

1	OKULA Damian	1126		NOWY TARG	M30	1	M 1	00:00:00	00:28:50	00:42:08.68	00:42:08.74		3:30	17.1 (100%)
2	TABACZYŃSKI Maciej	1142		WARSZAWA	M30	2	M 2	00:00:01	00:29:09	00:42:41.11	00:42:43.00	+00:00:34 (1.3%)	3:33	16.9 (98.8%)
3	OSIK Miłosz	1304	KALINOWSKI TEAM	BIĄŁYSTOK	M18	1	M 3	00:00:00	00:32:21	00:46:27.37	00:46:27.44	+00:04:18 (9.3%)	3:52	15.5 (90.6%)
4	MAZGAJSKI Tymoteusz	1035	DZIKIE KUNY	KANIE	M18	2	M 4	00:00:00	00:32:27	00:46:34.56	00:46:34.63	+00:04:25 (9.5%)	3:52	15.5 (90.6%)
5	ZIELENKIEWICZ Krzysztof	1232	KALINOWSKI TEAM	BIĄŁYSTOK	M30	3	M 5	00:00:00	00:32:29	00:46:48.61	00:46:48.68	+00:04:39 (10.0%)	3:54	15.4 (90.1%)
6	ŁODEJ Krzysztof	1003		MŁYNEK	M40	1	M 6	00:00:00	00:32:31	00:47:36.67	00:47:36.74	+00:05:27 (11.5%)	3:58	15.1 (88.3%)
7	OSTASZEWSKI Arek	1347		JÓZEFOWO	M30	4	M 7	00:00:00	00:32:52	00:47:43.47	00:47:43.54	+00:05:34 (11.7%)	3:58	15.1 (88.3%)
8	SZKURLĄT Tomasz	1325		NADARZYN	M30	5	M 8	00:00:01	00:32:51	00:48:06.25	00:48:08.24	+00:05:59 (12.4%)	4:00	15 (87.7%)
9	SUCHOCKI Jan	1120	TRENER Z WIGIERSKIEGO SZLAKU	SUWAŁKI	M18	3	M 9	00:00:00	00:34:21	00:49:15.02	00:49:15.09	+00:07:06 (14.4%)	4:06	14.6 (85.4%)
10	KRUKOWSKI Albert	1216	VICTORIA CZERMIN	CZERMIN	M20	1	M 10	00:00:01	00:34:25	00:49:20.76	00:49:21.84	+00:07:13 (14.6%)	4:06	14.6 (85.4%)
11	PRZYGODA Sebastian	1087	KB WYSZKÓW	RYBIENKO NOWE	M30	6	M 11	00:00:02	00:34:29	00:49:42.62	00:49:44.64	+00:07:35 (15.3%)	4:08	14.5 (84.8%)
12	ŁEMPICKI Paweł	1001	KALINOWSKI TEAM	KLEPACZE	M30	7	M 12	00:00:00	00:35:34	00:50:50.35	00:50:50.42	+00:08:41 (17.1%)	4:14	14.2 (83.0%)
13	MASALSKA Eliza	1335	BIĄŁYSTOK BIEGA TEAM	BIĄŁYSTOK	K30	1	K 1	00:00:01	00:35:14	00:51:35.65	00:51:37.24	+00:09:28 (18.4%)	4:17	14 (81.9%)
14	SMOLAREK Karol	1038		ŻYRARDÓW	M18	4	M 13	00:00:08	00:36:15	00:51:45.56	00:51:53.85	+00:09:45 (18.8%)	4:18	13.9 (81.3%)
15	AMBROZY Leszek	1132	T.G.SOKÓŁ/ZADYSZKA BUKOWNICA	BUKOWNICA	M40	2	M 14	00:00:02	00:36:18	00:52:42.55	00:52:44.94	+00:10:36 (20.1%)	4:23	13.7 (80.1%)
16	WYSOCKI Tomasz	1264	NADAKTYWNI	BIĄŁYSTOK	M40	3	M 15	00:00:02	00:36:37	00:52:58.25	00:53:01.08	+00:10:52 (20.5%)	4:24	13.6 (79.5%)
17	OSIPOWICZ Kamil	1015		BIĄŁOGARD	M30	8	M 16	00:00:11	00:36:32	00:52:50.90	00:53:02.15	+00:10:53 (20.5%)	4:24	13.6 (79.5%)
18	GRZEŚ Kamil	1023	BIĄŁYSTOK BIEGA TEAM	KLEPACZE	M18	5	M 17	00:00:02	00:37:16	00:54:06.92	00:54:09.58	+00:12:00 (22.2%)	4:30	13.3 (77.8%)
19	SOCHOŃ Katarzyna	1041	CHŁOPCY CHORTENOWCY	DOBRZYNIĘWO DUŻE	K30	2	K 2	00:00:03	00:37:50	00:54:07.29	00:54:10.39	+00:12:01 (22.2%)	4:30	13.3 (77.8%)
20	GUARRERA Francesco	1067	MASPEX	BIĄŁYSTOK	M30	9	M 18	00:00:03	00:37:22	00:54:19.76	00:54:22.81	+00:12:14 (22.5%)	4:31	13.3 (77.8%)
21	WASIAK Miłoslawa	1063	KRZYSIO TEAM	OLSZTYN	K30	3	K 3	00:00:02	00:37:37	00:54:31.93	00:54:34.26	+00:12:25 (22.8%)	4:32	13.2 (77.2%)
22	LEONIUK Paweł	1176	NADAKTYWNI	BIĄŁYSTOK	M40	4	M 19	00:00:02	00:38:15	00:55:37.09	00:55:39.59	+00:13:30 (24.3%)	4:38	12.9 (75.4%)
23	ŚWIATŁOWSKI Paweł	1341	ENDLESS PAIN	WARSZAWA	M40	5	M 20	00:00:00	00:38:47	00:56:15.86	00:56:15.93	+00:14:07 (25.1%)	4:41	12.8 (74.9%)
24	SŁOWIKOWSKI Piotr	1183	MD RUN TRAINING	BIĄŁYSTOK	M40	6	M 21	00:00:03	00:38:30	00:57:04.73	00:57:08.07	+00:14:59 (26.2%)	4:45	12.6 (73.7%)
25	SAJEWICZ Mirosław	1350		BIĄŁYSTOK	M60	1	M 22	00:00:04	00:38:56	00:57:14.93	00:57:19.02	+00:15:10 (26.5%)	4:46	12.6 (73.7%)
26	CHARKO Mariusz	1207		GRABÓWKA	M30	10	M 23	00:00:06	00:39:02	00:57:19.91	00:57:26.44	+00:15:17 (26.6%)	4:46	12.6 (73.7%)
27	ZALEWSKI Dariusz	1167	NADAKTYWNI	BIĄŁYSTOK	M50	1	M 24	00:00:03	00:39:32	00:57:34.34	00:57:37.53	+00:15:28 (26.9%)	4:47	12.5 (73.1%)
28	TABĘDZKA Katarzyna	1312		KAMIENNA STARA	K40	1	K 4	00:00:03	00:40:08	00:58:21.78	00:58:25.73	+00:16:16 (27.9%)	4:51	12.3 (71.9%)
29	SAWICKI Szczepan	1086		BIĄŁYSTOK	M30	11	M 25	00:00:09	00:40:20	00:58:21.60	00:58:30.71	+00:16:21 (28.0%)	4:51	12.3 (71.9%)
30	RAMOTOWSKI Tomasz	1069	MASPEX	BIĄŁYSTOK	M20	2	M 26	00:00:10	00:41:13	00:58:22.78	00:58:33.01	+00:16:24 (28.0%)	4:51	12.3 (71.9%)
31	KWAPISZ Tomasz	1261	BROWIN ... PĘDŹ Z NAMI!	ŁODZ	M50	2	M 27	00:00:22	00:41:00	00:58:23.94	00:58:46.25	+00:16:37 (28.3%)	4:51	12.3 (71.9%)

32	JANCZEWSKI Karol	1068	MASPEX	BIALYSTOK	M30	12	M 28	00:00:09	00:41:17	00:58:37.51	00:58:47.20	+00:16:38 (28.3%)	4:53	12.3 (71.9%)
33	MAZUR Michał	1244		WARSZAWA	M30	13	M 29	00:00:13	00:41:29	00:58:51.68	00:59:05.38	+00:16:56 (28.7%)	4:54	12.2 (71.3%)
34	CHOJNOWSKI Zbigniew	1320		BIALYSTOK	M40	7	M 30	00:00:00	00:41:16	00:59:16.57	00:59:16.57	+00:17:07 (28.9%)	4:56	12.1 (70.8%)
35	JAKIMIEC Tomasz	1034	PIE3CKI TEAM	BIALYSTOK	M40	8	M 31	00:00:09	00:41:18	00:59:27.28	00:59:36.76	+00:17:28 (29.3%)	4:57	12.1 (70.8%)
