

XXI BIEG NIEPODLEGŁOŚCI 2009

WYNIKI ZAWODÓW

Bieg 10km

Organizator: WOSIR

Termin: 11 listopada 2009

Miejsce: Warszawa

Dystans: 10 km



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
1	3067	WÓJCIK Rafał	KIELCE	TIMEX KKL	72	M30/1	(M)1	00:30:27	00:30:27	19.70	00:15:26 / 1 [19.44]
2	57	SMALEC Michał		VIP	09		(M)2	00:30:42	00:30:40	19.57	00:15:32 / 2 [19.31]
3	3069	POCZWARDOWSKI Kamil	SZCZUTOWO	KB SPORTING	84	M20/1	(M)3	00:30:53	00:30:52	19.44	00:15:50 / 4 [18.95]
4	3729	WIŚNIEWSKI Jakub	WARSZAWA	KS WARSZAWIANA	77	M30/2	(M)4	00:30:58	00:30:57	19.39	00:15:50 / 3 [18.95]
5	5463	DOMIŃCZAK Patryk	ŁOWICZ	AMD NTT SYSTEM	85	M20/2	(M)5	00:32:08	00:32:05	18.70	00:16:32 / 5 [18.15]
6	2895	KUFEL Marcin	NOWA IWICZNA	ENTRE.PL TEAM	79	M30/3	(M)6	00:32:16	00:32:14	18.61	00:16:33 / 8 [18.13]
7	3484	DOBROWOLSKI Emil	CHOTOMÓW		86	M20/3	(M)7	00:32:45	00:32:43	18.34	00:16:33 / 6 [18.13]
8	6151	ANDRZEJUK Bogusław	PODLASIE BIAŁYSTOK		75	M30/4	(M)8	00:32:58	00:32:56	18.22	00:16:33 / 7 [18.13]
9	5135	POLAK Sebastian	WARSZAWA	KB GYMNASION WARSZAWA	80	M20/4	(M)9	00:33:18	00:33:16	18.04	00:17:07 / 10 [17.53]
10	5229	SZRAMA Dariusz	OBORNIKI WLKP.	LEŚNE LUDKI	79	M30/5	(M)10	00:33:22	00:33:22	17.98	00:16:46 / 9 [17.89]
11	5310	ŚWIECAK ROBERT	ZWOLA	HARPAGAN ZWOLA	80	M20/5	(M)11	00:33:41	00:33:40	17.82	00:17:07 / 11 [17.53]
12	5048	KALASZCZYŃSKI Łukasz	PŁOCK	KB NIKE / LASEK BIELAŃSKI	84	M20/6	(M)12	00:33:50	00:33:50	17.70	00:17:21 / 12 [17.29]
				TEAM							
13	5241	BARTOSZAK Michał	KIEKRZ	SAUCONY TEAM	70	M30/6	(M)13	00:34:21	00:34:21	17.21	00:17:31 / 15 [17.13]
14	2462	BLADOS Tomasz	KONSTANCIN -	GWARDIA WARSZAWA	83	M20/7	(M)14	00:34:35	00:34:32	17.37	00:17:31 / 14 [17.13]
15	4826	CELIŃSKI Aleksander	WARSZAWA - ANIN	BYLEDOBIEC ANIN	84	M20/8	(M)15	00:34:37	00:34:35	17.35	00:17:41 / 16 [16.97]
16	910	LIPIEC Tomasz	WARSZAWA		71	M30/7	(M)16	00:34:41	00:34:39	17.32	00:17:42 / 17 [16.95]
17	3059	GRYGO Paweł			09		(M)17	00:34:43	00:34:41	17.30	00:18:04 / 22 [16.61]
18	3058	GORTEL Agnieszka			09		(K)1	00:34:44	00:34:42	17.29	00:18:03 / 21 [16.62]
19	4078	KLER Sebastian	DOBRODZIEŃ	WKB META-KLER LUBLINIEC	76	M30/8	(M)18	00:34:49	00:34:47	17.25	00:17:31 / 13 [17.13]
20	3534	JAKUBCZAK Anna	NOWA IWICZNA	AGROS ZAMOŚĆ	73	K30/1	(K)2	00:34:51	00:34:49	17.23	00:18:04 / 23 [16.61]
21	2983	WAŚ Robert	WARSZAWA		71	M30/9	(M)19	00:35:11	00:35:10	17.06	00:17:57 / 19 [16.71]
22	2463	JAKUBOWSKI Piotr	WARSZAWA	GWARDIA WARSZAWA	78	M30/10	(M)20	00:35:11	00:35:08	17.08	00:17:51 / 18 [16.81]
23	760	PRZEPIÓRA Sebastian	GORLICE		73	M30/11	(M)21	00:35:16	00:35:14	17.03	00:18:03 / 20 [16.62]
24	2055	ZASADZIŃSKI Radosław	SZCZECIN	DASOFT S.A.	82	M20/9	(M)22	00:35:38	00:35:35	16.86	00:18:04 / 24 [16.61]
25	5005	OCHOCIŃSKI Mariusz	WŁOCŁAWEK	NIEZRZESZONY	73	M30/12	(M)23	00:35:54	00:35:47	16.77	00:18:29 / 28 [16.23]
26	1155	LISAK Krzysztof	RADOM	OTK RZEŹNIK	83	M20/10	(M)24	00:35:57	00:35:43	16.80	00:18:31 / 29 [16.20]
27	425	CELIŃSKI Adam	OTWOCK		64	M40/1	(M)25	00:36:11	00:36:09	16.60	00:18:32 / 32 [16.19]
28	5871	OGONOWSKI Szymon	CIECHANÓW		86	M20/11	(M)26	00:36:16	00:36:15	16.55	00:18:28 / 27 [16.25]
29	2917	CHRAŁOWSKI Jarosław	WARSZAWA	KB GYMNASION WARSZAWA	85	M20/12	(M)27	00:36:17	00:36:04	16.64	00:18:43 / 38 [16.03]
30	5715	KRÓL Dariusz	WOŁOMIN	TOWARZYSTWO AKTYWNY	64	M40/2	(M)28	00:36:20	00:36:17	16.54	00:18:32 / 33 [16.19]
				RELAKS WOŁOMIN							
31	3768	CZEŚNIK Maria	SZCZECIN	KS BIURO PODRÓŻY AS	77	K30/2	(K)3	00:36:30	00:36:28	16.45	00:18:21 / 26 [16.35]
32	5775	MAKOWSKI Michał	WARSZAWA		85	M20/13	(M)29	00:36:33	00:36:32	16.42	00:18:09 / 25 [16.53]
33	6563	KAMIŃSKI Paweł	RADOM		80	M20/14	(M)30	00:36:34	00:36:32	16.42	00:18:33 / 35 [16.17]
34	6357	WÓJCIK Tomasz	RUDZE	RUDZE	84	M20/15	(M)31	00:36:37	00:36:35	16.40	00:18:32 / 34 [16.19]
35	388	RUDNIK Maciej	WARSZAWA	WARSZAWIAKY	70	M30/13	(M)32	00:36:46	00:36:41	16.36	00:18:49 / 39 [15.94]
36	5015	MAZUREK Mariusz	KALISZ	SS TRIATHLON DELFIN KALISZ	70	M30/14	(M)33	00:36:46	00:36:37	16.39	00:18:31 / 30 [16.20]
37	5333	BALATKA KRZYSZTOF	KUTNO		85	M20/16	(M)34	00:36:47	00:36:45	16.33	00:18:31 / 31 [16.20]
38	3603	DRABCZYK Szymon	WARSZAWA		60	M40/3	(M)35	00:36:54	00:36:52	16.27	00:18:35 / 36 [16.14]
39	4034	RAJZER Krzysztof	MARKI	ENTRE.PL TEAM	73	M30/15	(M)36	00:36:55	00:36:42	16.35	00:18:39 / 37 [16.09]
40	1385	BIELIŃSKI Piotr	WARSZAWA	ACTION	67	M40/4	(M)37	00:37:09	00:37:07	16.17	00:19:05 / 45 [15.72]
41	6362	ZACH Paweł	WARSZAWA	ENTRE.PL TEAM	68	M40/5	(M)38	00:37:10	00:37:09	16.15	00:19:05 / 49 [15.72]
42	5644	KIECAL Andrzej	SIEMIANOWICE	FEZ S.A. SIEMIANOWICE	71	M30/16	(M)39	00:37:11	00:37:09	16.15	00:19:05 / 48 [15.72]
43	4206	RAKOCZY Marcin	KIELCE	SPELEOKLUB ŚWIĘTOKRZYSKI	76	M30/17	(M)40	00:37:12	00:36:53	16.27	00:19:18 / 57 [15.54]
44	313	MAGIERSKI Jerzy	WARSZAWA		56	M50/1	(M)41	00:37:14	00:37:11	16.14	00:18:56 / 44 [15.85]
45	1505	CZARNECKI marcin	WARSZAWA	ART PROFI	76	M30/18	(M)42	00:37:16	00:37:12	16.13	00:18:56 / 42 [15.85]
46	2746	LEŚNIAK Adam	HALINÓW	BYLEDOBIEC ANIN	65	M40/6	(M)43	00:37:18	00:37:14	16.11	00:19:06 / 51 [15.71]
47	2651	ŁUKASIEWICZ Maciej	WARSZAWA	WARSZAWIAKY	82	M20/17	(M)44	00:37:20	00:37:14	16.11	00:18:55 / 41 [15.86]
48	4186	GALĄŻKA Marcin	GARWOLIN		89	M20/18	(M)45	00:37:23	00:37:11	16.14	00:19:27 / 61 [15.42]
49	4425	MATUSZAK Jacek	WARSZAWA	BYLEDOBIEC ANIN	66	M40/7	(M)46	00:37:26	00:37:22	16.06	00:19:09 / 52 [15.67]
50	5322	ANTOSIEWICZ Robert	TOMASZÓW MAZ.		69	M40/8	(M)47	00:37:28	00:37:27	16.02	00:18:52 / 40 [15.90]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
113	6386	ZIMNY Emanuel	ŁOWICZ	KM AKTYWNI SOCHACZEW	81	M20/30	(M)107	00:40:01	00:39:49	15.07	00:20:35 / 113 [14.57]
114	4366	BŁAŻYŃSKI Witold	MLAWA		85	M20/31	(M)108	00:40:01	00:40:01	14.99	00:20:53 / 157 [14.37]
115	2139	ROSIĄK Leszek	WARSZAWA	ZIELONY NUGAT	74	M30/47	(M)109	00:40:03	00:39:50	15.06	00:20:45 / 141 [14.46]
116	5682	KOSIERADZKI Łukasz	SIEDLCE	KSS EKONOMIK	91		(M)110	00:40:03	00:39:29	15.20	00:21:28 / 225 [13.98]
117	6664	KARDYŃSKI Tomasz	WARSZAWA/ELK	KOPYTKO	77	M30/48	(M)111	00:40:03	00:39:23	15.23	00:20:53 / 158 [14.37]
118	6339	WOJTYŁA Szymon	BIERNA	POLITECHNIKA ŚLĄSKA	87	M20/32	(M)112	00:40:03	00:39:45	15.09	00:20:45 / 140 [14.46]
119	196	MIESZANEK tadeusz	WARSZAWA		33	M70/1	(M)113	00:40:04	00:39:57	15.02	00:20:36 / 119 [14.56]
120	5509	GAJDA Robert	PULTUSK	KRS ZDROWY STYL ŻYCIA PRZY CM GAJDA-	63	M40/22	(M)114	00:40:05	00:40:02	14.99	00:20:42 / 127 [14.49]
121	3977	RADZIKOWSKI Andrzej	KIŚCINNE	LKS OLYMP BŁONIE	81	M20/33	(M)115	00:40:05	00:39:50	15.06	00:20:27 / 102 [14.67]
122	3595	WAŚIK Arkadiusz	ŁOCZEW		82	M20/34	(M)116	00:40:06	00:39:55	15.03	00:20:44 / 134 [14.47]
123	4563	OSINA Jakub	ŚWIDNIK	ARTUBA RUNNING TEAM	78	M30/49	(M)117	00:40:07	00:39:42	15.11	00:20:37 / 123 [14.55]
124	6024	SOBIEGRAJ KRZYSZTOF	RADOM	JW 34 63 RADOM	88	M20/35	(M)118	00:40:08	00:40:00	15.00	00:21:10 / 171 [14.17]
125	2005	MAJEWSKI Michał	WARSZAWA	AZS UW WARSZAWA	87	M20/36	(M)119	00:40:08	00:39:50	15.06	00:20:43 / 128 [14.48]
126	5160	STRUCZYŃSKI Krzysztof	WARSZAWA		84	M20/37	(M)120	00:40:08	00:39:48	15.08	00:20:43 / 133 [14.48]
127	279	KOSMAŁSKI Marcin	WARSZAWA		84	M20/38	(M)121	00:40:09	00:39:51	15.06	00:20:34 / 110 [14.59]
128	5860	NOSARZEWSKI Konrad	STUPSK		91		(M)122	00:40:10	00:40:04	14.98	00:20:52 / 156 [14.38]
129	5598	JANISZEWSKI Bogumił	BIAŁYSTOK	PODLASKI KLUB BIEGOWY	89	M20/39	(M)123	00:40:10	00:39:40	15.13	00:21:07 / 167 [14.21]
130	3028	SZOTA Wojciech		MARATONCZYK.PL	74	M30/50	(M)124	00:40:11	00:40:02	14.99	00:20:36 / 118 [14.56]
131	1970	KOŁODZIEJEK Piotr	WARSZAWA	-	70	M30/51	(M)125	00:40:13	00:39:49	15.07	00:21:16 / 200 [14.11]
132	5840	MYSZKOWSKI Henryk	GÓRA KALWARIA	NIEZRZESZONY	63	M40/23	(M)126	00:40:15	00:40:09	14.94	00:20:33 / 108 [14.60]
133	6669	ANTOSIK Jarosław	RAWA MAZOWIECKA	ACCRESO ALL BLUES			(M)127	00:40:16	00:39:46	15.09	00:20:54 / 159 [14.35]
134	4796	FIGURSKI CEZARY	WARSZAWA	UKS G-8 BIELANY WARSZAWA	66	M40/24	(M)128	00:40:16	00:39:54	15.04	00:20:44 / 135 [14.47]
135	5787	MATEJKO Piotr	11-130 ORNETA	IKS SMOK ORNETA	54	M50/5	(M)129	00:40:17	00:40:13	14.92	00:20:37 / 122 [14.55]
136	5552	GRZESIAK Anna	KALISZ	AZS AWF KATOWICE	87	K20/1	(K)7	00:40:21	00:40:02	14.99	00:20:44 / 137 [14.47]
137	6249	SZYMAŃSKI Andrzej	ZŁOTÓW		69	M40/25	(M)130	00:40:21	00:40:02	14.99	00:20:44 / 136 [14.47]
138	3114	MUSOLF Maciej	WARSZAWA		85	M20/40	(M)131	00:40:23	00:39:52	15.05	00:20:58 / 161 [14.31]
139	3787	ZMORZYŃSKI Jakub	WARSZAWA		79	M30/52	(M)132	00:40:24	00:40:10	14.94	00:20:46 / 146 [14.45]
140	52	WIECZOREK Dariusz		VIP	09		(M)133	00:40:24	00:39:57	15.02	00:21:12 / 178 [14.15]
141	5220	MAJEWSKI Wojciech	RADOM		80	M20/41	(M)134	00:40:25	00:39:56	15.03	00:21:12 / 182 [14.15]
142	2520	SIEPIOLA Krzysztof	WARSZAWA		76	M30/53	(M)135	00:40:26	00:40:12	14.93	00:20:36 / 117 [14.56]
143	3376	STEFANIAK Maciej	WARSZAWA	ACCELERATE KB ACCENTURE	83	M20/42	(M)136	00:40:26	00:40:06	14.96	00:21:00 / 162 [14.29]
144	6150	PAWLONKA Tomasz	PULAWY		91		(M)137	00:40:27	00:39:42	15.11	00:21:40 / 249 [13.85]
145	3908	DERES Damian	ŻELECHÓW		87	M20/43	(M)138	00:40:28	00:40:12	14.93	00:21:18 / 207 [14.08]
146	1568	POLAŃSKI Piotr	WARSZAWA	WARSZAWA-MOKOTÓW	65	M40/26	(M)139	00:40:29	00:40:11	14.93	00:21:12 / 181 [14.15]
147	3805	OCICKI tomasz	WARSZAWA		84	M20/44	(M)140	00:40:30	00:40:12	14.93	00:20:15 / 95 [14.81]
148	3039	STEFANKOWSKI Marek	IZABELIN		69	M40/27	(M)141	00:40:32	00:40:30	14.81	00:20:30 / 105 [14.63]
149	4158	ZIENKIEWICZ Wojciech	TYCHOWO		84	M20/45	(M)142	00:40:36	00:40:15	14.91	00:21:28 / 228 [13.98]
150	4408	BORKOWSKI Paweł	WARSZAWA	INFOVIDE-MATRIX	74	M30/54	(M)143	00:40:38	00:40:03	14.98	00:21:12 / 184 [14.15]
151	5889	PABICH Mariusz	PABIANICE	AZYMUT PABIANICE	88	M20/46	(M)144	00:40:40	00:40:15	14.91	00:21:24 / 216 [14.02]
152	1275	MAŁACH Piotr	WARSZAWA	KB GYMNASION WARSZAWA	83	M20/47	(M)145	00:40:40	00:40:38	14.77	00:20:25 / 99 [14.69]
153	3307	TOMZIK Kacper	WARSZAWA		95		(M)146	00:40:40	00:40:38	14.77	00:21:01 / 165 [14.27]
154	1843	ŻACH Piotr	WARSZAWA		74	M30/55	(M)147	00:40:42	00:40:22	14.86	00:21:00 / 163 [14.29]
155	5720	KUŚNIERZ Tomasz	WARSZAWA		73	M30/56	(M)148	00:40:43	00:40:39	14.76	00:20:37 / 121 [14.55]
156	4414	NAREL SŁAWOMIR	ŁÓDŹ		63	M40/28	(M)149	00:40:43	00:40:26	14.84	00:20:51 / 152 [14.39]
157	3533	PAWELEC Darek	NOWA IWICZNA	SPORT EVOLUTIN	73	M30/57	(M)150	00:40:44	00:40:41	14.75	00:20:41 / 126 [14.50]
158	5024	PIECZARKA Wojciech	MŁOMŁYN		84	M20/48	(M)151	00:40:45	00:40:21	14.87	00:20:45 / 143 [14.46]
159	5044	WOJNAROWSKI Jacek	NOWY SĄCZ		77	M30/58	(M)152	00:40:45	00:40:16	14.90	00:21:11 / 176 [14.16]
160	1427	KACZMARSKI Dariusz	WARSZAWA	ACTION	09		(M)153	00:40:46	00:40:34	14.79	00:20:51 / 149 [14.39]
161	5896	PALUCH Tomasz	ZŁOCZEW	AKADEMIA OBRONY NARODOWEJ	88	M20/49	(M)154	00:40:47	00:40:31	14.81	00:21:03 / 166 [14.25]
162	277	SALAK Michał	WARSZAWA		80	M20/50	(M)155	00:40:47	00:40:41	14.75	00:20:31 / 107 [14.62]
163	999	BIELIK Robert		DB MARATHON TEAM	73	M30/59	(M)156	00:40:48	00:40:17	14.89	00:21:16 / 198 [14.11]
164	1137	OLKIEWICZ Jędrzej	WARSZAWA		79	M30/60	(M)157	00:40:49	00:40:32	14.80	00:21:16 / 199 [14.11]
165	1530	KRAWIECKI Wojciech	WARSZAWA	AZS WAT WARSZAWA	75	M30/61	(M)158	00:40:50	00:40:36	14.78	00:20:44 / 139 [14.47]
166	2947	GAWLAK Paweł	WARSZAWA		69	M40/29	(M)159	00:40:51	00:40:18	14.89	00:21:45 / 259 [13.79]
167	2769	MIŚKIEWICZ Michał	WARSZAWA		91		(M)160	00:40:51	00:40:10	14.94	00:21:26 / 221 [14.00]
168	3920	SZCZEPANIK mariusz	WARSZAWA		75	M30/62	(M)161	00:40:51	00:40:35	14.78	00:20:50 / 147 [14.40]
169	755	KAMIŃSKI Robert	WARSZAWA		76	M30/63	(M)162	00:40:52	00:40:31	14.81	00:21:12 / 177 [14.15]
170	5618	KŁÓSEK Tomasz	WARSZAWA		74	M30/64	(M)163	00:40:54	00:40:48	14.71	00:20:39 / 124 [14.53]
171	3415	BĄCZEK Mirosław	ŁOMŻA	NIEZRZESZONY	66	M40/30	(M)164	00:40:54	00:40:54	14.67	00:20:43 / 130 [14.48]
172	1103	LATECKI Lech	WARSZAWA		83	M20/51	(M)165	00:40:55	00:40:26	14.84	00:21:38 / 241 [13.87]
173	5472	DUDEK Arkadiusz	PIOTRKÓW		72	M30/65	(M)166	00:40:58	00:40:33	14.80	00:21:09 / 169 [14.18]
174	6614	ZAWODNIK DO UZUP					(M)167	00:40:58	00:40:58	14.65	00:21:13 / 185 [14.14]
175	1655	ANDRES Beata	WARSZAWA	ENTRE.PL TEAM	75	K30/6	(K)8	00:40:59	00:40:30	14.81	00:20:46 / 145 [14.45]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
176	2295	PIEKARZ Waldemar	KĄTY		56	M50/6	(M)168	00:41:00	00:40:44	14.73	00:21:13 / 188 [14.14]
177	728	TYMICKI Zbigniew	WARSZAWA	SPORT21	69	M40/31	(M)169	00:41:05	00:40:40	14.75	00:21:11 / 173 [14.16]
178	3228	GRUNTOWSKI Artur	ANTONIEW	KB TP	69	M40/32	(M)170	00:41:06	00:40:34	14.79	00:21:29 / 229 [13.96]
179	5524	GOŚ Piotr	OBÓRKI		83	M20/52	(M)171	00:41:08	00:40:52	14.68	00:20:35 / 114 [14.57]
180	4549	DRĘŻEK KRZYSZTOF	GRAJEWO	MARATONKA	65	M40/33	(M)172	00:41:09	00:40:44	14.73	00:21:24 / 215 [14.02]
181	5525	GOŚ Mariusz	OBÓRKI		81	M20/53	(M)173	00:41:09	00:40:54	14.67	00:20:35 / 112 [14.57]
182	4863	WRÓBEL Marcin	KATOWICE	KB GALERIA WARSZAWA	86	M20/54	(M)174	00:41:09	00:40:46	14.72	00:20:56 / 160 [14.33]
183	1033	PIETRZYKOWSKI Tomasz	N.DWÓR MAZ.	JOGGER	93		(M)175	00:41:10	00:41:03	14.62	00:20:09 / 89 [14.89]
184	1674	BLASZCZYK Cezary	WARSZAWA	KB HOLMES PLACE	71	M30/66	(M)176	00:41:10	00:40:54	14.67	00:21:12 / 179 [14.15]
185	1471	GOSK Dominik	WARSZAWA		92		(M)177	00:41:11	00:40:52	14.68	00:21:15 / 197 [14.12]
186	2684	WIĄCEK Marcin	WIELUŃ		82	M20/55	(M)178	00:41:12	00:40:22	14.86	00:21:27 / 223 [13.99]
187	1001	WASILEWSKI Robert	WARSZAWA	WSB CYTADELA	72	M30/67	(M)179	00:41:14	00:40:52	14.68	00:21:10 / 172 [14.17]
188	5260	SENK Aleksander	WARSZAWA	KB HOLMES PLACE	79	M30/68	(M)180	00:41:14	00:40:57	14.65	00:21:21 / 214 [14.05]
189	1599	GAJOWNIK Sebastian	WARSZAWA		82	M20/56	(M)181	00:41:16	00:41:09	14.58	00:20:36 / 120 [14.56]
190	5415	CHARAŹKA Paweł	WARSZAWA		80	M20/57	(M)182	00:41:17	00:40:57	14.65	00:21:13 / 190 [14.14]
191	6372	ZAKRZEWSKI Maciej	WARSZAWA		77	M30/69	(M)183	00:41:20	00:40:59	14.64	00:21:13 / 187 [14.14]
192	4016	CZUB Andrzej	KONSTANCIN		67	M40/34	(M)184	00:41:23	00:41:11	14.57	00:20:50 / 148 [14.40]
193	2669	ŚWIERCZ Jacek	WARSZAWA	BYLEDOBIEC ANIN	69	M40/35	(M)185	00:41:25	00:41:06	14.60	00:20:43 / 129 [14.48]
194	1032	LIBERADZKI Hubert	N.DWÓR MAZ.	JOGGER	90		(M)186	00:41:26	00:41:19	14.52	00:21:17 / 201 [14.10]
195	3378	DĄBROWSKI Krzysztof	RADZYMIN	ACCELERATE KB ACCENTURE	50	M50/7	(M)187	00:41:26	00:41:16	14.54	00:21:17 / 203 [14.10]
196	1030	JAJSZCZAK Maciej	N.DWÓR MAZ.	JOGGER	95		(M)188	00:41:28	00:41:21	14.51	00:20:26 / 101 [14.68]
197	2584	PIĄTEK Bogdan	ZIELONKA	LECHICI ZIELONKA	53	M50/8	(M)189	00:41:30	00:40:56	14.66	00:21:25 / 220 [14.01]
198	2303	ORLIŃSKI Tomasz	LEGIONOWO	GAZETA WYBORCZA	79	M30/70	(M)190	00:41:32	00:41:09	14.58	00:21:31 / 231 [13.94]
199	3165	WEWIÓR Tomasz	WARSZAWA		86	M20/58	(M)191	00:41:34	00:41:20	14.52	00:20:44 / 138 [14.47]
200	5113	MARCHEWKA Piotr	WARSZAWA	AZS WAT WARSZAWA	88	M20/59	(M)192	00:41:34	00:41:21	14.51	00:21:01 / 164 [14.27]
201	2304	KUCHARSKI Marek	PIASECZNO		74	M30/71	(M)193	00:41:36	00:41:13	14.56	00:21:17 / 202 [14.10]
202	1944	ŚWIDERSKI Sławomir	OKUNIEW	BEMOVIA TEAM	72	M30/72	(M)194	00:41:37	00:40:55	14.66	00:21:26 / 222 [14.00]
203	4476	KUMOCZ Jakub	WARSZAWA	RADIO SŁUŻEW	75	M30/73	(M)195	00:41:39	00:41:35	14.43	00:20:43 / 132 [14.48]
204	5410	CAR Dariusz	BIAŁYSTOK		82	M20/60	(M)196	00:41:41	00:41:07	14.59	00:22:05 / 297 [13.58]
205	5277	BEŁOWSKI Łukasz	PULAWY		82	M20/61	(M)197	00:41:42	00:41:06	14.60	00:21:46 / 261 [13.78]
206	1474	BENDIG Wojciech	WARSZAWA		74	M30/74	(M)198	00:41:43	00:41:18	14.53	00:21:14 / 196 [14.13]
207	841	DĄBROWSKI Piotr	WARSZAWA	SBBP.PL	68	M40/36	(M)199	00:41:43	00:41:11	14.57	00:21:56 / 279 [13.68]
208	1908	WINNICKI Łukasz	SOCHACZEW		93		(M)200	00:41:44	00:41:43	14.38	00:20:33 / 109 [14.60]
209	4620	MITURA Mikołaj	ZAKALEW	GIGANT PRZYTOCZNO	88	M20/62	(M)201	00:41:45	00:41:38	14.41	00:21:17 / 206 [14.10]
210	2897	KĘDZIELSKI Dariusz	WARSZAWA	PLL LOT	73	M30/75	(M)202	00:41:45	00:41:39	14.41	00:21:38 / 243 [13.87]
211	2676	MIKULSKI Robert	WARSZAWA	SG WP ZPO-P3	75	M30/76	(M)203	00:41:45	00:41:16	14.54	00:21:25 / 219 [14.01]
212	5275	KOPEĆ Paweł	RZESZOW	SHELL POLSKA	75	M30/77	(M)204	00:41:46	00:40:17	14.89	00:22:15 / 323 [13.48]
213	2018	WITOWSKI Marcin	MIŃSK MAZ	EWS WARSZAWA	88	M20/63	(M)205	00:41:47	00:41:21	14.51	00:21:08 / 168 [14.20]
214	3157	KSYNA Bogusław	KAMION MAŁY	OSP KAMION	56	M50/9	(M)206	00:41:49	00:41:45	14.37	00:21:12 / 180 [14.15]
215	1088	ŻYWEK Maciej	WARSZAWA	ALE TEMPO	73	M30/78	(M)207	00:41:49	00:40:31	14.81	00:22:39 / 394 [13.25]
216	1622	WYPYCH Radosław	WARSZAWA	ART PROFI	69	M40/37	(M)208	00:41:51	00:41:47	14.36	00:21:13 / 191 [14.14]
217	1182	SUCHMIEL Przemek	RADOM	TANREN DOJO	75	M30/79	(M)209	00:41:53	00:41:46	14.37	00:20:51 / 151 [14.39]
218	4067	WIĄCEK Marcin	WARSZAWA		78	M30/80	(M)210	00:41:53	00:41:13	14.56	00:22:13 / 316 [13.50]
219	2450	HORACZEK Michał	GRODZISK MAZ.		86	M20/64	(M)211	00:41:53	00:41:34	14.43	00:21:14 / 192 [14.13]
220	5685	KOSSAKOWSKI Mateusz	WOLA CYGOWSKA		94		(M)212	00:41:54	00:40:10	14.94	00:22:17 / 331 [13.46]
221	2228	NIEDŹWIADEK Kamil	WARSZAWA	AWF WARSZAWA	89	M20/65	(M)213	00:41:56	00:41:39	14.41	00:21:21 / 213 [14.05]
222	4368	NADRTOWSKI Tomek	MLAWA		83	M20/66	(M)214	00:41:57	00:41:37	14.42	00:20:52 / 154 [14.38]
223	3464	KAMIŃSKI Sławomir	BLONIE		61	M40/38	(M)215	00:41:57	00:41:38	14.41	00:21:39 / 245 [13.86]
224	3109	ROMAŃSKI Kazimierz	LEGIONOWO	WSB CYTADELA	64	M40/39	(M)216	00:41:58	00:41:35	14.43	00:21:34 / 235 [13.91]
225	6149	DĄBROWA Kamil	WARSZAWA	GAZETA WYBORCZA-POLSKA BIEGA	73	M30/81	(M)217	00:41:59	00:41:41	14.39	00:21:44 / 256 [13.80]
226	4652	SOMPOLSKI Juliusz	WARSZAWA	BIEGAMY Z OCHOTĄ	88	M20/67	(M)218	00:42:00	00:41:20	14.52	00:22:04 / 294 [13.60]
227	2625	BUCZYŃSKI MICHAŁ	RADOM		70	M30/82	(M)219	00:42:04	00:41:37	14.42	00:21:18 / 208 [14.08]
228	640	JAROSIEWICZ Paweł	WARSZAWA	UNIwersytet Warszawski WGISR	90		(M)220	00:42:07	00:41:23	14.50	00:22:01 / 288 [13.63]
229	4875	ROSŁOŃ Marcin	WARSZAWA		78	M30/83	(M)221	00:42:07	00:41:37	14.42	00:22:02 / 290 [13.62]
230	2133	WITKOWSKI Paweł	WARSZAWA		74	M30/84	(M)222	00:42:08	00:41:38	14.41	00:21:34 / 236 [13.91]
231	5541	GRADZIK Marcin	LGOTA NADWARCIE	POLITECHNIKA ŚLĄSKA	87	M20/68	(M)223	00:42:09	00:41:41	14.39	00:21:14 / 193 [14.13]
232	5147	NADROWSKI Sławomir	MILANÓWEK		76	M30/85	(M)224	00:42:09	00:41:58	14.30	00:21:40 / 247 [13.85]
233	3636	PACURKOWSKI Marcin	WARSZAWA	GWARDIA WARSZAWA	78	M30/86	(M)225	00:42:12	00:41:56	14.31	00:21:28 / 227 [13.98]
234	4560	PAWLACZYK LESŁAW	CAMBRIDGE		77	M30/87	(M)226	00:42:13	00:41:51	14.34	00:21:21 / 211 [14.05]
235	320	GÓRAL Tadeusz	WARSZAWA		70		(M)227	00:42:17	00:41:56	14.31	00:21:52 / 268 [13.72]
236	4739	SOSNA Bartłomiej	KRAKÓW	VEGE RUNNERS	81	M20/69	(M)228	00:42:18	00:41:55	14.31	00:21:55 / 277 [13.69]
237	1545	BUDZYŃSKI Krzysztof	WARSZAWA		65	M40/40	(M)229	00:42:18	00:41:22	14.50	00:22:13 / 313 [13.50]
238	1500	PIEŃKOS Antoni	WARSZAWA		92		(M)230	00:42:19	00:41:48	14.35	00:22:47 / 420 [13.17]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
239	4348	NAWROT Akadiusz	MIŃSK MAZOWIECKI	KB DREPTAK	77	M30/88	(M)231	00:42:22	00:42:01	14.28	00:21:17 / 204 [14.10]
240	70	SPONSOR vip			09		(M)232	00:42:22	00:42:04	14.26	00:21:40 / 246 [13.85]
241	5940	PRZECISZEWSKI Michał	WARSZAWA		88	M20/70	(M)233	00:42:23	00:41:22	14.50	00:22:16 / 328 [13.47]
242	2886	OLECHOWSKI Jacek	WARSZAWA		77	M30/89	(M)234	00:42:24	00:42:18	14.18	00:21:09 / 170 [14.18]
243	1510	PYCZ Daniel	WARSZAWA	POGROMCY NIEMOCY	76	M30/90	(M)235	00:42:24	00:41:51	14.34	00:22:25 / 355 [13.38]
244	6070	SZCZOTKA Paweł	WARSZAWA		72	M30/91	(M)236	00:42:25	00:41:38	14.41	00:22:00 / 287 [13.64]
245	2939	LECH Michał	WARSZAWA		88	M20/71	(M)237	00:42:26	00:41:51	14.34	00:21:57 / 284 [13.67]
246	5482	DZIWOŚZ Katarzyna	WARSZAWA	AMD NTT SYSTEM	80	K20/2	(K)9	00:42:26	00:42:25	14.15	00:21:12 / 183 [14.15]
247	3286	MALESZKA Paweł	JABŁONNA		63	M40/41	(M)238	00:42:26	00:42:17	14.19	00:21:27 / 224 [13.99]
248	315	ŁASIŃSKI Michał	WARSZAWA	PUMA URBAN RUNNING	87	M20/72	(M)239	00:42:27	00:42:22	14.16	00:21:32 / 232 [13.93]
249	2142	KRASZEWSKI Marcin	WARSZAWA		79	M30/92	(M)240	00:42:28	00:42:03	14.27	00:22:12 / 312 [13.51]
250	6598	GAWĘDA Włodzisz	ZĄBKI		76	M30/93	(M)241	00:42:29	00:42:01	14.28	00:22:03 / 291 [13.61]
251	1405	LASECKI Kazimierz	WARSZAWA	ACTION	58	M50/10	(M)242	00:42:29	00:42:14	14.21	00:21:50 / 263 [13.74]
252	2256	BALCERZAK Andrzej	WARSZAWA		53	M50/11	(M)243	00:42:30	00:42:27	14.13	00:21:20 / 210 [14.06]
253	1428	SUDOŁ Grzegorz	WARSZAWA	ACTION	78	M30/94	(M)244	00:42:30	00:42:15	14.20	00:21:50 / 264 [13.74]
254	4916	KOZICKI Maciej	WARSZAWA		73	M30/95	(M)245	00:42:30	00:42:26	14.14	00:21:54 / 273 [13.70]
255	4917	KUNACHOWICZ Paweł	WARSZAWA		70	M30/96	(M)246	00:42:30	00:42:26	14.14	00:21:55 / 275 [13.69]
256	363	OKRASA Bartosz	WARSZAWA		77	M30/97	(M)247	00:42:32	00:42:07	14.25	00:21:43 / 253 [13.81]
257	364	OKRASA Maciej	WARSZAWA		75	M30/98	(M)248	00:42:32	00:42:08	14.24	00:21:43 / 255 [13.81]
258	3257	BOGOBOWICZ Zbigniew	WARSZAWA		49	M60/1	(M)249	00:42:32	00:42:04	14.26	00:22:17 / 330 [13.46]
259	1477	JOUSSEON Arnaud	WARSZAWA		67	M40/42	(M)250	00:42:33	00:42:26	14.14	00:21:32 / 233 [13.93]
260	5595	JANCZAK Marek	RADOM		73	M30/99	(M)251	00:42:33	00:41:55	14.31	00:22:19 / 338 [13.44]
261	2023	WIĘCŁAW Andrzej	BLONIE		66	M40/43	(M)252	00:42:34	00:42:25	14.15	00:21:44 / 258 [13.80]
262	5442	CZECHOWSKI Robert	WARSZAWA	ALETEMPO	64	M40/44	(M)253	00:42:35	00:42:18	14.18	00:21:41 / 250 [13.84]
263	3846	JANUŁA Mariusz	WARSZAWA		67	M40/45	(M)254	00:42:37	00:42:04	14.26	00:21:51 / 265 [13.73]
264	5085	ZENGTELER Maciej	WARSZAWA	DELOITTE ADVENTURE TEAM	82	M20/73	(M)255	00:42:38	00:41:36	14.42	00:22:12 / 309 [13.51]
265	3531	GÓRNIK Marcin	ŚWINICE		83	M20/74	(M)256	00:42:38	00:42:34	14.10	00:21:14 / 195 [14.13]
266	1590	STRUBIŃSKI Konrad	WARSZAWA	POLONIA WARSZAWA	95		(M)257	00:42:40	00:42:07	14.25	00:22:03 / 292 [13.61]
267	6301	WEBER Michał	WROCŁAW	WKS ŚLĄSK	85	M20/75	(M)258	00:42:41	00:41:43	14.38	00:22:04 / 296 [13.60]
268	3905	JAMRÓZ Małgorzata	FALKÓW		73	K30/7	(K)10	00:42:42	00:42:41	14.06	00:21:45 / 260 [13.79]
269	5944	PRZYBYSZ KRZYSZTOF	WARSZAWA	WARSZAWA URSYNÓW	69	M40/46	(M)259	00:42:42	00:42:38	14.07	00:21:14 / 194 [14.13]
270	1273	RZECZKOWSKI ZYGMUNT	WARSZAWA		54	M50/12	(M)260	00:42:43	00:42:16	14.20	00:21:58 / 285 [13.66]
271	510	PIOTROWSKI Adam	WARSZAWA	WWW.FORT-BEMA.PL	72	M30/100	(M)261	00:42:44	00:42:38	14.07	00:21:39 / 244 [13.86]
272	5875	OLSZEWSKI Bartosz	WARSZAWA	BAHAMAS JELONKI	84	M20/76	(M)262	00:42:45	00:42:09	14.23	00:21:59 / 286 [13.65]
273	5047	UDALOW Dorota	WARSZAWA	KB NIKE / LASEK BIELAŃSKI TEAM	84	K20/3	(K)11	00:42:45	00:42:42	14.05	00:21:24 / 217 [14.02]
274	1167	OLSZEWSKI Jerzy	WARSZAWA	LASEK BRODNOWSKI	59	M50/13	(M)263	00:42:45	00:42:37	14.08	00:21:37 / 240 [13.88]
275	2776	WASAK Rafał		BGK	09		(M)264	00:42:46	00:42:04	14.26	00:22:37 / 384 [13.26]
276	6265	TRACIEWICZ Piotr	KRAKÓW	-	82	M20/77	(M)265	00:42:47	00:42:15	14.20	00:22:07 / 302 [13.56]
277	822	GAWĘDA Adam	WARSZAWA	IM 2010 WARSZAWA	86	M20/78	(M)266	00:42:47	00:42:19	14.18	00:22:08 / 304 [13.55]
278	2727	GÓRSKI Tomasz	WARSZAWA	RIGHTSOLUTION	73	M30/101	(M)267	00:42:47	00:42:16	14.20	00:22:31 / 365 [13.32]
279	4029	GRASS Łukasz	WARSZAWA		76	M30/102	(M)268	00:42:49	00:42:36	14.08	00:21:31 / 230 [13.94]
280	5307	ŁUSZCZEK Zbigniew	CHYZANÓW	MASTERS CHYZANÓW	64	M40/47	(M)269	00:42:50	00:42:22	14.16	00:21:35 / 239 [13.90]
281	4127	KOPEĆ Michał	WARSZAWA		86	M20/79	(M)270	00:42:50	00:42:32	14.11	00:21:34 / 237 [13.91]
282	1226	SZYMAŃSKI Bartłomiej	WARSZAWA	TKS SUKCES WARSZAWA	89	M20/80	(M)271	00:42:53	00:42:23	14.16	00:22:11 / 307 [13.52]
283	900	LESZCZUK Marcin	WARSZAWA		78	M30/103	(M)272	00:42:53	00:42:13	14.21	00:22:24 / 351 [13.39]
284	2773	FRELISZEK Marcin	WARSZAWA		85	M20/81	(M)273	00:42:53	00:42:20	14.17	00:22:25 / 354 [13.38]
285	652	KRUK Marcin	WARSZAWA	KOMENDA MIEJSKA STRAŻ POŻARNA	85	M20/82	(M)274	00:42:55	00:42:38	14.07	00:21:42 / 252 [13.82]
286	307	KARCZ Jacek	BABOSZEWO		73	M30/104	(M)275	00:42:55	00:42:49	14.01	00:21:24 / 218 [14.02]
287	3740	KAŻMIERCZAK Jakub	ŻYCHLIN		88	M20/83	(M)276	00:42:57	00:41:56	14.31	00:22:16 / 329 [13.47]
288	2473	SOWIŃSKI Arkadiusz	WARSZAWA		76	M30/105	(M)277	00:42:57	00:42:32	14.11	00:22:08 / 303 [13.55]
289	6336	WOJTCZAK Krzysztof	KUTNO	2 BMT	63	M40/48	(M)278	00:43:02	00:42:33	14.10	00:22:13 / 318 [13.50]
290	4976	SZALENIEC TOMASZ	DZIAŁOSZYCE		75	M30/106	(M)279	00:43:03	00:42:43	14.05	00:21:32 / 234 [13.93]
291	4412	WIDOMSKI Jarosław	WARSZAWA		63	M40/49	(M)280	00:43:04	00:42:13	14.21	00:22:35 / 375 [13.28]
292	4565	NIETOPIEL Michał	NOWY SĄCZ		88	M20/84	(M)281	00:43:04	00:42:40	14.06	00:21:54 / 272 [13.70]
293	5893	PAJDA Wojciech	WARSZAWA		68	M40/50	(M)282	00:43:05	00:42:34	14.10	00:21:53 / 270 [13.71]
294	631	ZUBEK Zenon	WARSZAWA	KLUB WYSOKOGÓRSKI WARSZAWA	76	M30/107	(M)283	00:43:06	00:42:22	14.16	00:22:23 / 349 [13.40]
295	4544	WOJNOWSKI Krzysztof	PROSTKI	MARATONKA GRAJEWO	93		(M)284	00:43:06	00:42:49	14.01	00:21:17 / 205 [14.10]
296	1771	STAROBRAT Arkadiusz	WARSZAWA		68	M40/51	(M)285	00:43:07	00:42:31	14.11	00:22:47 / 424 [13.17]
297	5719	KUŻMIŃSKI Grzegorz	WARSZAWA	WARSZAWIAKY	70	M30/108	(M)286	00:43:07	00:43:04	13.93	00:21:56 / 280 [13.68]
298	1981	SIDOROWICZ Mirosław	WARSZAWA	STUDENCKI KLUB GÓRSKI	84	M20/85	(M)287	00:43:08	00:42:31	14.11	00:22:12 / 311 [13.51]
299	4362	ANC Mateusz	WARSZAWA	UNTS-WARSZAWA	91		(M)288	00:43:08	00:43:06	13.92	00:21:13 / 189 [14.14]
300	4889	JANOWSKI Bogdan	WARSZAWA		66	M40/52	(M)289	00:43:09	00:42:30	14.12	00:22:39 / 390 [13.25]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
301	1476	MOSE DOUGLUS	WARSZAWA	ZPS SP.Z O.O.	80	M20/86	(M)290	00:43:09	00:42:52	14.00	00:21:44 / 257 [13.80]
302	1280	KOWALCZYK PAWEŁ	WOŁOMIN	AKTYWNY RELAKS	70	M30/109	(M)291	00:43:09	00:42:34	14.10	00:22:07 / 301 [13.56]
303	1917	JĘDRZEJCZYK Piotr	PIASECZNO		73	M30/110	(M)292	00:43:10	00:42:33	14.10	00:22:36 / 380 [13.27]
304	3123	DZIĘGIELEWSKI Zbigniew Janusz	WARSZAWA		72	M30/111	(M)293	00:43:11	00:42:27	14.13	00:22:22 / 345 [13.41]
305	3234	PACEWICZ Marek	ZIELONKI	KLUB BIEGACZA TPISA	56	M50/14	(M)294	00:43:11	00:42:42	14.05	00:22:18 / 334 [13.45]
306	3585	HORAŻY Paweł	JANÓWEK PIERWSZY		64	M40/53	(M)295	00:43:12	00:42:59	13.96	00:21:43 / 254 [13.81]
307	3068	SAWICKI Piotr	SKIERNIEWICE		85	M20/87	(M)296	00:43:12	00:42:42	14.05	00:22:16 / 325 [13.47]
308	405	SIDOR Krzysztof	DZIEKANÓW LEŚNY		62	M40/54	(M)297	00:43:14	00:43:10	13.90	00:21:21 / 212 [14.05]
309	3800	POSKROBKO Jarosław	BIAŁYSTOK		83	M20/88	(M)298	00:43:14	00:42:38	14.07	00:22:47 / 423 [13.17]
310	506	MATUSZCZAK Michał Maciej	WARSZAWA		77	M30/112	(M)299	00:43:15	00:42:08	14.24	00:22:50 / 440 [13.14]
311	3492	MAZUR Marek	PIASECZNO		67	M40/55	(M)300	00:43:15	00:42:50	14.01	00:23:04 / 486 [13.01]
312	3304	ŁYŻWIŃSKI TOMASZ	WARSZAWA		68	M40/56	(M)301	00:43:17	00:42:37	14.08	00:22:06 / 298 [13.57]
313	5450	DĘBOWSKI EDWARD	TOMASZÓW MAZ		51	M50/15	(M)302	00:43:18	00:42:44	14.04	00:22:32 / 370 [13.31]
314	423	DOMAŃSKI Gerard	WARSZAWA		73	M30/113	(M)303	00:43:18	00:42:48	14.02	00:22:31 / 367 [13.32]
315	2501	REMBELSKA Dominika	WARSZAWA	AGR WELODROM	73	K30/8	(K)12	00:43:19	00:42:43	14.05	00:22:15 / 321 [13.48]
316	1764	TOMCZAK Tomasz	WARSZAWA	AGR WELODROM	83	M20/89	(M)304	00:43:20	00:42:50	14.01	00:22:10 / 305 [13.53]
317	6008	SIKORA GRZEGORZ	WARSZAWA		83	M20/90	(M)305	00:43:20	00:43:06	13.92	00:22:40 / 396 [13.24]
318	2989	STYKOWSKI Robert	WARSZAWA		77	M30/114	(M)306	00:43:20	00:43:05	13.93	00:21:20 / 209 [14.06]
319	3617	PALACZ Krzysztof	WARSZAWA		92		(M)307	00:43:21	00:41:26	14.48	00:23:10 / 521 [12.95]
320	5688	KOTOWICZ tadeusz	OTWOCK		53	M50/16	(M)308	00:43:22	00:43:02	13.94	00:22:01 / 289 [13.63]
321	3244	RYTEL-SKOREK Radzio	TREBLINKA	TEAM MAŁKINIA	86	M20/91	(M)309	00:43:23	00:42:55	13.98	00:21:11 / 174 [14.16]
322	3452	ANDRZEJEWSKI Sławomir	SOBIEKURSK	SOŁTYS WSI SOBIEKURSK	76	M30/115	(M)310	00:43:23	00:43:19	13.85	00:21:40 / 248 [13.85]
323	5770	MADETKO Łukasz	WARSZAWA		85	M20/92	(M)311	00:43:24	00:43:02	13.94	00:22:20 / 340 [13.43]
324	3154	KORCZ Sławomir	WARSZAWA	SBBP	65	M40/57	(M)312	00:43:24	00:42:42	14.05	00:22:38 / 385 [13.25]
325	4367	OLSZEWSKI Kamil	MLAWA		90		(M)313	00:43:25	00:43:04	13.93	00:21:28 / 226 [13.98]
326	2967	GRUCHACZ Robert	WARSZAWA		89	M20/93	(M)314	00:43:26	00:42:02	14.27	00:22:32 / 369 [13.31]
327	5891	PABICH Tomasz	PABIANICE	AZYMUT PABIANICE	82	M20/94	(M)315	00:43:26	00:43:26	13.81	00:22:56 / 463 [13.08]
328	4636	KOŁODZIEJSKI Mieczysław	WARSZAWA	WARSZAWA-URSYNÓW	68	M40/58	(M)316	00:43:27	00:42:37	14.08	00:23:14 / 547 [12.91]
329	663	ŻELAZKO Łukasz	BELSK DUŻY		88	M20/95	(M)317	00:43:27	00:43:10	13.90	00:22:18 / 333 [13.45]
330	1916	DĄBKOWSKI Michał	WARSZAWA	LEGIA	80	M20/96	(M)318	00:43:27	00:43:21	13.84	00:22:13 / 315 [13.50]
331	3618	JAKUBIAK Rafał	WARSZAWA	BIEGAMY Z OCHOTĄ	78	M30/116	(M)319	00:43:28	00:42:40	14.06	00:22:40 / 402 [13.24]
332	6376	ZARZEKA Marcin	BIAŁA PODLASKA	VEGE RUNNERS	74	M30/117	(M)320	00:43:28	00:42:47	14.02	00:22:45 / 415 [13.19]
333	1906	WINNICKI kamil	SOCHACZEW		87	M20/97	(M)321	00:43:28	00:43:00	13.95	00:21:35 / 238 [13.90]
334	6382	ZIELIŃSKI Dariusz	ŁÓDŹ	NOWOSOLNA	76	M30/118	(M)322	00:43:30	00:43:14	13.88	00:22:46 / 418 [13.18]
335	3652	PEKAŁSKI Marek	WARSZAWA		77	M30/119	(M)323	00:43:31	00:42:52	14.00	00:22:19 / 337 [13.44]
336	3732	LASOCKI Marcin	WARSZAWA	GEOFIZYKA WARSZAWA	79	M30/120	(M)324	00:43:31	00:41:06	14.60	00:24:01 / 731 [12.49]
337	5230	BŁĄDZIEWICZ Romuald	WARSZAWA		49	M60/2	(M)325	00:43:32	00:42:59	13.96	00:22:31 / 364 [13.32]
338	493	KURZAWA Sławomir	WARSZAWA		66	M40/59	(M)326	00:43:32	00:43:01	13.95	00:22:46 / 417 [13.18]
339	1679	MAZANEK Dietmar	PODKOWA LEŚNA		73	M30/121	(M)327	00:43:32	00:43:08	13.91	00:22:47 / 421 [13.17]
340	1902	ROSZKIEWICZ Hubert	ZALESIE GÓRNE	RH-FITNESS	79	M30/122	(M)328	00:43:34	00:43:21	13.84	00:21:56 / 281 [13.68]
341	859	KOTECKI ARKADIUSZ	WARSZAWA	SASKA KĘPA	80	M20/98	(M)329	00:43:35	00:43:03	13.94	00:22:39 / 388 [13.25]
342	2712	ZAWIŚLAK Emil	WARSZAWA		91		(M)330	00:43:37	00:43:04	13.93	00:22:37 / 383 [13.26]
343	5014	BORKOWSKI Tomasz	SUWALKI		81	M20/99	(M)331	00:43:37	00:43:10	13.90	00:21:57 / 283 [13.67]
344	4019	NITOI Marius	WARSZAWA		73	M30/123	(M)332	00:43:38	00:41:56	14.31	00:23:46 / 660 [12.62]
345	3410	FRANKOWSKI Andrzej	OSTRÓW	IM2010	63	M40/60	(M)333	00:43:38	00:42:54	13.99	00:22:48 / 426 [13.16]
346	1580	SMOLEŃSKI Tomasz	WARSZAWA		79	M30/124	(M)334	00:43:39	00:40:51	14.69	00:27:12 / 1636 [11.03]
347	4451	CHYLA artur	KONSTANCIN-JEZIORNA	TOTALFIT.PL	68	M40/61	(M)335	00:43:39	00:42:46	14.03	00:22:39 / 392 [13.25]
348	5643	KARKOSZKA MARCIN	MASANÓW	SIEROSZEWICE	90		(M)336	00:43:40	00:43:07	13.92	00:22:45 / 413 [13.19]
349	2857	GORSKI Peter	WARSZAWA		73	M30/125	(M)337	00:43:40	00:43:09	13.90	00:22:56 / 461 [13.08]
350	2173	ADAMIAK Michał	WARSZAWA		75	M30/126	(M)338	00:43:41	00:42:52	14.00	00:22:59 / 472 [13.05]
351	3241	DĄBROWSKI Tomasz	WARSZAWA	UNTS	78	M30/127	(M)339	00:43:43	00:43:06	13.92	00:23:07 / 501 [12.98]
352	5378	BIERANOWSKI Piotr	WARSZAWA-WESOLA	-	79	M30/128	(M)340	00:43:43	00:43:06	13.92	00:23:07 / 505 [12.98]
353	4897	ŁĄCZYŃSKI Mikołaj	WARSZAWA	UNTS WARSZAWA	76	M30/129	(M)341	00:43:43	00:43:04	13.93	00:23:07 / 503 [12.98]
354	5367	BIAŁOGRODZKI Tadeusz	ZALESIE GÓRNE	ZALESIE GÓRNE	58	M50/17	(M)342	00:43:43	00:43:02	13.94	00:22:32 / 368 [13.31]
355	5366	BIAŁOGRODZKI sylwester	ZALESIE GÓRNE	ZALESIE GÓRNE	61	M40/62	(M)343	00:43:43	00:43:02	13.94	00:22:31 / 366 [13.32]
356	3982	LIPSKI Piotr	WARSZAWA		70	M30/130	(M)344	00:43:44	00:43:07	13.92	00:23:12 / 529 [12.93]
357	2031	JASZCZAK mirosław	WARSZAWA		59	M50/18	(M)345	00:43:44	00:43:26	13.81	00:22:21 / 343 [13.42]
358	5219	KRAWCZYK Michał	WARSZAWA		78	M30/131	(M)346	00:43:45	00:43:19	13.85	00:22:23 / 347 [13.40]
359	3577	FABIŃSKI Grzegorz	WARSZAWA		75	M30/132	(M)347	00:43:45	00:43:15	13.87	00:22:29 / 361 [13.34]
360	3514	IWAŃSKI Daniel	WARSZAWA		75	M30/133	(M)348	00:43:47	00:42:44	14.04	00:23:30 / 602 [12.77]
361	5216	JURKOWSKI Jakub	KOZIENICE		80	M20/100	(M)349	00:43:47	00:42:49	14.01	00:23:20 / 566 [12.86]
362	3976	WOJTAS Janusz	WARSZAWA		67	M40/63	(M)350	00:43:47	00:42:25	14.15	00:23:32 / 608 [12.75]
363	6561	FOREMNIK Rafał	OŻARÓW MAZOWIECKI		74	M30/134	(M)351	00:43:48	00:43:41	13.74	00:21:38 / 242 [13.87]
364	5418	CHMIEL Piotr	PŁOCK		89	M20/101	(M)352	00:43:49	00:42:31	14.11	00:22:45 / 414 [13.19]
365	4881	JASKÓŁOWSKI Waldemar	WARSZAWA		69	M40/64	(M)353	00:43:50	00:43:20	13.85	00:22:10 / 306 [13.53]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
366	1458	MOSSAKOWSKI Przemysław	WARSZAWA		60	M40/65	(M)354	00:43:50	00:43:15	13.87	00:22:25 / 352 [13.38]
367	91	KRYPA Jan	WARSZAWA	BIURO SPORTU	54	M50/19	(M)355	00:43:51	00:43:49	13.69	00:22:06 / 299 [13.57]
368	150	JANKOWSKI Sebastian	RADZYMIN		86	M20/102	(M)356	00:43:51	00:43:26	13.81	00:22:19 / 336 [13.44]
369	4053	MITKA Bartosz	WARSZAWA		80	M20/103	(M)357	00:43:51	00:43:45	13.71	00:21:41 / 251 [13.84]
370	3855	DRUSZCZ Dawid	WARSZAWA		87	M20/104	(M)358	00:43:52	00:42:55	13.98	00:23:35 / 620 [12.72]
371	2267	PIELASZEK Leszek	CHYNÓW		69	M40/66	(M)359	00:43:52	00:43:19	13.85	00:22:44 / 410 [13.20]
372	6273	TRZESZCZKOWSKI Konrad	WARSZAWA		85	M20/105	(M)360	00:43:52	00:42:36	14.08	00:23:23 / 577 [12.83]
373	4662	KONARSKI Jakub	WARSZAWA	WARSZAWIAKY	77	M30/135	(M)361	00:43:54	00:43:40	13.74	00:21:51 / 266 [13.73]
374	3062	WIŚNIEWSKI Krzysztof	WARSZAWA		77	M30/136	(M)362	00:43:54	00:43:20	13.85	00:22:33 / 371 [13.30]
375	2790	SZWAJKOWSKI PAWEŁ	WARSZAWA		74	M30/137	(M)363	00:43:55	00:43:24	13.82	00:22:17 / 332 [13.46]
376	2186	ZEGADŁO kacper	WARSZAWA		93		(M)364	00:43:55	00:43:29	13.80	00:22:11 / 308 [13.52]
377	1158	AUGUŚCIK Mariusz	MYSIADŁO	LAFARGE GIPS	63	M40/67	(M)365	00:43:56	00:43:06	13.92	00:23:34 / 614 [12.73]
378	5580	JĘDRYCH Leszek	WARSZAWA	BRĄK	74	M30/138	(M)366	00:43:57	00:43:53	13.67	00:21:48 / 262 [13.76]
379	2255	GRABARCZYK Marcin	WARSZAWA		68	M40/68	(M)367	00:43:57	00:43:13	13.88	00:23:12 / 534 [12.93]
380	2799	SĘDECKI Piotr	SKIERNIEWICE		62	M40/69	(M)368	00:43:59	00:43:28	13.80	00:22:51 / 443 [13.13]
381	1984	SZTUBECKI MICHAŁ	WARSZAWA		72	M30/139	(M)369	00:44:00	00:43:12	13.89	00:22:27 / 359 [13.36]
382	5083	KALINOWSKI Arkadiusz	MIŃSK MAZOWIECKI		72	M30/140	(M)370	00:44:00	00:43:32	13.78	00:22:06 / 300 [13.57]
383	2916	KACZOROWSKI Michał	ŁÓDŹ		88	M20/106	(M)371	00:44:00	00:43:42	13.73	00:22:14 / 319 [13.49]
384	4000	SABADASZ Tomasz	WARSZAWA	PIRANIA TARGÓWEK	75	M30/141	(M)372	00:44:00	00:43:14	13.88	00:22:44 / 409 [13.20]
385	2923	PAWELEC Agnieszka	ZĄBK		86	K20/4	(K)13	00:44:00	00:43:41	13.74	00:22:14 / 320 [13.49]
386	2224	ŁASZCZUK Witold	WARSZAWA	GAZETA WYBORCZA	59	M50/20	(M)373	00:44:00	00:43:37	13.76	00:22:52 / 444 [13.12]
387	2455	KAWECKI Paweł	GRÓJEC		72	M30/142	(M)374	00:44:01	00:44:01	13.63	00:23:20 / 563 [12.86]
388	3379	ROGSCH Damian	WARSZAWA		86	M20/107	(M)375	00:44:01	00:43:52	13.68	00:21:54 / 271 [13.70]
389	4392	ZDZIECHOWSKI Szymon	WARSZAWA		79	M30/143	(M)376	00:44:02	00:43:18	13.86	00:22:48 / 427 [13.16]
390	4045	WIEŚNIAK Dariusz	WARSZAWA		78	M30/144	(M)377	00:44:02	00:43:04	13.93	00:23:14 / 545 [12.91]
391	1987	LEMANOWICZ Łukasz	MIŃSK MAZOWIECKI	BRĄK	85	M20/108	(M)378	00:44:03	00:43:08	13.91	00:23:13 / 540 [12.92]
392	2624	KOWALCZYK Maciej	MIŃSK MAZOWIECKI	KB-DEPTAK	89	M20/109	(M)379	00:44:03	00:43:08	13.91	00:23:14 / 542 [12.91]
393	1578	ZAWISTOWSKI ARTUR	WARSZAWA	WARSZAWIAKY	76	M30/145	(M)380	00:44:04	00:43:36	13.76	00:22:16 / 324 [13.47]
394	6645	KMIEC Robert			89	M20/110	(M)381	00:44:04	00:43:32	13.78	00:22:44 / 411 [13.20]
395	956	RZESZUTEK Urszula	TRUSKAW	VEGERUNNERS	86	K20/5	(K)14	00:44:05	00:43:22	13.84	00:23:07 / 507 [12.98]
396	1480	LITWINIUK Jakub	WARSZAWA		90		(M)382	00:44:05	00:43:55	13.66	00:22:55 / 458 [13.09]
397	4025	LYPINSKI MIKAEL	WARSZAWA		75	M30/146	(M)383	00:44:05	00:43:49	13.69	00:22:48 / 428 [13.16]
398	5189	PRÓCHNIAK Marcin	WARSZAWA		88	M20/111	(M)384	00:44:06	00:43:29	13.80	00:22:36 / 379 [13.27]
399	1680	KULIŃSKI Artur	ORZYSZ	BIEGAJZNA.MI.PL	76	M30/147	(M)385	00:44:08	00:43:28	13.80	00:22:43 / 408 [13.21]
400	1905	MARTYS Wojciech	WARSZAWA		79	M30/148	(M)386	00:44:08	00:44:08	13.60	00:23:19 / 562 [12.87]
401	571	SKALSKI Piotr	GRODZISK MAZOWIECKI		67	M40/70	(M)387	00:44:09	00:43:38	13.75	00:22:50 / 441 [13.14]
402	1846	BARBARSKI DARIUSZ	NOWE MIASTO		70	M30/149	(M)388	00:44:09	00:43:20	13.85	00:23:05 / 495 [13.00]
403	4091	SITO Piotr	WARSZAWA	ACCELERATE	80	M20/112	(M)389	00:44:10	00:44:02	13.63	00:22:13 / 314 [13.50]
404	688	WALIGÓRSKI Tomasz	MARKI		72	M30/150	(M)390	00:44:11	00:43:49	13.69	00:22:21 / 341 [13.42]
405	3907	ŚPIEWAK Karol	MARKI		73	M30/151	(M)391	00:44:11	00:43:39	13.75	00:22:43 / 407 [13.21]
406	2024	MATRASZEK Artur	WARSZAWA		65	M40/71	(M)392	00:44:11	00:44:02	13.63	00:22:43 / 406 [13.21]
407	5566	HAŁAJCZAK Magdalena	POZNĄ	ATHLETIC-BODY	79	K30/9	(K)15	00:44:13	00:43:42	13.73	00:22:47 / 419 [13.17]
408	1301	ABRAMCZYK Roman	WARSZAWA	ACTION	78	M30/152	(M)393	00:44:13	00:43:51	13.68	00:22:48 / 430 [13.16]
409	5532	GOGŁUSKA Robert	KULIGÓW		73	M30/153	(M)394	00:44:13	00:44:11	13.58	00:22:37 / 381 [13.26]
410	3440	OLSZÓWKA jaroław	WARSZAWA		72	M30/154	(M)395	00:44:14	00:43:21	13.84	00:23:15 / 548 [12.90]
411	5523	GMITEREK Tomasz	LUBLIN		72	M30/155	(M)396	00:44:15	00:43:33	13.78	00:22:44 / 412 [13.20]
412	3612	CYRA Piotr	WARSZAWA	ERA RUNNING TEAM	75	M30/156	(M)397	00:44:16	00:43:28	13.80	00:23:07 / 506 [12.98]
413	3611	PLACHCIŃSKI Patryk	WARSZAWA	ERA RUNNING TEAM	74	M30/157	(M)398	00:44:16	00:43:28	13.80	00:23:07 / 508 [12.98]
414	879	KOMAR ANDRZEJ	ZIELONY KĄT	BRĄK	76	M30/158	(M)399	00:44:17	00:43:50	13.69	00:23:14 / 546 [12.91]
415	6589	BERTHEL Frederic	WARSZAWA		65	M40/72	(M)400	00:44:17	00:44:10	13.58	00:21:55 / 276 [13.69]
416	3936	FRYDRYCH piotr	WARSZAWA		71	M30/159	(M)401	00:44:18	00:44:07	13.60	00:21:53 / 269 [13.71]
417	850	LATUSZEK Michał	GARWOLIN		94		(M)402	00:44:18	00:43:00	13.95	00:22:54 / 452 [13.10]
418	6635	TUSCHER Jakub	GDAŃSK		82	M20/113	(M)403	00:44:18	00:43:46	13.71	00:23:05 / 493 [13.00]
419	2409	BANACH Krzysztof	LUBLIN	OSŹW MIŃSK MAZOWIECKI	72	M30/160	(M)404	00:44:19	00:43:30	13.79	00:22:35 / 377 [13.28]
420	6621	ALCHIMOWICZ Krzysztof					(M)405	00:44:19	00:43:40	13.74	00:22:13 / 317 [13.50]
421	4519	KOWALIK Łukasz	WARSZAWA	KW WARSZAWA	77	M30/161	(M)406	00:44:19	00:43:09	13.90	00:23:27 / 596 [12.79]
422	2229	NIEDŹWIADEK Czesław	WARSZAWA	DOWÓDZTWO GARNIZONU WARSZAWA	56	M50/21	(M)407	00:44:19	00:44:01	13.63	00:22:50 / 438 [13.14]
423	3380	LIS Emil	GRÓJEC		83	M20/114	(M)408	00:44:19	00:43:21	13.84	00:22:04 / 295 [13.60]
424	4963	STARZEWSKI Marcin	WARSZAWA		76	M30/162	(M)409	00:44:20	00:43:35	13.77	00:22:57 / 467 [13.07]
425	2160	STABIŃSKI Michał	GÓLDAP	BRĄK	83	M20/115	(M)410	00:44:21	00:42:04	14.26	00:24:00 / 721 [12.50]
426	1045	JACQUES Krzysztof	WARSZAWA		57	M50/22	(M)411	00:44:21	00:43:44	13.72	00:23:10 / 520 [12.95]
427	6268	TRYBULEWICZ Marek	BALIGRÓD		77	M30/163	(M)412	00:44:22	00:43:40	13.74	00:22:41 / 403 [13.23]
428	2748	ŁAPIŃSKI Adrian	HALINÓW		91		(M)413	00:44:22	00:43:46	13.71	00:22:26 / 358 [13.37]
429	5611	JUDKA Władysław	MIŃSK MAZOWIECKI	KB DREPTAK	59	M50/23	(M)414	00:44:23	00:43:49	13.69	00:22:22 / 346 [13.41]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
430	1681	KIESLICH Mariusz	POZNAŃ	BRYLANT KÓRNIK	62	M40/73	(M)415	00:44:23	00:43:43	13.72	00:22:39 / 389 [13.25]
431	4448	PLOCKE Michał	STARZYNO		87	M20/116	(M)416	00:44:23	00:44:16	13.55	00:21:51 / 267 [13.73]
432	3835	WALLACE Scott	WARSZAWA		71	M30/164	(M)417	00:44:23	00:43:24	13.82	00:22:56 / 462 [13.08]
433	4260	PRUCHNIEWSKI Sławomir	WARSZAWA		79	M30/165	(M)418	00:44:23	00:44:01	13.63	00:22:49 / 431 [13.15]
434	5615	JÓZWIK Waldemar	WARSZAWA	ADAMED RUNNING	78	M30/166	(M)419	00:44:23	00:44:12	13.57	00:22:21 / 342 [13.42]
435	3216	SIKORZEWSKI WOJCIECH	WARSZAWA		72	M30/167	(M)420	00:44:24	00:43:52	13.68	00:22:55 / 455 [13.09]
436	1630	GRANICKI Krzysztof	WARSZAWA		70	M30/168	(M)421	00:44:24	00:43:51	13.68	00:22:51 / 442 [13.13]
437	15	WICIŃSKI Rafał	MICHAŁÓW-GRABINA	POWERADE	68	M40/74	(M)422	00:44:24	00:44:19	13.54	00:22:53 / 448 [13.11]
438	5435	CYNOWSKA Katarzyna	WARSZAWA	CSTEAM	85	K20/6	(K)16	00:44:25	00:43:31	13.79	00:22:57 / 466 [13.07]
439	2689	KALINOWSKI MIROSŁAW	WARSZAWA	ŁADEKS	69	M40/75	(M)423	00:44:26	00:44:26	13.50	00:23:14 / 544 [12.91]
440	5996	SAWASTYNOWICZ Jacek	BIAŁYSTOK	PODLASKI KLUB BIEGOWY	88	M20/117	(M)424	00:44:27	00:43:58	13.65	00:22:39 / 391 [13.25]
441	3714	BEZULSKI Łukasz	WARSZAWA	HALABANY ZENONA	85	M20/118	(M)425	00:44:27	00:43:52	13.68	00:23:11 / 527 [12.94]
442	3174	KLIMONT Bogdan	WARSZAWA	STYX	66	M40/76	(M)426	00:44:28	00:43:35	13.77	00:22:50 / 437 [13.14]
443	942	MALARCZYK Sławomir	WARSZAWA		83	M20/119	(M)427	00:44:28	00:44:01	13.63	00:22:30 / 363 [13.33]
444	1135	MARIANŚKI Norbert	KARCZEW		75	M30/169	(M)428	00:44:29	00:43:09	13.90	00:23:29 / 599 [12.78]
445	1644	ŁOBACZ Wojciech	BIAŁYSTOK		87	M20/120	(M)429	00:44:30	00:43:41	13.74	00:23:39 / 632 [12.68]
446	4920	PULAWSKI Bogusław	KADZIDŁO		68	M40/77	(M)430	00:44:30	00:44:14	13.56	00:22:36 / 378 [13.27]
447	3828	ZDANOWICZ Maciej	GRODZISK MAZOWIECKI	NIE NALEŻĘ DO KLABU	87	M20/121	(M)431	00:44:30	00:43:20	13.85	00:23:31 / 606 [12.76]
448	4783	PUCZYŁOWSKI Tomasz	WARSZAWA	BIEGAMY Z OCHOTĄ	74	M30/170	(M)432	00:44:31	00:43:42	13.73	00:23:02 / 478 [13.02]
449	5441	CZARNOTA KAZIMIERZ	SZCZYTNO	AKB SZCZYTNO	60	M40/78	(M)433	00:44:32	00:44:32	13.47	00:23:05 / 491 [13.00]
450	2454	ANTONIEWICZ Jerzy	GRÓJEC		70	M30/171	(M)434	00:44:33	00:43:13	13.88	00:23:21 / 567 [12.85]
451	2192	BIAŁEK Marcin	WARSZAWA	KB NIKE	69	M40/79	(M)435	00:44:33	00:43:32	13.78	00:23:42 / 639 [12.66]
452	4306	ŁUKOMSKI Łukasz	WARSZAWA	WOJOWNICZE ŻÓŁWIE NINJA	82	M20/122	(M)436	00:44:34	00:44:02	13.63	00:23:05 / 492 [13.00]
453	5070	MARCINIAK Sebastian	SULĘCIN	AZS WAT WARSZAWA	89	M20/123	(M)437	00:44:34	00:44:10	13.58	00:22:29 / 362 [13.34]
454	3912	SZUDER Przemysław	WARSZAWA		78	M30/172	(M)438	00:44:35	00:43:52	13.68	00:23:13 / 537 [12.92]
455	2552	TARNOWSKI Stanisław	WARSZAWA		82	M20/124	(M)439	00:44:37	00:43:26	13.81	00:23:17 / 553 [12.88]
456	3145	RODAK Paweł	ŻYWIEC		84	M20/125	(M)440	00:44:37	00:43:37	13.76	00:23:40 / 635 [12.68]
457	694	DLUGOŁĘCKI Piotr	ŁÓDŹ	KB ARTURÓWEK ŁÓDŹ	64	M40/80	(M)441	00:44:37	00:43:40	13.74	00:23:13 / 541 [12.92]
458	5816	MINAKOWSKI Piotr	KIELCZÓW	KB KSAWERÓW	86	M20/126	(M)442	00:44:38	00:43:53	13.67	00:23:06 / 499 [12.99]
459	5919	PIETRZAK ARKADIUSZ	KONIN	LAFARGE	69	M40/81	(M)443	00:44:38	00:44:03	13.62	00:23:12 / 532 [12.93]
460	863	PIETROŃ Błażej	WARSZAWA		92		(M)444	00:44:40	00:43:57	13.65	00:23:03 / 483 [13.02]
461	1665	RASZTAWICKI Dariusz	MILANÓWEK		81	M20/127	(M)445	00:44:40	00:43:21	13.84	00:23:08 / 511 [12.97]
462	837	RZEPNIEWSKI Wojciech	WARSZAWA		51	M50/24	(M)446	00:44:40	00:43:50	13.69	00:23:06 / 497 [12.99]
463	1189	DMYTRUK ANDRZEJ	WARSZAWA		93		(M)447	00:44:41	00:42:42	14.05	00:23:54 / 689 [12.55]
464	6282	URBAŃSKI MAREK	ŁAŃCUT		60	M40/82	(M)448	00:44:41	00:44:40	13.43	00:22:04 / 293 [13.60]
465	701	KWIECIEŃ Jakub	JAROSŁAW	JKS JAROSŁAW	89	M20/128	(M)449	00:44:41	00:44:41	13.43	00:23:10 / 525 [12.95]
