

1	TOBJASZ Krzysztof	5325	KUNA TEAM WŁOCLAWEK	CZERNIEWICE	M50	1	M 1	00:00:16	01:08:24	02:01:58	03:11:43	03:48:10	04:06:19.17	04:06:35.18		4:43
2	TSYBULSKI Roman	5350		WARSZAWA	M30	1	M 2	00:00:03	01:07:51	02:01:52	03:11:10	03:49:41	04:07:23.22	04:07:26.26	+00:00:51 (0.3%)	4:44
3	ROBAKIEWICZ Marcin	5305		PŁOCK	M40	1	M 3	00:00:03	01:07:49	02:01:51	03:13:18	03:55:52	04:17:13.96	04:17:17.92	+00:10:42 (4.2%)	4:55
4	MALŻYCKI Piotr	5146	HERON WIELISZEW TEAM	WOŁOMIN	M40	2	M 4	00:00:11	01:13:19	02:09:33	03:22:51	04:02:45	04:21:12.64	04:21:24.62	+00:14:49 (5.7%)	5:00
5	SŁOMKA Michał	5246	SOSNOWIECKI KLUB KARATE	SOSNOWIEC	M30	2	M 5	00:00:15	01:13:17	02:09:59	03:24:42	04:02:59	04:21:13.58	04:21:29.25	+00:14:54 (5.7%)	5:00
6	NOWAK Paweł	5140	ROCH JASZENICA	PODBORZE	M30	3	M 6	00:00:10	01:07:55	02:01:45	03:15:09	04:00:40	04:22:12.89	04:22:23.09	+00:15:47 (6.0%)	5:01
7	GIERSZEWSKI Jarosław	5324	ZAŁOGA G	CIECHOCINEK	M50	2	M 7	00:00:03	01:08:09	02:02:47	03:20:04	04:03:14	04:22:41.57	04:22:45.44	+00:16:10 (6.2%)	5:01
8	FLĄDRO Daniel	5307	BKB CZARNA PERŁA	WOKOWICE	M40	3	M 8	00:00:02	01:07:50	02:01:53	03:21:40	04:04:25	04:25:58.04	04:26:00.25	+00:19:25 (7.3%)	5:05
9	KULLING Hubert	5269	HFB	KIEŁCZÓW	M40	4	M 9	00:00:07	01:13:19	02:09:38	03:26:23	04:06:55	04:27:07.70	04:27:14.92	+00:20:39 (7.7%)	5:07
10	ŁAWRESZUK Igor	5303		ZABŁUDÓW	M40	5	M 10	00:00:07	01:13:22	02:09:38	03:26:24	04:08:01	04:29:36.39	04:29:44.39	+00:23:09 (8.6%)	5:09
11	MAJ Marek	5082		WARSZAWA	M30	4	M 11	00:00:05	01:13:36	02:11:45	03:30:13	04:15:12	04:33:50.43	04:33:56.29	+00:27:21 (10.0%)	5:14
12	RUDZIEWICZ Radosław	5239		WŁODAWA	M30	5	M 12	00:00:14	01:13:30	02:11:31	03:29:29	04:14:59	04:34:29.97	04:34:44.43	+00:28:09 (10.2%)	5:15
13	STOCZKO Kamil	5258	NADAKTYWNI	BIAŁYSTOK	M30	6	M 13	00:00:03	01:09:00	02:05:12	03:26:52	04:15:35	04:36:42.04	04:36:45.38	+00:30:10 (10.9%)	5:18
14	ZBRUK Tomasz	5252	W POGONI ZA DUCHEM	DĄBROWA GÓRNICZA	M40	6	M 14	00:00:02	01:10:02	02:05:27	03:28:11	04:15:29	04:37:46.79	04:37:49.66	+00:31:14 (11.2%)	5:19
15	BIERNAT Robert	5301	KLUB BIEGACZY JYSK	RAKOWISKA	M30	7	M 15	00:00:12	01:12:36	02:08:46	03:28:40	04:15:04	04:38:56.61	04:39:09.07	+00:32:33 (11.7%)	5:20
16	ZIUZIA Aleksander	5056		BIAŁYSTOK	M20	1	M 16	00:00:17	01:07:40	02:01:39	03:18:24	04:14:07	04:41:14.88	04:41:32.07	+00:34:56 (12.4%)	5:23
17	RUSINIAK Kamil	5231	KALINOWSKI TEAM	BIELSK PODLASKI	M30	8	M 17	00:00:04	01:12:11	02:09:22	03:33:35	04:21:35	04:41:53.57	04:41:57.69	+00:35:22 (12.5%)	5:24
18	SAWICKI Michał	5336	TEAM ZABIEGANEDNI	WARSZAWA	M40	7	M 18	00:00:14	01:17:22	02:15:40	03:37:26	04:21:45	04:43:34.92	04:43:48.95	+00:37:13 (13.1%)	5:25
19	PIECZUR Piotr	5106		BIAŁYSTOK	M40	8	M 19	00:00:17	01:15:42	02:14:42	03:32:55	04:23:02	04:44:25.06	04:44:42.73	+00:38:07 (13.4%)	5:26
20	PROTAS Krzysztof	5049		WARSZAWA	M40	9	M 20	00:00:21	01:12:30	02:09:44	03:38:06	04:24:14	04:46:01.45	04:46:22.95	+00:39:47 (13.9%)	5:28
21	GRYGORCZUK Michał	5296		BIAŁYSTOK	M20	2	M 21	00:00:14	01:18:50	02:18:51	03:41:37	04:25:14	04:46:16.02	04:46:30.96	+00:39:55 (13.9%)	5:29
22	LOTKO Jeremiasz	5168	W POGONI ZA DUCHEM	DĄBROWA GÓRNICZA	M30	9	M 22	00:00:00	01:13:43	02:10:40	03:31:41	04:21:36	04:47:48.15	04:47:48.90	+00:41:13 (14.3%)	5:30
23	BIELAWSKI Marek	5197		BIAŁOWIŻA	M50	3	M 23	00:00:31	01:28:37	02:27:25	03:45:48	04:29:40	04:49:41.24	04:50:13.22	+00:43:38 (15.0%)	5:32
24	GADZIŃSKI Krzysztof	5027	KAN-THERM RACING TEAM	BIAŁYSTOK	M40	10	M 24	00:00:05	01:13:39	02:12:57	03:36:19	04:25:52	04:50:17.86	04:50:23.38	+00:43:48 (15.1%)	5:33
25	RUSEK Bernard	5185		KARMANOWICE	M40	11	M 25	00:00:04	01:10:01	02:09:13	03:35:57	04:25:36	04:50:43.50	04:50:47.87	+00:44:12 (15.2%)	5:34
26	BIŃCZARSKI Patryk	5039		WŁOCLAWEK	M40	12	M 26	00:00:16	01:16:55	02:19:56	03:46:22	04:34:16	04:55:05.69	04:55:22.24	+00:48:47 (16.5%)	5:39
27	MAJEWSKI Waldemar	5023	KUNA TEAM WŁOCLAWEK	WŁOCLAWEK	M40	13	M 27	00:00:15	01:15:44	02:14:45	03:42:29	04:34:18	04:55:07.09	04:55:22.42	+00:48:47 (16.5%)	5:39
28	POLUS Kacper	5083	YOLO RUNNERS	CHOCICZA	M30	10	M 28	00:00:11	01:18:08	02:18:55	03:47:17	04:33:53	04:56:17.26	04:56:28.46	+00:49:53 (16.8%)	5:40
29	MENDRA Adam	5360		WARSZAWA	M30	11	M 29	00:00:00	01:13:42	02:16:21	03:50:29	04:37:52	04:58:58.27	04:58:59.02	+00:52:23 (17.5%)	5:43
30	TROCHIMCZYK Szymon	5018		BIAŁYSTOK	M20	3	M 30	00:00:16	01:23:41	02:26:24	03:53:45	04:37:30	04:59:28.44	04:59:45.11	+00:53:09 (17.7%)	5:44
31	SARNACKA Olga	5114	THE ONE AND ONLY ONE	BIAŁYSTOK	K40	1	K 1	00:00:11	01:24:44	02:30:13	03:56:30	04:39:33	05:00:00.84	05:00:12.11	+00:53:36 (17.9%)	5:44

32	PULKOWSKA Justyna	5235		WARSZAWA	K30	1	K 2	00:00:06	01:26:04	02:34:09	03:57:29	04:40:44	05:01:22.37	05:01:28.51	+00:54:53 (18.2%)	5:46
33	MOJ Marcin	5272	GIŻA TEAM	WARSZAWA	M30	12	M 31	00:00:19	01:27:07	02:33:41	03:59:26	04:41:03	05:01:21.21	05:01:40.97	+00:55:05 (18.3%)	5:46
34	PLUCIŚ Małgorzata	5165	GRUPA BIEGOWA CHTMO	JABŁONNA	K30	2	K 3	00:00:21	01:24:52	02:31:01	03:58:28	04:43:33	05:05:02.10	05:05:23.46	+00:58:48 (19.3%)	5:50
35	PRUSACZYK Artur	5144	BIEGAM BO LUBIĘ OSTROŁĘKA	DZBENIN	M50	4	M 32	00:00:03	01:20:19	02:24:57	03:56:25	04:44:14	05:06:11.10	05:06:14.23	+00:59:39 (19.5%)	5:51
36	KALUSKI Mateusz	5190		WARSZAWA	M30	13	M 33	00:00:29	01:26:09	02:31:01	03:56:13	04:45:21	05:08:52.26	05:09:21.40	+01:02:46 (20.3%)	5:55
37	MORGAŚ Mariusz	5344		WARSZAWA	M30	14	M 34	00:00:04	01:15:56	02:18:22	03:56:38	04:50:08	05:09:46.76	05:09:50.96	+01:03:15 (20.4%)	5:56
38	OBREŃSKI Marcin	5063		PŁOCK	M40	14	M 35	00:00:19	01:24:21	02:29:31	03:59:39	04:49:30	05:10:50.02	05:11:09.75	+01:04:34 (20.8%)	5:57
