:10:42 (25.8%)	4:08	14.5 (74.4%)
67	SPYCHAŁA Piotr	735		M 40-49	17	00:00:09	00:26:34	00:36:36	00:41:32.25	00:41:41.45	+00:10:45 (25.9%)	4:09	14.4 (73.8%)
68	LISZKIEWICZ Konrad	453		M 30-39	28	00:00:05	00:26:25	00:36:41	00:41:41.60	00:41:46.85	+00:10:54 (26.2%)	4:10	14.4 (73.8%)
69	GIERAK Kris	199	SANTANDER RUNNERS	M 30-39	29	00:00:08	00:26:45	00:36:53	00:41:42.95	00:41:51.45	+00:10:56 (26.2%)	4:10	14.4 (73.8%)
70	ROWIŃSKI Arkadiusz	960		M 30-39	30	00:00:04	00:27:07	00:37:02	00:41:45.60	00:41:49.80	+00:10:58 (26.3%)	4:10	14.4 (73.8%)
71	KUBIAK Sławomir	419		M 40-49	18	00:00:10	00:26:35	00:36:47	00:41:47.25	00:41:57.35	+00:11:00 (26.3%)	4:10	14.4 (73.8%)
72	LATAK Michał	436	JACEKBIEGA RUNNING TEAM	M 40-49	19	00:00:05	00:26:41	00:36:51	00:41:50.10	00:41:55.60	+00:11:03 (26.4%)	4:11	14.3 (73.3%)
73	CIEŚLAK Piotr	111		M 30-39	31	00:00:13	00:27:25	00:37:12	00:41:51.10	00:42:05.00	+00:11:04 (26.5%)	4:11	14.3 (73.3%)
74	KANIA Przemysław	327		M 40-49	20	00:00:04	00:26:32	00:36:52	00:41:57.25	00:42:02.20	+00:11:10 (26.6%)	4:11	14.3 (73.3%)
75	ZAJĄC Wacław	882	TEAM PARSZCZYŃSKICH	M 40-49	21	00:00:11	00:27:07	00:37:03	00:41:58.35	00:42:09.65	+00:11:11 (26.7%)	4:11	14.3 (73.3%)
76	ZGODA Mateusz	941	NAPRZÓD MŁOCINY	M 1-29	17	00:00:13	00:27:04	00:37:02	00:42:00.05	00:42:13.15	+00:11:13 (26.7%)	4:12	14.3 (73.3%)
77	HASS-KALITA Joanna	245	WARSAW MASTERS TEAM	K 40-49	1	00:00:04	00:27:11	00:37:13	00:42:00.80	00:42:05.60	+00:11:13 (26.7%)	4:12	14.3 (73.3%)
78	ZYCH Łukasz	910		M 30-39	32	00:00:05	00:26:11	00:36:46	00:42:04.80	00:42:10.10	+00:11:17 (26.9%)	4:12	14.3 (73.3%)
79	ANDRZEJEWSKI Mariusz	7	T-MOBILE RUNNING TEAM	M 30-39	33	00:00:11	00:27:37	00:37:19	00:42:06.35	00:42:17.90	+00:11:19 (26.9%)	4:12	14.3 (73.3%)
80	JUREK Przemysław	304	KS STASZEWSKY	M 40-49	22	00:00:13	00:27:05	00:37:08	00:42:07.00	00:42:20.20	+00:11:20 (26.9%)	4:12	14.2 (72.8%)
81	PRUSIK Piotr	637		M 1-29	18	00:00:18	00:27:27	00:37:19	00:42:08.85	00:42:26.85	+00:11:22 (27.0%)	4:12	14.2 (72.8%)
82	SLEPOWRONSKI Bogdan	718	TO NATURALNE	M 30-39	34	00:00:19	00:26:57	00:37:21	00:42:11.25	00:42:30.25	+00:11:24 (27.0%)	4:13	14.2 (72.8%)
83	KNAP Piotr	987		M 30-39	35	00:00:13	00:27:11	00:37:20	00:42:12.90	00:42:26.05	+00:11:26 (27.1%)	4:13	14.2 (72.8%)
84	RAK Adam	655	MPWIK	M 30-39	36	00:00:05	00:26:38	00:37:19	00:42:21.40	00:42:27.25	+00:11:34 (27.3%)	4:14	14.2 (72.8%)
85	JAWORSKI Arkadiusz	289		M 30-39	37	00:00:17	00:27:01	00:37:25	00:42:22.05	00:42:39.40	+00:11:35 (27.3%)	4:14	14.2 (72.8%)
86	KOWAL Krzysztof	388	SASIADY LATAJA RAZEM	M 40-49	23	00:00:08	00:26:38	00:37:02	00:42:23.20	00:42:31.45	+00:11:36 (27.4%)	4:14	14.2 (72.8%)
87	MIKULSKI Jacek	530	ADIDAS RUNNERS WARSAW	M 40-49	24	00:00:12	00:27:11	00:37:23	00:42:26.05	00:42:38.80	+00:11:39 (27.5%)	4:14	14.1 (72.3%)
88	PUTON Michał	649		M 30-39	38	00:00:22	00:26:57	00:37:21	00:42:26.50	00:42:49.25	+00:11:39 (27.5%)	4:14	14.1 (72.3%)
89	GAJOWNICZEK Sławomir	185		M 30-39	39	00:00:19	00:27:20	00:37:34	00:42:29.10	00:42:48.80	+00:11:42 (27.5%)	4:14	14.1 (72.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
90	JAWORSKI Piotr	1000	EKOBIEGI	M 40-49	25	00:00:04	00:26:59	00:37:22	00:42:29.50	00:42:33.70	+00:11:42 (27.6%)	4:14	14.1 (72.3%)
91	DĄBROWSKI Mirosław	136		M 50-59	3	00:00:22	00:27:12	00:37:22	00:42:30.20	00:42:52.75	+00:11:43 (27.6%)	4:15	14.1 (72.3%)
92	MICHNOWSKI Sebastian	525		M 40-49	26	00:00:08	00:27:06	00:37:19	00:42:30.75	00:42:38.90	+00:11:43 (27.6%)	4:15	14.1 (72.3%)
93	WŁOSTOWSKI Marek	865	VEGE RUNNERS	M 30-39	40	00:00:21	00:27:17	00:37:31	00:42:36.85	00:42:58.05	+00:11:50 (27.8%)	4:15	14.1 (72.3%)
94	WESOŁOWSKA Katarzyna	844	NAPRZÓD MŁOCINY	K 40-49	2	00:00:09	00:27:37	00:37:44	00:42:46.40	00:42:55.50	+00:11:59 (28.0%)	4:16	14 (71.8%)
95	KUREK Marcin	428		M 40-49	27	00:00:05	00:27:10	00:37:34	00:42:49.20	00:42:55.00	+00:12:02 (28.1%)	4:17	14 (71.8%)
96	KIELCZYKOWSKI Janusz	342	EUROBUDOWA	M 40-49	28	00:00:31	00:27:52	00:37:51	00:42:50.40	00:43:21.60	+00:12:03 (28.1%)	4:17	14 (71.8%)
97	SARZAŁA Dariusz	996		M 60+	2	00:00:15	00:27:22	00:37:50	00:42:53.95	00:43:09.55	+00:12:07 (28.2%)	4:17	14 (71.8%)
98	ŻURANIEWSKA Agnieszka	918	NUDNE PIĄTKI	K 40-49	3	00:00:14	00:27:37	00:38:02	00:43:08.85	00:43:23.75	+00:12:22 (28.7%)	4:18	13.9 (71.3%)
99	KILJAŃCZYK Dominik	347	TARCZYŃSKI KLUB BIEGOWY	M 1-29	19	00:00:07	00:27:17	00:38:00	00:43:09.70	00:43:17.45	+00:12:22 (28.7%)	4:19	13.9 (71.3%)
100	MŁYŃSKI Mariusz	539		M 1-29	20	00:00:09	00:27:18	00:38:03	00:43:11.70	00:43:21.50	+00:12:24 (28.7%)	4:19	13.9 (71.3%)
101	SOBOCIŃSKI Michał	726	PLAY	M 40-49	29	00:00:19	00:28:04	00:38:12	00:43:11.75	00:43:31.15	+00:12:24 (28.7%)	4:19	13.9 (71.3%)
102	FALKOWSKI Łukasz	165		M 30-39	41	00:00:15	00:27:38	00:38:24	00:43:15.90	00:43:31.55	+00:12:29 (28.9%)	4:19	13.9 (71.3%)
103	ZIMOWICZ Magdalena	936	DUKLANOWSKI TEAM	K 30-39	4	00:00:11	00:28:18	00:38:24	00:43:18.30	00:43:30.15	+00:12:31 (28.9%)	4:19	13.9 (71.3%)
104	SMORAWSKI Wodzisław	722		M 30-39	42	00:00:07	00:27:41	00:38:09	00:43:22.20	00:43:29.90	+00:12:35 (29.0%)	4:20	13.8 (70.8%)
105	MAŃKA Krzysztof	496	PZU SPORT TEAM	M 30-39	43	00:00:13	00:27:46	00:38:15	00:43:25.25	00:43:39.00	+00:12:38 (29.1%)	4:20	13.8 (70.8%)
106	ZDANOWSKI Tomek	899	TRIZARZA	M 1-29	21	00:00:06	00:27:22	00:38:17	00:43:27.45	00:43:34.25	+00:12:40 (29.2%)	4:20	13.8 (70.8%)
107	TYMICKI Krzysztof	821		M 40-49	30	00:00:10	00:28:16	00:38:34	00:43:32.25	00:43:42.25	+00:12:45 (29.3%)	4:21	13.8 (70.8%)
108	DZIUBA Tomasz	160	MASTERSDOJO	M 30-39	44	00:00:13	00:27:32	00:38:20	00:43:32.35	00:43:46.05	+00:12:45 (29.3%)	4:21	13.8 (70.8%)
109	JANKOWSKI Jakub	274		M 1-29	22	00:00:20	00:27:26	00:38:19	00:43:34.45	00:43:54.70	+00:12:47 (29.4%)	4:21	13.8 (70.8%)
110	PRZELASKOWSKI Artur	639		M 50-59	4	00:00:10	00:27:40	00:38:20	00:43:37.45	00:43:47.75	+00:12:50 (29.4%)	4:21	13.8 (70.8%)
111	BICZAN Kamil	39		M 30-39	45	00:00:33	00:27:41	00:38:17	00:43:44.30	00:44:18.20	+00:12:57 (29.6%)	4:22	13.7 (70.3%)
112	CHMARZYŃSKI Paweł	90	ŚLĘZAKTEAM	M 30-39	46	00:00:49	00:28:15	00:38:39	00:43:45.45	00:44:34.95	+00:12:58 (29.7%)	4:22	13.7 (70.3%)
113	KWIATKOWSKI Adam	435	KB WYSZÓW	M 30-39	47	00:00:16	00:28:06	00:38:48	00:43:52.55	00:44:09.05	+00:13:05 (29.8%)	4:23	13.7 (70.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
114	GOLEC Grzegorz	209	TEAM PARSZCZYŃSKICH	M 40-49	31	00:00:14	00:28:10	00:38:41	00:43:52.60	00:44:07.00	+00:13:05 (29.8%)	4:23	13.7 (70.3%)
115	MINIAKOWSKI Szymon	533		M 30-39	48	00:00:04	00:28:43	00:39:14	00:43:55.80	00:44:00.30	+00:13:08 (29.9%)	4:23	13.7 (70.3%)
116	CNOTA Maciej	1040		M 30-39	49	00:00:22	00:28:03	00:38:50	00:43:57.50	00:44:20.25	+00:13:10 (30.0%)	4:23	13.6 (69.7%)
117	GÓRSKI Marcin	217	MINISTERSTWO ZDROWIA	M 30-39	50	00:00:17	00:28:18	00:38:39	00:43:58.05	00:44:15.15	+00:13:11 (30.0%)	4:23	13.6 (69.7%)
118	ŚLIMKO Daniel	792	OLEJ RUNNING TEAM	M 30-39	51	00:00:10	00:28:39	00:39:05	00:43:59.65	00:44:10.30	+00:13:12 (30.0%)	4:24	13.6 (69.7%)
119	WILCZYNSKI Tomasz	850		M 30-39	52	00:00:33	00:28:44	00:38:50	00:44:04.95	00:44:38.00	+00:13:18 (30.2%)	4:24	13.6 (69.7%)
119	RYTKOWSKI Piotr	685		M 30-39	53	00:00:27	00:29:45	00:39:11	00:44:04.95	00:44:32.00	+00:13:18 (30.2%)	4:24	13.6 (69.7%)
121	ZIELINSKI Krzysztof	904	HIKINGTOURS	M 40-49	32	00:00:31	00:28:44	00:39:03	00:44:05.35	00:44:36.80	+00:13:18 (30.2%)	4:24	13.6 (69.7%)
122	PACIOREK Ewa	590	MARKOWI BIEGACZE	K 30-39	5	00:00:14	00:28:16	00:38:51	00:44:08.00	00:44:22.30	+00:13:21 (30.3%)	4:24	13.6 (69.7%)
123	SUŁKOWSKI Tomasz	764		M 30-39	54	00:00:13	00:27:44	00:38:41	00:44:13.50	00:44:27.10	+00:13:26 (30.4%)	4:25	13.6 (69.7%)
124	WŁODKOWSKI Robert	864	TRUCHT TARCHOMIN TEAM	M 30-39	55	00:00:42	00:28:38	00:39:13	00:44:17.25	00:44:59.40	+00:13:30 (30.5%)	4:25	13.5 (69.2%)
125	BŁASZCZYK Bartłomiej	48		M 1-29	23	00:00:38	00:28:29	00:39:04	00:44:26.80	00:45:05.30	+00:13:39 (30.7%)	4:26	13.5 (69.2%)
126	STĘPIEŃ Adam	745	ANANASY	M 30-39	56	00:00:11	00:28:20	00:39:05	00:44:27.55	00:44:39.40	+00:13:40 (30.8%)	4:26	13.5 (69.2%)
127	LEŚNIAK Piotr	443		M 40-49	33	00:00:20	00:28:35	00:39:12	00:44:27.90	00:44:48.15	+00:13:41 (30.8%)	4:26	13.5 (69.2%)
128	SOŁOWIEJ Łukasz	730	OIRP WARSZAWA	M 30-39	57	00:00:23	00:28:52	00:39:17	00:44:28.10	00:44:51.45	+00:13:41 (30.8%)	4:26	13.5 (69.2%)
129	PIOTROWSKI Michał	625		M 30-39	58	00:00:39	00:29:22	00:39:31	00:44:28.55	00:45:08.35	+00:13:41 (30.8%)	4:26	13.5 (69.2%)
130	CHOJNACKI Mikołaj	95	WARSAW RUN CLUB	M 40-49	34	00:01:22	00:29:16	00:39:20	00:44:30.80	00:45:52.80	+00:13:43 (30.9%)	4:27	13.5 (69.2%)
131	WICIK Juliusz	846		M 30-39	59	00:00:19	00:28:45	00:39:18	00:44:32.40	00:44:51.60	+00:13:45 (30.9%)	4:27	13.5 (69.2%)
132	CHOJECKI Robert	94	EXPLOSION	M 1-29	24	00:00:13	00:28:26	00:39:24	00:44:34.55	00:44:47.60	+00:13:47 (30.9%)	4:27	13.5 (69.2%)
133	SUCHOLEWSKI Damian	759	KONDYCJA PIASECZNO	M 40-49	35	00:00:05	00:28:42	00:39:21	00:44:35.35	00:44:40.45	+00:13:48 (31.0%)	4:27	13.5 (69.2%)
134	TURLEJ Dariusz	818	KONDYCJA	M 60+	3	00:00:23	00:28:49	00:39:14	00:44:36.95	00:45:00.00	+00:13:50 (31.0%)	4:27	13.4 (68.7%)
135	SARZAŁA Bartłomiej	554		M 1-29	25	00:00:18	00:28:54	00:39:29	00:44:37.80	00:44:56.50	+00:13:50 (31.0%)	4:27	13.4 (68.7%)
136	RADKOWSKA Małgorzata	653	DZIOBAKI I NOSIAKI/SŁODKIE PĄCZKI	K 30-39	6	00:00:19	00:28:44	00:39:24	00:44:38.50	00:44:58.20	+00:13:51 (31.0%)	4:27	13.4 (68.7%)
137	SZUBA Martyna	784	TEAM PARSZCZYŃSKICH	K 1-29	2	00:00:19	00:28:12	00:39:12	00:44:38.75	00:44:58.55	+00:13:51 (31.1%)	4:27	13.4 (68.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
138	ADAO Miguel	5		M 40-49	36	00:00:25	00:28:42	00:39:24	00:44:39.00	00:45:04.00	+00:13:52 (31.1%)	4:27	13.4 (68.7%)
139	GAJOWY Andrzej	186		M 50-59	5	00:00:33	00:28:47	00:39:23	00:44:41.40	00:45:14.75	+00:13:54 (31.1%)	4:28	13.4 (68.7%)
140	RAK Michał	654		M 30-39	60	00:00:32	00:28:44	00:39:13	00:44:43.60	00:45:15.80	+00:13:56 (31.2%)	4:28	13.4 (68.7%)
141	MALIK Gabriel	488		M 40-49	37	00:00:35	00:29:09	00:39:36	00:44:44.95	00:45:20.20	+00:13:58 (31.2%)	4:28	13.4 (68.7%)
142	REWERA Robert	658	PKO BANK POLSKI	M 40-49	38	00:00:15	00:28:22	00:39:24	00:44:45.15	00:45:00.35	+00:13:58 (31.2%)	4:28	13.4 (68.7%)
143	SŁAWIŃSKA Ewa	719		K 1-29	3	00:00:09	00:28:52	00:39:29	00:44:45.70	00:44:55.30	+00:13:58 (31.2%)	4:28	13.4 (68.7%)
144	ŚWIECA Marcin	796		M 30-39	61	00:00:37	00:28:39	00:39:28	00:44:49.60	00:45:27.05	+00:14:02 (31.3%)	4:29	13.4 (68.7%)
145	ŻUK Paweł	917	BIEGAM NA TARCHOMINIE	M 40-49	39	00:00:29	00:28:46	00:39:16	00:44:51.75	00:45:21.25	+00:14:04 (31.4%)	4:29	13.4 (68.7%)
146	MACIEJAK Robert	479		M 40-49	40	00:00:20	00:28:42	00:39:29	00:44:52.75	00:45:13.55	+00:14:05 (31.4%)	4:29	13.4 (68.7%)
147	PAŁKA Wojciech	594	VASCO RUNNERS	M 30-39	62	00:02:34	00:28:56	00:39:36	00:44:53.50	00:47:27.85	+00:14:06 (31.4%)	4:29	13.4 (68.7%)
148	WINKOWSKA- STRUZIK Magdalena	853	DUKLANOWSKI TEAM / ADIDAS RUNNERS WARSAW	K 30-39	7	00:00:30	00:29:01	00:39:42	00:44:55.10	00:45:25.70	+00:14:08 (31.5%)	4:29	13.4 (68.7%)
149	GURGON Arkadiusz	997	ZABIEGANY WOŁOMIN	M 30-39	63	00:00:00	00:39:38		00:44:59.25	00:44:59.25	+00:14:12 (31.6%)	4:29	13.3 (68.2%)
150	DZIUBIŃSKI Maciek	161		M 1-29	26	00:00:06	00:29:09	00:39:52	00:45:01.15	00:45:07.35	+00:14:14 (31.6%)	4:30	13.3 (68.2%)
151	LENKIEWICZ Paweł	441		M 40-49	41	00:00:26	00:28:45	00:39:39	00:45:03.70	00:45:30.10	+00:14:16 (31.7%)	4:30	13.3 (68.2%)
152	CZAJKOWSKA Dorota	119		K 40-49	4	00:00:29	00:29:15	00:39:55	00:45:10.70	00:45:40.40	+00:14:23 (31.9%)	4:31	13.3 (68.2%)
153	VASILEV Veselin	827		M 30-39	64	00:00:24	00:28:55	00:39:49	00:45:11.45	00:45:35.55	+00:14:24 (31.9%)	4:31	13.3 (68.2%)
154	GĘCA Piotr	196	ZA MNĄ	M 40-49	42	00:00:26	00:28:53	00:39:49	00:45:11.95	00:45:38.85	+00:14:25 (31.9%)	4:31	13.3 (68.2%)
155	CIERNIAK Franciszek	107	GRUPA BIEGOWA CHTMO	M 1-29	27	00:00:36	00:29:33	00:40:06	00:45:13.70	00:45:49.85	+00:14:26 (31.9%)	4:31	13.3 (68.2%)
156	KOBUS Igor	359		M 1-29	28	00:00:11	00:29:06	00:40:17	00:45:14.10	00:45:25.15	+00:14:27 (32.0%)	4:31	13.3 (68.2%)
157	ZNAMIEC Marcin	906	IPA PAŁAC MOSTOWSKICH KSP	M 40-49	43	00:00:43	00:29:05	00:39:53	00:45:17.75	00:46:01.15	+00:14:30 (32.0%)	4:31	13.2 (67.7%)
158	GAJEWIAK Adam	183		M 40-49	44	00:00:21	00:29:01	00:39:48	00:45:19.00	00:45:40.05	+00:14:32 (32.1%)	4:31	13.2 (67.7%)
159	KUCZYŃSKA Magdalena	422		K 30-39	8	00:00:20	00:29:15	00:40:03	00:45:19.05	00:45:39.15	+00:14:32 (32.1%)	4:31	13.2 (67.7%)
160	ZDUNEK Michał	966	WKURW_TEAM	M 40-49	45	00:00:14	00:28:44	00:39:57	00:45:21.90	00:45:36.80	+00:14:35 (32.1%)	4:32	13.2 (67.7%)
161	OSTROWSKI Marcin	951	PZU SPORT TEAM	M 30-39	65	00:00:45	00:29:56	00:40:17	00:45:28.95	00:46:14.90	+00:14:42 (32.3%)	4:32	13.2 (67.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
162	PAWIŃSKI Artur	606		M 40-49	46	00:00:20	00:28:36	00:39:53	00:45:29.80	00:45:50.00	+00:14:42 (32.3%)	4:33	13.2 (67.7%)
163	ŚCIBOR Marcin	790		M 30-39	66	00:00:22	00:28:58	00:40:07	00:45:30.95	00:45:53.20	+00:14:44 (32.4%)	4:33	13.2 (67.7%)
164	PAWŁOWSKI Piotr	926	BBL WYDMINY	M 40-49	47	00:00:14	00:29:20	00:40:13	00:45:32.70	00:45:47.15	+00:14:45 (32.4%)	4:33	13.2 (67.7%)
165	CZUDOWSKI Tomasz	127	DUKLANOWSKI TEAM	M 40-49	48	00:00:12	00:29:08	00:40:09	00:45:32.80	00:45:44.80	+00:14:45 (32.4%)	4:33	13.2 (67.7%)
166	CZAJKOWSKI Marek	122	WARSAW RUN CLUB	M 40-49	49	00:00:31	00:29:03	00:40:15	00:45:36.15	00:46:07.75	+00:14:49 (32.5%)	4:33	13.2 (67.7%)
167	TOBOTA Maciej	807		M 40-49	50	00:00:06	00:29:13	00:40:08	00:45:36.25	00:45:42.95	+00:14:49 (32.5%)	4:33	13.2 (67.7%)
