

Wydarzenie: BIEG URSYNOWA
Organizator: Urząd Dzielnicy Warszawa - Ursynów
Data: 2022-09-18
Miejsce: Warszawa
Dystans: 5 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	GOS Mateusz	1576	OPTIMA RADOM	M 20	1	00:00:01	00:07:25	00:14:53.80	00:14:54.95		2:58	20.2 (100%)
2	SZYMANIAK Kamil	1088	K2 RUNNING TEAM	M 30	1	00:00:01		00:15:13.50	00:15:14.80	+00:00:19 (2.2%)	3:02	19.7 (97.5%)
3	WASIEWICZ Krzysztof	1180	KONDYCJA	M 30	2	00:00:01	00:07:39	00:15:25.05	00:15:26.60	+00:00:31 (3.4%)	3:05	19.5 (96.5%)
4	DAMENTKA Kamil	175	CTS	M 20	2	00:00:01	00:07:39	00:15:31.30	00:15:33.10	+00:00:37 (4.0%)	3:06	19.3 (95.5%)
5	SKIBIŃSKI Mikołaj	1345	DUCLA ACADEMY	M 30	3	00:00:01	00:07:46	00:15:53.85	00:15:55.00	+00:01:00 (6.3%)	3:10	18.9 (93.6%)
6	KWARTA Maciej	592	ŻORAWSKI TEAM /MACIEJKWARTA	M 30	4	00:00:01	00:07:49	00:15:59.50	00:16:01.30	+00:01:05 (6.8%)	3:11	18.8 (93.1%)
7	KUBICKI Adam	576		M 30	5	00:00:01	00:08:00	00:16:12.60	00:16:14.40	+00:01:18 (8.1%)	3:14	18.5 (91.6%)
8	TRĘBICKI Ignacy	1141	OKS SKRA WARSZAWA	M 20	4	00:00:02	00:07:59	00:16:12.40	00:16:14.45	+00:01:18 (8.1%)	3:14	18.5 (91.6%)
9	TOKARSKI Piotr	1128		M 20	3	00:00:02	00:07:58	00:16:12.25	00:16:14.50	+00:01:18 (8.1%)	3:14	18.5 (91.6%)
10	DZIADZISHCHAU Aliaksei	224	CLUB ANONYMOUS RUNNERS N.A. CABALO BLANKO	M 30	6	00:00:02	00:08:02	00:16:13.50	00:16:15.55	+00:01:19 (8.2%)	3:14	18.5 (91.6%)
11	WAMKA Mateusz	1178	SSP ORKA IŁAWA/CTS	M 20	6	00:00:02	00:08:03	00:16:26.25	00:16:28.35	+00:01:32 (9.4%)	3:17	18.3 (90.6%)
12	GŁADECKI Dawid	1482	UKS OSIR GÓRA KALWARIA	M 20	5	00:00:04	00:08:12	00:16:25.70	00:16:29.95	+00:01:31 (9.3%)	3:17	18.3 (90.6%)
13	ŚMIETANA Stanisław	1111		M 20	7	00:00:02	00:08:12	00:16:33.95	00:16:36.75	+00:01:40 (10.1%)	3:18	18.1 (89.6%)
14	BARANOWSKA Mariola	36	MKS ŻAK BIAŁA PODLASKA	K 20	1	00:00:01	00:08:10	00:16:39.45	00:16:40.95	+00:01:45 (10.6%)	3:19	18 (89.1%)
15	BERNARDELLI Iwona	1322	KLUB SPORTOWY PREFBET-SONAROL	K 30	1	00:00:01	00:08:06	00:16:43.85	00:16:45.05	+00:01:50 (11.0%)	3:20	17.9 (88.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
16	WYSOCKI Marcin	1255	WARSZAWIAKY	M 30	7	00:00:02	00:08:22	00:16:51.50	00:16:53.60	+00:01:57 (11.6%)	3:22	17.8 (88.1%)
17	ŁABĘDZKI Konrad	622	DUKLANOWSKI TEAM	M 30	8	00:00:02	00:08:13	00:16:53.95	00:16:56.90	+00:02:00 (11.8%)	3:22	17.8 (88.1%)
18	GRABOWIEC Arkadiusz	1457	POWER TRAINING	M 20	8	00:00:03	00:08:21	00:16:53.85	00:16:57.15	+00:02:00 (11.8%)	3:22	17.8 (88.1%)
19	STASIEWSKI Piotr	1028	NOWOSARZYŃSKA GRUPA BIEGOWA	M 30	9	00:00:01	00:08:04	00:16:57.45	00:16:59.00	+00:02:03 (12.2%)	3:23	17.7 (87.6%)
20	KOBYŁECKI Mateusz	474	DOKĄD NOCĄ TUPTA JEŻ?	M 20	9	00:00:02	00:08:28	00:16:56.90	00:16:59.45	+00:02:03 (12.1%)	3:23	17.7 (87.6%)
21	ŻYŁA Arkadiusz	1306	TEAM KOPEĆ	M 20	10	00:00:02	00:08:28	00:16:57.85	00:17:00.20	+00:02:04 (12.2%)	3:23	17.7 (87.6%)
22	OMIELAN Wojciech	799		M 20	11	00:00:01	00:08:22	00:17:03.70	00:17:05.20	+00:02:09 (12.7%)	3:24	17.6 (87.1%)
23	KOWALCZYK Mateusz	520	MOCNA GRUPA CEZARA	M 30	10	00:00:02	00:08:29	00:17:12.25	00:17:14.50	+00:02:18 (13.4%)	3:26	17.4 (86.1%)
24	TKACZYK Mateusz	1124		M 20	12	00:00:04	00:08:43	00:17:19.60	00:17:24.10	+00:02:25 (14.0%)	3:27	17.3 (85.6%)
25	KLECZEWSKI Piotr	456	UKS FILIPIDES	M 16	1	00:00:02	00:08:36	00:17:23.20	00:17:25.70	+00:02:29 (14.3%)	3:28	17.3 (85.6%)
26	ZYCH Mariusz	1294	BIEGAJ POD OKIEM TRENERA	M 40	1	00:00:02	00:08:28	00:17:26.85	00:17:29.25	+00:02:33 (14.6%)	3:29	17.2 (85.1%)
27	KARWOWSKI Daniel	432	KB PŁOŃSK	M 30	12	00:00:02	00:08:36	00:17:30.95	00:17:33.45	+00:02:37 (15.0%)	3:30	17.1 (84.7%)
28	JASTRZĘBSKI Paweł	391	YULO RUN TEAM SIEDLCE	M 40	2	00:00:01	00:08:30	00:17:31.70	00:17:33.60	+00:02:37 (15.0%)	3:30	17.1 (84.7%)
29	KOZIELSKI Michał	539	CTS	M 30	11	00:00:06	00:08:48	00:17:28.00	00:17:34.00	+00:02:34 (14.7%)	3:29	17.2 (85.1%)
30	JUSIŃSKI Krystian	405	BRACTWO BIEGOWE BGK	M 30	14	00:00:03	00:08:35	00:17:31.60	00:17:35.55	+00:02:37 (15.0%)	3:30	17.1 (84.7%)
31	RYBCZAK Paweł	1589	KUŹNIA TRATHLONU	M 30	13	00:00:04	00:08:51	00:17:31.05	00:17:35.65	+00:02:37 (15.0%)	3:30	17.1 (84.7%)
32	KOWALCZYK Piotr	522	KAZIKI	M 40	3	00:00:03	00:08:44	00:17:34.40	00:17:38.25	+00:02:40 (15.2%)	3:30	17.1 (84.7%)
33	WITUSOWSKI Piotr	1218	VEGE RUNNERS	M 40	4	00:00:03	00:08:45	00:17:37.85	00:17:41.15	+00:02:44 (15.5%)	3:31	17 (84.2%)
34	PRIMIK Marek	890	VEGE RUNNERS	M 40	5	00:00:03	00:08:45	00:17:37.90	00:17:41.55	+00:02:44 (15.5%)	3:31	17 (84.2%)
35	MICHAŁOWSKI Maciek	715	ITMBW KRAKÓW	M 30	15	00:00:03	00:08:39	00:17:41.25	00:17:44.50	+00:02:47 (15.8%)	3:32	17 (84.2%)
36	MAŁOLEPSZY Rafał	670	ADAM DRACZYŃSKI RUNNING TEAM	M 20	13	00:00:03	00:08:50	00:17:43.10	00:17:46.10	+00:02:49 (15.9%)	3:32	16.9 (83.7%)
37	MAJCHRZAK Julian	660	TEAM ZABIEGANEDNI	M 30	16	00:00:02	00:08:48	00:17:43.60	00:17:46.40	+00:02:49 (16.0%)	3:32	16.9 (83.7%)
38	GŁODOWSKI Michał	283	ŻÓRAWSKI TEAM	M 30	17	00:00:01	00:08:51	00:17:50.10	00:17:51.90	+00:02:56 (16.5%)	3:34	16.8 (83.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
39	LEWIAK Michał	612	TRUCHT.COM	M 30	18	00:00:02	00:08:38	00:17:51.10	00:17:54.05	+00:02:57 (16.6%)	3:34	16.8 (83.2%)
40	STELMACH Dominika	1405	RK ATHLETICS	K 40	1	00:00:02	00:08:42	00:17:53.10	00:17:55.30	+00:02:59 (16.7%)	3:34	16.8 (83.2%)
41	SYGUŁA Aleksander	1046	KOLARSKI.EU TEAM	M 12	1	00:00:02	00:08:51	00:17:54.05	00:17:56.10	+00:03:00 (16.8%)	3:34	16.8 (83.2%)
42	GRUZA Marek	319	BIEGANIEPO40.PL	M 40	6	00:00:00	00:08:49	00:17:59.45	00:17:59.45	+00:03:05 (17.2%)	3:35	16.7 (82.7%)
43	NIEMIRA Michał	770	MPK WYBIEGANIE	M 30	20	00:00:03	00:08:58	00:17:56.90	00:18:00.65	+00:03:03 (17.0%)	3:35	16.7 (82.7%)
44	FURMAN Tomasz	259	KS STASZEWSKY	M 50	1	00:00:06	00:08:48	00:17:56.00	00:18:02.50	+00:03:02 (16.9%)	3:35	16.7 (82.7%)
45	NACZAS Łukasz	756		M 30	19	00:00:05	00:08:55	00:17:56.90	00:18:02.60	+00:03:03 (17.0%)	3:35	16.7 (82.7%)
46	KRYŚCIAK Jacek	1465		M 30	21	00:00:05	00:08:56	00:17:58.30	00:18:03.90	+00:03:04 (17.1%)	3:35	16.7 (82.7%)
47	ŚLIWA Krzysztof	1109	KS LEMIESZ TEAM WARSZAWA	M 30	22	00:00:03	00:08:57	00:18:02.10	00:18:05.80	+00:03:08 (17.4%)	3:36	16.6 (82.2%)
48	PIOTROWSKI Mariusz	862	MKB DREPTAK	M 40	7	00:00:02	00:08:59	00:18:04.70	00:18:07.35	+00:03:10 (17.6%)	3:36	16.6 (82.2%)
49	SZYMCZAK Bartłomiej	1099		M 16	2	00:00:03	00:08:54	00:18:05.10	00:18:09.00	+00:03:11 (17.6%)	3:37	16.6 (82.2%)
49	ŁOJEWSKI Marcin	635	BIEGOWY WARIAT RUNNING TEAM	M 30	23	00:00:03	00:09:04	00:18:05.70	00:18:09.00	+00:03:11 (17.7%)	3:37	16.6 (82.2%)
51	KORZENIOWSKI Dariusz	504	ACCELERATIN POLAND	M 40	9	00:00:03	00:08:51	00:18:06.55	00:18:09.70	+00:03:12 (17.7%)	3:37	16.6 (82.2%)
52	GÓŹDŹ Michał	302		M 40	8	00:00:04	00:08:59	00:18:05.70	00:18:10.00	+00:03:11 (17.7%)	3:37	16.6 (82.2%)
53	STOCHMALSKI Marcin	1034	ADIDAS RUNNERS WARSAW	M 30	24	00:00:05	00:09:05	00:18:06.00	00:18:11.60	+00:03:12 (17.7%)	3:37	16.6 (82.2%)
54	ŚCISŁOWSKI Norbert	1106	KS START PUŁASKI WARKA	M 40	10	00:00:03	00:08:59	00:18:08.95	00:18:12.20	+00:03:15 (17.9%)	3:37	16.5 (81.7%)
55	ZASĘPA Sebastian	1274	TEAM ZABIEGANEDNI	M 40	11	00:00:02	00:08:54	00:18:19.25	00:18:21.65	+00:03:25 (18.7%)	3:39	16.4 (81.2%)
55	CIESIELSKI Mariusz	146		M 30	25	00:00:00	00:09:03	00:18:21.65	00:18:21.65	+00:03:27 (18.9%)	3:40	16.3 (80.7%)
57	OWCZARZAK Rafał	812	BIEGOWY WARIAT RUNNING TEAM	M 40	12	00:00:03	00:09:07	00:18:20.95	00:18:24.30	+00:03:27 (18.8%)	3:40	16.4 (81.2%)
58	ZYCH Paweł	1338	ALLIANZ RUNNING TEAM	M 40	13	00:00:03	00:08:59	00:18:29.05	00:18:32.50	+00:03:35 (19.4%)	3:41	16.2 (80.2%)
59	GREWIŃSKI Tomasz	1433	LIPIEC RUNNING TEAM	M 50	2	00:00:06	00:09:13	00:18:27.10	00:18:33.55	+00:03:33 (19.3%)	3:41	16.3 (80.7%)
60	KAŹMIERCZAK Marta	1443	DREAM RUN	K 40	2	00:00:04	00:09:07	00:18:31.00	00:18:35.50	+00:03:37 (19.5%)	3:42	16.2 (80.2%)
61	NIEDZIAŁEK Michał	765	AZS SZKOŁA GŁÓWNA HANDLOWA	M 20	14	00:00:05	00:08:56	00:18:31.60	00:18:36.80	+00:03:37 (19.6%)	3:42	16.2 (80.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
62	BURDACH Dariusz	114	JAKCTEAM/TEAM PARSZCZYŃSKICH	M 40	14	00:00:04	00:09:09	00:18:32.80	00:18:37.50	+00:03:39 (19.7%)	3:42	16.2 (80.2%)
63	KOBUSZEWSKI Artur	471	BIEGOWY WARIAT RUNNING TEAM	M 40	15	00:00:02	00:09:09	00:18:35.90	00:18:38.40	+00:03:42 (19.9%)	3:43	16.1 (79.7%)
64	KRÓL Kamil	557		M 20	15	00:00:07	00:09:16	00:18:36.10	00:18:43.20	+00:03:42 (19.9%)	3:43	16.1 (79.7%)
65	KALBARCZYK Adriana	1503	DUCLA ACADEMY WARSZAWA	K 30	2	00:00:04	00:09:13	00:18:40.70	00:18:45.20	+00:03:46 (20.2%)	3:44	16.1 (79.7%)
66	FAJKOWSKI Piotr	238	ADIDAS RUNNERS WARSAW	M 30	27	00:00:06	00:09:12	00:18:40.75	00:18:46.75	+00:03:46 (20.2%)	3:44	16.1 (79.7%)
67	TRONIARZ Paweł	1145	T&T BRO	M 40	16	00:00:05	00:09:14	00:18:41.20	00:18:46.90	+00:03:47 (20.3%)	3:44	16.1 (79.7%)
68	CŁAPIŃSKI Bruno	153		M 16	3	00:00:07	00:09:22	00:18:40.50	00:18:48.05	+00:03:46 (20.2%)	3:44	16.1 (79.7%)
69	NIEDZIÓŁKA Jakub	768	TEAM KOPEĆ	M 20	16	00:00:05	00:09:11	00:18:42.30	00:18:48.10	+00:03:48 (20.4%)	3:44	16 (79.2%)
70	JAGODZIŃSKI Karol	1339	POWER POGROM	M 30	26	00:00:09	00:09:19	00:18:39.00	00:18:48.40	+00:03:45 (20.1%)	3:43	16.1 (79.7%)
71	TRZCIŃSKA Joanna	1389	AZS AWF WARSZAWA	K 20	2	00:00:03	00:09:14	00:18:45.80	00:18:49.70	+00:03:52 (20.6%)	3:45	16 (79.2%)
72	ZHENG Haishan	1283		M 40	17	00:00:10	00:09:22	00:18:41.35	00:18:51.50	+00:03:47 (20.3%)	3:44	16.1 (79.7%)
73	GÓRSKI Patryk	299	UKS OSIR GÓRA KALWARIA	M 16	4	00:00:00	00:09:31	00:18:51.85	00:18:51.85	+00:03:58 (21.0%)	3:46	15.9 (78.7%)
74	SZEWczyk Rafał	1072		M 40	18	00:00:04	00:09:05	00:18:47.10	00:18:51.90	+00:03:53 (20.7%)	3:45	16 (79.2%)
75	SYGUŁA Mateusz	1047		M 40	20	00:00:02	00:09:12	00:18:50.75	00:18:52.95	+00:03:56 (21.0%)	3:46	15.9 (78.7%)
76	SKWARCZEK Olek	994		M 30	28	00:00:08	00:09:22	00:18:47.80	00:18:56.30	+00:03:54 (20.7%)	3:45	16 (79.2%)
77	ZDEB Przemek	1280	ADIDAS RUNNERS WARSAW	M 40	19	00:00:08	00:09:21	00:18:50.65	00:18:59.00	+00:03:56 (20.9%)	3:46	15.9 (78.7%)
78	GARDZIEL Jerzy	266	KONDYCJA PIASECZNO	M 40	21	00:00:06	00:09:12	00:18:54.50	00:19:00.95	+00:04:00 (21.2%)	3:46	15.9 (78.7%)
79	KOWALCZYK Marcin	521	TRIMASTERS WARSZAWA	M 30	30	00:00:07	00:09:17	00:18:56.85	00:19:04.40	+00:04:03 (21.4%)	3:47	15.8 (78.2%)
80	CHRAPEK Janusz	136	ROSSMANN	M 40	23	00:00:08	00:09:21	00:18:57.05	00:19:05.55	+00:04:03 (21.4%)	3:47	15.8 (78.2%)
81	SZAŁADZIŃSKI Sebastian	1432	HARPAGONS	M 40	22	00:00:09	00:09:30	00:18:56.50	00:19:05.60	+00:04:02 (21.4%)	3:47	15.8 (78.2%)
82	BOGUCKI Marcin	76	TRINERGY	M 30	29	00:00:10	00:09:20	00:18:55.90	00:19:06.10	+00:04:02 (21.3%)	3:47	15.9 (78.7%)
83	KOSTRZEWSKA Justyna	511	ADIDAS RUNNERS WARSAW	K 40	3	00:00:10	00:09:20	00:18:57.10	00:19:07.70	+00:04:03 (21.4%)	3:47	15.8 (78.2%)
84	GASZEWSKA Małgorzata	270	ZA LINIĄ METY	K 20	3	00:00:09	00:09:25	00:18:58.65	00:19:07.85	+00:04:04 (21.5%)	3:47	15.8 (78.2%)

Wyniki zawodników												
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
85	KOPKA Marcelina	497	ŻÓRAWSKI TEAM/ ADIDAS RUNNERS WARSAW	K 20	4	00:00:08	00:09:21	00:18:59.90	00:19:08.70	+00:04:06 (21.6%)	3:47	15.8 (78.2%)
85	PIKUS Przemek	1391	LIPIEC RUNNING TEAM	M 40	24	00:00:06	00:09:22	00:19:02.35	00:19:08.70	+00:04:08 (21.8%)	3:48	15.8 (78.2%)
87	MIKOŁAJCZYK Maciej	719	MOCNO GROCHÓW	M 40	25	00:00:07	00:09:17	00:19:02.90	00:19:10.35	+00:04:09 (21.8%)	3:48	15.8 (78.2%)
88	MARZEC Marcin	1413	DUKLANOWSKI TEAM	M 40	28	00:00:04	00:09:26	00:19:06.05	00:19:10.45	+00:04:12 (22.0%)	3:49	15.7 (77.7%)
89	DOROCIAK Kamil	200		M 40	26	00:00:09	00:09:22	00:19:03.20	00:19:12.60	+00:04:09 (21.8%)	3:48	15.7 (77.7%)
90	WOJCIECHOWSKI Michał	1232		M 40	27	00:00:08	00:09:23	00:19:05.90	00:19:14.05	+00:04:12 (22.0%)	3:49	15.7 (77.7%)
91	STASZEWSKI Wojciech	1030	KS STASZEWSCY	M 50	3	00:00:07	00:09:25	00:19:06.85	00:19:14.10	+00:04:13 (22.1%)	3:49	15.7 (77.7%)
92	ŁUCKA Dariusz	642		M 30	32	00:00:08	00:09:21	00:19:06.00	00:19:14.25	+00:04:12 (22.0%)	3:49	15.7 (77.7%)
93	ZIORKIEWICZ Blazej	1325	RK ATHLETICS	M 16	5	00:00:09	00:09:22	00:19:05.50	00:19:15.20	+00:04:11 (22.0%)	3:49	15.7 (77.7%)
93	RUSZNIAK Piotr	940	LIPIEC RUNNING TEAM	M 40	29	00:00:05	00:09:27	00:19:09.80	00:19:15.20	+00:04:16 (22.3%)	3:49	15.7 (77.7%)
95	PIATKA Tomasz	845	ADIDAS RUNNERS WARSAW	M 30	31	00:00:10	00:09:27	00:19:04.35	00:19:15.30	+00:04:10 (21.9%)	3:48	15.7 (77.7%)
96	KOWALCZYK Wojciech	518	UKS ORZEŁKI WARSZAWA	M 16	6	00:00:05	00:09:17	00:19:12.10	00:19:17.20	+00:04:18 (22.4%)	3:50	15.6 (77.2%)
97	KRYSTIAN Jargiło	1531		M 20	17	00:00:08	00:09:23	00:19:10.10	00:19:18.55	+00:04:16 (22.3%)	3:50	15.7 (77.7%)
97	ASŁANOWICZ Marcin	28	ŻÓRAWSKI TEAM	M 40	30	00:00:08	00:09:23	00:19:09.95	00:19:18.55	+00:04:16 (22.3%)	3:49	15.7 (77.7%)
99	SZELIGOWSKI Kamil	1543		M 30	33	00:00:09	00:09:24	00:19:10.45	00:19:19.85	+00:04:16 (22.3%)	3:50	15.7 (77.7%)
100	GRZYBOWSKI Mariusz	329		M 50	4	00:00:05	00:09:19	00:19:14.95	00:19:19.95	+00:04:21 (22.6%)	3:50	15.6 (77.2%)
101	URBANIAK Aleksander	1166		M 40	31	00:00:11	00:09:29	00:19:12.45	00:19:23.45	+00:04:18 (22.4%)	3:50	15.6 (77.2%)
102	KNAP Czarek	468	HOŻA TEAM SKYRUNNERS	M 50	5	00:00:07	00:09:32	00:19:15.80	00:19:23.70	+00:04:22 (22.7%)	3:51	15.6 (77.2%)
103	CIERNIEWSKI Maciej	145	ARTUR KOZŁOWSKI TEAM (PLANBIEGANIE.PL)	M 30	34	00:00:10	00:09:27	00:19:16.60	00:19:26.90	+00:04:22 (22.7%)	3:51	15.6 (77.2%)
104	WALENCIK Marcin	1176		M 30	35	00:00:09	00:09:44	00:19:18.30	00:19:27.90	+00:04:24 (22.8%)	3:51	15.5 (76.7%)
105	BUKAŁA Marcin	111	VEGE RUNNERS	M 20	18	00:00:10	00:09:36	00:19:22.25	00:19:32.85	+00:04:28 (23.1%)	3:52	15.5 (76.7%)
106	ZIELIŃSKI Bartłomiej	1289		M 20	19	00:00:09	00:09:25	00:19:22.30	00:19:31.70	+00:04:28 (23.1%)	3:52	15.5 (76.7%)
107	JANOWSKI Jacek	379		M 40	32	00:00:16	00:09:16	00:19:22.45	00:19:39.05	+00:04:28 (23.1%)	3:52	15.5 (76.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
108	MAĆKOWSKI Daniel	657	ZABIEGANY WOŁOMIN	M 40	33	00:00:10	00:09:25	00:19:24.65	00:19:34.65	+00:04:30 (23.3%)	3:52	15.5 (76.7%)
109	JAKUBCZAK Włodek	366	7N POLSKA	M 40	34	00:00:06	00:09:27	00:19:24.90	00:19:31.10	+00:04:31 (23.3%)	3:52	15.5 (76.7%)
110	DABROWA Kamil	1330	GRUPA BIEGOWA UM. ST. WARSZAWY	M 40	35	00:00:06	00:09:29	00:19:25.05	00:19:31.20	+00:04:31 (23.3%)	3:53	15.5 (76.7%)
111	KARPIŃSKI Radosław	429	STARE BABICE BIEGAJĄ	M 40	36	00:00:12	00:09:44	00:19:25.40	00:19:37.55	+00:04:31 (23.3%)	3:53	15.5 (76.7%)
111	KACPRZYK Alex	408	RP RUNNERS	M 50	6	00:00:13		00:19:25.40	00:19:39.30	+00:04:31 (23.3%)	3:53	15.5 (76.7%)
113	STOKOWSKI Dariusz	1036		M 30	36	00:00:00	00:09:31	00:19:26.30	00:19:26.30	+00:04:32 (23.4%)	3:53	15.4 (76.2%)
114	JASZCZYŃSKI Andrzej	1505	INFINITUS ATHLETICS	M 30	37	00:00:11	00:09:46	00:19:27.70	00:19:39.60	+00:04:33 (23.5%)	3:53	15.4 (76.2%)
115	LETKOWSKI Dariusz	1522	GAPMONT RUNNING TEAM	M 40	37	00:00:03	00:09:25	00:19:28.05	00:19:31.65	+00:04:34 (23.5%)	3:53	15.4 (76.2%)
116	BISOWSKI Mariusz	69		M 40	38	00:00:08	00:09:23	00:19:28.75	00:19:37.55	+00:04:34 (23.5%)	3:53	15.4 (76.2%)
117	LENDZION Marcin	603	GRUPA BIEGOWA UM W-WA	M 16	7	00:00:06	00:09:27	00:19:29.35	00:19:36.30	+00:04:35 (23.6%)	3:53	15.4 (76.2%)
118	PODWORSKI Kacper	1474	UKS OSIR GÓRA KALWARIA	M 16	8	00:00:11	00:09:45	00:19:31.40	00:19:42.65	+00:04:37 (23.7%)	3:54	15.4 (76.2%)
119	SZYMAŃSKI Hubert	1092		M 30	38	00:00:23	00:09:39	00:19:32.20	00:19:55.35	+00:04:38 (23.8%)	3:54	15.4 (76.2%)
120	TOMCZAK Joanna	1136		K 30	3	00:00:04	00:09:44	00:19:33.20	00:19:37.75	+00:04:39 (23.8%)	3:54	15.3 (75.7%)
121	STEFAŃSKI Michał	1366	RK ATHLETICS	M 12	2	00:00:09	00:09:24	00:19:33.30	00:19:42.40	+00:04:39 (23.8%)	3:54	15.3 (75.7%)
122	REGULSKI Paweł	919	GÓRA BIEGA	M 20	20	00:00:12	00:09:44	00:19:34.40	00:19:47.35	+00:04:40 (23.9%)	3:54	15.3 (75.7%)
123	DZIWOSZ Katarzyna	231	WARSAW RUN CLUB	K 40	4	00:00:06	00:09:27	00:19:34.60	00:19:41.10	+00:04:40 (23.9%)	3:54	15.3 (75.7%)
124	KUCHARCZYK Paweł	579	ROZBIEGANE MICHAŁOWICE	M 50	7	00:00:06	00:09:33	00:19:35.15	00:19:42.10	+00:04:41 (23.9%)	3:55	15.3 (75.7%)
125	SZCZYGIELSKI Hubert	1067	GÓRA BIEGA	M 40	39	00:00:11	00:09:44	00:19:35.75	00:19:47.60	+00:04:41 (24.0%)	3:55	15.3 (75.7%)
126	ŻWIRUK Karol	1305	SZYBKIE KOPYTO ULTRA	M 40	40	00:00:03	00:09:41	00:19:36.10	00:19:39.55	+00:04:42 (24.0%)	3:55	15.3 (75.7%)
127	PLUSZKA Adam	870	VEGE RUNNERS	M 40	41	00:00:10	00:09:42	00:19:36.35	00:19:47.05	+00:04:42 (24.0%)	3:55	15.3 (75.7%)
128	MICHALAK Mariusz	707	MM TEAM	M 50	8	00:00:10	00:09:41	00:19:36.45	00:19:47.20	+00:04:42 (24.0%)	3:55	15.3 (75.7%)
129	LISZKA Krzysztof	617	KAZIKI	M 30	39	00:00:05	00:09:32	00:19:36.90	00:19:42.60	+00:04:43 (24.1%)	3:55	15.3 (75.7%)
130	WŁAZAŁEK Natalia	1221	ADIDASRUNNERSWARSAW	K 20	5	00:00:13	00:09:46	00:19:37.95	00:19:51.45	+00:04:44 (24.1%)	3:55	15.3 (75.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
131	MACIĄG Przemysław	653		M 40	42	00:00:14	00:09:43	00:19:39.25	00:19:53.35	+00:04:45 (24.2%)	3:55	15.3 (75.7%)
132	KOZŁOWSKI Patryk	540	GÓRA BIEGA	M 40	43	00:00:11	00:09:45	00:19:40.10	00:19:51.35	+00:04:46 (24.3%)	3:56	15.3 (75.7%)
133	CIECIELĄG Adam	143	KS PEGAZ	M 16	9	00:00:08	00:09:27	00:19:40.25	00:19:49.10	+00:04:46 (24.3%)	3:56	15.3 (75.7%)
134	PSZENICZNA Joanna	903	VEGE RUNNERS	K 30	4	00:00:11	00:09:46	00:19:40.70	00:19:51.75	+00:04:46 (24.3%)	3:56	15.3 (75.7%)
135	POTOROKA Vitalii	1362	ROZBIEGANY PIASTÓW	M 20	21	00:00:01		00:19:45.00	00:19:46.00	+00:04:51 (24.6%)	3:57	15.2 (75.2%)
136	DESKA Leszek	1442		M 40	44	00:00:14	00:09:30	00:19:45.50	00:19:59.70	+00:04:51 (24.6%)	3:57	15.2 (75.2%)
137	RUPIŃSKI Krzysztof	939		M 30	40	00:00:09	00:09:28	00:19:47.60	00:19:57.00	+00:04:53 (24.7%)	3:57	15.2 (75.2%)
137	BAR Wiesław	34		M 50	9	00:00:10	00:09:46	00:19:47.60	00:19:58.55	+00:04:53 (24.7%)	3:57	15.2 (75.2%)
139	KRZYŻANOWSKI Jan	569		M 16	10	00:00:14	00:09:44	00:19:47.90	00:20:01.95	+00:04:54 (24.8%)	3:57	15.2 (75.2%)
140	KANIA Przemysław	417		M 50	10	00:00:12	00:09:45	00:19:48.15	00:20:00.30	+00:04:54 (24.8%)	3:57	15.2 (75.2%)
141	LUTYŃSKI Jakub	621		M 30	41	00:00:10	00:09:46	00:19:48.25	00:19:58.55	+00:04:54 (24.8%)	3:57	15.2 (75.2%)
142	KONDRAT Miron	489		M 14	1	00:00:13	00:09:44	00:19:49.65	00:20:02.75	+00:04:55 (24.9%)	3:57	15.1 (74.8%)
143	SŁAWIŃSKI Piotr	995		M 40	45	00:00:26	00:09:41	00:19:50.70	00:20:17.40	+00:04:56 (24.9%)	3:58	15.1 (74.8%)
144	BRACHACZEK Bartosz	91	POWER TRAINING	M 30	42	00:00:10	00:09:50	00:19:53.10	00:20:03.25	+00:04:59 (25.1%)	3:58	15.1 (74.8%)
145	KUZIEMSKI Marcin	591		M 40	46	00:00:23	00:10:02	00:19:57.50	00:20:20.80	+00:05:03 (25.4%)	3:59	15 (74.3%)
146	SMOLIŃSKI Rafał	1003	GUMISIE	M 40	47	00:00:07	00:09:28	00:19:57.55	00:20:04.95	+00:05:03 (25.4%)	3:59	15 (74.3%)
147	PAZDAN Mateusz	839		M 40	48	00:00:07	00:09:46	00:19:57.90	00:20:04.90	+00:05:04 (25.4%)	3:59	15 (74.3%)
148	BOCIAN Michał	1353	TEAM ZABIEGANEDNI	M 40	49	00:00:18	00:09:53	00:19:59.10	00:20:17.75	+00:05:05 (25.5%)	3:59	15 (74.3%)
149	BIELECKI Jakub	61	SPOCENI W LODUFCE	M 30	43	00:00:22	00:10:02	00:20:00.00	00:20:22.15	+00:05:06 (25.5%)	4:00	15 (74.3%)
150	UMIASTOWSKI Bartosz	1165		M 20	22	00:00:14	00:09:47	00:20:00.25	00:20:14.45	+00:05:06 (25.5%)	4:00	15 (74.3%)
151	TELEON Piotr	1122	PIOTR TELEON	M 40	50	00:00:12	00:09:37	00:20:00.30	00:20:12.30	+00:05:06 (25.5%)	4:00	15 (74.3%)
152	SYNOWCZYK Maciej	1049		M 30	44	00:00:16	00:09:41	00:20:01.15	00:20:17.30	+00:05:07 (25.6%)	4:00	15 (74.3%)
153	PRZEWOZNIAK Jan	898		M 40	51	00:00:20	00:09:50	00:20:01.65	00:20:22.25	+00:05:07 (25.6%)	4:00	15 (74.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
154	KOŁODZIEJSKI Michał	481	LIPIEC RUNNING TEAM	M 40	52	00:00:06	00:09:51	00:20:02.95	00:20:09.70	+00:05:09 (25.7%)	4:00	15 (74.3%)
