



BIEGNĘ DLA NIEPODLEGŁEJ | 10KM
Biegnę Dla Niepodległej (/biegne-dla-niepodleglej/m1388.html)



(http://b4sport.pl)

Organiser : **Fundacja Białystok Biega**

Date : **2025-11-11**

Place : **Białystok**

Distance : **10 km**

Open ⓘ (https://

Rules: **biegnedlaniepodleglej.pl/
regulamin/)**

Registered : **1553**

Started : **1440**

Not finished : **6**

Finished : **1434**

On the track : **6**

(https://biegnedlaniepodleglej.pl/)

Classification at splits: Start (/biegne-dla-niepodleglej-10km/e6992.html?embeded=0×=0&auto=0&location_nr=-2) | 5km (/biegne-dla-niepodleglej-10km/e6992.html?times=0&embeded=0&auto=0&location_nr=1) | **Finish (/biegne-dla-niepodleglej-10km/e6992.html?times=0&embeded=0&auto=0)**

Classifications acc. to categories: | **OPEN (/biegne-dla-niepodleglej-10km/open/e6992/c67351.html?times=0&embeded=0&auto=0&location_nr=-1)** | K Mundorowi (/biegne-dla-niepodleglej-10km/k-mundorowi/e6992/c67185.html?times=0&embeded=0&auto=0&location_nr=-1) | Najszybsza Podlasianka (/biegne-dla-niepodleglej-10km/najszybsza-podlasianka/e6992/c67184.html?times=0&embeded=0&auto=0&location_nr=-1) | OPEN K (/biegne-dla-niepodleglej-10km/open-k/e6992/c67151.html?times=0&embeded=0&auto=0&location_nr=-1) | M Mundorowi (/biegne-dla-niepodleglej-10km/m-mundorowi/e6992/c67186.html?times=0&embeded=0&auto=0&location_nr=-1) | Najszybszy Podlasianin (/biegne-dla-niepodleglej-10km/najszybszy-podlasianin/e6992/c67183.html?times=0&embeded=0&auto=0&location_nr=-1) | OPEN M (/biegne-dla-niepodleglej-10km/open-m/e6992/c67152.html?times=0&embeded=0&auto=0&location_nr=-1) | K16 (/biegne-dla-niepodleglej-10km/k16/e6992/c67153.html?times=0&embeded=0&auto=0&location_nr=-1) | M16 (/biegne-dla-niepodleglej-10km/m16/e6992/c67160.html?times=0&embeded=0&auto=0&location_nr=-1) | K20 (/biegne-dla-niepodleglej-10km/k20/e6992/c67154.html?times=0&embeded=0&auto=0&location_nr=-1) | M20 (/biegne-dla-niepodleglej-10km/m20/e6992/c67161.html?times=0&embeded=0&auto=0&location_nr=-1) | K30 (/biegne-dla-niepodleglej-10km/k30/e6992/c67155.html?times=0&embeded=0&auto=0&location_nr=-1) | M30 (/biegne-dla-niepodleglej-10km/m30/e6992/c67162.html?times=0&embeded=0&auto=0&location_nr=-1) | K40 (/biegne-dla-niepodleglej-10km/k40/e6992/c67156.html?times=0&embeded=0&auto=0&location_nr=-1) | M40 (/biegne-dla-niepodleglej-10km/m40/e6992/c67163.html?times=0&embeded=0&auto=0&location_nr=-1) | K50 (/biegne-dla-niepodleglej-10km/k50/e6992/c67157.html?times=0&embeded=0&auto=0&location_nr=-1) | M50 (/biegne-dla-niepodleglej-10km/m50/e6992/c67164.html?times=0&embeded=0&auto=0&location_nr=-1) | K60 (/biegne-dla-niepodleglej-10km/k60/e6992/c67158.html?times=0&embeded=0&auto=0&location_nr=-1) | M60 (/biegne-dla-niepodleglej-10km/m60/e6992/c67165.html?times=0&embeded=0&auto=0&location_nr=-1) | K70 (/biegne-dla-niepodleglej-10km/k70/e6992/c67159.html?times=0&embeded=0&auto=0&location_nr=-1) | M70 (/biegne-dla-niepodleglej-10km/m70/e6992/c67166.html?times=0&embeded=0&auto=0&location_nr=-1)

Classification by **net time**. W klasyfikacji open, pierwsze **50** miejsc wg czasu **brutto**. **Unofficial results !!!**