39	OSZYWA Damian	5366		KIELCE	M40	15	M 36	00:00:18	01:20:11	02:23:49	03:55:10	04:47:56	05:11:00.23	05:11:18.24	+01:04:43 (20.8%)	5:57
40	MIKOŁAJCZYK Marcin	5225	GRYGO TEAM	ŁOMŻA	M50	5	M 37	00:00:09	01:18:55	02:29:30	03:59:07	04:50:12	05:11:14.21	05:11:23.88	+01:04:48 (20.8%)	5:57
41	WOJDA Karol	5215	ROZBIEGANE MICHAŁOWICE	PEĆICE	M40	16	M 38	00:00:18	01:21:24	02:24:45	03:53:59	04:49:07	05:11:45.47	05:12:03.93	+01:05:28 (21.0%)	5:58
42	CZERWINSKI Dominik	5337	ALVO RACING TEAM	KOMORNIKI	M40	17	M 39	00:00:28	01:20:57	02:28:09	03:57:07	04:51:41	05:12:57.94	05:13:26.25	+01:06:51 (21.3%)	5:59
43	MAĆKOWIAK Robert	5349		KOŚCIAN	M30	15	M 40	00:00:28	01:20:56	02:28:09	03:57:07	04:51:40	05:12:58.06	05:13:26.42	+01:06:51 (21.3%)	5:59
44	SALAVIEJ Uladzimir	5223	RUN_WAWA_RUN	WARSZAWA	M30	16	M 41	00:00:30	01:23:23	02:29:36	03:57:38	04:52:08	05:13:05.51	05:13:36.31	+01:07:01 (21.4%)	5:59
45	KULA Marcin	5224		WROCLAW	M40	18	M 42	00:00:00	01:19:04	02:26:25	04:00:20	04:51:40	05:14:47.69	05:14:48.44	+01:08:13 (21.7%)	6:01
46	WASILEWSKA Joanna	5007	N50	BIĄŁYSTOK	K30	3	K 4	00:00:13	01:26:30	02:35:47	04:06:32	04:54:09	05:14:56.55	05:15:10.53	+01:08:35 (21.8%)	6:01
47	PELCZAR Krzysztof	5166	JEŹDZCY APOKALIPSY	BIĄŁYSTOK	M40	19	M 43	00:00:37	01:22:35	02:28:41	03:59:00	04:50:03	05:14:56.43	05:15:34.13	+01:08:58 (21.9%)	6:01
48	MOZOLEWSKA Joanna	5103	ZIELONY BIĄŁYSTOK - URZĄD MIEJSKI W BIĄŁYMSTOKU	BIĄŁYSTOK	K30	4	K 5	00:00:29	01:22:47	02:29:36	04:02:51	04:52:40	05:15:07.08	05:15:37.05	+01:09:01 (21.9%)	6:02
49	VANKOVICH Anastasiya	5351	SWORDS ATHLETICS	WARSZAWA	K40	2	K 6	00:00:03	01:22:51	02:30:44	04:00:21	04:51:42	05:16:12.97	05:16:16.58	+01:09:41 (22.0%)	6:03
50	CEKIERA Marcin	5346	IRON DRAGON TRIATHLON	ZIELONKI	M40	20	M 44	00:00:27	01:25:05	02:34:18	04:06:20	04:55:28	05:17:14.43	05:17:41.71	+01:11:06 (22.4%)	6:04
51	ZAJĄC-CEKIERA Joanna	5155		ZIELONKI	K40	3	K 7	00:00:27	01:25:04	02:34:18	04:06:20	04:55:28	05:17:14.43	05:17:41.96	+01:11:06 (22.4%)	6:04
52	ROZNER Artur	5356		PIASECZNO	M40	21	M 45	00:00:07	01:26:04	02:35:54	04:08:04	04:57:19	05:18:43.92	05:18:51.52	+01:12:16 (22.7%)	6:06
53	DWORAKOWSKI Emil	5298		BIĄŁYSTOK	M30	17	M 46	00:00:45	01:27:17	02:34:25	04:06:16	04:57:26	05:20:10.10	05:20:55.39	+01:14:20 (23.2%)	6:08
54	KULEVICH Ruslan	5204		BIĄŁYSTOK	M30	18	M 47	00:00:29	01:21:36	02:26:28	03:56:45	04:58:11	05:20:31.29	05:21:00.99	+01:14:25 (23.2%)	6:08
55	PILETSKI Maksim	5208		WROCLAW	M30	19	M 48	00:00:30	01:21:36	02:26:29	03:56:45	04:58:11	05:20:30.97	05:21:01.18	+01:14:26 (23.2%)	6:08
56	KARDEL Krzysztof	5005		BIĄŁYSTOK	M40	22	M 49	00:00:19	01:25:34	02:31:11	04:06:35	04:59:34	05:21:47.45	05:22:06.75	+01:15:31 (23.4%)	6:09
57	KWIECIŃSKI Krystian	5061		JAWORZNO	M50	6	M 50	00:03:11	01:22:08	02:29:06	04:01:30	04:57:53	05:19:08.75	05:22:20.69	+01:15:45 (23.5%)	6:06
58	KONOŃCZUK Łukasz	5077	DANIEL_BIEGA TEAM	MICHAŁOWO	M20	4	M 51	00:00:33	01:19:30	02:24:27	04:02:47	04:57:56	05:22:29.47	05:23:02.65	+01:16:27 (23.7%)	6:10
59	ZUBER Ireneusz	5087		LUBIN	M50	7	M 52	00:00:09	01:23:55	02:29:19	04:05:06	04:58:29	05:23:21.16	05:23:30.39	+01:16:55 (23.8%)	6:11
60	CZERENKIEWICZ-PALUCKA Joanna	5024	KUNA TEAM	WŁOCŁAWEK	K50	1	K 8	00:00:17	01:25:11	02:35:10	04:07:52	05:00:27	05:24:43.43	05:25:00.50	+01:18:25 (24.1%)	6:13
61	MATYSKIEL Mateusz	5128		BIĄŁYSTOK	M20	5	M 53	00:00:19	01:22:33	02:28:13	04:06:11	05:03:33	05:25:03.37	05:25:22.97	+01:18:47 (24.2%)	6:13
62	MARUSZAK Piotr	5127	EKIPA PUŁAWY	PUŁAWY	M30	20	M 54	00:00:36	01:26:06	02:35:33	04:23:53	05:04:59	05:25:43.25	05:26:20.12	+01:19:44 (24.4%)	6:14

63	JARMOC Kamil	5338	PODLASKIE KOCURY	BIĄŁYSTOK	M20	6	M 55	00:00:08	01:24:39	02:31:22	04:06:46	05:06:05	05:26:41.90	05:26:50.69	+01:20:15 (24.6%)	6:15
64	SIEROCIUK Łukasz	5293	PODLASKIE KOCURY	JEDWABNE	M40	23	M 56	00:00:08	01:24:39	02:31:20	04:06:45	05:06:03	05:26:41.93	05:26:50.76	+01:20:15 (24.6%)	6:15
65	PODOLAK Joanna	5355	BIEGAM BO LUBIĘ OSTROŁĘKA	OSTROŁĘKA	K40	4	K 9	00:00:03	01:23:48	02:32:33	04:11:59	05:05:28	05:26:57.96	05:27:01.05	+01:20:25 (24.6%)	6:15
66	DANEL Adam	5354		TYCHY	M40	24	M 57	00:00:05	01:19:21	02:26:33	04:05:57	05:01:01	05:26:58.89	05:27:04.15	+01:20:28 (24.6%)	6:15
67	KONDRATOWICZ Paweł	5117		BIĄŁYSTOK	M30	21	M 58	00:00:45	01:27:17	02:34:23	04:12:14	05:06:38	05:26:26.86	05:27:12.26	+01:20:37 (24.6%)	6:15
68	JACZYŃSKI Piotr	5186	GOLIAT LEONCIN	LEONCIN	M40	25	M 59	00:00:21	01:27:06	02:35:40	04:11:20	05:03:56	05:27:03.50	05:27:25.22	+01:20:50 (24.7%)	6:15
69	KLESZCZEWSKI Kamil	5278		WASILKÓW	M30	22	M 60	00:00:00	01:24:59	02:32:03	04:04:37	05:02:00	05:27:44.89	05:27:45.64	+01:21:10 (24.8%)	6:16
70	MOSPINEK Jacek	5331	SZAKALE BAŁUT ŁÓDŹ	ŁÓDŹ	M40	26	M 61	00:00:27	01:25:55	02:43:17	04:20:34	05:07:25	05:27:30.17	05:27:57.79	+01:21:22 (24.8%)	6:16
71	KATASONOV Pavlo	5321	GRID DYNAMICS	WROCLAW	M40	27	M 62	00:00:11	01:23:53	02:33:53	04:12:25	05:03:21	05:28:04.73	05:28:16.58	+01:21:41 (24.9%)	6:17
72	PILECKI Marcin	5243	KALINOWSKI TEAM	BIĄŁYSTOK	M40	28	M 63	00:00:12	01:25:07	02:37:56	04:10:47	05:04:48	05:28:23.17	05:28:35.22	+01:22:00 (25.0%)	6:17
73	LESZCZYŃSKI Radosław	5052		MRAĞOWO	M40	29	M 64	00:00:46	01:28:41	02:39:43	04:13:47	05:05:04	05:27:56.85	05:28:43.66	+01:22:08 (25.0%)	6:16
74	LEŚNIEWSKI Adam	5017		WARSZAWA	M40	30	M 65	00:00:31	01:22:24	02:29:23	04:05:52	05:02:37	05:28:18.56	05:28:49.71	+01:22:14 (25.0%)	6:17
75	ŚMIDOWICZ Sławomir	5302		STRZAŁKOWO	M40	31	M 66	00:00:06	01:20:58	02:29:12	04:06:22	05:06:20	05:31:27.44	05:31:33.58	+01:24:58 (25.6%)	6:20
