



Organizator:
Data:
Miejsce:
Dystans:

Urząd Dzielnicy Warszawa - Białoleka
2021-09-12
Warszawa
10 km

BIEG PRZECZ MOST 2021

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M 30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	GROMEK Radosław	165	AZS AWF WARSZAWA	M 30-39	1	00:20:41	00:29:14	00:32:38.75		3:15	18.4 (100%)
2	HILDEBRAND Marcin	178	BIEGAM NA TARCHOMINIE	M 30-39	2	00:23:11	00:32:55	00:36:52.30	+00:04:13 (11.5%)	3:41	16.3 (88.6%)
3	JUSIŃSKI Krystian	202	BRACTWO BIEGOWE BGK	M 30-39	3	00:23:27	00:33:26	00:37:22.85	+00:04:44 (12.7%)	3:44	16.1 (87.5%)
4	PYRZAK Paweł	416	FORT JAKSMANICE	M 30-39	4	00:23:38	00:33:27	00:37:27.20	+00:04:48 (12.8%)	3:44	16 (87.0%)
5	SZCZEPŁEK Jan	495	LEMIESZ TEAM	M 30-39	5	00:23:45	00:33:39	00:37:33.50	+00:04:54 (13.1%)	3:45	16 (87.0%)
6	ŁABĘDZKI Konrad	298	DUKLANOWSKI TEAM	M 30-39	6	00:23:52	00:33:57	00:38:12.65	+00:05:33 (14.6%)	3:49	15.7 (85.3%)
7	WACHOWSKI Łukasz	538		M 30-39	7	00:23:56	00:34:11	00:38:15.75	+00:05:37 (14.7%)	3:49	15.7 (85.3%)
8	STACHOWICZ Marcin	616		M 30-39	8	00:24:03	00:34:37	00:38:54.85	+00:06:16 (16.1%)	3:53	15.4 (83.7%)
9	MICHLEWICZ Krzysztof	327		M 30-39	9	00:25:21	00:35:43	00:39:52.90	+00:07:14 (18.1%)	3:59	15.1 (82.1%)
10	KRZESZEWSKI Rafał	263	BIEGAJ POD OKIEM TRENERA	M 30-39	10	00:25:20	00:35:44	00:39:56.20	+00:07:17 (18.3%)	3:59	15 (81.5%)
11	MARCINISZYN Grzegorz	486		M 30-39	11	00:25:20	00:36:06	00:40:21.05	+00:07:42 (19.1%)	4:02	14.9 (81.0%)
12	SKWARCZ Paweł	465		M 30-39	12	00:24:32	00:36:06	00:41:00.15	+00:08:21 (20.4%)	4:06	14.6 (79.3%)
13	MAKULEC Marcin	617	SANTANDER RUNNING TEAM	M 30-39	13	00:25:29	00:36:41	00:41:14.65	+00:08:35 (20.8%)	4:07	14.6 (79.3%)
14	ŁĄGOCKI Marcin	49		M 30-39	14	00:26:30	00:37:09	00:41:27.45	+00:08:48 (21.3%)	4:08	14.5 (78.8%)
15	KRÓL Maciej	256	BIEGAM NA TARCHOMINIE	M 30-39	15	00:26:45	00:37:38	00:42:03.80	+00:09:25 (22.4%)	4:12	14.3 (77.7%)
16	SIEGIEDA Michał	453	ADIDAS RUNNERS WARSAW	M 30-39	16	00:26:06	00:37:40	00:42:09.05	+00:09:30 (22.5%)	4:12	14.2 (77.2%)
17	SZYMAŃSKI Andrzej	502		M 30-39	17	00:26:21	00:37:45	00:42:14.30	+00:09:35 (22.7%)	4:13	14.2 (77.2%)
18	JASIONOWSKI Mariusz	193		M 30-39	18	00:26:03	00:37:43	00:42:39.30	+00:10:00 (23.5%)	4:15	14.1 (76.6%)