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
1	SERJOGINS Dmitrijs	4		RYGA		M30	1	M 1	00:00:00	2025-11-11 14:23:04	00:14:53	00:30:07.90	00:30:08.32		3:00	19.9 (100%)
2	DIDOVODIUK Dmytro	2		LESZNO		M30	2	M 2	00:00:00	2025-11-11 14:23:04	00:15:20	00:31:01.59	00:31:02.01	+00:00:53 (2.9%)	3:06	19.3 (97.0%)
3	LEOŃCZUK Andrzej	1057	18 PUŁK ROZPOZNAWCZY	BIALYSTOK		M30	3	M 3	00:00:00	2025-11-11 14:23:04	00:15:33	00:31:24.25	00:31:24.67	+00:01:16 (4.1%)	3:08	19.1 (96.0%)
4	KONCEWICZ Szymon	930		BIALYSTOK		M20	1	M 4	00:00:00	2025-11-11 14:23:04	00:16:11	00:32:53.43	00:32:53.85	+00:02:45 (8.4%)	3:17	18.2 (91.5%)
5	MARKIEWICZ Grzegorz	335	KALINOWSKI TEAM	CZEREMCHA		M30	4	M 5	00:00:00	2025-11-11 14:23:04	00:17:14	00:34:20.65	00:34:21.07	+00:04:12 (12.3%)	3:26	17.5 (87.9%)
6	SZYDLIK Adam	506	18 PUŁK LOGISTYCZNY ŁOMŻA	ŁOMŻA		M40	1	M 6	00:00:03	2025-11-11 14:23:07	00:17:11	00:34:36.99	00:34:40.18	+00:04:29 (13.0%)	3:27	17.3 (86.9%)
7	TARASEWICZ Igor	416	STREFA ZMIAN	BIALYSTOK		M30	5	M 7	00:00:00	2025-11-11 14:23:04	00:17:32	00:34:40.19	00:34:40.61	+00:04:32 (13.1%)	3:28	17.3 (86.9%)
8	ZELENKO Bohdan	869	TEA.M RUN	BIALYSTOK		M20	2	M 8	00:00:00	2025-11-11 14:23:04	00:17:14	00:34:45.20	00:34:45.62	+00:04:37 (13.3%)	3:28	17.3 (86.9%)
9	SOBOLEWSKI Andrzej	144	1PBOT / GRYGO TEAM	BIALYSTOK		M40	2	M 9	00:00:02	2025-11-11 14:23:06	00:17:30	00:34:44.90	00:34:47.85	+00:04:37 (13.3%)	3:28	17.3 (86.9%)
10	BAŃKOWSKA Anna	3		BIALYSTOK		K30	1	K 1	00:00:00	2025-11-11 14:23:04	00:17:17	00:35:10.81	00:35:11.24	+00:05:02 (14.4%)	3:31	17.1 (85.9%)
11	MATULEWICZ Mateusz	298		SUPRAŚL		M30	6	M 10	00:00:13	2025-11-11 14:23:17	00:17:39	00:35:11.39	00:35:24.47	+00:05:03 (14.4%)	3:31	17.1 (85.9%)
12	OSIK Miłosz	602	KALINOWSKI TEAM	BIALYSTOK		M16	1	M 11	00:00:00	2025-11-11 14:23:04	00:18:01	00:36:00.61	00:36:01.03	+00:05:52 (16.3%)	3:36	16.7 (83.9%)
13	KLECZYŃSKI Kamil	435	STREFA ZMIAN	BIALYSTOK		M30	7	M 12	00:00:00	2025-11-11 14:23:04	00:17:46	00:36:01.43	00:36:01.85	+00:05:53 (16.4%)	3:36	16.7 (83.9%)
14	JAGIELSKA Ewa	5	KS PREFBET-SONAROL ŁOMŻA	WYSZKÓW		K40	1	K 2	00:00:00	2025-11-11 14:23:04	00:17:51	00:36:06.06	00:36:06.48	+00:05:58 (16.5%)	3:36	16.6 (83.4%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
15	KULESH Pavel	495	TEA.M RUN	BIAŁYSTOK		M30	8	M 13	00:00:00	2025-11-11 14:23:04	00:18:01	00:36:07.84	00:36:08.26	+00:05:59 (16.6%)	3:36	16.6 (83.4%)
16	MINIUK Paweł	1399		BIAŁYSTOK		M30	9	M 14	00:00:03	2025-11-11 14:23:07	00:18:03	00:36:12.44	00:36:16.02	+00:06:04 (16.8%)	3:37	16.6 (83.4%)
17	SUCHOCKI Jan	839	TRENER Z WIGIERSKIEGO SZLAKU	SUWAŁKI		M16	2	M 15	00:00:04	2025-11-11 14:23:08	00:17:58	00:36:17.07	00:36:21.20	+00:06:09 (17.0%)	3:37	16.5 (82.9%)
18	GRABOWSKI Rafał	622	GRYGO TEAM	SOKOŁY PERKI LACHY		M30	10	M 16	00:00:00	2025-11-11 14:23:04	00:17:51	00:36:26.26	00:36:26.68	+00:06:18 (17.3%)	3:38	16.5 (82.9%)
19	KIREJCZYK Ernest	397		BIAŁYSTOK		M20	3	M 17	00:00:03	2025-11-11 14:23:07	00:18:12	00:36:24.72	00:36:28.03	+00:06:16 (17.2%)	3:38	16.5 (82.9%)
20	ANDRZEJUK Bogusław	882	GIRO DEVELOPMENT	BIAŁYSTOK		M50	1	M 18	00:00:02	2025-11-11 14:23:06	00:18:19	00:36:40.10	00:36:42.16	+00:06:32 (17.8%)	3:40	16.4 (82.4%)
21	JARMOŁOWICZ Jacek	970	WORD BIAŁYSTOK TEAM	IZABELIN		M50	2	M 19	00:00:04	2025-11-11 14:23:08	00:18:18	00:36:43.11	00:36:47.91	+00:06:35 (17.9%)	3:40	16.3 (81.9%)
22	STSIAPANYCHAU Aliaksei	400	DRUID	BIAŁYSTOK		M30	11	M 20	00:00:02	2025-11-11 14:23:06	00:18:07	00:36:50.99	00:36:53.34	+00:06:43 (18.2%)	3:41	16.3 (81.9%)
23	NOWIKOW Damian	1207		BIAŁYSTOK		M20	4	M 21	00:00:03	2025-11-11 14:23:07	00:17:59	00:36:49.95	00:36:53.62	+00:06:42 (18.2%)	3:40	16.3 (81.9%)
24	PARZYCH Mariusz	1051	18 BIAŁOSTOCKI PUŁK ROZPOZNAWCZY	BIAŁYSTOK		M30	12	M 22	00:00:00	2025-11-11 14:23:04	00:18:39	00:37:03.83	00:37:04.25	+00:06:55 (18.7%)	3:42	16.2 (81.4%)
25	PANICZKO Sławomir	271	BIEGANIE.ORG	BIAŁYSTOK		M50	3	M 23	00:00:02	2025-11-11 14:23:06	00:18:47	00:37:21.37	00:37:24.32	+00:07:13 (19.3%)	3:44	16.1 (80.9%)
26	KUCHAREWICZ Marcin	418		SOKÓŁKA		M30	13	M 24	00:00:05	2025-11-11 14:23:09	00:18:44	00:37:32.53	00:37:38.07	+00:07:24 (19.7%)	3:45	16 (80.4%)
27	TYSZKA Tomasz	1043	18 PUŁK ROZPOZNAWCZY	BIALYSTOK		M40	3	M 25	00:00:02	2025-11-11 14:23:06	00:18:52	00:37:40.77	00:37:43.66	+00:07:32 (20.0%)	3:46	15.9 (79.9%)
28	KOLĘDA Artur	1407	ORTOSTOM AUGUSTÓW	AUGUSTÓW		M50	4	M 26	00:00:03	2025-11-11 14:23:07	00:19:02	00:37:40.39	00:37:44.00	+00:07:32 (20.0%)	3:46	15.9 (79.9%)
29	TOMASZEWSKI Piotr	732	1 PODLASKA BRYGADA OBRONY TERYTORIALNEJ	SUWAŁKI		M40	4	M 27	00:00:10	2025-11-11 14:23:14	00:19:00	00:37:44.40	00:37:54.41	+00:07:36 (20.2%)	3:46	15.9 (79.9%)
30	KOZIOŁ Piotr	481		POROSŁY		M30	14	M 28	00:00:04	2025-11-11 14:23:08	00:18:46	00:37:53.83	00:37:57.84	+00:07:45 (20.5%)	3:47	15.8 (79.4%)
31	MATWIEJCZUK Paweł	264	2 BZMOTLEG	ZAŚCIANKI		M30	15	M 29	00:00:03	2025-11-11 14:23:07	00:19:08	00:37:54.24	00:37:58.23	+00:07:46 (20.5%)	3:47	15.8 (79.4%)
32	BIENDZIO Emilian	895	BCC RUN	BIAŁYSTOK		M30	16	M 30	00:00:05	2025-11-11 14:23:09	00:19:00	00:37:56.97	00:38:02.22	+00:07:49 (20.6%)	3:47	15.8 (79.4%)
33	WILKIEL Szymon	1413	MD RUN TRAINING	BIAŁYSTOK		M30	18	M 31	00:00:05	2025-11-11 14:23:09	00:19:04	00:37:58.07	00:38:03.72	+00:07:50 (20.6%)	3:47	15.8 (79.4%)
34	ANDREJCZUK Michał	315		POROSŁY		M20	5	M 32	00:00:03	2025-11-11 14:23:07	00:19:06	00:38:00.50	00:38:04.30	+00:07:52 (20.7%)	3:48	15.8 (79.4%)
35	JAMASZEWSKA Ewelina	769	MD RUN TRAINING	BIAŁYSTOK		K20	1	K 3	00:00:05	2025-11-11 14:23:09	00:19:04	00:37:59.30	00:38:04.55	+00:07:51 (20.7%)	3:47	15.8 (79.4%)
36	ZALEWSKI Bartek	421		ELK		M30	17	M 33	00:00:07	2025-11-11 14:23:11	00:18:48	00:37:57.01	00:38:04.83	+00:07:49 (20.6%)	3:47	15.8 (79.4%)
37	BACKIEL Jakub	269		BIAŁYSTOK		M30	19	M 34	00:00:03	2025-11-11 14:23:07	00:18:52	00:38:01.53	00:38:05.42	+00:07:53 (20.8%)	3:48	15.8 (79.4%)
38	MARCINKIEWICZ Wojciech	472		BIAŁYSTOK		M40	5	M 35	00:00:00	2025-11-11 14:23:04	00:19:28	00:38:06.96	00:38:07.39	+00:07:59 (20.9%)	3:48	15.7 (78.9%)
39	RYBNIK Rafał	1253		NOWE ALEKSANDROWO		M30	20	M 36	00:00:04	2025-11-11 14:23:08	00:18:52	00:38:03.56	00:38:08.08	+00:07:55 (20.8%)	3:48	15.8 (79.4%)
40	BURNECKI Artur	511	HAJNÓWKA BIEGA	HAJNÓWKA		M40	6	M 37	00:00:07	2025-11-11 14:23:11	00:19:16	00:38:14.45	00:38:21.51	+00:08:06 (21.2%)	3:49	15.7 (78.9%)
41	POGORZELSKI Kamil	209	BIAŁYSTOK BIEGA TEAM	BIAŁYSTOK		M20	6	M 38	00:00:06	2025-11-11 14:23:10	00:19:22	00:38:17.66	00:38:23.85	+00:08:09 (21.3%)	3:49	15.7 (78.9%)
42	KANAFA Piotr	1030	MARKOWI BIEGACZE	MARKI		M40	7	M 39	00:00:04	2025-11-11 14:23:08	00:18:58	00:38:27.75	00:38:31.88	+00:08:19 (21.7%)	3:50	15.6 (78.4%)
43	KALUDZIŃSKI Grzegorz	155	KOLNO BIEGA	CZERWONE		M20	7	M 40	00:00:05	2025-11-11 14:23:09	00:18:49	00:38:27.16	00:38:32.48	+00:08:19 (21.6%)	3:50	15.6 (78.4%)
44	SUTKOWSKI Adam	29		KOŁAKI KOŚCIELNE		M16	3	M 41	00:00:04	2025-11-11 14:23:08	00:19:33	00:38:35.30	00:38:39.57	+00:08:27 (21.9%)	3:51	15.6 (78.4%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
45	KRUSZEWSKI Mariusz	977	MD RUN TRANINIG	BIAŁYSTOK		M50	5	M 42	00:00:06	2025-11-11 14:23:10	00:19:32	00:38:36.27	00:38:42.65	+00:08:28 (21.9%)	3:51	15.5 (77.9%)
46	SZYDŁOWSKI Adrian	1453	CHŁOPCY CHORTENOWCY	BIAŁYSTOK		M30	22	M 43	00:00:03	2025-11-11 14:23:07	00:18:51	00:38:39.50	00:38:43.22	+00:08:31 (22.1%)	3:51	15.5 (77.9%)
47	ŁOŚ Tomasz	1561	BEE.PL	BIAŁYSTOK		M30	21	M 44	00:00:11	2025-11-11 14:23:15	00:19:30	00:38:34.61	00:38:45.66	+00:08:26 (21.9%)	3:51	15.6 (78.4%)
48	BARANOWSKI Karol	370		BIAŁYSTOK		M40	8	M 45	00:00:03	2025-11-11 14:23:07	00:19:11	00:38:45.11	00:38:48.86	+00:08:37 (22.2%)	3:52	15.5 (77.9%)
49	ŚWIĘTUCHOWSKI Daniel	1287		BIAŁYSTOK		M20	8	M 46	00:00:09	2025-11-11 14:23:13	00:19:04	00:38:44.59	00:38:54.45	+00:08:36 (22.2%)	3:52	15.5 (77.9%)
50	PIETKUN Łukasz	173	1 PBOT	BIAŁYSTOK		M30	23	M 47	00:00:04	2025-11-11 14:23:08	00:19:24	00:38:51.63	00:38:56.55	+00:08:43 (22.5%)	3:53	15.4 (77.4%)
51	ZDZIECHOWICZ Karol	551	STREFA ZMIAN	WASILKÓW		M30	24	M 48	00:00:06	2025-11-11 14:23:10	00:19:13	00:38:53.92	00:38:59.96	+00:08:46 (22.5%)	3:53	15.4 (77.4%)
52	MAŃCZUK Angelika	487		BIAŁYSTOK		K30	2	K 4	00:00:03	2025-11-11 14:23:07	00:19:15	00:38:59.26	00:39:02.67	+00:08:51 (22.7%)	3:53	15.4 (77.4%)
53	DOMORADZKI Robert	766	1.PBOT	ŁOMŻA		M40	9	M 49	00:00:06	2025-11-11 14:23:10	00:19:40	00:39:02.60	00:39:09.20	+00:08:54 (22.8%)	3:54	15.4 (77.4%)
54	WOJTCZAK Mateusz	347	LEBIODA RUNNING TEAM	AUGUSTÓW		M20	9	M 50	00:00:07	2025-11-11 14:23:11	00:19:43	00:39:03.09	00:39:10.47	+00:08:55 (22.8%)	3:54	15.4 (77.4%)
55	BALULIS Rajmund	304		SUWAŁKI		M30	25	M 51	00:00:04	2025-11-11 14:23:08	00:19:25	00:39:05.51	00:39:09.86	+00:08:57 (22.9%)	3:54	15.4 (77.4%)
56	NOWAK Marcin	1272	ROCH JASZENICA	JASZENICA		M40	10	M 52	00:00:07	2025-11-11 14:23:11	00:19:12	00:39:05.75	00:39:13.65	+00:08:57 (22.9%)	3:54	15.4 (77.4%)
57	PLUG Jakub	320		BIAŁYSTOK		M16	4	M 53	00:00:07	2025-11-11 14:23:11	00:19:42	00:39:07.43	00:39:15.10	+00:08:59 (23.0%)	3:54	15.3 (76.9%)
58	WIESIEŁOWSKI Jarosław	546	PRONAR	BIELSK PODLASKI		M50	6	M 54	00:00:03	2025-11-11 14:23:07	00:19:25	00:39:08.02	00:39:11.71	+00:09:00 (23.0%)	3:54	15.3 (76.9%)
59	DZIKOWSKI Wojciech	738	STREFA ZMIAN	TUROŚŃ KOŚCIELNA		M40	11	M 55	00:00:12	2025-11-11 14:23:16	00:19:21	00:39:19.05	00:39:31.82	+00:09:11 (23.4%)	3:55	15.3 (76.9%)
60	WŁADYCZAŃSKI Mateusz	1336	OUTDOOR TRAINING	BIAŁYSTOK		M30	26	M 56	00:00:05	2025-11-11 14:23:09	00:19:29	00:39:19.90	00:39:25.50	+00:09:12 (23.4%)	3:55	15.3 (76.9%)
61	SOŁOWIEJ Michał	729		MOŃKI		M20	10	M 57	00:00:08	2025-11-11 14:23:12	00:19:41	00:39:20.97	00:39:29.80	+00:09:13 (23.4%)	3:56	15.3 (76.9%)
62	SAWICKI Łukasz	464	RUN FOR WIKTORIA	BIAŁYSTOK		M30	27	M 58	00:00:13	2025-11-11 14:23:17	00:19:39	00:39:22.42	00:39:35.98	+00:09:14 (23.5%)	3:56	15.2 (76.4%)
63	KORZENIEWSKI Marcin	410		HALICKIE		M30	28	M 59	00:00:06	2025-11-11 14:23:10	00:19:36	00:39:26.51	00:39:32.66	+00:09:18 (23.6%)	3:56	15.2 (76.4%)
64	PANIBRATETS Mykola	1029	TEA.M RUN	BIAŁYSTOK		M30	29	M 60	00:00:07	2025-11-11 14:23:11	00:19:43	00:39:27.17	00:39:34.51	+00:09:19 (23.6%)	3:56	15.2 (76.4%)
65	WYSOCKI Tomasz	134	NADAKTYWNI	BIAŁYSTOK		M40	12	M 61	00:00:09	2025-11-11 14:23:13	00:19:53	00:39:29.35	00:39:38.94	+00:09:21 (23.7%)	3:56	15.2 (76.4%)
66	JAROMIN Mariusz	381		BIAŁYSTOK		M30	30	M 62	00:00:03	2025-11-11 14:23:07	00:19:48	00:39:31.41	00:39:35.13	+00:09:23 (23.8%)	3:57	15.2 (76.4%)
67	PRZYBYŁOWSKI Daniil	592	TEA.M RUN	BIAŁYSTOK		M40	13	M 63	00:00:07	2025-11-11 14:23:11	00:19:30	00:39:34.65	00:39:41.66	+00:09:26 (23.9%)	3:57	15.2 (76.4%)
68	SZYŁAK Norbert	146		ELK		M30	31	M 64	00:00:06	2025-11-11 14:23:10	00:19:44	00:39:38.34	00:39:44.92	+00:09:30 (24.0%)	3:57	15.1 (75.9%)
69	SOKÓŁ Mariusz	857	GIRO DEVELOPMENT	BIAŁYSTOK		M40	14	M 65	00:00:10	2025-11-11 14:23:14	00:19:40	00:39:41.63	00:39:52.55	+00:09:33 (24.1%)	3:58	15.1 (75.9%)
70	DALLEMURA Maciek	27	BIAŁYSTOK BIEGA TEAM	BIAŁYSTOK		M20	11	M 66	00:00:07	2025-11-11 14:23:11	00:19:45	00:39:42.78	00:39:50.69	+00:09:34 (24.1%)	3:58	15.1 (75.9%)
71	GRZEŚ Kamil	26	BIAŁYSTOK BIEGA TEAM	KLEPACZE		M16	5	M 67	00:00:07	2025-11-11 14:23:11	00:19:45	00:39:42.87	00:39:50.38	+00:09:34 (24.1%)	3:58	15.1 (75.9%)
72	OSMÓLSKI Robert	1543	NADAKTYWNI	SIELACHOWSKIE		M40	15	M 68	00:00:05	2025-11-11 14:23:09	00:19:44	00:39:46.65	00:39:52.63	+00:09:38 (24.2%)	3:58	15.1 (75.9%)
73	TAMULAITIS Giedrius	662	KAUNO BMK	KAUNO RAJ.		M40	16	M 69	00:00:08	2025-11-11 14:23:12	00:19:53	00:39:59.87	00:40:08.44	+00:09:51 (24.7%)	3:59	15 (75.4%)
74	WOŁKOWYCKI Paweł	1247	KALINOWSKI TEAM	KSIĘŻYNO		M30	32	M 70	00:00:08	2025-11-11 14:23:12	00:19:42	00:40:03.66	00:40:11.97	+00:09:55 (24.8%)	4:00	15 (75.4%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
75	WOŹNIAK Ireneusz	502		CZARNA BIAŁOSTOCKA		M40	17	M 71	00:00:06	2025-11-11 14:23:10	00:19:42	00:40:03.78	00:40:10.22	+00:09:55 (24.8%)	4:00	15 (75.4%)
76	MINIUK Magdalena	1395	POBIEGAMY	BIAŁYSTOK		K20	2	K 5	00:00:06	2025-11-11 14:23:10	00:19:44	00:40:07.39	00:40:14.32	+00:09:59 (24.9%)	4:00	15 (75.4%)
77	KUR Marcin	434		BIAŁYSTOK		M30	33	M 72	00:00:09	2025-11-11 14:23:13	00:19:52	00:40:13.48	00:40:22.51	+00:10:05 (25.1%)	4:01	14.9 (74.9%)
78	TRZASKA Artur	1243		ŁOMŻA		M30	34	M 73	00:00:19	2025-11-11 14:23:23	00:21:01	00:40:14.45	00:40:33.80	+00:10:06 (25.1%)	4:01	14.9 (74.9%)
79	GUARRERA Francesco	1452	MASPEX	BIAŁYSTOK		M30	35	M 74	00:00:05	2025-11-11 14:23:09	00:19:48	00:40:15.06	00:40:20.84	+00:10:07 (25.1%)	4:01	14.9 (74.9%)
80	STASIEŁUK-GRYC Karolina	507		BIAŁYSTOK		K30	3	K 6	00:00:05	2025-11-11 14:23:09	00:19:50	00:40:24.35	00:40:30.32	+00:10:16 (25.4%)	4:02	14.9 (74.9%)
81	WYSOCKI Kamil	780	SPRINTER SIEMIATYCZE	SIEMIATYCZE		M40	18	M 75	00:00:11	2025-11-11 14:23:15	00:20:17	00:40:25.58	00:40:37.09	+00:10:17 (25.5%)	4:02	14.8 (74.4%)
82	HUNIEWICZ Damian	1094		WARSZAWA		M30	36	M 76	00:00:07	2025-11-11 14:23:11	00:20:06	00:40:28.10	00:40:35.83	+00:10:20 (25.5%)	4:02	14.8 (74.4%)
83	PYTEL Patryk	849	STREFA ZMIAN	BIAŁYSTOK		M30	37	M 77	00:00:07	2025-11-11 14:23:11	00:20:19	00:40:30.23	00:40:38.03	+00:10:22 (25.6%)	4:03	14.8 (74.4%)
84	KAPELEWSKI Dariusz	804		ŁOMŻA		M40	19	M 78	00:00:13	2025-11-11 14:23:17	00:20:28	00:40:43.37	00:40:56.54	+00:10:35 (26.0%)	4:04	14.7 (73.9%)
85	KIZHUK Aliaksandr	989		MOSTY		M50	7	M 79	00:00:08	2025-11-11 14:23:12	00:20:20	00:40:51.28	00:40:59.52	+00:10:43 (26.2%)	4:05	14.7 (73.9%)
86	SOCZEWICA Patryk	147	9 BATALION DOWODZENIA	OLSZTYN		M20	12	M 80	00:00:09	2025-11-11 14:23:13	00:19:59	00:40:58.63	00:41:08.39	+00:10:50 (26.5%)	4:05	14.6 (73.4%)
87	POSZWA Grzegorz	698	KALINOWSKI TEAM	BIAŁYSTOK		M40	20	M 81	00:00:08	2025-11-11 14:23:12	00:19:55	00:40:59.42	00:41:07.62	+00:10:51 (26.5%)	4:05	14.6 (73.4%)
88	KISZKIEL Jakub	590		BIAŁYSTOK		M16	6	M 82	00:00:16	2025-11-11 14:23:20	00:20:24	00:41:01.68	00:41:18.29	+00:10:53 (26.6%)	4:06	14.6 (73.4%)
89	RAMOTOWSKI Tomasz	1462	MASPEX	BIAŁYSTOK		M20	13	M 83	00:00:13	2025-11-11 14:23:17	00:20:49	00:41:06.10	00:41:20.07	+00:10:58 (26.7%)	4:06	14.6 (73.4%)
90	LUKOŠIENĖ Dalia	663	KAUNO BMK	ŠIAULIAI		K40	2	K 7	00:00:03	2025-11-11 14:23:07	00:20:21	00:41:08.63	00:41:12.21	+00:11:00 (26.8%)	4:06	14.6 (73.4%)
91	BŁAŻ Dominik	1083	XILO BIAŁYSTOK	KLEPACZE		M16	7	M 84	00:00:11	2025-11-11 14:23:15	00:20:50	00:41:08.90	00:41:20.42	+00:11:00 (26.8%)	4:06	14.6 (73.4%)
92	KOŃCZYK Łukasz	412		BIAŁYSTOK		M30	38	M 85	00:00:09	2025-11-11 14:23:13	00:20:53	00:41:10.25	00:41:19.35	+00:11:02 (26.8%)	4:07	14.6 (73.4%)
93	KULEVICH Ruslan	668	TEA.M RUN	BIAŁYSTOK		M30	39	M 86	00:00:06	2025-11-11 14:23:10	00:20:13	00:41:25.14	00:41:32.09	+00:11:17 (27.3%)	4:08	14.5 (72.9%)
94	GADZIŃSKI Krzysztof	222	KAN-THERM RACING TEAM	BIAŁYSTOK		M40	21	M 87	00:00:09	2025-11-11 14:23:13	00:20:36	00:41:41.80	00:41:51.60	+00:11:33 (27.7%)	4:10	14.4 (72.4%)
95	WAWRZYNOWICZ Michał	139		AUGUSTÓW		M30	40	M 88	00:00:10	2025-11-11 14:23:14	00:20:19	00:41:42.76	00:41:52.93	+00:11:34 (27.8%)	4:10	14.4 (72.4%)
96	LASKOWSKI Kamil	69	RUN FOR WIKTORIA	WASILKÓW		M30	41	M 89	00:00:04	2025-11-11 14:23:08	00:20:37	00:41:46.40	00:41:50.76	+00:11:38 (27.9%)	4:10	14.4 (72.4%)
97	BIGDOWSKI Konrad	897		WROCŁAW		M30	42	M 90	00:00:12	2025-11-11 14:23:16	00:21:16	00:41:50.68	00:42:03.25	+00:11:42 (28.0%)	4:11	14.3 (71.9%)
98	SZPAKOWSKI Zbigniew	567	KALLOS STHENOS	BIAŁYSTOK		M50	8	M 91	00:00:13	2025-11-11 14:23:17	00:21:19	00:41:50.90	00:42:04.63	+00:11:42 (28.0%)	4:11	14.3 (71.9%)
99	MODZELEWSKI Paweł	587	RUN TEAM PIĄTNICA	PIĄTNICA		M40	22	M 92	00:00:20	2025-11-11 14:23:24	00:21:08	00:41:51.23	00:42:11.41	+00:11:43 (28.0%)	4:11	14.3 (71.9%)
100	BERENT Karol	660	DAWAJ KALACH TEAM	BIAŁYSTOK		M30	43	M 93	00:00:10	2025-11-11 14:23:14	00:21:18	00:41:53.47	00:42:04.17	+00:11:45 (28.1%)	4:11	14.3 (71.9%)
101	SYPEREK Sebastian	1474	SPORTOWY FILIPÓW	FILIPÓW		M20	14	M 94	00:00:13	2025-11-11 14:23:17	00:20:57	00:41:54.57	00:42:08.44	+00:11:46 (28.1%)	4:11	14.3 (71.9%)
102	GIEMZA Patryk	983		BIAŁYSTOK		M20	15	M 95	00:00:06	2025-11-11 14:23:10	00:20:26	00:41:55.39	00:42:01.96	+00:11:47 (28.1%)	4:11	14.3 (71.9%)
103	FURMAŃCZAK Emil	225	ENDORFINA WSCHOWA	WSCHOWA		M40	23	M 96	00:00:11	2025-11-11 14:23:15	00:21:11	00:41:58.25	00:42:09.97	+00:11:50 (28.2%)	4:11	14.3 (71.9%)
104	WRZESIŃSKI Maciej	1256		BIAŁYSTOK		M20	16	M 97	00:00:07	2025-11-11 14:23:11	00:19:56	00:41:58.87	00:42:06.13	+00:11:50 (28.2%)	4:11	14.3 (71.9%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
105	DOMASZEWSKI Damian	478		GIELCZYN		M40	24	M 98	00:00:06	2025-11-11 14:23:10	00:19:51	00:42:04.87	00:42:11.51	+00:11:56 (28.4%)	4:12	14.3 (71.9%)
106	KURYŁOWICZ Adrian	325		BIAŁYSTOK		M30	44	M 99	00:00:09	2025-11-11 14:23:13	00:20:40	00:42:05.21	00:42:14.32	+00:11:57 (28.4%)	4:12	14.3 (71.9%)
107	BORYSIEWICZ Paweł	256	HOLIDAY BOYS	BIAŁYSTOK		M20	17	M 100	00:00:20	2025-11-11 14:23:24	00:20:29	00:42:05.94	00:42:26.74	+00:11:58 (28.4%)	4:12	14.3 (71.9%)
108	WYSZOMIERSKA Magdalena	959	MD RUN TRAINING	GRABÓWKA		K20	3	K 8	00:00:11	2025-11-11 14:23:15	00:20:46	00:42:07.99	00:42:19.95	+00:12:00 (28.5%)	4:12	14.2 (71.4%)
109	PIETRASZ Łukasz	409	JRG SOKÓŁKA	MINKOWCE		M20	18	M 101	00:00:07	2025-11-11 14:23:11	00:20:41	00:42:08.22	00:42:15.72	+00:12:00 (28.5%)	4:12	14.2 (71.4%)
110	ALICKA Ewa	658	DĄBROWSKI TEAM	SZCZUCZYN		K20	4	K 9	00:00:07	2025-11-11 14:23:11	00:20:36	00:42:10.74	00:42:18.70	+00:12:02 (28.6%)	4:13	14.2 (71.4%)
111	KROPIWNICKI Marcin	1461		BIAŁYSTOK		M30	45	M 102	00:00:12	2025-11-11 14:23:16	00:21:12	00:42:11.59	00:42:24.37	+00:12:03 (28.6%)	4:13	14.2 (71.4%)
112	NOJSZEWSKI Adam	614	ROSTI RUNNING TEAM	BIAŁYSTOK		M40	25	M 103	00:00:11	2025-11-11 14:23:15	00:20:27	00:42:14.23	00:42:25.44	+00:12:06 (28.7%)	4:13	14.2 (71.4%)
113	SZEROKI Jakub	1566		BIAŁYSTOK		M16	8	M 104	00:00:19	2025-11-11 14:23:23	00:21:20	00:42:15.09	00:42:34.52	+00:12:07 (28.7%)	4:13	14.2 (71.4%)
114	KONOŃCZUK Łukasz	303	DANIEL_BIEGA TEAM	MICHAŁOWO		M20	19	M 105	00:00:11	2025-11-11 14:23:15	00:21:10	00:42:16.93	00:42:28.59	+00:12:09 (28.7%)	4:13	14.2 (71.4%)
115	STOCZKO Kamil	1126	NADAKTYWNI	BIAŁYSTOK		M30	46	M 106	00:00:23	2025-11-11 14:23:27	00:21:46	00:42:18.86	00:42:42.16	+00:12:10 (28.8%)	4:13	14.2 (71.4%)
116	SĘKOWSKI Marcin	1197	DREWNOFORNIR	CHOROSZCZ		M50	9	M 107	00:00:36	2025-11-11 14:23:40	00:21:30	00:42:19.23	00:42:55.61	+00:12:11 (28.8%)	4:13	14.2 (71.4%)
117	NIEMOTKO Piotr	1117		BIAŁYSTOK		M50	10	M 108	00:00:16	2025-11-11 14:23:20	00:21:18	00:42:21.70	00:42:38.48	+00:12:13 (28.9%)	4:14	14.2 (71.4%)
118	ŁAPATA Artur	1108		MINKOWCE		M20	20	M 109	00:00:10	2025-11-11 14:23:14	00:21:28	00:42:31.07	00:42:41.70	+00:12:23 (29.1%)	4:15	14.1 (70.9%)
119	MAGDZIUK Paweł	564		KNYSZYN		M40	26	M 110	00:00:06	2025-11-11 14:23:10	00:21:14	00:42:33.69	00:42:39.79	+00:12:25 (29.2%)	4:15	14.1 (70.9%)
120	STYPULKOWSKI Piotr	496		BIAŁYSTOK		M30	47	M 111	00:00:20	2025-11-11 14:23:24	00:20:45	00:42:34.39	00:42:55.06	+00:12:26 (29.2%)	4:15	14.1 (70.9%)
121	BAKUNIEWICZ Paweł	1061		BIAŁYSTOK		M30	48	M 112	00:00:16	2025-11-11 14:23:20	00:21:44	00:42:39.27	00:42:55.56	+00:12:31 (29.4%)	4:15	14.1 (70.9%)
122	ADAMOWICZ Ernest	401		BIAŁYSTOK		M30	49	M 113	00:00:16	2025-11-11 14:23:20	00:21:43	00:42:39.75	00:42:56.08	+00:12:31 (29.4%)	4:15	14.1 (70.9%)
123	KIEDA Patryk	788		BIAŁYSTOK		M30	50	M 114	00:00:10	2025-11-11 14:23:14	00:21:10	00:42:41.20	00:42:51.33	+00:12:33 (29.4%)	4:16	14.1 (70.9%)
124	HAN Wojtek	1278	ROCH JASIENICA	KRÓLE DUŻE		M30	51	M 115	00:00:08	2025-11-11 14:23:12	00:21:21	00:42:41.60	00:42:50.33	+00:12:33 (29.4%)	4:16	14.1 (70.9%)
125	JENOROWSKI Jakub	1010		BIAŁYSTOK		M20	21	M 116	00:00:39	2025-11-11 14:23:43	00:20:51	00:42:43.89	00:43:23.25	+00:12:35 (29.5%)	4:16	14 (70.4%)
126	BAZYLUK Ewa	339	KALINOWSKI TEAM	CZARNA BIAŁOSTOCKA		K40	3	K 10	00:00:18	2025-11-11 14:23:22	00:21:20	00:42:45.46	00:43:03.73	+00:12:37 (29.5%)	4:16	14 (70.4%)
127	NATUNEWICZ Marek	1045	SII RUNNING TEAM	SOKÓŁKA		M40	27	M 117	00:00:14	2025-11-11 14:23:18	00:21:10	00:42:46.83	00:43:01.06	+00:12:38 (29.6%)	4:16	14 (70.4%)
128	PLONA Patryk	550		ŁOMŻA		M20	22	M 118	00:00:11	2025-11-11 14:23:15	00:21:38	00:42:51.44	00:43:03.04	+00:12:43 (29.7%)	4:17	14 (70.4%)
129	LEONIUK Paweł	84	NADAKTYWNI	BIAŁYSTOK		M40	28	M 119	00:00:05	2025-11-11 14:23:09	00:21:33	00:42:53.52	00:42:59.42	+00:12:45 (29.7%)	4:17	14 (70.4%)
130	ŻMIEŃKO Mariusz	181		BIELSK PODLASKI		M40	29	M 120	00:00:20	2025-11-11 14:23:24	00:21:58	00:42:54.01	00:43:14.71	+00:12:46 (29.8%)	4:17	14 (70.4%)
131	PONIATOWSKI Marek	552	MARATONKA GRAJEWO	BELDA		M50	11	M 121	00:00:08	2025-11-11 14:23:12	00:21:11	00:42:55.13	00:43:03.16	+00:12:47 (29.8%)	4:17	14 (70.4%)
132	WOJSZKO Patryk	218	PROSWIM BIAŁYSTOK	LEWICKIE		M30	52	M 122	00:00:20	2025-11-11 14:23:24	00:22:01	00:42:59.57	00:43:20.09	+00:12:51 (29.9%)	4:17	14 (70.4%)
133	SOCHACKI Karol	469	RUN TEAM PIĄTNICA	BUDY CZARNOCKIE		M30	53	M 123	00:00:18	2025-11-11 14:23:22	00:21:13	00:43:06.26	00:43:24.78	+00:12:58 (30.1%)	4:18	13.9 (69.8%)
134	KARWIŃSKI Marcin	665		BIAŁYSTOK		M50	12	M 124	00:00:17	2025-11-11 14:23:21	00:21:36	00:43:10.01	00:43:27.40	+00:13:02 (30.2%)	4:19	13.9 (69.8%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
135	POTAPO Artur	635	POLITECHNIKA BIAŁOSTOCKA	BIAŁYSTOK		M16	9	M 125	00:00:25	2025-11-11 14:23:29	00:21:54	00:43:10.88	00:43:35.96	+00:13:02 (30.2%)	4:19	13.9 (69.8%)
136	SZCZYKOWSKA-MILLER Joanna	981	MD RUN TRAINING	BIAŁYSTOK		K30	4	K 11	00:00:17	2025-11-11 14:23:21	00:21:37	00:43:11.05	00:43:28.63	+00:13:03 (30.2%)	4:19	13.9 (69.8%)
137	DYSZKIEWICZ Rafał	805		BIAŁYSTOK		M30	54	M 126	00:00:25	2025-11-11 14:23:29	00:21:30	00:43:11.30	00:43:37.08	+00:13:03 (30.2%)	4:19	13.9 (69.8%)
138	DREWULSKI Michał	1034	MD RUN TRAINING	BIAŁYSTOK		M20	23	M 127	00:00:18	2025-11-11 14:23:22	00:22:07	00:43:12.57	00:43:30.64	+00:13:04 (30.3%)	4:19	13.9 (69.8%)
139	SOCHOŃ Katarzyna	1455		DOBRZYNIOWO DUŻE		K30	5	K 12	00:00:12	2025-11-11 14:23:16	00:21:26	00:43:15.57	00:43:28.52	+00:13:07 (30.3%)	4:19	13.9 (69.8%)
140	OLEWIŃSKI Tomek	1529	MD RUN TRANING	BIAŁYSTOK		M40	30	M 128	00:00:17	2025-11-11 14:23:21	00:21:38	00:43:19.04	00:43:36.87	+00:13:11 (30.4%)	4:19	13.9 (69.8%)
141	WACEWICZ Rafal	100	STREFA ZMIAN	BIAŁYSTOK		M40	31	M 129	00:00:13	2025-11-11 14:23:17	00:21:24	00:43:21.75	00:43:34.87	+00:13:13 (30.5%)	4:20	13.8 (69.3%)
142	BARTOSZUK Rafał	215		BIAŁYSTOK		M30	55	M 130	00:00:24	2025-11-11 14:23:28	00:21:03	00:43:28.22	00:43:52.76	+00:13:20 (30.7%)	4:20	13.8 (69.3%)
143	SZYMAŃSKI Sylwester	719		SUWAŁKI		M60	1	M 131	00:01:08	2025-11-11 14:24:12	00:22:17	00:43:28.52	00:44:36.73	+00:13:20 (30.7%)	4:20	13.8 (69.3%)
144	BRZOZOWSKI Jacek	1400		BIAŁYSTOK		M40	32	M 132	00:00:53	2025-11-11 14:23:57	00:22:04	00:43:29.51	00:44:23.39	+00:13:21 (30.7%)	4:20	13.8 (69.3%)
145	GRYGORCZUK Paweł	322	UWB TEAM	BIAŁYSTOK		M30	56	M 133	00:00:23	2025-11-11 14:23:27	00:22:07	00:43:31.02	00:43:54.60	+00:13:23 (30.8%)	4:21	13.8 (69.3%)
146	TOMASZEWSKI Piotr	1341	KAN THERM RACING TEAM	BIAŁYSTOK		M40	33	M 134	00:00:10	2025-11-11 14:23:14	00:21:14	00:43:32.21	00:43:42.56	+00:13:24 (30.8%)	4:21	13.8 (69.3%)
147	LEBIEDZIŃSKI Dawid	868		SUPRAŚL		M20	24	M 135	00:00:13	2025-11-11 14:23:17	00:21:22	00:43:33.72	00:43:47.41	+00:13:25 (30.8%)	4:21	13.8 (69.3%)
148	KOŹŁUK Artur	1012		ŁOSICE		M40	34	M 136	00:00:13	2025-11-11 14:23:17	00:21:58	00:43:34.09	00:43:47.49	+00:13:26 (30.8%)	4:21	13.8 (69.3%)
149	GLUSZYŃSKI Łukasz	558	CROSSFIT JUST RAW	BIAŁYSTOK		M30	57	M 137	00:00:20	2025-11-11 14:23:24	00:22:08	00:43:34.56	00:43:55.28	+00:13:26 (30.9%)	4:21	13.8 (69.3%)
150	PAJĘCKI Szymon	1576		ZACZERLANY		M20	25	M 138	00:00:02	2025-11-11 14:23:06	00:21:06	00:43:35.82	00:43:38.67	+00:13:27 (30.9%)	4:21	13.8 (69.3%)
151	MIKUTOWICZ Renata	54	KAN-THERM RACING TEAM	BIAŁYSTOK		K30	6	K 13	00:00:09	2025-11-11 14:23:13	00:21:37	00:43:35.95	00:43:45.70	+00:13:28 (30.9%)	4:21	13.8 (69.3%)
152	BOKUNIEWICZ Dominik	648		SUWAŁKI		M20	26	M 139	00:00:30	2025-11-11 14:23:34	00:22:13	00:43:36.45	00:44:06.73	+00:13:28 (30.9%)	4:21	13.8 (69.3%)
153	PURTA Mariusz	1153		BORSUKÓWKA		M30	58	M 140	00:00:43	2025-11-11 14:23:47	00:21:12	00:43:38.20	00:44:21.45	+00:13:30 (30.9%)	4:21	13.8 (69.3%)
154	PIECKA Damian	1163	18PR	ŁYSKI		M30	59	M 141	00:00:12	2025-11-11 14:23:16	00:21:34	00:43:38.68	00:43:50.97	+00:13:30 (31.0%)	4:21	13.8 (69.3%)
155	LEWKO Adam	1195	OUTDOOR TRAINING	BIAŁYSTOK		M40	35	M 142	00:00:26	2025-11-11 14:23:30	00:22:17	00:43:38.75	00:44:05.49	+00:13:30 (31.0%)	4:21	13.8 (69.3%)
156	MOZOLEWSKA Joanna	520		BIAŁYSTOK		K30	7	K 14	00:00:33	2025-11-11 14:23:37	00:21:57	00:43:38.85	00:44:12.35	+00:13:30 (31.0%)	4:21	13.8 (69.3%)
157	DOBROŃSKI Janusz	116		WIZNA		M40	36	M 143	00:00:18	2025-11-11 14:23:22	00:21:46	00:43:40.80	00:43:59.55	+00:13:32 (31.0%)	4:22	13.7 (68.8%)
158	BUTKIEWICZ Marcin	241		BIAŁYSTOK		M20	27	M 144	00:00:17	2025-11-11 14:23:21	00:22:05	00:43:44.92	00:44:02.45	+00:13:37 (31.1%)	4:22	13.7 (68.8%)
159	WYSOCKI Adrian	441		KNYSZYN		M20	28	M 145	00:00:31	2025-11-11 14:23:35	00:21:43	00:43:45.35	00:44:16.69	+00:13:37 (31.1%)	4:22	13.7 (68.8%)
160	ZACHAREWICZ Hubert	404		ELK		M40	37	M 146	00:00:12	2025-11-11 14:23:16	00:21:51	00:43:47.61	00:43:59.99	+00:13:39 (31.2%)	4:22	13.7 (68.8%)
161	SNARSKI Grzegorz	1170		BIAŁYSTOK		M30	60	M 147	00:00:22	2025-11-11 14:23:26	00:22:13	00:43:49.90	00:44:12.08	+00:13:42 (31.3%)	4:22	13.7 (68.8%)
162	ŻUKOWSKI Kamil	910	STREFA ZMIAN	GRABÓWKA		M30	61	M 148	00:00:12	2025-11-11 14:23:16	00:21:46	00:43:49.95	00:44:02.07	+00:13:42 (31.3%)	4:22	13.7 (68.8%)
163	KUDRYCKI Tomasz	1459		BIAŁYSTOK		M50	13	M 149	00:00:12	2025-11-11 14:23:16	00:22:02	00:43:50.20	00:44:02.79	+00:13:42 (31.3%)	4:23	13.7 (68.8%)
164	TULICKI Rafał	1417		BIAŁYSTOK		M30	62	M 150	00:00:11	2025-11-11 14:23:15	00:21:41	00:43:56.25	00:44:07.53	+00:13:48 (31.4%)	4:23	13.7 (68.8%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
165	BAKUN Monika	1109		ELK		K20	5	K 15	00:00:17	2025-11-11 14:23:21	00:22:18	00:43:57.65	00:44:15.32	+00:13:49 (31.5%)	4:23	13.7 (68.8%)
166	ROSTKOWSKI Paweł	643	1PBOT	ŚNIADOWO		M20	29	M 151	00:00:32	2025-11-11 14:23:36	00:22:38	00:44:01.08	00:44:33.78	+00:13:53 (31.5%)	4:24	13.6 (68.3%)
167	KULAKOWSKI Michał	174		BIAŁYSTOK		M30	63	M 152	00:00:17	2025-11-11 14:23:21	00:22:09	00:44:03.44	00:44:20.68	+00:13:55 (31.6%)	4:24	13.6 (68.3%)
168	MIEZIO Krystian	675		BIAŁYSTOK		M20	30	M 153	00:00:21	2025-11-11 14:23:25	00:22:20	00:44:04.51	00:44:25.62	+00:13:56 (31.6%)	4:24	13.6 (68.3%)
169	DZIEWIĄTKOWSKI Tomasz	1137		BIAŁYSTOK		M30	64	M 154	00:00:32	2025-11-11 14:23:36	00:22:44	00:44:05.44	00:44:38.37	+00:13:57 (31.7%)	4:24	13.6 (68.3%)
170	BOGDZIEL Marcin	633	EAST RAW GLADIATOR	BIAŁYSTOK		M30	65	M 155	00:00:17	2025-11-11 14:23:21	00:22:12	00:44:05.65	00:44:23.27	+00:13:57 (31.7%)	4:24	13.6 (68.3%)
171	PRUSZYŃSKI Mateusz	984		BIAŁYSTOK		M30	66	M 156	00:00:25	2025-11-11 14:23:29	00:22:03	00:44:05.69	00:44:30.71	+00:13:57 (31.7%)	4:24	13.6 (68.3%)
172	PELCZAR Krzysztof	1492	JEŹDZCY APOKALIPSY	BIAŁYSTOK		M40	38	M 157	00:00:21	2025-11-11 14:23:25	00:22:07	00:44:06.23	00:44:27.48	+00:13:58 (31.7%)	4:24	13.6 (68.3%)
173	ZIUZIA Janek	103	POZDRAWIAM ASIĘ I MAMĘ	MICHAŁOWO		M20	31	M 158	00:00:20	2025-11-11 14:23:24	00:21:45	00:44:06.54	00:44:27.05	+00:13:58 (31.7%)	4:24	13.6 (68.3%)
174	STASZEWSKI Paweł	171		BIAŁYSTOK		M30	67	M 159	00:00:36	2025-11-11 14:23:40	00:21:41	00:44:07.21	00:44:44.21	+00:13:59 (31.7%)	4:24	13.6 (68.3%)
175	DĄBROWSKI Paweł	1035	SPARTA 1951 SZEPIETOWO	SZEPIETOWO		M30	68	M 160	00:00:19	2025-11-11 14:23:23	00:22:22	00:44:07.60	00:44:27.52	+00:13:59 (31.7%)	4:24	13.6 (68.3%)
176	PAWŁOWICZ Piotr	515		BOBROWA		M30	69	M 161	00:00:19	2025-11-11 14:23:23	00:22:35	00:44:07.68	00:44:27.22	+00:13:59 (31.7%)	4:24	13.6 (68.3%)
177	ROGOZIŃSKI Łukasz	1539		BIAŁYSTOK		M30	70	M 162	00:00:06	2025-11-11 14:23:10	00:21:27	00:44:08.02	00:44:14.81	+00:14:00 (31.7%)	4:24	13.6 (68.3%)
178	RAMOTOWSKI Remigiusz	1236		BIAŁYSTOK		M50	14	M 163	00:00:09	2025-11-11 14:23:13	00:22:04	00:44:08.25	00:44:17.29	+00:14:00 (31.7%)	4:24	13.6 (68.3%)
179	DWORAKOWSKI Emil	454		BIAŁYSTOK		M30	71	M 164	00:00:32	2025-11-11 14:23:36	00:22:45	00:44:14.02	00:44:46.22	+00:14:06 (31.9%)	4:25	13.6 (68.3%)
180	KOWALIK Jacek	704		HOLÓWKI DUŻE		M50	15	M 165	00:00:09	2025-11-11 14:23:13	00:22:03	00:44:14.11	00:44:23.51	+00:14:06 (31.9%)	4:25	13.6 (68.3%)
181	SERAFIN Daniel	1320		ŁOMŻA		M30	72	M 166	00:00:12	2025-11-11 14:23:16	00:21:40	00:44:14.73	00:44:27.63	+00:14:06 (31.9%)	4:25	13.6 (68.3%)
182	STĘPNIAK Janusz	842		WASILKÓW		M60	2	M 167	00:00:54	2025-11-11 14:23:58	00:22:27	00:44:16.36	00:45:10.48	+00:14:08 (31.9%)	4:25	13.6 (68.3%)
183	ARTYSIEWICZ Robert	703		BIAŁYSTOK		M40	39	M 168	00:00:14	2025-11-11 14:23:18	00:21:35	00:44:16.56	00:44:31.25	+00:14:08 (31.9%)	4:25	13.6 (68.3%)
184	MAŁYSKO Kamil	189	N50	BIAŁYSTOK		M30	73	M 169	00:00:25	2025-11-11 14:23:29	00:21:44	00:44:18.17	00:44:43.57	+00:14:10 (32.0%)	4:25	13.5 (67.8%)
185	STEFANIAK Jakub	37		BIAŁYSTOK		M20	32	M 170	00:00:23	2025-11-11 14:23:27	00:22:27	00:44:18.25	00:44:41.49	+00:14:10 (32.0%)	4:25	13.5 (67.8%)
186	TRUSZCZYŃSKI Paweł	1149		BIAŁYSTOK		M30	74	M 171	00:00:10	2025-11-11 14:23:14	00:21:29	00:44:18.61	00:44:28.65	+00:14:10 (32.0%)	4:25	13.5 (67.8%)
187	SZOTA Ernest	565		SOKÓŁKA		M40	40	M 172	00:00:20	2025-11-11 14:23:24	00:22:31	00:44:19.58	00:44:39.64	+00:14:11 (32.0%)	4:25	13.5 (67.8%)
188	KAMIŃSKI Artur	217		BIELSK PODLASKI		M30	75	M 173	00:00:01	2025-11-11 14:23:05	00:22:34	00:44:20.00	00:44:21.00	+00:14:12 (32.0%)	4:26	13.5 (67.8%)
189	PAWŁOWSKI Piotr	886	SP KORYCIN	KORYCIN		M40	41	M 174	00:00:20	2025-11-11 14:23:24	00:22:11	00:44:20.48	00:44:41.02	+00:14:12 (32.0%)	4:26	13.5 (67.8%)
190	OLSZEWSKI Tomasz	1477	9 WARMIŃSKI PUŁK ROZPOZNAWCZY	OLSZEWNIK		M30	76	M 175	00:00:05	2025-11-11 14:23:09	00:21:33	00:44:20.72	00:44:26.43	+00:14:12 (32.1%)	4:26	13.5 (67.8%)
191	PONIATOWSKI Adam	526	MARATONKA GRAJEWO	BELDA		M40	42	M 176	00:00:20	2025-11-11 14:23:24	00:22:10	00:44:21.65	00:44:41.66	+00:14:13 (32.1%)	4:26	13.5 (67.8%)
192	KĘDZIOREK Tomasz	1182		BIAŁYSTOK		M30	77	M 177	00:00:19	2025-11-11 14:23:23	00:22:32	00:44:21.71	00:44:41.70	+00:14:13 (32.1%)	4:26	13.5 (67.8%)
193	ZUBARAU Ihar	402	MIKKELLER RUNNING CLUB MINSK	BIAŁYSTOK		M40	43	M 178	00:00:33	2025-11-11 14:23:37	00:22:02	00:44:22.99	00:44:56.74	+00:14:15 (32.1%)	4:26	13.5 (67.8%)
194	CITKO Radosław	197		SOBOLEWO		M40	44	M 179	00:02:06	2025-11-11 14:25:10	00:22:26	00:44:23.16	00:46:29.70	+00:14:15 (32.1%)	4:26	13.5 (67.8%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
195	SKORUPSKI Krzysztof	462	RUN TEAM PIĄTNICA	ŁOMŻA		M40	45	M 180	00:00:18	2025-11-11 14:23:22	00:21:54	00:44:24.33	00:44:43.07	+00:14:16 (32.1%)	4:26	13.5 (67.8%)
196	KOWALCZUK Kamil	1403		BIAŁYSTOK		M30	78	M 181	00:00:19	2025-11-11 14:23:23	00:22:09	00:44:24.45	00:44:43.85	+00:14:16 (32.1%)	4:26	13.5 (67.8%)
197	BIEŃKOWSKI Rafał	224		OLSZTYN		M30	79	M 182	00:00:17	2025-11-11 14:23:21	00:22:31	00:44:24.86	00:44:42.35	+00:14:16 (32.2%)	4:26	13.5 (67.8%)
198	KOWALSKI Kuba	504	KUBA KOWALSKI TRIATHLON	BIAŁYSTOK		M20	33	M 183	00:00:12	2025-11-11 14:23:16	00:22:01	00:44:25.01	00:44:37.04	+00:14:17 (32.2%)	4:26	13.5 (67.8%)
199	DZWONKOWSKI Konrad	852		WOJEWODZIN		M30	80	M 184	00:01:33	2025-11-11 14:24:37	00:22:40	00:44:25.28	00:45:58.77	+00:14:17 (32.2%)	4:26	13.5 (67.8%)
200	TARASIUK Wojciech	1504		BIAŁYSTOK		M20	34	M 185	00:00:25	2025-11-11 14:23:29	00:22:26	00:44:25.90	00:44:51.45	+00:14:18 (32.2%)	4:26	13.5 (67.8%)
201	MOJSAK Karolina	1310		BIAŁYSTOK		K20	6	K 16	00:00:23	2025-11-11 14:23:27	00:22:26	00:44:26.21	00:44:50.01	+00:14:18 (32.2%)	4:26	13.5 (67.8%)
202	SAWICKI Adam	373		BIAŁYSTOK		M30	81	M 186	00:00:19	2025-11-11 14:23:23	00:22:06	00:44:26.22	00:44:45.68	+00:14:18 (32.2%)	4:26	13.5 (67.8%)
203	ŻOCH Hubert	608	DZIKA WATAHA TEAM	KRYNKI		M30	82	M 187	00:00:17	2025-11-11 14:23:21	00:21:50	00:44:27.90	00:44:45.85	+00:14:19 (32.2%)	4:26	13.5 (67.8%)
204	KRASICKI Daniel	1219	PODLASKIE KOCURY	BIAŁYSTOK		M30	83	M 188	00:00:20	2025-11-11 14:23:24	00:22:31	00:44:29.11	00:44:49.39	+00:14:21 (32.3%)	4:26	13.5 (67.8%)
205	ROGOWSKI Damian	1062		ŚWIĘCIENIN		M30	84	M 189	00:00:19	2025-11-11 14:23:23	00:22:31	00:44:29.13	00:44:48.76	+00:14:21 (32.3%)	4:26	13.5 (67.8%)
206	CYWONIUK Grzegorz	1181	GREGOR MEBLE	BIAŁYSTOK		M40	46	M 190	00:00:14	2025-11-11 14:23:18	00:22:04	00:44:30.46	00:44:45.04	+00:14:22 (32.3%)	4:27	13.5 (67.8%)
207	SUROWIEC Filip	527	CROSSFIT JUST RAW	BIAŁYSTOK		M30	85	M 191	00:00:17	2025-11-11 14:23:21	00:22:12	00:44:31.04	00:44:48.69	+00:14:23 (32.3%)	4:27	13.5 (67.8%)
208	GOLĘBSKI Kamil	1396		BIAŁYSTOK		M30	86	M 192	00:00:14	2025-11-11 14:23:18	00:21:40	00:44:34.85	00:44:49.42	+00:14:26 (32.4%)	4:27	13.5 (67.8%)
209	ZALEWSKI Dariusz	1104	NADAKTYWNI	BIAŁYSTOK		M50	16	M 193	00:00:05	2025-11-11 14:23:09	00:22:14	00:44:35.14	00:44:40.63	+00:14:27 (32.4%)	4:27	13.5 (67.8%)
210	SĘKOWSKI Adam	1384	WTF?!SOLOTEAM	BIAŁYSTOK		M50	17	M 194	00:00:16	2025-11-11 14:23:20	00:22:31	00:44:35.29	00:44:51.65	+00:14:27 (32.4%)	4:27	13.5 (67.8%)
211	WIŚNIEWSKI Przemysław	1571		ZACZERLANY		M30	87	M 195	00:00:00	2025-11-11 14:23:04	00:22:22	00:44:35.65	00:44:36.07	+00:14:27 (32.4%)	4:27	13.5 (67.8%)
212	LEBIEDZIŃSKI Marcin	1239		SUPRAŚL		M40	47	M 196	00:00:14	2025-11-11 14:23:18	00:22:02	00:44:36.95	00:44:51.00	+00:14:29 (32.5%)	4:27	13.5 (67.8%)
213	ŁĘGOWSKI Krzysztof	812	RUN TEAM PIĄTNICA	ŁOMŻA		M40	48	M 197	00:00:19	2025-11-11 14:23:23	00:22:20	00:44:38.54	00:44:58.23	+00:14:30 (32.5%)	4:27	13.4 (67.3%)
214	ŚLESZYŃSKI Zbigniew	1103	1 DPL BZ	BIAŁYSTOK		M40	49	M 198	00:00:23	2025-11-11 14:23:27	00:22:23	00:44:38.93	00:45:02.24	+00:14:31 (32.5%)	4:27	13.4 (67.3%)
215	KOSIŃSKI Dawid	571		BIAŁYSTOK		M30	88	M 199	00:00:33	2025-11-11 14:23:37	00:22:57	00:44:39.22	00:45:12.73	+00:14:31 (32.5%)	4:27	13.4 (67.3%)
216	KOPKO Aleksandra Anna	58		BIAŁYSTOK		K20	7	K 17	00:00:18	2025-11-11 14:23:22	00:22:33	00:44:40.21	00:44:58.48	+00:14:32 (32.5%)	4:28	13.4 (67.3%)
217	KRZYŻANOWSKA Monika	205		BIAŁYSTOK		K30	8	K 18	00:00:06	2025-11-11 14:23:10	00:22:00	00:44:41.64	00:44:48.59	+00:14:33 (32.6%)	4:28	13.4 (67.3%)
218	RUTKOWSKI Bartłomiej	178		BIAŁYSTOK		M16	10	M 200	00:00:25	2025-11-11 14:23:29	00:22:13	00:44:42.00	00:45:07.78	+00:14:34 (32.6%)	4:28	13.4 (67.3%)
219	PIEKARSKI Maciej	98	AWF WROCŁAW	AUGUSTÓW		M20	35	M 201	00:01:39	2025-11-11 14:24:43	00:22:29	00:44:43.11	00:46:22.66	+00:14:35 (32.6%)	4:28	13.4 (67.3%)
220	KASJANIUK Mariusz	1088		BIAŁYSTOK		M40	50	M 202	00:00:17	2025-11-11 14:23:21	00:22:11	00:44:44.46	00:45:01.59	+00:14:36 (32.7%)	4:28	13.4 (67.3%)
221	GODLEWSKI Krzysztof	262		BIAŁYSTOK		M50	18	M 203	00:00:23	2025-11-11 14:23:27	00:22:01	00:44:45.89	00:45:09.06	+00:14:37 (32.7%)	4:28	13.4 (67.3%)
222	KONECKO Adrian	568	ROSTI RUNNING TEAM	BIAŁYSTOK		M30	89	M 204	00:00:16	2025-11-11 14:23:20	00:22:33	00:44:46.04	00:45:03.02	+00:14:38 (32.7%)	4:28	13.4 (67.3%)
223	TKACZUK Tomasz	1381		BIAŁYSTOK		M30	90	M 205	00:00:16	2025-11-11 14:23:20	00:22:33	00:44:47.74	00:45:03.98	+00:14:39 (32.7%)	4:28	13.4 (67.3%)
224	WARDOWICZ Bartłomiej	1509		BIAŁYSTOK		M30	91	M 206	00:00:26	2025-11-11 14:23:30	00:22:24	00:44:48.90	00:45:15.65	+00:14:41 (32.8%)	4:28	13.4 (67.3%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
225	ŁOJNIEWSKI Krzysztof	696	PAGEPRO	BIAŁYSTOK		M30	92	M 207	00:00:12	2025-11-11 14:23:16	00:21:21	00:44:49.12	00:45:01.36	+00:14:41 (32.8%)	4:28	13.4 (67.3%)
226	GAWRYLUK Łukasz	292		POROSŁY		M30	93	M 208	00:00:11	2025-11-11 14:23:15	00:22:18	00:44:51.23	00:45:03.15	+00:14:43 (32.8%)	4:29	13.4 (67.3%)
227	KOŹLUK Miłosz	1283	TURBO\$WAG	ŁOSICE		M20	36	M 209	00:00:13	2025-11-11 14:23:17	00:22:04	00:44:54.42	00:45:07.50	+00:14:46 (32.9%)	4:29	13.4 (67.3%)
228	SAJEWICZ Mirosław	1294		BIAŁYSTOK		M60	3	M 210	00:00:00	2025-11-11 14:23:04	00:21:40	00:44:55.39	00:44:55.81	+00:14:47 (32.9%)	4:29	13.4 (67.3%)
229	ZDANEWICZ Gabriel	528		BIAŁYSTOK		M20	37	M 211	00:00:38	2025-11-11 14:23:42	00:22:41	00:44:57.25	00:45:35.40	+00:14:49 (33.0%)	4:29	13.3 (66.8%)
230	SZCZUKA Paweł	789		KLESZCZELE		M20	38	M 212	00:00:24	2025-11-11 14:23:28	00:22:17	00:44:59.88	00:45:24.05	+00:14:51 (33.0%)	4:29	13.3 (66.8%)
231	RYBNIK Karol	968		NOWE ALEKSANDROWO		M30	94	M 213	00:00:15	2025-11-11 14:23:19	00:21:45	00:45:01.02	00:45:16.74	+00:14:53 (33.1%)	4:30	13.3 (66.8%)
232	PRZEŹDZIECKI Damian	809	1.PBOT	ZAMBRÓW		M40	51	M 214	00:00:15	2025-11-11 14:23:19	00:22:17	00:45:01.61	00:45:17.32	+00:14:53 (33.1%)	4:30	13.3 (66.8%)
233	WASILEWSKA Joanna	877	FUTRALIS	BIAŁYSTOK		K30	9	K 19	00:00:25	2025-11-11 14:23:29	00:22:42	00:45:04.58	00:45:30.31	+00:14:56 (33.2%)	4:30	13.3 (66.8%)
234	WASILEWSKI Maciej	875		BIAŁYSTOK		M30	95	M 215	00:00:25	2025-11-11 14:23:29	00:22:42	00:45:05.09	00:45:30.28	+00:14:57 (33.2%)	4:30	13.3 (66.8%)
235	BOBROWSKI Dariusz	380		JUROWCE		M30	96	M 216	00:01:48	2025-11-11 14:24:52	00:22:38	00:45:06.95	00:46:55.77	+00:14:59 (33.2%)	4:30	13.3 (66.8%)
