Białystok -> 5 km ➡️ [https://virtualrun.com.pl/biegi/bia%C5%82ystok-run-hau-5k/10396](https://virtualrun.com.pl/biegi/bia%C5%82ystok-run-hau-5k/10396?fbclid=IwAR0HA2ZIkn42AGuqHmLpqGY0rLZbm5jy42wVnOn-c05dOjS4417i15GIgpg)  
Białystok -> 10 km ➡️ [https://virtualrun.com.pl/biegi/bia%C5%82ystok-run-hau-10k/10397](https://virtualrun.com.pl/biegi/bia%C5%82ystok-run-hau-10k/10397?fbclid=IwAR3WfaomnPsQzkpWB6yzbfMwHokIuYlh0qycVfb59upVs9SMFzk3-1eG35c)  
Bydgoszcz -> 5 km ➡️ [https://virtualrun.com.pl/biegi/bydgoszcz-run-hau-5k/10400](https://virtualrun.com.pl/biegi/bydgoszcz-run-hau-5k/10400?fbclid=IwAR0ItM0bkdEDe-eoa4feYRCuSPltS1V3EhVu8ZxlpGxnVgbodCyDFC6SOGo)  
Bydgoszcz -> 10 km ➡️ [https://virtualrun.com.pl/biegi/bydgoszcz-run-hau-10k/10401](https://virtualrun.com.pl/biegi/bydgoszcz-run-hau-10k/10401?fbclid=IwAR3aaoGgqGWPorNM-dngP2ClwdQ8ZaEdLmzuhaek2fVx9gXAbxf-YHDcStU)  
Gdańsk -> 5 km ➡️ [https://virtualrun.com.pl/biegi/gda%C5%84sk-run-hau-5k/10402](https://virtualrun.com.pl/biegi/gda%C5%84sk-run-hau-5k/10402?fbclid=IwAR3Zs0AWLgRioIgsZ9LXYZB0A3DjzhfZpT7kNk-XMoXVi0DBhOOD_oUJXTE)  
Gdańsk -> 10 km ➡️ [https://virtualrun.com.pl/biegi/gda%C5%84sk-run-hau-10k/10403](https://l.facebook.com/l.php?u=https%3A%2F%2Fvirtualrun.com.pl%2Fbiegi%2Fgda%25C5%2584sk-run-hau-10k%2F10403%3Ffbclid%3DIwAR2ypepBmlnhsPYCowKk9S-OfkxKYrHDzTTJgfHwqZaypC4HHL2W4oqnD14&h=AT3gJYXKldvlf8NQmSRpRPa0movu7S-wP4ZkYq_m-UmCu1a0Iso_6nLAtlcMegDRkVxPC8bFjriqrLaM3cyaJ4oQYMv65Bi2XdLdNVUBNONxSQOn7ARmJ3k5ZwRTv4E2Liaw)  
Katowice -> 5 km ➡️ [https://virtualrun.com.pl/biegi/katowice-run-hau-5k/10414](https://virtualrun.com.pl/biegi/katowice-run-hau-5k/10414?fbclid=IwAR3Qt6LUPImJsKk4VKX6a9R8jfGydZrLHwG1fagYS7YwXPO6zN77p4szKUY)  
Katowice -> 10 km ➡️ [https://virtualrun.com.pl/biegi/katowice-run-hau-10k/10417](https://l.facebook.com/l.php?u=https%3A%2F%2Fvirtualrun.com.pl%2Fbiegi%2Fkatowice-run-hau-10k%2F10417%3Ffbclid%3DIwAR1RxM74DE_7BwCnpRViJLidwxiDIlyU7iAkXKhRfcs39KpDgqT93eMlaq0&h=AT01q8dxBNMvDK98aZkBfXaY4SkMxbR1cv3HrCpxL9TkfF6rbdJD4NBBnx5u-9CeYHSdZdFd11UfOqWfLvuAnu2SLOh9kVhTIwIwTq7qtx38IUxoY865GIVgtICdjdhmd2fH)  