76	DĄBROWSKI Paweł	5297		SZEPJETOWO	M30	23	M 67	00:00:10	01:22:44	02:33:50	04:17:01	05:10:32	05:31:44.49	05:31:55.19	+01:25:20 (25.7%)	6:21
77	SEWERYNEK Krzysztof	5273		ŁÓDŹ	M40	32	M 68	00:00:15	01:20:08	02:26:53	04:07:20	05:07:20	05:31:48.62	05:32:03.86	+01:25:28 (25.7%)	6:21
78	HIBNER Artur	5097	SZAKALE BAŁUT ŁÓDŹ	ŁÓDŹ	M40	33	M 69	00:00:27	01:24:05	02:36:51	04:16:00	05:10:06	05:31:58.24	05:32:25.25	+01:25:50 (25.8%)	6:21
79	KASJANIUK Mariusz	5343		BIĄŁYSTOK	M40	34	M 70	00:00:32	01:21:23	02:29:39	04:12:26	05:09:56	05:32:12.28	05:32:44.89	+01:26:09 (25.9%)	6:21
80	JANIKOWSKI Piotr	5034	GRUPA POŚCIGOWA	SOSNOWIEC	M40	35	M 71	00:00:08	01:25:01	02:35:33	04:15:04	05:07:15	05:32:55.00	05:33:03.59	+01:26:28 (26.0%)	6:22
81	KORABIEWSKI Mikołaj	5291		PŁONKA-STRUMIANKA	M30	24	M 72	00:00:22	01:30:04	02:40:23	04:19:15	05:12:17	05:33:06.32	05:33:29.27	+01:26:54 (26.1%)	6:22
82	PASIUK Mateusz	5287		GRABÓWKA	M30	25	M 73	00:00:23	01:30:04	02:40:21	04:19:15	05:12:17	05:33:06.58	05:33:29.60	+01:26:54 (26.1%)	6:22
83	ŚLEPOWROŃSKI Marcin	5274		OSTROŁĘKA	M30	26	M 74	00:00:21	01:16:36	02:20:12	04:05:12	05:11:14	05:34:02.93	05:34:24.68	+01:27:49 (26.3%)	6:23
84	DYBIŃSKI Kamil	5192		ELBLĄG	M30	27	M 75	00:00:14	01:21:13	02:30:01	04:10:58	05:08:57	05:34:31.30	05:34:45.74	+01:28:10 (26.3%)	6:24
85	GRYGA Jan	5315		COVENTRY	M20	7	M 76	00:00:21	01:26:06	02:34:14	04:11:08	05:09:24	05:34:41.71	05:35:03.27	+01:28:28 (26.4%)	6:24
86	BEREZNIATSKA Yana	5171	RUN_WAWA_RUN	WARSZAWA	K30	5	K 10	00:00:31	01:26:55	02:39:17	04:19:22	05:10:31	05:35:14.33	05:35:46.06	+01:29:10 (26.6%)	6:25
87	CZAPLEJEWICZ Marek	5044		BOGUSZE	M30	28	M 77	00:00:13	01:29:48	02:39:41	04:19:07	05:11:21	05:36:15.36	05:36:28.65	+01:29:53 (26.7%)	6:26
88	GOSKA Tomasz	5312	IKSS (ILE KURŁA SIŁ STARCZY)	SIEDLCE	M40	36	M 78	00:00:00	01:30:33	02:43:56	04:20:57	05:13:29	05:36:35.71	05:36:36.45	+01:30:01 (26.7%)	6:26
89	MICHAŁOWSKI Michał	5226	MOKOBIEGACZE	WARSZAWA	M30	29	M 79	00:00:30	01:20:37	02:23:59	04:10:24	05:13:09	05:36:06.18	05:36:36.52	+01:30:01 (26.7%)	6:26
90	RAKOWSKI Przemysław	5002		MARKI	M50	8	M 80	00:00:38	01:32:57	02:46:36	04:22:13	05:12:42	05:36:30.52	05:37:09.31	+01:30:34 (26.9%)	6:26
91	SKORUPA Tomasz	5006	WS&B	BERLIN	M40	37	M 81	00:00:07	01:29:43	02:43:20	04:21:28	05:15:47	05:38:06.87	05:38:14.04	+01:31:38 (27.1%)	6:28
92	BORYSEWICZ Wojciech	5276	PIRACI Z SZARLOTY	RYBNIK	M30	30	M 82	00:00:07	01:25:07	02:35:09	04:17:49	05:14:17	05:39:33.46	05:39:40.96	+01:33:05 (27.4%)	6:30
93	YASKO Natalia	5113		BIĄŁYSTOK	K30	6	K 11	00:00:05	01:28:55	02:39:25	04:19:20	05:14:26	05:39:47.41	05:39:52.52	+01:33:17 (27.4%)	6:30

94	KISIEL Radosław	5211		ZAMOŚĆ	M30	31	M 83	00:00:44	01:33:38	02:46:25	04:28:24	05:17:41	05:40:08.48	05:40:53.04	+01:34:17 (27.7%)	6:30
95	MYŚLEWSKI Janusz	5150	NOCNY POYEB	SZCZECIN	M40	38	M 84	00:00:08	01:25:13	02:36:04	04:22:40	05:17:09	05:41:21.32	05:41:30.22	+01:34:55 (27.8%)	6:32
96	TOKAREWICZ Paweł	5119	SOKÓLSKA WATAHA	SOKÓŁKA	M40	39	M 85	00:00:15	01:24:33	02:34:30	04:21:31	05:19:17	05:42:02.13	05:42:17.79	+01:35:42 (28.0%)	6:33
97	LISIK Wojciech	5257	KS WINO	RĄBIEŃ AB	M40	40	M 86	00:00:09	01:20:31	02:33:44	04:21:38	05:19:23	05:42:31.86	05:42:41.28	+01:36:06 (28.0%)	6:33
98	ROGOWSKI Kacper	5279		KOŁO	M20	8	M 87	00:00:17	01:22:38	02:30:19	04:12:41	05:16:31	05:44:53.83	05:45:11.09	+01:38:35 (28.6%)	6:36
99	BIŃCZARSKA Monika	5038		WŁOCŁAWEK	K40	5	K 12	00:00:16	01:25:12	02:37:24	04:22:26	05:19:47	05:45:15.23	05:45:31.93	+01:38:56 (28.6%)	6:36
100	WILCZYŃSKI Tytus	5016	#TYTUSOLO	WARSZAWA	M30	32	M 88	00:00:53	01:28:44	02:37:16	04:17:49	05:16:18	05:44:44.39	05:45:37.57	+01:39:02 (28.7%)	6:36
101	ORNAT Piotr	5195	ZABIEGANY WOŁOMIN	KOBYŁKA	M40	41	M 89	00:00:30	01:28:47	02:40:12	04:20:55	05:19:00	05:45:07.45	05:45:38.31	+01:39:03 (28.7%)	6:36
102	ŚCIERWICKI Tomasz	5282	T-MOBILE SPORT TEAM	ŁÓDŹ	M40	42	M 90	00:00:07	01:22:32	02:31:01	04:19:19	05:21:10	05:45:54.72	05:46:02.33	+01:39:27 (28.7%)	6:37
103	GORECKI Kamil	5363	ADIDAS RUNNERS WARSAW	WARSZAWA	M30	33	M 91	00:00:52	01:35:37	02:59:19	04:38:40	05:23:50	05:45:33.68	05:46:26.59	+01:39:51 (28.8%)	6:37
104	MERTAS Dominik	5035	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	BABICE	M40	43	M 92	00:00:07	01:24:49	02:35:05	04:25:52	05:21:14	05:47:09.14	05:47:17.04	+01:40:41 (29.0%)	6:39
105	SZPEJNA Jarosław	5271	RUN'N'ROLL	PŁOCK	M50	9	M 93	00:00:05	01:24:58	02:37:05	04:27:59	05:23:26	05:47:12.87	05:47:17.96	+01:40:42 (29.0%)	6:39
106	KUŚMIREK-KOWAL Joanna	5294	BIEGAM NA TARCHOMINIE	WARSZAWA	K40	6	K 13	00:00:28	01:35:26	02:50:34	04:32:08	05:23:55	05:46:59.75	05:47:27.81	+01:40:52 (29.0%)	6:38
107	MOLENDĄ Małgorzata	5148	BBKS ŁAWECZKA	WARSZAWA	K40	7	K 14	00:00:05	01:30:03	02:46:01	04:32:19	05:25:05	05:47:33.15	05:47:38.52	+01:41:03 (29.1%)	6:39
108	MICHALAK Sylwester	5096		ZBĄSZYŃ	M40	44	M 94	00:00:38	01:31:56	02:46:29	04:31:13	05:24:14	05:46:59.96	05:47:38.65	+01:41:03 (29.1%)	6:38
109	MARZEC Konrad	5058	ROZBIEGANE MICHAŁOWICE	PĘCICE	M40	45	M 95	00:00:18	01:32:33	02:46:57	04:26:20	05:21:41	05:47:23.08	05:47:41.17	+01:41:05 (29.1%)	6:39
110	ZIUZIA Janek	5055	POZDRAWIAM ASIĘ I MAMĘ	MICHAŁOWO	M20	9	M 96	00:00:33	01:26:13	02:41:12	04:23:13	05:24:33	05:47:40.91	05:48:14.32	+01:41:39 (29.2%)	6:39
111	PIETNICZKA Sebastian	5160		WARSZAWA	M40	46	M 97	00:00:51	01:31:45	02:41:15	04:27:17	05:23:40	05:48:33.56	05:49:24.86	+01:42:49 (29.4%)	6:40
112	TWARDOWSKI Krzysztof	5072	KOZANOWSKI KLUB BIEGACZA	WROCŁAW	M50	10	M 98	00:00:20	01:26:45	02:39:30	04:26:26	05:24:47	05:50:23.77	05:50:44.60	+01:44:09 (29.7%)	6:42