236	LEŚNIEWSKI Daniel	296	FUTRALIS	POROSŁY		M40	52	M 217	00:00:09	2025-11-11 14:23:13	00:22:08	00:45:09.76	00:45:19.01	+00:15:01 (33.3%)	4:30	13.3 (66.8%)
237	KARCZEWSKI Tomek	65		BIELSK PODLASKI		M20	39	M 218	00:00:18	2025-11-11 14:23:22	00:22:40	00:45:10.05	00:45:28.64	+00:15:02 (33.3%)	4:31	13.3 (66.8%)
238	GRYGORUK Marek	620	BIAŁYSTOK BIEGA TEAM	BIELSK PODLASKI		M50	19	M 219	00:00:08	2025-11-11 14:23:12	00:22:20	00:45:11.71	00:45:19.99	+00:15:03 (33.3%)	4:31	13.3 (66.8%)
239	ANTONOWICZ Wojciech	713		SZCZECIN		M60	4	M 220	00:00:23	2025-11-11 14:23:27	00:22:31	00:45:16.24	00:45:39.86	+00:15:08 (33.4%)	4:31	13.3 (66.8%)
240	WASILEWSKA Ewa	212	1 PODLASKA BRYGADA OBRONY TERYTORIALNEJ / MD RUN TRAINING	BIAŁYSTOK		K50	1	K 20	00:00:16	2025-11-11 14:23:20	00:22:22	00:45:16.45	00:45:33.38	+00:15:08 (33.4%)	4:31	13.3 (66.8%)
241	TOMCZUK Izabella	444		BIAŁYSTOK		K20	8	K 21	00:00:00	2025-11-11 14:23:04	00:21:44	00:45:16.74	00:45:17.16	+00:15:08 (33.5%)	4:31	13.3 (66.8%)
242	WILGA Mateusz	216		BIAŁYSTOK		M20	40	M 221	00:00:37	2025-11-11 14:23:41	00:22:32	00:45:19.23	00:45:56.89	+00:15:11 (33.5%)	4:31	13.2 (66.3%)
243	CZUBASZEK Robert	318		BIAŁYSTOK		M50	20	M 222	00:00:23	2025-11-11 14:23:27	00:22:28	00:45:19.87	00:45:43.71	+00:15:11 (33.5%)	4:31	13.2 (66.3%)
244	PIELECKI Marcin	1185	KALINOWSKI TEAM	BIAŁYSTOK		M40	53	M 223	00:00:21	2025-11-11 14:23:25	00:22:30	00:45:22.44	00:45:43.82	+00:15:14 (33.6%)	4:32	13.2 (66.3%)
245	OLCHOWIK Hubert	940		BIAŁYSTOK		M30	97	M 224	00:01:12	2025-11-11 14:24:16	00:22:42	00:45:23.82	00:46:36.28	+00:15:15 (33.6%)	4:32	13.2 (66.3%)
246	JAROSZ Karol	605	HOLIDAY BOYS	BIAŁYSTOK		M20	41	M 225	00:00:21	2025-11-11 14:23:25	00:22:28	00:45:24.04	00:45:45.73	+00:15:16 (33.6%)	4:32	13.2 (66.3%)
247	BAŁDAN Tomasz	275	1 PODLASKA BRYGADA OBRONY TERYTORIALNEJ	KOSMATY BOREK		M40	54	M 226	00:00:18	2025-11-11 14:23:22	00:22:12	00:45:25.67	00:45:44.64	+00:15:17 (33.7%)	4:32	13.2 (66.3%)
248	KUCZYŃSKI Rafał	1359		MIECZE		M40	55	M 227	00:00:19	2025-11-11 14:23:23	00:22:25	00:45:26.17	00:45:45.86	+00:15:18 (33.7%)	4:32	13.2 (66.3%)
249	GOŁĘBIEWSKI Adrian	1317	SPARTA	ZAŚCIANKI		M40	56	M 228	00:00:16	2025-11-11 14:23:20	00:22:33	00:45:31.43	00:45:48.14	+00:15:23 (33.8%)	4:33	13.2 (66.3%)
250	GOGOL Janusz	208		BIAŁYSTOK		M60	5	M 229	00:00:29	2025-11-11 14:23:33	00:22:48	00:45:32.46	00:46:02.14	+00:15:24 (33.8%)	4:33	13.2 (66.3%)
251	KUKLIK Ewelina	1076	18 PUŁK ROZPOZNAWCZY	BIAŁYSTOK		K30	10	K 22	00:00:05	2025-11-11 14:23:09	00:22:45	00:45:33.25	00:45:39.07	+00:15:25 (33.9%)	4:33	13.2 (66.3%)
252	CIAPKA Piotr	1065		KRAKÓW		M40	57	M 230	00:00:05	2025-11-11 14:23:09	00:22:45	00:45:33.41	00:45:39.05	+00:15:25 (33.9%)	4:33	13.2 (66.3%)
253	NOWIK Roman	621	BIAŁYSTOK BIEGA TIM	BIAŁYSTOK		M50	21	M 231	00:00:16	2025-11-11 14:23:20	00:22:24	00:45:35.90	00:45:52.61	+00:15:28 (33.9%)	4:33	13.2 (66.3%)
254	SAWKO Łukasz	88		KLEOSIN		M30	98	M 232	00:02:06	2025-11-11 14:25:10	00:23:28	00:45:37.67	00:47:43.87	+00:15:29 (34.0%)	4:33	13.2 (66.3%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
255	SAWICKI Mateusz	867		BIAŁYSTOK		M30	99	M 233	00:01:11	2025-11-11 14:24:15	00:22:43	00:45:38.80	00:46:50.56	+00:15:30 (34.0%)	4:33	13.1 (65.8%)
256	KOSSAKOWSKI Rafał	1252		BIAŁYSTOK		M30	100	M 234	00:00:57	2025-11-11 14:24:01	00:23:28	00:45:40.07	00:46:37.97	+00:15:32 (34.0%)	4:34	13.1 (65.8%)
257	KACZMARCZYK Kamil	471	RUNTEAMPIĄTNICA	PIĄTNICA		M30	101	M 235	00:00:18	2025-11-11 14:23:22	00:22:32	00:45:42.66	00:46:01.62	+00:15:34 (34.1%)	4:34	13.1 (65.8%)
258	TRUSZKOWSKI Kamil	436		BIAŁYSTOK		M30	102	M 236	00:00:23	2025-11-11 14:23:27	00:22:31	00:45:45.85	00:46:08.85	+00:15:37 (34.2%)	4:34	13.1 (65.8%)
259	LENKIEWICZ Paweł	49	MD RUN TRAINING	BIAŁYSTOK		M30	103	M 237	00:00:31	2025-11-11 14:23:35	00:23:08	00:45:45.90	00:46:17.41	+00:15:38 (34.2%)	4:34	13.1 (65.8%)
260	ZUBRZYCKI Emil	261	DRUŻYNA STEFANA CZARNIECKIEGO	TYKOCIN		M40	58	M 238	00:00:18	2025-11-11 14:23:22	00:22:28	00:45:46.98	00:46:05.75	+00:15:39 (34.2%)	4:34	13.1 (65.8%)
261	KALIADA Aliaksei	406	TEA.M RUN	BIAŁYSTOK		M30	104	M 239	00:00:33	2025-11-11 14:23:37	00:22:40	00:45:47.91	00:46:21.53	+00:15:40 (34.2%)	4:34	13.1 (65.8%)
262	MUCZYŃSKI Arkadiusz	525		GDAŃSK		M20	42	M 240	00:00:16	2025-11-11 14:23:20	00:22:17	00:45:49.21	00:46:05.62	+00:15:41 (34.2%)	4:34	13.1 (65.8%)
263	SOŁOMIANKO Kamil	466	ROSTI RUNNING TEAM	BIAŁYSTOK		M40	59	M 241	00:00:11	2025-11-11 14:23:15	00:22:43	00:45:49.22	00:46:00.38	+00:15:41 (34.2%)	4:34	13.1 (65.8%)
264	ROMANEK Kamil	465		BIAŁYSTOK		M30	105	M 242	00:00:04	2025-11-11 14:23:08	00:22:18	00:45:49.84	00:45:54.04	+00:15:41 (34.3%)	4:34	13.1 (65.8%)
265	SZCZEPURA Michał	1357	BIEGAJĄCY DIETETYK TEAM	BIAŁYSTOK		M40	60	M 243	00:00:25	2025-11-11 14:23:29	00:22:30	00:45:50.92	00:46:16.27	+00:15:43 (34.3%)	4:35	13.1 (65.8%)
266	GŁUSZYŃSKA Paulina	475		SOWLANY		K30	11	K 23	00:00:20	2025-11-11 14:23:24	00:22:48	00:45:51.18	00:46:11.63	+00:15:43 (34.3%)	4:35	13.1 (65.8%)
267	GOŁASZEWSKA Emilia	705	MD RUN TRAINING	BIAŁYSTOK		K40	4	K 24	00:00:23	2025-11-11 14:23:27	00:23:08	00:45:51.32	00:46:14.77	+00:15:43 (34.3%)	4:35	13.1 (65.8%)
268	KURZAŹKOWSKI Cezary	1366		ELK		M30	106	M 244	00:01:10	2025-11-11 14:24:14	00:23:21	00:45:56.71	00:47:07.60	+00:15:48 (34.4%)	4:35	13.1 (65.8%)
269	PIETRUSZKO Hubert	450		BIAŁYSTOK		M20	43	M 245	00:00:14	2025-11-11 14:23:18	00:23:15	00:45:56.92	00:46:11.50	+00:15:49 (34.4%)	4:35	13.1 (65.8%)
270	CHOIŃSKI Bogusław	396		BIAŁYSTOK		M50	22	M 246	00:00:35	2025-11-11 14:23:39	00:22:57	00:45:58.04	00:46:33.95	+00:15:50 (34.4%)	4:35	13.1 (65.8%)
271	PLESKOWICZ Andrzej	695		NAREW		M60	6	M 247	00:00:31	2025-11-11 14:23:35	00:23:14	00:45:59.04	00:46:30.35	+00:15:51 (34.5%)	4:35	13 (65.3%)
272	ZABIELSKI Marcin	477		BIAŁYSTOK		M30	107	M 248	00:00:27	2025-11-11 14:23:31	00:22:23	00:45:59.91	00:46:27.71	+00:15:52 (34.5%)	4:35	13 (65.3%)
273	TOKAREWICZ Paweł	459	SOKÓLSKA GRUPA BIEGOWA	SOKÓŁKA		M40	61	M 249	00:00:35	2025-11-11 14:23:39	00:23:03	00:46:00.34	00:46:35.96	+00:15:52 (34.5%)	4:36	13 (65.3%)
274	BUDZIŃSKI Patryk	152	1.PBOT	ŁÓMŻA		M30	108	M 250	00:00:25	2025-11-11 14:23:29	00:23:03	00:46:01.42	00:46:27.13	+00:15:53 (34.5%)	4:36	13 (65.3%)
275	SZUMKOWSKI Błażej	358		CHOROSZCZ		M20	44	M 251	00:00:28	2025-11-11 14:23:32	00:23:58	00:46:03.82	00:46:32.09	+00:15:55 (34.6%)	4:36	13 (65.3%)
276	NIEMYJSKI Maciej	140		CHOROSZCZ		M20	45	M 252	00:00:27	2025-11-11 14:23:31	00:23:59	00:46:04.59	00:46:31.97	+00:15:56 (34.6%)	4:36	13 (65.3%)
277	BASZEŃ Tomasz	321		BIAŁYSTOK		M20	46	M 253	00:00:28	2025-11-11 14:23:32	00:23:59	00:46:05.02	00:46:33.05	+00:15:57 (34.6%)	4:36	13 (65.3%)
278	LIPSKI Tomasz	1344		BIAŁYSTOK		M30	109	M 254	00:00:20	2025-11-11 14:23:24	00:22:32	00:46:05.19	00:46:25.48	+00:15:57 (34.6%)	4:36	13 (65.3%)
279	CHOROMAŃSKI Michał	1293		BIAŁYSTOK		M30	110	M 255	00:00:17	2025-11-11 14:23:21	00:23:29	00:46:07.20	00:46:24.50	+00:15:59 (34.7%)	4:36	13 (65.3%)
280	BOSKO Piotr	603	BIEGAJĄCE DOJKI	BIAŁYSTOK		M20	47	M 256	00:00:34	2025-11-11 14:23:38	00:23:11	00:46:08.07	00:46:42.58	+00:16:00 (34.7%)	4:36	13 (65.3%)
281	MIŃKO Piotr	274	TRI UNIBEP TEAM	BIAŁYSTOK		M40	62	M 257	00:00:54	2025-11-11 14:23:58	00:23:43	00:46:08.78	00:47:03.60	+00:16:00 (34.7%)	4:36	13 (65.3%)
282	STEFANOWICZ Rafał	1184		BIAŁYSTOK		M30	111	M 258	00:00:50	2025-11-11 14:23:54	00:23:02	00:46:09.97	00:47:00.63	+00:16:02 (34.7%)	4:36	13 (65.3%)
283	FIEDORCZUK Mariusz	825		BIAŁYSTOK		M30	112	M 259	00:00:22	2025-11-11 14:23:26	00:22:58	00:46:10.04	00:46:32.65	+00:16:02 (34.7%)	4:37	13 (65.3%)
284	KULESZA Katarzyna	912	MD RUN TRAINING	BIAŁYSTOK		K40	5	K 25	00:00:16	2025-11-11 14:23:20	00:22:36	00:46:10.99	00:46:27.83	+00:16:03 (34.8%)	4:37	13 (65.3%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
285	ZDAŃSKI Szymon	154		MODLNICZKA		M16	11	M 260	00:00:10	2025-11-11 14:23:14	00:22:16	00:46:12.17	00:46:22.62	+00:16:04 (34.8%)	4:37	13 (65.3%)
286	STANISZEWSKI Kacper	1234	SII RUNNING TEAM	BIALYSTOK		M30	113	M 261	00:00:28	2025-11-11 14:23:32	00:22:39	00:46:12.92	00:46:41.48	+00:16:05 (34.8%)	4:37	13 (65.3%)
287	ŚWINIARSKI Krzysztof	1040	XILO BIALYSTOK	BIALYSTOK		M16	12	M 262	00:00:28	2025-11-11 14:23:32	00:24:11	00:46:15.93	00:46:44.69	+00:16:08 (34.9%)	4:37	13 (65.3%)
288	JUSZKIEWICZ Karina	739		BIALYSTOK		K30	12	K 26	00:01:17	2025-11-11 14:24:21	00:23:07	00:46:16.18	00:47:34.03	+00:16:08 (34.9%)	4:37	13 (65.3%)
289	SVENDSEN Jan Hugo	1356		OSLO		M20	48	M 263	00:01:45	2025-11-11 14:24:49	00:23:36	00:46:16.64	00:48:02.50	+00:16:08 (34.9%)	4:37	13 (65.3%)
290	SZCZECINA Kamil	1523		BIALYSTOK		M30	114	M 264	00:00:09	2025-11-11 14:23:13	00:22:48	00:46:17.75	00:46:27.61	+00:16:09 (34.9%)	4:37	13 (65.3%)
291	KARPUK Dawid	1059		BIALYSTOK		M40	63	M 265	00:00:05	2025-11-11 14:23:09	00:22:42	00:46:18.83	00:46:24.02	+00:16:10 (34.9%)	4:37	13 (65.3%)
292	MALINOWSKI Krzysztof	131		TYKOCIN		M40	64	M 266	00:00:47	2025-11-11 14:23:51	00:23:03	00:46:19.29	00:47:06.63	+00:16:11 (35.0%)	4:37	13 (65.3%)
293	MOŚCICKI Piotr	642		BIALYSTOK		M30	115	M 267	00:01:02	2025-11-11 14:24:06	00:23:23	00:46:20.53	00:47:22.71	+00:16:12 (35.0%)	4:38	12.9 (64.8%)
294	ZDAŃSKI Jerzy	153		MODLNICZKA		M40	65	M 268	00:00:10	2025-11-11 14:23:14	00:22:16	00:46:20.75	00:46:31.03	+00:16:12 (35.0%)	4:38	12.9 (64.8%)
295	KAPUŚCIŃSKI Jakub	389	LEDWOALTECI	BIALYSTOK		M30	116	M 269	00:00:39	2025-11-11 14:23:43	00:24:04	00:46:21.44	00:47:01.06	+00:16:13 (35.0%)	4:38	12.9 (64.8%)
296	NIEŚCIÓR Jakub	1285		BIALYSTOK		M20	49	M 270	00:00:13	2025-11-11 14:23:17	00:22:49	00:46:24.38	00:46:38.31	+00:16:16 (35.1%)	4:38	12.9 (64.8%)
297	MALINOWSKI Aleks	428		BIALYSTOK		M16	13	M 271	00:00:51	2025-11-11 14:23:55	00:24:13	00:46:24.44	00:47:15.80	+00:16:16 (35.1%)	4:38	12.9 (64.8%)
298	JUDYCKI Marcin	1150		ŁAPY		M30	117	M 272	00:00:59	2025-11-11 14:24:03	00:23:58	00:46:24.61	00:47:23.64	+00:16:16 (35.1%)	4:38	12.9 (64.8%)
299	KULAK Aneta	862		BIALYSTOK		K30	13	K 27	00:00:24	2025-11-11 14:23:28	00:22:56	00:46:24.74	00:46:49.74	+00:16:16 (35.1%)	4:38	12.9 (64.8%)
300	WIŃSKI Adam	543	KALINOWSKI TEAM	BIALYSTOK		M40	66	M 273	00:00:25	2025-11-11 14:23:29	00:23:35	00:46:26.31	00:46:51.91	+00:16:18 (35.1%)	4:38	12.9 (64.8%)
301	JENOROWSKA Wioletta	1011		BIALYSTOK		K40	6	K 28	00:00:39	2025-11-11 14:23:43	00:23:31	00:46:29.64	00:47:09.23	+00:16:21 (35.2%)	4:38	12.9 (64.8%)
302	KONDRATOWICZ Paweł	352		BIALYSTOK		M30	118	M 274	00:00:27	2025-11-11 14:23:31	00:24:01	00:46:31.67	00:46:58.76	+00:16:23 (35.2%)	4:39	12.9 (64.8%)
303	WASILUK Michał	243		BIALYSTOK		M20	50	M 275	00:00:44	2025-11-11 14:23:48	00:23:18	00:46:32.49	00:47:17.16	+00:16:24 (35.3%)	4:39	12.9 (64.8%)
304	KASOWICZ Hubert	336		BIALYSTOK		M30	119	M 276	00:00:14	2025-11-11 14:23:18	00:22:55	00:46:33.14	00:46:47.25	+00:16:25 (35.3%)	4:39	12.9 (64.8%)
305	MARKIEWICZ Dominik	838		WARSZAWA		M20	51	M 277	00:00:56	2025-11-11 14:24:00	00:23:29	00:46:33.24	00:47:29.79	+00:16:25 (35.3%)	4:39	12.9 (64.8%)
306	ŻUKOWSKI Mariusz	563	1 PODLASKA BRYGADA OBRONY TERYTORIALNEJ	BIALYSTOK		M30	120	M 278	00:00:19	2025-11-11 14:23:23	00:22:43	00:46:33.69	00:46:52.76	+00:16:25 (35.3%)	4:39	12.9 (64.8%)
307	MADEJA Adam	451	BARRACUDA	GRABÓWKA '		M50	23	M 279	00:00:35	2025-11-11 14:23:39	00:23:36	00:46:35.17	00:47:10.54	+00:16:27 (35.3%)	4:39	12.9 (64.8%)
308	KOCHAŃSKI Krystian	326		BIALYSTOK		M30	121	M 280	00:00:35	2025-11-11 14:23:39	00:23:43	00:46:37.07	00:47:12.88	+00:16:29 (35.4%)	4:39	12.9 (64.8%)
309	KOZŁOWSKI Krzysztof	1522		BIALYSTOK		M50	24	M 281	00:00:20	2025-11-11 14:23:24	00:23:01	00:46:37.67	00:46:58.41	+00:16:29 (35.4%)	4:39	12.9 (64.8%)
310	WASZCZENIUK Michał	1189		BIALYSTOK		M30	122	M 282	00:00:30	2025-11-11 14:23:34	00:23:15	00:46:38.49	00:47:08.69	+00:16:30 (35.4%)	4:39	12.9 (64.8%)
311	TABĘDZKA Katarzyna	1364		KAMIENNA STARA		K40	7	K 29	00:00:20	2025-11-11 14:23:24	00:23:20	00:46:40.05	00:47:00.39	+00:16:32 (35.4%)	4:40	12.9 (64.8%)
312	BRONOVYCKYJ Artem	1536		BIALYSTOK		M16	14	M 283	00:00:27	2025-11-11 14:23:31	00:22:26	00:46:42.01	00:47:09.14	+00:16:34 (35.5%)	4:40	12.8 (64.3%)
313	SZYMAŃSKI Kamil	1120	18 BIAŁOSTOCKI PUŁK ROZPOZNAWCZY	BIALYSTOK		M30	123	M 284	00:00:08	2025-11-11 14:23:12	00:22:44	00:46:42.75	00:46:51.51	+00:16:34 (35.5%)	4:40	12.8 (64.3%)
314	BRONISZEWSKI Piotr	63	DRUŻYNA STEFANA CZARNIECKIEGO	TYKOCIN		M50	25	M 285	00:00:18	2025-11-11 14:23:22	00:22:52	00:46:44.19	00:47:02.56	+00:16:36 (35.5%)	4:40	12.8 (64.3%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
315	MICHALAK Katarzyna	195		GOSTYNIN		K30	14	K 30	00:02:07	2025-11-11 14:25:11	00:23:25	00:46:45.82	00:48:53.27	+00:16:37 (35.6%)	4:40	12.8 (64.3%)
316	MORDASEWICZ Patryk	745		BIAŁYSTOK		M20	52	M 286	00:00:25	2025-11-11 14:23:29	00:23:04	00:46:46.80	00:47:12.48	+00:16:38 (35.6%)	4:40	12.8 (64.3%)
317	ZIELINKO Łukasz	254	ŻUBERTEAM	KLEPACZE		M30	124	M 287	00:00:35	2025-11-11 14:23:39	00:23:56	00:46:50.42	00:47:25.56	+00:16:42 (35.7%)	4:41	12.8 (64.3%)
318	MUSIAŁ Włodzimierz	1127		POLSKA		M40	67	M 288	00:00:32	2025-11-11 14:23:36	00:23:40	00:46:52.54	00:47:25.54	+00:16:44 (35.7%)	4:41	12.8 (64.3%)
319	MARTYNOWICZ Michał	1218		CZARNA BIAŁOSTOCKA		M20	53	M 289	00:00:56	2025-11-11 14:24:00	00:23:14	00:46:55.76	00:47:52.23	+00:16:47 (35.8%)	4:41	12.8 (64.3%)
320	PIETRASZKO Karol	540	PIETRASZKO TEAM	STUDZIANKI		M30	125	M 290	00:00:19	2025-11-11 14:23:23	00:22:56	00:46:56.47	00:47:16.27	+00:16:48 (35.8%)	4:41	12.8 (64.3%)
321	PERKOWSKI Filip Bartłomiej	1426	NIE NALEZY	IGNATKI OSIEDLE		M20	54	M 291	00:01:33	2025-11-11 14:24:37	00:22:58	00:46:59.67	00:48:33.02	+00:16:51 (35.9%)	4:41	12.8 (64.3%)
322	BILMIN Piotr	1240	XI LO IM. ROTM.W.PILECKIEGO W BIAŁYMSTOKU	BIAŁYSTOK		M50	26	M 292	00:00:13	2025-11-11 14:23:17	00:22:55	00:47:01.04	00:47:14.57	+00:16:53 (35.9%)	4:42	12.8 (64.3%)
323	ZACZEK Przemysław	1321		BIAŁYSTOK		M40	68	M 293	00:00:22	2025-11-11 14:23:26	00:24:19	00:47:01.67	00:47:23.78	+00:16:53 (35.9%)	4:42	12.8 (64.3%)
324	CHOJNOWSKI Łukasz	1563		BIAŁYSTOK		M30	126	M 294	00:00:45	2025-11-11 14:23:49	00:23:56	00:47:06.05	00:47:51.89	+00:16:58 (36.0%)	4:42	12.7 (63.8%)
325	SIDORUK Tomasz	783		BIAŁYSTOK		M20	55	M 295	00:01:20	2025-11-11 14:24:24	00:23:33	00:47:13.94	00:48:34.71	+00:17:06 (36.2%)	4:43	12.7 (63.8%)
326	NIERODZIK Daniel	251		CHOROSZCZ		M30	127	M 296	00:00:25	2025-11-11 14:23:29	00:22:51	00:47:14.27	00:47:39.82	+00:17:06 (36.2%)	4:43	12.7 (63.8%)
327	CHODKOWSKI Artur	1152	DARMET ZAKŁAD OBRÓBK SKRAWANIEM	BIAŁYSTOK		M30	128	M 297	00:00:02	2025-11-11 14:23:06	00:22:43	00:47:14.71	00:47:17.57	+00:17:06 (36.2%)	4:43	12.7 (63.8%)
328	SZUBZDA Karol	1329		SUCHOWOLA		M40	69	M 298	00:01:16	2025-11-11 14:24:20	00:23:15	00:47:14.95	00:48:31.00	+00:17:07 (36.2%)	4:43	12.7 (63.8%)
329	KORBUT Marek	1129	WINLAND	BIAŁYSTOK		M40	70	M 299	00:00:09	2025-11-11 14:23:13	00:23:22	00:47:15.41	00:47:24.55	+00:17:07 (36.2%)	4:43	12.7 (63.8%)
330	MATREŃCZYK Michał	494		BIAŁYSTOK		M30	129	M 300	00:00:24	2025-11-11 14:23:28	00:23:22	00:47:16.97	00:47:41.15	+00:17:09 (36.3%)	4:43	12.7 (63.8%)
331	JOKA Adam	714		NIEWODNICA KORYCKA		M40	71	M 301	00:00:22	2025-11-11 14:23:26	00:23:04	00:47:19.28	00:47:42.00	+00:17:11 (36.3%)	4:43	12.7 (63.8%)
332	LAPIŃSKI Łukasz	120		KSIĘŻYNO-KOLONIA		M40	72	M 302	00:00:34	2025-11-11 14:23:38	00:23:59	00:47:19.48	00:47:53.61	+00:17:11 (36.3%)	4:43	12.7 (63.8%)
333	KRUKOWSKI Andrzej	829		JUROWCE		M50	27	M 303	00:00:27	2025-11-11 14:23:31	00:23:34	00:47:20.44	00:47:47.89	+00:17:12 (36.4%)	4:44	12.7 (63.8%)
334	BIBUŁOWICZ Krzysztof	446		SURAŻ		M40	73	M 304	00:00:15	2025-11-11 14:23:19	00:22:57	00:47:20.70	00:47:35.71	+00:17:12 (36.4%)	4:44	12.7 (63.8%)
335	GRĄDZKI Paweł	907		KORYCIN		M30	130	M 305	00:00:34	2025-11-11 14:23:38	00:23:24	00:47:21.19	00:47:56.02	+00:17:13 (36.4%)	4:44	12.7 (63.8%)
336	MARCHEL Maciej	163		PIĘCIOWLÓKI		M20	56	M 306	00:02:00	2025-11-11 14:25:04	00:23:40	00:47:21.58	00:49:22.06	+00:17:13 (36.4%)	4:44	12.7 (63.8%)
337	BETKO Dominik	176		GRABÓWKA		M30	131	M 307	00:00:36	2025-11-11 14:23:40	00:27:34	00:47:23.86	00:48:00.68	+00:17:15 (36.4%)	4:44	12.7 (63.8%)
338	OŁOWNIA Magdalena	1306		OSTRÓW MAZOWIECKA		K30	15	K 31	00:00:08	2025-11-11 14:23:12	00:22:58	00:47:24.30	00:47:32.43	+00:17:16 (36.4%)	4:44	12.7 (63.8%)
339	SZAPIEL Paweł	1015		GRABÓWKA		M20	57	M 308	00:01:14	2025-11-11 14:24:18	00:23:59	00:47:24.83	00:48:39.70	+00:17:16 (36.4%)	4:44	12.7 (63.8%)
340	KLIM Michałina	489		BIAŁYSTOK		K20	9	K 32	00:00:29	2025-11-11 14:23:33	00:23:48	00:47:24.98	00:47:54.75	+00:17:17 (36.5%)	4:44	12.7 (63.8%)
341	KIERUS Łukasz	25	TANIAKSIAZKA.PL	OGRODNICZKI		M50	28	M 309	00:00:20	2025-11-11 14:23:24	00:23:35	00:47:29.25	00:47:49.79	+00:17:21 (36.5%)	4:44	12.6 (63.3%)
342	ROJECKI Grzegorz	1262		BIAŁYSTOK		M40	74	M 310	00:00:42	2025-11-11 14:23:46	00:23:37	00:47:33.22	00:48:16.06	+00:17:25 (36.6%)	4:45	12.6 (63.3%)
343	ŚWIERCZYŃSKI Paweł	1552	OINŻ/ZZ PODLASIE	ELK		M30	132	M 311	00:00:13	2025-11-11 14:23:17	00:23:16	00:47:33.62	00:47:47.59	+00:17:25 (36.6%)	4:45	12.6 (63.3%)
344	HARASIM Kamil	609	AIKIRUNERS	BIAŁYSTOK		M30	133	M 312	00:00:45	2025-11-11 14:23:49	00:23:46	00:47:34.95	00:48:20.22	+00:17:27 (36.7%)	4:45	12.6 (63.3%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
345	SZAŁAJ Michał	1482		BIAŁYSTOK		M30	134	M 313	00:00:59	2025-11-11 14:24:03	00:24:47	00:47:36.96	00:48:36.29	+00:17:29 (36.7%)	4:45	12.6 (63.3%)
346	BORKOWSKI Oliwier	689		BIAŁYSTOK		M16	15	M 314	00:00:21	2025-11-11 14:23:25	00:22:43	00:47:39.35	00:48:00.99	+00:17:31 (36.8%)	4:45	12.6 (63.3%)
347	KOTRYS Natalia	470	HAJNÓWKA BIEGA	HAJNÓWKA		K30	16	K 33	00:00:26	2025-11-11 14:23:30	00:24:23	00:47:40.96	00:48:07.86	+00:17:33 (36.8%)	4:46	12.6 (63.3%)
348	MASALSKA Ewelina	167	HAJNÓWKA BIEGA	HAJNÓWKA		K30	17	K 34	00:00:26	2025-11-11 14:23:30	00:24:23	00:47:41.14	00:48:07.79	+00:17:33 (36.8%)	4:46	12.6 (63.3%)
349	KOŚCIUCZYK Andrzej	1201		IZBISZCZE		M50	29	M 315	00:00:29	2025-11-11 14:23:33	00:23:42	00:47:42.03	00:48:11.04	+00:17:34 (36.8%)	4:46	12.6 (63.3%)
350	SZEREMETA Dominik	905		ZAŚCIANKI		M30	135	M 316	00:01:56	2025-11-11 14:25:00	00:24:34	00:47:44.75	00:49:41.44	+00:17:36 (36.9%)	4:46	12.6 (63.3%)
351	KOWALEWSKI Artur	1469		BIAŁYSTOK		M30	136	M 317	00:01:10	2025-11-11 14:24:14	00:23:42	00:47:48.41	00:48:58.59	+00:17:40 (37.0%)	4:46	12.6 (63.3%)
352	MOŻEJKO Wojciech	744		WASILKÓW		M30	137	M 318	00:00:55	2025-11-11 14:23:59	00:23:47	00:47:52.29	00:48:47.39	+00:17:44 (37.1%)	4:47	12.5 (62.8%)
353	BLAŻEWICZ Dariusz	762	WINLAND	BIAŁYSTOK		M50	30	M 319	00:00:29	2025-11-11 14:23:33	00:24:04	00:47:52.58	00:48:22.17	+00:17:44 (37.1%)	4:47	12.5 (62.8%)
354	GOLINSKI Marek	978	AKADEMIA SPORTU MEDYK	ŁOMŻA		M40	75	M 320	00:00:09	2025-11-11 14:23:13	00:23:27	00:47:53.16	00:48:03.12	+00:17:45 (37.1%)	4:47	12.5 (62.8%)
355	GOŚCIŁOWICZ Valery	1443		BIAŁYSTOK		M20	58	M 321	00:01:05	2025-11-11 14:24:09	00:24:15	00:47:53.22	00:48:58.39	+00:17:45 (37.1%)	4:47	12.5 (62.8%)
356	DOROBISZ Adrian	900		BIAŁYSTOK		M40	76	M 322	00:00:42	2025-11-11 14:23:46	00:23:55	00:47:54.24	00:48:37.20	+00:17:46 (37.1%)	4:47	12.5 (62.8%)
357	SADOWSKI Mateusz	961		POZNAŃ		M20	59	M 323	00:01:15	2025-11-11 14:24:19	00:24:30	00:47:56.44	00:49:12.22	+00:17:48 (37.1%)	4:47	12.5 (62.8%)
358	GRZECH Wiktoria	437		BIAŁYSTOK		K20	10	K 35	00:00:22	2025-11-11 14:23:26	00:23:50	00:47:57.22	00:48:19.74	+00:17:49 (37.2%)	4:47	12.5 (62.8%)
359	KOZŁOWSKI Jakub	517	PAIN IS TEMPORARY	WROCŁAW		M30	138	M 324	00:00:40	2025-11-11 14:23:44	00:23:56	00:47:57.87	00:48:38.78	+00:17:49 (37.2%)	4:47	12.5 (62.8%)
360	CETRA Sebastian	1200		BIELSK PODLASKI		M20	60	M 325	00:00:24	2025-11-11 14:23:28	00:23:26	00:47:58.10	00:48:22.36	+00:17:50 (37.2%)	4:47	12.5 (62.8%)
361	PUZA Marcin	1217		ZAŚCIANKI		M30	139	M 326	00:00:53	2025-11-11 14:23:57	00:24:00	00:47:59.77	00:48:53.54	+00:17:51 (37.2%)	4:47	12.5 (62.8%)
362	VOLOKHOVSKYI Anatolii	927		SOBOLEWO		M40	77	M 327	00:00:32	2025-11-11 14:23:36	00:22:52	00:48:00.06	00:48:32.54	+00:17:52 (37.2%)	4:48	12.5 (62.8%)
363	GUTOWSKI Mariusz	709		GRABÓWKA		M50	31	M 328	00:02:04	2025-11-11 14:25:08	00:24:16	00:48:00.64	00:50:04.91	+00:17:52 (37.2%)	4:48	12.5 (62.8%)
364	PRASNOWSKA Magda	1019		BIAŁYSTOK		K30	18	K 36	00:00:22	2025-11-11 14:23:26	00:23:37	00:48:00.95	00:48:22.96	+00:17:53 (37.2%)	4:48	12.5 (62.8%)
365	BUDZKO Vital	334	TEAM.RUN	HRODNA		M50	32	M 329	00:00:24	2025-11-11 14:23:28	00:24:09	00:48:01.08	00:48:26.06	+00:17:53 (37.2%)	4:48	12.5 (62.8%)
366	MATEJCZYK Artur	1517	PODLASKIE KOCURY	BIAŁYSTOK		M40	78	M 330	00:00:26	2025-11-11 14:23:30	00:23:57	00:48:01.26	00:48:28.26	+00:17:53 (37.3%)	4:48	12.5 (62.8%)
367	SOBOCIŃSKA Małgorzata	1005		BIAŁYSTOK		K20	11	K 37	00:01:24	2025-11-11 14:24:28	00:25:43	00:48:01.44	00:49:26.17	+00:17:53 (37.3%)	4:48	12.5 (62.8%)
368	GRABOWICZ Mirosław	1194	SOKÓLSKA GRUPA BIEGOWA	SOKÓŁKA		M60	7	M 331	00:00:33	2025-11-11 14:23:37	00:23:57	00:48:02.41	00:48:36.22	+00:17:54 (37.3%)	4:48	12.5 (62.8%)
369	GUARINO Roberto	1269	RUNNING CLUB NAPOLI	NAPLES		M20	61	M 332	00:00:31	2025-11-11 14:23:35	00:24:46	00:48:03.61	00:48:34.97	+00:17:55 (37.3%)	4:48	12.5 (62.8%)
370	MANKIEVIČ Siarhiej	803		BIAŁYSTOK		M30	140	M 333	00:00:09	2025-11-11 14:23:13	00:23:35	00:48:03.95	00:48:13.55	+00:17:56 (37.3%)	4:48	12.5 (62.8%)
371	KUCZYŃSKI Patryk	379		GRAJEWO		M20	62	M 334	00:00:40	2025-11-11 14:23:44	00:24:12	00:48:04.16	00:48:44.66	+00:17:56 (37.3%)	4:48	12.5 (62.8%)
372	ŁAPIŃSKI Marcin	735		SOBOLEWO		M40	79	M 335	00:00:40	2025-11-11 14:23:44	00:24:05	00:48:05.49	00:48:46.05	+00:17:57 (37.3%)	4:48	12.5 (62.8%)
373	WASIULEWSKI Damian	1574		ZACZERLANY		M20	63	M 336	00:01:04	2025-11-11 14:24:08	00:24:55	00:48:07.25	00:49:11.96	+00:17:59 (37.4%)	4:48	12.5 (62.8%)
374	KAVALCHUK Alena	338	TEA.M RUN	BIAŁYSTOK		K20	12	K 38	00:00:45	2025-11-11 14:23:49	00:23:53	00:48:07.63	00:48:53.16	+00:17:59 (37.4%)	4:48	12.5 (62.8%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
375	CZERSKI Łukasz	70		BIAŁYSTOK		M30	141	M 337	00:00:06	2025-11-11 14:23:10	00:24:35	00:48:08.68	00:48:15.35	+00:18:00 (37.4%)	4:48	12.5 (62.8%)
376	ROSZKOWSKI Paweł	278		SOCHONIE		M20	64	M 338	00:00:22	2025-11-11 14:23:26	00:23:12	00:48:09.95	00:48:32.03	+00:18:02 (37.4%)	4:48	12.5 (62.8%)
377	PUCH-PIETRASZUK Magdalena	359		BIAŁYSTOK		K30	19	K 39	00:00:35	2025-11-11 14:23:39	00:24:44	00:48:10.52	00:48:46.37	+00:18:02 (37.5%)	4:49	12.5 (62.8%)
378	PNIEWSKI Tomasz	377		BIAŁYSTOK		M30	142	M 339	00:00:35	2025-11-11 14:23:39	00:24:45	00:48:11.16	00:48:46.54	+00:18:03 (37.5%)	4:49	12.5 (62.8%)
379	PIWOWAR Kamil	126		DOBRZYNIOWO DUŻE		M20	65	M 340	00:00:05	2025-11-11 14:23:09	00:23:15	00:48:11.97	00:48:17.64	+00:18:04 (37.5%)	4:49	12.5 (62.8%)
380	KOSINSKI Łukasz	307		BIAŁYSTOK		M30	143	M 341	00:01:03	2025-11-11 14:24:07	00:24:46	00:48:13.79	00:49:17.17	+00:18:05 (37.5%)	4:49	12.4 (62.3%)
381	RUDNICKI Tomasz	716		CHOROSZCZ		M30	144	M 342	00:00:29	2025-11-11 14:23:33	00:23:48	00:48:13.88	00:48:43.30	+00:18:05 (37.5%)	4:49	12.4 (62.3%)
382	WYSOCKA Teresa	781	SPRINTER SIEMIATYCZE	SIEMIATYCZE		K50	2	K 40	00:00:24	2025-11-11 14:23:28	00:23:41	00:48:14.35	00:48:39.12	+00:18:06 (37.5%)	4:49	12.4 (62.3%)
383	SZEJMAN Przemysław	691		BIAŁYSTOK		M20	66	M 343	00:01:11	2025-11-11 14:24:15	00:24:17	00:48:16.08	00:49:27.71	+00:18:08 (37.6%)	4:49	12.4 (62.3%)
384	MUSZYŃSKI Kacper	906		CZARNA BIAŁOSTOCKA		M30	145	M 344	00:01:56	2025-11-11 14:25:00	00:23:19	00:48:20.30	00:50:17.08	+00:18:12 (37.7%)	4:50	12.4 (62.3%)
385	GÓRAL Adam	995		MALBORK		M30	146	M 345	00:00:18	2025-11-11 14:23:22	00:23:32	00:48:20.90	00:48:39.14	+00:18:12 (37.7%)	4:50	12.4 (62.3%)
386	BULACH Marek	1225	KMP BIAŁYSTOK	BIAŁYSTOK		M40	80	M 346	00:00:41	2025-11-11 14:23:45	00:24:24	00:48:21.60	00:49:02.61	+00:18:13 (37.7%)	4:50	12.4 (62.3%)
387	BAŁDAK Jolanta	797	1PBOT	BIAŁYSTOK		K20	13	K 41	00:00:06	2025-11-11 14:23:10	00:23:55	00:48:22.58	00:48:29.34	+00:18:14 (37.7%)	4:50	12.4 (62.3%)
388	BOGDAŃSKA Ula	21	URZĄD MIEJSKI W BIAŁYMSTOKU - ZIELONY BIAŁYSTOK	BIAŁYSTOK		K30	20	K 42	00:00:32	2025-11-11 14:23:36	00:24:13	00:48:22.72	00:48:55.69	+00:18:14 (37.7%)	4:50	12.4 (62.3%)
389	LASZUK Anna	232		BIAŁYSTOK		K30	21	K 43	00:00:36	2025-11-11 14:23:40	00:24:26	00:48:22.85	00:48:59.84	+00:18:14 (37.7%)	4:50	12.4 (62.3%)
390	PROKORYM Łukasz	1214		BIAŁYSTOK		M30	147	M 347	00:00:39	2025-11-11 14:23:43	00:24:25	00:48:22.91	00:49:02.90	+00:18:15 (37.7%)	4:50	12.4 (62.3%)
391	SADOWSKI Patryk	911		BIAŁYSTOK		M20	67	M 348	00:00:59	2025-11-11 14:24:03	00:24:21	00:48:22.98	00:49:22.09	+00:18:15 (37.7%)	4:50	12.4 (62.3%)
392	BIELECKA Joanna	228		BIAŁYSTOK		K30	22	K 44	00:00:36	2025-11-11 14:23:40	00:24:26	00:48:23.15	00:48:59.77	+00:18:15 (37.7%)	4:50	12.4 (62.3%)
393	ŚWIĘSZKOWSKI Mateusz	1409		BIAŁYSTOK		M20	68	M 349	00:00:36	2025-11-11 14:23:40	00:24:07	00:48:23.90	00:49:00.41	+00:18:16 (37.7%)	4:50	12.4 (62.3%)
394	JARMOŁOWICZ Małgorzata	357	MD RUN TRAINING	BIAŁYSTOK		K50	3	K 45	00:00:29	2025-11-11 14:23:33	00:24:32	00:48:24.19	00:48:53.66	+00:18:16 (37.7%)	4:50	12.4 (62.3%)
395	CHOMICKI Mateusz	807		BIAŁYSTOK		M30	148	M 350	00:00:10	2025-11-11 14:23:14	00:23:48	00:48:24.52	00:48:35.50	+00:18:16 (37.8%)	4:50	12.4 (62.3%)
396	KARCZEWSKI Wiesław	1530	9BKPANC	BRANIEWO		M40	81	M 351	00:01:01	2025-11-11 14:24:05	00:23:38	00:48:27.63	00:49:28.84	+00:18:19 (37.8%)	4:50	12.4 (62.3%)
397	KEMPISTY Piotr	1136	ROWEROWY BIAŁYSTOK	BIAŁYSTOK		M40	82	M 352	00:00:28	2025-11-11 14:23:32	00:24:23	00:48:27.71	00:48:56.08	+00:18:19 (37.8%)	4:50	12.4 (62.3%)
398	HOROSZ Piotr	405	JRG SOKÓŁKA	WASILKÓW		M40	83	M 353	00:01:14	2025-11-11 14:24:18	00:23:56	00:48:27.78	00:49:41.78	+00:18:19 (37.8%)	4:50	12.4 (62.3%)
399	ZABOROWSKI Adrian	1544		BIAŁYSTOK		M20	69	M 354	00:00:30	2025-11-11 14:23:34	00:23:36	00:48:27.95	00:48:57.97	+00:18:20 (37.8%)	4:50	12.4 (62.3%)
400	OKSZTUL Agnieszka	432		JUROWCE		K30	23	K 46	00:00:54	2025-11-11 14:23:58	00:24:30	00:48:29.59	00:49:24.44	+00:18:21 (37.9%)	4:50	12.4 (62.3%)
401	CHOWAŃSKI Tomasz	439		BIAŁYSTOK		M20	70	M 355	00:00:31	2025-11-11 14:23:35	00:24:35	00:48:29.80	00:49:00.92	+00:18:21 (37.9%)	4:50	12.4 (62.3%)
402	KALINOWSKA-ZACHARCZUK Sylwia	1279	FUTRALIS TEAM	BIAŁYSTOK		K30	24	K 47	00:00:26	2025-11-11 14:23:30	00:24:09	00:48:30.67	00:48:57.01	+00:18:22 (37.9%)	4:51	12.4 (62.3%)
403	ZAWISTOWSKI Konrad	1387		CZARNA BIAŁOSTOCKA		M30	149	M 356	00:00:57	2025-11-11 14:24:01	00:23:58	00:48:31.03	00:49:28.04	+00:18:23 (37.9%)	4:51	12.4 (62.3%)
404	STYPULKOWSKI Grzegorz	1289		BIAŁYSTOK		M50	33	M 357	00:00:52	2025-11-11 14:23:56	00:24:12	00:48:31.18	00:49:23.59	+00:18:23 (37.9%)	4:51	12.4 (62.3%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
405	GLIŃSKI Paweł	595		GRAJEWO		M40	84	M 358	00:00:39	2025-11-11 14:23:43	00:24:19	00:48:31.33	00:49:10.55	+00:18:23 (37.9%)	4:51	12.4 (62.3%)
406	BAŁDYGA Karol	876		BIAŁYSTOK		M20	71	M 359	00:00:30	2025-11-11 14:23:34	00:24:19	00:48:31.82	00:49:02.30	+00:18:23 (37.9%)	4:51	12.4 (62.3%)
407	BARANOWDKI Adam	800	NADAKTYWNI	BIAŁYSTOK		M40	85	M 360	00:00:22	2025-11-11 14:23:26	00:24:28	00:48:31.82	00:48:54.49	+00:18:23 (37.9%)	4:51	12.4 (62.3%)
408	DAWIDOWSKA Beata	561	N50	BIAŁYSTOK		K30	25	K 48	00:00:26	2025-11-11 14:23:30	00:24:09	00:48:31.83	00:48:58.02	+00:18:23 (37.9%)	4:51	12.4 (62.3%)
409	SADOWSKI Rafał	1454	CHŁOPCY CHORTENOWCY	OSOWICZE		M30	150	M 361	00:00:13	2025-11-11 14:23:17	00:23:35	00:48:32.10	00:48:45.85	+00:18:24 (37.9%)	4:51	12.4 (62.3%)
410	SZWEDKO Jakub	1531		ELBLĄG		M20	72	M 362	00:01:01	2025-11-11 14:24:05	00:23:31	00:48:32.34	00:49:33.35	+00:18:24 (37.9%)	4:51	12.4 (62.3%)
411	MATEJCZYK Filip	1520	PODLASKIE KOCURY	BIAŁYSTOK		M16	16	M 363	00:01:28	2025-11-11 14:24:32	00:24:04	00:48:33.08	00:50:01.27	+00:18:25 (37.9%)	4:51	12.4 (62.3%)
412	PUCHALSKI Piotr	755	GEO-RUN	BIAŁYSTOK		M16	17	M 364	00:00:51	2025-11-11 14:23:55	00:24:18	00:48:33.36	00:49:24.48	+00:18:25 (37.9%)	4:51	12.4 (62.3%)
413	SOSNOWSKA Diana	519		KLEOSIN		K30	26	K 49	00:00:26	2025-11-11 14:23:30	00:23:58	00:48:35.33	00:49:01.45	+00:18:27 (38.0%)	4:51	12.3 (61.8%)
414	SZAWLUK Mateusz	1265		WASILKÓW		M20	73	M 365	00:00:48	2025-11-11 14:23:52	00:24:29	00:48:35.61	00:49:23.66	+00:18:27 (38.0%)	4:51	12.3 (61.8%)
415	KORZUN Kamil	1020		BIAŁYSTOK		M40	86	M 366	00:00:34	2025-11-11 14:23:38	00:24:39	00:48:38.72	00:49:13.59	+00:18:30 (38.1%)	4:51	12.3 (61.8%)
416	HUDSON Marta	231		BIAŁYSTOK		K30	27	K 50	00:00:22	2025-11-11 14:23:26	00:23:58	00:48:39.05	00:49:01.98	+00:18:31 (38.1%)	4:51	12.3 (61.8%)
417	JANKOWSKI Marcin	1257	1 PODLASKA BRYGADA OBRONY TERYTORIALNEJ	KNYSZYN		M20	74	M 367	00:00:33	2025-11-11 14:23:37	00:24:15	00:48:39.40	00:49:12.88	+00:18:31 (38.1%)	4:51	12.3 (61.8%)
418	ZAWŁOCKI Daniel	456		KOMOROWO		M40	87	M 368	00:00:22	2025-11-11 14:23:26	00:24:37	00:48:40.24	00:49:02.45	+00:18:32 (38.1%)	4:52	12.3 (61.8%)
419	ŁOPIEŃSKI Marcin	1546		BIAŁYSTOK		M30	151	M 369	00:00:45	2025-11-11 14:23:49	00:24:34	00:48:40.54	00:49:25.54	+00:18:32 (38.1%)	4:52	12.3 (61.8%)
420	KORYCKI Tomasz	129		BIAŁYSTOK		M40	88	M 370	00:00:43	2025-11-11 14:23:47	00:23:20	00:48:40.60	00:49:23.90	+00:18:32 (38.1%)	4:52	12.3 (61.8%)
421	JAKUBOWSKI Mariusz	317		BARSZCZEWO		M50	34	M 371	00:00:38	2025-11-11 14:23:42	00:24:30	00:48:40.97	00:49:19.48	+00:18:33 (38.1%)	4:52	12.3 (61.8%)
422	PRACKA Katarzyna	693		KLEPACZE		K30	28	K 51	00:00:26	2025-11-11 14:23:30	00:24:18	00:48:41.13	00:49:07.64	+00:18:33 (38.1%)	4:52	12.3 (61.8%)
423	DĄBROWSKI Rafał	371		BIAŁYSTOK		M30	152	M 372	00:01:48	2025-11-11 14:24:52	00:24:28	00:48:41.47	00:50:30.16	+00:18:33 (38.1%)	4:52	12.3 (61.8%)
424	SOKÓŁ Przemysław	207	WODOCIĄGI BIAŁOSTOCKIE	BIAŁYSTOK		M30	153	M 373	00:00:44	2025-11-11 14:23:48	00:24:47	00:48:43.49	00:49:27.82	+00:18:35 (38.2%)	4:52	12.3 (61.8%)
425	ZYSKOWSKI Radosław	742		ELK		M20	75	M 374	00:00:39	2025-11-11 14:23:43	00:24:19	00:48:44.38	00:49:23.83	+00:18:36 (38.2%)	4:52	12.3 (61.8%)
426	PALEOLOGO Giovanni	1372		PALERMO		M20	76	M 375	00:00:31	2025-11-11 14:23:35	00:24:47	00:48:45.08	00:49:16.29	+00:18:37 (38.2%)	4:52	12.3 (61.8%)
427	RAUBE Ariel	1577		ZACZERLANY		M30	154	M 376	00:00:04	2025-11-11 14:23:08	00:23:39	00:48:45.11	00:48:50.06	+00:18:37 (38.2%)	4:52	12.3 (61.8%)
428	JANIAK Katarzyna	145		BIAŁYSTOK		K40	8	K 52	00:00:30	2025-11-11 14:23:34	00:24:16	00:48:46.90	00:49:17.42	+00:18:38 (38.2%)	4:52	12.3 (61.8%)
429	GIRO Wojciech	903		BIAŁYSTOK		M30	155	M 377	00:00:48	2025-11-11 14:23:52	00:24:33	00:48:47.81	00:49:36.31	+00:18:39 (38.3%)	4:52	12.3 (61.8%)
430	FERREIRA Goncalo	682		BIAŁYSTOK		M40	89	M 378	00:00:44	2025-11-11 14:23:48	00:24:26	00:48:48.56	00:49:32.71	+00:18:40 (38.3%)	4:52	12.3 (61.8%)
431	RYŚ Maciek	253		BIAŁYSTOK		M30	156	M 379	00:00:38	2025-11-11 14:23:42	00:24:52	00:48:48.86	00:49:27.72	+00:18:40 (38.3%)	4:52	12.3 (61.8%)
432	SIETEJKO Krzysztof	309		KRUPNIKI		M40	90	M 380	00:00:51	2025-11-11 14:23:55	00:24:49	00:48:51.49	00:49:43.44	+00:18:43 (38.3%)	4:53	12.3 (61.8%)
433	STEFANOWSKI Piotr	921	1PBOT	BIAŁYSTOK		M40	91	M 381	00:00:07	2025-11-11 14:23:11	00:24:26	00:48:52.55	00:49:00.11	+00:18:44 (38.4%)	4:53	12.3 (61.8%)
434	ŚWIECIK Paulina	1392	1PBOT	KOZIOŁ		K30	29	K 53	00:00:07	2025-11-11 14:23:11	00:24:27	00:48:52.65	00:48:59.93	+00:18:44 (38.4%)	4:53	12.3 (61.8%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
435	ROGALSKI Rafał	1324	SII RUNNING TEAM	BIAŁYSTOK		M30	157	M 382	00:00:48	2025-11-11 14:23:52	00:24:32	00:48:52.70	00:49:41.08	+00:18:44 (38.4%)	4:53	12.3 (61.8%)
436	RUTKOWSKI Michał	1322		BIAŁYSTOK		M30	158	M 383	00:01:03	2025-11-11 14:24:07	00:25:09	00:48:53.02	00:49:56.68	+00:18:45 (38.4%)	4:53	12.3 (61.8%)
437	SOBIERAJ Krzysztof	1196	ROCH JASZENICA	CHMIELEWO		M30	159	M 384	00:00:38	2025-11-11 14:23:42	00:23:46	00:48:53.20	00:49:31.91	+00:18:45 (38.4%)	4:53	12.3 (61.8%)
438	PRACZ Emil	573		BIAŁYSTOK		M40	92	M 385	00:00:31	2025-11-11 14:23:35	00:24:48	00:49:00.51	00:49:32.07	+00:18:52 (38.5%)	4:54	12.2 (61.3%)
439	MAŁAKOWSKA Monika	649	PĘDZIVIATRIS	BIAŁYSTOK		K50	4	K 54	00:00:45	2025-11-11 14:23:49	00:24:05	00:49:02.15	00:49:47.84	+00:18:54 (38.6%)	4:54	12.2 (61.3%)
440	KULEVICH Tatsiana	1402	TEA.M RUN/AVENTUS GROUP	BIAŁYSTOK		K30	30	K 55	00:00:41	2025-11-11 14:23:45	00:24:22	00:49:03.44	00:49:45.01	+00:18:55 (38.6%)	4:54	12.2 (61.3%)
441	SOBECKI Krzysztof	1505		BIAŁYSTOK		M30	160	M 386	00:01:33	2025-11-11 14:24:37	00:24:50	00:49:03.53	00:50:37.01	+00:18:55 (38.6%)	4:54	12.2 (61.3%)
442	MECLIK Adrian	422	ZABIEGANI ŁAPACZE ODDECHU	BIAŁYSTOK		M50	35	M 387	00:00:49	2025-11-11 14:23:53	00:24:42	00:49:03.84	00:49:52.93	+00:18:55 (38.6%)	4:54	12.2 (61.3%)
443	PIETRUCZUK Mariusz	1060		BIAŁYSTOK		M40	93	M 388	00:00:31	2025-11-11 14:23:35	00:24:28	00:49:04.55	00:49:36.50	+00:18:56 (38.6%)	4:54	12.2 (61.3%)
444	ŚNIEĆ Julia	837		BIAŁYSTOK		K16	1	K 56	00:00:26	2025-11-11 14:23:30	00:24:00	00:49:05.36	00:49:31.47	+00:18:57 (38.6%)	4:54	12.2 (61.3%)
445	MIĘKISZ Marcin	1493	GIRO DEVELOPMENT MILSPORT TEAM	BIAŁYSTOK		M50	36	M 389	00:00:30	2025-11-11 14:23:34	00:24:48	00:49:05.93	00:49:36.01	+00:18:58 (38.6%)	4:54	12.2 (61.3%)
446	SULEWSKI Adam	988		BIAŁYSTOK		M30	161	M 390	00:00:31	2025-11-11 14:23:35	00:24:48	00:49:07.31	00:49:38.41	+00:18:59 (38.7%)	4:54	12.2 (61.3%)
447	GRYC Joanna	717	MD RUN TRAINING	BIAŁYSTOK		K40	9	K 57	00:00:29	2025-11-11 14:23:33	00:24:38	00:49:07.37	00:49:37.10	+00:18:59 (38.7%)	4:54	12.2 (61.3%)
448	BURZYŃSKI Sebastian	1237	PYSTOK	BIAŁYSTOK		M30	162	M 391	00:00:32	2025-11-11 14:23:36	00:24:48	00:49:08.30	00:49:41.16	+00:19:00 (38.7%)	4:54	12.2 (61.3%)
449	ZAJĄCZEK Eryk	952		BIAŁYSTOK		M16	18	M 392	00:00:15	2025-11-11 14:23:19	00:22:45	00:49:08.52	00:49:23.77	+00:19:00 (38.7%)	4:54	12.2 (61.3%)
450	JASIŃSKA Małgorzata	388		BIAŁYSTOK		K30	31	K 58	00:00:26	2025-11-11 14:23:30	00:24:20	00:49:09.16	00:49:35.75	+00:19:01 (38.7%)	4:54	12.2 (61.3%)
451	ANDRAKA Łukasz	844		BIAŁYSTOK		M40	94	M 393	00:01:08	2025-11-11 14:24:12	00:24:17	00:49:10.31	00:50:18.38	+00:19:02 (38.7%)	4:55	12.2 (61.3%)
452	JASIELCZUK Waldemar	784	PODLASKA OKRĘGOWA IZBA INŻYNIERÓW BUDOWNICTWA	BIAŁYSTOK		M60	8	M 394	00:00:29	2025-11-11 14:23:33	00:24:40	00:49:10.46	00:49:39.49	+00:19:02 (38.7%)	4:55	12.2 (61.3%)
453	BIELSKI Michał	936		KSIĘŻYNO		M40	95	M 395	00:01:00	2025-11-11 14:24:04	00:24:40	00:49:10.66	00:50:11.05	+00:19:02 (38.7%)	4:55	12.2 (61.3%)
454	GLINIECKI Dominik	778	TWORZYMYSYLWETKI	BIAŁYSTOK		M30	163	M 396	00:00:30	2025-11-11 14:23:34	00:24:55	00:49:11.45	00:49:42.30	+00:19:03 (38.7%)	4:55	12.2 (61.3%)
455	CERAN Justyna	498		ŁÓMŻA		K40	10	K 59	00:00:53	2025-11-11 14:23:57	00:24:40	00:49:11.66	00:50:04.85	+00:19:03 (38.7%)	4:55	12.2 (61.3%)
456	SZACIŁO Piotr	1484		BIAŁYSTOK		M40	96	M 397	00:00:37	2025-11-11 14:23:41	00:25:02	00:49:12.37	00:49:50.09	+00:19:04 (38.8%)	4:55	12.2 (61.3%)
457	KOZIOL Piotr	1503		BIAŁYSTOK		M40	97	M 398	00:00:31	2025-11-11 14:23:35	00:24:47	00:49:13.17	00:49:44.57	+00:19:05 (38.8%)	4:55	12.2 (61.3%)
458	SUPRUNIUK Krystian	953		ELK		M20	77	M 399	00:01:32	2025-11-11 14:24:36	00:25:11	00:49:14.53	00:50:47.48	+00:19:06 (38.8%)	4:55	12.2 (61.3%)
459	WALESIUK Monika	1440	STREFA ZMIAN	BIAŁYSTOK		K40	11	K 60	00:00:37	2025-11-11 14:23:41	00:25:01	00:49:15.40	00:49:53.32	+00:19:07 (38.8%)	4:55	12.2 (61.3%)
460	MICHALCZUK Tomasz	1319		BIAŁYSTOK		M20	78	M 400	00:00:25	2025-11-11 14:23:29	00:24:06	00:49:15.52	00:49:41.43	+00:19:07 (38.8%)	4:55	12.2 (61.3%)
461	ABRAMCZYK Maksymilian	1245		SURAŻ		M16	19	M 401	00:00:47	2025-11-11 14:23:51	00:25:01	00:49:16.03	00:50:03.13	+00:19:08 (38.8%)	4:55	12.2 (61.3%)
462	ANDRUSZKIEWICZ Darek	449	DRUŻYNA STEFANA CZARNIECKIEGO	BIAŁYSTOK		M40	98	M 402	00:00:35	2025-11-11 14:23:39	00:24:33	00:49:16.24	00:49:51.60	+00:19:08 (38.8%)	4:55	12.2 (61.3%)
463	MAKSYMOWICZ Grzegorz	148		BIAŁYSTOK		M50	37	M 403	00:00:12	2025-11-11 14:23:16	00:24:14	00:49:16.82	00:49:29.30	+00:19:08 (38.9%)	4:55	12.2 (61.3%)
464	NIEDZWIECKI Paweł	64		CZARNA BIAŁOSTOCKA		M40	99	M 404	00:00:28	2025-11-11 14:23:32	00:24:10	00:49:18.66	00:49:46.78	+00:19:10 (38.9%)	4:55	12.2 (61.3%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
465	NOWIK Piotr	741	ZABIEGANI ŁAPACZE ODDECHU	BIAŁYSTOK		M50	38	M 405	00:00:49	2025-11-11 14:23:53	00:24:43	00:49:20.14	00:50:09.99	+00:19:12 (38.9%)	4:56	12.2 (61.3%)
466	MISIEK Radosław	190		WARSZAWA		M20	79	M 406	00:00:22	2025-11-11 14:23:26	00:24:47	00:49:20.39	00:49:43.17	+00:19:12 (38.9%)	4:56	12.2 (61.3%)
467	KOWALEWSKI Grzegorz	939		BIAŁYSTOK		M30	164	M 407	00:01:06	2025-11-11 14:24:10	00:25:41	00:49:20.48	00:50:26.65	+00:19:12 (38.9%)	4:56	12.2 (61.3%)
468	KUZMICZ Piotr	819		BIAŁYSTOK		M30	165	M 408	00:00:21	2025-11-11 14:23:25	00:24:16	00:49:21.35	00:49:43.11	+00:19:13 (39.0%)	4:56	12.2 (61.3%)
469	TRZECIAKOWSKI Piotr	31		ŚRÓDLESIE		M50	39	M 409	00:00:28	2025-11-11 14:23:32	00:24:30	00:49:21.35	00:49:50.19	+00:19:13 (39.0%)	4:56	12.2 (61.3%)
470	MIASTKOWSKI Michał	177		ZŁOTORIA		M20	80	M 410	00:00:21	2025-11-11 14:23:25	00:24:46	00:49:21.84	00:49:43.17	+00:19:13 (39.0%)	4:56	12.2 (61.3%)