36	OMIECIŃSKI Paweł	1118		KARGOSZYN	M30	14	M 32	00:00:16	00:42:33	01:00:28.24	01:00:44.52	+00:18:35 (30.6%)	5:02	11.9 (69.6%)
37	KULESZA Katarzyna	1190	ZIELENKIEWICZ TEAM	BIALYSTOK	K40	2	K 5	00:00:07	00:42:11	01:00:40.76	01:00:48.33	+00:18:39 (30.7%)	5:03	11.9 (69.6%)
38	BIBUŁOWICZ Krzysztof	1082		SURAŻ	M40	9	M 33	00:00:04	00:41:14	01:01:05.26	01:01:09.38	+00:19:00 (31.1%)	5:05	11.8 (69.0%)
39	SIEMIENICKI Piotr	1212		WASILKÓW	M20	3	M 34	00:00:25	00:41:39	01:00:46.21	01:01:11.96	+00:19:03 (31.1%)	5:03	11.8 (69.0%)
40	KRZYŻANOWSKA Monika	1198		BIALYSTOK	K30	4	K 6	00:00:10	00:42:03	01:01:13.65	01:01:23.90	+00:19:15 (31.4%)	5:06	11.8 (69.0%)
41	KISIEL Marcel	1165		BIALYSTOK	M20	4	M 35	00:00:25	00:43:52	01:01:16.40	01:01:42.11	+00:19:33 (31.7%)	5:06	11.8 (69.0%)
42	SKIBIŃSKA Małgorzata	1319		WARSZAWA	K50	1	K 7	00:00:11	00:43:21	01:01:31.62	01:01:43.37	+00:19:34 (31.7%)	5:07	11.7 (68.4%)
43	SZCZABEL Krystian	1151		GLIWICE	M30	15	M 36	00:00:00	00:43:04	01:02:00.33	01:02:00.40	+00:19:51 (32.0%)	5:10	11.6 (67.8%)
44	BARTKOWSKI Marek	1159		WARSZAWA	M50	3	M 37	00:00:25	00:42:32	01:01:43.22	01:02:08.76	+00:20:00 (32.2%)	5:08	11.7 (68.4%)
45	DARDA Radosław	1074		BIALYSTOK	M50	4	M 38	00:00:34	00:42:48	01:01:49.89	01:02:24.08	+00:20:15 (32.5%)	5:09	11.6 (67.8%)
46	BANACH Andrzej	1193	KOLNO BIEGA	KOLNO	M40	10	M 39	00:00:09	00:43:00	01:02:31.73	01:02:41.00	+00:20:32 (32.8%)	5:12	11.5 (67.3%)
47	KARCZEWSKI Tomek	1226		BIELSK PODLASKI	M20	5	M 40	00:00:14	00:43:54	01:02:46.62	01:03:01.57	+00:20:52 (33.1%)	5:13	11.5 (67.3%)
48	SAGANEK Michał	1116	DSO.PL CIECHANÓW	KARGOSZYN	M40	11	M 41	00:00:16	00:43:08	01:02:48.92	01:03:05.64	+00:20:56 (33.2%)	5:14	11.5 (67.3%)
49	ŁUKOWSKA Agnieszka	1097		WARSZAWA	K40	3	K 8	00:00:21	00:43:52	01:02:47.29	01:03:08.54	+00:20:59 (33.3%)	5:13	11.5 (67.3%)
50	GLIŃSKI Paweł	1317		GRAJEWO	M40	12	M 42	00:00:13	00:43:35	01:03:33.16	01:03:46.46	+00:21:37 (33.9%)	5:17	11.3 (66.1%)
51	KISZKO Tomasz	1237		DROHICZYN	M30	16	M 43	00:00:12	00:44:05	01:03:44.46	01:03:56.51	+00:21:47 (34.1%)	5:18	11.3 (66.1%)
52	TORBA Oleksandr	1241		WARSZAWA	M30	17	M 44	00:00:10	00:43:45	01:03:56.61	01:04:06.87	+00:21:58 (34.3%)	5:19	11.3 (66.1%)
53	RÓŻAŃSKI Michał	1114		ŁÓDŹ	M30	18	M 45	00:00:19	00:44:44	01:03:49.33	01:04:09.04	+00:22:00 (34.3%)	5:19	11.3 (66.1%)
54	PUCZKO Paweł	1278		MARKI	M30	19	M 46	00:00:15	00:44:18	01:04:03.03	01:04:18.32	+00:22:09 (34.5%)	5:20	11.2 (65.5%)
55	PRUS Marek	1245		NOWODWORCE	M50	5	M 47	00:00:05	00:44:31	01:04:25.03	01:04:30.05	+00:22:21 (34.7%)	5:22	11.2 (65.5%)
56	SMOLAREK Amelia	1037		ŻYRARDÓW	K18	1	K 9	00:00:09	00:44:28	01:04:24.43	01:04:33.46	+00:22:24 (34.7%)	5:22	11.2 (65.5%)
57	BIBUŁOWICZ Monika	1081		SURAŻ	K40	4	K 10	00:00:03	00:44:22	01:04:29.66	01:04:33.56	+00:22:24 (34.7%)	5:22	11.2 (65.5%)
58	PNIEWSKA Edyta	1098	BIEGAJ Z URSUSEM	WARSZAWA	K40	5	K 11	00:00:21	00:45:01	01:04:58.69	01:05:20.12	+00:23:11 (35.5%)	5:24	11.1 (64.9%)
59	WNOROWSKA Marta	1346	NIEZRZESZONA	BIALYSTOK	K50	2	K 12	00:00:17	00:45:19	01:05:12.59	01:05:30.26	+00:23:21 (35.7%)	5:26	11 (64.3%)
60	ZAWADZKI Michał	1163		BIALYSTOK	M30	20	M 48	00:00:06	00:44:55	01:05:26.02	01:05:32.44	+00:23:23 (35.7%)	5:27	11 (64.3%)
61	PODKAŃSKI Jacek	1343		SULEJÓWEK	M40	13	M 49	00:00:24	00:45:27	01:05:11.03	01:05:35.68	+00:23:26 (35.7%)	5:25	11 (64.3%)
62	KURYŁO Bartosz	1119		GDAŃSK	M20	6	M 50	00:00:25	00:46:25	01:05:36.14	01:06:01.42	+00:23:52 (36.2%)	5:28	11 (64.3%)

63	TARASIUK Monika	1324		RZEPNIKI	K40	6	K 13	00:00:03	00:45:05	01:06:09.86	01:06:13.59	+00:24:04 (36.4%)	5:30	10.9 (63.7%)
64	ZACZENIUK Marcin	1224	TOYOTA TEAM	BIAŁYSTOK	M40	14	M 51	00:00:04	00:45:14	01:06:30.79	01:06:35.52	+00:24:26 (36.7%)	5:32	10.8 (63.2%)
65	KONDRACIUK Mariusz	1171	KONDRACIUK TEAM	BIAŁYSTOK	M50	6	M 52	00:00:33	00:45:21	01:06:07.84	01:06:41.17	+00:24:32 (36.8%)	5:30	10.9 (63.7%)
66	WOŁOSIK Dominik	1155		BIAŁYSTOK	M30	21	M 53	00:00:38	00:46:27	01:06:07.65	01:06:46.04	+00:24:37 (36.9%)	5:30	10.9 (63.7%)
67	ŻUKOWSKI Marian	1173	AIKIRUNNERS	WASILKÓW	M50	7	M 54	00:00:36	00:45:59	01:06:19.60	01:06:56.28	+00:24:47 (37.0%)	5:31	10.9 (63.7%)
68	NEUBAUER Jakub	1154		BIAŁYSTOK	M30	22	M 55	00:00:28	00:46:02	01:06:33.56	01:07:01.99	+00:24:53 (37.1%)	5:32	10.8 (63.2%)
69	STEPNOWSKI Paweł	1269		ŁOMŻA	M20	7	M 56	00:00:44	00:45:55	01:06:20.27	01:07:05.21	+00:24:56 (37.2%)	5:31	10.9 (63.7%)
70	SIERZPUTOWSKI Przemysław	1253		ŁOMŻA	M20	8	M 57	00:00:44	00:45:55	01:06:20.79	01:07:05.65	+00:24:56 (37.2%)	5:31	10.9 (63.7%)
71	CIESLIK Bartłomiej	1131	BRAK	ŁODZ	M30	23	M 58	00:00:30	00:46:56	01:06:38.53	01:07:08.81	+00:25:00 (37.2%)	5:33	10.8 (63.2%)