168	STAŃSKI Sławomir	743	TO NATURALNE	M 50-59	6	00:00:18	00:29:31	00:40:20	00:45:42.60	00:46:00.75	+00:14:55 (32.7%)	4:34	13.1 (67.2%)
169	BEKKER Piotr	983		M 30-39	67	00:00:29	00:29:46	00:40:25	00:45:43.80	00:46:13.15	+00:14:56 (32.7%)	4:34	13.1 (67.2%)
170	MATYSIAK Paweł	512	PAWELBIEGA.PL	M 30-39	68	00:00:15	00:29:08	00:40:18	00:45:44.85	00:46:00.55	+00:14:58 (32.7%)	4:34	13.1 (67.2%)
171	SANTAREK Wojciech	694		M 40-49	51	00:00:32	00:29:06	00:40:16	00:45:45.95	00:46:18.35	+00:14:59 (32.7%)	4:34	13.1 (67.2%)
172	SZYMBORSKA Monika	788	TEAM ZABIEGANE DNI	K 40-49	5	00:00:41	00:29:27	00:40:28	00:45:48.75	00:46:29.95	+00:15:01 (32.8%)	4:34	13.1 (67.2%)
173	ROGÓŻ Elżbieta	947	PRORUNNING PROMOTION	K 40-49	6	00:00:30	00:29:25	00:40:23	00:45:51.85	00:46:22.75	+00:15:05 (32.9%)	4:35	13.1 (67.2%)
174	KOWALSKI Michał	1004	LEMIESZ TEAM	M 30-39	69	00:00:00			00:45:53.00	00:45:53.00	+00:15:06 (32.9%)	4:35	13.1 (67.2%)
175	ROGOZINSKI Adrian	664		M 1-29	29	00:00:31	00:29:01	00:40:25	00:45:54.70	00:46:25.90	+00:15:07 (33.0%)	4:35	13.1 (67.2%)
176	NOWAK Anna	569		K 30-39	9	00:00:22	00:29:11	00:40:22	00:45:56.05	00:46:18.35	+00:15:09 (33.0%)	4:35	13.1 (67.2%)
177	PIERZAK Olaf	617		M 40-49	52	00:00:10	00:29:42	00:40:44	00:45:59.35	00:46:09.55	+00:15:12 (33.1%)	4:35	13 (66.7%)
178	SZYMAŃSKI Andrzej	787		M 30-39	70	00:00:11	00:29:15	00:40:30	00:46:00.80	00:46:11.85	+00:15:13 (33.1%)	4:36	13 (66.7%)
179	PAWLUS Bartłomiej	607		M 30-39	71	00:00:22	00:29:33	00:40:38	00:46:01.25	00:46:23.50	+00:15:14 (33.1%)	4:36	13 (66.7%)
180	RYGALSKI Maciej	682	FAMA RUNNERS	M 40-49	53	00:00:39	00:29:49	00:40:42	00:46:06.25	00:46:45.55	+00:15:19 (33.2%)	4:36	13 (66.7%)
181	BEBELSKI Rafał	28	KUŹNIA TRIATHLONU	M 40-49	54	00:00:00			00:46:07.00	00:46:07.00	+00:15:20 (33.3%)	4:36	13 (66.7%)
182	TOMASZEWSKI Marek	811		M 40-49	55	00:00:08	00:29:25	00:40:34	00:46:11.15	00:46:19.70	+00:15:24 (33.4%)	4:37	13 (66.7%)
183	KRUPIŃSKI Marek	410	DĄBROWSKI TEAM /ZABIEGANE DNI	M 1-29	30	00:00:07	00:29:15	00:40:32	00:46:14.25	00:46:21.65	+00:15:27 (33.4%)	4:37	13 (66.7%)
184	MAKOWSKI Marcin	483		M 30-39	72	00:00:11	00:29:59	00:40:57	00:46:15.45	00:46:26.85	+00:15:28 (33.5%)	4:37	13 (66.7%)
185	DRABOT Wojciech	151	ASSECO ACTIVE TEAM	M 1-29	31	00:00:15	00:29:51	00:40:57	00:46:16.45	00:46:31.75	+00:15:29 (33.5%)	4:37	13 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
186	RABIEJ Wojciech	652	DUKLANOWSKI TEAM	M 40-49	56	00:00:30	00:29:43	00:40:50	00:46:16.50	00:46:47.45	+00:15:29 (33.5%)	4:37	13 (66.7%)
187	DRABOT Andrzej	152	ASSECO ACTIVE TEAM	M 40-49	57	00:00:15	00:29:51	00:40:57	00:46:17.55	00:46:32.75	+00:15:30 (33.5%)	4:37	13 (66.7%)
188	DESKA Leszek	143	WWW.LESZEKBIEGA.PL	M 40-49	58	00:02:10	00:31:04	00:41:26	00:46:19.80	00:48:30.00	+00:15:32 (33.6%)	4:38	12.9 (66.2%)
189	BARTEL Robert	22	STARE BABICE BIEGAJĄ	M 40-49	59	00:00:24	00:29:24	00:40:42	00:46:20.45	00:46:45.05	+00:15:33 (33.6%)	4:38	12.9 (66.2%)
190	BAJDAŁA Robert	13		M 30-39	73	00:00:43	00:29:36	00:41:10	00:46:21.85	00:47:04.90	+00:15:35 (33.6%)	4:38	12.9 (66.2%)
191	MICHALAK Jacek	522		M 30-39	74	00:00:31	00:30:10	00:40:56	00:46:22.85	00:46:54.65	+00:15:36 (33.6%)	4:38	12.9 (66.2%)
192	KRUK Marcin	978		M 30-39	75	00:00:14	00:29:30	00:40:51	00:46:23.40	00:46:37.70	+00:15:36 (33.6%)	4:38	12.9 (66.2%)
193	JĘDRUSZCZAK Adam	295	GOGGLE PARK TEAM	M 1-29	32	00:00:27	00:29:52	00:41:17	00:46:23.80	00:46:51.10	+00:15:36 (33.7%)	4:38	12.9 (66.2%)
194	GOLINSKI Artur	210		M 40-49	60	00:00:31	00:29:45	00:41:02	00:46:30.90	00:47:02.65	+00:15:44 (33.8%)	4:39	12.9 (66.2%)
195	SZYMAŃSKI Jacek	786		M 40-49	61	00:00:41	00:30:29	00:41:18	00:46:31.25	00:47:12.25	+00:15:44 (33.8%)	4:39	12.9 (66.2%)
196	KONDRAK Piotr	362	VEGE RUNNERS	M 40-49	62	00:00:53	00:29:57	00:41:08	00:46:36.50	00:47:29.50	+00:15:49 (34.0%)	4:39	12.9 (66.2%)
197	PALUCH Kamil	593		M 30-39	76	00:00:17	00:29:39	00:41:02	00:46:37.95	00:46:55.30	+00:15:51 (34.0%)	4:39	12.9 (66.2%)
198	ŻYŁAK Adrian	920	ADIDAS RUNNERS WARSAW	M 30-39	77	00:00:20	00:30:03	00:41:13	00:46:42.65	00:47:03.40	+00:15:55 (34.1%)	4:40	12.8 (65.6%)
199	URBANIAK Michał	823		M 30-39	78	00:00:16	00:30:02	00:41:21	00:46:44.95	00:47:00.95	+00:15:58 (34.2%)	4:40	12.8 (65.6%)
200	CZAJKOWSKI Marcin	123		M 1-29	33	00:00:46	00:30:23	00:41:27	00:46:45.10	00:47:31.40	+00:15:58 (34.2%)	4:40	12.8 (65.6%)
201	ŁUKASIAK Jan	474		M 30-39	79	00:00:41	00:29:34	00:41:04	00:46:45.25	00:47:26.80	+00:15:58 (34.2%)	4:40	12.8 (65.6%)
202	NOZDRYN-PŁOTNICKI Marcin	572		M 40-49	63	00:00:12	00:28:09	00:40:56	00:46:46.00	00:46:58.80	+00:15:59 (34.2%)	4:40	12.8 (65.6%)
203	ZIELIŃSKI Jacek	1002		M 40-49	64	00:00:48	00:30:17	00:41:30	00:46:46.05	00:47:34.05	+00:15:59 (34.2%)	4:40	12.8 (65.6%)
204	WEREDA Paweł	841		M 40-49	65	00:00:15	00:29:50	00:41:07	00:46:50.60	00:47:05.65	+00:16:03 (34.3%)	4:41	12.8 (65.6%)
205	KOWALSKI Marek	393	NUNA	M 30-39	80	00:00:28	00:30:25	00:41:36	00:46:51.70	00:47:20.45	+00:16:04 (34.3%)	4:41	12.8 (65.6%)
206	PAWEŁOSZEK Robert	605	ROBERT SPINE TRENER PERSONALNY	M 40-49	66	00:00:26	00:29:31	00:41:11	00:46:52.65	00:47:18.90	+00:16:05 (34.3%)	4:41	12.8 (65.6%)
207	OCHNIK-KALINOWSKA Justyna	573		K 40-49	7	00:00:29	00:29:51	00:41:20	00:46:53.30	00:47:22.30	+00:16:06 (34.4%)	4:41	12.8 (65.6%)
208	PRĘDOTA Krzysztof	635	TRUCHT TARCHOMIN TEAM	M 40-49	67	00:00:41	00:30:32	00:41:22	00:46:55.55	00:47:36.85	+00:16:08 (34.4%)	4:41	12.8 (65.6%)
209	SURDACKI Dominik	765		M 30-39	81	00:00:26	00:30:12	00:41:39	00:46:57.40	00:47:23.45	+00:16:10 (34.4%)	4:41	12.8 (65.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
210	BADOWSKI Piotr	12	DEUTSCHE BANK MARATHON TEAM	M 30-39	82	00:00:41	00:30:17	00:41:38	00:47:01.30	00:47:42.50	+00:16:14 (34.5%)	4:42	12.8 (65.6%)
211	MICHALAK Monika	521		K 30-39	10	00:00:31	00:30:15	00:41:30	00:47:03.60	00:47:34.80	+00:16:16 (34.6%)	4:42	12.8 (65.6%)
212	KAMOLA Sławomir	326	ABBA1 RUN	M 50-59	7	00:00:13	00:29:33	00:41:33	00:47:04.50	00:47:18.25	+00:16:17 (34.6%)	4:42	12.7 (65.1%)
213	BARTYCZAK Michał	24		M 1-29	34	00:00:10	00:28:43	00:40:52	00:47:07.05	00:47:17.05	+00:16:20 (34.7%)	4:42	12.7 (65.1%)
214	STOLARCZYK Gosia	748	LS WORLD RUN	K 40-49	8	00:00:25	00:29:54	00:41:23	00:47:08.15	00:47:33.25	+00:16:21 (34.7%)	4:42	12.7 (65.1%)
215	KRYSIK Arkadiusz	414		M 40-49	68	00:01:02	00:29:56	00:41:44	00:47:08.85	00:48:11.35	+00:16:22 (34.7%)	4:42	12.7 (65.1%)
216	GADOMSKA Anna	181	PZU SPORT TEAM	K 30-39	11	00:00:45	00:30:31	00:41:41	00:47:12.35	00:47:58.30	+00:16:25 (34.8%)	4:43	12.7 (65.1%)
217	KĄDZIOŁKA Beata	337	FMW RUNNERS	K 30-39	12	00:00:39	00:30:25	00:41:34	00:47:13.10	00:47:53.00	+00:16:26 (34.8%)	4:43	12.7 (65.1%)
218	CZYŻYK Marcin	129	ITMBW KRAKÓW	M 30-39	83	00:00:30	00:30:08	00:41:29	00:47:14.85	00:47:45.05	+00:16:28 (34.9%)	4:43	12.7 (65.1%)
219	URBAŃSKI Paweł	825	KERK-PALM IS TEAM	M 50-59	8	00:00:39	00:30:14	00:41:35	00:47:17.90	00:47:57.20	+00:16:31 (34.9%)	4:43	12.7 (65.1%)
220	GÓRKA Krzysztof	216		M 50-59	9	00:00:15	00:30:33	00:41:41	00:47:20.30	00:47:35.30	+00:16:33 (35.0%)	4:44	12.7 (65.1%)
221	BOGUMIŁ Izabela	54		K 40-49	9	00:00:15	00:30:42	00:41:50	00:47:23.10	00:47:38.10	+00:16:36 (35.0%)	4:44	12.7 (65.1%)
222	BOROWY Łukasz	66	BRAJANUSZ	M 30-39	84	00:00:22	00:29:52	00:41:39	00:47:24.05	00:47:46.20	+00:16:37 (35.1%)	4:44	12.7 (65.1%)
223	ROSŁONIEC Kamil	670		M 1-29	35	00:00:43	00:30:37	00:41:57	00:47:24.60	00:48:08.15	+00:16:37 (35.1%)	4:44	12.7 (65.1%)
224	WOJCIECHOWSKI Marek	870	ADIDAS RUNNERS WARSAW	M 30-39	85	00:00:20	00:30:17	00:41:54	00:47:26.15	00:47:46.90	+00:16:39 (35.1%)	4:44	12.6 (64.6%)
225	STROMECKI Marcin	751	BFM	M 1-29	36	00:02:21	00:30:31	00:41:53	00:47:26.80	00:49:48.30	+00:16:39 (35.1%)	4:44	12.6 (64.6%)
226	DĄBROWSKI Daniel	137		M 1-29	37	00:02:12	00:30:24	00:42:00	00:47:26.95	00:49:39.90	+00:16:40 (35.1%)	4:44	12.6 (64.6%)
227	WOJCIECHOWSKI Artur	869	:)	M 1-29	38	00:00:12	00:28:37	00:41:12	00:47:28.55	00:47:40.70	+00:16:41 (35.2%)	4:44	12.6 (64.6%)
228	KUBICA Ewa	420		K 30-39	13	00:00:45	00:30:40	00:41:55	00:47:35.45	00:48:20.75	+00:16:48 (35.3%)	4:45	12.6 (64.6%)
229	FRĄCKIEWICZ Dariusz	176	BIEGAM NA TARCHOMINIE	M 40-49	69	00:00:56	00:30:18	00:41:57	00:47:40.05	00:48:36.75	+00:16:53 (35.4%)	4:46	12.6 (64.6%)
230	BLASZCZYNSKI Witold	47		M 40-49	70	00:00:39	00:30:27	00:41:52	00:47:40.55	00:48:19.75	+00:16:53 (35.4%)	4:46	12.6 (64.6%)
231	RÓŻYCKI Jarosław	673		M 30-39	86	00:00:55	00:31:02	00:42:26	00:47:40.60	00:48:35.80	+00:16:53 (35.4%)	4:46	12.6 (64.6%)
232	PAZIEWSKI Andrzej	608	BIEGAM NA TARCHOMINIE	M 40-49	71	00:00:26	00:30:36	00:42:03	00:47:40.85	00:48:06.85	+00:16:54 (35.4%)	4:46	12.6 (64.6%)
233	MOSUR Kamil	544		M 40-49	72	00:00:21	00:30:27	00:41:54	00:47:42.20	00:48:03.90	+00:16:55 (35.5%)	4:46	12.6 (64.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
234	SMYL Jacek	724		M 1-29	39	00:00:21	00:30:22	00:42:13	00:47:43.50	00:48:05.15	+00:16:56 (35.5%)	4:46	12.6 (64.6%)
235	BARAN Grzegorz	19		M 40-49	73	00:00:48	00:30:44	00:42:14	00:47:45.85	00:48:34.70	+00:16:59 (35.6%)	4:46	12.6 (64.6%)
236	FALBA Zbigniew	163	METLIFE RUN	M 40-49	74	00:00:44	00:30:35	00:42:06	00:47:48.00	00:48:32.80	+00:17:01 (35.6%)	4:46	12.6 (64.6%)
237	ŁUBIŃSKI Krzysztof	469		M 40-49	75	00:00:18	00:30:38	00:42:06	00:47:48.30	00:48:07.00	+00:17:01 (35.6%)	4:46	12.5 (64.1%)
238	BORYSOWSKA Monika	69		K 40-49	10	00:00:43	00:30:31	00:42:05	00:47:48.60	00:48:32.45	+00:17:01 (35.6%)	4:46	12.5 (64.1%)
239	PADYSZ Arek	591		M 40-49	76	00:00:30	00:30:45	00:42:06	00:47:49.20	00:48:20.10	+00:17:02 (35.6%)	4:47	12.5 (64.1%)
240	JANISZEWSKI Rafał	269		M 30-39	87	00:00:55	00:31:51	00:42:40	00:47:49.40	00:48:44.90	+00:17:02 (35.6%)	4:46	12.5 (64.1%)
241	GOGOLEWSKI Michał	208		M 40-49	77	00:00:25	00:30:22	00:41:59	00:47:49.45	00:48:15.05	+00:17:02 (35.6%)	4:47	12.5 (64.1%)
242	PODGÓRSKI Krzysztof	626	KOMITET SPORTU I TURYSTYKI KRZYSZTOFA PODGÓRSKIEGO	M 1-29	40	00:00:12	00:29:38	00:41:43	00:47:49.50	00:48:01.70	+00:17:02 (35.6%)	4:46	12.5 (64.1%)
243	SZPANOWSKI Marek	962		M 50-59	10	00:00:42	00:31:24	00:42:34	00:47:52.20	00:48:34.20	+00:17:05 (35.7%)	4:47	12.5 (64.1%)
244	DOMŻALSKI Artur	148		M 30-39	88	00:00:40	00:30:41	00:42:20	00:48:03.05	00:48:43.65	+00:17:16 (35.9%)	4:48	12.5 (64.1%)
245	MANOWIECKI Grzegorz	495	BRAVERHEARTS	M 40-49	78	00:00:30	00:30:11	00:42:18	00:48:08.30	00:48:38.30	+00:17:21 (36.1%)	4:48	12.5 (64.1%)
246	SIERZPUTOWSKI Piotr	703		M 1-29	41	00:00:54	00:31:31	00:42:51	00:48:09.60	00:49:03.70	+00:17:22 (36.1%)	4:48	12.5 (64.1%)
247	DALECKI Łukasz	130		M 30-39	89	00:00:43	00:31:10	00:42:30	00:48:09.95	00:48:53.45	+00:17:23 (36.1%)	4:49	12.5 (64.1%)
248	KIESZEK Tadeusz	344	DYSTANS LESZNO	M 60+	4	00:00:47	00:31:16	00:42:29	00:48:10.30	00:48:57.95	+00:17:23 (36.1%)	4:49	12.5 (64.1%)
249	OLCZAK Janusz	576	BIEGANIE 50+	M 50-59	11	00:00:33	00:31:13	00:42:37	00:48:11.85	00:48:45.40	+00:17:25 (36.1%)	4:49	12.4 (63.6%)
250	JAWORSKI Łukasz	288		M 40-49	79	00:00:55	00:31:12	00:42:29	00:48:15.15	00:49:10.50	+00:17:28 (36.2%)	4:49	12.4 (63.6%)
251	KILIAŃSKI Rafał	345	TRUCHT TARCHOMIN TEAM	M 40-49	80	00:00:41	00:31:17	00:42:47	00:48:17.00	00:48:58.60	+00:17:30 (36.2%)	4:49	12.4 (63.6%)
252	ROSZAK Waldemar	671	BIEGAM NA ZIELONEJ BIAŁOŁĘCE	M 50-59	12	00:00:29	00:30:36	00:42:32	00:48:17.30	00:48:47.20	+00:17:30 (36.3%)	4:49	12.4 (63.6%)
253	MIODUSZEWSKI Adrian	534		M 1-29	42	00:00:48	00:31:32	00:42:49	00:48:17.50	00:49:06.05	+00:17:30 (36.3%)	4:49	12.4 (63.6%)
254	KOŁOMAŃSKI Marek	360	EKOBIEGI	M 40-49	81	00:00:30	00:30:13	00:42:19	00:48:17.70	00:48:48.35	+00:17:30 (36.3%)	4:49	12.4 (63.6%)
255	DRZYMALA Krzysztof	154		M 30-39	90	00:00:53	00:31:17	00:42:40	00:48:19.05	00:49:12.50	+00:17:32 (36.3%)	4:49	12.4 (63.6%)
256	ŚCIOCH Michał	791		M 40-49	82	00:00:40	00:31:05	00:42:33	00:48:19.40	00:48:59.80	+00:17:32 (36.3%)	4:49	12.4 (63.6%)
257	BARANOWSKI Krzysztof	18	TO NATURALNE	M 50-59	13	00:00:00			00:48:21.00	00:48:21.00	+00:17:34 (36.3%)	4:50	12.4 (63.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
258	RZYMOWSKA Krystyna	687		K 50-59	1	00:00:46	00:31:09	00:42:39	00:48:21.40	00:49:07.70	+00:17:34 (36.3%)	4:50	12.4 (63.6%)
259	BIAŁOKOS Kamil	989	PARTNER	M 40-49	83	00:01:35	00:30:54	00:42:37	00:48:22.90	00:49:58.85	+00:17:36 (36.4%)	4:50	12.4 (63.6%)
260	HUSZCZA Paweł	254		M 30-39	91	00:00:17	00:30:49	00:42:36	00:48:25.05	00:48:42.90	+00:17:38 (36.4%)	4:50	12.4 (63.6%)
261	DUDA Jacek	953		M 30-39	92	00:00:52	00:31:18	00:42:45	00:48:29.20	00:49:21.75	+00:17:42 (36.5%)	4:50	12.4 (63.6%)
262	KACYMIROW Tomasz	314		M 50-59	14	00:00:34	00:30:55	00:42:40	00:48:29.65	00:49:04.15	+00:17:42 (36.5%)	4:51	12.4 (63.6%)
263	KARPIŃSKI Marcin	982		M 30-39	93	00:00:28	00:31:14	00:42:40	00:48:30.25	00:48:58.90	+00:17:43 (36.5%)	4:51	12.4 (63.6%)
264	WIERZCHOŁOWSKI Marcin	848		M 40-49	84	00:00:44	00:31:27	00:43:15	00:48:30.50	00:49:15.10	+00:17:43 (36.5%)	4:51	12.4 (63.6%)
265	TOCZEWSKI Kamil	809	JACEKBIEGA RUNING TEAM	M 1-29	43	00:00:32	00:30:36	00:42:33	00:48:31.90	00:49:04.25	+00:17:45 (36.6%)	4:51	12.4 (63.6%)
266	MAKOWSKI Krystian	484	RUN4FUN	M 1-29	44	00:00:37	00:31:04	00:42:56	00:48:32.30	00:49:09.45	+00:17:45 (36.6%)	4:51	12.4 (63.6%)
267	GAŚSIOROWSKA Alicja	194	ŻÓRAWSKITEAM	K 40-49	11	00:00:38	00:31:16	00:43:06	00:48:33.40	00:49:12.00	+00:17:46 (36.6%)	4:51	12.4 (63.6%)
268	BARSZCZEWSKI Maciej	20	TN BIEGÓWKI WESOŁA	M 40-49	85	00:00:22	00:30:32	00:42:39	00:48:34.85	00:48:57.55	+00:17:48 (36.6%)	4:51	12.3 (63.1%)