471	PILIC Marcin	1374		BIAŁYSTOK		M30	166	M 411	00:02:07	2025-11-11 14:25:11	00:24:32	00:49:22.54	00:51:30.17	+00:19:14 (39.0%)	4:56	12.2 (61.3%)
472	MIELENIEWSKI Wojciech	458		WARSZAWA		M20	81	M 412	00:00:48	2025-11-11 14:23:52	00:24:55	00:49:23.25	00:50:11.50	+00:19:15 (39.0%)	4:56	12.1 (60.8%)
473	JAWDOSIUK Łukasz	576		BIAŁYSTOK		M20	82	M 413	00:00:56	2025-11-11 14:24:00	00:25:04	00:49:24.04	00:50:20.13	+00:19:16 (39.0%)	4:56	12.1 (60.8%)
474	TEKIN Robert	898	BIAŁYSTOK BIEGA TEAM	BIAŁYSTOK		M50	40	M 414	00:00:36	2025-11-11 14:23:40	00:24:46	00:49:27.50	00:50:03.60	+00:19:19 (39.1%)	4:56	12.1 (60.8%)
475	PACAK Małgorzata	161		ZIELENIEWO		K20	14	K 61	00:02:04	2025-11-11 14:25:08	00:25:26	00:49:29.40	00:51:33.46	+00:19:21 (39.1%)	4:56	12.1 (60.8%)
476	BERNATOWICZ Karolina	314		BIAŁYSTOK		K20	15	K 62	00:00:25	2025-11-11 14:23:29	00:24:32	00:49:32.12	00:49:58.00	+00:19:24 (39.2%)	4:57	12.1 (60.8%)
477	PERŁO Dariusz	830		BIAŁYSTOK		M50	41	M 415	00:00:39	2025-11-11 14:23:43	00:24:44	00:49:32.25	00:50:11.73	+00:19:24 (39.2%)	4:57	12.1 (60.8%)
478	BOGDANSKI Ludwik	1215		WARSZAWA		M40	100	M 416	00:00:44	2025-11-11 14:23:48	00:24:03	00:49:33.75	00:50:18.62	+00:19:25 (39.2%)	4:57	12.1 (60.8%)
479	FALKOWSKI Emil	914	WORD BIAŁYSTOK TEAM	BIELSK PODLASKI		M40	101	M 417	00:00:28	2025-11-11 14:23:32	00:24:48	00:49:36.78	00:50:05.58	+00:19:28 (39.3%)	4:57	12.1 (60.8%)
480	GOŁASZEWSKI Mariusz	706	MD RUN TRAINING	BIAŁYSTOK		M40	102	M 418	00:00:29	2025-11-11 14:23:33	00:24:39	00:49:37.30	00:50:06.63	+00:19:29 (39.3%)	4:57	12.1 (60.8%)
481	DOROSZKIEWICZ Arkadiusz	299		BIAŁYSTOK		M30	167	M 419	00:00:17	2025-11-11 14:23:21	00:24:24	00:49:38.26	00:49:55.29	+00:19:30 (39.3%)	4:57	12.1 (60.8%)
482	KRYSZAJTYS Łukasz	1342		KOLNO		M30	168	M 420	00:00:26	2025-11-11 14:23:30	00:24:57	00:49:38.67	00:50:05.28	+00:19:30 (39.3%)	4:57	12.1 (60.8%)
483	JAKUBOWSKI Daniel	523		NOWE ALEKSANDROWO		M30	169	M 421	00:02:08	2025-11-11 14:25:12	00:24:44	00:49:39.07	00:51:48.01	+00:19:31 (39.3%)	4:57	12.1 (60.8%)
484	CIERESZKO Mateusz	1224		BIAŁYSTOK		M30	170	M 422	00:01:38	2025-11-11 14:24:42	00:26:14	00:49:39.60	00:51:18.28	+00:19:31 (39.3%)	4:57	12.1 (60.8%)
485	TOMASZUK Mariusz	768	1 PODLASKA BRYGADA OBRONY TERYTORIALNEJ	BIAŁYSTOK		M30	171	M 423	00:00:06	2025-11-11 14:23:10	00:23:31	00:49:40.73	00:49:47.28	+00:19:32 (39.3%)	4:58	12.1 (60.8%)
486	MĘŻYŃSKI Wiesław	1071		BIAŁYSTOK		M50	42	M 424	00:00:46	2025-11-11 14:23:50	00:24:14	00:49:42.22	00:50:28.23	+00:19:34 (39.4%)	4:58	12.1 (60.8%)
487	HULEWICZ Szymon	233		BIALYSOK		M30	172	M 425	00:00:45	2025-11-11 14:23:49	00:24:36	00:49:44.04	00:50:29.37	+00:19:36 (39.4%)	4:58	12.1 (60.8%)
488	TUMIEL Marek	308		BIAŁYSTOK		M30	173	M 426	00:00:44	2025-11-11 14:23:48	00:24:37	00:49:45.15	00:50:30.09	+00:19:37 (39.4%)	4:58	12.1 (60.8%)
489	BIRYCKI Krzysztof	267	SPEKTRUM	SIEMIANÓWKA		M20	83	M 427	00:00:42	2025-11-11 14:23:46	00:24:40	00:49:46.04	00:50:28.35	+00:19:38 (39.5%)	4:58	12.1 (60.8%)
490	PRUS Marek	644		NOWODWORCE		M50	43	M 428	00:00:38	2025-11-11 14:23:42	00:24:36	00:49:46.75	00:50:25.26	+00:19:38 (39.5%)	4:58	12.1 (60.8%)
491	KRAWCZYK Kamil	213		WARSZAWA		M30	174	M 429	00:00:27	2025-11-11 14:23:31	00:24:42	00:49:48.32	00:50:15.87	+00:19:40 (39.5%)	4:58	12 (60.3%)
492	KULGAWCZUK Jakub	756		BIAŁYSTOK		M20	84	M 430	00:00:53	2025-11-11 14:23:57	00:24:30	00:49:48.34	00:50:41.94	+00:19:40 (39.5%)	4:58	12 (60.3%)
493	MICHALICKI Szymon	501		BIAŁYSTOK		M30	175	M 431	00:00:31	2025-11-11 14:23:35	00:24:37	00:49:48.53	00:50:20.01	+00:19:40 (39.5%)	4:58	12 (60.3%)
494	ŚWIĘCKI Piotr	1337	AP LIDER ŁOMŻA	ŁOMŻA		M40	103	M 432	00:01:36	2025-11-11 14:24:40	00:25:45	00:49:48.68	00:51:25.60	+00:19:40 (39.5%)	4:58	12 (60.3%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
495	GRYC Michał	854		BIAŁYSTOK		M30	176	M 433	00:00:22	2025-11-11 14:23:26	00:24:18	00:49:49.15	00:50:11.87	+00:19:41 (39.5%)	4:58	12 (60.3%)
496	PTASZYŃSKI Wojciech	1066		BIAŁYSTOK		M30	177	M 434	00:00:49	2025-11-11 14:23:53	00:24:30	00:49:52.76	00:50:42.33	+00:19:44 (39.6%)	4:59	12 (60.3%)
497	ŁOŚ Mariusz	1038		BIAŁYSTOK		M20	85	M 435	00:00:15	2025-11-11 14:23:19	00:25:09	00:49:52.84	00:50:08.39	+00:19:44 (39.6%)	4:59	12 (60.3%)
498	ZIELIŃSKA Anna	198		GOSTYNIN		K30	32	K 63	00:02:06	2025-11-11 14:25:10	00:25:01	00:49:56.25	00:52:02.64	+00:19:48 (39.7%)	4:59	12 (60.3%)
499	ROSZKOWSKI Maciej	777		BIAŁYSTOK		M20	86	M 436	00:01:30	2025-11-11 14:24:34	00:24:47	00:49:57.09	00:51:27.83	+00:19:49 (39.7%)	4:59	12 (60.3%)
500	MINKIEWICZ Bartłomiej	460		BIAŁYSTOK		M20	87	M 437	00:00:05	2025-11-11 14:23:09	00:24:59	00:49:59.08	00:50:04.19	+00:19:51 (39.7%)	4:59	12 (60.3%)
501	KUCHAREWICZ Norbert	553		BIAŁYSTOK		M20	88	M 438	00:01:25	2025-11-11 14:24:29	00:25:14	00:49:59.47	00:51:24.81	+00:19:51 (39.7%)	4:59	12 (60.3%)
502	KUCHAREWICZ Patryk	522		BIAŁYSTOK		M30	178	M 439	00:01:25	2025-11-11 14:24:29	00:25:15	00:49:59.86	00:51:24.92	+00:19:51 (39.7%)	4:59	12 (60.3%)
503	SŁOWIKOWSKI Piotr	1556	MD RUN TRAINING	BIAŁYSTOK		M40	104	M 440	00:00:28	2025-11-11 14:23:32	00:24:40	00:50:01.46	00:50:29.46	+00:19:53 (39.8%)	5:00	12 (60.3%)
504	HAN Albert	1232	ROCH JASIENICA	JASIENICA		M30	179	M 441	00:00:39	2025-11-11 14:23:43	00:24:00	00:50:01.92	00:50:41.01	+00:19:54 (39.8%)	5:00	12 (60.3%)
505	TETKOWSKI Przemysław	407		BIAŁYSTOK		M30	180	M 442	00:01:33	2025-11-11 14:24:37	00:24:46	00:50:03.31	00:51:37.03	+00:19:55 (39.8%)	5:00	12 (60.3%)
506	ZUBRZYCKI Piotr	1177	DRUŻYNA STEFANA CZARNIECKIEGO	TYKOCIN		M30	181	M 443	00:00:35	2025-11-11 14:23:39	00:25:09	00:50:03.81	00:50:39.38	+00:19:55 (39.8%)	5:00	12 (60.3%)
507	BIAŁOUS Kamil	1380		BIAŁYSTOK		M30	182	M 444	00:00:28	2025-11-11 14:23:32	00:24:51	00:50:04.40	00:50:33.19	+00:19:56 (39.8%)	5:00	12 (60.3%)
508	WĄDOŁOWSKA Justyna	1420		TYKOCIN		K30	33	K 64	00:00:29	2025-11-11 14:23:33	00:24:51	00:50:04.68	00:50:33.77	+00:19:56 (39.8%)	5:00	12 (60.3%)
509	ŁAPUĆ Daniel	1422		BIAŁYSTOK		M20	89	M 445	00:00:03	2025-11-11 14:23:07	00:24:29	00:50:04.72	00:50:08.18	+00:19:56 (39.8%)	5:00	12 (60.3%)
510	WALUK Franciszek	627		BIAŁYSTOK		M60	9	M 446	00:00:47	2025-11-11 14:23:51	00:24:53	00:50:06.37	00:50:53.71	+00:19:58 (39.9%)	5:00	12 (60.3%)
511	RUTKOWSKI Mateusz	1554	OINŻ/ZZ PODLASIE	BIAŁYSTOK		M20	90	M 447	00:00:16	2025-11-11 14:23:20	00:23:13	00:50:06.42	00:50:23.06	+00:19:58 (39.9%)	5:00	12 (60.3%)
512	KISZKO Tomasz	1216		DROHICZYN		M30	183	M 448	00:00:23	2025-11-11 14:23:27	00:25:12	00:50:07.02	00:50:30.95	+00:19:59 (39.9%)	5:00	12 (60.3%)
513	PIAŚCIK Rafał	702		BIAŁYSTOK		M30	184	M 449	00:00:39	2025-11-11 14:23:43	00:24:51	00:50:08.67	00:50:47.77	+00:20:00 (39.9%)	5:00	12 (60.3%)
514	SOKOŁOWSKI Julian	1408		IGNATKI-OSIEDLE		M16	20	M 450	00:00:34	2025-11-11 14:23:38	00:24:46	00:50:11.05	00:50:45.72	+00:20:03 (40.0%)	5:01	12 (60.3%)
515	MYŚLIWIEC Paweł	1549		ŻÓŁTKI		M30	185	M 451	00:01:40	2025-11-11 14:24:44	00:24:45	00:50:12.42	00:51:52.53	+00:20:04 (40.0%)	5:01	12 (60.3%)
516	KRASOWSKI Bartosz	923		BIAŁYSTOK		M20	91	M 452	00:00:52	2025-11-11 14:23:56	00:25:21	00:50:13.36	00:51:06.22	+00:20:05 (40.0%)	5:01	11.9 (59.8%)
517	WIĘŚLAW Tomasz	1441		BIAŁYSTOK		M30	186	M 453	00:01:41	2025-11-11 14:24:45	00:24:51	00:50:13.99	00:51:55.39	+00:20:06 (40.0%)	5:01	11.9 (59.8%)
518	LUBERA Andrzej	408		BIAŁYSTOK		M40	105	M 454	00:00:33	2025-11-11 14:23:37	00:24:35	00:50:15.35	00:50:49.31	+00:20:07 (40.0%)	5:01	11.9 (59.8%)
519	SURÓWKA Kamil	1111	RKS CHUWDU	MARKOWSZCZYŻNA		M30	187	M 455	00:00:49	2025-11-11 14:23:53	00:24:32	00:50:16.81	00:51:05.93	+00:20:08 (40.1%)	5:01	11.9 (59.8%)
520	MILTYK Grzegorz	403	JRG SOKÓŁKA	OSOWICZE		M50	44	M 456	00:01:13	2025-11-11 14:24:17	00:24:17	00:50:17.83	00:51:31.55	+00:20:09 (40.1%)	5:01	11.9 (59.8%)
521	SZORC Norbert	1498		BIAŁYSTOK		M20	92	M 457	00:00:33	2025-11-11 14:23:37	00:24:47	00:50:18.03	00:50:51.41	+00:20:10 (40.1%)	5:01	11.9 (59.8%)
522	CIBOROWSKI Piotr	1188		RAFAŁÓWKA		M40	106	M 458	00:02:05	2025-11-11 14:25:09	00:24:49	00:50:21.10	00:52:26.26	+00:20:13 (40.2%)	5:02	11.9 (59.8%)
523	ZALEWSKI Leszek	1351		CIASNE		M30	188	M 459	00:00:46	2025-11-11 14:23:50	00:25:13	00:50:24.04	00:51:10.16	+00:20:16 (40.2%)	5:02	11.9 (59.8%)
524	LULEWICZ Marek	1308	DREWNOFORNIR	BIAŁYSTOK		M50	45	M 460	00:00:58	2025-11-11 14:24:02	00:24:57	00:50:24.06	00:51:22.67	+00:20:16 (40.2%)	5:02	11.9 (59.8%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
525	KIGGEN Kaitlyn	835		BIAŁYSTOK		K20	16	K 65	00:01:00	2025-11-11 14:24:04	00:25:34	00:50:25.75	00:51:26.74	+00:20:17 (40.2%)	5:02	11.9 (59.8%)
526	CHOJNOWSKI Rafał	591		KLEPACZE		M16	21	M 461	00:00:23	2025-11-11 14:23:27	00:24:06	00:50:26.43	00:50:50.18	+00:20:18 (40.3%)	5:02	11.9 (59.8%)
527	GAWĘŁ Michał	638		GRAJEWO		M20	93	M 462	00:00:23	2025-11-11 14:23:27	00:23:53	00:50:26.79	00:50:50.33	+00:20:18 (40.3%)	5:02	11.9 (59.8%)
528	REDLIŃSKI Paweł	1457		BIAŁYSTOK		M30	189	M 463	00:01:31	2025-11-11 14:24:35	00:25:00	00:50:28.45	00:52:00.09	+00:20:20 (40.3%)	5:02	11.9 (59.8%)
529	FERENC Magdalena	133		BIAŁYSTOK		K20	17	K 66	00:00:26	2025-11-11 14:23:30	00:24:59	00:50:28.88	00:50:55.34	+00:20:20 (40.3%)	5:02	11.9 (59.8%)
530	SEROKIN Seweryn	281		BRZÓSKI TATRY 16		M30	190	M 464	00:00:51	2025-11-11 14:23:55	00:25:37	00:50:32.03	00:51:23.26	+00:20:24 (40.4%)	5:03	11.9 (59.8%)
531	OSTAPOWICZ Piotr	363		BIAŁYSTOK		M50	46	M 465	00:01:11	2025-11-11 14:24:15	00:25:01	00:50:34.92	00:51:46.91	+00:20:27 (40.4%)	5:03	11.9 (59.8%)
532	GAJEWSKI Norbert	1476		BIAŁYSTOK		M50	47	M 466	00:00:34	2025-11-11 14:23:38	00:24:47	00:50:35.85	00:51:10.18	+00:20:27 (40.4%)	5:03	11.9 (59.8%)
533	GRĄDZKI Mariusz	908		BIAŁYSTOK		M30	191	M 467	00:00:21	2025-11-11 14:23:25	00:24:40	00:50:40.34	00:51:01.72	+00:20:32 (40.5%)	5:04	11.8 (59.3%)
534	KALASKA Monika	1249		BIAŁYSTOK		K30	34	K 67	00:00:47	2025-11-11 14:23:51	00:25:22	00:50:41.27	00:51:28.50	+00:20:33 (40.6%)	5:04	11.8 (59.3%)
535	KAVALCHUK Natallia	514		GRODNO		K30	35	K 68	00:00:42	2025-11-11 14:23:46	00:25:30	00:50:43.95	00:51:26.22	+00:20:36 (40.6%)	5:04	11.8 (59.3%)
536	KLOC Dawid	531		BIAŁYSTOK		M30	192	M 468	00:01:48	2025-11-11 14:24:52	00:26:09	00:50:45.09	00:52:33.27	+00:20:37 (40.6%)	5:04	11.8 (59.3%)
537	KUBERSKI Marceli	623	HOLIDAY BOYS	BIAŁYSTOK		M20	94	M 469	00:01:03	2025-11-11 14:24:07	00:25:51	00:50:48.56	00:51:51.96	+00:20:40 (40.7%)	5:04	11.8 (59.3%)
538	TUROWSKI Robert	707	MARATONKA GRAJEWO	SOJCZYN BOROWY		M40	107	M 470	00:00:19	2025-11-11 14:23:23	00:24:25	00:50:49.21	00:51:09.20	+00:20:41 (40.7%)	5:04	11.8 (59.3%)
539	ZIELIŃSKA Klaudia	976		BIAŁYSTOK		K20	18	K 69	00:01:24	2025-11-11 14:24:28	00:26:19	00:50:49.70	00:52:14.48	+00:20:41 (40.7%)	5:04	11.8 (59.3%)
540	NOWACKI Hubert	1340		BIAŁYSTOK		M20	95	M 471	00:01:39	2025-11-11 14:24:43	00:24:10	00:50:50.75	00:52:29.95	+00:20:42 (40.7%)	5:05	11.8 (59.3%)
541	SZUMSKA Marta	226		BIAŁYSTOK		K40	12	K 70	00:00:36	2025-11-11 14:23:40	00:25:40	00:50:50.79	00:51:26.83	+00:20:42 (40.7%)	5:05	11.8 (59.3%)
542	LANGIEWICZ Mateusz	480	HOLIDAY BOYS	BIAŁYSTOK		M30	193	M 472	00:01:02	2025-11-11 14:24:06	00:26:19	00:50:51.07	00:51:53.20	+00:20:43 (40.7%)	5:05	11.8 (59.3%)
543	UGRYN Maciej	32	LUXMEDSPORTSTEAM	BIAŁYSTOK		M30	194	M 473	00:00:18	2025-11-11 14:23:22	00:23:47	00:50:51.87	00:51:10.78	+00:20:43 (40.8%)	5:05	11.8 (59.3%)
544	OLSZEWSKI Daniel	1090		BIAŁYSTOK		M30	195	M 474	00:00:37	2025-11-11 14:23:41	00:24:50	00:50:54.60	00:51:32.20	+00:20:46 (40.8%)	5:05	11.8 (59.3%)
545	ROMANIUK Sandra	637		BIAŁYSTOK		K20	19	K 71	00:00:56	2025-11-11 14:24:00	00:25:29	00:50:56.19	00:51:53.11	+00:20:48 (40.8%)	5:05	11.8 (59.3%)
546	KORECKI Damian	1276		SOKÓŁKA		M20	96	M 475	00:00:27	2025-11-11 14:23:31	00:24:51	00:50:58.39	00:51:26.09	+00:20:50 (40.9%)	5:05	11.8 (59.3%)
547	DOMITRZ Rafał	986		ZANKLEWO		M30	196	M 476	00:00:42	2025-11-11 14:23:46	00:25:21	00:50:59.21	00:51:42.10	+00:20:51 (40.9%)	5:05	11.8 (59.3%)
548	ROMANOWICZ Albert	598		BIAŁYSTOK		M20	97	M 477	00:00:08	2025-11-11 14:23:12	00:25:08	00:51:02.14	00:51:10.23	+00:20:54 (41.0%)	5:06	11.8 (59.3%)
549	TOKARSKI Emil	1161		POROSŁY		M30	197	M 478	00:00:24	2025-11-11 14:23:28	00:24:02	00:51:02.20	00:51:27.07	+00:20:54 (41.0%)	5:06	11.8 (59.3%)
550	DĄBROWSKI Rafał	113		BIAŁYSTOK		M20	98	M 479	00:00:31	2025-11-11 14:23:35	00:24:49	00:51:03.96	00:51:35.76	+00:20:56 (41.0%)	5:06	11.8 (59.3%)
551	KUŹMICKI Mateusz	349		BIAŁYSTOK		M20	99	M 480	00:01:02	2025-11-11 14:24:06	00:25:51	00:51:03.97	00:52:06.79	+00:20:56 (41.0%)	5:06	11.8 (59.3%)
552	BOBORYKO Mariusz	1421		BIAŁYSTOK		M40	108	M 481	00:01:13	2025-11-11 14:24:17	00:25:56	00:51:04.24	00:52:17.79	+00:20:56 (41.0%)	5:06	11.7 (58.8%)
553	OSTASZEWSKI Marcin	821		ZAŚCIANKI		M40	109	M 482	00:01:00	2025-11-11 14:24:04	00:24:56	00:51:04.77	00:52:05.63	+00:20:56 (41.0%)	5:06	11.7 (58.8%)
554	BUJNOWSKA Małgorzata Anna	1568		BIAŁYSTOK		K40	13	K 72	00:00:27	2025-11-11 14:23:31	00:25:21	00:51:05.06	00:51:32.90	+00:20:57 (41.0%)	5:06	11.7 (58.8%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
555	ZINCZUK Julia	597		HAJNÓWKA		K20	20	K 73	00:00:46	2025-11-11 14:23:50	00:25:36	00:51:05.84	00:51:51.99	+00:20:57 (41.0%)	5:06	11.7 (58.8%)
556	GRZYMAŁA Szymon	473		CIECIORKI		M30	198	M 483	00:00:24	2025-11-11 14:23:28	00:25:27	00:51:05.87	00:51:30.40	+00:20:57 (41.0%)	5:06	11.7 (58.8%)
557	MIĘKUS Sebastian	1003	GABIADIDOMI	BIĄŁYSTOK		M40	110	M 484	00:00:29	2025-11-11 14:23:33	00:24:55	00:51:07.99	00:51:37.06	+00:21:00 (41.1%)	5:06	11.7 (58.8%)
558	SZTOLBERG Paweł	505	PAIN IS TEMPORARY	BIĄŁYSTOK		M30	199	M 485	00:00:40	2025-11-11 14:23:44	00:24:40	00:51:08.53	00:51:49.30	+00:21:00 (41.1%)	5:06	11.7 (58.8%)
559	LEWOŃCZUK Krzysztof	593		BIĄŁYSTOK		M20	100	M 486	00:01:02	2025-11-11 14:24:06	00:24:10	00:51:09.05	00:52:11.33	+00:21:01 (41.1%)	5:06	11.7 (58.8%)
560	CHILIMONIUK Kinga	52		BIĄŁYSTOK		K20	21	K 74	00:01:20	2025-11-11 14:24:24	00:25:50	00:51:10.95	00:52:31.94	+00:21:03 (41.1%)	5:07	11.7 (58.8%)
561	KUZIUTA Michał	1432		SOKÓŁKA		M20	101	M 487	00:00:43	2025-11-11 14:23:47	00:24:43	00:51:12.69	00:51:56.38	+00:21:04 (41.2%)	5:07	11.7 (58.8%)
562	MAKARSKI Igor	1290		LEWICKIE-KOLONIA		M20	102	M 488	00:01:14	2025-11-11 14:24:18	00:25:57	00:51:13.94	00:52:28.52	+00:21:06 (41.2%)	5:07	11.7 (58.8%)
563	SOBIECH Robert	378	ZABIEGANI ŁAPACZE ODDECHU	BIĄŁYSTOK		M50	48	M 489	00:00:50	2025-11-11 14:23:54	00:25:11	00:51:14.50	00:52:05.00	+00:21:06 (41.2%)	5:07	11.7 (58.8%)
564	OSIAK Izabela	792		MIŃSK MAZOWIECKI		K30	36	K 75	00:00:28	2025-11-11 14:23:32	00:25:14	00:51:15.18	00:51:43.78	+00:21:07 (41.2%)	5:07	11.7 (58.8%)
565	HAKAŁO Adrianna	111	NEVER_TOO_LATE	BIĄŁYSTOK		K20	22	K 76	00:00:49	2025-11-11 14:23:53	00:25:33	00:51:15.55	00:52:05.40	+00:21:07 (41.2%)	5:07	11.7 (58.8%)
566	TYNECKA Kinga	631		CHOROSZCZ		K30	37	K 77	00:01:04	2025-11-11 14:24:08	00:25:31	00:51:16.68	00:52:21.14	+00:21:08 (41.2%)	5:07	11.7 (58.8%)
567	SOKÓŁ Hubert	1499		BIĄŁYSTOK		M20	103	M 490	00:01:50	2025-11-11 14:24:54	00:24:54	00:51:17.57	00:53:07.61	+00:21:09 (41.3%)	5:07	11.7 (58.8%)
568	PUCHALSKI Grzegorz	697	AIKIRUNNERS	BIĄŁYSTOK		M40	111	M 491	00:00:44	2025-11-11 14:23:48	00:25:06	00:51:19.12	00:52:03.48	+00:21:11 (41.3%)	5:07	11.7 (58.8%)
569	SIENKIEWICZ Krzysztof	1519		BIĄŁYSTOK		M20	104	M 492	00:01:38	2025-11-11 14:24:42	00:25:35	00:51:19.61	00:52:57.83	+00:21:11 (41.3%)	5:07	11.7 (58.8%)
570	ANDROSIUK Tomasz	1511	BIELDRUK	BIĄŁYSTOK		M30	200	M 493	00:02:02	2025-11-11 14:25:06	00:24:48	00:51:19.74	00:53:22.31	+00:21:11 (41.3%)	5:07	11.7 (58.8%)
571	ZAWADZKI Michał	239		BIĄŁYSTOK		M30	201	M 494	00:01:27	2025-11-11 14:24:31	00:26:23	00:51:20.06	00:52:47.67	+00:21:12 (41.3%)	5:08	11.7 (58.8%)
572	FILIPCZUK Marcin	1362		BIĄŁYSTOK		M50	49	M 495	00:01:11	2025-11-11 14:24:15	00:26:52	00:51:20.93	00:52:32.26	+00:21:13 (41.3%)	5:08	11.7 (58.8%)
573	ŁUGOWSKI Kamil	244		ZAMBRÓW		M40	112	M 496	00:00:51	2025-11-11 14:23:55	00:26:04	00:51:22.39	00:52:14.36	+00:21:14 (41.3%)	5:08	11.7 (58.8%)
574	GRĄDZKA Emilia	955	BRAK	KONARZYCE		K40	14	K 78	00:00:10	2025-11-11 14:23:14	00:24:41	00:51:22.86	00:51:33.06	+00:21:14 (41.4%)	5:08	11.7 (58.8%)
575	KAMIŃSKI Grzegorz	1110		BIĄŁYSTOK		M40	113	M 497	00:00:44	2025-11-11 14:23:48	00:25:44	00:51:24.12	00:52:08.56	+00:21:16 (41.4%)	5:08	11.7 (58.8%)
576	ROMAŃCZUK Mariusz	688		MICHAŁOWO		M30	202	M 498	00:00:26	2025-11-11 14:23:30	00:24:52	00:51:24.33	00:51:50.58	+00:21:16 (41.4%)	5:08	11.7 (58.8%)
577	JARMOLIK Eugeniusz	701		BIĄŁYSTOK		M60	10	M 499	00:00:38	2025-11-11 14:23:42	00:25:23	00:51:24.86	00:52:03.67	+00:21:16 (41.4%)	5:08	11.7 (58.8%)
578	WOJCIESZUK Piotr	342		BIĄŁYSTOK		M30	203	M 500	00:01:16	2025-11-11 14:24:20	00:25:57	00:51:25.17	00:52:41.51	+00:21:17 (41.4%)	5:08	11.7 (58.8%)
579	KAMIŃSKA Magdalena	94		BIĄŁYSTOK		K30	38	K 79	00:00:34	2025-11-11 14:23:38	00:25:39	00:51:25.73	00:51:59.86	+00:21:17 (41.4%)	5:08	11.7 (58.8%)
580	CIUCHNIECKI Mariusz	902		ZABŁUDÓW		M30	204	M 501	00:00:43	2025-11-11 14:23:47	00:25:19	00:51:25.96	00:52:09.41	+00:21:18 (41.4%)	5:08	11.7 (58.8%)
581	PIETRENIUK Patryk	22		BIĄŁYSTOK		M20	105	M 502	00:00:33	2025-11-11 14:23:37	00:25:54	00:51:26.97	00:52:00.82	+00:21:19 (41.4%)	5:08	11.7 (58.8%)
582	ROSZKOWSKA-ŚWISŁOCKA Magdalena	787	KAN-THERM RACING TEAM	BIĄŁYTSOK		K30	39	K 80	00:00:34	2025-11-11 14:23:38	00:25:11	00:51:28.65	00:52:02.70	+00:21:20 (41.5%)	5:08	11.7 (58.8%)
583	BRZOZOWSKI Leszek	310		BIĄŁYSTOK		M40	114	M 503	00:01:01	2025-11-11 14:24:05	00:25:42	00:51:30.26	00:52:31.33	+00:21:22 (41.5%)	5:09	11.7 (58.8%)
584	PŁOŃSKI Maciej	234		BIĄŁYSTOK		M40	115	M 504	00:00:42	2025-11-11 14:23:46	00:25:05	00:51:30.34	00:52:12.47	+00:21:22 (41.5%)	5:09	11.7 (58.8%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
585	BIECIUK Maciej	992		CHOROSZCZ		M30	205	M 505	00:00:47	2025-11-11 14:23:51	00:25:38	00:51:30.42	00:52:17.48	+00:21:22 (41.5%)	5:09	11.7 (58.8%)
586	SIENICKI Patryk	1250		BIAŁYSTOK		M20	106	M 506	00:01:15	2025-11-11 14:24:19	00:25:08	00:51:31.67	00:52:47.05	+00:21:23 (41.5%)	5:09	11.6 (58.3%)
587	KOLENDO Mirosław	779		KARCZMISKO		M60	11	M 507	00:00:56	2025-11-11 14:24:00	00:26:02	00:51:31.80	00:52:28.45	+00:21:23 (41.5%)	5:09	11.6 (58.3%)
588	ADAMCZUK Łukasz	904		BIAŁYSTOK		M30	206	M 508	00:00:43	2025-11-11 14:23:47	00:25:38	00:51:32.90	00:52:16.26	+00:21:24 (41.5%)	5:09	11.6 (58.3%)
589	PACEWICZ Paweł	1327		BIAŁYSTOK		M20	107	M 509	00:00:15	2025-11-11 14:23:19	00:25:08	00:51:34.94	00:51:50.92	+00:21:27 (41.6%)	5:09	11.6 (58.3%)
590	PUSZKO Paweł	413		SOKÓŁKA		M30	207	M 510	00:00:35	2025-11-11 14:23:39	00:26:06	00:51:35.65	00:52:11.57	+00:21:27 (41.6%)	5:09	11.6 (58.3%)
591	MORAWSKA Agnieszka	667		BIAŁYSTOK		K40	15	K 81	00:01:08	2025-11-11 14:24:12	00:27:02	00:51:37.02	00:52:45.81	+00:21:29 (41.6%)	5:09	11.6 (58.3%)
592	MUSZYŃSKA Marta	1014		BIAŁYSTOK		K40	16	K 82	00:00:52	2025-11-11 14:23:56	00:25:42	00:51:37.40	00:52:29.71	+00:21:29 (41.6%)	5:09	11.6 (58.3%)
593	CISZEWSKI Dariusz	1054		ŁOMŻA		M40	116	M 511	00:00:29	2025-11-11 14:23:33	00:25:57	00:51:39.52	00:52:08.99	+00:21:31 (41.7%)	5:09	11.6 (58.3%)
594	GASZTOLD Urszula	1144	MD RUN TRAINING	BIAŁYSTOK		K40	17	K 83	00:00:58	2025-11-11 14:24:02	00:25:00	00:51:43.31	00:52:42.10	+00:21:35 (41.7%)	5:10	11.6 (58.3%)
595	SZYMBOREWICZ Emil	1085		BIAŁYSTOK		M30	208	M 512	00:00:04	2025-11-11 14:23:08	00:25:11	00:51:44.65	00:51:49.35	+00:21:36 (41.8%)	5:10	11.6 (58.3%)
596	KRAWCZUK Andrzej	247		CHOROSZCZ		M40	117	M 513	00:00:54	2025-11-11 14:23:58	00:25:55	00:51:44.83	00:52:39.69	+00:21:36 (41.8%)	5:10	11.6 (58.3%)
597	PASZKIEWICZ Konrad	1429		BIAŁYSTOK		M40	118	M 514	00:01:00	2025-11-11 14:24:04	00:25:59	00:51:46.73	00:52:46.74	+00:21:38 (41.8%)	5:10	11.6 (58.3%)
598	KALINOWSKI Patrycjusz	1099		BIAŁYSTOK		M40	119	M 515	00:00:47	2025-11-11 14:23:51	00:24:55	00:51:47.09	00:52:34.99	+00:21:39 (41.8%)	5:10	11.6 (58.3%)
599	RADZIWONOWSKI Bartosz	730	1 PBOT	BIAŁYSTOK		M40	120	M 516	00:00:21	2025-11-11 14:23:25	00:25:33	00:51:47.38	00:52:08.92	+00:21:39 (41.8%)	5:10	11.6 (58.3%)
600	GLINIECKA Żaneta	775	TWORZYMYSYLWETKI	BIAŁYSTOK		K30	40	K 84	00:00:30	2025-11-11 14:23:34	00:25:57	00:51:48.37	00:52:18.90	+00:21:40 (41.8%)	5:10	11.6 (58.3%)
601	TKACZUK Eugeniusz	369		BIELSK PODLASKI		M60	12	M 517	00:01:21	2025-11-11 14:24:25	00:26:47	00:51:50.60	00:53:12.36	+00:21:42 (41.9%)	5:11	11.6 (58.3%)
602	POGORZELSKI Daniel	340		RYBOLY		M40	121	M 518	00:00:56	2025-11-11 14:24:00	00:26:09	00:51:51.55	00:52:47.98	+00:21:43 (41.9%)	5:11	11.6 (58.3%)
603	SOWA Bartosz	1378		BIAŁYSTOK		M40	122	M 519	00:01:59	2025-11-11 14:25:03	00:27:13	00:51:51.93	00:53:51.38	+00:21:44 (41.9%)	5:11	11.6 (58.3%)
604	BARCZEWSKI Łukasz	393	LECIMY TUTEJ	ŁOMŻA		M30	209	M 520	00:00:31	2025-11-11 14:23:35	00:25:26	00:51:52.82	00:52:24.47	+00:21:44 (41.9%)	5:11	11.6 (58.3%)
605	PRZYCHODKO Paulina	180		HENRYKOWO		K30	41	K 85	00:01:50	2025-11-11 14:24:54	00:25:53	00:51:53.91	00:53:44.68	+00:21:46 (41.9%)	5:11	11.6 (58.3%)
606	PRZYCHODKO Michał	179		HENRYKOWO		M30	210	M 521	00:01:50	2025-11-11 14:24:54	00:25:53	00:51:54.08	00:53:44.90	+00:21:46 (41.9%)	5:11	11.6 (58.3%)
607	DAUKSZ Karol	1121		BIAŁYSTOK		M30	211	M 522	00:01:25	2025-11-11 14:24:29	00:26:32	00:51:54.93	00:53:20.55	+00:21:47 (42.0%)	5:11	11.6 (58.3%)
608	STEMPKA Aneta	583		BIAŁYSTOK		K20	23	K 86	00:01:07	2025-11-11 14:24:11	00:25:50	00:51:55.10	00:53:03.04	+00:21:47 (42.0%)	5:11	11.6 (58.3%)
609	NINKIEWICZ Michał	611		GRAJEWO		M40	123	M 523	00:01:21	2025-11-11 14:24:25	00:26:05	00:51:55.11	00:53:16.89	+00:21:47 (42.0%)	5:11	11.6 (58.3%)
610	TOMKOWICZ Wiktoria	1303		BIAŁYSTOK		K20	24	K 87	00:01:48	2025-11-11 14:24:52	00:25:37	00:51:55.91	00:53:44.61	+00:21:48 (42.0%)	5:11	11.6 (58.3%)
611	MODZELEWSKI Maciej	1358		BIAŁYSTOK		M40	124	M 524	00:01:06	2025-11-11 14:24:10	00:26:24	00:51:56.22	00:53:03.09	+00:21:48 (42.0%)	5:11	11.6 (58.3%)
612	GARKOWSKI Krzysztof	1564		SOBOLEWO		M40	125	M 525	00:00:49	2025-11-11 14:23:53	00:25:02	00:51:59.40	00:52:49.06	+00:21:51 (42.0%)	5:11	11.5 (57.8%)
613	ZAKRZEWSKI Wojtek	1032		KRYNICKIE		M16	22	M 526	00:01:05	2025-11-11 14:24:09	00:26:58	00:52:00.35	00:53:05.61	+00:21:52 (42.1%)	5:12	11.5 (57.8%)
614	JAROSIEWICZ Marta	1016		BIAŁYSTOK		K20	25	K 88	00:01:45	2025-11-11 14:24:49	00:26:24	00:52:00.61	00:53:46.20	+00:21:52 (42.1%)	5:12	11.5 (57.8%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
615	SERAFIN Tomasz	1555		BIAŁYSTOK		M40	126	M 527	00:01:11	2025-11-11 14:24:15	00:26:27	00:52:01.10	00:53:12.63	+00:21:53 (42.1%)	5:12	11.5 (57.8%)
616	SOKOŁOWSKI Dawid	1174	FBB	BIAŁYSTOK		M20	108	M 528	00:01:18	2025-11-11 14:24:22	00:25:51	00:52:02.24	00:53:20.42	+00:21:54 (42.1%)	5:12	11.5 (57.8%)
617	HRYSZKO Paweł	1472		BIAŁYSTOK		M30	212	M 529	00:01:25	2025-11-11 14:24:29	00:26:22	00:52:05.30	00:53:30.32	+00:21:57 (42.2%)	5:12	11.5 (57.8%)
618	CHLABICZ Patryk	486	1 PODLASKA BRYGADA OBRONY TERYTORIALNEJ	BIAŁYSTOK		M30	213	M 530	00:01:55	2025-11-11 14:24:59	00:25:40	00:52:05.55	00:54:01.16	+00:21:57 (42.2%)	5:12	11.5 (57.8%)
619	ŻUKOWSKA Patrycja	966		GRABÓWKA		K30	42	K 89	00:01:06	2025-11-11 14:24:10	00:26:17	00:52:06.55	00:53:13.38	+00:21:58 (42.2%)	5:12	11.5 (57.8%)
620	SNARSKA Zofia	112	.	BIAŁYSTOK		K20	26	K 90	00:00:36	2025-11-11 14:23:40	00:26:21	00:52:06.64	00:52:42.68	+00:21:58 (42.2%)	5:12	11.5 (57.8%)
621	DZIEDZIUL Paweł	1047	SII	BIAŁYSTOK		M30	214	M 531	00:00:57	2025-11-11 14:24:01	00:25:37	00:52:08.33	00:53:05.42	+00:22:00 (42.2%)	5:12	11.5 (57.8%)
622	JAŁOSZEWSKA Magdalena	1008		WARSZAWA		K30	43	K 91	00:00:33	2025-11-11 14:23:37	00:25:36	00:52:08.35	00:52:41.54	+00:22:00 (42.2%)	5:12	11.5 (57.8%)
622	ŁOJKO Piotr	678		BIAŁYSTOK		M30	215	M 532	00:01:52	2025-11-11 14:24:56	00:25:40	00:52:08.35	00:54:00.35	+00:22:00 (42.2%)	5:12	11.5 (57.8%)
624	SADŁOWSKI Mariusz	1368		NIEWODNICA KORYCKA		M40	127	M 533	00:01:14	2025-11-11 14:24:18	00:26:18	00:52:08.56	00:53:22.57	+00:22:00 (42.2%)	5:12	11.5 (57.8%)
625	KOROL Paulina	1352		BIAŁYSTOK		K30	44	K 92	00:01:16	2025-11-11 14:24:20	00:25:52	00:52:10.92	00:53:27.72	+00:22:03 (42.3%)	5:13	11.5 (57.8%)
626	CYBULSKI Dawid	919	TANIAKSIAZKA.PL	BIAŁYSTOK		M20	109	M 534	00:00:42	2025-11-11 14:23:46	00:25:23	00:52:16.57	00:52:58.96	+00:22:08 (42.4%)	5:13	11.5 (57.8%)
627	IWASZCZUK Krzysztof	1187	18 BIAŁOSTOCKI PUŁK ROZPOZNAWCZY	BIAŁYSTOK		M50	50	M 535	00:00:27	2025-11-11 14:23:31	00:24:51	00:52:17.02	00:52:44.57	+00:22:09 (42.4%)	5:13	11.5 (57.8%)
628	JODANIEWSKI Rafał	888		NIEWODNICA KORYCKA		M40	128	M 536	00:01:00	2025-11-11 14:24:04	00:26:08	00:52:18.83	00:53:19.46	+00:22:10 (42.4%)	5:13	11.5 (57.8%)
629	LUCZEWSKI Andrzej	1373		CIASNE		M40	129	M 537	00:00:53	2025-11-11 14:23:57	00:25:11	00:52:19.11	00:53:12.22	+00:22:11 (42.4%)	5:13	11.5 (57.8%)
630	JARUBAS Rafał	259		BARTĄG		M30	216	M 538	00:00:19	2025-11-11 14:23:23	00:26:14	00:52:19.75	00:52:39.24	+00:22:11 (42.4%)	5:13	11.5 (57.8%)
631	SOKÓLSKI Łukasz	964		BIAŁYSTOK		M30	217	M 539	00:00:37	2025-11-11 14:23:41	00:25:44	00:52:20.43	00:52:58.15	+00:22:12 (42.4%)	5:14	11.5 (57.8%)
632	BIBUŁOWICZ Monika	445		SURAŻ		K40	18	K 93	00:00:14	2025-11-11 14:23:18	00:25:14	00:52:20.58	00:52:35.33	+00:22:12 (42.4%)	5:14	11.5 (57.8%)
633	ZARĘBA Aleksandra	932		BIAŁYSTOK		K20	27	K 94	00:00:03	2025-11-11 14:23:07	00:25:47	00:52:21.06	00:52:24.43	+00:22:13 (42.4%)	5:14	11.5 (57.8%)
634	KASJANIUK Julita	1024	2 BPANCLEG	BIELSK PODLASKI		K20	28	K 95	00:01:08	2025-11-11 14:24:12	00:26:04	00:52:21.44	00:53:30.15	+00:22:13 (42.4%)	5:14	11.5 (57.8%)
635	WOIŃSKI Jakub	1558		BIAŁYSTOK		M20	110	M 540	00:00:57	2025-11-11 14:24:01	00:27:02	00:52:22.25	00:53:19.92	+00:22:14 (42.5%)	5:14	11.5 (57.8%)
636	KURZYNA Łukasz	1485		BIAŁYSTOK		M30	218	M 541	00:01:17	2025-11-11 14:24:21	00:26:53	00:52:22.29	00:53:40.09	+00:22:14 (42.5%)	5:14	11.5 (57.8%)
637	PISOWODZKI Przemysław	71		ŁOMŻA		M30	219	M 542	00:00:42	2025-11-11 14:23:46	00:26:12	00:52:22.52	00:53:05.41	+00:22:14 (42.5%)	5:14	11.5 (57.8%)
638	RYSZCZUK Paweł	1491		BIAŁYSTOK		M16	23	M 543	00:00:56	2025-11-11 14:24:00	00:27:44	00:52:23.43	00:53:19.57	+00:22:15 (42.5%)	5:14	11.5 (57.8%)
639	HOYLAND Mateusz	1101		BIAŁYSTOK		M20	111	M 544	00:00:57	2025-11-11 14:24:01	00:25:07	00:52:23.50	00:53:20.87	+00:22:15 (42.5%)	5:14	11.5 (57.8%)
640	BOROWSKA Anna	850		BIAŁYSTOK		K40	19	K 96	00:01:08	2025-11-11 14:24:12	00:27:02	00:52:24.12	00:53:33.07	+00:22:16 (42.5%)	5:14	11.5 (57.8%)
641	CIECIERSKA Aleksandra	1479		WĄSOSZ		K20	29	K 97	00:00:00	2025-11-11 14:23:04	00:25:50	00:52:24.13	00:52:24.55	+00:22:16 (42.5%)	5:14	11.5 (57.8%)
642	PSZCZOŁAK Patryk	1118		BIAŁYSTOK		M30	220	M 545	00:00:59	2025-11-11 14:24:03	00:26:06	00:52:24.78	00:53:24.38	+00:22:16 (42.5%)	5:14	11.5 (57.8%)
643	WOJTASIK Sylwia	1089	MKS JUVENIA BIAŁYSTOK LEKKA ATLETYKA	BIAŁYSTOK		K16	2	K 98	00:00:18	2025-11-11 14:23:22	00:26:42	00:52:25.03	00:52:43.59	+00:22:17 (42.5%)	5:14	11.4 (57.3%)
644	DACIUK Magdalena	676		SIEMIATYCZE		K20	30	K 99	00:00:23	2025-11-11 14:23:27	00:25:53	00:52:25.95	00:52:49.77	+00:22:18 (42.5%)	5:14	11.4 (57.3%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
645	CZYŻEWSKA Justyna	288		BIAŁYSTOK		K30	45	K 100	00:01:20	2025-11-11 14:24:24	00:26:16	00:52:26.65	00:53:46.90	+00:22:18 (42.5%)	5:14	11.4 (57.3%)
646	KOMOSA Michał	312		SOLNICZKI		M30	221	M 546	00:01:15	2025-11-11 14:24:19	00:26:50	00:52:26.98	00:53:42.60	+00:22:19 (42.6%)	5:14	11.4 (57.3%)
647	STEPANIUK Andrzej	78		BIAŁYSTOK		M30	222	M 547	00:01:11	2025-11-11 14:24:15	00:26:36	00:52:27.42	00:53:38.86	+00:22:19 (42.6%)	5:14	11.4 (57.3%)
648	PUZAN Dominik	625		BIAŁYSTOK		M20	112	M 548	00:01:03	2025-11-11 14:24:07	00:25:51	00:52:27.44	00:53:30.98	+00:22:19 (42.6%)	5:14	11.4 (57.3%)
649	BZURA Przemysław	1158	18 PR	BIAŁYSTOK		M30	223	M 549	00:00:49	2025-11-11 14:23:53	00:25:43	00:52:27.54	00:53:17.47	+00:22:19 (42.6%)	5:14	11.4 (57.3%)
650	SIDORUK Igor	1489		BIAŁYSTOK		M16	24	M 550	00:00:53	2025-11-11 14:23:57	00:27:47	00:52:27.67	00:53:21.12	+00:22:19 (42.6%)	5:14	11.4 (57.3%)
651	OLECHNO Kornel	651		BIAŁYSTOK		M20	113	M 551	00:00:48	2025-11-11 14:23:52	00:26:23	00:52:27.74	00:53:16.72	+00:22:19 (42.6%)	5:14	11.4 (57.3%)
652	MATYSZEWSKI Andrzej	39		BIAŁYSTOK		M20	114	M 552	00:01:32	2025-11-11 14:24:36	00:25:47	00:52:28.00	00:54:00.11	+00:22:20 (42.6%)	5:14	11.4 (57.3%)
653	BURZYŃSKI Marcin	1159	18PR	BIAŁYSTOK		M40	130	M 553	00:00:50	2025-11-11 14:23:54	00:25:43	00:52:28.31	00:53:18.69	+00:22:20 (42.6%)	5:14	11.4 (57.3%)
654	PUSZKIEWICZ Ryszard	759		BIAŁYSTOK		M16	25	M 554	00:01:04	2025-11-11 14:24:08	00:25:19	00:52:28.96	00:53:33.89	+00:22:21 (42.6%)	5:14	11.4 (57.3%)
655	ZGOLIŃSKI Bartosz	767	LUXCAR	BIAŁYSTOK		M30	224	M 555	00:00:04	2025-11-11 14:23:08	00:25:27	00:52:30.23	00:52:34.72	+00:22:22 (42.6%)	5:15	11.4 (57.3%)
656	CIUNCZYK Karol	795	STREFA ZMIAN	BIAŁYSTOK		M16	26	M 556	00:00:38	2025-11-11 14:23:42	00:24:48	00:52:30.65	00:53:08.91	+00:22:22 (42.6%)	5:15	11.4 (57.3%)
657	DZIESZUTA Jakub	474	POLSKA	BIAŁYSTOK		M16	27	M 557	00:01:07	2025-11-11 14:24:11	00:26:02	00:52:30.89	00:53:38.22	+00:22:22 (42.6%)	5:15	11.4 (57.3%)
658	LISOWSKI Daniel	323		BIAŁYSTOK		M40	131	M 558	00:00:38	2025-11-11 14:23:42	00:25:45	00:52:31.08	00:53:09.39	+00:22:23 (42.6%)	5:15	11.4 (57.3%)
659	ZACZENIUK Marcin	1069	TOYOTA TEAM	BIAŁYSTOK		M40	132	M 559	00:01:02	2025-11-11 14:24:06	00:26:45	00:52:31.65	00:53:33.71	+00:22:23 (42.6%)	5:15	11.4 (57.3%)
660	KWIATKOWSKI Marek	700		BIAŁYSTOK		M40	133	M 560	00:00:59	2025-11-11 14:24:03	00:26:15	00:52:31.81	00:53:31.24	+00:22:23 (42.6%)	5:15	11.4 (57.3%)
661	SAMARYN Rafał	1507		BIAŁYSTOK		M30	225	M 561	00:01:15	2025-11-11 14:24:19	00:26:39	00:52:33.33	00:53:48.62	+00:22:25 (42.7%)	5:15	11.4 (57.3%)
662	MUSZYŃSKI Jerzy	1013		BIAŁYSTOK		M50	51	M 562	00:00:52	2025-11-11 14:23:56	00:25:47	00:52:33.69	00:53:26.49	+00:22:25 (42.7%)	5:15	11.4 (57.3%)
663	MELANIUK Radosław	1056		BIAŁYSTOK		M40	134	M 563	00:01:17	2025-11-11 14:24:21	00:26:08	00:52:33.94	00:53:51.12	+00:22:26 (42.7%)	5:15	11.4 (57.3%)
664	WICIŃSKI Piotr	945		WASILKÓW		M30	226	M 564	00:01:18	2025-11-11 14:24:22	00:26:57	00:52:34.24	00:53:52.31	+00:22:26 (42.7%)	5:15	11.4 (57.3%)
665	TKACZUK Marcin	1064		WARSZAWA		M30	227	M 565	00:01:22	2025-11-11 14:24:26	00:26:19	00:52:34.97	00:53:57.16	+00:22:27 (42.7%)	5:15	11.4 (57.3%)
666	BUTWIŁOWSKI Hubert	1540		BIAŁYSTOK		M16	28	M 566	00:00:58	2025-11-11 14:24:02	00:26:16	00:52:35.26	00:53:33.43	+00:22:27 (42.7%)	5:15	11.4 (57.3%)
667	OGRODNIK Jakub	1333		ZAMBRÓW		M16	29	M 567	00:00:10	2025-11-11 14:23:14	00:26:32	00:52:35.43	00:52:46.37	+00:22:27 (42.7%)	5:15	11.4 (57.3%)
668	MORAWSKI Jacek	246		BIAŁYSTOK		M50	52	M 568	00:01:06	2025-11-11 14:24:10	00:26:32	00:52:35.65	00:53:41.87	+00:22:27 (42.7%)	5:15	11.4 (57.3%)
669	SOCHOŃ Kamil	946		BIAŁYSTOK		M30	228	M 569	00:01:07	2025-11-11 14:24:11	00:26:04	00:52:36.34	00:53:43.59	+00:22:28 (42.7%)	5:15	11.4 (57.3%)
670	MIEZIO Rafał	538		BIAŁYSTOK		M50	53	M 570	00:01:16	2025-11-11 14:24:20	00:26:20	00:52:36.97	00:53:53.51	+00:22:29 (42.7%)	5:15	11.4 (57.3%)
671	SACHARCZUK Joanna	122	HAJNÓWKA BIEGA	HAJNÓWKA		K30	46	K 101	00:00:46	2025-11-11 14:23:50	00:26:23	00:52:37.27	00:53:23.75	+00:22:29 (42.7%)	5:15	11.4 (57.3%)
672	JAMIOŁKOWSKA Justyna	728		BIAŁYSTOK		K30	47	K 102	00:00:43	2025-11-11 14:23:47	00:26:59	00:52:38.24	00:53:21.60	+00:22:30 (42.8%)	5:15	11.4 (57.3%)
673	PILAT Kuba	754		BIAŁYSTOK		M30	229	M 571	00:01:58	2025-11-11 14:25:02	00:26:35	00:52:40.30	00:54:38.58	+00:22:32 (42.8%)	5:16	11.4 (57.3%)
674	KARNY Agata	826		BIAŁYSTOK		K20	31	K 103	00:01:45	2025-11-11 14:24:49	00:26:40	00:52:41.07	00:54:26.43	+00:22:33 (42.8%)	5:16	11.4 (57.3%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
675	KUNIKOWSKA Paula	199		BIAŁYSTOK		K30	48	K 104	00:00:55	2025-11-11 14:23:59	00:26:08	00:52:42.46	00:53:37.81	+00:22:34 (42.8%)	5:16	11.4 (57.3%)
676	REDLIŃSKI Mariusz	1113	RKS CHUWDU	TUROŚŃ KOŚCIELNA		M40	135	M 572	00:00:48	2025-11-11 14:23:52	00:25:46	00:52:42.51	00:53:31.48	+00:22:34 (42.8%)	5:16	11.4 (57.3%)
677	ŻUKOWSKI Marian	53	AIKIRUNNERS	WASILKÓW		M50	54	M 573	00:00:44	2025-11-11 14:23:48	00:25:30	00:52:43.16	00:53:27.33	+00:22:35 (42.8%)	5:16	11.4 (57.3%)
678	OWŁASIUK Michał	182		BIAŁYSTOK		M30	230	M 574	00:00:30	2025-11-11 14:23:34	00:24:50	00:52:43.17	00:53:13.70	+00:22:35 (42.8%)	5:16	11.4 (57.3%)
679	BARANOWSKA Beata	1036		SOKÓŁKA		K50	5	K 105	00:00:34	2025-11-11 14:23:38	00:26:35	00:52:43.53	00:53:17.80	+00:22:35 (42.9%)	5:16	11.4 (57.3%)
680	BURNEWICZ Mariusz	376		KORYCIN		M30	231	M 575	00:00:24	2025-11-11 14:23:28	00:24:50	00:52:44.36	00:53:09.08	+00:22:36 (42.9%)	5:16	11.4 (57.3%)
681	GRYŻENIA Daniel	584	BIAŁYSTOK BIEGA	BIAŁYSTOK		M30	232	M 576	00:01:33	2025-11-11 14:24:37	00:27:15	00:52:45.48	00:54:19.05	+00:22:37 (42.9%)	5:16	11.4 (57.3%)
682	LISOWSKI Maciej	1430		BIAŁYSTOK		M16	30	M 577	00:00:56	2025-11-11 14:24:00	00:25:34	00:52:46.17	00:53:42.49	+00:22:38 (42.9%)	5:16	11.4 (57.3%)
683	KRUPA Sławomir	230		BIAŁYSTOK		M40	136	M 578	00:01:00	2025-11-11 14:24:04	00:25:42	00:52:46.22	00:53:47.11	+00:22:38 (42.9%)	5:16	11.4 (57.3%)
684	JALALI Aida	1355		BIAŁYSTOK		K20	32	K 106	00:01:43	2025-11-11 14:24:47	00:26:37	00:52:46.57	00:54:30.00	+00:22:38 (42.9%)	5:16	11.4 (57.3%)
685	WOJTASIK Michał	1151		BIAŁYSTOK		M40	137	M 579	00:00:18	2025-11-11 14:23:22	00:26:41	00:52:49.30	00:53:08.15	+00:22:41 (43.0%)	5:16	11.4 (57.3%)
686	KALENIK Michał	864		BIAŁYSTOK		M30	233	M 580	00:01:07	2025-11-11 14:24:11	00:26:29	00:52:49.37	00:53:57.35	+00:22:41 (43.0%)	5:16	11.4 (57.3%)
687	SADOWSKI Wojciech	1162		BIAŁYSTOK		M50	55	M 581	00:01:15	2025-11-11 14:24:19	00:26:51	00:52:50.66	00:54:05.70	+00:22:42 (43.0%)	5:17	11.4 (57.3%)
688	GRELEWSKI Damian	1463		ŁOMŻA		M30	234	M 582	00:00:15	2025-11-11 14:23:19	00:26:00	00:52:50.71	00:53:06.38	+00:22:42 (43.0%)	5:17	11.4 (57.3%)
689	DANIELUK Janusz	924		BIAŁYSTOK		M40	138	M 583	00:00:28	2025-11-11 14:23:32	00:25:16	00:52:51.24	00:53:19.79	+00:22:43 (43.0%)	5:17	11.4 (57.3%)
690	GRZYBOWSKA Monika	236		BIAŁYSTOK		K30	49	K 107	00:00:22	2025-11-11 14:23:26	00:26:15	00:52:51.40	00:53:13.87	+00:22:43 (43.0%)	5:17	11.4 (57.3%)
691	NIEBRZYDOWSKI Karol	1070	TOYOTA TEAM	BIAŁYSTOK		M40	139	M 584	00:01:01	2025-11-11 14:24:05	00:26:43	00:52:52.92	00:53:54.85	+00:22:45 (43.0%)	5:17	11.3 (56.8%)
692	SORATA-FLOREK Monika	1559		BIAŁYSTOK		K30	50	K 108	00:00:06	2025-11-11 14:23:10	00:25:41	00:52:52.94	00:52:59.65	+00:22:45 (43.0%)	5:17	11.3 (56.8%)
693	JELSKI Dariusz	916	STREFA ZMIAN	BIAŁYSTOK		M50	56	M 585	00:00:12	2025-11-11 14:23:16	00:20:23	00:52:53.06	00:53:05.68	+00:22:45 (43.0%)	5:17	11.3 (56.8%)
694	POGORZELSKI Piotr	203		BIAŁYSTOK		M40	140	M 586	00:00:40	2025-11-11 14:23:44	00:25:27	00:52:55.36	00:53:35.92	+00:22:47 (43.1%)	5:17	11.3 (56.8%)
695	KOPCZEWSKI Tadeusz	1478		BIAŁYSTOK		M50	57	M 587	00:00:30	2025-11-11 14:23:34	00:25:43	00:52:56.21	00:53:26.36	+00:22:48 (43.1%)	5:17	11.3 (56.8%)
696	TOMASZEWSKI Adrian	442	ZABIEGANI ŁAPACZE ODDECHU	SOBOLEWO		M30	235	M 588	00:00:49	2025-11-11 14:23:53	00:25:02	00:52:56.25	00:53:45.49	+00:22:48 (43.1%)	5:17	11.3 (56.8%)
697	LIPIŃSKI Bartosz	361		BIAŁYSTOK		M16	31	M 589	00:01:50	2025-11-11 14:24:54	00:25:46	00:52:56.54	00:54:46.82	+00:22:48 (43.1%)	5:17	11.3 (56.8%)
698	MOŚCICKI Zenon	624		RUTKI		M70	1	M 590	00:00:37	2025-11-11 14:23:41	00:26:30	00:52:57.05	00:53:34.48	+00:22:49 (43.1%)	5:17	11.3 (56.8%)
699	ZIENIEWICZ Sławomir	1513	START BIAŁYSTOK	KLEPACZE		M70	2	M 591	00:01:26	2025-11-11 14:24:30	00:27:06	00:52:57.56	00:54:23.99	+00:22:49 (43.1%)	5:17	11.3 (56.8%)
700	JANCZUK Marcin	1521		WASILKÓW		M40	141	M 592	00:00:59	2025-11-11 14:24:03	00:27:44	00:52:57.97	00:53:57.10	+00:22:50 (43.1%)	5:17	11.3 (56.8%)
701	WŁODKOWSKA Aleksandra	656		CHOROSZCZ		K20	33	K 109	00:01:22	2025-11-11 14:24:26	00:26:32	00:52:59.08	00:54:21.27	+00:22:51 (43.1%)	5:17	11.3 (56.8%)
702	CHMIELEWSKI Kamil	655		BIAŁYSTOK		M20	115	M 593	00:01:22	2025-11-11 14:24:26	00:26:31	00:52:59.15	00:54:21.51	+00:22:51 (43.1%)	5:17	11.3 (56.8%)
703	DERPA Adrian	1405		WASILKÓW		M30	236	M 594	00:01:24	2025-11-11 14:24:28	00:27:37	00:52:59.46	00:54:23.75	+00:22:51 (43.1%)	5:17	11.3 (56.8%)
704	SADKOWSKI Mateusz	184		CZUPRYNOWO		M20	116	M 595	00:00:20	2025-11-11 14:23:24	00:26:20	00:53:01.47	00:53:21.94	+00:22:53 (43.2%)	5:18	11.3 (56.8%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
705	MITROSZ Robert	1434	BIELDRUK	BIAŁYSTOK		M50	58	M 596	00:00:00	2025-11-11 14:23:04	00:26:00	00:53:01.59	00:53:02.01	+00:22:53 (43.2%)	5:18	11.3 (56.8%)
706	GRĄDZKA Katarzyna	430		KONOWAŁY		K30	51	K 110	00:00:47	2025-11-11 14:23:51	00:25:59	00:53:01.98	00:53:49.86	+00:22:54 (43.2%)	5:18	11.3 (56.8%)
707	GRYSZKOWSKI Patryk	1572		ZACZERLANY		M20	117	M 597	00:00:50	2025-11-11 14:23:54	00:26:23	00:53:02.00	00:53:52.99	+00:22:54 (43.2%)	5:18	11.3 (56.8%)
708	MACKIEWICZ Mateusz	557		BIAŁYSTOK		M20	118	M 598	00:00:53	2025-11-11 14:23:57	00:26:56	00:53:02.39	00:53:55.53	+00:22:54 (43.2%)	5:18	11.3 (56.8%)
709	JACKOWSKA Katarzyna	1166		BIAŁYSTOK		K40	20	K 111	00:00:36	2025-11-11 14:23:40	00:26:51	00:53:02.43	00:53:39.08	+00:22:54 (43.2%)	5:18	11.3 (56.8%)