113	ANDROSIUK Tomasz	5134	HAJNÓWKA BIEGA	HAJNÓWKA	M40	47	M 99	00:00:34	01:26:20	02:34:28	04:15:39	05:19:42	05:50:13.84	05:50:48.80	+01:44:13 (29.7%)	6:42
114	SOŁOGUBA Jan	5332	HAJNÓWKA BIEGA	HAJNÓWKA	M30	34	M 100	00:00:35	01:26:20	02:34:26	04:15:38	05:19:42	05:50:13.60	05:50:48.92	+01:44:13 (29.7%)	6:42
115	PACHUCY Jakub	5021	KUNA TEAM WŁOCŁAWEK	WŁOCŁAWEK	M40	48	M 101	00:00:17	01:23:35	02:35:10	04:23:25	05:26:20	05:50:54.37	05:51:11.44	+01:44:36 (29.8%)	6:43
116	KALINOWSKI Adam	5241	MBJ	WARSZAWA	M40	49	M 102	00:00:36	01:27:09	02:39:46	04:34:14	05:26:19	05:50:35.26	05:51:11.64	+01:44:36 (29.8%)	6:42
117	SZYMAŃSKI Michał	5232		KŁODZKO	M20	10	M 103	00:00:34	01:26:52	02:39:14	04:27:27	05:24:40	05:50:55.42	05:51:30.07	+01:44:54 (29.8%)	6:43
118	ŁUKASZUK Arkadiusz	5295	JRG2	TUROŚŃ KOŚCIELNA	M20	11	M 104	00:00:36	01:27:57	02:42:36	04:33:32	05:27:36	05:51:55.26	05:52:31.33	+01:45:56 (30.1%)	6:44
119	TYMOFIEJCZUK-HOROSZ Anna	5206		TUROŚŃ KOŚCIELNA	K30	7	K 15	00:00:35	01:27:32	02:42:55	04:33:32	05:27:37	05:51:55.64	05:52:31.45	+01:45:56 (30.1%)	6:44
120	KOLIŃSKI Tomasz	5367		ZAMBRÓW	M40	50	M 105	00:00:13	01:24:55	02:35:41	04:28:10	05:25:43	05:52:55.59	05:53:09.02	+01:46:33 (30.2%)	6:45
121	WIŃSKI Adam	5177	KALINOWSKI TEAM	BIŁYSTOK	M40	51	M 106	00:00:12	01:25:06	02:39:21	04:25:28	05:29:57	05:53:10.54	05:53:23.04	+01:46:47 (30.2%)	6:45
122	PASEK Mirosław	5299	RUNNING CRAZY STRIPES	CZACHÓWEK	M40	52	M 107	00:00:09	01:20:32	02:30:05	04:20:09	05:20:05	05:54:42.61	05:54:51.65	+01:48:16 (30.5%)	6:47
123	ZŁOTKOWSKI Kacper	5348	POLSKIOBIAD	BIAŁYSTOK	M20	12	M 108	00:00:46	01:34:55	02:52:47	04:38:19	05:30:44	05:54:44.42	05:55:31.29	+01:48:56 (30.6%)	6:47
124	BIERĆ Jakub	5123		BIAŁYSTOK	M30	35	M 109	00:00:47	01:34:55	02:52:47	04:38:18	05:30:42	05:54:44.00	05:55:31.50	+01:48:56 (30.6%)	6:47

125	GRYKO Michał	5248		BIĄŁYSTOK	M20	13	M 110	00:00:48	01:34:54	02:52:47	04:38:17	05:30:43	05:54:43.73	05:55:31.73	+01:48:56 (30.6%)	6:47
126	ANTKOWIAK Mirosław	5152		KROSNO ODRZAŃSKIE	M60	1	M 111	00:00:06	01:29:57	02:45:25	04:31:39	05:30:27	05:55:33.76	05:55:40.11	+01:49:04 (30.7%)	6:48
127	MATUSIK Barbara	5290	OTK RZEŻNK	WARSZAWA	K40	8	K 16	00:00:17	01:24:38	02:37:48	04:23:15	05:28:18	05:55:53.15	05:56:10.96	+01:49:35 (30.8%)	6:49
128	MILANOWSKI Grzegorz	5340		AUGUSTÓW	M50	11	M 112	00:00:12	01:24:46	02:33:07	04:21:39	05:31:20	05:56:17.71	05:56:30.40	+01:49:55 (30.8%)	6:49
129	DAWIDZIUK Marta	5201		WARSZAWA	K30	8	K 17	00:00:15	01:39:20	03:01:14	04:44:27	05:33:47	05:56:54.89	05:57:10.34	+01:50:35 (31.0%)	6:50
130	GÓLASZEWSKA Emilia	5110	MD RUN TRAINING	BIĄŁYSTOK	K40	9	K 18	00:00:19	01:33:30	02:51:24	04:38:49	05:33:49	05:57:49.10	05:58:08.41	+01:51:33 (31.1%)	6:51
131	GRYC Joanna	5135	MD RUN TRAINING	BIĄŁYSTOK	K40	10	K 19	00:00:19	01:33:29	02:51:24	04:38:49	05:33:48	05:57:49.02	05:58:08.56	+01:51:33 (31.1%)	6:51
132	BULAVA Maryia	5207	RUN_WAWA_RUN	WARSZAWA	K40	11	K 20	00:00:31	01:29:09	02:42:59	04:35:25	05:32:35	05:57:55.89	05:58:27.50	+01:51:52 (31.2%)	6:51
133	MARUSZAK Grzegorz	5092		PRUSZKÓW	M40	53	M 113	00:00:37	01:26:06	02:35:33	04:23:53	05:31:27	05:58:17.68	05:58:54.95	+01:52:19 (31.3%)	6:51
134	HYJEK Karol	5260	GÓRAL Z MAZUR RUNNING TEAM	GIŻYCKO	M40	54	M 114	00:00:26	01:30:17	02:53:12	04:46:44	05:35:35	05:59:00.73	05:59:27.26	+01:52:52 (31.4%)	6:52
135	FRAŃSKI Łukasz	5080	NKB CHYŻY NOWY TOMYŚŁ	NOWY TOMYŚŁ	M40	55	M 115	00:00:14	01:21:34	02:34:25	04:34:36	05:36:26	06:00:56.62	06:01:10.89	+01:54:35 (31.7%)	6:54
136	VĒZIS Ojārs	5209		RIGA	M30	36	M 116	00:00:20	01:31:45	02:46:03	04:36:14	05:34:37	06:01:18.27	06:01:38.81	+01:55:03 (31.8%)	6:55
137	WNUK Szymon	5210	SKPB LUBLIN	LUBLIN	M30	37	M 117	00:00:40	01:33:27	02:50:56	04:42:18	05:37:45	06:01:34.95	06:02:15.00	+01:55:39 (31.9%)	6:55
138	RZĘDZIAN Michał	5196		TURKA	M40	56	M 118	00:00:39	01:30:52	02:47:08	04:36:32	05:35:43	06:01:35.11	06:02:15.09	+01:55:39 (31.9%)	6:55
139	REJMAK Piotr	5249		WŁODAWA	M30	38	M 119	00:00:15	01:29:55	02:45:27	04:38:00	05:32:03	06:03:27.64	06:03:42.94	+01:57:07 (32.2%)	6:57
140	KOZŁOWSKI Marcin	5089		ŁÓDŹ	M30	39	M 120	00:00:33	01:21:53	02:33:30	04:33:03	05:38:51	06:03:30.14	06:04:03.90	+01:57:28 (32.3%)	6:57
141	MUSCI Antonio	5079	ADIDAS RUNNERS WARSAW	WARSZAWA	M40	57	M 121	00:00:38	01:29:53	02:47:17	04:35:17	05:41:11	06:03:32.23	06:04:10.43	+01:57:35 (32.3%)	6:57
142	SZCZEŚNIAK Ewa	5342	BIEGACZE JAROCIN	JAROCIN	K40	12	K 21	00:00:14	01:31:51	02:50:02	04:41:13	05:39:06	06:03:58.90	06:04:12.92	+01:57:37 (32.3%)	6:58
143	DIKS Filip	5240	BRZEZIŃSKI RUN CLUB	SKIERNIEWICE	M40	58	M 122	00:00:10	01:29:07	02:45:11	04:34:29	05:34:36	06:04:07.41	06:04:18.29	+01:57:43 (32.3%)	6:58
144	CHINEK Jacek	5222	ABY DO METY	LUBLIN	M40	59	M 123	00:00:49	01:32:26	02:52:27	04:39:03	05:37:58	06:03:42.37	06:04:32.03	+01:57:56 (32.4%)	6:58
145	SZERLE Tomasz	5142		WARSZAWA	M30	40	M 124	00:00:21	01:32:54	02:52:57	04:42:03	05:41:05	06:05:24.28	06:05:46.06	+01:59:10 (32.6%)	7:00
146	SAWOŃ Rafał	5019		SOKÓŁKA	M30	41	M 125	00:00:17	01:30:31	02:43:25	04:40:09	05:41:54	06:05:50.34	06:06:08.00	+01:59:32 (32.7%)	7:00
147	KLESZCZEWSKI Karol	5112		AUGUSTÓW	M40	60	M 126	00:00:02	01:25:06	02:44:28	04:41:31	05:44:08	06:06:36.35	06:06:38.84	+02:00:03 (32.7%)	7:01
148	SZYMAŃSKI Kamil	5093		ZGIERZ	M40	61	M 127	00:00:25	01:22:37	02:28:04	04:26:01	05:38:58	06:06:19.24	06:06:44.74	+02:00:09 (32.8%)	7:01
149	PACHA Miłosz	5362	SPOCONE PACHY	HAMBURG	M30	42	M 128	00:00:05	01:27:04	02:40:40	04:38:20	05:37:54	06:08:22.46	06:08:27.67	+02:01:52 (33.1%)	7:03
150	RAKOWSKI Edward	5042		GDYNIA	M50	12	M 129	00:00:14	01:21:07	02:32:18	04:32:01	05:37:45	06:08:16.31	06:08:31.14	+02:01:55 (33.1%)	7:03