269	RUTKOWSKI Michał	680	KARAŚ SWIMMING TEAM	M 40-49	86	00:00:45	00:31:23	00:43:00	00:48:38.40	00:49:23.80	+00:17:51 (36.7%)	4:51	12.3 (63.1%)
270	KRÓLCZYŃSKI Maciej	994		M 30-39	94	00:00:47	00:31:26	00:42:59	00:48:39.20	00:49:26.85	+00:17:52 (36.7%)	4:51	12.3 (63.1%)
271	JAGNIESZCZAK Zuzanna	264	ADIDAS RUNNERS WARSAW	K 30-39	14	00:00:33	00:31:05	00:42:46	00:48:40.20	00:49:13.75	+00:17:53 (36.8%)	4:52	12.3 (63.1%)
272	BURZYŃSKA Magdalena	85		K 30-39	15	00:00:28	00:30:52	00:42:47	00:48:40.95	00:49:09.15	+00:17:54 (36.8%)	4:52	12.3 (63.1%)
273	GRZYMAŁA Andrzej	940		M 40-49	87	00:00:57	00:30:59	00:42:51	00:48:41.10	00:49:38.20	+00:17:54 (36.8%)	4:52	12.3 (63.1%)
274	NIEDZIELA Dominik	558		M 40-49	88	00:00:59	00:31:19	00:43:00	00:48:43.80	00:49:43.05	+00:17:56 (36.8%)	4:52	12.3 (63.1%)
275	SUCHORAB Krzysztof	760		M 30-39	95	00:01:36	00:31:21	00:43:00	00:48:47.20	00:50:23.50	+00:18:00 (36.9%)	4:52	12.3 (63.1%)
276	SZCZĘSNY Paweł	774		M 40-49	89	00:00:45	00:30:41	00:42:47	00:48:51.00	00:49:36.10	+00:18:04 (37.0%)	4:53	12.3 (63.1%)
277	SZCZEPAŃSKI Piotr	923	KONDYCJA	M 1-29	45	00:00:03	00:35:59	00:43:31	00:48:52.75	00:48:56.05	+00:18:05 (37.0%)	4:53	12.3 (63.1%)
278	PROKOPIUK Grzegorz	945		M 40-49	90	00:00:08	00:31:21	00:43:08	00:48:53.90	00:49:02.70	+00:18:07 (37.1%)	4:53	12.3 (63.1%)
279	- -	691		M 40-49	91	00:00:47	00:32:04	00:43:34	00:48:54.90	00:49:42.85	+00:18:08 (37.1%)	4:53	12.3 (63.1%)
280	RUDY Iwona	676		K 30-39	16	00:00:37	00:30:45	00:42:52	00:48:55.80	00:49:33.35	+00:18:08 (37.1%)	4:53	12.3 (63.1%)
281	KOWERDA Sylwia	395		K 1-29	4	00:00:21	00:30:53	00:42:59	00:48:57.55	00:49:19.10	+00:18:10 (37.1%)	4:53	12.3 (63.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
282	CELIŃSKI Rafał	87		M 40-49	92	00:00:45	00:31:44	00:43:21	00:48:59.00	00:49:44.40	+00:18:12 (37.2%)	4:53	12.2 (62.6%)
283	LIPIŃSKI Oskar	932		M 30-39	96	00:00:33	00:31:21	00:43:29	00:49:02.30	00:49:35.55	+00:18:15 (37.2%)	4:54	12.2 (62.6%)
284	FRĄCKOWSKI Sławomir	177		M 40-49	93	00:00:33	00:31:13	00:43:07	00:49:05.30	00:49:38.40	+00:18:18 (37.3%)	4:54	12.2 (62.6%)
285	JANKOWSKI Dariusz	275	PAŁUKI RUNNING TEAM	M 30-39	97	00:00:47	00:32:17	00:43:37	00:49:12.00	00:49:59.35	+00:18:25 (37.4%)	4:55	12.2 (62.6%)
286	KORONA-SIERADZKA Bogusława	375		K 30-39	17	00:00:47	00:32:11	00:43:37	00:49:12.40	00:50:00.20	+00:18:25 (37.4%)	4:55	12.2 (62.6%)
287	WINIARCZYK Bartłomiej	852		M 1-29	46	00:00:49	00:30:47	00:42:56	00:49:13.40	00:50:03.05	+00:18:26 (37.5%)	4:55	12.2 (62.6%)
288	SEKŚCIŃSKA Magda	696	GRUPA BIEGOWA UM W-WA	K 30-39	18	00:00:31	00:31:46	00:43:33	00:49:14.65	00:49:46.50	+00:18:27 (37.5%)	4:55	12.2 (62.6%)
289	SZLENDAK Marek	777		M 30-39	98	00:00:50	00:31:55	00:43:33	00:49:17.15	00:50:07.55	+00:18:30 (37.5%)	4:55	12.2 (62.6%)
290	PERLAN Robert	611	DYSTANS LESZNO	M 40-49	94	00:00:39	00:31:41	00:43:26	00:49:19.35	00:49:58.65	+00:18:32 (37.6%)	4:55	12.2 (62.6%)
291	MIŁOSZ Marek	532		M 50-59	15	00:00:50	00:31:27	00:43:17	00:49:19.95	00:50:10.05	+00:18:33 (37.6%)	4:56	12.2 (62.6%)
292	WOŁOWSKI Kamil	874		M 30-39	99	00:00:56	00:32:02	00:43:35	00:49:21.40	00:50:18.10	+00:18:34 (37.6%)	4:56	12.2 (62.6%)
293	STAROWICZ Kazimierz	744		M 30-39	100	00:00:23	00:32:05	00:43:47	00:49:22.85	00:49:46.45	+00:18:36 (37.7%)	4:56	12.1 (62.1%)
294	KRÓL Tomasz	402		M 30-39	101	00:00:27	00:31:29	00:43:30	00:49:23.15	00:49:50.60	+00:18:36 (37.7%)	4:56	12.1 (62.1%)
295	SIESS Jarosław	704		M 50-59	16	00:00:23	00:32:04	00:43:46	00:49:24.00	00:49:47.35	+00:18:37 (37.7%)	4:56	12.1 (62.1%)
296	DEREWICZ Mariusz	142		M 30-39	102	00:00:55	00:31:58	00:43:40	00:49:24.20	00:50:20.10	+00:18:37 (37.7%)	4:56	12.1 (62.1%)
297	ŚCIBISZ Tomek	789		M 40-49	95	00:00:40	00:31:46	00:43:26	00:49:24.60	00:50:05.20	+00:18:37 (37.7%)	4:56	12.1 (62.1%)
298	WACH Michał	828	BIEGAM NA TARCHOMINIE	M 40-49	96	00:00:35	00:32:00	00:43:40	00:49:24.65	00:49:59.90	+00:18:37 (37.7%)	4:56	12.1 (62.1%)
299	PERKOWSKI Paweł	610		M 30-39	103	00:00:42	00:31:40	00:43:34	00:49:26.95	00:50:09.40	+00:18:40 (37.8%)	4:56	12.1 (62.1%)
300	OŁÓW Kamila	581		K 1-29	5	00:00:17	00:31:30	00:43:31	00:49:27.95	00:49:45.05	+00:18:41 (37.8%)	4:56	12.1 (62.1%)
301	WITUSIK Szymon	857		M 1-29	47	00:00:32	00:32:20	00:44:02	00:49:29.45	00:50:02.10	+00:18:42 (37.8%)	4:57	12.1 (62.1%)
302	CIOŁEK Robert	114	MASTERS DOJO	M 40-49	97	00:00:59	00:32:09	00:43:46	00:49:31.30	00:50:30.45	+00:18:44 (37.8%)	4:57	12.1 (62.1%)
303	BOGUCKI Michał	53		M 1-29	48	00:00:23	00:30:48	00:43:29	00:49:32.95	00:49:56.30	+00:18:46 (37.9%)	4:57	12.1 (62.1%)
304	BECZAK Natalia	29		K 30-39	19	00:00:40	00:32:15	00:44:01	00:49:40.00	00:50:20.45	+00:18:53 (38.0%)	4:58	12.1 (62.1%)
305	SZUSTAK Darek	785		M 50-59	17	00:00:38	00:32:10	00:44:04	00:49:40.05	00:50:18.85	+00:18:53 (38.0%)	4:58	12.1 (62.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
306	MILLER Daniel Miller	531	WARSAW INTERNATIONAL TRIATHLON CLUB (WITC)	M 40-49	98	00:01:06	00:32:15	00:44:06	00:49:40.95	00:50:47.65	+00:18:54 (38.0%)	4:58	12.1 (62.1%)
307	ROJEK Rafał	665		M 40-49	99	00:00:40	00:31:45	00:43:45	00:49:41.20	00:50:21.80	+00:18:54 (38.1%)	4:58	12.1 (62.1%)
308	URBAN Mariusz	822	GRUPA BIEGOWA UM W-WA	M 40-49	100	00:02:20	00:31:47	00:43:49	00:49:43.75	00:52:04.65	+00:18:56 (38.1%)	4:58	12.1 (62.1%)
309	KRUK Edyta	407	GRUPA BIEGOWA UM W-WA	K 40-49	12	00:00:47	00:31:41	00:43:47	00:49:44.90	00:50:32.30	+00:18:58 (38.1%)	4:58	12.1 (62.1%)
310	KACHNIARZ Sławomir	308	KAWAII SUSHI	M 40-49	101	00:00:41	00:31:03	00:43:29	00:49:47.15	00:50:28.50	+00:19:00 (38.2%)	4:58	12.1 (62.1%)
311	GAWLIK Arkadiusz	191	BIEGAM NA TARCHOMINIE	M 40-49	102	00:00:57	00:31:45	00:43:47	00:49:48.00	00:50:45.45	+00:19:01 (38.2%)	4:58	12 (61.5%)
312	KACPURA Piotr	313		M 40-49	103	00:00:53	00:32:13	00:43:52	00:49:48.20	00:50:41.65	+00:19:01 (38.2%)	4:58	12 (61.5%)
313	ŻOCHOWSKI Paweł	912		M 30-39	104	00:00:43	00:31:13	00:43:45	00:49:48.35	00:50:31.40	+00:19:01 (38.2%)	4:58	12 (61.5%)
314	ŻEBROWSKA Anna	930		K 30-39	20	00:01:00	00:32:05	00:43:51	00:49:50.90	00:50:50.95	+00:19:04 (38.3%)	4:59	12 (61.5%)
315	DUDEK Bartłomiej	155	BIEGAM NA TARCHOMINIE	M 30-39	105	00:01:22	00:31:31	00:43:36	00:49:52.40	00:51:14.50	+00:19:05 (38.3%)	4:59	12 (61.5%)
316	GIL Wojciech	201	NW CZŁAPSKI TEAM	M 40-49	104	00:00:48	00:32:14	00:43:59	00:49:54.10	00:50:42.40	+00:19:07 (38.3%)	4:59	12 (61.5%)
317	GÓRKA Marcin	215	POLSA	M 40-49	105	00:00:57	00:32:11	00:44:14	00:49:58.45	00:50:56.20	+00:19:11 (38.4%)	4:59	12 (61.5%)
318	RUSIN Bartosz	678	KS STASZEWCY	M 40-49	106	00:00:38	00:31:32	00:43:46	00:50:00.30	00:50:38.60	+00:19:13 (38.4%)	5:00	12 (61.5%)
319	TARASIUK Łukasz	804		M 40-49	107	00:00:54	00:32:24	00:44:14	00:50:01.30	00:50:55.80	+00:19:14 (38.5%)	5:00	12 (61.5%)
320	SMUŁEK Rafał	723		M 1-29	49	00:00:56	00:32:13	00:44:21	00:50:02.05	00:50:58.70	+00:19:15 (38.5%)	5:00	12 (61.5%)
320	MAREK Bartłomiej	500		M 30-39	106	00:00:53	00:32:38	00:44:29	00:50:02.05	00:50:55.70	+00:19:15 (38.5%)	5:00	12 (61.5%)
322	ORŁOWSKI Krzysztof	585	PARKRUN WARSZAWA BRÓDNO	M 40-49	108	00:00:08	00:31:28	00:44:00	00:50:02.90	00:50:11.80	+00:19:16 (38.5%)	5:00	12 (61.5%)
323	JAROSZEK Piotr	281	VEGE RUNNERS	M 30-39	107	00:00:36	00:31:33	00:43:50	00:50:03.05	00:50:40.00	+00:19:16 (38.5%)	5:00	12 (61.5%)
324	ŻURAWSKI Marcin	919	BIEGAM NA TARCHOMINIE/ADIDAS RUNNERS WARSAW	M 40-49	109	00:00:34	00:32:13	00:44:12	00:50:03.70	00:50:38.40	+00:19:16 (38.5%)	5:00	12 (61.5%)
325	JANKOWSKI Andrzej	276	CAT-FIT	M 40-49	110	00:00:50	00:32:29	00:44:23	00:50:07.60	00:50:58.00	+00:19:20 (38.6%)	5:00	12 (61.5%)
326	PRZYBYSZ Tomasz	643		M 1-29	50	00:00:42	00:32:08	00:44:21	00:50:09.05	00:50:51.25	+00:19:22 (38.6%)	5:00	12 (61.5%)
327	MANCZENKO Eugeniusz	494	LEŚNE SZYCHY	M 30-39	108	00:01:04	00:32:43	00:44:27	00:50:11.90	00:51:16.20	+00:19:25 (38.7%)	5:01	12 (61.5%)
328	PASZKOWSKI Cezary	603		M 40-49	111	00:01:04	00:32:44	00:44:27	00:50:12.40	00:51:16.40	+00:19:25 (38.7%)	5:01	12 (61.5%)
329	NOGAS Sebastian	560	PZU SPORTTEAM	M 30-39	109	00:00:00			00:50:13.00	00:50:13.00	+00:19:26 (38.7%)	5:01	11.9 (61.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
330	SUCHODOLSKI Mariusz	758	TRUCHT TARCHOMIN TEAM	M 40-49	112	00:00:47	00:32:18	00:44:08	00:50:16.95	00:51:04.15	+00:19:30 (38.8%)	5:01	11.9 (61.0%)
331	WITUSIK Paweł	856		M 40-49	113	00:00:32	00:32:21	00:44:30	00:50:18.90	00:50:51.25	+00:19:32 (38.8%)	5:01	11.9 (61.0%)
332	ŻÓŁKOWSKI Marek	914	TEAM ZABIEGANEDNI	M 60+	5	00:00:42	00:32:36	00:44:33	00:50:19.00	00:51:01.45	+00:19:32 (38.8%)	5:01	11.9 (61.0%)
333	FRYCZ Michał	178		M 40-49	114	00:00:52	00:32:02	00:44:18	00:50:20.20	00:51:12.75	+00:19:33 (38.9%)	5:02	11.9 (61.0%)
334	TULA Renata	817	MYKMYK	K 60+	1	00:00:46	00:32:32	00:44:30	00:50:24.05	00:51:10.80	+00:19:37 (38.9%)	5:02	11.9 (61.0%)
335	SKŁUCKI Hubert	715	RUN TEAM NASIELSK	M 40-49	115	00:00:16	00:31:21	00:44:24	00:50:24.30	00:50:40.30	+00:19:37 (38.9%)	5:02	11.9 (61.0%)
336	WOJNARSKI Janusz	871		M 60+	6	00:01:03	00:32:30	00:44:30	00:50:31.65	00:51:35.25	+00:19:44 (39.1%)	5:03	11.9 (61.0%)
337	KLEPACKI Piotr	350		M 30-39	110	00:00:12	00:33:03	00:44:46	00:50:31.70	00:50:43.70	+00:19:44 (39.1%)	5:03	11.9 (61.0%)
338	KOWNACKI Marcin	396		M 40-49	116	00:00:31	00:31:42	00:44:15	00:50:31.85	00:51:03.35	+00:19:45 (39.1%)	5:03	11.9 (61.0%)
339	RZECZKOWSKI Zygmunt	686	METRO WARSZAWSKIE	M 60+	7	00:01:02	00:32:08	00:44:21	00:50:32.55	00:51:34.65	+00:19:45 (39.1%)	5:03	11.9 (61.0%)
340	SĘK Zofia	698		K 40-49	13	00:00:43	00:33:01	00:44:40	00:50:33.50	00:51:16.90	+00:19:46 (39.1%)	5:03	11.9 (61.0%)
341	LIBOLD Maciek	447		M 30-39	111	00:00:13	00:32:39	00:44:36	00:50:37.95	00:50:51.35	+00:19:51 (39.2%)	5:03	11.8 (60.5%)
342	DUDKO Mikalai	156	JACEKBIEGA RUNNING TEAM	M 30-39	112	00:00:43	00:32:25	00:45:08	00:50:44.35	00:51:28.05	+00:19:57 (39.3%)	5:04	11.8 (60.5%)
343	DOMINIAK Zbigniew	147	GRUPAZERO	M 40-49	117	00:00:59	00:32:09	00:44:26	00:50:47.75	00:51:47.20	+00:20:00 (39.4%)	5:04	11.8 (60.5%)
344	KASKA Mateusz	334		M 30-39	113	00:00:37	00:31:31	00:44:19	00:50:49.00	00:51:26.60	+00:20:02 (39.4%)	5:04	11.8 (60.5%)
345	KMIEĆ Kamil	357		M 1-29	51	00:00:59	00:33:14	00:45:09	00:50:51.10	00:51:50.35	+00:20:04 (39.5%)	5:05	11.8 (60.5%)
346	WIŚNIEWSKI Paweł	854	ŁOMIANKOWSKA GRUPA BIEGOWA	M 40-49	118	00:00:32	00:32:19	00:44:42	00:50:52.20	00:51:25.15	+00:20:05 (39.5%)	5:05	11.8 (60.5%)
347	MYSZKE Artur	553		M 40-49	119	00:00:53	00:32:26	00:44:49	00:50:54.60	00:51:47.60	+00:20:07 (39.5%)	5:05	11.8 (60.5%)
348	CHRÓST Marcin	100	KS-ZIELONO CZARNI	M 30-39	114	00:00:25	00:31:05	00:44:19	00:50:57.45	00:51:23.05	+00:20:10 (39.6%)	5:05	11.8 (60.5%)
349	JAROS Honorata	280		K 40-49	14	00:00:55	00:32:18	00:44:50	00:50:57.70	00:51:53.50	+00:20:10 (39.6%)	5:05	11.8 (60.5%)
350	POŁĘĆ Andrzej	631		M 40-49	120	00:00:53	00:32:21	00:44:51	00:50:59.50	00:51:53.10	+00:20:12 (39.6%)	5:06	11.8 (60.5%)
351	BOROWSKI Mariusz	65		M 40-49	121	00:00:51	00:32:56	00:45:00	00:50:59.85	00:51:50.85	+00:20:13 (39.6%)	5:05	11.8 (60.5%)
352	KWIATKOWSKA Katarzyna	432		K 30-39	21	00:01:03	00:32:38	00:44:57	00:51:01.65	00:52:04.90	+00:20:14 (39.7%)	5:06	11.8 (60.5%)
353	BITKOWSKI Bartek	46		M 40-49	122	00:00:52	00:33:19	00:45:05	00:51:02.00	00:51:54.00	+00:20:15 (39.7%)	5:06	11.8 (60.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
354	WOJTAS Michał	929		M 1-29	52	00:00:53	00:33:10	00:45:11	00:51:03.15	00:51:56.65	+00:20:16 (39.7%)	5:06	11.8 (60.5%)
355	NOWAK Dawid	566		M 30-39	115	00:01:25	00:33:57	00:45:41	00:51:03.45	00:52:29.20	+00:20:16 (39.7%)	5:06	11.7 (60.0%)
356	JÓŻWIK Grzegorz	300		M 40-49	123	00:00:27	00:31:52	00:44:43	00:51:03.75	00:51:31.40	+00:20:16 (39.7%)	5:06	11.7 (60.0%)
357	ADAMIAK Piotr	1		M 40-49	124	00:00:36	00:33:00	00:45:14	00:51:07.95	00:51:43.95	+00:20:21 (39.8%)	5:06	11.7 (60.0%)
358	ŚWIĆ Rafał	793	TRUCHT TARCHOMIN TEAM	M 40-49	125	00:00:49	00:32:41	00:45:02	00:51:08.00	00:51:57.25	+00:20:21 (39.8%)	5:06	11.7 (60.0%)
359	BIENIEK Wojciech	43	TRENER24	M 30-39	116	00:01:02	00:32:47	00:45:13	00:51:12.95	00:52:15.60	+00:20:26 (39.9%)	5:07	11.7 (60.0%)
360	DERESZEWSKI Piotr	141	ZABIEGANY WOŁOMIN	M 40-49	126	00:00:32	00:32:31	00:44:58	00:51:13.00	00:51:45.85	+00:20:26 (39.9%)	5:07	11.7 (60.0%)
361	ROGALA Marcin	662		M 30-39	117	00:00:34	00:32:15	00:45:01	00:51:13.40	00:51:48.20	+00:20:26 (39.9%)	5:07	11.7 (60.0%)
362	KWIATKOWSKA Ilona	434	KB WYSZKÓW	K 30-39	22	00:00:48	00:32:48	00:44:59	00:51:15.10	00:52:03.35	+00:20:28 (39.9%)	5:07	11.7 (60.0%)
363	KICZINSKA Izabela	340	BRODNICA BIEGA	K 30-39	23	00:00:10	00:32:33	00:45:04	00:51:16.10	00:51:26.60	+00:20:29 (40.0%)	5:07	11.7 (60.0%)
364	TEJCHMA Natalia	805	BIEGAM NA TARCHOMINIE	K 40-49	15	00:01:01	00:33:37	00:45:22	00:51:18.35	00:52:19.95	+00:20:31 (40.0%)	5:07	11.7 (60.0%)
365	PASIŃSKI Daniel	949	GRUPA BIEGOWA UM WARSZAWA	M 30-39	118	00:00:30	00:32:32	00:45:17	00:51:18.70	00:51:49.10	+00:20:31 (40.0%)	5:07	11.7 (60.0%)
366	BAZYLEWICZ Hubert	27		M 30-39	119	00:00:55	00:32:15	00:45:06	00:51:21.20	00:52:17.15	+00:20:34 (40.1%)	5:08	11.7 (60.0%)
367	KONIECKI Tomasz	363		M 40-49	127	00:00:51	00:33:13	00:45:16	00:51:24.60	00:52:16.20	+00:20:37 (40.1%)	5:08	11.7 (60.0%)
368	GRABOWSKI Wojciech	972	ANPHARM RUN TEAM	M 40-49	128	00:02:10	00:33:10	00:45:13	00:51:24.75	00:53:35.25	+00:20:37 (40.1%)	5:08	11.7 (60.0%)
369	MATEŃKA Piotr	508	DYSPOZYCJA DNIA TEAM	M 40-49	129	00:00:50	00:32:56	00:45:25	00:51:24.85	00:52:15.05	+00:20:38 (40.1%)	5:08	11.7 (60.0%)
370	ODZIEMCZYK Sebastian	574		M 30-39	120	00:00:49	00:32:46	00:45:15	00:51:26.35	00:52:15.90	+00:20:39 (40.2%)	5:08	11.7 (60.0%)