155	ZAJĄC Marcin	1542		M 20	23	00:00:17	00:09:46	00:20:03.20	00:20:20.60	+00:05:09 (25.7%)	4:00	15 (74.3%)
156	GRUBA Remigiusz	315		M 40	53	00:00:00	00:09:58	00:20:04.95	00:20:04.95	+00:05:11 (25.8%)	4:00	15 (74.3%)
157	WODZIŃSKI Michał	1228		M 30	45	00:00:17	00:10:02	00:20:06.85	00:20:23.90	+00:05:13 (25.9%)	4:01	14.9 (73.8%)
158	DOBROWOLSKI Sławek	194	NAPRZÓD MŁOCINY/NBRC	M 50	11	00:00:15	00:09:58	00:20:08.15	00:20:23.25	+00:05:14 (26.0%)	4:01	14.9 (73.8%)
159	SMOLIŃSKI Michał	1002		M 40	54	00:00:14	00:09:43	00:20:09.40	00:20:24.10	+00:05:15 (26.1%)	4:01	14.9 (73.8%)
160	CHOIŃSKI Paweł	132	SMASHING PAPKINS	M 30	46	00:00:12	00:09:58	00:20:09.65	00:20:22.55	+00:05:15 (26.1%)	4:01	14.9 (73.8%)
161	KALINOWSKI Bartosz	1546	KONDYCJA	M 16	11	00:00:09	00:09:26	00:20:13.75	00:20:23.45	+00:05:19 (26.4%)	4:02	14.8 (73.3%)
162	PRZYBYSZ Andrzej	900		M 40	55	00:00:15	00:09:47	00:20:14.00	00:20:29.65	+00:05:20 (26.4%)	4:02	14.8 (73.3%)
163	MARZEC Zbigniew	683	BIEGAJACY KUCHARZ	M 30	47	00:00:02	00:09:43	00:20:14.20	00:20:17.00	+00:05:20 (26.4%)	4:02	14.8 (73.3%)
164	ŚLIMKO Daniel	1108	OLEJ RUNNING TEAM	M 30	48	00:00:17	00:10:11	00:20:14.30	00:20:31.95	+00:05:20 (26.4%)	4:02	14.8 (73.3%)
165	JAROSIŃSKI Łukasz	387	TAŃCZĄCE MUCHOMORKI	M 40	56	00:00:21	00:09:59	00:20:14.45	00:20:36.40	+00:05:20 (26.4%)	4:02	14.8 (73.3%)
166	GANCZEWSKI Paweł	265		M 50	12	00:00:15	00:10:09	00:20:15.85	00:20:31.75	+00:05:22 (26.5%)	4:03	14.8 (73.3%)
167	GARTKIEWICZ Adam	267	DUKLANOWSKI TEAM	M 50	13	00:00:08	00:09:46	00:20:15.90	00:20:24.65	+00:05:22 (26.5%)	4:03	14.8 (73.3%)
168	OLSZAK Zenon	797	KB OŻARÓW MAZOWIECKI BIEGA	M 50	14	00:00:13	00:09:45	00:20:16.00	00:20:29.70	+00:05:22 (26.5%)	4:03	14.8 (73.3%)
169	DĘBECKI Michał	187	KONDYCJA	M 50	15	00:00:15	00:10:07	00:20:19.45	00:20:35.05	+00:05:25 (26.7%)	4:03	14.8 (73.3%)
170	KILJANCZYK Dominik	451		M 20	24	00:00:14	00:09:59	00:20:20.25	00:20:34.55	+00:05:26 (26.8%)	4:04	14.8 (73.3%)
170	SITKIEWICZ Jacek	978		M 40	57	00:00:27	00:09:59	00:20:20.25	00:20:47.40	+00:05:26 (26.8%)	4:04	14.8 (73.3%)
172	WOLSKI Krzysztof	1239	WWW.LAMPYNAOWADY.EU	M 40	58	00:00:14	00:09:44	00:20:21.25	00:20:35.85	+00:05:27 (26.8%)	4:04	14.7 (72.8%)
173	KRUPKA Marcin	560	STAJNIAK TEAM	M 30	49	00:00:10	00:09:54	00:20:23.20	00:20:33.50	+00:05:29 (26.9%)	4:04	14.7 (72.8%)
174	KONDRAT Oskar	488		M 14	2	00:00:12	00:09:45	00:20:23.65	00:20:36.45	+00:05:29 (27.0%)	4:04	14.7 (72.8%)
175	DROZD Maciej	205		M 40	59	00:00:13	00:09:53	00:20:24.10	00:20:37.80	+00:05:30 (27.0%)	4:04	14.7 (72.8%)
176	SZYMCZAK Kamil	1101		M 20	25	00:00:12	00:09:48	00:20:25.05	00:20:37.85	+00:05:31 (27.0%)	4:05	14.7 (72.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
177	RADKOWSKA Małgorzata	1311	WARNER BROS. DISCOVERY	K 30	5	00:00:13	00:09:46	00:20:25.25	00:20:38.35	+00:05:31 (27.1%)	4:05	14.7 (72.8%)
178	PILIPCZUK Jakub	857		M 20	26	00:00:11	00:09:58	00:20:25.30	00:20:36.40	+00:05:31 (27.1%)	4:05	14.7 (72.8%)
179	ZIELIŃSKI Łukasz	1287	GÓRA BIEGA	M 20	27	00:00:12	00:09:48	00:20:25.55	00:20:38.20	+00:05:31 (27.1%)	4:05	14.7 (72.8%)
179	PĄPROWICZ Wojciech	840		M 40	60	00:00:08	00:09:51	00:20:25.55	00:20:33.60	+00:05:31 (27.1%)	4:05	14.7 (72.8%)
181	ŁĘCKI Tomasz	631	BW RUNNING TEAM	M 40	61	00:00:08	00:09:49	00:20:26.30	00:20:34.75	+00:05:32 (27.1%)	4:05	14.7 (72.8%)
182	PIENIAŻEK Kamil	850		M 30	50	00:00:12	00:09:45	00:20:26.80	00:20:39.60	+00:05:33 (27.1%)	4:05	14.7 (72.8%)
183	FILIPOWICZ Wojciech	1365		M 40	62	00:00:14	00:09:58	00:20:29.40	00:20:44.30	+00:05:35 (27.3%)	4:05	14.6 (72.3%)
184	SOBOLEWSKI Piotr	1010		M 30	51	00:00:13	00:09:55	00:20:29.90	00:20:43.25	+00:05:36 (27.3%)	4:05	14.6 (72.3%)
185	KIBITLEWSKA Emilia	444		K 30	6	00:00:14	00:10:03	00:20:30.15	00:20:44.75	+00:05:36 (27.3%)	4:06	14.6 (72.3%)
186	PAGACZ Bartosz	816		M 40	63	00:00:13	00:10:17	00:20:31.00	00:20:44.70	+00:05:37 (27.4%)	4:06	14.6 (72.3%)
187	JAKUBIK Filip	370		M 20	28	00:00:53	00:10:45	00:20:31.80	00:21:25.55	+00:05:38 (27.4%)	4:06	14.6 (72.3%)
188	SNARSKI Piotr	1005	ADIDAS RUNNERS WARSAW	M 30	52	00:00:09	00:09:45	00:20:33.05	00:20:42.50	+00:05:39 (27.5%)	4:06	14.6 (72.3%)
189	RUDNIK Marcin	1502		M 40	64	00:00:07	00:10:03	00:20:33.30	00:20:40.90	+00:05:39 (27.5%)	4:06	14.6 (72.3%)
190	PIOTROWSKI Tomasz	863		M 50	16	00:00:10	00:09:53	00:20:34.65	00:20:44.75	+00:05:40 (27.6%)	4:06	14.6 (72.3%)
190	PIOTROWSKI Stanisław	864	AZS AWF WARSZAWA	M 12	3	00:00:10	00:09:53	00:20:34.65	00:20:44.65	+00:05:40 (27.6%)	4:06	14.6 (72.3%)
192	SZYMAŃSKA Agnieszka	1091	BIEGOWY WARIAT RUNNING TEAM	K 40	5	00:00:06	00:10:00	00:20:35.20	00:20:41.20	+00:05:41 (27.6%)	4:07	14.6 (72.3%)
193	VEREMCHUK Yuliia	1171	BIEGAM BO LUBIE	K 30	7	00:00:05	00:10:05	00:20:35.35	00:20:40.65	+00:05:41 (27.6%)	4:07	14.6 (72.3%)
194	WIATROWSKI Błażej	1191		M 40	65	00:00:16	00:09:58	00:20:35.70	00:20:52.00	+00:05:41 (27.7%)	4:07	14.6 (72.3%)
195	TORZEWSKI Janusz	1140		M 40	66	00:00:12	00:09:55	00:20:36.45	00:20:49.20	+00:05:42 (27.7%)	4:07	14.6 (72.3%)
196	ŻURAWSKI Marcin	1301	ADIDAS RUNNERS WARSAW/DRUŻYNABLONDYNA	M 40	67	00:00:19	00:10:10	00:20:39.00	00:20:58.50	+00:05:45 (27.9%)	4:07	14.5 (71.8%)
197	DEMBIŃSKI Maciej	183	KNP	M 30	53	00:00:22	00:10:01	00:20:39.25	00:21:02.10	+00:05:45 (27.9%)	4:07	14.5 (71.8%)
198	KOWALSKI Mateusz	531		M 40	68	00:00:21	00:10:16	00:20:41.40	00:21:03.15	+00:05:47 (28.0%)	4:08	14.5 (71.8%)
199	LISZKA Karolina	616	KAZIKI	K 30	8	00:00:11	00:10:01	00:20:43.80	00:20:55.40	+00:05:50 (28.1%)	4:08	14.5 (71.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
200	SŁOMCZYŃSKA Karolina	996	BEMA 2 M. 53	K 30	9	00:00:13	00:10:12	00:20:46.75	00:21:00.10	+00:05:52 (28.3%)	4:09	14.4 (71.3%)
201	MARCZAK Kamil	678	PAWKO RUNNER TEAM	M 30	54	00:00:00	00:10:18	00:20:47.85	00:20:47.85	+00:05:54 (28.4%)	4:09	14.4 (71.3%)
202	ZYGOŃ Krzysztof	1295		M 30	55	00:00:35	00:10:29	00:20:49.05	00:21:24.55	+00:05:55 (28.4%)	4:09	14.4 (71.3%)
203	SIESTRZYKOWSKA Katarzyna	976		K 20	6	00:00:21	00:10:13	00:20:49.20	00:21:10.95	+00:05:55 (28.5%)	4:09	14.4 (71.3%)
204	RYBAK Adam	946	KONDYCJA PIASECZNO	M 40	69	00:00:15	00:10:15	00:20:49.75	00:21:05.25	+00:05:55 (28.5%)	4:09	14.4 (71.3%)
205	KRZEPKOWSKI Radosław	567	ADIDAS RUNNERS WARSAW	M 40	70	00:00:16	00:10:07	00:20:50.15	00:21:07.00	+00:05:56 (28.5%)	4:10	14.4 (71.3%)
206	WIERZCHOŁOWSKI Marcin	1197		M 40	71	00:00:24	00:10:18	00:20:50.55	00:21:15.05	+00:05:56 (28.5%)	4:10	14.4 (71.3%)
207	FRĄCZYK Piotr	254	PWPW RUNNING TEAM	M 40	72	00:00:22	00:10:04	00:20:53.15	00:21:16.00	+00:05:59 (28.7%)	4:10	14.4 (71.3%)
208	KULIŃSKI Szymon	1467	KLUB BIEGOWY DOKOTRA PAI-HI-VO	M 40	73	00:00:19	00:10:10	00:20:53.75	00:21:12.95	+00:05:59 (28.7%)	4:10	14.4 (71.3%)
209	ADAMCZYK Przemysław	13	ADIDAS RUNNERS WARSAW / RYKOWISKO TEAM	M 40	74	00:00:28	00:10:35	00:20:53.85	00:21:22.60	+00:06:00 (28.7%)	4:10	14.4 (71.3%)
210	KORNIENKO Serhii	499		M 40	75	00:00:16	00:09:59	00:20:57.10	00:21:13.40	+00:06:03 (28.9%)	4:11	14.3 (70.8%)
211	RYŻKOWSKI Mariusz	951	YULO RUN TEAM SIEDLCE	M 40	76	00:00:15	00:10:08	00:20:57.55	00:21:12.95	+00:06:03 (28.9%)	4:11	14.3 (70.8%)
212	POPLAWSKI Michal	885	KUŹNIA TRIATHLONU	M 40	77	00:00:20	00:10:09	00:20:57.80	00:21:17.90	+00:06:04 (28.9%)	4:11	14.3 (70.8%)
213	GÓRSKI Maciej	300		M 40	78	00:00:22	00:10:21	00:20:58.55	00:21:21.30	+00:06:04 (29.0%)	4:11	14.3 (70.8%)
214	PRUSAKIEWICZ Katarzyna	895		K 30	10	00:00:15	00:10:29	00:20:59.30	00:21:14.30	+00:06:05 (29.0%)	4:11	14.3 (70.8%)
215	BARTNIAK Daria	41	NO LIMITS TRAIL TEAM	K 30	11	00:00:28	00:10:27	00:20:59.45	00:21:27.55	+00:06:05 (29.0%)	4:11	14.3 (70.8%)
216	FIGURSKI Adam	246		M 30	56	00:01:24	00:10:34	00:21:00.10	00:22:24.15	+00:06:06 (29.1%)	4:12	14.3 (70.8%)
217	STANISZEWSKI Rafał	1024	TURBODZIKI	M 40	79	00:00:12	00:10:12	00:21:00.15	00:21:12.65	+00:06:06 (29.1%)	4:12	14.3 (70.8%)
218	BZURA Jacek	116	ENDUHUB RUNNING TEAM	M 40	80	00:00:21	00:10:21	00:21:02.20	00:21:23.85	+00:06:08 (29.2%)	4:12	14.3 (70.8%)
219	DALGIEWICZ Dariusz	174		M 60	1	00:00:16	00:10:16	00:21:04.65	00:21:20.95	+00:06:10 (29.3%)	4:12	14.2 (70.3%)
220	KOBYLINSKI Krzysztof	1521		M 20	29	00:00:20	00:09:54	00:21:05.15	00:21:25.70	+00:06:11 (29.4%)	4:13	14.2 (70.3%)
221	ROMAN Anna	928		K 30	12	00:00:23	00:10:20	00:21:05.65	00:21:29.20	+00:06:11 (29.4%)	4:13	14.2 (70.3%)
222	KWAŚNIEWSKI Krzysztof	593	TRENER FOREST	M 50	17	00:00:18	00:10:36	00:21:06.15	00:21:24.25	+00:06:12 (29.4%)	4:13	14.2 (70.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
223	MAJEWSKA Ewa	663		K 40	6	00:00:12	00:10:11	00:21:07.20	00:21:19.65	+00:06:13 (29.5%)	4:13	14.2 (70.3%)
224	WITKOWSKI-SKELTON Piotr	1217	VEGE RUNNERS	M 30	57	00:00:11	00:10:19	00:21:08.00	00:21:19.25	+00:06:14 (29.5%)	4:13	14.2 (70.3%)
225	PACHNIK Karol	815		M 30	58	00:00:32	00:10:30	00:21:08.75	00:21:41.40	+00:06:14 (29.6%)	4:13	14.2 (70.3%)
226	MIODUSZEWSKI Marcin	727	UM / ARW	M 40	81	00:00:57	00:10:39	00:21:09.85	00:22:07.30	+00:06:16 (29.6%)	4:13	14.2 (70.3%)
227	KNAPIK Michał	470	NEW BALANCE RUN CLUB	M 30	59	00:00:16	00:10:23	00:21:10.10	00:21:26.95	+00:06:16 (29.6%)	4:14	14.2 (70.3%)
228	KRÓL Paweł	1436	DENTALKING.EU	M 30	60	00:00:18	00:10:21	00:21:11.95	00:21:30.10	+00:06:18 (29.7%)	4:14	14.2 (70.3%)
229	BOCZARSKI Paweł	74		M 30	61	00:00:25	00:10:11	00:21:12.55	00:21:38.15	+00:06:18 (29.8%)	4:14	14.2 (70.3%)
230	SKOWRONEK Marcin	1327		M 40	82	00:00:34	00:10:40	00:21:12.80	00:21:46.80	+00:06:19 (29.8%)	4:14	14.2 (70.3%)
231	BABIARZ Andrzej	29		M 40	83	00:00:35	00:10:38	00:21:13.00	00:21:48.10	+00:06:19 (29.8%)	4:14	14.1 (69.8%)
232	CICHOCKI Mariusz	141	WARSAW RUN CLUB	M 30	62	00:00:21	00:10:30	00:21:14.55	00:21:36.50	+00:06:20 (29.9%)	4:14	14.1 (69.8%)
233	KISIEL Artur	455		M 40	84	00:00:33	00:10:30	00:21:14.75	00:21:48.35	+00:06:20 (29.9%)	4:14	14.1 (69.8%)
234	KOWALSKI Jarosław	530	AR	M 40	85	00:00:18	00:10:29	00:21:16.20	00:21:34.60	+00:06:22 (30.0%)	4:15	14.1 (69.8%)
235	WŁODARSKI Mateusz	1225		M 20	30	00:00:22	00:10:30	00:21:17.45	00:21:40.30	+00:06:23 (30.0%)	4:15	14.1 (69.8%)
236	WIECZOREK Michał	1193		M 50	18	00:00:25	00:10:33	00:21:18.80	00:21:44.50	+00:06:25 (30.1%)	4:15	14.1 (69.8%)
237	KANIEWSKI Jarosław	418	SUSHI FLOW	M 30	63	00:00:26	00:10:12	00:21:19.05	00:21:45.10	+00:06:25 (30.1%)	4:15	14.1 (69.8%)
238	KWIECIŃSKA Małgorzata	594	BRAVEHEARTS LEGIONOWO	K 30	13	00:00:25	00:10:36	00:21:20.05	00:21:45.10	+00:06:26 (30.2%)	4:16	14.1 (69.8%)
239	WIETESKA Łukasz	1198	NBRC	M 30	64	00:00:32	00:10:29	00:21:20.20	00:21:52.60	+00:06:26 (30.2%)	4:16	14.1 (69.8%)
240	IWANIUK Tomasz	359	ŻYWCEM ZABIEGANI	M 30	65	00:00:11	00:10:21	00:21:20.85	00:21:32.10	+00:06:27 (30.2%)	4:16	14.1 (69.8%)
241	TROINSKI Jacek	1142	BIKE SALON TEAM	M 40	86	00:00:26	00:10:40	00:21:21.35	00:21:47.70	+00:06:27 (30.2%)	4:16	14.1 (69.8%)
242	ZARODKIEWICZ Dawid	1570		M 30	66	00:00:17	00:10:29	00:21:21.60	00:21:38.85	+00:06:27 (30.3%)	4:16	14.1 (69.8%)
243	KLIBISZ Sławomir	458		M 50	19	00:00:19	00:10:28	00:21:22.15	00:21:42.05	+00:06:28 (30.3%)	4:16	14 (69.3%)
244	PODLEWSKA Ania	893	LIPIEC RUNNING TEAM	K 40	7	00:00:20	00:10:32	00:21:22.95	00:21:42.95	+00:06:29 (30.3%)	4:16	14 (69.3%)
245	WOSZTYL Tomasz	1241				00:00:29	00:10:28	00:21:23.15	00:21:52.55	+00:06:29 (30.3%)	4:16	14 (69.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
246	PIERZAK Olaf	852		M 40	87	00:00:16	00:10:30	00:21:23.70	00:21:40.20	+00:06:29 (30.4%)	4:16	14 (69.3%)
247	LEWIŃSKI Bartłomiej	613	TEAM ZABIEGANEDNI	M 40	88	00:00:19	00:10:23	00:21:25.00	00:21:44.50	+00:06:31 (30.4%)	4:17	14 (69.3%)
248	ŁUSZCZYŃSKA Ewa	650		K 20	7	00:00:27	00:10:38	00:21:25.50	00:21:53.00	+00:06:31 (30.5%)	4:17	14 (69.3%)
249	BARTNIAK Kamil	42		M 40	89	00:00:29	00:10:35	00:21:26.90	00:21:56.20	+00:06:33 (30.5%)	4:17	14 (69.3%)
250	GRABOWSKI Marcin	307		M 40	90	00:00:23	00:10:30	00:21:27.80	00:21:51.05	+00:06:34 (30.6%)	4:17	14 (69.3%)
251	GŁODOWSKA Marta	282	ŻÓRAWSKI TEAM	K 30	14	00:00:18	00:10:41	00:21:28.90	00:21:47.75	+00:06:35 (30.7%)	4:17	14 (69.3%)
252	ZAWADZKA Katarzyna	1383	KS LEMIESZ TEAM WARSZAWA / WARNER BROS. DISCOVERY	K 40	8	00:00:10	00:10:31	00:21:30.80	00:21:41.60	+00:06:37 (30.8%)	4:18	14 (69.3%)
253	TURLEJ Dariusz	1512	BEZ KONDYCJI	M 60	2	00:00:21	00:10:40	00:21:31.80	00:21:53.00	+00:06:38 (30.8%)	4:18	13.9 (68.8%)
254	KOSIŃSKI Rafał	508	BIEGNIJ Z PROSERVICE	M 30	67	00:00:29	00:10:36	00:21:32.20	00:22:01.85	+00:06:38 (30.8%)	4:18	13.9 (68.8%)
255	DRAGAN Radosław	203		M 40	91	00:00:12	00:10:25	00:21:32.60	00:21:45.10	+00:06:38 (30.9%)	4:18	13.9 (68.8%)
256	ŻEBROWSKI Dariusz	1297		M 40	92	00:00:23	00:10:39	00:21:32.75	00:21:55.95	+00:06:38 (30.9%)	4:18	13.9 (68.8%)
257	LULA Mariusz	1445	LONGBRIDGE TEAM	M 40	93	00:00:30	00:10:37	00:21:33.20	00:22:03.40	+00:06:39 (30.9%)	4:18	13.9 (68.8%)
258	CATOIRE Tanguy	120		M 30	68	00:00:13	00:10:18	00:21:33.25	00:21:46.45	+00:06:39 (30.9%)	4:18	13.9 (68.8%)
259	KROL Michal	552	LIPIEC RUNNING TEAM	M 40	94	00:00:20	00:10:41	00:21:33.30	00:21:54.00	+00:06:39 (30.9%)	4:18	13.9 (68.8%)
260	JANOWIAK Wojciech	377		M 40	95	00:00:17	00:10:43	00:21:33.35	00:21:51.00	+00:06:39 (30.9%)	4:18	13.9 (68.8%)
261	BRZozowska-BEJGIER Małgorzata	101	KUŹNIA TRIATHLONU	K 40	9	00:00:20	00:10:36	00:21:34.75	00:21:54.75	+00:06:40 (31.0%)	4:18	13.9 (68.8%)
262	TRONIARZ Marcin	1146		M 40	96	00:00:18	00:10:47	00:21:35.90	00:21:54.30	+00:06:42 (31.0%)	4:19	13.9 (68.8%)
263	ZUKOWSKI Piotr	1552		M 30	69	00:00:15	00:10:26	00:21:37.00	00:21:52.50	+00:06:43 (31.1%)	4:19	13.9 (68.8%)
264	CHĘC Tomasz	126		M 30	70	00:00:25	00:10:43	00:21:37.10	00:22:02.40	+00:06:43 (31.1%)	4:19	13.9 (68.8%)
265	WOŹNICKI Paweł	1243	NBRC WARSZAWA	M 20	31	00:00:30	00:10:36	00:21:38.05	00:22:08.70	+00:06:44 (31.1%)	4:19	13.9 (68.8%)
266	BAL Łukasz	1536		M 30	71	00:00:30	00:10:36	00:21:38.65	00:22:09.45	+00:06:44 (31.2%)	4:19	13.9 (68.8%)
267	NIEKE Bartłomiej	1456	URSYNY	M 20	32	00:00:23	00:10:43	00:21:38.85	00:22:02.60	+00:06:45 (31.2%)	4:19	13.9 (68.8%)
268	KURZELA Mateusz	590		M 20	33	00:00:35	00:10:37	00:21:39.00	00:22:14.90	+00:06:45 (31.2%)	4:19	13.9 (68.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
269	GRUSZCZYŃSKI Wojciech	316		M 30	72	00:00:29	00:10:36	00:21:40.75	00:22:10.35	+00:06:46 (31.3%)	4:20	13.8 (68.3%)
270	RAPCZYŃSKI Witold	1598	SKARYSZÓWSKIE CIACHA	M 50	20	00:00:32	00:10:51	00:21:41.05	00:22:13.10	+00:06:47 (31.3%)	4:20	13.8 (68.3%)
271	GWIAZDA Marcin	334		M 20	34	00:00:19	00:10:45	00:21:41.45	00:22:00.55	+00:06:47 (31.3%)	4:20	13.8 (68.3%)
272	CIECHAROWSKA Justyna	142		K 30	15	00:00:29	00:10:41	00:21:43.15	00:22:13.10	+00:06:49 (31.4%)	4:20	13.8 (68.3%)
273	SZORTYKA Marcin	1428		M 40	97	00:00:29	00:10:44	00:21:43.35	00:22:12.75	+00:06:49 (31.4%)	4:20	13.8 (68.3%)
274	MCGIVERN Colm	702	WITC	M 50	21	00:00:22	00:10:52	00:21:44.15	00:22:06.75	+00:06:50 (31.5%)	4:20	13.8 (68.3%)
275	KOŚLA Paweł	514	RUN DE GIRARD	M 30	73	00:00:29	00:10:41	00:21:44.30	00:22:13.70	+00:06:50 (31.5%)	4:20	13.8 (68.3%)
276	OPALSKI Szymon	1397		M 16	12	00:00:07	00:10:27	00:21:46.65	00:21:54.20	+00:06:52 (31.6%)	4:21	13.8 (68.3%)
277	GOŁĘBIEWSKI Łukasz	291		M 40	98	00:00:21	00:10:43	00:21:46.90	00:22:08.30	+00:06:53 (31.6%)	4:21	13.8 (68.3%)
278	JAMBOR Maciej	371		M 30	74	00:00:31	00:10:41	00:21:47.05	00:22:18.25	+00:06:53 (31.6%)	4:21	13.8 (68.3%)
279	ŚCISŁOWICZ Krzysztof	1105		M 40	99	00:00:27	00:10:40	00:21:47.70	00:22:15.30	+00:06:53 (31.7%)	4:21	13.8 (68.3%)
280	KUBIAK Sebastian	575	CKR KONSTANCIN	M 30	75	00:00:46	00:10:43	00:21:49.25	00:22:35.35	+00:06:55 (31.7%)	4:21	13.8 (68.3%)
281	DOMAGAŁA Jarosław	198	AKTYWNA WARSZAWA	M 50	22	00:00:34	00:10:36	00:21:50.65	00:22:24.90	+00:06:56 (31.8%)	4:22	13.7 (67.8%)
282	KAMIŃSKI Łukasz	415	PZU SPORT TEAM	M 30	76	00:00:21	00:10:44	00:21:52.00	00:22:13.40	+00:06:58 (31.9%)	4:22	13.7 (67.8%)
283	FALBA Zbigniew	239	BIEGNIJ Z PROSERVICE	M 50	23	00:00:28	00:10:37	00:21:52.10	00:22:20.95	+00:06:58 (31.9%)	4:22	13.7 (67.8%)
284	WOJTKOWSKI Maciej	1496	INFINITUS ATHLETICS	M 30	77	00:00:13	00:10:37	00:21:52.15	00:22:05.80	+00:06:58 (31.9%)	4:22	13.7 (67.8%)
285	DUCH Mateusz	211	GÓRA BIEGA	M 30	78	00:00:32	00:10:42	00:21:52.35	00:22:24.70	+00:06:58 (31.9%)	4:22	13.7 (67.8%)
286	KOWALCZYK Natalia	517	UKS ORZEŁKI WARSZAWA	K 12	1	00:00:30	00:10:41	00:21:54.05	00:22:24.30	+00:07:00 (32.0%)	4:22	13.7 (67.8%)
287	BUCZEK Robert	104	3RUNPL	M 50	24	00:00:28	00:10:39	00:21:55.00	00:22:23.20	+00:07:01 (32.0%)	4:23	13.7 (67.8%)
288	WIŚNIEWSKI Maciek	1212		M 40	100	00:00:42	00:10:48	00:21:55.40	00:22:37.40	+00:07:01 (32.1%)	4:23	13.7 (67.8%)
289	WASILEWSKI Mariusz	1182	GÓRA BIEGA	M 40	101	00:00:31	00:10:43	00:21:56.00	00:22:27.40	+00:07:02 (32.1%)	4:23	13.7 (67.8%)
290	GORALSKI Roman	292	STARE BABICE BIEGAJA	M 50	25	00:00:32	00:11:00	00:21:56.10	00:22:29.05	+00:07:02 (32.1%)	4:23	13.7 (67.8%)
291	KUKLA Marcin	585	RYSIK RUNNERS	M 50	26	00:00:32	00:10:58	00:21:56.30	00:22:28.95	+00:07:02 (32.1%)	4:23	13.7 (67.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
292	MYŚLIŃSKI Mateusz	752		M 16	13	00:00:18	00:10:28	00:21:57.05	00:22:15.35	+00:07:03 (32.1%)	4:23	13.7 (67.8%)
293	BIENIAK Krzysztof	62	KRAV MAGA WARSZAWA	M 50	27	00:00:27	00:10:38	00:21:57.40	00:22:25.05	+00:07:03 (32.2%)	4:23	13.7 (67.8%)
294	WNUK Tomasz	1227	NAPRZÓD MŁOCINY	M 40	102	00:00:28	00:10:38	00:21:57.95	00:22:26.00	+00:07:04 (32.2%)	4:23	13.7 (67.8%)
295	BLISKOWSKA Anna	1511	DUCLA ACADEMY	K 40	10	00:00:27	00:10:42	00:21:59.70	00:22:27.50	+00:07:05 (32.3%)	4:23	13.6 (67.3%)
296	IL Adam	356		M 20	35	00:00:00		00:22:00.95	00:22:00.95	+00:07:07 (32.3%)	4:24	13.6 (67.3%)
297	ZALEWSKI Rafal	1267		M 40	103	00:00:49	00:10:54	00:22:02.30	00:22:51.65	+00:07:08 (32.4%)	4:24	13.6 (67.3%)
298	WITKOWSKI Daniel	1216		M 40	104	00:00:22	00:10:44	00:22:02.80	00:22:25.05	+00:07:09 (32.4%)	4:24	13.6 (67.3%)
299	ROMAŃSKI Jan	1501	WCH OBIEGUWKA	M 40	105	00:00:31	00:10:44	00:22:04.70	00:22:35.90	+00:07:10 (32.5%)	4:24	13.6 (67.3%)
300	CLARE Simon	151		M 50	28	00:00:12	00:10:51	00:22:05.90	00:22:18.10	+00:07:12 (32.6%)	4:25	13.6 (67.3%)
301	TROJDAN Sebastian	1144		M 40	106	00:00:34	00:10:38	00:22:06.25	00:22:40.60	+00:07:12 (32.6%)	4:25	13.6 (67.3%)
302	GÓRSKI Marcin	298		M 40	107	00:00:30	00:10:35	00:22:10.45	00:22:41.40	+00:07:16 (32.8%)	4:26	13.5 (66.8%)
303	SAPIGÓRSKI Rafał	961		M 40	108	00:00:50	00:11:15	00:22:10.55	00:23:01.25	+00:07:16 (32.8%)	4:26	13.5 (66.8%)
304		1591				00:00:31	00:10:57	00:22:10.95	00:22:42.15	+00:07:17 (32.8%)	4:26	13.5 (66.8%)
305	MOTRENKO Piotr	740		M 30	79	00:00:28	00:10:48	00:22:11.55	00:22:40.20	+00:07:17 (32.9%)	4:26	13.5 (66.8%)
306	MIODUSZEWSKI Adrian	1547		M 30	80	00:00:49	00:11:11	00:22:11.70	00:23:01.30	+00:07:17 (32.9%)	4:26	13.5 (66.8%)
307	MARTSENIUK Volodymyr	682		M 20	36	00:00:55	00:10:54	00:22:14.20	00:23:09.25	+00:07:20 (33.0%)	4:26	13.5 (66.8%)
308	SKRZYPEK Michał	992		M 30	81	00:00:45	00:10:48	00:22:16.45	00:23:02.35	+00:07:22 (33.1%)	4:27	13.5 (66.8%)
309	DUSZYŃSKI Bartosz	218		M 30	82	00:00:31	00:10:43	00:22:17.00	00:22:48.10	+00:07:23 (33.1%)	4:27	13.5 (66.8%)
310	NAPURKA Artur	759	KLUB BIEGACZA RTV EURO AGD	M 40	109	00:00:48	00:11:25	00:22:19.55	00:23:07.95	+00:07:25 (33.3%)	4:27	13.4 (66.3%)
311	HUCAŁ Grzegorz	351	RCI WARSZAWA	M 30	83	00:00:30	00:11:01	00:22:20.75	00:22:51.25	+00:07:26 (33.3%)	4:28	13.4 (66.3%)
312	KOZAK Mikołaj	534		M 30	84	00:00:28	00:10:46	00:22:21.65	00:22:50.30	+00:07:27 (33.4%)	4:28	13.4 (66.3%)
313	PLUTA Ireneusz	1382		M 60	3	00:00:31	00:10:56	00:22:21.75	00:22:53.05	+00:07:27 (33.4%)	4:28	13.4 (66.3%)
314	KARCZEWSKI Przemyslaw	423	SPARTANIE DZIECIOM	M 40	110	00:00:17	00:10:47	00:22:22.40	00:22:40.05	+00:07:28 (33.4%)	4:28	13.4 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