710	LECHOWICZ Michał	242		BIAŁYSTOK		M20	119	M 599	00:00:04	2025-11-11 14:23:08	00:25:23	00:53:02.93	00:53:07.86	+00:22:55 (43.2%)	5:18	11.3 (56.8%)
711	PALAMARCHUK Iryna	947	TEA.M RUN	BIALYSTOK		K30	52	K 112	00:00:42	2025-11-11 14:23:46	00:26:16	00:53:05.03	00:53:47.29	+00:22:57 (43.2%)	5:18	11.3 (56.8%)
712	PODGÓRSKI Jacek	957		BIAŁYSTOK		M40	142	M 600	00:01:08	2025-11-11 14:24:12	00:26:42	00:53:05.28	00:54:13.36	+00:22:57 (43.2%)	5:18	11.3 (56.8%)
713	BOGUSZEWSKI Mateusz	534	DRTUSZ BIEGA	BIAŁYSTOK		M20	120	M 601	00:01:14	2025-11-11 14:24:18	00:26:29	00:53:05.69	00:54:20.00	+00:22:57 (43.2%)	5:18	11.3 (56.8%)
714	DĄBROWSKI Rafał	841		WASILKÓW		M40	143	M 602	00:01:18	2025-11-11 14:24:22	00:26:57	00:53:06.78	00:54:25.66	+00:22:58 (43.3%)	5:18	11.3 (56.8%)
715	LITWINIUK Paweł	136		NAREWKA		M40	144	M 603	00:00:53	2025-11-11 14:23:57	00:26:17	00:53:09.68	00:54:03.04	+00:23:01 (43.3%)	5:18	11.3 (56.8%)
716	HOROSZKO Grzegorz	1169		BIAŁYSTOK		M60	13	M 604	00:01:05	2025-11-11 14:24:09	00:26:57	00:53:10.37	00:54:16.14	+00:23:02 (43.3%)	5:19	11.3 (56.8%)
717	ROGUCKI Józef	979		ZABŁUDÓW		M50	59	M 605	00:00:33	2025-11-11 14:23:37	00:25:46	00:53:11.32	00:53:44.66	+00:23:03 (43.3%)	5:19	11.3 (56.8%)
718	MORAWSKA Edyta	711	604132686	BIAŁYSTOK		K50	6	K 113	00:00:54	2025-11-11 14:23:58	00:26:33	00:53:12.06	00:54:06.92	+00:23:04 (43.4%)	5:19	11.3 (56.8%)
719	JANKOWSKI Marek	1046		BIAŁYSTOK		M50	60	M 606	00:00:38	2025-11-11 14:23:42	00:25:34	00:53:12.56	00:53:51.35	+00:23:04 (43.4%)	5:19	11.3 (56.8%)
720	KŁOS Jacek	712	BIAŁYSTOK BIEGA TEAM	GRABÓWKA		M60	14	M 607	00:00:54	2025-11-11 14:23:58	00:26:33	00:53:12.73	00:54:07.07	+00:23:04 (43.4%)	5:19	11.3 (56.8%)
721	KRUSZEWSKI Grzegorz	1259		NOWE PIEKUTY		M40	145	M 608	00:01:14	2025-11-11 14:24:18	00:26:45	00:53:13.89	00:54:28.02	+00:23:05 (43.4%)	5:19	11.3 (56.8%)
722	JACKOWSKI Krzysztof	1211		BIAŁYSTOK		M30	237	M 609	00:01:09	2025-11-11 14:24:13	00:26:56	00:53:14.56	00:54:24.28	+00:23:06 (43.4%)	5:19	11.3 (56.8%)
723	STRONIAWSKI Adrian	941		BIAŁYSTOK		M20	121	M 610	00:00:56	2025-11-11 14:24:00	00:25:41	00:53:14.73	00:54:10.93	+00:23:06 (43.4%)	5:19	11.3 (56.8%)
724	SURÓWKA Jakub	1508		NIEWODNICA KORYCKA		M30	238	M 611	00:01:14	2025-11-11 14:24:18	00:26:41	00:53:15.60	00:54:29.93	+00:23:07 (43.4%)	5:19	11.3 (56.8%)
725	SHOTA Aliaksei	1483	TEA.M RUN	BIAŁYSTOK		M30	239	M 612	00:01:04	2025-11-11 14:24:08	00:27:01	00:53:16.06	00:54:21.04	+00:23:08 (43.4%)	5:19	11.3 (56.8%)
726	ŻDANUK Paweł	1244		BIAŁYSTOK		M16	32	M 613	00:00:55	2025-11-11 14:23:59	00:27:45	00:53:16.76	00:54:12.44	+00:23:08 (43.4%)	5:19	11.3 (56.8%)
727	PAJEWSKA Gabriela	365		BIAŁYSTOK		K30	53	K 114	00:00:26	2025-11-11 14:23:30	00:26:22	00:53:19.16	00:53:45.95	+00:23:11 (43.5%)	5:19	11.3 (56.8%)
728	GLIŃSKA Patrycja	132		BIAŁYSTOK		K30	54	K 115	00:01:59	2025-11-11 14:25:03	00:26:52	00:53:19.34	00:55:19.24	+00:23:11 (43.5%)	5:19	11.3 (56.8%)
729	SUMA Sebastian	785		BIAŁYSTOK		M40	146	M 614	00:01:10	2025-11-11 14:24:14	00:26:55	00:53:19.45	00:54:29.58	+00:23:11 (43.5%)	5:19	11.3 (56.8%)
730	ZAWALICH Michał	737		BIAŁYSTOK		M30	240	M 615	00:00:27	2025-11-11 14:23:31	00:26:21	00:53:19.61	00:53:46.69	+00:23:11 (43.5%)	5:19	11.3 (56.8%)
731	BURAK Michał	657		BIAŁYSTOK		M20	122	M 616	00:01:58	2025-11-11 14:25:02	00:26:18	00:53:20.92	00:55:19.10	+00:23:13 (43.5%)	5:20	11.3 (56.8%)
732	ZACZKIEWICZ Wiktoria	300		BIAŁYSTOK		K20	34	K 116	00:00:30	2025-11-11 14:23:34	00:27:16	00:53:22.14	00:53:52.27	+00:23:14 (43.5%)	5:20	11.2 (56.3%)
733	DANILCZUK Emilia	124	1 PBOT	BIALYSTOK		K40	21	K 117	00:00:14	2025-11-11 14:23:18	00:25:43	00:53:22.15	00:53:37.09	+00:23:14 (43.5%)	5:20	11.2 (56.3%)
734	LEONOWICZ Ewa	1086		BIAŁYSTOK		K40	22	K 118	00:01:09	2025-11-11 14:24:13	00:26:56	00:53:22.22	00:54:31.88	+00:23:14 (43.5%)	5:20	11.2 (56.3%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
735	SZYLUK Mateusz	1139		UHOWO		M20	123	M 617	00:01:37	2025-11-11 14:24:41	00:27:26	00:53:22.30	00:54:59.43	+00:23:14 (43.5%)	5:20	11.2 (56.3%)
736	DEDERKO Jacek	1209	PODLASKI ODDZIAŁ STRAŻY GRANICZNEJ	BIALYSTOK		M50	61	M 618	00:01:06	2025-11-11 14:24:10	00:26:40	00:53:22.40	00:54:28.58	+00:23:14 (43.5%)	5:20	11.2 (56.3%)
737	GOLĘBIEWSKI Marcin	1087		BIALYSTOK		M40	147	M 619	00:00:05	2025-11-11 14:23:09	00:25:33	00:53:22.51	00:53:27.74	+00:23:14 (43.5%)	5:20	11.2 (56.3%)
738	STRYSZKO Marcin	1146		BIALYSTOK		M30	241	M 620	00:01:37	2025-11-11 14:24:41	00:27:27	00:53:22.87	00:55:00.01	+00:23:14 (43.6%)	5:20	11.2 (56.3%)
739	MINKIEWICZ Marlena	118		BIALYSTOK		K20	35	K 119	00:00:35	2025-11-11 14:23:39	00:26:57	00:53:23.55	00:53:59.42	+00:23:15 (43.6%)	5:20	11.2 (56.3%)
740	MARCINKIEWICZ Marta	463	ROSTI RUNNING TEAM	BIALYSTOK		K30	55	K 120	00:01:03	2025-11-11 14:24:07	00:26:52	00:53:24.75	00:54:28.47	+00:23:16 (43.6%)	5:20	11.2 (56.3%)
741	KULESZA Adam	1203		BIALYSTOK		M50	62	M 621	00:00:51	2025-11-11 14:23:55	00:26:17	00:53:24.83	00:54:16.45	+00:23:16 (43.6%)	5:20	11.2 (56.3%)
742	SZWARC Ilona	574		BIALYSTOK		K40	23	K 121	00:00:10	2025-11-11 14:23:14	00:26:00	00:53:25.44	00:53:35.84	+00:23:17 (43.6%)	5:20	11.2 (56.3%)
743	ŁYSIK Dawid	138		BIALYSTOK		M30	242	M 622	00:01:14	2025-11-11 14:24:18	00:26:53	00:53:25.89	00:54:40.57	+00:23:17 (43.6%)	5:20	11.2 (56.3%)
744	KAMONT Przemysław	1093		BIALYSTOK		M20	124	M 623	00:02:01	2025-11-11 14:25:05	00:26:58	00:53:26.13	00:55:28.09	+00:23:18 (43.6%)	5:20	11.2 (56.3%)
745	PASZKO Weronika	1439		BIALYSTOK		K20	36	K 122	00:01:33	2025-11-11 14:24:37	00:27:51	00:53:26.13	00:54:59.54	+00:23:18 (43.6%)	5:20	11.2 (56.3%)
746	HUNIEWICZ Wioleta	980		WARSZAWA		K30	56	K 123	00:01:05	2025-11-11 14:24:09	00:27:00	00:53:26.96	00:54:32.54	+00:23:19 (43.6%)	5:20	11.2 (56.3%)
747	JAKUBOWSKA Marzena	1335		KURIANY		K40	24	K 124	00:01:06	2025-11-11 14:24:10	00:26:42	00:53:28.36	00:54:34.91	+00:23:20 (43.7%)	5:20	11.2 (56.3%)
748	SIELAWA Magdalena	491		BIALYSTOK		K30	57	K 125	00:01:04	2025-11-11 14:24:08	00:27:03	00:53:28.50	00:54:32.67	+00:23:20 (43.7%)	5:20	11.2 (56.3%)
749	MAZHEIKA Pavel	1206	ŽYVIE BIELARUŚ!	HRODNA		M40	148	M 624	00:00:33	2025-11-11 14:23:37	00:26:24	00:53:31.57	00:54:05.09	+00:23:23 (43.7%)	5:21	11.2 (56.3%)
750	DWILIŃSKA Magdalena	899		NOWODWORCE		K30	58	K 126	00:01:05	2025-11-11 14:24:09	00:26:57	00:53:31.75	00:54:37.52	+00:23:23 (43.7%)	5:21	11.2 (56.3%)
751	JOZEFOWICZ Andrzej	1004		BIALYSTOK		M30	243	M 625	00:01:09	2025-11-11 14:24:13	00:26:56	00:53:32.80	00:54:41.97	+00:23:24 (43.7%)	5:21	11.2 (56.3%)
752	LASKOWSKI Mateusz	771	LEDWOATLECI	BIALYSTOK		M20	125	M 626	00:00:40	2025-11-11 14:23:44	00:26:21	00:53:33.19	00:54:13.48	+00:23:25 (43.7%)	5:21	11.2 (56.3%)
753	KOBRYŃSKI Michał	1557		BIALYSTOK		M20	126	M 627	00:00:57	2025-11-11 14:24:01	00:27:20	00:53:33.36	00:54:30.76	+00:23:25 (43.7%)	5:21	11.2 (56.3%)
754	KANAFA Ewa	1116	MARKOWI BIEGACZE	MARKI		K40	25	K 127	00:00:45	2025-11-11 14:23:49	00:26:38	00:53:33.59	00:54:19.06	+00:23:25 (43.7%)	5:21	11.2 (56.3%)
755	LIPNICKI Jakub	833		JUROWCE		M20	127	M 628	00:00:39	2025-11-11 14:23:43	00:26:11	00:53:33.84	00:54:13.38	+00:23:25 (43.7%)	5:21	11.2 (56.3%)
756	PASZKOWSKI Maciej	333	SOKÓLSKA GRUPA BIEGOWA	SOKÓŁKA		M50	63	M 629	00:00:34	2025-11-11 14:23:38	00:26:12	00:53:35.70	00:54:10.42	+00:23:27 (43.8%)	5:21	11.2 (56.3%)
757	CZARNOGÓRSKI Mateusz	483		BIALYSTOK		M30	244	M 630	00:01:16	2025-11-11 14:24:20	00:27:06	00:53:36.47	00:54:52.85	+00:23:28 (43.8%)	5:21	11.2 (56.3%)
758	ŻARNOCH Leszek	613		BIALYSTOK		M50	64	M 631	00:00:58	2025-11-11 14:24:02	00:26:05	00:53:37.58	00:54:35.85	+00:23:29 (43.8%)	5:21	11.2 (56.3%)
759	KASJAŃSKI Piotr	1191		BIALYSTOK		M20	128	M 632	00:01:07	2025-11-11 14:24:11	00:26:58	00:53:39.42	00:54:46.65	+00:23:31 (43.8%)	5:21	11.2 (56.3%)
760	HAJDUDA Konrad	398		BIALYSTOK		M30	245	M 633	00:00:17	2025-11-11 14:23:21	00:26:56	00:53:43.32	00:54:00.85	+00:23:35 (43.9%)	5:22	11.2 (56.3%)
761	DZIEDZIC Krzysztof	123		ŁAPY		M40	149	M 634	00:01:08	2025-11-11 14:24:12	00:26:57	00:53:43.52	00:54:51.91	+00:23:35 (43.9%)	5:22	11.2 (56.3%)
762	GOLONKO Dariusz	193	JUVENIA BIALYSTOK	BIALYSTOK		M50	65	M 635	00:01:13	2025-11-11 14:24:17	00:27:00	00:53:43.58	00:54:56.76	+00:23:35 (43.9%)	5:22	11.2 (56.3%)
763	OSIK Emilia	601	BIAŁOSTOCKA SEKTA BIEGACZY	NIEWODNICA KORYCKA		K30	59	K 128	00:01:43	2025-11-11 14:24:47	00:27:07	00:53:45.30	00:55:28.82	+00:23:37 (43.9%)	5:22	11.2 (56.3%)
764	PAJEWSKA Iwona	851	N50	CHOROSZCZ		K30	60	K 129	00:01:43	2025-11-11 14:24:47	00:27:08	00:53:45.58	00:55:28.64	+00:23:37 (44.0%)	5:22	11.2 (56.3%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
765	JABŁOŃSKA Wiktoria	194		BIELSK PODLASKI		K20	37	K 130	00:01:07	2025-11-11 14:24:11	00:26:55	00:53:45.78	00:54:53.42	+00:23:37 (44.0%)	5:22	11.2 (56.3%)
766	ŁANIEWSKI Łukasz	1025	NAPOMOSCIE	BIAŁYSTOK		M20	129	M 636	00:00:24	2025-11-11 14:23:28	00:27:59	00:53:46.88	00:54:11.14	+00:23:38 (44.0%)	5:22	11.2 (56.3%)
767	GRYGIEŃCZE Beata	476		BIAŁYSTOK		K30	61	K 131	00:00:49	2025-11-11 14:23:53	00:26:16	00:53:49.68	00:54:39.34	+00:23:41 (44.0%)	5:22	11.1 (55.8%)
768	RUDNICKA Jadwiga	776		BIAŁYSTOK		K60	1	K 132	00:00:34	2025-11-11 14:23:38	00:26:39	00:53:49.98	00:54:24.95	+00:23:42 (44.0%)	5:22	11.1 (55.8%)
769	WALUK Adam	110		ZABŁUDÓW		M40	150	M 637	00:00:00		00:27:12	00:53:52.39	00:53:52.39	+00:23:44 (44.1%)	5:23	11.1 (55.8%)
770	MATAN Arkadiusz	872		BIAŁYSTOK		M30	246	M 638	00:00:30	2025-11-11 14:23:34	00:27:17	00:53:52.89	00:54:23.02	+00:23:44 (44.1%)	5:23	11.1 (55.8%)
771	MARCHELA Marcin	761		BIAŁYSTOK		M20	130	M 639	00:01:28	2025-11-11 14:24:32	00:27:19	00:53:53.14	00:55:22.00	+00:23:45 (44.1%)	5:23	11.1 (55.8%)
772	SOKÓŁ Karolina	1288		BIAŁYSTOK		K20	38	K 133	00:01:50	2025-11-11 14:24:54	00:27:22	00:53:53.99	00:55:44.22	+00:23:46 (44.1%)	5:23	11.1 (55.8%)
773	ARCISZEWSKI Maciej	1545	N50	BIAŁYSTOK		M40	151	M 640	00:01:07	2025-11-11 14:24:11	00:26:46	00:53:54.17	00:55:01.32	+00:23:46 (44.1%)	5:23	11.1 (55.8%)
774	KILARJI Aiman Jakub	295	HOLIDAY BOYS	BIAŁYSTOK		M30	247	M 641	00:01:02	2025-11-11 14:24:06	00:27:37	00:53:54.35	00:54:56.92	+00:23:46 (44.1%)	5:23	11.1 (55.8%)
775	SUCHOCKI Adrian	20		BIAŁYSTOK		M30	248	M 642	00:00:06	2025-11-11 14:23:10	00:26:43	00:53:56.40	00:54:02.72	+00:23:48 (44.1%)	5:23	11.1 (55.8%)
776	DOMINIUK Grzegorz	1077		OLMONTY		M40	152	M 643	00:01:35	2025-11-11 14:24:39	00:27:31	00:53:56.95	00:55:32.66	+00:23:49 (44.1%)	5:23	11.1 (55.8%)
777	WOJTACH Kamila	341		BIAŁYSTOK		K20	39	K 134	00:01:12	2025-11-11 14:24:16	00:26:51	00:53:57.20	00:55:10.03	+00:23:49 (44.2%)	5:23	11.1 (55.8%)
778	OSSOWSKA Joanna	337		BIAŁYSTOK		K20	40	K 135	00:01:12	2025-11-11 14:24:16	00:26:52	00:53:57.68	00:55:10.20	+00:23:49 (44.2%)	5:23	11.1 (55.8%)
779	STARĘGA Andrzej	510		SIEDLCE		M50	66	M 644	00:01:04	2025-11-11 14:24:08	00:27:15	00:53:57.98	00:55:02.78	+00:23:50 (44.2%)	5:23	11.1 (55.8%)
780	TRYKOSZKO Rafał	79		BIAŁYSTOK		M30	249	M 645	00:00:21	2025-11-11 14:23:25	00:25:35	00:53:58.55	00:54:20.31	+00:23:50 (44.2%)	5:23	11.1 (55.8%)
781	RADEL Andrzej	1183		BIAŁYSTOK		M20	131	M 646	00:00:20	2025-11-11 14:23:24	00:25:42	00:53:59.97	00:54:20.60	+00:23:52 (44.2%)	5:23	11.1 (55.8%)
782	BALŁO Jarosław	210		BIELSK PODLASKI		M30	250	M 647	00:00:38	2025-11-11 14:23:42	00:26:26	00:54:01.81	00:54:40.62	+00:23:53 (44.2%)	5:24	11.1 (55.8%)
783	TELLOS Justyna	885	HAJNÓWKA BIEGA	HAJNÓWKA		K40	26	K 136	00:00:09	2025-11-11 14:23:13	00:26:37	00:54:02.08	00:54:11.65	+00:23:54 (44.2%)	5:24	11.1 (55.8%)
784	ROTMAŃSKA Iwona	1154		ZŁOTA WIEŚ		K50	7	K 137	00:00:23	2025-11-11 14:23:27	00:26:44	00:54:02.12	00:54:26.11	+00:23:54 (44.2%)	5:24	11.1 (55.8%)
785	KOJKOŁ Konrad	1190		BIAŁYSTOK		M20	132	M 648	00:01:07	2025-11-11 14:24:11	00:26:58	00:54:03.52	00:55:10.56	+00:23:55 (44.3%)	5:24	11.1 (55.8%)
786	SĘK Konrad	105	1PBOT W BIAŁYMSTOKU	BIAŁYSTOK		M30	251	M 649	00:00:33	2025-11-11 14:23:37	00:26:38	00:54:05.78	00:54:39.13	+00:23:57 (44.3%)	5:24	11.1 (55.8%)
787	MAKSIMOWSKA Aleksandra	1284	CROSSFIT JUST RAW	BIAŁYSTOK		K20	41	K 138	00:01:59	2025-11-11 14:25:03	00:26:56	00:54:07.11	00:56:06.13	+00:23:59 (44.3%)	5:24	11.1 (55.8%)
788	KUKLIŃSKI Przemysław	752		BIAŁYSTOK		M30	252	M 650	00:01:58	2025-11-11 14:25:02	00:26:55	00:54:07.81	00:56:06.53	+00:23:59 (44.3%)	5:24	11.1 (55.8%)
789	KARNY Aleksander	57		BIAŁYSTOK		M40	153	M 651	00:00:32	2025-11-11 14:23:36	00:25:57	00:54:07.94	00:54:40.53	+00:24:00 (44.3%)	5:24	11.1 (55.8%)
790	ZAJKOWSKI Robert	427	WINLAND	SOBOLEWO		M40	154	M 652	00:01:04	2025-11-11 14:24:08	00:27:10	00:54:08.60	00:55:13.13	+00:24:00 (44.3%)	5:24	11.1 (55.8%)
791	SAWICKI Kamil	1425		BIAŁYSTOK		M40	155	M 653	00:01:19	2025-11-11 14:24:23	00:28:04	00:54:09.89	00:55:29.44	+00:24:01 (44.4%)	5:24	11.1 (55.8%)
792	AUGUSTYNOWICZ Wojciech	871	MKS JUVENIA BIAŁYSTOK	OGRODNICZKI		M30	253	M 654	00:02:09	2025-11-11 14:25:13	00:27:23	00:54:10.57	00:56:20.19	+00:24:02 (44.4%)	5:25	11.1 (55.8%)
793	KOWALCZYK Paweł	1176	LKS SPRINTER SIEMIATYCZE	SIEMIATYCZE		M40	156	M 655	00:01:43	2025-11-11 14:24:47	00:32:13	00:54:11.48	00:55:54.67	+00:24:03 (44.4%)	5:25	11.1 (55.8%)
794	DŁUGOKIŃSKA Małgorzata	890	MD RUN TRAINING	BIAŁYSTOK		K40	27	K 139	00:02:08	2025-11-11 14:25:12	00:27:24	00:54:11.95	00:56:20.85	+00:24:04 (44.4%)	5:25	11.1 (55.8%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
795	DUDEK Bartosz	820	MD RUN TRAINING	BIAŁYSTOK		M30	254	M 656	00:02:08	2025-11-11 14:25:12	00:27:24	00:54:12.04	00:56:20.70	+00:24:04 (44.4%)	5:25	11.1 (55.8%)
796	DZIESZUTA Wojciech	411		BIAŁYSTOK		M40	157	M 657	00:01:07	2025-11-11 14:24:11	00:27:01	00:54:12.73	00:55:19.96	+00:24:04 (44.4%)	5:25	11.1 (55.8%)
797	RUTKOWSKI Eryk	1164		BIAŁYSTOK		M20	133	M 658	00:01:40	2025-11-11 14:24:44	00:27:51	00:54:13.41	00:55:53.61	+00:24:05 (44.4%)	5:25	11.1 (55.8%)
798	GOLONKO Sylwia	865	HAJNÓWKA BIEGA	HAJNÓWKA		K30	62	K 140	00:00:09	2025-11-11 14:23:13	00:27:00	00:54:13.84	00:54:23.45	+00:24:05 (44.4%)	5:25	11.1 (55.8%)
799	RUDZIŃSKI Bogdan	1267	BIAŁYSTOK BIEGA TEAM	BIAŁYSTOK		M50	67	M 659	00:00:25	2025-11-11 14:23:29	00:26:13	00:54:14.54	00:54:40.11	+00:24:06 (44.4%)	5:25	11.1 (55.8%)
800	SIENKIEWICZ Paulina	187	N50	BIAŁYSTOK		K20	42	K 141	00:01:07	2025-11-11 14:24:11	00:27:01	00:54:14.60	00:55:21.88	+00:24:06 (44.5%)	5:25	11.1 (55.8%)
801	LINDEBNY Łukasz	158		BIAŁYSTOK		M40	158	M 660	00:01:23	2025-11-11 14:24:27	00:27:31	00:54:14.66	00:55:38.13	+00:24:06 (44.5%)	5:25	11.1 (55.8%)
802	GONTAREK Ewa	1165	MD RUN TRAINING	BIAŁYSTOK		K50	8	K 142	00:00:36	2025-11-11 14:23:40	00:27:02	00:54:15.33	00:54:51.89	+00:24:07 (44.5%)	5:25	11.1 (55.8%)
803	MYŚLIWIEC Ewa	1548		ŻÓŁTKI		K30	63	K 143	00:01:40	2025-11-11 14:24:44	00:27:11	00:54:15.52	00:55:55.89	+00:24:07 (44.5%)	5:25	11.1 (55.8%)
804	MOCARSKA Agata	694		BIAŁYSTOK		K20	43	K 144	00:01:25	2025-11-11 14:24:29	00:26:44	00:54:15.73	00:55:41.72	+00:24:07 (44.5%)	5:25	11.1 (55.8%)
805	LIAUCHUK Kamila	581	XI LO BIAŁYSTOK	BIAŁYSTOK		K16	3	K 145	00:00:45	2025-11-11 14:23:49	00:27:02	00:54:16.59	00:55:02.25	+00:24:08 (44.5%)	5:25	11.1 (55.8%)
806	ŁUKASZUK Arkadiusz	1464	PSP	TUROŚŃ KOŚCIELNA		M20	134	M 661	00:01:05	2025-11-11 14:24:09	00:26:57	00:54:17.19	00:55:22.96	+00:24:09 (44.5%)	5:25	11.1 (55.8%)
807	ZIMNOCH Paweł	544		SZERENOSY		M30	255	M 662	00:02:05	2025-11-11 14:25:09	00:27:41	00:54:20.01	00:56:25.32	+00:24:12 (44.5%)	5:26	11 (55.3%)
808	ŁUCKIEWICZ Jakub	996		FOLWARKI MAŁE		M16	33	M 663	00:00:08	2025-11-11 14:23:12	00:24:59	00:54:21.42	00:54:30.21	+00:24:13 (44.6%)	5:26	11 (55.3%)
809	MALINOWSKI Przemek	329		BIAŁYSTOK		M40	159	M 664	00:01:19	2025-11-11 14:24:23	00:27:21	00:54:24.44	00:55:43.75	+00:24:16 (44.6%)	5:26	11 (55.3%)
810	KORNACKI Michał	533		BIAŁYSTOK		M20	135	M 665	00:01:05	2025-11-11 14:24:09	00:27:39	00:54:26.59	00:55:32.40	+00:24:18 (44.7%)	5:26	11 (55.3%)
811	GREŚ Marta	424	PSP SOKÓŁKA	BIAŁYSTOK		K40	28	K 146	00:00:09	2025-11-11 14:23:13	00:26:21	00:54:26.73	00:54:35.83	+00:24:18 (44.7%)	5:26	11 (55.3%)
812	PUCIATY Radosław	530		BIAŁYSTOK		M40	160	M 666	00:00:42	2025-11-11 14:23:46	00:27:12	00:54:27.29	00:55:10.02	+00:24:19 (44.7%)	5:26	11 (55.3%)
813	BOROWY Filip	1192	SII RUNNING TEAM	BIAŁYSTOK		M20	136	M 667	00:01:57	2025-11-11 14:25:01	00:27:23	00:54:27.47	00:56:25.35	+00:24:19 (44.7%)	5:26	11 (55.3%)
814	ZALEWSKI Marcin	93		BIAŁYSTOK		M40	161	M 668	00:01:13	2025-11-11 14:24:17	00:26:59	00:54:28.08	00:55:41.83	+00:24:20 (44.7%)	5:26	11 (55.3%)
815	ABROMAITIS Kęstutis	585	BMK VĖJAS	PAKRUOJIS		M60	15	M 669	00:00:31	2025-11-11 14:23:35	00:25:55	00:54:28.11	00:54:59.91	+00:24:20 (44.7%)	5:26	11 (55.3%)
816	HAJDUCZENIA Marcin	1424		BIAŁYSTOK		M30	256	M 670	00:01:20	2025-11-11 14:24:24	00:26:56	00:54:30.52	00:55:51.24	+00:24:22 (44.7%)	5:27	11 (55.3%)
817	GAWRYLIK Joanna	834	SPORT GENERATION	BIAŁYSTOK		K50	9	K 147	00:00:37	2025-11-11 14:23:41	00:27:10	00:54:32.15	00:55:09.33	+00:24:24 (44.7%)	5:27	11 (55.3%)
818	POGORZELSKI Dominik	569		BIAŁYSTOK		M20	137	M 671	00:00:40	2025-11-11 14:23:44	00:25:55	00:54:35.01	00:55:15.99	+00:24:27 (44.8%)	5:27	11 (55.3%)
819	BOJKO Yuriy	931		KLEPACZE		M40	162	M 672	00:01:16	2025-11-11 14:24:20	00:27:42	00:54:35.33	00:55:51.99	+00:24:27 (44.8%)	5:27	11 (55.3%)
820	WASILUK Marcin Jerzy	935		BIAŁYSTOK		M20	138	M 673	00:00:44	2025-11-11 14:23:48	00:26:51	00:54:36.02	00:55:20.63	+00:24:28 (44.8%)	5:27	11 (55.3%)
821	BAKUN Oskar	1465		WASILKÓW		M30	257	M 674	00:01:32	2025-11-11 14:24:36	00:28:16	00:54:37.02	00:56:09.74	+00:24:29 (44.8%)	5:27	11 (55.3%)
822	WIĘCKOWSKA Justyna	1301		BIAŁYSTOK		K30	64	K 148	00:00:56	2025-11-11 14:24:00	00:27:20	00:54:37.63	00:55:33.68	+00:24:29 (44.8%)	5:27	11 (55.3%)
823	CITKO Dominika	1423		BIAŁYSTOK		K20	44	K 149	00:01:23	2025-11-11 14:24:27	00:28:05	00:54:38.80	00:56:02.38	+00:24:30 (44.9%)	5:27	11 (55.3%)
824	KALINOWSKI Norbert	1466		WASILKÓW		M40	163	M 675	00:01:31	2025-11-11 14:24:35	00:28:16	00:54:38.95	00:56:10.53	+00:24:31 (44.9%)	5:27	11 (55.3%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
825	GRYC Dariusz	718	MD RUN TRAINING	BIAŁYSTOK		M40	164	M 676	00:01:11	2025-11-11 14:24:15	00:26:20	00:54:40.10	00:55:51.33	+00:24:32 (44.9%)	5:28	11 (55.3%)
826	SZUTKIEWICZ Marta	836	BIAŁOSTOCKA SEKTA BIEGACZY	BIAŁYSTOK		K30	65	K 150	00:01:22	2025-11-11 14:24:26	00:28:06	00:54:40.66	00:56:03.45	+00:24:32 (44.9%)	5:28	11 (55.3%)
827	BOROWY Jacek	1414	SII RUNNING TEAM	BIAŁYSTOK		M30	258	M 677	00:01:55	2025-11-11 14:24:59	00:27:56	00:54:41.63	00:56:37.34	+00:24:33 (44.9%)	5:28	11 (55.3%)
828	OSIK Przemysław	600	KALINOWSKI TEAM	NIEWODNICA KORYCKA		M30	259	M 678	00:01:22	2025-11-11 14:24:26	00:28:06	00:54:41.90	00:56:04.39	+00:24:34 (44.9%)	5:28	11 (55.3%)
829	HRYSZKO Paulina	1091		BIAŁYSTOK		K20	45	K 151	00:01:12	2025-11-11 14:24:16	00:27:04	00:54:43.13	00:55:55.70	+00:24:35 (44.9%)	5:28	11 (55.3%)
830	TRESKA Paulina	1318	SPARTA CROSSFIT	BIAŁYSTOK		K30	66	K 152	00:00:08	2025-11-11 14:23:12	00:26:16	00:54:44.57	00:54:53.21	+00:24:36 (45.0%)	5:28	11 (55.3%)
831	CHILIMONIUK Kacper	95		BIAŁYSTOK		M16	34	M 679	00:01:23	2025-11-11 14:24:27	00:26:50	00:54:45.71	00:56:08.76	+00:24:37 (45.0%)	5:28	11 (55.3%)
832	MUSZYŃSKA Ida	1325		BIAŁYSTOK		K30	67	K 153	00:01:13	2025-11-11 14:24:17	00:27:06	00:54:46.25	00:55:59.32	+00:24:38 (45.0%)	5:28	11 (55.3%)
833	MARTENS Tacjan	1349		SOKÓŁKA		M20	139	M 680	00:01:02	2025-11-11 14:24:06	00:27:44	00:54:47.96	00:55:50.37	+00:24:40 (45.0%)	5:28	11 (55.3%)
834	PANKIEWICZ Małgorzata	1264		KLEPACZE		K30	68	K 154	00:01:12	2025-11-11 14:24:16	00:27:06	00:54:48.74	00:56:01.71	+00:24:40 (45.0%)	5:28	10.9 (54.8%)
835	KIREJCZYK Renata	617		DĄBROWA BIAŁOSTOCKA		K40	29	K 155	00:00:31	2025-11-11 14:23:35	00:27:03	00:54:53.19	00:55:24.88	+00:24:45 (45.1%)	5:29	10.9 (54.8%)
836	WYSZYŃSKI Mateusz	1348		BIAŁYSTOK		M20	140	M 681	00:00:36	2025-11-11 14:23:40	00:27:06	00:54:54.36	00:55:31.00	+00:24:46 (45.1%)	5:29	10.9 (54.8%)
837	ZSTEFAN Zdzisław	1095		BIAŁYSTOK		M50	68	M 682	00:01:25	2025-11-11 14:24:29	00:27:47	00:54:55.46	00:56:21.41	+00:24:47 (45.1%)	5:29	10.9 (54.8%)
838	SUPRUNOWICZ Krzysztof	1468		BIAŁYSTOK		M40	165	M 683	00:00:00			00:54:57.37	00:54:57.37	+00:24:49 (45.2%)	5:29	10.9 (54.8%)
839	SUPRUNOWICZ Krzysztof	1467		BIAŁYSTOK		M40	166	M 684	00:00:00			00:54:57.52	00:54:57.52	+00:24:49 (45.2%)	5:29	10.9 (54.8%)
840	ZIELIŃSKI Paweł	1375	KNOCKOUT GANG	SIŁA		M30	260	M 685	00:02:07	2025-11-11 14:25:11	00:27:06	00:54:57.72	00:57:05.69	+00:24:49 (45.2%)	5:29	10.9 (54.8%)
841	BIERNACKI Dariusz	108		BIAŁYSTOK		M50	69	M 686	00:01:06	2025-11-11 14:24:10	00:26:56	00:54:58.24	00:56:05.16	+00:24:50 (45.2%)	5:29	10.9 (54.8%)
842	ZABROCKI Andrzej	758		BIAŁYSTOK		M60	16	M 687	00:01:03	2025-11-11 14:24:07	00:26:38	00:54:58.28	00:56:02.25	+00:24:50 (45.2%)	5:29	10.9 (54.8%)
843	BASIUKIEWICZ Sylwia	273		HAJNÓWKA		K40	30	K 156	00:00:46	2025-11-11 14:23:50	00:27:29	00:54:58.57	00:55:45.50	+00:24:50 (45.2%)	5:29	10.9 (54.8%)
844	KOWALCZUK Paweł	1350	HOLIDAY BOYS	BIAŁYSTOK		M20	141	M 688	00:01:02	2025-11-11 14:24:06	00:27:43	00:54:58.75	00:56:01.60	+00:24:50 (45.2%)	5:29	10.9 (54.8%)
845	GAJEWSKA Ewelina	765		BIAŁYSTOK		K20	46	K 157	00:01:21	2025-11-11 14:24:25	00:27:40	00:54:59.86	00:56:21.31	+00:24:51 (45.2%)	5:29	10.9 (54.8%)
846	GŁOWACKA Emilia	353		SOBOLEWO		K30	69	K 158	00:01:00	2025-11-11 14:24:04	00:27:27	00:55:00.05	00:56:00.07	+00:24:52 (45.2%)	5:30	10.9 (54.8%)
847	JASTRZĘBSKI Jacek	1331	ROCH JASZENICA	KRÓLE DUŻE		M20	142	M 689	00:01:18	2025-11-11 14:24:22	00:27:17	00:55:03.87	00:56:22.80	+00:24:55 (45.3%)	5:30	10.9 (54.8%)
848	SIEŚKIEWICZ Krzysztof	1437	BIAŁYSTOK BIEGA TEAM	BIAŁYSTOK		M50	70	M 690	00:01:05	2025-11-11 14:24:09	00:27:00	00:55:04.10	00:56:09.45	+00:24:56 (45.3%)	5:30	10.9 (54.8%)
849	MODZELEWSKI Wiktor	810	UMB	ŁOMŻA		M20	143	M 691	00:00:46	2025-11-11 14:23:50	00:26:17	00:55:04.95	00:55:51.81	+00:24:57 (45.3%)	5:30	10.9 (54.8%)
850	ANDRYSZCZYK Rafał	1242		KOWALE OLECKIE		M30	261	M 692	00:00:52	2025-11-11 14:23:56	00:27:55	00:55:05.20	00:55:57.32	+00:24:57 (45.3%)	5:30	10.9 (54.8%)
851	ZABIELSKI Daniel	362		OSTROŁĘKA		M30	262	M 693	00:00:16	2025-11-11 14:23:20	00:26:15	00:55:06.88	00:55:22.98	+00:24:58 (45.3%)	5:30	10.9 (54.8%)
852	GOŁUB Andrzej	156		BIAŁYSTOK		M30	263	M 694	00:00:38	2025-11-11 14:23:42	00:27:14	00:55:09.16	00:55:47.18	+00:25:01 (45.4%)	5:30	10.9 (54.8%)
853	GREŚ Józek	1002		MICHAŁOWO		M60	17	M 695	00:00:46	2025-11-11 14:23:50	00:27:11	00:55:10.02	00:55:56.08	+00:25:02 (45.4%)	5:31	10.9 (54.8%)
854	WALUK Bartek	109		ZABŁUDÓW		M16	35	M 696	00:00:55	2025-11-11 14:23:59	00:29:55	00:55:10.06	00:56:05.66	+00:25:02 (45.4%)	5:31	10.9 (54.8%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
855	KUDZINA Ola	1448	TEA.M RUN	BIALYSTOK		K30	70	K 159	00:00:47	2025-11-11 14:23:51	00:27:40	00:55:10.54	00:55:58.48	+00:25:02 (45.4%)	5:31	10.9 (54.8%)
856	KŁOS Dominik	1431		BIALYSTOK		M40	167	M 697	00:01:14	2025-11-11 14:24:18	00:27:33	00:55:12.06	00:56:27.06	+00:25:04 (45.4%)	5:31	10.9 (54.8%)
857	BOHONOS Mateusz	575		BIALYSTOK		M30	264	M 698	00:01:44	2025-11-11 14:24:48	00:27:24	00:55:12.26	00:56:56.70	+00:25:04 (45.4%)	5:31	10.9 (54.8%)
858	BOGDANOWICZ Anna	351	DRUŻYNA STEFANA CZARNECKIEGO	TYKOCIN		K50	10	K 160	00:00:34	2025-11-11 14:23:38	00:27:10	00:55:12.48	00:55:46.88	+00:25:04 (45.4%)	5:31	10.9 (54.8%)
859	MURASZKIEWICZ Bartosz	612		BIALYSTOK		M30	265	M 699	00:01:21	2025-11-11 14:24:25	00:27:07	00:55:13.23	00:56:34.35	+00:25:05 (45.4%)	5:31	10.9 (54.8%)
860	ZAJCZYK Przemysław	172		GRABÓWKA		M40	168	M 700	00:01:46	2025-11-11 14:24:50	00:27:26	00:55:16.63	00:57:02.70	+00:25:08 (45.5%)	5:31	10.9 (54.8%)
861	DOMITRZ Paweł	967		KLEOSIN		M30	266	M 701	00:00:43	2025-11-11 14:23:47	00:26:50	00:55:16.63	00:56:00.47	+00:25:08 (45.5%)	5:31	10.9 (54.8%)
862	MACKIEWICZ Katarzyna	556		BIALYSTOK		K20	47	K 161	00:00:14	2025-11-11 14:23:18	00:27:58	00:55:17.35	00:55:32.19	+00:25:09 (45.5%)	5:31	10.9 (54.8%)
863	KALINOWSKA Urszula	1445		DĄBRÓWKI		K40	31	K 162	00:01:31	2025-11-11 14:24:35	00:28:17	00:55:18.97	00:56:50.74	+00:25:11 (45.5%)	5:31	10.8 (54.3%)
864	SAWCZUK Arkadiusz	1565		BIALYSTOK		M50	71	M 702	00:01:11	2025-11-11 14:24:15	00:28:00	00:55:19.15	00:56:30.34	+00:25:11 (45.5%)	5:31	10.8 (54.3%)
865	SOKÓLSKI Tomasz	270		GNIŁA		M50	72	M 703	00:00:14	2025-11-11 14:23:18	00:27:05	00:55:20.31	00:55:34.52	+00:25:12 (45.6%)	5:32	10.8 (54.3%)
866	ŁAPIŃSKI Karol	97		BIALYSTOK		M40	169	M 704	00:00:18	2025-11-11 14:23:22	00:26:02	00:55:21.05	00:55:39.57	+00:25:13 (45.6%)	5:32	10.8 (54.3%)
867	MICHALAK Dariusz	196		GOSTYNIN		M60	18	M 705	00:02:07	2025-11-11 14:25:11	00:27:00	00:55:22.35	00:57:29.84	+00:25:14 (45.6%)	5:32	10.8 (54.3%)
868	ZIELIŃSKI Maciej	360		BIALYSTOK		M30	267	M 706	00:01:53	2025-11-11 14:24:57	00:27:36	00:55:24.20	00:57:17.22	+00:25:16 (45.6%)	5:32	10.8 (54.3%)
869	DOJLIDKO Tomek	1222	BRACTWO BIEGOWE BGK	NOWODWORCE		M40	170	M 707	00:01:14	2025-11-11 14:24:18	00:27:33	00:55:26.00	00:56:40.62	+00:25:18 (45.6%)	5:32	10.8 (54.3%)
870	TOREBKO Andrzej	125		BIALYSTOK		M50	73	M 708	00:01:27	2025-11-11 14:24:31	00:28:09	00:55:27.34	00:56:55.26	+00:25:19 (45.7%)	5:32	10.8 (54.3%)
871	PIEKARSKA Lidia	1296		BIALYSTOK		K30	71	K 163	00:01:16	2025-11-11 14:24:20	00:27:30	00:55:29.68	00:56:46.22	+00:25:21 (45.7%)	5:32	10.8 (54.3%)
872	BAŃKOWSKA Katarzyna	990		SOKÓŁKA		K40	32	K 164	00:00:23	2025-11-11 14:23:27	00:27:38	00:55:29.74	00:55:53.36	+00:25:21 (45.7%)	5:32	10.8 (54.3%)
873	GIETEK Kamil	447	RUN TEAM PIĄTNICA	ŁOMŻA		M30	268	M 709	00:00:19	2025-11-11 14:23:23	00:27:32	00:55:31.38	00:55:50.77	+00:25:23 (45.7%)	5:33	10.8 (54.3%)
874	SIDORSKI Łukasz	1323		KNYSZYN		M30	269	M 710	00:01:14	2025-11-11 14:24:18	00:28:10	00:55:32.32	00:56:46.85	+00:25:24 (45.7%)	5:33	10.8 (54.3%)
875	PROKOPOWICZ Kamil	1133		JASIONÓWKA		M16	36	M 711	00:00:41	2025-11-11 14:23:45	00:25:11	00:55:33.07	00:56:14.35	+00:25:25 (45.8%)	5:33	10.8 (54.3%)
876	PROKOPOWICZ Kajetan	1143		JASIONÓWKA		M16	37	M 712	00:00:40	2025-11-11 14:23:44	00:25:12	00:55:33.40	00:56:14.32	+00:25:25 (45.8%)	5:33	10.8 (54.3%)
877	SUCHAN Dawid	92		BIALYSTOK		M40	171	M 713	00:01:09	2025-11-11 14:24:13	00:27:18	00:55:33.80	00:56:43.77	+00:25:25 (45.8%)	5:33	10.8 (54.3%)
878	KITLAS Wojciech	845	MOBBING RAVE SUNDAY RUNNERS	FASTY		M30	270	M 714	00:02:11	2025-11-11 14:25:15	00:27:04	00:55:34.15	00:57:45.94	+00:25:26 (45.8%)	5:33	10.8 (54.3%)
879	TARASEWICZ Paweł	843		BIALYSTOK		M40	172	M 715	00:01:09	2025-11-11 14:24:13	00:27:35	00:55:34.29	00:56:43.51	+00:25:26 (45.8%)	5:33	10.8 (54.3%)
880	WYSOCKA Sylwia	1339		BIALYSTOK		K20	48	K 165	00:01:39	2025-11-11 14:24:43	00:27:11	00:55:37.50	00:57:17.01	+00:25:29 (45.8%)	5:33	10.8 (54.3%)
881	PILIC Piotr	175		BIALYSTOK		M30	271	M 716	00:02:08	2025-11-11 14:25:12	00:27:52	00:55:39.78	00:57:48.03	+00:25:31 (45.9%)	5:33	10.8 (54.3%)
882	MYTHEN Sinéad	847		BIALYSTOK		K20	49	K 166	00:01:01	2025-11-11 14:24:05	00:27:16	00:55:39.86	00:56:41.28	+00:25:31 (45.9%)	5:33	10.8 (54.3%)
883	DĄBROWSKI Piotr	1226		BIALYSTOK		M20	144	M 717	00:01:39	2025-11-11 14:24:43	00:27:43	00:55:40.71	00:57:19.77	+00:25:32 (45.9%)	5:34	10.8 (54.3%)
884	BOGUSKI Krzysztof	394		BIALYSTOK		M20	145	M 718	00:01:10	2025-11-11 14:24:14	00:26:56	00:55:41.69	00:56:52.44	+00:25:33 (45.9%)	5:34	10.8 (54.3%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
885	LISOWSKI Mirosław	634		NOWODWORCE		M40	173	M 719	00:00:37	2025-11-11 14:23:41	00:27:33	00:55:43.98	00:56:21.04	+00:25:36 (45.9%)	5:34	10.8 (54.3%)
886	BETKO Marta	56		GRABÓWKA		K20	50	K 167	00:00:36	2025-11-11 14:23:40	00:27:35	00:55:45.45	00:56:21.87	+00:25:37 (46.0%)	5:34	10.8 (54.3%)
887	TRYPUĆ Agata	41		BIALYSTOK		K40	33	K 168	00:01:13	2025-11-11 14:24:17	00:27:40	00:55:52.14	00:57:05.74	+00:25:44 (46.1%)	5:35	10.7 (53.8%)
888	ACHRAMOWICZ Adrian	1562		BIALYSTOK		M20	146	M 720	00:00:57	2025-11-11 14:24:01	00:27:25	00:55:55.83	00:56:53.29	+00:25:47 (46.1%)	5:35	10.7 (53.8%)
889	KUNDZIEWICZ Mateusz	1102		BIALYSTOK		M20	147	M 721	00:01:58	2025-11-11 14:25:02	00:29:16	00:55:57.07	00:57:55.21	+00:25:49 (46.1%)	5:35	10.7 (53.8%)
890	DOLŻYK Grzegorz	1496		BIALYSTOK		M20	148	M 722	00:01:18	2025-11-11 14:24:22	00:28:22	00:55:57.66	00:57:16.28	+00:25:49 (46.2%)	5:35	10.7 (53.8%)
891	DROBYSZ Maciej	599		BIALYSTOK		M20	149	M 723	00:01:18	2025-11-11 14:24:22	00:28:23	00:56:01.48	00:57:19.54	+00:25:53 (46.2%)	5:36	10.7 (53.8%)
892	GIRO Maciej	671		BIALYSTOK		M30	272	M 724	00:01:25	2025-11-11 14:24:29	00:27:52	00:56:03.41	00:57:28.52	+00:25:55 (46.2%)	5:36	10.7 (53.8%)
893	KURAK Grzegorz	1450		LOMZA		M40	174	M 725	00:01:53	2025-11-11 14:24:57	00:29:21	00:56:03.41	00:57:56.95	+00:25:55 (46.2%)	5:36	10.7 (53.8%)
894	KALINOWSKI Patryk	816		BIALYSTOK		M20	150	M 726	00:02:09	2025-11-11 14:25:13	00:29:20	00:56:03.56	00:58:12.79	+00:25:55 (46.3%)	5:36	10.7 (53.8%)
895	ANDREIKOVA Valentyna	870	TEA.M RUN	BIALYSTOK		K20	51	K 169	00:00:42	2025-11-11 14:23:46	00:27:46	00:56:04.86	00:56:46.88	+00:25:56 (46.3%)	5:36	10.7 (53.8%)
896	SIELWONCZUK Agnieszka	277		BIALYSTOK		K40	34	K 170	00:01:09	2025-11-11 14:24:13	00:27:32	00:56:05.64	00:57:15.55	+00:25:57 (46.3%)	5:36	10.7 (53.8%)
897	GAJEWSKA Ewelina	901	1 PBOT LUB 1 PODLASKA BRYGADA OBRONY TERYTORIALNEJ	GRABÓWKA		K30	72	K 171	00:00:21	2025-11-11 14:23:25	00:27:20	00:56:06.11	00:56:27.20	+00:25:58 (46.3%)	5:36	10.7 (53.8%)
898	OSTROWSKI Daniel	157	KAN-THERM RACING TEAM	BIALYSTOK		M30	273	M 727	00:00:18	2025-11-11 14:23:22	00:26:52	00:56:07.55	00:56:25.73	+00:25:59 (46.3%)	5:36	10.7 (53.8%)
899	NOWAK Adam	1404	9 BKPANC	ELBLĄG		M30	274	M 728	00:01:10	2025-11-11 14:24:14	00:28:24	00:56:07.71	00:57:18.16	+00:25:59 (46.3%)	5:36	10.7 (53.8%)
900	SZERSZUNOWICZ Kasia	883	HAJNÓWKA BIEGA	HAJNÓWKA		K40	35	K 172	00:00:09	2025-11-11 14:23:13	00:27:35	00:56:10.29	00:56:19.94	+00:26:02 (46.4%)	5:37	10.7 (53.8%)
901	DZIEKOŃSKI Tadeusz	798	JUVENIA BIALYSTOK	BIALYSTOK		M70	3	M 729	00:00:00		00:29:07	00:56:11.92	00:56:11.92	+00:26:04 (46.4%)	5:37	10.7 (53.8%)
902	DUBROUSKI Ivan	1436		BIALYSTOK		M30	275	M 730	00:01:22	2025-11-11 14:24:26	00:27:37	00:56:15.43	00:57:37.85	+00:26:07 (46.4%)	5:37	10.7 (53.8%)
903	PODGÓRSKA Renata	536		BIALYSTOK		K40	36	K 173	00:01:07	2025-11-11 14:24:11	00:27:20	00:56:17.07	00:57:24.26	+00:26:09 (46.5%)	5:37	10.7 (53.8%)
904	ZYWERT Konrad	1580		ZACZERLANY		M20	151	M 731	00:00:04	2025-11-11 14:23:08	00:27:14	00:56:18.74	00:56:23.43	+00:26:10 (46.5%)	5:37	10.7 (53.8%)
905	DĄBROWSKI Karol	372		ŁOMŻA		M20	152	M 732	00:01:48	2025-11-11 14:24:52	00:27:56	00:56:19.41	00:58:08.24	+00:26:11 (46.5%)	5:37	10.7 (53.8%)
906	BUJNAROWSKI Mariusz	1298		MOŃKI		M20	153	M 733	00:00:54	2025-11-11 14:23:58	00:27:03	00:56:20.13	00:57:15.11	+00:26:12 (46.5%)	5:38	10.7 (53.8%)
907	RADOŃ Jadwiga	690		BIALYSTOK		K20	52	K 174	00:01:12	2025-11-11 14:24:16	00:27:41	00:56:21.36	00:57:33.86	+00:26:13 (46.5%)	5:38	10.6 (53.3%)
908	ŁUKOWSKI Kamil	1141	SII RUNNING TEAM	POROSŁY		M30	276	M 734	00:01:54	2025-11-11 14:24:58	00:28:39	00:56:21.44	00:58:16.09	+00:26:13 (46.5%)	5:38	10.6 (53.3%)
909	KUCZEWSKI Mariusz	1550		PROSTKI		M40	175	M 735	00:01:42	2025-11-11 14:24:46	00:29:31	00:56:23.38	00:58:05.98	+00:26:15 (46.6%)	5:38	10.6 (53.3%)
910	WITAS Łukasz	311		BIALYSTOK		M30	277	M 736	00:00:31	2025-11-11 14:23:35	00:28:11	00:56:24.68	00:56:56.67	+00:26:16 (46.6%)	5:38	10.6 (53.3%)
911	MARCHEL Kacper	162		BIALYSTOK		M20	154	M 737	00:02:00	2025-11-11 14:25:04	00:29:16	00:56:27.35	00:58:27.63	+00:26:19 (46.6%)	5:38	10.6 (53.3%)
912	MACIOROWSKA Katarzyna	188		BIALYSTOK		K30	73	K 175	00:01:45	2025-11-11 14:24:49	00:28:47	00:56:27.94	00:58:13.46	+00:26:20 (46.6%)	5:38	10.6 (53.3%)
913	BIELECKI Krystian	748		BIALYSTOK		M20	155	M 738	00:00:15	2025-11-11 14:23:19	00:30:17	00:56:29.77	00:56:45.30	+00:26:21 (46.7%)	5:38	10.6 (53.3%)
914	PAROL Wiktoria	374		BIALYSTOK		K20	53	K 176	00:02:04	2025-11-11 14:25:08	00:29:22	00:56:29.94	00:58:34.45	+00:26:22 (46.7%)	5:38	10.6 (53.3%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
915	BUTKIEWICZ Michał	626		BIAŁYSTOK		M20	156	M 739	00:00:52	2025-11-11 14:23:56	00:29:01	00:56:32.21	00:57:24.93	+00:26:24 (46.7%)	5:39	10.6 (53.3%)
916	KOZACZUK Darek	229		BIAŁYSTOK		M40	176	M 740	00:01:07	2025-11-11 14:24:11	00:27:22	00:56:32.58	00:57:40.11	+00:26:24 (46.7%)	5:39	10.6 (53.3%)
917	GARDZIEJCZYK Krystian	221		BIAŁYSTOK		M20	157	M 741	00:00:41	2025-11-11 14:23:45	00:28:03	00:56:33.86	00:57:15.60	+00:26:25 (46.7%)	5:39	10.6 (53.3%)
918	KRUPKOWSKA Joanna	1147		BIAŁYSTOK		K40	37	K 177	00:01:49	2025-11-11 14:24:53	00:28:52	00:56:35.30	00:58:25.04	+00:26:27 (46.8%)	5:39	10.6 (53.3%)
919	MARCZUK Przemysław	263		BIAŁYSTOK		M30	278	M 742	00:01:33	2025-11-11 14:24:37	00:27:01	00:56:37.07	00:58:10.16	+00:26:29 (46.8%)	5:39	10.6 (53.3%)
920	BARAŃCZUK Miłosz	1270	KLUB STUDENCKI CONIECO	WYCZÓŁKI		M20	158	M 743	00:02:04	2025-11-11 14:25:08	00:29:00	00:56:37.62	00:58:42.56	+00:26:29 (46.8%)	5:39	10.6 (53.3%)
921	TROFIMIUK Jerzy	918		BIAŁYSTOK		M50	74	M 744	00:00:53	2025-11-11 14:23:57	00:27:49	00:56:38.65	00:57:31.69	+00:26:30 (46.8%)	5:39	10.6 (53.3%)
922	AWŁASEWICZ Krzysztof	555		BIAŁYSTOK		M20	159	M 745	00:00:15	2025-11-11 14:23:19	00:27:58	00:56:39.85	00:56:55.07	+00:26:31 (46.8%)	5:39	10.6 (53.3%)
923	DYSZKIEWICZ Marta	1330	ROUT RUNCLUB	BIAŁYSTOK		K20	54	K 178	00:01:06	2025-11-11 14:24:10	00:28:41	00:56:40.43	00:57:46.51	+00:26:32 (46.8%)	5:40	10.6 (53.3%)
924	ZIMNOCH Karolina	1122		BIAŁYSTOK		K16	4	K 179	00:01:31	2025-11-11 14:24:35	00:28:16	00:56:42.49	00:58:14.44	+00:26:34 (46.9%)	5:40	10.6 (53.3%)
925	URWAN Krzysztof	1140		BIAŁYSTOK		M40	177	M 746	00:01:26	2025-11-11 14:24:30	00:28:09	00:56:42.91	00:58:09.56	+00:26:35 (46.9%)	5:40	10.6 (53.3%)
926	CHĘTNIK Joanna	497	ZS NR 15 PRZY UDSK	BIAŁYSTOK		K40	38	K 180	00:01:27	2025-11-11 14:24:31	00:28:32	00:56:43.17	00:58:10.97	+00:26:35 (46.9%)	5:40	10.6 (53.3%)
927	MODZELEWSKA Anna Maria	1132		BIAŁYSTOK		K20	55	K 181	00:01:05	2025-11-11 14:24:09	00:29:01	00:56:45.76	00:57:51.63	+00:26:37 (46.9%)	5:40	10.6 (53.3%)
928	DAWIDOWSKI Piotr	562		BIAŁYSTOK		M30	279	M 747	00:00:42	2025-11-11 14:23:46	00:27:21	00:56:48.64	00:57:30.99	+00:26:40 (47.0%)	5:40	10.6 (53.3%)
929	KUĆ Rafał	328		BIAŁYSTOK		M40	178	M 748	00:01:19	2025-11-11 14:24:23	00:28:17	00:56:50.17	00:58:09.64	+00:26:42 (47.0%)	5:41	10.6 (53.3%)
930	ŻARSKA Katarzyna	245		BIAŁYSTOK		K30	74	K 182	00:00:39	2025-11-11 14:23:43	00:28:05	00:56:54.96	00:57:34.76	+00:26:47 (47.1%)	5:41	10.5 (52.8%)
931	ŚWIETLICKI Karol	1254		BIAŁYSTOK		M30	280	M 749	00:01:14	2025-11-11 14:24:18	00:29:17	00:56:55.68	00:58:10.22	+00:26:47 (47.1%)	5:41	10.5 (52.8%)
932	KUREK Krzysztof	566		BIAŁYSTOK		M40	179	M 750	00:01:40	2025-11-11 14:24:44	00:29:03	00:56:56.91	00:58:37.58	+00:26:49 (47.1%)	5:41	10.5 (52.8%)
933	RĘBACZ Maciej	861		BIAŁYSTOK		M50	75	M 751	00:01:00	2025-11-11 14:24:04	00:28:10	00:56:57.70	00:57:57.91	+00:26:49 (47.1%)	5:41	10.5 (52.8%)
934	ŁYSIK Ewelina	137		BIAŁYSTOK		K30	75	K 183	00:01:40	2025-11-11 14:24:44	00:29:10	00:56:58.04	00:58:38.15	+00:26:50 (47.1%)	5:41	10.5 (52.8%)
935	MOKICKI Piotr	62		BIAŁYSTOK		M50	76	M 752	00:00:45	2025-11-11 14:23:49	00:28:12	00:56:58.15	00:57:43.94	+00:26:50 (47.1%)	5:41	10.5 (52.8%)
936	LIPIAK Arkadiusz	1510	9BKPANC	ELBLĄG		M30	281	M 753	00:01:56	2025-11-11 14:25:00	00:28:53	00:56:58.49	00:58:55.24	+00:26:50 (47.1%)	5:41	10.5 (52.8%)
937	LOKSZTEJN Patrycja	963		POZNAŃ		K20	56	K 184	00:01:15	2025-11-11 14:24:19	00:27:44	00:56:58.84	00:58:14.64	+00:26:50 (47.1%)	5:41	10.5 (52.8%)
938	ŻEMOJDUK Gosia	343		BIAŁYSTOK		K30	76	K 185	00:01:13	2025-11-11 14:24:17	00:28:32	00:56:59.09	00:58:12.63	+00:26:51 (47.1%)	5:41	10.5 (52.8%)
939	GALIŃSKI Gabriel	1579		ZACZERLANY		M20	160	M 754	00:00:02	2025-11-11 14:23:06	00:27:17	00:56:59.74	00:57:01.88	+00:26:51 (47.1%)	5:41	10.5 (52.8%)
940	ROGAŁA Kacper	1570		ZACZERLANY		M16	38	M 755	00:00:02	2025-11-11 14:23:06	00:27:16	00:57:03.83	00:57:06.46	+00:26:55 (47.2%)	5:42	10.5 (52.8%)
941	NIEDBAŁA Ewelina	89		CZARNA BIAŁOSTOCKA		K20	57	K 186	00:01:12	2025-11-11 14:24:16	00:27:42	00:57:03.93	00:58:16.51	+00:26:56 (47.2%)	5:42	10.5 (52.8%)
942	RYGIELSKI Szymon	1388		BIAŁYSTOK		M30	282	M 756	00:01:36	2025-11-11 14:24:40	00:29:29	00:57:05.45	00:58:42.13	+00:26:57 (47.2%)	5:42	10.5 (52.8%)
943	ZAWADZKI Ireneusz	817		SOCHACZEW		M30	283	M 757	00:01:36	2025-11-11 14:24:40	00:29:28	00:57:05.47	00:58:42.19	+00:26:57 (47.2%)	5:42	10.5 (52.8%)
944	DOBROGOWSKI Rafał	1346		ŁOMŻA		M40	180	M 758	00:01:09	2025-11-11 14:24:13	00:27:50	00:57:11.95	00:58:21.72	+00:27:04 (47.3%)	5:43	10.5 (52.8%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
945	BUDA Maciej	1411		OŻARÓW MAZOWIECKI		M50	77	M 759	00:01:24	2025-11-11 14:24:28	00:28:46	00:57:12.20	00:58:36.91	+00:27:04 (47.3%)	5:43	10.5 (52.8%)
946	DUCHNOWSKA Karolina	708		ZAWADY		K30	77	K 187	00:00:32	2025-11-11 14:23:36	00:27:29	00:57:20.59	00:57:53.24	+00:27:12 (47.5%)	5:44	10.5 (52.8%)
947	ZALESKI Leszek	35	RUNOGRODNIK	OGRODNIKI		M40	181	M 760	00:00:12	2025-11-11 14:23:16	00:28:21	00:57:21.40	00:57:33.57	+00:27:13 (47.5%)	5:44	10.5 (52.8%)