151	KOLADA Łukasz	5130		BIELSK PODLASKI	M30	43	M 130	00:00:35	01:31:21	02:49:21	04:41:03	05:38:34	06:08:05.88	06:08:41.01	+02:02:05 (33.1%)	7:03
152	KAPUSTA Joanna	5275	DZIK KOMANDO	ŁÓDŹ	K30	9	K 22	00:00:33	01:36:14	02:55:12	04:42:16	05:44:00	06:08:14.71	06:08:48.07	+02:02:12 (33.1%)	7:03
153	KOPEĆ Lidia	5189		MIŃSK MAZOWIECKI	K30	10	K 23	00:00:43	01:36:04	02:55:02	04:42:07	05:43:49	06:08:42.80	06:09:26.03	+02:02:50 (33.3%)	7:03
154	JANKOWSKI Przemysław	5358		WARSZAWA	M40	62	M 131	00:05:20	01:30:26	02:49:15	04:34:42	05:38:34	06:04:55.91	06:10:15.91	+02:03:40 (33.4%)	6:59
155	GRABOWSKI Grzegorz	5094		WARSZAWA	M40	63	M 132	00:00:25	01:24:06	02:50:09	04:38:28	05:47:45	06:10:13.69	06:10:39.47	+02:04:04 (33.5%)	7:05

156	ZMYŚŁOWSKI Marek	5182		LUBLIN	M40	64	M 133	00:00:34	01:36:39	02:53:45	04:42:29	05:42:14	06:10:34.25	06:11:08.99	+02:04:33 (33.6%)	7:05
157	CHOMCZYK Agnieszka	5104		BIAŁYSTOK	K30	11	K 24	00:00:50	01:35:51	02:52:38	04:43:21	05:45:22	06:13:02.44	06:13:53.01	+02:07:17 (34.0%)	7:08
158	ZIELINSKI Adam	5004		BERLIN	M40	65	M 134	00:00:07	01:24:11	02:43:45	04:38:17	05:43:03	06:15:39.83	06:15:47.28	+02:09:12 (34.4%)	7:11
159	DAWIDOWSKI Karol	5236		RUMIA	M40	66	M 135	00:00:07	01:24:11	02:35:00	04:38:18	05:43:05	06:15:40.44	06:15:47.50	+02:09:12 (34.4%)	7:11
160	OSTROWSKI Michał	5254		BIAŁYSTOK	M30	44	M 136	00:00:24	01:34:46	02:55:58	04:52:53	05:50:09	06:15:25.62	06:15:50.36	+02:09:15 (34.4%)	7:11
161	GROCHOWSKA Daria	5008		WARSZAWA	K40	13	K 25	00:00:37	01:31:39	02:50:48	04:39:22	05:49:27	06:16:05.56	06:16:43.26	+02:10:08 (34.5%)	7:12
162	ROSA Łukasz	5200		BRZĘZINY	M30	45	M 137	00:00:13	01:29:01	02:44:29	04:41:54	05:50:47	06:17:05.78	06:17:18.85	+02:10:43 (34.6%)	7:13
163	FALKIEWICZ Jacek	5071		ŁOMIANKI	M50	13	M 138	00:00:44	01:35:59	02:58:37	04:49:28	05:49:36	06:18:10.01	06:18:54.77	+02:12:19 (34.9%)	7:14
164	TARANEK Krzysztof	5218		WARSZAWA	M40	67	M 139	00:00:45	01:37:53	02:57:43	04:45:56	05:49:20	06:18:10.48	06:18:56.23	+02:12:21 (34.9%)	7:14
165	CARRILLO LEON Jose	5220	KUŹNIA TRIATHLONU	WARSZAWA	M30	46	M 140	00:00:45	01:37:54	02:57:43	04:45:56	05:49:20	06:18:29.29	06:19:14.70	+02:12:39 (35.0%)	7:15
166	KOZON Krzysztof	5169		WARSZAWA	M50	14	M 141	00:00:36	01:34:07	02:51:03	04:43:46	05:51:10	06:19:14.52	06:19:50.72	+02:13:15 (35.1%)	7:15
167	PILEWSKA Anita	5280	TEAM ZABIEGANEDNI	WARSZAWA	K50	2	K 26	00:00:13	01:34:03	02:56:16	04:52:11	05:54:29	06:20:34.74	06:20:48.51	+02:14:13 (35.2%)	7:17
168	TOBYS Marcin	5237		ZBĄSZYŃ	M30	47	M 142	00:00:47	01:35:53	02:50:46	04:38:36	05:48:56	06:20:07.87	06:20:55.27	+02:14:20 (35.3%)	7:16
169	SŁAWOMIRSKI Damian	5314	42 BLSZ.	RADOM	M40	68	M 143	00:00:30	01:36:07	02:54:19	04:46:34	05:52:07	06:20:37.41	06:21:08.09	+02:14:32 (35.3%)	7:17
170	ZALEWSKA Ewa	5125		STAROWA GÓRA	K30	12	K 27	00:00:08	01:35:52	02:54:40	04:46:57	05:52:31	06:20:59.20	06:21:08.11	+02:14:32 (35.3%)	7:17
171	PRUSZYŃSKI Mateusz	5051		BIAŁYSTOK	M30	48	M 144	00:00:21	01:33:42	02:51:27	04:49:04	05:53:26	06:21:09.10	06:21:30.50	+02:14:55 (35.4%)	7:18
172	LITWINIEC Daniel	5050		ŻYRARDÓW	M40	69	M 145	00:00:19	01:31:34	02:51:29	04:49:06	05:53:31	06:21:25.16	06:21:44.28	+02:15:09 (35.4%)	7:18
173	LITWINIEC Izabela	5048		ŻYRARDÓW	K40	14	K 28	00:00:18	01:31:34	02:51:29	04:49:06	05:53:28	06:21:25.88	06:21:44.80	+02:15:09 (35.4%)	7:18
174	KOCIELIŃSKA-KŁOS Małgorzata	5139	TEAM ZABIEGANEDNI	WIĄZOWNA	K40	15	K 29	00:00:11	01:25:43	02:43:18	04:47:40	05:56:06	06:21:55.70	06:22:07.23	+02:15:32 (35.5%)	7:18
175	ROZWADOWSKI Krzysztof	5333	TEAM ZABIEGANEDNI	WIĄZOWNA	M50	15	M 146	00:00:11	01:25:43	02:43:18	04:47:34	05:56:03	06:21:55.97	06:22:07.34	+02:15:32 (35.5%)	7:18
176	CAŁKA Aneta	5057	SĄ WOLNIEJSI	OLSZTYN	K50	3	K 30	00:00:44	01:36:54	03:02:53	04:55:00	05:55:52	06:21:26.86	06:22:10.96	+02:15:35 (35.5%)	7:18
177	BIBIK Łukasz	5250	MAGIC TRISEVEN	BYDGOSZCZ	M40	70	M 147	00:00:46	01:38:15	02:58:21	04:53:59	05:56:07	06:22:04.69	06:22:51.20	+02:16:16 (35.6%)	7:19
178	STEFANIAK Małgorzata	5070		WARSZAWA	K40	16	K 31	00:00:14	01:34:34	02:54:55	04:52:26	05:55:54	06:23:09.78	06:23:24.44	+02:16:49 (35.7%)	7:20
179	SŁOMKA Anna	5245	SOSNOWIECKI KLUB KARATE	SOSNOWIEC	K50	4	K 32	00:00:46	01:43:05	03:10:52	04:57:38	05:58:48	06:23:34.56	06:24:20.65	+02:17:45 (35.8%)	7:20
180	MODERSKI Maciej	5244		LEGNICA	M18	1	M 148	00:00:30	01:33:00	02:49:13	04:51:26	05:55:49	06:24:55.04	06:25:25.50	+02:18:50 (36.0%)	7:22
181	RUDNICKA-GÓRALCZYK Joanna	5014	NAJLEPSI OLD	WARSZAWA	K50	5	K 33	00:00:36	01:36:05	02:55:54	05:02:31	05:59:52	06:25:58.73	06:26:35.57	+02:20:00 (36.2%)	7:23
182	LEDZION-POLEWACZ Małgorzata	5281	SZAKALE BAŁUT ŁÓDŹ	ŁÓDŹ	K40	17	K 34	00:00:40	01:30:17	02:59:38	05:07:14	06:04:50	06:26:11.35	06:26:52.20	+02:20:17 (36.3%)	7:23
183	BOGDAŃSKA Ula	5320	URZĄD MIEJSKI W BIAŁYMSTOKU - ZIELONY BIAŁYSTOK	BIAŁYSTOK	K30	13	K 35	00:00:29	01:30:16	02:52:34	04:54:54	06:00:00	06:27:55.17	06:28:25.09	+02:21:49 (36.5%)	7:25
184	MIKOŁAJCZYK Mariusz	5347	ULTRA KSP	WYSZKÓW	M40	71	M 149	00:00:10	01:25:56	02:53:53	04:55:45	05:59:11	06:28:36.19	06:28:46.83	+02:22:11 (36.6%)	7:26
185	ŻUK Andrzej	5203	ŻUCZKI SIĘ TOCZĄ	ZIELONKA	M50	16	M 150	00:00:08	01:30:38	02:53:26	05:03:40	06:04:33	06:28:41.85	06:28:49.85	+02:22:14 (36.6%)	7:26
186	WRÓBLEWSKI Kamil	5213	PODLASKA SZKOŁA ALPINIZMU	KLEOSIN	M30	49	M 151	00:00:43	01:34:22	02:58:14	05:05:58	06:06:49	06:28:20.36	06:29:03.94	+02:22:28 (36.6%)	7:26

187	BOGDANOWICZ Bartosz	5078	CROSSFIT JUST RAW BIAŁYSTOK	BIAŁYSTOK	M40	72	M 152	00:00:27	01:39:00	03:02:12	04:55:16	06:01:28	06:28:48.76	06:29:16.65	+02:22:41 (36.7%)	7:26