315	KIEWRA Karolina	450	AZS AWF WARSZAWA	K 12	2	00:00:04	00:11:07	00:22:23.30	00:22:27.85	+00:07:29 (33.5%)	4:28	13.4 (66.3%)
316	CHODNIEWICZ Michał	131		M 40	111	00:00:29	00:10:42	00:22:23.40	00:22:53.10	+00:07:29 (33.5%)	4:28	13.4 (66.3%)
317	KUCIŃSKI Hubert	582	ONSLOW - SEKCJA DZIADKÓW	M 40	112	00:00:17	00:10:47	00:22:23.50	00:22:40.90	+00:07:29 (33.5%)	4:28	13.4 (66.3%)
318	MAŃKOWSKA Anna	674	KRISS COACHING	K 30	16	00:00:33	00:11:05	00:22:23.95	00:22:57.65	+00:07:30 (33.5%)	4:28	13.4 (66.3%)
319	MAŁKOWSKI Marcin	669	OBI	M 40	113	00:00:31	00:11:16	00:22:24.65	00:22:56.45	+00:07:30 (33.5%)	4:28	13.4 (66.3%)
320	ŚLIWCZYŃSKI Jarosław	1110	RAZEM Z ANIĄ PO ŻYCIÓWKĘ!	M 30	85	00:00:32	00:11:06	00:22:24.85	00:22:57.80	+00:07:31 (33.5%)	4:28	13.4 (66.3%)
321	WIATROWSKI Hubert	1192	KS WILANÓW	M 16	14	00:00:17	00:11:07	00:22:26.40	00:22:43.50	+00:07:32 (33.6%)	4:29	13.4 (66.3%)
322	TUTAJ Marcin	1497		M 30	86	00:00:27	00:10:50	00:22:28.15	00:22:56.10	+00:07:34 (33.7%)	4:29	13.4 (66.3%)
323	RODAK Antoni	924		M 12	4	00:01:25	00:10:54	00:22:29.30	00:23:54.90	+00:07:35 (33.8%)	4:29	13.3 (65.8%)
324	MICHALAK Miłosz	711	MM TEAM	M 20	37	00:00:36	00:10:54	00:22:29.80	00:23:06.20	+00:07:36 (33.8%)	4:29	13.3 (65.8%)
325	CIEĆWIERZ Michał	144		M 30	87	00:00:30	00:10:50	00:22:30.90	00:23:01.40	+00:07:37 (33.8%)	4:30	13.3 (65.8%)
326	GRZYWACZ Marcin	330		M 40	114	00:01:09	00:11:03	00:22:32.00	00:23:41.05	+00:07:38 (33.9%)	4:30	13.3 (65.8%)
327	HEĆMAN Marcin	341		M 40	115	00:00:28	00:10:58	00:22:32.65	00:23:01.00	+00:07:38 (33.9%)	4:30	13.3 (65.8%)
328	MARSZAŁEK Marcin	681		M 30	88	00:00:38	00:11:18	00:22:34.55	00:23:13.40	+00:07:40 (34.0%)	4:30	13.3 (65.8%)
329	GRZELAK Aneta	327		K 30	17	00:00:33	00:11:08	00:22:35.70	00:23:09.40	+00:07:41 (34.1%)	4:31	13.3 (65.8%)
330	KOZERSKA Weronika	536	UKS ŻOLIBORZ	K 12	3	00:00:17	00:10:58	00:22:36.95	00:22:54.90	+00:07:43 (34.1%)	4:31	13.3 (65.8%)
331	BŁAŻEJCZYK Maksymilian	71		M 40	116	00:01:28	00:11:09	00:22:37.05	00:24:05.10	+00:07:43 (34.1%)	4:31	13.3 (65.8%)
332	CODDINGTON Marek	154	GS HUSKY	M 16	15	00:01:13	00:11:13	00:22:38.35	00:23:52.30	+00:07:44 (34.2%)	4:31	13.3 (65.8%)
333	KOPCZYK Marcin	493	NEW BALANCE RUN CLUB WARSZAWA	M 40	117	00:00:33	00:10:59	00:22:38.45	00:23:12.05	+00:07:44 (34.2%)	4:31	13.3 (65.8%)
334	WASILEWSKI Antoni	1183	UKS OSIR GÓRA KALWARIA	M 14	3	00:00:51	00:11:17	00:22:38.55	00:23:29.85	+00:07:44 (34.2%)	4:31	13.3 (65.8%)
335	GRĘDA Dominik	1449	NEW BALANCE RUN CLUB	M 20	38	00:00:38	00:10:27	00:22:40.40	00:23:18.55	+00:07:46 (34.3%)	4:32	13.2 (65.3%)
336	KOZERSKI Łukasz	537		M 40	118	00:00:18		00:22:41.10	00:22:59.75	+00:07:47 (34.3%)	4:32	13.2 (65.3%)
337	GAJEWSKI Tomasz	262		M 30	89	00:01:01	00:11:33	00:22:41.15	00:23:42.25	+00:07:47 (34.3%)	4:32	13.2 (65.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
338	TOLAK Piotr	1129	TEAM TOLAK	M 30	90	00:00:29	00:10:55	00:22:41.20	00:23:11.10	+00:07:47 (34.3%)	4:32	13.2 (65.3%)
339	. .	1438				00:00:48	00:11:34	00:22:41.95	00:23:30.65	+00:07:48 (34.4%)	4:32	13.2 (65.3%)
340	MELER Krzysztof	704		M 40	119	00:00:21	00:10:53	00:22:42.65	00:23:04.05	+00:07:48 (34.4%)	4:32	13.2 (65.3%)
341	GASIOROWSKA Alicja	269	ŻORAWSKI TEAM	K 40	11	00:00:34	00:11:11	00:22:42.90	00:23:17.10	+00:07:49 (34.4%)	4:32	13.2 (65.3%)
342	PAWŁOWSKI Piotr	838	BBL WYDMINY	M 50	29	00:00:34	00:11:06	00:22:43.25	00:23:17.40	+00:07:49 (34.4%)	4:32	13.2 (65.3%)
343	SAJKOWSKI Andrzej	956	METRO WARSZAWA	M 70	1	00:00:03	00:10:58	00:22:43.35	00:22:47.00	+00:07:49 (34.4%)	4:32	13.2 (65.3%)
344	ŁANDWIJT Marcin	1504		M 40	120	00:00:20	00:11:26	00:22:43.80	00:23:04.65	+00:07:50 (34.5%)	4:32	13.2 (65.3%)
345	CISOŃ Dominik	150		M 40	121	00:00:33	00:11:10	00:22:44.95	00:23:18.40	+00:07:51 (34.5%)	4:32	13.2 (65.3%)
346	OSOWSKI Andrzej	807		M 40	122	00:00:28	00:10:51	00:22:45.20	00:23:13.65	+00:07:51 (34.5%)	4:33	13.2 (65.3%)
347	SPRAWKA Magdalena	1022		K 20	8	00:00:43	00:11:03	00:22:46.70	00:23:30.15	+00:07:52 (34.6%)	4:33	13.2 (65.3%)
348	BARAŃSKI Piotr	37		M 40	123	00:00:35	00:11:12	00:22:46.90	00:23:22.30	+00:07:53 (34.6%)	4:33	13.2 (65.3%)
349	SUJAK Michał	1040		M 30	91	00:00:34	00:11:01	00:22:49.50	00:23:23.75	+00:07:55 (34.7%)	4:33	13.1 (64.9%)
349	MIKULSKI Damian	721	TEAM ZABIEGANEDNI	M 40	124	00:00:30	00:11:12	00:22:49.50	00:23:19.70	+00:07:55 (34.7%)	4:33	13.1 (64.9%)
351	ŁAZICKI Aleksnader	629		M 16	16	00:01:00	00:11:18	00:22:50.45	00:23:50.75	+00:07:56 (34.8%)	4:34	13.1 (64.9%)
352	MERCIK Marta	1544		K 30	18	00:00:36	00:11:09	00:22:51.50	00:23:28.25	+00:07:57 (34.8%)	4:34	13.1 (64.9%)
353	JAREK Zuzanna	383	RACE FIGHTER JUNIOR	K 12	4	00:00:15	00:11:06	00:22:51.95	00:23:07.75	+00:07:58 (34.9%)	4:34	13.1 (64.9%)
354	MIKINA Artur	718	PWPW SA	M 60	4	00:00:13	00:11:16	00:22:52.55	00:23:05.95	+00:07:58 (34.9%)	4:34	13.1 (64.9%)
355	SMOLIŃSKI Mateusz	1001		M 30	92	00:00:15	00:10:08	00:22:52.80	00:23:07.80	+00:07:59 (34.9%)	4:34	13.1 (64.9%)
356	SŁOMKA Dominika	997	TEAM ZABIEGANEDNI	K 20	9	00:00:34	00:11:13	00:22:53.45	00:23:28.15	+00:07:59 (34.9%)	4:34	13.1 (64.9%)
357	BIENKOWSKI Jaroslaw	1331		M 20	39	00:00:42	00:11:25	00:22:53.65	00:23:35.90	+00:07:59 (34.9%)	4:34	13.1 (64.9%)
358	MOSKWA Michał	1560		M 20	40	00:00:35	00:11:10	00:22:54.30	00:23:29.40	+00:08:00 (35.0%)	4:34	13.1 (64.9%)
359	KRYCZEK Piotr	562		M 50	30	00:00:40	00:11:15	00:22:56.00	00:23:36.10	+00:08:02 (35.0%)	4:35	13.1 (64.9%)
360	KALINOWSKI Bartłomiej	411		M 30	93	00:00:48	00:11:47	00:22:57.40	00:23:45.95	+00:08:03 (35.1%)	4:35	13.1 (64.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
361	KĘDRA Mateusz	441		M 30	94	00:00:48	00:11:33	00:22:58.80	00:23:47.40	+00:08:05 (35.2%)	4:35	13.1 (64.9%)
362	PONIATOWSKI Krzysztof	882		M 40	125	00:00:34	00:11:15	00:22:58.85	00:23:33.05	+00:08:05 (35.2%)	4:35	13.1 (64.9%)
363	CHMIEL Filip	1587	STREFA PODIUM	M 20	41	00:00:09	00:10:37	00:22:58.90	00:23:08.60	+00:08:05 (35.2%)	4:35	13.1 (64.9%)
364	ŚWIERŻYŃSKI Michał	1116		M 30	95	00:00:31	00:10:44	00:22:59.65	00:23:31.40	+00:08:05 (35.2%)	4:35	13.1 (64.9%)
365	TOBIASZ Karol	1425		M 20	42	00:00:40	00:11:23	00:23:00.90	00:23:41.35	+00:08:07 (35.3%)	4:36	13 (64.4%)
366	ROLLA Adrian	927		M 20	43	00:01:24	00:11:07	00:23:00.95	00:24:25.60	+00:08:07 (35.3%)	4:36	13 (64.4%)
367	PAŃCZYK Wojtek	823	THE PAŃCZYX	M 40	126	00:00:50	00:11:29	00:23:01.90	00:23:52.40	+00:08:08 (35.3%)	4:36	13 (64.4%)
368	SOBIECKI Dominik	932	VEGELOVE	M 60	5	00:00:52	00:11:40	00:23:02.70	00:23:55.25	+00:08:08 (35.4%)	4:36	13 (64.4%)
369	MOSAKOWSKI Adrian	736	ZESPÓŁ SZKÓŁ LICEALNYCH I TECHNICZNYCH NR 1	M 16	17	00:01:35	00:11:20	00:23:03.80	00:24:39.30	+00:08:10 (35.4%)	4:36	13 (64.4%)
370	STEC Kamil	1363	FC GRABÓW	M 20	44	00:00:51	00:11:11	00:23:04.30	00:23:55.50	+00:08:10 (35.4%)	4:36	13 (64.4%)
371	SKUBISZEWSKI Piotr	1563		M 40	127	00:00:52	00:11:33	00:23:04.35	00:23:56.70	+00:08:10 (35.4%)	4:36	13 (64.4%)
372	PAKUŁA Błażej	817		M 30	96	00:00:36	00:11:21	00:23:04.40	00:23:41.10	+00:08:10 (35.4%)	4:36	13 (64.4%)
373	MAGNUSKI Piotr	659		M 40	128	00:00:31	00:11:11	00:23:06.55	00:23:37.65	+00:08:12 (35.5%)	4:37	13 (64.4%)
374	PAWELEC Kamil	832	PZU SPORT TEAM	M 30	97	00:00:45	00:11:28	00:23:08.65	00:23:53.90	+00:08:14 (35.6%)	4:37	13 (64.4%)
375	KOSMALA Antoni	1557		M 16	18	00:01:40	00:11:38	00:23:09.10	00:24:49.65	+00:08:15 (35.7%)	4:37	13 (64.4%)
376	SARNOWSKI Wojciech	1509		M 40	129	00:00:42	00:11:09	00:23:09.55	00:23:51.80	+00:08:15 (35.7%)	4:37	13 (64.4%)
377	WITZKE Artur	1219		M 40	130	00:00:53	00:11:27	00:23:10.40	00:24:03.40	+00:08:16 (35.7%)	4:38	12.9 (63.9%)
378	PARZNIIEWSKI Maciej	1355	TOWARZYSTWO TURYSTYCZNE AKS POLONIA WARSZAWA	M 30	98	00:00:41	00:11:12	00:23:12.50	00:23:53.70	+00:08:18 (35.8%)	4:38	12.9 (63.9%)
379	JĘDRZEJEK Mateusz	1340	RK ATHLETICS	M 12	5	00:00:48	00:11:50	00:23:12.75	00:24:01.50	+00:08:18 (35.8%)	4:38	12.9 (63.9%)
380	GWÓZDŹ Maciej	335	RKATLETICS	M 12	6	00:00:48	00:11:51	00:23:13.05	00:24:01.45	+00:08:19 (35.8%)	4:38	12.9 (63.9%)
381	OWOC Tomasz	813	PKO BANK POLSKI / NEW BALANCE RUN CLUB	M 50	31	00:00:48	00:11:38	00:23:13.20	00:24:01.90	+00:08:19 (35.8%)	4:38	12.9 (63.9%)
382	LENDZION Jarosław	604	GRUPA BIEGOWA UM W-WA	M 40	131	00:00:56	00:11:44	00:23:13.55	00:24:09.55	+00:08:19 (35.9%)	4:38	12.9 (63.9%)
383	WÓJCIK Grzegorz	1245		M 40	132	00:01:02	00:11:48	00:23:14.85	00:24:17.50	+00:08:21 (35.9%)	4:38	12.9 (63.9%)

Msc	Zawodnik	Numer		Klub	Kategoria	Mkat	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
							startu	2.5km					
384	ESSI-EZINH Aleksander	234	SFORA BMK		M 30	99	00:00:46	00:11:22	00:23:15.20	00:24:01.70	+00:08:21 (35.9%)	4:39	12.9 (63.9%)
385	JANOWSKI Rafał	378			M 50	32	00:00:44	00:11:23	00:23:15.50	00:23:59.85	+00:08:21 (36.0%)	4:39	12.9 (63.9%)
386	KOMOROWSKA Helena	484	SKRA		K 14	1	00:00:39	00:11:35	00:23:15.60	00:23:55.30	+00:08:21 (36.0%)	4:39	12.9 (63.9%)
387	KOSMALA Michał	1426			M 40	133	00:01:03	00:12:03	00:23:16.60	00:24:20.30	+00:08:22 (36.0%)	4:39	12.9 (63.9%)
388	PAWLIMAK Mariusz	1564			M 20	45	00:01:06	00:11:34	00:23:17.45	00:24:23.75	+00:08:23 (36.0%)	4:39	12.9 (63.9%)
389	ŻYWIEN Marek	1307	ONLY SPEEDWAY		M 50	33	00:00:23	00:11:18	00:23:20.35	00:23:44.25	+00:08:26 (36.2%)	4:40	12.9 (63.9%)
390	OCHREMIAK Jędrzej	785			M 30	100	00:00:35	00:11:27	00:23:21.55	00:23:57.15	+00:08:27 (36.2%)	4:40	12.8 (63.4%)
391	BISOWSKI Szymon	68			M 14	4	00:00:55	00:11:44	00:23:22.55	00:24:17.85	+00:08:28 (36.3%)	4:40	12.8 (63.4%)
392	SOJDA Mateusz	1014	ROADBIKE IRON TEAM		M 30	101	00:01:04	00:11:37	00:23:23.30	00:24:28.25	+00:08:29 (36.3%)	4:40	12.8 (63.4%)
393	KONKA Tomasz	491			M 50	34	00:00:44	00:11:36	00:23:24.75	00:24:09.20	+00:08:30 (36.4%)	4:40	12.8 (63.4%)
393	PIENIAŻEK Mateusz	851			M 20	46	00:00:50	00:11:42	00:23:24.75	00:24:15.65	+00:08:30 (36.4%)	4:40	12.8 (63.4%)
395	OKRASA Michał	788			M 20	47	00:00:35	00:11:13	00:23:24.90	00:24:00.20	+00:08:31 (36.4%)	4:40	12.8 (63.4%)
396	SAMOCIUK Karolina	959	POWER TRAINING		K 30	19	00:00:36	00:11:26	00:23:26.80	00:24:03.55	+00:08:33 (36.5%)	4:41	12.8 (63.4%)
397	KOSTYRA Krzysztof	1324	BIEGUSIEM.PL		M 50	35	00:00:32	00:11:27	00:23:27.75	00:23:59.85	+00:08:33 (36.5%)	4:41	12.8 (63.4%)
398	BAREJ Paweł	1394			M 30	102	00:00:42	00:11:44	00:23:28.75	00:24:11.55	+00:08:34 (36.6%)	4:41	12.8 (63.4%)
399	SZEWczyk Łukasz	1073			M 40	134	00:00:30	00:10:50	00:23:29.25	00:23:59.75	+00:08:35 (36.6%)	4:41	12.8 (63.4%)
400	ŁOZOWSKA Magdalena	639	#ZALINIAMETYTEAM		K 30	20	00:00:36	00:11:36	00:23:29.70	00:24:06.65	+00:08:35 (36.6%)	4:41	12.8 (63.4%)
401	DZIĘCIOŁOWSKI Filip	227	FOOTBALL TALENTS		M 30	103	00:01:00	00:11:38	00:23:31.05	00:24:31.45	+00:08:37 (36.7%)	4:42	12.8 (63.4%)
402	GAJEK Małgorzata	1541	NEW BALANCE RUN CLUB		K 20	10	00:00:34	00:11:44	00:23:31.50	00:24:06.10	+00:08:37 (36.7%)	4:42	12.8 (63.4%)
403	GALA Piotr	1463			M 20	48	00:02:12	00:11:27	00:23:31.60	00:25:43.75	+00:08:37 (36.7%)	4:42	12.8 (63.4%)
404	MARCIN Cendrowski	1535			M 50	36	00:01:07	00:11:34	00:23:32.85	00:24:39.90	+00:08:39 (36.7%)	4:42	12.7 (62.9%)
405	CABAŃSKA Dorota	118	GUNS & ROSES RUN TEAM		K 40	12	00:01:01	00:11:41	00:23:32.95	00:24:34.80	+00:08:39 (36.7%)	4:42	12.7 (62.9%)
406	JAROSZKIEWICZ Grzegorz	389			M 40	135	00:00:39	00:11:42	00:23:33.60	00:24:12.80	+00:08:39 (36.8%)	4:42	12.7 (62.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
407	DOMINIAK Bartosz	1369	#BARTEKBIEGA	M 40	136	00:00:48	00:11:50	00:23:34.20	00:24:22.45	+00:08:40 (36.8%)	4:42	12.7 (62.9%)
408	SYGUDA Katarzyna	1334		K 20	11	00:00:52	00:11:45	00:23:34.75	00:24:27.30	+00:08:40 (36.8%)	4:42	12.7 (62.9%)
409	CHARLEJ Ireneusz	123		M 50	37	00:00:41	00:11:43	00:23:35.75	00:24:17.45	+00:08:41 (36.9%)	4:43	12.7 (62.9%)
410	JANUCHTA Tomasz	1346		M 40	137	00:01:00	00:11:36	00:23:36.45	00:24:36.95	+00:08:42 (36.9%)	4:43	12.7 (62.9%)
411	BIGAJSKI Rafał	65	NIEZŁY BIGOS	M 40	138	00:00:43	00:11:38	00:23:37.30	00:24:20.80	+00:08:43 (36.9%)	4:43	12.7 (62.9%)
412	DOBEL Mateusz	191		M 20	49	00:00:38	00:11:58	00:23:37.75	00:24:16.20	+00:08:43 (37.0%)	4:43	12.7 (62.9%)
413	GÓŹDŹ Wanda	303	AMATORSKA GRUPA BIEGOWA OKS START OTWOCK	K 30	21	00:01:08	00:12:01	00:23:38.15	00:24:46.30	+00:08:44 (37.0%)	4:43	12.7 (62.9%)
414	JAKUBCZAK Krzysztof	1402	ADIDAS RUNNERS WARSAW	M 60	6	00:00:36	00:11:44	00:23:38.50	00:24:14.50	+00:08:44 (37.0%)	4:43	12.7 (62.9%)
415	MAŁYSIAK Axel	1473		M 20	50	00:01:05	00:11:42	00:23:38.60	00:24:44.05	+00:08:44 (37.0%)	4:43	12.7 (62.9%)
416	MIKOSZA Anna	720		K 30	22	00:01:08	00:11:59	00:23:38.85	00:24:47.45	+00:08:45 (37.0%)	4:43	12.7 (62.9%)
417	SZOT Franciszek	1423		M 12	7	00:00:54	00:11:57	00:23:41.35	00:24:35.40	+00:08:47 (37.1%)	4:44	12.7 (62.9%)
418	PRZYBOROWSKI Adam	899		M 30	104	00:00:49	00:11:50	00:23:41.50	00:24:30.50	+00:08:47 (37.1%)	4:44	12.7 (62.9%)
419	CHRZANOWSKA Olga	137	TRIZARZA	K 30	23	00:00:49	00:11:48	00:23:44.55	00:24:34.45	+00:08:50 (37.3%)	4:44	12.6 (62.4%)
420	GÓRAL Tadeusz	1581		M 50	38	00:00:11	00:11:52	00:23:45.15	00:23:57.00	+00:08:51 (37.3%)	4:45	12.6 (62.4%)
421	MAŚLANKA Piotr	687		M 50	39	00:01:08	00:11:52	00:23:45.50	00:24:54.40	+00:08:51 (37.3%)	4:45	12.6 (62.4%)
422	SHAUKUN Anastasiya	966	CLUB ANONYMOUS RUNNERS N.A. CABALO BLANKO	K 30	24	00:00:41	00:11:38	00:23:45.95	00:24:27.05	+00:08:52 (37.3%)	4:45	12.6 (62.4%)
423	JAKUBIAK Szymon	368		M 30	105	00:00:51	00:12:01	00:23:46.25	00:24:38.20	+00:08:52 (37.3%)	4:45	12.6 (62.4%)
424	BORYSZKOWSKA Iwona	90	12TRI	K 40	13	00:00:31	00:11:45	00:23:47.10	00:24:19.00	+00:08:53 (37.4%)	4:45	12.6 (62.4%)
425	DRABAREK Romuald	201		M 60	7	00:00:42	00:11:47	00:23:47.80	00:24:30.05	+00:08:54 (37.4%)	4:45	12.6 (62.4%)
426	DREWNIK Robert	204	BIEGNIJ Z PROSERVICE	M 40	139	00:00:29	00:11:44	00:23:48.10	00:24:17.25	+00:08:54 (37.4%)	4:45	12.6 (62.4%)
427	ZORAWSKI Marcin	1374		M 40	140	00:01:05	00:11:47	00:23:48.25	00:24:53.85	+00:08:54 (37.4%)	4:45	12.6 (62.4%)
427	SIERZYCKI Hubert	975		M 30	106	00:00:59	00:12:09	00:23:48.25	00:24:47.60	+00:08:54 (37.4%)	4:45	12.6 (62.4%)
429	SZUFLICKI Tymon	1080		M 12	8	00:00:38	00:12:00	00:23:49.15	00:24:27.15	+00:08:55 (37.5%)	4:45	12.6 (62.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
430	MIELNICZUK Tomasz	1559		M 30	107	00:00:24	00:11:52	00:23:49.85	00:24:14.55	+00:08:56 (37.5%)	4:45	12.6 (62.4%)
431	LACHOWICZ Tomasz	595		M 20	51	00:00:03	00:10:59	00:23:49.90	00:23:53.50	+00:08:56 (37.5%)	4:45	12.6 (62.4%)
431	SMOLARCZYK Aleksander	1000	1	M 16	19	00:01:28	00:12:19	00:23:49.90	00:25:18.10	+00:08:56 (37.5%)	4:45	12.6 (62.4%)
433	RÓŻYCKI Krzysztof	936	VEGE RUNNERS	M 30	108	00:00:20	00:11:24	00:23:51.60	00:24:12.50	+00:08:57 (37.6%)	4:46	12.6 (62.4%)
434	KOWALSKA Agata	527		K 20	12	00:01:24	00:11:59	00:23:51.90	00:25:16.75	+00:08:58 (37.6%)	4:46	12.6 (62.4%)
435	KARWOWSKI Rafał	431		M 30	109	00:01:20	00:12:19	00:23:52.25	00:25:12.75	+00:08:58 (37.6%)	4:46	12.6 (62.4%)
436	KRÓL Radosław	556	KLUB BIEGACZA RTV EURO AGD	M 20	52	00:00:41	00:11:56	00:23:52.35	00:24:33.35	+00:08:58 (37.6%)	4:46	12.6 (62.4%)
437	SZYMCZYK Michał	1102	NASTĘPNY KROK	M 30	110	00:00:49	00:11:49	00:23:53.15	00:24:42.90	+00:08:59 (37.6%)	4:46	12.6 (62.4%)
438	SIWCZAK Agnieszka	979	WKURW_TEAM	K 30	25	00:01:07	00:11:53	00:23:55.10	00:25:02.15	+00:09:01 (37.7%)	4:47	12.5 (61.9%)
439	NIEDZIÓŁKA Małgorzata	1498		K 50	1	00:00:51	00:11:48	00:23:55.85	00:24:47.65	+00:09:02 (37.8%)	4:47	12.5 (61.9%)
440	SIEBYŁA Karol	969	BIEGNIJ Z PROSERVICE	M 40	141	00:00:35	00:11:32	00:23:56.50	00:24:32.10	+00:09:02 (37.8%)	4:47	12.5 (61.9%)
441	ZALIŃSKI Marek	1269		M 40	142	00:00:57	00:12:07	00:23:56.75	00:24:54.20	+00:09:02 (37.8%)	4:47	12.5 (61.9%)
442	KROPIAK Katarzyna	553	VEGE RUNNERS	K 30	26	00:00:49	00:11:48	00:23:56.80	00:24:46.10	+00:09:03 (37.8%)	4:47	12.5 (61.9%)
443	OPALA Marcin	1422		M 30	111	00:00:34	00:11:36	00:23:57.30	00:24:31.85	+00:09:03 (37.8%)	4:47	12.5 (61.9%)
444	JAREK Katarzyna	384		K 40	14	00:00:15	00:11:29	00:23:57.85	00:24:13.15	+00:09:04 (37.8%)	4:47	12.5 (61.9%)
445	JAGIELLO Piotr	365		M 40	143	00:01:18	00:11:47	00:23:58.05	00:25:16.60	+00:09:04 (37.8%)	4:47	12.5 (61.9%)
446	RUTKOWSKI Michał	945		M 40	144	00:00:20	00:11:32	00:23:58.60	00:24:18.85	+00:09:04 (37.9%)	4:47	12.5 (61.9%)
447	ARAŻNY Zbigniew	27		M 50	40	00:00:47	00:11:50	00:23:59.70	00:24:47.55	+00:09:05 (37.9%)	4:47	12.5 (61.9%)
448	NAZARUK Bartosz	1533		M 30	112	00:00:34	00:11:49	00:23:59.85	00:24:34.70	+00:09:06 (37.9%)	4:47	12.5 (61.9%)
449	KUCHARSKI Michał	580		M 20	53	00:01:11	00:12:06	00:24:00.80	00:25:12.05	+00:09:07 (38.0%)	4:48	12.5 (61.9%)
450	SACHMATA Anna	954	BEDNARSKI TRI TEAM	K 20	13	00:00:00	00:12:03	00:24:00.90	00:24:00.90	+00:09:07 (38.0%)	4:48	12.5 (61.9%)
451	BILEWICZ Mateusz	66		M 30	113	00:00:41	00:11:57	00:24:02.40	00:24:44.30	+00:09:08 (38.0%)	4:48	12.5 (61.9%)
452	SZERSZEŃ Janusz	1070	PIASECZNO RUNNING	M 40	145	00:00:44	00:11:40	00:24:03.15	00:24:47.95	+00:09:09 (38.1%)	4:48	12.5 (61.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
453	ZIENKIEWICZ Agata	1291	PIASECZNO RUNNING	K 40	15	00:00:44	00:11:40	00:24:03.25	00:24:47.70	+00:09:09 (38.1%)	4:48	12.5 (61.9%)
454	HYNEK Ewa	354		K 20	14	00:00:40	00:11:40	00:24:03.50	00:24:44.40	+00:09:09 (38.1%)	4:48	12.5 (61.9%)
455	BONDAR Witold	79		M 40	146	00:01:04	00:11:55	00:24:03.85	00:25:08.60	+00:09:10 (38.1%)	4:48	12.5 (61.9%)
456	JEWULSKI Damian	1478		M 30	114	00:00:34	00:11:52	00:24:04.15	00:24:38.35	+00:09:10 (38.1%)	4:48	12.5 (61.9%)
457	ŁAZICKI Tomasz	630		M 50	41	00:01:00	00:11:35	00:24:04.45	00:25:04.95	+00:09:10 (38.1%)	4:48	12.5 (61.9%)
458	STEMPIN Jacek	792		M 40	147	00:00:51	00:12:01	00:24:04.60	00:24:56.10	+00:09:10 (38.1%)	4:48	12.5 (61.9%)
459	DUMARA Jakub	217		M 30	115	00:00:56	00:12:06	00:24:04.65	00:25:00.70	+00:09:10 (38.1%)	4:48	12.5 (61.9%)
460	BIAŁAS Karol	57		M 30	116	00:00:16	00:11:34	00:24:04.75	00:24:20.75	+00:09:10 (38.1%)	4:48	12.5 (61.9%)
461	WYCECH Marek	1251		M 20	54	00:00:53	00:11:44	00:24:05.15	00:24:58.60	+00:09:11 (38.2%)	4:49	12.5 (61.9%)
462	WOJDAK Anna	1315	ROZBIEGANY PIASTÓW	K 40	16	00:00:29	00:11:31	00:24:08.70	00:24:38.30	+00:09:14 (38.3%)	4:49	12.4 (61.4%)
463	TUKA Anna	1464		K 30	27	00:00:36	00:12:00	00:24:08.75	00:24:44.95	+00:09:14 (38.3%)	4:49	12.4 (61.4%)
464	TABAK Andrzej	1117		M 60	8	00:00:56	00:12:10	00:24:09.10	00:25:05.30	+00:09:15 (38.3%)	4:49	12.4 (61.4%)
465	OSTROWSKI Ryszard	808	ŻYWCEM ZABIEGANI	M 50	42	00:00:35	00:11:40	00:24:11.00	00:24:46.10	+00:09:17 (38.4%)	4:50	12.4 (61.4%)
466	KACZOREK Marcin	1476		M 40	148	00:00:21	00:11:49	00:24:11.50	00:24:33.30	+00:09:17 (38.4%)	4:50	12.4 (61.4%)
466	RACZYŃSKA Natalia	909		K 20	15	00:01:03	00:12:14	00:24:11.50	00:25:14.95	+00:09:17 (38.4%)	4:50	12.4 (61.4%)
468	KOSSAKOWSKA Katarzyna	510		K 40	17	00:00:47	00:11:57	00:24:11.60	00:24:58.80	+00:09:17 (38.4%)	4:50	12.4 (61.4%)
469	MELLIN Darek	705		M 40	149	00:02:07	00:11:54	00:24:14.20	00:26:21.30	+00:09:20 (38.5%)	4:50	12.4 (61.4%)
470	MILIK Marek	1348		M 30	117	00:01:16	00:12:10	00:24:15.30	00:25:32.15	+00:09:21 (38.6%)	4:51	12.4 (61.4%)
471	ŚLEPOWROŃSKI Jakub	1107	PZU SPORT TEAM	M 30	118	00:00:58	00:12:18	00:24:16.25	00:25:14.80	+00:09:22 (38.6%)	4:51	12.4 (61.4%)
472	KRÓL Łukasz	554	PZU SPORT TEAM	M 30	119	00:01:09	00:12:10	00:24:16.80	00:25:26.20	+00:09:23 (38.6%)	4:51	12.4 (61.4%)
473	GOLISZ Adam	288		M 50	43	00:00:24	00:12:00	00:24:17.05	00:24:41.65	+00:09:23 (38.7%)	4:51	12.4 (61.4%)
474	IWONIN Jurek	362		M 40	150	00:00:56	00:12:20	00:24:18.30	00:25:14.90	+00:09:24 (38.7%)	4:51	12.3 (60.9%)
475	MAŁYSA Piotr	672		M 30	120	00:00:56	00:11:58	00:24:18.40	00:25:14.50	+00:09:24 (38.7%)	4:51	12.3 (60.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
476	KURZACZ Paulina	589		K 16	1	00:01:18	00:12:27	00:24:18.55	00:25:36.90	+00:09:24 (38.7%)	4:51	12.3 (60.9%)