19	BRYGOŁA Tomasz	64	PARKRUN POLE MOKOTOWSKIE	M 30-39	19	00:27:01	00:38:32	00:43:10.10	+00:10:31 (24.4%)	4:19	13.9 (75.5%)
20	IWANIK Tomasz	228		M 30-39	20	00:27:27	00:39:08	00:43:54.25	+00:11:15 (25.6%)	4:23	13.7 (74.5%)
21	TROJANOWSKI Rafał	146		M 30-39	21	00:27:26	00:39:20	00:44:11.45	+00:11:32 (26.1%)	4:25	13.6 (73.9%)
22	GABRYSZEWSKI Radosław	139		M 30-39	22	00:28:23	00:39:59	00:44:34.50	+00:11:55 (26.8%)	4:27	13.5 (73.4%)
23	BOBER Jarosław	54		M 30-39	23	00:28:00	00:39:51	00:44:49.50	+00:12:10 (27.2%)	4:28	13.4 (72.8%)
24	KARPIŃSKI Marcin	210		M 30-39	24	00:28:18	00:40:02	00:44:56.45	+00:12:17 (27.4%)	4:29	13.4 (72.8%)
25	BOROWY Łukasz	62		M 30-39	25	00:28:09	00:40:16	00:45:03.10	+00:12:24 (27.5%)	4:30	13.3 (72.3%)
26	JANISZEWSKI Rafał	187	BRAVEHEARTS LEGIONOWO	M 30-39	26	00:28:42	00:40:24	00:45:05.65	+00:12:26 (27.6%)	4:30	13.3 (72.3%)
27	FALKOWSKI Łukasz	128		M 30-39	27	00:27:36	00:40:12	00:45:05.95	+00:12:27 (27.6%)	4:30	13.3 (72.3%)
28	CHMARZYŃSKI Paweł	78		M 30-39	28	00:28:19	00:40:20	00:45:07.65	+00:12:28 (27.7%)	4:30	13.3 (72.3%)
29	SIKORSKI Bartosz	76		M 30-39	29	00:28:16	00:40:34	00:45:14.40	+00:12:35 (27.8%)	4:31	13.3 (72.3%)
30	PALUCH Kamil	378		M 30-39	30	00:28:45	00:40:39	00:45:15.20	+00:12:36 (27.9%)	4:31	13.3 (72.3%)

								Czas netto 10km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km				
31	RYTKOWSKI Piotr	443		M 30-39	31	00:29:15	00:40:51	00:45:17.60	+00:12:38 (27.9%)	4:31	13.2 (71.7%)
32	LIPIŃSKI Oskar	618		M 30-39	32	00:28:40	00:40:40	00:45:27.20	+00:12:48 (28.2%)	4:32	13.2 (71.7%)
33	PONIATOWSKI Aleksander	400		M 30-39	33	00:28:25	00:40:39	00:45:36.50	+00:12:57 (28.4%)	4:33	13.2 (71.7%)
34	DRZYMALA Krzysztof	121		M 30-39	34	00:28:35	00:40:45	00:45:41.55	+00:13:02 (28.6%)	4:34	13.1 (71.2%)
35	MROZOWSKI Kamil	340		M 30-39	35	00:28:34	00:40:55	00:45:58.75	+00:13:20 (29.0%)	4:35	13.1 (71.2%)
36	SOCHA Grzegorz	470		M 30-39	36	00:27:21	00:41:30	00:46:00.85	+00:13:22 (29.1%)	4:36	13 (70.7%)
37	ZAWADA Paweł	593	BIEGAM NA TARCHOMINIE	M 30-39	37	00:28:36	00:41:07	00:46:01.75	+00:13:23 (29.1%)	4:36	13 (70.7%)
