



16. BIAŁYSTOK
BIEGA

(https://bialystokbiega.pl/)

BIAŁYSTOK BIEGA | SZYBKĄ DYCHA
16. Białystok Biega (/16-bialystok-biega/m1540.html)

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE
(http://b4sport.pl)

Organizator : **Fundacja Białystok Biega**
Data : **2026-09-13**
Miejsce : **Białystok**
Dystans : **10 km**
Regulamin: **Otwórz  (https://bialystokbiega.pl/regulamin-2/)**

Zgłoszonych : **953**
Wystartowało : **850**
Nie ukończyło : **0**
Ukończyło : **850**
Na trasie : **0**

Klasyfikacje w punktach pomiarowych: Start (/bialystok-biega-szybka-dycha/e7811.html?embedded=0×=0&full_results=0&auto=0&location_nr=-2) | 7km (/bialystok-biega-szybka-dycha/e7811.html?times=0&full_results=0&embedded=0&auto=0&location_nr=2) | **Meta (/bialystok-biega-szybka-dycha/e7811.html?times=0&full_results=0&embedded=0&auto=0)**
Klasyfikacje wg kategorii: **Wszyscy (/bialystok-biega-szybka-dycha/e7811.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1)** | K - Białostoczanka (/bialystok-biega-szybka-dycha/k-bialostoczanka/e7811/c74838.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | K - Pracownik Medyczny (/bialystok-biega-szybka-dycha/k-pracownik-medyczny/e7811/c74820.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | K - Służby Mundurowe (/bialystok-biega-szybka-dycha/k-sluzby-mundurowe/e7811/c74822.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | K OPEN (/bialystok-biega-szybka-dycha/k-open/e7811/c74825.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | M - Białotczanin (/bialystok-biega-szybka-dycha/m-bialotczanin/e7811/c74839.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | M - Pracownik Medyczny (/bialystok-biega-szybka-dycha/m-pracownik-medyczny/e7811/c74821.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | M - Służby Mundurowe (/bialystok-biega-szybka-dycha/m-sluzby-mundurowe/e7811/c74823.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | M OPEN (/bialystok-biega-szybka-dycha/m-open/e7811/c74817.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | Drużynowa (/bialystok-biega-szybka-dycha/druzynowa/e7811/c74824.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | K-15 (/bialystok-biega-szybka-dycha/k-15/e7811/c74826.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | M-15 (/bialystok-biega-szybka-dycha/m-15/e7811/c74827.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | K-20 (/bialystok-biega-szybka-dycha/k-20/e7811/c74828.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | M-20 (/bialystok-biega-szybka-dycha/m-20/e7811/c74834.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | K-30 (/bialystok-biega-szybka-dycha/k-30/e7811/c74829.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | M-30 (/bialystok-biega-szybka-dycha/m-30/e7811/c74835.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | K-40 (/bialystok-biega-szybka-dycha/k-40/e7811/c74830.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | M-40 (/bialystok-biega-szybka-dycha/m-40/e7811/c74836.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | K-50 (/bialystok-biega-szybka-dycha/k-50/e7811/c74831.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | M-50 (/bialystok-biega-szybka-dycha/m-50/e7811/c74818.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | K-60 (/bialystok-biega-szybka-dycha/k-60/e7811/c74832.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | M-60 (/bialystok-biega-szybka-dycha/m-60/e7811/c74837.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | K-70 (/bialystok-biega-szybka-dycha/k-70/e7811/c74833.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | M-70 (/bialystok-biega-szybka-dycha/m-70/e7811/c74819.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1)

Klasyfikacja wg **czasu netto**. W klasyfikacji open, pierwsze 50 miejsc wg **czasu brutto Wyniki nieoficjalne !!!**

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	7km	Czas netto 10km	Czas brutto 10km	Różnica w czasie	Tempo min/km	Tempo km/h
1	NJOROGE Derrick Chege	1	BENEDEK-TEAM	DEBRECEN		M-20	1	M 1		00:00:00	00:20:42	00:29:09	00:29:09		2:54	20.6 (100%)
2	KARITA Raphael Gacheru	2	BENEDEK-TEAM	DEBRECEN		M-20	2	M 2		00:00:00	00:20:40	00:29:17	00:29:18	+00:00:08 (0.5%)	2:55	20.5 (99.5%)
3	PRZYBYŁA Adrian	5	RUN GOKU TEAM	IŁAWA		M-30	1	M 3	Run Goku Team	00:00:01	00:21:59	00:31:21	00:31:22	+00:02:11 (7.0%)	3:07	19.2 (93.2%)
4	LEOŃCZUK Andrzej	8	18 PUŁK ROZPOZNAWCZY	BIAŁYSTOK		M-30	2	M 4	Leospeed	00:00:01	00:22:10	00:31:28	00:31:30	+00:02:19 (7.4%)	3:08	19.1 (92.7%)
5	BONDARUK Paweł	803	KS PODLASIE BIAŁYSTOK	BIAŁYSTOK		M-20	3	M 5	MD Run Training	00:00:00	00:23:49	00:33:26	00:33:26	+00:04:16 (12.8%)	3:20	18 (87.4%)
6	ZELENKO Bohdan	337	TEA.M RUN	BIAŁYSTOK		M-20	4	M 6	TEA.M RUN	00:00:00	00:23:48	00:33:39	00:33:39	+00:04:30 (13.4%)	3:21	17.8 (86.4%)
7	OSIK Miłosz	754	KALINOWSKI TEAM	BIAŁYSTOK		M-15	1	M 7	Kalinowski Team	00:00:02	00:24:18	00:33:56	00:33:59	+00:04:47 (14.1%)	3:23	17.7 (85.9%)
8	STRANKOWSKI Hubert	860	KS PODLASIE BIAŁYSTOK	BIAŁYSTOK		M-15	2	M 8		00:00:00	00:24:25	00:34:13	00:34:13	+00:05:04 (14.8%)	3:25	17.5 (85.0%)
9	KIARIE Loise Wambui	4	BENEDEK-TEAM	DEBRECEN		K-20	1	K 1		00:00:00	00:24:19	00:34:25	00:34:25	+00:05:15 (15.3%)	3:26	17.4 (84.5%)
10	KAMAU Jecinta Mwende	3	BENEDEK-TEAM	DEBRECEN		K-20	2	K 2		00:00:00	00:24:18	00:34:29	00:34:29	+00:05:20 (15.5%)	3:26	17.4 (84.5%)
11	MARKIEWICZ Grzegorz	747	KALINOWSKI TEAM	CZEREMCHA		M-30	3	M 9	Kalinowski Team	00:00:02	00:24:31	00:34:37	00:34:40	+00:05:28 (15.8%)	3:27	17.3 (84.0%)
12	AUGUSTYNOWICZ Wojciech	814	MKS JUVENIA BIAŁYSTOK	OGRODNICZKI		M-30	4	M 10	MD Run Training	00:00:02	00:24:53	00:34:55	00:34:58	+00:05:46 (16.5%)	3:29	17.2 (83.5%)
13	JANKOWSKA Katarzyna	10	KS PODLASIE BIAŁYSTOK	BIAŁYSTOK		K-30	1	K 3		00:00:00	00:25:06	00:35:33	00:35:33	+00:06:24 (18.0%)	3:33	16.9 (82.0%)
14	ŁOBACZ Michał	753	RUN GOKU TEAM	BIAŁYSTOK		M-30	5	M 11		00:00:01	00:25:27	00:36:07	00:36:08	+00:06:57 (19.3%)	3:36	16.6 (80.6%)
15	DUDEK Bartosz	698	MD RUN TRAINING	BIAŁYSTOK		M-30	6	M 12	MD Run Training	00:00:04	00:25:33	00:36:10	00:36:14	+00:07:01 (19.4%)	3:36	16.6 (80.6%)
16	KULESH Pavel	995	KALINOWSKI TEAM	BIAŁYSTOK		M-40	1	M 13	Kalinowski Team	00:00:02	00:25:45	00:36:21	00:36:23	+00:07:12 (19.8%)	3:38	16.5 (80.1%)
17	RUSINIAK Kamil	63	ROZBIEGANY BIELSK PODLASKI	BIELSK PODLASKI		M-30	7	M 14	Rozbiegany Bielsk Podlaski	00:00:03	00:26:10	00:36:51	00:36:54	+00:07:41 (20.9%)	3:40	16.3 (79.1%)
18	PANICZKO Sławomir	177	KALINOWSKI TEAM	BIAŁYSTOK		M-50	1	M 15	Kalinowski Team	00:00:03	00:26:09	00:36:55	00:36:59	+00:07:46 (21.1%)	3:41	16.3 (79.1%)
19	JARMOŁOWICZ Jacek	881	MD RUN TRAINING	IZABELIN		M-50	2	M 16	MD Run Training	00:00:03	00:26:18	00:36:59	00:37:03	+00:07:50 (21.2%)	3:41	16.2 (78.6%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	7km	Czas netto 10km	Czas brutto 10km	Różnica w czasie	Tempo min/km	Tempo km/h
20	PRZYBYŁA Agnieszka	6	RUN GOKU TEAM	ŁAWA		K-30	2	K 4	Run Goku Team	00:00:00	00:26:09	00:37:10	00:37:11	+00:08:01 (21.6%)	3:42	16.2 (78.6%)
21	KUCHAREWICZ Marcin	318		SOKÓŁKA		M-30	8	M 17		00:00:04	00:26:24	00:37:30	00:37:35	+00:08:21 (22.3%)	3:44	16 (77.7%)
22	DANILCZUK Arkadiusz	288	LEOSPED	ZABLUDOW		M-50	3	M 18	Leo sped	00:00:02	00:26:33	00:37:52	00:37:55	+00:08:42 (23.0%)	3:47	15.9 (77.2%)
23	KORYTKOWSKA Justyna	9	KS PREFBET-SONAROL	ŁOMŻA		K-40	1	K 5		00:00:02	00:26:57	00:37:55	00:37:58	+00:08:46 (23.1%)	3:47	15.8 (76.7%)
24	KRUSZEWSKI Mariusz	802	MD RUN TRAINING	BIAŁYSTOK		M-50	4	M 19	MD Run Training	00:00:03	00:26:57	00:38:06	00:38:09	+00:08:56 (23.5%)	3:48	15.8 (76.7%)
25	MICHALCZUK Łukasz	889		BIAŁYSTOK		M-30	9	M 20	BCCR3W	00:00:08	00:27:05	00:38:02	00:38:10	+00:08:53 (23.4%)	3:48	15.8 (76.7%)
26	MAŃCZUK Angelika	634	BCO	BIAŁYSTOK		K-30	3	K 6		00:00:02	00:26:57	00:38:08	00:38:11	+00:08:59 (23.6%)	3:48	15.7 (76.2%)
27	LOZYNSKYI Borys	715	TEA.M RUN	BIAŁYSTOK		M-20	5	M 21	TEA.M RUN	00:00:02	00:27:11	00:38:29	00:38:31	+00:09:19 (24.3%)	3:50	15.6 (75.7%)
28	KAPELEWSKI Dariusz	625		ŁOMZA		M-40	2	M 22		00:00:03	00:27:29	00:38:41	00:38:44	+00:09:32 (24.7%)	3:51	15.5 (75.2%)
29	BIELAWSKI Marek	951	HAJNÓWKA BIEGA	BIAŁOWIEŻA		M-50	5	M 23	Hajnówka Biega	00:00:10	00:27:24	00:38:36	00:38:47	+00:09:27 (24.5%)	3:51	15.6 (75.7%)
30	PRZEPIÓRA Mateusz	969	BAND OF RUNNERS	WASILKÓW		M-40	3	M 24		00:00:06	00:27:32	00:38:45	00:38:51	+00:09:36 (24.8%)	3:52	15.5 (75.2%)
31	BARANOWSKI Karol	317		BIAŁYSTOK		M-40	4	M 25		00:00:04	00:27:31	00:38:50	00:38:55	+00:09:41 (25.0%)	3:52	15.5 (75.2%)
32	WIESIEŁOWSKI Jarosław	692	ROZBIEGANY BIELSK PODLASKI	BIELSK PODLASKI		M-50	6	M 26	Rozbiegany Bielsk Podlaski	00:00:03	00:27:33	00:38:54	00:38:58	+00:09:44 (25.1%)	3:53	15.4 (74.8%)
33	BACKIEL Jakub	474		BIAŁYSTOK		M-30	10	M 27		00:00:05	00:27:27	00:38:56	00:39:01	+00:09:46 (25.1%)	3:53	15.4 (74.8%)
34	KUR Marcin	831	KENDRON	BIAŁYSTOK		M-30	11	M 28		00:00:03	00:27:31	00:38:59	00:39:03	+00:09:50 (25.3%)	3:53	15.4 (74.8%)
35	ZALEWSKI Bartek	285		ELK		M-30	12	M 29		00:00:04	00:27:24	00:39:01	00:39:06	+00:09:52 (25.3%)	3:53	15.4 (74.8%)
36	SZYDŁOWSKI Adrian	287	PĘDZIWIATR BIAŁYSTOK	BIAŁYSTOK		M-30	13	M 30	Pędziwiatr Białystok	00:00:03	00:27:27	00:39:04	00:39:07	+00:09:55 (25.4%)	3:54	15.4 (74.8%)
37	PIETKUN Łukasz	992	KALINOWSKI TEAM	KOLNO		M-30	14	M 31	Kalinowski Team	00:00:05	00:27:43	00:39:11	00:39:16	+00:10:01 (25.6%)	3:54	15.3 (74.3%)
38	BORYS Łukasz	693		BIAŁYSTOK		M-20	6	M 32		00:00:06	00:28:08	00:39:23	00:39:29	+00:10:13 (26.0%)	3:56	15.2 (73.8%)
39	BARTOSZEWICZ Jan	311	KALINOWSKI TEAM	BIAŁYSTOK		M-40	5	M 33	Kalinowski Team	00:00:04	00:27:59	00:39:37	00:39:41	+00:10:28 (26.4%)	3:57	15.2 (73.8%)
40	VODCHYTS Ivan	486		BREST		M-30	15	M 34		00:00:09	00:28:10	00:39:36	00:39:45	+00:10:27 (26.4%)	3:57	15.2 (73.8%)
41	BARASZKO Gabriel	638		BIAŁYSTOK		M-20	7	M 35		00:00:10	00:28:06	00:39:36	00:39:46	+00:10:26 (26.4%)	3:57	15.2 (73.8%)
42	JAROMIN Mariusz	260		BIAŁYSTOK		M-30	17	M 36		00:00:00	00:28:17	00:39:50	00:39:50	+00:10:41 (26.8%)	3:58	15.1 (73.3%)
43	GINDOROWICZ Wiktor	883	BCCR3W	BIAŁYSTOK		M-30	18	M 37	BCCR3W	00:00:05	00:28:08	00:39:53	00:39:59	+00:10:44 (26.9%)	3:59	15 (72.8%)
44	GUARRERA Francesco	785	MASPEX	BIAŁYSTOK		M-30	16	M 38	Maspex	00:00:11	00:28:10	00:39:50	00:40:01	+00:10:41 (26.8%)	3:58	15.1 (73.3%)
45	CZABAJ Marcin	865	SŁUŻBA CELNO-SKARBOWA	BIAŁYSTOK		M-40	6	M 39	Białystok Biega Team	00:00:08	00:28:56	00:40:04	00:40:13	+00:10:55 (27.3%)	4:00	15 (72.8%)
46	TRUSZCZYŃSKI Paweł	127	KOLEJNY RUNNING CLUB	BIAŁYSTOK		M-30	20	M 40	#KolejnyRunningClub	00:00:05	00:28:21	00:40:08	00:40:14	+00:10:59 (27.4%)	4:00	15 (72.8%)
47	RACIBORSKI Mateusz	933		MIODUSY STASIOWIĘTA		M-20	8	M 41		00:00:14	00:28:13	00:40:01	00:40:15	+00:10:52 (27.2%)	3:59	15 (72.8%)
48	JAKIMIUK Joachim	766	KOMENDA WOJEWÓDZKA POLICJI W BIAŁYMSTOKU	ŁUBNIKI		M-30	19	M 42		00:00:08	00:28:44	00:40:08	00:40:16	+00:10:59 (27.4%)	4:00	15 (72.8%)
49	WAWRZYNOWICZ Michał	938	ROZBIEGANI SUWAŁKI	NOWINKA		M-30	21	M 43		00:00:06	00:28:15	00:40:11	00:40:17	+00:11:02 (27.5%)	4:00	14.9 (72.3%)
50	SZLASZYŃSKA Wioleta	122		GOŁDAP		K-30	4	K 7		00:00:03	00:28:23	00:40:14	00:40:18	+00:11:05 (27.6%)	4:01	14.9 (72.3%)
51	NOWAK Marcin	208	ROCH JASIENICA	JASIENICA		M-40	7	M 44	ROCH Jasienica	00:00:14	00:28:34	00:40:08	00:40:23	+00:10:59 (27.4%)	4:00	15 (72.8%)
52	ŻMIEŃKO Mariusz	214	ROZBIEGANY BIELSK PODLASKI	BIELSK PODLASKI		M-40	8	M 45	Rozbiegany Bielsk Podlaski	00:00:11	00:28:33	00:40:13	00:40:24	+00:11:03 (27.5%)	4:01	14.9 (72.3%)
53	POGORZELSKI Kamil	75	BESKIDY TRAIL	BIAŁYSTOK		M-20	9	M 46	Białystok Biega Team	00:00:06	00:28:38	00:40:22	00:40:28	+00:11:13 (27.8%)	4:02	14.9 (72.3%)

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54	JENOROWSKI Jakub	702	LAW	BIAŁYSTOK		M-20	10	M 47		00:00:05	00:28:31	00:40:22	00:40:28	+00:11:13 (27.8%)	4:02	14.9 (72.3%)
55	PYTEL Patryk	456	STREFA ZMIAN	MICHAŁOWO		M-30	22	M 48		00:00:10	00:28:39	00:40:27	00:40:37	+00:11:18 (28.0%)	4:02	14.8 (71.8%)
56	MARCIŃCZYK Patrycja	927	MD RUN TRAINING	CZARNA BIAŁOSTOCKA		K-30	5	K 8	MD Run Training	00:00:04	00:28:52	00:40:40	00:40:44	+00:11:30 (28.3%)	4:03	14.8 (71.8%)
57	CZUBASZEK Robert	566	BIAŁYSTOK BIEGA TEAM	BIAŁYSTOK		M-50	7	M 49		00:00:13	00:28:52	00:40:44	00:40:58	+00:11:35 (28.5%)	4:04	14.7 (71.4%)
58	DYSZKIEWICZ Rafał	610		BIAŁYSTOK		M-30	23	M 50		00:00:21	00:29:01	00:40:53	00:41:14	+00:11:43 (28.7%)	4:05	14.7 (71.4%)
59	BANASZEWSKI Robert	316	ENERGY NORTLE	ŁAPY		M-30	24	M 51		00:00:10	00:29:16	00:40:56	00:41:06	+00:11:47 (28.8%)	4:05	14.7 (71.4%)
60	PAWLUCZUK Tomasz	522	EŁK TU BIEGAM	EŁK		M-50	8	M 52		00:00:20	00:28:57	00:41:01	00:41:21	+00:11:52 (28.9%)	4:05	14.6 (70.9%)
61	WOŁKOWYCKI Paweł	406	KALINOWSKI TEAM	KSIĘŻYNO		M-30	25	M 53	Kalinowski Team	00:00:06	00:29:03	00:41:10	00:41:16	+00:12:00 (29.2%)	4:06	14.6 (70.9%)
62	WIERCIŃSKI Piotr	893	MKS JUVENIA BIAŁYSTOK	SUPRAŚL		M-15	3	M 54		00:00:32	00:29:39	00:41:21	00:41:54	+00:12:12 (29.5%)	4:07	14.5 (70.4%)
63	KULAKOWSKI Michał	237	IAS BIAŁYSTOK	BIAŁYSTOK		M-30	26	M 55		00:00:09	00:29:17	00:41:22	00:41:32	+00:12:13 (29.6%)	4:08	14.5 (70.4%)
64	DZIKOWSKI Wojciech	344	STREFA ZMIAN	TUROŚŃ KOŚCIELNA		M-40	9	M 56		00:00:09	00:28:44	00:41:23	00:41:33	+00:12:14 (29.6%)	4:08	14.5 (70.4%)
65	JÓZEF CZUK Piotr	770	ROZBIEGANY BIELSK PODLASKI. TLENOWA RADOŚĆ	BIELSK PODLASKI		M-50	9	M 57		00:01:28	00:29:31	00:41:31	00:42:59	+00:12:22 (29.8%)	4:08	14.5 (70.4%)
66	GRYGORCZUK Paweł	792	UWB TEAM	BIAŁYSTOK		M-30	27	M 58		00:00:25	00:29:47	00:41:33	00:41:59	+00:12:24 (29.9%)	4:09	14.4 (69.9%)
67	GADZIŃSKI Krzysztof	129	KAN-THERM RACING TEAM	BIAŁYSTOK		M-40	10	M 59	KAN-therm Racing Team	00:00:09	00:29:29	00:41:37	00:41:46	+00:12:27 (30.0%)	4:09	14.4 (69.9%)
68	NIEWIŃSKI Mateusz	659		BIAŁYSTOK		M-20	11	M 60		00:00:11	00:29:13	00:41:39	00:41:51	+00:12:29 (30.0%)	4:09	14.4 (69.9%)
69	SZPAKOWSKI Zbigniew	242	KALLOS STHENOS	BIAŁYSTOK		M-50	10	M 61		00:00:11	00:29:40	00:41:43	00:41:54	+00:12:34 (30.1%)	4:10	14.4 (69.9%)
70	SŁOTWIŃSKI Adam	795	EŁK TU BIEGAM	EŁK		M-40	11	M 62	Elk Tu Biegam	00:00:20	00:29:42	00:41:55	00:42:16	+00:12:45 (30.5%)	4:11	14.3 (69.4%)
71	PLEBAN Marek	932	GRYGO TEAM	ŁOMŻA		M-50	11	M 63		00:00:07	00:29:47	00:41:59	00:42:07	+00:12:50 (30.6%)	4:11	14.3 (69.4%)
72	OZAN Marta	241		BIAŁYSTOK		K-20	3	K 9	Kalinowski Team	00:00:05	00:29:32	00:42:02	00:42:07	+00:12:53 (30.7%)	4:12	14.3 (69.4%)
73	BAKUNIEWICZ Paweł	74		BIAŁYSTOK		M-30	28	M 64		00:00:06	00:29:52	00:42:06	00:42:12	+00:12:56 (30.8%)	4:12	14.3 (69.4%)
74	ADAMOWICZ Ernest	230		BIAŁYSTOK		M-30	29	M 65		00:00:06	00:29:51	00:42:07	00:42:13	+00:12:58 (30.8%)	4:12	14.3 (69.4%)
75	KADŁUBISKI Kacper	89	KLUB JUDO POLITECHNIKI BIAŁOSTOCKIEJ	BIAŁYSTOK		M-40	12	M 66		00:00:10	00:29:46	00:42:22	00:42:33	+00:13:12 (31.2%)	4:14	14.2 (68.9%)
76	JAGŁOWSKI Patryk	405	ROZBIEGANI SUWAŁKI	SUWAŁKI		M-20	12	M 67	Rozbiegani Suwałki	00:00:04	00:30:06	00:42:23	00:42:27	+00:13:14 (31.2%)	4:14	14.2 (68.9%)