477	LESIAK Radosław	1525		M 60	9	00:00:40	00:11:59	00:24:18.65	00:24:58.95	+00:09:24 (38.7%)	4:51	12.3 (60.9%)
478	PIOTROWSKI Mateusz	860		M 30	121	00:01:16	00:12:29	00:24:18.80	00:25:35.50	+00:09:25 (38.7%)	4:51	12.3 (60.9%)
479	MALINOWSKI Konrad	666	PACZKA SZLUGÓW	M 40	151	00:00:12	00:11:39	00:24:19.10	00:24:31.85	+00:09:25 (38.7%)	4:51	12.3 (60.9%)
480	GOGACZ Tymoteusz	287	REAL VARSOVIA F.C	M 12	9	00:00:53	00:12:01	00:24:19.55	00:25:13.20	+00:09:25 (38.8%)	4:51	12.3 (60.9%)
481	DUCHNOWSKA Natalia	213		K 20	16	00:00:44	00:11:58	00:24:19.90	00:25:03.95	+00:09:26 (38.8%)	4:51	12.3 (60.9%)
482	GRUSZKA Jakub	317		M 30	122	00:00:50	00:11:49	00:24:20.10	00:25:10.25	+00:09:26 (38.8%)	4:52	12.3 (60.9%)
483	GRABOWIEC-ALIKOWSKA Renata	1462		K 40	18	00:01:22	00:12:04	00:24:20.45	00:25:43.30	+00:09:26 (38.8%)	4:52	12.3 (60.9%)
484	SACHMATA Jacek	1459	Y-JACK	M 30	123	00:00:36	00:12:00	00:24:20.90	00:24:57.40	+00:09:27 (38.8%)	4:52	12.3 (60.9%)
485	GAŁECKI Tomasz	264		M 50	44	00:00:52	00:11:49	00:24:22.30	00:25:14.35	+00:09:28 (38.9%)	4:52	12.3 (60.9%)
486	CENTKOWSKI Mateusz	1316		M 16	20	00:00:11	00:12:02	00:24:23.65	00:24:34.90	+00:09:29 (38.9%)	4:52	12.3 (60.9%)
487	KOZAKOWSKI Sebastian	535		M 30	124	00:01:10	00:12:08	00:24:23.80	00:25:34.20	+00:09:30 (38.9%)	4:52	12.3 (60.9%)
488	MATYSIAK Jakub	1367	STG WARSZAWA	M 30	125	00:00:52	00:11:36	00:24:23.95	00:25:16.50	+00:09:30 (38.9%)	4:52	12.3 (60.9%)
489	STĘPNIAK Mariusz	1033		M 50	45	00:01:05	00:12:17	00:24:24.35	00:25:29.40	+00:09:30 (39.0%)	4:52	12.3 (60.9%)
490	RZYMOWSKA Krystyna	953		K 50	2	00:00:53	00:12:24	00:24:24.75	00:25:17.80	+00:09:30 (39.0%)	4:52	12.3 (60.9%)
491	ROSTKOWSKI Bartosz	933		M 40	152	00:00:46	00:12:15	00:24:25.15	00:25:11.55	+00:09:31 (39.0%)	4:53	12.3 (60.9%)
492	WOJCIECHOWSKA Agnieszka	1229		K 40	19	00:00:56	00:11:57	00:24:25.30	00:25:22.10	+00:09:31 (39.0%)	4:53	12.3 (60.9%)
493	SNOPEK Stanisław	1007	TVP SPORT	M 50	46	00:00:37	00:11:49	00:24:26.45	00:25:03.85	+00:09:32 (39.1%)	4:53	12.3 (60.9%)
493	KĄKOL Tomasz	437		M 30	126	00:00:45	00:11:53	00:24:26.45	00:25:11.70	+00:09:32 (39.1%)	4:53	12.3 (60.9%)
495	TRZECIAKOWSKI Paweł	1151	PAWEŁ TRZECIAKOWSKI	M 30	127	00:00:58	00:11:50	00:24:26.65	00:25:24.70	+00:09:32 (39.1%)	4:53	12.3 (60.9%)
496	WŁODARCZYK Tomasz	1222		M 30	128	00:00:51	00:11:59	00:24:27.45	00:25:19.25	+00:09:33 (39.1%)	4:53	12.3 (60.9%)
497	KRUSIEWICZ Tomasz	561		M 40	153	00:01:07	00:12:08	00:24:28.85	00:25:36.75	+00:09:35 (39.1%)	4:53	12.3 (60.9%)
498	SZYMAŃSKI Krzysztof	1093	KINGS OF LEMON	M 40	154	00:00:58	00:12:16	00:24:29.15	00:25:27.20	+00:09:35 (39.2%)	4:53	12.3 (60.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
499	RZEPECKI Łukasz	952		M 40	155	00:01:12	00:12:24	00:24:29.30	00:25:41.75	+00:09:35 (39.2%)	4:53	12.3 (60.9%)
500	GORZKIEWICZ Patrycja	294		K 40	20	00:00:38	00:11:54	00:24:29.75	00:25:08.70	+00:09:35 (39.2%)	4:53	12.3 (60.9%)
501	GOGACZ Magdalena	286	URZĄD DZIELNICY URSYNÓW	K 40	21	00:00:53	00:11:55	00:24:30.35	00:25:24.10	+00:09:36 (39.2%)	4:54	12.2 (60.4%)
502	GRUSZYŃSKI Franciszek	1558		M 16	21	00:01:41	00:12:56	00:24:30.95	00:26:12.20	+00:09:37 (39.2%)	4:54	12.2 (60.4%)
503	WIEWIURA Agnieszka	1199	GÓRA BIEGA	K 30	28	00:00:14	00:11:58	00:24:31.45	00:24:45.80	+00:09:37 (39.3%)	4:54	12.2 (60.4%)
504	KARPIŃSKA Monika	427		K 30	29	00:00:36	00:11:58	00:24:31.60	00:25:08.55	+00:09:37 (39.3%)	4:54	12.2 (60.4%)
505	SIERY Artur	972		M 60	10	00:01:00	00:12:17	00:24:31.95	00:25:32.50	+00:09:38 (39.3%)	4:54	12.2 (60.4%)
506	KACPROWSKI Tadeusz	1379		M 70	2	00:01:06	00:12:03	00:24:32.00	00:25:38.75	+00:09:38 (39.3%)	4:54	12.2 (60.4%)
507	ORNOWSKA Joanna	802		K 20	17	00:01:00	00:12:16	00:24:32.20	00:25:32.45	+00:09:38 (39.3%)	4:54	12.2 (60.4%)
508	GRYNKIEWICZ Grzegorz	322		M 12	10	00:01:06	00:12:17	00:24:33.75	00:25:40.15	+00:09:39 (39.4%)	4:54	12.2 (60.4%)
509	MAZUR Daniel	700		M 30	129	00:00:31	00:11:50	00:24:33.80	00:25:04.80	+00:09:40 (39.4%)	4:54	12.2 (60.4%)
510	MARCZEWSKI Marcin	679	RESILIA BEMOWO	M 40	156	00:00:17	00:11:34	00:24:34.55	00:24:52.50	+00:09:40 (39.4%)	4:54	12.2 (60.4%)
511	SIDORCZUK-KUMOSA Dorota	968	TEAM ZABIEGANEDNI / PRETTYFITYTEAM	K 40	22	00:00:50	00:11:48	00:24:34.70	00:25:24.80	+00:09:40 (39.4%)	4:54	12.2 (60.4%)
512	PAWŁOWSKA Katarzyna	836		K 40	23	00:00:32	00:11:43	00:24:35.15	00:25:07.70	+00:09:41 (39.4%)	4:55	12.2 (60.4%)
513	TRZECIAKIEWICZ Marcin	1481	SMASHING PĄPKINS	M 40	157	00:01:04	00:12:30	00:24:35.20	00:25:40.00	+00:09:41 (39.4%)	4:55	12.2 (60.4%)
514	KOWALCZYK Robert	515		M 40	158	00:00:11	00:12:07	00:24:35.40	00:24:47.05	+00:09:41 (39.4%)	4:55	12.2 (60.4%)
515	NALEPA Szymon	758		M 30	130	00:01:11	00:12:33	00:24:36.40	00:25:48.05	+00:09:42 (39.5%)	4:55	12.2 (60.4%)
516	IGNATIUK Bartosz	1471		M 30	131	00:01:05	00:12:10	00:24:36.60	00:25:42.20	+00:09:42 (39.5%)	4:55	12.2 (60.4%)
517	SZYMAŃSKA Maja	1090	WARSAW RUN CLUB	K 16	2	00:00:55	00:12:21	00:24:36.90	00:25:32.40	+00:09:43 (39.5%)	4:55	12.2 (60.4%)
518	GRYNKIEWICZ Tomasz	320		M 40	159	00:01:06	00:12:16	00:24:37.05	00:25:43.50	+00:09:43 (39.5%)	4:55	12.2 (60.4%)
519	KOCIK Elżbieta	10		K 40	24	00:00:56	00:11:58	00:24:37.10	00:25:33.70	+00:09:43 (39.5%)	4:55	12.2 (60.4%)
520	ADAMOWICZ Konrad	16	ODDAWAJ KREW	M 40	160	00:00:37	00:11:52	00:24:37.40	00:25:14.45	+00:09:43 (39.5%)	4:55	12.2 (60.4%)
521	CHMIELEWSKI Kamil	130		M 30	132	00:00:51	00:11:54	00:24:37.65	00:25:28.85	+00:09:43 (39.5%)	4:55	12.2 (60.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
522	MRÓZ Gabriela	744	#PAWKORUNNERTeam	K 20	18	00:00:38	00:12:03	00:24:37.70	00:25:16.30	+00:09:43 (39.5%)	4:55	12.2 (60.4%)
523	KRASNOWSKI Marcin	546		M 30	133	00:00:57	00:12:03	00:24:37.80	00:25:35.25	+00:09:44 (39.5%)	4:55	12.2 (60.4%)
524	PIWOWAREK Robert	867		M 20	55	00:00:55	00:12:22	00:24:38.90	00:25:33.90	+00:09:45 (39.6%)	4:55	12.2 (60.4%)
525	BORYS Michał	88		M 16	22	00:01:18	00:12:10	00:24:41.05	00:25:59.60	+00:09:47 (39.7%)	4:56	12.2 (60.4%)
526	KUCABA Mateusz	577		M 30	134	00:01:18	00:12:16	00:24:41.40	00:25:59.40	+00:09:47 (39.7%)	4:56	12.2 (60.4%)
527	KAPLIŃSKI Paweł	420		M 30	135	00:00:09	00:11:43	00:24:41.50	00:24:51.20	+00:09:47 (39.7%)	4:56	12.2 (60.4%)
528	YARMALOVICH Aliaksandr	1257		M 30	136	00:01:05	00:12:15	00:24:42.10	00:25:47.90	+00:09:48 (39.7%)	4:56	12.1 (59.9%)
529	TOMASZEWSKA Urszula	1133	ZABIEGANY WOŁOMIN	K 40	25	00:01:14	00:12:18	00:24:42.85	00:25:57.30	+00:09:49 (39.7%)	4:56	12.1 (59.9%)
530	FURDYNA Maria	258		K 40	26	00:01:27	00:12:17	00:24:42.95	00:26:10.55	+00:09:49 (39.7%)	4:56	12.1 (59.9%)
531	GÓRSKI Seweryn	1583		M 12	11	00:00:50	00:12:06	00:24:43.00	00:25:33.50	+00:09:49 (39.7%)	4:56	12.1 (59.9%)
532	ZAKRZEWSKI Michał	1264		M 30	137	00:00:35	00:12:04	00:24:43.45	00:25:19.30	+00:09:49 (39.7%)	4:56	12.1 (59.9%)
533	KEMPA Piotr	438		M 30	138	00:00:39	00:12:01	00:24:43.70	00:25:22.80	+00:09:49 (39.8%)	4:56	12.1 (59.9%)
534	KŁYSZEWSKA Michalina	466		K 20	19	00:01:00	00:12:16	00:24:44.25	00:25:45.05	+00:09:50 (39.8%)	4:56	12.1 (59.9%)
535	MULIK Piotr	747	RAZEM TRENUJEMY SPORT	M 30	139	00:00:47	00:12:12	00:24:44.65	00:25:32.35	+00:09:50 (39.8%)	4:56	12.1 (59.9%)
536	OWCZARCZYK Michał	810		M 40	161	00:01:08	00:12:27	00:24:45.95	00:25:54.10	+00:09:52 (39.8%)	4:57	12.1 (59.9%)
537	OWCZARCZYK Jan	811		M 14	5	00:01:08	00:12:27	00:24:46.00	00:25:54.65	+00:09:52 (39.9%)	4:57	12.1 (59.9%)
538	SZWAD Martyna	1568	GAPMONT RUNNING TEAM	K 30	30	00:01:06	00:12:22	00:24:47.40	00:25:54.30	+00:09:53 (39.9%)	4:57	12.1 (59.9%)
539	CABAJ Marek	117		M 40	162	00:01:23	00:12:37	00:24:48.40	00:26:12.30	+00:09:54 (39.9%)	4:57	12.1 (59.9%)
540	REJDYCH Aleksander	920		M 30	140	00:00:55	00:12:21	00:24:49.60	00:25:44.60	+00:09:55 (40.0%)	4:57	12.1 (59.9%)
541	KOSECKI Jakub	505		M 40	163	00:02:20	00:12:27	00:24:49.80	00:27:10.75	+00:09:56 (40.0%)	4:57	12.1 (59.9%)
542	RADZIKOWSKI Franciszek	913		M 50	47	00:00:53	00:12:15	00:24:50.10	00:25:43.70	+00:09:56 (40.0%)	4:58	12.1 (59.9%)
543	KOSSECKI Dominik	1437		M 40	164	00:00:51	00:12:06	00:24:50.30	00:25:42.00	+00:09:56 (40.0%)	4:58	12.1 (59.9%)
544	ADAMCZYK Mirosław	1491	HARPAGONS	M 60	11	00:01:14	00:12:10	00:24:50.75	00:26:05.35	+00:09:56 (40.0%)	4:58	12.1 (59.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
545	CZUBASZEK Krzysztof	168		M 40	165	00:00:13	00:11:59	00:24:50.80	00:25:03.90	+00:09:57 (40.0%)	4:58	12.1 (59.9%)
546	PIWOWAREK Grzegorz	866		M 30	141	00:00:41	00:12:39	00:24:51.30	00:25:32.50	+00:09:57 (40.1%)	4:58	12.1 (59.9%)
547	KOSZUT Wiktor	513	SYNAPSIS CONSULTING WOJCIECH KOSZUT	M 12	12	00:01:52	00:12:50	00:24:51.80	00:26:44.00	+00:09:58 (40.1%)	4:58	12.1 (59.9%)
548	GRYSZPANOWICZ Sebastian	323	SEBASTIAN GRYSZPANOWICZ - REHABILITACJA	M 40	166	00:01:12	00:12:28	00:24:51.90	00:26:04.00	+00:09:58 (40.1%)	4:58	12.1 (59.9%)
549	KOWALSKA Kasia	525	TEAM ZABIEGANEDNI	K 40	27	00:01:31	00:12:27	00:24:52.20	00:26:23.20	+00:09:58 (40.1%)	4:58	12.1 (59.9%)
550	KALBARCZYK Igor	409		M 30	142	00:01:08	00:12:27	00:24:52.25	00:26:00.70	+00:09:58 (40.1%)	4:58	12.1 (59.9%)
551	MYŚLIŃSKI Zdzisław	753		M 40	167	00:00:18	00:12:01	00:24:52.95	00:25:11.60	+00:09:59 (40.1%)	4:58	12.1 (59.9%)
552	PLATE Piotr	868		M 30	143	00:00:00		00:24:53.90	00:24:53.90	+00:10:00 (40.2%)	4:58	12.1 (59.9%)
553	KOWALSKA Paulina	528		K 40	28	00:00:52	00:11:58	00:24:54.35	00:25:46.90	+00:10:00 (40.2%)	4:58	12 (59.4%)
554	KORSAKOV Kostiantyn	1590	NW CZŁAPSKI TEAM	M 50	48	00:02:10	00:12:57	00:24:55.55	00:27:06.10	+00:10:01 (40.2%)	4:59	12 (59.4%)
555	JURCZAK Grzegorz	402		M 30	144	00:00:53	00:12:24	00:24:56.75	00:25:49.80	+00:10:02 (40.3%)	4:59	12 (59.4%)
556	CZERNIGOWSKI Szymon	165		M 20	56	00:00:53	00:11:57	00:24:58.05	00:25:51.50	+00:10:04 (40.3%)	4:59	12 (59.4%)
557	DĘBIŃSKI Michał	189		M 40	168	00:00:59	00:12:19	00:24:58.40	00:25:57.75	+00:10:04 (40.3%)	4:59	12 (59.4%)
558	PUCZYŃSKA Renata	905		K 40	29	00:00:21	00:11:58	00:25:00.05	00:25:21.45	+00:10:06 (40.4%)	5:00	12 (59.4%)
559	KĘSKA Wiktor	1574		M 20	57	00:01:30	00:12:12	00:25:00.45	00:26:31.30	+00:10:06 (40.4%)	5:00	12 (59.4%)
560	IWASYSZYN Michał	361		M 40	169	00:00:55	00:12:21	00:25:00.65	00:25:56.30	+00:10:06 (40.4%)	5:00	12 (59.4%)
561		1588				00:00:20	00:13:14	00:25:05.35	00:25:26.05	+00:10:11 (40.6%)	5:01	12 (59.4%)
562	ULITKO Wojciech	1163		M 40	170	00:00:00	00:12:35	00:25:05.40	00:25:05.40	+00:10:11 (40.6%)	5:01	12 (59.4%)
563	BERDYŃSKI Jarosław	55	RUNJAR	M 40	171	00:00:58	00:11:56	00:25:05.55	00:26:04.40	+00:10:11 (40.6%)	5:01	12 (59.4%)
564	KĘPKA Krzysztof	442		M 30	145	00:01:00	00:12:17	00:25:06.10	00:26:06.10	+00:10:12 (40.7%)	5:01	12 (59.4%)
565	PASTUSZAK Piotr	828		M 40	172	00:00:50	00:12:01	00:25:06.55	00:25:57.45	+00:10:12 (40.7%)	5:01	12 (59.4%)
566	FRANK-DEMBIŃSKA Agnieszka	252	WMT	K 40	30	00:00:59	00:12:16	00:25:08.35	00:26:07.40	+00:10:14 (40.7%)	5:01	11.9 (58.9%)
566	CHWASTEK Ryszard	139	RATUJMYRYSIE	M 60	12	00:02:18	00:12:31	00:25:08.35	00:27:26.55	+00:10:14 (40.7%)	5:01	11.9 (58.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
568	KLIMEK Marta	459	M&M RUNNING TEAM	K 30	31	00:00:49	00:12:15	00:25:08.55	00:25:57.80	+00:10:14 (40.8%)	5:01	11.9 (58.9%)
569	KOPER Sebastian	495	CARREFOUR RUNNING TEAM	M 40	173	00:00:26	00:12:10	00:25:09.05	00:25:35.25	+00:10:15 (40.8%)	5:01	11.9 (58.9%)
570	MICHALAK Marta	710	PŁOŃSZCZANKI SEKCJA LA 4 KOŁA PTS PŁOŃSK	K 40	31	00:00:36	00:12:20	00:25:10.25	00:25:46.55	+00:10:16 (40.8%)	5:02	11.9 (58.9%)
571	WITEK Sebastian	1215		M 30	146	00:00:39	00:12:34	00:25:11.95	00:25:51.15	+00:10:18 (40.9%)	5:02	11.9 (58.9%)
572	MIELNICZUK Bogusław	716		M 40	174	00:01:43	00:13:01	00:25:12.15	00:26:55.35	+00:10:18 (40.9%)	5:02	11.9 (58.9%)
573	FLOREK Małgorzata	250		K 30	32	00:01:03	00:12:24	00:25:12.20	00:26:15.20	+00:10:18 (40.9%)	5:02	11.9 (58.9%)
574	RYNKOWSKI Michał	948	POLADA	M 30	147	00:01:04	00:13:12	00:25:12.35	00:26:16.80	+00:10:18 (40.9%)	5:02	11.9 (58.9%)
575	GROCHOWSKI Marcin	312		M 40	175	00:01:03	00:12:29	00:25:13.20	00:26:16.65	+00:10:19 (40.9%)	5:02	11.9 (58.9%)
576	RACZYŃSKI Paweł	910		M 40	176	00:01:03	00:12:14	00:25:13.30	00:26:17.15	+00:10:19 (40.9%)	5:02	11.9 (58.9%)
577	BARYŁA Krzysztof	1492		M 40	177	00:01:17	00:12:30	00:25:13.55	00:26:31.20	+00:10:19 (40.9%)	5:02	11.9 (58.9%)
578	DERESZ Wiktor	184	ADIDAS RUNNERS WARSAW	M 30	148	00:00:57	00:12:19	00:25:15.95	00:26:13.25	+00:10:22 (41.0%)	5:03	11.9 (58.9%)
579	CZECHOWSKI Tomasz	161		M 20	58	00:01:03	00:13:53	00:25:16.30	00:26:20.15	+00:10:22 (41.1%)	5:03	11.9 (58.9%)
580	NOWAKOWSKI Czesław	1572	DUCLA ACADEMY WARSZAWA	M 70	3	00:01:19	00:12:14	00:25:16.95	00:26:36.00	+00:10:23 (41.1%)	5:03	11.9 (58.9%)
581	GRYNKIEWICZ Roman	321		M 14	6	00:01:07	00:11:55	00:25:17.45	00:26:24.85	+00:10:23 (41.1%)	5:03	11.9 (58.9%)
582	URYNOWICZ Piotrek	1168		M 30	149	00:00:54	00:12:03	00:25:17.60	00:26:11.95	+00:10:23 (41.1%)	5:03	11.9 (58.9%)
583	KOŁUCKI Stefan	483	SFORA BMK	M 30	150	00:00:46	00:11:52	00:25:18.00	00:26:04.00	+00:10:24 (41.1%)	5:03	11.9 (58.9%)
584	IWANOWSKA Sylwia	360		K 40	32	00:01:12	00:12:32	00:25:18.90	00:26:31.20	+00:10:25 (41.2%)	5:03	11.9 (58.9%)
585	ŁYSIAK Krzysztof	651		M 40	178	00:01:36	00:12:18	00:25:18.95	00:26:55.35	+00:10:25 (41.2%)	5:03	11.9 (58.9%)
586	DŻUCHIL Mateusz	232	FOOTBALL TALENTS	M 20	59	00:01:09	00:12:35	00:25:19.90	00:26:29.85	+00:10:26 (41.2%)	5:03	11.8 (58.4%)
587	KUKLA Elzbieta	584	PWC RUNNING TEAM	K 50	3	00:01:02	00:12:31	00:25:21.20	00:26:24.00	+00:10:27 (41.2%)	5:04	11.8 (58.4%)
588	GALA Tomasz	1444		M 40	179	00:02:12	00:12:36	00:25:21.35	00:27:33.50	+00:10:27 (41.2%)	5:04	11.8 (58.4%)
589	CIOSEK Marcin	149		M 40	180	00:01:05	00:12:26	00:25:22.40	00:26:28.15	+00:10:28 (41.3%)	5:04	11.8 (58.4%)
589	WIERBIŁOWICZ Dariusz	1196		M 40	181	00:00:00	00:12:54	00:25:22.40	00:25:22.40	+00:10:28 (41.3%)	5:04	11.8 (58.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
591	PARTYKA Agnieszka	824	PGE ENERGETIC RUNNING	K 50	4	00:01:09	00:12:35	00:25:22.65	00:26:32.35	+00:10:28 (41.3%)	5:04	11.8 (58.4%)
592	GIL Michał	279		M 20	60	00:01:02	00:13:04	00:25:22.70	00:26:25.15	+00:10:28 (41.3%)	5:04	11.8 (58.4%)
593	KARPA Katarzyna	1411	SMASHING PAPKINS	K 40	33	00:01:04	00:12:30	00:25:23.85	00:26:28.35	+00:10:30 (41.3%)	5:04	11.8 (58.4%)
594	ZAMOJSKI Mariusz	1452		M 40	182	00:00:34	00:12:04	00:25:24.25	00:25:59.05	+00:10:30 (41.4%)	5:04	11.8 (58.4%)
595	GROCHOWSKI Paweł	311	PZU SPORT TEAM	M 40	183	00:01:09	00:12:05	00:25:25.20	00:26:34.45	+00:10:31 (41.4%)	5:05	11.8 (58.4%)
596	KALINOWSKI Piotr	1448		M 40	184	00:00:35	00:12:39	00:25:25.25	00:26:00.95	+00:10:31 (41.4%)	5:05	11.8 (58.4%)
597	MACKENTHUN Tomasz	656		M 16	23	00:00:00	00:13:25	00:25:25.65	00:25:25.65	+00:10:31 (41.4%)	5:05	11.8 (58.4%)
598	LEWANDOWSKA Paulina	610		K 30	33	00:00:59	00:12:31	00:25:27.40	00:26:26.50	+00:10:33 (41.5%)	5:05	11.8 (58.4%)
599	KOKOCIŃSKI Piotr	1450		M 50	49	00:01:04	00:12:54	00:25:28.20	00:26:32.35	+00:10:34 (41.5%)	5:05	11.8 (58.4%)
600	MATUSIAK Marek	690		M 40	185	00:02:19	00:12:46	00:25:28.35	00:27:47.80	+00:10:34 (41.5%)	5:05	11.8 (58.4%)
601	SKELTON-WITKOWSKA Sarah	983	VEGE RUNNERS	K 30	34	00:00:49	00:12:24	00:25:28.60	00:26:18.40	+00:10:34 (41.5%)	5:05	11.8 (58.4%)
602	ŁOWKIS Marek	638		M 40	186	00:00:52	00:12:20	00:25:28.75	00:26:21.30	+00:10:34 (41.5%)	5:05	11.8 (58.4%)
603	KLIMKIEWICZ Beata	460		K 40	34	00:01:11	00:12:28	00:25:29.05	00:26:41.00	+00:10:35 (41.5%)	5:05	11.8 (58.4%)
604	WRÓBLEWSKI Kacper	1248		M 20	61	00:01:17	00:12:46	00:25:29.45	00:26:46.85	+00:10:35 (41.6%)	5:05	11.8 (58.4%)
605	ŁUCZAK Piotr	643	PKO BANK POLSKI	M 40	187	00:01:01	00:12:25	00:25:29.55	00:26:30.95	+00:10:35 (41.6%)	5:05	11.8 (58.4%)
606	GIEFERT Sylwia	278		K 20	20	00:01:15	00:12:42	00:25:29.85	00:26:45.00	+00:10:36 (41.6%)	5:05	11.8 (58.4%)
607	SZCZERBICKI Rafał	1065	WARSAW RUN CLUB	M 40	188	00:00:24	00:11:31	00:25:30.00	00:25:54.50	+00:10:36 (41.6%)	5:06	11.8 (58.4%)
608	CZERNIAK Adam	164		M 30	151	00:01:12	00:12:27	00:25:30.10	00:26:42.35	+00:10:36 (41.6%)	5:06	11.8 (58.4%)
609	ŁASZCZYCH Małgorzata	627		K 30	35	00:00:46	00:12:20	00:25:32.00	00:26:18.50	+00:10:38 (41.7%)	5:06	11.7 (57.9%)
610	FABROWICZ Katarzyna	237		K 40	35	00:01:17	00:12:45	00:25:32.05	00:26:50.00	+00:10:38 (41.7%)	5:06	11.7 (57.9%)
611	BITOWSKI Hubert	70		M 40	189	00:01:07	00:12:38	00:25:32.95	00:26:40.50	+00:10:39 (41.7%)	5:06	11.7 (57.9%)
612	DĄBROWSKI Emil	180		M 30	152	00:01:24	00:12:47	00:25:33.55	00:26:57.80	+00:10:39 (41.7%)	5:06	11.7 (57.9%)
613	MROZIŃSKI Mikołaj	1431	AGREGATY RUN CLUB	M 30	153	00:01:02	00:12:19	00:25:35.45	00:26:37.50	+00:10:41 (41.8%)	5:07	11.7 (57.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
614	KRAJEWSKI Przemysław	544	12TRI	M 40	190	00:01:10	00:12:23	00:25:35.50	00:26:45.80	+00:10:41 (41.8%)	5:07	11.7 (57.9%)
615	TEMPLER Marek	1123	TEAMZABIEGANEDNI	M 30	154	00:00:59	00:12:18	00:25:35.80	00:26:35.70	+00:10:42 (41.8%)	5:07	11.7 (57.9%)
616	SZTYLKO Michał	1078		M 40	191	00:00:40	00:12:25	00:25:36.50	00:26:16.60	+00:10:42 (41.8%)	5:07	11.7 (57.9%)
617	JARGIŁO Dawid	385		M 20	62	00:01:13	00:12:56	00:25:36.70	00:26:50.10	+00:10:42 (41.8%)	5:07	11.7 (57.9%)
618	KIETLIŃSKI Maciej	448		M 50	50	00:01:40	00:12:58	00:25:37.15	00:27:17.60	+00:10:43 (41.9%)	5:07	11.7 (57.9%)
619	KALINOWSKI Piotr	1545		M 40	192	00:01:07	00:12:56	00:25:37.65	00:26:45.50	+00:10:43 (41.9%)	5:07	11.7 (57.9%)
620	SIWEK Anna	981		K 40	36	00:00:39	00:12:26	00:25:37.70	00:26:16.75	+00:10:43 (41.9%)	5:07	11.7 (57.9%)
621	ZIELIŃSKI Krzysztof	1288		M 40	193	00:00:08	00:11:38	00:25:37.85	00:25:46.35	+00:10:44 (41.9%)	5:07	11.7 (57.9%)
622	NOWACZYŃSKA Katarzyna	776	TEAMZABIEGANEDNI	K 40	37	00:00:57	00:12:36	00:25:38.55	00:26:35.70	+00:10:44 (41.9%)	5:07	11.7 (57.9%)
623	JABLONSKA Katarzyna	364		K 30	36	00:00:50	00:12:42	00:25:39.35	00:26:29.75	+00:10:45 (41.9%)	5:07	11.7 (57.9%)
624	ZAMOJSKI Łukasz	1403		M 40	194	00:02:25	00:12:15	00:25:39.45	00:28:05.35	+00:10:45 (41.9%)	5:07	11.7 (57.9%)
625	POLESKI Radosław	879		M 30	155	00:00:58	00:12:33	00:25:39.60	00:26:37.85	+00:10:45 (41.9%)	5:07	11.7 (57.9%)
626	GRUZA Marta	318	BIEGANIEPO40.PL	K 40	38	00:00:58	00:12:33	00:25:40.65	00:26:39.30	+00:10:46 (42.0%)	5:08	11.7 (57.9%)
627	GOŁOŚ Artur	1451		M 30	156	00:00:38	00:12:04	00:25:41.40	00:26:20.15	+00:10:47 (42.0%)	5:08	11.7 (57.9%)
628	KRAUZ Paweł	548	KPP W PIASECZNIE	M 40	195	00:01:42	00:12:38	00:25:41.85	00:27:23.95	+00:10:48 (42.0%)	5:08	11.7 (57.9%)
629	OBUCHOWICZ Filip	784		M 16	24	00:01:16	00:12:49	00:25:42.05	00:26:58.35	+00:10:48 (42.0%)	5:08	11.7 (57.9%)
630	ĆWIEK Karolina	173		K 30	37	00:00:59	00:12:16	00:25:42.75	00:26:41.90	+00:10:48 (42.1%)	5:08	11.7 (57.9%)
631	PIETRZAK Mariusz	855		M 40	196	00:00:53	00:12:27	00:25:42.95	00:26:36.00	+00:10:49 (42.1%)	5:08	11.7 (57.9%)
632	SZADKOWSKI Błażej	1055		M 40	197	00:01:04	00:13:02	00:25:44.35	00:26:48.90	+00:10:50 (42.1%)	5:08	11.7 (57.9%)
633		1584				00:00:51	00:12:04	00:25:45.10	00:26:36.20	+00:10:51 (42.2%)	5:09	11.7 (57.9%)
634	SULECKA CHŁOPICKA Agnieszka	1042	KS WARKA	K 40	39	00:00:23	00:12:34	00:25:45.40	00:26:08.75	+00:10:51 (42.2%)	5:09	11.7 (57.9%)
635	SKIBNIEWSKI Karol	984		M 20	63	00:02:05	00:13:24	00:25:45.90	00:27:51.00	+00:10:52 (42.2%)	5:09	11.7 (57.9%)
636	ZAURSKA Karolina	1276		K 20	21	00:01:01		00:25:46.15	00:26:47.40	+00:10:52 (42.2%)	5:09	11.6 (57.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
637	SOCHACKA Elżbieta	1012	GÓRA BIEGA	K 50	5	00:00:31	00:12:46	00:25:46.30	00:26:18.10	+00:10:52 (42.2%)	5:09	11.6 (57.4%)
638	BIEDROŃ Dariusz	59	ALUNIO TEAM	M 40	198	00:01:22	00:13:10	00:25:46.75	00:27:09.60	+00:10:52 (42.2%)	5:09	11.6 (57.4%)