466	6160	RADOMSKI Grzegorz	WOŁOMIN	LECHICI ZIELONKA	63	M40/83	(M)450	00:44:41	00:44:22	13.52	00:22:53 / 449 [13.11]
467	3020	DZIENNIKARZ vip			09		(M)451	00:44:42	00:44:22	13.52	00:22:18 / 335 [13.45]
468	4468	ZAKRZEWSKI Mateusz	WARSZAWA		82	M20/129	(M)452	00:44:42	00:44:13	13.57	00:22:49 / 434 [13.15]
469	5390	BONAWENTURCZAK ANDRZEJ	KROSNIIEWICE	EXPOM KROSNIIEWICE	66	M40/84	(M)453	00:44:42	00:44:11	13.58	00:23:03 / 485 [13.02]
470	4708	JURGA Bartosz	WARSZAWA		76	M30/173	(M)454	00:44:43	00:43:53	13.67	00:23:10 / 522 [12.95]
471	3876	ŁOCZEWSKI Paweł	SZCZECIN		61	M40/85	(M)455	00:44:43	00:43:52	13.68	00:23:16 / 551 [12.89]
472	370	PIĄTEK ŁUKASZ	WARSZAWA		79	M30/174	(M)456	00:44:43	00:44:11	13.58	00:21:56 / 278 [13.68]
473	5745	LESZCZYŃSKI paweł	WARSZAWA	MARZYCIELE Z WAWRA	60	M40/86	(M)457	00:44:43	00:44:16	13.55	00:22:25 / 353 [13.38]
474	5154	BZURA Jacek	WARSZAWA	IM 2010	75	M30/175	(M)458	00:44:44	00:44:12	13.57	00:23:10 / 524 [12.95]
475	3101	PSZCZÓŁKOWSKI Artur	WARSZAWA	MARATONYPOLSKIE PL TEAM	74	M30/176	(M)459	00:44:45	00:43:54	13.67	00:23:25 / 591 [12.81]
476	5984	SARATA Jakub	KRAKÓW	TB ENDO WSE	87	M20/130	(M)460	00:44:46	00:43:30	13.79	00:23:19 / 559 [12.87]
477	3901	PAUWELS Pascal	GRODZISK MAZOWIECKI		68	M40/87	(M)461	00:44:47	00:44:07	13.60	00:22:40 / 401 [13.24]
478	1081	BIEL Artur	WARSZAWA	SPÓJNIA WARSZAWA	77	M30/177	(M)462	00:44:47	00:44:25	13.51	00:23:01 / 476 [13.03]
479	509	HAJDACKI Rafał	WARSZAWA		80	M20/131	(M)463	00:44:47	00:43:58	13.65	00:23:12 / 528 [12.93]
480	1661	ŚLIWA Krzysztof	WARSZAWA		85	M20/132	(M)464	00:44:48	00:44:20	13.53	00:23:09 / 516 [12.96]
481	5475	DWORZAŃSKI Tomasz	LUBLIN	DWORZTEAM	80	M20/133	(M)465	00:44:48	00:43:22	13.84	00:24:01 / 729 [12.49]
482	80	ŁUKOMSKI Janusz	WARSZAWA		78	M30/178	(M)466	00:44:49	00:44:19	13.54	00:22:40 / 399 [13.24]
483	3695	ZDANOWICZ Artur	WARSZAWA		75	M30/179	(M)467	00:44:49	00:43:56	13.66	00:23:19 / 561 [12.87]
484	2297	SUTARCZYK Marek	WARSZAWA	OSIR WARSZAWA BEMOWO	55	M50/25	(M)468	00:44:49	00:44:27	13.50	00:22:50 / 436 [13.14]
485	5791	MAZIŃSKI Andrzej	PRUSZKÓW		78	M30/180	(M)469	00:44:50	00:44:10	13.58	00:23:04 / 489 [13.01]
486	3798	KARCZEWSKI sylwester	WARSZAWA	ENTREPL TEAM	59	M50/26	(M)470	00:44:50	00:44:35	13.46	00:21:57 / 282 [13.67]
487	4548	SZYCIK Waldemar	GRAJEWO	MARATONKA GRAJEWO	69	M40/88	(M)471	00:44:50	00:44:13	13.57	00:23:07 / 500 [12.98]
488	53	CYBULA Sebastian		VIP	09		(M)472	00:44:51	00:43:57	13.65	00:23:18 / 556 [12.88]
489	1169	WIATR Michał	WARSZAWA	SOFTTUTOR	79	M30/181	(M)473	00:44:51	00:44:17	13.55	00:23:16 / 549 [12.89]
490	6264	TOMCZAK Dariusz	SUCHA BESKIDZKA	KS CRACOVIA	85	M20/134	(M)474	00:44:52	00:44:49	13.39	00:22:16 / 327 [13.47]
491	2329	PRZEDPEŁSKI Przemysław	WARSZAWA		74	M30/182	(M)475	00:44:52	00:44:27	13.50	00:23:07 / 502 [12.98]
492	4171	BUGA Jakub	WARSZAWA		88	M20/135	(M)476	00:44:52	00:44:17	13.55	00:23:10 / 519 [12.95]
493	2348	ZAGÓRSKI Jan Jakub	WARSZAWA		78	M30/183	(M)477	00:44:53	00:44:46	13.40	00:22:39 / 393 [13.25]
494	678	SZMAKFEFER Marcin	WARSZAWA		73	M30/184	(M)478	00:44:53	00:44:32	13.47	00:22:24 / 350 [13.39]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
495	3424	JAROSIŃSKI Tomasz	WARSZAWA	URSYNÓW	69	M40/89	(M)479	00:44:53	00:44:26	13.50	00:23:03 / 481 [13.02]
496	2280	RESZKE Michał	WARSZAWA		80	M20/136	(M)480	00:44:54	00:44:26	13.50	00:22:38 / 387 [13.25]
497	3817	SKIBIŃSKI MAREK	LASEK BIELAŃSKI		90		(M)481	00:44:54	00:43:49	13.69	00:23:42 / 640 [12.66]
498	2213	URBAŃSKI Jan	CZOSNÓW		64	M40/90	(M)482	00:44:55	00:44:41	13.43	00:22:15 / 322 [13.48]
499	666	IGNATOWICZ Andrzej	WARSZAWA	AGB	74	M30/185	(M)483	00:44:56	00:44:17	13.55	00:23:17 / 555 [12.88]
500	2541	KLIMASZEWSKI Karol	WARSZAWA	LAURA CHYLICE	87	M20/137	(M)484	00:44:56	00:44:02	13.63	00:22:48 / 429 [13.16]
501	6605	WARKIEWICZ Paweł			81	M20/138	(M)485	00:44:56	00:43:36	13.76	00:24:10 / 768 [12.41]
502	5342	BALICKI Jacek	ŁÓDŹ	BIEGACZ NOWOSOLNA	63	M40/91	(M)486	00:44:57	00:44:40	13.43	00:22:57 / 464 [13.07]
503	3839	DZIOBA Michał	SOPOT	TWISTER TRÓJMIASTO	73	M30/186	(M)487	00:44:57	00:44:04	13.62	00:23:21 / 568 [12.85]
504	2962	DAJCZER Rafał	WARSZAWA		77	M30/187	(M)488	00:44:57	00:44:23	13.52	00:23:21 / 569 [12.85]
505	428	NIEMIRA Michał	WARSZAWA		84	M20/139	(M)489	00:44:58	00:44:42	13.42	00:22:45 / 416 [13.19]
506	4190	SZWEDZIK Krzysztof	WARSZAWA		61	M40/92	(M)490	00:44:58	00:44:39	13.44	00:22:35 / 374 [13.28]
507	3785	DARUK Piotr	WARSZAWA	NZ	79	M30/188	(M)491	00:44:59	00:43:56	13.66	00:23:30 / 603 [12.77]
508	6278	TYBURSKI Mariusz	PAWLOWO KOSCIELNE		76	M30/189	(M)492	00:44:59	00:44:04	13.62	00:23:08 / 510 [12.97]
509	356	GERAS Ryszard	WARSZAWA		81	M20/140	(M)493	00:45:00	00:44:28	13.49	00:22:12 / 310 [13.51]
510	5964	RIEMER Tomasz	ŁÓDŹ	MKT	65	M40/93	(M)494	00:45:00	00:44:16	13.55	00:22:38 / 386 [13.25]
511	5593	JAMRÓZ Daniel	KOLBUSZOWA		85	M20/141	(M)495	00:45:00	00:44:02	13.63	00:23:56 / 699 [12.53]
512	4665	TURLEJ Dariusz	WARSZAWA	DARTS WARSZAWA	57	M50/27	(M)496	00:45:00	00:43:57	13.65	00:23:45 / 653 [12.63]
513	5458	DOBRZAŃSKI Edward	KĘDZIERZYN-KOŹLE		59	M50/28	(M)497	00:45:01	00:44:54	13.36	00:22:40 / 397 [13.24]
514	5762	LUSAWA Adam	LEGIONOWO	LOTOS JABŁONNA	80	M20/142	(M)498	00:45:01	00:44:29	13.49	00:23:09 / 515 [12.96]
515	1093	CZACHOR Marek	WARSZAWA		82	M20/143	(M)499	00:45:01	00:44:31	13.48	00:23:16 / 550 [12.89]
516	2516	REDA Sławomir	WARSZAWA	KB GYMNASION WARSZAWA	58	M50/29	(M)500	00:45:02	00:44:06	13.61	00:23:36 / 623 [12.71]
517	4055	CIEMSKI Paweł	WARSZAWA		88	M20/144	(M)501	00:45:02	00:44:30	13.48	00:23:28 / 597 [12.78]
518	6356	WÓJCIK Marcin	BRODNICA	JW 3537	77	M30/190	(M)502	00:45:02	00:45:02	13.32	
519	2751	ZARZECKI Karol	WARSZAWA		91		(M)503	00:45:02	00:43:01	13.95	00:24:29 / 852 [12.25]
520	2546	STACHURSKI Artur	WARSZAWA	DRŻYM TEAM	77	M30/191	(M)504	00:45:02	00:44:53	13.37	00:22:52 / 446 [13.12]
521	3360	MICHAŁOWSKI Włodzimierz	GRODZISK MAZOWIECKI		76	M30/192	(M)505	00:45:02	00:44:27	13.50	00:23:22 / 575 [12.84]
522	1957	STAŃSKI SŁAWOMIR	WARSZAWA		61	M40/94	(M)506	00:45:03	00:43:54	13.67	00:23:34 / 618 [12.73]
523	5300	ŁUŃSKI Zbigniew	MRAĞOWO		52	M50/30	(M)507	00:45:03	00:44:31	13.48	00:23:05 / 494 [13.00]
524	305	OLCZAK Janusz	WARSZAWA		64	M40/95	(M)508	00:45:04	00:44:50	13.38	00:22:40 / 395 [13.24]
525	3764	BRZUSZCZYŃSKI Jacek	WARSZAWA		76	M30/193	(M)509	00:45:04	00:44:54	13.36	00:22:47 / 422 [13.17]
526	1574	KOLASIŃSKI Paweł	WARSZAWA		57	M50/31	(M)510	00:45:05	00:44:34	13.46	00:23:22 / 574 [12.84]
527	590	WAWER Piotr	WARSZAWA		83	M20/145	(M)511	00:45:05	00:44:13	13.57	00:23:11 / 526 [12.94]
528	2797	ZATORSKI Mirosław	WARSZAWA	PEKARI	70	M30/194	(M)512	00:45:05	00:44:11	13.58	00:23:17 / 554 [12.88]
529	533	LORANC Przemysław	PIASECZNO	KTE TRAMP	87	M20/146	(M)513	00:45:06	00:44:12	13.57	00:24:05 / 746 [12.46]
530	2487	SOBIESKI Janusz	WARSZAWA		71	M30/195	(M)514	00:45:06	00:44:39	13.44	00:23:03 / 479 [13.02]
531	5579	JĘDRASZEK Daniel	BRODNICA	JW 3537	86	M20/147	(M)515	00:45:06	00:44:15	13.56	00:23:21 / 570 [12.85]
532	256	DĘBEK Krzysztof	WARSZAWA		09		(M)516	00:45:07	00:44:58	13.34	00:22:55 / 454 [13.09]
533	254	LEWANDOWSKI Robert	WARSZAWA		76	M30/196	(M)517	00:45:07	00:44:59	13.34	00:22:55 / 460 [13.09]
534	2011	DZIEWICKI Damian	WARSZAWA	AZS UW WARSZAWA	91		(M)518	00:45:08	00:44:51	13.38	00:22:49 / 435 [13.15]
535	4558	CZUBA SŁAWOMIR	WARSZAWA		77	M30/197	(M)519	00:45:08	00:44:59	13.34	00:23:02 / 477 [13.02]
536	2098	NOWAKOWSKI Wojciech	WARSZAWA		92		(M)520	00:45:08	00:43:57	13.65	00:24:00 / 724 [12.50]
537	2193	BOGUSZEWSKI Piotr	WOŁOMIN		81	M20/148	(M)521	00:45:08	00:44:10	13.58	00:24:21 / 819 [12.32]
538	5058	PIASECKI Tomasz	WARSZAWA	OTK RZEŹNIK	80	M20/149	(M)522	00:45:09	00:43:27	13.81	00:24:12 / 777 [12.40]
539	1376	WOJCIESKI Tomasz	WARSZAWA	ACTION	71	M30/198	(M)523	00:45:09	00:44:55	13.36	00:22:26 / 357 [13.37]
540	5786	MARTE Michał	WARSZAWA		75	M30/199	(M)524	00:45:09	00:44:51	13.38	00:22:37 / 382 [13.26]
541	6353	WYSOCKI Rafał	SIEDLCE	KSS EKONOMIK SIEDLCE	90		(M)525	00:45:10	00:44:36	13.45	00:23:03 / 484 [13.02]
542	3859	MRUGAŁA Wojciech	WARSZAWA	AZS WAT	87	M20/150	(M)526	00:45:10	00:44:13	13.57	00:23:35 / 622 [12.72]
543	655	ZAŁEWSKI Marcin	WARSZAWA	CANOR ANTICUS	52	M50/32	(M)527	00:45:11	00:44:40	13.43	00:23:06 / 496 [12.99]
544	1693	GRUCHOT maciej	PRZYSUCHA		90		(M)528	00:45:11	00:44:56	13.35	00:22:26 / 356 [13.37]
545	4538	PAPARO RICCARDO	WARSZAWA	WŁOCHY	72	M30/200	(M)529	00:45:12	00:44:55	13.36	00:22:55 / 453 [13.09]
546	1716	SZYMCAKOWSKI tadeusz	RAWA MAZOWIECKA		54	M50/33	(M)530	00:45:13	00:44:34	13.46	00:23:46 / 662 [12.62]
547	4935	BANACKI Sławomir	WARSZAWA	LETNII'S GO RUN TEAM	72	M30/201	(M)531	00:45:14	00:44:12	13.57	00:23:58 / 712 [12.52]
548	5054	WRÓBLEWSKI Maciej	WARSZAWA		85	M20/151	(M)532	00:45:15	00:43:47	13.70	00:24:14 / 786 [12.38]
549	2801	SKWIRUT Michał	WARSZAWA	POLSKA BIEGA	76	M30/202	(M)533	00:45:15	00:44:53	13.37	00:22:23 / 348 [13.40]
550	3808	MUCHOWICZ Paweł	GORZÓW		74	M30/203	(M)534	00:45:16	00:44:07	13.60	00:24:32 / 863 [12.23]
551	5526	GOŚ Zbigniew	OBÓRKI		85	M20/152	(M)535	00:45:16	00:44:24	13.51	00:25:08 / 1011 [11.94]
552	203	JALOCHA Waldemar		POLICJA	09		(M)536	00:45:16	00:45:11	13.28	00:22:16 / 326 [13.47]
553	5335	BAĆMAGA Grzegorz	RADOM		68	M40/96	(M)537	00:45:17	00:44:24	13.51	00:23:41 / 636 [12.67]
554	2057	POŁASKI Dariusz	RADZYMIN		75	M30/204	(M)538	00:45:18	00:44:22	13.52	00:23:54 / 692 [12.55]
555	5609	JENKINS Chris	WARSAW	WILANOW COFFIN DODGERS	47	M60/3	(M)539	00:45:18	00:45:18	13.25	00:24:25 / 835 [12.29]
556	5801	MIATKOWSKI Błażej	WARSZAWA		70	M30/205	(M)540	00:45:18	00:44:28	13.49	00:23:37 / 626 [12.70]
557	794	PILIPIUK Bartosz	BIĄŁYSTOK		86	M20/153	(M)541	00:45:18	00:44:51	13.38	00:22:40 / 400 [13.24]
558	5263	DERDZIŃSKI Marek	ŁOMIAŃKI		69	M40/97	(M)542	00:45:19	00:44:23	13.52	00:23:37 / 624 [12.70]
559	454	LENARCZYK Jakub	WARSZAWA		78	M30/206	(M)543	00:45:19	00:44:39	13.44	00:22:52 / 445 [13.12]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
560	4460	KOŹUCHOWSKI KRZYSZTOF	WARSZAWA		68	M40/98	(M)544	00:45:19	00:45:07	13.30	00:22:59 / 471 [13.05]
561	1446	BONIEWSKA Karolina	WARSZAWA	MKS POLONIA WARSZAWA	82	K20/7	(K)17	00:45:19	00:45:19	13.24	00:23:26 / 592 [12.80]
562	4030	KACZOREK Robert	WARSZAWA		52	M50/34	(M)545	00:45:19	00:44:53	13.37	00:23:08 / 514 [12.97]
563	4277	KOROSCIK tomasz	WARSZAWA	MOKRA13	68	M40/99	(M)546	00:45:20	00:45:03	13.32	00:22:50 / 439 [13.14]
564	4550	GABRYŚ Aleksander	WARSZAWA	DELOITTE ADVENTURE TEAM	81	M20/154	(M)547	00:45:20	00:45:15	13.26	00:22:34 / 372 [13.29]
565	2548	SADOWSKI Adrian	SZCZYTNO	KOMENDA MIEJSKA PAŃSTWOWEJ STRAŻY PO	88	M20/155	(M)548	00:45:20	00:45:03	13.32	00:22:22 / 344 [13.41]
566	2633	MIKOŁAJCZYK Marta	WARKA		48	K60/1	(K)18	00:45:20	00:45:11	13.28	00:22:49 / 432 [13.15]
567	2659	MALESKA Janusz	DOBRODZIEŃ	NIEZRZESZONY	81	M20/156	(M)549	00:45:21	00:44:36	13.45	00:23:47 / 668 [12.61]
568	2660	KOPREK Edmund	DOBRODZIEŃ	WKB META LUBLINIEC	60	M40/100	(M)550	00:45:21	00:44:36	13.45	00:23:47 / 667 [12.61]
569	1818	STACHURA Marcin	WARSZAWA	KB GYMNASION	74	M30/207	(M)551	00:45:21	00:45:01	13.33	00:23:23 / 580 [12.83]
570	5928	POLEWACZ Paweł	OLSZTYN		68	M40/101	(M)552	00:45:22	00:45:06	13.30	00:23:23 / 581 [12.83]
571	6143	CHAZANOW Adam	WARSZAWA		73	M30/208	(M)553	00:45:22	00:44:29	13.49	00:23:46 / 659 [12.62]
572	1676	KRÓL kamil	MIŃSK MAZOWIECKI		92		(M)554	00:45:22	00:45:12	13.27	00:23:07 / 504 [12.98]
573	4676	ZABŁOCKI Jakub	WARSZAWA	LECHICI ZIELONKA	78	M30/209	(M)555	00:45:23	00:44:03	13.62	00:23:45 / 650 [12.63]
574	4409	RUSTECKI Mariusz	WARSZAWA		73	M30/210	(M)556	00:45:24	00:44:49	13.39	00:23:55 / 697 [12.54]
575	2441	JAROSIŃSKI Arkadiusz	WARSZAWA		77	M30/211	(M)557	00:45:24	00:44:55	13.36	00:23:04 / 487 [13.01]
576	224	BADOWSKI Krzysztof		CROSS	09		(M)558	00:45:25	00:44:52	13.37	00:23:59 / 717 [12.51]
577	3270	ONYSZCZUK Jarosław	WARSZAWA		70	M30/212	(M)559	00:45:26	00:43:57	13.65	00:24:10 / 767 [12.41]
578	3814	LIGOWSKI Maciej	WARSZAWA		80	M20/157	(M)560	00:45:27	00:44:48	13.39	00:23:48 / 669 [12.61]
579	1783	CHUDECKI KAMIL	WARSZAWA		69	M40/102	(M)561	00:45:27	00:45:03	13.32	00:22:49 / 433 [13.15]
580	1835	KREPS Andrzej	WARSZAWA	CARSERVIS	67	M40/103	(M)562	00:45:28	00:44:42	13.42	00:23:13 / 539 [12.92]
581	862	PIETROŃ Mirosław	WARSZAWA	WSB CYTADELA	60	M40/104	(M)563	00:45:28	00:45:28	13.20	00:23:19 / 558 [12.87]
582	1217	MUZYKA Michał	WARSZAWA	KOPYTKO	71	M30/213	(M)564	00:45:28	00:42:47	14.02	00:25:10 / 1024 [11.92]
583	1488	LASOCKI Piotr	WARSZAWA		81	M20/158	(M)565	00:45:28	00:44:43	13.42	00:23:38 / 627 [12.69]
584	1839	KUŹNIEWSKA Małgorzata	WARSZAWA	CARSERVIS	77	K30/10	(K)19	00:45:29	00:44:43	13.42	00:23:14 / 543 [12.91]
585	6607	GRONO Krzysztof					(M)566	00:45:29	00:44:42	13.42	00:23:50 / 678 [12.59]
586	6250	SZYMAŃSKI Dariusz	KLECZEW	OSIR KLECZEW	67	M40/105	(M)567	00:45:30	00:44:52	13.37	00:23:40 / 634 [12.68]
587	4238	SKOCZYŁAS Tomasz	WARSZAWA		69	M40/106	(M)568	00:45:30	00:44:35	13.46	00:24:05 / 741 [12.46]
588	2555	SWORCZUK Paweł	MIĘDZYRZEC PODLASKI	WOJSKOWE CENTRUM GEOGRAFICZNE	81	M20/159	(M)569	00:45:31	00:44:08	13.60	00:24:24 / 830 [12.30]
589	5386	BOGUCKI PAWEŁ	ŁASKARZEW		83	M20/160	(M)570	00:45:31	00:44:19	13.54	00:23:58 / 709 [12.52]
590	1367	WIKA Jakub	WARSZAWA	ACTION	74	M30/214	(M)571	00:45:31	00:45:00	13.33	00:23:12 / 530 [12.93]
591	6609	KOWALEWSKI Jan					(M)572	00:45:32	00:44:53	13.37	00:23:47 / 664 [12.61]
592	3815	DAMAZ Arkadiusz	WARSZAWA		71	M30/215	(M)573	00:45:34	00:45:12	13.27	00:22:43 / 405 [13.21]
593	4604	ŚLIWIŃSKI LUKASZ	RUMIA		83	M20/161	(M)574	00:45:35	00:44:55	13.36	00:22:34 / 373 [13.29]
594	1723	GRZEGORCZYK Wojciech	WARSZAWA		67	M40/107	(M)575	00:45:36	00:44:38	13.44	00:23:52 / 683 [12.57]
595	842	KĄKOL Bartłomiej	WARSZAWA		81	M20/162	(M)576	00:45:37	00:45:13	13.27	00:22:59 / 473 [13.05]
596	1031	KOŚCIELNIAK Marian	N.DWÓR MAZ.	JOGGER	40	M60/4	(M)577	00:45:37	00:45:16	13.25	00:23:25 / 590 [12.81]
597	5000	KACZMARSKI Robert	PARCZEW		73	M30/216	(M)578	00:45:37	00:44:39	13.44	00:24:28 / 849 [12.26]
598	6365	ZACZYKIEWICZ Maciej	WARSZAWA		60	M40/108	(M)579	00:45:38	00:45:24	13.22	00:23:03 / 480 [13.02]
599	5544	GROJA TOMASZ	ZAWIERCIE	-	85	M20/163	(M)580	00:45:38	00:44:53	13.37	00:22:40 / 398 [13.24]
600	4943	STRUGACZ Jakub	SIEDLCE		82	M20/164	(M)581	00:45:38	00:44:34	13.46	00:23:43 / 641 [12.65]
601	3869	MAZAN Przemysław	WARSZAWA	VEGE RUNNERS	75	M30/217	(M)582	00:45:39	00:44:56	13.35	00:23:39 / 631 [12.68]
602	1918	RAKOCZY Piotr	WARSZAWA		77	M30/218	(M)583	00:45:39	00:44:56	13.35	00:23:05 / 490 [13.00]
603	3713	ZAMOROWSKI ANDRZEJ	WARSZAWA		78	M30/219	(M)584	00:45:40	00:44:54	13.36	00:23:21 / 572 [12.85]
604	5714	KRZESAK Adam	PIASTÓW	KB GYMNASION / IM2010	74	M30/220	(M)585	00:45:40	00:45:01	13.33	00:23:49 / 674 [12.60]
605	5876	OPIŃSKI MAREK	PIASECZNO		59	M50/35	(M)586	00:45:41	00:45:01	13.33	00:23:34 / 616 [12.73]
606	4715	BYLICKI Krzysztof	WARSZAWA		68	M40/109	(M)587	00:45:41	00:45:41	13.13	00:23:32 / 613 [12.75]
607	2533	SZYMCZAK PAWEŁ	SWARZĘDZ	KB MANIAC POZNAŃ	74	M30/221	(M)588	00:45:41	00:44:51	13.38	00:23:46 / 661 [12.62]
608	2378	PUŻNICA Mirosław	JÓZEFÓW		81	M20/165	(M)589	00:45:42	00:44:25	13.51	00:24:06 / 749 [12.45]
609	2299	SMOLIŃSKI Robert	WARSZAWA	ERA RUNNING TEAM	68	M40/110	(M)590	00:45:42	00:44:57	13.35	00:23:25 / 588 [12.81]
610	3862	LUTOBORSKI Cyprian	WARSZAWA	JS 5001 * NTP.PL	76	M30/222	(M)591	00:45:42	00:44:39	13.44	00:23:57 / 705 [12.53]
611	2696	BARABACH Marcin	MARKI		78	M30/223	(M)592	00:45:43	00:44:49	13.39	00:24:08 / 753 [12.43]
612	2668	ŚWIERCZ Iwona	WARSZAWA	BYLEDOBIEC ANIN	69	K40/1	(K)20	00:45:43	00:45:33	13.17	00:22:55 / 459 [13.09]
613	1573	GOLAŃSKI Robert	WARSZAWA	LASEK BIELAŃSKI TEAM	74	M30/224	(M)593	00:45:44	00:44:18	13.54	00:23:45 / 649 [12.63]
614	3883	KONTNY Bartosz	WARSZAWA		71	M30/225	(M)594	00:45:44	00:45:19	13.24	00:23:20 / 564 [12.86]
615	4937	CORBI Mathieu	WARSZAWA		83	M20/166	(M)595	00:45:44	00:45:12	13.27	00:23:24 / 586 [12.82]
616	4426	ŁYJAK Piotr	WARSZAWA		90		(M)596	00:45:44	00:44:48	13.39	00:23:38 / 629 [12.69]
617	1705	JAWORSKI maciej	WARSZAWA		76	M30/226	(M)597	00:45:44	00:44:50	13.38	00:24:22 / 821 [12.31]
618	3568	KOWALSKI Mikołaj	WARSZAWA		85	M20/167	(M)598	00:45:45	00:45:45	13.11	00:23:59 / 719 [12.51]
619	5855	NIGOT Krzysztof Kropczak	WARSZAWA	9-TA DYWERSYJNA III*ZNIWIARZ III/4A	73	M30/227	(M)599	00:45:45	00:42:47	14.02	00:25:13 / 1045 [11.90]
620	1495	RONIEK Michał	KAJETANY		94		(M)600	00:45:45	00:44:50	13.38	00:23:44 / 644 [12.64]
621	3625	SZAJBE Dariusz	WARSZAWA		70	M30/228	(M)601	00:45:47	00:45:10	13.28	00:23:20 / 565 [12.86]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
622	1407	MORLO Marek	WARSZAWA	ACTION	62	M40/111	(M)602	00:45:47	00:45:01	13.33	00:24:02 / 732 [12.48]
623	4526	BARAŃSKI SZCZEPAN	WARSZAWA		78	M30/229	(M)603	00:45:47	00:45:47	13.11	00:24:25 / 838 [12.29]
624	5138	OPORSKI Paweł	WARSZAWA	NOBLE CONSULTING	80	M20/168	(M)604	00:45:47	00:45:36	13.16	00:23:13 / 535 [12.92]
625	617	KOMOR Mirosław	PIASTÓW		51	M50/36	(M)605	00:45:48	00:45:48	13.10	00:23:45 / 656 [12.63]
626	2978	PAŚNICKI Grzegorz	WARSZAWA	KM PSP M.ST. WARSZAWY	75	M30/230	(M)606	00:45:50	00:44:24	13.51	00:24:18 / 809 [12.35]
627	253	JÓŹWIĄK Marek	WARSZAWA		67	M40/112	(M)607	00:45:51	00:45:41	13.13	00:23:08 / 512 [12.97]
628	252	VICUNA Jose Antonio	WARSZAWA		71	M30/231	(M)608	00:45:51	00:45:41	13.13	00:23:46 / 658 [12.62]
629	5941	PRZEWÓDZKI Janusz	CIECHANÓW	KB PROMYK CIECHANÓW	56	M50/37	(M)609	00:45:51	00:45:25	13.21	00:23:45 / 655 [12.63]
630	5405	BURDACH Robert	TORUŃ		82	M20/169	(M)610	00:45:51	00:45:22	13.23	00:23:01 / 474 [13.03]
631	3547	PYRA Piotr	JÓZEFÓW	UKS FUKS	91		(M)611	00:45:52	00:44:30	13.48	00:24:16 / 798 [12.36]
632	2564	STANKIEWICZ Krzysztof	WARSZAWA	BIK S.A.	71	M30/232	(M)612	00:45:52	00:45:32	13.18	00:23:39 / 630 [12.68]
633	2961	DZIK Grzegorz	WARSZAWA	-	74	M30/233	(M)613	00:45:53	00:45:03	13.32	00:23:13 / 536 [12.92]
634	6169	RYBKOWSKI Grzegorz	PRÓSZKÓW		68	M40/113	(M)614	00:45:53	00:45:20	13.24	00:23:46 / 657 [12.62]
635	440	ŚWIĘCICKI Wojciech	WARSZAWA		63	M40/114	(M)615	00:45:54	00:45:25	13.21	00:23:23 / 578 [12.83]
636	407	BUCIAK Michał	WARSZAWA		72	M30/234	(M)616	00:45:54	00:44:59	13.34	00:23:58 / 711 [12.52]
637	5818	MIROCHA Jan	BIAŁYSTOK		90		(M)617	00:45:54	00:44:55	13.36	00:24:05 / 744 [12.46]
638	885	KUBASZEWSKI Mirosław	WARSZAWA		63	M40/115	(M)618	00:45:54	00:45:27	13.20	00:23:53 / 686 [12.56]
639	5146	KRAWCZYK Piotr	WARSZAWA	STOWARZYSZENIE TERAPETÓW	67	M40/116	(M)619	00:45:55	00:43:30	13.79	00:25:05 / 991 [11.96]
640	1913	SKALSKI MACIEJ	WARSZAWA		71	M30/235	(M)620	00:45:55	00:45:38	13.15	00:23:04 / 488 [13.01]
641	1063	DROGOŃ Arkadiusz	WARSZAWA	KGJ	78	M30/236	(M)621	00:45:55	00:45:41	13.13	00:23:01 / 475 [13.03]
642	3199	BOROWIEC Michał	WARSZAWA		75	M30/237	(M)622	00:45:56	00:45:12	13.27	00:23:54 / 693 [12.55]
643	2545	GAS Adam	WARSZAWA		77	M30/238	(M)623	00:45:56	00:45:35	13.16	00:23:24 / 583 [12.82]
644	2898	LIŚKIEWICZ SYLWIA	WARSZAWA	AZS-AWF WARSZAWA	77	M30/239	(M)624	00:45:57	00:45:46	13.11	00:23:51 / 679 [12.58]
645	3409	HOJDA Marek	CHELM	NIE	66	M40/117	(M)625	00:45:57	00:44:29	13.49	00:24:24 / 833 [12.30]
646	5886	PŁOSZCZYŃSKI Marcin	WARSZAWA		72	M30/240	(M)626	00:45:57	00:44:41	13.43	00:24:18 / 806 [12.35]
647	1718	OLOŚ Krzysztof	LESZNO		79	M30/241	(M)627	00:45:57	00:44:26	13.50	00:24:15 / 792 [12.37]
648	6303	WENTYKIER Piotr	PŁOŃSK	KB.IM PIOTRA SĘKOWSKIEGO	79	M30/242	(M)628	00:45:58	00:45:55	13.07	00:23:09 / 518 [12.96]
649	3160	LUBAŃSKI paweł	WĄBRZEŻNO		88	M20/170	(M)629	00:45:58	00:45:26	13.21	00:23:47 / 663 [12.61]
650	3622	TARNOWSKA Justyna	WIĄZOWNA	Ś.U.K.S POLNA WARSZAWA	79	K30/11	(K)21	00:45:59	00:45:06	13.30	00:24:26 / 840 [12.28]
651	895	BIELECKI Jakub	WARSZAWA	ENTRE.PL TEAM	83	M20/171	(M)630	00:46:00	00:45:33	13.17	00:24:05 / 742 [12.46]
652	3155	KORCZ Dariusz	ŁÓDŹ	POWERADE	63	M40/118	(M)631	00:46:00	00:45:16	13.25	00:23:12 / 533 [12.93]
653	1384	BIELIŃSKA Anna	WARSZAWA	ACTION	66	K40/2	(K)22	00:46:01	00:45:47	13.11	00:23:03 / 482 [13.02]
654	1566	GAĆ Rafał	CHAŚNO	GACEK CHAŚNO	81	M20/172	(M)632	00:46:01	00:45:41	13.13	00:22:53 / 451 [13.11]
655	3769	CZAJA Daniel	WARSZAWA		75	M30/243	(M)633	00:46:02	00:45:32	13.18	00:25:03 / 977 [11.98]
656	2713	ARTYSZUK Mirosław	WARSZAWA	DOWÓDZTWO SIŁ POWIETRZNYCH	60	M40/119	(M)634	00:46:03	00:45:43	13.12	00:23:06 / 498 [12.99]
657	668	LEONIAK Grzegorz	WARSZAWA	ITI ADVENTURE TEAM	66	M40/120	(M)635	00:46:06	00:46:02	13.03	00:23:19 / 560 [12.87]
658	3166	PACAN Łukasz	WARSZAWA		89	M20/173	(M)636	00:46:07	00:45:23	13.22	00:24:32 / 864 [12.23]
659	1172	DĄBROWSKI Robert	WARSZAWA		71	M30/244	(M)637	00:46:08	00:45:29	13.19	00:24:08 / 756 [12.43]
660	1798	KOWALSKI Piotr	WARSZAWA		82	M20/174	(M)638	00:46:09	00:45:28	13.20	00:23:35 / 619 [12.72]
661	5202	KLIMA Wojciech					(M)639	00:46:09	00:44:51	13.38	00:24:01 / 730 [12.49]
662	3483	WOLSKI Wojciech	WARSZAWA		72	M30/245	(M)640	00:46:09	00:45:45	13.11	00:22:58 / 470 [13.06]
663	5376	BIELEŃ Łukasz	KROSNO	WAT	89	M20/175	(M)641	00:46:11	00:44:42	13.42	00:24:10 / 770 [12.41]
664	2644	MICHAŁSKI Maciej	LEGIONOWO		79	M30/246	(M)642	00:46:11	00:46:11	12.99	00:23:54 / 687 [12.55]
665	3358	FUHRMANN Ulrike	WARSZAWA		63	K40/3	(K)23	00:46:11	00:45:15	13.26	00:24:04 / 740 [12.47]
666	4382	BĘBĘŃCA Błażej	WARSZAWA	WESOŁA PIASKOWA	83	M20/176	(M)643	00:46:12	00:45:34	13.17	00:23:18 / 557 [12.88]
667	3231	JĘDRZEJCZYK Marcin	OLSZTYN	KLUB BIEGACZA TPSA	76	M30/247	(M)644	00:46:12	00:45:07	13.30	00:24:36 / 877 [12.20]
668	2558	ORYNEK Michał	WARSZAWA		90		(M)645	00:46:12	00:45:35	13.16	00:23:43 / 643 [12.65]
669	2012	DĄBROWSKI Michał	WARSZAWA	AZS UW WARSZAWA	94		(M)646	00:46:12	00:45:18	13.25	00:23:43 / 642 [12.65]
670	5546	GRUDNIEWSKI Edward	KOZIENICE	ELEKTROWNIA KOZIENICE	55	M50/38	(M)647	00:46:12	00:45:29	13.19	00:23:32 / 612 [12.75]
671	4195	SYSA Przemysław	KRASNOSTAW		86	M20/177	(M)648	00:46:12	00:44:45	13.41	00:24:47 / 921 [12.10]
672	991	KOROL Krzysztof		DB MARATHON TEAM	76	M30/248	(M)649	00:46:13	00:45:17	13.25	00:24:42 / 904 [12.15]
673	5122	STOLA Maciej	WARSZAWA		92		(M)650	00:46:13	00:45:35	13.16	00:22:55 / 457 [13.09]
674	980	KIJEWSKI Adam	WARSZAWA		79	M30/249	(M)651	00:46:14	00:45:14	13.26	00:23:41 / 637 [12.67]
675	4721	BUCZKOWSKI Bartłomiej	SZCZECIN		75	M30/250	(M)652	00:46:14	00:45:38	13.15	00:23:38 / 628 [12.69]
676	1811	TARTANUS Piotr	WARSZAWA		70	M30/251	(M)653	00:46:15	00:45:58	13.05	00:22:53 / 450 [13.11]
677	1087	LEWANDOWSKA Martyna	WARSZAWA	ALE TEMPO	79	K30/12	(K)24	00:46:15	00:45:29	13.19	00:24:00 / 723 [12.50]
678	3703	KOSIOREK Dariusz	WARSZAWA		66	M40/121	(M)654	00:46:16	00:45:06	13.30	00:24:09 / 764 [12.42]
679	4371	STĘPNIEWSKI Emil	RADOM		76	M30/252	(M)655	00:46:16	00:45:10	13.28	00:24:01 / 727 [12.49]
680	2938	GOLCZEWSKI STANISŁAW	KOBYŁKA		76	M30/253	(M)656	00:46:17	00:45:15	13.26	00:23:50 / 675 [12.59]
681	6135	LECHOWSKI Łukasz			09		(M)657	00:46:17	00:45:41	13.13	00:24:09 / 761 [12.42]
682	886	KUBASZEWSKI Krzysztof	WARSZAWA		90		(M)658	00:46:17	00:45:49	13.10	00:23:56 / 703 [12.53]
683	321	ŻERDZICKI Andrzej	WARSZAWA		54	M50/39	(M)659	00:46:18	00:45:38	13.15	00:23:49 / 673 [12.60]
684	1841	ROMANIUK Daniel	WARSZAWA	AIRBIKE	82	M20/178	(M)660	00:46:18	00:44:41	13.43	00:24:15 / 791 [12.37]
685	3317	KOJRO Łukasz	WARSZAWA	ZWIĄZKOWIEC	78	M30/254	(M)661	00:46:19	00:45:23	13.22	00:23:56 / 698 [12.53]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
686	4446	FRELEK Artur	WARSZAWA	SKANDIA	76	M30/255	(M)662	00:46:19	00:45:57	13.06	00:23:26 / 593 [12.80]
687	148	ŚMIGIELSKI Dominik	POZNAŃ		81	M20/179	(M)663	00:46:19	00:45:10	13.28	00:24:40 / 891 [12.16]
688	4616	NIEDUŻAK Dariusz	WARSZAWA		71	M30/256	(M)664	00:46:20	00:45:57	13.06	00:23:26 / 594 [12.80]
689	5429	CIEĆKO Artur	PRZEMYŚL	APTEKA W RYNKU	76	M30/257	(M)665	00:46:20	00:45:06	13.30	00:24:50 / 928 [12.08]
690	3303	KULIK Jacek	GRODZISK MAZOWIECKI		63	M40/122	(M)666	00:46:21	00:44:58	13.34	00:24:26 / 843 [12.28]
691	5838	MUSZCZAK Grzegorz	BYTOM	KOLEGIUM SĘDZIÓW BYTOM	80	M20/180	(M)667	00:46:22	00:45:55	13.07	00:22:55 / 456 [13.09]
692	5573	HENDZELEWSKI Marek	TOMASZÓW MAZ.	TKKF ZNP TOMASZÓW MAZ.	44	M60/5	(M)668	00:46:22	00:46:10	13.00	00:24:03 / 736 [12.47]
693	6562	KOSIAK Paweł	RADOM	UKS TECHNIK RADOM	80	M20/181	(M)669	00:46:23	00:42:41	14.06	00:25:54 / 1225 [11.58]
694	1268	ZIELIŃSKA Emilia	WARSZAWA	BODY RELAX	83	K20/8	(K)25	00:46:24	00:45:46	13.11	00:23:22 / 576 [12.84]
695	314	ŁASIŃSKI Paweł	WARSZAWA	PUMA URBAN RUNNING	83	M20/182	(M)670	00:46:25	00:46:19	12.95	00:23:48 / 670 [12.61]
696	5908	PERON Paweł	RZESZÓW		79	M30/258	(M)671	00:46:25	00:44:08	13.60	00:25:01 / 971 [11.99]
697	6591	BOROWSKI Piotr	WARSZAWA		69	M40/123	(M)672	00:46:25	00:46:19	12.95	00:23:30 / 604 [12.77]
698	536	LEWICKI Tomasz M.	WARSZAWA	MINERAL MIDRANGE S.A.	72	M30/259	(M)673	00:46:25	00:46:25	12.93	00:23:57 / 704 [12.53]
699	4146	RUDZEWICZ Sebastian	WARSZAWA		80	M20/183	(M)674	00:46:25	00:44:29	13.49	00:25:01 / 974 [11.99]
700	6366	ZADROŻNY Kamil	KĄTY	-----	93		(M)675	00:46:25	00:46:13	12.98	00:22:42 / 404 [13.22]
701	4189	ANDRZEJEWSKI Mariusz	POZNAŃ	ERA RUNNING TEAM	81	M20/184	(M)676	00:46:26	00:45:14	13.26	00:24:29 / 853 [12.25]
702	3428	GONDEK ANDRZEJ	WARSZAWA		74	M30/260	(M)677	00:46:26	00:45:55	13.07	00:23:32 / 609 [12.75]
703	3414	SZCZEREK Paweł	WARSZAWA		66	M40/124	(M)678	00:46:27	00:45:08	13.29	00:23:51 / 680 [12.58]
704	5732	KWIATKOWSKI Maciej	SOCHACZEW	GIMNAZJUM NR 3 SOCHACZEW	94		(M)679	00:46:29	00:46:16	12.97	00:22:27 / 360 [13.36]
705	5662	KOBIĄŁKA Marcin	WARSZAWA		85	M20/185	(M)680	00:46:29	00:45:02	13.32	00:25:59 / 1236 [11.55]
706	6346	WRZESIŃSKI Kazimierz	WŁOCŁAWEK		62	M40/125	(M)681	00:46:29	00:46:03	13.03	00:23:44 / 647 [12.64]
707	1383	WAWROWSKI Janusz	WARSZAWA	ACTION	54	M50/40	(M)682	00:46:30	00:45:55	13.07	00:24:00 / 726 [12.50]
708	5587	JABŁOŃSKI Mariusz	RADOM	JW 3463 RADOM	74	M30/261	(M)683	00:46:30	00:45:33	13.17	00:24:17 / 802 [12.35]
709	2629	ŻULIŃSKI Andrzej	WARSZAWA		75	M30/262	(M)684	00:46:30	00:45:08	13.29	00:24:24 / 832 [12.30]
710	4788	TROC Sławomir	WARSZAWA		72	M30/263	(M)685	00:46:31	00:46:24	12.93	00:23:09 / 517 [12.96]
711	3302	KOSSOWSKI Piotr	WARSZAWA		77	M30/264	(M)686	00:46:32	00:45:39	13.14	00:24:25 / 836 [12.29]
712	5479	DYLAŁG piotr	WARSZAWA		67	M40/126	(M)687	00:46:32	00:45:18	13.25	00:23:55 / 696 [12.54]
713	3583	WOŹNIAK Michał	WARSZAWA		69	M40/127	(M)688	00:46:32	00:45:41	13.13	00:24:16 / 796 [12.36]
714	2209	DRABIK Jacek	SKIERNIEWICE		79	M30/265	(M)689	00:46:32	00:45:54	13.07	00:22:53 / 447 [13.11]
715	1278	GRABOWSKI ARTUR	PRZASNYSZ	NIEZRZESZONY	72	M30/266	(M)690	00:46:33	00:44:48	13.39	00:25:20 / 1079 [11.84]
716	595	SKONIECZNY Krzysztof	WROCLAW		83	M20/186	(M)691	00:46:34	00:45:42	13.13	00:23:44 / 648 [12.64]
717	4217	MAĆKOWSKI Paweł	WARSZAWA		81	M20/187	(M)692	00:46:34	00:46:19	12.95	00:22:20 / 339 [13.43]
718	4160	RUDZIŃSKI Łukasz	WARSZAWA		76	M30/267	(M)693	00:46:34	00:44:46	13.40	00:25:28 / 1119 [11.78]
719	2819	WOLANIN Tomasz	WARSZAWA	NUTRICA	74	M30/268	(M)694	00:46:35	00:45:55	13.07	00:23:32 / 610 [12.75]
720	4432	ŚWIĄTEK Robert	WARSZAWA		63	M40/128	(M)695	00:46:35	00:45:53	13.08	00:23:55 / 694 [12.54]
721	5114	GLIŃSKI Łukasz	WARSZAWA	AZS WAT WARSZAWA	87	M20/188	(M)696	00:46:35	00:46:22	12.94	00:23:35 / 621 [12.72]
722	4175	WRÓBLEWSKI Michał	MAJDAN	MAJDAN	79	M30/269	(M)697	00:46:35	00:44:52	13.37	00:24:30 / 857 [12.24]
723	2710	FIEDORUK Piotr	WARSZAWA		62	M40/129	(M)698	00:46:36	00:46:36	12.88	00:24:00 / 722 [12.50]
724	3023	DZIENNIKARZ vip			09		(M)699	00:46:36	00:46:16	12.97	00:23:08 / 513 [12.97]
725	5612	JURCZAK Jacek	SIEDLCE		59	M50/41	(M)700	00:46:37	00:46:11	12.99	00:24:55 / 952 [12.04]
726	1534	WRÓBLEWSKI Kamil	GŁOSKÓW		88	M20/189	(M)701	00:46:38	00:45:55	13.07	00:24:02 / 735 [12.48]
727	5910	PETRYK Karol	WARSZAWA		82	M20/190	(M)702	00:46:39	00:44:21	13.53	00:25:30 / 1127 [11.76]
728	1856	KUKLA Marcin	WARSZAWA		69	M40/130	(M)703	00:46:39	00:45:54	13.07	00:24:30 / 856 [12.24]
729	3373	ANDZIAK Mirosław	GRÓJEC		72	M30/270	(M)704	00:46:40	00:46:14	12.98	00:24:11 / 775 [12.41]
730	2634	WASILIEW Christo	WARKA		52	M50/42	(M)705	00:46:40	00:46:32	12.89	00:23:12 / 531 [12.93]
731	620	ŻEGARSKI Tomasz	WARSZAWA		78	M30/271	(M)706	00:46:40	00:43:07	13.92	00:26:14 / 1314 [11.44]
732	3319	KOJRO Grzegorz	WARSZAWA	ZWIĄZKOWIEC	84	M20/191	(M)707	00:46:41	00:45:44	13.12	00:23:56 / 701 [12.53]
733	664	TRONIAK Marcin	RASZYN		75	M30/272	(M)708	00:46:41	00:46:00	13.04	00:24:07 / 751 [12.44]
734	2739	SKOWRONEK Michał	WARSZAWA		87	M20/192	(M)709	00:46:41	00:46:41	12.85	00:24:41 / 897 [12.15]
735	2852	ŁUBIAN Michał	GARWOLIN	BLOCKERS	75	M30/273	(M)710	00:46:41	00:44:26	13.50	00:25:06 / 997 [11.95]
736	2670	KLUPŚ Damian	GOSTYŃ		83	M20/193	(M)711	00:46:41	00:45:36	13.16	00:24:20 / 818 [12.33]
737	1914	PATYŃSKI Sławomir	MYSIADŁO	NIEZRZESZONY	72	M30/274	(M)712	00:46:42	00:45:58	13.05	00:23:29 / 600 [12.78]
738	194	POLKO Roman	WARSZAWA		62	M40/131	(M)713	00:46:42	00:45:46	13.11	00:24:18 / 807 [12.35]
739	1747	KOWALSKI kamil	NIEPORĘT		86	M20/194	(M)714	00:46:42	00:44:23	13.52	00:25:11 / 1033 [11.91]
740	1748	BORYSIUK lukasz	HUSZLEW		87	M20/195	(M)715	00:46:43	00:44:24	13.51	00:25:07 / 1000 [11.94]
741	1583	TELEON Piotr	WARSZAWA		74	M30/275	(M)716	00:46:43	00:46:43	12.84	00:23:37 / 625 [12.70]
742	84	LECH Paweł			09		(M)717	00:46:44	00:46:39	12.86	00:23:22 / 573 [12.84]
743	5368	BIAŁOGRODZKI Leszek	PIASECZNO	PIASECZNO	71	M30/276	(M)718	00:46:44	00:46:05	13.02	00:22:58 / 469 [13.06]
744	1277	HOROSZYŃSKI Sylwester	ŻAGAŃ		73	M30/277	(M)719	00:46:44	00:44:59	13.34	00:25:20 / 1078 [11.84]
745	3368	LASKOWSKI Piotr	WARSZAWA		71	M30/278	(M)720	00:46:45	00:46:24	12.93	00:24:06 / 750 [12.45]
746	5939	PRZECISZEWSKI Jacek	WARSZAWA		90		(M)721	00:46:45	00:45:45	13.11	00:23:31 / 605 [12.76]
747	968	ZASINA Sebastian	PRUSZKÓW		82	M20/196	(M)722	00:46:45	00:45:30	13.19	00:24:15 / 793 [12.37]
748	2740	OŚCIK Paweł	WARSZAWA	WOPR WARSZAWA	64	M40/132	(M)723	00:46:46	00:45:58	13.05	00:23:48 / 672 [12.61]
749	896	KRUSZYŃSKI Andrzej	WARSZAWA		72	M30/279	(M)724	00:46:46	00:45:57	13.06	00:23:54 / 691 [12.55]
750	3726	GAC Jacek	WARSZAWA		67	M40/133	(M)725	00:46:46	00:45:15	13.26	00:24:24 / 827 [12.30]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
751	6338	WOJTYŚ Tomasz	WARSZAWA	KPMG MARATHON TEAM	75	M30/280	(M)726	00:46:46	00:45:51	13.09	00:24:09 / 763 [12.42]
752	1776	KUBAK Wojciech	WARSZAWA		73	M30/281	(M)727	00:46:47	00:46:47	12.83	00:23:24 / 585 [12.82]
753	2884	BŁOŃSKI Łukasz	WARSZAWA		86	M20/197	(M)728	00:46:48	00:46:16	12.97	00:23:47 / 666 [12.61]
754	5990	SADOWSKI Marcin	WARSZAWA		75	M30/282	(M)729	00:46:48	00:46:09	13.00	00:23:23 / 579 [12.83]
755	5803	MICHAŁUK Michał	LIPNO		86	M20/198	(M)730	00:46:49	00:44:35	13.46	00:25:49 / 1197 [11.62]
756	3236	SALA Mieczysław	JELENIA GÓRA	KLUB BIEGACZA TP	61	M40/134	(M)731	00:46:49	00:46:20	12.95	00:23:59 / 713 [12.51]
757	2488	KALINOWSKI Jakub	WARSZAWA		85	M20/199	(M)732	00:46:49	00:45:54	13.07	00:24:19 / 812 [12.34]
758	1213	ZABOROWSKI Tomasz	WARSZAWA		82	M20/200	(M)733	00:46:50	00:46:09	13.00	00:23:53 / 685 [12.56]
759	2777	DMITROWSKI Piotr		BGK	09		(M)734	00:46:50	00:46:09	13.00	00:24:37 / 882 [12.19]
760	3367	LEŚNIEWSKI Michał	WARSZAWA		71	M30/283	(M)735	00:46:50	00:46:29	12.91	00:24:08 / 758 [12.43]
761	1900	MATWIEJ Dawid	DĘBICA	AKADEMIA SZTUK WALKI DĘBE WIELKIE	83	M20/201	(M)736	00:46:51	00:44:08	13.60	00:25:02 / 975 [11.98]
762	4671	NOWOSAD Michał	WARSZAWA		81	M20/202	(M)737	00:46:51	00:44:51	13.38	00:24:49 / 926 [12.09]
763	4361	ANC Kamil	WARSZAWA	UNTS-WARSZAWA	94		(M)738	00:46:51	00:46:32	12.89	00:24:45 / 912 [12.12]
764	3810	KOZŁOWSKI Piotr	RADZIEJÓW	WAT	88	M20/203	(M)739	00:46:51	00:46:38	12.87	00:23:25 / 587 [12.81]
765	4777	DĄBROWSKI Mirosław	WARSZAWA		67	M40/135	(M)740	00:46:51	00:46:21	12.94	00:24:02 / 734 [12.48]
766	6049	STYKOWSKI Sławomir	WARSZAWA	ART PROFi	78	M30/284	(M)741	00:46:52	00:46:40	12.86	00:23:44 / 645 [12.64]
767	142	DĄBROWSKI Mariusz	WOŁOMIN		77	M30/285	(M)742	00:46:52	00:45:56	13.06	00:23:54 / 690 [12.55]
768	6560	JANISZEWSKI Artur	WARSZAWA		88	M20/204	(M)743	00:46:52	00:46:41	12.85	00:23:25 / 589 [12.81]
769	3673	BOGUSKI Jacek	WARSZAWA	URSUS	84	M20/205	(M)744	00:46:53	00:46:27	12.92	00:24:10 / 772 [12.41]
770	3128	PIETRZAK Ryszard	NADARZYN	SWAT BIEGA	60	M40/136	(M)745	00:46:53	00:46:28	12.91	00:23:59 / 716 [12.51]
771	2690	PAWŁOWSKI Hubert	WARSZAWA		92		(M)746	00:46:54	00:45:22	13.23	00:24:18 / 805 [12.35]
772	4658	LORENC Piotr	MARKI	RAIFFEISEN-LEASING POLSKA S.A.	71	M30/286	(M)747	00:46:54	00:45:44	13.12	00:24:13 / 782 [12.39]
773	3555	PROTAS Patryk	WARSZAWA		94		(M)748	00:46:54	00:46:34	12.88	00:23:59 / 715 [12.51]
774	2259	BEBELSKI RAFAŁ	WARSZAWA		77	M30/287	(M)749	00:46:54	00:45:14	13.26	00:25:20 / 1083 [11.84]
775	2932	CZUBEK Mariusz	KONSTANCIN-JEZIORNA		76	M30/288	(M)750	00:46:55	00:45:46	13.11	00:24:24 / 829 [12.30]
776	2470	ŻABSKI Jacek	OPOLE		73	M30/289	(M)751	00:46:55	00:45:12	13.27	00:24:52 / 940 [12.06]
777	5827	MODRZEJEWSKI ROMAN	GRABÓW NAD PROSNĄ	STOWARZYSZENIE KATOLICKO-SPORTOWE	67	M40/137	(M)752	00:46:55	00:46:20	12.95	00:24:26 / 841 [12.28]
778	2026	KLIGLICH Paweł	WOŁOMIN		77	M30/290	(M)753	00:46:55	00:45:16	13.25	00:25:20 / 1081 [11.84]
779	5244	OPOWICZ Marzena	WARSZAWA	KB GYMNASION WARSZAWA	63	K40/4	(K)26	00:46:55	00:45:02	13.32	00:25:09 / 1016 [11.93]
780	4288	MARCHEWKA Jarosław	WARSZAWA		66	M40/138	(M)754	00:46:56	00:45:40	13.14	00:23:44 / 646 [12.64]
781	6371	ZAKRZEWSKI Robert	WARSZAWA		71	M30/291	(M)755	00:46:56	00:45:57	13.06	00:24:12 / 779 [12.40]
782	4655	BOMBIEN Bernd	WALSRODE		68	M40/139	(M)756	00:46:56	00:46:08	13.01	00:23:47 / 665 [12.61]
783	704	SZMYTKOWSKI Krzysztof	LEGIONOWO	KLUB BIEGACZA TPSA	72	M30/292	(M)757	00:46:56	00:46:28	12.91	00:24:58 / 967 [12.02]
784	4300	SKARŻYŃSKI BARTOSZ	WARSZAWA		77	M30/293	(M)758	00:46:56	00:46:39	12.86	00:21:54 / 274 [13.70]
785	5632	KAMIŃSKI Stanisław	NADARZYN		58	M50/43	(M)759	00:46:57	00:46:16	12.97	00:24:09 / 759 [12.42]
786	4892	WAŚLICKI Krzysztof	WARSZAWA		76	M30/294	(M)760	00:46:57	00:45:59	13.05	00:24:34 / 870 [12.21]
787	903	MOSSAKOWSKI Łukasz	WARSZAWA		76	M30/295	(M)761	00:46:58	00:46:54	12.79	00:23:32 / 611 [12.75]
788	4857	ŁUCZAJ Anna	BIELSKO - BIAŁA	BIESZCZADZKIE JELONKI	85	K20/9	(K)27	00:46:59	00:46:51	12.81	00:23:16 / 552 [12.89]
789	3205	SOBOLEWSKI Jakub	WARSZAWA	SOCHACZEW	77	M30/296	(M)762	00:46:59	00:42:40	14.06	00:26:05 / 1254 [11.50]
790	3665	BOGUCKI Bartek	WARSZAWA	URSUS	94		(M)763	00:46:59	00:43:20	13.85	00:25:38 / 1161 [11.70]
791	1419	TRUDNOWSKI Dariusz	WARSZAWA	ACTION	71	M30/297	(M)764	00:46:59	00:46:05	13.02	00:24:28 / 846 [12.26]
792	5287	ŁAWNICZAK Tomasz	POZNAŃ	KB MANIAC POZNAŃ	82	M20/206	(M)765	00:46:59	00:45:26	13.21	00:27:15 / 1651 [11.01]
793	1145	WIDŁAK Janusz	SIEDZÓW		73	M30/298	(M)766	00:47:00	00:47:00	12.77	00:24:14 / 787 [12.38]
794	3589	CZOSNYKA Tomasz	WARSZAWA		85	M20/207	(M)767	00:47:00	00:46:18	12.96	00:23:30 / 601 [12.77]
795	344	PALUS Paweł	WARSZAWA	GRUPA BEZPIECZNE FINANSY BIZNESU	72	M30/299	(M)768	00:47:00	00:46:14	12.98	00:24:43 / 905 [12.14]
796	4804	SOŁTYSIAK Paweł	WARSZAWA		74	M30/300	(M)769	00:47:01	00:46:10	13.00	00:24:32 / 861 [12.23]
797	875	DAWID TOMASZ	WARSZAWA		73	M30/301	(M)770	00:47:01	00:47:01	12.76	00:23:23 / 582 [12.83]
798	776	KOSSAKOWSKA Katarzyna	WARSZAWA	DELOITTE ADVENTURE TEAM	74	K30/13	(K)28	00:47:02	00:46:48	12.82	00:24:17 / 804 [12.35]
799	2598	OSTASZEWSKI Hubert	WARSZAWA	W PIONIE	74	M30/302	(M)771	00:47:02	00:45:50	13.09	00:24:04 / 739 [12.47]
800	1857	PIECZAROWSKI Rafał	WARSZAWA	AIRBIKE	82	M20/208	(M)772	00:47:03	00:45:57	13.06	00:24:35 / 873 [12.20]
801	4557	ANTONKIEWICZ paweł	MIŃSK MAZOWIECKI		80	M20/209	(M)773	00:47:03	00:46:53	12.80	00:23:13 / 538 [12.92]
802	4445	RUTKOWSKI Filip	WARSZAWA		83	M20/210	(M)774	00:47:03	00:44:41	13.43	00:26:02 / 1249 [11.52]
803	4574	LIS Michał	GRABINA	ALETEMPO	79	M30/303	(M)775	00:47:03	00:45:48	13.10	00:25:03 / 981 [11.98]
804	6327	WOŁOS Paweł	ŚLUPNO	TKKF PŁOCK	67	M40/140	(M)776	00:47:03	00:45:47	13.11	00:24:11 / 774 [12.41]
805	4713	BIERNAT Piotr	KRYNICA-ZDRÓJ		69	M40/141	(M)777	00:47:03	00:45:50	13.09	00:25:11 / 1034 [11.91]
806	3941	WASZCZYK Bernard	WARSZAWA		76	M30/304	(M)778	00:47:04	00:45:30	13.19	00:24:33 / 866 [12.22]
807	5192	JAROSZ Marcin	SANDOMIERZ		82	M20/211	(M)779	00:47:04	00:45:40	13.14	00:25:18 / 1073 [11.86]
808	3691	GAWRON Rafał	WARSZAWA		87	M20/212	(M)780	00:47:05	00:45:11	13.28	00:25:05 / 992 [11.96]
809	849	LATUSZEK Jarosław	GARWOLIN		70	M30/305	(M)781	00:47:05	00:45:46	13.11	00:24:04 / 738 [12.47]
810	3411	FRANKOWSKI JAKUB	WARSZAWA	KS MARATON OSTRÓW WLKP.	90		(M)782	00:47:06	00:46:31	12.90	00:24:42 / 903 [12.15]
811	3366	CIEŚLA Wojciech	WARSZAWA		72	M30/306	(M)783	00:47:06	00:45:57	13.06	00:24:35 / 875 [12.20]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
812	5274	KRAWCZYK tomasz	WARSZAWA		77	M30/307	(M)784	00:47:07	00:46:24	12.93	00:23:21 / 571 [12.85]
813	6347	WRZESIŃSKI Stefan	WŁOCŁAWEK		57	M50/44	(M)785	00:47:07	00:46:12	12.99	00:24:26 / 842 [12.28]
814	792	PRZYSZEWSKI Tomasz	KOBYŁKA		87	M20/213	(M)786	00:47:07	00:45:46	13.11	00:25:43 / 1174 [11.67]
815	2032	GAWIN Krzysztof	WARSZAWA		83	M20/214	(M)787	00:47:07	00:44:28	13.49	00:25:54 / 1226 [11.58]
816	6636	OSZAST Grzegorz	WROCŁAW		67	M40/142	(M)788	00:47:07	00:46:35	12.88	00:23:57 / 708 [12.53]
817	3646	RACHWAŁ Michał	WARSZAWA		81	M20/215	(M)789	00:47:07	00:46:04	13.02	00:24:56 / 958 [12.03]
818	6067	SZCZEPANIAK Arkadiusz	MRAĞOWO		77	M30/308	(M)790	00:47:08	00:46:36	12.88	00:23:51 / 682 [12.58]
819	368	ŻAK Robert	WARSZAWA	ROBERT-ŻAK@INTERIA.PL	77	M30/309	(M)791	00:47:08	00:46:33	12.89	00:22:57 / 468 [13.07]
820	5493	FIRADZA Michał	KROŚNIEWICE		75	M30/310	(M)792	00:47:10	00:45:57	13.06	00:25:07 / 1002 [11.94]
821	829	OWSINSKI Andrzej	WARSZAWA	TEAM TECH DATA	70	M30/311	(M)793	00:47:10	00:46:01	13.04	00:23:24 / 584 [12.82]
822	4891	KLAMRA Grzegorz	SOSNOWIEC		79	M30/312	(M)794	00:47:10	00:46:25	12.93	00:24:45 / 911 [12.12]
823	2095	PIEC Darek	WARSZAWA		74	M30/313	(M)795	00:47:10	00:46:30	12.90	00:24:17 / 803 [12.35]
824	1144	ŻOCHOWSKI Marcin	WARSZAWA		76	M30/314	(M)796	00:47:11	00:46:12	12.99	00:24:04 / 737 [12.47]
825	1039	DOBROWOLSKI Marek	N.DWÓR MAZ.	JOGGER	64	M40/143	(M)797	00:47:11	00:47:11	12.72	00:23:34 / 615 [12.73]
826	1246	KLIMCZAK Adam	MYSIADŁO	BRAK	66	M40/144	(M)798	00:47:12	00:47:04	12.75	00:23:31 / 607 [12.76]
827	1613	GAC Adam	WARSZAWA	VEGE RUNNERS	74	M30/315	(M)799	00:47:12	00:45:47	13.11	00:25:13 / 1048 [11.90]
828	2585	ROŻEK CEZARY	WARSZAWA		79	M30/316	(M)800	00:47:13	00:46:23	12.94	00:24:25 / 837 [12.29]
829	4810	DERESZ Weronika	WARSZAWA	WTW WARSZAWA	85	K20/10	(K)29	00:47:13	00:46:22	12.94	00:24:19 / 810 [12.34]
830	3553	PROTAS Darek	WARSZAWA		73	M30/317	(M)801	00:47:13	00:46:53	12.80	00:23:58 / 710 [12.52]
831	869	ŚCISŁOWSKI Norbert	WARKA	KS START PUŁASKI WARKA	82	M20/216	(M)802	00:47:14	00:45:42	13.13	00:25:06 / 998 [11.95]
832	5641	KARAŚ Jolanta	SULEJÓWEK		89	K20/11	(K)30	00:47:15	00:46:01	13.04	00:24:40 / 890 [12.16]
833	2373	SASIN Romuald	WARSZAWA	POLSKABIEGA	73	M30/318	(M)803	00:47:15	00:46:09	13.00	00:24:44 / 908 [12.13]
834	2607	OLAK Jacek	ŁÓDŹ		92		(M)804	00:47:15	00:45:59	13.05	00:25:04 / 985 [11.97]
835	3394	RADECKI PRZEMYSŁAW	BYDGOSZCZ		74	M30/319	(M)805	00:47:15	00:46:13	12.98	00:25:01 / 972 [11.99]
836	6350	WRÓBLEWSKI FILIP	WYSZKÓW	MONAR WYSZKÓW	87	M20/217	(M)806	00:47:16	00:45:40	13.14	00:25:32 / 1137 [11.75]
837	5334	BAŃBURA Piotr	KOŃSKIE	PASAT KOŃSKIE	79	M30/320	(M)807	00:47:17	00:46:23	12.94	00:24:29 / 851 [12.25]
838	5905	PECKA Tomasz	JASŁO		78	M30/321	(M)808	00:47:18	00:45:41	13.13	00:25:08 / 1013 [11.94]
839	2244	TARASZKIEWICZ Sławomir	WARSZAWA-WESOŁA		74	M30/322	(M)809	00:47:18	00:46:42	12.85	00:24:08 / 757 [12.43]
840	3631	KAPUŚCIŃSKI Marcin	WARSZAWA	SKISPA.PL	80	M20/218	(M)810	00:47:18	00:45:36	13.16	00:26:00 / 1243 [11.54]
841	3140	WIŚNIEWSKI Karol	WARSZAWA	BIEGAMY Z OCHOTĄ	82	M20/219	(M)811	00:47:19	00:46:30	12.90	00:24:10 / 769 [12.41]
842	2553	DOMIN Daniel	BAKAŁARZEWO	WARSZAWA	81	M20/220	(M)812	00:47:19	00:45:57	13.06	00:24:28 / 850 [12.26]
843	2587	MARSZAŁEK Marcin	CZĘSTOCHOWA		80	M20/221	(M)813	00:47:20	00:46:30	12.90	00:24:22 / 822 [12.31]
844	5037	CHYŁKOWSKI Michał	MILANÓWEK		76	M30/323	(M)814	00:47:20	00:47:20	12.68	00:23:52 / 684 [12.57]
845	5131	KAZIMIERSKI Piotr	WARSZAWA		78	M30/324	(M)815	00:47:20	00:46:08	13.01	00:24:50 / 931 [12.08]
846	5809	MIKOS jarosław	WARSZAWA		67	M40/145	(M)816	00:47:20	00:46:25	12.93	00:24:46 / 918 [12.11]
847	2386	FLORCZAK Tomasz	WARSZAWA		80	M20/222	(M)817	00:47:20	00:47:20	12.68	00:26:07 / 1265 [11.49]
848	5652	KLIIMUK Tomasz	OTWOCK	BRAK	85	M20/223	(M)818	00:47:20	00:45:22	13.23	00:26:18 / 1342 [11.41]
849	4007	WOLIŃSKI Kamil	WARSZAWA		84	M20/224	(M)819	00:47:20	00:46:31	12.90	00:24:51 / 936 [12.07]
850	5245	ODOLCZYK Jerzy	WARSZAWA		61	M40/146	(M)820	00:47:20	00:44:31	13.48	00:25:26 / 1113 [11.80]
851	2586	KARDOWSKI Dariusz	PIASECZNO		83	M20/225	(M)821	00:47:20	00:46:30	12.90	00:24:22 / 823 [12.31]
852	2187	ARNOLD Waldemar	WARSZAWA	KB GYMNASION	53	M50/45	(M)822	00:47:20	00:47:20	12.68	00:24:12 / 776 [12.40]
853	2200	LUTEREK Maciej	WARSZAWA		78	M30/325	(M)823	00:47:21	00:45:19	13.24	00:25:12 / 1040 [11.90]
854	184	FRYDRYCH Mariusz	WARSZAWA		59	M50/46	(M)824	00:47:21	00:47:09	12.73	00:24:06 / 747 [12.45]
855	763	DZIEKAN Krzysztof	GRUDZIĄDZ/PRUSZKÓW		72	M30/326	(M)825	00:47:22	00:46:28	12.91	00:24:28 / 848 [12.26]
856	1119	PIĘTASZEWSKI Adam	WARSZAWA		93		(M)826	00:47:22	00:45:53	13.08	00:25:29 / 1124 [11.77]
857	4709	BIERNAT JAN	WARSZAWA		70	M30/327	(M)827	00:47:23	00:46:10	13.00	00:25:11 / 1037 [11.91]
858	1694	BRACANOVIĆ daniel	RADOM		89	M20/226	(M)828	00:47:24	00:47:10	12.72	00:23:27 / 595 [12.79]
859	5026	TAUZ Andrzej	WARSZAWA		76	M30/328	(M)829	00:47:24	00:45:46	13.11	00:25:10 / 1027 [11.92]
860	1651	KOWALEWSKI Robert	WARSZAWA	GAZETA WYBORCZA	70	M30/329	(M)830	00:47:24	00:46:14	12.98	00:24:49 / 927 [12.09]
861	675	ŻUK Konrad	KOBYŁKA		88	M20/227	(M)831	00:47:24	00:46:28	12.91	00:24:24 / 828 [12.30]
862	411	GRABOWSKI Michał	ZIELONKA		75	M30/330	(M)832	00:47:25	00:46:23	12.94	00:23:45 / 652 [12.63]
863	5489	FIDECKI Wiesław	POZNAŃ	NIEZRZESZONY	44	M60/6	(M)833	00:47:25	00:46:17	12.96	00:25:18 / 1072 [11.86]
864	4496	MAZURKIEWICZ Andrzej	WÓŁKA KOZODAWSKA	KB GYMNASION WARSZAWA	53	M50/47	(M)834	00:47:26	00:47:06	12.74	00:25:08 / 1007 [11.94]
865	5096	KRÓL Sebastian	ŁUCZYCE		84	M20/228	(M)835	00:47:26	00:46:51	12.81	00:24:19 / 816 [12.34]
866	2479	WRÓBLEWSKI Janusz	ŁOMIANKI	BRAK	57	M50/48	(M)836	00:47:27	00:47:02	12.76	00:24:11 / 773 [12.41]
867	5321	ANTCZAK Agnieszka	ŁÓDŹ	BIEGACZ NOWOSOLNA	76	K30/14	(K)31	00:47:27	00:47:07	12.73	00:24:08 / 755 [12.43]
868	2722	GOLIAŃSKI Mariusz	WARKA	10 WARSZAWSKI PUŁK SAMOCHODOWY	82	M20/229	(M)837	00:47:27	00:47:20	12.68	00:23:41 / 638 [12.67]
869	1772	MAREK Łukasz	WARSZAWA	KOCHAM ŻONĘ	82	M20/230	(M)838	00:47:28	00:47:26	12.65	00:24:18 / 808 [12.35]
870	2953	FELIS PAWEŁ	WARSZAWA		69	M40/147	(M)839	00:47:29	00:46:32	12.89	00:24:51 / 935 [12.07]
871	3621	PRZYBYLSKI Piotr	WARSZAWA	Ś.U.K.S POLNA WARSZAWA	81	M20/231	(M)840	00:47:29	00:46:36	12.88	00:23:34 / 617 [12.73]
872	429	WDOWIARSKI Maciej	WARSZAWA		91		(M)841	00:47:29	00:46:14	12.98	00:23:45 / 654 [12.63]