Kielce -> 5 km ➡️ [https://virtualrun.com.pl/biegi/kielce-run-hau-5k/10388](https://l.facebook.com/l.php?u=https%3A%2F%2Fvirtualrun.com.pl%2Fbiegi%2Fkielce-run-hau-5k%2F10388%3Ffbclid%3DIwAR1RxM74DE_7BwCnpRViJLidwxiDIlyU7iAkXKhRfcs39KpDgqT93eMlaq0&h=AT2ZPlBwrvVkagCAxTom0J9xxwXmmz_qqw6sZSuxDy1-sTnKuePUK3zCIKVD3tbCgUEBojaqmBY1YmTcBjEid2uDN1W0d_0U2I9zjJGSj-k0vFtA-jdXCm1oQTrMZgl7zYVr)  
Kielce -> 10 km ➡️ [https://virtualrun.com.pl/biegi/kielce-run-hau-10k/10389](https://l.facebook.com/l.php?u=https%3A%2F%2Fvirtualrun.com.pl%2Fbiegi%2Fkielce-run-hau-10k%2F10389%3Ffbclid%3DIwAR0-gZY-xByNp9oQis9IGdrBeJxhmc7dp9UKu7ONAMQABvVEzLIQrm1NcvY&h=AT1W-PdjLaXi-xrChgqD5ROGbmfAZKKZgqfou8_G-8pIG-iTNRYfXsLr0tM8GvnsHjJZCm8a2xhe08NRzXumc5hVxInGyZw4H7FgrcuXABvfnynknnYbmD29XGynPKQ74Sxn)  
Kraków -> 5 km ➡️ [https://virtualrun.com.pl/biegi/krak%C3%B3w-run-hau-5k/10390](https://l.facebook.com/l.php?u=https%3A%2F%2Fvirtualrun.com.pl%2Fbiegi%2Fkrak%25C3%25B3w-run-hau-5k%2F10390%3Ffbclid%3DIwAR2IZDZSyhQ5Oc8uhhzVJThHYnciMxil0lXghKXoNOOeBKsEMd1ic_sx4NU&h=AT3vo1iGt9JX_WQh9Y1B3I6j5XF1sxflG5iqEDBO0z4ENnvneaRAzuNY3IWU2cCAGiGLyxf9yRhGsJ46Dkee0UeHMkvfQs2LyslmTNbnIiGqQojovmxLSvZ4Rz7-n_K3PKSI)  
Kraków -> 10 km ➡️ [https://virtualrun.com.pl/biegi/krak%C3%B3w-run-hau-10k/10391](https://l.facebook.com/l.php?u=https%3A%2F%2Fvirtualrun.com.pl%2Fbiegi%2Fkrak%25C3%25B3w-run-hau-10k%2F10391%3Ffbclid%3DIwAR1IdRW-6NhllZqMFLpCbjIReybZxhMGC0c7HYOLBGi17zyGiw33wEVxBUw&h=AT38pYz0YSZ1d0PgfDE9rdujlKHFwtwlzUBVEUSOoRXhRZ8t964QrtXyGMYuAOF0pCZ3xOcmr6LA8jPUOSvGhabfVnBBxnheSW-7U2AJVLytxYHgxc5b7RQH3W15ti7S0Pv-)  
Lublin -> 5 km ➡️ [https://virtualrun.com.pl/biegi/lublin-run-hau-5k/10394](https://l.facebook.com/l.php?u=https%3A%2F%2Fvirtualrun.com.pl%2Fbiegi%2Flublin-run-hau-5k%2F10394%3Ffbclid%3DIwAR0-gZY-xByNp9oQis9IGdrBeJxhmc7dp9UKu7ONAMQABvVEzLIQrm1NcvY&h=AT210JZ4KobKst93iq6J-4oVQiiUcS96LTS3TvY_kfqZxrOTFwxDqZIlAI33rHkCFbksL7KXwdaPq0FHGttMhbl9dInWlQw2fkJm68BUnnHUcWuUCQN-5B84eGB1VujZB2NG)  