371	SKARŻYŃSKI Adam	711	GRUPA BIEGOWA UM W-WA	M 30-39	121	00:00:48	00:32:52	00:45:17	00:51:32.05	00:52:20.30	+00:20:45 (40.3%)	5:09	11.6 (59.5%)
372	KOPER Sebastian	369	CARREFOUR RUNNING TEAM	M 40-49	130	00:00:37	00:32:37	00:45:17	00:51:33.90	00:52:11.00	+00:20:47 (40.3%)	5:09	11.6 (59.5%)
373	KLIMCZYŃSKI Rafał	351		M 30-39	122	00:01:11	00:33:14	00:45:33	00:51:34.00	00:52:45.25	+00:20:47 (40.3%)	5:09	11.6 (59.5%)
374	CHUDIO Marcin	103		M 30-39	123	00:00:52	00:32:39	00:45:22	00:51:36.45	00:52:28.45	+00:20:49 (40.4%)	5:09	11.6 (59.5%)
375	BIEDROŃ Artur	40	TARCHO CHARTY	M 40-49	131	00:00:45	00:33:14	00:45:39	00:51:38.90	00:52:24.00	+00:20:52 (40.4%)	5:09	11.6 (59.5%)
376	BUCHALSKA Ewa	78	EKOBIEGI	K 40-49	16	00:00:46	00:32:48	00:45:20	00:51:40.10	00:52:26.35	+00:20:53 (40.4%)	5:10	11.6 (59.5%)
377	KĘDZIERSKI Mieczysław	339	TG SOKÓŁ BRWINÓW	M 60+	8	00:01:13	00:32:58	00:45:29	00:51:40.30	00:52:53.95	+00:20:53 (40.4%)	5:10	11.6 (59.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
378	MALMON Oliwia	489	KONDYCJA	K 1-29	6	00:00:03	00:36:01	00:44:53	00:51:41.30	00:51:44.90	+00:20:54 (40.4%)	5:10	11.6 (59.5%)
379	BEDNARSKI Tomasz	32		M 40-49	132	00:00:42	00:34:00	00:45:56	00:51:41.70	00:52:24.30	+00:20:54 (40.5%)	5:10	11.6 (59.5%)
380	FABIANOWICZ Paweł	162	BOŚ BANK SA	M 30-39	124	00:00:52	00:32:35	00:45:21	00:51:43.00	00:52:35.55	+00:20:56 (40.5%)	5:10	11.6 (59.5%)
381	CZAPSKI Michał	124	BIEGAM NA TARCHOMINIE	M 30-39	125	00:00:35	00:32:38	00:45:31	00:51:43.80	00:52:19.30	+00:20:56 (40.5%)	5:10	11.6 (59.5%)
382	STOKOWSKI Paweł	985		M 30-39	126	00:00:29	00:32:59	00:45:25	00:51:44.70	00:52:13.80	+00:20:57 (40.5%)	5:10	11.6 (59.5%)
383	WALECKI Romuald	959	KLUB SAMICY NOSOROŻCA	M 40-49	133	00:00:06	00:32:32	00:45:41	00:51:44.80	00:51:51.45	+00:20:57 (40.5%)	5:10	11.6 (59.5%)
384	CHOSZCZ Dominika	97		K 1-29	7	00:00:49	00:32:31	00:45:50	00:51:47.15	00:52:36.40	+00:21:00 (40.6%)	5:10	11.6 (59.5%)
385	MARCZEWSKI Marcin	499	RESILIA BEMOWO	M 40-49	134	00:00:53	00:32:59	00:45:54	00:51:47.45	00:52:41.25	+00:21:00 (40.6%)	5:10	11.6 (59.5%)
386	GRYCNER Paweł	230	SHAKALAKA BOOM BOOM	M 30-39	127	00:00:56	00:33:29	00:45:55	00:51:52.10	00:52:48.10	+00:21:05 (40.7%)	5:11	11.6 (59.5%)
387	FILIPCZUK Dariusz	169		M 50-59	18	00:00:39	00:32:49	00:45:33	00:51:53.50	00:52:33.40	+00:21:06 (40.7%)	5:11	11.6 (59.5%)
388	CHOTOMSKI Marcin	99		M 30-39	128	00:00:06	00:33:18	00:45:48	00:51:54.40	00:52:01.35	+00:21:07 (40.7%)	5:11	11.6 (59.5%)
389	BELOWSKI Leszek	34	CHEMIK NOXY PUŁAWY	M 60+	9	00:01:05	00:33:09	00:45:42	00:51:54.45	00:52:59.80	+00:21:07 (40.7%)	5:11	11.6 (59.5%)
390	CHĘC Tomasz	89		M 30-39	129	00:01:09	00:33:51	00:46:08	00:51:56.85	00:53:06.20	+00:21:10 (40.7%)	5:11	11.5 (59.0%)
391	KOSTRZEWA Elwira	382	PZU SPORT TEAM	K 40-49	17	00:01:08	00:33:33		00:52:04.05	00:53:12.80	+00:21:17 (40.9%)	5:12	11.5 (59.0%)
392	SŁOMKA Bogumił	720		M 40-49	135	00:01:13	00:33:09	00:45:51	00:52:04.65	00:53:18.30	+00:21:17 (40.9%)	5:12	11.5 (59.0%)
393	STRZAŁEK Andrzej	752	TRUCHT TARCHOMIN TEAM	M 50-59	19	00:00:48	00:33:13	00:45:55	00:52:09.05	00:52:58.00	+00:21:22 (41.0%)	5:13	11.5 (59.0%)
394	PANASZEWSKI Przemysław	597		M 1-29	53	00:01:06	00:33:51	00:46:13	00:52:11.65	00:53:17.65	+00:21:24 (41.0%)	5:13	11.5 (59.0%)
395	SZOPA Sławomir	780		M 40-49	136	00:00:54	00:33:12	00:45:58	00:52:13.05	00:53:07.85	+00:21:26 (41.1%)	5:13	11.5 (59.0%)
396	SCHINDLER Żaneta	695		K 40-49	18	00:00:42	00:33:39	00:46:01	00:52:13.35	00:52:56.00	+00:21:26 (41.1%)	5:13	11.5 (59.0%)
397	LISZEWSKI Krzysztof	452	RUN TEAM NASIELSK	M 40-49	137	00:00:48	00:33:05	00:45:31	00:52:21.25	00:53:09.50	+00:21:34 (41.2%)	5:14	11.5 (59.0%)
398	FLORYSIAK Artur	175		M 40-49	138	00:01:03	00:34:08	00:46:31	00:52:25.05	00:53:28.65	+00:21:38 (41.3%)	5:14	11.4 (58.5%)
399	CIEPLAK Andrzej	106		M 40-49	139	00:01:34	00:34:40	00:46:48	00:52:28.05	00:54:02.15	+00:21:41 (41.3%)	5:14	11.4 (58.5%)
400	MISZCZAK Paulina	536		K 1-29	8	00:01:00	00:34:07	00:46:28	00:52:28.55	00:53:28.70	+00:21:41 (41.3%)	5:14	11.4 (58.5%)
401	JASIŃSKI Adam	283		M 30-39	130	00:01:00	00:34:06	00:46:28	00:52:29.20	00:53:29.55	+00:21:42 (41.4%)	5:14	11.4 (58.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
402	WANOWSKI Andrzej	832	ROZBIEGAMY NOWY DWÓR	M 60+	10	00:00:57	00:33:27	00:46:01	00:52:29.40	00:53:26.50	+00:21:42 (41.4%)	5:14	11.4 (58.5%)
403	WAGNER Jolanta	829		K 50-59	2	00:01:27	00:33:49	00:46:14	00:52:30.30	00:53:58.10	+00:21:43 (41.4%)	5:15	11.4 (58.5%)
404	FIJALEK Kamil	168		M 30-39	131	00:01:12	00:33:26	00:46:12	00:52:32.00	00:53:44.30	+00:21:45 (41.4%)	5:15	11.4 (58.5%)
405	SZCZEPAŃSKI Marcin	771	WATAHA-WARSZAWA	M 30-39	132	00:00:48	00:33:31	00:46:21	00:52:32.60	00:53:21.15	+00:21:45 (41.4%)	5:15	11.4 (58.5%)
406	ANTOSIK Piotr	9		M 40-49	140	00:01:28	00:34:35	00:46:55	00:52:35.20	00:54:03.65	+00:21:48 (41.5%)	5:15	11.4 (58.5%)
407	CHRZANOWSKA Agata	101	CHRZANOWSKITEAM	K 30-39	24	00:01:16	00:33:39	00:46:22	00:52:36.60	00:53:53.20	+00:21:49 (41.5%)	5:15	11.4 (58.5%)
408	CHRZANOWSKI Wojciech	102	CJHRZANOWSKITEAM	M 30-39	133	00:01:16	00:33:39	00:46:22	00:52:36.80	00:53:53.20	+00:21:49 (41.5%)	5:15	11.4 (58.5%)
409	SOPELEWSKI Sebastian	731		M 30-39	134	00:00:51	00:33:46	00:46:41	00:52:37.20	00:53:28.20	+00:21:50 (41.5%)	5:15	11.4 (58.5%)
410	MARUSZAK Łukasz	504	BIEGAM NA TARCHOMINIE	M 30-39	135	00:00:42	00:34:08	00:46:45	00:52:39.70	00:53:22.60	+00:21:52 (41.5%)	5:16	11.4 (58.5%)
411	POLAK Michał	629		M 30-39	136	00:00:46	00:33:48	00:46:40	00:52:44.65	00:53:31.40	+00:21:57 (41.6%)	5:16	11.4 (58.5%)
412	BOGŁOWSKA Urszula	52		K 30-39	25	00:01:18	00:33:37	00:46:38	00:52:47.85	00:54:06.25	+00:22:01 (41.7%)	5:16	11.4 (58.5%)
413	KAMIŃSKI Wiesław	324	NASIELSK BASZTA TEAM	M 50-59	20	00:01:25	00:35:38	00:47:02	00:52:50.80	00:54:16.65	+00:22:03 (41.8%)	5:17	11.4 (58.5%)
414	KRUPIŃSKA Wiola	409	TRUCHT TEAM TARCHOMIN	K 1-29	9	00:00:15	00:34:08	00:46:50	00:52:51.55	00:53:07.10	+00:22:04 (41.8%)	5:17	11.3 (57.9%)
415	ZAJDA Dominik	883		M 1-29	54	00:00:21	00:33:09	00:46:35	00:52:51.90	00:53:13.25	+00:22:05 (41.8%)	5:17	11.3 (57.9%)
416	MATUSIAK Karol	943	BDG	M 1-29	55	00:01:19	00:33:39	00:46:48	00:52:52.45	00:54:12.40	+00:22:05 (41.8%)	5:17	11.3 (57.9%)
417	ŁABA Piotr	455		M 40-49	141	00:00:52	00:33:35	00:46:31	00:52:53.35	00:53:45.90	+00:22:06 (41.8%)	5:17	11.3 (57.9%)
418	KRUSZEWSKI Piotr	412		M 40-49	142	00:00:52	00:33:35	00:46:31	00:52:53.80	00:53:45.80	+00:22:06 (41.8%)	5:17	11.3 (57.9%)
419	ZIOŁO Grzegorz	946		M 1-29	56	00:01:19	00:33:39	00:46:48	00:52:53.95	00:54:13.10	+00:22:07 (41.8%)	5:17	11.3 (57.9%)
420	STAŃCZAK Iwona	740	TRUCHT TARCHOMIN TEAM	K 40-49	19	00:00:58	00:34:07	00:46:58	00:52:54.95	00:53:53.60	+00:22:08 (41.8%)	5:17	11.3 (57.9%)
421	SZCZYGIEL Michał	775		M 1-29	57	00:02:59	00:34:18	00:46:51	00:52:59.50	00:55:59.10	+00:22:12 (41.9%)	5:18	11.3 (57.9%)
422	GŁÓWKA Rafał	206		M 40-49	143	00:00:24	00:33:08	00:46:20	00:52:59.65	00:53:23.75	+00:22:12 (41.9%)	5:17	11.3 (57.9%)
423	MENDREK Ireneusz	517	TURBODZIKI	M 30-39	137	00:01:12	00:34:44	00:46:54	00:52:59.85	00:54:12.40	+00:22:13 (41.9%)	5:18	11.3 (57.9%)
424	ZIELINSKI Krzysztof	905	HIKINGTOURS.PL	M 40-49	144	00:01:49	00:34:23	00:46:59	00:53:05.75	00:54:55.00	+00:22:18 (42.0%)	5:18	11.3 (57.9%)
425	WASILEWSKI Grzegorz	837	RUN TEAM NASIELSK	M 30-39	138	00:00:34	00:34:25	00:47:06	00:53:17.15	00:53:51.25	+00:22:30 (42.2%)	5:19	11.3 (57.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
426	KUCZYNSKI Igor	421	APTEKARZ WARSZAWSKI	M 40-49	145	00:00:54	00:33:58	00:46:55	00:53:17.75	00:54:11.95	+00:22:30 (42.2%)	5:19	11.3 (57.9%)
427	SZTRANTOWICZ Piotr	783		M 40-49	146	00:01:00	00:33:53	00:46:59	00:53:20.75	00:54:21.55	+00:22:33 (42.3%)	5:20	11.2 (57.4%)
428	BARTECKI Tomasz	967		M 30-39	139	00:01:09	00:34:39	00:47:15	00:53:20.85	00:54:30.50	+00:22:34 (42.3%)	5:20	11.2 (57.4%)
429	CHOTOMSKA Dorota	98		K 1-29	10	00:00:07	00:33:31	00:46:43	00:53:22.35	00:53:29.90	+00:22:35 (42.3%)	5:20	11.2 (57.4%)
430	KRUSZEWSKA Dominika	411		K 30-39	26	00:01:32	00:34:23	00:47:12	00:53:23.90	00:54:56.20	+00:22:37 (42.4%)	5:20	11.2 (57.4%)
431	WASIAK Bartosz	834		M 30-39	140	00:01:18	00:34:30	00:47:20	00:53:29.05	00:54:47.95	+00:22:42 (42.4%)	5:20	11.2 (57.4%)
432	CHMIELECKI Tomasz	91	LOTAMS TEAM	M 40-49	147	00:00:48	00:33:41	00:47:07	00:53:30.85	00:54:19.70	+00:22:44 (42.5%)	5:21	11.2 (57.4%)
433	KARCZEWSKI Jacek	330	GRUPA BIEGOWA UM W-WA	M 40-49	148	00:01:22	00:34:55	00:47:26	00:53:31.30	00:54:53.70	+00:22:44 (42.5%)	5:21	11.2 (57.4%)
434	KRZYWIEC Przemysław	417		M 30-39	141	00:00:59	00:35:01	00:47:31	00:53:32.05	00:54:31.95	+00:22:45 (42.5%)	5:21	11.2 (57.4%)
435	GRABARCZYK Ilona	218		K 30-39	27	00:00:37	00:34:30	00:47:21	00:53:32.80	00:54:10.25	+00:22:45 (42.5%)	5:21	11.2 (57.4%)
436	JANKOWSKA Wiola	270		K 30-39	28	00:01:07	00:34:37	00:47:21	00:53:37.00	00:54:44.20	+00:22:50 (42.6%)	5:21	11.2 (57.4%)
437	GARBACZEWSKI Zbigniew	189	GRUPA BIEGOWA UM W-WA	M 40-49	149	00:00:59	00:33:02	00:46:38	00:53:38.85	00:54:38.50	+00:22:52 (42.6%)	5:21	11.2 (57.4%)
438	KLEPACKI Paweł	349		M 30-39	142	00:00:12	00:33:42	00:47:09	00:53:43.45	00:53:55.90	+00:22:56 (42.7%)	5:22	11.2 (57.4%)
439	ZAWIŚLAK Jola	897		K 40-49	20	00:01:07	00:34:39	00:47:33	00:53:47.40	00:54:54.70	+00:23:00 (42.8%)	5:22	11.2 (57.4%)
440	ROJEK Hubert	666		M 1-29	58	00:01:10	00:35:37	00:48:05	00:53:49.90	00:55:00.80	+00:23:03 (42.8%)	5:23	11.1 (56.9%)
441	TRATKIEWICZ Marek	813		M 40-49	150	00:00:36	00:34:37	00:47:38	00:53:50.35	00:54:26.85	+00:23:03 (42.8%)	5:23	11.1 (56.9%)
442	SULICH Mateusz	761		M 1-29	59	00:00:58	00:35:04	00:47:38	00:53:50.75	00:54:49.10	+00:23:03 (42.8%)	5:23	11.1 (56.9%)
443	ADAMKIEWICZ Marcin	961	INICJATYWA MIESZKAŃCÓW BIAŁOŁĘKI	M 30-39	143	00:00:12	00:33:08	00:47:08	00:53:51.75	00:54:04.40	+00:23:04 (42.9%)	5:23	11.1 (56.9%)
444	MRUK Joanna	548		K 1-29	11	00:00:44	00:35:31	00:48:13	00:53:54.50	00:54:39.40	+00:23:07 (42.9%)	5:23	11.1 (56.9%)
445	PALUCH Anna	592		K 40-49	21	00:00:48	00:34:58	00:47:35	00:53:55.00	00:54:43.85	+00:23:08 (42.9%)	5:23	11.1 (56.9%)
446	KLUJ Bogusław	354	BIEGNĘ DLA SANDRY I ROBERTA	M 60+	11	00:00:59	00:34:43	00:47:37	00:53:56.15	00:54:56.05	+00:23:09 (42.9%)	5:23	11.1 (56.9%)
447	PIOTROWSKI Jan	624		M 30-39	144	00:02:05	00:34:24	00:47:17	00:53:57.50	00:56:03.00	+00:23:10 (43.0%)	5:23	11.1 (56.9%)
448	SYPNIEWSKI Piotr	770	TKKF BŁYSKAWICA	M 40-49	151	00:01:07	00:34:58	00:47:34	00:53:58.75	00:55:05.75	+00:23:11 (43.0%)	5:23	11.1 (56.9%)
449	ŁAZAREWICZ Katarzyna	460		K 1-29	12	00:00:54	00:33:49	00:47:26	00:54:00.35	00:54:54.75	+00:23:13 (43.0%)	5:24	11.1 (56.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
450	WŁODEK Rafał	863		M 30-39	145	00:01:21	00:34:20	00:47:36	00:54:00.60	00:55:21.75	+00:23:13 (43.0%)	5:24	11.1 (56.9%)
451	ŚWIDERSKA Joanna	795		K 30-39	29	00:01:04	00:34:48	00:47:43	00:54:03.50	00:55:07.70	+00:23:16 (43.1%)	5:24	11.1 (56.9%)
452	MARCZAK Marcin	498		M 30-39	146	00:01:31	00:34:54	00:47:58	00:54:03.70	00:55:35.10	+00:23:16 (43.1%)	5:24	11.1 (56.9%)
453	MITURA Grzegorz	537		M 30-39	147	00:00:52	00:34:30	00:47:44	00:54:05.10	00:54:57.45	+00:23:18 (43.1%)	5:24	11.1 (56.9%)
454	MOCZYDŁOWSKI Łukasz	540	MASTERS DOJO	M 40-49	152	00:01:11	00:35:08	00:47:57	00:54:08.55	00:55:19.75	+00:23:21 (43.1%)	5:24	11.1 (56.9%)
455	JONIK Justyna	296	AZS WAT	K 1-29	13	00:00:05	00:34:26	00:47:53	00:54:09.25	00:54:14.80	+00:23:22 (43.2%)	5:24	11.1 (56.9%)
456	KONOPKA Justyna	366	RUN 4FUN	K 1-29	14	00:00:36	00:34:41	00:47:51	00:54:11.70	00:54:48.50	+00:23:24 (43.2%)	5:25	11.1 (56.9%)
457	CIESIELSKI Rafał	109	WOJEWÓDZCY TEAM	M 40-49	153	00:01:05	00:34:58	00:47:46	00:54:14.25	00:55:19.75	+00:23:27 (43.2%)	5:25	11.1 (56.9%)
458	KOSTRUBIEC Grzegorz	381		M 30-39	148	00:00:11	00:34:34	00:47:47	00:54:16.45	00:54:28.00	+00:23:29 (43.3%)	5:25	11.1 (56.9%)
459	KORNESZCZUK Wojciech	374		M 30-39	149	00:01:14	00:35:08	00:48:23	00:54:17.20	00:55:31.65	+00:23:30 (43.3%)	5:25	11.1 (56.9%)
460	CHOJNOWSKI Andrzej	96	BIEGAM NA TARCHOMINIE	M 40-49	154	00:01:02	00:34:30	00:47:50	00:54:18.65	00:55:21.35	+00:23:31 (43.3%)	5:25	11 (56.4%)
461	ZARĘBA-TREMELET Katarzyna	890		K 30-39	30	00:01:02	00:35:01	00:48:00	00:54:19.20	00:55:21.95	+00:23:32 (43.3%)	5:25	11 (56.4%)
462	STACHACZ Mirosław	736	ZPHU DREWMAX	M 50-59	21	00:01:09	00:33:54	00:47:30	00:54:19.30	00:55:28.50	+00:23:32 (43.3%)	5:25	11 (56.4%)
463	ŚWIERSZCZ Andrzej	797		M 50-59	22	00:01:14	00:34:54	00:47:58	00:54:20.90	00:55:35.20	+00:23:34 (43.4%)	5:26	11 (56.4%)
464	KOMARNITSKAYA Natalia	361		K 30-39	31	00:01:12	00:34:33	00:47:46	00:54:21.25	00:55:33.35	+00:23:34 (43.4%)	5:26	11 (56.4%)
465	LEBIODA Tomasz	437		M 1-29	60	00:00:30	00:33:42	00:47:40	00:54:21.55	00:54:52.20	+00:23:34 (43.4%)	5:26	11 (56.4%)
466	SKIBIŃSKA Małgorzata	713		K 40-49	22	00:01:53	00:35:58	00:48:17	00:54:22.85	00:56:16.00	+00:23:36 (43.4%)	5:26	11 (56.4%)
467	JANKOWSKA Bożena	272		K 30-39	32	00:00:51	00:34:32	00:47:52	00:54:25.40	00:55:17.00	+00:23:38 (43.4%)	5:26	11 (56.4%)
468	TUCZYŃSKI Robert	816	ORT ŁOMIANKI	M 40-49	155	00:00:56	00:34:42	00:47:58	00:54:27.20	00:55:23.60	+00:23:40 (43.5%)	5:26	11 (56.4%)
469	KWAPISZ-CICHOWSKA Katarzyna	431	DĄBROWSKI TEAM	K 40-49	23	00:00:59	00:35:10	00:47:59	00:54:28.00	00:55:27.15	+00:23:41 (43.5%)	5:26	11 (56.4%)
470	GROCHOWSKI Paweł	227	PZU SPORT TEAM	M 30-39	150	00:01:09	00:34:52	00:48:16	00:54:28.45	00:55:37.55	+00:23:41 (43.5%)	5:26	11 (56.4%)
471	NIEDZIÓŁKA Małgorzata	939	TO NATURALNE	K 50-59	3	00:00:19	00:35:03	00:48:14	00:54:32.00	00:54:51.20	+00:23:45 (43.6%)	5:27	11 (56.4%)