873	4791	PIKIEL PIOTR	WARSZAWA	KS RASZYN	73	M30/331	(M)842	00:47:30	00:46:12	12.99	00:25:03 / 978 [11.98]
874	4120	BYSZEWSKI Grzegorz	WARSZAWA		84	M20/232	(M)843	00:47:30	00:45:24	13.22	00:25:22 / 1093 [11.83]
875	3187	BRODZIK Piotr	WARSZAWA		75	M30/332	(M)844	00:47:31	00:45:59	13.05	00:24:19 / 815 [12.34]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
876	3809	JURCZUK Jerzy	WARSZAWA		76	M30/333	(M)845	00:47:31	00:46:26	12.92	00:23:54 / 688 [12.55]
877	1579	CHARIASZ Paweł	WARSZAWA		73	M30/334	(M)846	00:47:31	00:47:05	12.74	00:24:37 / 884 [12.19]
878	5824	MISZTELA Dariusz	PŁOCK		61	M40/148	(M)847	00:47:32	00:46:27	12.92	00:25:15 / 1060 [11.88]
879	4299	WERONKO Jarosław	WARSZAWA		77	M30/335	(M)848	00:47:33	00:46:58	12.78	00:23:48 / 671 [12.61]
880	2611	RÓŻAŃSKI Krzysztof	WARSZAWA		66	M40/149	(M)849	00:47:33	00:46:53	12.80	00:24:41 / 899 [12.15]
881	4672	WRZESIŃSKI Przemysław	WARSZAWA		75	M30/336	(M)850	00:47:33	00:46:11	12.99	00:25:11 / 1032 [11.91]
882	5776	MAKULEC Dariusz	SOCHACZEW	KM III" AKTYWNI III"SOCHACZEW	69	M40/150	(M)851	00:47:33	00:47:03	12.75	00:24:23 / 825 [12.30]
883	876	CHMIELEWSKI Artur	WARSZAWA		68	M40/151	(M)852	00:47:33	00:45:56	13.06	00:25:04 / 988 [11.97]
884	2628	PAWLICKI Tomasz	WARSZAWA		80	M20/233	(M)853	00:47:34	00:46:19	12.95	00:25:06 / 999 [11.95]
885	2099	OSAKOWICZ Mateusz	WARSZAWA		80	M20/234	(M)854	00:47:34	00:45:45	13.11	00:24:48 / 922 [12.10]
886	5510	GAKOS Mateusz	BRODNICA	JW 3537	84	M20/235	(M)855	00:47:34	00:45:38	13.15	00:25:18 / 1071 [11.86]
887	2264	SZCZEPANIAK Henryk	WARSZAWA		66	M40/152	(M)856	00:47:34	00:46:21	12.94	00:25:40 / 1166 [11.69]
888	4958	MAZUSZEWSKI sebastian	ŻYRARDÓW	WTS DESKI	77	M30/337	(M)857	00:47:34	00:45:43	13.12	00:25:31 / 1134 [11.76]
889	4860	MAZUREK Michał	KONSTANCIN-JEZIORNA	RUN EUROSOFT	77	M30/338	(M)858	00:47:35	00:47:14	12.70	00:24:05 / 743 [12.46]
890	5502	FRYDRYCHOWSKI Przemysław	KLECZEW	OSIR KLECZEW	71	M30/339	(M)859	00:47:35	00:46:58	12.78	00:24:09 / 762 [12.42]
891	3259	BOWERS Kyle	WARSZAWA		68	M40/153	(M)860	00:47:35	00:45:54	13.07	00:25:18 / 1070 [11.86]
892	737	SOSZYŃSKI Krzysztof	WARSZAWA	AMATOR	63	M40/154	(M)861	00:47:36	00:47:03	12.75	00:24:30 / 858 [12.24]
893	4135	KILIŃSKI Tomasz	WARSZAWA		79	M30/340	(M)862	00:47:36	00:45:12	13.27	00:25:05 / 994 [11.96]
894	4776	KAPAON Łazarz	LEGIONOWO		92		(M)863	00:47:37	00:45:32	13.18	00:25:06 / 996 [11.95]
895	1206	KRETKIEWICZ RAFAŁ	WARSZAWA		77	M30/341	(M)864	00:47:37	00:47:03	12.75	00:24:13 / 784 [12.39]
896	5046	SMOLIK Sławomir	WARSZAWA	BRĄK	64	M40/155	(M)865	00:47:38	00:46:35	12.88	00:24:35 / 872 [12.20]
897	331	KOTASIŃSKI Michał	WARSZAWA		51	M50/49	(M)866	00:47:38	00:47:32	12.62	00:23:57 / 707 [12.53]
898	6077	SZMAJDA Paweł	WŁOCŁAWEK		67	M40/156	(M)867	00:47:38	00:46:58	12.78	00:24:36 / 876 [12.20]
899	4883	BALANEJDER Marek					(M)868	00:47:39	00:47:06	12.74	00:24:17 / 801 [12.35]
900	4600	PYNDRYK Norbert	WARSZAWA		81	M20/236	(M)869	00:47:39	00:46:16	12.97	00:25:25 / 1108 [11.80]
901	4844	MARCINKOWSKI Jakub	WARSZAWA	AKZONOBEL RUNNING TEAM	75	M30/342	(M)870	00:47:39	00:47:34	12.61	00:23:28 / 598 [12.78]
902	6384	ZIELSKI Grzegorz	ŻYRARDÓW	SPARTAN KNURÓW	78	M30/343	(M)871	00:47:40	00:46:31	12.90	00:25:17 / 1066 [11.87]
903	5550	GRZELCZAK Tomasz	ŁÓDŹ		67	M40/157	(M)872	00:47:40	00:46:44	12.84	00:24:29 / 854 [12.25]
904	251	SOKOŁOWSKI Tomasz	WARSZAWA	KP LEGIA	70	M30/344	(M)873	00:47:40	00:47:32	12.62	00:22:47 / 425 [13.17]
905	2980	LANCKAMER Robert	WARSZAWA		72	M30/345	(M)874	00:47:40	00:46:53	12.80	00:24:55 / 950 [12.04]
906	1971	FIJAŁKOWSKI Marek	WARSZAWA		73	M30/346	(M)875	00:47:41	00:47:19	12.68	00:24:44 / 909 [12.13]
907	1248	KARP Jakub	ZIELONKA		74	M30/347	(M)876	00:47:41	00:46:29	12.91	00:24:51 / 937 [12.07]
908	677	KONASZCZYC Michał	JÓZEFOŚLAW		71	M30/348	(M)877	00:47:41	00:46:47	12.83	00:24:23 / 824 [12.30]
909	5025	ŁONIEWSKA Agnieszka	WARSZAWA		86	K20/12	(K)32	00:47:41	00:47:05	12.74	00:24:15 / 790 [12.37]
910	6597	ŚCIBOCIŃSKI Aleksander	WARSZAWA		75	M30/349	(M)878	00:47:42	00:47:14	12.70	00:23:56 / 700 [12.53]
911	5909	PETKOWICZ Paweł	WARSZAWA		77	M30/350	(M)879	00:47:43	00:42:38	14.07	00:26:36 / 1431 [11.28]
912	4040	STARCZYŃSKI DARIUSZ	WARSZAWA	NIEZRZESZONY	74	M30/351	(M)880	00:47:43	00:46:51	12.81	00:24:34 / 868 [12.21]
913	2653	CAŁKA Paweł	WARSZAWA		47	M60/7	(M)881	00:47:44	00:46:37	12.87	00:25:43 / 1172 [11.67]
914	5917	PIETRZAK Mieczysław	PIASTÓW		65	M40/158	(M)882	00:47:45	00:46:40	12.86	00:23:56 / 702 [12.53]
915	6879	PĘCINA Konrad	PABIANICE		91		(M)883	00:47:45	00:46:45	12.83	00:24:54 / 947 [12.05]
916	5163	SOWIŃSKI Rafał	WARSZAWA		70	M30/352	(M)884	00:47:46	00:47:22	12.67	00:23:45 / 651 [12.63]
917	6155	ZAKRZEWSKI Przemysław			55	M50/50	(M)885	00:47:46	00:46:47	12.83	00:24:14 / 788 [12.38]
918	3594	LUBOŃSKA Urszula	WARSZAWA	CYKLOTRAMP TEAM	77	K30/15	(K)33	00:47:46	00:46:15	12.97	00:25:00 / 970 [12.00]
919	5768	MADEJ Paweł	GDAŃSK		85	M20/237	(M)886	00:47:48	00:46:10	13.00	00:26:08 / 1271 [11.48]
920	4681	FIRS Łukasz	SOKÓŁKA		82	M20/238	(M)887	00:47:48	00:46:51	12.81	00:24:45 / 910 [12.12]
921	5774	MAJEWSKI Karol	WARSZAWA		79	M30/353	(M)888	00:47:48	00:46:51	12.81	00:25:09 / 1015 [11.93]
922	2498	PYSZYŃSKI Mariusz	WARSZAWA	ITI ADVENTURE TEAM	75	M30/354	(M)889	00:47:49	00:47:33	12.62	00:24:10 / 771 [12.41]
923	3549	KORNILUK Piotr	RUDA ŚLĄSKA	WAT	87	M20/239	(M)890	00:47:50	00:45:52	13.08	00:25:07 / 1003 [11.94]
924	5396	BRASIUN Mieczysław	NOWY DWÓR	MISTRZOSTWA WOJSKA POLSKIEGO	74	M30/355	(M)891	00:47:52	00:44:19	13.54	00:26:15 / 1320 [11.43]
925	5903	PAWLAK PIOTR	BRODNICA	JW 3537	73	M30/356	(M)892	00:47:54	00:47:02	12.76	00:24:06 / 748 [12.45]
926	3487	POBOCHA Andrzej	WARSZAWA		68	M40/159	(M)893	00:47:54	00:47:32	12.62	00:24:56 / 953 [12.03]
927	3460	ILCZUK Maciej	BŁONIE	LKS OLYMP	60	M40/160	(M)894	00:47:55	00:47:36	12.61	00:23:55 / 695 [12.54]
928	5401	BRÓDKA Paweł	RADOM	KUB MARATONXCZYKA AZS PR	74	M30/357	(M)895	00:47:55	00:47:07	12.73	00:24:15 / 789 [12.37]
929	2508	WACHNIK PIOTR	WARSZAWA	NIEZRZESZONY	60	M40/161	(M)896	00:47:56	00:47:04	12.75	00:24:30 / 855 [12.24]
930	2736	SPYCHAŁSKI Rafał	WARSZAWA		75	M30/358	(M)897	00:47:56	00:47:56	12.52	00:25:16 / 1061 [11.87]
931	4035	WILCZYŃSKI Tomasz	WARSZAWA		87	M20/240	(M)898	00:47:56	00:46:17	12.96	00:25:31 / 1133 [11.76]
932	4868	SIBIGA Dariusz	WARSZAWA		64	M40/162	(M)899	00:47:57	00:47:48	12.55	00:23:57 / 706 [12.53]
933	1683	KLIMKOWSKI cezary	WARSZAWA		77	M30/359	(M)900	00:47:57	00:46:00	13.04	00:25:20 / 1080 [11.84]
934	541	WIECZOREK Grzegorz	WARSZAWA		78	M30/360	(M)901	00:47:57	00:47:46	12.56	00:24:16 / 794 [12.36]
935	4543	DOMARSKA Wiesława	WARSZAWA		69	K40/5	(K)34	00:47:58	00:47:28	12.64	00:24:19 / 811 [12.34]
936	4314	DZIUBECKI Jakub	WARSZAWA		78	M30/361	(M)902	00:47:58	00:47:03	12.75	00:24:41 / 896 [12.15]
937	1697	JACH Patryk	WARSZAWA		92		(M)903	00:47:58	00:47:37	12.60	00:24:12 / 778 [12.40]
938	3405	WYSZOMIERSKI Dariusz	WARSZAWA		71	M30/362	(M)904	00:47:58	00:46:15	12.97	00:25:28 / 1121 [11.78]
939	4808	PACHOCKI Robert	WARSZAWA		66	M40/163	(M)905	00:47:58	00:46:40	12.86	00:25:59 / 1237 [11.55]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
940	6146	BIELLERUP Peter			59	M50/51	(M)906	00:47:58	00:46:40	12.86	00:25:09 / 1019 [11.93]
941	2112	KIELEK Przemysław	GRODZISK MAZOWIECKI		78	M30/363	(M)907	00:47:59	00:47:01	12.76	00:25:04 / 987 [11.97]
942	2282	BIENIEK Paweł	WARSZAWA		92		(M)908	00:48:00	00:46:57	12.78	00:24:25 / 834 [12.29]
943	4606	SCRIVO ANDREA	WAESZAWA		84	M20/241	(M)909	00:48:00	00:46:53	12.80	00:24:45 / 915 [12.12]
944	3412	BURNOS Piotr	ŁOMŻA	JELEŃ Z ŁOMŻY	78	M30/364	(M)910	00:48:00	00:44:22	13.52	00:27:04 / 1589 [11.08]
945	4008	WOJCIECHOWSKI Michał	WARSZAWA		73	M30/365	(M)911	00:48:01	00:48:01	12.50	00:26:07 / 1267 [11.49]
946	2728	PERET Elżbieta	WARSZAWA	KB GYMNASION	82	K20/13	(K)35	00:48:01	00:46:57	12.78	00:24:59 / 968 [12.01]
947	2616	MALINOWSKI Rafał	WARSZAWA		78	M30/366	(M)912	00:48:01	00:47:21	12.67	00:24:19 / 814 [12.34]
948	3884	WESOŁOWSKI Maciej	GRODZISK MAZOWIECKI	KLUB BIEGACZA NIKE	78	M30/367	(M)913	00:48:01	00:47:01	12.76	00:24:38 / 886 [12.18]
949	5203	FERRARIS Danilo	WARSZAWA	ART PROFI WARSZAWA	56	M50/52	(M)914	00:48:01	00:46:57	12.78	00:25:07 / 1004 [11.94]
950	6637	STANCZYK Rafał					(M)915	00:48:02	00:47:21	12.67	00:24:16 / 797 [12.36]
951	2770	BIENIEK Joanna	NOWY DWÓR		81	K20/14	(K)36	00:48:03	00:47:16	12.69	00:25:28 / 1122 [11.78]
952	4773	SOCHACKI Andrzej					(M)916	00:48:03	00:45:41	13.13	00:26:18 / 1349 [11.41]
953	3238	WINCZURA Piotr	TORUŃ	KLUB BIEGACZA TP S.A.	57	M50/53	(M)917	00:48:04	00:47:35	12.61	00:24:41 / 895 [12.15]
954	5038	CHYLKOWSKI Marcin	MICHAŁOWICE	INDYWIDUALNIE	76	M30/368	(M)918	00:48:06	00:47:38	12.60	00:24:32 / 862 [12.23]
955	4559	STAWOWSKI Piotr	WARSZAWA		79	M30/369	(M)919	00:48:07	00:47:18	12.68	00:24:37 / 883 [12.19]
956	3702	BRZEZIŃSKI Dariusz	WARSZAWA		74	M30/370	(M)920	00:48:07	00:45:15	13.26	00:26:06 / 1263 [11.49]
957	3309	SZMIDT Jacek	WARSZAWA	BIELAŃSKI	57	M50/54	(M)921	00:48:08	00:47:45	12.57	00:24:33 / 865 [12.22]
958	3554	MUTURI Oskar	WARSZAWA		94		(M)922	00:48:08	00:47:48	12.55	00:23:59 / 714 [12.51]
959	2045	ZYCH Tomasz	JASIEINICA		91		(M)923	00:48:09	00:47:46	12.56	00:24:05 / 745 [12.46]
960	5314	ADAMCZYK Łukasz	SOSNOWIEC		76	M30/371	(M)924	00:48:09	00:47:09	12.73	00:24:34 / 871 [12.21]
961	1682	GONDEK Robert	WARSZAWA	ALLIANZ MTB TEAM	76	M30/372	(M)925	00:48:09	00:46:52	12.80	00:24:46 / 917 [12.11]
962	422	DŁUTOWSKI Tomasz	WINNICA		76	M30/373	(M)926	00:48:09	00:47:19	12.68	00:23:10 / 523 [12.95]
963	6034	STANIS Michał	WARSZAWA		80	M20/242	(M)927	00:48:10	00:46:48	12.82	00:25:42 / 1170 [11.67]
964	1373	KUCHTA Piotr	WARSZAWA	ACTION	76	M30/374	(M)928	00:48:10	00:47:18	12.68	00:25:35 / 1152 [11.73]
965	5828	MOKROS Łukasz	PABIANICE		91		(M)929	00:48:10	00:47:10	12.72	00:25:34 / 1147 [11.73]
966	1084	LEŚ Tomasz	WARSZAWA		88	M20/243	(M)930	00:48:10	00:47:21	12.67	00:25:03 / 984 [11.98]
967	1073	NOWAK Lucyna	WARSZAWA		71	K30/16	(K)37	00:48:11	00:47:39	12.59	00:24:27 / 844 [12.27]
968	1044	SKRZESZEWSKI Grzegorz	WARSZAWA		58	M50/55	(M)931	00:48:12	00:48:09	12.46	00:24:09 / 765 [12.42]
969	5951	RĘBIŚ Tomasz	PIASECZNO	POLSKA BIEGA	74	M30/375	(M)932	00:48:12	00:47:04	12.75	00:25:14 / 1053 [11.89]
970	2851	KOSOWSKI Przemysław	WARSZAWA		69	M40/164	(M)933	00:48:12	00:47:22	12.67	00:24:51 / 934 [12.07]
971	1452	KOLAT Daniel	WARSZAWA		70	M30/376	(M)934	00:48:13	00:47:05	12.74	00:24:39 / 888 [12.17]
972	3639	KRASUSKI Piotr	SOCHACZEW		88	M20/244	(M)935	00:48:14	00:47:09	12.73	00:24:50 / 930 [12.08]
973	1003	KOŁODZIEJ PAWEŁ	JÓZEFÓW	UKS BUSHI W OTWOCKU	66	M40/165	(M)936	00:48:14	00:47:24	12.66	00:24:27 / 845 [12.27]
974	1254	OLC Grzegorz	WARSZAWA		79	M30/377	(M)937	00:48:14	00:47:10	12.72	00:24:58 / 966 [12.02]
975	1271	LUCZAK Piotr	STARE BABICE		86	M20/245	(M)938	00:48:14	00:46:30	12.90	00:26:16 / 1330 [11.42]
976	1026	GOLAŃSKI daniel	USTRZYKI DOLNE		83	M20/246	(M)939	00:48:15	00:48:15	12.44	00:26:30 / 1400 [11.32]
977	2351	WOJTKOWSKI Ireneusz	WARSZAWA		61	M40/166	(M)940	00:48:15	00:47:19	12.68	00:24:41 / 892 [12.15]
978	749	URBAŃSKI Mirosław	SIERADZ		69	M40/167	(M)941	00:48:15	00:46:07	13.01	00:26:31 / 1401 [11.31]
979	2163	GALICKI Kamil	WARSZAWA	BRĄK	77	M30/378	(M)942	00:48:16	00:47:45	12.57	00:24:28 / 847 [12.26]
980	6148	CHMIELEWSKI Paweł	WARSZAWA		81	M20/247	(M)943	00:48:16	00:46:43	12.84	00:24:54 / 948 [12.05]
981	3418	KRÓL Marek	WARSZAWA		80	M20/248	(M)944	00:48:16	00:47:17	12.69	00:24:38 / 885 [12.18]
982	2001	DZIEIMIDEK Tomasz	WARSZAWA	AZS UW WARSZAWA	75	M30/379	(M)945	00:48:16	00:47:58	12.51	00:24:12 / 780 [12.40]
983	2247	ZYCH Tomasz	KRUSZEWO	NADLEŚNICTWO OSTROŁĘKA	49	M60/8	(M)946	00:48:17	00:47:33	12.62	00:25:07 / 1001 [11.94]
984	5695	KOZŁOWSKI Tomasz	PIASECZNO	PIASECZNO-STARA IWICZNA	72	M30/380	(M)947	00:48:17	00:45:29	13.19	00:26:51 / 1523 [11.17]
985	5605	JASIŃSKI Robert	WARSZAWA	C.W.K.S	83	M20/249	(M)948	00:48:17	00:46:10	13.00	00:26:00 / 1241 [11.54]
986	1829	OSTAP Zbigniew	WARSZAWA	CARSERVIS	54	M50/56	(M)949	00:48:18	00:48:18	12.42	00:26:26 / 1383 [11.35]
987	2030	OSTAP Robert	WARSZAWA		89	M20/250	(M)950	00:48:18	00:46:32	12.89	00:26:26 / 1384 [11.35]
988	3264	PAŁĄŻEJ Marcin	WARSZAWA		71	M30/381	(M)951	00:48:18	00:46:49	12.82	00:26:05 / 1256 [11.50]
989	4090	ŚWIĘTOŃ Grzegorz	URLE		79	M30/382	(M)952	00:48:19	00:47:01	12.76	00:25:11 / 1036 [11.91]
990	1104	CHUDZIK MACIEJ	JÓZEFÓW	MADZIA	74	M30/383	(M)953	00:48:19	00:48:19	12.42	00:24:00 / 725 [12.50]
991	1603	MIZIOLEK Andrzej	JÓZEFÓW		70	M30/384	(M)954	00:48:21	00:46:54	12.79	00:24:58 / 964 [12.02]
992	3057	KOZŁOWSKI Ludwik	WARSZAWA		57	M50/57	(M)955	00:48:21	00:48:21	12.41	00:26:23 / 1369 [11.37]
993	4041	ZEBZDA Robert	NOWA SARZYNA		76	M30/385	(M)956	00:48:22	00:47:29	12.64	00:24:01 / 728 [12.49]
994	2208	HENSLER Grzegorz	WARSZAWA		77	M30/386	(M)957	00:48:23	00:47:48	12.55	00:24:13 / 783 [12.39]
995	1430	SZAFRANIEC Cezary	WARSZAWA	ACTION	71	M30/387	(M)958	00:48:23	00:46:17	12.96	00:26:13 / 1310 [11.44]
996	5602	JAROSZ Leszek	ROZPRZA		75	M30/388	(M)959	00:48:23	00:48:17	12.43	00:24:39 / 887 [12.17]
997	3660	PIRÓG Arek	WARSZAWA	URSUS	94		(M)960	00:48:23	00:47:13	12.71	00:26:53 / 1535 [11.16]
998	10	BUKOWSKI Janusz			09		(M)961	00:48:24	00:48:22	12.41	00:24:09 / 760 [12.42]
999	1049	MALISZEWSKI Jacek	WARSZAWA	DRUŻYNA SZPIKU	74	M30/389	(M)962	00:48:24	00:46:37	12.87	00:25:48 / 1190 [11.63]
1000	5306	ŻUROWSKI Maciej	KONIN		72	M30/390	(M)963	00:48:24	00:47:19	12.68	00:25:10 / 1023 [11.92]
1001	2392	BIELECKI Marcin	WARSZAWA		72	M30/391	(M)964	00:48:25	00:47:17	12.69	00:25:22 / 1097 [11.83]
1002	5906	PEJSKI cezary	WARSZAWA		55	M50/58	(M)965	00:48:25	00:46:44	12.84	00:26:01 / 1245 [11.53]
1003	1223	GRANT ZBIGNIEW	WARSZAWA		59	M50/59	(M)966	00:48:25	00:47:01	12.76	00:25:13 / 1047 [11.90]
1004	628	KOZŁOWSKI Marek	WARSZAWA		71	M30/392	(M)967	00:48:25	00:47:24	12.66	00:24:50 / 933 [12.08]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
1005	5845	NALAZEK Maciej	MIŃSK MAZOWIECKI	-	86	M20/251	(M)968	00:48:26	00:48:20	12.41	00:23:40 / 633 [12.68]
1006	6014	SMARZEWSKI Adrian	WARSZAWA		81	M20/252	(M)969	00:48:26	00:47:19	12.68	00:25:08 / 1008 [11.94]
1007	2033	MAĆKOWIAK Mirosław	JÓZEFÓW		62	M40/168	(M)970	00:48:26	00:48:15	12.44	00:25:02 / 976 [11.98]
1008	1219	KOWALEWSKI Daniel	WARSZAWA		73	M30/393	(M)971	00:48:27	00:47:22	12.67	00:25:14 / 1054 [11.89]
1009	1808	MALISZEWSKI Cezary	WARSZAWA	DENAT WARSZAWA	58	M50/60	(M)972	00:48:28	00:46:20	12.95	00:25:25 / 1111 [11.80]
1010	3579	WIŚNIEWSKI Tomasz	WARSZAWA		70	M30/394	(M)973	00:48:28	00:47:28	12.64	00:25:12 / 1038 [11.90]
1011	5601	JAROSIEWICZ Damian	ŁOMŻA		84	M20/253	(M)974	00:48:28	00:47:27	12.64	00:26:12 / 1298 [11.45]
1012	5603	JAROSZEWSKI Roman	PŁOCK	TKKF PŁOCK	67	M40/169	(M)975	00:48:29	00:47:13	12.71	00:25:09 / 1017 [11.93]
1013	747	STAFIEJ Karol	WARSZAWA		62	M40/170	(M)976	00:48:29	00:47:39	12.59	00:24:53 / 945 [12.06]
1014	5020	NIEMCZYK Damian	WARSZAWA	MOKOTÓW	83	M20/254	(M)977	00:48:29	00:47:44	12.57	00:24:31 / 860 [12.24]
1015	4926	NIZIOŁ Marian	PIASECZNO		57	M50/61	(M)978	00:48:29	00:47:18	12.68	00:25:20 / 1084 [11.84]
1016	3610	BOGUSZ Jerzy	WARSZAWA		51	M50/62	(M)979	00:48:29	00:46:56	12.78	00:25:24 / 1104 [11.81]
1017	2639	SZAŁADZIŃSKI Sebastian	ZĄBK		75	M30/395	(M)980	00:48:29	00:47:46	12.56	00:25:13 / 1046 [11.90]
1018	3161	KOZYRA Michał	DZWOLA		87	M20/255	(M)981	00:48:29	00:46:30	12.90	00:25:33 / 1143 [11.74]
1019	3478	SARACEN Aleksandra	WARSZAWA		77	K30/17	(K)38	00:48:30	00:47:39	12.59	00:24:37 / 879 [12.19]
1020	6654	SARNA oktavian	WARSZAWA		62	M40/171	(M)982	00:48:30	00:47:39	12.59	00:24:37 / 880 [12.19]
1021	3734	MAJ Grzegorz	CZŁUCHÓW		86	M20/256	(M)983	00:48:30	00:46:59	12.77	00:25:21 / 1087 [11.83]
1022	3550	PILECKI Adam	STAŁOWA WOLA	WAT	88	M20/257	(M)984	00:48:30	00:46:32	12.89	00:25:14 / 1057 [11.89]
1023	5162	KURDEJ Marek	WARSZAWA		87	M20/258	(M)985	00:48:30	00:47:16	12.69	00:24:31 / 859 [12.24]
1024	1699	GÓRSKI Marcin	WARSZAWA		80	M20/259	(M)986	00:48:31	00:47:35	12.61	00:24:07 / 752 [12.44]
1025	5753	LIPCZYŃSKI Przemysław	DĘBICA	WAT	88	M20/260	(M)987	00:48:31	00:48:20	12.41	00:24:00 / 720 [12.50]
1026	1006	GOLBERG Dawid	WARSZAWA		85	M20/261	(M)988	00:48:31	00:48:14	12.44	00:24:50 / 929 [12.08]
1027	1549	SUSKI Mirosław	ZĄBK		72	M30/396	(M)989	00:48:32	00:47:14	12.70	00:24:56 / 955 [12.03]
1028	480	TULIK Maria	WARSZAWA		75	K30/18	(K)39	00:48:32	00:46:13	12.98	00:26:13 / 1308 [11.44]
1029	4585	MUSIAŁ Robert	WARSZAWA		66	M40/172	(M)990	00:48:32	00:47:02	12.76	00:25:37 / 1158 [11.71]
1030	6139	KULAK klaudiusz	WARSZAWA	BRAK	77	M30/397	(M)991	00:48:32	00:47:58	12.51	00:25:04 / 986 [11.97]
1031	5266	CHYLEWSKI Paweł	BYDGOSZCZ		82	M20/262	(M)992	00:48:32	00:46:29	12.91	00:26:38 / 1442 [11.26]
1032	3552	GOŹDZIEJEWSKA Anna	OLSZTYN	MASTERS KORMORAN OLSZTYN	67	K40/6	(K)40	00:48:32	00:46:40	12.86	00:26:05 / 1262 [11.50]
1033	4278	KALINOWSKI ALBERT	ŁÓDŹ		62	M40/173	(M)993	00:48:33	00:46:56	12.78	00:25:21 / 1086 [11.83]
1034	2930	KWAŚNIEWSKI Włodzimierz	WARSZAWA	WARSZAWA	52	M50/63	(M)994	00:48:34	00:47:48	12.55	00:24:42 / 901 [12.15]
1035	1508	ZAŚKO Anna	WARSZAWA	LASEK BIELAŃSKI TEAM	76	K30/19	(K)41	00:48:34	00:47:00	12.77	00:25:50 / 1205 [11.61]
1036	1501	DĘBSKI Robert	WARSZAWA		91		(M)995	00:48:34	00:47:43	12.57	00:27:55 / 1900 [10.75]
1037	5725	KUJAWSKI Tomasz	JOZEWFOW		80	M20/263	(M)996	00:48:35	00:47:20	12.68	00:25:19 / 1075 [11.85]
1038	1274	BELKIEWICZ RAFAŁ	WARSZAWA		80	M20/264	(M)997	00:48:35	00:47:36	12.61	00:24:53 / 942 [12.06]
1039	565	ORŁOWSKI Marek	WARSZAWA		73	M30/398	(M)998	00:48:35	00:47:21	12.67	00:25:08 / 1006 [11.94]
1040	2271	MARCZYK Maciej	WARSZAWA		67	M40/174	(M)999	00:48:36	00:48:09	12.46	00:24:26 / 839 [12.28]
1041	3693	MIESZEK Marcin	WARSZAWA	IM 2010 WARSZAWA	82	M20/265	(M)1000	00:48:36	00:47:48	12.55	00:24:57 / 960 [12.02]
1042	2242	BOBRYK Krzysztof	WARSZAWA		91		(M)1001	00:48:37	00:46:47	12.83	00:26:10 / 1290 [11.46]
1043	1177	KOWAŁ Andrzej	WARSZAWA		65	M40/175	(M)1002	00:48:37	00:47:30	12.63	00:24:47 / 919 [12.10]
1044	3902	PRZYBYSZ Leszek	GRODZISK MAZOWIECKI		66	M40/176	(M)1003	00:48:37	00:48:18	12.42	00:24:16 / 799 [12.36]
1045	4582	SOCHOŃ Aleksander	WARSZAWA		72	M30/399	(M)1004	00:48:37	00:47:14	12.70	00:25:29 / 1126 [11.77]
1046	6689	PODGORZELSKI maciej	WARSZAWA		82	M20/266	(M)1005	00:48:37	00:47:31	12.63	00:24:46 / 916 [12.11]
1047	4285	CHACZYKOWSKI Jacek	PRUSZKÓW	TEAM NUTRILITE	72	M30/400	(M)1006	00:48:38	00:46:53	12.80	00:25:39 / 1164 [11.70]
1048	2427	STELMASZCZYK Maciej	WARSZAWA		76	M30/401	(M)1007	00:48:38	00:47:46	12.56	00:25:16 / 1065 [11.87]
1049	5529	GODLEWSKA MAŁGORZATA	WARSZAWA		82	K20/15	(K)42	00:48:39	00:48:31	12.37	00:24:55 / 951 [12.04]
1050	5206	TOKAJ Bartosz	WARSZAWA		80	M20/267	(M)1008	00:48:39	00:47:17	12.69	00:25:25 / 1109 [11.80]
1051	3841	ROGOZIŃSKI JĘDRZEJ	WARSZAWA	WARSZAWA - TARGÓWEK	85	M20/268	(M)1009	00:48:39	00:47:26	12.65	00:25:22 / 1094 [11.83]
1052	5259	KRUSZEWSKA-SENK Agnieszka	WARSZAWA	KB HOLMES PLACE	84	K20/16	(K)43	00:48:39	00:47:34	12.61	00:24:36 / 878 [12.20]
1053	1809	WERNIK Aleksander	WARSZAWA		82	M20/269	(M)1010	00:48:39	00:48:39	12.33	00:25:03 / 982 [11.98]
1054	683	STANISZEWSKI Waldemar	WARSZAWA		48	M60/9	(M)1011	00:48:39	00:47:32	12.62	00:25:43 / 1171 [11.67]
1055	4677	JANCZAK Łukasz	WARSZAWA		81	M20/270	(M)1012	00:48:39	00:48:39	12.33	00:25:27 / 1116 [11.79]
1056	4159	JANIK Michał	WARSZAWA	KB HOLMES PLACE	81	M20/271	(M)1013	00:48:40	00:46:57	12.78	00:26:05 / 1257 [11.50]
1057	1464	NASALSKI Radosław	WARSZAWA		77	M30/402	(M)1014	00:48:40	00:47:32	12.62	00:25:10 / 1030 [11.92]
1058	1778	SERWATKA Lech	WARSZAWA	SATURN TARGÓWEK	75	M30/403	(M)1015	00:48:40	00:46:45	12.83	00:25:53 / 1224 [11.59]
1059	1229	KOTYŃSKI Łukasz	WOŁOMIN		84	M20/272	(M)1016	00:48:40	00:47:25	12.65	00:25:41 / 1169 [11.68]
1060	2822	ZAPAŁA Sebastian	ZIELONKA	NUTRICA	77	M30/404	(M)1017	00:48:40	00:48:00	12.50	00:24:08 / 754 [12.43]
1061	3959	DANILCZUK Jerzy	WARSZAWA	SPORT 21	65	M40/177	(M)1018	00:48:41	00:47:48	12.55	00:25:32 / 1139 [11.75]
1062	5726	KULECZKA Kamil	ŁĘCZYCA		90		(M)1019	00:48:41	00:48:41	12.32	00:26:10 / 1287 [11.46]
1063	5093	LESISZ Kamil	WARSZAWA		84	M20/273	(M)1020	00:48:42	00:44:51	13.38	00:30:03 / 2631 [9.98]
1064	1371	KOPEC Marcin	WARSZAWA	ACTION	88	M20/274	(M)1021	00:48:42	00:47:50	12.54	00:25:35 / 1151 [11.73]
1065	122	URBAŃSKI Emil	WARSZAWA		71	M30/405	(M)1022	00:48:42	00:47:29	12.64	00:24:54 / 949 [12.05]
1066	182	PAWŁOWSKA-POJAWA Anna	WARSZAWA		76	K30/20	(K)44	00:48:43	00:47:48	12.55	00:24:57 / 961 [12.02]
1067	3218	KLAMCZYŃSKI Marek	SULEJÓWEK		59	M50/64	(M)1023	00:48:43	00:47:47	12.56	00:25:13 / 1044 [11.90]
1068	5750	LIPCZYŃSKI Rafał	PABIANICE		89	M20/275	(M)1024	00:48:43	00:47:43	12.57	00:24:48 / 923 [12.10]
1069	4921	MARCZAK Adam	NIEPORĘT	LETSGO RUN TEAM	69	M40/178	(M)1025	00:48:43	00:48:28	12.38	00:24:24 / 831 [12.30]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
1070	2062	TURSKI Artur	WARSZAWA		87	M20/276	(M)1026	00:48:43	00:47:20	12.68	00:26:02 / 1248 [11.52]
1071	4092	BYCZEK Marek	LUBLIN		84	M20/277	(M)1027	00:48:44	00:48:36	12.35	00:24:42 / 900 [12.15]
1072	2357	WOŁOWSKI Mariusz	WYGŁĘDY		73	M30/406	(M)1028	00:48:44	00:47:39	12.59	00:25:24 / 1105 [11.81]
1073	5284	SZELUGA Tomasz	OLSZTYN		76	M30/407	(M)1029	00:48:45	00:48:14	12.44	00:25:27 / 1115 [11.79]
1074	4194	SYSA Kazimierz	KRASNYSTAW		56	M50/65	(M)1030	00:48:45	00:47:18	12.68	00:25:39 / 1165 [11.70]
1075	2268	WOLSKI Piotr	MILANÓWEK		66	M40/179	(M)1031	00:48:45	00:47:37	12.60	00:25:48 / 1192 [11.63]
1076	1893	ŻESZCZYŃSKI Cezary	WARSZAWA		79	M30/408	(M)1032	00:48:46	00:48:03	12.49	00:23:08 / 509 [12.97]
1077	5125	SOŁTYS Jakub	WARSZAWA		84	M20/278	(M)1033	00:48:46	00:47:50	12.54	00:24:23 / 826 [12.30]
1078	588	CHROBAK Tomasz	WARSZAWA	SKANDIA	79	M30/409	(M)1034	00:48:47	00:47:02	12.76	00:26:31 / 1403 [11.31]
1079	5064	PUCHTA Dariusz	WARSZAWA		90		(M)1035	00:48:47	00:47:37	12.60	00:26:24 / 1373 [11.36]
1080	4136	GAC Wojciech	WARSZAWA		86	M20/279	(M)1036	00:48:48	00:47:05	12.74	00:25:48 / 1188 [11.63]
1081	1763	TOMCZAK Włodzimierz	WARSZAWA	AGR WELODROM	54	M50/66	(M)1037	00:48:49	00:47:47	12.56	00:25:34 / 1148 [11.73]
1082	2423	MIKUSEK Paweł	WARSZAWA	AGR WELODROM	77	M30/410	(M)1038	00:48:49	00:47:48	12.55	00:25:35 / 1149 [11.73]
1083	4151	SOBOL norbert	WARSZAWA	WTS DESKI	74	M30/411	(M)1039	00:48:49	00:46:57	12.78	00:25:32 / 1138 [11.75]
1084	5664	KOCHAŃSKI Michał	WARSZAWA		93		(M)1040	00:48:49	00:47:32	12.62	00:25:57 / 1232 [11.56]
1085	4399	CAŁKA Piotr	WARSZAWA	WEBINVEST TEAM	83	M20/280	(M)1041	00:48:50	00:48:20	12.41	00:25:12 / 1043 [11.90]
1086	819	FRANECKI Piotr	RZESZÓW		89	M20/281	(M)1042	00:48:50	00:47:41	12.58	00:25:11 / 1031 [11.91]
1087	5669	KOLAD Michał	PABIANICE		89	M20/282	(M)1043	00:48:50	00:48:40	12.33	00:23:59 / 718 [12.51]
1088	467	FELIS Albert	WARSZAWA		75	M30/412	(M)1044	00:48:51	00:46:17	12.96	00:26:06 / 1264 [11.49]
1089	938	SZPANOWSKI maciej	WARSZAWA		74	M30/413	(M)1045	00:48:52	00:47:32	12.62	00:25:21 / 1090 [11.83]
1090	1562	EGIERSKI Michał	WARSZAWA		73	M30/414	(M)1046	00:48:52	00:47:35	12.61	00:24:56 / 956 [12.03]
1091	4584	ORLONEK Przemysław	WARSZAWA	NIE	74	M30/415	(M)1047	00:48:52	00:48:01	12.50	00:24:21 / 820 [12.32]
1092	6323	WNUK Marcin	WARSZAWA		76	M30/416	(M)1048	00:48:52	00:47:43	12.57	00:25:28 / 1118 [11.78]
1093	6639	KIESZEK Tadeusz					(M)1049	00:48:52	00:47:54	12.53	00:25:55 / 1228 [11.58]
1094	2795	SOBCZYK Jacek	WARSZAWA		82	M20/283	(M)1050	00:48:52	00:48:26	12.39	00:24:49 / 924 [12.09]
1095	6615	WIKTORSKI Przemysław					(M)1051	00:48:53	00:48:14	12.44	00:26:08 / 1274 [11.48]
1096	2185	CICHACKI Sylwester	WARSZAWA		89	M20/284	(M)1052	00:48:53	00:47:39	12.59	00:25:00 / 969 [12.00]
1097	3592	KWIATKOWSKI Olgierd	WARSZAWA	GAZETA WYBORCZA	69	M40/180	(M)1053	00:48:54	00:47:43	12.57	00:25:12 / 1041 [11.90]
1098	6042	STROŃSKI Artur	ZAWADA GÓRNA	ZESPÓŁ SZKÓŁ IM JADWIGI GRODZKIEJ W	78	M30/417	(M)1054	00:48:54	00:48:16	12.43	00:26:10 / 1285 [11.46]
1099	4379	MAŃCZAK Robert	GDAŃSK/WARSZAWA		80	M20/285	(M)1055	00:48:55	00:48:00	12.50	00:25:19 / 1077 [11.85]
1100	4478	GRUNWALD Wojciech	WARSZAWA	HP RUN	73	M30/418	(M)1056	00:48:55	00:48:00	12.50	00:25:17 / 1068 [11.87]
1101	385	WASIAK Krzysztof	WARSZAWA		85	M20/286	(M)1057	00:48:55	00:46:49	12.82	00:25:58 / 1234 [11.55]
1102	6317	WILCZEK Mirosław	CELESTYNÓW		79	M30/419	(M)1058	00:48:55	00:48:16	12.43	00:24:34 / 869 [12.21]
1103	1831	KRZYSZTOFIAK Krzysztof	WARSZAWA	CARSERVIS	81	M20/287	(M)1059	00:48:55	00:48:08	12.47	00:24:49 / 925 [12.09]
1104	3352	GAWAŁKIEWICZ Łukasz	SKIERNIEWICE	ZZTOP	80	M20/288	(M)1060	00:48:56	00:47:14	12.70	00:26:00 / 1240 [11.54]
1105	1241	WAGNER Jolanta	WARSZAWA		66	K40/7	(K)45	00:48:56	00:47:22	12.67	00:25:49 / 1203 [11.62]
1106	5133	MOGIŁKA Przemysław	WARSZAWA		75	M30/420	(M)1061	00:48:56	00:47:49	12.55	00:25:45 / 1182 [11.65]
1107	2225	BURZYŃSKI Maciej	WARSZAWA		84	M20/289	(M)1062	00:48:57	00:48:22	12.41	00:24:10 / 766 [12.41]
1108	1741	KLIMIUK Grzegorz	ŻYRARDÓW/NOWE	BRĄK	86	M20/290	(M)1063	00:48:57	00:47:56	12.52	00:25:05 / 993 [11.96]
1109	5057	KASPRZAK Mikołaj	WARSZAWA		92		(M)1064	00:48:57	00:47:57	12.51	00:25:14 / 1056 [11.89]
1110	4080	MICHAŁIK Marcin	WARSZAWA		53	M50/67	(M)1065	00:48:58	00:47:57	12.51	00:25:12 / 1042 [11.90]
1111	6330	WODER Olaf	GARWOLIN	RUNNINGTEAMGARWOLIN	82	M20/291	(M)1066	00:48:59	00:48:59	12.25	00:26:21 / 1361 [11.39]
1112	3421	ŚNIEŻEK Krzysztof	PRZASNYSZ		79	M30/421	(M)1067	00:49:00	00:45:50	13.09	00:27:16 / 1662 [11.00]
1113	5215	POTURSKI KAMIL	WARSZAWA-WILANÓW		77	M30/422	(M)1068	00:49:00	00:48:29	12.38	00:24:57 / 959 [12.02]
1114	3175	PIOTROWSKI Seweryn	PRZASNYSZ		82	M20/292	(M)1069	00:49:00	00:47:29	12.64	00:25:11 / 1035 [11.91]
1115	2631	PIEKARSKI Andrzej	WARSZAWA		72	M30/423	(M)1070	00:49:01	00:47:57	12.51	00:24:47 / 920 [12.10]
1116	2367	KAMIŃSKI Wojciech	WARSZAWA		63	M40/181	(M)1071	00:49:01	00:47:48	12.55	00:25:32 / 1142 [11.75]
1117	5740	LENART Paweł	KOLBUSZOWA	PLANNA RACING TEAM	87	M20/293	(M)1072	00:49:02	00:47:35	12.61	00:25:59 / 1235 [11.55]
1118	2178	ANTOSIK Bartosz	WARSZAWA		71	M30/424	(M)1073	00:49:03	00:47:06	12.74	00:26:10 / 1284 [11.46]
1119	649	KACPRZYK Waldemar	WARSZAWA		64	M40/182	(M)1074	00:49:03	00:47:38	12.60	00:25:51 / 1214 [11.61]
1120	4118	MOTYKA JERZY	TARNOBRZEG		77	M30/425	(M)1075	00:49:03	00:46:30	12.90	00:26:42 / 1467 [11.24]
1121	5329	BŁAŻYŃSKI Robert	ŁÓDŹ	BIEGACZ NOWOSOLNA	95		(M)1076	00:49:04	00:48:49	12.29	00:22:57 / 465 [13.07]
1122	1878	KOWALCZYK JUSTYNA	WARSZAWA	KB GALERIA WARSZAWA	70	K30/21	(K)46	00:49:04	00:48:02	12.49	00:25:23 / 1099 [11.82]
1123	2927	PIÓRKOWSKI Dawid	WARSZAWA	KS TURBO-DYMO	82	M20/294	(M)1077	00:49:04	00:47:39	12.59	00:25:08 / 1012 [11.94]
1124	1879	KOWALCZYK ALEKSANDER	WARSZAWA	KB GALERIA	94		(M)1078	00:49:05	00:48:03	12.49	00:25:23 / 1100 [11.82]
1125	1881	WAŁASZCZYK Paweł	PIASECZNO		60	M40/183	(M)1079	00:49:05	00:47:42	12.58	00:25:38 / 1162 [11.70]
1126	2123	ROEHRYCH Paweł	WARSZAWA	MARATONY POLSKIE.PL TEAM	71	M30/426	(M)1080	00:49:05	00:44:51	13.38	00:26:39 / 1452 [11.26]
1127	6886	SIENKIEWICZ Andrzej	SZCZYTNO		82	M20/295	(M)1081	00:49:05	00:48:33	12.36	00:26:19 / 1355 [11.40]
1128	5103	SKARŻYŃSKI Michał	WARSZAWA		81	M20/296	(M)1082	00:49:05	00:48:40	12.33	00:25:08 / 1010 [11.94]
1129	661	STREFLIK Mateusz	GRÓJEC		95		(M)1083	00:49:05	00:48:47	12.30	00:25:05 / 990 [11.96]
1130	1459	WOLEK Ewa	WARSZAWA		68	K40/8	(K)47	00:49:06	00:48:41	12.32	00:25:14 / 1052 [11.89]
1131	5783	MARCINIAK Andrzej	MLAWA		74	M30/427	(M)1084	00:49:06	00:47:14	12.70	00:26:05 / 1255 [11.50]
1132	6302	WEGNER MARCEL	WYSZKÓW	MONAR WYSZKÓW	79	M30/428	(M)1085	00:49:06	00:47:52	12.53	00:24:53 / 944 [12.06]
1133	4907	MATUSZEWICZ Ewa	WARSZAWA	GYMNAZION	60	K40/9	(K)48	00:49:06	00:48:03	12.49	00:25:24 / 1103 [11.81]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
1199	685	OLCZAK-PIĘNKOWSKA Anna	WARSZAWA		78	K30/26	(K)55	00:49:30	00:48:22	12.41	00:26:04 / 1251 [11.51]
1200	5500	FRANKIEWICZ Gabriela	KOMORÓW		83	K20/17	(K)56	00:49:30	00:46:24	12.93	00:26:52 / 1525 [11.17]
1201	2302	LASKOWSKI Mateusz	DĄBROWICA		92		(M)1145	00:49:30	00:47:52	12.53	00:26:36 / 1433 [11.28]
1202	5144	KOLAŃCZYK PAULINA	WARSZAWA	ALETEMPO	80	K20/18	(K)57	00:49:31	00:47:11	12.72	00:26:43 / 1474 [11.23]
1203	1020	KOTWAS Robert	NIEPORĘT		73	M30/452	(M)1146	00:49:31	00:49:01	12.24	00:24:54 / 946 [12.05]
1204	4096	CHŁOPAS Marcin	WARSZAWA		80	M20/318	(M)1147	00:49:31	00:48:13	12.44	00:25:22 / 1092 [11.83]
1205	1992	STACHURSKI Marcin	RADOM		83	M20/319	(M)1148	00:49:31	00:46:56	12.78	00:26:52 / 1528 [11.17]
1206	4856	RYBAK Krzysztof	WARSZAWA	BIESZCZADZKIE JELONKI	73	M30/453	(M)1149	00:49:31	00:49:21	12.16	00:25:07 / 1005 [11.94]
1207	5519	GLIŃSKI Tomasz	SOSNOWIEC		81	M20/320	(M)1150	00:49:31	00:47:36	12.61	00:26:23 / 1364 [11.37]
1208	220	LESIK Jan	WARSZAWA	CROSS-WARSZAWA	52	M50/69	(M)1151	00:49:32	00:49:28	12.13	00:24:52 / 941 [12.06]
1209	1701	SZYMANIAK Zbigniew	WARSZAWA		70	M30/454	(M)1152	00:49:32	00:48:23	12.40	00:25:20 / 1082 [11.84]
1210	6580	ZABIELSKI Janusz					(M)1153	00:49:32	00:48:44	12.31	00:25:17 / 1067 [11.87]
1211	3364	MATHIAK Rafał	STARY KRASZEW		76	M30/455	(M)1154	00:49:33	00:49:33	12.11	00:26:36 / 1429 [11.28]
1212	6345	WRONECKI Michał	PRUSZKÓW		83	M20/321	(M)1155	00:49:33	00:47:36	12.61	00:26:25 / 1379 [11.36]
1213	3233	MĄDRZYK Marek	KRAKÓW	KLUB BIEGACZA TPSA	63	M40/191	(M)1156	00:49:33	00:48:51	12.28	00:25:51 / 1216 [11.61]
1214	3950	KONKOL Mateusz	WARSZAWA	CISCO RUNNING SQUAD 1	75	M30/456	(M)1157	00:49:33	00:48:42	12.32	00:25:25 / 1110 [11.80]
1215	6037	STARTEK Dariusz	WARSZAWA		69	M40/192	(M)1158	00:49:33	00:49:02	12.24	00:25:04 / 989 [11.97]
1216	120	PAULINA Marcin	WARSZAWA		09		(M)1159	00:49:33	00:49:24	12.15	00:24:35 / 874 [12.20]
1217	5109	GŁODOWSKI Michał	WARSZAWA		91		(M)1160	00:49:34	00:48:32	12.36	00:25:17 / 1069 [11.87]
1218	647	KUCIŃSKI ŁUKASZ	WARSZAWA		78	M30/457	(M)1161	00:49:34	00:48:48	12.30	00:24:56 / 957 [12.03]
1219	6022	SOBECKI Bartłomiej	ŁÓDŹ	ZBIEGIEMMIASTA.PL	80	M20/322	(M)1162	00:49:35	00:47:12	12.71	00:26:29 / 1395 [11.33]
1220	2925	BARAŃSKI Michał	WARSZAWA		82	M20/323	(M)1163	00:49:35	00:48:10	12.46	00:25:08 / 1014 [11.94]
1221	205	SZYMCZAK Piotr		CRROSS	09		(M)1164	00:49:35	00:47:12	12.71	00:26:29 / 1393 [11.33]
1222	200	RUTKOWSKI Sławomir	WARSZAWA		59	M50/70	(M)1165	00:49:35	00:49:27	12.13	00:24:51 / 938 [12.07]
1223	418	ZIELIŃSKI Maciej	ŁÓDŹ		87	M20/324	(M)1166	00:49:35	00:47:47	12.56	00:26:24 / 1371 [11.36]
1224	2875	KALISIAK Szymon	KOBYŁKA		82	M20/325	(M)1167	00:49:37	00:48:40	12.33	00:25:21 / 1091 [11.83]
1225	657	BUNICZ Sebastian	WARSZAWA		81	M20/326	(M)1168	00:49:37	00:48:26	12.39	00:25:30 / 1128 [11.76]
1226	1862	LIPSKI Jarosław	WARSZAWA		69	M40/193	(M)1169	00:49:38	00:48:23	12.40	00:25:49 / 1202 [11.62]
1227	1660	JESINOWICZ Bronisław	WARSZAWA	AKADEMIA OBRONY NARODOWEJ	59	M50/71	(M)1170	00:49:38	00:48:39	12.33	00:25:46 / 1184 [11.64]
1228	3606	SAJNUG Rafał	WARSZAWA		81	M20/327	(M)1171	00:49:38	00:48:23	12.40	00:25:26 / 1114 [11.80]
1229	4102	RUDNIK Marcin	CHOJNICE		80	M20/328	(M)1172	00:49:39	00:47:06	12.74	00:27:00 / 1567 [11.11]
1230	4497	MADZIARSKA Monika	PIASECZNO	KB GYMNASION WARSZAWA	78	K30/27	(K)58	00:49:39	00:48:35	12.35	00:25:30 / 1129 [11.76]
1231	5696	KOZŁOWSKI Łukasz	BIAŁYSTOK	OIKOS WARSZAWA	88	M20/329	(M)1173	00:49:39	00:47:14	12.70	00:26:29 / 1396 [11.33]
1232	5395	BOYES Alison	WARSAW		84	K20/19	(K)59	00:49:40	00:46:52	12.80	00:28:03 / 1944 [10.70]
1233	5737	LECH Konrad	RADOM	ŚL WOPR	91		(M)1174	00:49:41	00:48:37	12.34	00:25:16 / 1063 [11.87]
1234	1062	POLAŃSKI Rafał	WARSZAWA	IM2010 TRUSKAWKA	70	M30/458	(M)1175	00:49:42	00:47:37	12.60	00:26:52 / 1527 [11.17]
1235	764	DOBROWOLSKI Krzysztof	WARSZAWA		51	M50/72	(M)1176	00:49:42	00:47:41	12.58	00:27:04 / 1593 [11.08]
1236	6012	SLAVINEC Jaka	WARSZAWA		81	M20/330	(M)1177	00:49:42	00:47:42	12.58	00:26:15 / 1317 [11.43]
1237	583	BUCZKOWSKI Daniel	WARSZAWA	NIE MA	58	M50/73	(M)1178	00:49:43	00:47:44	12.57	00:27:34 / 1786 [10.88]
1238	421	CZAJKOWSKI Sławomir	NASIELSK		72	M30/459	(M)1179	00:49:43	00:48:27	12.38	00:25:43 / 1173 [11.67]
1239	2664	WOJTYSIAK-KOTLARSKI Marcin	WARSZAWA	NIEZRZESZONY	75	M30/460	(M)1180	00:49:43	00:49:27	12.13	00:24:33 / 867 [12.22]
1240	4629	ADAMCZYK Paweł	WARSZAWA		82	M20/331	(M)1181	00:49:43	00:48:21	12.41	00:26:11 / 1294 [11.46]
1241	955	KOŁODZIEJEK Marek	WARSZAWA		71	M30/461	(M)1182	00:49:44	00:49:44	12.06	00:26:19 / 1358 [11.40]
1242	1753	KOKOSZKIEWICZ marek	WARSZAWA		72	M30/462	(M)1183	00:49:44	00:47:39	12.59	00:26:46 / 1494 [11.21]
1243	4060	CZARKOWSKI Michał	DRAGACZ		81	M20/332	(M)1184	00:49:44	00:48:51	12.28	00:24:51 / 939 [12.07]
1244	813	SZYMAŃSKI Robert	WARSZAWA-WESOLA		49	M60/10	(M)1185	00:49:44	00:49:31	12.12	00:24:45 / 913 [12.12]
1245	3162	BRZOZOWSKI Andrzej	ZAMOŚĆ		54	M50/74	(M)1186	00:49:45	00:47:46	12.56	
1246	5400	BRZOZOWSKI Michał	WEJHEROWO	COUCHSURFING.ORG	85	M20/333	(M)1187	00:49:45	00:48:04	12.48	00:26:10 / 1288 [11.46]
1247	2124	ŻURANIEWSKA Agnieszka	WARSZAWA		77	K30/28	(K)60	00:49:45	00:48:22	12.41	00:25:53 / 1223 [11.59]
1248	5575	HOŁÓWKO Wacław	WARSZAWA		89	M20/334	(M)1188	00:49:45	00:48:14	12.44	00:26:34 / 1416 [11.29]
1249	6641	PEJERSON Jakub					(M)1189	00:49:46	00:46:11	12.99	00:28:04 / 1945 [10.69]
1250	5887	PALASZ Paweł	WARSZAWA	PARK SKARYSZEWSKI	73	M30/463	(M)1190	00:49:46	00:49:01	12.24	00:25:29 / 1123 [11.77]
1251	4342	DAWIDCZYK Tomasz	KOBYŁKA		69	M40/194	(M)1191	00:49:47	00:47:42	12.58	00:27:33 / 1775 [10.89]
1252	1243	WRÓBLEWSKI Filip	WARSZAWA	KS ENTRE.PL TEAM - IM 2010	75	M30/464	(M)1192	00:49:47	00:42:35	14.09	00:29:25 / 2422 [10.20]
1253	4760	WÓJCIK Piotr	WARSZAWA		72	M30/465	(M)1193	00:49:47	00:48:10	12.46	00:25:45 / 1181 [11.65]
1254	3127	CHODYKA Ireneusz	WARSZAWA	DOWÓDZTWO SIŁ POWIETRZNYCH	74	M30/466	(M)1194	00:49:48	00:48:27	12.38	00:26:16 / 1332 [11.42]
1255	4951	SERAFIN sebastian	WARSZAWA		76	M30/467	(M)1195	00:49:48	00:48:06	12.47	00:27:00 / 1565 [11.11]
1256	3742	SIERADZKI Rafał	WARSZAWA		76	M30/468	(M)1196	00:49:49	00:46:54	12.79	00:27:11 / 1624 [11.04]
1257	608	CAPITAN Miguel	WARSZAWA	GOŁĄBEK RUNNERS	68	M40/195	(M)1197	00:49:49	00:48:21	12.41	00:26:30 / 1398 [11.32]
1258	1977	WEJTOK Tomasz	WARSZAWA	SPR	66	M40/196	(M)1198	00:49:49	00:48:44	12.31	00:25:12 / 1039 [11.90]
1259	735	BUDZINSKI ARTUR	WARSZAWA		69	M40/197	(M)1199	00:49:49	00:48:41	12.32	00:26:39 / 1449 [11.26]
1260	312	ŁĄBĘDZKI Jerzy	OPACZ KOLONIA		73	M30/469	(M)1200	00:49:50	00:46:32	12.89	00:27:25 / 1698 [10.94]
1261	4200	ŁAPIŃSKI Zenon	WARSZAWA		55	M50/75	(M)1201	00:49:50	00:47:14	12.70	00:27:25 / 1702 [10.94]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
1262	4611	WULS Kuba	WARSZAWA	ORANGE SPORT	83	M20/335	(M)1202	00:49:50	00:47:20	12.68	00:26:18 / 1348 [11.41]
1263	936	PLATEK Adam	WARSZAWA		71	M30/470	(M)1203	00:49:50	00:48:31	12.37	00:25:21 / 1089 [11.83]
1264	1709	MAJEWSKI Piotr	WARSZAWA	AUTONOMIA MAZOWIECKA	76	M30/471	(M)1204	00:49:50	00:46:15	12.97	00:27:53 / 1888 [10.76]
1265	673	KALISIAK Maciej	KOBYŁKA	NAJSZYBIEJSI	84	M20/336	(M)1205	00:49:51	00:48:55	12.27	00:25:21 / 1088 [11.83]
1266	5363	BEREZOWSKI Jarosław	WARSZAWA		71	M30/472	(M)1206	00:49:51	00:48:01	12.50	00:27:24 / 1693 [10.95]
1267	4763	DYCHA Andrzej	WARSZAWA		78	M30/473	(M)1207	00:49:51	00:48:16	12.43	00:25:09 / 1022 [11.93]
1268	734	SREBRZYŃSKI Cezary	WARSZAWA	WSB CYTADELA	70	M30/474	(M)1208	00:49:52	00:49:28	12.13	00:25:29 / 1125 [11.77]
1269	1993	MAJEWSKI Marcin	JEDLŃIA-LETNISKO		83	M20/337	(M)1209	00:49:52	00:48:42	12.32	00:26:53 / 1536 [11.16]
1270	96	SIEGERT Dariusz			09		(M)1210	00:49:53	00:48:33	12.36	00:26:31 / 1404 [11.31]
1271	5212	OSKWAREK Bogdan	MAŁE PUŁKOWO	PROMIEŃ KOWALEWO POM.	70	M30/475	(M)1211	00:49:54	00:48:30	12.37	00:25:50 / 1211 [11.61]
1272	745	GRZYBOWSKI Piotr	WARSZAWA	MINERAL MIDRANGE S. A.	83	M20/338	(M)1212	00:49:54	00:49:01	12.24	00:25:48 / 1191 [11.63]
1273	5869	NURKOWSKI Maciej	NOWA IWICZNA		78	M30/476	(M)1213	00:49:55	00:49:17	12.17	00:25:24 / 1102 [11.81]
1274	6676	GŁOWACKI Zdzisław					(M)1214	00:49:55	00:49:42	12.07	00:26:05 / 1259 [11.50]
1275	5992	SAJ Sławomir	OSTROŁĘKA	AG BEZ LIMITU OSTROŁĘKA I OKOLICE	69	M40/198	(M)1215	00:49:55	00:49:04	12.23	00:25:36 / 1154 [11.72]
1276	5013	GAŁECKI Artur	DZIEGŁEWO	DOWÓDZTWO SIŁ POWIETRZNYCH	76	M30/477	(M)1216	00:49:55	00:48:34	12.35	00:26:16 / 1331 [11.42]
1277	5120	BIĄŁOBRZESKI Przemysław	OSTROŁĘKA		89	M20/339	(M)1217	00:49:55	00:47:58	12.51	00:27:02 / 1578 [11.10]
1278	5365	BIĄŁAS Konrad	WARSZAWA		73	M30/478	(M)1218	00:49:56	00:49:21	12.16	00:24:14 / 785 [12.38]
1279	5117	CHRUŚT ARKADIUSZ	WARSZAWA	WAT	89	M20/340	(M)1219	00:49:56	00:47:58	12.51	00:27:03 / 1586 [11.09]
1280	4024	PIOTROWSKI Patryk	WARSZAWA		79	M30/479	(M)1220	00:49:56	00:48:47	12.30	00:26:11 / 1296 [11.46]
1281	168	BARAN Bartosz	WARSZAWA	PUMA RUNNING TEAM	76	M30/480	(M)1221	00:49:56	00:49:45	12.06	00:24:20 / 817 [12.33]
1282	3035	KALISZUK Adam			09		(M)1222	00:49:56	00:48:25	12.39	00:26:45 / 1485 [11.21]
1283	624	KALICIECKI Artur	WARSZAWA	JELONEKRACE	94		(M)1223	00:49:56	00:48:28	12.38	00:25:50 / 1212 [11.61]
1284	522	MAŃKOWSKI Marcin	WARSZAWA		79	M30/481	(M)1224	00:49:57	00:48:02	12.49	00:25:52 / 1218 [11.60]
1285	5089	PASTUSZAK Jarosław	WARSZAWA		90		(M)1225	00:49:57	00:49:57	12.01	
1286	6251	SZYMAŃSKI Jakub	RADZIEJÓW	NIEZRZESZONY	80	M20/341	(M)1226	00:49:58	00:48:08	12.47	00:27:01 / 1569 [11.10]
1287	4569	KOŁAKOWSKI Mariusz	WARSZAWA		75	M30/482	(M)1227	00:49:58	00:48:20	12.41	00:26:24 / 1374 [11.36]
1288	2155	LIPOWSKI Grzegorz	KOMPARCHCICE		68	M40/199	(M)1228	00:49:58	00:47:37	12.60	00:26:55 / 1540 [11.15]
1289	3510	ZIMNY MARCIN	WARSZAWA		83	M20/342	(M)1229	00:49:58	00:49:46	12.06	00:24:37 / 881 [12.19]
1290	3115	WALIŃSKI Jarosław	SKARŻYSKO KAMIENNA		69	M40/200	(M)1230	00:49:58	00:48:01	12.50	00:26:22 / 1362 [11.38]
1291	5043	GRUSZCZYŃSKI Witold	WARSZAWA		86	M20/343	(M)1231	00:49:59	00:48:16	12.43	00:26:50 / 1517 [11.18]
1292	5422	CHUCHAŁA Szymon	BALTÓW		67	M40/201	(M)1232	00:49:59	00:46:53	12.80	00:28:24 / 2048 [10.56]
1293	880	OSIŃSKI Stanisław	WARSZAWA	NIESTOWARZYSZONY	51	M50/76	(M)1233	00:49:59	00:49:29	12.13	00:25:57 / 1233 [11.56]
1294	3260	NOWAKOWSKI Maciej	WARSZAWA		75	M30/483	(M)1234	00:49:59	00:48:34	12.35	00:25:49 / 1201 [11.62]
1295	1656	MAMLA Zbigniew	WARSZAWA		70	M30/484	(M)1235	00:49:59	00:49:02	12.24	00:25:46 / 1187 [11.64]
1296	4384	SAWICKA Małgorzata	WARSZAWA		73	K30/29	(K)61	00:50:00	00:49:47	12.05	00:25:23 / 1098 [11.82]
1297	6252	SZYMCZAK Maciej	WARSZAWA	BRĄK	74	M30/485	(M)1236	00:50:00	00:46:52	12.80	00:26:33 / 1410 [11.30]
1298	4308	MATYSIAK MARCIN	OSTROWIEC ŚW	RAIFFEISEN LEASING RUNNERS	77	M30/486	(M)1237	00:50:00	00:48:42	12.32	00:27:28 / 1719 [10.92]
1299	2355	SOSZYŃSKA Małgorzata	WARSZAWA	NIZRZESZONY	62	K40/11	(K)62	00:50:00	00:48:40	12.33	00:25:49 / 1198 [11.62]
1300	433	MROWIEC Michał	BOBROWIEC		69	M40/202	(M)1238	00:50:00	00:48:07	12.47	00:26:01 / 1244 [11.53]
1301	3818	MATLAK SŁAWOMIR	WYSZKÓW		80	M20/344	(M)1239	00:50:01	00:47:21	12.67	00:27:39 / 1811 [10.85]
1302	6606	BORS Łukasz					(M)1240	00:50:01	00:49:55	12.02	00:24:39 / 889 [12.17]
1303	6305	WIĘCEK Tomasz	SZŁA		90		(M)1241	00:50:01	00:49:08	12.21	00:25:28 / 1117 [11.78]
1304	3968	SAJDAK Krzysztof	WARSZAWA		68	M40/203	(M)1242	00:50:02	00:46:50	12.81	00:26:44 / 1479 [11.22]
1305	5495	LOREK MICHAŁ	KRAKÓW	JW 2771	84	M20/345	(M)1243	00:50:02	00:47:58	12.51	00:26:42 / 1466 [11.24]
1306	2529	BLAUTENBERG Leszek	WARSZAWA		64	M40/204	(M)1244	00:50:02	00:47:22	12.67	00:27:29 / 1727 [10.92]
1307	1775	KUBAK Gracjana	WARSZAWA		74	K30/30	(K)63	00:50:03	00:49:34	12.10	00:25:01 / 973 [11.99]
1308	3981	IWANICKI PAWEŁ	WARSZAWA		70	M30/487	(M)1245	00:50:03	00:48:56	12.26	00:26:09 / 1280 [11.47]
1309	689	KOSTKA Mateusz	MARKI		90		(M)1246	00:50:03	00:49:36	12.10	00:23:50 / 676 [12.59]
1310	2206	ZIMECKI Grzegorz	WARSZAWA	AZS UW WARSZAWA	93		(M)1247	00:50:03	00:49:45	12.06	00:24:02 / 733 [12.48]
1311	4503	SOLTAN JAN	WARSZAWA	POLFERRIES	77	M30/488	(M)1248	00:50:03	00:47:22	12.67	00:27:13 / 1639 [11.02]
1312	3036	HUBERT krzysztof	ŁOMIAŃKI		67	M40/205	(M)1249	00:50:04	00:48:51	12.28	00:26:12 / 1303 [11.45]
1313	3620	MZYK Elżbieta	WARSZAWA	Ś.U.K.S. POLNA WARSZAWA	75	K30/31	(K)64	00:50:04	00:49:20	12.16	00:25:14 / 1049 [11.89]
1314	4613	AUGUSTYN Marek	ŁOMIAŃKI	---	56	M50/77	(M)1250	00:50:04	00:48:28	12.38	00:26:56 / 1545 [11.14]
1315	4485	WAŚNIEWSKI Rafał	ŁOMIAŃKI		75	M30/489	(M)1251	00:50:04	00:48:18	12.42	00:26:15 / 1323 [11.43]
1316	4416	ROJAN Paweł	WARSZAWA		63	M40/206	(M)1252	00:50:05	00:47:16	12.69	00:27:09 / 1616 [11.05]
1317	3747	PĘDZISZ Piotr	WARSZAWA		77	M30/490	(M)1253	00:50:05	00:48:21	12.41	00:27:05 / 1598 [11.08]
1318	2914	SZOKALSKA Urszula	NOWY PRAŻMÓW		69	K40/12	(K)65	00:50:05	00:49:27	12.13	00:25:30 / 1130 [11.76]
1319	1164	KAREWICZ Katarzyna	WARSZAWA		73	K30/32	(K)66	00:50:06	00:48:48	12.30	00:26:19 / 1356 [11.40]
1320	6881	WYŻYKOWSKI Piotr	ZALESIE GÓRNE	WWW.ZALESIE-GORNE.EU	72	M30/491	(M)1254	00:50:06	00:49:39	12.08	00:25:35 / 1150 [11.73]
1321	1360	WIŚNIEWSKI Rafał	WARSZAWA	ACTION	78	M30/492	(M)1255	00:50:06	00:48:48	12.30	00:24:16 / 800 [12.36]
1322	3395	KĘDZIERSKI Fabian	WARSZAWA		74	M30/493	(M)1256	00:50:06	00:47:58	12.51	00:26:50 / 1519 [11.18]
1323	3724	MUCHA Jacek	PRUSZKÓW		72	M30/494	(M)1257	00:50:07	00:48:34	12.35	00:25:32 / 1140 [11.75]
1324	4680	CELIŃSKI Aleksander	WARSZAWA		84	M20/346	(M)1258	00:50:07	00:47:46	12.56	00:27:24 / 1692 [10.95]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
1325	5968	ROSLANOWSKI Emil	RADOM		87	M20/347	(M)1259	00:50:08	00:46:56	12.78	00:27:56 / 1906 [10.74]
1326	5161	OLEKSIUK Mirosław	WARSZAWA		63	M40/207	(M)1260	00:50:08	00:49:58	12.01	00:24:45 / 914 [12.12]
1327	4430	GARUS Lech	KATOWICE	ŚCIEŻKA PARK LEŚNY BRÓDNO	72	M30/495	(M)1261	00:50:08	00:47:41	12.58	00:27:24 / 1691 [10.95]
1328	1601	LEPLE Grzegorz	OPACZ KOLONIA	KLUBBIEGACZA.PL	69	M40/208	(M)1262	00:50:08	00:48:07	12.47	00:26:27 / 1385 [11.34]
1329	2872	GIERMASIŃSKI Rafał	WARSZAWA	ITI ADVENTURE TEAM	73	M30/496	(M)1263	00:50:08	00:49:19	12.17	00:25:09 / 1020 [11.93]
1330	4057	FUKIET Bartek	WARSZAWA		71	M30/497	(M)1264	00:50:09	00:49:13	12.19	00:27:19 / 1673 [10.98]
1331	3225	SZLENDAK Krzysztof	WARSZAWA		68	M40/209	(M)1265	00:50:09	00:48:12	12.45	00:26:35 / 1417 [11.29]
1332	1214	OLSZEWSKI Jarosław	LEGIONOWO		56	M50/78	(M)1266	00:50:09	00:49:23	12.15	00:25:59 / 1239 [11.55]
1333	4221	MISIUREWICZ Paweł	WARSZAWA	PASSUS SPORT TEAM	69	M40/210	(M)1267	00:50:09	00:48:49	12.29	00:26:35 / 1423 [11.29]
1334	5121	BIAŁECKI Adam	ŁÓDŹ		89	M20/348	(M)1268	00:50:10	00:48:14	12.44	00:27:03 / 1581 [11.09]
1335	4723	PRZYBYŁKOWICZ Jacek	WARSZAWA		74	M30/498	(M)1269	00:50:11	00:48:20	12.41	00:26:44 / 1483 [11.22]
1336	2874	BIENIEK Dariusz	WARSZAWA		88	M20/349	(M)1270	00:50:11	00:47:48	12.55	00:27:03 / 1587 [11.09]
1337	4722	OLSZANKA Krzysztof	WARSZAWA		71	M30/499	(M)1271	00:50:11	00:48:20	12.41	00:26:44 / 1481 [11.22]
1338	4825	CHLEBOWSKI Michał	WARSZAWA	RUN IS FUN WARSZAWA	68	M40/211	(M)1272	00:50:11	00:48:53	12.27	00:26:23 / 1365 [11.37]
1339	5558	GUZANEK Tomasz	PŁOCK		89	M20/350	(M)1273	00:50:12	00:48:43	12.32	00:27:12 / 1637 [11.03]
1340	1569	KASPRZYK Krzysztof	WARSZAWA	LASEK BIELAŃSKI TEAM	74	M30/500	(M)1274	00:50:12	00:48:46	12.30	00:24:42 / 902 [12.15]