948	GUZIEJKO Maciej	1363		BIAŁYSTOK		M30	284	M 761	00:00:46	2025-11-11 14:23:50	00:28:28	00:57:24.66	00:58:10.90	+00:27:16 (47.5%)	5:44	10.5 (52.8%)
949	OŻLAŃSKA Gabriela	1258		BIAŁYSTOK		K20	58	K 188	00:01:23	2025-11-11 14:24:27	00:29:12	00:57:24.77	00:58:48.14	+00:27:16 (47.5%)	5:44	10.5 (52.8%)
950	PADYSZ Paweł	431		SIEDLCE		M40	182	M 762	00:01:04	2025-11-11 14:24:08	00:28:43	00:57:25.21	00:58:29.84	+00:27:17 (47.5%)	5:44	10.4 (52.3%)
951	KANTOR-DAWIDZIUK Magda	279		BIAŁYSTOK		K30	78	K 189	00:02:06	2025-11-11 14:25:10	00:28:21	00:57:25.53	00:59:32.43	+00:27:17 (47.5%)	5:44	10.4 (52.3%)
952	HRYSZKO Magdalena	127		BIAŁYSTOK		K30	79	K 190	00:01:12	2025-11-11 14:24:16	00:27:40	00:57:25.63	00:58:38.25	+00:27:17 (47.5%)	5:44	10.4 (52.3%)
953	LAPTSEVICH Yaraslau	672		BIAŁYSTOK		M16	39	M 763	00:01:06	2025-11-11 14:24:10	00:29:22	00:57:25.86	00:58:32.76	+00:27:17 (47.5%)	5:44	10.4 (52.3%)
954	SZMELCER Milena	934		BIAŁYSTOK		K20	59	K 191	00:02:09	2025-11-11 14:25:13	00:29:20	00:57:27.45	00:59:36.53	+00:27:19 (47.6%)	5:44	10.4 (52.3%)
955	BALULIS Daiwa	305		SUWAŁKI		K20	60	K 192	00:00:28	2025-11-11 14:23:32	00:28:45	00:57:27.50	00:57:55.76	+00:27:19 (47.6%)	5:44	10.4 (52.3%)
956	KONOŃCZUK Edyta	61		BIAŁYSTOK		K50	11	K 193	00:01:12	2025-11-11 14:24:16	00:28:14	00:57:27.93	00:58:40.54	+00:27:20 (47.6%)	5:44	10.4 (52.3%)
957	OSTROWSKI Tomasz	492		BIAŁYSTOK		M40	183	M 764	00:01:13	2025-11-11 14:24:17	00:28:39	00:57:29.94	00:58:43.07	+00:27:22 (47.6%)	5:44	10.4 (52.3%)
958	ŁOMOTOWSKI Szymon	640		BIAŁYSTOK		M30	285	M 765	00:00:41	2025-11-11 14:23:45	00:27:51	00:57:31.11	00:58:12.39	+00:27:23 (47.6%)	5:45	10.4 (52.3%)
959	BYKOWSKI Hubert	461		GRABÓWKA		M20	161	M 766	00:00:04	2025-11-11 14:23:08	00:28:09	00:57:31.39	00:57:35.59	+00:27:23 (47.6%)	5:45	10.4 (52.3%)
960	SOKÓŁ Sylwia	1486		SĘDZISZÓW		K40	39	K 194	00:01:31	2025-11-11 14:24:35	00:28:51	00:57:33.37	00:59:04.58	+00:27:25 (47.6%)	5:45	10.4 (52.3%)
961	KEPKO Artur	330		BIAŁYSTOK		M40	184	M 767	00:01:19	2025-11-11 14:24:23	00:28:20	00:57:34.38	00:58:54.22	+00:27:26 (47.7%)	5:45	10.4 (52.3%)
962	NIWIŃSKI Andrzej	880	ARARA	BIAŁYSTOK		M60	19	M 768	00:01:14	2025-11-11 14:24:18	00:28:23	00:57:34.43	00:58:48.92	+00:27:26 (47.7%)	5:45	10.4 (52.3%)
963	KURYŚ Karolina	1281		BIAŁYSTOK		K30	80	K 195	00:01:42	2025-11-11 14:24:46	00:28:33	00:57:34.75	00:59:17.15	+00:27:26 (47.7%)	5:45	10.4 (52.3%)
964	TATKO Michał	1073		ŁOMŻA		M20	162	M 769	00:01:18	2025-11-11 14:24:22	00:28:44	00:57:35.05	00:58:53.71	+00:27:27 (47.7%)	5:45	10.4 (52.3%)
965	PISZCZATOWSKI Jakub	920		BIAŁYSTOK		M20	163	M 770	00:01:41	2025-11-11 14:24:45	00:29:25	00:57:35.74	00:59:17.59	+00:27:27 (47.7%)	5:45	10.4 (52.3%)
966	WINNICKI Krzysztof	392		BIAŁYSTOK		M40	185	M 771	00:01:00	2025-11-11 14:24:04	00:28:26	00:57:36.91	00:58:36.98	+00:27:29 (47.7%)	5:45	10.4 (52.3%)
967	TURCZEWSKI Filip	425		KSIĘŻYNO		M20	164	M 772	00:01:50	2025-11-11 14:24:54	00:28:16	00:57:38.27	00:59:28.49	+00:27:30 (47.7%)	5:45	10.4 (52.3%)
968	KONOPKA Szymon	324		ŁOMŻA		M20	165	M 773	00:01:16	2025-11-11 14:24:20	00:28:46	00:57:39.46	00:58:56.16	+00:27:31 (47.7%)	5:45	10.4 (52.3%)
969	JABŁOŃSKI Szymon	1495		BIAŁYSTOK		M20	166	M 774	00:02:08	2025-11-11 14:25:12	00:29:32	00:57:39.73	00:59:47.91	+00:27:31 (47.7%)	5:45	10.4 (52.3%)
970	STOBIECKI Adam	40		POROSŁY		M30	286	M 775	00:02:13	2025-11-11 14:25:17	00:29:29	00:57:40.85	00:59:54.75	+00:27:32 (47.8%)	5:46	10.4 (52.3%)
971	PYZARA Marzena	499		BIAŁYSTOK		K30	81	K 196	00:01:43	2025-11-11 14:24:47	00:29:01	00:57:41.77	00:59:25.32	+00:27:33 (47.8%)	5:46	10.4 (52.3%)
972	MOROZ Adam	488		BIAŁYSTOK		M40	186	M 776	00:01:59	2025-11-11 14:25:03	00:29:39	00:57:42.45	00:59:42.40	+00:27:34 (47.8%)	5:46	10.4 (52.3%)
973	JOSZKOWSKI Mateusz	1213		BIAŁYSTOK		M20	167	M 777	00:01:33	2025-11-11 14:24:37	00:29:13	00:57:45.80	00:59:19.33	+00:27:37 (47.8%)	5:46	10.4 (52.3%)
974	MARTYNIUK Julia	1446	GRYGOTEAM	WASILKÓW		K20	61	K 197	00:01:17	2025-11-11 14:24:21	00:28:19	00:57:46.29	00:59:03.97	+00:27:38 (47.8%)	5:46	10.4 (52.3%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
975	NASUTO Jacek	1447	GRYGOTEAM	WASILKÓW		M30	287	M 778	00:01:17	2025-11-11 14:24:21	00:28:19	00:57:46.33	00:59:03.89	+00:27:38 (47.8%)	5:46	10.4 (52.3%)
976	PERKOWSKA Katarzyna	1427	NIE NALEZY	IGNATKI OSIEDLE		K40	40	K 198	00:00:08	2025-11-11 14:23:12	00:28:08	00:57:46.50	00:57:54.65	+00:27:38 (47.8%)	5:46	10.4 (52.3%)
977	MULAWKA Aleksander	998		CZARNOWIEC		M16	40	M 779	00:01:38	2025-11-11 14:24:42	00:30:13	00:57:47.54	00:59:26.02	+00:27:39 (47.9%)	5:46	10.4 (52.3%)
978	PERŁO Dorota	831		BIAŁYSTOK		K50	12	K 199	00:00:40	2025-11-11 14:23:44	00:28:23	00:57:47.58	00:58:28.48	+00:27:39 (47.9%)	5:46	10.4 (52.3%)
979	ZAJKOWSKA Ewelina	500		BIAŁYSTOK		K30	82	K 200	00:01:43	2025-11-11 14:24:47	00:29:00	00:57:48.76	00:59:32.49	+00:27:40 (47.9%)	5:46	10.4 (52.3%)
980	KUCZYŃSKI Maciej	1055	AQUARD RUN	BIAŁYSTOK		M30	288	M 780	00:02:05	2025-11-11 14:25:09	00:28:12	00:57:48.89	00:59:54.71	+00:27:40 (47.9%)	5:46	10.4 (52.3%)
981	FESNAK Izabela	1023		BIAŁYSTOK		K20	62	K 201	00:00:32	2025-11-11 14:23:36	00:29:11	00:57:49.19	00:58:21.75	+00:27:41 (47.9%)	5:46	10.4 (52.3%)
982	ŁAPIŃSKI Krzysztof	453		ŁAPY		M50	78	M 781	00:01:42	2025-11-11 14:24:46	00:28:54	00:57:50.40	00:59:32.47	+00:27:42 (47.9%)	5:47	10.4 (52.3%)
983	ŁAPIŃSKA Małgorzata	121		KSIĘŻYNO-KOLONIA		K30	83	K 202	00:00:51	2025-11-11 14:23:55	00:28:13	00:57:50.72	00:58:42.27	+00:27:42 (47.9%)	5:47	10.4 (52.3%)
984	TOCZYŁOWSKI Kamil	1428		BIAŁYSTOK		M20	168	M 782	00:01:44	2025-11-11 14:24:48	00:31:07	00:57:50.83	00:59:35.59	+00:27:42 (47.9%)	5:47	10.4 (52.3%)
985	RUDNICKA Beata	715		CHOROSZCZ		K30	84	K 203	00:01:26	2025-11-11 14:24:30	00:29:24	00:57:51.44	00:59:17.68	+00:27:43 (47.9%)	5:47	10.4 (52.3%)
986	ŁOCHOWSKA Maria	45	NEVER_TOO_LATE	SOBOLEWO		K40	41	K 204	00:01:06	2025-11-11 14:24:10	00:28:09	00:57:52.82	00:58:59.81	+00:27:44 (47.9%)	5:47	10.4 (52.3%)
987	POTAPCZYK Piotr	1494		TUROŚŃ KOŚCIELNA		M40	187	M 783	00:00:57	2025-11-11 14:24:01	00:28:28	00:57:53.62	00:58:51.35	+00:27:45 (48.0%)	5:47	10.4 (52.3%)
988	DMOCHOWSKI Piotr	1233		WYSOKIE MAZOWIECKIE		M30	289	M 784	00:01:15	2025-11-11 14:24:19	00:27:57	00:57:55.26	00:59:10.72	+00:27:47 (48.0%)	5:47	10.4 (52.3%)
989	ABRAMCZYK Emilia	1223		SOWLANY		K20	63	K 205	00:00:46	2025-11-11 14:23:50	00:27:30	00:57:55.30	00:58:42.09	+00:27:47 (48.0%)	5:47	10.4 (52.3%)
990	ŚLIWOWSKA Bogusława	1050		BIAŁYSTOK		K30	85	K 206	00:00:55	2025-11-11 14:23:59	00:28:30	00:57:55.45	00:58:51.15	+00:27:47 (48.0%)	5:47	10.4 (52.3%)
991	KROM Weronika	55		BIAŁYSTOK		K20	64	K 207	00:01:52	2025-11-11 14:24:56	00:29:48	00:57:55.80	00:59:48.40	+00:27:47 (48.0%)	5:47	10.4 (52.3%)
992	CZYŻEWSKI Marcin	1078		BIAŁYSTOK		M30	290	M 785	00:01:26	2025-11-11 14:24:30	00:29:00	00:57:57.54	00:59:23.72	+00:27:49 (48.0%)	5:47	10.4 (52.3%)
993	GIL Piotr	863		BIAŁYSTOK		M30	291	M 786	00:01:09	2025-11-11 14:24:13	00:27:29	00:57:58.31	00:59:07.39	+00:27:50 (48.0%)	5:47	10.4 (52.3%)
994	KAŻMIERSKI Dariusz	893	AIKIRUNNERS	BIAŁYSTOK		M50	79	M 787	00:01:56	2025-11-11 14:25:00	00:28:47	00:58:00.22	00:59:56.36	+00:27:52 (48.1%)	5:48	10.3 (51.8%)
995	MAKSIMIUK Ula	301		BIAŁYSTOK		K20	65	K 208	00:01:41	2025-11-11 14:24:45	00:29:57	00:58:00.41	00:59:41.97	+00:27:52 (48.1%)	5:48	10.3 (51.8%)
996	KURKOWSKI Rafał	965		BIAŁYSTOK		M20	169	M 788	00:01:23	2025-11-11 14:24:27	00:29:39	00:58:01.07	00:59:24.91	+00:27:53 (48.1%)	5:48	10.3 (51.8%)
997	KURDEJ Mikołaj	975		CELESTYNÓW		M20	170	M 789	00:02:02	2025-11-11 14:25:06	00:27:05	00:58:03.61	01:00:06.07	+00:27:55 (48.1%)	5:48	10.3 (51.8%)
998	ABRAMCZYK Jakub	1273		SOWLANY		M20	171	M 790	00:00:47	2025-11-11 14:23:51	00:27:04	00:58:06.57	00:58:53.88	+00:27:58 (48.1%)	5:48	10.3 (51.8%)
999	KRET Jakub	604		ODOJE		M20	172	M 791	00:01:22	2025-11-11 14:24:26	00:28:06	00:58:07.21	00:59:29.95	+00:27:59 (48.2%)	5:48	10.3 (51.8%)
1000	GAWROŃSKA Natalia	529		BIAŁYSTOK		K30	86	K 209	00:00:42	2025-11-11 14:23:46	00:28:56	00:58:07.26	00:58:49.58	+00:27:59 (48.2%)	5:48	10.3 (51.8%)
1001	JANCZUK-SZYMAŃSKA Magdalena	827		BIAŁYSTOK		K40	42	K 210	00:00:59	2025-11-11 14:24:03	00:28:12	00:58:08.11	00:59:07.45	+00:28:00 (48.2%)	5:48	10.3 (51.8%)
1002	BRONIEWICZ Piotr	72	DRTUSZ BIEGA	BIAŁYSTOK		M40	188	M 792	00:01:52	2025-11-11 14:24:56	00:28:43	00:58:08.24	01:00:00.97	+00:28:00 (48.2%)	5:48	10.3 (51.8%)
1003	PRZYBYŁOWSK Krzysztof	484		BIAŁYSTOK		M40	189	M 793	00:02:06	2025-11-11 14:25:10	00:29:31	00:58:09.56	01:00:15.84	+00:28:01 (48.2%)	5:48	10.3 (51.8%)
1004	MILEWSKI Michał	1487		BIAŁYSTOK		M30	292	M 794	00:01:32	2025-11-11 14:24:36	00:29:42	00:58:10.84	00:59:43.72	+00:28:02 (48.2%)	5:49	10.3 (51.8%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
1005	DZIERŻEK Martyna	846		BIAŁYSTOK		K20	66	K 211	00:01:21	2025-11-11 14:24:25	00:29:02	00:58:11.12	00:59:32.69	+00:28:03 (48.2%)	5:49	10.3 (51.8%)
1006	LEWOC-WASILEWSKA Magdalena	1533		BIAŁYSTOK		K20	67	K 212	00:01:44	2025-11-11 14:24:48	00:30:27	00:58:12.44	00:59:57.26	+00:28:04 (48.2%)	5:49	10.3 (51.8%)
1007	BORYTA Justyna	1512	9BKPANC	BRANIEWO		K20	68	K 213	00:01:56	2025-11-11 14:25:00	00:28:58	00:58:12.59	01:00:08.80	+00:28:04 (48.2%)	5:49	10.3 (51.8%)
1008	KUNICKA Aleksandra	1156		BIAŁYSTOK		K20	69	K 214	00:01:24	2025-11-11 14:24:28	00:29:26	00:58:18.17	00:59:42.79	+00:28:10 (48.3%)	5:49	10.3 (51.8%)
1009	KOPROWSKI Konrad	1328		ŚWIĘTAJNO		M30	293	M 795	00:00:06	2025-11-11 14:23:10	00:28:16	00:58:18.69	00:58:25.24	+00:28:10 (48.3%)	5:49	10.3 (51.8%)
1010	DZIEJMA Adam	1266		BIAŁYSTOK		M50	80	M 796	00:01:20	2025-11-11 14:24:24	00:29:30	00:58:21.71	00:59:42.00	+00:28:13 (48.4%)	5:50	10.3 (51.8%)
1011	KRYSZTOPOWICZ Emilia	272		BIAŁYSTOK		K20	70	K 215	00:01:44	2025-11-11 14:24:48	00:29:56	00:58:24.80	01:00:09.65	+00:28:16 (48.4%)	5:50	10.3 (51.8%)
1012	PROSTKO Mateusz	933		BIAŁYSTOK		M30	294	M 797	00:01:18	2025-11-11 14:24:22	00:29:09	00:58:26.20	00:59:44.43	+00:28:18 (48.4%)	5:50	10.3 (51.8%)
1013	BURSZTYNIUK Tomasz	815		KAMIONKA		M20	173	M 798	00:01:29	2025-11-11 14:24:33	00:29:59	00:58:27.51	00:59:56.57	+00:28:19 (48.5%)	5:50	10.3 (51.8%)
1014	PABISEK Jan	386		GRAJEWO		M20	174	M 799	00:01:27	2025-11-11 14:24:31	00:30:04	00:58:28.18	00:59:55.73	+00:28:20 (48.5%)	5:50	10.3 (51.8%)
1015	RYDZEWSKI Andrzej	1204		BIAŁYSTOK		M50	81	M 800	00:01:41	2025-11-11 14:24:45	00:29:01	00:58:29.56	01:00:10.91	+00:28:21 (48.5%)	5:50	10.3 (51.8%)
1016	TSIARESHKA Uladzislau	51	TEA M RUN	BIAŁYSTOK		M20	175	M 801	00:02:04	2025-11-11 14:25:08	00:28:52	00:58:30.48	01:00:35.28	+00:28:22 (48.5%)	5:51	10.3 (51.8%)
1017	RUTO Dzmitry	66	TEA.M RUN	BIAŁYSTOK		M30	295	M 802	00:00:46	2025-11-11 14:23:50	00:27:40	00:58:31.20	00:59:18.11	+00:28:23 (48.5%)	5:51	10.3 (51.8%)
1018	ANISEROWICZ Joanna	346		BIAŁYSTOK		K30	87	K 216	00:01:30	2025-11-11 14:24:34	00:30:01	00:58:32.35	01:00:02.81	+00:28:24 (48.5%)	5:51	10.3 (51.8%)
1019	OKULIŃSKA Anna	1028		BIAŁYSTOK		K20	71	K 217	00:01:24	2025-11-11 14:24:28	00:29:51	00:58:32.73	00:59:57.15	+00:28:24 (48.5%)	5:51	10.3 (51.8%)
1020	SZCZĘSNOWICZ Weronika	925		BIAŁYSTOK		K30	88	K 218	00:00:46	2025-11-11 14:23:50	00:28:15	00:58:34.45	00:59:20.78	+00:28:26 (48.6%)	5:51	10.2 (51.3%)
1021	BOROWY Kamil	554	M7 SPORT TEAM	BIAŁYSTOK		M30	296	M 803	00:01:29	2025-11-11 14:24:33	00:29:40	00:58:34.68	01:00:04.42	+00:28:26 (48.6%)	5:51	10.2 (51.3%)
1022	KURZYNA Tomasz	287		BIAŁYSTOK		M50	82	M 804	00:01:11	2025-11-11 14:24:15	00:29:01	00:58:34.89	00:59:46.12	+00:28:26 (48.6%)	5:51	10.2 (51.3%)
1023	CZAJKOWSKI Paweł	1172		KRYPNO		M30	297	M 805	00:02:01	2025-11-11 14:25:05	00:29:28	00:58:35.03	01:00:36.90	+00:28:27 (48.6%)	5:51	10.2 (51.3%)
1024	SEKŚCIŃSKI Michał	151		BIAŁYSTOK		M30	298	M 806	00:01:42	2025-11-11 14:24:46	00:29:46	00:58:35.08	01:00:18.08	+00:28:27 (48.6%)	5:51	10.2 (51.3%)
1025	CZAJKOWSKA Justyna	1173		KRYPNO KOŚCIELNE		K30	89	K 219	00:02:01	2025-11-11 14:25:05	00:29:29	00:58:35.11	01:00:36.73	+00:28:27 (48.6%)	5:51	10.2 (51.3%)
1026	JEMIELITY Andrzej	856		BIAŁYSTOK		M50	83	M 807	00:01:17	2025-11-11 14:24:21	00:28:57	00:58:36.10	00:59:53.72	+00:28:28 (48.6%)	5:51	10.2 (51.3%)
1027	KOZAK Tomasz	1238		BIAŁYSTOK		M30	299	M 808	00:01:00	2025-11-11 14:24:04	00:29:18	00:58:37.11	00:59:37.23	+00:28:29 (48.6%)	5:51	10.2 (51.3%)
1028	NIERODA Ilona	143	BIAŁOSTOCKA SEKTA BIEGACZY	BIAŁYSTOK		K30	90	K 220	00:01:27	2025-11-11 14:24:31	00:29:45	00:58:38.49	01:00:05.96	+00:28:30 (48.6%)	5:51	10.2 (51.3%)
1029	LENCZEWSKA Edyta	878		NOWODWORCE		K30	91	K 221	00:01:42	2025-11-11 14:24:46	00:29:47	00:58:38.72	01:00:21.39	+00:28:30 (48.6%)	5:51	10.2 (51.3%)
1030	STOLARCZYK Anna	1229		BIAŁYSTOK, POLAND		K40	43	K 222	00:02:03	2025-11-11 14:25:07	00:29:43	00:58:39.04	01:00:42.05	+00:28:31 (48.6%)	5:51	10.2 (51.3%)
1031	PANKIEWICZ Paweł	1286		BIAŁYSTOK		M40	190	M 809	00:02:02	2025-11-11 14:25:06	00:28:38	00:58:39.99	01:00:42.50	+00:28:32 (48.6%)	5:51	10.2 (51.3%)
1032	KOSSAKOWSKI Konrad	1488		TYKOCIN		M20	176	M 810	00:01:16	2025-11-11 14:24:20	00:30:19	00:58:41.14	00:59:57.94	+00:28:33 (48.7%)	5:52	10.2 (51.3%)
1033	JABŁOŃSKI Wojciech	1367		ŁOPIENIE SZELĄGI		M40	191	M 811	00:01:32	2025-11-11 14:24:36	00:29:30	00:58:42.71	01:00:14.77	+00:28:34 (48.7%)	5:52	10.2 (51.3%)
1034	HUBBELL Małgorzata	746		CHOROSZCZ		K40	44	K 223	00:01:57	2025-11-11 14:25:01	00:29:33	00:58:44.56	01:00:42.34	+00:28:36 (48.7%)	5:52	10.2 (51.3%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
1035	PATALAN Piotr	240	5658	KOLNO		M30	300	M 812	00:00:28	2025-11-11 14:23:32	00:29:34	00:58:45.11	00:59:13.11	+00:28:37 (48.7%)	5:52	10.2 (51.3%)
1036	PRZEŹDZIECKA Wiktoria	801		BIAŁYSTOK		K16	5	K 224	00:00:57	2025-11-11 14:24:01	00:28:59	00:58:46.24	00:59:44.24	+00:28:38 (48.7%)	5:52	10.2 (51.3%)
1037	WOJEWODA Patryk	1480		BIAŁYSTOK		M30	301	M 813	00:01:29	2025-11-11 14:24:33	00:30:02	00:58:47.58	01:00:17.54	+00:28:39 (48.7%)	5:52	10.2 (51.3%)
1038	SKOBODZIŃSKI Marcin	786		SZUDZIAŁOWO		M30	302	M 814	00:01:44	2025-11-11 14:24:48	00:30:56	00:58:48.80	01:00:33.78	+00:28:40 (48.8%)	5:52	10.2 (51.3%)
1039	ALEKSIEJUK Adam	723		BIAŁYSTOK		M30	303	M 815	00:01:54	2025-11-11 14:24:58	00:29:38	00:58:48.84	01:00:43.21	+00:28:40 (48.8%)	5:52	10.2 (51.3%)
1040	CIUPA Radosław	280		BIAŁYSTOK		M16	41	M 816	00:01:26	2025-11-11 14:24:30	00:28:42	00:58:52.40	01:00:19.35	+00:28:44 (48.8%)	5:53	10.2 (51.3%)
1041	RUSINOWICZ Rafał	1044	SII RUNNING TEAM	BIAŁYSTOK		M30	304	M 817	00:01:31	2025-11-11 14:24:35	00:30:00	00:58:52.81	01:00:23.82	+00:28:44 (48.8%)	5:53	10.2 (51.3%)
1042	TOMCZYK Wojtek	258		BIAŁYSTOK		M20	177	M 818	00:01:28	2025-11-11 14:24:32	00:30:11	00:58:53.01	01:00:21.59	+00:28:45 (48.8%)	5:53	10.2 (51.3%)
1043	FRYZE Izabela	255		BIAŁYSTOK		K20	72	K 225	00:01:28	2025-11-11 14:24:32	00:30:11	00:58:53.05	01:00:21.66	+00:28:45 (48.8%)	5:53	10.2 (51.3%)
1044	BRUSZKIEWICZ Kamil	1578		ZACZERLANY		M30	305	M 819	00:00:21	2025-11-11 14:23:25	00:27:15	00:58:53.21	00:59:15.10	+00:28:45 (48.8%)	5:53	10.2 (51.3%)
1045	LASOŃ Paweł	214	FC LASOŃ	BIAŁYSTOK		M30	306	M 820	00:01:44	2025-11-11 14:24:48	00:30:33	00:58:53.28	01:00:38.24	+00:28:45 (48.8%)	5:53	10.2 (51.3%)
1046	SADOWSKI Piotr	28		BIAŁYSTOK		M20	178	M 821	00:01:27	2025-11-11 14:24:31	00:30:08	00:58:54.29	01:00:22.26	+00:28:46 (48.8%)	5:53	10.2 (51.3%)
1047	GROMACKI Ireneusz	327	1PBOT	BIAŁYSTOK		M40	192	M 822	00:01:11	2025-11-11 14:24:15	00:28:16	00:58:54.32	01:00:06.09	+00:28:46 (48.8%)	5:53	10.2 (51.3%)
1048	FIEDORUK Aneta	628		BIAŁYSTOK		K30	92	K 226	00:01:04	2025-11-11 14:24:08	00:28:49	00:58:54.59	00:59:58.86	+00:28:46 (48.9%)	5:53	10.2 (51.3%)
1049	CZARNECKA Małgorzata	802		BIAŁYSTOK		K16	6	K 227	00:00:58	2025-11-11 14:24:02	00:28:52	00:58:55.35	00:59:53.89	+00:28:47 (48.9%)	5:53	10.2 (51.3%)
1050	SZCZUKA Dariusz	580		BIAŁYSTOK		M30	307	M 823	00:00:51	2025-11-11 14:23:55	00:29:33	00:58:55.64	00:59:47.25	+00:28:47 (48.9%)	5:53	10.2 (51.3%)
1051	KOMAR Dorota	169		KĄTY		K20	73	K 228	00:01:30	2025-11-11 14:24:34	00:30:02	00:58:55.80	01:00:26.73	+00:28:47 (48.9%)	5:53	10.2 (51.3%)
1052	ZABOROWSKA Emilia	30		BIAŁYSTOK		K20	74	K 229	00:01:47	2025-11-11 14:24:51	00:29:42	00:58:56.02	01:00:43.29	+00:28:48 (48.9%)	5:53	10.2 (51.3%)
1053	EROSHENKOVA Valentina	1074	TEA.M RUN	BIAŁYSTOK		K40	45	K 230	00:01:37	2025-11-11 14:24:41	00:29:55	00:58:56.34	01:00:33.43	+00:28:48 (48.9%)	5:53	10.2 (51.3%)
1054	BORYS Romuald	1157		MIELESZKOWCE PAWŁOWICKIE		M60	20	M 824	00:00:59	2025-11-11 14:24:03	00:29:13	00:58:56.36	00:59:56.02	+00:28:48 (48.9%)	5:53	10.2 (51.3%)
1055	EROSHENKOV Yury	1075	TEA.M RUN	BIAŁYSTOK		M40	193	M 825	00:01:37	2025-11-11 14:24:41	00:29:54	00:58:56.57	01:00:33.65	+00:28:48 (48.9%)	5:53	10.2 (51.3%)
1056	JUSZKIEWICZ Eugeniusz	740		BIAŁYSTOK		M30	308	M 826	00:02:04	2025-11-11 14:25:08	00:29:12	00:58:56.57	01:01:01.07	+00:28:48 (48.9%)	5:53	10.2 (51.3%)
1057	RUSZCZYK Mateusz	383		BIAŁYSTOK		M20	179	M 827	00:01:27	2025-11-11 14:24:31	00:30:04	00:58:57.07	01:00:24.96	+00:28:49 (48.9%)	5:53	10.2 (51.3%)
1058	DĄBROWSKA Magdalena	289	MAGDA Z PODLASIA	BIAŁYSTOK		K20	75	K 231	00:01:41	2025-11-11 14:24:45	00:29:47	00:58:57.36	01:00:39.07	+00:28:49 (48.9%)	5:53	10.2 (51.3%)
1059	PATEJUK Agnieszka	44		SURAŻ		K30	93	K 232	00:01:24	2025-11-11 14:24:28	00:29:21	00:58:57.92	01:00:22.16	+00:28:50 (48.9%)	5:53	10.2 (51.3%)
1060	SIENNICKI Krzysztof	1299	KP ŁAPY	ŁAPY		M30	309	M 828	00:00:49	2025-11-11 14:23:53	00:28:26	00:58:58.03	00:59:47.90	+00:28:50 (48.9%)	5:53	10.2 (51.3%)
1061	RYBIŃSKA Agata	1275		BIAŁYSTOK		K30	94	K 233	00:01:49	2025-11-11 14:24:53	00:30:00	00:58:58.45	01:00:48.29	+00:28:50 (48.9%)	5:53	10.2 (51.3%)
1062	TWAROWSKI Michał	954		BIAŁYSTOK		M20	180	M 829	00:01:30	2025-11-11 14:24:34	00:29:20	00:58:58.61	01:00:28.65	+00:28:50 (48.9%)	5:53	10.2 (51.3%)
1063	DAWIDZIUK Maciej	1438		BIAŁYSTOK		M40	194	M 830	00:00:58	2025-11-11 14:24:02	00:29:11	00:58:58.69	00:59:57.57	+00:28:50 (48.9%)	5:53	10.2 (51.3%)
1064	GOŁEMBIEWSKI Piotr	1397		PODLEŃCE		M40	195	M 831	00:00:58	2025-11-11 14:24:02	00:29:11	00:58:58.99	00:59:57.53	+00:28:51 (48.9%)	5:53	10.2 (51.3%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
1065	GINTOWT Aleksandra	24		BIAŁYSTOK		K40	46	K 234	00:01:56	2025-11-11 14:25:00	00:29:47	00:58:59.20	01:00:56.18	+00:28:51 (48.9%)	5:53	10.2 (51.3%)
1066	OGRODNIK Aneta	1332		ZAMBRÓW		K40	47	K 235	00:00:11	2025-11-11 14:23:15	00:28:49	00:59:02.18	00:59:14.08	+00:28:54 (49.0%)	5:54	10.2 (51.3%)
1067	PĘCAK Sylwia	774		SOCHONIE		K40	48	K 236	00:01:25	2025-11-11 14:24:29	00:29:51	00:59:04.05	01:00:29.38	+00:28:56 (49.0%)	5:54	10.2 (51.3%)
1068	MILEWSKI Krzysztof	276		ŁOMŻA		M60	21	M 832	00:01:18	2025-11-11 14:24:22	00:29:59	00:59:05.69	01:00:24.48	+00:28:57 (49.0%)	5:54	10.2 (51.3%)
1069	MAŁKOWSKI Jerzy	958		SOBOLEWO		M50	84	M 833	00:00:57	2025-11-11 14:24:01	00:29:57	00:59:06.20	01:00:04.08	+00:28:58 (49.0%)	5:54	10.2 (51.3%)
1070	MAJK Kinga	1248		BIAŁYSTOK		K20	76	K 237	00:01:08	2025-11-11 14:24:12	00:28:59	00:59:07.15	01:00:15.96	+00:28:59 (49.0%)	5:54	10.1 (50.8%)
1071	KRUPA Bartosz	284		BIAŁYSTOK		M30	310	M 834	00:00:44	2025-11-11 14:23:48	00:29:16	00:59:07.42	00:59:52.06	+00:28:59 (49.0%)	5:54	10.1 (50.8%)
1072	KOROLUK Krzysztof	1376		BIAŁYSTOK		M40	196	M 835	00:01:59	2025-11-11 14:25:03	00:29:52	00:59:08.32	01:01:08.07	+00:29:00 (49.0%)	5:54	10.1 (50.8%)
1073	REMBOWSKA Barbara	59		CZARNA BIAŁOSTOCKA		K50	13	K 238	00:01:12	2025-11-11 14:24:16	00:28:44	00:59:08.47	01:00:20.71	+00:29:00 (49.1%)	5:54	10.1 (50.8%)
1074	BOHOJŁO Kamil	367		PONIKŁA		M40	197	M 836	00:00:27	2025-11-11 14:23:31	00:28:22	00:59:09.30	00:59:36.61	+00:29:01 (49.1%)	5:54	10.1 (50.8%)
1075	TOMCZYK Kamil	1390		GRODYŚLAWICE		M30	311	M 837	00:01:23	2025-11-11 14:24:27	00:30:05	00:59:09.89	01:00:33.30	+00:29:01 (49.1%)	5:54	10.1 (50.8%)
1076	STASIEWICZ Karol	1210	ROKOKO FAMILY	BIAŁYSTOK		M20	181	M 838	00:00:38	2025-11-11 14:23:42	00:29:40	00:59:10.65	00:59:49.05	+00:29:02 (49.1%)	5:55	10.1 (50.8%)
1077	WOLAŃSKI Michał	1235		BIAŁYSTOK		M40	198	M 839	00:01:30	2025-11-11 14:24:34	00:30:06	00:59:11.64	01:00:42.16	+00:29:03 (49.1%)	5:55	10.1 (50.8%)
1078	DOJLIDKO Łukasz	482		BIAŁYSTOK		M40	199	M 840	00:01:30	2025-11-11 14:24:34	00:29:59	00:59:12.28	01:00:42.84	+00:29:04 (49.1%)	5:55	10.1 (50.8%)
1079	NOWICKI Piotr	1227	WETERANI RP	WYSOKIE MAZOWIECKIE		M40	200	M 841	00:01:47	2025-11-11 14:24:51	00:30:21	00:59:12.35	01:00:59.68	+00:29:04 (49.1%)	5:55	10.1 (50.8%)
1080	GOGOL Iwona	1354	GOGOLPLATA	BIAŁYSTOK		K30	95	K 239	00:00:45	2025-11-11 14:23:49	00:30:46	00:59:12.97	00:59:58.09	+00:29:05 (49.1%)	5:55	10.1 (50.8%)
1081	NOWICKA Monika	1208	WETERANI RP	WYSOKIE MAZOWIECKIE		K40	49	K 240	00:01:46	2025-11-11 14:24:50	00:30:22	00:59:13.07	01:01:00.02	+00:29:05 (49.1%)	5:55	10.1 (50.8%)
1082	LANGIEWICZ Bogna Maria	1518		BIAŁYSTOK		K20	77	K 241	00:01:03	2025-11-11 14:24:07	00:30:31	00:59:14.13	01:00:17.33	+00:29:06 (49.1%)	5:55	10.1 (50.8%)
1083	PROSKIEN Piotr	937		BIAŁYSTOK		M30	312	M 842	00:01:12	2025-11-11 14:24:16	00:29:33	00:59:15.74	01:00:27.82	+00:29:07 (49.2%)	5:55	10.1 (50.8%)
1084	BOHDAN Adam	1567		BIAŁYSTOK		M40	201	M 843	00:01:07	2025-11-11 14:24:11	00:28:02	00:59:16.46	01:00:24.28	+00:29:08 (49.2%)	5:55	10.1 (50.8%)
1085	TROJGO Janusz	1130	NADAKTYWNI	BIAŁYSTOK		M40	202	M 844	00:01:28	2025-11-11 14:24:32	00:29:54	00:59:16.50	01:00:45.01	+00:29:08 (49.2%)	5:55	10.1 (50.8%)
1086	MŁODZIANOWSKI Jakub	1039		AUGUSTÓW		M20	182	M 845	00:01:09	2025-11-11 14:24:13	00:30:05	00:59:16.91	01:00:25.95	+00:29:09 (49.2%)	5:55	10.1 (50.8%)
1087	MRÓZ Kamil	1575		ZACZERLANY		M20	183	M 846	00:00:49	2025-11-11 14:23:53	00:29:08	00:59:17.48	01:00:06.59	+00:29:09 (49.2%)	5:55	10.1 (50.8%)
1088	GRYKO Agnieszka	646		BIAŁYSTOK		K30	96	K 242	00:01:43	2025-11-11 14:24:47	00:30:52	00:59:19.12	01:01:03.08	+00:29:11 (49.2%)	5:55	10.1 (50.8%)
1089	ROMBEL Krzysztof	790		BIAŁYSTOK		M20	184	M 847	00:01:32	2025-11-11 14:24:36	00:30:24	00:59:22.39	01:00:54.97	+00:29:14 (49.3%)	5:56	10.1 (50.8%)
1090	TYMOSZEWICZ Angelika	331		PILIKI		K40	50	K 243	00:01:31	2025-11-11 14:24:35	00:30:02	00:59:22.43	01:00:53.65	+00:29:14 (49.3%)	5:56	10.1 (50.8%)
1091	FLORCZYK Paweł	917		WASILKÓW		M30	313	M 848	00:01:43	2025-11-11 14:24:47	00:29:46	00:59:23.26	01:01:06.86	+00:29:15 (49.3%)	5:56	10.1 (50.8%)
1092	ZAWADZKA Aleksandra	1514		BIAŁYSTOK		K20	78	K 244	00:01:35	2025-11-11 14:24:39	00:30:04	00:59:24.01	01:00:59.64	+00:29:16 (49.3%)	5:56	10.1 (50.8%)
1093	PIŁKO Jacek	1473		BIAŁYSTOK		M50	85	M 849	00:01:31	2025-11-11 14:24:35	00:30:03	00:59:26.48	01:00:58.28	+00:29:18 (49.3%)	5:56	10.1 (50.8%)
1094	KIERSNOWSKA Magdalena	855		BIAŁYSTOK		K40	51	K 245	00:00:44	2025-11-11 14:23:48	00:29:54	00:59:26.70	01:00:10.86	+00:29:18 (49.3%)	5:56	10.1 (50.8%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
1095	GRYKO Jakub	645		BIAŁYSTOK		M30	314	M 850	00:01:44	2025-11-11 14:24:48	00:30:52	00:59:27.39	01:01:11.64	+00:29:19 (49.3%)	5:56	10.1 (50.8%)
1096	BOBEK Rafał	1535		WASILKÓW		M30	315	M 851	00:02:05	2025-11-11 14:25:09	00:30:52	00:59:27.69	01:01:33.29	+00:29:19 (49.3%)	5:56	10.1 (50.8%)
1097	LASKOWSKA Marta	747		BIAŁYSTOK		K20	79	K 246	00:00:15	2025-11-11 14:23:19	00:30:18	00:59:28.50	00:59:43.93	+00:29:20 (49.3%)	5:56	10.1 (50.8%)
1098	KARWIŃSKA Urszula	664		BIAŁYSTOK		K40	52	K 247	00:01:34	2025-11-11 14:24:38	00:28:55	00:59:28.80	01:01:03.19	+00:29:20 (49.3%)	5:56	10.1 (50.8%)
1099	IWANOW Aleksander	630	GAISENKOWICZ TEAM	BIAŁYSTOK		M30	316	M 852	00:00:13	2025-11-11 14:23:17	00:30:33	00:59:29.09	00:59:43.05	+00:29:21 (49.3%)	5:56	10.1 (50.8%)
1100	CZAJKOWSKI Rafał	1385	EKOBIEGI	WARSZAWA		M40	203	M 853	00:01:36	2025-11-11 14:24:40	00:29:53	00:59:29.50	01:01:05.86	+00:29:21 (49.4%)	5:56	10.1 (50.8%)
1101	SZEROKI Beata	736	MD RUN TRAINING	BIAŁYSTOK		K50	14	K 248	00:01:24	2025-11-11 14:24:28	00:30:06	00:59:30.04	01:00:54.13	+00:29:22 (49.4%)	5:57	10.1 (50.8%)
1102	IWANOW Helena	629	GAISENKOWICZ TEAM	BIAŁYSTOK		K60	2	K 249	00:00:13	2025-11-11 14:23:17	00:30:34	00:59:31.34	00:59:45.33	+00:29:23 (49.4%)	5:57	10.1 (50.8%)
1103	KORYTKOWSKI Maciej	1313		WASILKÓW		M20	185	M 854	00:00:26	2025-11-11 14:23:30	00:28:23	00:59:31.71	00:59:58.07	+00:29:23 (49.4%)	5:57	10.1 (50.8%)
1104	MOREK Katarzyna	832		GÓLDAP		K40	53	K 250	00:01:13	2025-11-11 14:24:17	00:30:14	00:59:36.12	01:00:50.03	+00:29:28 (49.4%)	5:57	10.1 (50.8%)
1105	ZAJKOWSKA Anna	535	DRTUSZ BIEGA	BIAŁYSTOK		K30	97	K 251	00:01:29	2025-11-11 14:24:33	00:30:14	00:59:36.13	01:01:05.67	+00:29:28 (49.4%)	5:57	10.1 (50.8%)
1106	BALAŻY Beata	873		BIAŁYSTOK		K40	54	K 252	00:01:29	2025-11-11 14:24:33	00:29:23	00:59:37.05	01:01:06.28	+00:29:29 (49.5%)	5:57	10.1 (50.8%)
1107	GAINSKA Paulina	731		KLEOSIN		K30	98	K 253	00:00:51	2025-11-11 14:23:55	00:29:36	00:59:37.55	01:00:29.24	+00:29:29 (49.5%)	5:57	10.1 (50.8%)
1108	MALISZEWSKA Agnieszka	743	BIAŁYSTOK BIEGA TEAM	BIAŁYSTOK		K50	15	K 254	00:01:28	2025-11-11 14:24:32	00:30:02	00:59:37.59	01:01:05.85	+00:29:29 (49.5%)	5:57	10.1 (50.8%)
1109	CZEMIEL-MIĘKISZ Marta	1379	BIAŁYSTOK BIEGA TEAM	BIAŁYSTOK		K40	55	K 255	00:01:28	2025-11-11 14:24:32	00:29:59	00:59:38.78	01:01:06.97	+00:29:30 (49.5%)	5:57	10.1 (50.8%)
1110	JAŃCZAK Piotr	539		BIAŁYSTOK		M30	317	M 855	00:02:01	2025-11-11 14:25:05	00:29:59	00:59:38.96	01:01:40.13	+00:29:31 (49.5%)	5:57	10.1 (50.8%)
1111	HONKO Kamila	884		AUGUSTÓW		K30	99	K 256	00:01:25	2025-11-11 14:24:29	00:28:37	00:59:39.60	01:01:05.19	+00:29:31 (49.5%)	5:57	10.1 (50.8%)
1112	MICHLEWICZ Piotr	1282		WASILKÓW		M30	318	M 856	00:00:48	2025-11-11 14:23:52	00:27:44	00:59:39.75	01:00:28.01	+00:29:31 (49.5%)	5:57	10.1 (50.8%)
1113	ANTUÑANO Jone	1386		BIAŁYSTOK		K20	80	K 257	00:00:39	2025-11-11 14:23:43	00:28:31	00:59:40.50	01:00:20.41	+00:29:32 (49.5%)	5:58	10.1 (50.8%)
1114	CIEPLUCHA Patryk	823		BIAŁYSTOK		M20	186	M 857	00:01:53	2025-11-11 14:24:57	00:29:49	00:59:40.74	01:01:34.66	+00:29:32 (49.5%)	5:58	10.1 (50.8%)
1115	JANKOWSKA Natalia	824		BIAŁYSTOK		K20	81	K 258	00:01:54	2025-11-11 14:24:58	00:29:49	00:59:41.06	01:01:35.26	+00:29:33 (49.5%)	5:58	10.1 (50.8%)
1116	IWANIUK Martyna	1458		BIAŁYSTOK		K20	82	K 259	00:00:44	2025-11-11 14:23:48	00:29:16	00:59:41.50	01:00:26.43	+00:29:33 (49.5%)	5:58	10.1 (50.8%)
1117	ZOLNIK Mateusz	440		BIAŁYSTOK		M20	187	M 858	00:02:03	2025-11-11 14:25:07	00:30:24	00:59:41.74	01:01:45.46	+00:29:33 (49.5%)	5:58	10.1 (50.8%)
1118	GROSZYK Małgorzata	610		BIAŁYSTOK		K40	56	K 260	00:00:58	2025-11-11 14:24:02	00:29:19	00:59:42.35	01:00:40.77	+00:29:34 (49.5%)	5:58	10.1 (50.8%)
1119	WISNIEWSKA Kinga	150		BIAŁYSTOK		K20	83	K 261	00:01:41	2025-11-11 14:24:45	00:30:14	00:59:43.24	01:01:24.33	+00:29:35 (49.5%)	5:58	10 (50.3%)
1120	SZYMANIUK Kamil	922		SIEMIANÓWKA		M30	319	M 859	00:00:53	2025-11-11 14:23:57	00:30:41	00:59:44.37	01:00:38.13	+00:29:36 (49.6%)	5:58	10 (50.3%)
1121	KACZYŃSKI Wojciech	796		BIAŁYSTOK		M40	204	M 860	00:01:54	2025-11-11 14:24:58	00:30:26	00:59:44.84	01:01:39.26	+00:29:36 (49.6%)	5:58	10 (50.3%)
1122	GAWRYCHOWSKA Magda	249		BIAŁYSTOK		K20	84	K 262	00:02:03	2025-11-11 14:25:07	00:30:24	00:59:45.21	01:01:48.92	+00:29:37 (49.6%)	5:58	10 (50.3%)
1123	TRYKOSZKO Weronika	87		BIAŁYSTOK		K20	85	K 263	00:00:22	2025-11-11 14:23:26	00:28:50	00:59:45.27	01:00:07.54	+00:29:37 (49.6%)	5:58	10 (50.3%)
1124	JURKOWICZ Dominika	1353	GOGOLPLATA	BIAŁYSTOK		K20	86	K 264	00:00:44	2025-11-11 14:23:48	00:30:46	00:59:46.14	01:00:31.13	+00:29:38 (49.6%)	5:58	10 (50.3%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
1125	KOSINSKI Maciej	1304		BIAŁYSTOK		M30	320	M 861	00:00:52	2025-11-11 14:23:56	00:28:20	00:59:46.70	01:00:39.30	+00:29:38 (49.6%)	5:58	10 (50.3%)
1126	BARTOSZEWICZ Paulina	149		BIAŁYSTOK		K20	87	K 265	00:01:39	2025-11-11 14:24:43	00:30:16	00:59:49.50	01:01:29.41	+00:29:41 (49.6%)	5:58	10 (50.3%)
1127	MULAWKA Michał	997		CZARNOWIEC		M40	205	M 862	00:01:38	2025-11-11 14:24:42	00:30:16	00:59:49.74	01:01:27.84	+00:29:41 (49.6%)	5:58	10 (50.3%)
1128	TURUK Marcin	727	ORTOSTOM AUGUSTÓW	AUGUSTÓW		M20	188	M 863	00:01:39	2025-11-11 14:24:43	00:30:22	00:59:49.90	01:01:29.65	+00:29:41 (49.6%)	5:58	10 (50.3%)
1129	NOSALIK Franciszek	160	ORTOSTOM AUGUSTÓW	AUGUSTÓW		M20	189	M 864	00:01:39	2025-11-11 14:24:43	00:30:23	00:59:50.42	01:01:29.82	+00:29:42 (49.6%)	5:59	10 (50.3%)
1130	MULAWKA Filip	999		CZARNOWIEC		M16	42	M 865	00:01:39	2025-11-11 14:24:43	00:30:15	00:59:50.86	01:01:30.14	+00:29:42 (49.7%)	5:59	10 (50.3%)
1131	KOSIOREK Barbara	822		SOLISTÓWKA 42A		K16	7	K 266	00:01:38	2025-11-11 14:24:42	00:30:24	00:59:51.13	01:01:29.91	+00:29:43 (49.7%)	5:59	10 (50.3%)
1132	DĄBROWSKI Kamil	666		BIAŁYSTOK		M20	190	M 866	00:01:38	2025-11-11 14:24:42	00:30:23	00:59:51.18	01:01:29.95	+00:29:43 (49.7%)	5:59	10 (50.3%)
1133	KOSIOREK Łukasz	1082		BIAŁYSTOK		M40	206	M 867	00:01:38	2025-11-11 14:24:42	00:30:23	00:59:51.33	01:01:29.87	+00:29:43 (49.7%)	5:59	10 (50.3%)
1134	KOSIOREK Mikołaj	991		SOLISTÓWKA		M40	207	M 868	00:01:38	2025-11-11 14:24:42	00:30:21	00:59:52.45	01:01:30.61	+00:29:44 (49.7%)	5:59	10 (50.3%)
1135	KOZŁOWSKI Jakub	974		CELESTYNÓW		M20	191	M 869	00:02:01	2025-11-11 14:25:05	00:29:43	00:59:54.56	01:01:56.50	+00:29:46 (49.7%)	5:59	10 (50.3%)
1136	VAITIEKIENĖ Rima	586	LUKAS	ŠIAULIŲ RAJONAS		K50	16	K 267	00:00:43	2025-11-11 14:23:47	00:29:21	00:59:55.99	01:00:39.78	+00:29:48 (49.7%)	5:59	10 (50.3%)
1137	KUBERA Piotr	670		GRABÓWKA		M50	86	M 870	00:01:36	2025-11-11 14:24:40	00:31:00	00:59:57.35	01:01:34.01	+00:29:49 (49.7%)	5:59	10 (50.3%)
1138	WIELICZKO Paweł	1230		WASILKÓW		M40	208	M 871	00:00:42	2025-11-11 14:23:46	00:28:48	00:59:57.85	01:00:40.47	+00:29:49 (49.8%)	5:59	10 (50.3%)
1139	LEONIAK Marcin	1205	WETERANI RP	WYSOKIE MAZOWIECKIE		M40	209	M 872	00:01:47	2025-11-11 14:24:51	00:30:21	00:59:58.53	01:01:46.01	+00:29:50 (49.8%)	5:59	10 (50.3%)
1140	LEONIAK Katarzyna	1228	WETERANI RP	WYSOKIE MAZOWIECKIE		K40	57	K 268	00:01:46	2025-11-11 14:24:50	00:30:22	00:59:59.40	01:01:46.14	+00:29:51 (49.8%)	5:59	10 (50.3%)
1141	ROMBEL Aleksandra	791		BIAŁYSTOK		K20	88	K 269	00:01:32	2025-11-11 14:24:36	00:30:24	01:00:02.28	01:01:34.61	+00:29:54 (49.8%)	6:00	10 (50.3%)
1142	DOBKOWSKI Michał	1037		BIAŁYSTOK		M30	321	M 873	00:01:54	2025-11-11 14:24:58	00:30:04	01:00:03.30	01:01:58.01	+00:29:55 (49.8%)	6:00	10 (50.3%)
1143	POLECKA Magdalena	853		BIAŁYSTOK		K20	89	K 270	00:01:45	2025-11-11 14:24:49	00:30:40	01:00:06.41	01:01:52.04	+00:29:58 (49.9%)	6:00	10 (50.3%)
1144	WOJCIECHOWICZ Bartek	1334		BIAŁYSTOK		M40	210	M 874	00:01:20	2025-11-11 14:24:24	00:29:14	01:00:06.89	01:01:27.79	+00:29:58 (49.9%)	6:00	10 (50.3%)
1145	DROZDOWSKI Andrzej	503		BIAŁYSTOK		M60	22	M 875	00:01:56	2025-11-11 14:25:00	00:30:25	01:00:08.94	01:02:05.91	+00:30:01 (49.9%)	6:00	10 (50.3%)
1146	ZABIELSKA Aneta	594	508314427	BIAŁYSTOK		K30	100	K 271	00:01:20	2025-11-11 14:24:24	00:29:55	01:00:16.56	01:01:36.74	+00:30:08 (50.0%)	6:01	10 (50.3%)
1147	HANCZARENKA Dzianis	119		BIAŁYSTOK		M30	322	M 876	00:01:04	2025-11-11 14:24:08	00:28:55	01:00:17.93	01:01:22.77	+00:30:10 (50.0%)	6:01	10 (50.3%)
1148	WYSOCKA Magdalena	1538		BIAŁYSTOK		K30	101	K 272	00:01:20	2025-11-11 14:24:24	00:29:56	01:00:17.98	01:01:38.02	+00:30:10 (50.0%)	6:01	10 (50.3%)
1149	PILKO Ewa	1311		BIAŁYSTOK		K50	17	K 273	00:01:28	2025-11-11 14:24:32	00:30:15	01:00:19.15	01:01:47.96	+00:30:11 (50.0%)	6:01	9.9 (49.7%)
1150	KUBERA Adriana	669		BIAŁYSTOK		K20	90	K 274	00:01:36	2025-11-11 14:24:40	00:31:00	01:00:21.05	01:01:57.66	+00:30:13 (50.1%)	6:02	9.9 (49.7%)
1151	CHARKIEWICZ Paula	282		GRABÓWKA		K30	102	K 275	00:01:29	2025-11-11 14:24:33	00:31:41	01:00:27.16	01:01:57.14	+00:30:19 (50.2%)	6:02	9.9 (49.7%)
1152	BIGDOWSKA Dominika	438		WROCŁAW		K30	103	K 276	00:01:29	2025-11-11 14:24:33	00:31:41	01:00:29.57	01:01:59.36	+00:30:21 (50.2%)	6:02	9.9 (49.7%)
1153	NAUMOWICZ Jerzy	782		KSIĘŻYNO		M40	211	M 877	00:02:01	2025-11-11 14:25:05	00:31:12	01:00:29.94	01:02:31.05	+00:30:22 (50.2%)	6:02	9.9 (49.7%)
1154	BEKISZ Małgorzata	615		BIAŁYSTOK		K40	58	K 277	00:00:32	2025-11-11 14:23:36	00:30:03	01:00:30.59	01:01:02.91	+00:30:22 (50.2%)	6:03	9.9 (49.7%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
1155	ZABUDOWSKA Joanna	448		CZYŻEW		K40	59	K 278	00:01:19	2025-11-11 14:24:23	00:30:34	01:00:40.04	01:01:59.47	+00:30:32 (50.3%)	6:04	9.9 (49.7%)
1156	TOCZYŁOWSKI Dawid	1131		BIAŁYSTOK		M20	192	M 878	00:01:08	2025-11-11 14:24:12	00:30:05	01:00:44.08	01:01:52.75	+00:30:36 (50.4%)	6:04	9.9 (49.7%)
1157	KULFAN Marcin	1198		JANÓW		M40	212	M 879	00:01:34	2025-11-11 14:24:38	00:30:19	01:00:46.60	01:02:20.86	+00:30:38 (50.4%)	6:04	9.9 (49.7%)
1158	WALESIUK Matylda	1449	STREFA ZMIAN	BIAŁYSTOK		K20	91	K 279	00:01:35	2025-11-11 14:24:39	00:30:04	01:00:52.78	01:02:28.20	+00:30:44 (50.5%)	6:05	9.9 (49.7%)
1159	ZAORSKA Urszula	969	BIAŁYSTOK BIEGA TEAM	BIAŁYSTOK		K40	60	K 280	00:01:28	2025-11-11 14:24:32	00:30:05	01:00:58.04	01:02:26.45	+00:30:50 (50.6%)	6:05	9.8 (49.2%)
1160	KLIMIUK Kamil	1274	DUCH PUSZCZY	WASILKÓW		M40	213	M 880	00:02:02	2025-11-11 14:25:06	00:30:54	01:00:58.59	01:03:01.57	+00:30:50 (50.6%)	6:05	9.8 (49.2%)
1161	NIEWIŃSKI Piotr	1115	WORD BIAŁYSTOK TEAM	BIELSK PODLASKI		M30	323	M 881	00:01:46	2025-11-11 14:24:50	00:30:33	01:01:03.27	01:02:49.64	+00:30:55 (50.6%)	6:06	9.8 (49.2%)
1162	PIETRASZ Paweł	915	WORD BIAŁYSTOK TEAM	DĄBRÓWKI		M40	214	M 882	00:01:45	2025-11-11 14:24:49	00:30:34	01:01:03.63	01:02:49.58	+00:30:55 (50.7%)	6:06	9.8 (49.2%)
1163	SASIM Mikita	235		BIAŁYSTOK		M40	215	M 883	00:01:45	2025-11-11 14:24:49	00:31:24	01:01:05.75	01:02:51.51	+00:30:57 (50.7%)	6:06	9.8 (49.2%)
1164	BOREJSZO Marcin	1433		BIAŁYSTOK		M40	216	M 884	00:01:06	2025-11-11 14:24:10	00:30:07	01:01:06.00	01:02:12.26	+00:30:58 (50.7%)	6:06	9.8 (49.2%)
1165	OLDYTOWSKA Elżbieta	1124		CZARNA BIAŁOSTOCKA		K50	18	K 281	00:01:23	2025-11-11 14:24:27	00:30:22	01:01:07.90	01:02:30.92	+00:31:00 (50.7%)	6:06	9.8 (49.2%)
1166	CYMMERMAN Bruno	185		BIAŁYSTOK		M20	193	M 885	00:01:23	2025-11-11 14:24:27	00:30:28	01:01:11.05	01:02:34.35	+00:31:03 (50.8%)	6:07	9.8 (49.2%)
1167	KIERSNOWSKA Marta	720		BIAŁYSTOK		K40	61	K 282	00:00:42	2025-11-11 14:23:46	00:31:39	01:01:11.11	01:01:53.43	+00:31:03 (50.8%)	6:07	9.8 (49.2%)
1168	DZIUBEK Oliwia	541		BIAŁYSTOK		K20	92	K 283	00:01:22	2025-11-11 14:24:26	00:30:29	01:01:12.19	01:02:34.30	+00:31:04 (50.8%)	6:07	9.8 (49.2%)
1169	DZIUBEK Michał	542		BIAŁYSTOK		M20	194	M 886	00:01:21	2025-11-11 14:24:25	00:30:29	01:01:12.27	01:02:34.10	+00:31:04 (50.8%)	6:07	9.8 (49.2%)
1170	SADOWSKI Dawid	1119		SOBOLEWO		M20	195	M 887	00:00:30	2025-11-11 14:23:34	00:31:45	01:01:13.52	01:01:43.83	+00:31:05 (50.8%)	6:07	9.8 (49.2%)
1171	GAIŃSKI Marcin	1260		KLEOSIN		M40	217	M 888	00:01:02	2025-11-11 14:24:06	00:30:37	01:01:13.75	01:02:16.72	+00:31:05 (50.8%)	6:07	9.8 (49.2%)
1172	JAGIELSKI Jacek	385	MARATONKA GRAJEWO	BIAŁYSTOK		M20	196	M 889	00:01:27	2025-11-11 14:24:31	00:30:05	01:01:15.59	01:02:42.84	+00:31:07 (50.8%)	6:07	9.8 (49.2%)
1173	REMFIELD Łukasz	382	KS MARATONKA GRAJEWO	GRAJEWO		M20	197	M 890	00:01:26	2025-11-11 14:24:30	00:30:05	01:01:16.39	01:02:43.33	+00:31:08 (50.8%)	6:07	9.8 (49.2%)
1174	CHAMIENIA Joanna	1114		BIAŁYSTOK		K40	62	K 284	00:01:49	2025-11-11 14:24:53	00:30:46	01:01:19.79	01:03:09.10	+00:31:11 (50.9%)	6:07	9.8 (49.2%)
1175	CHAMIENIA Radosław	1112		BIAŁYSTOK		M40	218	M 891	00:01:49	2025-11-11 14:24:53	00:30:46	01:01:19.81	01:03:09.13	+00:31:11 (50.9%)	6:07	9.8 (49.2%)
1176	WYSZOMIRSKI Jakub	650		WASILKÓW		M16	43	M 892	00:00:03	2025-11-11 14:23:07	00:31:59	01:01:25.56	01:01:28.93	+00:31:17 (50.9%)	6:08	9.8 (49.2%)
1177	KOSIOREK Szymon	1316		BIAŁYSTOK		M16	44	M 893	00:00:03	2025-11-11 14:23:07	00:31:59	01:01:25.97	01:01:29.31	+00:31:18 (51.0%)	6:08	9.8 (49.2%)
1178	KOSIOREK Julian	808		SOLISTÓWKA		M16	45	M 894	00:00:03	2025-11-11 14:23:07	00:31:59	01:01:26.26	01:01:29.63	+00:31:18 (51.0%)	6:08	9.8 (49.2%)
1179	MOZYRSKI Michał	1096		BIAŁYSTOK		M20	198	M 895	00:01:46	2025-11-11 14:24:50	00:30:51	01:01:27.96	01:03:14.55	+00:31:20 (51.0%)	6:08	9.8 (49.2%)
1180	LISOWSKA Aneta	578		BIAŁYSTOK		K20	93	K 285	00:01:37	2025-11-11 14:24:41	00:29:55	01:01:28.50	01:03:06.19	+00:31:20 (51.0%)	6:08	9.8 (49.2%)
1181	MOZYRSKA Dorota	681	N50	BIAŁYSTOK		K50	19	K 286	00:01:47	2025-11-11 14:24:51	00:30:51	01:01:29.44	01:03:16.51	+00:31:21 (51.0%)	6:08	9.8 (49.2%)
1182	WOJNAROWSKI Damian	684		BIAŁYSTOK		M30	324	M 896	00:01:25	2025-11-11 14:24:29	00:30:11	01:01:29.77	01:02:55.32	+00:31:21 (51.0%)	6:08	9.8 (49.2%)
1183	ŁAPIŃSKA Emilia	938		BIAŁYSTOK		K20	94	K 287	00:01:42	2025-11-11 14:24:46	00:31:23	01:01:30.61	01:03:12.88	+00:31:22 (51.0%)	6:09	9.8 (49.2%)
1184	DAC Piotr	1515	9BKPANC	BRANIEWO		M30	325	M 897	00:01:57	2025-11-11 14:25:01	00:31:27	01:01:33.26	01:03:30.90	+00:31:25 (51.0%)	6:09	9.7 (48.7%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
1185	DAKOWICZ Agata	547		BIAŁYSTOK		K20	95	K 288	00:01:37	2025-11-11 14:24:41	00:29:59	01:01:36.12	01:03:13.32	+00:31:28 (51.1%)	6:09	9.7 (48.7%)