472	JABŁONKA Radosław	258	DZIADY OCR	M 40-49	156	00:00:56	00:34:31	00:48:07	00:54:35.05	00:55:31.35	+00:23:48 (43.6%)	5:27	11 (56.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
473	JAWORSKA Katarzyna	286		K 40-49	24	00:01:01	00:35:03	00:47:52	00:54:35.50	00:55:37.35	+00:23:48 (43.6%)	5:27	11 (56.4%)
474	GOLONKA Patryk	937	MASTERS DOJO	M 1-29	61	00:01:11	00:36:10	00:49:16	00:54:36.25	00:55:47.75	+00:23:49 (43.6%)	5:27	11 (56.4%)
475	MATUSZEWSKI Paweł	510		M 30-39	151	00:00:58	00:35:07	00:48:21	00:54:39.15	00:55:37.50	+00:23:52 (43.7%)	5:27	11 (56.4%)
476	GZULA Agnieszka Karolina	240	ADIDAS RUNNERS WARSAW	K 1-29	15	00:00:34	00:34:30	00:47:42	00:54:42.00	00:55:16.10	+00:23:55 (43.7%)	5:28	11 (56.4%)
477	BORUSZEWSKI Maciej	67		M 40-49	157	00:00:55	00:35:08	00:48:21	00:54:42.70	00:55:38.00	+00:23:55 (43.7%)	5:28	11 (56.4%)
478	HULANICKA Irina	252	GOGGLE TEAM	K 60+	2	00:01:02	00:35:06	00:47:38	00:54:43.00	00:55:45.20	+00:23:56 (43.7%)	5:28	11 (56.4%)
479	ZAKRZEWSKI Marek	884	EKOBIEGI	M 40-49	158	00:01:01	00:35:04	00:47:57	00:54:43.75	00:55:45.05	+00:23:56 (43.8%)	5:28	11 (56.4%)
480	JARMUŻEWSKI Adam	279	TIA	M 40-49	159	00:01:27	00:35:15	00:48:13	00:54:44.25	00:56:11.65	+00:23:57 (43.8%)	5:28	11 (56.4%)
481	KARWOWSKI Mariusz	332	GRUPA BIEGOWA UM W-WA	M 40-49	160	00:01:32	00:36:03	00:48:42	00:54:44.80	00:56:17.75	+00:23:57 (43.8%)	5:28	11 (56.4%)
482	MAMLA Zbigniew	493	TRUCHT TARCHOMIN TEAM	M 40-49	161	00:01:01	00:35:01	00:48:02	00:54:46.05	00:55:47.15	+00:23:59 (43.8%)	5:28	11 (56.4%)
483	MIANOWSKI Marcin	519		M 40-49	162	00:00:09	00:32:40	00:47:38	00:54:47.60	00:54:56.70	+00:24:00 (43.8%)	5:28	11 (56.4%)
484	NOWACKI Julian	938	TO NATURALNE	M 60+	12	00:00:19	00:35:03	00:48:14	00:54:50.50	00:55:09.70	+00:24:03 (43.9%)	5:29	10.9 (55.9%)
485	BAKUŁA Wiesław	14	WAMPIR	M 50-59	23	00:00:26	00:34:16	00:48:02	00:54:53.90	00:55:20.30	+00:24:07 (43.9%)	5:29	10.9 (55.9%)
486	NOWAK Jerzy	565	PWPW	M 40-49	163	00:01:39	00:35:33	00:48:23	00:54:53.95	00:56:33.40	+00:24:07 (43.9%)	5:29	10.9 (55.9%)
487	KORLAK Łukasz	371		M 30-39	152	00:01:11	00:35:56	00:48:58	00:54:54.80	00:56:06.05	+00:24:07 (43.9%)	5:29	10.9 (55.9%)
488	ŚWIĆ Małgorzata	794	TRUCHT TARCHOMIN TEAM	K 40-49	25	00:00:48	00:34:37	00:48:07	00:54:56.25	00:55:44.80	+00:24:09 (44.0%)	5:29	10.9 (55.9%)
489	SULIŃSKI Sławomir	763		M 40-49	164	00:01:28	00:35:25	00:48:33	00:54:57.40	00:56:25.40	+00:24:10 (44.0%)	5:29	10.9 (55.9%)
490	ANIOŁKOWSKI Krzysztof	8	GRUPA BIEGOWA UM W-WA	M 30-39	153	00:01:16	00:35:55	00:48:56	00:55:00.25	00:56:16.30	+00:24:13 (44.0%)	5:30	10.9 (55.9%)
491	KAŹMIERSKI Adrian	336		M 30-39	154	00:01:20	00:35:33	00:48:39	00:55:01.25	00:56:21.50	+00:24:14 (44.1%)	5:30	10.9 (55.9%)
492	JANKOWSKI Michał	942		M 40-49	165	00:00:54	00:34:21	00:48:13	00:55:02.05	00:55:56.90	+00:24:15 (44.1%)	5:30	10.9 (55.9%)
493	BYELKINA Kateryna	970	ANPHARM RUN TEAM	K 1-29	16	00:02:11	00:35:24	00:48:46	00:55:02.75	00:57:14.05	+00:24:15 (44.1%)	5:30	10.9 (55.9%)
494	MODRZEJEWSKI Zbigniew	541		M 50-59	24	00:00:27	00:35:11	00:48:36	00:55:04.55	00:55:32.50	+00:24:17 (44.1%)	5:30	10.9 (55.9%)
495	ZYGADŁO Piotr	911		M 30-39	155	00:00:18	00:35:39	00:48:41	00:55:04.65	00:55:23.60	+00:24:17 (44.1%)	5:30	10.9 (55.9%)
496	JANKOWSKI Marcin	975	ANPHARM RUN TEAM	M 30-39	156	00:02:10	00:35:25	00:48:47	00:55:05.00	00:57:15.90	+00:24:18 (44.1%)	5:30	10.9 (55.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
497	IDZIAK Jarosław	921		M 30-39	157	00:00:35	00:31:20	00:45:08	00:55:05.45	00:55:41.15	+00:24:18 (44.1%)	5:30	10.9 (55.9%)
498	KAŻMIERSKA Anna	335		K 30-39	33	00:01:20	00:35:33	00:48:38	00:55:05.90	00:56:26.25	+00:24:19 (44.1%)	5:30	10.9 (55.9%)
499	KRÓLAK Paweł	404		M 30-39	158	00:01:24	00:35:04	00:48:27	00:55:06.75	00:56:30.85	+00:24:19 (44.1%)	5:30	10.9 (55.9%)
500	KUBASIEWICZ Artur	418	SAM	M 50-59	25	00:01:29	00:35:44	00:48:48	00:55:09.35	00:56:38.45	+00:24:22 (44.2%)	5:30	10.9 (55.9%)
501	WIĘCH Andrzej	849		M 40-49	166	00:01:06	00:35:00	00:48:26	00:55:11.00	00:56:17.40	+00:24:24 (44.2%)	5:31	10.9 (55.9%)
502	OSIŃSKA Sylwia	587		K 40-49	26	00:00:10	00:34:59	00:48:35	00:55:13.25	00:55:24.20	+00:24:26 (44.3%)	5:31	10.9 (55.9%)
503	WASILUK Klaudia	838	DRUŻYNA SZPIKU	K 1-29	17	00:01:25	00:36:47	00:49:16	00:55:13.70	00:56:38.80	+00:24:26 (44.3%)	5:31	10.9 (55.9%)
504	ADAMSKI Szymon	3		M 1-29	62	00:01:34	00:36:48	00:49:17	00:55:20.55	00:56:55.00	+00:24:33 (44.4%)	5:32	10.8 (55.4%)
505	DANIELSKI Jacek	132	PZU SPORT TEAM	M 40-49	167	00:01:10	00:35:35	00:48:59	00:55:21.25	00:56:31.60	+00:24:34 (44.4%)	5:32	10.8 (55.4%)
506	CZAJKOWSKI Mariusz	121		M 40-49	168	00:02:09	00:35:03	00:48:44	00:55:22.55	00:57:31.75	+00:24:35 (44.4%)	5:32	10.8 (55.4%)
507	KOWALCZYK Zdzisław	968	JW 2189	M 40-49	169	00:00:40	00:35:02	00:48:58	00:55:23.95	00:56:03.95	+00:24:37 (44.4%)	5:32	10.8 (55.4%)
508	RULAK Jerzy	986		M 30-39	159	00:01:04	00:35:13	00:48:41	00:55:25.15	00:56:30.00	+00:24:38 (44.5%)	5:32	10.8 (55.4%)
509	MAJEWSKA Hanna	482	BIEGAM NA TARCHOMINIE	K 30-39	34	00:00:57	00:35:06	00:48:50	00:55:26.35	00:56:23.55	+00:24:39 (44.5%)	5:32	10.8 (55.4%)
510	CIMOCHOWSKA Magdalena	113	BIEGAM NA TARCHOMINIE	K 40-49	27	00:01:10	00:35:24	00:48:50	00:55:27.25	00:56:37.60	+00:24:40 (44.5%)	5:32	10.8 (55.4%)
511	BORCZYŃSKI Piotr	59	MŁODZIEŻOWA RADA M.ST. WARSZAWY	M 1-29	63	00:00:05	00:34:03	00:48:52	00:55:27.35	00:55:32.90	+00:24:40 (44.5%)	5:32	10.8 (55.4%)
512	ZWOLIŃSKI Grzegorz	909	REEBOK RUN CREW	M 40-49	170	00:01:15	00:36:26	00:49:23	00:55:31.35	00:56:47.10	+00:24:44 (44.6%)	5:33	10.8 (55.4%)
513	BECZAK Natalia	30		K 30-39	35	00:00:00			00:55:33.00	00:55:33.00	+00:24:46 (44.6%)	5:33	10.8 (55.4%)
514	NIEDBAŁKA Marcin	557		M 30-39	160	00:01:35	00:35:05	00:48:59	00:55:34.35	00:57:09.55	+00:24:47 (44.6%)	5:33	10.8 (55.4%)
515	KACPRZAK-KLEJNA Agnieszka	311		K 40-49	28	00:01:24	00:36:29	00:49:29	00:55:36.50	00:57:01.15	+00:24:49 (44.6%)	5:33	10.8 (55.4%)
516	POGORZELSKA Anna	627		K 30-39	36	00:00:57	00:35:06	00:48:42	00:55:36.95	00:56:34.80	+00:24:50 (44.7%)	5:33	10.8 (55.4%)
517	SULIŃSKI Andrzej	762		M 40-49	171	00:01:29	00:35:32	00:49:02	00:55:37.80	00:57:07.10	+00:24:50 (44.7%)	5:33	10.8 (55.4%)
518	SYLWESTRZUK Mariusz	769		M 50-59	26	00:01:25	00:35:14	00:48:57	00:55:39.25	00:57:04.35	+00:24:52 (44.7%)	5:33	10.8 (55.4%)
519	BUTKIEWICZ Dariusz	86		M 40-49	172	00:01:24	00:34:57	00:48:55	00:55:41.45	00:57:06.10	+00:24:54 (44.7%)	5:34	10.8 (55.4%)
520	GROCHOWSKA Joanna	225	BIEGAMY Z OCHOTĄ	K 50-59	4	00:02:04	00:35:28	00:49:07	00:55:42.55	00:57:47.45	+00:24:55 (44.7%)	5:34	10.8 (55.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
521	SZLACHTA Wiesław	776		M 40-49	173	00:00:33	00:34:57	00:48:47	00:55:45.15	00:56:18.75	+00:24:58 (44.8%)	5:34	10.8 (55.4%)
522	GMYREK Robert	207		M 30-39	161	00:01:14	00:35:04	00:48:59	00:55:45.60	00:56:59.90	+00:24:58 (44.8%)	5:34	10.8 (55.4%)
523	ROGALSKA Magda	663	WKURWTEAM	K 30-39	37	00:01:02	00:34:50	00:48:57	00:55:45.65	00:56:47.65	+00:24:58 (44.8%)	5:34	10.8 (55.4%)
524	STANKIEWICZ Maciej	739	AMI & AURI RUNNERS CLUB	M 30-39	162	00:01:24	00:36:59	00:49:35	00:55:46.20	00:57:10.25	+00:24:59 (44.8%)	5:34	10.8 (55.4%)
525	BARNIK Rafał	977		M 40-49	174	00:00:26	00:35:10	00:48:55	00:55:47.40	00:56:13.70	+00:25:00 (44.8%)	5:34	10.8 (55.4%)
526	BARTOSZEWSKI Daniel	23		M 1-29	64	00:00:44	00:35:33	00:49:21	00:55:48.60	00:56:33.40	+00:25:01 (44.8%)	5:34	10.7 (54.9%)
527	OWCZAREK Beata	588	GO SPORT RUNNERS	K 1-29	18	00:01:07	00:35:37	00:49:15	00:55:49.25	00:56:57.15	+00:25:02 (44.9%)	5:35	10.7 (54.9%)
528	PĘDZICH Przemysław	614		M 30-39	163	00:00:58	00:33:38	00:48:19	00:55:51.30	00:56:49.80	+00:25:04 (44.9%)	5:35	10.7 (54.9%)
529	KONOPACKI Maciej	365	JESTEŚ ZWYCIĘZCĄ-CHRZĄSZCZYŻESZOWICE	M 30-39	164	00:01:06	00:35:42	00:49:28	00:55:52.05	00:56:58.95	+00:25:05 (44.9%)	5:35	10.7 (54.9%)
530	MAZUR Michał	514		M 30-39	165	00:00:51	00:36:36	00:49:35	00:55:55.30	00:56:46.60	+00:25:08 (45.0%)	5:35	10.7 (54.9%)
531	KARBOWNIK Jakub	329		M 30-39	166	00:01:34	00:35:33	00:48:55	00:55:55.70	00:57:30.50	+00:25:08 (45.0%)	5:35	10.7 (54.9%)
532	DRÓZD Sandra	998		K 1-29	19	00:01:38	00:35:58	00:49:30	00:55:57.60	00:57:35.70	+00:25:10 (45.0%)	5:35	10.7 (54.9%)
533	FEDEROWICZ Łukasz	166		M 30-39	167	00:01:11	00:35:56	00:49:34	00:55:58.25	00:57:10.05	+00:25:11 (45.0%)	5:35	10.7 (54.9%)
534	GRABOWSKI Łukasz	219		M 30-39	168	00:00:55	00:34:49	00:48:51	00:56:02.30	00:56:57.80	+00:25:15 (45.1%)	5:36	10.7 (54.9%)
535	ŚWIST Michał	801		M 30-39	169	00:01:13	00:36:00	00:49:22	00:56:04.05	00:57:17.20	+00:25:17 (45.1%)	5:36	10.7 (54.9%)
536	MAĆKOWIAK Weronika	480		K 1-29	20	00:01:54	00:35:56	00:49:39	00:56:06.00	00:58:00.70	+00:25:19 (45.1%)	5:36	10.7 (54.9%)
537	CIBORSKA Agnieszka	934	NAPRZÓD MŁOCINY	K 40-49	29	00:00:46	00:35:40	00:49:26	00:56:10.70	00:56:57.30	+00:25:23 (45.2%)	5:37	10.7 (54.9%)
538	MAZUŚ Jarek	515		M 40-49	175	00:01:34	00:35:52	00:49:31	00:56:13.20	00:57:48.05	+00:25:26 (45.2%)	5:37	10.7 (54.9%)
539	MATUSEWICZ Krzysztof	509		M 40-49	176	00:01:04	00:35:45	00:49:29	00:56:13.35	00:57:18.10	+00:25:26 (45.3%)	5:37	10.7 (54.9%)
540	PRASAL Artur	632	REEBOKRUNCREW LDZ	M 40-49	177	00:01:08	00:39:48	00:50:43	00:56:23.20	00:57:31.45	+00:25:36 (45.4%)	5:38	10.6 (54.4%)
541	JAKUBISIAK Renata	265	AEGONRUN	K 30-39	38	00:01:22	00:37:34	00:50:05	00:56:23.40	00:57:46.20	+00:25:36 (45.4%)	5:38	10.6 (54.4%)
542	CHMIELEWSKA Izabela	92	REEBOK RUN CREW/MINISTERSTWO ŚRODOWISKA	K 30-39	39	00:00:47	00:36:02	00:49:42	00:56:25.95	00:57:13.65	+00:25:39 (45.5%)	5:38	10.6 (54.4%)
543	GAJEWICZ Arkadiusz	184		M 30-39	170	00:01:26	00:35:57	00:49:34	00:56:26.35	00:57:53.15	+00:25:39 (45.5%)	5:38	10.6 (54.4%)
544	GLAZER Marcin	203	PKO BANK POLSKI	M 30-39	171	00:01:55	00:38:20	00:50:42	00:56:31.15	00:58:27.00	+00:25:44 (45.5%)	5:39	10.6 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
545	ŁOZOSWKA Aneta	229	TRUCHT TARCHOMIN TEAM	K 40-49	30	00:01:05	00:36:08	00:49:51	00:56:31.30	00:57:36.45	+00:25:44 (45.5%)	5:39	10.6 (54.4%)
546	KACZMAREK Katarzyna	316		K 30-39	40	00:01:03	00:35:57	00:49:49	00:56:33.35	00:57:36.40	+00:25:46 (45.6%)	5:39	10.6 (54.4%)
547	MUZINSKA Marta	552		K 30-39	41	00:01:35	00:35:44	00:49:47	00:56:33.45	00:58:09.10	+00:25:46 (45.6%)	5:39	10.6 (54.4%)
548	BUKOWSKI Janusz	999	STOWARZYSZENIE DAĆ SIEBIE INNYM	M 60+	13	00:00:03	00:35:54	00:49:43	00:56:33.60	00:56:37.25	+00:25:46 (45.6%)	5:39	10.6 (54.4%)
549	KACZOREK Robert	318		M 60+	14	00:00:22	00:35:58	00:49:42	00:56:34.45	00:56:57.15	+00:25:47 (45.6%)	5:39	10.6 (54.4%)
550	ŁOBODA Piotr	465		M 40-49	178	00:01:03	00:35:46	00:49:52	00:56:38.65	00:57:42.05	+00:25:51 (45.7%)	5:39	10.6 (54.4%)
551	THOMAS Szczepan	806	WARSZAWSKA AKADEMIA KARATE TRADYCYJNEGO	M 50-59	27	00:00:54	00:35:49	00:49:35	00:56:40.10	00:57:34.25	+00:25:53 (45.7%)	5:40	10.6 (54.4%)
552	FLOREK Małgorzata	174		K 30-39	42	00:01:35	00:35:54	00:50:07	00:56:40.30	00:58:15.70	+00:25:53 (45.7%)	5:40	10.6 (54.4%)
553	JAŚTAK Natalia	958		K 1-29	21	00:01:07	00:36:59	00:48:20	00:56:40.60	00:57:48.45	+00:25:53 (45.7%)	5:40	10.6 (54.4%)
554	KRÓL Wojciech	403		M 1-29	65	00:01:31	00:37:41	00:50:52	00:56:44.25	00:58:16.00	+00:25:57 (45.7%)	5:40	10.6 (54.4%)
555	SOCHACKA Karolina	727		K 1-29	22	00:01:02	00:36:21	00:50:07	00:56:45.85	00:57:48.60	+00:25:59 (45.8%)	5:40	10.6 (54.4%)
556	LISZEWSKA Anna	451	RUN TEAM NASIELSK	K 40-49	31	00:00:34	00:36:08	00:49:51	00:56:46.55	00:57:21.25	+00:25:59 (45.8%)	5:40	10.6 (54.4%)
557	KAMIŃSKI Maciej	325		M 30-39	172	00:02:05	00:36:24	00:50:05	00:56:58.40	00:59:03.70	+00:26:11 (46.0%)	5:41	10.5 (53.8%)
558	JANISZEWSKI Jan	268		M 60+	15	00:00:25	00:36:27	00:50:06	00:57:01.70	00:57:26.85	+00:26:14 (46.0%)	5:42	10.5 (53.8%)
559	DĄBROWSKA Magdalena	135	RUN4FUN	K 40-49	32	00:00:38	00:36:23	00:50:02	00:57:02.85	00:57:40.85	+00:26:16 (46.0%)	5:42	10.5 (53.8%)
560	ŁABĘDA Stanisław	456	NASIELSK BASZTA TEAM	M 40-49	179	00:01:25	00:36:37	00:50:24	00:57:07.80	00:58:33.40	+00:26:20 (46.1%)	5:42	10.5 (53.8%)
561	ZDUŃSKI Jarosław	900		M 50-59	28	00:01:16	00:35:41	00:50:10	00:57:08.85	00:58:25.45	+00:26:22 (46.1%)	5:42	10.5 (53.8%)
562	NOSARZEWSKI Mariusz	562		M 40-49	180	00:01:08	00:35:54	00:50:05	00:57:11.65	00:58:20.40	+00:26:24 (46.2%)	5:43	10.5 (53.8%)
562	JÓZWIK Robert	298	HARX TEAM	M 40-49	181	00:00:20	00:37:03	00:50:29	00:57:11.65	00:57:32.50	+00:26:24 (46.2%)	5:43	10.5 (53.8%)
564	TADRAŁA Tomek	803		M 30-39	173	00:01:55	00:36:23	00:50:10	00:57:12.25	00:59:07.55	+00:26:25 (46.2%)	5:43	10.5 (53.8%)
565	KUMALA Sebastian	425		M 30-39	174	00:00:12	00:35:36	00:49:55	00:57:13.65	00:57:26.25	+00:26:26 (46.2%)	5:43	10.5 (53.8%)
566	SIGAL Bogdana	706		K 1-29	23	00:01:01	00:36:28	00:50:22	00:57:14.00	00:58:15.40	+00:26:27 (46.2%)	5:43	10.5 (53.8%)
567	PUCHACZ Przemysław	647		M 30-39	175	00:00:31	00:34:42	00:49:52	00:57:14.80	00:57:46.65	+00:26:27 (46.2%)	5:43	10.5 (53.8%)
568	CZACH Natalia	118	WARSZAWSKI KLUB ROGATEGO MORSA	K 30-39	43	00:01:55	00:37:27	00:50:42	00:57:14.90	00:59:10.10	+00:26:28 (46.2%)	5:43	10.5 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
569	MARCINKIEWICZ Tymek	497		M 1-29	66	00:01:12	00:36:07	00:50:44	00:57:18.30	00:58:31.00	+00:26:31 (46.3%)	5:43	10.5 (53.8%)
570	GROCHOWSKI Piotr	226		M 40-49	182	00:01:42	00:37:15	00:50:38	00:57:19.80	00:59:02.45	+00:26:32 (46.3%)	5:44	10.5 (53.8%)
571	LEGAT Dorota	439		K 1-29	24	00:01:02	00:36:56	00:50:54	00:57:21.80	00:58:23.80	+00:26:34 (46.3%)	5:44	10.5 (53.8%)