1341	1389	BRZEZIŃSKI Marcin	WARSZAWA	ACTION	78	M30/501	(M)1275	00:50:13	00:49:00	12.24	00:26:07 / 1268 [11.49]
1342	5744	LESIECKI Michał	ŁÓDŹ	SM ŁÓDŹ	86	M20/351	(M)1276	00:50:13	00:47:51	12.54	00:27:20 / 1677 [10.98]
1343	4953	KUCZKOWSKI Jerzy	OŻARÓW MAZOWIECKI	ENERGETYKA OŻARÓW	56	M50/79	(M)1277	00:50:14	00:49:12	12.20	00:26:12 / 1301 [11.45]
1344	4895	MAŁKOWSKI Andrzej	WARSZAWA		80	M20/352	(M)1278	00:50:14	00:44:57	13.35	00:28:55 / 2243 [10.37]
1345	4184	SZYMBORSKI Łukasz	RĘBKÓW		84	M20/353	(M)1279	00:50:14	00:49:01	12.24	00:26:46 / 1489 [11.21]
1346	4117	WIECZOREK Rafał	WARSZAWA	JUNIOR TENNIS CLUB	81	M20/354	(M)1280	00:50:14	00:48:26	12.39	00:26:17 / 1340 [11.41]
1347	6047	STRZYCZKOWSKI Maciej	WARSZAWA-WESOLA		95		(M)1281	00:50:15	00:48:40	12.33	00:27:28 / 1722 [10.92]
1348	2157	ANDERSZ Patryk	WARSZAWA	AZS UW - JUDO	85	M20/355	(M)1282	00:50:15	00:48:16	12.43	00:27:19 / 1674 [10.98]
1349	1947	KOZŁOWSKI Kacper	JÓZEFÓW		91		(M)1283	00:50:15	00:47:12	12.71	00:28:04 / 1948 [10.69]
1350	995	ARSZELEWSKI Bernard	WARSZAWA	DB MARATHON TEAM	82	M20/356	(M)1284	00:50:15	00:48:31	12.37	00:26:08 / 1275 [11.48]
1351	4201	KLIMEK Krzysztof	WARSZAWA		53	M50/80	(M)1285	00:50:15	00:47:38	12.60	00:27:26 / 1710 [10.94]
1352	3634	PRĄDZYŃSKI Dariusz	WARSZAWA	NIE DOTYCZY	54	M50/81	(M)1286	00:50:15	00:48:06	12.47	00:27:27 / 1713 [10.93]
1353	2537	GUT Mateusz	WARSZAWA	MOKOTÓW	88	M20/357	(M)1287	00:50:15	00:48:10	12.46	00:26:47 / 1501 [11.20]
1354	2106	GAJEWSKI Przemysław	WARSZAWA	AGR WEŁODROM	75	M30/502	(M)1288	00:50:16	00:48:07	12.47	00:27:09 / 1621 [11.05]
1355	491	NOWAK Łukasz	WARSZAWA		80	M20/358	(M)1289	00:50:16	00:48:33	12.36	00:26:17 / 1334 [11.41]
1356	3776	URBANIAK Adam	KALISZ		85	M20/359	(M)1290	00:50:16	00:45:01	13.33	00:29:04 / 2290 [10.32]
1357	1961	SOCHA Jarosław	WARSZAWA		70	M30/503	(M)1291	00:50:17	00:48:02	12.49	00:26:39 / 1445 [11.26]
1358	427	SOWIŃSKI Dominik	ŁOMIAŃKI		92		(M)1292	00:50:17	00:50:17	11.93	00:28:20 / 2028 [10.59]
1359	2499	JAŻŁO Przemek	WARSZAWA		85	M20/360	(M)1293	00:50:18	00:49:09	12.21	00:26:10 / 1283 [11.46]
1360	3135	WALASEK Ewa	MYSIADŁO	AZS UW	86	K20/20	(K)67	00:50:18	00:48:46	12.30	00:26:13 / 1309 [11.44]
1361	227	MAJCHRAK Michał		CROSS	09		(M)1294	00:50:18	00:49:35	12.10	00:26:34 / 1415 [11.29]
1362	2723	PETYŃKA Rafał	WARSZAWA	10 WARSZAWSKI PUŁK SAMOCHODOWY	77	M30/504	(M)1295	00:50:19	00:47:59	12.50	00:27:28 / 1721 [10.92]
1363	5998	SCHON Beniamin	WARSZAWA		78	M30/505	(M)1296	00:50:19	00:48:47	12.30	00:27:02 / 1576 [11.10]
1364	2869	PATEREK Andrzej	WARSZAWA	ALETEMPO	54	M50/82	(M)1297	00:50:19	00:49:02	12.24	00:26:07 / 1269 [11.49]
1365	1924	ORDYŁOWSKI Jerzy	WARSZAWA	KS CHOSZCZÓWKA	68	M40/212	(M)1298	00:50:19	00:49:01	12.24	00:26:19 / 1357 [11.40]
1366	1616	BARABASZ Waldemar	WARSZAWA		74	M30/506	(M)1299	00:50:19	00:49:31	12.12	00:25:25 / 1112 [11.80]
1367	644	MICHAŁSKI Ryszard	WARSZAWA	KLUB BIEGACZY WPIONIE.PL	80	M20/361	(M)1300	00:50:19	00:49:30	12.12	00:25:46 / 1183 [11.64]
1368	6666	BERLIK Artur					(M)1301	00:50:20	00:48:07	12.47	00:26:18 / 1344 [11.41]
1369	6248	SZYMAŃSKI Maciej	ŁÓDŹ		80	M20/362	(M)1302	00:50:20	00:49:42	12.07	00:25:23 / 1101 [11.82]
1370	3308	SZWAST Dariusz	WARSZAWA		73	M30/507	(M)1303	00:50:20	00:48:25	12.39	00:27:37 / 1801 [10.86]
1371	690	KOSTKA Michał	MARKI		92		(M)1304	00:50:20	00:49:53	12.03	00:23:50 / 677 [12.59]
1372	300	KOSEDOWSKI Krzysztof	WARSZAWA		60	M40/213	(M)1305	00:50:21	00:47:52	12.53	00:27:31 / 1748 [10.90]
1373	214	SENIUK Stanisław		CROSS	09		(M)1306	00:50:21	00:49:13	12.19	00:26:17 / 1335 [11.41]
1374	4742	KLIŚ Maciej	WARSZAWA		77	M30/508	(M)1307	00:50:21	00:49:20	12.16	00:25:31 / 1132 [11.76]
1375	4241	BARTNIK Andrzej	WARSZAWA	WAT WARSZAWA	60	M40/214	(M)1308	00:50:22	00:47:39	12.59	00:27:26 / 1705 [10.94]
1376	3616	SIKORA Bartosz	WARSZAWA		84	M20/363	(M)1309	00:50:22	00:48:12	12.45	00:27:03 / 1585 [11.09]
1377	6046	STRZYCZKOWSKI Michał	WARSZAWA-WESOLA		69	M40/215	(M)1310	00:50:23	00:47:15	12.70	00:27:30 / 1736 [10.91]
1378	4702	DORADZIŃSKI Roman	WARSZAWA		68	M40/216	(M)1311	00:50:23	00:48:20	12.41	00:26:15 / 1322 [11.43]
1379	3116	SUBOCZ MARCIN	WĘGORZEWO		79	M30/509	(M)1312	00:50:23	00:49:03	12.23	00:26:07 / 1266 [11.49]
1380	6173	KOBYLIŃSKI Konrad	JAWORZNO	WAT WARSZAWA	87	M20/364	(M)1313	00:50:24	00:49:50	12.04	00:28:16 / 2010 [10.61]
1381	2332	RYNKIEWICZ Tomasz	WARSZAWA		75	M30/510	(M)1314	00:50:24	00:48:35	12.35	00:27:07 / 1603 [11.06]
1382	5069	NIEDZIELSKA Urszula	TORUŃ	AZS WAT WARSZAWA	88	K20/21	(K)68	00:50:24	00:46:38	12.87	00:28:15 / 2007 [10.62]
1383	2492	LENARTOWICZ JANUSZ	OŻARÓW MAZOWIECKI		78	M30/511	(M)1315	00:50:24	00:49:22	12.15	00:27:44 / 1837 [10.82]
1384	4465	POCHYLSKI Paweł	WARSZAWA		85	M20/365	(M)1316	00:50:25	00:49:26	12.14	00:26:13 / 1304 [11.44]
1385	244	POJAWA Tomasz	WARSZAWA		73	M30/512	(M)1317	00:50:25	00:48:19	12.42	00:26:47 / 1497 [11.20]
1386	4021	GAŚIŃSKI Łukasz	WARSZAWA		73	M30/513	(M)1318	00:50:25	00:47:41	12.58	00:26:52 / 1526 [11.17]
1387	1008	NAZAREWICZ Rafał	WARSZAWA	DE LAGE LANDEN	75	M30/514	(M)1319	00:50:26	00:48:07	12.47	00:27:19 / 1672 [10.98]
1388	358	OKRASZEWSKI Łukasz	WARSZAWA		82	M20/366	(M)1320	00:50:26	00:47:25	12.65	00:28:47 / 2200 [10.42]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
1389	2514	CZARNECKI Adam	ŁOMIAŃKI		71	M30/515	(M)1321	00:50:26	00:48:12	12.45	00:27:03 / 1582 [11.09]
1390	962	SZYMA Grzegorz	WARSZAWA		68	M40/217	(M)1322	00:50:27	00:48:59	12.25	00:27:11 / 1628 [11.04]
1391	961	SZYMA Karolina	WARSZAWA	MKS POLONIA WARSZAWA	93		(K)69	00:50:27	00:48:59	12.25	00:27:11 / 1630 [11.04]
1392	1115	GLIWA Rafał	BOROWA GÓRA		75	M30/516	(M)1323	00:50:28	00:48:57	12.26	00:26:43 / 1476 [11.23]
1393	1424	GRADUS Kamila	WARSZAWA	ACTION	09		(K)70	00:50:28	00:50:26	11.90	00:25:50 / 1206 [11.61]
1394	4479	MALISZEWSKI Artur	WARSZAWA		67	M40/218	(M)1324	00:50:29	00:47:53	12.53	00:26:59 / 1560 [11.12]
1395	4370	WOŹNIAK Robert	OROŃSKO		87	M20/367	(M)1325	00:50:29	00:49:23	12.15	00:25:52 / 1222 [11.60]
1396	5528	GOCH Karol	SOCHACZEW	KM AKTYWNI SOCHACZEW	85	M20/368	(M)1326	00:50:29	00:50:00	12.00	00:25:48 / 1189 [11.63]
1397	5280	KACZOROWSKI kamil	WARSZAWA		72	M30/517	(M)1327	00:50:29	00:45:35	13.16	00:28:24 / 2050 [10.56]
1398	1255	KATARZYNA Kowalczyk	WARSZAWA		75	K30/33	(K)71	00:50:29	00:47:40	12.59	00:27:28 / 1718 [10.92]
1399	3329	KLUKOWSKI Dariusz	WARSZAWA		65	M40/219	(M)1328	00:50:30	00:49:13	12.19	00:26:22 / 1363 [11.38]
1400	90	TYBURC BIELESZ Paweł			09		(M)1329	00:50:30	00:50:25	11.90	00:24:50 / 932 [12.08]
1401	5620	KĄŻMIERZAK Tomasz	GRABÓW	Z.S. IM. JADWIGI GRODZKIEJ W ŁĘCZYCZY	90		(M)1330	00:50:30	00:49:52	12.03	00:26:11 / 1291 [11.46]
1402	297	WERTENSTEIN-ŻULAWSKI Piotr			09		(M)1331	00:50:30	00:50:24	11.90	00:25:44 / 1177 [11.66]
1403	111	MACHOŃ Paweł	WARSZAWA	STRAŻ MIEJSKA	75	M30/518	(M)1332	00:50:31	00:48:53	12.27	00:26:32 / 1407 [11.31]
1404	5153	NAROŻNIK Ewa	WYGLĘDY		79	K30/34	(K)72	00:50:31	00:49:40	12.08	00:26:02 / 1246 [11.52]
1405	5252	KWITOWSKI Piotr	WARSZAWA	SBBP.PL	78	M30/519	(M)1333	00:50:31	00:48:15	12.44	00:27:37 / 1803 [10.86]
1406	796	NATORSKI Łukasz	WARSZAWA		83	M20/369	(M)1334	00:50:32	00:49:19	12.17	00:26:49 / 1511 [11.19]
1407	2406	KORKOSZ Andrzej	WARSZAWA		77	M30/520	(M)1335	00:50:32	00:48:34	12.35	00:27:15 / 1655 [11.01]
1408	4156	BRYŁA Jakub	WARSZAWA		80	M20/370	(M)1336	00:50:32	00:50:10	11.96	00:24:44 / 907 [12.13]
1409	3138	ŻABNICKI Łukasz	WARSZAWA		77	M30/521	(M)1337	00:50:32	00:47:57	12.51	00:27:04 / 1590 [11.08]
1410	1994	INGIELEWICZ Wojciech	WARSZAWA		80	M20/371	(M)1338	00:50:33	00:49:55	12.02	00:25:15 / 1059 [11.88]
1411	135	SPONSOR vip			09		(M)1339	00:50:33	00:47:58	12.51	00:27:32 / 1756 [10.90]
1412	4447	PLOCKE Szymon	KLANINO		90		(M)1340	00:50:33	00:50:27	11.89	00:25:09 / 1021 [11.93]
1413	6619	CEGŁOWSKI Paweł					(M)1341	00:50:33	00:49:35	12.10	00:26:16 / 1329 [11.42]
1414	1490	PAWLIKOWSKI Korneliusz	WARSZAWA	BRAK	78	M30/522	(M)1342	00:50:33	00:49:55	12.02	00:25:14 / 1051 [11.89]
1415	3007	KLAMMER Marcin	WARSZAWA		70	M30/523	(M)1343	00:50:34	00:49:35	12.10	00:25:44 / 1179 [11.66]
1416	4761	WIĘCKOWSKI Krzysztof	WARSZAWA	LINK4 RUNNERS	78	M30/524	(M)1344	00:50:34	00:50:34	11.87	00:26:28 / 1391 [11.34]
1417	616	WOŹNIAK Tomasz	ŁOMIAŃKI		74	M30/525	(M)1345	00:50:34	00:50:29	11.89	00:25:28 / 1120 [11.78]
1418	1819	WITKOWSKI Konrad	TOMASZÓW LUBELSKI		77	M30/526	(M)1346	00:50:34	00:49:29	12.13	00:26:12 / 1302 [11.45]
1419	6300	WCISŁO Marek	WARSZAWA	ERA RUNNING TEAM	70	M30/527	(M)1347	00:50:34	00:49:29	12.13	00:25:24 / 1106 [11.81]
1420	4203	KRAWCOW Piotr	BRWINOW		85	M20/372	(M)1348	00:50:35	00:49:19	12.17	00:26:56 / 1546 [11.14]
1421	167	JANUSZEWSKI paweł	WARSZAWA	PUMA RUNNING TEAM	72	M30/528	(M)1349	00:50:35	00:50:25	11.90	00:26:40 / 1456 [11.25]
1422	3986	BODZIAK Marcin	WARSZAWA		70	M30/529	(M)1350	00:50:35	00:49:37	12.09	00:25:16 / 1064 [11.87]
1423	2506	ROGAŁA Sławomir	WARSZAWA		60	M40/220	(M)1351	00:50:35	00:48:57	12.26	00:26:42 / 1465 [11.24]
1424	3717	WANTOŁA Oskar	GDYNIA		88	M20/373	(M)1352	00:50:35	00:49:03	12.23	00:26:39 / 1447 [11.26]
1425	3491	KRYGIER Michał	WARSZAWA	UKS OKĘCIE SPORT	93		(M)1353	00:50:36	00:49:29	12.13	00:25:51 / 1213 [11.61]
1426	3313	CUNNINGHAM Michael	WARSZAWA		66	M40/221	(M)1354	00:50:36	00:48:38	12.34	00:27:01 / 1571 [11.10]
1427	1872	OGURKIS Jan	WARSZAWA		62	M40/222	(M)1355	00:50:36	00:50:32	11.87	00:24:58 / 965 [12.02]
1428	6667	ZAWODNIK DO UZUP					(M)1356	00:50:36	00:50:36	11.86	00:26:27 / 1386 [11.34]
1429	335	FILIPEK Cezary	ZIELONKA	CEZAREK88@O2.PL	76	M30/530	(M)1357	00:50:37	00:50:32	11.87	00:24:41 / 893 [12.15]
1430	561	DĄBROSZ Paweł	NOWY DWÓR		89	M20/374	(M)1358	00:50:37	00:48:29	12.38	00:27:08 / 1613 [11.06]
1431	6309	WIŚNIEWSKI Aleksander	WARSZAWA		87	M20/375	(M)1359	00:50:37	00:48:11	12.45	00:27:31 / 1741 [10.90]
1432	413	SKIERKOWSKI Włodzimierz	KAMPINOS	CONTINENTAL	71	M30/531	(M)1360	00:50:37	00:49:33	12.11	00:26:14 / 1312 [11.44]
1433	2912	SZOKAŁSKI Kazimierz	NOWY PRAŻMÓW		63	M40/223	(M)1361	00:50:37	00:49:58	12.01	00:25:18 / 1074 [11.86]
1434	3956	WALCZAK Daniel	KONSTANCIN-JEZIORNA		95		(M)1362	00:50:38	00:49:53	12.03	00:26:49 / 1513 [11.19]
1435	5647	KILIAN Marek	WARSZAWA	CUCUMBER PEKARI RUNNING CLUB	68	M40/224	(M)1363	00:50:38	00:47:20	12.68	00:28:02 / 1938 [10.70]
1436	2311	ORZECHOWSKI Krzysztof	SOCHACZEW	KM AKTYWNI SOCHACZEW	49	M60/11	(M)1364	00:50:38	00:49:25	12.14	00:26:13 / 1305 [11.44]
1437	2236	KRUSZEWSKI Bartosz	WARSZAWA		91		(M)1365	00:50:38	00:49:30	12.12	00:26:12 / 1300 [11.45]
1438	3388	KALINOWSKI Piotr	WARSZAWA		78	M30/532	(M)1366	00:50:38	00:48:49	12.29	00:26:36 / 1430 [11.28]
1439	2781	BINIEK Piotr		BGK	09		(M)1367	00:50:39	00:48:14	12.44	00:27:30 / 1733 [10.91]
1440	1064	HOPPE Paweł	WARSZAWA		74	M30/533	(M)1368	00:50:39	00:49:34	12.10	00:26:09 / 1279 [11.47]
1441	3402	CIEMSKI Zenon	WARSZAWA	BZC.PL	65	M40/225	(M)1369	00:50:39	00:49:21	12.16	00:26:40 / 1457 [11.25]
1442	3403	CIEMSKI Wojtek	WARSZAWA	BZC.PL	92		(M)1370	00:50:39	00:49:21	12.16	00:26:40 / 1455 [11.25]
1443	3771	DUMERADZKI Jacek	LEGIONOWO		90		(M)1371	00:50:40	00:47:15	12.70	00:27:56 / 1904 [10.74]
1444	1786	KUSTOSZ Piotr	WARSZAWA		66	M40/226	(M)1372	00:50:42	00:50:17	11.93	00:25:33 / 1144 [11.74]
1445	2543	ŁUKASZEWSKI Michał	OLSZEWNICA STARA		72	M30/534	(M)1373	00:50:42	00:49:39	12.08	00:25:31 / 1136 [11.76]
1446	3562	KĄKOL Dariusz	KAMIONKA		65	M40/227	(M)1374	00:50:43	00:49:40	12.08	00:25:22 / 1096 [11.83]
1447	2956	KOWALEWSKA Barbara	NOWY DWÓR MAZ		70	K30/35	(K)73	00:50:43	00:49:55	12.02	00:25:46 / 1185 [11.64]
1448	623	KALICIECKI Ireneusz	WARSZAWA	JELONEKRACE	63	M40/228	(M)1375	00:50:43	00:48:58	12.25	00:26:46 / 1487 [11.21]
1449	2301	LASKOWSKI Grzegorz	DĄBROWICA		68	M40/229	(M)1376	00:50:43	00:49:05	12.22	00:26:36 / 1432 [11.28]
1450	4417	KORDOŃSKI Dariusz	GNIEZNO		83	M20/376	(M)1377	00:50:43	00:49:23	12.15	00:26:20 / 1359 [11.39]
1451	426	BRZEZIŃSKI Maciej	PŁOCOCIN		92		(M)1378	00:50:44	00:47:06	12.74	00:28:14 / 2001 [10.63]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
1452	2714	PIETRUSZEWSKI Jacek	WARSZAWA	10 WARSZAWSKI PUŁK SAMOCHODOWY	70	M30/535	(M)1379	00:50:44	00:48:24	12.40	00:27:16 / 1659 [11.00]
1453	3322	PERLEJEWSKI Sebastian	CIECHANOWIEC	AT.BILBAO	87	M20/377	(M)1380	00:50:44	00:49:57	12.01	00:24:53 / 943 [12.06]
1454	362	MITUŁA lukasz	WARSZAWA	CYTADELA	86	M20/378	(M)1381	00:50:44	00:50:21	11.92	00:26:18 / 1345 [11.41]
1455	2901	CZARNECKI Sebastian	WARSZAWA		77	M30/536	(M)1382	00:50:45	00:49:41	12.08	00:27:27 / 1716 [10.93]
1456	752	RONKIEWICZ Patrycja	WARSZAWA		78	K30/36	(K)74	00:50:45	00:49:12	12.20	00:27:15 / 1650 [11.01]
1457	3170	PIASECKA Monika	WARSZAWA	HP RUN	75	K30/37	(K)75	00:50:45	00:48:41	12.32	00:27:22 / 1684 [10.96]
1458	5039	RÓWNICKI Dariusz	WARSZAWA		72	M30/537	(M)1383	00:50:46	00:47:41	12.58	00:27:53 / 1890 [10.76]
1459	671	PEKALA Leszek	WARSZAWA		75	M30/538	(M)1384	00:50:46	00:48:57	12.26	00:27:32 / 1761 [10.90]
1460	1618	TOMCZAK Dariusz	WARSZAWA		65	M40/230	(M)1385	00:50:47	00:49:20	12.16	00:28:16 / 2015 [10.61]
1461	5337	BABIJCZUK Dariusz	CHRZANÓW		73	M30/539	(M)1386	00:50:48	00:48:46	12.30	00:27:41 / 1825 [10.84]
1462	3643	BANASIAK Sebastian	WARSZAWA		84	M20/379	(M)1387	00:50:48	00:48:10	12.46	00:26:53 / 1530 [11.16]
1463	5115	RYAN Declan	WARSZAWA		67	M40/231	(M)1388	00:50:48	00:48:49	12.29	00:27:21 / 1681 [10.97]
1464	5124	KUŹNIEWICZ Mariusz	WARSZAWA		83	M20/380	(M)1389	00:50:49	00:49:40	12.08	00:25:49 / 1200 [11.62]
1465	237	PLATOWSKI Feliks		PRZEWODNIK DLA NIEWIDOMYCH	77	M30/540	(M)1390	00:50:49	00:50:28	11.89	00:26:18 / 1346 [11.41]
1466	209	SAWA Ryszard		NIEWIDOMI	44	M60/12	(M)1391	00:50:49	00:50:27	11.89	00:26:18 / 1347 [11.41]
1467	1463	ZYCHOWICZ Jacek	WARSZAWA	POGROMCY NIEMOCY	82	M20/381	(M)1392	00:50:50	00:50:50	11.80	00:26:40 / 1459 [11.25]
1468	3602	CYBULSKI Adam	WARSZAWA	WSB CYTADELA	61	M40/232	(M)1393	00:50:50	00:49:30	12.12	00:27:02 / 1580 [11.10]
1469	3836	ARASIMOWICZ Anna	RYN		82	K20/22	(K)76	00:50:51	00:50:51	11.80	00:26:33 / 1411 [11.30]
1470	2356	KULAKOWSKI Piotr	KONSTANCIN JEZIORNA	NIEZRZESZONY	57	M50/83	(M)1394	00:50:51	00:49:31	12.12	00:26:09 / 1277 [11.47]
1471	1754	JANKOWSKI karol	KOBYŁKA		87	M20/382	(M)1395	00:50:51	00:48:50	12.29	00:27:52 / 1883 [10.77]
1472	2575	MUTRYNOWSKI PIOTR	WARSZAWA	PROMYKA	74	M30/541	(M)1396	00:50:51	00:48:01	12.50	00:28:02 / 1940 [10.70]
1473	5286	ŁASTOWIECKI Radosław	MIŃSK MAZOWIECKI		75	M30/542	(M)1397	00:50:52	00:48:37	12.34	00:26:46 / 1492 [11.21]
1474	5181	DULINICZ Marta	WARSZAWA		81	K20/23	(K)77	00:50:52	00:49:12	12.20	00:27:30 / 1735 [10.91]
1475	731	WALCZAK Kinga	WARSZAWA		75	K30/38	(K)78	00:50:52	00:50:03	11.99	00:26:10 / 1289 [11.46]
1476	1647	TYSZKIEWICZ Wiesław	OBRYTE		68	M40/233	(M)1398	00:50:53	00:49:19	12.17	00:26:48 / 1506 [11.19]
1477	4009	PHILIPPE Robert	WARSZAWA		60	M40/234	(M)1399	00:50:53	00:50:35	11.86	00:25:49 / 1195 [11.62]
1478	5888	PALASZ Stanisław	ŁÓDŹ	STRAŻ MIEJSKA W ŁODZI	63	M40/235	(M)1400	00:50:53	00:49:16	12.18	00:26:25 / 1378 [11.36]
1479	5448	CZYŻEWSKI Piotr	ŁÓDŹ	STRAŻ MIEJSKA ŁÓDŹ	65	M40/236	(M)1401	00:50:53	00:49:16	12.18	00:26:25 / 1375 [11.36]
1480	4571	SZELWACHOWSKI Dariusz	WARSZAWA	KB LAS HORMIGAS	64	M40/237	(M)1402	00:50:53	00:49:26	12.14	00:26:37 / 1439 [11.27]
1481	5759	LUDWIG Remigiusz	WARSZAWA	BIEGAJZNAMI.PL	77	M30/543	(M)1403	00:50:54	00:48:54	12.27	00:26:51 / 1522 [11.17]
1482	4403	GRZESZCZUK Maciek	WARSZAWA		93		(M)1404	00:50:54	00:49:03	12.23	00:26:44 / 1482 [11.22]
1483	5078	KORCZYŃSKI Stanisław	ŁÓDŹ	ŚCIEŻKI BIEGOWE NIKE PARK PONATOWSKI	53	M50/84	(M)1405	00:50:55	00:49:23	12.15	00:26:25 / 1380 [11.36]
1484	3910	BERNE Włodzimierz Michał	OŻRÓW MAZ.		50	M50/85	(M)1406	00:50:55	00:50:03	11.99	00:26:16 / 1333 [11.42]
1485	2025	MINCBERG Wojciech	WARSZAWA		76	M30/544	(M)1407	00:50:56	00:48:49	12.29	00:26:57 / 1552 [11.13]
1486	4164	SZCZUROWSKI Tomasz	WARSZAWA		91		(M)1408	00:50:56	00:49:22	12.15	00:25:38 / 1159 [11.70]
1487	2654	FREITES Luis	WARSZAWA		61	M40/238	(M)1409	00:50:57	00:50:57	11.78	00:26:38 / 1440 [11.26]
1488	4984	BRZOZOWSKI MIROSLAW	WARSZAWA		71	M30/545	(M)1410	00:50:57	00:48:01	12.50	00:28:49 / 2214 [10.41]
1489	3854	KONWERSKI Jakub	WARSZAWA	WAT WARSZAWA	86	M20/383	(M)1411	00:50:57	00:48:07	12.47	00:27:13 / 1641 [11.02]
1490	4657	ROMAŃSKI Adam	WARSZAWA		79	M30/546	(M)1412	00:50:57	00:48:39	12.33	00:27:40 / 1819 [10.84]
1491	5158	BUCZEK DARIUSZ	BUDY SUŁKOWSKIE		75	M30/547	(M)1413	00:50:58	00:49:19	12.17	00:26:24 / 1372 [11.36]
1492	714	RINGWELSKI Daniel	WŁOCŁAWEK		80	M20/384	(M)1414	00:50:58	00:48:56	12.26	00:27:04 / 1592 [11.08]
1493	2310	KOCIMSKI Jan	SOCHACZEW	KM AKTYWNI SOCHACZEW	48	M60/13	(M)1415	00:50:58	00:49:45	12.06	00:26:31 / 1406 [11.31]
1494	6604	KIDZIŃSKI Łukasz	BRWINÓW		86	M20/385	(M)1416	00:50:58	00:49:04	12.23	00:27:08 / 1615 [11.06]
1495	1726	NOWAK Sławomir	WARSZAWA		70	M30/548	(M)1417	00:50:59	00:48:14	12.44	00:27:41 / 1820 [10.84]
1496	6066	SZCZEPANIAK Grzegorz	WARSZAWA		68	M40/239	(M)1418	00:50:59	00:49:30	12.12	00:27:20 / 1679 [10.98]
1497	3342	BALCERZAK Maciej	WARSZAWA		71	M30/549	(M)1419	00:50:59	00:50:55	11.78	00:25:22 / 1095 [11.83]
1498	2459	KOSTKA Marcin	WARSZAWA		72	M30/550	(M)1420	00:51:00	00:47:50	12.54	00:27:32 / 1765 [10.90]
1499	582	CAŁKA Bartłomiej	PILAWA		83	M20/386	(M)1421	00:51:00	00:48:16	12.43	00:26:25 / 1377 [11.36]
1500	1633	RUSEK agnieszka	WARSZAWA		76	K30/39	(K)79	00:51:02	00:48:26	12.39	00:26:54 / 1537 [11.15]
1501	2724	KOZŁOWSKI Wojciech	WARSZAWA	10 WARSZAWSKI PUŁK SAMOCHODOWY	73	M30/551	(M)1422	00:51:02	00:48:20	12.41	00:27:50 / 1875 [10.78]
1502	3844	DĄBLEWSKI Maksymilian	WARSZAWA		74	M30/552	(M)1423	00:51:03	00:50:48	11.81	00:24:19 / 813 [12.34]
1503	780	JANCZUK Piotr	ŻYRARDÓW		76	M30/553	(M)1424	00:51:03	00:48:56	12.26	00:27:14 / 1647 [11.02]
1504	333	KINASIEWICZ marek	SKIERDY	DOBRAUCZELNIA.PL	52	M50/86	(M)1425	00:51:03	00:49:10	12.20	00:27:39 / 1812 [10.85]
1505	3130	WILAMOWSKI Artur	LIDZBARK		79	M30/554	(M)1426	00:51:03	00:48:51	12.28	00:29:11 / 2324 [10.28]
1506	308	CHACHAJ Piotr	WARSZAWA	KTE TRAMP	88	M20/387	(M)1427	00:51:04	00:48:29	12.38	00:27:31 / 1750 [10.90]
1507	5389	BOJARSKI Maciej	KONIN		78	M30/555	(M)1428	00:51:04	00:50:27	11.89	00:26:15 / 1321 [11.43]
1508	4903	CHOLEWIŃSKI Krzysztof	WARSZAWA		71	M30/556	(M)1429	00:51:04	00:50:57	11.78	00:24:41 / 898 [12.15]
1509	940	KASIŃSKI Grzegorz	WARSZAWA		70	M30/557	(M)1430	00:51:05	00:48:07	12.47	00:28:00 / 1925 [10.71]
1510	5088	BUSZEWSKI Jakub	WARSZAWA		86	M20/388	(M)1431	00:51:05	00:48:34	12.35	00:27:46 / 1852 [10.80]
1511	5651	KLIMEK tomasz	WARSZAWA	NIEZRZESZONY	71	M30/558	(M)1432	00:51:05	00:49:43	12.07	00:27:17 / 1664 [11.00]
1512	3107	TOKARSKI Jacek	SUPRAŚL		76	M30/559	(M)1433	00:51:06	00:49:03	12.23	00:28:08 / 1966 [10.66]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
1513	4973	LISIAK Jerzy	LUBLIN		70	M30/560	(M)1434	00:51:06	00:49:41	12.08	00:26:39 / 1451 [11.26]
1514	5521	GLINIEWICZ Aleksandra	WARSZAWA	KB GYMNASION WARSZAWA	55	K50/1	(K)80	00:51:06	00:50:02	11.99	00:26:42 / 1468 [11.24]
1515	909	SOBASZEK Maciek	WARSZAWA		76	M30/561	(M)1435	00:51:07	00:49:52	12.03	00:26:26 / 1382 [11.35]
1516	1517	BAGIŃSKI Daniel	ZGORZELEC		77	M30/562	(M)1436	00:51:07	00:48:51	12.28	00:27:07 / 1604 [11.06]
1517	852	LATUSZEK Zbigniew	GARWOLIN		82	M20/389	(M)1437	00:51:07	00:48:46	12.30	00:26:53 / 1533 [11.16]
1518	2412	KLIMEK mirek	MIŃSK MAZOWIECKI	DREPTAK	74	M30/563	(M)1438	00:51:08	00:50:56	11.78	00:26:17 / 1336 [11.41]
1519	2324	KOZAK Jędrzej	WARSZAWA		93		(M)1439	00:51:08	00:48:52	12.28	00:27:06 / 1601 [11.07]
1520	3837	SEREDYŃSKI Mieczysław	WROCLAW		66	M40/240	(M)1440	00:51:08	00:50:23	11.91	00:26:45 / 1486 [11.21]
1521	5642	KARCZ Bartosz	WARSZAWA		78	M30/564	(M)1441	00:51:08	00:49:58	12.01	00:26:40 / 1454 [11.25]
1522	4328	PIETRZAK Mariusz	WARSZAWA		72	M30/565	(M)1442	00:51:08	00:49:38	12.09	00:26:14 / 1311 [11.44]
1523	3546	PYRA Adrian	JÓZEFÓW	UKS FUKS	89	M20/390	(M)1443	00:51:09	00:49:52	12.03	00:27:47 / 1856 [10.80]
1524	2359	ZWIERZ Michał	WARSZAWA		73	M30/566	(M)1444	00:51:09	00:50:51	11.80	00:25:45 / 1180 [11.65]
1525	1200	SKRZYPKOWSKI Tomasz	OTWOCK		57	M50/87	(M)1445	00:51:09	00:48:48	12.30	00:28:11 / 1980 [10.64]
1526	2034	ZAWADZKI Maciej	WARSZAWA	TECHNIKUM KASPRZAKA	78	M30/567	(M)1446	00:51:09	00:49:31	12.12	00:27:25 / 1701 [10.94]
1527	2880	MAJ Grzegorz	WARSZAWA		66	M40/241	(M)1447	00:51:09	00:48:50	12.29	00:27:34 / 1782 [10.88]
1528	2892	DOCHNAL Robert	WARSZAWA		64	M40/242	(M)1448	00:51:10	00:48:06	12.47	00:28:01 / 1932 [10.71]
1529	5247	PIETRZYK Marek	MAGNUSZEW		90		(M)1449	00:51:10	00:49:22	12.15	00:28:15 / 2005 [10.62]
1530	2858	WITAN Paweł	WARSZAWA		73	M30/568	(M)1450	00:51:10	00:50:30	11.88	00:25:37 / 1156 [11.71]
1531	6068	SZCZEPANIK Tomasz	CZĘSTOCHOWA		67	M40/243	(M)1451	00:51:10	00:49:02	12.24	00:27:08 / 1612 [11.06]
1532	4659	WITAK Paweł	WARSZAWA		84	M20/391	(M)1452	00:51:10	00:49:55	12.02	00:26:30 / 1399 [11.32]
1533	568	PILAT Mariusz	WARSZAWA	-	63	M40/244	(M)1453	00:51:10	00:49:36	12.10	00:27:33 / 1776 [10.89]
1534	6665	PAŁĘGA Artur					(M)1454	00:51:10	00:49:46	12.06	00:27:14 / 1648 [11.02]
1535	750	LEWANDOWSKI Paweł	WARSZAWA	KB GYMNASION WARSZAWA	80	M20/392	(M)1455	00:51:11	00:48:44	12.31	00:27:46 / 1851 [10.80]
1536	2369	KAMIŃSKI Paweł	WARSZAWA		88	M20/393	(M)1456	00:51:11	00:49:57	12.01	00:27:13 / 1640 [11.02]
1537	4233	MALMON Rafał	SZCZYDLÓWIEC		73	M30/569	(M)1457	00:51:11	00:48:56	12.26	00:27:26 / 1706 [10.94]
1538	3355	WALENCIK Grzegorz	WARSZAWA	BESTCON	61	M40/245	(M)1458	00:51:11	00:48:48	12.30	00:27:22 / 1687 [10.96]
1539	3315	KOROŚ Dariusz	CHYLICZKI		63	M40/246	(M)1459	00:51:11	00:51:04	11.75	00:25:44 / 1178 [11.66]
1540	4237	DĄBKOWSKI Krzysztof	WOŁOMIN	BEZ KLUBU	72	M30/570	(M)1460	00:51:11	00:50:58	11.77	00:25:06 / 995 [11.95]
1541	6623	GRZECHNIK Cezary	LEGIONOWO		93		(M)1461	00:51:12	00:50:21	11.92	00:25:43 / 1176 [11.67]
1542	453	LENARCZYK Katarzyna	WARSZAWA		76	K30/40	(K)81	00:51:12	00:49:40	12.08	00:26:55 / 1542 [11.15]
1543	4952	GLINKA ARKADIUSZ	WARSZAWA	APREO LOGISTICS	74	M30/571	(M)1462	00:51:12	00:51:07	11.74	00:25:10 / 1026 [11.92]
1544	593	GARBIEC Tomasz	WARSZAWA	TARGOWEK	75	M30/572	(M)1463	00:51:12	00:48:07	12.47	00:28:13 / 1999 [10.63]
1545	2700	URBAN Grzegorz	WARSZAWA		77	M30/573	(M)1464	00:51:13	00:49:30	12.12	00:27:31 / 1751 [10.90]
1546	4822	RYBICKI Andrzej	WARSZAWA		72	M30/574	(M)1465	00:51:13	00:48:45	12.31	00:28:15 / 2008 [10.62]
1547	577	HOŁOWACZ Krzysztof	WARSZAWA		77	M30/575	(M)1466	00:51:13	00:47:56	12.52	00:28:22 / 2040 [10.58]
1548	2756	PŁOCHA Igor	BŁONIE		96		(M)1467	00:51:13	00:51:04	11.75	00:26:35 / 1422 [11.29]
1549	3509	KRYSIŃSKI Emil	WARSZAWA		79	M30/576	(M)1468	00:51:14	00:51:02	11.76	00:25:55 / 1227 [11.58]
1550	4530	SIWIŃSKI Robert	WARSZAWA		86	M20/394	(M)1469	00:51:14	00:49:30	12.12	00:27:46 / 1848 [10.80]
1551	1873	ŁOCHOWSKI Andrzej	WARSZAWA	NOCNY ROWER	86	M20/395	(M)1470	00:51:14	00:50:30	11.88	00:25:37 / 1157 [11.71]
1552	2376	MACISZEWSKA Maria	WARSZAWA		78	K30/41	(K)82	00:51:15	00:51:03	11.75	00:25:52 / 1219 [11.60]
1553	1110	CHABROWSKI Marcin	WARSZAWA		93		(M)1471	00:51:15	00:48:38	12.34	00:28:06 / 1954 [10.68]
1554	4364	OSIECKI Edwin	KONSTANCIN		69	M40/247	(M)1472	00:51:15	00:50:53	11.79	00:26:45 / 1484 [11.21]
1555	4865	GAŚCEKI Arkadiusz	WARSZAWA		86	M20/396	(M)1473	00:51:15	00:49:01	12.24	00:28:43 / 2170 [10.45]
1556	3704	BANASZEK Jacek	WARSZAWA	BRAK	59	M50/88	(M)1474	00:51:15	00:49:02	12.24	00:27:05 / 1595 [11.08]
1557	6363	ZACHAREK Paweł	ZAKROCZYM	NIEZRZESZONY	76	M30/577	(M)1475	00:51:16	00:51:06	11.74	00:26:17 / 1339 [11.41]
1558	4862	SOCHOŃ Arkadiusz	WARSZAWA		64	M40/248	(M)1476	00:51:16	00:50:12	11.95	00:26:38 / 1441 [11.26]
1559	3813	HUBA Mirek	WYSZKÓW		80	M20/397	(M)1477	00:51:17	00:48:37	12.34	00:27:38 / 1810 [10.86]
1560	4066	STACHOWIAK Krzysztof	PIASECZNO		67	M40/249	(M)1478	00:51:17	00:50:02	11.99	00:26:29 / 1394 [11.33]
1561	2707	KNAP Wojciech	WARSZAWA		60	M40/250	(M)1479	00:51:17	00:50:47	11.81	00:25:40 / 1167 [11.69]
1562	5428	CICHOSZ KONRAD	GORZKOWICE		84	M20/398	(M)1480	00:51:18	00:47:51	12.54	00:28:48 / 2208 [10.42]
1563	2572	MALICKI Krzysztof	WARSZAWA		61	M40/251	(M)1481	00:51:18	00:49:43	12.07	00:26:41 / 1461 [11.24]
1564	1762	ROZWADOWSKI Krzysztof	WARSZAWA		79	M30/578	(M)1482	00:51:18	00:51:18	11.70	00:26:28 / 1392 [11.34]
1565	5185	NYKA Jan	WARSZAWA		70	M30/579	(M)1483	00:51:19	00:47:09	12.73	00:28:27 / 2068 [10.54]
1566	5784	MARCZAK Michał	WARSZAWA	POLITECHNIKA WARSZAWSKA	85	M20/399	(M)1484	00:51:19	00:48:46	12.30	00:28:18 / 2020 [10.60]
1567	2915	GLEESON paul	WARSZAWA		68	M40/252	(M)1485	00:51:19	00:49:21	12.16	00:27:58 / 1915 [10.73]
1568	3590	TAŃCZYŃSKI Robert	WARSZAWA		82	M20/400	(M)1486	00:51:19	00:50:15	11.94	00:26:09 / 1281 [11.47]
1569	5834	MRÓZ Krzysztof	WARSZAWA		70	M30/580	(M)1487	00:51:19	00:49:52	12.03	00:26:47 / 1500 [11.20]
1570	6145	TELECHOWSKI Jerzy			67	M40/253	(M)1488	00:51:19	00:49:53	12.03	00:26:47 / 1499 [11.20]
1571	166	CAKCO Monika	OTWOCK	PUMA RUNNING TEAM	82	K20/24	(K)83	00:51:19	00:51:09	11.73	00:26:17 / 1341 [11.41]
1572	54	MARCHEWKA Jan		VIP	09		(M)1489	00:51:19	00:48:50	12.29	00:27:31 / 1749 [10.90]
1573	412	MICHAŁOWSKI Michał	WARSZAWA		88	M20/401	(M)1490	00:51:20	00:50:06	11.98	00:27:06 / 1599 [11.07]
1574	4466	BIELECKI Wawrzyniec	WARSZAWA		85	M20/402	(M)1491	00:51:20	00:50:21	11.92	00:26:04 / 1253 [11.51]
1575	1956	GAGUCKA Katarzyna	WARSZAWA		82	K20/25	(K)84	00:51:20	00:50:40	11.84	00:26:28 / 1387 [11.34]
1576	1125	MUCHA Grzegorz	WARSZAWA		58	M50/89	(M)1492	00:51:21	00:50:06	11.98	00:26:42 / 1470 [11.24]
1577	4803	KURMANOWICZ Michał	WARSZAWA		72	M30/581	(M)1493	00:51:21	00:51:21	11.68	00:25:51 / 1217 [11.61]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
1578	2907	IWANOWSKI Piotr	WARSZAWA		80	M20/403	(M)1494	00:51:21	00:48:54	12.27	00:28:36 / 2116 [10.49]
1579	2887	SAWEJKO Karol	WARSZAWA	IK ANIN	75	M30/582	(M)1495	00:51:21	00:50:34	11.87	00:26:26 / 1381 [11.35]
1580	5930	POP Horatiu	WARSZAWA		73	M30/583	(M)1496	00:51:21	00:49:29	12.13	00:27:29 / 1729 [10.92]
1581	5513	GELERT Przemysław	WARSZAWA		78	M30/584	(M)1497	00:51:22	00:48:16	12.43	00:27:43 / 1831 [10.82]
1582	2290	ORZESZEK Krzysztof	WARSZAWA	GEPARD	70	M30/585	(M)1498	00:51:22	00:49:53	12.03	00:26:35 / 1419 [11.29]
1583	5084	TALAGA Bartosz	WARSZAWA	MARATONKA GRAJEWO	70	M30/586	(M)1499	00:51:22	00:48:24	12.40	00:27:29 / 1725 [10.92]
1584	1876	RODAK Adam	WARSZAWA		91		(M)1500	00:51:22	00:50:59	11.77	00:25:09 / 1018 [11.93]
1585	1502	NOWOSIELSKI Grzegorz	WARSZAWA		92		(M)1501	00:51:22	00:49:52	12.03	00:26:41 / 1463 [11.24]
1586	2093	KŁOS Mariusz	WARSZAWA		82	M20/404	(M)1502	00:51:23	00:48:44	12.31	00:28:19 / 2023 [10.59]
1587	2841	MAŁECKI Daniel	LUBLIN		76	M30/587	(M)1503	00:51:23	00:50:40	11.84	00:26:10 / 1282 [11.46]
1588	2522	CHACZYKOWSKI Maciej	WARSZAWA		72	M30/588	(M)1504	00:51:23	00:49:02	12.24	00:28:10 / 1979 [10.65]
1589	626	SZTOLCMAN Jacek	WARSZAWA		76	M30/589	(M)1505	00:51:24	00:49:31	12.12	00:27:19 / 1675 [10.98]
1590	4293	ROŻEK Franciszek	WARSZAWA		56	M50/90	(M)1506	00:51:24	00:50:24	11.90	00:26:00 / 1242 [11.54]
1591	891	ADAMCZYK Katarzyna	ŁOMIAŃKI		84	K20/26	(K)85	00:51:25	00:50:15	11.94	00:26:49 / 1510 [11.19]
1592	4678	ISASI Gorka	BILBAO	BILBAO	71	M30/590	(M)1507	00:51:25	00:49:09	12.21	00:26:49 / 1508 [11.19]
1593	4547	ŻABIŃSKI Lech Marek	RUDA K.GRAJEWA	MARATONKA GRAJEWO	56	M50/91	(M)1508	00:51:26	00:49:28	12.13	00:28:02 / 1937 [10.70]
1594	1560	CAŁKA - MUCHA Małgorzata	WARSZAWA		76	K30/42	(K)86	00:51:26	00:49:49	12.04	00:27:19 / 1670 [10.98]
1595	1499	KAMIŃSKI Ludwik	WARSZAWA		91		(M)1509	00:51:26	00:51:26	11.67	00:26:29 / 1397 [11.33]
1596	2708	JANKOWSKI Tadeusz	WARSZAWA	KS.OTRYT	52	M50/92	(M)1510	00:51:26	00:50:52	11.80	00:26:19 / 1352 [11.40]
1597	5584	JAŚKOWSKI Maciej	POZNAŃ		85	M20/405	(M)1511	00:51:27	00:50:12	11.95	00:26:47 / 1498 [11.20]
1598	528	REK Zdzisław	DĘBE WIELKIE		70	M30/591	(M)1512	00:51:27	00:48:31	12.37	00:27:50 / 1876 [10.78]
1599	2757	ANDRUKONIS Łukasz	WARSZAWA		77	M30/592	(M)1513	00:51:28	00:48:33	12.36	00:28:28 / 2075 [10.54]
1600	5912	PIĄTKOWSKI Piotr	TCZEW		71	M30/593	(M)1514	00:51:28	00:49:59	12.00	00:27:14 / 1646 [11.02]
1601	6062	SZANIAWSKI Wojciech	WARSZAWA		73	M30/594	(M)1515	00:51:28	00:49:59	12.00	00:27:14 / 1644 [11.02]
1602	5374	BIEL Sylwester	CHRZANÓW		80	M20/406	(M)1516	00:51:29	00:49:28	12.13	00:27:41 / 1826 [10.84]
1603	2053	SKIBIŃSKI Konrad	WARSZAWA		77	M30/595	(M)1517	00:51:29	00:50:08	11.97	00:26:14 / 1313 [11.44]
1604	213	MIECH Wiesław		CROSS	09		(M)1518	00:51:29	00:49:42	12.07	00:27:25 / 1697 [10.94]
1605	6267	TROCHIMOWICZ ARTUR	SZCZYTNO	AKB GIMN 1 SZCZYTNO	61	M40/254	(M)1519	00:51:29	00:50:17	11.93	00:27:13 / 1642 [11.02]
1606	4527	PULASKI Ryszard	WARSZAWA	ITI ADVENTURE TEAM	53	M50/93	(M)1520	00:51:30	00:50:42	11.83	00:26:31 / 1402 [11.31]
1607	4044	ZAŁOŃSKI Witold	WARSZAWA		73	M30/596	(M)1521	00:51:31	00:48:37	12.34	00:28:07 / 1960 [10.67]
1608	2300	ŁUCZYK Janusz	DĄBROWICA		79	M30/597	(M)1522	00:51:31	00:49:53	12.03	00:26:38 / 1443 [11.26]
1609	4365	SMOLEŃSKI Jacek	BLĘDÓW		58	M50/94	(M)1523	00:51:32	00:51:32	11.64	00:26:58 / 1554 [11.12]
1610	3253	BENEDYCZAK Maciej	LEGIONOWO		71	M30/598	(M)1524	00:51:32	00:50:06	11.98	00:27:16 / 1660 [11.00]
1611	2632	GAŁĄŻKA Łukasz	WARSZAWA		81	M20/407	(M)1525	00:51:32	00:50:41	11.84	00:25:38 / 1160 [11.70]
1612	5967	ROMANIUK Michał	SIEDLCE		75	M30/599	(M)1526	00:51:32	00:49:16	12.18	00:26:56 / 1548 [11.14]
1613	2982	OSIAK Andrzej	ZALESIE GÓRNE	ZALESIE GÓRNE	61	M40/255	(M)1527	00:51:32	00:50:12	11.95	00:27:02 / 1574 [11.10]
1614	5197	GWIZDOWSKI Dariusz	WARSZAWA	ENTRE.PL TEAM MAGDALENKA	63	M40/256	(M)1528	00:51:33	00:51:05	11.75	00:26:16 / 1328 [11.42]
1615	4263	KRZYKOWSKI PAWEŁ	PRZASNYSZ		73	M30/600	(M)1529	00:51:33	00:49:40	12.08	00:27:15 / 1653 [11.01]
1616	4075	MYŚLIWIEC Mariusz	RADZYMIN		85	M20/408	(M)1530	00:51:34	00:50:15	11.94	00:26:03 / 1250 [11.52]
1617	4733	SLASKI Tomasz	WARSZAWA		69	M40/257	(M)1531	00:51:34	00:50:36	11.86	00:26:05 / 1261 [11.50]
1618	4145	PINDEL Piotr	PIASECZNO		67	M40/258	(M)1532	00:51:34	00:47:47	12.56	00:28:27 / 2069 [10.54]
1619	4818	WALASZCZYK Ryszard	WARSZAWA		79	M30/601	(M)1533	00:51:36	00:48:30	12.37	00:28:40 / 2151 [10.47]
1620	5253	WITASZEWSKI Marek					(M)1534	00:51:36	00:50:47	11.81	00:25:21 / 1085 [11.83]
1621	4407	SUWALD Andrzej	WARSZAWA		61	M40/259	(M)1535	00:51:36	00:50:26	11.90	00:26:58 / 1556 [11.12]
1622	462	KASPRZYK Piotr	WARSZAWA		83	M20/409	(M)1536	00:51:37	00:49:41	12.08	00:28:21 / 2032 [10.58]
1623	823	BYDŁOS Dariusz	WARSZAWA	IM 2010 WARSZAWA	65	M40/260	(M)1537	00:51:37	00:48:51	12.28	00:27:33 / 1774 [10.89]
1624	3613	BOROWSKI Robert	WARSZAWA		75	M30/602	(M)1538	00:51:37	00:50:51	11.80	00:27:48 / 1860 [10.79]
1625	821	GAWĘDA Renata	WARSZAWA	ENTRE.PL TEAM MAGDALENKA	61	K40/13	(K)87	00:51:37	00:48:50	12.29	00:27:33 / 1767 [10.89]
1626	3760	WALIGÓRA Robert	WARSZAWA		79	M30/603	(M)1539	00:51:37	00:50:21	11.92	00:27:27 / 1714 [10.93]
1627	5857	NOCUŃ Czesław	WARKA	START PUŁASKI WARKA	53	M50/95	(M)1540	00:51:38	00:49:56	12.02	00:27:18 / 1667 [10.99]
1628	1097	ZYGA Szymon	WARSZAWA		76	M30/604	(M)1541	00:51:38	00:48:50	12.29	00:28:27 / 2072 [10.54]
1629	2965	LIESE Maciej	WARSZAWA		77	M30/605	(M)1542	00:51:38	00:49:12	12.20	00:27:49 / 1866 [10.78]
1630	4351	TREPKA Marek	WARSZAWA		77	M30/606	(M)1543	00:51:39	00:50:29	11.89	00:26:54 / 1538 [11.15]
1631	3777	URBANIAK Marcin	KALISZ		83	M20/410	(M)1544	00:51:39	00:46:24	12.93	00:29:06 / 2299 [10.31]
1632	2257	BARAN Zenon	WARSZAWA	KB GYMNASION WARSZAWA	60	M40/261	(M)1545	00:51:40	00:44:29	13.49	00:30:08 / 2659 [9.96]
1633	5674	KOPEĆ Waldemar	BELCHÓW	2 BMT	70	M30/607	(M)1546	00:51:40	00:49:01	12.24	00:27:55 / 1897 [10.75]
1634	2013	GIŻEWSKI Michał	WARSZAWA	AZS UW WARSZAWA	95		(M)1547	00:51:40	00:50:35	11.86	00:27:11 / 1626 [11.04]
1635	4499	FEDOROWICZ Sebastian	WARSZAWA	ADF STUDIO TEAM	70	M30/608	(M)1548	00:51:40	00:48:08	12.47	00:28:11 / 1981 [10.64]
1636	6053	SULIKOWSKI Marcin	WARSZAWA		74	M30/609	(M)1549	00:51:42	00:49:39	12.08	00:26:58 / 1555 [11.12]
1637	2662	PIECZONKA Janusz	LEGNICA		88	M20/411	(M)1550	00:51:42	00:50:06	11.98	00:26:34 / 1414 [11.29]
1638	5942	PRZYBECKI MARCIN	WARSZAWA		83	M20/412	(M)1551	00:51:43	00:47:53	12.53	00:29:05 / 2294 [10.32]
1639	1717	STUS MARIUSZ	WARSZAWA		76	M30/610	(M)1552	00:51:43	00:49:55	12.02	00:27:14 / 1645 [11.02]
1640	4418	KOSIŃKI Tomasz	WARSZAWA		80	M20/413	(M)1553	00:51:43	00:48:38	12.34	00:28:38 / 2139 [10.48]
1641	3325	PAZIEWSKI Przemysław	GARWOLIN		84	M20/414	(M)1554	00:51:44	00:51:44	11.60	00:26:47 / 1495 [11.20]
1642	525	ZAWADZKI Kamil	WARSZAWA		79	M30/611	(M)1555	00:51:44	00:49:49	12.04	00:27:08 / 1614 [11.06]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
1708	3245	MATUSIAK Dariusz	MIŃSK MAZOWIECKI		67	M40/270	(M)1619	00:52:05	00:48:56	12.26	00:28:18 / 2018 [10.60]
1709	6136	DĄBROWSKA Justyna	WARSZAWA		87	K20/28	(K)90	00:52:05	00:49:05	12.22	00:28:07 / 1962 [10.67]
1710	4177	MAZUREK Ryszard	TLUSZCZ		74	M30/638	(M)1620	00:52:05	00:50:39	11.85	00:27:34 / 1784 [10.88]
1711	4442	MROCEK Jakub	SKIERNIEWICE		82	M20/436	(M)1621	00:52:06	00:50:41	11.84	00:27:25 / 1703 [10.94]
1712	3845	PYZEL Sławomir	WARSZAWA	METRO WARSZAWSKIE	79	M30/639	(M)1622	00:52:06	00:51:04	11.75	00:26:42 / 1471 [11.24]
1713	4383	BOJANOWSKI Maciej	WARSZAWA		76	M30/640	(M)1623	00:52:06	00:51:16	11.70	00:26:53 / 1531 [11.16]
1714	2772	STRZECHOWSKI Rafał	WARSZAWA		65	M40/271	(M)1624	00:52:06	00:50:41	11.84	00:27:10 / 1623 [11.04]
1715	2617	SKOWRONSKI Michał	OSTROŁĘKA		81	M20/437	(M)1625	00:52:06	00:50:23	11.91	00:27:45 / 1846 [10.81]
1716	1803	TAJCHER Jarosław	SLUPSK		79	M30/641	(M)1626	00:52:07	00:49:50	12.04	00:27:44 / 1842 [10.82]
1717	4712	KWIATKOWSKI Stefan	WARSZAWA		53	M50/103	(M)1627	00:52:07	00:50:18	11.93	00:27:32 / 1762 [10.90]
1718	1075	ROGÓŻ Radosław	WARSZAWA WESOLA		75	M30/642	(M)1628	00:52:07	00:52:01	11.53	00:26:17 / 1337 [11.41]
1719	5577	IDCZAK Justyna	KOŁO		88	K20/29	(K)91	00:52:08	00:51:41	11.61	00:27:34 / 1779 [10.88]
1720	3305	MAŚLANKA Bogdan	WARSZAWA	BRAK	70	M30/643	(M)1629	00:52:08	00:50:29	11.89	00:27:03 / 1584 [11.09]
1721	5327	BŁASZCZYK Tomasz	ZGIERZ	POLITECHNIKA ŁÓDZKA	87	M20/438	(M)1630	00:52:08	00:49:37	12.09	00:28:18 / 2017 [10.60]
1722	5030	WIECZOREK Dariusz	WARSZAWA		67	M40/272	(M)1631	00:52:09	00:49:53	12.03	00:27:56 / 1907 [10.74]
1723	6272	TRZEPADŁEK IRENEUSZ	PIOTRKÓW	AMATOR	60	M40/273	(M)1632	00:52:09	00:50:34	11.87	00:27:12 / 1635 [11.03]
1724	2571	MISIOŁOWSKI Robert	LEGIONOWO		79	M30/644	(M)1633	00:52:10	00:48:02	12.49	00:30:25 / 2746 [9.86]
1725	2570	TOPCZEWSKI Mateusz	LEGIONOWO		72	M30/645	(M)1634	00:52:10	00:48:02	12.49	00:30:25 / 2744 [9.86]
1726	2411	GRELEWSKI Krzysztof	OSTROWIEC	OSZW MIŃSK MAZOWIECKI	75	M30/646	(M)1635	00:52:10	00:51:58	11.55	00:26:28 / 1388 [11.34]
1727	4718	ŻEBROWSKI Adam	BOBROWIEC	LEGEND HR ADVISORS	73	M30/647	(M)1636	00:52:10	00:49:53	12.03	00:27:36 / 1798 [10.87]
1728	2745	MOKRZAŃSKI Piotr	WARSZAWA		85	M20/439	(M)1637	00:52:11	00:49:09	12.21	00:29:24 / 2413 [10.20]
1729	4607	ZARZYCKI Tomasz	WARSZAWA		68	M40/274	(M)1638	00:52:11	00:50:17	11.93	00:27:36 / 1800 [10.87]
1730	3655	MICHAŁEK Marek	CZŁUCHÓW		88	M20/440	(M)1639	00:52:11	00:51:07	11.74	00:27:59 / 1916 [10.72]
1731	1287	TUDEK Mariusz	GÓRA KALWARIA		72	M30/648	(M)1640	00:52:11	00:50:36	11.86	00:27:29 / 1724 [10.92]
1732	2413	OBERZIG Sylwin	MIŃSK MAZOWIECKI	KB DREPTAK MIŃSK MAZOWIECKI	74	M30/649	(M)1641	00:52:11	00:51:59	11.54	00:26:28 / 1390 [11.34]
1733	3072	THOMAS Szczepan	WARSZAWA		61	M40/275	(M)1642	00:52:12	00:51:36	11.63	00:26:08 / 1273 [11.48]
1734	4924	OLSZEWSKI Paweł	WARSZAWA	BAHAMAS JELONKI	87	M20/441	(M)1643	00:52:12	00:49:42	12.07	00:27:55 / 1894 [10.75]
1735	6044	STRUZIK Dariusz	NOWA IWICZNA	KB CASTELLANUS	74	M30/650	(M)1644	00:52:12	00:50:03	11.99	00:27:14 / 1649 [11.02]
1736	1700	STRZYŻEWSKI Wojciech	WARSZAWA		81	M20/442	(M)1645	00:52:13	00:50:35	11.86	00:26:44 / 1477 [11.22]
1737	4614	PAWELEC Filip	WARSZAWA		81	M20/443	(M)1646	00:52:13	00:48:29	12.38	00:29:03 / 2283 [10.33]
1738	2210	GONTARCZYK Mariusz	WARSZAWA		74	M30/651	(M)1647	00:52:13	00:51:58	11.55	00:26:39 / 1450 [11.26]
1739	287	SPONSOR vip			09		(M)1648	00:52:13	00:50:24	11.90	00:27:52 / 1882 [10.77]
1740	2780	DĄBROWSKI Konrad		BGK	09		(M)1649	00:52:13	00:51:39	11.62	00:26:08 / 1272 [11.48]
1741	3988	TAIPALE Pekka	WARSZAWA	ACCELERATE KB ACCENTURE	78	M30/652	(M)1650	00:52:14	00:48:47	12.30	00:29:21 / 2397 [10.22]
1742	2963	CHŁUDZIŃSKA Aleksandra	WARSZAWA	MARATONY POLSKIE	72	K30/44	(K)92	00:52:14	00:51:21	11.68	00:27:02 / 1577 [11.10]
1743	4546	KRAWCZYK Paulina	PROSTKI	MARATONKA GRAJEWO	93		(K)93	00:52:14	00:50:58	11.77	00:27:12 / 1638 [11.03]
1744	6032	STĘPIEŃ Leszek	WOŁOMIN		78	M30/653	(M)1651	00:52:14	00:48:36	12.35	00:28:52 / 2227 [10.39]
1745	1024	KOSIBA Dominik	WARSZAWA	UKS "OLIMPU"	92		(M)1652	00:52:14	00:50:14	11.94	00:28:54 / 2234 [10.38]
1746	2238	SIKORSKI Robert	GRODZISK MAZ.		69	M40/276	(M)1653	00:52:15	00:50:57	11.78	00:27:33 / 1768 [10.89]
1747	1282	CHOSZCZEWSKI MARCIN	PRZASNYSZ	NIEZRZESZONY	80	M20/444	(M)1654	00:52:16	00:49:03	12.23	00:27:51 / 1879 [10.77]
1748	2082	LATOSZEK Gabriela	WARSZAWA		95		(K)94	00:52:16	00:48:49	12.29	00:29:50 / 2570 [10.06]
1749	4429	DZIACZYŃSKI Mariusz	PIASECZNO	ABC KONDYCJA	66	M40/277	(M)1655	00:52:17	00:49:11	12.20	00:28:23 / 2043 [10.57]
1750	5454	DANILUK Karol	WARSZAWA		88	M20/445	(M)1656	00:52:17	00:49:54	12.02	00:29:09 / 2315 [10.29]
1751	2735	IWASZKIEWICZ Łukasz	WARSZAWA		81	M20/446	(M)1657	00:52:17	00:47:15	12.70	00:29:15 / 2354 [10.26]
1752	5832	MROCEK Magdalena	SIEDŁCE		88	K20/30	(K)95	00:52:17	00:51:06	11.74	00:27:26 / 1707 [10.94]
1753	5847	NASKRĘT Arkadiusz	WARSZAWA	IBM POLSKA	72	M30/654	(M)1658	00:52:17	00:51:01	11.76	00:27:15 / 1652 [11.01]
1754	169	KITLER Michał			09		(M)1659	00:52:17	00:52:07	11.51	00:26:05 / 1260 [11.50]
1755	5369	BIAŁOGRODZKI Ryszard	PIASECZNO	PIASECZNO	59	M50/104	(M)1660	00:52:18	00:49:30	12.12	00:28:55 / 2239 [10.37]
1756	2002	GROCHOWSKI Zdzisław	WARSZAWA	AZS UW WARSZAWA	59	M50/105	(M)1661	00:52:19	00:51:14	11.71	00:27:11 / 1625 [11.04]
1757	5170	KAROL MACIEJ	WARSZAWA	ALLIANZ BANK POLSKA	85	M20/447	(M)1662	00:52:19	00:48:51	12.28	00:29:04 / 2291 [10.32]
1758	5498	BRZEZIŃSKI Łukasz	PABIANICE		87	M20/448	(M)1663	00:52:19	00:49:49	12.04	00:28:02 / 1939 [10.70]
1759	546	DOMAŃSKI - ŻULICKI Kamil	SKARŻYSKO -		82	M20/449	(M)1664	00:52:19	00:50:58	11.77	00:27:53 / 1889 [10.76]
1760	2704	PYTKOWSKI Marek	ZIELONKA	LECHICI ZIELONKA	56	M50/106	(M)1665	00:52:20	00:50:08	11.97	00:27:15 / 1656 [11.01]
1761	6254	SZYMCZAK Wojciech	ŁÓDŹ	BIEGACZ NOWOSOLNA	63	M40/278	(M)1666	00:52:20	00:48:47	12.30	00:28:46 / 2191 [10.43]
1762	1492	TYWONCZUK Maciej	OLSZTYN		81	M20/450	(M)1667	00:52:20	00:50:25	11.90	00:27:33 / 1773 [10.89]
1763	5211	KOSTYRA Radosław	JÓZEFÓW		80	M20/451	(M)1668	00:52:20	00:49:21	12.16	00:28:30 / 2085 [10.53]
1764	5169	PIOTRAK Marcin	WARSZAWA	ANKODOR	75	M30/655	(M)1669	00:52:21	00:49:23	12.15	00:28:30 / 2087 [10.53]
1765	4918	SADOWSKA Beata	WARSZAWA		74	K30/45	(K)96	00:52:21	00:52:16	11.48	00:26:43 / 1475 [11.23]
1766	1722	SKALSKI Marek	WARSZAWA		72	M30/656	(M)1670	00:52:21	00:49:59	12.00	00:27:36 / 1795 [10.87]
1767	6140	ZASADZIŃSKI Michał	OLSZTYN		90		(M)1671	00:52:21	00:50:04	11.98	00:28:37 / 2124 [10.48]
1768	4823	MAJ Przemysław	WARSZAWA		67	M40/279	(M)1672	00:52:22	00:51:04	11.75	00:26:46 / 1491 [11.21]
1769	855	TATAREK JAROSŁAW	WARSZAWA	WSB CYTADELA	69	M40/280	(M)1673	00:52:22	00:51:05	11.75	00:27:12 / 1633 [11.03]
1770	2843	ANTCZAK Remigiusz	WARSZAWA		66	M40/281	(M)1674	00:52:22	00:49:36	12.10	00:27:35 / 1791 [10.88]
1771	5997	SAWICKI Piotr					(M)1675	00:52:23	00:51:32	11.64	00:25:50 / 1209 [11.61]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
1772	1034	ZARZYCKI Zdzisław	N.DWÓR MAZ.	JOGGER	58	M50/107	(M)1676	00:52:23	00:51:47	11.59	00:26:57 / 1551 [11.13]
1773	1657	PODRAZA Bartosz	WARSZAWA		84	M20/452	(M)1677	00:52:23	00:49:45	12.06	00:28:08 / 1965 [10.66]
1774	6283	URBAN Krzysztof	WARSZAWA		80	M20/453	(M)1678	00:52:23	00:47:02	12.76	00:30:27 / 2759 [9.85]
1775	4649	MAJCHRAK Krystian	WARSZAWA		80	M20/454	(M)1679	00:52:23	00:51:31	11.65	00:25:31 / 1135 [11.76]
1776	5918	PIETRZAK Jacek	CIECHANÓW		72	M30/657	(M)1680	00:52:25	00:49:43	12.07	00:28:34 / 2104 [10.50]
1777	1959	NIEDZIOLKA MAŁGORZATA	WARSZAWA		68	K40/14	(K)97	00:52:25	00:51:16	11.70	00:26:31 / 1405 [11.31]
1778	6335	WOJDYŁA Michał	WARSZAWA		80	M20/455	(M)1681	00:52:25	00:49:07	12.22	00:28:29 / 2081 [10.53]
1779	1606	SOBIERAJSKI Marek	WARSZAWA	KLUBBIEGACZA.PL	80	M20/456	(M)1682	00:52:26	00:50:42	11.83	00:27:46 / 1847 [10.80]
1780	2906	JOŃCZYK Daniel	PNIEWY		81	M20/457	(M)1683	00:52:26	00:50:22	11.91	00:26:48 / 1507 [11.19]
1781	5729	KURZĄTKOWSKI Dariusz	CIECHANÓW		74	M30/658	(M)1684	00:52:26	00:49:44	12.06	00:28:35 / 2110 [10.50]
1782	2695	ZALEWSKI Marcin	WARSZAWA	AMD NTT SYSTEM	87	M20/458	(M)1685	00:52:26	00:51:32	11.64	00:26:42 / 1469 [11.24]
1783	4965	RUSIŁOWICZ Andrzej	WARSZAWA	SALES&MORE TEAM	76	M30/659	(M)1686	00:52:26	00:50:12	11.95	00:27:35 / 1790 [10.88]
1784	2171	KUGLER Adam	WARSZAWA		69	M40/282	(M)1687	00:52:26	00:49:49	12.04	00:28:39 / 2140 [10.47]
1785	4188	TARCZYŃSKA HALINA	WARSZAWA		75	K30/46	(K)98	00:52:27	00:49:13	12.19	00:29:22 / 2402 [10.22]
1786	3063	BODNAR Adam		VIP	77	M30/660	(M)1688	00:52:27	00:50:57	11.78	00:27:03 / 1588 [11.09]
1787	3725	KOSOWSKI Michał	WARSZAWA		77	M30/661	(M)1689	00:52:27	00:50:55	11.78	00:26:46 / 1490 [11.21]
1788	1447	GIETKA Marcin	WARSZAWA		76	M30/662	(M)1690	00:52:27	00:50:34	11.87	00:28:09 / 1971 [10.66]
1789	899	KUROWSKI Wojciech	WARSZAWA	DWSZ MON	73	M30/663	(M)1691	00:52:27	00:49:37	12.09	00:28:07 / 1964 [10.67]
1790	3282	NOWAK Jacek	WARSZAWA		77	M30/664	(M)1692	00:52:27	00:50:38	11.85	00:27:32 / 1760 [10.90]
1791	3214	MICHAŁOWSKI Marcin	SKIERNIEWICE		88	M20/459	(M)1693	00:52:28	00:50:34	11.87	00:27:36 / 1796 [10.87]
1792	4244	BAJKOWSKI Marek	WARSZAWA		56	M50/108	(M)1694	00:52:28	00:51:03	11.75	00:27:10 / 1622 [11.04]
1793	5223	KWACZEK Rafał	WARSZAWA		77	M30/665	(M)1695	00:52:28	00:49:51	12.04	00:28:51 / 2222 [10.40]
1794	4540	PIENIAK Sławomir	WARSZAWA		65	M40/283	(M)1696	00:52:28	00:51:05	11.75	00:27:05 / 1596 [11.08]
1795	2971	KWIATKOWSKA ANNA	WARSZAWA	-	87	K20/31	(K)99	00:52:29	00:51:13	11.71	00:27:36 / 1799 [10.87]
1796	5830	MOTYLEWSKI Filip	PABIANICE		91		(M)1697	00:52:29	00:51:29	11.65	00:26:49 / 1512 [11.19]
1797	5831	MROCEK Tomasz	SIEDLCE		63	M40/284	(M)1698	00:52:29	00:51:17	11.70	00:27:26 / 1704 [10.94]
1798	4950	SZTOBRYN Marek	WARSZAWA	POWERADE	76	M30/666	(M)1699	00:52:29	00:49:35	12.10	00:28:05 / 1952 [10.68]
1799	1472	MORGA Cezary	WARSZAWA		81	M20/460	(M)1700	00:52:29	00:51:20	11.69	00:26:42 / 1472 [11.24]
1800	4669	JONKO Marcin	WARSZAWA		79	M30/667	(M)1701	00:52:30	00:49:34	12.10	00:28:50 / 2218 [10.40]
1801	3958	GORYCKI Grzegorz	PIASECZNO		79	M30/668	(M)1702	00:52:30	00:50:28	11.89	00:28:55 / 2259 [10.37]
1802	1040	POPCZYK Anna	N.DWÓR MAZ.	JOGGER	87	K20/32	(K)100	00:52:30	00:52:07	11.51	00:26:59 / 1549 [11.12]
1803	2737	SZEWCZYK Mariusz	BIAŁA RAWSKA		86	M20/461	(M)1703	00:52:30	00:49:12	12.20	00:29:24 / 2412 [10.20]
1804	741	RYSZKA Bogusław	WARSZAWA		66	M40/285	(M)1704	00:52:31	00:51:01	11.76	00:27:11 / 1627 [11.04]
1805	1041	ŚLUSARCZYK Paulina	N.DWÓR MAZ.	JOGGER	94		(K)101	00:52:31	00:52:08	11.51	00:26:59 / 1557 [11.12]