188	BESTER Piotr	5233	SZAKALE BAŁUT ŁÓDŹ	ŁÓDŹ	M40	73	M 153	00:00:40	01:32:27	02:56:34	04:53:05	06:04:22	06:29:35.28	06:30:16.19	+02:23:41 (36.8%)	7:27
189	MALYSA Anna	5270		WROCŁAW	K30	14	K 36	00:00:20	01:33:08	02:56:07	04:55:13	06:00:57	06:30:00.62	06:30:21.58	+02:23:46 (36.8%)	7:28
190	KEMPISTY Piotr	5132	ROWEROWY BIAŁYSTOK	BIAŁYSTOK	M40	74	M 154	00:00:40	01:45:12	03:13:58	05:11:38	06:08:16	06:30:27.94	06:31:08.16	+02:24:32 (37.0%)	7:28
191	TUSZKIEWICZ Radek	5111	ORANGE POLSKA	TOMASZOWICE	M50	17	M 155	00:00:42	01:30:02	02:39:46	04:39:33	05:49:35	06:30:26.30	06:31:09.10	+02:24:33 (37.0%)	7:28
192	ZAWADZKA Jagoda	5329	BIAŁOSTOCKA SEKTA BIEGACZY	BIAŁYSTOK	K40	18	K 37	00:00:16	01:33:46	02:55:58	04:55:51	06:01:47	06:31:14.76	06:31:31.03	+02:24:55 (37.0%)	7:29
193	MUSIELAK Marek	5330		POZNAŃ	M40	75	M 156	00:00:15	01:33:48	02:55:59	04:55:54	06:01:47	06:31:16.38	06:31:31.95	+02:24:56 (37.0%)	7:29
194	SZUMOWSKI Andrzej	5174	BIAŁOSTOCKA SEKTA BIEGACZY	WASILKÓW	M50	18	M 157	00:00:26	01:36:35	03:01:41	04:59:29	06:06:06	06:31:05.99	06:31:32.04	+02:24:56 (37.0%)	7:29
195	ZAWADZKI Krzysztof	5328	BIAŁOSTOCKA SEKTA BIEGACZY	BIAŁYSTOK	M40	76	M 158	00:00:16	01:33:47	02:55:58	04:55:53	06:01:47	06:31:16.86	06:31:32.93	+02:24:57 (37.0%)	7:29
196	SZCZEPANIAK Joanna	5084	YOLO RUNNERS	KROTOSZYN	K20	1	K 38	00:00:11	01:37:54	02:59:36	05:01:54	06:06:20	06:33:09.77	06:33:21.33	+02:26:46 (37.3%)	7:31
197	KRASZEWSKI Krzysztof	5179		GŁOWNO	M30	50	M 159	00:00:18	01:46:52	03:09:49	05:07:25	06:07:51	06:33:27.20	06:33:45.79	+02:27:10 (37.4%)	7:32
198	SZYMCZUK Bogusław	5062		BIELSK PODLASKI	M30	51	M 160	00:00:11	01:27:15	02:50:24	04:59:16	06:06:58	06:34:41.65	06:34:52.67	+02:28:17 (37.6%)	7:33
199	ROŚCISZEWSKI Maciej	5308		KRAKÓW	M50	19	M 161	00:00:24	01:28:47	02:50:54	04:52:49	06:10:47	06:35:21.22	06:35:45.60	+02:29:10 (37.7%)	7:34
200	HYJEK Łukasz	5262		GIŻYCKO	M40	77	M 162	00:00:26	01:30:20	02:53:12	04:58:21	06:06:34	06:36:13.31	06:36:39.75	+02:30:04 (37.8%)	7:35
201	JANCZAK Angelika	5095		LEGNICA	K50	6	K 39	00:00:26	01:36:25	03:02:55	05:06:30	06:08:33	06:36:44.96	06:37:11.37	+02:30:36 (37.9%)	7:36
202	CHMIELEWSKA Sylwia	5187	BIEGAM BO LUBIĘ LEGNICA	LEGNICA	K50	7	K 40	00:00:23	01:39:17	03:05:41	05:03:31	06:09:44	06:37:24.68	06:37:48.53	+02:31:13 (38.0%)	7:36
203	CHILKIEWICZ Małgorzata	5101	MARSZOMANIACY BIELSK PODLASKI	BIELSK PODLASKI	K40	19	K 41	00:00:09	01:33:17	02:58:46	05:03:17	06:09:55	06:38:00.19	06:38:09.29	+02:31:34 (38.1%)	7:37
204	FALKOWSKI Emil	5020	MARSZOMANIACY BIELSK PODLASKI	BIELSK PODLASKI	M40	78	M 163	00:00:08	01:33:04	02:58:43	05:03:16	06:09:56	06:38:47.29	06:38:56.25	+02:32:21 (38.2%)	7:38
205	ADAMIAK Piotr	5193	BIEGAM Z IDEA KUCHNI	WARSZAWA	M50	20	M 164	00:00:37	01:34:34	02:59:32	05:00:16	06:10:52	06:39:11.33	06:39:49.17	+02:33:13 (38.3%)	7:38
206	DROZDOWSKI Daniel	5238		BIAŁYSTOK	M30	52	M 165	00:00:47	01:38:31	03:02:35	05:05:08	06:10:03	06:39:47.79	06:40:35.41	+02:34:00 (38.4%)	7:39
207	RUSIECKI Andrzej	5030		BIAŁYSTOK	M40	79	M 166	00:00:27	01:39:00	03:02:12	05:00:53	06:15:01	06:40:14.42	06:40:42.09	+02:34:06 (38.5%)	7:40
208	SIDORCZUK Wojciech	5066	BUT BARCZEWO	BARCZEWO	M50	21	M 167	00:00:09	01:29:38	02:46:29	04:52:04	06:04:11	06:41:11.54	06:41:21.10	+02:34:45 (38.6%)	7:41
209	SZMAJDOWICZ Paweł	5064	FACHDOM TEAM	KONSTANCIN JEZIORNA	M50	22	M 168	00:00:10	01:31:11	03:03:02	05:08:01	06:14:32	06:41:28.83	06:41:38.96	+02:35:03 (38.6%)	7:41
210	PIOTROWIAK Grzegorz	5212	N50	POROSŁY	M30	53	M 169	00:00:43	01:33:54	02:58:15	05:05:59	06:12:38	06:41:00.41	06:41:44.09	+02:35:08 (38.6%)	7:40
211	MALEK Mateusz	5153	SII RUNNING TEAM	POZNAŃ	M50	23	M 170	00:00:12	01:35:34	03:00:32	05:05:19	06:11:40	06:43:20.11	06:43:32.92	+02:36:57 (38.9%)	7:43
212	TRYMUCHA Radosław	5011	PESELOZA	WARSZAWA	M50	24	M 171	00:00:38	01:38:18	03:03:07	05:08:24	06:11:37	06:43:07.05	06:43:45.07	+02:37:09 (38.9%)	7:43
213	JANCZARSKI Piotr	5335		GDAŃSK	M40	80	M 172	00:00:11	01:33:21	02:51:55	05:04:18	06:14:37	06:45:31.74	06:45:43.32	+02:39:08 (39.2%)	7:46
214	DOLŻYŃSKI Cyprian	5129		BIAŁYSTOK	M18	2	M 173	00:00:06	01:31:00	02:57:09	05:04:43	06:13:50	06:45:37.14	06:45:43.76	+02:39:08 (39.2%)	7:46
215	CHILKIEWICZ Piotr	5100	MARSZOMANIACY BIELSK PODLASKI	BIELSK PODLASKI	M40	81	M 174	00:00:09	01:29:29	02:59:02	05:05:14	06:15:37	06:45:52.52	06:46:02.27	+02:39:27 (39.3%)	7:46
216	ADAMCZYK Karolina	5029	#HAPPYRUNNERS	ŁÓDŹ	K40	20	K 42	00:00:33	01:40:48	03:12:36	05:12:03	06:19:30	06:46:18.76	06:46:52.57	+02:40:17 (39.4%)	7:47
217	FILIPCZAK Justyna	5217	DZIK KOMANDO	ŁÓDŹ	K40	21	K 43	00:00:33	01:40:48	03:12:40	05:12:14	06:19:34	06:46:30.97	06:47:04.94	+02:40:29 (39.4%)	7:47

218	CHRZANOWSKI Andrzej	5304		ELK	M40	82	M 175	00:09:58	01:32:37	02:59:04	05:00:38	06:11:21	06:39:19.07	06:49:17.07	+02:42:41 (39.8%)	7:38
219	ZAKRZEWSKI Jakub	5149	PODLASKA SZKOŁA ALPINIZMU	WARSZAWA	M30	54	M 176	00:00:43	01:33:53	02:58:15	05:05:58	06:16:51	06:48:38.69	06:49:21.95	+02:42:46 (39.8%)	7:49
220	ROMOTOWSKA Emilia	5286		OLECKO	K40	22	K 44	00:00:16	01:42:47	03:08:39	05:10:19	06:21:03	06:49:21.16	06:49:38.11	+02:43:02 (39.8%)	7:50
221	KWIASOWSKA Martyna	5219		ŁÓDŹ	K30	15	K 45	00:00:20	01:37:24	03:07:57	05:12:21	06:21:30	06:50:47.80	06:51:08.72	+02:44:33 (40.0%)	7:52
222	KORYCIŃSKI Mateusz	5267		WARSZAWA	M30	55	M 177	00:00:00	01:33:12	02:57:14	05:06:57		06:51:36.35	06:51:36.35	+02:45:01 (40.1%)	7:53
223	DOMAGAŁA Andrzej	5285	#ANDYDOMAGRUN	JELENIA GÓRA	M50	25	M 178	00:00:24	01:32:20	03:05:09	05:12:41	06:20:22	06:51:15.64	06:51:39.90	+02:45:04 (40.1%)	7:52