38	BALABANOV Viktor	27	MASTERS DOJO KARATE KYOKUSHIN	M 30-39	38	00:28:30	00:41:07	00:46:08.80	+00:13:30 (29.3%)	4:36	13 (70.7%)
39	KLUSIEWICZ Michał	226		M 30-39	39	00:28:17	00:40:46	00:46:12.85	+00:13:34 (29.4%)	4:37	13 (70.7%)
40	BADOWSKI Piotr	23		M 30-39	40	00:28:46	00:41:20	00:46:20.10	+00:13:41 (29.5%)	4:38	12.9 (70.1%)
41	WICENTY Paweł	549		M 30-39	41	00:29:42	00:42:11	00:46:56.50	+00:14:17 (30.5%)	4:41	12.8 (69.6%)
42	FITRZYK Łukasz	132		M 30-39	42	00:29:32	00:42:03	00:47:02.40	+00:14:23 (30.6%)	4:42	12.8 (69.6%)
43	KOSIŃSKI Kamil	240		M 30-39	43	00:29:47	00:42:01	00:47:04.00	+00:14:25 (30.6%)	4:42	12.7 (69.0%)
44	TENDERENDA Kamil	517		M 30-39	44	00:28:58	00:42:10	00:47:04.60	+00:14:25 (30.7%)	4:42	12.7 (69.0%)
45	CHMIELEWSKI Maciej	79		M 30-39	45	00:29:59	00:42:15	00:47:14.65	+00:14:35 (30.9%)	4:43	12.7 (69.0%)
46	BOJARUN Marek	59		M 30-39	46	00:29:24	00:42:05	00:47:24.25	+00:14:45 (31.1%)	4:44	12.7 (69.0%)
47	KRAJEWSKI Konrad	683		M 30-39	47	00:30:00	00:43:00	00:47:58.20	+00:15:19 (31.9%)	4:47	12.5 (67.9%)
48	JANKOWSKI Jakub	190		M 30-39	48	00:29:18	00:42:30	00:48:03.05	+00:15:24 (32.1%)	4:48	12.5 (67.9%)
49	FAJKOWSKI Piotr	127	ADIDAS RUNNERS WARSAW	M 30-39	49	00:29:59	00:43:13	00:48:19.00	+00:15:40 (32.4%)	4:49	12.4 (67.4%)
50	CHOTOMSKI Marcin	84		M 30-39	50	00:30:31	00:43:20	00:48:25.60	+00:15:46 (32.6%)	4:50	12.4 (67.4%)
51	PASIŃSKI Daniel	382	GRUPA BIEGOWA UM W-WA	M 30-39	51	00:30:39	00:43:41	00:48:31.15	+00:15:52 (32.7%)	4:51	12.4 (67.4%)
52	CHAJĘCKI Mateusz	75	WARSZAWSKIBIEGACZ	M 30-39	52	00:31:13	00:43:30	00:48:33.70	+00:15:54 (32.8%)	4:51	12.4 (67.4%)
53	SZAŁAŃSKI Przemysław	490		M 30-39	53	00:30:49	00:43:30	00:48:39.35	+00:16:00 (32.9%)	4:51	12.3 (66.8%)
54	GRONOWSKI Robert	166	FFF	M 30-39	54	00:31:44	00:44:14	00:48:54.90	+00:16:16 (33.3%)	4:53	12.3 (66.8%)
55	DĄBROWSKI Damian	117		M 30-39	55	00:29:47	00:43:44	00:49:12.25	+00:16:33 (33.7%)	4:55	12.2 (66.3%)
56	DOŁĘGA Sławomir	120		M 30-39	56	00:30:37	00:43:43	00:49:18.65	+00:16:39 (33.8%)	4:55	12.2 (66.3%)
57	PODGÓRSKI Krzysztof	395		M 30-39	57	00:30:53	00:44:12	00:49:27.80	+00:16:49 (34.0%)	4:56	12.1 (65.8%)
58	CHODNIEWICZ Michał	82		M 30-39	58	00:31:30	00:44:14	00:49:29.40	+00:16:50 (34.0%)	4:56	12.1 (65.8%)