1806	2036	MILEWSKI Rafał	WARSZAWA		74	M30/669	(M)1705	00:52:31	00:49:52	12.03	
1807	4635	PERCHEL Kamil	GDYNIA		83	M20/462	(M)1706	00:52:32	00:50:44	11.83	00:28:20 / 2026 [10.59]
1808	1885	GRAMZA Łukasz	ELK		89	M20/463	(M)1707	00:52:32	00:49:22	12.15	00:28:45 / 2183 [10.43]
1809	4115	KLIMA Michał	WARSZAWA		74	M30/670	(M)1708	00:52:33	00:49:26	12.14	00:28:33 / 2096 [10.51]
1810	2626	PALCZEWski Marcin	WARSZAWA	LASEK BIELAŃSKI TEAM	75	M30/671	(M)1709	00:52:33	00:49:34	12.10	00:29:15 / 2352 [10.26]
1811	5292	ŚCISŁO Michał	KRAKÓW		83	M20/464	(M)1710	00:52:34	00:50:54	11.79	00:28:01 / 1934 [10.71]
1812	2765	ŻELEŹNICKI Grzegorz	KOBYŁKA		76	M30/672	(M)1711	00:52:35	00:50:21	11.92	00:27:50 / 1873 [10.78]
1813	6072	SZCZYPZYK-ŚCISŁO Ewa	KRAKÓW	KKB DYSTANS	81	K20/33	(K)102	00:52:35	00:50:55	11.78	00:28:01 / 1935 [10.71]
1814	4646	MARSZAŁEK marcin	PRUSZKÓW		70	M30/673	(M)1712	00:52:35	00:49:31	12.12	00:28:35 / 2115 [10.50]
1815	4226	MAZUREK Marcin	WARSZAWA		76	M30/674	(M)1713	00:52:35	00:49:26	12.14	00:28:41 / 2160 [10.46]
1816	2444	ZIOŁKOWSKI MIKOŁAJ	WARSZAWA		76	M30/675	(M)1714	00:52:36	00:49:29	12.13	00:28:37 / 2128 [10.48]
1817	4929	BALIKOWSKI Paweł	ZĄBKI		80	M20/465	(M)1715	00:52:36	00:50:03	11.99	00:28:03 / 1942 [10.70]
1818	5053	IWANICKI Michał	WARSZAWA		82	M20/466	(M)1716	00:52:36	00:48:43	12.32	00:32:54 / 3593 [9.12]
1819	699	RICHTER Łukasz	WARSZAWA		78	M30/676	(M)1717	00:52:36	00:49:08	12.21	00:28:23 / 2045 [10.57]
1820	5132	MARUSZEWSKI Wojciech	WARSZAWA		87	M20/467	(M)1718	00:52:36	00:50:05	11.98	00:28:47 / 2203 [10.42]
1821	3167	BOKSZ Jarosław	WARSZAWA		70	M30/677	(M)1719	00:52:38	00:50:03	11.99	00:28:12 / 1992 [10.64]
1822	4079	BYSIEC CZESŁAW	DOBRODZIEŃ	WKB META LUBLINIEC	49	M60/14	(M)1720	00:52:38	00:51:13	11.71	00:27:41 / 1824 [10.84]
1823	2856	SOĆKO Marcin	WARSZAWA		77	M30/678	(M)1721	00:52:38	00:51:55	11.56	00:26:35 / 1418 [11.29]
1824	6176	OHNMACHT Tim	MILWAUKEE		71	K30/47	(K)103	00:52:38	00:50:53	11.79	00:27:33 / 1769 [10.89]
1825	1686	BRODA adam	PIASTÓW		72	M30/679	(M)1722	00:52:39	00:49:08	12.21	00:29:45 / 2533 [10.08]
1826	2390	KALINOWSKI Arkadiusz	WARSZAWA		67	M40/286	(M)1723	00:52:39	00:51:28	11.66	00:26:43 / 1473 [11.23]
1827	687	ŁYCZKO Łukasz	NOWY TARG		84	M20/468	(M)1724	00:52:39	00:51:28	11.66	00:29:48 / 2563 [10.07]
1828	5297	ŻOCHOWSKI Piotr	CIECHANÓW		68	M40/287	(M)1725	00:52:40	00:49:59	12.00	00:28:35 / 2109 [10.50]
1829	6010	SITNIK Jan	WARKA	KB START PUŁASKI WARKA	46	M60/15	(M)1726	00:52:40	00:50:56	11.78	00:27:17 / 1663 [11.00]
1830	2943	ZĘGOTA Grzegorz	WARSZAWA		72	M30/680	(M)1727	00:52:41	00:46:18	12.96	00:30:53 / 2901 [9.71]
1831	736	DUDA Zuzia	JÓZEFÓW		94		(K)104	00:52:41	00:50:02	11.99	00:29:02 / 2276 [10.33]
1832	3490	BŁASZCZYK Witold	KOMORÓW		59	M50/109	(M)1728	00:52:41	00:51:14	11.71	00:27:38 / 1806 [10.86]
1833	3651	ZASTAWNY Jarosław	WARSZAWA		61	M40/288	(M)1729	00:52:41	00:52:41	11.39	00:28:30 / 2083 [10.53]
1834	2544	KURZYK Piotr	WARSZAWA		75	M30/681	(M)1730	00:52:42	00:51:40	11.61	00:27:03 / 1583 [11.09]
1835	1448	KACZOR Wojciech	WARSZAWA		77	M30/682	(M)1731	00:52:42	00:50:49	11.81	00:28:09 / 1969 [10.66]
1836	4762	WIĘCKOWSKI Michał	WARSZAWA		76	M30/683	(M)1732	00:52:42	00:50:29	11.89	00:26:34 / 1412 [11.29]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
1837	4105	SIWEK Robert	WIELISZEW		62	M40/289	(M)1733	00:52:43	00:49:28	12.13	00:28:46 / 2192 [10.43]
1838	484	JANOWSKI Wiktor	GRODZISZ MAZOWIECKI		94		(M)1734	00:52:43	00:49:45	12.06	00:29:40 / 2493 [10.11]
1839	4440	STAWICKI Radosław	WARSZAWA		70	M30/684	(M)1735	00:52:43	00:50:25	11.90	00:27:59 / 1919 [10.72]
1840	2091	ZIÓŁKOWSKI Dariusz	WARSZAWA		72	M30/685	(M)1736	00:52:43	00:50:04	11.98	00:28:18 / 2021 [10.60]
1841	486	JANOWSKI Mateusz	GRODZISK MAZOWIECKI		91		(M)1737	00:52:44	00:49:46	12.06	00:29:40 / 2498 [10.11]
1842	4975	BORKOWSKI Kazimierz	TOMASZÓW MAZ.	AZS-UJK	58	M50/110	(M)1738	00:52:44	00:51:13	11.71	00:26:50 / 1518 [11.18]
1843	5556	GURGUN Łukasz	WARSZAWA		85	M20/469	(M)1739	00:52:45	00:52:40	11.39	00:25:48 / 1193 [11.63]
1844	2608	KUTEK Arkadiusz	WARSZAWA		77	M30/686	(M)1740	00:52:45	00:50:46	11.82	00:28:57 / 2253 [10.36]
1845	4556	CHICIŃSKI Grzegorz	DĘBLIN	BRĄK	72	M30/687	(M)1741	00:52:45	00:52:35	11.41	00:26:37 / 1437 [11.27]
1846	6660	ZIELINSKI Piotr					(M)1742	00:52:46	00:50:35	11.86	00:27:56 / 1908 [10.74]
1847	2926	CZARNOBIL Grzegorz	LUBLIN		72	M30/688	(M)1743	00:52:46	00:50:29	11.89	00:27:31 / 1745 [10.90]
1848	670	POŁOWNIAK Andrzej	WARSZAWA		48	M60/16	(M)1744	00:52:46	00:50:14	11.94	00:28:12 / 1989 [10.64]
1849	1105	RUSKOWIAK Dariusz	WARSZAWA	-	73	M30/689	(M)1745	00:52:47	00:49:21	12.16	00:29:40 / 2497 [10.11]
1850	4711	KWIATKOWSKI Konrad	WARSZAWA		84	M20/470	(M)1746	00:52:47	00:50:43	11.83	00:27:32 / 1763 [10.90]
1851	489	OSTAFIN DARIUSZ	WARSZAWA	NIEZRZESZONY	61	M40/290	(M)1747	00:52:47	00:50:09	11.96	00:28:55 / 2245 [10.37]
1852	2569	SKULIMOWSKA Sara	WARSZAWA	MKS POLONIA	95		(K)105	00:52:47	00:52:06	11.52	00:26:33 / 1409 [11.30]
1853	2743	WOJTYŁA Paweł	WARSZAWA		84	M20/471	(M)1748	00:52:47	00:49:45	12.06	00:29:24 / 2417 [10.20]
1854	6262	TOKARZEWSKI Stanisław	KOMORÓW	KOMORÓW	46	M60/17	(M)1749	00:52:47	00:52:28	11.44	00:26:51 / 1521 [11.17]
1855	4142	PLASKOTA Michał	NADARZYN		83	M20/472	(M)1750	00:52:47	00:50:47	11.81	00:27:36 / 1797 [10.87]
1856	2600	CZERNIAWSKI Tomasz	WARSZAWA		94		(M)1751	00:52:48	00:50:54	11.79	00:26:32 / 1408 [11.31]
1857	2966	TEODOROWICZ Jerzy	WARSZAWA		75	M30/690	(M)1752	00:52:48	00:50:40	11.84	00:28:04 / 1949 [10.69]
1858	2448	SZCZEPANIK Daniel	WARSZAWA		75	M30/691	(M)1753	00:52:49	00:49:52	12.03	00:28:36 / 2120 [10.49]
1859	2284	RZYSKO Michał	WARSZAWA	FUNDACJA ŚWIĘTEGO MIKOŁAJA	76	M30/692	(M)1754	00:52:50	00:50:07	11.97	00:28:44 / 2177 [10.44]
1860	4204	PARCHOMIUK Andrzej	PULAWY	BRĄK	63	M40/291	(M)1755	00:52:50	00:46:53	12.80	00:30:56 / 2916 [9.70]
1861	2928	KOWALSKI KRZYSZTOF	WARSZAWA		68	M40/292	(M)1756	00:52:50	00:52:44	11.38	00:26:38 / 1441 [11.26]
1862	1072	GWIAZDA Wiesław	CHOTOMÓW		63	M40/293	(M)1757	00:52:50	00:52:50	11.36	00:29:10 / 2321 [10.29]
1863	1408	MARASEK Robert	WARSZAWA	ACTION	66	M40/294	(M)1758	00:52:51	00:50:17	11.93	00:27:59 / 1918 [10.72]
1864	3269	KUCHARSKI Krzysztof	WARSZAWA	ERA RUNNING TEAM	75	M30/693	(M)1759	00:52:51	00:51:53	11.56	00:27:48 / 1858 [10.79]
1865	5975	RYBARSKA Ewa	ŁOMIAŃKI	POLBANK EFG	83	K20/34	(K)106	00:52:51	00:51:15	11.71	00:28:28 / 2078 [10.54]
1866	4736	ZYCH bartek	WARSZAWA		73	M30/694	(M)1760	00:52:51	00:52:05	11.52	00:28:22 / 2037 [10.58]
1867	4284	WOJTASZKO Maciej	WARSZAWA		76	M30/695	(M)1761	00:52:52	00:52:52	11.35	00:28:36 / 2122 [10.49]
1868	1612	GAC Tomasz	WARSZAWA		72	M30/696	(M)1762	00:52:52	00:51:37	11.62	00:29:33 / 2455 [10.15]
1869	1515	ZAWADZKI Andrzej	WARSZAWA		78	M30/697	(M)1763	00:52:52	00:48:49	12.29	00:29:19 / 2378 [10.23]
1870	596	SOSZKA Łukasz	WARSZAWA		83	M20/473	(M)1764	00:52:53	00:52:01	11.53	00:26:15 / 1324 [11.43]
1871	1804	SUPRYK Renata	WARSZAWA	AGR WEŁODROM	79	K30/48	(K)107	00:52:53	00:50:01	12.00	00:28:51 / 2223 [10.40]
1872	2844	URBANIAK Krzysztof		WKS GWARDIA WARSZAWA	67	M40/295	(M)1765	00:52:53	00:51:57	11.55	00:26:13 / 1307 [11.44]
1873	4218	OLKOWSKA Katarzyna	WARSZAWA		87	K20/35	(K)108	00:52:53	00:48:53	12.27	00:29:44 / 2530 [10.09]
1874	564	STRYJEK Bogusław	NOWY DWÓR		70	M30/698	(M)1766	00:52:54	00:50:47	11.81	00:27:49 / 1865 [10.78]
1875	4282	CZECHOWSKI Marcin	ŁOMIAŃKI	ŁOMINKI	69	M40/296	(M)1767	00:52:54	00:49:39	12.08	00:28:48 / 2209 [10.42]
1876	4599	LESZCZUK Kamil	SIEDLCE	ERA RUNNING TEAM	86	M20/474	(M)1768	00:52:55	00:49:13	12.19	00:29:35 / 2469 [10.14]
1877	477	ZAKRZEWSKI Damian	CHOTOMÓW		92		(M)1769	00:52:55	00:51:27	11.66	00:28:12 / 1993 [10.64]
1878	4940	BIELARSKI Karol	NIECIECZ		85	M20/475	(M)1770	00:52:55	00:50:21	11.92	00:28:42 / 2162 [10.45]
1879	3788	CHOJNACKI Konrad	WARSZAWA		89	M20/476	(M)1771	00:52:55	00:51:52	11.57	00:25:56 / 1230 [11.57]
1880	4148	BANDURSKI Paweł	WARSZAWA		72	M30/699	(M)1772	00:52:55	00:48:57	12.26	00:29:41 / 2505 [10.11]
1881	2618	KULPITA Łukasz	PIASECZNO		83	M20/477	(M)1773	00:52:55	00:52:40	11.39	00:26:19 / 1351 [11.40]
1882	2494	KURAK Konrad	WARSZAWA	MARINARA.PL	68	M40/297	(M)1774	00:52:55	00:52:55	11.34	00:29:40 / 2501 [10.11]
1883	2698	DZIOBKOWSKI Michał	WARSZAWA		92		(M)1775	00:52:55	00:48:17	12.43	00:29:47 / 2557 [10.07]
1884	2035	GZOWSKA Oliwia	WARSZAWA		76	K30/49	(K)109	00:52:56	00:50:17	11.93	
1885	3268	BIELSKI Andrzej	WARSZAWA		75	M30/700	(M)1776	00:52:57	00:50:37	11.85	00:27:34 / 1785 [10.88]
1886	6685	ŁUKASIEWICZ Krzysztof					(M)1777	00:52:58	00:51:02	11.76	00:28:15 / 2006 [10.62]
1887	3359	SZYMKO Krzysztof	SIEDLCE		80	M20/478	(M)1778	00:52:58	00:51:10	11.73	00:27:07 / 1608 [11.06]
1888	6058	SZADE Sebastian	WARSZAWA	STARCOM	81	M20/479	(M)1779	00:52:58	00:50:01	12.00	00:28:22 / 2035 [10.58]
1889	6583	MAJ Piotr	LEMKA		77	M30/701	(M)1780	00:52:58	00:50:56	11.78	00:28:12 / 1991 [10.64]
1890	2904	PAPIEŻ Łukasz	KARCZEW	OKS OTWOCK	87	M20/480	(M)1781	00:52:59	00:51:15	11.71	00:27:34 / 1780 [10.88]
1891	2603	MILEWSKA Aleksandra	WARSZAWA		78	K30/50	(K)110	00:53:00	00:50:36	11.86	00:28:39 / 2141 [10.47]
1892	2272	PAWŁOWSKI Marcin	JABŁONNA		85	M20/481	(M)1782	00:53:00	00:48:35	12.35	00:30:41 / 2838 [9.78]
1893	3401	CIEMSKI Maciek	WARSZAWA	BZC.PL	80	M20/482	(M)1783	00:53:00	00:51:41	11.61	00:26:40 / 1453 [11.25]
1894	1739	LEJZEROWICZ piotr	LEGIONOWO		85	M20/483	(M)1784	00:53:00	00:48:35	12.35	00:30:40 / 2837 [9.78]
1895	5751	LIPCZYŃSKI Michał	PABIANICE		87	M20/484	(M)1785	00:53:00	00:51:59	11.54	00:26:35 / 1420 [11.29]
1896	2274	RACHUBIŃSKI Michał	WARSZAWA		88	M20/485	(M)1786	00:53:01	00:49:52	12.03	00:28:48 / 2210 [10.42]
1897	3856	ARABASZ Michał	KIELCE	WAT WARSZAWA	87	M20/486	(M)1787	00:53:02	00:50:11	11.96	00:28:27 / 2071 [10.54]
1898	4802	SZYBISZ Dominik	WARSZAWA		89	M20/487	(M)1788	00:53:02	00:50:44	11.83	00:28:04 / 1947 [10.69]
1899	4945	SZYMAŃSKI Piotr	PRUSZKÓW		80	M20/488	(M)1789	00:53:03	00:49:48	12.05	00:29:56 / 2594 [10.02]
1900	4809	KUBAŃ Danuta	WARSZAWA		65	K40/15	(K)111	00:53:03	00:51:09	11.73	00:28:13 / 1998 [10.63]
1901	2538	CINIUSZEK Izabella	PRUSZKÓW	EST	79	K30/51	(K)112	00:53:03	00:52:06	11.52	00:26:46 / 1488 [11.21]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
1966	5261	ZUBRZYCKA Agnieszka	WARSZAWA		76	K30/55	(K)119	00:53:22	00:52:48	11.36	00:26:15 / 1319 [11.43]
1967	1595	KISZYCKI Tadeusz	ŁÓDŹ		56	M50/113	(M)1848	00:53:22	00:52:16	11.48	00:28:25 / 2058 [10.56]
1968	1978	PANUFNIK Michał	WOŁOMIN		82	M20/510	(M)1849	00:53:23	00:50:46	11.82	00:28:45 / 2182 [10.43]
1969	3748	ŚWIDERSKI Zbigniew	WARSZAWA		79	M30/724	(M)1850	00:53:23	00:52:38	11.40	00:26:24 / 1370 [11.36]
1970	2281	BOCHENKO Edward	ŁOMŻA	ŁOMŻYŃSKI KLUB BIEGOWY	55	M50/114	(M)1851	00:53:23	00:51:20	11.69	00:28:24 / 2052 [10.56]
1971	648	ZGRZĘBSKI Michał	WARSZAWA		71	M30/725	(M)1852	00:53:23	00:47:50	12.54	00:29:56 / 2595 [10.02]
1972	5938	PRUCNAL Tomek	WARSZAWA		82	M20/511	(M)1853	00:53:23	00:51:13	11.71	00:28:39 / 2143 [10.47]
1973	2298	MATYJASIK Jacek	WARSZAWA	CHOSZCZÓWKA	71	M30/726	(M)1854	00:53:23	00:51:41	11.61	00:27:31 / 1740 [10.90]
1974	5985	SŁOTA Bruno					(M)1855	00:53:23	00:50:47	11.81	00:29:07 / 2305 [10.30]
1975	4588	KLAUZA Wojciech	PRUSZKÓW		71	M30/727	(M)1856	00:53:23	00:52:45	11.37	00:26:59 / 1558 [11.12]
1976	3188	KSIĘŻAK Bartłomiej	WARSZAWA	ERA RUNNING TEAM	83	M20/512	(M)1857	00:53:24	00:50:16	11.94	00:30:31 / 2779 [9.83]
1977	2434	DYLEWSKI Michał	RADOM		84	M20/513	(M)1858	00:53:24	00:49:52	12.03	00:30:18 / 2706 [9.90]
1978	1728	SZOPA Tomasz	PRUSZKÓW		84	M20/514	(M)1859	00:53:25	00:51:23	11.68	00:28:39 / 2142 [10.47]
1979	3653	PODWYSOCKI Marcin	AUGUSTÓW		88	M20/515	(M)1860	00:53:25	00:50:19	11.92	00:29:30 / 2444 [10.17]
1980	6299	WASZAK Lech	KUTNO	2 BMT	62	M40/307	(M)1861	00:53:26	00:50:47	11.81	00:28:43 / 2166 [10.45]
1981	3296	ROGOWSKI Piotr	WARSZAWA		85	M20/516	(M)1862	00:53:26	00:50:33	11.87	00:28:54 / 2236 [10.38]
1982	4962	ZAGOŹDŻON Damian	WARSZAWA		88	M20/517	(M)1863	00:53:26	00:50:48	11.81	00:29:04 / 2288 [10.32]
1983	5152	JASKÓŁA Przemysław	WARSZAWA	KLUB WYSOKOGÓRSKI WARSZAWA	74	M30/728	(M)1864	00:53:26	00:51:16	11.70	00:28:10 / 1978 [10.65]
1984	309	BORUCIŃSKI Paweł	KLAUDYN		59	M50/115	(M)1865	00:53:27	00:51:49	11.58	00:27:01 / 1570 [11.10]
1985	6567	SKOCZYŁAS Michał	PIASECZNO		74	M30/729	(M)1866	00:53:27	00:48:49	12.29	00:29:47 / 2558 [10.07]
1986	1792	WALCZAK Jacek	WARSZAWA		73	M30/730	(M)1867	00:53:27	00:52:17	11.48	00:26:49 / 1509 [11.19]
1987	651	KACPRZYK Ewa	WARSZAWA		91		(K)120	00:53:28	00:52:05	11.52	00:27:28 / 1720 [10.92]
1988	607	RYBAK Przemysław	WARSZAWA		79	M30/731	(M)1868	00:53:28	00:52:00	11.54	00:27:20 / 1676 [10.98]
1989	2614	TRUSZKOWSKI Emil	WARSZAWA	BRAK	87	M20/518	(M)1869	00:53:29	00:51:22	11.68	00:28:26 / 2062 [10.55]
1990	5016	PSZCZÓŁKOWSKI Andrzej	CIECHANÓW		90		(M)1870	00:53:29	00:51:53	11.56	00:27:30 / 1732 [10.91]
1991	3853	POŻYCZKA Tomasz	RADOM	WAT WARSZAWA	86	M20/519	(M)1871	00:53:29	00:50:39	11.85	00:27:43 / 1833 [10.82]
1992	3904	WASZKIEWICZ Karol	SUWAŁKI		85	M20/520	(M)1872	00:53:29	00:51:23	11.68	00:28:55 / 2246 [10.37]
1993	5002	NIEMCZYK Grzegorz	MILANÓWEK		90		(M)1873	00:53:29	00:50:02	11.99	00:30:02 / 2626 [9.99]
1994	3849	KOWALCZYK Michał	WARSZAWA		86	M20/521	(M)1874	00:53:29	00:50:38	11.85	00:27:43 / 1835 [10.82]
1995	4859	STAŃCZYKOWSKA Dominika	TOMASZÓW	VEGE RUNNERS	87	K20/38	(K)121	00:53:29	00:52:50	11.36	00:27:23 / 1688 [10.96]
1996	1352	SZELWACHOWSKI Marcin	WARSZAWA	ACTION	90		(M)1875	00:53:30	00:50:36	11.86	00:27:44 / 1841 [10.82]
1997	2786	KACZOR Tomasz		BGK	09		(M)1876	00:53:30	00:50:40	11.84	00:29:13 / 2338 [10.27]
1998	5766	MACIEJEWSKI Paweł	WARKA	KB START PULSAKI WARKA	76	M30/732	(M)1877	00:53:30	00:51:48	11.58	00:27:18 / 1666 [10.99]
1999	400	NADROWSKI Piotr	PIASECZNO		67	M40/308	(M)1878	00:53:30	00:50:01	12.00	00:29:26 / 2427 [10.19]
2000	4046	SAPIŃSKI Mariusz	WARSZAWA		72	M30/733	(M)1879	00:53:31	00:51:43	11.60	00:28:38 / 2131 [10.48]
2001	1867	SOBIERAJSKI Henryk	REMBERTÓW		64	M40/309	(M)1880	00:53:32	00:51:32	11.64	00:28:10 / 1976 [10.65]
2002	3619	WIŚNIEWSKI Michał	WARSZAWA		85	M20/522	(M)1881	00:53:32	00:52:20	11.46	00:27:14 / 1643 [11.02]
2003	2312	MUSZYŃSKI Zenon	SOCHACZEW	KM AKTYWNI SOCHACZEW	55	M50/116	(M)1882	00:53:32	00:53:21	11.25	00:26:14 / 1315 [11.44]
2004	3601	JANASZ Roman	WARSZAWA		70	M30/734	(M)1883	00:53:32	00:51:32	11.64	00:28:53 / 2233 [10.39]
2005	6311	WIECZOREK Konstanty	BIAŁOBRZEGI	PILICA BIAŁOBRZEGI	69	M40/310	(M)1884	00:53:32	00:52:42	11.39	00:27:30 / 1737 [10.91]
2006	1417	SIERZPOWSKI Sebastian	WARSZAWA	ACTION	80	M20/523	(M)1885	00:53:33	00:51:55	11.56	00:27:18 / 1668 [10.99]
2007	2263	STEFANŃSKI Dariusz	WARSZAWA		61	M40/311	(M)1886	00:53:33	00:51:25	11.67	00:28:34 / 2106 [10.50]
2008	5504	GŁODEK Tomasz	RYKI		66	M40/312	(M)1887	00:53:33	00:50:47	11.81	00:28:40 / 2152 [10.47]
2009	1729	GRUDZIŃSKI Sławomir	PRUSZKÓW		84	M20/524	(M)1888	00:53:33	00:51:31	11.65	00:28:39 / 2144 [10.47]
2010	1597	BIREK Mateusz	WARSZAWA		82	M20/525	(M)1889	00:53:33	00:50:15	11.94	00:29:55 / 2590 [10.03]
2011	4215	CISZAK Tomasz	WARSZAWA		72	M30/735	(M)1890	00:53:34	00:51:04	11.75	00:29:16 / 2358 [10.25]
2012	5457	DOBOSZ Marek	WARSZAWA	KB GYMNASION	56	M50/117	(M)1891	00:53:34	00:47:32	12.62	00:30:40 / 2834 [9.78]
2013	4829	ANISIMOWICZ Jan	WARSZAWA	ERA RUNNING TEAM	75	M30/736	(M)1892	00:53:35	00:51:32	11.64	00:27:50 / 1874 [10.78]
2014	5175	ZAJĄC Jakub	WARSZAWA		83	M20/526	(M)1893	00:53:35	00:51:05	11.75	00:28:33 / 2100 [10.51]
2015	3545	CZAMARA Wojciech	GORLICE		82	M20/527	(M)1894	00:53:35	00:51:04	11.75	00:29:20 / 2387 [10.23]
2016	371	RUSSO Riccardo	WARSZAWA	TEAM ITALIA	86	M20/528	(M)1895	00:53:37	00:52:25	11.45	00:28:46 / 2188 [10.43]
2017	599	JUCHNIEWICZ Lidia	WARSZAWA		81	K20/39	(K)122	00:53:37	00:50:19	11.92	00:29:55 / 2591 [10.03]
2018	1611	MIRONCZUK Tomasz	WARSZAWA		70	M30/737	(M)1896	00:53:38	00:51:34	11.64	00:29:14 / 2350 [10.26]
2019	5933	PRACHNIO Radosław	GRĘZÓW		94		(M)1897	00:53:38	00:51:03	11.75	00:29:37 / 2476 [10.13]
2020	5345	BARAN Dariusz	BYDGOSZCZ		68	M40/313	(M)1898	00:53:38	00:52:20	11.46	00:27:42 / 1827 [10.83]
2021	1117	KASZUBOWSKA Agnieszka	WARSZAWA		86	K20/40	(K)123	00:53:40	00:51:36	11.63	00:28:31 / 2088 [10.52]
2022	4638	KAMIŃSKI Szymon	WARSZAWA	AZS UNIwersytet WARSZAWSKI	87	M20/529	(M)1899	00:53:40	00:50:03	11.99	00:31:05 / 2978 [9.65]
2023	653	ŁUKASZUK Michał	WARSZAWA		80	M20/530	(M)1900	00:53:40	00:50:11	11.96	00:29:05 / 2298 [10.32]
2024	514	STAWSKI Sławomir	WARSZAWA		73	M30/738	(M)1901	00:53:41	00:53:19	11.25	00:26:48 / 1505 [11.19]
2025	4956	PIETRZYKOWSKI Wojciech	WARSZAWA		85	M20/531	(M)1902	00:53:41	00:49:54	12.02	00:31:30 / 3135 [9.52]
2026	4294	ŻUREK Andrzej	SIEDLCE		93		(M)1903	00:53:41	00:49:24	12.15	00:31:06 / 2984 [9.65]
2027	5956	RAPACZ Maciej	KRAKÓW	WŁÓCZY-KIJE	89	M20/532	(M)1904	00:53:42	00:51:24	11.67	00:28:41 / 2159 [10.46]
2028	3983	RIEKHOFF AartJan	WARSZAWA	ACCENTURE - ACCELERATE	81	M20/533	(M)1905	00:53:42	00:50:15	11.94	00:29:49 / 2566 [10.06]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
2029	473	MACHNACKI Michał	CHOTOMÓW	GRUPA BIEGOWA CHTMO	76	M30/739	(M)1906	00:53:42	00:52:18	11.47	00:27:32 / 1759 [10.90]
2030	939	LIS Sylwester	WARSZAWA		71	M30/740	(M)1907	00:53:42	00:52:21	11.46	00:26:41 / 1460 [11.24]
2031	6622	RADKO Piotr	JAWORZNO		79	M30/741	(M)1908	00:53:43	00:51:27	11.66	00:29:06 / 2301 [10.31]
2032	5533	GOLĘDZINOWSKI Tomasz	WARSZAWA		65	M40/314	(M)1909	00:53:43	00:53:03	11.31	00:26:55 / 1541 [11.15]
2033	1493	CZWARNO Tomasz	WARSZAWA		78	M30/742	(M)1910	00:53:44	00:51:08	11.73	00:27:50 / 1870 [10.78]
2034	5874	OLESIŃSKI ARTUR	WARSZAWA	KB GYMNASION WARSZAWA	80	M20/534	(M)1911	00:53:44	00:51:32	11.64	00:27:16 / 1658 [11.00]
2035	3389	KRĘTOWSKI JAN	WARSZAWA		49	M60/19	(M)1912	00:53:44	00:51:06	11.74	00:28:39 / 2145 [10.47]
2036	6644	KONTEK Kamil			75	M30/743	(M)1913	00:53:45	00:52:21	11.46	00:27:48 / 1863 [10.79]
2037	2563	RĘBACZ Maciej	BIAŁYSTOK		71	M30/744	(M)1914	00:53:45	00:51:21	11.68	00:28:07 / 1963 [10.67]
2038	5654	KLUZIŃSKI Jędrzej	WARSZAWA	LATAJĄCE KOZICE	89	M20/535	(M)1915	00:53:46	00:48:31	12.37	00:29:57 / 2599 [10.02]
2039	311	SKUPIEN artur	WILCZA GÓRA		73	M30/745	(M)1916	00:53:46	00:51:17	11.70	00:28:59 / 2262 [10.35]
2040	4274	SZTOBRYN Aleksander	KOZIENICE		85	M20/536	(M)1917	00:53:46	00:51:48	11.58	00:28:39 / 2146 [10.47]
2041	381	DZIEKOŃSKI Jacek	KONSTANCIN -		57	M50/118	(M)1918	00:53:47	00:52:27	11.44	00:27:02 / 1579 [11.10]
2042	5691	KOWALEWSKI WOJCIECH	WARSZAWA	BRAK	79	M30/746	(M)1919	00:53:47	00:51:46	11.59	00:27:07 / 1611 [11.06]
2043	665	FASZCZEWSKI Artur	WARSZAWA		68	M40/315	(M)1920	00:53:47	00:51:00	11.76	00:29:03 / 2285 [10.33]
2044	613	MOSKOWICZ Albert	WARSZAWA		73	M30/747	(M)1921	00:53:47	00:49:52	12.03	00:29:47 / 2553 [10.07]
2045	5102	ŚWISTAK Anna	WARSZAWA	AZS AWF	88	K20/41	(K)124	00:53:48	00:51:43	11.60	00:27:15 / 1654 [11.01]
2046	417	SWACZYŃSKI robert	WARSZAWA		68	M40/316	(M)1922	00:53:48	00:52:41	11.39	00:27:37 / 1805 [10.86]
2047	4794	NOWAK Waldemar	WARSZAWA		53	M50/119	(M)1923	00:53:48	00:52:26	11.44	00:27:33 / 1766 [10.89]
2048	3338	PAZGAN Stanisław	WARSZAWA		60	M40/317	(M)1924	00:53:48	00:50:07	11.97	00:28:55 / 2244 [10.37]
2049	3632	KOŁODZIEJCZAK Małgorzata	WARSZAWA		55	K50/2	(K)125	00:53:48	00:51:55	11.56	00:28:18 / 2016 [10.60]
2050	2061	PIOTROWSKI Przemysław	WARSZAWA		86	M20/537	(M)1925	00:53:49	00:51:25	11.67	00:27:30 / 1738 [10.91]
2051	1068	NOWAKOWSKI Paweł	WARSZAWA		79	M30/748	(M)1926	00:53:49	00:51:48	11.58	00:28:48 / 2207 [10.42]
2052	5391	BORAWSKI Krzysztof	GRAJEWO	MARATONKA GRAJEWO	54	M50/120	(M)1927	00:53:49	00:51:51	11.57	00:28:26 / 2064 [10.55]
2053	812	SZYMAŃSKI Robert Rafał	WARSZAWA-WESOLA		78	M30/749	(M)1928	00:53:49	00:53:36	11.19	00:26:09 / 1276 [11.47]
2054	4270	MALINOWSKA barbara	WARSZAWA		79	K30/56	(K)126	00:53:50	00:52:35	11.41	00:28:41 / 2158 [10.46]
2055	6594	GAŁĘZIA Grzegorz					(M)1929	00:53:50	00:52:10	11.50	00:27:55 / 1901 [10.75]
2056	5515	GIDZIŃSKA Larysa	WARSZAWA		89	K20/42	(K)127	00:53:50	00:53:23	11.24	00:26:17 / 1338 [11.41]
2057	4222	JONATOWSKI Karol	OTRĘBUSY		68	M40/318	(M)1930	00:53:50	00:52:30	11.43	00:27:02 / 1575 [11.10]
2058	2599	CZERNIAWSKI Paweł	WARSZAWA		91		(M)1931	00:53:50	00:50:07	11.97	00:29:35 / 2467 [10.14]
2059	3399	PIETRZAK Piotr	PŁOCK		83	M20/538	(M)1932	00:53:51	00:51:37	11.62	00:28:18 / 2019 [10.60]
2060	3807	KOWALCZYK Maciej	WARSZAWA		91		(M)1933	00:53:51	00:52:27	11.44	00:28:12 / 1987 [10.64]
2061	2131	ROGULSKI Mateusz	ZIELONA GÓRA		87	M20/539	(M)1934	00:53:52	00:52:37	11.40	00:28:13 / 1996 [10.63]
2062	4985	KĘPA PIOTR	WARSZAWA		87	M20/540	(M)1935	00:53:52	00:50:59	11.77	00:29:04 / 2292 [10.32]
2063	2038	JAROSZEK Jacek	WARSZAWA		71	M30/750	(M)1936	00:53:52	00:52:22	11.46	00:28:12 / 1990 [10.64]
2064	5187	DĄBROWSKI Kamil	RADOM		87	M20/541	(M)1937	00:53:53	00:51:56	11.55	00:27:12 / 1631 [11.03]
2065	3400	CIEMSKI Piotr	WARSZAWA	BZC.PL	88	M20/542	(M)1938	00:53:53	00:52:34	11.41	00:26:41 / 1462 [11.24]
2066	5468	DROZD Maciej	WARSZAWA		84	M20/543	(M)1939	00:53:53	00:51:43	11.60	00:27:50 / 1869 [10.78]
2067	2754	BARCZYK Mateusz	WARSZAWA	-	83	M20/544	(M)1940	00:53:53	00:51:22	11.68	00:28:43 / 2168 [10.45]
2068	1561	BURAK Janusz	PIASECZNO		65	M40/319	(M)1941	00:53:53	00:51:36	11.63	00:29:01 / 2269 [10.34]
2069	463	PRUGAR PAULINA	WARSZAWA		83	K20/43	(K)128	00:53:54	00:51:59	11.54	00:28:40 / 2148 [10.47]
2070	3677	STASZESKI Grzegorz	WARSZAWA	URSUS	71	M30/751	(M)1942	00:53:54	00:49:23	12.15	00:30:33 / 2798 [9.82]
2071	3882	KALESKI Paweł	KOBYŁKA		80	M20/545	(M)1943	00:53:54	00:51:05	11.75	00:29:42 / 2511 [10.10]
2072	228	WAŁĘGA Edmund		CROSS	09		(M)1944	00:53:54	00:53:52	11.14	00:27:47 / 1855 [10.80]
2073	1896	SOBIEPAN Arkadiusz	LEGIONOWO		77	M30/752	(M)1945	00:53:54	00:51:39	11.62	00:30:00 / 2611 [10.00]
2074	2542	WAŚIŃSKI Jan	WARSZAWA		83	M20/546	(M)1946	00:53:55	00:50:04	11.98	00:30:32 / 2788 [9.83]
2075	2077	JAKUBISIAK Grzegorz	GRÓJEC		76	M30/753	(M)1947	00:53:56	00:50:15	11.94	00:30:33 / 2799 [9.82]
2076	1877	KOWALCZYK Arkadiusz	WARSZAWA		70	M30/754	(M)1948	00:53:56	00:52:55	11.34	00:27:31 / 1742 [10.90]
2077	4831	MARCINIAK Tomasz	WARSZAWA/POZNAŃ	TEAM ALPEX	74	M30/755	(M)1949	00:53:56	00:53:50	11.15	00:26:37 / 1435 [11.27]
2078	2685	KOBIERSKI Radosław	WARSZAWA		79	M30/756	(M)1950	00:53:56	00:50:02	11.99	00:29:45 / 2532 [10.08]
2079	1936	RZESZOTARSKI Dariusz	WARSZAWA		70	M30/757	(M)1951	00:53:56	00:52:55	11.34	00:27:32 / 1758 [10.90]
2080	102	SZAŁKOW Filip	WARSZAWA		79	M30/758	(M)1952	00:53:56	00:52:05	11.52	00:29:08 / 2307 [10.30]
2081	4376	BRODZIAK Jakub	WARSZAWA		75	M30/759	(M)1953	00:53:57	00:51:10	11.73	00:29:57 / 2597 [10.02]
2082	3662	ZIMOCHOWSKI Patryk	WARSZAWA	URSUS	94		(M)1954	00:53:57	00:50:14	11.94	00:29:38 / 2480 [10.12]
2083	4352	HANBOWSKI Wojciech	WARSZAWA		56	M50/121	(M)1955	00:53:57	00:52:49	11.36	00:27:44 / 1839 [10.82]
2084	125	PIWKO Halina	WARSZAWA		66	K40/17	(K)129	00:53:57	00:50:47	11.81	00:29:11 / 2323 [10.28]
2085	348	WIŚNIEWSKI Piotr	RADZIKÓW		73	M30/760	(M)1956	00:53:57	00:52:21	11.46	00:27:35 / 1794 [10.88]
2086	4473	LISIECKI Szymon	ŁOMIAŃKI		85	M20/547	(M)1957	00:53:58	00:50:09	11.96	00:29:18 / 2370 [10.24]
2087	2296	WOJCIECHOWSKI Jacek	GRODZISK MAZOWIECKI		71	M30/761	(M)1958	00:53:59	00:51:33	11.64	00:28:25 / 2056 [10.56]
2088	1149	SIELECKI Grzegorz	OPATÓW		78	M30/762	(M)1959	00:53:59	00:50:54	11.79	00:29:34 / 2463 [10.15]
2089	2882	WALEWSKA Marta	WARSZAWA		67	K40/18	(K)130	00:54:00	00:51:56	11.55	00:28:03 / 1943 [10.70]
2090	806	ZGADZAJ Aleksandra	WARSZAWA		76	K30/57	(K)131	00:54:00	00:51:11	11.72	00:29:25 / 2420 [10.20]
2091	4094	DYŚ Paweł	LUBLIN		83	M20/548	(M)1960	00:54:01	00:53:53	11.14	00:26:39 / 1446 [11.26]
2092	4081	ORŁOWSKI Przemysław	CIECHANÓW	LETNICKI'S GO	73	M30/763	(M)1961	00:54:01	00:50:21	11.92	00:29:45 / 2538 [10.08]
2093	6690	*****					(M)1962	00:54:02	00:54:02	11.10	00:29:54 / 2585 [10.03]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
2159	5763	LUTY Jacek	WARSZAWA		68	M40/334	(M)2023	00:54:22	00:51:42	11.61	00:29:16 / 2359 [10.25]
2160	3489	CHOLEWIŃSKI Tomasz	WARSZAWA		64	M40/335	(M)2024	00:54:22	00:53:29	11.22	00:28:47 / 2201 [10.42]
2161	1963	BEBAK Konrad	ZEMBRZYCE		89	M20/568	(M)2025	00:54:23	00:51:01	11.76	00:30:19 / 2711 [9.90]
2162	5346	BARANOWSKI WALDEMAR	SZCZYTNO	AKB SZCZYTNO	57	M50/128	(M)2026	00:54:23	00:51:34	11.64	00:29:32 / 2450 [10.16]
2163	5721	KUBIAK KATARZYNA	ŁÓDŹ	KBARTURÓWEK	75	K30/61	(K)137	00:54:23	00:51:34	11.64	00:29:32 / 2447 [10.16]
2164	970	MOJSKI Marcin	WOLA UHRUSKA		86	M20/569	(M)2027	00:54:24	00:54:24	11.03	00:30:49 / 2877 [9.73]
2165	4840	SOCHACKA Marta	GDAŃSK	KB CASTELLANUS	83	K20/45	(K)138	00:54:24	00:52:16	11.48	00:28:35 / 2113 [10.50]
2166	6601	BALS Andrzej	ANTONÓW		55	M50/129	(M)2028	00:54:24	00:52:07	11.51	00:27:18 / 1669 [10.99]
2167	4909	LESIAK Rafał	JÓZEFOSŁAW	KLUB KOTONA	78	M30/780	(M)2029	00:54:24	00:51:01	11.76	00:29:17 / 2364 [10.24]
2168	4347	URBAN Arkadiusz	WARSZAWA		72	M30/781	(M)2030	00:54:24	00:50:11	11.96	00:29:34 / 2462 [10.15]
2169	494	GZULA Jerzy Andrzej	PRUSZKÓW	TOASTMASTERS INTERNATIONAL	47	M60/21	(M)2031	00:54:24	00:53:17	11.26	00:27:25 / 1699 [10.94]
2170	3333	MINIAKOWSKI Szymonm	WARSZAWA		83	M20/570	(M)2032	00:54:24	00:50:34	11.87	00:30:26 / 2752 [9.86]
2171	3518	KARASIŃSKI Jarosław	WARSZAWA		67	M40/336	(M)2033	00:54:25	00:52:54	11.34	00:28:41 / 2155 [10.46]
2172	185	FRYDRYCH Karol	WARSZAWA		86	M20/571	(M)2034	00:54:25	00:54:20	11.04	00:26:56 / 1549 [11.14]
2173	3688	KRZESZEWSKI Patryk		URSUS	09		(M)2035	00:54:25	00:50:40	11.84	00:29:39 / 2488 [10.12]
2174	1056	POŚPIECH Witold	KANIE		60	M40/337	(M)2036	00:54:25	00:53:21	11.25	00:28:06 / 1957 [10.68]
2175	3332	KOWALSKI Marcin	WARSZAWA		79	M30/782	(M)2037	00:54:25	00:50:34	11.87	00:30:26 / 2753 [9.86]
2176	3666	SZOT Arkadiusz	WARSZAWA	URSUS	72	M30/783	(M)2038	00:54:25	00:49:54	12.02	00:30:34 / 2801 [9.81]
2177	3593	SKWARA Łukasz	WARSZAWA		83	M20/572	(M)2039	00:54:26	00:50:37	11.85	00:30:01 / 2621 [9.99]
2178	5702	KRASZEWSKI Wojciech	WŁOCŁAWEK		65	M40/338	(M)2040	00:54:26	00:51:44	11.60	00:30:23 / 2735 [9.87]
2179	2675	SZELAĞ Tomasz	MIŃSK MAZOWIECKI		70	M30/784	(M)2041	00:54:26	00:53:40	11.18	00:27:09 / 1618 [11.05]
2180	2161	WERNIO Andrzej	WARSZAWA		54	M50/130	(M)2042	00:54:26	00:54:10	11.08	00:27:40 / 1815 [10.84]
2181	3153	TUR Paweł	BIAŁA PODLASKA		83	M20/573	(M)2043	00:54:27	00:50:24	11.90	00:30:50 / 2880 [9.73]
2182	4967	SAWICKI Łukasz	WARSZAWA	SBBP	77	M30/785	(M)2044	00:54:27	00:51:38	11.62	00:28:47 / 2198 [10.42]
2183	5690	KOWALCZYK Marcin	ŁĘCZYCA		81	M20/574	(M)2045	00:54:27	00:50:02	11.99	00:29:13 / 2340 [10.27]
2184	285	PULKOWNIK Marcin	PIASECZNO		77	M30/786	(M)2046	00:54:28	00:51:42	11.61	00:28:50 / 2220 [10.40]
2185	478	KOWALIK Daniel	CHOTOMÓW		82	M20/575	(M)2047	00:54:28	00:52:59	11.32	00:27:32 / 1764 [10.90]
2186	3806	KULIŃSKI Sławomir	WARSZAWA	WARSAW UNITED	89	M20/576	(M)2048	00:54:29	00:53:05	11.30	00:28:11 / 1985 [10.64]
2187	4529	KOWALCZYK Kamil	SIEDLCE		85	M20/577	(M)2049	00:54:29	00:50:53	11.79	00:31:05 / 2979 [9.65]
2188	1653	KOBIERSKI Tomasz	WARSZAWA		92		(M)2050	00:54:29	00:54:03	11.10	00:25:50 / 1208 [11.61]
2189	207	WOLAŃSKI Michał		CROSS	09		(M)2051	00:54:29	00:52:56	11.34	00:27:35 / 1793 [10.88]
2190	6348	WRZOSEK Zbigniew	WARSZAWA	---	70	M30/787	(M)2052	00:54:30	00:54:30	11.01	00:31:05 / 2982 [9.65]
2191	4033	WOLSKI Sławomir	WARSZAWA		69	M40/339	(M)2053	00:54:30	00:54:07	11.09	00:26:55 / 1539 [11.15]
2192	753	KULMA Magdalena	WARSZAWA		80	K20/46	(K)139	00:54:30	00:53:16	11.26	00:28:09 / 1974 [10.66]
2193	1126	JASIULEWICZ Robert	WARSZAWA	RUNNER CLUB	69	M40/340	(M)2054	00:54:30	00:52:50	11.36	00:28:01 / 1936 [10.71]
2194	2204	GRĄDZKI Jan	WARSZAWA	POLSKA BIEGA	82	M20/578	(M)2055	00:54:30	00:49:49	12.04	00:30:49 / 2875 [9.73]
2195	3229	JANUSZEWSKI Marek	WARSZAWA	KLUB BIEGACZA TPSA	70	M30/788	(M)2056	00:54:31	00:50:56	11.78	00:30:15 / 2695 [9.92]
2196	3900	KACZOROWSKI Jakub	WARSZAWA		78	M30/789	(M)2057	00:54:31	00:53:03	11.31	00:29:59 / 2606 [10.01]
2197	1995	KUBALA Sławomir	ŁÓDŹ	ART-VENTURE TEAM	71	M30/790	(M)2058	00:54:31	00:50:45	11.82	00:29:36 / 2472 [10.14]
2198	288	SZYMAŃSKI Adam	WYSZKÓW		73	M30/791	(M)2059	00:54:31	00:51:06	11.74	00:30:11 / 2673 [9.94]
2199	5028	SEAN-YUES Botte	FRANCJA		57	M50/131	(M)2060	00:54:31	00:54:19	11.05	00:27:30 / 1734 [10.91]
2200	5142	MIZERSKI Tomasz	WARSZAWA	HGR IIIII	86	M20/579	(M)2061	00:54:32	00:52:47	11.37	00:28:25 / 2060 [10.56]
2201	6168	SIKORA piotr	ILŻA		87	M20/580	(M)2062	00:54:32	00:50:45	11.82	00:28:45 / 2184 [10.43]
2202	2811	AKSAMIT Henryk		URZĄD KOMISJI NADZORU FINANSOWEGO	09		(M)2063	00:54:32	00:49:56	12.02	00:30:20 / 2717 [9.89]
2203	2069	ZUPAN Grzegorz	CHEŁM		77	M30/792	(M)2064	00:54:32	00:53:09	11.29	00:27:07 / 1610 [11.06]
2204	5694	KOWALSKI Jakub	WARSZAWA		79	M30/793	(M)2065	00:54:32	00:51:21	11.68	00:30:27 / 2758 [9.85]
2205	906	ŚWITKOWSKI Dariusz	SULEJÓWEK		71	M30/794	(M)2066	00:54:32	00:50:17	11.93	00:30:22 / 2728 [9.88]
2206	3158	SZYMAŃSKI Mateusz	KAMION NOWY	KAMION	92		(M)2067	00:54:32	00:51:34	11.64	00:30:32 / 2790 [9.83]
2207	5204	SOROŁOWSKI Łukasz					(M)2068	00:54:33	00:49:46	12.06	00:31:58 / 3316 [9.38]
2208	2475	KAROLAK Marcin	JÓZEFOSŁAW		69	M40/341	(M)2069	00:54:33	00:52:20	11.46	00:28:58 / 2257 [10.36]
2209	4642	KWIATKOWSKI Tomasz	WARSZAWA		74	M30/795	(M)2070	00:54:33	00:51:06	11.74	00:29:49 / 2567 [10.06]
2210	1732	JORGENSEN annemette - juul	WARSZAWA		67	K40/20	(K)140	00:54:34	00:52:19	11.47	00:28:27 / 2065 [10.54]
2211	304	SZULKOWSKI Marek	J		70	M30/796	(M)2071	00:54:34	00:52:04	11.52	00:28:57 / 2255 [10.36]
2212	5703	KRASZEWSKI Wojtek	WŁOCŁAWEK		96		(M)2072	00:54:34	00:51:52	11.57	00:30:23 / 2736 [9.87]
2213	3047	ZAWODNIK DO UZUP					(M)2073	00:54:35	00:53:49	11.15	00:27:58 / 1913 [10.73]
2214	3203	OZIEMCZUK KAMIL	CHEŁM		84	M20/581	(M)2074	00:54:35	00:52:40	11.39	00:28:49 / 2212 [10.41]
2215	2410	WAŚOWSKI Artur	MIŃSK MAZOWIECKI	OSZW MIŃSK MAZOWIECKI	71	M30/797	(M)2075	00:54:36	00:54:23	11.03	00:26:48 / 1502 [11.19]
2216	3851	SZTOKINIER Leszek	WARSZAWA		77	M30/798	(M)2076	00:54:36	00:51:11	11.72	00:29:47 / 2552 [10.07]
2217	3182	MEYER Marcin	WARSZAWA		76	M30/799	(M)2077	00:54:37	00:53:08	11.29	00:27:43 / 1836 [10.82]
2218	3799	KARCZEWSKI tomasz	OŻARÓW MAZOWIECKI		59	M50/132	(M)2078	00:54:37	00:52:59	11.32	00:28:58 / 2258 [10.36]
2219	1106	MIELNICKI Piotr	WARSZAWA		70		(M)2079	00:54:38	00:51:09	11.73	00:28:54 / 2235 [10.38]
2220	5068	GENCO Giovanni	ACIREALE	ITALIANI IN POLONIA	82	M20/582	(M)2080	00:54:38	00:53:25	11.23	00:28:36 / 2119 [10.49]
2221	3134	KWIATKOWSKI Sławomir	WARSZAWA		77	M30/800	(M)2081	00:54:39	00:52:59	11.32	00:28:34 / 2102 [10.50]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
2416	973	SZYLIŃSKI Jakub	WARSZAWA		63	M40/373	(M)2257	00:55:33	00:52:18	11.47	00:30:52 / 2896 [9.72]
2417	3179	SZKOP Grzegorz	PRUSZKÓW		68	M40/374	(M)2258	00:55:34	00:51:18	11.70	00:30:41 / 2839 [9.78]
2418	3354	PEJDA Marta	WARSZAWA	KOBIECY TEAM BIEGOWY	74	K30/69	(K)160	00:55:34	00:52:07	11.51	00:30:18 / 2708 [9.90]
2419	6955	KORCZAK Anna	SULEJÓWEK		63	K40/22	(K)161	00:55:34	00:55:34	10.80	
2420	748	KOBIĄŁKA Dariusz	WARSZAWA	-	64	M40/375	(M)2259	00:55:35	00:54:57	10.92	00:27:26 / 1708 [10.94]
2421	86	ROSZAK Waldemar			09		(M)2260	00:55:35	00:55:29	10.81	00:27:34 / 1778 [10.88]
2422	81	ZGLIŃSKI Piotr	SULEJÓWEK		74	M30/866	(M)2261	00:55:36	00:52:49	11.36	00:29:29 / 2436 [10.18]
2423	2702	KALINOWSKI Piotr	WARSZAWA	BEZ PRZYNALEŻNOŚCI	59	M50/151	(M)2262	00:55:36	00:53:34	11.20	00:30:06 / 2644 [9.97]
2424	118	MACHOWSKI Stanisław	WARSZAWA		09		(M)2263	00:55:37	00:55:27	10.82	00:27:23 / 1690 [10.96]
2425	7	KOPANIAK Janusz	WARSZAWA		09		(M)2264	00:55:37	00:55:29	10.81	00:27:55 / 1903 [10.75]
2426	5535	GONTAREK Adam	STUDZIANKI PANCERNE		85	M20/626	(M)2265	00:55:37	00:53:37	11.19	00:29:34 / 2458 [10.15]
2427	4603	PACZOSKA Jarosław	WARSZAWA		69	M40/376	(M)2266	00:55:37	00:53:50	11.15	00:28:32 / 2091 [10.51]
2428	4336	ABRAMOWICZ Krzysztof	WARSZAWA		72	M30/867	(M)2267	00:55:37	00:54:47	10.95	00:29:24 / 2418 [10.20]
2429	4103	LEHMANN Jacek	WARSZAWA		80	M20/627	(M)2268	00:55:37	00:53:04	11.31	00:29:14 / 2346 [10.26]
2430	1952	IWAŃCZUK Andrzej	WARSZAWA		62	M40/377	(M)2269	00:55:37	00:53:48	11.15	00:28:28 / 2074 [10.54]
2431	1932	PARYS Piotr	WARSZAWA		88	M20/628	(M)2270	00:55:37	00:53:02	11.31	00:28:06 / 1956 [10.68]
2432	145	PIETRZAK Marcin	PRZYBRODA		87	M20/629	(M)2271	00:55:38	00:54:22	11.04	00:28:11 / 1982 [10.64]
2433	4782	ŚMIGIERA Tomasz	WARSZAWA		79	M30/868	(M)2272	00:55:38	00:52:09	11.51	00:31:23 / 3094 [9.56]
2434	3723	WOJTANIS TOMASZ	SEJNY	POGROMCY NIEMOCY	72	M30/869	(M)2273	00:55:39	00:51:11	11.72	00:31:20 / 3072 [9.57]
2435	5165	MARKS Robert	WARSZAWA		77	M30/870	(M)2274	00:55:39	00:52:52	11.35	00:30:11 / 2676 [9.94]
2436	3254	BRZOZA Michał	WARSZAWA		73	M30/871	(M)2275	00:55:39	00:52:19	11.47	00:30:10 / 2669 [9.94]
2437	1354	SZYMAŃSKI Adam	WARSZAWA	ACTION	85	M20/630	(M)2276	00:55:39	00:54:27	11.02	00:27:05 / 1597 [11.08]
2438	6080	SZUBERT Filip	WARSZAWA		78	M30/872	(M)2277	00:55:39	00:52:39	11.40	00:31:53 / 3273 [9.41]
2439	5082	KLEKOTKO Renata	AUGUSTÓW	SPÓJNIA WARSZAWA	88	K20/55	(K)162	00:55:40	00:53:48	11.15	00:30:20 / 2718 [9.89]
2440	3821	BOLIMOWSKI ANDRZEJ	WARSZAWA		86	M20/631	(M)2278	00:55:40	00:52:12	11.49	00:31:00 / 2946 [9.68]
2441	1496	PUZYNOWSKI JAROSŁAW	WARSZAWA		79	M30/873	(M)2279	00:55:40	00:52:31	11.42	00:30:15 / 2697 [9.92]
2442	2429	KARCZEWSKI Paweł	WARSZAWA		86	M20/632	(M)2280	00:55:40	00:54:02	11.10	00:28:58 / 2256 [10.36]
2443	1637	NIEWIAROWSKI GRZEGORZ	WARSZAWA	BRĄK	78	M30/874	(M)2281	00:55:40	00:52:24	11.45	00:30:39 / 2826 [9.79]
2444	4441	MILCZARCYK Tomasz	NOWY BAZANÓW		76	M30/875	(M)2282	00:55:40	00:55:15	10.86	00:27:26 / 1709 [10.94]
2445	3006	BEDNARCZYK Mariusz	WARSZAWA	STRAŻ MIEJSKA M.ST. WARSZAWY	70	M30/876	(M)2283	00:55:41	00:52:54	11.34	00:29:03 / 2284 [10.33]
2446	2442	POPENDA-JEDRUSIAK agata	ŁÓDŹ		79	K30/70	(K)163	00:55:41	00:53:52	11.14	00:29:28 / 2433 [10.18]
2447	717	ŁUKASIK Mirosław	WARSZAWA		71	M30/877	(M)2284	00:55:41	00:54:19	11.05	00:28:56 / 2248 [10.37]
2448	6076	SZKOP Piotr	SIEDLCE		73	M30/878	(M)2285	00:55:41	00:52:48	11.36	00:30:21 / 2721 [9.88]
2449	2594	MICHAŁSKI Michał	SOBIEŃIE JEZIORY		76	M30/879	(M)2286	00:55:41	00:52:19	11.47	00:29:30 / 2443 [10.17]
2450	6593	ZAJĄC Tomasz					(M)2287	00:55:42	00:54:02	11.10	00:27:54 / 1893 [10.75]
2451	4523	MAJEWSKI Jan	WARSZAWA		94		(M)2288	00:55:42	00:52:04	11.52	00:30:40 / 2832 [9.78]
2452	4632	ŚWIDERSKI Michał	LEGIONOWO		80	M20/633	(M)2289	00:55:42	00:53:42	11.17	00:29:41 / 2504 [10.11]
2453	3654	DENERT Mariusz	AUGUSTÓW		88	M20/634	(M)2290	00:55:42	00:52:25	11.45	00:31:32 / 3147 [9.51]
2454	5336	BAĆMAGA ZBIGNIEW	RADOM		58	M50/152	(M)2291	00:55:43	00:54:50	10.94	00:27:33 / 1771 [10.89]
2455	5945	PUCHACZ Katarzyna	ZAMOŚĆ		86	K20/56	(K)164	00:55:43	00:53:21	11.25	00:29:29 / 2438 [10.18]
2456	1035	ZARZYCKA Monika	N.DWÓR MAZ.	JOGGER	88	K20/57	(K)165	00:55:43	00:55:09	10.88	00:28:14 / 2002 [10.63]
2457	5404	BUKOWSKI Michał	WROCLAW		88	M20/635	(M)2292	00:55:43	00:53:21	11.25	00:29:29 / 2437 [10.18]
2458	359	OKRASZEWSKI Piotr	WARSZAWA		87	M20/636	(M)2293	00:55:44	00:52:43	11.38	00:30:16 / 2698 [9.91]
2459	4647	MEJIA Carlos	WARSZAWA	COLOMBIA	75	M30/880	(M)2294	00:55:44	00:53:25	11.23	00:27:41 / 1822 [10.84]
2460	4590	GARDZIELIK Piotr	WARSZAWA	BRĄK	72	M30/881	(M)2295	00:55:44	00:54:48	10.95	00:27:46 / 1853 [10.80]
2461	1609	PARCZEWSKI Tadeusz	PRUSZKÓW		49	M60/24	(M)2296	00:55:44	00:52:03	11.53	00:30:24 / 2740 [9.87]
2462	4904	MATEREK Marcin	SKARŻYSKO-KAMIENNA		85	M20/637	(M)2297	00:55:44	00:52:20	11.46	00:30:43 / 2851 [9.77]
2463	4491	SCHREYER Krzysztof	WARSZAWA		40	M60/25	(M)2298	00:55:45	00:53:17	11.26	00:29:36 / 2471 [10.14]
2464	4450	PORĘBSKI tomasz	WARSZAWA		94		(M)2299	00:55:45	00:54:03	11.10	00:28:53 / 2229 [10.39]
2465	5915	PIECHOCKI Miłosz	MOGILNO		89	M20/638	(M)2300	00:55:45	00:54:16	11.06	00:28:06 / 1953 [10.68]
2466	2994	DZIADKOWIEC Lesław	WARSZAWA		68	M40/378	(M)2301	00:55:46	00:52:59	11.32	00:30:27 / 2760 [9.85]
2467	591	STANCZYK Romuald	WARSZAWA		53	M50/153	(M)2302	00:55:46	00:54:08	11.08	00:29:20 / 2393 [10.23]
2468	3608	ONODERA RYO	WARSZAWA		62	M40/379	(M)2303	00:55:46	00:54:18	11.05	00:28:46 / 2190 [10.43]
2469	5748	LEWICKI Bogdan	ŁÓDŹ	BIEGACZ NOWOSOLNA	60	M40/380	(M)2304	00:55:46	00:52:07	11.51	00:31:05 / 2980 [9.65]
2470	5646	KIJ Adam	LEGIONOWO	XYZ	84	M20/639	(M)2305	00:55:46	00:52:25	11.45	00:29:16 / 2361 [10.25]
2471	5469	DRÓDŹ Mariusz	DRAWSKO POMORSKIE	BRĄK	76	M30/882	(M)2306	00:55:47	00:51:32	11.64	00:30:57 / 2925 [9.69]
2472	6687	SARNIAK Filip	JÓZEFÓW		82	M20/640	(M)2307	00:55:48	00:49:43	12.07	00:32:13 / 3404 [9.31]
2473	4827	STRZEŚNIEWSKI Marek	PIASECZNO	IMPACT TEAM	57	M50/154	(M)2308	00:55:48	00:55:30	10.81	00:28:28 / 2077 [10.54]
2474	471	MAŚLANKA Józef	WARSZAWA		61	M40/381	(M)2309	00:55:48	00:55:48	10.75	00:32:27 / 3469 [9.24]
2475	4216	JEZIEŃSKI Jakub	WARSZAWA		71	M30/883	(M)2310	00:55:48	00:54:03	11.10	00:30:09 / 2667 [9.95]
2476	5304	ŁUKASIAK Tomasz	RYKI		67	M40/382	(M)2311	00:55:48	00:53:02	11.31	00:29:20 / 2390 [10.23]
2477	2987	ŚMIGIERA Grzegorz	WARSZAWA		82	M20/641	(M)2312	00:55:49	00:54:38	10.98	00:29:05 / 2295 [10.32]
2478	6612	PISAREK Maciej					(M)2313	00:55:49	00:54:47	10.95	00:27:44 / 1838 [10.82]
2479	1890	JANISZEWSKI Ireneusz	WARSZAWA		54	M50/155	(M)2314	00:55:49	00:53:12	11.28	00:30:35 / 2809 [9.81]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
2802	2680	STANASZEK Daniel	ŁOMIAŃKI		85	M20/715	(M)2596	00:57:15	00:52:47	11.37	00:33:07 / 3681 [9.06]
2803	3899	MICHAŁOWSKI Andrzej	WARSZAWA		75	M30/988	(M)2597	00:57:15	00:54:40	10.98	00:29:43 / 2524 [10.10]
2804	3387	SKRZYPCZAK Mirosław	WARSZAWA		71	M30/989	(M)2598	00:57:16	00:53:24	11.24	00:31:54 / 3279 [9.40]
2805	4291	TRACZ Jerzy	WARSZAWA		66	M40/438	(M)2599	00:57:16	00:53:22	11.24	00:32:07 / 3369 [9.34]
2806	556	ANDREAS monika	WARSZAWA		69	K40/32	(K)207	00:57:16	00:56:28	10.63	00:29:18 / 2374 [10.24]
2807	5029	IGNACZAK Ludwik	WITONIA	NIEZRZESZONY	54	M50/179	(M)2600	00:57:16	00:55:54	10.73	00:29:44 / 2531 [10.09]
2808	4555	LEWANDOWSKI Adrian	ŚWIDNIK		82	M20/716	(M)2601	00:57:17	00:53:07	11.30	00:31:35 / 3169 [9.50]
2809	4486	CYNGOT Maciek	WARSZAWA		84	M20/717	(M)2602	00:57:17	00:53:30	11.21	00:31:35 / 3165 [9.50]
2810	1468	GALIŃSKI Michał	WARSZAWA		80	M20/718	(M)2603	00:57:17	00:57:17	10.47	00:31:19 / 3067 [9.58]
2811	2040	ZADROŻNY Stanisław	GARWOLIN		41	M60/31	(M)2604	00:57:17	00:56:17	10.66	00:28:50 / 2216 [10.40]
2812	882	NOWAKOWSKI Mariusz	WARSZAWA	POLSKA BIEGA	60	M40/439	(M)2605	00:57:18	00:53:10	11.29	00:31:40 / 3197 [9.47]
2813	437	JUSZKIEWICZ Piotr	WARSZAWA		70	M30/990	(M)2606	00:57:18	00:54:19	11.05	00:31:04 / 2966 [9.66]
2814	5850	NEMETH Balazs	WARSZAWA		81	M20/719	(M)2607	00:57:18	00:52:21	11.46	00:32:13 / 3402 [9.31]
2815	4162	GRYCNER Lukasz	STAROGARD GDAŃSKI		83	M20/720	(M)2608	00:57:19	00:55:28	10.82	00:31:09 / 2999 [9.63]
2816	1540	KOKOSZKA Tomasz	WARSZAWA		81	M20/721	(M)2609	00:57:19	00:54:28	11.02	00:30:37 / 2818 [9.80]
2817	2716	SOLUS Teresa	WARSZAWA	10 WARSZAWSKI PUŁK SAMOCHODOWY	09		(K)208	00:57:20	00:54:05	11.09	00:30:54 / 2905 [9.71]
2818	3470	HUPALO Anatol		ULKS JEDLIŃSK	94		(M)2610	00:57:20	00:57:08	10.50	00:30:48 / 2872 [9.74]
2819	2715	WRZASZCZ Artur	PIASECZNO	10 WARSZAWSKI PUŁK SAMOCHODOWY	72	M30/991	(M)2611	00:57:20	00:54:05	11.09	00:30:54 / 2906 [9.71]
2820	5119	BOLEK Małgorzata	BRZÓZA		89	K20/73	(K)209	00:57:20	00:55:23	10.83	00:29:40 / 2500 [10.11]
2821	5118	BIADUŃ Piotr	PULAWY		89	M20/722	(M)2612	00:57:20	00:55:23	10.83	00:29:41 / 2503 [10.11]
2822	2718	ŁOZA Dariusz	DĘBLIN	10 WARSZAWSKI PUŁK SAMOCHODOWY	75	M30/992	(M)2613	00:57:20	00:54:04	11.10	00:30:54 / 2907 [9.71]
2823	1479	ZAREMBA Ryszard	WARSZAWA		53	M50/180	(M)2614	00:57:20	00:54:28	11.02	00:31:39 / 3190 [9.48]
2824	5543	GROCHOWSKI Grzegorz	PIEKARY ŚLĄSKIE	MOSIR PIEKARY ŚLĄSKIE	71	M30/993	(M)2615	00:57:20	00:53:50	11.15	00:31:43 / 3215 [9.46]
2825	1139	LUBIAN Magdalena	OTWOCK		82	K20/74	(K)210	00:57:21	00:54:09	11.08	00:30:58 / 2935 [9.69]
2826	3865	GROMELSKI Paweł	OLSZTYN	CHIANTI RUNNING TEAM	86	M20/723	(M)2616	00:57:21	00:53:53	11.14	00:31:22 / 3084 [9.56]
2827	3863	MARKOWSKI dominik	WARSZAWA	CHIANTI RUNNING TEAM	76	M30/994	(M)2617	00:57:21	00:53:53	11.14	00:31:23 / 3091 [9.56]
2828	1547	ULEWICZ jakub	POZNAN	BRĄK	67	M40/440	(M)2618	00:57:21	00:52:53	11.35	00:32:47 / 3552 [9.15]
2829	4966	NOWAKOWSKA Magdalena	PIASECZNO		73	K30/81	(K)211	00:57:22	00:54:56	10.92	00:30:50 / 2885 [9.73]
2830	2637	CZAK Jacek	WARSZAWA		88	M20/724	(M)2619	00:57:22	00:55:15	10.86	00:29:11 / 2325 [10.28]
2831	4477	KALASA WOJCIECH	WARSZAWA		78	M30/995	(M)2620	00:57:23	00:55:54	10.73	00:29:13 / 2339 [10.27]
2832	4310	PRZYSUCHA Michał	WARSZAWA		82	M20/725	(M)2621	00:57:23	00:55:15	10.86	00:29:16 / 2362 [10.25]
2833	1232	PIELACHOWSKA BEATA	WARSZAWA		64	K40/33	(K)212	00:57:23	00:56:30	10.62	00:28:54 / 2238 [10.38]
2834	998	SZCZEPAŃCZYK Arkadiusz	WARSZAWA	DB MARATHON TEAM	81	M20/726	(M)2622	00:57:24	00:53:35	11.20	00:31:10 / 3004 [9.63]
2835	3427	OBALSKI Andrzej	WARSZAWA		54	M50/181	(M)2623	00:57:24	00:55:31	10.81	00:29:15 / 2353 [10.26]
2836	2042	ŁESZCZYŃSKI Emil	GRÓJEC		86	M20/727	(M)2624	00:57:24	00:54:32	11.00	00:32:24 / 3450 [9.26]
2837	4887	BENJAMIN bequillard	WARSZAWA		73	M30/996	(M)2625	00:57:24	00:54:41	10.97	00:29:29 / 2441 [10.18]
2838	2041	KWIETNIEWSKI Tomasz	SULEJÓWEK		86	M20/728	(M)2626	00:57:24	00:54:32	11.00	00:32:24 / 3451 [9.26]
2839	3626	CHMAJ Aneta	WARSZAWA		72	K30/82	(K)213	00:57:24	00:54:51	10.94	00:31:11 / 3013 [9.62]
2840	2779	WOJCIECHOWSKI Tomasz		BGK	09		(M)2627	00:57:24	00:54:58	10.92	00:30:30 / 2776 [9.84]
2841	4740	KOLEJ Wioletta	KRAKÓW	VEGE RUNNERS	82	K20/75	(K)214	00:57:25	00:54:22	11.04	00:30:51 / 2887 [9.72]
2842	3212	WIELOCHA Waldemar	WARSZAWA		60	M40/441	(M)2628	00:57:25	00:53:03	11.31	00:31:53 / 3270 [9.41]
2843	2287	WIHAN JANUSZ	MARKI		70	M30/997	(M)2629	00:57:26	00:55:05	10.89	00:31:26 / 3108 [9.54]
2844	3524	ŁABĘDŹ Adam	HALINÓW		88	M20/729	(M)2630	00:57:26	00:53:27	11.23	00:31:37 / 3174 [9.49]
2845	5271	MAZUREK Małgorzata	KOMORÓW		74	K30/83	(K)215	00:57:26	00:52:56	11.34	00:31:54 / 3277 [9.40]
2846	935	MASZEWSKA Agata	WARSZAWA		85	K20/76	(K)216	00:57:26	00:52:39	11.40	00:32:51 / 3575 [9.13]
2847	2339	TOMCZAK Krzysztof	MILANÓWEK		67	M40/442	(M)2631	00:57:26	00:53:13	11.27	00:33:05 / 3660 [9.07]
2848	5425	CHWALIŃSKI Szymon	WARSZAWA		78	M30/998	(M)2632	00:57:26	00:56:31	10.62	00:30:16 / 2699 [9.91]
2849	5811	MILANCEJ Małgosia	ŁÓDŹ	DRUŻYNA SZPIKU	82	K20/77	(K)217	00:57:27	00:53:15	11.27	00:32:20 / 3434 [9.28]
2850	5723	KUCHARCZYK Piotr	KIELCE		76	M30/999	(M)2633	00:57:28	00:54:53	10.93	00:29:42 / 2517 [10.10]
2851	3118	GĄGAŁA Przemysław	WARSZAWA		69	M40/443	(M)2634	00:57:28	00:54:04	11.10	00:31:50 / 3244 [9.42]
2852	1218	MUZYKA Barbara	WARSZAWA	KOPYTKO IM 2010	70	K30/84	(K)218	00:57:29	00:53:28	11.22	00:31:55 / 3289 [9.40]
2853	3442	SIKORA Jakub	WARSZAWA		84	M20/730	(M)2635	00:57:29	00:55:06	10.89	00:30:32 / 2785 [9.83]
2854	3775	ROZKRUT RYSZARD	WARSZAWA		57	M50/182	(M)2636	00:57:29	00:55:04	10.90	00:29:44 / 2527 [10.09]
2855	5246	ODOLCZYK joanna	WARSZAWA		65	K40/34	(K)219	00:57:29	00:54:07	11.09	00:30:34 / 2803 [9.81]