639	SZULC Mateusz	1396		M 14	7	00:00:09	00:11:43	00:25:46.80	00:25:55.95	+00:10:53 (42.2%)	5:09	11.6 (57.4%)
640	LEŚNIAK Irena	609	LESNIAKTEAM	K 14	2	00:00:22	00:12:03	00:25:47.50	00:26:10.40	+00:10:53 (42.2%)	5:09	11.6 (57.4%)
641	SKOWROŃSKI Wojciech	990		M 50	51	00:01:43	00:12:40	00:25:48.25	00:27:31.30	+00:10:54 (42.3%)	5:09	11.6 (57.4%)
642	TERCZYŃSKI Aleksander	1527		M 14	8	00:01:21	00:13:48	00:25:48.40	00:27:09.70	+00:10:54 (42.3%)	5:09	11.6 (57.4%)
643	MAREK Roman	680		M 60	13	00:01:08	00:12:37	00:25:48.50	00:26:56.95	+00:10:54 (42.3%)	5:09	11.6 (57.4%)
644	MAZUREK Maria	701		K 30	38	00:01:12	00:12:34	00:25:48.95	00:27:01.55	+00:10:55 (42.3%)	5:09	11.6 (57.4%)
645	PIETRUSZEWSKI Krzysztof	854		M 40	199	00:00:41	00:12:15	00:25:49.30	00:26:30.70	+00:10:55 (42.3%)	5:09	11.6 (57.4%)
646	MASTALERZ Andrzej	686		M 50	52	00:01:11	00:13:02	00:25:51.15	00:27:02.45	+00:10:57 (42.4%)	5:10	11.6 (57.4%)
647	ŻERKOWSKI Łukasz	1298		M 40	200	00:00:11	00:12:04	00:25:51.20	00:26:02.20	+00:10:57 (42.4%)	5:10	11.6 (57.4%)
648	TRONIEWSKA Zosia	1147		K 16	3	00:01:13	00:12:28	00:25:53.25	00:27:06.60	+00:10:59 (42.5%)	5:10	11.6 (57.4%)
649	KUCZA Piotr	1571	BRP	M 40	201	00:00:49	00:12:11	00:25:55.40	00:26:44.90	+00:11:01 (42.5%)	5:11	11.6 (57.4%)
649	MALINOWSKI Radek	667		M 40	202	00:00:32	00:13:53	00:25:55.40	00:26:28.25	+00:11:01 (42.5%)	5:11	11.6 (57.4%)
651	WOJDALSKI Krzysztof	1234		M 40	203	00:01:21	00:12:53	00:25:56.15	00:27:17.45	+00:11:02 (42.6%)	5:11	11.6 (57.4%)
652	TULA Renata	1153	NBRC	K 70	1	00:00:57	00:12:57	00:25:56.20	00:26:53.35	+00:11:02 (42.6%)	5:11	11.6 (57.4%)
653	LITWIN Hania	618		K 14	3	00:01:24	00:13:14	00:25:56.30	00:27:20.35	+00:11:02 (42.6%)	5:11	11.6 (57.4%)
654	KOBYLIŃSKA Agnieszka	472		K 40	40	00:00:37	00:12:45	00:25:56.85	00:26:34.70	+00:11:03 (42.6%)	5:11	11.6 (57.4%)
655	PETRYKA Wojciech	1532		M 50	53	00:01:09	00:12:38	00:25:57.00	00:27:06.05	+00:11:03 (42.6%)	5:11	11.6 (57.4%)
656	PATEREK Ada	830	12TRI.PL	K 40	41	00:01:16	00:12:50	00:25:57.90	00:27:14.30	+00:11:04 (42.6%)	5:11	11.6 (57.4%)
656	KANTARSKA-BRYŁA Marta	419		K 30	39	00:01:14	00:13:19	00:25:57.90	00:27:12.65	+00:11:04 (42.6%)	5:11	11.6 (57.4%)
658	KEMPA Jakub	24		M 20	64	00:02:05	00:12:26	00:25:59.15	00:28:04.90	+00:11:05 (42.7%)	5:11	11.5 (56.9%)
659	CHARKO Elżbieta	122	GÓRA BIEGA	K 30	40	00:01:01	00:12:43	00:25:59.80	00:27:01.05	+00:11:06 (42.7%)	5:11	11.5 (56.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
660	TŁACZAŁA Piotr	1126		M 40	204	00:00:55	00:12:31	00:25:59.85	00:26:55.20	+00:11:06 (42.7%)	5:11	11.5 (56.9%)
661	PAŃCZYK Joanna	822		K 40	42	00:01:20	00:13:13	00:26:00.35	00:27:20.70	+00:11:06 (42.7%)	5:12	11.5 (56.9%)
662	ADAMSKI Marcin	1323		M 30	157	00:00:43	00:12:30	00:26:00.50	00:26:43.85	+00:11:06 (42.7%)	5:12	11.5 (56.9%)
663	WINIARCZYK Łukasz	1206		M 40	205	00:00:36	00:12:28	00:26:01.15	00:26:37.45	+00:11:07 (42.7%)	5:12	11.5 (56.9%)
663	TYSZKA Dariusz	1159		M 40	206	00:01:12	00:12:51	00:26:01.15	00:27:13.45	+00:11:07 (42.7%)	5:12	11.5 (56.9%)
665	SZCZESNY Marcin	1066		M 40	207	00:01:51	00:13:03	00:26:02.20	00:27:53.90	+00:11:08 (42.8%)	5:12	11.5 (56.9%)
665	JÓŻWIK Artur	1312		M 40	208	00:01:21	00:13:16	00:26:02.20	00:27:23.50	+00:11:08 (42.8%)	5:12	11.5 (56.9%)
667	BOJARSKI Patryk	78		M 20	65	00:01:02	00:12:59	00:26:02.50	00:27:04.85	+00:11:08 (42.8%)	5:12	11.5 (56.9%)
668	BELKIEWICZ Rafał	52	TEAM ZABIEGANEDNI / KABATY ULTRA	M 40	209	00:01:11	00:12:52	00:26:02.75	00:27:14.25	+00:11:08 (42.8%)	5:12	11.5 (56.9%)
669	MATYKIEWICZ Łukasz	694		M 40	210	00:00:15	00:12:52	00:26:08.90	00:26:24.80	+00:11:15 (43.0%)	5:13	11.5 (56.9%)
670	SZEWCZYK Ewa	1310		K 40	43	00:01:10	00:12:50	00:26:10.35	00:27:20.85	+00:11:16 (43.1%)	5:14	11.5 (56.9%)
670	DOLIŃSKA Agnieszka	197	WARSAW RUN CLUB	K 40	44	00:01:03	00:12:56	00:26:10.35	00:27:13.90	+00:11:16 (43.1%)	5:14	11.5 (56.9%)
672	GUZIK Justyna	333		K 30	41	00:01:19	00:12:49	00:26:10.55	00:27:30.15	+00:11:16 (43.1%)	5:14	11.5 (56.9%)
673	KRAJEWSKA Alicja	542		K 16	4	00:01:09	00:13:07	00:26:10.65	00:27:20.40	+00:11:16 (43.1%)	5:14	11.5 (56.9%)
674	STASIŁA Radosław	1027		M 40	211	00:01:34	00:13:01	00:26:11.80	00:27:45.80	+00:11:18 (43.1%)	5:14	11.5 (56.9%)
675	BRZOST Krzysztof	99		M 20	66	00:01:50	00:12:54	00:26:12.80	00:28:03.60	+00:11:19 (43.2%)	5:14	11.5 (56.9%)
676	PRZYBYSZ Krzysztof	1556		M 50	54	00:00:14	00:12:32	00:26:13.20	00:26:27.30	+00:11:19 (43.2%)	5:14	11.4 (56.4%)
677	CHMIELEWSKI Adam	1419		M 50	55	00:00:37	00:12:33	00:26:13.25	00:26:50.60	+00:11:19 (43.2%)	5:14	11.4 (56.4%)
678	BULZACKI Michał	113		M 30	158	00:00:58	00:12:23	00:26:13.55	00:27:12.35	+00:11:19 (43.2%)	5:14	11.4 (56.4%)
679	CYGAN Anna	157	WILD ULTRA WARRIORS	K 50	6	00:00:00	00:13:55	00:26:13.80	00:26:13.80	+00:11:20 (43.2%)	5:14	11.4 (56.4%)
680	FREJTES Luis	1551		M 60	14	00:00:25	00:12:44	00:26:13.85	00:26:38.90	+00:11:20 (43.2%)	5:14	11.4 (56.4%)
681	BZURA Emilia	115		K 40	45	00:00:55	00:12:49	00:26:13.90	00:27:09.00	+00:11:20 (43.2%)	5:14	11.4 (56.4%)
682	MILLER Franciszek	724	BIEGAM BO LUBIĘ ZĄBKI TEAM	M 14	9	00:01:25	00:12:54	00:26:14.55	00:27:39.55	+00:11:20 (43.2%)	5:14	11.4 (56.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
683	CHELEWSKA Dorota	125		K 30	42	00:01:39	00:12:58	00:26:16.00	00:27:55.10	+00:11:22 (43.3%)	5:15	11.4 (56.4%)
684	ŁOŚ Krzysztof	636	SBRT/BIEGUNIE 2022	M 60	15	00:00:45	00:12:53	00:26:16.30	00:27:01.50	+00:11:22 (43.3%)	5:15	11.4 (56.4%)
685	KRASUSKA Aneta	547		K 30	43	00:01:11	00:12:59	00:26:16.60	00:27:28.10	+00:11:22 (43.3%)	5:15	11.4 (56.4%)
686	WĄCHOCKI Paweł	1184		M 40	212	00:02:26	00:13:13	00:26:18.90	00:28:45.80	+00:11:25 (43.4%)	5:15	11.4 (56.4%)
687	STASIAK Łukasz	1026	FOOTBALL TALENTS	M 30	159	00:01:01	00:12:51	00:26:20.65	00:27:22.20	+00:11:26 (43.5%)	5:16	11.4 (56.4%)
688	ŚWIDERSKA Joanna	1112	WSPARCIETRENINGOWE.PL	K 30	44	00:01:02	00:12:56	00:26:20.90	00:27:23.70	+00:11:27 (43.5%)	5:16	11.4 (56.4%)
689	JANUCHTA Stanisław	1354		M 16	25	00:01:39	00:13:05	00:26:21.00	00:28:00.40	+00:11:27 (43.5%)	5:16	11.4 (56.4%)
690	WINNICKA-MACKENTHUN Agnieszka	1209		K 40	46	00:01:16	00:13:23	00:26:21.65	00:27:37.85	+00:11:27 (43.5%)	5:16	11.4 (56.4%)
691	MILLER Tomasz	723	BIEGAM BO LUBIĘ ZĄBKI TEAM	M 30	160	00:01:25	00:12:56	00:26:21.80	00:27:46.90	+00:11:28 (43.5%)	5:16	11.4 (56.4%)
692	BRODECKI Krzysztof	1399		M 40	213	00:01:29	00:13:05	00:26:22.90	00:27:52.60	+00:11:29 (43.5%)	5:16	11.4 (56.4%)
692	TARACH Magda	1119	KS STASZEWSKY	K 40	47	00:01:32	00:13:26	00:26:22.90	00:27:55.00	+00:11:29 (43.5%)	5:16	11.4 (56.4%)
694	KUPSC Andrzej	1376		M 50	56	00:01:13	00:12:58	00:26:23.25	00:27:36.30	+00:11:29 (43.5%)	5:16	11.4 (56.4%)
695	LEWANDOWSKA Joanna	611		K 50	7	00:01:31	00:13:06	00:26:24.40	00:27:55.80	+00:11:30 (43.6%)	5:16	11.4 (56.4%)
696	MULIK Karolina	748	RAZEM TRENUJEMY SPORT	K 30	45	00:01:25	00:13:10	00:26:24.70	00:27:50.55	+00:11:30 (43.6%)	5:16	11.4 (56.4%)
697	BATOR Zbigniew	48		M 60	16	00:00:49	00:13:06	00:26:25.25	00:27:15.10	+00:11:31 (43.6%)	5:17	11.4 (56.4%)
698	MULARZ Kajetan	746	BLACK BULLDOG	M 30	161	00:01:21	00:12:34	00:26:26.00	00:27:47.60	+00:11:32 (43.6%)	5:17	11.3 (55.9%)
699	MIKUSEK Ryszard	722		M 40	214	00:01:21	00:12:34	00:26:26.25	00:27:47.55	+00:11:32 (43.7%)	5:17	11.3 (55.9%)
700	REGUCKI Fabian	918		M 16	26	00:04:27	00:12:07	00:26:26.55	00:30:54.25	+00:11:32 (43.7%)	5:17	11.3 (55.9%)
701	WIT Magdalena	1214		K 20	22	00:01:22	00:13:34	00:26:26.75	00:27:48.80	+00:11:32 (43.7%)	5:17	11.3 (55.9%)
702	KURZACZ Katarzyna	588	12TRI.PL	K 50	8	00:01:18	00:13:12	00:26:27.40	00:27:45.50	+00:11:33 (43.7%)	5:17	11.3 (55.9%)
703	GRADZIUK Jakub	1336		M 30	162	00:01:13	00:12:56	00:26:27.60	00:27:40.70	+00:11:33 (43.7%)	5:17	11.3 (55.9%)
704	SZYMBORSKA Dota	1097	POŁAWIACZKI PEREŁ	K 40	48	00:01:00	00:12:56	00:26:27.75	00:27:28.30	+00:11:33 (43.7%)	5:17	11.3 (55.9%)
705	KIERASIŃSKA Dorota	447	TEAM ZABIEGANE DNI	K 40	49	00:00:59	00:12:44	00:26:28.50	00:27:27.95	+00:11:34 (43.7%)	5:17	11.3 (55.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
706	RUTKOWSKI Maciej	944		M 40	215	00:00:40	00:12:30	00:26:29.00	00:27:09.10	+00:11:35 (43.8%)	5:17	11.3 (55.9%)
707	WEŁNA Mariusz	1188		M 40	216	00:00:40	00:12:41	00:26:29.20	00:27:09.30	+00:11:35 (43.8%)	5:17	11.3 (55.9%)
708	SYTA Rafał	1051		M 40	217	00:01:10	00:13:14	00:26:29.30	00:27:39.30	+00:11:35 (43.8%)	5:17	11.3 (55.9%)
709	ŻABOKLIKA Marta	1296		K 30	46	00:01:35	00:13:21	00:26:29.90	00:28:05.05	+00:11:36 (43.8%)	5:17	11.3 (55.9%)
710	KĘCIK Janusz	440	SPARTANIE DZIECIOM	M 70	4	00:01:27	00:13:14	00:26:30.00	00:27:57.10	+00:11:36 (43.8%)	5:18	11.3 (55.9%)
711	LULA Magdalena	620	PWPW S.A.	K 40	50	00:01:14	00:12:48	00:26:30.55	00:27:44.55	+00:11:36 (43.8%)	5:18	11.3 (55.9%)
712	ZIMOWICZ Alicja	1292	DUCLA ACADEMY WARSZAWA	K 12	5	00:01:22	00:13:36	00:26:31.40	00:27:53.75	+00:11:37 (43.8%)	5:18	11.3 (55.9%)
713	JĘDRZEJEWSKI Robert	397		M 40	218	00:01:16	00:12:51	00:26:31.50	00:27:47.60	+00:11:37 (43.8%)	5:18	11.3 (55.9%)
714	SZUTKO Michał	1084		M 20	67	00:00:57	00:12:45	00:26:31.60	00:27:28.60	+00:11:37 (43.8%)	5:18	11.3 (55.9%)
714	SZACKI Wojciech	1053		M 40	219	00:01:34	00:13:07	00:26:31.60	00:28:06.35	+00:11:37 (43.8%)	5:18	11.3 (55.9%)
716	SZOT Paweł	1361		M 40	220	00:01:00	00:12:49	00:26:32.05	00:27:32.85	+00:11:38 (43.9%)	5:18	11.3 (55.9%)
717	BAJDO Bartek	30		M 40	221	00:01:21	00:13:26	00:26:32.65	00:27:54.25	+00:11:38 (43.9%)	5:18	11.3 (55.9%)
718	ZIMOWICZ Magdalena	1293		K 40	51	00:01:21	00:13:37	00:26:33.50	00:27:55.40	+00:11:39 (43.9%)	5:18	11.3 (55.9%)
719	BARNAS Ilona	39	PRETTY FILTRY TEAM	K 40	52	00:00:50	00:13:09	00:26:33.70	00:27:24.20	+00:11:39 (43.9%)	5:18	11.3 (55.9%)
720	LIAKH Aliaksandr	1468		M 30	163	00:02:06	00:13:32	00:26:34.65	00:28:41.45	+00:11:40 (44.0%)	5:18	11.3 (55.9%)
721	ANTONIK Barbara	22		K 20	23	00:01:52	00:13:36	00:26:34.75	00:28:27.40	+00:11:40 (44.0%)	5:18	11.3 (55.9%)
722	TYBURC Paweł	1156	ZERWANY ACHILLES	M 40	222	00:00:12	00:12:47	00:26:36.20	00:26:48.35	+00:11:42 (44.0%)	5:19	11.3 (55.9%)
723	ĆWIEK Paweł	172		M 30	164	00:00:00	00:13:15	00:26:36.30	00:26:36.30	+00:11:42 (44.0%)	5:19	11.3 (55.9%)
724	FIJOREK Rafał	247		M 40	223	00:00:07	00:12:41	00:26:37.55	00:26:45.15	+00:11:43 (44.1%)	5:19	11.3 (55.9%)
725	KRÓL Monika	555	TEAM ZABIGANEDNI	K 40	53	00:01:10	00:12:55	00:26:37.70	00:27:48.50	+00:11:43 (44.1%)	5:19	11.3 (55.9%)
726	CZERESNIOWSKA Anna	163		K 30	47	00:00:58	00:12:49	00:26:37.95	00:27:36.60	+00:11:44 (44.1%)	5:19	11.3 (55.9%)
727	BĘTKOWSKA Maja	1524	RK ATHLETICS	K 12	6	00:01:33	00:13:57	00:26:38.05	00:28:11.35	+00:11:44 (44.1%)	5:19	11.3 (55.9%)
728	ZHYLTSOV Dmitry	1284		M 40	224	00:01:25	00:13:12	00:26:38.10	00:28:03.75	+00:11:44 (44.1%)	5:19	11.3 (55.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
729	WRONA Milena	1247		K 40	54	00:01:05	00:12:54	00:26:38.95	00:27:44.25	+00:11:45 (44.1%)	5:19	11.3 (55.9%)
730	WĄSIEWICZ Piotr	1185	PZU SPORT TEAM	M 30	165	00:01:50	00:14:11	00:26:40.20	00:28:30.35	+00:11:46 (44.1%)	5:20	11.3 (55.9%)
731	NOWAK Paulina	780	TEAMZABIEGANEDNI			00:01:33	00:13:24	00:26:40.70	00:28:14.60	+00:11:46 (44.2%)	5:20	11.3 (55.9%)
732	HALL Amelia	1350		K 30	48	00:01:34	00:13:16	00:26:41.40	00:28:16.05	+00:11:47 (44.2%)	5:20	11.2 (55.4%)
733	SZEWCZAK Kacper	1071		M 20	68	00:00:16	00:12:44	00:26:42.85	00:26:59.60	+00:11:49 (44.2%)	5:20	11.2 (55.4%)
734	FAŁEK Jacek	240	NIE DOTYCZY	M 40	225	00:01:10	00:13:17	00:26:42.95	00:27:53.60	+00:11:49 (44.2%)	5:20	11.2 (55.4%)
735	DRACHAL Agata	202		K 30	49	00:01:21	00:13:17	00:26:43.40	00:28:05.30	+00:11:49 (44.3%)	5:20	11.2 (55.4%)
736	PAŁASIEWICZ Grzegorz	820		M 60	17	00:01:20	00:13:12	00:26:43.50	00:28:03.85	+00:11:49 (44.3%)	5:20	11.2 (55.4%)
737	TŁUCHOWSKI Rafał	1485		M 40	226	00:01:18	00:13:13	00:26:45.35	00:28:03.40	+00:11:51 (44.3%)	5:21	11.2 (55.4%)
738	SIERZPUTOWSKA Ewa	973	GUNS&ROSES RUN TEAM	K 50	9	00:01:07	00:13:01	00:26:45.45	00:27:52.65	+00:11:51 (44.3%)	5:21	11.2 (55.4%)
739	SZAJGIN Adam	1060		M 20	69	00:01:28	00:13:51	00:26:45.55	00:28:14.50	+00:11:51 (44.3%)	5:21	11.2 (55.4%)
740	ADAMUS Katarzyna	17	PIASECZNO RUNNING	K 40	55	00:01:48	00:13:12	00:26:46.20	00:28:35.10	+00:11:52 (44.4%)	5:21	11.2 (55.4%)
741	HALL Travis	339		M 30	166	00:01:34	00:13:19	00:26:47.20	00:28:21.50	+00:11:53 (44.4%)	5:21	11.2 (55.4%)
742	FILIPOWICZ Arkadiusz	248		M 40	227	00:00:53	00:12:47	00:26:49.30	00:27:42.60	+00:11:55 (44.5%)	5:21	11.2 (55.4%)
743	PRUSAK Marta	894	TEAM ZABIEGANEDNI	K 40	56	00:01:33	00:13:29	00:26:51.00	00:28:24.25	+00:11:57 (44.5%)	5:22	11.2 (55.4%)
744	ZADROŻNY Cyprian	1262		M 40	228	00:00:58	00:12:45	00:26:52.05	00:27:50.45	+00:11:58 (44.6%)	5:22	11.2 (55.4%)
745	MUCHA-SURMACZ Aleksandra	745		K 20	24	00:01:33	00:13:12	00:26:52.75	00:28:26.00	+00:11:58 (44.6%)	5:22	11.2 (55.4%)
746	KONKOWSKA Joanna	492		K 50	10	00:01:31	00:13:16	00:26:53.10	00:28:24.20	+00:11:59 (44.6%)	5:22	11.2 (55.4%)
747	KŁĘK Magdalena	463	BEZLITOŚNI	K 40	57	00:01:38	00:13:19	00:26:53.90	00:28:32.05	+00:12:00 (44.6%)	5:22	11.2 (55.4%)
748	KUBASZCZYK Agnieszka	574		K 30	50	00:01:09	00:13:10	00:26:54.35	00:28:03.45	+00:12:00 (44.6%)	5:22	11.2 (55.4%)
748	MALESA Krystian	1357	RADA DZIELNICY URSYNÓW	M 30	167	00:02:01	00:13:10	00:26:54.35	00:28:56.10	+00:12:00 (44.6%)	5:22	11.2 (55.4%)
750	JÓZEFOWICZ Maciej	400	VEGE RUNNERS	M 30	168	00:01:16	00:12:47	00:26:54.90	00:28:11.60	+00:12:01 (44.7%)	5:22	11.2 (55.4%)
751	KUBACKI Dariusz	573		M 40	229	00:01:24	00:12:23	00:26:55.35	00:28:19.70	+00:12:01 (44.7%)	5:23	11.1 (55.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
752	KATNER Tomasz	435		M 40	230	00:01:14	00:12:59	00:26:57.05	00:28:11.30	+00:12:03 (44.7%)	5:23	11.1 (55.0%)
753	ŚCIBIOREK Arkadiusz	1103		M 30	169	00:00:06	00:12:54	00:26:57.75	00:27:04.70	+00:12:03 (44.8%)	5:23	11.1 (55.0%)
754	RYNKOWSKA Maja	947		K 30	51	00:01:03	00:13:14	00:26:57.95	00:28:01.80	+00:12:04 (44.8%)	5:23	11.1 (55.0%)
755	ŁUBIŃSKI Paweł	640		M 40	231	00:00:54	00:13:20	00:26:58.25	00:27:52.75	+00:12:04 (44.8%)	5:23	11.1 (55.0%)
756	SOWIŃSKI Edmund	1021	TKKFPŁOCK	M 70	5	00:00:27	00:13:22	00:26:58.40	00:27:26.05	+00:12:04 (44.8%)	5:23	11.1 (55.0%)
757	WIKTOROWICZ Tomasz	1200		M 40	232	00:01:53	00:13:43	00:26:59.40	00:28:53.00	+00:12:05 (44.8%)	5:23	11.1 (55.0%)
758	AJZYK Michał	19		M 20	70	00:01:29	00:13:28	00:26:59.60	00:28:28.60	+00:12:05 (44.8%)	5:23	11.1 (55.0%)
759	KOCIK Joanna	476		K 30	52	00:01:06	00:12:58	00:27:00.80	00:28:06.90	+00:12:07 (44.9%)	5:24	11.1 (55.0%)
759	TOMALAK Maciej	1131		M 40	233	00:01:58	00:13:40	00:27:00.80	00:28:59.25	+00:12:07 (44.9%)	5:24	11.1 (55.0%)
761	DĄBROWSKI Andrzej	181		M 60	18	00:00:57	00:13:07	00:27:02.30	00:28:00.10	+00:12:08 (44.9%)	5:24	11.1 (55.0%)
762	DYMEL Jan	1351	PAN	M 30	170	00:00:10	00:13:01	00:27:02.40	00:27:12.40	+00:12:08 (44.9%)	5:24	11.1 (55.0%)
763	WERNER Jacek	1392	ORANGE POLSKA	M 30	171	00:01:55	00:13:43	00:27:03.65	00:28:59.50	+00:12:09 (45.0%)	5:24	11.1 (55.0%)
764	KOŹDOŃ Marek	541		M 40	234	00:01:03	00:13:34	00:27:03.75	00:28:06.90	+00:12:09 (45.0%)	5:24	11.1 (55.0%)
765	KRAWCZYK Piotr	550		M 40	235	00:01:36	00:13:35	00:27:03.95	00:28:39.95	+00:12:10 (45.0%)	5:24	11.1 (55.0%)
766	HAWRYLUK-STASIAK Ewa	340	BIEGUNI 2022	K 50	11	00:01:16	00:13:07	00:27:06.00	00:28:22.90	+00:12:12 (45.0%)	5:25	11.1 (55.0%)
767	DYCHA Marcin	220	NEW BALANCE RUN CLUB	M 50	57	00:01:23	00:13:35	00:27:08.85	00:28:31.85	+00:12:15 (45.1%)	5:25	11.1 (55.0%)
768	WŁOSZCZEWSKI Jakub	1226		M 30	172	00:01:48	00:12:52	00:27:09.90	00:28:58.00	+00:12:16 (45.2%)	5:25	11 (54.5%)
769	STEFANKOWSKI Robert	1031		M 30	173	00:01:32	00:13:50	00:27:11.40	00:28:43.60	+00:12:17 (45.2%)	5:26	11 (54.5%)
770	CZERSKI Maciej	166		M 50	58	00:01:18	00:13:07	00:27:11.65	00:28:30.50	+00:12:17 (45.2%)	5:26	11 (54.5%)
771	NOWOSIELSKI Bartłomiej	1388		M 20	71	00:01:22	00:13:30	00:27:14.80	00:28:37.10	+00:12:21 (45.3%)	5:26	11 (54.5%)
772	BISOWSKA Katarzyna	67		K 40	58	00:01:31	00:13:50	00:27:15.00	00:28:46.50	+00:12:21 (45.3%)	5:27	11 (54.5%)
773	PRZYBYSZ Mateusz	902		M 20	72	00:01:14	00:13:18	00:27:16.55	00:28:30.80	+00:12:22 (45.4%)	5:27	11 (54.5%)
774	POPŁAWSKI Michael	886		M 20	73	00:01:30	00:13:50	00:27:17.30	00:28:47.85	+00:12:23 (45.4%)	5:27	11 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	2.5km					
775	OLIK Arek	795		M 30	174	00:01:14	00:13:21	00:27:17.40	00:28:31.80	+00:12:23 (45.4%)	5:27	11 (54.5%)
776	KITA Grzegorz	1373		M 50	59	00:00:54	00:13:19	00:27:18.45	00:28:12.80	+00:12:24 (45.4%)	5:27	11 (54.5%)
777	MATUSIEWICZ Jarosław	692		M 50	60	00:01:27	00:13:53	00:27:18.60	00:28:46.30	+00:12:24 (45.5%)	5:27	11 (54.5%)
778	KOCZWARA Agnieszka	477	32DROP	K 40	59	00:01:13	00:13:22	00:27:18.85	00:28:32.50	+00:12:25 (45.5%)	5:27	11 (54.5%)
779	BALIŃSKI Robert	1400		M 40	236	00:01:56	00:13:42	00:27:19.40	00:29:15.55	+00:12:25 (45.5%)	5:27	11 (54.5%)
780	KIEWRA Grzegorz	449	AZS AWF WARSZAWA	M 12	13	00:00:56	00:12:56	00:27:20.35	00:28:16.55	+00:12:26 (45.5%)	5:28	11 (54.5%)
781	KOŁOWIECKA-WILKOS Angela	482	WIEWIÓRKA&BOBER	K 30	53	00:01:45	00:14:20	00:27:20.55	00:29:05.55	+00:12:26 (45.5%)	5:28	11 (54.5%)
782	MĘKARSKA Marta	1412		K 20	25	00:01:14	00:13:04	00:27:20.65	00:28:35.30	+00:12:26 (45.5%)	5:28	11 (54.5%)
783	BOBROWSKI Marcin	72	BEZKLUBIE	M 50	61	00:01:44	00:14:20	00:27:20.75	00:29:05.65	+00:12:26 (45.5%)	5:28	11 (54.5%)
784	SZUBRYT Michał	1079		M 40	237	00:00:32	00:13:18	00:27:20.95	00:27:53.90	+00:12:27 (45.5%)	5:28	11 (54.5%)
785	KASKA Krzysztof	434		M 30	175	00:01:59	00:14:12	00:27:21.45	00:29:21.30	+00:12:27 (45.5%)	5:28	11 (54.5%)
786	SZUSZKIEWICZ Marzena	1083		K 40	60	00:01:32	00:13:35	00:27:21.55	00:28:54.25	+00:12:27 (45.6%)	5:28	11 (54.5%)
787	TOMCZYŃSKA Marta	1138	SMASHING PĄPKINS	K 40	61	00:01:23	00:13:21	00:27:21.60	00:28:44.80	+00:12:27 (45.6%)	5:28	11 (54.5%)
788	BUĆKO-ŁUBIŃSKA Marta	105		K 40	62	00:00:54	00:13:20	00:27:22.05	00:28:16.15	+00:12:28 (45.6%)	5:28	11 (54.5%)
789	BRZOZOWSKI Ernest	1359	RUNNING PHOTONS	M 40	238	00:01:30	00:13:40	00:27:22.40	00:28:52.75	+00:12:28 (45.6%)	5:28	11 (54.5%)
790	KOSZUT Wojciech	512		M 40	239	00:01:53	00:14:05	00:27:23.45	00:29:16.70	+00:12:29 (45.6%)	5:28	11 (54.5%)
791	PAŁASIEWICZ Krzysztof	819		M 30	176	00:01:21	00:13:36	00:27:24.05	00:28:45.05	+00:12:30 (45.6%)	5:28	10.9 (54.0%)
792	FICOŃ Monika	244		K 50	12	00:01:02	00:13:23	00:27:25.40	00:28:27.40	+00:12:31 (45.7%)	5:29	10.9 (54.0%)
793	GORCZYCKI Dominik	293		M 20	74	00:01:13	00:13:01	00:27:26.20	00:28:39.85	+00:12:32 (45.7%)	5:29	10.9 (54.0%)
794	MALINOWSKA Agnieszka	665	PACZKA SZLUGÓW	K 40	63	00:01:34	00:13:35	00:27:26.70	00:29:00.75	+00:12:32 (45.7%)	5:29	10.9 (54.0%)
795	DŁUGOSZ Marta	190		K 30	54	00:01:37	00:13:47	00:27:27.00	00:29:04.20	+00:12:33 (45.7%)	5:29	10.9 (54.0%)
796	PIORUN Kacper	1466		M 30	177	00:01:40	00:13:31	00:27:28.35	00:29:08.45	+00:12:34 (45.8%)	5:29	10.9 (54.0%)
797	JAWORSKA Joanna	1520		K 40	64	00:01:15	00:13:28	00:27:29.05	00:28:44.85	+00:12:35 (45.8%)	5:29	10.9 (54.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
798	CHĘĆ Adam	127		M 40	240	00:01:23	00:13:16	00:27:29.10	00:28:52.85	+00:12:35 (45.8%)	5:29	10.9 (54.0%)
799	KNAP Maciej	1537		M 14	10	00:01:43	00:14:27	00:27:30.00	00:29:13.35	+00:12:36 (45.8%)	5:30	10.9 (54.0%)
800	SZADKOWSKI Piotr	1056	BRAK	M 40	241	00:00:09	00:12:44	00:27:30.30	00:27:39.70	+00:12:36 (45.8%)	5:30	10.9 (54.0%)
801	PROUTY Matthew	891		M 50	62	00:01:24	00:13:44	00:27:30.65	00:28:55.60	+00:12:36 (45.9%)	5:30	10.9 (54.0%)
802	URYNOWICZ Bożena	1169		K 40	65	00:01:34	00:13:45	00:27:31.40	00:29:05.90	+00:12:37 (45.9%)	5:30	10.9 (54.0%)
803	DZIUBIŃSKI Piotr	228	KDPS	M 30	178	00:00:58		00:27:32.70	00:28:31.10	+00:12:38 (45.9%)	5:30	10.9 (54.0%)