59	DEREWICZ Mariusz	119		M 30-39	59	00:31:19	00:44:12	00:49:31.40	+00:16:52 (34.1%)	4:57	12.1 (65.8%)
60	ŚMIETAŁO Dawid	508		M 30-39	60	00:31:43	00:44:27	00:49:33.55	+00:16:54 (34.1%)	4:57	12.1 (65.8%)
61	LEŚ Tomasz	282	TRUCHT TARCHOMIN TEAM	M 30-39	61	00:30:29	00:44:09	00:49:43.50	+00:17:04 (34.3%)	4:58	12.1 (65.8%)
62	PRUSZCZYNSKI Grzegorz	410		M 30-39	62	00:31:46	00:44:29	00:49:44.55	+00:17:05 (34.4%)	4:58	12.1 (65.8%)
63	ŻÓŁKOWSKI Rafał	608	RUN % FUN	M 30-39	63	00:31:39	00:44:36	00:49:45.15	+00:17:06 (34.4%)	4:58	12.1 (65.8%)
64	ZGÓRZAK Adam	599		M 30-39	64	00:31:18	00:44:28	00:49:56.70	+00:17:17 (34.6%)	4:59	12 (65.2%)
65	LIBOLD Maciek	288		M 30-39	65	00:31:53	00:44:44	00:49:58.20	+00:17:19 (34.7%)	4:59	12 (65.2%)
66	ŚWIĘDRYCH Marek	512		M 30-39	66	00:34:07	00:44:48	00:50:19.45	+00:17:40 (35.1%)	5:01	11.9 (64.7%)
67	STACHURSKI Dariusz	473	RUN%FUN	M 30-39	67	00:31:42	00:45:18	00:50:59.20	+00:18:20 (36.0%)	5:05	11.8 (64.1%)
68	SKRZYPEK Michał	464		M 30-39	68	00:31:53	00:45:53	00:51:40.10	+00:19:01 (36.8%)	5:10	11.6 (63.0%)
69	KOCOŃ Rafał	230		M 30-39	69	00:31:38	00:46:01	00:51:43.35	+00:19:04 (36.9%)	5:10	11.6 (63.0%)
70	BARANOWSKI Łukasz	33		M 30-39	70	00:31:01	00:46:25	00:51:44.15	+00:19:05 (36.9%)	5:10	11.6 (63.0%)
71	GERWATOWSKI Artur	145		M 30-39	71	00:31:24	00:45:58	00:51:47.00	+00:19:08 (37.0%)	5:10	11.6 (63.0%)
72	PYRA Piotr	415	PKS RADOŚĆ	M 30-39	72	00:31:54	00:46:31	00:51:48.70	+00:19:09 (37.0%)	5:10	11.6 (63.0%)
73	MAŁŻ Bartosz	310		M 30-39	73	00:32:44	00:46:39	00:51:59.15	+00:19:20 (37.2%)	5:11	11.5 (62.5%)
74	KUSY Jacek	621		M 30-39	74	00:32:32	00:46:24	00:52:00.25	+00:19:21 (37.2%)	5:12	11.5 (62.5%)

								Czas netto 10km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km				
75	GAŁKA Bartek	141		M 30-39	75	00:32:09	00:46:46	00:52:33.80	+00:19:55 (37.9%)	5:15	11.4 (62.0%)
76	DĄBROWSKI Emil	116		M 30-39	76	00:32:13	00:46:56	00:53:00.55	+00:20:21 (38.4%)	5:18	11.3 (61.4%)
77	BUDNICKI Michal	72	IM	M 30-39	77	00:32:52	00:46:48	00:53:02.70	+00:20:23 (38.5%)	5:18	11.3 (61.4%)
78	HENTKA Kamil	177	UKL OLIMPIJCZYK 112	M 30-39	78	00:33:29	00:47:25	00:53:04.15	+00:20:25 (38.5%)	5:18	11.3 (61.4%)