77	LEONIUK Paweł	746	NADAKTYWNI	BIAŁYSTOK		M-40	13	M 68	Nadaktywni	00:00:11	00:30:07	00:42:25	00:42:37	+00:13:16 (31.3%)	4:14	14.2 (68.9%)
78	SZCZYKOWSKA Joanna	331	MD RUN TRAINING	BIAŁYSTOK		K-30	6	K 10	MD RUN TRAINING	00:00:04	00:29:57	00:42:28	00:42:33	+00:13:19 (31.4%)	4:14	14.1 (68.4%)
79	KULESZA Karol	632	JABŁOŃ	JABŁOŃ KOŚCIELNA		M-40	14	M 69		00:00:14	00:30:07	00:42:29	00:42:44	+00:13:20 (31.4%)	4:14	14.1 (68.4%)
80	WÓJCICKI Krystian	274		RUDA		M-20	13	M 70		00:00:19	00:30:27	00:42:31	00:42:51	+00:13:22 (31.5%)	4:14	14.1 (68.4%)
81	KUCZYŃSKI Patryk	211		GRAJEWO		M-20	14	M 71		00:00:19	00:30:27	00:42:31	00:42:51	+00:13:22 (31.5%)	4:14	14.1 (68.4%)
82	MIKUTOWICZ Renata	147	KAN-THERM RACING TEAM	BIAŁYSTOK		K-30	7	K 11	KAN-therm Racing Team	00:00:05	00:30:15	00:42:32	00:42:38	+00:13:23 (31.5%)	4:15	14.1 (68.4%)
83	RAMOTOWSKI Sylwester	497		BIAŁYSTOK		M-40	15	M 72		00:00:27	00:30:26	00:42:34	00:43:02	+00:13:25 (31.5%)	4:15	14.1 (68.4%)
84	KIEDA Patryk	300		BIAŁYSTOK		M-30	30	M 73		00:00:09	00:29:57	00:42:42	00:42:51	+00:13:32 (31.7%)	4:16	14.1 (68.4%)
85	ZUBARAU Ihar	856	TEA.M RUN	BIAŁYSTOK		M-40	16	M 74	TEA.M RUN	00:00:53	00:30:15	00:42:45	00:43:38	+00:13:36 (31.8%)	4:16	14 (68.0%)
86	DUSZYŃSKI Krzysztof	896	BCCR3W	BIAŁYSTOK		M-30	31	M 75	BCCR3W	00:00:09	00:30:20	00:42:46	00:42:55	+00:13:37 (31.9%)	4:16	14 (68.0%)
87	PIECKA Damian	473		ŁYSKI		M-30	32	M 76		00:00:10	00:30:14	00:42:46	00:42:56	+00:13:37 (31.9%)	4:16	14 (68.0%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	7km	Czas netto 10km	Czas brutto 10km	Różnica w czasie	Tempo min/km	Tempo km/h
88	KOZIATEK Marcin	355	OSP SZCZYTNO	SZCZYTNO		M-30	33	M 77		00:00:03	00:30:24	00:42:58	00:43:01	+00:13:49 (32.2%)	4:17	14 (68.0%)
89	AMBROŻEWICZ Adrian	93	ROZBIEGANY BIELSK PODLASKI	BIELSK PODLASKI		M-20	15	M 78	Rozbiegany Bielsk Podlaski	00:00:39	00:30:50	00:43:00	00:43:40	+00:13:51 (32.2%)	4:17	14 (68.0%)
90	KAMIŃSKI Artur	53	WSPR W BIAŁYMSTOKU ZPD W BIELSKU PODLASKIM	BIELSK PODLASKI		M-40	17	M 79	Rozbiegany Bielsk Podlaski	00:00:40	00:30:49	00:43:01	00:43:41	+00:13:51 (32.2%)	4:17	14 (68.0%)
91	CHODZIUTKO Andrzej	201		BIAŁYSTOK		M-40	18	M 80		00:00:33	00:31:21	00:43:08	00:43:41	+00:13:59 (32.4%)	4:18	13.9 (67.5%)
92	PISZCZATOWSKI Dawid	603		ŁAPY		M-30	34	M 81		00:00:22	00:30:37	00:43:11	00:43:34	+00:14:02 (32.5%)	4:18	13.9 (67.5%)
93	ANTONOWICZ Wojciech	776		SZCZECIN		M-60	1	M 82		00:00:20	00:30:31	00:43:12	00:43:32	+00:14:02 (32.5%)	4:19	13.9 (67.5%)
94	JANUSZKIEWICZ Kacper	935		BIAŁYSTOK		M-15	4	M 83		00:00:52	00:31:06	00:43:13	00:44:05	+00:14:03 (32.6%)	4:19	13.9 (67.5%)
95	RUSTS Aliaksandr	984	TEA.M RUN	BIAŁYSTOK		M-30	35	M 84	TEA.M RUN	00:00:53	00:30:54	00:43:17	00:44:10	+00:14:07 (32.7%)	4:19	13.9 (67.5%)
96	KAZBERUK Jarosław	752		WASILKÓW		M-60	2	M 85		00:00:06	00:30:29	00:43:19	00:43:26	+00:14:10 (32.7%)	4:19	13.9 (67.5%)
97	KUCZYŃSKI Rafał	520	MARATONKA GRAJEWO	MIECZE		M-40	19	M 86		00:00:22	00:31:03	00:43:21	00:43:44	+00:14:11 (32.8%)	4:19	13.8 (67.0%)
98	ZANIEWSKI Tomasz	962		BIAŁYSTOK		M-50	12	M 87		00:00:12	00:31:11	00:43:24	00:43:37	+00:14:15 (32.9%)	4:20	13.8 (67.0%)
99	SOKOL Mariusz	884	GIRO DEVELOPMENT	BIALYSTOK		M-40	20	M 88		00:00:09	00:30:55	00:43:28	00:43:37	+00:14:18 (32.9%)	4:20	13.8 (67.0%)
100	BUSŁOWSKI Adrian	1010		BIAŁYSTOK		M-40	21	M 89		00:00:03	00:30:48	00:43:31	00:43:34	+00:14:22 (33.0%)	4:20	13.8 (67.0%)
101	ZINCZUK Julia	630	HAJNÓWKA BIEGA	HAJNÓWKA		K-20	4	K 12	Hajnówka Biega	00:00:33	00:31:21	00:43:34	00:44:07	+00:14:24 (33.1%)	4:21	13.8 (67.0%)
102	ŚLESZYŃSKI Zbigniew	990	18 PR/BZ	BIAŁYSTOK		M-40	22	M 90		00:00:21	00:31:00	00:43:34	00:43:55	+00:14:24 (33.1%)	4:21	13.8 (67.0%)
103	KURYŁOWICZ Adrian	104		BIAŁYSTOK		M-40	23	M 91		00:00:13	00:30:39	00:43:36	00:43:49	+00:14:27 (33.2%)	4:21	13.8 (67.0%)
104	KORZENIEWSKI Marcin	983	1 PODLASKA BRYGADA OBRONY POGRANICZA	HALICKIE		M-30	36	M 92	1 PBOP	00:00:05	00:31:25	00:43:44	00:43:49	+00:14:35 (33.4%)	4:22	13.7 (66.5%)
105	YUSHKEVICH Karyna	203	TEA.M RUN	BIAŁYSTOK		K-30	8	K 13		00:00:11	00:31:09	00:43:45	00:43:57	+00:14:36 (33.4%)	4:22	13.7 (66.5%)
106	CHARTANOWICZ Paweł	985		BIAŁYSTOK		M-20	16	M 93		00:00:23	00:30:51	00:43:50	00:44:14	+00:14:40 (33.5%)	4:22	13.7 (66.5%)
107	PENDOWSKI Kamil	511	NADAKTYWNI	BIAŁYSTOK		M-40	24	M 94	Nadaktywni	00:00:12	00:31:08	00:43:51	00:44:03	+00:14:41 (33.5%)	4:22	13.7 (66.5%)
108	JASIŃSKI Mateusz	250		RUDA KOLONIA		M-20	17	M 95		00:00:05	00:31:41	00:43:58	00:44:03	+00:14:49 (33.7%)	4:23	13.7 (66.5%)
109	MOŚCICKI Piotr	254		BIAŁYSTOK		M-30	37	M 96		00:00:52	00:31:44	00:43:59	00:44:52	+00:14:50 (33.7%)	4:23	13.6 (66.0%)
110	SZYMCZUK Bogusław	62	ROZBIEGANY BIELSK PODLASKI	BIELSK PODLASKI		M-30	38	M 97	Rozbiegany Bielsk Podlaski	00:00:12	00:31:21	00:44:05	00:44:17	+00:14:56 (33.9%)	4:24	13.6 (66.0%)
111	PROKOPIUK Adam	457		BIAŁYSTOK		M-40	25	M 98		00:00:16	00:31:25	00:44:16	00:44:32	+00:15:07 (34.2%)	4:25	13.6 (66.0%)
112	SŁOWIKOWSKI Piotr	199	MD RUN TRAINING	BIAŁYSTOK		M-40	26	M 99	MD RUN TRAINING	00:00:04	00:31:16	00:44:19	00:44:23	+00:15:09 (34.2%)	4:25	13.5 (65.5%)
113	CYWONIUK Grzegorz	440	PEDZIWIATR BIAŁYSTOK	BIAŁYSTOK		M-50	13	M 100	Pędziwiatr Białystok	00:00:11	00:31:25	00:44:19	00:44:31	+00:15:10 (34.2%)	4:25	13.5 (65.5%)
114	ZUBRZYCKI Emil	651	DRUŻYNA STEFANA CZARNIECKIEGO	TYKOCIN		M-40	27	M 101	Drużyna Stefana Czarnieckiego	00:00:14	00:31:10	00:44:19	00:44:33	+00:15:10 (34.2%)	4:25	13.5 (65.5%)
115	STEFAŃSKI Janek	384	USK	MICHAŁOWO		M-30	39	M 102		00:00:23	00:31:39	00:44:19	00:44:43	+00:15:10 (34.2%)	4:25	13.5 (65.5%)
116	BIELSKA Aneta	915	PKO BP SA	MOŃKI		K-40	2	K 14		00:00:13	00:31:31	00:44:19	00:44:32	+00:15:10 (34.2%)	4:25	13.5 (65.5%)
117	SOŁOGUBA Jan	666	HAJNÓWKA BIEGA	HAJNÓWKA		M-30	40	M 103	Hajnówka Biega	00:00:10	00:31:22	00:44:20	00:44:30	+00:15:10 (34.3%)	4:25	13.5 (65.5%)
118	WĄDOŁOWSKA Justyna	466		BIAŁYSTOK		K-30	9	K 15		00:00:08	00:31:41	00:44:20	00:44:29	+00:15:11 (34.3%)	4:25	13.5 (65.5%)
119	MARGOL Arkadiusz	863	MARGOL TEAM	WASILKÓW		M-30	41	M 104		00:00:46	00:31:28	00:44:23	00:45:10	+00:15:14 (34.3%)	4:26	13.5 (65.5%)
120	MIŃKO Piotr	858		BIAŁYSTOK		M-40	28	M 105		00:00:12	00:31:38	00:44:23	00:44:36	+00:15:14 (34.3%)	4:26	13.5 (65.5%)
121	PAWŁOWSKI Maciej	102	POSG	KUŹNICA		M-30	42	M 106		00:00:42	00:31:19	00:44:25	00:45:07	+00:15:16 (34.4%)	4:26	13.5 (65.5%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	7km	Czas netto 10km	Czas brutto 10km	Różnica w czasie	Tempo min/km	Tempo km/h
122	MATOSZKO Adam	29		BIAŁYSTOK		M-30	43	M 107		00:00:19	00:31:53	00:44:27	00:44:46	+00:15:17 (34.4%)	4:26	13.5 (65.5%)
123	SOSNOWSKI Patryk	296		KLEOSIN		M-30	44	M 108		00:00:39	00:31:44	00:44:27	00:45:06	+00:15:18 (34.4%)	4:26	13.5 (65.5%)
124	JENOROWSKA Wioletta	703		BIAŁYSTOK		K-50	1	K 16		00:00:05	00:31:39	00:44:29	00:44:34	+00:15:20 (34.5%)	4:26	13.5 (65.5%)
125	SIERZPUTOWSKI Przemysław	52		ŁOMŻA		M-30	45	M 109		00:00:43	00:31:35	00:44:30	00:45:13	+00:15:20 (34.5%)	4:26	13.5 (65.5%)
126	RADZIWOŃSKA Emilia	286	KALINOWSKI TEAM	BIAŁYSTOK		K-40	3	K 17	Kalinowski Team	00:00:03	00:31:21	00:44:35	00:44:38	+00:15:26 (34.6%)	4:27	13.5 (65.5%)
127	ZIMNOCH Michał	857		SUCHOWOLA		M-30	46	M 110		00:00:38	00:31:39	00:44:36	00:45:14	+00:15:27 (34.7%)	4:27	13.5 (65.5%)
128	LEWKO Adam	481	FRANSPOL TEAM	BIAŁYSTOK		M-40	29	M 111		00:01:42	00:32:31	00:44:52	00:46:34	+00:15:42 (35.0%)	4:29	13.4 (65.0%)
129	ZALEWSKI Dariusz	818	NADAKTYWNI	BIAŁYSTOK		M-50	14	M 112	Nadaktywni	00:00:12	00:31:32	00:44:56	00:45:08	+00:15:47 (35.1%)	4:29	13.4 (65.0%)
130	SNARSKI Grzegorz	66		BIAŁYSTOK		M-30	47	M 113		00:00:14	00:32:11	00:44:57	00:45:11	+00:15:47 (35.2%)	4:29	13.4 (65.0%)
131	TULICKI Rafał	1005	ARESzt ŚLEDczy BIAŁYSTOK	SUWAŁKI		M-30	48	M 114		00:00:02	00:31:51	00:45:00	00:45:02	+00:15:50 (35.2%)	4:29	13.3 (64.6%)
132	MAŁECKI Krystian	508		ZACZERLANY		M-20	18	M 115		00:00:14	00:32:11	00:45:02	00:45:17	+00:15:53 (35.3%)	4:30	13.3 (64.6%)
133	KOMOSA Michał	551		SOLNICZKI		M-30	49	M 116		00:00:28	00:32:07	00:45:05	00:45:33	+00:15:56 (35.4%)	4:30	13.3 (64.6%)
134	PRZYCHODKO Michał	981		HENRYKOWO		M-30	50	M 117		00:00:11	00:32:40	00:45:06	00:45:17	+00:15:57 (35.4%)	4:30	13.3 (64.6%)
135	KIJORA Maja	620	EŁK TU BIEGAM	EŁK		K-40	4	K 18	Elk Tu Biegam	00:00:31	00:32:03	00:45:08	00:45:40	+00:15:59 (35.4%)	4:30	13.3 (64.6%)
136	MAREK Marek	729	SII RUNNING TEAM	SOKOLKA		M-40	30	M 118	Sii running team	00:00:22	00:32:03	00:45:10	00:45:32	+00:16:00 (35.5%)	4:30	13.3 (64.6%)
137	DROJEWSKI Adam	56		BIAŁYSTOK		M-50	15	M 119		00:00:08	00:31:52	00:45:11	00:45:20	+00:16:02 (35.5%)	4:30	13.3 (64.6%)
138	OSTASZEWSKI Marcin	807		ZAŚCIANKI		M-40	31	M 120		00:00:26	00:31:55	00:45:15	00:45:42	+00:16:06 (35.6%)	4:31	13.3 (64.6%)
139	RZEMIENIECKI Karol	830		BIAŁYSTOK		M-30	51	M 121		00:00:20	00:32:01	00:45:18	00:45:38	+00:16:08 (35.7%)	4:31	13.3 (64.6%)
140	GOŁDA Karol	202		WŁOSZCZOWA		M-30	52	M 122		00:00:21	00:31:58	00:45:18	00:45:40	+00:16:09 (35.7%)	4:31	13.3 (64.6%)
141	SZYMCZUK Piotr	945		WARSZAWA		M-30	53	M 123		00:00:03	00:31:33	00:45:19	00:45:23	+00:16:10 (35.7%)	4:31	13.2 (64.1%)
142	JASZCZUR Oliwia	43	AIKIRUNNERS	BIAŁYSTOK		K-20	5	K 19		00:00:16	00:32:05	00:45:24	00:45:40	+00:16:14 (35.8%)	4:32	13.2 (64.1%)
143	SZYMAŃSKI Kamil	997	18 PUŁK ROZPOZNAWCZY	BIAŁYSTOK		M-30	54	M 124		00:00:10	00:32:24	00:45:25	00:45:36	+00:16:16 (35.8%)	4:32	13.2 (64.1%)
144	POSTOŁOWICZ Piotr	198		BIAŁYSTOK		M-20	19	M 125		00:00:11	00:32:21	00:45:28	00:45:39	+00:16:18 (35.9%)	4:32	13.2 (64.1%)
145	DERPA Adrian	297		WASILKÓW		M-30	55	M 126		00:00:29	00:32:47	00:45:30	00:46:00	+00:16:21 (36.0%)	4:32	13.2 (64.1%)
146	ŁOŚ Mariusz	128	#KOLEJNYRUNNINGCLUB	BIAŁYSTOK		M-20	20	M 127	#KolejnyRunningClub	00:00:06	00:32:07	00:45:31	00:45:37	+00:16:22 (36.0%)	4:32	13.2 (64.1%)
147	SPYLA Darosław	972	EŁK TU BIEGAM	EŁK		M-60	3	M 128		00:00:32	00:32:16	00:45:33	00:46:05	+00:16:23 (36.0%)	4:33	13.2 (64.1%)
148	ADAMOWICZ Adam	358		BIAŁYSTOK		M-50	16	M 129		00:01:40	00:32:44	00:45:34	00:47:15	+00:16:24 (36.0%)	4:33	13.2 (64.1%)
149	KWAŚNIAK-BORYSIEWICZ Paulina	872		BIAŁYSTOK		K-30	10	K 20		00:01:12	00:32:35	00:45:35	00:46:47	+00:16:25 (36.1%)	4:33	13.2 (64.1%)
150	SOKOŁOWSKI Julian	606		IGNATKI-OSIEDLE		M-15	5	M 130		00:00:11	00:32:20	00:45:36	00:45:47	+00:16:27 (36.1%)	4:33	13.2 (64.1%)
151	KLEJZEROWICZ Paweł	710	PELETON ŻUBRA	BIAŁYSTOK		M-30	56	M 131		00:00:51	00:32:43	00:45:38	00:46:29	+00:16:29 (36.1%)	4:33	13.2 (64.1%)
152	MORAWSKI Jacek	773	MD RUN TRAINING	BIAŁYSTOK		M-50	17	M 132	MD Run Training	00:00:41	00:32:22	00:45:40	00:46:22	+00:16:31 (36.2%)	4:33	13.1 (63.6%)
153	GROCHOCKI Artur	589		BIAŁYSTOK		M-50	18	M 133		00:00:04	00:32:14	00:45:42	00:45:47	+00:16:33 (36.2%)	4:34	13.1 (63.6%)
154	STASZEWSKI Paweł	306		BIAŁYSTOK		M-30	57	M 134		00:00:34	00:31:29	00:45:44	00:46:19	+00:16:35 (36.3%)	4:34	13.1 (63.6%)
155	SZABŁOWSKI Paweł	624		BIAŁYSTOK		M-30	58	M 135		00:00:16	00:33:00	00:45:45	00:46:01	+00:16:36 (36.3%)	4:34	13.1 (63.6%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	7km	Czas netto 10km	Czas brutto 10km	Różnica w czasie	Tempo min/km	Tempo km/h
156	HRYNIEWSKI Rafał	411		BIAŁYSTOK		M-30	59	M 136		00:00:52	00:33:04	00:45:46	00:46:38	+00:16:36 (36.3%)	4:34	13.1 (63.6%)
157	KUCZYŃSKI Piotr	510		BIAŁYSTOK		M-50	19	M 137		00:00:28	00:33:07	00:45:46	00:46:14	+00:16:37 (36.3%)	4:34	13.1 (63.6%)
158	WEREDA Grzegorz	414		BIAŁYSTOK		M-30	60	M 138		00:00:59	00:33:12	00:45:46	00:46:45	+00:16:37 (36.3%)	4:34	13.1 (63.6%)
159	SZUBZDA Karol	477		SUCHOWOLA		M-40	32	M 139		00:00:39	00:32:05	00:45:46	00:46:26	+00:16:37 (36.3%)	4:34	13.1 (63.6%)
160	MINKIEWICZ Bartłomiej	310		BIAŁYSTOK		M-20	21	M 140		00:00:04	00:32:16	00:45:48	00:45:53	+00:16:39 (36.4%)	4:34	13.1 (63.6%)
161	MARKIEWICZ Dominik	115		BIAŁYSTOK		M-20	22	M 141		00:00:16	00:32:42	00:45:48	00:46:04	+00:16:39 (36.4%)	4:34	13.1 (63.6%)
162	SHASHKOU Yahor	485	RUN4FUN.BY	BREST		M-40	33	M 142		00:00:25	00:32:28	00:45:48	00:46:14	+00:16:39 (36.4%)	4:34	13.1 (63.6%)
163	ZDRAJKOWSKA Julia	356	KALINOWSKI TEAM	BIAŁYSTOK		K-30	11	K 21	Kalinowski Team	00:00:03	00:32:30	00:45:49	00:45:53	+00:16:40 (36.4%)	4:34	13.1 (63.6%)
164	BAZAREWSKI Maciej	503	BIELDRUK TEAM	BIAŁYSTOK		M-40	34	M 143	Bieldruk Team	00:00:09	00:32:18	00:45:50	00:46:00	+00:16:41 (36.4%)	4:34	13.1 (63.6%)
165	SYLWESTRZUK Maciej	810		GRÓDEK		M-30	61	M 144		00:00:15	00:32:39	00:45:51	00:46:06	+00:16:41 (36.4%)	4:34	13.1 (63.6%)
166	MIERZYŃSKI Michał	806		BIAŁYSTOK		M-30	62	M 145		00:00:14	00:32:52	00:45:51	00:46:05	+00:16:42 (36.4%)	4:34	13.1 (63.6%)
167	PRASNOWSKA Magda	789		BIAŁYSTOK		K-30	12	K 22		00:01:54	00:32:23	00:45:53	00:47:48	+00:16:43 (36.5%)	4:35	13.1 (63.6%)
168	BULWIN Beata	819	SCANMED	BIAŁYSTOK		K-30	13	K 23		00:00:25	00:32:58	00:45:57	00:46:23	+00:16:48 (36.6%)	4:35	13.1 (63.6%)
169	LEONIK Mateusz	580		RAFAŁÓWKA		M-30	63	M 146		00:00:23	00:32:57	00:46:01	00:46:24	+00:16:52 (36.7%)	4:36	13 (63.1%)
170	ŁAPATA Artur	493		MINKOWCE		M-20	23	M 147		00:00:07	00:32:07	00:46:01	00:46:08	+00:16:52 (36.7%)	4:36	13 (63.1%)
171	ANDRAKA Łukasz	120	PĘDZIWIATR BIAŁYSTOK	BIAŁYSTOK		M-40	35	M 148	Pędziwiatr Białystok	00:00:32	00:33:11	00:46:03	00:46:35	+00:16:54 (36.7%)	4:36	13 (63.1%)
172	BUREL Andrzej	748	STRZAŁY PODLASIA	SOKÓŁKA		M-40	36	M 149	Strzały Podlasia	00:00:04	00:32:17	00:46:03	00:46:08	+00:16:54 (36.7%)	4:36	13 (63.1%)
173	CHARKO Mariusz	697		GRABÓWKA		M-40	37	M 150		00:00:35	00:32:41	00:46:05	00:46:41	+00:16:56 (36.8%)	4:36	13 (63.1%)
174	LEWKO Mateusz	958		BIAŁYSTOK		M-30	64	M 151		00:01:28	00:33:22	00:46:07	00:47:36	+00:16:58 (36.8%)	4:36	13 (63.1%)
175	MARTYNOWICZ Michał	925		CZARNA BIAŁOSTOCKA		M-20	24	M 152		00:00:28	00:32:16	00:46:08	00:46:36	+00:16:58 (36.8%)	4:36	13 (63.1%)
176	SOCHOŃ Katarzyna	295	PĘDZIWIATR BIAŁYSTOK	BIAŁYSTOK		K-40	5	K 24	Pędziwiatr Białystok	00:00:03	00:32:30	00:46:13	00:46:16	+00:17:03 (36.9%)	4:37	13 (63.1%)
177	ROMAŃCZUK Mariusz	593		MICHAŁOWO		M-30	65	M 153		00:00:15	00:32:39	00:46:14	00:46:29	+00:17:04 (37.0%)	4:37	13 (63.1%)
178	JANCZEWSKI Karol	786	MASPEX	BIAŁYSTOK		M-30	66	M 154	Maspex	00:00:58	00:32:59	00:46:14	00:47:12	+00:17:05 (37.0%)	4:37	13 (63.1%)
179	BOGUSZ Wojciech	971	STARSZAKI BIAŁYSTOK	BIAŁYSTOK		M-60	4	M 155		00:00:25	00:32:48	00:46:19	00:46:45	+00:17:10 (37.1%)	4:37	13 (63.1%)
180	KORSZAK Rafał	959	CWCR	GRABÓWKA		M-30	67	M 156		00:00:10	00:32:35	00:46:20	00:46:31	+00:17:11 (37.1%)	4:37	13 (63.1%)
181	KONOŃCZUK Łukasz	55	DANIEL_BIEGA TEAM	MICHAŁOWO		M-30	68	M 157		00:00:56	00:33:43	00:46:25	00:47:22	+00:17:15 (37.2%)	4:38	12.9 (62.6%)
182	WSZEBOROWSKA Madzia	617	ELK TU BIEGAM	ELK		K-30	14	K 25	Elk Tu Biegam	00:00:31	00:32:52	00:46:30	00:47:01	+00:17:20 (37.3%)	4:38	12.9 (62.6%)
183	GRĄDZKI Paweł	256		KORYCIN		M-30	69	M 158		00:00:16	00:33:20	00:46:30	00:46:47	+00:17:21 (37.3%)	4:38	12.9 (62.6%)
184	BUDZKO Vital	656	TEAM.RUN	HRODNA		M-50	20	M 159		00:00:53	00:32:34	00:46:35	00:47:28	+00:17:25 (37.4%)	4:39	12.9 (62.6%)