804	TERCZYŃSKA Julia	1526		K 14	4	00:01:21	00:13:48	00:27:33.35	00:28:54.40	+00:12:39 (45.9%)	5:30	10.9 (54.0%)
805	LASKUS-KUCZYŃSKI Lesław	596	***** ***	M 40	242	00:01:56	00:13:20	00:27:33.45	00:29:29.60	+00:12:39 (45.9%)	5:30	10.9 (54.0%)
806	TERCZYŃSKI Paweł	1528		M 40	243	00:01:20	00:13:48	00:27:33.70	00:28:54.60	+00:12:39 (46.0%)	5:30	10.9 (54.0%)
807	SIERZYCKA Katarzyna	974		K 30	55	00:01:32	00:13:49	00:27:33.85	00:29:06.00	+00:12:40 (46.0%)	5:30	10.9 (54.0%)
808	LEŚNIAK Krzysztof	608		M 40	244	00:00:25	00:13:29	00:27:34.45	00:27:59.75	+00:12:40 (46.0%)	5:30	10.9 (54.0%)
809	GRABEK Anna	1809		K 40	66	00:01:31	00:13:43	00:27:35.10	00:29:06.80	+00:12:41 (46.0%)	5:31	10.9 (54.0%)
810	KNAP Radosław	469		M 40	245	00:01:42	00:14:28	00:27:37.05	00:29:19.90	+00:12:43 (46.1%)	5:31	10.9 (54.0%)
811	MAŁEK-MARCZUK Hanna	668		K 30	56	00:01:19	00:13:37	00:27:37.15	00:28:56.30	+00:12:43 (46.1%)	5:31	10.9 (54.0%)
812	JĘDRZEJCZAK Anna	1343		K 50	13	00:01:18	00:13:32	00:27:37.50	00:28:56.25	+00:12:43 (46.1%)	5:31	10.9 (54.0%)
813	KUCHARSKI Adam	1344		M 40	246	00:01:19	00:13:32	00:27:37.80	00:28:57.25	+00:12:44 (46.1%)	5:31	10.9 (54.0%)
814	JĘDRAŚ Łukasz	1370		M 30	179	00:01:32	00:13:49	00:27:39.35	00:29:12.30	+00:12:45 (46.1%)	5:31	10.8 (53.5%)
815	NADOLSKA Ania	1421		K 40	67	00:01:46	00:13:38	00:27:39.70	00:29:26.40	+00:12:45 (46.1%)	5:31	10.8 (53.5%)
816	KOWALSKI Robert	533	NBRC	M 50	63	00:00:55	00:13:16	00:27:40.10	00:28:35.60	+00:12:46 (46.2%)	5:32	10.8 (53.5%)
817	BUJNOWSKI Igor	110		M 16	27	00:01:30	00:13:52	00:27:40.30	00:29:10.60	+00:12:46 (46.2%)	5:32	10.8 (53.5%)
818	SZULC Katarzyna	1395		K 40	68	00:00:08	00:13:25	00:27:41.00	00:27:49.25	+00:12:47 (46.2%)	5:32	10.8 (53.5%)
819	BUJNOWSKA Eliza	109	KS STASZEWSKY	K 40	69	00:01:29	00:13:52	00:27:41.15	00:29:10.55	+00:12:47 (46.2%)	5:32	10.8 (53.5%)
820	SŁOWIK Jerzy	998		M 60	19	00:01:25	00:13:20	00:27:41.70	00:29:07.40	+00:12:47 (46.2%)	5:32	10.8 (53.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
821	JANIK Mateusz	1477		M 30	180	00:02:26	00:13:53	00:27:41.75	00:30:08.20	+00:12:47 (46.2%)	5:32	10.8 (53.5%)
822	SMOLARCZYK Klaudia	999	1	K 30	57	00:01:28	00:13:33	00:27:42.10	00:29:10.50	+00:12:48 (46.2%)	5:32	10.8 (53.5%)
823	WINIARSKA Izabela	1207	IZAGÓRĄ	K 40	70	00:02:06	00:13:12	00:27:42.40	00:29:49.05	+00:12:48 (46.2%)	5:32	10.8 (53.5%)
824	ROMANOWSKA Ewa	929	JB WARSAW	K 30	58	00:01:19	00:13:19	00:27:42.60	00:29:02.50	+00:12:48 (46.2%)	5:32	10.8 (53.5%)
825	FUTYMA Karol	1460		M 30	181	00:00:10	00:13:01	00:27:43.55	00:27:54.05	+00:12:49 (46.3%)	5:32	10.8 (53.5%)
826	RUTKOWSKI Tomasz	943		M 40	247	00:01:42	00:13:35	00:27:43.95	00:29:26.35	+00:12:50 (46.3%)	5:32	10.8 (53.5%)
827	SKALSKA Karolina	982		K 40	71	00:01:32	00:13:33	00:27:44.20	00:29:17.00	+00:12:50 (46.3%)	5:32	10.8 (53.5%)
828	ZALEWSKI Ludomir	1266		M 40	248	00:02:11	00:13:31	00:27:44.65	00:29:56.50	+00:12:50 (46.3%)	5:32	10.8 (53.5%)
829	ŁĘCZYŃSKI Piotr	632		M 16	28	00:00:02	00:13:04	00:27:45.10	00:27:47.80	+00:12:51 (46.3%)	5:33	10.8 (53.5%)
830	KUCHER Pavlo	581		M 20	75	00:01:06	00:13:23	00:27:46.10	00:28:52.60	+00:12:52 (46.4%)	5:33	10.8 (53.5%)
831	DOLESZCZAK Marcin	195		M 20	76	00:00:00		00:27:48.60	00:27:48.60	+00:12:54 (46.4%)	5:33	10.8 (53.5%)
832	SEGIET Rafał	964	SEGIETEAM	M 30	182	00:01:56	00:13:47	00:27:48.90	00:29:45.80	+00:12:55 (46.4%)	5:33	10.8 (53.5%)
833	WÓJCIK Robert	619		M 40	249	00:01:29	00:13:51	00:27:49.70	00:29:19.15	+00:12:55 (46.5%)	5:33	10.8 (53.5%)
834	ŁAPIŃSKA Patrycja	625		K 20	26	00:01:25	00:14:04	00:27:50.20	00:29:15.45	+00:12:56 (46.5%)	5:34	10.8 (53.5%)
835	RACZYŃSKA Weronika	908		K 20	27	00:01:03	00:13:14	00:27:51.35	00:28:54.60	+00:12:57 (46.5%)	5:34	10.8 (53.5%)
836	GAWRACZYŃSKA Anna	273	WTŁ STEGNY WARSZAWA	K 60	1	00:01:25	00:13:49	00:27:52.35	00:29:18.30	+00:12:58 (46.6%)	5:34	10.8 (53.5%)
837	ŚWIDRAK Bartosz	1113		M 30	183	00:01:35	00:13:35	00:27:52.40	00:29:27.85	+00:12:58 (46.6%)	5:34	10.8 (53.5%)
838	ROSENBAUM Olga	930		K 30	59	00:01:54	00:13:51	00:27:53.00	00:29:47.15	+00:12:59 (46.6%)	5:34	10.8 (53.5%)
839	JODŁOWSKA Anna	398	MYSZORY	K 40	72	00:01:17	00:14:05	00:27:53.35	00:29:10.75	+00:12:59 (46.6%)	5:34	10.8 (53.5%)
840	WOŁOSZYN Szymon	1240		M 40	250	00:01:35	00:13:48	00:27:54.25	00:29:29.90	+00:13:00 (46.6%)	5:34	10.8 (53.5%)
841	RUTKOWSKA Wioletta	941		K 40	73	00:00:30	00:13:36	00:27:54.35	00:28:24.60	+00:13:00 (46.6%)	5:34	10.8 (53.5%)
842	DĄBROWSKA Maria	178		K 20	28	00:01:33	00:13:59	00:27:54.50	00:29:27.90	+00:13:00 (46.6%)	5:34	10.8 (53.5%)
843	NEY-FOGIEL Beata	763		K 30	60	00:01:41	00:14:09	00:27:54.60	00:29:35.60	+00:13:00 (46.6%)	5:34	10.8 (53.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
844	DUBEK Katarzyna	209		K 40	74	00:01:50	00:13:54	00:27:56.30	00:29:47.25	+00:13:02 (46.7%)	5:35	10.7 (53.0%)
845	SIKORA Zuzanna	977	PZU SPORT TEAM	K 40	75	00:01:41	00:13:44	00:27:56.35	00:29:37.55	+00:13:02 (46.7%)	5:35	10.7 (53.0%)
846	APANOWICZ Angelika	26	EKOBIEGI	K 40	76	00:01:28	00:13:52	00:27:56.40	00:29:24.60	+00:13:02 (46.7%)	5:35	10.7 (53.0%)
847	DUBEK Michał	210		M 40	251	00:01:51	00:13:53	00:27:57.10	00:29:48.45	+00:13:03 (46.7%)	5:35	10.7 (53.0%)
848	HILAK Adam	344		M 40	252	00:01:23	00:13:59	00:27:57.40	00:29:21.20	+00:13:03 (46.7%)	5:35	10.7 (53.0%)
849	KOWALCZYK Marta	523		K 30	61	00:01:05	00:13:50	00:27:57.50	00:29:02.95	+00:13:03 (46.7%)	5:35	10.7 (53.0%)
850	CHARMUSZKO Monika	124		K 30	62	00:01:49	00:14:04	00:27:57.80	00:29:47.30	+00:13:04 (46.7%)	5:35	10.7 (53.0%)
851	NOWAK Jagoda	778		K 14	5	00:01:33	00:13:46	00:27:59.70	00:29:32.75	+00:13:05 (46.8%)	5:35	10.7 (53.0%)
852	BARTON Milan	43		M 12	14	00:01:48	00:13:49	00:28:00.35	00:29:48.75	+00:13:06 (46.8%)	5:36	10.7 (53.0%)
853	BUKOWSKI Janusz	112		M 60	20	00:00:03	00:14:01	00:28:00.85	00:28:04.75	+00:13:07 (46.8%)	5:36	10.7 (53.0%)
854	HULANICKI Andrzej	353	GOGGLE TEAM	M 60	21	00:01:14	00:13:50	00:28:01.00	00:29:15.30	+00:13:07 (46.8%)	5:36	10.7 (53.0%)
855	CZYŻ Wioletta	170		K 40	77	00:01:33	00:13:48	00:28:01.80	00:29:35.35	+00:13:08 (46.9%)	5:36	10.7 (53.0%)
856	GIEDYK Marta	1577		K 30	63	00:01:45	00:13:59	00:28:04.60	00:29:50.45	+00:13:10 (46.9%)	5:36	10.7 (53.0%)
857	ZEGAR Weronika	1282		K 30	64	00:01:45	00:13:59	00:28:05.95	00:29:51.55	+00:13:12 (47.0%)	5:37	10.7 (53.0%)
858	KOŻUCHOWSKI Iwo	1381		M 50	64	00:00:19	00:13:14	00:28:06.20	00:28:26.00	+00:13:12 (47.0%)	5:37	10.7 (53.0%)
859	KOWALSKI Bartłomiej	529		M 40	253	00:01:19	00:14:07	00:28:06.80	00:29:26.65	+00:13:13 (47.0%)	5:37	10.7 (53.0%)
860	RADOMSKI Artur	1364		M 40	254	00:02:10	00:14:09	00:28:08.40	00:30:18.70	+00:13:14 (47.1%)	5:37	10.7 (53.0%)
861	DĄBROWSKI Marcin	182		M 30	184	00:01:33	00:13:59	00:28:08.75	00:29:42.60	+00:13:14 (47.1%)	5:37	10.7 (53.0%)
862	FONGANG Aleksandra	251		K 40	78	00:01:31	00:13:54	00:28:09.85	00:29:41.00	+00:13:16 (47.1%)	5:37	10.7 (53.0%)
863	WCISŁO Marcin	1486	MIEDZESZYN	M 40	255	00:00:28	00:14:07	00:28:10.10	00:28:38.75	+00:13:16 (47.1%)	5:38	10.7 (53.0%)
864	WIELICZKO Łukasz	1195		M 30	185	00:01:43	00:13:22	00:28:10.35	00:29:53.45	+00:13:16 (47.1%)	5:38	10.7 (53.0%)
865	NIEMYJSKA Hanna	771		K 14	6	00:01:13		00:28:12.25	00:29:26.20	+00:13:18 (47.2%)	5:38	10.6 (52.5%)
866	SZULC Anna	1081		K 30	65	00:01:37	00:14:09	00:28:12.85	00:29:50.45	+00:13:19 (47.2%)	5:38	10.6 (52.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
867	SOKÓLSKI Tomasz	1018	TEAM ZABIEGANEDNI	M 50	65	00:01:36	00:13:54	00:28:13.20	00:29:49.85	+00:13:19 (47.2%)	5:38	10.6 (52.5%)
868	LIPKA-ZALEWSKA Grażyna	1329		K 50	14	00:02:02	00:14:21	00:28:13.70	00:30:16.00	+00:13:19 (47.2%)	5:38	10.6 (52.5%)
869	HOMICKI Robert	347		M 50	66	00:02:19	00:13:44	00:28:15.65	00:30:34.90	+00:13:21 (47.3%)	5:39	10.6 (52.5%)
870	DUDEK Damian	215		M 14	11	00:01:26	00:13:59	00:28:16.05	00:29:42.55	+00:13:22 (47.3%)	5:39	10.6 (52.5%)
871	DZIEDZIC Ewa	225	TEAM ZABIEGANEDNI	K 50	15	00:00:56	00:13:59	00:28:16.95	00:29:13.80	+00:13:23 (47.3%)	5:39	10.6 (52.5%)
872	RANKOWSKI Bartosz	915		M 40	256	00:01:29	00:13:59	00:28:17.60	00:29:46.85	+00:13:23 (47.3%)	5:39	10.6 (52.5%)
873	SKONIECZNY Andrzej	989		M 50	67	00:01:16	00:13:50	00:28:18.00	00:29:34.45	+00:13:24 (47.4%)	5:39	10.6 (52.5%)
874	WALCZUK Łukasz	1386		M 30	186	00:01:51	00:14:24	00:28:18.20	00:30:09.40	+00:13:24 (47.4%)	5:39	10.6 (52.5%)
875	PIETRZYK Paweł	856		M 30	187	00:01:18	00:13:25	00:28:18.65	00:29:37.55	+00:13:24 (47.4%)	5:39	10.6 (52.5%)
876	POPIOŁEK Jacek	884		M 50	68	00:00:50	00:13:25	00:28:18.80	00:29:09.10	+00:13:25 (47.4%)	5:39	10.6 (52.5%)
876	KUBACKA Barbara	571		K 40	79	00:00:00		00:28:18.80	00:28:18.80	+00:13:25 (47.4%)	5:39	10.6 (52.5%)
878	SKROK Mateusz	1342		M 20	77	00:00:14	00:13:04	00:28:19.05	00:28:33.55	+00:13:25 (47.4%)	5:39	10.6 (52.5%)
879	SZCZEPAŃSKA Mateusz	1064		M 12	15	00:01:01	00:13:54	00:28:19.30	00:29:20.40	+00:13:25 (47.4%)	5:39	10.6 (52.5%)
880	KAMIŃSKI Andrzej	416		M 12	16	00:02:08	00:15:33	00:28:20.40	00:30:28.60	+00:13:26 (47.4%)	5:40	10.6 (52.5%)
881	BRODZIK Małgosia	93	NAPRZÓD MŁOCINY	K 40	80	00:01:37	00:13:45	00:28:20.75	00:29:58.10	+00:13:26 (47.4%)	5:40	10.6 (52.5%)
882	PROUTY Anthony	892		M 16	29	00:00:00		00:28:21.50	00:28:21.50	+00:13:27 (47.5%)	5:40	10.6 (52.5%)
883	ZACZEK Przemysław	1260		M 40	257	00:01:47	00:14:23	00:28:21.60	00:30:09.35	+00:13:27 (47.5%)	5:40	10.6 (52.5%)
884	MIASTOWSKI Rafał	18	SŁOŃ B	M 50	69	00:01:18	00:13:47	00:28:22.05	00:29:40.80	+00:13:28 (47.5%)	5:40	10.6 (52.5%)
885	HULANICKA Irina	352	GOGGLE TEAM	K 60	2	00:01:13	00:14:02	00:28:22.35	00:29:36.00	+00:13:28 (47.5%)	5:40	10.6 (52.5%)
886	SZYMAŃSKI Łukasz	1095		M 30	188	00:01:31	00:13:52	00:28:23.70	00:29:55.15	+00:13:29 (47.5%)	5:40	10.6 (52.5%)
887	CHMIELEWSKI Antoni	129		M 70	6	00:01:37	00:14:31	00:28:23.80	00:30:01.20	+00:13:30 (47.5%)	5:40	10.6 (52.5%)
888	WŁODARCZYK Magda	1220		K 40	81	00:01:41		00:28:24.95	00:30:06.05	+00:13:31 (47.6%)	5:40	10.6 (52.5%)
889	ŁUCZAK Małgorzata	644	RUNNERSI ZE SKARBKA	K 40	82	00:00:59	00:13:34	00:28:25.50	00:29:25.10	+00:13:31 (47.6%)	5:41	10.6 (52.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
890	WASILEWSKA Małgorzata	1181	GÓRA BIEGA	K 40	83	00:00:31	00:13:56	00:28:25.65	00:28:57.50	+00:13:31 (47.6%)	5:41	10.6 (52.5%)
891	KONDRAT Piotr	487		M 50	70	00:00:56	00:13:27	00:28:25.75	00:29:21.80	+00:13:31 (47.6%)	5:41	10.6 (52.5%)
891	BĘTKOWSKI Tomasz	1601		M 40	258	00:01:32	00:13:57	00:28:25.75	00:29:58.70	+00:13:31 (47.6%)	5:41	10.6 (52.5%)
893	PIROGOW Tomek	865		M 40	259	00:02:00	00:14:10	00:28:26.65	00:30:27.30	+00:13:32 (47.6%)	5:41	10.6 (52.5%)
894	FIGAT Krzysztof	245	KRZYSZTOF FIGAT	M 40	260	00:01:42	00:14:28	00:28:26.95	00:30:09.35	+00:13:33 (47.6%)	5:41	10.6 (52.5%)
895	PRZENIOSŁO Paweł	896		M 40	261	00:00:38	00:13:30	00:28:27.15	00:29:05.35	+00:13:33 (47.6%)	5:41	10.5 (52.0%)
896	SZCZESIAK Anna	1352		K 30	66	00:00:09	00:13:24	00:28:28.40	00:28:38.30	+00:13:34 (47.7%)	5:41	10.5 (52.0%)
897	OKUŃ Marcin	1513		M 40	262	00:00:27	00:14:08	00:28:29.60	00:28:57.40	+00:13:35 (47.7%)	5:41	10.5 (52.0%)
898	BRZozowski Mikołaj	102		M 20	78	00:01:02	00:13:23	00:28:29.90	00:29:32.55	+00:13:36 (47.7%)	5:41	10.5 (52.0%)
899	TRZĄSKI Filip	1150	GS HUSKY	M 30	189	00:01:22	00:14:06	00:28:30.50	00:29:53.20	+00:13:36 (47.7%)	5:42	10.5 (52.0%)
900	CYBULSKA Anna	155		K 40	84	00:01:40	00:14:23	00:28:32.15	00:30:12.25	+00:13:38 (47.8%)	5:42	10.5 (52.0%)
901	CIESIELSKI Grzegorz	147	LKS PERŁA ZŁOTOKŁOS	M 30	190	00:02:14	00:14:30	00:28:32.40	00:30:46.95	+00:13:38 (47.8%)	5:42	10.5 (52.0%)
902	WŁODARCZYK Mirosław	1224	I LO UKS KOŚCIUSZKO WŁODAWA	M 40	263	00:01:26	00:14:02	00:28:33.30	00:29:59.55	+00:13:39 (47.8%)	5:42	10.5 (52.0%)
903	SIRODZKI Zbigniew	1347		M 50	71	00:00:17	00:13:08	00:28:33.35	00:28:51.20	+00:13:39 (47.8%)	5:42	10.5 (52.0%)
903	SMUŁEK Rafał	1004		M 30	191	00:01:52	00:15:23	00:28:33.35	00:30:26.25	+00:13:39 (47.8%)	5:42	10.5 (52.0%)
905	RANKOWSKA Dorota	914		K 40	85	00:01:28	00:13:59	00:28:33.45	00:30:01.85	+00:13:39 (47.8%)	5:42	10.5 (52.0%)
906	PYRKA Agnieszka	907		K 30	67	00:01:45	00:14:22	00:28:36.65	00:30:22.30	+00:13:42 (47.9%)	5:43	10.5 (52.0%)
907	JĘDREJ Emilia	394		K 40	86	00:01:24	00:13:49	00:28:37.40	00:30:01.50	+00:13:43 (48.0%)	5:43	10.5 (52.0%)
908	PAMUŁA Paweł	821		M 50	72	00:02:06	00:14:22	00:28:37.80	00:30:44.15	+00:13:44 (48.0%)	5:43	10.5 (52.0%)
909	GRECKI Michał	1550		M 30	192	00:00:27	00:14:58	00:28:37.90	00:29:05.65	+00:13:44 (48.0%)	5:43	10.5 (52.0%)
910	KAMIŃSKA Agnieszka	413		K 30	68	00:02:01	00:14:11	00:28:38.25	00:30:39.70	+00:13:44 (48.0%)	5:43	10.5 (52.0%)
911	KAMINSKI Marcin	412	MELAMBIINA	M 30	193	00:02:00	00:14:12	00:28:39.05	00:30:39.90	+00:13:45 (48.0%)	5:43	10.5 (52.0%)
912	TOMASZEWSKA Mariola	1132	BIEGAM DLA SIEBIE	K 50	16	00:01:04	00:14:32	00:28:39.15	00:29:44.05	+00:13:45 (48.0%)	5:43	10.5 (52.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
913	CZARNECKA Katarzyna	159		K 30	69	00:01:23	00:13:57	00:28:39.75	00:30:02.95	+00:13:45 (48.0%)	5:43	10.5 (52.0%)
914	VOVCHANSKYI Nazar	1173		M 20	79	00:00:21	00:13:55	00:28:39.85	00:29:01.05	+00:13:46 (48.0%)	5:43	10.5 (52.0%)
915	ŻÓŁTOWSKI Bartłomiej	1300		M 40	264	00:01:37	00:13:46	00:28:40.05	00:30:17.70	+00:13:46 (48.0%)	5:44	10.5 (52.0%)
916	DYMEL Piotr	223		M 70	7	00:00:42	00:13:42	00:28:40.35	00:29:23.30	+00:13:46 (48.0%)	5:44	10.5 (52.0%)
917	ŻÓŁTOWSKA Dominika	1299	NAPRZÓD MŁOCINY	K 40	87	00:01:37	00:13:46	00:28:41.30	00:30:18.60	+00:13:47 (48.1%)	5:44	10.5 (52.0%)
918	SZYDŁOWSKI Artur	1085		M 40	265	00:01:24	00:13:55	00:28:41.60	00:30:06.10	+00:13:47 (48.1%)	5:44	10.5 (52.0%)
919	SOCHOCKI Wojciech	1013		M 30	194	00:01:52	00:15:24	00:28:41.65	00:30:34.35	+00:13:47 (48.1%)	5:44	10.5 (52.0%)
920	CZAJKOWSKA Joanna	1318	TEAM RUN PEŁCH	K 40	88	00:02:10	00:14:20	00:28:42.15	00:30:52.30	+00:13:48 (48.1%)	5:44	10.5 (52.0%)
920	HOŁOPIAK Ewa	345	EWA HOŁOPIAK	K 60	3	00:01:25	00:14:27	00:28:42.15	00:30:07.90	+00:13:48 (48.1%)	5:44	10.5 (52.0%)
922	HOLDENMAJER Cezary	1341		M 50	73	00:01:55	00:13:53	00:28:42.65	00:30:37.90	+00:13:48 (48.1%)	5:44	10.5 (52.0%)
923	ŚCIBOROWSKA Martyna	1104		K 30	70	00:00:24	00:13:43	00:28:42.80	00:29:06.95	+00:13:49 (48.1%)	5:44	10.5 (52.0%)
924	ZDROJEWSKI Szymon	1281		M 30	195	00:01:29	00:14:20	00:28:42.95	00:30:12.70	+00:13:49 (48.1%)	5:44	10.5 (52.0%)
925	INOROWICZ Joanna	357		K 40	89	00:01:02	00:14:32	00:28:44.60	00:29:46.80	+00:13:50 (48.2%)	5:44	10.4 (51.5%)
926	LITKE Andżelika	1319	EAZYMUT.PL	K 20	29	00:01:39	00:14:21	00:28:44.75	00:30:23.80	+00:13:50 (48.2%)	5:44	10.4 (51.5%)
927	PAWLISZ Marcin	834		M 50	74	00:00:41	00:14:00	00:28:44.80	00:29:26.40	+00:13:51 (48.2%)	5:44	10.4 (51.5%)
928	MALER Władysław	664	NEW BALANCE RUN CLUB	M 70	8	00:01:26	00:14:27	00:28:44.90	00:30:11.15	+00:13:51 (48.2%)	5:44	10.4 (51.5%)
929	PIECHOCKA Katarzyna	846		K 40	90	00:01:40	00:14:21	00:28:47.20	00:30:27.20	+00:13:53 (48.3%)	5:45	10.4 (51.5%)
930	MARCINKIEWICZ Wojciech	675	BIEGUSTATORZY	M 30	196	00:01:38	00:14:31	00:28:49.10	00:30:27.25	+00:13:55 (48.3%)	5:45	10.4 (51.5%)
931	MIODUSZEWSKA Karolina	725		K 40	91	00:01:35		00:28:52.90	00:30:28.80	+00:13:59 (48.4%)	5:46	10.4 (51.5%)
932	BODALSKI Jacek	75	AKTYWNA WARSZAWA	M 50	75	00:01:45	00:14:25	00:28:53.95	00:30:39.50	+00:14:00 (48.5%)	5:46	10.4 (51.5%)
933	BERDYŃSKA Karolina	54		K 30	71	00:02:09	00:14:38	00:28:54.60	00:31:03.65	+00:14:00 (48.5%)	5:46	10.4 (51.5%)
934	JANISZEWSKI Piotr	374		M 40	266	00:02:23	00:14:29	00:28:54.70	00:31:18.10	+00:14:00 (48.5%)	5:46	10.4 (51.5%)
935	KLUCZYK Piotr	1368	KS GROM PRO	M 30	197	00:01:44	00:14:21	00:28:55.30	00:30:39.45	+00:14:01 (48.5%)	5:47	10.4 (51.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	2.5km					
936	KOSOWICZ Pawel	509		M 30	198	00:00:00	00:15:16	00:28:56.05	00:28:56.05	+00:14:02 (48.5%)	5:47	10.4 (51.5%)
937	GOŁDYN Łukasz	290	-	M 30	199	00:01:13	00:14:58	00:28:56.55	00:30:09.60	+00:14:02 (48.5%)	5:47	10.4 (51.5%)
938	SZYMCZAK Agnieszka	1358		K 30	72	00:01:15	00:14:11	00:28:58.30	00:30:14.10	+00:14:04 (48.6%)	5:47	10.4 (51.5%)
939	FROM Konrad	255	WARSAW RUN CLUB	M 40	267	00:01:40	00:14:29	00:28:59.00	00:30:39.60	+00:14:05 (48.6%)	5:47	10.4 (51.5%)
940	PETERLEJTNER ŻUK Ewa	841		K 40	92	00:01:43	00:14:05	00:28:59.40	00:30:43.15	+00:14:05 (48.6%)	5:47	10.4 (51.5%)
941	KMIEĆ Kamil	467		M 30	200	00:00:47	00:14:12	00:28:59.85	00:29:47.00	+00:14:06 (48.6%)	5:47	10.4 (51.5%)
942	KARCZMARCZYK Paweł	424		M 30	201	00:01:22	00:14:09	00:28:59.95	00:30:22.25	+00:14:06 (48.6%)	5:47	10.4 (51.5%)
943	ZALEWSKI Piotr	1328		M 50	76	00:02:05	00:14:29	00:29:00.20	00:31:05.45	+00:14:06 (48.6%)	5:48	10.3 (51.0%)
944	ŻUK Łukasz	1469		M 40	268	00:01:43	00:14:06	00:29:01.05	00:30:44.45	+00:14:07 (48.7%)	5:48	10.3 (51.0%)
945	ZALEWSKI Krzysztof	1268		M 60	22	00:01:45	00:14:21	00:29:03.95	00:30:49.10	+00:14:10 (48.7%)	5:48	10.3 (51.0%)
946	NGUYEN Jakub	764		M 20	80	00:00:17	00:13:07	00:29:04.50	00:29:21.55	+00:14:10 (48.8%)	5:48	10.3 (51.0%)
947	WOŹNIAK Klaudia	1242		K 30	73	00:01:25		00:29:04.90	00:30:30.05	+00:14:11 (48.8%)	5:48	10.3 (51.0%)
948	DĘBIŃSKA Patrycja	188		K 30	74	00:01:48	00:14:16	00:29:05.10	00:30:53.70	+00:14:11 (48.8%)	5:49	10.3 (51.0%)
949	OLESZEK Joanna	794		K 30	75	00:01:31	00:13:52	00:29:07.55	00:30:39.15	+00:14:13 (48.9%)	5:49	10.3 (51.0%)
950	BRONISZEWSKI Jakub	95		M 40	269	00:01:44	00:14:22	00:29:09.80	00:30:54.35	+00:14:16 (48.9%)	5:49	10.3 (51.0%)
951	WALKIEWICZ Mariusz	1317	SDS REPREZENTACJA DZIENNIKARZY	M 50	77	00:01:32	00:13:55	00:29:10.00	00:30:42.15	+00:14:16 (48.9%)	5:50	10.3 (51.0%)
952	GRONKIEWICZ Maciej	314	-	M 16	30	00:01:23	00:14:08	00:29:10.35	00:30:33.50	+00:14:16 (48.9%)	5:50	10.3 (51.0%)
953	TYRANKIEWICZ Kamila	1158	JUMP&FLY, KABATY	K 40	93	00:00:23	00:14:20	00:29:10.50	00:29:34.15	+00:14:16 (48.9%)	5:50	10.3 (51.0%)
954	MĘKARSKI Piotr	1408		M 40	270	00:01:35	00:14:52	00:29:10.70	00:30:46.20	+00:14:16 (48.9%)	5:50	10.3 (51.0%)
955	MODRZEJEWSKA Anna	734		K 40	94	00:01:36	00:14:10	00:29:10.90	00:30:47.70	+00:14:17 (49.0%)	5:50	10.3 (51.0%)
956	LECHOWICZ Katarzyna	600		K 30	76	00:01:40	00:14:31	00:29:10.95	00:30:51.55	+00:14:17 (49.0%)	5:50	10.3 (51.0%)
957	KORONA Krzysztof	501		M 50	78	00:01:20	00:14:08	00:29:11.20	00:30:31.75	+00:14:17 (49.0%)	5:50	10.3 (51.0%)
958	BRONISZEWSKA Natalia	94		K 16	5	00:01:43	00:14:23	00:29:11.35	00:30:55.30	+00:14:17 (49.0%)	5:50	10.3 (51.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
959	GAWLIK Beniamin	272		M 50	79	00:02:19	00:14:34	00:29:11.45	00:31:30.70	+00:14:17 (49.0%)	5:50	10.3 (51.0%)
960	OLESEK Maciej	793		M 20	81	00:01:30	00:13:31	00:29:12.10	00:30:42.95	+00:14:18 (49.0%)	5:50	10.3 (51.0%)
961	KONATOWICZ Iwona	486		K 40	95	00:01:46	00:14:19	00:29:13.75	00:31:00.25	+00:14:19 (49.0%)	5:50	10.3 (51.0%)
962	KRAWCZYKIEWICZ Magda	551	ŻÓRAWSKI TEAM	K 40	96	00:01:09	00:14:14	00:29:14.05	00:30:23.80	+00:14:20 (49.0%)	5:50	10.3 (51.0%)
963	DUDEK Beata	214		K 40	97	00:01:26	00:13:59	00:29:14.75	00:30:41.30	+00:14:20 (49.1%)	5:50	10.3 (51.0%)
963	MITURA Ewa	732		K 14	7	00:01:31	00:14:23	00:29:14.75	00:30:46.15	+00:14:20 (49.1%)	5:50	10.3 (51.0%)
965	KLOPOCKI Rafal	462		M 50	80	00:01:52	00:14:38	00:29:15.10	00:31:08.00	+00:14:21 (49.1%)	5:51	10.3 (51.0%)
966	KLOPOCKA Anna	461		K 50	17	00:01:52	00:14:38	00:29:15.30	00:31:08.25	+00:14:21 (49.1%)	5:51	10.3 (51.0%)
967	MITURA Anna	731		K 40	98	00:01:31	00:14:23	00:29:16.05	00:30:47.45	+00:14:22 (49.1%)	5:51	10.3 (51.0%)
968	PRZEWODOWSKA Agnieszka	897		K 40	99	00:01:37	00:14:27	00:29:16.45	00:30:53.95	+00:14:22 (49.1%)	5:51	10.3 (51.0%)
969	MĄKOSA Witold	1561		M 60	23	00:01:46	00:14:30	00:29:17.40	00:31:03.60	+00:14:23 (49.1%)	5:51	10.2 (50.5%)