1186	ŁOTOWSKA Katarzyna	47		BIAŁYSTOK		K30	104	K 289	00:01:28	2025-11-11 14:24:32	00:29:57	01:01:36.15	01:03:05.11	+00:31:28 (51.1%)	6:09	9.7 (48.7%)
1187	KOSACKI Krzysztof	306		BIAŁYSTOK		M40	219	M 898	00:01:27	2025-11-11 14:24:31	00:30:17	01:01:37.74	01:03:05.56	+00:31:29 (51.1%)	6:09	9.7 (48.7%)
1188	JURKOWICZ Rafał	455		BIAŁYSTOK		M30	326	M 899	00:01:52	2025-11-11 14:24:56	00:31:49	01:01:37.97	01:03:30.01	+00:31:30 (51.1%)	6:09	9.7 (48.7%)
1189	SKUBICH Tomasz	33		BIAŁYSTOK		M30	327	M 900	00:00:51	2025-11-11 14:23:55	00:29:23	01:01:38.35	01:02:29.42	+00:31:30 (51.1%)	6:09	9.7 (48.7%)
1190	KACZMARZ Janusz	1401		BIAŁYSTOK		M70	4	M 901	00:00:41	2025-11-11 14:23:45	00:29:51	01:01:38.47	01:02:19.93	+00:31:30 (51.1%)	6:09	9.7 (48.7%)
1191	NIECIEKI Kamil	548		BIAŁYSTOK		M30	328	M 902	00:01:37	2025-11-11 14:24:41	00:29:59	01:01:39.14	01:03:16.66	+00:31:31 (51.1%)	6:09	9.7 (48.7%)
1192	MIECZNIK Korneliusz	1542		BIAŁYSTOK		M20	199	M 903	00:01:02	2025-11-11 14:24:06	00:29:13	01:01:39.71	01:02:42.22	+00:31:31 (51.1%)	6:09	9.7 (48.7%)
1193	PLESKIEWICZ Maciej	1490		BIAŁYSTOK		M30	329	M 904	00:01:02	2025-11-11 14:24:06	00:29:20	01:01:40.15	01:02:42.52	+00:31:32 (51.1%)	6:10	9.7 (48.7%)
1194	MALISZ Jerzy	332		CIASNE		M50	87	M 905	00:00:57	2025-11-11 14:24:01	00:28:29	01:01:44.06	01:02:41.89	+00:31:36 (51.2%)	6:10	9.7 (48.7%)
1195	ROJECKA Magdalena	1263		BIAŁYSTOK		K40	63	K 290	00:01:49	2025-11-11 14:24:53	00:30:26	01:01:44.49	01:03:33.78	+00:31:36 (51.2%)	6:10	9.7 (48.7%)
1196	SUCHCICKA Joanna	1302		BIAŁYSTOK		K30	105	K 291	00:01:48	2025-11-11 14:24:52	00:30:26	01:01:44.75	01:03:33.66	+00:31:36 (51.2%)	6:10	9.7 (48.7%)
1197	STEPANCZENKO Rafał	679		BIAŁYSTOK		M40	220	M 906	00:01:32	2025-11-11 14:24:36	00:29:53	01:01:46.39	01:03:19.34	+00:31:38 (51.2%)	6:10	9.7 (48.7%)
1198	OLSZEWSKI Mateusz	43		BIAŁYSTOK		M30	330	M 907	00:01:10	2025-11-11 14:24:14	00:31:13	01:01:47.68	01:02:57.76	+00:31:39 (51.2%)	6:10	9.7 (48.7%)
1199	WIERCIŃSKA Klaudia	582		BIELSK PODLASKI		K20	96	K 292	00:01:20	2025-11-11 14:24:24	00:30:26	01:01:52.17	01:03:12.81	+00:31:44 (51.3%)	6:11	9.7 (48.7%)
1200	CZERNIAKIEWICZ Anna	384	OUTDOOR TRAINING	BIAŁYSTOK		K40	64	K 293	00:01:28	2025-11-11 14:24:32	00:30:06	01:01:52.22	01:03:21.21	+00:31:44 (51.3%)	6:11	9.7 (48.7%)
1201	ORZEL Adam	1416		BIAŁYSTOK		M50	88	M 908	00:01:10	2025-11-11 14:24:14	00:29:49	01:01:52.34	01:03:02.84	+00:31:44 (51.3%)	6:11	9.7 (48.7%)
1202	PIEKARSKA Ewa	1343		BIAŁYSTOK		K50	20	K 294	00:01:19	2025-11-11 14:24:23	00:30:12	01:01:53.00	01:03:12.94	+00:31:45 (51.3%)	6:11	9.7 (48.7%)
1203	CZERWONKA Andżelika	266		BIAŁYSTOK		K20	97	K 295	00:01:29	2025-11-11 14:24:33	00:30:32	01:01:56.21	01:03:25.28	+00:31:48 (51.4%)	6:11	9.7 (48.7%)
1204	DZIEDZIUL Łukasz	1307	0XX	BIAŁYSTOK		M40	221	M 909	00:01:46	2025-11-11 14:24:50	00:29:43	01:01:56.80	01:03:43.02	+00:31:48 (51.4%)	6:11	9.7 (48.7%)
1205	ZALESKA Wiktoria	1084		BIAŁYSTOK		K20	98	K 296	00:02:05	2025-11-11 14:25:09	00:32:34	01:02:01.48	01:04:07.08	+00:31:53 (51.4%)	6:12	9.7 (48.7%)
1206	BREŃKO Tomasz	1049	SII RUNNING TEAM	BIAŁYSTOK		M30	331	M 910	00:01:54	2025-11-11 14:24:58	00:31:12	01:02:06.91	01:04:01.52	+00:31:59 (51.5%)	6:12	9.7 (48.7%)
1207	WYSZKOWSKI Marcin	1271		BIAŁYSTOK		M20	200	M 911	00:02:04	2025-11-11 14:25:08	00:29:57	01:02:09.54	01:04:14.30	+00:32:01 (51.5%)	6:12	9.7 (48.7%)
1208	OLSZEWSKA Barbara	1193		BIAŁYSTOK		K20	99	K 297	00:00:30	2025-11-11 14:23:34	00:31:45	01:02:11.76	01:02:42.22	+00:32:03 (51.6%)	6:13	9.6 (48.2%)
1209	ŚWIĘTOCHOWSKI Stefan	128		BIAŁYSTOK		M50	89	M 912	00:00:54	2025-11-11 14:23:58	00:30:18	01:02:13.43	01:03:07.83	+00:32:05 (51.6%)	6:13	9.6 (48.2%)
1210	KOWALCZYK Sandra	896	LKS SPRINTER SIEMIATYCZE	SIEMIATYCZE		K30	106	K 298	00:01:42	2025-11-11 14:24:46	00:32:13	01:02:14.88	01:03:57.54	+00:32:06 (51.6%)	6:13	9.6 (48.2%)
1211	MAŃKA Karol	881		NAREWKA		M40	222	M 913	00:00:51	2025-11-11 14:23:55	00:30:43	01:02:19.52	01:03:11.32	+00:32:11 (51.7%)	6:13	9.6 (48.2%)
1212	DOWGIAŁO-DEK Elżbieta	772		BIAŁYSTOK		K40	65	K 299	00:01:08	2025-11-11 14:24:12	00:30:52	01:02:19.74	01:03:28.41	+00:32:11 (51.7%)	6:13	9.6 (48.2%)
1213	TIMIŃSKA Aleksandra	316		ZABŁUDÓW		K16	8	K 300	00:01:06	2025-11-11 14:24:10	00:31:22	01:02:19.96	01:03:26.25	+00:32:12 (51.7%)	6:13	9.6 (48.2%)
1214	DEK Stanisław	770		BIAŁYSTOK		M40	223	M 914	00:01:08	2025-11-11 14:24:12	00:30:52	01:02:20.56	01:03:28.72	+00:32:12 (51.7%)	6:14	9.6 (48.2%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
1215	ZDANOWICZ Joanna	1001		DOBRZYNIOWO DUŻE		K16	9	K 301	00:01:43	2025-11-11 14:24:47	00:30:30	01:02:25.11	01:04:08.21	+00:32:17 (51.7%)	6:14	9.6 (48.2%)
1216	GIEROS Mateusz	1345		CIECHANOWIEC		M20	201	M 915	00:01:35	2025-11-11 14:24:39	00:29:27	01:02:25.78	01:04:00.94	+00:32:17 (51.7%)	6:14	9.6 (48.2%)
1217	KHARYTONAVA Milana	286	N50	BIALYSTOK		K30	107	K 302	00:01:16	2025-11-11 14:24:20	00:31:14	01:02:25.98	01:03:42.20	+00:32:18 (51.7%)	6:14	9.6 (48.2%)
1218	MALACHOWSKA Beata	589		ŁOMŻA		K60	3	K 303	00:01:19	2025-11-11 14:24:23	00:30:39	01:02:28.02	01:03:47.17	+00:32:20 (51.8%)	6:14	9.6 (48.2%)
1219	PILASZEWICZ-PUZA Agata	186		BIALYSTOK		K40	66	K 304	00:02:08	2025-11-11 14:25:12	00:31:50	01:02:29.62	01:04:37.76	+00:32:21 (51.8%)	6:14	9.6 (48.2%)
1220	LASKOWSKI Marcin	1027		ELK		M40	224	M 916	00:01:37	2025-11-11 14:24:41	00:32:19	01:02:32.54	01:04:10.40	+00:32:24 (51.8%)	6:15	9.6 (48.2%)
1221	SMOCZEK Barbara	1026		GRAJEWO		K30	108	K 305	00:01:37	2025-11-11 14:24:41	00:32:19	01:02:32.61	01:04:10.28	+00:32:24 (51.8%)	6:15	9.6 (48.2%)
1222	KŁOSEK Robert	1369		ŁOMŻA		M30	332	M 917	00:00:32	2025-11-11 14:23:36	00:29:03	01:02:32.94	01:03:05.49	+00:32:25 (51.8%)	6:15	9.6 (48.2%)
1223	GIEBIEŃ Marek	1516		BRANIEWO		M40	225	M 918	00:01:57	2025-11-11 14:25:01	00:31:27	01:02:33.22	01:04:30.38	+00:32:25 (51.8%)	6:15	9.6 (48.2%)
1224	JELENIOWSKA Justyna	166		MOŃKI		K30	109	K 306	00:01:23	2025-11-11 14:24:27	00:30:48	01:02:36.22	01:04:00.03	+00:32:28 (51.9%)	6:15	9.6 (48.2%)
1225	PAWLOWSKI Edward	929		KUŹNICA		M60	23	M 919	00:01:26	2025-11-11 14:24:30	00:30:23	01:02:39.12	01:04:05.84	+00:32:31 (51.9%)	6:15	9.6 (48.2%)
1226	WOLIŃSKI Paweł	1180		BRONOWO		M30	333	M 920	00:01:17	2025-11-11 14:24:21	00:30:20	01:02:43.20	01:04:01.17	+00:32:35 (52.0%)	6:16	9.6 (48.2%)
1227	KOSTRZEWA Kinga	77		BORSUKÓWKA		K20	100	K 307	00:01:59	2025-11-11 14:25:03	00:31:34	01:02:43.46	01:04:43.02	+00:32:35 (52.0%)	6:16	9.6 (48.2%)
1228	WNOROWSKA Katarzyna	636		BIALYSTOK		K20	101	K 308	00:01:48	2025-11-11 14:24:52	00:32:51	01:02:45.38	01:04:33.51	+00:32:37 (52.0%)	6:16	9.6 (48.2%)
1229	BORZYM Emilia	724		BIALYSTOK		K40	67	K 309	00:01:19	2025-11-11 14:24:23	00:30:19	01:02:47.49	01:04:07.34	+00:32:39 (52.0%)	6:16	9.6 (48.2%)
1230	WIŚNIEWSKA Ewa	532		BIALYSTOK		K40	68	K 310	00:01:27	2025-11-11 14:24:31	00:30:26	01:02:51.06	01:04:18.97	+00:32:43 (52.1%)	6:17	9.5 (47.7%)
1231	MNICH Patryk	641		BIALYSTOK		M20	202	M 921	00:01:26	2025-11-11 14:24:30	00:32:13	01:02:53.88	01:04:20.16	+00:32:45 (52.1%)	6:17	9.5 (47.7%)
1232	JAROSZ Paweł	1009	LIDERUS TEAM	BIALYSTOK		M30	334	M 922	00:01:04	2025-11-11 14:24:08	00:29:10	01:02:53.90	01:03:58.55	+00:32:45 (52.1%)	6:17	9.5 (47.7%)
1233	WRZESIŃSKA Marta	375		BIALYSTOK		K40	69	K 311	00:01:29	2025-11-11 14:24:33	00:31:20	01:02:54.78	01:04:24.16	+00:32:46 (52.1%)	6:17	9.5 (47.7%)
1234	KOZIOŁ Elżbieta	1292		POROSŁY		K30	110	K 312	00:01:32	2025-11-11 14:24:36	00:31:30	01:03:00.98	01:04:33.29	+00:32:53 (52.2%)	6:18	9.5 (47.7%)
1235	TOKARSKA Beata	1160		POROSŁY		K30	111	K 313	00:01:32	2025-11-11 14:24:36	00:31:31	01:03:01.01	01:04:33.12	+00:32:53 (52.2%)	6:18	9.5 (47.7%)
1236	BIAŁOUS Iga	1022		BIALYSTOK		K16	10	K 314	00:02:02	2025-11-11 14:25:06	00:31:37	01:03:03.26	01:05:06.20	+00:32:55 (52.2%)	6:18	9.5 (47.7%)
1237	GÓRSKA Hanna	1526	GÓRKI	BIALYSTOK		K16	11	K 315	00:01:43	2025-11-11 14:24:47	00:29:55	01:03:05.33	01:04:49.28	+00:32:57 (52.2%)	6:18	9.5 (47.7%)
1238	GORBACZ-KONOŃCZUK Joanna	90		ZABŁUDÓW		K30	112	K 316	00:00:16	2025-11-11 14:23:20	00:30:48	01:03:06.08	01:03:22.70	+00:32:58 (52.2%)	6:18	9.5 (47.7%)
1239	ZALEWSKI Andrzej	680		CHOROSZCZ		M40	226	M 923	00:01:35	2025-11-11 14:24:39	00:30:49	01:03:07.85	01:04:43.51	+00:32:59 (52.3%)	6:18	9.5 (47.7%)
1240	TOŁOCZKO Julia	319		SUPRAŚL		K20	102	K 317	00:01:55	2025-11-11 14:24:59	00:31:25	01:03:08.81	01:05:04.75	+00:33:00 (52.3%)	6:18	9.5 (47.7%)
1241	ZAJKO Laura	560		BIALYSTOK		K20	103	K 318	00:01:50	2025-11-11 14:24:54	00:31:46	01:03:09.25	01:04:59.77	+00:33:01 (52.3%)	6:18	9.5 (47.7%)
1242	ROGALSKA Hanna	606		BIALYSTOK		K20	104	K 319	00:01:50	2025-11-11 14:24:54	00:31:46	01:03:09.63	01:04:59.96	+00:33:01 (52.3%)	6:18	9.5 (47.7%)
1243	PIESECKI Filip	1063		BIALYSTOK		M30	335	M 924	00:00:38	2025-11-11 14:23:42	00:31:11	01:03:11.83	01:03:49.88	+00:33:03 (52.3%)	6:19	9.5 (47.7%)
1244	WALENDZIUK Magdalena	516		NOWE ALEKSANDROWO		K30	113	K 320	00:01:05	2025-11-11 14:24:09	00:31:17	01:03:11.85	01:04:17.82	+00:33:03 (52.3%)	6:19	9.5 (47.7%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
1245	BORUCH-BACKIEL Małgorzata	1394		BIAŁYSTOK		K40	70	K 321	00:00:58	2025-11-11 14:24:02	00:31:18	01:03:15.71	01:04:14.39	+00:33:07 (52.4%)	6:19	9.5 (47.7%)
1246	IWANIUK Tomasz	1053	SII RUNNING TEAM	BIAŁYSTOK		M30	336	M 925	00:01:04	2025-11-11 14:24:08	00:30:23	01:03:19.98	01:04:24.03	+00:33:12 (52.4%)	6:19	9.5 (47.7%)
1247	CZERNIAK Emil	1142		BYDGOSZCZ		M30	337	M 926	00:00:48	2025-11-11 14:23:52	00:31:19	01:03:22.80	01:04:10.98	+00:33:14 (52.5%)	6:20	9.5 (47.7%)
1248	MACIAK Aleksandra	1006		BIAŁYSTOK		K16	12	K 322	00:01:34	2025-11-11 14:24:38	00:29:46	01:03:25.75	01:04:59.86	+00:33:17 (52.5%)	6:20	9.5 (47.7%)
1249	BIERĆ Maria	1221		WROCŁAW		K30	114	K 323	00:01:52	2025-11-11 14:24:56	00:32:19	01:03:32.09	01:05:24.97	+00:33:24 (52.6%)	6:21	9.4 (47.2%)
1250	GABIEC Alina	725		BIAŁYSTOK		K40	71	K 324	00:01:33	2025-11-11 14:24:37	00:30:51	01:03:34.41	01:05:08.24	+00:33:26 (52.6%)	6:21	9.4 (47.2%)
1251	WOŁOSOWICZ Urszula	632		STUDZIANKI		K30	115	K 325	00:01:21	2025-11-11 14:24:25	00:31:42	01:03:34.72	01:04:56.16	+00:33:26 (52.6%)	6:21	9.4 (47.2%)
1252	JADCZUK Marta	518	PYSTOK	BIAŁYSTOK		K30	116	K 326	00:01:20	2025-11-11 14:24:24	00:31:43	01:03:34.86	01:04:55.49	+00:33:26 (52.6%)	6:21	9.4 (47.2%)
1253	GRYCZAN Mateusz	686		BIAŁYSTOK		M20	203	M 927	00:02:07	2025-11-11 14:25:11	00:30:49	01:03:37.53	01:05:44.89	+00:33:29 (52.6%)	6:21	9.4 (47.2%)
1254	MAŁASZKIEWICZ Ania	313		BIAŁYSTOK		K16	13	K 327	00:01:21	2025-11-11 14:24:25	00:31:24	01:03:38.64	01:04:59.69	+00:33:30 (52.7%)	6:21	9.4 (47.2%)
1255	GMITRZUK Paweł	479	HOLIDAY BOYS	BIAŁYSTOK		M20	204	M 928	00:01:02	2025-11-11 14:24:06	00:31:14	01:03:42.31	01:04:44.86	+00:33:34 (52.7%)	6:22	9.4 (47.2%)
1256	SZYPULEWSKA Natalia	291		BIAŁYSTOK		K20	105	K 328	00:01:41	2025-11-11 14:24:45	00:30:00	01:03:42.56	01:05:24.10	+00:33:34 (52.7%)	6:22	9.4 (47.2%)
1257	BOROWSKA Justyna	1080	FUTRALIS	BIAŁYSTOK		K40	72	K 329	00:01:24	2025-11-11 14:24:28	00:31:32	01:03:45.26	01:05:09.85	+00:33:37 (52.7%)	6:22	9.4 (47.2%)
1258	LEŚNIEWSKA Ola	297	FUTRALIS	POROSLY		K30	117	K 330	00:01:24	2025-11-11 14:24:28	00:31:32	01:03:45.27	01:05:09.41	+00:33:37 (52.7%)	6:22	9.4 (47.2%)
1259	BURZYŃSKI Maciej	399		BIAŁYSTOK		M20	205	M 929	00:01:41	2025-11-11 14:24:45	00:30:01	01:03:45.35	01:05:26.72	+00:33:37 (52.7%)	6:22	9.4 (47.2%)
1260	KURYŁO Jakub	1295		OBRUBNIKI		M30	338	M 930	00:01:54	2025-11-11 14:24:58	00:32:04	01:03:45.94	01:05:40.86	+00:33:38 (52.7%)	6:22	9.4 (47.2%)
1261	DARDA Bogusława	749		BIAŁYSTOK		K50	21	K 331	00:01:51	2025-11-11 14:24:55	00:32:42	01:03:46.25	01:05:38.18	+00:33:38 (52.8%)	6:22	9.4 (47.2%)
1262	LEMENTOWSKI Andrzej	1098		BIAŁYSTOK		M20	206	M 931	00:01:49	2025-11-11 14:24:53	00:32:24	01:03:46.65	01:05:35.74	+00:33:38 (52.8%)	6:22	9.4 (47.2%)
1263	KOLB Katsiaryna	1097	TEA.M RUN	BIAŁYSTOK		K30	118	K 332	00:01:41	2025-11-11 14:24:45	00:31:46	01:03:49.47	01:05:30.52	+00:33:41 (52.8%)	6:22	9.4 (47.2%)
1264	MISNIK Ivan	433	TEA.M RUN	BIAŁYSTOK		M40	227	M 932	00:01:40	2025-11-11 14:24:44	00:31:46	01:03:49.55	01:05:30.39	+00:33:41 (52.8%)	6:22	9.4 (47.2%)
1265	KONARZEWSKI Michał	685		BIAŁYSTOK		M30	339	M 933	00:02:06	2025-11-11 14:25:10	00:30:52	01:03:52.16	01:05:58.93	+00:33:44 (52.8%)	6:23	9.4 (47.2%)
1266	RADZIKOWSKI Daniel	1553	OINŻ/ZZ PODLASIE	ORZYSZ		M40	228	M 934	00:00:18	2025-11-11 14:23:22	00:31:05	01:03:53.12	01:04:11.29	+00:33:45 (52.8%)	6:23	9.4 (47.2%)
1267	POCZOBUTT ODLANICKA Gabriela	1052		BIAŁYSTOK		K20	106	K 333	00:01:51	2025-11-11 14:24:55	00:31:59	01:03:53.15	01:05:44.99	+00:33:45 (52.8%)	6:23	9.4 (47.2%)
1268	JASZCZOŁT Julia	452		BIAŁYSTOK		K20	107	K 334	00:01:51	2025-11-11 14:24:55	00:31:49	01:03:53.35	01:05:44.53	+00:33:45 (52.8%)	6:23	9.4 (47.2%)
1269	NIEBRZYDOWSKA Dorota	1389		BIAŁYSTOK		K50	22	K 335	00:01:51	2025-11-11 14:24:55	00:32:08	01:04:01.63	01:05:53.43	+00:33:53 (52.9%)	6:24	9.4 (47.2%)
1270	PICEWICZ Natalia	1560		BIAŁYSTOK		K20	108	K 336	00:01:40	2025-11-11 14:24:44	00:30:55	01:04:02.58	01:05:43.50	+00:33:54 (53.0%)	6:24	9.4 (47.2%)
1271	CHORAŻY Przemysław	647		BIAŁYSTOK		M40	229	M 935	00:01:18	2025-11-11 14:24:22	00:33:29	01:04:04.10	01:05:22.83	+00:33:56 (53.0%)	6:24	9.4 (47.2%)
1272	WIELGOSIŃSKA Angelika	1532		BIAŁYSTOK		K30	119	K 337	00:02:05	2025-11-11 14:25:09	00:31:08	01:04:05.76	01:06:11.15	+00:33:57 (53.0%)	6:24	9.4 (47.2%)
1273	JUCHIMOWICZ Marcin	687		BIAŁYSTOK		M30	340	M 936	00:01:54	2025-11-11 14:24:58	00:32:14	01:04:07.80	01:06:01.96	+00:33:59 (53.0%)	6:24	9.4 (47.2%)
1274	MANTUR Bogdan	987	KGW JANKO-WIANKI	JABŁOŃ JANKOWCE		M50	90	M 937	00:01:39	2025-11-11 14:24:43	00:32:00	01:04:08.15	01:05:47.28	+00:34:00 (53.0%)	6:24	9.4 (47.2%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
1275	JABŁOŃSKI Kamil	1365		JABŁOŃ KOŚCIELNA		M30	341	M 938	00:01:31	2025-11-11 14:24:35	00:31:28	01:04:10.12	01:05:41.65	+00:34:02 (53.0%)	6:25	9.4 (47.2%)
1276	KOŁDYS Julia	1500		BIAŁA PISKA		K20	109	K 338	00:02:08	2025-11-11 14:25:12	00:32:59	01:04:13.80	01:06:22.67	+00:34:05 (53.1%)	6:25	9.3 (46.7%)
1277	DROZDOWSKA Katarzyna	763		BIAŁYSTOK		K30	120	K 339	00:01:36	2025-11-11 14:24:40	00:30:19	01:04:15.45	01:05:51.78	+00:34:07 (53.1%)	6:25	9.3 (46.7%)
1278	ŚWIDERSKI Mateusz	1573		ZACZERLANY		M30	342	M 939	00:00:00	2025-11-11 14:23:04	00:31:38	01:04:15.56	01:04:15.99	+00:34:07 (53.1%)	6:25	9.3 (46.7%)
1279	CHĘTNIK Patryk	764		BIAŁSYTOK		M20	207	M 940	00:01:35	2025-11-11 14:24:39	00:30:20	01:04:16.34	01:05:52.01	+00:34:08 (53.1%)	6:25	9.3 (46.7%)
1280	BOSZKO Ewa	799		CZARNA WIEŚ KOŚCIELNA		K40	73	K 340	00:01:00	2025-11-11 14:24:04	00:31:51	01:04:19.10	01:05:19.41	+00:34:11 (53.2%)	6:25	9.3 (46.7%)
1281	KORZENIECKA Klaudia	559		GRÓDEK		K30	121	K 341	00:00:33	2025-11-11 14:23:37	00:30:57	01:04:20.12	01:04:53.25	+00:34:12 (53.2%)	6:26	9.3 (46.7%)
1282	LASKA Monika	285		BIAŁYSTOK		K30	122	K 342	00:01:36	2025-11-11 14:24:40	00:31:30	01:04:20.38	01:05:56.85	+00:34:12 (53.2%)	6:26	9.3 (46.7%)
1283	CZAJKOWSKA Joanna	1444		JABŁONNA		K40	74	K 343	00:01:34	2025-11-11 14:24:38	00:31:46	01:04:23.60	01:05:58.57	+00:34:15 (53.2%)	6:26	9.3 (46.7%)
1284	STECCA Francesco	1297		PADOVA		M20	208	M 941	00:01:51	2025-11-11 14:24:55	00:34:00	01:04:28.98	01:06:20.06	+00:34:21 (53.3%)	6:26	9.3 (46.7%)
1285	LENCZEWSKA Karolina	1382		BIAŁYSTOK		K20	110	K 344	00:02:01	2025-11-11 14:25:05	00:31:40	01:04:34.85	01:06:36.30	+00:34:26 (53.3%)	6:27	9.3 (46.7%)
1286	KARWOWSKA Kinga	1383		BIAŁYSTOK		K20	111	K 345	00:02:01	2025-11-11 14:25:05	00:31:40	01:04:34.99	01:06:36.26	+00:34:27 (53.3%)	6:27	9.3 (46.7%)
1287	KARWOWSKI Marcin	1551	OINŻ/ZZ PODLASIE	OLSZTYN		M30	343	M 942	00:00:18	2025-11-11 14:23:22	00:31:05	01:04:37.06	01:04:55.28	+00:34:29 (53.4%)	6:27	9.3 (46.7%)
1288	SAKOWICZ Martyna	252		BIAŁYSTOK		K30	123	K 346	00:01:45	2025-11-11 14:24:49	00:31:14	01:04:37.19	01:06:23.16	+00:34:29 (53.4%)	6:27	9.3 (46.7%)
1289	KOWALEWSKI Norbert	1497		BIAŁYSTOK		M30	344	M 943	00:01:49	2025-11-11 14:24:53	00:31:36	01:04:37.49	01:06:27.42	+00:34:29 (53.4%)	6:27	9.3 (46.7%)
1290	BORUCH Jakub	513	BIEGANIE NA SIŁĘ	BIAŁYSTOK		M30	345	M 944	00:01:26	2025-11-11 14:24:30	00:31:51	01:04:43.97	01:06:10.32	+00:34:36 (53.5%)	6:28	9.3 (46.7%)
1291	WĘS Marcin	1123		BIAŁYSTOK		M20	209	M 945	00:00:34	2025-11-11 14:23:38	00:30:48	01:04:47.80	01:05:21.91	+00:34:39 (53.5%)	6:28	9.3 (46.7%)
1292	WŁOSTOWSKI Eryk	1291		BIAŁYSTOK		M20	210	M 946	00:01:50	2025-11-11 14:24:54	00:31:21	01:04:48.90	01:06:39.46	+00:34:40 (53.5%)	6:28	9.3 (46.7%)
1292	WŁOSTOWSKI Eryk	1291		BIAŁYSTOK		M20	211	M 947	00:01:50	2025-11-11 14:24:54	00:31:21	01:04:48.90	01:06:39.46	+00:34:40 (53.5%)	6:28	9.3 (46.7%)
1294	NIECIECKI Piotr	1524		TYKOCIN		M20	212	M 948	00:01:16	2025-11-11 14:24:20	00:30:43	01:04:50.06	01:06:06.92	+00:34:42 (53.5%)	6:29	9.3 (46.7%)
1295	KORYTKOWSKI Wojciech	1314		WASILKÓW		M60	24	M 949	00:01:04	2025-11-11 14:24:08	00:31:13	01:04:57.15	01:06:01.52	+00:34:49 (53.6%)	6:29	9.2 (46.2%)
1296	RUDKOWSKI Marek	677		KLEOSIN		M50	91	M 950	00:01:00	2025-11-11 14:24:04	00:33:49	01:04:59.80	01:06:00.60	+00:34:51 (53.6%)	6:29	9.2 (46.2%)
1297	RUTKOWSKA Marta	942		BIAŁYSTOK		K40	75	K 347	00:00:55	2025-11-11 14:23:59	00:31:54	01:05:00.96	01:05:56.79	+00:34:53 (53.7%)	6:30	9.2 (46.2%)
1298	KRUPA Marta	414		BIAŁYSTOK		K30	124	K 348	00:00:43	2025-11-11 14:23:47	00:32:34	01:05:01.44	01:05:44.63	+00:34:53 (53.7%)	6:30	9.2 (46.2%)
1299	LIPIŃSKI Tomasz	1186		BIAŁYSTOK		M40	230	M 951	00:00:43	2025-11-11 14:23:47	00:33:00	01:05:02.39	01:05:45.99	+00:34:54 (53.7%)	6:30	9.2 (46.2%)
1300	AUGUSTYNOWICZ Alan	485		MOŃKI		M16	46	M 952	00:01:13	2025-11-11 14:24:17	00:31:40	01:05:08.09	01:06:21.61	+00:35:00 (53.7%)	6:30	9.2 (46.2%)
1301	DUBROWSKA Marta	1178		CZARNA BIAŁOSTOCKA		K40	76	K 349	00:01:55	2025-11-11 14:24:59	00:32:32	01:05:09.90	01:07:05.46	+00:35:02 (53.8%)	6:30	9.2 (46.2%)
1302	DUBROWSKI Paweł	1179		CZARNA BIAŁOSTOCKA		M40	231	M 953	00:01:55	2025-11-11 14:24:59	00:32:33	01:05:10.48	01:07:05.96	+00:35:02 (53.8%)	6:31	9.2 (46.2%)
1303	POPLAWSKA Katarzyna	806		BIAŁYSTOK		K20	112	K 350	00:01:55	2025-11-11 14:24:59	00:33:57	01:05:10.79	01:07:06.08	+00:35:02 (53.8%)	6:31	9.2 (46.2%)
1304	BOROWIAK Katarzyna	1135	N50	BIAŁYSTOK		K30	125	K 351	00:01:52	2025-11-11 14:24:56	00:34:16	01:05:12.35	01:07:04.71	+00:35:04 (53.8%)	6:31	9.2 (46.2%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
1305	WOLKOWYCKA Marta	1202	HAJNÓWKA BIEGA	HAJNÓWKA		K40	77	K 352	00:01:29	2025-11-11 14:24:33	00:33:00	01:05:13.37	01:06:43.10	+00:35:05 (53.8%)	6:31	9.2 (46.2%)
1306	MOŃKO Rafał	1134		BIAŁYSTOK		M30	346	M 954	00:02:04	2025-11-11 14:25:08	00:32:50	01:05:14.03	01:07:18.68	+00:35:06 (53.8%)	6:31	9.2 (46.2%)
1307	MISZKOWICZ-ADAMOWICZ Urszula	1041		CZARNA BIAŁOSTOCKA		K20	113	K 353	00:00:56	2025-11-11 14:24:00	00:31:56	01:05:15.09	01:06:11.45	+00:35:07 (53.8%)	6:31	9.2 (46.2%)
1308	AUGUSTYNOWICZ Artur	509		MOŃKI		M40	232	M 955	00:01:13	2025-11-11 14:24:17	00:31:17	01:05:19.16	01:06:32.17	+00:35:11 (53.9%)	6:31	9.2 (46.2%)
1309	REUT-JAWOROWSKI Stanisław	1033		BIAŁYSTOK		M16	47	M 956	00:01:02	2025-11-11 14:24:06	00:30:49	01:05:22.70	01:06:25.50	+00:35:14 (53.9%)	6:32	9.2 (46.2%)
1310	KIELCZEWSKI Konrad	368		BIAŁYSTOK		M40	233	M 957	00:04:54	2025-11-11 14:27:58	00:31:25	01:05:23.96	01:10:18.30	+00:35:16 (53.9%)	6:32	9.2 (46.2%)
1311	GRYGO Norbert	1106	AVERTII TEAM	OLMONTY, JUCHNOWIEC KOŚCIELNY		M16	48	M 958	00:01:20	2025-11-11 14:24:24	00:31:31	01:05:25.18	01:06:46.13	+00:35:17 (53.9%)	6:32	9.2 (46.2%)
1312	MIĘKUS Jakub	1105	AVERTII TEAM	BIAŁYSTOK		M16	49	M 959	00:01:20	2025-11-11 14:24:24	00:31:31	01:05:25.25	01:06:46.02	+00:35:17 (53.9%)	6:32	9.2 (46.2%)
1313	SIEMIEŃCZUK Bartosz	721		BIAŁYSTOK		M30	347	M 960	00:01:43	2025-11-11 14:24:47	00:31:10	01:05:26.17	01:07:09.84	+00:35:18 (54.0%)	6:32	9.2 (46.2%)
1314	JURCZUK Krystyna	973	OT	BIAŁYSTOK		K40	78	K 354	00:01:26	2025-11-11 14:24:30	00:31:11	01:05:26.81	01:06:53.81	+00:35:18 (54.0%)	6:32	9.2 (46.2%)
1315	ROJEK Magdalena	982		BIAŁYSTOK		K20	114	K 355	00:01:57	2025-11-11 14:25:01	00:32:28	01:05:29.85	01:07:27.26	+00:35:21 (54.0%)	6:32	9.2 (46.2%)
1316	GALĄZKA Ewelina	1506		BIAŁYSTOK		K30	126	K 356	00:00:27	2025-11-11 14:23:31	00:30:45	01:05:30.49	01:05:57.68	+00:35:22 (54.0%)	6:33	9.2 (46.2%)
1317	WOIŃSKA Ewelina	879		ŁAPY		K40	79	K 357	00:01:47	2025-11-11 14:24:51	00:33:21	01:05:34.15	01:07:21.86	+00:35:26 (54.0%)	6:33	9.2 (46.2%)
1318	ŚLIWKO Paweł	104		BIAŁYSTOK		M30	348	M 961	00:00:52	2025-11-11 14:23:56	00:30:08	01:05:35.48	01:06:27.56	+00:35:27 (54.1%)	6:33	9.1 (45.7%)
1319	KOPAŃKO Monika	1167		BIAŁYSTOK		K40	80	K 358	00:01:30	2025-11-11 14:24:34	00:32:30	01:05:49.27	01:07:19.93	+00:35:41 (54.2%)	6:34	9.1 (45.7%)
1320	GRZEŚ Darek	191		BIAŁYSTOK		M50	92	M 962	00:01:53	2025-11-11 14:24:57	00:33:27	01:05:50.20	01:07:44.00	+00:35:42 (54.2%)	6:35	9.1 (45.7%)
1321	SZNAJDER-GRZEŚ Kasia	192		BIAŁYSTOK		K50	23	K 359	00:01:53	2025-11-11 14:24:57	00:33:25	01:05:50.73	01:07:44.18	+00:35:42 (54.2%)	6:35	9.1 (45.7%)
1322	OZIMEK Patrycja	1361		BANIE MAZURSKIE		K20	115	K 360	00:01:48	2025-11-11 14:24:52	00:32:47	01:05:51.63	01:07:40.19	+00:35:43 (54.2%)	6:35	9.1 (45.7%)
1323	JURKOWICZ Urszula	928		BIAŁYSTOK		K20	116	K 361	00:01:50	2025-11-11 14:24:54	00:33:24	01:05:52.41	01:07:43.40	+00:35:44 (54.3%)	6:35	9.1 (45.7%)
1324	ŁAPUĆ Marzena	419		BIAŁYSTOK		K20	117	K 362	00:00:11	2025-11-11 14:23:15	00:30:19	01:05:55.31	01:06:07.04	+00:35:47 (54.3%)	6:35	9.1 (45.7%)
1325	ŁAPUĆ Mateusz	426		BIAŁYSTOK		M30	349	M 963	00:00:11	2025-11-11 14:23:15	00:30:20	01:05:55.87	01:06:07.11	+00:35:47 (54.3%)	6:35	9.1 (45.7%)
1326	KOMOR Maciej	1058		MIASTKOWO		M20	213	M 964	00:00:46	2025-11-11 14:23:50	00:29:48	01:06:00.69	01:06:47.28	+00:35:52 (54.4%)	6:36	9.1 (45.7%)
1327	ABRAMOWICZ Magdalena	135		BIAŁYSTOK		K40	81	K 363	00:00:36	2025-11-11 14:23:40	00:32:15	01:06:03.60	01:06:40.50	+00:35:55 (54.4%)	6:36	9.1 (45.7%)
1328	OLECHNICKA Martyna	1475		KLEWINOWO		K20	118	K 364	00:01:15	2025-11-11 14:24:19	00:32:05	01:06:12.33	01:07:27.95	+00:36:04 (54.5%)	6:37	9.1 (45.7%)
1329	CAREWICZ Paweł	114		BIAŁYSTOK		M30	350	M 965	00:01:56	2025-11-11 14:25:00	00:33:48	01:06:12.51	01:08:08.92	+00:36:04 (54.5%)	6:37	9.1 (45.7%)
1330	MATUS Justyna	467	ROSTI RUNNING TEAM	BIAŁYSTOK		K30	127	K 365	00:01:41	2025-11-11 14:24:45	00:33:09	01:06:12.84	01:07:54.71	+00:36:04 (54.5%)	6:37	9.1 (45.7%)
1331	SIDOROWICZ Maciej	1199	SII RUNNING TEAM	BIAŁYSTOK		M30	351	M 966	00:01:55	2025-11-11 14:24:59	00:33:47	01:06:15.24	01:08:10.86	+00:36:07 (54.5%)	6:37	9.1 (45.7%)
1332	SARAFIN Agnieszka	1418	SII RUNNING TEAM	BIAŁYSTOK		K40	82	K 366	00:01:55	2025-11-11 14:24:59	00:33:48	01:06:15.50	01:08:10.71	+00:36:07 (54.5%)	6:37	9.1 (45.7%)
1333	WITKOWSKI Dariusz	237	OUTDOOR TRAINING	BIAŁYSTOK		M60	25	M 967	00:00:04	2025-11-11 14:23:08	00:31:39	01:06:17.19	01:06:21.83	+00:36:09 (54.5%)	6:37	9.1 (45.7%)
1334	NIEDZWIECKA Aleksandra	811		ŁOMŻA		K20	119	K 367	00:00:23	2025-11-11 14:23:27	00:34:07	01:06:20.31	01:06:43.31	+00:36:12 (54.6%)	6:38	9 (45.2%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
1335	PIOTROWSKI Mariusz	1534		BRANIEWO		M40	234	M 968	00:01:57	2025-11-11 14:25:01	00:31:47	01:06:20.59	01:08:17.77	+00:36:12 (54.6%)	6:38	9 (45.2%)
1336	JANUSZKO Julia	1168		BIAŁYSTOK		K20	120	K 368	00:01:40	2025-11-11 14:24:44	00:34:11	01:06:21.38	01:08:01.47	+00:36:13 (54.6%)	6:38	9 (45.2%)
1337	SZOKA Kamil	344		SOKÓŁKA		M30	352	M 969	00:02:07	2025-11-11 14:25:11	00:34:13	01:06:29.59	01:08:36.88	+00:36:21 (54.7%)	6:38	9 (45.2%)
1338	STEFANOWICZ Eliza	1442		NIEWODNICA KORYCKA		K40	83	K 369	00:01:41	2025-11-11 14:24:45	00:33:09	01:06:37.71	01:08:19.49	+00:36:29 (54.8%)	6:39	9 (45.2%)
1339	FASZCZEWKI Filip	493		KLUKOWO		M16	50	M 970	00:00:39	2025-11-11 14:23:43	00:31:51	01:06:37.74	01:07:16.95	+00:36:29 (54.8%)	6:39	9 (45.2%)
1340	FALKOWSKI Marek	23	ST4.PL	BIAŁYSTOK		M40	235	M 971	00:00:24	2025-11-11 14:23:28	00:32:17	01:06:44.80	01:07:09.67	+00:36:36 (54.9%)	6:40	9 (45.2%)
1341	DOMASZEWICZ Michał	115		BIAŁYSTOK		M30	353	M 972	00:00:38	2025-11-11 14:23:42	00:31:54	01:06:44.82	01:07:23.24	+00:36:36 (54.9%)	6:40	9 (45.2%)
1342	DĘBOWSKA Małgorzata	913		BIAŁYSTOK		K20	121	K 370	00:01:19	2025-11-11 14:24:23	00:33:23	01:06:46.29	01:08:05.85	+00:36:38 (54.9%)	6:40	9 (45.2%)
1343	PŁOTCZYK Grzegorz	692		BIAŁYSTOK		M50	93	M 973	00:00:07	2025-11-11 14:23:11	00:28:40	01:06:48.80	01:06:56.01	+00:36:40 (54.9%)	6:40	9 (45.2%)
1344	NIEŚCIERUK Anna	390		KLEPACZE		K40	84	K 371	00:01:48	2025-11-11 14:24:52	00:32:41	01:06:53.57	01:08:42.33	+00:36:45 (55.0%)	6:41	9 (45.2%)
1345	NIEŚCIERUK Andrzej	391		KLEPACZE		M50	94	M 974	00:01:49	2025-11-11 14:24:53	00:32:41	01:06:54.10	01:08:43.23	+00:36:46 (55.0%)	6:41	9 (45.2%)
1346	DWORZAŃSKA Agnieszka	1068	TOYOTA TEAM	BIAŁYSTOK		K40	85	K 372	00:01:01	2025-11-11 14:24:05	00:33:12	01:06:58.43	01:08:00.28	+00:36:50 (55.0%)	6:41	9 (45.2%)
1347	GRANATYR Agnieszka	219		SOBOLEWO		K40	86	K 373	00:01:46	2025-11-11 14:24:50	00:32:36	01:07:00.19	01:08:46.46	+00:36:52 (55.0%)	6:42	9 (45.2%)
1348	WEKA Krzysztof	73	BIAŁYSTOK BIEGA TEAM	BIAŁYSTOK		M40	236	M 975	00:00:58	2025-11-11 14:24:02	00:32:07	01:07:03.24	01:08:01.70	+00:36:55 (55.1%)	6:42	8.9 (44.7%)
1349	SZUMOWSKI Piotr	1393		BIAŁYSTOK		M30	354	M 976	00:02:11	2025-11-11 14:25:15	00:33:54	01:07:20.98	01:09:32.94	+00:37:13 (55.3%)	6:44	8.9 (44.7%)
1350	BACIA Marek	1569		BIAŁYSTOK		M40	237	M 977	00:01:57	2025-11-11 14:25:01	00:32:50	01:07:22.63	01:09:20.30	+00:37:14 (55.3%)	6:44	8.9 (44.7%)
1351	KORZENIEWSKI Mateusz	733		BIAŁYSTOK		M20	214	M 978	00:01:51	2025-11-11 14:24:55	00:33:06	01:07:26.92	01:09:18.17	+00:37:19 (55.3%)	6:44	8.9 (44.7%)
1352	MALAKOWSKI Paweł	818		BIAŁYSTOK		M50	95	M 979	00:02:07	2025-11-11 14:25:11	00:32:20	01:07:27.05	01:09:34.17	+00:37:19 (55.3%)	6:44	8.9 (44.7%)
1353	PRUSZYŃSKI Jakub	699		BIAŁYSTOK		M20	215	M 980	00:01:51	2025-11-11 14:24:55	00:33:06	01:07:27.20	01:09:18.50	+00:37:19 (55.3%)	6:44	8.9 (44.7%)
1354	SZEWczykowski Marcin	1338		BIAŁYSTOK		M20	216	M 981	00:01:44	2025-11-11 14:24:48	00:29:56	01:07:28.21	01:09:13.10	+00:37:20 (55.3%)	6:44	8.9 (44.7%)
1355	MANTUR Katarzyna	985	KGW JANKO-WIANKI	JABŁOŃ JANKOWCE		K50	24	K 374	00:01:38	2025-11-11 14:24:42	00:32:03	01:07:28.86	01:09:07.76	+00:37:20 (55.3%)	6:44	8.9 (44.7%)
1356	WOŹNIEL Magdalena	549		BIAŁYSTOK		K20	122	K 375	00:01:37	2025-11-11 14:24:41	00:34:30	01:07:29.98	01:09:07.57	+00:37:22 (55.4%)	6:44	8.9 (44.7%)
1357	RADZAJEWSKI Bogdan	294		BIAŁYSTOK		M50	96	M 982	00:00:57	2025-11-11 14:24:01	00:33:38	01:07:35.45	01:08:33.24	+00:37:27 (55.4%)	6:45	8.9 (44.7%)
1358	MAZURUK Anna	293		BIAŁYSTOK		K40	87	K 376	00:00:57	2025-11-11 14:24:01	00:33:38	01:07:35.46	01:08:32.80	+00:37:27 (55.4%)	6:45	8.9 (44.7%)
1359	MONIUSZKO Jan	1261		BIAŁYSTOK		M30	355	M 983	00:00:12	2025-11-11 14:23:16	00:30:12	01:07:35.59	01:07:48.44	+00:37:27 (55.4%)	6:45	8.9 (44.7%)
1360	ZERA Piotr	101		GLIWICE		M20	217	M 984	00:02:03	2025-11-11 14:25:07	00:34:18	01:07:46.92	01:09:50.92	+00:37:39 (55.5%)	6:46	8.9 (44.7%)
1361	ZERA Aleksandra	102		GLIWICE		K20	123	K 377	00:02:04	2025-11-11 14:25:08	00:34:18	01:07:47.11	01:09:51.11	+00:37:39 (55.5%)	6:46	8.9 (44.7%)
1362	KOBYLIŃSKI Piotr	579		BIAŁYSTOK		M40	238	M 985	00:00:11	2025-11-11 14:23:15	00:32:16	01:07:48.50	01:08:00.17	+00:37:40 (55.6%)	6:46	8.8 (44.2%)
1363	SÓWKA Bartłomiej	1212		CHOROSZCZ		M20	218	M 986	00:01:47	2025-11-11 14:24:51	00:34:22	01:07:51.44	01:09:38.89	+00:37:43 (55.6%)	6:47	8.8 (44.2%)
1364	ŻUKIEWICZ Urszula	34		BIAŁYSTOK		K20	124	K 378	00:02:00	2025-11-11 14:25:04	00:33:50	01:07:55.75	01:09:56.67	+00:37:47 (55.6%)	6:47	8.8 (44.2%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
1365	GRZEGORCZYK Monika	81		GRABÓWKA		K30	128	K 379	00:00:38	2025-11-11 14:23:42	00:31:55	01:07:57.58	01:08:36.15	+00:37:49 (55.7%)	6:47	8.8 (44.2%)
1366	GREGORCZYK Jacek	1092		BIAŁOWIEŻA		M20	219	M 987	00:01:59	2025-11-11 14:25:03	00:34:08	01:07:58.62	01:09:57.78	+00:37:50 (55.7%)	6:47	8.8 (44.2%)
1367	GREGORCZYK Anna	355		BIAŁOWIEŻA		K20	125	K 380	00:01:58	2025-11-11 14:25:02	00:34:09	01:07:58.85	01:09:57.66	+00:37:50 (55.7%)	6:47	8.8 (44.2%)
1368	DI SENA Tommaso	1481		BIALYSTOK		M20	220	M 988	00:01:12	2025-11-11 14:24:16	00:33:07	01:08:02.71	01:09:15.22	+00:37:54 (55.7%)	6:48	8.8 (44.2%)
1369	CARBONE Wiktoria	1309		BIALYSTOK		K20	126	K 381	00:01:12	2025-11-11 14:24:16	00:33:07	01:08:02.74	01:09:14.86	+00:37:54 (55.7%)	6:48	8.8 (44.2%)
1370	GÓRSKI Piotr	1527	GÓRKI	BIAŁYSTOK		M40	239	M 989	00:02:00	2025-11-11 14:25:04	00:33:52	01:08:03.46	01:10:03.56	+00:37:55 (55.7%)	6:48	8.8 (44.2%)
1371	CIUKSZO Agnieszka	659	1PBOT	GRAJEWO		K16	14	K 382	00:00:32	2025-11-11 14:23:36	00:31:44	01:08:07.68	01:08:39.99	+00:37:59 (55.8%)	6:48	8.8 (44.2%)
1372	ROZWADOWSKA Natalia	948		BIAŁYSTOK		K20	127	K 383	00:01:48	2025-11-11 14:24:52	00:32:47	01:08:09.44	01:09:57.92	+00:38:01 (55.8%)	6:48	8.8 (44.2%)
1373	ŁAPIŃSKA Dominika	1079		BIAŁYSTOK		K30	129	K 384	00:01:47	2025-11-11 14:24:51	00:34:28	01:08:16.18	01:10:03.18	+00:38:08 (55.9%)	6:49	8.8 (44.2%)
1374	BIAŁOBŁOCKA-MATUJEWICZ Natalia	521		BIAŁYSTOK		K30	130	K 385	00:01:46	2025-11-11 14:24:50	00:34:29	01:08:16.55	01:10:03.29	+00:38:08 (55.9%)	6:49	8.8 (44.2%)
1375	CZERNIAKIEWICZ Martyna	238		BIAŁYSTOK		K20	128	K 386	00:01:54	2025-11-11 14:24:58	00:36:53	01:08:17.96	01:10:12.23	+00:38:10 (55.9%)	6:49	8.8 (44.2%)
1376	ZIELINSKI Michal	1255		BIAŁYSTOK		M20	221	M 990	00:01:14	2025-11-11 14:24:18	00:34:08	01:08:38.96	01:09:53.91	+00:38:31 (56.1%)	6:51	8.7 (43.7%)
1377	WYSOCKA Aneta	750	PRZEDSZKOLE W CHOROSZCZY	CHOROSZCZ		K40	88	K 387	00:02:02	2025-11-11 14:25:06	00:33:50	01:08:42.03	01:10:44.89	+00:38:34 (56.1%)	6:52	8.7 (43.7%)
1378	PALAK Marcin	82		BIAŁYSTOK		M20	222	M 991	00:02:10	2025-11-11 14:25:14	00:35:31	01:08:42.12	01:10:52.85	+00:38:34 (56.1%)	6:52	8.7 (43.7%)
1379	KARECKI Krzysztof	949	1 PBOT	IGNATKI		M20	223	M 992	00:00:31	2025-11-11 14:23:35	00:31:12	01:08:48.45	01:09:19.79	+00:38:40 (56.2%)	6:52	8.7 (43.7%)
1380	MURAWSKI Robert	828		BIAŁYSTOK		M60	26	M 993	00:00:59	2025-11-11 14:24:03	00:33:29	01:08:49.65	01:09:48.77	+00:38:41 (56.2%)	6:52	8.7 (43.7%)
1381	TYMOFIEJCZUK-HOROSZ Anna	1406		TUROŚŃ KOŚCIELNA		K30	131	K 388	00:01:47	2025-11-11 14:24:51	00:34:18	01:08:51.42	01:10:39.39	+00:38:43 (56.2%)	6:53	8.7 (43.7%)
1382	RADZIWONOWSKI Stanisław	874		BIAŁYSTOK		M16	51	M 994	00:00:22	2025-11-11 14:23:26	00:31:40	01:09:01.85	01:09:24.35	+00:38:53 (56.4%)	6:54	8.7 (43.7%)
1383	BARTOSZUK Magdalena	616		OGRODNICZKI		K30	132	K 389	00:01:30	2025-11-11 14:24:34	00:34:47	01:09:03.91	01:10:33.94	+00:38:56 (56.4%)	6:54	8.7 (43.7%)
1384	OSTAPOWICZ Małgorzata	364		BIAŁYSTOK		K50	25	K 390	00:01:10	2025-11-11 14:24:14	00:33:46	01:09:09.33	01:10:20.28	+00:39:01 (56.4%)	6:54	8.7 (43.7%)
1385	OLSZEWSKA Agnieszka	1541		BIAŁYSTOK		K40	89	K 391	00:00:41	2025-11-11 14:23:45	00:33:34	01:09:09.60	01:09:51.22	+00:39:01 (56.4%)	6:54	8.7 (43.7%)
1386	NIECIECKA Izabela	1525		BIAŁYSTOK		K20	129	K 392	00:01:16	2025-11-11 14:24:20	00:34:35	01:09:10.42	01:10:27.04	+00:39:02 (56.4%)	6:55	8.7 (43.7%)
1387	LIPSKA Katarzyna	673		BIAŁYSTOK		K40	90	K 393	00:01:09	2025-11-11 14:24:13	00:30:39	01:09:29.87	01:10:39.31	+00:39:21 (56.6%)	6:56	8.6 (43.2%)
1388	CIERESZKO Rafał	85		IZBISZCZE		M20	224	M 995	00:00:08	2025-11-11 14:23:12	00:33:02	01:09:36.50	01:09:45.23	+00:39:28 (56.7%)	6:57	8.6 (43.2%)
1389	SZUTKIEWICZ Bartosz	1081	BIAŁOSTOCKA SEKTA BIEGACZY	BIAŁYSTOK		M40	240	M 996	00:01:53	2025-11-11 14:24:57	00:33:57	01:09:40.63	01:11:33.97	+00:39:32 (56.8%)	6:58	8.6 (43.2%)
1390	GRYGOROWICZ Przemek	1412	BIEGAM, BO ŻONA POZWOLIŁA :)	BIAŁYSTOK		M40	241	M 997	00:01:53	2025-11-11 14:24:57	00:33:57	01:09:40.98	01:11:34.13	+00:39:33 (56.8%)	6:58	8.6 (43.2%)
1391	SZARKOWSKA-LUDEW Katarzyna	1410	MD RUN TRAINING	BIAŁYSTOK		K50	26	K 394	00:01:52	2025-11-11 14:24:56	00:33:57	01:09:52.65	01:11:45.49	+00:39:44 (56.9%)	6:59	8.6 (43.2%)
1392	MALISZEWSKI Krzysztof	962		BIAŁYSTOK		M40	242	M 998	00:01:28	2025-11-11 14:24:32	00:34:42	01:09:55.13	01:11:23.50	+00:39:47 (56.9%)	6:59	8.6 (43.2%)
1393	AROMINIAK Marta	960		ZABŁUDÓW		K40	91	K 395	00:01:27	2025-11-11 14:24:31	00:34:44	01:09:56.60	01:11:23.66	+00:39:48 (56.9%)	6:59	8.6 (43.2%)
1394	TRUSZKOWSKA Wioletta	1305	1 PBOT	STAWISKI		K30	133	K 396	00:00:32	2025-11-11 14:23:36	00:33:05	01:10:07.27	01:10:39.38	+00:39:59 (57.0%)	7:00	8.6 (43.2%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
1395	JURCZUK Justyna	130		BIAŁYSTOK		K30	134	K 397	00:01:59	2025-11-11 14:25:03	00:34:12	01:10:23.37	01:12:23.23	+00:40:15 (57.2%)	7:02	8.5 (42.7%)
1396	ŁUSZCZ Joanna	1171		BIAŁYSTOK		K60	4	K 398	00:01:53	2025-11-11 14:24:57	00:34:12	01:10:24.90	01:12:18.19	+00:40:16 (57.2%)	7:02	8.5 (42.7%)
1397	GIERAGA Jerzy	618		ŁÓMŻA		M70	5	M 999	00:01:39	2025-11-11 14:24:43	00:34:59	01:10:27.70	01:12:07.52	+00:40:19 (57.2%)	7:02	8.5 (42.7%)
1398	AMBROSIEWICZ Kacper	1100		BIAŁYSTOK		M30	356	M 1000	00:01:58	2025-11-11 14:25:02	00:34:02	01:10:28.07	01:12:26.72	+00:40:20 (57.2%)	7:02	8.5 (42.7%)
1399	MOTYCZKO Dominika	1067	TOYOTA TEAM	BIAŁYSTOK		K30	135	K 399	00:01:01	2025-11-11 14:24:05	00:33:13	01:10:32.59	01:11:34.11	+00:40:24 (57.3%)	7:03	8.5 (42.7%)
1400	ROŻKO Paweł	348		BIAŁYSTOK		M40	243	M 1001	00:01:01	2025-11-11 14:24:05	00:34:18	01:10:43.31	01:11:44.96	+00:40:35 (57.4%)	7:04	8.5 (42.7%)
1401	ANIKIEJ Maciej	164		BIAŁYSTOK		M40	244	M 1002	00:01:01	2025-11-11 14:24:05	00:34:18	01:10:43.54	01:11:44.78	+00:40:35 (57.4%)	7:04	8.5 (42.7%)
1402	TRYKOSZKO Michał	75		BIAŁYSTOK		M20	225	M 1003	00:02:10	2025-11-11 14:25:14	00:36:40	01:11:21.73	01:13:32.25	+00:41:13 (57.8%)	7:08	8.4 (42.2%)
1403	SIENKIEWICZ Katarzyna	1125		BIAŁYSTOK		K20	130	K 400	00:01:52	2025-11-11 14:24:56	00:35:20	01:11:30.48	01:13:23.02	+00:41:22 (57.9%)	7:09	8.4 (42.2%)
1404	HORCZAK Amelia	1547		BIAŁYSTOK		K20	131	K 401	00:00:15	2025-11-11 14:23:19	00:33:45	01:11:30.64	01:11:45.85	+00:41:22 (57.9%)	7:09	8.4 (42.2%)
1405	JAROŃCZYK Paweł	572		BIAŁYSTOK		M30	357	M 1004	00:02:11	2025-11-11 14:25:15	00:33:08	01:11:37.79	01:13:49.45	+00:41:29 (57.9%)	7:09	8.4 (42.2%)
1406	GOLONKO Magdalena	42		HAJNÓWKA		K20	132	K 402	00:01:34	2025-11-11 14:24:38	00:35:28	01:11:42.02	01:13:16.44	+00:41:34 (58.0%)	7:10	8.4 (42.2%)
1407	POPLAWSKA Ewa	814		BIAŁYSTOK		K30	136	K 403	00:01:47	2025-11-11 14:24:51	00:34:20	01:11:56.79	01:13:44.02	+00:41:48 (58.1%)	7:11	8.3 (41.7%)
1408	GRYGORCZUK Wojciech	1312		SUPRAŚL		M16	52	M 1005	00:00:14	2025-11-11 14:23:18	00:34:21	01:12:04.78	01:12:19.51	+00:41:56 (58.2%)	7:12	8.3 (41.7%)
1409	KURYŚ Karolina	417		BIAŁYSTOK		K20	133	K 404	00:01:48	2025-11-11 14:24:52	00:35:14	01:12:16.27	01:14:04.34	+00:42:08 (58.3%)	7:13	8.3 (41.7%)
1410	CHMIELEWSKI Józef	1528	CIECHANOWIEC BIEGA	CIECHANOWIEC		M40	245	M 1006	00:01:55	2025-11-11 14:24:59	00:35:42	01:12:17.11	01:14:13.01	+00:42:09 (58.3%)	7:13	8.3 (41.7%)
1411	KRAWCZUN Jacek	607		BIAŁYSTOK		M30	358	M 1007	00:02:03	2025-11-11 14:25:07	00:34:23	01:12:31.14	01:14:35.01	+00:42:23 (58.4%)	7:15	8.3 (41.7%)
1412	LEWICKA Laura	508		BIAŁYSTOK		K20	134	K 405	00:02:03	2025-11-11 14:25:07	00:35:33	01:12:53.16	01:14:56.64	+00:42:45 (58.7%)	7:17	8.2 (41.2%)
1413	MIKOŁAJCZYK Gabriela	60		BIAŁYSTOK		K20	135	K 406	00:02:03	2025-11-11 14:25:07	00:35:33	01:12:53.29	01:14:56.70	+00:42:45 (58.7%)	7:17	8.2 (41.2%)
1414	NOWIK Rafał	619	BIAŁYSTOK BIEGA TIM	BIAŁYSTOK		M20	226	M 1008	00:01:42	2025-11-11 14:24:46	00:36:17	01:13:09.71	01:14:51.98	+00:43:01 (58.8%)	7:18	8.2 (41.2%)
1415	GRYCKIEWICZ Aleksandra	204		BIAŁYSTOK		K30	137	K 407	00:00:41	2025-11-11 14:23:45	00:35:55	01:13:11.89	01:13:53.32	+00:43:03 (58.8%)	7:19	8.2 (41.2%)
1416	FALKOWSKI Adam	813		BIAŁYSTOK		M30	359	M 1009	00:01:01	2025-11-11 14:24:05	00:35:42	01:13:43.87	01:14:45.69	+00:43:35 (59.1%)	7:22	8.1 (40.7%)
1417	NIEWIŃSKA Joanna	1326		ZABŁUDÓW		K40	92	K 408	00:02:08	2025-11-11 14:25:12	00:37:08	01:13:55.41	01:16:03.44	+00:43:47 (59.2%)	7:23	8.1 (40.7%)
1418	WYSOCKA Urszula	1148		WASILKÓW		K40	93	K 409	00:01:52	2025-11-11 14:24:56	00:36:14	01:14:02.88	01:15:55.29	+00:43:54 (59.3%)	7:24	8.1 (40.7%)
1419	SZOSTKOWSKA Magdalena	415		RŻANIEC		K30	138	K 410	00:00:16	2025-11-11 14:23:20	00:36:25	01:14:36.36	01:14:53.00	+00:44:28 (59.6%)	7:27	8 (40.2%)
1420	CHARKIEWICZ Gabriel	283		BIAŁYSTOK		M30	360	M 1010	00:02:06	2025-11-11 14:25:10	00:37:00	01:14:41.99	01:16:48.72	+00:44:34 (59.7%)	7:28	8 (40.2%)
1421	WYSZYŃSKI Zbigniew	1246	I O TO CHODZI	BIAŁYSTOK		M70	6	M 1011	00:01:54	2025-11-11 14:24:58	00:35:44	01:14:43.67	01:16:37.79	+00:44:35 (59.7%)	7:28	8 (40.2%)
1422	KOZŁOWSKI Michał	83		BIAŁYSTOK		M20	227	M 1012	00:02:10	2025-11-11 14:25:14	00:36:25	01:14:55.35	01:17:06.07	+00:44:47 (59.8%)	7:29	8 (40.2%)
1423	ROMEK Maciej	1000		BIAŁYSTOK		M40	246	M 1013	00:01:40	2025-11-11 14:24:44	00:37:55	01:14:58.96	01:16:39.65	+00:44:51 (59.8%)	7:29	8 (40.2%)
1424	NICEWICZ Małgorzata	993		BIAŁYSTOK		K16	15	K 411	00:00:50	2025-11-11 14:23:54	00:36:53	01:17:07.78	01:17:58.51	+00:46:59 (60.9%)	7:42	7.8 (39.2%)