Lublin -> 10 km ➡️ [https://virtualrun.com.pl/biegi/lublin-run-hau-10k/10395](https://l.facebook.com/l.php?u=https%3A%2F%2Fvirtualrun.com.pl%2Fbiegi%2Flublin-run-hau-10k%2F10395%3Ffbclid%3DIwAR29QOoUTbIZCd-amBXh1YHt4wNq0L30yEI7kiSsFkB2pXTycHVtnLqrHTs&h=AT1S8VrRg21lYYKKc3LFImEwGXsOOF8aQPuoubbgjZV32jmqXX3JXrLJGMPSfRhnaHT-bKlQS0E7oylQ5G8CEnOX4ehjq7khjSjKrhfTdgAkNLHX5lgPWXkRaoN5ydvtDy8d)  
Łódź -> 5 km ➡️ [https://virtualrun.com.pl/biegi/%C5%82%C3%B3d%C5%BA-run-hau-5k/10415](https://l.facebook.com/l.php?u=https%3A%2F%2Fvirtualrun.com.pl%2Fbiegi%2F%25C5%2582%25C3%25B3d%25C5%25BA-run-hau-5k%2F10415%3Ffbclid%3DIwAR25waZp-n-0oPXXir4xXJLhnFpxSeX1ahJJ-s3E-SjKtByLGHB2yDqTgp8&h=AT06q_83i2sQ7ybqIqewFih95b3OZpdOgj6F1vPuXkZ6oS4EfK44Vvi3aDFHGFbdbonSGpZch8ltFsySugy6JqWiWmmllR0FkVgumuz4lo_IOAvxfoP2CLf6Rf3fA5KfNq4o)  
Łódź -> 10 km ➡️ [https://virtualrun.com.pl/biegi/%C5%82%C3%B3d%C5%BA-run-hau-10k/10416](https://l.facebook.com/l.php?u=https%3A%2F%2Fvirtualrun.com.pl%2Fbiegi%2F%25C5%2582%25C3%25B3d%25C5%25BA-run-hau-10k%2F10416%3Ffbclid%3DIwAR2zicezzaCp67MphQ-QwJM03OfTgAg9L_b61846Wa7q3Ug7ZUMg-bNh90A&h=AT1xE1BOrtLMvpBrwPRd2R_AsVON0l9xGpYAKVzapoVOydQ29S3PpJLNGlOEHkfFa-qAq9wxu0K6aZAvPkWCtqvSUuHqC_Qh4eTKl-PhFtG69Z7ZfqyUp3mDZ1JOvq_Ra6nZ)  
Olsztyn -> 5 km ➡️ [https://virtualrun.com.pl/biegi/olsztyn-run-hau-5k/10398](https://l.facebook.com/l.php?u=https%3A%2F%2Fvirtualrun.com.pl%2Fbiegi%2Folsztyn-run-hau-5k%2F10398%3Ffbclid%3DIwAR0W5Ok1q0E3xbuwoc31QC2Ny-3LhTrIP9pt8N977JZ3I1xu_oUwcssGOAk&h=AT0yrMzCLpWYjA5XuOBF0DyF2AOr2QHS5XlUdlvg9s5WlIKFvq-AU8U-MU6HazYUNHebnzRY3RRPBEBJ8gOOlbQqek1_tT3iwK_Eybo2i7d40dhP29GrNNb4jOnp7LcbD-Po)  
Olsztyn -> 10 km ➡️ [https://virtualrun.com.pl/biegi/olsztyn-run-hau-10k/10399](https://l.facebook.com/l.php?u=https%3A%2F%2Fvirtualrun.com.pl%2Fbiegi%2Folsztyn-run-hau-10k%2F10399%3Ffbclid%3DIwAR0HA2ZIkn42AGuqHmLpqGY0rLZbm5jy42wVnOn-c05dOjS4417i15GIgpg&h=AT1C60Ag1thRX13XR4_VyWW6BrlRIW2DhCrrjRGDK_2n5zrzxNYlmD-x86KN7GwGHtwUnF9D5NB7tdB4r6aPRY2R39Xk8FZ-GPLCXWqGSZjZD77rTCM9t9pJMKVzCjMVurdT)  