970	GŁOWACKA Elżbieta	284	TEAM ZABIEGANEDNI	K 60	4	00:01:31	00:14:28	00:29:17.70	00:30:49.40	+00:14:23 (49.1%)	5:51	10.2 (50.5%)
971	CHUDOBIŃSKI Tomasz	138		M 20	82	00:01:30	00:13:58	00:29:18.05	00:30:48.90	+00:14:24 (49.2%)	5:51	10.2 (50.5%)
972	MYJAK Sylwia	749	NATIONALE-NEDERLANDEN RUNNING TEAM	K 30	77	00:01:29	00:14:22	00:29:18.25	00:30:47.85	+00:14:24 (49.2%)	5:51	10.2 (50.5%)
973	WIŚNIEWSKI Janusz	1213	PARKRUN PRUSZKÓW 70+	M 70	9	00:00:28	00:14:39	00:29:18.80	00:29:46.85	+00:14:25 (49.2%)	5:51	10.2 (50.5%)
974	PRASEK Łukasz	887		M 40	271	00:01:22	00:14:22	00:29:19.25	00:30:41.45	+00:14:25 (49.2%)	5:51	10.2 (50.5%)
975	BUDEK Ewa	106		K 30	78	00:01:38	00:14:32	00:29:19.60	00:30:58.35	+00:14:25 (49.2%)	5:51	10.2 (50.5%)
976	GAWIN Mariusz	271		M 16	31	00:01:50	00:14:01	00:29:20.30	00:31:11.15	+00:14:26 (49.2%)	5:52	10.2 (50.5%)
977	BROZE Oliwia	96		K 16	6	00:01:50	00:14:02	00:29:20.35	00:31:11.00	+00:14:26 (49.2%)	5:52	10.2 (50.5%)
978	JAROSZKIEWICZ Diana	388	-	K 16	7	00:01:39	00:14:23	00:29:20.45	00:30:59.80	+00:14:26 (49.2%)	5:52	10.2 (50.5%)
979	ZARĘBSKI Szczepan	1270		M 30	202	00:01:47	00:14:37	00:29:21.30	00:31:08.30	+00:14:27 (49.3%)	5:52	10.2 (50.5%)
980	CZERWIŃSKA-BLOK Iwona	167		K 30	79	00:01:39	00:14:33	00:29:22.20	00:31:01.75	+00:14:28 (49.3%)	5:52	10.2 (50.5%)
981	WALOS Jan	1177		M 60	24	00:01:26	00:14:27	00:29:24.60	00:30:50.70	+00:14:30 (49.3%)	5:52	10.2 (50.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
982	CZUCHAJ Milena	169		K 30	80	00:01:29	00:14:20	00:29:25.75	00:30:55.30	+00:14:31 (49.4%)	5:53	10.2 (50.5%)
983	UŁANEK Kamila	1164	SEGIETEAM	K 40	100	00:01:56	00:14:28	00:29:28.45	00:31:25.25	+00:14:34 (49.5%)	5:53	10.2 (50.5%)
984	TYSZKA Rafał	1161		M 14	12	00:01:12	00:13:44	00:29:31.80	00:30:44.40	+00:14:38 (49.6%)	5:54	10.2 (50.5%)
985	ROSTKOWSKI Łukasz	934		M 30	203	00:00:00	00:15:30	00:29:33.05	00:29:33.05	+00:14:39 (49.6%)	5:54	10.2 (50.5%)
986	PAC Bartosz	814		M 40	272	00:02:03	00:14:28	00:29:34.55	00:31:38.50	+00:14:40 (49.6%)	5:54	10.1 (50.0%)
987	SOLKA Katarzyna	1020	GÓRA BIEGA	K 20	30	00:01:44	00:14:34	00:29:34.60	00:31:19.55	+00:14:40 (49.6%)	5:54	10.1 (50.0%)
988	KOZIEJ Andrzej	538		M 40	273	00:01:15	00:14:29	00:29:35.05	00:30:50.95	+00:14:41 (49.6%)	5:55	10.1 (50.0%)
989	PUCHAŁA Tomasz	904	MYSZORY	M 30	204	00:01:17	00:14:23	00:29:35.95	00:30:53.60	+00:14:42 (49.7%)	5:55	10.1 (50.0%)
990	PIECHOWIAK Marta	847		K 40	101	00:01:42	00:14:35	00:29:36.70	00:31:19.50	+00:14:42 (49.7%)	5:55	10.1 (50.0%)
991	KORONA Tatiana	500	OBIEGUWKA	K 50	18	00:01:45	00:14:30	00:29:37.25	00:31:22.50	+00:14:43 (49.7%)	5:55	10.1 (50.0%)
992	RĘKAWEK Gabriela	922		K 30	81	00:01:51	00:14:28	00:29:38.95	00:31:30.15	+00:14:45 (49.8%)	5:55	10.1 (50.0%)
993	GÓRSKA Sylwia	1582		K 40	102	00:01:45	00:14:33	00:29:39.05	00:31:24.20	+00:14:45 (49.8%)	5:55	10.1 (50.0%)
994	PICEWICZ Paweł	1415		M 40	274	00:02:14	00:15:50	00:29:39.40	00:31:54.05	+00:14:45 (49.8%)	5:55	10.1 (50.0%)
995	NOWACKI Julian	775	TO NATURALNE	M 70	10	00:00:33	00:14:33	00:29:39.55	00:30:13.40	+00:14:45 (49.8%)	5:55	10.1 (50.0%)
996	ZARODA Grażyna	1271		K 50	19	00:00:37	00:14:18	00:29:39.60	00:30:17.35	+00:14:45 (49.8%)	5:55	10.1 (50.0%)
997	BARANOWSKI Krzysztof	1494		M 50	81	00:00:33	00:14:34	00:29:40.65	00:30:13.80	+00:14:46 (49.8%)	5:56	10.1 (50.0%)
998	STAŃSKI Sławomir	1493		M 60	25	00:00:33	00:14:33	00:29:40.75	00:30:14.05	+00:14:46 (49.8%)	5:56	10.1 (50.0%)
999	KOSIACKI Karol	506		M 40	275	00:02:22	00:14:47	00:29:41.60	00:32:04.40	+00:14:47 (49.8%)	5:56	10.1 (50.0%)
1000	PAWŁOWSKI Krystian	837	LKS PERŁA ŻŁOTOKŁOS	M 30	205	00:02:14	00:14:28	00:29:42.70	00:31:57.40	+00:14:48 (49.9%)	5:56	10.1 (50.0%)
1001	LEBIODA Eliza	599		K 30	82	00:02:01	00:14:48	00:29:46.00	00:31:47.70	+00:14:52 (50.0%)	5:57	10.1 (50.0%)
1002	RADOMYSKA Wiola	912	KAZIKI	K 30	83	00:02:09	00:14:23	00:29:47.25	00:31:56.60	+00:14:53 (50.0%)	5:57	10.1 (50.0%)
1003	TORZEWSKA Agnieszka	1139		K 40	103	00:01:42	00:14:33	00:29:47.85	00:31:30.25	+00:14:54 (50.0%)	5:57	10.1 (50.0%)
1004	SZYMANEK Łukasz	1086		M 40	276	00:02:16	00:14:56	00:29:49.10	00:32:05.90	+00:14:55 (50.0%)	5:57	10.1 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1005	SZYMANEK Aleksandra	1087		K 30	84	00:02:17	00:14:56	00:29:49.90	00:32:07.10	+00:14:56 (50.1%)	5:57	10.1 (50.0%)
1006	STASZEWSKA Kinga	1029	KS STASZEWSKY	K 40	104	00:01:38	00:14:32	00:29:49.95	00:31:28.55	+00:14:56 (50.1%)	5:57	10.1 (50.0%)
1007	BUDZIANOWSKI Mateusz	107		M 30	206	00:01:56	00:15:41	00:29:51.50	00:31:48.30	+00:14:57 (50.1%)	5:58	10.1 (50.0%)
1008	SOKOŁOWSKI Marian	1015	SAMOTNY WILK	M 70	11	00:00:29	00:14:23	00:29:51.85	00:30:20.85	+00:14:58 (50.1%)	5:58	10.1 (50.0%)
1009	MAŁYSIAK Klaudia	1447		K 20	31	00:01:38	00:14:18	00:29:53.75	00:31:32.20	+00:14:59 (50.2%)	5:58	10 (49.5%)
1010	WYSOWSKA Jagoda	1585		K 50	20	00:01:49	00:15:16	00:29:56.65	00:31:45.85	+00:15:02 (50.3%)	5:59	10 (49.5%)
1011	MROCZEK Magdalena	741		K 40	105	00:01:41	00:14:32	00:29:57.00	00:31:38.70	+00:15:03 (50.3%)	5:59	10 (49.5%)
1012	BRZOZOWSKA Magdalena	100	BIEGUSTATORZY	K 40	106	00:01:38	00:14:31	00:29:58.15	00:31:36.45	+00:15:04 (50.3%)	5:59	10 (49.5%)
1013	MORAWSKA Anna	1516		K 60	5	00:00:22	00:14:51	00:29:58.20	00:30:20.60	+00:15:04 (50.3%)	5:59	10 (49.5%)
1014	WÓJCIK Aneta	1246		K 40	107	00:01:27	00:14:42	00:29:58.65	00:31:26.05	+00:15:04 (50.3%)	5:59	10 (49.5%)
1015	NIEWIADOMSKI Zdzisław	772		M 70	12	00:01:37	00:14:52	00:29:59.30	00:31:37.10	+00:15:05 (50.3%)	5:59	10 (49.5%)
1016	LESIAKOWSKI Pawel	606		M 30	207	00:01:45	00:14:28	00:29:59.50	00:31:45.05	+00:15:05 (50.3%)	5:59	10 (49.5%)
1017	KEMPISTY Anna	1487	12TRI.PL	K 50	21	00:01:32	00:14:44	00:30:01.10	00:31:33.55	+00:15:07 (50.4%)	6:00	10 (49.5%)
1018	SZYMAŃSKI Dominik	1094		M 30	208	00:02:15	00:14:40	00:30:02.70	00:32:18.05	+00:15:08 (50.4%)	6:00	10 (49.5%)
1019	KOWALSKA Beata	526		K 40	108	00:01:19	00:14:23	00:30:03.10	00:31:22.55	+00:15:09 (50.4%)	6:00	10 (49.5%)
1020	SZYMAŃSKA Beata	1406		K 40	109	00:01:18	00:14:58	00:30:04.00	00:31:22.85	+00:15:10 (50.5%)	6:00	10 (49.5%)
1021	KRYSTOSIAK Weronika	565		K 20	32	00:00:57	00:14:11	00:30:05.10	00:31:02.10	+00:15:11 (50.5%)	6:01	10 (49.5%)
1022	SOKÓLSKA Dorota	1017	TEAM ZABIEGANEDNI	K 60	6	00:01:36	00:14:40	00:30:05.15	00:31:41.25	+00:15:11 (50.5%)	6:01	10 (49.5%)
1023	KOWALCZYK Kamil	519		M 30	209	00:00:56	00:14:11	00:30:05.50	00:31:02.00	+00:15:11 (50.5%)	6:01	10 (49.5%)
1023	ŁAKOMSKA Beata	623	TEAM ZABIEGANE DNI	K 30	85	00:01:34	00:14:21	00:30:05.50	00:31:40.40	+00:15:11 (50.5%)	6:01	10 (49.5%)
1023	ROJEWSKI Mateusz	926	BACKSIDE TEAM	M 20	83	00:00:00		00:30:05.50	00:30:05.50	+00:15:11 (50.5%)	6:01	10 (49.5%)
1026	MATYSIAK Krystyna	696		K 12	7	00:02:10	00:15:50	00:30:05.95	00:32:16.55	+00:15:12 (50.5%)	6:01	10 (49.5%)
1027	OLKOWSKI Robert	796		M 50	82	00:01:35	00:14:15	00:30:08.00	00:31:43.45	+00:15:14 (50.6%)	6:01	10 (49.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1028	KUCHTA Jan-Markus	1489		M 14	13	00:01:57	00:14:39	00:30:08.65	00:32:06.45	+00:15:14 (50.6%)	6:01	10 (49.5%)
1029	ZIELIŃSKA Marta	1286	JACEKBIEGA RUNNING TEAM	K 40	110	00:01:51	00:14:42	00:30:10.65	00:32:02.55	+00:15:16 (50.6%)	6:02	9.9 (49.0%)
1030	ZIELIŃSKI Mateusz	1548		M 30	210	00:01:15	00:14:37	00:30:13.35	00:31:28.90	+00:15:19 (50.7%)	6:02	9.9 (49.0%)
1031	ŚMIERZYŃSKA Dorota	1384		K 30	86	00:01:15	00:14:40	00:30:13.60	00:31:28.80	+00:15:19 (50.7%)	6:02	9.9 (49.0%)
1032	KOZAK Maria	1409		K 12	8	00:01:44	00:15:40	00:30:14.45	00:31:59.00	+00:15:20 (50.7%)	6:02	9.9 (49.0%)
1033	KOZAK Jakub	1407		M 40	277	00:01:44	00:15:40	00:30:14.95	00:31:59.40	+00:15:21 (50.8%)	6:02	9.9 (49.0%)
1034	SKROBEK Piotr	991		M 30	211	00:02:17	00:15:01	00:30:16.00	00:32:33.60	+00:15:22 (50.8%)	6:03	9.9 (49.0%)
1035	ADAMIAK Paweł	14		M 50	83	00:01:48	00:14:28	00:30:16.40	00:32:05.35	+00:15:22 (50.8%)	6:03	9.9 (49.0%)
1036	GÓRECKA Aleksandra	296		K 40	111	00:01:47	00:15:01	00:30:19.45	00:32:06.75	+00:15:25 (50.9%)	6:03	9.9 (49.0%)
1037	KĘSICKA Arletta	443		K 30	87	00:01:46	00:14:54	00:30:20.55	00:32:07.25	+00:15:26 (50.9%)	6:04	9.9 (49.0%)
1038	MASTALEREK Joanna	684		K 40	112	00:00:01		00:30:22.00	00:30:23.00	+00:15:28 (50.9%)	6:04	9.9 (49.0%)
1039	MASTALEREK Arkadiusz	685		M 40	278	00:00:01		00:30:24.00	00:30:25.00	+00:15:30 (51.0%)	6:04	9.9 (49.0%)
1040	VUCO Ivo	1174	HULTAJ LITERACKI	M 40	279	00:01:48	00:15:07	00:30:24.30	00:32:13.25	+00:15:30 (51.0%)	6:04	9.9 (49.0%)
1041	BOCHYNSKA SZACKA Dagmara	73		K 30	88	00:01:34	00:15:00	00:30:26.80	00:32:00.95	+00:15:33 (51.1%)	6:05	9.9 (49.0%)
1042	GÓRAL Piotr	1586		M 60	26	00:01:35	00:14:34	00:30:27.50	00:32:02.55	+00:15:33 (51.1%)	6:05	9.9 (49.0%)
1043	WRÓBLEWSKI Rafał	1565		M 20	84	00:01:51	00:14:37	00:30:32.65	00:32:24.60	+00:15:38 (51.2%)	6:06	9.8 (48.5%)
1044	KURPIŃSKA Karolina	1573		K 20	33	00:01:32	00:15:05	00:30:33.25	00:32:05.55	+00:15:39 (51.2%)	6:06	9.8 (48.5%)
1045	TOLAK Marcin	1130		M 40	280	00:01:46	00:14:24	00:30:33.55	00:32:19.55	+00:15:39 (51.3%)	6:06	9.8 (48.5%)
1046	DI FOLCO Veronica	1455		K 40	113	00:01:47	00:15:07	00:30:34.35	00:32:21.80	+00:15:40 (51.3%)	6:06	9.8 (48.5%)
1047	LATKA-GROT Julita	597		K 40	114	00:01:39	00:14:51	00:30:35.10	00:32:14.80	+00:15:41 (51.3%)	6:07	9.8 (48.5%)
1048	WOJCIECHOWSKI Tomasz	1231		M 30	212	00:02:02	00:15:35	00:30:35.20	00:32:37.70	+00:15:41 (51.3%)	6:07	9.8 (48.5%)
1049	KARŁOWICZ Anna	426	PARTIA WOLNYCH BIEGACZY	K 60	7	00:00:56	00:15:07	00:30:35.55	00:31:32.05	+00:15:41 (51.3%)	6:07	9.8 (48.5%)
1050	TULIN Michał	1154		M 30	213	00:00:01		00:30:40.00	00:30:41.00	+00:15:46 (51.4%)	6:08	9.8 (48.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1051	NEJMAN Andrzej	1313		M 40	281	00:01:46	00:14:54	00:30:40.60	00:32:27.40	+00:15:46 (51.4%)	6:08	9.8 (48.5%)
1052	ZIEMAK Edyta	1290	EDYTA ZIEMAK	K 40	115	00:01:29	00:15:06	00:30:44.00	00:32:13.85	+00:15:50 (51.5%)	6:08	9.8 (48.5%)
1053	JANCZARSKA Wiktoria	372		K 30	89	00:02:00	00:14:42	00:30:46.20	00:32:47.00	+00:15:52 (51.6%)	6:09	9.8 (48.5%)
1054	PIOTROWSKI Norbert	1446		M 14	14	00:00:18	00:10:11	00:30:49.05	00:31:07.95	+00:15:55 (51.7%)	6:09	9.7 (48.0%)
1055	JELENIOWSKA Magdalena	1499	MAGDALENA JELENIOWSKA	K 40	116	00:01:47	00:15:06	00:30:54.30	00:32:42.10	+00:16:00 (51.8%)	6:10	9.7 (48.0%)
1056	MYŚLIBORSKA Olga	751		K 40	117	00:01:54	00:15:13	00:30:54.50	00:32:49.45	+00:16:00 (51.8%)	6:10	9.7 (48.0%)
1057	LENARCZYK Paweł	602		M 40	282	00:01:54	00:14:34	00:30:55.05	00:32:49.10	+00:16:01 (51.8%)	6:11	9.7 (48.0%)
1058	BORYS Piotr	87		M 50	84	00:01:39	00:14:31	00:30:57.10	00:32:36.30	+00:16:03 (51.9%)	6:11	9.7 (48.0%)
1059	BORYS Joanna	89		K 12	9	00:01:38	00:14:31	00:30:57.25	00:32:36.00	+00:16:03 (51.9%)	6:11	9.7 (48.0%)
1060	ORZEŁ Monika	805		K 30	90	00:01:41	00:14:52	00:30:58.80	00:32:40.60	+00:16:05 (51.9%)	6:11	9.7 (48.0%)
1061	BOROWA Magdalena	82		K 30	91	00:01:36	00:14:51	00:30:59.00	00:32:35.00	+00:16:05 (51.9%)	6:11	9.7 (48.0%)
1062	TRYBULEC Justyna	1149		K 30	92	00:00:39	00:15:02	00:31:04.90	00:31:44.10	+00:16:11 (52.1%)	6:12	9.7 (48.0%)
1063	WĄSOWSKA Anna	1187	GRUPA BIEGOWA UM W-WA	K 40	118	00:01:41	00:14:55	00:31:06.75	00:32:48.00	+00:16:12 (52.1%)	6:13	9.6 (47.5%)
1064	BRZEZIK Piotr	97		M 30	214	00:01:02	00:14:24	00:31:08.25	00:32:10.60	+00:16:14 (52.2%)	6:13	9.6 (47.5%)
1065	KIELEWICZ Kazimierz	445		M 70	13	00:01:41	00:15:02	00:31:08.60	00:32:50.50	+00:16:14 (52.2%)	6:13	9.6 (47.5%)
1066	SZYMCZAK Mirosław	1098	TRIWAWA	M 70	14	00:02:08	00:15:03	00:31:13.70	00:33:22.20	+00:16:19 (52.3%)	6:14	9.6 (47.5%)
1067	MICHAŁEK-PENDOWSKA Barbara	1378		K 40	119	00:00:42	00:15:11	00:31:14.45	00:31:57.35	+00:16:20 (52.3%)	6:14	9.6 (47.5%)
1068	JĘDRZEJEWSKA Laura	396		K 20	34	00:01:41	00:14:37	00:31:15.60	00:32:56.90	+00:16:21 (52.3%)	6:15	9.6 (47.5%)
1069	SOKOŁOWSKI Wojciech	1016		M 50	85	00:01:06	00:14:41	00:31:18.25	00:32:24.25	+00:16:24 (52.4%)	6:15	9.6 (47.5%)
1070	WIŚNIEWSKA-DUDA Anna	1211		K 30	93	00:00:39	00:15:29	00:31:22.60	00:32:02.40	+00:16:28 (52.5%)	6:16	9.6 (47.5%)
1071	KARAŚ Agnieszka	421		K 40	120	00:01:28	00:15:05	00:31:23.15	00:32:51.20	+00:16:29 (52.5%)	6:16	9.6 (47.5%)
1072	GROCHOWINA Anna	309		K 30	94	00:01:06	00:15:22	00:31:23.60	00:32:30.30	+00:16:29 (52.5%)	6:16	9.6 (47.5%)
1073	BARCZYK Tomasz	38		M 30	215	00:02:00	00:15:51	00:31:25.45	00:33:25.45	+00:16:31 (52.6%)	6:17	9.5 (47.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1074	JANČZAK Mariusz	382		M 40	283	00:00:33	00:14:55	00:31:27.55	00:32:00.70	+00:16:33 (52.6%)	6:17	9.5 (47.0%)
1075	REGUCKI Artur	917		M 50	86	00:04:28	00:14:55	00:31:28.15	00:35:56.40	+00:16:34 (52.7%)	6:17	9.5 (47.0%)
1076	BIELECKA Aleksandra	60		K 40	121	00:01:59	00:15:23	00:31:28.90	00:33:28.00	+00:16:35 (52.7%)	6:17	9.5 (47.0%)
1077	GIERKOWSKA Agnieszka	1420		K 40	122	00:02:12	00:15:19	00:31:30.45	00:33:43.30	+00:16:36 (52.7%)	6:18	9.5 (47.0%)
1078	ORZECHOWSKI Daniel	804		M 40	284	00:02:03	00:15:35	00:31:31.00	00:33:34.20	+00:16:37 (52.7%)	6:18	9.5 (47.0%)
1079	ORZECHOWSKA Karolina	803		K 40	123	00:02:03	00:15:35	00:31:31.05	00:33:34.40	+00:16:37 (52.7%)	6:18	9.5 (47.0%)
1080	MARCIŃSKI Kuba	676	PROJEKT AIK	M 40	285	00:02:15	00:15:25	00:31:32.55	00:33:48.00	+00:16:38 (52.8%)	6:18	9.5 (47.0%)
1081	MICHALAK Jerzy	709	KBIM.P.SĘKOWSKIEGO	M 70	15	00:01:48	00:15:08	00:31:35.90	00:33:24.60	+00:16:42 (52.9%)	6:19	9.5 (47.0%)
1082	GRUDZIŃSKI Bartosz	1484		M 12	17	00:01:52	00:14:52	00:31:36.25	00:33:28.65	+00:16:42 (52.9%)	6:19	9.5 (47.0%)
1083	WĘCŁAWIK Piotr	1190		M 30	216	00:01:52	00:14:58	00:31:38.90	00:33:31.10	+00:16:45 (52.9%)	6:19	9.5 (47.0%)
1084	POŁO Maria	880		K 30	95	00:01:07	00:15:31	00:31:39.55	00:32:47.20	+00:16:45 (52.9%)	6:19	9.5 (47.0%)
1084	HRYMAK-STANEK Anna	350		K 40	124	00:02:10	00:15:56	00:31:39.55	00:33:50.10	+00:16:45 (52.9%)	6:19	9.5 (47.0%)
1086	OŁOWSKA Paulina	798		K 30	96	00:01:33	00:15:02	00:31:40.35	00:33:13.90	+00:16:46 (53.0%)	6:20	9.5 (47.0%)
1087	KŁYS Mateusz	465		M 20	85	00:01:55	00:15:57	00:31:40.40	00:33:36.00	+00:16:46 (53.0%)	6:20	9.5 (47.0%)
1088	KOŁECKA Aleksandra	479		K 20	35	00:01:54	00:15:58	00:31:41.00	00:33:35.65	+00:16:47 (53.0%)	6:20	9.5 (47.0%)
1089	JANCZ Bartosz	1480		M 40	286	00:02:02	00:15:47	00:31:42.55	00:33:45.35	+00:16:48 (53.0%)	6:20	9.5 (47.0%)
1089	KRUSZEWSKA-JANCZ Emilia	1479		K 40	125	00:02:03	00:15:47	00:31:42.55	00:33:45.60	+00:16:48 (53.0%)	6:20	9.5 (47.0%)
1091	DRÓŹDŹ Renata	206		K 40	126	00:01:29	00:15:17	00:31:50.55	00:33:20.15	+00:16:56 (53.2%)	6:22	9.4 (46.5%)
1092	STOKOWSKA Angelika	1035		K 40	127	00:02:04	00:15:40	00:31:53.20	00:33:57.80	+00:16:59 (53.3%)	6:22	9.4 (46.5%)
1093	PAWŁESA Małgorzata	835		K 40	128	00:00:59	00:16:07	00:31:53.25	00:32:53.15	+00:16:59 (53.3%)	6:22	9.4 (46.5%)
1094	WIŚNIEWSKA Katarzyna	1210	INDYWIDUALISTKA	K 50	22	00:00:23	00:15:17	00:31:54.90	00:32:17.95	+00:17:01 (53.3%)	6:22	9.4 (46.5%)
1095	SOBOLEWSKA Aleksandra	1337		K 20	36	00:01:59	00:16:19	00:31:55.40	00:33:55.00	+00:17:01 (53.3%)	6:23	9.4 (46.5%)
1096	MOSKAŁA Bogusław	737		M 60	27	00:02:01	00:15:47	00:31:58.00	00:33:59.80	+00:17:04 (53.4%)	6:23	9.4 (46.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1097	NASIEROWSKA Martyna	760		K 30	97	00:01:49	00:15:35	00:32:02.20	00:33:51.95	+00:17:08 (53.5%)	6:24	9.4 (46.5%)
1098	KALETA Agnieszka	1508		K 40	129	00:01:37	00:15:35	00:32:05.00	00:33:42.20	+00:17:11 (53.6%)	6:25	9.4 (46.5%)
1099	TABOR Tomasz	1118		M 50	87	00:01:48	00:15:49	00:32:06.60	00:33:55.00	+00:17:12 (53.6%)	6:25	9.3 (46.0%)
1100	SYNOWCZYK Agnieszka	1050		K 30	98	00:00:44	00:16:01	00:32:07.60	00:32:51.60	+00:17:13 (53.6%)	6:25	9.3 (46.0%)
1101	SZMYTKE Sabina	1075	NIEZRZESZONA	K 60	8	00:01:30	00:15:35	00:32:08.35	00:33:39.10	+00:17:14 (53.6%)	6:25	9.3 (46.0%)
1102	WINDER Agnieszka	1205		K 40	130	00:01:56	00:15:53	00:32:08.40	00:34:04.70	+00:17:14 (53.7%)	6:25	9.3 (46.0%)
1103	MRÓZ Joanna	742		K 30	99	00:01:56	00:15:53	00:32:08.45	00:34:04.50	+00:17:14 (53.7%)	6:25	9.3 (46.0%)
1104	HOŁOWACZ Tomasz	346	KONDYCJA	M 70	16	00:01:54	00:16:03	00:32:10.15	00:34:04.70	+00:17:16 (53.7%)	6:26	9.3 (46.0%)
1105	KOPER Adam	494		M 30	217	00:00:00		00:32:11.30	00:32:11.30	+00:17:17 (53.7%)	6:26	9.3 (46.0%)
1106	TYSZKA Sylwia	1160		K 40	131	00:01:11	00:15:35	00:32:13.55	00:33:24.65	+00:17:19 (53.8%)	6:26	9.3 (46.0%)
1107	NAKWASKI Bartek	757		M 40	287	00:00:33	00:15:14	00:32:17.90	00:32:51.00	+00:17:24 (53.9%)	6:27	9.3 (46.0%)
1108	SYTY Adam	1052		M 40	288	00:01:58	00:15:46	00:32:18.05	00:34:16.20	+00:17:24 (53.9%)	6:27	9.3 (46.0%)
1109	NIEDZIELA Michał	766		M 30	218	00:01:19	00:15:41	00:32:18.60	00:33:37.60	+00:17:24 (53.9%)	6:27	9.3 (46.0%)
1110	MYSZOR-CIECIELĄG Monika	750		K 40	132	00:01:44	00:15:43	00:32:18.80	00:34:03.05	+00:17:25 (53.9%)	6:27	9.3 (46.0%)
1111	KORNACKA Agnieszka	498		K 20	37	00:00:07	00:15:47	00:32:20.30	00:32:28.15	+00:17:26 (53.9%)	6:28	9.3 (46.0%)
1112	GŁAŻEWSKA Kamila	1599		K 20	38	00:01:30	00:15:28	00:32:21.15	00:33:51.60	+00:17:27 (54.0%)	6:28	9.3 (46.0%)
1113	KACZMARSKA Alicja	1454	TI HEALTH CLUB	K 40	133	00:01:47	00:15:38	00:32:22.00	00:34:09.30	+00:17:28 (54.0%)	6:28	9.3 (46.0%)
1114	WITEK Szymon	1579		M 12	18	00:01:59	00:16:16	00:32:22.75	00:34:22.50	+00:17:28 (54.0%)	6:28	9.3 (46.0%)
1115	KOZDROŃ Paulina	1534		K 30	100	00:01:48	00:15:58	00:32:23.40	00:34:12.25	+00:17:29 (54.0%)	6:28	9.3 (46.0%)
1116	SIERANT Wojciech	970		M 30	219	00:02:03	00:16:31	00:32:23.95	00:34:27.35	+00:17:30 (54.0%)	6:28	9.3 (46.0%)
1117	PATAJ Monika	1309		K 40	134	00:01:10		00:32:25.90	00:33:36.85	+00:17:32 (54.1%)	6:29	9.3 (46.0%)
1118	WITEK Dagmara	1578		K 30	101	00:01:59	00:16:17	00:32:26.55	00:34:25.60	+00:17:32 (54.1%)	6:29	9.2 (45.5%)
1119	RYŃSKI Andrzej	949		M 50	88	00:01:15	00:15:08	00:32:27.55	00:33:42.60	+00:17:33 (54.1%)	6:29	9.2 (45.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1120	SKOMOROWSKA Monika	988		K 40	135	00:01:14	00:15:09	00:32:28.10	00:33:42.80	+00:17:34 (54.1%)	6:29	9.2 (45.5%)
1121	ADAMCZYK Jacek	1439	WYKLĘCI TV	M 50	89	00:01:55	00:15:49	00:32:31.20	00:34:26.60	+00:17:37 (54.2%)	6:30	9.2 (45.5%)
1122	WERPACHOWSKI Mateusz	1189		M 30	220	00:01:54	00:15:49	00:32:39.40	00:34:33.75	+00:17:45 (54.4%)	6:31	9.2 (45.5%)
1123	ZAWACKI Andrzej	1277		M 50	90	00:01:54	00:15:49	00:32:40.80	00:34:34.85	+00:17:47 (54.4%)	6:32	9.2 (45.5%)
1124	DRZEWIECKA Anna	1390	SMSM	K 50	23	00:01:49	00:15:55	00:32:42.25	00:34:31.70	+00:17:48 (54.5%)	6:32	9.2 (45.5%)
1124	DRZEWIECKI Janusz	1372	KLUB MSM	M 60	28	00:01:49	00:16:18	00:32:42.25	00:34:31.70	+00:17:48 (54.5%)	6:32	9.2 (45.5%)
1126	BUCZEK Bogumiła	103		K 50	24	00:02:11	00:16:23	00:32:47.40	00:34:58.45	+00:17:53 (54.6%)	6:33	9.2 (45.5%)
1127	FILIPCZYK Hanna	1529		K 40	136	00:02:02	00:16:04	00:32:50.35	00:34:52.40	+00:17:56 (54.6%)	6:34	9.1 (45.0%)
1128	LIPIEC Kazimiera	614		K 40	137	00:01:46	00:15:33	00:32:52.10	00:34:38.40	+00:17:58 (54.7%)	6:34	9.1 (45.0%)
1129	NOWAK Sandra	777		K 40	138	00:01:32	00:15:59	00:32:53.85	00:34:26.60	+00:18:00 (54.7%)	6:34	9.1 (45.0%)
1130	PYREK Artur	906		M 40	289	00:01:59	00:16:04	00:32:54.15	00:34:54.00	+00:18:00 (54.7%)	6:34	9.1 (45.0%)
1131	WÓJCICKA Agnieszka	1569		K 30	102	00:00:06	00:15:51	00:32:55.25	00:33:01.90	+00:18:01 (54.8%)	6:35	9.1 (45.0%)
1132	MATYSIAK Agnieszka	695		K 40	139	00:01:04	00:15:46	00:32:55.55	00:34:00.40	+00:18:01 (54.8%)	6:35	9.1 (45.0%)
1133	SAJEWSKA Karolina	955	WATAHA ŁĄCZY NAS BIEGANIE	K 30	103	00:01:04	00:15:47	00:32:55.80	00:34:00.10	+00:18:02 (54.8%)	6:35	9.1 (45.0%)
1134	MICHAŁEK Dorota	713	BORKOWSKI TEAM	K 50	25	00:02:21	00:16:08	00:32:56.40	00:35:17.55	+00:18:02 (54.8%)	6:35	9.1 (45.0%)
1134	PISAREK Jacek	1349	AKS POLONIA WARSZAWA	M 50	91	00:02:05	00:16:35	00:32:56.40	00:35:02.25	+00:18:02 (54.8%)	6:35	9.1 (45.0%)