224	WOJCIECHOWSKI Paweł	5045	NAJLEPSI OLD	WARSZAWA	M50	26	M 179	00:00:37	01:36:05	02:55:51	05:06:42	06:23:04	06:51:44.61	06:52:21.80	+02:45:46 (40.2%)	7:53
225	TOREBKO Wojciech	5317		WASILKÓW	M40	83	M 180	00:00:42	01:50:34	03:16:23	05:13:45	06:21:53	06:52:17.00	06:52:59.60	+02:46:24 (40.3%)	7:53
226	MISIUREK Miron	5300	EKSTREMALNA GRUPA BIEGOWA	LUBLIN	M40	84	M 181	00:00:23	01:39:22	03:02:59	05:14:45	06:27:07	06:52:46.25	06:53:09.51	+02:46:34 (40.3%)	7:54
227	KĄKOL Ewelina	5081		WARSZAWA	K30	16	K 46	00:00:00	01:39:35	03:08:26	05:18:22	06:21:56	06:53:36.78	06:53:37.53	+02:47:02 (40.4%)	7:55
228	ROMANOWSKA Agnieszka	5277		PŁOŃSK	K40	23	K 47	00:00:12	01:34:51	03:03:59	05:10:57	06:19:07	06:53:38.36	06:53:50.39	+02:47:15 (40.4%)	7:55
229	KON Monika	5313		PŁOŃSK	K40	24	K 48	00:00:12	01:34:51	03:03:55	05:10:57	06:19:09	06:53:38.52	06:53:50.55	+02:47:15 (40.4%)	7:55
230	KOWALSKI Tomasz	5009	12TRI.PL	WARSZAWA	M40	85	M 182	00:00:32	01:38:40	03:04:56	05:16:19	06:29:19	06:54:37.62	06:55:10.43	+02:48:35 (40.6%)	7:56
231	ROGUZIŃSKI Radosław	5311	RDX	STARA IWICZNA	M40	86	M 183	00:00:13	01:34:20	03:00:22	05:13:14	06:25:46	06:55:47.36	06:56:01.29	+02:49:26 (40.7%)	7:57
232	CYMIŃSKI Łukasz	5188	STADO PĘDZĄCYCH IMADEŁ	WARSZAWA	M40	87	M 184	00:00:48	01:40:13	03:12:52	05:24:47	06:29:44	06:55:30.74	06:56:19.58	+02:49:44 (40.8%)	7:57
233	KORBUT Marek	5339	WINLAND	BIAŁYSTOK	M40	88	M 185	00:00:31	01:40:59	03:14:04	05:24:44	06:30:40	06:57:19.98	06:57:51.86	+02:51:16 (41.0%)	7:59
234	BARTNIK Zygfryd	5054		ŁÓDŹ	M30	56	M 186	00:00:49	01:40:41	03:13:46	05:24:27	06:29:29	06:57:10.39	06:57:59.85	+02:51:24 (41.0%)	7:59
235	GAWLIK Sylwia	5288		LUBLIN	K40	25	K 49	00:00:22	01:43:35	03:13:18	05:17:44	06:28:43	06:58:22.32	06:58:44.74	+02:52:09 (41.1%)	8:00
236	PAROL Kamil	5088		ŁOMŻA	M40	89	M 187	00:00:51	01:36:53	03:05:12	05:16:54	06:31:16	06:58:02.77	06:58:54.55	+02:52:19 (41.1%)	8:00
237	BIGOSIŃSKA Anna	5316	BIGOS TEAM	WASILKÓW	K40	26	K 50	00:00:42	01:52:19	03:26:42	05:30:11	06:32:05	06:58:49.75	06:59:31.96	+02:52:56 (41.2%)	8:01
238	BIGOSIŃSKI Dominik	5259	BIGOS TEAM	WASILKÓW	M20	14	M 188	00:00:42	01:52:19	03:26:42	05:30:11	06:32:05	06:58:49.77	06:59:32.28	+02:52:57 (41.2%)	8:01
239	TRYMUCHA Julia	5010	PESELOZA	WARSZAWA	K40	27	K 51	00:00:37	01:40:00	03:05:53	05:12:41	06:25:09	07:01:15.44	07:01:52.65	+02:55:17 (41.6%)	8:04
240	ZIMIŃSKI Paweł	5161	WOLF TEAM	RAJGRÓD	M30	57	M 189	00:00:44	01:41:51	03:04:41	05:24:04	06:34:56	07:01:48.94	07:02:33.34	+02:55:58 (41.6%)	8:04
241	BUBICZ Igor	5255		BOROWA GÓRA	M30	58	M 190	00:00:51	01:49:49	03:26:53	05:24:39	06:36:11	07:02:27.70	07:03:19.43	+02:56:44 (41.7%)	8:05
242	BRZOZOWSKA Paulina	5310		KOMORÓW	K30	17	K 52	00:00:28	01:38:51	03:05:01	05:14:12	06:29:48	07:03:31.60	07:04:00.48	+02:57:25 (41.8%)	8:06
243	BARTKOWIAK Ludmiła	5253	BIEGACZE JAROCIN	JAROCIN	K50	8	K 53	00:00:54	01:42:21	03:15:10	05:21:27	06:32:02	07:03:14.43	07:04:08.93	+02:57:33 (41.9%)	8:06
244	KONIECZNY Robert	5184	BIEGACZE JAROCIN	NAKŁO NAD NOTECIĄ	M50	27	M 191	00:00:54	01:42:21	03:15:08	05:21:27	06:32:01	07:03:14.18	07:04:09.09	+02:57:33 (41.9%)	8:06
245	WAWRZYNIAK Ilona	5090		WARSZAWA	K40	28	K 54	00:00:32	01:39:02	03:11:10	05:21:45	06:33:52	07:03:55.16	07:04:27.82	+02:57:52 (41.9%)	8:07
246	ALEKSANDROWICZ Sebastian	5116		SULEJÓWEK	M40	90	M 192	00:00:30	01:36:12	03:08:29	05:22:05	06:37:23	07:06:01.96	07:06:32.93	+02:59:57 (42.2%)	8:09
247	SAWICZ Artur	5026	P&G RUNNING	WARSZAWA	M50	28	M 193	00:00:28	01:36:09	03:00:59	05:21:58	06:40:24	07:06:11.15	07:06:39.59	+03:00:04 (42.2%)	8:09
248	GABRYELCZYK Marta	5076	UNIWERSYTET ŁÓDZKI	ŁÓDŹ	K40	29	K 55	00:00:24	01:36:15	03:02:54	05:14:41	06:35:19	07:06:19.06	07:06:43.96	+03:00:08 (42.2%)	8:10

249	TISSOT Piotrek	5205	RAZEM TRENUJEMY SPORT	ŁÓDŹ	M40	91	M 194	00:00:25	01:36:14	03:02:49	05:14:40	06:35:19	07:06:18.70	07:06:44.08	+03:00:08 (42.2%)	8:10
250	WIELICZKA Sergiusz	5046	RUN_WAWA_RUN	WARSZAW	M30	59	M 195	00:00:31	01:29:58	02:56:30	05:17:18	06:37:33	07:06:21.71	07:06:53.24	+03:00:18 (42.2%)	8:10
251	WIELGOPOLAN Natalia	5012	Z KAWĄ NA SZLAK	ŁÓDŹ	K30	18	K 56	00:00:08	01:40:40	03:12:40	05:37:21	06:40:53	07:06:57.38	07:07:05.80	+03:00:30 (42.3%)	8:10
252	PLISZCZYŃSKA Justyna	5327	EKSTREMALNA GRUPA BIEGOWA	LUBLIN	K50	9	K 57	00:00:22	01:47:31	03:20:36	05:28:45	06:37:21	07:09:04.01	07:09:26.37	+03:02:51 (42.6%)	8:13
253	BECZ Igor	5037		GOŁDAP	M20	15	M 196	00:00:41	01:51:14	03:24:53	05:31:13	06:37:58	07:09:28.84	07:10:10.20	+03:03:35 (42.7%)	8:13
254	GAWRYSIAK Mariusz	5251	RUN DMT	BYDGOSZCZ	M60	2	M 197	00:00:42	01:31:28	02:55:27	05:20:22	06:37:03	07:09:59.74	07:10:42.31	+03:04:07 (42.7%)	8:14
255	ADAMCZYK Dawid	5158		KOBYŁKA	M30	60	M 198	00:00:47	01:49:57	03:17:50	05:26:02	06:39:34	07:11:55.52	07:12:42.93	+03:06:07 (43.0%)	8:16
256	OLSZYNSKI Sławomir	5221	TRILOOK	OPOLE	M40	92	M 199	00:00:34	01:34:08	02:56:56	05:12:21	06:34:43	07:12:45.43	07:13:20.21	+03:06:45 (43.1%)	8:17
257	KOPYTOWSKI Paweł	5318		PUŁTUSK	M20	16	M 200	00:00:20	01:57:37	03:28:22	05:36:27	06:45:19	07:13:04.85	07:13:24.87	+03:06:49 (43.1%)	8:17
258	SOBOLEWSKI Przemysław	5178		BIAŁYSTOK	M20	17	M 201	00:00:38	01:40:57	03:14:11	05:27:26	06:43:08	07:12:50.69	07:13:29.08	+03:06:53 (43.1%)	8:17
259	OSTASZEWSKI Michał	5261		BIAŁYSTOK	M30	61	M 202	00:00:38	01:40:57	03:14:10	05:27:26	06:43:07	07:13:07.07	07:13:45.67	+03:07:10 (43.2%)	8:17
260	BRONIEWICZ Piotr	5309	DRTUSZ BIEGA	BIAŁYSTOK	M40	93	M 203	00:00:10	01:41:20	03:17:10	05:28:19	06:39:47	07:13:45.60	07:13:56.25	+03:07:21 (43.2%)	8:18