185	DRUŻYŃSKI Tomasz	999	BATALION ZMECHANIZOWANY	BIAŁYSTOK		M-30	70	M 160		00:00:47	00:33:11	00:46:35	00:47:23	+00:17:26 (37.4%)	4:39	12.9 (62.6%)
186	RZĄCA Mariusz	572		BIAŁYSTOK		M-30	71	M 161		00:00:19	00:33:50	00:46:37	00:46:56	+00:17:27 (37.5%)	4:39	12.9 (62.6%)
187	STRUŻYŃSKI Andrzej	870		BIAŁYSTOK		M-20	25	M 162		00:00:47	00:33:43	00:46:46	00:47:33	+00:17:36 (37.7%)	4:40	12.8 (62.1%)
188	WOJDA Wojciech	798		BIAŁYSTOK		M-30	72	M 163		00:00:45	00:33:32	00:46:47	00:47:32	+00:17:37 (37.7%)	4:40	12.8 (62.1%)
189	TABĘDZKA Katarzyna	407		KAMIENNA STARA		K-40	6	K 26		00:00:12	00:33:20	00:46:49	00:47:01	+00:17:39 (37.7%)	4:40	12.8 (62.1%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	7km	Czas netto 10km	Czas brutto 10km	Różnica w czasie	Tempo min/km	Tempo km/h
190	MOKRZEWSKI Wojciech	809		WYSOKIE MAZOWIECKIE		M-60	5	M 164		00:00:38	00:33:00	00:46:53	00:47:32	+00:17:44 (37.8%)	4:41	12.8 (62.1%)
191	PUCH-PIETRASZUK Magdalena	379		BIAŁYSTOK		K-30	15	K 27	STRABAG Białystok	00:00:25	00:33:36	00:47:00	00:47:25	+00:17:51 (38.0%)	4:41	12.8 (62.1%)
192	MAZAN Vitali	652		BIAŁYSTOK		M-30	73	M 165		00:00:57	00:33:55	00:47:01	00:47:58	+00:17:52 (38.0%)	4:41	12.8 (62.1%)
193	PROKOP Kacper	777		GRABÓWKA		M-20	26	M 166		00:00:32	00:33:24	00:47:04	00:47:36	+00:17:55 (38.1%)	4:42	12.8 (62.1%)
194	ZIELINKO Łukasz	107	ŻUBERTEAM	KLEPACZE		M-30	74	M 167		00:00:25	00:33:41	00:47:04	00:47:30	+00:17:55 (38.1%)	4:42	12.8 (62.1%)
195	RUTKOWSKI Robert	778		BIAŁYSTOK		M-40	38	M 168		00:00:32	00:33:23	00:47:04	00:47:37	+00:17:55 (38.1%)	4:42	12.8 (62.1%)
196	SHCHAHRATSOU Siarhei	629	BIAŁYSTOK BIEGA TEAM	BIAŁYSTOK		M-40	39	M 169	Białystok Biega Team	00:00:30	00:33:55	00:47:05	00:47:36	+00:17:56 (38.1%)	4:42	12.7 (61.7%)
197	RUCIŃSKI Kamil	502		ZACZERLANY		M-20	27	M 170		00:00:36	00:33:57	00:47:10	00:47:46	+00:18:01 (38.2%)	4:42	12.7 (61.7%)
198	GRYGORUK Marek	998	ROZBIEGANY BIELSK PODLASKI	BIELSK PODLASKI		M-50	21	M 171	Rozbiegany Bielsk Podlaski	00:00:12	00:33:27	00:47:14	00:47:27	+00:18:05 (38.3%)	4:43	12.7 (61.7%)
199	SZYSZKOWSKA Ewa	1030		BIAŁYSTOK		K-20	6	K 28		00:00:32	00:33:29	00:47:14	00:47:47	+00:18:05 (38.3%)	4:43	12.7 (61.7%)
200	KRESSO Grzegorz	354		BIAŁYSTOK		M-30	75	M 172		00:00:28	00:33:32	00:47:17	00:47:45	+00:18:08 (38.4%)	4:43	12.7 (61.7%)
201	ROMOWSKI Julian	840		BIAŁYSTOK		M-30	76	M 173	JEDI	00:00:43	00:33:44	00:47:20	00:48:03	+00:18:11 (38.4%)	4:43	12.7 (61.7%)
202	BLĄŻEWICZ Dariusz	336	WINLAND	BIAŁYSTOK		M-50	22	M 174		00:00:18	00:33:35	00:47:20	00:47:39	+00:18:11 (38.4%)	4:43	12.7 (61.7%)
203	CHOROMAŃSKI Artur	675		PIECKI		M-30	77	M 175		00:00:58	00:33:50	00:47:21	00:48:20	+00:18:12 (38.5%)	4:43	12.7 (61.7%)
204	ŻUKOWSKI Marcin	967		BIAŁYSTOK		M-40	40	M 176		00:00:42	00:33:50	00:47:22	00:48:04	+00:18:13 (38.5%)	4:44	12.7 (61.7%)
205	MADEJA Adam	426	MKS BARRACUDA	GRABÓWKA		M-50	23	M 177		00:00:40	00:33:57	00:47:28	00:48:08	+00:18:19 (38.6%)	4:44	12.6 (61.2%)
206	PRUS Marek	232		NOWODWORCE		M-50	24	M 178		00:00:13	00:33:30	00:47:28	00:47:41	+00:18:19 (38.6%)	4:44	12.6 (61.2%)
207	KOROL Paulina	829		BIAŁYSTOK		K-30	16	K 29		00:01:14	00:33:18	00:47:29	00:48:43	+00:18:20 (38.6%)	4:44	12.6 (61.2%)
208	ZAJKOWSKI Robert	388	WINLAND	SOBOLEWO		M-40	41	M 179		00:00:18	00:33:47	00:47:29	00:47:47	+00:18:20 (38.6%)	4:44	12.6 (61.2%)
209	KRETOWICZ Leszek	380	BIAŁYSTO BIEGA	BIAŁYSTOK		M-40	42	M 180		00:00:16	00:33:13	00:47:29	00:47:45	+00:18:20 (38.6%)	4:44	12.6 (61.2%)
210	KRUKOWSKI Andrzej	340		JUROWCE		M-50	25	M 181		00:00:23	00:33:30	00:47:32	00:47:56	+00:18:23 (38.7%)	4:45	12.6 (61.2%)
211	MADEJA Przemysław	513		WASILKÓW		M-30	78	M 182		00:00:40	00:33:58	00:47:33	00:48:13	+00:18:23 (38.7%)	4:45	12.6 (61.2%)
212	KACZYŃSKI Maciej	866		BIAŁYSTOK		M-40	43	M 183		00:01:21	00:33:47	00:47:33	00:48:54	+00:18:23 (38.7%)	4:45	12.6 (61.2%)
213	BRUSZEWSKI Konrad	223		BIAŁYSTOK		M-30	79	M 184		00:00:42	00:33:38	00:47:33	00:48:16	+00:18:24 (38.7%)	4:45	12.6 (61.2%)
214	KLIM Michałina	373		BIAŁYSTOK		K-20	7	K 30		00:00:25	00:33:55	00:47:33	00:47:59	+00:18:24 (38.7%)	4:45	12.6 (61.2%)
215	ROPELEWSKA Ania	805		AUGUSTÓW		K-20	8	K 31		00:00:48	00:33:29	00:47:37	00:48:26	+00:18:28 (38.8%)	4:45	12.6 (61.2%)
216	JAKUBOWSKI Tomasz	804		AUGUSTÓW		M-30	80	M 185		00:00:48	00:33:29	00:47:38	00:48:26	+00:18:29 (38.8%)	4:45	12.6 (61.2%)
217	SZAWLUK Mateusz	291		WASILKÓW		M-20	28	M 186		00:00:54	00:34:20	00:47:38	00:48:33	+00:18:29 (38.8%)	4:45	12.6 (61.2%)
218	MICHAŁSKI Sebastian	140	PĘDZIWIATR BIAŁYSTOK	KSIĘŻYNO-KOLONIA		M-40	44	M 187	Pędziwiatr Białystok	00:00:52	00:34:36	00:47:39	00:48:31	+00:18:30 (38.8%)	4:45	12.6 (61.2%)
219	MARCHEL Maciej	83		PIĘCIOWŁÓKI		M-20	29	M 188		00:00:07	00:33:40	00:47:43	00:47:50	+00:18:34 (38.9%)	4:46	12.6 (61.2%)
220	JASIELCZUK Waldemar	648	PODLASKA OKRĘGOWA IZBA INŻYNIERÓW BUDOWENICTWA	BIAŁYSTOK		M-60	6	M 189		00:00:08	00:33:49	00:47:43	00:47:51	+00:18:34 (38.9%)	4:46	12.6 (61.2%)
221	STEFANIUK Krzysztof	1000		CZARNA BIAŁOSTOCKA		M-30	81	M 190		00:00:54	00:33:59	00:47:45	00:48:39	+00:18:36 (39.0%)	4:46	12.6 (61.2%)
222	JAKUBOWSKI Daniel	418		BIAŁYSTOK		M-30	82	M 191		00:00:30	00:33:48	00:47:47	00:48:18	+00:18:37 (39.0%)	4:46	12.6 (61.2%)
223	OSTROWSKI Daniel	123	KAN-THERM RACING TEAM	BIAŁYSTOK		M-40	45	M 192	KAN-therm Racing Team	00:00:20	00:32:50	00:47:48	00:48:08	+00:18:39 (39.0%)	4:46	12.6 (61.2%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	7km	Czas netto 10km	Czas brutto 10km	Różnica w czasie	Tempo min/km	Tempo km/h
224	RYŻYŃSKI Daniel	836		CHOROSZCZ		M-30	83	M 193		00:00:24	00:33:56	00:47:50	00:48:15	+00:18:41 (39.1%)	4:46	12.5 (60.7%)
225	KUŁAK Aneta	886		BIAŁYSTOK		K-30	17	K 32	Departament Prędkości UMWP	00:00:07	00:33:38	00:47:58	00:48:06	+00:18:49 (39.2%)	4:47	12.5 (60.7%)
226	FERREIRA Goncalo	655		BIAŁYSTOK		M-40	46	M 194		00:00:42	00:33:26	00:48:00	00:48:43	+00:18:51 (39.3%)	4:47	12.5 (60.7%)
227	BARCZEWSKI Łukasz	607	LECIMY TUTEJ	ŁOMŻA		M-40	47	M 195		00:00:14	00:33:58	00:48:01	00:48:16	+00:18:52 (39.3%)	4:47	12.5 (60.7%)
228	KOWALSKI Kuba	383	KUBA KOWALSKI TRIATHLON	BIAŁYSTOK		M-20	30	M 196		00:01:52	00:35:20	00:48:01	00:49:54	+00:18:52 (39.3%)	4:47	12.5 (60.7%)
229	DURAŃSKA Weronika	879		BIAŁYSTOK		K-20	9	K 33		00:00:27	00:33:56	00:48:03	00:48:30	+00:18:53 (39.3%)	4:48	12.5 (60.7%)
230	BRONISZEWSKI Piotr	669	DRUŻYNA STEFANA CZARNIECKIEGO	TYKOCIN		M-60	7	M 197	Drużyna Stefana Czarnieckiego	00:00:15	00:33:38	00:48:07	00:48:22	+00:18:58 (39.4%)	4:48	12.5 (60.7%)
231	GRABOWSKA Magdalena	105	UDSK	BIAŁYSTOK		K-30	18	K 34		00:00:08	00:33:49	00:48:08	00:48:17	+00:18:59 (39.5%)	4:48	12.5 (60.7%)
232	WYSZOLMIRSKI Łukasz	564		CZARNA BIAŁOSTOCKA		M-30	84	M 198		00:00:37	00:34:25	00:48:11	00:48:49	+00:19:02 (39.5%)	4:48	12.5 (60.7%)
233	CHOJNOWSKI Łukasz	188		BIAŁYSTOK		M-30	85	M 199		00:00:48	00:34:33	00:48:13	00:49:01	+00:19:04 (39.6%)	4:49	12.4 (60.2%)
234	WOJCIESZUK Piotr	673		BIAŁYSTOK		M-30	86	M 200		00:00:22	00:34:21	00:48:16	00:48:38	+00:19:07 (39.6%)	4:49	12.4 (60.2%)
235	WOSZCZENKO Mateusz	943		BIAŁYSTOK		M-30	87	M 201		00:00:34	00:33:36	00:48:16	00:48:50	+00:19:07 (39.6%)	4:49	12.4 (60.2%)
236	KLISHEUSKI Anatoli	435	RUN4FUN	SOLIGORSK		M-50	26	M 202		00:00:12	00:34:07	00:48:17	00:48:29	+00:19:08 (39.6%)	4:49	12.4 (60.2%)
237	GOSIEWSKI Marcin	937	MARATONKA GRAJEWO	GRAJEWO		M-40	48	M 203		00:00:25	00:34:38	00:48:18	00:48:43	+00:19:09 (39.7%)	4:49	12.4 (60.2%)
238	ROSZKOWSKI Maciej	684		BIAŁYSTOK		M-30	88	M 204		00:00:09	00:34:08	00:48:18	00:48:27	+00:19:09 (39.7%)	4:49	12.4 (60.2%)
239	GUDALEWSKI Kacper	731		SZUDZIAŁOWO		M-20	31	M 205		00:00:37	00:34:39	00:48:23	00:49:00	+00:19:14 (39.8%)	4:50	12.4 (60.2%)
240	MAKAREWICZ Tomasz	1003		BIAŁYSTOK		M-30	89	M 206		00:00:28	00:33:12	00:48:24	00:48:53	+00:19:15 (39.8%)	4:50	12.4 (60.2%)
241	BOGUSZEWSKI Mateusz	33	DRTUSZ BIEGA	BIAŁYSTOK		M-20	32	M 207	DrTusz Biega	00:00:28	00:34:27	00:48:29	00:48:57	+00:19:20 (39.9%)	4:50	12.4 (60.2%)
242	GOGOL Janusz	903		BIAŁYSTOK		M-60	8	M 208		00:00:05	00:34:11	00:48:31	00:48:37	+00:19:22 (39.9%)	4:50	12.4 (60.2%)
243	KWIATEK Magdalena	283		PIASECZNO		K-40	7	K 35		00:00:36	00:34:14	00:48:34	00:49:11	+00:19:25 (40.0%)	4:51	12.4 (60.2%)
244	PIETKUN Paulina	991	KOLNO BIEGA	KOLNO		K-30	19	K 36		00:00:13	00:34:47	00:48:39	00:48:52	+00:19:30 (40.1%)	4:51	12.3 (59.7%)
245	BAŁDAK Jolanta	402	USK	BIAŁYSTOK		K-30	20	K 37		00:00:13	00:34:48	00:48:39	00:48:52	+00:19:30 (40.1%)	4:51	12.3 (59.7%)
246	RAUBE Ariel	361		BIAŁYSTOK		M-30	90	M 209		00:01:44	00:35:17	00:48:40	00:50:25	+00:19:31 (40.1%)	4:51	12.3 (59.7%)
247	WALUKIEWICZ Radosław	171	ROZBIEGANI SUWAŁKI	SUWAŁKI		M-40	49	M 210	Rozbiegani Suwałki	00:00:45	00:34:45	00:48:40	00:49:26	+00:19:31 (40.1%)	4:51	12.3 (59.7%)
248	DARDA Radosław	133		BIAŁYSTOK		M-50	27	M 211		00:00:53	00:34:33	00:48:42	00:49:35	+00:19:33 (40.2%)	4:52	12.3 (59.7%)
249	SZYDŁOWSKI Grzegorz	977		RUMEJKI		M-20	33	M 212		00:00:44	00:34:42	00:48:42	00:49:27	+00:19:33 (40.2%)	4:52	12.3 (59.7%)
250	NOWIK Piotr	994	ZABIEGANI ŁAPACZE ODDECHU	BIAŁYSTOK		M-50	28	M 213		00:00:41	00:34:45	00:48:42	00:49:24	+00:19:33 (40.2%)	4:52	12.3 (59.7%)
251	SIENKIEWICZ Paulina	212	MISIE KAMISIA	BIAŁYSTOK		K-20	10	K 38		00:00:55	00:35:03	00:48:43	00:49:39	+00:19:34 (40.2%)	4:52	12.3 (59.7%)
252	ZAWISTOWSKI Konrad	369		CZARNA BIAŁOSTOCKA		M-30	91	M 214		00:00:29	00:34:11	00:48:45	00:49:14	+00:19:35 (40.2%)	4:52	12.3 (59.7%)
253	BUHAYENKA Aleh	117	RUN4FUN	BARANOVICHI		M-50	29	M 215		00:00:12	00:34:25	00:48:49	00:49:02	+00:19:40 (40.3%)	4:52	12.3 (59.7%)
254	RUTKOWSKI Jakub	149		BIAŁYSTOK		M-30	92	M 216		00:00:30	00:34:31	00:48:50	00:49:21	+00:19:41 (40.3%)	4:52	12.3 (59.7%)
255	SZUMOWSKI Andrzej	207	BIAŁOSTOCKA SEKTA BIEGACZY	WASILKÓW		M-50	30	M 217		00:00:18	00:34:50	00:48:50	00:49:09	+00:19:41 (40.3%)	4:52	12.3 (59.7%)
256	CERAN Justyna	613		ŁOMŻA		K-40	8	K 39		00:00:21	00:34:51	00:48:53	00:49:14	+00:19:44 (40.4%)	4:53	12.3 (59.7%)
257	ZALEWSKI Kacper	817	SIGMA 67	BIAŁYSTOK		M-20	34	M 218		00:00:22	00:34:55	00:48:59	00:49:22	+00:19:50 (40.5%)	4:53	12.3 (59.7%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	7km	Czas netto 10km	Czas brutto 10km	Różnica w czasie	Tempo min/km	Tempo km/h
258	STRUK Piotr	743		BIAŁYSTOK		M-30	93	M 219		00:01:50	00:35:21	00:49:00	00:50:51	+00:19:51 (40.5%)	4:53	12.3 (59.7%)
259	JÓŻWICKI Sławek	993	MARATONKA POTOCZYŻNA	POTOCZYŻNA		M-50	31	M 220		00:00:24	00:34:42	00:49:01	00:49:25	+00:19:51 (40.5%)	4:53	12.2 (59.2%)
260	KOZIOŁ Aleksandra	145		BIAŁYSTOK		K-20	11	K 40		00:00:24	00:35:03	00:49:04	00:49:28	+00:19:54 (40.6%)	4:54	12.2 (59.2%)
261	PŁOŃSKI Grzegorz	137		ŁAPY		M-20	35	M 221		00:00:52	00:35:19	00:49:06	00:49:58	+00:19:57 (40.6%)	4:54	12.2 (59.2%)
262	SOROKIN Mateusz	110		NOWODWORCE		M-30	94	M 222		00:01:17	00:35:54	00:49:07	00:50:24	+00:19:58 (40.7%)	4:54	12.2 (59.2%)
263	KRZYŻANOWSKI Mateusz	445		ZAŚCIANKI		M-30	95	M 223		00:00:49	00:34:59	00:49:07	00:49:57	+00:19:58 (40.7%)	4:54	12.2 (59.2%)
264	KRZYŻANOWSKA Milena	437	LEOSPEED	ZAŚCIANKI		K-30	21	K 41	Leo sped	00:00:49	00:35:00	00:49:08	00:49:58	+00:19:59 (40.7%)	4:54	12.2 (59.2%)
265	KORBUT Marek	472	WINLAND	BIAŁYSTOK		M-40	50	M 224		00:00:17	00:34:46	00:49:10	00:49:28	+00:20:00 (40.7%)	4:54	12.2 (59.2%)
266	BARGŁOWSKI Kamil	148		BIAŁYSTOK		M-20	36	M 225		00:00:42	00:35:20	00:49:11	00:49:53	+00:20:02 (40.8%)	4:54	12.2 (59.2%)
267	SZYMAŃCZYK Krystian	713		BIAŁYSTOK		M-20	37	M 226		00:00:40	00:35:30	00:49:12	00:49:53	+00:20:02 (40.8%)	4:55	12.2 (59.2%)
268	SZCZECINA Kamil	298	BCO	BIAŁYSTOK		M-30	96	M 227		00:00:04	00:34:22	00:49:13	00:49:17	+00:20:04 (40.8%)	4:55	12.2 (59.2%)
269	FIEDOSIUK Krzysztof	861		BIAŁYSTOK		M-30	97	M 228		00:00:44	00:34:38	00:49:15	00:50:00	+00:20:06 (40.8%)	4:55	12.2 (59.2%)
270	PIWOWARSKA Amelia	409		BIAŁYSTOK		K-20	12	K 42		00:00:21	00:34:41	00:49:16	00:49:38	+00:20:07 (40.9%)	4:55	12.2 (59.2%)
271	MATAN Arkadiusz	374	BIAŁYATOK BIEGA TEAM	BIAŁYSTOK		M-30	98	M 229		00:00:33	00:35:06	00:49:18	00:49:52	+00:20:09 (40.9%)	4:55	12.2 (59.2%)
272	CHOIŃSKI Bogusław	69		BIAŁYSTOK		M-50	32	M 230		00:00:57	00:35:07	00:49:19	00:50:16	+00:20:09 (40.9%)	4:55	12.2 (59.2%)
273	WIŚNIEWSKA Joanna	172	MD RUN TRAINING	NIEWODNICA KORYCKA		K-50	2	K 43	MD RUN TRAINING	00:00:18	00:35:06	00:49:22	00:49:40	+00:20:13 (41.0%)	4:56	12.2 (59.2%)
274	JARMOŁOWICZ Małgorzata	174	MD RUN TRAINING	BIAŁYSTOK		K-50	3	K 44		00:00:18	00:35:16	00:49:24	00:49:43	+00:20:15 (41.0%)	4:56	12.2 (59.2%)
275	JABŁOŃSKA Wiktoria	717		BIAŁYSTOK		K-20	13	K 45		00:00:26	00:34:43	00:49:25	00:49:51	+00:20:15 (41.0%)	4:56	12.1 (58.7%)
276	KIERUS Łukasz	469	BIAŁYSTOK BIEGA TEAAM	OGRODNICZKI		M-50	33	M 231		00:00:30	00:35:17	00:49:25	00:49:55	+00:20:16 (41.0%)	4:56	12.1 (58.7%)
277	SANTOROWSKI Tadeusz	390	FUNDACJA GOLDEN BOATS ACADEMY	WARSZAWA		M-50	34	M 232		00:01:12	00:35:39	00:49:26	00:50:38	+00:20:16 (41.0%)	4:56	12.1 (58.7%)
278	TARKOWSKI Bogdan	892		CIECHANOWIEC		M-40	51	M 233		00:00:14	00:35:24	00:49:26	00:49:41	+00:20:17 (41.1%)	4:56	12.1 (58.7%)
279	GRODZKI Paweł	416		BIAŁYSTOK		M-20	38	M 234		00:01:17	00:35:37	00:49:27	00:50:44	+00:20:18 (41.1%)	4:56	12.1 (58.7%)
280	PRZYBYŁOWSKI Krzysztof	375		BIAŁYSTOK		M-40	52	M 235		00:01:20	00:35:42	00:49:27	00:50:48	+00:20:18 (41.1%)	4:56	12.1 (58.7%)
281	PAWŁOWSKI Wojciech	950	VIKING RUNNING TEAM	KAMIONKA		M-40	53	M 236		00:00:44	00:35:01	00:49:31	00:50:16	+00:20:22 (41.2%)	4:56	12.1 (58.7%)
282	KOSIŃSKI Łukasz	960		BIAŁYSTOK		M-40	54	M 237		00:00:25	00:34:57	00:49:33	00:49:59	+00:20:23 (41.2%)	4:57	12.1 (58.7%)
283	GRYCIUK Walenty	282		NURZEC-STACJA		M-50	35	M 238		00:01:50	00:35:14	00:49:35	00:51:25	+00:20:25 (41.2%)	4:57	12.1 (58.7%)
284	MAKAREWICZ Kacper	346		BIAŁYSTOK		M-30	99	M 239		00:01:52	00:35:31	00:49:42	00:51:35	+00:20:33 (41.4%)	4:58	12.1 (58.7%)
285	PUZA Marcin	826	1 BATALION ROZPOZNAWCZY BIAŁYSTOK	GRABÓWKA		M-30	100	M 240		00:01:18	00:35:53	00:49:45	00:51:03	+00:20:35 (41.4%)	4:58	12.1 (58.7%)
286	KALASKA Monika	838		BIAŁYSTOK		K-40	9	K 46		00:00:38	00:35:29	00:49:45	00:50:24	+00:20:36 (41.4%)	4:58	12.1 (58.7%)
287	KORZENIECKI Alexander	914		BIAŁYSTOK		M-15	6	M 241		00:00:43	00:35:02	00:49:46	00:50:29	+00:20:36 (41.4%)	4:58	12.1 (58.7%)
288	BOGDZIEL Tomasz	602	PKS	BIAŁYSTOK		M-40	55	M 242		00:00:59	00:34:53	00:49:47	00:50:46	+00:20:38 (41.5%)	4:58	12.1 (58.7%)
289	KAMIŃSKI Paweł	70		BIAŁYSTOK		M-30	101	M 243		00:01:37	00:35:28	00:49:48	00:51:26	+00:20:39 (41.5%)	4:58	12.1 (58.7%)
290	SOCHOŃ Zbigniew	284	LUBUSKI URZĄD CELNO-SKARBOWY	ŻARY		M-50	36	M 244		00:00:16	00:35:08	00:49:49	00:50:06	+00:20:40 (41.5%)	4:58	12 (58.3%)
291	LISOWSKI Kacper	366		BIAŁYSTOK		M-20	39	M 245		00:00:14	00:35:51	00:49:50	00:50:05	+00:20:41 (41.5%)	4:58	12 (58.3%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	7km	Czas netto 10km	Czas brutto 10km	Różnica w czasie	Tempo min/km	Tempo km/h
292	PAPLAUSKAYA Viktoriya	487	RUN4FUN.BY	GRODNO		K-20	14	K 47		00:00:26	00:35:07	00:49:53	00:50:19	+00:20:44 (41.6%)	4:59	12 (58.3%)