72	WINSKO Radosław	1250		ŁÓDŹ	M20	9	M 59	00:00:20	00:46:40	01:06:53.00	01:07:13.09	+00:25:04 (37.3%)	5:34	10.8 (63.2%)
73	GUBAŁA Dorota	1249		ŁÓDŹ	K20	1	K 14	00:00:19	00:46:40	01:06:55.81	01:07:15.45	+00:25:06 (37.3%)	5:34	10.8 (63.2%)
74	BYTNER Fabian	1295		BIAŁYSTOK	M20	10	M 60	00:00:11	00:47:17	01:07:40.09	01:07:51.26	+00:25:42 (37.9%)	5:38	10.6 (62.0%)
75	SOLIWODA Mateusz	1064		WARSZAWA	M30	24	M 61	00:00:00	00:47:05	01:08:05.36	01:08:05.36	+00:25:56 (38.1%)	5:40	10.6 (62.0%)
76	WILAMOWSKI Krzysztof	1263		BIAŁYSTOK	M40	15	M 62	00:00:06	00:47:41	01:08:04.90	01:08:10.90	+00:26:02 (38.2%)	5:40	10.6 (62.0%)
77	WILAMOWSKA Katarzyna	1262		BIAŁYSTOK	K30	5	K 15	00:00:05	00:47:42	01:08:20.78	01:08:26.39	+00:26:17 (38.4%)	5:41	10.5 (61.4%)
78	KORDACZUK Igor	1071	BIESIADNICZO BIEGOWY KLUB SPORTOWY ŁAWECZKA WILANÓW	GRANICA	M20	11	M 63	00:00:08	00:46:57	01:08:20.51	01:08:28.63	+00:26:19 (38.5%)	5:41	10.5 (61.4%)
79	AMBROŻEWICZ Adrian	1254		BIELSK PODLASKI	M20	12	M 64	00:00:14	00:46:34	01:08:17.61	01:08:32.58	+00:26:23 (38.5%)	5:41	10.5 (61.4%)
80	GREŚ Józef	1308		MICHAŁOWO	M60	2	M 65	00:00:14	00:47:15	01:08:21.01	01:08:35.04	+00:26:26 (38.5%)	5:41	10.5 (61.4%)
81	GONTAREK Ewa	1208	MD RUN TRAINING	BIAŁYSTOK	K50	3	K 16	00:00:17	00:47:57	01:08:18.10	01:08:35.96	+00:26:27 (38.6%)	5:41	10.5 (61.4%)
82	JUMA Maciej	1182	KB LUPUS OLEŚNICA	OLEŚNICA	M40	16	M 66	00:00:08	00:48:27	01:08:30.19	01:08:38.64	+00:26:29 (38.6%)	5:42	10.5 (61.4%)
83	BĘCEK Artur	1078	BIESIADNICZO BIEGOWY KLUB SPORTOWY ŁAWECZKA WILANÓW	WARSZAWA	M18	6	M 67	00:00:08	00:47:40	01:08:33.10	01:08:41.49	+00:26:32 (38.6%)	5:42	10.5 (61.4%)
84	BOGUSZEWSKI Mateusz	1257	DRTUSZ BIEGA	BIAŁYSTOK	M20	13	M 68	00:00:36	00:47:15	01:08:12.35	01:08:49.00	+00:26:40 (38.8%)	5:41	10.6 (62.0%)
85	WROCEŃSKI Karol	1338		BIAŁYSTOK	M40	17	M 69	00:00:09	00:47:36	01:08:41.98	01:08:51.70	+00:26:42 (38.8%)	5:43	10.5 (61.4%)
86	TOMKOWICZ Wiktoria	1277		BIAŁYSTOK	K20	2	K 17	00:00:38	00:47:34	01:08:14.64	01:08:52.80	+00:26:44 (38.8%)	5:41	10.6 (62.0%)
87	KURZYNA Łukasz	1152		BIAŁYSTOK	M30	25	M 70	00:00:26	00:46:51	01:08:32.81	01:08:59.13	+00:26:50 (38.9%)	5:42	10.5 (61.4%)
88	RODAK Adam	1028		WARSZAWA	M30	26	M 71	00:00:18	00:47:55	01:08:44.27	01:09:02.96	+00:26:54 (39.0%)	5:43	10.5 (61.4%)
89	RODAK Zbigniew	1029		WARSZAWA	M60	3	M 72	00:00:19	00:47:55	01:08:45.83	01:09:04.92	+00:26:56 (39.0%)	5:43	10.5 (61.4%)
90	PUKSZTA Michał	1301		BIAŁYSTOK	M20	14	M 73	00:00:39	00:47:54	01:08:36.11	01:09:15.31	+00:27:06 (39.1%)	5:43	10.5 (61.4%)
91	STRZELECKI Piotr	1050		WARSZAWA	M50	8	M 74	00:00:46	00:47:29	01:08:30.77	01:09:17.19	+00:27:08 (39.2%)	5:42	10.5 (61.4%)
92	PRZYBYŁOWSKI Krzysztof	1240		BIAŁYSTOK	M40	18	M 75	00:00:15	00:49:04	01:09:14.39	01:09:29.71	+00:27:20 (39.4%)	5:46	10.4 (60.8%)
93	MORAWSKA Edyta	1331	BIAŁYSTOK BIEGA TEAM	BIAŁYSTOK	K50	4	K 18	00:00:15	00:48:12	01:09:17.02	01:09:32.60	+00:27:23 (39.4%)	5:46	10.4 (60.8%)

94	KŁOS Jacek	1323	BBT	GRABÓWKA	M60	4	M 76	00:00:15	00:48:19	01:09:16.99	01:09:32.68	+00:27:23 (39.4%)	5:46	10.4 (60.8%)
95	RUTO Dzmítry	1115	TEA.M RUN	BIĄŁYSTOK	M30	27	M 77	00:00:20	00:48:02	01:09:17.03	01:09:37.80	+00:27:29 (39.5%)	5:46	10.4 (60.8%)
96	ANDRYSZEK Paweł	1104		ŁÓDŹ	M40	19	M 78	00:00:19	00:47:24	01:09:40.68	01:10:00.17	+00:27:51 (39.8%)	5:48	10.3 (60.2%)
97	JURUSIK Małgorzata	1043		OSTRÓW MAZOWIECKA	K30	6	K 19	00:00:32	00:48:45	01:09:31.30	01:10:03.63	+00:27:54 (39.8%)	5:47	10.4 (60.8%)
98	SZCZEPAŃSKI Saturnin	1046	RUNNERS TEEM JABŁONNA	JABŁONNA	M50	9	M 79	00:00:47	00:48:29	01:09:15.92	01:10:03.72	+00:27:54 (39.8%)	5:46	10.4 (60.8%)
99	TELLOS Justyna	1318	HAJNÓWKA BIEGA	HAJNÓWKA	K40	7	K 20	00:00:12	00:49:02	01:10:06.34	01:10:19.00	+00:28:10 (40.1%)	5:50	10.3 (60.2%)
100	SZWARC Ilona	1172		BIĄŁYSTOK	K40	8	K 21	00:00:03	00:47:21	01:10:19.67	01:10:23.10	+00:28:14 (40.1%)	5:51	10.2 (59.6%)
101	BORUCKA Zuzanna	1175		WARSZAWA	K40	9	K 22	00:00:08	00:48:46	01:10:17.61	01:10:25.87	+00:28:17 (40.2%)	5:51	10.2 (59.6%)
102	SZERSZUNOWICZ Kasia	1315	HAJNÓWKA BIEGA	HAJNÓWKA	K40	10	K 23	00:00:13	00:49:01	01:10:13.76	01:10:26.85	+00:28:18 (40.2%)	5:51	10.3 (60.2%)
103	KRASIŃSKA Karolina	1228		BIĄŁYSTOK	K40	11	K 24	00:00:10	00:48:16	01:10:54.37	01:11:05.11	+00:28:56 (40.7%)	5:54	10.2 (59.6%)
104	PUSZKIEWICZ Ryszard	1296		BIĄŁYSTOK	M18	7	M 80	00:00:10	00:49:45	01:10:57.24	01:11:08.14	+00:28:59 (40.8%)	5:54	10.1 (59.1%)
105	KONOŃCZUK Edyta	1085		BIĄŁYSTOK	K50	5	K 25	00:00:09	00:49:21	01:11:32.06	01:11:41.88	+00:29:33 (41.2%)	5:57	10.1 (59.1%)
106	ZACHAR Vera	1314		BIĄŁYSTOK	K40	12	K 26	00:00:20	00:49:51	01:11:36.57	01:11:57.36	+00:29:48 (41.4%)	5:58	10.1 (59.1%)