79	ANIOŁKOWSKI Krzysztof	15	GRUPA BIEGOWA UM W-WA	M 30-39	79	00:34:29	00:47:57	00:53:04.60	+00:20:25 (38.5%)	5:18	11.3 (61.4%)
80	GRYCZKA Andrzej	170	KANCELARIA PRAWNA ANLEX ANDRZEJ GRYCZKA	M 30-39	80	00:31:27	00:46:40	00:53:09.95	+00:20:31 (38.6%)	5:18	11.3 (61.4%)
81	SZAREWICZ Paweł	492		M 30-39	81	00:33:49	00:47:52	00:53:39.25	+00:21:00 (39.2%)	5:21	11.2 (60.9%)
82	PODKAŃSKI Paweł	396		M 30-39	82	00:32:35	00:47:45	00:53:40.15	+00:21:01 (39.2%)	5:22	11.2 (60.9%)
83	WOJTOWICZ Przemysław	575		M 30-39	83	00:32:25	00:47:34	00:53:41.00	+00:21:02 (39.2%)	5:22	11.2 (60.9%)
84	MALYI Sergii	615		M 30-39	84	00:34:09	00:48:23	00:53:48.40	+00:21:09 (39.3%)	5:22	11.2 (60.9%)
85	MENDREK Ireneusz	323	TURBODZIKI	M 30-39	85	00:33:44	00:48:25	00:54:02.35	+00:21:23 (39.6%)	5:24	11.1 (60.3%)
86	SZLAGA Sebastian	499	KURKARURKA	M 30-39	86	00:34:31	00:48:53	00:54:11.75	+00:21:33 (39.8%)	5:25	11.1 (60.3%)
87	ŻMIJEWSKI Daniel	607		M 30-39	87	00:32:22	00:48:18	00:54:12.95	+00:21:34 (39.8%)	5:25	11.1 (60.3%)
88	KARWECKI Patryk	211		M 30-39	88			00:54:14.00	+00:21:35 (39.8%)	5:25	11.1 (60.3%)
89	GÓRKA Bartosz	159		M 30-39	89	00:34:44	00:48:58	00:54:46.00	+00:22:07 (40.4%)	5:28	11 (59.8%)
90	ADAMKIEWICZ Marcin	14		M 30-39	90	00:33:42	00:48:45	00:54:55.20	+00:22:16 (40.6%)	5:29	10.9 (59.2%)
91	ZAWADZKI Emil	594		M 30-39	91	00:35:32	00:50:00	00:55:42.40	+00:23:03 (41.4%)	5:34	10.8 (58.7%)
92	SKRĘTKOWICZ Paweł	462		M 30-39	92	00:34:53	00:49:37	00:55:45.00	+00:23:06 (41.4%)	5:34	10.8 (58.7%)
93	BAZYLEWICZ Hubert	37		M 30-39	93	00:33:26	00:49:03	00:55:45.10	+00:23:06 (41.4%)	5:34	10.8 (58.7%)
94	BIEŃKOWSKI Daniel	51		M 30-39	94	00:35:59	00:50:10	00:55:50.35	+00:23:11 (41.5%)	5:35	10.7 (58.2%)
95	SMORAWSKI Wodzisław	467		M 30-39	95	00:34:46	00:49:25	00:55:51.40	+00:23:12 (41.6%)	5:35	10.7 (58.2%)
96	TRZESIŃSKI Michał	532		M 30-39	96	00:34:16	00:49:32	00:55:54.45	+00:23:15 (41.6%)	5:35	10.7 (58.2%)
97	MIKLASZEWSKI Kamil	333		M 30-39	97	00:34:46	00:49:50	00:56:00.50	+00:23:21 (41.7%)	5:36	10.7 (58.2%)
98	PŁATEK Emil	392		M 30-39	98	00:34:38	00:49:55	00:56:20.55	+00:23:41 (42.1%)	5:38	10.7 (58.2%)
99	DANIUN Wojciech	112		M 30-39	99	00:34:46	00:50:36	00:56:34.85	+00:23:56 (42.3%)	5:39	10.6 (57.6%)