Opole -> 5 km ➡️ [https://virtualrun.com.pl/biegi/opole-run-hau-5k/10412](https://l.facebook.com/l.php?u=https%3A%2F%2Fvirtualrun.com.pl%2Fbiegi%2Fopole-run-hau-5k%2F10412%3Ffbclid%3DIwAR2zicezzaCp67MphQ-QwJM03OfTgAg9L_b61846Wa7q3Ug7ZUMg-bNh90A&h=AT3nuUDmW5rexAIl6EeI79k5Cnh33GcU-7pGLRES2r9yc-3vosmZgucRSFX2UTKMDewhWzx7D_fccwUWy8z9fGsO67qrbKCutoKNQOXSjzaWezS8-KdfZ11M8yo6WB1cUD8K)  
Opole -> 10 km ➡️ [https://virtualrun.com.pl/biegi/opole-run-hau-10k/10413](https://l.facebook.com/l.php?u=https%3A%2F%2Fvirtualrun.com.pl%2Fbiegi%2Fopole-run-hau-10k%2F10413%3Ffbclid%3DIwAR0HA2ZIkn42AGuqHmLpqGY0rLZbm5jy42wVnOn-c05dOjS4417i15GIgpg&h=AT2Vh4dTchHz_wRNatf-gD3aBk7Qnc97jKO-P3yCY8JoXoNBfxwBF00RsQAQif98p0O43pbVcPonv9HK_5Lh1PTk6IXIcZR_Bv7uQ9Xcf-Y2n9TD8fnPeBxU-B5k_9yWZtGB)  
Poznań -> 5 km ➡️ [https://virtualrun.com.pl/biegi/pozna%C5%84-run-hau-5k/10406](https://l.facebook.com/l.php?u=https%3A%2F%2Fvirtualrun.com.pl%2Fbiegi%2Fpozna%25C5%2584-run-hau-5k%2F10406%3Ffbclid%3DIwAR3kktFi22OD_nJ0RTjE0wJyk9j3fHF6NQ4EqRKtMgfjzdrcIGOtXxCbt_M&h=AT0PcJthJgIYmKjt0LERpLfjHwB1H2eoPgs0UB9rPhpF2ddVwo5PVkfH9JfoP8oux-fDYPuY9e89FKKruPgv3aWd81UpNoXIkIVw42X5pcj4JFm8EVUeGjTmB1u7yG3c6smT)  
Poznań -> 10 km ➡️ [https://virtualrun.com.pl/biegi/pozna%C5%84-run-hau-10k/10407](https://l.facebook.com/l.php?u=https%3A%2F%2Fvirtualrun.com.pl%2Fbiegi%2Fpozna%25C5%2584-run-hau-10k%2F10407%3Ffbclid%3DIwAR0W5Ok1q0E3xbuwoc31QC2Ny-3LhTrIP9pt8N977JZ3I1xu_oUwcssGOAk&h=AT3PGsnedMPlOYbVAaha9d0SGcmBAIDCQ1f1jwzojp28BCOIHlSH8UZQDo5fTbzl8ae-p_DPUxfpWuQGUDhAHdMy6k-4PS53FCnrYjqcUvY0qAc5iSoXC3g9_AeijslPjSdF)  
Rzeszów -> 5 km ➡️ [https://virtualrun.com.pl/biegi/rzesz%C3%B3w-run-hau-5k/10392](https://l.facebook.com/l.php?u=https%3A%2F%2Fvirtualrun.com.pl%2Fbiegi%2Frzesz%25C3%25B3w-run-hau-5k%2F10392%3Ffbclid%3DIwAR0LSTbbzg7Vh7lxCmkUSrXP8B6LyeqgZoE9d1ujxyXAgI5917cVDP_p7Lo&h=AT03O03-7kTYMDp255wbG15j6nUdL7CJPVAjnnOUjVxg5Z8slSJs2XDlvFE1qicueBur2rqdbEDuxj_-z_co5Q3KnXs8Qx513q31ozZwqSa-UnoVcudCUck-YNeGrqzCXzD2)  
Rzeszów -> 10 km ➡️ [https://virtualrun.com.pl/biegi/rzesz%C3%B3w-run-hau-10k/10393](https://l.facebook.com/l.php?u=https%3A%2F%2Fvirtualrun.com.pl%2Fbiegi%2Frzesz%25C3%25B3w-run-hau-10k%2F10393%3Ffbclid%3DIwAR1iAyBrKCrq5P97xuk-XcvQz5ESfSpQqEa7Xxa00AEglVtoLKvhfP_DDjI&h=AT3WWdtMUTwBEbOICXLTUDllKXL3qk3XYE6SzX8PKJ9xMh3k95wMu3nCjWoDzkXOM6_47P7dP-d67UU7aYqSnyZh-EWYXEtXFqzI6dfXZScAHTHgyVH37MOp-n0JDPD-6r-n)  