2856	2933	KROENKE Barbara	WARSZAWA	KB HOLMES PLACE	51	K50/7	(K)220	00:57:29	00:54:22	11.04	00:31:52 / 3262 [9.41]
2857	3350	CZARNIECKI Kamil	MARKI		79	M30/1000	(M)2637	00:57:29	00:53:06	11.30	00:31:28 / 3117 [9.53]
2858	1787	WRÓBEL Stanisław	WARSZAWA		51	M50/183	(M)2638	00:57:30	00:54:28	11.02	00:31:23 / 3089 [9.56]
2859	3697	CZAJA Piotr	WARSZAWA		76	M30/1001	(M)2639	00:57:30	00:54:32	11.00	00:31:58 / 3318 [9.38]
2860	2325	KRAWCZYK Stanisław	WARSZAWA		58	M50/184	(M)2640	00:57:31	00:55:11	10.87	00:29:45 / 2535 [10.08]
2861	1209	HOFFMANN Mateusz	WARSZAWA		74	M30/1002	(M)2641	00:57:31	00:53:52	11.14	00:31:28 / 3125 [9.53]
2862	2184	KOTOWICZ Mariusz	WARSZAWA		83	M20/731	(M)2642	00:57:31	00:56:55	10.54	00:28:37 / 2126 [10.48]
2863	4531	KAMIENNY Bartłomiej	WARSZAWA		86	M20/732	(M)2643	00:57:32	00:55:18	10.85	00:31:08 / 2993 [9.64]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
4022	4537	WIĘCKOWSKA Joanna	WARKA	START PUŁASKI WARKA	80	K20/156	(K)469	01:03:49	01:03:49	9.40	00:32:00 / 3323 [9.38]
4023	4637	MIKOŁAJCZYK ANNA	WARSZAWA		82	K20/157	(K)470	01:03:49	01:00:22	9.94	00:34:15 / 4015 [8.76]
4024	2130	DRELCHUK Katarzyna	ZIELONA GÓRA		81	K20/158	(K)471	01:03:50	01:02:17	9.63	00:33:19 / 3750 [9.00]
4025	1184	SZCZERBA Artur	WARSZAWA		77	M30/1340	(M)3554	01:03:50	01:00:07	9.98	00:33:56 / 3944 [8.84]
4026	1852	JABLONOWSKI Marcin	MARKI		94		(M)3555	01:03:50	01:02:18	9.63	00:30:21 / 2725 [9.88]
4027	905	BIAŁCZAK Sławomir	PULTUSK		62	M40/583	(M)3556	01:03:51	00:59:40	10.06	00:34:22 / 4038 [8.73]
4028	6043	STROGANOV Alexander	WARSZAWA	-	87	M20/960	(M)3557	01:03:51	00:58:38	10.23	00:37:10 / 4642 [8.07]
4029	1409	JANKOWSKA Natalia	WARSZAWA	ACTION	85	M20/961	(M)3558	01:03:51	01:01:52	9.70	00:32:00 / 3327 [9.38]
4030	3615	SOCHA Kamil	WARSZAWA		94		(M)3559	01:03:52	01:00:58	9.84	00:32:17 / 3423 [9.29]
4031	883	BUKWA Tomasz	WARSZAWA		74	M30/1341	(M)3560	01:03:52	00:59:03	10.16	00:35:36 / 4341 [8.43]
4032	2755	OSIKA Mariusz	WARSZAWA		81	M20/962	(M)3561	01:03:53	01:02:09	9.65	00:33:27 / 3791 [8.97]
4033	337	PNIEWSKI Cezary	WARSZAWA	CEZARYMON@VP.PL	78	M30/1342	(M)3562	01:03:53	01:01:45	9.72	00:34:26 / 4062 [8.71]
4034	2829	GILL Konrad	KRAKÓW		80	M20/963	(M)3563	01:03:53	00:59:09	10.14	00:35:29 / 4307 [8.45]
4035	4292	JEŻ Grzegorz	WARSZAWA		75	M30/1343	(M)3564	01:03:53	00:58:32	10.25	00:35:38 / 4354 [8.42]
4036	336	RAKOWSKI Paweł	MAŁA WIEŚ		81	M20/964	(M)3565	01:03:53	01:01:46	9.71	00:34:26 / 4063 [8.71]
4037	1107	GRZEGORZEWSKI piotr	WARSZAWA		77	M30/1344	(M)3566	01:03:54	00:59:19	10.12	00:35:33 / 4328 [8.44]
4038	4073	MIELCZARSKI Bartosz	WARSZAWA		84	M20/965	(M)3567	01:03:54	00:58:30	10.26	00:38:04 / 4772 [7.88]
4039	3672	ŚWIERZYŃSKI Robert	WARSZAWA	URSUS	75	M30/1345	(M)3568	01:03:54	00:59:22	10.11	00:37:39 / 4709 [7.97]
4040	1980	KŁOSOWSKI Dominik	WARSZAWA		80	M20/966	(M)3569	01:03:54	00:59:47	10.04	00:36:22 / 4501 [8.25]
4041	5881	OSTATEK Maciek	WARSZAWA		88	M20/967	(M)3570	01:03:55	00:58:43	10.22	00:35:38 / 4355 [8.42]
4042	3871	SMAGA Michał	WARSZAWA		76	M30/1346	(M)3571	01:03:56	01:00:32	9.91	00:35:09 / 4246 [8.53]
4043	4816	KUCHLEWSKI ROBERT	WARSZAWA		68	M40/584	(M)3572	01:03:56	00:58:41	10.22	00:35:49 / 4411 [8.38]
4044	3891	POLIŃSKA Ania	WARSZAWA		64	K40/72	(K)472	01:03:56	01:03:37	9.43	00:31:24 / 3097 [9.55]
4045	2126	GROCHALSKA Marta	WARSZAWA	DELOITTE ADVENTURE TEAM	80	K20/159	(K)473	01:03:56	01:02:51	9.55	00:32:34 / 3501 [9.21]
4046	4395	RUSANOWSKI Szymon	SUWAŁKI		87	M20/968	(M)3573	01:03:57	00:58:33	10.25	00:34:00 / 3959 [8.82]
4047	1289	SMAGA Wojciech	LUBLIN	FUNDACJA PROMETEUSZ	82	M20/969	(M)3574	01:03:57	00:59:21	10.11	00:34:58 / 4194 [8.58]
4048	3193	WYPYCH MACIEJ	WARSZAWA		70	M30/1347	(M)3575	01:03:57	00:57:59	10.35	00:35:20 / 4278 [8.49]
4049	3656	TRAWIŃSKI Krzysztof	OTWOCK		72	M30/1348	(M)3576	01:03:58	01:03:58	9.38	00:35:18 / 4266 [8.50]
4050	1292	KRUPA Dariusz	WARSZAWA		84	M20/970	(M)3577	01:03:58	00:59:22	10.11	00:34:58 / 4193 [8.58]
4051	5619	KAZMIERCZAK Bartłomiej	WARSZAWA	PEKAOEKIPA	76	M30/1349	(M)3578	01:03:58	00:59:34	10.07	00:35:04 / 4227 [8.56]
4052	1626	MICHALAK Jerzy	WARSZAWA		56	M50/258	(M)3579	01:03:58	01:01:30	9.76	00:33:28 / 3799 [8.96]
4053	3190	OSSOWSKA SYLWIA	WOHYŃ		84	K20/160	(K)474	01:03:58	01:03:58	9.38	00:35:21 / 4282 [8.49]
4054	2371	PAWŁOWSKI TOMASZ	WARSZAWA		66	M40/585	(M)3580	01:03:59	01:00:11	9.97	00:34:02 / 3966 [8.81]
4055	3374	KRÓLAK Agata	SIEDLCE		84	K20/161	(K)475	01:03:59	00:59:31	10.08	00:35:44 / 4394 [8.40]
4056	3443	ROSOSZCZUK Paweł	WARSZAWA		83	M20/971	(M)3581	01:03:59	01:01:36	9.74	00:30:41 / 2840 [9.78]
4057	6255	SZYMLA Jarosław	OLSZTYN		72	M30/1350	(M)3582	01:03:59	01:01:31	9.75	00:33:55 / 3936 [8.85]
4058	6256	SZYMLA Marta	OLSZTYN		72	K30/176	(K)476	01:03:59	01:01:31	9.75	00:33:55 / 3937 [8.85]
4059	1516	ROSTKOWSKA Joanna	NOWY DWÓR		82	K20/162	(K)477	01:03:59	00:59:43	10.05	00:33:57 / 3947 [8.84]
4060	5899	PATROŃSKI Marek	WARSZAWA		76	M30/1351	(M)3583	01:03:59	00:58:52	10.19	00:35:10 / 4251 [8.53]
4061	2889	KANIA Mateusz	SEROCZYN		91		(M)3584	01:04:01	00:59:39	10.06	00:34:52 / 4167 [8.60]
4062	6373	ZAŁEWSKI Michał	WARSZAWA		63	M40/586	(M)3585	01:04:02	00:59:32	10.08	00:35:22 / 4287 [8.48]
4063	2955	KOWALEWSKI Michał	NOWY DWÓR MAZ.		69	M40/587	(M)3586	01:04:02	01:01:55	9.69	00:32:58 / 3614 [9.10]
4064	3829	MAZUREK-SZYPULA Agnieszka	WARSZAWA		73	K30/177	(K)478	01:04:03	00:59:58	10.01	00:34:19 / 4033 [8.74]
4065	757	DANIELEWSKI Bożydar	WARSZAWA		84	M20/972	(M)3587	01:04:03	00:58:23	10.28	00:35:43 / 4385 [8.40]
4066	2805	KUCHARSKI Adrian		BANK AMRO	09		(M)3588	01:04:03	01:00:40	9.89	00:33:06 / 3673 [9.06]
4067	1210	ZAPERTY ADAM	WARSZAWA		47	M60/58	(M)3589	01:04:04	00:59:10	10.14	00:35:07 / 4241 [8.54]
4068	1933	STRZEMIECZNY Piotr Jan	PŁOŃSK		83	M20/973	(M)3590	01:04:04	00:58:36	10.24	00:35:41 / 4370 [8.41]
4069	1575	ZIENTKIEWICZ Anna	WARSZAWA		82	K20/163	(K)479	01:04:05	00:59:42	10.05	00:35:18 / 4267 [8.50]
4070	342	PIOTROWSKI Dariusz	WARSZAWA		82	M20/974	(M)3591	01:04:05	00:59:27	10.09	00:34:19 / 4032 [8.74]
4071	4744	OZDOWA Anna	PŁOCK		80	K20/164	(K)480	01:04:06	01:00:19	9.95	00:35:22 / 4285 [8.48]
4072	1235	OLBRYCHT Iwona	WARSZAWA		77	K30/178	(K)481	01:04:06	01:02:17	9.63	00:32:49 / 3562 [9.14]
4073	990	MODECKI Michał	WARSZAWA	DB MARATHON TEAM	81	M20/975	(M)3592	01:04:06	01:02:22	9.62	00:31:21 / 3075 [9.57]
4074	4340	GROCHOWSKI Grzegorz	WARSZAWA	BIEGAMY Z OCHOTĄ	61	M40/588	(M)3593	01:04:07	00:58:38	10.23	00:35:49 / 4413 [8.38]
4075	1171	GRZYBOWSKI TOMASZ	WARSZAWA		70	M30/1352	(M)3594	01:04:07	01:00:24	9.93	00:34:33 / 4087 [8.68]
4076	801	OSINSKI Mariusz	WARSZAWA		70	M30/1353	(M)3595	01:04:07	01:00:24	9.93	00:34:33 / 4088 [8.68]
4077	485	PINDOR Damian	MIĘDZYBORÓW		97		(M)3596	01:04:08	01:01:06	9.82	00:33:53 / 3929 [8.85]
4078	2988	GIZIŃSKA Alina	WARSZAWA	ŻÓŁWIE	73	K30/179	(K)482	01:04:08	01:01:21	9.78	00:32:50 / 3571 [9.14]
4079	3848	RAWSKA-OLEJNICZAK Jolanta	WARSZAWA	NIE	57	K50/20	(K)483	01:04:08	01:04:01	9.37	00:31:58 / 3310 [9.38]
4080	4759	WAGNER Marcin	WARSZAWA	BIEGAMY Z OCHOTĄ	72	M30/1354	(M)3597	01:04:09	01:01:19	9.79	00:34:57 / 4187 [8.58]
4081	2601	KUCHAREK waclaw	WARSZAWA		68	M40/589	(M)3598	01:04:09	01:00:55	9.85	00:33:04 / 3652 [9.07]
4082	1498	KARWOSKI Michał	WARSZAWA		91		(M)3599	01:04:10	00:59:24	10.10	00:36:03 / 4452 [8.32]
4083	171	WACŁAWSKA renata			09		(K)484	01:04:10	01:02:37	9.58	00:34:47 / 4138 [8.62]
4084	5974	RUSZCZAK Tadeusz	WYSZKÓW		54	M50/259	(M)3600	01:04:12	01:00:29	9.92	00:35:00 / 4206 [8.57]
4085	3874	MAZIARZ Izabela	WARSZAWA		73	K30/180	(K)485	01:04:12	01:00:48	9.87	00:35:09 / 4247 [8.53]
4086	3111	ROMAŃSKI Jakub	LEGIONOWO	KB PIMAR LEGIONOWO	93		(M)3601	01:04:13	00:59:51	10.03	00:35:03 / 4223 [8.56]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
4087	4360	SZYMAŃSKI Michał	WARSZAWA		81	M20/976	(M)3602	01:04:13	01:01:40	9.73	00:33:42 / 3865 [8.90]
4088	1598	STRUŻEK Michał	WARSZAWA		84	M20/977	(M)3603	01:04:15	00:59:49	10.03	00:35:47 / 4407 [8.38]
4089	1740	WŁODARCZYK krystian	WARSZAWA		85	M20/978	(M)3604	01:04:15	00:59:53	10.02	00:35:33 / 4331 [8.44]
4090	1118	KASZUBOWSKA Urszula	WARSZAWA		61	K40/73	(K)486	01:04:15	01:02:12	9.65	00:31:52 / 3258 [9.41]
4091	2531	FRONCZEWSKA-WIENIAWSKA Katarzyna	WARSZAWA		74	K30/181	(K)487	01:04:15	00:59:21	10.11	00:35:21 / 4281 [8.49]
4092	2524	STAŃCZYK Karolina	WARSZAWA		74	K30/182	(K)488	01:04:15	00:59:22	10.11	00:35:21 / 4280 [8.49]
4093	2981	TUMIŃSKI Artur	WARSZAWA		74	M30/1355	(M)3605	01:04:15	01:00:45	9.88	00:34:30 / 4078 [8.70]
4094	1022	CZARNOCKI Michał	PIASECZNO		71	M30/1356	(M)3606	01:04:16	00:59:54	10.02	00:32:18 / 3426 [9.29]
4095	1632	OTTO zdzisława	WARSZAWA		47	K60/4	(K)489	01:04:16	01:02:52	9.54	00:32:56 / 3602 [9.11]
4096	715	TUCZYŃSKA Elżbieta	PRUSZKÓW		65	K40/74	(K)490	01:04:16	01:02:55	9.54	00:33:04 / 3649 [9.07]
4097	3682	CEGIELKA Krzysztof	WARSZAWA	URSUS	94		(M)3607	01:04:16	00:59:50	10.03	00:31:12 / 3021 [9.62]
4098	1456	BROZDOWSKA Wioletta	MIKOŁAJKI POMORSKIE		85	K20/165	(K)491	01:04:17	01:03:09	9.50	00:32:37 / 3517 [9.20]
4099	2888	KANIA Leszek	LATOWICZ		77	M30/1357	(M)3608	01:04:17	00:59:56	10.01	00:34:52 / 4168 [8.60]
4100	5167	SZCZYGŁOWSKI Piotr	WARSZAWA		80	M20/979	(M)3609	01:04:17	01:00:42	9.88	00:33:09 / 3701 [9.05]
4101	4583	ŚWIDERSKI Grzegorz	WARSZAWA		80	M20/980	(M)3610	01:04:17	00:59:29	10.09	00:34:30 / 4079 [8.70]
4102	1756	BATOR joanna	WARSZAWA		68	K40/75	(K)492	01:04:17	01:01:44	9.72	00:34:50 / 4157 [8.61]
4103	4758	DĄBROWSKA-PYC Dagmara	WARSZAWA		79	K30/183	(K)493	01:04:18	01:01:28	9.76	00:34:57 / 4188 [8.58]
4104	4054	SZCZODROWSKI Marcin	WARSZAWA		77	M30/1358	(M)3611	01:04:19	01:02:25	9.61	00:33:18 / 3747 [9.01]
4105	932	SKOLIMOWSKI Marek	SIEDLCE		65	M40/590	(M)3612	01:04:19	00:59:31	10.08	00:35:49 / 4410 [8.38]
4106	2102	CHROBOT Tomasz	WARSZAWA		83	M20/981	(M)3613	01:04:19	01:00:33	9.91	00:33:35 / 3838 [8.93]
4107	3892	RUMAK Michał	WARSZAWA		79	M30/1359	(M)3614	01:04:20	00:59:43	10.05	00:35:15 / 4260 [8.51]
4108	2741	TYRAS Olga	CZĘSTOCHOWA		89	K20/166	(K)494	01:04:20	01:00:07	9.98	00:34:31 / 4082 [8.69]
4109	3738	WÓJCIK Jacek	WARSZAWA		77	M30/1360	(M)3615	01:04:21	01:00:52	9.86	00:33:15 / 3736 [9.02]
4110	5072	KRAWCZYK Michał	WARSZAWA		85	M20/982	(M)3616	01:04:21	01:00:18	9.95	00:33:15 / 3740 [9.02]
4111	2313	FELCZAK Włodzimierz	SOCHACZEW	KM AKTYWNI SOCHACZEW	56	M50/260	(M)3617	01:04:23	01:02:20	9.63	00:32:46 / 3551 [9.16]
4112	3689	KRUKOWSKI Marcin		URSUS	94		(M)3618	01:04:23	01:00:38	9.90	00:31:13 / 3026 [9.61]
4113	4036	POLAK Bartosz	SKIERDY		79	M30/1361	(M)3619	01:04:24	00:59:34	10.07	00:36:55 / 4595 [8.13]
4114	5785	MARGIELSKI MICHAŁ	OTWOCK		82	M20/983	(M)3620	01:04:25	00:59:51	10.03	00:34:54 / 4178 [8.60]
4115	1901	MAZUROWSKA Joanna	SZCZECIN	AKADEMIA SZTUK WALKI DĘBE WIELKIE	76	K30/184	(K)495	01:04:25	01:01:42	9.72	00:33:52 / 3923 [8.86]
4116	6274	TURKO Katarzyna	BYTOM		70	K30/185	(K)496	01:04:25	01:00:38	9.90	00:35:02 / 4214 [8.56]
4117	2150	WĘGIEL Wojciech	WARSZAWA	KS WÓJCINA	76	M30/1362	(M)3621	01:04:26	01:00:29	9.92	00:35:28 / 4302 [8.46]
4118	3897	ANTOLAK Piotr	WARSZAWA		75	M30/1363	(M)3622	01:04:26	01:00:22	9.94	00:35:16 / 4265 [8.51]
4119	2580	SOBORCZYK Agnieszka	WARSZAWA	WARSZAWA	73	K30/186	(K)497	01:04:27	01:01:32	9.75	00:34:02 / 3968 [8.81]
4120	1615	ZAGRZEJEWSKA martyna	WARSZAWA	LOBO SISTERS RUNNERS CLUB	75	K30/187	(K)498	01:04:28	01:01:54	9.69	00:34:02 / 3964 [8.81]
4121	3542	WNOROWSKI Michał	WARSZAWA		73	M30/1364	(M)3623	01:04:28	00:59:37	10.06	00:36:13 / 4477 [8.28]
4122	758	POKORA Agnieszka	ZĄBKI		71	K30/188	(K)499	01:04:28	00:59:58	10.01	00:35:13 / 4258 [8.52]
4123	1191	MARSZAŁEK DOROTA	WARSZAWA		86	K20/167	(K)500	01:04:29	01:04:29	9.30	00:33:29 / 3807 [8.96]
4124	460	GWARA Adam	WARSZAWA		58	M50/261	(M)3624	01:04:29	01:04:29	9.30	00:33:45 / 3883 [8.89]
4125	2604	PRZEMĘCKA Agata	ŁÓDŹ		83	K20/168	(K)501	01:04:29	01:02:26	9.61	00:33:38 / 3850 [8.92]
4126	4674	KRETKIEWICZ Jacek	WARSZAWA		82	M20/984	(M)3625	01:04:29	00:59:02	10.16	00:38:49 / 4846 [7.73]
4127	4172	JEZERSKI Wojciech	WARSZAWA		77	M30/1365	(M)3626	01:04:31	01:01:10	9.81	00:35:46 / 4401 [8.39]
4128	3497	SZCZEPANIK Robert	WARSZAWA		72	M30/1366	(M)3627	01:04:31	01:00:38	9.90	00:35:55 / 4433 [8.35]
4129	5027	POKORSKI Marek	WARSZAWA		71	M30/1367	(M)3628	01:04:31	01:01:34	9.75	00:35:01 / 4209 [8.57]
4130	3215	ZIELIŃSKI Krzysztof	WARSZAWA	M42195	59	M50/262	(M)3629	01:04:32	01:02:57	9.53	00:31:34 / 3163 [9.50]
4131	759	BOGURADZKI Dariusz	WARSZAWA		84	M20/985	(M)3630	01:04:32	00:58:52	10.19	00:35:43 / 4387 [8.40]
4132	2995	ZAJĄKAŁA Michał	WARSZAWA		75	M30/1368	(M)3631	01:04:33	01:02:40	9.57	00:32:20 / 3435 [9.28]
4133	3860	ANTCZAK Joanna	WARSZAWA		71	K30/189	(K)502	01:04:34	01:01:48	9.71	00:33:21 / 3765 [9.00]
4134	149	GORECKI Witold	WARSZAWA		63	M40/591	(M)3632	01:04:35	01:00:12	9.97	00:35:03 / 4218 [8.56]
4135	2443	TROCIŃSKI Tomasz	WARSZAWA		68	M40/592	(M)3633	01:04:35	00:59:00	10.17	00:36:47 / 4575 [8.16]
4136	521	WOJCIESZAK Zbigniew	WARSZAWA		53	M50/263	(M)3634	01:04:35	01:00:14	9.96	00:35:03 / 4221 [8.56]
4137	3570	KOZDRÓJ Mirosław	WARSZAWA		68	M40/593	(M)3635	01:04:35	01:00:08	9.98	00:35:51 / 4418 [8.37]
4138	4051	WÓJCIK Marcin	WARSZAWA	AMT...	79	M30/1369	(M)3636	01:04:37	01:03:07	9.51	00:32:55 / 3599 [9.11]
4139	1850	JABLONOWSKA Renata	WARSZAWA		80	K20/169	(K)503	01:04:37	01:00:21	9.94	00:34:50 / 4159 [8.61]
4140	1849	CALDWELL Sean	WARSZAWA		83	M20/986	(M)3637	01:04:37	01:00:21	9.94	00:34:51 / 4161 [8.61]
4141	3736	DĄBROWSKI Jan	CEKANÓW		89	M20/987	(M)3638	01:04:38	01:01:03	9.83	00:34:11 / 3999 [8.78]
4142	6324	WNUK Grzegorz	KIELCE		73	M30/1370	(M)3639	01:04:38	01:00:29	9.92	00:36:12 / 4470 [8.29]
4143	382	JABŁOŃSKI MACIEJ	TRUSKAW		80	M20/988	(M)3640	01:04:38	00:59:27	10.09	00:35:26 / 4297 [8.47]
4144	5086	ZENGTELER Andrzej	GDAŃSK	NIEZRZESZONY	50	M50/264	(M)3641	01:04:39	01:00:16	9.96	00:35:03 / 4219 [8.56]
4145	1497	CHOROMAŃSKI Stanisław	WARSZAWA		90		(M)3642	01:04:39	01:00:29	9.92	00:34:37 / 4098 [8.67]
4146	404	SZTOMBER Daniel	WARSZAWA		82	M20/989	(M)3643	01:04:39	00:59:45	10.04	00:36:15 / 4484 [8.28]
4147	662	STREFLIK Katarzyna	GRÓJEC		91		(K)504	01:04:40	01:04:22	9.32	00:30:45 / 2857 [9.76]
4148	4811	SUMOWSKI Rafał	WARSZAWA		81	M20/990	(M)3644	01:04:40	00:59:29	10.09	00:35:43 / 4388 [8.40]
4149	1627	HEJNRYCH Kamila	WARSZAWA		85	K20/170	(K)505	01:04:41	01:02:13	9.64	00:34:39 / 4109 [8.66]
4150	5067	ŻAK ida	ŁOMIAŃKI		84	K20/171	(K)506	01:04:41	00:59:49	10.03	00:35:33 / 4330 [8.44]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
4151	3496	CZECHOWSKI Krzysztof	WARSZAWA		79	M30/1371	(M)3645	01:04:41	01:00:48	9.87	00:35:55 / 4432 [8.35]
4152	6678	*****					(M)3646	01:04:42	01:04:42	9.27	00:34:14 / 4013 [8.76]
4153	1256	KOZAK Tadeusz	WARSZAWA		51	M50/265	(M)3647	01:04:42	01:01:51	9.70	00:34:37 / 4104 [8.67]
4154	4266	KALINOWSKI Henryk	WARSZAWA		83	M20/991	(M)3648	01:04:42	00:59:43	10.05	00:36:25 / 4510 [8.24]
4155	1570	MICHALSKA Anna	WARSZAWA	BIEGAMY Z OCHOTĄ	64	K40/76	(K)507	01:04:43	00:57:21	10.46	00:37:03 / 4622 [8.10]
4156	3377	GAŁ Michał	WARSZAWA	BRĄK	80	M20/992	(M)3649	01:04:43	01:02:16	9.64	00:33:05 / 3658 [9.07]
4157	1572	PAWLAK Włodzimierz	WARSZAWA		57	M50/266	(M)3650	01:04:43	00:57:21	10.46	00:37:02 / 4616 [8.10]
4158	2693	FRONTCZAK Jarosław	WARSZAWA		69	M40/594	(M)3651	01:04:43	01:00:30	9.92	00:35:19 / 4270 [8.49]
4159	783	ZAŁEWSKI Maciej	WARSZAWA		96		(M)3652	01:04:43	01:00:14	9.96	00:36:36 / 4544 [8.20]
4160	4908	BONDARA Sylwia	BYDGOSZCZ	UNIERSYTET WARSZAWSKI	87	K20/172	(K)508	01:04:44	00:59:22	10.11	00:37:26 / 4676 [8.01]
4161	5150	JANOCHA Marcin	WARSZAWA		76	M30/1372	(M)3653	01:04:44	01:00:49	9.87	00:35:06 / 4237 [8.55]
4162	4914	BIELECKI Piotr	WARSZAWA		84	M20/993	(M)3654	01:04:44	01:00:13	9.96	00:36:23 / 4505 [8.25]
4163	2936	DWORAKOWSKI Michał	WARSZAWA		76	M30/1373	(M)3655	01:04:44	00:59:43	10.05	00:35:09 / 4244 [8.53]
4164	5081	NETZEL Tomasz	WARSZAWA	BLOGBIEGACZA.PL	84	M20/994	(M)3656	01:04:44	00:59:22	10.11	00:37:25 / 4675 [8.02]
4165	3320	KOSTYRA Marek	WARSZAWA	ZWIĄZKOWIEC	52	M50/267	(M)3657	01:04:45	01:02:44	9.56	00:33:20 / 3758 [9.00]
4166	782	WNOROWSKI Daniel	WARSZAWA		96		(M)3658	01:04:46	01:00:17	9.95	00:36:36 / 4543 [8.20]
4167	1684	RADYMIK Anna	WARSZAWA		83	K20/173	(K)509	01:04:47	01:00:09	9.98	00:35:33 / 4327 [8.44]
4168	6009	SIKORSKA MAGDA	WARSZAWA		82	K20/174	(K)510	01:04:47	01:02:23	9.62	00:34:03 / 3970 [8.81]
4169	5199	KACZMAREK Dominik	WARSZAWA		79	M30/1374	(M)3659	01:04:47	00:59:47	10.04	00:37:17 / 4657 [8.05]
4170	1197	ORLIŃSKI PAWEŁ	WARSZAWA		89	M20/995	(M)3660	01:04:48	00:59:28	10.09	00:36:34 / 4539 [8.20]
4171	2361	ŚMIGIELSKA Barbara	WARSZAWA		83	K20/175	(K)511	01:04:48	01:02:19	9.63	00:33:47 / 3896 [8.88]
4172	2360	ŚMIGIELSKI Mieczysław	WARSZAWA		52	M50/268	(M)3661	01:04:49	01:02:20	9.63	00:33:47 / 3900 [8.88]
4173	1711	SZULKOWSKA Alicja	WARSZAWA		91		(K)512	01:04:49	01:02:29	9.60	00:33:28 / 3798 [8.96]
4174	1757	PILCH Paulina	WARSZAWA		73	K30/190	(K)513	01:04:49	01:02:16	9.64	00:34:50 / 4158 [8.61]
4175	5991	SADZIŃSKI Tomasz			79	M30/1375	(M)3662	01:04:50	01:03:00	9.52	00:34:05 / 3979 [8.80]
4176	6156	MYSLEK Radosław			75	M30/1376	(M)3663	01:04:51	01:02:39	9.58	00:34:02 / 3967 [8.81]
4177	2089	WIŚNIEWSKI Marek	WARSZAWA		71	M30/1377	(M)3664	01:04:51	01:01:42	9.72	00:34:47 / 4136 [8.62]
4178	249	ANDRZEJEWSKI Tadeusz	WARSZAWA	WARSZAWA-BIELANY	33	M70/6	(M)3665	01:04:51	01:00:52	9.86	00:35:01 / 4210 [8.57]
4179	569	WALEWSKA Agnieszka	WARSZAWA		73	K30/191	(K)514	01:04:52	01:01:48	9.71	00:34:46 / 4134 [8.63]
4180	5597	JANIK Anna	KRAKOW		77	K30/192	(K)515	01:04:53	01:02:37	9.58	00:33:09 / 3699 [9.05]
4181	32	SPONSOR Vip			09		(M)3666	01:04:53	01:00:23	9.94	00:35:38 / 4352 [8.42]
4182	2491	PETRYCKI Marcin	WARSZAWA		77	M30/1378	(M)3667	01:04:53	01:00:44	9.88	00:35:00 / 4204 [8.57]
4183	619	ŻEGARSKA Ewa	WARSZAWA		77	K30/193	(K)516	01:04:54	01:01:05	9.82	00:35:40 / 4363 [8.41]
4184	2683	KOBIERSKA Ewa	WARSZAWA		80	K20/176	(K)517	01:04:54	01:00:14	9.96	00:35:02 / 4215 [8.56]
4185	2484	MIRKOWICZ Beata	WARSZAWA		71	K30/194	(K)518	01:04:54	01:01:32	9.75	00:34:29 / 4074 [8.70]
4186	4113	KOCZWARA Agnieszka	WARSZAWA		81	K20/177	(K)519	01:04:54	01:00:00	10.00	00:35:41 / 4373 [8.41]
4187	1666	ROMANOWSKA Małgorzata	WARSZAWA		82	K20/178	(K)520	01:04:54	00:59:56	10.01	00:35:41 / 4371 [8.41]
4188	1858	PACZKOWSKA Marzena	WARSZAWA		62	K40/77	(K)521	01:04:54	01:04:39	9.28	00:32:18 / 3427 [9.29]
4189	3832	URBANIAK Bogusia	WARSZAWA		73	K30/195	(K)522	01:04:55	01:02:01	9.67	00:34:16 / 4024 [8.75]
4190	3252	BARAŃSKI Mateusz	WARSZAWA		93		(M)3668	01:04:55	01:03:31	9.45	00:30:58 / 2933 [9.69]
4191	4235	MACHTYLSKA Aleksandra	WROCLAW	WKB PIAST	83	K20/179	(K)523	01:04:55	01:02:49	9.55	00:33:15 / 3732 [9.02]
4192	6587	FANASZKIEWICZ Tomasz	WARSZAWA		83	M20/996	(M)3669	01:04:56	01:00:59	9.84	00:36:21 / 4500 [8.25]
4193	5446	CZUPRYŃSKA Magdalena	SUWALKI		82	K20/180	(K)524	01:04:56	00:59:24	10.10	00:36:29 / 4516 [8.22]
4194	5761	LULKA ANDRZEJ	WARSZAWA		70	M30/1379	(M)3670	01:04:56	01:02:32	9.59	00:32:27 / 3466 [9.24]
4195	432	SOLSKI Aleksander	WARSZAWA		72	M30/1380	(M)3671	01:04:56	01:03:04	9.51	00:33:01 / 3629 [9.09]
4196	6166	KACPURA Piotr	RADOM		76	M30/1381	(M)3672	01:04:57	01:01:57	9.69	00:33:25 / 3781 [8.98]
4197	2090	WIŚNIEWSKA Beata	WARSZAWA		71	K30/196	(K)525	01:04:58	01:01:48	9.71	00:34:46 / 4135 [8.63]
4198	5164	SARZYŃSKA Marzena	WARSZAWA		59	K50/21	(K)526	01:04:59	01:02:47	9.56	00:33:32 / 3825 [8.95]
4199	4183	ŚLIWAK-MANOWSKA Ewa	WARSZAWA	NOCARZ.PL	76	K30/197	(K)527	01:05:00	01:02:13	9.64	00:34:59 / 4202 [8.58]
4200	3431	STAWIARZ Patrycja	WARSZAWA		79	K30/198	(K)528	01:05:00	01:02:16	9.64	00:33:09 / 3700 [9.05]
4201	5562	GYRIA olga	WARSZAWA	POSHYDOG	81	K20/181	(K)529	01:05:00	01:02:51	9.55	00:33:57 / 3950 [8.84]
4202	4641	BUDYTA Katarzyna	SOBIENIE JEZIORY		85	K20/182	(K)530	01:05:00	01:01:55	9.69	00:33:06 / 3667 [9.06]
4203	5483	FALBA Sylwia	WYSZKÓW		81	K20/183	(K)531	01:05:01	01:01:18	9.79	00:35:00 / 4205 [8.57]
4204	6332	WODNICKI Wojciech	ŁÓDŹ	BIEGACZ NOWOSOLNA	67	M40/595	(M)3673	01:05:01	01:01:22	9.78	00:35:02 / 4212 [8.56]
4205	1999	KRÓLAK Stanisław	WARSZAWA	NIEZRZESZONY	60	M40/596	(M)3674	01:05:02	01:04:37	9.29	00:32:05 / 3353 [9.35]
4206	3604	GĘBSKI Adam	WARSZAWA		73	M30/1382	(M)3675	01:05:02	01:01:21	9.78	00:35:38 / 4351 [8.42]
4207	853	KOSIŃSKI Rafał	WARSZAWA		74	M30/1383	(M)3676	01:05:03	01:00:10	9.97	00:34:37 / 4100 [8.67]
4208	395	KIELSKI Michał	WARSZAWA		80	M20/997	(M)3677	01:05:03	01:01:17	9.79	00:33:52 / 3922 [8.86]
4209	1188	DMYTRUK PAWEŁ	WARSZAWA		63	M40/597	(M)3678	01:05:03	01:01:01	9.83	00:33:49 / 3911 [8.87]
4210	3508	MARTINEZ ZABALA Pablo	WARSZAWA		64	M40/598	(M)3679	01:05:04	01:01:34	9.75	00:35:28 / 4301 [8.46]
4211	4846	MARKIEWICZ Rafał	WARSZAWA		76	M30/1384	(M)3680	01:05:05	01:00:12	9.97	00:34:47 / 4137 [8.62]
4212	5075	RUDNIK Rafał	PIASECZNO	RR TEAM	76	M30/1385	(M)3681	01:05:05	01:00:45	9.88	00:36:38 / 4551 [8.19]
4213	2074	KORNILUK Bartosz	BIŁA PODLASKA		80	M20/998	(M)3682	01:05:06	00:59:16	10.12	00:36:12 / 4473 [8.29]
4214	2181	FRONK Włodzimierz	WARSZAWA		58	M50/269	(M)3683	01:05:06	01:01:36	9.74	00:34:08 / 3993 [8.79]
4215	3292	GÓRA-SAWICKA Aldona	WARSZAWA		66	K40/78	(K)532	01:05:06	00:59:46	10.04	00:35:49 / 4412 [8.38]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
4216	2076	SĘK Zofia	WARSZAWA		76	K30/199	(K)533	01:05:06	01:03:16	9.48	00:33:29 / 3808 [8.96]
4217	833	SOKAL Paulina	PIŃCZÓW		86	K20/184	(K)534	01:05:07	01:00:42	9.88	00:34:33 / 4086 [8.68]
4218	3686	KAWA Daniel	WARSZAWA	URSUS	94		(M)3684	01:05:07	01:01:20	9.78	00:30:49 / 2874 [9.73]
4219	4878	PIETRZAK Katarzyna	KONSTANTYNÓW		73	K30/200	(K)535	01:05:07	01:02:46	9.56	00:34:17 / 4028 [8.75]
4220	2824	URYNIUK Tamara	GDAŃSK	NUTRICA	65	K40/79	(K)536	01:05:07	01:01:18	9.79	00:35:40 / 4365 [8.41]
4221	1524	PIEKARSKI Jacek	BRWINÓW		66	M40/599	(M)3685	01:05:08	01:00:07	9.98	00:35:44 / 4393 [8.40]
4222	4682	KOSTYK Bogna	WARSZAWA		66	K40/80	(K)537	01:05:08	01:02:50	9.55	00:34:12 / 4000 [8.77]
4223	4154	GAŚOWSKA MAGDALENA	WARSZAWA	ALON 42	92		(K)538	01:05:08	01:03:06	9.51	00:32:25 / 3452 [9.25]
4224	56	NADOLNY Wiesław		VIP	09		(M)3686	01:05:08	01:00:46	9.87	00:35:03 / 4222 [8.56]
4225	3306	PIOTROWICZ Julia	KIELCE		86	K20/185	(K)539	01:05:08	01:04:07	9.36	00:32:52 / 3583 [9.13]
4226	6144	KRAJKA Mirek	LUBLIN		82	M20/999	(M)3687	01:05:08	01:01:43	9.72	00:34:53 / 4175 [8.60]
4227	4979	GREWIŃSKA Natalia	WARSZAWA	RUN KAYAX RUN / POLSKA BIEGA	76	K30/201	(K)540	01:05:08	01:01:22	9.78	00:33:35 / 3837 [8.93]
4228	448	PARYS Aleksandra	WARSZAWA		76	K30/202	(K)541	01:05:10	01:02:30	9.60	00:34:07 / 3987 [8.79]
4229	4753	BARTOSIK Dawid	WARSZAWA		76	M30/1386	(M)3688	01:05:10	01:00:42	9.88	00:35:39 / 4358 [8.42]
4230	831	KLUCZYK Norbert	WARSZAWA		74	M30/1387	(M)3689	01:05:11	01:03:25	9.46	00:33:37 / 3845 [8.92]
4231	328	JÓŻWIK Barbara	ZIELONKA		66	K40/81	(K)542	01:05:11	01:01:38	9.73	00:35:33 / 4323 [8.44]
4232	1536	KOLASA EDWARD	SULEJÓWEK	NIE	70	M30/1388	(M)3690	01:05:12	01:02:23	9.62	
4233	867	SAWICKI Konrad	WARSZAWA		09		(M)3691	01:05:12	00:59:44	10.04	00:38:03 / 4769 [7.88]
4234	866	WÓJTOWICZ Maciej	WARSZAWA		77	M30/1389	(M)3692	01:05:12	00:59:44	10.04	00:38:03 / 4767 [7.88]
4235	1836	MALARA Wojciech	WARSZAWA	CARSERVIS	78	M30/1390	(M)3693	01:05:12	01:03:19	9.48	00:33:43 / 3876 [8.90]
4236	1581	SMOLEŃSKA Małgosia	WARSZAWA		79	K30/203	(K)543	01:05:13	01:01:09	9.81	00:34:13 / 4004 [8.77]
4237	58	WŁODARCZYK Marek	WARSZAWA	TVP WARSZAWA	60	M40/600	(M)3694	01:05:13	01:00:31	9.91	00:35:33 / 4329 [8.44]
4238	1998	PIECHOWSKI Tomasz	WARSZAWA		77	M30/1391	(M)3695	01:05:13	01:03:21	9.47	00:33:43 / 3873 [8.90]
4239	4573	KURATCZYK paweł	WARSZAWA		79	M30/1392	(M)3696	01:05:13	01:01:24	9.77	00:34:28 / 4072 [8.70]
4240	4572	KURATCZYK agnieszka	WARSZAWA		79	K30/204	(K)544	01:05:13	01:01:25	9.77	00:34:29 / 4073 [8.70]
4241	3454	ZAWADZKI PIOTR	WARSZAWA		72	M30/1393	(M)3697	01:05:15	01:01:24	9.77	00:35:37 / 4350 [8.42]
4242	3455	ZAWADZKI Andrzej	WARSZAWA		63	M40/601	(M)3698	01:05:15	01:00:36	9.90	00:35:37 / 4349 [8.42]
4243	6162	BARANOWSKI Krzysztof	RADOM		62	M40/602	(M)3699	01:05:16	01:02:19	9.63	00:33:26 / 3784 [8.97]
4244	6570	STRZELEC Wiesław	RADOM		73	M30/1394	(M)3700	01:05:16	01:02:19	9.63	00:33:26 / 3782 [8.97]
4245	5953	RACZYŃSKA Magdalena	CHORZÓW	WKB META LUBLINIEC	79	K30/205	(K)545	01:05:16	01:01:56	9.69	00:33:26 / 3785 [8.97]
4246	1518	KANIA Natalia	ZIELONKI WIEŚ		91		(K)546	01:05:17	01:02:23	9.62	00:33:56 / 3945 [8.84]
4247	1571	SALONI-SADOWSKA Maria	WARSZAWA		71	K30/206	(K)547	01:05:17	00:57:54	10.36	00:37:02 / 4618 [8.10]
4248	627	KOPCZYŃSKI Marcin	WARSZAWA		76	M30/1395	(M)3701	01:05:18	01:00:45	9.88	00:34:47 / 4142 [8.62]
4249	3979	GLINICKA Agata	BIELANY/WINNICA		79	K30/207	(K)548	01:05:18	01:01:30	9.76	00:35:40 / 4364 [8.41]
4250	1520	TRZMIEL - JASEK Krystyna	WARSZAWA		56	K50/22	(K)549	01:05:18	01:05:11	9.20	00:31:44 / 3220 [9.45]
4251	1875	ŁUKSZA Wiesław	WARSZAWA	GYMNASION	41	M60/59	(M)3702	01:05:19	00:59:55	10.01	00:33:24 / 3779 [8.98]
4252	445	ANDREJEW Agnieszka	ZĄBK		70	K30/208	(K)550	01:05:19	01:03:00	9.52	00:32:32 / 3492 [9.22]
4253	3416	SADOWSKI Robert	WARSZAWA		69	M40/603	(M)3703	01:05:19	01:03:00	9.52	00:32:32 / 3490 [9.22]
4254	5704	KRAWCZYK Joanna	WARSZAWA		84	K20/186	(K)551	01:05:21	01:01:23	9.77	00:34:10 / 3997 [8.78]
4255	4982	NORYŚKIEWICZ Marta	WARSZAWA		76	K30/209	(K)552	01:05:22	01:01:17	9.79	00:36:08 / 4462 [8.30]
4256	1230	DYSKO BOŻENA	WARSZAWA		65	K40/82	(K)553	01:05:22	01:02:17	9.63	00:35:04 / 4230 [8.56]
4257	248	DZIEKOŃSKI piotr	WARSZAWA		34	M70/7	(M)3704	01:05:23	01:02:05	9.66	00:34:42 / 4119 [8.65]
4258	1227	WYKRYTOWICZ JACEK	JAKTORÓW		57	M50/270	(M)3705	01:05:23	01:00:41	9.89	00:35:20 / 4276 [8.49]
4259	360	SIDELNIK Przemysław	KOBYŁKA		84	M20/1000	(M)3706	01:05:23	01:03:58	9.38	00:32:43 / 3540 [9.17]
4260	897	GRZESZCZYK Andrzej	WARSZAWA		53	M50/271	(M)3707	01:05:24	01:03:59	9.38	00:33:33 / 3832 [8.94]
4261	4806	KOWALSKA Kasia	WARSZAWA		74	K30/210	(K)554	01:05:24	01:05:15	9.20	00:32:01 / 3333 [9.37]
4262	2474	GÓRNICKA Anna	WARSZAWA		75	K30/211	(K)555	01:05:27	01:01:53	9.70	00:34:29 / 4075 [8.70]
4263	600	GAŁECKI Tamasz	WARSZAWA		70	M30/1396	(M)3708	01:05:27	00:59:18	10.12	00:35:56 / 4435 [8.35]
4264	3226	ADAMIAK Agnieszka	ŁÓDŹ	KLUB BIEGACZA TPSA	71	K30/212	(K)556	01:05:27	00:59:37	10.06	00:35:47 / 4406 [8.38]
4265	3543	LEJMAN Marcin	WARSZAWA		79	M30/1397	(M)3709	01:05:28	01:02:32	9.59	00:33:29 / 3804 [8.96]
4266	2068	MAKOWSKA Zofia	WARSZAWA	X	57	K50/23	(K)557	01:05:29	01:02:57	9.53	00:34:16 / 4020 [8.75]
4267	1157	PASZEK Krystyna	GRODZISK MAZ	NIEZRZESZONA	61	K40/83	(K)558	01:05:29	01:05:29	9.16	00:35:54 / 4428 [8.36]
4268	1156	PAWELEC Krystyna	BRWINÓW	NIEZRZESZONA	53	K50/24	(K)559	01:05:29	01:00:21	9.94	00:35:54 / 4429 [8.36]
4269	669	WACHOWICZ Małgorzata	WARSZAWA		84	K20/187	(K)560	01:05:31	01:00:56	9.85	00:35:07 / 4240 [8.54]
4270	2121	GBURZYŃSKI Grzegorz	PRUSZKÓW		76	M30/1398	(M)3710	01:05:31	01:00:51	9.86	00:37:17 / 4658 [8.05]
4271	5667	KOKOWSKI Maciek	WARSZAWA		82	M20/1001	(M)3711	01:05:31	01:00:17	9.95	00:37:08 / 4638 [8.08]
4272	5678	KORYCKI Tomasz	WARSZAWA		77	M30/1399	(M)3712	01:05:32	01:03:39	9.43	00:32:19 / 3431 [9.28]
4273	3026	KONDEJ Gabriela	BIAŁYSTOK		91		(K)561	01:05:32	01:00:57	9.84	00:35:04 / 4229 [8.56]
4274	3298	KRASKA Tadeusz	RADOM	KLUB MARATOŃCZYKA AZS POLITECHNIKI R	49	M60/60	(M)3713	01:05:33	01:00:20	9.94	00:36:14 / 4480 [8.28]
4275	1813	ADAMOWICZ Tomasz	WARSZAWA		68	M40/604	(M)3714	01:05:33	01:01:10	9.81	00:35:59 / 4439 [8.34]
4276	3299	KRASKA Agnieszka	WARSZAWA		73	K30/213	(K)562	01:05:34	01:00:21	9.94	00:36:14 / 4483 [8.28]
4277	570	WALEWSKI Marcin	WARSZAWA		71	M30/1400	(M)3715	01:05:35	01:02:31	9.60	00:34:31 / 4080 [8.69]
4278	1949	WIŚNIEWSKA Kamila	WARSZAWA		92		(K)563	01:05:36	01:00:52	9.86	00:34:40 / 4113 [8.65]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
4279	526	LUDKOWSKA Urszula	MIŃSK MAZOWIECKI		74	K30/214	(K)564	01:05:36	01:02:33	9.59	00:34:06 / 3982 [8.80]
4280	3778	MUSZYŃSKI Adrian	WARSZAWA		96		(M)3716	01:05:37	01:01:34	9.75	00:31:20 / 3070 [9.57]
4281	2823	BANACH Jarosław		NUTRICA	66	M40/605	(M)3717	01:05:37	01:01:27	9.76	00:35:56 / 4436 [8.35]
4282	639	DOLIŃSKI Tadeusz	WARSZAWA RADOŚĆ	ZDAŹYĆ PRZED 60.	58	M50/272	(M)3718	01:05:38	01:01:04	9.83	00:35:04 / 4228 [8.56]
4283	5666	KOKOWSKA Agnieszka	WARSZAWA		86	K20/188	(K)565	01:05:39	01:00:26	9.93	00:37:07 / 4637 [8.08]
4284	2048	POLAKOWSKI Wojciech	WARSZAWA		85	M20/1002	(M)3719	01:05:40	01:03:07	9.51	00:36:31 / 4525 [8.22]
4285	1733	SZYMAŃSKI Adam	WARSZAWA		76	M30/1401	(M)3720	01:05:41	01:01:43	9.72	00:35:46 / 4404 [8.39]
4286	4089	ZAREMBA-KOWALSKA Anna	WARSZAWA		67	K40/84	(K)566	01:05:41	01:00:32	9.91	00:36:09 / 4465 [8.30]
4287	1678	MALSKI-BRODZICKI Maciej	MARKI		80	M20/1003	(M)3721	01:05:42	01:02:02	9.67	00:36:01 / 4443 [8.33]
4288	5257	MUCHOROWSKI Krzysztof	WARSZAWA		66	M40/606	(M)3722	01:05:44	01:00:55	9.85	00:35:36 / 4344 [8.43]
4289	1152	ŚMIECIŃSKA Anna	WARSZAWA		79	K30/215	(K)567	01:05:44	01:03:55	9.39	00:32:34 / 3499 [9.21]
4290	1098	SKRZECZYŃSKI Andrzej	WARSZAWA		51	M50/273	(M)3723	01:05:44	01:05:09	9.21	00:31:48 / 3236 [9.43]
4291	4726	PTASZNIK Anna	WARSZAWA		59	K50/25	(K)568	01:05:44	01:01:41	9.73	00:35:31 / 4318 [8.45]
4292	2172	DOBRYŃSKI Feliks	WARSZAWA		67	M40/607	(M)3724	01:05:45	01:01:56	9.69	00:36:24 / 4507 [8.24]
4293	3458	SZYMAŃCZYK Dariusz	WARSZAWA		62	M40/608	(M)3725	01:05:46	01:05:46	9.12	00:33:58 / 3955 [8.83]
4294	1880	MIKUCKI Bogdan	WARSZAWA		66	M40/609	(M)3726	01:05:47	01:03:16	9.48	00:34:21 / 4036 [8.73]
4295	394	BAKOWSKI Piotr	SULEJÓWEK		81	M20/1004	(M)3727	01:05:47	01:03:50	9.40	00:32:50 / 3569 [9.14]
4296	4343	DAWIDCZYK Katarzyna	KOBYŁKA		73	K30/216	(K)569	01:05:47	01:05:38	9.14	00:33:14 / 3728 [9.03]
4297	4789	TROC Ewa	WARSZAWA		74	K30/217	(K)570	01:05:48	01:05:39	9.14	00:33:14 / 3726 [9.03]
4298	3648	KOWALSKA Joanna	WARSZAWA		84	K20/189	(K)571	01:05:48	01:01:14	9.80	00:35:08 / 4242 [8.54]
4299	1671	CHAŃSKI Piotr	WARSZAWA		76	M30/1402	(M)3728	01:05:49	01:04:43	9.27	00:33:41 / 3863 [8.91]
4300	2671	SWAT Rafał	MARKI		77	M30/1403	(M)3729	01:05:49	01:00:56	9.85	00:35:41 / 4374 [8.41]
4301	4032	CZARNECKI Piotr	WARSZAWA		80	M20/1005	(M)3730	01:05:49	01:02:33	9.59	00:33:31 / 3823 [8.95]
4302	847	MORAŃSKI Krzysztof	LEGIONOWO		93		(M)3731	01:05:50	01:02:32	9.59	00:33:45 / 3884 [8.89]
4303	4566	ROMAN Jarocki	WARSZAWA		50	M50/274	(M)3732	01:05:51	01:00:51	9.86	00:35:52 / 4423 [8.36]
4304	4706	ZIÓŁEK Elżbieta	WARSZAWA	BIEGAMY Z OCHOTĄ	60	K40/85	(K)572	01:05:51	01:02:58	9.53	00:35:05 / 4235 [8.55]
4305	2734	SZENAJCH-IWASZKIEWICZ Joanna	WARSZAWA		81	K20/190	(K)573	01:05:51	01:00:49	9.87	00:36:19 / 4496 [8.26]
4306	3893	IGNACIUK Ewa	BRWINÓW		81	K20/191	(K)574	01:05:51	00:59:52	10.02	00:35:36 / 4343 [8.43]
4307	3638	WINNIK Mariusz	WARSZAWA		82	M20/1006	(M)3733	01:05:52	01:01:37	9.74	00:35:34 / 4333 [8.43]
4308	3344	DZIK MARTA	WARSZAWA		84	K20/192	(K)575	01:05:53	01:03:02	9.52	00:35:31 / 4314 [8.45]
4309	243	DRZEWIECKA Iwona	WARSZAWA		53	K50/26	(K)576	01:05:54	01:00:58	9.84	00:35:40 / 4367 [8.41]
4310	4532	BOGUSZEWSKA Emilia	WARSZAWA		84	K20/193	(K)577	01:05:55	01:02:35	9.59	00:34:34 / 4089 [8.68]
4311	4229	ZEGAR ANNA	WARSZAWA		82	K20/194	(K)578	01:05:55	01:02:37	9.58	00:34:44 / 4124 [8.64]
4312	3112	BAJKO JUSTYNA	CHELM		80	K20/195	(K)579	01:05:56	01:03:53	9.39	00:34:58 / 4195 [8.58]
4313	2144	GRYKA Jarosław	WARSZAWA		63	M40/610	(M)3734	01:05:56	01:03:16	9.48	00:34:27 / 4068 [8.71]
4314	2277	JAROCH Malgorzata	WARSZAWA		85	K20/196	(K)580	01:05:57	01:02:14	9.64	00:34:54 / 4177 [8.60]
4315	3696	GÓRALSKI MAREK	WARSZAWA	REMBERTÓW	72	M30/1404	(M)3735	01:05:57	01:02:22	9.62	00:34:04 / 3971 [8.81]
4316	2243	BOBRYK Karol	WARSZAWA		95		(M)3736	01:05:58	01:04:07	9.36	00:32:59 / 3621 [9.10]
4317	2534	APELSKI Dominik	WARSZAWA		93		(M)3737	01:05:58	01:01:47	9.71	00:36:16 / 4485 [8.27]
4318	3791	SKRZYPCZYŃSKA Agnieszka	WARSZAWA		87	K20/197	(K)581	01:05:58	01:02:10	9.65	00:35:32 / 4322 [8.44]
4319	1494	RONIEK Tomasz	KAJETANY		65	M40/611	(M)3738	01:05:58	01:04:57	9.24	00:33:31 / 3822 [8.95]
4320	6655	MALEK Marcin	MICHAŁOWO		71	M30/1405	(M)3739	01:05:58	01:04:17	9.33	00:33:17 / 3744 [9.01]
4321	1315	HAPONIONEK Michał	WARSZAWA	ACTION	78	M30/1406	(M)3740	01:05:59	01:04:03	9.37	00:33:06 / 3674 [9.06]
4322	379	SZYMAŃSKI Artur	WARSZAWA		70	M30/1407	(M)3741	01:05:59	01:04:04	9.37	00:33:43 / 3874 [8.90]
4323	1303	BĄBEL Andrzej	WARSZAWA	ACTION	80	M20/1007	(M)3742	01:05:59	01:04:11	9.35	00:33:07 / 3685 [9.06]
4324	3335	OLESIEWICZ Honorata	WARSZAWA		89	K20/198	(K)582	01:06:00	01:01:27	9.76	00:35:33 / 4324 [8.44]
4325	1112	PSIURSKA Ewa	WARSZAWA		87	K20/199	(K)583	01:06:00	01:02:41	9.57	00:34:48 / 4149 [8.62]
4326	1848	KRZESKA Dorota	WARSZAWA		85	K20/200	(K)584	01:06:00	01:04:02	9.37	00:34:22 / 4042 [8.73]
4327	1847	MROCZKOWSKI Kyle	WARSZAWA		78	M30/1408	(M)3743	01:06:00	01:04:02	9.37	00:34:23 / 4043 [8.73]
4328	5989	SADOWSKI Piotr	PIASECZNO		68	M40/612	(M)3744	01:06:01	01:04:11	9.35	00:34:06 / 3983 [8.80]
4329	984	PAWŁOWSKA Katarzyna	WARSZAWA		75	K30/218	(K)585	01:06:04	01:04:38	9.28	00:32:36 / 3512 [9.20]
4330	4644	SIKORSKA ŁYŚ Marta	WARSZAWA		80	K20/201	(K)586	01:06:05	01:00:55	9.85	00:35:25 / 4294 [8.47]
4331	3674	KWIATKOWSKI Mariusz	WARSZAWA	URSUS	70	M30/1409	(M)3745	01:06:06	01:02:09	9.65	00:35:12 / 4257 [8.52]
4332	4964	WŁODARCZYK Aleksandra	WARSZAWA		79	K30/219	(K)587	01:06:07	01:02:05	9.66	00:36:00 / 4440 [8.33]
4333	6658	POMIANOWSKI Jan	WARSZAWA				(M)3746	01:06:07	01:01:53	9.70	00:35:20 / 4273 [8.49]
4334	1585	KĄLEK Przemysław	WARSZAWA		73	M30/1410	(M)3747	01:06:08	01:01:01	9.83	00:37:37 / 4702 [7.98]
4335	6275	TUSZYŃSKI TOMASZ	GŁOGÓW MŁP.		60	M40/613	(M)3748	01:06:09	01:05:56	9.10	00:32:23 / 3443 [9.26]
4336	4169	NIEMYSKI Krzysztof	WARSZAWA		88	M20/1008	(M)3749	01:06:10	01:01:17	9.79	00:38:44 / 4834 [7.75]
4337	1617	BARTOCHOWSKI Ireneusz	WARSZAWA		57	M50/275	(M)3750	01:06:11	01:02:09	9.65	00:36:00 / 4441 [8.33]
4338	2372	CICHECKA Aleksandra	WARSZAWA		81	K20/202	(K)588	01:06:11	01:00:35	9.90	00:36:39 / 4554 [8.19]
4339	289	MADEJ Tomasz	BIĄŁOBRZEGI		81	M20/1009	(M)3751	01:06:12	01:02:31	9.60	00:35:08 / 4243 [8.54]
4340	3694	GRĘZIAK AGNIESZKA	WARSZAWA		79	K30/220	(K)589	01:06:12	01:01:12	9.80	00:35:52 / 4420 [8.36]
4341	4001	BŁĄDEK Maciej	NOWA IWICZNA		67	M40/614	(M)3752	01:06:12	01:03:35	9.44	00:35:06 / 4238 [8.55]
4342	4107	BORZIMEK Ludwika	WYSZKÓW		89	K20/203	(K)590	01:06:13	01:02:08	9.66	00:35:47 / 4405 [8.38]
4343	6659	CZERWIŃSKA Joanna					(K)591	01:06:13	01:02:10	9.65	00:35:25 / 4292 [8.47]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
4344	2333	GRYZ Krzysztof	WARSZAWA		59	M50/276	(M)3753	01:06:13	01:01:43	9.72	00:34:44 / 4127 [8.64]
4345	650	KACPRZYK Beata	WARSZAWA		65	K40/86	(K)592	01:06:13	01:04:48	9.26	00:33:46 / 3887 [8.88]
4346	2286	PIEKARNIAK Agnieszka	CHOTOMÓW		69	K40/87	(K)593	01:06:14	01:04:35	9.29	00:33:33 / 3828 [8.94]
4347	5614	JURKIEWICZ anna	WARSZAWA		89	K20/204	(K)594	01:06:14	01:01:38	9.73	00:34:58 / 4192 [8.58]
4348	5486	FELKEL zbigniew	PIASTÓW		58	M50/277	(M)3754	01:06:15	01:01:10	9.81	00:36:36 / 4542 [8.20]
4349	1990	ZAJĄC Ewa	WARSZAWA		65	K40/88	(K)595	01:06:17	01:01:41	9.73	00:35:55 / 4431 [8.35]
4350	1138	ZAKRZEWSKI Dawid	WARSZAWA		77	M30/1411	(M)3755	01:06:17	01:00:59	9.84	00:37:02 / 4617 [8.10]
4351	4313	CHABIOR Tomasz	WARSZAWA		76		(M)3756	01:06:18	01:01:44	9.72	00:36:20 / 4498 [8.26]
4352	4149	KOWALSKI Marcin	WARSZAWA		78	M30/1412	(M)3757	01:06:20	01:01:28	9.76	00:36:20 / 4497 [8.26]
4353	3258	KOSIŃSKI Andrzej	WARSZAWA		71	M30/1413	(M)3758	01:06:22	01:01:33	9.75	00:37:42 / 4716 [7.96]
4354	5236	ŁAZIŃSKI Piotr					(M)3759	01:06:23	01:02:27	9.61	00:35:54 / 4425 [8.36]
4355	2806	SZYMCZYK Łukasz		BANK AMRO	09		(M)3760	01:06:23	01:02:57	9.53	00:33:47 / 3899 [8.88]
4356	2345	WNOROWSKI Maciej	WARSZAWA		76	M30/1414	(M)3761	01:06:23	01:01:31	9.75	00:36:13 / 4478 [8.28]
4357	1646	ŚWIDER Zofia	SIEDLCE		47	K60/5	(K)596	01:06:24	01:06:07	9.07	00:33:56 / 3941 [8.84]
4358	208	GRABIŃSKI Marcin	LUBLINIEC	CROSS CHORZÓW	79	M30/1415	(M)3762	01:06:24	01:06:21	9.04	00:33:29 / 3805 [8.96]
4359	2774	GLUSZEK Marcin	WARSZAWA		87	M20/1010	(M)3763	01:06:27	01:04:13	9.34	00:31:56 / 3296 [9.39]
4360	5877	ORCZYKOWSKI Dariusz	RADOM	WSZS RADOM	67	M40/615	(M)3764	01:06:27	01:01:42	9.72	00:35:30 / 4309 [8.45]
4361	5892	PACIEJEWSKI TOMASZ	RADOM		65	M40/616	(M)3765	01:06:27	01:01:42	9.72	00:35:30 / 4310 [8.45]
4362	2678	KOSOWSKI Jarosław	RADOM		66	M40/617	(M)3766	01:06:27	01:01:12	9.80	00:35:30 / 4311 [8.45]
4363	4193	RAKOWSKI Piotr	PRUSZKÓW		92		(M)3767	01:06:27	01:02:27	9.61	00:36:52 / 4589 [8.14]
4364	4020	MOCZEK Tomasz	WARSZAWA		73	M30/1416	(M)3768	01:06:28	01:02:01	9.67	00:36:07 / 4461 [8.31]
4365	375	JASZEWSKA Edyta	WARSZAWA		80	K20/205	(K)597	01:06:30	01:02:44	9.56	00:36:33 / 4534 [8.21]
4366	2291	JANCIK Iwona	WARSZAWA	GEPARD	80	K20/206	(K)598	01:06:31	01:05:02	9.23	00:34:24 / 4053 [8.72]
4367	2292	JANCIK Mariusz	WARSZAWA	GEPARD	80	M20/1011	(M)3769	01:06:31	01:05:02	9.23	00:34:25 / 4055 [8.72]
4368	5935	PRONOBIS-PROŃSKI Michał	WARSZAWA		81	M20/1012	(M)3770	01:06:32	01:02:33	9.59	00:34:52 / 4170 [8.60]
4369	4168	NIEMYSKA Wanda	WARSZAWA	BRAK	84	K20/207	(K)599	01:06:32	01:01:39	9.73	00:38:44 / 4833 [7.75]
4370	840	URBANOWICZ Krzysztof	WARSZAWA		58	M50/278	(M)3771	01:06:33	01:02:20	9.63	00:35:37 / 4345 [8.42]
4371	4004	GZEL Monika	WARSZAWA	BPH TEAM	80	K20/208	(K)600	01:06:33	01:02:22	9.62	00:34:46 / 4133 [8.63]
4372	4056	KAMIŃSKI Roman	WARSZAWA		64	M40/618	(M)3772	01:06:34	01:02:00	9.68	00:36:40 / 4558 [8.18]
4373	2495	MIELNIK Aneta	WARSZAWA		73	K30/221	(K)601	01:06:35	01:02:04	9.67	00:36:34 / 4537 [8.20]
4374	5235	ŁAZIŃSKI Mateusz	WARSZAWA		94		(M)3773	01:06:35	01:02:39	9.58	00:35:54 / 4426 [8.36]
4375	2532	KŁOSIEWICZ krzysztof	WARSZAWA		66	M40/619	(M)3774	01:06:36	01:01:22	9.78	00:36:02 / 4447 [8.33]
4376	5563	GÓRNA Monika	SUSZ		80	K20/209	(K)602	01:06:37	01:01:25	9.77	00:38:35 / 4822 [7.78]
4377	848	BOROWSKA Dominika	WARSZAWA		87	K20/210	(K)603	01:06:37	01:02:58	9.53	00:34:45 / 4131 [8.63]
4378	584	SIEMIENIUK Igor	WARSZAWA	SKANDIA	77	M30/1417	(M)3775	01:06:37	01:04:51	9.25	00:33:12 / 3721 [9.04]
4379	3393	KWIATKOWSKI Wojciech	WARSZAWA		79	M30/1418	(M)3776	01:06:39	01:02:16	9.64	00:35:29 / 4306 [8.45]
4380	4038	BRĄSKA-DOBROWOLSKA Olga	WARSZAWA	MARATONYPOLSKIE.PL TEAM	73	K30/222	(K)604	01:06:40	01:01:41	9.73	00:36:28 / 4515 [8.23]
4381	2764	SKOWROŃSKI Adam	PRZASNYSZ		93		(M)3777	01:06:41	01:02:16	9.64	00:33:12 / 3719 [9.04]
4382	3538	BRONIEC Krzysztof	WARSZAWA		64	M40/620	(M)3778	01:06:42	01:01:28	9.76	00:35:16 / 4263 [8.51]
4383	2389	DĘBOWSKI Andrzej	WARSZAWA/AUGUSTÓ		72	M30/1419	(M)3779	01:06:42	01:01:14	9.80	00:37:47 / 4725 [7.94]
4384	6584	WIECZORKOWSKI Piotr	WARSZAWA		09		(M)3780	01:06:42	01:02:42	9.57	00:35:26 / 4295 [8.47]
4385	1179	PIESIEWICZ Maria	SUWAŁKI		83	K20/211	(K)605	01:06:42	01:04:21	9.32	00:34:06 / 3985 [8.80]
4386	1178	PIESIEWICZ Patrycja	SUWAŁKI		86	K20/212	(K)606	01:06:42	01:04:21	9.32	00:34:06 / 3981 [8.80]
4387	3847	WAJNOR Natalia	POZNAŃ	PIKUSKI	91		(K)607	01:06:42	01:05:02	9.23	00:34:04 / 3972 [8.81]
4388	4356	CZERWIŃSKI Stanisław	WARSZAWA		48	M60/61	(M)3781	01:06:44	01:00:54	9.85	00:36:02 / 4444 [8.33]
4389	4870	BLASZKIEWICZ Sebastian	WARSZAWA		75	M30/1420	(M)3782	01:06:45	01:06:45	8.99	
4390	1070	NOWAK Tomasz	WARSZAWA		73	M30/1421	(M)3783	01:06:45	01:02:53	9.54	00:35:42 / 4376 [8.40]
4391	1069	NOWAK Anna	WARSZAWA		76	K30/223	(K)608	01:06:45	01:02:52	9.54	00:35:42 / 4377 [8.40]
4392	4353	LEWANDOWSKA Monika	PIASECZNO		73	K30/224	(K)609	01:06:47	01:02:52	9.54	00:35:39 / 4356 [8.42]
4393	4350	LEWANDOWSKI Paweł	PIASECZNO		73	M30/1422	(M)3784	01:06:47	01:02:52	9.54	00:35:39 / 4357 [8.42]
4394	4775	STEFANEK Jerzy	WARSZAWA		61	M40/621	(M)3785	01:06:47	01:01:46	9.71	00:36:18 / 4492 [8.26]
4395	2612	MICHERA Filip	WARSZAWA		77	M30/1423	(M)3786	01:06:47	01:01:48	9.71	00:37:02 / 4615 [8.10]
4396	257	DUSZYŃSKI Zbigniew	WARSZAWA		39	M70/8	(M)3787	01:06:48	01:02:34	9.59	00:35:16 / 4264 [8.51]
4397	134	NAWOTKA Ewa	JABŁONNA		82	K20/213	(K)610	01:06:50	01:03:02	9.52	00:34:23 / 4047 [8.73]
4398	1991	SELWA Stanisław	WARSZAWA		64	M40/622	(M)3788	01:06:51	01:02:15	9.64	00:36:04 / 4455 [8.32]
4399	1541	PALEJKO Jarosław	WARSZAWA		83	M20/1013	(M)3789	01:06:51	01:03:36	9.43	00:35:43 / 4382 [8.40]
4400	1542	KOTYLA Sylwia	WARSZAWA		85	K20/214	(K)611	01:06:51	01:03:36	9.43	00:35:43 / 4380 [8.40]
4401	4660	CHMIELEWSKI Sebastian	TORUŃ		72	M30/1424	(M)3790	01:06:51	01:02:35	9.59	00:35:45 / 4396 [8.39]
4402	4325	CHYS Tomasz	WARSZAWA		95		(M)3791	01:06:52	01:04:17	9.33	00:34:51 / 4163 [8.61]
4403	2783	BIAŁOGAŻ bogusław		BGK	09		(M)3792	01:06:53	01:03:36	9.43	00:34:17 / 4026 [8.75]
4404	5987	SAŁUDA Przemysław	RADOM		75	M30/1425	(M)3793	01:06:53	01:01:55	9.69	00:36:51 / 4585 [8.14]
4405	5970	KOSOWSKI Bartłomiej	RADOM		77	M30/1426	(M)3794	01:06:53	01:01:55	9.69	00:36:52 / 4590 [8.14]
4406	3964	FEJGIN Klaudia	KOBYŁKA		92		(K)612	01:06:53	01:03:08	9.50	00:36:40 / 4555 [8.18]
4407	4192	ĆWIKLIŃSKA Agata	WARSZAWA		92		(K)613	01:06:53	01:02:33	9.59	00:36:40 / 4556 [8.18]
4408	3824	MARKIEWICZ Marek	WARSZAWA		89	M20/1014	(M)3795	01:06:53	01:03:09	9.50	00:32:49 / 3563 [9.14]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
4409	5210	DĄBROWSKA Karolina	WARSZAWA		75	K30/225	(K)614	01:06:54	01:03:49	9.40	00:34:33 / 4085 [8.68]
4410	2166	KALLAUR Krzysztof	WARSZAWA		84	M20/1015	(M)3796	01:06:55	01:03:37	9.43	00:34:47 / 4140 [8.62]
4411	3297	KRASKA Hubert	RADOM		78	M30/1427	(M)3797	01:06:55	01:01:42	9.72	00:36:14 / 4482 [8.28]
4412	5739	LEMPERT Magdalena	WARSZAWA		79	K30/226	(K)615	01:06:55	01:03:11	9.50	00:36:04 / 4453 [8.32]
4413	6308	WIŚNIEWSKA Olga	ŻABIELEC		90		(K)616	01:06:56	01:03:46	9.41	00:34:40 / 4115 [8.65]
4414	310	PRZYBYSIAK Marek	WARSZAWA		53	M50/279	(M)3798	01:06:56	01:04:18	9.33	00:32:53 / 3586 [9.12]
4415	5141	MANOCH ARTUR	POZNAŃ		74	M30/1428	(M)3799	01:06:56	01:03:17	9.48	00:35:15 / 4261 [8.51]
4416	3596	BIEGANOWSKA Agnieszka	WARSZAWA		87	K20/215	(K)617	01:06:56	01:03:22	9.47	00:35:51 / 4417 [8.37]
4417	3274	WIŚNIEWSKI Marcin	WARSZAWA		76	M30/1429	(M)3800	01:06:57	01:00:26	9.93	00:39:12 / 4891 [7.65]
4418	5574	HERMAN Anna	JAWORZNO		78	K30/227	(K)618	01:06:57	01:02:30	9.60	00:36:58 / 4601 [8.12]
4419	2562	SOCHA Marcin	MARKI		75	M30/1430	(M)3801	01:06:57	01:01:25	9.77	00:36:42 / 4562 [8.17]
4420	2941	ANDRZEJEWICZ Łukasz	WARSZAWA		91		(M)3802	01:06:57	01:05:10	9.21	00:38:35 / 4821 [7.78]
4421	1513	GLAPA Wojciech	WARSZAWA		79	M30/1431	(M)3803	01:06:58	01:03:47	9.41	00:36:12 / 4471 [8.29]
4422	5980	RYSIEW Robert	WARSZAWA		79	M30/1432	(M)3804	01:07:00	01:03:55	9.39	00:35:10 / 4249 [8.53]
4423	5232	KMIECINSKI Artur	WARSZAWA		77	M30/1433	(M)3805	01:07:00	01:01:11	9.81	00:37:55 / 4741 [7.91]
4424	383	STAROŚCIAK Mariusz	WARSZAWA		74	M30/1434	(M)3806	01:07:00	01:06:00	9.09	00:35:35 / 4336 [8.43]
4425	6296	WARCHAŁOWSKI Jerzy	OTREBUSY		71	M30/1435	(M)3807	01:07:01	01:03:26	9.46	00:34:48 / 4146 [8.62]
4426	2566	RUDOWSKI MARCIN	WARSZAWA		77	M30/1436	(M)3808	01:07:02	01:05:21	9.18	00:34:08 / 3992 [8.79]
4427	922	STACHERA Sylwester	WARSZAWA		69	M40/623	(M)3809	01:07:02	01:07:02	8.95	00:33:41 / 3864 [8.91]
4428	1802	WOJTCZAK Edyta	SOCHACZEW		87	K20/216	(K)619	01:07:03	01:02:31	9.60	00:35:22 / 4286 [8.48]