572	MATAK Mariusz	506		M 30-39	176	00:01:29	00:35:49	00:50:35	00:57:22.50	00:58:52.05	+00:26:35 (46.4%)	5:44	10.5 (53.8%)
573	MUCHA Grzegorz	549		M 60+	16	00:00:36	00:36:20	00:50:22	00:57:22.65	00:57:59.05	+00:26:35 (46.4%)	5:44	10.5 (53.8%)
574	BEDNARZAK Tadeusz	33	YULO RUN TEAM SIEDLCE	M 60+	17	00:01:04	00:36:23	00:50:31	00:57:28.25	00:58:33.10	+00:26:41 (46.4%)	5:44	10.4 (53.3%)
575	KOWALSKA Paulina	391		K 1-29	25	00:01:25	00:36:49	00:50:41	00:57:30.15	00:58:55.75	+00:26:43 (46.5%)	5:45	10.4 (53.3%)
576	MROZIŃSKI Marcin	546		M 30-39	177	00:01:28	00:37:16	00:50:54	00:57:34.95	00:59:03.85	+00:26:48 (46.5%)	5:45	10.4 (53.3%)
577	MALER Władysław	487	REEBOK RUN CREW	M 60+	18	00:01:17	00:36:55	00:50:41	00:57:36.35	00:58:54.10	+00:26:49 (46.6%)	5:45	10.4 (53.3%)
578	PYCKA Marcin	927	BIEGAJĄCY ŚWIDNIK	M 30-39	178	00:01:27	00:37:01	00:50:59	00:57:39.55	00:59:06.85	+00:26:52 (46.6%)	5:45	10.4 (53.3%)
579	SANDOMIERSKI Bartłomiej	693	WKURW_TEAM	M 1-29	67	00:01:21	00:37:22	00:50:59	00:57:44.15	00:59:05.95	+00:26:57 (46.7%)	5:46	10.4 (53.3%)
579	BORKOWSKI Paweł	61	EKOBIEGI	M 40-49	183	00:01:43	00:38:09	00:51:22	00:57:44.15	00:59:27.95	+00:26:57 (46.7%)	5:46	10.4 (53.3%)
581	WODZYŃSKI Robert	866	EKOBIEGI	M 40-49	184	00:01:42	00:37:09	00:51:09	00:57:48.60	00:59:30.70	+00:27:01 (46.8%)	5:46	10.4 (53.3%)
582	BRODAWKA Olga	71		K 30-39	44	00:00:59	00:36:37	00:50:43	00:57:49.85	00:58:49.30	+00:27:03 (46.8%)	5:47	10.4 (53.3%)
583	BIENIAS Arkadiusz	42		M 30-39	179	00:00:16	00:37:49	00:51:14	00:57:52.50	00:58:09.25	+00:27:05 (46.8%)	5:47	10.4 (53.3%)
584	FILIPIAK Olga	171		K 1-29	26	00:01:13	00:36:58	00:51:07	00:57:55.50	00:59:08.55	+00:27:08 (46.9%)	5:47	10.4 (53.3%)
585	RODZOŚ Bartosz	661		M 30-39	180	00:01:04	00:37:36	00:51:22	00:57:56.90	00:59:01.35	+00:27:10 (46.9%)	5:47	10.4 (53.3%)
586	ZASŁONKA Paweł	893		M 30-39	181	00:00:26	00:37:02	00:51:09	00:57:59.95	00:58:26.05	+00:27:13 (46.9%)	5:48	10.3 (52.8%)
587	ŚWIEŻACZYŃSKI Piotr	799		M 30-39	182	00:01:48	00:38:08	00:51:24	00:58:01.15	00:59:49.35	+00:27:14 (46.9%)	5:48	10.3 (52.8%)
588	GAJ-ŚWIEŻACZYŃSKA Joanna	187		K 30-39	45	00:01:47	00:38:09	00:51:24	00:58:01.30	00:59:49.20	+00:27:14 (46.9%)	5:48	10.3 (52.8%)
589	PTAK Krzysztof	645		M 40-49	185	00:00:35	00:36:26	00:50:59	00:58:02.70	00:58:38.60	+00:27:15 (47.0%)	5:48	10.3 (52.8%)
590	ZIELIŃSKI Tomasz	1015	POLSKIE STOW. SPORTU PO TRANSPLANTACJI	M 40-49	186	00:01:44	00:36:58	00:51:09	00:58:03.50	00:59:48.20	+00:27:16 (47.0%)	5:48	10.3 (52.8%)
591	MAZGA Krzysztof	520		M 30-39	183	00:01:48	00:38:09	00:51:28	00:58:05.10	00:59:53.90	+00:27:18 (47.0%)	5:48	10.3 (52.8%)
592	KOPCINSKA Katarzyna	367		K 40-49	33	00:00:35	00:37:30	00:51:23	00:58:05.20	00:58:41.05	+00:27:18 (47.0%)	5:48	10.3 (52.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
593	SKOWROŃSKA Ewa	716		K 40-49	34	00:00:09	00:37:39	00:51:23	00:58:05.40	00:58:14.55	+00:27:18 (47.0%)	5:48	10.3 (52.8%)
594	WOJCIECHOWSKA Ewa	867	EKOBIEGI	K 40-49	35	00:01:41	00:37:33	00:51:22	00:58:05.75	00:59:47.60	+00:27:18 (47.0%)	5:48	10.3 (52.8%)
595	CZUPA Bartosz	976	ANPHARM RUN TEAM	M 40-49	187	00:02:07	00:36:37	00:50:45	00:58:08.50	01:00:15.65	+00:27:21 (47.1%)	5:48	10.3 (52.8%)
596	PASKA Sylwia	602		K 1-29	27	00:00:17	00:36:34	00:51:01	00:58:09.50	00:58:27.30	+00:27:22 (47.1%)	5:49	10.3 (52.8%)
597	ROCKA Gosia	660		K 40-49	36	00:01:30	00:37:27	00:51:25	00:58:10.70	00:59:41.00	+00:27:23 (47.1%)	5:49	10.3 (52.8%)
598	HOŁOPIAK Ewa	251	REEBOK RUN CREW	K 50-59	5	00:01:17	00:37:37	00:51:23	00:58:11.20	00:59:28.50	+00:27:24 (47.1%)	5:49	10.3 (52.8%)
599	DESKA Karolina	144	WWW.LESZEKBIEGA.PL	K 40-49	37	00:01:07	00:36:52	00:51:09	00:58:11.60	00:59:19.45	+00:27:24 (47.1%)	5:49	10.3 (52.8%)
600	KRAWCZYK Katarzyna	400		K 1-29	28	00:01:00	00:37:23	00:51:08	00:58:14.75	00:59:15.65	+00:27:27 (47.2%)	5:49	10.3 (52.8%)
601	LEWANDOWSKA Agnieszka	445		K 30-39	46	00:00:45	00:37:25	00:51:16	00:58:17.45	00:59:02.45	+00:27:30 (47.2%)	5:49	10.3 (52.8%)
602	CYRNY Rafał	117		M 40-49	188	00:01:24	00:36:34	00:51:18	00:58:20.40	00:59:44.45	+00:27:33 (47.2%)	5:50	10.3 (52.8%)
603	ZANIEWICZ Andrzej	888	PARTNER	M 30-39	184	00:01:28	00:38:32	00:52:09	00:58:21.05	00:59:49.20	+00:27:34 (47.2%)	5:50	10.3 (52.8%)
604	NAWROCKI Ryszard	556		M 40-49	189	00:01:11	00:36:34	00:51:07	00:58:22.50	00:59:34.30	+00:27:35 (47.3%)	5:50	10.3 (52.8%)
605	ŁAPICZ Filip	458		M 1-29	68	00:00:11	00:38:46	00:52:05	00:58:22.60	00:58:33.70	+00:27:35 (47.3%)	5:50	10.3 (52.8%)
606	ORŁOWSKI Kacper	584		M 1-29	69	00:01:21	00:36:33	00:51:17	00:58:25.00	00:59:46.30	+00:27:38 (47.3%)	5:50	10.3 (52.8%)
607	GORCZYCA Joanna	213		K 1-29	29	00:01:31	00:36:49	00:51:09	00:58:26.20	00:59:58.00	+00:27:39 (47.3%)	5:50	10.3 (52.8%)
608	PRZYBYŚŁAWSKA-PRASKA Ilona	642		K 30-39	47	00:01:06	00:37:16	00:51:21	00:58:31.30	00:59:37.70	+00:27:44 (47.4%)	5:51	10.3 (52.8%)
609	CIEPIENIAK Ania	104		K 40-49	38	00:00:10	00:36:44	00:51:19	00:58:32.10	00:58:42.90	+00:27:45 (47.4%)	5:51	10.3 (52.8%)
610	BOGUSZEWSKI Piotr	988		M 30-39	185	00:02:33	00:38:50	00:51:55	00:58:33.35	01:01:07.15	+00:27:46 (47.4%)	5:51	10.2 (52.3%)
611	WILEŃSKI Bartosz	990		M 1-29	70	00:01:32	00:37:37	00:51:38	00:58:38.40	01:00:11.35	+00:27:51 (47.5%)	5:51	10.2 (52.3%)
612	DZIEKONSKI Jacek	159		M 60+	19	00:01:26	00:36:27	00:51:11	00:58:41.40	01:00:07.90	+00:27:54 (47.6%)	5:52	10.2 (52.3%)
613	RURKA Anna	965		K 40-49	39	00:01:01	00:37:47	00:51:40	00:58:46.80	00:59:48.50	+00:27:59 (47.6%)	5:52	10.2 (52.3%)
614	ŁOZOWSKI Robert	467		M 40-49	190	00:01:09	00:37:37	00:51:53	00:58:48.30	00:59:57.80	+00:28:01 (47.7%)	5:52	10.2 (52.3%)
615	KOZŁOWSKI Łukasz	398	#BBKTS	M 30-39	186	00:01:44	00:38:25	00:52:21	00:58:50.55	01:00:35.50	+00:28:03 (47.7%)	5:53	10.2 (52.3%)
616	GRABOWSKI Jerzy	220	NIEZRZESZONY	M 60+	20	00:01:13	00:36:49	00:51:28	00:58:51.60	01:00:05.00	+00:28:04 (47.7%)	5:53	10.2 (52.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
617	DEMBOWSKA Małgorzata	140		K 1-29	30	00:01:35	00:37:02	00:51:43	00:58:52.30	01:00:28.25	+00:28:05 (47.7%)	5:53	10.2 (52.3%)
618	ZIARKOWSKA Agnieszka	903		K 1-29	31	00:01:42	00:38:29	00:52:28	00:59:01.15	01:00:44.05	+00:28:14 (47.8%)	5:54	10.2 (52.3%)
619	PĘCAK Kamil	613	LUBIE PIZZĘ	M 1-29	71	00:01:09	00:37:13	00:52:02	00:59:01.35	01:00:11.05	+00:28:14 (47.8%)	5:54	10.2 (52.3%)
620	JACHOWSKA Aldona	259		K 40-49	40	00:01:10	00:37:07	00:51:56	00:59:06.70	01:00:16.75	+00:28:19 (47.9%)	5:54	10.2 (52.3%)
621	GRYCZKA-CIOŁEK Monika	232		K 30-39	48	00:00:18	00:37:44	00:52:03	00:59:07.00	00:59:25.70	+00:28:20 (47.9%)	5:54	10.1 (51.8%)
622	PIETRAK Wojciech	618	WEBLOVERS	M 30-39	187	00:01:35	00:38:30	00:52:38	00:59:07.05	01:00:42.60	+00:28:20 (47.9%)	5:54	10.1 (51.8%)
623	LODOWSKA Ilona	454		K 30-39	49	00:00:53	00:38:18	00:52:15	00:59:07.40	01:00:00.55	+00:28:20 (47.9%)	5:54	10.1 (51.8%)
624	GRYCNER Piotr	231		M 60+	21	00:01:55	00:38:18	00:52:18	00:59:07.50	01:01:02.60	+00:28:20 (47.9%)	5:54	10.1 (51.8%)
625	JACHOWSKI Paweł	260		M 40-49	191	00:01:10	00:37:13	00:52:09	00:59:09.30	01:00:20.20	+00:28:22 (48.0%)	5:55	10.1 (51.8%)
626	GŁÓWKA Małgorzata	971	ANPHARM RUN TEAM	K 40-49	41	00:00:24	00:37:52	00:52:14	00:59:09.45	00:59:33.65	+00:28:22 (48.0%)	5:54	10.1 (51.8%)
627	SIKORA Zuzanna	707	PZU SPORT TEAM	K 40-49	42	00:01:08	00:36:40	00:51:42	00:59:09.70	01:00:18.65	+00:28:22 (48.0%)	5:55	10.1 (51.8%)
628	GRACZ Jakub	221		M 30-39	188	00:01:58	00:38:13	00:52:17	00:59:11.45	01:01:10.40	+00:28:24 (48.0%)	5:55	10.1 (51.8%)
629	POLAŃSKA Agnieszka	630		K 30-39	50	00:00:58	00:37:44	00:52:16	00:59:12.40	01:00:11.05	+00:28:25 (48.0%)	5:55	10.1 (51.8%)
629	PASEK Dorota	601		K 30-39	51	00:01:46	00:39:12	00:52:31	00:59:12.40	01:00:58.60	+00:28:25 (48.0%)	5:55	10.1 (51.8%)
631	STYCZYŃSKI Grzegorz	755		M 30-39	189	00:01:46	00:39:11	00:52:31	00:59:12.50	01:00:58.75	+00:28:25 (48.0%)	5:55	10.1 (51.8%)
632	ROKICKI Aleksander	667		M 40-49	192	00:01:46	00:39:11	00:52:31	00:59:12.55	01:00:58.60	+00:28:25 (48.0%)	5:55	10.1 (51.8%)
633	NOWAK Janusz	563		M 30-39	190	00:01:13	00:37:46	00:52:19	00:59:13.20	01:00:27.15	+00:28:26 (48.0%)	5:55	10.1 (51.8%)
634	FILIPOWICZ Maciej	172		M 40-49	193	00:01:05			00:59:14.00	01:00:19.00	+00:28:27 (48.0%)	5:55	10.1 (51.8%)
635	MIKULSKA Agnieszka	529		K 40-49	43	00:01:43	00:38:34	00:52:30	00:59:15.70	01:00:59.10	+00:28:28 (48.1%)	5:55	10.1 (51.8%)
636	GURMIŃSKA Katarzyna	238		K 1-29	32	00:01:44	00:38:26	00:52:30	00:59:16.70	01:01:00.90	+00:28:29 (48.1%)	5:55	10.1 (51.8%)
637	ROSA Mateusz	669		M 1-29	72	00:01:54	00:38:17	00:52:21	00:59:17.75	01:01:12.20	+00:28:30 (48.1%)	5:55	10.1 (51.8%)
638	GIERS Klaudia	200		K 1-29	33	00:00:29	00:38:03	00:52:46	00:59:20.55	00:59:49.55	+00:28:33 (48.1%)	5:56	10.1 (51.8%)
639	WALCZAK Anna	830	TURBODZIKI	K 40-49	44	00:01:37	00:38:27	00:52:36	00:59:20.80	01:00:58.00	+00:28:33 (48.1%)	5:56	10.1 (51.8%)
640	RUMIANEK Marcin	677	FB.COM/RUMIANEK	M 30-39	191	00:00:54	00:37:09	00:52:19	00:59:22.10	01:00:16.50	+00:28:35 (48.2%)	5:56	10.1 (51.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
641	GAWŁOWSKI Adam	192		M 30-39	192	00:00:50	00:37:21	00:52:15	00:59:22.90	01:00:12.90	+00:28:36 (48.2%)	5:56	10.1 (51.8%)
642	KRZANOWSKA Małgorzata	415		K 50-59	6	00:01:48	00:38:22	00:52:24	00:59:24.75	01:01:13.25	+00:28:37 (48.2%)	5:56	10.1 (51.8%)
643	PYRAK Joanna	650	AEGONRUN	K 30-39	52	00:01:22	00:37:59	00:52:10	00:59:25.95	01:00:48.85	+00:28:39 (48.2%)	5:56	10.1 (51.8%)
644	BERNARDELLI Katarzyna	35		K 1-29	34	00:00:26	00:37:59	00:52:31	00:59:28.15	00:59:54.55	+00:28:41 (48.2%)	5:56	10.1 (51.8%)
645	PIĘTKA Marcin	620	GKS FENIX SIENNICA	M 30-39	193	00:01:25	00:38:36	00:52:48	00:59:29.40	01:00:54.65	+00:28:42 (48.3%)	5:56	10.1 (51.8%)
646	SZTYGOWSKA Anna	1012		K 30-39	53	00:00:57	00:37:57	00:52:36	00:59:31.05	01:00:28.65	+00:28:44 (48.3%)	5:57	10.1 (51.8%)
647	DAMPC Natalia	131		K 30-39	54	00:01:25	00:37:34	00:52:47	00:59:31.20	01:00:56.65	+00:28:44 (48.3%)	5:57	10.1 (51.8%)
648	KAMIŃSKI Mariusz	979		M 30-39	194	00:01:54	00:38:17	00:52:20	00:59:35.35	01:01:29.80	+00:28:48 (48.3%)	5:57	10.1 (51.8%)
649	KORZENIOWSKA-SOBCZUK Anna	377	BIEGAM NA TARCHOMINIE	K 40-49	45	00:01:42	00:38:21	00:52:26	00:59:37.05	01:01:19.10	+00:28:50 (48.4%)	5:57	10.1 (51.8%)
650	WOŹNIAK Mateusz	876		M 30-39	195	00:01:08	00:37:38	00:52:13	00:59:39.15	01:00:47.75	+00:28:52 (48.4%)	5:57	10.1 (51.8%)
651	BIERNACKI Adam	44		M 60+	22	00:01:30	00:38:36	00:52:42	00:59:40.50	01:01:11.15	+00:28:53 (48.4%)	5:58	10.1 (51.8%)
652	KOSTKA Grzegorz	380	BIEGIEM Z GREGIEM	M 30-39	196	00:01:43	00:37:46	00:52:32	00:59:42.35	01:01:26.00	+00:28:55 (48.4%)	5:58	10 (51.3%)
653	GONET Katarzyna	211		K 40-49	46	00:01:06	00:38:08	00:52:46	00:59:44.50	01:00:51.10	+00:28:57 (48.5%)	5:58	10 (51.3%)
654	GŁODNY Hubert	204		M 40-49	194	00:01:24	00:38:07	00:52:49	00:59:45.10	01:01:09.50	+00:28:58 (48.5%)	5:58	10 (51.3%)
655	KACZAN Joanna	315		K 30-39	55	00:01:36	00:38:25	00:52:37	00:59:47.75	01:01:23.75	+00:29:00 (48.5%)	5:58	10 (51.3%)
656	BESSARABA Jagoda	37		K 1-29	35	00:01:03	00:37:01	00:52:10	00:59:49.10	01:00:52.80	+00:29:02 (48.5%)	5:58	10 (51.3%)
657	TOCHOWICZ Paweł	808		M 40-49	195	00:01:12	00:37:39	00:52:27	00:59:51.55	01:01:03.65	+00:29:04 (48.6%)	5:59	10 (51.3%)
658	SWIETLIK Magdalena	767		K 30-39	56	00:01:04	00:37:52	00:52:42	00:59:51.85	01:00:56.80	+00:29:05 (48.6%)	5:59	10 (51.3%)
659	BULIK Bożena	82	PARTNER	K 30-39	57	00:01:28	00:38:37	00:52:46	00:59:53.40	01:01:21.85	+00:29:06 (48.6%)	5:59	10 (51.3%)
660	PIOTROWSKI Arkadiusz	933	#ARUSBIEGA	M 30-39	197	00:00:42	00:38:32	00:52:52	01:00:02.00	01:00:44.00	+00:29:15 (48.7%)	6:00	10 (51.3%)
661	HNIDZIUK Magdalena	250		K 40-49	47	00:01:29	00:38:21	00:52:45	01:00:03.00	01:01:32.55	+00:29:16 (48.7%)	6:00	10 (51.3%)
662	ARAŻNY Zbigniew	10	TRUCHT TARCHOMIN TEAM	M 40-49	196	00:01:41	00:38:29	00:52:31	01:00:05.75	01:01:46.75	+00:29:18 (48.8%)	6:00	10 (51.3%)
663	MYŚLIŃSKA Anna	1111	BIAŁOŁĘKA JEST KOBIETĄ	K 40-49	48	00:01:41	00:38:29	00:52:35	01:00:05.80	01:01:46.80	+00:29:18 (48.8%)	6:00	10 (51.3%)
664	AKSAMITOWSKI Robert	6		M 40-49	197	00:01:54	00:38:58	00:53:39	01:00:07.00	01:02:01.90	+00:29:20 (48.8%)	6:00	10 (51.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
665	LELENIEWSKA Anna	440		K 1-29	36	00:01:35	00:38:12	00:53:10	01:00:07.40	01:01:43.25	+00:29:20 (48.8%)	6:00	10 (51.3%)
666	SIESS Małgorzata	705	UKS AZYMUT PABIANICE	K 1-29	37	00:01:17	00:38:48	00:53:12	01:00:09.45	01:01:27.05	+00:29:22 (48.8%)	6:01	10 (51.3%)
667	POGORZELSKI Kuba	628		M 1-29	73	00:00:13	00:37:36	00:53:06	01:00:10.85	01:00:24.25	+00:29:24 (48.9%)	6:01	10 (51.3%)
668	DYMEK Dariusz	158		M 40-49	198	00:01:08	00:37:44	00:52:53	01:00:15.90	01:01:24.40	+00:29:29 (48.9%)	6:01	10 (51.3%)
669	JOŃCZYK Stanisław	297	FUNDACJA WARSZAWSKIE HOSPICJUM DLA DZIECI	M 50-59	29	00:01:17	00:38:04	00:52:47	01:00:18.90	01:01:35.90	+00:29:32 (49.0%)	6:01	10 (51.3%)
670	KRAKOWIAK Sylwia	399		K 40-49	49	00:00:44	00:38:38	00:53:26	01:00:27.00	01:01:11.50	+00:29:40 (49.1%)	6:02	9.9 (50.8%)
671	SAFARZYŃSKI Aleksander	689		M 1-29	74	00:01:54	00:39:28	00:53:56	01:00:41.75	01:02:35.95	+00:29:54 (49.3%)	6:04	9.9 (50.8%)
672	BRONICKA Ela	72	VEGE RUNNERS	K 30-39	58	00:01:42	00:38:28	00:53:17	01:00:42.15	01:02:24.70	+00:29:55 (49.3%)	6:04	9.9 (50.8%)
673	MUCHA Kamila	550	BIEGAM NA TARCHOMINIE	K 40-49	50	00:01:40	00:38:55	00:53:37	01:00:49.30	01:02:29.70	+00:30:02 (49.4%)	6:04	9.9 (50.8%)
674	OLESIAK Arkadiusz	578	BIEGAM NA TARCHOMINIE	M 40-49	199	00:01:39	00:38:55	00:53:38	01:00:50.40	01:02:29.85	+00:30:03 (49.4%)	6:05	9.9 (50.8%)