100	RZEPKA Bartosz	444		M 30-39	100	00:35:42	00:50:46	00:56:42.95	+00:24:04 (42.4%)	5:40	10.6 (57.6%)
101	ROGOZINSKI Adrian	428		M 30-39	101	00:34:10	00:50:54	00:56:56.15	+00:24:17 (42.7%)	5:41	10.5 (57.1%)
102	KOPACZEL Paweł	689	BIEGAM U KOLESİ	M 30-39	102	00:33:54	00:50:26	00:56:58.35	+00:24:19 (42.7%)	5:41	10.5 (57.1%)
103	RUĐENKO Roman	436	MX STUDIO	M 30-39	103	00:33:51	00:50:25	00:57:17.05	+00:24:38 (43.0%)	5:43	10.5 (57.1%)
104	BIENIEK Wojciech	50		M 30-39	104	00:35:24	00:50:47	00:57:26.25	+00:24:47 (43.2%)	5:44	10.4 (56.5%)
105	PISANIEC Krzysztof	389		M 30-39	105	00:35:34	00:50:52	00:57:28.40	+00:24:49 (43.2%)	5:44	10.4 (56.5%)
106	DUĐEK Bartłomiej	123	BIEGAM NA TARCHOMINIE	M 30-39	106	00:35:56	00:50:54	00:57:38.90	+00:25:00 (43.4%)	5:45	10.4 (56.5%)
107	JAWORSKI Łukasz	194		M 30-39	107	00:35:28	00:51:32	00:57:58.30	+00:25:19 (43.7%)	5:47	10.4 (56.5%)
108	SULICH Mateusz	487		M 30-39	108	00:36:12	00:51:43	00:58:07.65	+00:25:28 (43.8%)	5:48	10.3 (56.0%)
109	MARUSZAK Łukasz	316	BIEGAM NA TARCHOMINIE	M 30-39	109	00:36:40	00:52:31	00:58:36.05	+00:25:57 (44.3%)	5:51	10.2 (55.4%)
110	WASIAK Bartosz	544		M 30-39	110	00:34:32	00:51:32	00:58:44.25	+00:26:05 (44.4%)	5:52	10.2 (55.4%)
111	PRASAŁEK Jan	405	LEGIA WARSZAWA	M 30-39	111	00:37:43	00:53:11	00:59:24.75	+00:26:46 (45.1%)	5:56	10.1 (54.9%)
112	KUCHARCZYK Kamil	267		M 30-39	112	00:37:13	00:53:43	00:59:42.15	+00:27:03 (45.3%)	5:58	10.1 (54.9%)
113	ŁYCZEK Rafał	305		M 30-39	113	00:37:31	00:53:51	00:59:45.40	+00:27:06 (45.4%)	5:58	10 (54.3%)
114	SENKO Mateusz	450	STOWARZYSZENIE RAZEM DLA BIAŁOŁĘKI	M 30-39	114	00:39:30	00:54:31	00:59:49.80	+00:27:11 (45.4%)	5:58	10 (54.3%)
115	CIULA Dominik	100		M 30-39	115	00:35:41	00:52:48	01:00:24.30	+00:27:45 (46.0%)	6:02	9.9 (53.8%)
116	GMYREK Robert	150		M 30-39	116	00:35:41	00:52:48	01:00:24.70	+00:27:45 (46.0%)	6:02	9.9 (53.8%)
117	BOHACZ Sylwester	650		M 30-39	117	00:35:16	00:53:33	01:00:44.60	+00:28:05 (46.3%)	6:04	9.9 (53.8%)
118	KACPRZAK Michał	203		M 30-39	118	00:37:04	00:54:07	01:01:09.85	+00:28:31 (46.6%)	6:06	9.8 (53.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