4429	1504	FOMFARA KRZYSZTOF	WARSZAWA	KB ARBUZOWA	51	M50/280	(M)3810	01:07:03	01:02:30	9.60	00:36:19 / 4495 [8.26]
4430	2293	KUBIAK piotr	ŁÓDŹ		75	M30/1437	(M)3811	01:07:03	01:06:46	8.99	00:33:28 / 3797 [8.96]
4431	4326	MURACKI Grzegorz	WARSZAWA		68	M40/624	(M)3812	01:07:04	01:04:29	9.30	00:34:51 / 4164 [8.61]
4432	2344	MIRGOS Irek	WARSZAWA		73	M30/1438	(M)3813	01:07:05	01:02:13	9.64	00:35:50 / 4416 [8.37]
4433	3018	KOŁACZYK Patrycja			09		(M)3814	01:07:07	01:02:08	9.66	00:37:01 / 4612 [8.10]
4434	3022	STANIK Marcin			09		(M)3815	01:07:07	01:02:07	9.66	00:37:00 / 4610 [8.11]
4435	4381	GRABOWSKA Agnieszka	LEGIONOWO	WESOŁA PIASKOWA	83	K20/217	(K)620	01:07:08	01:04:10	9.35	00:34:37 / 4101 [8.67]
4436	2837	MURACH Robert	WARSZAWA		74	M30/1439	(M)3816	01:07:09	01:02:21	9.62	00:36:39 / 4553 [8.19]
4437	1730	BANG martin	WARSZAWA		73	M30/1440	(M)3817	01:07:09	01:03:31	9.45	00:35:55 / 4430 [8.35]
4438	2052	MICHAŁSKI Piotr	WARSZAWA		82	M20/1016	(M)3818	01:07:10	01:03:22	9.47	00:35:32 / 4321 [8.44]
4439	6292	WALACZ Wojciech	KOZIENICE	POLSKA BIEGA	74	M30/1441	(M)3819	01:07:10	01:03:22	9.47	00:35:32 / 4320 [8.44]
4440	784	ZAPALSKI Michał	GRODZISKA		82	M20/1017	(M)3820	01:07:11	01:03:24	9.46	00:37:32 / 4689 [7.99]
4441	785	PARURA Dominik	MILANÓWEK		74	M30/1442	(M)3821	01:07:11	01:03:24	9.46	00:37:32 / 4690 [7.99]
4442	1744	JURCZAK małgorzata	NIEPOREĆ		94		(M)3822	01:07:11	01:05:07	9.21	00:34:05 / 3977 [8.80]
4443	2169	STAWICKI Piotr	CIECHANÓW		55	M50/281	(M)3823	01:07:12	01:02:23	9.62	00:37:03 / 4619 [8.10]
4444	5433	CIESZKOWSKI Dominik	WARSZAWA		82	M20/1018	(M)3824	01:07:14	01:06:08	9.07	00:32:29 / 3472 [9.24]
4445	4524	MAJEWSKI Michał					(M)3825	01:07:14	01:02:16	9.64	00:35:41 / 4372 [8.41]
4446	707	MARKOWICZ Ewa	WROCŁAW		79	K30/228	(K)621	01:07:15	01:03:43	9.42	00:35:30 / 4313 [8.45]
4447	4072	ZIELIŃSKI Piotr	WARSZAWA		70	M30/1443	(M)3826	01:07:16	01:02:52	9.54	00:36:24 / 4509 [8.24]
4448	6631	BRZOZOWSKI Artur	WARSZAWA		66	M40/625	(M)3827	01:07:18	01:05:19	9.19	00:32:53 / 3591 [9.12]
4449	2753	KLISZKO Sławomir	GÓRA KALWARIA		76	M30/1444	(M)3828	01:07:18	01:02:52	9.54	00:37:43 / 4718 [7.95]
4450	5499	FRANKENBERG Małgorzata	ŁÓDŹ	BRAK	55	K50/27	(K)622	01:07:20	01:03:56	9.38	00:36:37 / 4546 [8.19]
4451	1742	MUSZYŃSKI edmund	WARSZAWA		55	M50/282	(M)3829	01:07:21	01:05:20	9.18	00:34:43 / 4122 [8.64]
4452	2420	AMBORSKI Adam	WARSZAWA	CHYŻE ROSOMAKI	77	M30/1445	(M)3830	01:07:21	01:02:43	9.57	00:37:31 / 4688 [8.00]
4453	455	TYROWICZ Agata	WARSZAWA		84	K20/218	(K)623	01:07:23	01:03:43	9.42	00:34:37 / 4103 [8.67]
4454	3448	MROCKOWSKA marta	WARSZAWA		85	K20/219	(K)624	01:07:23	01:03:18	9.48	00:35:45 / 4398 [8.39]
4455	3890	LADAK Marcin	WARSZAWA		74	M30/1446	(M)3831	01:07:24	01:02:22	9.62	00:35:56 / 4434 [8.35]
4456	5473	DUKACZEWSKA izabella	WARSZAWA	ABC-KONDYCJA	63	K40/89	(K)625	01:07:24	01:03:44	9.41	00:34:56 / 4186 [8.59]
4457	4990	CHOJNACKI Grzegorz	WARSZAWA	HOS RUNNING TEAM	70	M30/1447	(M)3832	01:07:24	01:04:12	9.35	00:36:34 / 4536 [8.20]
4458	4970	STRZAŁKOWSKA dorota	WROCŁAW	BRAK	65	K40/90	(K)626	01:07:24	01:01:38	9.73	00:37:30 / 4682 [8.00]
4459	2217	KOSSOWSKI Maciek	WARSZAWA		77	M30/1448	(M)3833	01:07:24	01:02:23	9.62	00:37:30 / 4683 [8.00]
4460	3548	MALCZYK Andrzej	WARSZAWA		64	M40/626	(M)3834	01:07:25	01:05:31	9.16	00:35:33 / 4325 [8.44]
4461	349	RŹYSKO Tomasz	WÓŁKA KOZODAWSKA		68	M40/627	(M)3835	01:07:26	01:02:34	9.59	00:36:18 / 4494 [8.26]
4462	554	LEŚNOWOLSKI Piotr	WARSZAWA		68	M40/628	(M)3836	01:07:26	01:02:34	9.59	00:36:18 / 4491 [8.26]
4463	2591	SOBCZYK Marta	WARSZAWA		62	K40/91	(K)627	01:07:26	01:02:17	9.63	00:37:15 / 4649 [8.05]
4464	4999	MAJCHERCZYK Małgorzata	WARSZAWA	HOS RUNNING TEAM	63	K40/92	(K)628	01:07:27	01:04:16	9.34	00:36:32 / 4528 [8.21]
4465	4991	ZAWADZKA Joanna	WARSZAWA	HOS RUNNING TEAM	84	K20/220	(K)629	01:07:27	01:04:16	9.34	00:36:32 / 4527 [8.21]
4466	4997	DRZEWIECKA Monika	WARSZAWA	HOS RUNNING TEAM	71	K30/229	(K)630	01:07:27	01:04:14	9.34	00:36:32 / 4531 [8.21]
4467	5111	GMYREK Piotr	WARSZAWA		83	M20/1019	(M)3837	01:07:27	01:05:04	9.22	00:33:51 / 3918 [8.86]
4468	4996	LATKOWSKA Jagoda	WARSZAWA	HOS RUNNING TEAM	56	K50/28	(K)631	01:07:27	01:04:14	9.34	00:36:32 / 4530 [8.21]
4469	4998	DRZEWIECKI Aleksander	WARSZAWA	HOS RUNNING TEAM	72	M30/1449	(M)3838	01:07:27	01:04:15	9.34	00:36:32 / 4529 [8.21]
4470	5140	JEDYŃSKA Iwona	LEGIONOWO		77	K30/230	(K)632	01:07:28	01:01:00	9.84	00:37:53 / 4737 [7.92]
4471	6565	VALDES-DAPENA Kim	WARSZAWA	VISTULA RUNNERS	80	K20/221	(K)633	01:07:30	01:02:13	9.64	00:36:31 / 4526 [8.22]
4472	5356	BEDNAREK Adam	PIASTÓW		95		(M)3839	01:07:31	01:03:05	9.51	00:35:05 / 4234 [8.55]
4473	2766	SZUMOWSKI Wiktor	WARSZAWA		87	M20/1020	(M)3840	01:07:31	01:04:07	9.36	00:35:44 / 4391 [8.40]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
4474	1521	KRAWCZYK Maciej	PODKOWA LEŚNA		66	M40/629	(M)3841	01:07:32	01:04:37	9.29	00:37:24 / 4670 [8.02]
4475	5613	JURKIEWICZ piotr	WARSZAWA		63	M40/630	(M)3842	01:07:32	01:01:33	9.75	00:34:57 / 4191 [8.58]
4476	1667	MUZYCZUK Erwin	WARSZAWA		86	M20/1021	(M)3843	01:07:32	01:01:30	9.76	00:39:12 / 4887 [7.65]
4477	744	ŻUCZKOWSKI Łukasz	WARSZAWA		77	M30/1450	(M)3844	01:07:34	01:07:34	8.88	
4478	5434	CWALINA Urszula	WARSZAWA		74	K30/231	(K)634	01:07:34	01:07:34	8.88	
4479	4874	PASZTALENIEC GRZEGORZ	WARSZAWA		74	M30/1451	(M)3845	01:07:34	01:02:46	9.56	00:36:59 / 4603 [8.11]
4480	3501	GORAYSKA-MYTYCH Elżbieta	WROCLAW		61	K40/93	(K)635	01:07:35	01:02:32	9.59	00:37:04 / 4624 [8.09]
4481	3506	BALCERZAK Krystyna	WARSZAWA		63	K40/94	(K)636	01:07:35	01:02:32	9.59	00:37:04 / 4626 [8.09]
4482	4505	WASILEWSKA Justyna	WARSZAWA		96		(K)637	01:07:36	01:05:21	9.18	00:34:54 / 4179 [8.60]
4483	4504	WASILEWSKI igor	WARSZAWA		66	M40/631	(M)3846	01:07:36	01:03:10	9.50	00:35:05 / 4233 [8.55]
4484	3143	JAKÓBOWSKA Dorota	WARSZAWA		82	K20/222	(K)638	01:07:36	01:02:27	9.61	00:39:04 / 4876 [7.68]
4485	3177	KARPIŃSKI Patryk	WARSZAWA		81	M20/1022	(M)3847	01:07:37	01:01:57	9.69	00:37:46 / 4723 [7.94]
4486	1016	MARČ Ewelina	BIAŁOBRZEGI	DE LAGE LANDEN	77	K30/232	(K)639	01:07:38	01:05:16	9.19	00:35:11 / 4253 [8.53]
4487	5724	KUCHARCZYK Jakub	KIELCE		89	M20/1023	(M)3848	01:07:38	01:03:45	9.41	00:36:14 / 4481 [8.28]
4488	449	MOSZKOWICZ Eugeniusz	WARSZAWA	ABCKONDYCJA LAS KABACKI	42	M60/62	(M)3849	01:07:39	01:03:59	9.38	00:34:56 / 4185 [8.59]
4489	1013	KILJAŃSKA Marta	WARSZAWA	DE LAGE LANDEN	83	K20/223	(K)640	01:07:39	01:05:17	9.19	00:35:11 / 4254 [8.53]
4490	2621	KUGACZ Jacek	ZIELONKA		74	M30/1452	(M)3850	01:07:40	01:03:36	9.43	00:36:56 / 4599 [8.12]
4491	4858	KWIATKOWSKI Michał	LEGIONOWO		74	M30/1453	(M)3851	01:07:40	01:01:41	9.73	00:37:27 / 4677 [8.01]
4492	4037	ŚLARZYŃSKI Jacek	WARSZAWA	WARSZAWA-BIELANY	69	M40/632	(M)3852	01:07:41	01:01:13	9.80	00:37:52 / 4733 [7.92]
4493	1769	BUTWIŁOWICZ Piotr	WARSZAWA		66	M40/633	(M)3853	01:07:41	01:02:32	9.59	00:36:30 / 4519 [8.22]
4494	2456	PEKACKI Robert	GRÓJEC		83	M20/1024	(M)3854	01:07:42	01:04:43	9.27	00:36:46 / 4571 [8.16]
4495	2457	POPKOWICZ Paweł	GRÓJEC		75	M30/1454	(M)3855	01:07:42	01:04:42	9.27	00:36:47 / 4572 [8.16]
4496	4312	THAMM Andreas	WARSZAWA		67	M40/634	(M)3856	01:07:42	01:03:50	9.40	00:37:06 / 4632 [8.09]
4497	4728	FRANK Uszko	WARSZAWA		66	M40/635	(M)3857	01:07:42	01:03:50	9.40	00:37:06 / 4631 [8.09]
4498	3185	LUBAŃSKI Stanisław	WARSZAWA	MALWA TEAM SPORT	50	M50/283	(M)3858	01:07:42	00:59:58	10.01	00:38:31 / 4811 [7.79]
4499	4767	WŁODARSKI Paweł	WARSZAWA		82	M20/1025	(M)3859	01:07:43	01:02:11	9.65	00:37:55 / 4744 [7.91]
4500	5283	DOMAŃSKI Paweł	WARSZAWA		74	M30/1455	(M)3860	01:07:43	01:03:54	9.39	00:36:43 / 4568 [8.17]
4501	2113	PANECKA Dorota	KURÓW		86	K20/224	(K)641	01:07:43	01:03:23	9.47	00:37:17 / 4655 [8.05]
4502	2158	ORLIŃSKI Michał	WARSZAWA		90		(M)3861	01:07:43	01:02:23	9.62	00:36:34 / 4538 [8.20]
4503	1855	TUROS Stephanie	WARSZAWA	VISTULA RUNNERS	73	K30/233	(K)642	01:07:44	01:05:15	9.20	00:35:11 / 4252 [8.53]
4504	1195	SZYMAŃSKI antoni	ŁAZY		48	M60/63	(M)3862	01:07:44	01:06:10	9.07	00:33:56 / 3940 [8.84]
4505	483	PRZEPĄKOWSKA Monika	ŻYRARDÓW		82	K20/225	(K)643	01:07:44	01:04:42	9.27	00:33:54 / 3930 [8.85]
4506	481	WOJDAK Magdalena	LIPCE		82	M20/1026	(M)3863	01:07:44	01:04:40	9.28	00:33:53 / 3926 [8.85]
4507	2008	SYGULA Kacper	WARSZAWA	AZS UW WARSZAWA	86	M20/1027	(M)3864	01:07:45	01:06:35	9.01	00:35:00 / 4208 [8.57]
4508	2453	MAŃKA Piotr	GRÓJEC		70	M30/1456	(M)3865	01:07:46	01:04:47	9.26	00:36:47 / 4574 [8.16]
4509	3502	ZIOBER ROMAN	WROCLAW		51	M50/284	(M)3866	01:07:46	01:02:30	9.60	00:36:42 / 4561 [8.17]
4510	1519	KRAWCZYK Marianna	PODKOWA LEŚNA		92		(K)644	01:07:47	01:04:51	9.25	00:37:24 / 4671 [8.02]
4511	6668	ASMOLIŃSKI Bogusław					(M)3867	01:07:48	01:03:09	9.50	00:37:17 / 4653 [8.05]
4512	6670	PIĄTEK antek	WARSZAWA		79	M30/1457	(M)3868	01:07:48	01:03:10	9.50	00:37:17 / 4656 [8.05]
4513	604	SIEMIONOWSKA Emilia	SULEJÓWEK		83	K20/226	(K)645	01:07:49	01:02:07	9.66	00:37:29 / 4680 [8.00]
4514	3692	MOŚCICKA Halina	WARSZAWA		59	K50/29	(K)646	01:07:50	01:06:29	9.02	00:34:31 / 4083 [8.69]
4515	1486	DOLIŃSKA Agnieszka	WARSZAWA	ALETEMPO	76	K30/234	(K)647	01:07:51	01:03:28	9.45	00:35:45 / 4397 [8.39]
4516	1487	ŚWIDERSKI Adrian	WARSZAWA	LASEK BIELAŃSKI TEAM	74	M30/1458	(M)3869	01:07:51	01:03:28	9.45	00:35:45 / 4400 [8.39]
4517	4947	KOT Gawel	WARSZAWA	SBBP	94		(M)3870	01:07:52	01:01:47	9.71	00:37:08 / 4639 [8.08]
4518	4946	KOT Mirek	WARSZAWA	SBBP	67	M40/636	(M)3871	01:07:52	01:01:48	9.71	00:37:07 / 4636 [8.08]
4519	4643	ŁAZIUK Jerzy	PIASTÓW		70	M30/1459	(M)3872	01:07:54	01:07:54	8.84	00:35:52 / 4421 [8.36]
4520	4131	KULTA Anne	WARSZAWA		80	K20/227	(K)648	01:07:57	01:04:42	9.27	00:37:04 / 4625 [8.09]
4521	5234	KONCZAL Dorota	WARSZAWA	SP NR 187	74	K30/235	(K)649	01:07:58	01:05:20	9.18	00:36:17 / 4489 [8.27]
4522	4787	BEDNARSKI Bartosz	WARSZAWA		74	M30/1460	(M)3873	01:07:58	01:05:06	9.22	00:34:51 / 4162 [8.61]
4523	1057	GAJERSKI JERZY	WARSZAWA	BRAK	52	M50/285	(M)3874	01:07:59	01:03:04	9.51	00:36:49 / 4581 [8.15]
4524	6683	BOROWIECKI Tomasz					(M)3875	01:07:59	01:05:07	9.21	00:34:51 / 4160 [8.61]
4525	3397	NIEŚCIORUK Anna	ŁOMIANKI		61	K40/95	(K)650	01:07:59	01:03:39	9.43	00:35:30 / 4308 [8.45]
4526	3267	KUBALSKA Joanna	WARSZAWA		86	K20/228	(K)651	01:08:02	01:03:03	9.52	00:36:51 / 4587 [8.14]
4527	3266	ZAJĄC Marcin	NADARZYN		86	M20/1028	(M)3876	01:08:02	01:03:02	9.52	00:36:51 / 4586 [8.14]
4528	1743	JURCZAK andrzej	NIEPORĘT		74	M30/1461	(M)3877	01:08:04	01:06:00	9.09	00:34:05 / 3976 [8.80]
4529	860	WOŹNICZKA ROBERT	WARSZAWA	ŻADNA	69	M40/637	(M)3878	01:08:06	01:06:06	9.08	00:33:10 / 3705 [9.05]
4530	3369	WYSOCKI Jan	WARSZAWA		43	M60/64	(M)3879	01:08:08	01:02:52	9.54	00:36:40 / 4559 [8.18]
4531	2985	WAŚ Marcin	WARSZAWA		75	M30/1462	(M)3880	01:08:10	01:08:07	8.81	00:33:42 / 3869 [8.90]
4532	4778	GRZEJSZCZAK wiesław	WARSZAWA		56	M50/286	(M)3881	01:08:12	01:03:17	9.48	00:36:09 / 4466 [8.30]
4533	4377	SOSNOWSKA Agnieszka	WARSZAWA		83	K20/229	(K)652	01:08:12	01:04:23	9.32	00:36:24 / 4508 [8.24]
4534	2375	DĄBROWSKI Błażej	WARSZAWA		84	M20/1029	(M)3882	01:08:14	01:03:50	9.40	00:34:53 / 4172 [8.60]
4535	4675	CZERNICHOWSKI Andrzej	WARSZAWA		72	M30/1463	(M)3883	01:08:14	01:02:53	9.54	00:36:27 / 4513 [8.23]
4536	2318	PRZESTRZELSKA DOROTA	WARSZAWA	FC VAN KLOPS KOBYŁKA	82	K20/230	(K)653	01:08:14	01:05:17	9.19	00:34:45 / 4129 [8.63]
4537	1982	MATULANIEC Elżbieta	WARSZAWA	DAMY RADĘ	56	K50/30	(K)654	01:08:14	01:03:15	9.49	00:36:44 / 4569 [8.17]
4538	4475	KERNER agnieszka	WARSZAWA		76	K30/236	(K)655	01:08:15	01:06:05	9.08	00:33:46 / 3886 [8.88]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
4539	4467	KERNER Piotr	WARSZAWA		66	M40/638	(M)3884	01:08:15	01:08:15	8.79	00:33:46 / 3890 [8.88]
4540	286	KĄDZIELAWA Adam	WARSZAWA		74	M30/1464	(M)3885	01:08:15	01:05:16	9.19	00:36:46 / 4570 [8.16]
4541	2083	KELLER Tomasz	WARSZAWA		75	M30/1465	(M)3886	01:08:15	01:03:34	9.44	00:37:16 / 4650 [8.05]
4542	601	KORTEWEG Mateusz	WARSZAWA	AZS UW	89	M20/1030	(M)3887	01:08:17	01:02:30	9.60	00:38:15 / 4793 [7.84]
4543	6071	SZCZUREK Grzegorz	WARSZAWA		81	M20/1031	(M)3888	01:08:20	01:03:36	9.43	00:38:58 / 4870 [7.70]
4544	926	BOJANOWSKA Ewa	WŁOCŁAWEK		82	K20/231	(K)656	01:08:20	01:06:17	9.05	00:35:31 / 4315 [8.45]
4545	3281	DANISZEWSKI Robert	ŻELECHÓW		77	M30/1466	(M)3889	01:08:22	01:06:33	9.02	00:33:21 / 3761 [9.00]
4546	6050	SUCHARDA Edward	WARSZAWA	-	97		(M)3890	01:08:22	01:03:59	9.38	00:35:36 / 4340 [8.43]
4547	5273	ZASTRÓŻNA EDYTA	WARSZAWA		78	K30/237	(K)657	01:08:22	01:03:37	9.43	00:37:47 / 4724 [7.94]
4548	3005	TOMICZAK Irena	WARSZAWA	MSIT	50	K50/31	(K)658	01:08:23	01:04:12	9.35	00:36:56 / 4600 [8.12]
4549	3816	BOJANOWSKI Jakub	ZIELONKA	DELOITTE ADVENTURE TEAM	67	M40/639	(M)3891	01:08:23	01:04:33	9.30	00:35:31 / 4316 [8.45]
4550	5249	PERZ Mariusz	WARSZAWA	MINERAL MIDRANGE S.A.	84	M20/1032	(M)3892	01:08:24	01:05:01	9.23	00:35:46 / 4402 [8.39]
4551	4772	STACHOWIAK Joanna	NOWE MIASTECZKO		87	K20/232	(K)659	01:08:25	01:03:25	9.46	00:38:55 / 4865 [7.71]
4552	2666	BORYŚ Paweł	WYSZOGRAD		77	M30/1467	(M)3893	01:08:26	01:06:20	9.05	00:34:42 / 4120 [8.65]
4553	3053	MAŁACHOWSKI Piotr	BIEŻUŃ	VIP	83	M20/1033	(M)3894	01:08:26	01:05:53	9.11	00:35:49 / 4414 [8.38]
4554	4455	CZAJKOWSKI Andrzej	WARSZAWA		69	M40/640	(M)3895	01:08:28	01:04:19	9.33	00:37:08 / 4640 [8.08]
4555	5034	URBAN Magdalena	WARSZAWA		80	K20/233	(K)660	01:08:29	01:06:25	9.03	00:33:40 / 3857 [8.91]
4556	3386	RUTKOWSKI Janusz	LESZNO		63	M40/641	(M)3896	01:08:29	01:04:11	9.35	00:35:29 / 4305 [8.45]
4557	472	SZALAK Michał	WARSZAWA	LASEK BIELAŃSKI TEAM	77	M30/1468	(M)3897	01:08:29	01:03:30	9.45	00:36:28 / 4514 [8.23]
4558	4693	KUŻMICH Małgorzata	WARSZAWA		83	K20/234	(K)661	01:08:29	01:04:55	9.24	00:37:00 / 4606 [8.11]
4559	2642	ZIELIŃSKI Mirosław	WARSZAWA	LASEK BIELAŃSKI TEAM	53	M50/287	(M)3898	01:08:29	01:05:44	9.13	00:36:37 / 4547 [8.19]
4560	1059	SZCZUREK Anna	WARSZAWA		63	K40/96	(K)662	01:08:30	01:04:27	9.31	00:36:38 / 4549 [8.19]
4561	2782	KUPISZ sławomir		BGK	09		(M)3899	01:08:31	01:07:05	8.94	00:36:47 / 4577 [8.16]
4562	2787	DĄBROWSKI Grzegorz		BGK	09		(M)3900	01:08:31	01:07:04	8.95	00:36:47 / 4576 [8.16]
4563	4692	GĘBARSKI Michał	WARSZAWA		81	M20/1034	(M)3901	01:08:31	01:05:35	9.15	00:37:00 / 4607 [8.11]
4564	4684	ROGULSKI Andrzej	WARSZAWA		60	M40/642	(M)3902	01:08:34	01:03:46	9.41	00:36:31 / 4522 [8.22]
4565	4683	ROKICKA Aleksandra	WARSZAWA		86	K20/235	(K)663	01:08:34	01:03:46	9.41	00:36:31 / 4523 [8.22]
4566	2896	TATARCZUK Anna	JÓZEFÓW		82	K20/236	(K)664	01:08:35	01:03:11	9.50	00:38:41 / 4830 [7.76]
4567	732	WAJDWICZ Anna	WARSZAWA		78	K30/238	(K)665	01:08:36	01:07:25	8.90	00:34:57 / 4189 [8.58]
4568	733	ADAMCZYK Marek	JAKTORÓW		73	M30/1469	(M)3903	01:08:36	01:07:26	8.90	00:34:57 / 4190 [8.58]
4569	1457	CYTRYNIAK Barbara	MAGNUSZEW		55	K50/32	(K)666	01:08:36	01:07:15	8.92	00:33:21 / 3760 [9.00]
4570	1503	CZARNECKA Jagoda	GŁOSKÓW MIESZKOWO		92		(K)667	01:08:37	01:06:35	9.01	00:34:40 / 4110 [8.65]
4571	773	DĄBROWSKA LILIA	WARSZAWA	WITKACY LO	93		(K)668	01:08:37	01:03:37	9.43	00:35:52 / 4422 [8.36]
4572	5408	BYLICKA Emilia	WARSZAWA		84	K20/237	(K)669	01:08:39	01:03:47	9.41	00:37:33 / 4695 [7.99]
4573	2437	SZCZEPAŃSKA Ewa	24-100 PUŁAWY		84	K20/238	(K)670	01:08:39	01:05:08	9.21	00:35:44 / 4390 [8.40]
4574	1664	JANKOWSKI Andrzej	PUŁAWY		85	M20/1035	(M)3904	01:08:39	01:02:54	9.54	00:35:44 / 4389 [8.40]
4575	2853	MAŁYSA Agnieszka	WARSZAWA		79	M30/1470	(M)3905	01:08:39	01:03:43	9.42	00:36:30 / 4521 [8.22]
4576	4521	*****					(M)3906	01:08:40	01:08:40	8.74	00:36:30 / 4520 [8.22]
4577	1985	WACHOWIEC Maciej	WARSZAWA	AGR WELODROM	82	M20/1036	(M)3907	01:08:40	01:05:59	9.09	00:36:05 / 4457 [8.31]
4578	5265	PARYSEK MACIEJ	WARSZAWA		67	M40/643	(M)3908	01:08:41	01:07:07	8.94	00:34:40 / 4114 [8.65]
4579	2464	STARZYŃSKI Krzysztof	WARSZAWA		75	M30/1471	(M)3909	01:08:42	01:05:33	9.15	00:34:10 / 3998 [8.78]
4580	5050	TRUSIEWICZ Michał	WARSZAWA	MORNING COFFEE RUNNERS	79	M30/1472	(M)3910	01:08:43	01:06:43	8.99	00:34:53 / 4173 [8.60]
4581	4725	KRASNOPOLSKI lukasz	WARSZAWA		81	M20/1037	(M)3911	01:08:43	01:06:43	8.99	00:34:52 / 4169 [8.60]
4582	1833	PAZIEWSKI Jacek	WARSZAWA	CARSERVIS	66	M40/644	(M)3912	01:08:44	01:03:54	9.39	00:37:40 / 4711 [7.96]
4583	2054	JAKUBCZAK Przemysław	MIĘDZYBORÓW		77	M30/1473	(M)3913	01:08:45	01:08:45	8.73	00:36:12 / 4472 [8.29]
4584	1755	NIEMIADOMSKI Piotr			85	M20/1038	(M)3914	01:08:45	01:04:38	9.28	00:35:21 / 4279 [8.49]
4585	3503	SAPIŃSKA Edyta	WROCLAW		70	K30/239	(K)671	01:08:45	01:04:13	9.34	00:36:41 / 4560 [8.18]
4586	4750	CZERWIŃSKA NOWAK Edyta	WARSZAWA		63	K40/97	(K)672	01:08:46	01:04:44	9.27	00:35:03 / 4226 [8.56]
4587	5186	WOJTACHNIA MAREK	WARSZAWA	MINERAL MIDRANGE S.A.	74	M30/1474	(M)3915	01:08:47	01:04:05	9.36	00:37:41 / 4714 [7.96]
4588	3331	FARMUS Aldona	WARSZAWA		68	K40/98	(K)673	01:08:47	01:03:23	9.47	00:38:03 / 4766 [7.88]
4589	1028	BARTOSIŃSKA Paulina	WARSZAWA		95		(K)674	01:08:47	01:06:27	9.03	00:34:24 / 4049 [8.72]
4590	5004	PONTO wiesław	WARSZAWA		68	M40/645	(M)3916	01:08:47	01:04:05	9.36	00:37:40 / 4713 [7.96]
4591	3330	FARMUS Jacek	WARSZAWA		79	M30/1475	(M)3917	01:08:47	01:03:21	9.47	00:38:04 / 4773 [7.88]
4592	2697	DULKO Bożena	WARSZAWA		74	K30/240	(K)675	01:08:49	01:04:11	9.35	00:37:12 / 4644 [8.06]
4593	2461	KABZIŃSKA emilia	ŁÓDZ		74	K30/241	(K)676	01:08:51	01:03:53	9.39	00:37:07 / 4634 [8.08]
4594	4971	SZAFRAN Mariusz	WARSZAWA		78	M30/1476	(M)3918	01:08:51	01:03:41	9.42	00:37:22 / 4667 [8.03]
4595	2636	SZACHNA Dorota	WARSZAWA		68	K40/99	(K)677	01:08:51	01:05:58	9.10	00:35:27 / 4299 [8.46]
4596	1270	GRYCNER Paweł	WARSZAWA		84	M20/1039	(M)3919	01:08:52	01:05:02	9.23	00:35:21 / 4283 [8.49]
4597	2460	SZABŁOWSKI marek	WARSZAWA		48	M60/65	(M)3920	01:08:52	01:03:54	9.39	00:37:07 / 4635 [8.08]
4598	917	GRASZEK Piotr	BYDGOSZCZ		70	M30/1477	(M)3921	01:08:52	01:04:50	9.25	00:37:56 / 4745 [7.91]
4599	918	SMOLIŃSKA Małgorzata	WARSZAWA	POLSKA BIEGA	75	K30/242	(K)678	01:08:52	01:05:29	9.16	00:37:56 / 4748 [7.91]
4600	4209	WALCZAK Ludmiła	WARSZAWA		76	K30/243	(K)679	01:08:53	01:06:27	9.03	00:35:09 / 4245 [8.53]
4601	4208	WALCZAK Lena	WARSZAWA		97		(K)680	01:08:54	01:06:28	9.03	00:35:10 / 4250 [8.53]
4602	3310	NAREWSKI Przemysław	WARSZAWA		81	M20/1040	(M)3922	01:08:54	01:05:18	9.19	00:36:43 / 4564 [8.17]
4603	3312	DUDEK Piotr	JÓZEFÓW		73	M30/1478	(M)3923	01:08:54	01:05:18	9.19	00:36:43 / 4565 [8.17]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
4604	3311	KULASIŃSKI Robert	WOŁOMIN		80	M20/1041	(M)3924	01:08:55	01:05:19	9.19	00:36:43 / 4567 [8.17]
4605	5414	CHACIŃSKA Małgorzata	NOWE RĘCZAJE		82	K20/239	(K)681	01:08:55	01:04:29	9.30	00:37:14 / 4646 [8.06]
4606	4393	PIOTROWSKI Hubert	WĘGORZEWO		84	M20/1042	(M)3925	01:08:56	01:03:30	9.45	00:38:32 / 4814 [7.79]
4607	3472	ŚMIECHOWSKI Mateusz		ULKS JEDLIŃSK	93		(M)3926	01:08:59	01:08:46	8.73	00:33:42 / 3866 [8.90]
4608	1396	GOŁĘBIEWSKA Marzena	WARSZAWA	ACTION	83	K20/240	(K)682	01:09:02	01:06:04	9.08	00:36:03 / 4451 [8.32]
4609	2879	MAJ Beata	WARSZAWA		67	K40/100	(K)683	01:09:03	01:03:36	9.43	00:38:49 / 4845 [7.73]
4610	465	ZIOŁKOWSKI Bartłomiej	WARSZAWA		64	M40/646	(M)3927	01:09:03	01:05:56	9.10	00:36:55 / 4598 [8.13]
4611	622	KOWALCZYK Mirosław	JÓZEFÓW		65	M40/647	(M)3928	01:09:06	01:05:52	9.11	00:35:42 / 4379 [8.40]
4612	3191	MIKITUK Beata	WOHYN		86	K20/241	(K)684	01:09:06	01:03:09	9.50	00:36:16 / 4487 [8.27]
4613	3690	SŁONIEWSKI Tomasz	MYSIADŁO		74	M30/1479	(M)3929	01:09:07	01:04:24	9.32	00:39:13 / 4894 [7.65]
4614	1078	SZYMCZYK Krzysztof	PRUSZKÓW		70	M30/1480	(M)3930	01:09:07	01:05:46	9.12	00:36:54 / 4593 [8.13]
4615	2132	GASKA Nikola	WARSZAWA	POLONIA WARSZAWA	94		(M)3931	01:09:07	01:07:18	8.92	00:34:08 / 3995 [8.79]
4616	4656	FLOREK Katarzyna					(K)685	01:09:07	01:03:52	9.39	00:37:55 / 4740 [7.91]
4617	3196	ŁUGOWSKA Marta	WARSZAWA		82	K20/242	(K)686	01:09:08	01:05:37	9.14	00:36:13 / 4476 [8.28]
4618	1429	KUTOWSKI Jacek	WARSZAWA	ACTION	59	M50/288	(M)3932	01:09:09	01:07:27	8.90	00:35:39 / 4360 [8.42]
4619	4624	ŁĘCKA MAŁGORZATA	STARE BUDY		74	K30/244	(K)687	01:09:09	01:06:51	8.98	00:34:13 / 4002 [8.77]
4620	5278	KONDEJ Łukasz	WARSZAW		79	M30/1481	(M)3933	01:09:09	01:06:06	9.08	00:37:25 / 4672 [8.02]
4621	6585	ZIMOŃ Joanna	RYBNIK		78	K30/245	(K)688	01:09:09	01:07:27	8.90	00:35:40 / 4361 [8.41]
4622	5698	KOZIEL-ZIEMBIŃSKA Anna	ŁÓDŹ	POLSKA BIEGA	62	K40/101	(K)689	01:09:10	01:03:56	9.38	00:37:23 / 4669 [8.02]
4623	4807	LEWANDOWSKI Paweł	WARSZAWA		76	M30/1482	(M)3934	01:09:12	01:04:45	9.27	00:36:22 / 4503 [8.25]
4624	691	LUBIŃSKI Dariusz	WARSZAWA		68	M40/648	(M)3935	01:09:12	01:05:18	9.19	00:38:30 / 4810 [7.79]
4625	3192	GOLEC Mariusz	WOHYŃ		84	M20/1043	(M)3936	01:09:12	01:03:15	9.49	00:36:16 / 4486 [8.27]
4626	172	KOWALCZYK Joanna			09		(K)690	01:09:12	01:07:40	8.87	00:36:01 / 4442 [8.33]
4627	1052	HAJNAS Anna	WARSZAWA		83	K20/243	(K)691	01:09:15	01:04:28	9.31	00:37:53 / 4735 [7.92]
4628	4567	JACKIEWICZ Zbigniew	WARSZAWA	WSPÓLNOTA SAMORZĄDOWA WOJEWÓDZTWA MA	58	M50/289	(M)3937	01:09:16	01:04:42	9.27	00:35:44 / 4392 [8.40]
4629	2863	KWIATKOWSKI Michał Karol	WARSZAWA		78	M30/1483	(M)3938	01:09:16	01:03:50	9.40	00:37:28 / 4679 [8.01]
4630	966	PALUCH Bogdan	WARSZAWA		49	M60/66	(M)3939	01:09:16	01:04:15	9.34	00:38:00 / 4754 [7.89]
4631	3263	STASIAK Agnieszka	WARSZAWA		79	K30/246	(K)692	01:09:17	01:05:00	9.23	00:37:37 / 4704 [7.98]
4632	854	PONCELEUSZ Kamil	MIŃSK MAZOWIECKI		86	M20/1044	(M)3940	01:09:19	01:04:08	9.36	00:38:14 / 4790 [7.85]
4633	3850	STĘPNOWSKI Adam	BYDGOSZCZ		83	M20/1045	(M)3941	01:09:19	01:03:48	9.40	00:37:30 / 4684 [8.00]
4634	5897	PAPROCKI Michał	GDYNIA		78	M30/1484	(M)3942	01:09:20	01:04:45	9.27	00:38:04 / 4775 [7.88]
4635	5706	KRUKOWSKA Magdalena	GDYNIA		77	K30/247	(K)693	01:09:20	01:04:45	9.27	00:38:04 / 4776 [7.88]
4636	4027	ZIELIŃSKI CEZARY	WARSZAWA		92		(M)3943	01:09:20	01:03:31	9.45	00:39:47 / 4944 [7.54]
4637	4026	ZIELIŃSKA ANNA	WARSZAWA		70	M30/1485	(M)3944	01:09:20	01:03:30	9.45	00:39:48 / 4945 [7.54]
4638	4994	PACHOLEC Marcin	WARSZAWA	HOS RUNNING TEAM	79	M30/1486	(M)3945	01:09:21	01:06:09	9.07	00:36:33 / 4533 [8.21]
4639	1860	MROČZEK Katarzyna	ŁĘŻYCE		88	K20/244	(K)694	01:09:23	01:04:28	9.31	00:37:54 / 4738 [7.92]
4640	3034	URLUCH Jakub			09		(M)3946	01:09:23	01:04:54	9.24	00:37:53 / 4736 [7.92]
4641	2458	KOSTKA Dominika	WARSZAWA		73	K30/248	(K)695	01:09:26	01:05:53	9.11	00:36:17 / 4490 [8.27]
4642	5276	KOPACZ Paweł	HORNÓWEK		72	M30/1487	(M)3947	01:09:28	01:05:56	9.10	00:34:53 / 4174 [8.60]
4643	1216	KULKOWSKI MACIEJ	WARSZAWA		91		(M)3948	01:09:28	01:04:42	9.27	00:38:16 / 4795 [7.84]
4644	496	PILIPCZUK Edward	WARSZAWA		57	M50/290	(M)3949	01:09:29	01:03:40	9.42	00:37:29 / 4681 [8.00]
4645	6030	SOPEL Łukasz	WARSZAWA		84	M20/1046	(M)3950	01:09:30	01:06:49	8.98	00:34:59 / 4203 [8.58]
4646	4852	FLORCZYK Ola	WARSZAWA	BIESZCZADZKIE JELONKI	91		(K)696	01:09:31	01:09:16	8.66	00:33:07 / 3676 [9.06]
4647	4855	MACIEJEWSKI Andrzej	POZNAŃ	BIESZCZADZKIE JELONKI	67	M40/649	(M)3951	01:09:31	01:05:14	9.20	00:33:07 / 3678 [9.06]
4648	803	SMERECZYŃSKI Mikołaj	WARSZAWA		95		(M)3952	01:09:32	01:07:40	8.87	00:34:02 / 3963 [8.81]
4649	5902	PAWLAK Natalia	WARSZAWA		82	K20/245	(K)697	01:09:34	01:04:56	9.24	00:37:31 / 4687 [8.00]
4650	2449	KOBRZYŃSKI Bronisław	WARSZAWA		52	M50/291	(M)3953	01:09:34	01:04:26	9.31	00:40:16 / 4981 [7.45]
4651	3318	KOJRO Krzysztof	WARSZAWA		49	M60/67	(M)3954	01:09:36	01:04:28	9.31	00:37:50 / 4728 [7.93]
4652	2476	SYMONOWICZ Jacek	WARSZAWA		71	M30/1488	(M)3955	01:09:37	01:07:19	8.91	00:34:22 / 4041 [8.73]
4653	4236	KALINOWSKI Marek	WARSZAWA		57	M50/292	(M)3956	01:09:40	01:05:00	9.23	00:36:43 / 4566 [8.17]
4654	6051	SUCHARDA Edward Andrzej	WARSZAWA	-	97		(M)3957	01:09:41	01:05:19	9.19	00:37:27 / 4678 [8.01]
4655	2820	KOŁODRUB Małgorzata	OPOLE	NUTRICA	74	M30/1489	(M)3958	01:09:42	01:05:34	9.15	00:37:09 / 4641 [8.08]
4656	5279	SYNDYBAŁ Olga	WARSZAWA		81	K20/246	(K)698	01:09:43	01:06:40	9.00	00:37:25 / 4673 [8.02]
4657	1122	PRESKO Paweł	WARSZAWA	KS HEKTOR	79	M30/1490	(M)3959	01:09:44	01:06:14	9.06	00:36:50 / 4582 [8.14]
4658	2468	DEMOWSKI Stefan	ZAWICHOST		44	M60/68	(M)3960	01:09:45	01:07:57	8.83	00:36:42 / 4563 [8.17]
4659	2573	AMBORSKI KRZYSZTOF	WARSZAWA		41	M60/69	(M)3961	01:09:45	01:08:42	8.73	00:34:24 / 4051 [8.72]
4660	3866	CIOŚMAK Kinga	WARSZAWA		76	K30/249	(K)699	01:09:48	01:05:26	9.17	00:36:55 / 4597 [8.13]
4661	2147	PIETRASIĆ Katarzyna	WARSZAWA		91		(K)700	01:09:48	01:05:47	9.12	00:36:35 / 4541 [8.20]
4662	2148	PIETRASIĆ Marzena	WARSZAWA		63	K40/102	(K)701	01:09:48	01:05:48	9.12	00:36:35 / 4540 [8.20]
4663	3952	MIŚKIEWICZ Piotr	WARSZAWA		68	M40/650	(M)3962	01:09:49	01:05:16	9.19	00:37:03 / 4620 [8.10]
4664	3951	MIŚKIEWICZ Paulina	WARSZAWA		68	K40/103	(K)702	01:09:49	01:05:16	9.19	00:37:04 / 4627 [8.09]
4665	5815	MILLER Krzysztof	MSZCZONÓW		78	M30/1491	(M)3963	01:09:52	01:02:27	9.61	00:40:45 / 5005 [7.36]
4666	6312	WIERCIŃSKA Emilia	SIEDLCE		83	K20/247	(K)703	01:09:52	01:08:29	8.76	00:35:43 / 4383 [8.40]
4667	6313	WIERCIŃSKI Daniel	WARSZAWA		84	M20/1047	(M)3964	01:09:52	01:08:28	8.76	00:35:43 / 4386 [8.40]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
4668	391	GRZESIAK Monika			81	K20/248	(K)704	01:09:54	01:07:58	8.83	00:35:26 / 4296 [8.47]
4669	3031	DZIENNIKARZ vip			09		(M)3965	01:09:55	01:04:48	9.26	00:39:38 / 4924 [7.57]
4670	2549	RUMIN Tosia	WARSZAWA	KS SPÓJNIA	95		(K)705	01:09:56	01:08:30	8.76	00:34:23 / 4045 [8.73]
4671	3877	KUKIER Monika	WARSZAWA		75	K30/250	(K)706	01:09:56	01:04:48	9.26	00:38:09 / 4780 [7.86]
4672	3878	GRABOWSKA Renata	WARSZAWA		72	K30/251	(K)707	01:09:56	01:04:48	9.26	00:38:09 / 4781 [7.86]
4673	1215	KULKOWSKA DOROTA	WARSZAWA		68	K40/104	(K)708	01:09:56	01:05:11	9.20	00:38:16 / 4794 [7.84]
4674	5171	GROMULSKI Bartosz	SOSNOWE		82	M20/1048	(M)3966	01:09:57	01:05:39	9.14	00:37:10 / 4643 [8.07]
4675	2118	CZEMODUROW Paulina	WARSZAWA		93		(K)709	01:09:57	01:09:57	8.58	00:36:50 / 4583 [8.14]
4676	799	BIŃKOWSKI Dawid	KOWAL		87	M20/1049	(M)3967	01:09:58	01:05:33	9.15	00:36:25 / 4511 [8.24]
4677	3406	ALGAWAM Magdalena	SIEDLCE		88	K20/249	(K)710	01:09:58	01:05:33	9.15	00:36:25 / 4512 [8.24]
4678	1076	ROGÓŻ Sylwia	WARSZAWA	EMBORT	94		(K)711	01:09:59	01:08:31	8.76	00:34:58 / 4197 [8.58]
4679	3384	SCHIFFERS Małgosia	WARSZAWA-WESOŁA		75	K30/252	(K)712	01:10:01	01:05:53	9.11	00:36:39 / 4552 [8.19]
4680	2330	WROTEK Weronika	WARSZAWA		98		(K)713	01:10:02	01:04:42	9.27	00:40:34 / 4999 [7.40]
4681	2327	WROTEK Mirosław	WARSZAWA	ENTRE.PL TEAM	66	M40/651	(M)3968	01:10:02	01:04:42	9.27	00:40:34 / 5000 [7.40]
4682	2331	WROTEK Tymoteusz	WARSZAWA		98		(M)3969	01:10:02	01:05:12	9.20	00:40:33 / 4998 [7.40]
4683	5700	KRAKOWIAK Kamil	WARSZAWA		87	M20/1050	(M)3970	01:10:03	01:05:06	9.22	00:37:35 / 4698 [7.98]
4684	1526	TOBIACELLI Marek	WARSZAWA	BRAK	56	M50/293	(M)3971	01:10:04	01:06:17	9.05	00:37:31 / 4686 [8.00]
4685	5242	DERLACIŃSKI Łukasz	WARSZAWA		78	M30/1492	(M)3972	01:10:05	01:05:07	9.21	00:37:07 / 4633 [8.08]
4686	3272	STRZECHOWSKA Izabela	WARSZAWA		91		(K)714	01:10:05	01:07:16	8.92	00:37:32 / 4691 [7.99]
4687	1806	SALAŃSKI Wojciech	WARSZAWA		84	M20/1051	(M)3973	01:10:06	01:08:03	8.82	00:34:58 / 4196 [8.58]
4688	2758	TOMANIAK Krzysztof	WARSZAWA		81	M20/1052	(M)3974	01:10:06	01:05:52	9.11	00:36:17 / 4488 [8.27]
4689	1154	IGNACIUK Grzegorz	DZIEKANÓW LEŚNY		76	M30/1493	(M)3975	01:10:07	01:04:49	9.26	00:36:10 / 4467 [8.29]
4690	2667	JURCZAK Jarosław	WARSZAWA		76	M30/1494	(M)3976	01:10:07	01:08:02	8.82	00:36:03 / 4450 [8.32]
4691	6648	DRABOT Joanna	WARSZAWA		76	M30/1495	(M)3977	01:10:07	01:06:10	9.07	00:37:34 / 4697 [7.99]
4692	1386	BIEGANOWSKA Małgorzata	WARSZAWA	ACTION	61	K40/105	(K)715	01:10:10	01:06:46	8.99	00:37:00 / 4611 [8.11]
4693	2652	GRODZKI Artur	WARSZAWA		58	M50/294	(M)3978	01:10:11	01:06:21	9.04	00:36:11 / 4468 [8.29]
4694	4756	CHACHULSKI Zbigniew	WARSZAWA	NIEZALEŻNY	82	M20/1053	(M)3979	01:10:13	01:07:58	8.83	00:35:59 / 4438 [8.34]
4695	4321	KUBISIAK Kacper	WARSZAWA		76	M30/1496	(M)3980	01:10:13	01:07:58	8.83	00:35:58 / 4437 [8.34]
4696	6232	OSTROWSKA Julia	WARSZAWA		98		(K)716	01:10:14	01:05:05	9.22	00:38:58 / 4868 [7.70]
4697	3240	KOSUNIAK Jacek	WARSZAWA	KLUB BIEGACZA TPSA	72	M30/1497	(M)3981	01:10:14	01:05:44	9.13	00:36:53 / 4591 [8.13]
4698	710	CZAPLIŃSKI Krzysztof	GÓRA KALWARIA		94		(M)3982	01:10:17	01:05:09	9.21	00:40:16 / 4980 [7.45]
4699	4732	OSTROWSKI Wojciech	WARSZAWA		69	M40/652	(M)3983	01:10:19	01:05:11	9.20	00:38:57 / 4867 [7.70]
4700	4339	PANKOWSKI Andrzej Paweł	PŁOCK		69	M40/653	(M)3984	01:10:19	01:05:55	9.10	00:37:22 / 4668 [8.03]
4701	4114	JELIŃSKI Michał	PRZASNYSZ		87	M20/1054	(M)3985	01:10:20	01:04:55	9.24	00:38:37 / 4827 [7.77]
4702	5512	GAWROŃSKI Grzegorz	OSTROWIEC ŚW.		64	M40/654	(M)3986	01:10:21	01:06:39	9.00	00:37:16 / 4651 [8.05]
4703	4011	COŚ Monika	W		76	K30/253	(K)717	01:10:21	01:09:34	8.62	00:37:21 / 4665 [8.03]
4704	3709	KOWALIK Magdalena	WARSZAWA	VISTULA RUNNERS	76	K30/254	(K)718	01:10:23	01:07:55	8.83	00:36:48 / 4579 [8.15]
4705	1853	UMBER Sharon	WARSZAWA		60	K40/106	(K)719	01:10:23	01:07:55	8.83	00:36:48 / 4578 [8.15]
4706	1249	MOSTOWSKI Jan	WARSZAWA		49	M60/70	(M)3987	01:10:24	01:04:43	9.27	00:38:44 / 4835 [7.75]
4707	3457	KOJAWA Zbigniew	PODKOWA LEŚNA		61	M40/655	(M)3988	01:10:26	01:06:54	8.97	00:35:43 / 4381 [8.40]
4708	516	MIELNCZUK Marek	WARSZAWA		89	M20/1055	(M)3989	01:10:27	01:08:47	8.72	00:34:01 / 3961 [8.82]
4709	4685	GAWKOWSKA IZABELA	LEGIONOWO		75	K30/255	(K)720	01:10:28	01:06:31	9.02	00:37:33 / 4696 [7.99]
4710	4518	SNOPKIEWICZ Krystyna	WARSZAWA		57	K50/33	(K)721	01:10:28	01:08:13	8.80	00:35:43 / 4384 [8.40]
4711	3468	GRZESIK Witold	WARSZAWA		61	M40/656	(M)3990	01:10:30	01:06:44	8.99	00:37:25 / 4674 [8.02]
4712	2883	CHOMIUK Andrzej	WARSZAWA	STOŁECZNY SPORTOWY KLUB	73	M30/1498	(M)3991	01:10:31	01:05:22	9.18	00:39:04 / 4877 [7.68]
				TAEKWON-DO \							
4713	2075	KORNILUK Elżbieta	KRZESZÓW		80	K20/250	(K)722	01:10:32	01:04:42	9.27	00:38:24 / 4801 [7.81]
4714	3500	BROSZKIEWICZ Stanisław	WARSZAWA		59	M50/295	(M)3992	01:10:32	01:06:50	8.98	00:36:52 / 4588 [8.14]
4715	5894	PALASA Ieva	WARSZAWA	PARK ZNICZA	79	K30/256	(K)723	01:10:32	01:08:20	8.78	00:35:03 / 4220 [8.56]
4716	4097	PIETRASIEWICZ Wojciech	WARSZAWA		79	M30/1499	(M)3993	01:10:34	01:08:22	8.78	00:37:39 / 4707 [7.97]
4717	4098	AMAROWICZ-PIETRASIEWICZ Julia	WARSZAWA		80	K20/251	(K)724	01:10:34	01:08:22	8.78	00:37:39 / 4710 [7.97]
4718	2561	OSTAPIUK Jarek	WARSZAWA		75	M30/1500	(M)3994	01:10:37	01:07:45	8.86	00:36:11 / 4469 [8.29]
4719	1851	Kawecki Sławomir	WARSZAWA		74	M30/1501	(M)3995	01:10:37	01:09:37	8.62	00:35:35 / 4337 [8.43]
4720	4539	WOJCIECHOWSKI Andrzej	JÓZEFÓW		51	M50/296	(M)3996	01:10:39	01:06:39	9.00	00:37:40 / 4712 [7.96]
4721	1974	BOŁBOT Marcin	PODKOWA LEŚNA		70	M30/1502	(M)3997	01:10:39	01:04:51	9.25	00:38:39 / 4828 [7.76]
4722	3027	DZIENNIKARZ vip			09		(M)3998	01:10:40	01:05:33	9.15	00:39:42 / 4930 [7.56]
4723	2481	SKRZYPCZAK Edyta	WARSZAWA	POLBANK EFG	73	K30/257	(K)725	01:10:40	01:06:47	8.98	00:41:07 / 5028 [7.30]
4724	6577	CZRKOWSKI Eryk					(M)3999	01:10:44	01:05:10	9.21	00:42:24 / 5096 [7.08]
4725	4064	GAGO Agata	WARSZAWA		69	K40/107	(K)726	01:10:45	01:05:22	9.18	00:38:36 / 4823 [7.77]
4726	3159	TUSTANOWSKA Joanna	WARSZAWA		85	K20/252	(K)727	01:10:46	01:05:57	9.10	00:37:42 / 4715 [7.96]
4727	1535	SOLNICA Jarek	WARSZAWA		67	M40/657	(M)4000	01:10:47	01:07:07	8.94	00:36:29 / 4518 [8.22]
4728	5752	LIPCZYŃSKI Dariusz	PABIANICE		62	M40/658	(M)4001	01:10:47	01:05:29	9.16	00:38:22 / 4799 [8.82]
4729	5952	RĘCZKOWSKI Marcin	WARSZAWA		78	M30/1503	(M)4002	01:10:47	01:05:50	9.11	00:37:35 / 4699 [7.98]
4730	4882	KNAPIK Ilona					(K)728	01:10:47	01:05:05	9.22	00:38:51 / 4853 [7.72]
4731	4879	ŚLEBZAK Edyta	WARSZAWA		77	K30/258	(K)729	01:10:47	01:05:05	9.22	00:38:51 / 4850 [7.72]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
4732	3761	STANKIEWICZ Anna	WARSZAWA		81	K20/253	(K)730	01:10:48	01:05:20	9.18	00:38:36 / 4824 [7.77]
4733	1727	NOWAK Anna	WARSZAWA		67	K40/108	(K)731	01:10:49	01:06:18	9.05	00:37:58 / 4751 [7.90]
4734	420	KŁOS Kamil	WARSZAWA		93		(M)4003	01:10:50	01:07:05	8.94	00:38:29 / 4808 [7.80]
4735	4405	SIEKIERZYŃSKA Agnieszka	WARSZAWA		77	K30/259	(K)732	01:10:51	01:06:16	9.05	00:38:19 / 4797 [7.83]
4736	438	ROGAŁA Marcin	WARSZAWA		74	M30/1504	(M)4004	01:10:52	01:05:42	9.13	00:38:09 / 4779 [7.86]
4737	4771	TEODORCZYK Piotr	JÓZEFOSŁAW		72	M30/1505	(M)4005	01:10:54	01:07:58	8.83	00:37:00 / 4609 [8.11]
4738	4770	SZUMAŃSKA TEODORCZYK Anna	JÓZEFOSŁAW		69	K40/109	(K)733	01:10:54	01:07:58	8.83	00:37:00 / 4608 [8.11]
4739	708	MACIASZEK Tomasz	WARSZAWA		83	M20/1056	(M)4006	01:10:54	01:06:57	8.96	00:38:15 / 4792 [7.84]
4740	4461	CHYBIŃSKA Halina	FROMBORK		52	K50/34	(K)734	01:10:55	01:09:20	8.65	00:35:45 / 4399 [8.39]
4741	2152	LASOCKI Marcin	WARSZAWA		74	M30/1506	(M)4007	01:10:56	01:07:00	8.96	00:37:52 / 4731 [7.92]
4742	711	FLORIAŃCZYK Laura	WARSZAWA		91		(M)4008	01:10:56	01:06:59	8.96	00:38:14 / 4791 [7.85]
4743	3141	CHRZANOWSKI Paweł	WARSZAWA		68	M40/659	(M)4009	01:10:56	01:05:09	9.21	00:39:03 / 4875 [7.68]
4744	3142	CHRZANOWSKA Małgorzata	WARSZAWA		69	K40/110	(K)735	01:10:56	01:05:09	9.21	00:39:03 / 4873 [7.68]
4745	3426	WAWRZYŃCZYK-MALINOWSKA Anna	WARSZAWA		67	K40/111	(K)736	01:10:58	01:05:04	9.22	00:38:46 / 4836 [7.74]
4746	3425	MALINOWSKI Piotr	WARSZAWA		66	M40/660	(M)4010	01:10:58	01:05:04	9.22	00:38:45 / 4836 [7.74]
4747	2151	ORŁOWSKI Marcin	PIASECZNO		76	M30/1507	(M)4011	01:10:59	01:07:02	8.95	00:37:52 / 4732 [7.92]
4748	4068	RAJCHERT Paweł	PIASECZNO		46	M60/71	(M)4012	01:10:59	01:08:18	8.78	00:36:40 / 4557 [8.18]
4749	1222	KUCZEROWSKA Anna	WARSZAWA		66	K40/112	(K)737	01:10:59	01:09:23	8.65	00:33:22 / 3769 [8.99]
4750	6359	ZALĘCKA Natalia	WARSZAWA	BZTEAM :)	80	K20/254	(K)738	01:11:01	01:07:20	8.91	00:37:19 / 4661 [8.04]
4751	6360	ZALĘCKI Bartek	WARSZAWA	BZTEAM :)	80	M20/1057	(M)4013	01:11:01	01:07:20	8.91	00:37:19 / 4660 [8.04]
4752	4717	ŻEBROWSKA MAGDALENA	BOBROWIEC	LEGEND HR ADVISORS	74	K30/260	(K)739	01:11:02	01:08:42	8.73	00:35:38 / 4353 [8.42]
4753	3348	SIDWA Artur	NOWY YORK	PIASECZNO	93		(M)4014	01:11:02	01:09:32	8.63	00:34:24 / 4052 [8.72]
4754	3349	SIDWA Andrzej	PIASECZNO	PIASECZNO	65	M40/661	(M)4015	01:11:03	01:09:34	8.62	00:34:24 / 4050 [8.72]
4755	2576	GARCIA SERRANO PALOMA	MADRYT	PROMYKA	74	K30/261	(K)740	01:11:03	01:07:40	8.87	00:37:56 / 4747 [7.91]
4756	4784	COSTA PLA Laura	WARSZAWA		78	K30/262	(K)741	01:11:03	01:07:40	8.87	00:37:56 / 4746 [7.91]
4757	3459	DERULSKI Marek	WARSZAWA		61	M40/662	(M)4016	01:11:03	01:06:37	9.01	00:37:43 / 4717 [7.95]
4758	2343	CECOT Lukasz	WARSZAWA	-	81	M20/1058	(M)4017	01:11:05	01:07:55	8.83	00:37:36 / 4700 [7.98]
4759	5981	RÓŻYCKI Konrad	WARSZAWA	ALETEMPO	62	M40/663	(M)4018	01:11:05	01:11:05	8.44	
4760	2528	PEŁKA Łukasz	WARSZAWA		89	M20/1059	(M)4019	01:11:06	01:09:04	8.69	00:34:40 / 4111 [8.65]
4761	409	SZCZEPANIAK Jan	WARSZAWA	WARSZAWSKI KLUB BOWLINGOWY CALINO	67	M40/664	(M)4020	01:11:06	01:07:10	8.93	00:38:00 / 4755 [7.89]
4762	2203	JANCZYK Rafał	WARSZAWA		68	M40/665	(M)4021	01:11:07	01:09:17	8.66	00:36:13 / 4474 [8.28]
4763	3757	KOWALCZYK Michał	WARSZAWA		91		(M)4022	01:11:08	01:08:41	8.74	00:36:59 / 4605 [8.11]
4764	3756	KOWALCZYK Tadeusz	WARSZAWA		59	M50/297	(M)4023	01:11:08	01:08:41	8.74	00:36:59 / 4604 [8.11]
4765	1094	ŁOWIN Mariusz	WARSZAWA		63	M40/666	(M)4024	01:11:09	01:05:12	9.20	00:39:38 / 4923 [7.57]
4766	6590	WÓJCIK Monika	ŁOMIAŃKI		69	K40/113	(K)742	01:11:10	01:06:14	9.06	00:37:49 / 4727 [7.93]
4767	2913	ŚLUBOWSKI Konstanty	WARSZAWA	PUMA TEAM	46	M60/72	(M)4025	01:11:10	01:06:01	9.09	00:37:36 / 4701 [7.98]
4768	2861	LIS marcin	HIPOLITÓW		75	M30/1508	(M)4026	01:11:11	01:06:48	8.98	00:36:14 / 4479 [8.28]
4769	4087	KOWALSKI Franek	WARSZAWA		96		(M)4027	01:11:12	01:06:04	9.08	00:38:55 / 4864 [7.71]
4770	1288	SZYDEK Jacek	WARSZAWA	FUNDACJA PROMETEUSZ	58	M50/298	(M)4028	01:11:13	01:07:21	8.91	00:37:52 / 4734 [7.92]
4771	2705	JENSEN Hanne	WARSZAWA		70	K30/263	(K)743	01:11:14	01:05:29	9.16	00:38:36 / 4825 [7.77]
4772	2648	PRUSIŃSKA Agnieszka	WARSZAWA		69	K40/114	(K)744	01:11:14	01:05:53	9.11	00:39:13 / 4893 [7.65]
4773	795	WOJTYŃSKI Jerzy	WARSZAWA		46	M60/73	(M)4029	01:11:14	01:05:56	9.10	00:39:16 / 4900 [7.64]
4774	2826	CHMAJ Dariusz	WARSZAWA	NUTRICA	78	M30/1509	(M)4030	01:11:15	01:07:05	8.94	00:38:08 / 4778 [7.87]
4775	4900	ZBRZEŻNY Rafał	WARSZAWA		75	M30/1510	(M)4031	01:11:16	01:06:46	8.99	00:38:10 / 4782 [7.86]
4776	3575	BRZUSZCZYŃSKI Radosław	WARSZAWA		73	M30/1511	(M)4032	01:11:16	01:06:31	9.02	00:39:08 / 4881 [7.67]
4777	4899	ZBRZEŻNA EWA	WARSZAWA		74	K30/264	(K)745	01:11:16	01:06:46	8.99	00:38:10 / 4783 [7.86]
4778	5018	KUJAWA kamila	WARSZAWA	DELOITTE ADVENTURE TEAM	81	K20/255	(K)746	01:11:18	01:08:34	8.75	00:36:54 / 4592 [8.13]
4779	1221	KUCZEROWSKA Alicja	WARSZAWA		91		(K)747	01:11:22	01:09:46	8.60	00:34:46 / 4132 [8.63]
4780	2673	MOSSAKOWSKI Marek	WARSZAWA		96		(M)4033	01:11:23	01:07:03	8.95	00:36:37 / 4545 [8.19]
4781	3975	CHMIELIŃSKI Tomasz	WARSZAWA		74	M30/1512	(M)4034	01:11:25	01:06:14	9.06	00:39:42 / 4931 [7.56]
4782	2207	WASILEWSKI Wojciech	WARSZAWA		84	M20/1060	(M)4035	01:11:25	01:06:14	9.06	00:39:43 / 4934 [7.55]
4783	774	DĄBROWSKI LESZEK	WARSZAWA		70	M30/1513	(M)4036	01:11:26	01:07:46	8.85	00:36:29 / 4517 [8.22]
4784	826	TOMANEK Rafał	WARSZAWA		83	M20/1061	(M)4037	01:11:28	01:06:34	9.01	00:38:02 / 4764 [7.89]
4785	1060	CHMIEŁOWSKI Piotr Filip	WASHINGTON D.C.		88	M20/1062	(M)4038	01:11:29	01:06:34	9.01	00:38:02 / 4760 [7.89]
4786	2446	PRZĄDKA Filip	WARSZAWA		90		(M)4039	01:11:29	01:06:35	9.01	00:38:02 / 4762 [7.89]
4787	2789	KILJAN Jacek	WARSZAWA		58	M50/299	(M)4040	01:11:30	01:07:56	8.83	00:36:08 / 4463 [8.30]
4788	4886	SODOLSKI Marek	WARSZAWA		69	M40/667	(M)4041	01:11:30	01:08:17	8.79	00:38:32 / 4812 [7.79]
4789	4355	BULICZ-KASPRZAK Katarzyna	SULEJÓWEK		76	K30/265	(K)748	01:11:32	01:08:32	8.75	00:38:04 / 4774 [7.88]
4790	4835	LOSEK Justyna	BYDGOSZCZ	BYDGOSZCZ	83	K20/256	(K)749	01:11:33	01:03:45	9.41	00:42:09 / 5086 [7.12]
4791	4834	LOSEK Michał	BYDGOSZCZ	BYDGOSZCZ	78	M30/1514	(M)4042	01:11:33	01:03:45	9.41	00:42:09 / 5087 [7.12]
4792	4786	KITA Kinga	WARSZAWA		86	K20/257	(K)750	01:11:34	01:05:54	9.10	00:37:05 / 4629 [8.09]
4793	3438	KASIŃSKA Monika	WARSZAWA		82	K20/258	(K)751	01:11:34	01:08:32	8.75	00:37:55 / 4742 [7.91]
4794	4785	WOJCIECHOWSKI Jacek	KALĘCZYN		86	M20/1063	(M)4043	01:11:34	01:05:54	9.10	00:37:05 / 4628 [8.09]
4795	3658	REZONICNIK Lidija	LJUBLJANA, SLOWENIA		85	K20/259	(K)752	01:11:35	01:07:28	8.89	00:37:01 / 4613 [8.10]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
4796	3657	TURK Ernest	LJUBLJANA, SŁOWENIA		81	M20/1064	(M)4044	01:11:35	01:07:28	8.89	00:37:01 / 4614 [8.10]
4797	2854	URASZEWSKI Jarosław	BLONIE		83	M20/1065	(M)4045	01:11:36	01:06:23	9.04	00:39:46 / 4941 [7.54]
4798	2999	KUJAWIŃSKI Jacek	WARSZAWA		82	M20/1066	(M)4046	01:11:36	01:08:34	8.75	00:37:55 / 4743 [7.91]
4799	5972	RUDNICKI Daniel	WYSZKÓW		94		(M)4047	01:11:37	01:09:51	8.59	00:35:01 / 4211 [8.57]
4800	1370	JEDLIŃSKIA Paweł	WARSZAWA	ACTION	78	M30/1515	(M)4048	01:11:37	01:07:35	8.88	00:37:20 / 4664 [8.04]
4801	3024	DZIENNIKARZ vip			09		(M)4049	01:11:38	01:06:32	9.02	00:39:38 / 4925 [7.57]
4802	3246	ŻURAWSKI ŁUKASZ	WARSZAWA		82	M20/1067	(M)4050	01:11:38	01:06:02	9.09	00:39:20 / 4908 [7.63]
4803	2503	PANKIEWICZ Karol	WARSZAWA	DB MARATHON TEAM	79	M30/1516	(M)4051	01:11:38	01:07:06	8.94	00:38:04 / 4777 [7.88]
4804	5079	KUDELSKA Małgorzata	WARSZAWA		81	K20/260	(K)753	01:11:39	01:06:38	9.00	00:37:59 / 4753 [7.90]
4805	2227	TURZYŃSKI Łukasz	WARSZAWA		93		(M)4052	01:11:39	01:05:31	9.16	00:38:58 / 4871 [7.70]
4806	1347	SALAMONOWSKI Jan	WARSZAWA	ACTION	63	M40/668	(M)4053	01:11:39	01:10:18	8.53	00:35:28 / 4303 [8.46]
4807	5793	MAZUR Karolina	LUBLIN		85	K20/261	(K)754	01:11:40	01:08:19	8.78	00:38:50 / 4847 [7.73]
4808	5622	KACPEREK Marta	WYSZKÓW		83	K20/262	(K)755	01:11:40	01:07:56	8.83	00:38:27 / 4807 [7.80]
4809	6294	WALENCIK MATEUSZ	LUBLIN		85	M20/1068	(M)4054	01:11:40	01:08:19	8.78	00:38:51 / 4852 [7.72]
4810	3782	CZYŻEWSKA MARLENA	LEGIONOWO		67	K40/115	(K)756	01:11:42	01:09:00	8.70	00:38:53 / 4857 [7.72]
4811	1369	JAWOSZEK Kamil	WARSZAWA	ACTION	82	M20/1069	(M)4055	01:11:42	01:07:08	8.94	00:38:43 / 4831 [7.75]
4812	3784	WILK KOPACZ Katarzyna	KRAKÓW		77	K30/266	(K)757	01:11:42	01:09:00	8.70	00:38:53 / 4858 [7.72]
4813	2398	SZELACHOWSKI Wojciech	WARSZAWA		79	M30/1517	(M)4056	01:11:42	01:06:14	9.06	00:38:03 / 4770 [7.88]
4814	4394	KRAWCZYŃSKA Katarzyna	KIELCE		87	K20/263	(K)758	01:11:42	01:06:17	9.05	00:38:33 / 4815 [7.78]
4815	2424	SKRZYŃSKI Piotr	GŁOGÓW		80	M20/1070	(M)4057	01:11:45	01:09:34	8.62	00:37:44 / 4720 [7.95]
4816	3279	SEREMAK Iwona	PRUSZKÓW		71	K30/267	(K)759	01:11:45	01:05:15	9.20	00:39:39 / 4926 [7.57]
4817	3280	CUDNY Adam	WARSZAWA		72	M30/1518	(M)4058	01:11:46	01:05:15	9.20	00:39:40 / 4927 [7.56]
4818	2833	DĘBOWSKI JAROSŁAW	WARSZAWA		78	M30/1519	(M)4059	01:11:46	01:06:04	9.08	00:38:25 / 4803 [7.81]
4819	2864	CIECHOMSKI CEZARY	SOKOŁÓW		77	M30/1520	(M)4060	01:11:47	01:06:21	9.04	00:39:19 / 4906 [7.63]
4820	5955	RAJCHERT Jerzy	WARSZAWA		86	M20/1071	(M)4061	01:11:48	01:06:22	9.04	00:38:37 / 4826 [7.77]
4821	3485	GORZKA Aldona	PIASTÓW		61	K40/116	(K)760	01:11:49	01:08:49	8.72	00:38:03 / 4771 [7.88]
4822	5370	BIEŃKOWSKI Adam	WARSZAWA		88	M20/1072	(M)4062	01:11:50	01:06:39	9.00	00:39:15 / 4898 [7.64]
4823	3407	ŚLESICKI Adrian	WARSZAWA		93		(M)4063	01:11:51	01:05:48	9.12	00:40:10 / 4972 [7.47]
4824	4283	KRÓL ANIA	OPACZ		81	K20/264	(K)761	01:11:51	01:08:59	8.70	00:35:30 / 4312 [8.45]
4825	4144	PAWŁOWSKI Karol	WARSZAWA	CV LO	93		(M)4064	01:11:51	01:05:47	9.12	00:40:10 / 4973 [7.47]
4826	5449	DĄBKOWSKI Jan	WARSZAWA	STOWARZYSZENIE MŁODYCH	83	M20/1073	(M)4065	01:11:53	01:06:25	9.03	00:38:51 / 4855 [7.72]
DZIENNIKARZY											
4827	2931	JANKOWSKI Michał	WARSZAWA		54	M50/300	(M)4066	01:11:54	01:07:44	8.86	00:38:02 / 4765 [7.89]
4828	6380	ZDUNIAK Artur	WARSZAWA		74	M30/1521	(M)4067	01:11:56	01:06:43	8.99	00:37:58 / 4752 [7.90]
4829	2049	GUDZIŃSKA Iga	WARSZAWA		85	K20/265	(K)762	01:11:58	01:09:25	8.64	00:36:31 / 4524 [8.22]
4830	930	SKOLIMOWSKA Ewa	SIEDLCE		94		(K)763	01:12:03	01:05:56	9.10	00:40:57 / 5015 [7.33]
4831	3074	KOTOWICZ Otton	WARSZAWA		31	M70/9	(M)4068	01:12:04	01:06:59	8.96	00:39:12 / 4890 [7.65]
4832	1824	FIBAKIEWICZ Łukasz	PRUSZKÓW		76	M30/1522	(M)4069	01:12:07	01:07:56	8.83	00:38:54 / 4862 [7.71]
4833	1825	FIBAKIEWICZ Małgorzata	PRUSZKÓW		78	K30/268	(K)764	01:12:07	01:07:56	8.83	00:38:54 / 4863 [7.71]
4834	4124	KAJAK Anna	GARWOLIN	K JAK KLUB BIEGACZA	94		(K)765	01:12:10	01:10:59	8.45	00:37:37 / 4703 [7.98]
4835	3480	SAMOJLIK bazyli	WARSZAWA		43	M60/74	(M)4070	01:12:11	01:09:05	8.69	00:39:03 / 4872 [7.68]
4836	5757	LISEWSKI Paweł	WARSZAWA		73	M30/1523	(M)4071	01:12:16	01:07:32	8.88	00:37:33 / 4694 [7.99]
4837	4765	WANDAS Marek	WARSZAWA		76	M30/1524	(M)4072	01:12:16	01:08:17	8.79	00:38:24 / 4800 [7.81]
4838	4766	WANDAS Olga	WARSZAWA		76	K30/269	(K)766	01:12:16	01:08:16	8.79	00:38:24 / 4802 [7.81]
4839	2866	JANC Renata	ZIELONKA		61	K40/117	(K)767	01:12:16	01:06:35	9.01	00:38:32 / 4813 [7.79]
4840	635	WOLNIEWICZ Mirosław	PRUSZKÓW		70	M30/1525	(M)4073	01:12:18	01:06:40	9.00	00:38:54 / 4860 [7.71]
4841	2577	NASAR Grzegorz	PIASTÓW		72	M30/1526	(M)4074	01:12:18	01:06:40	9.00	00:38:54 / 4861 [7.71]