Szczecin -> 5 km ➡️ [https://virtualrun.com.pl/biegi/szczecin-run-hau-5k/10404](https://virtualrun.com.pl/biegi/szczecin-run-hau-5k/10404?fbclid=IwAR2ypepBmlnhsPYCowKk9S-OfkxKYrHDzTTJgfHwqZaypC4HHL2W4oqnD14)  
Szczecin -> 10 km ➡️ [https://virtualrun.com.pl/biegi/szczecin-run-hau-10k/10405](https://l.facebook.com/l.php?u=https%3A%2F%2Fvirtualrun.com.pl%2Fbiegi%2Fszczecin-run-hau-10k%2F10405%3Ffbclid%3DIwAR0UCNLqNw93W9u7qa-o6_6Oqdqr0U1SglakBhG8qjZMDcSBzMB563gM7Qk&h=AT0OB2OGQh-Qhcn9vwIYdqW_g7UYCWbI7EgMTYDVbX_chuLg72DQEp6xLbpwdPtC1WTvMuR4D7I42MGdFLYCm7Fa4Wap05NQ7jAIBsK6cqyFtLdLQeacTAQQSYdQZzT4NDPF)  
Warszawa -> 5 km ➡️ [https://virtualrun.com.pl/biegi/warszawa-run-hau-5k/10387](https://virtualrun.com.pl/biegi/warszawa-run-hau-5k/10387?fbclid=IwAR2hGcd5lowZwg8dNS7x6ONcgzPDMOdWwQ4ab05GBadXek39Of_tPytauZo)  
Warszawa -> 10 km ➡️ [https://virtualrun.com.pl/biegi/warszawa-run-hau-10k/10386](https://virtualrun.com.pl/biegi/warszawa-run-hau-10k/10386?fbclid=IwAR29QOoUTbIZCd-amBXh1YHt4wNq0L30yEI7kiSsFkB2pXTycHVtnLqrHTs)  
Wrocław -> 5 km ➡️ [https://virtualrun.com.pl/biegi/wroc%C5%82aw-run-hau-5k/10410](https://virtualrun.com.pl/biegi/wroc%C5%82aw-run-hau-5k/10410?fbclid=IwAR1IdRW-6NhllZqMFLpCbjIReybZxhMGC0c7HYOLBGi17zyGiw33wEVxBUw)  
Wrocław -> 10 km ➡️ [https://virtualrun.com.pl/biegi/wroc%C5%82aw-run-hau-10k/10411](https://virtualrun.com.pl/biegi/wroc%C5%82aw-run-hau-10k/10411?fbclid=IwAR0-gZY-xByNp9oQis9IGdrBeJxhmc7dp9UKu7ONAMQABvVEzLIQrm1NcvY)  
Zielona Góra -> 5 km ➡️ [https://virtualrun.com.pl/biegi/zielona-g%C3%B3ra-run-hau-5k/10408](https://virtualrun.com.pl/biegi/zielona-g%C3%B3ra-run-hau-5k/10408?fbclid=IwAR0WgS8jswEB6ug14NyUOpsZtx4rdZYDpxo26JB9K3wG94HUju_tVEdkB64)  
Zielona Góra -> 10 km ➡️ [https://virtualrun.com.pl/biegi/zielona-g%C3%B3ra-run-hau-10k/10409](https://virtualrun.com.pl/biegi/zielona-g%C3%B3ra-run-hau-10k/10409?fbclid=IwAR34bd9Bnpsrj-l1wskWyjO21H9QSTRgGMxEDTw-lIoLr-7yLg0H2pfvJss)