675	ŁUCZAK Piotr	471	PKO BANK POLSKI SA	M 40-49	200	00:00:38	00:38:27	00:53:35	01:00:52.20	01:01:30.55	+00:30:05 (49.4%)	6:05	9.9 (50.8%)
676	HÄNCHEN Elisabeth	243		K 30-39	59	00:01:56	00:38:49	00:53:55	01:00:52.45	01:02:49.40	+00:30:05 (49.4%)	6:05	9.9 (50.8%)
677	ŁUCZAK Małgorzata	472	RUNNERSI ZE SKARBKA	K 40-49	51	00:00:37	00:38:28	00:53:36	01:00:53.40	01:01:30.70	+00:30:06 (49.4%)	6:05	9.9 (50.8%)
678	KASKA Krzysztof	333		M 30-39	198	00:01:20	00:40:55	00:54:46	01:00:54.70	01:02:14.75	+00:30:07 (49.5%)	6:05	9.9 (50.8%)
679	JUSZCZAK Kamil	307		M 1-29	75	00:01:18	00:40:58	00:54:48	01:00:56.00	01:02:14.40	+00:30:09 (49.5%)	6:05	9.8 (50.3%)
680	PATOLETA Mirek	604		M 40-49	201	00:01:10	00:38:10	00:53:32	01:00:57.40	01:02:08.30	+00:30:10 (49.5%)	6:05	9.8 (50.3%)
681	SURMACZ Jacek	766		M 30-39	199	00:02:02	00:39:08	00:53:42	01:00:58.85	01:03:01.80	+00:30:12 (49.5%)	6:05	9.8 (50.3%)
682	WITZKE Artur	858	KAWUCHA	M 30-39	200	00:02:19	00:39:54	00:54:08	01:00:59.65	01:03:19.05	+00:30:12 (49.5%)	6:06	9.8 (50.3%)
683	PEPŁOŃSKI Damian	609		M 30-39	201	00:01:27	00:39:15	00:53:37	01:01:03.10	01:02:30.30	+00:30:16 (49.6%)	6:06	9.8 (50.3%)
684	MAZUR Paweł	513	WOODRUNNERS	M 40-49	202	00:01:47	00:38:48	00:53:35	01:01:04.05	01:02:51.50	+00:30:17 (49.6%)	6:06	9.8 (50.3%)
685	NOWAK Magdalena	564	AEGONRUN	K 30-39	60	00:01:22	00:39:25	00:53:54	01:01:21.05	01:02:43.75	+00:30:34 (49.8%)	6:08	9.8 (50.3%)
686	BRZÓZKA Kamil	77		M 40-49	203	00:02:20	00:39:47	00:54:10	01:01:21.25	01:03:41.35	+00:30:34 (49.8%)	6:08	9.8 (50.3%)
687	SIKORSKI Paweł	708	GAMMA	M 30-39	202	00:01:51	00:38:59	00:53:57	01:01:22.35	01:03:13.40	+00:30:35 (49.8%)	6:08	9.8 (50.3%)
688	STRACHOCKA Anna	749	GRUPA BIEGOWA UM W-WA	K 60+	3	00:02:13	00:39:55	00:54:12	01:01:25.35	01:03:38.60	+00:30:38 (49.9%)	6:08	9.8 (50.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
689	SOBIESKA Aleksandra	725		K 40-49	52	00:01:53	00:39:37	00:54:08	01:01:26.40	01:03:19.85	+00:30:39 (49.9%)	6:08	9.8 (50.3%)
690	KOŚNIK Alicja	386		K 1-29	38	00:01:52	00:39:21	00:54:15	01:01:29.80	01:03:22.30	+00:30:42 (49.9%)	6:09	9.8 (50.3%)
691	STAŃCZYK Zofia	742		K 1-29	39	00:01:41	00:38:31	00:53:35	01:01:31.10	01:03:12.90	+00:30:44 (50.0%)	6:09	9.8 (50.3%)
692	ŁĄCKA Ilona	461	BIĄŁOŁĘKA JEST KOBIETĄ	K 40-49	53	00:01:40	00:39:02	00:53:59	01:01:32.05	01:03:12.40	+00:30:45 (50.0%)	6:09	9.8 (50.3%)
693	BRZÓZKA Magda	76		K 30-39	61	00:01:50	00:39:38	00:54:27	01:01:38.50	01:03:28.50	+00:30:51 (50.1%)	6:09	9.7 (49.7%)
694	NOWAK Kasia	567		K 30-39	62	00:01:49	00:39:39	00:54:29	01:01:38.80	01:03:28.60	+00:30:51 (50.1%)	6:09	9.7 (49.7%)
695	SAL Kinga	690		K 30-39	63	00:02:01	00:38:57	00:54:23	01:01:41.30	01:03:42.75	+00:30:54 (50.1%)	6:10	9.7 (49.7%)
696	GLASSER Marek	202		M 60+	23	00:01:35	00:38:46	00:53:57	01:01:41.55	01:03:16.60	+00:30:54 (50.1%)	6:10	9.7 (49.7%)
697	ADAMOWSKA Barbara	2	MINISTERSTWO FINANSÓW	K 40-49	54	00:01:02	00:38:58	00:54:08	01:01:42.30	01:02:45.10	+00:30:55 (50.1%)	6:10	9.7 (49.7%)
698	MORAWSKA Anna	542		K 60+	4	00:01:01	00:40:08	00:54:40	01:01:46.35	01:02:47.45	+00:30:59 (50.2%)	6:10	9.7 (49.7%)
699	ZOUABI Dorota	907		K 40-49	55	00:00:37	00:38:57	00:54:10	01:01:48.50	01:02:25.75	+00:31:01 (50.2%)	6:10	9.7 (49.7%)
700	SIKORSKA Agnieszka	928		K 30-39	64	00:01:51	00:40:03	00:54:42	01:01:49.35	01:03:40.65	+00:31:02 (50.2%)	6:10	9.7 (49.7%)
701	DĄBROWSKA Beata	134		K 30-39	65	00:00:52	00:39:22	00:54:42	01:01:49.65	01:02:42.55	+00:31:02 (50.2%)	6:11	9.7 (49.7%)
702	KARŁOWICZ Anna	331	PARTIA WOLNYCH BIEGACZY	K 60+	5	00:01:47	00:39:28	00:54:32	01:01:57.10	01:03:44.20	+00:31:10 (50.3%)	6:11	9.7 (49.7%)
703	MORAWSKI Patryk	543		M 1-29	76	00:01:20	00:39:19	00:54:24	01:02:00.65	01:03:20.90	+00:31:13 (50.4%)	6:12	9.7 (49.7%)
704	MIKITUK Katarzyna	527		K 40-49	56	00:01:05	00:38:43	00:54:16	01:02:02.05	01:03:07.30	+00:31:15 (50.4%)	6:12	9.7 (49.7%)
704	PRZEDPEŁSKA Aneta	638		K 30-39	66	00:01:26	00:39:22	00:54:33	01:02:02.05	01:03:28.40	+00:31:15 (50.4%)	6:12	9.7 (49.7%)
706	KOWALSKI Wiesław	392		M 50-59	30	00:00:03	00:38:24	00:54:13	01:02:06.20	01:02:09.20	+00:31:19 (50.4%)	6:12	9.7 (49.7%)
707	GŁÓDŹ Małgorzata	963	DO NOGI	K 1-29	40	00:01:05	00:39:28	00:54:38	01:02:10.85	01:03:16.05	+00:31:24 (50.5%)	6:13	9.6 (49.2%)
708	SZYDŁO Paweł	384		M 30-39	203	00:00:22	00:38:32	00:54:02	01:02:11.20	01:02:33.20	+00:31:24 (50.5%)	6:13	9.6 (49.2%)
709	GAWIDZIEL Sylwia	190		K 30-39	67	00:00:00			01:02:16.25	01:02:16.25	+00:31:29 (50.6%)	6:13	9.6 (49.2%)
710	WOJTAL Katarzyna	872	WATAHA - WARSZAWA	K 30-39	68	00:01:26	00:39:17	00:54:38	01:02:16.60	01:03:43.10	+00:31:29 (50.6%)	6:13	9.6 (49.2%)
711	ADAMUS Katarzyna	4	DECATHLON PIASECZNO	K 40-49	57	00:01:26	00:39:17	00:54:38	01:02:16.70	01:03:43.05	+00:31:29 (50.6%)	6:13	9.6 (49.2%)
712	KULISZEWSKI Maciej	424		M 30-39	204	00:00:45	00:39:28	00:54:41	01:02:28.75	01:03:14.40	+00:31:41 (50.7%)	6:14	9.6 (49.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
713	CHOROŚ Sylwia	922		K 30-39	69	00:01:28	00:39:50	00:55:01	01:02:30.60	01:03:59.40	+00:31:43 (50.8%)	6:15	9.6 (49.2%)
714	BORUTS Marcin	68		M 30-39	205	00:01:28	00:39:50	00:55:01	01:02:30.70	01:03:59.45	+00:31:43 (50.8%)	6:15	9.6 (49.2%)
715	KRZECZEWSKI Jacek	416		M 50-59	31	00:01:48	00:39:20	00:54:45	01:02:37.05	01:04:25.85	+00:31:50 (50.8%)	6:15	9.6 (49.2%)
716	WAŚOWSKI Michał	840		M 30-39	206	00:00:41	00:39:44	00:55:23	01:02:37.40	01:03:19.25	+00:31:50 (50.8%)	6:15	9.6 (49.2%)
717	ŁUCAK Piotr	470	CST RUN TEAM	M 30-39	207	00:01:32	00:41:13	00:55:41	01:02:40.00	01:04:12.60	+00:31:53 (50.9%)	6:16	9.6 (49.2%)
718	JARMUŻEWSKA Teresa	278	TIA	K 40-49	58	00:02:12	00:41:45	00:55:58	01:02:46.35	01:04:58.45	+00:31:59 (51.0%)	6:16	9.6 (49.2%)
719	GRYGALWICZ Anna	233	G PARTNER RUNNERS	K 30-39	70	00:01:47	00:39:51	00:55:16	01:02:48.00	01:04:35.10	+00:32:01 (51.0%)	6:16	9.6 (49.2%)
719	GREGORCZYK Bartosz	224		M 30-39	208	00:01:44	00:39:50	00:55:26	01:02:48.00	01:04:32.35	+00:32:01 (51.0%)	6:16	9.6 (49.2%)
721	GURMIŃSKI Łukasz	239	T-MOBILE	M 30-39	209	00:01:41	00:38:52	00:54:50	01:02:56.55	01:04:38.15	+00:32:09 (51.1%)	6:17	9.5 (48.7%)
722	WOŁYNEK Agnieszka	875		K 40-49	59	00:01:23	00:39:51	00:55:28	01:03:03.35	01:04:26.90	+00:32:16 (51.2%)	6:18	9.5 (48.7%)
723	SZYMCZYŃSKI Błażej	956		M 30-39	210	00:01:49	00:39:19	00:55:43	01:03:14.25	01:05:04.15	+00:32:27 (51.3%)	6:19	9.5 (48.7%)
724	ŁYGAS Leszek	476		M 30-39	211	00:01:48	00:39:18	00:55:23	01:03:16.90	01:05:05.75	+00:32:30 (51.4%)	6:19	9.5 (48.7%)
724	PRASAL Konrad	633	RYSIOTEAM/INESSPORT.PL	M 1-29	77	00:01:07	00:39:51	00:55:30	01:03:16.90	01:04:24.85	+00:32:30 (51.4%)	6:19	9.5 (48.7%)
726	JANICKI Mateusz	267	LS WORLD RUN	M 1-29	78	00:00:00			01:03:19.30	01:03:19.30	+00:32:32 (51.4%)	6:19	9.5 (48.7%)
727	JURCZAK Agnieszka	301		K 40-49	60	00:00:09	00:39:54	00:55:22	01:03:19.80	01:03:29.30	+00:32:32 (51.4%)	6:20	9.5 (48.7%)
728	MIRECKI Zbigniew	535	EKOBIEGI	M 60+	24	00:01:44	00:41:06	00:56:13	01:03:27.20	01:05:11.30	+00:32:40 (51.5%)	6:20	9.5 (48.7%)
729	KORENKIEWICZ Anna	370		K 30-39	71	00:01:53	00:41:02	00:56:09	01:03:28.10	01:05:22.00	+00:32:41 (51.5%)	6:20	9.5 (48.7%)
730	ZARADKIEWICZ Łukasz	889		M 30-39	212	00:02:03	00:40:52	00:55:54	01:03:36.00	01:05:39.25	+00:32:49 (51.6%)	6:21	9.4 (48.2%)
731	STRZELEC Agnieszka	753		K 30-39	72	00:01:03	00:39:31	00:55:41	01:03:36.90	01:04:40.25	+00:32:50 (51.6%)	6:21	9.4 (48.2%)
732	OBREBOWSKA Małgorzata	950		K 30-39	73	00:01:23	00:40:07	00:55:45	01:03:40.05	01:05:03.60	+00:32:53 (51.7%)	6:22	9.4 (48.2%)
733	OBREBOWSKI Dariusz	952		M 30-39	213	00:01:23	00:40:04	00:55:45	01:03:40.15	01:05:03.55	+00:32:53 (51.7%)	6:22	9.4 (48.2%)
734	BASIAK Agnieszka	25		K 30-39	74	00:01:30	00:39:18	00:55:16	01:03:40.90	01:05:11.80	+00:32:54 (51.7%)	6:22	9.4 (48.2%)
735	STANIOS Natalia	738		K 1-29	41	00:01:06	00:39:13	00:55:32	01:03:41.35	01:04:47.55	+00:32:54 (51.7%)	6:22	9.4 (48.2%)
736	KOZAKOW Borys	957		M 60+	25	00:01:22	00:40:47	00:56:18	01:03:42.15	01:05:04.40	+00:32:55 (51.7%)	6:22	9.4 (48.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
737	MACHNACKI Michał	477	GRUPA BIEGOWA UM W-WA	M 40-49	204	00:01:32	00:39:48	00:55:34	01:03:43.80	01:05:16.15	+00:32:56 (51.7%)	6:22	9.4 (48.2%)
738	MIKLEWICZ Małgorzata	528		K 40-49	61	00:01:59	00:41:18	00:56:25	01:03:45.05	01:05:44.75	+00:32:58 (51.7%)	6:22	9.4 (48.2%)
739	OKSIENIUK Marcin	575	TURBODZIKI	M 30-39	214	00:01:37	00:39:30	00:55:45	01:03:48.50	01:05:25.70	+00:33:01 (51.8%)	6:22	9.4 (48.2%)
740	PTASZYŃSKA Magdalena	646		K 40-49	62	00:00:53	00:40:01	00:55:54	01:03:49.40	01:04:42.90	+00:33:02 (51.8%)	6:22	9.4 (48.2%)
741	RUCZKA Rafał	675		M 1-29	79	00:00:26	00:38:48	00:55:46	01:03:51.00	01:04:17.00	+00:33:04 (51.8%)	6:23	9.4 (48.2%)
742	JACZYŃSKI Rafał	263		M 30-39	215	00:01:49	00:40:45	00:56:23	01:04:06.50	01:05:55.75	+00:33:19 (52.0%)	6:24	9.4 (48.2%)
743	HELDT Grzegorz	248		M 30-39	216	00:01:51	00:39:32	00:55:53	01:04:06.70	01:05:58.25	+00:33:19 (52.0%)	6:24	9.4 (48.2%)
744	HELDT Iwona	247		K 1-29	42	00:01:51	00:39:33	00:55:53	01:04:07.00	01:05:58.25	+00:33:20 (52.0%)	6:24	9.4 (48.2%)
745	OLSZEWSKA Dorota	579		K 30-39	75	00:00:24	00:39:22	00:55:33	01:04:09.45	01:04:33.90	+00:33:22 (52.0%)	6:24	9.4 (48.2%)
746	GAŁĄŻYN Grzegorz	188		M 40-49	205	00:01:44	00:40:01	00:56:05	01:04:10.05	01:05:54.85	+00:33:23 (52.0%)	6:25	9.4 (48.2%)
747	DRABIK Michał	150		M 40-49	206	00:01:01	00:39:45	00:56:01	01:04:13.45	01:05:14.85	+00:33:26 (52.1%)	6:25	9.3 (47.7%)
748	LECH Bartłomiej	438		M 1-29	80	00:01:54	00:39:48	00:56:20	01:04:17.45	01:06:11.85	+00:33:30 (52.1%)	6:25	9.3 (47.7%)
749	PARTYKA Paweł	600		M 40-49	207	00:01:38	00:40:46	00:56:19	01:04:21.55	01:05:59.85	+00:33:34 (52.2%)	6:26	9.3 (47.7%)
750	JANKOWSKI Tomek	273		M 40-49	208	00:01:07	00:39:45	00:56:17	01:04:24.75	01:05:32.05	+00:33:37 (52.2%)	6:26	9.3 (47.7%)
751	BANY Michał	17		M 30-39	217	00:01:20	00:40:35	00:57:04	01:04:25.65	01:05:46.60	+00:33:38 (52.2%)	6:26	9.3 (47.7%)
752	WITECKA Anna	855		K 30-39	76	00:01:53	00:40:16	00:56:19	01:04:26.85	01:06:20.60	+00:33:40 (52.2%)	6:26	9.3 (47.7%)
753	BIELEC Bartłomiej	41	LEGIA RUN CLUB	M 30-39	218	00:01:58	00:41:19	00:56:55	01:04:37.90	01:06:36.80	+00:33:51 (52.4%)	6:27	9.3 (47.7%)
754	KACPRZAK-ŚCISŁA Aleksandra	948		K 1-29	43	00:01:46	00:41:56	00:57:06	01:04:43.85	01:06:30.70	+00:33:57 (52.4%)	6:28	9.3 (47.7%)
755	PROROK Małgosia	636		K 30-39	77	00:02:09	00:42:04	00:57:17	01:04:45.80	01:06:55.70	+00:33:58 (52.5%)	6:28	9.3 (47.7%)
756	OLESHKO Maksym	577		M 1-29	81	00:00:18	00:40:50	00:57:11	01:04:46.40	01:05:05.00	+00:33:59 (52.5%)	6:28	9.3 (47.7%)
757	PIOTROWSKA-KRZAK Ela	623		K 40-49	63	00:01:37	00:42:11	00:57:33	01:04:52.40	01:06:30.00	+00:34:05 (52.6%)	6:29	9.2 (47.2%)
758	KACPRZYK Michał	312		M 1-29	82	00:01:35	00:41:11	00:56:57	01:04:58.30	01:06:33.80	+00:34:11 (52.6%)	6:29	9.2 (47.2%)
759	CYGAN Katarzyna	116		K 30-39	78	00:01:35	00:41:11	00:57:00	01:04:58.35	01:06:33.50	+00:34:11 (52.6%)	6:29	9.2 (47.2%)
760	ŚWIERSZCZ Aneta	798		K 30-39	79	00:01:54	00:41:05	00:57:12	01:04:59.30	01:06:53.60	+00:34:12 (52.6%)	6:29	9.2 (47.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
761	WYSOCKA Karolina	880		K 30-39	80	00:01:31	00:41:14	00:56:53	01:05:05.25	01:06:36.60	+00:34:18 (52.7%)	6:30	9.2 (47.2%)
762	OSIAK Żaneta	586		K 30-39	81	00:01:25	00:40:42	00:57:10	01:05:06.15	01:06:31.70	+00:34:19 (52.7%)	6:30	9.2 (47.2%)
763	WASIK Piotr	836		M 50-59	32	00:01:19	00:40:56	00:56:08	01:05:06.45	01:06:25.90	+00:34:19 (52.7%)	6:30	9.2 (47.2%)
764	ZARZYCKI Piotr	892		M 30-39	219	00:01:47	00:42:34	00:58:18	01:05:07.60	01:06:55.50	+00:34:20 (52.7%)	6:30	9.2 (47.2%)
765	MRÓZ Sebastian	547		M 40-49	209	00:01:47	00:42:33	00:58:17	01:05:07.70	01:06:55.10	+00:34:20 (52.7%)	6:30	9.2 (47.2%)
766	ROMANOWSKI Paweł	668	MARKOWI BIEGACZE	M 40-49	210	00:01:19	00:42:02	00:57:36	01:05:10.55	01:06:30.00	+00:34:23 (52.8%)	6:31	9.2 (47.2%)
767	BORKOWSKA Olga	60		K 30-39	82	00:00:50	00:41:25	00:57:35	01:05:16.95	01:06:07.65	+00:34:30 (52.8%)	6:31	9.2 (47.2%)
768	WŁODARCZYK Maciej	860		M 40-49	211	00:00:38	00:40:53	00:57:17	01:05:19.45	01:05:57.60	+00:34:32 (52.9%)	6:31	9.2 (47.2%)
769	RYNECKA Agnieszka	684		K 40-49	64	00:01:53	00:41:08	00:57:24	01:05:19.55	01:07:13.15	+00:34:32 (52.9%)	6:32	9.2 (47.2%)
770	WILEŃSKI Zbigniew	944	GRUPA BIEGOWA UM W-WA	M 50-59	33	00:01:33	00:42:07	00:57:19	01:05:24.90	01:06:58.10	+00:34:38 (52.9%)	6:32	9.2 (47.2%)
771	FALKOWSKA Monika	164		K 40-49	65	00:01:44	00:41:15	00:57:30	01:05:35.10	01:07:19.60	+00:34:48 (53.1%)	6:33	9.1 (46.7%)
772	KRÓLIKOWSKI Artur	406		M 40-49	212	00:02:02	00:39:50	00:56:46	01:05:37.25	01:07:39.70	+00:34:50 (53.1%)	6:33	9.1 (46.7%)
773	HALASZ Justyna	242		K 1-29	44	00:01:58	00:43:37	00:58:29	01:05:43.65	01:07:42.55	+00:34:56 (53.2%)	6:34	9.1 (46.7%)
774	BARTECKA-MATUSZEWSKA Urszula	21		K 30-39	83	00:00:55	00:41:10	00:57:23	01:05:45.90	01:06:41.70	+00:34:59 (53.2%)	6:34	9.1 (46.7%)
775	ŻÓŁCIŃSKI Waldemar	913	GRUPA BIEGOWA UM W-WA	M 60+	26	00:01:49	00:40:29	00:57:05	01:05:48.35	01:07:38.05	+00:35:01 (53.2%)	6:34	9.1 (46.7%)
776	REJCHERT Kamila	657		K 30-39	84	00:01:42	00:41:04	00:57:38	01:05:49.45	01:07:32.35	+00:35:02 (53.2%)	6:35	9.1 (46.7%)
777	CZAJKOWSKA Krystyna	120		K 30-39	85	00:00:18	00:40:50	00:57:55	01:05:50.10	01:06:08.35	+00:35:03 (53.2%)	6:35	9.1 (46.7%)
778	PACHOLAK Przemysław	589		M 50-59	34	00:01:42	00:41:01	00:57:38	01:05:50.20	01:07:33.00	+00:35:03 (53.2%)	6:35	9.1 (46.7%)
779	RYDZ Adrian	681		M 30-39	220	00:01:43	00:41:39	00:57:55	01:06:03.25	01:07:46.55	+00:35:16 (53.4%)	6:36	9.1 (46.7%)