4842	1941	SZUBKA Krzysztof	WOŁOMIN		63	M40/669	(M)4075	01:12:18	01:10:17	8.54	00:36:03 / 4449 [8.32]
4843	2605	OLAK Lucyna	ŁÓDŹ		59	K50/35	(K)768	01:12:21	01:11:32	8.39	00:37:15 / 4648 [8.05]
4844	3004	SZUKALSKA - WRONA Małgorzata	WARSZAWA	MSIT	78	K30/270	(K)769	01:12:22	01:08:49	8.72	00:36:49 / 4580 [8.15]
4845	1011	KIERZKOWSKA Agata	PIASTÓW	DE LAGE LANDEN	80	K20/266	(K)770	01:12:22	01:10:01	8.57	00:37:20 / 4662 [8.04]
4846	1014	WOLIŃSKI Rafał	PRUSZKÓW	DE LAGE LANDEN	73	M30/1527	(M)4076	01:12:22	01:09:59	8.57	00:36:18 / 4493 [8.26]
4847	3362	BAK MIROSŁAW	WARSZAWA		46	M60/75	(M)4077	01:12:22	01:07:45	8.86	00:38:51 / 4854 [7.72]
4848	4116	MAJSZCZYK PAULINA	OTWOCK		89	K20/267	(K)771	01:12:22	01:10:23	8.52	00:36:03 / 4448 [8.32]
4849	797	VETTER Tomasz	WARSZAWA		67	M40/670	(M)4078	01:12:22	01:07:14	8.92	00:41:35 / 5056 [7.21]
4850	4983	NORYŚKIEWICZ Ryszard	BERLIN		55	M50/301	(M)4079	01:12:22	01:08:18	8.78	00:37:51 / 4730 [7.93]
4851	2254	KONARZEWSKI Hubert	DZIERŻANÓW		91		(M)4080	01:12:27	01:12:11	8.31	00:33:45 / 3885 [8.89]
4852	1584	JEDLIŃSKA Marta	WARSZAWA		73	K30/271	(K)772	01:12:30	01:07:22	8.91	00:38:00 / 4756 [7.89]
4853	3722	KRAWCZYŃSKI Jacek	RADZIEJOWICE-SŁABO		47	M60/76	(M)4081	01:12:31	01:09:06	8.68	00:36:32 / 4532 [8.21]
4854	950	SEREDYN Joanna	WARSZAWA		84	K20/268	(K)773	01:12:33	01:07:01	8.95	00:39:37 / 4922 [7.57]
4855	3184	LUBAŃSKI PIOTR	WARSZAWA	MALWA TEAM SPORT	74	M30/1528	(M)4082	01:12:34	01:08:31	8.76	00:43:23 / 5135 [6.92]
4856	1418	SZCZEPAŃCZYK Agnieszka	WARSZAWA	ACTION	80	K20/269	(K)774	01:12:35	01:08:09	8.80	00:38:12 / 4785 [7.85]
4857	4050	OSSOLIŃSKA Magdalena	JÓZEFWÓW K/OTWOCKA		78	M30/1529	(M)4083	01:12:35	01:06:51	8.98	00:41:43 / 5066 [7.19]
4858	3516	KRUK Tomasz	JULIANÓW		71	M30/1530	(M)4084	01:12:35	01:06:50	8.98	00:41:43 / 5067 [7.19]
4859	2253	KONARZEWSKA Paulina	DZIERŻANÓW		90		(K)775	01:12:36	01:12:21	8.29	00:33:44 / 3879 [8.89]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
4860	3914	SZATKIEWICZ klara	WARSZAWA WESOLA	RAMM	68	K40/118	(K)776	01:12:37	01:10:26	8.52	00:37:17 / 4652 [8.05]
4861	3916	RAMM Ryszard	WARSZAWA	RAMM	37	M70/10	(M)4085	01:12:37	01:10:26	8.52	00:37:17 / 4654 [8.05]
4862	1411	PIWKOWSKI Piotr	WARSZAWA	ACTION	79	M30/1531	(M)4086	01:12:39	01:07:27	8.90	00:37:57 / 4749 [7.91]
4863	5796	MEJGIER Grażyna	WŁOCŁAWEK		54	K50/36	(K)777	01:12:40	01:07:19	8.91	00:39:14 / 4896 [7.65]
4864	4088	KOWALSKI Witold	WARSZAWA		66	M40/671	(M)4087	01:12:42	01:07:34	8.88	00:39:10 / 4884 [7.66]
4865	6138	KARNIŁOWICZ Michał	WARSZAWA	OTK RZEŹNIK	86	M20/1074	(M)4088	01:12:43	01:07:13	8.93	00:41:39 / 5059 [7.20]
4866	6137	KUDLEK Katarzyna	RZESZÓW		84	K20/270	(K)778	01:12:43	01:07:13	8.93	00:41:39 / 5060 [7.20]
4867	4182	MANOWSKI Maciej	WARSZAWA	NOCARZ.PL	75	M30/1532	(M)4089	01:12:43	01:08:46	8.73	00:38:13 / 4789 [7.85]
4868	1162	BONISŁAWSKA Anna	LEGIONOWO		77	K30/272	(K)779	01:12:44	01:12:32	8.27	00:35:36 / 4342 [8.43]
4869	2100	PIOTROWSKI Dariusz	WARSZAWA		61	M40/672	(M)4090	01:12:45	01:06:47	8.98	00:39:17 / 4902 [7.64]
4870	386	KWIATEK jacek	WARSZAWA		70	M30/1533	(M)4091	01:12:46	01:07:24	8.90	00:40:50 / 5007 [7.35]
4871	3340	AKSAMIT Marek	WARSZAWA		56	M50/302	(M)4092	01:12:46	01:08:07	8.81	00:37:14 / 4647 [8.06]
4872	259	OKUNIEWICZ Olgierd	ELK		39	M70/11	(M)4093	01:12:47	01:06:49	8.98	00:39:18 / 4905 [7.63]
4873	3075	ZAWODNIK DO UZUP					(M)4094	01:12:48	01:07:24	8.90	00:39:17 / 4903 [7.64]
4874	5228	KOŁACZKOWSKI Maciej					(M)4095	01:12:49	01:07:56	8.83	00:38:44 / 4832 [7.75]
4875	3223	KOWALEWSKI Paweł	OSTROŁĘKA		70	M30/1534	(M)4096	01:12:50	01:11:04	8.44	00:35:27 / 4298 [8.46]
4876	5243	PROTASIUK MARIUSZ	OTWOCK		80	M20/1075	(M)4097	01:12:50	01:11:04	8.44	00:35:27 / 4300 [8.46]
4877	1470	ZEGAR Agata	WARSZAWA		81	K20/271	(K)780	01:12:52	01:12:29	8.28	00:36:22 / 4502 [8.25]
4878	504	ZIENTEK lukasz	WARSZAWA		76	M30/1535	(M)4098	01:12:53	01:07:36	8.88	00:36:07 / 4460 [8.31]
4879	2086	TOMASZKIEWICZ Marek	WARSZAWA		56	M50/303	(M)4099	01:12:53	01:06:53	8.97	00:40:56 / 5014 [7.33]
4880	1652	SZUMIGOWSKA Justyna	OTWOCK		85	K20/272	(K)781	01:12:54	01:07:11	8.93	00:39:27 / 4913 [7.60]
4881	520	BUDA Katarzyna	ŁÓDŹ	BIEGAJZNAMI.PL	81	K20/273	(K)782	01:12:55	01:08:01	8.82	00:42:47 / 5120 [7.01]
4882	1353	SZULIK Łukasz	WARSZAWA	ACTION	82	M20/1076	(M)4100	01:12:56	01:05:05	9.22	00:40:08 / 4970 [7.48]
4883	513	SAKOWSKA Aneta	DROZDOWO	BIEGAJ Z NAMI	75	K30/273	(K)783	01:12:56	01:08:01	8.82	00:42:48 / 5121 [7.01]
4884	1341	PAWLAK Marcin	WARSZAWA	ACTION	81	M20/1077	(M)4101	01:12:56	01:05:06	9.22	00:40:07 / 4969 [7.48]
4885	1320	KARDA Marcin	WARSZAWA	ACTION	79	M30/1536	(M)4102	01:12:56	01:05:05	9.22	00:40:08 / 4971 [7.48]
4886	2276	PAPIERKOWSKI Daniel	PRZEMYŚL		85	M20/1078	(M)4103	01:12:56	01:09:13	8.67	00:38:12 / 4786 [7.85]
4887	5540	GRAD JUSTYNA	LEGIONOWO		66	K40/119	(K)784	01:12:59	01:11:33	8.39	00:37:38 / 4705 [7.97]
4888	2056	JAKUBCZAK Jarosław	MIEDZYBORÓW		90		(M)4104	01:13:01	01:07:52	8.84	00:38:26 / 4806 [7.81]
4889	60	ERNST Jerzy	WARSZAWA	TVP WARSZAWA	49	M60/77	(M)4105	01:13:01	01:08:18	8.78	00:37:06 / 4630 [8.09]
4890	2643	WALCZAK Jakub	WARSZAWA		93		(M)4106	01:13:01	01:08:04	8.81	00:39:37 / 4921 [7.57]
4891	3667	RUSIŃSKA Edyta	WARSZAWA	URSUS	70	M30/1537	(M)4107	01:13:02	01:08:30	8.76	00:37:39 / 4708 [7.97]
4892	1133	RASIŃSKA EWELINA	GUZOWATKA		88	K20/274	(K)785	01:13:03	01:10:08	8.56	00:40:14 / 4976 [7.46]
4893	2338	KOSICKA-GRABOWSKA Agnieszka	WARSZAWA		72	K30/274	(K)786	01:13:04	01:08:35	8.75	00:39:14 / 4897 [7.65]
4894	1691	KUBRAK Jerzy	WARSZAWA		64	M40/673	(M)4108	01:13:04	01:07:09	8.94	00:40:19 / 4985 [7.44]
4895	2346	PAWŁOWSKA Magdalena	KIELCE		83	K20/275	(K)787	01:13:05	01:08:03	8.82	00:39:16 / 4901 [7.64]
4896	892	ŁAZOWSKA Joanna	WARSZAWA		80	K20/276	(K)788	01:13:05	01:09:10	8.67	00:40:10 / 4975 [7.47]
4897	2258	JABŁOŃSKA Kamila	ELK		87	K20/277	(K)789	01:13:07	01:07:38	8.87	00:40:01 / 4962 [7.50]
4898	2262	LEWANDOWSKA Barbara	WARSZAWA		80	K20/278	(K)790	01:13:07	01:07:38	8.87	00:40:01 / 4963 [7.50]
4899	3433	RACZKOWSKA Beata	ŻARY	KB GALERIA WARSZAWA	82	K20/279	(K)791	01:13:08	01:09:37	8.62	00:39:46 / 4940 [7.54]
4900	4404	GRZESZCZUK Grzegorz	WARSZAWA		66	M40/674	(M)4109	01:13:09	01:09:41	8.61	00:38:46 / 4837 [7.74]
4901	6586	DOBKOWSKA Anna	WARSZAWA		51	K50/37	(K)792	01:13:09	01:09:41	8.61	00:38:48 / 4842 [7.73]
4902	3434	MIŚKIEWICZ Marcin	KOZIENICE	KB GALERIA WARSZAWA	79	M30/1538	(M)4110	01:13:09	01:09:37	8.62	00:39:47 / 4943 [7.54]
4903	1816	PASIEROWSKA Monika	WARSZAWA		73	K30/275	(K)793	01:13:10	01:07:51	8.84	00:37:45 / 4721 [7.95]
4904	1934	POPENDA Wiesław	WARSZAWA		66	M40/675	(M)4111	01:13:13	01:08:52	8.71	00:38:55 / 4866 [7.71]
4905	6581	PIETRZELA Alicja			93		(K)794	01:13:13	01:07:15	8.92	00:40:21 / 4987 [7.43]
4906	5760	LUDWINIAK Stanisław	WOŁOMIN		54	M50/304	(M)4112	01:13:14	01:08:17	8.79	00:38:26 / 4805 [7.81]
4907	319	JAKUBIAK Bogdan	WARSZAWA		43	M60/78	(M)4113	01:13:15	01:09:22	8.65	00:38:21 / 4798 [7.82]
4908	5474	DWORZAŃSKA Ewa	LUBLIN	DWORZTEAM	81	K20/280	(K)795	01:13:15	01:08:20	8.78	00:40:53 / 5009 [7.34]
4909	292	KŁUSEK Bartłomiej	WARSZAWA		84	M20/1079	(M)4114	01:13:17	01:12:13	8.31	00:36:13 / 4475 [8.28]
4910	636	MAKOWSKA Lucyna	GRUDZIĄDZ		79	K30/276	(K)796	01:13:20	01:08:09	8.80	00:38:40 / 4829 [7.76]
4911	3749	WITKOWSKI Paweł	WARSZAWA		77	M30/1539	(M)4115	01:13:21	01:08:47	8.72	00:38:25 / 4804 [7.81]
4912	4017	HRYNIOUK Jacek	KONSTANCIN		63	M40/676	(M)4116	01:13:23	01:09:20	8.65	00:37:22 / 4666 [8.03]
4913	5250	TUREK Iwona	WARSZAWA		82	K20/281	(K)797	01:13:23	01:10:22	8.53	00:38:33 / 4818 [7.78]
4914	3663	MALINOWSKI Adrian	WARSZAWA	URSUS	94		(M)4117	01:13:25	01:09:43	8.61	00:38:12 / 4788 [7.85]
4915	3661	WROŃSKI Michał	WARSZAWA	URSUS	94		(M)4118	01:13:25	01:08:59	8.70	00:38:12 / 4787 [7.85]
4916	4619	GAŁĄŻKA KAROLINA	ŁOCHÓW		79	K30/277	(K)798	01:13:26	01:08:13	8.80	00:39:33 / 4918 [7.59]
4917	439	MOKRACKI Paweł	WARSZAWA		61	M40/677	(M)4119	01:13:28	01:11:54	8.34	00:36:51 / 4584 [8.14]
4918	3971	POTOREČKA Dorota	WARSZAWA		57	K50/38	(K)799	01:13:28	01:07:53	8.84	00:40:20 / 4986 [7.44]
4919	3544	KOWALSKI ROBERT	WARSZAWA	POLSKA GRUPA DEALERÓW SP. Z O.O.	74	M30/1540	(M)4120	01:13:28	01:08:00	8.82	00:38:03 / 4768 [7.88]
4920	3505	KARPIŃSKI Dariusz	WARSZAWA		74	M30/1541	(M)4121	01:13:28	01:07:50	8.85	00:38:02 / 4761 [7.89]
4921	976	GRUSZCZYŃSKI Marek	WARSZAWA		48	M60/79	(M)4122	01:13:29	01:08:15	8.79	00:39:24 / 4910 [7.61]
4922	3938	KARPIŃSKI Ryszard	WARSZAWA		72	M30/1542	(M)4123	01:13:29	01:07:52	8.84	00:38:02 / 4759 [7.89]
4923	2899	KOBUSIŃSKI Eugeniusz	WARSZAWA	AUTOMEX MIĘDZYLESIE	54	M50/305	(M)4124	01:13:31	01:09:23	8.65	



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
4924	130	WOŹNIAK Adam	WARSZAWA		71	M30/1543	(M)4125	01:13:32	01:09:52	8.59	00:36:07 / 4458 [8.31]
4925	1420	POLAK Daniel	WARSZAWA	ACTION	84	K20/282	(K)800	01:13:32	01:11:33	8.39	00:36:55 / 4594 [8.13]
4926	143	SANKOWSKI Michał			76	M30/1544	(M)4126	01:13:33	01:13:33	8.16	00:36:07 / 4459 [8.31]
4927	3698	SYGULA Maria	WARSZAWA		96		(K)801	01:13:37	01:12:31	8.27	00:35:42 / 4378 [8.40]
4928	3060	FIDO Jerzy	ZIELONKA	LECHICI ZIELONKA	39	M70/12	(M)4127	01:13:38	01:08:06	8.81	00:39:05 / 4878 [7.68]
4929	4541	OZUJ Karolina	ALMERE (HOLANDIA)		75	K30/278	(K)802	01:13:43	01:09:23	8.65	00:39:57 / 4956 [7.51]
4930	6630	SAGAN Marcin	LUBLIN		74	M30/1545	(M)4128	01:13:43	01:07:37	8.87	00:41:06 / 5026 [7.30]
4931	6633	DOBROWOLSKA-SAGAN Magda	WARSZAWA		74	K30/279	(K)803	01:13:43	01:07:36	8.88	00:41:06 / 5027 [7.30]
4932	2180	KRASNOBORSKI Jakub	OTWOCK		81	M20/1080	(M)4129	01:13:45	01:10:19	8.53	00:37:46 / 4722 [7.94]
4933	3820	KRZYSZCZAK Mariusz	WARSZAWA		73	M30/1546	(M)4130	01:13:46	01:11:38	8.38	00:38:58 / 4869 [7.70]
4934	3587	KICUN Karol	WARSZAWA		84	M20/1081	(M)4131	01:13:46	01:09:10	8.67	00:40:00 / 4957 [7.50]
4935	3718	NOWACZYK Dorota	KARLINO	NUTRICA	71	M30/1547	(M)4132	01:13:46	01:09:44	8.60	00:39:29 / 4915 [7.60]
4936	916	GRASZEK Arleta	ŁĄŻEK	POLSKA BIEGA	69	K40/120	(K)804	01:13:47	01:09:44	8.60	00:39:29 / 4914 [7.60]
4937	128	PASTULA Urszula	WARSZAWA		70	K30/280	(K)805	01:13:50	01:09:06	8.68	00:41:39 / 5061 [7.20]
4938	2265	JESINOWICZ Grażyna	WARSZAWA	WARSZAWA	60	K40/121	(K)806	01:13:55	01:08:06	8.81	00:41:24 / 5043 [7.25]
4939	3479	PAŁKA Renata	WARSZAWA		67	K40/122	(K)807	01:13:55	01:10:50	8.47	00:39:03 / 4874 [7.68]
4940	5636	KANIA Krzysztof	WARSZAWA		59	M50/306	(M)4133	01:13:55	01:07:56	8.83	00:39:23 / 4909 [7.62]
4941	3273	TYC Ewelina	WARSZAWA		92		(K)808	01:14:01	01:11:13	8.42	00:37:48 / 4726 [7.94]
4942	3271	KWAŚNIK Andrzej	WARSZAWA		54	M50/307	(M)4134	01:14:01	01:11:12	8.43	00:37:32 / 4692 [7.99]
4943	2266	JESINOWICZ Anna	WARSZAWA	WARSZAWA	85	K20/283	(K)809	01:14:01	01:08:12	8.80	00:41:25 / 5045 [7.24]
4944	5008	WALEWSKA Ewa	AUGUSTÓWEK		72	K30/281	(K)810	01:14:04	01:13:49	8.13	00:35:40 / 4368 [8.41]
4945	2855	KOMARNICKI Bartosz	BLONIE		86	M20/1082	(M)4135	01:14:05	01:09:58	8.58	00:38:33 / 4816 [7.78]
4946	3146	OWCZAREK Stefan	WARSZAWA		53	M50/308	(M)4136	01:14:11	01:09:37	8.62	00:39:14 / 4895 [7.65]
4947	4459	STEFANIAK Katarzyna	WARSZAWA		63	K40/123	(K)811	01:14:11	01:08:47	8.72	00:39:09 / 4883 [7.66]
4948	2703	CAPIGA Andrzej	WARSZAWA		56	M50/309	(M)4137	01:14:11	01:10:36	8.50	00:35:41 / 4375 [8.41]
4949	4890	ZMORSKI marcin	WARSZAWA		73	M30/1548	(M)4138	01:14:19	01:11:46	8.36	00:39:41 / 4928 [7.56]
4950	4888	GRABOWIECKA-ZMORSKA marta	WARSZAWA		72	K30/282	(K)812	01:14:20	01:11:47	8.36	00:39:42 / 4929 [7.56]
4951	4507	WILCZYŃSKI Mariusz	PULTUSK	TEAM CENTURION	81	M20/1083	(M)4139	01:14:21	01:09:19	8.66	00:41:52 / 5070 [7.17]
4952	4509	GOŁĘBIEWSKA Kinga	NIESTĘPOWO	TEAM CENTURION	90		(K)813	01:14:21	01:09:19	8.66	00:41:52 / 5071 [7.17]
4953	597	TUCHARZ Emil	WARSZAWA		94		(M)4140	01:14:21	01:10:00	8.57	00:38:47 / 4840 [7.74]
4954	119	CYLUDZIŃSKA Krystyna	WARSZAWA		09		(M)4141	01:14:22	01:14:11	8.09	00:36:47 / 4573 [8.16]
4955	943	KOŁACZYŃSKA Iwona	WARSZAWA		65	K40/124	(K)814	01:14:24	01:12:16	8.30	00:38:11 / 4784 [7.86]
4956	4501	GŁOWACKI Jacek	WARSZAWA	BIEGAMY Z OCHOTĄ	61	M40/678	(M)4142	01:14:27	01:09:09	8.68	00:40:53 / 5008 [7.34]
4957	3931	KASSYK Agnieszka	WARSZAWA		88	K20/284	(K)815	01:14:27	01:09:15	8.66	00:41:34 / 5054 [7.22]
4958	537	GARDOCKI Bartosz	WARSZAWA		84	M20/1084	(M)4143	01:14:28	01:09:57	8.58	00:36:37 / 4548 [8.19]
4959	4743	MARKIETA Jarosław	WARSZAWA		73	M30/1549	(M)4144	01:14:28	01:08:46	8.73	00:41:32 / 5053 [7.22]
4960	3669	PROKOP Łukasz	WARSZAWA	URSUS	85	M20/1085	(M)4145	01:14:28	01:10:23	8.52	00:40:40 / 5002 [7.38]
4961	4373	ŻBIK Barbara	WARSZAWA	ITI ADVENTURE TEAM	82	M20/1086	(M)4146	01:14:29	01:11:23	8.41	00:39:12 / 4888 [7.65]
4962	3029	DZIENNIKARZ vip			09		(M)4147	01:14:29	01:11:22	8.41	00:39:12 / 4889 [7.65]
4963	2382	MATERKA Rafał	KUTNO		83	M20/1087	(M)4148	01:14:40	01:10:53	8.46	00:37:30 / 4685 [8.00]
4964	924	BEDNARSKI Andrzej	WARSZAWA		94		(M)4149	01:14:42	01:10:22	8.53	00:38:47 / 4841 [7.74]
4965	6351	WYSOCKI Jerzy	WARSZAWA		61	M40/679	(M)4150	01:14:44	01:10:00	8.57	00:39:07 / 4880 [7.67]
4966	4631	SZYMAŃSKI Jacek	DUCZKI		69	M40/680	(M)4151	01:14:50	01:13:14	8.19	00:37:13 / 4645 [8.06]
4967	1751	SMOGORZEWSKA katarzyna	NIEPORĘT		94		(K)816	01:14:50	01:11:46	8.36	00:37:51 / 4729 [7.93]
4968	3659	JAROSZ Ewa	KONSTANCIN-JEZIORNA		56	K50/39	(K)817	01:14:52	01:10:09	8.55	00:39:43 / 4936 [7.55]
4969	1482	KUNIKOWSKA KASIA	JOZEFOW		71	K30/283	(K)818	01:14:53	01:12:04	8.33	00:38:00 / 4757 [7.89]
4970	3294	ROMANOWSKA Aneta	WARSZAWA		67	K40/125	(K)819	01:14:53	01:10:22	8.53	00:40:05 / 4966 [7.48]
4971	790	KIELCZYK Iesław	WARSZAWA		53	M50/310	(M)4152	01:14:54	01:12:42	8.25	00:36:02 / 4445 [8.33]
4972	791	JAKUBOWSKA Katarzyna	WARSZAWA		88	K20/285	(K)820	01:14:54	01:12:41	8.25	00:36:02 / 4446 [8.33]
4973	1734	RESZKO Maciej	WARSZAWA		82	M20/1088	(M)4153	01:14:56	01:10:58	8.45	00:35:50 / 4415 [8.37]
4974	3712	KRAWCZYŃSKI Bartek	WARSZAWA		75	M30/1550	(M)4154	01:14:56	01:10:58	8.45	00:39:48 / 4946 [7.54]
4975	2352	SPRAWKA Katarzyna	NOWY DWÓR		70	K30/284	(K)821	01:14:57	01:09:13	8.67	00:40:04 / 4964 [7.49]
4976	2353	SPRAWKA Piotr	NOWY DWÓR		73	M30/1551	(M)4155	01:14:57	01:09:13	8.67	00:40:04 / 4965 [7.49]
4977	580	SZCZAWIŃSKI Cezary	WARSZAWA		80	M20/1089	(M)4156	01:15:06	01:10:33	8.50	00:40:05 / 4968 [7.48]
4978	5701	KRASZEWSKA Dorota	WŁOCŁAWEK		67	K40/126	(K)822	01:15:13	01:10:00	8.57	00:41:40 / 5062 [7.20]
4979	1291	SOBOTKO Anita	SUWAŁKI		72	K30/285	(K)823	01:15:14	01:10:35	8.50	00:40:15 / 4978 [7.45]
4980	1290	SOWIŃSKI Robert	SUWAŁKI		72	M30/1552	(M)4157	01:15:14	01:10:35	8.50	00:40:15 / 4979 [7.45]
4981	5155	BOIŃSKA Karolina	WARSZAWA		83	K20/286	(K)824	01:15:16	01:10:15	8.54	00:40:55 / 5013 [7.33]
4982	2798	RĄCZKA Rafał	OTWOCK		75	M30/1553	(M)4158	01:15:17	01:09:57	8.58	00:39:57 / 4955 [7.51]
4983	3730	BARTNIK Justyna	GIDLE		87	K20/287	(K)825	01:15:18	01:10:51	8.47	00:39:53 / 4949 [7.52]
4984	3731	BARTNIK Joanna	GIDLE		89	K20/288	(K)826	01:15:18	01:10:51	8.47	00:39:54 / 4950 [7.52]
4985	5836	MULLER Christoph	WARSZAWA		78	M30/1554	(M)4159	01:15:19	01:11:25	8.40	00:38:30 / 4809 [7.79]
4986	3113	MUSOLF MARCIN	WARSZAWA		78	M30/1555	(M)4160	01:15:26	01:13:23	8.18	00:40:01 / 4960 [7.50]
4987	4992	OLSZANOWSKA Małgorzata	WARSZAWA	HOS RUNNING TEAM	71	K30/286	(K)827	01:15:33	01:12:21	8.29	00:38:54 / 4859 [7.71]
4988	4679	SZYMANEK Arkadiusz	WARSZAWA		66	M40/681	(M)4161	01:15:34	01:12:44	8.25	00:38:02 / 4763 [7.89]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
4989	4317	FORTIN Małgorzata	WARSZAWA		72	K30/287	(K)828	01:15:36	01:10:06	8.56	00:41:17 / 5038 [7.27]
4990	4322	ZAWODNIK DO UZUP					(M)4162	01:15:36	01:10:06	8.56	00:41:17 / 5037 [7.27]
4991	3557	GÓRECKI Leszek	WARSZAWA		54	M50/311	(M)4163	01:15:37	01:10:18	8.53	00:41:59 / 5079 [7.15]
4992	2168	STAWICKI Maciej	CIECHANÓW		85	M20/1090	(M)4164	01:15:44	01:10:54	8.46	00:39:11 / 4886 [7.66]
4993	1442	KOŁODZIEJUK Andrzej	WARSZAWA	ACTION	69	M40/682	(M)4165	01:15:46	01:11:51	8.35	00:39:15 / 4899 [7.64]
4994	2752	CYGAN Rafał	GÓRA KALWARIA		76	M30/1556	(M)4166	01:15:46	01:11:20	8.41	00:37:44 / 4719 [7.95]
4995	4372	FERENIEC Małgorzata	WARSZAWA		63	K40/127	(K)829	01:15:47	01:12:42	8.25	00:39:43 / 4935 [7.55]
4996	5184	GREWIŃSKA Katarzyna	KONSTANCIN-JEZIORNA		79	K30/288	(K)830	01:15:48	01:11:55	8.34	00:40:14 / 4977 [7.46]
4997	4415	SZYMAŃSKA Agata					(K)831	01:15:51	01:11:09	8.43	00:39:31 / 4917 [7.59]
4998	5091	GRYZIK Aneta	WARSZAWA		82	K20/289	(K)832	01:15:51	01:12:14	8.31	00:39:34 / 4920 [7.58]
4999	1821	PAJEWSKI Sławomir	WARSZAWA		55	M50/312	(M)4167	01:15:51	01:10:56	8.46	00:40:25 / 4988 [7.42]
5000	114	KOLSKI Krzysztof	WARSZAWA		80	M20/1091	(M)4168	01:15:52	01:09:56	8.58	00:42:32 / 5107 [7.05]
5001	115	DEJNEKO Robert	WARSZAWA		80	M20/1092	(M)4169	01:15:52	01:09:56	8.58	00:42:33 / 5109 [7.05]
5002	2496	ŁOSIAK JACEK	WARSZAWA		80	M20/1093	(M)4170	01:15:52	01:09:56	8.58	00:42:32 / 5108 [7.05]
5003	4210	KAZIMIERCZAK Marcin	WARSZAWA		77	M30/1557	(M)4171	01:15:58	01:10:10	8.55	00:40:47 / 5006 [7.36]
5004	4648	GRABOWSKI Radek	WARSZAWA	ART PROFI TEAM	74	M30/1558	(M)4172	01:16:03	01:13:35	8.15	00:41:03 / 5020 [7.31]
5005	4568	SAFIANOWSKA Aleksandra	WARSZAWA		58	K50/40	(K)833	01:16:04	01:11:21	8.41	00:40:28 / 4991 [7.41]
5006	722	ROSTKOWSKI Piotr	WARSZAWA	EKIPA MASUJĄCA :)	76	M30/1559	(M)4173	01:16:05	01:11:02	8.45	00:41:54 / 5073 [7.16]
5007	1752	KOKOSZKIEWICZ bożena	WARSZAWA		76	K30/289	(K)834	01:16:07	01:12:14	8.31	00:40:17 / 4983 [7.45]
5008	3030	DZIENNIKARZ vip			09		(M)4174	01:16:08	01:12:23	8.29	00:39:55 / 4952 [7.52]
5009	762	SKALSKI Grzegorz	OSTROWIEC ŚW		74	M30/1560	(M)4175	01:16:10	01:11:23	8.41	00:41:43 / 5065 [7.19]
5010	4012	LANKIEWICZ Kasia	WARSZAWA		75	K30/290	(K)835	01:16:14	01:15:28	7.95	00:37:20 / 4663 [8.04]
5011	2832	MARKIEWICZ Marek	WARSZAWA		79	M30/1561	(M)4176	01:16:16	01:10:34	8.50	00:43:36 / 5144 [6.88]
5012	2974	RATYŃSKI Krzysztof	ZĄBKI		76	M30/1562	(M)4177	01:16:16	01:11:30	8.39	00:40:30 / 4994 [7.41]
5013	1388	BOGUSZ Anna	WARSZAWA	ACTION	71	K30/291	(K)836	01:16:19	01:11:54	8.34	00:40:10 / 4974 [7.47]
5014	1462	BOGUSZ Jarosław	WARSZAWA		69	M40/683	(M)4178	01:16:19	01:11:18	8.42	00:39:19 / 4907 [7.63]
5015	132	KONDEJ Jerzy			09		(M)4179	01:16:20	01:10:56	8.46	00:39:18 / 4904 [7.63]
5016	4316	KRET Dominika	WARSZAWA		81	K20/290	(K)837	01:16:22	01:10:51	8.47	00:41:27 / 5049 [7.24]
5017	609	FUDAŁA Marek	WARSZAWA		81	M20/1094	(M)4180	01:16:23	01:10:49	8.47	00:42:21 / 5094 [7.08]
5018	610	FUDAŁA Marek	WARSZAWA		55	M50/313	(M)4181	01:16:23	01:10:49	8.47	00:42:22 / 5095 [7.08]
5019	5808	MIKOŁAJCZYK Magda	BIAŁA PODLASKA		94		(K)838	01:16:23	01:11:25	8.40	00:42:17 / 5092 [7.09]
5020	5807	MIKOŁAJCZYK Stanisław	BIAŁA PODLASKA		62	M40/684	(M)4182	01:16:23	01:11:25	8.40	00:42:17 / 5091 [7.09]
5021	4167	GMITRZAK Magdalena	WARSZAWA		85	K20/291	(K)839	01:16:25	01:13:37	8.15	00:43:16 / 5134 [6.93]
5022	2881	ŁEPECKA-CZAJKOWSKA Katarzyna	WARSZAWA		76	K30/292	(K)840	01:16:25	01:10:58	8.45	00:43:36 / 5145 [6.88]
5023	5095	ROMEJKO Monika	ŁOBEZ		81	K20/292	(K)841	01:16:27	01:14:31	8.05	00:38:48 / 4843 [7.73]
5024	2720	MIODUSZEWSKI Mariusz	ZĄBKI	10 WARSZAWSKI PULK SAMOCHODOWY	75	M30/1563	(M)4183	01:16:29	01:13:01	8.22	00:38:48 / 4844 [7.73]
5025	3242	BUTKIEWICZ Małgorzata	WARSZAWA		66	K40/128	(K)842	01:16:29	01:10:35	8.50	00:38:46 / 4839 [7.74]
5026	1845	MICHAŁIK wojciech			56	M50/314	(M)4184	01:16:30	01:13:01	8.22	00:38:50 / 4849 [7.73]
5027	6174	CZACHAROWSKI Bohdan	GRÓJEC	KB GALERIA WARSZAWA	41	M60/80	(M)4185	01:16:30	01:13:15	8.19	00:38:51 / 4851 [7.72]
5028	4063	KILIANEK BEATA	WARSZAWA		64	K40/129	(K)843	01:16:30	01:11:07	8.44	00:41:05 / 5025 [7.30]
5029	1450	CISEK Mirosław Tomasz	WARSZAWA	KB GALERIA WARSZAWA	72	M30/1564	(M)4186	01:16:31	01:13:04	8.21	00:38:50 / 4848 [7.73]
5030	4133	DRZEWIŃSKA Agnieszka	OŻARÓW MAZOWIECKI		81	K20/293	(K)844	01:16:33	01:11:03	8.44	00:40:55 / 5012 [7.33]
5031	4134	KOLASINSKI Barbara	WARSZAWA		78	K30/293	(K)845	01:16:34	01:11:04	8.44	00:40:55 / 5011 [7.33]
5032	598	TUCHARZ Grażyna	WARSZAWA		65	K40/130	(K)846	01:16:34	01:11:22	8.41	00:41:04 / 5024 [7.31]
5033	3482	MARCZAK Sławek	KARCZEW		69	M40/685	(M)4187	01:16:35	01:11:25	8.40	00:42:29 / 5104 [7.06]
5034	3289	NAGRODZKA Maria	WARSZAWA		75	K30/294	(K)847	01:16:35	01:11:42	8.37	00:41:07 / 5029 [7.30]
5035	3287	TROCEWICZ Zbigniew	WARSZAWA		50	M50/315	(M)4188	01:16:35	01:11:43	8.37	00:41:07 / 5030 [7.30]
5036	3169	KORSZUN Karolina	WARSZAWA		83	K20/294	(K)848	01:16:38	01:14:24	8.06	00:41:11 / 5032 [7.28]
5037	3001	JANOWICZ Andrzej	WARSZAWA	MSIT	41	M60/81	(M)4189	01:16:39	01:12:28	8.28	00:40:54 / 5010 [7.33]
5038	1203	WIŚNIEWSKA Aleksandra	WARSZAWA		94		(K)849	01:16:40	01:10:53	8.46	00:42:29 / 5105 [7.06]
5039	1202	WIŚNIEWSKI Andrzej	WARSZAWA		66	M40/686	(M)4190	01:16:41	01:10:55	8.46	00:42:29 / 5103 [7.06]
5040	5781	MANTORSKA kasia	WARSZAWA		63	K40/131	(K)850	01:16:42	01:15:23	7.96	00:39:08 / 4882 [7.67]
5041	530	MAJEWSKI Bartłomiej	WARSZAWA		93		(M)4191	01:16:44	01:11:57	8.34	00:38:52 / 4856 [7.72]
5042	2958	CYPEL Marta	SOCHACZEW	DRAGON FIGHT CLUB	76	K30/295	(K)851	01:16:44	01:11:54	8.34	00:40:33 / 4996 [7.40]
5043	2957	MIAŁKOS olga	SOCHACZEW	DRAGON FIGHT CLUB	88	K20/295	(K)852	01:16:44	01:11:54	8.34	00:40:33 / 4997 [7.40]
5044	2394	SŁOWIK Marzenna	PRUSZCZ GDAŃSKI		63	K40/132	(K)853	01:16:45	01:11:14	8.42	00:41:12 / 5034 [7.28]
5045	2395	SŁOWIK DARIUSZ	PRUSZCZ GDAŃSKI		61	M40/687	(M)4192	01:16:45	01:11:14	8.42	00:41:12 / 5033 [7.28]
5046	3783	KSIĘŻAK Jolanta	WARSZAWA		79	K30/296	(K)854	01:16:47	01:14:04	8.10	00:40:17 / 4984 [7.45]
5047	5973	RUDNICKI Tadeusz	WYSZKÓW		65	M40/688	(M)4193	01:16:47	01:15:00	8.00	00:37:03 / 4623 [8.10]
5048	1557	KĘDZIERSKI Paweł	WARSZAWA		57	M50/316	(M)4194	01:16:49	01:14:07	8.10	00:39:45 / 4939 [7.55]
5049	3781	KRZYKWA AGNIESZKA	LEGIONOWO		65	K40/133	(K)855	01:16:49	01:14:06	8.10	00:40:16 / 4982 [7.45]
5050	1257	KOWALCZYK Tomasz	WARSZAWA		68	M40/689	(M)4195	01:16:50	01:14:08	8.09	00:37:57 / 4750 [7.91]
5051	6642	SANCHECZ Sylwia			09		(M)4196	01:16:51	01:12:59	8.22	00:37:33 / 4693 [7.99]
5052	245	REMBELSKA Stefania	WARSZAWA		39	K70/1	(K)856	01:16:53	01:13:01	8.22	00:38:00 / 4758 [7.89]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
5053	5971	RUDNICKA Grażyna	WYSZKÓW		61	K40/134	(K)857	01:16:58	01:15:12	7.98	00:37:03 / 4621 [8.10]
5054	1817	GRZESZCZAK Henryk	WARSZAWA		50	M50/317	(M)4197	01:16:59	01:12:12	8.31	00:39:47 / 4942 [7.54]
5055	240	SOBOWIEC Mariusz	WARSZAWA		72	M30/1565	(M)4198	01:17:00	00:55:50	10.75	00:49:00 / 5216 [6.12]
5056	3071	PAWŁOWICZ (KULE) Robert	SUCHOWOLA	KOT WSC WERBKOWICE	79	M30/1566	(M)4199	01:17:01	01:11:09	8.43	00:41:37 / 5057 [7.21]
5057	495	PILIPCZUK Iwona	WARSZAWA		59	K50/41	(K)858	01:17:04	01:11:14	8.42	00:42:00 / 5081 [7.14]
5058	1293	TARNOWSKI Dominik	SKIERNIEWICE	FUNDACJA PROMETEUSZ	79	M30/1567	(M)4200	01:17:08	01:12:29	8.28	00:42:26 / 5100 [7.07]
5059	1930	KOŁODZIEJ Monika	WARSZAWA		81	K20/296	(K)859	01:17:12	01:13:53	8.12	00:40:00 / 4959 [7.50]
5060	1931	CISZEWSKA Małgorzata	WARSZAWA		78	K30/297	(K)860	01:17:12	01:13:53	8.12	00:40:00 / 4958 [7.50]
5061	1749	SMOGORZEWSKI sławomir	NIEPOREĆ		67	M40/690	(M)4201	01:17:12	01:14:07	8.10	00:39:25 / 4911 [7.61]
5062	3048	KOWALSKI Tadeusz	WARSZAWA		34	M70/13	(M)4202	01:17:15	01:12:00	8.33	00:41:54 / 5072 [7.16]
5063	1404	LEWANDOWSKI Piotr	WARSZAWA	ACTION	81	M20/1095	(M)4203	01:17:26	01:15:18	7.97	00:41:28 / 5050 [7.23]
5064	581	GOŁĘBIEWSKA Katarzyna	WARSZAWA		84	K20/297	(K)861	01:17:27	01:12:54	8.23	00:40:05 / 4967 [7.48]
5065	3221	ZIÓŁEK Robert	WARSZAWA		65	M40/691	(M)4204	01:17:30	01:11:57	8.34	00:40:34 / 5001 [7.40]
5066	4576	TOMANEK Andrzej	WARSZAWA		52	M50/318	(M)4205	01:17:33	01:15:12	7.98	00:39:13 / 4892 [7.65]
5067	8	SPONSOR vip			09		(M)4206	01:17:34	01:13:49	8.13	00:39:56 / 4953 [7.51]
5068	6674	STRUMIDŁO ŁUKASZ					(M)4207	01:17:34	01:12:23	8.29	00:41:19 / 5039 [7.26]
5069	5880	OSIPOWSKA Monika	GRABSZCZYNA		88	K20/298	(K)862	01:17:35	01:14:26	8.06	00:37:38 / 4706 [7.97]
5070	975	GRABOWSKI Krzysztof	WARSZAWA		84	M20/1096	(M)4208	01:17:36	01:11:59	8.34	00:40:58 / 5016 [7.32]
5071	5217	CHYZEWSKI Bartosz	WARSZAWA		75	M30/1568	(M)4209	01:17:39	01:13:54	8.12	00:42:27 / 5102 [7.07]
5072	2205	MŚCICHOWSKI Edmund	OSTRÓW MAZOWIECKA		53	M50/319	(M)4210	01:17:41	01:14:32	8.05	00:38:17 / 4796 [7.84]
5073	5193	LEMAŃSKA Magdalena	WARSZAWA		92		(K)863	01:17:43	01:11:40	8.37	00:41:13 / 5036 [7.28]
5074	2876	MAC Anna	WARSZAWA		84	K20/299	(K)864	01:17:43	01:15:40	7.93	00:39:26 / 4912 [7.61]
5075	3567	PADUCH Grzegorz	WARSZAWA		80	M20/1097	(M)4211	01:17:43	01:13:22	8.18	00:41:20 / 5041 [7.26]
5076	3573	WÓJCIK karolina	WARSZAWA		82	K20/300	(K)865	01:17:43	01:13:22	8.18	00:41:25 / 5044 [7.24]
5077	3574	BOJKO filip	WARSZAWA		79	M30/1569	(M)4212	01:17:43	01:13:22	8.18	00:41:24 / 5042 [7.25]
5078	3918	KRZYŻANOWSKI Jan	WARSZAWA		78	M30/1570	(M)4213	01:17:49	01:13:05	8.21	00:41:37 / 5058 [7.21]
5079	3195	DROSIO KATARZYNA	WARSZAWA		81	K20/301	(K)866	01:17:49	01:13:05	8.21	00:41:42 / 5064 [7.19]
5080	5545	GROLEWSKA Sara	POZNAŃ	ECONS.PL	87	K20/302	(K)867	01:17:52	01:13:15	8.19	00:41:03 / 5023 [7.31]
5081	3962	SAWICKI Bartosz	WARSZAWA		97		(M)4214	01:17:54	01:15:26	7.95	00:41:02 / 5019 [7.31]
5082	5995	SŁOTA Aneta	PIASECZNO	ECONS.PL	68	K40/135	(K)868	01:17:54	01:13:17	8.19	00:41:03 / 5021 [7.31]
5083	5983	SŁOTA Artur	PIASECZNO	ECONS.PL	65	M40/692	(M)4215	01:17:54	01:13:17	8.19	00:41:03 / 5022 [7.31]
5084	4596	ANTOSIEWICZ Piotr	WARSZAWA		72	M30/1571	(M)4216	01:17:57	01:12:06	8.32	00:41:26 / 5046 [7.24]
5085	4609	ANTOSIEWICZ Zuzanna	WARSZAWA		98		(K)869	01:17:57	01:12:05	8.32	00:41:27 / 5047 [7.24]
5086	4489	BOMBAŁA Maria	WARSZAWA		94		(K)870	01:18:04	01:15:09	7.98	
5087	4490	BOMBAŁA Wojciech	WARSZAWA		66	M40/693	(M)4217	01:18:10	01:15:15	7.97	00:40:31 / 4995 [7.40]
5088	4454	ZAŁEWSKA Kinga	WARSZAWA		76	K30/298	(K)871	01:18:13	01:16:18	7.86	00:39:51 / 4948 [7.53]
5089	3250	FIJAŁKOWSKI Michał	KIELCE		78	M30/1572	(M)4218	01:18:16	01:13:18	8.19	00:42:11 / 5088 [7.11]
5090	2219	ZAGUN Katarzyna	WARSZAWA		75	K30/299	(K)872	01:18:19	01:15:23	7.96	00:40:28 / 4990 [7.41]
5091	4873	POLITOWICZ Krzysztof	CZECZOTKI		69	M40/694	(M)4219	01:18:21	01:14:16	8.08	00:39:43 / 4937 [7.55]
5092	4872	JÓŹWIAK Agnieszka	CZECZOTKI		71	K30/300	(K)873	01:18:22	01:14:17	8.08	00:39:44 / 4938 [7.55]
5093	1721	NIEDŹWIEDZKA Joanna	WARSZAWA	ŚCIEŻKA BIEGOWA PARK LEŚNY BRÓDNO	58	K50/42	(K)874	01:18:25	01:13:22	8.18	00:42:34 / 5110 [7.05]
5094	6060	SZAFRAN Beata	MSZCZONÓW		77	K30/301	(K)875	01:18:35	01:13:15	8.19	00:41:19 / 5040 [7.26]
5095	408	BUCIAK Łukasz	NOWY DWÓR		76	M30/1573	(M)4220	01:18:37	01:16:46	7.82	
5096	109	GOLACHOWSKA Ewa	WARSZAWA		67	K40/136	(K)876	01:18:37	01:13:01	8.22	00:42:06 / 5085 [7.13]
5097	2396	DZIADURA MICHAŁ	PRUSZCZ GDAŃSKI		85	M20/1098	(M)4221	01:18:48	01:13:17	8.19	00:41:32 / 5052 [7.22]
5098	2393	SŁOWIK EWELINA	PRUSZCZ GDAŃSKI		85	K20/303	(K)877	01:18:48	01:13:17	8.19	00:41:32 / 5051 [7.22]
5099	5806	MIKOŁAJCZYK Dorota	BIAŁA PODLASKA		62	K40/137	(K)878	01:19:10	01:14:12	8.09	00:42:20 / 5093 [7.09]
5100	5802	MICHAŁSKI Andrzej	KOZIENICE		72	M30/1574	(M)4222	01:19:17	01:17:30	7.74	00:38:35 / 4820 [7.78]
5101	5963	RESPONDOWSKI Krzysztof	KONSTANCIN-JEZIORNA		65	M40/695	(M)4223	01:19:18	01:17:32	7.74	00:38:34 / 4819 [7.78]
5102	751	PIWOWARSKI Piotr	WARSZAWA		62	M40/696	(M)4224	01:19:21	01:17:09	7.78	00:40:30 / 4992 [7.41]
5103	1940	OSTROWSKA Patrycja	WARSZAWA		77	K30/302	(K)879	01:19:21	01:17:14	7.77	00:39:42 / 4933 [7.56]
5104	367	BORZYM Lech	WARSZAWA		45	M60/82	(M)4225	01:19:22	01:17:11	7.77	00:40:30 / 4993 [7.41]
5105	1942	OSTROWSKI Daniel	WARSZAWA		75	M30/1575	(M)4226	01:19:22	01:17:14	7.77	00:39:42 / 4932 [7.56]
5106	4696	ZIELIŃSKI Tomasz	WARSZAWA		57	M50/320	(M)4227	01:19:29	01:15:52	7.91	00:39:34 / 4919 [7.58]
5107	5143	STOLARSKA Joanna	WARSZAWA	HGR BEMOWO	86	K20/304	(K)880	01:19:30	01:17:45	7.72	00:39:29 / 4916 [7.60]
5108	1636	PIĄTEK andrzej	WARSZAWA		46	M60/83	(M)4228	01:19:34	01:16:17	7.87	00:39:54 / 4951 [7.52]
5109	6632	KRASNODĘBSKA Dorota	WARSZAWA		74	K30/303	(K)881	01:19:36	01:13:30	8.16	00:44:40 / 5168 [6.72]
5110	3572	KOZDRÓJ Rafał	WARSZAWA		95		(M)4229	01:19:42	01:14:07	8.10	00:41:57 / 5078 [7.15]
5111	1124	SZARECKA Marta	WARSZAWA	POLSKA BIEGA	93		(K)882	01:19:42	01:14:23	8.07	00:41:35 / 5055 [7.21]
5112	3276	ROMANOWSKI Leon	WARSZAWA		46	M60/84	(M)4230	01:19:48	01:16:09	7.88	00:42:14 / 5090 [7.10]
5113	4593	SZULIM Marek	WARSZAWA WESOŁA		74	M30/1576	(M)4231	01:19:48	01:15:14	7.98	00:42:26 / 5099 [7.07]
5114	4594	SZULIM Katarzyna	SULEJÓWEK		74	K30/304	(K)883	01:19:48	01:14:09	8.09	00:42:26 / 5101 [7.07]
5115	1670	JĘDRZEJEWSKA EWA	MARKI		57	K50/43	(K)884	01:20:03	01:14:17	8.08	00:41:57 / 5077 [7.15]
5116	1672	JĘDRZEJEWSKI Dariusz	MARKI	BIEGAM DLA ŻONY !!!!	81	M20/1099	(M)4232	01:20:03	01:14:17	8.08	00:41:56 / 5076 [7.15]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
5117	1368	CIARA Przemysław	WARSZAWA	ACTION	77	M30/1577	(M)4233	01:20:04	01:15:30	7.95	00:42:41 / 5117 [7.03]
5118	4893	ARCISZEWSKA Marta	WARSZAWA		78	K30/305	(K)885	01:20:10	01:14:54	8.01	00:41:55 / 5075 [7.16]
5119	4894	KRZYMOWSKI Marek	WARSZAWA		72	M30/1578	(M)4234	01:20:11	01:14:55	8.01	00:41:55 / 5074 [7.16]
5120	4062	ZACKIEWICZ Urszula	WARSZAWA		65	K40/138	(K)886	01:20:11	01:14:48	8.02	00:43:50 / 5150 [6.84]
5121	738	BARTKOWIAK Karolina	NADARZYN		87	K20/305	(K)887	01:20:13	01:15:07	7.99	00:42:24 / 5097 [7.08]
5122	4318	ŻUCHOWSKI Paweł	WARSZAWA		80	M20/1100	(M)4235	01:20:16	01:18:02	7.69	00:41:11 / 5031 [7.28]
5123	3675	BAJER Magdalena	WARSZAWA	URSUS	80	M20/1101	(M)4236	01:20:16	01:16:11	7.88	00:40:42 / 5004 [7.37]
5124	1423	WERTEL Paweł	WARSZAWA	ACTION	62	M40/697	(M)4237	01:20:16	01:17:45	7.72	00:39:48 / 4947 [7.54]
5125	3676	BAK Dagmara	WARSZAWA	URSUS	85	M20/1102	(M)4238	01:20:16	01:16:10	7.88	00:40:42 / 5003 [7.37]
5126	1602	HORDYJ-LEPLE Joanna	OPACZ-KOLONIA	KLUB BIEGACZA.PL	73	K30/306	(K)888	01:20:17	01:18:19	7.66	00:40:01 / 4961 [7.50]
5127	740	BARTKOWIAK Henryk	PIASECZNO		46	M60/85	(M)4239	01:20:21	01:15:13	7.98	00:42:24 / 5098 [7.08]
5128	889	RAWSKI Konrad	WARSZAWA		97		(M)4240	01:20:25	01:15:19	7.97	00:42:05 / 5084 [7.13]
5129	890	RAWSKI Mirosław	WARSZAWA		61	M40/698	(M)4241	01:20:25	01:15:19	7.97	00:42:05 / 5083 [7.13]
5130	2416	STANKIEWICZ Jan	WARSZAWA		66	M40/699	(M)4242	01:20:35	01:16:37	7.83	00:39:57 / 4954 [7.51]
5131	4449	BLĄŻEJCZYK Jacek	WARSZAWA		66	M40/700	(M)4243	01:20:48	01:18:08	7.68	00:41:02 / 5018 [7.31]
5132	1015	BEDNARSKA Katarzyna	WARSZAWA	DE LAGE LANDEN	85	K20/306	(K)889	01:20:50	01:18:27	7.65	00:39:11 / 4885 [7.66]
5133	1937	POPIOŁOWSKI Radosław	WARSZAWA		76	M30/1579	(M)4244	01:20:53	00:59:38	10.06	00:50:01 / 5219 [6.00]
5134	5231	KMIECIŃSKA Iwona	WARSZAWA		77	K30/307	(K)890	01:20:55	01:15:05	7.99	00:43:41 / 5147 [6.87]
5135	2233	BEIM Lidia	WARSZAWA		48	K60/6	(K)891	01:21:18	01:15:17	7.97	00:43:30 / 5142 [6.90]
5136	1815	GADOMSKI Robert	WARSZAWA		72	M30/1580	(M)4245	01:21:18	01:15:24	7.96	00:43:29 / 5141 [6.90]
5137	3559	BIELECKA Karolina	SIEDŁCE		84	K20/307	(K)892	01:21:19	01:16:50	7.81	00:41:27 / 5048 [7.24]
5138	5221	WOJTACZKA Kassandra	WARSZAWA		74	K30/308	(K)893	01:21:25	01:17:05	7.78	00:43:09 / 5127 [6.95]
5139	5222	WOJTACZKA Michał	WARSZAWA		74	M30/1581	(M)4246	01:21:26	01:17:07	7.78	00:43:09 / 5128 [6.95]
5140	5214	SUCHOŃSKA Małgorzata	BRZEZINY		79	K30/309	(K)894	01:21:27	01:16:14	7.87	00:42:12 / 5089 [7.11]
5141	3064	ROSA Helena	WOŁOMIN	ENTRE.PL	35	K70/2	(K)895	01:21:29	01:17:00	7.79	00:44:27 / 5164 [6.75]
5142	1173	PIWNICKA MAGDALENA	POMIECHÓWEK		88	K20/308	(K)896	01:21:29	01:15:37	7.93	00:42:59 / 5126 [6.98]
5143	99	AWDZIEJCZYK Ewa			09		(M)4247	01:21:38	01:18:25	7.65	00:42:58 / 5124 [6.98]
5144	95	TANBOULI-JABŁOŃSKA Iwona			09		(M)4248	01:21:38	01:18:24	7.65	00:42:58 / 5125 [6.98]
5145	258	TOMICKA Elżbieta	WARSZAWA		37	K70/3	(K)897	01:21:53	01:18:59	7.60	00:43:33 / 5143 [6.89]
5146	5180	KOWALCZUK Paweł	WARSZAWA		83	M20/1103	(M)4249	01:21:56	01:18:02	7.69	00:41:44 / 5068 [7.19]
5147	2767	ZALEWSKA Barbara	WARSZAWA		53	K50/44	(K)898	01:21:59	01:20:06	7.49	00:40:26 / 4989 [7.42]
5148	3762	STANKIEWICZ Katarzyna	WARSZAWA		84	K20/309	(K)899	01:21:59	01:16:31	7.84	00:44:10 / 5157 [6.79]
5149	3637	ZAJĄC Jakub	WARSZAWA		78	M30/1582	(M)4250	01:22:05	01:16:55	7.80	00:45:11 / 5181 [6.64]
5150	137	KAZIMIERSKI Maciej	WARSZAWA		71	M30/1583	(M)4251	01:22:11	01:16:46	7.82	00:43:44 / 5149 [6.86]
5151	3569	KOZDRÓJ Katarzyna	WARSZAWA		70	K30/310	(K)900	01:22:13	01:16:38	7.83	00:44:28 / 5165 [6.75]
5152	3628	KOSSAKOWSKI Zbigniew	WARSZAWA	NIE	74	M30/1584	(M)4252	01:22:17	01:19:57	7.50	00:41:12 / 5035 [7.28]
5153	978	SICIŃSKA Izabela	WARSZAWA		84	K20/310	(K)901	01:22:18	01:17:45	7.72	00:44:10 / 5156 [6.79]
5154	977	LENKIEWICZ Marek	WARSZAWA		84	M20/1104	(M)4253	01:22:21	01:17:50	7.71	00:44:09 / 5155 [6.80]
5155	5568	HADROWICZ paweł	PŁOCK	NIE	59	M50/321	(M)4254	01:22:21	01:17:02	7.79	00:44:19 / 5162 [6.77]
5156	4250	DROBIK Marcin	WARSZAWA		87	M20/1105	(M)4255	01:22:23	01:17:10	7.78	00:44:49 / 5170 [6.69]
5157	4249	KOCOŃ Rafał	WARSZAWA		84	M20/1106	(M)4256	01:22:23	01:17:10	7.78	00:44:49 / 5171 [6.69]
5158	4938	KARPIŃSKA Agnieszka	WARSZAWA		79	K30/311	(K)902	01:22:45	01:17:54	7.70	00:43:13 / 5130 [6.94]
5159	4939	SIARKIEWICZ Małgorzata	WARSZAWA		80	K20/311	(K)903	01:22:46	01:17:55	7.70	00:43:13 / 5129 [6.94]
5160	247	MICHAŁIK Jan	WARSZAWA		41	M60/86	(M)4257	01:22:48	01:18:06	7.68	00:44:14 / 5158 [6.78]
5161	246	GRZELAK Zygmunt	WARSZAWA		32	M70/14	(M)4258	01:22:48	01:18:06	7.68	00:44:14 / 5159 [6.78]
5162	501	CZUPTA Hieronim	WARSZAWA	AON WARSZAWA	74	M30/1585	(M)4259	01:22:52	01:17:09	7.78	00:48:26 / 5215 [6.19]
5163	3183	LUBAŃSKA elżbieta	WARSZAWA	MALWA TEAM SPORT	73	K30/312	(K)904	01:22:53	01:15:06	7.99	00:46:03 / 5193 [6.51]
5164	6211	WASILEWSKI Łukasz	WARSZAWA		00		(M)4260	01:22:54	01:18:28	7.65	00:42:38 / 5112 [7.04]
5165	4516	ŚWIERCZYŃSKA Dominika	WARSZAWA		93		(K)905	01:22:54	01:18:25	7.65	00:43:25 / 5138 [6.91]
5166	131	CZAJKA Elżbieta	WARSZAWA		61	K40/139	(K)906	01:22:56	01:22:53	7.24	00:41:47 / 5069 [7.18]
5167	4747	ŁABANOWSKA Katarzyna	WARSZAWA		79	K30/313	(K)907	01:23:01	01:17:34	7.74	00:44:33 / 5167 [6.73]
5168	4251	MARKOWSKI Adam	WARSZAWA		84	M20/1107	(M)4261	01:23:20	01:17:28	7.75	00:44:49 / 5172 [6.69]
5169	2116	SOWIŃSKA Stefania	WARSZAWA		57	K50/45	(K)908	01:23:21	01:19:20	7.56	00:44:15 / 5160 [6.78]
5170	6021	SOBCZAK Iwona	WARSZAWA	ITI ADVENTURE TEAM	84	K20/312	(K)909	01:23:24	01:20:16	7.48	00:42:46 / 5119 [7.01]
5171	957	SOROKA Radosław	NIEPORĘT		89	M20/1108	(M)4262	01:23:29	01:22:12	7.30	00:39:06 / 4879 [7.67]
5172	3144	JAKÓBOWSKI Jacek	WARSZAWA		70	M30/1586	(M)4263	01:23:33	01:17:46	7.72	00:44:45 / 5169 [6.70]
5173	2733	DOŁOWY Inga	WARSZAWA		81	K20/313	(K)910	01:23:34	01:18:01	7.69	00:45:38 / 5186 [6.57]
5174	343	PRAGA Anna	WARSZAWA	ANNAPRAGA@O2.PL	56	K50/46	(K)911	01:23:35	01:17:36	7.73	00:44:31 / 5166 [6.74]
5175	2732	ANTONIAK Marcin	WARSZAWA		78	M30/1587	(M)4264	01:23:36	01:18:03	7.69	00:45:38 / 5187 [6.57]
5176	1394	DANYŁO Aneta	WARSZAWA	ACTION	79	K30/314	(K)912	01:23:36	01:18:51	7.61	00:45:00 / 5176 [6.67]
5177	511	MAREK Henryk	WARSZAWA		47	M60/87	(M)4265	01:23:39	01:19:33	7.54	
5178	234	KARAS Aleksandra		CROSS	09		(M)4266	01:23:41	01:20:04	7.49	00:42:52 / 5122 [7.00]
5179	2096	KOWALIK Weronika Ewa	WARSZAWA		79	K30/315	(K)913	01:23:43	01:19:37	7.54	00:43:25 / 5137 [6.91]
5180	217	DĄBROWSKI Maciej		CROSS	09		(M)4267	01:23:44	01:20:06	7.49	00:42:52 / 5123 [7.00]
5181	3494	MICHAŁSKI Damian	RADZYMIN-SŁUPNO		95		(M)4268	01:23:58	01:18:33	7.64	



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
5182	1432	LASKOWSKI Andrzej	WARSZAWA	ACTION	76	M30/1588	(M)4269	01:24:10	01:22:02	7.31	00:42:40 / 5114 [7.03]
5183	3766	PROBULSKI Marek	WARSZAWA		94		(M)4270	01:24:17	01:19:44	7.53	00:43:40 / 5146 [6.87]
5184	1435	TULICKI Andrzej	WARSZAWA	ACTION	74	M30/1589	(M)4271	01:24:19	01:22:12	7.30	00:42:39 / 5113 [7.03]
5185	2677	MADEJSKI Jerzy Karol	RADOM		42	M60/88	(M)4272	01:24:24	01:18:40	7.63	00:46:11 / 5199 [6.50]
5186	3765	PROBULSKA Urszula	WARSZAWA		71	M30/1590	(M)4273	01:24:43	01:20:10	7.48	00:43:42 / 5148 [6.86]
5187	3973	WAGNER Grażyna	OŻARÓW MAZOWIECKI	OŚ. FLORIANA	54	K50/47	(K)914	01:24:52	01:23:33	7.18	00:41:41 / 5063 [7.20]
5188	2183	JESIONA Bogumiła	WARSZAWA-WESOŁA		72	K30/316	(K)915	01:24:54	01:23:02	7.23	00:44:00 / 5153 [6.82]
5189	2182	JASIONA Karol	WARSZAWA-WESOŁA		93		(M)4274	01:24:54	01:23:02	7.23	00:44:00 / 5152 [6.82]
5190	4174	DARMETKO Teresa	ŁOMŻA		81	K20/314	(K)916	01:25:00	01:19:21	7.56	00:45:12 / 5182 [6.64]
5191	2401	MIKA Dorota	WARSZAWA		72	K30/317	(K)917	01:25:06	01:22:18	7.29	00:43:13 / 5131 [6.94]
5192	2400	MIKA Artur	WARSZAWA		71	M30/1591	(M)4275	01:25:06	01:22:18	7.29	00:42:31 / 5106 [7.06]
5193	6928	KOZAK Bartosz	WARSZAWA	MKS POLONIA	98		(M)4276	01:25:06	01:22:18	7.29	00:43:13 / 5132 [6.94]
5194	6927	KOZAK Beata	WARSZAWA		73	K30/318	(K)918	01:25:07	01:22:19	7.29	00:43:14 / 5133 [6.94]
5195	1374	POKOS Łukasz	WARSZAWA	ACTION	82	M20/1109	(M)4277	01:25:11	01:20:36	7.44	00:45:56 / 5192 [6.53]
5196	1621	CHUDECKA anna	OSTRÓW MZOWIECKI		89	K20/315	(K)919	01:25:21	01:20:26	7.46	00:45:00 / 5174 [6.67]
5197	1620	SKŁODOWSKI radostaw	ZARĘBY KOŚCIELNE		87	M20/1110	(M)4278	01:25:22	01:20:27	7.46	00:45:00 / 5175 [6.67]
5198	2322	ZUBCZYŃSKA Izabela	WARSZAWA		52	K50/48	(K)920	01:25:27	01:20:32	7.45	00:43:56 / 5151 [6.83]
5199	5485	FELKEL sebastian	PIASTÓW		85	M20/1111	(M)4279	01:25:33	01:20:27	7.46	00:45:07 / 5180 [6.65]
5200	4610	JABŁONOWSKA Kasia	WARSZAWA		87	K20/316	(K)921	01:25:35	01:21:32	7.36	00:43:27 / 5139 [6.90]
5201	4601	GŁODOWSKI Adam	WARSZAWA		85	M20/1112	(M)4280	01:25:35	01:21:32	7.36	00:43:27 / 5140 [6.90]
5202	1920	UKLEJSKA Małgorzata	DĘBINA		58	K50/49	(K)922	01:25:40	01:20:11	7.48	00:44:17 / 5161 [6.77]
5203	4211	ZIEMKIEWICZ Bogusława	WARSZAWA		71	K30/319	(K)923	01:25:44	01:19:56	7.51	00:45:12 / 5183 [6.64]
5204	6064	SZCZĘSNA Agnieszka	WOŁOMIN		68	K40/140	(K)924	01:25:45	01:20:58	7.41	00:45:28 / 5185 [6.60]
5205	6588	STĘPIEŃ Izabela	WOŁOMIN		80	K20/317	(K)925	01:25:45	01:20:58	7.41	00:45:27 / 5184 [6.60]
5206	972	CZUBAKOWSKI Sławomir	WARSZAWA		64	M40/701	(M)4281	01:26:00	01:24:25	7.11	00:42:40 / 5116 [7.03]
5207	971	GADZAŁA Katarzyna	WARSZAWA		88	K20/318	(K)926	01:26:00	01:24:26	7.11	00:42:40 / 5115 [7.03]
5208	931	SKOLIMOWSKA Jagoda	SIEDLCE		89	K20/319	(K)927	01:26:02	01:19:58	7.50	00:42:41 / 5118 [7.03]
5209	461	DUBIEL Anna	WARSZAWA		74	K30/320	(K)928	01:26:02	01:25:04	7.05	00:42:04 / 5082 [7.13]
5210	191	MAJ Sławomir	WARSZAWA		35	M70/15	(M)4282	01:26:06	01:19:56	7.51	00:47:13 / 5208 [6.35]
5211	94	LITOROWICZ-SIEGERT Agnieszka			09		(M)4283	01:26:15	01:23:01	7.23	00:44:09 / 5154 [6.80]
5212	6888	SIMIŃSKA Izabela	WARSZAWA		71	K30/321	(K)929	01:26:21	01:21:49	7.33	00:45:06 / 5179 [6.65]
5213	459	GWARA Elżbieta	WARSZAWA		58	K50/50	(K)930	01:26:24	01:25:20	7.03	00:40:59 / 5017 [7.32]
5214	3558	KRYSIŃSKA Anna	WARSZAWA		61	K40/141	(K)931	01:26:30	01:21:12	7.39	00:41:59 / 5080 [7.15]
5215	2232	STELMACH Tomasz	WARSZAWA		76	M30/1592	(M)4284	01:26:30	01:20:27	7.46	00:47:20 / 5212 [6.34]
5216	2234	GÓRA Marta	WARSZAWA		97		(K)932	01:26:30	01:20:27	7.46	00:47:20 / 5211 [6.34]
5217	4493	HAŁGAS Jan	WARSZAWA		53	M50/322	(M)4285	01:26:33	01:26:21	6.95	
5218	3566	SELIGA Grażyna			54	K50/51	(K)933	01:26:43	01:21:24	7.37	00:45:42 / 5189 [6.56]
5219	3565	WNOROWSKI Krzysztof	WARSZAWA		52	M50/323	(M)4286	01:26:43	01:21:25	7.37	00:45:41 / 5188 [6.57]
5220	4815	NOWAKOWSKA Joanna	WARSZAWA		79	K30/322	(K)934	01:26:44	01:22:46	7.25	00:45:04 / 5178 [6.66]
5221	4813	NOWAKOWSKI Wojtek	WARSZAWA		85	M20/1113	(M)4287	01:26:44	01:22:46	7.25	00:45:03 / 5177 [6.66]
5222	6342	WROŃSKA Dorota	WARSZAWA	-	69	K40/142	(K)935	01:26:53	01:21:02	7.40	00:46:04 / 5195 [6.51]
5223	6673	HAHN Grzegorz					(M)4288	01:27:35	01:24:34	7.09	00:46:07 / 5196 [6.51]
5224	6893	LUBAŃSKI piotr junior	WARSZAWA	MALWA TEAM SPORT	00		(M)4289	01:27:45	01:20:02	7.50	00:43:24 / 5136 [6.91]
5225	6892	JANKOWSKA Eliza	WARSZAWA		99		(K)936	01:27:46	01:20:01	7.50	00:46:04 / 5194 [6.51]
5226	1410	PADŁO Łukasz	WARSZAWA	ACTION	84	M20/1114	(M)4290	01:27:47	01:23:02	7.23	00:45:49 / 5191 [6.55]
5227	5173	OSOJCA Tomasz	WARSZAWA		79	M30/1593	(M)4291	01:27:57	01:22:38	7.26	00:47:15 / 5210 [6.35]
5228	5172	GROMULSKA-OSOJCA Barbara	WARSZAWA		78	K30/323	(K)937	01:27:58	01:22:40	7.26	00:47:14 / 5209 [6.35]
5229	1604	SOBIERAJSKA Aleksandra	WARSZAWA	KLUBBIEGACZA.PL	80	K20/320	(K)938	01:28:09	01:22:33	7.27	00:47:04 / 5204 [6.37]
5230	1605	CIRÓG Ewa	NOSALIN	KLUBBIEGACZA.PL	54	K50/52	(K)939	01:28:09	01:22:33	7.27	00:47:04 / 5205 [6.37]
5231	1415	SOBOTA Agnieszka	WARSZAWA	ACTION	80	K20/321	(K)940	01:28:19	01:23:34	7.18	00:45:49 / 5190 [6.55]
5232	2315	TLAŁKA Mikołaj	WARSZAWA		96		(M)4292	01:28:34	01:22:55	7.24	00:46:08 / 5197 [6.50]
5233	2314	TLAŁKA Mariusz	WARSZAWA		70	M30/1594	(M)4293	01:28:35	01:22:56	7.23	00:46:09 / 5198 [6.50]
5234	2909	SIERADZKA Edyta	WARSZAWA		85	K20/322	(K)941	01:28:45	01:25:45	7.00	00:42:36 / 5111 [7.04]
5235	1943	GARDAS Marcin	WARSZAWA		77	M30/1595	(M)4294	01:29:16	01:27:10	6.88	00:44:22 / 5163 [6.76]
5236	2072	LEKSZYCKA Magda	WARSZAWA		93		(K)942	01:29:30	01:27:49	6.83	00:46:39 / 5202 [6.43]
5237	2073	LELONKIEWICZ Anna	WARSZAWA		93		(K)943	01:29:30	01:27:49	6.83	00:46:39 / 5203 [6.43]
5238	2900	KĘPCZYŃSKI Janusz	OŻARÓW MAZOWIECKI		49	M60/89	(M)4295	01:29:41	01:23:46	7.16	00:47:10 / 5207 [6.36]
5239	1698	CENDROWSKI Jerzy	WARSZAWA		30	M70/16	(M)4296	01:30:32	01:28:55	6.75	00:44:56 / 5173 [6.68]
5240	2245	CZUB Jan	WARSZAWA		45	M60/90	(M)4297	01:30:56	01:26:18	6.95	00:46:36 / 5201 [6.44]
5241	3933	RACZYŃSKA Dorota	ZIELONKA		78	K30/324	(K)944	01:32:12	01:28:16	6.80	00:46:23 / 5200 [6.47]
5242	1935	TROCZYŃSKA-POPENDA Beata	WARSZAWA		66	K40/143	(K)945	01:34:55	01:30:34	6.62	00:47:52 / 5214 [6.27]
5243	512	FRYDRYCH Bożena	WARSZAWA		57	K50/53	(K)946	01:34:56	01:30:35	6.62	00:47:07 / 5206 [6.37]
5244	1946	NACHULEWICZ Joanna	WARSZAWA		63	K40/144	(K)947	01:35:24	01:29:53	6.68	00:50:27 / 5221 [5.95]
5245	3040	BAJOREK Cezary			09		(M)4298	01:36:16	01:36:11	6.24	00:49:05 / 5218 [6.11]
5246	3009	BAJOREK Jacek			09		(M)4299	01:36:16	01:36:12	6.24	00:49:05 / 5217 [6.11]



Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Wynik Time	Wynik Netto	[km/h]	5km
5247	4252	JAKUBOWSKA Joanna	WARSZAWA		85	K20/323	(K)948	01:36:38	01:30:46	6.61	00:50:47 / 5227 [5.91]
5248	2028	KAMIŃSKA Maria	NOWY DWÓR		74	K30/325	(K)949	01:36:38	01:29:58	6.67	00:50:47 / 5226 [5.91]
5249	4474	PAŚNICKA Ewelina	STARA WIEŚ		85	K20/324	(K)950	01:37:05	01:31:24	6.56	00:50:46 / 5223 [5.91]
5250	1750	SMOGORZEWSKA anna	NIEPORĘT		71	K30/326	(K)951	01:37:29	01:34:25	6.35	00:50:46 / 5224 [5.91]
5251	1096	CZECHOWSKI Jerzy	WARSZAWA		49	M60/91	(M)4300	01:37:30	01:31:33	6.55	00:50:46 / 5225 [5.91]
5252	83	NIEDŹWIECKI Jan			09		(M)4301	01:37:56	01:37:36	6.15	00:50:04 / 5220 [5.99]
5253	6952	JARZĄBEK Beata	KOMORÓW	BRAK	71	K30/327	(K)952	01:39:17	01:33:40	6.41	00:52:08 / 5228 [5.75]
5254	872	CHLEBICKA Elżbieta	KOMORÓW		63	K40/145	(K)953	01:39:18	01:33:41	6.40	00:52:09 / 5229 [5.75]
5255	6157	BORATYŃSKA Pola	WARSZAWA		91		(K)954	01:39:40	01:33:31	6.42	00:47:23 / 5213 [6.33]
5256	186	BLASZCZAK Zbigniew	WARSZAWA	WHITE RAVEN WARSZAWA	34	M70/17	(M)4302	01:39:44	01:38:01	6.12	00:50:34 / 5222 [5.93]