107	SUPRUNOWICZ Krzysztof	1337		BIĄŁYSTOK	M40	20	M 81	00:00:10	00:49:02	01:11:54.01	01:12:04.78	+00:29:56 (41.5%)	5:59	10 (58.5%)
108	SZEPIETOWSKA Edyta	1096		WARSZAWA	K40	13	K 27	00:00:21	00:49:49	01:12:06.17	01:12:27.80	+00:30:19 (41.8%)	6:00	10 (58.5%)
109	KASPEROWICZ Wojciech	1133		WĘGRÓW	M30	28	M 82	00:00:36	00:50:21	01:11:56.21	01:12:32.37	+00:30:23 (41.9%)	5:59	10 (58.5%)
110	ŁAPIŃSKA Katarzyna	1042		OSTRÓW MAZOWIECKA	K30	7	K 28	00:00:32	00:49:31	01:12:07.59	01:12:39.61	+00:30:30 (42.0%)	6:00	10 (58.5%)
111	LENCZEWSKA Edyta	1279		NOWODWORCE	K30	8	K 29	00:00:17	00:50:48	01:12:24.44	01:12:41.86	+00:30:33 (42.0%)	6:02	9.9 (57.9%)
112	MILEWSKI Adam	1288		BIĄŁYSTOK	M40	21	M 83	00:00:28	00:50:48	01:12:14.96	01:12:43.70	+00:30:34 (42.1%)	6:01	10 (58.5%)
113	ADAMCZUK Łukasz	1287		BIĄŁYSTOK	M30	29	M 84	00:00:29	00:50:50	01:12:20.69	01:12:49.84	+00:30:41 (42.1%)	6:01	10 (58.5%)
114	WISNIEWSKI Kosma	1124		PALEDZIE	M18	8	M 85	00:00:40	00:51:45	01:12:25.45	01:13:06.07	+00:30:57 (42.3%)	6:02	9.9 (57.9%)
115	BODAK Katarzyna	1025		LUBLIN	K50	6	K 30	00:00:06	00:50:22	01:13:27.26	01:13:34.18	+00:31:25 (42.7%)	6:07	9.8 (57.3%)
116	ŁUGOWSKI Andrzej	1259		WARSZAWA	M18	9	M 86	00:00:24	00:51:25	01:13:38.91	01:14:02.94	+00:31:54 (43.1%)	6:08	9.8 (57.3%)
117	WERNER Piotr	1181		BIĄŁYSTOK	M30	30	M 87	00:00:20	00:51:37	01:13:50.66	01:14:11.04	+00:32:02 (43.2%)	6:09	9.8 (57.3%)
118	BURKACKA Monika	1160		ŁĄŻY	K40	14	K 31	00:00:11	00:51:31	01:14:05.76	01:14:16.83	+00:32:08 (43.3%)	6:10	9.7 (56.7%)
119	KLEKOT Marcelina	1033		BIĄŁYSTOK	K30	9	K 32	00:00:39	00:51:54	01:13:38.08	01:14:17.90	+00:32:09 (43.3%)	6:08	9.8 (57.3%)
120	DOMEL Karol	1255		BIĄŁYSTOK	M30	31	M 88	00:00:23	00:51:10	01:13:57.00	01:14:20.26	+00:32:11 (43.3%)	6:09	9.7 (56.7%)
121	KUKLIK Marcin	1215		BIĄŁYSTOK	M40	22	M 89	00:00:24	00:51:56	01:13:58.02	01:14:22.78	+00:32:14 (43.3%)	6:09	9.7 (56.7%)
122	HIKIERT Dominik	1117		CIECHANÓW	M40	23	M 90	00:00:17	00:52:03	01:14:13.38	01:14:30.76	+00:32:22 (43.4%)	6:11	9.7 (56.7%)
123	FILIŃSKA Izabela	1189		BIĄŁYSTOK	K20	3	K 33	00:00:32	00:51:52	01:13:59.13	01:14:31.17	+00:32:22 (43.4%)	6:09	9.7 (56.7%)
124	WASZCZENIUK Michał	1188		BIĄŁYSTOK	M30	32	M 91	00:00:32	00:51:51	01:13:59.21	01:14:31.42	+00:32:22 (43.4%)	6:09	9.7 (56.7%)

125	ROLEK Wojciech	1313		BIALYSTOK	M40	24	M 92	00:00:37	00:52:21	01:14:00.30	01:14:38.20	+00:32:29 (43.5%)	6:10	9.7 (56.7%)
126	ZABROCKI Andrzej	1294		BIALYSTOK	M60	5	M 93	00:00:12	00:50:31	01:14:29.81	01:14:41.85	+00:32:33 (43.6%)	6:12	9.7 (56.7%)
127	BULA Elżbieta	1058		BIALYSTOK	K20	4	K 34	00:00:07	00:50:17	01:14:37.17	01:14:44.32	+00:32:35 (43.6%)	6:13	9.6 (56.1%)
128	MILOBOSZEWSKI Tadeusz	1238		OPINOGÓRA GÓRNA	M40	25	M 94	00:00:18	00:53:36	01:14:32.39	01:14:50.66	+00:32:41 (43.7%)	6:12	9.7 (56.7%)
129	GRĄDMAN Maria	1310		BIALYSTOK	K40	15	K 35	00:00:37	00:52:18	01:14:16.30	01:14:53.75	+00:32:45 (43.7%)	6:11	9.7 (56.7%)
130	HRYNIEWIECKA Katarzyna	1129		WARSZAWA	K20	5	K 36	00:00:11	00:52:23	01:15:29.83	01:15:41.03	+00:33:32 (44.3%)	6:17	9.5 (55.6%)
131	PILECKA Anna	1164		BIALYSTOK	K40	16	K 37	00:00:05	00:51:45	01:15:56.47	01:16:02.14	+00:33:53 (44.6%)	6:19	9.5 (55.6%)
132	NIEDŹWIECKI Arkadiusz	1213	KTW	BIALYSTOK	M30	33	M 95	00:00:06	00:51:43	01:15:56.17	01:16:02.22	+00:33:53 (44.6%)	6:19	9.5 (55.6%)
133	WRÓBEL Paweł	1150		ŁOCHÓW	M40	26	M 96	00:00:38	00:51:45	01:15:26.15	01:16:04.63	+00:33:55 (44.6%)	6:17	9.5 (55.6%)
134	KŁOPOTOWSKA Julia	1200		BIALYSTOK	K20	6	K 38	00:00:07	00:51:32	01:16:09.93	01:16:17.59	+00:34:08 (44.8%)	6:20	9.5 (55.6%)
135	MANDAT Janek	1091	KB LUPUS OLEŚNICA	OLEŚNICA	M60	6	M 97	00:00:08	00:52:24	01:16:36.58	01:16:45.34	+00:34:36 (45.1%)	6:23	9.4 (55.0%)
136	LEŃKOWSKA Maja	1127	SZEPTUCHY	WARSZAWA	K40	17	K 39	00:00:07	00:53:01	01:16:40.96	01:16:48.60	+00:34:39 (45.1%)	6:23	9.4 (55.0%)
137	LEONIAK Marcin	1179	WETERANI RP	WYSOKIE MAZOWIECKIE	M40	27	M 98	00:00:35	00:53:23	01:16:15.60	01:16:51.19	+00:34:42 (45.2%)	6:21	9.4 (55.0%)
138	LEONIAK Katarzyna	1180	WETERANI RP	WYSOKIE MAZOWIECKIE	K40	18	K 40	00:00:35	00:53:23	01:16:15.61	01:16:51.19	+00:34:42 (45.2%)	6:21	9.4 (55.0%)
139	NOWICKI Piotr	1186	WETERANI RP	WYSOKIE MAZOWIECKIE	M40	28	M 99	00:00:35	00:53:24	01:16:15.86	01:16:51.60	+00:34:42 (45.2%)	6:21	9.4 (55.0%)
140	NOWICKA Monika	1187	WETERANI RP	WYSOKIE MAZOWIECKIE	K40	19	K 41	00:00:35	00:53:23	01:16:15.87	01:16:51.69	+00:34:42 (45.2%)	6:21	9.4 (55.0%)
141	KONOPKA Szymon	1268		ŁOMŻA	M20	15	M 100	00:00:11	00:53:44	01:16:42.64	01:16:54.48	+00:34:45 (45.2%)	6:23	9.4 (55.0%)