293	STEMPKA Aneta	973		BIAŁYSTOK		K-20	15	K 48		00:01:13	00:35:11	00:49:54	00:51:07	+00:20:45 (41.6%)	4:59	12 (58.3%)
294	LEONOWICZ Ewa	290		BIAŁYSTOK		K-40	10	K 49		00:00:20	00:35:15	00:49:55	00:50:15	+00:20:45 (41.6%)	4:59	12 (58.3%)
295	ŁAPIŃSKA Paulina	595	BIAŁYSTOK BIEGA TEAM	BIAŁYSTOK		K-20	16	K 50	Białystok Biega Team	00:00:09	00:35:04	00:49:55	00:50:05	+00:20:46 (41.6%)	4:59	12 (58.3%)
296	ZARĘBA Aleksandra	955	USK	BIAŁYSTOK		K-20	17	K 51		00:00:26	00:35:44	00:49:56	00:50:22	+00:20:46 (41.6%)	4:59	12 (58.3%)
297	KOPCZYK Marcin	980	4FIZJO RUNNERS WARSAW	WARSZAWA		M-40	56	M 246		00:00:08	00:35:19	00:50:04	00:50:12	+00:20:55 (41.8%)	5:00	12 (58.3%)
298	ANTANOVICH Valentina	48	TEA.M RUN	BIAŁYSTOK		K-40	11	K 52	TEA.M RUN	00:00:36	00:35:10	00:50:05	00:50:42	+00:20:56 (41.8%)	5:00	12 (58.3%)
299	KORZENIEWSKI Paweł	975	EIP GROUP	BIAŁYSTOK		M-30	102	M 247		00:01:49	00:35:42	00:50:11	00:52:01	+00:21:02 (41.9%)	5:00	12 (58.3%)
300	MIELENIEWSKI Wojciech	574		WARSZAWA		M-20	40	M 248		00:00:22	00:35:45	00:50:12	00:50:34	+00:21:02 (41.9%)	5:01	12 (58.3%)
301	ROSZKOWSKI Jakub	709		SOKÓŁKA		M-20	41	M 249		00:00:22	00:36:27	00:50:14	00:50:36	+00:21:05 (42.0%)	5:01	11.9 (57.8%)
302	ZABOROWSKI Adrian	434		BIAŁYSTOK		M-30	103	M 250		00:00:35	00:35:19	00:50:14	00:50:50	+00:21:05 (42.0%)	5:01	11.9 (57.8%)
303	BARANOWSKI Adam	592	NADAKTYWNI	BIAŁYSTOK		M-40	57	M 251	Nadaktywni	00:00:25	00:35:40	00:50:15	00:50:41	+00:21:06 (42.0%)	5:01	11.9 (57.8%)
304	PRZYCHODKO Paulina	982		BIAŁYSTOK		K-30	22	K 53		00:00:11	00:35:41	00:50:16	00:50:27	+00:21:07 (42.0%)	5:01	11.9 (57.8%)
305	KOCHAŃSKI Krystian	412		BIAŁYSTOK		M-30	104	M 252		00:00:31	00:35:43	00:50:18	00:50:50	+00:21:09 (42.1%)	5:01	11.9 (57.8%)
306	TOLWIŃSKI Adrian	385		BIAŁYSTOK		M-15	7	M 253	Sprinterzy	00:00:26	00:35:47	00:50:19	00:50:45	+00:21:09 (42.1%)	5:01	11.9 (57.8%)
307	CHANIEWSKI Jan	878		BIAŁYSTOK		M-20	42	M 254		00:00:18	00:35:39	00:50:19	00:50:37	+00:21:10 (42.1%)	5:01	11.9 (57.8%)
308	ZAWADZKI Michał	294	USK	BIAŁYSTOK		M-30	105	M 255		00:00:59	00:36:00	00:50:20	00:51:19	+00:21:10 (42.1%)	5:01	11.9 (57.8%)
309	CZARNECKI Dariusz	299		BIAŁYSTOK		M-40	58	M 256		00:00:27	00:36:12	00:50:28	00:50:55	+00:21:19 (42.3%)	5:02	11.9 (57.8%)
310	BRZOZOWSKI Leszek	51		BIAŁYSTOK		M-40	59	M 257		00:00:27	00:35:51	00:50:31	00:50:58	+00:21:21 (42.3%)	5:02	11.9 (57.8%)
311	PICEWICZ Paweł	730		OSTRÓW PÓŁNOCNY		M-20	43	M 258		00:00:37	00:36:07	00:50:32	00:51:10	+00:21:23 (42.3%)	5:03	11.9 (57.8%)
312	KARPIUK Michał	923		BIAŁYSTOK		M-15	8	M 259		00:00:52	00:37:20	00:50:34	00:51:26	+00:21:25 (42.4%)	5:03	11.9 (57.8%)
313	SOKÓŁ Przemysław	65	WODOCIĄGI BIAŁOSTOCKIE	BIAŁYSTOK		M-30	106	M 260		00:00:20	00:35:47	00:50:35	00:50:55	+00:21:25 (42.4%)	5:03	11.9 (57.8%)
314	KOWALSKA Katarzyna	235		WARSZAWA		K-40	12	K 54		00:00:05	00:35:39	00:50:35	00:50:40	+00:21:26 (42.4%)	5:03	11.9 (57.8%)
315	MRÓZ Kamil	515		ZACZERLANY		M-30	107	M 261		00:00:16	00:36:14	00:50:35	00:50:52	+00:21:26 (42.4%)	5:03	11.9 (57.8%)
316	KOWALCZYK Sylwester	852		BIAŁYSTOK		M-40	60	M 262		00:00:25	00:35:43	00:50:36	00:51:01	+00:21:27 (42.4%)	5:03	11.9 (57.8%)
317	GODLEWSKA Diana	262		ŁOMŻA		K-30	23	K 55		00:00:06	00:35:37	00:50:38	00:50:45	+00:21:29 (42.4%)	5:03	11.9 (57.8%)
318	DUBICKI Bartosz	816	SIGMA 67	BIAŁYSTOK		M-20	44	M 263		00:00:23	00:35:50	00:50:40	00:51:03	+00:21:31 (42.5%)	5:03	11.8 (57.3%)
319	GRAJEWSKI Krzysztof	734		SUWAŁKI		M-30	108	M 264		00:00:34	00:36:12	00:50:41	00:51:15	+00:21:31 (42.5%)	5:03	11.8 (57.3%)
320	DZIEWIĄTKOWSKI Tomasz	103		BIAŁYSTOK		M-30	109	M 265		00:01:26	00:36:15	00:50:41	00:52:08	+00:21:32 (42.5%)	5:03	11.8 (57.3%)
321	SOKÓLSKI Tomasz	143		GNIEŹ		M-50	37	M 266		00:00:15	00:35:09	00:50:45	00:51:00	+00:21:36 (42.6%)	5:04	11.8 (57.3%)
322	HRUBCZYŃSKA Magdalena	526	SPARTA CROSSFIT	GRABÓWKA		K-40	13	K 56		00:00:58	00:36:18	00:50:46	00:51:44	+00:21:37 (42.6%)	5:04	11.8 (57.3%)
323	BUSIŃSKI Krzysztof	842	PĘDZIWIATR BIAŁYSTOK	BIAŁYSTOK		M-50	38	M 267		00:00:38	00:35:47	00:50:49	00:51:28	+00:21:40 (42.7%)	5:04	11.8 (57.3%)
324	YASKO Natallia	740		BIAŁYSTOK		K-40	14	K 57		00:00:17	00:35:40	00:50:52	00:51:10	+00:21:43 (42.7%)	5:05	11.8 (57.3%)
325	ŁĘCZYCKA Ewelina	920		BIAŁYSTOK		K-40	15	K 58		00:00:13	00:35:32	00:50:54	00:51:08	+00:21:44 (42.7%)	5:05	11.8 (57.3%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	7km	Czas netto 10km	Czas brutto 10km	Różnica w czasie	Tempo min/km	Tempo km/h
326	CHILKIEWICZ Małgorzata	333		BIELSK PODLASKI		K-40	16	K 59		00:00:17	00:35:50	00:50:55	00:51:13	+00:21:46 (42.8%)	5:05	11.8 (57.3%)
327	GOŁASZEWSKI Mariusz	649	MD RUN TRAINING	NOWODWORCE		M-40	61	M 268	MD Run Training	00:00:42	00:36:11	00:50:58	00:51:40	+00:21:49 (42.8%)	5:05	11.8 (57.3%)
328	MOROZ Adam	247		BIAŁYSTOK		M-40	62	M 269		00:00:29	00:35:32	00:50:58	00:51:27	+00:21:49 (42.8%)	5:05	11.8 (57.3%)
329	CHOWAŃSKI Tomasz	178		BIAŁYSTOK		M-20	45	M 270		00:00:17	00:35:55	00:50:59	00:51:16	+00:21:49 (42.8%)	5:05	11.8 (57.3%)
330	TREICHEL Piotr	670		BIAŁYSTOK		M-30	110	M 271		00:00:37	00:36:33	00:50:59	00:51:37	+00:21:50 (42.8%)	5:05	11.8 (57.3%)
331	MIERZEJEWSKI Michał	1017		SUWAŁKI		M-30	111	M 272		00:00:59	00:37:01	00:51:02	00:52:02	+00:21:53 (42.9%)	5:06	11.8 (57.3%)
332	SAWICKI Szczepan	362		BIAŁYSTOK		M-30	112	M 273		00:00:33	00:36:22	00:51:02	00:51:35	+00:21:53 (42.9%)	5:06	11.8 (57.3%)
333	OLENDER Waldemar	680		KNYSZYN		M-50	39	M 274		00:00:20	00:36:40	00:51:13	00:51:34	+00:22:04 (43.1%)	5:07	11.7 (56.8%)
334	SUCHOCKI Adrian	40		BIAŁYSTOK		M-30	113	M 275		00:01:37	00:36:24	00:51:14	00:52:52	+00:22:05 (43.1%)	5:07	11.7 (56.8%)
335	JURCZUK Anna	701	ROZBIEGANY BIELSK PODLASKI	BIELSK PODLASKI		K-40	17	K 60	Rozbiegany Bielsk Podlaski	00:00:19	00:36:53	00:51:22	00:51:42	+00:22:13 (43.3%)	5:08	11.7 (56.8%)
336	PUZANOWSKI Grzegorz	227		BIAŁYSTOK		M-30	114	M 276		00:00:38	00:36:51	00:51:23	00:52:02	+00:22:13 (43.3%)	5:08	11.7 (56.8%)
337	JABŁOŃSKI Karol	964		BIAŁYSTOK		M-40	63	M 277		00:01:04	00:36:55	00:51:27	00:52:32	+00:22:18 (43.4%)	5:08	11.7 (56.8%)
338	RUTKOWSKI Kamil	869		BIAŁYSTOK		M-30	115	M 278		00:00:47	00:36:25	00:51:33	00:52:20	+00:22:23 (43.5%)	5:09	11.6 (56.3%)
339	HAKAŁO Adrianna	32	NEVER_TOO_LATE	BIAŁYSTOK		K-30	24	K 61		00:00:29	00:36:28	00:51:34	00:52:03	+00:22:24 (43.5%)	5:09	11.6 (56.3%)
340	SAWICKI Mateusz	313	GROSZKI BIAŁYSTOK	BIAŁYSTOK		M-15	9	M 279		00:00:41	00:36:39	00:51:35	00:52:17	+00:22:26 (43.5%)	5:09	11.6 (56.3%)
341	MIĘKUS Sebastian	446	GABIADIDOMI	BIAŁYSTOK		M-40	64	M 280		00:00:44	00:36:23	00:51:35	00:52:19	+00:22:26 (43.5%)	5:09	11.6 (56.3%)
342	FALKOWSKI Emil	334	WORD BIAŁYMSTOK TEAM	BIELSK PODLASKI		M-40	65	M 281		00:00:22	00:36:19	00:51:38	00:52:00	+00:22:28 (43.6%)	5:09	11.6 (56.3%)
343	ŁAWRESZUK Emilia	811		MICHAŁOWO		K-20	18	K 62		00:00:21	00:37:24	00:51:39	00:52:00	+00:22:29 (43.6%)	5:09	11.6 (56.3%)
344	ŻARNOCH Leszek	245	NIE NALEŻĘ DO ŻADNEGO	BIAŁYSTOK		M-50	40	M 282		00:00:15	00:36:28	00:51:40	00:51:56	+00:22:31 (43.6%)	5:09	11.6 (56.3%)
345	STODUŁKO Bartosz	423		BIAŁYSTOK		M-30	116	M 283		00:01:38	00:36:15	00:51:41	00:53:19	+00:22:32 (43.6%)	5:09	11.6 (56.3%)
346	RACEWICZ Kamil	661		IGNATKI		M-40	66	M 284		00:01:34	00:37:05	00:51:42	00:53:17	+00:22:33 (43.6%)	5:10	11.6 (56.3%)
347	PILIC Marcin	465		BIAŁYSTOK		M-30	117	M 285		00:01:39	00:36:40	00:51:43	00:53:23	+00:22:34 (43.7%)	5:10	11.6 (56.3%)
348	IZBICKI Grzegorz	206		SUWAŁKI		M-20	46	M 286		00:01:43	00:36:33	00:51:44	00:53:28	+00:22:35 (43.7%)	5:10	11.6 (56.3%)
349	MASAJŁO Emil	514		KURIANY		M-40	67	M 287		00:00:24	00:36:54	00:51:46	00:52:11	+00:22:36 (43.7%)	5:10	11.6 (56.3%)
350	RYGASIEWICZ Ewa	309		BIAŁYSTOK		K-30	25	K 63		00:00:28	00:37:00	00:51:46	00:52:14	+00:22:37 (43.7%)	5:10	11.6 (56.3%)
351	KRZYWICKA Monika	413		BIAŁYSTOK		K-30	26	K 64		00:00:59	00:37:24	00:51:49	00:52:48	+00:22:39 (43.8%)	5:10	11.6 (56.3%)
352	KOLENDO Mirosław	301		KARCZMISKO		M-60	9	M 288		00:00:32	00:37:02	00:51:49	00:52:21	+00:22:40 (43.8%)	5:10	11.6 (56.3%)
353	GRĄDZKA Emilia	597		KONARZYCE		K-40	18	K 65		00:00:12	00:36:40	00:51:49	00:52:02	+00:22:40 (43.8%)	5:10	11.6 (56.3%)
354	KONDRACKI Jacek	901		BIAŁYSTOK		M-20	47	M 289		00:00:56	00:37:05	00:51:50	00:52:46	+00:22:40 (43.8%)	5:10	11.6 (56.3%)
355	SOBECKI Krzysiek	400		BIAŁYSTOK		M-30	118	M 290		00:01:43	00:36:42	00:51:50	00:53:34	+00:22:41 (43.8%)	5:10	11.6 (56.3%)
356	ZADRÓŻNY Łukasz	908	POKEMONY	CZARNA BIAŁOSTOCKA		M-30	119	M 291		00:00:31	00:37:02	00:51:51	00:52:23	+00:22:41 (43.8%)	5:10	11.6 (56.3%)
357	PANEK Seweryn	216	MAFIA TEAM LUBLINIEC	LISOWICE		M-20	48	M 292		00:01:15	00:36:34	00:51:52	00:53:07	+00:22:43 (43.8%)	5:11	11.6 (56.3%)
358	GRODZKI Paweł	614		BIAŁYSTOK		M-30	120	M 293		00:00:39	00:37:09	00:51:53	00:52:32	+00:22:44 (43.8%)	5:11	11.6 (56.3%)
359	AUSZTOL Damian	490		BIAŁYSTOK		M-30	121	M 294		00:00:48	00:36:39	00:51:55	00:52:43	+00:22:45 (43.9%)	5:11	11.6 (56.3%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	7km	Czas netto 10km	Czas brutto 10km	Różnica w czasie	Tempo min/km	Tempo km/h
360	SELWONCZUK Agnieszka	84		BIAŁYSTOK		K-40	19	K 66		00:00:29	00:36:11	00:51:56	00:52:25	+00:22:46 (43.9%)	5:11	11.6 (56.3%)
361	PĘSKI Rafał	419	PLUM RUNNING TEAM	BIAŁYSTOK		M-30	122	M 295		00:00:24	00:36:56	00:51:56	00:52:20	+00:22:47 (43.9%)	5:11	11.6 (56.3%)
362	KOCHAŃSKI Karol	392		BIAŁYSTOK		M-30	123	M 296		00:01:18	00:37:06	00:52:00	00:53:18	+00:22:50 (43.9%)	5:11	11.5 (55.8%)
363	GABRIEL Pavel	654	TEAM.RUN	BIAŁYSTOK		M-40	68	M 297		00:01:19	00:37:32	00:52:00	00:53:20	+00:22:51 (44.0%)	5:11	11.5 (55.8%)
364	GABRIEL Natalia	653	TEAM.RUN	BIAŁYSTOK		K-40	20	K 67		00:01:20	00:37:31	00:52:00	00:53:20	+00:22:51 (44.0%)	5:11	11.5 (55.8%)
365	FERENC Magdalena	41		BIAŁYSTOK		K-20	19	K 68		00:00:37	00:36:40	00:52:01	00:52:38	+00:22:52 (44.0%)	5:11	11.5 (55.8%)
366	GRYSZKOWSKI Patryk	476		BIAŁYSTOK		M-20	49	M 298		00:01:29	00:36:32	00:52:04	00:53:33	+00:22:54 (44.0%)	5:12	11.5 (55.8%)
367	NIEMOTKO Piotr	839		BIAŁYSTOK		M-50	41	M 299		00:00:13	00:36:20	00:52:05	00:52:19	+00:22:56 (44.1%)	5:12	11.5 (55.8%)
368	MOCARSKA Agata	1004		BIAŁYSTOK		K-30	27	K 69		00:01:22	00:36:34	00:52:06	00:53:29	+00:22:57 (44.1%)	5:12	11.5 (55.8%)
369	JASZCZUK Mateusz	483		BIAŁYSTOK		M-20	50	M 300		00:00:41	00:38:03	00:52:10	00:52:52	+00:23:01 (44.1%)	5:12	11.5 (55.8%)
370	SOARES Aneta	79		WARSZAWA		K-30	28	K 70		00:00:47	00:36:53	00:52:12	00:52:59	+00:23:02 (44.2%)	5:13	11.5 (55.8%)
371	PIETREWICZ Mariusz	678		BIAŁYSTOK		M-20	51	M 301		00:00:28	00:37:37	00:52:12	00:52:40	+00:23:03 (44.2%)	5:13	11.5 (55.8%)
372	JABŁOŃSKA Paulina	963		BIAŁYSTOK		K-40	21	K 71		00:01:04	00:37:43	00:52:13	00:53:17	+00:23:04 (44.2%)	5:13	11.5 (55.8%)
373	POGORZELSKI Daniel	523	KMP BIAŁYSTOK	RYBOLY		M-40	69	M 302		00:00:15	00:36:41	00:52:15	00:52:30	+00:23:06 (44.2%)	5:13	11.5 (55.8%)
374	SOSZYŃSKI Rafał	468	BIELDRUK TEAM	BIAŁYSTOK		M-40	70	M 303	Bieldruk Team	00:00:18	00:35:52	00:52:15	00:52:34	+00:23:06 (44.2%)	5:13	11.5 (55.8%)
375	MATYS Marek	329		BIAŁYSTOK		M-50	42	M 304		00:00:24	00:36:46	00:52:20	00:52:44	+00:23:11 (44.3%)	5:13	11.5 (55.8%)
376	GASZTOLD Urszula	976	MD RUN TRAINING	BIAŁYSTOK		K-40	22	K 72	MD Run Training	00:01:21	00:36:53	00:52:27	00:53:48	+00:23:18 (44.4%)	5:14	11.4 (55.3%)
377	ZABIELSKI Karol	98		ŁOMŻA		M-30	124	M 305		00:00:28	00:36:54	00:52:29	00:52:57	+00:23:19 (44.5%)	5:14	11.4 (55.3%)
378	ZIMNOCH Marcin	370	FIZJOBIOTIC	BIAŁYSTOK		M-40	71	M 306		00:00:49	00:37:23	00:52:29	00:53:19	+00:23:20 (44.5%)	5:14	11.4 (55.3%)
379	POŁOWIANIUK Marcin	735		BIAŁYSTOK		M-30	125	M 307		00:00:59	00:37:33	00:52:31	00:53:31	+00:23:22 (44.5%)	5:14	11.4 (55.3%)
380	DABRAVOLSKI Uladzimir	989		BIAŁYSTOK		M-30	126	M 308		00:01:01	00:36:39	00:52:33	00:53:34	+00:23:24 (44.5%)	5:15	11.4 (55.3%)
381	GAJEWSKI Norbert	965		BIAŁYSTOK		M-50	43	M 309		00:00:28	00:36:57	00:52:33	00:53:02	+00:23:24 (44.6%)	5:15	11.4 (55.3%)
382	TOMASZEWSKI Adrian	705		SOBOLEWO		M-40	72	M 310		00:01:23	00:37:23	00:52:34	00:53:58	+00:23:25 (44.6%)	5:15	11.4 (55.3%)
383	NAREWSKI Adrian	464		BIAŁYSTOK		M-30	127	M 311		00:00:11	00:36:00	00:52:36	00:52:48	+00:23:27 (44.6%)	5:15	11.4 (55.3%)
384	BRONIEWICZ Piotr	279	DRTUSZ BIEGA	BIAŁYSTOK		M-40	73	M 312	DrTusz Biega	00:00:52	00:37:06	00:52:38	00:53:30	+00:23:29 (44.6%)	5:15	11.4 (55.3%)
385	MARCHEL Kacper	82		BIAŁYSTOK		M-20	52	M 313		00:00:07	00:36:46	00:52:43	00:52:51	+00:23:34 (44.7%)	5:16	11.4 (55.3%)
386	SAWICKI Kamil	488		BIAŁYSTOK		M-40	74	M 314		00:00:07	00:37:35	00:52:51	00:52:58	+00:23:41 (44.9%)	5:16	11.4 (55.3%)
387	SZAREJKO Łukasz	724		BIAŁYSTOK		M-20	53	M 315		00:00:53	00:37:03	00:52:53	00:53:46	+00:23:43 (44.9%)	5:17	11.4 (55.3%)
388	CZARNIECKI Jerzy	403		KARAKULE		M-40	75	M 316		00:01:21	00:37:21	00:52:54	00:54:15	+00:23:45 (44.9%)	5:17	11.3 (54.9%)
389	KRAWCZUK Wojciech	751		BIAŁYSTOK		M-40	76	M 317		00:01:03	00:37:34	00:52:57	00:54:01	+00:23:48 (45.0%)	5:17	11.3 (54.9%)
390	BARCZYŃSKI Artur	791	ROZBIEGANY BIELSK PODLASKI	BIELSK PODLASKI		M-50	44	M 318	Rozbiegany Bielsk Podlaski	00:00:33	00:37:38	00:52:57	00:53:30	+00:23:48 (45.0%)	5:17	11.3 (54.9%)
391	ZAJKOWSKA Anna	491	DRTUSZ BIEGA	BIAŁYSTOK		K-30	29	K 73	DrTusz Biega	00:00:29	00:37:29	00:53:00	00:53:30	+00:23:51 (45.0%)	5:17	11.3 (54.9%)
392	MASALSKI Daniel	942		BIAŁYSTOK		M-30	128	M 319		00:01:47	00:38:34	00:53:13	00:55:01	+00:24:04 (45.2%)	5:19	11.3 (54.9%)
393	GĄSOWSKI Robert	979		BIAŁYSTOK		M-30	129	M 320		00:01:46	00:38:35	00:53:14	00:55:01	+00:24:05 (45.3%)	5:19	11.3 (54.9%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	7km	Czas netto 10km	Czas brutto 10km	Różnica w czasie	Tempo min/km	Tempo km/h
394	SIDORCZUK Dariusz	132		BIAŁYSTOK		M-50	45	M 321		00:00:14	00:37:50	00:53:16	00:53:30	+00:24:07 (45.3%)	5:19	11.3 (54.9%)
395	CHOI Jonghoon	758		BIAŁYSTOK		M-50	46	M 322		00:00:22	00:38:06	00:53:19	00:53:41	+00:24:10 (45.3%)	5:19	11.3 (54.9%)
396	ZUBRZYCKI Piotr	668		TYKOCIN		M-40	77	M 323	Drużyna Stefana Czarnieckiego	00:00:38	00:38:07	00:53:19	00:53:58	+00:24:10 (45.3%)	5:19	11.3 (54.9%)
397	KROM Weronika	166	VIKING RUNNING TEAM	BIAŁYSTOK		K-20	20	K 74		00:00:47	00:37:40	00:53:20	00:54:08	+00:24:11 (45.4%)	5:19	11.3 (54.9%)
398	DUDEL Jerzy	438	TOP10DZIADY	BIAŁYSTOK		M-40	78	M 324		00:01:12	00:38:28	00:53:22	00:54:34	+00:24:13 (45.4%)	5:20	11.2 (54.4%)
399	HRYBKO Sławek	888		BIAŁYSTOK		M-30	130	M 325		00:00:49	00:38:04	00:53:23	00:54:13	+00:24:14 (45.4%)	5:20	11.2 (54.4%)
400	KRYŃSKI Paweł	157		WASILKÓW		M-30	131	M 326		00:00:54	00:37:58	00:53:27	00:54:21	+00:24:18 (45.5%)	5:20	11.2 (54.4%)
401	ŁAPIŃSKI Jan	671		BIAŁYSTOK		M-20	54	M 327	Na koniec świata i jeszcze dalej!	00:01:26	00:38:27	00:53:29	00:54:55	+00:24:19 (45.5%)	5:20	11.2 (54.4%)
402	ŚNIEĆ Julia	175		BIAŁYSTOK		K-15	1	K 75		00:00:22	00:37:52	00:53:29	00:53:52	+00:24:20 (45.5%)	5:20	11.2 (54.4%)
403	KORZUN Kamil	108		BIAŁYSTOK		M-40	79	M 328		00:00:24	00:36:01	00:53:31	00:53:55	+00:24:21 (45.5%)	5:20	11.2 (54.4%)