Place	Participant	Number	Club	City	NAT	Category	MCat	F/M	Start time	Moment of start	5km	Net time 10km	Clock time 10km	Różnica w czasie	Pace min/km	Pace km/h
1425	MOROZEWICZ Bartosz	994		BIAŁYSTOK		M16	53	M 1014	00:00:50	2025-11-11 14:23:54	00:36:54	01:17:08.50	01:17:59.01	+00:47:00 (60.9%)	7:42	7.8 (39.2%)
1426	RAUBO Przemysław	570		BIAŁYSTOK		M30	361	M 1015	00:02:03	2025-11-11 14:25:07	00:38:21	01:17:08.63	01:19:11.79	+00:47:00 (60.9%)	7:42	7.8 (39.2%)
1427	BARTNICKI Adrian	1501		BIAŁA PISKA		M20	228	M 1016	00:02:09	2025-11-11 14:25:13	00:38:02	01:17:46.29	01:19:55.73	+00:47:38 (61.3%)	7:46	7.7 (38.7%)
1428	ZIEJEWSKA Gabriela	141		BIAŁYSTOK		K16	16	K 412	00:02:04	2025-11-11 14:25:08	00:38:37	01:17:46.45	01:19:51.02	+00:47:38 (61.3%)	7:46	7.7 (38.7%)
1429	ZUKOWSKI Rafał	1300		BIAŁYSTOK		M20	229	M 1017	00:02:11	2025-11-11 14:25:15	00:36:16	01:17:58.92	01:20:09.96	+00:47:51 (61.4%)	7:47	7.7 (38.7%)
1430	SZYSZKO Rafał	1138		BIAŁYSTOK		M20	230	M 1018	00:01:23	2025-11-11 14:24:27	00:37:17	01:18:07.91	01:19:31.37	+00:48:00 (61.4%)	7:48	7.7 (38.7%)
1431	KUKLA Monika	866	AMP FUTBOL POLSKA	ZABIERZÓW BOCHEŃSKI		K20	136	K 413	00:02:02	2025-11-11 14:25:06	00:39:09	01:18:49.25	01:20:51.78	+00:48:41 (61.8%)	7:52	7.6 (38.2%)
1432	MAJEWSKI Adrian	1456		STUDZIANKI		M30	362	M 1019	00:02:02	2025-11-11 14:25:06	00:39:09	01:18:52.45	01:20:55.22	+00:48:44 (61.8%)	7:53	7.6 (38.2%)
1433	SÓWKA Damian	891		CHOROSZCZ		M20	231	M 1020	00:01:47	2025-11-11 14:24:51	00:38:29	01:18:54.50	01:20:42.25	+00:48:46 (61.8%)	7:53	7.6 (38.2%)
1434	LENCZEWSKA Weronika	38		BIAŁYSTOK		K20	137	K 414	00:01:32	2025-11-11 14:24:36	00:39:32	01:22:16.99	01:23:49.31	+00:52:09 (63.4%)	8:13	7.3 (36.7%)
1435	PASZKO Piotr	860	BCC	BIAŁYSTOK		M20	232	M 1021	00:00:11	2025-11-11 14:23:15	00:19:56			+00:05:03	3:59	15.1 (75.9%)
1436	DUSZYŃSKI Krzysztof	858	BCC	BIAŁYSTOK		M20	233	M 1022	00:00:10	2025-11-11 14:23:14	00:20:28			+00:05:35	4:05	14.7 (73.9%)
1437	LASKOWSKI Rafał	577		BIAŁYSTOK		M40	247	M 1023	00:00:45	2025-11-11 14:23:49	00:24:33			+00:09:40	4:54	12.2 (61.3%)
1438	PUCHALSKI Szczepan	753	GEO-RUN	BIAŁYSTOK		M40	248	M 1024	00:00:50	2025-11-11 14:23:54	00:24:34			+00:09:41	4:54	12.2 (61.3%)
1439	WISNIEWSKI Marcin	1031		BIAŁYSTOK		M30	363	M 1025	00:01:32	2025-11-11 14:24:36	00:25:25			+00:10:32	5:05	11.8 (59.3%)
1440	MORDASEWICZ Karolina	1415		BIAŁYSTOK		K20	138	K 415	00:01:55	2025-11-11 14:24:59	00:35:32			+00:20:39	7:06	8.4 (42.2%)

Total 1440 results.