142	TOMCZUK Izabella	1276		BIALYSTOK	K20	7	K 42	00:00:12	00:53:44	01:16:43.30	01:16:55.31	+00:34:46 (45.2%)	6:23	9.4 (55.0%)
143	KONCOWIK Ewelina	1168	CROSSFIT JUST RAW	OSOWICZE	K30	10	K 43	00:00:22	00:53:04	01:16:32.54	01:16:55.34	+00:34:46 (45.2%)	6:22	9.4 (55.0%)
144	BORYSEWICZ Julia	1169	CROSSFIT JUST RAW	BIALYSTOK	K30	11	K 44	00:00:23	00:53:04	01:16:32.53	01:16:55.56	+00:34:46 (45.2%)	6:22	9.4 (55.0%)
145	KURYŁO Jakub	1061		OBRUBNIKI	M30	34	M 101	00:00:25	00:50:46	01:16:36.25	01:17:01.36	+00:34:52 (45.3%)	6:23	9.4 (55.0%)
146	GOLKO Mariusz	1134		BIALYSTOK	M40	29	M 102	00:00:44	00:52:13	01:16:19.01	01:17:03.50	+00:34:54 (45.3%)	6:21	9.4 (55.0%)
147	PILICH Michał	1272		WARSZAWA	M40	30	M 103	00:00:28	00:53:17	01:16:38.57	01:17:06.91	+00:34:58 (45.3%)	6:23	9.4 (55.0%)
148	DĄBROWSKA Magda	1280	PLUM RUNNING TEAM	BIALYSTOK	K30	12	K 45	00:00:26	00:54:00	01:16:54.49	01:17:20.81	+00:35:12 (45.5%)	6:24	9.4 (55.0%)
149	ZAJĄC Jakub	1302	SCHMERSAL RUNNING TEAM	KOCZARGI STARE	M40	31	M 104	00:00:45	00:54:04	01:16:53.75	01:17:38.77	+00:35:30 (45.7%)	6:24	9.4 (55.0%)
150	TOPCHII Marina	1194		BIALYSTOK	K40	20	K 46	00:00:17	00:52:24	01:17:26.64	01:17:43.64	+00:35:34 (45.8%)	6:27	9.3 (54.4%)
151	FORYŚ Marta	1247		BIALYSTOK	K30	13	K 47	00:00:05	00:53:42	01:17:43.96	01:17:49.36	+00:35:40 (45.8%)	6:28	9.3 (54.4%)
152	FORYŚ Maciej	1248		BIALYSTOK	M30	35	M 105	00:00:05	00:53:40	01:17:43.86	01:17:49.72	+00:35:40 (45.8%)	6:28	9.3 (54.4%)
153	DEHMEL Izabela	1093	MUCHOMORKI	GORTATOWO	K50	7	K 48	00:00:34	00:54:34	01:17:32.24	01:18:06.71	+00:35:57 (46.0%)	6:27	9.3 (54.4%)
154	KUŹMA Izabela	1275		BIALYSTOK	K30	14	K 49	00:00:34	00:54:30	01:17:32.20	01:18:07.03	+00:35:58 (46.0%)	6:27	9.3 (54.4%)
155	KRZESZEWSKA Katarzyna	1218	KLUB BIEGACZA SOKÓŁ BODZANÓW	BODZANÓW	K50	8	K 50	00:00:07	00:53:49	01:18:01.17	01:18:09.14	+00:36:00 (46.1%)	6:30	9.2 (53.8%)

156	KLIMIUK Kamil	1178	DUCH PUSZCZY	WASILKÓW	M40	32	M 106	00:00:14	00:53:04	01:17:56.59	01:18:11.07	+00:36:02 (46.1%)	6:29	9.2 (53.8%)
157	LEWOC-WASILEWSKA Magdalena	1291		BIAŁYSTOK	K20	8	K 51	00:00:36	00:54:56	01:17:37.73	01:18:13.85	+00:36:05 (46.1%)	6:28	9.3 (54.4%)
158	POPIELSKA Magdalena	1140	SII RUNNING TEAM	WARSZAWA	K30	15	K 52	00:00:06	00:53:00	01:18:27.93	01:18:34.74	+00:36:25 (46.4%)	6:32	9.2 (53.8%)
159	CZYŻEWSKA Justyna	1274		BIAŁYSTOK	K30	16	K 53	00:00:34	00:54:31	01:18:00.26	01:18:34.97	+00:36:26 (46.4%)	6:30	9.2 (53.8%)
160	SZLENDAK BĘCEK Izabela	1070	BIESIADNICZO BIEGOWY KLUB SPORTOWY „ŁAWECZKA” WILANÓW	WARSZAWA	K40	21	K 54	00:00:08	00:54:04	01:18:29.51	01:18:38.04	+00:36:29 (46.4%)	6:32	9.2 (53.8%)
161	CHODZIUTKO Kornelia	1201		WASILKÓW	K20	9	K 55	00:00:35	00:54:07	01:18:15.31	01:18:50.95	+00:36:42 (46.5%)	6:31	9.2 (53.8%)
162	KRUSZYŃSKA Justyna	1290		BIAŁYSTOK	K20	10	K 56	00:00:35	00:54:59	01:18:17.56	01:18:53.47	+00:36:44 (46.6%)	6:31	9.2 (53.8%)
163	KRET Jakub	1204		ODOJE	M20	16	M 107	00:00:13	00:54:29	01:18:41.74	01:18:54.76	+00:36:46 (46.6%)	6:33	9.2 (53.8%)
164	CITKO Dominika	1227		BIAŁYSTOK	K20	11	K 57	00:00:12	00:54:30	01:18:42.03	01:18:54.92	+00:36:46 (46.6%)	6:33	9.1 (53.2%)
165	MALISZ Jerzy	1199		CIASNE	M50	10	M 108	00:00:06	00:51:37	01:18:59.59	01:19:06.33	+00:36:57 (46.7%)	6:34	9.1 (53.2%)
166	RACZKOWSKA Małgorzata	1211		BIAŁYSTOK	K20	12	K 58	00:00:38	00:54:33	01:18:38.38	01:19:17.10	+00:37:08 (46.8%)	6:33	9.2 (53.8%)
167	ZIELIŃSKA Kamila	1095		CHOROSZCZ	K20	13	K 59	00:00:07	00:54:06	01:19:10.33	01:19:17.45	+00:37:08 (46.8%)	6:35	9.1 (53.2%)
168	BOGUCKA Sandra	1210		BIAŁYSTOK	K20	14	K 60	00:00:38	00:54:32	01:18:48.68	01:19:27.57	+00:37:18 (47.0%)	6:34	9.1 (53.2%)
169	LIMANTAVA Yuliya	1146	RUN_WAWA_RUN	WARSZAWA	K30	17	K 61	00:00:03	00:54:45	01:19:53.11	01:19:56.50	+00:37:47 (47.3%)	6:39	9 (52.6%)
170	KAKSHYNSKAYA Hanna	1336	RUN_WAWA_RUN	WARSZAWA	K30	18	K 62	00:00:03	00:54:45	01:19:52.74	01:19:56.57	+00:37:47 (47.3%)	6:39	9 (52.6%)
171	BAK Rafal	1157		OLECKO	M50	11	M 109	00:00:14	00:55:02	01:19:52.89	01:20:07.64	+00:37:58 (47.4%)	6:39	9 (52.6%)
172	ATTIYA Lidia	1026		ŁÓDŹ	K40	22	K 63	00:00:12	00:54:53	01:20:04.82	01:20:17.28	+00:38:08 (47.5%)	6:40	9 (52.6%)
173	RYGIELSKA Agnieszka	1339		BIAŁYSTOK	K40	23	K 64	00:00:07	00:53:48	01:20:11.49	01:20:19.04	+00:38:10 (47.5%)	6:40	9 (52.6%)
174	JAWOREK Anna	1256	ROZBIEGAMY NOWY DWÓR	NOWY DWÓR MAZOWIECKI	K40	24	K 65	00:00:29	00:53:50	01:20:01.04	01:20:30.95	+00:38:22 (47.7%)	6:40	9 (52.6%)
175	NARUSZEWICZ Marek	1006		CHODŹKI	M40	33	M 110	00:00:16	00:55:22	01:20:20.97	01:20:37.04	+00:38:28 (47.7%)	6:41	9 (52.6%)
176	DEHMEL Joanna	1094	MUCHOMORKI	GORTATOWO	K18	2	K 66	00:00:34	00:55:29	01:20:26.33	01:21:00.65	+00:38:51 (48.0%)	6:42	9 (52.6%)