404	WRÓBEL Bartek	711		BIAŁYSTOK		M-40	80	M 329	Peleton Żubra	00:01:25	00:37:18	00:53:34	00:54:59	+00:24:25 (45.6%)	5:21	11.2 (54.4%)
405	BOBORYKO Mariusz	823	1 PBOT	BIAŁYSTOK		M-40	81	M 330	Białystok Biega Team	00:01:24	00:37:09	00:53:34	00:54:59	+00:24:25 (45.6%)	5:21	11.2 (54.4%)
406	MAĆKOWIAK Maciej	408		BIAŁYSTOK		M-15	10	M 331		00:00:05	00:37:13	00:53:38	00:53:44	+00:24:29 (45.7%)	5:21	11.2 (54.4%)
407	VOITSIK Mikhail	263	BELARUS TRIATHLON FEDERACJA	GRODNO		M-40	82	M 332		00:00:53	00:37:52	00:53:38	00:54:32	+00:24:29 (45.7%)	5:21	11.2 (54.4%)
408	FEDOROWICZ Hubert	386		ZAMBROW		M-30	132	M 333		00:00:29	00:38:42	00:53:46	00:54:16	+00:24:37 (45.8%)	5:22	11.2 (54.4%)
409	STRZELIŃSKI Kamil	387		BIAŁYSTOK		M-15	11	M 334		00:00:46	00:38:25	00:53:46	00:54:33	+00:24:37 (45.8%)	5:22	11.2 (54.4%)
410	KALUDZIŃSKI Grzegorz	363	KOLNO BIEGA	CZERWONE		M-20	55	M 335	Kolno Biega	00:00:51	00:38:23	00:53:49	00:54:40	+00:24:39 (45.8%)	5:22	11.2 (54.4%)
411	ANDRUSZKIEWICZ Darek	650	DRUŻYNA STEFANA CZARNIECKIEGO	BIAŁYSTOK		M-40	83	M 336	Drużyna Stefana Czarnieckiego	00:00:38	00:38:08	00:53:50	00:54:28	+00:24:41 (45.9%)	5:22	11.2 (54.4%)
412	MANKIEVIČ Siarhiej	404		BIAŁYSTOK		M-30	133	M 337		00:00:27	00:38:28	00:53:50	00:54:17	+00:24:41 (45.9%)	5:22	11.2 (54.4%)
413	RASSADIN Jaroslav	737		BIAŁYSTOK		M-40	84	M 338		00:00:43	00:38:04	00:53:53	00:54:36	+00:24:44 (45.9%)	5:23	11.1 (53.9%)
414	CWALINA Bartosz	277	KOLNO BIEGA	KOLNO		M-20	56	M 339	Kolno Biega	00:00:50	00:38:24	00:53:53	00:54:44	+00:24:44 (45.9%)	5:23	11.1 (53.9%)
415	STOPNICKA Izabela	779		SMOLANY		K-30	30	K 76		00:00:31	00:38:15	00:53:55	00:54:27	+00:24:46 (46.0%)	5:23	11.1 (53.9%)
416	PERKOWSKA Katarzyna	54	NIE DOTYCZY	IGNATRKI OSIEDLE		K-50	4	K 77		00:00:12	00:37:41	00:53:57	00:54:09	+00:24:48 (46.0%)	5:23	11.1 (53.9%)
417	MILCZUNAS Marcin	909		BIAŁYSTOK		M-40	85	M 340		00:00:56	00:37:58	00:53:59	00:54:56	+00:24:50 (46.0%)	5:23	11.1 (53.9%)
418	LIAUCHUK Kamila	28	N50	BIAŁYSTOK		K-15	2	K 78		00:00:26	00:37:59	00:54:01	00:54:27	+00:24:51 (46.0%)	5:23	11.1 (53.9%)
419	JARMOLIK Eugeniusz	176		BIAŁYSTOK		M-60	10	M 341		00:00:16	00:37:42	00:54:05	00:54:21	+00:24:55 (46.1%)	5:24	11.1 (53.9%)
420	KONARZEWSKI Michał	258		BIAŁYSTOK		M-30	134	M 342		00:00:26	00:37:42	00:54:06	00:54:33	+00:24:57 (46.1%)	5:24	11.1 (53.9%)
421	MARCINKIEWICZ Wojciech	353	CBZC	BIAŁYSTOK		M-40	86	M 343		00:00:44	00:40:19	00:54:08	00:54:52	+00:24:58 (46.2%)	5:24	11.1 (53.9%)
422	DRZEWOWSKI Mateusz	986		ELK		M-30	135	M 344		00:00:53	00:38:58	00:54:08	00:55:02	+00:24:59 (46.2%)	5:24	11.1 (53.9%)
423	HAJDUCZENIA Marcin	330		BIAŁYSTOK		M-40	87	M 345		00:00:54	00:37:36	00:54:09	00:55:04	+00:25:00 (46.2%)	5:24	11.1 (53.9%)
424	BOGDAN Adam	907	PSP	AUGUSTOW		M-20	57	M 346		00:00:55	00:39:27	00:54:10	00:55:06	+00:25:01 (46.2%)	5:24	11.1 (53.9%)
425	ANDREIKOVA Valentyna	338	TEA.M RUN	BIAŁYSTOK		K-20	21	K 79	TEA.M RUN	00:01:10	00:38:16	00:54:11	00:55:21	+00:25:01 (46.2%)	5:24	11.1 (53.9%)
426	HURYNOVICH Yauheni	432	TEA.M RUN	BIAŁYSTOK		M-30	136	M 347	TEA.M RUN	00:01:10	00:38:16	00:54:11	00:55:21	+00:25:02 (46.2%)	5:24	11.1 (53.9%)
427	KOPCZYŃSKI Jakub	708		BIAŁYSTOK		M-20	58	M 348		00:00:56	00:37:04	00:54:12	00:55:08	+00:25:03 (46.2%)	5:25	11.1 (53.9%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	7km	Czas netto 10km	Czas brutto 10km	Różnica w czasie	Tempo min/km	Tempo km/h
428	KOSTRO Mariusz	799		KLEOSIN		M-50	47	M 349		00:00:34	00:38:30	00:54:12	00:54:47	+00:25:03 (46.2%)	5:25	11.1 (53.9%)
429	JABŁOŃSKI Wojciech	934		ŁOPIENIE SZELAĞI		M-50	48	M 350		00:00:29	00:38:06	00:54:12	00:54:42	+00:25:03 (46.2%)	5:25	11.1 (53.9%)
430	CZAPLEJEWICZ Michał	622		BIAŁYSTOK		M-40	88	M 351		00:00:47	00:39:40	00:54:12	00:55:00	+00:25:03 (46.2%)	5:25	11.1 (53.9%)
431	OSTAPCZUK Dawid	685		BIAŁYSTOK		M-20	59	M 352		00:01:03	00:38:41	00:54:14	00:55:17	+00:25:05 (46.3%)	5:25	11.1 (53.9%)
432	WOŁYŃ Marcin	26		BIAŁYSTOK		M-30	137	M 353		00:00:30	00:38:32	00:54:14	00:54:45	+00:25:05 (46.3%)	5:25	11.1 (53.9%)
433	OWŁASIUŁ Michał	229		BIAŁYSTOK		M-30	138	M 354		00:00:40	00:37:44	00:54:15	00:54:56	+00:25:06 (46.3%)	5:25	11.1 (53.9%)
434	SZESZKO Paweł	947	PYSTOK	BIAŁYSTOK		M-30	139	M 355		00:01:19	00:38:31	00:54:17	00:55:36	+00:25:08 (46.3%)	5:25	11.1 (53.9%)
435	PRONIEWSKI Patryk	433		BIAŁYSTOK		M-30	140	M 356		00:01:37	00:37:17	00:54:23	00:56:00	+00:25:13 (46.4%)	5:26	11 (53.4%)
436	KACPIURA Piotr	46		STOCZEK		M-50	49	M 357		00:00:40	00:38:35	00:54:28	00:55:09	+00:25:19 (46.5%)	5:26	11 (53.4%)
437	PERKOWSKI Mateusz	501		ŁAPY		M-20	60	M 358		00:00:36	00:38:45	00:54:28	00:55:04	+00:25:19 (46.5%)	5:26	11 (53.4%)
438	HRYSZKO Magdalena	126		BIAŁYSTOK		K-30	31	K 80		00:01:21		00:54:29	00:55:50	+00:25:20 (46.5%)	5:26	11 (53.4%)
439	ROGUCCI Józef	837		ZABŁUDÓW		M-50	50	M 359		00:00:19	00:38:03	00:54:33	00:54:52	+00:25:24 (46.6%)	5:27	11 (53.4%)
440	WISIŃSKI Piotr	215	RUN TO THANK JP II 1920	SZABDA		M-60	11	M 360		00:01:36	00:39:55	00:54:34	00:56:11	+00:25:25 (46.6%)	5:27	11 (53.4%)
441	WIERZBICKI Jakub	86		ZAŚCIANKI		M-20	61	M 361		00:00:19	00:38:42	00:54:35	00:54:55	+00:25:26 (46.6%)	5:27	11 (53.4%)
442	ANDROSIUK Tomasz	664	HAJNÓWKA BIEGA	HAJNÓWKA		M-40	89	M 362	Hajnówka Biega	00:00:41	00:38:56	00:54:37	00:55:18	+00:25:27 (46.6%)	5:27	11 (53.4%)
443	ANDROSIUK Barbara	665	HAJNÓWKA BIEGA	HAJNÓWKA		K-40	23	K 81	Hajnówka Biega	00:00:40	00:38:57	00:54:38	00:55:19	+00:25:29 (46.7%)	5:27	11 (53.4%)
444	SZERENOS Sabina	425		SZERENOSY		K-30	32	K 82		00:01:00	00:40:12	00:54:39	00:55:40	+00:25:30 (46.7%)	5:27	11 (53.4%)
445	CZERNIAWSKI Andrzej	332		BIAŁYSTOK		M-40	90	M 363		00:00:40	00:38:41	00:54:41	00:55:22	+00:25:32 (46.7%)	5:27	11 (53.4%)
446	MAKSYMOWICZ Grzegorz	209		BIAŁYSTOK		M-50	51	M 364		00:00:56	00:38:46	00:54:42	00:55:38	+00:25:33 (46.7%)	5:28	11 (53.4%)
447	TKACZUK Eugeniusz	305		BIELSK PODŁASKI		M-60	12	M 365		00:01:15	00:39:21	00:54:43	00:55:59	+00:25:34 (46.7%)	5:28	11 (53.4%)
448	KALIADA Aliaksei	163	TEA.M RUN	BIAŁYSTOK		M-30	141	M 366	TEA.M RUN	00:01:10	00:38:16	00:54:47	00:55:57	+00:25:38 (46.8%)	5:28	11 (53.4%)
449	MASALSKA Karolina	922		JUROWCE		K-30	33	K 83		00:00:35	00:38:53	00:54:47	00:55:22	+00:25:38 (46.8%)	5:28	11 (53.4%)
450	GRABOWICZ Mirosław	396	SOKÓLSKA GRUPA BIEGOWA	SOKÓŁKA		M-60	13	M 367		00:00:32	00:37:40	00:54:48	00:55:21	+00:25:39 (46.8%)	5:28	11 (53.4%)
451	RYDZEWSKI Paweł	1001		BIAŁYSTOK		M-30	142	M 368		00:01:00	00:37:57	00:54:48	00:55:48	+00:25:39 (46.8%)	5:28	11 (53.4%)
452	ROŻKO Paweł	142		BIAŁYSTOK		M-40	91	M 369		00:00:28	00:38:53	00:54:52	00:55:21	+00:25:43 (46.9%)	5:29	10.9 (52.9%)
453	MISARKO Mariusz	919		BIAŁYSTOK		M-40	92	M 370		00:00:17	00:38:12	00:54:53	00:55:10	+00:25:44 (46.9%)	5:29	10.9 (52.9%)
454	MICHALCZUK Monika	890		BIAŁYSTOK		K-30	34	K 84	BCCR3W	00:00:08	00:38:34	00:54:55	00:55:03	+00:25:45 (46.9%)	5:29	10.9 (52.9%)
455	KORECKI Tomasz	521		SOKÓŁKA		M-30	143	M 371		00:00:16	00:39:46	00:54:58	00:55:15	+00:25:49 (47.0%)	5:29	10.9 (52.9%)
456	JADCZUK Marta	428	PYSTOK	BIAŁYSTOK		K-30	35	K 85		00:00:48	00:38:55	00:55:00	00:55:48	+00:25:51 (47.0%)	5:29	10.9 (52.9%)
457	ŻEMOJDUK Gosia	775	USK BIAŁYSTOK	BIAŁYSTOK		K-30	36	K 86		00:00:43	00:39:18	00:55:01	00:55:44	+00:25:51 (47.0%)	5:29	10.9 (52.9%)
458	BAIKOU Yahor	320		BIAŁYSTOK		M-30	144	M 372		00:01:01	00:39:02	00:55:02	00:56:04	+00:25:53 (47.0%)	5:30	10.9 (52.9%)
459	KOLB Katsiaryna	1007	TEA.M RUN	BIAŁYSTOK		K-30	37	K 87	TEA.M RUN	00:00:54	00:38:32	00:55:02	00:55:56	+00:25:53 (47.1%)	5:30	10.9 (52.9%)
460	GRYGOROWICZ Przemek	204	BIEGAM, BO ŻONA POZWOLIŁA :)	BIAŁYSTOK		M-40	93	M 373		00:00:36	00:39:02	00:55:04	00:55:40	+00:25:55 (47.1%)	5:30	10.9 (52.9%)
461	ARTEMIUK Eugeniusz	750	HAJNÓWKA BIEGA	CZECHY ORLAŃSKIE		M-60	14	M 374		00:00:45	00:39:42	00:55:04	00:55:50	+00:25:55 (47.1%)	5:30	10.9 (52.9%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	7km	Czas netto 10km	Czas brutto 10km	Różnica w czasie	Tempo min/km	Tempo km/h
462	ZAJCZYK Przemysław	27		GRABÓWKA		M-40	94	M 375		00:00:54	00:38:37	00:55:06	00:56:01	+00:25:57 (47.1%)	5:30	10.9 (52.9%)
463	ZABIELSKA Aneta	257		KNYSZYN		K-30	38	K 88		00:00:17	00:38:23	00:55:11	00:55:28	+00:26:02 (47.2%)	5:30	10.9 (52.9%)
464	GRABOWSKA Venesa	590		BIAŁYSTOK		K-20	22	K 89		00:01:07	00:39:33	00:55:14	00:56:21	+00:26:05 (47.2%)	5:31	10.9 (52.9%)
465	KOJKOŁ Konrad	910		BIAŁYSTOK		M-20	62	M 376		00:01:10	00:39:13	00:55:17	00:56:28	+00:26:08 (47.3%)	5:31	10.9 (52.9%)
466	ZABIELSKI Piotr	236		JASIONÓWKA		M-30	145	M 377		00:00:02	00:39:14	00:55:28	00:55:31	+00:26:19 (47.5%)	5:32	10.8 (52.4%)
467	GAŁAŚ Adrian	194		CHRZANÓW		M-20	63	M 378		00:00:22	00:39:46	00:55:29	00:55:51	+00:26:20 (47.5%)	5:32	10.8 (52.4%)
468	TROFIMIUK Jerzy	880		BIAŁYSTOK		M-50	52	M 379		00:00:55	00:39:33	00:55:29	00:56:24	+00:26:20 (47.5%)	5:32	10.8 (52.4%)
469	CHILIMONIUK Kinga	255		BIAŁYSTOK		K-20	23	K 90		00:00:57	00:39:24	00:55:31	00:56:28	+00:26:21 (47.5%)	5:33	10.8 (52.4%)
470	ZALEWSKI Marcin	253	PĘDZIWIATR BIAŁYSTOK	BIAŁYSTOK		M-40	95	M 380	Pędziwiatr Białystok	00:00:18	00:39:33	00:55:31	00:55:50	+00:26:22 (47.5%)	5:32	10.8 (52.4%)
471	WOŁOWICZ Sylwia	119		BIAŁYSTOK		K-30	39	K 91		00:01:08	00:39:27	00:55:34	00:56:42	+00:26:25 (47.6%)	5:33	10.8 (52.4%)
472	WASILUK Katarzyna	422		WASILKÓW		K-20	24	K 92		00:00:28	00:39:20	00:55:34	00:56:03	+00:26:25 (47.6%)	5:33	10.8 (52.4%)
473	WILKIEL Szymon	868	MD RUN TRAINING	BIAŁYSTOK		M-30	146	M 381	MD Run Training	00:00:37	00:39:47	00:55:36	00:56:14	+00:26:27 (47.6%)	5:33	10.8 (52.4%)
474	WILKIEL Anna	867		BIAŁYSTOK		K-30	40	K 93		00:00:37	00:39:47	00:55:36	00:56:14	+00:26:27 (47.6%)	5:33	10.8 (52.4%)
475	ŁYSIK Dawid	562		BIAŁYSTOK		M-30	147	M 382		00:00:53	00:39:39	00:55:38	00:56:32	+00:26:29 (47.6%)	5:33	10.8 (52.4%)
476	TSIARESHKA Uladzislau	49	TEA.M RUN	BIAŁYSTOK		M-20	64	M 383		00:00:57	00:39:15	00:55:40	00:56:37	+00:26:31 (47.6%)	5:33	10.8 (52.4%)
477	BIAŁOBLOCKI Mirosław	278	KUNDZIN	SOKÓŁKA		M-70	1	M 384		00:00:35	00:40:33	00:55:41	00:56:17	+00:26:32 (47.7%)	5:33	10.8 (52.4%)
478	ALEKSIEJCZUK Marlena	916		KOPNA GÓRA		K-30	41	K 94		00:00:43	00:39:34	00:55:42	00:56:26	+00:26:33 (47.7%)	5:34	10.8 (52.4%)
479	JANKOWSKA Natalia	939		BIAŁYSTOK		K-20	25	K 95		00:01:32	00:39:29	00:55:44	00:57:16	+00:26:35 (47.7%)	5:34	10.8 (52.4%)
480	OKSIEJCZUK Daniel	940		BIAŁYSTOK		M-20	65	M 385		00:01:32	00:39:30	00:55:44	00:57:16	+00:26:35 (47.7%)	5:34	10.8 (52.4%)
481	MAJTAS Łukasz	600		BIAŁYSTOK		M-20	66	M 386		00:00:35	00:40:02	00:55:44	00:56:19	+00:26:35 (47.7%)	5:34	10.8 (52.4%)
482	KUŁAKOWSKI Piotr	851		BIAŁYSTOK		M-30	148	M 387		00:00:49	00:40:20	00:55:45	00:56:34	+00:26:35 (47.7%)	5:34	10.8 (52.4%)
483	LAPTSEVICH Yaraslau	239		BIAŁYSTOK		M-15	12	M 388		00:00:43	00:39:56	00:55:46	00:56:29	+00:26:36 (47.7%)	5:34	10.8 (52.4%)
484	KUBERA Piotr	822		GRABÓWKA		M-50	53	M 389		00:00:18	00:39:15	00:55:47	00:56:06	+00:26:38 (47.8%)	5:34	10.8 (52.4%)
485	KUCZYŃSKA Joanna	312		BIAŁYSTOK		K-20	26	K 96		00:01:01	00:40:12	00:55:49	00:56:50	+00:26:40 (47.8%)	5:34	10.8 (52.4%)
486	FABRYCKI Łukasz	399	DRTUSZ BIEGA	BIAŁYSTOK		M-20	67	M 390	DrTusz Biega	00:00:33	00:39:52	00:55:52	00:56:25	+00:26:42 (47.8%)	5:35	10.7 (51.9%)
487	ANISENIA Aliaksandr	397		BIAŁYSTOK		M-30	149	M 391		00:00:42	00:39:46	00:55:53	00:56:35	+00:26:44 (47.9%)	5:35	10.7 (51.9%)
488	KWIATKOWSKI Marek	394		BIAŁYSTOK		M-40	96	M 392		00:00:45	00:39:28	00:55:57	00:56:43	+00:26:48 (47.9%)	5:35	10.7 (51.9%)
489	DOWGIERT Sylwia	58		BIAŁYSTOK		K-30	42	K 97		00:01:26	00:40:42	00:55:59	00:57:25	+00:26:49 (47.9%)	5:35	10.7 (51.9%)
490	KAMIŃSKA Magdalena	35	UDSK	BIAŁYSTOK		K-30	43	K 98		00:01:41	00:40:03	00:56:01	00:57:42	+00:26:51 (48.0%)	5:35	10.7 (51.9%)
491	IWANIUK Agnieszka	447		BIAŁYSTOK		K-40	24	K 99		00:00:26	00:39:34	00:56:03	00:56:29	+00:26:53 (48.0%)	5:36	10.7 (51.9%)
492	CHILKIEWICZ Piotr	335		BIELSK PODLASKI		M-40	97	M 393		00:00:18	00:38:15	00:56:03	00:56:21	+00:26:53 (48.0%)	5:36	10.7 (51.9%)
493	KLEJPS Wojciech	372		BIAŁYSTOK		M-30	150	M 394		00:00:21	00:40:04	00:56:03	00:56:25	+00:26:54 (48.0%)	5:36	10.7 (51.9%)
494	WITAS Łukasz	168		BIAŁYSTOK		M-40	98	M 395		00:00:24	00:39:26	00:56:05	00:56:29	+00:26:56 (48.0%)	5:36	10.7 (51.9%)
495	WĄTROBIŃSKI Mateusz	949	AUTO IDEA	BIAŁYSTOK		M-20	68	M 396		00:00:57	00:40:33	00:56:07	00:57:04	+00:26:57 (48.1%)	5:36	10.7 (51.9%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	7km	Czas netto 10km	Czas brutto 10km	Różnica w czasie	Tempo min/km	Tempo km/h
496	MICKIEWICZ KULESZA Magdalena	633		JABŁOŃ KOŚCIELNA		K-40	25	K 100		00:00:42	00:40:14	00:56:14	00:56:57	+00:27:05 (48.2%)	5:37	10.7 (51.9%)
497	KRETUŃSKI Marcin	244		BIAŁYSTOK		M-30	151	M 397		00:01:03	00:40:01	00:56:14	00:57:18	+00:27:05 (48.2%)	5:37	10.7 (51.9%)
498	GRAJEWSKI Grzegorz	774		GRABÓWKA		M-30	152	M 398		00:00:33	00:39:03	00:56:15	00:56:49	+00:27:06 (48.2%)	5:37	10.7 (51.9%)
499	OMIELJANIUK Rafał	905		BIAŁYSTOK		M-40	99	M 399		00:00:36	00:40:04	00:56:17	00:56:53	+00:27:08 (48.2%)	5:37	10.7 (51.9%)
500	DAWIDEK Mariusz	570		BIAYSTOK		M-30	153	M 400		00:01:03	00:41:40	00:56:29	00:57:32	+00:27:20 (48.4%)	5:38	10.6 (51.5%)
501	NIERODA Ilona	398	PĘDZIWIATR BIAŁYSTOK	BIAŁYSTOK		K-30	44	K 101	Pędziwiatr Białystok	00:00:08	00:40:22	00:56:32	00:56:40	+00:27:22 (48.4%)	5:39	10.6 (51.5%)
502	MOŚCICKI Zenon	249	NIE	RUTKI		M-70	2	M 401		00:00:31	00:40:07	00:56:32	00:57:04	+00:27:23 (48.5%)	5:39	10.6 (51.5%)
503	MOZOLEWSKI Szymon	567		BIAŁYSTOK		M-30	154	M 402		00:00:13	00:40:19	00:56:33	00:56:46	+00:27:24 (48.5%)	5:39	10.6 (51.5%)
504	JANCAK Angelika	429		LEGNICA		K-50	5	K 102		00:00:18	00:40:13	00:56:34	00:56:53	+00:27:25 (48.5%)	5:39	10.6 (51.5%)
505	DUBIJ Albert	322		OGRODNICZKI		M-50	54	M 403		00:00:38	00:39:53	00:56:34	00:57:13	+00:27:25 (48.5%)	5:39	10.6 (51.5%)
506	PUCHALSKI Szczepan	319	GEORUN	BIAŁYSTOK		M-40	100	M 404	GEORUN	00:00:51	00:40:14	00:56:37	00:57:28	+00:27:28 (48.5%)	5:39	10.6 (51.5%)
507	CHARUBIN Mariusz	240	ZWIĄZEK ŻOŁNIERZY NARODOWYCH SIŁ ZBROJNYCH NSZ	PISZ		M-40	101	M 405		00:00:22	00:39:38	00:56:37	00:56:59	+00:27:28 (48.5%)	5:39	10.6 (51.5%)
508	ZDUNIEWICZ Natalia	628		WASILKÓW		K-20	27	K 103		00:00:27	00:39:47	00:56:42	00:57:10	+00:27:33 (48.6%)	5:40	10.6 (51.5%)
509	ŻUKOWSKI Marian	30	AIKIRUNNER	WASILKÓW		M-50	55	M 406		00:01:00	00:40:11	00:56:44	00:57:45	+00:27:35 (48.6%)	5:40	10.6 (51.5%)
510	ROSPIERSKA Amelia	616		BIAŁYSTOK		K-20	28	K 104		00:00:39	00:40:36	00:56:45	00:57:24	+00:27:36 (48.7%)	5:40	10.6 (51.5%)
511	FURMAN Artur	801	TEA.M RUN	BIALYSTOK		M-20	69	M 407	TEA.M RUN	00:01:10	00:41:01	00:56:50	00:58:01	+00:27:40 (48.7%)	5:40	10.6 (51.5%)
512	TOREBKO Andrzej	598		BIAŁYSTOK		M-50	56	M 408		00:00:36	00:40:52	00:56:55	00:57:31	+00:27:46 (48.8%)	5:41	10.5 (51.0%)
513	DALLEMURA Maciek	37	BIAŁYSTOK BIEGA TEAM	BIAŁYSTOK		M-20	70	M 409	Białystok Biega Team	00:00:38	00:42:15	00:56:55	00:57:34	+00:27:46 (48.8%)	5:41	10.5 (51.0%)