119	PODBIELSKI Przemysław	393		M 30-39	119	00:37:05	00:54:07	01:01:11.05	+00:28:32 (46.6%)	6:07	9.8 (53.3%)
120	MOCZYDŁOWSKI Piotr	337	MASTERS DOJO KARATE KYOKUSHIN	M 30-39	120	00:37:37	00:54:31	01:01:14.50	+00:28:35 (46.7%)	6:07	9.8 (53.3%)
121	GWIZDAŁA Tomek	215		M 30-39	121	00:38:18	00:53:37	01:01:23.40	+00:28:44 (46.8%)	6:08	9.8 (53.3%)
122	MEJOR Jan	322	RAKREATON 2021	M 30-39	122	00:37:49	00:54:40	01:01:43.40	+00:29:04 (47.1%)	6:10	9.7 (52.7%)
123	OLEJNIK Marcin	360		M 30-39	123	00:39:36	00:55:43	01:01:45.10	+00:29:06 (47.1%)	6:10	9.7 (52.7%)
124	ORŁOWSKI Tomasz	644		M 30-39	124	00:39:34	00:56:52	01:03:37.80	+00:30:59 (48.7%)	6:21	9.4 (51.1%)
125	LEŚNIKOWSKI Albert	283		M 30-39	125	00:39:54	00:56:35	01:03:44.85	+00:31:06 (48.8%)	6:22	9.4 (51.1%)
126	KRYSIK Marcin	261	WUJÓWKA	M 30-39	126	00:40:07	00:56:36	01:04:05.95	+00:31:27 (49.1%)	6:24	9.4 (51.1%)
127	KULBACKI Kamil	270		M 30-39	127	00:40:15	00:56:58	01:04:13.85	+00:31:35 (49.2%)	6:25	9.3 (50.5%)
128	POPARDOWSKI Paweł	402		M 30-39	128	00:40:32	00:57:56	01:04:14.15	+00:31:35 (49.2%)	6:25	9.3 (50.5%)
129	SKRZYPECKI Jakub	463	ANPHARM RUN TEAM	M 30-39	129	00:41:11	00:58:34	01:05:21.60	+00:32:42 (50.1%)	6:32	9.2 (50.0%)
130	WISNIEWSKI Adam	560		M 30-39	130	00:39:57	00:58:39	01:06:15.50	+00:33:36 (50.7%)	6:37	9.1 (49.5%)
131	ZIELIŃSKI Paweł	603		M 30-39	131	00:41:50	01:00:22	01:07:54.30	+00:35:15 (51.9%)	6:47	8.8 (47.8%)
132	MATUSZEWSKI Paweł	318		M 30-39	132	00:42:49	01:03:07	01:10:42.70	+00:38:03 (53.8%)	7:04	8.5 (46.2%)
133	OKSIENIUK Marcin	613	TURBODZIKI	M 30-39	133	00:44:23	01:05:47	01:13:52.45	+00:41:13 (55.8%)	7:23	8.1 (44.0%)
134	OLSZEWSKI Łukasz	365		M 30-39	134	00:44:36	01:05:52	01:14:05.85	+00:41:27 (55.9%)	7:24	8.1 (44.0%)
135	LIBERA Paweł	287	GRUPA BIEGOWA UM W-WA	M 30-39	135	00:44:28	01:06:01	01:14:39.35	+00:42:00 (56.3%)	7:27	8 (43.5%)
136	BOCHENEK Sebastian	56		M 30-39	136	00:45:31	01:08:11	01:16:24.55	+00:43:45 (57.3%)	7:38	7.9 (42.9%)
Przekroczony limit czasu: 01:30:00											
137	MAJKOWSKI Michał	685		M 30-39	137	00:58:05	01:23:40	01:34:20.40	+01:01:41 (65.4%)	9:26	6.4 (34.8%)
138	BEDNARZ Cezary	39	BIEGAJĄCY ŚWIDNIK	M 30-39	138						(0.0%)

Znaleziono 138 wynik(ów)