177	KUKLIK Agnieszka	1214		BIAŁYSTOK	K40	25	K 67	00:00:24	00:56:12	01:20:44.78	01:21:09.09	+00:39:00 (48.1%)	6:43	8.9 (52.0%)
178	TORRES Mari	1080		WARSAW	K40	26	K 68	00:00:41	00:57:12	01:21:11.71	01:21:53.04	+00:39:44 (48.5%)	6:45	8.9 (52.0%)
179	SIDORUK Zofia	1298		KARAKULE	K18	3	K 69	00:00:26	00:56:59	01:21:33.86	01:22:00.40	+00:39:51 (48.6%)	6:47	8.8 (51.5%)
180	PLITT Michał	1059		ŁÓDŹ	M50	12	M 111	00:00:22	00:55:34	01:21:44.26	01:22:06.41	+00:39:57 (48.7%)	6:48	8.8 (51.5%)
181	BRODOWSKI Michał	1108		OKECKO	M40	34	M 112	00:00:09	00:54:27	01:22:03.12	01:22:12.87	+00:40:04 (48.7%)	6:50	8.8 (51.5%)
182	MIKUTANIEC Patrycja	1252		MARKI	K40	27	K 70	00:00:37	00:56:19	01:21:39.54	01:22:17.26	+00:40:08 (48.8%)	6:48	8.8 (51.5%)
183	LASKOWSKA Elwira	1184		RADZYMIN	K30	19	K 71	00:00:19	00:57:14	01:22:02.76	01:22:21.81	+00:40:13 (48.8%)	6:50	8.8 (51.5%)
184	LASKOWSKI Tomasz	1191	PKO BANK POLSKI	RADZYMIN	M30	36	M 113	00:00:19	00:57:12	01:22:02.58	01:22:21.84	+00:40:13 (48.8%)	6:50	8.8 (51.5%)
185	MOCZULSKA-LEBIEDZIŃSKA Ewelina	1166		FASTY	K30	20	K 72	00:00:18	00:57:53	01:22:12.95	01:22:31.16	+00:40:22 (48.9%)	6:51	8.8 (51.5%)
186	JANKOWSKA Agata	1246		KARAKULE	K30	21	K 73	00:00:26	00:57:02	01:22:06.77	01:22:33.34	+00:40:24 (48.9%)	6:50	8.8 (51.5%)

187	BRZEZIŃSKA Barbara	1205		BIALYSTOK	K50	9	K 74	00:00:21	00:56:29	01:22:21.61	01:22:43.36	+00:40:34 (49.1%)	6:51	8.7 (50.9%)
188	BRZEZIŃSKA Justyna	1011	BIALYSTOK BIEGA TEAM	BIALYSTOK	K30	22	K 75	00:00:21	00:56:28	01:22:21.78	01:22:43.62	+00:40:34 (49.1%)	6:51	8.7 (50.9%)
189	SZCZĘŚNY Szymon	1222	TOYOTA TEAM	BIALYSTOK	M20	17	M 114	00:00:04	00:55:16	01:22:51.22	01:22:56.22	+00:40:47 (49.2%)	6:54	8.7 (50.9%)
190	SZARSZANIEWICZ Ireneusz Jr	1027		WARSZAWA	M20	18	M 115	00:00:19	00:57:18	01:22:51.10	01:23:10.52	+00:41:01 (49.3%)	6:54	8.7 (50.9%)
191	DANIELUK Natalia	1089		ORNETA	K20	15	K 76	00:00:25	00:57:47	01:23:00.13	01:23:25.86	+00:41:17 (49.5%)	6:55	8.7 (50.9%)
192	ZAŁĘSKA Joanna	1273		BIALYSTOK	K40	28	K 77	00:00:36	00:57:35	01:22:52.08	01:23:28.97	+00:41:20 (49.5%)	6:54	8.7 (50.9%)
193	FIEDORUK Kasia	1014		OLISZKI	K20	16	K 78	00:00:25	00:57:48	01:23:20.57	01:23:46.04	+00:41:37 (49.7%)	6:56	8.6 (50.3%)
194	BARDZEL Justyna	1076		ŁÓDŹ	K40	29	K 79	00:00:12	00:59:21	01:23:38.26	01:23:50.89	+00:41:42 (49.7%)	6:58	8.6 (50.3%)
195	KALENIK Anna	1112		BIALYSTOK	K30	23	K 80	00:00:27	00:57:41	01:23:30.68	01:23:57.98	+00:41:49 (49.8%)	6:57	8.6 (50.3%)
196	GOĆKOWSKA Marlena	1121		TORUŃ	K30	24	K 81	00:00:00	00:57:23	01:24:02.62	01:24:02.62	+00:41:53 (49.9%)	7:00	8.6 (50.3%)
197	MATWIEJUK Małgorz	1243		BIALYSTOK	K40	30	K 82	00:00:32	00:57:50	01:23:55.70	01:24:28.19	+00:42:19 (50.1%)	6:59	8.6 (50.3%)
198	TABOR Bartłomiej	1158		BIALYSTOK	M30	37	M 116	00:00:27	00:58:41	01:24:05.11	01:24:33.03	+00:42:24 (50.2%)	7:00	8.6 (50.3%)
199	RADZAJEWSKI Bogdan	1083		BIALYSTOK	M50	13	M 117	00:00:02	00:56:06	01:24:41.13	01:24:43.83	+00:42:35 (50.3%)	7:03	8.5 (49.7%)
200	BORYŚ Katarzyna	1156		BIENIEWICE	K40	31	K 83	00:00:12	00:57:23	01:24:35.89	01:24:48.60	+00:42:39 (50.3%)	7:02	8.5 (49.7%)
201	PRAKOPCHYK Yauheni	1345	TEA.M RUN	BIALYSTOK	M30	38	M 118	00:00:22	00:57:07	01:24:29.86	01:24:52.23	+00:42:43 (50.3%)	7:02	8.5 (49.7%)
202	JAŃCZAK Piotr	1242		BIALYSTOK	M30	39	M 119	00:00:43	00:55:44	01:24:09.34	01:24:53.19	+00:42:44 (50.4%)	7:00	8.6 (50.3%)
203	DARDA Bogusia	1073		BIALYSTOK	K50	10	K 84	00:00:34	00:58:33	01:24:23.73	01:24:58.09	+00:42:49 (50.4%)	7:01	8.5 (49.7%)
204	LEŚNIAK Jakub	1234		RZESZÓW	M40	35	M 120	00:00:31	00:57:38	01:24:28.68	01:24:59.89	+00:42:51 (50.4%)	7:02	8.5 (49.7%)
205	STĄCEL Joanna	1235		PRZEWORSK	K40	32	K 85	00:00:31	00:57:39	01:24:28.36	01:24:59.95	+00:42:51 (50.4%)	7:02	8.5 (49.7%)
206	BOREJSZO Marcin	1062	SPECODBHP.PL	BIALYSTOK	M40	36	M 121	00:00:46	00:59:09	01:24:21.02	01:25:07.27	+00:42:58 (50.5%)	7:01	8.5 (49.7%)
207	NIEDZIELA Tomasz	1351		LUBOŃ	M30	40	M 122	00:00:40	00:58:03	01:24:33.66	01:25:14.61	+00:43:05 (50.6%)	7:02	8.5 (49.7%)
208	CZERNIAKIEWICZ Martyna	1147		BIALYSTOK	K20	17	K 86	00:00:15	00:59:00	01:25:00.65	01:25:16.45	+00:43:07 (50.6%)	7:05	8.5 (49.7%)
209	GOLEŃ Zuzanna	1321		RUMIA	K20	18	K 87	00:00:40	00:56:46	01:24:35.88	01:25:16.67	+00:43:07 (50.6%)	7:02	8.5 (49.7%)
210	OSZCZYPAŁA Magdalena	1265		WIELKA WIWŚ	K40	33	K 88	00:00:16	00:56:54	01:25:05.47	01:25:21.99	+00:43:13 (50.6%)	7:05	8.5 (49.7%)
211	RADGOWSKA-GAJDZIS Katarzyna	1088		BIALYSTOK	K30	25	K 89	00:00:40	00:59:01	01:24:46.78	01:25:26.90	+00:43:18 (50.7%)	7:03	8.5 (49.7%)
212	WIESIOLEK Marta	1144		WARSZAWA	K40	34	K 90	00:00:22	00:59:15	01:25:05.99	01:25:28.83	+00:43:20 (50.7%)	7:05	8.5 (49.7%)