780	KORNACKA Agnieszka	372		K 1-29	45	00:01:24	00:42:07	00:58:06	01:06:14.40	01:07:39.05	+00:35:27 (53.5%)	6:37	9.1 (46.7%)
781	WARDAK Przemysław	833		M 30-39	221	00:01:18	00:42:31	00:58:30	01:06:22.15	01:07:40.50	+00:35:35 (53.6%)	6:38	9 (46.2%)
782	BABIAK-WARDAK Katarzyna	11		K 30-39	86	00:01:17	00:42:32	00:58:31	01:06:22.80	01:07:40.70	+00:35:35 (53.6%)	6:38	9 (46.2%)
783	KLIMEK Katarzyna	352		K 30-39	87	00:00:18	00:41:51	00:58:32	01:06:25.30	01:06:43.95	+00:35:38 (53.7%)	6:38	9 (46.2%)
784	BOJARSKA Maria	55		K 50-59	7	00:00:16	00:42:11	00:58:31	01:06:28.95	01:06:45.30	+00:35:42 (53.7%)	6:38	9 (46.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
785	STAŃCZYK Grzegorz	741		M 50-59	35	00:01:41	00:41:34	00:58:18	01:06:30.85	01:08:12.80	+00:35:44 (53.7%)	6:39	9 (46.2%)
786	KUĆ Beata	423		K 40-49	66	00:01:39	00:41:31	00:58:10	01:06:33.65	01:08:13.60	+00:35:46 (53.8%)	6:39	9 (46.2%)
787	KOVALETS Olena	387		K 1-29	46	00:00:18	00:42:14	00:59:05	01:06:37.15	01:06:55.55	+00:35:50 (53.8%)	6:39	9 (46.2%)
788	SZŁAPA Urszula	778	SPOT PSZCZYNA	K 30-39	88	00:02:04	00:41:50	00:58:24	01:06:38.55	01:08:43.25	+00:35:51 (53.8%)	6:39	9 (46.2%)
789	CIEPLAK Kasia	105		K 30-39	89	00:01:31	00:41:49	00:58:28	01:06:38.70	01:08:10.40	+00:35:51 (53.8%)	6:39	9 (46.2%)
790	PRZYBOROWSKI Rafał	640		M 30-39	222	00:00:39	00:42:37	00:58:34	01:06:39.95	01:07:19.70	+00:35:53 (53.8%)	6:40	9 (46.2%)
791	BOCHENEK Sebastian	50		M 30-39	223	00:02:13	00:42:09	00:58:05	01:06:43.80	01:08:57.65	+00:35:56 (53.9%)	6:40	9 (46.2%)
792	MATYJASIAK Mateusz	511		M 1-29	83	00:01:58	00:42:37	00:59:39	01:06:45.00	01:08:43.60	+00:35:58 (53.9%)	6:40	9 (46.2%)
793	TWARDO Kamil	820		M 30-39	224	00:01:56	00:42:30	00:58:53	01:06:51.30	01:08:47.60	+00:36:04 (54.0%)	6:41	9 (46.2%)
794	KILIŃSKI Piotr	346		M 40-49	213	00:02:03	00:43:08	00:59:14	01:06:51.60	01:08:54.60	+00:36:04 (54.0%)	6:41	9 (46.2%)
795	ŻUCHOWSKI Artur	916	MY MIESZKAŃCY LEGIONOWO	M 40-49	214	00:02:03	00:43:08	00:59:14	01:06:51.90	01:08:54.95	+00:36:05 (54.0%)	6:41	9 (46.2%)
796	SZOSTAKOWSKI Jarosław	1005	BIEGAMY Z OCHOTĄ	M 50-59	36	00:02:05	00:43:33	00:59:13	01:06:59.25	01:09:04.55	+00:36:12 (54.0%)	6:41	9 (46.2%)
797	SADŁOWSKA Aleksandra	688		K 1-29	47	00:02:00	00:43:13	00:59:21	01:07:03.80	01:09:04.05	+00:36:16 (54.1%)	6:42	8.9 (45.6%)
798	JEDYNAK Paweł	291		M 30-39	225	00:02:03	00:42:08	00:59:15	01:07:23.15	01:09:26.15	+00:36:36 (54.3%)	6:44	8.9 (45.6%)
799	STĘPIŃSKA Joanna	746		K 40-49	67	00:02:02	00:42:34	00:59:00	01:07:25.15	01:09:27.30	+00:36:38 (54.3%)	6:44	8.9 (45.6%)
800	WINDER Agnieszka	851		K 30-39	90	00:01:48	00:41:24	00:58:41	01:07:28.65	01:09:16.95	+00:36:41 (54.4%)	6:44	8.9 (45.6%)
801	ZAYATS Darya	898		K 1-29	48	00:01:12	00:42:17	00:59:13	01:07:31.55	01:08:44.25	+00:36:44 (54.4%)	6:45	8.9 (45.6%)
802	ZAWADZIŃSKA Anna	895		K 30-39	91	00:02:09	00:43:53	01:00:09	01:07:42.10	01:09:51.80	+00:36:55 (54.5%)	6:46	8.9 (45.6%)
803	SOJA Kasia	728	VEGE RUNNERS	K 40-49	68	00:00:00	00:43:52	01:00:03	01:07:42.45	01:07:42.45	+00:36:55 (54.5%)	6:46	8.9 (45.6%)
804	BOJKO Aleksander	56		M 1-29	84	00:01:58	00:42:40	00:59:40	01:07:52.55	01:09:50.95	+00:37:05 (54.7%)	6:47	8.8 (45.1%)
805	JURECKA Justyna	302		K 1-29	49	00:01:55	00:43:36	01:00:23	01:07:54.15	01:09:50.00	+00:37:07 (54.7%)	6:47	8.8 (45.1%)
806	ŁUCZAK Bartłomiej	473	KLUB BIEGACZA RTV EURO AGD	M 30-39	226	00:01:26	00:41:46	00:59:28	01:07:59.05	01:09:25.85	+00:37:12 (54.7%)	6:47	8.8 (45.1%)
807	JURECKI Marek	303		M 50-59	37	00:01:55	00:43:36	01:00:21	01:08:00.55	01:09:55.90	+00:37:13 (54.7%)	6:48	8.8 (45.1%)
808	PANASIUK Aga	596		K 40-49	69	00:01:10	00:42:43	00:59:45	01:08:17.30	01:09:27.60	+00:37:30 (54.9%)	6:49	8.8 (45.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
809	JAWORSKA Joanna	287		K 30-39	92	00:01:59	00:44:41	01:00:27	01:08:17.50	01:10:17.00	+00:37:30 (54.9%)	6:49	8.8 (45.1%)
810	ŁUKASIEWICZ Robert	475	KOKOSZKA36TEAM	M 40-49	215	00:01:55	00:43:25	00:59:53	01:08:19.40	01:10:15.05	+00:37:32 (54.9%)	6:50	8.8 (45.1%)
811	BUDAJ-FIDECKA Anna	81	FIDEPOP	K 40-49	70	00:01:33	00:44:21	01:00:26	01:08:40.10	01:10:13.80	+00:37:53 (55.2%)	6:52	8.7 (44.6%)
812	STAGIŁOW Monika	737		K 1-29	50	00:01:41	00:43:31	01:00:33	01:08:46.25	01:10:27.70	+00:37:59 (55.2%)	6:52	8.7 (44.6%)
813	WŁODARCZYK Mirosław	861	I LO UKS KOŚCIUSZKO	M 40-49	216	00:01:50	00:43:55	01:00:42	01:08:55.25	01:10:45.75	+00:38:08 (55.3%)	6:53	8.7 (44.6%)
814	IZDEBSKI Bartłomiej	256		M 30-39	227	00:01:57	00:42:20	01:00:11	01:08:58.60	01:10:56.00	+00:38:11 (55.4%)	6:53	8.7 (44.6%)
815	KIELAK Jacek	341		M 50-59	38	00:00:17	00:43:43	01:01:07	01:09:17.65	01:09:34.75	+00:38:30 (55.6%)	6:55	8.7 (44.6%)
816	KŁOPOTOWSKA Małgorzata	355		K 30-39	93	00:00:44	00:43:14	01:00:46	01:09:19.75	01:10:04.05	+00:38:32 (55.6%)	6:56	8.7 (44.6%)
817	MALDIS Marek	486		M 60+	27	00:01:57	00:44:30	01:01:04	01:09:21.40	01:11:19.35	+00:38:34 (55.6%)	6:56	8.6 (44.1%)
818	WRONKA Mariana	878	ZABIEGANY WOŁOMIN	K 30-39	94	00:00:27	00:43:47	01:00:51	01:09:24.75	01:09:51.90	+00:38:37 (55.7%)	6:56	8.6 (44.1%)
819	FURMAN Dorota	179		K 30-39	95	00:02:03	00:44:42	01:01:27	01:09:26.60	01:11:30.50	+00:38:39 (55.7%)	6:56	8.6 (44.1%)
820	GRZANECKA Agnieszka	236		K 30-39	96	00:02:09	00:44:32	01:01:06	01:09:34.15	01:11:43.75	+00:38:47 (55.8%)	6:57	8.6 (44.1%)
821	KACZOROWSKA Monika	319		K 40-49	71	00:01:52	00:44:33	01:01:22	01:09:34.80	01:11:26.95	+00:38:47 (55.8%)	6:57	8.6 (44.1%)
822	HULANICKI Andrzej	253	GOGGLE TEAM	M 60+	28	00:01:58	00:44:42	01:01:16	01:09:34.95	01:11:33.05	+00:38:48 (55.8%)	6:57	8.6 (44.1%)
823	MROZIK Wioletta	545		K 30-39	97	00:01:40	00:44:20	01:01:37	01:09:35.90	01:11:16.75	+00:38:49 (55.8%)	6:57	8.6 (44.1%)
824	ŁOCHINA Marta	466		K 40-49	72	00:01:53	00:44:35	01:01:33	01:09:36.25	01:11:29.30	+00:38:49 (55.8%)	6:57	8.6 (44.1%)
825	KUREK Izabela	430	BIEGAM POWOLI	K 30-39	98	00:01:51	00:43:37	01:01:09	01:09:38.55	01:11:29.55	+00:38:51 (55.8%)	6:57	8.6 (44.1%)
826	KUREK Jacek	429	BIEGAMPO WOLI	M 40-49	217	00:01:50	00:43:38	01:01:10	01:09:38.60	01:11:29.35	+00:38:51 (55.8%)	6:57	8.6 (44.1%)
827	NASKRĘT Mariusz	555		M 40-49	218	00:02:00	00:45:23	01:01:52	01:10:05.45	01:12:05.45	+00:39:18 (56.1%)	7:00	8.6 (44.1%)
828	SOSNÓWKA Magdalena	732		K 40-49	73	00:01:59	00:44:42	01:01:53	01:10:08.00	01:12:07.50	+00:39:21 (56.1%)	7:00	8.6 (44.1%)
829	JASIŃSKA Alicja	282		K 1-29	51	00:02:04	00:45:54	01:02:49	01:10:26.45	01:12:30.90	+00:39:39 (56.3%)	7:02	8.5 (43.6%)
830	WIZERT Józef	859		M 60+	29	00:02:12	00:44:29	01:01:34	01:10:49.20	01:13:01.30	+00:40:02 (56.5%)	7:04	8.5 (43.6%)
831	KAMIŃSKI Michał	322		M 40-49	219	00:02:01	00:44:43	01:01:34	01:10:58.90	01:13:00.85	+00:40:12 (56.6%)	7:05	8.5 (43.6%)
832	KIELISZEK Paweł	343		M 30-39	228	00:01:36	00:45:06	01:02:43	01:11:19.30	01:12:55.75	+00:40:32 (56.8%)	7:07	8.4 (43.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
833	TREMELET Sebastien	814		M 40-49	220	00:02:05	00:45:41	01:03:09	01:11:24.10	01:13:29.70	+00:40:37 (56.9%)	7:08	8.4 (43.1%)
834	KOSIERADZKA Joanna	378		K 50-59	8	00:01:47	00:45:53	01:03:21	01:12:05.20	01:13:52.35	+00:41:18 (57.3%)	7:12	8.3 (42.6%)
835	KOSIERADZKI Paweł	379	MASTERS DOJO	M 50-59	39	00:01:46	00:45:54	01:03:22	01:12:05.95	01:13:52.35	+00:41:19 (57.3%)	7:12	8.3 (42.6%)
836	SYROCKI Wojciech	984		M 40-49	221	00:02:18	00:47:15	01:04:03	01:12:06.40	01:14:25.00	+00:41:19 (57.3%)	7:12	8.3 (42.6%)
837	WUJEC Bartłomiej	879		M 40-49	222	00:02:01	00:46:42	01:03:45	01:12:09.95	01:14:11.05	+00:41:23 (57.3%)	7:13	8.3 (42.6%)
838	JANKOWSKA Jola	271		K 30-39	99	00:00:00			01:12:11.00	01:12:11.00	+00:41:24 (57.4%)	7:13	8.3 (42.6%)
839	JANUKOWICZ Agnieszka	277		K 30-39	100	00:00:00			01:12:14.00	01:12:14.00	+00:41:27 (57.4%)	7:13	8.3 (42.6%)
840	BANASIK Katarzyna	16	GRUPA BIEGOWA UM W-WA	K 30-39	101	00:01:15	00:46:24	01:03:57	01:12:27.35	01:13:42.55	+00:41:40 (57.5%)	7:14	8.3 (42.6%)
841	JURKOWSKA Irena	305		K 60+	6	00:01:56	00:44:36	01:03:40	01:12:49.15	01:14:45.30	+00:42:02 (57.7%)	7:16	8.2 (42.1%)
842	ILCZUK Tomasz	1001	TARCHOŚWIRY	M 30-39	229	00:02:14	00:47:49	01:04:39	01:13:25.00	01:15:39.30	+00:42:38 (58.1%)	7:20	8.2 (42.1%)
843	CZARNECKI Piotr	125	TARCHOŚFIRY	M 30-39	230	00:02:13	00:47:54	01:04:43	01:13:28.80	01:15:42.10	+00:42:41 (58.1%)	7:20	8.2 (42.1%)
844	DĄBROWA Wojciech	133		M 60+	30	00:02:07	00:46:12	01:04:53	01:13:43.60	01:15:51.40	+00:42:56 (58.3%)	7:22	8.1 (41.5%)
845	SOJKA Łukasz	729		M 30-39	231	00:02:17	00:47:20	01:04:51	01:13:52.75	01:16:10.60	+00:43:05 (58.3%)	7:23	8.1 (41.5%)
846	WÓJTOWICZ Agnieszka	877		K 40-49	74	00:02:18	00:47:14	01:04:50	01:13:53.25	01:16:11.55	+00:43:06 (58.3%)	7:23	8.1 (41.5%)
847	WAWRZONEK Karolina	839		K 40-49	75	00:02:18	00:47:15	01:04:52	01:14:10.55	01:16:29.15	+00:43:23 (58.5%)	7:25	8.1 (41.5%)
848	HEINE Krzysztof	246		M 40-49	223	00:02:18	00:47:15	01:04:54	01:14:11.45	01:16:29.75	+00:43:24 (58.5%)	7:25	8.1 (41.5%)
849	BÖGER Carolin	51		K 1-29	52	00:01:56	00:47:02	01:05:12	01:14:12.25	01:16:09.00	+00:43:25 (58.5%)	7:25	8.1 (41.5%)
850	OGOŃCZYK Donata	845		K 1-29	53	00:02:00	00:47:33	01:06:07	01:14:57.25	01:16:57.75	+00:44:10 (58.9%)	7:29	8 (41.0%)
851	CHEN Fengqin	88		K 30-39	102	00:00:08	00:48:05	01:06:37	01:15:51.60	01:15:59.60	+00:45:04 (59.4%)	7:35	7.9 (40.5%)
852	KUREK Gustaw	427		M 50-59	40	00:02:11	00:47:51	01:06:43	01:15:59.00	01:18:10.20	+00:45:12 (59.5%)	7:35	7.9 (40.5%)
853	ŁOWCZAK Jacek	969	TEAM ZABIEGANEDNI	M 30-39	232	00:01:42	00:49:14	01:08:08	01:17:24.45	01:19:06.60	+00:46:37 (60.2%)	7:44	7.8 (40.0%)
854	LIS Kamil	449	GRUPA BIEGOWA UM W-WA	M 30-39	233	00:00:40	00:49:28	01:08:55	01:17:42.60	01:18:22.90	+00:46:55 (60.4%)	7:46	7.7 (39.5%)
855	METERA Anna	518		K 40-49	76	00:00:36	00:50:01	01:09:28	01:19:11.40	01:19:48.15	+00:48:24 (61.1%)	7:55	7.6 (39.0%)
856	DRACZYŃSKA Edyta	153		K 40-49	77	00:00:36	00:50:00	01:09:28	01:19:12.10	01:19:48.45	+00:48:25 (61.1%)	7:55	7.6 (39.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
857	ZAWADZKA Magdalena	896	ZAJĄC	K 30-39	103	00:02:17	00:47:15	01:04:55	01:19:54.30	01:22:11.95	+00:49:07 (61.5%)	7:59	7.5 (38.5%)
858	GIEDYK Przemysław	198	DELOITTE ADVENTURE TEAM	M 30-39	234	00:02:00	00:50:22	01:10:34	01:19:54.40	01:21:55.30	+00:49:07 (61.5%)	7:59	7.5 (38.5%)
859	GIEDYK Katarzyna	197		K 30-39	104	00:02:00	00:50:22	01:10:34	01:19:54.65	01:21:55.40	+00:49:07 (61.5%)	7:59	7.5 (38.5%)
860	MAREK Henryk	501	-	M 60+	31	00:00:00	01:20:28		01:22:36.00	01:22:36.00	+00:51:49 (62.7%)	8:15	7.3 (37.4%)
861	LEWANDOWSKA Ewelina	444	WATAHA - ŁĄCZY NAS BIEGANIE	K 30-39	105	00:02:26			01:22:46.30	01:25:13.20	+00:51:59 (62.8%)	8:16	7.2 (36.9%)
862	JÓŹWIAK Dorota	299	SLOW JOGGING BIAŁOŁĘKA	K 40-49	78	00:02:26			01:22:49.10	01:25:15.50	+00:52:02 (62.8%)	8:16	7.2 (36.9%)
863	KORNACKI Sławomir	373		M 50-59	41	00:01:24	00:50:43	01:13:00	01:24:00.80	01:25:25.20	+00:53:13 (63.4%)	8:24	7.1 (36.4%)
864	SIERPOWSKA-BARTOSIK Agnieszka	701	SLOW JOGGING ŁÓDŹ / VEGE RUNNERS	K 40-49	79	00:02:25	00:54:31	01:15:48	01:28:08.15	01:30:33.55	+00:57:21 (65.1%)	8:48	6.8 (34.9%)
865	GRĄCKA Katarzyna	222		K 40-49	80	00:02:24	00:54:32	01:15:50	01:28:08.80	01:30:33.50	+00:57:21 (65.1%)	8:48	6.8 (34.9%)
866	WILCZYŃSKA Małgorzata	992		K 40-49	81	00:02:27	00:57:31	01:18:21	01:29:39.75	01:32:07.55	+00:58:52 (65.7%)	8:58	6.7 (34.4%)
867	RUSIN Michał	679	KS STASZEWCY	M 1-29	85	00:00:00	00:32:11	00:44:25			+	4:56	12.2 (62.6%)
868	MŁODZIŃSKA Nina	1013		K 1-29	54	00:00:00	00:51:24				+	7:47	7.7 (39.5%)
869	RODZOCH Daniel	964		M 30-39	235	00:00:02							(0.0%)
870	KRAWCZYK Marlena	401		K 30-39	106	00:01:00							(0.0%)
Przekroczony limit czasu: 01:30:00													
LIM	SŁADEK Karol	954		M 30-39		00:02:22	00:57:34	01:18:28	01:30:04.45	01:32:27.00		0:00	6.7 (34.4%)
LIM	HAJDUK Monika	955		K 1-29		00:02:22	00:55:43	01:03:51	01:30:04.60	01:32:27.20		0:00	6.7 (34.4%)
LIM	SKRZYDŁOWSKA-KALUKIN Katarzyna	717	SLOWJOGGING BIAŁOŁĘKA	K 50-59		00:02:31	00:56:40	01:18:01	01:31:27.10	01:33:59.00		0:00	6.6 (33.8%)
LIM	PILSKA Magda	621	SLOW JOGGING WARSZAWA	K 40-49		00:02:32	00:56:50	01:19:12	01:31:29.00	01:34:01.10		0:00	6.6 (33.8%)
LIM	BOROWIAK Jolanta	63	SLOWJOGGING POLSKA	K 60+		00:02:32	00:56:50	01:19:04	01:31:29.75	01:34:01.80		0:00	6.6 (33.8%)
LIM	ROBASZKIEWICZ Adam	659		M 40-49		00:02:32	00:57:17	01:19:59	01:31:30.05	01:34:02.90		0:00	6.6 (33.8%)
LIM	BOROWIAK Jacek	62	SLOWJOGGING POLSKA	M 60+		00:02:31	00:56:48	01:19:05	01:31:30.45	01:34:01.55		0:00	6.6 (33.8%)
LIM	SYC Alicja	768	SLOW JOGGING BIAŁOŁĘKA	K 50-59		00:02:28	00:56:43	01:18:04	01:31:31.25	01:33:59.80		0:00	6.6 (33.8%)
LIM	BAUER Jacek	26	SLOW JOGGING ŁÓDŹ	M 60+		00:02:32	00:57:33	01:19:59	01:31:33.05	01:34:05.25		0:00	6.6 (33.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
LIM	BORZUCHOWSKA Monika	70	SLOWJOGGING ŁÓDŹ	K 40-49		00:02:26	00:56:52	01:19:11	01:31:33.60	01:33:59.75		0:00	6.6 (33.8%)
LIM	ZAWADA Katarzyna	894		K 40-49		00:02:26	00:56:54	01:18:08	01:31:33.65	01:34:00.55		0:00	6.6 (33.8%)
LIM	KOWALCZYK-CHRZUSZCZ Kasia	390	SLOW JOGGING ŁÓDŹ	K 50-59		00:02:24	00:56:51	01:19:18	01:31:33.80	01:33:58.70		0:00	6.6 (33.8%)
LIM	CIEŚLAK Paweł	112	SLOWJOGGINGBIAŁOŁĘKA	M 50-59		00:02:29	00:56:55	01:18:03	01:31:34.15	01:34:03.30		0:00	6.6 (33.8%)
LIM	SZTAJNIC Jerzy	782		M 60+		00:02:25	00:56:54	01:19:17	01:31:34.15	01:33:59.20		0:00	6.6 (33.8%)
LIM	KAMIŃSKI Waldemar	323	SLOW JOGGING BIAŁOŁĘKA	M 50-59		00:02:27	00:57:38	01:20:04	01:31:37.60	01:34:05.00		0:00	6.5 (33.3%)

Znaleziono 885 wynik(ów)