514	GRZEŚ Kamil	36	BIAŁYSTOK BIEGA TEAM	KLEPACZE		M-15	13	M 410	Białystok Biega Team	00:00:38	00:41:54	00:56:56	00:57:35	+00:27:47 (48.8%)	5:41	10.5 (51.0%)
515	MATAR Suzan	573		SOKÓŁKA		K-40	26	K 105		00:01:14	00:40:07	00:56:56	00:58:10	+00:27:47 (48.8%)	5:41	10.5 (51.0%)
516	ZAJKO Katarzyna	641		NOWODWORCE		K-40	27	K 106		00:01:05	00:41:08	00:56:57	00:58:02	+00:27:48 (48.8%)	5:41	10.5 (51.0%)
517	KLEJ Dawid	681		BIAŁYSTOK		M-20	71	M 411		00:01:03	00:40:08	00:56:57	00:58:01	+00:27:48 (48.8%)	5:41	10.5 (51.0%)
518	KHAMRENKA-USHAKOVA Iryna	352		BIALYSTOK		K-30	45	K 107		00:00:10	00:40:24	00:57:00	00:57:11	+00:27:51 (48.9%)	5:41	10.5 (51.0%)
519	HEJZA Joanna	349	5 BATALION CZOLGÓW	BIAŁYSTOK		K-40	28	K 108		00:01:07	00:40:51	00:57:00	00:58:08	+00:27:51 (48.9%)	5:41	10.5 (51.0%)
520	REDLIŃSKI Mariusz	451	18 PR	TUROŚŃ KOŚCIELNA		M-50	57	M 412		00:00:31	00:40:14	00:57:01	00:57:33	+00:27:52 (48.9%)	5:41	10.5 (51.0%)
521	ZDANOWICZ Joanna	50		DOBRYNIEWO DUŻE		K-15	3	K 109		00:00:24	00:40:12	00:57:02	00:57:26	+00:27:52 (48.9%)	5:42	10.5 (51.0%)
522	KALINOWSKI Tomasz	974		BIAŁYSTOK		M-30	155	M 413		00:01:24	00:41:38	00:57:06	00:58:30	+00:27:57 (49.0%)	5:42	10.5 (51.0%)
523	ZAJKO Krzysztof	642		NOWODWORCE		M-50	58	M 414		00:01:05	00:41:08	00:57:06	00:58:12	+00:27:57 (49.0%)	5:42	10.5 (51.0%)
524	RUTKOWSKI Damian	109		BIAŁYSTOK		M-20	72	M 415		00:01:10	00:40:44	00:57:13	00:58:24	+00:28:04 (49.1%)	5:43	10.5 (51.0%)
525	ANISEROWICZ Joanna	45		BIAŁYSTOK		K-30	46	K 110		00:01:01	00:41:12	00:57:18	00:58:19	+00:28:09 (49.1%)	5:43	10.5 (51.0%)
526	CHMIELEWSKA Edyta	186	OSTATNI GASZĄ ŚWIATŁO TEAM💡	AUGUSTÓW		K-30	47	K 111	Ostatni gaszą światło Team💡	00:00:53	00:40:44	00:57:19	00:58:13	+00:28:10 (49.2%)	5:43	10.5 (51.0%)
527	SOWUL Łukasz	494		CZARNA BIAŁOSTOCKA		M-30	156	M 416		00:00:21	00:39:20	00:57:20	00:57:41	+00:28:10 (49.2%)	5:43	10.5 (51.0%)
528	SIENKIEWICZ Piotr	718		SUWAŁKI		M-30	157	M 417		00:00:58	00:41:20	00:57:20	00:58:19	+00:28:11 (49.2%)	5:43	10.5 (51.0%)
529	GOŁĘBIEWSKI Wojciech	499		BIAŁYSTOK		M-40	102	M 418		00:00:57	00:39:40	00:57:24	00:58:21	+00:28:15 (49.2%)	5:44	10.5 (51.0%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	7km	Czas netto 10km	Czas brutto 10km	Różnica w czasie	Tempo min/km	Tempo km/h
530	KOPCZYŃSKA Agata	742		WARSZAWA		K-40	29	K 112		00:00:38	00:40:51	00:57:24	00:58:03	+00:28:15 (49.2%)	5:44	10.5 (51.0%)
531	GOŁĘBIEWSKA Milena Anna	462		BIAŁYSTOK		K-15	4	K 113		00:00:51	00:41:32	00:57:26	00:58:18	+00:28:17 (49.3%)	5:44	10.4 (50.5%)
532	ŁYSIK Ewelina	553		BIAŁYSTOK		K-30	48	K 114		00:00:45	00:41:06	00:57:29	00:58:14	+00:28:20 (49.3%)	5:44	10.4 (50.5%)
533	BARANOWSKA Monika	321		ORZECHOWICZE		K-40	30	K 115		00:00:49	00:41:04	00:57:33	00:58:22	+00:28:24 (49.4%)	5:45	10.4 (50.5%)
534	BOGDANOWICZ Anna	783	DRUŻYNA STEFANA CZARNIECKIEGO	BIAŁYSTOK		K-50	6	K 116	Drużyna Stefana Czarnieckiego	00:00:31	00:41:20	00:57:34	00:58:05	+00:28:25 (49.4%)	5:45	10.4 (50.5%)
535	SEKŚCIŃSKI Michał	61	LAN TECHNIKA	BIAŁYSTOK		M-30	158	M 419		00:00:33	00:40:24	00:57:35	00:58:09	+00:28:26 (49.4%)	5:45	10.4 (50.5%)
536	KLINICKI Marcin	966		BIAKYSTOK		M-40	103	M 420		00:00:25	00:40:43	00:57:36	00:58:02	+00:28:27 (49.4%)	5:45	10.4 (50.5%)
537	DZIEDZIUL Łukasz	267	0XX	BIAŁYSTOK		M-40	104	M 421		00:00:42	00:40:55	00:57:36	00:58:19	+00:28:27 (49.4%)	5:45	10.4 (50.5%)
538	TRESKA Paulina	821	PKO LEASING	BIAŁYSTOK		K-40	31	K 117		00:00:58	00:40:38	00:57:37	00:58:35	+00:28:27 (49.4%)	5:45	10.4 (50.5%)
539	HOFFMAN Adel	636		BIAŁYSTOK		M-50	59	M 422		00:00:49	00:40:38	00:57:39	00:58:28	+00:28:29 (49.4%)	5:45	10.4 (50.5%)
540	PIEKARSKA Ewa	459		BIAŁYSTOK		K-50	7	K 118		00:00:07	00:40:52	00:57:43	00:57:51	+00:28:34 (49.5%)	5:46	10.4 (50.5%)
541	MITROSZ Robert	492	BIELDRUK TEAM	BIAŁYSTOK		M-50	60	M 423	Bieldruk Team	00:00:10	00:40:42	00:57:44	00:57:54	+00:28:34 (49.5%)	5:46	10.4 (50.5%)
542	WASILUK Monika	131		CHOROSZCZ		K-30	49	K 119		00:00:37	00:41:00	00:57:44	00:58:21	+00:28:35 (49.5%)	5:46	10.4 (50.5%)
543	PRACZ Joanna	952		BIAŁYSTOK		K-30	50	K 120		00:00:24	00:41:18	00:57:47	00:58:11	+00:28:38 (49.6%)	5:46	10.4 (50.5%)
544	KONOŃCZUK Edyta	496	BIAŁYSTOK BIEGA TEAM	BIAŁYSTOK		K-50	8	K 121		00:00:30	00:40:37	00:57:49	00:58:19	+00:28:39 (49.6%)	5:46	10.4 (50.5%)
545	PATEJUK Agnieszka	391		SURAŻ		K-30	51	K 122		00:00:44	00:40:42	00:57:51	00:58:35	+00:28:41 (49.6%)	5:46	10.4 (50.5%)
546	RESZEĆ Michał	824		KNYSZYN		M-30	159	M 424		00:01:17	00:41:03	00:57:52	00:59:10	+00:28:43 (49.6%)	5:47	10.4 (50.5%)
547	UŻYŃSKI Bartłomiej	820	BIAŁYSTOK BIEGA TEAM	BIAŁYSTOK		M-40	105	M 425	Białystok Biega Team	00:01:35	00:41:13	00:57:54	00:59:30	+00:28:45 (49.7%)	5:47	10.4 (50.5%)
548	SZUMOWSKI Marek	694		CZARNA BIAŁOSTOCKA		M-60	15	M 426		00:01:35	00:41:36	00:57:55	00:59:31	+00:28:46 (49.7%)	5:47	10.4 (50.5%)
549	CZYGIER Martyna	722		WARSZAWA		K-30	52	K 123		00:01:29	00:41:50	00:57:55	00:59:25	+00:28:46 (49.7%)	5:47	10.4 (50.5%)
550	GREŚ Józef	850		MICHAŁOWO		M-60	16	M 427		00:00:37	00:41:06	00:57:56	00:58:34	+00:28:47 (49.7%)	5:47	10.4 (50.5%)
551	KRYNICKI Bartłomiej	5475		KLEOSIN		M-20	73	M 428		00:01:08	00:41:08	00:58:00	00:59:09	+00:28:51 (49.8%)	5:47	10.3 (50.0%)
552	KAŻMIERSKI Dariusz	894	AIKIRUNNERS	OLMONTY		M-50	61	M 429		00:01:00	00:40:20	00:58:01	00:59:01	+00:28:51 (49.8%)	5:47	10.3 (50.0%)
553	KRYNICKA Angelika	81		KLEOSIN		K-20	29	K 124		00:01:08	00:41:08	00:58:01	00:59:10	+00:28:52 (49.8%)	5:47	10.3 (50.0%)
554	KURNICKI Michał	700		BIAŁYSTOK		M-30	160	M 430		00:00:29	00:41:41	00:58:02	00:58:31	+00:28:53 (49.8%)	5:48	10.3 (50.0%)
555	DMOCHOWSKI Piotr	371		WYSOKIE MAZOWIECKIE		M-30	161	M 431		00:00:30	00:40:49	00:58:02	00:58:33	+00:28:53 (49.8%)	5:48	10.3 (50.0%)
556	CZERWONKA Andżelika	130		BIAŁYSTOK		K-20	30	K 125		00:01:27	00:41:34	00:58:09	00:59:37	+00:29:00 (49.9%)	5:48	10.3 (50.0%)
557	KLEJMUNT Julia	674		SUWAŁKI		K-20	31	K 126		00:00:36	00:41:42	00:58:10	00:58:47	+00:29:01 (49.9%)	5:48	10.3 (50.0%)
558	BUKS Maciej	571		JABŁOŃ KOŚCIELNA		M-30	162	M 432		00:01:33	00:42:58	00:58:11	00:59:45	+00:29:02 (49.9%)	5:48	10.3 (50.0%)
559	KOWALEWSKI Darek	744		SWINOUJSCIE		M-60	17	M 433		00:00:17	00:41:41	00:58:12	00:58:29	+00:29:02 (49.9%)	5:49	10.3 (50.0%)
560	BOROVSKA Mariia	604		BIAŁYSTOK		K-20	32	K 127		00:00:12	00:41:07	00:58:13	00:58:26	+00:29:04 (49.9%)	5:49	10.3 (50.0%)
561	KUCZYŃSKA Magdalena	314		OPACZ KOLONIA		K-40	32	K 128		00:01:19	00:41:30	00:58:14	00:59:33	+00:29:04 (50.0%)	5:49	10.3 (50.0%)
562	OGONOWSKI Michał	559	AKADEMIA SPORTU MEDYK	WROCŁAW		M-40	106	M 434		00:01:16	00:41:10	00:58:19	00:59:36	+00:29:10 (50.0%)	5:49	10.3 (50.0%)
563	ROSZKOWSKA Monika	264		BIAŁYSTOK		K-30	53	K 129		00:00:34	00:41:48	00:58:20	00:58:54	+00:29:10 (50.0%)	5:49	10.3 (50.0%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	7km	Czas netto 10km	Czas brutto 10km	Różnica w czasie	Tempo min/km	Tempo km/h
564	KOZAK Tomasz	978		BIAŁYSTOK		M-30	163	M 435		00:01:04	00:40:30	00:58:24	00:59:28	+00:29:14 (50.1%)	5:50	10.3 (50.0%)
565	SUMA Sebastian	348		BIAŁYSTOK		M-40	107	M 436		00:00:30	00:41:21	00:58:29	00:59:00	+00:29:20 (50.2%)	5:50	10.3 (50.0%)
566	SOPEK Wanda	631		BIELSK PODLASKI		K-20	33	K 130		00:00:41	00:42:28	00:58:30	00:59:12	+00:29:21 (50.2%)	5:50	10.3 (50.0%)
567	SZATKO Jakub	180		BIAŁYSTOK		M-20	74	M 437		00:00:10	00:41:33	00:58:31	00:58:42	+00:29:22 (50.2%)	5:50	10.3 (50.0%)
568	ŚWIĘTOCHOWSKI Stefan	596		BIAŁYSTOK		M-60	18	M 438		00:00:21	00:41:24	00:58:35	00:58:56	+00:29:26 (50.3%)	5:51	10.2 (49.5%)
569	KRAWCZUK Jerzy	759		BIAŁYSTOK		M-40	108	M 439		00:01:03	00:42:15	00:58:38	00:59:42	+00:29:28 (50.3%)	5:51	10.2 (49.5%)
570	GRYCUK Gabriel	463		BIAŁYSTOK		M-20	75	M 440		00:00:32	00:40:18	00:58:38	00:59:10	+00:29:29 (50.3%)	5:51	10.2 (49.5%)
571	KOROLUK Krzysztof	484	BIELDRUK TEAM	BIAŁYSTOK		M-40	109	M 441	Bieldruk Team	00:00:20	00:41:12	00:58:41	00:59:01	+00:29:31 (50.3%)	5:51	10.2 (49.5%)
572	OSTROWSKA Marta	626		CZARNA BIAŁOSTOCKA		K-30	54	K 131		00:00:43	00:41:50	00:58:41	00:59:25	+00:29:32 (50.3%)	5:51	10.2 (49.5%)
573	MATCZUK Jan	961	VETS ON BIKES BEYOND	WASILKÓW		M-50	62	M 442		00:00:58	00:41:17	00:58:44	00:59:43	+00:29:35 (50.4%)	5:52	10.2 (49.5%)
574	KONOPKA Szymon	31		ŁOMŻA		M-20	76	M 443		00:00:13	00:41:38	00:58:45	00:58:58	+00:29:35 (50.4%)	5:52	10.2 (49.5%)
575	WYSOCKA Magdalena	60		KNYSZYN		K-30	55	K 132		00:00:16	00:41:33	00:58:48	00:59:04	+00:29:39 (50.4%)	5:52	10.2 (49.5%)
576	CZAJKOWSKA Izabela	498		SOKOŁY		K-30	56	K 133		00:01:45	00:42:10	00:58:48	01:00:34	+00:29:39 (50.4%)	5:52	10.2 (49.5%)
577	SZOKA Kamil	410		CHOROSZCZ		M-30	164	M 444		00:01:11	00:42:58	00:58:49	01:00:01	+00:29:40 (50.5%)	5:52	10.2 (49.5%)
578	KOWALCZYK Asia	853		WALIŁY-STACJA		K-40	33	K 134		00:00:26	00:41:27	00:58:51	00:59:18	+00:29:42 (50.5%)	5:52	10.2 (49.5%)
579	KLEKOT Marcelina	292		BIAŁYSTOK		K-30	57	K 135		00:01:11	00:42:34	00:58:52	01:00:03	+00:29:42 (50.5%)	5:53	10.2 (49.5%)
580	ALEKSIEJUK Adam	170	ŻANDARMERIA WOJSKOWA	BIAŁYSTOK		M-40	110	M 445		00:01:28	00:41:23	00:58:54	01:00:23	+00:29:45 (50.5%)	5:53	10.2 (49.5%)
581	MAŁYSZKO Renata	238		CZARNA BIAŁOSTOCKA		K-40	34	K 136		00:01:16	00:41:34	00:59:03	01:00:19	+00:29:54 (50.6%)	5:54	10.2 (49.5%)
582	KRUPA Bartosz	382		BIAŁYSTOK		M-30	165	M 446		00:00:56	00:42:12	00:59:03	00:59:59	+00:29:54 (50.7%)	5:54	10.2 (49.5%)
583	CISZEWSKI Patryk	42	BIAŁYSTOK BIEGA TEAM	BIAŁYSTOK		M-30	166	M 447		00:00:33	00:42:12	00:59:03	00:59:37	+00:29:54 (50.7%)	5:54	10.2 (49.5%)
584	KOCHANOWSKA Katarzyna	767	BIAŁYSTOK BIEGA TEAM	BIAŁYSTOK		K-40	35	K 137	Białystok Biega Team	00:00:33	00:42:13	00:59:04	00:59:37	+00:29:55 (50.7%)	5:54	10.2 (49.5%)
585	KIEMIESZ Emil	365		SOBOLEWO		M-20	77	M 448		00:00:20	00:42:34	00:59:06	00:59:27	+00:29:56 (50.7%)	5:54	10.2 (49.5%)
586	MOROZ Przemysław	764		BIAŁYSTOK		M-30	167	M 449		00:00:28	00:42:09	00:59:08	00:59:37	+00:29:59 (50.7%)	5:54	10.2 (49.5%)
587	GAWĘDA Szymon	246		BIAŁYSTOK		M-20	78	M 450		00:01:42	00:43:09	00:59:10	01:00:53	+00:30:01 (50.8%)	5:54	10.1 (49.0%)
588	RUSEL Mikołaj	565		BIAŁYSTOK		M-15	14	M 451		00:01:00	00:42:54	00:59:11	01:00:12	+00:30:02 (50.8%)	5:54	10.1 (49.0%)
589	DOROCHOWICZ Mateusz	873		BIAŁYSTOK		M-20	79	M 452		00:01:09	00:43:51	00:59:19	01:00:29	+00:30:09 (50.9%)	5:55	10.1 (49.0%)
590	BIAŁOBŁOCKA-MATUJEWICZ Natalia	741	BIAŁYSTOK	BIAŁYSTOK		K-30	58	K 138		00:00:36	00:41:58	00:59:21	00:59:57	+00:30:11 (50.9%)	5:55	10.1 (49.0%)
591	KRZYWOSZ Szymon	763		BIAŁYSTOK		M-20	80	M 453		00:00:57	00:41:27	00:59:23	01:00:20	+00:30:14 (50.9%)	5:56	10.1 (49.0%)
592	PAJEWSKA Gabriela	189		BIAŁYSTOK		K-30	59	K 139		00:00:17	00:42:28	00:59:25	00:59:43	+00:30:16 (51.0%)	5:56	10.1 (49.0%)
593	RUDNICKA Jadwiga	302		BIAŁYSTOK		K-60	1	K 140		00:00:20	00:41:44	00:59:31	00:59:51	+00:30:22 (51.0%)	5:56	10.1 (49.0%)
594	BRAŃSKA Agnieszka	91		BIAŁYSTOK		K-40	36	K 141		00:00:20	00:41:51	00:59:32	00:59:52	+00:30:23 (51.0%)	5:57	10.1 (49.0%)
595	TARASEWICZ Paweł	968		BIAŁYSTOK		M-40	111	M 454		00:00:43	00:42:16	00:59:32	01:00:16	+00:30:23 (51.1%)	5:57	10.1 (49.0%)
596	ZABROCKA Maria	261		BIAŁYSTOK		K-20	34	K 142		00:01:42	00:43:09	00:59:36	01:01:18	+00:30:27 (51.1%)	5:57	10.1 (49.0%)
597	KISŁO Karolina	813		BIAŁYSTOK		K-30	60	K 143		00:00:55	00:43:25	00:59:37	01:00:32	+00:30:28 (51.1%)	5:57	10.1 (49.0%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	7km	Czas netto 10km	Czas brutto 10km	Różnica w czasie	Tempo min/km	Tempo km/h
598	KOPCZEWSKI Tadeusz	815	MASPEX TEAM	BIAŁYSTOK		M-50	63	M 455		00:01:43	00:42:14	00:59:38	01:01:22	+00:30:28 (51.1%)	5:57	10.1 (49.0%)
599	SZYMAŃSKA Magdalena	360		BIAŁYSTOK		K-40	37	K 144		00:01:07	00:42:40	00:59:41	01:00:48	+00:30:31 (51.2%)	5:57	10.1 (49.0%)
600	BIERNACKI Dariusz	234		BIAŁYSTOK		M-50	64	M 456		00:00:57	00:41:19	00:59:42	01:00:40	+00:30:33 (51.2%)	5:58	10.1 (49.0%)
601	CALIŃSKA Hanna	576	SANDACZE	SZCZĘSNE		K-30	61	K 145	Sandacze	00:00:53	00:42:24	00:59:44	01:00:37	+00:30:34 (51.2%)	5:58	10 (48.5%)
602	HRYSZKIEWICZ Ewa	452		BIAŁYSTOK		K-30	62	K 146		00:00:46	00:42:11	00:59:44	01:00:31	+00:30:35 (51.2%)	5:58	10 (48.5%)
603	KHARYTONAVA Milana	38	N50	BIAŁYSTOK		K-30	63	K 147	N50	00:01:01	00:42:47	00:59:46	01:00:48	+00:30:37 (51.2%)	5:58	10 (48.5%)
604	GABIEC Magdalena	732		BIAŁOWIEŻA		K-15	5	K 148		00:00:34	00:43:39	00:59:48	01:00:22	+00:30:38 (51.3%)	5:58	10 (48.5%)
605	LEWKO Patrycja	772		BIAŁYSTOK		K-30	64	K 149		00:01:27	00:41:22	00:59:58	01:01:25	+00:30:48 (51.4%)	5:59	10 (48.5%)
606	CZYŻEWSKA Julia	179		BIAŁYSTOK		K-20	35	K 150		00:01:32	00:42:39	01:00:01	01:01:34	+00:30:52 (51.4%)	5:59	10 (48.5%)
607	CZYŻEWSKI Mateusz	183		BIAŁYSTOK		M-30	168	M 457		00:01:32	00:42:38	01:00:02	01:01:35	+00:30:53 (51.5%)	6:00	10 (48.5%)
608	BORODZIUK Malwina	944		BIAŁYSTOK		K-15	6	K 151		00:00:52	00:41:49	01:00:02	01:00:55	+00:30:53 (51.5%)	6:00	10 (48.5%)
609	PIŁASZEWICZ-PUZA Agata	827		BIAŁYSTOK		K-40	38	K 152		00:01:40	00:43:01	01:00:02	01:01:43	+00:30:53 (51.5%)	6:00	10 (48.5%)
610	MALINOWSKA Izabela	444		BIAŁYSTOK		K-20	36	K 153		00:01:32	00:43:30	01:00:03	01:01:36	+00:30:54 (51.5%)	6:00	10 (48.5%)
611	PAWŁOWSKA Katarzyna	1002		WARSZAWA		K-40	39	K 154		00:00:08	00:40:51	01:00:04	01:00:13	+00:30:55 (51.5%)	6:00	10 (48.5%)
612	JANOWSKA Patrycja	946		CHOROSZCZ		K-20	37	K 155		00:00:54	00:42:59	01:00:06	01:01:00	+00:30:57 (51.5%)	6:00	10 (48.5%)
613	WRÓBEL Angelika	796		BIAŁYSTOK		K-20	38	K 156		00:00:55	00:43:23	01:00:06	01:01:02	+00:30:57 (51.5%)	6:00	10 (48.5%)
614	SUCHOCKA Zuzanna	781		IGNATKI OSIEDLE		K-15	7	K 157		00:00:57	00:43:00	01:00:20	01:01:17	+00:31:10 (51.7%)	6:01	9.9 (48.1%)
615	MUŚKO Maja	780		BIAŁYSTOK		K-15	8	K 158		00:00:57	00:42:59	01:00:20	01:01:17	+00:31:11 (51.7%)	6:01	9.9 (48.1%)
616	MIKULSKI Jacek	471		SIEMIATYCZE		M-30	169	M 458		00:01:40	00:42:22	01:00:24	01:02:04	+00:31:14 (51.7%)	6:02	9.9 (48.1%)
617	DEMIANIUK Anita	169		BIAŁYSTOK		K-20	39	K 159		00:00:48	00:42:58	01:00:27	01:01:16	+00:31:18 (51.8%)	6:02	9.9 (48.1%)
618	GARKOWSKI Krzysztof	706	ZABIEGANI ŁAPACZE ODDECHU	SOBOLEWO		M-40	112	M 459	Zabiegani Łapacze Oddechu	00:01:24	00:42:30	01:00:28	01:01:52	+00:31:19 (51.8%)	6:02	9.9 (48.1%)
619	SKARŻYŃSKI Piotr	197		BIAŁYSTOK		M-20	81	M 460		00:00:36	00:43:14	01:00:29	01:01:05	+00:31:19 (51.8%)	6:02	9.9 (48.1%)
620	RZĄCA Wojciech	721		JABŁOŃ KOŚCIELNA		M-20	82	M 461		00:01:32	00:45:47	01:00:35	01:02:08	+00:31:26 (51.9%)	6:03	9.9 (48.1%)
621	KWIATKOWSKI Mikołaj	275		BIAŁYSTOK		M-20	83	M 462		00:00:24	00:43:32	01:00:37	01:01:01	+00:31:28 (51.9%)	6:03	9.9 (48.1%)
622	TERLECKI Kamil	623		BIAŁYSTOK		M-40	113	M 463		00:01:08	00:44:12	01:00:40	01:01:49	+00:31:31 (52.0%)	6:03	9.9 (48.1%)
623	ANDRUK Wojciech	584		BIAŁYSTOK		M-50	65	M 464		00:00:48	00:42:29	01:00:41	01:01:30	+00:31:32 (52.0%)	6:03	9.9 (48.1%)
624	BEDNAREK Patrycja	554		BIAŁYSTOK		K-20	40	K 160		00:00:38	00:42:56	01:00:42	01:01:20	+00:31:32 (52.0%)	6:04	9.9 (48.1%)
625	OLSZEWSKI Dominik	228		BIAŁYSTOK		M-30	170	M 465		00:01:38	00:43:50	01:00:42	01:02:21	+00:31:32 (52.0%)	6:04	9.9 (48.1%)