1136	GROCHÓLSKI Paweł	313		M 30	221	00:00:26	00:16:21	00:33:01.80	00:33:28.65	+00:18:08 (54.9%)	6:36	9.1 (45.0%)
1137	VALIIEVA Aliia	1170		K 30	104	00:00:06	00:15:37	00:33:02.00	00:33:08.75	+00:18:08 (54.9%)	6:36	9.1 (45.0%)
1137	OLCZAK Witold	790	UMCS BIEGA	M 60	29	00:02:09	00:16:07	00:33:02.00	00:35:11.65	+00:18:08 (54.9%)	6:36	9.1 (45.0%)
1139	GROCHÓLSKA Aleksandra	1461		K 40	140	00:00:26	00:16:22	00:33:02.45	00:33:28.65	+00:18:08 (54.9%)	6:36	9.1 (45.0%)
1140	OLCZAK Urszula	789	UMCS BIEGA	K 50	26	00:02:09	00:16:07	00:33:02.70	00:35:12.35	+00:18:08 (54.9%)	6:36	9.1 (45.0%)
1141	MATEJKA Mateusz	688		M 12	19	00:01:36	00:15:13	00:33:03.65	00:34:39.95	+00:18:09 (54.9%)	6:36	9.1 (45.0%)
1142	KOCHMAN Iwona	475	VEGE RUNNERS	K 50	27	00:01:41	00:16:22	00:33:04.85	00:34:46.25	+00:18:11 (55.0%)	6:36	9.1 (45.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	2.5km					
1143	PATER Agnieszka	829		K 40	141	00:01:41	00:16:22	00:33:05.40	00:34:46.40	+00:18:11 (55.0%)	6:37	9.1 (45.0%)
1144	ORZEŁ Paweł	806		M 20	86	00:02:07	00:16:37	00:33:05.70	00:35:13.20	+00:18:11 (55.0%)	6:37	9.1 (45.0%)
1145	ZAWADA Klaudia	1278		K 20	39	00:02:07	00:16:38	00:33:06.30	00:35:13.50	+00:18:12 (55.0%)	6:37	9.1 (45.0%)
1146	KRZYŻEWSKA Karolina	570	PZU SPORT TEAM	K 30	105	00:01:06	00:16:00	00:33:06.50	00:34:12.90	+00:18:12 (55.0%)	6:37	9.1 (45.0%)
1147	CZEKAJ Tomasz	1430		M 40	290	00:02:13	00:17:14	00:33:08.80	00:35:22.25	+00:18:15 (55.1%)	6:37	9.1 (45.0%)
1148	KRUKOWSKI Michał	559		M 30	222	00:01:54	00:15:11	00:33:09.00	00:35:03.70	+00:18:15 (55.1%)	6:37	9 (44.6%)
1149	REMISIEWICZ Malgorzata	921		K 40	142	00:01:53	00:16:12	00:33:10.35	00:35:03.85	+00:18:16 (55.1%)	6:38	9 (44.6%)
1150	KACZOROWSKA Monika	1523		K 40	143	00:02:04	00:16:22	00:33:12.00	00:35:16.45	+00:18:18 (55.1%)	6:38	9 (44.6%)
1151	JEŻMAŃSKI Sławek	393		M 40	291	00:02:11	00:17:15	00:33:12.50	00:35:23.75	+00:18:18 (55.1%)	6:38	9 (44.6%)
1152	DALKIEWICZ Marta	1320		K 30	106	00:01:52	00:16:08	00:33:16.15	00:35:08.55	+00:18:22 (55.2%)	6:39	9 (44.6%)
1153	MORAWSKA Irmína	735		K 20	40	00:01:48	00:16:01	00:33:17.25	00:35:05.35	+00:18:23 (55.2%)	6:39	9 (44.6%)
1154	RUCYK Justyna	938		K 40	144	00:02:08	00:17:16	00:33:20.90	00:35:29.10	+00:18:27 (55.3%)	6:40	9 (44.6%)
1155	MICHALSKA Martyna	712		K 30	107	00:01:46	00:15:54	00:33:23.70	00:35:10.00	+00:18:29 (55.4%)	6:40	9 (44.6%)
1156	SZYMAŃCZAK Zbigniew	1089		M 60	30	00:01:59	00:16:52	00:33:23.75	00:35:22.85	+00:18:29 (55.4%)	6:40	9 (44.6%)
1157	DRUZYK Mikita	207		M 20	87	00:01:23	00:15:33	00:33:24.50	00:34:47.95	+00:18:30 (55.4%)	6:40	9 (44.6%)
1158	OLSZEWSKA Katarzyna Bernadetta	1490		K 40	145	00:02:09	00:17:15	00:33:25.25	00:35:34.90	+00:18:31 (55.4%)	6:41	9 (44.6%)
1159	ANIOŁ Aleksandra	20		K 20	41	00:01:26	00:16:39	00:33:25.95	00:34:52.85	+00:18:32 (55.4%)	6:41	9 (44.6%)
1160	SZYMAŃSKI Mirosław	1096	COMAMEDIA MIROSŁAW SZYMAŃSKI	M 40	292	00:01:53	00:16:20	00:33:27.35	00:35:20.90	+00:18:33 (55.5%)	6:41	9 (44.6%)
1161	ŁOCHOWSKA Agnieszka	633		K 50	28	00:00:00		00:33:27.90	00:33:27.90	+00:18:34 (55.5%)	6:41	9 (44.6%)
1162	NASKRĘT Mariusz	761		M 40	293	00:01:47	00:16:18	00:33:30.40	00:35:18.00	+00:18:36 (55.5%)	6:42	9 (44.6%)
1163	TRUMIŃSKA Marcela	1148		K 30	108	00:01:43	00:15:53	00:33:31.70	00:35:14.90	+00:18:37 (55.6%)	6:42	9 (44.6%)
1164	ANIOŁ Zygmunt	21	ZYGMUNT ANIOŁ	M 50	92	00:01:26	00:16:39	00:33:31.80	00:34:58.75	+00:18:38 (55.6%)	6:42	9 (44.6%)
1165	KALETA Piotr	410		M 30	223	00:01:55	00:15:50	00:33:32.15	00:35:27.25	+00:18:38 (55.6%)	6:42	8.9 (44.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1166	BUJALSKA Ewa	108		K 40	146	00:01:58	00:16:21	00:33:32.90	00:35:30.90	+00:18:39 (55.6%)	6:42	8.9 (44.1%)
1167	- -	185		K 40	147	00:00:19	00:15:41	00:33:34.60	00:33:53.70	+00:18:40 (55.6%)	6:42	8.9 (44.1%)
1168	BAJOREK Jacek	31		M 40	294	00:02:11	00:16:04	00:33:36.20	00:35:47.85	+00:18:42 (55.7%)	6:43	8.9 (44.1%)
1169	WINIARZ Natalia	1208		K 30	109	00:01:40	00:15:07	00:33:36.50	00:35:16.55	+00:18:42 (55.7%)	6:43	8.9 (44.1%)
1170	ZALEWSKA Ewa Adrianna	1265		K 20	42	00:01:17	00:15:45	00:33:36.60	00:34:54.30	+00:18:42 (55.7%)	6:43	8.9 (44.1%)
1171	SAMEL Hecena	1600		K 12	10	00:01:42	00:15:48	00:33:37.90	00:35:19.90	+00:18:44 (55.7%)	6:43	8.9 (44.1%)
1172	MAJCHRZAK Anna	661		K 30	110	00:02:07	00:17:27	00:33:38.75	00:35:46.55	+00:18:44 (55.7%)	6:43	8.9 (44.1%)
1173	ROGUSKA Magdalena	925	BIAŁOŁĘKA JEST KOBIETĄ	K 40	148	00:02:07	00:17:17	00:33:38.90	00:35:46.50	+00:18:45 (55.7%)	6:43	8.9 (44.1%)
1174	BACIŃSKI Arkadiusz	1539		M 40	295	00:00:00	00:17:41	00:33:39.05	00:33:39.05	+00:18:45 (55.7%)	6:43	8.9 (44.1%)
1175	JURKOWSKA Irena	404		K 70	2	00:01:57	00:16:38	00:33:44.75	00:35:42.05	+00:18:50 (55.9%)	6:44	8.9 (44.1%)
1176	KIELISZEK Anna	1555		K 20	43	00:01:33	00:16:45	00:33:45.85	00:35:19.70	+00:18:52 (55.9%)	6:45	8.9 (44.1%)
1177	SAMEL Janusz	1500		M 40	296	00:01:42	00:15:48	00:33:47.95	00:35:30.35	+00:18:54 (55.9%)	6:45	8.9 (44.1%)
1178	SYLWANOWICZ Marta	1048		K 40	149	00:01:58	00:16:35	00:33:49.85	00:35:47.85	+00:18:56 (56.0%)	6:45	8.9 (44.1%)
1179	SAKOWICZ Magdalena	957		K 50	29	00:00:54	00:15:58	00:33:50.45	00:34:45.25	+00:18:56 (56.0%)	6:46	8.9 (44.1%)
1180	BAKALAROVA Michaela	32		K 30	111	00:00:55	00:15:57	00:33:50.50	00:34:45.90	+00:18:56 (56.0%)	6:46	8.9 (44.1%)
1181	NASTALEK Piotr	762		M 40	297	00:02:00	00:17:03	00:33:52.55	00:35:53.15	+00:18:58 (56.0%)	6:46	8.9 (44.1%)
1182	SOLAREK Kinga	1019		K 30	112	00:02:07	00:17:27	00:33:52.60	00:36:00.40	+00:18:58 (56.0%)	6:46	8.9 (44.1%)
1183	HRYĆKO-GÓRNICKA Katarzyna	349		K 40	150	00:02:05	00:16:18	00:33:57.35	00:36:02.70	+00:19:03 (56.1%)	6:47	8.8 (43.6%)
1184	WYCZÓŁKOWSKA Aneta	1252		K 40	151	00:02:09	00:17:15	00:33:59.85	00:36:08.95	+00:19:06 (56.2%)	6:47	8.8 (43.6%)
1185	WOJTOWICZ Jerzy	1238		M 70	17	00:02:01	00:16:41	00:34:03.50	00:36:05.10	+00:19:09 (56.3%)	6:48	8.8 (43.6%)
1186	WRZESINSKA Agata	1249	GRUPA BIEGOWA UM W-WA	K 40	152	00:02:08	00:17:17	00:34:05.20	00:36:13.60	+00:19:11 (56.3%)	6:49	8.8 (43.6%)
1187	BIEROZA Anna	1472		K 30	113	00:00:37	00:16:47	00:34:05.55	00:34:43.10	+00:19:11 (56.3%)	6:49	8.8 (43.6%)
1188	YILDIRIM CZUPRYN Derya	1410		K 30	114	00:00:37	00:16:42	00:34:05.70	00:34:43.00	+00:19:11 (56.3%)	6:49	8.8 (43.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	2.5km					
1189	JABLONSKA-SOBIECH Aneta	1435		K 30	115	00:00:37	00:16:42	00:34:05.80	00:34:43.10	+00:19:12 (56.3%)	6:49	8.8 (43.6%)
1190	PIOTROWSKA Gabriela	858		K 30	116	00:01:00	00:16:39	00:34:06.60	00:35:06.80	+00:19:12 (56.3%)	6:49	8.8 (43.6%)
1191	MAMAK Andrzej	673		M 60	31	00:00:32	00:15:39	00:34:06.75	00:34:39.70	+00:19:12 (56.3%)	6:49	8.8 (43.6%)
1192	CZAPIEWSKI Krzysztof	158	TRIPASSION	M 30	224	00:01:58	00:16:36	00:34:08.55	00:36:07.30	+00:19:14 (56.4%)	6:49	8.8 (43.6%)
1193	DZIWOŃ Anna	230		K 30	117	00:01:37	00:15:21	00:34:08.65	00:35:46.35	+00:19:14 (56.4%)	6:49	8.8 (43.6%)
1193	SZELIGA Zofia	1068		K 30	118	00:01:58	00:16:35	00:34:08.65	00:36:07.35	+00:19:14 (56.4%)	6:49	8.8 (43.6%)
1195	ROBACZEWSKA Marta	923		K 30	119	00:02:22	00:17:10	00:34:09.20	00:36:31.25	+00:19:15 (56.4%)	6:49	8.8 (43.6%)
1196	GRABOWSKA Ola	1414		K 20	44	00:02:08	00:17:19	00:34:10.30	00:36:18.55	+00:19:16 (56.4%)	6:50	8.8 (43.6%)
1197	FRĄCZAK Magdalena	253		K 30	120	00:02:09	00:16:54	00:34:11.10	00:36:20.25	+00:19:17 (56.4%)	6:50	8.8 (43.6%)
1198	CZAJKOWSKA Weronika	1429		K 14	8	00:01:52	00:16:26	00:34:11.55	00:36:04.25	+00:19:17 (56.4%)	6:50	8.8 (43.6%)
1199	SZAFRAN Beata	1058	PUMP!T	K 40	153	00:02:09	00:16:54	00:34:11.90	00:36:21.30	+00:19:18 (56.4%)	6:50	8.8 (43.6%)
1200	KANIOWSKA Karolina	1575		K 30	121	00:01:11	00:17:05	00:34:14.40	00:35:26.20	+00:19:20 (56.5%)	6:50	8.8 (43.6%)
1201	PATURA Przemysław	1398	LONGBRIDGE TEAM	M 40	298	00:01:28	00:15:32	00:34:19.15	00:35:47.60	+00:19:25 (56.6%)	6:51	8.7 (43.1%)
1202	SZCZEPAŃSKA Halina	1063		K 40	154	00:01:01	00:16:08	00:34:23.15	00:35:24.45	+00:19:29 (56.7%)	6:52	8.7 (43.1%)
1203	GÓRNOWICZ Weronika	297		K 20	45	00:01:01	00:16:08	00:34:23.35	00:35:24.60	+00:19:29 (56.7%)	6:52	8.7 (43.1%)
1204	CZYŻ Michał	1506		M 30	225	00:00:17	00:15:51	00:34:26.90	00:34:44.10	+00:19:33 (56.8%)	6:53	8.7 (43.1%)
1205	ŻURAWSKI Filip	1303		M 14	15	00:01:51	00:16:21	00:34:26.95	00:36:18.00	+00:19:33 (56.8%)	6:53	8.7 (43.1%)
1206	GRECKA Anna	308		K 20	46	00:00:27	00:16:31	00:34:27.05	00:34:54.30	+00:19:33 (56.8%)	6:53	8.7 (43.1%)
1207	GLASSER Marek	280		M 70	18	00:02:06	00:17:22	00:34:27.65	00:36:34.20	+00:19:33 (56.8%)	6:53	8.7 (43.1%)
1208	ŻURAWSKI Sławomir	1302	PGBSPORTOWAPACZKA	M 40	299	00:01:50	00:16:22	00:34:27.85	00:36:18.25	+00:19:34 (56.8%)	6:53	8.7 (43.1%)
1209	SKOCZYLAS Tomasz	987				00:02:19	00:16:57	00:34:30.30	00:36:49.40	+00:19:36 (56.8%)	6:54	8.7 (43.1%)
1210	FRYDRYCH Katarzyna	256		K 30	122	00:02:12	00:17:16	00:34:30.70	00:36:43.55	+00:19:36 (56.8%)	6:54	8.7 (43.1%)
1211	ŁUCZYŃSKA Maria	646		K 14	9	00:01:59	00:16:38	00:34:31.70	00:36:30.95	+00:19:37 (56.9%)	6:54	8.7 (43.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1212	ŁUCZYŃSKA Karolina	645		K 30	123	00:01:59	00:16:38	00:34:31.85	00:36:31.15	+00:19:38 (56.9%)	6:54	8.7 (43.1%)
1213	DWÓRZNICKI Jan	219		M 12	20	00:02:03	00:17:01	00:34:32.85	00:36:36.05	+00:19:39 (56.9%)	6:54	8.7 (43.1%)
1214	KAMIŃSKA-DWÓRZNICKA Anna	414		K 40	155	00:02:03	00:17:01	00:34:33.95	00:36:37.30	+00:19:40 (56.9%)	6:54	8.7 (43.1%)
1215	BORKOWSKA Michalina	80		K 30	124	00:01:57	00:16:39	00:34:35.90	00:36:32.90	+00:19:42 (56.9%)	6:55	8.7 (43.1%)
1215	BORKOWSKI Piotr	81		M 40	300	00:01:57	00:16:39	00:34:35.90	00:36:32.90	+00:19:42 (56.9%)	6:55	8.7 (43.1%)
1217	MAZUR Kinga	698		K 40	156	00:02:06	00:16:37	00:34:40.40	00:36:46.40	+00:19:46 (57.0%)	6:56	8.7 (43.1%)
1218	MAZUR Paweł	699		M 40	301	00:02:05	00:14:34	00:34:40.60	00:36:46.25	+00:19:46 (57.0%)	6:56	8.7 (43.1%)
1219	SICIŃSKA Iwona	967		K 30	125	00:02:01	00:16:26	00:34:41.60	00:36:43.35	+00:19:47 (57.1%)	6:56	8.6 (42.6%)
1220	CHARIZA Stefan	121		M 40	302	00:02:01	00:17:04	00:34:42.35	00:36:44.10	+00:19:48 (57.1%)	6:56	8.6 (42.6%)
1221	GURDA Monika	331		K 40	157	00:01:36	00:16:10	00:34:47.80	00:36:24.50	+00:19:54 (57.2%)	6:57	8.6 (42.6%)
1222	SADURSKI Artur	1562	SC FREIBURG	M 40	303	00:01:49	00:15:39	00:34:49.05	00:36:38.85	+00:19:55 (57.2%)	6:57	8.6 (42.6%)
1223	ZARZYKA Antonina	1273		K 30	126	00:02:23	00:18:13	00:34:49.20	00:37:12.40	+00:19:55 (57.2%)	6:57	8.6 (42.6%)
1224	DOBROWOLSKA Dorota	193	LADIESGYM	K 60	9	00:02:04	00:16:35	00:34:50.90	00:36:55.10	+00:19:57 (57.3%)	6:58	8.6 (42.6%)
1225	KIEŁBICKI Marcin	446		M 40	304	00:00:32	00:16:14	00:34:53.15	00:35:25.50	+00:19:59 (57.3%)	6:58	8.6 (42.6%)
1226	WYLON Izabela	1254		K 30	127	00:01:58	00:17:59	00:34:53.30	00:36:51.30	+00:19:59 (57.3%)	6:58	8.6 (42.6%)
1227	GĄTOWSKA Agnieszka	276		K 30	128	00:01:58	00:16:26	00:34:54.55	00:36:53.50	+00:20:00 (57.3%)	6:58	8.6 (42.6%)
1228	KEMPA Robert	47		M 40	305	00:02:11	00:17:15	00:34:54.60	00:37:06.25	+00:20:00 (57.3%)	6:58	8.6 (42.6%)
1229	MATELA Jacek	689		M 30	226	00:02:17	00:17:12	00:34:56.95	00:37:14.00	+00:20:03 (57.4%)	6:59	8.6 (42.6%)
1230	DOMINIAK Agnieszka	186		K 40	158	00:01:47	00:17:17	00:34:57.50	00:36:44.95	+00:20:03 (57.4%)	6:59	8.6 (42.6%)
1231	GROCHOWSKA Joanna	310	BIEGAMY Z OCHOTĄ	K 50	30	00:02:07	00:17:18	00:34:57.95	00:37:05.45	+00:20:04 (57.4%)	6:59	8.6 (42.6%)
1232	PLICHCIŃSKA Małgorzata	869	EKONOMIK MOKOTÓW	K 40	159	00:01:58	00:17:02	00:34:58.15	00:36:56.45	+00:20:04 (57.4%)	6:59	8.6 (42.6%)
1233	SZOSTAKOWSKI Jarosław	1077	BIEGAMY Z OCHOTĄ	M 50	93	00:02:07	00:17:18	00:34:58.20	00:37:06.00	+00:20:04 (57.4%)	6:59	8.6 (42.6%)
1234	CHOJNACKI Grzegorz	134		M 40	306	00:02:05	00:16:47	00:34:59.00	00:37:04.50	+00:20:05 (57.4%)	6:59	8.6 (42.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1235	POLAK Teresa	878	KB ACTIVESPORTS WARSZAWA	K 70	3	00:01:55	00:16:55	00:35:01.45	00:36:57.30	+00:20:07 (57.5%)	7:00	8.6 (42.6%)
1236	BAUER Beata	49	BRAK	K 50	31	00:00:26	00:17:09	00:35:13.55	00:35:40.10	+00:20:19 (57.7%)	7:02	8.5 (42.1%)
1237	KARPIŃSKA Justyna	428		K 30	129	00:02:10	00:17:17	00:35:19.60	00:37:30.15	+00:20:25 (57.8%)	7:03	8.5 (42.1%)
1238	SZMIGIEL Izabela	1074		K 30	130	00:02:08	00:17:27	00:35:20.30	00:37:28.40	+00:20:26 (57.8%)	7:04	8.5 (42.1%)
1239	SARNOWSKA Iwona	962	DRUŻYNA PAULINY	K 50	32	00:02:23	00:17:22	00:35:27.85	00:37:51.30	+00:20:34 (58.0%)	7:05	8.5 (42.1%)
1240	PASTERNAK Jerzy	826	DRUŻYNA PAULINY	M 60	32	00:02:23	00:17:22	00:35:28.90	00:37:52.20	+00:20:35 (58.0%)	7:05	8.5 (42.1%)
1241	TRETER Magdalena	1507		K 30	131	00:01:50	00:17:13	00:35:33.30	00:37:23.40	+00:20:39 (58.1%)	7:06	8.4 (41.6%)
1242	PICEWICZ Agnieszka	1416		K 40	160	00:02:14	00:17:27	00:35:34.15	00:37:48.70	+00:20:40 (58.1%)	7:06	8.4 (41.6%)
1243	GAWRYOLEK - OSIŃSKA Maja	274		K 30	132	00:02:23	00:18:15	00:35:38.50	00:38:01.90	+00:20:44 (58.2%)	7:07	8.4 (41.6%)
1244	KRÓL Anna	1417		K 40	161	00:01:47	00:17:14	00:35:41.55	00:37:28.55	+00:20:47 (58.3%)	7:08	8.4 (41.6%)
1244	KARKOS Magdalena	425		K 30	133	00:02:10	00:17:18	00:35:41.55	00:37:51.95	+00:20:47 (58.3%)	7:08	8.4 (41.6%)
1246	KUBACKI Grzegorz	572		M 50	94	00:01:21	00:16:49	00:36:10.05	00:37:31.05	+00:21:16 (58.8%)	7:14	8.3 (41.1%)
1247	KUCHTA Merilin	1488		K 40	162	00:01:57	00:17:19	00:36:10.35	00:38:07.75	+00:21:16 (58.8%)	7:14	8.3 (41.1%)
1248	ĆWIEK Jarosław	171		M 50	95	00:02:10	00:17:43	00:36:12.50	00:38:22.60	+00:21:18 (58.9%)	7:14	8.3 (41.1%)
1249	MILEWSKA Anna	1427		K 40	163	00:02:09	00:17:27	00:36:14.75	00:38:23.95	+00:21:20 (58.9%)	7:14	8.3 (41.1%)
1250	KARBOWNIK Michał	422		M 30	227	00:00:20	00:16:37	00:36:22.15	00:36:42.40	+00:21:28 (59.0%)	7:16	8.2 (40.6%)
1251	WICHTOWSKA Karolina	1514		K 30	134	00:00:16	00:17:27	00:36:25.10	00:36:41.70	+00:21:31 (59.1%)	7:17	8.2 (40.6%)
1252	KOSIATY Jarosław	507	RÓBMY SWOJE	M 50	96	00:01:10	00:16:29	00:36:25.60	00:37:36.20	+00:21:31 (59.1%)	7:17	8.2 (40.6%)
1253	KILKOWSKA Joanna	454		K 50	33	00:01:53	00:17:35	00:36:43.70	00:38:36.95	+00:21:49 (59.4%)	7:20	8.2 (40.6%)
1254	NIEDZIELA Kamila	767		K 30	135	00:00:54	00:17:27	00:36:48.65	00:37:42.85	+00:21:54 (59.5%)	7:21	8.2 (40.6%)
1255	WOJTAS Anna	1236		K 16	8	00:02:02	00:17:48	00:36:49.80	00:38:52.60	+00:21:56 (59.6%)	7:21	8.1 (40.1%)
1256	WOJTAS Janusz	1237		M 50	97	00:02:02	00:17:49	00:36:50.00	00:38:52.45	+00:21:56 (59.6%)	7:22	8.1 (40.1%)
1257	SZCZEPANIEC Anna	1062		K 30	136	00:02:13	00:18:04	00:36:54.10	00:39:07.85	+00:22:00 (59.6%)	7:22	8.1 (40.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1258	GARWACKI Jozef	268		M 70	19	00:01:54	00:18:00	00:37:05.40	00:38:59.55	+00:22:11 (59.8%)	7:25	8.1 (40.1%)
1259	WILK Oliwia	1204	GRUPA BIEGOWA UM W-WA	K 20	47	00:01:11	00:17:51	00:37:05.65	00:38:17.45	+00:22:11 (59.8%)	7:25	8.1 (40.1%)
1260	KARPIŃSKA Nina	1483	PAWKO RUNNER TEAM	K 40	164	00:01:38	00:18:23	00:37:33.05	00:39:11.95	+00:22:39 (60.3%)	7:30	8 (39.6%)
1261	PLUTA Alek	872		M 30	228	00:02:24	00:18:14	00:37:42.05	00:40:07.00	+00:22:48 (60.5%)	7:32	8 (39.6%)
1262	PLUTA Monika	871		K 30	137	00:02:24	00:18:14	00:37:42.75	00:40:07.50	+00:22:48 (60.5%)	7:32	8 (39.6%)
1263	KOWALCZYK Klaudia	524		K 40	165	00:02:19	00:18:23	00:37:52.00	00:40:11.75	+00:22:58 (60.7%)	7:34	7.9 (39.1%)
1264	BORUSZEWSKA Maja	84		K 12	11	00:00:19	00:17:27	00:37:52.95	00:38:12.45	+00:22:59 (60.7%)	7:34	7.9 (39.1%)
1265	BORUSZEWSKI Maciej	85		M 40	307	00:00:19	00:17:27	00:37:53.25	00:38:12.50	+00:22:59 (60.7%)	7:34	7.9 (39.1%)
1266	PIOTROWSKA-KRZAK Ela	859		K 40	166	00:01:41	00:18:40	00:38:02.80	00:39:44.60	+00:23:09 (60.8%)	7:36	7.9 (39.1%)
1267	ŚLIWCZAK Anna	1385		K 40	167	00:02:19	00:18:42	00:38:07.05	00:40:26.15	+00:23:13 (60.9%)	7:37	7.9 (39.1%)
1268	ROWICKI Jakub	935		M 20	88	00:01:15	00:18:19	00:38:12.40	00:39:27.45	+00:23:18 (61.0%)	7:38	7.9 (39.1%)
1269	JURCZAK Karolina	401		K 30	138	00:02:28	00:18:46	00:38:20.40	00:40:48.40	+00:23:26 (61.1%)	7:40	7.8 (38.6%)
1270	WŁODARCZYK Halina	1223		K 60	10	00:01:51	00:21:07	00:38:34.65	00:40:26.15	+00:23:40 (61.4%)	7:42	7.8 (38.6%)
1271	DZIURDŹ Jacek	229	GRUPA BIEGOWA UM W-WA	M 40	308	00:01:43	00:18:52	00:38:42.00	00:40:25.05	+00:23:48 (61.5%)	7:44	7.8 (38.6%)
1272	FARRALES Chadwick	243	PINOYSINPOLAND	M 16	32	00:00:43	00:18:54	00:38:42.35	00:39:25.90	+00:23:48 (61.5%)	7:44	7.8 (38.6%)
1273	FARRALES Ronaldo	242	PINOYS IN POLAND	M 40	309	00:00:43	00:18:54	00:38:42.50	00:39:26.00	+00:23:48 (61.5%)	7:44	7.8 (38.6%)
1274	CZARNECKA Anna	1441	LADIES GYM	K 70	4	00:02:04	00:18:57	00:39:20.90	00:41:25.05	+00:24:27 (62.1%)	7:52	7.6 (37.6%)
1275	MOSZKOWICZ Eugeniusz	739	KONDYCJA	M 70	20	00:01:57	00:18:39	00:39:37.50	00:41:35.30	+00:24:43 (62.4%)	7:55	7.6 (37.6%)
1276	NOWAKOWSKA Anna	781		K 40	168	00:01:57	00:18:51	00:39:44.70	00:41:42.25	+00:24:50 (62.5%)	7:56	7.6 (37.6%)
1277	MIODUSZEWSKI Andrzej	726		M 70	21	00:00:04	00:19:07	00:39:50.10	00:39:54.70	+00:24:56 (62.6%)	7:58	7.5 (37.1%)
1278	BARTOSIK Krystyna	44		K 60	11	00:02:15	00:19:50	00:40:13.50	00:42:28.50	+00:25:19 (63.0%)	8:02	7.5 (37.1%)
1279	DĄBROWSKA Adrianna	177		K 20	48	00:00:00		00:40:21.80	00:40:21.80	+00:25:28 (63.1%)	8:04	7.4 (36.6%)
1280	MIŚCIOR Tomasz	730		M 30	229	00:00:00		00:40:35.20	00:40:35.20	+00:25:41 (63.3%)	8:07	7.4 (36.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1281	ŁOWCZAK Jacek	637	TEAM ZABIEGANEDNI	M 30	230	00:02:22	00:18:20	00:40:48.30	00:43:10.90	+00:25:54 (63.5%)	8:09	7.4 (36.6%)
1282	ZAROSIŃSKA Paulina	1272		K 20	49	00:02:18	00:19:54	00:40:51.70	00:43:10.35	+00:25:57 (63.5%)	8:10	7.3 (36.1%)
1283	MYŚLIWIEC Piotr	754	AKTYWNI PO ZAWALE	M 40	310	00:02:00	00:19:43	00:40:54.35	00:42:54.50	+00:26:00 (63.6%)	8:10	7.3 (36.1%)
1284	MYŚLIWIEC Szymon	755		M 12	21	00:02:00	00:19:44	00:40:54.40	00:42:54.45	+00:26:00 (63.6%)	8:10	7.3 (36.1%)
1285	DĘBSKA Anna	1517		K 60	12	00:01:17	00:19:56	00:41:09.70	00:42:26.80	+00:26:15 (63.8%)	8:13	7.3 (36.1%)
1286	KOBYŁECKA Sylwia	473	TEAM ZABIEGANEDNI	K 30	139	00:01:15	00:20:17	00:41:55.90	00:43:11.40	+00:27:02 (64.5%)	8:23	7.2 (35.6%)
1287	BARANOWSKA Ewelina	35		K 30	140	00:02:12	00:19:46	00:41:58.20	00:44:10.40	+00:27:04 (64.5%)	8:23	7.1 (35.1%)
1288	MICHAŁOWSKA Katarzyna	714	TEAM ZABIEGANEDNI / DDRUNNINGTEAM	K 40	169	00:01:11	00:20:57	00:42:49.90	00:44:01.10	+00:27:56 (65.2%)	8:33	7 (34.7%)
1289	TUKENDORF Barbara	1152	TEAMZABIEGANEDNI	K 70	5	00:01:11	00:20:57	00:42:51.30	00:44:02.80	+00:27:57 (65.2%)	8:34	7 (34.7%)
1290	BORTLISZ Tomasz	83		M 40	311	00:02:18	00:20:16	00:42:57.90	00:45:16.30	+00:28:04 (65.3%)	8:35	7 (34.7%)
1291	WILCZYŃSKA Małgorzata	1201		K 40	170	00:00:25	00:21:01	00:43:44.75	00:44:10.25	+00:28:50 (65.9%)	8:44	6.9 (34.2%)
1292	SAMORDAK Katarzyna	960		K 30	141	00:00:04	00:21:40	00:43:54.30	00:43:59.20	+00:29:00 (66.1%)	8:46	6.8 (33.7%)
1293	FULEK Katarzyna	257		K 40	171	00:00:05	00:21:41	00:43:57.00	00:44:02.20	+00:29:03 (66.1%)	8:47	6.8 (33.7%)
1294	GRZECHNIK Justyna	324		K 30	142	00:00:05	00:21:41	00:44:20.20	00:44:25.70	+00:29:26 (66.4%)	8:52	6.8 (33.7%)
Przekroczony limit czasu: 00:45:00												
1295	PASTERNAK Anna	827	DRUŻYNA PAULINY	K 60	13	00:02:23	00:24:04	00:50:18.45	00:52:41.90	+00:35:24 (70.4%)	10:03	6 (29.7%)
1296	PASTERNAK Joanna	825	PZU SPORT TEAM	K 40	172	00:02:23	00:24:05	00:50:19.15	00:52:42.65	+00:35:25 (70.4%)	10:03	6 (29.7%)
1297	MIRECKI Michał	729		M 40	312	00:00:04	00:09:00			+00:01:35	3:36	16.7 (82.7%)
1298	MAŁYSA Michał	671	PGR MYSŁAKI	M 20	89	00:01:50	00:14:25			+00:07:00	5:46	10.4 (51.5%)
1299	PRĘGOWSKI Bartosz	889		M 20	90	00:00:00	00:14:35			+	5:50	10.3 (51.0%)
1300	JANKOWSKI Kamil	1580		M 20	91	00:00:02						(0.0%)
1301	KULIŃSKI Antoni	587		M 14	16	00:00:19						(0.0%)

Znaleziono 1301 wynik(ów)