213	WIESIOLEK Miłosz	1145	LFS220	WARSZAWA	M40	37	M 123	00:00:23	00:59:14	01:25:05.88	01:25:29.08	+00:43:20 (50.7%)	7:05	8.5 (49.7%)
214	ZACKIEWICZ Bartosz	1010		BIALYSTOK	M30	41	M 124	00:00:41	00:59:00	01:24:52.17	01:25:33.66	+00:43:24 (50.7%)	7:04	8.5 (49.7%)
215	ANISEROWICZ Joanna	1051		BIALYSTOK	K30	26	K 91	00:00:16	00:59:03	01:25:20.74	01:25:36.84	+00:43:28 (50.8%)	7:06	8.4 (49.1%)
216	SZAREK Paulina	1102		KUTNO	K20	19	K 92	00:00:40	00:58:49	01:24:58.80	01:25:38.85	+00:43:30 (50.8%)	7:04	8.5 (49.7%)
217	KURLAK Weronika	1101		KUTNO	K20	20	K 93	00:00:40	00:58:48	01:24:58.66	01:25:38.86	+00:43:30 (50.8%)	7:04	8.5 (49.7%)

218	BACIA Marek	1197		WASILKÓW	M40	38	M 125	00:00:14	00:59:23	01:26:18.36	01:26:33.06	+00:44:24 (51.3%)	7:11	8.3 (48.5%)
219	BACIA Hanna	1177		WASILKÓW	K40	35	K 94	00:00:14	00:59:59	01:26:18.74	01:26:33.14	+00:44:24 (51.3%)	7:11	8.3 (48.5%)
220	MAŁECKA Magdalena	1162	PSYCHOLOGIA BIZNESU	RZESZÓW	K30	27	K 95	00:00:31	00:59:11	01:26:21.41	01:26:52.98	+00:44:44 (51.5%)	7:11	8.3 (48.5%)
221	SURDY Adam	1305	DRY SACK	GORZYCE	M30	42	M 126	00:00:50	01:00:21	01:26:11.23	01:27:01.23	+00:44:52 (51.6%)	7:10	8.4 (49.1%)
222	ZALEWSKA Magdalena	1009		BOCKI	K30	28	K 96	00:00:33	00:59:42	01:26:35.66	01:27:09.33	+00:45:00 (51.6%)	7:12	8.3 (48.5%)
223	RUSEL Eugeniusz	1060		BIAŁYSTOK	M40	39	M 127	00:00:19	01:00:43	01:26:59.69	01:27:18.92	+00:45:10 (51.7%)	7:14	8.3 (48.5%)
224	KLUZA Tomasz	1090	SII RUNNING TEAM NIGHT RUNNERS	POZNAN	M40	40	M 128	00:00:18	00:58:09	01:27:23.13	01:27:41.46	+00:45:32 (51.9%)	7:16	8.2 (48.0%)
225	ŁUKASIEWICZ Karolina	1045		WARSZAWA	K40	36	K 97	00:00:29	00:59:57	01:27:19.07	01:27:48.34	+00:45:39 (52.0%)	7:16	8.2 (48.0%)
226	WANOWSKI Andrzej	1326		NOWY DWÓR MAZOWIECKI	M60	7	M 129	00:00:30	00:59:06	01:27:28.71	01:27:59.64	+00:45:50 (52.1%)	7:17	8.2 (48.0%)
227	STRADZA Katarzyna	1251		NOWY DWÓR MAZOWIECKI	K50	11	K 98	00:00:30	00:59:10	01:27:29.11	01:27:59.76	+00:45:51 (52.1%)	7:17	8.2 (48.0%)
228	KACZMARCZYK Anna	1390		OSTROŁĘKA	K40	37	K 99	00:00:05	01:01:05	01:27:54.77	01:28:00.58	+00:45:51 (52.1%)	7:19	8.2 (48.0%)
229	WRÓBLEWSKA Anna	1196		KLEOSIN	K30	29	K 100	00:00:50	01:00:53	01:27:26.45	01:28:16.51	+00:46:07 (52.3%)	7:17	8.2 (48.0%)
230	KOWALSKA Karolina	1137		ŁOSIA WÓLKA	K30	30	K 101	00:00:39	01:00:44	01:27:45.69	01:28:25.29	+00:46:16 (52.3%)	7:18	8.2 (48.0%)
231	MICHOŃ Natalia	1138		WARSZAWA	K30	31	K 102	00:00:39	01:00:44	01:27:45.81	01:28:25.32	+00:46:16 (52.3%)	7:18	8.2 (48.0%)
232	KAMIŃSKA Paulina	1271		ZAŚCIANKI	K30	32	K 103	00:00:27	01:00:55	01:28:08.66	01:28:36.03	+00:46:27 (52.4%)	7:20	8.2 (48.0%)
233	ONOSZKO Adrian	1270		BIAŁYSTOK	M30	43	M 130	00:00:27	01:00:54	01:28:09.08	01:28:36.23	+00:46:27 (52.4%)	7:20	8.2 (48.0%)
234	CHOJNACKA Agata	1231		BIAŁYSTOK	K30	33	K 104	00:00:10	00:58:57	01:28:35.53	01:28:46.05	+00:46:37 (52.5%)	7:22	8.1 (47.4%)
235	JANUSZKIEWICZ Elwira	1195		BIAŁYSTOK	K40	38	K 105	00:00:41	01:02:22	01:28:11.77	01:28:52.83	+00:46:44 (52.6%)	7:20	8.2 (48.0%)
236	ARANOWSKA Aleksandra	1021		WARSZAWA	K30	34	K 106	00:00:37	01:02:39	01:28:39.00	01:29:16.21	+00:47:07 (52.8%)	7:23	8.1 (47.4%)
237	DWORZAŃSKA Agnieszka	1292	TOYOTA TEAM	BIAŁYSTOK	K40	39	K 107	00:00:04	01:01:50	01:29:12.51	01:29:17.41	+00:47:08 (52.8%)	7:26	8.1 (47.4%)
238	WÓJCIK Anna	1230		WROCŁAW	K40	40	K 108	00:00:41	01:02:52	01:28:44.44	01:29:25.82	+00:47:17 (52.9%)	7:23	8.1 (47.4%)
239	BARTNIK-BUCZYŃSKA Justyna	1044		BIAŁYSTOK	K40	41	K 109	00:00:25	01:02:25	01:29:13.97	01:29:39.57	+00:47:30 (53.0%)	7:26	8.1 (47.4%)
240	BRONIEWICZ Małgorzata	1113	SZAKALE BAŁUT ŁÓDŹ	ŁÓDŹ	K40	42	K 110	00:00:12	01:01:14	01:29:30.85	01:29:43.34	+00:47:34 (53.0%)	7:27	8 (46.8%)
241	BORZĘCKI Rafał	1303	SCHMERSAL RUNNING TEAM	LESZNOWOLA	M30	44	M 131	00:00:45	01:00:39	01:29:01.78	01:29:47.38	+00:47:38 (53.1%)	7:25	8.1 (47.4%)
242	WARCHOŁ - BORZĘCKA Aleksandra	1309	SCHMERSAL RUNNING TEAM	LESZNOWOLA	K30	35	K 111	00:00:45	01:00:39	01:29:01.84	01:29:47.53	+00:47:38 (53.1%)	7:25	8.1 (47.4%)
243	GRYC Marcin	1330	PKO BP SA	BIAŁYSTOK	M40	41	M 132	00:00:42	01:00:53	01:29:20.45	01:30:03.40	+00:47:54 (53.2%)	7:26	8.1 (47.4%)
244	KOŃKA Mariusz	1340	BOGDAN TEAM	CHOJNÓW	M50	14	M 133	00:00:09	01:00:03	01:29:58.80	01:30:08.02	+00:47:59 (53.2%)	7:29	8 (46.8%)
245	WIECZOREK Lucyna	1056	PUSZCZYBUK	KOŁOWO	K30	36	K 112	00:00:09	01:01:20	01:29:59.95	01:30:08.96	+00:48:00 (53.2%)	7:29	8 (46.8%)
246	WIECZOREK Marcin	1057	PUSZCZYBUK	KOŁOWO	M40	42	M 134	00:00:08	01:01:22	01:30:00.19	01:30:09.09	+00:48:00 (53.3%)	7:30	8 (46.8%)
247	OLSZEWSKI Adrian	1136		WARSZAWA	M30	45	M 135	00:00:42	01:02:03	01:29:27.92	01:30:10.78	+00:48:02 (53.3%)	7:27	8 (46.8%)