626	BONDA Krzysztof	832		BIAŁYSTOK		M-30	171	M 466		00:01:23	00:43:34	01:00:43	01:02:06	+00:31:34 (52.0%)	6:04	9.9 (48.1%)
627	CHARKIEWICZ Andrzej	359		BIAŁYSTOK		M-40	114	M 467		00:00:46	00:43:12	01:00:47	01:01:34	+00:31:38 (52.1%)	6:04	9.9 (48.1%)
628	TRZECIAK Edyta	904		BIAŁYSTOK		K-40	40	K 161		00:01:30	00:42:59	01:00:54	01:02:25	+00:31:45 (52.1%)	6:05	9.9 (48.1%)
629	PIECZUR Diana	757		WARSZAWA		K-30	65	K 162		00:00:46	00:43:44	01:00:55	01:01:41	+00:31:46 (52.2%)	6:05	9.9 (48.1%)
630	WOŁEJKO-SUCHOCKA Małgorzata	900		ŁYSKI		K-30	66	K 163		00:00:46	00:43:45	01:00:55	01:01:41	+00:31:46 (52.2%)	6:05	9.9 (48.1%)
631	MAŁYSZKO Justyna	112	OSTATNI GASZĄ ŚWIATŁO TEAM💡	BIAŁYSTOK		K-20	41	K 164	Ostatni gaszą światło Team💡	00:00:22	00:43:28	01:00:57	01:01:19	+00:31:48 (52.2%)	6:05	9.8 (47.6%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	7km	Czas netto 10km	Czas brutto 10km	Różnica w czasie	Tempo min/km	Tempo km/h
632	SZTUKA Agnieszka	639		BIAŁYSTOK		K-20	42	K 165		00:00:49	00:42:48	01:00:59	01:01:49	+00:31:50 (52.2%)	6:05	9.8 (47.6%)
633	MONIETA Izabela	461		BIAŁYSTOK		K-40	41	K 166		00:00:49	00:43:08	01:01:01	01:01:51	+00:31:52 (52.2%)	6:05	9.8 (47.6%)
634	WISZOWATA Aneta	85		BIAŁYSTOK		K-30	67	K 167		00:00:36	00:42:42	01:01:03	01:01:39	+00:31:54 (52.3%)	6:06	9.8 (47.6%)
635	SIEROCKA Karolina	762		BIAŁYSTOK		K-20	43	K 168		00:01:36	00:43:37	01:01:07	01:02:44	+00:31:58 (52.3%)	6:06	9.8 (47.6%)
636	DOBROGOWSKI Rafał	911		ŁOMŻA		M-50	66	M 468		00:01:05	00:43:05	01:01:08	01:02:14	+00:31:59 (52.3%)	6:06	9.8 (47.6%)
637	NISZCZAK Marcin	787		BIAŁYSTOK		M-20	84	M 469		00:01:36	00:43:37	01:01:09	01:02:45	+00:32:00 (52.3%)	6:06	9.8 (47.6%)
638	PIECZULIS Urszula	162		ELK		K-30	68	K 169		00:00:58	00:43:14	01:01:12	01:02:10	+00:32:02 (52.4%)	6:07	9.8 (47.6%)
639	BOUBLEJ Urszula	525	SPARTA CROSSFIT	GRABÓWKA		K-40	42	K 170		00:00:58	00:43:24	01:01:18	01:02:16	+00:32:08 (52.5%)	6:07	9.8 (47.6%)
640	DANILCZUK Emilia	195	1 PBOT	BIAŁYSTOK		K-40	43	K 171	1 PBOT	00:01:24	00:43:04	01:01:18	01:02:43	+00:32:09 (52.5%)	6:07	9.8 (47.6%)
641	CIBOROWSKI Paweł	200	1 PBOT	ŁAPY		M-40	115	M 470	1 PBOT	00:01:25	00:43:04	01:01:18	01:02:43	+00:32:09 (52.5%)	6:07	9.8 (47.6%)
642	ZIENIEWICZ Andrzej	875	GRUPA SZALONYCH ROWERZYSTÓW	KLEOSIN		M-70	3	M 471		00:00:30	00:43:47	01:01:21	01:01:52	+00:32:12 (52.5%)	6:07	9.8 (47.6%)
643	SZULC-DEDERKO Joanna	401		NOWODWORCE		K-30	69	K 172		00:00:54	00:43:06	01:01:27	01:02:21	+00:32:18 (52.6%)	6:08	9.8 (47.6%)
644	DEDERKO Mateusz	243		NOWODWORCE		M-30	172	M 472		00:00:53	00:43:06	01:01:27	01:02:21	+00:32:18 (52.6%)	6:08	9.8 (47.6%)
645	ŁUKASZEWICZ Marek	899		BIAŁYSTOK		M-40	116	M 473		00:00:39	00:43:07	01:01:30	01:02:09	+00:32:21 (52.6%)	6:08	9.8 (47.6%)
646	JAROSZ Paweł	173	LIDERUS TEAM	BIAŁYSTOK		M-30	173	M 474		00:01:25	00:43:13	01:01:31	01:02:56	+00:32:22 (52.6%)	6:08	9.8 (47.6%)
647	HANCZARENKA Dżianis	561		BIAŁYSTOK		M-30	174	M 475		00:00:29	00:42:56	01:01:32	01:02:02	+00:32:23 (52.6%)	6:09	9.8 (47.6%)
648	OKSZTUL Agnieszka	154		JUROWCE		K-30	70	K 173		00:01:35	00:42:48	01:01:33	01:03:08	+00:32:24 (52.7%)	6:09	9.8 (47.6%)
649	LEMENTOWSKI Andrzej	928		BIAŁYSTOK		M-20	85	M 476		00:01:09	00:44:02	01:01:36	01:02:46	+00:32:27 (52.7%)	6:09	9.7 (47.1%)
650	JABŁOŃSKA-TRYPUĆ Agata	393		BIAŁYSTOK		K-40	44	K 174		00:00:49	00:43:09	01:01:39	01:02:28	+00:32:29 (52.7%)	6:09	9.7 (47.1%)
651	BORZYM Emilia	480		BIAŁYSTOK		K-40	45	K 175		00:00:06	00:44:08	01:01:42	01:01:49	+00:32:33 (52.8%)	6:10	9.7 (47.1%)
652	KRUKOWSKA Anna	87		BIAŁYSTOK		K-30	71	K 176		00:00:15	00:43:01	01:01:49	01:02:04	+00:32:40 (52.9%)	6:10	9.7 (47.1%)
653	JABŁOŃSKI Kamil	929		JABŁOŃ KOŚCIELNA		M-30	175	M 477		00:00:29	00:42:36	01:01:53	01:02:22	+00:32:43 (52.9%)	6:11	9.7 (47.1%)
654	MAŃKA Lena	855	NAREWKA	NAREWKA		K-15	9	K 177	Narewka	00:01:04	00:43:56	01:01:53	01:02:58	+00:32:44 (52.9%)	6:11	9.7 (47.1%)
655	HOLAK Marta	599		BIAŁYSTOK, PODLASKIE		K-30	72	K 178		00:00:37	00:43:58	01:01:56	01:02:34	+00:32:47 (52.9%)	6:11	9.7 (47.1%)
656	MAŁKOWSKI Krzysztof	871		SOBOLEWO		M-15	15	M 478		00:00:41	00:43:59	01:01:58	01:02:39	+00:32:49 (53.0%)	6:11	9.7 (47.1%)
657	BONDARENKO Sergiusz	479		BIAŁYSTOK		M-30	176	M 479		00:01:21	00:44:35	01:01:59	01:03:21	+00:32:50 (53.0%)	6:11	9.7 (47.1%)
658	BONDARENKO Katarzyna	478		BIAŁYSTOK		K-30	73	K 179		00:01:21	00:44:35	01:02:00	01:03:21	+00:32:50 (53.0%)	6:11	9.7 (47.1%)
659	TIMIŃSKA Aleksandra	159		ZABŁUDÓW		K-20	44	K 180		00:01:08	00:43:47	01:02:03	01:03:12	+00:32:54 (53.0%)	6:12	9.7 (47.1%)
660	ŁUKSZA Marta	34		BIAŁYSTOK		K-30	74	K 181		00:00:32	00:42:43	01:02:04	01:02:37	+00:32:55 (53.1%)	6:12	9.7 (47.1%)
661	JEDLIŃSKA Paulina	125		KNYSZYN		K-30	75	K 182		00:00:16	00:43:22	01:02:11	01:02:28	+00:33:02 (53.1%)	6:12	9.7 (47.1%)
662	KOSACKI Krzysztof	276	BRAK	SOKÓŁKA		M-40	117	M 480		00:00:47	00:43:20	01:02:12	01:02:59	+00:33:03 (53.2%)	6:13	9.6 (46.6%)
663	NIESCIERUK Andrzej	156	2 SERCA JEDNO TEMPO	KLEPACZE		M-50	67	M 481		00:00:35	00:45:02	01:02:17	01:02:53	+00:33:08 (53.2%)	6:13	9.6 (46.6%)
664	ANDRAKA Agnieszka	618		BIAŁYSTOK		K-30	76	K 183	Dwójka na Start	00:00:32	00:44:04	01:02:20	01:02:53	+00:33:11 (53.2%)	6:13	9.6 (46.6%)
665	GUZOWSKI Grzegorz	948		BIAŁYSTOK		M-40	118	M 482		00:00:27	00:44:00	01:02:20	01:02:48	+00:33:11 (53.3%)	6:13	9.6 (46.6%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	7km	Czas netto 10km	Czas brutto 10km	Różnica w czasie	Tempo min/km	Tempo km/h
666	OLECHNO Kornel	158		BIAŁYSTOK		M-20	86	M 483		00:01:02	00:44:16	01:02:25	01:03:27	+00:33:16 (53.3%)	6:14	9.6 (46.6%)
667	RZAÇA Aneta	556		BIAŁYSTOK		K-20	45	K 184		00:01:32	00:44:41	01:02:26	01:03:58	+00:33:16 (53.3%)	6:14	9.6 (46.6%)
668	GIERSZEWSKI Mateusz	210		POZNAŃ		M-30	177	M 484		00:01:37	00:44:31	01:02:26	01:04:03	+00:33:17 (53.3%)	6:14	9.6 (46.6%)
669	DWORAKOWSKA Kinga	114		BIAŁYSTOK		K-20	46	K 185		00:00:35	00:43:27	01:02:27	01:03:03	+00:33:18 (53.3%)	6:14	9.6 (46.6%)
670	NOWOWIEJSKI Łukasz	368		BIAŁYSTOK		M-40	119	M 485		00:01:39	00:45:15	01:02:41	01:04:20	+00:33:32 (53.5%)	6:15	9.6 (46.6%)
671	ANDRZEJUK Szymon	581		RAJKI		M-15	16	M 486		00:00:42	00:44:42	01:02:42	01:03:24	+00:33:33 (53.5%)	6:16	9.6 (46.6%)
672	SEKARA Izabela	217		BIAŁYSTOK		K-30	77	K 186		00:01:21	00:44:59	01:02:45	01:04:06	+00:33:35 (53.6%)	6:16	9.6 (46.6%)
673	SŁOMKA Monika	470		BIAŁYSTOK		K-30	78	K 187		00:00:55	00:44:30	01:02:51	01:03:47	+00:33:42 (53.6%)	6:16	9.6 (46.6%)
674	ZWIERZYŃSKI Kamil	874		SOBOLEWO		M-40	120	M 487		00:00:33	00:43:59	01:02:57	01:03:31	+00:33:47 (53.7%)	6:17	9.5 (46.1%)
675	MILTYK Adam	431	PERFEKT BODY SOKÓŁKA	SOKÓŁKA		M-40	121	M 488	Białystok Biega Team	00:01:14	00:44:03	01:02:58	01:04:13	+00:33:49 (53.7%)	6:17	9.5 (46.1%)
676	ZŁOTKOWSKA Barbara	727	BCO	BIAŁYSTOK		K-30	79	K 188		00:00:44	00:44:47	01:03:00	01:03:44	+00:33:51 (53.7%)	6:17	9.5 (46.1%)
677	ŻURAKOWSKA Marta	726		BIAŁYSTOK		K-30	80	K 189		00:00:44	00:44:47	01:03:00	01:03:45	+00:33:51 (53.7%)	6:17	9.5 (46.1%)
678	MOZYRSKA Dorota	251	DZIKI Z INFORMATYKI	BIAŁYSTOK		K-50	9	K 190	Dziki z Informatyki	00:00:15	00:43:46	01:03:03	01:03:18	+00:33:53 (53.8%)	6:18	9.5 (46.1%)
679	RUTO Dzmityr	90	TEA.M RUN	BIAŁYSTOK		M-30	178	M 489	TEA.M RUN	00:00:38	00:42:58	01:03:03	01:03:41	+00:33:54 (53.8%)	6:18	9.5 (46.1%)
680	RAZHYNski Andrei	160		BIAŁYSTOK		M-40	122	M 490		00:02:32	00:44:11	01:03:12	01:05:45	+00:34:02 (53.9%)	6:19	9.5 (46.1%)
681	TABOR Bartłomiej	848		RUDA ŚLĄSKA		M-30	179	M 491		00:01:06	00:45:20	01:03:14	01:04:20	+00:34:04 (53.9%)	6:19	9.5 (46.1%)
682	VIALICHKA Yulia	161		BIAŁYSTOK		K-30	81	K 191		00:02:32	00:44:11	01:03:14	01:05:47	+00:34:05 (53.9%)	6:19	9.5 (46.1%)
683	TANKIEWICZ Łukasz	882		BIAŁYSTOK		M-30	180	M 492		00:01:03	00:43:49	01:03:15	01:04:19	+00:34:06 (53.9%)	6:19	9.5 (46.1%)
684	SUCHOCKI Dawid	849		ŁYSKI		M-30	181	M 493		00:00:45	00:43:44	01:03:23	01:04:08	+00:34:14 (54.0%)	6:20	9.5 (46.1%)
685	SURÓWKA Katarzyna	454	WOLNA MARKOWSZCZYŻNA	MARKOWSZCZYŻNA		K-30	82	K 192		00:01:08	00:44:43	01:03:23	01:04:32	+00:34:14 (54.0%)	6:20	9.5 (46.1%)
686	MIRUĆ Monika	568		BIAŁYSTOK		K-30	83	K 193		00:01:29	00:45:20	01:03:24	01:04:53	+00:34:15 (54.0%)	6:20	9.5 (46.1%)
687	STRZELIŃSKI Marcin	377		BIAŁYSTOK		M-40	123	M 494		00:00:46	00:44:29	01:03:24	01:04:11	+00:34:15 (54.0%)	6:20	9.5 (46.1%)
688	KALENIK Anna	647		BIAŁYSTOK		K-30	84	K 194		00:00:43	00:44:35	01:03:29	01:04:13	+00:34:20 (54.1%)	6:20	9.5 (46.1%)
689	DARASZKIEWICZ Marcin	957		AUGUSTÓW		M-20	87	M 495		00:00:51	00:44:20	01:03:29	01:04:21	+00:34:20 (54.1%)	6:20	9.5 (46.1%)
690	SZYMANOWSKA Małgorzata	956		EŁK		K-20	47	K 195		00:00:51	00:44:21	01:03:29	01:04:21	+00:34:20 (54.1%)	6:20	9.5 (46.1%)
691	KARWIŃSKA Urszula	116		BIAŁYSTOK		K-40	46	K 196		00:00:51	00:44:15	01:03:31	01:04:23	+00:34:22 (54.1%)	6:20	9.4 (45.6%)
692	DROZDOWSKA Katarzyna	771		BIAŁYSTOK		K-30	85	K 197		00:01:15	00:44:48	01:03:32	01:04:48	+00:34:23 (54.1%)	6:21	9.4 (45.6%)
693	CHEŹNIK Patryk	790		BIAŁYSTOK		M-20	88	M 496		00:01:15	00:44:48	01:03:33	01:04:48	+00:34:23 (54.1%)	6:21	9.4 (45.6%)
694	KRYPA Paulina	924		BIAŁYSTOK		K-30	86	K 198		00:01:15	00:44:48	01:03:33	01:04:48	+00:34:24 (54.1%)	6:21	9.4 (45.6%)
695	KROTEŃ Anna	367		BIAŁYSTOK		K-40	47	K 199		00:01:39	00:45:15	01:03:36	01:05:16	+00:34:27 (54.2%)	6:21	9.4 (45.6%)
696	MALISZEWSKA Agnieszka	280	BIAŁYSTOK BIEGA TEAM	BIAŁYSTOK		K-50	10	K 200	Białystok Biega Team	00:00:35	00:44:43	01:03:42	01:04:17	+00:34:32 (54.2%)	6:22	9.4 (45.6%)
697	LEWKO Mariusz	930		BIAŁYSTOK		M-40	124	M 497		00:00:14	00:44:16	01:03:47	01:04:01	+00:34:37 (54.3%)	6:22	9.4 (45.6%)
698	CAREWICZ Paweł	828		BIAŁYSTOK		M-30	182	M 498		00:01:30	00:46:12	01:03:47	01:05:17	+00:34:37 (54.3%)	6:22	9.4 (45.6%)
699	ŻYWALEWSKA-LEWKO Nella	931		BIAŁYSTOK		K-50	11	K 201		00:00:14	00:44:15	01:03:47	01:04:01	+00:34:38 (54.3%)	6:22	9.4 (45.6%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	7km	Czas netto 10km	Czas brutto 10km	Różnica w czasie	Tempo min/km	Tempo km/h
700	ŁAWRESZUK Justyna	812		BIAŁYSTOK		K-30	87	K 202		00:00:55	00:45:22	01:03:51	01:04:46	+00:34:42 (54.4%)	6:22	9.4 (45.6%)
701	CHODYNIECKA Monika	430		BIAŁYSTOK		K-30	88	K 203		00:00:44	00:45:06	01:03:51	01:04:36	+00:34:42 (54.4%)	6:22	9.4 (45.6%)
702	WOJCIEL Dominika	657		BIAŁYSTOK		K-20	48	K 204		00:00:36	00:46:12	01:04:11	01:04:48	+00:35:02 (54.6%)	6:24	9.4 (45.6%)
703	GÓRSKI Piotr	707	PELETON ŻUBRA	BIAŁYSTOK		M-40	125	M 499	Peleton Żubra	00:01:23	00:46:37	01:04:14	01:05:37	+00:35:04 (54.6%)	6:25	9.3 (45.1%)
704	JABŁOŃSKI Kacper	902		BIAŁYSTOK		M-20	89	M 500	Alu-Frost	00:01:37	00:49:40	01:04:14	01:05:52	+00:35:05 (54.6%)	6:25	9.3 (45.1%)
705	MADEJA Maksymilian	417		GRABÓWKA		M-15	17	M 501		00:01:19	00:46:34	01:04:15	01:05:35	+00:35:06 (54.6%)	6:25	9.3 (45.1%)
706	KLIMIUK Kamil	489	DUCH PUSZCZY	WASILKÓW		M-40	126	M 502		00:01:28	00:45:41	01:04:16	01:05:45	+00:35:07 (54.7%)	6:25	9.3 (45.1%)
707	CYBULSKI Dawid	138		BIAŁYSTOK		M-30	183	M 503		00:01:03	00:45:51	01:04:16	01:05:19	+00:35:07 (54.7%)	6:25	9.3 (45.1%)
708	ROŚLAN Dawid	190		BIAŁYSTOK		M-20	90	M 504		00:01:02	00:45:51	01:04:17	01:05:20	+00:35:08 (54.7%)	6:25	9.3 (45.1%)
709	STAWOWCZYK Łukasz	704		BIAŁYSTOK		M-40	127	M 505		00:00:34	00:46:30	01:04:19	01:04:54	+00:35:10 (54.7%)	6:25	9.3 (45.1%)
710	KIRCHUK Anton	583		BIAŁYSTOK		M-60	19	M 506		00:02:00	00:44:11	01:04:21	01:06:21	+00:35:12 (54.7%)	6:25	9.3 (45.1%)
711	MILEWSKA Justyna	637		ZABŁUDÓW		K-30	89	K 205		00:00:11	00:45:25	01:04:27	01:04:38	+00:35:18 (54.8%)	6:26	9.3 (45.1%)
712	ZABOROWSKA Emilia	219		BIAŁYSTOK		K-20	49	K 206		00:01:21	00:45:59	01:04:28	01:05:49	+00:35:18 (54.8%)	6:26	9.3 (45.1%)
713	JUSZKIEWICZ Eugeniusz	205		BIAŁYSTOK		M-40	128	M 507		00:01:09	00:46:06	01:04:31	01:05:41	+00:35:22 (54.8%)	6:26	9.3 (45.1%)
714	JENERALCZUK Bartosz	712		BIAŁYSTOK		M-30	184	M 508	Peleton Żubra	00:01:25	00:46:05	01:04:39	01:06:04	+00:35:30 (54.9%)	6:27	9.3 (45.1%)
715	POPIELSKA Magdalena	577		WARSZAWA		K-30	90	K 207		00:01:02	00:45:18	01:04:43	01:05:46	+00:35:34 (55.0%)	6:28	9.3 (45.1%)
716	OSTAPCZUK Tomasz	800		BIAŁYSTOK		M-50	68	M 509		00:00:35	00:45:50	01:04:43	01:05:19	+00:35:34 (55.0%)	6:28	9.3 (45.1%)
717	PAWŁOWSKA Agnieszka	677		BIAŁYSTOK		K-30	91	K 208		00:01:27	00:45:57	01:04:48	01:06:16	+00:35:39 (55.0%)	6:28	9.3 (45.1%)
718	WĘS Marcin	303		BIAŁYSTOK		M-20	91	M 510		00:00:41	00:44:26	01:04:48	01:05:30	+00:35:39 (55.0%)	6:28	9.3 (45.1%)
719	KULESZA Kamil	421		BIAŁYSTOK		M-30	185	M 511		00:01:27	00:45:54	01:04:53	01:06:20	+00:35:43 (55.1%)	6:29	9.3 (45.1%)
720	ŚLIWKO Paweł	88		BIAŁYSTOK		M-30	186	M 512		00:01:25	00:46:04	01:04:58	01:06:24	+00:35:49 (55.1%)	6:29	9.2 (44.7%)
721	RUTKOWSKA Anita	150		BIAŁYSTOK		K-20	50	K 209		00:01:18	00:46:03	01:05:01	01:06:19	+00:35:52 (55.2%)	6:29	9.2 (44.7%)
722	PRUSZYŃSKI Jakub	213		BIAŁYSTOK		M-20	92	M 513		00:01:18	00:46:03	01:05:08	01:06:26	+00:35:59 (55.3%)	6:30	9.2 (44.7%)
723	ŁUPIŃSKA Edyta	594	DOMIN TEAM	NIEWODNICA NARGILEWSKA KOLONIA		K-50	12	K 210		00:01:00	00:46:23	01:05:10	01:06:11	+00:36:01 (55.3%)	6:30	9.2 (44.7%)
724	RZĄCA Monika	720		JABŁOŃ KOŚCIELNA		K-20	51	K 211		00:01:32	00:45:48	01:05:17	01:06:49	+00:36:08 (55.4%)	6:31	9.2 (44.7%)
725	RZĄCA Karolina	555		BIAŁYSTOK		K-20	52	K 212		00:01:31	00:46:06	01:05:18	01:06:49	+00:36:08 (55.4%)	6:31	9.2 (44.7%)
726	KARCZEWSKA Małgorzata	97		BIAŁYSTOK		K-15	10	K 213		00:01:19	00:46:40	01:05:21	01:06:41	+00:36:12 (55.4%)	6:31	9.2 (44.7%)
727	TURKIEWICZ Leon	728	REVENU	BIAŁYSTOK		M-15	18	M 514		00:00:19	00:46:42	01:05:33	01:05:53	+00:36:24 (55.5%)	6:33	9.2 (44.7%)
728	WOJCIUK Izabela	755		BIAŁYSTOK		K-30	92	K 214		00:00:37	00:46:26	01:05:38	01:06:16	+00:36:29 (55.6%)	6:33	9.1 (44.2%)
729	BEKISZ Agnieszka	96		BIAŁYSTOK		K-50	13	K 215		00:00:33	00:46:49	01:05:39	01:06:12	+00:36:30 (55.6%)	6:33	9.1 (44.2%)
730	OGIJEWICZ Piotr	136		BIELSK PODLASKI		M-30	187	M 515		00:01:07	00:45:38	01:05:39	01:06:47	+00:36:30 (55.6%)	6:33	9.1 (44.2%)
731	MARKOWSKA Sylwia	134		BOĆKI		K-30	93	K 216		00:01:07	00:45:39	01:05:39	01:06:47	+00:36:30 (55.6%)	6:33	9.1 (44.2%)
732	SAWICKI Kacper	588		BIAŁYSTOK		M-20	93	M 516		00:00:51	00:46:23	01:05:40	01:06:32	+00:36:31 (55.6%)	6:33	9.1 (44.2%)
733	POPLAWSKA Katarzyna	272		BIAŁYSTOK		K-20	53	K 217		00:01:28	00:47:44	01:05:41	01:07:09	+00:36:32 (55.6%)	6:33	9.1 (44.2%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	7km	Czas netto 10km	Czas brutto 10km	Różnica w czasie	Tempo min/km	Tempo km/h
734	AMBROŹKO Benedykt	587		BIAŁYSTOK		M-20	94	M 517		00:00:51	00:46:23	01:05:41	01:06:32	+00:36:32 (55.6%)	6:33	9.1 (44.2%)
735	AMBROŹKO Julia	585		BIAŁYSTOK		K-20	54	K 218		00:00:51	00:46:23	01:05:44	01:06:35	+00:36:35 (55.7%)	6:34	9.1 (44.2%)
736	SASIM Mikita	897		BIAŁYSTOK		M-40	129	M 518		00:01:29	00:48:37	01:05:48	01:07:18	+00:36:38 (55.7%)	6:34	9.1 (44.2%)
737	KRECZKO Marcin	645		BIAŁYSTOK		M-30	188	M 519		00:00:54	00:46:08	01:05:50	01:06:45	+00:36:41 (55.7%)	6:34	9.1 (44.2%)