261	STASIOWSKA Kamila	5159	KS ULTRA TEAM ŁÓDŹ	ŁÓDŹ	K40	30	K 58	00:00:40	01:47:34	03:22:29	05:34:40	06:43:52	07:13:23.66	07:14:04.30	+03:07:29 (43.2%)	8:18
262	KALINOWSKA Anna	5198	KLUB SPORTOWY ULTRA TEAM ŁÓDŹ	ŁÓDŹ	K40	31	K 59	00:00:40	01:47:32	03:22:25	05:34:19	06:43:52	07:13:24.08	07:14:04.43	+03:07:29 (43.2%)	8:18
263	MICHALAK Jacek	5073	JOHN MARTEN'S CREW	ŁÓDŹ	M40	94	M 204	00:00:34	01:32:33	02:53:20	05:09:44	06:39:41	07:14:05.27	07:14:39.57	+03:08:04 (43.3%)	8:18
264	JAROCKA Aleksandra	5228	NIDZICA BIEGA	NIDZICA	K20	2	K 60	00:00:35	01:43:17	03:15:05	05:31:57	06:43:27	07:15:29.62	07:16:05.57	+03:09:30 (43.5%)	8:20
265	WARA-WĄSOWSKI Maciej	5334	SZAKALE BAŁUT ŁÓDŹ	ŁÓDŹ	M50	29	M 205	00:00:29	01:32:09	02:58:09	05:22:35	06:37:47	07:15:48.52	07:16:17.76	+03:09:42 (43.5%)	8:20
266	OSTROWSKI Tomasz	5151		WARSZAWA	M40	95	M 206	00:00:24	01:34:11	03:00:25	05:25:30	06:45:21	07:16:08.32	07:16:32.55	+03:09:57 (43.5%)	8:21
267	STEZYCKI Damian	5157		WARSZAWA	M40	96	M 207	00:00:24	01:34:11	03:00:25	05:25:30	06:45:19	07:16:08.57	07:16:32.58	+03:09:57 (43.5%)	8:21
268	PUCHALSKA Magdalena	5183		WARSZAWA	K30	19	K 61	00:00:10	01:45:35	03:23:10	05:39:24	06:53:00	07:18:13.45	07:18:23.76	+03:11:48 (43.8%)	8:23
269	SZCZABEL Aleksandra	5015	BIEGAM Z SM	GLIWICE	K30	20	K 62	00:00:10	01:51:05	03:27:12	05:39:16	06:48:22	07:18:21.06	07:18:31.48	+03:11:56 (43.8%)	8:23
270	GRONDIK Tomasz	5292	JACK TEAM	WARSZAWA	M40	97	M 208	00:00:37	01:37:34	03:16:40	05:36:18	06:50:01	07:24:17.97	07:24:55.86	+03:18:20 (44.6%)	8:30
271	KĘSKA-WŁODAWIEC Edyta	5341	ACCENTURE	HIPOLITÓW	K50	10	K 63	00:00:47	01:52:13	03:26:37	05:38:39	06:50:32	07:26:25.90	07:27:13.31	+03:20:38 (44.9%)	8:33
272	JANICKA Tomasz	5115		WARSZAWA	M50	30	M 209	00:00:43	01:53:46	03:26:56	05:38:47	06:52:10	07:26:30.40	07:27:13.42	+03:20:38 (44.9%)	8:33
273	ROMAŃSKA Klaudia	5181	W POGONI ZA DUCHEM	DĄBROWA GÓRNICZA	K30	21	K 64	00:00:05	01:39:24	03:15:23	05:37:55	06:56:09	07:29:21.46	07:29:27.29	+03:22:52 (45.1%)	8:36
274	STASIEŁUK Kacper	5060		WASILKÓW	M20	18	M 210	00:00:18	01:36:24	03:16:00	05:33:00	06:50:16	07:29:27.63	07:29:46.14	+03:23:10 (45.2%)	8:36
275	JAROMIŃSKA Marta	5365		BIAŁYSTOK	K40	32	K 65	00:00:30	01:43:49	03:21:46	05:39:09	06:58:17	07:32:33.37	07:33:04.12	+03:26:28 (45.6%)	8:40
276	GRABOWSKI Leszek	5085	STARE BABICE BIEGAJĄ	LATCHORZEW	M60	3	M 211	00:00:49	01:42:59	03:12:42	05:31:18	06:57:26	07:32:36.58	07:33:26.00	+03:26:50 (45.6%)	8:40
277	ZAWADA Damian	5199		LIDZBARK WARMIŃSKI	M30	62	M 212	00:00:43	01:38:35	03:15:55	05:36:33	06:58:56	07:33:00.52	07:33:44.32	+03:27:09 (45.7%)	8:40
278	BORÓWKA Konrad	5323		GŁĘBOKIE	M20	19	M 213	00:00:12	01:45:42	03:17:10	05:39:31	06:54:42	07:34:02.32	07:34:14.79	+03:27:39 (45.7%)	8:41
279	JAGODA Grzegorz	5126		ŁÓDŹ	M40	98	M 214	00:00:25	01:32:52	03:00:49	05:30:07	06:57:34	07:35:19.31	07:35:44.66	+03:29:09 (45.9%)	8:43

280	GULA Tomasz	5345	GBY	WARSZAWA	M40	99	M 215	00:00:48	01:54:20	03:34:16	05:54:41	07:04:07	07:35:24.32	07:36:13.16	+03:29:37 (46.0%)	8:43
281	STASZCZUK Jarosław	5075		BRZEG	M50	31	M 216	00:00:20	01:44:38	03:24:06	05:48:13	07:03:06	07:36:44.40	07:37:05.23	+03:30:30 (46.1%)	8:44
282	MIZGAŁA Paulina	5265	SŁOŃCA JURY	OLSZTYN	K30	22	K 66	00:00:13	01:38:02	03:08:11	05:38:32	07:04:22	07:37:51.41	07:38:04.64	+03:31:29 (46.2%)	8:46
283	SIENKIEWICZ Paweł	5357	TEAM ZABIEGANEDNI	WARSZAWA	M40	100	M 217	00:00:13	01:48:28	03:33:40	05:59:40	07:05:00	07:39:24.33	07:39:37.71	+03:33:02 (46.4%)	8:48
284	ZABIELSKI Karol	5043		ŁOMŻA	M30	63	M 218	00:00:31	01:42:18	03:11:55	05:30:00	07:01:44	07:40:11.21	07:40:42.70	+03:34:07 (46.5%)	8:48
285	CHĘTNIK Joanna	5352	ZS NR 15 PRZY UDSK	BIALYSTOK	K40	33	K 67	00:00:25	01:41:32	03:18:36	05:44:10	07:12:54	07:41:46.33	07:42:11.70	+03:35:36 (46.6%)	8:50
286	DOMAŃSKI Mariusz	5022	SZPROTKA	JÓZEFÓW	M40	101	M 219	00:00:16	01:55:50	03:38:18	05:55:53	07:11:52	07:43:16.59	07:43:33.07	+03:36:57 (46.8%)	8:52
287	FUTERA Sylwester	5141	GIŻYCKI KLUB MORSÓW "ZIMNY PTAK"	GIŻYCKO	M30	64	M 220	00:00:13	01:39:23	03:18:22	05:40:48	07:07:59	07:44:28.65	07:44:41.87	+03:38:06 (46.9%)	8:53
288	WAWRZONKOWSKI Szymon	5047		TORUN	M20	20	M 221	00:00:26	01:50:18	03:39:05	06:01:27	07:16:52	07:47:52.82	07:48:19.47	+03:41:44 (47.3%)	8:57
289	GIERNATOWSKI Michał	5065		LESZNOWOLA	M30	65	M 222	00:00:53	01:49:48	03:27:18	05:51:47	07:15:28	07:48:43.79	07:49:37.11	+03:43:01 (47.5%)	8:58
290	BARANOWSKI Sławomir	5107		KSIĄŻENICE	M50	32	M 223	00:00:29	01:49:05	03:32:03	05:47:45	07:17:49	07:49:43.46	07:50:13.24	+03:43:38 (47.6%)	8:59
291	POPIOŁEK Artur	5122		WARSZAWA	M50	33	M 224	00:00:06	01:45:21	03:23:45	05:54:22	07:18:21	07:50:45.34	07:50:52.32	+03:44:17 (47.6%)	9:01
292	PASTERNAK Marek	5359		WYSZKÓW	M30	66	M 225	00:00:45	01:49:10	03:39:51	06:06:07	07:19:49	07:51:38.22	07:52:23.59	+03:45:48 (47.8%)	9:02
293	SAFAREWICZ Adam	5256		BIALYSTOK	M40	102	M 226	00:00:48	01:35:59	03:19:01	05:49:58	07:18:22	07:51:55.67	07:52:44.43	+03:46:09 (47.8%)	9:02
294	ORŁOWSKI Jakub	5176		LEGIONOWO	M40	103	M 227	00:00:38	01:53:17	03:37:52	06:02:39	07:19:49	07:52:16.54	07:52:55.36	+03:46:20 (47.9%)	9:02
295	RUDNICKA Krystyna	5091	BRAK	HIPOLITÓW	K50	11	K 68	00:00:48	01:55:45	03:36:58	06:01:37	07:20:47	07:53:49.36	07:54:37.50	+03:48:02 (48.0%)	9:04
296	BRONISZ Anna	5216	ROZBIEGANY SULEJÓWEK	SULEJÓWEK	K40	34	K 69	00:00:48	01:55:45	03:39:27	06:01:33	07:20:48	07:53:58.21	07:54:46.32	+03:48:11 (48.1%)	9:04
297	KIELAK Maciej	5289		WARSZAWA	M30	67	M 228	00:00:49	01:40:13	03:20:44	05:43:47	07:22:48	07:57:31.22	07:58:20.38	+03:51:45 (48.4%)	9:08