248	STEFANOWSKA Kinga	1018		DĄBROWA BIAŁOSTOCKA	K18	4	K 113	00:00:34	01:00:54	01:29:37.34	01:30:11.47	+00:48:02 (53.3%)	7:28	8 (46.8%)

249	ROGUSKA Zuzia	1004		WARSZAWA	K20	21	K 114	00:00:15	01:03:25	01:30:00.85	01:30:16.14	+00:48:07 (53.3%)	7:30	8 (46.8%)
250	BARAŃCZUK Maciej	1334		BIĄŁYSTOK	M30	46	M 136	00:00:00	01:00:25	01:30:19.49	01:30:19.56	+00:48:10 (53.3%)	7:31	8 (46.8%)
251	TATUR Kinga	1282		BIĄŁYSTOK	K40	43	K 115	00:00:22	01:02:05	01:30:00.73	01:30:22.98	+00:48:14 (53.4%)	7:30	8 (46.8%)
252	MICHALAK Aneta	1008	RAJSPOORT ACTIVE	PABIENICE	K40	44	K 116	00:00:11	01:02:17	01:30:20.72	01:30:32.32	+00:48:23 (53.4%)	7:31	8 (46.8%)
253	PAKULSKA Agata	1053		ŁÓDŹ	K40	45	K 117	00:00:38	01:02:01	01:30:01.47	01:30:39.65	+00:48:30 (53.5%)	7:30	8 (46.8%)
254	LAJSZCZAK Karolina	1039		WARSZAWA	K20	22	K 118	00:00:35	01:02:00	01:30:04.03	01:30:39.90	+00:48:31 (53.5%)	7:30	8 (46.8%)
255	GRABOWSKA Agnieszka	1016		BIĄŁYSTOK	K30	37	K 119	00:00:32	01:02:12	01:30:32.58	01:31:05.45	+00:48:56 (53.7%)	7:32	8 (46.8%)
256	SZUMOWSKI Piotr	1286		BIĄŁYSTOK	M30	47	M 137	00:00:47	01:02:23	01:30:36.46	01:31:23.88	+00:49:15 (53.9%)	7:33	7.9 (46.2%)
257	ANTOS Zuzanna	1236		BILCZA	K20	23	K 120	00:00:38	01:01:54	01:31:04.30	01:31:42.81	+00:49:34 (54.0%)	7:35	7.9 (46.2%)
258	KARPIERZ-PAWŁOWICZ Edyta	1106		BOBROWA	K40	46	K 121	00:00:24	01:01:59	01:31:21.86	01:31:46.40	+00:49:37 (54.1%)	7:36	7.9 (46.2%)
259	ŁAPIŃSKI Tomasz	1024		BIĄŁYSTOK	M30	48	M 138	00:00:36	01:03:59	01:32:26.44	01:33:02.95	+00:50:54 (54.7%)	7:42	7.8 (45.6%)
260	BUK Katarzyna	1075		OLSZTYN	K40	47	K 122	00:00:25	01:03:02	01:32:41.81	01:33:07.78	+00:50:59 (54.7%)	7:43	7.8 (45.6%)
261	GASIUK Barbara	1105		MILANÓWEK	K50	12	K 123	00:00:35	01:04:21	01:33:19.11	01:33:54.26	+00:51:45 (55.1%)	7:46	7.7 (45.0%)
262	PORYCKI Krzysztof	1161		BIĄŁYSTOK	M20	19	M 139	00:00:42	01:03:06	01:33:17.45	01:33:59.87	+00:51:51 (55.2%)	7:46	7.7 (45.0%)
263	WIŚNIEWSKA Joanna	1217	ULTRAKOTLINA TEAM	KOWARY	K40	48	K 124	00:00:06	01:04:48	01:35:27.96	01:35:34.85	+00:53:26 (55.9%)	7:57	7.5 (43.9%)
264	WOJDYGA Aleksandra	1149		WARSZAWA	K30	38	K 125	00:00:28	01:05:12	01:35:35.69	01:36:04.60	+00:53:55 (56.1%)	7:57	7.5 (43.9%)
265	KRUSZEWSKI Józef	1328	EUROPOLGAZ S.A.	ŁAPY	M50	15	M 140	00:00:43	01:02:55	01:35:21.67	01:36:04.96	+00:53:56 (56.1%)	7:56	7.6 (44.4%)
266	MILEWSKA Justyna	1077		ZABŁUDÓW	K30	39	K 126	00:00:13	01:03:26	01:36:04.08	01:36:17.70	+00:54:08 (56.2%)	8:00	7.5 (43.9%)
267	KURMANOVA Tetiana	1300		WARSZAWA	K20	24	K 127	00:00:24	01:04:48	01:36:02.06	01:36:26.36	+00:54:17 (56.3%)	8:00	7.5 (43.9%)
268	KURMANOV Yevhenii	1316	URC	WARSZAWA	M30	49	M 141	00:00:23	01:04:47	01:36:04.62	01:36:28.05	+00:54:19 (56.3%)	8:00	7.5 (43.9%)
269	MICOR Jolanta	1332	#HAPPYRUNNERS	ŁÓDŹ	K30	40	K 128	00:00:27	01:05:31	01:36:02.55	01:36:29.78	+00:54:21 (56.3%)	8:00	7.5 (43.9%)
270	ŁUSZCZ Joanna	1327	BBL BIĄŁYSTOK	BIĄŁYSTOK	K60	1	K 129	00:00:37	01:07:40	01:36:17.17	01:36:54.57	+00:54:45 (56.5%)	8:01	7.5 (43.9%)
271	DOLENGIEWICZ Piotr	1141		BIĄŁYSTOK	M30	50	M 142	00:00:13	01:04:36	01:37:25.02	01:37:38.49	+00:55:29 (56.8%)	8:07	7.4 (43.3%)
272	PHIPPS Melody	1079		WARSAW	K40	49	K 130	00:00:28	01:06:44	01:38:22.69	01:38:51.29	+00:56:42 (57.4%)	8:11	7.3 (42.7%)
273	TRYBULSKI Paweł	1329	EUROPOLGAZ S.A.	WARSZAWA	M50	16	M 143	00:00:41	01:08:55	01:40:43.11	01:41:24.78	+00:59:16 (58.4%)	8:23	7.1 (41.5%)
274	MENDERA - SZARZANIEWICZ Dagmara	1030		WARSZAWA	K50	13	K 131	00:00:20	01:12:00	01:43:33.42	01:43:53.66	+01:01:44 (59.4%)	8:37	7 (40.9%)
275	KRZYWOSZ Julita	1258	TOYOTA TEAM	BIĄŁYSTOK	K40	50	K 132	00:00:04	01:10:12	01:44:24.46	01:44:29.09	+01:02:20 (59.7%)	8:42	6.9 (40.4%)
276	FABIAŃSKI Czesław	1260	SUPERMARATON KALISZ	KALISZ	M60	8	M 144	00:00:32	01:08:10	01:43:57.16	01:44:29.46	+01:02:20 (59.7%)	8:39	6.9 (40.4%)
277	LESZCZYŃSKI Szymon	1125		KONOWAŁY	M20	20	M 145	00:00:33	01:13:45	01:50:35.75	01:51:08.99	+01:09:00 (62.1%)	9:12	6.5 (38.0%)
278	DOBROWOLSKA Agnieszka	1099		BIĄŁYSTOK	K30	41	K 133	00:00:32	01:13:37	01:50:36.66	01:51:09.31	+01:09:00 (62.1%)	9:13	6.5 (38.0%)
279	JÓZEFOWSKA Małgorzata	1223	TOYOTA TEAM	BIĄŁYSTOK	K40	51	K 134	00:00:04	01:15:21	01:52:02.79	01:52:07.78	+01:09:59 (62.4%)	9:20	6.4 (37.4%)

280	BIELECKA-MATYS Milena	1233		BIALYSTOK	K40	52	K 135	00:00:47	01:13:36	01:55:57.08	01:56:44.36	+01:14:35 (63.9%)	9:39	6.2 (36.3%)
281	MOCARSKA Agnieszka	1344		BIALYSTOK	K40	53	K 136	00:00:05	01:12:13	01:58:58.68	01:59:04.17	+01:16:55 (64.6%)	9:54	6.1 (35.7%)
282	SASINOWSKA Ewa	1225	TOYOTA TEAM	BIALYSTOK	K40	54	K 137	00:00:05	01:13:01	01:58:59.07	01:59:04.24	+01:16:55 (64.6%)	9:54	6.1 (35.7%)