738	WYSOCKA Urszula	507		BIAŁYSTOK		K-20	55	K 219		00:00:15	00:46:32	01:06:04	01:06:20	+00:36:55 (55.9%)	6:36	9.1 (44.2%)
739	KRYŃSKI Kamil	841		BIAŁYSTOK		M-30	189	M 520		00:00:50	00:47:31	01:06:06	01:06:57	+00:36:56 (55.9%)	6:36	9.1 (44.2%)
740	KRYŃSKA Magdalena	954		BIAŁYSTOK		K-30	94	K 220		00:00:50	00:47:31	01:06:06	01:06:57	+00:36:57 (55.9%)	6:36	9.1 (44.2%)
741	PIETRASZEWSKI Patryk	518	/	BIAŁYSTOK		M-20	95	M 521	Po Zwycięstwo	00:01:45	00:47:14	01:06:06	01:07:51	+00:36:57 (55.9%)	6:36	9.1 (44.2%)
742	JABŁOŃSKA Magdalena	605		BIAŁYSTOK		K-30	95	K 221		00:00:47	00:46:21	01:06:10	01:06:57	+00:37:01 (56.0%)	6:36	9.1 (44.2%)
743	ARTEMIUK Eugenia	749	HAJNÓWKA BIEGA	CZECHY ORLAŃSKIE		K-60	2	K 222		00:01:02	00:47:24	01:06:12	01:07:14	+00:37:03 (56.0%)	6:37	9.1 (44.2%)
744	ILICZ Łukasz	424		DĄBROWA BIAŁOSTOCKA		M-30	190	M 522		00:01:08	00:46:34	01:06:17	01:07:25	+00:37:07 (56.0%)	6:37	9.1 (44.2%)
745	POPLAWSKI Cezary	351		BIAŁYSTOK		M-50	69	M 523		00:01:01	00:46:32	01:06:17	01:07:18	+00:37:08 (56.0%)	6:37	9.1 (44.2%)
746	KRAKOWSKA Monika	601		WIRÓW		K-30	96	K 223		00:01:17	00:46:45	01:06:18	01:07:36	+00:37:09 (56.1%)	6:37	9.1 (44.2%)
747	BUDNA Karolina	558		BIAŁYSTOK		K-20	56	K 224		00:01:08	00:46:58	01:06:23	01:07:32	+00:37:14 (56.1%)	6:38	9 (43.7%)
748	WOJNO Karolina	557		OSTRÓW MAZOWIECKA		K-20	57	K 225		00:01:09	00:46:54	01:06:23	01:07:32	+00:37:14 (56.1%)	6:38	9 (43.7%)
749	ŁAGOCKA Łucja	552		IŁÓW		K-30	97	K 226		00:00:39	00:46:14	01:06:25	01:07:05	+00:37:16 (56.1%)	6:38	9 (43.7%)
750	ŁAGOCKI Kamil	591		IŁÓW		M-30	191	M 524		00:00:39	00:46:13	01:06:25	01:07:05	+00:37:16 (56.1%)	6:38	9 (43.7%)
751	MISZKOWICZ-ADAMOWICZ Urszula	926		CZARNA BIAŁOSTOCKA		K-20	58	K 227		00:00:30	00:45:49	01:06:27	01:06:58	+00:37:18 (56.1%)	6:38	9 (43.7%)
752	STYPULKOWSKA Lidia	442		WYSOKIE MAZOWIECKIE		K-15	11	K 228		00:00:23	00:47:17	01:06:33	01:06:57	+00:37:24 (56.2%)	6:39	9 (43.7%)
753	GODLEWSKI Grzegorz	443		BIAŁYSTOK		M-40	130	M 525		00:00:23	00:47:17	01:06:34	01:06:57	+00:37:24 (56.2%)	6:39	9 (43.7%)
754	MIELECH Ewa	289		OSOWICZE		K-50	14	K 229		00:01:20	00:47:22	01:06:39	01:07:59	+00:37:30 (56.3%)	6:39	9 (43.7%)
755	KAMIŃSKA Karolina	808	SZPITAL WOJEWÓDZKI BIAŁYSTOK	BIAŁYSTOK		K-40	48	K 230		00:00:52	00:46:48	01:06:41	01:07:34	+00:37:32 (56.3%)	6:39	9 (43.7%)
756	KRUSZEWSKI Łukasz	765		BIAŁYSTOK		M-30	192	M 526		00:01:26	00:46:48	01:06:46	01:08:12	+00:37:37 (56.4%)	6:40	9 (43.7%)
757	KRÓL Damian	835		BIAŁYSTOK		M-30	193	M 527		00:00:45	00:47:55	01:06:50	01:07:35	+00:37:41 (56.4%)	6:40	9 (43.7%)
758	MUCHARSKA Emilia	191		BIAŁYSTOK		K-20	59	K 231		00:01:02	00:47:58	01:06:50	01:07:53	+00:37:41 (56.4%)	6:40	9 (43.7%)
759	OMIELIANIUK Patrycja	342		HAJNÓWKA		K-20	60	K 232		00:00:43	00:47:44	01:06:52	01:07:35	+00:37:43 (56.4%)	6:41	9 (43.7%)
760	ADAMSKA Angelika	688		BIAŁYSTOK		K-20	61	K 233		00:01:10	00:48:21	01:06:56	01:08:06	+00:37:46 (56.5%)	6:41	9 (43.7%)
761	GRYKO Agnieszka	738		BIAŁYSTOK		K-30	98	K 234		00:01:43	00:47:39	01:07:04	01:08:48	+00:37:55 (56.5%)	6:42	8.9 (43.2%)
762	GRYKO Jakub	739		BIAŁYSTOK		M-30	194	M 528		00:01:43	00:47:40	01:07:05	01:08:48	+00:37:56 (56.6%)	6:42	8.9 (43.2%)
763	WIERZBICKA Anna	265		BIAŁYSTOK		K-30	99	K 235		00:00:35	00:47:55	01:07:07	01:07:42	+00:37:58 (56.6%)	6:42	8.9 (43.2%)
764	GUTOWSKA Adrianna	660		BIAŁYSTOK		K-30	100	K 236		00:01:09	00:48:22	01:07:09	01:08:18	+00:37:59 (56.6%)	6:42	8.9 (43.2%)
765	SAWICKI Przemek	273	KC JUROWCE	JUROWCE		M-30	195	M 529		00:01:02	00:48:32	01:07:16	01:08:19	+00:38:07 (56.7%)	6:43	8.9 (43.2%)
766	ZDANUCZYK Martyna	690		BIAŁYSTOK		K-20	62	K 237		00:00:58	00:47:17	01:07:17	01:08:15	+00:38:08 (56.7%)	6:43	8.9 (43.2%)
767	KARECKI Krzysztof	996	1.PBOT	IGNATKI		M-20	96	M 530		00:00:59	00:46:55	01:07:22	01:08:21	+00:38:13 (56.7%)	6:44	8.9 (43.2%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	7km	Czas netto 10km	Czas brutto 10km	Różnica w czasie	Tempo min/km	Tempo km/h
768	OGONOWSKA Renata	918	OSTRÓW BIEGA	MAŁKINIA GÓRNA		K-40	49	K 238		00:01:11	00:47:06	01:07:31	01:08:42	+00:38:21 (56.8%)	6:44	8.9 (43.2%)
769	ZABUDOWSKA Joanna	519		CZYŻEW		K-50	15	K 239		00:01:11	00:47:07	01:07:31	01:08:43	+00:38:21 (56.8%)	6:44	8.9 (43.2%)
770	PERKOWSKA Natalia	689		ŁAPY		K-15	12	K 240		00:01:01	00:49:20	01:07:31	01:08:33	+00:38:22 (56.8%)	6:44	8.9 (43.2%)
771	ZRAJKOWSKI Jerzy	912		SOBOLEWO		M-60	20	M 531		00:01:29	00:47:43	01:07:32	01:09:02	+00:38:23 (56.9%)	6:45	8.9 (43.2%)
772	TOMASZEWSKI Maciej	146		BIAŁYSTOK		M-20	97	M 532		00:01:10	00:47:55	01:07:40	01:08:50	+00:38:30 (56.9%)	6:45	8.9 (43.2%)
773	KALINOWSKA Sylwia	67		DEGUCIE		K-20	63	K 241		00:00:41	00:45:51	01:07:40	01:08:22	+00:38:31 (56.9%)	6:45	8.9 (43.2%)
774	TOMASZEWSKA Paulina	182		BIAŁYSTOK		K-20	64	K 242		00:01:10	00:47:56	01:07:51	01:09:02	+00:38:42 (57.1%)	6:46	8.8 (42.7%)
775	REMBOWSKA Barbara	325		CZARNA BIAŁOSTOCKA		K-50	16	K 243		00:00:29	00:46:36	01:08:02	01:08:31	+00:38:52 (57.2%)	6:48	8.8 (42.7%)
776	TOPOLEWICZ Wojciech	667		SOWLANY		M-50	70	M 533		00:00:31	00:48:19	01:08:10	01:08:42	+00:39:01 (57.3%)	6:48	8.8 (42.7%)
777	BANDURSKI Łukasz	193		POROSŁY		M-30	196	M 534		00:01:04	00:47:24	01:08:17	01:09:21	+00:39:08 (57.3%)	6:49	8.8 (42.7%)
778	CHMIELEWSKI Jakub	420		BIAŁYSTOK		M-20	98	M 535		00:01:27	00:48:30	01:08:20	01:09:47	+00:39:10 (57.4%)	6:49	8.8 (42.7%)
779	IWANOWSKA Aleksandra	364		OLECKO		K-20	65	K 244		00:00:43	00:48:45	01:08:21	01:09:04	+00:39:12 (57.4%)	6:49	8.8 (42.7%)
780	KRUSZEWSKA Wioletta	887		BIAŁYSTOK		K-30	101	K 245		00:01:25	00:48:18	01:08:33	01:09:59	+00:39:24 (57.5%)	6:51	8.8 (42.7%)
781	DĄBROWSKA Gabriela	144		BIAŁYSTOK		K-20	66	K 246		00:01:39	00:48:46	01:08:41	01:10:21	+00:39:32 (57.6%)	6:51	8.7 (42.2%)
782	KRUPA Marta	381		BIAŁYSTOK		K-30	102	K 247		00:00:56	00:48:15	01:08:42	01:09:39	+00:39:33 (57.6%)	6:52	8.7 (42.2%)
783	DOŁENGIEWICZ Piotr	608		BIAŁYSTOK		M-30	197	M 536		00:00:38	00:48:30	01:08:54	01:09:32	+00:39:45 (57.7%)	6:53	8.7 (42.2%)
784	FALKOWSKI Marek	221		BIAŁYSTOK		M-40	131	M 537		00:00:59	00:48:41	01:09:01	01:10:00	+00:39:51 (57.8%)	6:53	8.7 (42.2%)
785	MAFIONI Igor	449		BIAŁYSTOK		M-30	198	M 538		00:00:15	00:48:00	01:09:03	01:09:19	+00:39:54 (57.8%)	6:54	8.7 (42.2%)
786	SLIŻEWSKA Ewa	495		BIAŁYSTOK		K-20	67	K 248		00:00:55	00:48:53	01:09:07	01:10:02	+00:39:57 (57.8%)	6:54	8.7 (42.2%)
787	SĘK Konrad	78	1PBOT	BIAŁYSTOK		M-30	199	M 539		00:01:24	00:48:56	01:09:14	01:10:39	+00:40:05 (57.9%)	6:55	8.7 (42.2%)
788	CZAJKOWSKA-BIEDRYCKA Angelika	611	LEKARZ- SZPITAL WOJEWÓDZKI BIAŁYSTOK	SOCHONIE		K-30	103	K 249		00:00:46	00:49:35	01:09:18	01:10:04	+00:40:08 (57.9%)	6:55	8.7 (42.2%)
789	WEKA Krzysztof	307	BIAŁYSTOK BIEGA TEAM	BIAŁYSTOK		M-40	132	M 540	Białystok Biega Team	00:00:30	00:49:17	01:09:19	01:09:50	+00:40:10 (58.0%)	6:55	8.7 (42.2%)
790	SKURSKA Urszula	658		BIAŁYSTOK		K-20	68	K 250		00:00:41	00:49:03	01:09:19	01:10:01	+00:40:10 (58.0%)	6:55	8.7 (42.2%)
791	ZDANOWSKA Aleksandra	512		BIAŁYSTOK		K-20	69	K 251		00:00:51	00:50:26	01:09:31	01:10:22	+00:40:22 (58.1%)	6:56	8.6 (41.7%)
792	LEOŃCZYK Daniel	891		BIAŁYSTOK		M-20	99	M 541		00:00:51	00:50:27	01:09:31	01:10:22	+00:40:22 (58.1%)	6:56	8.6 (41.7%)
793	FLORCZYK Łukasz	226	1 PBOT	BIAŁYSTOK		M-30	200	M 542	1 PBOT	00:01:10	00:47:16	01:09:51	01:11:01	+00:40:41 (58.3%)	6:58	8.6 (41.7%)
794	STOBIECKI Adam	39		POROSŁY		M-30	201	M 543		00:01:59	00:48:23	01:09:53	01:11:53	+00:40:44 (58.3%)	6:59	8.6 (41.7%)
795	CZERNIAWSKA Gabriela	619		ZAŚCIANKI		K-20	70	K 252		00:01:26	00:50:48	01:10:03	01:11:30	+00:40:54 (58.4%)	7:00	8.6 (41.7%)
796	ZIUZIA Aleksander	139		BIAŁYSTOK		M-30	202	M 544		00:01:26	00:50:48	01:10:04	01:11:31	+00:40:55 (58.4%)	7:00	8.6 (41.7%)
797	RAU Marta	224	FAFARAFA	BIAŁYSTOK		K-60	3	K 253		00:01:10	00:48:51	01:10:13	01:11:23	+00:41:04 (58.5%)	7:01	8.5 (41.3%)
798	ŁAPUCKI Robert	505		BIAŁYSTOK		M-30	203	M 545		00:00:16	00:49:49	01:10:16	01:10:33	+00:41:07 (58.5%)	7:01	8.5 (41.3%)
799	KURYŁO Jakub	323		OBRUBNIKI		M-30	204	M 546		00:00:49	00:49:11	01:10:29	01:11:19	+00:41:20 (58.7%)	7:02	8.5 (41.3%)
800	DANISZEWSKI Kamil	794		BIAŁYSTOK		M-30	205	M 547		00:01:13	00:51:23	01:10:29	01:11:43	+00:41:20 (58.7%)	7:02	8.5 (41.3%)
801	RAMOTOWSKI Tomasz	784		BIAŁYSTOK		M-20	100	M 548	Maspex	00:01:13	00:51:28	01:10:30	01:11:43	+00:41:20 (58.7%)	7:02	8.5 (41.3%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	7km	Czas netto 10km	Czas brutto 10km	Różnica w czasie	Tempo min/km	Tempo km/h
802	KLIMIUK Małgosia	64	BIAŁOSTOCKA SEKTA BIEGACZY	BIAŁYSTOK		K-40	50	K 254		00:01:36	00:50:18	01:10:41	01:12:17	+00:41:32 (58.8%)	7:03	8.5 (41.3%)
803	GAJEWSKI Krzysztof	506	BIAŁOSTOCKA SEKTA BIEGACZY	GRABÓWKA		M-40	133	M 549		00:01:36	00:50:18	01:10:41	01:12:17	+00:41:32 (58.8%)	7:03	8.5 (41.3%)
804	KUCHARCZYK Agnieszka	504		WARSZAWA		K-30	104	K 255		00:01:36	00:50:18	01:10:41	01:12:17	+00:41:32 (58.8%)	7:03	8.5 (41.3%)
805	ZDANUCZYK Krzysztof	941	BIAŁOSTOCKA SEKTA BIEGACZY	BIAŁYSTOK		M-50	71	M 550		00:01:35	00:50:19	01:10:42	01:12:17	+00:41:33 (58.8%)	7:04	8.5 (41.3%)
806	BAGIŃSKA Patrycja	569		BIAŁYSTOK		K-30	105	K 256		00:01:29	00:50:34	01:10:53	01:12:22	+00:41:44 (58.9%)	7:05	8.5 (41.3%)
807	LISOWSKA Aneta	192		BIAŁYSTOK		K-20	71	K 257		00:01:18	00:49:06	01:10:57	01:12:16	+00:41:48 (58.9%)	7:05	8.5 (41.3%)
808	BARGŁOWSKA Bogusia	672		BIAŁYSTOK		K-50	17	K 258		00:00:46	00:49:10	01:11:09	01:11:55	+00:42:00 (59.0%)	7:06	8.4 (40.8%)
809	MARCZYK Rafał	578		BIAŁYSTOK		M-40	134	M 551		00:01:31	00:49:49	01:11:11	01:12:42	+00:42:02 (59.1%)	7:06	8.4 (40.8%)
810	STACHURSKA Katarzyna	218		BIAŁYSTOK		K-30	106	K 259		00:01:22	00:49:02	01:11:15	01:12:37	+00:42:06 (59.1%)	7:07	8.4 (40.8%)
811	KONTECKA Klaudia	733		ZAMBRÓW		K-30	107	K 260		00:01:06	00:51:01	01:11:20	01:12:26	+00:42:11 (59.1%)	7:07	8.4 (40.8%)
812	TRUCHAN Wiesław	921	ROZBIEGANI SUWAŁKI	SUWAŁKI		M-60	21	M 552		00:00:47	00:49:47	01:11:22	01:12:10	+00:42:13 (59.2%)	7:08	8.4 (40.8%)
813	GOLONKO Magdalena	233		HAJNÓWKA		K-20	72	K 261		00:00:59	00:49:50	01:11:36	01:12:35	+00:42:26 (59.3%)	7:09	8.4 (40.8%)
814	JABŁOŃSKI Dawid	343		BIAŁYSTOK		M-30	206	M 553		00:01:02	00:51:05	01:11:38	01:12:41	+00:42:29 (59.3%)	7:09	8.4 (40.8%)
815	KULEVICH Tatsiana	324	TEA.M RUN	BIAŁYSTOK		K-30	108	K 262	TEA.M RUN	00:01:20	00:49:39	01:12:10	01:13:30	+00:43:00 (59.6%)	7:12	8.3 (40.3%)
816	PRZYBYŁOWSKA Oksana	347	UDSK	BIAŁYSTOK		K-30	109	K 263		00:01:20	00:49:40	01:12:10	01:13:30	+00:43:00 (59.6%)	7:12	8.3 (40.3%)
817	WINNICKA Hanna	936		BIAŁYSTOK		K-15	13	K 264		00:00:55	00:51:04	01:12:16	01:13:12	+00:43:07 (59.7%)	7:13	8.3 (40.3%)
818	MIKOŁAJCZYK Gabriela	95		BIAŁYSTOK		K-20	73	K 265		00:01:06	00:51:03	01:12:27	01:13:33	+00:43:18 (59.8%)	7:14	8.3 (40.3%)
819	LEWICKA Laura	94		BIAŁYSTOK		K-20	74	K 266		00:01:06	00:51:03	01:12:27	01:13:33	+00:43:18 (59.8%)	7:14	8.3 (40.3%)
820	SIENKIEWICZ Jakub	326		BIAŁYSTOK		M-40	135	M 554		00:01:49	00:50:20	01:12:36	01:14:26	+00:43:27 (59.9%)	7:15	8.3 (40.3%)
821	KOWALSKA Małgorzata	308	NIE PIERWSI NIE OSTATNI	BIAŁYSTOK		K-30	110	K 267		00:00:49	00:50:34	01:12:39	01:13:28	+00:43:30 (59.9%)	7:15	8.3 (40.3%)
822	MANTUR Marcin	913		BIAŁYSTOK		M-20	101	M 555	Alu-Frost	00:01:37	00:49:40	01:12:45	01:14:23	+00:43:36 (59.9%)	7:16	8.3 (40.3%)
823	DANISZEWSKA Joanna	793		BIAŁYSTOK		K-30	111	K 268		00:01:13	00:51:28	01:12:52	01:14:05	+00:43:42 (60.0%)	7:17	8.2 (39.8%)
824	NIEŚCIERUK Anna	155	2 SERCA JEDNO TEMPO	KLEPACZE		K-40	51	K 269		00:00:34	00:51:06	01:13:02	01:13:37	+00:43:53 (60.1%)	7:18	8.2 (39.8%)
825	HRYĆ Kamila	165		BIELSK PODLASKI		K-20	75	K 270		00:01:07	00:52:03	01:13:08	01:14:15	+00:43:58 (60.2%)	7:18	8.2 (39.8%)
826	PARFIENIUK Jakub	164		BIELSK PODLASKI		M-20	102	M 556		00:01:07	00:52:03	01:13:08	01:14:16	+00:43:59 (60.2%)	7:18	8.2 (39.8%)
827	BOHOJŁO Kamil	187		PONIKŁA		M-40	136	M 557		00:00:17	00:48:57	01:13:11	01:13:28	+00:44:02 (60.2%)	7:18	8.2 (39.8%)
828	KOŁOSZKO Piotr	640		RZAŚNIK		M-20	103	M 558		00:00:51	00:51:53	01:13:11	01:14:03	+00:44:02 (60.2%)	7:18	8.2 (39.8%)
829	JAWORSKA Ewa	517		ZACZERLANY		K-20	76	K 271		00:00:15	00:50:21	01:13:25	01:13:41	+00:44:16 (60.3%)	7:20	8.2 (39.8%)
830	JAROSZEK Bartłomiej	448		ZIELONKA		M-20	104	M 559		00:00:52	00:52:28	01:13:51	01:14:43	+00:44:41 (60.5%)	7:22	8.1 (39.3%)
831	GRYKO Patrycja	185		BIAŁYSTOK		K-15	14	K 272		00:00:40	00:52:48	01:13:54	01:14:34	+00:44:44 (60.6%)	7:23	8.1 (39.3%)
832	GRYKO Łukasz	181		BIAŁYSTOK		M-40	137	M 560		00:00:39	00:52:48	01:13:55	01:14:34	+00:44:46 (60.6%)	7:23	8.1 (39.3%)
833	GRYKO Karolina	184		BIAŁYSTOK		K-15	15	K 273		00:00:39	00:52:47	01:13:55	01:14:35	+00:44:46 (60.6%)	7:23	8.1 (39.3%)
834	GRZEŚ Darek	76		BIAŁYSTOK		M-50	72	M 561		00:00:40	00:53:17	01:14:22	01:15:03	+00:45:13 (60.8%)	7:26	8.1 (39.3%)
835	SZNAJDER-GRZEŚ Kasia	77		BIAŁYSTOK		K-50	18	K 274		00:00:40	00:53:15	01:14:22	01:15:03	+00:45:13 (60.8%)	7:26	8.1 (39.3%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	7km	Czas netto 10km	Czas brutto 10km	Różnica w czasie	Tempo min/km	Tempo km/h
836	POPLAWSKA Ewa	350		BIAŁYSTOK		K-30	112	K 275		00:00:56	00:52:47	01:14:55	01:15:51	+00:45:45 (61.1%)	7:29	8 (38.8%)
837	ŻOCH Katarzyna	917		WARSZAWA		K-30	113	K 276		00:00:26	00:50:57	01:15:08	01:15:34	+00:45:59 (61.2%)	7:30	8 (38.8%)
838	KOMENDACKA Katarzyna	72		BIAŁYSTOK		K-20	77	K 277		00:01:11	00:51:56	01:15:27	01:16:39	+00:46:18 (61.4%)	7:32	8 (38.8%)
839	PRYZMONT Jakub	71		KLEOSIN		M-20	105	M 562		00:01:11	00:51:56	01:15:28	01:16:40	+00:46:19 (61.4%)	7:32	8 (38.8%)
840	STEFANOWSKA Kinga	293		BIAŁYSTOK		K-15	16	K 278		00:01:20	00:54:03	01:15:56	01:17:16	+00:46:47 (61.6%)	7:35	7.9 (38.3%)
841	SKRĘTEK Paulina	327		BIAŁYSTOK		K-40	52	K 279		00:01:07	00:53:08	01:16:12	01:17:20	+00:47:03 (61.8%)	7:37	7.9 (38.3%)
842	MROCZKO Marlena	862		FASTY		K-20	78	K 280		00:01:04	00:52:56	01:16:26	01:17:30	+00:47:16 (61.9%)	7:38	7.9 (38.3%)
843	SIEMIONTKOWSKA Klaudia	500		ZACZERLANY		K-20	79	K 281		00:00:15	00:53:09	01:16:33	01:16:49	+00:47:24 (61.9%)	7:39	7.8 (37.9%)
844	ŁAPIŃSKI Tomasz	676		BIAŁYSTOK		M-30	207	M 563		00:01:16	00:54:18	01:16:49	01:18:05	+00:47:40 (62.1%)	7:40	7.8 (37.9%)
845	ANIŚKO Martyna	723		SOKÓŁKA		K-20	80	K 282		00:01:36	00:54:30	01:16:54	01:18:31	+00:47:45 (62.1%)	7:41	7.8 (37.9%)
846	GRANATYR Agnieszka	427	BIAŁYSTOK BIEGA TEAM	SOBOLEWO		K-40	53	K 283		00:01:38	00:53:24	01:18:15	01:19:53	+00:49:05 (62.8%)	7:49	7.7 (37.4%)
847	PAWŁOWSKI Edward	877	JASTRZĄB KUŹNICA	KUŹNICA		M-70	4	M 564		00:01:16	00:53:46	01:18:36	01:19:52	+00:49:27 (62.9%)	7:51	7.6 (36.9%)
848	LEŚNIEWSKI Mirosław	460	FUTRALIS	HRYNIEWICZE		M-70	5	M 565		00:01:14	00:53:48	01:18:39	01:19:53	+00:49:30 (62.9%)	7:51	7.6 (36.9%)
849	ZIELIŃSKI Paweł	266		BIAŁYSTOK		M-30	208	M 566		00:00:44	01:01:48	01:21:57	01:22:42	+00:52:48 (64.4%)	8:11	7.3 (35.4%)
Niesklasyfikowani																
	BIENDZIO Emilian	895		BIAŁYSTOK		M-30				DNF	00:30:05 DNF	00:41:37 DNF	00:41:46 DNF		-	- (0.0%)

Znaleziono 850 wynik(ów)